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**COLLEGE BOUND 2018**

Supplement to: McLean County Independent, The Leader-News, Central McLean News-Journal, McClusky Gazette, Center Republican, Beulah Beacon, Hazen Star, New Town News and Mountrail County Record.

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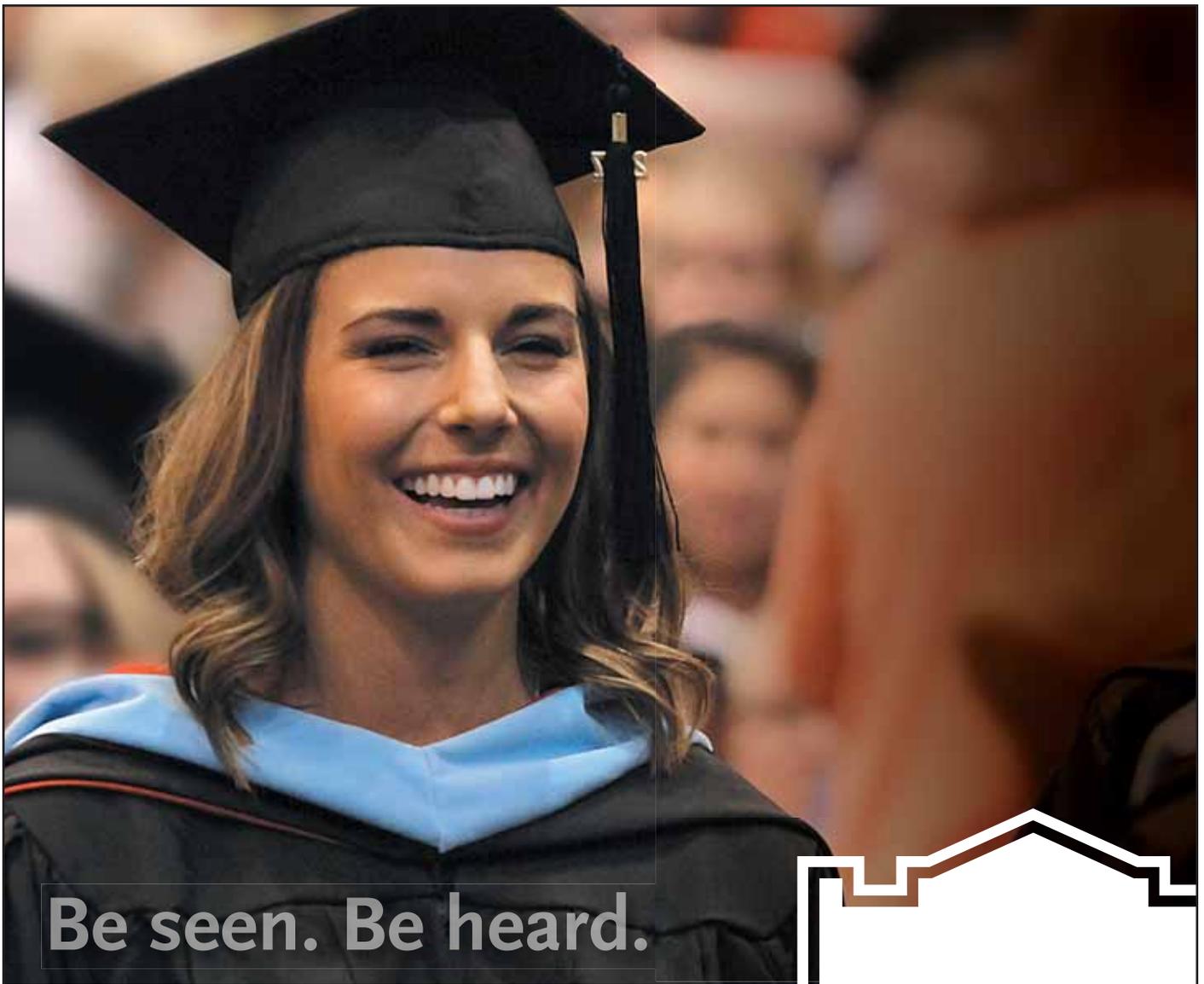
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\*Taken from the 2017 North Dakota State College of Science Graduate Placement Report.

# NORTH DAKOTA STATE COLLEGE OF SCIENCE



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# 7 Tips for Choosing A COLLEGE MAJOR YOU'LL LOVE

The major you choose is arguably the most important decision you will make in college, especially because it can affect your career choices after graduation.

Still, not knowing what to study when first starting college is normal—between 20% and 50% of students start off as undeclared. Your early years are the perfect time to explore your interests and figure out what you love doing.

What's more, graduating in four years is no longer the norm for most students. According to a report by the U.S. Department of Education, about 59% of college students seeking a bachelor's degree now take six years to graduate. With fewer students completing their degrees in four years and borrowing more student loans in the process, choosing a major before your junior year is crucial to staying on track.

We asked college advisers to share their best tips on how to choose a major that's right for you. Follow these steps to get started.

## 1. Reflect on what interests you.

The first step in choosing the right major is determining what piques your interest most. “Learn who you are and what you love,” says Karen Evans, the assistant dean of experiential learning and director of career development at Albright College in Reading, Pennsylvania. To help you identify what you like, Evans advises asking your career center for self-assessment resources. She also recommends reflecting on your past experiences — jobs you've done, subjects you've loved studying already — to determine where your passions lie.

“Take time and think about what you are good at,” advises Stephanie Peragos, coordinator of undeclared student advising at York College in York, Pennsylvania. “I always encourage students to determine their academic strengths, and then find a way to translate that ability into a career. Who wants to just punch a clock and earn a paycheck?”

## 2. Evaluate your beliefs and core values.

Do you enjoy helping people? Consider the pre-med track or social work. If you're a problem solver who enjoys puzzles, consider engineering, philosophy, math, or the sciences. Ultimately, how you answer these questions will stem from your personal values and beliefs.

## 3. Test out majors by taking introductory courses.

“Knowing whether a major seems like the right fit is as important as knowing that it is not,” says Helena Santos, the dean of advising and first year programs at Lasell College in Newton, Massachusetts. “Try a major on for size,” she says, by enrolling in an introductory course. It will likely count toward your general education or elective requirements.

For example, if you're “interested in business,” Peragos says, “enroll in an introductory management or marketing course.” If it piques your interest, consider taking more business classes or speaking with others in the major. If not, then look into taking other worthwhile classes.

## 4. Ask for help from advisers and those who know you.

While it is ultimately up to you to choose your academic path, your friends and professors could also be great allies. “Find teachers that inspire, motivate, and encourage you to work hard and be passionate about your academic experience,” says Timothy O'Donnell, the

professor of communication at the University of Mary Washington in Fredericksburg, Virginia.

Once you've done some digging yourself, be sure to seek help from academic advisers and career counselors. They can help you create a roadmap for the remainder of your college years. Now that you've determined what your values and academic interests are, try working “with a career counselor to understand how the results of your [self-assessment] fit with various college majors and [career paths]” Tirpak says.

## 5. Check degree requirements.

Once you've narrowed your focus to a few majors, look into the degree requirements, syllabi and relevant courses for each, Tirpak advises. Are there any pre-requisite classes that you'll need to take? Will you have enough time to complete these along with the major requirements your junior and senior years? “Assess your thoughts and feelings while reading [the requirements],” Tirpak says, and “use them as a guide that will direct you toward or away from an area of study.”

## 6. Follow your own dreams.

“When students major in subject areas that interest them and they feel passionate about, they are more likely to engage fully with the material they are learning,” Santos says. She adds, “this development, more than the particular major, makes them marketable in a competitive workforce.”

When choosing a major, Kate Lehman, assistant dean of student success at Otterbein University in Westerville, Ohio, stresses the importance of doing what you love. Some students choose to apply for “medical school or law school or even pursue business because their parents perceive that those majors [and] careers will guarantee jobs after graduation,” Lehman says. “The challenge is that no matter how much money is out there to be made in those fields, if you can't complete the curriculum successfully or are miserable in those classes, you won't be employable or happy.”

Talk through these concerns with your adviser or career counselor, as they are often willing to help you find the right opportunities for your interests.

## 7. Use elective credits to explore other interests.

Despite the pressure you may feel to choose the perfect major, you can always change career trajectories at any point. To expand your horizons, O'Donnell advises using “your elective credits wisely to customize your learning experience beyond the major requirements. Forge interdisciplinary connections across the curriculum because a major is really just a singular, disciplinary way of knowing the world, which, on its own, will inhibit, rather than expand your mind,” he says.

Make the most of your junior and senior years by exploring new subjects and activities, Santos adds. “Take a new class just for fun, attend a lecture, volunteer for a campus activity, go on that field trip, and don't miss out on opportunities to try new things. Learn as much as you can about it and why it matters,” she says. “You will be different for having experienced it.”

Overall, remember that your major isn't a “forever-type” decision, Evans adds. “More often than not, particularly for liberal arts college students, the path is never a straight line.”

By Gianna Sen-Gupta

# NORTH DAKOTA STATE UNIVERSITY

## STUDENTS LEARN FROM THE BEST AT NDSU

STUDENTS: 14,432 | STUDENT-TO-FACULTY RATIO: 18:1 | MAJORS: 96 | FACULTY: 800 | STUDENT ORGANIZATIONS: 300

North Dakota State University is distinctive as a student-focused, land-grant, research university, listed in the National Science Foundation's top 100 in several areas including agricultural sciences, social sciences, physical sciences, chemistry, psychology, and computer sciences. NDSU offers 96 undergraduate majors, 86 master's degrees and 53 doctoral degrees. More than 14,000 students from 47 states and 85 countries attend NDSU. The student-to-faculty ratio is 18:1. NDSU is fully accredited as an institution by the Higher Learning Commission.

### ACADEMICS

NDSU offers academically rigorous courses taught by expert faculty who are committed to helping students graduate on time as competitive candidates in the national job market. Faculty and staff support students to grow socially, academically and culturally. Students are involved with world-class research at NDSU, which gives them an opportunity to apply classroom knowledge to real-world situations.

### STUDENT LIFE

Students from diverse backgrounds create a dynamic campus environment. With 14 Division I athletic teams and 300 student organizations on campus, it's easy for students to have fun and get involved outside the classroom. From club sports, fashion shows and innovation competitions to performing arts, academic honor societies, volunteer groups and Greek life, there really is something at NDSU for everyone. Clubs and activities provide opportunities to make friends, serve the community, build leadership abilities and enhance social skills.

### LAND-GRANT INSTITUTION

As a land-grant university, NDSU provides educational access with affordability. The university forges meaningful collaborations with business, industry, non-profits, government and local and regional communities. NDSU promotes faculty and student engagement in cultural and educational outreach through teaching, public health initiatives, community service and volunteer work.

### RESEARCH

Graduate and undergraduate students are directly involved in world-class research. Students have the opportunity to work with top researchers in their disciplines. These collaborations create and transfer new knowledge, which advances technology. NDSU students have developed innovations that have resulted in business opportunities and jobs.

### EXPERIENTIAL LEARNING

NDSU students learn by doing. They gain real-world experience through hands-on activities, such as conducting research in a lab or the field, managing investment funds, solving problems for local nonprofits, planning events, reporting campus news, teaching kids to love science and math, working with patients in a medical setting and building better structures and machines. These are just a few examples.

### COMMUNITY

NDSU is located in Fargo, North Dakota, a friendly, safe and convenient community. The Fargo-Moorhead area includes

more than 200,000 residents and is a hub for arts, culture and recreation with four seasons of outdoor activities. Miles of trails for walking and biking, parks, museums, and theaters offer just a few of the available entertainment options. Fargo is home to minor league baseball and junior hockey teams, and several venues in town regularly host major concerts.

### RECOGNITION

North Dakota State University and Fargo are top notch, but you don't have to take our word for it.

Money Magazine listed NDSU as the highest-ranked college in the state. (August 2017)

- NDSU's nursing and pharmacy graduate programs were listed among the top in the nation by U.S. News and World Report. The doctor of nursing practice program was ranked 38th out of 186, and the doctor of pharmacy program was ranked 66th out of 125. (March 2017)

- NDSU has one of the highest student return-on-investment ratios for public research universities in the nation, according to Pay Scale. (2016 College ROI report)

- Fargo was named as one of the 15 best U.S. cities for entrepreneurs to live and launch by Entrepreneur. (2016)

- Fargo was named number one of the 25 best small college towns by Schools.com. (March 2016)

- Fargo was named in top 10 best cities for young entrepreneurs by NerdWallet.com. (January 2016)

- Fargo is ninth on the most recent ranking of the top 20 college towns in the nation by the American Institute for Economic Research, an independent research firm. (2016)

- Fargo is in the top 100 best places to live, small to mid-sized cities in the U.S., in the annual ranking from Livability. (2016)

### SCHOLARSHIPS

At NDSU, scholarships are available to students who have demonstrated high academic achievement. A new Harry D. McGovern STEM scholarship provides full tuition for four years for highly qualified students in science, technology, engineering and mathematic degree programs.

### AFFORDABILITY

NDSU offers a high caliber education at an affordable price. In addition, an agreement between North Dakota and Minnesota makes students eligible for tuition comparable to resident tuition. Students who graduate from a Minnesota high school and enroll at NDSU within 12 months automatically qualify for reciprocity. Students living in the states participating in the Western Undergraduate Exchange (WUE) Program or the Midwest Student Exchange Program (MSEP) or contiguous are eligible for tuition at 150 percent of NDSU's resident tuition.

### VISIT CAMPUS

We invite prospective students to come and see our beautiful campus. Various visit options are available and offer opportunities to visit with an admission counselor, tour facilities and, when available, meet with a faculty member in the student's academic area. For more information and to schedule your visit to NDSU, call 701-231-8643 or schedule online at [www.ndsu.edu/visit](http://www.ndsu.edu/visit).

NDSU does not discriminate in its programs and activities on the basis of age, color, gender expression/identity, genetic information, marital status, national origin, participation in lawful off-campus activity, physical or mental disability, pregnancy, public assistance status, race, religion, sex, sexual orientation, spousal relationship to current employee, or veteran status, as applicable. Direct inquiries to: Vice Provost, Title IX/ADA Coordinator, Old Main 201, 701-231-7708, [ndsu.eoaa@ndsu.edu](mailto:ndsu.eoaa@ndsu.edu).

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# The greatest advice ever FOR CHOOSING A COLLEGE

## 1. Even if you have a .01% chance of getting in, apply to your dream school.

Maybe you don't have the GPA or haven't done enough extracurriculars, but you know deep down in your heart that there's still hope. Even if you have the smallest chance known to mankind of getting into your dream school, submit that application.

Yes, it costs a little bit of money for the application and some time to gather the required materials. But you'll go through your life with the "what if?" disease if you don't apply, with symptoms ranging from wasting time to utter depression. Nip this disease before it even arrives. Because who knows? Maybe you'll get in. And maybe it will mean having the dream college experience.

RELATED: What I wish someone had told me about freshman year

Don't live your life in fear and "what ifs."

## 2. If you go the expensive route, have a good reason.

If you end up getting accepted into your dream school or just a really good school, you still might want to reconsider if it's pricey and you didn't land scholarships or grants. With the average student accruing \$26,549 of student loan debt, according to FICO Banking Analytics, it's clear that tuition bills will add up quickly.

I have a friend who got into Pepperdine University — his top choice. But knowing he just wanted to teach high school science, he went to a state school instead. He decided paying over \$40,000 a year wasn't worth it since he wouldn't be making a lot after graduation. Plus, he was still able to get his teacher certifications at a state school, so he didn't see the point.

If you're going for a liberal arts degree or a goal that can be achieved at a less-expensive state school, you might want to take that route. Just make sure your priorities are straight and your post-graduation plans allow you to pay off the bill.

## 3. Don't choose a college in a city/town you'd hate living in.

As much as some try to deny it, location matters. It affects who we meet, what we do and overall happiness. It's not everything, of course, but it plays a role. And I'd advise anyone not to go to a college that's in a town they'd be miserable living in for four years.

And it might not even be just four years. Plenty of students stick around their college town because of job offers or because they meet a significant other. You never know what will happen during your college years. So why risk it? Just pick a college in a city or town you'd be OK living in.

## 4. Consider college rankings and alumni earnings.

It's difficult to determine how much college rankings matter.

On one side, highly ranked private schools topped the charts of 30-year student earnings in the survey "What's Your Degree Worth?", published by Bloomberg Businessweek. But on the other hand, The Atlantic highlighted a study that showed that two groups of students earned around the same wages: those

who went to highly selective schools and those who were accepted into prestigious schools but went to less-selective schools instead.

Which study you put more weight on is up to you. But look at both rankings and alumni earnings because they can help you gauge how valuable your education will be.

## 5. Don't go with plan B until plan A truly fails.

One of my friends, discouraged that his plan A would fail, settled for his plan B before his plan A even failed. Don't do this. Plan A is plan A for a reason. It may be difficult to pull off but if you don't at least try, you'll never know and might miss out on something wonderful.

Don't give up on your dream school until it's over. Apply to the school and if accepted, do all you can to get there. Perhaps this means spending hours a day looking for scholarships or grants or setting everything up for relocation. Whatever it means, keep it your plan A and fight for it.

Choosing a college is one of the bigger decisions you'll make in your lifetime. It will affect where you live for the next four years, what kind of job you'll land after graduation and how well off financially you'll be after graduation. Choose wisely, my high school friends.

By Jon Fortenbury



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## MCKENZIE REISENAUER SUCCEEDS AGAINST THE ODDS

By: SALENA LOVELAND

We root for people beating the odds because we admire their grit and determination, and we hope to find a bit of that in ourselves. McKenzie Reisenauer is one individual who doesn't have to hope for that, because she's the one doing it. Reisenauer used her own grit and determination to accomplish something few in her shoes have and is now proud to be part of the small percentage of foster care alumni to graduate from college. According to an article<sup>1</sup> examining educational outcomes among foster care alumni, Karen Randolph and Heather Thompson (2017) reported that 70 percent of foster care alumni would like to attend college, however, only 7 percent actually enroll, and of these 7 percent, it is estimated that only 2 percent complete their degree program. This is well below the completion rate of those who are not foster youth.

As a small child, Reisenauer didn't have a home to call her own. She was placed in foster care when she was 2 years old and then hopped between her mom's and her maternal grandparents' houses. At age four, she lost her mother, and her grandparents took guardianship of her. Growing up, she faced a range of difficulties—some many other children face and others unique to Reisenauer. "Some challenges I experienced growing up vary from not having the coolest stuff or the most friends to having to grow up quickly and raising myself somewhat," Reisenauer shared. "During grade school, the biggest challenge for me was not having a traditional family like most of the other kids." She was also bullied. "I was picked on for not having parents. The kids would say no one loved me or other mean things. When I was a sophomore in high school, a boy said to me, 'If I was your mom, I would have killed myself, too.'" But even at a young age, Reisenauer was strong-willed and was able to pick herself up and dust herself off. "I never let bullying affect me. I persevered. My main challenge was just making it on my own, having to be very independent to achieve my goals."

At age 18, Reisenauer moved out on her own. College was never optional in her mind, and she was determined to not have any student debt upon graduation. To achieve this goal, she worked in excess of full time while taking at least 17 credits each semester. She continued to fight and win her battle against the odds. "Paying bills and tuition and just making ends meet while focusing on my school work was probably the biggest challenge of college life. Other challenges included not having anyone in my family who had gone to college to help me through the process. That is why I joined the TRiO program. They made sure I received any help I needed along the way."

TRiO is a national federal grant program at Dickinson State University (DSU) whose Student Support Services (SSS) program is designed to assist students in reaching their goal of obtaining a bachelor's degree. DSU's grant currently services 185 students who are first generation college students (neither parent graduated with a bachelor's degree), low income (according to federal income guidelines), or have a documented disability. The TRiO SSS program at Dickinson State, who obtained its first TRiO grant in 1997, is celebrating 20 years of assisting students.

"We are a support for students, assisting in a multitude of areas including but not limited to advising, financial literacy,

equipment checkout, social and cultural events, and various skills such as note taking, test taking and studying," said Christiana Pond, assistant director of DSU's TRiO program. "We are basically here to help guide the student with whatever they need."

With TRiO helping to ease some of the worry of college life, Reisenauer was able to focus on her studies. Her spirit and work ethic made

quite an impression on her professors. Dr. Debora Dragseth had Reisenauer in several of her business administration classes. "McKenzie quickly proved herself to be one of the most inspirational and thoughtful students in the class. She is an outstanding individual who is extremely committed to her career goals and constantly seeking to reach higher and accomplish more." Dragseth continued, "McKenzie is truly a heroic young woman. I would place her among the most creative, giving and kind students that I have worked with in my 29-year career at DSU."

All of Reisenauer's efforts paid off when she walked across the stage to receive her diploma at Dickinson State University's 2017 fall commencement ceremony. Reisenauer graduated with a Bachelor of Science degree, double majoring in accounting and business administration. Now that she has a little more free time, she plans to begin volunteering for places in Dickinson that help youth such as the Best Friends Mentoring Program or helping with fundraisers for PATH, a private nonprofit child and family services agency. And she doesn't plan on stopping there. Her future goals include getting an additional bachelor's degree in social work. "I want to open a business helping kids in the foster care system or that have rough home lives," said Reisenauer. "I hope to facilitate counselors for the kids to express themselves to and a safe place for them to go to, to make friends and gain social skills, while also providing hot meals and a voice to advocate for them."

Reisenauer credits her success to her grandparents. "They chose to take me in when they didn't have to and raised me to believe in myself and become successful. My grandma always said, 'Work with your brain, not your back.' She pushed me to succeed in high school and college. Both of my grandparents were always there to congratulate me on a good grade or achievement, such as the dean's list that I received a spot on three times. They are the main factor in my success."

<sup>1</sup> Randolph, Karen A. and Heather Thompson. "A systematic review of interventions to improve post-secondary educational outcomes among foster care alumni." *Children and Youth Services Review*, vol. 79, Aug. 2017, pp. 602-611, ISSN 0190-7409, <https://doi.org/10.1016/j.childyouth.2017.07.013>.



# MAYVILLE STATE UNIVERSITY



Mayville State University students have numerous opportunities to get involved with conducting research. This is an extraordinary advantage for students at the undergraduate level.

Agassiz Hall has been completed revamped to provide suite- and apartment-style housing accommodations for Mayville State University students. The entire campus has recently undergone extensive renovation and expansion. New and improved facilities are providing a safe and comfortable environment in which students can learn and live.

Mayville State University is a small college known for the personal attention provided to its students. Whether you are studying on campus or at a distance, you are considered to be a very important member of the Mayville State family. Our faculty and staff take great pride in providing the top-notch personal service that students deserve, and go out of their way to help to make the transition from high school to college easy.

Mayville State helps students achieve their educational, professional, and personal goals at an extremely affordable price. Mayville State University has received commendations from several entities, including the Princeton Review, which has named MSU a “Best in the Midwest” college for several consecutive years, and AffordableSchools.net, which named Mayville State “One of 30 Most Attractive Yet Affordable College Campuses.” Mayville State students experience opportunity, convenience, flexibility, and success.

At Mayville State, students have many opportunities to get involved.

Students at Mayville State can get involved

in a number of campus activities and clubs that will help them to succeed in college and in their careers. Activities available include theatre, band, choir, Cru, Science Club, intramural sports, Comet Radio, student government, Collegiate DECA, and more. Mayville State offers intercollegiate athletics opportunities in football, baseball, and basketball for men and volleyball, softball and basketball for women.

Mayville State graduates get jobs!

Mayville State has had 99% successful student placement over the past 10 years.

The Mayville State campus

Mayville State is located in the heart of the Red



The Mayville State University men's basketball team won the 2018 North Star Athletic Association conference championship, which punched their ticket to compete in the national tournament in March of 2018.

# MAYVILLE STATE UNIVERSITY

River Valley, between Grand Forks and Fargo, N.D. The physical campus of Mayville State University has experienced an extreme transformation over the last several years. Athletic facilities have been extensively updated, and a major expansion of the Health, Physical Education, and Recreation Division facilities was recently completed. The bigger and better facility features new classrooms, athletic training accommodations, a weight room and performance center, as well as faculty offices. MSU's largest residence hall, Agassiz Hall, has been transformed to provide apartment- and suite-style living accommodations. The science and library buildings have received updates, and a new addition to the library and science buildings is home to the Division of Education & Psychology. The Birkelo Hall residence hall has been renovated and to provide a living and learning community for high-achieving first-year students who focus on excellence both in and out of the classroom.

## Extended Learning

Mayville State University offers a variety of extended learning opportunities. Distance students may enroll as non-degree-seekers or pursue online programs in business administration; early childhood; mathematics; university studies; and elementary education, early childhood education, mathematics education, and special education. The RN-to-BSN online nursing program is geared toward accommodating working RNs who wish to earn bachelor's degrees. This program was developed to help address the shortage of nurses in North Dakota. A new online Master of Arts degree is designed to help those who have bachelor's degrees in non-teaching fields get the credentials they need to become teachers. This degree directly impacts the teacher shortage crisis in North Dakota.

MSU partners with Williston (N.D.) State College and Lake Region State College in Devils Lake, N.D. to offer four-year degrees in business administration and elementary education. Mayville offers similar opportunities in elementary education on the

NDSCS campus in Wahpeton and in the evenings on the Mayville State campus. Mayville State maintains offices and personnel on the campuses of Lake Region State College and Williston State College. We are truly committed to being an affordable, student-centered, transfer-friendly university. Having offices offering student support services in face-to-face settings at Williston and Devils Lake is a testament to our commitment to these values.

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# TIPS FOR Eating Healthy IN COLLEGE

Once you understand healthy eating and have set aside an appropriate food budget, it's time to put that knowledge into practice. Here are some tips to make that easier:

## 1. Make Smart Choices in the Dining Hall

If you have a meal plan, you'll definitely save yourself time and money. The downside is that it can be tempting to eat unhealthy foods. Have the self-control to go for the healthier options.

- Head to the Salad Bar and Load Up on Raw Fruits and Veggies. Be sure to choose a healthy salad dressing, like oil and vinegar; otherwise, your salad will be overloaded with calories, fats, and sugars.
- Pay Attention to How Foods Are Cooked. If you have a choice, opt for grilled instead of fried.
- Avoid Overeating, and Don't Go Back for Seconds. Just because a dining hall is all-you-can-eat doesn't mean that you need to stuff yourself.
- Skip Dessert, or Only Have Dessert Once or Twice a Week. When I was in college, I only ate dessert in the dining hall the evening after a big exam as a reward.
- Pass on the Extras When Offered by the Cook for Made-to-Order Items. For example, if you are eating breakfast and the cook is making eggs to order, skip the cheese and other unnecessary toppings.
- Go for the Power Foods, Especially for Breakfast. Your body and brain need the energy for a long day of studying. Eat eggs and oatmeal, and skip the sugary cereal.

## 2. Always Opt for Water

This is where so many Americans fail themselves and their diets. Soda, coffee, energy drinks, and other sugary beverages are easily available, but don't be fooled into thinking you need them to keep you awake to study. A tall glass of water will do the trick and is much better for you.

Additionally, drink alcohol in moderation and only if you are of age. Remember that alcoholic beverages are high in calories and in price. If you are going to drink coffee, skip the fancy coffee drinks and order the drip coffee.

## 3. Have Healthy Snacks in Your Dorm

Great dorm room snacks include nuts, dried fruit, granola, peanut butter, carrots, and plain popcorn. Don't buy junk food like potato chips and cookies for your room. If you don't have it available, you can't eat it.

## 4. Aim for Three Meals a Day

Depending on your class and work schedule, it may be a challenge for you to eat three square meals a day. However, do your best to eat a healthy, full meal at an appropriate time. Not only will this keep your body satisfied, but you'll be fueling your brain. It will also prevent you from starving and overindulging when having too much time between meals.

## 5. Avoid Late Snacking or Dining

College students are known for sleeping in and staying up late. While this is part of the culture, make sure not to indulge yourself in late night snacks or an extra meal by ordering a pizza. The best way to avoid this is to have better time management skills, and not wait to study until the last minute. You'll also test better if you are well-rested.

## 6. Eat Superfoods That Are Low in Price

To save money, try to eat foods that will fill you up for the least amount of money. I call these superfoods because they give your mind and body the power to function longer than processed foods. Here are some that are low in price:

- Eggs make an easy meal on the go, especially if you hard boil them ahead of time.

- Oatmeal will keep you full longer than cold cereal. Opt for steel-cut or "old-fashioned" oats that you cook on a stove top. Instant oatmeal is loaded with sugar and additives, and will not keep you satiated for very long

- Rice is incredibly cheap and goes well with almost anything. Opt for brown rice, as it includes the entire grain, and consider making a rice and beans recipe.

- Beans are also good for you and your wallet. While soaking them and cooking them yourself is most cost-effective, it might be more realistic for you as a college student to buy them canned.

- Avocados can be very affordable, especially during the spring when they are in season. While avocados are high in calories, they provide good fats that will power your brain.

- Peanut Butter is high in calories, but the protein will help you stay full. Avoid peanut butter with sugar and other additives, and instead purchase peanut butter that lists only peanuts and salt as ingredients.

- Apples are the absolute best study snacks. They give you the same amount of energy as a cup of coffee.

## 7. Go With the Basics When Out to Eat

In college, you'll inevitably be going out to eat, so when you do, enjoy yourself – but don't overdo it either. Keep your meal basic without all the extras to keep the cost and the calories down. Here are some examples:

- Order a baked potato with a little butter instead of overloaded with cheese and sour cream.

- Get a cheese pizza or a veggie pizza instead of one covered in greasy, fatty meats. Also, don't order extra cheese.

- Go light on the toppings at a burrito or sandwich joint.

## 8. Cook in a Group

Not much actual cooking takes place when you live in a dorm. The facilities usually do not accommodate it, nor do students want to take the time.

In order to eat more home-cooked meals, find some friends with whom you can start a dinner club: Get together once a week to make a meal and socialize. Not only is this a fun way to spend your evening, it's nice to have a real meal. By cooking a meal as a group, you split the cost of the food, making it reasonable for any budget.

## 9. Shop Smart for Groceries

Depending on whether you have a meal plan, you may or may not frequent the grocery store. Regardless, there are plenty of ways to save money when shopping for groceries:

- Utilize coupons
- Buy generic items instead of brand names
- Shop at the dollar store
- Check out the sale items
- Buy frozen veggies instead of fresh
- Read labels to know what is in prepackaged food
- Follow Dr. Oz's grocery list for inexpensive and healthy items

## 10. Indulge on Occasion

It can be a real challenge to eat healthy while in college, so give yourself a break every once in a while. Order a pizza, go out to eat, or get some ice cream – but not more than once per week. Do it as a reward for eating healthy on a budget, not as a stress reliever. Indulging will never alleviate the stress of being a college student.

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