

## In This Issue

- You Are Your Own Superhero
- Staying on Track: Senior and Junior Tasks

**\*\*Common App Update:** The new essay prompts have been sent to college admissions consultants like us. 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](http://www.collegeboard.com)

For info about ACT test go to:

[www.act.org](http://www.act.org)

For info about test optional schools go to:

[www.fairtest.org/university/optional](http://www.fairtest.org/university/optional)

For info about financial aid go to:

[www.FAFSA.ed.gov](http://www.FAFSA.ed.gov)

[www.fastweb.com](http://www.fastweb.com)

[www.finaid.org](http://www.finaid.org)

For college search info go to:

[www.collegenavigator.gov](http://www.collegenavigator.gov)

[www.collegeproowler.com](http://www.collegeproowler.com)

To take a virtual tour of college campuses go to:

[www.youniversitytv.com](http://www.youniversitytv.com)

To learn about Colleges That Change Lives go to:

## You Are Your Own Superhero

Wonder Woman can deflect bullets from her bracelet cuffs. Superman can leap tall buildings in a single bound. Spiderman casts a web and swings effortlessly from one building to the next. These fictitious characters demonstrate superhuman feats in every adventure they encounter. Then there are the elite athletes, Michael Jordan, Barry Sanders, Bryce Harper, all of whom impress their fans with their outrageous athletic abilities. With all of these powers, fictitious or otherwise, it's easy to understand why we might shy away from considering ourselves super heroic, and yet, despite our mortality and feet of clay, we are indeed our own superheroes.

Contrary to popular belief, earning superhero stature is not about actual superpowers, rather it has everything to do with your character. Let's start with adversity. At some point in our lives, we will encounter some form of challenge: the loss of a cherished friendship; failing a major exam; getting into trouble with a parent; enduring a health crisis, etc. Adversity is a part of life, it is what helps us to discover our resilience and resourcefulness, leading to personal growth. The question that begs to be answered is what do you do in the face of great challenge? Will you ignore the lessons from these experiences, making you destined to repeat the same mistakes? Or will you use these experiences to inform your gameplan the next time you encounter difficulty? Your attitude and the choices you make are your superpowers, and when you use them to aid your growth, you empower yourself.

Your mental fitness is another potential superpower. When facing an unfamiliar set of circumstances, that unsettled feeling that rises from the depths of your belly is indeed uncomfortable, but it is normal. Your confidence and faith in your ability to navigate uncharted territory is a superpower as it promotes continued self-esteem not only in yourself, but those around you. When you believe in yourself, others believe in you and the message you seek to deliver. With that established faith, you are in a position to instill confidence in your peers, family members, and others in your community!

Your own talents are your superpowers too. The writer touches people's lives with the beauty of their written word. The musician eases a broken heart with lyrics and music that validate the loss of a relationship. The coach provides strategy and encouragement to the

## Keeping on Track:

**Seniors:** If you know where you will be attending college in the fall, congratulations! Keep those grades up and stay involved in your activities. Don't forget to send in your deposits and housing forms.

If you are still waiting to hear from a college about wait list status, continue the wait BUT consider making a Plan B. Revisit the campuses to which you were accepted and ask deeper questions that now are on your mind. Talk with current students. Send Admissions folks any updates on important accomplishments.

If you are still awaiting word about acceptances, keep those grades up and stay active in activities.

**Juniors:** Start taking 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 it is safe to do so, start 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](http://www.youvisit.com) or [www.youniversitytv.com](http://www.youniversitytv.com).

Think about whom you want to ask to write letters of recommendation and ask them now. Popular teachers will fill up quickly.

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.**

aspiring athlete. The teacher piques curiosity with thought-provoking discussions and debates in the classroom. A friend lends a helping hand when it feels like the world is falling apart. The baker adds a festive air to the celebration of a major life milestone. Our talents, however great or small, are incredibly impactful to the lives we touch. Isn't this the true definition of a superhero?

Talent does not alone create a superhero. These individuals also recognize their limitations and address them accordingly so they can better position themselves for success. Superman has kryptonite; Aquaman can't leave water longer than one hour; Spiderman is vulnerable to pesticides. We all have limitations, but what we choose to do about them is what truly defines us. The student who loses track of time uses alarms on his phone to remind him to leave on time for appointments. The mother who works two full-time jobs recognizes her limitations and enlists in the help of her neighbor to watch her children after school. The athlete who has asthma uses her inhaler prior to her basketball games. The college student who has ADHD takes their medication every morning so they can focus in class and complete assignments in the afternoon. Limitations do not deny us the opportunity to flex our superhero muscles, rather, they give us the opportunity to implement strategy so we can meet with success **in spite** of these potential obstacles.

You have the power to be your own superhero. Your talent, confidence, and self-awareness empower you to not only make a difference in your own life, but in the lives of those around you. Begin every day with this superhero pose that has been scientifically proven to empower the participants who use it: Stand firmly with your feet hip-length apart. Make two fists and place them on the peaks of your hipbones. Breathe in deeply and tell yourself, "I am my own superhero. I'm powerful, and I am confident." Now go out and let the emblem on your superhero cape shine!

***Pay it Forward: Do you know someone who is looking for academic coaching services, college admissions advice, or test prep services? Send them this newsletter or forward us their contact information. We want to help!***

### **Contact Us**

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

[Hannah@Academic-Ally.com](mailto:Hannah@Academic-Ally.com)

610 647-3959 ext. 105