This spring was a bustling, vigorous semester. Most of the STEP students took part in demanding courses all designed to prepare them for regent exams or the SATs. The juniors took part in the Let’s Get Ready Program, which is an SAT prep course intended to increase their prospective test scores. The SAT prep courses consisted of tutoring in verbal and math skills from 9:30 am to 3 pm.

In the morning, sophomores either prepared for the chemistry regents in June or investigated current events in science.

After lunch, the sophomore took either Physical Fitness with Baruch College Campus High School Girls’ Basketball Coach Howard Soskind or received Math A or Math B regents review.

All the freshmen took Professor Sarah Ryan’s STEP Up to College Now morning course. In this course, students create career goals, research a major of interest, make a dream college resume, discuss what colleges expect of applicants and how to embody those requirements. Those are just a few of the topics Professor Ryan’s students touched on while investigating their motivation for higher education, what institutions they wish to attend and how to get there.

For these students, the afternoons consisted of field trips, guest speakers and presentations. Among the field trips were the Bodies Exhibition at the South Street Seaport and the New York Hall of Science in Flushing, Queens. Presentations included a speaker from Al Gore’s Global Climate Change, Acupuncturist Jon Simon, Liberty Science Center, American Museum of Natural History, as well as biology professor Jason Munshi-South.

The Student STEP Conference is the event where the Poster Presentation Competition takes place. Selected STEP students from various colleges present their own research on science poster boards to be judged.

Another project in development is an internship program. Qualified seniors interested will be interviewed by STEP staff and take STEP Up to College Now 2. These students will have the chance to place for possible internships within hospitals, museums, and other local institutions.

Lastly, seniors may be eligible to take college credit courses at Baruch College. This will be a collaborative effort between STEP and College Now.

Participation in these events will give STEP students a competitive edge over most college applicants. Stay tuned for developments.
On a sunny, humid Saturday in June, 18 STEP students journeyed to Princeton University for the program’s first college visit. The coach bus reached the campus at 10:45am. First stop was the Princeton Art Museum.

The art museum was created just after the Department of Art and Archaeology was created within Princeton. This year, the museum celebrates its 125th anniversary. Originally named the Museum of Historic Art, in 1947 it became known as the Princeton Art Museum. It has become greatly considered to be a cultural resource within New Jersey with an enormous historical collection of 68,000 objects.

On this page, pictures of a few of the buildings shown to students on the Orange Key Tour are illustrated (provided by www.princeton.edu.) “Developed by students, the tour is geared towards high school students (and their families) who are considering Princeton as a possible next step in their education. That said, other visitors might find interesting some of the 250+ years of Princeton history and tradition covered on the tour.” –Description of Orange Key Tour on the Virtual Tour Site.

---

**Princeton By Numbers:**
- 34 majors
- 300 sport teams
- Freshmen class of 1,245 students

**Fees & Expenses for the Academic Year 2007-08**
- Tuition: $33,000
- Room & Board: $10,980
- Estimated miscellaneous Expenses: $3,395
- Estimated total: $47,375

**Numbers taken from Princeton University 2007-08 Viewbook.**

---

**PRINCETON STATS**

Class of 2011 Facts
(As of June 1, 2007)
- Number of applicants: 18,942
- Applicants admitted: 9.6 percent
- Expected class size: 1,245

Diversity in the class:
- African American: 8 percent
- Asian American: 15 percent
- Hispanic: 8 percent
- Native American: >1 percent
- Multiracial: 6 percent

Students receiving financial aid: 54 percent
International students: 11 percent

Taken from the Princeton University 2007-08 Viewbook.
Princeton in Pictures
Meet Our Freshmen

Samantha Achaia
Brooklyn Preparatory High School

Xera Agana-Woodbine
Institute for Collaborative Education

Elena Cespedes
Saint Jean Baptiste

Luther Cherry
Brooklyn Preparatory High School

Andy Chung
Institute for Collaborative Education

Xue Yun Gao
Baruch College Campus High School

Lenny Garcia
Institute for Collaborative Education

Ebony Graham
Bishop Kearney High School

Stephaun James
Brooklyn Preparatory High School

Lamar Omagbemi
Institute for Collaborative Education

Denise Ortiz
Institute for Collaborative Education

Fatima Petersen
Institute for Collaborative Education

Arvind Saini
St. Francis Preparatory

Nashakeem Uzzell
St. Jean Baptiste

Luisa Valencia
Cristo Rey High School

Alison Williams
Notre Dame
Q: What first got you interested in science?
A: Due to my strong interest in science, I joined the Science Research Program at my high school and did research for three years. My project won the Intel Science Talent Search Semifinalist Award, which opened many doors for me. When I got to college, I wanted to do something that would continue to challenge me.

Q: What advice do you have for students pursuing science careers?
A: It's important to make a commitment to science. You have to realize that being actively fit and healthy is crucial for people to accept fitness into their lives and prevent the possible negatives, which are attached to neglecting you body.

Q: When did you start taking fitness seriously? What's your own fitness routine?
A: At first, I did it to pass the time between my college classes. I began to take it seriously a few months into it. My goal has been to get others to develop the same excitement about being fit and healthy as I have. My personal fitness routine involves bench presses, deadlifts, pull-ups and squats. Compound movements target more than one body part at a time and are the best for growing muscle and getting stronger.

Q: What do you hope students will take away from your class?
A: My high school's science research program helped me with my science writing, research and also gave me experience in speaking about science and scientific techniques. By having mentors such as my mother, I learned the foods and supplements that helped her, which led me to want to discover why things worked for her and why other things made an illness that she had worse.

Q: What's your future in fitness?
A: My goal is to go for my degree in Food Science, Cornell University. My project was inspired by a recipe that I came up with while innovating in my kitchen with chocolate, chocolate molds and some other ingredients. I was also inspired by Mott Green, owner of Grenada Chocolate Company. At the present time, I am figuring out the large scale processing and manufacturing the product in a timely fashion with the hopes of making a comfortable salary and allowing the business to grow.

Q: What advice do you have for students wanting to get fit?
A: Come to my class! Just kidding, but it would help a lot. The number one thing to getting, being and staying fit is dedication. First and foremost, you have to make a commitment. You have to realize that being actively fit and healthy is important. In a world, which is full of health disorders, I think it’s crucial for people to accept fitness into their lifestyles and prevent the possible negatives, which are attached to neglecting you body.

Q: What are misconceptions people have in regards to working out?
A: One major misconception, which I hear from almost every female I train is that they will look mannish and huge. It’s not going to happen. You can come to the gym and I guarantee that you’ll be able to pick up some weights and not come out looking like a female bulk. Toning and strengthening your muscles are important parts of being fit because stronger muscles help you perform day-to-day activities faster and more efficiently. On the other hand, guys like to come in and start with heavy weights and do the exercises improperly. A keyword to remember is GRADUAL.

Q: What advice do you have for students wanting to get fit?
A: Come to my class! Just kidding, but it would help a lot. The number one thing to getting, being and staying fit is dedication. First and foremost, you have to make a commitment. You have to realize that being actively fit and healthy is important. In a world, which is full of health disorders, I think it’s crucial for people to accept fitness into their lifestyles and prevent the possible negatives, which are attached to neglecting you body.

Q: What's your future in fitness?
A: My goal is to go for my degree in Food Science, Cornell University. My project was inspired by a recipe that I came up with while innovating in my kitchen with chocolate, chocolate molds and some other ingredients. I was also inspired by Mott Green, owner of Grenada Chocolate Company. At the present time, I am figuring out the large scale processing and manufacturing the product in a timely fashion with the hopes of making a comfortable salary and allowing the business to grow.

Q: Tell us about your chocolate product/company and how you came about the idea.
A: My chocolate project was inspired by a recipe that I came up with while innovating in my kitchen with chocolate, chocolate molds and some other ingredients. I was also inspired by Mott Green, owner of Grenada Chocolate Company. At the present time, I am figuring out the large scale processing and manufacturing the product in a timely fashion with the hopes of making a comfortable salary and allowing the business to grow.

Q: When did you start taking fitness seriously? What's your own fitness routine?
A: At first, I did it to pass the time between my college classes. I began to take it seriously a few months into it. My goal has been to get others to develop the same excitement about being fit and healthy as I have. My personal fitness routine involves bench presses, deadlifts, pull-ups and squats. Compound movements target more than one body part at a time and are the best for growing muscle and getting stronger.

Q: What do you hope students will take away from your class?
A: My high school's science research program helped me with my science writing, research and also gave me experience in speaking about science and scientific techniques. By having mentors such as my mother, I learned the foods and supplements that helped her, which led me to want to discover why things worked for her and why other things made an illness that she had worse.

Q: What has helped you along your journey in science?
A: My high school’s science research program helped me with my science writing, research and also gave me experience in speaking about science and scientific techniques. By having mentors such as my mother, I learned the foods and supplements that helped her, which led me to want to discover why things worked for her and why other things made an illness that she had worse.

Q: What's your future in fitness?
A: My goal is to go for my degree in Food Science, Cornell University. My project was inspired by a recipe that I came up with while innovating in my kitchen with chocolate, chocolate molds and some other ingredients. I was also inspired by Mott Green, owner of Grenada Chocolate Company. At the present time, I am figuring out the large scale processing and manufacturing the product in a timely fashion with the hopes of making a comfortable salary and allowing the business to grow.

Q: Tell us about your chocolate product/company and how you came about the idea.
A: My chocolate project was inspired by a recipe that I came up with while innovating in my kitchen with chocolate, chocolate molds and some other ingredients. I was also inspired by Mott Green, owner of Grenada Chocolate Company. At the present time, I am figuring out the large scale processing and manufacturing the product in a timely fashion with the hopes of making a comfortable salary and allowing the business to grow.

Q: When did you start taking fitness seriously? What's your own fitness routine?
A: At first, I did it to pass the time between my college classes. I began to take it seriously a few months into it. My goal has been to get others to develop the same excitement about being fit and healthy as I have. My personal fitness routine involves bench presses, deadlifts, pull-ups and squats. Compound movements target more than one body part at a time and are the best for growing muscle and getting stronger.

Q: What do you hope students will take away from your class?
A: My high school's science research program helped me with my science writing, research and also gave me experience in speaking about science and scientific techniques. By having mentors such as my mother, I learned the foods and supplements that helped her, which led me to want to discover why things worked for her and why other things made an illness that she had worse.

Q: What has helped you along your journey in science?
A: My high school’s science research program helped me with my science writing, research and also gave me experience in speaking about science and scientific techniques. By having mentors such as my mother, I learned the foods and supplements that helped her, which led me to want to discover why things worked for her and why other things made an illness that she had worse.

Q: What's your future in fitness?
A: My goal is to go for my degree in Food Science, Cornell University. My project was inspired by a recipe that I came up with while innovating in my kitchen with chocolate, chocolate molds and some other ingredients. I was also inspired by Mott Green, owner of Grenada Chocolate Company. At the present time, I am figuring out the large scale processing and manufacturing the product in a timely fashion with the hopes of making a comfortable salary and allowing the business to grow.

Q: Tell us about your chocolate product/company and how you came about the idea.
A: My chocolate project was inspired by a recipe that I came up with while innovating in my kitchen with chocolate, chocolate molds and some other ingredients. I was also inspired by Mott Green, owner of Grenada Chocolate Company. At the present time, I am figuring out the large scale processing and manufacturing the product in a timely fashion with the hopes of making a comfortable salary and allowing the business to grow.

Q: When did you start taking fitness seriously? What's your own fitness routine?
A: At first, I did it to pass the time between my college classes. I began to take it seriously a few months into it. My goal has been to get others to develop the same excitement about being fit and healthy as I have. My personal fitness routine involves bench presses, deadlifts, pull-ups and squats. Compound movements target more than one body part at a time and are the best for growing muscle and getting stronger.

Q: What do you hope students will take away from your class?
A: My high school's science research program helped me with my science writing, research and also gave me experience in speaking about science and scientific techniques. By having mentors such as my mother, I learned the foods and supplements that helped her, which led me to want to discover why things worked for her and why other things made an illness that she had worse.

Q: What has helped you along your journey in science?
A: My high school’s science research program helped me with my science writing, research and also gave me experience in speaking about science and scientific techniques. By having mentors such as my mother, I learned the foods and supplements that helped her, which led me to want to discover why things worked for her and why other things made an illness that she had worse.
**MORNING COURSES  9:30am-11:15am**

- **FORENSICS SCIENCE**  
  This class will describe the discipline of forensic science and how it is different from the classical sciences. We will learn how to use evidence to associate a suspect with a crime scene or victim, as well as how to differentiate between different types of evidence. Beyond the tangible aspects of crime scene investigation, we will also discuss the notions of truth, justice, law and ethics. The first two weeks will focus on the forensic evidence while the last two weeks will cover the legal aspect with an actual mock jury trial.

- **ENVIRONMENTAL SCIENCE**  
  This course will revolve around the concept of synergy: The whole is greater than the sum of its parts. We will look at various terrestrial and aquatic ecosystems to biomes. We will discuss biological, ecological, and socio-economic concerns that affect each system. Taking part in various labs and trips will be required.

- **FITNESS & NUTRITION DEVELOPMENT**  
  This course will focus on weight training (muscle conditioning, toning and strengthening) in the Fitness Center. We will also emphasize the importance of cardiovascular training and maintaining a healthy eating regimen.

**LUNCH 11:15am-12:00pm**

**AFTERNOON COURSES  12:00pm-1:45pm**

- **KITCHEN CHEMISTRY**  
  Students will learn chemistry relating to major aspects of cooking and food, their nutritional, physiological, flavor and some microbiological components. In addition, they will be experimenting with processes and methods with foods to measure and observe properties of food. A diet analysis will be performed using computer software. The importance of fruits, vegetables and antioxidants will be highlighted. A group project will conclude the course, which will students an introduction to scientific research.

- **MARINE BIOLOGY**  
  In this course, we will discuss the components of the ocean, the various types of aquatic organisms that reside there, and compare and contrast saltwater ecosystems, fresh water ecosystems, and estuaries. Labs and trips and will be apart of this course, including group dissections.

- **MATH REVIEW**  
  This course will cover a range of math topics, covering material for various regents as well as being a refresher course. Students will spend time in the class and in the field as we explore applications of mathematical concepts. Hands on methods of application lead to longer recall of the principles.

---

**We’re on the Web!**

Visit us at: www.baruch.cuny.edu/step

or

http://groups.yahoo.com/groups/baruch_step_academy

---

CREDITS: Editing by Brian Kane  
Writing, Layout & Photography By Simone Webb  
Photography by Yvonne Erazo & Iris Ayala