

# College — Bound

College Office  
Room 350

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## Stay Focused!

It's January! The holidays are behind you and we are about to enter the second semester. Many seniors still have Regents and AP exams coming up, but at the moment May and June can seem far away. It's cold. You are tired of school and ready to move on to college. You just may have senioritis.

Senioritis is when you feel sluggish and unmotivated. It happens every year to seniors between December and June, once applications have gone out and it is time to wait. Your mind may have moved on to college, but your body is still in high school.

However, it is important to remember you are still in high school and what you do now still counts. Mid-year reports go out to colleges in late January with your first semester grades. And if you fail a class in the second semester your graduation may be in jeopardy. Even after you have been accepted to

college, if you fail a class your college has the right to change their mind. Don't fall into these traps because of laziness.

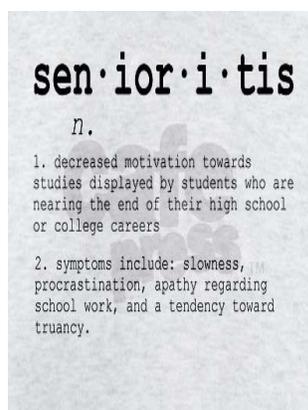
A few things can help to ease senioritis. First, be prepared for class. If you are prepared you will retain more information than if you just show up.

Second, complete all your assignments. The more work you slack off on, the easier it will be to slack off more. Don't fall into bad habits.

Finally, participate in class. This will make the time move faster and make class more interesting to you.

Hopefully these tips will help to keep you on track. Good luck this semester!

Sincerely,  
Diana Sultzer/  
College Counselor



## College of the Month: Cornell University

Ithaca, NY

Undergrad Enrollment: 13,846

Students Say:

Great Library

Great Food on Campus

Most Popular Majors:

- Agriculture
- Biology
- Engineering
- Social Sciences
- Business

Famous Alumni:

- Ruth Bader Ginsburg, *US Supreme Court Justice*
- Abraham Maslow, *psychologist*
- Kurt Vonnegut, *author*

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### Important Dates in

#### January:

- January 2—Fill out and submit your FAFSA!
- January 10—Deadline for the Burger King Scholarship
- January 21—Martin Luther King Day
- Jan 26—SAT Exam
- January 31—Deadline for the Albert Shankar Scholarship

## Spotlight on Health Careers: Registered Nurses



Registered nurses perform a variety of duties. They assess patient health problems, develop nursing care plans, and maintain medical records. They also administer care to injured or ill patients. They advise patients on health maintenance and disease prevention. Some nurses go on to get post-education certification in specific fields, such as anesthesiology.

Nurses must be very

organized, because they deal with a lot of sensitive patient information. They also must have strong social skills, because they work with people.

You can practice as a nurse with an Associate's Degree, but the positions with more responsibility (and higher salaries) require Bachelor's, and often even Master's Degrees. You can study nursing at Hunter College, SUNY Farmingdale,

Adelphi University, New York City College of Technology, York College, Le Moyne College, and Nazareth College, among others.

The average nurse in New York State begins by making \$52,000 per year, and can make up to \$83,000 per year. It is considered a very favorable career, with about 2,800 job openings per year in New York State.

*"You can major in absolutely anything and go to law school."*

## Don't Fall into the "Pre-" Trap

"I want to study Pre-Medicine." That is a sentence often heard at Queens Gateway. The problem is that "pre-medicine" doesn't really exist.

To get into medical school you need to take the MCAT exams. You can major in anything. To be prepared you will probably want a science-based undergraduate program. A biology or chemistry major will give you what you need to

go to medical school. So don't get caught up in only applying to colleges that have a "Pre-med" program.

Pre-Law is similarly misleading. To go to law school you need to take the LSAT exam. The LSAT does not test you on a specific subject area—it tests logic and how you think. Popular majors for law students are English, History, and Political Science, but you can major in

absolutely anything and go to law school.

Students who want to be physical therapists often fall into the same trap. The lesson is that if you want to go into a career that requires a Master's Degree you need to go to graduate school anyway—so don't obsess over your undergraduate major or limit your choice of schools. Apply to schools you are interested in.

## Juniors: What to Look For

Juniors are now starting to think seriously about college. Maybe you have heard rumors that a certain school "Has good programs." Maybe you are planning to go the same college as your older sister. Maybe you are totally lost.

What should you look for when you look into a college? Many students automatically think of majors. But what if you don't know what to major in? What if you want to major in Biology, which almost every school has?

A good way to start

thinking about it is, where would I like to spend the next 4 years? What is important to me? Think about if you want a school with a defined campus, like Columbia, or one spread out over a city, like Boston University.

Think about the environment you would like the most. Maybe you would like to go to a "big school." What is a big school to you? If you are thinking 5,000 students, like SUNY New Paltz, that is actually considered a medium sized college. NYU has 21,000 students. Would you be excited by the adventure of going to such a

large school? Or would you feel lost?

Finally, don't believe all the hype. Many students want to go to a certain school because "they have a good medical program." What makes it good? Who said it is good? And does it matter to you as an undergraduate that a school is a good medical school?

The real task is to find a school you will like. The truth is that there is no "best" college—there is only the best school for you.





## Colleges v. Universities

What is the difference between a college and a university? This is a question that comes up frequently in the college office. Even more often—"Which is better?"

First, let's be clear that neither is better. That being said, they are different and it is important to understand the difference in order to make informed choices about where to go to school.

You can get a Bachelor's Degree from either institution. A college focuses mainly on undergraduate students with fewer graduate programs, while

universities have extensive graduate schools.

Additionally, universities are made up of several different colleges. For example, New York University consists of the College of Arts & Sciences, the College of Dentistry, the College of Nursing, the Courant Institute of Mathematical Studies, the Gallatin School of Individualized Study, the Institute of Fine Arts, the Institute for the Study of the Ancient World, Stern School of Business, Polytechnic Institute, Wagner Graduate School of Public Service, School of Continuing Education, the School of Law, the School of

Medicine, the Silver School of Social Work, the Steinhardt School of Education, and the Tisch School of the Arts.

Finally, while students do research at both colleges and universities, universities have more research facilities and more research is done there.

Now that you are clear about what a college is and what a university is you can do the appropriate research into a variety of both to make the best college decision for you.



## Where Should I Be? January Edition

Now that we are in the new year, Juniors are probably awakening to the fact that is the year they will be applying to college. You might be wondering what you should be doing.

Meanwhile, seniors have put the application process behind them but there is still plenty to do. Don't get lulled into complacency—the process is not over until you actually enter college.

### Seniors

- You should have submitted your FAFSA and TAP forms.
- You should be working on the CSS Profile for private schools.
- You should try to visit any schools that you applied to, but have not yet seen.
- You should continue to

keep your grades up.

### Juniors

- You should be visiting colleges.
- You should be researching different schools.
- You should be preparing to take the SATs in the spring.

“You might be wondering what you should be doing.”

## College Life: Sports

Students interested in pursuing athletics in college should be aware of the different types of sports programs that are available.

Students who have not previously done a sport, or have competed only casually are probably going to look for intramural programs. Intramural sports are like clubs, where a group of students get together to play a sport and compete

against each other.

The highest level of college athletics is NCAA Division I. These are the most competitive teams to become a part of. Coaches recruit from varsity high school teams and scholarships are available, but it is very difficult to get on a Division I team. If you have been competing for years and are on a high level, you can register with the NCAA to be recruited.

In between these two are Division III teams. Division III teams generally consist of students who competed in high school and play against other schools, but are not as difficult to get on to as Division I and generally don't offer large scholarships.



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**Queens Gateway  
to Health Sciences  
Secondary School**

Queens Gateway to Health Sciences Secondary School, established in 1994, is a 6-12 comprehensive educational institution accredited by the New York State Department of Education. It offers an academic college preparatory curriculum featuring science and math courses. A high-level communication skills and humanities program complements the science and math curriculum. The goal of the school is to develop a pool of broadly educated health professionals who will constitute the twenty-first century's health care delivery work force.

## Frequently Asked Questions

*1. The CSS is so long ... do I really need to fill it out?*

Yes! If a college requires the CSS profile you must fill it out or you will not get any aid from that school, even though they received your FAFSA.

*2. I am a senior and I am finished applying ... when will I start getting acceptances?*

It varies from school to school, but the majority of your acceptance letters will arrive in late March and in April.

*3. I am a senior and I am anxious about my completed*

*applications. Is there anything I can do?*

You can call each school and make sure they have received everything from you. Make sure they have your completed application, payment or fee waiver, transcript, SAT scores, essay, and recommendations.

*4. I am a junior. When should I take the SATs?*

If you do not have any AP exams, take the SATs in May. If you do have AP exams in May, take the SATs in June. I would also recommend taking the SAT II in the subject of your AP class in May, while everything is still

fresh in your mind.

*5. Is it true that fat envelopes are good news and thin envelopes mean you were rejected?*

This is not necessarily true so make sure you open everything from the colleges no matter what size the envelope is!

