








# The Top 5 Ways to Make Test Prep Memorable!



-  [Unique Observations from My Trips to India: What Sets It Apart](#)
-  [Georgia Tech: A Legacy of Education and Innovation, Culture and Collaboration](#)
-  [Industry Leader Spotlight - Pranav Pradhan](#)
-  [7 Things Counsellors Should Track Closely as They Mentor Indian Students to Study in the UK](#)
-  [Inside the World of Film Studies at Wesleyan University](#)
-  [Test Anxiety Hampering Potential Scores](#)
-  [9 Things I Didn't Know Until I Came to the Emory Oxford Campus](#)

# Featured Articles

- The Top 5 Ways to Make Test Prep Memorable!** 3  
Elevating Test Preparation with Student-Centric Approaches  
By Kalyan Ray-Mazumder
- Unique Observations from My Trips to India: What Sets It Apart** 8  
Tips for Admissions Representatives Traveling to India  
By Josh Levy
- Georgia Tech: A Legacy of Education and Innovation, Culture and Collaboration** 11  
How a STEM-Focused Curriculum and Active Social Life Prepares Students for the Real World  
By Ravisha Maheshwari
- Industry Leader Spotlight** 13  
-Pranav Pradhan
- 7 Things Counsellors Should Track Closely as They Mentor Indian Students to Study in the UK** 14  
Navigating The Academic Journey with Confidence in the UK  
By Siobhan Marshall
- Inside the World of Film Studies at Wesleyan University** 16  
5 Reasons to Choose Wesleyan for a Career in Film and Television  
By Miranda Zuo
- Test Anxiety Hampering Potential Scores** 19  
Maintaining Composure During Exams Can Lead to Higher Scores  
By Srinjay Ray
- 9 Things I Didn't Know Until I Came to the Emory Oxford Campus** 22  
Traditions and Opportunities That Define Oxford Campus  
By Uday Makharia

# THE TOP 5 WAYS TO MAKE TEST PREP MEMORABLE!

## Elevating Test Preparation with Student-Centric Approaches

By  
Kalyan Ray-Mazumder  
CEO and Founder  
Prepmedians



**Kalyan  
Ray-Mazumder**

Test preparation often feels like a dreaded chore for students, weighed down by repetitive drills and stressful expectations. But it doesn't have to be this way. Educators and tutors can make test prep engaging, memorable, and even enjoyable by incorporating creativity, personalization, and positivity into their teaching methods.

Here are five effective ways to engage students with test prep, with strategies inspired by innovative approaches like those used by Prepmedians, my company that teaches SAT/ACT prep through sketch comedy videos featuring Broadway actors at [prepmedians.com](https://prepmedians.com)!

### 1. Bring Humor into the Classroom

Humor can transform dry, intimidating concepts into something students actually look forward to learning. Research shows that laughter reduces stress, boosts memory, and enhances engagement—all critical components of effective test prep. Furthermore, studies show that if we engage the amygdala, the emotional center of the brain, alongside the hippocampus, the memory center of the brain, through edutainment (education plus entertainment), we can help students become more engaged, more likely to complete assignments, and better able to retain information.

One way to use humor is through relatable examples and funny stories. For instance, when teaching grammar rules, turn common mistakes into lighthearted skits or create absurd sentences to illustrate concepts. Prepmedians, for example, uses sketch comedy to make punctuation rules stick, such as with a Punctuation Fashion Show in which the five contestants are punctuation marks that can separate two independent clauses. Educators don't need professional comedians to replicate this; a bit of creativity and willingness to have fun with the material can go a long way.

Another simple way to incorporate humor is through puns, memes, or student-generated content. Ask students to create their own jokes about quadratic equations or ACT pacing strategies—it's a great way to reinforce learning while keeping the classroom atmosphere upbeat.

### 2. Leverage Digital Tools and Social Media

Students spend a significant amount of their time online, so meeting them in their digital comfort zones is an effective way to extend learning beyond the classroom. Prepmedians uses platforms like TikTok and Instagram to share short, engaging videos that students can watch anywhere, making test prep both accessible and entertaining. Yes, students want to learn this way: the 350K+ TikTok followers and 45K+ Instagram followers we have are all the proof you need!

Educators can use similar approaches by creating or curating short, engaging digital content. There has been a proliferation of educator influencers online who teach, dance, and rap their ways into students' hearts.

Another idea is to use memes or Instagram stories to review key concepts. For example, create a daily “Grammar Challenge” on your school’s social media page where students identify and correct errors. It’s an easy, interactive way to reinforce concepts and build engagement.

### **3. Use Positive Psychology to Build Confidence**

Test prep isn’t just about mastering content—it’s about believing you can succeed. Positive psychology principles like visualization and goal-setting can help students build the confidence they need to perform well. Prepmedians incorporates visualization exercises, encouraging students to imagine walking into the test center feeling calm and prepared. Educators can implement similar activities by guiding students through short meditative sessions where they picture themselves successfully answering questions or visualizing their future achievements.

Prepmedians also ends each episode with the saying “Believe in yourself because I certainly do.” Yes, you’ll get some students who will roll their eyes, but the majority of students will be affected on some level and be very grateful.

Another effective strategy is to reframe mistakes as opportunities. Instead of focusing on errors, emphasize the learning process. For instance, after a practice test, highlight areas of improvement rather than just pointing out wrong answers. Use affirmations like, “This is where we can grow” to help students maintain a growth mindset.

### **4. Personalize the Learning Experience**

Not all students learn in the same way, and personalization can make a significant difference in their engagement and outcomes. Start by assessing individual strengths and weaknesses with diagnostic tests or surveys, then tailor lessons accordingly.

Prepmedians offers personalized learning profiles where students can focus on areas they need most help with. Educators can replicate this approach by creating individualized learning plans or using Prepmedians in their classrooms or with their tutoring clients.

Another way to personalize learning is by incorporating students’ interests. For example, if your class loves music, turn key concepts into songs or raps. Prepmedians does this to great effect, using pop music to teach SAT and ACT content. For example, we teach the quadratic formula in a video that parodies Drake’s Hotline Bling! In that video, “Drake” turns out to be a math lover who has created a new rap to teach the quadratic formula to the tune of Hotline Bling! Teachers can adapt this idea by having students write their own “study raps” or create playlists with tracks tied to specific topics.

### **5. Make Test Prep an Interactive Experience**

As mentioned above, when students are actively engaged in their learning, they retain more and feel more motivated. Interactive activities like games, role-playing, and group challenges can make test prep dynamic and fun.

One simple activity is a test-prep relay, where students work in teams to solve questions as quickly as possible. Incorporate movement by having them run to retrieve the next question after solving the previous one—it’s a great way to break the monotony of sitting at desks for hours.

Prepmedians uses gamification by integrating quizzes into their modules, and using colors to encourage students to collect all green bars (95% or higher on all quizzes). Educators can implement similar strategies by using tools like Kahoot, which allows students to compete while reinforcing key concepts.

Another interactive idea is peer teaching. Assign students different test sections or topics to become “experts” on and have them teach the rest of the class. This not only deepens their understanding but also encourages collaboration and confidence.

### **Bringing It All Together**

Educators don't need expensive programs or professional expertise to make test prep engaging. A little creativity, empathy, and willingness to try new approaches can transform the experience for students.

Take inspiration from Prepmedians by embracing humor, leveraging digital platforms, fostering positivity, personalizing lessons, and making learning interactive. These strategies not only help students succeed on their tests but also build skills like resilience, collaboration, and critical thinking—qualities that will serve them far beyond the SAT or ACT.

By incorporating these techniques, educators can turn test prep from a dreaded obligation into an empowering journey. After all, when students enjoy the process, they're far more likely to succeed. And you'll be amazed at how the results change their lives and how they remember the songs, jokes, and positive psychology exercises even years later!

# LEAD ON<sup>SM</sup> TO A BRIGHT FUTURE.



Ranked among the nation's top universities by *U.S. News & World Report*, Texas Christian University is a powerful academic community made up of passionate and ethical leaders, all striving to become a force for the greater good.

With a choice of rigorous academic programs in 115 undergraduate areas of study, TCU offers the resources and opportunities of a major university and the intimacy and feel of a small college. Horned Frogs are equipped and empowered to leave a positive imprint on the world, each in his or her own way. TCU enlivens the soul.

27 average class size

13:1 student-to-faculty ratio

86% faculty hold a PhD or terminal degree

99% faculty teach undergraduate classes

9,445 undergraduate students

10,918 student population



## LOCATION

Fort Worth, Texas (pop. 874,000), is part of the thriving Dallas/Fort Worth metropolitan area; the nation's fourth largest. The urban city is popular, due in part to its welcoming spirit and moderate climate. DFW International Airport is close by, and Dallas is less than an hour's drive away.

## INDEPENDENT

Founded in 1873, TCU is historically related to, but not governed by, the Christian Church (Disciples of Christ), a Protestant denomination that values social justice and inclusiveness. All values and viewpoints are welcome with more than 60 faith traditions and denominations represented on campus.

## FACILITIES

At TCU, you'll discover sparkling new facilities for most academic areas, along with a spacious recreation center and completely renovated sports venues. Similarly, all residence halls are either new or recently renovated. Most upper-class dorms feature suite-style living with full-size beds in private bedrooms, bathrooms and living areas. Wifi covers the entire campus.

The University Union offers multiple food stations and an all-you-can-eat meal plan, so going hungry is not an option. Vegetarian, vegan, and gluten-free options are available.

When it's time to hit the books, you'll find millions of resources at the campus library (open 24 hours a day during the school week), along with a huge computer lab, coffee shop and comfy chairs.

## CAMPUS

Our 291 beautifully-landscaped, tree-lined acres are nestled in a residential neighborhood near parks, museums and shops, and just a few minutes from downtown Fort Worth.

## STUDENT ACTIVITIES & ATHLETICS

*The Wall Street Journal* ranks TCU #3 in the nation for student engagement. More than 200 student groups including community service, leadership development, religious clubs, ROTC, national sororities and fraternities, intramural sports, student media, Phi Beta Kappa and the Honors College keep students busy outside of classes. NCAA Division I athletics competing in the Big 12 Conference make for plenty of school spirit and a contagious sense of pride.

## APPLYING TO TCU

While the statistics show that TCU students are far from ordinary, admission to TCU is not a numbers game. We consider the whole picture - grades and scores, yes, but you too: your goals, your potential, your ability to communicate, your leadership and work experience. To apply to TCU, visit [admissions.tcu.edu/apply](https://admissions.tcu.edu/apply).

## SCHOLARSHIPS AND FINANCIAL AID

TCU offers merit scholarships to high academic achievers. For need-based financial aid consideration, submit the CSS/Financial Aid PROFILE ([cssprofile.org](https://cssprofile.org)). U.S. citizens and permanent residents must also submit the FAFSA ([fafsa.gov](https://fafsa.gov)).

**TCU**

**MISSION:** To educate individuals to think and act as ethical leaders and responsible citizens in the global community

## DEADLINES

### Freshman Deadlines

November 1	Early Action, non-binding decision by January 1
November 1	Early Decision, binding decision by January 1; Enrollment deposit required by January 15
October 1	Application deadline for spring semester
February 1	Regular Decision, non-binding decision by April 1

### Transfer Deadlines

November 1	Spring Final Deadline
February 1	Fall Early Action Deadline
June 1	Fall Final Deadline



FROGWORLD@TCU.EDU

ADMISSIONS.TCU.EDU

## AREAS OF STUDY

- Actuarial Science
- African American And Africana Studies\*
- Anthropology
- Applied Geoscience
- Architectural Lighting Design\*
- Art Education
- Art History
- Arts Administration\*
- Arts Leadership & Entrepreneurship\*
- Asian Studies\*
- Astronomy
- Biochemistry
- Biology
- Biophysics
- British & Colonial/Post-Colonial Studies\*
- Business
  - Accounting#
  - Business Information Systems#
  - Entrepreneurship and Innovation#
  - Finance#
  - Finance/Real Estate#
  - Management and Leadership#
  - Marketing#
  - Supply and Value Chain Management#
- Chemistry
- Child Development
- Chinese\*
- Cinema & Media Studies
- Classical Studies\*
- Combined Science
- Communication Studies
- Comparative Race and Ethnic Studies
- Computer Information Technology
- Computer Science
- Creative Writing\*
- Criminal Justice
- Cultural Awareness in Health and Healthcare\*
- Dance
- Data Science\*
- Design of The Built Environment\*
- Digital Culture and Data Analytics\*
- Economics
- Education
  - Accelerated Masters Program
  - All Level: Early Childhood-12
  - Early Childhood Education
  - Middle School Education
  - Secondary Education
- Educational Studies\*
- Energy Management and Technology\*
- Engineering
  - Electrical
  - Mechanical
- English
- Environmental Science
- Fashion Merchandising
- Film/Television/Digital Media
- Food Management
- French
- General Business\*
- Geography
- Geology
- German
- Graphic Design
- Habilitation of the Deaf  
And Hard of Hearing
- Health & Fitness
- Health Communication & Media\*
- Healthy Aging\*
- History
- Human-Animal Relationships\*
- Interdisciplinary Inquiry
- Interior Design
- International Economics
- Italian\*
- Jewish Studies\*
- Journalism
- Latin American Studies
- Mathematics
- Middle East Studies\*
- Movement Science
- Music
  - Brass
  - Church Music
  - Music Education
  - Organ
  - Percussion
  - Piano
  - Strings
  - Theory/Composition
  - Voice
  - Woodwinds
- Neuroscience
- News & Media Studies
- Nursing
- Nutrition
- Philosophy
- Physical Education
- Physics
- Political Science
- Political Science - International Relations
- Pre-Health Professions Track
  - Pre-Dentistry
  - Pre-Medicine
  - Pre-Optometry
  - Pre-Physician Assistant
  - Pre-Pharmacy
  - Pre-Podiatry
  - Pre-Veterinary
- Pre-Law Track
- Pre-Major Track
- Psychology
- Ranch Management
- Religion
- Reserve Officers' Training Corps  
(U.S. Citizens & Residents)
  - Aerospace Studies (Air Force)
  - Military Science (Army)
- Social Work
- Sociology
- Spanish and Hispanic Studies
- Spanish for Business Professions\*
- Spanish for the Health Professions\*
- Speech-Language Pathology
- Sports Broadcasting
- Strategic Communication
- Strength & Conditioning
- Studio Art
- Sustainability\*
- Theatre
  - Acting
  - Design
  - Musical Theatre
  - Production
  - Theatre Studies
- Urban Studies\*
- Women and Gender Studies
- Writing
- Youth Advocacy & Educational Studies

# available with Global Business minor  
\* available as minor only

# UNIQUE OBSERVATIONS FROM MY TRIPS TO INDIA: WHAT SETS IT APART

## Tips for Admissions Representatives Traveling to India

By  
Josh Levy  
Associate Director of Admissions  
Oberlin College



**Josh Levy**

According to recent Open Doors reports India is now the largest exporter of students to the United States for higher education. Many of these students are looking for graduate programs but there are also a large number who want to pursue their undergraduate careers in the United States. For any college or university that wants to enroll students outside of their own backyard, India should be at the top of your list.

Recruiting in India presents both opportunities and challenges to even the most veteran of admissions counselors. Whether you're new to India or have been there several times, here are some tips for having a successful trip.

### 1. Be Prepared for a Sensory Experience

If you've never traveled to India, you should be ready to have all of your senses experience new sights, smells, tastes, and sounds. Vibrant colors are everywhere – in saris, in the food, in the flowers. The smells of curries are memorable and their tastes are even better. You'll see cows and the occasional monkey, and you'll hear plenty of car horns honking. Your senses will be awakened in ways that are simultaneously exciting and occasionally overwhelming.

### 2. Travel with a Group

I've been to India on three recruiting trips and all of them have been with groups: two as part of an organized tour and one with four other small liberal arts colleges on a do-it-yourself trip. Traveling in a group ensures that you will see more students when you visit high schools. You'll speak with students who might have never heard of your college, simply because they're there to learn about another school – and they might discover that you're a better fit for them. You can split some costs and you'll have people to hang out with in the evenings, instead of spending your free time alone in a hotel room.

### 3. Mentally Prepare Yourself for Traffic

The metropolitan areas of Delhi and Mumbai are each home to more than 20 million people so it's natural that there is significant traffic. But until you're on a four-lane highway with five lanes of vehicles that are all trying to merge into two lanes, you just don't realize how much traffic there is. Trips that are short in terms of distance can be maddeningly long. So be sure to plan plenty of time between your visits. And make sure to be patient.

### 4. Get Ready to Talk about Business, Finance, and Economics

On my recent 10-day trip, I was asked about at least one of these three subjects at every school visit. A good admissions counselor will come prepared to discuss these majors in a general way. A great admissions counselor will come prepared with examples of international students (preferably Indian students) and their work in these areas, both in college and afterwards. These areas of study are more and more common at United States colleges/universities so you'll want to be sure you're very knowledgeable on them – these are subjects that Indian students prioritize.



## **5. Be Adventurous**

There is so much amazing food in India. Food that you get in most Indian restaurants in the United States is north Indian food – curries, butter chicken, tikka masala, tandoori chicken, etc. When you venture south, you'll find different food: idli, dosa, and sambar. And then there are things like chaat and nimbu pani that you simply must try at least once. If you always look for the same meal, you're going to go hungry. Try new things and you'll be surprised at how great they are. And then you'll want to explore more.

Every one of my trips to India has led me to experiences that I will treasure forever. I've met great students and counselors, had wonderful conversations with parents, and helped families see why studying in the United States is worth considering. I hope that the tips above will help you with your trips to India, making the experience more rewarding and a little less stressful.



SUMMER BOARDING COURSES

# Unlock a World of Opportunities

Find your passion and build foundations for future success on an award-winning summer programme  
**Ages 11-17**



**Ranked UK's Number 1** Multi-Campus Summer School



**Achieved 15/15** in British Council inspection



**152 nationalities** from around the world

Programmes designed to support the next stage of your educational journey and beyond.

### Future-Focused Courses

Discover your passion across our wide variety of subjects available.

### Pre-University Experiences | Ages 15-17

Designed for ambitious students seeking to combine subject-specific study with professional experiences; developing skills that will benefit future studies and career prospects.

### Boarding School Experience | Ages 11-16

Taking place at some of the UK's top boarding schools including Eton College, Canford School, and Headington School. Our summer schools offer the perfect boarding experience.

### Broaden Your Horizons & Make Friends from Around the World

At SBC we develop global citizens who have a greater awareness and understanding of the wider world and their impact in it. Our commitment to achieving a balanced nationality mix across our courses ensures a truly multinational experience for all.



Scan for more information



**Courses take place from June - August 2024**

Arrange your free consultation to find the perfect summer experience for your child.



# GEORGIA TECH: A LEGACY OF EDUCATION AND INNOVATION, CULTURE AND COLLABORATION

## How a STEM-Focused Curriculum and Active Social Life Prepares Students for the Real World

By  
Ravisha Maheshwari  
Research Associate  
NM Squad



**Ravisha Maheshwari**

At Georgia Tech, students enjoy a unique educational experience that combines a rigorous academic environment with a dynamic campus culture. The university's emphasis on STEM education offers students a solid foundation in science, technology, engineering, and mathematics, while the vibrant student life promotes collaboration, personal growth, and cultural exposure. Georgia Tech's approach to education encourages students to excel in their academic pursuits while fostering creativity, leadership, and social responsibility. The result is an educational journey that nurtures both intellectual and personal development.

### Rigorous STEM Education at Georgia Tech

The institute is renowned for its academically focused environment, with six distinct colleges: the College of Engineering, College of Sciences, College of Computing, College of Design, College of Business, and the Ivan Allen College of Liberal Arts. Offering 39 majors and 73 minors, Georgia Tech primarily focuses on STEM-oriented programs, which are deeply rooted in the principles of science, technology, engineering, and mathematics. These principles are seamlessly integrated into the curricula across all disciplines, even in liberal arts and business programs, ensuring that every student gains a foundation in technical skills and innovative thinking.

The university operates on a semester system, with all students graduating with a Bachelor of Science degree. Their academic journey is further strengthened by a general education curriculum grounded in STEM approaches, which prepares students for diverse professional pathways with a strong technical focus. At Georgia Tech, students are not only expected to excel academically but also to engage with the world beyond the classroom. Over 50% of Georgia Tech students participate in some form of study abroad or international program, benefiting from 130 programs across 60 countries. For students with entrepreneurial ambitions, Georgia Tech offers the CREATE-X program, enabling students to develop, fund, and launch their own startups with the guidance of experienced mentors. This initiative has led to the creation of over 300 student startups, some valued at between \$1 million and \$1 billion.

### Cultivating a Thriving Campus Culture

Beyond academics, Georgia Tech is a vibrant community that celebrates collaboration, diversity, and innovation. The campus is home to more than 500 student organizations, ranging from cultural and religious groups to political organizations, recreational clubs, and service groups. These organizations provide students with the opportunity to connect with peers, build leadership skills, and enrich their college experience. For example, the India Club plays an integral role in fostering cultural diversity by hosting events such as Diwali celebrations, Holi festivals, and Indian food events. These activities encourage cross-cultural exchange and ensure that all students feel included and engaged in the campus community.

Athletically, Georgia Tech boasts a strong sports culture, with its Yellow Jackets teams competing in NCAA Division I athletics. The university fields eight men's teams and seven women's teams, with football, basketball, baseball, and tennis being particularly popular. Georgia Tech's intense rivalry with the University of Georgia, known as "Clean, Old-Fashioned Hate", is a highlight of college sports in the region, bringing a sense of unity and pride to the Georgia Tech community.

### **The Georgia Tech Balance: Where Knowledge Meets Community**

At Georgia Tech, the integration of academics and campus culture creates a unique environment where students can thrive both intellectually and socially. While the university's rigorous academic programs focus heavily on STEM principles, its inclusive campus culture provides opportunities for students to develop leadership skills, engage with diverse cultures, and build lifelong friendships. The global perspective encouraged by study abroad programs and initiatives like CREATE-X allows students to apply their technical knowledge in real-world settings, fostering both personal and professional growth.

The Georgia Tech Police Department (GTPD) ensures a safe environment for students, while on-campus amenities like the Student Center Food Court, CULC rooftop, and Harrison Square offer students spaces to relax and socialize. Georgia Tech provides a supportive residential experience, with options for students to live in traditional dorms, suites, or apartments, with specialized housing available for first-year students in the Honors Program and those interested in a globally focused experience through the International House (I-House).

The balance between academics and campus life at Georgia Tech ensures that students can excel in their studies while also enjoying a fulfilling and engaging college experience. Whether through involvement in student organizations, participation in athletics, or making use of the university's cutting-edge resources, students are given the tools they need to succeed both in their academic endeavors and personal growth.

### **GT's Formula for Success**

Georgia Tech's dual commitment to academic excellence and a dynamic campus culture ensures that students are well-equipped to face the challenges of the modern world. By combining a strong focus on STEM-based education with a welcoming and inclusive campus environment, Georgia Tech creates an atmosphere where students can develop both technical skills and leadership abilities. With a range of opportunities for global learning, entrepreneurship, and personal development, Georgia Tech students are prepared to become innovators, leaders, and responsible global citizens, excelling in their careers and making meaningful contributions to society.



## Pranav Pradhan

**Director of International Admission (India and Europe)  
University of San Francisco**

In this section, Aiiyo brings you insights from counseling trailblazers who have made a significant impact with their work. Through candid interviews, we explore their journeys, passions, and personal philosophies. This month, we sit down with Pranav Pradhan, Director of International Admission (India and Europe) at University of San Francisco to uncover what drives his success, how he balances the demands of work and life, and the mantra that keeps him moving forward.

### **What was your college degree?**

Majored in Computer Science and later did a specialization in Marketing

### **Your Favorite Book:**

It's difficult to choose one but I would go with The Alchemist

### **Your Comfort Food:**

Fish curry and rice

### **A School/College you really enjoyed visiting:**

Kings Academy, Jordan

### **What's on top of your bucket list?**

Renewing my pilots license

### **One thing you would most like to change about the world:**

A world without borders

### **If you could give one piece of advice to your high school self, what would it be?**

Buckle up, the roller coaster ride has just begun.

### **What inspired you to do what you do?**

I was fortunate enough to learn about the importance of mentorship and guidance early in my life. I never thought of it as a career initially. But the moment I started working in this field I knew that this is where I belong.

### **A secret to balancing work & life:**

Discipline

### **Your Life Mantra:**

There are no shortcuts to success and there is no substitute for hard work.

# 7 THINGS COUNSELLORS SHOULD TRACK CLOSELY AS THEY MENTOR INDIAN STUDENTS TO STUDY IN THE UK

## Navigating The Academic Journey with Confidence in the UK

By

Siobhan Marshall

Regional Manager South Asia University of Huddersfield

Chair, South Asia Regional Interest Group, BUILA



**Siobhan  
Marshall**

### 1. Get familiar with UCAS

Applying to the UK as an undergraduate is a simpler process than other countries. All UK universities use UCAS to process applications. This means applicants only must prepare a single personal statement and application, rather than preparing different applications for different colleges. Its key dates are the same every year, for example, 15 October is the deadline for Oxbridge, medicine, dentistry and veterinary courses. Applicants pay a single fee and can apply for up to 5 courses. Some universities also allow students to apply directly, which is usually free.

### 2. Great for specialisation

Universities in England, Wales and Northern Ireland specialise early on. If you apply to an Automotive Engineering course, you will study Engineering courses for the whole of your degree. For students who already show they have real strengths in a particular discipline, this is welcome. They can focus on what they like, and what they are good at. Even for generalists, it means that students can train more quickly for the working world. For some disciplines, like Pharmacy and Engineering 4-year Masters programmes are the norm, alumni graduate with an Masters degree, not a Bachelors.

### 3. Far more than just London or Manchester

There is more to India than Delhi NCR and Mumbai and the UK is the same. It offers a huge range of university experiences outside of its biggest cities and the Russell Group. We have beautiful, well-regarded universities by the seaside, in the countryside and in smaller, less famous cities. Counsellors should help students to break down some of their preconceptions. If you live in a big city, you can easily fade in to the background or get lost in the crowd of 'International students. Smaller, less famous locations allow students to find their feet in a new culture in a gentler way.

### 4. No need for sad, tragic underdog personal statements

Many students worry about how they should present themselves in their personal statement. There is often an assumption that universities are only interested in the most triumphant, underdog, high-achieving students but what about if you are just *normal*? I would argue that in the UK, we want students who are passionate about what they are going to study. They don't need to be a trumpet-playing cricket lover who is also Head Girl, and who volunteers to look after sick animals as well as enjoying Law. Instead, we'd love law applications which talk about listening to law and politics related podcasts, taking part in model UN, being a member of Amnesty and who has an opinion of the importance of Law in everyday life. Although work experience is great, there are multiple ways to show commitment to a subject which are free. Ultimately the personal statement should tell the admissions tutor about the kind of student they're going to teach.

## 5. Scholarships

Unlike our North American counterparts, the UK does not offer significant scholarships at undergraduate level. Many UK universities will offer Indian students partial discounts based on attainment or accepting their offer by a particular date. At my own institution, our awards up to £4000 per year, based on academic attainments. Typically, these do not require an additional application, the UK universities prefer high school students focus on getting the highest grades they can, rather than crafting appealing scholarship applications. Some universities will also offer partial scholarships for the highest achieving students in sport or music. These are for students who are approaching international level in their discipline with additional support such as specialist coaching, facilities and support available.

## 6. Tolerance is the minimum; appreciation is the goal!

The UK is proud to be multi-cultural and diverse with national laws which protect people's rights to be themselves, regardless of race, religion, age, gender identity and sexual orientation. Students coming to the UK will be able to practice their religion proudly and feel safe in the UK, wherever they go. It also means that they will likely meet and study with people who are very different from them. It might be the first time they have done this, but developing intercultural competence is a vital skill for students who want to change the world!

## 7. Rankings are a start but...

Counsellors must battle a lot of (mis)information and help applicants and their families make good choices. Rankings can be a helpful start, but they do not give the whole picture of life at a university.

I would recommend that counsellors follow the university's social media, attend their online events, and learn about a few universities. Most universities will have an Indian student society, they will be able to tell you the reality of life in the UK. The national association NISAU is another great resource, run entirely by Indian alumni. Also, reach out to the university's international offices- my colleagues and I love to help students find the right place to study.

# INSIDE THE WORLD OF FILM STUDIES AT WESLEYAN UNIVERSITY

## 5 Reasons to Choose Wesleyan for a Career in Film and Television

By  
Miranda Zuo  
Associate Dean of Admission  
Wesleyan University



Miranda Zuo

Some of the most iconic moments in film and television were brought to life by alumni of Wesleyan University, a liberal arts and sciences college in Connecticut. Wesleyan's Department of Film Studies cultivates leaders for the global film industry, while students simultaneously explore broadly through the University's open curriculum. Wesleyan alumni have left an indelible mark on the entertainment world—the Transformers movies and TV shows *How I Met Your Mother*, *Law and Order*, *Modern Family*, and *Game of Thrones* are just a few of the many works directed by Wesleyan alumni.

### 1. The Film Studies Major and Student Work

The Department of Film Studies is housed within Wesleyan's College of Film and the Moving Image. Students explore visual storytelling, analyze film history, and gain hands-on production experience. By graduation, film majors know how to make movies, are experienced in writing for film and television, understand film history, and can articulate their original visions.

Many film majors choose to complete a senior thesis or capstone project. A thesis may take the form of a screenplay, original 16mm film, digital video, film criticism, or written film history thesis. Each spring, the cinema is packed as students and faculty gather to watch seniors' original thesis and capstone films.

Zara Zhou, a recently graduated international student, reflected on writing her senior thesis screenplay: "My advisor was very supportive through the entire process, and so was the community around me at Wesleyan. People were encouraging while giving feedback, even when offering constructive criticism. They would discuss their thoughts and ideas about the various characters and their actions and motives, offering suggestions. I love this type of creative environment! I'd strongly recommend writing a senior thesis."

### 2. Distinguished Faculty and Mentorship

Students learn and work with more than a dozen experienced faculty members, including The New York Times film critic Anthony O. Scott, Ethiopian filmmaker Yared Zeleke, and documentary filmmakers Tracy Heather Strain and Randall MacLawry. Students regularly collaborate with faculty on projects and research. Wesleyan's Gordon Career Center assists students in securing summer internships, and Strain and MacLawry's production company, The Film Posse, provides internships during the academic year as well.

### 3. Global Connections and Opportunities

Wesleyan's reach extends globally, with strong academic ties to Asia and other regions. Assistant Professor Anuja Jain specializes in South Asian media, teaching courses on city films in Asia and global film melodrama. Jain organized a "Bollywood and Beyond" exhibit to accompany a South Asian Film



Series that included showings of *Monsoon Wedding* (2001), *Taare Zameen Par* (2007), *Writing with Fire* (2021), and *Mississippi Masala* (1991). Such internationally focused events take place frequently, and students have many opportunities to incorporate cross-cultural connections into their projects and research. Zhou, for example, analyzed the historical distribution of Chinese movie theaters in Los Angeles alongside Professor Lisa Dombrowski, who teaches courses in East Asian cinema.

#### **4. Additional Campus Film Resources**

Wesleyan's Jeanine Basinger Center for Film Studies and the Reid Cinema Archives complement departmental offerings. The former includes a gallery, two state-of-the-art cinemas, and the student-run Wesleyan Film Series, which provides four nights of eclectic programming every week during the academic year. Students have access to historical documents from the Reid Cinema Archives for their research, and may draw on primary source documents from the careers of Frank Kapra, Elia Kazan, Ingrid Bergman, and more.

Meanwhile, Cardinal Pictures, a student-run organization that supports filmmaking at Wesleyan, provides interested students with film production training, advice, funding, and equipment to realize their creative ambitions.

#### **5. Active Alumni Network**

Wesleyan's robust alumni network in film is an invaluable resource for both current students and alumni. Successful graduates return to speak on campus, and provide internships and mentorship to current students. Independent producer Susan Glatzer notes: "Wesleyan distinguishes itself as one of the finest departments in the country for cultivating students who, first and foremost, have been taught to think about film in the liberal arts tradition.... This accounts for the broad array of success our film graduates have attained, whether they became writers, directors, producers, executives, agents, or academics. The powerful code of ethics that exists among our alumni to help one another and nurture the next generation stems from the dialogue that began during the formative years in the classroom."

Film students at Wesleyan reap the benefits of top notch theoretical and practical training alongside the flexibility and customizability of the University's open curriculum. Students explore broadly across the University's offerings, initiate their own projects and research, and forge lifelong connections with an influential global network. The lessons they learn will stay with them wherever they go—Hollywood, Bollywood, or beyond.



We're your friendly neighborhood independent education consultants. As India's leading body of IECs, we serve as the industry's voice. With the student's best interest in our hearts, we're raising the bar for quality of service within all our practices. Online professional development workshops, college visits, trusted vendor networks, hosting admission officers, and an awesome annual conference - that's our thang!

**JOIN US!**

Email: [admin@ai-iec.com](mailto:admin@ai-iec.com)

Phone: +91 8693075933

# TEST ANXIETY HAMPERING POTENTIAL SCORES

## Maintaining Composure During Exams Can Lead to Higher Scores

By  
Srinjay Ray  
Director  
Tutela Education Pvt Ltd.



Srinjay Ray

### Introduction

When it comes to standardized tests like the SAT, ACT, or AP exams, student's preparation plays a critical role in determining their success. However, one often overlooked factor that can drastically impact their performance is test anxiety. For many students, the pressure to perform well leads to overwhelming stress, which can sabotage even the best-laid plans. This article explores how test anxiety hampers potential scores and explores practical strategies to combat it effectively.

### What is Test Anxiety?

Test anxiety is a psychological condition characterized by extreme stress, fear, and worry before or during an exam. It can occur in various forms:

- **Physical Symptoms:** Sweaty palms, a racing heart, nausea, or headaches.
- **Emotional Symptoms:** Feelings of panic, self-doubt, and helplessness.
- **Cognitive Symptoms:** Difficulty concentrating, blanking out, or overthinking.

A study published by the American Test Anxiety Association (ATAA) found that approximately 16–20% of students experience high levels of test anxiety, while an additional 18% experience moderate levels.

### How Test Anxiety Affects Scores

Test anxiety can affect scores in the following ways:

1. Test anxiety significantly impacts cognitive functions, particularly working memory, making it challenging to recall important formulas, concepts, and strategies during exams. Research shows that students experiencing high levels of anxiety score 12–15% lower on standardized tests compared to their peers, highlighting the substantial impact anxiety has on academic performance.
2. Negative self-talk is another common consequence of test anxiety. Thoughts like "I can't do this" or "I'll never get into college" create a mental block, reducing self-confidence. This negative mindset often leads students to second-guess their answers, further affecting their ability to perform effectively.
3. Anxiety can also trigger the fight-or-flight response, causing students to rush through the test in a state of panic. This hurried approach often results in careless mistakes and missed opportunities to review or approach questions more thoughtfully.
4. The constant worry associated with test anxiety drains both physical and mental energy. Many students report feeling exhausted and burnt out even before the exam begins, which hinders their ability to focus and sustain effort throughout the test.

### Tackling Test Anxiety: Practical Solutions

#### 1. Preparation is Key

- Anxiety often stems from fear of the unknown.
- Create a structured study plan and stick to it. Research shows that students who follow a consistent schedule are 30% less likely to experience test anxiety.

## **2. Practice with Timed Tests**

- Familiarize yourself with the exam pattern by taking mock tests under timed conditions.
- A report from the College Board highlights that students who take 4-5 practice tests score 70-100 points higher on the SAT compared to those who take none.

## **3. Relaxation Techniques**

- Incorporate mindfulness practices like deep breathing, meditation, or progressive muscle relaxation.
- Studies from Harvard Medical School reveal that 15 minutes of daily meditation can reduce test anxiety by 25%.

## **4. Visualize Success**

- Positive visualization helps replace fear with confidence. Imagine yourself taking the test and feeling proud of your hard work.

## **5. Seek Professional Help**

- If anxiety persists, consider consulting a counselor or therapist. Cognitive Behavioral Therapy (CBT) has been proven to reduce test anxiety by 50% in many cases.

## **Conclusion**

Test anxiety is a common challenge, but it doesn't have to define a student's performance. By preparing effectively, practicing mindfulness, and staying positive, one can overcome this hurdle and achieve their full potential. Confidence, coupled with preparation, is the best weapon against anxiety.

# Test Prep with TUTELA<sup>®</sup>

Because Standardized Tests Needs Customized Prep

Armed with exemplary mentors, Tutela provides a trustworthy mentorship for students aiming for the Digital SAT, ACT, and AP Exams to achieve their dream university. Tutela has been trusted by thousands of Students and Parents worldwide.

- 1 Customized and Personalized Classes
- 2 Result Oriented Mentorship
- 3 Real-Time Testing Platform
- 4 Student Online Learning Portal
- 5 Intensive Testing and Review Cycle
- 6 Monthly Performance Reports

## Student Journey with TutelaPrep

- 01 Diagnostic Test**  
Begin with a thorough diagnostic test to gauge your strengths and areas needing improvement.
- 02 Evaluation and Timeline Planning**  
Receive personalized evaluation and plan your study timeline to suit your goals and schedule.
- 03 Classes**  
Participate in interactive classes guided by expert instructors, offering targeted instruction and practice.
- 04 Sectional Testing**  
Enhance your skills through regular sectional testing, focusing on specific areas of the exam for improvement.
- 05 Full Length Testing and Reviews**  
Practice with realistic exam simulations, followed by detailed reviews to identify areas for further refinement.
- 06 Ace The Exam!**  
With comprehensive preparation and support, approach the exam confidently and strive for success.

## Our Prodigies...

### ACT

Rahil Patel American Embassy School	36/36
Kian Nagpal Vasant Valley School	36/36
Diya Roongta The Shri Ram School, Mousari	36/36
Aditya Arora Heritage International Xperiential School	36/36
Rohit Datta Calcutta International School	36/36

### SAT

Pranet Khetan Shiv Nadar School	1600/1600
Romir Kumar The Shri Ram School, Mousari	1600/1600
Aaraynaa Lohia Nord Anglia International School, Dubai	1590/1600
Param Davda Dhirubhai Ambani International School	1590/1600
Pragun Sharma Shri Ram School, Aravali	1590/1600


### APs

Sresht Bodapati AP Calculus BC, AP Physics I, AP Chemistry, AP Physics C: E&M, AP Physics C: Mechanics Scottish High International School	5/5
Shivansh Gupta AP Calculus BC, AP Chemistry Delhi Public School	5/5
Arnav Arora AP Physics C Mechanics, AP Computer Science A The Heritage School	5/5



Scan the QR to  
Schedule a  
**Demo Session**

 [www.TutelaPrep.com](http://www.TutelaPrep.com)

 **088263 45541**

# 9 THINGS I DIDN'T KNOW UNTIL I CAME TO THE EMORY OXFORD CAMPUS

## Traditions and Opportunities That Define Oxford Campus

By  
Uday Makharia  
Student  
Emory University



Uday Makharia

Starting college is a time of excitement, growth, and discovery, and attending the Emory Oxford Campus offers its own unique set of surprises. Known for its tight-knit community, rich traditions, and focus on interdisciplinary learning, Oxford provides an environment that's both academically rigorous and socially enriching. Whether it's bonding over campus traditions, engaging in hands-on experiences, or enjoying opportunities for connection and exploration, there's always something new to discover here. Here are nine fascinating things I didn't know about Oxford until I became part of this remarkable community.

### 1. Dinner with 12 strangers

Imagine sitting down for a meal with 11 people you've never met before. This distinctive networking event at Oxford encourages students to step outside their comfort zones and connect with peers from diverse backgrounds. Over shared conversations and delicious food, participants form friendships, exchange ideas, and expand their social circles in an informal yet impactful setting.

### 2. Focus on Interdisciplinary Learning

At Oxford, learning goes beyond the boundaries of traditional academic disciplines. Students are encouraged to explore a variety of fields, combining interests in unexpected ways to gain a broader perspective. With opportunities to study abroad in numerous countries, the emphasis on global learning adds depth and richness to the academic experience.

### 3. The Coca-Cola Toast (The Coke Toast)

The Coca-Cola Toast is a hallmark of Oxford's welcome traditions. At the close of freshman orientation week, students gather on the quad, each with a can of Coke in hand, to celebrate the start of their journey. This simple yet symbolic moment represents unity, shared purpose, and the excitement of beginning a new chapter.

### 4. Bonfires on the Quad

Winter nights at Oxford are anything but cold when the quad lights up with bonfires. These cozy gatherings provide a space for students to relax, chat, and enjoy the crisp weather together. Whether sipping hot cocoa, roasting marshmallows, or simply soaking in the warm glow of the fire, the bonfires create moments of connection and community that stand out as highlights of campus life.

### 5. Small Class Sizes and Close Faculty Relationships

Oxford's commitment to small class sizes creates a dynamic and personalized learning environment. With fewer than 25 students in most classes, discussions are engaging, and professors have the opportunity to provide tailored guidance and feedback. Beyond the classroom, students build strong relationships with faculty, benefiting from mentorship and support that helps them thrive academically and personally. This close-knit atmosphere is a defining feature of the Oxford experience.

## **6. Oxford Organic Farm**

The Oxford Organic Farm is more than just a space for growing vegetables; it's a hub for sustainability and hands-on learning. Students can volunteer on the farm, gaining insights into eco-friendly agriculture and understanding the importance of sustainable food systems. The farm's fresh produce is used in the dining hall, reinforcing Emory's commitment to environmental responsibility.

## **7. Oxford Olympics**

Orientation week at Oxford wouldn't be complete without the Oxford Olympics, a spirited competition among residence halls. Through games and challenges, students team up, cheer each other on, and build bonds that last well beyond the week. It's a fun way to break the ice, promote teamwork, and foster a sense of pride in one's hall—all while enjoying a bit of healthy competition.

## **8. Service Saturdays**

Once a month, Oxford students come together to make a difference in the local community through Service Saturdays. Whether helping at non-profits, supporting schools, or working on environmental projects, these volunteer opportunities enable students to give back and learn about the broader world beyond campus. It's a chance to make a tangible impact while connecting with fellow students who share a commitment to service.

## **9. Food Trucks**

On the first Thursday of each month, Oxford transforms into a foodie's paradise with a variety of food trucks visiting campus. Offering everything from global cuisines like delicious Indian food to local favorites, these trucks give students a chance to try something new and exciting. It's a refreshing change of place from the dining hall and an opportunity to enjoy a communal meal in a vibrant atmosphere.

# Don't just degree. Skill up.

So that you not only survive, but also thrive.



## School of Science, Engineering and Technological Skills

- B.Tech (AI & ML)
- B.Tech (Computer Science)
- B.Tech (Data Analytics)
- B.Tech (Robotics)
- B.Tech (Cyber Security & Forensics)
- B.Tech (Big Data Analytics & Blockchain)



## School of Commerce, Entrepreneurship and Management Skills

- B.Com (Corporate Accounting/Banking & Finance/Business Analytics)
- B.B.A. (Marketing/Finance/Logistics)
- M.B.A. (Marketing/Finance/Business Analytics)



## School of Design Skills

- B.Sc Interior Studies
- B.Sc Product Studies



## School of Liberal Arts

- B.A. (Hons) - Public Policy & Governance/Economics of Health
- B.A. (Psychology) - Child Psychology/Career Counselling/ Clinical Psychology



## School of Media and Communication Skills

- BA Journalism & Mass Media

**Scholarships available for academic excellence, girl students, and defence personnel across all courses.**

**North Mumbai's First Skilltech University**

**022 4194 9922**

Universal SkillTech University, Universal Campus, Near Bhajanlal Dairy & Punya Dham, Kaman Bhiwandi Road, Vasai-401208

[f UniversalSkillTechUniversity](https://www.facebook.com/UniversalSkillTechUniversity) | 
 [@ universalskilltechuniversity](https://www.instagram.com/universalskilltechuniversity) | 
 [in Universal SkillTech University](https://www.linkedin.com/company/UniversalSkillTechUniversity) | 
 [ustu.edu.in](http://ustu.edu.in)

Scan to know more

