

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! By scoring high enough on these exams, you may be eligible for college credits in the Fall!

Take some time to reflect on your high school experience. Graduating can be bittersweet but it's a great time to think about the highs and lows of the past four years. It is also important to end the school year off strong. The college you will be attending may request your Spring semester transcript as a final step in your enrollment process.

June

You've figured out where you'll be attending college next year by now so this is a good time to start finalizing housing plans, finding or getting to know your roommate, making lists of courses that interest you, and figuring out what you're going to need for college! You can leverage the local Ismaili Student Network (ISN) to identify current students at your future school and connect with them to ask any questions you might have about freshman year. [Register with your local ISN chapter here!](#)

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!

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 your first year of college! Are there certain student organizations you want to join? Do you know what you're interested in studying or know which classes you want to enroll in? Are you looking for research opportunities? Try to think of some things you want to do this year and start brainstorming how you plan to get them done! If you will be partaking in work-study, you can start identifying opportunities to apply for when the semester begins.

"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](#)

[Career Enjoyment Scholarship - \\$1,000 - due July 20](#)

[GeneTex for Education Scholarship Program - \\$2,000 - due July 30](#)

STUDENT SPOTLIGHT

HOW ARE YOU COPING WITH THE CORONAVIRUS PANDEMIC?

“While social isolation is not enjoyable, it is absolutely necessary to remain healthy. To cope with isolation, I have been staying more connected to my family and friends, making time to unwind, and learning new skill sets.”

DO YOU HAVE ANY TIPS TO SHARE WITH YOUR PEERS?

“Although this is an unfortunate situation, this time can also be used to learn things you never could or do things you never had time for before. Hazrat Ali once said, “A hopeless person sees difficulties in every chance, but, a hopeful person sees chances in every difficulty.” My advice is to use the most of this time to become who you want to be.”



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