

Hello everyone! It's me again, Kelly, from Exploring College. Is there anything specific you want to see in our next edition of the newsletter? Are you interested in writing a column? Feel free to email me at exploringcollege@vassar.edu with any comments, suggestions or questions! In the meantime, enjoy our latest edition!



Tips for Productivity



Are you having a hard time staying focused? Do you have a lot of tasks you need to accomplish, but you just can't seem to find motivation? Or maybe you just want to read a book instead of watching TV/YouTube, but you keep getting distracted? You're not alone! Here are some techniques that I use to stay focused!

1. Make a list!

This is a great way to figure out what you need to do and prioritize your tasks. You can organize it in any way you want to! Some people make a list in order of how long each task will take (shortest amount of time to longest) or in order of importance (high priority to low priority). I personally like to split my list into categories based on subject. Try out some different methods and see what works best for you. It can be overwhelming when you feel like you have so much to do and writing it down is a great start. It also feels pretty good to cross things off the list!

2. Set a timer!

Sometimes it can be hard to get into your work. I find that those first 10 minutes can really make or break it with productivity. If I get distracted right off the bat, I won't be able to come back from it. This is why I set a timer! If I work for just 10 minutes and keep myself from all distractions (my phone, opening up YouTube, checking my email, etc.), I usually end up working for an hour or more. You have to be pretty strict with yourself, but 10 minutes isn't very long and you can usually trick yourself into working for longer.

3. Make your goals small and attainable!

Once you have a list, you can split up tasks into smaller chunks. This will help you feel less overwhelmed by the amount you have to accomplish and give you bite-size goals to work towards.

4. Try working over video or a phone call!

You're probably not the only one struggling to get things done! Call up a friend and do work together to hold each other accountable. This is what we do in our weekly homework sessions! Act as though you are in a library with each other, so you can't talk too much. It's nice to just be in each other's (virtual) company and it might help you stay focused if there's another person being focused with you!

Even if you use these tips, sometimes it's just not working. If you're getting frustrated at yourself for not being able to focus, it's only going to get worse! Take a step back, take a break and don't be too hard on yourself. Switch to a different assignment or allow yourself to do something else for a little bit. Then you can come back feeling refreshed and ready to try again!

Don't forget to enter our Poetry Competition!



Scholarships: How to find them!

Lots of our seniors right now are trying to make college decisions and figure out how to finance their post-secondary education. Hopefully this section will help you locate some different resources for scholarships.

1. Poughkeepsie High School Scholarship List

<https://tinyurl.com/y7kusnd4>

This is probably the best place to start. This is a huge list of scholarships put together by the high school and many of them are New York or even Poughkeepsie specific. It also details the requirements in a way that's very easy to follow.

2. FastWeb

<https://www.fastweb.com/>

This website is a very popular one and it's simple to use! Set up an account and it will generate scholarships that are most likely to be relevant to you. The website also has other helpful financial resources, like financial aid guidebooks, how to navigate student loans and budgeting tips to save money once you start college!

3. College Board Big Future

<https://bigfuture.collegeboard.org/scholarship-search#>

This is a search engine that was created by College Board. It works in a pretty similar way to FastWeb, but it might pull up different scholarships!

There are so many more!

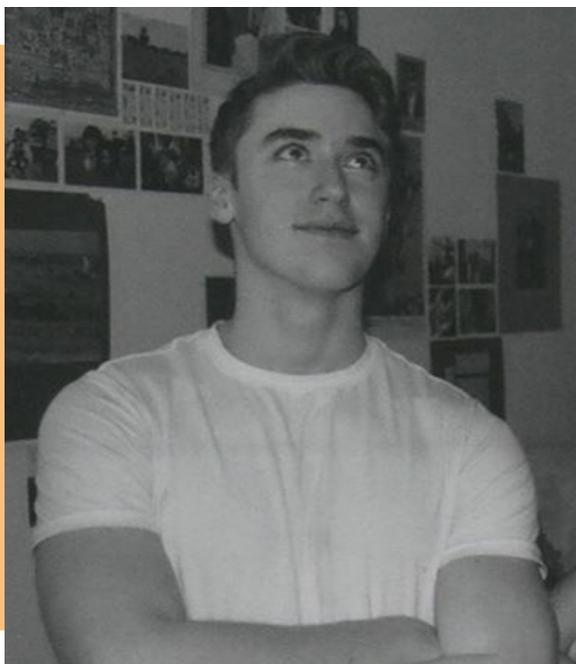
These are three good places to start, but there are lots of other options! Below is the link to our Scholarship Guide put together by the mentors from a workshop we held earlier in the semester.

<https://tinyurl.com/sxlf347>

You'll likely have to wade through a lot of different scholarships to find the ones that feel right to you. Some of them are also a little too good to be true—for example, ones that ask you to make a profile on their website as the only entry requirement. Use your judgement and apply to ones that seem legitimate.

You can also rework writing from your college essays for scholarships! Lots of them ask similar questions to college applications, so definitely use what you've already done and just tailor it a bit more depending on the scholarship.

If you want any help brainstorming scholarship essay topics or you want someone to read over your applications before you submit them, send us an email! Our mentors are happy to work with you and offer feedback.



Mentor Spotlight!

Featuring: Luke

For this week's spotlight, we're featuring one of our mentors, Luke! Luke is a junior at Vassar majoring in Philosophy. He is also minoring in both Political Theory and Film! He is from Northampton, Massachusetts. While in quarantine he's been finding different ways to exercise at home. He has also re-downloaded Minecraft to channel his middle school self. He jokes that he's "gotten more sleep over the course of this quarantine than in the past 3 years!"

Wellness Tips

Continuing on with our information from last week, here are some new ideas to keep yourself going!

Crossword (and more!):

You'll find the answers to last week's crossword at the end of this article, and we included another one for this week! We also included a few other kinds of puzzles with this newsletter—below are instructions on how to do them if you haven't heard of them before!

Sudoku:

To play Sudoku, you need to fill in each box of the 9x9 chart with a number 1-9. The 9x9 chart is made up of 9 "squares" (bolded 3x3), 9 rows and 9 columns. In each square, row and column you are only allowed to have one of each number—you can't repeat any! Confused? It's ok, it's a little hard to explain through writing, but there is a diagram to display these rules at the end of the newsletter, along with a puzzle to play!

Cryptogram:

Cryptograms are coded messages where every letter is represented by a number! For example, the quote "HAPPY FRIDAY" might now look like "58991 206381," where "A" has been switched to "8" and "Y" is "1". To solve the code, you need to look for patterns and figure out what letters the numbers stand for. Try figuring out the 1, 2, or 3 letter words first and then start substituting those letters into the rest of the clue! There's also a key to help you keep track of what you know.

Writing Project: Make a List!

Can you tell I like lists a lot based on this Newsletter? If you're a bit of a perfectionist or writing intimidates you, try writing a list instead.

Yes, writing with lists is still writing! It's low stress and low effort—you really can't do it incorrectly. It doesn't require too much thought or time, but it usually leaves me feeling better than when I started. The idea is simple, you just list answers to a prompt. I included some prompts below, give them a try!

Write a list of...

- Things that make you smile
- Things that you are looking forward to
- Places you want to visit
- People you admire
- Favorite songs
- Favorite movies
- Movies you want to watch

Suggestions!

Music:

Album: Honeymoon (Beach Bunny)

Artist: YUNA

TV Shows/Movies:

TV Show: Never Have I Ever (Netflix)

Movie: Inception (Netflix)

Writing prompts

1. Creative

Try writing a list! See the Wellness Tips column for prompts and more information.

2. Personal:

The most fun I've ever had was...

3. Opinion:

What weaknesses and strengths about our world are being exposed by this pandemic?

COLLEGE KNOWLEDGE

M	A	J	O	R		D	O	R	M	S		A	F	B	
O	H	A	R	A		E	I	E	I	O		C	R	O	
P	E	R	K	I	N	S	L	O	A	N		C	E	O	
E	M	S		L	E	K						T	R	E	K
			R	A	S		A	D	V	I	S	E	R	S	
A	U	D	I	T	S		P	E	E	V	E	D			
S	L	O	B			G	L	A	R	E		I	S	L	
I	N	C		P	A	R	E	N	T	S		T	O	A	
S	A	T		A	M	E	N	S				H	E	R	B
		O	N	A	B	E	T			G	R	A	D	E	S
S	O	R	O	R	I	T	Y			A	I	D			
U	P	A	T					A	L	F		U	S	A	
I	T	T		L	I	B	E	R	A	L	A	R	T	S	
T	E	E		A	L	O	N	E			E	S	S	A	Y
E	D	S		C	L	A	S	S			S	K	A	T	E

WOMEN OF DISTINCTION

by Frank Longo | © 2014, The New York Times



The Learning Network

Teaching & Learning With The New York Times

ACROSS

- 1 Olympic gold medalist Lipinski
- 5 Band draped around Miss America
- 9 ___ mater (school one graduated from)
- 13 Spoken out loud
- 14 Similar
- 15 Thing that drops from a tree
- 16 Chemist who discovered radium with her husband: 2 wds.
- 18 Poet Angelou
- 19 Pittsburgh football player
- 20 Former first lady Roosevelt
- 22 Head movement that means “yes”
- 23 Felony involving fire
- 24 Tie fastener
- 27 Org. that collects income taxes
- 28 Gymnast Comaneci known for scoring perfect 10s
- 32 Quarterback Manning
- 33 Snow queen in Disney’s “Frozen”
- 35 Go higher and higher, like 53-Across
- 36 Fathers
- 38 “Wuthering Heights” novelist Brontë
- 40 Potato, in slang
- 41 With 53-Across, first woman to fly across the Atlantic
- 43 Perform like Billie Holiday or Aretha Franklin

- 45 China’s Mao ___-tung
- 46 Where Dr. Laura Schlessinger can be heard
- 47 Brother or sister, for short
- 48 ___ and aahed (expressed amazement)
- 50 “Any Man of Mine” singer Shania
- 52 Road trip stopover place
- 53 See 41-Across
- 56 Actress Bening or Funicello
- 60 ___ vera (skin lotion ingredient)
- 61 Nancy Kerrigan and Michelle Kwan: 2 wds.
- 63 Barbra Streisand, Helen Hunt or Madonna, for example
- 64 Shoe bottoms
- 65 “Just you ___!”
- 66 Member of the Conservative Party in Great Britain
- 67 Poet Lazarus or actress Watson
- 68 Gymnast Korbut of the 1972 Olympics

DOWN

- 1 “Uncle ___ Cabin” (Harriet Beecher Stowe classic)
- 2 “I smell ___!”: 2 wds.
- 3 How some steaks are cooked
- 4 Extraterrestrials
- 5 Pronounce indistinctly

1	2	3	4		5	6	7	8		9	10	11	12
13					14					15			
16				17						18			
19							20		21				
			22			23							
24	25	26			27			28		29	30	31	
32				33	34			35					
36			37		38			39		40			
41				42			43		44		45		
46					47				48	49			
			50		51			52					
53	54	55					56				57	58	59
60					61		62						
63					64					65			
66					67					68			

- 6 53-Across’s preferred mode of travel
- 7 Athletes like Picabo Street and Katja Seizinger
- 8 Shoe parts
- 9 Annually published fact books
- 10 What Jack Sprat’s wife couldn’t eat
- 11 B.L.T. topping
- 12 Worship from ___
- 14 Scored 100% on
- 17 Run away and get married
- 21 Long, long time spans
- 23 “___ in the Sun” (Lorraine Hansberry play): 2 wds.
- 24 Moth-repellant wood
- 25 Camel’s South American cousin
- 26 Helped
- 27 Suffix with symbol or social
- 29 Swimming pool measurement
- 30 Occupied: 2 wds.
- 31 Used a plus sign
- 34 “Glee” actress ___ Michele
- 35 “Atlas Shrugged” author ___ Rand
- 37 Like a snake or an eel
- 39 Women’s ___ (feminist movement)
- 42 Former first lady Mamie Eisenhower’s state of birth
- 44 “My Lovin’ (You’re Never ___ Get It)” (1992 hit for En Vogue)
- 47 “Ellen,” “Murphy Brown” or “Roseanne”
- 49 “Testing, ___ three ...”: 2 wds.
- 51 Get out of bed
- 52 Fluids inside pens
- 53 Where the sun rises
- 54 Cher’s voice range
- 55 Lion’s sound
- 56 On the ocean
- 57 Greenish blue
- 58 High school math course, for short
- 59 ___ noche (tonight, in Spanish)
- 62 Massachusetts state tree

Sudoku Instructions

9	8	1	3	6	5	2	7	4
7	6	5	4	8	2	3	1	9
2	4	3	1	7	9	8	5	6
1	9	2	6	3	4	7	8	5
4	3	7	5	2	8	9	6	1
8	5	6	9	1	7	4	3	2
3	2	4	7	5	6	1	9	8
5	1	8	2	9	3	6	4	7
6	7	9	8	4	1	5	2	3

Sudoku puzzles require you to find the missing numbers in a 9 by 9 grid, with that grid itself divided into 9 square grids of 3 by 3.

You can't just add any numbers, though. There are rules that making solving the puzzle challenging.

A number can only occur once in a row, column, or square.

To solve a Sudoku, look for open spaces where its row, column and square already have enough other numbers filled in to tell you the correct value. The more squares you fill in, the easier the puzzle is to finish!



MathSphere

Sudoku



Fill in the puzzle so that every row across, every column down and every 3 by 3 box contains the numbers 1 to 9.

Medium Puzzle 1

6	5	9		1		2	8	
1				5			3	
2			8				1	
			1	3	5		7	
8			9					2
		3		7	8	6	4	
3		2			9			4
					1	8		
		8	7	6				

Clues:

1. Seek a 2 in the centre block of squares
2. Finish the centre block of squares
3. Search for 2s everywhere

CRYPTOGRAM

Hint: lyrics to a popular song :)

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z	

$\frac{\quad}{20}$ $\frac{\quad}{21}$ $\frac{\quad}{5}$ $\frac{\quad}{15}$, $\frac{\quad}{22}$ $\frac{\quad}{9}$ $\frac{\quad}{26}$ $\frac{\quad}{18}$ $\frac{\quad}{4}$ $\frac{\quad}{4}$ $\frac{\quad}{5}$ $\frac{\quad}{1}$ $\frac{\quad}{5}$ $\frac{\quad}{13}$ $\frac{\quad}{21}$ $\frac{\quad}{9}$ $\frac{\quad}{20}$

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$\frac{\quad}{6}$ $\frac{\quad}{5}$ $\frac{\quad}{4}$ $\frac{\quad}{1}$ $\frac{\quad}{4}$ $\frac{\quad}{18}$ $\frac{\quad}{9}$ $\frac{\quad}{18}$ $\frac{\quad}{10}$ $\frac{\quad}{21}$