

### HIGH SCHOOL ROADMAP

#### February

As you're progressing through your second semester of freshman year, start thinking about what classes you want to take next year! It's never a bad idea to think about potential AP or IB classes you can take. Although these advanced courses may seem intimidating, talk to your teachers and guidance counselor to see if it makes sense for you to challenge yourself by taking a few higher-level courses next year.

This is also a great time to start keeping track of your achievements and activities! Sit down and reflect on your academic year so far. Then, record your courses and extra-curricular activities in a safe place. In order to keep the list from getting lost, use a web-based program such as [Google Sheets](#).

Spring Break is a great time to relax and de-stress, but it can also be the perfect time to look for summer opportunities! It's never too early to get involved in community service. This can also be a great time to explore any fields you may be interested in. 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.

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

#### April

Almost to the end of your freshman year! This is a good time to make sure your grades are on track and seek any help from tutors or teachers if you're having any trouble with material. It is completely acceptable to seek additional help at school, especially if doing so will help you raise your grades and solidify your learning.

Start building a study plan that'll help you tackle studying for final exams! Studying with a friend can hold you accountable and make studying more fun. Find someone who has a similar learning style as you and work with them to build a study schedule. Quizzing each other on the material can be a great way to figure out what you know and what you don't!

*"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?

“A piece of advice I would give students in the grade below me that I wish I had last year would be to join a club/team that interests them. This is because regardless of which club or sport chosen it allows for students to meet new people and form consistent friendships with people sharing their interests.”

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

“I participated in the Boy Scouts of America's National Youth Leadership Conference in Texas. It was a leadership conference/camp that lasted about one week, in which you interact with a lot of new people from all over Texas. What I would recommend to students is to find an opportunity similar to NYLT if not in Boy Scouts and to take it because you can meet a bunch of new people from your age group which can be really cool!”



**Rayyan Zulfiqar**  
10th Grader - Houston, TX