

Junior Guide to Senior Year Success
Chapter 1: Looking Ahead
Quiz

True or False

1. Globalization means to make worldwide in scope or application.
True False
2. Becoming a global citizen is something that will happen in the distant future.
True False
3. Mentors are people who empower us to do our best.
True False
4. Finding your niche is usually effortless and doesn't take much time.
True False
5. Committing to your high school education doesn't help much with the transition to college.
True False

Fill in the Blank

1. Major _____ search the globe for talent.
2. _____ paves the way for the person you become.
3. The opposite of _____ is getting by through doing the least.
4. Keeping your eyes on the finish line helps you maintain _____.
5. Take time during your junior year to develop _____ and hobbies.

Multiple Choice

1. Your bridge to adult life is/are:
 - a. teachers
 - b. high school
 - c. hobbies
 - d. grades
2. All of the following are one of the "three Rs" **except**:
 - a. rigor
 - b. relevance
 - c. relationships
 - d. routine

3. Trying to make what you experience and learn more meaningful is:
 - a. rigor
 - b. relevance
 - c. relationships
 - d. routine

4. The best way to build momentum for senior-year success is:
 - a. thinking about how fun it will be
 - b. not worrying about it
 - c. hanging out with your friends
 - d. assessing your abilities and interests

5. Pioneering a club can lead to:
 - a. new friendships
 - b. a feeling of empowerment
 - c. a respect for showing initiative
 - d. all of the above

Essay

1. How can you personally become a global citizen? How would you benefit from this? How might it make a difference in the world?

2. Lynn Montrose of Regis University says it's what you do outside of the classroom that makes you extraordinary. What does this mean to you? What have you done, even on a small scale, that makes you extraordinary?

Oral Review

1. Why is it important that we all live and think globally? What are the ramifications of not doing this? How can high school students think globally?

2. Why is your senior year so significant? How can you prepare for it? What are some important decisions you will make during the last two years of high school?

Junior Guide to Senior Year Success
Chapter 2: Avoiding Senioritis
Quiz

True or False

1. Senioritis is characterized by feelings of apathy and lack of focus.
True False
2. Nearly one-quarter of freshmen at four-year colleges drop out after their first year.
True False
3. Foreign travel will encourage senioritis.
True False
4. Internships usually don't offer real-world experience.
True False
5. A domino effect is when one accomplishment leads to another.
True False

Fill in the Blank

1. Failing to do your best throughout senior year can have serious _____.
2. Senior year is the time to take _____ and try new activities.
3. People who refuse to admit they're wrong will never _____.
4. A focused, _____ senior year proves you are a finisher.
5. Every senior worries about the _____ on some level.

Multiple Choice

1. All of the following are pitfalls of senioritis **except**:
 - a. reversal of admissions
 - b. improving your grades
 - c. lost scholarships
 - d. remedial work
2. One way to blow your senior year is:
 - a. staying focused
 - b. staying connected to others
 - c. having vision for the future
 - d. being a slacker

3. Being a know it all means:
 - a. viewing yourself as too good to hang out with others
 - b. being a self-appointed expert
 - c. lacking self-control
 - d. putting things off

4. You can reclaim your senior year through:
 - a. internships
 - b. being a partier
 - c. foreign travel
 - d. both A and C

5. In preparation for your senior year, it's important to know:
 - a. your weaknesses
 - b. your teachers
 - c. everything
 - d. none of the above

Essay

1. What are your worries when you think about senior year? How can you face these fears and reach positive outcomes?

2. Which of the "10 ways to blow your senior year" do you think poses the most risk to you? How can you avoid this self-defeating pattern?

Oral Review

1. Why do some seniors fall into self-defeating patterns? How can people avoid this? Does the senior year require more focus than previous high school years?

2. Dr. Gerald T. Brouder of Columbia College discussed the "can't wait" syndrome. What types of things are seniors eager to experience? What are some things that might be unpleasant to experience as you mature?

Junior Guide to Senior Year Success
Chapter 3: Preparing for College
Quiz

True or False

1. Higher education doesn't really fit into the global economy.
True False

2. Becoming more aware of the world around you will help you become a productive citizen.
True False

3. A good reason for enrolling in a summer college program is to explore careers.
True False

4. Marshalling human resources means creating a network of people who can provide insight.
True False

5. Parents never listen so you shouldn't try to communicate with them.
True False

Fill in the Blank

1. Many colleges offer _____ classes to high school students.

2. Maintaining _____ with others will help you in future endeavors.

3. It can be hard for _____ to start treating you as an adult.

4. The need for _____ relationships doesn't end in high school.

5. Discipline is central to _____.

Multiple Choice

1. You can become globally aware by:
 - a. reading the international section of a newspaper
 - b. watching national news broadcasts
 - c. reading literature from other countries
 - d. all of the above

2. All of the following are good reasons to enroll in a college summer program **except**:
 - a. to earn credits and to get ahead
 - b. to improve college application credentials
 - c. to check out the social scene
 - d. to get familiar with a potential new campus

3. The following should be included in your human resources network:
 - a. teachers
 - b. college representatives
 - c. guidance counselors
 - d. all of the above

4. Disagreeing constructively means:
 - a. making “you” statements
 - b. taking things personally
 - c. listening to others’ points of view
 - d. putting down the beliefs of others

5. Gary Pinkel, head football coach at the University of Miami, suggests:
 - a. being professional
 - b. being organized
 - c. being motivated only by others
 - d. both A and B

Essay

1. Who can you include in your personal network of human resources? Why would each of these people be helpful?

2. Write about a time when you had trouble communicating with your parent or guardian. How could this conflict have been better resolved?

Oral Review

1. Why is communication important in all relationships? How can learning to constructively disagree strengthen your relationships?

2. How can you decide which relationships are important to maintain as you move on to new phases of life? What are some specific actions you can take to help sustain these relationships?

Junior Guide to Senior Year Success
Chapter 4: Getting Organized
Quiz

True or False

1. Junior year is too early to start researching colleges.
True False
2. Admission offices often look at a student's ability to rebound from setbacks.
True False
3. Most college application packages contain at least four pieces.
True False
4. You usually need at least three letters of recommendation to apply for college or a job.
True False
5. The spring of your junior year is a good time to explore and visit colleges.
True False

Fill in the Blank

1. You can learn to lead by _____ your schedule throughout the college application process.
2. Try to visit _____ every time you go on vacation.
3. _____ preparation is the primary consideration for college admission.
4. A senior _____ is a collection of your most impressive high school work.
5. Your high school _____ is a record of all your grades and courses.

Multiple Choice

1. A college application package usually contains:
 - a. test scores
 - b. behavioral records
 - c. transcripts
 - d. both A and C
2. Letters of recommendation should be from people who can vouch for your:
 - a. lack of skills
 - b. inability to lead
 - c. work ethic
 - d. all of the above

3. You should do all of the following during the summer after junior year **except**:
 - a. visit colleges
 - b. finalize your list of colleges
 - c. brainstorm essay topics
 - d. register for fall SAT

4. During February of senior year you should:
 - a. confirm colleges have received your admission materials
 - b. proofread college essays
 - c. take the PSAT
 - d. make a list of admission deadlines

5. Choosing college and career can be:
 - a. easy
 - b. done with little thought
 - c. a demanding process
 - d. all of the above

Essay

1. Which colleges would you consider attending? What draws you to these colleges? Is there anything you don't like about them?

2. What would be good to include in your senior portfolio? Why do these things make the best statement about you? Do they represent all of you?

Oral Review

1. What are the most difficult aspects of deciding on and applying to a college? How can these tasks be made easier?

2. Why do you think people like Bill Gates feel it is important to give back to society? What do you think are the best ways to give back?

Junior Guide to Senior Year Success
Chapter 5: Standardized Testing
Quiz

True or False

1. Dishonesty is a firm adherence to a code of especially moral or artistic values.
True False
2. Standardized tests measure the full scope of what students know.
True False
3. Nerves and anxiety are common among test-takers.
True False
4. You can ease anxiety before a test by studying early for it.
True False
5. The same rules apply to writing a formal research paper as to writing essays.
True False

Fill in the Blank

1. Colleges use _____ tests to help make admission decisions.
2. One top fear listed by many is taking _____.
3. If you're not a good test-taker, you'll need to spend adequate time with _____ materials.
4. Allow yourself plenty of _____ during the morning of a test.
5. Carefully read test questions before _____ them.

Multiple Choice

1. Standardized tests were initially developed to:
 - a. scare students
 - b. ruin your chances of getting into college
 - c. allow everyone an equal opportunity to get into universities
 - d. both A and C
2. The best way to prepare for standardized tests is to:
 - a. take preliminary exams
 - b. avoid them
 - c. stress about them
 - d. all of the above

3. Before a test you should:
 - a. study well in advance
 - b. skip any review sessions
 - c. stay up late to study the night before
 - d. skip breakfast

4. During a test you should:
 - a. assume you can't use a calculator
 - b. guess even if you'll be marked down for incorrect answers
 - c. take a few deep breaths or close your eyes to relax
 - d. read questions quickly because the test is timed

5. After a test you should:
 - a. avoid rewarding yourself in case you made mistakes
 - b. take a few minutes to review what went well
 - c. not make a plan for your next course of action
 - d. none of the above

Essay

1. What fears do you have about test-taking? Which of the suggestions given in this chapter can help ease these fears?

2. Why does Dr. Bruce Degi, SAT scorer, suggest using *although*, *but*, *yet*, and *however* as much as possible in your essay? Why is a strong ending also important? How can you achieve this?

Oral Review

1. Do you think that having negative thoughts about tests can affect your scores? Why or why not? How can negative thoughts about test-taking be minimized?

2. Are standardized tests important in the college admission process? Should they be? Are they a fair and equal measure of knowledge?

Junior Guide to Senior Year Success
Chapter 6: Narrowing the Search
Quiz

True or False

1. Problem solving is at the center of every career.
True False
2. When it comes to choosing a college, size and tuition are everything.
True False
3. Most colleges are dedicated to accommodating the needs of disabled students.
True False
4. Creating a resume is part of preparing for the college search.
True False
5. College catalogs are a good way to research universities.
True False

Fill in the Blank

1. Applying to colleges solely because of their _____ may not give you the best college experience.
2. Finding the right college fit may keep you from wasting _____.
3. Having _____ is not something you should hide from colleges.
4. As part of your college research you should visit the _____ at your high school, in the library and in your guidance counselor's office.
5. Don't _____ if you haven't determined exactly what you want to study in college or do with you life.

Multiple Choice

1. A good reason for choosing a college is:
 - a. your boyfriend/girlfriend goes there
 - b. it has a reputation as a party school
 - c. your parents want you to go there
 - d. it's the right fit and location
2. When considering the fit of a college, students should make a list of:
 - a. colleges they might get into
 - b. colleges they will not likely get into
 - c. colleges they will very likely get into
 - d. all of the above

3. A specific strategy for preparing for your college search is:
 - a. registering for and taking the SAT and ACT exams
 - b. beginning your college essay
 - c. comparing five to eight colleges that might be a good fit
 - d. all of the above

4. A way to research and narrow your college search is:
 - a. attend college fairs
 - b. talk to your guidance counselor
 - c. avoid visiting colleges when classes are in session
 - d. both A and B

5. All of the following are one of the “four Cs” **except**:
 - a. consistent
 - b. confident
 - c. courageous
 - d. competitive

Essay

1. What is most important to you when looking at the fit of a college? Name some colleges that you think fit these criteria. What does each of these schools offer you?

2. Name three adults who could write a letter of recommendation for you. What is a good topic for your personal essay?

Oral Review

1. Where are some good places to begin your college search? What resources does your high school offer for narrowing down the search?

2. Why is problem solving at the center of every career? How does problem solving relate to your college or career search? How will the ability to problem solve be helpful in your future?

Junior Guide to Senior Year Success
Chapter 7: The Power of the Essay
Quiz

True or False

1. Innovation enhances a college application essay.
True False
2. Most colleges evaluate essays on the basis of execution and content.
True False
3. Your college essay topic should only showcase your academic achievements.
True False
4. Descriptive writing is not appropriate for college essays.
True False
5. Editing is the least important step in creating an award-winning essay.
True False

Fill in the Blank

1. College admissions officers look for a student's unique _____.
2. When writing essays students often tend to get _____ and never hit their main point.
3. When writing your essay, pretend that no one will ever _____ it.
4. Incorporate vivid, colorful words and _____ into your essay.
5. If your essay is too wordy, your message will not be as _____ as it could be.

Multiple Choice

1. The purpose of a college essay is:
 - a. to hide your unique qualities
 - b. to say what the college wants to hear
 - c. to tell a prospective college what makes you unique
 - d. none of the above
2. All of the following are steps in crafting a great essay **except**:
 - a. hook
 - b. simplicity
 - c. tension
 - d. resolution

3. A good topic to consider writing your essay about is:
 - a. a humorous experience you've had
 - b. why you would fit in at the college
 - c. your weaknesses
 - d. none of the above

4. After writing at least two drafts of your essay you should:
 - a. throw it out and start over
 - b. have others read it for content and grammar
 - c. not let anyone read it
 - d. put it in the mail

5. You should use a college application essay to express your:
 - a. passion
 - b. goals
 - c. personality
 - d. all of the above

Essay

1. What makes you unique? How can you incorporate these characteristics into a college application essay? How can you make your essay stand out in the crowd?

2. Why is it important to have people of different ages, ethnicities, etc. read your essay? How will this strengthen your essay?

Oral Review

1. Why do topics like personal growth and humor make for good essays? How do such topics showcase a person's unique voice?

2. What are some examples of powerful, descriptive writing? How does this type of writing differ from an academic paper?

Junior Guide to Senior Year Success
Chapter 8: Paying for College
Quiz

True or False

1. Paying for college is not a big concern for most parents and students.
True False
2. The U.S. government offers many types of loans and grants.
True False
3. Federal Pell Grants do not have to be repaid.
True False
4. Obtaining financial aid does not take much preparation.
True False
5. Adequate funding is crucial to achieving your college and career goals.
True False

Fill in the Blank

1. _____ loans allow parents to borrow educational funds on behalf of their children.
2. _____ loans are low-interest loans awarded through universities.
3. The Federal _____ program provides paying jobs for students.
4. College graduates' paychecks are _____ higher than those of non-graduates.
5. It's a good idea to make a connection with the campus _____ office.

Multiple Choice

1. A subsidized Stafford loan:
 - a. does not accrue interest during school
 - b. accrues interest during school
 - c. does not have to be paid back
 - d. has no grace period for repayment after school
2. The amount of money you put into your education will:
 - a. not be worth it
 - b. be less than what you earn later in your profession
 - c. be a bad investment
 - d. none of the above

3. In preparation for financial aid you should:
 - a. identify FAFSA deadlines
 - b. apply for a PIN
 - c. create a list of personal and background characteristics
 - d. all of the above

4. The **first** step in comparing financial aid offers is:
 - a. analyzing your out-of-pocket expenses
 - b. subtracting student loans from the total costs
 - c. determining the direct cost of each college
 - d. subtract work-study funds

5. All of the following are financial aid opportunity programs except:
 - a. Student Support Services Program
 - b. the financial aid office
 - c. Reserve Officer Training Corps
 - d. incentive-based programs

Essay

1. Can you benefit from financial aid? If so, which types of financial aid do you think best suit your monetary situation? Right now, what steps can you take toward obtaining these aids?

2. Do you consider your spending habits to be responsible? If not, how can you improve them? What changes will you need to make to your spending habits after high school?

Oral Review

1. What are some common concerns about applying for and receiving financial aid? How are people able to pay back their loans after college? Why do some people default, or not pay back their loans?

2. Defaulting on your loans can lead to serious financial problems. What habits can be formed now and in college to ensure that you will be able pay on your loans in a timely manner.

Junior Guide to Senior Year Success
Chapter 9: Academics and Athletics Are Only the Beginning
Quiz

True or False

1. Scholarships are too competitive and not worth the effort.
True False
2. A scholarship search should begin with organizations in which you're involved.
True False
3. The two main scholarship categories are athletic and merit-based.
True False
4. All scholarships are focused on your academic accomplishments.
True False
5. High school libraries often have scholarship resources.
True False

Fill in the Blank

1. The more scholarships you apply for, the _____ your odds of winning.
2. Scholarship _____ vary widely.
3. If you don't meet the requirements for a scholarship, don't _____.
4. _____ based scholarships are usually based on academic accomplishments or activities you participated in throughout high school.
5. When it comes to scholarships, start searching _____.

Multiple Choice

1. A great place to start your search for scholarships is:
 - a. a religious organization you belong to
 - b. your employer
 - c. scout programs
 - d. all of the above
2. When it comes to merit-based scholarships:
 - a. requirements aren't important
 - b. none look at your GPA
 - c. the Internet won't be helpful
 - d. it is important to look at specific requirements

3. All of the following should be done when researching scholarships **except**:
 - a. talking with family and friends
 - b. avoiding a personal connection with a financial aid administrator
 - c. creating a scholarship portfolio
 - d. exploring Internet search engines

4. Scholarship research criteria includes:
 - a. honors and awards
 - b. writing ability
 - c. leadership ability
 - d. all of the above

5. A scholarship portfolio should contain:
 - a. a resume
 - b. a test you got a good grade on
 - c. letters of recommendation
 - d. both A and C

Essay

1. List the unique qualities that make you *you*, from accomplishments to physical characteristics. Are scholarships awarded for any of the characteristics you listed? If so, where could you learn more about such scholarships? If you're not sure, where could you research this?

2. Choose four of the research criteria given on pages 191 and 192 of your text. Explain how you could go about researching and seeking out scholarships in each of these areas.

Oral Review

1. Are scholarships worth the effort you must put forth in order to get them? Why or why not?

2. Ryan Rodriguez, Program Coordinator for Cola-Cola Scholars Foundation, talks about finding a role model. How can people benefit from interviewing someone they admire? What types of questions should you ask a role model?

Junior Guide to Senior Year Success
Chapter 10: Becoming a Global Citizen
Quiz

True or False

1. You get out of your college experience what you choose to put into it.
True False
2. Dealing with rejection is a part of life that we all must face at times.
True False
3. Attending an Ivy League school increases your odds of finding a good job.
True False
4. Leaders can only motivate others if they stand by their words.
True False
5. The difference you make makes all the difference.
True False

Fill in the Blank

1. It is imperative to have a(n) _____ when applying to colleges.
2. If you don't apply yourself, you won't _____.
3. What you *do* at college is more important than where you _____.
4. The only tool you really need to succeed is _____.
5. The best _____ understand their own strengths and weaknesses, as well as those of others.

Multiple Choice

1. Beyond money and possessions, generosity consists of:
 - a. compassion, time and your best efforts
 - b. lack of caring
 - c. putting forth little effort
 - d. none of the above
2. As you pursue community involvement, you'll learn there's no such thing as:
 - a. having too much experience
 - b. being too old or experienced to get involved
 - c. being too young or inexperienced to get involved
 - d. all of the above

3. All of the following are important leadership tenets **except**:
 - a. being open to different perspectives
 - b. being a visionary
 - c. ignoring the details
 - d. leading by example

4. A visionary is someone who:
 - a. doesn't think ahead
 - b. ignores others' views
 - c. has ideas of where a club or company can go
 - d. lacks integrity

5. Leading by example means:
 - a. not following through on your ideas
 - b. working just as hard as those you are leading
 - c. letting others do the work
 - d. all of the above

Essay

1. What choices about studying, partying, etc. can you make to get the most out of your college experience? What choices might derail your college experience? What are some passions you would like to explore further while in college?

2. Describe a time when you let an opportunity pass? Did you regret this? Why did you not take advantage of the opportunity? What did you learn from this?

Oral Review

1. Of all the tips in this book, which do you think are most important to remember? What additional considerations will you make based on what you have learned? Are there any decisions you will rethink?

2. Why are the students who are featured in the *Courageous Teens* sections of this book so inspirational? Why are their stories and accomplishments moving? What can everyone, not just students, learn from them?