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****Common App Update:** The new essay prompts have been sent to college admissions consultants like myself. We are now working with rising seniors on these essays so that they are completed before summer break. Call now to sign up for essay services!

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

To learn about Colleges That Change Lives go to:

www.ctcl.org

Finish the Year Strong: **Stop, Start, Continue**

The fatigue from the school year is setting in; spring break has occurred or is fast approaching, and this respite is a tantalizing tease for what's ahead....**SUMMER VACATION!!** The weather is warmer-who really wants to be stuck inside a library studying and doing work?! How are you going to muster the energy to finish the academic race?

We have discussed this topic so many times, and in previous issues of **The Guidance Center** we have identified detailed strategies to counter your fatigue. In this issue of our eletter, we have decided to KISS (Keep It Simple Silly), and share a three-step process to help bolster your reserves. With the assistance of the online resource "Two Peas and a Dog", we are presenting **Stop, Start, Continue**.

Stop: refers to the idea that there are choices we make and behaviors we engage in that sabotage our own best efforts. Cellphones are brought into the bedroom when we are attempting to do homework. Five-minute breaks become 30- minute breaks which become 90-minute breaks, etc. We don't get enough sleep, often bringing those cellphones into our beds with us and texting, IMing, and perusing social media until all hours of the night. As we have said many times, a sleepy brain is an unfocused and disorganized brain.

So, stop undermining yourself. Recognize the behaviors you are engaging in that are counterproductive and stop doing them. Leave

Keeping on Track:

Seniors: Your May 1st commitment day is coming! If you are still contemplating your choices, weigh the pros and cons, maybe utilize a "T" chart to help make the decision. Once you have decided, be sure to submit all necessary paperwork, including deposits. Congratulations!

Juniors: Prep for the SAT or the ACT and practice ahead of time. Important test dates:

ACT: Here is the link for the latest ACT information:
<https://www.act.org>

SAT: Here is the link for the latest SAT information:
<https://collegeboard.org>

If possible, continue visiting college campuses to get a better sense of what you want in a college. In the absence of in-person tours, utilize resources like: www.youvisit.com or www.youniversitytv.com.

Start working on those personal statements!**

Keep the grades up, stay involved in extra-curriculars, and take as rigorous a course load as you can successfully manage.

****We are helping students with their college admissions essays now! Schedule your appointment today.**

Something to make you smile:

<https://www.youtube.com/watch?v=OrpnTMyURtIPay>
it Forward:

Do you know someone who is looking for college admissions advice? 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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the phones outside of your room. Separate your workspace from your living space so you can be rested in the former and productive in the latter. Get your rest.

Start: this refers to being proactive and making choices that are actually helpful to you. Pack your backpack the night before and place it by your bedroom or front door, so you can literally pick it up and walk out the door to avoid a mad morning rush. Meet with teachers when you recognize you need help, or alternatively, work with your friends.

Continue: look at what you are doing and what is working and *continue* to do it. Writing assignments in your planner or your online portal calendar? Keep doing this! Taking notes in class and when you read the textbook? Keep it up! Asking for help in a timely way? Bravo! As the saying goes, "If it ain't broke, don't fix it."

With this simple mantra of **Stop, Start, and Continue** in place, you should be able to tap into your reserves and finish the 2021-2022 school year with success and gusto!

