



NORFOLK DAILY NEWS

Thursday, September 29, 2022



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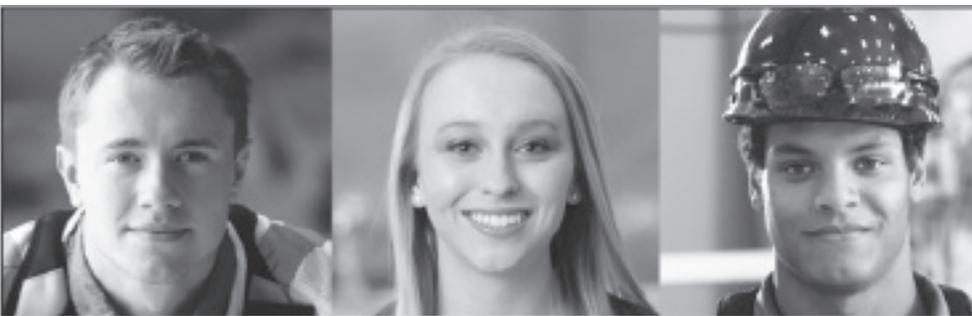
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What to know as an adult heading back to school

College campuses are diverse. Newly minted high school graduates embarking on the next stage of their studies might dominate college campuses, but many established professionals who have long since graduated from high school are also among the student bodies at universities across the globe.

The National Center for Education Statistics says that one in five Americans enrolled in undergraduate higher education is at least 30 years old.

The changing face of higher education should be a comfort to adults who may have been apprehensive about heading back to school. Adults considering a return to school should not allow age to deter them from enrolling. Many people now complete degrees later in life, while others return to school to study subjects they did not study during their first go-rounds as college students.

Finding the right fit in regard to a college is different for adults than it is students right out of high school. Responsibilities to family and employers complicate the decision about where to go to school. The following tips can help adults as they decide where to continue their educations.

- Choose a school that meets your needs. Look for schools that can accommodate priorities other than academics, such as family and work. Many schools now offer flexible schedules and online classes. Check out schools with strong reputations

for working with adult learners.

- Sit down with a college counselor. If you've been in college before, pull your transcripts and bring any information about coursework, credits and life experience. This way you can be credited for what you have already accomplished. Counselors can serve as invaluable resources as you navigate a return to the classroom.

- Brush up on the skills required of successful students. If you've been out of school for awhile, brush up on your study skills, note-taking, annotating, and other skills that can serve you well in an academic environment.

- Speak with your employer. Many employers support employees who want to return to school, especially when employees will be gaining skills that are applicable to their existing careers. Some employees may even help their employers finance their educations. According to Matthew Reed, the vice president for learning at Brookdale Community College in Lincroft, N.J., roughly 90 percent of midsize or large employers offer some kind of tuition reimbursement. Even when that's not available, some employers may have an arrangement with certain schools that provide discounts to their workers, says Reed.

Adults returning to school is becoming increasingly common. Planning and making use of resources at your disposal can help you navigate the process of returning to school as an adult.



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Full Day | Select Thursday and Fridays

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College majors that can lead to higher earnings

Choosing a college major is an important decision that many students delay making until their sophomore or even junior years. Only after taking a few courses and uncovering one's interests do some college students figure out what they want to do with their lives.

Each student is different, and while some may pursue a degree based on a particular passion, others may choose majors that can lead to high-paying jobs.

While men often lean toward majors like engineering and computer science that have traditionally been linked to high earnings, women have historically gravitated to lower-paying specialties like education and social sciences. But in recent years a shift has occurred, and more women have begun to choose majors associated with higher post-graduate salaries.

Reports from the career guidance site Glassdoor analyzed how much male and female professionals with the same college degree earned and identified many instances in which women went on to earn more than men in the first five years of their

career. They've identified several majors where female college graduates can earn as much or more than their male counterparts and find successful careers.

- Architecture
- Pharmaceutical sciences
- Information sciences
- Chemical engineering
- Computer science
- Electrical engineering
- Mechanical engineering
- Computer engineering
- Business economics
- Civil engineering
- Sports management

Despite these findings, the college resource CollegeFactual and the U.S. Department of Education says that women remain likely to pursue education, design and applied arts, health services, and social work as career options.

Female students unsure of which major they want to pursue can take career assessments to help narrow down their options. Working with mentors or engaging in internships also can present a first-hand idea of high-paying career paths.



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