

INDEX

A

- AAMC. *See* American Medical Colleges
- ABC television network, 401
- Academic handbook, 104–105
- Academic goals: freshman year, 160–161; junior year, 368–371; senior year, 418–419; sophomore, 324–326
- Academic history, retrieving, 102
- Activities list, 43
- Add-drop period, 174–175
- Admission criteria, 12–14
- Advanced placement (AP) credit, 157–158
- AIDS, 401
- Alcohol, 225; sale or possession of, 251–254
- AMCAS. *See* American Medical College Application Services
- American Association of Medical Colleges (AAMC), 391–393
- American Medical College Application Services (AMCAS), 391–393
- Americorps, 63
- Anxiety, 266–268
- AP Exams, 171, 175, 350–351
- Apple Computer, 454
- Application process: activities list for, 43; and application format, 42–52; and Common Application, 42; and deciding to apply early action or early decision, 40–42; and guidance counselor or college counselor recommendation, 49–50; and importance of informational campus visit, 29–33; and long essay questions, 44–46; and optional essay, 46; and personal information section, 42; and sending application, 52–53; and short-response questions, 43; and submitting additional materials, 51–52; and teacher recommendations, 46–49; and what to do in informational visit, 33–34
- Arts, 156
- Ash, M. K., 417
- Assault, 247
- Association of American Medical Colleges (AAMC), 157
- Athletics, campus: and club sports, 182–183; and intramural sports, 183; and varsity sports, 180–182

B

Bank, local, 124
Barnett-Miller research grant, 63–64
Barney and Friends (television series), 445, 457
Barron's *Profiles of American Colleges*, 11, 70
Battery, 247
Berra, L. P. (Yogi), 349
Bishop, J., 269
Bissell, D. (mentor), xxiv–xxv
Blackberry, 220–221
Braverman, M., 401–404
Bright, J. (mentor), xxv
Buddy system, 152
Burke, C., 401
Business School: admissions calendar, 395–397
Business School Confidential, 388, 389, 395, 408
Buxton, H., 101

C

Campus Confidential workbook, 155, 160, 161, 169, 171, 291–292, 297, 361–362, 369
Campus mailbox, 123–124
Campus visit, informational: and admissions office, 33; and attending information sessions, 33–34; and calling admissions office to pick dates and schedule meetings, 31–32; and campus bookstore, 35; and checking dining hall, 34; importance of, 32–33; and meeting with faculty and coaches and visiting departmental offices, 35; and official campus tour, 34; and on-cam-

pus admissions interviews, 32–33; and preparing for second visit, 31; and reviewing materials, 36; and sampling nightlife, 36; and talking to students, 34–35; timing of, 30–31

Career goals: freshman year, 160–161; junior year, 368–371; senior year, 418–419; sophomore, 324–326

Carnegie, D., 185

Chan, T. (mentor), xxx

Checking account, local, 124

Chiu, T. T. (mentor), xxvi

Chopra, D., 399

Class of '96 (television series), 404

Classes: choosing, 171–178; determining schedule for, 175–178; and first semester workload, 173–174; missing, 171–178; shopping for, 73; and successful approach to add-drop period, 174–175

Cleanliness, 135

Closed enrollment courses, 347

“Coin toss” schools, 13

College Board, 57

College counselors, 14–15

College photo identification card, 121–122

College Scholarship Service (CSS; College Board), 57, 305–306

College search: and admission criteria, 12–14; approaching, 3–15; devising strategy for, 4–5; factors in, 5–9; and guidance counselors, 14–15; making list for, 10–11; and reputational rank, 12–14; research for, 11

College writing requirement, 156

Columbia Scholastic Press Association, 48
Commitments, keeping, 222
Common Application, 33, 42, 52
Common space, use of, 135–136, 139–140
Complete Book of Colleges (Princeton Review), 11, 70
Cooper, J., 145
Core curriculum requirements, typical, 155–158
“Counselor-o-Matic” selection tool (Princeton Review), 11
Course credit, 380
Course of study, designing, 343–346.
 See also Classes
Course selection guide, 104–105
Cracking the New SAT (Princeton Review), 23
Cramer, A. (mentor), xxvii
Credit card, 110
CSS. *See* College Scholarship Service
CSS Profile, 57

D

Dartmouth College, 395
Data dump, 279–280
Date rape, 151–153, 247–248
Dating, 226–227
Depression, 267–268
Dickison, L. (mentor), xxx–xxxii
Diet, maintaining healthy, 263–264
Differences, respecting, 140–141, 227
Digital Millennium Copyright Act, 248, 249
Disagreements, 141
Divorced/Separated Parents Form, 57
Donovan, K., xxxi–xxxii

Down Syndrome, 401
Drinking, 138–139
Drugs, 225; sale or possession of, 251–254

E

Early action, decision to apply, 40–42
Ecstasy, 151
EFC. *See* Expected Family Contribution
Einstein, A., 155
Elder, L., 323
E-mail, 250
Emotional well-being, 265–268
Entrance exams, graduate school, 389–390
Etiquette, unwritten rules of college, 217–227
Eubanks, E. (mentor), xxxii–xxxiii
Exams, final: and cheating, 285; objective, 281–282; open-book, 283–284; problem, 282–283; short-answer and essay, 278–281; take-home, 284
Exams, preparation for entrance, 389–390
Exercise, 262–263
Expected Family Contribution (EFC), 57, 58
Extracurricular activities, 185–189
Extracurricular goals: freshman year, 163–164; junior, 371–372; senior year, 420–421; sophomore, 327–328

F

FAFSA. *See* Free Application for Federal Student Aid

- FAFSA Express software, 57
- Family Television Research and Consultation Center (Yale University), 401
- Federal Direct Student Loans, 59–60
- Federal Student Aid Information Center, 60
- Federal Supplemental Educational Opportunity Grant (FSEOG), 58
- Fellow students, 220
- File sharing, 248–249
- Financial aid, 380
- Financial goals: freshman year, 165–166; junior year, 374–375; senior year, 422–423; sophomore, 330–331
- FirePay, 250
- Foreign language proficiency, 156
- Fox Television, 404
- Franklin, B., 55
- Fraternities: admissions process, 192–197; background on, 191–192; and Greek life, 197–198; and non-Greek houses or societies, 199–200; rush and pledge, 195–197; and timing of rush, 198–199
- Free Application for Federal Student Aid (FAFSA), 57, 305–306
- Freshman counselor, 106–108, 122–123
- Freshman orientation program, 103–104
- Freshman year: academic and career goals, 160–161; add-drop period, 174–175; class selection, 171–178; and determining class schedule, 175–178; extracurricular goals, 163–164; financial goals, 165–167; and meaningful freshman summer, 307–314; physical goals, 164–165; social goals, 162–163; spiritual goals, 167
- Friends, 301–302
- FSEOG. *See* Federal Supplemental Educational Opportunity Grant
- Funding: federal assistance programs to aid in, 57–58; federal grants for, 58; federal loans for, 59–60; and Federal Work-Study Program, 60–61; and “gaming” aid packages, 55–66; grants and scholarships for, 63–64; and loan forgiveness programs, 63; paying off, 56–67; private loans for, 64–65; sources of, 56; state grants and loans for, 61–62; tuition payment plans for, 56
- ## G
- Galsworthy, J., 159
- Gambling, 249–250
- Gascoigne, G., 291
- Gates, B., 407
- GHB, 151
- GMAT, 388, 389, 395, 396
- Goals, realistic daily, 206–209
- Gossip, 152–153, 224
- Grades, 221, 222
- Graduate Management Admission Test. *See* GMAT
- Graduate Record Exam. *See* GRE (Graduate Record Exam)
- Graduate school: advice for, 391–393; applications, 391–393; applying to, 447–450; and gathering information, 388–389; general calendars,

391–393; and Graduate Record Exam (GRE), 397–398; looking ahead to, 385–398; and peers, 387–388; requesting application materials for, 391; researching, 390; and will of parents, 386–387
Graduation: and applying to graduate school, 447–450; planning guide, 461–465; taking time off after, 453–460; working after, 441–445
Grants: Barnett-Miller research, 63–64; federal, 58; private, 63–64; state, 61–62
GRE (Graduate Record Exam), 397
Grou, J. N., 277
Guidance counselors, 14–15

H

Hartman, H., 29
Hatch, O., 461
Hazing, 247
Health, 261–268
Hobby credit, 429
Hollywood Rule, 252–253
Homesickness, 265–266, 302
Honor code, 217–218
Housing, off-campus: and choosing new roommates, 317–319; managing, 315–317
Hugo, V., 427
Humanities, 156
Huxtable, A. L., 307

I

Immunizations, 381
Independent study, 428–429
Information session, 33
Inoculation record, 103

Insider's Guide to Colleges (Yale Daily News), 11
Institute of International Education, 384
Interests, defining, 5–9
Internet, 45, 220–221; gaming, 250
iPod, 248
Irving, W., 129
Irwin, D. (mentor), xxxiii–xxxiv
iTunes, 249

J

Jobs, S., 453, 454
Johnson, C. (mentor), xxxiv–xxxv
Joint costs, 134–135
Junior year: abroad, 379–384; academic and career goals for, 368–371, 408–409; extracurricular goals, 371–372; financial goals, 374–375; and “junior thesis,” 399–405; physical goals, 373–374; social goals, 371; spiritual goals, 375–376
Junior Year Abroad Committee, 380, 381

K

Kaplan, Inc. SAT Premier Program, 23
Ketamine, 151
Kogler, C. (mentor), xxvii–xxviii

L

Laca, K., 395
L'Amour, L., 467
Language proficiency, 380
Language requirement, 110–111
Law School, 393–395; application calendar, 394–395

Law School Admissions Test. *See*
LSAT
Law School Confidential, 388, 389, 408,
457
Lectures: getting most out of,
213–215; and taking notes, 214
Legal issues, 245–260
Life Goes On (television series),
401–403
“Likely” schools, 13
Lincoln, A., 335
List, college search, 10–11
Listening, 223–224
Loans: federal, 59–60; forgiveness
programs, 63; private, 64–65; state,
61–62
Lombardi, V., 191
LSAT (Law School Admissions Test),
388–390, 393, 394
LSD, 254, 255, 257
LuPone, P., 401

M

Madison, Wisconsin, 258
Major, choosing, 337–343
Manchester, New Hampshire, 256
MapQuest, 30
Martin, K., 401
MCAT, 351, 388, 389
Med school, 391–393; application
calendar, 392–393
Med School Confidential (Miller), 157,
388, 389, 393, 408, 457
*Medical School Admission Require-
ments* (MSAR; Association of
American Medical Colleges), 157,
393
Midpoint assessment, 367–368

Milwaukee, Wisconsin, 256
Minneapolis Star-Tribune, 246, 254,
255
Moffitt, P., 315
Motion Picture Association of
America (MPAA), 249
MP3 players, 248
MSAR. *See* *Medical School Admission
Requirements*

N

Napster, 249
National Health Services Corps
(NHSC) Scholarship, 63
National Merit Scholarship, 63–64
Natural sciences, 156–157
Neteller, 250
New Haven, Connecticut, 401, 404
Norton, E. (mentor), xxviii–xxix

O

On-campus admissions interviews,
32–33; how to handle, 36–40
Oppenheim, J., 299
Organization, 261–262
Orgo, 401
Orientation, 124
Overnight guests, 136–137

P

Participation, active class, 219
Parties, 139
Paskalis, A. (mentor), xxxv–xxxvi
Passport, 381
PayPal, 250
Peace Corps, 63
Pell Grant, 58

Performance self-examination, first semester: part one, 291–294; part two, 294–297

Perkins Loans, 59–60

Personal needs, 113–119

Personal property, 133–134

Physical goals: freshman year, 164–165; junior year, 373–374, 409–410; senior year, 421–422; sophomore, 328–330

PLUS Loans, 59–60

Politics, 219–220

Porter Prize (Yale University), 402

Premed: courses, 157; sophomores, 350–351

Princeton Review, 11, 70; SAT-prep course, 23

Privacy, 141–142

Private grants, 63–64

Privilege, 141–142

Problem sets, 213–215

Profiles of American Colleges (Barron's), 11, 70

PSAT, 18

Psychological well-being, 265–268

Punctuality, 218

Q

Quantitative reasoning, 156

R

RA. *See* Resident adviser

Rank, reputational, 12–14

“Reach” schools, 13

Reading assignments: completing on-time, 213–214; handling, 209–211

Reading period, how to approach, 269–276

Recommendations: academic, 48; extra, 50–51; guidance counselor, 49–50; teacher, 46–49

Recording Industry of America (RIAA), 248, 249

Registrar check in, 126

Relevance Calculus, 30; academic factors in, 74–77; campus facility and infrastructure factors in, 84–88; campus life factors in, 80–84; description of factors in, 74–90; financial aid factors in, 89–90; geography factors in, 88–89; meta-category: academics, 91; meta-category: campus life, 93; meta-category: facilities and infrastructure, 94; meta-category: financial aid, 95; meta-category: geography, 95; meta-category: students, 92; playing with data from, 96–98; primary category descriptions, 71–72; student factors in, 77–80; using, 69–90

Religion, 219–220

Reputation, 12–14

Resident adviser (RA), 106–108, 122–123

Résumé, 441–442

Robbins, A., 69

Robbins, Z. (mentor), xxix

Rohypnol, 151

Room searches, 250–251

Roommate, 107, 128; bad, situation, 144, 301; and first-night talk, 133–142; match process, 130–132; questionnaire, 129–130; watching after, 225–226

Rumors, 152–153

S

- Safe sex, 226
- Safety, campus, 145–153
- Saint Augustine, 379
- SAT II, 102, 110, 158, 171, 175, 350–351
- SAT, new: beating, 17–27; canceling score of, 25–26; Critical Reading section, 19; experimental section, 20; format, 18–22; format overview and example, 20–22; frequently asked questions, 22–27; length and scoring, 19; Math section, 19; night before, 24–25; practice for, 23–24; prep courses for, 23; and preparation, 17–18; readiness for, 24; receiving score from, 26; registration for, 24; and re-testing, 26–27; ten things to remember about, 27; writing section, 20
- SAT-prep courses, 23
- Scholarships, 63–64
- Schuller, R. H., 201
- Seneca, 245
- Senior year: academic and career goals, 418–419; avoiding senioritis in, 427–430; extracurricular goals, 420–421, 429; financial goals, 422–423; physical goals, 421–422; social goals, 420; spiritual goals, 423–424
- Senior year thesis, 427–428; agreeing on deadline for, 435; agreeing on syllabus for, 435; choosing topic for, 432–434; completing, 437–439; finding adviser for, 434–435; research for, 435–437
- Sevringhaus Foundation, 63–64
- Shorewood, Wisconsin, 257, 259
- Sicherman, A., 246, 254, 255, 260
- Sicherman, J., 246, 254–260
- Singer, D., 401, 402, 404, 445
- Sleep, 264; disorders, 267–268
- Smoking, 138–139
- Social goals: freshman year, 162–163; junior year, 371; senior year, 420; sophomore, 326–327
- Social sciences, 157
- Socializing, 127–128
- Socrates, 3
- Sophomore year: academic and career goals for, 324–326; and avoiding sophomore slump, 349–353; extra-curricular goals for, 327–328; financial goals for, 330–331; and meaningful sophomore summer, 355–363; physical goals for, 328–330; social goals for, 326–327; spiritual goals for, 331–332; and studying abroad, 334
- Sororities: admissions process, 192–197; background on, 191–192; and Greek life, 197–198; and non-Greek houses or societies, 199–200; rush and pledge, 192–195; and timing of rush, 198–199
- Spiritual goals: freshman year, 167; junior year, 375–376; senior year, 423–424; sophomore, 331–332
- Spot-checkers, 45
- Stafford Loans, 59–60
- Stanley, E., 179
- “Stopper question,” 282–283
- Strategy, college search, 4–5
- Stress, managing, 261–268
- Student Doctor Network, 393

Study abroad, 334
Study habits: and effective handling of reading assignments, 209–211; and getting organized, 201–204; and missing class, 211–212; realistic daily goals for, 206–209; and study place, 203–204; and taking good notes during lectures, 214–215; and time management, 211–212; and weekly to-do list, 204–206
Suicide, 267–268
Suite hours, 135–136

T
Technical services, 123
Telephone messages, 137–138
Term papers, 285–289
Testing out, 110–111
Thomas, C., 217
“Three Questions,” 106–108, 122
Time management: and effective handling of reading assignments, 209–211; and getting organized, 201–204; and missing class, 211–212; realistic daily goals for, 206–209; and study place, 204–204
Transferring, 299–306; bad reasons for, 300–302; and ensuring that financial aid transfers, 305–306; good reasons for, 303–305; nuts and bolts of, 305; worse reasons for, 302–303
Tuck School of Business (Dartmouth College), 395

Tuition payment plans, 66
Twain, M., 17, 441

U

United States Department of Education, 57
United States Department of State, 384
University of California, Berkeley, 73
University of California, Los Angeles, 73
Upper-classmen, 106–108
U.S. News and World Report, 12, 69
U.S. News and World Report Ultimate College Guide, 11, 70, 74

V

Virtual tours, 29

W

Warner Brothers, 403
Weilacher, G. M., 113
Well-being, physical, 261–268
Well-being, psychological, 265–268
Winfrey, O., 121, 171
Work-life balance, maintaining proper, 264–265
Writing sample, for voice, 45

Y

Yale Daily News, 11
Yale University, 401, 404

