How Will College be Different From High School?—www.fastweb.com

“Continued from UBMS – Issue 5

“College isn’t just about classes, grades and gossip. It’s about finding yourself. That is the biggest difference between high school and college. Here are some more differences.”

“You get to be an adult”

“Now that you’re in college, you’re independent. No parents to make sure you get to class on time or telling you what to do (or what not to do). You’re an adult, and you’ll be treated like one. That’s exhilarating, but can be terrifying, too.”

“…spend some time learning what college life is about. ‘Read about it, talk to college reps and most importantly, visit college campuses. Arrange to spend the night – or several – to see what it is like. Talk to first-year students and ask them what they have learned.’”

“Friendships and Relationships Change”

“College is also a time when you have freedom in your relationships…. Rather than seeing the same people day after day, now you’ll be exposed to a wide variety of people from different family backgrounds, cultures, social circles and countries! This is a great opportunity for you to learn about the world, and you’ll find you have things in common with people you least expect.”

By Mridu Khullar
June 8, 2007
(Continued on Page 4)

8 Ways to Take Control of Your Time — www.bigfuture.collegeboard.org

Even though the semester is ending, you still have homework, projects, and those dreaded final tests to prepare for. How can you manage your time?

1. “Make a to-do list every day. Put the most important tasks at the top, even if they’re things you’re dreading, and tackle them first. Include things you want to do on your list, too, so you have items you’re looking forward to. Try motivating yourself with a reward if you get to everything on your list.”

2. “Keep your work with you. That way, if you find yourself with extra time – while on a plane or bus or waiting for an appointment – you can get something done.”

3. “Don’t be afraid to say no. It’s OK to say no if your friend asks you to go to a movie one night but you have a test the next morning. Instead, find a time that works for both of you and go see a movie then.”

4. “Find your productive time. Are you a morning person or a night person? You’ll be more efficient if you work when you’re at your best.”

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May/June- College Planning Tips - from ICAN

Sophomores:
*Ask your school counselor about AP (Advanced Placement) classes that would fit into your schedule. Harder courses in high school make you more prepared for college. Also check into dual-enrollment classes that let you earn college credit.
*Read more! Reading is one of the best ways to improve your grades, and you can do it practically anywhere. Ask your local librarian for suggestions on books to read this summer.
*Compare different careers. Look at things like required education, daily tasks and starting salary, and think about what appeals to you the most.

Juniors:
*Think about the college experience and environment you want. Write down what’s important to you, review your career plans and find a college that is a good fit.
*Beware of scholarship search and financial aid services that charge. Much of the information you need is available for free.
*Begin applying for scholarships. Find link to searches, as well as tips for essay writing on the ICAN website.
*Finalize your college choices. Look especially at the features that are most important to you.

Seniors:
*Make sure that you have turned in all necessary documents to the financial aid office at your college of choice, including loan applications and promissory notes. Make sure you return the forms on time if your college has a deadline.
*Finalize your summer job or volunteer plans. Jobs related to your future career and volunteer work will be great experiences you can add to your resume.
*Let your college’s financial aid office know about any scholarships you’ve received that weren’t part of the college’s financial aid package.

Parents:
*Help your child choose a career. Deciding on an initial career goal can be daunting for a high school student, but research shows that parents have a large influence on their child’s career choices. Take the time to guide your child through the process of discovering abilities, interests and values that will help them choose a suitable career path.
*Include a few college campuses in any summer travel or plan to visit those nearby with your student.

College:
If you are thinking about changing your major, you’re in good company. It happens all the time at colleges across the country. In fact, one recent study at a major university showed that 75% to 85% of the students who entered college with a declared major ended up changing it at least once before graduation.

-From: Iowa College Access Network
You may not realize it, but the products of chemistry play a big role in our daily lives. Chemists and materials scientists create the building blocks for medicines like Prozac or products such as plastic bags. Even the chocolate, marshmallow, and banana flavors of the processed food you eat were created in a lab by food chemists.

Chemists and materials scientists working in applied research come up with new products for industrial, commercial, and medical use. Chemists research chemicals – the building blocks of all materials. Materials scientists conduct research on the structures and compositions of materials.

Are you ready to...?
* Use your hands to build apparatuses and perform experiments

Did You Know...?
* Use computers and high-level math
* Publish papers
* Give talks at conferences
* Keep up with the latest research
* Work with a team

It helps to be...
Detail-orientated so that you don’t miss anything when making observations. You’ll also need to be creative, so you can come up with your own ideas about what you want to work on.

“I like being able to work with my hands in the lab, making compounds and isolating cells.” Jake, Postdoctoral Fellow in Biological Chemistry.

Education: You’ll need at least a bachelor’s degree. To work in research, you’ll probably need a Ph.D.

Make High School Count
Preparation is the key to any career. To become a Chemist and Materials Scientist, you should:
* Get a strong background in science and build lab skills by taking advanced chemistry, physics, and biology classes.
* Take computer courses, such as computer science. You’ll be using computers to model things like molecules.
* Sign up for chemistry-related activities outside of class, such as the United States National Chemistry Olympiad.

Compensation
The U.S. Bureau of Labor Statistics estimates that the average yearly salary in 2011 of:
* Chemists: $74,780
* Materials Scientists: $86,600

Outlook
Government economists expect jobs for chemists to grow slower than the average for all careers through 2020. Jobs for materials scientists should experience average growth. Those with graduate degrees especially Ph.D’s should have the best opportunities, which include research and upper-management positions.

Chemists and materials scientists work in specific fields, such as biochemistry, which deals with the chemical reactions in living organisms.
How Will College be Different From High School? - (continued from page 1)

“College is your home.”

“In high school, you got up in the morning, came back in the afternoon, did your homework and were done with school. That’s not the case in college.”

“Your college will be your home – you will eat, sleep, study, have friends over and do your laundry in your dorm. You’re not going to be in class from morning to afternoon every day. Instead, you’ll attend classes in between other things – and no one’s going to force you to attend those either.”

“You’ll need a lot of self-discipline if you want to get things done. ..You should be realistic about your financial resources by thinking about every dollar you spend.”

By Mridu Khullar
June 8, 2007
www.fastweb.com

8 Ways to Take Control of Your Time - (cont. from pg. 1)

5. “Create a dedicated study time. Set up a time devoted only to studying or homework. Shut off your phone and respond to calls or texts when your work is finished. Don’t check email or surf the Web (except when you need to for the work you’re doing) during this time either.”

6. “Budget your time. Figure out how much time you usually spend on your activities and then create a weekly schedule to follow. Determine how much free time you have before you add any commitments. And don’t forget to schedule time to relax.”

7. “Don’t get sidetracked. If you find yourself wasting time on unimportant things, stop, check your to-do list and get back to what’s at the top. Maybe you’re procrastinating because you’re not sure how to move forward on a school project. If that’s the problem, check with your teacher to clear things up so you can get moving.”

8. “Get a good night’s sleep. Your brain needs rest to perform at its peak. If it’s time to sleep, list the things you still need to get done on the next day’s to-do list and go to bed.”

From: The College Board
New York, NY

Word of the Month
from Number2.com

somnambulist (noun)
A sleepwalker.
In the morning, the somnambulist would frequently wake up in the guest room, having no recollection of leaving his own bed.

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