



Your College Navigator, LLC

Admissions by design, not chance!

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Seniors

Thank teachers, recommenders, and others who have helped you

Have your final transcript sent to your college

All Students

Finish the year strong

Summer 2023

Do Something Interesting. E.g., Job, internship, community service, summer program

Rising Seniors

Explore colleges: Use websites, guidebooks, virtual tours and visit campuses if possible

Begin working on Common Application and other applications as they become available

Prepare for fall SATs and/or ACTs

Upcoming Test Schedule

SAT—June 3rd

AC—June 10th

SAT—August 26th

ACT—September 9th

SAT—October 7th

ACT—October 28th

Tradeoffs—You Probably Can't Have it All

When you're putting together a college list, you will probably find some things you love and some things you're not crazy about at each school. It's like choosing a partner. You might have a wish-list of 37 characteristics, but if you hold out for every single one, you could be alone for a long time. There's not one perfect person, or one perfect college. You need to make tradeoffs.

One student will travel anywhere in the country, as long as the college is prestigious. Another student is willing to trade the prestige of attending a highly selective college for a scholarship at a less competitive school, which will leave him debt-free at graduation. And another is willing to tolerate a cold Midwest winter if it means he'll get Division I football.

Many students say they want to experience life in a big city where they'll have access to lots of internship opportunities, nightlife, restaurants and great shopping. After growing up in the suburbs, they love the idea of being able to walk outside their dorm and into the energy of an urban environment. It is true that going to Boston University or NYU can be very exciting, but it's important to understand the tradeoff that comes with a big urban school. There may not be a traditional, grassy campus with a central quadrangle. And with so many attractive options luring students away from campus, you can lose the sense of community that you often find at schools located in college towns.

You're likely to encounter crowds of people as you walk to class every day, and that makes a school feel lively, but the tradeoff is a more impersonal atmosphere.

There are always tradeoffs. The goal is to find a school that meets your most important needs. Writing "must have" and "would be nice" lists may help you to evaluate potential colleges. When you know what you must have and what you are willing to give up, you are more likely to be happy with the decisions you make and to have a happy and successful college experience.

This process of establishing priorities doesn't begin or end with college applications. A high school freshman or sophomore who plans to take every available Honors and AP class and become immersed in extracurricular activities needs to be willing to live with intense academic pressure and a lack of free time. For students who genuinely love learning and enjoy being very involved in school, this may not seem like such a sacrifice. For other students, the idea of spending their high school years studying all the time, obsessing over SAT scores, filling every free hour with community service and feeling like they never have a minute to relax isn't worth the possibility of getting into the most competitive college.

In the future, you may need to decide whether it's more important to rise to the top of your profession, or to balance family life with career success. When you are clear about your priorities, you can make more satisfying choices throughout your life.

Career Paths for Nutritional Sciences Majors

- *Dietician*
- *Food Service Manager*
- *Public Health Counselor*
- *Biological Technician*
- *Food Scientist*
- *Health Educator*
- *Fitness Trainer*
- *Nutrition Journalist*
- *Sports Nutritionist*
- *Cook*
- *Food Safety Manager*
- *Nutritional Counselor*

To learn more about careers in dietetics and nutrition, check out the website of the Bureau of Labor Statistics, U.S. Department of Labor, Occupational Outlook Handbook, Dietitians and Nutritionists, on the Internet at <https://www.bls.gov/ooh/healthcare/dietitians-and-nutritionists.htm> and the Academy of Nutrition & Dietetics at <https://www.eatrightpro.org>



Focus on Majors: Nutritional Sciences

Americans are obsessed with food. We spend vast amounts of time and money in a quest for the “perfect diet.” None of us ever seems happy with our current self—we constantly seek to lose or gain weight. By choosing to avoid meat or by not eating veal, we use our diets to make political and ethical statements. We look to nutrition to increase both the length and quality of life, and we search for supplements to enhance physical and mental performance. No wonder that a major in nutrition science, food science, or dietetics attracts so many college students. Completion of a bachelor’s degree in nutritional science is the first step in becoming a registered dietician (RD).

The food industry is the fourth largest industry in the world. Nutritional science is a great major for people interested in a health-related career, for those who want to work in the fitness industry, for individuals who love to cook and create recipes, and for budding entrepreneurs. Through this major, you’ll learn about the scientific basis of good nutrition as well as the behavioral and social issues that affect the way people view food.

Nutritional Science focuses on the physiological and biological aspects of foods and nutrients. Graduates go on to research positions in laboratories, hospitals, and industry, often after completing graduate programs in their chosen specialty. Some nutritional science majors go on to medical or dental school since the major meets pre-medical educational requirements.

Food Science majors study the principles of both science and engineering as they apply to food and nutrients. Graduates find themselves in demand by the government and the global food industry. Job opportunities for food scientists are found in areas such as food safety, quality control, product development, production and ingredient management, technical sales and service, and in research. If you’re interested in a food science major, look for one approved by the Institute of Food Technologists.

Dietetics majors generally go on to be-

come registered dietitians. As RDs, they work in nutritional counseling and education, public health programs, in wellness centers and hospital settings, in community health organizations, and for governmental agencies. Money Magazine named dietetics as one of the top 50 jobs in America today.

All dietetics programs must be approved by ACEND, the Accreditation Council for Education in Nutrition and Dietetics. Coordinated Programs (CP) provide both classroom instruction and at least 1,000 hours of supervised practical experience. CP graduates are eligible to take the licensing exam to become credentialed as RDs, registered dietitians. A Master’s degree may be required after January, 2024.

Didactic Programs (DPD) offer only accredited classroom experiences. After graduation, participants would have to complete an ACEND-accredited Dietetic Internship Program including at least 1,000 hours of practical experience before taking the exam to become a registered dietician. Check out <https://www.eatrightpro.org/acend/accredited-programs/about-accredited-programs>

Dietetics programs differ in their emphasis, with some being more science-based than others. Typical programs include sciences such as organic chemistry, biochemistry, microbiology and anatomy. These are supplemented by courses in nutrition, food chemistry and food science, public health, medical nutrition, maternal and child nutrition, geriatric nutrition, and diet selection and management.

Nutritional science programs usually include more science classes such as cell biology and physiology, genetics, biometrics, mammalian physiology, physics, and food and nutrient analysis. Food science programs also may include some engineering classes.

You can differentiate among accredited programs by looking for those that emphasize the fields most interesting to you. Check out the college’s course catalog to see courses offered in each major.

Financial Matters: The A to Z of College Finances



A is for the bank *account* you'll want to open. Choose a bank with offices near both your home and your college, so your parents can easily add money.

B is for *budget*. Create a realistic one that allows for unexpected expenses.

C stands for *credit-rating*. Be wary of building up balances that are hard to repay. Ideally, balances should be paid off completely each month so you can avoid high interest charges. Pay on time and you can use this account to establish a good credit rating.

D is for *debt*. 64% of college seniors graduate with significant debt. In 2022, the average debt on graduation, based on both federal and private loans, was nearly \$30,000.

E is the first letter of *Expected Family Contribution*. This is the amount that students and their families are expected to contribute to a year's educational expenses.

F stands for *flexible-spending accounts*. Many colleges allow a portion of meal-plan money to be used for a variety of expenses such as pizza, haircuts and groceries. Merchants near the college often accept flex-cash in lieu of cash. Parents can also add more money to these flex accounts as needed.

G is for *grants*. Generally based on established need, grants reduce tuition costs and do not need to be repaid.

H reminds us of the need for *health insurance*. If the student is no longer covered by the family's health insur-

ance, you can find an economical alternative through the college's health plan.

I is for the *Internet*—a great source of information about scholarships and loans. Check out www.fastweb.com and www.finaid.org for scholarship databases and www.salliemae.com for loan information.

J stands for *jobs*. Even students who don't qualify for work-study can find a variety of on or near-campus employment. Working 8 to 12 hours a week can add needed structure to the student's days and provide extra cash.

K is for *kitchen*. Housing with kitchen facilities allows students to reduce their meal costs.

L is the first letter of *loan*. For subsidized and unsubsidized loans for students and for parents, check out options at salliemae.com or nel-liemae.com.

M begins *meal plan*. Sign up for only the number of meals you're likely to use each week. Putting some of your meal money into a flexible-spending account will add variety to your meal options.

N is for *need*—the difference between cost of attendance and expected family contribution.

O is for *overseas* programs. Most colleges offer study abroad options, generally for the same cost as studying at your home campus. Travel costs are usually additional, but the experience can be priceless!

P is for *PLUS Loans*—Parent Loans for Undergraduate Students. Families can borrow money through this program to meet uncovered college expenses.

Q stands for *question*. Contact your financial aid office to request more help with college expenses.

R is for *reduce*. Look for ways to re-

R is for *reduce*. Look for ways to reduce costs of education. Using AP credits or taking some classes at a local community college may save some money.

S is for *scholarships*. Scholarships are gift moneys that reduce the cost of college. Some cover room and board in addition to tuition. Scholarships are generally merit awards given for academics, essay contests, or special skills such as athletics or performing arts.

T stands for *telephone*. Phone expenses can consume a good part of your college budget. Search out plans that are most economical for your expected usage.

U is for *unpaid* positions. While these won't fund your college expenses, they can add immeasurably to your resume.

V is for *volunteer*. Check out volunteer opportunities at your college's career or volunteer center.

W is for *work-study*. You can qualify for work-study jobs through your FAFSA application. Work-study funds can be used to pay the student's part of the expected family contribution. Best of all, this money won't be counted in assessing the following year's need.

X stands for *extras*. This includes all of the unexpected expenses that add up over time to increase your cost of attendance.

Y is for *you*. While college is expensive, remember that college graduates currently earn over a million dollars more over a life-time of work than those with only a high school diploma.

Z is for *zoom*. Completing college in four (or fewer) years significantly reduces the cost of attendance. Surprisingly, only 41% of U.S. college students graduate within four years.



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Check our website for
upcoming webinars
and seminars.

Overused Essay Topics

Writing your college essays can be either a drudge or a wonderful time of self-reflection and creativity. Understanding what colleges are looking for is the key to your selection of topics, and the way to figure that out is two-fold – first, know yourself and what you are looking for and second, know the mission and ethos of the colleges and what kind of applicant they are seeking to join their campus community.

Unfortunately, many applicants do themselves a disservice by taking on topics that don't resonate well with the admission readers, thus giving a false or incorrect impression of the writer. The focus, or topic, of the essay must engage the reader from the very first sentence, share a positive, optimistic, and truthful picture of the applicant, and allow the reader to feel confident that this particular applicant fits their profile. Here are some overused and unhelpful topics that students are encouraged to avoid.

A *laundry list* of accomplishments that sounds both arrogant and boastful and fails to share anything substantial about who you really are. Don't exaggerate your achievements because it will probably show through in your writing and that lack of authenticity breaks all the requirements for a solid and original college essay.

Sports essays are far too frequent. The overused "I scored the winning goal and it changed my life" is a boring story that again fails to tell a personal story. Admission readers have read more than a lifetime of stories about the 'thrill of victory and the agony of defeat' – please don't add to the list. Enough about how you value teamwork and hard work - it's so overrated. Instead, tell more about some aspect of your sport that has given you a deeper insight into who you are and what you want. If you must write about sports, personalize your experiences.

Another dodgy subject to avoid is *humor*. If you are a truly funny person, tell a story that illustrates this about you, but trying to be funny just to amuse the reader is usually not going to work. Don't tell off-color jokes or make fun of anyone; your reader wants to get to know you, not attend a comedy show. Take risks but don't be risqué.

Given the current state of polarization in many parts of the world, it is best to avoid topics such as *politics*, *abortion* or *religion*; remember, you don't know who is reading your essay. Again, know yourself and know your college. Be careful about being too controversial in your essay, and avoid any

descriptions of illicit behaviors, profane language, drugs or alcohol. Don't try to shock your reader as a way to be memorable; it will likely backfire horribly.

Many students participate in community service and, for those lucky enough to have significant resources, may complete *international travel with a volunteer component*. These essays can also prove to be a big snore to the reader because they fail to share anything personal about these wonderful opportunities. Don't write another laundry list of 'what I did in Costa Rica to save the green turtles' – write about a local volunteer whom you connected with, someone doing work important to you, and from whom you learned an important life lesson. Keep the focus on what you learned about yourself, about the world around you, and how hard you worked.

The classic essay that is way too often brought into play is the one about someone else! That's right, not about you but about your grandmother/father/ sister/ neighbor/coach – you get the idea. This one always falls flat because, invariably, the reader comes away thinking that they would love to meet your grandmother, and not you!

Many students dig around for some kind of challenge they have had to overcome. Some are real, such as death and divorce, but others are manufactured and must be avoided. This might include the pain of an ingrown toenail or the fury at not being given a car for your 16th birthday! Yes, those are real topics chosen by applicants in recent years. Keep it real, and keep the focus on you, honestly.

COVID19—admission officers are already dreading this topic. You'll want to talk about this only if your experience was unique.

Be honest, authentic, original and real. Take the time to brainstorm ideas for essays that don't give you a specific prompt. Stay focused on one moment in time that had a significant impact on your life and stay away from clichés, exaggerated lists of events and achievements, and allow your true, best self to shine. Start with a strong opening and grow from there – make your admission readers smile, jump up from their chair and share your essay with colleagues. Let them know the real YOU!