

申請指南

為所有學生製作的美國大學申請與財務補助指南



本指南由 Fair Opportunity Project 製作。FOP 是一個由頂尖學生、導師、招生官、與大學升學顧問組成的組織，目的是讓大學教育變得更容易取得。

前言

申請大學是個令人興奮的過程，因為它讓你有機會好好思考不同的未來。但它同樣也是複雜的。高中生填寫申請表的目的不只是為了展現他們是什麼樣的學生，也是為了展現他們是什麼樣的人。大學會仔細評估申請表上的許多特徵，有些非常主觀，有些很難用三言兩語解釋，有些很難則培養。本指南的目的是提供你足夠的資訊，好讓你無論申請什麼學校都很清楚自己接下來該做什麼。

我們寫這個指南，因為我們在乎你。

事實是，全國學生每年會花上百萬元在大學顧問身上。大學顧問拿了錢，然後送客戶去大學唸書。其中，[約有三成](#)的申請者會雇用私人顧問來處理他們的申請文件，而且這些服務的費用從幾百美金到幾千美金不等，目的只是為了進一步提升他們獲得錄取的機率。如果你不是這些有錢家人的子弟，你只能依賴你高中的學校導師。目前公立高中平均是 [1 位學校導師服務 471 位學生](#)，在這樣的比例下，你可能會錯過很多重要的資訊。

我們希望改變這個情況。

我們集合來自世界各地的編輯團隊，我們寫了一本詳細且完全免費的指南；無論你來自哪一個地區或哪一種家庭背景，我們提供你最新的資訊來協助你取得成功。我們知道負擔學費就像大學申請一樣重要，因此我們的指南也教你如何尋找財務補助。

雖然這聽起來有些自大，但我們確實做到了。你手上這本指南已經是更新後的版本了：最初的版本是由我們的作者 [Luke Heine](#) 編寫，並且被送至美國中西部九個州的校長、學校監督人、與學校導師手中，觸及超過二百萬名學生。本指南隨後收到來自 [200 位](#) 郊區高中的學校導師的意見回饋；無數學生使用過這個指南，且大部份都給我們正面評價。

我們在此幫助你成功，給予你最好的資源。免費的 [SAT 準備平台](#)、[獎學金網站](#)、與成功的作文範本—它們全都在這本書裡。請把它印出來、寄出去、並分享給你身邊的人。

特別感謝

平等機會企劃（Fair Opportunity Projects，簡稱 FOP）建立在無數大學生的無私奉獻上。他們創作、修正、並提供我們他們的大學申請作文。我們也深深感謝那些支持我們並替我們背書的顧問。此外，少了下面這些人（以及更多的人），這個企劃無法影響到這麼多的學生：

- Richard Barth (CEO, KIPP Foundation)
- Michael Brown (CEO, City Year)
- Marquitta Speller (Executive Director for Secondary and Collegiate Programs, The Harlem Children's Zone)
- Stephanie Khurana (Managing Director, Draper Richards Kaplan Foundation)
- Katherine K. Merseth (Founder, Harvard Teacher Fellows)
- Ruth Rathblott (CEO, Harlem Education Activities Fund)
- Elissa Salas (CEO, College Track)
- Thomas Willis (CEO, Cornerstone Charter Schools)
- 紐約市教育局

FPO 同時要深深感謝帕特森聯合學區辦事處（Patterson Joint Unified School District）的監督人 Philip Alfano。透過他的努力與捐獻，這本指南才能被翻譯成西班牙文並觸及西班牙裔族群。

本指南的中文翻譯與編排由 FOP 的 Hsin-Yuan Chang 完成。

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第一部分 大學申請

申請美國大學是一個複雜的過程，需要長時間的規劃及許多努力。此指南旨在協助你掌握申請流程並提供你合適的獎學金與財務補助資訊。為此，你需要先理解申請所需的文件、文件的要點、以及如何才能向學校展現自己的個人特質。我們重視大學學費昂貴的事實，並會盡其所能收集各種資源來幫助你減輕學校的開銷。

切記：此指南是屬於你的。將它印出來、標注重點、做滿筆記。盡你所能標註出有幫助的資訊，並依照自己的狀況來善用本手冊提到的各類免費資源。

一、大學申請時間表*

* 美國高中是四年制的；他們的高一等同亞洲學校的國三。

高二／高二暑假（Sophomore Year/Sophomore Summer）

1. 開始準備學術測驗。學術測驗（**standardized tests**）雖然無法概括你的高中生活，但大學的申請嚴格來說是從準備學術測驗開始的。在高二與高二暑假期間，你應該開始準備學術測驗，並計畫在高三時參加考試。你可以參加 SAT 預備測驗（PSAT），閱讀 SAT 或 ACT 的教材（可在網路或書店找到相關教材），參加學校舉辦的暑期課程，或是參加 SAT 或 ACT 的準備課程。只要你開始準備，你離成功就越來越近！行動會開花結果！
2. 去認識你的學校導師。美國大部份大學統一使用通用申請表（**Common Application**）申請系統，而此系統要求申請者的學校導師撰寫一封推薦信。大多數的學生在學期間不會積極地和學校導師交流，導致學校導師最後只能寫出言之無物的推薦信。所以花點時間去認識你的學校導師並和他們做朋友吧！你投入的時間最終會幫助你在高中裡及申請大學時取得成功。

高三（Junior Year）

1. 註冊並參加學術測驗。你的目標是在高三時參加至少二次學術測驗，且第一次應該是在 10 月或 11 月。如果可以的話，在高三時至少參加一次 SATII（SAT 學科測驗）。第三章包含參加測驗與支付測驗費用的具體資訊。
2. 深入了解你的學校老師。老師會給你很多建議，他們也是你的榜樣。當你開始申請大學時，他們也能幫你寫推薦信。
3. 與你的學校導師見面。和學校導師預約時間並開始和他討論大學申請的流程。你的學校導師通常會協助你取得成績單，搜索申請費減免的相關資訊，以及更多。

高三暑假（Junior Summer）

1. 做一個學校清單。將那些你想申請的大學列出來。這個清單不需要很長，可以只有一、二所學校，也可以加入更多學校。在這過程中你要搜索各所大學的資訊，了解他們的學費以及要求的申請資料。第二章與第四章會有更多相關資訊。
2. 決定你的推薦人。在高二暑假期間，你應該思考該請哪位老師來替你寫推薦信。第六章會有更多相關資訊。
3. 撰寫學生履歷。履歷給你一個包裝自己的好機會，因此千萬別表現得太謙虛或害羞！請在履歷中好好強調你做過的事情，像是你所得的榮譽、成就、創新、和獎項等等。這會在很大程度上幫助你的推薦人撰寫推薦信，你甚至可以把它寄給部分要申請的學校。除此之外，你也要果斷在上面列出你的工作經驗；無論是挖冰淇淋還是在草坪割草，招生官都會喜歡看到這些資訊。[TopCV](#) 與 [LiveCareer](#) 是兩個你可以製作個人履歷的網站，此外網路上還有更多這類的資源。還有，Microsoft 也有[免費的履歷模板](#)讓你直接套用。
4. 開始撰寫大學作文（Essay）。開始腦力風暴你的作文主題，或甚至寫出一些草稿。大學作文是申請中一個很重要的環節，需要投入相當多的時間與努力，因此請盡量善用暑假期間！我們會在第八章詳述作文寫作的流程及方法，並在第四部分提供一些成功的範本。
5. 做一個獎學金列表。申請講學金是減輕學費負擔的一個重要步驟。雖然部分獎學金申請的截止日期在秋季，但也有很多在春季。你要申請那些

收件中的獎學金，並把截止日在春季的獎學金做成一個列表（並在上面標註截止日期）。我們會在第十三章提供各種獎學金的相關資訊。

高四秋季（Senior Fall）

1. 與你的學校導師見面。和你的學校導師（或 CAP 顧問）約時間見面，和他們一起檢視你的學校清單與申請進度。
2. 完成你的 SAT、SAT II、或 ACT 測驗。你應該在高四秋季時考完所有的學術測驗。再次確認每所學校對學術測驗的要求；有些學校要求這些測驗，有的學校則不用。
3. 申請大學。在高四秋季完成你的大學申請表。有些學校的截止日期甚至設在 10 月。我們將在第七章提供更多相關的重要訊息。
4. 完成推薦信（Letter of Recommendation）。老師們一般很忙，在大學申請旺季期間更是忙得不可開交，所以你要儘早請學校老師寫推薦信。你一定要定期追蹤你的推薦人以確保推薦信能在截止日前寄出。第六章會提供你更多相關訊息。
5. 申請財務補助（Financial Aid）。你應該在高四秋季開始申請財務補助。我們將在本章第十二節提供你更多這方面的資訊。
6. 參加早期申請的面試（如果需要的話）。送出申請表後，部分學校會提供在校面試或透過校友面試。這些面試有時不是必須的，但現在越來越多學校把它當成申請文件的一部分。面試是一個了解學校並表現自己的好機會。我們將在第九章分享更多有關面試的穿著以及該如何準備面試的資訊。
7. 申請獎學金。有些獎學金的申請日期很早。調查你符合哪些獎學金的申請資格並儘早提出申請。第十三章會有更多相關資訊。

高四春季（Senior Spring）

1. 參加一般入學的面試。同樣的，第九章會有更多相關資訊。
2. 更新你的個人資料（如果需要的話）。從你送出申請表到你收到大學的錄取信之間可能會發生很多事。如果有，你應該寫個信告訴學校你這陣

子做了什麼或是有什麼變化。我們將在第十章提供更多相關訊息以及例子。

3. 申請獎學金。在你等待大學通知的同時，你也不應該讓『高四症候群』影響你的生活。即便你已收到第一志願的錄取通知，你也要考量自己是否能夠負擔學校的學費。在這部分上，獎學金總能很好減輕你的壓力。網路上有數以千計的獎學金等待高四學生申請。使用你在高三暑假完成的那張獎學金列表，透過網路持續申請並追蹤你的獎學金吧。

二、 開始蒐集大學資訊

蒐集大學資訊是一個複雜過程，但在過程中你可以比較並找出最適合你的學校。這個過程可以是令人興奮的，但也可以是很有壓力的。

別被昂貴的學費嚇到了！有許多方法可以讓你負擔得起大學學費，我們會在第三部分詳細介紹這些方法。外面很多有關學校開銷的資訊都是錯的。在你因為學費而放棄某間學校前，先思考一下你為什麼在乎你的學業。你唸大學也許是為了找工作，或是純粹想學些知識。無論如何，請先找到你最在乎的點。如果你要申請大學，收集資訊的同時也要開始思考以下問題。

決定要申請哪間學校時，你應該先考慮你重視的是什麼。你想要學校離家近一些，還是不想要離家太近？你希望你的大學在你喜歡的領域內有很多資源，還是可以提供很多選擇機會？也許你會找到二者兼具的學校。至於學校的規模呢？還有，你可能也要擔心如何在費用與教學品質之間找到一個絕妙的平衡點。思考一下對你而言什麼是重要的，什麼是不重要或甚至是要避免的。這樣一來，你就能更好理解你的目標。決定目標的關鍵在於傾聽自己的內心真正在乎什麼。一旦你聚焦了你的評判標準，把它們寫下來，並在申請過程中反覆參考他們。在你思索你想從學校裡得到什麼時，你千萬不要錯過以下幾點：

學術：你對哪一種學術課程最感興趣呢？你想要有文科教育的學校嗎？你可能會對學術研究感興趣嗎？你希望大學有什麼樣的學術氣氛呢？你希望你的教授在他們的領域備受推崇，還是希望教授喜歡跟學生坐在一起並討論問題？還是有大學能同時滿足這二個需求？你喜歡大班授課還是小班教學呢？

位置：你希望大學離你家比較近還是比較遠？你的大學要在鄉下、城市、還是城鄉交匯處？你在乎大學當地的氣候嗎？你希望大學靠山、靠海、還是二者都有？你應該知道，一個終年下雪的學校和一個陽光明媚的學校會有截然不同的生活方式與課後活動。

規模：你希望去一個人與人關係緊密，且每個人都認識彼此的大學嗎？還是你想去一個規模較大的、隨時有機會認識新朋友的大學呢？

公立／私立：你想上公立大學還是私立大學。公立大學一般比私立大學有更多的該州的學生，這對你來說是加分還是減分？

住宿：你大學四年都想住在學校內嗎？校外的住宿是你負擔得起的嗎？還有，住在學生宿舍並購買學校餐卷會比較貴嗎？

社交生活：你想進入有濃重兄弟會校風的學校嗎？你希望學校的社交活動多是舉辦在校內還是校外？你打算如何度過週末？你希望你的同學來自相同的地方，和你共享同樣的政治／宗教信仰觀點，或是有著同樣的性別／種族／種族地位？還是你想去一個以族群的多樣性而自豪的學校？

食物：你是否有特別的飲食規定或宗教規定？你看重學校食堂內的食物質量嗎？

體育：學校是否有強大的體育課程對你而言重要嗎？你是否想要一個充滿活力、為運動而瘋狂的校園氣氛？還是你不在乎、或是不喜歡運動？

課外活動：你是否有特別想要加入的社團或課外活動？你是否想參加校內體育活動？

經濟：你或你的家庭每年能夠負擔多少大學學費？

在你根據你或家庭的財力來決定適合的學校以前，你應該先深入思考上述所有的問題，並描繪出你理想中的校園生活應該具備哪些特徵。有了這些特徵後，你再搜索外界的財務補助來實現你的理想。

在第四章中，我們會繼續討論如何比對個人喜好與大學可以提供的項目並製作學校清單。

三、學術測驗（Standardized Tests）

無論你打算申請哪所學校，你可能都至少要提交一個學術測驗的成績。事實上，學術測驗往往是申請文件很重要的一環。當你在列學校清單時（詳見第四章），你應該考慮你的成績跟過去入學學生的成績比起來如何。對全世界成千上萬的申請者來說，學術測驗提供一個檢驗他們學術能力的方式，儘管這個方式本身並不完美。記住，這些測驗無法證明你有多聰明，只能證明你在這些測驗中表現得多好，而且——如同做其他事情一樣——你學得越多表現越好。

每所學校要求的學術測驗都不一樣。有些學校要求 SAT 或 ACT 測驗分數，有些還建議或要求你提供 SAT 學科測驗，但也有超過 [850 多所學校](#) 驕傲地表示他們不再考慮考試分數了，所以你一定要確認你想去的學校的規定。如果你選擇參加學術測驗，你要知道許多學生會重複考試以追求更高的分數。[研究顯示](#) 超過半數的學生在第二次考試中表現得更好。當你開始製作大學清單（詳見第四章）時，記得了解一下表格中每所學校對學術測驗的要求。

ACT 與 SAT

ACT 與 SAT 是兩個主要的大學學術測驗。大部份學校會要求其中一個，但不會二個都要。

這二個考試沒有優劣之分；然而，它們在主題與結構上稍有不同。[Kaplan 的這個網頁](#) 把二者的差異解釋得很清楚，其中最明顯的就是 ACT 會考科學，而 SAT 不會。雖然 SAT 最近才經過一次 [大改版](#)，但這二個考試的題目設計大致上沒有有變動。我們建議你二個測驗的模擬試題都做做看，看看哪一種更適合自己。

如果你無力負擔測驗費用，你可以上測驗官網搜尋費用減免的資訊，很多學校也會提供免費考試。ACT 與 SAT 每年都會舉辦，所以你要上考試官網查看考試日期以及報名截止日期。你要早點報名，因為報名截止日往往比考試日期還要早許多。線上報名時，你會需要上傳你的照片，考試當天也要攜帶實體照片。考試通常每個月或每二個月舉辦一次；你可以上 [College Board](#) 查 SAT 的考試日期，或是上 [ACT 官網](#) 查 ACT 的考試日期。

SAT 學科測驗（SAT II 或 SAT Subject）

查一查你要申請的學校是否需要 SAT 學科測驗。大多數學校建議學生申請時提供二至三個 SAT 學科測驗報告。這些測驗，如字面上所說，是有關各學科的測驗。你最好在學期末時參與這些考試，這樣當你準備期末或是 AP 考試時可以一併準備它們。如同前述所說，學習可以有很多種形式，但我們建議你腳

踏實地地準備，因為這類測驗沒什麼運氣成分。由於你有能力透過學習改變你的考試成績，我們建議你花時間在準備所有你要考的測驗上；是的！你有能力學習，而且一定有效！

TOEFL 與 IELTS 測驗

如果你是國際學生，且在美國教育體系待的時間還不夠長，那你可能需要額外準備 TOEFL 或 IELTS 測驗。這二個英文測驗的目的是從聽、說、讀、寫四大方面測量英文非母語的學生的英文程度。你應該儘早開始準備這些測驗，因為它們對國際學生來說難度頗高，但相對來說卻又比 SAT 或 ACT 的英文部分容易。就像你準備 SAT 或 ACT 那樣，你應該做做二個測驗的模擬試題，看看哪一種更適合自己。儘早報名考試，因為報名截止日期往往比考試日期早很多，而且很容易額滿。

準備測驗

如果不知道該參加準備課程還是看書自學，我們總是建議你選後者，因為它會增加你實際解題的機會。這就好像舉重一樣，雖然你可以花錢請教練，但你肌肉增加的程度只取決於你的訓練量。切記要做限時考試練習，因為時間的限制是 SAT 和 ACT 測驗最難的地方之一。不過，如果你卡在某個觀念或是需要一個更有架構的學習計畫的話，家教或是定期的準備課程還是可以幫助你提高分數的。

我們建議你選用主考單位自己編寫的參考書，因為它能更準確反映實際考試的問題與格式。SAT 測驗由 College Board 出題，所以請使用 College Board 出版的《[SAT 官方學習指南](#)》。ACT 考試由 ACT 公司出題，所以我們建議你使用 ACT 公司出版的《[真正的 ACT 準備指南](#)》。至於 TOEFL 跟 IELTS，你可以參考《[TOEFL 官方學習指南](#)》與《[劍橋官方 IELTS 學習指南](#)》。你也可以使用其他公司出版的準備書籍，因為這些書上可能會提供一些官方不願提供的建議，像是每次測驗會出多少跟機率有關的題目，或是你為什麼要跳過較困難的題目，或是為什麼學術測驗不一定會讓你的申請更有優勢等等。在這些非官方書籍中，普林斯頓評論出版的《[Cracking the ACT](#)》是我們最喜歡的一本。

如果購買參考書會對你造成經濟負擔，那就去本地書店、學校圖書館、或是公共圖書館並用那邊的參考書吧。很多學校和公共圖書館會有升學相關的書區，所以要好好利用。你可以跟同學或朋友借書，另外網路上也有非常多的學習資源，像是 [Khan Academy](#) 和 [YouTube](#) 就是其中二個非常棒的備考資料庫。

此外，你還可以在《[Silverturtle 的 SAT 與大學申請指南](#)》上找到詳細的考試資訊、建議、以及練習題。

當你在做練習題或模擬測驗時，你的焦點應該放在取得進步上。別人不需要知道你的分數，你也不需要把成果秀給別人欣賞。如果作答時你只是碰巧猜中某題答案，記得做個標記。每次完成模擬測驗後，你一定要回去研究那些你猜對的、答錯的、或是沒把握的問題。你越檢討你做的模擬測驗，你就會找到越多你還有待加強的地方，進而在下次測驗中表現更好。舉例來說，如果你檢討你做過的 ACT 或 SAT 數學題目，你可能會發現你要在幾何題型上多下點功夫。把精力花在尚有提升空間的領域有助於你考到最理想的分數。

提交測驗成績

你可以參加不只一次 ACT 和 SAT 測驗，而且有些大學會同意讓你提報你最好的『綜合分數』。什麼是綜合分數？它的意思就是把你多次考試中分數最高的項目拼成一個總成績，例如你在三月的考試中閱讀考了最高分，六月的考試中數學考了最高分，你可把二次考試的完整報告寄給學校。學校收到報告後，會從中列出各項目的最高分並拼成你的綜合分數。雖然綜合分數聽起來像是個很棒的機制，因為你可以每一次考試只專注在其中一個項目，但也不是每間學校都接受它。波納莫學院（Pomona College）、加州大學系統的各個分校（University of California）、以及聖心大學（Sacred Heart University）等大學要求你提供所有測驗的紀錄。所以如果你考過九次 ACT，其中八次都考得很爛，招生委員是會看到這些紀錄的。

ACT 和 SAT 提供多種加發分數的方式。考生可以在考前就填寫他們想加發成績的學校，這樣當成績出來時，考試中心就會自動把報告寄出去。這種方式有時是免費或有費用折扣的；雖然『免費』聽起來很棒，但如果你考砸了這次考試，你的目標學校就會收到你的爛成績。如果你選擇不提前選定加發目標的話，你就保有選擇的權力；只是當你之後想加發成績時，你就需要去考試官網付錢才能加發。

總結來說，確認你學校要求哪些考試，把資訊寫在一張表格上（詳見第五章），並開始唸書，一次準備一個項目就好。你的目標是盡快在學術測驗中取得好成績，這樣你就可以花時間在其他申請文件上，而不用時時刻刻擔心重考的事。

四、 建立大學清單

如同第一章所說的，學生應該在高四開課前完成此清單。學生與大學之間在需求與供給上的契合度對你的大學體驗至關重要。大學的排名在你搜索目標大學時雖然可以幫上很多忙，但它無法告訴你適不適合念某間學校。因此，僅僅依賴排名來決定要申請什麼學校是很不明智的。列出大學清單的第一步驟是思考你想要什麼樣的大學體驗。列一張表，然後把你的想法寫下來。相關的思考方向我們在本章第二節時已經提過了。

現在，是時候來比較你理想中的大學體驗與大學實際上能提供的體驗是否契合了。思考你要什麼，然後透過下面的資源找出最符合你需求的大學。你應該從多個方面了解每一所大學，確認它是否符合你的期待。本指南第五部分額外工具下有一個由 Roy Gamse 設計、華盛頓郵報發行的簡單的問卷能幫助你確認哪類學校你比較會有興趣。

1. [The College Board College Search](#)：這是一個你能運用多種篩選機制來找到最符合你喜好的大學的搜尋引擎。
2. [The Fiske Guide to Colleges](#)：這個指南提供對三百多所大學最直接且第一手的看法。如果無力負擔書籍費用，你可以去書店花上幾天瀏覽或閱讀此書。
3. [Niche](#)：你可以在這個網站上找到在校生對他們學校的宿舍、伙食、以及社交生活的評分。學生提供的意見常常挾帶個人偏見，因此上面的訊息往往是很主觀的。記住這一點，你也許就能從中找到有用的資訊。
4. [College Confidential](#)：這個網站讓學生匿名發問或回答有關大學的問題。
5. [Just Ask!](#)：這個手冊是美國教師聯合會（American Federation of Teachers）製作的。使用它來評估並找到最適合你的狀況與喜好的學校。

當你製作大學清單時，一定要兼顧保底、匹配、與衝刺的學校。保底學校是你很可能被錄取的學校；衝刺學校是對你來說有挑戰性的學校，意味著很難進或是你離該校錄取標準（GPA、學術測驗成績等）還有一段距離。匹配學校是錄取標準介於保底與衝刺學校之間的學校。當你在衡量某所學校是保底、匹配、還是衝刺學校時，你可以參考過往錄取學生的平均 SAT、ACT、或是在校平

均成績（GPA）。如果你是國際學生，你還要額外考慮 TOEFL、IELTS，以及國際學生的平均 SAT 與 ACT 成績（這可能跟本地學生的平均不同）。有一點很重要：每所學校的錄取率都不一樣，所以你應該盡力申請錄取率不同的的學校，這樣就算比較難申請的學校拒絕了你，你還保有其他選項。透過這個方式，你可以降低風險。我們建議你選一、二所保底學校，一些匹配學校，以及幾所衝刺學校。在這裡我們要再次強調：不要認為學校申請難度太大而放棄任何學校。你保證不會被沒有申請的學校錄取；即使你拿到的是拒絕信，你最起碼挑戰了自己。

如果你想確認自己是否負擔得起學費，請參考第三部分。

五、 規劃大學申請時程

在整個大學申請的過程中，井井有條地掌控截止日期和各種要求是件非常重要的事。你也需要足夠的時間做好準備。以下是一些我們認為非常有用的工具：

1. 電子或實體表格。運用電子或實體表格來追蹤你申請的大學的申請要求及截止日期。在表格中，註明每項文件的截止日期，並在你完成或遞交某項文件做個記號表示。這個動作會在漫長的申請過程中幫你節省很多時間。你可以使用微軟的 Excel 軟體，或是製作壁報並貼在牆上，或是依賴 Google 的行事曆，總之找出最適合你的方式，並記得要隨時更新它們。高三暑假時，你應該每週檢視你的表格一至二次，但到了申請季節時，你應該每天看或是每週看好幾次。你要時時提醒自己決不錯過目標學校的截止日期！申請大學是一件費時費力的事，所以你每天都要追蹤。

表 1：學校清單範例

大學	截止日期					
	通用申請表	輔助文件	推薦信	測驗	財務補助	獎學金
緬恩大學	12/30	12/30	12/30	1/15	2/1	11/20
哈佛大學	11/12	11/12	11/30	11/15	11/15	NA
巴德學院	12/30	12/30	12/20	1/15	2/1	11/15

佛羅里達國際 學院	1/1	11/1	1/15	1/15	3/1	10/15
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2. **行事曆**。除了準備電子或實體表格，你也應該使用行事曆追蹤截止日期並將大學申請的過程分解成一個一個部分。盡量每天做一些事情，像是『做一次完整計時的 SAT 模擬測驗』、『與學校顧問見面檢視獎學金與大學清單』、『完成通用申請表作文二稿』等等。行事曆與日曆通常是阻礙你拖拖拉拉的好方法。實體的行事曆很好用，特別是那種有空白頁可以隨時記下靈感的小本行事曆，除此之外還有像 [Google Calendar](#) 這樣的免費網路行事曆。選個最適合你的行事曆吧。

行事曆的範例：

- 週四晚上做一次完整的 ACT 練習
- 本週五前完成申請表的財務補助部分
- 週三晚上起草大學申請作文

六、 推薦信 (Letter of Recommendation)

推薦信是大學了解你其中一種途徑。它的作用類似於你的大學作文，但是是從別人的角度來反映你的特質。推薦信應該強化或補充你申請文件中已經有的元素，或是帶出一些全新的內容。

除了學校導師的推薦信外，大多數大學還要求二封老師的推薦信。你要確定你的推薦人有拿到他們所需的所有資訊，這樣他們才能順利完成作業。在前一版的通用申請表 (Common Application) 中，系統允許你提供一份履歷或活動清單 (一份列出你在學校做過的所有事情的清單)。然而現在的版本內沒有遞交活動清單的地方了，所以你要自己做一個清單，上面詳細列出你獲得的榮譽、獎項、與成就，並主動寄給您的推薦人。推薦人通常會根據他們的經驗來寫推薦信，但一張活動清單能讓他們更容易強調你是一個多麼突出的學生以及多棒的人。如果你沒有寄給他們活動清單，請提供他們些別的資訊或是稍微跟他們聊聊你的事。記得要表示感謝。老師幫你寫推薦信是沒錢賺的，所以你要讓他們知道你心中充滿感謝。

去找誰？

你的底線是找那些會為你說好話的老師。找到以後，思考他們的觀點可以如何強化你的申請文件。大學通常要求二封學術推薦信與一封非必要的非學術推薦信，所以你可以運用一些戰略。以下是一些考量因素：

1. 考慮那些教高級課程的老師。你的推薦信主要該由高三以後的老師來寫，因為這些老師才能描述你現在是個什麼樣的學生，或是描述你從入學以來有怎樣的進步。
2. 考慮找你喜歡的科目的老師。如果你對某門課充滿熱情，我們建議你找那門課的老師來寫推薦信。如果你熱愛數學，一封來自數學老師的推薦信會很有說服力。
3. 考慮找一位洞悉你的人格或社交能力的老師。你社團的指導老師也許可以提供這方面的觀點，或是去找一位你相處得來且了解你的老師。
4. 如果可以選擇提交非學術的推薦信，找一位顧問、導師、教練、或老闆來讓大學對你有更全面的認識。

如何問？

詢問推薦人是否願意替你寫一封強而有力的推薦信。你選的推薦人應該是個你能夠自在交談的對象，所以你最好面對面地問，跟他實話實說。在高四秋天或高三夏天寫信去詢問也是個好主意，這樣推薦人才有足夠的時間撰寫一封內容豐富的推薦信，你也可以避開那些截止日快到才陸續出現的學生。根據經驗，推薦人一般至少要有一個月時間來寫推薦信，但你留給推薦人的時間越多越好！

當詢問老師為你寫推薦信時，我們強烈建議跟老師面對面討論一下你的申請狀態以及你作為一名申請者打算如何包裝自己。雖然有些老師喜歡獨立作業並且心中已有定案，但更多老師會覺得了解越多有關於你的資訊，以及你做為一位學生和申請者是如何看待自己，對他們越有幫助。一場面對面的交流能確保你跟推薦人取得共識，並協助他們設計出最符合你需求的推薦信。

雖然活動清單能給推薦人一些靈感，你還是要去找那些夠了解你的老師，這樣他們才能豐富推薦信上的內容而不僅是空洞地列舉你參與過什麼活動。一封強而有力的推薦信還要能證明你的人格、職業道德、與個性。如果老師的同意替你寫推薦信，你也要定期追蹤進度並詢問他們是否需要更多資訊。你的工

作是要讓你的推薦人更容易作業，這也是為什麼你應該要先完成活動清單再開始找推薦人的原因。

感謝便簽

老師寫推薦信是不收錢的，而且經常要幫不只一位學生寫推薦信，因此你一定要好好表達你的感謝。不要害羞！一張手寫的感謝簽，雖然簡單，卻能讓你的推薦人非常感動。

七、申請表與申請文件

現在你已經有了感興趣的學校清單並問了老師是否願意為你寫推薦信，是時候來追蹤一下各校申請需要什麼文件了。先查一查它們是使用通用申請表還是有自己的申請系統（這點我們稍後會再談到），它們的申請及學術測驗的截止日期，以及它們還額外問了什麼問題。大學申請表及申請作文值得你花上大把大把的時間：它們就像一張船票，引領你航向你夢想的大學與獎學金，並替你或你的家庭省下幾萬美金的開銷。

申請的形式

1. 早行動（**Early Action**）申請。早行動申請讓你提早申請學校，而你也會較早收到學校的答覆。提早行動意味著你能把工作量分攤在二個截止日期上：一個是早行動的截止日期，通常是十一月；一個是常規申請的截止日，通常是一月。有些學校的早行動申請是有附帶條款或限制的，像是你只能申請它這間的早行動，或是你同時只能再申請公立學校或國際學校的早行動，因此一定要調查清楚。無論如何，早行動申請對你來說是很利，因為無論你有沒有被該校錄取，你之後都可以再做其他學校的常規申請。早行動申請讓學校知道你對他們非常感興趣，這會增加你被錄取的機會，但你又保留申請其他學校的彈性。而且，如果你被列入候補名單，你在常規申請時還有第二次機會，屆時招生官會再次評估你的申請文件。
2. 早決定（**Early Decision**）申請。雖然它跟早行動申請很像，但兩者其實是不一樣的。做早決定申請時你需要簽署一份合約，合約上會聲明一旦你被該校錄取了，你就一定要去念那所學校。如果你已經做好功課，並十分確定你的目標是什麼（無論會得到多少財務補助），那就去做早決

定申請吧！如果不是，或是你想在接受前先考慮一下財務補助的問題，那就先別這麼做。根據統計，早行動申請與早決定申請的錄取率比常規申請的還要高（雖然大學申請顧問會說這是因為該階段的申請者素質更為優秀）。早決定申請是你能向大學發出的最強的信號，讓學校知道他們是你的第一志願，這樣即使競爭很激烈，也絕對會提升你被錄取的機會。

3. 隨到隨審（Rolling Admission）申請。隨到隨審申請的意思是學校會隨時審核申請文件，直到名額滿了為止。系統開放後，你隨時都可以送出申請表跟其他文件，並在幾週之後收到申請結果。由於名額會越來越少，因此你越早申請越好。
4. 常規（Regular Decision）申請。這是最後且最常見的申請大學的方式。只要你確認你有在截止日前送出申請文件，你就不需要擔心了。你大部份大學的申請都是透過常規申請。

成績單*

大學想知道你在高中表現的如何，為此他們會檢視你的課業量跟分數。比起你高一的成績，大學通常會更看重你高二以後的表現，因為他們明白學生需要時間適應高中生活。總體來說，大學會注意你整體的成績的走向，所以不必在意成績單上一、二個不太理想的分數；但如果可以的話，也不妨請你的學校導師在推薦信裡聊聊你成績下滑的原因。你申請大學時要提供你到高四上學期的成績。如果你收到入學許可，而且你接受了的話，你在入學前還要補上高四下學期的成績。你應該去你學校顧問的辦公室並告訴他你要申請哪些學校（最好是寫在一份表格上），這樣他才知道要把成績單寄到哪些學校去。大學在審核你的學術表現時，他們知道有些學校的資源不像其他學校那樣豐富，因此他們會評估你就讀的學校能提供哪些機會，而不會直接拿你跟其他學校的學生做比較。

** 再次強調，美國學制是初中二年，高中四年；亞洲學校一般是初中三年，高中三年。如果你唸的是亞洲學校，你就要額外準備你國三的成績單給你要申請的學校。*

外國成績單認證

如果你的高中不是在美國本土唸的，有些學校會要求你把英文版成績單先寄至他們認可的成績單認證中心。經過認證後，學校才有辦法判斷你在國外高

中上了哪些課程，以及你在這些課的表現如何。大部份高中都可以開英文版的成績單；如果你的學校沒有提供這項服務，你需要找專業的翻譯社翻譯並通過適當教育機構的認證。一般大學都會接受 [WES](#) 以及 [ECE](#) 二家成績單認證中心。仔細檢查你要申請的學校的國際學生頁面，看看該校對於成績單認證的相關規定。有些學校傾向於收到某一家公司的認證，有些則沒有差別。此外，如果你在中國念書，在你把成績單寄至認證中心之前，你還要先寄去[中國學位與研究生教育信息網](#)（CDGDC）進行初步審核。

成績單認證是一個相當耗時間的過程，因為光是 WES 的認證就可能花上三個星期的時間，你還要為此付上一筆不少的認證費，因此一定要提前準備，以免錯過申請截止日期。

期中報告

如果你申請的學校中有一所截止日比較早，那你要在高四上學期結束後再補寄一次成績單，這樣大學才能有足夠的資訊做決定。千萬別忘了這件事，也千萬別讓『高四症候群』影響你的學業表現。

期末報告

你被大學錄取後，你需要寄一份能反映你整個高中表現的最終成績單以及你的高中完成證明（高中畢業證書）給你確定要去念的大學。

學術測驗（ACT、SAT、SAT Subject、TOEFL、IELTS）

閱讀第三章來了解更多資訊。這些考試提供一個讓你直接跟其他申請者比較的方式。你必須透過 [College Board](#) 或 [Act 官網](#) 來加發學術測驗的報告，並在那之後，確認學校是否有收到你的成績。如果你報名考試時沒有一併選擇目標學校的話，你需要登入上述官網並手動選擇要加發成績的學校。加發成績需要一筆費用，不過你可以在官網上找到一些費用減免的資訊。

推薦信

你的推薦人已經有足夠的時間寫推薦信了，現在你必須追蹤並提醒推薦人要在申請截止日期前把推薦信透過實體郵件或第三方軟體送出去。老師也是人，也會忘記事情，所以你要多多跟他們保持聯繫。

通用申請系統（Common Application）

通用申請系統的宗旨是減少學生在申請學校時許多重複的、額外的填寫作業。基本上，它讓你把各校要的資訊統一集中在一個表上，這樣你就不用反覆重寫同樣的資訊了。通用申請系統的好處是大部份學校都接受這個系統。它要求你的個人基本資料、課外活動、榮譽、獎項、考試成績、上過的課程資訊、以及申請作文。這些資料能讓招生委員會掌握你的個人與家庭背景，以及你是如何渡過高中生涯的。照著[通用申請表上](#)的指示來完成申請表吧！

雖然通用申請系統是申請美國大學時最常用的申請系統，但還有其他許多申請平台，例如 [Universal College Application](#) 和 [Coalition for Access, Affordability, and Success](#)。有些學校有自己的申請系統，意思是如果你要申請這所學校，你必須照著他們的規則填寫他們特別設計的申請表。所以在你開始申請之前，你應該花點時間了解每所學校的申請方式。總之，每個申請表都會問到上面提過的家庭資料、課外活動資訊、榮譽與獎項、測驗成績、上過的課程資訊、以及一篇作文。目前 Coalition 與 UCA 系統分別被五十六所及四十四所學校使用，但通用申請系統則被超過五百所學校接受。因為使用通用申請系統的學校最多，所以我們的手冊會以這個系統為主。

通用申請表作文（Common Application Essay）

通用申請申請表作文是一篇總括的個人陳述（Personal Statement），其目的是讓招生委員認識你，並知道你在乎些什麼。參考第八章來了解更多有關通用申請表作文的資訊。

補充作文（Supplemental Essay）

補充作文提供大學一個了解的方式。有時候，大學還會透過補充作文問你一些奇特的問題。同樣的，更多資訊請參考第八章。

非必要作文（Optional Essay）

有些學校會在申請表中加上一個非必要的作文題。雖然學校說這些作文不是必要的，但如果你對這所學校充滿熱情，那就寫吧！一篇額外的作文能展現你對這所學校的興趣，同時也讓招生官對你有更深入的了解。

額外的材料（Additional Materials）

如果你申請的是音樂或藝術課程，學校可能會請你提供其他額外申請材料，像是你的表演錄音檔或藝術作品集等。

學校特定申請表

有些學校（特別是公立學校）有自己的申請系統並且不接受通用申請系統。在這種情況下，你可能要重新填寫你在通用申請表內寫過的大部份資訊。

學業獎學金截止日期（Merit Scholarship）

如果學校提供學業獎學金（一種看成績及背景頒發的獎學金），你會在財務補助下發現相關資訊。我們之後會討論什麼是學業獎學金，你現在只要知道申請這種獎學金通常需要提交額外的作文就行了。

聯邦學生補助免費申請表（FAFSA）

聯邦學生補助免費申請表是一種無論你申請什麼類型的學校都要填寫的財務補助表格。它是一個政府製作的表格，用於考核你可以得到多少政府財務補助以及你是否有資格申請補貼性貸款，像是 Perkins 或 Stafford。基本上，FAFSA 會問你家庭的資產並由此評估補助金額，所以如果你想知道政府能給你多少錢，你需要跟你的父母或監護人找個時間坐下來，一起完成這張表格。

財務補助簡況表（CSS/Financial Aid Profile）

財務補助簡況表是聯邦學生補助免費申請表的補充。如果你收到一所私立大學的入學許可，而且這所學校提供『不基於需要』（need-blind）或『基於需要』（need-base）的財務補助的話，那該校在你接受入學許可後還要評估你需要多少補助。私立大學對補助的需求是很注重的，還有些私立大學的招生委員在審核你的申請時會一併考量要提供你多少財務補助。當他們需要透過一個安全的機制來收集你家庭的收入與資產時，他們通常會使用財務補助簡況表。因此，當你在整理學校清單時，記得要把對本簡況表的要求列在那些提供基於需要的財務補助的學校的欄位旁邊。當你第一次使用本簡況表時，系統會收取 25 美金的費用；之後的每一所學校則收取 16 美金。重要的是，每所大學判斷需求及負擔能力的方法不一樣；財務補助簡況表讓私立學校能透過他們的需求評估演算法來了解你的資料。

寄送最終成績單

學年結束時，你應該已經決定要去念哪所大學了。你會需要寄一份最終成績單去你未來的學校。

有關大學申請表及申請階段的各項元素的常見問答，我們推薦你閱讀《[銀龜的 SAT 及大學申請成功指南](#)》。

八、 大學作文 (The College Essay)

你。是的，你！只要你忠於自我並花費點時間思考，你也能寫出令人驚艷的大學作文！現實中，這可能是大學申請過程中最令人懼怕的部分，但你可以克服它。實際上，這個寫作經驗對你的思維與人格方面是很有意義的，因為它提供你一個反思自己的過去以及未來方向的機會。

請記得以下幾件事：

1. 大學作文是招生委員會第一個直接聆聽你的故事的機會。這真是太讓人興奮了！要知道，大學招收的不是一連串的豐功偉業，而是活生生的人。這是在申請文件中展現自我的機會，並讓招生官知道更多你的事。
2. 你其他的申請文件（如學校成績單、考試成績、課外活動）可能一旦定案可能改不了了，但你的大學作文直到截止日前你都可以精雕細琢、不斷完善。
3. 你是全世界最擅長寫這個大學作文的人了！因為大學作文的主題就是『你』！

大學招生部基於以下三個原因要看大學作文：

1. 了解學生的寫作能力，特別專注於邏輯發展、文章的組織架構、以及句子的說服力及完整度。
2. 透過作文的題目及內容對學生進行更全面的了解。
3. 了解學生如何對學校全體做出貢獻

雖然寫好一篇作文的方法有很多種，但你寫的每一篇作文都該包含以上三個領域。我們在這裡列出幾個有用的建議及訊息，好讓學生能更清楚了解大學作文該如何寫。

此外，我們還在第四部分收錄幾篇成功申請進頂尖大學的作文，你可以觀摩這些成功的案例，看看之前的學生是如何呈現自己。最後，如同你不該依賴運氣來應付學術測驗那樣，你在準備大學作文時也別依賴旁門左道。動筆寫作前，請仔細閱讀這個章節的所有內容並花點時間思考你打算寫些什麼。如果在這過程中你有任何想法，記得把它們寫下來！

大學作文的種類

1. 通用申請表作文 (Common Application Essay)：這個作文是通用申請表的一部分，而且嚴格限制字數在 650 以內。通用申請表作文會透過通用申請系統送至該學生申請的所有學校，所以它一定要比一篇精彩的作文還更加優秀。請特別注意以下幾點：

- 通用申請表作文是你申請文件最重要的一塊。它應該透過你的分數、等級、推薦人、與年級來架構你的故事以及你申請文件的方向：你是誰，你未來要怎麼走？
- 作文通常是申請文件中第一個被招生官讀到的部分。了解這點後，你就知道通用申請表作文應該要寫得引人入勝、有說服力、而且架構完整。它應該要能激起招生官的興趣，好讓他們進一步閱讀你的其他資料。
- 通用申請表作文是你忠於自我的地方。如果某所學校不認可你這個人，那你也許不會想去那裡就讀。
- 你的通用申請表將被送至你在系統中申請的每一所學校，所以一定要確認你的作文不是專為某所學校而寫的（如在作文中強調：我非常喜歡波士頓大學的校風）。

耶魯大學提供了一個[很棒的大學作文參考指南](#)。我們強烈推薦你上去看看，以便得到進一步的建議。

2. 補充作文：許多你申請的學校會要求你提供專門的補充作文。請把它當成你可以進一步強化、深化、及擴充你在通用申請表作文中所塑造出來的形象的好機會。同樣的，請特別注意以下幾點：

- 補充作文盡量不要重複通用申請表作文已經有的內容。招生官只有很短的時間來閱讀並聆聽你的故事，所以你應該善用補充作文來展現你在短短 650 字的通用申請表作文中所觸及不到的層面。
- 這是個你向你申請的學校表達你的興趣的絕佳時機。研究學校的網站，成為該校的專家，然後證明你的專業能力。舉例來說，如果你對新聞工作感興趣，你應該告訴大學你為什麼想要探索他們的新聞系。如果你對某個領域或是學科很有興趣的話，你應該讓學校知道你渴望就讀相關的學系或是科目。學校希望他們接受的學生能最大限度利用他們能提供的資源。
- 補充申請作文的題目有很多種。有些學校會問些奇特的問題好讓學生表現他們的創造力，有些則會問較正常的問題，像『你為什麼要申請這所學校？』

請記得，你申請文件的每一部分都應該增加或加強你的形象。

作文的題目

選擇作文的題目大概是寫大學作文中最困難的步驟之一了。你可以試試以下幾個方法：

1. 從你想寫的主題出發，因為這些主題很有可能代表你的一些特質。即使隻字未提，一個有關青年足球業餘裁判的打工經驗也能暗示這個學生可能具備責任心；一篇有關家庭的論文則能表現出學生對於家庭價值的重視。選擇一個對你而言重要的主題。如果你毫無頭緒，找幾分鐘時間寫下浮現在腦中的候選主題。這些主題不一定要很完美或完整。接著，隔幾天再回來檢視這些主題，看看能不能激盪出新的想法。
2. 別太擔心其他申請者會寫些什麼。寫作文沒有一定的公式，你有不只一種方法描述你有意義的經驗、角色、人格、或回憶。不要抄襲前人成功的作文；同時，除非你能創新，否則也請避免寫一些陳腔濫調的題目（例如你參加運動隊的事或描述一位已故的祖父母）。說到底，招生官只是想透過作文了解什麼樣的事你覺得重要且有意義。
3. 別害怕放棄一個題目或是找到一個更好的題目。通常，一個主題的優秀與否在寫作過程中自然會展現出來。你應該預期你的作文會經歷許多次修改。

4. 一個成功的作文不一定會再次列出你學術或課外活動上的成就。你申請表上的課外活動與榮譽表已經肩負起這個重任了，因此，在作文中請聚焦在強化你在招生委員會心中的形象及人格特質上。有些最引人入勝的作文是以故事的口吻寫的，而且可能是描述一段感情，人身中一段有意義的時光，或是一個影響了你的興趣。

作文的語氣

除了作文的主題之外，語氣也是傳遞你的聲音的一個重要部份。大部份優秀的大學作文讀起來不會像你十一年級的英文文學作文那樣乾枯且學術。相反的，這是一個向大學展現自己的寫作功力及個人特質的好機會。成功的大學作文可以是詼諧的、巧妙的、感人的、或甚至是嚴肅的。無論如何，忠於自我，傳達你的聲音。一般來說，作文的語氣不要太學術，也千萬不要硬塞一堆字典上查到的艱深詞彙。做你自己就好！

寫作過程

大學作文的寫作過程可能跟一般學術論文寫作不太一樣。本指南的作者們都同意學生不妨投入幾個星期至是幾個月的時間在作文上。由於作文是個比分比較重的申請資料，且有些學生可能不知道該從哪開始下手，因此它往往看起來比實際上要可怕。但大學作文是你高中生涯中最重要的作文之一，而且實際上，作文的風格可以是非常自由的。以下是一些我們使用過的一些寫作建議：

1. **頭腦風暴 (Brainstorm)**：萬事起頭難，而透過頭腦風暴來定位你想強調的人格特質及個性是個不錯的開始。如果你不介意的話，你也可以跟你熟悉的人一起進行頭腦風暴，他們會給你反饋與幫助。
2. **把想法寫出來**：在你想到了要主題以後，寫一個提綱然後讓文字自在流動。這件事要盡快做，因為文字與句子並不可靠：有時一個在腦中絕妙的想法，寫出來才會發現跟想像中的不太一樣。你不必刻意去完善這個提綱，只需集中精神，讓想法自然流動，然後寫出來及可。事後再刪除或修改詞句遠比什麼都沒得寫要強。
3. **盡量簡化**：你的句子應該簡潔明瞭且能清楚傳遞你的想法。用華麗的辭藻裝飾句子並不是很有效率的方式。記住，寫作文的目的是展示你的人格特質，不是展示你有多會查字典。文章的辭藻越華麗，有關你的訊息就越少！

4. 站在大學的角度思考問題：從根本上來說，大學希望接受那些能完成學業並且出社會後能取得成功的學生。因此對你而言，表現出你能批判思考、熱愛學習、且對某事充滿熱情是至關重要的。
5. 要展示，而不是講述：你應該透過經驗或反思來傳遞你的個人特色，而不是透過陳述。如果你要展現自己有求知慾的話，比起直接寫「我有求知慾」，你應該舉例說明自己如何有求知慾。
6. 適當地使用比喻：你寫的大部份句子應該盡力展示你的個人特色。比喻對於場景設定來說是很重要的，但別用得太誇張。生動的場景只是為了讓你進一步達到大學作文的目標：讓大學知道你有寫作能力。但寫得太花俏會適得其反。
7. 用作文闡述你申請表無法表達的內容：作文是個讓你說出考試分數、課外活動、與成就無法傳遞的訊息的機會。大學想了解是什麼讓你與眾不同。想像你正跟大學招生官坐在一起，而他問你說：「還有什麼我需要知道的嗎？」你的作文就是用來回答這樣的問題的。
8. 保持謙遜：不要輕易下結論，或是硬擠出一個『令人滿意』的結論。你很有可能對你作文的主題抱有不同且複雜的情感、問題、與想法，但你無須在作文的結尾處表現出你的大徹大悟的樣子。你的思考過程比你得出的結論更為重要。

回顧

在大學寫作課中常常出現的一句話是：「世界上沒有好的寫作，只有好的修改。」這句話當然也適用於大學作文，並且也是你為什麼要及早開始寫作的原因。完成草稿後，開始反覆校閱你的文章，試著把新的想法加進去，並記得把每一版本的草稿保存下來。最後，你可以重讀所有的稿子，並決定哪一個草稿最適合作為你的大學作文。當你認為你的作文可以提交時，拿去給老師、父母親、或是導師檢查一下，看看有沒有你忽略的文法錯誤。別讓他人替你寫作或決定內容，但要找幾個值得信賴的人來幫你確認你的作文是否代表了 you。這裡有四個工具能幫助學生提升寫作水平：

1. 使用拼字與文法檢查軟體。許多文字處理軟體，如微軟的 Word，有檢查拼字與文法的功能。

2. 讓電腦朗讀你的作文。很多電腦有『讀稿功能』，就是電腦可以透過麥克風唸出學生寫的作文。聆聽是找出作文錯誤或改善文章流暢度的一個很棒的方法。此外，站在鏡子前並對著自己念你的作文也可達到同樣效果。
3. 印出來看。把你的作文印出來，並用筆親自修改。有了一份紙本作文，你就可以很方便地在公車上、地鐵上、或任何空出來的五分鐘裡檢查它。只是要小心別把它隨意丟進資源回收喔！
4. 請老師與顧問檢查。等你滿意自己的作文後，不妨聽聽老師或顧問的建議。你信賴且熟識的對象給你的回饋可以大大幫你提升作文的品質。

本章的目的是提供一些有用的資訊以幫助學生寫出更好的大學作文。本指南第三部分收錄一些成功的大學作文作為參考。

九、面試 (Interview)

大學會透過面試來直接認識你。通過這個面試，你得到直接表現自己的機會。面試不是用來評估是否要錄取你的，而是要了解你的形象是否跟你申請文件塑造出來的吻合。此外，面試可能是大學在申請階段唯一可以跟你單獨見面的機會，所以這絕對是你好好表現你是什麼樣的人的時刻。

學校有不同的面試途徑。有些學校會請校友進行面試，有些則是在校內與招生官直接面談。你應該上學校的招生官網查查學校通常採取什麼形式。有時候，該校的校友會透過電話或 Email 與你聯絡。在這情況下，你的面試實際上從雙方接觸的那瞬間就開始了。通過專業的表現給人留下深刻的第一印象吧：在你們協調面試時間時，請保持口齒清晰、充滿信心。在二十四小時內回覆所有電話或電子郵件。如果你寄電子郵件，仔細校對以排除文法錯誤；如果打電話的話，記得紀錄日期、時間並寫信確認。無論是哪種情況，你都可以問面試官適不適合攜帶你的履歷來面試。適當的展現自己的責任心以及對組織的重視會為你留下良好的印象。

在面試前，記得做好功課！多花點時間在學校官網上研究該所學校的事。如果你有朋友在該校就讀，跟他們聊一聊。與該校的顧問攀談，了解他們提供的資源中哪些跟你要唸的學科、課外活動、或社交利益相關。研究一下你感興

趣的課程與教授。你能講出越多跟學校有關的事，你為什麼想去，或是你為什麼適合這所學校的話，對你就越有利。

當面試到的時候，你要記得最重要的事就是放鬆，深呼吸，做你自己。我知道這些建議陳腔濫調，但它們真的管用！如果你做好自己，你就不會感到有壓力。面試不是一場考試，它應該是一場輕鬆且流暢的對話，並透過對話讓面試官了解你、你的故事、以及你對學校的興趣。它的目的是讓你展現自己有多特別！你的口氣聽起來不該傲慢，但也別害怕討論你的成就與你的熱情。這不是一件容易的事，因此我們在這裡提供一些建議：

- **準時或提早一點抵達。**提早幾分鐘露面很好，但也別太早到！試著在面試開始前 5 至 10 分鐘抵達即可。
- **見到面試官時，禮貌地介紹自己。**即使你心裡七上八下，你也要表現得熱情、友善、有自信。
- 努力與你的面試官**進行目光交流**，特別是說話的時候。
- **做個認真的傾聽者。**
- **說話慢點。**許多人一緊張講話就會很快。
- **避免使用填充詞**（如 um, uh, er, y'know 之類）
- **不要在一個主題上花太多時間。**大部份面試持續 30 至 60 分鐘，有些可能更短。確保對話的流動且你不會來不及討論某個主題。
- **問面試官一些問題。**如果有多餘時間或是你的面試官主動提議的話，幾個合適的問題能讓你看起來對學校很感興趣。
- **留下好的最終印象。**感謝招生官，握手時看著對方的眼睛。回到家後，記得寫個簡訊或郵件給你的面試官（下方有更進一步的說明）。

再次強調，你要用正確的眼光看待面試：這是一場你與一位來自你目標大學且想要認識你的成人之間的對話。這些成人若不是自願參加的，就是被付錢來進行面試的，所以他們一定很享受這個過程。

如果面試讓你緊張，那就多做一些練習！要求你的朋友、學校導師、或你的家庭成員來幫忙。練習總會有幫助的。如果你沒有練習的對象，不妨仔細思考以下問題：

- 你為什麼想來本校唸書？
- 你想在本校唸什麼科系？
- 你做過哪些課外活動？你為什麼做這些課外活動？
- 你最喜歡的書是哪一本？為什麼？
- 你尊敬誰？為什麼？

面試結束後，面試官會填寫一份表格預測你將來在學校會有什麼表現。

穿什麼

除非有特別規定，否則穿休閒服即可。你可以先挑出你覺得舒適的衣服，然後再根據面試地點做調整。總之，在任何情況下，都不要展現你的 t-shirt、短褲、或是老舊的衣服。這裡[有個網站](#)告訴你什麼是穿得商業休閒。

帶什麼

如果你的面試官要你帶一份履歷，那你一定要帶在手邊。最好把履歷放在看起來很專業的資料夾、馬尼拉文件夾、或類似的東西裡面。此外，帶上紙筆好做一些筆記。

準備問問題

雖然面試大多是面試官在問你問題，你也應該準備一些問題問他。準備一到二個能展現自己對學校了解程度的問題來問面試官。這些問題最好是你有興趣且跟學校有關，像是海外交換學生、社團活動、電影製作、實習機會、或某個學術領域。此外，每個人都愛談論自己，所以如果你是跟校友面試，儘管問一些他在學校裡的經驗。以下幾個問題供你參考：

1. 你在大學裡參與什麼活動？
2. 你仍跟大學朋友保持聯繫嗎？
3. 誰是你最喜歡的教授？

4. 你在高中時做了什麼？
5. 你在學校裡最喜歡的課是什麼？
6. 你最喜歡的書是哪本？還是你能推薦我讀什麼書？
7. 你在大學期間最棒的回憶是什麼？

感謝信

基於禮貌，面試結束後 24 小時內最好寫個感謝信給你的每一位面試官。感謝信最好是用手寫的；不行的話，也要是符合格式的電子郵件。你應該謝謝面試官與你見面，聊聊面試時發生的事，並表達你對去該所學校就讀有多麼期待。以下是一個感謝信的草稿，你可以依照情況自行修改：

Dear Ms. Smith,

Thank you for interviewing me on Tuesday afternoon. I really enjoyed speaking to you about your experiences at the University of Chicago and particularly liked your story of meeting Milton Friedman. I still can't believe you got to chat with him. I also appreciated your book recommendation. I've already ordered Catch22 and look forward to reading it over the next few weeks.

Our conversation confirmed why I'm so excited about going to University of Chicago. I will let you know of my admissions result as soon as I am notified.

Thanks again!

Sincerely,

John

十、更新信（Update Letter）

如果你在遞交申請文件到你收到大學錄取通知之間發生了什麼值得一提的事，我們建議你寫封信通知你申請的學校，並讓他們知道你獲得錄取後會仔細考慮接受他們邀約。如果你申請的是早申請（Early Admission），我們建議你在十一月初寄更新信；如果是一般申請，那就在二月中寄。

該更新什麼資訊

1. 課外活動
2. 新的專案計畫
3. 獲得的獎項
4. 收到其他學校的錄取信（讓學校知道你很搶手！）

更新信範本 1

Luke Heine

Cloquet Senior High

Cloquet, MN, 55720

Regular Decision

February Update

Greetings X,

As promised, this is the update to my previous letter for inclusion in my application. As I'm sure you also have quite the "todolist," I kept it short for your convenience, not because of a lack of interest. Before you even begin, thanks for your time. It means a lot!

Since our last conversation, as far as scholarships go, I was fortunate enough to earn the Minnesota High School League's Arts, Athletics, and Academics award (awarded to students excelling in all those subjects) for Section 7AA. This is the first time anyone from my school has won it in eight years, and - as I am advancing to state in the competition - I cautiously hope to be the first individual ever from Cloquet to win Minnesota. We'll see what becomes of it.

Additionally, I also won Northern Minnesota's "Most Valuable Student Award" through the Elks Society, so I'll also have the opportunity to compete for state in that. On a side note, the AXA Achievement Awards has not yet separated their national winners from their finalists, so I unfortunately have no news or updates on that end. I wish I did!

Avoiding the information expressed through my midterm transcript (I think you will like what you see), I want to spend the rest of this letter quickly updating you on this year's Northland Frisbee Invite, the nonprofit Ultimate Frisbee Tournament I run. So far, I've reserved nine fields, signed another DJ for the event, distributed 500 of the 1,500 stickers, and poured hours into working on the website. As far as the website goes, except for a few aesthetic tweaks (while it may work for Nike, I think our site has too many greyscale hues), it's completed. Also, some friends got the twitter integration working, so, when officially launched, one can simply attach #northlandfrisbee to a tweet, and it will transfer all tagged content to our website's homepage. Finally, as far as other NFI developments go, I'm now working on shirt, poster, and banner designs, opening up another contest for local artists, and gearing up to sign sponsors.

It should be a busy spring, but I'm sure you know how that goes. Thanks for your time. And, I hope to see you next fall.

*Sincerely,
Luke*

更新信範本 2

Dear Mr. X,

I am writing this letter to express my genuine interest in attending Ohio Wesleyan University next fall.

Since I submitted my application in December, I have undertaken more responsibilities and continued to focus on my academic success. Backpacks for Peru, an organization I founded to contribute to my older sister's community service mission trips, has become a Non Profit Corporation and will become an annual event. As Co-Captain of my varsity tennis team, I have led my team to a 2nd place ranking in our district, a 9th place ranking in the state, and a qualification for the state championship tournament. I am also now an Opinions Editor for our school's student-run website, StudentConnect, and I have qualified for FBLA States in economics after I took my district's economics test on January 16th. Furthermore, I was just notified that I am a Coca-Cola Scholars Program Finalist (selected out of

90,000 applicants and 2,200 semifinalists). All the while, I have excelled in my IB requirements—4,000 word Extended Essay (I wrote mine on death imagery in T.S. Eliot’s poetry) and various IB internal assessments—while, as evident in my midyear report, earning straight “A’s” for the first two semesters.

Ohio Wesleyan is my top-choice school. Ohio Wesleyan’s mathematics program is ideal for me because its strong faculty, notably Professor X and Professor X, would offer me chances to learn and research under the pioneers in the fields. This program, paired with Ohio Wesleyan’s flexible curriculum, would enable me to combine complex mathematics and a broad foundation in the liberal arts. However, most importantly, the people there will embolden me to learn through interaction—discussions that are intellectually stimulated, vitalized, and passionate.

I hope to act on my sincere desire to be a part of, and contribute to, Ohio Wesleyan’s dynamic campus next fall.

Thank you for your consideration! Please contact me if there are any questions about my application—I would even prefer to convey my thoughts, ideals, achievements, and passions in a more personal manner.

Kind Regards,

X

Ohio Wesleyan Hopeful ‘18

十一、 提交申請後

一旦你送出你的申請文件，你早晚會收到大學的回覆。回覆的內容通常是簡單明瞭的『接受』或是『拒絕』，但如果信上寫的是『候補名單』呢？你該怎麼做？

在這情況下，你就直接假設自己不會被錄取吧！大學確實會接受候補名單中的學生，但如果你已經做好被拒絕的心理準備，你就不會抱著焦急不安的心情天天等待；有時候你甚至還會得到額外的驚喜。無論如何，如果你被列入候補名單，我們建議你寫封信給學校，告訴學校你真的非常渴望能去他們那裡讀書。

如果你已經被多所學校錄取，而你最想去讀的那間沒有消息或提供財務補助的話，別羞於讓他們知道你已經收到了其他學校的錄取，而且對方開的補助更好（如果是真的話）。這樣簡單的一封信可能為你贏得幾千美金的補助。

如何決定

如果你收到多所學校的邀請，決定要去哪間學校無疑是件困難的事。

你應該了解每所學校的費用。要知道，財務補助計畫是通常是有彈性的：如果你覺得某所學校給你的錢不夠應付你的開銷，提出上訴吧！有時你會得到更多補助。雖然這樣的情況並不普遍，但招生官是可以增加你的補助金額的，特別是在學生收到來自競爭學校的錄取通知與更高額的補助金，或是學生家裡突然發生什麼重大事故時。記住，當你在四月份評估各所學校的錄取信時，招生官與財務補助官也在待命並準備跟你討論你個人的財務情況。

許多學生會回頭參考申請學校前你列的那張大學清單，以便重新評估你手上現在有的選項。評估你追求大學教育的理由，你畢業後要做什麼，以及哪所大學最能幫助你實現目標。如果你不知該從何著手，你可以思考看看不去哪所學校你會最後悔；這往往能幫助你決定哪所學校你最想去。

但對許多人來說，『正確』的選擇往往不會自動浮現在清單或表格中。在大部份情況下，正確的選擇是一種直覺。這是一個非常私人的問題，且只有你才能決定你最適合在哪裡渡過人生中接著的四年。沒有一個簡潔明瞭的公式幫你算出標準答案。你可以聽聽你身邊親友的建議，但不要被他們的說詞左右，因為經過你過去的種種努力，你已經贏得了替自己做決定的資格。

其中一種了解學校的好方法是參加新生體驗日（**Admitted Students Day**）。放榜之後，有些大學會在校園裡主辦為期幾天的活動，目的是推銷該校的校園體驗給那些已錄取的學生。如果可以的話，一定要去參加這些活動。如果學校太遠、旅費太貴，你還可以打給學校了解校方是否願意補助你的旅費。不要覺得害羞，學校辦這些活動的主要目的就是要向你推銷自己。所以當你參觀教室、與教授談話、或是訪問該校學生的時候，你一定要保持心情愉快，享受整個過程。就算你在送出申請文件的前後已經參觀過這所學校了，以一個被錄取生的身份再參觀一次往往會給你截然不同的感受。你在新生體驗日的經驗很有可能幫你找到最適合你的學校。

雖然聽起來有點奇怪，但聆聽你不熟悉的人給你的建議往往是非常有效的方法。這是因為當那些我們尊敬或熟識的人（如父母、老師、導師、或朋友）給我們建議時，他們往往帶有個人的偏見且不一定明白你內心的感覺。你可能一時間會認同他們的建議，就算他們不知道什麼對你而言是最好的。相反的，陌生人（像是你參觀學校時與到的人，或是朋友的朋友）通常對你沒有先入為主的觀念，他們的建議很多時候更能幫助你深入內心，明白做出怎樣的決定你會最快樂。

要知道你可能前一刻還對你的決定充滿信心，隔天（或甚至高中畢業後的某天）又對它全盤否定。這是一個必然的過程，因為每所學校都有它的優缺點；你一定會對你所選學校的缺點感到不快，然後就忽略它能提供的更多東西。然而，正如許多學生回報的那樣，如果你是根據你的直覺去做決定，你到頭來幾乎都會認為自己的選擇是正確的。

反思你的申請過程

現在你已經完成了大學申請且決定好要去哪一所學校就讀了，別忘了花一些時間反省並感謝你在這個過程中學到的東西。當你第一次搜索大學時，你就成了一個截然不同的人了。雖然大學的申請過程對於壓力正大的十七、八歲的學生來說是個令人煩厭的過程，但是認識到你從中學到什麼、成長了多少也是很重要的。你應該對於自己在這過程中達到的目標以及對自己的進一步了解感到很有成就感。

決定之後

當你接受學校的入學邀請後，許多學校會要你存一筆押金好幫你保留你的位置。此外，還有些學校會要求你做能力分班測驗，這樣你才能知道你的程度適合拿什麼樣的課。只要留意學校的通知，別錯過這些入學前的手續，你就不會有任何問題。

參與新生計畫

另外，你也許會有機會參加學校的前期輔導計畫。許多大學生跟我們回報這些前期輔導計畫是他們入學後做過最棒的事情之一。它讓你迅速和一群朋友建立關係，並彼此熟悉起來。

多與人交往、少比較

你進入大學後會發現很多人跟你很不一樣，有些人還在某些方面比你厲害很多。不要害怕，因為你也有比別人厲害的地方，所以這是一個彼此互相學習的好機會。記住，一旦你進入大學，你就要努力與人交往，而不是互相比較。你的同學可能是你大學生涯中最好的體驗，一定要放開心胸接納他們。

探索

到學校後，嘗試各種不同的事物，也別怕放棄那些你不感興趣的事物。身為一位大一新生，你可能會收到各式各樣社團或活動的邀約。我們的建議是盡量探索你所有感興趣的項目，一旦你覺得沒有太大收穫時就立即中止。這樣一來，你會遇見來自各種背景的人，有些人即使你不繼續參加活動也能成為朋友。這是你發覺你的潛能的時候，所以盡情享受吧！

第二部分 支付大學費用

唸大學要花不少錢，但有很多方法可以讓你負擔得起。由於大學學費近幾年來快速上漲，能否支付學費也成了申請階段中最重要的因素。為此，學生應該結合校內、校外、與聯邦政府的補助，並要了解學校很少會按照他們官網上宣傳的那樣收錢。有些學費最友善的大學（如哈佛大學和史丹佛大學）的費用最初看起來非常昂貴，幾乎到了每年要 60,000 美金的地步。但九成的美國學生最後發現哈佛大學提供的財務補助讓該校比很多公立學校還要容易負擔。你應該盡量挖掘資源以獲得更多的補助，而我們希望能幫助你了解這點並找到這些資源。

十二、財務補助（Financial Aid）

財務補助是最普遍的財務資源。這是一個政府與大學聯合發給你支付學費用的資金。為了算出大學的實際開銷，我們要先熟悉手邊有哪些工具可用；為此，我們要先知道有哪幾種補助。

大學公共補助（Institutional Aid for College）

1. 需求補助（need aid）。需求補助是學校發給學生以確保他們可以就讀的一種補助。有些學校（特別是私立大學）會特別註明他們會依照學生的財務需求發適當的補助，這意味著如果你被錄取了，學校會檢視你的財力資訊（通常是透過你的 CSS/Financial Aid Profile，詳見第一部分）並資助你足夠的金額。不過你要小心，每所學校對於『足夠』的定義都不一樣。幸運的是，你可以透過需求計算機（need-based calculator）來計算你的學費，這點我們之後會再提及。也有很多學校會套用非需求（need-blind）補助；這些補助在計算時會假設你將在暑假或學年期間打工，並將這些所得算進你的財力資訊內。
2. 價值補助（Merit）。很多公立或私立學校會根據學生學業或其他方面的優秀表現而給予價值補助。從字面上來看，價值補助很像傳統的獎學金，因為學生在某方面特別傑出，因此學校給與對應的回報。阿拉巴馬大學是個很好的例子：該校給予 ACT32 分以上、且在校成績達到 3.5 的學生全額獎學金。價值補助可能會由學校系統自動處理，也可能你要填

寫一張單獨的申請表。你一定要了解學校是否提供價值補助以免錯過申請截止日期。這部分的資訊通常可以在該校的財務補助官網上找到。

3. **聯邦補助 (Federal Aid)**。根據你的家庭收入，聯邦政府可能會給你更多財務補助。伯金仕 (Perkins) 與史塔福德貸款 (Stafford Loans) 是一個政府補助的學生貸款，該貸款根據你的 FAFSA 資訊來判斷你是否可以申請。如果你想瞭解更多聯邦補助的資訊，這裡有一些[有用的資源](#)。
4. **學生貸款 (Student Loans)**。你應該聽過因為貸款而負債的學生越來越多了。你應該盡量避免使用學貸來支付大學，畢竟貸款對一個剛畢業的學生來說是個巨大的負擔，也會限制你畢業後可以做的事。如果你一定要貸款的話，你可以選政府補貼貸款與非政府補貼貸款。
 - **政府補貼貸款 (subsidized)**。因為聯邦政府會補貼這種類型的貸款，因此它的利息非常低，對你來說更有利。二個常見的政府補貼貸款是伯金仕與史塔福德貸款。我們不希望你通過借貸去支付任何獎學金與價值補助無法支付的費用，但這確實是在你不得以的情況下最好的選擇。
 - **非政府補貼貸款 (unsubsidized)**。這些貸款通常由不受到政府補貼的私人公司提供，利率較高，對你也比較不利。你一定要盡量避免申請這種貸款！如果你真的需要，請先跟你的大學顧問討論並做好充分研究。（再次強調，我們希望你不要申請這種貸款）
5. **獎學金 (Scholarships)**。獎學金通常是私人機構為了某個特定主題的研究所頒發的。當地的獎學金資訊通常張貼在指導老師辦公室或報紙上，你一定要申請這些獎學金，因為你獲獎的機會很高。第十三章有更多獎學金的資訊。

計算大學費用

雖然你通常不是付大學學費的人，你還是要瞭解一下學校提供哪些財務補助，這樣你才能知道實際的費用到底是多少。每一所大學都會提供學費計算器，學生們可以輸入他們家庭的收入並算出學雜費大概是多少。我們強烈建議試試看這個計算機，你一定會對自己要付的錢感到驚訝！如果學校提供需求補助，也要評估一下你是否能申請該所學校的價值補助。值得注意的事，很多時候價值補助申請跟大學的常規申請有不同的截止日期，所以你一定要提前確認

好時間。為了幫助你確認開銷，美國的教育局自己也設立了一個[大學費用計算機](#)，你可以用它來了解費用、債務、以及畢業指標。我們建議你應該二個都利用看，比較一下大學的計算機與教育局的計算機差在哪裡，並因此得到比較準確的估計值。最後，也別漏掉申請大學的費用：CSS/College Financial Profile 的費用是 16 美金，ACT 或 SAT 考試加發費用約 12 美金，以及每間大學的申請費約 85 美金。

如果大學申請費對你來說負擔太重，大學委員會以及部分大學可以提供你申請費的減免。另外，在特殊情況下，你也可以申請 SAT 與 ACT 考試費用減免。詢問你的升學顧問你是否符合 SAT、ACT、與 SAT Subject 考試費減免的資格。雖然申請大學不便宜，但它是一個很棒的投資。透過一個完整的申請表，你夢想學校的學位通常可以讓你今後擁有更高收入。

等你了解你可以得到多少價值補助或需求補助後，把它們放列入你的大學清單內，然後比較：如果一所學校的費用你完全無法負擔，果斷把它從你的清單中移除。你會發現你的未來就在這張有條有理的表格上。盡量把資訊填入表內，這可以有效減輕你的焦慮，也可避免你忘記某些事情，並幫助你走在成功的道路上。

排除錯誤的補助訊息

市面上流傳很多跟大學開銷有關的錯誤訊息，特別是那些有大量財務補助的長春藤盟校。對我們的一個作者以及高達九成的美國學生來說，哈佛大學的學費比明尼蘇達大學還要便宜。還有很多私立學校的財務補助特別高；這裡有一個[62 所學校的名單](#)，從萊斯大學到曼荷蓮學院，每一所學校都保證給予全額財務補助。如果這些學校不在你的大學清單上，這裡還有另一個[50 所大學的排行榜](#)，這個排名是根據各校針對家庭年收入在 48,000 以下的學生提供的補助金額所做出來的。一般而言，公立大學為州內（in-state）學生提供更便宜的學費，提高他們受教育的機會並降低他們的負擔。此外，有些州會跟鄰近的州或甚至國外合作，彼此提供州內學生的學費優惠，像是明尼蘇達州跟加拿大的曼尼托巴省。總之，你要透過大學費用計算機和[Accredited School Online](#) 之類的免費資源來主動搜索這些資訊。你之後一定會感謝自己的。

十三、獎學金（Scholarships）

很多學生沒有善用獎學金的機會。你應該花點時間完成獎學金申請表：雖然這是額外的工作，但回報很大。

1. 提早申請。大學是昂貴的。許多學生可能要等到學校的錄取通知以及財務補助（通常是二月至四月）寄來後才意識到大學的開銷有多高。學生這時可能會盡量申請獎學金以負擔他們的學費，但通常已經太晚了。許多獎學金的截止日期可能已經過了，剩下的獎學金則因為申請者眾多而競爭激烈。你應該從高三暑假那年就開始搜索獎學金的資訊，並把它們做成一張表，持續追蹤。
2. 運用獎學金搜索引擎。網路上有很多獎學金資訊網站，你只需填寫一些基本資料即可找到上百個獎學金項目。在這些搜索引擎中，我們特別喜歡 [Zinch](#) 和 [FastWeb](#)。
3. 和你的顧問交談。很多最棒的獎學金都是由當地組織提供給特定高中的學生的。有一些獎學金很少人申請，特別是那些需要提供作文或推薦信的獎學金。我們的作者之一曾經申請過其中一個，結果每一個送申請表的學生都有收到錢！學校的升學顧問通常有當地獎學金的清單，去找他聊聊並索取相關資訊吧！
4. 詢問學長學姐。他們申請過獎學金，所以你不妨從他們那裡問問該申請什麼。你身邊的人可能是你最棒的資源！
5. 增加你的勝算；多申請幾個。就算你申請的 50 個獎學金只中了 1 個，那也可能是上千元美金的補助，足以彌補你投資的時間。做一個獎學金與截止日期的 Excel 表，試著申請所有你能申請的獎學金。
6. 再次使用作文。你可以拿你申請大學時用的作文或其他作文拿來申請獎學金。當你完成的獎學金申請表越多，過程就變得越容易，因為你會累積更多的作文跟資料可以重複使用。

第三部分 申請大學之前

這個部分與其他部分不太一樣，因為它主要是針對那些還沒開始申請大學的學生所寫的。對於那些正拼命填寫申請表、大學作文、或是已經完全沈浸在大學申請過程的學生來說，你可以跳過這裡的章節，或是將這個部分傳給你年輕的弟妹看。你不需要為了沒按照我們在這裡列的建議去做而感到有罪惡感；只要你還沒送出申請表，你就可以做很多事去彌補。

第三部分是關於學生從高一入學到開始申請大學之間，他們能做哪些事情來增加被大學錄取的機會。我們將著重研究在如何選擇有挑戰性的課程，做一些專案，計畫有意義的暑期活動，以及更多。

十四、申請大學前的時間表

本章的目的是讓你快速列出一個時間表，以便你在大學申請開始前能一步一步做好準備並增加你被錄取的機會。

這裡我們要再次強調，因為美國的學制與亞洲地區的不同。下面所說的高一等同於中國教育體系下的國三。

高一年級

高一是你適應高中生活（我們知道，這可能讓人很害怕）的一個好機會。高一是一個渡過期；對大部份學生來說，這個時期一切都是新的：新的學校、新的同學、新的機會與需求。以下是幾點具體的建議：

1. 開發興趣。高中是讓你嘗試新的科目、社團、與機會的好時機。我們建議你積極參與學校或社區的各項活動，試著去找到你的愛好與你感興趣的事物吧！
2. 選一些很酷的課。你用在開發興趣上的好奇心也同樣要用在學業上。去上一些你有興趣又有挑戰性的課，這樣一來你就能在未來選修更高難度的課（這對大學申請也有幫助）。
3. 保持開心！高中生活很辛苦，但你可以讓它也變得有趣且充滿意義。思考一下你將如何使高中生活更充實。

高二年級

現在你對高中生活有一定程度的了解了，這裡是我們對你高二生活的一些建議：

1. 專注。上了高二，你應該投入更多時間在某個興趣或愛好上。考慮加入或組織一個學校的社團。如果你要創建一個社團，諮詢身邊的朋友並徵求老師的協助。
2. 參與社區事務。全國大學的錄取標準正逐漸變化。大學招生官越來越重視申請者的社區服務、志工、與為家裡貢獻的經驗。
3. 試著積極主動。思考你該如何做到積極主動，因為積極主動是展現你的責任感與熱情的好方式。你可以以不同的形式、在不同的層面上做到這點：你可以試著取得更好的成績，組織一次食品募捐活動，去附近教堂當志工，或導演一齣話劇。積極主動的發揮沒有一個固定的模式，你只需要很在意你所做的事情即可。
4. 拿有挑戰性的課。到了高二，你應該拿一些有挑戰性的課，尤其是那些你感興趣的科目。不要放棄任何有挑戰性且有學術意義的機會。

高三年級

現在你是個高年級的學生了，你開始意識到你終有一天會畢業。你該利用這個時間認真思考一下高中畢業後要做什麼。

1. 專注於課業。高三很可能是你高中生涯中最重要的一年。拿有挑戰性的課，取得高分，並在 AP 等結業考試中取得好成績（如果有的話）。
2. 繼續保持積極主動，或在社團中擔任職務。高三快結束時，想辦法透過你自己或某個組織證明你的進取心。別光為了要做而做。考慮那些你覺得有成就感的社團、興趣、或組織，並想辦法更深入參與相關事務。如果你有個感興趣的職務或想解決某個問題，試著著手進行或拉朋友來共襄盛舉。談到課外活動，特別是你一手創立起來的活動，質量與熱情遠比數量更為重要。
3. 考慮參加 PSAT 與 PLAN。PSAT（預備級的 SAT），或稱作 NMSQT（全國績優獎學金資格考試），是全美許多高三學生會參加的學術測驗。這個考試對大學申請來說不是必須的，但如果你在考試中取得高分（相較

於你所在的州的其他考生而言），你會被認為是一名全國優秀學者（National Merit Scholar，簡稱 NMS）。許多大學給 NMS 獎學金與學費減免，這也同樣是一件可以放進你的履歷的事。PLAN 可說是 ACT 版的 PSAT。儘管在 PLAN 中取得高分不像 PSAT 一樣可以獲得補助，它可以讓學生知道該如何進一步提升自己的 ACT 成績。無論你在預備測驗的表現如何，如果你希望衝高分的話，你都應該利用暑假時間好好準備。

4. 在學術測驗中成為贏家。高三生活應該包含參加 AP、SAT、與 ACT 等學術測驗。考試雖然沈悶，你應該按部就班的應付考試並盡可能尋求幫助（相關資訊請見第三章）。當然，如果英文不是你的母語，你還要花時間準備 TOEFL 與 IELTS。
5. 參觀大學。你可能想參觀你申請的每一所大學，或至少是其中一所。但是，參觀大學其實不是必要的，因為往來交通住宿都要錢，而且你可以透過別的資源來了解某所學校的校園風氣（詳見第二章與第四章）。不過，透過實際參觀你多少會有些收穫，因為你能粗略了解大學是個什麼樣的地方。它同時也可以是一趟促進親子交流的旅程。如果你對參觀學校有興趣，這裡有一些[免費的大學旅程](#)的計畫。
6. 規劃高三的暑假。不要整天坐在家裡或跟朋友出去玩。你可以做點志工、研究、找一份工作、或開始一個計畫（參見第十七節）。

十五、選擇高中課程

大學想希望看到你充分利用手邊的學術資源。同樣的，大學也想把資源投資在那些有進取心的學生身上。什麼是『充分利用學校資源』呢？這點依學校而有所不同。舉例來說，一所位於洛杉磯市區、學生數量達 6000 名的高中，它所擁有的學術資源很可能比緬恩州郊區一間規模較小的學校還要多。大學招生官會把這些差異納入考量，並檢視學生在不同的機會下如何挑戰自我。

大學也會評估你在高中時選課方面的寬度與深度。兩個領域的典型代表是『廣泛』申請者與『專注』申請者。廣泛申請者會盡情利用學校提供的各種領域的學術機會，專注申請者則會把時間投注在磨練其中一門技能或科目上。大學也許會找後者這種利用學術資源來加深所學的類型的學生。舉例來說，那些熱愛寫作、上高級英文課程、在校報上發表文章、或主持一個詩詞工作室的學

生會被認為是專注申請者。成為一位專注的學生當然很好，不過在各項領域都表現優異的學生也很不錯。

別害怕：就算你在高中期間只拿過幾堂高等課程，你還是有很多方法讓可以挑戰自己的學術能力。

以下是我們的建議：

1. 自修 AP 考試。任何學生都可以選擇自修 AP 考試。舉例來說，如果你的學校沒有提供 AP 微積分，你可以買 [AP 參考書](#) 自學並自行參加考試。這樣一來，你不只能讓大學知道自己有突出的學術能力（假如你考得夠好的話），也能告訴大學你是個積極主動的學習者。參加 AP 考試幾乎沒有風險，因為你可以選擇哪些成績要發給學校、哪些成績不要。參加一門 AP 考試要 92 美金，總公司還會根據學生的財務狀況提供 [費用減免](#)。之前提過的《[銀龜的 SAT 及大學申請成功指南](#)》第 81 頁開始有列出每個 AP 考試的資訊以及你可以如何輕鬆自學。
2. 考慮暑期學校與課程。參加暑期課程是學習某個特殊領域的基礎知識的很好的途徑。夏季課程通常班級人數較少，上課也比較有彈性，老師就可以投注更多時間幫助你。許多大學生也會上夏季課程，為新的學年做準備。
3. 網路課程。網路上有很多學習平台提供多種課程讓學生選修。許多學區與州會提供大量免費的課程，但也有些是要付費的。同樣的，你若能在這些課堂中取得優異的成績，大學就會知道你不僅具備學習能力，而且肯積極主動地學習。在你註冊線上課程以前，你一定要先跟你的顧問談一談，因為有些課程會算學分且可以列入你的成績單（優先選這些），有些則會提供完成證書（這也很棒）。你可以根據自己的興趣或是來年要修的課程選課。除了學區與州提供的線上課程外，你還可以參考 Coursera 與 EdX 等網路學習平台。這些平台上的課程很多是國內最好的學校開的。以下是至 2016 年七月為止一些免費的線上學習資源：

- [Khan Academy](#)
- [Codecademy](#)
- [Coursera](#)

- [EdX](#)（包含哈佛 X、麻省理工 X、哥倫比亞 X）
 - [Udacity](#)
 - [MIT OpenCourseWare](#)
 - [Bento.io](#)
 - [Stanford Online](#)
 - [Duolingo](#)
 - [Hack Club](#)
4. 在當地社區大學修課。正如上線上課程那樣，學生可以透過去社區大學（community college）選課來進一步挑戰自己。有些學區提供免費課程，而有些則要收費。你可以在學期期間去社區大學上課，當做是一種課後活動；你也可以利用暑假去上課。在社區大學選些你感興趣且程度較高的課程可以展現出你對某個科目的興趣及你的進取心，而這兩種素質都是大學非常重視的。如果你的表現優異，它更證明你已經為大學的學習做好準備了。同樣的，別忘了跟你的顧問討論看看你在社區大學修的課是否能列進你的成績單裡。

一旦你選好並註冊課程，你就應該接著考慮以下幾個因素。第一個，不用多說，好好學習！雖然大學會嚴格檢視你選了哪些課，但他們更要看到你在你所選的課中表現優異。所以，計算好自己的學習時間，不要給自己增加過重的負擔導致成績下滑。第二個，當你選課時，選那些你感興趣的課程。如果你真心熱愛藝術、攝影、購物、或環境科學，試著選相關的課。最後，大學尋找的是樂於挑戰自己，能全心投入到課程中的申請者。你不必選修每一堂課或是只選高級課程，你只要選那些你可以發揮良好的課程即可。持續穩定的表現最終會證明你已經為大學的學習做好準備了。

十六、積極主動並做些企劃

2016 年一月，一些美國大學的代表與行政學務長聯合發表了一份報告，題目是：《轉變風氣：大學招生帶動的對他人與公共利益的關注》。發表這個報告的目的是要重塑與重建全國大學的申請過程，使它更強調學生的活動是否能

促進公共利益。這意味著什麼？意味著你要多多投入社區活動：幫助他人、做志工、盡其所能讓世界變得更美好。身為一名學生，這是你可以展現你積極主動的地方。

大學看重積極主動的人。他們尋找那些能點出問題並努力解決問題的人。大學會收到很多在校成績很高的學生的申請表，而你的那些社會活動能讓你從中脫穎而出。積極主動的態度能還教你認識你自己，讓你找到自己學業以外的興趣。以下是二種實現積極主動的途徑：

1. 主動投入一個已經存在的組織。你不必老是重複做別人已經做過的事。你可以投入一個現成的組織，並主動規劃一個案子或活動。舉例來說，你可以以一名國家榮譽協會（National Honor Society，簡稱 NHS）的會員身份舉辦一個國際榮譽協會的輔導計畫，或是在校報上開啟一個新的專欄。
2. 自己創立一個。除了加入現有的組織外，你也可以自己開創一個全新的事業，像是一個新的社團、非營利性組織、一門生意、幫助社區的老年人、寫書、拍攝影片、用空優格杯做一件衣服，或任何你有熱情去做的事。

主動做些你感興趣且在乎的事吧！如果你對手上的企劃沒有太大熱情，你就不太可能可以做得很好。所以，請專注在你喜歡的事物上並鏗而不捨地堅持。別為了升大學而做企劃，你應該只做那些你真正關心的事情。有了這樣的態度，你就能在作業過程中學到很多經驗。不管你信不信，大學招生官是能察覺到你的真正興趣的。他們可以輕易分辨你做的哪些企劃出自真心、哪些只是做給他們看看。做你在乎的事，而且，如果你想的話，也可以拉你的朋友或老師一起來做。記住，高中是你發展自我的時期：發覺你感興趣的領域，不要把自己排除在外，這樣你才有機會成長。

關於如何啟動企劃的建議

這裡有一些關於啟動企劃的一些建議。

1. 事先做好調查與頭腦風暴。先想一下你對什麼主題最感興趣。什麼讓你感到快樂？你最想看到社區出現什麼變化？你的城市呢？或是這個世界？勇敢作夢，也要了解你的企劃將要花費多少時間與努力才能把它做

好。想想你的企劃要由你單獨完成，還是由要找你的朋友、家人、或老師來當你的夥伴。

2. 思考去哪找資源。每個企劃都需要錢或時間（或二者都要）。所以，在開始企劃前做好評估是件重要的事。如果你的企劃要錢，把開銷列在一張表格上，然後想想手邊有哪些資金可以動用。你的學校會資助你的企劃嗎？當地有慈善團體或組織提供資金給新創企劃嗎？你的父母親願意給你錢嗎？認真考慮這些事情，因為企劃進行到一半時缺錢是件很可怕的事。如果你決定做一個不用花錢的企劃，那這計畫一定會佔用你很多時間。這意味著你將把休息時間投注在你的企劃上，而且在進行企劃的同時，你還要確保你有足夠的時間維持好你的功課、運動、以及社團活動。我們知道很多學生被手上的企劃搞得壓力很大，這很可能導致他們的在校成績下降或是失去他們在球隊中的位置。啟動一個企劃是有風險的；在你開始之前，你一定要明白你將為此失去什麼。
3. 做一個截止日期的時間表。許多人啟動了一個企劃，但中途受到其他事務干擾，最終沒能完成它。一個防止你拖拖拉拉或越走越偏的好方法就是在動工前先規劃好時間表，這麼一來，你就能知道你這週有哪些工作要做，且大概能知道你該如何掌控自己的時間。時間管理是大學生活中最重要的技能之一。早點學會這個技能對你的將來絕對有很大幫助。
4. 衡量與紀錄。紀錄你做過的每一件事。做紀錄不只能你日後能檢閱自己每天做了哪些事，你還可以從紀錄中評估成果，並讓有心接手的人能更好掌握狀況。紀錄企劃的每個部分是什麼時候完成的，標註每個事件中哪個人曾出現過（或是沒出現），並評估你改變了多少人的生活。這樣，你就能知道你的企劃對你的社會造成多大的影響。
5. 如果遇到問題，別緊張。有時你在執行企劃的過程中會碰到許多問題。像是你沒錢了，或是你其中一個朋友要退出某個志工活動，或是你因為即將來臨的考試而感到壓力很大。你不需要別緊張。畢竟，你的企劃不一定是必要的。你當初開始這個企劃的原因就是因為你關心這個議題。如果你因為資金短缺必須要砍掉某個項目，那就砍吧。如果你的朋友退出，你要明白以後還會碰到更多像他這樣的人。你執行企劃的目的不只是為了自己的進取心，同時也是為了從中學到經驗。這意味著你要學會解決問題的技巧、管理人員的方法、並在失敗後重新開始的勇氣。把握這段時間成為一個更好的人，並學到終身受用的技能。

6. 完成你的企劃並反省。反省是很重要的。當你完成企劃後，你終於可以喘口氣，放鬆身心，明白自己做了一件了不起的工作。但別忘了花點時間回顧這個過程。你的成果比你預期的更多還是更少？你從中學到了什麼？這個企劃是否讓你成為更棒的人？你能給那些想要做類似企劃的人什麼建議？反思你的經驗，並對企劃對你的影響感到滿足。

呈現你的主動性

當你主動開始一個你很重視的企劃以後，聰明的你應該要想辦法讓更多人，特別是你的目標大學，看見你的努力、成果、以及正規性。下面是我們的一些建議：

1. 為企劃取名。無須多說，你必須替你的企劃取名。取個好聽一點的名字是很重要的，特別當是你打算把這個名字呈現給大學招生官看時。舉例來說，『聖荷西醫院捐書活動』就比『捐書給聖荷西醫院的病人的活動』看起來更正式與正規。
2. 創立一個網站。如果可以的話，替你的企劃建立一個專門網站。如果你對電腦不在行，不妨請你的科技宅朋友幫個忙，這也是一個不錯的生活經驗。企劃網站的網址通常可以放進大學的申請表當中，這讓招生官能親眼看見企劃的照片並了解更多細節。企劃網站讓你在進行的事看起來非常真實，使它成為一個很好的投資。
3. 做新聞報導。很多時候，那些有價值或會對社會產生影響的企劃會受到當地或學校媒體的關注。如果沒有人來採訪你，你也可以主動聯絡那些可能對你的企劃會有興趣的媒體資源。
4. 考慮號召你的親友。讓你的朋友成為你強大的後援。主動找你的朋友、家人、與社區來參加你有意義的企劃，這通常會讓事情變得更有趣，效果也更好。我們沒有理由不爭取最親近的人的支持。
5. 要求你的推薦人在推薦信中提到你的企劃。大學很重視推薦信。一種讓大學注意到你的企劃的方式是讓老師在推薦信中提到相關的事。別忘了請推薦人提及你的企劃對你的社區或學校所造成的影響。

面試官的問題

許多大學會做校友或校園面試，這點我們在第九章已經提過了。你的面試官很可能會問你感興趣、參加過、或創辦過的企劃是什麼。當你坐在面試官前解釋你的企劃並展現你的企圖心時，內心做好會被問問題的心理準備。面試官會推敲你的故事，以及你的熱情，是不是真的。他們會問的問題可能包括：

- 告訴我一個你發起的企劃或倡議。
- 告訴我你為什麼對這個倡議充滿熱情。
- 這個企劃是否讓你很難兼顧其他課外活動？
- 你是否想過要放棄你的企劃，但最終決定繼續下去？
- 你認為你的倡議中最困難的部分是什麼？
- 你在企劃進行中是否曾與合作夥伴意見分歧？

上面這些問題有些你可能覺得很好回答，有些則有點難度。你不會有太多時間思考或回想你的企劃，所以我們強烈建議你在面試前先就想好這些問題的答案。知道該如何回答這些問題也是事後反省如此重要的原因之一！

十七、暑假活動

暑假是你追求興趣的絕佳時機。謹慎地選擇你將如何渡過幾個月的暑假，因為大學能從中知道你個是什麼樣的人以及你有什麼興趣。暑假很棒！你可以像個孩子一樣盡情享樂，和朋友與家人出去玩玩，但也要趁著假期好好思考學習的事。你有幾乎無限種方式渡過高中的暑假，以下是幾個常見的方法：

1. 工作。工作展現你的性格與責任心的好機會。我們大部份的作者暑假都會工作，像是做搬運工或是溫蒂漢堡的炸物廚師。別害怕在大學申請表中填上你的工作經歷，因為它們展現願意承擔義務、責任心強、且不屈不撓的品格。
2. 觀摩。在獸醫、醫生辦公室、或任何其他專業場所觀摩是你發掘自我潛能的好機會。類似的機會很多，而且大學也很喜歡看到這些觀摩經驗。現在就寫信或打電話給你感興趣的領域的專家吧！很多人會樂意讓那些積極主動且充滿興趣的學生來觀摩個半天、一天、或是更長的時間。

3. 暑期學校。如之前所說，暑期學校是個你可以在輕鬆愉快的環境中探索科目的好機會，你還可以藉此提高你的在校成績。
4. 志工活動。在你感興趣的組織擔任志工活動可以回饋你的社區、展現的興趣、並有意義地渡過你的暑假。
5. 國外志工活動。你可能看過一些高中生在發展中國家的鄉村中建造房舍的照片。這些活動雖然很有意義，但你在過程中得到的經驗（特別是透過正式的計畫而得到的經驗）可能比你想的還不重要。大學招生官知道這類志工活動是很花錢的，只有少數家境優渥的學生才能做得到。學生即使不參加這樣的活動也不會在大學申請中陷入劣勢，但它至少比無所事事渡過一個暑假要強。儘管如此，有些海外計畫會提供你金錢補助，很多還提供學生機會去旅遊或做些有意義的事。
6. 去大學上課。跟海外志工一樣，大學的課程通常昂貴到讓大部份學生負擔不起。然而，參加或旁聽大學的課，或是參與教授的暑期研究（記得先寫信詢問教授）能讓你累積寶貴的研究經驗，也是你發掘自我價值與強化申請文件的好方法。
7. 研究。透過參與社區大學或研究機構的研究來展現自己的學術興趣吧！這是個了解你感興趣的主題或是潛在職業道路的很好途徑。

第四部分 作文範例

抄襲無論如何都是禁止的。大學知道以下的範例都是公開的！

大學作文，無論是通用申請表還是補充作文，都有各種不同的形式。我們這裡將它大致分為四個類型：經驗、反思、特定問題、與簡短回答。我們建議你先寫好草稿，自行修改幾次，再參考範例調整作文的結構與語氣。

十八、 經歷類的作文

通用申請表作文一：**Shifting Gears**

I gestured to the sunglasses. “Nice pull,” a Turkish rider exhaled while passing. I tucked in behind. Six Pentair and Target jerseys fluttered in my shadow. Their time to “pull,” to face the faceless prairie winds, would come. Mine just passed. The switchgrass quilt rippled under the sky, and my thoughts soon spun faster under my helmet than my wheels.

And so, there I was again—looking down a gravelly driveway, my cheering mom and dad holding Band-Aids and disassembled training-wheels. I remembered years later peering into a dusty garage and seeing a rusty, cobwebbed road bike in the corner. It was beautiful. I remembered repair manuals, greasy fingers, and my first sundrenched ride. My hands clenched. I remembered counting Christmas money, studying the newly broken frame, and rolling my bike into a dark garage.

A Pentair rider swept by and relieved the Turkish rider who now drank from his water bottle. I checked my odometer and the riders behind yet to pull. With sweat cascading down my face and my legs feeling bitter, I cuddled back within my mind, going back five years to my doctor’s office. I heard two knocks. Dr. Rogers few strands of hair waved hello as he hustled into the room. After my first physical’s inevitable awkwardness, Dr. Rogers signed my sport forms, asked about school, and then mentioned he saw me biking. He smiled when my hands jumped to describe my self-repaired 1973 Schwinn Traveler but frowned as I revealed its current condition. Dr. Rogers nodded slowly, found his feet, and said, “It’ll work out.” Later that night, I got a call. My doctor disassembled his winter bike-trainer and now had a bike to spare—if, adding a clinical touch, I wore a helmet.

The next day, I walked into my doctor's white, organized garage and saw a crush-blue 1987 Cannondale. It was beautiful. After explaining clip-in pedals and giving me bike shorts and shoes, Dr. Rogers added, "While it's not the fastest bike, it'll get you out the door." I looked up, shook my head, and grinned. That night, the bike leaned against my bed.

My doctor gave me an opportunity. I seized it. My mornings filled with dusty sunglasses, hot pavement, and cool wind. I guzzled gallons of water, devoured books like Super Foods Rx and The Cycling Training's Bible, and stationary-biked in the winter. Throughout it all, if I ever had a question or needed advice, my doctor was there—a hand on my shoulder. Four years later, I was here: cycling 150 miles across Minnesota with sponsors on my back and a bike under my feet.

The line leader gestured. I looked over my shoulder. No one. Just a black ribbon of pavement and one man's trust. Had it really been that long? Grabbing a last swig of water, I tightened my helmet and paused. I touched it again. Changing gears, I surged to the front of the pace-line and faced the winds anew.

耶魯大學補充作文一：Of Jumpsuits and Hot Tubs

When I saw it, I knew. One April day I glimpsed the future—well, actually the past. There, folded upon a garage sale table, beckoned a fluorescent orange and pink nylon jumpsuit: size, women's medium. Although immobile, I heard its swishes. Two dollars later, I welcomed in my new track warmups. Yale, in this time together, I am loosening up the tie. I have a confession. If you invite me to your New Haven pagoda, you are inviting an all-around character. The stories are true. I like some peculiar things. I snowshoe at night, go to operas, build winter shelters, and pet stingrays before prom night. That said, however, I am dead serious about education. While hopefully conveyed through the rest of my application, I genuinely love learning. My favorite book at age five was a DK rocks and mineral identification guide; at age nine I planned on revolutionizing the world's energy market with hydrogen — I later conducted basement electrolysis much to the concern of my Hindenburg-leery mom; and in fifth grade, I pondered harnessing the power of black holes.

I love ideas and information, but I also relish having fun through them. In short, I like to laugh, especially at myself. This can be accomplished through taping "Krebs"

over the “Bi” in a “Bicycles only” sign or by wearing a sombrero, water-wings, and aviators while hot tubbing with Minnesota’s brightest at State Knowledge Bowl. Regardless, I make sure to loosen up with some flair, a theme apparent in the now named “Gym-Class Experiment.”

Raising hands and walking in line are second-nature to students. They conform. Frighteningly, many conform without thinking. Curious of how deep this acceptance went, one day I enacted a tongue-in-cheek inquiry. Excusing myself early to gym class, I greeted everyone entering the locker room with a whispered “Hey dude.” The class slowly trickled in past my locker and greetings. Soon, a usually boisterous group of boys were not only speaking in whispers but also enforcing the quasi-rule upon each other. I was humored and amazed. Upon lacing up my shoes, I turned around and asked, “Why are you whispering?” I walked out, leaving my peers thinking and watching for lemming syndrome the rest of the day.

Something happened when I wore my 1980’sesque jumpsuit to track. At first, I received a smattering of odd looks, high-fives, and ogling—embarrassingly enough, I soon discovered they were partially see-through—but the next meet I attended, I started seeing similar jumpsuits. In fact, every consecutive meet after my suit’s debut, more jumpsuits kept popping up. Eventually, even my entire cross-country team set aside a day to raid local Goodwills and Savers looking for duplicates. If you accept me to Yale, you are getting more than just a hardworking man who loves learning and life’s humor. You are getting a true character, an individual, a man who starts Northern Minnesotan track-meet fads with a fluorescent orange and pink nylon jumpsuit: size, women’s medium.

哈佛大學補充作文一

I have been victim to abusive relationships. I’ve gotten pregnant, dealt drugs, contracted STDs, and fretted over my sexuality. I also ensured effective sexual education for my daughter, prevented a friend from driving drunk, and helped another friend get medical attention after she was raped at a party.

Looking back, I cannot think of a more worthwhile way of spending my time, because after each of these events, I’ve stayed in character and responded to questions from the audience before stepping off the stage and chatting with other actors.

In the state with the 3rd highest teen pregnancy rate, the highest repeat teen pregnancy rate, and government-funded abstinence-only sexual education programs, I see a clear problem. When an audience member tells me, “You can’t get pregnant if you do a backflip after ‘going all the way’ because centrifugal force keeps the sperm out,” this issue becomes even clearer.

Through TeenAge Communication Theatre (TACT), I work to solve this issue and change the lives of confused, angry, and curious teenagers. I spent much of a summer studying topics relevant to teens today—hearing speakers, reading pamphlets, and memorizing skits. As my freshman year came to an end, I auditioned for a spot as a teen leader, a “PA” (Project Assistant). Since then, I have helped lead weekly meetings, train new members, run performances, and moderate the Q&A session following each skit. During these discussions, audience members can ask any question on an array of delicate subjects to which I have to deliver a TACTful and objective response that leaves the skit open-ended and allows each individual to form his own decision.

I have to be ready for anything: talkative or shy audiences; tricky, irrelevant, or inappropriate questions; and emotional responses from audience members. Some of the toughest audiences are high school students, because they are afraid to ask questions among their peers. On one occasion following the STD skit, a boy in the audience raised his hand and perplexedly asked, “What’s HIV?” Snickers and giggles ran through the 9th and 10th grade audience. Mortified, the boy visibly shrank, his face turning red. Encouragingly, I said, “That’s actually a really good question!” He glanced up. There were still a few murmurings. “As a matter of fact, does anyone here know what HIV stands for?”—silence.

This is the tricky part of being a PA. Relating to someone, but not embarrassing him. Encouraging questions and preventing audience members from discouraging them. Giving the audience time to ask questions, but continuing the flow of the Q&A sessions when there are no questions. It is difficult but necessary to educate, encourage, and entertain while stressing the gravity of the topics in order to connect to teen audiences. Engaging audiences in open discussions is such a rewarding experience, because the necessity of a program like TACT stems from a dearth of communication about these taboo issues.

TACT broadened my understanding of the diverse needs of teenagers through the topics I studied and places I otherwise never would have seen—juvenile detention centers, shelters for runaway teens, drug-rehabilitation centers, and classes for pregnant couples at a nearby high school. But more importantly, it allowed me to open the eyes of so many others who would not have received high-quality and relevant sexual education. During performances, I can tell that I am providing audience members the confidence to stand up for what is right or to fix a potentially dangerous situation. Though I have never gotten pregnant, contracted an STD, or fallen victim to an eating disorder, I understand the viewpoints of those who have, and I feel much safer knowing that I can help keep my friends safe in a multitude of situations and address questions and myths that I hear.

布朗大學補充作文一

I clumsily stumble down the hill, trying to avoid the erratic potholes that litter my path. I inhale a combination of smoke from a cooking fire, goat dung and the indescribably fresh air of Botswana. Living with a host family for a month in the small southern town of Mogobane, I had learned how to pluck a chicken, make *maguni*, wash my clothes in a river, and speak basic Setswana. I was wise with this new knowledge, and proud. Next to me my host sister glides gracefully down the same hill I was having so much trouble with. It was a few nights before I was due to leave, and she was taking me to her favorite path in the surrounding mountains. She raises an arm to grab a tree branch, and I notice a small bracelet on her arm. It was the only thing close to jewelry she owned. It was a bright, vibrant yellow, and stood out against her dark skin. "Refilwe!" I exclaim, "Your bracelet is wonderful." She smiled bashfully. Shyly she looks in my tangled hair and says seriously, "And Keaton, your hair clip is montle." Beautiful. It had been a gift from my father back in England, and although cheap, was one of my most prized possessions. I thank her, touch the silver clasp in my hair and continue walking.

In the flash of the next days, I am gathering my stuff from the cramped rooms I had shared with my family of eighteen people. With tears in our eyes, we give final hugs and bittersweet goodbyes. I leave the sparse room, my sleeping mat, the grubby door frame, and walk down the dirt road to the edge of the village, taking one last glance at the haphazard tin structure that had been my home. Boarding the bus, I open my bag and see a glimpse of something familiar: the bright yellow

bracelet. I remembered when Refilwe had told me, “Never forget the *sosologa* we share.” *Sosologa* in Setswana, according to her, meant bond. As I now look down at the vivid yellow blur, I knew I had learned something far more important than how to cook. I had learned how to love people who were strangers. I had learned that sometimes the smallest gifts are the ones that mean the most. I had learned that life is about the connections we make, and the impressions we leave. I know, indubitably, that I will live my life to the drum beat of this mantra. As humans, global awareness and the relationships it brings is the most important thing we have. As I put the bracelet over my wrist I smile, knowing that my silver hair clip was on my sister’s bed, waiting for her to find it.

十九、 反思類的作文

安默斯特學院補充作文一： **Hands**

Who are those scoundrels? It’s a crisp autumn day, and you’re in the woods. You’re going for a walk, enjoying the smells, breeze, and rustling trees—the tapestry of fall. Maybe you’re walking your dog, or who knows, maybe you’re one of those iconoclastic cat-walkers. Regardless, you see it: the soda bottles, sandwich wrappers, and plastic bags. Besides the obvious question of who eats a Big Mac in the middle of the woods, who just drops their trash? This selfish act infuriates me.

JFK didn’t give his Frost Library speech about littering, but we’re describing the same ethos. Squandering your education is selfish. It means taking the convenient route and disregarding what you leave behind. If JFK and I were walking our dogs (or cats) together, I know we would take the time to bend over and clean up the trash we encounter. It concerns me that some people won’t.

It’s perplexing how “wood trash” is perpetually wet. When I emerge from the woods with milk jugs, candy wrappers, and the occasional T-shirt—all dripping water—people always ask, “Why did you pick that up?” My favorite response is, “I have hands.” If you don’t pick it up, who will? Amherst’s education is topnotch, but if you attend and only use that knowledge to enrich yourself . . . now that’s a waste. I want to attend Amherst not only for my B.A., but so I can clean up more than my neighborhood’s messes. Someday, when I’m working around the clock on some far-out, low-success probability, but phenomenally important drug or

product, and my colleague takes me aside and asks, “Luke, why are you doing this?” I’ll smile to myself. This time, instead of saying “I have hands,” I want to answer, “Because I went to Amherst.”

哈佛大學補充作文二

As I raised my flag and kept my face stern, fans gave disgruntled gestures and the attacking player burst out in protest. I stood firm. After all, I was the referee. The attacker was off-sides and it was my job to make the call. Having once been in the cleats of those young soccer players, I understand how important a referee’s call is to them. As a child, I chased the black and white object in a shapeless mass of Gatorade-drugged players. Now, I am a whistle-bearing symbol of authority, dedicated to make the right call. As a referee I experience the pressure that comes with power. I make game-altering calls and garner criticism from notorious soccer moms. But at the core, my only goal is to be fair.

My belief in fairness seems be infused in everything I do. Whether I ensure that tryouts for my varsity soccer team give all potential players a fair chance or vote for a “chick-flick” so that my two sisters achieve a majority on movie night, my moral compass is my guide. With great enthusiasm, I strive to serve those I represent. As class president, I embrace being the brunt of jokes when conducting random sample surveys of my classmates’ preferences for activities. I eagerly have taken on leadership positions where I can act on my potential to positively affect others. But through my fervor to serve, my ideal view of power was corrupted.

Power can be flawed. In my school, in my community, and in the news, I see others in positions of authority, acting unjustly and impacting others. Small, exclusive oligarchies control large, motley factions of people. Why should I have the means to make decisions and be handed a shiny, silver whistle? I can make mistakes. I can make the wrong call. But I can matter. In retrospect, I understand the magnitude of mere moments wherein the course of my life and the lives of those around me was irrefutably, if infinitesimally, altered: a suggestion on a way to analyze *The Wasteland* in class, a musing over coffee with my friends to organize a charity run for a sports program in Dakar, a mother’s judgment that I will finally have my own room, a decision to blow my whistle during a casual soccer game at my local youth center. These moments, similar in that each encompassed a seemingly arbitrary decision, but different in that each decision resulted in some

force that sent the future onto a different trajectory, remind me that even the smallest exertions of power have consequences and rewards. And my moments define me.

I think back on the times when I wore an unflattering yellow shirt and ran up and down the same line but never actually got anywhere. As a soccer referee, I learned the importance of accountability and proper use of power. I now recognize that fairness can be achieved one blown whistle at a time, if only I stop and reflect.

哈佛大學補充作文三

Had I set up a bank account five years ago and charged twenty dollars every time someone asked me, “Why Chinese?”, I probably could have covered all the airfare for my six trips to China. The \$24,000 answer: it’s a blend of reasons—the direction our world is heading, over 1.3 billion more people with whom I can communicate, a deeper understanding of a 5,000year history and culture, and a love of the language itself. My studies convinced me that fluent Chinese and an understanding of the culture are imperative for future business success. I’ve experienced the immediate connection that speaking unaccented Mandarin builds with native speakers and studied the ways an American can unintentionally offend someone purely by her unfamiliarity with the Chinese culture. Living, breathing, thinking, studying, and speaking Chinese nonstop opened so many possibilities.

I never foresaw all the opportunities studying Chinese would provide. For four years, I’ve been the rare non-Asian employee at a Chinese restaurant. My love of music led me to participate in Chinese karaoke competitions, the finals of which had audiences of over 1,000 people. I also performed at numerous other events in Dallas, Boston, and multiple cities in China. In the summers of 2011 and 2012, I taught English in two Chinese lower schools and took many students on weeklong camps to other cities. Managing to keep 100 children under control and safe in Beijing, one of the most populous cities in the world, is no small task. Five years ago, I had no clue that I would be “Googleable” (and “Baiduable”) under my legal name and my Chinese name by the time I finished my freshman year.

All of these experiences combined do not equal working as a special news correspondent for China Central Television (CCTV), China’s only national TV station. I spent three days interviewing nearly 100 Olympic athletes prior to the

London games during my sophomore year. Although I conducted the interviews in English, I introduced each athlete in Chinese and my questions were pertinent to Chinese spectators. Throughout my junior year, I continued to work for CCTV, traveling to Houston for the Rockets' (NBA) weekend home games and some weekday games. In addition to interviewing fans and filming short clips in Chinese about special circumstances surrounding the games, I joined other (mostly male) reporters and marched into the locker room after the games—cameraman in tow—to interview Jeremy Lin, James Harden, and other players.

The toughest part always came at the end of the night: after the game, my manager would write a paragraph comprised almost entirely of new words and phonetically-translated names, give me about 15 minutes to memorize it, and then shoot a few takes in which I had to say the entire paragraph in Chinese from memory at media speed (which is faster than day-to-day language).

Over the course of these past five years, I have learned so much more than the Chinese language itself. I picked up the idiosyncrasies of Chinese mannerisms. When faced with eating lamb brain, I immersed myself in local cultures and traditions and tried it. I learned to bargain and haggle the price of an item well below the price shopkeepers typically offer Caucasians and discovered that sticking to values, morals, and goals transcends language barriers as readily as a smile. My love of, passion for, and—yes—obsession with China led me to spend 42 weeks in Chinese immersion. While I don't currently have the \$24,000 in my pocket, I do have years of Chinese cultural and linguistic experience, and I'm proud that teachers and classmates regard me as a viable source of insight into China.

波莫納學院補充作文一

Waking up every morning, I slowly—arguably too slowly—turn off the Mishka Reggae song that is set as my alarm, drag my half asleep bundle of limbs to the kitchen to make a Cuban coffee (American just doesn't cut it anymore), and then get dressed for the day. Then, I have the freedom to choose which shoes I wear, and though this may seem like an inconsequential decision, it is actually instrumental in defining my day.

My soccer cleats, muddy, with tape around the sole to counteract the effects of my abnormally wide feet, enable me to do what I love most in the world, besides

eating my sister's chocolate chip cookies, and bragging to my brother about a victorious ping pong series. In these cleats, I can run forever (as long as I remain in the lines of a soccer field), and can challenge anyone (as long as they're wearing shinguards). While wearing my soccer cleats, I sprint to the end line regardless of where the coach's eyes fall and I stay after practice to work on my goal shot, just because I know I can improve. The individual accomplishment that comes with setting personal goals is balanced with the support of teammates who inspire loyalty and are there to fall back on. Paradoxically, my most difficult challenges, playing tough in the summer heat, is rewarded with the camaraderie and friendships that come from sharing hardship.

Then, there are my athletic shoes. In these shoes I have had adventures. From biking through the everglades, to hiking up mountains, to paddle-boarding in the bay, the ripped, dirt-sodden, and hole-infested pair of kicks allows me to meet my natural inclination to explore the world. In these shoes I have learned that intellectual stimulation is not limited to the classroom. While one can learn the atomic makeup of leaves, and the process of photosynthesis, only through first hand experience can one feel the creases and the wrinkles of the plant, and see the leaves in their natural environment.

Sitting next to the athletic shoes, are a valuable, unparalleled, and custom-made pair of flip flops from Gap (bought during the 2 for \$10 deal). I have learned that after soccer, chocolate chip cookies and victory in ping pong, the next best feeling in the world is having time. These flip flops remind me that life is not all about assignments and deadlines; it is also about reflection and friendships. When I slip off my flip flops to join a pick up beach volleyball game, the goal is not to win, but to laugh. In my flip flops, I stroll (I don't hike or run), to yoga where I listen to my heartbeat and feel myself breathe.

The good life is having the freedom to choose—to choose which shoes will define the day, knowing that all three have value and purpose. Whether I choose to spend the day feeding my body, my mind or my soul, my shoes will take me there.

通用申請表作文二

“Order! Order!” the judge screamed, banging his gavel on the wooded panel. “The defendant is guilty! She will share!” It was all very professional...except for the

fact that the judge was my little brother, the gavel was a ruler and the wooded panel was the floor of our living room. Regardless, the ruling hurt. After having my own room for a couple years, I was being ordered to share a room again, with my little sister. Living in a small house with four siblings, I knew this was inevitable, but it was still a shock when the news was handed down by the authorities. My siblings gleefully helped move my books, music and bed into my new abode. They painted over my old aquamarine walls, with a pleasant and decidedly masculine beige.

The first few weeks of room sharing didn't go well. My little sister and I argued over mess and floor space. Something had to be done. I bought four doors, and spent a rainy afternoon hinging them together. Their new folding pattern obscured their original purpose and what was left was our new room divider and purveyor of peace and sanity.

My doors have since become a veritable journal. A photo of my best friend and me camping is propped beside a schedule of next month's meteor showers. Schedules of music festivals I've been to are push-pinned next to flyers from protests I have attended and helped plan. A picture of my high school varsity soccer team is next to photo-booth pictures taken when I was one of four chosen to fly to Tallahassee with the Youth Advisory Committee to petition the governor about the importance of education. Notes to myself are written haphazardly across my whiteboard. Commands such as "See" are scribbled above film such as *The Bicycle Thief* and "Read" hovers over Pirsig's *Zen and the Art of Motorcycle Maintenance* and Hawking's *The Grand Design*. A picture drawn for me by a disabled camper at Shake-A-Leg Miami where I volunteer, overlaps a picture drawn of me by my friend, an aspiring artist. She drew me bald, but with a big heart. A photo of my host family in Botswana is partially covered by a painting of the autumn leaves done by a young artist from Dorking, UK, the town where I grew up. A medal from the half marathon I ran last year with my two younger brothers and my scuba diving certification card are tucked beside index cards where I had written SAT words. Though I finished taking the standardized tests months ago, I still rotate the cards often imagining how I will speckle the "erudite" words into tomorrow's conversations. My record player, an old, beat up thing, rests against my doors with the aged vinyls leaning against its wooden cabinet. Amongst the records is my favorite Fleetwood Mac album, the one I listen to every time I need to study. Tucked under the cabinet are

my black boots, never worn in public, mind you, but perfect for stomping to the beats of "Go Your Own Way."

As I lie in bed at night, looking at my colorful, life-affirming doors, my sister, lying in her bed just a few feet away, asks me in a voice out of the darkness, how was my day? Though the building of my doors was initially meant to be an act of self-preservation and protection of my privacy, I now understand they served their real purpose so much better than I could have ever hoped. My doors are in fact an opening—to my passions, my mistakes, my accomplishments and my wishes. They connect me to people a thousand miles distant, and to those sitting just a doors width away. "My day was great Syd. How was yours?"

哈佛大學補充作文四

In late summer before my Junior year, I nervously arrived with four of my soccer teammates for my debut at my first big high school party. Everyone knew us when we showed up en masse in our team jerseys. As people laughed and joked, the unfamiliar garage loft became friendlier. When beers were passed around, I swallowed hard but took one, hoping I didn't look as inexperienced as I felt. I tried to relax and join in the boisterous storytelling. The joy came to a screeching halt when we heard footsteps on the stairs. I had never really felt despair until hearing 15 half-empty beer bottles collectively hitting the floor. The party had been busted by the police.

How could I have been so stupid? Poor judgment and curiosity cost me four games of my varsity soccer season, my captainship, the respect of my team, and, perhaps worst of all, the trust of my parents. Until this time, I had always seen myself as someone who tried to make good choices based on my personal values. When the seniors offered to cover up my drinking and take the hit for me, I thanked them but had to face the music myself. I needed to regain my reputation for integrity, and with it, my self-respect.

Despite my desire to hide in my bedroom, I dragged myself to the next practice to speak personally to my coach. I felt like a pariah. Segregated from the practice and alone, since the other suspended players decided not to show up, I faced my teammates' disdainful stares during water breaks, heard their whispers, and feared the difficult meeting with my mentor. Because I had a track record of avoiding

drinking and partying, my teammates were disappointed that I had let my selfishness come before the interests of the team. The wrenching conversation with the coach and my apologies to each player as well as to my parents were the first steps towards healing. For two weeks I was demoted to practicing with the second squad, sitting on the bench during games, and wishing I could be of use as we lost four straight. Once I resumed playing, I worked diligently to redeem myself by being a positive voice in spite of a lackluster season, and I used the pain of humiliation as motivation to play harder.

Months later, my zany dentist offered to teach me to juggle following a routine cleaning. I did not expect an epiphany about the soccer incident to come from Dr. Marty's lesson. Yet every time the ball missed my hand, he repeated the same phrase, "Focus on the toss; don't worry about the catch." This metaphor crystallized what I learned about myself that fall: I'm human and that means I'll make mistakes. What counts most is my willingness to repair what I have broken. There is nothing like cleaning up a mess you have made to keep you from making similar ones in the future.

通用申請表作文三

Becoming certified as a youth referee at the age of twelve gave me many things: independence at a time when boundaries seemed tight, a position of authority where I could act justly, and a little bit of cash on the side. All of these newfound benefits enabled me to mature, grow as an individual, yada yada yada. . . Most importantly, though, becoming a certified referee gave me the ability to "card" my four siblings. For nearly three years after I earned my certification, I carried around my yellow card for "cautions" such as reckless behavior (spilling cheerios), dissent by word or action (disagreement about Sunday night television), and entering or reentering the field of play without the referee's permission (they learned to knock). The red card, although rare in my household of somewhat evenly tempered players, was necessary on a few occasions including violent conduct (wrestling matches over shower turns), and receiving a second caution in the same game/day ("I already told you once!"). While the cards were ditched by my fifteenth birthday, I realize that as the middle child in a family of five, those cards have metaphorically allowed me to see the world as a place to achieve balance.

Because I played soccer from an early age, I was able to recognize the weight of my decisions as a referee. Knowing the rules and recalling the power of having the whistle gave me insight. I learned when to bow to another's authority, when to respond with reason and when to react with passionate intensity because justice was not being done. These lessons have translated to my life off of the soccer field. As captain of the school volleyball team, I achieve the balance between team player and team leader. As President of Support our Sports club, I facilitate student involvement at the school's extracurricular events, but recognize the importance of my academic responsibilities. I lead chants and paint faces but spend half time under the bleachers reading Hosseini's *The Kite Runner*. At home, my family looks to me, the fulcrum between pairs of siblings to determine who rides shotgun, or who empties the dishwasher, while my mom is at work. I have learned the importance of taking turns, embracing various perspectives and bringing my own basketball to the court if I want to take a shot.

Though there are distinct moments in my life when I feel empowered, I have also learned that blowing the metaphorical whistle too often diminishes authority. Sometimes, everyone just needs to "play on." It is during these moments of restraint that I learn the most. Whether learning from my political theory teacher that our governmental system has a unique way of rewarding those with skewed moral standpoints or from my vegan little sister that my consumer choices can impact the animal industry, I know that when I actively listen, I have the chance to grow. Even the man on the bus bench taught me that, "It always comes if you wait"—a lesson that has served its useful purpose many times. The trick is to know the difference. Mere active listening could not raise over \$20,000 to build a freshwater well in a small village in Senegal or start a schoolwide polo shirt drive for students who can't afford school uniforms. It is the learning followed by the action that gets results.

So, I have become a man of balance. A student and an athlete, a curious intellectual and an active doer, one who strives for spiritual peace and one who hopes to make a change in this material world, and of course, a player and a referee. Seeing the world through filters of yellow and red has allowed me to identify need and then act justly. Thankfully, the physical infraction cards are no longer necessary, except of course for real soccer games, and tense games of monopoly.

哈佛大學補充作文五

I have known three fathers in my life, and, no, my mother has not been married multiple times. Each of my fathers has fostered my growth in different ways and helped me understand what being a man really means.

My father, Kenny, is a man of vast intelligence and genuine curiosity about the world. He has been my academic role model, encouraging me to set high standards for myself because I strive to emulate his achievements. Along with nurturing my intellectual pursuits, he is largely responsible for my international interests. In the 1980s, he founded an organization that sends high school and college students abroad for intensive community service work. I grew up hearing his tales of exotic countries from his extensive travels, visiting with him some of the villages where students lived, seeing the community centers and school classrooms they left as their legacies, and dreaming of exploring foreign countries on my own. Eventually, I became one of these students myself.

My second father (Papí) is Galo, an Ecuadorian orange-picker by trade, who is master of his own world. Within a ten-mile radius of his town, Rio Blanco, he knows everything. When we walked around, he would greet everyone by name, asking about the wellbeing of family members or the yield of a certain crop. Galo built his own house, doing the carpentry and construction himself. He could identify almost all the flora in the area, picking berries from bushes and popping them in his mouth or carefully avoiding contact with poisonous plants. Yet there was a vast gap in Galo's knowledge: the farther from his circle, the less he knew. On a map, for example, he could not identify the United States, nor his continent, or even his own country. Galo is a man whose knowledge is a mile wide but twenty miles deep. This type of wisdom contrasts greatly to that of my father, whose wisdom is twenty miles wide but only a few miles deep. Papí schooled me in the value of knowing a lot about a little and the usefulness of mastering specific disciplines.

My third father (Papá) is Carlos, a Peruvian farmer, who is a man of contagious joy. His face is worn from 62 years of strenuous work but wonderfully wrinkled with each kind smile. Basking in the loving comfort of his wise, soft smile for twenty straight days, I relished the moments that made him chuckle: a joke about our pig, Api Senca, or my great struggle to chop a single piece of wood. Instead of my habit of trying to think my way through problems or search for answers in the world

around me, Carlos taught me to look within. His ease with his feelings encouraged me to rely more on my emotional signals and to be more conscious of the present. I affectionately recall walking with him early each morning into the cornfields in silence to gather stalks to feed the guinea pigs. Though the work on his farm may have been monotonous, he has a zest for being a part of the cycle of life. Each morning as he plopped the large pile of grass and cornstalks on the floor and the guinea pigs scrambled to eat, he would have a large grin. For as long as I can remember, my dad Kenny has sent me to sleep each night with a Jewish blessing about peace. Paradoxically, I felt the words of that prayer most deeply while strolling in the fields with Carlos. The dad who raised me has taught me about knowing the mind and the importance of broad intellectual pursuits. Galo taught me about being attuned with my environment and the value of swimming deeply in narrow channels. Carlos taught me about knowing the heart and the necessity for passion and compassion in order to be a whole person. One showed me how to go out into the real world, one to focus on the natural world, and one to be open to the inner world.

通用申請表作文四：**Bees, Banjos, and Bus Drivers**

Allergic to bees but standing in an industrial bee yard, I reconsidered the wisdom of the deal I had struck. I hoped risking a case of hives to move a block of hives was worth the banjo lessons I had bartered for.

My adventure began on a wet April afternoon just before stepping off the school bus. I turned to the driver, a neighbor but a stranger, noticing for the first time that behind his beard he was missing a tooth. I sheepishly approached. “I heard that you play the banjo; would you be willing to teach me?”

“I’d love to. How do you feel about trading labor for lessons?” Now, I’m the sort of person who loves a deal, and I’ve never shied away from manual labor. Three days later I was sitting in his kitchen. Our conversation got to the reason he needed help: Andrew had Lyme disease. Due to the severity of his sickness, he could not lift heavy objects without his arms becoming numb. We agreed that in return for banjo lessons, I would, in essence, be his arms while working in the bee yards.

Days later, I found myself wading through flooded bee yards carrying fifty pound colonies and pounding T-posts deep into the rocky Vermont soil. Over the hours spent sweating and grunting, Andrew and I would chat. He spoke about his love for dairy farming and the tragedy that he experienced when the Lyme disease forced him to sell out. Along with teaching me about bee husbandry as we worked, he would report on his daughter's progress as a Scottish dancer and his son's latest song on the ukulele. All along, I helped the apiary grow by doing what Andrew had trouble with, and when time allowed, Andrew showed me how to pluck a few tunes.

As my summer of bees ended, I thanked myself for having had the courage to ask a complete stranger for lessons. I have gained many things from Andrew: I can jam with an old time band, I know that an Italian queen bee will produce more mild mannered offspring than her Australian counterparts, I know what it looks like when a skunk is eating bees from a hive at night. While valuable, these lessons are not what I cherish most from my experience with Andrew. By learning about Andrew's struggles with Lyme disease and his passions for bee keeping, I learned that reaching out to a stranger can be unexpectedly rewarding. Recently, I delivered pie pumpkins to Andrew, just to have a conversation with a friend.

通用申請表作文五

Now here I am in the Marquesas, surrounded by droning flies and the scent of washed up sewage. Clumps of dirt inch deeper under my fingernails, while charcoal trickles down my perspiration-slick arms. On my first day, the walls of the pit seemed terrifyingly close to collapsing inward, but now, just a week later, they feel like a muddy embrace. Six weeks into my first-ever archaeological dig, this hole on Hanamiai Valley's rocky beach in the most remote archipelago in French Polynesia, has become my home, and the cramp in my upper arm has come to feel like an old friend.

Perhaps even more exciting than unearthing archaic pearl-shell fish hooks and urchin spine abraders buried soundly in the earth was discovering the living, breathing history all around me. I was awed by the community and kindred spirit that permeated the village, the rigorous handshakes Marquesans never failed to give one another and the greetings each morning of "Kaoha! Hia Moe?" ("Hello! Still sleepy?") as warm as the deep tan sand. Our neighbors let themselves freely into our home, exhorting us to do the same, and children chased each other

through the back entry and out the front, revealing that doors have no true purpose in a Marquesan home. The barrier between exterior and interior, between personal and communal, between you and me, had none of the rigidity I felt back home. I fell in love with this blurred conception of identity and personal space.

When I was asked to curate our “Treasures of Hanamiai” exhibit at the Tahuata Museum, I wanted to capture that openness and dim the boundaries between spectator and spectacle. I had spent two years working at the Metropolitan Museum but did not want the stiff, Western formality of “Do Not Touch” to pervade this exhibit. I both literally and figuratively removed the glass encasement and replaced it with a “Touchezmoi!” sign. I filled the space with paepae rocks that could provide both tactile stimulation and cultural significance to curious visitors. I wanted the collective consciousness and shared experience that pervades Marquesan culture to seep into the often-constricted space of a museum.

When I finally arrived home, I tried to bring the Marquesan spirit with me. I thought of how I, as Senior Class President, could instill a rapport among my peers and foster the same close-knit supportive community I saw in the Vaitahu valley. I wondered whether a friendly hello could have the same cathartic power in New York as it did in that tiny Marquesan hamlet of two hundred inhabitants, coincidentally around the size of my senior class. How could I provide an emphasis on the present when the natural tendency for seniors is to look towards the nebulous future?

Admittedly, my goal of bringing a wave of community through an ocean of self-absorption is a great challenge. Just as one illustration, at the start of the year, I attempted to establish a committee to create a “senior statement” to biweekly inform seniors of what their peers were up to. My idea was vetoed because other than me no student was willing to commit his or her time to this community project. Rather than allow myself to get flustered, a reaction that would have been natural only a year ago, I think of what I learned in the Marquesas.

“We on Marquesan time,” the locals liked to say to remind us to appreciate the current moment as it was rather than be upset with what it was not. I want to carry that Marquesan attitude with me wherever I go, banish any “ne touchez pas” sign that negative energy can bring, and do whatever I can to build and keep connections

with those around me despite time flowing as continuously as the Marquesan ocean.

二十、 特定問題作文

密西根大學補充作文一

Everyone belongs to many different communities and/or groups defined by (among other things) shared geography, religion, ethnicity, income, cuisine, interest, race, ideology, or intellectual heritage. Choose one of the communities to which you belong, and describe that community and your place within it.

“Vota Por Cole Scanlon Para Presidente” was stretched across the cafeteria wall. Campaigning for class president, I made sure to address a population that makes up over 80% of my urban school. I had to learn to assimilate.

I have not always been a part of the Latino culture. Living in England, I was subject to few Latino influences. In Miami, where Cinco de Mayo is more celebrated than the Fourth of July, I had to adapt. I was the English “gringo” unfamiliar with my community’s dominant culture.

Whether requiring a translator for my Peruvian soccer coach's halftime speech or not understanding conversation in my school’s hallways, I became eager to join the culture of my peers.

During my culture quest I was not graded on my ability to greet my friend’s mother in Spanish or tested on my mastery of the “one cheek kiss.” I would not pass the AP Spanish test, but does that really matter? I can skillfully order a “café con leche” from the local Cuban restaurant and can shout “¡Pasa la línea!” during my soccer game. Instead of a textbook, the people of “Little Havana” helped me learn. There is a lot of knowledge outside of the classroom, and one way to learn it is to experience it. Each time I become anxious about grades or test scores, I remind myself that some of the most profound lessons come without a sparkling sticker, a red pen, or a pat on the back.

芝加哥大學補充作文一：Where's Waldo?

These testimonies were acquired from a C.I.A. black base operating in the lower Polochic Valley, Guatamala.

Translations provided by Luke Heine.

Jose Joquin (Gang Member, 1990-1998): He was terrible. His eyes were cold moons, hard, lacking soul. When I left, he knew; his eyes knew. They weren't eyes of man but of demon! I remember the things he did... he was a demon (sobbing). You must understand. I grew up in Bogota poor, real poor—ya' know. It was a way out. This day in January, I needed to do it. I knew he was in town. I saw the hats. The men always wear them. He says they offer safety, but they're really just maize sacks. I was young, a different man then. The fields burned in the South. I had to do it. There was no future! They were going to Mexico. Had I known what I do now, I would have never... but I didn't, O.K.! Look, I don't know what he's doing now. But—I'm not sure if you'd want to either.

Pueblo Muri (Street Vendor, 2001) Fools! The man you seek is invisible. He goes by many names, seeing much. His skin is pale and as long as his clothes are banded with the sap of the Bignonia Chica, you'll find rocks talking (local expression) before you find him. The bands protect him. You will never understand (spits).

Alex Quinn (Financier, 1989-1991): Excuse me, but I invest for numerous clients. I should not be punished for doing a successful job. Shorting stocks is not a felony, although, perhaps that escapes your reason. Not shorting Marubeni (a Korean company investing heavily in Columbian fields) would be financial folly. Plus, it was my client's request. Yes, I've heard the controversy, but I didn't know of his involvement with burning. Sir, I assure you, I had no personal connection with the man—trust me. I found him quite repulsive in reality. I invited him to a shareholder meeting—a gesture I do for all clients. Don't overthink that. Anyways, black-tie event mind you, the man showed up wearing jeans. A positive bore at dinner, he said nothing: quite flat, didn't even take off his hat. He simply wore this self-assured smile—like he knew something. He always had that look, like he knew something. . . Anyways, that's where I last saw him. The man even made me pick up the check—probably smiled about that as well.

Testimonies 3335

Pancho Walnado, [codename WALDO], is suspected of running Juarez's notorious narcotics gang "Chicos Rayas" or Striped Boys. His location is suspected to be within the city, although his exact location is unknown. WALDO suffers metabolic myopia, a genetic disease, which limits his homeostasis and muscle control. As a result, he has been seen using a cane to assist with walking and frequently wears a sweater and hat to maintain body heat. WALDO follows Mayan superstitions, including striping his uppergarments with Bignonia Chica dye obtained from trees native to the Yucatan. WALDO has been uncontained since the early 80's and is suspected of crop burning, stock fixing, and drug trafficking. He remains at large.

芝加哥大學補充作文二

How does one compare apples and oranges?

"Wait...so we weren't meant to eat the fruit? Maybe next time you should give us objects that are not juicy, delicious and necessary for our survival!" To literally contrast oranges and apples, we must use our most primitive biological needs first. Before we quantify, qualify, and surgically dissect the spherical foods on the lab table, we must first ask an important question: "Is anyone hungry?"

Surely once the intermittent growling of stomachs has ceased, we may dive into realms of inquiry such as "What chemical interaction gives oranges their acidity?" and "Would Newton have also proposed the Laws of Gravity if it was an orange, rather than an apple, that had accelerated downward at 9.81m/s^2 and struck him on the head?" I may spend hours wondering about such questions, only until, however, a lack of food overpowers such thoughts. After all, apples and oranges are food and could be initially compared based on their nutritional values. Vitamin C? Fiber? All important, of course. Whether scurvy-stricken sailors on a long ocean voyage or my three-year-old self pleading for a cookie instead of fruit for my afternoon snack, apples and oranges serve a purpose. The nutrients provided by each are literally the fuel for thought processes that allow intellectual inquiry. To better understand the essay question, I decided to philosophize. I took refuge from the tropical Florida sun under the shade of an orange tree and wondered what makes each unique.

Holding an orange I had carefully plucked from the tree and a Granny Smith Apple I had bought at a local produce market, I realized a shallow contrast. They weigh about the same, but the apple is smooth and waxy while the orange is

pimpled and coarse. What I was doing immediately felt unnatural. Food is not meant to be analyzed like colored shapes in kindergarten. The act of eating is so personal, cultural, and meaningful that treating food so objectively is scandalous.

So, I consumed, not one, but both fruits, and the satisfied bliss transcended into wondering: “Why does the apple get all the love?” Adam and Eve were sinfully fond of the fruit, and folklore speech claims that it keeps away those pesky doctors. Apples hoard the spotlight, and isn’t that all people care about nowadays? Maybe people obsess over apples rather than oranges because of their character profile. Apples are rigid, plain yet comfortable, stern, and conservative. The tropical, colorful, energetic, profile of the orange might be too “wild” for many. Or maybe the alphabet dictates people’s preference. We learn the word “apple” before “orange” so this hierarchy of fruit is implanted in our minds at an early age. On that topic, is the orange really so insignificant that it can’t have a more original name? I could even trace the mentioning of apples to Thomas Edison and Abraham Lincoln who both lived amongst apple trees during crisp winters rather than gulping hot, humid air in tropical regions. Was it the apple that provided the inspiration for innovation and courage? Was the absence of the orange somehow prescriptive? I think it is less about their physical characteristics and cultural implications and more about their symbolic value. My musings had borne fruit. I realized, in fact, that the substance accompanied with the two fruits is evident in my own life. Oranges, with their tropical, bursting flavor, symbolize the fast-paced, vivid, energetic life that I have experienced in Miami since I moved here from England. It’s not better or worse than my prior home, just different. I embrace changes, though, and one must create a balance between apples and oranges, between continental and tropical climates, between needed seriousness and colorful fun. I lived “apple” in England and then “orange” in Miami. I’m ready for a return from the squishy orange to the crunchy apple. Illinois does harvest apples right?

二十一、 簡答題

哈佛大學簡答題一

Please briefly elaborate on one of your extracurricular activities or work experiences that was particularly meaningful to you. (About 150 words)

As a Miami Pro Soccer Camp counselor, I did many undesirable jobs such as carrying water coolers and washing neon pinnies. The most rewarding aspect of the camp, however, was coaching a small team of five-year-olds. Eduardo, my most easily distracted player, was enthusiastic about animals but not soccer. To get him interested, I adapted my coaching at the expense of a little self-humiliation. I created a drill in which the kids tried to hit me with a soccer ball. If they did, I would imitate an animal of their choice. That year, The Funny Monkeys, or the team whose coach agreed to wear a tutu if they won the championship, became the soccer camp champions. After the game, Eduardo gave me a dinosaur keychain, my trophy, which still swings from my backpack.

耶魯大學簡答題一（由一系列問題組成）

What in particular about Yale has influenced your decision to apply? (Please answer in 100 words or less.)

I have always found selecting my curriculum stressful. I feel grief for the alluring classes I have to leave out. To make amends, I took summer courses and explored topics independently. At Yale, I can “shop” for my classes, unbounded by contrived commitment. There, I would also be sparked into intellectual thought in the Bass library and on the Yale soccer field. In each intellectually infused environment, I would be inspired by the Yalies who are fueled by inquiry, ignited by an intense desire to learn, and, like me, carefully choose what to immerse themselves in next.

Please respond in 150 characters (roughly 25 words) or fewer to each of the questions below: You have been granted a free weekend next month. How will you spend it?

I would drive to the Florida Keys to scuba dive in the limpid water and to provoke myself into thought reading an issue The Economist on the beach.

What is something about which you have changed your mind in the last three years?

My SOS Club’s Bodypaint Squad messily painted “CAVALIERS!!!!” on their stomachs. I now know that you can’t have too many characters.

What is the best piece of advice you have received while in high school?

“Don’t worry about the grades. Understand what you learn, pursue your passions with energy, and the grades will come.”

-Mr. XX

What do you wish you were better at being or doing?

Ironically, I am the Sweethearts Dance Team Captain and a rather awkward dancer. I want to lead with groovy dance moves as well as with my demeanor.

What is a learning experience, in or out of the classroom, that has had a significant impact on you?

Since learning about National Public Radio’s podcasts, I listen to Marketplace Money or All Things Considered while riding my bike to and from school.

布朗大學簡答題一

It was my friend Arnold’s birthday. I had picked him up, and we had spent the day at the mall, playing video games, drinking vanilla milkshakes and watching the latest Disney movie, “Brave.” Arnold had just turned 23 years old. As a boy with autism, ---. As I pulled into the trailer that he called home—that he shared with his three brothers and parents, I stepped out of the car to say hello to his family. His mother gave me a hug and then turned. “Family day of birth photos!” she exclaimed, in a thick Spanish accent. I grinned and held out my hands for the camera, ready to take a picture of their entire family together on Arnold’s birthday, but she waved my hand away. “You in photo.” I bashfully stood next to Arnold and smiled for the picture. She ran inside to get her other sons and her husband, and soon we were taking posed shots on their front porch. She put the timer on self-snap and ran to join us in the picture. The huge lanky boy with autism put his hand on my shoulder as he grinned blissfully into the camera. It flashed once and I felt a wave of love for this family. I had barely known them a few months ago. The next weekend, as I knocked on the door to pick up Arnold for a day at the park, I noticed something

new in their living room. A framed photo of the Lopez family, and in the middle was me, grinning widely.

布朗大學簡答題二

Tell us where you have lived—and for how long—since you were born; whether you've always lived in the same place, or perhaps in a variety of places.

Born in the boiling humidity of Miami to two American parents, I spent the first three years of my life speaking Spanish before English, thanks to my Cuban nanny who would look after me while my parents were working. By the time I had turned three, I was on a plane to the English countryside. I grew up in the idyllic town of Dorking, Surrey, just 45 minutes outside of London. It was small town, and even though London was a short train ride away, everyone knew each other's name on the street. We were always the American family, the ones who made pancakes and lighted fireworks on the fourth of July. After living in England for 8 years, my mother, my siblings and I packed up and moved back to Miami. Living in America since aged 11, here we are the British ones. The ones who had the accents and said the strange words like "lorry" and "tube." I love being able to connect to two cultures and I know I have a home in both places.

布朗大學簡答題三

What areas of study are you drawn to?

Albert Camus once said, "Culture is the cry of men in face of their destiny."

This is why I want to study anthropology. I want to study the reasons that we, as humans, act, think and do what we do.

意見回饋

Fair Opportunity Project 有一個任務：替學生收集最有價值大學申請與財務補助的資訊，特別是為那些能從中受益最多的學生。本指南很好、真的很好；數十名學生、顧問、高中升學顧問、大學升學顧問、與招生官都曾經閱讀、審核與評估過。我們覺得我們已經製作了最容易理解的大學升學指南，但我們希望做得更好，特別是在這申請流程與財力補助時常變動的時刻。

如果你有任何批評、修正、建議、或其他意見回饋，請寄到[這裡](#)。

額外的工具

最後，我們這裡列出一些免費的資源，希望能幫助你踏上申請與支付大學的漫長路途上。

- [Khan Academy: College Admissions](#)
- [bigfuture by the College Board](#)
- [The Complete Guide to College Admissions by Accredited Schools Online](#)
- [College Admissions Handbook by the NYC Department of Education](#)
- [What types of colleges fit your personality and goals by the Washington Post](#)