

# USEFP News

THE UNITED STATES EDUCATIONAL FOUNDATION IN PAKISTAN

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## The Downside to Being an Overachiever

Article from [www.collegeboard.com](http://www.collegeboard.com)

You do it all. You play three sports; you belong to four clubs and hold officer positions in all of them; you volunteer at the local animal shelter, nursing home, and hospital; and you maintain straight A's. Perhaps this scenario is somewhat exaggerated, but the truth is that more and more students today are becoming caught up in the trap of overachieving. Overachievers have plenty to put on a resume when it's time to apply to colleges, but they pay a price. They lose a sense of balance, and the consequences can be severe.

### The Negative Aspects of Overachieving

#### 1. Loss of focus or passion

Overachievers are often spread quite thin. With only so many hours in the day and so much energy and effort to give, you have to divide your attention among a number of endeavors if you over schedule your time. When you feel pressure to excel in every area, you may lose the chance to discover a genuine personal interest or talent as you attempt to master all your activities. Consequently, you are likely to lose sight of what you truly like and to get less enjoyment from the things you do.

#### 2. Poor physical health

The workload and time constraints of the typical over-

achiever leave relatively little time for sleep. In fact, sleep deprivation is common among overscheduled students, with many of them sleeping less than six hours per night. Excessively busy kids tend to suffer from poor eating habits, as well. If you don't have the time to sit down to three solid meals per day, you may have to grab food on the go, and such diets are often full of fats and sugar. Teens need sufficient sleep and nourishment to stay physically and mentally strong, so if you have too much to do, you may end up sacrificing your health.

#### 3. Poor mental health

The American Academy of Child and Adolescent Psychiatry states that "school demands and frustrations" and "taking on too many activities or having too high expectations" are the leading causes of teenage stress. The desire to please others, as well as our culture's clear emphasis on success, is creating a generation of workaholics who are draining themselves mentally and emotionally.

#### 4. Unhealthy self-image

Overachievers often base their feelings of self-worth on their accomplishments. The more they do, and the more they do well, the better they feel about themselves. Reliance on external validation,

though, can be extremely harmful. If you focus on grades, test scores, awards, and other external markers of success, you can lose sight of your inner identity. Overachieving frequently causes students to forget that self-worth is measured from within rather than by what others think or say.

#### 5. Problems getting into college

The majority of colleges indicate that they are looking for well-rounded students. Essentially, they prefer applicants who achieve balance among their academic pursuits, their extracurricular activities, and their personal lives. When admissions officers look at resumes, they are attempting to assess leadership, commitment, and integrity. If you're an overachiever, beware. More is not necessarily better.

### How to Achieve Balance

#### 1. Do what you like

Sit down and make a list of your commitments. Then, rank them according to how much you enjoy each one. Weed out the activities from which you gain little or no pleasure. Instead, create a schedule of activities that reflects your true interests and passions, and don't be afraid to cut something out or to say no if you're being pres-



Moderation is key

sured to stay involved. In the end, you'll be a happier person.

#### 2. Schedule time to relax

If you never have a minute to rest or have fun, you are doing too much. Take a look at your calendar and carve out specific times to ease off your usually hectic pace. All work and no play will end up stressing you out.

#### 3. Take care of yourself, inside and out

Make sure that you eat healthy foods and that you get a sufficient amount of sleep each night. Also, remember that exercise is a necessary ingredient for both a strong body and a strong mind. And when you're feeling overwhelmed or stressed, take a break. Most importantly, ask for help when you need it. Parents, friends, teachers, and counselors are all people to turn to if you start to experience burnout.

# Harvard Has the Top-Ranked Business School and Medical School

Article provided by U.S News & World Report

[Harvard University](#) captures two of the top three slots in this year's U.S. News & World Report rankings of graduate school programs, holding the top slot for both business school and medical school programs. [Yale University](#) edges Harvard out to claim the honor of having the nation's best law school program. The grad school rankings might carry extra weight this year because more people are considering going to grad school as a way to boost job security in a shaky economy. For example, earlier this year, the [Massachusetts Institute of Technol-](#)



Statue of John Harvard on the University Campus

[ogy](#) had seen a nearly 15 percent increase in its graduate school applications, and [Duke](#) was reporting a 33 percent spike in applications, compared with the same time the previous year. Seeking shelter in grad school is perhaps a wise idea for future prosperity: People who have earned advanced degrees consistently tend to have lower rates of unemployment and higher salaries (about \$30,000 per year more than those with a bachelor's degree, according to the U.S. Census Bureau). Yale's top ranking among law schools keeps alive a streak that dates back more than 15 years. Yale's freewheeling academic structure -- a rigorous, ungraded course load during the first semester, after which all courses are electives -- appears to have given it the edge over its competition. Harvard lands in second, and [Stanford](#) finishes third. (Last year, Harvard and Stanford tied for second.) For the first time, U.S. News also produced a separate ranking of part-time law school programs.

[Georgetown University](#) tops that list, followed by [George Washington University](#), [Fordham University](#), [American University](#) and [George Mason University](#). According to the American Bar Association, 16 percent of law school students are enrolled in part-time J.D. programs, which generally take four years to finish instead of three. "These are people who are out there working and can't afford just to leave their jobs and go to full-time law school," says Andrew Cornblatt, dean of admissions at Georgetown University Law Center. Harvard University tops the business school rankings. Stanford, which tied Harvard for the top slot last year, slips a whisker to No. 2, and [Northwestern University's Kellogg School of Management](#) and the [University of Pennsylvania's Wharton School Graduate Division](#) tie for third. The [Massachusetts Institute of Technology's Sloan School of Management](#) rounds out the top five. As with law schools, part-time and execu-

tive M.B.A. programs are on the rise to accommodate a growing number of students (Northwestern tops U.S. News' ranking of executive M.B.A. programs this year). Harvard also claims the top spot in the medical school rankings for research programs, followed by [Johns Hopkins University](#) in second place; the University of Pennsylvania and [Washington University in St. Louis](#) tie for third, and the [University of California -- San Francisco](#) places fifth.

## Best Business Schools

U.S. News surveyed 426 M.B.A. programs to get the information used in the ranking of top business schools. These schools made the top 10.

1. [Harvard University](#) (Boston, Mass.)
2. [Stanford University](#) (Stanford, Calif.)
3. [Northwestern University -- Kellogg School of Management](#) (Evanston, Ill.)
4. [University of Pennsylvania -- The Wharton School Graduate Division](#) (Philadelphia, Pa.)
5. [Massachusetts Institute of Technology -- Sloan School of Management](#) (Cambridge, Mass.)
5. [University of Chicago -- Booth School of Business](#)
7. [University of California -- Berkeley -- Haas School of Business](#)
8. [Dartmouth College -- Tuck School of Business](#) (Hanover, N.H.)
9. [Columbia University](#) (New York)
10. [Yale University](#) (New Haven, Conn.)

## Best Law Schools

U.S. News surveyed 184 accredited programs to get the information used in the ranking of top law schools.

1. [Yale University](#) (New Haven, Conn.)
2. [Harvard University](#) (Cambridge, Mass.)
3. [Stanford University](#) (Stanford, Calif.)
4. [Columbia University](#) (New York)
5. [New York University](#) (New York)
6. [University of California -- Berkeley](#)
6. [University of Chicago](#)
8. [University of Pennsylvania](#) (Philadelphia, Pa.)
9. [University of Michigan -- Ann Arbor](#)
10. [Duke University](#) (Durham, N.C.)
10. [Northwestern University](#) (Chicago)
10. [University of Virginia](#) (Charlottesville, Va.)

## Best Medical Schools (Research)

U.S. News surveyed 146 programs to get the information used in the ranking of top medical schools. These are the top 10 schools in that group for research.

1. [Harvard University](#) (Boston, Mass.)
2. [Johns Hopkins University](#) (Baltimore, Md.)
3. [University of Pennsylvania](#) (Philadelphia, Pa.)
3. [Washington University in St. Louis](#) (Mo.)
5. [University of California -- San Francisco](#)
6. [Duke University](#) (Durham, N.C.)
6. [Stanford University](#) (Stanford, Calif.)
6. [University of Washington](#) (Seattle)
6. [Yale University](#) (New Haven, Conn.)
10. [Columbia University](#) (New York)

## Best Medical Schools (Primary Care)

U.S. News surveyed 146 programs to get the information used in the ranking of top medical schools. These are the top 10 schools in that group for primary care.

1. [University of Washington](#) (Seattle)
2. [University of North Carolina -- Chapel Hill](#)
3. [Oregon Health and Science University](#) (Portland, Ore.)
4. [University of Colorado -- Denver](#) (Aurora, Colo.)
5. [University of California -- San Francisco](#)
6. [University of Vermont](#) (Burlington, Vt.)
7. [Michigan State University](#) (East Lansing, Mich.)
7. [University of Massachusetts](#) (Worcester, Mass.)
7. [University of Minnesota](#) (Minneapolis, Minn.)
10. [University of California -- Los Angeles -- David Geffen School of Medicine at UCLA](#)
10. [University of Iowa -- Roy J. and Lucille A. Carver College of Medicine](#) (Iowa City, Iowa)

For the complete article and related links please visit:

<http://encarta.msn.com/encnet/Departments/Grad/?article=2009BestGradUSNWR&GT1=27004>

# Tips for Finding Your College Match

## Characteristics You Should Consider

Article from: [www.collegeboard.com](http://www.collegeboard.com)

How can you find colleges that match your needs? First, identify your priorities. Next, carefully re-search the characteristics of a range of schools. Finally, match the two. Here are some college characteristics you should consider.

### Size of the Student Body

Size will affect many of your opportunities and experiences, including:

- Range of academic majors offered
- Extracurricular possibilities
- Amount of personal attention you'll receive
- Number of books in the library

When considering size, be very sure to look beyond the raw number of students attending. For example, perhaps you're considering a small department within a large school. Investigate not just the number of faculty members, but also how accessible they are to students.

### Location

Do you want to visit home frequently, or do you see this as a time to experience a new part of

the country? Perhaps you like an urban environment with access to museums, ethnic food, or major league ball games. Or maybe you hope for easy access to the outdoors or the serenity of a small town.

### Academic Programs

If you know what you want to study, research reputations of academic departments by talking to people in the fields that interest you. If you're undecided, relax and pick an academically balanced institution that offers a range of majors and programs. Most colleges offer counseling to help you find a focus.

In considering academic programs, look for special opportunities and pick a school that offers many possibilities.

### Campus Life

Consider what your college life will be like beyond the classroom. Aim for a balance between academics, activities, and social life. Before choosing a college, learn the answers to these questions:

- What extracurricular activities,

athletics, and special interest groups are available?

- Does the community around the college offer interesting outlets for students?
- Are students welcomed by the community?
- Is there an ethnic or religious group in which to take part?
- How do fraternities and sororities influence campus life?
- Is housing guaranteed?
- How are dorms assigned?

### Cost

Today's college price tag makes cost an important consideration for most students. At the same time, virtually all colleges work to ensure that academically qualified students from every economic circumstance can find financial aid that allows them to attend. In considering cost, look beyond the price tag.

### Diversity

Explore what you might gain from a diverse student body. Think about the geographic, ethnic, racial, and religious diversity of the students as a

means of learning more about the world. Investigate what kinds of student organizations, or other groups with ethnic or religious foundations, are active and visible on campus.

### Retention and Graduation Rates

One of the best ways to measure a school's quality and the satisfaction of its students is to learn the percent of students who return after the first year and the percent of entering students who remain to graduate. Comparatively good retention and graduation rates are indicators that responsible academic, social, and financial support systems exist for most students.

### Find Colleges

Use [College Search](#) to re-search two-year and four-year schools and find the programs that meet your needs.

Browse colleges with our [A to Z College Search listings](#) or search for [Colleges State-by-State](#).

## UPCOMING EVENTS AT USEFP:

### USEFP Karachi:

University selection sessions will be taking place every Thursday and Saturday.

Visa seminars will be conducted every Wednesday afternoon in the month of May.

### USEFP Lahore:

Visa seminars will be hosted at FC College in Lahore on June 05th.

**Pease contact your local office to register for upcoming events and receive additional information:**

**Islamabad:** [advising@usefpakistan.org](mailto:advising@usefpakistan.org)

**Karachi:** [advisingkarachi@usefpakistan.org](mailto:advisingkarachi@usefpakistan.org)

**Lahore:** [advisinglahore@usefpakistan.org](mailto:advisinglahore@usefpakistan.org)

# Upcoming Test Dates for TOEFL, GRE, and SAT

## SAT:

General and Subject Test

### **Test Dates:**

June 6th, 2009

October 10th, 2009

November 07th, 2009

December 05th, 2009

January 23rd, 2010

May 01st, 2010

June 05th, 2010

### **International Registration:**

Please check for early registration options for international candidates.

## iBT TOEFL:

### **Test Dates:**

October 10th, 2009

October 18th, 2009

October 24th, 2009

October 25th, 2009

October 31st, 2009

November 01st, 2009

November 08th, 2009

November 14th, 2009

November 21st, 2009

November 22nd, 2009

December 05th, 2009

December 12th, 2009

December 20th, 2009

## GRE:

The GRE Test is offered four days a week, Monday through Thursday, throughout the year.

Please visit our website or call in order to register for a particular test day.



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