



ILRIO Preparatory Program

The Instituto de Liderança do Rio (ILRIO) has prepared these documents for our Preparatory Program. The documents were developed with the support of EducationUSA and the Fulbright Commission office in Rio de Janeiro. Additional information sources are cited where appropriate. ILRIO intends for these documents to supplement, not replace, any kind of personal advising system. We hope that they will be of use to all Brazilians with an interest in studying at a college in the United States.

O Instituto de Liderança do Rio (ILRIO) preparou estes documentos para o nosso Preparatory Program, com o apoio do EducationUSA e da Comissão Fulbright no Rio de Janeiro. Citamos fontes de informação adicionais nos próprios documentos. O ILRIO não pretende que estes materiais tomem o lugar de qualquer sistema de aconselhamento pessoal. Esperamos que sejam úteis para qualquer brasileiro que tenha interesse em estudar numa faculdade nos EUA.



INSTITUTO DE LIDERANÇA DO RIO

Tips on Choosing Colleges (for students, parents, and PCs)

Based on materials provided by EducationUSA/Fulbright

Revised by ILRIO

The first step in the college application process is to research schools that would be a good match for you. Which colleges offer the academic programs and extracurricular activities that interest you? Which can accommodate your family's financial situation with sufficient merit- or need-based scholarships? We've prepared this tips sheet and the accompanying worksheet to help guide you and your families through the process of researching colleges.

The Worksheet

Lots of applicants start their college search by listing the "big brands" and working from there. But there are many great schools out there--some of which you may have never heard of!--and some of them may be a better fit for you academically, personally, and financially. It's important that you think about your needs and interests first. Start by reading this document and then filling out the accompanying worksheet. Each of your preferences will have trade-offs. Usually you cannot have both a small and large campus, for example, but each characteristic has its advantages.

Vary the competitive level of your target schools!

Don't choose to apply to only the most competitive schools, such as Harvard, Yale, Princeton, or Stanford. Normally, you would have a chance to get accepted into all of them--or none. In 2008, Princeton, Harvard, and Yale accepted only one student from all of Brazil, and it was the same student at all three schools! Make sure your final list--which should contain between 8 and 10 colleges--has varied levels of competitiveness. Your final list should more or less break down in the following way:

- 2-3 reach schools
- 3 intermediate level schools
- 3 safety schools

Ask questions to guide your search for schools!

Many different factors and preferences ought to go into your college search. Here are some key questions to consider when you research colleges.

Size & Location

- **Small/big student body?** Do you want to be part of a large student body, where you'll have a chance to meet new peers as late as graduation? Or would you rather go to a small school, where your class will grow very connected by graduation? Do you care about the presence (or absence) of a significant graduate student population?
- **Small/big town?** Some great colleges sit in rural farmland; others, in major urban centers. What kind of place would you prefer? There are advantages both to a metropolis--where there will always be more to explore, even if campus cohesion is less--and to more of an enclave, where you can focus on your studies and become centrally involved with the community.

- **What region of the U.S.?** When Alaska and Hawai'i are included, the U.S. is bigger than Brazil. Regions differ greatly in terms of culture, weather, and environment. Even if you come from the beaches of Rio, you may find a great college in snowy New England.

Academics

- **Curriculum?** Are there distribution requirements that require you to take courses (of your choice) in general areas, such as history, sciences, literature? These kinds of requirements form the bedrock of a well-rounded liberal arts education, but they don't force you to take specific classes. Is there a core curriculum, a series of classes which all students must take? Or would you prefer no requirements other than your major, so that you have the liberty to structure your own education?
- **Undergraduates and graduates?** Some American institutions are colleges only, with no graduate programs. Others are full universities at which graduate programs--such as medicine, law, or public health--have a significant presence. Investigate whether the colleges you're looking at have a strong undergraduate focus. Sometimes, large graduate schools can benefit your undergraduate education: you can always meet older, more experienced students, and you'll find diversity of coursework and scholarship.
- **Class size?** Do you prefer large classes, with carefully-prepared lectures, or more intimate, conversational seminars? Some bigger universities often have more lecture courses, while smaller liberal arts colleges often have more favorable teacher-to-student ratio. What kind of classes are most common? Often times, even big courses will have smaller discussion sections, led by graduate students or professors.
- **Thesis or research opportunities?** Some schools require that all students write a thesis, equivalent to a Brazilian *monografia*, their senior year. Do you find the idea of conducting a longer, more in-depth project appealing? Other schools make have no such requirement but still provide opportunities for undergraduates to engage in research projects alongside top faculty. What opportunities are there for students to undertake creative scholarship?
- **What departments?** How strong is the school in the areas you want to pursue? If you have a special interest in engineering, international relations, literature, or anything, investigate what schools have good programs in your field.
- **Academic culture?** Are students constantly collaborating or competing? The vibe can be different in various departments and disciplines. Do you want a "workaholic" culture, or would you prefer somewhere a little more laid-back? These questions are especially important if you have a particular field of interest, such as chemistry (usually quite competitive) or French literature (usually more relaxed).
- **Study abroad?** Many schools provide support for students who wish to spend a summer, semester, or full year abroad, and some even have their own overseas programs. Would you want to engage in such a program? (Or does attending college in the U.S. already count as study abroad to you?)
- **Transfer credits?** If you are enrolled at a Brazilian university, the courses you complete may be eligible for credit transfer to an American institution--and you yourself may be considered a transfer student! Find out if the colleges you're looking at take transfer students and credits. You may be able to save time in fields you've already studied and potentially even money.
- **Law or medicine?** In the United States, law and medicine (including dentistry and veterinary medicine) are graduate rather than undergraduate programs. If you have an interest in any of these disciplines, please read our separate information sheet on your options for study in the U.S.

Student Life & Activities

- **Housing?** At some schools, almost everyone lives in residential halls or dorms for all four years; elsewhere, most students move to off-campus apartments

after a year or two. Many colleges simply do not guarantee on-campus housing for all four years. What kind of environment are you looking for? Don't underestimate the important role that housing choices play: when most or all students live on campus for all four years, a closer community tends to develop. At the same time, living off campus can provide a good degree of independence and allows for more interaction with the outside community.

- **Campus life?** What kind of infrastructure does the school provide to stimulate activities? Are there student centers, museums, performing arts centers, dance studios, football fields? What kind of cultural events or special lectures take place?
- **Sports?** Varsity teams and big games form an important part of campus life at many schools. Are you interested in participating in pre-professional athletics in college? How about in lower-commitment "intramural" sports? Even if you'd rather stay off of the field, you can always go cheer on your friends and peers. If you don't care much about sports, what other kinds of on-campus facilities would you look for? (Remember: in the U.S., "soccer" equals Brazilian "futebol", but "football" is a different--and very popular--sport.)
- **Activities and extracurriculars?** Every college has an extensive, and often surprising, list of extracurricular student organizations. Check to see whether your specific interest (ballet, juggling, the violin, cooking) is represented at the schools you're investigating. Sometimes, extracurricular activities can be incorporated into your classes, as in a drama or dance program. Many schools--especially those near or in urban centers--also have volunteer activities in the surrounding community.
- **Fraternities and sororities?** These social organizations form important parts of undergraduate life at many American colleges. Would you be interested in joining this kind of a society? Whether "yes" or "no," it's worth investigating whether the schools you're looking at have significant Greek life. (The term "Greek life" comes from the fact that frats and sororities typically take their names from Greek letters, such as Phi Delta Epsilon or Kappa Alpha Theta.)
- **Party culture?** Some schools are well-known for their on-campus festivities; others, such as MIT, tend to cultivate a more academic, work-centric atmosphere. What kind of environment would you look for--party-heavy, studies-heavy, or somewhere in between? For schools with larger undergraduate populations, it's usually possible to find a social niche that you like, regardless of what the rest of the student body prefers.

Internal Diversity

- **International student representation?** American schools make an aggressive effort to bring in students from other countries, but the total number of international students will vary from school to school. If you want a very international campus, be sure to investigate just how many students come from outside of the U.S. Brazilians are rare at American colleges, so don't be surprised if no one's ever heard of *feijão* before. (Don't forget that the international presence AROUND universities can be important, too. In Boston, for instance, there's a substantial Portuguese and Brazilian population!)
- **Ethnic diversity?** Undergraduate populations can form close-knit communities, and American colleges try to make sure that different ethnic groups are well-represented. What kind of ethnic makeup would you like to have at your school? What percentage of the student body is white, African or African-American, Asian, Hispanic, Native American?
- **Religious diversity?** On-campus religious organizations serve many different groups and faith backgrounds. If you practice one particular faith, investigate what schools have chaplains or student groups for you. Remember that a big part of the American college experience is meeting students of backgrounds different than your own; don't be surprised if you get to know people who practice some other religion (or no religion at all).

- **Single-sex or co-educational?** There are several excellent American colleges open to women only. Among these all-female schools are some very prestigious, competitive institutions, including Wellesley (Hillary Clinton's alma mater), Bryn Mawr, and Smith. Do you have a preference for single-sex or co-ed education? Even at a single-sex school, there are plenty of off-campus social opportunities that are for both men and women.

Financial Aid for International Students

Because of the high costs of an American education, the availability of financial aid for international students may be important to you and your family. You should look into what kind of financial aid is available at the institutions that interest you.

Research different colleges!

There's a ton of information, most of it online, about every college out there. Here are some ways to learn about different schools, through both official and unofficial means:

- Every college or university has a website. You can find out information about academic programs, admissions policies, extracurricular activities, housing options, meal plans, and much more on the internet. Let yourself explore!
- Talk to current students or recent graduates about their experiences at a particular college. After all, students are the ones who can tell you what an undergraduate experience is really like. (If you don't know any students who go to a certain school, ask someone at ILRIO; chances are that we can put you in touch!)
- Feel free to contact schools for more information. Don't ask, of course, for any "admissions tips"; you won't get them.

Internet Resources

The websites for individual colleges contain a wealth of information about academic programs, campus life, the application process, and financial aid for international students. We strongly recommend that you explore these websites in depth. There are also other online resources designed to help you find colleges that meet your personal profile.

- Check out **Peterson's Find a School Search Engine**. This interactive tool lets you search for colleges based upon region, tuition, academic strengths, number of students, and a host of other factors. Play around with the different options here; you may come across a great college that wasn't on your original list! Also available on this site is the **International Undergraduate Scholarships** tool. It's definitely worth the free registration if you're looking for need- or merit-based financial aid! You can access both of these tools at: <http://www.petersons.com/educationusa/>
- There's a similar search engine available through the **College Board**, the American organization that manages the SAT, SAT II, and Advanced Placement Exams. You can access the engine at: http://collegesearch.collegeboard.com/search/adv_typeofschool.jsp
- The **Princeton Review** also has comparative information on American colleges, and this resource may prove especially helpful to those of you who want to pursue a particular field, such as engineering. Visit: <http://www.princetonreview.com/colleges-majors.aspx>
- Finally, you may wish to take a look at the college rankings in the **U.S. News and World Report** (<http://colleges.usnews.rankingsandreviews.com/college>). Remember, however, that the very idea of ranking colleges is controversial, and different systems can produce very dissimilar lists. Don't think that you have to apply to a certain place just because it's higher up on this (or any other) list! A college that gets a high mark on the ranking may not be a good fit for you. More helpful is the U.S. News and World Report information on engineering programs: <http://colleges.usnews.rankingsandreviews.com/college/engineering>.

Versão em português

Como pesquisar faculdades (para alunos, responsáveis e PCs)

Based on materials provided by EducationUSA/Fulbright

Revised by ILRIO

O primeiro passo no processo de candidatura é pesquisar faculdades que sejam boas para você. Quais faculdades oferecem os programas acadêmicos e as atividades extracurriculares que lhe interessam? Quais oferecem o nível de apoio financeiro que a sua família precisa receber? O ILRIO preparou este documento para guiar você e sua família no processo importante de pesquisar faculdades.

O Worksheet

Muitos candidatos começam o processo de pesquisar faculdades por pensar nos nomes mais famosos e prestigiosos: Harvard, Yale, Princeton, MIT, Stanford, etc. São universidades fabulosas e super concorridas. Porém, há outras faculdades ótimas também. O importante é que você pense primeiro nos seus interesses e necessidades. Leia este documento e preencha o worksheet que segue. Suas preferências terão prós e contras: não pode estudar num campus grande e num campus pequeno, mais cada tipo tem suas próprias vantagens.

Candidate-se a uma variedade de faculdades!

Não se candidate somente às faculdades mais famosas (Harvard, Yale, Princeton, Stanford), as quais são super concorridas. A sua lista final, que terá entre 8 e 10 faculdades, deve incluir vários níveis de concorrência:

- 2-3 faculdades mais concorridas ("reach schools")
- 3 faculdades de concorrência intermediária
- 3 faculdades que provavelmente lhe aceitarão ("safety schools")

Perguntas importantes

Você terá que comparar várias opções quando pesquisar faculdades. Aqui apresentamos algumas perguntas importantes que deve considerar.

Tamanho e local

- **Número de alunos?** Você quer ser membro duma comunidade de alunos grande? Será que prefere estudar numa faculdade menor e mais íntima, na qual sua turma se conhecerá muito bem? Lhe importa a presença (ou a ausência) de muitos alunos de pós-graduação?
- **Cidade grande ou pequena?** Algumas faculdades ficam em campos rurais ou cidades pequenas; outras ficam em centros urbanos grandes. Qual tipo de local você prefere?
- **Qual região dos EUA?** Os EUA são maiores do que o Brasil e têm várias regiões bem diferentes: New England, o Sul, o Sul-Oeste, o Pacific Northwest... Embora você venha do Rio de Janeiro ou do sertão nordestino, talvez uma faculdade no frio do New England será ótima para você!

Programas acadêmicos

- **O currículo?** Algumas faculdades requerem que os alunos façam aulas em várias disciplinas como história, ciências naturais e literatura. Tais requisitos formam a fundação duma educação *liberal arts*. Você tem interesse num "core curriculum," uma série de aulas específicas que todos os alunos precisam completar? Ou prefere estudar numa faculdade que não tem requisitos específicos além das aulas requeridas pela sua especialização (história, engenharia, biologia, etc.)? Quanta liberdade você quer ter em relação à estrutura da sua educação?

- **Graduação e pós-graduação?** Algumas universidades tem programas de graduação e pós-graduação; outras são somente faculdades, sem programas de pós-graduação. A presença de alunos de pós-graduação pode ser um componente positivo da sua educação: sempre terá alunos maiores com mais experiência acadêmica e pessoal.
- **Tamanho das aulas?** Será que você prefere aulas expositivas com mais do que cem alunos ou seminários mais íntimos? Em geral, até as grandes aulas expositivas incluem sessões mais íntimas durante as quais um grupo de alunos discutem as leituras com um professor ou aluno de pós-graduação.
- **Monografia ou pesquisa?** Algumas faculdades requerem que todos alunos de graduação escrevam uma monografia antes de se formarem. Você tem interesse em fazer um projeto de pesquisa tão elaborado a fundo? Outras faculdades não têm esse requisito mas ainda provem oportunidades para os alunos fazerem pesquisa ao lado de professores bem prezados. Quais oportunidades você gostaria de ter?
- **Departamentos ou programas específicos?** Investigue quais faculdades oferecem programas ou departamentos bons para seus interesses, sejam em engenharia, relações internacionais, literatura, etc.
- **Cultura acadêmica?** Você prefere um ambiente acadêmico de colaboração ou competição? A "cultura acadêmica" pode se alternar em departamentos ou programas diferentes: em geral, os departamentos de ciências naturais são mais competitivas do que programas de letras ou história.
- **Intercâmbio internacional?** Várias universidades apoiam os alunos que querem fazer um verão, semestre ou ano inteiro em outro país. Algumas até têm seus próprios programas internacionais. Você teria interesse em participar em tal programa? (Ou será que você já se sente satisfeito por estudar nos EUA?)
- **Transferência de créditos acadêmicos?** Se você já se matriculou numa faculdade brasileira e completou pelo menos um semestre, talvez pode transferir seus créditos acadêmicos a uma faculdade americana. Deve investigar se pode avançar mais rapidamente num programa específico graças às suas aulas brasileiras.
- **Direito, medicina, odontologia ou medicina veterinária?** Nos EUA estas disciplinas são do nível de pós-graduação. Se você tem interesse nelas, por favor leia o documento anexado que preparamos para explicar suas opções.

A vida dos alunos

- **Onde você quer morar?** Em algumas faculdades, quase todos os alunos moram em dormitórios por quatro anos; em outras, muitos alunos saem do campus e vivem em apartamentos ou casas depois de um ou dois anos. Qual tipo de ambiente você prefere? Não subestime a importância destas opções: as faculdades onde a maioria dos alunos ficam "on campus" desenvolvem comunidades universitárias mais íntimas. Por outro lado, viver num apartamento ou casa "off campus" lhe dará mais independência.
- **Vida escolar?** Muitas universidades norte-americanas oferecem vários serviços de lazer ou diversão aos seus alunos, professores e trabalhadores. Será que uma faculdade que lhe interesse tem museus, teatros, "student centers", academias, etc.? Quais eventos culturais ou palestras especiais tem?
- **Esportes?** Os esportes, sejam em times pre-profissionais ou grupos mais relaxados, formam um componente importante da vida escolar em muitas universidades. Você teria interesse em participar em atividades atléticas? Embora você não tenha interesse em jogar, sempre pode assistir jogos para suportar seus amigos ou time preferido. (Nos EUA, o futebol brasileiro é chamado como "soccer"; o "football" é outro esporte bem popular.)
- **Atividades e organizações extracurriculares?** Cada faculdade tem muitas organizações extracurriculares e uma variedade de atividades, sejam o balé, o violão ou a arte de prestidigitação. Você já tem um interesse específico que quer continuar fazendo na faculdade? Talvez gostaria de começar uma atividade

nova? Às vezes, pode participar em tais atividades em aulas de crédito--por exemplo, num programa de teatro ou dança.

- **"Fraternities" e "sororities"?** Estas organizações sociais são partes importantes da vida dos alunos de graduação em muitas faculdades americanas. Você teria interesse em participar em tal organização? Deve pesquisar as opções de "vida grega" que lhe interessem. (Se chama "vida grega" porque os frats e sororities tem nomes formados por letras gregas: Phi Delta Epsilon, Kappa Alpha Theta, etc.)
- **Uma cultura de festas?** Algumas faculdades são famosas por ter muitas festas boas; outras, como o MIT, são tidas como mais enfocadas nos seus programas acadêmicos. Na verdade, a vida social em muitas universidades combina "party culture" com programas acadêmicos bons. Quais são as suas preferências?

Diversidade cultural, internacional e religiosa

- **Presença de alunos internacionais?** Muitas universidades norte-americanas procuram alunos internacionais talentosos para eles contribuírem à diversidade da comunidade universitária. Porém, o número de alunos internacionais será diferente em cada faculdade. Não são muitos os brasileiros que fazem programas de graduação nos EUA; não fique surpreso se os outros alunos na sua faculdade nunca tiverem provado feijão! (A presença de comunidades internacionais perto da sua faculdade pode ser importante. Por exemplo, em Boston têm muitos portugueses e brasileiros!)
- **Diversidade étnica e cultural?** Muitas faculdades nos EUA reconhecem a importância de ter diversidade étnica e cultural nas suas comunidades universitárias. Qual tipo de diversidade étnica ou cultural você buscará quando pesquisar faculdades? Será que tem interesse em participar em alguma organização cultural ou religiosa?
- **Diversidade religiosa?** A vida espiritual ou religiosa é importante para muitos alunos e várias organizações atendem às necessidades espirituais da comunidade universitária. Se é membro duma religião específica e quer continuar praticando sua fé, investigue quais faculdades têm capelões ou organizações para você. Lembre-se: conhecer pessoas de origens diferentes é uma parte essencial da educação americana. Não fique surpreso quando conhecer alunos de outras tradições religiosas (ou alunos ateus ou agnósticos, que não pratiquem nenhuma religião).

"Single-sex" ou "co-ed"? Algumas faculdades excelentes educam somente as mulheres: por exemplo, Wellesley (onde Hillary Clinton estudou nos anos sessenta), Bryn Mawr e Smith. Você prefere estudar numa faculdade "single-sex" ou "co-educational"? Até nas faculdades "single-sex", você terá oportunidades sociais que envolvem ambos sexos.

A disponibilidade de auxílio financeiro para alunos internacionais

Devido aos gastos de uma educação norte-americana, a disponibilidade de bolsas e outros tipos de auxílio financeiro pode ser importante para você e sua família quando pesquisarem. Quais tipos de auxílio financeiro são oferecidos pelas faculdades que lhe interessam?

Como pesquisar faculdades

- Cada faculdade tem um website, com informações sobre programas acadêmicos, o processo e requisitos de admissão, atividades extracurriculares, o sistema de dormitórios, etc.
- Falar com alunos atuais ou ex-alunos sobre suas experiências. Se você quiser investigar faculdade X mas não conhecer nenhum aluno lá, nós podemos ajudar; e provável que conheçamos alguém que tenha estudado nela.
- Entrar em contato com as próprias faculdades. Não pida dicas sobre o processo de admissão!

Informação na internet

Além do website de cada faculdade, tem "search engines" muito bons para orientar você.

- **Peterson's Find a School Search Engine** é um aplicativo interativo. Você pode pesquisar faculdades por região, custo, programas acadêmicos, número de alunos e outros fatores. Também deve usar o aplicativo de International Undergraduate Scholarships. É gratuito e tem muita informação sobre auxílio financeiro.
<http://www.petersons.com/educationusa/>
- O **College Board**, a organização norte-americana que ministra o SAT e SAT II, tem outro "search engine" bom: http://collegesearch.collegeboard.com/search/adv_typeofschool.jsp
- Informação comparative pode se encontrar no website do **Princeton Review**. Visita: <http://www.princetonreview.com/colleges-majors.aspx>
- **U.S. News and World Report** (<http://colleges.usnews.rankingsandreviews.com/college>) tem um ranking de universidades norte-americanas. O sistema deste ranking é sujeito a controvérsia; ninguém deve se candidatar a uma faculdade por causa da sua posição na lista! Para os alunos com interesse em engenharia, o ranking de programas de engenharia será mais útil do que o ranking geral:
<http://colleges.usnews.rankingsandreviews.com/college/engineering>

Worksheet: Choosing Colleges (for students)

Name:

Colégio:

Think carefully about the following questions and provide thoughtful answers. The more time you invest in this worksheet, the more focused your college search will be!

Size & Location

What size undergraduate population would you prefer?

The location of the college can greatly influence your undergraduate experience. In what kind of environment would your dream college be located?

What region most appeals to you?

Do you have any relatives or friends in the US? Where do they live? Would their location influence your college preferences?

Academics

Think about what you might want to major in. What classes excite you? What do you like to read about? What do you want to talk to your friends about?

List 5 things that you might want to study.

What specific departments or programs interest you?

How much curricular liberty do you want?

Would you have an interest in designing your own major or course of study?

What kind of academic institution do you prefer?

What kind of classroom environment do you prefer?

Would you be interested in writing a senior thesis, much like a Brazilian *monografia*? (Some colleges require them; at others, theses are optional.)

Student Life & Activities

What kind of housing options would you like? On-campus or off-campus? Residential colleges?

What are your hobbies? What kind of activities would you like to try?

What kind of physical activity or exercise do you like to engage in?

Every school will have a gym, but only in some areas can you go hiking, skiing, to the beach, etc. What kind of environmental preferences do you have?

Do you want to be involved in the sports-scene, whether on the field or as a spectator? Which sports?

Almost all schools will have student performances and cultural events. What kind of on-campus culture interests you?

What about off-campus culture, such as museums, theaters, or concerts?

Internal Diversity

Do you have a preference between single-sex or co-ed schools?

Do you care if your school is officially affiliated with any denomination or faith? If so, what denomination?

What religious organizations, if any, would you look for on a campus?

Financial Aid for International Students (to be completed with parents or guardians!)

What does your family spend on your education and extracurricular activities per year in Brazil? Would your family be able to make the same financial investment for an American college education?

In general, the average cost (tuition, room & board, books, etc.) of a private college is around \$45,000 per year. Some colleges cost less; others, more. Of that total, how much could your family reasonably pay each year? How much aid would you need to attend a \$45,000-per-year school?

Do you plan to apply for need-based financial aid?

How about merit-based scholarships, for those schools who offer them?

How important is the availability of financial aid to your college choices?

How would receiving--or not receiving--a financial aid award determine whether you will go to school in the States?

How would receiving--or not receiving--a financial aid award affect what college you could attend?

Preliminary College List

Make a preliminary list of 10 to 15 schools that fit your academic, personal, and financial profile. If you have any strong ranking preferences, you may include them. Make sure your reasons here go beyond brand-names. This list is in no way finalized; feel free to continue to investigate other schools that interest you. (Use the provided list of colleges that provide aid to guide your choices here, but don't feel restricted to that list only.)