**Upcoming MCAP dates/events:**

**Workshop 3 Make-up:**
DeKalb: January 30th, 8:00 a.m.

**Workshop 4:**
Whitko: 2/11 7:00 a.m.
Wabash: 2/11 11:00 a.m. (mock interviews)
Northrop: 2/11 2:45 p.m.
Huntington: 2/12 3rd Pd.
Manchester: 2/12 11:55 a.m.
DeKalb: 2/13 11:00 a.m.
Snider: 2/13 2:00 p.m. ACPL
New Haven: 2/19 7:00 a.m.

**MCAP OVERNIGHT UPDATE:**
The first MCAP overnight will be held February 15th and is open to Seniors ONLY! Transportation to and from Manchester College will be available! Please RSVP by Monday, February 2nd!

**From the Coordinator:**
The weather and the economy are definitely a gamble right now, but knowing how you will pay for college doesn’t have to be. In workshop #3, students had an opportunity to learn about different ways to pay for college. We discussed student loans and the FAFSA at length. Remember, the FAFSA is due by March 10th for those students who plan to start college or university in the fall and can be daunting and confusing for some students and parents. If you’re interested in an MCAP FAFSA help session at your school, please let me know. Completing the FAFSA on time is one of the best ways to attempt to find FREE or less expensive funding options for college. You should also check with your local community foundation for local grant opportunities. As always, please contact me if you need individual assistance!

-Kim Myers
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**January/February To-Do List:**

**Juniors:**
-Make a short list of colleges you may be interested in and plan to visit them this spring.
-Register for the SAT and ACT for spring.
-Look for volunteer opportunities this spring and summer and commit to a few. This gives you an opportunity to explore fields of study and build your service resume before you begin to apply to colleges and scholarships.

**Seniors:**
-Don’t slack NOW! Continue to work to achieve your best in classes—grades and courses you earn at the end of your senior year will still count!
-Request that transcripts of your first semester grades be sent to the colleges you have applied to.
-Check with your parents to make sure their income taxes are completed as soon as possible—you will need this information for the MARCH 10th FAFSA DEADLINE!
-Review your SAR once you receive it and submit any changes.
-Follow up on applications and supplemental materials.
-Complete scholarship applications.

**Take it from us:**
You may be taking some classes that seem to have NO point. Beware. The classes that I took in high school that I thought were pointless actually served to be helpful when I came to college. Similarly, in college you will have to take many of classes that you think do not matter for your future. You don’t discover until you’re in an advanced course in your major or working on a project in your job that core classes helped you build a good foundation. Therefore, paying attention in those high school classes will give you a background to the many classes you will be taking in college.

If you do not give classes a chance because you heard they were boring or hard you may be missing out on a great opportunity. First of all, the classes that you take in high school are free, so why not take advantage of them? Second of all, a class that seems boring to one of your peers may actually interest you. Failing to take advantage of the wide range of classes that are offered in high school may impair your knowledge growth and may not let you see what you really enjoy.

Through life there are many opportunities to learn and it is up to you to take advantage of those opportunities. Who knows you may even need that information on a game show! :)

-Kelsey Morris, F.G. Mentor

**Where to look:**

- [www.act-sat-prep.com](http://www.act-sat-prep.com) – This is a great website where you can access how to prepare for the ACT and SAT tests. You can access practice exams, how the exam is structured and study tips. This site also gives you information on how to find the college for you, how to pay for college and how to apply to college.

- [www.college.gov](http://www.college.gov) – This is a site that explains the importance of college. There is information on why to go, what to do to get to college and how to pay for college. It is student-friendly and interactive. Parents will find a section where they can have their questions answered, too.

**Faculty Thoughts:**
At Manchester College, I serve as a primary advisor for 40 first year students in the Exercise and Sports Science Department. As the first semester drew to a close, I found myself asking my students what their experience had been like so far. The response I receive the most from first year students is how to find study habits that will allow them to succeed in college that might differ from how they approached studying in high school. “After my first semester I am not completing assignments to my full potential and I am not finishing them by the deadlines. College has especially become a challenge for me because there is not a rule or a person to push me to do my homework and turn it in,” said one first year student. Another student in one of my classes said “to be successful I had to step up and really focus on my work. I learned that studying with a partner has helped me.” “In high school I could go to class, and then show up the day of a test and do fine. For college, it’s a little bit different. If I need to do well on a certain test, time has to be put into studying.”

College is not just about showing up to class and turning in your assignments. In order to be successful, each student needs to find those study habits that personally work for them. First year student and wrestler Jordan Cox has found success as a college freshman and has shared his tips on how to be successful:

“...When I got to Manchester I was required to go to the success center and learn about different studying and note taking techniques that would help me to be a successful student. The staff at the success center added more to it by showing me different techniques for studying instead of just skimming the book and highlighting. They suggested that you make a thought web and break the chapter down into different points that would help to organize the main points of the chapter. They also suggested different test taking skills, like reading over the whole test before you start taking it, doing the ones that you know for sure before you do any other questions, and if you get stuck on questions skip them and look for clues in other questions that might help you to get a good answer for the question you were stuck on. I have tried these test taking skills and have found them to be very helpful. Over all if you apply these different skills with a little hard work and determination, it will help you to be a successful student.”

-Erin Foreman, MS, LAT, ATC
Assistant Professor of Exercise & Sport Sciences & Assistant Athletic Trainer