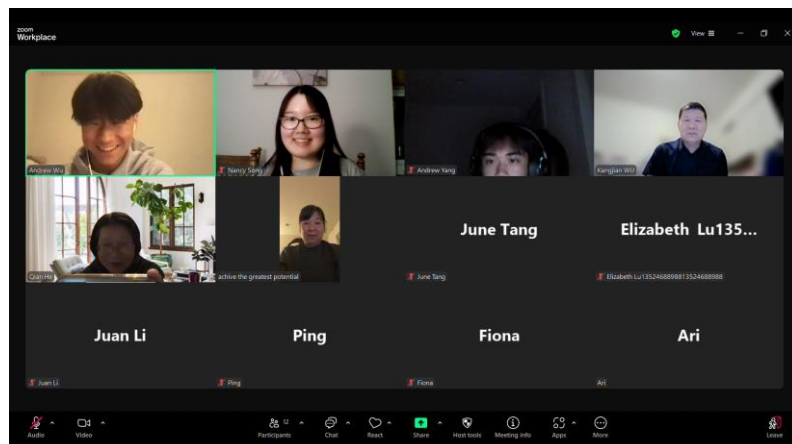
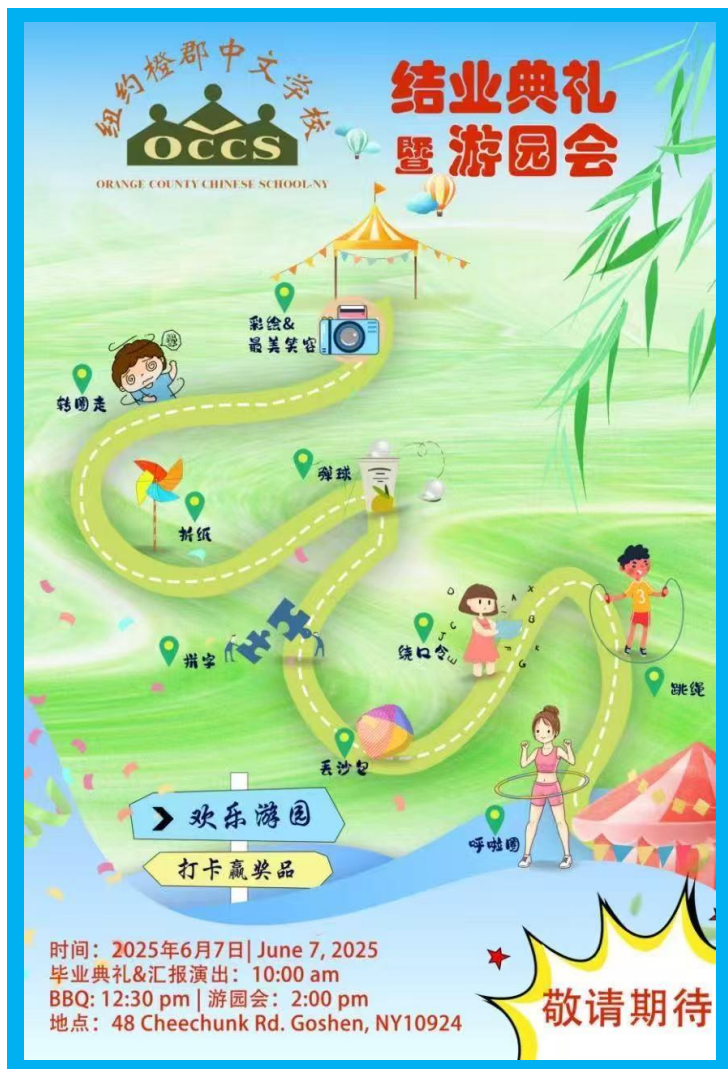




OCCCA NEWSLETTER May 31, 2025

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Big thank you to CCHS Class of 2025 Valedictorian and OCCS SGA Co-President **Andrew Wu** who gave an extensive college application talk via Zoom Meeting on Saturday, May 24, 2025! Full transcription with slides and Q&A on pg. 3-12.

纽约橙郡华人协会新闻简报 二零二五年五月

OCCS Valedictorians & Salutatorians (Updated 2025)

Originally compiled by Pak Leung, updated by Nancy Song & Qian He

橙郡中文学校学生优秀，多年来在橙郡各中学毕业生列首名的不少。值得夸豪。只是我们没有记录。
下面是一些搜索得来的资料。如有错漏，请通知更改。

**Over the past 30 years, many OCCS students have ranked 1st or 2nd in their graduating high school class.
The following is a non-exhaustive list of our OCCS Valedictorians and Salutatorians.
If anyone's information is missing or incorrect, please contact us right away.**

Year	Name	中文名字	Title	High School	College Attended
2025	Andrew Wu	吴宪	Valedictorian	Cornwall Central High School	Johns Hopkins University
	Henry Dong	董俊宏	Salutatorian	Goshen High School	Northwestern University
2022	Andy Wang	王安迪	Valedictorian	Cornwall Central High School	Boston University
	Sunny Shi	施珊妮	Valedictorian	Middletown High School	Harvard University
	Alex Liu	-	Valedictorian	Monroe-Woodbury High School	Binghamton University
	Evan Liu	-	Salutatorian	Monroe-Woodbury High School	Massachusetts Institute of Technology
2019	Jessica Wu	吴蝶飞	Valedictorian	Cornwall Central High School	Harvard University
2015	Amy Wu	吴迪	Valedictorian	Cornwall Central High School	Columbia University
2014	Amy Jacobson	王馨明	Valedictorian	Monroe-Woodbury High School	Cornell University
	Esther Chao	曹妞妞	Valedictorian	Pine Bush High School	New York University
2013	Joni Cheung	张咏易	Salutatorian	Pine Bush High School	Boston College
2012	Kayla Chen	陈淑萍	Valedictorian	Washingtonville High School	Harvard University
2011	Josh Shih	施家琪	Valedictorian	Goshen High School	Harvard University
	Shang Wang	王尚	Valedictorian	Monroe-Woodbury High School	Harvard University
2010	Xinrui Zhang	张新锐	Valedictorian	Monroe-Woodbury High School	Harvard University
2007	Ran Tao	陶然	Salutatorian	Monroe-Woodbury High School	Yale University
2006	Xindi Song	宋欣迪	Valedictorian	Monroe-Woodbury High School	Massachusetts Institute of Technology
1996	Michael Sung	宋贤骏	Valedictorian	Washingtonville High School	University of Rochester
1994	Leonard Sung	宋贤良	Valedictorian	Washingtonville High School	California Institute of Technology
	Dorothy Hui	许文嘉	Valedictorian	Middletown High School	Dartmouth College

Watch the **Class of 2025 Graduates** video created by OCCA Director of Academics Mrs. Kun Tan and OCCS SGA Co-President Anthony Chen [here!](#)



Andrew Wu's Guide to College App Season: How to Survive / Get Started

Edited by Nancy Song

Hi, hello, everyone. If you don't already know me, my name is Andrew Wu and I'll be talking about my college experience in terms of college apps, how to survive, and how to get started. This Zoom Meeting is mainly directed towards sophomores and juniors but if you're a freshman or in middle school, that's still fine because this kind of goes over everything you need to know in terms of essays, activities...

Who Am I?

So who I am in a nutshell is—once again, my name is Andrew and I'm from the Class of 2025 for Cornwall Central High School. I am my class's Valedictorian out of—we're a relatively small class—243, and I've been in the Cornwall school district ever since kindergarten so I've been here for a very long time, and I've applied to a lot of different colleges—over 15. I think the exact number is 17 or 16? It's one of those two but it's over 15, and I've recently gotten off the waitlist for Vanderbilt engineering; I got into Stony Brook Honors College—which is around a 10% acceptance rate tops, which is just below 10% this year; NYU, which had around an 8% acceptance rate this year; Johns Hopkins, which was 5%; and Boston College, which was around 10% this year.

What Will We Learn/Do?

So basically, college apps are incredibly difficult and if you're going into your senior year, there's a lot to do. I thought junior year was going to be my hardest—junior year is definitely a hard year—but I thought the first semester of senior year was definitely one of my hardest years because it was like essays on top of applying for scholarships on top of schoolwork on top of competitions on top of like basically everything. And so, what I'm going to be going over in this presentation is a broad overview of Terms you need to Know, your Agenda and Deadlines—and like a basic premise of what you need—an Activities List Guide because a lot of times, people go over the essay but they don't go over how to really do the activities, and I've seen a lot of my friends just do the Activities List wrong and I have to go over it with them, and I think it's been the most asked question I've gotten from a lot of my friends; also the Personal Statement because it's a universal part, and some Final Advice because this is kind of a thing for you guys—I want you guys to ask me questions because the college app guide is incredibly weird and I feel as if there are a lot of broad questions that can be answered here, but if you have anything specific then you can ask me.

Application Platforms

First off, your common platforms are going to be your Common App and the Coalition App. So the Common App is this one big application for a bunch of your schools. I think almost all my schools I used the Common App, and Common App is this “scary website” that I used to be able to apply, and you have to fill out a bunch of info, like your family info, where you're from, address, and like a bunch of other things like your school, and you want to get used to the Common App pretty early. If you can start it earlier, it's better because I kind of started it like a little bit later than I was supposed to and I started filling out the info, like the family section—which is kind of what I was

Me during college apps.



Who Am I?

My name is Andrew Wu (CCHS 2025)

- This year's valedictorian
- Cornwall Dragon since 2012
- Applied to a variety of colleges! (15+)
- Survived college app season



What Will We Learn/Do?

Andrew Wu's Guide to College Apps



Terms to Know

A lot of people do not actually know these even though they hear them a lot!!!

Basic Agenda / Deadlines

A general guide of what you should be doing from junior summer to college apps!

Activities List Guide

Not many actually know how to format / go about this section. It's rarely ever brought up or actually taught.

The Personal Statement

The big essay that everyone must right and most likely submit to their future colleges!

Final Advice

ASK ME QUESTIONS!!!

Application Platforms

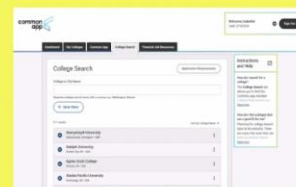
Common App

- One application, many schools
- Most-used platform (but not UC schools)



Coalition App

- Similar idea, fewer schools use it
- Skip unless required



supposed to do a lot earlier—pretty late, so that kind of made me a little annoyed because it took me like 3 hours to do that. It's rather long, especially since every college you apply to—it's going to repeat and you're going to think it's rather useless—but every college needs its own requirements and you're going to have to repeat it over and over again, and that kind of took a while.

And the less common one is the Coalition App. Very few colleges use this because most are transitioning towards the Common App but if you do see one, oftentimes it's going to be similar to the Common App; and also if you're going to be applying to schools in California, like the UC schools, they have their own separate section, which I won't be really going over throughout this, but I do know they have their own set of questions and their own guidelines.

Financial Aid Forms

Some common things you need to know, especially since college is really expensive: the two main financial aid forms are FAFSA and CSS Profile. FAFSA is a free form for federal aid—it's like grants and loans—and it's used by almost every college and it's based off your parent and student tax info. You want to get this started as soon as possible because a lot of times, FAFSA will randomly crash and if you submit it—it doesn't really matter how late you submit it, but I do recommend submitting it or getting it over with earlier—so when you submit it, your FAFSA form doesn't come back like so late for some reason and you don't know how much money you'll get.

And then the lesser known one is the CSS Profile. It's used by a lot of private colleges for their own personal aid. If you want to get a financial grant from a private university, you're going to want to fill out the CSS Profile. It asks for a lot more details—which is why it's kind of an addition to the FAFSA—and it's not free, but waivers are available. The CSS Profile is through College Board. When I say it's not free, it's like \$15 to send in a CSS Profile for like all your colleges so it's not very pricey. But I feel as if in the long run, it's going to give you a lot more money if you get maybe a research-based grant or just a grant from the college itself that they have.

Categorizing Schools

The main part that people want to go into is knowing the 3 different categories of your schools. You have your Safety Schools, your Target Schools, and your Reach Schools. A lot of people think like, *"Oh, safety schools, I'm 100% going to get in!"* and that's kind of what it is, but an easier way to think of it is like: think of your own GPA, your own courses, and think, *"How likely am I going to get in based off this compared to their general dataset?"* If your test scores or grades are way above it, then it's considered a safety. A lot of people consider these backups but I want you guys to know that safeties have to be real options. It's not like, *"Oh, I just want to apply here because all my friends are applying!"* Sure, that's true, you want to go where your friends are going or you're like, *"Oh, maybe I'll just get in here because it's fun!"* or *"I'm just applying for fun"* yeah, but schools—when you apply—they cost money! So you don't want to waste like a random \$50 or \$80 just randomly applying to a school where you're like, *"Yeah, I'm not going to go there—no, there's zero chance"*. Choose safety schools that you actually want to go to, or even if it's like, you don't really want to go to—you would be happy going there.

And then the next one is target schools. I call them "match schools" because you've got a solid shot. It's where you're around the average where they would admit and these schools might say "yes" or "no", but it really depends. Normally these schools are around, I'd say, 30%-40% acceptance rate because they could say "yes", they could say "no", but ultimately it depends on how much of a match you are for them—that's why they're called the "match schools". *Do you fit what they actually want?*

And then lastly you have the reach schools, and the reach schools—basically all of them are below 20% acceptance rate. Just anything below 20%, consider it a reach, no matter what. They're very hard to get into obviously because they're known as reach schools or dream schools. Even the best students—no matter you think you're qualified, or you think this person didn't deserve it, or you deserve it more—it gets really competitive and toxic when it comes to the reach schools, but don't let that deter you from actually applying to them. You should still try to actually apply to them because oftentimes these reach schools will have things and opportunities that these target

Financial Aid Forms

FAFSA

- Free form for federal aid (grants, loans)
- Used by most colleges and some states
- Based on parent/student tax info
- **Everyone should fill it out**



CSS Profile

- Used by many private colleges for *their own* aid
- More detailed (asks about home, savings)
- Not free — but waivers are available



Categorizing Schools

✓ Safety Schools

- Schools where you're **very likely to get in**
- Your grades/test scores are **above what they usually take**
- You'd actually be **cool with going there** — not just a "backup"

🎯 Target Schools

- You've got a **solid shot**
- Your grades and classes **match what they usually admit**
- These schools might say yes, might say no, but you're in the range

🚀 Reach Schools

- Harder to get into because of **low acceptance rates** or **higher expectations**
- Even the best students get rejected sometimes
- Doesn't mean you shouldn't try — just know it's a stretch

💡 *General Tip:* Most students apply to ~2 safeties, 3-6 targets, and 2-4 reaches.

WHERE DOES EVERYONE WANT TO GO??



schools or safety schools would not be able to match, and that's why reach schools for a lot of people are their dream schools—because they give so many different opportunities to expand and grow and develop your own kind of education there. A general tip is that most students apply to around ~2 safeties, 3-6 targets, and 2-4 reaches. The 3-6 targets and 2-4 reaches do differ based on the person or their applicant, but this is kind of like a general range of how many you should apply to. So I'd say around 8 is like the normal amount that people apply to and on the higher end, it's anything above 12—that's like the higher end of how many colleges people will probably apply to. But this is not like a set thing—this is typically how many people apply this year.

WHERE DOES EVERYONE WANT TO GO??

Okay, I just want to ask: where does everyone want to go to? Because I feel as if I want to tailor this to those based on where they want to go or my experience with that college because I might know a little bit about it—because I've watched probably thousands of those

videos because they pop up on my TikTok For You Page a lot. Alright, Ari said University of Washington, Seattle—I know she wants to go there. Andrew Yang, where do you want to go? Name any school you’ve heard of that you think you would be interested in! NYU? Alright, I did apply to NYU. Vanderbilt—alright, Vanderbilt is a very hard and unique school. I have experience with Vanderbilt, I have experience with NYU. I do not have experience with University of Washington, Seattle, but I do have friends. UCLA is also one that I don’t have as much experience with, and Binghamton—yeah, I did also get into Bing. I do have at least some experience with a majority of these schools. Alright, so moving on from that...

Application Deadlines (Part 1)

Agenda and deadlines—so there’s something known as Early Action. A lot of people don’t know the difference between Early Action and Early Decision, which I don’t blame them because I had no clue what they were either. Early Action is where you apply around November 1st-ish. It’s around that deadline, and it’s basically where you apply to a school because you want to go there—it’s like one of your top choices—and normally it’s going to be a public university that offers Early Action, and they’re not binding and you get to apply to multiple because they’re oftentimes public universities. I feel as if some common Early Action schools would be like your SUNY schools, like Binghamton. I’m not sure if University of Washington has it—I do believe UW might have Early Action ([the UW does not participate in early decision or early action admission](#))—I’m not exactly sure but it’s oftentimes a lot of public universities like University of Virginia, your SUNY schools, University of Florida—those will be your schools that will be Early Action.

Early Decision is the one that’s scarier because it’s binding and it’s basically if you get accepted, you have to go there. It’s normally going to be your #1 choice because that’s where you want to go to because it’s your dream school. It’s where you always wanted to go to, even regardless of the aid. One tip though, one thing to be careful of is Early Decision oftentimes—you don’t get to barter for your aid if you apply Early Decision. Once you’re in, it’s very difficult to be able to barter for aid, and I’ll be kind of going over more in-depth later on about that.

Application Deadlines (Part 2)

And then there’s Regular Decision: this is where you apply around January 1st to 15th and it’s where you basically get to apply to as many schools as you want if Early Decision didn’t work out or if Early Action—you’re not exactly sure if you want to go to these schools anymore. There are these deadlines and January 1st-15th is oftentimes when this will come around, and this is where you apply to basically wherever you want on your entire list.

And then there’s Rolling Admission—Rolling Admission is a little bit different because you get to apply anytime and they kind of respond in like a rolling pattern where it comes out in cycles, where you can be admitted at any time—there’s no like set date. Rather than being one set day, it just comes out in cycles, where you can be admitted at any time—there’s no like set date. Rather than being one set day, it just comes out in bursts and cycles. I guess some common schools that do that are Rutgers and also some SUNYs like Binghamton and Stony Brook also do rolling admissions.

Early Action vs. Early Decision

This is basically kind of a general consensus of what Early Action

Application Deadlines (Part 1)

Early Action (EA)

- Apply early (Nov 1-ish), get early decision
- Not binding — apply to multiple

Early Decision (ED)

- Binding: you’re going if accepted
- Only do it if it’s your #1 and you’re okay with the aid

Application Deadlines (Part 2)

Regular Decision (RD)

- Jan 1–15 deadlines
- Apply to as many schools as you want

Rolling Admission

- No strict deadline
- Apps reviewed as they come in

Early Action vs. Early Decision

Non-Binding

- You can back out if you change your mind
- You can apply to as many colleges as you want
- You can compare financial aid packages
- You typically apply in November and are notified in December

Binding

- You must attend the college if accepted (unless financial aid is not enough)
- You can only apply to one college using ED
- You must withdraw all other applications if accepted
- You cannot compare financial aid offers

vs. Early Decision is. Early Action is non-binding, you get to compare your financial aid packages—that’s the good part, that’s the very important part because what you want to be able to do is kind of go between colleges and compare their financial aid packages. Like say you got \$10,000 from Stony Brook and Binghamton offered you \$0—you’re going to be like, “Well, Stony Brook offered me a lot more so I’m going to go to this other school if you don’t give me more money,” and that’s oftentimes where you kind of just go between them. You typically apply in November and are notified in December. Mid-December is where you get back your non-binding or binding decisions, and your binding decisions—you have to withdraw all your other applications if you are accepted. Like I know one of my friends—he got into University at Buffalo Early Action but he got into Boston University Early Decision, so he had to rescind and withdraw his application to University at Buffa/o because he’s going to Boston University now.

Waitlist Warrior...

And then there's the very scary but very real and harsh waitlist. So what happens is that you can either be deferred or waitlisted—and deferring refers to your Early Action or Early Decision—and basically they're pushing your app to Regular Decision. You're still in the running but the thing is, they've already reviewed your application and they're going to be comparing you again in the Regular Decision cycle to other applicants with your major and your area and basically those who are similar to you to see if you are worth accepting. It doesn't necessarily mean you have a lower chance, but it does mean you weren't strong enough in the early application cycle—but you could be strong enough in the regular decision cycle, and even though it does seem kind of scary, you still have an equal chance. They genuinely mean by the fact that they say, *"You have an equal chance in both Regular and Early Decision no matter if you were deferred or not"*. And what waitlist means is that you were not accepted or rejected, obviously. They might admit you later if a spot opens and this is oftentimes after the May 1st deadline. May 1st is when you have to commit to a certain college and the thing is, you have to put a deposit fee—but if you have a school that is a lot better than the one you're going to currently, this is when you're going to be able to send in what's known as a LOCI, which is a Letter of Continued Interest. And if you're either deferred or waitlisted, you basically send a professional letter or email around 500 words that says, *"I still love your school,"* and you're basically going to give them any updates that you've had since January, and that you'd be able to 100% attend if you were admitted. Only say that if it's true though because it's kind of against the morals of saying you want to go to a school even though you got off the waitlist and you're not actually going there. So if you actually want to go there, definitely stay on the waitlist because that is something that could happen if you send in a Letter of Continued Interest because this demonstrates to the school, *"I still want to go here,"* and it more likely boosts your chance of actually getting in.

The GOLDEN Packet

When it comes to letters of recommendation though, which is going to be during your junior year or early senior year, this is going to be what I call a "Golden Packet"—this is what my school calls it—and it's basically like a highlight reel of everything you have done throughout high school, and you're going to be giving it to your teachers and counselors to write stronger, more personal rec letters. It also helps with writing your supplementals because this is basically going to set you up for what you've actually done throughout high school. I had to like literally pull out a Google Doc and just—for 10 minutes straight—just write whatever I've done in high school because I kind of forgot, and then over the months I would just say, *"Oh! I did this, too,"* and would continue adding to it, so try to get this done as fast as possible.

So you're going to be listing awards, clubs, sports, jobs, stuff you might not know that still counts—like mentoring your siblings, work weekends—and kind of show your personality as well because if you just simply list your awards, the people that are giving you those rec letters are just going to be straight up listing what you did and what they thought of you in class, and if you don't really show as much personality, then I feel as if they're not going to write as much of a stronger rec letter. And really, rather than showing your resumé, show who you are as a person. Normally for my school, they'll have a packet that will ask you questions that allow you to show what type of person you are, but kind of like really show in your email everything you've done, who you are as a person, what you learned from their class, and what you kind of loved about their class. It kind of sounds as if you're

Waitlist Warrior... 🙄 🙄

📌 Defer vs. Waitlist

- **Defer** = You applied **Early Action/Early Decision**, and they're pushing your app to **Regular Decision**. You're still in the running.
- **Waitlist** = You're not accepted or rejected — they *might* admit you later if spots open. Often after May 1.
- **LOCI (Letter of Continued Interest)**
 - What you send if you're deferred or waitlisted
 - A short, professional email or letter saying:
 - "I still love your school"
 - Any updates (awards, grades, etc.)
 - That you'd 100% attend if admitted (but only say it if true)

The GOLDEN Packet

Think of it as your *highlight reel*

- Give it to teachers/counselors to help write **stronger/more personal rec letters (it also helps when you write supplementals!)**
- Use bullet points:
 - 🏆 Awards
 - 🏟️ Clubs/sports/jobs
 - 😊 Stuff they might not know (ex: you mentor siblings, work weekends, etc.)
- Tip: Show your *personality* — not just your resumé (the packet will ask you questions that allow you to do this/show what you are interested in!!)

IN THE NEXT MINUTE THINK OF A TOPIC TO WRITE ABOUT

(hint: try to make it so literally only you can write this; this can describe ONLY you)

sucking up to them—and I'm not going to lie, it really is—even if you didn't like their class as much, but you should choose a teacher that you feel as if, *"They know me, I know them, I enjoyed their class, I had fun"*. It doesn't even matter if it's an AP or an Honors, it can even be a regular class—just make sure you have a very good relationship with whoever that teacher is.

THE PERSONAL STATEMENT

So when it comes to the Personal Statement, a lot of times when you hear the words "college essay", you think of some fancy, very professional paper that is literally just going to be brutally murdered by your English teacher because it's not perfect. And basically, what it actually is it's one essay that is 650 words. This is going to be on your Common App—this is going to be your most important essay—and it goes to essentially all your schools. It's basically showing who you are on paper. It's not about being perfect—you're not going to be saying, *"I am an A+ student, I won national awards"*—you're not going to be

saying that. It's basically meant to help a reader remember you out of thousands of applications because it's just meant to showcase you—not anyone else. That's why for the Personal Statement, you want to make sure: if it only describes you, it's specific enough. If it can describe more than one person, it's not.

What Do I Write...

So basically, the Personal Statement is incredibly important because it's showing your voice and it's not your resumé—it's not where you're going to list basically everything you've done. They want a story that only you could tell, and that's really important because if you really are able to reflect about what happened and how maybe it changed you and you can go specific enough into the idea that it shows who you are and it feels as if you're talking to a person like at a coffee shop, or like you're talking to a person like your best friend—then it's definitely going to be what those colleges want. What you can kind of write about is like—this is a very general template of what I've seen and people that have been able to do well—is a tiny moment that changed how you see the world. Some colleges really like that even though it's definitely specific and doesn't pertain to everyone. A weird habit or hobby that says a lot about you—it doesn't matter what the hobby is. It could be video editing, it could be gaming, it could be literally anything that really shows about who you are and how maybe changed your view on stuff. Something that challenged how you think or act like—this is a question that I really hate because I get asked this in English class like, *"What is something that has challenged you?"* and even though it's a question that like you can't answer right away, it's definitely something worth thinking about because I feel as if—if you dig deep enough, you can find something that only you can think of. Another thing is maybe like a random memory that keeps on coming back to you. If you have this lingering thought that like, you think, *"Oh, why is this happening? Why does this happen? How does this happen?"*—then that's something specific that you could talk about. Even if it could be reflective of more than one person, it's really how you think and how you put it on paper that shows how cool you are as a person. That's really important when it comes to the Personal Statement.

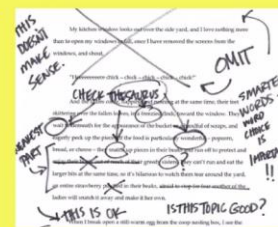
Good General Format!

A Good General Format or like simple structure, I guess, is kind of drop into the moment. You don't want to start in—so I see a lot of mistakes when it comes to this: a lot of people like starting when they're very young. Now this doesn't mean that starting when you're like, *"Oh, ever since I was 4 years old, I've loved LEGOs"*. You don't have to start when you're young—you can, but I don't recommend it because that 650 words will fill up really fast because you want to sound as unique and as "you" as possible. You want to be able to drop into a moment kind of as like a simple structure—like a scene, a memory, or a random thought. One of my friends, Ellen Kramer—she started with herself in a church and she instantly started with a line that says, *"I was crying in a church"* and it's really weird, it's very quirky, I guess, in her own way, and it's just something that makes people want to read more. And then after you drop into that specific moment, you want to zoom out and say *"What did it mean?"* You want to describe the moment, you want to make sure it's ingrained into their mind and you want to zoom out and really show who you are. And then at the end, you want to tie everything up after your details and your experience. *"How does it show who you are now?"* A lot of people end up writing about another person or they end up writing about a moment

THE PERSONAL STATEMENT

What words pop into your head when you hear "college essay?"

- One 650-word essay that goes to most of your schools
- NOT about being perfect — it's *you* on paper
- Meant to help the reader remember you in a stack of 1000s



What Do I Write...

What Colleges Want

- Your *voice* (not your resumé)
- A story *only* you could tell
- Real reflection: what happened + how it changed you
- Specific moments > vague ideas

What You *Can* Write About

- A tiny moment that changed how you see the world
- A weird habit or hobby that says a lot about you
- Something that challenged how you think or act
- That random memory you keep coming back to; there's usually something there

Good General Format!

Simple Structure

- Drop us *in* a moment — a scene, memory, random thought
- Zoom out: what did it *mean*?
- Tie it up: how does this show who you are *now*?
- Real > fancy. You're not writing a research paper. Be YOU.

Essay Inspo??

- **JHU Essays That Worked:** real examples + admissions officer comments
- **Tineo College Prep (TikTok):** gives a LOT of good general advice

- Read a few good ones... then STOP
- Reading too many = your voice sounds like someone else's

and then they never really talk about themselves—and then what's the point? They know, *"OMG this church! I love this church!"* There's no point if they don't know anything about you. If they don't know anything about you, then you've kind of failed in your Common App essay. You really want to be able to show who you are as a person.

And this is something that a lot of people get mixed up: rather than being fancy, you don't want to use the most articulate vocabulary of all time. While it is part of maybe someone's writing style, if you don't want to use fancy words, you don't have to. These colleges definitely would rather hear who you are and how you talk to people genuinely rather than you sounding like some Nobel Laureate professor—and you're not writing a research paper. You want to be yourself because if you're not being yourself, you're not going to be happy at that college and then you're going to regret it! So that's kind of a key part of really being able to understand it in the Common App essay.

When it comes to essay inspiration, some that I used after looking at a bunch of different websites are—so ironically—Johns Hopkins University Essays That Worked. If you look online, you can find a

bunch of these from all different years and basically they're real examples with admissions officers' comments from Johns Hopkins, and also there's this person on TikTok that I used all the time—his name is Tineo College Prep—and he gives a lot of good general advice when it comes to your financial aid, when it comes to top universities, when it comes to universities in general, and he kind of gives you a very good format when it comes to that. One of my biggest tips that I think is the most important—aside from like all these very general ideas and structures and all that: using templates is good but the thing is, if you keep on reading too many essays—now this is something that I did—I read a lot of essays and I found the issue with me doing that is that when I read so many, I started accidentally copying their writing style. I accidentally started making myself sound like them instead of myself and I caught myself after like my 4th draft—I was like, “*I don't like how this sounds,*” and so I just ended up going on something that's different than what they did, and I even actually started to like my own essay better. So instead of reading like 10 different essays, I say read 3. Read 3—find 3 good ones that you're like, “*Oh, this is something that I like, this is interesting*”. This will get you to start to think instead of actually copying them after you read like 30 or 20 or 10 different essays—then you're like, “*Oh, 'Top Admissions Essays that got me into Harvard'*”—that's definitely not going to help you out as much as long as you just read a few.

YOU GET A LOT OF FREEDOM!!!

And so when it comes to the Common App essay—like I said before, you get a crazy ton of freedom. So this one on the left here is from a Johns Hopkins essay and that's one of the ones that I read and that I thought was really interesting. So they decided to use, I guess, their first like 30 or 20 words of their 650 for a fried rice recipe and I was like...? I literally just looked at that and was like, “*Why? Why did they do that? That seems like such a waste of space,*” and then what they did after doing that was they said, “*I bet you didn't read those numbers,*” and in truth, I sure didn't! I definitely didn't, so this kind of really shows their own personal voice. And then it kind of goes into the idea of, “*The ingredients above were copied and pasted from the first Google search result for 'fried rice recipe.' But without any disrespect to the recipe's owner, I can tell you it's wrong.*” It's really interesting! This is just the intro—this is the first, I guess, 50 words and I instantly kind of want to read more. It's definitely unique and it shows how much freedom you get instead of saying, “*I am the Nobel Laureate of... I founded some insane nonprofit...*”

Here's another one that I didn't read before but I found it online and thought it was kind of funny. The first line is, “*I have been pooped on many times.*” It sounds rather immature but it probably makes them tilt their head like, “*What?*” And then they say, “*I mean this in the most literal sense possible,*” and then they talk about how they've been pooped on by pigeons, possums, house finches, and hawks, and it kind of goes into more personal depth of who they are. Notice how they sound as if they're kind of like texting. They don't utilize an incredibly formal voice—if that is your writing style, definitely don't try to force yourself to do more of an informal voice, but if you feel as if informal suits you more, don't be afraid to use it. But then again, 650 words—be careful with your word choice.

LIST EVERYTHING YOU'VE DONE IN THE PAST 4 YEARS

Basically, everything you've done in the past 4 years—you want to just blurt it onto that paper, and you want to zoom in on one moment that you think is the most specific or pertains to you. It can be about

YOU GET A LOT OF FREEDOM!!!

- 3 tablespoons butter
- 2 eggs, whisked
- 2 medium carrots
- 1 small white onion
- 1/2 cup frozen peas
- 3 cloves garlic
- salt and pepper
- 4 cups cooked and chilled rice
- 3-4 green onions
- soy sauce (to taste)
- 2 teaspoons oyster sauce (optional)
- 1/2 teaspoons toasted sesame oil

I bet you didn't read those numbers.

I'll let you in on a secret - I didn't either.

The ingredients above were copied and pasted from the first Google search result for “fried rice recipe.” But, without any disrespect to the recipe's owner, I can tell you it's wrong.

I have been pooped on many times. I mean this in the most literal sense possible. I have been pooped on by pigeons and possums, house finches and hawks, egrets and eastern grays.

I don't mind it, either. For that matter, I also don't mind being pecked at, hissed at, scratched and bitten—and believe me, I have experienced them all.

I don't mind having to skin dead mice, feeding the remaining red embryonic mass to baby owls. (Actually, that I do mind a little.)

When my mom said she wanted ducks, I thought she meant...like...the food. Or a YouTube video. Not *actual* ducks. Then, I came home and stepped on *mystery juice* from a yellow fuzzball. There were six of them—three little goth blobs, three walking butterballs. They chirped inside a cardboard box in our living room like it was normal. It wasn't.

LIST EVERYTHING YOU'VE DONE IN THE PAST 4 YEARS

(literally blurt out everything)

anything—it could be about a hobby you have—and really you want to get thinking because you want to be able to put this all out on paper, and then from that choose like maybe 3 that you want to write about. That's what I think is the best way to go about the Common App essay and not waste weeks on end because you don't know what to start. The earlier you start, the better your essays become because I think I started my first draft in like June of my junior year and then I literally scratched that essay after a while and I just moved onto an entirely new one. So that's why you want to get started—the earlier you start, the more helpful it is.

Activities List...

And so aside from the Common App essay, something that a lot of people don't go over is the Activities List, and what counts as an activity is literally anything outside of class. It doesn't matter what it is but if it took time, if it took effort, then it counts. It could be clubs, like typical clubs like key clubs, STEM clubs, like that; sports, varsity sports, JV sports; jobs like your babysitting or maybe you have a job in the Woodbury Commons area; and then volunteering—formal or informal—like maybe at a food bank or a clean-up crew. And then there's also creative work, like videos, writing, coding, art, editing. One of my friends did penpalling—and penpalling is definitely an interesting and unique thing—and it's something you would never think of but she put it as her second activity and it worked out for her! And there's also obviously research and projects and independent classes you might take, and also there's family responsibilities. A lot of people think that maybe their chores do not count and while it may seem kind of inappropriate to do so, I do believe if it takes enough time, you could put that on there—like caring for your siblings definitely is something that is worth putting on there. And there's also hobbies, like hiking or trying new foods! This is oftentimes going to be

towards the end of your list—definitely don't put it as #1, don't say you're a #1 connoisseur in trying new foods—but it is something you could put on there. And obviously there are competitions and awards.

Activities List...YIKES.

And so for the Activities List, you get 10 slots. Each one is 150 characters, so it includes spaces. It's not 150 words—it's characters—which is why you need to kind of speak in what my science research teacher says is "caveman language" because if you don't speak in caveman language, you're not going to have enough room and this is the part that a lot of people struggle with. You want to start with action verbs like a résumé—*created, led, analyzed, designed, built*—and skip filler words like, *"I was responsible for..."* This is kind of like a full on subject, verb, full on sentence—you don't want that, you want to talk in a caveman-like voice. You want to include your scale and specific impact, like *"I tutored 15 students weekly"* instead of *"Tutored students"*. You definitely want to include numbers or statistics or any form that makes it so they think, *"Oh, this is what this kid did for this amount of time, and this is what they dedicated a lot of their time to,"* and you want to use symbols like the ampersand "&" or semicolons ";" in order to help with that.

This is one that I used actually personally: *"Organized 250+ SAT/AP resource group. Developed study guides, ran check-ins, built Google Classrooms. Students improved & became tutors too!"* That is one that I personally used for my own actual Common App because I randomly started one and it ended up becoming successful and more popular and obviously, order matters. You want to be able to put the ones that are less important to you at the very end while the ones that are more important to you at the very top. Your first 3 should be your strongest and your most meaningful, and also your biggest time commitments or your highest impacts. They're definitely not the fanciest—even though being the fanciest titles like, *"I researched something"* sounds fancy, if it doesn't pertain to you as much or your major, you shouldn't put it as your top 3. I do recommend putting it near the top but if it doesn't pertain to your major or something that's more personal or if you think it doesn't really matter as much to you, don't put it. It depends all obviously on your feelings—if you don't feel as if it belongs in the top 3, don't put it in the top 3. But this is different for almost everyone.

Additional Info??

And so, another section that's kind of forgotten is the Additional Information section. The thing is, aside from the 150-character limit, you get to have 650 words—but then again, no admissions officer wants to be able to read a whole bunch of nothing about a kid if he's just repeating what he already said. It's not required but it is useful if you want to explain or expand on something. So what I personally did is I chose like 2 things that I definitely put a lot more time into and dedicated my time to and I was able to talk more about those. You want to be able to just basically explain anything that you couldn't in those 150 characters. If you have extenuating circumstances, like maybe you had a health issue in your AP season so you had lower scores or you had a family responsibility or maybe you changed schools and it impacted you—basically if you have maybe a dip in your grades that could be in context, then it would definitely be able to help explain that rather than just leaving it up to, *"Oh, they'll get it, they'll understand why"*—they don't! They only spend like 5 minutes per application. If they only spend 5 minutes per application, you want to make sure they are able to get something straight through and through.

Activities List...

First — What Counts as an Activity?

If you did it outside of class and it took time/effort, it counts.

- Clubs (in-school or online)
- Sports (school or travel)
- Jobs (yes, babysitting counts!)
- Volunteering (formal OR informal — like helping siblings)
- Creative Work (videos, writing, coding, art, editing)
- Research / Projects / Independent Learning
- Family Responsibilities
- Hobbies (hiking, trying new foods)
- Competitions / Awards

Activities List...YIKES.

You Get 10 Slots. Each = 150 characters (IT INCLUDES SPACES)

Format tips:

- Start with action verbs (Created, Led, Analyzed, Designed, Built)
- Skip filler ("I was responsible for...")
- Include scale/impact when possible ("Tutored 15 students weekly" > "Tutored students")
- Use symbols/signs like "&" or semicolons

Ex: Organized 250+ member SAT/AP resource group. Developed study guides, ran check-ins, built Google Classrooms. Students improved & became tutors too!

Order Matters

Your first 3 should be your strongest — most meaningful, biggest time commitment, or highest impact. NOT the fanciest titles.

Additional Info??

The Additional Info Section: What It's For

- **Not required** — but useful if you *need* to explain or expand something
- Max: **650 words** (but shorter is better)

Good Reasons to Use It

- **Extenuating circumstances** (health issues, family responsibilities, school changes)
- **Context for dips in grades** (especially if there's a story that matters)
- **Brief elaboration** on something super important in your app (like a research paper, internship, or big project that needs context beyond the 150-character activities list)

What Not to Do

- Don't repeat your activities list or personal statement
- Don't just flex more awards — that's what the Honors section is for
- Don't fill space just because you *can* — if it's not necessary, skip it

You want to be able to, like I said before, elaborate on what was super important, like maybe a research paper or an internship, a big project that needs more context beyond the 150 characters because 150 characters—I feel as if literally just one bullet point is around maybe 75 characters. That is not a lot of space. But obviously there are things you want to avoid, and what you want to avoid are: don't repeat your Activities List or your Personal Statement—they will get annoyed at you, they will not like you as much if you do that. Don't just flex more awards—you can put that in the Honors section. Even if you think, *"Oh, but I have like 50 different awards that I want to put down,"* then I don't recommend that. The reason is that they'll probably get tired of you and you just want to highlight the ones that they think, *"Oh, this is interesting, this is something that I definitely want to be able to showcase to them,"* and rather than just flexing your own awards, don't just fill in the space because you can. There's 650 words—I only used, I think, around 200 of them. It's not exactly necessary—you can skip it—but it does provide good context if it's really necessary. It's different for everyone, so I do recommend specifically looking up how

to actually kind of go about this Additional Info section.

Rising Senior (June – August): A Whole Lotta Prep.

This is a very kind of detailed, I guess, agenda of stuff on how to kind of plan your junior/senior year. So when you're a rising senior, which is basically the end bit of like your junior summer, this is definitely the hardest section because it takes a lot of thinking power to just get started. Once you get started though, it feels a lot better because you get to cruise from there on, but it's very hard to think, *"What do I do?"* because you just want to put it off a lot. But I do recommend thinking about this—or at least thinking about it during this time—or getting started. Getting started is definitely the better option but if you don't, that's okay. But what you want to do here is you want to be able to finalize a starter college list. Make a folder or like a Google Document—which is, you know, what I did, and I put safety, target, reach... and I kind of put a list of things I wanted to do. This will not be your final, final one but this will be a starter one because I definitely did get rid of some colleges, I did add some after I looked more into them like— *"Oh, this college is too far from me; this college, I looked at their student body, I'm not exactly sure if I want to go into this, they don't have my major..."* You'll be able to add and delete some on the way there, and so you want to research with your Common Data Set to be able to kind of get started on that with maybe like BigFuture, College Navigator, Common Data Set—these are all different things or you could literally just use Google. Like I would search up, *"Cornell University average average statistics majors they have"* and stuff like that and I would just look into them—or if you kind of wanted to look more into what they look like, I do recommend visiting their campus or watching YouTube tours, like what I did when I was bored or if I just didn't want to do anything. *"College—whatever the college name was—day in the life"* and you just basically get to watch a free vlog of what they did and what their experience is like at that specific college. And the earlier you start, the more familiar you get with the layout, and the Common App layout is very, very annoying. I personally did not like how many times I had to fill out the family info section, but it's definitely there because every college kind of does it. If you get an earlier start on that, then it's definitely going to help you in the long run.

For your essay stuff, do your Golden Packet! So the Golden Packet is specific for my school, but what it kind of does is it's your brag sheet—it's what you're going to send to your teachers, your guidance counselors, in order for them to write your rec letters and not only does it help them, it helps you because I honestly did not know at all what I was going to do. But it helps you get thinking once you start doing this, and you're going to want to write 2-3 bad drafts of your Golden Packet or your essay. And that's when the good ones come after because you're going to think to yourself, *"I'm not really feeling this one as much anymore,"* and you're going to want to ask a friend, a mentor, or like a cool teacher that you're maybe close to, to review it because then you get a second opinion. I personally asked my AP Lang teacher because my AP Lang teacher was definitely my scariest and also the one that was definitely very honest with me—so you want to choose one that will honestly give you advice on your essays.

To get started with that, the way I did this was I blurted everything I ever did. You can put down jobs, awards, clubs, leadership roles—all that different type of stuff—and I have this here on my little section of like—I literally just blurted everything that I could think of and it goes on and on. But you just want to be able to get this as early as possible because you're going to add to it later on as you start to think and remember everything. So if you get started earlier, the easier it gets in the long run.

Rising Senior (June–August): A Whole Lotta Prep.

Picking Colleges

- Finalize a *starter* college list — make a FOLDER (Safety / Target / Reach breakdown)
- Research with Common Data Set, BigFuture, College Navigator
- Visit campuses or watch YouTube tours ("College Name) Day in the Life")
- Start Common App account early — get familiar with the layout

Essay Stuff

- Do your Golden Packet!!!! (IT HELPS YOU GET THINKING)
- Write 2–3 *bad* drafts. Good ones come after
- Ask a friend, mentor, or cool teacher to review it

Blurt out literally everything you've done.

- Jobs (paid/unpaid)
- Awards (school, town, contests)
- Clubs & leadership roles
- Volunteering (formal or informal — even helping family)
- Academic stuff (APs, NHS, test scores)
- Hobbies (photography, hiking, art)
- Projects (research, blogs, YouTube, anything you built)
- Competitions (math, science, art, writing, whatever)

SAT: 1020 (190 Math, 740 Reading & Writing), Superscore: 1010
 GPA: 95 (92 unweighted, 92.75 weighted)
 AP: AP Calc, AP Chem, AP Comp Sci, AP Econ, AP English, AP Lang, AP Lit, AP Music, AP Physics, Calc BC, Calc AB, AP Stat
 AP/IB: Science Research at 3 years of high school
 National Merit Scholarship Finalist
 AP Scholar with Distinction
 National Honor and Small Town Recognition Program
 NHS member
 APB Scholarship for Academic Excellence
 Outstanding Achievement Award in Spanish 2, Global Ed Eds, Chem Award, AP Chem Award, AP Calc Award, AP Comp Sci Award, AP Econ Award, AP English Award, AP Lang Award, AP Music Award, AP Physics Award, AP Stat Award, AP US History Award
 Outstanding English Award at Mathematics
 Research Intern at Mount Sinai (Oncology department)
 Focused on STEM and broad career survival & income call response
 Analyzed various industries, survival curves, and other financial responses using R
 Used software like TidyR, ggplot, various graphs, bootstrap, ML packages
 Presented at UConn APB (PhD)
 2nd place in Computational Biology & Chemistry at Eastern Regional 2019
 Co-president of Cornell Math Team, Secretary of Math Team (senior year), DVID Student & Olympiad 2019, 2018, 2017, 2016, 2015, 2014, 2013, 2012, 2011, 2010, 2009, 2008, 2007, 2006, 2005, 2004, 2003, 2002, 2001, 2000, 1999, 1998, 1997, 1996, 1995, 1994, 1993, 1992, 1991, 1990, 1989, 1988, 1987, 1986, 1985, 1984, 1983, 1982, 1981, 1980, 1979, 1978, 1977, 1976, 1975, 1974, 1973, 1972, 1971, 1970, 1969, 1968, 1967, 1966, 1965, 1964, 1963, 1962, 1961, 1960, 1959, 1958, 1957, 1956, 1955, 1954, 1953, 1952, 1951, 1950, 1949, 1948, 1947, 1946, 1945, 1944, 1943, 1942, 1941, 1940, 1939, 1938, 1937, 1936, 1935, 1934, 1933, 1932, 1931, 1930, 1929, 1928, 1927, 1926, 1925, 1924, 1923, 1922, 1921, 1920, 1919, 1918, 1917, 1916, 1915, 1914, 1913, 1912, 1911, 1910, 1909, 1908, 1907, 1906, 1905, 1904, 1903, 1902, 1901, 1900, 1899, 1898, 1897, 1896, 1895, 1894, 1893, 1892, 1891, 1890, 1889, 1888, 1887, 1886, 1885, 1884, 1883, 1882, 1881, 1880, 1879, 1878, 1877, 1876, 1875, 1874, 1873, 1872, 1871, 1870, 1869, 1868, 1867, 1866, 1865, 1864, 1863, 1862, 1861, 1860, 1859, 1858, 1857, 1856, 1855, 1854, 1853, 1852, 1851, 1850, 1849, 1848, 1847, 1846, 1845, 1844, 1843, 1842, 1841, 1840, 1839, 1838, 1837, 1836, 1835, 1834, 1833, 1832, 1831, 1830, 1829, 1828, 1827, 1826, 1825, 1824, 1823, 1822, 1821, 1820, 1819, 1818, 1817, 1816, 1815, 1814, 1813, 1812, 1811, 1810, 1809, 1808, 1807, 1806, 1805, 1804, 1803, 1802, 1801, 1800, 1799, 1798, 1797, 1796, 1795, 1794, 1793, 1792, 1791, 1790, 1789, 1788, 1787, 1786, 1785, 1784, 1783, 1782, 1781, 1780, 1779, 1778, 1777, 1776, 1775, 1774, 1773, 1772, 1771, 1770, 1769, 1768, 1767, 1766, 1765, 1764, 1763, 1762, 1761, 1760, 1759, 1758, 1757, 1756, 1755, 1754, 1753, 1752, 1751, 1750, 1749, 1748, 1747, 1746, 1745, 1744, 1743, 1742, 1741, 1740, 1739, 1738, 1737, 1736, 1735, 1734, 1733, 1732, 1731, 1730, 1729, 1728, 1727, 1726, 1725, 1724, 1723, 1722, 1721, 1720, 1719, 1718, 1717, 1716, 1715, 1714, 1713, 1712, 1711, 1710, 1709, 1708, 1707, 1706, 1705, 1704, 1703, 1702, 1701, 1700, 1699, 1698, 1697, 1696, 1695, 1694, 1693, 1692, 1691, 1690, 1689, 1688, 1687, 1686, 1685, 1684, 1683, 1682, 1681, 1680, 1679, 1678, 1677, 1676, 1675, 1674, 1673, 1672, 1671, 1670, 1669, 1668, 1667, 1666, 1665, 1664, 1663, 1662, 1661, 1660, 1659, 1658, 1657, 1656, 1655, 1654, 1653, 1652, 1651, 1650, 1649, 1648, 1647, 1646, 1645, 1644, 1643, 1642, 1641, 1640, 1639, 1638, 1637, 1636, 1635, 1634, 1633, 1632, 1631, 1630, 1629, 1628, 1627, 1626, 1625, 1624, 1623, 1622, 1621, 1620, 1619, 1618, 1617, 1616, 1615, 1614, 1613, 1612, 1611, 1610, 1609, 1608, 1607, 1606, 1605, 1604, 1603, 1602, 1601, 1600, 1599, 1598, 1597, 1596, 1595, 1594, 1593, 1592, 1591, 1590, 1589, 1588, 1587, 1586, 1585, 1584, 1583, 1582, 1581, 1580, 1579, 1578, 1577, 1576, 1575, 1574, 1573, 1572, 1571, 1570, 1569, 1568, 1567, 1566, 1565, 1564, 1563, 1562, 1561, 1560, 1559, 1558, 1557, 1556, 1555, 1554, 1553, 1552, 1551, 1550, 1549, 1548, 1547, 1546, 1545, 1544, 1543, 1542, 1541, 1540, 1539, 1538, 1537, 1536, 1535, 1534, 1533, 1532, 1531, 1530, 1529, 1528, 1527, 1526, 1525, 1524, 1523, 1522, 1521, 1520, 1519, 1518, 1517, 1516, 1515, 1514, 1513, 1512, 1511, 1510, 1509, 1508, 1507, 1506, 1505, 1504, 1503, 1502, 1501, 1500, 1499, 1498, 1497, 1496, 1495, 1494, 1493, 1492, 1491, 1490, 1489, 1488, 1487, 1486, 1485, 1484, 1483, 1482, 1481, 1480, 1479, 1478, 1477, 1476, 1475, 1474, 1473, 1472, 1471, 1470, 1469, 1468, 1467, 1466, 1465, 1464, 1463, 1462, 1461, 14

August/Early September: Lock Things In

Once it's August or early September, you're going to start locking things in, you're going to start finalizing that college list, you're going to color-code it like **Safety = green**, **Target = yellow**, **Reach = red**, and this is going to be where you're going to start thinking, "*Which college do I like the best?*" So you're going to have an Early Action or Early Decision, and you're also going to have a Regular Decision strategy because you're going to want backups. And when you ask for your rec letters, this is when you're going to ask them around late August or very early September or whenever your school starts. Give your teacher that brag sheet very early because they're going to be swamped in November by the number of things that they have to do and they're not going to give you a high quality rec letter if you give it to them in November. I definitely have people that I know that are like, "*Oh crap, I just sent it in like 4 days before my deadline,*" and they ended up not getting the greatest rec letter of all time because they did that. And so what I kind of did is I created a master college document—it's very long—it's just going to contain everything you want to do, like deadlines, portals—specifically, admissions portals—your testing, your interviews, your FAFSA and CSS Profile, and sign up for the SAT/ACT for the last time, if needed. I took one in December and it was my last SAT that I took.

September – November: Essay Grind

For September – November, this is probably going to be your most stressful time and this is when you're going to be writing all your essays. You're going to be finalizing that Common App Personal Statement. It should not sound as if a robot wrote it—you should not sound as if you are a Nobel Laureate. If you sound like a Nobel Laureate, I feel as if you are doing something wrong because you are

not showing who you are as a person. And also, you're going to be starting and finishing your major supplementals. Some colleges will ask for what are known as supplemental essays and some popular ones are like, *"Why us: why do you want to come to our school?"*, *"Our community: why do you want to join our community?"* These are common questions that they will ask that make sure that you actually researched into their school. That's why it's incredibly important to look into them earlier so when you want to actually see specific things, you're going to be going like, *"Oh, they have this cool robotics program that I saw that they won a competition in and that they had this specific program that I wanted to join"*—that's when you're going to be able to mention in these supplemental essays. And FAFSA—fill it out as early as possible—it opens on October 1st and similarly, CSS Profile does so as well if your school needs it. And then aside from that, you're going to be polishing your Activities List—put impact first, finish filling out everything. Make sure you don't have random errors—when I submitted my first application, I did have an error and I kind of didn't notice it and it was like a wrong date, but make sure you definitely go over it many times. Even though I went over it like a million times, I still had a mistake. And then you're also going to be submitting your Early Action/Early Decision apps by November 1st—double check everything, make sure everything's right.

November – January: Final Stretch

November – January is going to be kind of the downhill because you're going to be getting used to everything. You're going to finish all your Regular Decision applications if the December Early Action/Early Decision process didn't work out for you. That's okay—it didn't work out for me. But the thing is though, if you are applying to University of California, different types of universities, they're due November 30th—it's much earlier, so get a head start on that. Keep your grades up, don't get senioritis—it's not good for you. You want to make sure your grades are still high because if you do get waitlisted or deferred, you can be able to prepare your Letter of Continued Interest and make sure you have that high grade level to see that you're still dedicated to be able to do as best as you can.

Spring – Results Season

Springtime is around this time when you hear your results from March – April. You're able to compare your aid packages—don't be afraid for more even though you're like, *"Oh, I feel as if I already got so much money,"* you can still ask and squeeze a little bit more money in. And obviously revisit or visit more schools that you haven't maybe looked into or virtual tours to be able to get a sense of the schools that you got accepted to and make sure you pick the one that you think fits you best, and then obviously May 1st—which was about a month ago—you're going to commit! And that's where I kind of committed to Johns Hopkins University. For any final questions, just go ahead and ask them. That's all I have for you guys today.

https://docs.google.com/document/d/1s7iL6oEZ1fhZOX_pUc4_XoW-zVeSykLeoKhUSasHKoU/edit?usp=drivesdk

I just put into the chat more of a detailed version of everything I went over. That's a Google Document—it's around, I don't know, 10-ish pages? It's going to be kind of a general overview more specific into what I talked about. I did my slideshow based off this Google Document and it's a lot more detailed—it's like college application terms, a basic deadline breakdown—kind of everything I already went

📅 November – January: Final Stretch

- Finish and submit all **RD applications** (due Jan 1–15)
- UC/CSU apps = due Nov 30 (NO Common App!)
- Keep grades up — no senioritis yet!
- Prep LOCI (Letter of Continued Interest) just in case you get deferred

📅 Spring – Results Season

- Hear back from colleges (March–April)
- Compare aid packages — don't be afraid to appeal for more
- Visit or revisit schools (even virtual tours help)
- Commit by **May 1**

into but more specific. And there are also more links that you can take a look into to actually specifically see it rather than just hearing me talk about it because I feel as if me talking for a long time is not as memorable as you guys actually having a document to be able to refer back to all the time. This is kind of something that you guys can use as a reference—you can maybe favorite it, add it to your bookmarks, and you can just keep on going back to it if you just need it, if you just don't remember something.

QUESTIONS???

Ari: How hard was this process for you?

Andrew: What you want to be able to do is you want to be able to start as early as possible and you're going to think to yourself, *"I don't want to get started"* because you're going to think of everything—financial aid forms, college applications, deadlines—you're going to think about it, but when you start thinking about everything, I feel as if just based off knowing that alone is going to make you want to start earlier. The earlier you look into it, the more you're going to think to yourself, *"Oh, I NEED to get this started,"* and I feel as if that's kind of the best way to actually get started is just to think of everything that you have to do and once you acknowledge that, you're going to start getting into like a "flow state" where you get into a daily routine of like *"every day at like 6:00 PM I have to dedicate like 1 hour to looking into colleges or starting my essay"* or at least thinking about something or like putting something onto a Google Document, and I feel as if that's kind of the best way to get started.

Kangjian Wu: Why did you choose the PowerPoint background as yellow and another with red?

A: Are you—Are you criticizing my Google Slides?

KW: No no no, I just ask you, I just ask you! This is my curiosity, you know.

June Tang: What's wrong with yellow?

KW: Warning?

Qian He: No, I think it's perfect—the color he chose is perfect because the contrast between black color and yellow background—we can see so well.

QH: I like the baby picture you have—how old were you?

A: I think I was—so this was during a Pfizer "Bring Your Kid to Work Day" and I don't remember what we were doing but I remember thinking to myself, *"What am I doing?"* and this is kind of how I felt during my college app process so I thought it would be appropriate to kind of put that there.

QH: It's so cute, absolutely so beautiful. I guess either your mom or

dad took the picture, right?

A: I think it was my sister.

KW: No no, this picture was taken by one of the Pfizer coworkers, yeah... You shared a lot of valuable things. Excellent, yeah. Can I save your stuff on my screen?

A: Why would you need it?

KW: In case somebody ask me.

A: Oh yeah sure, you can save that. It should be savable for you.

Nancy: What made you choose Johns Hopkins University?

A: Alright, this—this is like an interview question! Alright, so why I kind of chose Johns Hopkins is kind of interesting because I actually did not expect to get into Hopkins. Hopkins was like—I was like thinking to myself, “*Man, I’m not going to get into Hopkins—Hopkins’ like Molecular Cell Bio, it’s too popular*” So the reason I kind of chose Johns Hopkins is when you think of Johns Hopkins, you think of pre-med and honestly, that’s what I thought of, too! And so I think their Molecular Cell Biology program—like their engineering programs—are incredibly strong and even though for an honest take on how it seems as if there’s a lot of toxic academic culture there, I’ve heard of so many good things in terms of how people support each other at Hopkins. Like personally, when I went to the Admitted Students Day, I met so many different people with lots of different interests. Not just pre-med—I met a person that was actually majoring in English which I was like, “*Why are you majoring in English?*” and they went on a rant about how interested they were and I just thought that was really cool and just overall, because of everything and all the people there—and also the campus is really pretty—just all that by itself, I just thought, “*Alright, Hopkins it is!*”

JT: Hey Andrew, how many schools did you apply to?

A: I believe I applied to 16—I know it’s more than 15 but I did apply to around 16-17, around there.

JT: Wow, great. Thank you! 16 schools...

A: Oh wait wait wait! Don’t just immediately apply to 16 schools! 16 schools is rather pricey, so I do recommend within your budget or within what you believe you should be able to apply to. The range is from—I would recommend anything more than 8 would be a good number, but 8 is already kind of a lot of schools. But 8 should be kind of the minimum if you want to apply to that good range of a number of safeties, number of targets, number of reaches.

JT: Yeah, I thought probably usually students apply to around 10?

A: Yes, 8-10 is kind of a more normal range.

QH: So Andrew, you mentioned the ideal way to apply for safety schools—you said 2 would be a good number for safety?

A: Yes, so it’s around 2-3 depending on your personal preference. I believe I chose 3 safeties because I was scared of not getting into anywhere. But 3 safeties, I feel as if is kind of more than enough—you don’t need like 4 or 5 because once you get to the 5 range, you’re just kind of choosing a bunch of schools that you know you’ll probably get into and you’re just deciding between a bunch of schools where you think, “*Oh, why not just apply there?*” I feel as if once you get into that habit of “*I just want to apply here because I’m going to get in,*” you don’t even want to do that because I feel as if that would be a waste of money

QH: So how would you make sure, how would you ensure that it will be a safety school? For instance, Binghamton used to be a so-called safety school but not anymore, so would you tell us how you

QUESTIONS???

If you want more info or have more questions, feel free to reach out to Andrew at wua62021@gmail.com!

would definitely know the school you pick will be a safety school?

A: Basically a safety is different for everyone, but kind of a general idea for everyone—80% or more is definitely a safety for almost everyone. But it depends on the person because when it comes to your test scores, your course load—take for example, University at Albany, SUNY Albany. If you take a look at Albany—this is like what I first did when I was looking at different schools. I was like, “*Okay, around 68% acceptance rate, small city, Division I, in obviously Albany, NY.*” And I kind of looked at all this and I looked into more specifics, like “*SUNY Albany SAT score range*” or maybe average GPA. You’re going to be able to look at this and kind of get a feel for if you’re above this standard or not. It’s obviously not just GPA and SAT score, but if you look more into like the general type of student that they accept and you think to yourself, “*My standard is definitely higher than what they’re looking for*” or “*I feel as if I’m a very, very good match for this school,*” then you should consider it a safety. I considered like maybe, I don’t know... Albany would most likely be a safety for some people because maybe Albany is looking for people who took like Honors classes or regular classes for like maybe those with like A-/B+. But if you’re taking like 15 AP courses with like As in all of them, that would definitely be above their standard, so that would be considered a safety school for you.

Ari/KW: What if you don’t have the greatest relationships with your teachers for rec letters? How do you reach your teachers? What is the best way to get good recommendation letters?

A: So more in-depth into this: so you’re going to want to choose around 3 teachers. I feel as if 3 is like the safest number that you could go for. If you don’t have the closest relationship with 3 teachers or if you only have like one, that’s actually okay because that’s what your brag sheet is for. Even if they don’t know you as well, choose the one who you feel like would know you the best. If they know you the best, then they’re going to be able to actually trust and be able to write you a better rec letter because—imagine someone you really don’t like comes up to you and says, “*Can you write me a rec letter?*” you’re not going to want to write it for them. But if you know they at least enjoy being with you, enjoy having to teach you, then you know that they can write a good rec letter. Like someone who’s passionate about teaching rather than just someone who just goes to school for their job then comes home and goes to school then comes home—you want to choose someone who’s genuinely passionate about their students. And so that’s where your brag sheet will come in—where you can give it to them and help them, kind of guide them through how they’re going to write their rec letter for you. And that’s kind of like the way about going through it if you don’t have the greatest relationship with them—but through that, that can help a lot 😊

Congratulations to Andrew Wu and Henry Dong on their academic achievements!



State Senator James Skoufis: “Yesterday [May 28, 2025], I had the privilege of hosting my annual Valedictorian and Salutatorian celebration at the capitol. They, along with their parents, spent time touring the Capitol, were presented with Senate citations, and were formally acknowledged during the Senate’s legislative session.

“These young men and women are a fantastic group of scholars with bright futures ahead of them. I wish them - and all our Orange County graduating seniors - the absolute best as they complete their school year.”



GHS Salutatorian **Henry Dong** was one of 4 trombones selected to play in the All-State Instrumental Jazz Band in 2024; he also played in the All-State Symphony Orchestra in 2023. [Source](#)



Congratulations to **Dr. Nina Zhu** and **Dr. Robert Lis** who announced their engagement on May 15, 2025!



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现在新泽西州行中医（针灸推拿拔罐等），擅长治疗各种疑难杂症，各种痛症（关节炎，肩周炎，足腱炎等），皮肤病（湿疹，风疹，带状疱疹等），过敏症（花粉过敏，冷空气过敏，季节性过敏等），胃肠道疾病（胃酸，胀气，腹泻，便秘等），风症（眩晕，手抖，儿童抽动症等），耳鸣，干眼症，妇科男科疾病（不孕症，子宫肌瘤，前列腺肥大等），以及各种情志疾病（失眠，多梦，抑郁等）。

Dr. Yanming Zu, PhD, RPh, LAc, PhD in Pharmaceutics, New York State Registered Pharmacist, New Jersey and New York State Licensed Acupuncturist. Currently practicing Chinese Medicine in New Jersey (acupuncture, massage, and cupping, etc.). She is good at treating various difficult and complicated diseases, various pain conditions (arthritis, frozen shoulder, tendonitis, etc.), skin diseases (eczema, rubella, herpes zoster, etc.), allergies (hay fever, cold air allergies, seasonal allergies, etc.), gastrointestinal diseases (stomach acid reflex, flatulence, diarrhea, constipation, etc.), wind diseases (vertigo, tremors, child Tourette Syndrome, etc.), tinnitus, dry eyes, gynecological and andrological disorders (infertility, uterine fibroids, prostatic hypertrophy, etc.), and various emotional diseases (insomnia, dreaminess, depression, etc.).





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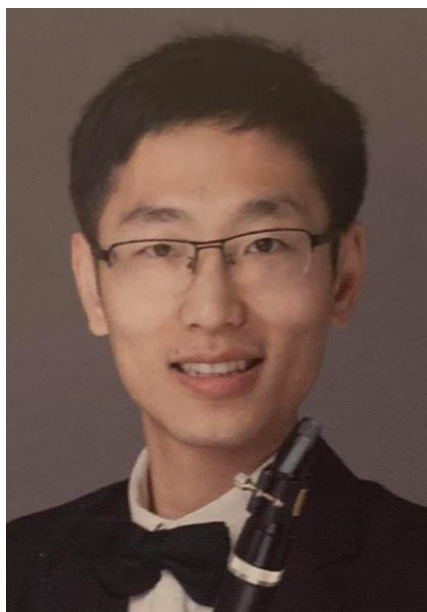
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