



# THE GOVERNOR'S SCHOOL for SCIENCE AND TECHNOLOGY



## Prospective Student Pipeline Newsletter #10 *February 22, 2022*

The Prospective Student Pipeline is a virtual community for families who want to learn more about The Governor's School for Science and Technology (GSST). By subscribing to this newsletter, you'll get information about what's happening at GSST plus notifications of upcoming events for prospective students.

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### Director's Notes: Ms. Vikki Wismer

#### ***10th Graders: Last Call to Apply to Governor's School!***

The deadline to apply to Governor's School is February 28, so if you want to apply, don't delay.

#### ***It's Easy***

The application process shouldn't take more than a few

minutes - our online application asks for some straightforward biographical information, plus the contact email addresses for your current math and science teachers. Your school counselor and teachers do the rest. [Click here](#) to learn about the application process and apply.

### **Timeline for the Applications Process:**

*February 28:* Applications due

*Mid-April:* Decision letters mailed to all applicants

*Late April:* Date for accepted applicants to accept or decline offer of admission

*Early May:* Virtual Open House for rising juniors who will be attending the school



### **Still Not Sure Whether to Apply?**

Here are a few informational resources about our program:

[Top Five Reasons to Attend Governor's School](#)

[3D Tour of the School:](#) go inside each of the classrooms

[School profile:](#) the document that tells colleges about GSST

### **8th and 9th Graders: Register for PreAdmission Program**

As we discussed in the last issue of this newsletter, the PreAdmission Program is the *school referral* branch of our Prospective Student Pipeline. By completing the online registration, you will be subscribing to this newsletter and alerting your school counselor of your interest in our program. All students who register will be included - there are no additional criteria to meet. [Click here](#) to register. *Then, under application type, select the PreAdmission Series for Governor's School for Science and Technology (PAS).*

If you were not invited to join the PreAdmission Program, don't worry. We recognize that our school referral process will miss students who might be good candidates for our program. That's why we encourage *self referral*; anyone who is interested in Governor's School is welcome to subscribe to this newsletter. By doing so, you will be assured of receiving all online resources and being invited to all virtual informational events.

## **College Planning Corner with Dr. Ellen Fithian**

### **Balancing Activities With Academics**

Now that somewhat relaxed pandemic policies have allowed many extracurricular activities to resume, I'm beginning to hear a familiar pre-Covid question from parents - what to do when those activities begin to exert a downward effect on your child's grades.

Start with an accounting of the time commitments associated with each activity. Students who are involved in multiple sports and clubs may have hours of meetings and practices every day of the week, leaving little to no





time or energy for school work. In this case, something's got to go, but what?

### **Which Activities Should Be Cut?**

At first blush, the obvious candidate may be the activity that requires the most time. Take the case of Monica, a ninth grader who used to be a solid A student but whose grades have slipped to mostly Bs and an occasional C. As a year round swimmer, she has multiple weekday swim practices and travels frequently to weekend meets. Dropping swimming would provide her with hours of extra time for sleeping and studying, in addition to liberating Mom from the 4:30 A.M. swim practice carpool. Is it the right thing to do? Before pulling the plug, there are two questions that need to be asked.

#### ***1. How important is it to her sense of self?***

At a holiday party one year, a mother began telling me about her daughter, a sophomore who was struggling in several subjects. The mother lamented the daughter's frustration as one after another intervention failed to improve her academic performance. Hoping to turn the conversation to a more positive note, I asked about the girl's extracurricular interests. The mother's face immediately brightened as she recounted her daughter's success as a cheerleader; her work ethic, leadership qualities, and the many awards she'd received in state level competitions. Suddenly I was picturing an entirely different girl. Had she asked me then whether her daughter should abandon cheerleading to devote more time to studying, I would have had to answer that I could hardly imagine a scenario in which it would be beneficial to this girl to give up the thing she most excelled at. We all want to be defined by our strengths, not our weaknesses, so if an activity is vital to a teen's sense of self, I'd make every possible effort not to take it away.

#### ***2. How much does she enjoy it?***

Spending two to three hours every day playing soccer, lacrosse, or just about any vigorous physical activity, would be my personal purgatory. Yet many students who are serious athletes have told me that they get better grades during their varsity season than in their off season. They explain that their team practices relieve stress and energize them. These kinds of positive effects are not limited to athletics; many students experience them from participating in the visual or performing arts, student government, or just about any activity you could name. So in thinking about whether your daughter should pass up the opportunity to direct the spring play, ask yourself and her whether she comes home from play practices tired - or relaxed and invigorated.

Ask your teen which activities are most important and which contribute to his overall well-being, and try to preserve those. To make more time for studying, start by pruning activities that are cluttering his schedule without adding significant benefit. If the important activity is still extracting too heavy a time commitment, have a discussion with your child about what role that activity currently serves - or is expected to serve - in his life. For example, if he's a swimmer on an elite team with an extremely demanding schedule, it's worth asking whether he anticipates being recruited to swim in college. If so, remaining on the most demanding practice schedule might be worth attempting. On the other hand, if he simply enjoys swimming, it might make sense to drop down to a lower tier of the team.

Finally, before making final decisions about extracurricular activities, educate yourself about the role they play in college admissions; it's changed since you were a high school senior. If your teen is aspiring to a top college - or hoping to earn scholarship money - her accomplishments outside the classroom may play a critical role in her success, so it may not be wise to jettison all non-academic commitments. To learn what colleges are looking for and why they care about activities, read an article on [Extracurricular Activities](#) on my Sidelines website.

## The Governor's School For Science & Technology

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