



September 2024

Seniors—

Finalize college list. Work on applications and essays.

Schedule college interviews when available.

Request recommendation letters from teachers and counselor.

Review your transcript for accuracy and check your school's website for fall college rep visits to your area.

ACT-October 26th

Register by September 20th

SAT- October 5th

Register by September 20th

10th & 11th Graders—

Sign up for the digital PSAT at your high school.

October 2024

SAT- November 2nd

Register by October 18th

Seniors—

Continue to meet with college reps.

Complete Early Decision/Early Action Applications.

Complete the CSS Profile, if required by colleges.

Fall Timeline for Juniors and Seniors

As summer comes to a close, it's time for high school seniors to buckle down and focus on the college application process.

For both juniors and seniors, attending college presentations from admissions representatives at your school is highly recommended. These visits are more than just informational sessions; they're opportunities to make a personal connection with the college representative who might be the one reviewing your application. If a college of interest isn't visiting your school, be sure to explore their website, do a virtual tour, and don't hesitate to contact the admissions office to learn more.

For Seniors

Seniors, this is your crunch time. Start by finalizing your college list. Make sure you have a balanced mix of reach, target, and safety schools. With many colleges using a holistic admissions process, it's important to show genuine interest in the schools on your list. Finish your research and be ready to articulate why each school is a good fit for you.

Essay writing is another critical task. Many colleges require the personal statement from the Common App, in addition to college-specific essays. Look for overlaps in the prompts to see if you can use the same essay for multiple applications. This can save you time and ensure each essay is polished and thoughtful. Make sure to personalize it for each school.

Asking for letters of recommendation should be done ASAP. Choose teachers who know you well and can speak to your strengths. Provide them with a Brag Sheet or resume to help them write a detailed letter about your strengths.

Don't forget to arrange for your high school transcript and counselor recommendation to be sent to colleges. This process can take time, so coordinate with your guidance office early.

Try to meet with college representatives at local college fairs, join college-specific panels, or online info sessions to learn more and demonstrate your interest.

If needed, prepare for standardized tests such as the ACT and SAT. Register before deadlines and have your official test scores sent by the testing agency to colleges at least two weeks before the application deadline, where required. Many colleges are still test-optional, but good scores can enhance your application.

Family discussions about college costs are essential. Explore financial aid options and scholarships together. Understanding the financial obligations and finding the best ways to manage them will make the process smoother.

Finally, maintain strong grades. First-semester grades are important, and colleges may consider them in their admissions decisions. Remember, colleges are looking for students who challenge themselves academically to the best of their ability.

For Juniors

Juniors, this is a time to lay a strong foundation for your senior year. Start by visiting colleges whenever possible. Take campus tours and attend information sessions. Official virtual tours are a good substitute if you can't tour in person. These visits can help you get a feel for the campus environment and what you're looking for in a college.

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Career Paths for Food Science Majors

- *Laboratory Technician*
- *Food Technologist*
- *Nutritional Therapist*
- *Food Scientist*
- *Clinical Dietitian*
- *Executive Chef*
- *Microbiologist*
- *Quality Control Specialist*
- *Production Supervisor*
- *Biotechnologist*
- *Food Chemist*
- *Food Engineer*
- *Food Sales Representative*
- *Development Researcher*



Focus on Majors: Food Science

Have you wondered what makes microwave pizza crispy or why some foods seem addictive or more appealing than others? If so, majoring in food science might be for you.

Food science combines the disciplines of biology, chemistry, physics, and engineering as it applies to food safety, product development, nutrition, and packaging. This major aims to teach how agricultural products are developed into the foods we see at stores. Majors learn everything from the harvest of goods to the safe and efficient ways to transport and prepare food.

This major is appropriate for students who are comfortable in math and science, enjoy working in a lab, are interested in the chemistry of food, and like to solve problems. Problem-solving is an essential component of this major because food scientists are always looking for ways to increase the safety and efficiency of all steps in the preparation of food.

Some programs offer internships and research opportunities for students. Depending on the school, programs may focus on different aspects of food science, including food chemistry or food processing.

Another notable consideration is whether or not a program is accredited by the Institute of Food Technologists (IFT). The IFT accepts food science programs that establish and maintain high standards in areas it deems necessary. Students who are a part of IFT-certified programs are eligible for a Feeding Tomorrow Scholarship. Scholarships range from \$1,500 to \$5,000.

Students who choose a food science major will leave the program with a wide variety of skills. They will gain a strong knowledge base in key sciences. They will become well-versed in the methods of food harvesting, transportation, and processing.

Students will understand how foods affect human health, and how fertilizers and pesticides impact the safety of foods. Because food science majors work in labs and address real issues, students graduating from the program leave with well-developed problem-solving skills. They also become adept at handling equipment, designing and running experiments, and drawing conclusions from data.

There are many components in the food production process, so majors have a wide variety of opportunities. Creative students who work well in teams may make good food technologists, where they would research and develop new foods out of existing ingredients. Food technologists must make sure all laws are met and safety is prioritized.

Dietitians and nutritionists evaluate the health of their clients through nutrition assessment and diagnostic laboratory testing. Based on their findings, dietitians and nutritionists advise clients on behavior modifications and intervention plans, including which foods to eat—and which to avoid—to improve their health.

Sensory scientists work to understand the characteristics of foods and then make sure that food is not only safe and nutritious but also appealing.

Students who are organized, strategic, and enjoy collecting data may be interested in working as a quality assurance manager. QA managers ensure that food products meet all regulations and requirements. As someone ascends the ranks in this job, leadership skills become important.

Students may also become marketers for food product companies, food toxicologists, or research managers. For more information and resources go to [Students - IFT.org](https://www.ift.org)

Financial Matters: ED/EA and Financial Aid



Navigating the college application process can be stressful, especially when considering how financial aid factors into different application strategies. Early Decision (ED) and Early Action (EA) are two popular options, each with distinct financial aid implications.

Early Decision (ED) is a binding admission plan. Students who apply ED agree to attend the college if accepted and must withdraw all other applications. ED deadlines usually fall on November 1st or 15th, with some schools offering a second ED option around January 1st. This binding commitment makes ED ideal for students who have thoroughly researched their options and are certain about one school being their top choice.

While ED can significantly increase your chances of admission, it has

potential financial drawbacks, particularly for students who need financial aid. Since ED is binding, you won't be able to compare financial aid offers from other colleges if accepted. Therefore, it's crucial to understand the financial aid policies of the school you're applying to under ED. Use the school's Net Price Calculator to estimate your financial aid package and ensure that you and your family are comfortable with the probable financial commitment.

Early Action (EA), by contrast, allows students to apply and receive an admission decision early without the binding commitment of ED. If accepted, you can still apply to other schools and have until May 1 to make your final decision. The non-binding nature of EA generally makes it a safer choice for students concerned about financial aid, as it allows more time to compare financial aid packages or explore other opportunities without the pressure of a binding agreement.

Students applying through Early Action typically receive the same need-based package they would during the ED and regular admissions cycles. However, unlike ED, EA allows families to compare financial aid offers from various schools before making a final

decision. This flexibility can be crucial in choosing the most affordable option.

General Financial Aid Tips

Whether you choose ED or EA, here are some essential tips to help navigate the financial aid process:

Apply for Financial Aid Early: Submit the Free Application for Federal Student Aid (FAFSA), scheduled to open on December 1st. This may delay financial aid packages for ED and EA students. If the college requires the CSS profile, fill it out as soon as possible. Early submission may improve your chances of receiving need-based aid.

Understand Each School's Financial Aid Policies: Schools have different financial aid policies and deadlines for early applicants. Research these policies thoroughly so you know what to expect.

Communicate with Financial Aid Offices: If your financial circumstances change or if you have concerns about your financial aid package, don't hesitate to contact the financial aid office. They may be able to offer additional assistance or advice.

Fall Timeline For Juniors and Seniors (continued from page 1)

Attend college seminars and financial aid workshops to become familiar with the application process.

Prepare for the PSAT, which is also the National Merit Scholarship Qualifying Test. If you are a top student, taking practice tests can boost your performance and open up scholarship opportunities.

Meet with your guidance counselor after winter break to review your senior year courses. Make sure you're on track with your academic goals and challenge yourself when possible.

Look for leadership opportunities in your activities. Leadership is a quality highly valued by colleges, and taking on roles that showcase your ability to lead and collaborate will strengthen your application.

Additionally, it's important to continue building your foundation of school and community involvement. Whether it's through clubs, music, athletics, service projects, or other activities, focus on demonstrating depth, commitment, and growth.

Colleges are looking for students who show sustained involvement and have made meaningful contributions to their communities. And, of course, stay focused on your studies. Junior-year grades are particularly important because colleges don't see senior-year grades when students apply for Early Action or Early Decision. Your performance this year will carry significant weight.

Remember, the path to college is a journey. Stay organized, keep your goals in sight, and don't hesitate to ask for help when needed.

Making the Most of Your High School Years

High school can be one of life's most exciting and transformative times. It can also be fraught with ups and downs, socially and academically. Here are some suggestions to help you navigate your high school years.

Join or Form a Club

One of the best ways to enhance your high school experience is by joining or forming a club. Clubs provide a sense of community and allow you to explore your interests outside the classroom. If you can't find one that matches your interests, don't hesitate to start your own. Leading a club can further develop valuable skills and create a space for others who share your interests.

Don't Worry About the "Popular" Kids

High school can sometimes feel like a popularity contest, but in reality, popularity is fleeting. Focus on building genuine friendships rather than worrying about fitting in with the popular crowd. True friends will stand by you through thick and thin, and those relationships will be far more valuable than any social status.

Volunteer

Volunteering is a fantastic way to make a difference in your community and gain valuable life experiences. It can also be incredibly fulfilling and fun. Volunteering teaches you empathy and responsibility. Studies have shown that volunteering also can improve your mental health.

Challenge Yourself Academically

High school is a time to push yourself academically to the best of your abilities. Take challenging courses that interest you and broaden your horizons. Don't overload yourself to the point of burnout. Leave room for other activities and relaxation.

Don't Be Afraid to Ask for Help

Everyone struggles at some point during high school. It's important to remember that asking for help is a sign of strength. Whether you're having trouble with a subject, dealing with personal issues, or feeling overwhelmed, there are resources available to you. Seeking help early can prevent small problems from becoming big ones.

Keep Grades in Perspective

While it's important to do your best academically, it's equally important to keep your grades in perspective. A bad grade isn't the end of the world. Learn from your mistakes and strive to improve, but don't let academic pressure take over your life. Your worth is not defined by your GPA.

Take Care of Yourself Physically and Emotionally

High school can be demanding, so it's crucial to take care of yourself. Maintain a healthy lifestyle by eating well, exercising regularly, and getting enough sleep. Physical health directly impacts your ability to perform academically and to enjoy life. Equally important is your emotional well-being. Find healthy ways to cope with stress, such as talking to a friend, writing in a journal, or practicing mindfulness. If you're struggling with mental health issues, don't hesitate to seek professional help.

High school is a time for growth, learning, and fun. By joining clubs, challenging yourself academically, focusing on genuine friendships, volunteering, asking for help when needed, keeping grades in perspective, and taking care of yourself, you can make these years enjoyable and memorable.

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