



A Guide to Prestigious Scholarships, Fellowships, and Awards For Christopher Newport University Students

The heights by great men reached and kept
Were not attained by sudden flight,
But they, while their companions slept,
Were toiling upward in the night.

The Ladder of St. Augustine
Henry Wadsworth Longfellow, 1858

Introduction¹

This guide is intended to assist CNU students who may be considering applying for prestigious fellowships, scholarships, and awards. This is serious business for serious students. Consider, for example, that only eighty-five Truman Scholarships and thirty-two Rhodes Scholarships are awarded each year, and hundreds of qualified candidates apply. You might think it isn't worth the effort, and that is exactly what hundreds of people do each year. But, someone will win, and it could be you!

These scholarships and fellowships are highly selective. However, whether or not you eventually win, if you seriously undertake the process of preparing and applying for a prestigious scholarship or fellowship you are in for a life changing

experience. The intellectual development and insight and presentation skills you gain along the way will benefit you both immediately and for the rest of your life. Few people ever win a Nobel Prize for literature, but hundreds of writers become better writers while dreaming of the Nobel Prize. Few athletes ever make it to the Olympics, but hundreds become better at their sport while training for the Olympics. Part of the success is in the journey, the dream, and the effort.

Unique Scholarships, Fellowships And Awards

Prestigious scholarships, fellowships, and awards administered and funded by national and international foundations are not the same as university scholarships and financial aid programs. Most of the scholarship, fellowship and awards listed in the appendix are for post-baccalaureate studies, including in some cases a second undergraduate degree. Most require candidates to be nominated or endorsed by their undergraduate institutions. In most cases the application process requires months or years of preparation. This guide is intended to give you an idea of the things you need to do to ready yourself for the application process.

¹ Prepared Summer 2004 by Dr. Quentin Kidd and based heavily on similar guides from Clemson University, Willamette University, the University of Central Florida, and on information from the Truman and Marshall Scholarship Workshop held at the University of Arkansas, Fayetteville in 1999.

A Common Goal But Variation In Expectations

The common goal of all of these scholarships and fellowships is recognizing excellence. But, they vary in terms of eligibility requirements, application procedures, and expectations for successful candidates. For example, the Goldwater, Mellon and National Science Foundation scholarships are restricted to applicants majoring in particular fields of study, while others, such as the Rhodes and Marshall, seek applications from outstanding candidates without regard to academic discipline or career goals. Some require an essay or "personal statement" to accompany the standard application form. Others require evidence of proficiency in a foreign language.

Because of this variation, the approach you take in applying for one may not be appropriate for another. One thing you don't want to do is prepare a generic application with the intention of tailoring it to suit the requirements and expectations of a particular program.

The Well Rounded Student, That's What They Want To See

Of course, scholarship is of the highest order of importance to most scholarship programs. But, many emphasize all-around ability. In addition to a stellar academic record, they also want ample evidence of personal character and integrity, leadership and service, and a cosmopolitan outlook.

The well-rounded applicant is especially important to the three most selective programs: Rhodes, Marshall and Truman. Indeed, review committees for these scholarships tend to be unimpressed with

"bookworms" or with students who spend most of their time in front of a computer screen. They want to see ample evidence of:

- Lateral thinkers – thinkers capable of discerning connections among diverse strands of knowledge;
- Risk-takers - people who enjoy learning about subjects beyond their comfort zones; and
- World citizens - people with a broad understanding of national and international events, sensitivity to cultural differences, and a genuine commitment to making a difference in their lifetime.

So, before you fill out any of the forms, study the information bulletins carefully and pay close attention to eligibility requirements, selection criteria, application procedures, and all of the other fine print.

Be Honest With Yourself

Before you invest a lot of time, energy, and emotion on a scholarship, take a long look in the mirror and ask yourself whether you are qualified and whether you are suitable. In other words, you need to be honest with yourself.

When Should I Start?

The earlier you start this process the better your chances of succeeding. Successful candidates began the application process as early as the freshman year by formulating a competitive strategy.

Given the major emphasis these scholarships put on academic achievement, the first thing you need to determine is whether your scholastic credentials are of the highest caliber. To some this translates into a question of "How good are my grades?" While exceptional scholastic performance is indeed a necessary condition for serious consideration, by itself a high GPA is not a sufficient condition. To a selection committee there are many factors just as important as your academic record.

As a general rule successful applicants have GPAs of 3.7 and higher, and ordinarily anything below a 3.5 will put you out of the running. For the Truman Scholarship, for example, you must have a strong record of community involvement and exhibit a genuine, selfless commitment to serving others. The Truman Foundation reports that resumes packed with extracurricular activities, memberships in clubs and honorary organizations, and student government offices are a dime a dozen. Candidates who look great on paper, but fail to advance in the competition, usually have limited leadership experience or exhibit a narrow, self-centered view of public service. Truman Foundation states in its


Can My GPA Be Too High?

Selection committees sometimes approach 4.0 candidates with a bit of caution. They may wonder whether the 4.0 real or the result of taking light course loads and otherwise playing it safe?

information bulletin that successful applicants are "people for whom the 'bottom line' is to make a difference, not a dollar." Executive Secretary Louis Blair reports that that the applicants who win Trumans are "those with that 'fire-in-the-belly' determination to make the world a better place."

Overseas grants such as the Fulbright, and the National Security Education Program require language proficiency; a deep, sensitive understanding of the host country's culture; and evidence of adaptability to a foreign setting.

Do You Have The Right Frame Of Mind?

It is important to keep in mind that that all of these prestigious scholarships and fellowships are investments in excellence from which much is expected of the recipient. They are not rewards for good work done in the past. You have to have all of that, but you also have to show promise  continued excellence.

To gauge whether you have the right frame of mind, think about the following questions. Your answers may reveal whether you have the kind of attitude most of these scholarships are looking for. If so, you should be able to answer most of these with an honest "yes".

- Do you give at least as much thought to synthesis as to analysis?
- Do you value intuition and imagination as much as logic and information?
- Do you think the main purpose of going to college is to learn, not to get ahead?

- Do you question your own views as vigorously as you criticize those of others?
- Do you believe that truth must be discovered, rather than received, inherited or borrowed?
- Do you think an education is something to cultivate, rather than confiscate?
- Is your thinking guided more by "both/and" than "either/or"?
- Can you make decisions without all the "evidence" being in?
- Do you think it's more important to be a person of honor than a person of principle?
- Do you place more value on being happy than on being successful?
- What fascinates you, and why?
- To whom do you feel obliged, and why?
- In facing moral choices, where do you draw the line?
- What do you like and dislike about yourself?
- When was the last time you cried about something that really mattered?
- What individual people, books, experiences have shaped your life?
- What have you done for people not as fortunate or as talented as you are?

There is no "plug-and-play" format to follow in writing a personal statement. It shouldn't be approached as a fill-in-the-blank exercise either. It should bear your mark. It should be a window into your heart and soul. Be imaginative, expressive and honest. But, most of all, just be yourself.

Getting To Know You

An effective scholarship strategy involves more than deciding which courses to take and when. It is a plan for personal, as well as intellectual, development. An excellent foundation for such a plan is to write and regularly revise a personal statement, which most scholarship and fellowships programs require as part of the application itself.

A transcript and resume provide information about your achievements and experiences. A personal statement is an essay, usually of about 500 - 1,000 words, that offers understanding of the kind of person you are and the life you want to live. It should be the product of deep reflection on who you are, how you got to be the way you are, and where you think you're heading -- not just in college or in your chosen career field, but in life itself.

As a way of approaching a personal statement, think about how you would answer questions such as these:

The Faculty Mentor

It is essential to have a faculty member who will work with you as your mentor, critic and guide during this process. The faculty mentor provides stability during what can often be a very difficult process by reading and commenting on everything, offering guidance, and encouraging you when you need it.

You Are Not Alone

Winners of major scholarships and fellowships have a great deal of help along the way. At minimum, you need to

develop close relationships with a faculty mentor who can suggest a reading program, review and critique your personal statement, monitor your academic progress, help you sharpen your writing and speaking skills, give you tips on interviewing and resume writing, and generally serve as a source of encouragement. This faculty mentor is likely to be a professor in your major. But, you should also cultivate faculty in other disciplines, student development staff, and business and community leaders.

Those All-Important Letters of Recommendation

Writers of letters of recommendation should know you well. It may be natural to seek recommendations from professors in whose courses you made your best grades, but the writers should be able to comment on more than what's in the grade book. You may be better off with letters from faculty who gave you B's if they can speak more knowledgeably and favorably about your work habits and personal qualities.

Avoid asking VIP's (politicians, celebrities, etc.) to write a letter of recommendation unless that very important person knows you very, very well. VIP letters, unless you and the VIP are old friends, are normally generic, two-paragraph letters laden with vague superlatives and are of little value.

It is important to make sure your references understand what it is you are applying for and how important it is to you. Letters should reflect the high standards of the programs themselves. Letters that read as if they came right off the word processor, have that fill-in-the-name appearance, or simply rehash items

in your resume can be fatal. On the other hand, letters that supply concrete evidence of your talents and back up superlatives with specifics can provide the key to a successful application.

In addition, letters overflowing with extravagant but unsubstantiated praise do you little good. Even the most gifted applicants have shortcomings and imperfections. Your references should not hesitate to speak of them. If letters of recommendation portray you as flawless, needing no improvement whatsoever, you will come across as too good to be true. A helpful letter of recommendation reveals

Time As The Enemy

Expect to spend about 100 hours preparing and revising your written work and on interview skills. Give writers of letters of recommendation at least a month's notice. Pay close attention to all deadlines. Missing a receipt deadline by just one day, or a postmark deadline by just one hour, is as good (or bad) as missing it by a month. Your application will not be considered.

qualities that don't show up on transcripts or resumes. To give references further insight into your intellectual and personal character, you might want to provide them with written responses to the following types of questions:

- Why do you want to? (win a Goldwater, study at Oxford, etc.)
- What in your background prepares and qualifies you for?

- What would you like to be doing in 10 years?
- What are you passionate about?
- What experiences have you had that reveal your leadership, creativity, motivation, etc.
- What do you like to do in your spare time?
- What books do you like to read?

Give the people who write for you plenty of advance notice. A good way to remind someone about the letter of recommendation is to send a thank you card two or three weeks after you've met with them to say how much you appreciate them taking the time to write the letter.

Finally, make sure to let those who have taken the time to recommend you know how you did, whether or not you were successful. Good letter writers put a lot of time and energy into their letters and this time and energy reflects a commitment to you and your future.

The Importance Of The Interview

The initial application process involves a written application, and may involve an on-campus interview. If you are chosen to advance to the next level of competition (state, regional or national), interviews with semifinalists and finalists may be held. Be sure to check the announcement and other specific scholarship materials for details about interviews.

The information you put in your written application is fair game for the interview, thus it is important to be honest and avoid stretching the truth. For example, if you claim to know a foreign language, expect to be quizzed in it. Also, be aware that some interviewers like to concentrate on apparent inconsistencies in your personal

statement, study proposal or other parts of your written application.

These interviews are not like job interviews. For one thing, the "rules" of conduct and appearance are more relaxed. Instead of being a tool for assessing job skills, the interview for a major scholarship takes on the tone of an intellectual exchange. You can prevent a lot of stress and nervousness if you approach the situation as a conversation rather than an interrogation. Be prepared to converse about your application.

Plan on wearing clean, presentable business attire (coat and tie for men, dresses and skirts of appropriate length or pantsuits for women). The 'grunge' look and other casual fashion statements should be avoided. If have a face piercing, it would probably be a good idea to take it out for the formal interview.

Practice, Practice, Practice

It takes a lot of time and energy to prepare an outstanding application. Go over your application as many times as you need to do so in order to feel comfortable with it. Ask your faculty advisor to review it as often as you feel like it needs reviews. Tolerate no typos, misspellings or poor grammar in your application. Always type, never hand write, your application.

You should expect to be challenged about your knowledge, your views and your values during the interview. It is very important to keep up with current affairs. Know something about the person after

whom the scholarship or fellowship was named. The interview may not last long and is not an opportunity for you to give a speech. It's quite likely that you will be interrupted and that you will not be able to say everything you want to say.

Seemingly off-the-wall questions may be thrown at you and are intended to see how well you can think on your feet. Don't lose your cool! Interviewers want to discover what makes you tick. You will be expected to make some concluding remarks. End your interview with a positive note. It may not be a bad idea to reflect upon your experience of putting this application together and what it meant to you.

An example of questions you might face during an interview include:

- Can you name three recent novels you read?
- Which newspapers do you read on a regular basis?

- Why are you applying for the _____ Scholarship? Or, what makes you a good candidate for this scholarship?
- Can you recount the most embarrassing moment of your life?
- What do you know about Cecil Rhodes (or Harry Truman, or Jack Kent Cooke)?

Time to Set Sail!

In Appendix A, you will find a suggested timeline for preparing yourself to compete for a prestigious scholarship or fellowship. In Appendix B, you will find summaries of some of the scholarship, fellowship, and other awards programs for which you might compete. This list is by no means exhaustive and you should do your own research to discover others. In Appendix C, you will find a series of worksheets that will help you set goals and plan for your academic future and beyond.

Appendix A: Suggested Timeline

Freshman and Sophomore Years (and beyond)

- Get to know yourself. Now is the time for introspection and growth. Identify issues that interest you. All those extracurricular activities on campus or in the community will be enjoyable only if you are passionate about them.
- Get to know CNU. Get involved in as many campus activities as you can. Friends you make within these activities can introduce you to many more exciting opportunities that you would miss otherwise. Seek leadership roles within these activities.
- Get to know your community. Participate in as many community service activities as you can work into your schedule.
- Maintain a high GPA (Anything below 3.6 might put you out of contention).
- For those pursuing science related opportunities, get involved with a research group as early as you can (this is especially important for the Goldwater Scholarship). First term in your freshman year is not too early! The application process takes place during your sophomore or junior year. If you have not presented or published your research by then, your chances are very slim.
- Get involved in intramural or varsity athletics (This is especially important for Rhodes scholars).
- Above all, have fun. How do you define having fun? If you are not enjoying any of your activities you are involved in, then you are not having fun. It is time to pause, reflect, and regroup. Do not enroll in a dozen activities to make your resume look good. A meaningful contribution in a couple of areas is much better on your resume than membership in a dozen organizations with little or no activity. The scholarship committees are very good at recognizing resume-padding activities and would rather see substance.

Junior Year

- As most of these scholarships are offered for students going to graduate school, this is the right time to start thinking of graduate school. Many of these scholarships like to see focused applicants. It is never too early to start preparing for graduate school. Your junior year is certainly a good time to do that.
- Start thinking about taking the GRE, the Graduate Records Examination. The GRE is to grad school what SAT is to undergraduate school. So prepare well and get it done early.
- Determine subject areas within your major that interest you and think about possible areas for graduate research. (Note: graduate research is not a requirement for some of these awards. You may read for a bachelor's degree with a Marshall or Rhodes scholarship. Applications are regarded more favorably if the applicant can identify an academic interest and describe why this field of study excites him or her.)
- Make sure you have fulfilled the foreign language requirements. If not, now is a good time to take those classes (Especially for Fulbright applicants).

- Determine the university, department, and professor (if possible) you wish to study under and be able to justify why this is the right place for you. (Note: You may find it useful to correspond in writing with professors/universities that offer programs that interest you. As a result, you can justify your selection of a university and academic program in your application).
- Set goals priorities and milestones for yourself. Remember that some scholarships like Truman require specific career plans.
- Apply for Truman or Goldwater scholarships if you qualify. The application process tends to be long and tedious, but very introspective and rewarding. Applicants have always enjoyed the process of applying for the scholarship, regardless of the outcome. You will need a mentor to work closely with you. Many Truman applicants sign up for a reading course with their mentor in order to prepare a good application.
- Most of the scholarships you would apply for in your senior year have deadlines in early October. They all require serious thought and contemplation, and will take up a significant amount of your time. So, preparation for these scholarships must start during the latter part of your junior year.

Senior Year

- Complete the application. (If you started the preparation in your junior year, as you should have, this is the easy part).
- Make sure you have filled every single column as comprehensively as you can.
- Select your references and contact them early in your senior year. Provide them with all relevant information to write an affective letter on your behalf.
- Obtain a copy of your transcript and make additional copies if necessary.
- Always keep track of the deadlines.

Interview Tips

- Develop oral communication/articulation skills. This can be done in various ways, but practice is essential.
- Take a speech communications course.
- Read good books to improve your vocabulary. Reading also helps you with ideas for a good conversation. One strategy to use when deciding what to read is to regularly read from the Best Seller list of the Sunday *New York Times Book Review* section.
- Participate in current events' discussions/debates. If you don't find such a group, create one.
- Arrange for mock interviews (your faculty mentor should be able to help here).
- Cultivate your knowledge of current world affairs as well as your knowledge of federal, state, and local affairs.
- Read a daily national newspaper. If you are not already doing so, start right away. Newspapers are available in Captain John Smith Library and on line.
- Participate in current events discussions/debates.

Appendix B: Listing of Prestigious Scholarships, Fellowships and Awards²

Part I: Fellowships and Scholarships (not in alphabetical order)

Truman Scholarship

Web site: <http://www.truman.gov/>

For students who plan to pursue careers in government or elsewhere in public service, and wish to attend graduate or professional school. Scholarships are awarded based upon merit and require 1) an extensive record of public and community service; 2) a commitment to careers in government or elsewhere in public service; and 3) have outstanding leadership potential and communication skills.

Interested majors: nearly any liberal arts major

Marshall Scholarships

Web site: <http://www.marshall scholarship.org/>

Marshall Scholarships finance young Americans of high ability to study for a degree in the United Kingdom. At least forty Scholars are selected each year to study either at graduate or occasionally undergraduate level at an UK institution in any field of study. Each scholarship is held for two years. Open only to United States citizens who (by the time they take up their Scholarship) hold a first degree from an accredited four-year college or university in the United States with a minimum GPA of 3.7. The selectors will look for distinction of intellect and character as evidenced both by their scholastic attainments and by their other activities and achievements. Preference will be given to candidates who display a potential to make a significant contribution to their own society. Scholarship includes University fees, cost of living expenses, annual book grant, thesis grant, research and daily travel grants, fares to and from the United States and, where applicable, a contribution towards the support of a dependent spouse.

Interested majors: All

Jack Kent Cooke Fellowships

Web Site: www.jackkentcookefoundation.org/

Awards 35 scholarships that will provide funding for tuition, room and board, books, and other required fees for the length of the graduate degree program, up to six years. Candidates for this scholarship must be 1) nominated by the Jack Kent Cooke Foundation Faculty Representative at their undergraduate institution and 2) have a 3.5 GPA or higher. Scholars are chosen based on academic ability, unmet financial need, will to succeed, leadership and public service, and appreciation for or participation in the arts and humanities.

Interested Majors: All

² Compiled by Megan Murray and Dr. Quentin Kidd, Summer 2004.

Public Policy and International Affairs Fellowship Program

Web Site: <http://www.ppiaprogram.org/programs/>

The PPIA Fellowship Program was designed to prepare students, primarily from historically underrepresented groups, for graduate studies in public and/or international affairs and groom them for professional roles in public service. There is an array of opportunities under the Fellowship which span a period of development from the junior year of college to beyond the completion of a graduate degree.

Interested Majors: Political Science, History, Economics, Business, Public Policy

Fulbright U.S. Student Program

Web Site: http://www.iie.org/FulbrightTemplate.cfm?Section=U_S__Student_Program

The U.S. Student Program is designed to give recent B.S./B.A. graduates, master's and doctoral candidates, and young professionals and artists opportunities for personal development and international experience. Most grantees plan their own programs. Projects may include university coursework, independent library or field research, classes in a music conservatory or art school, special projects in the social or life sciences, or a combination. Recent projects have involved cancer research in the UK, free market development in Mauritius, women's rights in Chile and contemporary artistic expression in India.

Interested Majors: All

Benjamin A. Gilman International Scholarship Program

Web Site: <http://www.iie.org//programs/gilman/index.html>

This program offers a competition for awards for study abroad, for US citizen students who are receiving federal Pell Grant funding at a 2-year or 4-year college or university. This program is offered through the Bureau of Educational and Cultural Affairs of the U.S. Department of State and is administered by the Institute of International Education. Selected by competition, recipients are awarded up to \$5000 to defray the costs associated with studying abroad.

Interested Majors: All

DAAD Scholarships

Web Site: <http://www.daad.org/index.htm>

Highly qualified undergraduate students are invited to apply for scholarships funding study, senior thesis research, and/or internships in Germany. The goal of this program is to support study abroad in Germany and at German universities. Preference will be given to students whose projects or programs are based at and organized by a German university. Scholarships are available for a semester or year abroad, either as part of an organized study abroad program, or as part of an individual, student-designed study abroad semester or year.

Interested Majors: All

Alexander von Humboldt Foundation: German Chancellor Scholarships

Web Site: www.humboldt-foundation.de/en/programme/stip_aus/buka.htm

Annual award to foster and to maintain a close relationship between the U.S. and Germany by providing young scholars and practicing professionals the opportunity to obtain substantial professional and personal knowledge of Germany. Applicants design individual projects specific to Germany and decide at which institutions to pursue them. Scholarships provide a monthly stipend of 2,000 to 3,500 Euros for 12 months, plus travel expenses to and from Germany and in-country language training.

Interested Majors: Successful candidates have come from such fields as government, social and policy sciences, law, journalism, communications, management, finance, economics, architecture, public service, humanities, arts and environmental affairs.

William B. Ruggles Right to Work Scholarship

Web Site: <http://www.nilrr.org/ruggles1.htm> <http://www.nilrr.org/>

Annual fellowship to support a student who exemplifies the dedication to principle and high journalistic standards of William B. Ruggles. Graduates or undergraduates in journalism programs in U.S. universities. Award is \$2,000.

Interested Majors: Journalism, Communications and related fields.

NOAA/ U.S. Department of Commerce: The Dr. Nancy Foster Scholarship Program

Web Site: <http://fosterscholars.noaa.gov>

Annual award to recognize outstanding scholarship and encourage independent graduate research in marine biology, maritime archaeology or oceanography particularly by women and members of minority groups. 12-month stipend of \$20,000, in addition to an annual cost-of-education allowance of up to \$12,000. Master's students may be supported up to 2 years and doctoral students up to four years. Stipend is not intended to be used as research grant.

Interested Majors: Oceanography, marine biology or maritime archaeology

Ford Foundation

Web Site: <http://www.fordfound.org/>

The goal of this scholarship is to increase the presence of underrepresented minorities in the nation's college and university faculties. The Foundation awards these predoctoral fellowships to those who demonstrate superior scholarship and show the greatest promise for future achievement as scholars, researchers, and teachers in institutions of higher education. The award amount is for \$14,000, plus tuition and fees. The person must be a U.S. citizen who is: an Alaskan Native; African American or Black; Mexican American, Chicano/a, Latino/a; Native American; Pacific Islander; or Puerto Rican.

Interested Majors: All

Howard Hughes Predoctoral Fellowships

Web Site: <http://www.college.ucla.edu/up/src/merit/hughes.htm>

This program provides fellowship support for full-time graduate study toward a Ph.D. in selected fields of biological research. The Foundation provides this award to promote excellence in biomedical research. The award is for a maximum \$15,000, plus \$15,00 cost-of-education allowance per year, for three years.

Interested Majors: Sciences

National Science Foundation - Minority Graduate Fellowships

Web Site: <https://www.fastlane.nsf.gov/fastlane.jsp>

Seniors or recent graduates who have not begun graduate study may apply for the NSF Minority Graduate Fellowship. Minority Fellowships are available to the following ethnic groups: Native Americans, Alaska Natives, Black/African Americans, Latino/a, Chicano/a, or Native Pacific Islanders. Individuals who demonstrate ability and special aptitude for advance education in the sciences, mathematics, or engineering should apply. NSF Fellowships for graduate study leading to research-based master's or doctoral degrees apply to mathematical, physical, biological, engineering, behavioral, and social sciences. Students who pursue advanced degrees in the history and/or philosophy of science also qualify for this award. The award is \$14,000 per year for three years.

Interested Majors: Math and Sciences, History, Philosophy

Mellon Fellowships

Web Site: <http://www.woodrow.org/mellon/>

The Andrew W. Mellon Fellowships in Humanistic Studies are designed to support exceptionally promising students as they pursue advanced study in the disciplines of the humanities. The Mellon Fellowship is a competitive award for first-year doctoral students only and cannot be deferred. Mellon Fellows are expected to carry a full course load during the nine-month academic year of the fellowship. Summer study is not included. Fellows may not accept supplementary awards or employment, including teaching assistantships. Fellows may take their awards to any accredited graduate program in the United States or Canada. Each year, approximately 85 fellowships are available. The fellowship covers full graduate tuition and required fees for the first year of graduate study and includes a one-year stipend of \$17,500.

Interested Majors: Humanities

George J. Mitchell Scholarships

Web Site: <http://www.us-irelandalliance.org/scholarships.html>

The US-Ireland Alliance sponsors a competitive, national scholarship for graduate study by American citizens between the ages of 18 and 30 at institutions of higher learning on the island of Ireland. Is for one year, and provides tuition, housing, a living expenses stipend, and international travel. Normally, 12 Scholarships are awarded each year. Mitchell Scholars must exhibit superior levels of 1) academic achievement, 2) leadership and 3) community service.

Interested Majors: All

Rhodes Scholarships

Web Site: <http://www.rhodesscholar.org/> (Dr. Jay Paul is the CNU Faculty Contact)

This is awarded to 32 students, and is normally selected from an institution which has not had a successful candidate. Rhodes Scholars are elected for two years of study at the University of Oxford, with the possibility of renewal for a third year. All educational costs, such as matriculation, tuition, laboratory and certain other fees, are paid on the Scholar's behalf by the Rhodes Trustees. Each Scholar receives in addition a maintenance allowance adequate to meet necessary expenses for term-time and vacations. Scholars are selected based on 1) literary and scholastic achievements, 2) energy to use one's talents to the full, as exemplified by fondness for and success in sports, 3) truth, courage, devotion to duty, sympathy for and protection of the weak, kindness, unselfishness and fellowship, and 4) moral force of character and instincts to lead, and to take an interest in one's fellow beings.

Interested Majors: All (however, course of study must be available at Oxford)

Rotary Ambassadorial Scholarships

Web Site: http://www.rotary.org/foundation/educational/amb_scho/

While abroad, scholars serve as ambassadors of goodwill to the people of the host country and give presentations about their homelands to Rotary clubs and other groups. Upon returning home, scholars share with Rotarians and others the experiences that led to greater understanding of their host countries. Application of this scholarship is through a local Rotary Foundation. There is a one-year and a two-year academic scholarship for study in another country. There is also a 3-6 month cultural immersion scholarship that focuses on language study.

Interested Majors: Humanitarian focused majors

Goldwater Scholarships

Web Site: <http://www.cfda.gov/public/viewprog.asp?progid=1098>

Designed to encourage 300 outstanding students to pursue careers in mathematics, the natural sciences, and engineering. The student must be an undergraduate sophomore or junior with a "B" average and be in the upper fourth of the class. The scholarship is for your undergraduate degree.

Interested Majors: Math, natural sciences, and engineering

The Carnegie Endowment's Junior Fellows Program

Web Site: <http://www.yale.edu/iefp/fellowships/individual/carnegie.html>

The Carnegie Endowment for International Peace is an educational organization in Washington, D.C., which conducts programs of research, discussion, publication, and education in international relations and U.S. foreign policy for those with a serious career interest in the area of international affairs. Eight to ten graduating seniors are hired to work at the Endowment on a full-time basis for 1 year. Junior Fellows are assigned to ongoing projects at the Endowment, examining such topics as nuclear non-proliferation, democracy building, international economics, migration and Russian/Eurasian issues. They receive a monthly salary and benefits and are responsible for their own housing.

Interested Majors: International affairs/relations

Winston Churchill Foundation Scholarship

Web Site: <http://www.thechurchillscholarships.com/>

Churchill Scholarships offer at least 11 American students of exceptional ability, enrolled at one of the institutions participating in the program, the opportunity to pursue graduate studies in engineering, mathematics and the sciences at Cambridge. The scholarship pays for tuition and fees, and provides a living a travel allowance. Scholars are based on 1) achievement in academic work as indicated by course grades; 2) scores on the Graduate Record Examination; 3) capacity for original, creative work as shown by special recognition and letters of reference; 4) character, adaptability, demonstrated leadership, and concern for the critical problems of society; and 4) good health.

Interested Majors: Engineering, Mathematics, and Science

Echoing Green Foundation

Web Site: <http://www.echoinggreen.org/>

Echoing Green awards two-year fellowships to emerging social innovators. Annually, we award Fellowships to individuals with innovative ideas for creating new models for tackling seemingly unsolvable social challenges. These Fellowships offer them the opportunity to develop and test their ideas. This is not a scholarship program and not in an academic setting. Our Fellows work in the community. They launch, manage and grow organizations that implement and continually expand their ideas for creating lasting social change. The individual fellowships are \$30,000 a year for two years and partnership fellowships are \$45,000 a year for two years.

Interested Majors: All

Jacob K. Javits Scholarship

Web Site: <http://www.depts.drew.edu/finaid/scholarships/misc/miscJKJavits.htm>

The Jacob K. Javits Fellowship (JKJ) Program is designed to award fellowships to eligible students of superior ability, selected on the basis of demonstrated achievement, financial need, and exceptional promise to undertake graduate study leading to a doctoral degree or a Master of Fine Arts (MFA) at accredited institutions of higher education in selected fields of the arts, humanities, or social sciences. Each award is estimated at around \$30,000.

Interested Majors: Fine Arts – includes music, art history, English, speech, political science, (almost all majors)

Luce Scholarships

Web Site: <http://www.hluce.org/>

Each year the Luce Scholars Program offers 15 young Americans, an experience for student to live and work in Asia each year when they have no prior experience to Asia. Student must be nominated. Nominees should have a record of high achievement, outstanding leadership ability, and a clearly defined career interest with evidence of potential for professional accomplishment. The Luce Scholars Program is experiential rather than academic in nature.

Interested Majors: Any field other than Asian Studies

National Science Foundation Graduate Research Fellowships

Web Site: <http://www.nsfgrfp.org/>

NSF Graduate Fellowships offer recognition and three years of support for advanced study to approximately 900 outstanding graduate students in the mathematical, physical, biological, engineering, and behavioral and social sciences, including the history of science and the philosophy of science, and to research-based PhD degrees in science education. There are also additional awards given to women in these fields of study.

Interested Majors: Math or Sciences

Regular Training Program

Web Site: <http://www.oas.org>

Every year, the Agency provides several hundred fellowships for graduate studies and research, fellowships for undergraduate studies at universities through the region and awards for specialized, short-term training at educational institutions and training centers in OAS Member and Observer States. They can be for three months or up to two years.

Interested Majors: All except Medical related and language studies

The Paul & Daisy Soros Fellowship for New Americans

Web Site: <http://www.pdsoros.org/>

The purpose of The Paul & Daisy Soros Fellowships for New Americans is to provide opportunities for continuing generations of able and accomplished New Americans to achieve leadership in their chosen fields. The Fellowships are 30 grants for up to two years of graduate study in the United States. The grant is for \$20,000 and for half of tuition. A successful candidate will give evidence of at least two of the following three attributes or criteria for selection: (1) creativity, originality, and initiative, demonstrated in any area of her/his life; (2) a commitment to and capacity for accomplishment, demonstrated through activity that has required drive and sustained effort; and (3) a commitment to the values expressed in the U.S. Constitution and the Bill of Rights.

Interested Majors: All

Morris K. Udall Scholarship

Web Site: <http://www.udall.gov/>

Scholarships: 80 people are awarded \$5,000 to outstanding students based on merit. This is an undergraduate award for sophomores and juniors with a gpa of at least a "B".

Interested Majors: All

Brown University Fellowship

Web Site: [http://www.brown.edu/Facilities/John Carter Brown Library/](http://www.brown.edu/Facilities/John_Carter_Brown_Library/)

The John Carter Brown Library fellowship program was created to give scholars from this country and abroad an opportunity to pursue their work in proximity to a distinguished collection of primary sources. Approximately twenty-five fellowships are awarded each year for periods of time usually ranging from two to ten months. Fellowships are available for any qualified researcher, the main criteria for appointment being the merit and significance of the candidate's proposal, the qualifications of the candidate, and the relevance of the project to the holdings of the Library.

Interested Majors: History and Humanities

AAAS Congressional Fellowships

Web Site: <http://fellowships.aaas.org/congressional/>

Fellows spend one year working on the staffs of Members of Congress or congressional committees. The fellowships are designed to provide a unique public policy learning experience, to demonstrate the value of science-government interaction, and to bring technical backgrounds and external perspectives to the decision-making process in the Congress. A prospective Fellow must demonstrate exceptional competence in some area of science or engineering. The fellowship stipend is \$62,000 with allowances for health insurance and relocation.

Interested Majors: Physical, Biological, or Social Sciences, or any Engineering

AAAS Diplomacy Fellowships

Web Site:

Fellows spend one year working either in one of several bureaus of the U.S. Agency for International Development (USAID), the U.S. Department of State (State), the Foreign Agricultural Service (FAS) of the U.S. Department of Agriculture (USDA), or the National Institutes of Health's Fogarty International Center (FIC). Individuals will be selected whose scientific and technical backgrounds can contribute to international affairs, foreign policy, international development, or advancing medical research through international cooperation. The program includes an orientation on international affairs and executive branch and congressional operations, and a year-long seminar series on issues involving science, technology and public policy. The stipend is \$62,000-72,000.

Interested Majors: Physical, Biological, or social sciences, or any Engineering

George Aratani/Daniel K. Inouye Fellowship

Web Site: http://www.apaics.org/apaics_fellow.html

The fellowship is designed to provide a unique opportunity to an outstanding graduate student who has a commitment to the Asian American and Pacific Islander communities, and who plans to pursue a public policy career. The fellow will spend nine months in Washington, D.C., either in the office of a Congressional member, a Congressional committee or a federal agency.

Interested Majors: Political Science

Anheuser-Busch/Frank Horton Fellowship

Web Site: http://www.apaics.org/apaics_fellow.html

The fellowship is designed to provide a unique opportunity to an outstanding graduate student who has a commitment to the Asian American and Pacific Islander communities, and who plans to pursue a public policy career. The fellow will spend nine months in Washington, D.C., either in the office of a Congressional member, a Congressional committee or a federal agency. This is similar to the George Aratani fellowship.

Interested Majors: Political Science

EID Advanced Laboratory Training Fellowship

Web Site: http://www.aphl.org/Education_Training/Fellowships/index.cfm?FellowshipID=1

This is a one-year fellowship program designed for bachelor's or master's level scientists, with emphasis on the practical application of technologies, methodologies, and practices related to emerging infectious diseases. Applicants must have completed a bachelor's or master's degree in biology, microbiology, biochemistry, virology or a related discipline.

Interested Majors: biology, microbiology, biochemistry, virology or related disciplines

Public Health Informatics Fellowship Program

Web Site: <http://www2.cdc.gov/epo/dphsi/index.asp>

This two-year program provides the training and experience for its participants to effectively apply computer and information science and technology to real public health problems, including the ability to lead and manage all aspects of the design, development and implementation of public health information systems. They are paid a stipend of \$3,500 a month.

Interested Majors: Public Health, Medicine, Statistics, and Information Science

The Mickey Leland International Hunger Fellowship

Web Site: <http://www.hungercenter.org/international/index.html>

This is a two-year initiative that begins with a one-year field placement in countries throughout South Asia, Sub-Saharan Africa, and Latin America. Field placements include national and international non-governmental organizations, private commercial organizations, and bi-lateral and multi-lateral organizations. Fellows then spend a second year assisting with policy formulation in the headquarters of the organizations where they served during their field placements. The goal is to address root causes of hunger.

Interested Majors: All

Fellows Program in Public Affairs

Web Site: <http://www.coro.org/programs/programs.html>

The Fellows Program in Public Affairs is a nine-month, full-time, post-graduate experiential leadership training program which introduces diverse, intelligent and driven young public servants to all aspects of the public affairs arena.

Interested Majors: All, (emphasis Leadership)

The Wellstone Fellowship

Web Site: http://www.familiesusa.org/site/PageServer?pagename=Wellstone_Fellowship_index

The fellow will work in the Families USA office in D.C., where he or she will learn about Medicare, Medicaid, efforts to achieve universal coverage, and other important health policy issues. The fellow will also learn about conducting health care campaigns with our network of grassroots advocates and organizations. It lasts one year and the annual stipend is (mid-\$30s) and there are excellent health care benefits.

Interested Majors: All

Great Valley Fellows Program

Web Site: <http://greatvalley.org/gvfellows/index.aspx>

The 11-month Great Valley Fellows Program offers outstanding young professionals the opportunity to participate in the day-to-day business of leadership and management in California's diverse and ever-changing heartland. Fellows travel to all 18 counties of the region, serve in apprenticeship roles with senior level managers in the public, private and nonprofit sectors, conduct their own consulting project for a client, and complete a project portfolio that compresses several sets of work experiences into a showcase of excellent work. The fellow also receives an annual stipend of \$12,000.

Interested Majors: All (emphasis on Leadership and Business)

The Herbert Scoville Jr. Peace Fellowship

Web Site: <http://www.clw.org/pub/clw/scoville/index.html>

The Herbert Scoville Jr. Peace Fellowship was established in 1987 to provide college graduates with the opportunity to gain a Washington perspective on key issues of peace and security. Twice yearly, the Fellowship's Board of Directors selects a group of outstanding individuals to spend six to nine months in Washington. Supported by a monthly stipend, the Fellows serve as full-time project assistants at the participating organization of their choice.

Interested Majors: All

Lemelson Center Fellowships

Web Site: <http://www.si.edu/lemelson/lemelson/seniorfellowships.html>

The program supports projects that present creative approaches to the study of invention and innovation in American society. These include, but are not limited to, historical research and documentation projects resulting in publications, exhibitions, educational initiatives, and multimedia products. The fellowship program provides access to the Smithsonian's vast artifact and archival collections, as well as the expertise of the institution's research staff. Fellowships are awarded for a maximum of ten weeks and carry a prorated stipend. Fellows are expected to participate in the Center's activities, and to make presentations on their work to colleagues at the museum.

Interested Majors: History

ABA Legal Opportunity Scholarship

Web Site: <http://scholarships-college.uchicago.edu/detail.cfm?scholarship=81&back=postgrad-us.cfm>

The American Bar Association Legal Opportunity Scholarship awards \$5000 to recipients attending ABA-accredited law schools. The award is renewable annually up to \$15,000. Members of underrepresented racial/ethnic minority groups who are U.S. citizens or permanent residents and have an undergraduate GPA of at least 2.5 are eligible to apply. The scholarship can only be used at an ABA-accredited law school. Financial need, personal background and community service experience are taken in to account.

Interested Majors: Pre-Law

Beinecke Brothers Scholarship Program

Web Site: <http://www.beineckescholarship.org/>

Beinecke scholarships provide assistance to students who plan to attend graduate school in the arts, humanities and social sciences at the masters or doctoral level. Scholars receive \$2,000 prior to entering graduate school and an annual stipend of \$15,000 for two years of graduate study.

Third-year students in the College who are US citizens with superior academic records are eligible to apply. Applicants must have received need-based financial aid in college. The College nominates one student for this award.

Interested Majors: Arts, Humanities, and Social Sciences

James Madison Junior Fellowship Program

Web Site: <http://www.jamesmadison.com/>

Madison Junior Fellowships fund graduate study leading to the degree of MA, MAT or MEd with emphases in history, government or political science. The maximum award is \$12,000 per year for up to two years to achieve a master's degree, and covers tuition, books, room, board and required fees. Fellows enroll in programs that offer courses related to the U.S. Constitution. After graduation Fellows must teach American history, American government or social studies in grades 7-12 for no less than one year for each year of study under the fellowship.

Interested Majors: History, Government, and Political Science

McNair Scholars Program/SROP

Web Site: <http://omsa.uchicago.edu/mcnair/>

Funded by the U.S. Department of Education, the McNair Scholars/Summer Research Opportunities Program is designed to prepare first-generation college and underrepresented minority students for postgraduate studies. McNair Scholars conduct research with a faculty mentor and attend weekly workshops that focus on academic writing and research skills. The nine-week program begins in mid-June and covers tuition, fees and housing, and provides a \$3,100 stipend. A GPA of 2.8 is required.

Interested Majors: All

National Defense Science and Engineering Graduate Fellowship Program

Web Site: <http://www.asee.org/ndseg/>

National Defense Science and Engineering Graduate Fellowship The Department of Defense is committed to increasing the number and quality of our Nation's scientists and engineers. Toward that end, the DoD annually supports approximately 8,000 graduate students in fields important to national defense needs. The Fellowship pays for tuition and fees and provides a stipend (estimated at \$25,000 for 2004-2006) for three years. Summer employment is included.

Interested Majors: Science and Engineering

National Physical Science Consortium Graduate Fellowships in the Physical Sciences

Web Site: <http://www.npsc.org/>

NPSC offers a unique Ph.D.-track graduate fellowship in the physical sciences and related engineering fields. It is open to all U. S. Citizens, but with emphasis on recruitment of applications from historically underrepresented minorities and women. An NPSC Fellowship covers the first two or three years of graduate school, depending on the employer who sponsors the fellowship, with the possibility of continuation for several more years providing all the conditions of the fellowship continue to be met. The maximum duration is six years, in which case the overall value (stipend, tuition, fees, summer salary for two summers) of an NPSC fellowship typically well exceeds \$200,000.

Interested Majors: Science and Engineering

Rockefeller Brothers Fund Fellowship

Web Site:

The Rockefeller Brothers Fund can provide up to \$22,000 in grants and aid to students interested in public school teaching and improving systems of education. Third-year students of color (broadly defined) who intend to enroll in masters degree programs in education or related fields upon graduation, and who are dedicated to teaching in the public schools are eligible to apply. All applicants must participate in the University's fellowship nomination process.

Interested Majors: Education

Thomas R. Pickering Graduate Foreign Affairs Fellowship

Web Site: <http://www.woodrow.org/public-policy/>

Sponsored by the U.S. Department of State, the Thomas R. Pickering Fellowship is intended for students with career interest in the Foreign Service. The Fellowship includes tuition, room, board and covers other expenses for the first two years of graduate study leading to an M.A. Fellows participate in one domestic internship after the first year of graduate school and one overseas internship following the second year. Fellows are required to serve a minimum of three years in the Foreign Service. Fourth-year students and recent graduates who are U.S. citizens with a minimum gpa of 3.2 are eligible to apply.

Interested Majors: Political Science, Business, and Foreign Affairs

American Antiquarian Society

Web Site: <http://www.americanantiquarian.org/artistfellowship.htm>

The American Antiquarian Society (AAS) is calling for applications for visiting fellowships for historical research by creative and performing artists, writers, filmmakers, journalists, and other persons whose goals are to produce imaginative, non-formulaic works dealing with pre-twentieth-century American history. The fellowships give uninterrupted research, reading, and collegial discussion at the Society, located in Massachusetts. At least three fellowships will be awarded for residence of four weeks. The stipend will be \$1,200, plus an allowance for travel expenses.

Interested Majors: English, Art, film

Gates Cambridge Scholars Program

Web Site: <http://www.gates.scholarships.cam.ac.uk/>

The Bill & Melinda Gates Foundation hopes to create a network of future leaders from around the world who will bring new vision and commitment to improving the life circumstances of citizens in their respective countries. Similar in mission to the Rhodes Foundation, it supports up to 100 American students who have been accepted for graduate study at Cambridge University. Gates fellowships cover full tuition and fees plus a maintenance allowance of £ 8,000 annually. The deadline is November 1 of your senior year.

Interested Majors: All

National Security Education Program (David L. Boren Undergraduate Scholarship)

Web Site: <http://www.iie.org/nsep> (Dr. Quentin Kidd is the CNU Faculty Contact)

The National Security Education Program (NSEP) is a unique scholarship opportunity for U.S. undergraduates to study abroad. Created in 1991, the NSEP awards Boren Scholarships to American students for study of world regions critical to U.S. interests including Africa, Asia, Central and Eastern Europe, Latin America and the Caribbean, the NIS, and the Middle East.

Interested Majors: All, but language proficiency is required

Part II: Other Opportunities and Awards

USA Today All-USA College Academic Team

Web site: http://www.usatoday.com/news/education/2004-02-11-college-all-starts-cover_x.htm

USA TODAY's All-USA College Academic Team program honors 60 undergraduates as representatives of all outstanding students at the nation's colleges and universities. The criteria are designed to find students who excel not only in scholarship but also in leadership roles on and off campus. The element given the most weight by the judges is the nominee's outstanding original academic or intellectual product. The judges will be influenced by the student's ability to describe that outstanding endeavor in his/her own words. They will not read an author's work, see an artist's painting or hear a composer's music. They will rely solely on the student's ability to describe the effort in writing, supplemented by recommendations from the nominating professor and two other persons of the nominee's choice.

Interested Majors: All

Samuel Huntington Public Service Award

Web site: http://www.nationalgridus.com/commitment/d4-1_award.asp

For graduating seniors from any discipline who wish to pursue public service anywhere in the world. Students shape his/her own proposal for service and the award is a \$10,000 stipend for a period of from six months to one year. You are encouraged to develop your own proposal for public service in this country or abroad. The proposal may encompass any activity that furthers the public good. It can be undertaken by yourself alone or by working through established charitable, religious, educational, governmental, or other public service organizations. Your public service proposal should be submitted with your application.

Interested major: All

Teach For America

Web Site: <http://www.teachforamerica.org>

Teach For America is building the movement to address injustice by calling upon our country's most promising future leaders to commit two years to teach in urban and rural public schools and to become lifelong advocates for change. We're looking for those who possess the capacity for leadership that distinguishes the most successful teachers in low-income communities, who can point to significant past achievements, and who demonstrate a sense of personal responsibility, strong critical thinking skills, the ability to influence and motivate others, and strong organizational ability. Many leading graduate schools offer two year deferrals and financial incentives to those who join this program.

Interested Majors: All (40% of members go on to graduate school)

WorldTeach

Web Site: <http://www.worldteach.org/>

WorldTeach volunteers teach in a variety of settings all over the world. Most volunteers teach English, though teaching placements have also expanded into other fields such as Information and Communication Technology and environmental education. There are one-year programs and also summer programs. There are also some scholarships available because costs are not covered however you are paid a living allowance.

Interested Majors: All

Appendix C: Self Awareness, Goal Setting and Planning Exercises

Part I: Who You Are

You may already know what you want from life and if you do then you are ahead of the game. Most people at this stage in life are still trying to figure out what they want to be in life. Given the amount of time and energy involved in competing for prestigious scholarships and fellowships, it makes sense to have a good idea about who you are and what you want from life before you jump into it. These questions are designed to help you better understand who you are and what you want from life.

1. What is your personality type?

This question is best answered by taking a personality inventory, but short of that try describing you. This is important because your personality type is likely to influence what you major in and the types of scholarships and fellowships you might do well competing for. Answer the following.

a. Rough out a sketch of you personality.

2. What are your interests?

What interests you in all parts of life? What are your academic interests, hobbies, social interests, etc.?

a. What are your interests?

b. How might these interests influence your success in pursuing a prestigious scholarship or fellowship?

3. What motivates you?

a. What are the two or three things in life that motivate you?

b. How do these motivations relate to the various scholarships and fellowships that you might compete for?

4. What are your values?

a. Do you value relationships, possessions, money, love, security, challenges, power? What is it that you value?

b. How do these values relate to the various scholarships and fellowships that you might compete for?

5. What are your skills?

a. Are you good at one or two things in particular, or are you good at many things? What are you good at?

6. Are you a leader?

a. Do you consider yourself a leader? Are you comfortable in a leadership role? Why or why not?

Part II: Goal Setting

A goal is an end toward which effort is directed according to the dictionary. Clearly identifying primary goals, sub goals needed to reach them, and action steps that should be taken along the way, is an essential step in planning for and successfully competing for prestigious scholarships and fellowships.

This exercise will help, and the worksheet is easily repeated for additional goals. Here is an example:

Goal (state as an action statement with concrete, measurable outcomes)

Get in to Medical School

Sub goals (specific steps that you need to take to accomplish the goal, including target dates if appropriate) and **Action Steps** for Sub goals (what actions need to be taken to accomplish any particular sub goal).

1. Take and pass two courses in chemistry with one of these being organic chemistry, with grades of A or A-.
 - Determine when courses are offered and ideal semester/professor to take.
 - Determine any prerequisites that would help and plan to take these in advance.
 - Set aside specific study time of ___ hours per week for each course.
 - Get texts in advance and read ahead.
 - Meet with professors in advance to talk about study strategies.
2. Take and pass two courses in anatomy and physiology with grades of A or A-.
3. Take and pass two courses in biology with grades of A or A-.
4. Gain applied experience through volunteering at a hospital or clinic.
5. Gain applied experience through research work or internship in medical field.
6. Research medical school admission requirements and develop a list of medical schools I would like to attend.
7. Prepare for MCATs.
8. Maintain GPA of 3.7 overall (or higher).

Goal, Sub goals and Action Steps Worksheets (make copies as needed)

Goal:

Sub goals and action steps:

1.

-
-
-
-

2.

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-
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3.

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-
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4.

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-
-
-

Notes:

Goal:

Sub goals and action steps:

1.

-
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2.

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-
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3.

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-
-

4.

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-
-

Notes:

Part III: Planning

Draft a plan for the next three years of college. Describe the goals at the top, and then describe sub goals and action steps. Use the following template for each goal you have.

Goal:

(Sophomore year)

Fall Semester: Sub goals and action steps as they relate to the goal.

Spring Semester: Sub goals and action steps as they relate to the goal.

Summer: Sub goals and action steps as they relate to the goal.

(Junior year)

Fall Semester: Sub goals and action steps as they relate to the goal.

Spring Semester: Sub goals and action steps as they relate to the goal.

Summer: Sub goals and action steps as they relate to the goal.

(Senior year)

Fall Semester: Sub goals and action steps as they relate to the goal.

Spring Semester: Sub goals and action steps as they relate to the goal.