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A2	From In Focus 1
<div data-bbox="373 645 1295 703"><h3>Applying For College – School – Process</h3></div> <div data-bbox="316 779 1353 891"><p>College education is a big investment for everyone. Each choice leads to a different destination. Which road should you take?</p></div> <div data-bbox="316 927 1353 1182"><p>You create your own choices through researching. Find the universities that will provide the education you want. This task can take a while, but it is a crucial step; your future for the next few years will depend on it.</p></div> <div data-bbox="316 1218 1353 1899"><p>Limit your search to those schools that offer the degrees and programs for your intended field of study. Tuition, location, weather, city size, and on campus housing are all factors that should be taken into consideration. Information about every college can be obtained from the education section of the US News website at <a href="http://www.usnews.com">www.usnews.com</a>. The faculty to student ratio can be an indicator of the quality of their classes. The acceptance rate of each school shows how selective they are with applicants. Famous schools are associated with certain prestige, but there might be other schools that can better suit your educational needs.</p></div> <div data-bbox="389 1935 1353 1971"><p>When you know which schools you want to attend, the next</p></div>	

step is to request more information from their admissions offices. Review the information to make sure everything looks good. Send in the application and the fee once you are sure about your choices.

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## How to Do Better

Life often seems to be a competition to see who is faster, stronger, or smarter. Winning is very important because it affects our status and income. Athletes can see big increases in their incomes when they win. In school, students compete for grades and awards. At work, employees compete for promotions. They must help their companies deliver new and better products and services if they want to achieve success. All of this comes at a cost, and the bill is usually paid for in time, effort, and health. Great effort plus the fear of falling behind can make people sick, and it is the root of many illnesses in modern society.

As mentioned, winning is important, so people always look for ways to improve their chances. Sometimes, it is possible to win by more training, study, or by eating better. But another option is to take drugs that will improve performance. Some athletes take drugs to increase their heart rates, while some students and employees take

drugs to increase their concentration. Many of these drugs are legal but are not being used in the correct way. Police have observed an increase in these drugs being sold on the streets or over the Internet. The trend will probably continue as people recognize that they offer the chance to do more and perform better than others.

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## Teaching Kindness

Chuck Wall teaches management and human relations at Bakersfield College. He walked into class one day and told his students that their homework was to perform one random act of kindness. His students did not understand the assignment, but the professor would not answer their questions. He encouraged his students to figure it out for themselves.

One week later, the students returned to the classroom excited to share their stories. One student told of distributing blankets to the homeless, another reported on helping a lost dog to find its owner, and another student had contacted a long lost friend. Students were so energized by the homework assignment that they wanted other people to be kind, too. With the support of local businesses, the students made stickers to put on cars that challenged people to do something kind for others. They sold the stickers and decided to

donate the money to a center for the blind. This was not surprising, as Professor Wall is blind.

Since then, similar kindness campaigns have been started in schools around the world. Many schools organize a Random Acts of Kindness Week, usually around November 13, to celebrate World Kindness Day. Some schools use each day of Random Acts of Kindness Week to perform a different kind act, such as making a new friend, helping someone, doing community service, or raising money for a charity. Students learn to consider other people and think about how small actions can make the world a better place.

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## **Time to Relax?**

One way to understand the future of a society is to look at the age of its population. When the number of people gets bigger over time, this is population growth. If we add up the ages of all people in a country and divide it by the total number of people, we get the average age of the population. In many countries, this average age is increasing. The biggest growth is taking place in the category known as “senior,” people over 60 or 65. Many of them have worked hard for most of their lives. They worked to supply society with the services it needed or in industries that made important materials. They feel that they have done their duty to society. Most of them

have the option to receive company or government pensions.

In some parts of the world, seniors move to areas with warm Mediterranean climates, such as California and Spain. They live together in separate communities, so their knowledge and experience is not shared with younger people. Seniors also now live longer. As a result, there are fewer working people for every retired person, and this causes problems because the younger people's work supports the seniors. We cannot ignore these problems because they will not go away. In a number of countries, the age of retirement has increased, and people are working longer. Is this the solution?