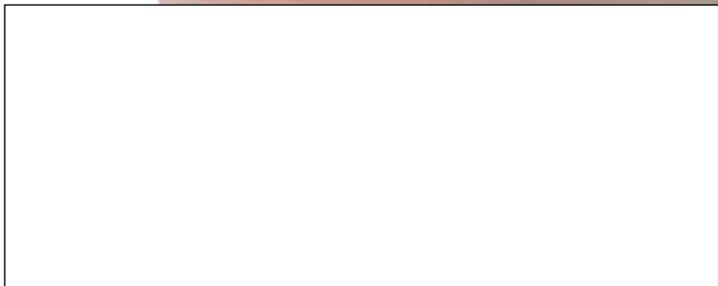


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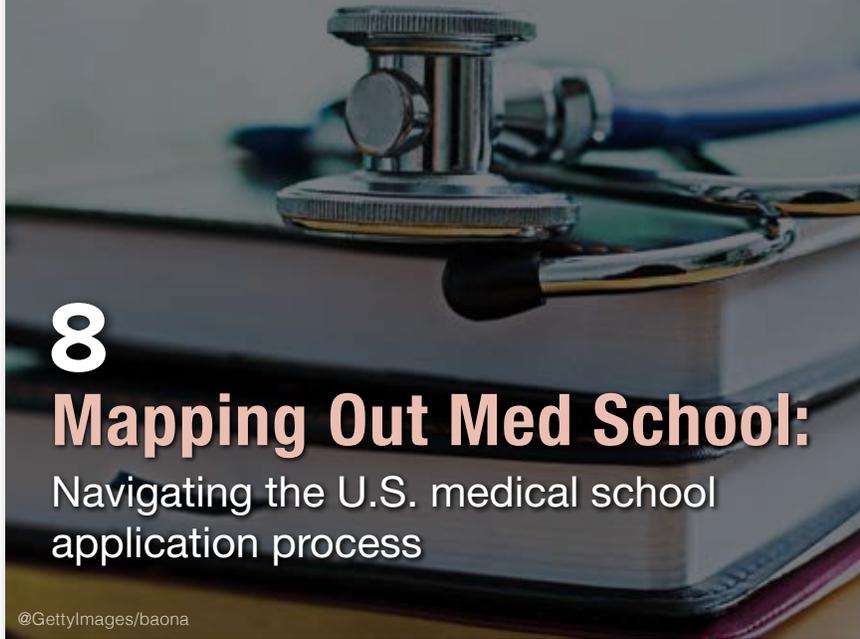
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What every student needs to know to prepare for Admissions Interviews

By Jenika Heim



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For students applying to small, liberal arts colleges in the United States, it is likely that they will complete at least one admissions interview. For Canadians, this will either take place on an online medium like Skype, or with a local alumni of the university.

First, there are a few facts you should know about interviews.

1. Many admissions offices cannot interview all students who have applied. If a student has not been extended an interview, it doesn't mean the university is not interested. Especially as an international student, it could just boil down to resources and availability.
2. Interviews are only one part of the holistic admissions process. However, they may be the only opportunity to turn an application into a real person. The impression a student makes matters.
3. If a student plans on visiting a campus, they may be able to schedule an in-person interview with admissions.



Now, let's talk about how to prepare and what to expect for your interview.

Preparing for Interview Questions with Talking Points

The questions that a student receives don't really matter. Of more significance is if they were able to articulate all of their talking points. If a student gets a question that they are struggling with, they can always reframe it to pivot more towards something that they wanted to talk about. This is a skill that I suggest your students practice with you or a parent.

1. Have the student make a list of the Top 5 most important things that they want to discuss during the interview. These are the things that they definitely want admissions to walk away with at the end of the meeting. These are talking points.
2. Give students a list of common questions for them to practice. Remember the goal is for the admissions team is to determine if the student is a good fit for their campus, so their questions will reflect this. The student should practice inserting talking points into their answers.

- Why are you interested in this university?
- Why are you interested in the major that you have chosen?
- How will you contribute to our campus community?
- What do you plan to do after university?
- What are your three greatest strengths?
(Or some version of describing your best qualities)
- What is your greatest weakness? (Or some version of showing self-understanding of your failures or inadequacies)
- Outside of academics, what is most important to you?
- What achievement are you most proud of?

3. Set up a mock interview with the student. Choose some questions and do not to share them with the student ahead of time. Throw the student some curve balls as well to practice answering strange questions under pressure. For example, "What three things would you bring to a deserted island?" or "What author would you most like to have a cup of coffee with and why?"

The good news about curve ball questions is that they are a great space to bring in talking points. Encourage students to pre-think of objects that represent something important to them or people that reflect their values.

4. Students should practice being descriptive, but concise, aiming for about three minutes with their answers, with a strong cap of five minutes.
5. Look up if the university has interview prep tips or sample questions on their web page. Most universities call the interview a "conversation," and encourage students to treat it less formally than an interview.
6. The student should create a list of questions that they want to ask the interviewer. For alumni interviewers, they probably really loved their university experience to offer to do interviews, so make sure they ask them about it!

Choosing a location for in-person interviews

Most local interviewers will simply give a time and place of an interview. If they let the student suggest a location, the local library or community centre can be an excellent place for your interview, especially if you can reserve a private conference or study room. A coffee shop, book store, or other local meeting place can be a good second choice. Just remind the student not to feel pressured to buy something. The focus should be on the interview, not on being a customer.

During communications to set-up the interview, the student needs to be responsive and write complete and formal emails.

Tips for Arriving at the Interview

1. Students should dress appropriately and comfortably. Most universities suggest that students wear something that they would wear to "Picture Day" at school. So, a slightly elevated, casual.
2. Whether online or in person, the student should be early!
3. If the interview is occurring in a busy public place, the student should make sure that they have worked out with the interviewer how they will locate and identify each other. Perhaps they can arrange to meet a specific landmark, or display something with the university's insignia.. Meet at a specific landmark? Carrying something with the university's insignia?

Admissions officers vs. alumni

Interviewing with admissions officers is really different than with alumni. Expect an admissions officer to have a more formal group of questions and pacing. Since they interview many students, they are using this time to draw contrasts and comparisons. Preparing three minute responses to talking points, as previously suggested, will give a student very solid preparation. Expect them to be very prompt with the timing of your interview.

Interviews with alumni are much less predictable. The alumnus may be in any discipline and could have graduated recently or 50 years ago. They may have a lot of experience interviewing or they may have very little. Many will treat the interview like a conversation and will not likely get through many of their pre-written questions. There is also a chance that they may not adhere to the assigned length of the interview, so make sure you don't schedule something else immediately afterwards.

The 50/50 Ratio

The student should talk 50% of the time and the interviewer should talk the other 50% of the time. A great way to do this is for the student to follow up an answer to a question with a question of their own. For example, the student just answered "How will you contribute

to the campus community?" They can follow up with "What were your favorite activities that you got involved with on campus?"

Adjusting to Alumni Interviewers

1. The interview begins the moment the student receives the first email from the interviewer. Tips for responding: Be prompt and respectful. Use honorifics like Dr., Mr., or Ms. To avoid a lot of back and forth, give several date and time availability choices to the interviewer, so they can schedule easily. Provide a cell phone number, in case of emergency.
2. When a student meets their interviewer, it will likely begin with "small talk." The student should feel bold enough to steer the small talk into some of the questions that you wanted to ask the interviewer anyways. After spending a couple minutes commenting on the weather or last night's hockey game, if the interviewer hasn't started asking more personal questions, the student can jump in and do so.
 - What did you major in at university?
 - Where are you working now?
 - What was your career path?
 - How long have you lived in this city?
 - What was the admissions process like when you applied?
 - Did you have an interview?
3. If the conversation is unfolding informally or the interviewer is taking up much of the speaking time and the student should feel empowered to pivot the conversation in order to get in some of their talking points. Here's a tactful example of how they can accomplish this: "I've noticed that we only have about 15 minutes remaining and I want to make sure to respect your time. Do you mind if I tell you little about a project that is really important me and inspired my interest in [intended major] or [intended career]?" It is guaranteed that they will say yes!
4. A student should show genuine interest in what information the interviewer has to give and be genuinely grateful for their time. At the least, the interviewer volunteered their time to give this interview. At the most, they could end up being a fellow alumnus and potential mentor.
5. Follow up with a Thank You note. Email is absolutely fine, but the student can mail it to them if they have been given the interviewer's address. **.CB**

Have more questions?

EducationUSA Canada supports students through the application process, including mock interview practice. If you have questions, contact Jenika Heim at ottawa@educationusa.info.



By **Jenika Heim**, EducationUSA Advisor, educationusacanada.ca

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MAPPING MED SCHOOL

Navigating the US Medical



For future medical doctors, including physicians and researchers, attending an American medical school can be an amazing opportunity, and although the application process can appear to be quite daunting, applicants who are properly prepared are on the road to success.

Students considering enrollment in medical school in the U.S. will need to do some homework to determine the various credentials that their desired school(s) will require.

While gaining a top-notch education is usually the main reason people choose to study in the U.S., going to med school south of the border can also be a great way to develop and grow as a person.

Dr. Ingrid Okonkwo is a veterinarian at Winrose Animal Hospital in Winnipeg, Manitoba. While she graduated with her DVM from Western College of Veterinary Medicine in Saskatoon, Saskatchewan, she obtained her degree in Biology from Yale University in Connecticut. Not only did she take advantage of her chance to expand her education, she also enjoyed soaking up the college atmosphere while competing on the Bulldogs track and field team.

NG OUT SCHOOL

School Application Process

By Jackie Fritz



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"For me, living away from home helped me to mature and gain independence. It's also great to be able to experience other cultures. While American and Canadian cultures are similar, there are a lot of subtle differences that can be interesting to explore," Okonkwo shares.

Another plus? She adds, "I've found that American schools tend to offer more full scholarships for graduate students as opposed to partial funding and they also seem to provide more need-based financial support. It's been my experience that once you're in, if you need financial help, they will provide it."

Fortunately, most of the top U.S. medical schools are open to accepting Canadian students, but the admissions policies can differ, greatly or slightly, between learning institutions so it is important that potential students make the best possible impression by submitting exactly what is needed. Preference is usually given to American applicants so Canadian candidates will need to stand out.

For someone who may be considering a career as a medical doctor, advance planning will maximize their preparation time and make the most of their education and experience, so all of their activities are geared towards presenting the best possible appearance on future med school applications.

On average, less than half of all med school applicants are accepted during their first attempt. In many cases, the main reason for rejection is a subpar GPA or MCAT score. While there is not much that can be done with a low GPA (other than going for a new degree), the MCAT can be re-written up a certain number of times per year, with a lifetime maximum. Various schools have different requirements when it comes to the number of times an applicant has written the MCATs. A potential med school student with marks that aren't the greatest can boost their chances of admission by applying to as many schools as possible, choosing those which may pose the least amount of competition.



“For me, living away from home helped me to mature and gain independence. It’s also great to be able to experience other cultures. While American and Canadian cultures are similar, there are a lot of subtle differences that can be interesting to explore,”

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A lack of extra-curricular activities can also be a detriment to medical school acceptance. While volunteer or paid clinical experience, including hospital and paramedic-related positions and

research projects, is one essential area, non-medical activities are also valuable assets to highlight when applying. Volunteering as a youth sports coach, working at a soup kitchen or homeless

shelter, or delivering meals to shut-in seniors showcase the candidates' level of commitment and philanthropy.

Nothing is too trivial to mention. Knowledge of a second language, the ability to play a musical instrument, or involvement in organized sports or solo exercise activities are all indications of a well-rounded personality.

The admissions board will want to see evidence of the applicants' leadership capabilities as well, so making note of any student government positions, event-organizing experience or mentoring/ tutoring is also very important.

Research projects are great ways to demonstrate the applicants' scientific knowledge as well as their ability to apply a 'hands-on' learning approach, and should also be a focus of any medical school application.

To begin the application process, most U.S. medical schools utilize the AMCAS (American Medical College Application Service), a centralized application service that allows potential first year students to submit just one application, regardless of the number of medical schools to which they may apply. There is a fee for this service but it may be waived in certain financial instances.

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The AMCAS process also includes a criminal background check and allows the required Letters of Recommendation to be submitted confidentially by the reviewer. It also provides applicants with many online resources including webinars, video tutorials, the AMCAS Instruction Manual and a pre-health advisor system.

The primary application will include enough information for an initial screening process such as transcripts, MCAT scores, a personal statement and Letters of Recommendation.

Every school sets its own deadlines for applications but it is important to submit information as early in the process as possible to get it reviewed first. These deadlines are set in stone and late applications will not usually be considered, regardless of the circumstances.

Most U.S. medical schools will consider credentials from accredited Canadian post-secondary institutions, but others will require advance coursework to be completed at an American accredited university or college.

MCAT prep assistance and exams are available in many cities across Canada. The registration fee to write the MCAT is \$315 if made at least three weeks before the exam. There are additional fees to reschedule or cancel the exam. For students in need, an assistance program for financing their MCAT fees is

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available – application needs to be made before MCAT registration.

The personal statement should be about 800-1000 words at most and needs to be compelling and very well written. A unique focus on personal inspiration, overcoming challenges and the motivation to practice medicine are

excellent topics for a personal statement. It should be honest and authentic. Everyone who is aiming for a career in medicine has their own personal reason for wanting to pursue that dream and this is how each written piece will stand apart. It is wise to write (and re-write) the personal statement and review it with others for positive critiques.

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(Includes tuition and fees)

- International Students are eligible to apply for need-based financial institutional scholarships and loans.

JOHNS HOPKINS MEDICINE – *Baltimore, Maryland*

Approximate Total Cost of Attendance: Year 1 - \$78,739 Year 2 - \$82,309 Year 3 - \$83,384 Year 4 - \$77,236
(Includes tuition and fees)

- Financial aid funding for non-U.S. citizens available in the form of institutional loan and/or scholarship.

MAYO CLINIC COLLEGE OF MEDICINE AND SCIENCE – *Rochester, Minnesota*

Approximate Total Cost of Attendance: Year 1 - \$88,438 Year 2 - \$88,438 Year 3 - \$88,438 Year 4 - \$88,438
(Includes tuition and fees)

- Scholarships and need-based grants available.

NYU LANGONE HEALTH – *Manhattan area, New York City*

Approximate Total Cost of Attendance: Year 1 - \$ 82,126 Year 2 - \$82,126 Year 3 - \$84,067 Year 4 - \$83,406
(Includes tuition and fees)

- Canadian students are considered for NYU School of Medicine scholarships but are not currently eligible for need-based loans or scholarships.

STANFORD MEDICINE – *Stanford, California (near San Francisco)*

Approximate Total Cost of Attendance: Year 1 - \$ 93,108 Year 2 - \$93,108 Year 3 - \$93,108 Year 4 - \$93,108
(Includes tuition and fees)

- Institutional need-based financial aid available.

YALE SCHOOL OF MEDICINE – *New Haven, Connecticut*

Approximate Total Cost of Attendance: Year 1 - \$ 65,970 Year 2 - \$65,970 Year 3 - \$65,970 Year 4 - \$65,970
(Includes tuition and fees)

- Yale School of Medicine scholarship funds and need-based financial aid available.



A unique focus on personal inspiration, overcoming challenges and the motivation to practice medicine are excellent topics for a personal statement. It should be honest and authentic.

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Letters of Recommendation should come from academic and professional references such as advisors and instructors. Applicants using the AMCAS system will be supplied with information to provide their letter-writers

that will allow them to access the online registration system and submit their letters confidentially. Writing a good letter of recommendation will take a substantial amount of time so students are advised to approach their chosen references

well in advance of all deadlines. Choosing references wisely is important. Picking an advisor or mentor who has a individual connection to the applicant and can impart both their professional and personal attributes is important.



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While most pre-med students tend to showcase their medical qualifications, by also telling the admissions board about rock-climbing adventures or charitable work in underprivileged countries, it will distinguish the applicant from others while promoting their diverse background.

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Lack of well-written, quality letters can be a make-or-break situation in the application process.

After the initial application, a potential student will be contacted by any interested medical schools to begin the secondary application process. Some schools automatically send all applicants directly to the secondary application, while others will utilize AMCAS to

narrow down their list of applicants, so being asked to secondaries doesn't necessarily mean that one is on the short list.

During the secondary application, students are usually asked to respond to a variety of essay questions. This is their opportunity to really showcase themselves and their accomplishments. Typical essay questions can include: "Why did you choose to apply at

our school?", "Why do you want to practice medicine?", "What is the biggest obstacle you've had to overcome?", "What are your long-term goals?" and "How will you bring diversity to our school?". Again, it is important to follow all directions precisely – character count, format and deadline are all extremely important. The admissions committee really gets a chance to know the candidate so this is where it is important to highlight all clinical



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and research experience, awards received, published material, tutoring experience, any overseas humanitarian travel or education abroad and a wide range of activities. Most institutions will allow around four weeks turnaround time, but if possible it is always good to send them back as early as possible. It is certainly acceptable to use parts of the same essays for different school applications but they should always be personalized in some way to suit each individual institution.

Dr. Okonkwo says, "Make your application stand out. Pick an area in which you are outstanding in some way. Don't be shy about taking the initiative to contact alumni in your area for their advice."

While most pre-med students tend to showcase their medical qualifications, by also telling the admissions board about rock-climbing adventures or charitable work in underprivileged countries, it will distinguish the applicant from others while promoting their diverse background.

After years of scientific writing for their undergrad degree, med school applicants



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likely don't have a lot of experience when it comes to telling vibrant and enthralling stories. Making sure their essays and personal statement convey the emotions of the events will make for an interesting read. Telling a creative story rather than rattling

off a list of achievements will also help make the application memorable.

Discussing any memberships in pre-professional health clubs or groups are other ways to get noticed.

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If the college or university is impressed by the essays, they will invite the candidate to come for an interview. Most U.S. med school interviews run from September through February. A potential student may be interviewed by one person or by a panel. This is generally considered the most important step in the application process and can ruin a student's chances of being accepted if they are unprepared, too nervous or over-confident.

Verbal communication skills and the ability to think quickly on ones' feet are two essential

traits of any successful medical doctor, so the interview will give the admissions personnel some insight into the candidates' suitability.

The interview can be nerve-wracking but it is possible to prepare answers to some common questions ahead of time. In most cases, questions will be about the candidates' education, motivation to pursue a medical education, personality traits including outstanding qualities and weaknesses, knowledge of healthcare issues, ethics and diversity. Role-playing this process can be particularly helpful.

The interviewer will have copies of the initial and secondary applications, so part of the students' preparation process should be reviewing those papers.

During the interview, the candidate will be given the opportunity to ask questions as well, and should come prepared with a list of well-developed queries. Questions about any exciting research or projects coming up or the interviewers' own personal experiences at medical school are a great place to start. The goal is to ask questions that show the interviewee has done their homework about the school, but that also elicit important information in their responses.

Proper attire for the interview is the same as it would be for a professional job interview. A tour of the campus may be included at the same time as the interview so it is advisable to bring or wear comfortable footwear.

It is important for the interviewee to appear well-organized so it is wise to bring a professional bag with a notepad and pen. The student will be doing a lot of speaking, so they should be prepared with a bottle of water in case that is not provided.

It is important to be polite and courteous to everyone at the interview and on the tour, from admin staff and faculty members, to current students.

Should all go according to plan, the candidate will begin to receive acceptance notifications. If the student is accepted to more than one school, once they have made their final decision it is proper to advise the others that they will not be attending. If a student is not accepted outright, they may be placed on an alternate list which may still afford them a place if accepted applicants decline to attend, or if students leave the program in the early stages.

Going to medical school is a dream for many people, but it can be a dream-come-true with some hard work and a positive attitude.

And most importantly, "Whatever you do," advises Okonkwo, "don't listen to anybody who tells you that you can't do it." **CB**



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How to Pursue **STEM Studies** in the U.S.

By **Megan Whalen**



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The 20th century saw the splitting of the atom, the decoding of the cell, and the accelerated development of the computer. The scientific innovations of the 21st century will be equally dynamic.

At the end of the first decade of the 21st century, engineering, science, and technology are being harnessed to address increasingly complex challenges—energy demands, sustainability, and water scarcity, for example. Colleges and universities play an important role in these advances. To develop the next breakthrough innovations and inventions, as well as to educate the next generation of innovators and inventors who can address these challenges.

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In the United States, interdisciplinary learning is fairly common. Interdisciplinary learning or study refers to the combining or integration of two or more academic disciplines.

Many colleges and universities have recognized that interdisciplinary learning is necessary in order to answer complex questions and solve complex problems—polytechnics and institutes of technology are no exception. In today's world, computer science graduates need to know about business. Engineers need the ability to communicate effectively. Architects must be proficient in information technology.

Preparation for an education in a science, technology, engineering, or mathematics (STEM) field or program is key. Below are some tips to help you plan if you intend to pursue post-secondary STEM studies in the U.S.:

- Take courses in math and science. Students who want to study science, technology, or both need a solid understanding of biology, chemistry, math, and physics.

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- Do your research. Deciding where to attend college or university can be both exciting and stressful. Research the schools you are interested in and talk to admissions counselors, current students, and faculty at these schools.
- Get involved in extracurricular activities. Participate in activities that interest you apart from your formal coursework, including those related to science and technology.
- Talk to professionals who work in science or technology fields. If you are interested in a career in a science or technology field, talk to or visit professionals about their career and educational background.

Keep in mind that these are basic definitions and generalizations. Polytechnics, institutes of technology, liberal arts colleges, and universities are all different and unique, so you should check with each school you are considering to find out what each can offer you.

In the U.S., there are several types of post-secondary schools for science and technology study.

- Institutes of technology: Polytechnics and institutes of technology primarily focus on engineering and the sciences and provide extensive research opportunities. They do not provide vocational education or training.
- Liberal arts colleges: Liberal arts colleges are generally smaller four-year institutions where students take classes across disciplines and engage in a broad, well-rounded educational experience.
- Universities: Typically, a university is a cluster of colleges or schools that operate under a central administration. Universities are generally larger and offer a wide range of undergraduate majors as well as graduate programs. They also emphasize research.

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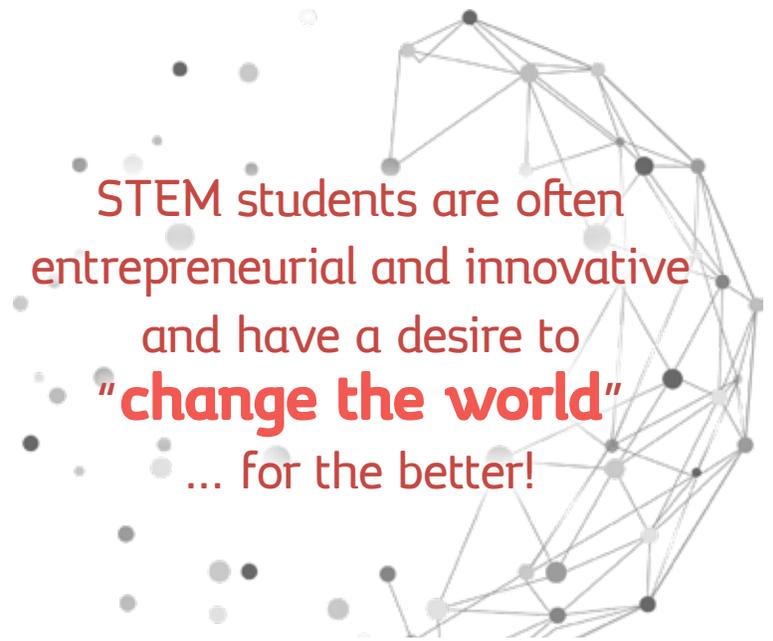


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STEM students are often entrepreneurial and innovative and have a desire to **"change the world"** ... for the better!



Final Tips on Applying to STEM Schools

Academic preparedness and performance, extracurricular, volunteer, and work activities, essay(s), letter(s) of recommendation, standardized test scores, and interest in attending a particular college or university are all important to the admissions process, particularly when applying to STEM schools. The most important, however, is academic preparedness and performance.

To prepare yourself for study at a STEM institution, try to pursue the most rigorous university preparatory curriculum your school offers, particularly in math and the sciences. Students interested in pursuing a STEM education should be academically well prepared and intellectually curious. STEM students are often entrepreneurial and innovative and have a desire to "change the world" ... for the better! **CB**

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Megan Whalen is the Director of Undergraduate International Recruitment at Rensselaer Polytechnic Institute in Troy, New York.



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About Us

The Office of Pre-College Programs at Barnard College brings young women in high school from all across the world to experience a taste of all Barnard and NYC has to offer. Our Pre-College Summer Programs. Six programs are available, with focuses such as STEM, leadership, entrepreneurship, and dance.

Barnard College is an undergraduate liberal arts college for women. Founded in 1889, Barnard was the first college in New York City to offer the same liberal arts education to women as was available to men. Today Barnard educates more than 2,500 driven, curious, and inspiring young women who will go on to change the world. Through the college's partnership with Columbia University, Barnard students are able to enjoy both the intimacy of a liberal arts college and the resources of an Ivy-League university. Barnard students have access to over 500 student organizations and 16 Division I Varsity and intercollegiate sports teams. Located on the Upper West Side of Manhattan, New York City acts as an extension of the Barnard classroom.

General Information

School Type:	N/A
Total Enrollment:	N/A
Academic Calendar:	N/A
Setting:	N/A

Academic Life

Average Class size:	N/A
Student / Faculty Ratio:	N/A
Graduation Rate:	N/A
Summary – Student Life:	N/A

Application Process: Summary

Students must complete the online application available on our website at barnard.edu/precollege.

Applicants are required to submit the following materials:

- copy of their high school transcript
- two recommendation forms: one from a teacher and another from a teacher, guidance counselor, principal, or another professional.

Once students complete their application and pay the application fee, they are admitted on a rolling basis. The deadline for applications is Monday, May 27, 2019.

Average Annual Cost & Financial Aid For Canadian Students

Availability of Aid: N/A

Tuition / Fees: \$1850 - \$8200

Books & Fees: N/A

Room / Board: N/A

Additional Information

Barnard Pre-College Programs give high school students the opportunity to experience life at Barnard College and in New York City. Students can choose from a one-week or four-week Summer in the City, which is a full-college experience consisting of two courses and Beyond the Gates career and college prep lectures. S-Cubed allows students to study STEM and learn about women's role in the field. The Young Women's Leadership Institute focuses on the relationship between gender and leadership, and the Athena Summer Innovation Institute trains women to be entrepreneurs. Dance in the City allows students to study dance as a scholar, performer, choreographer, and audience member. All of our programs allow students to take college-level courses while enjoying evening excursions and throughout the city. Barnard Pre-College Programs are a wonderful opportunity for high school students to see what college is like and spend a fun summer in New York City.

Length of Program: 1-4 weeks



Barnard College

The Office of Pre-College Programs at Barnard College in Partnership with Columbia University

barnard.edu/precollege



In the quotes about education below, each letter is substituted for another letter. When you work out the substitutions you can solve the puzzle and see the quote.

RUSXH KGUKJG ISWC CMYG NC SKUX COGIWGDGW CU GXWSPG COMC COGR PGZGNDG COG ONHOGWC
GVSZMCNUX KUWWNTJG WU COMC COGR ZMX PGKPGWGXC SW LGJJ NX ESCSPG MW ESCSPG JGMVGPW.

~ *Nelson Mandela*

KCYBVUXNJ XW JNU IYWU VRNYU SNXJS UN WBLNNZ VJC SKUUXJS V CKSQKK. XU'W VRNYU GXCKJXJS
TNYQ FJNGZKCSK VJC VRWNQRXJS ULK UQYUL VRNYU ZXDK.

~ *Shakuntala Devi*

YKD APEMYWQE QA DGPMZYWQE WT YQ YDZMK QED YQ YKWES WEYDETWUDOR ZEG YQ YKWES
MNWYWMZOOOR. WEYDOOWLDEMD FOPT MKZNMZMYDN - YKZY WT YKD YNPD LQZO QA DGPMZYWQE.

~ *Martin Luther King*

QDY RDFSCACRDH CV QDY AGDCCS JCCE FP CPY MYPYJKQFPC UFSS NY QDY RDFSCACRDH CV
MCIYJPEYPQ FP QDY PYZQ.

~ *Abraham Lincoln*

FEH YLLFM LX HPTVUFJLB UYH OJFFHY, OTF FEH XYTJF JM MAHFF.

~ *Aristotle*

JPT OFEM GA PVWPTE TZQKFJVGB VCB'J JPT MBGRXTZWT DGQ FKKQOQXFJT VB DGQE PTFZ. VJ'C JPT
CMVXXC DGQ WFBV FLGQJ PGR JG XTFEB.

~ *Adam Grant*

UNPDP CL FK PFE UK PEJAGUCKF. CU CL FKU UNGU SKJ DPGE G VKKW, OGLL GF PTGZCFGUCKF, GFE
XCFCNL MCUN PEJAGUCKF. UNP MNKHP KX HCXP, XDKZ UNP ZKZPFU SKJ GDP VKDF UK UNP ZKZPFU SKJ
ECP, CL G ODKAPLL KX HPGDFCFI.

~ *Jiddu Krishnamurti*

MK PKC CXZBP Z TSBRM CK RAZXP EQ LKXTA KX SZXNSPANN; EVC MBXATC CSAY CK BC EQ USZC ZYVNNAN
CSABX YBPMN, NK CSZC QKV YZQ EA EACCAX ZERA CK MBNTKDAX UBSC ZTTVXZTQ CSA HATVRBZX EAPC
KL CSA FAPBVN KL AZTS.

~ *Plato*

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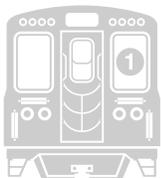


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