How fast does Betti cohomology grow in a congruence tower of compact arithmetic manifolds? The rate of growth is known to be proportional to the volume in the middle degree. Away from the middle, it is sub-linear in the volume, but no precise rates are known in general. This slow growth should be explained by the fact that the automorphic representations contributing to cohomology in low degree arise as endoscopic transfers. I will describe a strategy which leverages this to bound the growth using Arthur’s stable trace formula. This is joint work in progress with Matt Emerton. (Received July 12, 2019)