Who is SISA?

Sakae Institute of Study Abroad - USA, Inc.

Since 1972, Japanese students seeking to earn degrees from American educational institutions have turned to the Sakae Institute of Study Abroad (SISA) for guidance through the entire process. SISA encourages students’ interest in international study, and provides them with the advice and tools that will ensure their success as they meet the inevitable challenges along the way.

SISA is the gold standard in the international study arena. Unlike other study abroad agents, whose primary job is placing students in US schools without proper research or follow up, 93% of students placed through SISA successfully receive their degrees in the United States. We maintain our standing by expertly evaluating applicants’ goals and abilities, and matching the student to the best-fit school. It is only after extensive personal counseling and careful consideration that students apply to the schools and programs that meet their individual needs.

Our personal relationship with each student has resulted in SISA’s impeccable reputation, well known to educators and students in Japan, China, and the United States. In the past 40 years, more than 7,000 Japanese and Chinese students have graduated from U.S. high schools, colleges, and universities under the guidance of the founder, Yoko Sakae, and her counseling staff, all of whom hold degrees from US colleges and universities. More than 900 SISA students are currently enrolled in degree programs at institutions in the U.S.

About Yoko Sakae

More than forty years ago, after completing her Master’s degree in Secondary Education and Counseling in the United States, Yoko Sakae realized there was a genuine need for an organization that would provide educational counseling tailored to individual students, whose backgrounds and educational goals are as unique as the rich diversity of educational opportunities available in the United States.

Therefore she established the Sakae Institute of Study Abroad (SISA) in 1972. Its mission is to provide information about US higher education, private counseling and placement services for prospective international students who wish to grow into global citizens for a better world.
What we do?

Counseling, Placement, and After-care

SISA is regarded as the premier quality-oriented academic placement and information service organization. We select appropriate schools for each student, not merely based on "top-ranking schools" or famous Ivy League schools, but on the basis of students’ educational and career goals, financial background, and learning style. Our one-on-one extensive individual counseling enable us to find the best “matching” schools out of 4,000 colleges and universities, and thousands of graduate programs available in the US.

Our job does not end when a student is admitted to his or her chosen school. SISA provides ongoing support, called “After-care Service,” as the student adjusts to a new culture, language, and the rigors of academic life.

We remain a trusted source of advice, aiding with concerns ranging from grades and social life to travel issues and medical emergencies. Sakae students in the U.S. can contact the Boston office via a US toll-free number (1-800-370-8489) at any time, to ask for assistance with any situation.

Interested in our service?

Information Request

To request more information about our services, please send your information to:
Boston@sakacusa.com or by mail.

Address:
Att: Counseling Division
c/o Sakae Institute – USA
1972 Massachusetts Ave,
4th floor
Cambridge, MA 02145, USA

<Information to send us>
Your Name, latest education (undergrad, graduate, high school), major or career of your interest, annual budget for study abroad, GPA, English score, if known.
PLAN YOUR STUDY ABROAD
SAKAE METHOD AND APPLICATION PROCESS

Sakae Method is a comprehensive training program to educate prospective students from A to Z on successful US study abroad.

**Preparation for US Study Abroad**
- Understanding U.S. education system
- Explanation and advising about English language requirements
- Explanation and advising of how to choose “best matching” schools
- Selecting reach schools, match schools, and safety schools
- Guidance on how to read university catalogues and syllabus
- Guidance on constructing a curriculum and study plan to graduate in a projected timeframe
- Advice on how to select references for recommendation letters
- How to write a personal statement, editing, and native check
- Guidance on test-taking strategies such as SAT, TOEFL, IELTS
- Guidance for interview practice, interview strategies, how to represent yourself

**Application Process and Placement Service**
- Guidance on filling out application forms and other materials
- Settle payments, including admissions fee, enrollment and housing deposit on your behalf
- English translation for transcripts, diploma, and letters of recommendation
- Guidance on ordering financial documents and preparing English letters for sponsorship
- Guidance on preparing health forms and proof of immunization
- Notification of admission status, cost and bill payment, available payment method and confirmation of the remittance of payment
- Housing application or support searching for an apartment.
- For transfer students, translation of course descriptions of earned college credits
- Discuss schools’ admission conditions

**Negotiation to gain more scholarship funds**
- Receive an admission letter, a scholarship letter, I-20 and necessary letters for VISA application
- Manage and file personal documents for future reference

**Academic Counseling and Orientation program for US education**
- Explanation and advice about the selection of majors, general study requirements, and compulsory subjects
- How to build a class schedule, how to take credits, how to calculate credit hours
- Guidance on how to write research papers, participate in discussion, and other necessary study skills
- US university’s support system on campus, such as academic advising, health services, counseling services, and career services
Money matters  

How to Budget for Study Abroad?  

In the cost of study abroad there are tuition fees, room & board fees (dormitory and meal plan), textbook fees, transportation fees, and personal expenses. Depending on such factors as the location and living situation, the cost of study in the U.S. varies greatly. We have roughly estimated below the cost of tuition and room & board (R&B) for one year (academic terms are usually 9 months) of study in the U.S.

In the R&B section, the lower end of the cost indicates dormitory residence in a rural or suburban area while the higher end shows the cost of living in a city environment, such as a rented apartment.

Approximately, the annual cost totals from $10,000 to $60,000. Depending on how you plan your study, the total cost could be much lower than shown, while not giving up the quality and value for what you are looking for.

<table>
<thead>
<tr>
<th>Type of School</th>
<th>Tuition</th>
<th>R&amp;B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Liberal Arts College</td>
<td>20,000～42,000</td>
<td>7,000～13,500</td>
</tr>
<tr>
<td>State University</td>
<td>10,000～36,000</td>
<td>7,000～13,500</td>
</tr>
<tr>
<td>Private University</td>
<td>29,000～43,000</td>
<td>11,500～13,500</td>
</tr>
<tr>
<td>Community College</td>
<td>3,500～13,000</td>
<td>5,000～13,500</td>
</tr>
</tbody>
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Diversity counts  

Special Scholarship for International Students  

In the US, a good learning environment means good diversity. A major school ranking considers the number of countries school’s international population represents, and schools that care about diversity have a budget for international student scholarship. This trend is prominent especially among liberal arts colleges, which offer one-on-one attention and place priority on the quality of learning environment over faculty’s research reputation.

If you fulfill certain criteria, such as a GPA of 3.5 or above and 100 iBT* score for example, you have a good chance of receiving quality education with big scholarship discounts from 50% up to 100%. However, even without reaching that high score criteria, approximately 80% of Sakae students receive some type of scholarship due to its long friendship and trust in our educational method to prepare students for US study abroad.

For high school graduates who are not familiar with American education system and approach, liberal arts colleges may be a good start to get accustomed to the new environment and acquire clean American English pronunciation before going to the city environment or transferring to a big-name institution with more competitive classmates and less individual attention.
If you are a college student...

**Transfer Credits System**

If you have graduated from a junior college in your home country or are currently enrolled at a 4-year university, it is possible to utilize the course credits you have earned so far. The U.S. university will evaluate your college credits and apply the credits they deem acceptable to a degree program you are applying for. For example, if you have attended a 4-year university for two years and then transfer to a U.S. university from your third year, you may be able to graduate within two years.

Also, if you attend a U.S. university, such as a liberal arts college for the first 2 years, you can bring most of the general education credits to another university, which may have a higher level of special expertise that a small liberal arts college does not offer. It is a good way to waive English score requirements and establish a strong GPA to transfer to a competitive or more selective university. Generally speaking, GPA from a US school is more compatible, therefore trustworthy, than the one from your home country’s educational system.

More money saving tip

**Graduate Faster Means Less Cost$**

In the US college system, graduation is determined by the number of credits you have earned and if those credits fulfill program requirements of a degree you are pursuing.

For example, the total credits for a general bachelor degree is around 124 - 128 credits. Each semester you can earn a minimum of 12 to 19 credits as a full-time student. In simple calculation, if you take the maximum credits each semester (19 - 21 credits), you can complete a program in about 6 to 7 semesters, which is 3 to 3.5 years. If you attend for a summer semester, you could complete a bachelor degree in as short as 2.5 years!

The good news is that if the number of credits you register for is under the limit, the tuition cost per semester stays same. Meaning, your total cost could be 1/3 or even 1/2 of the estimated cost that generally counts 4 years as a normal length.
## Major Types of US Higher Education Institutions

Here we introduce and explain types and models of American colleges and universities. Historically, private schools in America were established much earlier than America as a country; therefore, a private university is regarded higher than a public university in terms of its status and tradition. The initial model of a private school is called a Liberal Arts College, this model is designed to educate leaders for society. Then, “universities” were created which include “graduate schools” with more specialized research division. Later, as immigrants came into the U.S. and the notion “education for all” prevailed, public state universities were created to accommodate all. There are now 4000 colleges and universities in the U.S. About 1600 of these are four-year schools.

### 4-year College: Liberal art colleges (private)

| Example | William College, Amherst College, Wellesley College, Wesleyan University, Smith College, Grinnell College, Denison University, Beloit College, College of Wooster |

There are roughly 600 liberal arts colleges throughout the U.S. The overall educational objective of liberal arts colleges is to “find yourself” while being educated in various subjects. Americans think that it is natural for 18 year olds to not yet know what their life goals are. Once separated from their parents and hometown, liberal arts student live on campus in dormitories, where they learn how to cooperate with others, quietly read books, think, and consider their future path and life plan. This is the unique perspective a liberal arts college education can offer.

### 4-year College: Private universities

| Example | Harvard University, Princeton University, Yale University, Columbia University, Stanford University, University of Pennsylvania, MIT, Johns Hopkins University, Brown University, Cornell University, Rice University, Carnegie Mellon University, Tufts University, Lehigh University, Brandeis University, George Washington University, New York University |

Starting with the eight prestigious private schools generally called the “Ivy League,” private universities include many high-level and large-scale universities such as Boston University and New York University. Characteristically these schools have high-level courses, excellent students, and a very positive influence on their lives, but the tuition cost is very expensive.

If you think about it, it is not at all easy for students who just graduated from an Asian high school to enter these high-level schools right away because they did not grow up in the same environment as Americans. However, it is not too difficult to transfer to one of these schools from a small-scale liberal arts college.

### 4-Year College: State universities

| Example | University of California Berkeley, University of Michigan Ann Arbor, College of William and Mary, Georgia Tech, Univ. of Wisconsin Madison, Ohio State Univ., Purdue University, Univ of Maryland College Park |

Public and state universities grew along with the increase of immigrants. Americans think that since their country is made up of immigrants that all people deserve equality and state residents should have chances to be educated for a low cost. However, these schools are now divided between state universities that have a level high enough to be called “Public Ivy” and universities that will admit anyone from within the state. In general, there is a trend for lower level schools to have more reasonable tuition. The reason for this is to give all state residents an opportunity to receive a college education.
### 2-Year College: Junior colleges (private)

Similar to junior colleges in Asian countries, U.S. junior colleges have home economics, preschool education programs, etc. There are also courses in Liberal Arts for general studies and after completing this course it’s possible to be admitted to a four-year school. Private junior colleges are small, but they have a long history. Many are run by Christian organizations and dormitory life is well established.

### 2-Year College: Community colleges (public)

Among the 2-year colleges, the public school is called Community College. States and cities manage and oversee community colleges to give people in each region an opportunity to study at a low cost. Community colleges also have a combination of job training and cultural schools for local residents. This type of school operates on “open enrollment” and also accommodate those who could not go to a 4-year college after high school but had to work for various reasons. Therefore, the rate for non-traditional students is usually high and students may be working and studying at the same time. The feel of community college is different than private junior colleges.

### Graduate schools

**Major fields:** Business, Law, Engineering, Education, Health & Medicine, Social Sciences, Sciences

There are approximately 1500 graduate schools in the U.S. that award degrees in Masters, Doctorates, etc. Graduate students are really diverse because they are not just new college graduates but also working professionals who have the intention of returning to study. American graduate schools are not as horrifically difficult as generally thought in Asian countries. If you are admitted to the right school that fits your academic ability, you should be able to keep up. If you’ve graduated from a university in your country, do not feel hesitant to try for a graduate school. In the U.S. there are many programs such as law school or medical school that you can only start at the graduate level. “Graduate school” is also called “professional school.”

### Graduate schools: Business schools


Business school means a business administration graduate school and it’s the representative “professional school” in the U.S. There are many internationally acclaimed business schools in the U.S. Graduates of business school receive an MBA (Master of Business Administration). MBA programs usually have 2-year curriculum. There are different specializations to choose from such as Human Resource Management, Finance, Marketing, International Business, Operations, Product Management, Entrepreneurship, Communication, eBusiness, etc. The goal of MBA programs is to nurture future leaders who possess the necessary decision-making skills to keep the business field alive.

Many students in business schools come from all over the world and possess a variety of work experiences and backgrounds. The students’ diversity is also important to the school. Recently, there are more individuals and professionals, not just those dispatched from their company, who pursue MBA to help their family business or start their own business.
In the U.S. it’s possible to start studying unique subjects from zero experience or no knowledge. In U.S. universities, beginners in Art and Music can be admitted. For example, practical subjects such as horseback riding or aeronautics have flourished in the U.S.

Arts
In the U.S., where performance is important, almost every university has programs in the Arts. It’s thought that music and art enriches life for you, your loved ones, and everyone else. There are over 1000 schools that teach Music, Art, Dance, Theatre, Film, etc. You can see how open the US higher education is that it allows you to enroll in these programs without prior experience and learn from the very beginning.

Sports
Study abroad related to sports is not limited to Physical Education, but includes a variety of programs like Athletic Training, Sports Administration, Sports Medicine, and even Equestrian Studies. Not only Physical Education Universities, but also regular universities have a variety of programs. Furthermore, there are schools that train coaches for tennis schools, for example. There are a wide variety of such sports programs in the U.S.

Environmental Studies
In Ecology, Environmental Science, Environmental Policy, and Wildlife, etc. the U.S. is the most advanced. There are many interesting classes. Lately, Nutrition Studies have been included in Environmental Issues.

Social Services/Counseling
Compared to Asian countries, the U.S. has a more developed understanding of social services, so programs such as social work, counseling, various therapies, elder care, etc. are substantial. Also, the level of this field is high and there are many programs in graduate studies. In economically and industrially developed countries, there is an increase in the number of people who desire to study this field and fulfill a need for counselors and social workers.

IT
Although we are in an IT age, it is said that there are still not enough people involved with IT companies. There are over 1600 schools in the U.S. that have a major in Computer and Information Sciences. Computer Art, System Analysis, and Data Processing are other fields in which the U.S. is quickly advancing as number one in the world.

Multimedia Studies
As the king of media, the U.S. has substantial programs in Broadcasting, Telecommunications, Communications Technology, etc. In graduate schools, a new field called Media Studies is becoming popular.
What does college say about Sakae?

Testimonial From University Representative

About SISA’s Service
At Ohio Northern University, we’ve been impressed with the quality and determination of the students who have come to our institution through the Sakae Institute of Study Abroad. Sakae students receive invaluable support, guidance and instruction from the professional counselors at SISA, which prepares them to succeed in their studies in America and sets them apart from other international students on our campus—Sakae students come well prepared for the challenge of study in the U.S. As Director of the ESL program at Ohio Northern University, I’ve had the pleasure of developing very close relationships with Sakae students over the years, supporting them through their university studies and participation in college life, cheering them during their graduation ceremonies, and congratulating them as they embark on their careers. The counselors and staff at the Sakae Institute of Study Abroad are available to assist and support students throughout their study abroad journey and beyond. My colleagues and I agree that the services provided by the Sakae Institute of Study Abroad are profoundly effective. Sakae students are amazing!

Marjorie Pitts
Director of ESL Program at Ohio Northern University