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SENIORS - YOUR SECOND SEMESTER

Sorry to say it seniors, but your college work isn't finished yet! May 1st is the typical college decision day, but aside from making the decision as to where you'll attend and submitting your enrollment deposit, there are several other items to check off your to-do list to be ready for college. Remember to withdraw all other applications when your final decision is made. This will increase the chances the scholarship money intended for you can go to some other deserving student. Make sure you log on to your admitted student portal and accept your financial award package. Review the rules and expectations for any scholarships you received, as many merit awards have GPA stipulations.

Make sure to pay your housing deposit and sign up for freshman orientation. Orientation is a great place to meet a potential roommate. Many schools also have Facebook groups where students connect with other students for housing. You can also find out who your academic advisor is and schedule an appointment with them. Bring any questions you may have about classes. Most programs have a course progression sheet available online that can help you map out what classes to take when in order to graduate on time in four years.

You should also remember to send any AP scores to your future college. This can result in receiving academic credits and potentially save your family some money. While you're at it, sign up for any placement tests that may be required by your university.

Contact your health insurance company to make sure you are covered on campus. You may be able to decrease your tuition bill by waiving the university health insurance plan. Gather any medical information or medications you'll need to have with you at school. If you participate in mental health services, now is a great time to have a new provider lined up closer to campus.

Start doing research on the various services offered to you on campus and where they are located. Important resources include tutoring services, the career center, health center, counseling services, and the recreation or wellness center.



6 MENTAL HEALTH CONSIDERATIONS FOR COLLEGE STUDENTS

Beginning college is an exciting time, but it's also a time of greater independence and responsibility. This is true whether you are attending a local college or moving away from home.

While college can be emotionally challenging, it's still possible to enjoy the experience and grow from it. To help support your success in college, it's important to prioritize your mental health — look out for on-campus supports, social connections and opportunities to engage with your new community. Even those who have not experienced mental health problems in the past should begin to think ahead and take steps to help ease the emotional challenges of starting a college journey. Whether you are in college or just looking at colleges here are things to keep in mind about your mental health.

1. Establish a self-care routine and healthy habits. Get adequate sleep, maintain good nutrition, and engage in regular exercise. Make time for hobbies and activities.
2. Find out what academic, health and mental health support services are available at your school, where they are located and what they provide. Many students may hesitate to use support services because they are concerned that asking for help is a sign they are struggling or unable to handle their responsibilities.
3. Remember, services are available for all students and can be a valuable resource to prevent academic and health problems before they start.
4. Once 18, students gain more control and privacy regarding their health care. Parents may consider legal release forms: privacy laws limit colleges in what they can communicate to parents about their students' mental health. Forms include medical and/or financial power of attorney, as well as HIPAA release.
5. Develop a crisis plan: In addition to planning your ongoing mental health treatment, have a plan for dealing with emerging problems or crisis. Consider putting your plan in writing.
6. Know your options if you need a leave of absence: law requires colleges to provide reasonable accommodations to any student who has a condition impacting their ability to function at school. Check with the School's Disability or Accessibility office.

National SuicidePrevention Line: 800-273-8255 or text HOME to 741741

SHOULD I TAKE THE SAT OR ACT?

When it comes to standardized testing, there are two different options – the SAT or ACT. Colleges use the SAT and ACT for admission decisions and merit-based scholarships. Both are widely accepted at colleges, but which one should you take? Most college counselors would recommend taking a practice test for each one and see which you're more comfortable with, but if you don't want to invest 6+ hours in test-taking, here are the differences.

SAT:

- Test takes 3 hours with 154 questions
- Sections are: Reading (65 min), Writing & Language (35 min), and Math 80 min)
- Math covers Arithmetic, Algebra 1 & 2, Geometry, Trigonometry & Data Analysis and you're given a diagram containing the geometry formulas.
- Scores range from 400-1600, split into Reading and Writing (200-800), & Math (200-800) for a total out of 1600

ACT

- Test takes 2 hs 55 min with 215 questions
- Sections: Reading (35 min), English (45 min), Math (60 min), & Science (35 min)
- Science section tests critical thinking skills (not specific science knowledge) and counts for 1/4 of your score, so if you love science it provides a solid boost.
- Math covers Arithmetic, Algebra 1 & 2, Geometry, Trigonometry, with Geometry focusing on 30-45% of the questions.
- Each section uses a score of 1-36. Total score is the average of 4 section scores.
- Optional essay

Many colleges are still Test Optional or Test Blind, but decisions for the 2022-23 admission cycle have not been announced. It's a good (safe) decision to take one of the exams during your Junior year or over the summer in case the college you're applying to requires scores.

COLLEGE CONNECTIONS



ELON UNIVERSITY

Elon University is a medium-sized private institution located in suburban Elon, North Carolina. Undergraduate research, internships, service learning, study abroad, and leadership are essential pillars of the Elon experience. Elon boasts strong programs in business, communications, psychology, exercise science, performing arts, and education. Elon is the perfect place for hands-on learners who need a little extra support to ensure they don't fall through the cracks.

Outside of the classroom students spend time participating in club sports, Greek life, and giving back to the community. Campus traditions include the Festival of Lights during the holiday season and College Coffee where students interact with faculty over breakfast.

PEPPERDINE UNIVERSITY

Pepperdine is a medium-sized, co-ed, private Christian university located on the Pacific coast in Malibu, California. It is home to colleges of Business, Law, Arts & Sciences, Public Policy, and Education conferring undergraduate degrees. Academic programs of Seaver College, Pepperdine's undergraduate school, provide students a "traditional liberal arts curriculum based on a Christian worldview." Classes are demanding, as is the required General Education program, and students must also take three religion courses. Undergrads praise their educational opportunities, the strength of their school's spiritual community, and the vast sandy beaches beckoning below their hilltop campus.



INDIANA UNIVERSITY

Indiana University, in the southern Indiana town of Bloomington, Indiana, is a robust college town. With an undergrad population of 32,000, 59% are homegrown Indiana students, leaving plenty of room for out-of-state/international students. Academically, IU's world renowned Jacobs school of music, the Kelley business school, and a strong sports marketing and management program housed in the school of Public Health are compelling reasons to entice potential Hoosiers. Indiana prides itself on its liberal arts education—most freshmen are admitted not to pre-professional schools but to the "University Division." Students express their Hoosier pride cheering on their NCAA D1 athletics, joining over 750 campus organizations, and participating in the lively Greek life system with 24% of men and 19% of women.

