

MEET SEEDS



KATE LEVINE
DEAN OF
GUIDANCE

Q: What drew you to SEEDS?

Back in 2007, I was lucky to meet a wonderful group of SEEDS Alumni when they visited Colgate University (I was working there at the time). Shortly after that, I began working at Oak Knoll, and had the chance to work with 12 of the most wonderful young women I've ever met - all from NJ SEEDS! The students that went through SEEDS drew me to the program, and continue to make my job fun every day now that I'm here.

Q: What are your responsibilities?

My #1 responsibility is to figure out how to best keep in touch (Continued on p.3)

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Scholars • Educators • Excellence • Dedication • Success

Anti-Bullying Edition

Whether we would like to admit it or not, bullying often plays a prominent role in the school experience of many students. According to Jenny Anderson, of [The New York Times](#), 48% of students between 7th and 12th grade have reported being made victim to sexual harassment bullying during the 2010-2011 school year. In addition, a recent [AP/MTV Poll](#) states that



54% of people between 14-24 have found themselves the victims of cyber-bullying. By those numbers, 208 SEEDS High School Scholars have been the victims of sexual harassment bullying this year and that 234 have been made victim to cyber-bullying. Bullying has recently been thrust into the national spotlight by several high profile cases. Just as bullying takes many forms, (continue reading on page 3)

First they came for the Socialists, and I did not speak out – Because I was not a Socialist.
Then they came for the Trade Unionists, and I did not speak out - Because I was not a Trade Unionist.
Then they came for the Jews, and I did not speak out – Because I was not a Jew.
Then they came for me – and there was no one left to speak for me.
 — Martin Niemoller, Holocaust Survivor

The Value of College Visits

Deciding upon a school by flipping through guide books or doing online research will provide you with an idea of how the school stacks up on paper. However, the real task of choosing the school that is the perfect fit for you will not be accomplished by a scan of a school's numbers and rankings. In order to find a school where you will be able to thrive academically and socially, it is extremely important that you visit the campus.

Contact each school individually to see what type of services they offer to visitors

Schools offer a wide variety of services to visiting students, including guided tours, information sessions, opportunities to sit in on classes, and overnight stays with current students. Even if you do not think that a certain school is the right fit for you, a campus visit is a great way to start formulating a list of what is important to you in a school. A great experience at a school may open you up to applying to apply-

ing somewhere you had no intention of doing so originally. Conversely, a negative experience on campus will give you something to watch out for on others.

If you need any help setting up a college visit or deciding which schools to tour, contact Kate Levine in the Guidance Department at KLevine@njseeds.org

- WHAT TO LOOK FOR ON A CAMPUS VISIT**
- Do you like the type of campus (i.e. urban, suburban, rural)?
 - Do the students seem happy to be there?
 - Does the campus feel like it could be your home for four years?
 - What aspect of the school's curriculum or social life is highlighted?

Artist Profile: Geraphy Reyes, SEEDS '08, Fryeburg '12



Where did this drawing first appear?

It first appeared in the December issue of my school's newspaper. I feel that it definitely reflected the students' anxiety of trying to balance co-curricular involvement during exams.

Do you do much artistic work for the newspaper? I have been very involved with the newspaper, since this is the first year that Fryeburg Academy has included a cartoon

section. Along with drawing, I also take pictures of dorm life and write articles.

What activities are you juggling these days? Each season, I usually have a set of activities to keep busy out of school. This season, I'm running indoor track, helping Student Council set up school events such as Winter Carnival, and assisting in renovating the dorm life as Dorm Council President.

Do you have any plans to continue your

artwork in college?

I recently signed a contract with an author from New Hampshire to illustrate her children's novel about a spider. This is a long process that I will continue in college before it can even be submitted for publication.

What are your current plans after high school graduation?

My plan is to attend Columbia University or Williams College to study physics and engineering.

What is it that you like about drawing?

What I like is its boundlessness and multitude of mediums to explore. I enjoy drawing and designing using a computer, paper, or canvas.

Do you have any advice for artists entering high school?

My advice is that if you love to draw, find time for it! I remember that an art class couldn't fit into my schedule, so I always found myself doodling in my notebook during class. In the end, I was finally able to take an independent art class.

Emory:

By the Numbers

- 7,441 Undergrads
- 28.9% Acceptance Rate
- #20 in Best National Universities
- #19 Best Value by U.S. News
- 7:1 Student: Faculty Ratio
- 94.8% Freshman Retention Rate

College Profile: Emory University

Located just 5 miles from the heart of Atlanta, Georgia, Emory University is one of the South's and the nation's top universities. [U.S. News and World Report](#) places Emory at #20 on its annual National Universities Rankings. Emory's high place in the U.S. News rankings puts the school in the

company of top universities such as Notre Dame and UC Berkeley.



This medium-sized school features a wide range of majors, of which four of the most popular are Social Sciences, Business, Biology, and Psychology.

With an average grant and scholarship package of \$31,710

it is no wonder that Emory is ranked #19 in the "Best Value" category by U.S. News and World Report

In addition to outstanding academics and financial aid, Emory is home to a vibrant community of celebrated difference. To learn more, follow these links to the Office of [Multicultural Programs and Services](#), the Office of [LGBT Life](#), and the Office of [Religious Life](#). [Click here for a video tour](#) or [HERE to request information](#).

Q and A: Nyasia Jones, SEEDS '05, Emory '15

Guest Editor, Kirk Reinoso

Kirk: Why did you choose Emory?

Nyasia: What made me choose Emory was their focus on the student. I felt that the faculty here really cared about the well-being of every individual.

Would you recommend Emory to other SEEDS Scholars?

Academically, Emory is one of the best schools to attend.

There isn't a class that I haven't found engaging. Many of my peers, both minorities and non-minorities, are really enjoying their experience at Emory.

What do you like best about Emory?

My favorite thing about Emory is the campus. Not only are the buildings beautiful, but the school is situated in a nice area of Atlanta. When you come to visit, you'll see that the way the campus is built makes Emory a

very tightly knit community.

Do you enjoy campus life?

I love Emory's campus; the architecture is so beautiful and the housing is amazing. You also can't beat the weather in Atlanta. It was in the 60s in the middle of February. Currently, I am in a pageant and working. Since I am a freshman I chose not to overload myself with too many extra-curricular activities. I wanted to focus on my studies and get a feel for the school.



Kirk Reinoso, Guest Editor, SEEDS '08, is currently a senior at Seton Hall Prep and will be attending Villanova University

Anti-Bullying

(Continued from page 1)
so too do the possible solutions.

The following examples show four different ways that students reach out for help. One student shares his struggle with the world through YouTube (click on the video link on page 1). Another high school student finds welcome support in the form of a Philadelphia



Eagles wide receiver (see the whole story by clicking on the video link below). In recent weeks, one New York family

has taken a student's former school to court over alleged bullying that went un-addressed by school officials

(click [HERE](#) the New York Post article). Seeking to make school officials more accountable for the school environ-

ment, New Jersey has recently enacted one of the nation's toughest anti-bullying laws. To learn more about the debate surrounding New Jersey's new law, click [HERE](#).

Discussion Questions:

Have you been a victim, bystander or bully?

Where do you think the responsibility for ending bullying rests?

Is it up to the students, the school, or the state to put an end to a culture of bullying?

Application Types

With all of the application plans available to students, the process may seem more confusing than it really is. The four most common application plans are Regular Admission, Rolling Admission, Early Action, and Early Decision.

Regular Admission is the standard procedure that most students will go through. Under Regular Admission, the student is able to apply to any number of schools and make a final decision after weighing all factors, including financial aid packages.

Rolling Admission is much like Regular Admission, except that schools evaluate applications and make decisions in the order that they are received. Final deadlines for schools with this procedure tend to extend later into the year, but place an emphasis on applying early.

Early Action is an admission plan that allows the student to apply and receive a decision earlier in the year than through Regular Admission. Students may apply to any number of schools via Early Action and can wait to choose until they have received all decisions. Applying through Early Action allows the student to display his or her drive and commitment to the schools being applied to, which

may account for the typically higher acceptance rates among earlier applicants.

Early Decision is a binding admission procedure. Like Early Action, Early Decision allows the student to complete the college application process earlier in the year. The most important factor to remember when deciding whether or not to apply Early Decision is that the student may only apply to one school in this manner. Once accepted to a school via Early Decision, the student is required to rescind his or her applications to all other schools. Applying Early Decision is a commitment on the part of the student to a binding contract in which the student agrees to attend if accepted. Due to the binding nature of the agreement, it is absolutely necessary to be certain that the school to which a student is applying via Early Decision is that student's top choice. Students will not be released from their agreement unless the financial aid package offered by the school makes it impossible to attend. While Early Decision does allow the student to end the application process early it does not offer the chance to compare the financial aid offers from different institutions.

To read more about application plans, [click here](#).

Meet SEEDS

(Continued from p.1)
with SEEDS Scholars once they go off to their middle and high schools. The Guidance Department at SEEDS wants you to know that we are here for you, even after you graduate from the program! I spend most of my time visiting schools, helping seniors with the college process, working with students and/or families when challenges arise, and just generally, trying to be here to help you in whatever capacity I can.

Q: When might students need to contact you?

You should contact me whenever you have exciting news or accomplishments to share, when you need help with college or financial aid applications, if anything gets in the way of you being successful in school (finances, struggling in a certain subject, social situations, etc.), or whenever you have an idea of what SEEDS can do to better support you.

What is your favorite part of your work here?

Definitely getting to spend time with students. I really love to learn new things, and I always feel that SEEDS students have something to teach me or tell me whenever I see them.

Regular Admission:

Apply in December or January
Decision given between
February and March

Rolling Admission:

Apply early fall to spring
Decision given in order that
application was received

Early Action:

Apply in early November
Decision given by end of the
calendar year

Early Decision:

Binding if admitted!
Apply in early November
Decision given by end of year

Remember:

Every college has
different deadlines, so
contact each school
individually

Internships

The National Bar Association Crump Law Camp (NBA Crump Law Camp) was established by the National Bar Association to provide students entering the ninth through eleventh grades (between the ages of 14 & 17) with an introduction to the American judicial system.

The camp provides students with an exciting academic & social agenda, which includes field trips in the Washington, DC area. The competitive highlight of the camp is the *Evelt L. Simmons Mock Trial Competition*. The four winners of this competition are invited to the NBA's Annual Convention

For details on this or any other internship contact:

Edaine Murray
Guidance Officer
Internship Coordinator
New Jersey SEEDS

Phone: 862.227.9133

Fax: 973-642-5175

E-mail: emurray@njseeds.org



From the National Bar Association:

More than 90% of this nation's lawyers are white, as are more than 80% of the students enrolled in law school. Yet, more than 30% of the United States is comprised of people of color. Projections are that by the year 2050, more than half of the people of this country will be of color. It is imperative that we begin now to direct students, while they are young, to seek careers in the legal profession. [...]

If America is to become a true country of inclusion, the legal system must lead the way. This can be done only when diverse groups of people bring their cultural, ethnic, & social backgrounds into the equation.

Who: High school freshmen through juniors; preference is given to low-income students of color

What: A camp designed to introduce students to a legal career

Where: Howard University

When: July 7-14

How: Apply online by clicking [here](#)

Deadline: April 13th, 2012

REMEMBER YOUR INTERNSHIP MANUAL

REMEMBER...

- April 6th
SAT Registration date for May 5th test date
- April 14th
ACT and SAT test date
- April 1st
Set up a meeting with your college counselor. If you don't have one, the SEEDS Guidance team is always willing to help

COLLEGE PREPARATION CALENDAR BY HS CLASS



9th Grade



10th Grade



11th Grade



12th Grade

APRIL 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 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | | | | | |

Remember your 12 month calendar

9TH GRADERS

- **KEEP YOUR GRADES UP: COLLEGES LOOK AT GRADES FROM ALL 4 YEARS!**
- **GET INVOLVED AT SCHOOL: COLLEGES LOVE TO SEE COMMITMENT**
- **BEGIN VISITING COLLEGES DURING SCHOOL BREAKS**

Creative



Corner

The following is an excerpt of a “Chapel Talk” given at The Westover School by SEEDS High School Scholar Shabia Furkan.

Originally, when I started the school year, April 15, 2011 was supposed to be just that: April 15, 2011. However, as the school year progressed, April 15, 2011 became much more significant; soon, I started referring to that day as Day of Silence. To give a background for anyone unaware of Day of Silence, it is a day when thousands of students take a pledge to end name-calling and bullying by remaining silent. The goal is to make a school a safer for LGBT students by silencing any name-calling for the day and to represent anyone who is silent about her sexuality because of fear of bullying. This peaceful protest was started in 1996 at the University of Virginia by Maria Pulzetti, who was eighteen years old at the time. The idea spread quickly, and now instead of just a few college students taking a pledge to be silent, thousands of school children of all ages do. In fact, the silence has drawn much needed attention to LGBT issues in school such as bullying and name-calling. Today, I will be talking about my first and so far only Day of Silence. I want to warn you that this is just my experience, and this chapel talk is just that: an experience I had that I believe is worth sharing...

Click [HERE](#) to read Shabia’s talk in its entirety.

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

The World Around Us

by Sabrina Hunte

Have you ever looked around?
Past the great skyscrapers of New York towns.
Make them transparent, see through them.

Do you see grass and trees with roots as old as
grandma’s hands?
If you envision a jungle, would you see a jaguar
stalking its prey?

Some see the glass half empty, maybe because the
world’s problems are plenty.

The battlefields are erupting.

Rainforests, stripped down to nothing.

Unemployed families, losing their possessions due to
this terrible recession.

Children crying for attention.

When faced with hard times and major traumas,
People don’t rest, instead they unfold the drama.

Don’t you think all of this could have been prevented?
But if we act fast, the time will never come near
To when the world around us disappears.

Bullying

by Opeyemi Famikínwa

I can’t explain how relieved I was when it stopped,
The whispers and the stares.
I wasn’t the target or center of all eyes anymore.

He was gone... and so were the threats and insults.
For so long I felt defeated, alone, and worthless.

I questioned if I even deserved to be living.
I was hurt, inside and out
I wanted to escape, to free myself

The only thing I knew I had to do was speak up.
To speak up about my problem, let people know that I
have a voice.
My voice was finally heard and my problem resolved.

Being bullied made my life difficult, but not
impossible.