



## **Academic Update: March 2025**

This is the month of wrapping up loose ends. May tends to be a blur for students. As a result, I combined the two months for checklist purposes.

### **Frosh year (9<sup>th</sup> Grade)**

- Make sure to update your academic resume'
- You should have locked in your summer plans locked in (internship, athletic camps, leagues)

#### Family discussion

*Does it make sense to explore academic camps for sciences, foreign language or other areas of interest to complement my athletic interests?*

### **Sophomore Year**

- Update your academic resume'
- PSAT should be locked in
- You should have locked in summer plans (internship, job, athletic camps and leagues)
- Do you need a letter of recommendation for your internship or job? Is there a teacher or coach that might serve as a reference? Make sure to ask well in advance. They are busy grading etc.

#### Family Discussion

*Is there a family trip? Does it make sense to incorporate a campus tour into the trip?*

This is an opportunity to get a feel for what living elsewhere might feel like. It also provides a baseline for comparisons to other colleges and universities moving forward.

## **Junior Year**

Update your academic resume

Taking the SAT's again in the future

- You should have locked in summer plans (internship, job, athletic camps and leagues)
- Do you need a letter of recommendation for your internship or job? Is there a teacher or coach that might serve as a reference? Make sure to ask well in advance. They are busy grading etc.

## **Family Discussion**

- How does my academic resume look now?
  - Am I well-rounded?
  - Do I have a compelling story to tell with my grades?
  - Are my specific academic interests supported by internships, jobs, elective courses, experiences (projects, special camps, trips)?
  - What makes me special?

Exceptional colleges and universities accept exceptional students. If you intend to apply to schools with low acceptance rates, you must be unique.

## **Trends:**

- There has been significant grade inflation in recent years.
  - A GPA of 3.7 isn't what it used to be.
    - The AVERAGE student applying to colleges and universities is approaching 3.5 and above as the prestige of the institution increases.
  - SAT/ACT scores have been readjusted resulting in higher scores
  - SAT/ACT scores are being incorporated into the applications again at many of the more prestigious institutions

- Your application is in competition with applicants from all over the world for limited spots

I work closely with a select number of families to deliver the personalized support you need.

❖ **Contact Dr. Stahura** for guidance if you want help with Academic Consulting/Placement Services. This is a thoughtful customized plan which yields the best results for you. I have had great success working with Hawkeye Hockey players (young men and women) finding a fit at the next level. I only work with a select number of student-athletes to assure maximum attention and service.

*It is not just about the next 4 years, it is about the next 40 years*



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