



AcademicAlly Guidance Center

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Helpful Links

For info about SAT I, II, and AP Tests go to:

www.collegeboard.com

For info about ACT test go to:

www.act.org

For info about test optional schools go to:

www.fairtest.org/university/optional

For info about financial aid go to:

www.FAFSA.ed.gov

www.fastweb.com

www.finaid.org

For college search info go to:

www.collegenavigator.gov

www.collegeprowler.com

To take a virtual tour of college campuses go to:

www.youniversitytv.com

www.youvisit.com

To learn about Colleges That Change Lives go to:

www.ctcl.org

Something to Make You Laugh!:

<https://www.youtube.com/watch?v=QpNXHJGfGYo>

Resilience: Pick Yourself Up

“Pick yourself up, dust yourself off, and start all over again.” This was a cute song my mother used to sing to me when I was little. If I faced a challenge, like falling while learning to roller skate or master a two-wheeler, after tending to my physical injuries, this sweet little ditty encouraged me to try again. It was this subsequent resilience that enabled me to learn from mistakes and failed attempts and it is this fortitude that has opened me to opportunities I never would have imagined were possible had I not persevered.

With the arrival of 2022, many of us are at a crossroads in so many different arenas of our lives. We find ourselves in yet another year where COVID is wreaking havoc on our plans and our ability to lead a more carefree lifestyle. This is just the tip of the iceberg. So, how do we rebound? How do we find a sense of hope, direction, and comfort that someday, we can find some semblance of predictable normalcy? We must pick ourselves up, dust ourselves off, and start again. Here are some suggestions:

COVID: this virus is not going away any time soon. When it comes to resilience in this area, part of it has to do with accepting this harsh reality. Make smart and safe choices that are likely to protect yourself and your loved ones. Find out-of-the-box ways to engage in life-go for walks outdoors (yes, even on cold winter days, you can enjoy a long, heart-pumping walk!). Go early to events to avoid crowds and leave early or wait until the crowds have gone home before you attempt to leave the venue. When possible, take advantage of virtual events to decrease your exposure to the virus, at least until this latest wave subsides.

Keeping on Track:

Seniors: Even though those applications are in, you must continue to keep those grades up. Colleges will be asking for mid-year reports as well as end-of-the-year transcripts. Note that your acceptances to college are contingent upon your continued performance in school. Don't forget to make sure you have met all scholarship deadlines and if you haven't already done so, fill out and turn in your CSS Profile and FAFSA forms.

Juniors: Think about the teachers you would like to write letters of recommendation for you. They should know you well and be able to speak to your work ethic and personal and academic growth. By the end of this month, talk with them about their willingness to write a letter of recommendation for you in the fall and ask them what information they need from you in order to write that letter. While spring is usually the time to go visit college campuses, that may not be possible this year. Take advantage of virtual tours on each college's website. Other resources include www.youvisit.com or www.youniversitytv.com. While a virtual tour may not be ideal, it does give you the chance to "travel" quickly from one geographic location to the next with no cost of time or money. Here is an article that highlights the benefits of virtual tours: <https://www.usnews.com/education/best-colleges/articles/2019-07-30/how-to-make-the-most-of-virtual-college-tours>. Keep your activities going-even during the last months of this pandemic. What you accomplish in the face of COVID will impress your prospective colleges.

TEST UPDATES

ACT: Here is the link for the latest ACT information:
www.act.org

SAT: Here is the link for the latest SAT information:
www.collegeboard.org

Pay it Forward: Do you know someone who is struggling with the shift to virtual classroom learning?? Send them this newsletter or forward us their contact information. We want to help!

Contact Us


<http://www.Academic-Ally.com>

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School: kids, sometimes you are going to be disappointed, and you are going to fail, but these incidents do not have to define you or your destiny. When things do not go according to plan, they are growth opportunities. What went well? Can you duplicate it? What went wrong and how can you do things differently, so you do not repeat the same mistakes? Maybe you meet with the teacher to discuss your questions. Perhaps you study with a friend-I am a firm believer in the value of student-to-student study sessions as kids have a unique way of discussing material, however difficult it may be, in a way that makes sense to their audience. Maybe you need to plan your time more effectively, so you do not have to rush at the last minute. Mistakes do not have to define you; rather they can empower you to improve your performance.

Relationships: all of us, adults and kids alike, face challenging times in our relationships with others. Just because we may not see eye-to-eye with someone does not mean the relationship is doomed. We make mistakes; we hurt those we care about and love. Revisit the incident-what did you do? What did your friend or relative do? How could both parties have acted differently? Listen, ask questions, clarify, confirm, and breathe. Then decide how to proceed. Maybe there is no way to get around something and maybe that means you part ways, or maybe this speaks to a pattern of destructive behavior that needs to end before it destroys you. Alternatively, perhaps you can find a way to move on together. In either case, if you take the opportunity to learn from these experiences, your current and future relationships are likely to be richer.

Hobbies/Interests: sometimes change is a good thing. Investing time and energy in the same activities day in and day out can grow cumbersome and old. If you feel like you are just going through the motions, change things up a bit. Cooks and bakers-try new recipes. Learn about foods from different cultures and their significance. Find a healthier version of your favorite recipes and try them out. Artists-try a new medium. Maybe you paint on newspaper as opposed to a canvas (renew, reuse, recycle?!). Musicians-find a piece that speaks to your soul and ignites passion. Writers-try a new means of written expression. Athletes-change up your workout



routine. Find a new partner; make a new playlist; find a new sport; get new clothes for your workout. Philosophers-consider a different perspective. Spiritualists-explore a different religion.

We have choices and we all make them, including the choice to not make any choices and to stay the course. But if we expect to endure or rise above challenges that come our way, we must be willing to take a risk and try a different avenue. Maybe, just maybe, by taking that plunge, we will enable ourselves to pick ourselves up, dust ourselves off, and start all over again.
