

***Hello Parents!***

Many of you have moved on from the world of college applications, but for those of us in College Park Scholars, we relive the college application process every year—not unlike Bill Murray’s experiences in the movie "Groundhog Day". Now that we are well into November, we have just completed the first recruiting phase on the year.

We began the fall by participating in special recruiting events, such as Visit Maryland Days, which the University coordinates for prospective students. At this point, we are simply trying to help the University get prospective students excited about applying to the University. We have information sessions where we try to cover the basics, as well as the benefits, of the Scholars program, such as the smaller community and the variety of academic opportunities available.

We are helped tremendously by a group of student volunteers known as the Scholars Ambassadors. The Scholars Ambassadors are open to all current or former College Park Scholars. The Ambassadors are very outgoing students who serve on student panels or help us work information tables at these special recruiting events. >From my point of view, they are the best part of our recruiting effort, and they never fail to impress the crowd with their enthusiasm and the depth of their involvement at the University and in the program.

Working with the Scholars Ambassadors, which I co-coordinate with our admissions coordinator Ken Joseph, is one of my favorite activities working in the Scholars program. The Ambassadors are hard-working students, very involved on campus, but they never fail to help out Scholars when they can. Along with recruiting, they provide valuable feedback to us on how we market College Park Scholars. For instance, they are currently providing information and feedback on the new brochure that we have in production. In the spring, many will work one-to-one with prospective students when they come to visit campus. I have seen again and again how talking to a current student not just about Scholars but about college life in general helps prospective students (and their parents) tremendously during that time of uncertainty.

Ambassadors do not receive any payment from us for their hard work other than our undying gratitude. They also receive what we call Ambassador Points. An Ambassador will earn a certain number of points for each meeting or special event in which they participate. For instance, once an Ambassador accumulates more than 25 points, they achieve “Super Ambassador” status; exceeding 50 points earns “SuperMegaUltra Ambassador” status; and finally, surpassing 75 points earns the

distinction “Intergalactic Ambassador.”

This year we have introduced different levels for career totals. Ambassadors active for at least two years can earn “Heroic,” “Hall of Fame,” “Legendary,” and ultimately, “Epic” Ambassador status depending on how many points they accumulate.

Of course, these titles are supposed to be fun, and they are not actually worth anything. Students cannot trade them in for electronic devices or other merchandise. Nevertheless, the students like the Ambassador Point System. Some of them consciously strive to reach the next level simply because of the title. We hope that with fun, and at times, free pizza, we can begin to pay the Ambassadors back for all the help they have given us.

In the past two years we have also introduced a career development component to the Ambassadors program. Our reasoning is that Ambassadors will use the same skills that they employ to promote the program when they have to promote themselves someday, such as when they have to apply for internships, jobs, or graduate school. To this end, we have invited the University of Maryland Career Center to come in provide different workshops to help the Ambassadors’ career development. My hope is that the Ambassadors’ reflection and communication skills will improve as part of being in the Ambassadors program.

Although I try to articulate the benefits of being an Ambassador, I have found that the Ambassadors are generally not involved for personal gain. They embody the true spirit of volunteering: they help because they like to help. If you are ever around people like this, or if you are a volunteer yourself, you probably understand why I say that this one of the best parts of my job.

Thank you for your time!

[Mike Colson](#)

Associate Director for Admissions and Registration

### ***4th Annual "Scholars in New York"***

On April 20 - 22, 2007, more than 450 College Park Scholars students, alumni, parents, and faculty will set out for New York City for the fourth consecutive year. With a weekend touring the Big Apple, participants will enjoy shopping on 5<sup>th</sup> Ave., eating dazzling cuisine, attending Broadway shows and visiting famous landmarks. Nearly 300 students have already registered -- if your student is in a participating program, please encourage their participation if you see them over the Thanksgiving holiday.

Accommodations are provided by the [Sheraton New York Hotel and Towers](#) in midtown-Manhattan. Accompanying activities for alumni and parent participants will include a happy hour on Friday evening organized by the [College Park Scholars Alumni Association](#); pre-show dinner on Saturday evening; and opportunities to explore the city on your own schedule.

Once again, we would like to extend an invitation to parents to join us on this annual tradition. Registration has opened for this event, and package details and rates are available on our [Scholars in New York website for parents and family members](#). We hope you are able to join us in New York next April!

### ***Feature Story: "Stress: How to Deal with it"***

Kendall Spera, Undergraduate Publications Coordinator

As stress levels intensify with the progression of the semester, remind your students to put on the brakes and slow down occasionally.

Every year as the winter holiday approaches, the thought of papers, presentations, and yes, beloved midterm and final exams, intrinsically increase the pressure that scholars feel in their day-to-day lives. Many experience the effects of stress and, even if they refuse to admit it, need support from their parents, guardians and friends.

According to an article from the College Student Journal, published in 2005, "College students perceive academic life as stressful and demanding (Wan, 1992; Hammer, Grisby & Woods, 1998) and report experiencing emotional and cognitive reactions to this stress, especially due to external pressures and self-imposed expectations (Misra & McKean, 2000). They report on numerous stressors during term-time, including academic demands and social adjustment."

The rise of students' stress levels can be linked to their lack of sleep, spare time and relaxation. This schedule and behavior wear students down during a crucial time in their academic year.

A 2005 article entitled "Stress Busters!" from Career World provides warning signs of high stress levels as well as suggestions for coping with the tension that is brought on from the daily pressures of school. Consistent feelings of pressure and time constraint, nervousness and irritation are just some of the mental implications of unchecked stress. These variables do not even include the potential physical symptoms, which can range from stomach problems and headaches to chest pain. Allergic reactions, such as eczema or asthma, sleeplessness and development of unhealthy habits, such as excessive drinking, smoking, overeating and/or drugs are also common and of course, don't forget sadness and depression.

The article gives hope though, for stress and its side effects can be combated by positive measures. It accentuates the importance of being able to recognize signs of anxiety. Students should learn to take a break and let their minds revamp; they should be able to alter their attitudes and participate in an activities they enjoy, even if it means taking a short break from studying. Likewise, maintaining health through a well-balanced diet and the right amount of sleep is equally important. The article emphasizes the value of communication among students who are in similar circumstances.

Because spare time is hard to come by, the university has set up some measures to help handle problems created by stress in a way that is relatively simple and accessible. The Counseling Center Services on campus offer myriad opportunities and outlets to help deal with the strain and anxiety that is often brought on by academic responsibilities. You can locate information regarding these services, including location and hours, by visiting <http://www.testudo.umd.edu/soc/counsel.html>.

### ***To the Parents of Incoming Freshmen Class of 2007-08***

Do you have a son or daughter applying to the University of Maryland this year for admission into the Fall 2007, class of incoming freshmen? Do you think he or she might be interested in becoming a College Park Scholar? If so, let us know! The Scholars faculty and staff will be reviewing applications this winter, and you can help us by identifying potential future Scholars.

If you have a child who is in the process of applying to the university, remind her or him to submit the completed application for admission (parts I and II) to the Office of Undergraduate Admissions by December 1<sup>st</sup>, the university's priority deadline. Then, you should send your child's name to Scholars' Admissions Coordinator, Ken Joseph ([kajoseph@umd.edu](mailto:kajoseph@umd.edu)). It is very important that you submit your child's name to Ken by Friday December 1, 2006.

***From the Scholars Newsdesk*** (<http://www.scholars.umd.edu/news/>)

Catch up on students, faculty, and administrators connected with College Park Scholars, as their most recent press clippings can be found at our newsdesk online.

### ***UM Information and Upcoming Deadlines***

#### ***Thanksgiving***

All North Campus Residence Halls will be closed on Wednesday, November 22, 2006 at 7:00pm. The buildings will stay closed until Sunday November 26, 2006 at 10:00 a.m. Also, for those students who require travel assistance to the Tri-State area, the UM Department of Transportation Services provides transportation to New

York City during the Thanksgiving break. Details follow:

Leave: WEDNESDAY, NOV. 22, 2006

Departs from: Stamp Student Union

Time: 2 p.m.

Destination: Port Authority, N.Y.

Return: SUNDAY, NOV. 26, 2006

Departs from: Port Authority, N.Y.

Time: 12 p.m. (Noon)

Destination: Stamp Student Union

Cost:

Roundtrip: \$35

One-way: \$20

Registration for the trip began Monday, Oct. 16, 2006 at the Transportation Services office in Regents Drive Garage. Call 301-314-0183 for more information. \*Please note this is only transportation from and to campus. Passengers are responsible for their own travel arrangements upon reaching the destination point. \*

### ***Guide to Holiday Giving***

As we approach the end of the calendar year, Scholars is very appreciative of those members of our community who wish to make gifts of financial support to the program. Alumni, parents, faculty and staff, community and corporate partners, and friends of the program allow for us to deliver our high quality programs, and assist us in continuing to grow College Park Scholars. Although we receive these gifts throughout the year, we still receive a significant number of requests around year-end gifts. If you are considering such a donation, either as a repeat gift or for the first time, we have created this [guide to holiday giving](#) to assist you through the process. If you cannot find the information you are looking for, please contact [Kevin Baxter](#), our Assistant Director, at your convenience. Thanks so much for your support, and from all of us in the Scholars community ~ Happy Holidays!

*From all of us at College Park Scholars, thank you for your continued interest and support of the program, and please [be in touch](#) with our faculty and staff if we can be supportive or respond to any questions or concerns. Have a very happy Thanksgiving holiday!*