

Hi Everyone

This is Mr. Daniel. I hope everyone is safe and well. The biological evolution of Omicron is unprecedented. We have never seen a strain of virus evolve so fast as in Omicron. It replaced delta in a matter of weeks. Omicron replicates quickly and without proof-reading activity, its replication is prone to error and mutations build up at extreme rate. In fact, Omicron has more mutations in its spike proteins than any other virus variants we have seen to date. Fortunately, the efficacy of vaccines to trigger antibodies against Omicron is still holding and cases are generally mild in children, especially children under five years old.

It is a matter of time until we will all be exposed to Omicron. There are more than 2 million new cases just in LA county. The wide spread, the protection from vaccines and the advent of antiviral therapies may finally show light glimpsing at the end of the tunnel for mankind. Finally we may coexist symbiotically with B.1.1.529 SARS-Cov-2, the Variant of Concern.

Welcome to this week's newsletter. College admissions season is almost over!

Have you come up with a new year plan yet?

Here are some personal plans to consider for your 2022 College Game Plan.

1. **Testing Policy Reinstated** - more than 75% of colleges have pledged to remain test optional or test blind according to the National Center for Fair and Open Testing. Highly selective colleges are varied in their testing requirements. For example, **Caltech** extended the Extension Moratorium on SAT & ACT and will remain testblind for first-year admissions in Fall 2022 and Fall 2023. **Georgia Tech**, on the other hand, requires first-year applicants in Fall 2022 and beyond to take the SAT and/or ACT. Here is the list of Test-optional colleges [FairTest Colleges](#).

Here are **3 advantages of taking SAT or ACT exams**.

- a. Standardized SAT and/or ACT exams still remain an important indicator for **Academic Rigor for most selective colleges** in the Nation.
- b. SAT and/or ACT preparation build critical reading & analytical skills for **Professionals and Graduate school admissions exams such as MCAT, GRE, GMAT, LSAT**
- c. Critical Reading & Grammar are not taught in college. **SAT & ACT builds foundations for college level Expository Writing**.

With the pandemic hopefully passing soon, **current 9th and 10th graders are likely to take the SAT and/or ACT exams**. Make your study plans accordingly if you are applying to colleges with testing requirements.

2. **Build Reading & Writing skills** - Some colleges like the USC supplemental essays use a series of questions to get a glimpse of your personality and interest. Have a plan to read on a daily basis. You can choose a book recommended by someone who motivates you, like **Bill Gates**, one of the most well-known philanthropist, entrepreneur, investor and supporter for tackling climate change [Bill Gates Recommendation](#). You can listen to **Podcasts by Lex Fridman** on a variety of topics that you actually may become fascinated in [Lex Fridman](#). You can read threads,

tweets, join online communities and watch YouTubes if you do not enjoy book reading. There is so much knowledge out there that will enrich your mind that is not necessarily taught in school. These are all great sources for interesting topics to have an opinion on when you write for school projects and for college application essays.

You CANNOT pad your way and fool colleges with superficial experiences or unmeaningful activities that are not genuine.

I think in the next 5 to 10 years, candidates with real experiences with hands-on skills and deep academic foundations will stand out and apart from others.

3. **Apply for 2022 Summer Programs** - Look into summer program applications. Many of these require letter of recommendation(s), personal essays, activity list and are extremely selective in admission. When choosing a summer program, read and see if you are **truly interested in** what the program is offering, the duration and the tuition. Check in with your parents, talk to them and see which program makes most sense for you to apply. Here are two examples.
 - a. **Business & Finance:** here is a list of on-campus summer programs offered by [UPenn](#).
 - b. **In-person Medicine Mentor programs** with medical doctors, surgeons and other professionals for LA county students. [Eve and Gene Black Summer Medical program](#)
4. **Start something new** - Start an activity that you truly are interested in. **Think outside the box.** Your activity can be something you have never done before but have heard about or wanted to try. Starting something new will not only **impact yourself but also impact others around you.** Your activity can **build more meaningful relationships** and affect your family and friends. If you are interested in **Yoga**, join a membership, learn how other's lives are changed by Yoga. If you want to learn about the **stock market**, sign up for a game account with [Thinkorswim](#) and learn about different types of stock trades and investment strategies. If you are physically active and have always wanted to try Wrestling, Judo or [Brazilian jiu jitsu](#), sign up for lessons, commit to 3 months and you will have the **most wonderful life changing experience.** Here is a [Forbes](#) article on making new year's resolutions. **Don't think too much or set ultra-high goals, just get something going and enjoy.**
5. **Start a Passion Project**

Passion, according to Oxford Language definition, is *"a strong and barely controllable emotion"* Hmm... it is no wonder so many people try to search for their passions and never really find them. In my opinion, your passion can simply be an activity you enjoy doing. **A passion activity de-stress you, challenges and yet relaxes you.** Your passion activity engages your mind positively and hopefully brings out the best in you.

To turn your passion into a project, the first step may be stepping outside your comfort zone. This gives you an opportunity to **try different experiences, engage people** who do not necessarily share your point of view.

You can **make a point to engage and talk to people.** These people can be acquaintances from different backgrounds. Getting to know them and really listening to them. This **opens up your heart to a broader perspective and you will develop empathy for other people.**

You can start thinking about what you want to do once your heart **feels a burden to make things better**. This can be your **entrepreneurship project** that helps your local neighborhood or a **hands-on project** if you like to work and build something from scratch. The key is to act now, don't worry so much.

Do something and start sharing how you feel and what you learned with your friends. **Setting up and working towards specific goals enable colleges to understand how you impacted your own life and the lives of people around you at school and in your community.**

Let's start making great life stories uniquely about you. Have a College Game Plan for 2022.

Lastly I would like to invite everyone to attend our **ZOOM Seminar this Saturday, January 22nd 730pm**. We are looking to have deeper discussions on how to become an adult and have real engagement with your teachers, counselors and adults. This is especially important for current high school or college students.

Many Asians may have been stereotyped into one type, shy and awkward model minority. This is not just in college admissions but also **in mainstream social and work environments**. We will also go over our **Arduino Project** and explain how High school students can benefit from having a hands-on creative portfolio in college application.

Have you ever froze up trying to respond to someone's direct question and wished you could have said something instead? I think we all have felt nervous with butterflies in our stomach trying to speak to someone in a position of authority, like teachers, counselors and supervisors.

We hope this seminar can give you some insights on how to interact with adults effectively.

Here are some topics we will address to build confidence.

1. Are you shy or modest? Introvert or extrovert? Nice vs pushover. Asian stereotypes in college admission. What to break out stereotypes like Model Minority?
2. How to approach your teachers and Grade Level Coordinator on a regular basis?
3. What should be parents' role in talking to teachers and GLC, and should the student's role be?
4. How to do Adulthood?
5. How to ask for a letter of recommendation?
6. How to approach teachers when you have missing/late assignments or when you have a borderline grade?
7. How to interact with teachers and classmates in and outside classrooms? How to make an impression?
8. How much to confide in teachers and GLC?
9. What is EQ? How important is it for college, interviews and career?
10. Diamond bar high and Cornell experience? Who are your favorite teachers? What would you do over if you were to be given another chance?
11. Describe your journey from Highschool to law school? Is your Ivie league experience worthwhile? Any skills that you recommend learning? What is your best advice for current high school students

Here are topics on why you are better off with a Hands-on Projects

1. Why do I need to spend time building a hands-on portfolio?
2. How to connect the dots? How to connect my creative projects and outside interests to college applications?
3. How many passion projects do I need? And can you give me some examples of what I can submit for college applications?
4. I heard top colleges look for my intellectual curiosity and my academic potential. What extracurricular activities are the most important for me to prioritize?
5. Do I need creative projects if I plan to major in business or in science? Are projects only for CS and Engineering majors? How do I show on college applications if I have hands-on projects?
6. Do I need to have a programming foundation like C++ or Python to build a hands-on project?
7. I am taking AP CS at school. What is your recommended pathway for me in order to stand out on my applications to top 30 colleges?
8. I'm in IB and Tech programs and I am interested in working on a portfolio? How much time commitment (weekly and annually) do I need in order to work on creative hands-on projects that demonstrate skills and creativity?
9. How can your portfolio program help me to improve my chances of getting into my dream colleges? Can you give me some examples of hands-on projects that I can work on?

See you guys next time,
Best wishes,
Mr. Daniel

30年教學經驗，AP及SAT權威

丹尼爾學院
SATPROFESSIONALS

2022 Spring SAT Professionals Seminar [ENGLISH]

Meeting ID: 844 9950 7123
Passcode: 282225
Date & Time: Sat., 1/22, 7:30pm



Incoming Associate at Withersworldwide LLP

Journey to Law School with Matthew Kimn



Diamond Bar High School
Cornell University Class of 2019
Syracuse University College of Law
University of San Diego School of Law



- ✓ Are you shy or modest? Introvert or extrovert? Asian stereotypes in college admission. What to break out stereotype like Model minority? 你害羞還是謙虛？內向還是外向？大學錄取中的亞洲刻板印象。怎樣打破這樣的刻板印象？
- ✓ How to ask for letter of recommendation the proper way? 如何正確索取推薦信？
- ✓ What is EQ? How is it important for college, interviews and career? Any personal stories you can share? 什麼是情商？它對大學、面試和職業有多重要？有什麼個人故事可以分享嗎？
- ✓ Describe your journey from Highschool to law school? Ivy league experience worthwhile? Summer internships good and bad? Any outside skills that are not taught in school do you recommend? What is your best advice for current high school students. 描述一下你從高中到法學院的旅程嗎？常春藤名校就讀經驗值得嗎？暑期實習的好與壞？課堂外的哪些技能/知識是現在學生應該具備的呢？你對現在的高中生最好的建議是什麼？

STEM Hands-On Passion Project

STEM Mentorship Program with Dr. Meng



Dr. Michael H. Meng, PH.D, PMP
SAT Professionals Counselor/Director



- ✓ Why do I need to spend time to build a hands-on portfolio? 為什麼我需要花時間來建立一個實作備審資料？
- ✓ How to connect my creative projects and outside interests to college application? 如何將我的實作和興趣與大學申請做相關聯？
- ✓ I heard top colleges look for my intellectual curiosity and my academic potentials. What extracurricular activities are the most for me to prioritize? Career orientated, maturity, community service, competition, clubs? How are all these connected to hands-on projects? 頂尖大學看中我的好奇心和學術潛力。哪些課外活動是我最先考慮的？職業導向、成熟、社區服務、競賽、社團？所有這些如何與實作備審資料相關聯？
- ✓ How can your portfolio program help me to improve my chances of getting into my dream colleges? Can you give me some examples of hands-on projects that I can work on? 丹尼爾學院的科技領域人才導師計劃如何幫助我提高進入夢想大學的機會？一些我可以從事的動手實作備審資料的例子。

大家好

這是丹尼爾先生。我希望每個人都平安無事。Omicron 的生物進化是前所未有的。我們從未見過像 Omicron 這樣快速進化的病毒株。它在幾週內取代了 delta。Omicron 快速復制且無需校對活動，它的複制容易出錯，並且突變以極快的速度累積。事實上，Omicron 的刺突蛋白突變比我們迄今為止看到的任何其他病毒變種都要多。幸運的是，疫苗觸發針對 Omicron 的抗體的功效仍然有效，兒童的病例通常較輕，尤其是 5 歲以下的兒童。

我們都將接觸到 Omicron 只是時間問題。僅洛杉磯縣就有超過 200 萬例新病例。廣泛傳播、疫苗保護和抗病毒療法的出現最終可能會在人類隧道的盡頭看到一絲曙光。最後，我們可能與 B.1.1.529 SARS-Cov-2 共生。

歡迎收看本週的時事通訊。大學招生季快結束了！

你有沒有想好新年計劃？

以下是 2022 年大學申請計劃需要考慮的一些個人計劃。

1. **測試政策恢復**—根據國家測試中心的數據，超過 75% 的大學已承諾保持測試成績非必要條件。頂尖大學的測試要求各不相同。例如，[加州理工學院](#)延長了對 SAT 和 ACT 的延期暫停，並將在 2022 年秋季和 2023 年秋季的一年級招生中保持成績參考用。另一方面，[喬治亞理工學院](#)要求 2022 年秋季及以後的一年級申請者參加 SAT 或 ACT 行為。這是考試成績為非必要的大學 [FairTest Colleges](#) 的列表。

以下是**參加 SAT 或 ACT 考試的 3 個優勢**。

- a. 標準化的 SAT 和/或 ACT 考試仍然是美國**大多數精英大學學術嚴謹性**的重要指標。
- b. SAT 或 ACT 準備為**專業人士和研究生入學考試**（如 MCAT、GRE、GMAT、LSAT）培養批判性閱讀和分析技能
- c. 大學不教授批判性閱讀和語法。**SAT & ACT 為大學水平的說明文寫作奠定了基礎。**

隨著疫情逐漸趨緩，目前的 9 年級和 10 年級學生可能還是會要參加 SAT 或 ACT 考試。如果你申請有考試要求的大學，請相應地制定你的學習計劃。

2. **培養閱讀和寫作技能**—一些大學，比如南加州大學的補充論文，使用一系列問題來了解你的個性和興趣。有一個每天閱讀的計劃。你可以選擇激勵你的人推薦的書，比如**比爾蓋茨**，他是最著名的慈善家、企業家、投資者和應對氣候變化的支持者之一**比爾蓋茨推薦**。你可以收聽 **Lex Fridman 的播客**，內容涉及你實際上可能對 [Lex Fridman](#) 著迷的各種主題。如果你不喜歡讀書，你可以閱讀主題、推文、加入在線社區和觀看 YouTube。那裡有很多知識可以豐富你的思想，而這些知識不一定

是在學校裡教的。這些都是有趣主題的重要來源，可以在你為學校項目和大學申請論文寫作時發表意見。

你不能用膚淺的經歷或不真實的無意義的活動來欺騙大學。

我認為在接下來的 5 到 10 年裡，[具有實踐經驗和深厚學術基礎的候選人將脫穎而出](#)。

3. **申請 2022 年暑期課程**- 查看暑期課程申請。其中許多都需要推薦信、個人論文、課外活動史，並且在錄取時極具選擇性。在選擇暑期課程時，請閱讀並查看你是否**真的**對課程提供的內容、持續時間和學費**感興趣**。與你的父母聯繫，與他們交談，看看哪個項目最適合你申請。這裡有兩個例子。

- a. **商業與金融**：這是 [UPenn](#) 提供的校園暑期課程列表。
- b. 洛杉磯縣學生的醫生、外科醫生和其他專業人士的面對面醫學導師計劃。[Eve 和 Gene Black 暑期醫療項目](#)

4. **開始新事物**- 開始一項你真正感興趣的活動。**跳出框框思考**。你的活動可能是你以前從未做過但聽說過或想嘗試的事情。開始新事物不僅會影響你自己，還會影響你周圍的其他人。你的活動可以**建立更有意義的關係**並影響你的家人和朋友。如果你對**瑜伽**感興趣，請加入會員，了解**瑜伽**如何改變他人的生活。如果你想了解**股票市場**，請在 [Thinkorswim](#) 註冊一個遊戲賬戶，了解不同類型的股票交易和投資策略。如果你身體活躍，並且一直想嘗試摔跤、柔道或[巴西柔術](#)，請報名參加課程，堅持 3 個月，你將擁有**最美妙的改變生活的體驗**。這是[福布斯](#)關於製定新年決心的文章。**不要想太多或設定超高的目標，只要去做一些事情並享受它。**

5. 開始一個實作備審資料準備

根據牛津語言的定義，*passion* 是“一種強烈而難以控制的情緒”

嗯.....難怪有這麼多人試圖尋找他們的熱情，卻從未真正找到它們。在我看來，你的熱情可以只是你喜歡做的一項活動。**熱情活動可以減輕你的壓力，挑戰並讓你放鬆**。你的熱情活動會積極地吸引你的思想，並希望能激發出你最好的一面。

要將你的熱情轉化為項目，第一步可能是走出你的舒適區。這讓你有機會**嘗試不同的體驗，吸引不一定同意你觀點的人**。

你可以**強調與人們互動和交談**。這些人可能是來自不同背景的熟人。了解他們並真正傾聽他們的聲音。這讓你的**心胸開闊，視野更開闊，你也會對他人產生同理心**。

一旦你的心**感到有讓事情變得更好的負擔**，你就可以開始思考你想做什麼。這可以是你的**創業項目**，可以幫助你當地的社區，或者如果你喜歡從頭開始工作和構建一些東西，則可以是一個**動手項目**。關鍵是現在就行動，不要太擔心。

做一些事情並開始與朋友分享你的感受和學到的東西。建立並朝著特定目標努力使大學能夠了解你如何影響自己的生活以及你在學校和社區中周圍人的生活。

讓我們開始創作關於你的獨特人生故事。

制定 2022 年的大學計劃。

最後我想邀請大家來參加我們的 **ZOOM 線上講座這個星期六 · 1 月 22 日 7:30pm**。我們希望就如何成為成年人並與你的老師、顧問和成年人進行真正的接觸進行更深入的討論。這對於現在的高中生或大學生來說尤其重要。

許多亞洲人可能被定型為一種害羞和尷尬的模範少數群體。這不僅適用於大學招生，也適用於主流社會和工作環境。我們還將回顧我們的 **Arduino 項目**，並解釋高中生如何從在大學申請中獲得動手創意組合中受益。

你是否曾經因為試圖回答某人的直接問題而僵住，並希望你能說些什麼呢？我想我們都感到緊張，因為我們的胃裡有蝴蝶試圖與權威人士交談，比如老師、輔導員和主管。

我們希望本次研討會能給你一些關於如何有效地與成年人互動的見解。

以下是我們將討論的一些主題，以建立信心。

1. 你害羞還是謙虛？內向還是外向？。大學錄取中的亞洲刻板印象。什麼可以打破像少數派這樣的刻板印象？
2. 如何定期聯繫你的老師和年級顧問？
3. 家長在與老師和 GLC 交談中應該扮演什麼角色，學生應該扮演什麼角色？
4. 作為成年人如何應對？
5. 如何索要推薦信？
6. 當你的作業缺交/延遲或成績處於臨界點時，如何與老師聯繫？
7. 如何與課堂內外的老師和同學互動？如何給人留下深刻印象？
8. 對老師和 GLC 有多少信任？
9. 什麼是情商？它對大學、面試和職業有多重要？
10. 高中和康乃爾大學的經驗？你最喜歡的老師是誰？如果再給你一次機會，你會怎麼做？
11. 描述你從高中到法學院的旅程？你的常春藤聯盟經歷值得嗎？有什麼推薦學習的技能嗎？你對現在的高中生最好的建議是什麼

以下是有關為什麼你在實踐項目中會變得更好的主題

1. 為什麼我需要花時間建立一個實作的備審資料？
2. 如何連接？如何將我的創意項目和興趣與大學申請聯繫起來？
3. 我需要多少備審資料？你能給我一些我可以提交大學申請的例子嗎？
4. 我聽說頂尖大學尋找我的求知慾和學術潛力。哪些課外活動對我來說最重要？

5. 如果我打算主修商業或工程，我需要實作項目嗎？項目僅適用於 CS 和工程專業嗎？如果我有動手項目，如何在大學申請中展示？
6. 我是否需要具備 C++ 或 Python 等編程基礎才能構建動手項目？
7. 我正在學校學習 AP CS。為了在前 30 名大學申請中脫穎而出，你推薦的途徑是什麼？
8. 我正在學習 IB 和科技課程，並且對實作項目感興趣？我需要投入多少時間（每周和每年）才能從事展示技能和創造力的創意實踐項目？
9. 你的實作備審資料計劃如何幫助我提高進入夢想大學的機會？你能給我一些我可以從事的動手項目的例子嗎？

大家下期見
最好的祝願，
丹尼爾先生

30年教學經驗，AP及SAT權威

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- ✓ How to ask for letter of recommendation the proper way? 如何正確索取推薦信？
- ✓ What is EQ? How is it important for college, interviews and career? Any personal stories you can share? 什麼是情商？它對大學、面試和職業有多重要？有什麼個人故事可以分享嗎？
- ✓ Describe your journey from Highschool to law school? Ivy league experience worthwhile? Summer internships good and bad? Any outside skills that are not taught in school do you recommend? What is your best advice for current high school students. 描述一下你從高中到法學院的旅程嗎？常春藤名校就讀經驗值得嗎？暑期實習的好與壞？課堂外的哪些技能/知識是現在學生應該具備的呢？你對現在的高中生最好的建議是什麼？

STEM Hands-On Passion Project

STEM Mentorship Program with Dr. Meng



Dr. Michael H. Meng, PH.D, PMP
SAT Professionals Counselor/Director



- ✓ Why do I need to spend time to build a hands-on portfolio? 為什麼我需要花時間來建立一個實作備審資料？
- ✓ How to connect my creative projects and outside interests to college application? 如何將我的實作和興趣與大學申請做相關聯？
- ✓ I heard top colleges look for my intellectual curiosity and my academic potentials. What extracurricular activities are the most for me to prioritize? Career orientated, maturity, community service, competition, clubs? How are all these connected to hands-on projects? 頂尖大學看中我的好奇心和學術潛力。哪些課外活動是我最先考慮的？職業導向、成熟、社區服務、競賽、社團？所有這些如何與實作備審資料相關聯？
- ✓ How can your portfolio program help me to improve my chances of getting into my dream colleges? Can you give me some examples of hands-on projects that I can work on? 丹尼爾學院的科技領域人才導師計劃如何幫助我提高進入夢想大學的機會？一些我可以從事的動手實作備審資料的例子。