

COLLEGE ROADMAP

May

You're in the home stretch! Your daily routine may be disrupted with schools adapting to distance learning during this time, but do your best to keep your studying routine intact as you get closer to final exams and AP or IB exams! [The College Board has made adjustments to the AP exams process so be sure to check on their website for the latest guidelines.](#)

As you finish your school year, take time to think about what went well or what could have gone better this year. Did you feel that you could have done more or less? Is your GPA where you want it to be? Consider signing up for the [Apollo 12 Advising](#) program to get individualized college advising!

June

If your summer plans ended up changing or if you're looking for new ways to do community service, take advantage of some of the virtual volunteer opportunities and free resources out there to help you learn some new skills! You can learn a language with Rosetta Stone, brush up on some school with Khan Academy, or learn how to code through Codecademy. All of these resources can help you further your skills and help you be productive this summer!

Use this time to plan out the different aspects of your upcoming college applications. Do you know which teachers you may approach for letters of recommendation in the Fall? Are you satisfied with your SAT/ACT scores? Several leading universities and liberal arts colleges are suspending the SAT/ACT and SAT Subject Test requirements for the upcoming admissions cycle. Be sure to consult the school's website for more information on this, as this requirement will vary by school

July

Make sure you're also taking some time this summer to relax! Sometimes we overwork ourselves during the year and don't take time to recharge. Student burnout is becoming more prevalent and we need to do our best to combat it! [Check out these tips to prevent burnout and see what you can incorporate into your routine.](#)

Come up with a list of goals you're hoping to accomplish during the upcoming school year! Do you want to be elected for a leadership position in an organization? Do you want a recommendation letter from a certain teacher by the end of junior year? Try to think of some things you want to do this year and start brainstorming how you plan to get them done!

"The ethics of Islam enjoin all believers, individually or through institutions such as the Ismaili Imam, to assist the poor, the isolated, and the marginalized to improve their current circumstances and future prospects."

- His Highness the Aga Khan
World Mountain Forum UNESCO, Paris, June 2000

WELLNESS CORNER

Feeling a little stressed or experiencing anxiety about the current coronavirus outbreak? You aren't alone!

It's natural to feel anxious about the uncertainty in the world right now. Take a break from watching the news and go outside, play a game, watch your favorite movie, or read a new book. To help you work through any anxious feelings, there are many apps available to help you practice mindfulness in your everyday life. [Check out this list of mobile apps from the Anxiety and Depression Association of America aimed to help relieve anxiety!](#)

Virtual Volunteering Opportunities

Volunteerism and service are an integral part of the Ismaili Muslim tradition. If you find yourself eager to give back to your local community and serve individuals that might need a little extra help during this time of uncertainty, there are many virtual volunteering opportunities available that you and your entire family can take advantage of. Be sure to stay plugged in with your region's i-CERV team for initiatives you can participate in. Check out some of the ideas below to get started!

1. **Stay connected with seniors or isolated individuals by providing emotional support:** Check with your local nursing home to see if they are accepting cards or letters for their residents at this time. If you personally know any seniors or vulnerable individuals, keep in touch with them via phone calls, letters, and text messages.
2. **Make protective face masks for medical personnel:** You can team up with your family to make protective masks for medical personnel right at home. Be sure to check with your local hospitals or clinics about their policies toward accepting homemade mask donations beforehand.
3. **Write letters of encouragement to first responders and healthcare workers:** Thanking local healthcare workers is a great way to support the communities in which we live. You can draw a picture, write a poem, or send a kind note saying thank you to your local healthcare heroes. Different healthcare facilities may have specific guidance or needs to support their workers and keep them safe so you should conduct some research and planning beforehand.

Scholarships

[Ocean Awareness Student Contest - \\$1,500 - due June 15](#)

[Delete Cyberbullying Scholarship - \\$1,000 - due June 30](#)

[Community Hero Scholarship - \\$5,000 - due July 3](#)

STUDENT SPOTLIGHT

HOW ARE YOU COPING WITH THE CORONAVIRUS PANDEMIC?

I am coping with the pandemic by spending a lot of time with my family. Normally, all of our lives are so busy that we only see each other on Sunday mornings for brunch (which I can't even attend sometimes). However, this quarantine has allowed all of us to take daily walks, cook/bake new recipes, and play games like Scrabble and Monopoly Deal.

DO YOU HAVE ANY TIPS TO SHARE WITH YOUR PEERS?

I highly recommend addressing this quarantine with a positive attitude. Although it is challenging to live a completely different lifestyle, there is so much opportunity. The odds of getting time like this again are very slim. Live it to its fullest potential by making new memories with your family, getting ahead on things you know could be a stressor in the future, and picking up new hobbies that you've always wanted to do that don't usually get the opportunity to do. This quarantine will be what you make of it, just like everything in life.



Safiya Adatia

11th Grader - Dallas, TX