



# College — Bound

College Office  
Room 316B

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## Get The Most Out of A College Fair

As you know, at Queens Gateway we hold our college fair in the fall. However, there are college fairs going on throughout the fall and spring all over the city. As an informed student, you know that college fairs are an excellent opportunity to meet with representatives from various colleges and receive information and literature. However, a large college fair can be overwhelming. You may be wondering how to get the most out of the experience.

Your first priority should be to speak with the representatives from the colleges that are located farthest away. These are the schools that it will be the most difficult for you to go visit, so it makes sense to get as much information as you can get when a representative is visiting.

It's also important to ask the right questions. You will only have a few minutes to speak with a person from the school

and you want to make that time count. Make a list of general questions beforehand that you want to know about every school you are thinking about. Don't ask for statistics like how many students attend—you can find that out from the school website. Ask questions that require insight from someone who knows the school well.

Finally, see as many schools as you can. You may think you are not interested in a school, but there could be a lot you don't know about it. Be open to every school.

Sincerely,

Diana Uva/ College Counselor



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### Important Dates in

#### April:

- ◆ April 4—ACT Exam

## College of the Month: Dickinson College

Carlisle, PA

Founded: 1783

Lists & Rankings:

- Best Northeastern Colleges

Most Popular Majors:

- English
- International Business
- Political Science

Avg % of Financial Need Met:

96%

Famous Alumni:

- President James Buchanan, 15th President of the United States
- Rosie O' Donnell, entertainer
- Six U.S. Representatives
- Jennifer Haigh, author

## Spotlight on Health Careers: Chiropractors



Chiropractors work with patients to correct spinal abnormalities and help people with painful back problems, as well as other nervous system problems. They may also use supplementary measures such as nutritional advice. Some chiropractors have specialties such as sports injuries. Chiropractors also perform diagnostic procedures such as laboratory tests, using instruments such as x-ray machines and electrocardiographs.

Chiropractors must have a minimum of a bachelor's degree, along with a Master's or Ph.D and on the job training.

You must be licensed by the state after passing an exam in order to practice as a chiropractor. In New York State, the average salary for a beginning chiropractor is \$60,510 and for an experienced Chiropractor is \$92,520.

Chiropractors are part of a growing professions. Currently, there are over 2,000 chiropractors employed in New York State. The website [www.nycareerzone.org](http://www.nycareerzone.org) estimates an increase of about 20 positions per year in New York.

In New York, you can study to be a chiropractor at

D'Youville College in Buffalo or New York Chiropractic College in Seneca Falls. Another program that is not far away is the University of Bridgeport Program in Connecticut.

## How to Ace the SAT

*“Look at the SAT scores required for the colleges you are interested in.”*

The first step to doing well on the SAT is to understand the format of the test and the types of questions you will be asked. Devote a block of time per week to studying for it. Practice is the best way to ensure that you will do well.

Second, do a dry run of the test when you begin studying to see how you score. This test will let you know what areas you most need to work

on. Test yourself again later to see what improvements you have made.

Third, study each section separately. It can be overwhelming to try to take in everything at once. Pretend that the different sections are the different subjects you study in school and study accordingly.

Fourth, look at the SAT scores required for the colleges you are interested in.

This will give you a clear goal, rather than to just “do well.”

Finally, do the best you can on the exam. Most students take the test twice, but don't get into the mentality that it doesn't matter how you do because you will take it again in the fall. Treat the spring exam as if it is the only one you are taking.

## Scholarships



### Swackhamer Disarmament Video Contest

For students who are interested in global peace. Must submit a short film on specified topic.

[www.wagingpeace.org](http://www.wagingpeace.org)

Deadline: June 1, 2009

### Patrick Kerr Skateboard Scholarship

For students who are skateboarders. Top prize is \$5000.

[www.skateboardscholarship.org](http://www.skateboardscholarship.org)

Deadline: April 20, 2009

### Turner Youthforce 2020 Scholarship

For students interested in studying construction or engineering. \$2000 per year.

[www.turnerconstruction.com](http://www.turnerconstruction.com)

Deadline: May 31, 2009

## Organizing Your Own College Visit

Queens Gateway organizes some college trips throughout the year, but these trips cannot accommodate every student who wants to go, nor can we visit every school our students are interested in. However, sophomores and juniors can take initiative and visit colleges on their own.

Check the website of the college you are interested in. You can usually find information about visiting under "Prospective Students" or "Undergraduate Admissions." Investigate what days and times information sessions and campus tours are held. Check to see if you are required

to register in advance to participate.

Inquire if students are allowed to wander on their own after the tour. If the answer is yes, plan to visit the library and cafeteria, or any other place where college students may congregate so that you will have the opportunity to approach them and ask questions. Also ask if it would be possible for you to sit in a class of your intended major.

One possible way to do college visits over the summer is to take your list of schools and arrange them by

state. This way you can visit several schools at once. For example, if you and your parents stay one night in Boston you can visit Harvard, Lesley, MIT, Boston University, Northeastern University, and Emerson College.

Finally, have a set of questions you ask at each school so you can compare. Frequently asked questions are what size are typical classes, what percentage of students are accepted each year, how many undergraduate students attend the school, and what is the average GPA and test scores of accepted students.



## How Do I Write About Myself?

Juniors have a lot of writing to do. You are beginning to write your college essays as well as writing a recommendation for yourself to give into the college office. Many might be wondering: what do I say?

First, think about your academics. What subjects do you perform well in? Why do you think that is? Also consider writing about your favorite subject. You can also write about your

achievements outside the classroom—are you an active participant in extracurricular activities? Do you volunteer? These are things colleges want to know about.

Another way to approach writing about yourself is to discuss your goals. Write about how they came to be your goals and what you hope to accomplish.

Don't be afraid to brag about yourself a bit. Talk about situations in which you had a leadership position. Talk about any awards and honors you have received.

Finally think to yourself, if I was a college what would I want to know about me? Put in any personal background stories that you think will help a college understand you better as a person.

*"Many might be wondering: what do I say?"*

## College Life: Work Study

When you open your financial aid award letter it is very likely that you will see that you are receiving Work Study money. It is important to understand exactly what this is.

Work Study is a federal program which allows students to work on campus in order to earn financial aid. Certain jobs on a college campus are set aside for work study students. For example, you may

work in the college library.

You are allotted a certain amount of money. It is important to understand that this is not money in your pocket. If you are given \$1,000 a semester in work study you don't get that money until you have earned it back.

You also are only allowed to work in your work study job to earn that money. If

you earn back your \$1,000 by November you cannot work at that job any more for the semester.

Additionally, if you work the whole semester and do not earn \$1,000 your work study will probably be reduced the following year because the college will conclude you did not need all the money. This is a helpful program, but it is important to understand it properly.



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**Queens Gateway  
to Health Sciences  
Secondary School**

Queens Gateway to Health Sciences Secondary School, established in 1994, is a 7-12 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. When should I be receiving my financial aid package?*

You will most likely be receiving your award letter in late March or early April. If you don't get an award letter from a school you were accepted to by April 15 call the school and make sure they have all your documents.

*2. I received an acceptance letter asking me to send back a card with a deposit. If I don't, will I lose my spot?*

You have until May 1 to let your college know that you are attending. After May 1, colleges will begin offering your spot to students on their waiting list.

*3. I still haven't heard from my first choice school! What do I do?*

Now is an appropriate time to begin calling schools you haven't heard from yet. Call the admissions office and tell them you applied to the school and are still waiting for a response. While they are unlikely to give you an answer over the phone, they can probably tell you the date they send their letters out.

*4. How much money is too much to take out in a loan?*

There is no magic number that is "too much." It up to you and your family to decide how much debt you are willing to take on.

Also, make sure you take into account interest. A subsidized Stafford loan has no interest, so the amount you borrow is exactly the amount you will owe.

*5. My EFC is zero but my college still says I will owe some money. Why is that?*

Not all schools can afford to give you all the money you need. Unfortunately, it is common for a school to give you a financial aid package that does not cover all of your need. If you are very interested in the school you can always call them and advocate for more money, but there are no guarantees.

