

ESSAY GUIDEBOOK



GILMAN
COLLEGE COUNSELING

Dear Seniors:

Welcome to your senior year! The College Counseling Office is always excited for the fall and looking forward to working with a new class of seniors. We want this to be an especially fun and gratifying year for you. We are very aware that the fall will be busy for you, and want to help reduce the stress and unnecessary work as much as we can. We also want to support you in reaching your goals for an undergraduate education. Years of experience have taught us that the first two months of school are key to a successful college admission process. If you make the right choices and follow your college counselor's sage advice early on, your process will likely go well. As you know, one of the most challenging parts of your application will be your essays. We strongly encourage you to get to work early on these. Trust us, you will be glad you did!

The application essay carries with it two interesting and unique qualities:

THE ESSAYS ARE THE MOST LABOR-INTENSIVE PART OF THE APPLICATION.

The rest of the app is pretty simple, actually. Once your essays are done, there is little that is very difficult. That said, the essays are also the easiest to put off. Writing is often a great source of profound procrastination. You will be tempted to start filling out portions of the Common or Coalition App, and put off essay writing. If you can resist the temptation to procrastinate, you will be sure to thank yourself come October!

THE ESSAY IS ALSO THE ONE PART OF THE APP THAT IS UNDER YOUR CONTROL RIGHT NOW.

With perhaps the exception of the fall SAT and ACT, essays are one element of the app which you fully control. While a great essay will not change the power of grades and test scores, we do want you to be excited about this opportunity to express yourself and create your very best forms of self expression. This essay process is an opportunity for serious self-reflection, a chance to define who you are and what you value. This process takes enormous energy and thought. Like so many things in life, if you give much to the process, you will find it to be a satisfying and rewarding experience.

Four other important components of this process:

THE ESSAY GUIDE WILL BE A HELP TO YOU, BUT THE VERY BEST THING YOU CAN DO IS SUBMIT ALL YOUR DRAFTS TO YOUR COLLEGE COUNSELOR.

In fact, if you don't read a lick of this Guide (that said, please do!), but you are vigilant about getting all your drafts to your college counselor, you will be in great shape. However, reading and digesting the suggestions here will produce a stronger first draft and save you from more work down the line. No good essay is written in one sitting. Great essays require many drafts. Your College Counselor expects to see all copies of all drafts. The earlier, the better!

YOUR PARENTS LOVE YOU

The essay writing process and its potential for procrastination may create tension between you and your parents. You need to understand your parents' interest in your essay is truly a byproduct of their love and concern. Share with them what's on your mind, your ideas, and where you are in this process and that will likely go far in reducing stress. Let them know what you are up to. They really care about what you are thinking, and doing this will be good for you and for them. Try setting aside one time during the week to talk about your application and avoid making college the sole topic of conversation during the rest of the week. That said, this is your essay and your application process. Parents and seniors need to understand that this a student-driven process and your essay must be written by you and you alone.

WRITING IS TOUGH WORK, BUT WE ARE IN THIS TOGETHER.

Your College Counselor has a lot of experience reading college essays and we stand ready and willing to share that experience with you. No senior finishes his essay with one draft. No one. So, be willing to accept our advice and write multiple drafts so your essay will be the strongest it can be.

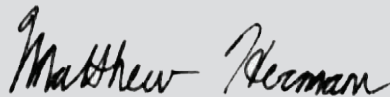
WRITING REQUIRES SELF-REFLECTION, HONESTY, AND AUTHENTICITY.

This too is hard work. Good writing is simply good thinking expressed clearly. It is not easy to write knowing that an admission officer will be evaluating your essays. That concern is certainly understandable and can often inhibit good writing. Know that stilted writing often results when you are overly concerned with making a good impression. Being authentic and reflective in your writing will empower your prose to achieve your goal—showing the reader who you are, what you believe, and what you value. Be proud of who you are and what you bring to the community. Know that any college would be lucky to have you, and then write.

Best wishes for a great year and a great admission process,



Ms. Ross



Mr. Herman



Ms. Follensbee



Mr. Baker

THE PRIMARY ESSAY

COMMON APP 2017-2018 ESSAY PROMPTS (CHOOSE ONE)

1. Some students have a **background, identity, interest,** or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you **faced a challenge, setback, or failure.** How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you **questioned or challenged a belief or idea.** What prompted your thinking? What was the outcome?
4. Describe a **problem you've solved or a problem you'd like to solve.** It can be an intellectual challenge, a research query, an ethical dilemma—anything that is of personal importance, no matter the scale. Explain its significance to you and what steps you took or could be taken to identify a solution.
5. Discuss an accomplishment, event, or realization that sparked a period of **personal growth and a new understanding** of yourself or others.
6. Describe a topic, idea, or concept you find so **engaging that it makes you lose all track of time.** Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on **any topic of your choice.** It can be one you've already written, one that responds to a different prompt, or one of your own design.

COALITION APP 2017-2018 ESSAY PROMPTS

- Tell a story from your life, describing an experience that either demonstrates your **character** or helped to shape it.
- Describe a time when you made a meaningful **contribution to others** in which the **greater good** was your focus. Discuss the challenges and rewards of making your contribution.
- Has there been a time when you've had a long-cherished or accepted **belief challenged?** How did you respond? How did the challenge affect your beliefs?
- What is the **hardest part of being a teenager** now? What's the best part? What advice would you give a younger sibling or friend (assuming they would listen to you)?
- Submit an essay on a **topic of your choice.**

We strongly recommend that, *whenever possible*, you use the Common App platform for a few reasons:

- It is time tested and established.
- There are significantly more schools as members.
- The Common App allows our office to send our documents safely and securely via electronic submission, with your ability to monitor this by your Naviance account.

Of course, if you are applying to a school (such as the University of Maryland, College Park) which only uses the Coalition Application, Gilman supports that platform as well.

GETTING STARTED

To begin, it is important to understand that so many other parts of your application will *impress*. Your transcript, letters of recommendation and list of activities will objectively and subjectively allow the reader to see your success and accomplishments. *The goal is different here.* The primary essay (Common or Coalition) is an invitation to share a part of *who you are* and *what you care about*, something **beyond** test scores and grades. The essay is your opportunity to share your personality, your values, your beliefs. This is your chance to show the reader the many dimensions which make you **you**. When you first sit down to think and write, ponder this important reality, and remind yourself that you will be impressive. Your accomplishments and achievements will be outlined within other parts of the app. Now is the time to share and reveal *the heart* of what makes you who you are.

Of course, the other role this essay plays in the admission office is an evaluation of *how you write*.

Spelling, grammar, paragraphs, and clarity of expression are important. Do not set aside the lessons your English teachers have offered over the years. You will want to proofread, proofread, proofread and then, proofread again. (Another reason why your college counselor must see your essays.)

Although the Common App invites you to write as many as 650 words, **we strongly suggest a 500-word limit**. From many discussions with admission officers, we have heard over and over again that 500 words is sufficient and welcomed, especially when admission officers are reading dozens of these essays every day. Aside from that reality, 500 words will provide you with all you need for a great essay.

We never want to set absolutes in our application messages to the class, but there are a few ideas that, after much experience and many conversations with admission officers, should be reconsidered and avoided.

CONSIDER AVOIDING...

1. **Writing about accomplishments**

As we mention above, the essay is the chance to discuss yourself in a way that is more personal and reflective. Essays on accomplishments and success often sound boastful, though the writer is trying hard not to sound this way. An essay on why and how you love playing the violin has more potential than about winning a violin contest. You have a list

of activities/resumé—you need not rewrite that list in essay form. Boasting is your College Counselor's job! Your College Counselor will be crafting a great letter in which they are sure to boast proudly about all of your accomplishments, in and out of the classroom.

2. **Trying to be profound or especially poignant**

These are always well-intentioned, but often fall flat and do not achieve their goal. These writers are trying too hard and in the wrong ways. The secrets of the cosmos, AIDS, the World Bank's policy on loan forgiveness, and climate change are worthy topics, but they usually do not work in an app essay. The admission officer wants to get to know you, not your ability to write analytically on a challenging topic. You can leave that evaluation to your teacher recommendations.

3. **Careerism and writing about your career plans after college**

This may seem counter to your reasons for going to college, but the admission office is far more interested in who you are and what you will do during your four undergraduate years, rather than your plans for the future.

4. **Athletics**

Here too, we feel awkward making a blanket discouragement, but these essays can be problematic, especially if the essays contain anything along the lines of "There were ten seconds on the clock, and I had the ball..." or a tale of recovering from an injury. They're just very common and predictable for the admission officer. If any senior still wants to give this topic a shot, we are perfectly happy to read it.

5. **Having too many different people review your essay**

Lots of voices and opinions may be counter to your goal of a fine, cohesive, and cogent essay. The writing voice of a high school senior needs to sound authentically like a high school senior. Too many critics can quell that voice. Admission officers know well the voice of a high school senior.

6. **Critiquing or over-analyzing the question**

Occasionally, a senior will intend to impress the reader with an unconventional analysis or critique of the essay prompt. We occasionally see something like, "No essay can capture the totality of all of who I am." These responses are unhelpful and to be avoided. Remember—the person reading your essay probably

(continued on next page)

wrote that very prompt and therefore likes it, a lot!

7. **Too much dialogue, and really any dialogue or quotations at all**

Most every description of a person's conversation can be captured using your normal prose. Dialogue in quotation marks can distract the reader from the flow of your narrative. Let us add to this, the occasional habit of asking a question within your prose. Unless there is no other way to convey your idea, this is to be avoided as well.

8. **Using a gimmick**

Of course, you want your essay to stand out, but using a gimmick is really not the way to go. Examples include: writing in sonnet form or some other poetic style, a rap song, or a mock press release of the applicant's many qualities and desire to attend that institution. Trust us, there is nothing new under the sun. What may seem clever and original has likely been done before. Please don't do this. Let your essay stand out on the merit of good writing and good story telling.

9. **Volunteerism at home or abroad**

We think that volunteering your time and energy for those less fortunate is a good and necessary thing. College admission officers feel the same way. The reality is that there are so many thousands of these essays, and most follow the same story arc, with a conclusion almost always one of four outcomes: I learned how fortunate I am; I learned as much from them as they did from me; I learned that the larger social and political systems are to blame; I learned that deep down we are all really the same. It is certainly possible to write a strong essay on this topic (we have read some over the years) and we are happy to read them. We just want you to know the potential pitfalls of this common essay topic.

10. **Religion and Politics**

Here again, it is certainly possible for one to write a good version. For instance, there is good potential if a senior has had personal experience campaigning in the streets and working the phones for a candidate. Jewish students have effectively written about connections to Israel and Jewish heritage. Or,

perhaps a senior is applying to a Catholic institution and shares his experience teaching Sunday School. These have potential, but the broad sharing of political or religious views can be risky.

11. **Stating the moral of your essay**

You only have 650 words (and of course, we recommend you stay closer to 500), so every word counts. The application essay is unlike one you would submit for an English or history class. It is a story and does not need to follow a conventional essay structure. This essay should show, not tell. You need not conclude by telling the reader the meaning of your essay. Your essay should speak for itself.

EMBRACE THESE IDEAS IN YOUR WRITING...

1. **Use a direct and natural writing voice**

The application essay lands somewhere between formal and informal. This means that you need to use correct grammar and punctuation, and you can also use contractions. It also invites the writer to use an authentic, personal voice. Florid prose and elaborate word choice will not produce the desired impact. Using words you use in conversation with a teacher is probably the best approach.

2. **Get to the point early**

Five hundred words is plenty, but the reader might become exasperated if she is on to the third paragraph and still doesn't know where you are going. We strongly recommend identifying your thesis, your point, your unifying theme, and placing it as early in the essay as possible. Again, show don't tell. You don't need to tell the reader what they are about to read. Jump right in and draw the reader into the heart of the story.

3. **You and your essay can reflect an unfinished story**

Within your narrative it is okay, even perhaps good, to convey an ending that did not have a neat and tidy resolution. This kind of essay is best without a "big conclusion." The reader understands that you are a teenager, and still growing and learning. Your essay can reflect this and be powerful for doing so.

4. **Write through your blocks. Just write.**

The very beginning, the start, of your essay can be the very hardest. Whenever you feel writer's block coming on, just keep writing. You can edit prose and ideas later. It is helpful often to just get your thoughts onto paper. You don't need to be proud of your first draft.

5. **Drafts...Commit to them**

Embrace the reality that good writing means multiple drafts. We know how hard it is to pour your energy into the first draft, only to have it returned covered in red or green ink. It's okay. This is how good essays happen. Keep returning drafts to your counselor until you both agree a finished product has been achieved.

6. **Seek clarity at all costs**

Brevity is the soul of wit and good writing. Never use a long word when a shorter one will do, and never write a longer sentence when a briefer one will be just as effective. Don't try to make this essay comprehensive of the entirety of your personhood. You don't need to get the whole story in; you need to get the best story in. Read your essay out loud. Does it sound like you? Do you like what you hear?

7. **Writing about things like personal joy or vulnerability, or being self-deprecating, can also be effective**

This is an extension of a point made earlier. Writing about something that provides you with joy and why it is joyful can make a potent essay and capture you well. Similarly, the use of self-deprecation can be both funny and inviting. And, to share a vulnerability offers a picture of courage, confidence, and freshness. These three tones/approaches are often overlooked.

8. **If "writing about me" is hard or awkward, consider writing about the object of your interest or fondness**

If you feel that you are using "I" too much in your prose, consider switching the direction of your essay. We have read strong essays about an old broken down car, the grocery store, a pond, an ice cream shop, or a bicycle. By making these the object of your

narrative and explaining why, the reader still gets to know and understand you.

9. **Mundane**

This is an extension of number 8, and is the result of so many seniors wanting to take on grandiose topics, ones that often are a little too far beyond them. The reader knows well that you are 17 or 18, and does not expect you to have a command of world events or have achieved life-changing experiences. Some seniors wisely choose to write, and write well, on subjects like: cooking, a part-time job, a hobby, or a relationship with a sibling. Start with something small.

10. **Avoid writing what you think the admission office wants to read**

This is the hardest one to achieve, but perhaps the most important. We mentioned this earlier in the Guide but it bears repeating because nothing else gets in the way so effectively. Conventional advice to writers is "know your audience." We agree with this, but let's talk a bit about this audience: She was probably your age not too long ago, knows that seniors lead unfinished, imperfect lives, is genuinely trying to get to know you in a way the rest of the app can't do, and has maybe eight minutes to read your essay because she needs to read 20 more complete apps before lunch. Don't worry about your reader. There is no "right" topic. Write what feels real to you. When you are finished, you should be able to say for certain, "No one could have written this but me."

11. **Remember this mantra: "Show, don't tell."**

The best essays are the ones that tell a story, a story which reveals your heart. The story should speak for itself. You are painting a word picture of your personality—what do you love, what do you value, what brings you joy? When the reader puts your essay down, he or she should say, "Wow, I really like this kid."

THE SUPPLEMENTAL ESSAY

Warning: Don't let the name "supplemental" mislead you! "Supplemental Essays" are very important essays, sometimes more important than the main Common App essay. Please be aware of the supplemental essay requirements for each college that you're applying to, and make sure to give ample time to these drafts. There are different kinds of supplemental essays, but we will cover the most popular three here:

1. **WHY ARE YOU INTERESTED IN _____ COLLEGE?**
2. **WHAT DRAWS YOU TO YOUR INTENDED FIELD OF STUDY?**
(Oftentimes, these two first questions are combined.)
3. **TELL US ABOUT YOUR MOST MEANINGFUL ACTIVITY.**

Of the three, we will spend the most time on the first question.

QUESTION ONE:

WHY ARE YOU INTERESTED IN _____ COLLEGE?

This question has become increasingly more important in the last ten years of college admission. This essay is a powerful tool that allows colleges to determine the applicant's interest in enrolling, measure how thoroughly he knows the academic program, and often asks the applicant to articulate his interest in that college's academic program. In the era of admission hyper-selectivity, this is a very powerful and important question to answer well. It may have a word limit that is half the primary essay, but it is arguably more important.

In our list of suggestions to avoid, we will be more unambiguous and direct. When responding to the Why ___? question, please do not write exclusively on:

Campus beauty

Athletic/School spirit

Prestige/Ranking

Flattery of the institution

Urban center/city location

"Limitless opportunities" or "a myriad of options" or anything like it

One key to success on this supplemental essay is to avoid the **CAPFUL**.

To be clear, we are not necessarily suggesting that these are poor reasons to be attracted to a college. (Well, maybe we are a little.) The larger point here is that successful applicants will focus their answer on some academic or programmatic feature of the institution. We cannot overstate this. American colleges and universities define and fulfill their historic mission by making the academic enterprise central and preeminent in their important work. They may present themselves in the marketplace via gleaming dorms and dining halls, sports facilities, expanded career counseling, and climbing walls, but the work of the admission office is essentially the evaluation and selection of an academically strong and interesting class. This is an inescapable truth, and Gilman seniors will benefit from appreciating this.

In fairness and to be fully honest, if one or two of the prohibited CAPFUL appear very briefly, it won't taint an otherwise informed and strong response. We need to be clear on that, as school spirit and the allure of campus beauty is real and potent. At the same time, the reader already knows about their school's spirit, academic rigor, and campus beauty. The admission office is really looking to know why their school is a good fit, as well as getting to know even more about you. Please see the "Why Tufts" answers in the third appendix as they are great examples of good answers to this common, yet very important, question. You want to give an answer that is not cliché, but one which only you could write.

In the second appendix of this Guide, you will also see a depiction of what at first appears to be a well-written response, but you will soon discover is not. Please stay clear of "Find and Replace." In other words, never write one answer and then change the name of the school. Admission officers see right through this.

QUESTION TWO: WHAT DRAWS YOU TO YOUR INTENDED FIELD OF STUDY?

As suggested above, the academic portion of this question lies within question 1. In question 2, the writer needs to achieve two goals: 1) reveal that he is informed about the school's program and has done his research; and 2) make the match by connecting actual personal interests and experiences with this program.

The reader needs to come away with the impression that the applicant has really done his homework and has made a meaningful and informed connection between himself and the institution. Again, it is important that this answer feels natural and genuine, not stilted and forced. Remember, first and foremost, selective colleges are looking to fill their halls with serious, committed, and academically minded students.

QUESTION THREE: TELL US ABOUT YOUR MOST MEANINGFUL ACTIVITY.

Writing about a meaningful activity should be, and is, much more straightforward. But here too, self-reflection and self-understanding help to convey what is "meaningful." There is also the common temptation to present your success or accomplishment, and some of that is perfectly fine, so long as what is "meaningful" appears fully. If there is no objective success or accomplishment, but you achieve the stated intent of the question, you will have been successful. If an activity is meaningful to you, then that activity should be reflected elsewhere in your application. In other words, a "meaningful" activity should be one to which you devote significant time and effort (not what you think the reader wants to hear). Again, even though this is a "short" question, you need to pour your effort into answering this question thoughtfully and cleverly—in a way that only you can do.

APPENDIX I

We encourage you to visit gilman.edu/essaywritingtips for some excellent essay advice from renown institutions, such as Harvard University, The Johns Hopkins University, Kenyon College, MIT, and Tufts University.

APPENDIX II

A **CAPFUL** of problems

I am interested in applying because I know that **Columbia** is a rigorous university with limitless opportunity for study. **Columbia's** reputation in the sciences is incredible, and attending **Columbia** would enable me to easily find research and internship opportunities in biology and chemistry. In addition to the academic strengths, **Columbia** has amazing extra-curricular opportunities so I can continue my interest in community service. Finally, and best of all, as **Columbia** is located in New York City, I can take advantage of everything the city has to offer, including the Metropolitan Museum of Art and the New York Mets, my favorite team. Given my academic interests and my enthusiasm for the city environment, I am a perfect match for **Columbia**!

I am interested in applying because I know that **Fordham** is a rigorous university with limitless opportunity for study. **Fordham's** reputation in the sciences is incredible, and attending **Fordham** would enable me to easily find research and internship opportunities in biology and chemistry. In addition to the academic strengths, **Fordham** has amazing extra-curricular opportunities so I can continue my interest in community service. Finally, and best of all, as **Fordham** is located in New York City, I can take advantage of everything the city has to offer, including the Metropolitan Museum of Art and the New York Mets, my favorite team. Given my academic interests and my enthusiasm for the city environment, I am a perfect match for **Fordham**!

I am interested in applying because I know that **NYU** is a rigorous university with limitless opportunity for study. **NYU's** reputation in the sciences is incredible, and attending **NYU** would enable me to easily find research and internship opportunities in biology and chemistry. In addition to the academic strengths, **NYU** has amazing extra-curricular opportunities so I can continue my interest in community service. Finally, and best of all, as **NYU** is located in New York City, I can take advantage of everything the city has to offer, including the Metropolitan Museum of Art and the New York Mets, my favorite team. Given my academic interests and my enthusiasm for the city environment, I am a perfect match for **NYU**!

I am interested in applying because I know that **Duke** is a rigorous university with limitless opportunity for study. **Duke's** reputation in the sciences is incredible, and attending **Duke** would enable me to easily find research and internship opportunities in biology and chemistry. In addition to the academic strengths, **Duke** has amazing extra-curricular opportunities so I can continue my interest in community service. Finally, and best of all, as **Duke** is located in New York City, I can take advantage of everything the city has to offer, including the Metropolitan Museum of Art and the New York Mets, my favorite team. Given my academic interests and my enthusiasm for the city environment, I am a perfect match for **Duke**!*

**Oooops! Find and replace gone bad! This happens more often than you would expect!
Not only does this paragraph lack originality, Duke is not in NYC!*

APPENDIX III

Why Tufts?

Looking for examples of past college essays that worked? These are some admission essays that Tufts Admission officers liked best from last year.

JONATHAN MARC LEON-SALANS '20 CHEVY CHASE, MD

The Super Show was, for me, the defining moment of the Voices of Tufts program. From students “Banging Everything At Tufts” to slam poetry, and from African to Indian dance, Tufts’ amazing diversity was on full display. People from all different backgrounds were not only performing in the show but also watching it, and all of us were having the best time. It was clear to me that, at Tufts, differences are not only accepted, but celebrated. It was the moment I realized Tufts is the place for me. On no other campus have I felt so welcome and embraced.

CELESTE TENG '19, SINGAPORE

Tufts’ ILVS major drew me instantly. I wanted to explore both film and literature as vehicles of social and cultural significance, to discuss the parallels of transnationalism in cinema and literature, to compare the auteur theory across cultures and media; I’d already noticed common threads of cynicism and anti-establishment sentiments that influenced this generation of Singaporean writers and filmmakers, and I found this intersection a rich, fascinating one. The ILVS is uniquely Tufts; the fact that this major exists at all speaks volumes—this is a community that embraces diversity, and uses it to enrich the way students learn.

JAMES GREGOIRE '19 SOUTH BURLINGTON, VT

It was on my official visit with the cross-country team that I realized Tufts was the perfect school for me. Our topics of conversation ranged from Asian geography to efficient movement patterns, and everyone spoke enthusiastically about what they were involved in on campus. I really related with the guys I met, and I think they represent the passion that Tufts’ students have. I can pursue my dream of being a successful entrepreneur by joining the Tufts Entrepreneurs Society, pursuing an Entrepreneurial Leadership minor, and taking part in an up-and-coming computer science program.

LENA NOVINS-MONTAQUE '20 DENVER, CO

Before my tour, my dad and I stopped in Brown and Brew for coffee. We saw a stack of The Tufts Daily, and beside it, copies of Canon. The poetry and prose I read was carefully curated and well written. As a writer, this instantly excited me. During the tour, my guide Ed enthusiastically said, “Tufts is full of people who are interested and interesting.” Tufts offers an environment that encourages intellectual curiosity that matches perfectly with what I want for my college experience.

COLIN MURPHY '20, ATHENS, GA

I’m as much a photographer as I am an academic. The current design of higher education forces me into a black and white decision, of arts or traditional academia, when my interests occupy a variety of grays. I relish the structured nature of calculus, but find the same solace in the mathematical nature of linguistics. My creative expression transcends photography: sometimes I notice the same uniqueness in the way I solve a physics problem. I’ll have ample time to explore my tangled interests as I take the Red Line between Tufts University and SMFA.

MEGAN RIVKIN '20, LINCOLNSHIRE, IL

Give me a blank page—I’ll draw all over it.

When I visited, a Jumbo studying theatre and psychology was directing “Next To Normal.” That sounds like me. I want to make theatre useful by studying other areas as well. At Tufts, interdisciplinary thinking is a key part of the culture.

Playwright Neil Labute told me to find a college where I can pave my own way, not be force-fed opportunities. I need a creative space that will hand me a blank page and care how I use it.

Though he may not have known it, Mr. Labute described Tufts.

