



Monthly Newsletter

College Preparation and Counseling for College-Bound Students

June 2025

Seniors—

Thank parents, teachers, and others who helped you.
Thank scholarship providers.
Have your final transcript sent to your college of choice.

Juniors—

June 7th - SAT
June 14th-ACT
Register June 6th for the July 12th ACT

Summer 2025

Rising Juniors—

ACT July 12th
SAT- August 23rd
Do something interesting- Get a job, intern, volunteer, or take a class.

Rising Seniors—

Begin working on college applications (Common App, UCs, etc.) as they become available.
Craft your essay.
Finalize college list—tour colleges.
Request recommendation letters.
Prepare for fall ACTs or SATs

Adjusting to College Life

Nearly all first-year college students encounter a few surprises as they adjust to college life. Understanding the most common challenges students report and what to do about them can make the transition to college life go more smoothly for both students and their parents. Some of the most reported issues include:

Academics. Even strong students can be blindsided by college academics. Classes, even in subjects you've always aced, are often more demanding than high school classes and may require new skills and approaches. Unlike high school teachers, college professors won't check that you're keeping up with the workload. How to cope: The course syllabus is your best friend; before each class, make sure you've completed the reading for that day. Don't skip classes! If you're struggling with the coursework, get help earlier, rather than later. Connect with peers to form study groups. For parents: If your child seems to be struggling, suggest they talk to the professor during office hours or reach out via email to set up an appointment. The college's tutoring and writing centers can also help students adjust to college academic demands.

Time management. In college, how you spend your time is up to you. That sounds great, until you realize just how hard it can be to balance studying, socializing, and juggling new responsibilities like a job or doing your own laundry. How to cope: Your first three priorities should always be attending classes, studying, and taking care of your physical and mental health (sleeping, eating, exercising, connecting with others). Get a personal planner and block out time to study. Though socializing

is a big part of college life, know your limits. For parents: While your child will likely make some mistakes with time management, set clear expectations with your child before they leave for college.

New people. Most students look forward to meeting new people in college. New friends may have different ideas about behavior and relationships from your family and friends back home. Rooming with a stranger can also be a challenge. How to cope: The first few weeks of college are usually a social whirlwind. Don't stress if you feel you haven't made the same type of friendships that you had at home. Strong friendships need time to develop. Roommates don't always end up being best friends; try to discuss any issues that crop up with your roommate as soon as possible. Getting involved on campus is a great way to meet new people, especially at bigger schools where it can be harder to make connections in large lecture classes. For parents: Before your child leaves for college, encourage them to join clubs and hang out in public spaces on campus to meet fellow students.

Homesickness. No matter how excited you are about college, it's normal to have moments where you miss home, your family, or your friends. Adjusting to a new environment and being surrounded by new people can feel overwhelming at times. How to handle it: When homesickness hits, don't panic. A phone call to family or friends can help, as can talking to others in your dorm or classes. For parents: Homesickness usually passes quickly. The best way to help is to be there to listen and suggest ways that your child can connect with others on campus.

Careers In Law

Corporate lawyer

Family lawyer

Intellectual Lawyer

Civil Litigation Lawyer

*Legal Technology and
Innovation Lawyer*

*Compliance and Risk
Management Specialist*

Legal Journalist and Writer

Law professor

Arbitrator

Mediator

Judicial Law Clerk

Judge

*Sports Agent/Entertainment
Agent*



Focus on Majors: Not a Major – Pre-Law

If you're thinking about becoming a lawyer, you might assume there's a specific "pre-law" major you're supposed to choose. But here's something most students don't realize until later: there's no such thing as a pre-law major. In fact, law schools welcome students from nearly every academic background—from political science to physics. What matters most isn't what you major in, but whether you've developed core skills such as critical thinking, persuasive writing, strong reading comprehension, and logical reasoning.

That said, you can begin preparing for a legal career while you're still in high school. You can get a taste of what studying subjects like economics, philosophy, or political science feels like before you commit to a major later on. Joining your school's mock trial or debate team is a great way to develop research and persuasive public speaking skills.

When selecting a college major, choose a field you genuinely enjoy and in which you are confident you will excel academically. Law school is academically rigorous, and getting good grades in college matters more than the specific subject you study. For example, if you're intrigued by finance law, a major in economics could be a great fit. If you're more interested in the psychological aspects of the courtroom, such as jury behavior or bias, then psychology might make more sense. Or maybe you're drawn to reading, writing, and culture. English majors do extremely well in law school, too, thanks to their writing and analytical training.

Some of the most commonly chosen pre-law majors include political science, history, philosophy, economics, English, and psychology. But that doesn't mean you can't major in biology, computer science, the arts, or even sport management and still end up thriving in law school. For example, students interested in intellectual property or environmental law might benefit from a science or tech background.

When researching colleges, ask about the availability of dedicated pre-law advisors, [LSAT](#) preparation resources, mock trial or debate teams, and opportunities for legal

internships or externships. Find out if the school tracks law school acceptance rates for their graduates and whether they offer workshops on law school applications, personal statement writing, and interview preparation. When it's time to choose a college, don't panic about picking the "right" school; instead, focus on where you will find academic, social, and emotional success. There are many paths to law school and a legal career. For perspective, check out Harvard Law School's [list](#) of diverse feeder schools.

Just like undergraduate institutions, law schools vary in admission rates and costs. If law school is indeed your trajectory, remember that high LSAT scores, undergraduate grades/rigor, and letters of recommendation are essential. A strong application will also include a compelling personal statement along with a resume that includes internships and volunteer activities related to the field of law.

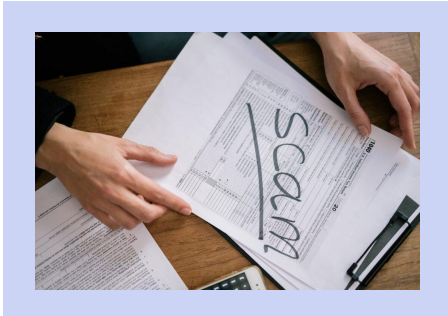
If you're looking for something more affordable or closer to home, some large public universities have excellent pre-law support. The University of Michigan at Ann Arbor [Comprehensive Pre-Law Advising \(LSA\)](#) provides extensive pre-law advising services to students. The University of Maryland has a [Law and Society Minor](#) that complements a student's major, focusing on the relationship between law and various societal factors, and Binghamton University has a [Pre-Law Concentration](#). While not a formal major, the pre-law concentration is an educational goal that allows students to tailor their coursework towards law school preparation.

Students who prefer small classes and close mentorship might want to consider liberal arts colleges. Amherst College, Rhe University of Rochester, Pomona College, and Dickinson College consistently send graduates to law schools.

Claremont McKenna College even offers a government major with a [legal studies sequence](#). Occidental College has a unique ["Lawyering for Social Justice"](#) program, and Gettysburg College has the [Eisenhower Institute](#).

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Financial Matters: Scholarship Scams Targeting Families



As the cost of college continues to rise, it's understandable that families are eager to find financial aid opportunities. Unfortunately, scammers know this too, and every year, they take advantage of well-meaning parents and students, costing families millions of dollars in lost money and stolen information.

You may receive official-looking letters or emails claiming to “guarantee scholarships or your money back,” or inviting you to a “free financial aid seminar.” These offers often appear legitimate, but many are designed to pressure families into paying for services that provide little to no value, or can lead to identity theft. Phrases like “act now – this offer won’t last,” “you’ve been selected,” or “exclusive opportunity just for you” are often red flags that the offer is too good to be true.

One common tactic is the claim that “millions of dollars in scholarships go unclaimed every year.” While this sounds promising, most of that money is reserved for very specific groups, such as the children of company employees or members of certain organizations. It’s not generally available to the public, and reputable scholarship programs never require families to pay upfront fees just to apply or receive awards.

Additionally, some services begin with what appears to be a free seminar but quickly shift into high-pressure sales tactics, urging families to sign costly contracts on the spot. While some companies do charge fees, they should always be transparent about their pricing, never make promises about guaranteed scholarships, and certainly never pressure you to make immediate decisions.

Another tactic to watch out for is any message claiming your child has won a scholarship they never applied for, especially if you’re asked to pay a processing fee or provide personal banking information.

No legitimate scholarship program will ever ask for payment to release an

award. It’s also wise to be cautious of websites or organizations that aren’t affiliated with a recognized institution—resources that end in .gov or .edu are generally more trustworthy.

If you’re ever unsure whether a scholarship opportunity is legitimate, talk with your child’s school counselor or college advisor. They can help you evaluate the offer. You can also report suspicious activity to the [Federal Trade Commission](#) by calling 877-FTC-HELP.

The [U.S. Department of Education](#) has a hotline for reporting fraud at 1-800-MIS-USED (1-800-647-8733). You can also [email](#) or file an online report at the [OIG Hotline](#).

Despite the scams that exist, there are also many legitimate sources for scholarships. For example, [Fastweb](#), College Board’s [Big Future Scholarship Search](#), and [Going Merry](#) are great places to start looking for scholarships without spending a dime.

No organization can guarantee scholarship money, but with a cautious approach and the right tools, families can confidently avoid scams and focus on real opportunities.

Focus on Majors: Not a Major – Pre-Law (continued from page 1)

Other colleges that offer excellent outcomes for future law students include: Fordham University’s [Pre-Law Institute](#), which has a summer program providing an introduction to foundational U.S. law subjects, legal writing, and research skills; American University in Washington, DC which has a well-established path into [public policy and law](#); The University of Richmond, which features a [PPEL](#) track (Philosophy, Politics, Economics, and Law); and Loyola

Marymount in Los Angeles, which is especially good for students interested in entertainment or immigration law.

No matter where you go to college or what major you choose, the goal is to build key skills and explore the field of law in ways that feel meaningful to you. That might include joining the debate team, volunteering with a legal aid organization, or interning at a courthouse. Along the way, you’ll want to develop strong relationships with professors, particularly in writing-

intensive or analytical classes, since their recommendation letters will carry serious weight when you apply to law school.

Thinking about law now gives you a head start, but there’s no need to lock anything in yet. Focus on building strong academic habits, asking good questions, and staying curious. Law will still be there if you decide to pursue it, and you’ll be all the more ready when the time comes.

Why Giving Back Gives More Than You'd Expect

Even though some high schools require community service to graduate, the best reason to volunteer has nothing to do with resumes, applications, or future plans. The best reason is that you care.

You don't have to travel far to make a difference—some of the most powerful acts of service happen right in your own community. Whether you're tutoring a younger student, walking dogs at a shelter, or helping at a food pantry, showing up consistently makes a real impact.

And here's something else that's real: volunteering doesn't just help others, it helps you, especially when it comes to mental health.

Teen years can be tough. School pressure, social stress, constant notifications, and uncertainty about the future can pile up quickly. It's easy to feel overwhelmed or even isolated. Volunteering can be a powerful way to shift that experience. When you're helping someone else, you naturally take the focus off your own stress.

Studies show that people who volunteer regularly report lower levels of stress, anxiety, and depression. Teens especially benefit from volunteering. Helping others gives you a sense of purpose. It gives you a reason to get out of the house and connect with others, whether you're chatting with a new friend during a food drive or exchanging laughs with kids you're mentoring.

Volunteering can also boost confidence. Every time you learn a new skill, solve a problem, or realize someone is counting

on you, it adds to your sense of self-worth. Over time, you start to see yourself differently—not just as a student or a kid trying to figure things out, but as someone who can make a real difference.

And yes, volunteering actually makes you happier. That “helper's high” people talk about? It's real. Doing good triggers feel-good chemicals in the brain, like dopamine and oxytocin, that boost your mood and make you feel more connected and optimistic.

Getting started is easier than you think. Websites such as [Volunteer Match](#) and [Do Something](#) list opportunities by age and interest, including virtual options. You can also ask around at places you already know: your school, local nonprofits, shelters, or even the library.

If you're not sure where to begin, try asking yourself: What do I care about? What kind of change do I want to see? Who needs support right now, and how can I help? Follow those answers, and you'll find your way.

Whatever you choose, make it yours. Invest your time and energy into something that feels right for you. Keep a journal or log of your experiences, not just what you did, but how it felt. You might use those reflections later in a college essay, or simply as a reminder of the impact you've made.

The most meaningful service comes from doing what matters to you. Don't just do it to build a resume—do it because it makes a real difference. And in the process, you might discover new strengths, new friendships, and a new way of seeing the world.



530 Technology Drive
Irvine, CA 92618

7326 S. Prospector Dr.
Salt Lake City, UT 84121

949.856.1221

admin@collegeblueprint.com

www.collegeblueprint.com