

Quest Alumni Newsletter

September, Junior Year

DEVELOP YOUR LEADERSHIP SKILLS IN COLLEGE

Above all, get out there and take part in the life of the university; much of what you learn here about leadership takes place in the classroom as well as in co- and extra- curricular activities. You will be enjoying life in a rich cultural mix of people and ideas and beliefs. Listen, learn and discern. From that, leadership will grow.

- Scott S. Cowen, Tulane University (as quoted in *Wisdom for a High School Grad*, by Douglas Berry)

Many leaders have certain traits and perform certain tasks that allow them to be respected by other individuals. If you would like to become a respected leader at your school, then you need to be knowledgeable about what it takes to be a good leader. Keep the following in mind in order to become a successful leader at your school.

- **Know your strengths.** In order to be a good leader, you need to know where your strengths lay. Knowing your character strengths enables you to select environments that allow you to express and develop them. If you love helping people and are a religious person, then you may consider being a leader in campus ministry. If you have a passion for writing and like working in a team setting, consider becoming a leader on your school's newspaper staff. If you are a people person and want to work for the common good of your school community, become involved in your school's student government.
- **Gain experience.** You may encompass all the attributes that a good leader should have, but if you do not have the experience in the area in which you would like to become a leader, then you will not be viewed as a knowledgeable leader among other students. If you want to become the editor-in-chief of the student newspaper, you'll have to start at the bottom and gain experience. This holds true for practically every leadership position at your school.
- **Work well with people.** In order to be a good leader at your

school, you need to be able to work well with other people. Good leaders exude superior interpersonal skills. You should be able to listen to others, communicate well, establish trust, ask questions to stimulate thinking, and develop a sense of teamwork. To demonstrate your interpersonal skills, you should go around your campus and meet new people. Talk with them about school issues and listen to what they have to say. This will help you establish a sense of trust among your peers.

- **Be optimistic.** Leaders must be optimistic. When faced with a setback, optimists don't give in to feelings of helplessness. They maintain their focus. In whatever area of interest you have at your school, always remain optimistic in any situation that comes your way. This will show other individuals that you can be counted on in times of need.
- **Be willing to take action.** Leaders create a vision, set goals that embody that vision, and develop plans that lead to their goals. Don't just talk about what you want to do once you have a leadership position on campus; take action to get it accomplished.

Student leadership is important for schools to have because, within the schools, there are hundreds to thousands of students who come from different backgrounds and have different beliefs and values. Students need leaders who they can identify with and count on. When considering a leadership role, make sure you are equipped to handle whatever comes your way.

- www.eCampusTours.com

BECOME A CLUB PRESIDENT

To put it bluntly, losing students don't think they have enough time to be involved with extracurricular organizations. Average students join extracurricular organizations. And winning students run extracurricular organizations. You heard it here first: **You absolutely have the ability to run a campus organization.** This is not something to be afraid of. It's not nearly as complicated or completely time-consuming as you might imagine, and it's definitely within your grasp. In general, if you are a well-organized person, club leadership may be challenging, but it's far from overwhelming. Keep this in mind, because most students sell themselves short and are happy just to be involved. You, however, want to be in charge!

Find a club on campus that excites you and join as soon as possible. Work hard, attend all the meetings, take positions of responsibility whenever they are available, and follow a path into a leadership position.

Why is this a good idea? Because few collegiate experiences are more rewarding than the challenge of running a campus club. You will gain substantial amounts of confidence from leading your fellow students toward a common goal, and you'll maintain a healthy sense of perspective by finding sources of accomplishment unrelated to academic performance. You'll meet people who share your common interests and bond over your shared goals in a way you rarely do in an academic classroom. And of course, when applying for jobs, awards, or competitive programs, being a club president helps you rise above other applicants.

An academic curriculum alone is not enough to keep life at college interesting. But don't waste your free time with scattered, loose commitments; instead, focus on a few concentrated goals. If you are truly interested in becoming a standout, taking control of a campus organization is an excellent start.

- *How to Win at College*, by Cal Newport

What a Career Center Can Do For You

The career center at your college or university can be a valuable—and sometimes fun—place to visit. So what can a trip to a career center do for you? How can a career counselor or adviser help you? There's more than you might think. Following are just some of the services college and university career services centers and offices offer:

Assessment Testing

Career counselors are trained to administer a variety of standardized tests that can help you pinpoint careers that suit your interests, values, and personality type.

Career Advice

Career counselors and advisers can meet with you one-on-one to discuss your plans and help you find a focus. They can also introduce you to a wealth of resources at the career services office.

Career Fair Information

Are you hoping to meet lots of employers at once? Most career services offices sponsor at least one career fair a year. Staff members can also point you to fairs at nearby colleges and universities.

Career Libraries

Most career centers keep plenty of information about employers handy for students to peruse. This can include company brochures, annual reports, news articles, and listings in guides. Many also maintain collections of reference books, periodicals, newspapers, and employment newsletters that contain information on occupational exploration, emerging occupations, salaries, undergraduate and graduate schools, resume writing, interviewing, and more.

Computer Access

Are you having trouble accessing job-search sites on the Internet? Or do you need access to a computer and printer to prepare a professional-looking resume? Most career centers offer at least a few computers for students to use, and staff members can offer advice on how to use them.

Employer Information Sessions

Career centers often sponsor sessions in which students can meet representatives of one or more companies and learn what they have to offer. Sometimes these representatives are alumni, and can relate how their experiences at a college or university translate into their current career.

Job, Co-op, and Internship Listings

You don't have to confine your job search to newspaper classified ads and online search engines. Most career centers keep updated lists of entry-level jobs, co-ops, and internships, either on paper or online.

Resume and Cover Letter Advice and Critiques

Are you wondering whether you've prepared your resume correctly, or have you put off preparing one at all? A meeting with a career counselor or adviser can help you learn the basics, from what information to include to what typeface to use.

- www.JobWeb.com

Hand-me-down Advice for Juniors

The Columbia University Division of Student Affairs asked seniors to pass along advice that juniors might find useful in planning for senior year. One topic addressed was making contact with professors. Here is what they had to say:

- Get to know your professors early on! Whether through independent research projects (in certain departments), talking to them after class, or going to their office hours, most professors are willing to get to know their students. You'll need references for jobs, graduate programs, fellowships, etc. So don't wait until senior year—get to know them now!
- Get to know your professors and TAs personally. Not only are they great and brilliant people, they also write wonderful recommendations.
- Your professors *are* interested in knowing more about how you feel about their class.

- www.studentaffairs.columbia.edu

APARTMENT LIVING



4 Tips to Being a Better Neighbor

Because you share walls with your neighbors—and in some cases, your floor is their ceiling—be mindful that your actions affect them. Here are four tips to being a better neighbor.

1. Keep the noise down, especially at night. Day to day noises, such as running water, the clatter of feet, or conversations, are to be expected. And some noise, like hammering, clearly is unavoidable. But blasting music of any genre at the highest volume interrupts the peace of your next-door neighbors. Making loud disturbances in the middle of the night is inconsiderate. So, before making a ruckus, think of your neighbors and judge whether it's the appropriate time.

2. Watch your neighbor's back. If you see suspicious activity around your neighbor's door, alert the appropriate authorities. Keep your eyes and ears open. Think of it as the golden rule: you'd want your neighbors watching out for your place.

3. Keep the common areas clean. This is another code of conduct from the golden rule camp. Litter is unsightly. Just as you wouldn't want to pick up after others or see trash everywhere, don't leave newspapers, junk mail, or litter for others to endure. It's courteous to your neighbors and to your super to clean up after yourself.

4. Be friendly with your neighbors. As soon as you move in, begin developing relations with your neighbors. Greet them when you see them in the lobby. If you have time, ask how their day was. If you haven't started this, it's never too late. You don't have to knock on their door, but if you see them, give them a friendly greeting. Not only will you feel a stronger tie to this mini-community, but you may have a friend who can help you out in a jam—such as pet-sitting or lending you their vacuum.

- About.com

Roommates and You

Roommates significantly affect each others' lives emotionally and financially. To prevent roommate conflicts, discuss issues such as bills, chores, and house rules. Consider signing a roommate agreement such as follows from www.tenantresourcecenter.org.

Roommate Agreement

This agreement is made by and among the roommates named herein who have signed a lease for a shared dwelling unit that makes the roommates jointly and severally liable for all terms of the contract.

Execution of this roommate agreement does not alter the joint and several liability of the tenants under the rental contract with the landlord. However, it may be used if a dispute among the roommates arises.

Address of Rental Unit _____

Term of Lease _____ to _____

Name	Rent per Month	Security Deposit	Bedroom to be Occupied
	\$	\$	
	\$	\$	
	\$	\$	
	\$	\$	
	\$	\$	
	\$	\$	

If roommates will switch bedrooms or pay different amounts of rent at any point, those changes should be noted above. Any roommate who does not pay any or all of the amount of rent listed above shall be liable to the landlord or to any roommates who pay any amount due for the defaulting roommate.

Security Deposit

A security deposit has been paid by each roommate in the amount listed above. The roommates will divide the refund of the security deposit according to the amount each tenant originally paid as listed in this agreement. When a specific roommate is clearly responsible for fees and damages to the premises, including late fees, repairs and cleaning costs, that roommate will pay full fees and damages. The roommates agree to share equally in the cost of all other fees and damages charged.

Utility Bills

The utility bill will be in _____'s name.

The bill will be divided (*strike one*) evenly/as follows (*for example, because one roommate has an air conditioner or a personal refrigerator*):

Utility late charges will be paid by _____.

Phone Bills

The phone bill will be in _____'s name.

The local phone bill will be divided (*strike one*) evenly/as follows:

The long distance bill will be divided (*strike one*) evenly/according to who made the calls.

Phone late charges will be paid by _____.

(over)

Cable

The apartment (*strike one*) will/will not have cable.

If there will be cable, the bill will be in _____'s name.

If there will be cable, the bill will be divided (*strike one*) evenly/as follows:

Cable late charges will be paid by _____.

High Speed Internet Access

The apartment (*strike one*) will/will not have high speed internet.

If there will be high speed internet, the bill will be in _____'s name.

If there will be high speed internet, the bill will be divided (*strike one*) evenly/as follows:

Internet late charges will be paid by _____.

Subletting

Subletting is (*strike two*) not allowed/allowed/allowed only with permission of all roommates.

(*Sublet agreements are available at the Tenant Resource Center.*)

Guests (*Strike any part not applicable.*)

Each roommate is responsible for the behavior of his or her guests. Guests shall not unreasonably disturb other roommates. Guests must stay in the bedroom of the roommate who invited them, unless all other roommates agree that the guest may stay in a shared area. No guest may stay for more than seven consecutive days without the permission of all other roommates. New roommates may move in only with the written permission of all other roommates and the landlord.

Quiet Hours

All roommates agree to observe quiet hours for sleep, study and other purposes on the days and times listed here. (*If none, write "None."*) _____

Pets

The following pets are permitted: _____

The person responsible for the pets will be _____.

Smoking

Smoking in the apartment will be (*strike one*) allowed/not allowed.

Household Duties

Household duties (take out trash, clean bathroom, etc.) will be divided as follows:

Other Terms _____

Signatures

Date

Signatures

Date

STUDY BREAK

www.PrintSudoku.com

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

Medium Difficulty

I Never Knew That!

- The longest recorded flight of a chicken is thirteen seconds.
- Every time you lick a stamp, you're consuming 1/10 of a calorie.
- Dr. Seuss pronounced "Seuss" such that it rhymed with "rejoice."
- The international telephone dialing code for Antarctica is 672.
- No word in the English language rhymes with month, orange, silver and purple.
- The most common name in the world is Mohammed.
- A mathematical wonder: 111,111,111 multiplied by itself gives the result 12,345,678,987,654,321.
- "I am" is the shortest complete sentence in the English language.

For more such trivia, as well as an extensive collection of anecdotes, humor and tall tales, check out the following website:

www.pawprints.kashalinka.com

Welcome back to Study Break! In this section of our newsletter you will find a puzzle as well as some other type of "diversion." We may include a bit of trivia, some humor, an interesting website to check out—or anything else that strikes our fancy. We hope that you have some fun with it, and feel free to pass on suggestions for future Study Breaks!

Scholarships

Did you research scholarships over the summer? If so, wonderful! If not, you're already behind. Many scholarships have deadlines in the fall. You should review the renewal criteria for any scholarships that you are currently receiving, and check with your major department and the financial aid office at your school to discuss any additional scholarships that they offer. The web is also a good resource—contact Marilyn in the Quest office for a list of scholarship search engines.

Memo From Marilyn

Remember, this is **your** newsletter, and your input is welcome! Please let us know what features and articles you find most useful. If you'd like to see a particular topic addressed or have a suggestion for a "Study Break" activity, send me an e-mail. Or better yet, submit an article! You can reach me at Marilyn@questctr.com.

Mark Your Calendars Now!

Meet with QFK high school seniors preparing to enter college! These students could benefit from your advice and experience. They would love to hear about how you dealt with "the roommate from hell" as well as what everyday life is like at college. Please plan to come and share your helpful tips and "words of wisdom." Many of your fellow Quest graduates participate in this event every year, so this is a great opportunity for you to reconnect with other Quest Alumni.

Watch your e-mail for notification of the dates and times, and be sure to RSVP as soon as possible. We always have a full house!

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