

### HIGH SCHOOL ROADMAP

#### February

As you're progressing through the semester, make sure you keep track of which **SAT Subject Tests** you might be able to take at the end of the school year. Wondering why taking subject tests in May or June may be beneficial? Studying for your subject tests will help you prepare for final exams and AP exams in those subjects at the same time! Keep in mind that some colleges require SAT subject tests as part of the college application!

This is also a great time to check in with your guidance counselor! It's never a bad idea to make sure you're on track with your course roadmap. Your guidance counselor can make sure you're taking the right classes and help you with any questions you have about making a plan for junior year.

#### March

Spring Break is a great time to relax and de-stress, but it can also be the perfect time to look for summer opportunities! For example, if you're interested in medicine, many hospitals have summer teen volunteer programs that let students learn more about different fields of medicine and network with healthcare professionals. If you're interested in law, reach out to lawyers in your area and ask for summer intern opportunities. Many people do unpaid internships to gain experience. You'll never know if you truly like something unless you try it out!

There are many other ways to spend your summer as well! You can tutor, volunteer at the library, or be a counselor or guide for Camp Mosaic. Many applications for summer opportunities have deadlines in March so be sure to keep an eye out for these!

#### April

Almost halfway through high school! In addition to building a study plan to help you tackle studying for final exams, start working with your guidance counselor to plan out junior year! Try to come up with tentative dates and times that you plan on taking the SAT and ACT next year so you can register early and give yourself enough time to study.

This is also a good time to reflect on what you've learned so far this year. Is there anything you would have done differently or something that you think really benefited you? Take time to share those reflections with students in the grade below you and give them advice based on your experiences! This can help many students learn how to navigate each grade and can provide valuable insight to help them succeed like you!

*"The spirit of Islam is to share knowledge and I always tell the community not to think in material terms. Think in terms of knowledge and think what you can offer our institutions in various parts of the world."*

- His Highness the Aga Khan  
Interview with Gulf News, Dubai, April 2008

### WELLNESS CORNER

As the weather warms up, it's time to head outside! Hang out with your friends at a park or play some outdoor sports to take advantage of the warmer weather!

Wellness includes physical health as well as mental health because a healthy body and mind go together! **Exercise has been shown to improve mental health by reducing anxiety, depression, and stress levels and improving brain function and mood!**

### Finding Financing

Many people don't know where to look for scholarships or know that you can start applying for scholarships as early as 9th grade! Scholarship websites such as Fastweb.com, Scholarships.com, Zinch.com, and Moolahspot.com can help you identify and apply for any scholarships you qualify for throughout high school. College financing can be stressful but there are many scholarships out there that anyone can apply for!

### Looking for a Mentor?

Mentors can provide guidance and be a great source of information for any questions you have about careers or school! Through programs like the Ismaili Pre-Health Mentoring Program (IPMP), Ismaili Professionals in Education and Academia (IPEA), and the Ismaili Professionals Network (IPN), you can identify students and professionals who can help you achieve your goals!

### Scholarships

Muslim American Journeys Scholarship - \$1,000 - due March 1

Platinum Federal Credit Union Academic Scholarship - \$2,500 - due March 24

Frame My Future Scholarship - up to \$5,000 - due April 1

Exceptional Youth Scholarship - \$5,000 - due April 30

### STUDENT SPOTLIGHT

#### WHAT IS A PIECE OF ADVICE YOU WOULD GIVE STUDENTS IN THE GRADE BELOW YOU THAT YOU WISH YOU HAD LAST YEAR?

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Tenth grade is the opportunity for you to develop good learning habits that will help you in your junior year which we all know is the most crucial year of your high school career. Start early. Getting involved and developing these habits of spontaneity will prepare you for the next year and junior year won't be as hard as it is portrayed.

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#### HAVE YOU DONE ANYTHING DURING YOUR SUMMERS THAT YOU RECOMMEND STUDENTS PARTICIPATE IN?

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One of the things that I do every summer is volunteering at the library. All you have to do is sign up as a volunteer. They have new events every week of summer related to arts, technology, entertainment, etc. These events help you interact with people from your neighborhood, build positive relations, and learn new skills. It is a less rigorous way of learning something new every week.

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Reeja Khan

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