



# Scholar Talk

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## Important Dates:

**7/4/10**  
Happy Independence Day!

**7/28/10**  
CollegeBound's 22nd Annual *Scholars' Luncheon*  
Hilton Baltimore Convention Center Hotel  
401 West Pratt Street  
11:30 a.m.—1:30 p.m.



## Affordable Textbook Shopping

Affordable textbooks for collegiate courses are one of the number one concerns for students. The cost of college is the second highest expense you will have in your life, after the purchase of a new home. Costs continue to rise, while the amount of money available to help students dwindles. It is essential for students to keep school costs down by buying used cheap textbooks.

College textbooks will comprise, on average, 20% of the yearly tuition for most students. Many

college professors believe the collegiate textbook system is broken, and costs are too high.

Why are textbooks so expensive? The three main reasons lie in publisher monopolies, lack of student buying power, and the constant republishing of new editions.

First, there are only five major college textbook publishers. This has led to a monopoly on the market, which means there is little to no competition. Second, students and faculty have

no buying power. Sales reps for publishers rarely disclose actual prices for new textbooks; you have to ask for that info. Third, textbooks are constantly being republished in new editions when there are only minor changes needed. A small addendum may be all that is necessary and sometimes publishers put out new editions for no reason at all. This leaves faculty with no recourse but to buy the new textbooks and phase out the old ones.

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## Five Smart Ways to Spend Your Summer

From the first day of classes in the fall to the last day of classes in the spring, summer can seem like an oasis. Your summer months can be an enjoyable, as well as productive, way to contribute to your college goals.

**Head home and get a great job.** You can stay with friends or family, possibly save money on food and rent, and still earn some extra cash. Remember, too, that a "great" job can mean lots of different things: good pay, good for your resume, good for the skills you can bring back to campus in the fall.

**Stay at school and get a great job.** Job openings

on or near campus may be much better than your options back at home. Why not stay on campus, relax a little, and earn some extra money?

**Volunteer.** You can volunteer in your home city, the city where your school is, or somewhere you've never been. You can volunteer in your home country or somewhere halfway across the globe. You can volunteer for a political campaign, for a religious organization, or for a social-justice based non-profit. The options are limitless!

**Do research or take extra classes in your field.** Did you really connect with a professor during the academic year?

See if he or she needs a research assistant over the summer. Want to research your own theories? Apply for grant money to stay on campus. Think you might want to change your major? Take an extra class or two to see if it's really what you want.

**Travel the world.** On top of being a fantastic journey, it can also connect to your academic course of study. If you want to major in International Relations, Spanish Literature, or Chinese, for example, summer travel can be both enjoyable and academic in nature (no matter what your parents might think!).

Article By: Kelci Lynn  
About.com Guide

## Scholar Spotlight

**CONGRATULATIONS to the following students with AWESOME jobs and internships!**

**Juanica Armstrong**, Frostburg Graduate—working for the US Department of Agriculture, Office of the Inspector General

**Marcus Bailey**, UMES—internship with Ralph Lauren

**Darla Brown**, Stevenson Graduate—working for the University of Maryland Hospital

**Isiah Burman**, Frostburg—internship with Baltimore Board of Education

**Cameron Casey**, UMCP—internship with US Customs & Border Protection

**Tanika Hooker**, Morgan—internship with US Coast Guard

**Chris Lawson**, UMCP Graduate—working as a Youth Organizer for The Youth Dreamers, Inc.

**Lawanda Lewis**, Frostburg Graduate—Assistant Manager at Target

**Daniel Muchai**, UMES—internship at Hershey Park

**Maya Shipley**, Stevenson Graduate—working for Baltimore International College

**Shepard Solomon**, Morgan—internship with Human Resources at Municipal Employees Credit Union

**Travis Willett**, Towson—qualifying as a Baltimore County Volunteer Firefighter

## College Adderall Abuse and its Dangers

One of the latest trends in college life is popping prescription drugs to enhance academic performance. Students are increasingly consuming prescription stimulants, such as Adderall and Ritalin, to heighten concentration, risking serious side effects and unknown long term consequences. According to recent studies, the rate of non-medical prescription drug use is greatest among students attending more competitive colleges.

A study published in the journal *Addiction* surveyed 11,000 college students about prescription drug use. As many as one out of four students reported use of Adderall and similar stimulants to boost their performance. Overall, an average of seven percent of all college students has used one of these drugs without a prescription. Many people feel this number is rapidly increasing.

Adderall is an amphetamine prescribed to people with ADHD, or attention deficit hyperactivity disorder. Since 1996, this prescription drug has been prescribed to 40 million people in the United States alone. Many students report exaggerating or falsifying symptoms to obtain an Adderall prescription. Some

parents are even playing a role in helping their children obtain these medications wrongfully.

"I think there has become an attitude that medications



like Adderall and methylphenidate (Ritalin and Concerta) really aren't dangerous," says Dr. Carol Milam of the Vanderbilt University Student Health Center. This is a huge misconception that can result in serious side effects. Adderall can cause side effects such as dry mouth, stomach problems, loss of appetite, and sleep difficulties. People who have heart problems, anxiety, high blood pressure, or a history of drug abuse should not take these medications. More severe risks may be posed when taking these drugs without a prescription.

Health Canada, the Canadian version of the FDA, pulled Adderall off the market

in 2005 after 20 Adderall users died unexpectedly. After further investigation, Health Canada allowed the drug's return, but with added warnings. According to new labeling, people with heart structural abnormalities should not take this medication. People who take these medications without a prescription put themselves at an even higher risk without prior evaluation by a qualified medical professional.

Students say that while caffeine may help keep you awake, these prescription stimulants actually seem to boost concentration. However, researchers have not found this to be true. A study at University of Michigan's Substance Abuse Research Center found that people who use these medications generally have a lower GPA than those who do not abuse these drugs. These prescription poppers also had higher rates of alcohol, cigarette, cocaine, ecstasy, and other substance abuse. While many students believe Adderall and Ritalin are magical pills to academic achievement, these drugs are dangerous and potentially useless for their objective.

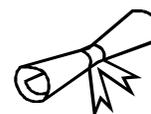
Adapted from an article by *Defective Drugs* [www.adrugrecall.com/news/adderall-abuse.html](http://www.adrugrecall.com/news/adderall-abuse.html)

## Con"GRAD"ulations to our Graduates!!

**Juanica Armstrong**, Frostburg, Accounting  
**Treeka Baylor**, Towson, Sociology  
**Keiyonna Brooks**, UMCP, Criminal Justice  
**Darla Brown**, Stevenson, Nursing  
**T'Naija Dickens**, UMCP, Family Science  
**Jamece Hackett**, UMCP, Criminology

**Chris Lawson**, UMCP, African American Studies  
**Lawanda Lewis**, Frostburg, Communication Studies  
**Domonique Matthews**, Towson, Nursing  
**Korede Oladapo**, UMCP, Family Science  
**Thomas Palmerino**, UMCP, Business  
**Ashlei Pope**, UMES, Accounting

**Mehwish Qureshi**, UMCP, Community Health  
**Maya Shipley**, Stevenson, Business Communication  
**Amara Sillah**, UMCP, Psychology  
**Kiara Yarberough**, Frostburg



## The PROS and CONS of Online Learning

Online courses and degrees are becoming more and more popular. Many students are choosing to study online because of the flexibility online learning can offer, but is online education for everyone? There are a few things you should consider if you're thinking of studying online:

### PROS

1. Choose your own hours. Distance learning allows you to spend time with your family or continue working while going to school. If you need to keep your day job, it might be easier to pursue an online degree.
2. Working from home. You can take care of chores while you're "at school", avoid nasty commutes or go to class in your pajamas. Studying at home definitely has its perks.
3. No distracting classmates. Although online learning is becoming more popular with the younger set, it seems more attractive for mature students. With online learning, you won't have any fresh-from-high-school students giggling in the back row.
4. Potential cost savings. Contrary to what many people think, online tuition is rarely cheaper than traditional college tuition. However, you can save money on things like your commuting costs and room and board. Living in college towns can be very expensive and if you can attend a college in Manhattan from Wyoming, you are obviously going to save a bundle.
5. Look independent and motivated. Since you don't have a professor looking over your shoulder, an online degree shows that you're a disciplined, self-motivated student who can work independently.

### CONS

1. Lack of interaction. Sure, some online degree programs offer conference-type video capability, but you still won't have the interaction with professors or classmates that a classroom offers.
2. Working from home. People who have a home business will agree: they either work too many hours or they are constantly distracted by other things (laundry, kids, preparing meals, etc.). Studying from home isn't always all its cracked up to be.
3. Technical skills. If your tech know-how isn't up-to-date, online learning can be a little challenging. Different schools offer different ways of delivering lessons and assignments, but they usually involve email, message boards, chatrooms, video, or a combination of those.
4. No on-campus perks. No health plan, no gym membership, no extracurricular, no student social functions. This may not be a big deal to you, but it is still something to consider.
5. The stigma of online learning. Although degrees acquired by distance education are becoming more respected than they once were, some employers still don't value an online degree as much as a traditional degree.

So, what to choose? Talk to some students and talk to anyone you know who has taken an online course. Make sure you find a program that fits your needs!

Adapted from an article by Jilliane Hamilton from myUsearch.com at MyNextCollege.com—College Review by Students



## Affordable Textbook Shopping

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You should research your courses well in advance. You will want to find out when textbooks are slated for new release. Students can often find used textbooks advertised by students who just finished taking a course. Check your student paper, bulletin boards, and Craigslist for ads. The college bookstores also offer used textbooks, but often they are more expensive than searching online. Check out Amazon.com for new and used books or try Googling "Cheap Textbooks" – there are a wide variety of online textbook outlets on the internet.



Adapted from an article at MyNextCollege.Com—College Review by Students



### Some Reminders

1. If you send an email message, text or Facebook message and you do NOT receive a response from us, we didn't receive it. Always follow up to ensure we receive your information.
2. Sign up for the monthly CollegeBound eNewsletter at [www.collegeboundfoundation.org](http://www.collegeboundfoundation.org). If you would like to be featured in a eNewsletter, please let us know.
3. Make sure to "friend" us on Facebook and join the CollegeBound Scholars group.
4. If you are taking summer courses, don't forget to send us a copy of your unofficial transcript when the class is completed. Help us keep your records accurate and up-to-date.

\*\*\*\*\*  
 \* Not receiving a \*  
 \* scholarship or grant \*  
 \* from CollegeBound \*  
 \* right now?? \*  
 \* \*  
 \* You may still be \*  
 \* eligible to receive \*  
 \* funding. Contact us to \*  
 \* find out. \*  
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**CollegeBound Foundation**

*Building the Pipeline from High School to College to Work*

CollegeBound Foundation  
300 Water Street  
Suite 300  
Baltimore, MD 21202

Phone: 410.783.2905  
Fax: 410.727.5786

#### **Questions?**

**Jamie Martino:** 410.783.2905 x207  
jmartino@collegeboundfoundation.org

**Jamie Tang:** 443.677.1701  
jtang@collegeboundfoundation.org

**Patrick Young:** 443.677.1729  
pyoung@collegeboundfoundation.org

[www.collegeboundfoundation.org](http://www.collegeboundfoundation.org)

## Notes to our Scholars

Dear Scholars,

You've come a long way, baby! You've completed another year of college and maybe even graduated. By going to college you are doing much more than many of your peers. However, as you may be discovering, experience in your field counts a lot to future employers. Everyone might prefer to have a high paying job or internship in their field for the summer, but if that idea doesn't pan out, what can you do? As far as building experience, the progression is: volunteering, then an unpaid internship, then a paid internship, and then career employment.

Sure you need to relax a bit over the summer. And, you need to have a paying job so that you can get a car or a new phone or most importantly, save so that you can pay for your books during the school year! But, how do those things get you to your longer-term goal? Brainstorm with your friends about volunteer opportunities. Visit the Career Center at your college. Call people in the field you want to join and ask for ideas about what you can do. Get ideas at: [www.volunteermatch.org](http://www.volunteermatch.org); [www.idealists.org](http://www.idealists.org); and [www.serve.gov](http://www.serve.gov).

Jamie Tang  
Retention Specialist

Patrick Young  
Retention Specialist

Scholars,

The summer break is a time to relax and regroup for the next academic year or time to prepare for your first "real" job. In addition to relaxing, discover "Five Smart Ways to Spend Your Summer." While you start preparing in the back of your mind for the fall semester, research some more cost-effective ways to purchase your text books in "Affordable Textbook Shopping." And as you're relaxing and soaking up the summer rays, consider the dangers of using prescription drugs for things other than their intended purpose. "College Adderall Abuse and its Dangers" discusses the implications of taking prescription medications illegally. Adderall and Ritalin are not magical pills and students should understand that they are incredibly dangerous. Use the smarts we know you have and study the right way. Lastly, how do you feel about online classes? Check out some of the arguments for and against this type of learning in "The Pros and Cons of Online Learning."

And while you're at it, enjoy some of your summer! Whether you are working, completing an internship, taking classes or babysitting, carve some time out for yourself. We have high expectations for you for the fall! Keep up the good work!

Jamie Martino  
Scholarship Coordinator