



January 2020

Seniors – Search and apply for scholarships that match your qualifications

Seniors – File any additional college applications

February 2020

8th – ACT and ACT plus Writing

(register by 1/10 - late registration 1/17)

Juniors – Begin your college search

Juniors – Map out dates and prepare for spring SAT and/or ACT exams

Seniors – Contact colleges to be sure your applications are complete. Send mid-year grades if required. Update colleges with any new information that might influence admission

University or LAC? Which is Right for You?

Before we dig deeper into this fascinating question, let's first clarify and define the options:

A university is an educational institution that is typically larger than a college, and offers both undergraduate and graduate degrees. Some universities also have professional schools in law, medicine and business. Universities are typically divided into smaller academic units, often called 'colleges' or 'schools'. Examples include a College of Arts and Sciences and a College of Engineering. The title of the college clearly defines the range of majors found within those units. Others offer a School of Business or a School of Nursing. A university may also have a strong focus on research with opportunities for undergraduates to participate in faculty-led research.

LAC is the abbreviation for a **Liberal Arts College**. Because a college is usually smaller than a university, smaller class sizes are the norm and a strong focus on student/faculty mentoring and academic relationships is typical. Undergraduate education is at the forefront with less emphasis on research, but this does NOT mean that research has no place in a LAC; many have very strong and robust research programs. They may not, however, offer professional track undergraduate degrees such as engineering, business or nursing.

Some colleges offer graduate and professional degrees but have not changed their name because of tradition. These include The College of William and Mary, Dartmouth College, and St. Joseph's College

in New York. Others maintain the College name simply because a university already exists with that same name.

For students seeking a tightly knit academic community, one where you are probably going to walk to class and meet someone you already know, enjoy small group seminar classes and discussions and are unsure about a final choice of major, a liberal arts college might offer you a better experience. But, if you are someone who loves to meet new people on the way to class, are happy to be part of larger classes, have a strong sense of independence and resilience, and already have a good idea of your academic goals, you may find the size of a university more to your liking.

You will note, I'm sure, that I have just made some sweeping generalizations. It is just as possible to be seated in a senior class of 8-10 students in a university as it is in a college. You'll make friends in so many ways, on any type of campus, through clubs, organizations, academic groups, and residence hall activities. The overall size of the student body won't impact you, if you don't want it to, so keep an open mind to both options. You must always start with knowing who you are and what you want. Then, when visiting a campus, seek out answers to those questions of fit, ethos, opportunity, and academic choice. Analyze the latter very carefully. Are there sufficient choices of major in your areas of interest? Review the numbers when it comes to both average class sizes overall and average classes with fewer than 50 students – how do you learn best? What about academic support? How important is the student/faculty relationship to you? (continued on p.3)

NEPA Career & College Counseling Associates

Career Paths for Food Science Majors

- Research Assistant
- Laboratory Technician
- Food Technologist
- Nutritional Therapist
- Development Researcher
- Laboratory Assistant
- Food Scientist
- Clinical Dietitian
- Quality Control Supervisor
- Executive Chef
- Microbiologist
- Teaching Assistant
- Quality Control Specialist
- Production Supervisor
- Biotechnologist

Learn more about this career by visiting the website of the Institute of Food Technologists at www.ift.org/career-development/learn-about-food-science



Majoring in Food Sciences

Do you like eating while doing your chemistry homework? Do you read the nutrition facts on the back of your cereal box in the morning? If so, a food sciences major might be for you.

Food science combines the disciplines of biology, chemistry, and engineering as it applies to food safety, product development, nutrition, and packaging. The goal of this major is to learn how agricultural products are developed into the food we see at stores. Majors learn everything from the harvest of goods to the safe and efficient ways to transport and prepare food.

This major is appropriate for students who are comfortable in math and science, enjoy working in a lab, are interested in the chemistry of food, and like to solve problems. Problem solving is an essential component of this major because food scientists are always looking for ways to increase the safety and efficiency of all steps in the preparation of food.

Students begin by acquiring a foundation in the sciences. Required courses typically include chemistry, biology, physics, and calculus. Students also take beginning courses in food sciences and nutrition. Courses are broken down into lectures and lab work so that students can get hands-on experience in areas such as food processing and preparation, and in analysis of the chemical composition of foods.

Some programs offer internships and research opportunities for students. Depending on the school, programs may focus on different aspects of food science. While courses will be offered in each of these areas, colleges may emphasize a specific branch such as food chemistry or food processing. Another notable consideration is whether or not a program is accredited by the Institute of Food Technologists (IFT).

The IFT accepts food science programs that establish and maintain high standards in areas it deems necessary. Students who are a part of IFT-certified programs

are eligible for a Feeding Tomorrow Scholarship.

Regardless of the college students choose, food science majors leave the program with a great variety of skills. They will gain a strong knowledge base in key sciences. They will become well-versed in the methods of food harvesting, transportation, and processing. Students will understand how foods affect human health, and how fertilizers and pesticides impact the safety of foods. They also gain many soft skills essential for the workplace.

Because food science majors work in labs to attack real issues, students graduating from the program leave with well-developed problem-solving skills. They also become adept at handling equipment, designing and running experiments, and drawing conclusions from data. The major is intended to prepare students for work in improving the safety and efficiency of food production, and majors leave with the ability to do just that.

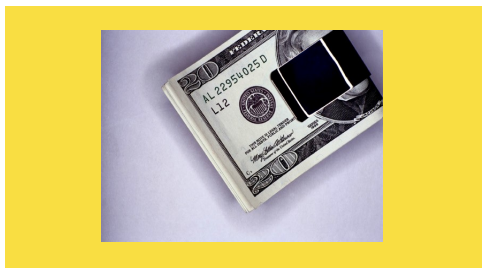
There are many parts to the production of food, so majors have a wide variety of opportunities. Creative students who work well in teams might make good food technologists. Food technologists work with a team to research and develop new foods out of existing ingredients. Food technologists must make sure all laws are met and safety is prioritized.

Food nutritional therapists are good at interpreting complicated facts and simplifying hard material. Those in this profession work one-on-one to advise patients on creating a personal diet plan.

Students who are organized, strategic, and enjoy collecting data may be interested in working as a quality assurance manager. Managers insure that food products meet all regulations and requirements. As someone ascends the ranks in this job, leadership skills become important.

Students may also become marketers for food product companies or food packaging companies, food toxicologists, or research managers.

Financial Matters: Cutting the Cost of College



As financial aid packages begin to arrive, families are faced with just how much college will cost. At many schools, self-help is up and gift aid is down. That means that colleges are offering less in the way of tuition discounts or grants, and expect families to assume a greater part of the college financial burden. Parents may pay expenses from savings and wages, students through part-time employment, and both parents and student may meet some expenses through educational loans. No wonder families are eager to find ways to cut college costs. Here are some ideas:

- Plan to graduate from college on-time or even early. In order to earn a

bachelor's degree in four years, students need to choose appropriate classes and stick with them. Dropping a class may leave you with too few credits and lengthen the time required to earn your bachelor's degree. Changing majors or double-majoring may also add to the length of your stay at the school. The net effect: increased cost and lost wages.

- Get a jump on credits through AP classes or CLEP exams. Passing scores on AP exams taken in high school may lead to college credit, while high scores on the College Level Examination Program can shorten the time you need to earn your degree. Check out www.collegeboard.com for a list of schools that award credit through CLEP exams.
- Consider taking some of your credits at a nearby community college during summer breaks. Community college classes are generally less expensive

per credit. Make sure that they'll be accepted by your college before registering for outside courses.

- Get a job. Part-time employment (aim for a maximum of 10-12 hours/week) provides extra structure to the college student's day and yields extra money to meet college expenses. Students who qualify for work-study programs may find on-campus employment that fits well within the student's class and study schedule.
- After freshman year, consider applying to be an RA (Resident Assistant). Resident Assistants help to develop community among dorm residents and counsel students regarding problems or concerns. In return, the RA generally receives free room and board.
- Buy used books whenever possible or explore digital options for study materials.

University or LAC—Which is Right for You? (continued from p.1)

We have noted that students thrive when they are surrounded by engaged students and faculty who nurture and encourage students in all aspects of their undergraduate experience. You may find that this relationship will be key to your success and you may feel more connected in a smaller LAC, but more actively engaged in research in a larger university. Both colleges and universities offer some kind of career guidance. This will take on a far greater import as you move further and deeper into your major. Some universities offer internships to students in their likely field of employment, on a broader scale

and with more choice than a small college. Colleges, however, thrive on the very close relationships they build with their alumni, and these connections can often lead to internships and/or first jobs.

The social scene also matters when it comes to your final selection. Knowing that your small college has limited options may be comforting, but the huge array of opportunities at a larger university could be just what you need to propel you forward, learn more about yourself and grow in so many ways. Don't be guided by rankings, your par-

ents' hopes and dreams, or your fears – know what you want for yourself. Costs may well be lower at your state university but colleges may offer more financial aid; having the option of studying abroad may be high on your list but a diverse campus community may be just what you need from a larger institution.

So, first, list what you need to meet your academic and personal needs and review answers to your questions after visiting both a small college and a large university, and remain open to both options.



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Receiving Accommodations on ACT/SAT

A majority of colleges still require standardized test results as part of the application process. For students with documented learning differences, the College Board and the ACT offer specific accommodations with similar requirements. Colleges are not told that an applicant has received testing accommodations, so students should not hesitate to submit a request.

Students must provide detailed official evidence of their disability. This includes a disability diagnosis by a credentialed professional, and official evidence of the impact the disability has had on the applicant's school performance. Ideally, students and parents should meet with their school coordinator in the spring of their sophomore year to review the entire process, but no later than fall of junior year. Here are the basic steps to follow:

COLLEGE BOARD – SAT, SAT SUBJECT TESTS, & AP EXAMS:

Applicants complete the Student Eligibility Form. This detailed and complex form may negate the requirements for the lengthy evaluation or school-based accommodations plan. Approval may take from 1-5 weeks, or longer.

Apply in early fall and you should receive a decision by December. The decision letter indicates which accommodations have been approved, and students must enter the SSD code, provided with the decision letter, when registering for all official test dates. This approval covers all College Board testing for all future testing

dates. Accommodations requested can include Braille, large-print exams, use of a computer, extra breaks or a quiet room. Students should bring their SSD Eligibility Letters with them on test days.

ACT:

Students must first register for an ACT test date online. During the registration process, students indicate which type of accommodations they are applying for and after submitting their registration, the ACT system will send an email with detailed instructions on the next steps.

The student's school coordinator, together with the applicant, will submit the detailed online request through the Test Accessibility and Accommodations System (TAA). The form is far less detailed than the College Board's form, and students should assume that they will need to submit all their documentation – the evaluation and school-based education plan – for the complete ACT review process.

The ACT accommodations review process typically takes about 6 weeks. Approval for National Extended Time is indicated on the registration ticket. This approval covers all subsequent test dates and must be supplied during the registration process. The coordinator also receives the Special Testing decision, and will work with the student to make the appropriate arrangements. There are appeal processes in place if a request has been denied for either test.