

SCHOLAR QUARTERLY



Aga Khan Education Board for the United States of America

Welcome Back to School!

It's time for the new school year. This is the perfect moment to reorient yourself, establish new goals, and take some time to focus on yourself and your plans for the upcoming year. Use this time to connect with your peers and mentors. Building a network and support system is critical for success!

Have any school-related questions or need guidance? **Reach out to your local AKEB team!**

“An education must equip students with the tools that enable them to adapt, and thrive, in a world characterised by change.”

-His Highness the Aga Khan's vision for the Aga Khan Academies: What does it mean to be an educated person? (Aiglemont)

Wellness Hacks

Sleep is critical for success. Prioritize sleep hygiene so you can be well rested as you take your days. Establishing a nighttime routine that works for you may take some time, but it is worth the investment. Evidence shows that sleep is necessary for memory retention, better health, and a strong immune response.

AKEB's Back to School Checklist

While you are taking on the transition of going back to school, utilize the checklist below to keep you grounded and focused.

1

Establish a Routine

Use the start of the year to get comfortable not only with your class schedule but also with what your day looks like before and after school. Really take some time to establish a routine so that you do not compromise your work or your mental health throughout the school year.

2

Identify Areas of Support

Now that you have been in school for a few weeks, you have had the opportunity to explore the coursework you will be taking. Take this time to identify areas/classes that may require extra attention. This way, you can allocate your time properly and not compromise your grades.

3

Prioritize Your Mental Health

School is important, and staying on top of your work is critical, but that does not mean you compromise your mental health. Take some time to recognize what activities bring you peace. Begin scheduling in time for activities that also allow you to process your days. This can be meditation, sports, reading, or even going on walks.

Scholarships

Burger King Scholars Program

Deadline: 12/15/2022

Financial Goals Scholarship

Deadline: 12/31/2022

College Here I Come Essay Scholarship

Deadline: 01/31/2023

9TH GRADE



Get Familiar

The start of the year is a good time to identify study spaces where you know you will be able to focus. Whether this is your bedroom, kitchen table, library, local coffee shop, or book store, make sure you can concentrate in that area. Find more than one place so that you can alternate locations. This ensures that you do not tire of the space and offers variety.

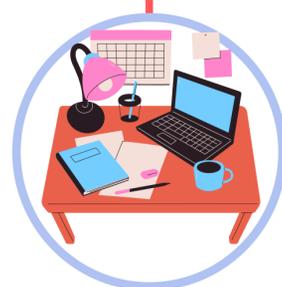


Try New Experiences

Welcome to high school! This is a new space, and there is a lot to get to know. Take the start of the year to familiarize yourself with the school, your schedule, courses, teachers, and the resources available to you at school.

While change can be stressful, it is also a great time to experience new moments.

Find Your Study Spaces



High school offers a wide range of clubs and extracurriculars that you can choose to pursue. New organizations are a great way to meet new people and learn new skills. Being part of different organizations is also a good way to build your resume for future college applications. The organizations can be band, orchestra, chorus, Beta Club, Key Club, etc.

STUDENT SPOTLIGHT



Amal Meghani

10th Grader - Chicago, IL

For the students starting 9th grade, my advice to them is to walk into your first day ready to learn and with a positive attitude – high school is what you make it! YOU have the opportunity to join clubs and sports, and to build meaningful relationships with classmates and teachers. Extra-curricular activities are a great way to make new friends and build a sense of belonging in your community. I play football, basketball, and badminton, and am part of the Science Olympiad team, Medical club, and South Asian American club. My friend and I are also working on creating a new film club for our school, as that is a passion we both share and want to explore with other interested students!

One habit of mine for the start of school is having an organized backpack everyday. Taking notes and doing homework is much easier when I have a clean bag. Taking care of yourself and being independent and responsible are great habits. Most importantly, I try to maintain a proper sleep schedule before school starts so I can continue it during the year!



10TH GRADE



Plan Your Schedule

As a sophomore, you know what works for your success and what doesn't. Reevaluate your schedule and routine. Establish the routine that works well for you, and don't be afraid to test out new methods. This is also a good time to update your routine to balance out your schedule with academics and your personal life.

Try out new tactics like establishing a study group with friends or test out a new study location! Change can be good to keep us fresh and engaged.

Last year you took some time to explore clubs and organizations that interested you. Now is a good time to focus in on a few groups that you can grow in as a leader.

Leadership skills are a critical life skill!



Connect With Mentors

Be a Leader



Your school has a built in network that is there to support you. Take some time to introduce yourself to the guidance counselor in your school. Share your goals with them and where your interests are rooted. Guidance counselors will support you in your college search and application journey later in your junior and senior years.

STUDENT SPOTLIGHT



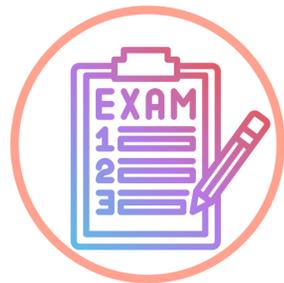
Faizan Khaja
11th Grader - Atlanta, GA

“You made it! It's your Sophomore Year and a year full of fun and academic achievement awaits you. Some questions you might want to ask yourself are: How can you fulfill your role as a part of your school's community? What do you enjoy about school? It's important to advocate for yourself as a student and as a part of the larger student body. Think about what you excel at and what you lack as a student. Make it your goal to become the best student you can be. These goals could be based on time management skills, studying skills, and just being more involved overall. Create a personalized plan for how you could achieve these goals.

You might already be thinking about joining specific clubs so that you can put it on your résumé, but be intentional about the extracurriculars you commit your time to. Choose an organization, club, or sport that you truly enjoy and that intrigues you. Once you figure out what that means to you as an individual, be consistent with your involvement and continue throughout high school. As you progress, consider applying for leadership positions within those extracurriculars because it teaches you leadership skills, time-management, and overall creates a beautiful and functioning community. My advice for current sophomores is to work diligently and don't lose momentum because it will all be worth it in the end! In the meantime, do your best inside and outside of school. Prioritize yourself and continue to thrive!



11TH GRADE



Prepare for Standardized Tests

As a junior in high school, you will have the opportunity to explore standardized academic tests to prepare for college applications. These tests can either be the SAT or ACT. While standardized tests are not the only metric utilized by colleges to identify strong candidates, they are an important factor that is heavily considered. Use this year to take practice tests and identify areas that need improvement. Then when you feel secure, start scheduling your tests

Since the next year of your high school career will be spent completing college applications, take some time this year to evaluate where you stand as a future applicant. Maybe it's time to really invest in leadership skills or maybe you want to focus on maintaining your grades. This is the time to take a step back and recognize areas of strength and areas that could use some more focus as you dive into junior year.



Continue to Invest in Extracurriculars

Now that you have focused on organizations you connect with, use this year to develop your leadership skills and general commitment to the organization. College applications like to see longevity and investment when it comes to extracurriculars. However, do not be afraid to diversify and try something new. As we grow, our interests also evolve!

Conduct a Holistic Review



STUDENT SPOTLIGHT



Iliyan Kanji
12th Grader - Los Angeles, CA

“My advice to current 11th graders is to make sure you are staying on top of school work and developing good relationships with your teacher. I wish I realized that 11th grade is more demanding than 10th and will require you to put in more effort. It is also important to challenge yourself with selected courses but to find an equilibrium so you are not overwhelmed. Universities like to see students challenging themselves by taking AP or IB courses but not to the extent of sacrificing your grades.

You should join clubs to gauge your interests in different subjects as well as look for leadership opportunities whenever they arise. You should not wait for opportunities to come your way but rather be proactive. Sports teams are also a great way to socialize and build camaraderie with your peers. I would also recommend to apply to programs like college expedition to get exposure to universities.

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12TH GRADE



Plan Out Your Semester

When applying to colleges, there will be schools that have different deadlines. While some schools do use the Common Application, you may have secondaries for certain programs or schools that have their own application system. Take some time to organize your application deadlines so that no application gets missed in the mix. Doing the research early on will protect you in the upcoming application season!



Practice Self Care

Senior year is a busy school year. With finalizing your application lists to finishing school, there are a lot of items that keep getting added to that to do list. Use a planner or google calendar to keep yourself organized. Prioritize what needs attention - that could be one final attempt on the SAT or completing a final draft of your personal statement. Taking some time at the beginning of the year to plan out the upcoming semester can help alleviate any anxiety that can follow with the pressures of senior year.

Prioritize Deadlines



Senior year can be very chaotic and very stressful, but it does not come with its own type of fun. With the many expectations associated with senior year, do not forget to prioritize yourself. Identify small rituals that bring you peace. Practice daily habits that keep you engaged with yourself. Take some time to do the tasks that bring you joy. Stay hydrated, get enough rest, and prioritize your mental health!

STUDENT SPOTLIGHT



Alice Virani
Freshman at Lake Forest College

Advice that I have for upcoming seniors is that they should try to take more risks. When I was in high school, I wish I'd known that taking risks was not as bad or scary as it seemed to be. Whether taking a risk means being in a leadership position or to go try something they've never done before, I'd suggest that seniors should challenge themselves to do it. In high school, there are many clubs, resources, and places to experiment with these things. In the end, it can be really beneficial because it'll allow them to be more confident about their futures and sure of themselves. Taking risks is a really useful skill for after high school and life in general.

To prepare for your final year, I suggest finding a way to balance working hard and having fun. Remember that it is your final year in high school, so make sure to go to events and hang out with friends. but also pay attention to your deadlines and read your emails. Work on things ahead of time and make itineraries! Your senior year should be one to remember, so prepare by being conscious of when you're falling behind or when you're overworking yourself.

