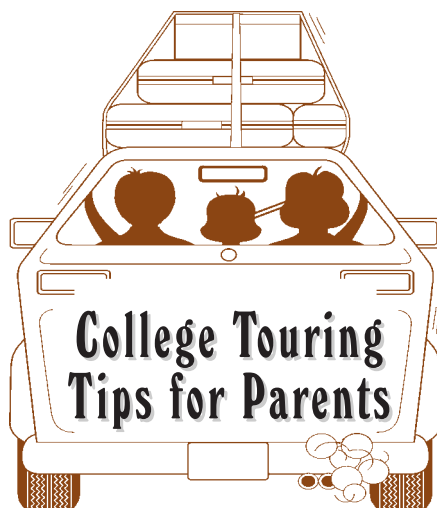


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Irvine Unified School District
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You envision a college degree as part of your child’s future. So choosing a college where they’re comfortable, happy and can be successful is important. But you’re also curious if that school’s party reputation is deserved, and if your child really understands what it’ll mean to be six states away in a town with no major airport.

As you accompany your teenager on college campus tours, how do you make the most of each visit? And how do you get the information you need without stepping on your teen’s toes? Experts say successful college touring begins before you ever step foot on campus.

Let the student take charge

College admissions directors agree that one of the biggest mistakes parents make is helping their students too much. Some colleges are even banning parents from the campus tours in order to give the students more freedom during the visit.

“Let the students set up the visit and take the lead on question asking,” says Christopher Tremblay, Director of Admissions at Gannon University in Erie, PA. “It’s important to let the students sit in the driver’s seat.”

Ask the right questions

That said, experts recommend working with your student to set clear goals

before the visit and helping draft a list of targeted questions to ask during the tour. The college selection criteria a student is using may not mirror that of their parents. Before the tour is a good time to talk about some of those differences.

Tremblay recommends the following questions:

- How does the admissions process work?
- What forms of financial aid are available, and how do I apply?
- What academic support systems are offered to students?
- What activities/events take place on the weekends?
- What kind of academic advising is found on your campus?
- What are the benefits of attending your school?
- What is on-campus living like?

Of course, every family is unique with its own unique concerns. But parents should be mindful of questions that might send their child to the far side of the tour group. For example, experts say safety is a huge issue with parents, but often one that students wish they wouldn’t dwell on. To avoid a conflict that could potentially embarrass the student, they suggest visiting the college’s website before or after the tour to get the information they need.

“Parents are good at spotting red flags based on life experience,” Hirsh says. “Parents should form leading questions that they can ask their students after the college visit. This lets the students know how the parents feel about an issue without embarrassing them.”

Keep the lines of communication open

“Get used to talking to your student about the different colleges you visit. Compare notes. Learn how to help your child define what he or she is looking for in a college,” says Lou Hirsh, Director of Admissions at the University of

(Continued on next page)

COLLEGE TOURING *(Continued from page 1)*

Delaware in Newark, DE. “The kids ultimately need to decide where they are going to be most comfortable.”

Some practical tips for the road

Beyond the must-dos, Margy Arthur, owner of College Campus Tours Inc. in Tahoma, CA, offers up some practical tips for the road:

- Don't plan to visit more than two colleges a day.
- Make sure you've got a pen and paper handy to take detailed notes.
- Get a map of the college and parking information ahead of time.
- Try to visit schools on good weather days. Dashing from building to building on a rainy day can put a damper on your visit.
- Visiting schools around noon will give you a better feel for the atmosphere than visiting late in the day when the activity is winding down.
- Check out the bulletin boards around campus to find out what activities are going on, keeping in mind that summer is not as busy as the fall and spring terms.
- Don't judge the school based on its tour guide.
- Do some additional exploring on your own after the tour.
- Talk to current students about the kinds of activities available on the weekends.
- Eat a meal on campus. This gives you an opportunity to eavesdrop on what the kids are talking about so you can get an idea of what kinds of students are attending the college.
- Get the name and title of all staff members that you meet during the tour.

“Some parents put more stock in the name of the school than the interest of the child,” Arthur says. “It's important to find a place that meets your student's needs and abilities. Ask the questions that will help you find a good match for your child.”

SOURCE: Jennifer LeClaire for Fastweb



COLLEGE ADMISSION GAME PLAN

Sophomore

Sophomores should take the SAT in subjects they will not be continuing in their junior year or in courses that have brought them to the proper level for tests.

Sophomores might take the SAT for practice. However, remember that the Educational Testing Service submits all scores to colleges – not just the best scores. Many schools only consider the top scores but it is important to keep this in mind if you do decide to take the SAT as a sophomore.

In some cases, sophomores may want to apply for scholarships in advance or to apply for special college programs as high school students. The SAT may be required in these instances before the junior year. Also, there is much discussion about the value of taking the SAT several times. As long as scores continue to improve, keep taking the tests, because practice can help raise scores.



Junior

Narrow your list of colleges and plan to visit some during spring break. Call the campus and see when they have tours available. Surf the Internet and use the college resources in the guidance office and library.

Sign up to take the SAT, SAT II and/or ACT. Check registration deadlines (in this issue). UC requires two SAT II tests in 2 different subject areas. Private university requirements vary, but usually require one or two SAT II tests. Check on the web or with your counselor for specific school requirements.

SENIOR SPOTLIGHT

Remember to monitor your applications to be sure that all materials are sent and received on time and that they are complete. Stay on top of things and don't procrastinate. You can ruin your chances for admission by missing a deadline.

If you completed a FAFSA, you should receive your Student Aid Report (SAR) within four weeks of submitting the FAFSA. Review the SAR carefully and check for any inaccuracies. If necessary, correct any items on the SAR and return it to the FAFSA processor. If you haven't received your SAR after four weeks, contact the Federal Student Aid Information Center at (319) 337-5665.

Complete scholarship applications. You may be eligible for more scholarships than you think, so apply for as many as you can!!

Enjoy the second half of your senior year, but beware of senioritis! You're not done yet!!



SCHOLARSHIPS

☐ Sun Trust Off to College Scholarship

Award: \$1,000

Eligibility: Seniors. *Not* based on GPA or financial need. 15 chances to win – one winner every two weeks from Oct.-May
Website: <http://www.suntrusteducation.com/sweeps/default.asp>

☐ Patrick Kerr Skateboard Scholarship

Award: \$1000 - \$5000

Eligibility: High school senior with a 2.5 or higher GPA planning on attending a 2 or 4 year college. Must be a skateboarder.

Website: www.skateboardscholarship.com

Deadline: April 20, 2006

☐ University of Michigan - The Geisinger Scholarship Program

Award: \$20,000 annually

Eligibility: Students must be admitted to the College of Engineering at the University of Michigan.

Website: www.engin.umich.edu/students/current/scholarships/New_Students.html or call (734) 647-7113

☐ Orange County Community Foundation - Centennial Babies

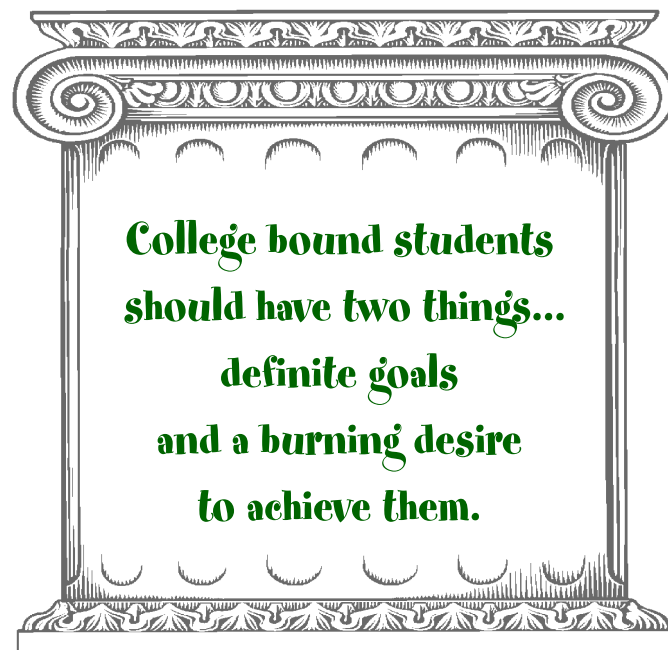
Eligibility: Students born in Orange County between August 1, 1988-August 1, 1989. See website for more information.

Website: www.oc100.org.

☐ Quest Scholars Program

Eligibility: Quest Scholars Program is a national non-profit organization dedicated to connecting high-achieving low-income students with scholarships, internships, mentorships and other educational opportunities

Website: www.questbridge.org



☐ Bruce Angwin Memorial Scholarship

Award: \$3,000 - \$5,000

Eligibility: High school juniors that will be majoring in electronics engineering or an approved associated field. High school transcript and essay required.

Website: http://coe.isu.edu/iecc/Bruce_Angwin

Deadline: May 1, 2006

☐ Chinese Association of Orange County

Award: \$400 - \$1000

Eligibility: Chinese ancestry, high school senior, and 3.0 GPA. Applications available by writing to: CAOC Scholarship, 20092 Ivy Glenn Dr., Suite 100, Laguna Niguel, CA 92677.

Deadline: April 1, 2006

☐ Santiago Canyon College Scholarship

Award: Twenty-three Scholarships ranging from \$500 to \$2,200.

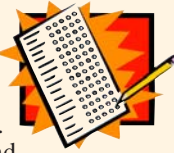
Eligibility: These scholarships are designed for students that will be attending SCC full time in the Fall 2006 and Spring 2007. Applications available in the counseling office, or you can call Outreach at (714) 628-4808.

Deadline: April 14, 2006



AP... Advanced Placement

AP, or Advanced Placement, is a program which gives high school students the opportunity to take college-level courses while in high school.



AP courses teach you skills that can lead to success in college. You'll develop the writing skills, problem-solving techniques, and study habits that will prepare you for college academics. Plus, taking rigorous AP courses demonstrates your maturity, willingness to push yourself intellectually, and commitment to academic excellence, *which can help you stand out in the college admissions process.*

Each AP Course has a corresponding AP Exam that is graded on a scale of 1 (low) to 5, with a grade of "3" considered the equivalent of a C in a comparable college course. Schools administer the exams worldwide in May and college faculty and secondary teachers grade the exams. If you're worried about how well you will do, remember, you risk nothing by taking the exam (although the cost is \$82). You control which colleges (if any) receive your AP Exam grade.

Individual colleges and universities grant course credit or placement. Because it varies from school to school, you should obtain a college's AP policy in writing. You can usually find this information in the institution's catalog or on its website.

You'll also have the opportunity to earn an AP Scholar Award. Each September, the College Board recognizes high school students who have demonstrated exemplary college-level achievement on the AP Exams through AP Scholar Awards. These awards do not carry any monetary value, but they are academic distinctions that you can include in your resume and applications.

Students enrolled in an AP course need to order and pay the exam fee during March. Your teachers will most likely give you the deadline information, or you can always check with your school's AP coordinators.

A Comprehensive "Bulletin for AP Students and Parents" can be found on the College Board website at www.apcentral.collegeboard.com

2006 SAT & ACT Test Dates

To register for the SAT & SAT II, log on to www.collegeboard.com

SAT & Subject Test Dates 2005-2006

<u>Test Date</u>	<u>Due</u>	<u>Late</u>
April 1* <small>*SAT ONLY</small>	Feb. 24	Mar. 8
May 6	April 3	April 12
June 3	April 28	May 10

To register for the ACT, log on to www.actstudent.org

ACT Test Dates 2005-2006

<u>Test Date</u>	<u>Due</u>	<u>Late</u>
April 8	March 3	March 4-17
June 10	May 5	May 6-19

2006 AP Exam Schedule

Date	Morning 8 a.m.	Afternoon 12 noon	Afternoon 2 p.m.
Monday, May 1	English Language	French Language Human Geography	
Tuesday, May 2	Computer Science A Computer Science AB Spanish Language	Statistics	
Wednesday, May 3	Calculus AB Calculus BC Music Theory	World History	
Thursday, May 4	English Literature	French Literature German Language	
Friday, May 5	United States History	European History Studio Art (portfolios due)	
Monday, May 8	Biology Italian Language & Culture	Physics B Physics C: Mechanics	Physics C: Electricity & Magnetism
Tuesday, May 9	Government and Politics: United States	Government & Politics: Comparative	
Wednesday, May 10	Chemistry Environmental Science	Psychology	
Thursday, May 11	Macroeconomics Art History	Microeconomics	
Friday, May 12	Spanish Literature	Latin Literature Latin: Vergil	



Making the Right College Choice

....*Good advice for every high school student!*



We are faced with little and big decisions every day. Some decisions are easy and can be made without much thought. Others, we labor over. Some, we allow others to decide for us. Students won't always make the right decision — no one does — but developing a decision model can help.

In order to make an informed decision about what college to attend, students will go through several stages in their college search. I've described these stages as:

1. Awareness
2. Identification
3. Research
4. Exploration
5. Anticipation
6. Action
7. Acceptance

Potential college-goers make decisions in stages one through six. Colleges choose students in the last stage, the stage that gets the most attention. In many cases, students change their criteria or priorities when students move from one stage to another. For example, at stages one and two, prospective applicants may consider only UCLA or Berkeley, but may eliminate them after gathering information in stage four.

Awareness

Students should talk to their guidance counselors and discuss their needs and strengths. Too often, students become interested in colleges based on the views of others. Students should forge their own path and consider colleges that meet their own needs. They need to be honest with themselves by assessing their current needs and strengths as well as their hopes for the future. They need to look for a college that will support who they are. Doing a self-study or even a college personality

survey is a good way to start.

Research

While it's not possible to try out a college before enrolling (as one might test drive a car before purchasing one), students can get more information by researching guidebooks, brochures, catalogues, websites and other college resources. In addition, by getting on college mailing lists, students can receive notification of upcoming informational sessions in their area or school. They can also separate college facts from college myths by talking to and questioning college representatives at high schools or college fairs.

Identification

Students should work with their counselor on a list of colleges that match their needs. An excellent list of college search sites is available on the UCTV website at www.uctv.tv/collegebound/.

Exploration

Seeing is believing! The best time to visit a college is during the academic year when campus life is in full swing. After the tour, prospective applicants should wander out on their own and eat in the dining hall (not only to taste the food, but to talk to students) to discover what the students like and dislike about their school. Nothing compares to talking to people who have first-hand experience. In the process, students can create their own "Road Scholar Notebook" and take notes about the visit.

Anticipation

Students should look at each prospective college and anticipate the positive or negative consequences of attending. For example, it may be more suitable for an applicant to be a big fish in a little university than a little fish in a big

university. One way they can gauge the appropriateness of a particular college is to compare their academic and personal qualifications with those students who are typically admitted. These include the number and rigor of high school courses; GPA and standardized test scores, extracurricular and leadership activities, special talents, community service and other student profile indicators. High school guidance counselors are a good source for this kind of information.

Action

Colleges cannot accept students who don't apply. Applicants must take responsibility for this action and follow directions carefully. They must also pay attention to all deadlines, including housing and financial aid.

Acceptance

If an applicant has done his or her homework, this part should be easy. If he or she is still having problems deciding, then it may be time to compare colleges by doing more research on the personality of colleges using guide books such as *The Fiske Guide to the Colleges* or *The Insider's Guide to the Colleges*. Once a decision has been made, students should be sure to mail their Statement of Intent to Register (SIR) by May 1.

Never Too Late

If circumstances change after enrolling, it isn't the end of the world. Students still have options. They can consider transferring or figure out how they can make the best of their original decision. However, if they have followed all the steps carefully, chances are they are making the right choice.

SOURCE: Barbara Schultz, Beckman High School Counselor printed with permission from UC's "California Notes."

PLAY BALL! : College Athletic Scholarships

How would you like to play your favorite sport on a college team and get financial assistance for it? You can! According to the National Collegiate Athletic Association (NCAA) about \$1 billion worth of scholarships are awarded to around 126,000 student athletes every year. Getting an athletic scholarship is challenging, but you can make it easier on yourself by learning the facts and making a game plan.

Myths and Facts of College Athletics

Maybe you're not Michael Jordan. Still, don't give up until you know the facts about getting and keeping an athletic scholarship.

- Some people think that in order to get an athletic scholarship for college, you have to be an all-star athlete in a major sport like football, basketball or baseball. But actually, there are scholarships for athletes who are good (not necessarily superstars) and who play sports like lacrosse, badminton, rowing, archery and volleyball. To make it happen, you need to plan ahead, research your options and pursue those scholarship dollars.
- Getting an athletic scholarship doesn't mean you'll cruise until you graduate. Athletic scholarships are awarded for one academic year at a time. While there are no guaranteed four-year athletic scholarships in NCAA Division I or II, one-year scholarships can be renewed annually for a maximum of five years within a six-year period.
- Don't think that if you're good enough to play in college, the colleges will contact you. There are 568,500 high school seniors playing football, men's basketball and women's basketball. Across those three sports there are roughly 24,800 positions available for college freshmen. So if you want to be eligible for an athletic scholarship, you have to show recruiters that you're the player they've been looking for.

Marketing Yourself

Someday, you may make your fortune as a sports superstar selling soft drinks and shoes. But for now, you need to concentrate on selling yourself to college recruiters. Here are some tips to help you promote yourself.

- Start early. Begin thinking about your collegiate athletic/academic plans in your sophomore year.
- Maintain good grades. You won't be playing at a college unless you have the minimum requirements to attend.
- Collect news articles and videotapes that demonstrate your athletic performance.
- Talk to your high school coach about



- which athletic programs fit your qualifications.
- Select the schools that are right for you, taking into consideration the quality and admission requirements of the athletic and academic programs.
 - Find the name of the coach of your sport at each college you are considering. Write letters stating your interest in their programs and your academic and athletic goals and achievements. Include statistics, records, honors, clippings and videotape, if applicable, and let them know you require financial aid.
 - Apply. College coaches will take more of an interest in you once they see you are serious about coming to their school.
 - Keep in contact with the coach by inquiring about the status of your application and by visiting the school.

Get Connected

Most collegiate athletic programs belong to an association. Each association has different regulations regarding eligibility and financial aid, so become familiar with the specific rules—you don't want to ruin your chances on a technicality. Consult these websites for more information:

- National Collegiate Athletic Association, <http://www.ncaa.org/wps/portal>
- National Association of Intercollegiate Athletics, <http://naia.collegesports.com/>
- National Junior College Athletic Association, <http://www.njcaa.org/>

If the school you are interested in is part of the NCAA, familiarize yourself with its particular division; there are different regulations for each division.

Like any sport, getting an athletic scholarship means playing by the rules and working hard. Keep this in mind and you might just win the athletic scholarship game!

SOURCE: Roxana Hadad for Fastweb

Important Information About Division I and Division II Initial-Eligibility Changes

The Division I and Division II initial-eligibility requirements have changed.

WHAT IS THE NEW RULE?

The new requirements increase the number of required core courses from 13 to 14. The additional course may come from any of the following areas: English, mathematics, natural/physical science, social science, foreign language, non-doctrinal religion or philosophy. Please see the **important notice below** about the elimination of computer science.

For the classes of 2005, 2006 and 2007: Division I and Division II

If you plan to enter college in 2005 or after, your eligibility will be determined under the new rule. That means that you must have 14 core courses to be eligible to practice, play and receive financial aid at a Division I or Division II school.

For the class of 2008: Division I only — 16 core courses

If you plan to enter college in 2008 or after, you will need to present 16 core courses in the following breakdown:

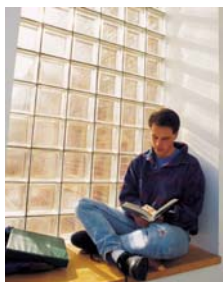
- 4 years of English
- 3 years of mathematics (Algebra I or higher)
- 2 years of natural/physical science (one must be a lab science)
- 1 year of additional English, math or science
- 2 years of social studies
- 4 years of additional core courses (from any area listed above, or from foreign language, non-doctrinal religion or philosophy)

Computer Science being eliminated for core-course purposes

Computer science courses will no longer be used for initial-eligibility purposes. This rule is effective August 1, 2005, for students first entering a collegiate institution on or after August 1, 2005. Computer science courses (such as programming) that are taught through the mathematics or natural/physical science departments and receive either math or science credit and are on the high school's list of approved core courses as math or science may be used after the August 1, 2005 date.

Coping with Homework Horrors

Do you have a hard time keeping your child motivated to do homework? Start here for tips on helping your child get his assignments done with a minimum of tears.



Even if your child is an excellent student, you can't assume that he will always dutifully do his homework. One day he may eagerly attend to his schoolwork and the next he might be obsessed with sports and dances. Here are some helpful tips for taming wandering minds during those times when academic enthusiasm lags.

Set aside a regular time and location for study. Give homework its own special time and place, and if your child is in middle or high school, let him set his own schedule.

Take it step by step. Particularly in the upper grades, sometimes children get overwhelmed by the amount of homework they have to do. Encourage your child to calmly figure out what needs to be done and how much time it will take, and then create a plan. Help your child break each assignment down into manageable steps.

Provide a quiet, well-lit environment. It's best to do homework in a room that has good lighting and is relatively quiet. This reduces distractions and helps to maintain concentration.

Allow time for some after-school fun. Students need to take a break from academics. A healthy balance between work and free time will not only contribute to better performance, but will also help your child develop valuable time-management skills.

Help out. You shouldn't have to do your child's homework or reteach the material covered in class, but you can help out by showing an interest, making yourself available as a resource and by encouraging independent problem solving. For example, if your child is doing a project on presidential elections, point out related articles that you've come across in the newspaper.

Praise a job well done. Kids, no matter what their age, need to know that they are doing a good job. Be vocal about their successes and encourage them to keep up the good work (especially as the year draws to an end and a tendency toward laziness may settle in). A little praise will go a long

way in building confidence and healthy study habits.

Share concerns with the teacher. If, at any point in the year, your child seems to be losing motivation and you've exhausted all attempts to reinvigorate him, share your concerns with the teacher. You'll

want to determine if the problem is the quantity of homework, the assignment itself or your child's attitude toward school. An open dialogue with the teacher goes a long way in avoiding potentially serious problems.

SOURCE: greatschools.net



Research Summer Programs Now

It may be colder and dark outside, but thinking of balmy summer days is a great cure for the winter blues. While you're dreaming of sunny afternoons at the beach, summer blockbusters, and sleeping in, start thinking about summer programs as well. Summer vacation is a great time to explore academic, athletic, or artistic interests outside of the typical school setting. You'll also have an opportunity to see new places and start new friendships.

Many colleges and universities offer academic enrichment programs over the summer, which are either sponsored by the school or by an outside organization that takes up temporary residence on campus. You can take classes for high school or college credit, prep for the SAT,* or, if you're gifted in a particular subject area, you can take intensive courses. For example, some schools, including [Stanford University](#) and [Hampshire College](#), offer rigorous summer camps for mathematically gifted students where they can challenge themselves with intense college-level courses. At [Mt. Holyoke College](#), [University of Nebraska](#), and [Smith College](#), you can apply to special math and engineering programs geared towards women. [Georgia Tech](#) and [MIT](#), among others, offer special enrichment programs for minorities.

If you'd rather not study Venn diagrams in your leisure time but are interested in learning something this summer, try an athletic or artistic program. In addition to the hundreds of tennis and basketball camps out there, you can also find opportunities to bike cross-country, go on wilderness hikes, or write and direct your own short film.

Alternatively, you can gain leadership experience and possibly earn cash this summer by working as a camp counselor at an arts or athletic program for younger kids.

If these programs don't excite you, grab your passport and head to a summer abroad program in Spain, Israel, or wherever else you've been longing to go. Many summer abroad programs combine educational and cultural experiences for an unforgettable trip.

No matter what you do this summer, if you **take time to research and find a program** that suits your goals and interests, you'll not only enhance your resume and have interesting material for your college application essays, but you may also discover your dream college and your future educational interests.

Learn more about the summer programs discussed in this article:

Mt. Holyoke College's Summer Math Program
 University of Nebraska's All Girls All Math Program
 Summer Engineering and Science Program at Smith College
 MIT's MITES Program
 Stanford University Mathematics Camp
 Hampshire College Summer Studies in Mathematics
 Georgia Tech

...and check with colleges you're interested in attending to see if they offer any academic and/or athletic camps that might interest you!!



California Scholastic Federation... CSF

Now that the first semester is completed, students may once again apply for membership, if they qualify, to join CSF...a statewide organization honoring outstanding student academic achievement.

To be eligible, students must earn a minimum of 10 academic points. Points are awarded for A or B grades in designated academic subjects. Eligibility is not based on GPA. Applications for membership will be available in the counseling or college/career center office.

Life members (sealbearers) must reapply each semester. To be a sealbearer, the student must be a member of CSF for 4 semesters, starting in the 10th grade and having at least one semester in 12th grade.

How to Set and Achieve Your Goals

Setting and achieving goals is not only how you get things done every day - but it's also how you design your future. By establishing your goals, you can map out exactly where you're going and how you want to get there. Whether you want to get into law school, win a national award or land the job of your dreams, every accomplishment consists of a series of goals.



Set Your Goals High

To get your best results, set goals that require hard work and will be worth achieving. A "B+" in Calculus might be a sure thing, but shooting for an "A" will push you to improve.

On the other hand, don't set your goals too high. If you start out a fitness plan with a marathon, you'll be discouraged if you fail and will stop trying to reach your goal of getting in shape.

Short-term and Long-term Goals

Realize that your plans should be made up of short-term and long-term goals. Short-term goals can be accomplished within a short period of time (anywhere from a day to a year) and can be measured easily. Long-term goals focus on what you plan to achieve in the next several years of your life.

Generally, your long-term goals guide your short-term goals. Sharat Raju, a recent graduate of the University of Michigan, has the long-term goal of being a successful film writer and director. To achieve this goal, he has worked on several short-term goals: taking film classes, freelancing for a video producer, applying to graduate school and writing and directing his own independent film. "You should be doing something every day to help you reach your long-term goals," Raju says.

Keep It Specific

Every goal that you make for yourself should be detailed enough to get you closer to your desired result. "A goal shouldn't be 'to be a better student,'" says Virginia Lacy,

former career services administrator at Northwestern University. "Instead, you should have the goal of obtaining a certain GPA or take classes in an academic area you want to improve." Lacy emphasizes that it's hard to carry out action or measure the accomplishment of a vague goal.

Make Your Goals Real

In order to accomplish your goals, it's important to commit to them. Make a list of your long-term goals and the short-term goals that are going to help you achieve them. Then put your list where it will be a constant reminder, like on a bulletin board or in a daily planner. By putting your goals down on paper, you'll be able to see what it is you're going for.

Stay on Track

Create goals that can be measured. "Measurable goals help you determine your progress on a goal," Lacy explains. Having checkpoints along the way will help you see if you're on track or not. A good way to measure them is with deadlines.

"There's no way I'll get anything done if I don't set deadlines," Raju says. Deadlines give you the structure you need to accomplish your goals. Be firm with your deadlines, but also be realistic. Think about how long it will take you to accomplish your goal, taking into account all of the other things you have to do.

Most importantly, to achieve your goals, you must be positive. Plan to succeed and you'll have a good chance at getting to where you want to go.

SOURCE: Roxana Hadad for www.fastweb.com