

STUDENTPATHS

Ohio Edition



"Connecting students
to their future"

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WINTER '12



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IMHO

Describe your ideal fit after high school:



Rachel Steiner

"I'd like to get English and French majors and become a freelance writer as I love the freedom and expression being a writer allows".

"I dream of becoming a Marine Corps officer, and then a federal investigator afterwards".



Andrew Niquette



Aubreigh Sabbota

"I might become a doctor, like my late father always wanted, and maybe go into the family business".

"I would love to see myself in college pursuing my goal of being a professional athlete".



Robert Endicott

Final exam – Match the celeb with the college they attended:

- | | |
|-----------------------|--------------------------|
| 1. Julianna Margulies | a. Fordham University |
| 2. Jay Leno | b. Sarah Lawrence Coll. |
| 3. Renee Zellweger | c. U. of Texas at Austin |
| 4. Denzel Washington | d. Tennessee State U. |
| 5. Ashton Kutcher | e. Brigham Young U. |
| 6. Stephenie Meyers | f. University of Iowa |
| 7. Oprah Winfrey | g. Emerson College |

Answers: 1b, 2g, 3c, 4a, 5f, 6e, 7d

Score:
 7 = You've got a job waiting for you at E!
 4-6 = Not bad, now what was their major?
 1-3 = Looks like you need a subscription to a few Hollywood mags
 0 = You're spending too much time studying :)

BTW

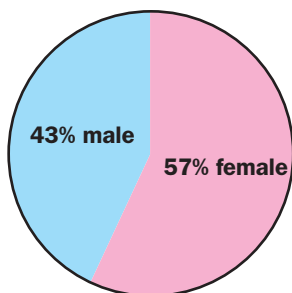
Apples are more efficient than caffeine in keeping people awake in the morning.



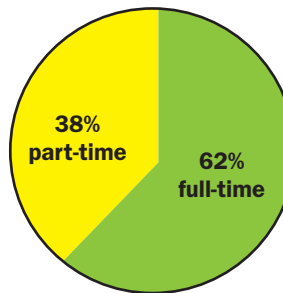
FYI

According to the National Center for Education Statistics, a record **19.7 million students** are expected to attend American colleges and universities this school year.

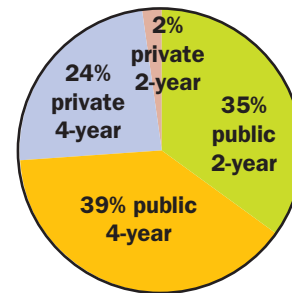
Gender projections



Full-time vs. Part-time



Enrollment by type



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Wacky scholarships



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Sheep scholarship	Golf caddy scholarship	Travel scholarship	Poetry scholarship	Food writing scholarship
<p>The American Sheep Industry Association (ASI) scholarship is for the advancement of the sheep industry, lamb and wool for sheep-related graduate studies.</p>	<p>Caddyshack anyone? The Chick Evans caddie scholarship program is for golf caddies attending selected Evans scholarship universities.</p>	<p>The Student Youth Travel Association awards scholarships to youth who, for various reasons, are unable to afford the cost of their group's educational travel.</p>	<p>Endowed under the wills of Louise Louis Whitbread and Ruth M. Bourne, this prize is awarded for the best unpublished poem by a high school student.</p>	<p>The Culinary Institute of America (CIA) offers future chefs the chance to earn a scholarship for their interest in food writing rather than their cooking ability.</p>
\$1,500	Covers full tuition and housing in an Evans scholarship house for one term and may be renewed, at the Foundation's option, for up to four years	Scholarships up to \$1,000 are awarded based on circumstances and need as documented in the application	\$250	\$2,000
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Deadline last year was June 1	Deadline last year was September 30	The next application period is open from March 1 - 31, 2012	Deadline last year was December 22	Deadline depends on enrollment term; last year's were October 15 and December 15
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On the Brink

— by Emily Ness

Stressed out? You are not alone.



Between tests, band lessons, baseball practice, five-hour shifts at work, ten-page papers, choosing a college, rocky relationships and nagging parents, teenagers have a lot on their plates. No wonder today's high school students are more stressed out than any other previous generations'.

"Being an adolescent is probably the most frustrating and confusing time of one's life," said Gayle Byrne, director of counseling at Montecito Fine Arts College of Design and Fine Arts High School in Monrovia, Calif. "First of all, you're neither a child nor an adult. On one hand, you're told to be responsible and 'act your age,' but you are almost totally controlled by your environment, even to the point of needing permission to use the restroom in most high schools."

Springtime, in the world of any student, is a challenge. The season welcomes some extra sunshine, but it also ushers in new anxieties and piles of work. That means final exams, finding summer jobs, prom and, for seniors, planning for college, preparing to move away from home and saying goodbye to friends.

As an underclassman, Tiffany Hinkle, a senior at Harlington South in Texas, focused on maintaining a high GPA, being involved in many activities and keeping up a "don't be stupid" mentality. But senior year has changed her perspective.

"The stress I face now is whether I reach deadlines for scholarships, essays and getting accepted," she said. "It seems high school is a please everyone game."

No matter where you are in the scheme of high school, the day-to-day struggles of trying to please everyone can catch up to you.

"Ever since the start of my junior year, it has been extremely stressful," said Jared Koehler, a junior at Alvin High School in Texas. "You have too much on your plate to worry about: class rank, friends, school involvement, sports, community service, and countless other things stack loads of pressure on a student. And, honestly, it's unfair."

According to an article for National Network for Child Care by human development specialist Dr. Aaron T. Ebata, these kinds of persistent and ongoing stressors are often harder on adolescents than major life events. Also, studies have found that teenagers, whose brains are transitioning from childhood to adulthood, are more prone to feel stressed from an event that might not even faze a fully-developed adult. Teens' brains are experiencing a lot of changes, and even small stressors trigger high emotions.

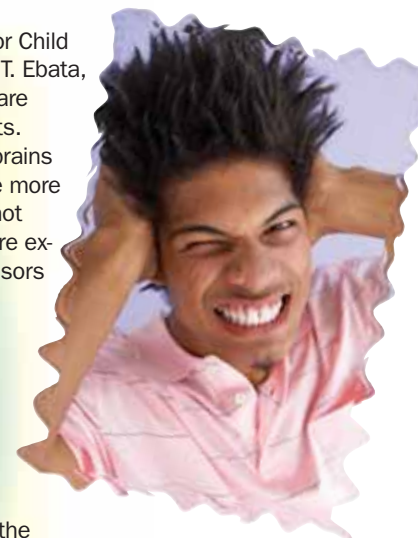
"I think it's a lack of direction, mixed with the lack of appropriate freedom that causes a great deal of instability for most kids," Byrne said. The fear, anxiety, sadness and anger then couple with this instability to produce varying reactions, depending on individual personalities.

"Some adolescents withdraw from others, some lash out at others and some actively seek the comfort of others," Ebata said.

Although everyone handles stress differently, Ebata identified two major coping strategies that all adolescents should use. The first one is problem solving — learning to deal with a problem by changing the situation or getting rid of the problem rationally. Hinkle employs this strategy to alleviate tension, for example, calling on healthy habits like biking or lying in the sun.

"I never regret taking the time for myself whenever things start to accumulate," she said. "Because I figure that I can either spend the time freaking out or combating the emotional burden and then getting back to work."

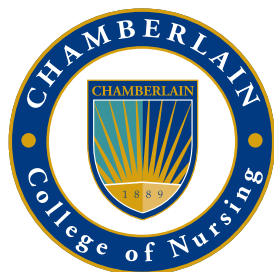
Another help is learning to manage emotions, which can be helpful when you're dealing with something that's out of your control. It's all about perspective. And Koehler takes on a positive perspective to deal with his ups and downs. "I deal with all this by looking forward. Knowing that one day I'll be able to respect all the experience and hard times gives me some sort of hope," he said.



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10 LESSONS FROM MY FIRST YEAR OF COLLEGE

— by Tiffany Cook

There are 8,000 people who don't know me, and I don't know them. Getting through the first few weeks was tough, but I realized that everyone was in the same boat, so I've made a list of a few things I've discovered that I think you should know.



1 Don't leave your clothes in the washer (or dryer) for more than two minutes after the time has run out. Your underwear and other various articles will end up on the floor.

after her alarm goes off at least four times because she doesn't want to wake up.



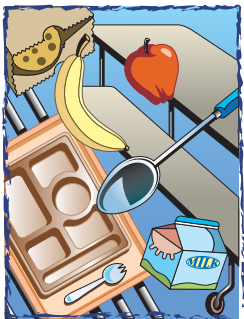
2 Get over the fact that even though you don't have class until 11 a.m., if your roommate has an 8 a.m. class, you will be awake



3 You'll get used to the fact that you no longer sleep at nighttime. It's much more convenient to sleep during the day.

will actually collect the three-page paper he or she assigned.

4 You will quickly learn the game of "Education Roulette" — guessing whether or not your teacher



5 Always inspect cafeteria food before putting it in your mouth. You never know what you might find.

6 In case your dorm is haunted, always be prepared for paranormal activity. Bring your room key everywhere. Even if you didn't lock your door, it might mysteriously be locked when you return.



7 Fashion major or not, stilettos are not practical for a college campus.

8 Chances are the guy or girl you think is hot is dating or has already dated one or some of the guys or girls on your floor. It is important to scope out the situation first.



9 Not everyone who looks like a good person to be friends with actually is. You may even get ditched by someone you don't know (and no longer want to).

10 Don't be shocked when your professors drop an F-bomb. They have a Ph.D. and can do whatever they want.



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College Rankings

There is no such thing as a best college, only a best fit — by Dennis Frohlich

As you begin your college search, you may ask yourself: which college is best? Everybody has an opinion, and numerous lists can be found online and in magazines that rank the “best” colleges.

The question you should really ask yourself is: which college is best for me?

Rankings try to establish the best colleges based on a variety of factors such as the graduation rate and quality of academic programs. Rankings also provide a lot of useful information about colleges such as the total number of students, the cost of tuition and acceptance rates.

Robert Morse, director of data research at U.S. News & World Report, is in charge of the magazine’s college rankings, perhaps the most influential college ranking list in the country.

While Morse believes college rankings have value, he cautions against focusing too much on rankings.

“Rankings should only be used as one tool in the process of choosing the right college,” Morse said. “Not all of the information is of equal importance.”

after visiting a few, found that SCU was the best fit for him.

“I realized that I learned best in small classes,” Lugano said. “Because of its size, I’ve been able to get involved in so many groups that I might not have been able to at a large university.”



Mara Duke

Visit campus

Jim Miller, past president of the National Association for College Admission Counseling, said, “There is no best college, but there is a best fit for each student.”

Miller acknowledges that rankings are useful in certain aspects.

“The information that is presented has value. It’s good to know retention rates and graduation rates and things like that,” Miller said. At some point, however, students need to see the school for itself.


“If you think you’ve made your decision, visit at least two other schools. Better to explore the alternatives now than to find out later that you’re at the wrong college,” he said.

Visiting a school was crucial for Mara Duke, a junior in biology with a focus in aquatic biology at University of Wisconsin-Superior. Initially Duke didn’t care about going to a four-year college.

“I figured I would just go to a community college after high school and get some generals done before I figured out what I wanted to do,” Duke said. Then she got interested in aquatic biology, and took her college search more seriously.

“At first I wasn’t happy about going to a school so far north, but then I toured the school and saw that it had a super good campus,” Duke said.

Duke went to a large high school in Minneapolis, Minn., and knew she didn’t want to go to a big college. UW-Superior was a small enough campus that it gave her the personal attention she wanted.

While college rankings are important, remember to look for the best fit for yourself. 



Do your own homework

Mike Sexton, vice president for enrollment management at Santa Clara University (SCU) in California, agrees with Morse.

“Rankings are a start, but not the end-all, be-all. They don’t know you at

all,” Sexton said. “Don’t let somebody else do your homework for you.”

Before students look at rankings, Sexton suggests: “Look inward first. Decide if there’s a clear-cut environment that you can work in.”

One student at SCU, Jose Lugano, recently went through an extensive college search process. Lugano, a sophomore in political science and sociology, applied to 13 schools his senior year, from big name schools to smaller, regional schools.

He got accepted to most of them and,



How College Rankings are Determined

The quality of college rankings varies significantly, but the most influential list is produced by U.S. News. Here are some of the factors that influence U.S. News’ rankings:

1. Similar institutions are compared with each other. A small community college has a different mission than Harvard and, as such, the two colleges aren’t directly compared. Rankings are broken down by institution type, college program and geographical region.
2. Statistical data form the backbone of the rankings. Numbers like graduation rates, average class sizes and incoming SAT scores are used to determine academic quality of the college.
3. Peer surveys. Surveys are given to college administrators and high school guidance counselors to determine what they think about peer institutions. This adds a little subjectivity to the rankings beyond cold statistics.
4. Mathematical formulas determine final ranking. All the factors are entered into a weighted formula that gives preference to certain indicators more than others (the percentage of freshmen who return as sophomores, for instance, is given more weight than the percent of alumni who give to the college). Schools that have nearly identical ratings after the formula calculation are given the same ranking.



What advice would you give to current HS students on using, or not using, college rankings as part of their decision making process?



Grace Carey, University of Michigan-Flint:

Choosing a college shouldn't be dependent on a number that someone else has given to a school. You're not going to get a better education at a school just because it's top ranked if you're not comfortable going there or if you are going to feel too pressured. Instead, you should choose a college where you feel like you belong, where you feel like you can thrive.

Megan Lynch, University of Wisconsin-Whitewater:

I didn't even focus on college ratings at all. Going to college and choosing which college to attend is such a personal decision that a ranking should not influence your choice. Go to the place that is right for you; the place that will help you achieve your dreams and positively affect your life.



Tony Robinson, University of Delaware:

College rankings are just one of the many resources that students will come across; however, in my opinion, they are not meant to be the most influential. HS students must go out and visit a school in order to get a true sense of the atmosphere on campus. Reading someone else's opinion on what is or is not to be expected can be biased.

Bertel King, Jr., College of William and Mary:

I think college rankings can serve as a tie-breaker for students unable to select between a handful of other schools, but they are no more important than other factors such as financial aid, school size and proximity to home. Students should only go for a high-ranked school if it fulfills their other desires and needs first.



Rachel Dybicki, Central Michigan University:

I would tell students to not pay attention to school rankings. These rankings are made by people who have views way different than yours. When choosing a college you need to be responsible for making your own ranking system through visiting schools and doing your own research.



5 Tips on Finding Your College Fit

- 1 Academics:** Does the school have the academic programs you are interested in? Even if you don't declare a major, the college should have some interesting programs beyond your generals.
- 2 Environment:** How similar does the school need to be to your high school? Do you want to go to a large or small school? Urban or rural? Close to home or far away?
- 3 Student Life:** Academics are only part of college. Are you interested in athletics, student government or other activities?
- 4 Visit:** Schools aren't always as good as they look on paper. Visit several schools to get a feel for the campus environment and student population.
- 5 Personal Growth:** College isn't just about getting a job; it's about becoming a better person. Does the school provide opportunities for you to grow outside of your classes?

THE REAL STORY

ON LIFE AFTER HIGH SCHOOL



Jeremy Garcia Vinluan

University of Dayton
Virginia Beach, Virginia

Finding a second home

When I was a senior in high school, I simply wanted to go to college after high school graduation. I didn't realize that my personal choice of going to the University of Dayton would impact my whole family.

UD is tremendously far from home in Virginia Beach.

My dad knew that I had to leave the nest someday. My brothers wanted me to stay home. My mother had the hardest time, dealing with the fact that her third son was growing up so darn fast.

I knew that I had to grow up and to start experiencing what the real world would be like.

More than two years has passed and I've changed a lot and am still changing. I made friends with so many people all over America and around the world. I joined a one-of-a-kind fraternity that battles the idea of "stereotypical" fraternity. I changed my major from pre-medicine to journalism.

I even got the best student jobs on campus. Right now, I work as a resident assistant to first-year students, a substitute for front desk assistant and a student blogger.

I once asked myself: How did I get here? How in the world did a guy from Virginia Beach, Va., end up being in Dayton, Ohio?

Well, truth to be told, University of Dayton wasn't even on my list of universities. I simply got a phone call from UD one night that informed me about the existence of the university for the first time.

So I applied right away and received my first acceptance letter a few weeks later. Other universities "rejected" me, leaving me with one university: UD.

I didn't know that UD is a Marianist, Catholic university. There is a reason why I was chosen to come to UD.

When I was three years old, my doctors diagnosed me with progressive hearing loss. My mother was so devastated and cried many times, thinking that it was her fault.

She had a conversation one time with her mother (my grandmother) who asked her why she was crying since she had a special child in her arms.

My grandmother was a devout Catholic and a Marian.

Not many people will believe my story. Only a few would describe my current story as a leap of faith.

The right fit

I do not regret coming to a great place where I am surrounded by nice people and great friends.

I used to be a stranger in a new world. Now, I am a Dayton Flyer in a place that is my second home.

I have heard from many people that they never imagined coming to the university while others always knew they would attend because of family connections or the good programs.

I was surprised to meet students who are third-generation Dayton Flyers or even beyond.

There are two suggestions I would give to high school students considering college.

One, go to a place where you think you will be comfortable. And, two, go to a place you hadn't heard of and have a great experience.

Check out the following videos where our college students share their most important piece of advice to you.



My transition to life after high school

Faith Jones • Working • Warner Robins, Georgia



Once high school is over, there are always things graduates feel they should have done differently. Whether it is making better grades, or how they dealt with the people and situations that surrounded them, there's always something they wish to change.

Looking back on your past there are also questions you wish you had the answers to. Like making the right choices after high school such as whether to get a job and start late so you can afford college or start right on time.

In this article I hope I can help you make the right choices for yourself by sharing my experiences. My first three questions I had when I graduated high school were: Did I choose the best post-secondary path? Am I in the right place for me? And third, why did I make this decision I did at this time?

When I graduated my plan was to attend college, but because I had not filled out enough applications for scholarships, grants and loans, I was not financially fit to start right away. Now my plans are to start college next fall and, even though my plans have changed, the outcome of going to college has not.

So if I am asked if I'm satisfied with my post-secondary path, I would say yes. Even though I'm starting college a year late, it doesn't give me a reason to never start and it is right for me in the long run.

Am I in the right place for me? I would answer that by saying yes. I'm in the best place I can be at the time because it fits my needs.

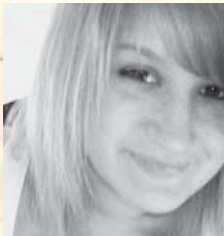
The next two questions are: Has anything changed since then? And, would I do anything differently?

In life things always change from what you have planned. In August, we moved from Georgia to New York. That meant I would have to re-look and re-apply to colleges. Even though I moved to New York, I still plan to attend college this fall. So yes, even though life brings forth changes, I will not let it affect my decision to go to college and be successful in life.

Are there things I wish I would have done differently? In life we all wish we could hit that redo button and have things the way we want them. So yes, there are things I wish I could redo.

I wish I could have the chance to re-apply for scholarships that were offered in school so it would be easier to attend college sooner. I would have also tried to maintain a higher GPA during high school so my range of colleges could have been bigger.

There are things we all wish we could do over, but I won't let my mistakes affect what I want to do now. And you shouldn't either.



I wouldn't change a thing

Megan Lynch • U. of Wisconsin • Jefferson, Wis.

Close your eyes and picture yourself 20 years in the future. Do you see a family in a cozy home in the country? Do you see a busy life in a bustling city?

Are you working 40 hours at a desk or out in the field? What do you see? This exercise will help you determine what you should do after graduation.

I have always liked school and enjoyed taking difficult classes and challenging myself. Because of this, I chose to attend a four-year University of Wisconsin college to further my education. My major is biology with an emphasis on cell biology and physiology. I know, such a nerd. It's my passion though; it's what I live for.

I chose this path for myself. Yes it's difficult, but it gives meaning to my life.

Learning and growing

I am about a month and a half into the semester here at Whitewater and there isn't a thing I would change.

I chose a difficult schedule, but it keeps me busy and always on my toes. I love living in the dorms and meeting basically a new person every day. I love the respect I receive from my professors and peers.

The independence of being on my own is rewarding and fun. I've learned that it's not so intelligent to wait until the night before a paper is due to start it and cramming for an exam is stressful.

I've grown up immensely from high school and have learned some domestic chores: laundry, grocery shopping, and dusting. My dorm is surprisingly clean most of the time.

The entire experience so far has taught me a lot and shown me a fraction of my potential. I have so much ambition.

You don't simply choose a path and you're done. It's all a work-in-progress and, in the end, it will all be worth it.

Put some serious thought into your future these next couple months and decide where you want to be in 20 years.

Make it happen.

Ask the **Real Story** team:

What is one thing you'd suggest about how to figure out your best post-secondary fit?

If you want to challenge yourself intellectually and personally, if you want to witness profound growth of your character or if you want to meet interesting people, college is the right choice for you.

Jelani Hayes
U. of Pennsylvania

Go where you are most comfortable. Don't try and please anybody but yourself when trying to decide where you want to be; after all, you are the one who has to live with your decision.

Hannah Smothers - U. of Texas at San Antonio

Decide what things in life you're passionate about, learn what it will take to get more involved in those areas, and commit to chasing those passions for the long haul.

John Bernstein
University of Rochester

Utilize all the resources available to you: there are a plethora of online resources meant to help you find your best fit, not to mention counselors at your school who are there to help you narrow down your choices and discover what is the best decision for you.

Alison Vandenburg
Georgetown Univ. - School of Foreign Service

Go to a place where you think you will be comfortable.

Jeremy Garcia Vinluan
University of Dayton

Do what you are good at or interested in. Don't be afraid to follow your heart.

Bertel King, Jr.
College of William and Mary

Don't choose a school just because your best friend/boy/girlfriend is attending it too. Just because a school is right for them, does not mean that the school is right for you.

Sharayah Le Leux
California Baptist Univ.

Narrow down what you plan to major in when you go to college and take as many classes related to that subject in high school as possible.

Faith Jones - Working

One thing that I wish I had done in high school was to find a college that allowed me to grow as a person the most.

Anderson Nelson
Kennesaw State Univ.

I suggest investigating all your possibilities and communicating with family/friends/teachers before deciding anything, but follow your heart and do what's best for you.

Megan Lynch
University of Wisconsin

A best-kept secret for career opportunities — by Tammy Jo Riebe

Hundreds of careers are available through the military, including some you'd never realize

Some students dream of the day they can enter the “working world” and leave high school far behind. Scott Mythen isn't one of them.

Mythen, who plays the trumpet in a U.S. Navy band, says he loves his job — particularly because it reminds him of high school.

“My favorite part about being in a band is that I'm doing what I love to do, and I'm getting paid for it,” Mythen said. “Playing the trumpet is something I've done as a hobby, and I greatly enjoy it. It's also a really unique opportunity to serve my country by doing what I think is fun.”

Ever imagine that playing the trumpet in a U.S. Navy band could be your full-time job? Mythen didn't either, until he learned about the unique careers that are available when joining the military. The Army, Navy, Air Force and Marine Corps offer hundreds of career choices. Whether new recruits want to become night club managers, professional trumpet players, electricians or midwives, the U.S. military can get them on the right career track.

Mythen plays in the Navy Band Great Lakes, and is a member of a jazz ensemble. He has played at the Indianapolis 500, White Sox and Chicago Cubs baseball games, Detroit's Thanksgiving Day parade, Chicago Bears games and at small town parades. Navy bands also perform at small, outdoor concerts in the Midwest, as well as at formal military ceremonies that the President has been invited to.

A typical day for Mythen, who joined the Navy after graduating from the University of Minnesota with a bachelor's degree in music education, includes a few hours of rehearsal with the band and a few hours of solo practice. He also works out each day, which he jokes “is just like gym.”



different jobs to choose from within those fields. Enlist in the Marines and you could become a canine handler with the military police, or you could choose to become a combat engineer.

Similarly, the U.S. Army offers 200 military occupational specialties (MOS) to choose from, and the U.S. Navy offers 70 different career fields. If you join the U.S. Air Force, you can choose from 150 career specialties. Other military branches, like the Coast Guard and the Army National Guard also have dozens of career opportunities.

All branches require applicants to pass the Armed Services Vocational Aptitude Battery test (ASVAB), which helps determine what a person's career niche will be.

Oscar Domino sat down with a recruiter and was surprised at the career possibilities.

“There were 15 pages of jobs to choose from,” Domino said. “The only thing I ever heard about when I thought of the military was combat-type stuff, like infantry and artillery. So, when the career counselor said you qualified for 91-Delta, I said ‘What is that?’ The counselor said, ‘You are in surgery in the hospital.’”

A few weeks later, Domino joined the Army and headed off to basic training. Less than six months after basic training, he became Specialist Oscar Domino.

Where do I start?

To join the military, you must be at least 17-years-old, have a high school diploma or GED and be physically fit. More specific enlistment requirements vary by military branch.

The average enlistment time is four years, with an additional four years of reserve duty. However, new recruits can be asked to sign a five or six-year contract for enlistment if the career fields they are entering into have particularly long training periods.

The military is not just boot camp, 100 push-ups and weapons. Instead, it can be a starting place to learn specialized skills that could eventually lead to a lifelong career in the Army or to a meaningful civilian career.

Occupation: specialist

The U.S. Marine Corps offers more than 40 occupational fields, with hundreds of

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Dealing with the distance — by Kelly Olson

Many high school couples face the difficult decision to break up or stay together while away at college

Like most high school grads, Kendra Stowe had a lot to deal with the summer before her freshman year in college. She had just started to get serious with her high school boyfriend, only to get their separate ways — both to different states — for college. So, she chose the only option she thought was available: to break up.

"When I was a freshman right out of high school, I never anticipated that we'd stay together because I had never heard of any long-distance relationships that had worked out," said Stowe, a 22-year-old graduate student at Winthrop University in Rock Hills, S.C. "I thought that you always just said goodbye to your high school sweetheart."

Each summer, many young couples are faced with the same obstacle to stay together or tough out a long-distance relationship while they are away at college.

Greg Bever and his girlfriend, Claire, of Bay City, Mich., are experiencing their first year apart. She's at Fordham University in New York while he attends Albion College in Albion, Mich.

"It's harder to be there for each other when things get tough or you get really stressed out," he said. "You can talk on the phone, but the phone only helps so much."

Keeping in touch

Luckily for long-distance couples, today's technology makes staying in touch much easier than ever before. Distanced loves at the turn of the century relied on hand-written letters, while today's youth have cell phones, e-mail, and Facebook.

Despite the breakup between Kendra and her boyfriend, Jeff, before they each left for college, solid communication — primarily over the Internet — kept them so close that they got back together within just a few months of being apart.



"We actually grew closer over the course of my freshman year" she said. "We talked all the time about the things we were going through, like dealing with roommates and exams."

Finding a new life

However, finding time to communicate can be challenging. College life puts students in new situations where they will grow, meet new people and often become very busy.

"(A long-distance relationship) becomes a problem because when you come to college so much of your life is different," said Dr. Elizabeth Kincade, a licensed psychologist at Indiana University of Pennsylvania's Center for Counseling and Psychological Services.

Students may, at times, feel guilty or unfaithful for hanging out with new friends or experiencing the aspects of college they know they cannot share with their significant other.

However, limiting your social life will only cut you off from having new experiences or meeting new people, two of the many important aspects of college life.

"If you're putting all your energy into a relationship," said Kincade, "you miss out on being where you are and don't take advantage of all that college offers you."

Finding room to grow

"In some ways, a long-distance relationship can actually be a helpful thing," Dr. Kincade said. "People who have a relationship back home are not looking for that in college, and it allows them to focus on their studies, make new friends and take some risks that they might not have."

Staying together means growing together. Take time to have a quality conversation once a week, remember important dates and events in the other person's life, and don't hold yourself back by constantly longing for your long-distanced love. 🌈



Standing in the shadows — by Laura Theobald

Younger siblings have the challenge of always being compared to older brothers and sisters

It was weird seeing her older sister in the halls at high school, senior Stacey Schroeder says. Sometimes her sister, then a senior, would pass by the then-freshman and completely ignore her.

"Usually she would just walk right by me and not say one word to me," Stacey said. "Unless she needed to tell me [that she was] staying later and could not give me a ride home."

It was also hard living up to the standards that her straight-A sister set. Her sister always made the dean's list, Stacey said. And all the teachers at Washington High School in Washington, Mo., assumed Stacey would be smart, too, because of it.

And Stacey isn't alone in her older-

sibling woes. Emily Horvath, a senior at Freemont High School in Irvington, Calif., says she's compared to her older brother so often that most people don't even refer to her as Emily — they refer to her as "Ian's little sister".

"My brother was a legend like Babe Ruth," Emily said. "I will never even come close to anything he has done."

Find your own path

Unfortunately, those comparisons are most likely always going to happen, said Bruce W. Barton, a licensed psychologist and family therapist in the northern suburbs of Minneapolis. It's an automatic response called transference for people to assign traits of a person they know to a person they see as similar.

As a result, many students, including Emily and Stacey, have tried to find their own

paths in life. Emily says she avoids sports and tries to rebel against peer pressure, where her brother was a jock and went along with the crowd. Stacey excels at shooting and hopes to win a scholarship for it rather than grades, like her sister did. While her sister is studying to be a pharmacist, Stacey says she plans to go into teaching.

"She studies all the time. She always carries a book with her," Stacey said. "I have no interest in carrying a book everywhere I go."

Be yourself

These comparisons, said North Chicago Community High School guidance counselor Brian Reich, can be hurtful at times.

"It's difficult for one (sibling) to have success and not the other," he said. "There are a lot of tears that go on in the counselor's office sometimes."

To curb this, Barton said, teachers should vocalize only sibling comparisons that are positive and aimed toward the younger sibling.

When students do come to him with concerns of not being as great as an older sibling was, Reich said he tells students to just be themselves.

"Face the fact that you are yourself, and your actions will determine how we all perceive you and you how you learn and succeed in school," he said.

On the flip side, Reich said, having an older sibling at the same school can be beneficial. Teachers are often more interested in students whose older siblings they've taught before, because they already have an interest in the family.

Plus, older siblings can offer introductions to new friends and teachers and share tips and insights they've learned from a few years' head start on school. Emily says she also learns from her older brother's mistakes and pitfalls of too much partying.

"Sometimes it hits me hard being compared constantly, but I just try to move on, try to be happy and realize that I'm still loved," Emily said. 🌈





by Jordan Harper

Reflecting on what is important to me



Hometown: Niles, Michigan • **High School:** Brandywine H.S.

Life is full of difficult decisions, and this is never more evident than during senior year. I have faced so many choices already, and so many more are looming in the distance.

Colleges, jobs, money – the list goes on and on. But all of this has taught me some new ways to deal with decision-making, and it's shown me what to look for when making choices.

All of these choices have led me to develop a personal philosophy that I put to use whenever confronting a decision. The three main points of my philosophy are: do what is best for the community, stay committed to excellence and, most importantly, stay dedicated to God. In my experience, there usually will only be one choice that goes in accord with all three of these points.

The importance of priorities

These are my priorities. Anyone who doesn't set up priorities cannot prosper – my experience is that good priorities can change lives in ways that nothing else can. Setting yourself up to help a greater good, in my opinion, is the greatest thing anyone can do, and there are very few instances when someone working for something bigger than themselves fails.

In following my priorities, I am able to make sure that my actions line up with my goals. Creating and sticking to a strong set of guidelines in life is a great way to make sure that you "walk the talk." I strongly suggest setting priorities to everyone who is facing any sort of decision, especially my fellow seniors.

Staying committed to God, community and excellence is not something that is easy to do. There are many times in which I have found there to be easier choices to make, and I could have enjoyed the benefit of taking the easy way out of commitment.

As tempting as this is to do at times, I remind myself that my end goal is put in jeopardy every time I decide to do something that contradicts one or more of my principles. This has meant that I have chosen to opt out of many things that others are willing to get caught up in because I know how badly I want to see myself at 30, looking back at my life and thinking "It was difficult, but I'm here now because of it."

Wants to make a difference

I am so passionate about making a difference in my community. I am not sure exactly what I want to do, or where I want to do it, but I want to do it.

This means that I have to put everything I have into everything I do, or else I haven't done the best I can. Therefore, it is hard for me to make decisions because I spend so much time and effort thinking about the consequences, good and bad, and how the decision will affect me later on down the road.

Overall, I am going to become who I am going to become. The choices I make reflect my goals and the person I am but, more importantly, they reflect my priorities. By making sure that I make decisions based on my commitment to God, community and excellence, I can ensure that I am on the right track.

My advice to you is to think about where you are putting your commitment, dedication and priorities at. Do your priorities line up with your goal? Or with that end result that you have pictured in your head?

Try and put your effort into things that will live past today, and even your life. This is what allows us all to make the biggest difference we can while still growing personally into the people that we are meant to become.

Check out the following videos where our high school students share what is most important to them when deciding what to do after high school.



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