

NJ SEEDS 2012

MEET SEEDS



RONNI DENES
PRESIDENT

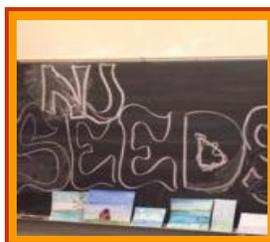
Ms. Denes joined SEEDS, as President on March 1st, 2011. Previously, she served as the Vice President and then Senior Vice President for External Affairs and Strategic Planning at The Cooper Union. Prior to Cooper Union, Ms. Denes was Chief Operating Officer of the National Action Council for Minorities in Engineering. She began her career as a teacher and curriculum specialist in the New York City Public Schools, and became a consultant to the chancellor of the NYC Board of Ed. She holds a masters degree in Curriculum and Teaching from Columbia University's Teachers College.

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Welcome to the first issue of the new SEEDS student newsletter, which will provide you with valuable information and resources relevant to your academic and social life.

As a SEEDS Scholar, you are faced with a unique set of opportunities. Whether it be adapting to the social environment of your secondary school or applying to any of the internship opportunities presented in the SEEDS internship manual, the challenges and opportunities you tackle today will enrich and define your life for years to come.



Whether you are in 7th grade or 12th you are still very much a part of the national SEEDS community. With 450 peers at secondary schools across the country and over

1,000 SEEDS alumni in college or beyond, you have a vast network of resources to draw upon.

Meanwhile, your peers are eager for your own thoughts and opinions, and this newsletter will provide an ideal forum for you to offer insight based on your own experience.

As a SEEDS Scholar, you have access to a wealth of services. If you need

help adjusting, help excelling in your classes, a pair of eyes to proofread your resume, some advice in the college process, or help finding a summer internship, SEEDS is here.

At SEEDS, we are continuously looking for ways to make each step in your academic career more fulfilling and less stressful than the one before. As we search for everything from SAT tips to the best way to prepare for an interview, we aim to put that information at your fingertips. We get inspired by your success. We know your dreams. Our goal is to make those dreams come true.

College Prep Tip: Making Your Interview Count

The interview is one of the most important aspects of your college application. Unlike your grades and test scores, the interview process allows a school representative to get to know you on a personal level.

In the interview, you should always be conscious of the image that you are putting forth to the interviewer. "Does my appearance show that I am taking this process seriously? Does my demeanor reflect the behavior of a student that will thrive in the campus environment?"

While different in many ways, the interview process is similar to test-taking in that one can study and practice effective techniques for acing the interview.

Click [HERE](#) for valuable interviewing tips from the Princeton Review.

For personalized help with the interview process, contact Kate Levine in the Guidance Department at KLevine@njseeds.org. Kate is a former admissions officer for Colgate University and an interviewing expert.

EXAMPLES OF COMMON INTERVIEW QUESTIONS

- What draws you to our school?
- How accurately do you think your high school record portrays you and why?
- What can we expect you to contribute to our campus environment?

In the future, we will be showcasing students' creative work throughout the newsletter. To see your photography, artwork, poetry, performances, or fiction featured in upcoming editions, send your work to ckuusisto@njseeds.org

Internship Highlight: Matthew Pereira '08, Church Farm '12

Q: What was your internship?

A: My internship was managing Chenoa Manor Animal Sanctuary in Pennsylvania, under Dr. Rob Teti. Dr. Teti accepts a wide range of animals at Chenoa, from large farm animals to small parrots. My job was to provide food and water to the animals throughout the day, along with smaller tasks for the benefit of both the animals and the manor. Some of the tasks included grooming the horses, dis-

tributing daily medicine to those who need it, and soaking the tortoises.

Q: How would you describe the application process?

A: There was no formal process. I developed a relationship with Dr. Teti, told him I wanted to be a veterinarian, and he took me under his wing.

Q: In what way was the

internship valuable?

A: The internship gave me a lot of experience in my career field, and even solidified my decision for the future.

Q: What advice would you give to other students?

A: Find what you love to do and then do it...

Q: What was your favorite part of the internship?

A: My favorite part was living on the farm for the sum-

mer and just being part of the Chenoa Manor family. It broadened my relationship with other veterinarians, especially when Dr. Teti took me to the island of St. Kitts to visit Ross University of Veterinary Medicine, from which he graduated. I sat in lectures, labs and spent time with some of the professors.

Meeting Dr. Teti was the best thing to ever happen to me in moving towards my dream career.

WHAT WORKS: BUILDING RELATIONSHIPS WITH PEOPLE IN YOUR FIELD OF INTEREST!

Wash. U:

By the Numbers

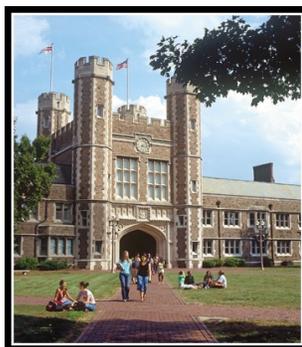
- 7,138 Students
- 60% of students receive financial aid
- \$70 million dollars in scholarships
- 8th in the nation in African American student graduation rate
- #14 in National Universities by U.S. News and World Report
- 7:1 Student: Faculty Ratio

EVERY 4 YEAR. SCHOOL IN THE NATION NOW ACCEPTS BOTH THE ACT AND THE SAT

College Profile: Washington University in St.

Washington University in St. Louis, is ranked in the top 15 among national universities by [U.S. News and World Report](#), and yet we have never had a SEEDS student attend!

Classified as a "Most Selective" school with a 21% acceptance rate,



Wash. U. is known for its academic excellence. With a remarkably high 96.8% freshman retention rate to go along with a top ten ranking in African American student graduation rate, it is

clear that students are more than satisfied with their academic experience at Wash. U.

In addition to a strong academic reputation, Wash. U. provides an astounding \$70 million dollars in scholarship aid to its students.

[Click here for a video tour of the campus](#) or [HERE](#) to request more information from the admissions department.



Test Prep: ACT vs. SAT



Many people don't like standardized tests, but the good news is that you do have options. For years, students have assumed that applying to college means trying to outsmart the SAT. Did you know the ACT is also accepted by every four-year college in the United States? The ACT is a more content-based test than the SAT with no penalty for wrong answers. With the ability to

take either test comes a new decision. The choice is not something to stress about, but rather a chance to find out which test better showcases your unique skills and talents. Before you start sharpening those No. 2s, read the following articles from the [NY Times](#) and [The Princeton Review](#), or consult your college counselor.

In the end, the best strategy for choosing the test for you is

to take practice tests for each and find out which format is more comfortable for you.

[Practice SAT Questions](#)
[Practice ACT Questions](#)

THIS AREA WILL BE HOME TO YOUR CREATIVE WORK IN THE UPCOMING MONTHS. SUBMIT NOW TO CKUUSISTO@NJSEEDS.ORG

REMEMBER YOUR INTERNSHIP MANUAL

Internships

Q: Why is it important to have an internship?

A: It is important to have internship experience because it exposes you not only to the world of work but also the responsibilities and duties that are required while in college.

Q: Do I need to know what I want to major in before getting an internship?

A: Although it is helpful to have an idea of what your interests are, it is not necessary for you to know what you want to major in during your undergraduate years before getting an internship. You can use this time to explore different fields of interest.

Q: When should students start thinking about and applying to internships?

A: Right away! It is never too early to start thinking about internships. Here at SEEDS, we encourage you to begin your summer search early in middle or high school and begin applying immediately. The earlier you apply, the greater your chances are of finding a great learning experience

Q: What helps does SEEDS offer in the process of finding and applying to internships?

A: Once you have decided which internships interest you, the Guidance Department will help you with your resume, cover letter, and application follow up. Although there are a number of great internships within the SEEDS internship manual, we encourage you to search for new internship opportunities on your own.

Idealist.org is a great resource.

Q: How does having an internship boost the strength of one's college application?

A: Colleges seek students who not only demonstrate academic strength but also an ability to apply what they have learned in a hands-on environment. Applicants with internship experience are at an advantage because they are able to show that they have taken the initiative to gain experience, exposure, and a new skill set.

See what College Board has to offer for internships.

Edaine Murray
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REMEMBER...

- 2/1 - APPLICATION DEADLINE FOR SEEDS MARCH COLLEGE TOUR
- 2/2 - SCHEDULE MEETING WITH COLLEGE COUNSELOR
- 2/6 - APPLY FOR SUMMER INTERNSHIPS
- 2/18 - 2/20 - USE LONG WKND FOR COLLEGE VISITS

NINTH GRADERS: 3 WAYS TO PREPARE FOR COLLEGE

- KEEP YOUR GRADES UP: COLLEGES LOOK AT GRADES FROM ALL 4 YEARS!
- GET INVOLVED AT SCHOOL: COLLEGES LOVE TO SEE COMMITMENT
- REGISTER FOR THE SEEDS COLLEGE TOUR

COLLEGE PREPARATION CALENDAR BY HS CLASS

KEY:

9TH GRADE ■ 10TH GRADE ■ 11TH GRADE ■ 12TH GRADE ■

FEBRUARY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23		
26	27	28	29			

Check out the attached 12 month calendar

ROUND



TABLE

We want your feedback!

Do you have a great internship experience to share?

What are your funny interview stories?

What are your thoughts on the newsletter?

What issues would you like to see discussed in upcoming newsletters? Bullying? Multiculturalism? LGBT Issues?

We will be featuring responses here in the following editions of the newsletter

Email responses to ckuusisto@njseeds.org