



# Your College Navigator, LLC

Admissions by design, not chance!

Michael Binder  
President and Founder  
Phone: 516-367-6625

## March 2024

9th, 10th and 11th grade students - Make plans for a productive summer. Investigate summer programs, jobs, internships

11th grade students – Continue developing and researching your list of colleges.

Prepare for spring SAT/ACT exams

### Attend an up-coming Seminar

**“The New Rules of College Admissions in Today’s Challenging Environment!”**

**(for 9th, 10th and 11th grade students and families)**

**March 18** – HHH Library

**March 21** – Garden City Library

**April 1** – Manhasset Library

**April 8** - Syosset Library

**April 15** - Great Neck Library

**All seminars begin at 7:00pm**

**To register for any of these seminars go to [www.ycnavigator.com](http://www.ycnavigator.com)**

## Outstanding Spring Break Campus Visits

Many students and parents are beginning to think about Spring Break college visits, which consist of a standard information session, followed by a campus tour. While providing you with a good general knowledge of college, these visits do not help you learn more about specific academic programs, clubs of interest, and how well the student will fit into the social fabric of college. Knowledgeable families know that a well-executed visit provides the opportunity to obtain significant insight into each of these critical areas, and provide an opportunity to advance your candidacy as well.

Competitive colleges make admissions decisions on how well they believe the student fits their academic, personality and social profiles, and ways in which the student can contribute to the college community. Your objectives in visiting a college should be to determine your fit, to identify specific areas in which you can contribute, and ways in which you will benefit. Use your visit to make quality contacts with college professors, curriculum advisors, admissions officers, and students.

Over and above the info session and campus tour, here are several ideas to make the most of your visit:

**Prepare** – know exactly what you want to accomplish, and set up your appointments before you arrive.

**Go where students congregate** - Engage with other students to learn what they like about the college, what they would like to see improved, and how easy is to make friends. Eat at the cafeteria or the student center.

**Social activity** - learn what drives the social activity at the college. (e.g. Greek life, sporting events, intramural sports, dorm life, etc.). Meet with stu-

dents in areas of interest.

**Audit an introductory course** in a subject of interest to you. Determine if the subject matter, teaching style, student participation and use of technology appeals to you.

**Meet with a professor** in a subject of interest and learn how the teaching in this subject differs from the teaching of the subject at other colleges.

**Experiential learning** - What research, internship and professor interaction opportunities are there, and how does one get involved in each of these areas?

**Sports/performing arts** – if these areas are of importance, meet with the appropriate coach or director. Determine the opportunities for you to participate.

**Clubs/activities** – meet with a student in 2 clubs/activities and determine what makes these activities interesting and learn the of the role you can play should you attend.

**Core curriculum** - learn of the courses required of all students. Do these courses appeal to you?

**Specific major/professors** - If you know your major, meet with a professor to learn what makes their program unique, the specific courses and other requirements necessary to graduate. Does this approach appeal to you?

**Undecided major** - If you are unsure of your major, learn the details of the college's program for undeclared students.

**Teaching style** – Does the college's teaching style (e.g. lecture/note taking, class discussion, student presentations, collaboration with others, laboratory, research, etc.), match the way you learn best?

**Academic intensity** - learn of the academic intensity at the college and how competitive the students are. Is the environment collaborative or competitive?

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## Career Paths for Biology Majors

- Biologist
- Biomedical engineer
- Botanist
- Community health worker
- Dentist
- Epidemiologist
- Environmental conservationist /activist
- Genetic counselor
- High school science teacher
- Hydrologist
- Marine biologist
- Medical manager
- Medical researcher
- Microbiologist
- Nurse
- Pharmacologist
- Physician
- Science writer
- Researcher
- Physician assistant
- Quality control inspector
- Veterinarian
- Zoologist

## Focus on Majors: Biology

If you are fascinated by the nature of living things, enjoy conducting experiments, and like math and science, a major in biology may be right for you. As a biology major, you will study the beginnings of both plant and animal life forms and analyze their structures, functions, and traits. The study of biology has many areas of specialization, allowing students multiple career paths in a wide variety of fields after completing the major.

The biology major program consists of both lab-based and lecture-based courses. Students will typically spend the first two years forming a solid knowledge base in chemistry, biology, and calculus. They will often have to take multiple introductory level courses in topics such as ecology, evolution, biostatistics, genetics, biochemistry, and human anatomy and physiology.

There will be a strong hands-on component to the major. Students will be required to conduct both individual and group research and lab projects through out the course of the major. This will give them hands-on experience designing, conducting, analyzing and communicating the results of experiments. They will learn necessary collaboration skills as well as hone their abilities to accurately collect data, take detailed notes, analyze results, and participate in the scientific field.

As students progress, they will focus their courses under a concentration. Concentrations may include biotechnology, microbiology, bioinformatics, or molecular biology. Concentrations offered vary depending on the college program.

Biology majors have many choices upon graduation. They may choose to continue their studies and obtain a graduate degree. This would be necessary for the student who wishes to become a professor or specialize in a field such as epidemiology.

Students who wish to become doctors, nurses, pediatricians, veterinarians, or some other professional in the medical field will need to attend a post-graduate program. Biology is a common preparatory major for medical school as it provides students with a strong

knowledge base and many skills required in the field.

With further study, biology majors may become pharmacists, dentists, optometrists, physical therapists, or assistants or researchers in any of these fields.

Students may also choose to become high school or middle school educators, teaching biology or marine biology. If majors want to educate the public but do not want to work as a teacher in schools, they may choose to become health educators or community health workers.

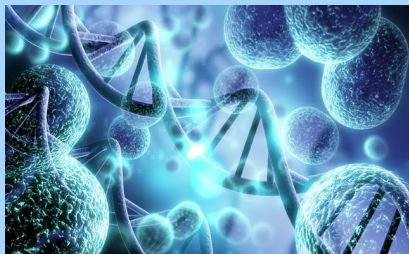
For graduates who are skilled in writing, there is demand for science journalists either at science magazines, newspapers, and journals or in the science section of general news.

Students interested in the environment may find jobs as forest rangers, zoo workers or botanists. They may become environmental scientists or researchers focused on the environment. They may also find jobs at nonprofit organizations or in government agencies interested in environmental protection and management.

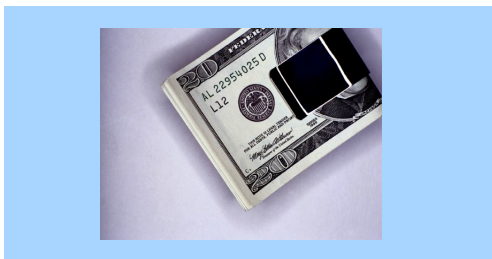
Those who enjoy lab work may become biological technicians, who aid in laboratory research in universities and research organizations.

Others who enjoy designing products may enter the field of biotechnology. Biotechnologists design and improve existing technology in a vast array of fields. In medicine, they may design new medicinal treatments such as protein drugs. They may also work in agriculture to improve the production, quality, or preservation of various agricultural commodities, or in cosmetics designing new makeup or skin care products.

Finally, if students are interested in law, they can apply their major in a few different ways. They may become medical mal practice lawyers, using their understanding to determine whether doctors have acted ethically. They may also become lawyers fighting for or against environmental policies, using their knowledge of eco systems.



## Financial Matters: The Hidden Cost of College



College financial aid packages should start arriving this month, but when you begin to compare your out-of-pocket costs, be sure to include expenses that go beyond room, board, and tuition. These costs may vary from one institution to another, but they add up quickly.

**Books-** According to the College Board (2021-2022 academic year), full-time undergraduates at a four-year university spent an average of \$1,240 on books and supplies. Buying new textbooks from the university bookstore is expensive. Students can look on Amazon, Cheapest Textbooks, or even Barnes and Noble, and they can also buy used textbooks to save money.

Another possibility is the campus library, though this option may not always be available because of the amount of text books available. When done with the books, consider reselling them.

**Food-** Meal plans differ from college to college—buy the plan that best reflects the way you are likely to eat. According to the Education Data Initiative (August 2023), college students spend an average of \$410 a month eating off campus, in addition to the average meal plan of \$331. Food costs also vary depending on the location of the college.

**Transportation-** Distance from home and availability of lower-cost travel options should be considered. If you will be traveling by air, buy tickets well in advance for peak travel periods such as Thanksgiving. Bringing a car to campus? Better add in the cost of parking, gas, and maybe some parking tickets.

**Greek Life-** Costs associated with going Greek can be expensive. In addition to chapter dues, initiation fees can range from hundreds to even thousands.

Sometimes even higher costs are incurred when living in a sorority or fraternity house rather than in campus housing. Special activities also can be costly.

**Club and Organization Fees-** These can include fees for intramural sports, political groups, or professional organizations.

**Studying Abroad-** Expenses are often incurred including air travel, living expenses, and visas. Some colleges will provide stipends to cover additional expenses so that more students can experience a semester abroad.

**Decorating and Furnishing Living Spaces-** Dorms usually provide basic furniture and lighting. Students will need to provide their bedding, lamps, rugs, and posters. Once they move off campus, they may also need to buy furniture, beds, and kitchen supplies.

**Emergency Expenses-** Though unpredictable, they are inevitable, whether it is a trip to the emergency room, a car repair or a lost laptop. It is helpful to have some money reserved.

## Digital SAT: What You Need to Know

As technology continues to shape our educational landscape, the College Board has announced a significant update to the SAT. Enter the Digital SAT, a revamped version of the traditional exam that brings the test-taking experience into the digital age, while maintaining the integrity and rigor of the assessment.

### Test Format and Scoring

First and foremost, it is imperative to understand that, with the Digital SAT, the test sections and scoring remain unchanged. Students will still encounter the familiar sections—Reading, Writing and Language, and Math—presented in a format similar to the traditional paper-based test. Furthermore, the scoring methodology remains consistent.

### Test Navigation and Features

Students can now bring their computers

into the test center, creating a more personalized and user-friendly testing experience. It is recommended that you use your own computer since you are most familiar with its functionalities and interface. *Make sure to fully charge your computer as you may not have access to an outlet.*

If you don't have a device, the College Board recommends you borrow one from your school, friend, or family member. Be sure to check with the College Board for more detailed information.

### SAT Device Lending.

To streamline the process, students are advised to download the digital application the night before the test, in order to alleviate stress and avoid last-minute technical issues.

During the test, a proctor will provide an

access code, granting students entry into the digital exam environment. Once the test is accessed with the code, all other applications and functionalities on the computer will be disabled in order to maintain test security and integrity.

Navigating the Digital SAT is intuitive and user-friendly. The test interface displays questions at the top of the screen, with answer choices conveniently listed below each question. A timer is featured at the top of the test, allowing students to monitor their progress and pace themselves accordingly.

One notable feature of the Digital SAT is the ability to flag questions and return to them later within the same section. This allows students to manage their time effectively and revisit challenging questions without feeling rushed.

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## Your College Navigator

Michael Binder, MS, MBA  
President & Founder

Office: 516.367.6625  
Mobile: 516.724.0610

[success@ycnavigator.com](mailto:success@ycnavigator.com)

[www.ycnavigator.com](http://www.ycnavigator.com)

Check our website for  
upcoming webinars  
and seminars.

## Outstanding Campus Visits (continued from pg 1)

**Admissions Counselors**— If possible, schedule a one-on-one appointment with the admission counselor who reads applications from your school. Take a short resume with you that s/he can add to your file and be prepared to ask 3-5 questions that reveal both your strong interest in that school and give you more information about your possible choice/s of major. Important – go into that conversation alone! You are the prospective student (not your parents!) and you want to show confidence and maturity.

**Financial Aid**— Paying for college is a huge huge issue for parents and during

your weekday campus visit, it is a great idea to meet with a financial aid representative, to ask your many important finance questions. Making an appointment ahead of time is usually required.

Remember that personalizing your visit is usually possible on a regular school day but requires planning, sometimes weeks in advance. Check online, call all the college's admission office, or the department to learn of the best way to proceed.

And always send a quick personalized thank you email after each of your conversations. It matters!

## Digital SAT (continued from pg 3)

Additionally, students taking the Math section will still be provided with a formula sheet, ensuring fairness and consistency in problem-solving. Furthermore, there will be a calculator embedded in the online test, which will be available to students throughout all the sections.

### Adaptive Exam Structure

The adaptive nature of the Digital SAT introduces a dynamic testing experience tailored to each student's proficiency level. Upon entering the Math section, you will find that the first module serves to establish a baseline, determining the initial difficulty level of the questions presented.

As students progress through the exam, the test adapts the questions to each student's performance, adjusting the difficulty of subsequent questions accordingly. This adaptive approach not only shortens the overall duration of the test but also ensures a more personalized and efficient assessment of a student's skills and knowledge.

### Managing Test Anxiety

With the new changes comes the need

to manage test anxiety effectively. The Digital SAT's adaptive format may initially catch some students off guard, especially as they

encounter questions of varying difficulty levels. The more familiar you become with the types of questions and timing of the test, the more relaxed you will be on test day. One of the important factors in taking the digital SAT is practice. Try taking a full-length practice test simulating the test day environment. This should be done using a computer adaptive test. That means no cell phones or other distractions. After receiving the results, you will know which areas to focus on. Continue this process until you have achieved your desired results.

Learning breathing techniques to focus and calm your nerves will also help on test day. Get to the test site early so you can settle in. Make sure to get enough sleep and eat a healthy dinner and breakfast before the test.

For those who want to opt out of taking the SAT, make sure to check [FairTest.org](http://FairTest.org) to find schools that are test optional.