High school seniors have a lot to learn in preparation for college. 12 college students shared their advice and what they wish they had known about college before starting.

- “..understanding and know better study habits. The advice I would give is to practice study habits.”

- “..how exciting and fun college is and not to take any minute of it for granted… I advise incoming freshmen to learn how to balance their free time.”

- “..more about how professors were going to be, especially in the bigger classrooms… My advice would be to study, study, study and always pay attention to what’s going on.”

Letters of Recommendation: Asking the Right Way, at the Right Time

One of the goals for students to meet during their junior year is to secure letters of recommendations from two teachers. Here are general guidelines for obtaining teacher recommendations:

- “First, be aware that public school teachers are not paid to write letters of recommendation for students…Teachers perform this service in their desire to help students along the path to college.”

- “Next, always be polite when you request a recommendation and be ready to supply what ever teachers need to complete your recommendations on time. It is your job to take care of logistics…For example, you should give your teachers preaddressed, stamped envelopes if the recommendations are to be sent by regular mail.”

- “Remember that a teacher who knows you in the classroom may not know much about your extracurricular activities…Create and maintain a student profile/resume which details important academic and extracurricular achievements including employment, volunteerism, honors and awards and so on.”

Karen

Students tell what they wish they’d known before college — by Kelsey Stewart – World-Herald

“If you do what you need to do when you need to do it, then someday you can do what you want to do when you want to do it.” – Unknown

The farther away from your UBMS summer experience, the easier it is to forget your commitments to the program. I encourage you to meet with your mentor and start your project, remembering to send your grade report at the end of the semester. Come spring you may decide to return for another summer, only to realize that you haven’t fulfilled your promises and, therefore won’t be invited to return.

Karen

From: Number2.com
(Continued on page 4)

The perimeter of the larger rectangle is 40. What is the perimeter of the small rectangle?

a. 32
b. 34
c. 36
d. 38
e. Cannot be determined from the given information.

(Answer on page 4)
November- College Planning Tips - from ICAN

**Sophomores:**
*Keep those grades up! You might have a lot going on this year, but it’s important to stay focused on your schoolwork.*
*Sign up for a college savings account or continue to add money to an existing account. Talk to your parents about financial aid options. It’s a good idea to start talking about how you’re going to pay for college.*
*Continue your conversations with your school counselors, teachers, family members or trusted adults about your plans for college or other paths towards a career.*

**Juniors:**
*Maintaining your grades during your junior year is important! Colleges put a lot of weight on your marks for this year.*
*Make sure you’re challenging yourself academically. College will consider how difficult your courses are.*
*Now is the time to really focus your career and college research.*
*As you research education and career options, share your discoveries with your family. You’ll be working together a lot over the next couple of years as you leave high school and enter college.*

**Seniors:**
*Submit your college admission applications. Be sure to check them over thoroughly!*
*Be sure to consult with your school counselor about scholarship opportunities. Not all scholarships are for top students and athletes.*
*Check with the financial aid office of schools you are applying to for specific information on scholarships and costs for tuition, fees, room and board, and any additional financial aid info they require.*

**Parents:**
*If you are thinking about private or out-of-state institutions, it’s a good idea to check out their specific admission requirements for compatibility with your teen’s high school pre-college curriculum while there’s still time to make up possible differences.*
*Tammy Dodson, a counselor at Grandview HS in Aurora, CO says parents should:*
  - expose their teen to college campuses and college entrance requirements to show them that what they’re doing in high school counts for the future.
  - expose their teen to as many career options as possible and have them job shadow friends of the family.

**College:**
*Keep thinking about your skills, values and interests, and how they can connect to careers.*
*Keep your eyes open for internship and job shadowing opportunities arranged by your school.*
*Participating in campus clubs and organizations is a great way to get some experience and meet people. Look for activities that fit with careers that interest you.*
*Keep your resume up to date. Be sure to note any awards or scholarships you earn, and extra courses or workshops you participate in.*
*Continue to research scholarships and other awards that fit with your qualifications.*
Radiation is a fascinating form of energy. Despite its dangers, it is a powerful part of today’s medical efforts. It can reveal tiny parts of the body, such as blood vessels in the kidney or liver, without surgery.

Nuclear medicine technologists (NMTs) use drugs that give off radiation and complex equipment to make images of internal organs. Doctors then look at the images to find out what’s wrong with their patients. The work of NMTs is precise and exacting because lives depend on it.

**Did you know?**

Nuclear medicine technologists give patients radiopharmaceuticals and then make images of the drugs as they collect in the inner organs. Physicians use these images to diagnose illness. Shielded needles and gloves, along with safety procedures, protect technologists and patients from radiation exposure.

**Are you ready to.....?**

* Work in a new and exciting field that’s still somewhat experimental
* Measure, track and record radioactivity data
* Use scanners and Geiger counters to measure blood volume, red blood cell survival, and radiation exposure
* Lift patients
* Spend much of the day on your feet

**It helps to be...**

A good communicator and team player who is at home with numbers and problem solving. It also helps to be accurate, physically strong, and compassionate.

**Did You Know...?**

Nursing-school graduates can move into this field with just one more year of training.

**Outlook**

Government economists expect jobs for Nuclear Medical Technicians to grow about as fast than the average for all careers through 2020. However, relatively few new jobs will result since this is a small occupation. To improve your job prospects, get certified in a specialty area such as magnetic resonance imaging (MRI).

**Compensation**

The U.S. Bureau of Labor Statistics estimates that the average yearly salary of:

* **Nuclear Medicine Technologists**: $69,960 in 2011.

**Make High School Count**

Preparation is the key to any career. To become a **nuclear medicine technologist**, you should:

* Take pre-college math classes, including pre – calculus, calculus and statistics.
* Pay special attention in physics and chemistry. NMTs use the principles you’ll learn.
* Do your best in biology. It’s good preparation for the anatomy and physiology courses you’ll take in college.
* Volunteer in a hospital to get the lay of the land.

- **bigfuture**: by the 2013 The College Board
5 Things Super Successful People Do Before 8 AM

“Rise and shine! Morning time just became your new best friend. Let’s explore 5 of the things successful people do before 8 am.

1. **Exercise.** Anyone can tackle a pile of paperwork after 200 ab reps!

2. **Map out your day.** Maximize your potential by mapping out your schedule for the day, as well as your goals and to dos. The early hours foster easier reflection that helps when prioritizing your activities.

3. **Eat a healthy breakfast.** Take that extra time in the morning to fuel your body for the tasks ahead of it.

4. **Visualization.** Take a moment to visualize your day ahead of you, focusing on the successes you will have.

5. **Make your day top heavy.** By the time you day is ending, you’re winding down with easier to dos.”

- From Forbes- Jennifer Cohen, Contributor

Students tell what they wish they’d known before college — Continued from page 1

-“...the types of scholarships available. I would have tried to apply to more than I did because college is so expensive.”

-“Find like minded individuals who are equally as studious as you are...Your peers determine how successful you’ll be in life.”

-“how much free time there was to manage. That free time is what ended up killing me more than not having enough time.. You need to live your life for you, and it starts with college.”

-“...just know that it is not going to be easy right away. A lot of people will talk about how great college is, but there’s a lot of times when it’s not. Be prepared for that, especially if you don’t know anyone where you’re going.”

-“importance of extracurriculars and finding opportunities outside of just classes. In high school they tell you to focus on the grades, and that’s important, but there’s so much more importance outside of class, too.”


**About Our Organization…**

Who are we?

A life-enhancing college-prep program that provides opportunities for capable and motivated high school students to gain the academic and life skills necessary to enter and succeed in post-secondary education.

* 100% funded by a grant from the U.S. Department of Education

* Serving high school students from Iowa, Nebraska, Kansas, and Missouri since 1992

**Word of the Month**

from Number2.com

bigotry (noun)

Intolerant devotion to a group or cause.

The judge declared that the elite society’s *bigotry* would no longer be tolerated, and that it would be enforced by law to accept the minorities it had historically excluded.

www.Number2.com

(ACT prep)

For Question on page 1

Answer: A