

# USEFP News

THE UNITED STATES EDUCATIONAL FOUNDATION IN PAKISTAN

OCTOBER 15TH 2009

## Twenty Questions to Ask Your School Counselor

Your school counselor is one of your best resources as you plan for college. Your counselor has information about admissions tests, college preparation, and your education and career options. Here are some basic questions to help get your conversation started:



1. What are the required and recommended courses—for graduation and for college prep?
2. How should I plan my schedule so I'll complete them?
3. Which elective courses do you recommend?
4. Which AP® courses are available?
5. When is the PSAT/NMSQT® going to be given here?
6. Is this school a testing center for the SAT®, or will I need to go somewhere nearby?
7. Do you have any after-school or evening sessions available for college planning, or

8. the SAT?
9. Do you have college handbooks or other guides that I can browse or borrow? Do you have a copy of the free *SAT Preparation Booklet™*, which has a practice test in it?
10. What activities can I do at home and over the summer to get ready for college?
11. What kinds of grades do different colleges require?
12. Are there any college fairs at this school, or nearby?
13. Where do other kids
14. from this school attend college?
15. What are the requirements or standards for the honor society?
16. Can you put me in touch with recent grads who are going to the colleges on my wish list?
17. Do you have any information to help me start exploring my interests and related careers?
18. If my colleges need a recommendation from you, how can I

help you know me better, so it can be more personal?

17. Are there any special scholarships or awards that I should know about now, so I can work toward them?
18. Can I see my transcript as it stands now, to see if everything is as I think it should be?
19. Do you have any forms I need to apply for financial aid?

**How does our school compare to others, in terms of test scores and reputation?**

### Reality Check

Your school counselor may be the most wonderful and accessible person on the planet, or may be juggling a thousand students and barely know your name. So remember that the person who has the biggest stake in your academics is you. It's up to you to stay on top of opportunities and deadlines, to take control of your future.

# Jump-Start Your College Planning

Have you started your college planning yet? It's amazing, but decisions you make as early as eighth grade have a huge effect on your college career. They affect how soon you'll go to college, what type of college you'll attend, and even whether you'll go to college at all.

## Get Involved

Getting ready for college isn't all work. Find something you really like doing, then dive into it. Maybe you're drawn to sports, student council, music, or art. You'll develop skills and show colleges your ability to make a commitment and stick with it.

## Take Challenging Courses

Colleges do look at your grades, but they also pay attention to how difficult your courses are. They want to see that you've challenged yourself. Plus, if you pursue advanced courses, such as AP<sup>®</sup>, you may be able to get college credit.

## Get Help

Having trouble in a class? Many schools have peer tutors, students in upper grades who'll help you (for free). Talk to teachers or counselors—let them know you want extra help.

## Read

Read at least 30 minutes every day,



beyond study and homework. People who read more know more. And when you take PSAT/NMSQT<sup>®</sup> and SAT<sup>®</sup> tests, the time you put into reading will really pay off.

## Don't Delay

You'll take the PSAT/NMSQT as a junior (or even as a sophomore). Most students take the SAT in their junior or senior year. Be sure you're taking the solid math and other courses that get you ready. Talk to your counselor to make sure you're on track.

## Get the College-Bound Facts

How can you find out about college admissions, work, and campus life? Ask someone who's done it, such as college students who went to your high school. Get to know your

counselors. Ask a career planner at a local college, or a teacher. Do Web research.

## Involve Your Family

When parents or guardians haven't been to college themselves, they may think they can't help you. That's not true. They can talk to counselors and help you stay on the right path.

## Look for a Mentor

Look for adults who can lend their enthusiasm and help you succeed at your goals. If

you're interested in a particular subject or activity talk to a teacher or leader who knows about it. Find a counselor or teacher you trust to talk about your goals.

## Confront Personal Roadblocks

If you have a problem that's getting in the way of schoolwork, don't ignore it. Talk to your friends, family, or another adult—parent, coach, nurse, counselor—who may be able to offer advice or help.

## Roll Up Your Sleeves

If you expect to go to college later, expect to study now. No one can do it for you. Don't talk the college talk—"I'll go to college to get a great career"—without walking the walk.

## Personal Time Management Tool

How do you spend your time? Fill in this worksheet with what you do in a normal school week. Use the total sum to figure out where you might have some extra time. See how you can improve your schedule.



How many hours a day do you:	Daily Total	Frequency	Weekly Total
Sleep (yes, include naps)?	<input type="text"/>	x <input type="text" value="7"/> =	<input type="text"/>
Spend in school?	<input type="text"/>	x <input type="text" value="5"/> =	<input type="text"/>
Study or do homework?	<input type="text"/>	x <input type="text" value="7"/> =	<input type="text"/>
Watch TV?	<input type="text"/>	x <input type="text" value="7"/> =	<input type="text"/>
Spend online or on the computer?	<input type="text"/>	x <input type="text" value="7"/> =	<input type="text"/>
Talk on the phone (or text message)?	<input type="text"/>	x <input type="text" value="7"/> =	<input type="text"/>
Work at a job?	<input type="text"/>	x <input type="text" value="7"/> =	<input type="text"/>
Commute to and from work and/or school?	<input type="text"/>	x <input type="text" value="7"/> =	<input type="text"/>
Participate in extracurriculars (e.g., sports)?	<input type="text"/>	x <input type="text" value="7"/> =	<input type="text"/>
Prepare and eat meals?	<input type="text"/>	x <input type="text" value="7"/> =	<input type="text"/>
<input type="text"/>	<input type="text"/>	x <input type="text" value="7"/> =	<input type="text"/>
<input type="text"/>	<input type="text"/>	x <input type="text" value="7"/> =	<input type="text"/>
<input type="text"/>	<input type="text"/>	x <input type="text" value="7"/> =	<input type="text"/>
<b>TOTAL HOURS</b>			<input type="text"/>

### UPCOMING EVENTS AT USEFP, OCTOBER 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](mailto:advising@usefpakistan.org); **Karachi:** [advisingkarachi@usefpakistan.org](mailto:advisingkarachi@usefpakistan.org); **Lahore:** [lahoreadvising@usefpakistan.org](mailto:lahoreadvising@usefpakistan.org)

# Upcoming Test Dates for TOEFL, GRE, and SAT

## SAT:

General and Subject Test

### **Test Dates:**

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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