

## College Board to Change SAT to be Closer Aligned with New Standards

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News Editor

Taken by more than two million students every year and accepted by virtually all colleges and universities in the U.S., the Scholastic Aptitude Test (SAT) has been the most widely used college entrance exam for generations of students. The SAT, created and administered by College Board, tests reading, writing and math skills.

However, last month, College Board announced that it is planning to redesign the SAT. Changes will be made to the test to more sharply focus on areas that high school graduates need to succeed in college, according to an e-mail from David Coleman, the board's new president, to the 6,000 board members. He promised in the e-mail that educators would have many opportunities to provide feedback on how to improve the SAT.

“We will develop an assessment that mirrors the work that students will do in college so that they will practice the work they need to do to complete college,” Coleman wrote in

the e-mail, according to the Inside Higher Ed website. “An improved SAT will strongly focus on the core knowledge and skills that evidence shows are most important to prepare students for the rigors of college and career.”

The last time the SAT went through an overhaul was in 2005. The major

changes, how long it will take or the precise nature of the changes, the announcement came with the revelation that more students took the ACT last year than the SAT for the first time.

“I think the main difference [between the SAT and the ACT] is that the ACT

dominance is in the New England and coastal areas while the ACT is generally favored in the Midwest. Nevertheless, the ACT is now a considered option in all areas of the U.S.

While Coleman did not comment on the ACT's growing popularity, he maintained that the SAT should be more closely aligned with the new Common Core Standards in order to connect the test to the academic work and rigor expected of students entering higher education. Coleman had previously led efforts to develop the Common Core State Standards, which is supposed to provide a consistent educational standard across the nation.

“While the SAT is the best standardized measure of college and career readiness currently available, the College Board has a responsibility to the millions of students we serve each year to ensure that our programs are continuously evaluated and enhanced, and most importantly respond to the emerging needs of those we serve,” Coleman said in the e-mail.

Question of the day: Do you think the SAT effectively indicates how well students will perform in college?

a) Yes - 140

b) No - 321

c) Total - 461 students surveyed

MOOR graphic by ARELI ARELLANO

changes at that time included adding a writing portion to the exam and the elimination of analogy questions. Coleman has been critical of the essay, since it does not challenge students to make evidence-based written arguments, which is a necessary skill in college.

While details were not

tests more subjects and goes more in depth than the SAT on these subjects,” junior Larson Chang said. “I prefer to take the SAT because it's easier to master, but if I were looking for a more accurate way to test my capabilities, I would prefer to take the ACT.”

The SAT's region of

## Simulation Meets Application in International Economic Summit

OLIVIA CHEUNG  
Editor in Chief

Although economics is typically associated with adults, high school seniors in participating schools are given the opportunity to experience world trade through the International Economic Summit (IES).

The IES is a hands-on simulation that teaches fundamental economic concepts through the context of world trade. Students are split into groups that represent a country, with each group acting as an economic advisor. The students then research the social, political and economic conditions of their respective countries in order to strategize a plan to improve their country's living standards.

“The interaction and team coordination [that comes from IES] covers a wide set of skills and talents that few students possess as individuals: critical thinking, problem solving, detailed research, effective communication, creativity, showman-



PEAK OF THE SUMMIT Guatemala, last year's overall winners in the IES, poses with their table display in their country's traditional attire.

PHOTO courtesy of JOHNNIE LAU

ship, thoughtfulness, purposeful writing, organization and interpersonal relations,” economics teacher Javier Gutierrez said.

Bravo said. “I'm hoping [the IES] will help them see where they stand in the global economy.”

## Vitamin D and Calcium: Superfluous Supplements

SARAH TAKHAR  
Staff Writer

The body needs Vitamin D and calcium to improve bone density and to prevent bones from being brittle and fragile. So are Vitamin D and calcium supplements helpful in avoiding fractured bones? The U.S. Preventive Services Task Force (USPSTF), a panel of health experts that advises the government on treatment guidelines, reviewed past research in an attempt to find an answer.

The conclusion thus far is that adding 400 International Units (IU) of Vitamin D and 1,000 mg of calcium a day decreases the risk of fractures in women who have reached menopause. However, these supplements also slightly increase their risk of developing kidney stones.

What Vitamin D does is help the body maintain strong bones by absorbing calcium from food and supplements. The Food and Nutrition Board recommends that 70 receive 600 IU's of Vitamin D daily. For calcium, children from ages four to eight and adults from ages 19 to 70 should receive 1,000 mg daily. Since hormonal changes

are more severe during the ages of nine to 18, adolescents of that age need to take in 1,300 mg of calcium daily to help keep the body in balance.

“Kids do not need supplements because they can get Vitamin D and calcium from many places. For example, if they spend time outside, they can get Vitamin D from the sun and calcium from milk. Unless they are lactose intolerant or cannot go outside, they should be sufficient in their levels of Vitamin D and calcium,” school nurse Anita Man said.

The USPSTF still recommends adults aged 65 and up to take Vitamin D and calcium supplements to help prevent falls. However, the studies do not have enough evidence to support regular use of either supplement for healthy men and women. Only a patient with osteoporosis, insufficient Vitamin D and calcium or brittle bones should consider taking supplements.

“We are not saying, ‘Don't get your daily requirement.’ We are just looking at whether there is any benefit to adding a bunch of stuff on top of your daily requirement,” Virginia Moyer, a pediatrics professor at Baylor College of Medicine said, according to Time Magazine.

In AHS' case, the IES was started in 2006. The coordinators vary by year and teachers' interests. This year's facilitators are social science teachers Netza Bravo, Javier Gutierrez and Johnnie Lau.

“Students need to know that the U.S. isn't the center of the world,”

This year's IES consists of 93 countries, with each group comprised of four to five members.

After weeks of preparation, the groups gather in a summit held at each high school; this year's tentative summit date is May 16. At the summit, the countries strive to follow their improvement plan through a variety of activities, such as alliance negotiations and trade issue debates, ending with a segment of actual trading. Each group also prepares a table display of its country and dresses in clothes to represent it.

“I hope to learn more about how world trade works [since] the effects of tariffs, free trade, foreign aid and other trade policies do not appear very often in the news and in our social science classes,” senior Ali Jishi said.

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