

# COLLEGE 101

## A SURVIVAL GUIDE

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# But First...

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So it's your last year of high school - it's actually a bunch of lasts: last prom, last AP, last homecoming, last year of living at home... Maybe you are counting down the days until you run off to freedom or maybe you are dreading leaving, but most can agree that Senior Year is kinda exhilarating/scary/sad all smashed into one. On top of all of this, you have this tiny little thing called college that you have to deal with. Don't worry! You WILL get through it all.

First things first. **START APPLICATIONS EARLY**, like summer-before-senior-year-early. It will ensure you are sending out the best possible application and will also make the process less stressful and senior year more enjoyable. Some words of advice from your RTAs who have lived through it and survived to tell the tale:

*"Make a list of things you want to do in your hometown before you leave for college. It may be your last year living there – don't waste it."*

– Liz Reckart, '19, CIS

*"Work on a personal project before going to college. Learn some guitar or make an animation."* – Nick Jang, '19, DMD

*"Don't slack off at the end. Colleges keep tabs on you all the way through senior year. Also try something new, because this is your last chance during high school to milk the experience. Do not go crazy on senior week. There are much better things to do than start your college career by stressing relationships, worrying your parents, and getting an arrest record. Strengthen your friendships with your classmates. Having some good old friends you can turn to can be incredibly comforting when everything around you is new."* – Anthony Carradorini, '17, CB

*"Enjoy it! High school and college are totally different experiences, and while college is exciting, really take advantage of the lifestyle of high school."* – Bhavish Malkani, '17, CBE

***“Pace yourself with the stress. I found that junior year was the hardest, and senior year was a good time to relax a bit more and focus more on personal projects unrelated to school. Basically, don't stress out too much and find something fun to do that has little to do with schoolwork.”***

**– Jun Xia, '16, Fine Arts**

***“The last year of high school is a time of great transition. You are often surrounded by a lot of stress, either internally or externally, and it is important to remember to have fun and enjoy the excitement of closing one chapter and allowing a new chapter to begin. Also, don't sweat the small stuff - the last year of high school can feel so final and college acceptances can seem like the most important thing that ever happens in your life - it's one of many decisions you make and it really all does work out in the end.”***

**– Kyra Berger, '16, CBE**

***“Look forward to college, but try and be in the moment. Even now, I have some amazing memories of senior year.”*** – Adel Boyarsky, '19, NETS

***“You only get one senior year. While grades and college applications are important, some of the memories you'll have the chance to make are more so. Don't let them slip through your fingers.”***

**– Brianna Karpowicz, '19, Bioengineering**

***“Just. Have. Fun. I know that this last year can be extremely stressful with filling out those applications, taking those last couple standardized tests, and everything in between, but don't forget to breathe and enjoy your last bit of high school. I know you guys will have a lot of great colleges to choose from!”*** – Amy Lee, '15, CBE; 2<sup>nd</sup> Year Masters, Bioengineering

# The List

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**There are over 4,000 colleges and universities in the US alone. Oh man, that's a lot. Before you even start researching, make a list of things you want from college. What size do you want? Where do you want to be? Does the college need to have a good dance group or football team? Once you have an idea of what you want, start researching. A good baseline for your list of colleges is to have three top-tier schools, three mid-tier schools, and three safety schools. This way you have all bases covered!**

**Once you have your list, create an excel sheet with all of the deadlines and information on the school, i.e. address, average test scores, whether it's on the common app, does it require an interview... This sheet will help you stay on top of all the deadlines and will also help you make your decision in the end.**

**Money can be a scary thing. Don't let it completely deter you from applying to certain colleges. Application fees can be waived in case of financial aid. Schools that accept you want you to come – their financial aid can be very substantial. Sometimes, there are ways in which you can even bargain with a college to get more aid. It may be a frustrating process, but don't give up! The aid you receive will be worth it!**

***"Apply to some schools you're not sure about, because you may be surprised later."* – Arnab Sarker, '19, Electrical Engineering**

***"Trust your instinct - a school that is a good fit will feel good to you, it's visceral. And don't feel pressured to apply early decision - if you don't have a clear favorite, don't feel pressured to apply early or "play the game". The best thing you can do is remain genuine through the process and understand that it will all work out."* – Kyra Berger, '16, Bioengineering**

***"I had a reach school, a safe school, and several in between. I wound up coming to the one that would cost my family the least amount of money (Penn has great need-based financial aid)." – Anthony Carradorini, '17, CBE***

***“I honestly found the school I liked and went with it. Apply to schools you could see yourself going to, that way, no matter what you get into, you’ll be happy.” – Bhavish Malkani, ’17, CBE***

***“Think about factors beyond rankings and majors. Do you want a very specific structure to your major's curriculum, or do you want a liberal arts-style education where you try a little of everything? How much do extracurriculars matter to you and what can the university provide about it? Things like that.”***  
**– Jim Zhang, ’17, Computational Bio**

***“Don't be afraid to check out schools that you're not sure about. I didn't think a city would be for me, but I love it here and couldn't imagine being anywhere else.” – Casey Krickus, ’19, Bioengineering***

***“Listen to your parents’ advice on what schools to LOOK at (I would not have looked at Penn if my mom hadn't forced me to, #blessup). Apply where YOU can see yourself going, any school, even if it's a stretch, it's always worth trying. Don't go somewhere just because it seems like the school everyone else wants/expects you to go to. Choose a school that will make you happy. You'll ultimately be more "successful" if you're at a school that makes you happy rather than being unhappy at a #1 school. Tbh I'm guessing most of the schools y'all are looking at have great academics (and as long as they have what you want to study/enough options that you'd be happy with if you don't know what you want to study yet) I'd say focus more on city vs rural, size, geographic location, student body demographics, etc. Those details can be easily overlooked, but they have huge effects on daily life at a school. Finally, don't focus on just one school and have the possibility of getting your heart broken if things don't go your way. I can guarantee there are many schools at which you'd succeed and have fun, so keep an open mind”***  
**– Claire Frankel, ’18, Systems**

***“Put the research into where you want to go. Let them know exactly what you want to do there.” – Nick Jang, ’19, DMD***

***“If you can, try to choose a specific program or field of study that you want; colleges like to see that kind of focus. It gives them a better understanding of how you would fit into their school.” – Andrea Lin, ’19, DMD***

# The Tests

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**Do. Not. Stress.** Really though, it will only make things worse. Study, practice, and try your hardest – that is all you can do. Your application is more than numbers! We promise we aren't just saying this to make you feel better; it is very true. Remember; these test scores mean nothing once you are in college. Their only purpose is to help you get in. Some tips to help you do the best you can:

- Plan ahead and sign up early for tests. You don't want to run out of time and be stuck with a score you are unhappy with.
- Get into a pattern of sleep the week before the test that mirrors the sleep you'll get the night before the test. And yes that should be at least 7 hours.
- It is impossible to cram. Start prepping at least six weeks in advance.
- Sit down and do full length practice tests in a quiet space with a timer.
- Gather everything you will need for the test the night before. That way you won't have to stress about it in the morning and you're less likely to forget something.
- Bring your favorite snacks, candy, and water, but save the candy for your last break – it'll give you the burst of energy you'll need to finish the test!
- Always have extra batteries with you; you'd be surprised how often students run out of batteries. Taking a test without a calculator is not fun.
- And most importantly, choose your score goals that make sense for you. With the help of your counselor, look at the scores needed to get into your schools. Those should be your goals, rather than some random number that seems impressive (or is 50 points higher than what your older brother got).

***"The app SAT Up is a lifesaver. 10/10 would recommend."***

**– Brianna Karpowicz, '19, Bioengineering**

***"Try to enjoy them, because if you like the material, they become a lot easier."*** – Arnab Sarker, '19, Electrical Engineering

***"Don't sweat it. I remember dreading these tests and thinking these tests were a sink-or-swim moment. You guys are smart kids, so it will shine through. You guys will be taking tons of tests in college, so don't get bogged down on those 3 hour tests you take on Saturday."***

**– Amy Lee, '15, CBE; 2<sup>nd</sup> Year Masters, Bioengineering**

***“Take subject tests in the subjects you feel would best relate to your intended college major.”– Bhavishh Malkani, '17, CBE***

***“Stop worrying about the number. It is only a small component of your application. Also get some SLEEP beforehand. Last minute studying doesn't help.” – Carly Catella, '18, CBE***

***“Don't kill yourself over standardized tests. There's only so much you can do after you've made an earnest effort.” – Allen He, '19, CIS***

***“Study as if you are looking for answers, not like you are just accepting waves of information.” – Nick Jang, '19, DMD***

# The Essays

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**Be prepared to write A LOT of essays. And edit a whole lot more. You might even get tired of talking about yourself. (Crazy right?) But in all seriousness, this is how admissions get to know you – your essays are crucial to your application. Throw around some ideas and write a paragraph for your top three. Your first idea most likely won't be the best one. This will give you good material to use later on and to inspire more ideas.**

**Reduce, reuse, and recycle. Always save all of your drafts and essays. Even if something is cut out of one essay, it may work perfectly for another essay. You don't want to start from scratch every time you have to write an essay.**

***"I don't know how the essay portion has changed over the years. I find that it pretty ridiculous to force high school students express who they are fundamentally as people when most adults don't figure it out until their forties. I think instead of focusing on trying to distill the essence of your personality and goals in life within one essay, it's better to focus on something small, something you enjoy or a small topic you have a lot to say about. Because that says a lot more about your personality than any big overambitious attempt to explain who you are as a human being."***

**– Jun Xia, '16, Fine Arts**

***"BE YOURSELF! The worst thing you can do is try and write the "right" essay. The key is to communicate something about who you are that cannot be shown by your resume or transcript. Literally, you can write about anything, so long as it tells the reader what you're all about - what's important to you, how you think, where you're vulnerable etc. And don't be afraid to have many failed essay attempts - you may scrap many drafts or many essay topics until the right one comes along - be patient and start early!"***

**– Kyra Berger, '16, CBE**

***"I think the best personal statements are funny, quirky, and unique ones. All of you guys have a great platform as to why you want to come to Penn engineering by doing ESAP."***

**– Amy Lee, '15, CBE; 2<sup>nd</sup> Year Masters, Bioengineering**



***“Write them early so you have time to let it sink in and let the changes come to you instead of forcing it.” – Allen He, '19, CIS***

***“Don't try to write what you think the admissions officers "want to hear". Don't try to write it in one sitting. It takes time to come up with the "perfect" topic, so think a lot about possible topics before sitting down to write. It also doesn't have to be the most traumatic or most amazing experience you've ever had. I ended up writing about how I found a home away from home while at boarding school and when the idea hit me I knew that I could make that essay really show who I was and what values I hold over other more exciting experiences I've had. They want to hear about you, how you think, who you actually are.” – Claire Frankel, '18, Systems***

***“Try to convey to the school that you're deeply invested in their university. Make examples specific to that university on why you want to attend.”  
– Jim Zhang, '17, Computational Bio***

***“Don't feel like the essays **MUST** be about some mind-blowing, once-in-a-lifetime experience that nobody has ever written about. To be honest, there's probably very few topics (if any at all) that the admissions officers have never read an essay about before. Don't feel the need to brag or list of accomplishments in your essay; they already have your transcript. This sounds pretty abstract, but really try to write an essay that is true to you. The admissions officers want to know who you are as a person, and what you can offer to Penn.” – Andrea Lin, '19, DMD***

# The Rec Letters

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The key with rec letters is to ask early. This will give your teachers plenty of time to write the letters and they won't already have too many other letters to write. Ask in person. It makes it much more personable and meaningful. Once you have your teachers, provide all of the information they will need in an email as well as in hard format in a folder. You want to make this process as easy as possible for them. Sometimes your teachers will need reminders – always do so politely and patiently. They offer the perspective on you that colleges don't have. Once the letters have been written, give a thank you card or even a little gift. Nothing big, but make it genuine. These people just wrote an entire letter about you to all of your colleges. The least you can do is something more than a generic thank you note.

One last important thing - you don't want any unanswered questions on your application. If there is something that needs to be explained, explain it in your application or let the people writing your rec letters/counselor know. However, be reasonable.

*“Give your teachers a little blurb on your activities and traits you want them to high light. Be strategic - diversify your letters.”*

– Adel Boyarsky, '19, NETS

*“I think it's probably more important to get rec. letters from teachers you like or teachers you know like you rather than getting rec. letters from 'relevant' teachers. For example, if you're applying for a math or physics program, you don't need to have rec. letters from math teachers and physics teachers. You can have letters from english teachers and art teachers if you really love them. The important part is getting a teacher who knows you well and understands how you learn. Then they'll have plenty to say about you and that's what the rec. letters are supposed to do, I think. It's just another way to understand your personality better.”* – Jun Xia, '16, Fine Arts

*“Try to ask the teachers who know you best but don't worry too much if you haven't 'hit it off' with any of them.”* – Casey Krickus, '17, Bioengineering

***“Try to find someone who knows something special about you - a class where you stood out or had a particularly good relationship with the teacher. Also, it's nice to keep in mind how effective the teacher/mentor is at communicating - try to find people who write more eloquently, it will help the admissions officer get a more accurate picture of you.”***

**– Kyra Berger, '16, CBE**

***“Make sure you get rec letters from teachers who can talk about another side of you. Colleges don't need affirmation from a teacher that you were a good student if your grades are excellent. Make sure to ask your teachers if they are willing to write a POSITIVE rec letter. Believe it or not, some teachers do give negative rec letters and you only want people who are on your side.”*** – Amy Lee, '15, CBE; 2<sup>nd</sup> Year Masters, Bioengineering

***“Your rec letter doesn't have to be from a teacher/coach of a class/team where you were the star student/player. If you had a good relationship with a prof and tried really hard and still didn't get an A or the MVP award, that's a great rec too. They can attest to your work ethic, and how you keeping pushing even when things aren't going your way, which is a key skill to have in college.”*** – Claire Frankel, '18, Systems

***“Get recommendations from teachers who like you and know you. What year they were your teachers does not matter as much as how much they know you. It would be especially good if you have kept in touch with teachers from sophomore year and they have seen you grow.”*** – Nick Jang, '17, DMD

***“Ask teachers who may not have given you the best possible grade, but who saw you work hard or grow or overcome obstacles.”*** – Andrea Lin, '17, DMD

# The Interview

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**Relaaaaax. You will be talking to a human being – just be yourself. The tricky part of interviews is that you want the interviewer to think that the school needs you, but you don't want to come off cocky. Practice and research will really help you. Have someone ask you questions before an interview and ALWAYS research the school. Here are some questions to practice with!**

- Where do you see yourself five years from now?
- What are you going to bring to this school?
- What's the one thing about you that you don't want me to know?
- What's something you want me to know?
- What's your biggest strength?
- What would you want your epitaph to be?
- Describe your biggest ethical challenge.
- Can you accept total failure? Why?
- What is your biggest failure?
- If you had all the time/resources in the world what would you do?
- Why do you want to go to \_\_\_\_\_?

**Make sure to arrive early to the interview. You do not want to be late under any circumstances. Business casual is the way to go – you should be dressed nicely and presentably. And lastly, ask for an email or address to write a thank you letter to them!**

***“Be yourself. There are tons of tools online that provide you with sample interview questions - it's not a bad idea to review those and have some answers prepared so you're not caught off guard when you're asked for three personal strengths or how you overcame a difficult group project. If you prepare, you will walk into the interview far more confident, and it will remove the tension so you can focus on being yourself. Your interview is successful if you walk away feeling like your interviewer knows who you are and what you're all about.” – Kyra Berger, '16, CBE***

***“The interviewer is not out to get you. They are looking for reasons to help you get accepted. They are on your team, so be comfortable with them.”  
– Anthony Carradorini, '17, CBE***

***“Be You. This is a great way for you to showcase your personality, your quirkiness, and anything you didn't translate onto your applications. Remember to ask intelligent questions and really convey what it is that makes you passionate about that school. Also, remember that an alumni interview is a two-way street, so don't be afraid to ask honest questions. In that same token, be honest in your answers. Interviewers find that very refreshing because it gets pretty dull when you interview many students and they give you the same "correct" answer. Some other notes, if your interviewer offers to take you out to lunch, look at the menu beforehand! There's nothing more awkward than taking a lifetime to decide what to eat. Lastly, don't forget to always follow-up with a thank you email.”***

***– Amy Lee, '15, CBE; 2<sup>nd</sup> Year Masters, Bioengineering***

***“Ask good questions! Ask them about their experience at that school.”***

***– Wenting Sun, '19, CBE***

***“Just be yourself and not the person you think they want to see. They will respond much better to a person they perceive as genuine.”***

***– Carly Catella, '18, CBE***

***“It's fun! Just relax and have a conversation.” – Allen He, '19, CIS***

***“Be yourself (but stay polite lol). Always, always, always research the school before the interview (and the interviewer if you know their name beforehand). Have a good understanding of how the school works, what you would possible study or clubs/organizations you'd participate in. Always have questions on hand to ask at the end of the interview, an easy one is "what did you like most about going to school there" if you have an interview with an alum.” – Claire Frankel, '18, Systems***

***“Don't try to be the kind of student that you think the interviewer wants to see. It's important to be authentic to your personality and specific interests, because that's what makes you unique. Don't come into the interview with the intention of trying to impress your interviewer with all your accomplishments. Rather, think about how you can communicate with the interviewer who you are and why your interests line up with what Penn offers.” – Andrea Lin, '19, DMD***

# The Supplement

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**So you want to show off some cool tricks? If you are a dancer, musician, artist, etc., always try to send in a supplement of this talent. For musicians or dancers this would be a video of your talent. For artists this would be a portfolio. These extra snippets make your application stand out. They give more meaning to the words, “I’ve been doing \_\_\_\_\_ since I was 4.” However, a word of warning – these supplements will most likely be evaluated by professors in the corresponding department or who are highly involved in the area. They will have high standards, so make sure you are showing your best work. Some colleges don’t accept supplements, some do, and some have a different deadline if you are providing a supplement. DO YOUR RESEARCH.**

**If you make a video, colleges do not expect you to hire a cinematographer and video editor. Make the video the best you can with the resources you have. You can even use your phone! If you do use a phone, try to minimize any shaking while filming – use a tripod or make one if you don’t have one. Have a short introduction where you give your name and a quick explanation of what admissions is about to see in the video. Make sure to follow the directions provided by the college. If you don’t follow them, they will not review the supplement. This applies for portfolios as well.**

# Now What?

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**So you finished applications. Take a DEEP breath because everything is out of your hands now. Use this waiting time to really enjoy your senior year. Hearing back from colleges can be tough. Bad news? You will probably get rejected from at least one school. Good news? You will also get accepted to other schools! Remember that “reach schools” are called that for a reason and that you are more than an application – but also have some faith in yourself!**

***“The best advice I got was: If you get in, it has everything to do with you. If you don't get in, it has nothing to do with you.” – Kyra Berger, '16, CBE***

***“I was really relaxed about the process looking back. Don't treat this as the end-all-be-all of your life, because no matter what your life is what you make of the opportunities that arise.” – Carly Catella, '18, CBE***

***“Have faith that everything will turn out okay in the end :)”  
– Casey Krickus, '19, Bioengineering***

***“Waitlist will be a very common response from colleges. Despite what you may hear, don't take them as a rejection! If you really want to go to the school, contact your regional representative, work with your guidance counselor, and write a strong letter of continued interest. I was on 7 waitlists and got off of 3 top 15 colleges, including Penn. Waitlists aren't an incredible place to be, but definitely keep trying until the very end. My last acceptance came in mid-June. Don't give up!” – Allen He, '17, CIS***

***“I know this is a stressful time, but you'll get through it. Stay positive. Sometimes things work out in ways you wouldn't expect. For instance, Vanderbilt was actually my top choice and I got wait-listed there and then got into Penn, decided to come to Penn and it was the best decision I made, it's such a perfect fit. So overall, just stay positive and this isn't the end all be all. You're all so smart, you'll all kill it no matter where you end up :)”  
– Claire Frankel, '18, Systems***

***“In the long run, the college you go to is not the biggest decision of your life. It's not life or death. You can have a great experience anywhere.”  
– Anthony Carradorini, '17, CBE***

***“Good luck and go to the school that YOU want to go to. Don't take into consideration what the name on door is and make sure you think long term. Go to a school that will meet your needs and goals. You guys are going to do great in the admissions cycle!”***

**– Amy Lee, '15, CBE; 2<sup>nd</sup> Year Masters, Bioengineering**

***“College is just a short part of your life, make the best of it no matter where you go.”*** – Arnab Sarker, '19, Electrical Engineering

***“All of you students will come very far in life, I have been humbled by achievements and potential I see from you. Best of luck and I hope for the best for all of you!”*** – Jim Zhang, '17, Computational Bio



# Ya Made It, Baby!

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**CONGRATULATIONS! Seriously, this whole process is actually insane. You made it! Your bags are packed and you are ready to head off to college. Oh man. College. It will be a crazy first year, but don't worry. Everyone is going through this immense transition right along with you. Let go of your fears, be open to growth, and always remember – you aren't alone!**

***“Try to make friends right away. A strong support group goes a long way in the first few weeks of college.” – Emmett Neyman, '19, CIS/Logic***

***“When classes start, sit near the front. So many studies have shown that you will do better in a class by doing so. Furthermore, you'll be surrounded by other people who want to do well in the class and are attentive – this will become very handy when forming study groups.” – Liz Reckart, '19, CIS***

***“Develop a routine early on.” – Adel Boyarsky, '17, NETS***

***“One thing I really wish I did was to actually take a year off after high school before college. Personally, I'd spent so much time and effort into school that I actually had little time to figure out anything about what I really wanted out of my future or my life. And the few times I did during high school, it seems like there were a lot of pressures which actually led me down directions I might not have went if I took a year off to focus on personal work, artwork, projects, etc. I made important decisions under duress, but I might not have if I actually gave myself time to figure things out. But again, this only applies to people who might be spending so much time towards worrying about college that they've neglected personal growth.”***

***– Jun Xia, '16, Fine Arts***

***“It's daunting at first but it will all be Okay. You will meet your people soon enough.” – Wenting Sun, '19, CBE***

***“Don't jump into too much at once, but also don't do nothing! See what you like and can handle before committing yourself too much.”***

***– Bhavish Malkani, '17, CBE***

***“College is a huge transition for everyone - for many, it's the first time where they "come up against it", whether that's socially, academically, or living independently. Do your best to put yourself out there and explore as many options as you can - go to that cool club that you are interested in even if you don't know anyone who's going. Strike up a conversation with your lab partner - they could end up being one of your best friends. And, HAVE FUN! College is only four years long and it really does fly by. Take advantage of having freedom with limited responsibility. Oh, and meet with your professors/TAs, even if you aren't struggling with the material - networking is far more difficult if you don't start early.” – Kyra Berger, '16, CBE***

***“Everyone transitions differently. Just because the people around you are seemingly fine does not mean that your homesickness or difficulties are any less real. This being said, they do get better. My second semester was worlds better than my first.” – Brianna Karpowicz , '19, Bioengineering***

***“You might take some classes that seem like what you learned in high school. Do NOT treat them like high school class. I took a physics class freshman year that reminded me of physics in high school (which I did well in). I got 100 on the first midterm, so I coasted. The college pace quickly overtakes high school learning, and I got a 30 on the second midterm. I could have done much better if I hadn't been complacent. Make an effort to make friends with your hall mates. Some of them may become your best friends. Join as many clubs as interest you. As time goes on, you can pare it down to the most important to you, as your class and homework needs dictate. If you come to Penn, get the writing seminar out of the way. It's unavoidable. Don't be that senior who had to use an elective slot on a writing seminar.” – Anthony Carradorini, '17, CBE***

***“For me, the 1st year of college was tough. My chemistry and physics background went by in a flash and I found myself to be utterly lost by the first month. If this happens to you, don't worry because you are not alone. During this time, it's important that you really pin-point studying habits that work for you and find classmates to study with. I found my best friends when doing this! Also, don't let professors intimidate you--they are here to help you and don't be afraid to bug the heck out of your TAs. In terms of out-of-class activities, I would say get involved in anything that perks your interest--be it research, clubs, or arts groups. This 1st year in college is to really discover what your passions are, so don't feel bad or afraid to take that leap of faith and change your majors. College is really the best four years of your life and you don't want to be miserable studying something you aren't passionate about.” – Amy Lee, '15, CBE; 2<sup>nd</sup> Year Masters, Bioengineering***

***“Know how to do your own laundry.” – Carly Catella, '18, CBE***

***“Have an open mind to trying new things out; explore new interests you feel you never had a chance to try.” – Jim Zhang, '17, Computational Bio***

***“It's okay not to be okay! It's a tough transition and no one will judge you for struggling a bit with the transition.” – Casey Krickus, '19, Bioengineering***

***“Lean towards saying yes to things instead of no, though still use judgement of course. Don't be afraid to change your mind on ideas you had in high school, and always seek out opportunities to get more involved.”***  
**– Allen He, '19, CIS**

***“Get used to taking care of yourself emotionally and physically (like eating to keep your brain healthy).” – Nick Jang, '19, DMD***

***“Choose people to surround yourself with that will build you up and encourage you. Be willing to take risks and move out of your comfort zone. Don't pretend to be someone you're not, and be confident in your abilities!”***  
**– Andrea Lin, '19, DMD**

**Not only have we seen you grow and excel these last few weeks, but we have also learned from you. We hope that you have developed friendships that will endure, soaked in lifelong knowledge, and discovered your strength when pushed. You will go far, but do not be afraid of failure. We wish you luck in your bright future! And with that, we must bid you adieu.**

**Love,**

**Your RTAs**