

USEFP News

THE UNITED STATES EDUCATIONAL FOUNDATION IN PAKISTAN

NOVEMBER 01ST 2009

Work Life Balance

College is a time for learning! Unfortunately, too many students spend too much time working so they can afford to pay for their tuition, books, housing and fun. There's nothing wrong with this except it leaves little time for study - hence, little time to learn.

Remember, the whole idea behind college is to advance to a higher level of education so one can get a better job. It might be wise to try and delay some materialistic desires, work less, and study more. **Lots of studying and skill building increase the odds of you succeeding down the road.**

However, the work-study balance is a difficult task to master. Most students don't have the money to attend school without working. They are forced to find a job that will help pay the bills. The real question is, "When does work become detrimental to study?" For some it seems that many hours of work is fine, but for others it's too much to hack. Some sources suggest that students who work about twenty hours a week get the



best grades. Those who work less often procrastinate or fail to focus on school assignments because they "think they have lots of time to finish". Students who work more than 20 hours tend to get too tired or don't have enough time to do good school work.

To successfully balance study and work there are two things you can do. One is to **study more effectively**. The other is to restructure your method of generating income.

Loans

Taking out a loan might relieve some pressure. Interest will accumulate on the loan, but as long as you are enrolled in school you don't have to make payments. If your goal is to work less, study more and get

the best education you can, borrowing money to pay for tuition and books now might be a viable option. Check with your school's financial aid program to find out more.

"Killing Two Birds with One Stone"

Finding jobs that allow you time to study "on the clock" is a great way to balance work and study demands. The key is to find work that understands your needs. Probably the best jobs for this approach will be to find those positions that are available on your school campus. On-campus employers are far more understanding than outside employers. Jobs like working

in the library, or as a computer lab monitor, or weight training instructor might allow space for studying. The on campus job might not pay as well, but if you can get some studying done during work, it leaves a little more time for relaxation and fun! If you have to work off campus, try and request time off when business is slow or ask if you can study during the down times.

Have fun on the Job

One way to help minimize the stressors of work and study is to find a job that brings you joy. Why not choose a job that is more like a hobby of yours. If you have a love for a certain kind of activity, why not get paid to do it? If you love to exercise then why not find a job as a personal trainer or an aerobics instructor. Like watching movies, apply at a local movie theater. There are many jobs out there that will exercise your hobbies, plus you can have fun doing them at the same time.

For Gifted Students

The Gifted Child's Unique Approach to College Planning

If you are a gifted or exceptionally talented student, your basic college planning is similar as for other students. For example, you, too, need to take admissions tests. However, certain characteristics that

make you unique may have an impact on your college planning. Here are some general tips:

Supplement Your High School Curriculum

Look for a range of academic options, such as Advanced Placement Program® courses, acceleration, or distance learning. Consider trying out a class at a local college during the year or over the summer.

Consider Talent Search Programs in Junior High

For example, some Talent Search Programs use SAT® scores to identify academically talented students. Most students take the SAT in junior or

senior year of high school. Talent Search Programs provide educational opportunities for mathematically and/or verbally talented seventh and eighth graders.

you'll want to look for colleges with strong academic support and stimulating courses that integrate disciplines.

Manage Expectations

You may feel like you have to

get into the most competitive colleges. And while competitive colleges may be the right place for you, don't let selectivity



Explore All of Your Talents

Don't miss opportunities by focusing too early on one academic area. Explore all of your talents and interests. And keep in mind, just because you excel in a subject that doesn't mean it should become your primary focus.

Find Colleges That Meet Your Needs

For example, many gifted students become deeply invested in exploring ideas to their limits. If this is true for you,

be the only factor. Don't let outside pressures get in the way of making the best decisions for yourself.

Get Ready for Competition

Many gifted students are not as challenged academically by their peers in high school as they will be by their peers in college. They arrive unprepared for the competition from other gifted students. Stay focused on your own studies and skills; don't get distracted by other students' accomplishments.

Create a College List

Track Schools and Requirements

Did you know that you can use exceptional free services offered by www.collegeboard.com to streamline your college search process? “[My Organizer](#)” can help you to manage a personal college list in one place. Once you're signed up and signed in, you can create a list of schools and track important application deadlines and activities.

How It Works

[My College List](#) is a free online tool that allows you to:

- Keep a college watch list—add or delete colleges at any time.
- Create and manage online applications (for participating schools).
- Access information from any computer—no papers to lose!
- Jump quickly to each college's

website.

- Save notes, deadlines, and reminders for each college.

How to Add Schools to Your College List

Use [College Search](#). There's an "add to list" option next to each



college's name (for example, in your search results).

How to Access Your College List

If you don't already have one, you must first [create a College Board account](#).

When you sign in, you are taken to [My Organizer](#), a personalized start page with important tools

and reminders.

- Under the "My Colleges" tab, click on "College List."

When you're signed in, you'll also see a link to College List in the [My Organizer](#) dashboard on the left-hand side of most pages. Click the (+) symbol to expand your list and jump directly to a college's information.

Jump start your college search today by visiting the collegeboard website at:

www.collegeboard.com

or access the college search engine directly at:

http://collegesearch.collegeboard.com/search/adv_typeofschool.jsp

UPCOMING EVENTS AT USEFP, NOVEMBER 2009:

USEFP Islamabad:

A General Undergraduate Presentation will be held every Wednesday of the month at 3:00pm

A General Graduate Presentation will be held every Thursday of the month at 3:00pm

USEFP Karachi:

A Visa Seminar will take place every Wednesday of the month at 3:00pm

A Graduate Education Presentation will be held every Thursday of the month at 3:00pm

An Undergraduate Education Presentation will be held every Friday of the month at 3:30pm

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

Islamabad: advising@usefpakistan.org; **Karachi:** advisingkarachi@usefpakistan.org; **Lahore:** lahoreadvising@usefpakistan.org

Upcoming Test Dates for TOEFL, GRE, and SAT

SAT:

General and Subject Test

Test Dates:

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:

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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