



# College — Bound

College Office  
Room 350

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## Find a Summer Internship!

Summer is almost here! There are only a couple of months left to the school year and everyone's attention is turning towards summer plans. What are yours?

Many, many students prefer to spend their summer working. This is understandable—everyone likes to have some extra money, and many students need to help their families out as well. But if there is any way you can avoid working this summer, you should really be looking for a summer internship.

Colleges receive thousands of applications every year, and that number is increasing. The 2012-2013 school year showed record highs for applications to colleges across the board—from two year schools to the Ivy Leagues.

You want your application to stand out. Everything counts—transcript, SAT scores, essays, recommendations. Your

activities count too. If you are involved with school organizations, if you volunteer, make sure the college knows. Internships fall into this category. They show the college that you are so serious about being successful you spent your summer working toward your goals. They also show colleges that you are responsible and already have some of the skill sets you will need later in life when you enter the workforce.

There are many kinds of internships available. Some are paid and some are unpaid. But if you haven't already started looking, now is the time. Summer will be here before you know it.

Sincerely,  
Diana Sultzer/ College Counselor



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### Important Dates in

#### May:

- ◆ **May 1—Deadline to let your college know you are attending**
- ◆ **May 4—SAT Exam**
- ◆ **May 27—Memorial Day**

## College of the Month: Duke University

Durham, NC

Students Say:

Lab Facilities are Great

Great Library

Athletic Facilities are Great

Students are Happy

Student Publications are Popular  
Student Government is Popular

Popular Majors:

Economics

Psychology

Public Policy

Famous Alumni:

-Reggie Love, *aide to President Obama*

-Melinda Gates, *co-founder of Bill and Melinda Gates Foundation*

-Charlie Rose, *broadcast journalist*

-Grant Hill, *retired basketball player*

## Spotlight on Health Careers: Substance Abuse Counselors



Substance abuse counselors work with individuals and groups on problems such as alcohol addiction, drug addiction, gambling, and eating disorders. A good substance abuse counselor should be good at communication and working with people. Their tasks may include running group therapy sessions, completing and maintaining accurate records, developing client plans, reviewing and evaluating clients' progress, intervening as an advocate for clients in emergency or legal situations, and implementing follow-up care plans after clients are discharged from treatment programs.

Most substance abuse counselors hold a Master's Degree in Counseling. Some may have a Master's in Social Work, or Psy.Ed or a Ph.D in Psychology.

You can study substance abuse counseling at colleges such as Kingsborough Community College, Mercy College, Monroe Community College, Pace University, Sullivan Community College, and Niagara University.

In New York State, the average substance abuse counselor in the beginning of their career earns about

\$29,910. A more experienced worker, on average, earns about \$49,300.

NY Career Zone describes the outlook for this job as In Demand. They estimate that there will be an increase of about 200 substance abuse counseling positions per year.

## Senior Classes Matter

*“Choose classes that challenge you.”*

As current seniors wrap up their year and prepare for life after high school, sophomores and juniors are in the process of choosing their classes for next year. Juniors, having fulfilled many of their requirements, have particularly tough choices to make.

Choose classes that challenge you. It can be tempting to sit back and try to relax through senior year, but colleges

like to see that you are still active in your education. If you are eligible, take at least one AP class. This looks good on your college application, and gives you the opportunity to get some college credits for free. If you are not eligible through your grades for AP classes, taking College Now classes might be a good choice.

Think about your future career interests. If there is

an elective available in that field make sure to take it. It does not look good for a college to see that a senior goes to school from 8-10am. You want to show that you have a full course load.

## Colleges That Offer Merit Aid

Many students will receive college grants and scholarships based on their financial need. Colleges look at your family income to determine how much you will pay. However, both colleges and the government often over-estimate how much a family can afford to pay. Meritaid.org will tell you which colleges give money based on merit even if there is no financial need. Here are a few of those

schools:

- \* Connecticut College
- \* Bard College
- \* Cornell University
- \* Fordham University
- \* Bowie State University
- \* Worcester Polytechnic Inst
- \* George Mason University
- \* Stevens Inst of Technology
- \* Adelphi University
- \* Xavier University
- \* Albright College
- \* U of Rhode Island
- \* Middlebury College
- \* Yale University
- \* Delaware State University



## Where Should I Be Now? May Edition

As the weather turns warm and everyone starts to look forward to summer, it can be difficult to focus on the college application process. In case you are confused about if you are on track or not, the following is a list of things you should have accomplished, or be in the process of doing:

### Seniors

- \* You should have chosen a school and sent in your deposit
- \* You should have accepted or declined all parts of your

financial aid package

- \* You should be in the process of speaking to lenders about the loans you have accepted
- \* You should be in the process of taking any necessary placement tests
- \* You should be making a list of everything you will need in college—such as dorm-sized bedding, transportation, etc.

### Juniors

- \* You should be researching all the schools you are interested in, and that were suggested to you
- \* You should be planning college visits for the summer
- \* You should be researching scholarships
- \* You should be working on your college essay



## US News & World Report College Rankings

### Liberal Arts Colleges

- \* Williams College (VA)
- \* Amherst College (MA)
- \* Swarthmore College (PA)
- \* Middlebury College (VT)
- \* Pomona College (CA)
- \* Bowdoin College (ME)
- \* Wellesley College (MA)

### Best Value Schools

- \* Harvard University (MA)
- \* Yale University (CT)
- \* Princeton University (NJ)
- \* Stanford University (CA)
- \* Massachusetts Inst of Tech
- \* Columbia University (NY)
- \* Dartmouth College (NH)

### A+ Schools for B Students

- \* Pepperdine University (CA)
- \* Fordham University (NY)
- \* Syracuse University (NY)
- \* Purdue University (IN)
- \* Rutgers University (NJ)
- \* Michigan State University
- \* University of Iowa

Every year US News & World Report ranks colleges in a number of categories. Here are a few.

## College Life: Study Abroad

Studying abroad is one of the most memorable experiences a student can have in college. Each year, roughly 260,000 U.S. students study abroad in foreign countries.

Study abroad programs vary greatly. You can spend a whole academic year, one semester, or a summer in another country. Some schools even have programs where you can spend your one month win-

ter break studying abroad. The cost of studying abroad depends on the school, where you go, and how long you go for. The good news is that most of the time your financial aid can be used to study abroad.

Most American universities and colleges have extensive and varied programs available. For example, at SUNY Albany you can go to 36 different countries, including Antarc-

ca, Norway, China, Spain, Germany, Trinidad, and Israel. At most schools, if your college does not offer a program to the country you want to go to, you can go through another college's program and your school will still accept the credits.



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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. I was waitlisted for my first choice school and I need to make a decision by May 1. What do I do?*

Go to your second choice school and find out their deposit refund policy. If it is possible for you to get your deposit back, go ahead and accept that school and send your deposit. That way if you get into a school after being waitlisted you can get your deposit back and change your mind. Many schools do not refund deposits. In that case, if you really want to go to a school you get into after being waitlisted, you will lose your deposit to the other school.

*2. I'm worried about the economy and not being able to afford school. Is it safer to just apply to CUNYs next year?*

No! At Gateway we urge all students to fill out a CUNY application so that you know you have an affordable option, but by no means should it be the only application you fill out. It is impossible to predict exactly what they financial aid situation will be at this time next year. The best idea is to apply to the schools that are the best fit for you, regardless of the cost. Once you receive all your financial aid packages in the spring of your senior year, then you can compare and make the best financial decision.

*3. I might be interested in transferring schools once I get to college. How does this work?*

If you apply to transfer colleges your first year, the schools will still ask for your high school transcript. If you apply to enter your new school for fall of your junior year, they will only look at your college grades. Either way, I would urge you to give your college a chance before thinking about transferring. Many students end up very happy their schools, when they originally wanted to go someplace else.

