

next Generation

What's happening

Wednesday

■ The city of Davis hosts the seventh annual **job skills workshop for teens** beginning at 4 p.m. in the Veterans' Memorial Theater, 203 E. 14th St. The event includes presentations on how to make contacts, prepare for an interview and how to increase chances of employment. Participants also will have the opportunity to experience a mock interview and receive feedback from recreation program coordinators and supervisors. For more information, visit <http://www.cityofdavis.org> or call 530-757-5626.

Saturday

■ **Davis Idol 2013** is coming. Tickets are on sale now to see who will walk away with the coveted title of the best singer from Davis' high schools. Tickets are \$10 in advance and can be purchased from any Advanced Treble Choir member or at Watermelon Music, 207 E St. Tickets at the door are \$12. The red-carpet finale gets under way at 7 p.m. at the Brunelle Performance Hall, 315 W. 14th St.

Tuesday, Feb. 12

■ The Davis City Council will honor this year's **Golden Heart Award winners** and nominees during a ceremony and reception in the Community Chambers at City Hall, 23 Russell Blvd., beginning at 6:30 p.m. The awards honor Davis teens for significant contributions to their community and for overcoming personal challenges. For more information about the awards, visit <http://www.davis-teenscene.org>.

Thursday, Feb. 14

■ **Come support children's nutrition**, expand access to quality school meals, and enhance the healthfulness of the school food environment at the Davis Joint Unified School District's nutrition advisory committee meeting from 4 to 6 p.m. at Montgomery Elementary School, 1441 Danbury St. For more information, contact Student Nutrition Services at nutrition@djud.net or 530-759-2186.

Saturday, Feb. 16

Blast into the world of air pressure, aerodynamics and physics in "**Science for Kids! Up, Up and Away**," sponsored by the city of Davis. Inflate a giant airbag with one breath, see a real hovercraft in action and shoot toilet paper 50 feet in the air while learning about the principles of gases. The show gets underway at 2 p.m. at the Veterans Memorial Theater, 203 E. 14th St. Tickets are \$5/children, \$7/adults if purchased in advance at the Community Services office, 600 A St., Suite C; Armadillo Music, 205 F St.; or The Avid Reader, 617 Second St. Tickets are \$8 at the door. For more information, call 530-757-5626.

Feb. 23-24

■ **Youths ages 11 to 15 can receive baby-sitters training** from the American Red Cross during a weekend-long session at the Community Pool Building at Community Park. Hours are 9 a.m. to 2 p.m. both Saturday and Sunday and the session costs \$150. Register with the city of Davis Community Services Department by calling 530-757-5626 or visit <http://community-services.cityofdavis.org>.

Friday, March 15

The annual **Father-Daughter Dance** benefiting the **Leukemia/Lymphoma Society** is from 6 to 10 p.m. at the El Macero Country Club. Tickets are \$35 for dinner, dessert and dancing and may be purchased at the dental offices of James Meinert, 604 Third St.; The Avid Reader, 605 Second St.; or at El Macero Country Club. Dress is formal and a photographer will be available for pictures.

'It's the parent who is charged with protecting the kid'

'Price of Privilege' author returns to Davis

By Anne Ternus-Bellamy

ENTERPRISE STAFF WRITER

Psychologist Madeline Levine wasn't entirely sure what the reaction would be when her book, "The Price of Privilege," was published more than four years ago.

Drawing on her years of experience treating troubled adolescents in Marin County, Levine argued in the book that materialism, the pressure to achieve, perfectionism and disconnection have contributed to epidemic rates of depression, substance abuse and anxiety disorders among adolescents in affluent, well-educated communities.

She cited the enormous amount of time so many kids spend on athletics, homework and other extracurricular activities and said, "nobody can keep up with that level of stress and lack of sleep and repetitive work."

Levine expected some negative reaction, some "blowback," as she put it, because she was "identifying a problem that hadn't been looked at before."

But what she found as she toured the country in the years after the book was published was that parents, teachers and school administrators nearly everywhere she went were seeing the same things.

"Every community has seen the costs ... of this kind of high-pressure, high-stakes life," she explained.

When Levine appeared in Davis two years ago, she drew a huge crowd to Freeborn Hall eager to hear what she had to say. Her appearance followed on the heels of a screening of the film "Race to Nowhere" a few months earlier, a screening that touched on many of the same issues and drew a crowd of 550 people.

And when word got out that Levine would be returning to Davis next month as part of Davis Parent University, all 500 tickets sold out well in advance. Levine will be speaking at the Brunelle Performance Hall on Friday, Feb. 8, from 7 to 9 p.m. and her presentation will be taped and aired by Davis Media Access later.

This time around, having already focused on what she sees as the problem, Levine is focused more on solutions.

"It's shifted from a discussion of whether there is a problem to what can be done," she explained. "It assumes the problem and attempts to address the questions."

Those questions, she said, arise at the intersection of parental common sense and parental peer pressure. She points to current arguments over the amount of homework children receive and the number of advanced placement classes they take.

"I think the majority of parents really fully understand that it's not in their kids' best interest to be taught to the test, to do repetitive work, but they're fearful they will disadvantage their kids," Levine said.

"Parents ask, 'What can I do? I understand my child shouldn't be doing five hours of homework, but that's what the school insists on,'" Levine said. "Same with all the AP classes. When I talk to parents, they point their finger at the schools. When I talk to faculty, they point their finger at parents, saying parents want them. When I talk to both, they point their fingers at colleges."

The bottom line, though, Levine said, "is who's got the most skin in the game? It's your kid. It's the parent who is charged with protecting the kid."

In her most recent book, "Teach Your Children Well," published late last year, Levine offers numerous tips on what she calls "parenting for authentic success," tips she'll be offering when she speaks in Davis next week.

Society's current narrow definition of success, Levine argues, unnecessarily stresses academically talented kids and marginalizes many more whose talents and interests perhaps aren't as measurable inside the classroom.

"Rightly or wrongly," Levine said, "everyone is trying to optimize their child's success. But as long as we cling to a narrow version of success we stress a small group of kids and marginalize a large group."

Or in other words, as her book is subtitled: "Why values and coping skills matter more than grades, trophies and 'fat envelopes.'"

Ticket-holders for Levine's Feb. 8 presentation should be at the Brunelle Performance Hall, 315 W. 14th St., by 6:30 p.m. Any seats open after 6:50 p.m. will be offered to walk-ins. The event will be taped and available for viewing by Feb. 28 at <http://dctv.davismedia.org/dpu-home>

Levine's appearance is presented by the Community-wide K-12 Parent Education Collaborative and the DJUSD Climate Committee. For more information, contact Jodi Liederman at jliederman@cs.com.

— Reach Anne Ternus-Bellamy at aternus@davisenterprise.net or (530) 747-8051. Follow her on Twitter at @ATernusBellamy.



COURTESY PHOTO

"When I talk to parents, they point their finger at the schools. When I talk to faculty, they point their finger at parents, saying parents want them. When I talk to both, they point their fingers at colleges."

Madeline Levine
author of
"Teach Your Children Well"

Follow this roadmap to a successful college visit

With all the craziness of holiday plans and travel behind us, probably the last thing on everyone's mind is planning another trip. But, in the world of college admissions, this is actually just the right time to be making more travel plans.

The college tour bonanza is spring break of a student's junior year. Visiting colleges is one of the most effective ways to find a good fit for you. The more visits the better, time and resources permitting. In this column, I will explain what you need to know to get the most from your visits.

Trip planning

As with any trip, it's always a good idea to be strategic about timing and be prepared. If possible, visit colleges before you apply and then visit your two top choices again in the spring of your senior year before you accept one. Since spring break is a "peak" season for tours, make reservations at least a month ahead of time. Don't risk showing up and being turned away because there are no more spaces.

Booking the typical tour is simple through each college's website. Or, you can contact the admissions department and often set something up that suits your individual needs. If this seems too onerous, there is always the outsourcing option. Go through a tour company such as Seize the Day Tours in Sacramento. Check their website, <http://www.seizethedaytours.com/> #!upcoming-tours, for upcoming tours or check

with your high school counselor.

And, finally, there are ways to do virtual tours such as www.youniversitytv.com and www.collegeweeklive.com, or do virtual fairs through www.collegefairsonline.com.

What to expect on your trip

Most colleges have some or all of the following types of visiting options:

■ **Group information session:** A group meeting with an admissions officer to cover basic details about the school and answer questions.

■ **Campus tour** (usually student-led): Maybe you've seen the backwards walking leader of a group before? This type of tour takes about an hour. You see classrooms, the student union, dining commons and maybe even dorm rooms. The quality of the tour depends on the particular student leading the tour.

■ **Overnight stays:** Some schools allow students to stay overnight and experience living in the dorms and eating in the dining hall. Space is limited and may be available only to admitted students.

■ **Class visits:** Set up class visits. Look online or talk to the admissions office for specifics.

■ **Interviews:** This is great chance to learn about the school and make an impression. More on this below.

How to get the most out of your trip

Regardless of which type of tour you take, it



is always helpful to do your homework first. Here are some tips to get you ready.

■ **Research the college before you visit.** Read materials from the college and check out its website.

■ **Be an active participant.** Ask questions that help clarify their academic programs and the type of student who is most comfortable there.

■ **Follow your interests.** Visit departments that interest you, coaches in sports where you excel and former graduates from your high school.

■ **Look for intangibles.** Read the notices in the dorms or on bulletin boards. Have lunch in the student center and watch student interactions.

■ **What's your gut reaction?** Keep track of your impressions after you visit.

Back to interviews

This is often the main event of the trip. Not only does it help a prospective student get noticed, but it also is great practice for interviews in the future. In general, there are two types: informational and evaluative.

Informational interviews are a way for you to learn more about the school and for the school to try to recruit you. Evaluative interviews are focused on assessing whether you would be a

good fit and occur later in the application process.

No matter the type of interview, it is wise to hone your interview skills beforehand. Here are some tips to help you put your best self forward:

■ **Be professional:** Be on time, be respectful, make eye contact, no gum and speak clearly. Send a thank-you note after.

■ **Research the school:** Know the basics such as school size, location, majors you would be interested in, unique aspects and campus life.

■ **Practice your interview skills:** Anticipate possible questions and take time to answer them out loud in a "mock" interview setting or in front of a mirror. Have "go to" answers ready for predictable questions. When you answer a question always be sure to answer "why" not just "what."

■ **Be yourself:** Answer questions and have a conversation that genuinely reflects who you are and what you want. Do not try to satisfy what you think they are looking for in a candidate.

■ **Prepare questions for the interviewer:** Do not ask anything that you could find out online or in guide books. And, of course, do not ask anything that's inappropriate.

Questions you may be asked

There are many online resources such as <https://bigfuture.collegeboard.org/get-in/interviews/college-interviews-practice-questions-and-strategies-that-have-examples-of-questions>

you may be asked. Here are a few examples:

■ What are your most/least favorite subjects and why?

■ What adjectives would you use to describe yourself?

■ How do you spend your free time?

■ What is challenge you have faced and how did you overcome it?

■ What did you do last summer and what did you learn from it?

■ Why do you want to attend this school?

■ What majors are you interested in and why?

And remember to have questions prepared for the interviewer. Here are some examples as a frame of reference:

■ What kinds of students are most successful at this school?

■ How would you describe the general personality of this school?

■ What was your best/worst college experience?

I hope this information has motivated you to hit the road. If so, happy trails. I wish you a pleasant and informative journey along your path to the right college for you.

— Jennifer Borenstein is an independent college adviser in Davis and owner of The Right College For You. Her column is published on the last Tuesday of the month. She lives in Davis with her husband and two daughters. Reach her at jenniferborenstein@therightcollegeforyou.org, or visit www.therightcollegeforyou.org.