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Advice For New College Freshmen

June 2019

1st – SAT Reasoning and Subject Tests

8th – ACT

Seniors – thank teachers and others who helped you

Seniors – thank scholarship providers for aid

Seniors – have your final transcript sent to your college

Summer 2019

Do Something Interesting

Job, internship, or community service; summer program

Explore Colleges

Use websites, guidebooks, virtual online tours and on-campus tours and interviews

Rising Seniors

Begin to work on Common Application and other applications as they become available

Craft your essay

Narrow college list

Prepare for fall SATs and/or ACTs

College tours & interviews

Underclassmen

Prepare for fall PSAT

July 13th–ACT (not offered in CA & NY)

Aug. 24th–SAT

One of the best parts of going off to college is the ability to create the “you” whom you want to be. You’ll be without peers who’ve known you for years and have preconceived ideas about you, so you can make a fresh start. Here are some suggestions to help you make a successful transition to campus.

- First impressions still count. The old saying “you never get a second chance to make a first impression” holds true. That doesn’t mean you can’t be yourself, but it does mean that if you’re looking at college as an opportunity to reinvent yourself, don’t wait until the end of freshman year.

- Be outgoing and meet as many people as you can. A lot of social connections are made the first few weeks of school. Most students travel in herds and are open to meeting lots of people. Within a few weeks, students tend to find people for study hours and cafeteria comradery who fit in their comfort zones. It is much easier to “break in” to a range of social groups at the beginning of the year than later on.

- Stretch yourself. Consider joining a variety of clubs and extracurricular activities. Participate in campus-wide activities and intramurals, and step outside your norm. Experiment a little. If you’re an artist, try the Ultimate Frisbee team. If you’ve always been a jock, join the Save Darfur social action club.

- Explore. Check out areas of the college that you never saw on the campus tour, such as the local art museum, the fitness facility, the student health center, etc.

- Don’t wait until a crisis occurs to meet your adviser. Set up an appointment now. Ask him/her about recommended courses in your anticipated major, student services, internships, jobs on campus, research and summer opportunities, as well as study-abroad programs.

- Be smart. OK, so this is the one parents worry about the most: getting used to the freedom can be tough. Respect your own independence and make good decisions. Don’t compare yourself to others, as in, “At least I read more than so-and-so.” Compare yourself to what you want to be: “Is this what I expect of myself?”

- Be safe: Travel in groups, especially at night. Lock your bike -- always. Lock your room and make sure to secure your valuables.

- Strive for balance. Have fun, but don’t go crazy.

- Take a deep breath. Things are rarely likely to be perfect from the get-go, so give yourself some time to integrate and decide how you really want to spend your time. Try to figure out what will work for you, what will make you happy.

Career Paths for Environmental Science Majors

- Environmental consultant
- Environmental education officer
- Environmental engineer
- Environmental manager
- Environmental biologist
- Environmental chemist
- Environmental data analyst
- Environmental geologist
- Environmental writer
- Habitat restoration engineer
- Marine biologist
- Nature conservation officer
- Recycling officer
- Sustainability consultant
- Regulatory compliance manager
- Waste management officer
- Water quality scientist



Environmental Science

With environmental issues such as global warming and the Great Pacific Garbage Patch, the world needs more scientists equipped to attack the spiral of damaging human behaviors. Environmental science is a branch of science that seeks to sustain the Earth's environment.

The major is a combination of two different studies. The first considers how physical and biological sciences work together, and the second examines the application of scientific methods to solving environmental problems.

Environmental science is not to be confused with environmental studies. These are separate majors with different concentrations. While environmental science applies scientific knowledge to the environment, environmental studies has a core in the social sciences. Environmental studies looks at legal issues and economic policies, but environmental science looks at chemistry, biology, and physics.

In order to be successful in an environmental science major, students need a strong background in other forms of science. Majors will take classes such as geoscience, ecology, hydrology and land resource science. There will be some required classes in other sciences, and once those are finished, students can decide on a concentration that fits their interests.

Environmental science has many concentrations. Some examples include environmental chemistry, environmental physics, environmental biology, terrestrial ecology, natural resource management and environmental protection. If students find themselves particularly interested in a specific science, such as biology as it relates to the environment, they may choose a concentration similar to the first three. If not, they may specialize in natural resources or protection.

Regardless of the concentration, fieldwork is an important part of the major. Fieldwork provides hands-on experience that labs often cannot provide. Some programs allow students to conduct supervised research with members of the faculty. Paid summer research internships or fellowships are also available for students to

gain practical experience.

Students will gain many skills throughout the study of this major. They will gain knowledge of several sciences, and they will learn how to apply this knowledge to real-world problems. Majors will gain an aptitude for solving problems and thinking outside of the box.

Because environmental science is by nature collaborative, students will work on many assignments in groups. This develops communication skills and allows students to practice the profession's jargon.

Finally, students will become proficient with computers. Throughout the study of the major, students will use computers for data analysis, remote sensing, GIS (geographic information systems) and digital mapping.

The career options for majors depends on their level of continuing study. Many entry-level research or teaching jobs require a masters degree. Advanced research positions or college-level teaching typically require a Ph.D.

That being said, there are many options for students. Those interested in teaching could teach in a high school or work in environmental education programs. There are also a wide variety of jobs in fields indirectly related to science.

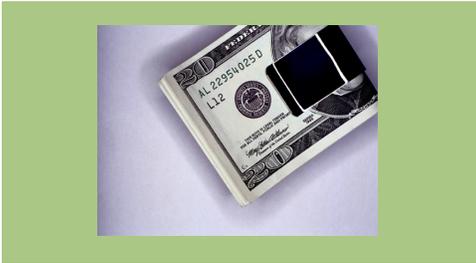
Students who are interested in law can become an environmental lawyer. It would be necessary for these students to earn a law degree.

Students may choose to work for the state or federal government as environmental regulators. Another option is to work for advocacy groups or NGOs (non-governmental organizations).

Students interested in the business aspect of things can become environmental consultants or resource managers.

Environmental engineers use principles of engineering and chemistry to solve environmental issues. Environmental engineering technicians collect samples of groundwater and air to analyze pollution levels. Students who want to help fix environmental issues that have already occurred may opt for a career in environmental remediation.

Financial Matters: Pre-College Legal & Financial Matters



There are a few legal and financial issues that should be addressed before your son or daughter goes off to college. If your child has turned or will turn 18 during the next year, she is legally an adult, and you, her parent, lose the legal authority to make decisions on her behalf. That means that you have no legal right to see her grades, to manage her finances (although you remain responsible for paying her college tuition), or to make medical decisions or speak with her doctor. So, before she goes off to college, consider asking her to sign some documents that will keep you informed.

- FERPA release: with your child's permission, you can speak with the college about her performance.

The Case for Small Colleges

One of the most important considerations in choosing a college is size. A small college of 2,000 students provides a very different experience from that offered by a large university of 20,000 students.

It's like living in a small town versus a large city. People say hello when they see you. Professors greet you by name and stop to chat. Faculty and staff at small colleges are there to help, and the caring atmosphere can help students feel they belong.

For some, anonymity is more appealing. At a large university, you might be able to go all semester without talking to your professors, but that doesn't make for the best educational experience. Students get more out of college

Colleges often have their own FERPA release forms, so ask your college for a copy.

- HIPAA Authorization: allows you to access your child's health records and speak to her doctors about medical issues.
- Advance Care Directive for Health Care: allows you to act on your adult child's behalf in the event that she is incapacitated and unable to make decisions for herself.
- Durable Power of Attorney: allows you to act on your adult child's behalf regarding legal or financial matters.

You can get the last three forms from your family lawyer. Each of these forms can be revoked at any time, but having them in place while your child is away at college may provide the whole family with extra peace of mind.

This is also a good time to address money management issues.

- Set up a bank account that will allow you to easily transfer money

to her account. An online bank account may be the most useful, especially if the bank has special student accounts available that will give parents access to bank information. Find out which banks have ATMs close to campus—college kids usually don't write many checks. Be sure to check on fees for using an ATM that's not part of your bank's network.

- Make plans to protect student property. College kids tend to have a lot of valuable electronics and computer equipment. Renter's insurance can protect your investment if these items were to disappear. Your homeowner's policy might also cover dorm room possessions—check with your agent.
- Health insurance: check out options provided by the college and compare these policies with your existing family medical coverage.
- Car insurance: check with your agent. If your child will not have a car at college, you may be eligible for a discount on your auto rate.

when they are engaged. That means interacting with professors and students, doing research, and being involved in campus life. At smaller colleges, this level of engagement is built into the system. That doesn't mean students can't be engaged at large universities, but they have to take the initiative to create that kind of experience.

Some students believe that if they haven't yet decided on a major or career, they should go to a large university, where they will be able to sample lots of possibilities and figure out what they want to do. But even small colleges offer hundreds of classes each year. Ironically, students often find it easier to discover their passion at a smaller college, where they get extensive advising from professors who

have chosen a small college because they want to teach and interact with undergraduates.

Many students want a college that's bigger than high school. But every college is physically bigger than a high school. In addition to classroom buildings for art, music, social sciences, and natural sciences, there are residence and dining halls, library, student union, athletic facilities, counseling offices, health services and more. A college campus doesn't feel as confining as high school.

If students are concerned that they won't find enough interesting people at a small college, they might be reassured to know that there will be more diversity than in high school. They will find students (continued on p. 4)

The Case for Small Colleges (continued from p. 3)

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Offices in Northbrook & Chicago

We also work remotely with students throughout the U.S.

hailing from different parts of the country along with international students, as well as people from different ethnic, religious and socioeconomic backgrounds. But all of these students chose to attend the same college, so chances are it will be easier to find people with similar interests. It may also be easier to meet more students, because you get to know people in your classes as well as in your residence hall, and you probably won't have the same students in sociology as in astronomy.

When it comes to extracurricular activities, there may actually be more opportunities at a small college, because there are fewer students competing to write for the school paper or work at the campus radio station. Since smaller colleges generally don't have graduate students, courses are less likely to be taught by teaching assis-

tants, and there are often more opportunities for students to collaborate with professors on research projects.

While small colleges offer many benefits, they're not for everyone. Some students thrive on the excitement of seeing thousands of people walking across campus every day. They know what they want and are assertive enough to pursue it. They get to know their professors during office hours and seek help when they need it. They aren't intimidated dealing with bureaucracy. They will create a sense of community by getting involved in activities. The key to a successful college experience, as always, is finding a good match for each student.



- Guiding all types of learners
- Career Guidance through interest inventories
- All students received merit money during the last admissions cycle

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