



# WILDCAT SENIOR SCOOP

Burlington High School April 26, 2019

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## THINGS TO DO DURING APRIL and MAY:

**Compare Financial Aid Award Letters and return within two weeks.**

Accept and Decline each item separately! These will start arriving in mid-to-late April.

**Register with Selective Services** if applicable! (males - within 30 days of 18th birthday – via the FAFSA or online at [www.sss.gov](http://www.sss.gov))

**Update your sheet** in the *FINAL PLANS NOTEBOOK!* (available in the Guidance Office)

**Check with your college for housing deadlines and deposits.** Also check for enrollment dates.

**Stay focused on your studies; graduation is close!**

**After April 1st, NCAA athletes can complete Amateurism Form** at [www.eligibilitycenter.org](http://www.eligibilitycenter.org).

**This is from an email I received from NCAA:**

### NCAA AMATEURISM CERTIFICATION REQUEST

Starting April 1, students who plan to enroll full time at an NCAA Division I or II school this fall (2019) will be able to request their final amateurism certification. Students must have a registered Certification Account and an enrollment period of Fall 2019 to request. You can find more [information about amateurism certification](#) on our website. If you have questions, please check out this [step-by-step guide](#). If you need to [update your enrollment period](#), you can do so easily in your account.

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### UPCOMING DATES SENIORS NEED TO BE AWARE OF:

**MAY 1<sup>st</sup>:** Spring Fling

**MAY 6<sup>th</sup>:** Fine Arts Night (6 pm) and Senior Honors Night (7 pm)

Every senior will be recognized; please attend! Wear your gowns, but not the cap!

**MAY 8<sup>th</sup>:** Baccalaureate at Radiant Life Church, New Strawn, 7 pm, wear your gowns, but not the cap!

**MAY 15<sup>th</sup>:** Seniors last full day of classes

**MAY 16<sup>th</sup>:** Graduation Practice – 8:30 – 11:00 am

**MAY 18<sup>th</sup>:** Graduation at 11 am

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**BACCALAUREATE** will be held for all seniors at Radiant Life Church, New Strawn, at 7 pm!

*Baccalaureate is a one-hour religious service honoring the graduating class. During the service, an address in the form of a sermon is delivered by a faculty member or respected leader in the religious community. Graduates process in their graduation gowns for the ceremony.*

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## HOW TO AVOID MONEY MISTAKES ON CAMPUS

By the editors of *Consumer Reports*

Holding onto cash in college is hard. Most freshmen run out of money too soon and wind up with \$1,500 or more in credit card debt. Follow these simple tips to keep your money longer!

**Set a budget** An easy way to avoid running out of cash is to create a seven-day “Money Minder”:

**Step 1:** On your computer, open a blank Word or Excel document. Type in your total cash allowance or other income for the semester.

**Step 2:** Next, divide your semester total by the number of weeks your cash must last.

**Step 3:** Then divide your weekly total by seven to see your daily spending limit.

**Step 4:** Review the week’s daily total and re-figure so you have a little more on the weekends. Shift your daily amounts - but only if you will finish the week under budget.

**Cool Trick:** Carry only your daily cash allowance on campus to avoid temptation and going over budget.

**Police your spending** Stay within your budget for the semester by tracking what you spend each day:

**Step 1:** Each evening, in your Money Minder, try to list everything you bought that day and how much you spent.

**Step 2:** Add up your daily expenses and compare the total with your daily allowance.

**Step 3:** If you went over budget, see which expenses could have been avoided or reduced. Then cut back your spending the next day so your two-day total will be within your two-day budget.

**Cool Trick:** Always ask for receipts and use them to track your expenses each day.

**Stay out of debt** Most freshmen own credit cards and wind up in debt. Why? Cards are easy to use and let you spend without worrying about the cost. Avoid debt with these three do’s and one don’t:

**DO** use your credit card only for emergencies - not every day expenses such as meals and movies

**DO** make a list of every credit card charge in your Money Minder. Seeing your card expenses and balance will discourage you from running up needless bills.

**DON’T** shop recreationally online. That encourages temptation and leads to debt.

**DO** give parents an early warning if they are paying your bill. Parents may be forgiving when you are on top of your finances and tell them about trouble in advance.

**Cool Trick:** Once a week or so, call the number on the back of your card and ask the rep for your monthly balance. Your bill should never be a surprise.

**Lend money wisely** Many college freshmen lend cash to friends who then fail to repay. Follow these three steps whenever you loan money:

**Step 1:** Put a limit on how much you’ll hand over  
 (“I can’t give you \$20, but can lend you \$10.”)

**Step 2:** Set a repayment date  
 (“I can lend you the money, but only if I get it back by Friday.”)

**Step 3:** Follow up if the repayment date is missed. By doing so, the other person will more likely repay you on time or never ask again.

**Cool Trick:** To make sure you’re paid back, tell borrowers you’ll loan them the money if they pay for a future budgeted expense (“I can lend you the money if you buy this weekend’s movie tickets.”)

**Balance your checkbook** Get into the habit of balancing your checkbook so you’ll know how much money you have and avoid big bounced-check fees:

**Step 1:** Write your total starting balance in your checkbook

**Step 2:** Whenever you write a check, use your card or visit an ATM, subtract the amount from the balance

**Step 3:** Save all your ATM slips so you can check them against your monthly statement

**Cool Trick:** Each week, compare your checkbook balance with the one on an ATM display to verify that your balance matches with the bank's.

**Shop responsibly** College stress and shopping can be an addictive and costly combination. Strategies for catching yourself:

**Before shopping:** Check your credit card and bank account totals to verify how much you can afford.

**While shopping:** Only shop at stores where you can return merchandise for full refunds. Don't let sales or "really cute" items trick you into overspending. Force yourself to make choices, and don't rationalize impulse purchases.

**After shopping:** Enter all charges in your Money Minder or in your checkbook. If you blow your budget, return stuff.

**Cool trick:** Write down your credit- or debit-card balance on a slip of paper. Wrap the paper around the card. Then when you pull out your card, you'll be reminded of your balance.

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### **How to Fit Right In**

By Rachel Sokol, *The Next Step Magazine*

It's hard to go from high school, where you have a solid group of friends who've got your back, to college, where you're a stranger surrounded by strangers. You'll miss your friends and family from home. You'll miss the local high school hangouts. However, you will meet a whole slew of new people in college. Students and campus advisers from all over the US talked to *Next Step* about adjusting to college. Here's what they said.

**Get involved** "Meeting the different administrators and professors on campus can open the doors for job opportunities, a great resource and wonderful friendships," says Cornell University student Iris Michelle Delgado. "Never be afraid to admit you don't know something. If you feel like you will look incompetent in asking questions, it will debilitate your college experience."

**Use of faculty** Debra Castillo, a faculty member at Cornell University, says to make use of the faculty and staff at your new school. "There are wonderful and sympathetic people among the staff. They have a large knowledge base and cultural sensitivity, and can often be the student's most essential resource for advice. The faculty, of course, is in the business of mentoring young people, so we, too, should be used more than we often are."

**Listen to yourself** Throughout your college experience, friends and family are sure to give you tons of advice on classes, money, friends and relationships. "Take advice from family, but remember that you will be the one living with your choices. Family always wants the best for you, but you will ultimately have to live with decisions, good and bad," says Delgado.

**Keep in touch** "Keep in touch with your family and friends at home through all means necessary, but also give your new life on campus a chance," says Tuft University student Lourdes Laguna. Be open to trying new things and dealing with new experiences. After all, it's part of growing up.

**Really think about your decisions** Hamilton College student Terry Ortiz says to really think about the decisions you make. Don't be hasty when you're upset. "You have to think of every outcome because your decision can come back and bite you hard," he advises.

**Learn how to act in social situations** Developing good social skills in college will benefit you in the real world. For example, if you want to be a lawyer or work in public relations, you will meet and work with all types of people. Being shy won't help you very much in the competitive, social working world. And, if you truly feel that you can't bond with new people in your environment, don't be afraid to look toward others for

help, or to look within your self for confidence. “Know your resources and where/when to seek help. Many of us come from environments where asking for help or admitting that you feel stressed and challenged is equated with weakness and inadequacy,” says Cornell University faculty member/adviser Benjamin Ortiz. Talk to an on-campus adviser if you really need social assistance. They are there to help.

**Put yourself out there** Friends don’t fall out of the sky. “Don’t isolate yourself. Work hard at making friends and finding community/family,” says Tufts University faculty member Ruben Stern. “Your transition will be easier once you set roots down and being to feel like you belong.”

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**Re-Spec’d**  
***Your Life with a Roommate***  
By Ross Clurman, *Key Magazine*

College comes at you fast. You live the first 18 years of your life among family and friends, and then all of a sudden, it’s time to go away to college. If college requires a long drive, then you’re probably not going to live at home. This can prove to be a difficult situation to cope with - especially if you have roommates! In many cases, your new college living arrangements require you to share an apartment, house, or room with another person. In many colleges, restroom arrangements may also be communal. That’s a lot of space shared with a lot of people.

Once you’ve unpacked in your new home, your first few days will probably be spend getting to know your surroundings. Since you may still be a little shell-shocked from the move, you and your roommate might do quite a lot together. This is a great time to get to know the person you’ll be sharing close quarters with for the next year.

During this settling-in phase, you might discover some characteristics in your roommate that really irk you. So what happens when your home-away-from-home turns into a division of “mine-and-yours” space? Do you buckle down and tough it out, or do you cut and run? I found the most effective method is the proactive approach.

No two people are alike; we all know this. So, there’s a strong possibility that you and your roommate will have differing personalities, values, and beliefs. College is a great introduction to what it is like in the real world.

If you’re looking for a list of do’s and don’ts on getting along with a roommate, then you’ve come to the wrong page. By now, you should have assembled enough common sense to know how to function with others in a polite manner. Your roommate will hopefully know, too. If not, see your local RHA (Residence Hall Advisor).

The key to getting along with your new roommate is simple: respect. Respect your roommate and, more than likely, you will receive respect in return.

A huge part of that is respecting the space you and your roommate live in. Keep your part tidy. That won’t be as hard as you might think. Trust me, you’ll have a lot less space to worry about in college. My dorm room made a matchbox look spacious. It consisted of two twin beds, a fridge, two desks with computers, one wall closet, and a carpet square that was reminiscent of naptime in preschool.

I value my privacy, and living literally feet from another person was a huge challenge for me. The arrangement would not have lasted a year had I not respected him, his space, and myself.

To have a successful living experience, you sometimes have to learn to let go. A friend of mine and I had the pleasure of living with a couple of the worst roommates imaginable. I was able to get through living a year

with roommates who would continually consume groceries that didn't belong to them, always manage to get intoxicated on school nights and never clean up their messes by doing one thing: I ignored them.

By leaving these terrible, horrible, no-good roommates to their own devices, I was able to get my studying done, have fun and still salvage enough food to satiate my appetite.

College will be a combination of the most difficult and enjoyable times you'll ever have the pleasure of living through, and your experiences will by no means be free of challenges. If one of these challenges is having a roommate you are less than fond of, don't fret. You'll move past it and live to tell about it. I did!

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## **COLLEGIATE CULTURE SHOCK** **Making a Smooth Transition from High School to College**

By Marion Dodd, *Key Magazine*

For most first-year college students, a collegiate learning environment is almost appallingly different than high school. There's more academic pressure. Your assignments are more demanding, plus you're adapting to a new social environment, and possibly new living arrangements. With all of these challenges, we thought you could use some suggestions for transitioning to your new academic life.

### ***First Day Jitters***

Go to campus a few days before your classes start. Look at your schedule and plan out your day according to the buildings.

### ***Succeeding in Your Classes***

Actually going to class is a plus. You will be surprised at how tempting it is to skip. A lot of professors won't take attendance, but skipping can still affect your grade. "College is an investment; you want to put in as much as possible," Andrew Sison, Dean of Admission at Lewis University said. "You won't be able to enhance your grade if you're not there."

### ***Note-taking***

If you have a laptop, take it to class. A lot of schools offer free wireless internet on campus, and you can probably type faster than you can write.

### ***Keep a Planner***

Keeping track of various projects and assignments can be difficult if you aren't organized. If you have a planner, prioritize your assignments and plan ahead. "Time management is one of the most important things when entering college," Sison said. "You need to be able to give yourself a timeline." If you can, try to stick to small classes. Having classes in a big lecture hall will make it tempting to skip. You have more opportunities to ask your professor for help in small classroom settings.

### ***Talk to Your Professors***

Visit with your professors during their office hours. This will help you build a relationship with your professor and make it easier to ask questions. "It's important that students are open to talking to their professors," Sison said. "They're more than professors, sometimes they're your advisors."

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## **HOW TO MAKE THAT "MAJOR" DECISION**

By Erin Smith, Senior Editor, *Key Magazine*

As high school graduation nears, you're probably thinking about your college major. Choosing a major is a big deal. It determines the classes you'll take in college and prepares you for your career after college.

Deciding on a major of study isn't easy, and it's sometimes difficult to know where to start. To make it easier, we got the skinny on college majors according to Missy Ludo with the Northern Illinois University's Academic Advising department.

### ***What's the time frame***

Now you may be one of the lucky few who know exactly what you want to do with the rest of your life. But if you're not, don't worry. You're not alone. In fact, according to the web site MyMajors.com, up to 80 percent of students entering college don't know what they want to study.

"At NIU, we work hard to let students know it is OK to be undecided," said Ludo.

This is pretty common. Most schools don't require their students to declare a major until after the sophomore year is completed. That gives you plenty of time to decide.

### ***Start with the classroom***

Take a look at the classes you've taken in high school. Which ones were the most interesting? Did friends come to you for help on certain subjects? Most students have at least one subject that is easy for them to understand and catch on to new concepts. You'll enjoy your college years a lot more if you're focusing on subjects you are naturally good at.

That's not to say that you'll like every class in your degree path. Chances are you'll take a few courses that will make you question your choice. But if you choose to focus on something you truly enjoy, all the hard work will be easier to handle.

### ***Look at your hobbies***

What do you like to do with your spare time? Do you like to read and write? Do you love volunteering at the local animal shelter? Is your perfect afternoon spent under the hood of a car or tinkering with a computer?

"If you like working with people, a job working in a cube won't be a good fit," Ludo said.

To be happy in your major area of study, and the career that will follow, it's important to choose something you enjoy. Who wants to spend the next forty years doing something they hate?

### ***The final word***

High school juniors and seniors have plenty of time to explore their options. That's good, because picking a major is challenging, and most colleges offer dozens to choose from.

Ludo stresses that it is important to pick your major for the right reasons. Don't pick a degree simply for the large entry-level salary or because you have friends in that program. You are going to be spending the next several years focusing on this subject. If the subject isn't right for you, those years will be long.

And, if you don't get it right the first time, don't sweat it. Many students change majors two or three times during the course of their college education.

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**Tackling Time and Coming Out on Top**  
By Sarah Epstein, Assistant Editor, *Key Magazine*

Did you know that for every hour you spend in class, your professors expect you to spend 2 to 3 hours studying the material on your own? That means if you're a full-time student attending class 15 hours a week, you should spend between 30-45 hours a week studying outside of class. You might also have to manage

working, fitting in time for friends and family, and finding time for extracurricular activities. Oh, and you're supposed to sleep eight hours a night.

It can seem daunting when you do the math, but don't let it totally overwhelm you. If you know how to take charge of your schedule, your life can be totally manageable.

Here are a few tips on how to beat the clock in college:

**Study in spurts!** People retain the most information when they study for short periods of time. So, when you find yourself waiting 15 minutes for class to start, pull out your flash cards, read through your notes, or crack open a book. Don't let that time go to waste.

**Stay a day ahead!** Professors usually pass out a syllabus during the first class period that contains all the important dates to remember throughout the semester, such as exams, papers, and assignment due dates. Embrace this document! It can be your greatest asset if you complete all of the readings a day ahead of time. During class you won't be scrambling to take down notes. Instead, lectures will be a review of what you already know.

**Get a plan!** Buy or make yourself a daily, weekly, or monthly planner. This essential tool will help you remember important deadlines and dates, like when your exams are or your mom's birthday. Why keep all that information in the back of your head when you can just write them down?

**Know yourself!** Are you a morning person or a night owl? Knowing when you're at your most productive can help you tackle demanding tasks with greater ease. If you have more energy in the morning, then rise, shine, and crack out those research papers.

**Avoid procrastinating!** Cramming during all-night study sessions just adds unnecessary stress to your life. Why race against the deadline-packed week of finals when you can prepare yourself throughout the semester?

**Here's a little secret about higher education:** Success has little to do with your I.Q., and everything to do with time management. Sticking to a workable schedule can help you make the most of your time in college.

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### **THE TOP 5 REASONS TO GET AN ENGINEERING DEGREE**

Interested in engineering? Check out this link: <http://www.linkforcounselors.com/top-5-reasons-get-engineering-degree/>.

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### **CLEAN UP YOUR SOCIAL MEDIA ACCOUNTS**

Check out this link: <http://www.linkforcounselors.com/advise-students-clean-social-media-accounts/>.

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### **NOT SURE WHAT TO DO AFTER GRADUATION? HAVE YOU EVER CONSIDERED BECOMING A COMMERCIAL TRUCK DRIVER? If so, read on!**

Commercial Truck Driving classes, offered by Washburn Tech, will be held on the ACC Iola campus, May 13<sup>th</sup> – June 21<sup>st</sup>. Monarch Cement Company is offering 4 scholarships that will pay full tuition and your housing at ACC. *Each scholarship recipient must sign a two-year agreement to work for Monarch Cement Company in the Topeka or Kansas City area.* If interested, do the following:

1. Apply to Washburn Tech at [www.washburntech.edu](http://www.washburntech.edu) and pay the enrollment fee
2. Enroll in the Truck Driving courses, which are CHC201, Commercial Truck Driving I, and CHC202, Commercial Truck Driving II. You earn a total of 15 hours of college credit! Enrollment is based on first-



