

The Ebb and Flow of Life

A talk to college-bound students



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A Talk to College-bound Students

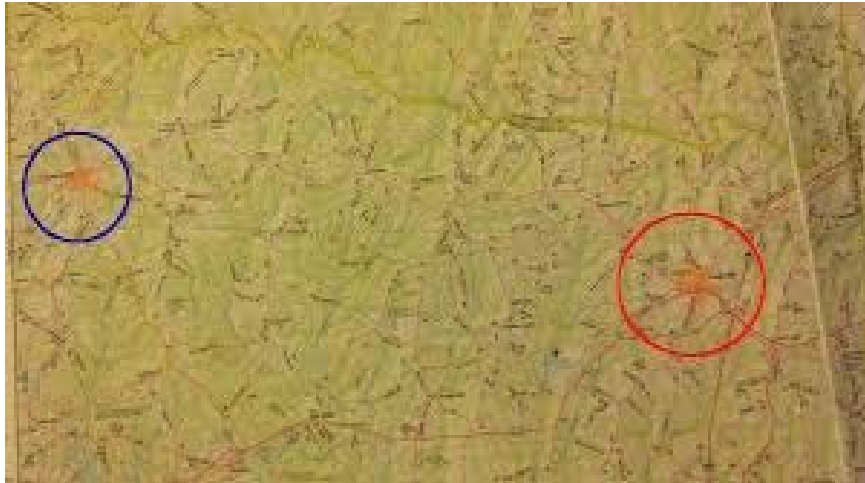
- The Education Journey
- College Preparation
- College Life
- Life after college: Working Life
 - Issues
 - Solutions
- Questions & Answers



How To Navigate In the Big Ocean?



To Travel you will need to know



Map



Your current position



Compass



Your Destination



Monitoring Position

Education Is A Journey



Your Journey, Your choice



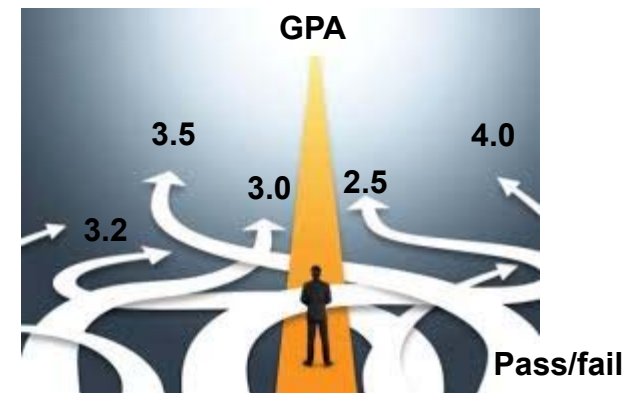
You are the captain of your career



Your destination



Your map



Your Compass



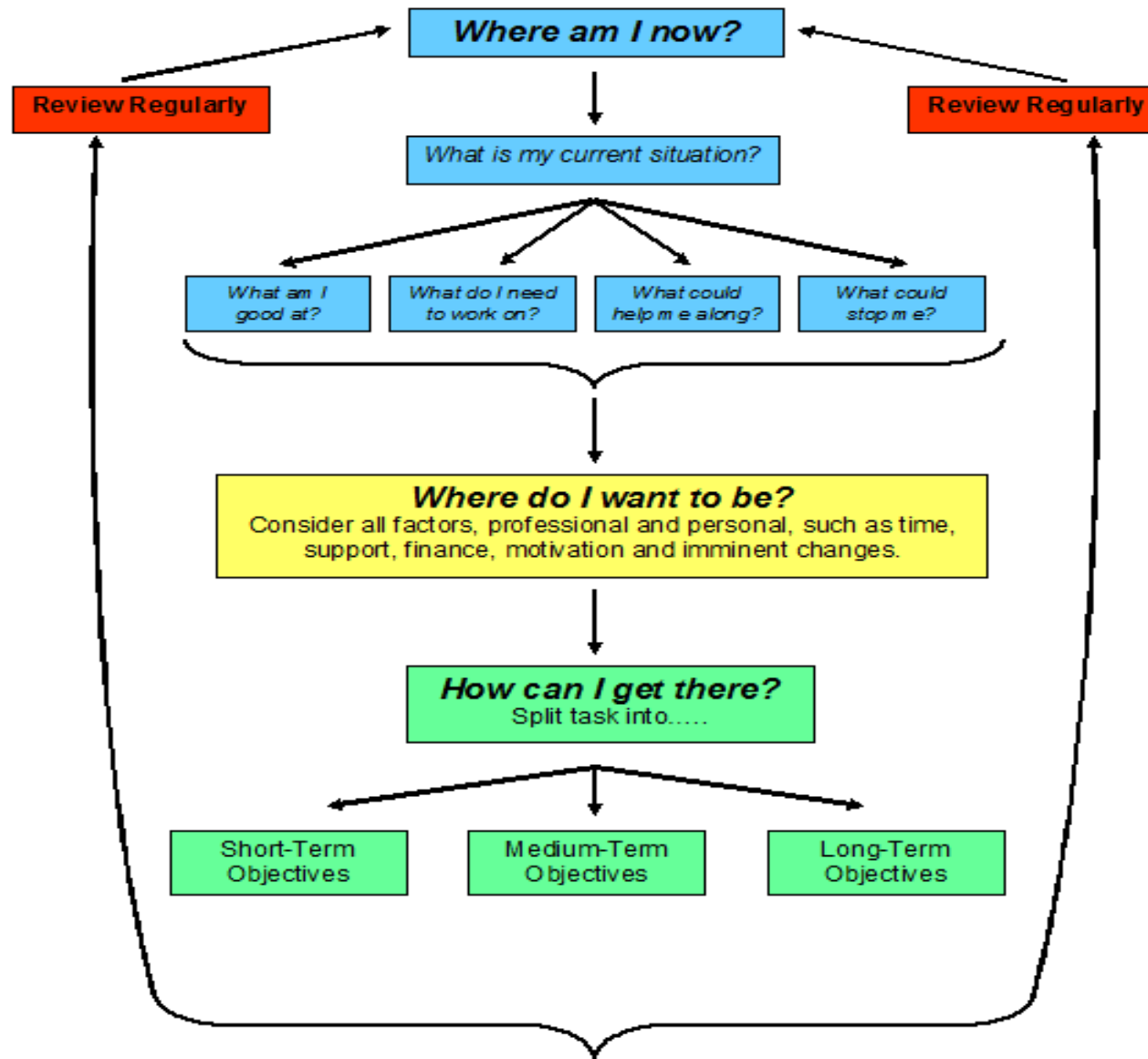
Your position

Career vs. Job

- A career is the pursuit of a lifelong ambition or the general course of progression towards lifelong goals.
- Job is an activity through which an individual can earn money.



Career Planning

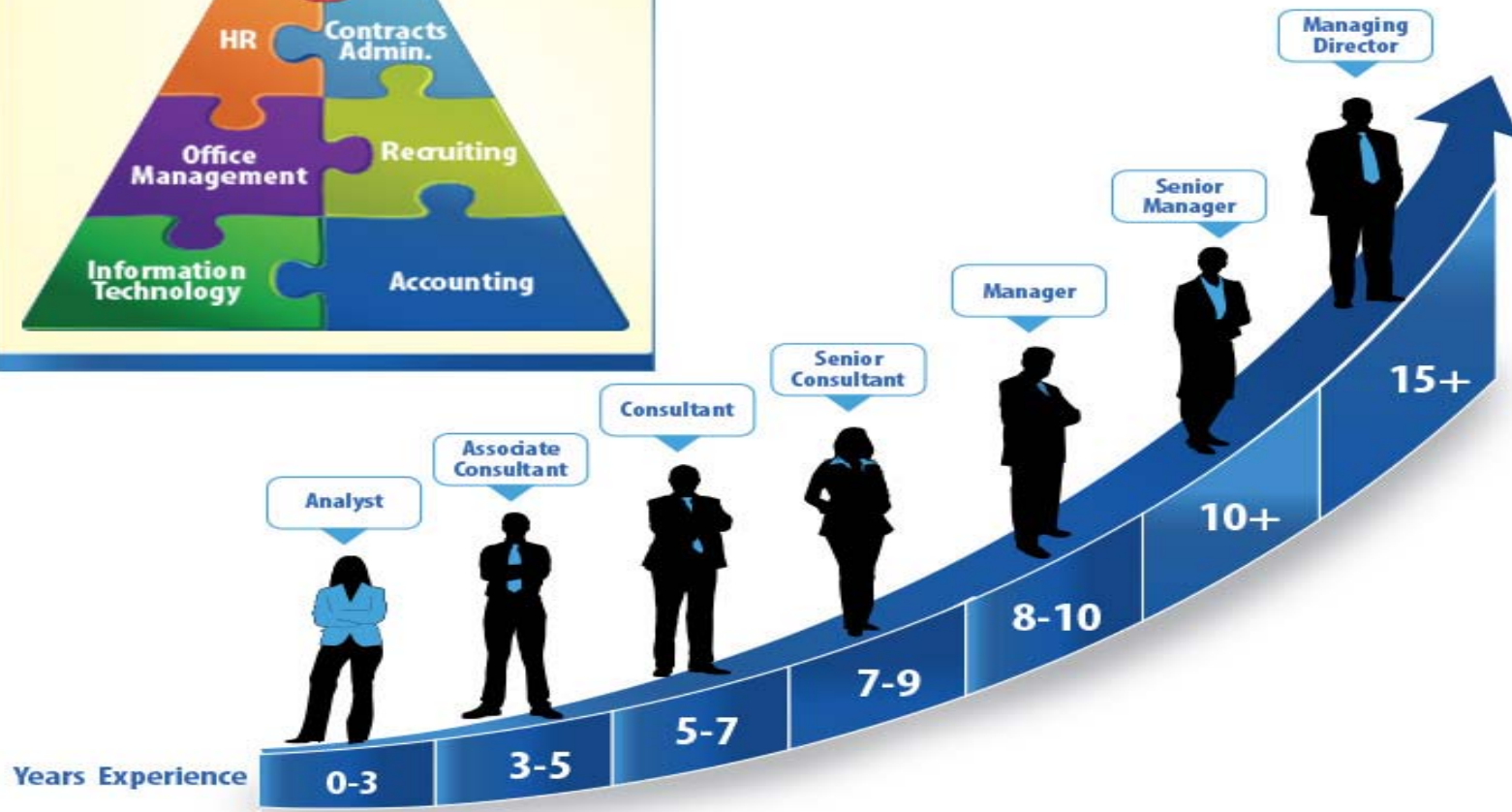


Career Track Example



Each career track has up to seven levels

- Each level has a job description detailing KSAs required to perform the role
- Each level will have a core training curriculum designed to help prepare you for the next level of your career



Career Goals

- My current goal is to get accepted into a good university and majoring in
- My short term goal is to graduate in four years from university with at least a 3.5 average.
- My medium term goal is to go to a top graduate school and become a professional specialize in skills
- My long term career goal is to find a adequate position which I can excel as well as a position that allow me to continue learning to advance in my career as



The World Is
Yours To Conquer

Planning a Career, Selecting a Major

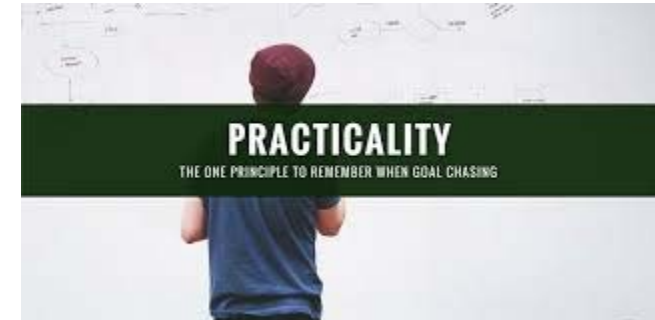
- Selecting a career where they will make a living could be the first biggest decision that students have to make
- Parents may help but ...
- It is still the students' decision, it is their career, their future and their life
- Student must plan their career based on their interest, their skills, their abilities, and their values
- Investigate career choices and majors
- Analyze market demand
- Interview people in that career list
- Narrow down to a shortlist
- Selecting a major



What to Choose?



Without vision you do not see
Without practicality the bills do not get paid



Passion & Practicality



WITHOUT PASSION
LIFE IS NOTHING



Efficiency and Practicality

Every problem can be solved through efficiency and practicality. Getting things done well in the shortest time is very important.



What to Choose?

Passion is something that becomes part of your life, it drives you to achieve it.

Hobby is a pursuit of something outside one's occupation, especially for relaxation



Passion & Hobby



For Parents of College Bound Students

- Parents should start the discussion on the idea of college as early as the first year in high school.
- Parents who are focused on test prep and strong grades need to consider the “big picture”.
- College admissions offices is looking for extracurricular activities, leadership skills, and ambition too.
- Grades and test scores are only part of the picture.
- Apply at least 10 schools
- Apply early and follow the instructions
- Make sure the Major your student selected is related to the rigorous curriculum you take in high school. i.e. Engineering Major requires more math and physics classes in high school

College Admission

- **Scholastic Aptitude Test (SAT Score)**
- **High-school transcript - Grade Point Average (GPA) Score**
- **Application Essay –**
 - Your education plan?
 - Your education goal?
 - Why do you want to go to this university?
- **Other extracurricular activities?**
 - Sport, clubs, music, tutoring etc.



How To Navigate In the university?



To Travel in your College Journey you need



Map – your program curriculum



**Your current position
How are you doing?**



**Compass
your GPA**



**Your Destination
Your Degree**



**Monitoring Position
Your required classes**

Time Management



- Students **NEVER** have enough time
- So many distractions
- One hour of class time require at least two hours of studying
- Time management: **Priority**
 - Important task : Must be done
 - Urgent task: Must be done **NOW**
 - Time to study, time to relax, time to sleep, time to play
- **Discipline is important skill to have**
- **Daily, weekly planning**
- **You go to school to get educated**
- **Maturity takes time**



Some Friendly Advices

- You never know where or in what setting your passions will be discovered, so you must allow yourself the opportunity to explore and take the risk of learning something new. Your future may depend on it.
- Read more about the world in a way in which you are not accustomed to, and open your mind.
- Do not be afraid to contact people you've never met, whether professors, CEOs, scientists, technologists or otherwise for advice. You will be amazed by how far a short note about yourself and a genuine interest in another person can take you.
- Improve your reading and writing skills and take some computer classes

How to study in College

- Read materials BEFORE coming to class
- Take notes in class, listen well
- Ask questions, if not clear
- For every one hour in class, spend two hours of studying
- Participate in teamwork
- Organize and summarize study note
- Do not study everything at once, space out your study
- Relax
- Exercise
- Sleep



Become A Lifelong Learner

Never Stop Learning!



How To Navigate In life after college



How to Prepare in the Time of Uncertainty?



Your Basic Foundation may help but ...

Work hard
Honesty
COURAGE
Be diligence
PASSIONATE
Determination
Integrity
Persistence
BE PREPARED

How Can You Survive the Ebb and Flow of Life?

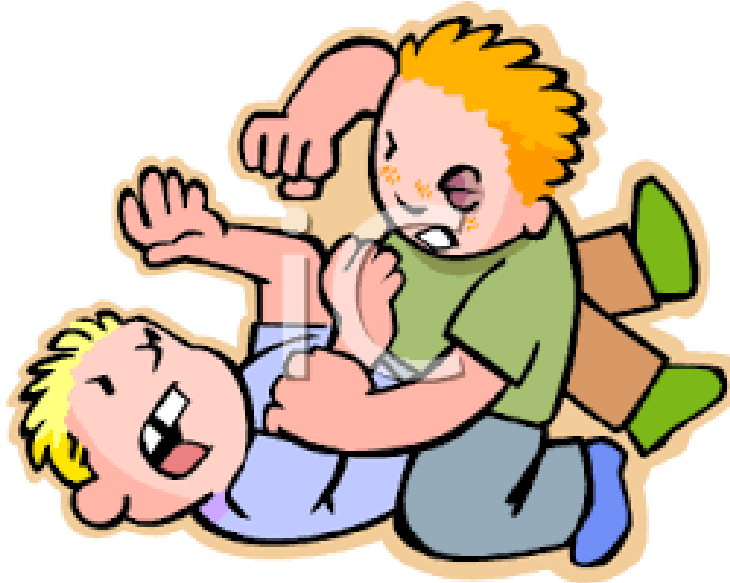


The Six Principles: Your Guidelines, Your Map



Why Do People Fight?

- People compete and fight for everything because of **greed**:
 - Better position
 - Better salary
 - Better bonus
 - Better everything
 - More is better
 - Bigger is better
 - Greed is good!



If you do not fight, you will avoid a lot of problem.

Issues You Face in Life

- All problems you face in life are caused by fighting, greed, seeking, selfish, self-interest, and lying.
- If you look outside for happiness, you will run into these people.
- Materials things are only temporary, it will come and it will go. If you do not get these things, you will have all kinds of affliction. But if you obtain them, you will worry of losing them.
- The more money you have, the more you worry
- The more famous you are, the more you worry
- How can you be happy and worry at the same time?

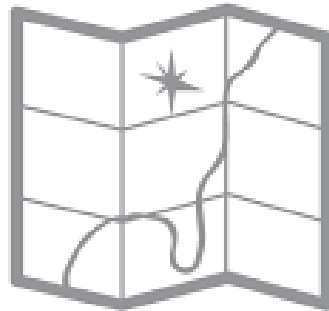
True Happiness is free of seeking!

The Solution you could Apply in Life

- Turn it around!
- Whatever you do, think about benefit others.
- Willing to take a loss, willing to yield to others.



You are the captain of your life



The six principles is your map

MAP

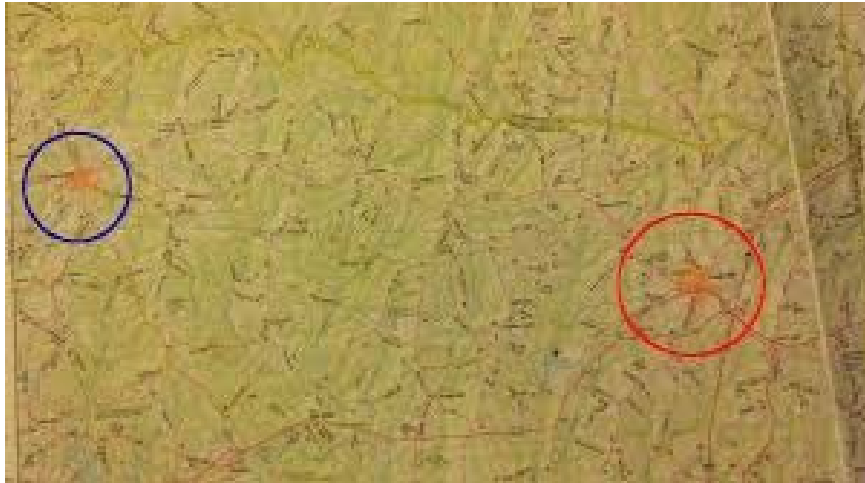


Your daily practice of self-cultivation is your compass



Benefit others is your goal

To Travel in life you need



Map – your working life



**Your current position
How are you doing?**



**Compass
your principles**



**Your Destination
Your lifelong goals**



**Monitoring Position
Your practices**

In the Ebb and Flow of Life ...

- You need Good Advisors and Good friends
- Who are they?
- People who also follow the six principles
- People who practice self-cultivation
- People whose goal is to benefit others
- Where are they?
- They are here! In this place
- The only way to end suffering in life is to cultivate and follow Buddha's teaching.
- Buddha had given you the map (The Buddhadharma)
- The Venerable Master had given you the compass (The Six-principles)

As the Captain of your life, you know what to do.

Questions & Answers

