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Southern California Edition • Fall 2012

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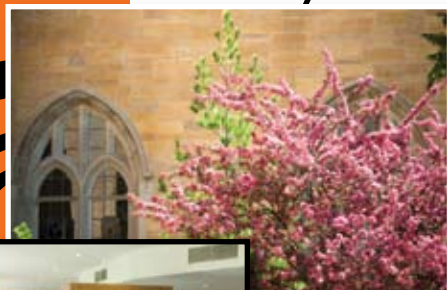
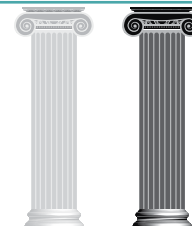
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# Campus visits — by Kathleen King

Trip tips help you find the good, the bad and the ugly.



In September of 1968, my grandparents put my father on a plane, wished him well and told him they'd see him at Christmas. My dad was headed to begin his freshman year at Dartmouth College in Hanover, N.H. He had never been on an airplane, lived away from home or set foot on Dartmouth's campus before that day.

Over 40 years later, I am shocked anyone would choose a college having never seen it. Many teens spend the summer before and the fall of their senior year as visiting colleges.

These trips are an important aspect of selecting a place to live and learn. I had visited some colleges in summer, and picked up valuable tips to help me with the rest of my visits.

### More than brochures

The college life and atmosphere cannot be summed up in a brochure: The grass is not always green and the buildings are not always freshly painted. Most students catch on to that and want see for themselves what a college is like.

Getting on a tour isn't hard; just look at the school's Web site for times, then call ahead. The tours—typically given by college students—usually take about two hours and cover a good amount of the campus by foot. You will visit the cafeteria, dorms, and other important offices and buildings.

The student tour guides are a fantastic resource. I asked them about the school's social life, activities, teachers, workload, food and other topics. For the most part, it seemed that they told me about the reality of life at their college.

I realized, though, that if I wanted the good, the bad and the ugly, I should seek out the opinion of a student not being paid to give a tour. For example, the official tours I have taken have often shown me the best possible living situations on campus: the few spacious dorm rooms with a view. But, in

talking to other students at one school, I learned that there are many less desirable living situations—especially for freshmen. So, I recommend that you also take an unofficial tour.

### Find out about food and fun

I made sure that I didn't leave campus without sampling the cafeteria's menu! My parents and I had lunch in one of the cafeterias on campus to find out what types of meals are prepared and, most importantly, what they taste like!

I also spent time exploring the school's town or city. My parents and I spent the afternoon checking out restaurants, stores, things to do, as well as resources and opportunities. I asked students about hot spots and what they enjoyed doing.

### A make-or-break decision

Fortunately for my dad, he found his way from the airport to campus and, after a few lonely days, experienced four great years! However, the college search process has changed a lot since he was a student.

As competition to get into college has dramatically increased, students are applying to more schools. Campus visits have the potential to make or break a decision. Take advantage of your opportunities to visit so you can make the best decision. Hey, if nothing else, you may get a mini-vacation or at least a day off from school.



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A two-for-one offer! If you are a twin, consider this deal from Lake Erie College in Painesville, Ohio: Both twins enrolled full-time can attend for the price of one.	Always wanted to wield a blowtorch? Scholarships are offered for students enrolled in a welding-related educational or training program.	If you're a young woman heading to the University of North Carolina at Greensboro – and don't mind a few restrictions – this might be for you.	Do you know burgundy from cabernet? If you have an interest in wine (the study and science of it, that is!) or want to learn grape growing, this scholarship could prove fruitful.	Forty-five high school sophomores and juniors go to Washington, D.C., for a week of activities that encourage them to become active and knowledgeable U.S. citizens.
A full-tuition scholarship awarded 50/50	Varies with scholarship, but several are worth at least \$2,500 annually.	Varies	Varies	Participants compete for \$30,000 in college scholarships.
Twins attending Lake Erie College	Students pursuing a welding-related educational or training program. You must also be a high school graduate or possess a GED equivalent.	Females attending University of North Carolina at Greensboro, with financial need: must be single, live on-campus, must not have a car or other scholarships.	Students pursuing a degree in enology, viticulture, or a curriculum emphasizing a science basic to the wine and grape industry, at least college junior status, minimum GPA of 3.0.	High school sophomores and juniors with a GPA of 3.0 or higher.
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# The power of words

— by Flora Richards-Gustafson

“ ‘Sticks and stones may break my bones, but words will never hurt me.’ Whoever wrote this either had the best self-esteem in the world or was completely void of any human emotion because he got it SO wrong.” This is how Sam started out his private, online journal entry one day after school. His peers gave him a hard time because he stood up for a classmate others were picking on again.

“I don’t know why they have to be so mean all the time, and call Jerry names like ‘fag’ or ‘homo,’ and tell him everyone hates him. ... They even text him these things, and I can tell it made him feel bad. When I stand up for him, they say, ‘Are you in love with a homo?’ I barely know the guy, but I don’t want our school to be in the news because it got so bad that Jerry shoots himself or something.

“I tried telling teachers and the school counselors. They seem to care, but nothing’s different. ... I know I could take it, but I don’t know about him....”

Words and teasing have more of an impact than you may think. It is common to hear about the impact words have on high school students today, as some have led to suicide or other acts of violence. However, there are things you can do to help.

## Don't Be That Person

Though articles always offer advice to those who have had unwelcome comments said to them at school, they rarely address those making the comments.

If you are not sure if you are that person, consider the following: Do you make comments about people, even if you are not trying to be mean, to make others laugh or for the attention? Do you feel pressure from your friends to have a big mouth? If you answered “yes” or “maybe” to any of these, you might be that person.

When a peer feels bad because of things people are saying to them at school, they may feel unsafe or scared, and miss school or get bad grades as a result.

Steve Wessler, who formed the Center for the Prevention of Hate Violence, stated, “Students have the right to their own beliefs ... and they have a right to express those beliefs. But students do not have the right to use degrading words to harass and frighten.”

Think hard before you speak: What you say carries power to harm or to do good. Do you really want to be a person whose speech causes negative consequences in another?

Degrading comments cut deeply, but so can a bystander’s silence. If you want to help, speak up against teasing and bullying.



## Remember the Golden Rule

If you’ve ever logged into your social networking account to find someone posted an unflattering message to or about you, think about how you felt. Kind of irritated, right?

The good news is that you have the power to not make others feel this way.

A high school student in High Point, North Carolina (name withheld for confidentiality), said, “Treat people the way you would like to be treated. I’m not saying to change who you are, but just think about what you say. [Those teased] are people just like you and I.”

## Speak Up

Wessler said that most students who use harmful language do not really think about what they are saying or have a deep-seated bias toward particular groups. “Often, they’re just picking up on the messages they hear repeated again and again,” he said.

When your peers are teasing others, speak up. Wessler said the problem of insensitive and hurtful language would be reduced greatly if brave young people stood up more often for what they know is right. When they don’t, he said, “[Verbal abusers] think everybody thinks their prejudices are OK, because everybody remains silent.”

# A blueprint for technology

— by Dennis Owen Frohlich

Ever considered a job in construction? Many tech-savvy young people want nothing to do with the backbreaking labor normally associated with construction. It might be surprising to learn, then, that today’s construction jobs utilize the latest technology.

Over the last decade, demand for high-tech jobs within the construction industry has increased every year. The residential and commercial buildings built today are far more sophisticated than outside appearances might indicate.

Contractors are putting more and more technology between the walls. From advanced theater systems in homes to complex security systems in malls to high-speed wireless systems in hospitals, buildings are doing more today than ever before.

And as the nation moves toward a greener economy, demand is increasing for cleaner and more efficient heating, venting, cooling, and water systems.

Hundreds of technical schools and colleges across the country specialize in preparing students for this high-tech construction industry.

## Programs combine classroom and hands-on instruction

Most schools, such as the Pittsburgh Technical Institute (PTI) in Pennsylvania and the Texas State Technical Colleges in Waco, Marshall, and Harlingen, Texas, offer programs lasting one to two years in several different specializations, such as Home Technology Integration and HVAC (Heating, Ventilation, and Air Conditioning) Technology.

Programs are a mix of classroom and hands-on technical courses in a variety of areas, such as electronics, wiring, architecture technology, customer relations, and computers and information technology.

Lee Smith is one of many currently working in the HVAC industry. Smith works for Estes Heating and Air Conditioning, Inc., in Atlanta, Ga., as a service technician. Service technicians make calls to residential and commercial buildings, running diagnostic tests, making repairs, and performing general maintenance on HVAC systems.

“My father did this type of work so I followed in his footsteps. I had

some experience working with him but I still went to tech school to get a better background,” Smith says.

Technicians do not simply replace broken parts and make mechanical repairs to systems. A thorough knowledge of electronics is needed to finish the job.

## Energy, environmental controls are big

Joel Heller, a service manager with Estes, says, “We’re seeing a lot more electrical components in our systems today. Efficiency and environmental controls are a big part of our business.”

And that’s what technical colleges are teaching toward. Dave Semich, the Department Chair for the School of Building Technology at PTI, says, “I see the industry moving towards integration. Everything is integrated now. Smartphones and laptop computers control lighting systems, energy systems, and security systems in homes and buildings. Integration is key, and I don’t see that changing.”

Before these systems can be installed, somebody has to design them. Jeff Muha, 19, has one such job as a control contractor.

Muha went to PTI and now works with the Muninn Group, a building automation systems firm in Pittsburgh. The Muninn Group designs energy and environmental control systems for commercial buildings. They do everything from lighting systems to security systems to indoor air control systems.

Muha has already worked on projects in such diverse places as schools and prisons. “The jobs are never the same,” Muha says. “I have to coordinate with different people.”

His job involves electronics, design, and customer relations, so he needs a wide range of skills. “I like this job because three days of the week I’m at the office and two days I’m at the site,” Muha says. “I’m not inside all day like some jobs.”

Whether you like working directly with the installation and maintenance of systems or prefer the designing and consumer relations end, the high-tech construction industry could be for you. The jobs are plentiful and evolving to keep up with the changes in technology.

## Choosing Your Path



A Pittsburgh Technical Institute student hones his wiring skills.

**Certification is often required to work in the construction industry. Here is a sampling of those available in the U.S.**

- Heating, Ventilation and Air Conditioning (HVAC) Certifications
- Environmental Protection Agency Certifications (for HVAC)
- Electronic Systems Certifications



Even in a dismal economy, follow your dreams – and perhaps the twain shall meet



**A**s a junior at Rocori High School in Minnesota, John Stielow had his sights set on becoming an algebra teacher. “I’ve always loved to do algebra or even math in general,” he said. “It was one of the only subjects in school that I really liked to do and look forward to almost every day.” Stielow is lucky that his passion aligns well with a career that has remained pretty secure despite the poor economy and dwindling job market. He can find a job that is both enjoyable and promising for him.

Not all high school students can say that. Many are struggling with college and career choices based on competing drives: pleasure and money.

**Factoring in the economy**

This tension is intensified in the throes of a recession when hiring is scarce: Should students follow their dreams even if those dreams don’t pay the bills and make them nearly unemployable? Or should they stick to career paths that offer more job and financial security?

With his goal, Stielow seems to be following both passion and profit. He loves math, and, according to the Occupational Outlook Handbook by the Bureau of Labor Statistics, employment of elementary and middle school teachers is expected to grow by 17 percent through 2020, with secondary school teachers seeing 7 percent growth. Fortunately for Stielow, math and science teachers are expected to be some of the most needed.

Not all sections of the current job market, however, have favorable outlooks. The number of unemployed persons was 12.7 million in June, according to the Bureau of Labor Statistics, making the average U.S. unemployment rate 8.2 percent. Yet, according to the Spring Job Outlook Survey 2012 by the National Association of Colleges and Employers, hiring will be 10.2 percent greater than it was at the same time last year.

**Waiting out the recession?**

So the job outlook is not hopeless, especially for high school students who have four or five more years (if they are going to college) to wait out the recession. Bob Bardwell, a guidance counselor at Monson High School in Monson, Mass., said the state of the economy today shouldn’t dictate your career plans for the future.

“In four years, things could be very different,” he said.

Bardwell encourages students to not get discouraged if their interests don’t match up with a profitable or secure career. The recession has made the job market more difficult, but the types of jobs available also come simply with a change in society, he said.

“Technology changes it, the economy changes it, and there are jobs that are hot regardless. It’s important to focus on where society is at rather than if there’s jobs or not,” he said.

What are society’s trends now? Technology is booming, creating openings for computer specialists and biotechnology careers in the medical field. The world is also going green, opening up thousands of jobs for engineers and scientists to research and develop environmentally friendly energy. Baby boomers are retiring, leaving openings for young adults.

**Go for the dream**

Of course making a living is necessary, but counselors and students agree that following passions is extremely important. Marcy Morrison, a speaker and the author of “Finding Your Passion: The Easy Guide to Your Dream Career,” has worked with many adolescents in this area and warns, “If our work is not in alignment with our strengths and passions, we can find ourselves in some miserable situations.”

But, she said, “You should always strive to have a good attitude and do your best no matter where you are—you never know where it may lead you.”

Bardwell’s message to the students he works with has remained the same: Go for the dream. But he adds, “Go for the dream, but keep an eye on the reality of the job market.”

And keeping an eye on reality means that students need to understand that a recession makes the market “incredibly competitive,” Morrison said, so whatever students can do to stand out, the better. This includes completing internships and networking through teachers, coaches, or even professionals your parents might know. Morrison also emphasized the importance of students developing a short-term plan for getting a job that will pay the bills while working toward a long-term goal of a position they are passionate about.

**Persistence will pay off**

Although Stielow is willing to do the work, he echoes many of his peers in that he would like to be paid well for his work. To him, following your passion is doing something that you love and that you are willing to do almost every day. Morrison said people can have the best of both worlds—the dream job and the paycheck—if they have persistence and dedication.

“[They] need to realize that the long-term strategy of following their passions may mean that the money may not come right away, but if they stick with it, it will come,” she said. 🌟



**Jacob Campbell**  
bit.ly/OVOIzc



**Samantha Ickes**  
bit.ly/ON3qNH



*What really is a passion? How do you know what your passions are?*

Brett Farniloe is a co-founder of “Pursue the Passion,” a Web site that features interviews with professionals who truly have a passion for what they do and what that means in everyday life. Farniloe told the blog UpMo, “Passion isn’t just something that you ‘love.’... It’s what motivates and moves you to action.”

And pursuing your passion now is even more important than when the economy was booming, he said. He summed up the “formula” for identifying and following your passion: taking ownership over your strengths, weaknesses and interests, and risk plus hard work.

“It’s a matter of identifying where the passion comes from, knowing that passions do change over a lifetime and that you’re not limited to ‘one,’ and balancing your life around that clarity,” Farniloe said.



*Grasping passion  
requires reach*

— by Bertel King

Students do not need to be taught the value of finding a job.

College freshmen stress choosing a major, trying to balance what they want to do with what their parents want them to do – with what will make them money. College seniors prowl career fairs looking for the job most likely to offer the most money upon graduation. Interns observe the importance of a steady career path.

When it comes time to draft the great to-do list of life, making money is not something most people forget to add.

**Our world is what we make it**

Far more people need to be reminded, or told for the first time, the importance of following their passion. I know some do not have this luxury. I will not tell anyone to ignore the realities of the world, but the reality is that this world is what we make it.

I want to live in a world driven more by passion than profit; if the only things holding me back are inhibitions and fears, I am in the place I need to be to change the world. Or at least my world, or the worlds of the people around me, because that is all this world is, billions of little worlds trying to make sense of the lives they share.

I am an independent author. I cannot say I know how to make a living from writing, all I know is that I have been putting stories to paper since I was a child. During my senior year of high school I completed my first full-length manuscript, and I self-published it my senior year of college as an ebook.

Whether or not I sell a lot of copies is not the point. Whether or not I ever make a living from it is not the point. What matters is that I do not give up my passion for telling stories due to the pressures of living in a society driven by making profit.

**Fulfillment feels good**

Creating worlds makes me feel fulfilled, and what is the point of focusing on another career if the result is feeling hollow inside? It feels good to call myself an independent author; what that entails, well, I will figure that out as I go.

As a high school student, you might not have any idea how you will get from where you are to where you want to be. I understand; I still do not know how myself.

But I have learned that the longer I aim toward something, the sooner it starts to become real.

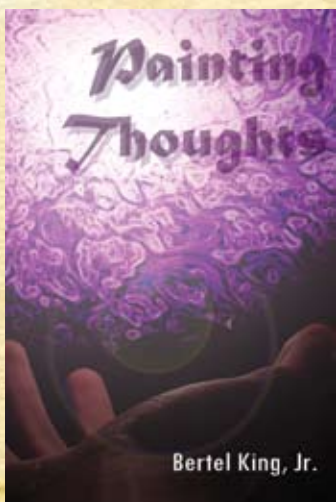
I asked teachers, professors and even past editors at Student Paths for advice on how to become a novelist, but each author's journey is unique, and I will not let uncertainty prevent me from making the journey. Besides, I have a book for sale now, so that makes me a novelist, right?

**Reach for it**

Ask yourself: What is it you want to do, and what would it take for you to feel like you have become the person you want to be?

A stand-up comedian is not a comedian because he is hired by Comedy Central; he is a comedian because he tells jokes whenever given the chance. All he has to do is reach for the microphone to be a step closer to living his dream.

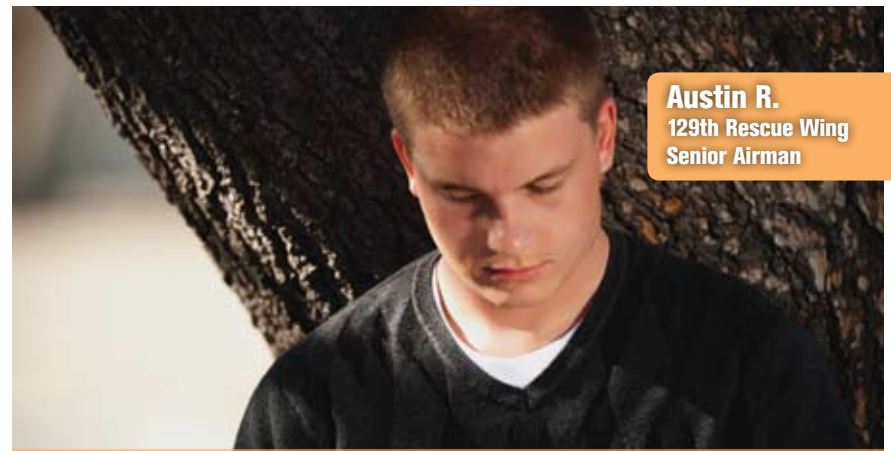
I have said enough into the mic now; I am going to hand it to you. I hope you take it.



Bertel King, Jr.

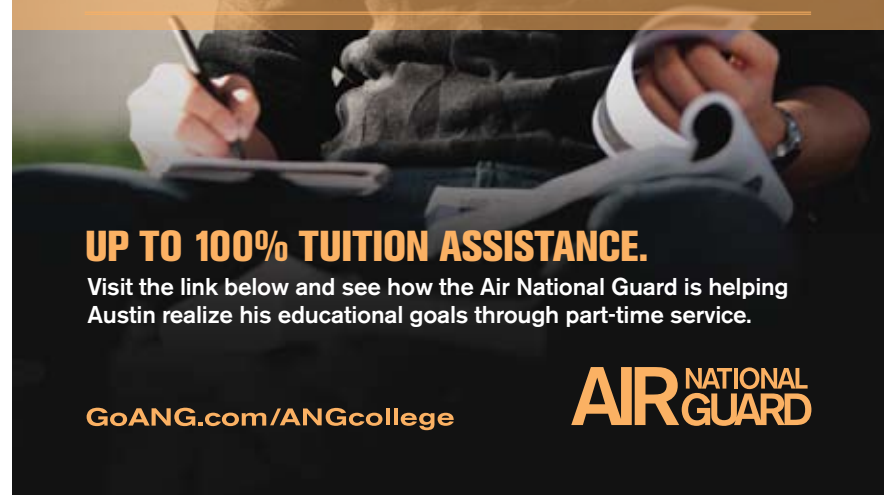
"Painting Thoughts" is Bertel King, Jr.'s debut novel.

A graduate of the College of William & Mary in Williamsburg, Virginia, Bertel King, Jr. hopes to produce another novel this fall. Hometown: Newsoms, Virginia



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Our Real Story writers, who've recently been where you are now, offer advice on how to get the most from the year ahead.



## Decisions, decisions, decisions

— by Daisy Vazquez

**California Baptist University, Riverside, CA**  
**Hometown: Rancho Santa Margarita, CA**

**D**uring our elementary school years all our choices were made for us, whether it was who would become our playmates or what subjects would be taught to us. But when we reach middle and high school, we are given

more freedom on what we can take, and this gives us the chance to explore different materials and meet people who have the same interests as us. Although by the time you are reading this you most likely have already chosen your classes for the year, you should know that it's not too late to make some changes. In almost all high schools, there are four core classes that are required to be taken for that given year.

### Challenge yourself, but treat yourself, too

If you like a certain subject, say math, don't be afraid to challenge yourself and take an honors or AP math course. Yes it is true that you don't want to overwhelm yourself, which will cause you to do poorly, but if you believe that you can pass the class, there is no one to say that you can't do it except yourself. If you believe in yourself, you can achieve anything you set your mind to so don't be afraid to take a chance.

In addition, it's important to make sure that you're taking at least one class that you actually want to be in! Electives are offered in high schools so you can discover your skills and to develop your character. Whether you are a "CSI" fanatic, actor-in-training, or fu-

ture chef, schools always have a class in which students can have fun and learn something at the same time.

High school offers you a time in your life you can explore any small given interest without strings attached. It is the only time that you will have to pick up a new hobby and meet great people without having to use much effort. All that is needed is a quick talk with your counselor and you can be off to an amazing year knowing that the classes you're enrolled in are the classes you want.

### Prioritize studies and making memories

Lastly, remember that the year flies by, and to make the most of each experience. Prioritize by putting studying and projects before spending time with friends. High school has many things students can become involved in, and it's important to get involved so that you can make memories and have a good time while you're maintaining good grades. There are several clubs that can serve also as community service hours and provide references for future scholarship applications or jobs.

When you reminisce about all the good times in high school, you won't remember the boring class you took because you didn't choose your classes well, you will remember all the great friends you made through your electives and the fun things you did together, whether it's going to football games, raising money for a cause, or sketching together in art while passing a couple of jokes from time to time.

High school is a time in your life that you will only live once, but if you do it correctly, once is enough. Take chances, study hard, and reach for your dreams. The sky is the limit on what you can succeed at in high school.

Check these videos out!



Daisy Vazquez  
California  
[bit.ly/NXXwdn](http://bit.ly/NXXwdn)



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## Tu mision: posible

Jordan Harper • Universidad Estatal Ferris, Big Rapids, Michigan • Ciudad de origen: Niles, Michigan



Otro año escolar comienza! Se compran cuadernos, un nuevo corte de pelo y se escoge ropa nueva. La escuela secundaria, el puente entre la niñez y la adultez ha comenzado.

La escuela secundaria es un buen momento para involucrarse en distintas actividades. Seguramente mucha gente te lo ha dicho y es cierto. Hay tantas cosas diferentes e interesantes a tu disposición para que pruebes.

En mi escuela secundaria no había muchas opciones ya que era muy pequeña, pero me fui a mi comunidad y me involucre en diferentes actividades. Déjame decirte que, en tu comunidad hay un montón de oportunidades que de seguro te van a interesar.

Busca una organización local donde necesiten voluntarios e involucrate con una causa que te interese. O habla con alguien en una universidad comunitaria local y toma clases de doble crédito para comenzar a trabajar en tu título universitario. Tal vez puedes ir a la biblioteca y participar en un programa de lectura.

Mi consejo a los estudiantes es que primero deber descubrir cuál es tu misión en la vida. Estoy seguro de que un millón de personas te han preguntado qué quieres hacer cuando seas grande, y que vas a estudiar en la Universidad. No necesitas saber la respuesta a esa pregunta. En su lugar, averigua el tipo de persona que quieres ser.

Trabaja duro para en convertirte en esa persona. Si tu misión, por ejemplo, es ser una voz fuerte en contra del suicidio en nuestra generación, entonces empieza a leer sobre el suicidio. Habla con las personas que han sufrido depresión. Empieza a averiguar lo que puedes hacer para ayudar a otros que están luchando, y habla con los profesionales en tu comunidad que te pueden dar una mejor idea de que puedes hacer para ayudar.

Entonces, cuando llegue el momento de tomar decisiones importantes acerca de tu propia vida, estarán de acuerdo con tu misión. Cada decisión que tomes también reflejará el tipo de persona que quieres ser. Así que cuando la gente pregunte qué vas a hacer con tu vida, puedes decir "no sé cómo voy a llegar a hacerlo, pero sé que voy a ser la mejor persona que pueda llegar a ser."

No sólo desees que pase rápido el día, y luego la semana con la esperanza de que el futuro será mejor. De ser así vas a perder tiempo muy valioso que se te ha brindado ahora.

Ten en cuenta que eres tan capaz ahora de hacer las cosas como lo serás a lo largo del camino, y las circunstancias son y serán igual de difíciles. Nosotros no somos el futuro de este país. Somos este país, y tenemos que representarlo bien.

## Busca tu voz

Anjelica M. Enaje • Universidad CUNY Hunter, Nueva York, NY  
Ciudad de origen: Ramapo, Nueva York



La idea de volver a la escuela genera muchas emociones diferentes en los estudiantes - entusiasmo, indiferencia, decepción, entre otras.

Cuando pienso en mi experiencia en la secundaria me doy cuenta de que hice muy poco para sacar el máximo provecho de ella. No fue sino hasta mi último año en que empecé a participar más en actividades extracurriculares e interactuar más con mis compañeros. No tengo ninguna anécdota divertida o loca aventura para compartir con ustedes. Y ahora que estoy en la universidad, siento que mi historia loca y divertida aún no se ha contado. Por ahora, sólo puedo compartir con ustedes una lección que me gustaría haber aprendido antes: busca tu voz.

Admítelo, has tenido al menos una oportunidad en la que querías compartir una historia pero nadie parecía estar prestando atención. O sabías la respuesta a una pregunta del profesor en clase, pero pensabas que tal vez no era la correcta. Como resultado, tranquilamente te desvaneciste a un segundo plano.

Hablar es una herramienta esencial para la comunicación. Hablar en público, dar presentaciones, entrevistas y discusiones en grupo son en su mayoría introducidos en la escuela secundaria como una forma para que los estudiantes comiencen a desarrollar sus habilidades de trabajo y también aprender a relacionarse con diferentes personas.

La gente te escuchará si el tono de tu discurso muestra un interés genuino. Si eres un apasionado de un tema en particular, debes aprender a proyectar esa pasión en tu discurso para que otros se interesen en lo que tienes que decir.

Encontrar tu voz implica aprender a tener confianza de tus habilidades y relacionarse con los demás con amabilidad. ¿Cómo hacerlo? Práctica y mas práctica. Hablando delante de un espejo podrás estudiar cómo mantener el contacto visual y ver con qué frecuencia utilizas gestos de manos.

Otra clave es escuchar lo que otros tienen que decir. Escucha lo que tus compañeros y maestros dicen con el fin de obtener múltiples perspectivas. Por último, relájate cuando estés hablando. Cómodamente discute tu "algo" favorito, esto hará que la otra persona escuche con atención y se interese en lo que estás diciendo. ¡Nunca es demasiado tarde o demasiado temprano para encontrar tu voz!

Aprender a comunicarte bien con los demás tiene beneficios a largo plazo, especialmente para los puestos futuros de trabajo y las relaciones interpersonales. La escuela secundaria puede ser la marca de inicio de tu desarrollo social, así que sácale el máximo provecho.

Ask the *Real Story*  
team:

*If you could do one thing over again in your high school experience, what would it be?*



**"I would work at my full potential."**

Jelani Hayes • University of Pennsylvania  
Hometown: Moreno Valley, CA



**I would have gotten involved in a few extracurriculars I wanted to try and never did, or gotten involved in others that I started and tried too late.**

Sydney Nolan • Macalester College, St. Paul, MN  
Hometown: Plymouth, MN



**Walking through the doors freshman year not having a single clue where I was going because I knew I had four exhilarating years ahead of me to learn all that I wanted.**

Jordan Sweigart • Assumption College, Worcester, MA, studying abroad at the University of Oxford, Oxford, England • Hometown: Reading, PA



**"I would learn to enjoy being an adolescent because having a fun time with friends is more memorable than studying for tests and quizzes."**

Anjelica Enaje, • CUNY Hunter College, New York.  
Hometown: Ramapo, New York



**I would use the school resources for students more wisely.**

Natalia Naranjo  
University of Texas at Austin: Austin, TX  
Hometown: Missouri City, Texas



**I would spend just a little more time focusing on myself and my own needs instead of being distracted by so many others.**

Claire Gillespie • College of William & Mary, Williamsburg, Virginia • Hometown: Johnsbury, IL

# Give your attitude a positive charge — by Andrea Nies

While being optimistic isn't always easy, adopting a positive attitude can unleash a 'spiral of success.'

It may seem like being happy is always just around the corner. It's easy to think about things you'd like to change or have more of. Focusing instead on the positive aspects of life and celebrating your successes is a healthier alternative. Recognizing that life naturally has ups and downs and being willing to push through hard times will make all the difference.

Here's the good news: Simply having a positive attitude can help you feel good and achieve more.

You've heard the popular saying: Life is 10% what happens to you and 90% how you deal with it. This has proven true for many very successful people. Here's a lesson from people who have faced roadblocks and have not given up.

### They tried, and tried, and tried again

J. K. Rowling, author of the Harry Potter books, was one step from being homeless and was jobless before she followed her dream of becoming a writer. The manuscript of the first Harry Potter novel was rejected by 12 publishers. Persistence paid off, though, and her books are now popular around the world.

Basketball great Michael Jordan didn't make his school's varsity team as a sophomore in North Carolina. He practiced morning and night year-round to develop his skills, and is now generally considered the most successful basketball player of all time.

It is easy to wish we could have done or do more, but it's important to realize that perception is personal. You get to choose what is good enough.

"When we also choose to see things that are positive and not just negative we get a much more comprehensive picture of what is actually realistic," states Shona Vas, director of the Cognitive-Behavior Therapy Program at the University of Chicago.

### A shot of positivity

If you are having a down day and need to inject some positivity, take Vas' advice and choose one of these activities:



1. Write down the things that are going well in your life. In a recent study, a group of adults wrote down three things that had gone well each day and why, for a week. Participants reported happier feelings for six months afterwards!


2. Determine five of your top strengths. Challenge yourself to use one of these each day for a week. A similar study by Marting Seligma, Ph.D., tracked people who did this, and volunteers also reported increased happiness for six months' time.

It is possible to be more optimistic. Research suggests that even pretending you are happier can make you feel better.

### Start the spiral of success

If you do not feel very optimistic, think about how things could gain momentum and positively affect your next move. For example: You adopt a positive attitude toward studying rather than feeling like it's torture; over time, hard work pays off and leads to success on a test; you receive positive feedback from a teacher or parent, which inspires a desire to work hard again in the future, and so on. Adopting a certain attitude can foster a spiral of success.

Not convinced? Being happy with what you have does not mean ignoring your goals or desires to achieve great things. It simply means focusing on what is good about today. Studies show that optimists (not perfectionists) do better in school, sports and relationships than pessimists do. They also make more money.

Give yourself a break and recognize your achievements. Use your talents and feel good about them. Don't worry too much about small setbacks, and realize that even the most successful people have dealt with hardships in life. 



Leah Ferguson  
New England Real story  
[bit.ly/SO0lwP](http://bit.ly/SO0lwP)



Abby Anfinson,  
Pacific Northwest Diary  
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# The learning world vs. the working world — by Nicole Pajer

Once academic life is done, what will your life look like? Here are six differences you might find after your first week at the office.

## 1 You won't have that feeling of having completed a project and being done at the end of the day.

When you are in school, you have a number of exams, papers, and projects in each class that you have to get done before the semester ends. You basically bounce from one project to another, finishing them, and moving on.

Having a job is different. There, it's pretty rare that you finish your tasks for the day and then go home with that feeling of completion. You will always have a feeling that there is something left to do, and you will always have an ongoing "To Do list" or "wish list" of projects that you want to get to.



## 3 Jobs usually don't involve tests and exams.

They will, though, test your skills, knowledge, and ability in different ways. Your job ability will be tested through on-the-job crisis management, the way you handle your day-to-day endeavors, your ideas and contributions to your team, professionalism, as well as through projects and presentations. How you handle something that pops up unexpectedly or how you can save the company money and increase profits are just a few of the ways in which your job skills will be put to the test.



## 5 No homework, studying, or writing papers outside of the office.

It is true that some jobs will require overtime and extra hard work. But for the most part, when you put on your coat and leave for the day, you are done until the next morning. You will not have to spend a day at class and then go home and work on a paper or a project, or make yourself study for an exam. A lot of people don't even know what to do with all of their extra time when first transitioning from school to a job.



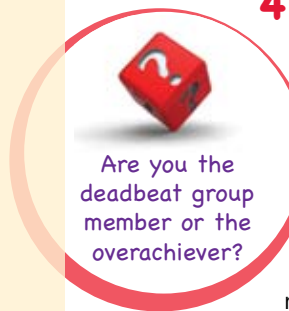
## 2 Working involves a different kind of prioritizing throughout the day.

When you have a job, you can't really sit down and focus all of your effort on one project for the entire day. You will have a phone at your desk that will ring, emails that need to be addressed, meetings that pop up, and a boss who will call you in randomly to give you new projects to work on. Working is all about prioritizing the most important task at the moment and focusing on that, then moving on to the next on the ladder. Sometimes you will have to stop what you are working on and move on to something that takes precedence.



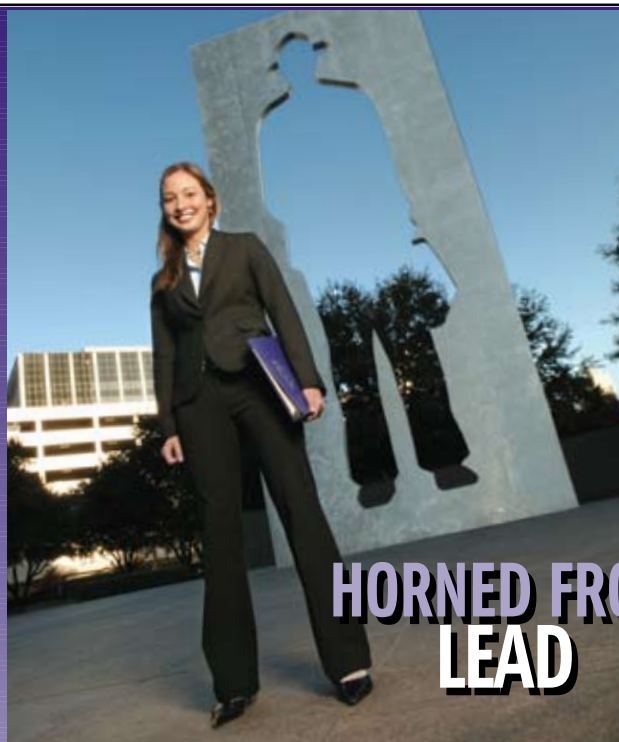
## 4 You may have hated group projects in school, but they will prepare you for your job.

Remember everything that came with the group project? The deadbeat group member, the overachievers, the ones who tried to do all the work, and the ones who didn't do anything? Well, chances are good that when you have a job, you will be working in a team environment and collaborating in some way on a project, task, or presentation. Learning to work with the group members in high school who didn't pull their own weight will help you deal with those employees at your job who might need an extra push to get started.



## 6 The hours are different.

Most jobs that follow the traditional college track are 9 a.m. to 5 p.m. in nature, with a scheduled break and time off for lunch. This is very different than a typical college schedule, with classes scattered throughout the day and a schedule like: 8:30 a.m. class, 11 a.m. class, 5:40 p.m. class, and having to study and feverishly work on homework in between throughout the day. 📅



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# HIGH SCHOOL DIARY

**Jeeyun Eunice Kim**  
 Mira Loma High School  
 Sacramento, CA  
 Hometown: Newcastle, CA



*I will consider my senior year a success if I put in my best performance and look back at the year with no regrets.*

Jeeyun Eunice Kim

## Building on success

**W**eird thought: I feel like I have already lived what will be my life the upcoming year. By keeping up grades, doing homework, researching scholarships, researching colleges, and doing the things I love, I have been and still am building the individual I hope to be. Setting goals for myself made this process possible each year of the last three of my high school career. Nevertheless, I plan to do the same this year.

Just like an athlete who trains herself for the big game, I have been prepping myself for senior year and for life after high school. In an ideal world of my own, I would love to say that my goal for this year is to become the top-ranking archer in the world. But until I can say my shooting skills are honed and I have a decent set of a bow and arrows, I'll have to set aside that goal for a later time in my life.



### Eager for admissions process

Aside from all lighthearted jokes, I sincerely have many goals for myself: Some I have set from the beginning of high school and others I set last month.

I'm hoping to successfully survive the oh-so-long-awaited college admissions process. I am actually eager to

## Check out the following videos!

experience this. I realize college admissions process is not a joke. There are applications to fill out, essays to write, and financial aid to take care of. However, with all these things to do, I will work hard knowing that my work will pay off.

I'm planning to work consistently in schoolwork and in activities I love to do outside of school. This upcoming year, I have set a goal to find a job and additionally explore new interests that I have and stretch my limits. My biggest hope for this upcoming year is to challenge myself. I want to try something I have never done before. Sounds extremely cheesy, yes, I know. However, I want to involve myself in something that I never would have thought to ever do. I want to test my potential and gain skills in new areas.

### Laying a foundation

Aside from the inevitable academic goals in the upcoming year, I realize that there is a more important goal. I want to build a stronger foundation for my transition to life after college. I want to learn more and expand my vision of the world.

Needless to say, this one year is definitely not the only year to grow in the mind. However, I would like to be proud of my efforts and be able to confidently tell myself that I worked hard over the past year. I look forward to waking up each morning and motivating myself to work at my best in all that I encounter.



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