

搞定美国名牌大学系列丛书

Fiske Countdown to College

41 Things to Do and a Plan for Your Year of High School 费思克 美国高考冲刺 必做的41件事



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著

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Introduction: Fasten Your Seat Belts

Welcome to a unique phase of life: the college search. Young people are no longer kids but are not quite ready to be full-fledged adults. It is an in-between time. Parents, including many who are accustomed to doing things for their teens, must take a step back. Students, who have always relied on their parents to clear the way, must now step forward and chart their own path.

It is easier said than done. Any parent can pay lip service to the idea that students should take control, but when the chips are down, the urge to step in and make things right can be overwhelming. On the other hand, students constantly talk about wanting to be on their own, but as the college search heats up, they often hesitate just long enough to lure Mom or Dad into coming to the rescue. For many students, picking a college will be the first adult decision they make—and the real beginning of their higher education.

The purpose of this book is to help students to take charge and parents to understand their vital supporting role. For every crucial phase of the college search, we offer comprehensive “to-do” lists to help ease fears and eliminate uncertainty. The lists are written directly to students and/or parents. Specially marked items highlight the best resources on the Internet for the college search. Perhaps most importantly, the book includes scores of quotations from real students, parents, and high school counselors, who offer the ultimate insider’s perspective on the college search. Listen carefully to their advice.

前言：准备起航

欢迎你开始一段独特的人生旅程：大学调查。年轻人不再是孩子，但他们也还没成为成熟的成年人。这正是—一个中间的过渡阶段。家长，包括很多习惯于为孩子代劳的家长，这时候必须得放手了。那些经常依赖于父母帮助自己扫清障碍的学生们，这时候必须得站出来为自己规划前程了。

说起来容易做起来难。对于放手让孩子去做，父母常常口头答应，然而一到关键时刻，他们总是忍不住上前去纠正孩子。另一方面，孩子们一直都喊着想要独立，但是一旦开始大学调查，他们总是犹豫很长时间甚至最终还是向父母寻求帮助。对于很多学生来说，选择一所大学将会是他们第一个成年后的抉择——这也是他们接受高等教育真正的开始。

本书的目的是帮助学生自主选择，同时也帮助父母了解他们要做的重要的协助工作。对于大学调查的每一个重要阶段，我们给出了详细的“任务”列表，帮助读者消除紧张不安和不确定性。这些需要做的“任务”列表，是专门写给学生或家长的。特殊标记的条目强调了在互联网上可以查找到的大学调查的最好的资源。最重要的是，本书引用了大量来自真实的学生、家长及高中学校指导老师的话，他们在大学调查方面都给出了各自内心的最真实想法。仔细聆听他们的建议吧。

大学调查有一定的压力，但是当你感到有压力的时候，记住你的重点。大学调查并不是教学生如何进入名校或者传承家族传统，而是帮助年轻人找到通往成功和快乐的道路。只要脚踏实地，成功就在前方。

The college search has its share of stress, but when things get intense, remember the big picture. It isn't about getting into Big Name U or carrying on a family tradition. The college search is about launching a young person on the path to success and happiness. As long as families stay grounded in this reality, success is guaranteed.

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Grade 9

College seems a world away to most ninth graders. It takes imagination to picture yourself on a college campus when eleventh and twelfth graders look like giants. Parents are the ones who see college on the horizon, and they inevitably are the first to focus on the college search.

对于九年级的学生来说，大学似乎还很遥远。当十一年级和十二年级的学生看上去像巨人一般时，九年级学生仍需要想象力才能将自己置身于大学校园之中。而这时候，在父母眼中，大学已经近在眼前，他们毫不意外地成为第一个关注大学调查的人。



GETTING A GOOD START

It's never too early for a parent to start thinking about the college admissions process, as long as you don't make too big a fuss about it. Tread lightly and get informed now—before the pressure heats up.

家长 做好充分准备

■ Control Your Anxiety

If you're already thinking about college, remember that your son or daughter is still adjusting to high school. Be gentle. Push too hard and you'll risk creating an oppositional dynamic that may last throughout the next four years and beyond.

控制忧虑

■ Help Your Son or Daughter Make Choices

Some kids need a nudge to get involved in activities; others need help in narrowing down their commitments so they can focus on a few. It is better to establish leadership

帮助孩子做出选择

and distinction in a couple of activities than to dabble in many.

做一个四年的规划(注:美国的高中为四年制,从九年级到十二年级。)

.....■ **Do a Four-Year Plan**

Some schools host an event for eighth graders and their parents to map out plans for high school. If yours does not, ask for a meeting with the guidance counselor, to include your son or daughter, to go over expectations for the next four years.

评估家庭财力

.....■ **Assess Family Finances**

Now is a great time to begin thinking about how much you can afford. You and your student will face a menu of possibilities ranging from about \$10,000 per year (in-state public university) to more than \$50,000 per year (expensive private college). Scholarships and financial aid may come into play, but be prepared to go without either.

清算保管账户(注:保管账户是指在一家银行、证券行或共同基金开设的账户,由一名成人替一名18或21岁(视当地法律而定)以下的青少年代为管理。)

.....■ **Liquidate Custodial Accounts**

This applies to families who will seek need-based aid, which generally can include anyone with less than about \$200,000 of annual family income. Putting money in your child's name gives a tax advantage, but it is a killer for need-based aid. There are legal ways to spend down custodial accounts on behalf of your child. Speak to your lawyer or financial advisor to find out how.

实际一点

.....■ **Be Realistic**

Your son or daughter might not get into your alma mater, but if you were applying today, you might not either.

Don't sweat it. Today's world is much more competitive, but there are also a lot more great schools today than there were thirty years ago.

■ **Stay in the Loop about School**

Keep your ear to the ground for any changes in academic performance. Grades nine and ten are typically the time when students make the lowest grades of their high school careers. A lot of them still need help getting organized and staying on top of their work.

与学校保持联系

■ **Help Your Son or Daughter Think about Summer Activities**.....

The days of going to summer camp—unless it is as a counselor-in-training—should now be over. Encourage your son or daughter to do something meaty. Good options include volunteering, shadowing a working professional, or even becoming a small-scale entrepreneur. If you're willing to pay for an out-of-town experience, surf www.petersons.com for a database full of ideas.

帮助孩子考虑暑期活动（注：课外活动的参与对美国大学申请起到非常大的作用，很多院校希望看到学生除学术能力之外的其他能力，如领导力、团队合作能力、决策力等。）

■ **Get Informed**

Your odds of getting your son or daughter to read about the college process in ninth grade are slim to none—but that doesn't mean *you* can't look ahead. For a complete overview of the college process, check out *The Fiske Guide to Getting Into the Right College*.

多了解信息

■ **Understand That It's Not about You**

Parents tend to assume that the path they themselves took will also be best for their child. And though parents

知道这并不是家长的决定

may clearly see how their son or daughter is influenced by peers, they often overlook how their adult peers may shape what they want from the college process. Stay tuned to your student.

那些想把最好的留给孩子的家长不断地过度担心孩子进入不了那些耳熟能详的学校,而不是那些不怎么有名却很棒的学校。我看到越来越多优秀的学生为选择哪所优秀的大学而苦恼。这是一个不幸且令人不安的趋势。

——学校指导老师

“Parents who want the best for their kids continue to be overly worried about ‘name’ schools as opposed to wonderful schools that may be less famous. I see more and more wonderful kids, unhappy and depressed, about what is a luxury dilemma—which great college will they attend? It is a sad and worrisome trend.”

—SCHOOL COUNSELOR

我花了一些时间弄明白一些学校在寻找学生,而其中一些学生有更多的能力。

——一位圣塔克拉拉大学学生的母亲

“It took me a while to figure out that some schools are looking for students and some have more than they need.”

—SANTA CLARA UNIVERSITY MOM

Parents

LEARN ABOUT HONORS, AP, AND IB COURSES

Welcome to the alphabet soup of advanced-course acronyms. Here's what you need to know:

- Many schools offer advanced courses with designations such as “honors” or “gifted and talented” (GAT). You may also see courses labeled “Pre-AP.” If you're not sure how your child's school designates advanced courses, find out.
- Beginning in tenth grade at a few schools, and more commonly in grades eleven and twelve, students can take College Board Advanced Placement (AP) courses, which follow a prescribed curriculum and culminate in a nationally administered test graded on a scale of one to five. About fifteen thousand schools nationwide offer AP courses.
- At schools with both honors and AP at the same grade level, the latter are usually viewed as the most advanced. A much smaller but growing number of schools offer International Baccalaureate (IB) courses, which also follow a standard curriculum and are graded on a one to seven scale.
- Unlike AP, IB is a unified diploma program rather than simply a menu of courses. About five hundred schools across the nation offer IB.

家长

了解资优教育、
大学先修课程和国际预科
证书课程

■ For more information on AP and IB, head to www.apcentral.org and www.ibo.org, respectively.

玩得开心, 志愿者活动

(注: 美国有个非营利组织叫 Landmark Volunteers, 网址为 www.volunteers.com, 在全球60多个地区提供1~2周的志愿者工作, 其中很多地区为国家公园。该项目主要针对已经完成九年级学习的学生, 并需要缴纳一周750美元或两周1300美元的费用(税前)。)



HAVE FUN, VOLUNTEER

Volunteering is an excellent way to make a positive impact while broadening your own horizons. Check out the College Board's Big Future website (bigfuture.collegeboard.org) for ideas on how to get involved.

只要有机会, 无论是在初中还是高中, 都应该鼓励中学生去了解大学。因为在很短的时间内, 他们很难去分类不同大学的信息和印象。

——一位耶鲁大学学生的母亲

“Encourage a high school-age child to look at colleges whenever the opportunity arises, not just in the junior and senior years. It's difficult to sort all the information and impressions of different campuses if the visits are concentrated into a relatively short time span.”

—YALE UNIVERSITY MOM

“If I could do it over again,
I would try to fight less with
my mom...but that was
basically unavoidable.”

VASSAR COLLEGE STUDENT

“I have had parents control the whole
admissions process, and there is always
resentment on the students' part.”

—SCHOOL COUNSELOR

我身边的有的家长操控整个申请入学流程，学生们对此很反感。

——学校指导老师

parents

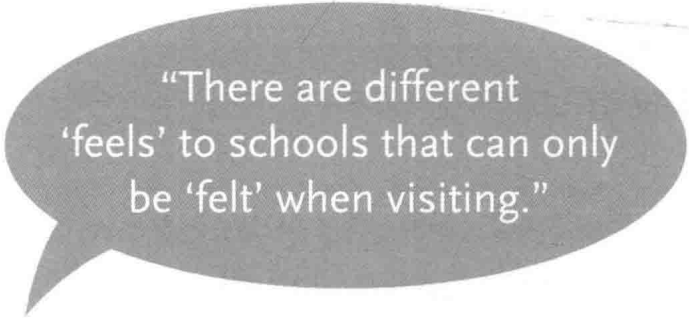
A CASUAL VISIT TO HARVARD?

On a vacation to Boston, what harm can it do to swing by Harvard just to take a look? If your son or daughter is a solid B+ student, it can do *a lot* of harm (especially if the Harvard alumni magazine is on your coffee table at home). Even if your child is the top student in her class, the odds are small that she'll get in at a place that accepts less than 10 percent of the best and brightest who apply. Don't saddle a ninth grader with those expectations. If you want to see Harvard among a sample

家长 哈佛大学一游?

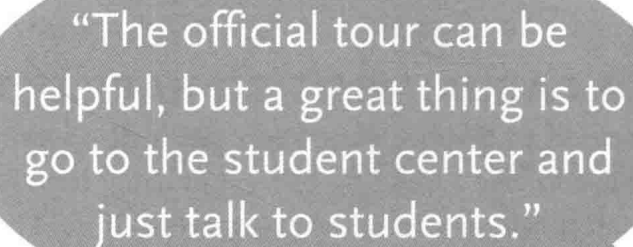
(注：在美国的很多大学会专门设置接待游客的机构，会有学校的学生充当导游志愿者，给游客介绍大学的相关情况。)

that includes Suffolk University, Northeastern, and Boston College, maybe that makes sense, assuming that you're not dragging the young one by the scruff of the neck. But if you're going to stop in at just one college, which may be a smart move at this early stage, go to Boston University or Babson. Your goal should be to stimulate interest in college campuses, not feed Ivy-League pressure.



"There are different 'feels' to schools that can only be 'felt' when visiting."

BRANDEIS UNIVERSITY STUDENT



"The official tour can be helpful, but a great thing is to go to the student center and just talk to students."

LAKE FOREST COLLEGE STUDENT