

Junior Year College Planning Guide





Facts to Consider When Choosing College

In the United States...

There are over 3,000 colleges and universities

There are also hundreds of vocational and technical schools

They can be:

- In a city, in the country, or the suburbs
- Close to home or far away
- Small, medium, or large
- Coed or single sex
- A range from open admission to highly selective
- Expensive or more expensive
- Super competitive or super social

Whatever you do next, be it college or something else, it will influence your lifestyle, values, occupation, and/or place of residence. It is time to make thoughtful choices. We encourage you to think about all of these factors:

Location

Where do you want to go to school? How far away from family and friends do you want to be? How often do you want to be able to come home? Is there a particular region of the country you like? Are you interested in an urban, suburban, or rural setting?

Size

Would you prefer a small, medium, or large institution? How many students would you like to have in your classes?

Cost

How will finances play a role in what you decide to do after AHS? How much can you and your family afford to spend on your education? Do you know what kinds of financial aid is available to you? Have you thought about loans and payment plan options? Are there scholarship opportunities available to you?

Standards for Admission

Have you investigated how competitive admission is at schools you are thinking about? Do you know what each school is looking for? Have you checked to see how your grades and standardized test scores match up with each college's averages? Do you have a combination of reach, realistic, and safety schools?

Safety: Your credentials are higher than the school's averages. You are confident that you should be admitted to this school.

Likely: Your credentials are competitive and higher than some of the school's averages. You are fairly confident you will be admitted to this school.

Realistic: Your credentials for admission are truly competitive with what a particular school is looking for. You are qualified for admission.

Reach: Your chances for admission are less likely based on your credentials, but there is a possibility of admission. Your credentials are not as strong as the students that are typically admitted, but there may be a niche you can fill at that college and you really want to go there.

Stretch: Oh my!

Choice of Programs

If you are selecting schools based on specific academic area, are you sure that is what you want to study? Are you considering the overall qualities of each school? Are you looking for liberal arts, professional training, or both? How important is it for you to have a wide variety of choices in terms of majors and courses?

Some Other Important Questions to Ask Yourself

- What do you want from your college experience?
- In what type of environment do you learn best and feel the most comfortable?
- Do you thrive in a competitive environment or do you prefer a more relaxed, laid back approach?
- Do you like lots of different kinds of people or you more comfortable with people who are like you?
- Does the school's philosophy and atmosphere reflect or support your goals and values?

Other Considerations in Choosing a School

Type

- 2 year/4 year
- Liberal Arts, Business School, Nursing School, etc.
- Private, Public, Religious, Military

Academics

- Intellectual atmosphere of the campus
- % of the freshmen returning for sophomore year
- Faculty and administration's background and reputation
- Accreditation by educational agencies and professional organizations

Activities

- Availability of intramural and intercollegiate athletics
- Variety of campus activities and organizations
- Emphasis on fraternities and sororities

Costs

- Financial aid programs
- Scholarships and loans
- Work-study programs

Personal Services

- Counseling services
- Advisory system
- Medical facilities
- Career placement services

Physical Features

- Dormitories and dining accommodations
- Classroom, library, laboratory, and arts facilities
- Athletic and recreational facilities

Spiritual Development

- Location of church or synagogue of your faith
- Religious clubs and organizations on campus

Vocational Opportunities

- Major programs and courses of study offered
- Opportunities for specialized training
- ROTC programs available
- Availability of study abroad programs and internships

College Admissions Vocabulary

ACT American College Testing- an alternative to the SAT. www.act.org

Associate Degree A degree granted by a college or university after the satisfactory completion of the equivalent of a two-year, full-time program of study (or its part-time equivalent).

AP exam Advanced Placement exam- an opportunity to earn college credits through a placement exam.

Bachelor Degree A degree granted by a college or university after the satisfactory completion of a four or five year, full-time program of study (or its part-time equivalent).

CEEB Code College Entrance Examination Board- **East Longmeadow High School Code 220-727**

College Board The organization that offers many exams including the PSAT, SAT, SAT Subject Test, and Advanced Placement

Common Application An application used by approx. 300 colleges and universities. The student completes one common application and then sends copies of it via the mail or internet to the colleges chosen from the list of participating schools. The application is available on www.commonapp.org

CSS College Scholarship Service- processes PROFILE financial aid application.

Deferred Admissions The practice of permitting students to postpone enrollment, usually for one year, after acceptance to college.

EA Early Action-Apply by an early deadline and receive an early notification. There is no commitment to enroll.

ED Early Decision- Apply by an early deadline and receive early notification. The student must enroll is accepted.

FAFSA Free Application for Federal Student Aid- Required by ALL colleges and universities if you apply for financial aid. Available at www.fafsa.ed.gov

Fee Waiver A form available to students who are eligible for a free or reduced meal plan at ELHS or are those families experiencing a financial hardship. The Fee Waiver is submitted instead of money when registering for the SAT's and for college applications. See your counselor if you are eligible.

Liberal Arts The study of the humanities (literature, the arts, and philosophy), history, foreign languages, social sciences, mathematics, and natural sciences.

NCAA Clearinghouse Agency which processes academic qualification forms for all Division I and II athletics. Forms available at www.ncaaclearinghouse.net

PROFILE The financial aid form used by many private colleges. This is an addition to the FAFSA. Register at www.collegeboard.com

Rolling Admissions Decisions are usually mailed 5 to 6 weeks after the application is received. No commitment on the part of the student is necessary. The student has until May 1st to commit.

SAT A 3 + hour test including critical reading, math, and writing components.

SAT Subject Test One hour test covering specific subject area. Not required by all colleges.

SAR Student Aid Report- Verification of information submitted on FAFSA.

TOEFL Test of English as a foreign language.

Transcript A copy of a student's official academic record listing all courses taken and grades received.

ROTC Reserve Office Training Corps- offered by the Army, Marine Corps, Navy, and Air Force. Trains men and women to become officers in military service upon

graduation from college. Students take a full course load during college and military science courses. ROTC scholarships can pay for college costs.

Wait list Many colleges place students on a waiting list for admission. As accepted applicants decide to attend other colleges, the school will offer places to students on the list.

HOW COLLEGES CHOOSE CANDIDATES

Have you ever wondered how colleges and universities decide which candidates they accept? When a school receives your application, the admissions counselors assess your qualifications and decide if you will be a good fit at their school. It is a complicated process and there are a lot of factors that come into play, including those listed below.

Scholastic Record/Transcript: The quality of work you have done in high school is the single most important factor in the process. It is imperative that the admission counselor sees an academic program that incorporates both challenging courses and good grades.

SAT/ACT Test Scores: How much emphasis is placed on standardized test results depends on the process at each college. Test scores are part of the applicant profile and used to compare you to other applicants. At most colleges, test scores alone do not exclude a student from admission.

Recommendations: The secondary school report includes an official recommendation from the school. This recommendation includes a descriptive statement by your guidance counselor. In addition, some colleges also request one or more teacher evaluations. Forms for these recommendations may be included in the application packet. It is the responsibility of the student to ask teachers well ahead of the deadline so that teacher has time to write a thoughtful recommendation.

Extracurricular Activities: Colleges are not necessarily looking for a long list of activities. They tend to prefer in-depth participation and leadership in a few areas of interest. They want to know that you have initiative, curiosity, and motivation beyond your academics. They are hoping to find people who will come to their school and be an involved member of their community.

The Essay: Many colleges require an applicant to write an essay. It is generally written on a specific topic and is read by a committee in the office of admissions. Your essay should be thoughtful, well written, and proofread by another person.

The Interview: You must find out whether or not an interview is required by the colleges to which you apply. You can schedule informational interviews at colleges during the spring and summer vacations. This can help you get your questions answered and assist in your decision-making process. You may be required to have an admissions interview after you send in your application. Some colleges will ask you to meet with an alumnus or alumna interviewer after you apply to their college.

Marked Improvement in School Achievement: Perhaps your junior or senior year grades are stronger than they were during your freshman and sophomore years and you have taken more difficult courses from each year. This shows your growth as a student.

Community Service: Colleges like to see that you are committed to the world around you. The depth of commitment to a cause can be exemplified by going **beyond** the requirement.

Find out if SAT Subject Tests are right for you

It's all up to you. SAT Subject Tests are the **only** national admissions tests where **you** choose the tests that best showcase your achievements and interests. This provides you with an opportunity to focus on what makes you uniquely qualified and to put your best foot forward. You can even change your mind about which test to take on the actual test day, if you want (except for listening tests).

Here are some ways SAT Subject Tests can add to your admission credentials:

- Fulfill admission requirements; some colleges require or recommend that you take SAT Subject Tests
- Focus on subjects that you know well to call attention to strengths on your college application
- Send colleges a strong message about programs or majors that you're interested in
- If English is not your best language, highlight your academic achievement in subjects that rely less on English language mastery (e.g., science, foreign languages)
- Demonstrate knowledge that you've gained outside the high school classroom (e.g., home school, self study or summer enrichment programs)
- Potentially satisfy basic course requirements to be eligible for admission
- Potentially place out of introductory college classes

May be required or recommended

Some colleges require or recommend one or more SAT Subject Tests as part of the application. This may be especially true if you're interested in a specific major or program of study. Each year, nearly one million SAT Subject Tests are taken by students around the world for admission to some of the leading colleges and universities in the U.S. Find out if the colleges or universities that you're interested in require or recommend SAT Subject Tests.

Stand out to colleges

Many colleges that don't require or recommend Subject Tests will still consider them when reviewing your application. By taking one or more SAT Subject Tests, you have an opportunity to differentiate yourself and provide a more complete picture about your academic abilities and interests. If you're interested in particular subjects or programs of study, subject tests allow you to highlight your strengths in these areas.

Leverage existing knowledge and further exhibit your strengths

Because the SAT Subject Tests are based on material learned in high school classrooms, the best way to prepare for them is by learning the topics in the courses that you're already taking. If

you're doing well in these courses or taking advanced level courses (e.g., honors, dual enrollment, Advanced Placement, IB), Subject Tests are an excellent opportunity for you to show your understanding of the subject area.

ESL and international students can showcase achievement

If English is not your best language, SAT Subject Tests may be even more important for you. They provide an opportunity for you to demonstrate achievement in subject areas that are not as reliant on English language mastery, such as math, science, or foreign languages.

If you speak another language or learned another language outside of the traditional high school classroom, SAT Subject Tests are an excellent opportunity for you to demonstrate your bilingual (or multilingual) skills. Some colleges will even allow you to fulfill foreign language competency requirements. Please be sure to check with the colleges that you're interested in regarding their policies on SAT Subject Tests in foreign languages.

Demonstrate what you've learned outside of the high school classroom

Since information regarding knowledge gained through extracurricular means (e.g., summer enrichment programs, weekend classes, distance learning programs, self-study) will likely not show up on your high school transcript, SAT Subject Tests are an excellent way for you to demonstrate what you've learned through participation in these programs.

Get a head start in college

Some colleges and universities use SAT Subject Test scores to place students into the right courses. This can potentially include:

- Placing out of introductory college classes; some colleges may even grant credit for good performance on the SAT Subject Tests
- Satisfying basic requirements for certain majors or programs of study
- Helping students select the course levels that are most appropriate for them

Selecting the right courses at the start of your college experience is extremely important to helping you build confidence and transition to the expectations of college. Subject Tests provide an opportunity for you to start managing this early so you can increase your chances for college success.

This article is based on information from College Board.

What Is The Difference Between The SAT And The ACT?

	SAT	ACT
When is it administered?	Seven times per year	Six times per year
What is the test structure?	Ten-section exam : Three Critical Reading, three Math, three Writing, and one Experimental. The Experimental section is masked to look like a regular section.	Four-section exam : English, Math, Reading, and Science Reasoning. An Experimental section is added to tests on certain dates only, and is clearly experimental.
What is the test content?	<p>Math : up to 9th grade basic geometry and Algebra II.</p> <p>Science: none.</p> <p>Reading: sentence completions, short and long critical reading passages, reading comprehension.</p> <p>Writing: an essay, and questions testing grammar, usage, and word choice.</p>	<p>Math : pre-algebra, elementary algebra, intermediate algebra, coordinate geometry, geometry, and trigonometry.</p> <p>Science: charts, experiments.</p> <p>Reading: four passages, one each of Prose Fiction, Social Science, Humanities, and Natural Science.</p> <p>English: stresses grammar. (Include an optional essay.)</p>
How long is the test?	3 hours 45 minutes	3 hours 30 minutes (with the 30 minutes optional essay)
Is there a penalty for wrong answers?	Yes, for the multiple choice questions	No
How is the test scored?	200-800 per section, added together for a combined score. A 2400 is the highest possible combined score.	1-36 for each subject, averaged for a composite score. A 36 is the highest possible composite score.
Are all scores sent to schools?	Yes. If a student requests a score report be sent to specific colleges, the report will include the scores the student received on every SAT taken.	No . There is a "Score Choice" option. Students can choose which schools will receive their scores AND which scores the schools will see.
Are there other uses for the exams?	Scholarship purposes.	Scholarship purposes. Certain statewide testing programs.
Need more information?	The College Board www.collegeboard.com	ACT, Inc.: www.act.org

Campus Visit Checklist

Admission and Academics

Find out what you need to do to apply. And see if the college environment supports your educational goals.

- Participate in a group information session at the admission office.
- Interview with an admission officer.
- Pick up financial aid forms.
- Sit in on a class that interests you.
- Meet a professor in your chosen major or in a subject area that you may want to pursue.
- Get business cards and the names of people you meet for future contacts.

Campus Life

Daily life has a big effect on your happiness — and your success — at a college. Get a feel for student life and decide whether the college is a setting where you can thrive.

- Take a campus tour.
- Scan bulletin boards to see what day-to-day student life is like.
- Talk to the coaches of sports in which you might participate.
- Go to the career center and learn what services it offers.
- Plan an overnight with a student.
- Ask to see the residence hall where most freshmen live.
- Visit the cafeteria, fitness center, library, bookstore and other campus facilities.
- Walk or drive around the community surrounding the campus.

Current Students

Being on campus gives you a wonderful chance to talk to the students who currently go to that college. You can ask questions like these to see what their experience is, and what yours might be like:

- What are the best reasons to go here?
- What do you do on weekends?
- What do you love about this college?

The College Interview

The Basics

A college interview is a chance to show that you're more than just test scores and grades. And it's an exchange of information — you learn about the college and the college learns about you. Not every college requires an interview: it may be mandatory, optional or not offered at all.

The interview is just one of many factors in the admission decision and it is rarely the deciding one. Still, if a borderline student turns out to be impressive, the interviewer has the authority to write a letter supporting admission.

Types of Interviews

Interviews vary depending on the college, student and particular situation. You could find yourself interviewing with an admission officer, a student or an alumnus. Most of these interviews last between 30 and 60 minutes.

There are also other, less formal, interview situations. You may have the opportunity to participate in a group information session with admission staff members and current students. Many high schools hold college fairs, where you can meet with representatives on an individual basis.

If you intend to attend a music, drama or dance institute, you should plan on performing an audition or submitting a portfolio, in addition to taking part in any necessary interview.

Why Interview?

Most colleges don't require an interview; however, there are many benefits to meeting face-to-face with an admission officer. Interviews give you the chance to:

- Show that you are seriously interested in attending.
- Convey what you can bring to a campus community.
- Learn more about a college's programs.
- Explain variations in your record — for example, changes in your grades.

Be Your Own Best Advocate

The admission officers learn about you from a group of documents: your transcript, test scores and application. While your essay and recommendations can offer an impression of who you are, words on paper can reveal only so much. The interview is your chance to be your own advocate by talking positively about your interests and enthusiasms, to show your personality, and to boost your chance of admission.

Discuss Special Circumstances

The interview is a good time to explain anything unusual in your transcript or discuss any personal circumstances that affected your studies. Any problems that you may find difficult to write about in the application are often easier to discuss with a sympathetic admission counselor. For example:

- You may not be the best math student, but it never stopped you from taking AP[®] Calculus — tell the interviewer why you persisted despite such difficulties.
- During sophomore year, your parents divorced and your academic work took a downturn.
- You have a learning disability and need to make an extra effort with every assignment.

Making Your Interview a Positive Experience

You can't pass or fail, so don't be nervous. As long as you've prepared and practiced, you can probably make a good impression. Here are some other tips:

- Accept a college's offer of an interview.
- Be on time.
- Go into the interview alone, without your parents.
- Be polite to everyone you meet.
- Act naturally.
- Respond conversationally — don't memorize a speech.
- Use appropriate language and avoid slang.
- Be confident but not arrogant.
- Tell the truth.
- Express interest in the college and its programs.
- Ask questions not covered by the college catalog or website.
- Avoid eating or drinking during the interview.
- Dress neatly and cleanly; don't wear T-shirts or other casual clothing.

Be Sure to Ask Questions:

Asking questions shows that you're interested in the college and what the admission officer has to say. You should try to ask questions that indicate you've done some research about the college and know why you consider it a good fit for you. Also, asking questions can help you discover characteristics that colleges can't convey in a catalog.

Three Steps to a Great College Essay

You, in 500 Words or Less

The college application essay is a chance to explain yourself, to open your personality, charm, talents, vision, and spirit to the admissions committee. It's a chance to show you can think about things and that you can write clearly about your thoughts. Don't let the chance disappear. Stand up straight and believe in yourself!

The Essay Writing Process

Okay, boot up your computer and let's get to it. To write a college essay, use the exact same three-step process you'd use to write an essay for class: first prewrite, then draft, and finally, edit. This process will help you identify a focus for your essay, and gather the details you'll need to support it.

Prewriting

To begin, you must first collect and organize potential ideas for your essay's focus. Since all essay questions are attempts to learn about you, begin with yourself.

- **Brainstorm:** Set a timer for 15 minutes and make a list of your strengths and outstanding characteristics. Focus on strengths of personality, not things you've done. For example, you are responsible (not an "Eagle Scout") or committed (not "played basketball"). If you keep drifting toward events rather than characteristics, make a second list of the things you've done, places you've been, accomplishments you're proud of; use them for the activities section of your application.
- **Discover Your Strengths:** Do a little research about yourself: ask parents, friends, and teachers what your strengths are.
- **Create a Self-Outline:** Now, next to each trait, list five or six pieces of evidence from your life—things you've been or done—that prove your point.
- **Find Patterns and Connections:** Look for patterns in the material you've brainstormed. Group similar ideas and events together. For example, does your passion for numbers show up in your performance in the state math competition and your summer job at the computer store? Was basketball about sports or about friendships? When else have you stuck with the hard work to be with people who matter to you?

Drafting

Now it's time to get down to the actual writing. Write your essay in three basic parts: introduction, body, and conclusion.

- The introduction gives your reader an idea of your essay's content. It can shrink when you need to be concise. One vivid sentence might do: "The favorite science project was a complete failure."

- The body presents the evidence that supports your main idea. Use narration and incident to show rather than tell.
- The conclusion can be brief as well, a few sentences to nail down the meaning of the events and incidents you've described.

An application essay doesn't need to read like an essay about *The Bluest Eye* or the Congress of Vienna, but thinking in terms of these three traditional parts is a good way to organize your main points.

There are three basic essay styles you should consider:

- **Standard Essay:** Take two or three points from your self-outline, give a paragraph to each, and make sure you provide plenty of evidence. Choose things not apparent from the rest of your application or light up some of the activities and experiences listed there.
- **Less-Is-More Essay:** In this format, you focus on a single interesting point about yourself. It works well for brief essays of a paragraph or half a page.
- **Narrative Essay:** A narrative essay tells a short and vivid story. Omit the introduction, write one or two narrative paragraphs that grab and engage the reader's attention, then explain what this little tale reveals about you.

Editing

When you have a good draft, it's time to make final improvements to your draft, find and correct any errors, and get someone else to give you feedback. Remember, you are your best editor. No one can speak for you; your own words and ideas are your best bet.

- **Let It Cool:** Take a break from your work and come back to it in a few days. Does your main idea come across clearly? Do you prove your points with specific details? Is your essay easy to read aloud?
- **Feedback Time:** Have someone you like and trust (but someone likely to tell you the truth) read your essay. Ask them to tell you what they think you're trying to convey. Did they get it right?
- **Edit Down:** Your language should be simple, direct, and clear. This is a personal essay, not a term paper. Make every word count (e.g., if you wrote "in society today," consider changing that to "now").
- **Proofread Two More Times:** Careless spelling or grammatical errors, awkward language, or fuzzy logic will make your essay memorable—in a bad way.

Sample Resume

PERRY JAMESON

1515 Stanley Drive #62
Hometown, KS 66202
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(913) 555-1938

OBJECTIVE

To obtain knowledge of the day-to-day workings of a communications, public relations, or publishing firm through a part-time job or summer internship.

EDUCATION

Completed three years at Hometown High School.
Graduation date: May 2005.
G.P.A. 3.85. Top 5% of class.

EXPERIENCE

Newspaper Staff Member, Hometown High School

- **Aug 2004 - present.** Features editor of campus newspaper.
- **Aug 2001 - Aug 2004.** Researched information for news articles using library and Web sources. Composed and edited informational articles, columns, editorials, and advertising copy.

Yearbook Committee Member, Hometown High School

- **Aug 2004 - present.** Editor-in-chief of yearbook staff. Leader of design and publication teams from initial layout through finished product.
- **Aug 2003 - Aug 2004.** Yearbook staff member. Experience taking photographs, designing layout, and writing captions and sidebars.

RELEVANT HIGH SCHOOL STUDIES

Technical writing; advanced composition; debate; video production; computer classes providing knowledge of word processing, desktop publishing, and Web software.

COMMUNITY SERVICE

- **Aug 2003 - Aug 2004.** Volunteer at Metro West Hospital.

HONORS, AWARDS, AND MEMBERSHIPS

- **U.S. Media Association Scholarship recipient**
Scholarship based on academic achievement, community service, and campus participation and leadership in high school communications projects and studies.
- **2004 Best High School Newspaper Design winner**
Central State Regional Communications Contest, sponsored by the Communications Department, State University.
- **President of high school chapter of Future Communicators of America (FCA), 2004 - present**
Member, 2003 - present.

Learning Disabilities: 10 Success Tips for High School Students with College Aspirations By Joan M. Azarva, Ms.ED

Of course you would like the transition to college to be as seamless as possible, right? Why not prepare yourself starting now! Here are ten actions to implement while in high school that will make the postsecondary transition easier:

1. Take both English and math in your senior year.

v Even if you have enough credits to meet college requirements, do not skip these classes. “If you don’t use it, you lose it” definitely applies; freshman year of college will be much harder if your basic skills are rusty.

2. Take college prep courses.

v It is natural to want to take the easiest classes to raise your GPA and glide through senior year, but colleges know that trick. They want to see transcripts with the most challenging courses you can handle.

3. Make sure your documentation is current (no older than 3 years).

v An IEP does not substitute for a psycho-educational evaluation. Ask colleges what specific documentation they require. Know the accommodations you need to succeed, and make sure they are included on the list of recommendations at the conclusion of the examiner’s report.

4. Be able to articulate your strengths and weaknesses.

v When you meet with Disability Services directors, you are expected to know how your disability affects your performance. If you use compensatory strategies, mention

them, along with areas of strength.

5. Know your learning style.

v Familiarity with your learning style is important for two reasons: it dictates how you study and which teachers you may want to consider taking.

6. Take both the SAT and ACT.

v More colleges are accepting the ACT than ever before. Submit the higher score of the two....*if the ACT is accepted.*

v The SAT reading passages are purposely created to be boring; the SAT is almost an endurance test of how well you can attend to dry subject matter.

v Science is included on the ACT, so if that’s your strong suit, you may have an advantage with the ACT.

v In certain areas, the SAT is more abstract.

v While mandatory on the SAT, the essay section is optional on the ACT.

7. Look at colleges that don't require the SAT or ACT.

<http://www.fairtest.org/univ/optional.htm>

v Smaller schools are more likely to look at your entire profile rather than just your statistics. More colleges are opting to eliminate SAT/ACT scores as part of their admission requirements. If you feel you test poorly, you may have a better shot at one of these schools.

8. Practice advocating for yourself.

v Throughout high school, your parents stood up for what you needed. In college you are considered an adult, and legally, it is not longer your parents' responsibility to look after your school matters. You are expected to know what you need to succeed (i.e. extra help) and go after it. College instructors will not approach you if you are lost. *You* need to make the first move. Practice assertiveness in high school, so you are comfortable with it by the time college rolls around.

9. Start taking notes on your textbook readings.

v If you don't take notes while you read, you are reading *passively*. What does that mean? It means that your eyes may be going over all the words but your mind may be a million miles away.

Taking notes while you read is the best way to keep your mind active and alert. It is impossible to take notes and daydream at the same time.

10. Start studying (NOTE: Studying ≠ Reading!).

v It's hardly a secret that high school students with LD have little homework and/or studying. Some students with good memories *may* get away with simply looking over the material in preparation for a high school exam. In college, however, each test encompasses too much material for that method to be adequate. An important component of studying is seeing how well you can *restate* the information.