



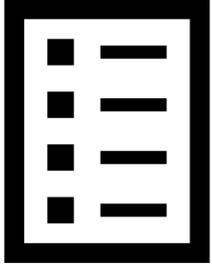
College Admissions Success: An Overview and Roadmap

Part 1: Monday, 11th March 2022



Mustafa Abbas
Head of Counselling
LGS JT

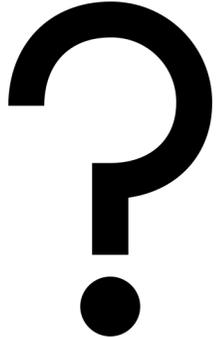
Agenda for Today and Wednesday



- Start with “Why”
 - How Colleges Make Admissions Decisions
 - Countries and Destinations
 - Finances, Financial Aid and Scholarships
 - Researching and Choosing Universities
 - College Application Essays
 - Our Counselling Process
 - Academics and Academic Profile Building
 - Tackling the SAT and other Standardized Tests
 - Extracurricular Activities: Importance and Way Forward
 - Major and Career Choices
 - Q&A (at end of both sessions)
- Time Permitting
- Teachers’ Recommendations
 - Process at JT and Gantt Chart
 - Personal Qualities that Colleges Look For

Start with "Why?"

**Why do you want to go to college?
What is the purpose of your university education?**



- **NEED: Why do you "need" a great university education?**
 - Get a recognized degree
 - Build a career
 - Earn
 - Build social recognition
- **WANT: Why do you "want" a great university education?**
 - Pursue an area of intellectual passion in depth
 - Interact with and learn from inspiring faculty
 - Learn from the diversity of peers at college
 - Conduct research into areas that fascinate me
 - Grow as a person
 - Make meaningful friendships and connections
 - Challenge myself
 - Discover new interests and strengths



Regardless of the outcome, the college application process is a tremendous opportunity for your personal and professional development

- **How my "why" developed**

Start with "Why?"

TED Ideas worth spreading

WATCH DISCOVER ATTEND



TEDxPuget Sound • September 2009 | 58M views

Like (1.7M)

Share

Add

How great leaders inspire action

Simon Sinek

Screenshot

Read transcript

How Colleges Make Admissions Decisions



**Formulaic
(By the Numbers)**
Quantitative



**Whole Person
(Holistic)**
Quantitative and
Qualitative



How Colleges Make Admissions Decisions



Holistic Admissions Process



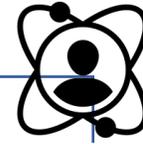
Academics

- Grades
- Rigor of coursework
- Standardized test scores
- Academic awards and honors
- Recommendations
- Pattern of achievement and improvement



Extracurriculars

- Breadth and depth of involvement, impact and achievement
- Level of achievement – school, interschool, city, regional, national, international.
- Passion



Personal Qualities

- Gleaned from all parts of the application
 - Application Essays
 - Recommendations
 - Academics and ECs
- Assessing "fit"

Holistic Admissions Review



Holistic Admission

At Stanford, we practice holistic admission.

Each piece in an application is part of an integrated and comprehensive whole.

One piece tells us about your background and life experiences, another about your school and your academic achievement. We learn from others about your character and intellectual contributions. In your essays, we learn about your ideas and interests, and what is meaningful to you.

In a holistic review, we seek to understand how you, as a whole person, would grow, contribute, and thrive at Stanford, and how Stanford would, in turn, be changed by you.

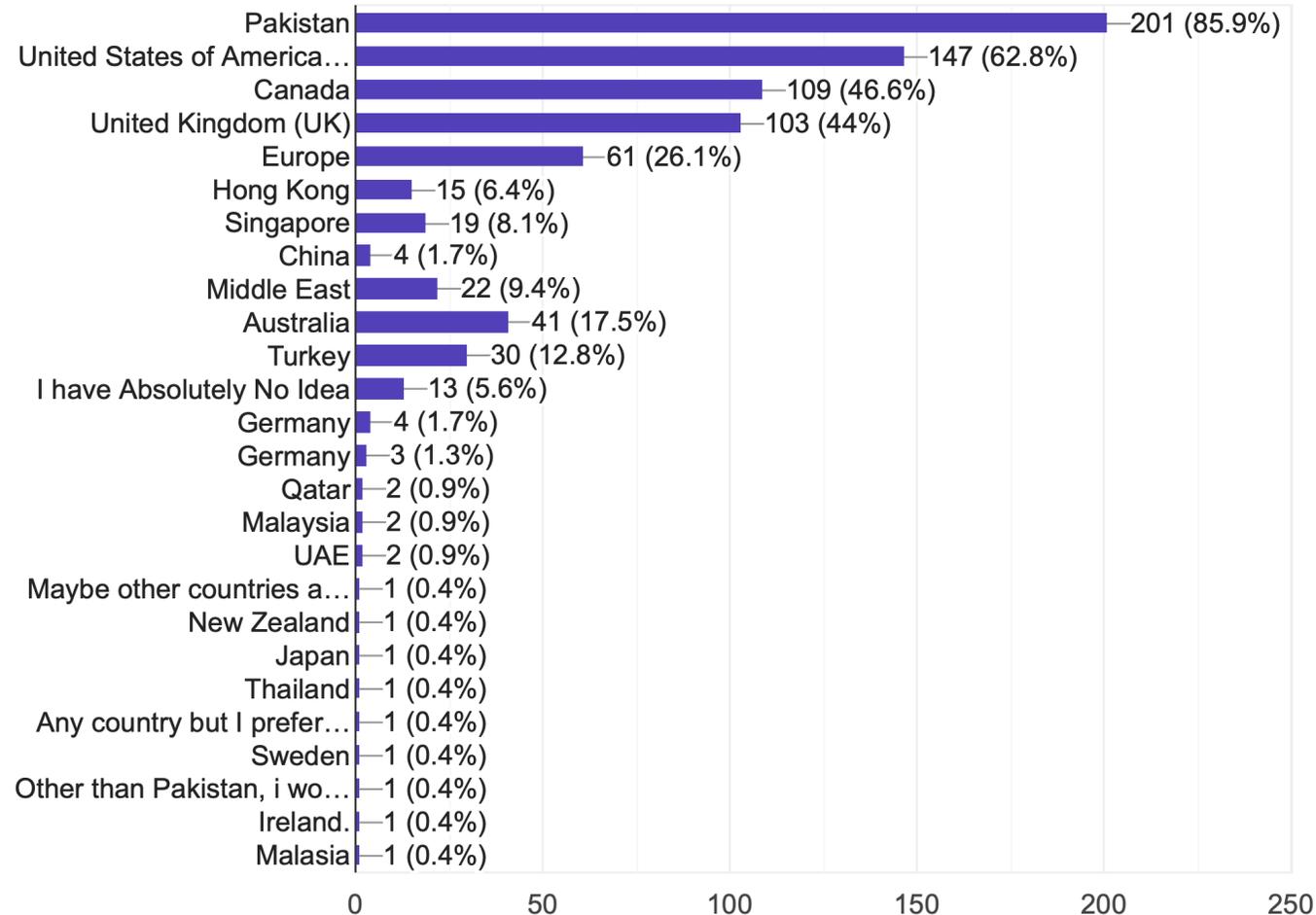


**Stanford
University**

Choosing Countries

COUNTRIES and DESTINATIONS: In which countries/destinations are you considering applying to universities? Select all that apply.

234 responses



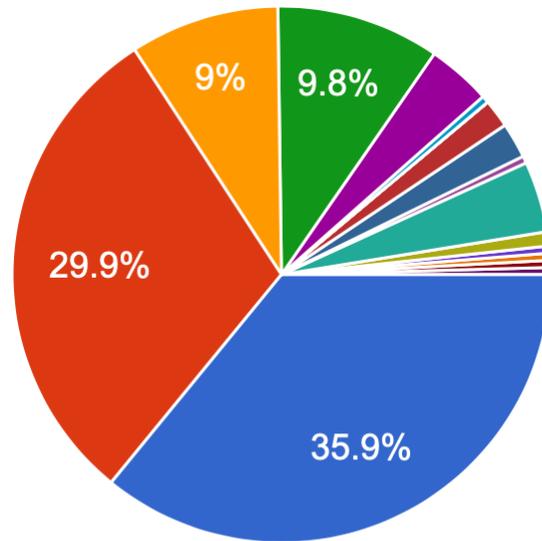
**Preferences
Class of 2022**

Choosing Countries: Top Choice Destination

TOP CHOICE COUNTRY/DESTINATION: Of the countries/destinations you selected above, which one is your top choice?

234 responses

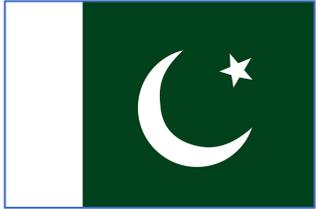
**Preferences
Class of 2022**



- Pakistan
- United States of America (USA)
- Canada
- United Kingdom (UK)
- Europe
- Hong Kong
- Singapore
- China

Choosing Countries

First Check: Financial Affordability



Pakistan

- Recommend all students to apply to at least 2 universities in Pakistan as a safety option (visa/travel restrictions)
- Much lower cost and affordable options compared to many destinations abroad
- Financial aid and scholarships are available at some institutions
- Notable Institutions: LUMS, IBA, GIKI, NUST, FAST, LSE, UET, PIEAS
- Law, Accounting and Medicine students generally prefer staying in Pakistan
 - Law
 - Requires LLB, familiarity with Pakistani law and legal system
 - US track (Pre-law + JD/LLM) takes 6 years
 - UK legal system similar and compatible with local system, works for those who can afford it
 - LUMS BA LLB, UCL
 - Accounting
 - Requires professional qualification (ACCA, ICAP), which are served well locally at low cost
 - ICAEW in the UK is also a good option
 - Bachelors in Accounting and Finance (LUMS, IBA)
 - Medicine
 - MBBS in Pakistan costs much less and takes 5 years (US, Canada can take up to 9 years to get an equivalent MD)
 - 5 year MBBS can cost upto 50,000 GBP/year in the UK
 - Notable institutions: AKU, KEMC, CMH, LMDC, FMH, AIMC

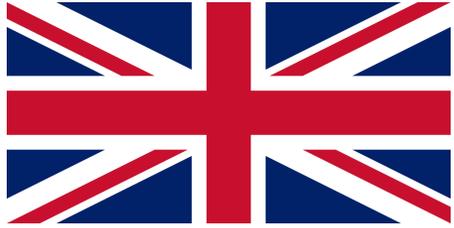
Choosing Countries



United States of America

- 2500 degree granting institutions
- 2 year colleges generally not explored as an option
- Ideal for students who want a diverse, liberal arts curriculum with significant flexibility to change majors and take classes in a variety of disciplines.
- Students who want a well rounded undergraduate experience emphasizing holistic development (skills, perspectives and personal qualities).
- Most colleges use *The Common Application/Coalition Application*
 - Components: Biographical information, Activities grid, Academic awards and honors, 2 Teachers' Recommendations, Counselor Recommendation, CommonApp personal essay, financial aid application and supporting documents, Self reported academic record, Art portfolio (optional)
- **Costs**
 - Average total costs: \$60,000, Can go up to \$80,000
 - Costs of living: \$12,000 - \$20,000
 - Tuition
 - Lower tuition fees at public universities (average: \$26,000)
 - Private non profit (average: \$36,000)
- **Financial Aid**
 - Financial aid is widely available but competitive, and many universities meet upto 100% demonstrated need
 - Need blind universities: Harvard, Yale, Princeton, MIT, Amherst, Dartmouth.
 - All other are need aware: Amount of aid applied for matters
 - Use Collegeboard Bigfuture to filter universities
 - Collegeboard Excel Sheet: [International Undergraduate Financial Aid Statistics](#)
 - Financial aid information can be found on university website (be careful to consider information relevant to international students only).

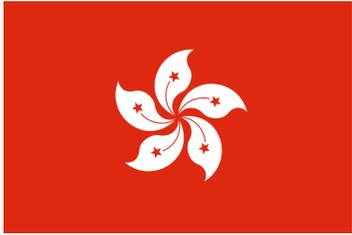
Choosing Countries



Canada and UK

- Both offer world class programs at globally top ranked institutions
- Financial aid and scholarships not widely available
 - Very few and competitive large scholarships, some smaller scholarships
- Apply to a specific field of study within a university (e.g. BS in CS)
- Check costs for each individual program, since they vary by university and program.
- **UK:** Apply through [UCAS](#) – CIE O Level grades, predicted A Level grades, 1 teacher reference and personal statement
 - 3 year undergraduate degree
 - SAT not required
 - Costs: Average Tuition – 22,000 GBP, living 10-15,000 GBP
 - Offer of admission conditional on CIE A Level result
- **Canada:** Apply through university or regional portals (e.g. OUAC)
 - SAT not required
 - Costs: Average Tuition – 28,000 CAD, living 15,000 CAD on average
 - Personal essay and/or recommendation(s) requirements vary by program and scholarship

Choosing Countries



Hong Kong

- Notable Universities
 - The University of Hong Kong (HKU)
 - Hong Kong University of Science and Technology (HKUST)
 - Both offer merit based entrance scholarships covering upto full tuition and cost of living (conditional on A Level result)
- Other universities: Hong Kong Polytechnic University (PolyU), City University of Hong Kong



Singapore

- Notable Universities
 - National University of Singapore (NUS)
 - Nanyang Technological University (NTU)
 - Singapore Management University (SMU)
- Singapore government sponsored loan program

Choosing Countries



Middle East

- Notable Universities
 - Northwestern Qatar (Journalism and Communication)
 - Carnegie Mellon University Qatar (Computer Science, Business)
 - Gerogetown Qatar (International Relations)
 - Welll Cornell Qatar (Medicine)
 - Texas A and M Qatar (Engineering)
 - Qatar Foundatioh sponsored loan program
 - New York University Abu Dhabi (NYU AD) – Range of disciplines



China

- Notable Universities
 - Duke Kunshan University (DKU)
 - NYU Shanghai
- All other major universities have Chinese as language of instruction



Turkey

- Notable Universities
 - Koc Universitesi
 - Bilkent
 - METU (Middle Eastern Technical University)
 - Sabanci

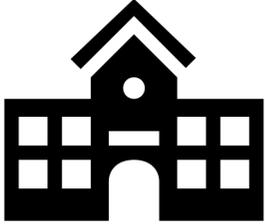
	Item	USA	UK	Canada	Europe	Hong Kong	Singapore	Turkey	LUMS (Pak)	IBA (Pak)
1	O-Level Certificates	Y	N	Y	Y	Y	Y	Y	Y	Y
2	Pre O-Level Transcript(s)	Y	N	Y	Y	Y	Y	Y	Y	Y
3	Teachers' Recommendations	Y (2)	Y (1)	Varies by University/Program : Discuss with your Counselor		Y (2)	Varies by University/Program : Discuss with your Counselor		Y (2)	Not Announced
4	Self-Assessment Questionnaire (SAQ)	Y	N			Y			N	N
5	Evidence for Activities and Awards	Y	N			Y			Y	N
6	SAT/ACT Report(s) (if available)	Y	Upload if available Discuss with your counselor						Y	Y
7	Stated Annual Family Contribution	Y	N	N	N	N	N	N	N	N
8	University List	Y All applicants in all phases must upload complete list of universities they are applying to								

Researching and Choosing Universities



- **University Research**
 - University websites and YouTube Channels (e.g. [Penn Admissions](#))
 - **US:** [Collegeboard's Bigfuture: College Search](#)
 - Filters by selectivity, majors, test scores, location and more
 - Financial Aid for International students (filter)
 - Financial Aid Stats for International students (Collegeboard Excel Sheet)
 - **A word on university rankings**
 - Do university rankings matter? | Hiroshi Ono | TEDxOtemachiED.
(<https://www.youtube.com/watch?v=Owghne9K1p4>)
 - **UK:** [Guardian Education](#)
 - **Canada:** [Macleans](#)
 - **Other University Profiles and Rankings websites (US, Global by country, by discipline)**
 - [USNews](#)
 - [QS Universities](#)
 - [Times Higher Education](#)
 - Contain university profiles, useful articles and guides

Researching and Choosing Universities



- **Structure university choices into 3 categories to manage risk**
 - **Dream/Reach:** No holding back
 - Less than 15-20% acceptance rate
 - Long shot for anyone who applies
 - Essential: raises the quality of your entire application
 - Encourages a positive sense of self belief and eliminates potential regret
 - **Match:** Reasonable chance of acceptance
 - Approximately 20-40% acceptance rate
 - Your academic profile (SAT Score and GPA/grades) on or near medians
 - **Safety/Backups:** Very good chance of acceptance
 - Places you should want to go to
 - Approximately 35-40%+ acceptance rate
 - Your academic profile (SAT Score and GPA/grades) on or near 75th percentiles
- **Final list made in 2-3 iterations**
 - Eligibility factors (e.g. financial aid, location, intended major offered)
 - Personal Fit Factors (e.g. campus culture, academic programs, research opportunities)
 - Final List (recommended: 12-25 colleges)

Researching and Choosing Universities



Personal Fit Factors:

Does the university resonate with you?

Will you make the most of your goals for college at this university?

Will you enjoy 4 years of being there?

- Deeper university website search
 - Location
 - Majors
 - Degree of flexibility
 - Campus Culture and community
 - International student presence
 - Research opportunities
 - Career and placement opportunities
 - Extracurricular clubs and activities
 - Campus life
 - Special academic programs (study abroad, co-op etc.)
 - Student Faculty Ratio
 - Class size

- Independent Websites (especially for campus culture)
 - Quora, College Confidential, Reddit forums, YouTube videos (day in the life of..)

Question and Answer Session





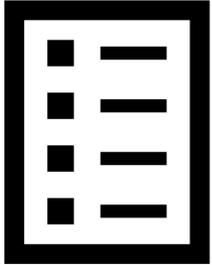
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Part 2: Wednesday, 13th April 2022



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Our Counseling Process

Getting Started

- **Academic Profile Building**
Subject choices, course-load and maintaining grades
- **Developing Self-awareness**
Identifying your interests, strengths and goals
Counseling Registration Form
- **Extracurricular Activities**
Choosing the right activities to build your extra-curricular profile
- **Major Choice**
Choosing field of study or being decidedly undecided
- **Career Exploration**
Researching and planning for potential career options



Our Counseling Process

University Search and Selection

- **Finances, Financial Aid and Scholarships**
Targeting scholarships and financial aid
Making college affordable
- **Exploring Countries and Destinations**
- **Researching and Choosing Universities**
Selecting the right fit for you
Register to apply through our online “Application Registration Form”



Our Counseling Process

Application Components

- **Essay Writing**
Personal statements and other supplementary essays
- **Preparing for SATs and ACT**
- **Recommendations**
Selecting your recommenders and getting great recommendations
- **Application Requirements**
Essential information and documents required for the process
Submit documents and final preferences through the
“JT College Applications Portal (CAP)”





Our Counseling Process

Post Admission Decisions

- **Celebrating Acceptances**
Choosing where to go
- **Waitlists and Denials**
Coping and strategizing
- **Making the Most of College**
How to get the most out of college experiences and education

College Application Essays

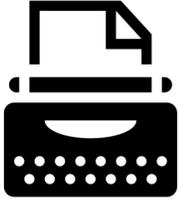


- **Personal Essay/Statement**
 - One main essay which goes to all colleges (Common App essay, 650 words)
 - College specific supplementary essays (e.g. why university?)
 - Program specific supplementary essays (e.g. why major?)
 - Thoughtfully and thoroughly researching universities and majors required here

- **Why colleges require them**
 - Develop context about you as a whole person
 - Get to know you in a way they may not through other parts of application
 - Give you space to tell them who you are as a person, beyond grades and achievements
 - Assess writing ability and style: How effectively you communicate
 - Assess "fit" for their college community
 - Extremely Important, almost make or break for selective admissions
 - Colleges use essays to differentiate between their best applicants

- **Choose to write about what will:**
 - Help them get to know you better
 - Understand what you will bring to the campus community (perspectives, personal qualities, passions).
 - Good rule of thumb: Show, don't tell

College Application Essays



“A vehicle for your unique voice.”

“Tell us your story.”

“It’s not a good essay if we can’t hear your unique voice. If its true to you, it is already a successful essay.”

- **The only part of the application over which you have complete control**
 - What you care about, believe in, has shaped you or you have shaped
 - Demonstrate thoughtfulness, depth of thinking
 - Be Authentic: Don’t rry to be someone you are not
 - Use your unique voice to differentiate yourself.
 - Don’t use predictable vanilla storylines
 - Establish significance: why are you writing about this?
 - Read and fully answer the question.
 - Attention to detail: read and proofread
- **Take time crafting your essays**
 - Start now!
 - Finalize well before application deadline
 - Sculpting: Iterative process of refinement
 - Rounds of writing drafts, feedback and revision
 - Self reflection and personal development, developmeng as a writer and thinker
- **Some Resources**
 - [BigFuture Get In: Essays](#)
 - [UPenn Admissions: Essay Writing Workshop](#)
 - [Khan Academy on College Essays](#)
 - [US News Education](#)

College Application Essays



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Essay

(The essay should be judged on mechanics, style, and content. Your rating for this category should reflect the writer's ability to organize his/her thoughts in relation to the topic answered. Short answer responses from elsewhere in the application may also be considered in this rating.)

1. *Short. No effort, Inarticulate, Poor grammar.*
2. *Superficial. Token effort. May be grammatically sound, but has no substance. No insight into the writer.*
3. *Typical essay. Effort and sincerity evident. No masterpiece, but obvious thought put into essay. While it may not be unique or special, writer comes across as interesting.*
4. *Very-well written. Flows. Person may write about the typical topics but does it better than most. Does something a little different or creative and does it well. Insightful. Essay enables you to get to know the applicant better.*
5. *Extremely well written. Creative. Original. Memorable. You want to share it with the rest of the staff.*

College Application Essays

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

Academic Profile Building

What Colleges Evaluate

- **Grades**
 - **Pre O-Level Transcript:** Class 9, 10 and 11 grades (midterms and finals)
 - **CAIE O Level result**
 - **A Level Transcript:** A-1 (midterm and final), A2 midtern (sendups)
After offer of admission, which may be conditional
 - **CAIE A Level result**
- **Rigor (Challenge) of Subject Choices**
 - **O Levels:** 8 (challenging), 9 – 11 (very challenging), 12+ (Most/exceptionally challenging)
 - **A Levels:** 3 (challenging), 4 (very challenging), 5+ (Most/exceptionally challenging)
- **Balance grades and rigor, giving priority to grades**
- **Academic Awards, Honors and Activities**
 - Internal school prizes (e.g. 1st in Physics, Outstanding Performance in Sociology)
 - Interschool, regional, national and international competitions (e.g. Academic Marathon, SEAMO)
 - Extracurricular activities and competitions of an academic nature e.g. Math and Science Olympiads.



Academic Profile Building



What Colleges Evaluate

- **Pattern of achievement and improvement**
 - The Growth Mindset

- **College-Level/Extra Coursework**
 - Online courses: EdX, Coursera
 - Summer schools/programs at colleges
 - Show your passion and ability in particular areas
 - Develop advanced knowledge and skill



**Build a Solid
Academic
Portfolio**



Transcript Evaluation	Grades Summary
Perfect/Exceptional	A*'s and A's
Excellent/Outstanding	Mostly A*'s and A's, some B's
Very Good	Mostly A*'s and A's, some B's and lower grades
Good	Mixture of A*'s/A's and B's, some grades lower than B
Average	Some A*'s, A's, mostly B's, some grades lower than B
Below Average	Few or no A*'s or A's, mostly mixture of B's and lower
Poor	No A*'s/A's, mostly grades lower than B's

Standardized Tests (SAT/ACT)

- **Is it required?**
 - Universities in Canada, UK, most in Pakistan (except LUMS) and other destinations don't require the SAT or ACT
 - Check specific university/program requirements where you intend to apply
 - Most US colleges are still test optional, but we encourage students to still attempt the SAT
- **When to Appear**
 - Prepare and practice rigorously and daily for 1.5 – 2 months before appearing for the SAT/ACT (atleast 12 practice tests)
 - Recommended to get it over with in A-1
 - If your practice score after rigorous preparation is significantly greater than actual score (50+ points), got for a retake.
 - 2 attempts is ideal, but upto 3 is acceptable.
- **ACT Vs. SAT**
 - Most universities will accept either one
 - Take the test that you feel you can perform better in
- **Collegeboard says no external tutoring is required, but may benefit some students**



Standardized Tests (SAT/ACT)

- **Preparation**
 - Aim for a 1600
 - Look for patterns of mistakes and other lapses over multiple practice tests
 - Attempt practice tests in precise exam day conditions

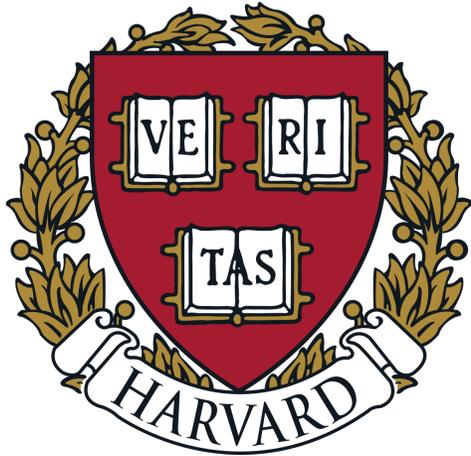


Extracurricular Activities

“

Extracurricular Activities

Learning about your extracurricular activities and non-academic interests helps us understand your potential contributions to the Harvard community.



Students often assume our primary concern is the number of activities in which a student participates. In fact, an exceptional depth of experience in one or two activities may demonstrate your passion more than minimal participation in five or six clubs.

In general, we want to understand the impact you have had at your job, in your family, in a club, in your school, or in the larger community, and we want to learn of the impact that experience has had on you.

”

Extracurricular Activities



Importance: Start Now

- **Integral part of the holistic application review process**
 - Especially important for selective admissions and scholarships
 - Evidence of personal qualities
- **We strongly emphasize real involvement and achievement for personal growth**, not just for the sake of college admissions
- **Essential for student personal development**
 - Organization skills
 - Time/Priority Management
 - Leadership and Responsibility
 - Teamwork
 - Communication
 - Real world problem solving experience
 - Commitment, Motivation and Resilience
 - Develop and demonstrate passion for causes or areas of study
 - Build confidence and self belief through achievements
- Collegeboard study revealed high correlation between Extracurricular achievement/involvement and SAT scores/grades

“Admission officers know that what potential students do with their time outside of school reveals important personal dimensions that statistics can't show.”



<https://professionals.collegeboard.org/guidance/prep-are/extracurricular>

Extracurricular Activities



Evaluation

- Colleges don't care about what activities students do, they care about how well they do them.
- Depth: Involvement and Achievement
- Breadth: Diversity and Number
- Universities value depth over breadth (superficial involvement)
 - Some students show both
- Look to achieve significant depth in at least 3 areas



ADMISSIONS
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Nonacademic Achievement Rating	Depth of Achievement	Breadth of Achievement
5	National or international level achievement	4 or more areas of significant achievement
4	State or regional achievement	3 areas
3	Significant at the area level	2 areas
2	Significant at the school level	1 area
1	No significant achievement	No significant involvemen

Extracurricular Activities



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Extracurricular Activities

1. *Little or no involvement in school, community, etc. Apathetic.*
2. *Some involvement. Perhaps in a few clubs or athletic teams with no real commitment to the activity or limited leadership roles. (May lack persistence through the years.) “Member of” is the extent of most involvement.*
3. *Average for the applicant pool. Has been involved in several clubs, participated in a few sports, some volunteer work, perhaps part-time job, or may have expertise in a particular club or activity with leadership positions.*
4. *Very active in diverse areas, plays quite a few sports or significant volunteer activities and perhaps a class officer. Significant leadership recognition. Committed. Special talents standout. May have consistent commitment to a part-time job.*
5. *Exception. A real leader. Recognition in high school for talents or accomplishments. Would definitely make an impact on campus. Major leadership roles. Involved actively in organizations, sports, etc. Devotes extraordinary amounts of time/effort to activities.*

Note: Take into consideration whether or not the student spends a significant amount of time at a part-time job, since activities might be limited by this commitment.

Extracurricular Activities

Building an EC Profile



- **Build on existing activities and areas of involvement**
 - Deepen superficial involvement if you are interested and have aptitude to excel in that area
 - Join school or outside school clubs and associations
 - Participate in competitions through the school or independently
 - Move up to leadership roles over time in existing engagements (e.g. volunteer → Project Lead for a group of volunteers).
 - Build on existing hobbies to produce output that can be showcased (e.g. painting, music, writing)
 - Social media is a great tool to showcase involvement and achievements
- **Add activities in new/unexplored areas**
 - Where do your strengths and interests lie?
 - What are causes and activities that you find most meaningful?
 - What skills and personal qualities do you want to develop?
 - Consider activities related to intended career(s) or field(s) of study
 - Look to add a unique/quirky activity that is not commonly pursued (differentiating factor).
- **Get and keep certificates for extracurricular achievement and involvement**

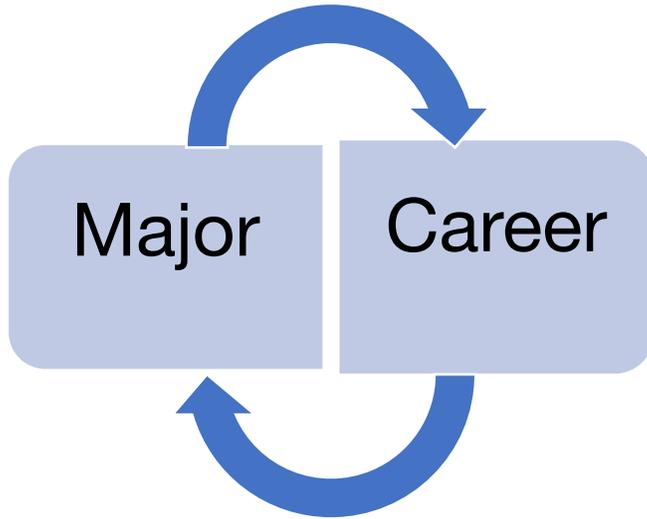
Extracurricular Activities



Building an EC Profile

- Some suggested activities
 - Internships (in intended career/areas of study)
 - Conduct research and publish on a formal platform
 - Take an online course related to an activity for a certificate
 - Volunteer Work
 - Entrepreneurship: Start a new business on a small scale
 - Develop a portfolio of artistic work (e.g. music, graphic design, acting, painting)
 - Start a website/blog/social media page/YouTube channel
 - Can be related to a talent, interest or cause you care about
- List of Activities
 - MUNs, Debates, Chess, Sports, Drama, Literary Activities (Writing/Poetry), Music, Gaming, Robotics, Coding and Software Development, STEM Olympiads, Student Government, Academic Tests (e.g. Euclid, IKMC), Peer Teaching, Business and Entrepreneurship, Arts and Design, Environmental Conservation, Media, Law, Astronomy

Major and Career Choices



Major \neq Career

- **Some careers require a specific major/academic background**
 - Engineering
 - Computer Science
 - Accounting and Finance
 - Law
 - Medicine
 - Higher Education Academia
- **Most majors can prepare for a range of careers**
 - Mathematics
 - Anthropology
 - Engineering
- **Most careers will accept a range of majors**
 - Corporate/Business Functions (Sales, Marketing, HR, Communications etc.)
 - Consulting
 - Banking
 - Teaching
 - Counselling
- **Graduate studies can be used to gain specialized skills and knowledge**

Major and Career Choices

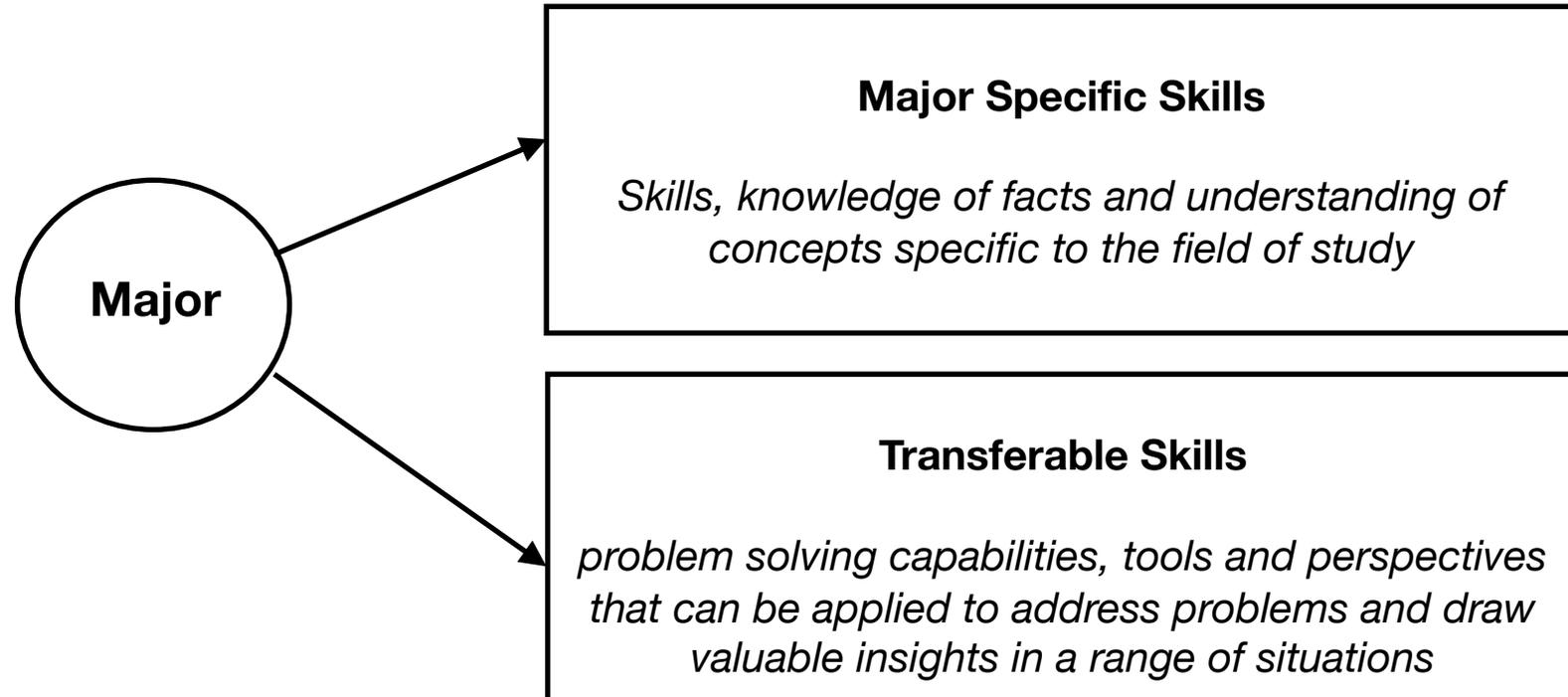


“The vast majority of jobs do not specify the subject studied at university; all degree courses equip you with a wide range of valuable employability skills.”

Jonathan Black, Oxford Careers Service



UC Berkeley
First Destination Survey



Major and Career Choices



Stanford
University

Career Education
Career Truths Handout

“

MYTH: “My major will dictate which job opportunities are open to me after graduation.”

TRUTH: Three quarters of all college grads don't end up working in a career directly related to their major. Every major has transferable skills and knowledge that will be marketable to employers and there are always ways to gain additional industry skills and knowledge outside of your major.

”



Berkeley
UNIVERSITY OF CALIFORNIA

University of California at
Berkeley, Career Center

“

Did you know that a study conducted by the College Placement Council indicated that the majority of college graduates are successfully Employed in fields not directly related to their academic majors?

”

Major and Career Choices

The Local Context

The LUMS Major Caste System: *Hierarchy*

Roughly.....

At the SHSSL and SDSB

- 1) Accounting and Finance
- 2) Economics
- 3) Economics and Mathematics
- 4) Economics and Politics
- 5) Politics
- 6) Sociology and Anthropology
- 7) Humanities

At the SSE

- 1) Electrical Engineering
- 2) Computer Science
- 3) Mathematics, Physics, Biology, Chemistry

Law and Policy (BA-LLB)



LUMS OSA Alumni
Survey:
Majors and Careers

Major and Career Choices

Core Transferable Skills



OSA LUMS Alumni Survey

What skills, knowledge and abilities did you gain by studying your particular undergraduate major that have continued to help you in your professional life (or in graduate school)?



**Career Awareness
Mindset and Behaviors**
(Personal Qualities)
Personal Effectiveness
Teamwork
Leadership





US Department of Education, Apple Computer, Cisco Systems, Microsoft Corporation, SAP, Dell, Ford Motors, Intel, The Walt Disney company and UNICEF.

Education to Employment



PARTNERSHIP FOR 21ST CENTURY SKILLS

ICPD's Research: Core Work Skills Program



Over 60 Top Employers in Pakistan



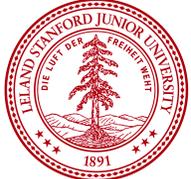
Core Curriculum



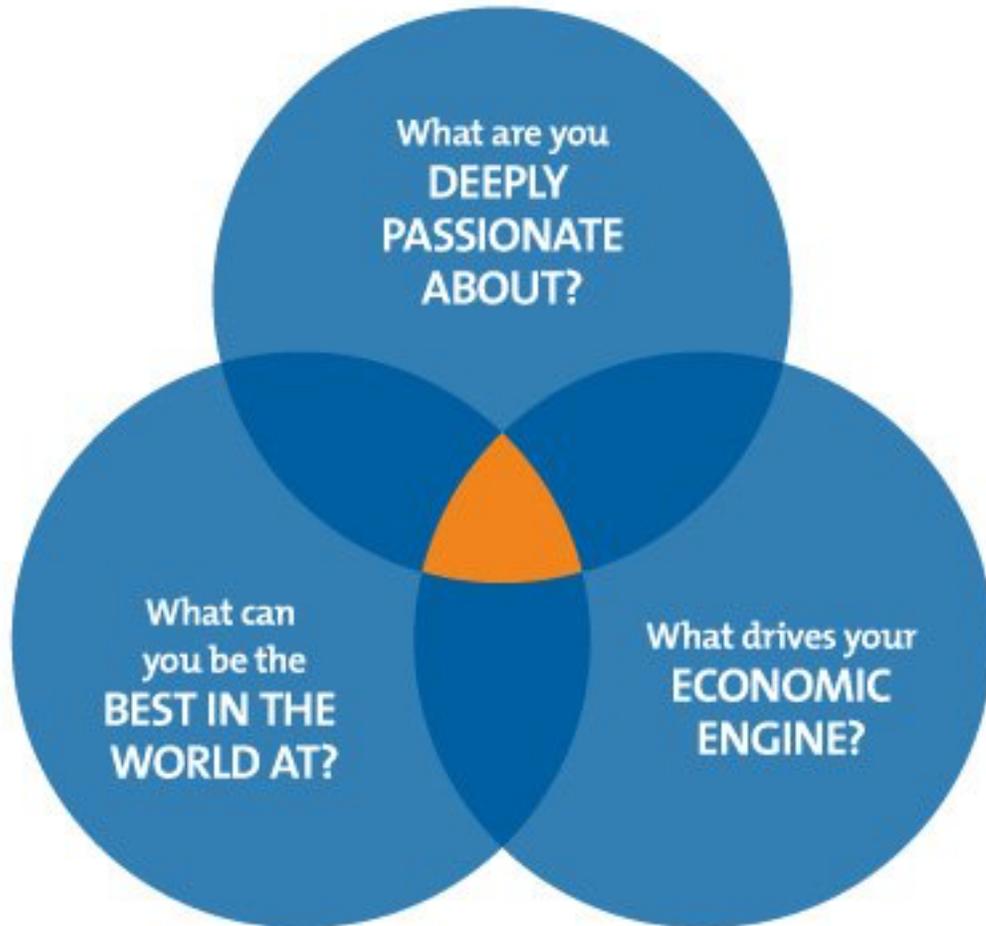
Graduates' Survey and Core Curriculum



University Core Curricula



The Hedgehog Concept

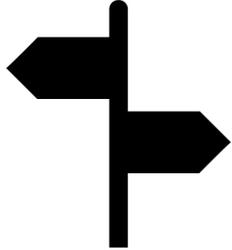


IKIGAI

A Japanese Concept That Means, "A Reason for Being"



Major Choice



**Counselling is
a process of
Guided
decision
making**

- **3 Possible Scenarios**
 - Defined interest in a major
 - Interest in multiple majors
 - Totally undecided

- **Do the Major(s) support the Career(s) you intend to enter?**

- **Do you have the academic background required to pursue your intended major(s)**
 - O and A Level subjects
 - Example: Engineering requires Mathematics and exposure to 2 of the sciences at A Level

- **Ask yourself why you want to pursue your chosen major(s)**
 - Is your reasoning deep and well thought out or superficial? Superficial reasons:
 - “My parents/family believe this is the best choice for me.”
 - “The future career and financial scope in this area is good.”
 - Check to see if major choice(s) are genuinely aligned with your:
 - Interests
 - Strengths
 - Career goals (e.g. financial, social impact, work-life balance)
 - Is your reasoning based on thorough knowledge of the field?

Major and Career Research

Deeply research and get to know your intended major(s) and career(s)



Web Resources

There are a plethora of tools at your disposal:

Major Choice

- *Collegeboard's Big Future: Majors and Careers* (<https://bigfuture.collegeboard.org/majors-careers>)
- *What Can I Do With a Major In....* (<https://uncw.edu/career/whatcanidowithamajorin.html>)
- *UCAS Subject Guide* (<https://www.ucas.com/explore/subjects>)
- *Guardian University Guide 2020*
(<https://www.theguardian.com/education/2016/may/23/guardian-university-guide-2017-the-subject-tables>)
- Dream university's website
 - [Oxford Courses](#)

Career Choice

- *College board's Big Future: Majors and Careers*
- *University of California at Berkeley – First Destination Survey*
(<https://career.berkeley.edu/survey/survey>)
- *US Bureau of Labor Statistics – Occupational Outlook Handbook (OOH)*
(<https://www.bls.gov/ooh/>)

Major and Career Research



- **Shadow a professional already working in your intended career(s)**
 - If possible, spend a day or two on the job with them
 - Ask them about
 - Day to day experience of working in the job
 - What is best and worst about their career and job?
 - What are the future prospects in their career?
 - What are challenges they face or anticipate in their career?
 - What academic background and other abilities are needed to be successful?
- **YouTube videos:** A day in the life of...

Interests and Strengths

 F&M

It is important for students to understand that their wisest choice of major is one that is based upon their **intellectual interests and abilities** – not upon how it may lead to a specific job. A good question to ask a student in this regard is: ‘what do you most like to read about, think about, and write about?’ - **Academic Advising Manual, Franklin and Marshall College**



Berkeley
UNIVERSITY OF CALIFORNIA

What should I major in?

Selecting a major does not mean you will limit the career choices available to you after graduation. If you choose a major that you **intrinsically enjoy**, you are more likely to excel academically, you will be more motivated in the classes you take, and when it is time to start looking for a job or applying to graduate school you will be able to explain with enthusiasm why you chose your major and what you gained from doing so. - **University of California at Berkeley, Career Services**



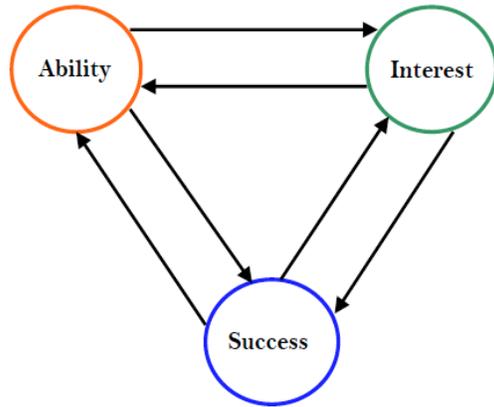
Stanford
University

Your major offers an opportunity to develop your intellectual skill, to show your capability in grasping a subject from the fundamentals through advanced study. . . . To give yourself a chance to produce your very best work, **choose a subject you find stimulating**. It can be difficult to excel in courses that you do not enjoy, and conversely you will naturally excel in courses that you find exciting. If you find that your major courses are drudgery. re-evaluate your choice of major. - **Susan Zare, Pre-Major Advisor, Stanford University**

Assessing Interests and Strengths

Strengths

- O and A Level subjects you have performed particularly well in (internal and external exams)
 - Grades
 - Academic awards and honors
- Extracurricular achievements
- Personal qualities
- Skills and talents you possess
- Areas of improvement

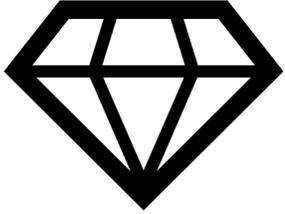


Interests

- Favorite subjects and subject areas, least favorite
- Careers you have considered throughout your lifetime that continue to fascinate you
- If you won the \$20 million lottery, how would you keep yourself occupied after initial travel/celebrations?
- Most personally satisfying accomplishment (academic and/or extra-curricular)
- Extracurricular activities and interests (most meaningful activity)
- Functional skills you enjoy using (e.g. public speaking, event planning, selling)
- Books, articles that you find fascinating
- Are you drawn to discussions outside of class with peers or teachers in a particular discipline?
- Make a wish-list of things you would love to learn: Do the majority of these fall in a particular discipline?
- Favorite hobbies
- Areas of disinterest
- Which ideas, concepts, and topics do you like thinking/writing/ reading or discussing about?
- Describe your most interesting project/experience in a work setting.

Career and Life Goals

What are your professional and personal goals?



What do you “value” in life (values)?

- Work Life Balance
- Work environment/culture/setting
- Financial/Money
- Social Impact/Service
- Prestige/Status
- Power and Influence
- Achievement
- Respect
- Helping Others
- Relationships
- Spirituality
- Independence
- Honesty
- Others?



List of Career Areas

Mustafa Abbas
Head of Counselling
 LGS JT

Circle any of the career areas and occupations you'd like to explore

<p>Arts/Media/Communications Entertainment Radio Broadcasting Television Broadcasting Journalism Editing/Writing Magazine Publishing Online Publishing Book Publishing Technical Writing Architecture Commercial Art Fine Art Photography Performing Arts Music Design</p> <p>Business Marketing Public Relations Business Development Finance Banking Accounting Sales Consulting Management Consulting Administration Human Resources Real Estate Hotel Management Insurance Textile Fashion Industry Retail Actuary Statistics Mathematics Sports Industry Manufacturing & Production</p>	<p>Education Teaching (School) University/College Administration (University/school) School Counselor Research</p> <p>Engineering/Computer Science Mechanical Engineering Electrical Engineering Civil Engineering Chemical Engineering Aerospace Engineering Information Technology System Administration Product Design Transportation Urban Planning</p> <p>Environment Environmental Science Geology Geography Anthropology Conservation Energy Wildlife Recreation</p> <p>Health Sciences/ Biotech Healthcare Physician Nurse Pharmacist Therapist Dentist Hospital Admin Pharmaceutical Manufacturing Biology Chemistry Veterinary Science Public Health Admin Psychology</p>	<p>International Language/Translation Travel Agent Foreign Service International Public Service Programs International Trade</p> <p>Law Attorney Judge Paralegal Public Service Law Corporate Law</p> <p>Public Service Social work Counseling Non-profit Admin Non-profit Service Government (Federal, Provincial & Local) National Security Police Policy Politics</p>
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Underline all those skills you have, and then circle the top 10 underlined skills you would enjoy using most.

Communication

Exchange, convey and express knowledge and ideas.

Write
Edit
Summarize
Verbal communication
Listen
Facilitate discussion
Consult
Teach
Train
Sell
Promote
Use languages
Interview
Make presentations
Negotiate
Ask questions
Conversational ability
Entertain
Host
Public speaking
Teamwork

Information Management

Arrange and retrieve data, knowledge and ideas.

Math skills
Organize information
Manage information
Keep records
Attend to details
Logical ability
Develop systems
Categorize
Summarize
Monitor

Organization Management

Direct and guide a group in completing tasks and attaining goals.

Solve problems
Time management
Make decisions
Lead
Meet deadlines
Supervise
Motivate
Recruit
Resolve conflicts
Mediate
Organize
Coordinate
Handle logistics
Delegate
Assume responsibility
Determine policy
Interpret policy
Apply policy
Set priorities
Strategize
Give directions

Design & Planning

Imagine the future and develop processes for creating it.

Anticipate problems
Plan
Conceptualize
design
Display
Layout/format
Design programs
Anticipate consequences
Brainstorm new ideas
Think visually
Improvise
Compose
Adapt
Create image

Research & Investigation

Search for specific knowledge.

Analyze ideas
Analyze data
Research
Investigate
Read for information
Interview for information
Gather data
Evaluate
Critical thinking
Synthesize information
Observe
Outline
Formulate hypothesis
develop theory
Calculate/compare

Human Service

Attend to physical, mental or social needs of people.

Interpersonal skills
Group process
Sensitivity to needs
Empathize
Counsel
Advocate
Use illusion
Coach
Provide care

Physical

Use hands or tools to build repair, and invent.

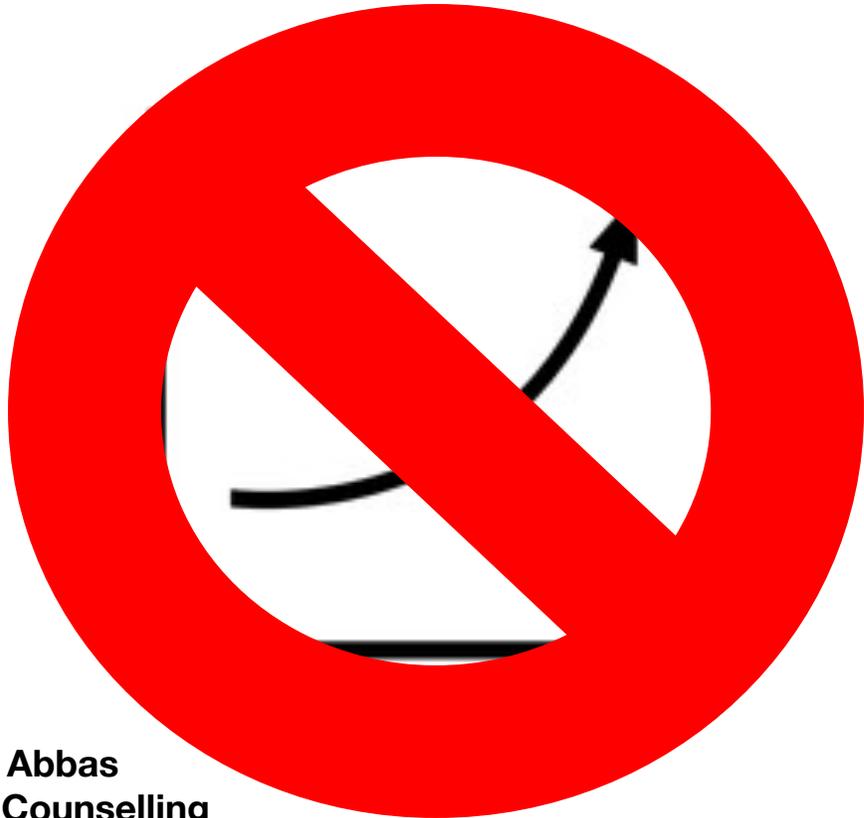
Build
Construct
Invent
Operate equipment
Repair

List of Functional Skills

Mustafa Abbas
Head of Counselling
LGS JT

Career Trajectories

What do successful career trajectories look like?



Major and Career Choices



MYTH: “I need to figure out my career right now.”

TRUTH: People today change jobs an average of 12 times throughout their career.

Reframe “what am I going to do for the rest of my life” to “what am I going to try first.”

Career Education, Career Truths Handout

GOAL: Reach as close as possible to a defined career and major choice but do not force it

- Some students are “decidedly undecided” intellectual explorers with multiple interests
 - Want to use college and other future experiences to make a decision later
 - Works for the US, other universities outside US that offer a liberal arts curriculum
 - Does not work for the UK, Canada and Pakistan
 - Students need to decide and apply to a particular field of study, but do not necessarily need to choose a career
- Keep key options open that you want after narrowing down choices



Careers



Majors

	Multiple Careers	Totally Undecided	Defined Career Interest
Multiple Majors	<ul style="list-style-type: none"> ➤ Shortlist to as few as possible ➤ Research shortlisted ➤ Consider double majors, majors and minors, major and range of courses outside ➤ Keep key options open 	<ul style="list-style-type: none"> ➤ Do career exploration exercise ➤ Shortlist and research careers ➤ Choose majors that match careers and aligned with interests and strengths. ➤ Research shortlisted 	<ul style="list-style-type: none"> ➤ Check defined career interest for depth ➤ Shortlist majors that best support career interest and are aligned with strengths and interests ➤ Research shortlisted majors and career
Totally Undecided	<ul style="list-style-type: none"> ➤ Shortlist careers ➤ Explore majors ➤ Choose majors that best align with careers and areas of interest and strength ➤ Research shortlisted 	<ul style="list-style-type: none"> ➤ Do some career exploration ➤ Shortlist careers ➤ Choose majors that best align with careers and areas of interest and strength ➤ Research shortlisted 	<ul style="list-style-type: none"> ➤ Check defined career interest for depth ➤ Shortlist majors that best support career interest and are aligned with strengths and interests ➤ Research shortlisted majors and career
Defined Major Interest	<ul style="list-style-type: none"> ➤ Check major for strengths and interests ➤ Shortlist careers ➤ Research shortlisted careers ➤ Major keeps career options open? 	<ul style="list-style-type: none"> ➤ Check major for strengths and interests ➤ Career exploration ➤ Shortlist careers ➤ Research shortlisted careers ➤ Major keeps career options open? 	<ul style="list-style-type: none"> ➤ Check for alignment with strengths and interests ➤ Does the major support the career? ➤ Research major and career

Teachers' Recommendations



Teachers Recommendations

- Two recommendations required (1 reference for UK)
- Develop rapport with teachers beginning now
- How to choose A Level teachers
 - Grades/performance
 - Rapport
 - Diversity of subjects (STEM, Humanites, Social Sciences)
 - Subjects related to intended area of study
 - Connection in a second role (e.g. activity coach)
- How to prepare them
 - Give them your resume/CV and pointers
 - Ask right after summer break

Question and Answer Session

