



College — Bound

College Office
Room 316B

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Get the Facts About Your College Workload

Congratulations Seniors! Your applications are finished, your deposits have been submitted, your AP exams have been completed. As your high school career comes to a close, you are probably looking ahead to the next step—college. After all the applications, recommendations, essays and work you are finally finished. You might be feeling apprehensive; now that you have gotten into college, what can you expect once you get there?

The main difference academically between college and high school is that you won't be going to classes all day, every day. Most college courses meet two or three times a week, although some may meet only once. Because of this, time management is essential. You won't be reminded every day when an assignment is due. You will also probably know the first day of class that a big paper is due at the end of semester. It is your

job to make sure you give yourself enough time to complete it.

One good way to figure out if you are on track is by calculating you should be doing about 3 hours of studying for every 1 hour you spend in class. Just because you only have classes 3 days a week doesn't mean you have a ton of free time!

You will have enough time to complete everything you need to for your college courses. If you learn to manage your time and not procrastinate, you will be a success in college. Good luck to all of you!

Sincerely,

Diana Uva/ College Counselor



College of the Month: Emory University

Atlanta, GA

Founded: 1836

GPA: 3.82 (approx 93)

Lists & Rankings:

Best Southeastern Colleges

Best Value Colleges-Private

Best College Library

Most Popular Majors:

Business

Economics

English

Notable Persons who have taught at Emory:

Jimmy Carter, *US President*

Tenzin Gyatso, *Dalai Lama*

Salman Rushdie, *author*

Sanjay Gupta, *CNN Health Correspondent*

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Important Dates in

June:

- ◆ **June 6—SAT Exam**
- ◆ **June 13—ACT Exam**
- ◆ **June 16-22—Regents Exams**
- ◆ **June 23—Graduation Day**

Spotlight on Health Careers: Nutritionists



Nutritionists (also sometimes known as dietitians) plan and conduct food service or nutritional programs to assist in the promotion of health and control of disease. They may also supervise activities of a department providing quantity food services, counsel individuals, or conduct nutritional research.

A bachelor's degree is the minimal education requirement for this type of work. However, many nutritionists have a Master's Degree, a Ph.D., or an M.D. You can study nutrition in an undergraduate program at several colleges in New

York, including Cornell University, Brooklyn College, Hunter College, Fordham University, Long Island University—CW Post, New York University, SUNY Oneonta, SUNY Plattsburgh, Rochester Institute of Technology, and Syracuse University.

In New York State, the average salary for entry-level nutritionists is \$43,110 and the average salary for experienced nutritionists is \$62,930. NY Career Zone estimates that between now and 2016 there will be about 120 job openings for nutritionists in New York each year, with an increase of

about 30 jobs per year. You can learn more about nutritionists at the Institute of Medicine (IOM) - www.iom.edu.

If you are interested in this field, similar jobs include Health Educators, Farm and Home Management Advisors, and Managers of Food Preparation.

Summer Plans for Juniors

“There are many things you can take care of during the summer before your junior year.”

Juniors have had a hectic year, and it's only going to get busier in fall of the senior year. With so much to do for applications and recommendations, there are some things you don't want to be worrying about. There are many things you can take care of during the summer before your senior year.

Study for the SATs and the SAT Subject tests. You will most likely be taking one or

the other in October—prepare early. You may not have time once school starts.

Narrow your list of colleges. Senior year is too late to make up a college list—you have been researching schools all spring and should make a list over the summer. Try to visit all the schools on your list. If you are interested in schools that are too far away for you to visit, see if they have any recruitment

events in New York so you can speak with a representative.

Decide if you are going to apply Early Decision or Early Action to any of your schools. You will need to get everything done faster if you are.

Finally, write your college essays! It will be a big relief in the fall when you realize you have already finished one of the most time-consuming parts of the application.

Scholarships

Barbara Mandigo Peace Poetry Contest

Students must submit original poems in English.

Deadline: July 1, 2009

www.wagingpeace.org

Poetry.com Poetry Contest

Students must submit an original poem of 20 lines or less.

Deadline: Ongoing

www.poetry.com/contest/contest.asp

Otto Sussman Trust

For students who have financial need due to illness or death in the family.

Deadline: August 1, 2009

Contact Program Sponsor for application





Where Should I Be Now? June Edition

Summer is almost here! As you head into the final month of the school years keep your goals in mind and make sure you are on track. Here is what you should be doing:

Seniors:

- * Congratulations! At this point you be done with everything. You should have picked a college, put down a deposit, and accepted your financial aid package. At this point you should be concentrating on finishing off the year strong.

Remember, colleges get a copy of your final transcript. You should also be in contact with your college to make sure you are filling out all the necessary forms. At this point you can also start making a list of supplies you will be needing for your dorm. And if you do not already have a laptop, now is the time to start looking. You will most likely need one in college.

Juniors:

- * You should be researching all the colleges on your personalized college list.

- * You should be working on your college essay.
- * You should be planning your college visits for the summer.
- * You should be signed up on fastweb.com and looking for scholarships.
- * You should be looking forward to starting your summer internship.



Princeton Review’s “Best College Library”

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|------------------------------|-------------------------------------|--------------------------------|
| 1. Harvard College (MA) | 6. Brigham Young University (UT) | 11. Wesleyan University (CT) |
| 2. Princeton University (NJ) | 7. Loyola University New Orleans | 12. Whitman College (WA) |
| 3. Duke University (NC) | 8. College of William and Mary (VA) | 13. Furman University (SC) |
| 4. The College of New Jersey | 9. University of Chicago (IL) | 14. Mount Holyoke College (MA) |
| 5. Cornell University (NY) | 10. Columbia University (NY) | 15. Emory University (GA) |

Find more lists & rankings at www.princetonreview.com

College Life: Keeping Healthy

Have you ever heard of the Freshman 15? You probably have—the rumor that all freshman gain 15 lbs their first year of college. In some colleges, it is jokingly referred to as the Freshman 40. However, it is relatively easy to avoid this issue by making a few healthy choices.

Many college dining halls are all you can eat, buffet styles—you swipe your card when entering the room and

then eat as much as you want. You can avoid gaining weight in this situation by using common sense—stop eating when you are full and make healthy choices.

Almost all colleges have gyms and fitness centers, which are included in your college fees. Since you are paying for the service anyway you should utilize the service. It will keep you fit as well as helping you deal with stress.

Make sure to get enough sleep. Cramming all night—usually with snacks—is a sure way to gain weight.

Finally, it is an undeniable fact that many freshman gain weight because they begin drinking. Alcohol is fattening, as well as being harmful to your liver and drying out your skin. To keep healthy at college, not drinking will take you far.



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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. Are there any free SAT classes over the summer?

The college office does not currently have any information for free or reduced-priced SAT prep classes for the summer. However, that does not mean that you can't study. The Princeton Review books are very useful. If you are worried you do not have the discipline to study on your own, or just want extra reinforcement, form a study group. Agree to meet with your group twice a week to review and set certain dates during the summer to take practice tests. Grade each other's exams and go over what you found difficult.

2. How important is it to have a summer internship?

It's very important. Many students want to work over the summer to earn extra money, but while they are doing that, their peers are working at internships, gathering experiences they can put on their resumes and write about for college essays. Remember, college is competitive. You want to do everything you can to make yourself look as attractive as possible to colleges. Doing an internship makes you look motivated and involved. It's also good to have experience for when you do internships in college.

3. How much should I save up for application costs?

The SATs cost \$43. The SAT IIs are \$22 each. The ACT + Writing is \$46. It costs \$9.50 to send your SAT score to each school. A CUNY application costs \$65 and you can put up to 6 campuses on it. A SUNY application costs \$40 for each campus. Private school applications can cost \$50-\$60 each. You will also have to pay for postage if you don't do your applications online. You may qualify for fee waivers so be sure to bring your parents income in to the college office to check.

