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Registering for the ACT isn't difficult, but you do want to make sure you plan ahead and have the information you'll need at hand. Before you begin registering, make sure you know the registration deadlines for the exam you plan to take. They tend to be about five weeks before the actual exam. It will also be useful to have a copy of your high school transcript when you register so that you have the school information you'll need for the form. Go to the ACT student website. Once you're there, click the "Sign In" button at the upper right of the page, then click on the "create account" option. Next, set up an online account so you can do things like check your scores online, print your admission ticket to get into the testing center, make changes to your registration if you have to miss a test day, request more score reports, and more. You'll need two pieces of information before you create your account: your social security number and your high school code. The website will walk you through the steps of the process. Note: Be sure to fill in your name just as it appears on your passport, drivers license, or another approved ID that you'll be bringing to the testing center. If the name with which you register does not match your ID, you will not be able to take the test on your scheduled test day. Once you've created your student account, you need to click the "Register" button and proceed through the next several pages. You'll answer questions about the following: Personal information like left-hand vs. right-hand (so you get placed in an appropriate testing desk), religious affiliations, parental educational background, and disabilities. Remember, this is all voluntary information. A high school summary like the type of school you attended and courses you've taken. You'll also see questions about extracurricular involvement in high school. Your college plans such as preferences regarding school size, whether or not you plan to enroll full time or not, and college interests. Your specific testing date and location. Where you'd like your score reports to be sent. You can choose up to four colleges with the basic fee, so you'll save money if you've decided where you'd like them to go before you register. Intended future college major and career choices. You'll also be asked during this process to upload a current headshot. Make sure to follow the parameters exactly, or you could be banned from taking the ACT on test day. Both the photograph and the name on your identification are important pieces of information that ACT uses to make it difficult for anyone to cheat by having someone else take the exam for them. If you're wondering why ACT wants some of this information when it has nothing to do with the actual test, realize that college admissions is a big business of trying to get students matched up with schools where they will succeed. ACT (and SAT) provide names to colleges of students who might be an appropriate match for those schools. The more information they have about your grades, courses, and interests, the better than can align your credentials with potential colleges. This is why after you take a standardized test, you're likely to start receiving lots of mail from colleges. Check out the current ACT fees before you test, and fill in your waiver or voucher number if you've received one. At the bottom of the page, click "Submit" just once, and you're done. You're then free to print your admission ticket. A confirmation will be sent to your email address. You're in. Now, all you need to do is prep for the ACT just a little bit. Start by going through the ACT basics, and then running through these 21 ACT test strategies to help you perform as well as possible when test day rolls around. Then, try your hand at an ACT English quiz or Math quiz to see how you might respond to the real ACT questions. Finally, pick up an ACT prep book or two to help see you through the end. Good luck! Updated and edited by Allen Grove Sisters Sabina and Lorraine Belkin get on sickeningly well: They live together, have the same friends, even go to the gym together. They also co-own Duo Restaurant & Lounge, New York City eatery. How do they keep their relationship healthy while working together in a notoriously stressful industry? "We almost never argue in our personal or business relationships—we both rationalize the situation and come to a mutual agreement," says Sabina. Sounds simple—but how does that actually play out real life? I asked the Belkins, as well as brothers (and co-owners of New York City's Dos Toros Tacqueria) Leo and Oliver Kremer what they've learned about keeping it all in the family, while keeping the peace. • Have things in writing. "We didn't initially have a formal contract because we didn't have a clear view of what the responsibilities would be," says Leo. "After we opened, we created an operating agreement that spelled out financial issues more specifically, and what would happen in the event of a sale or bankruptcy." • Address problems immediately. "One of the biggest advantages of working with your brother is that we can hash out disagreements directly and don't have to be careful telling each other what we really think," says Leo. "There's a deep and implicit trust. Not that two non-brothers couldn't have that trust, but it's almost automatic with family. Also, we crack each other up." • Know each other's strengths. "Lorraine is the social butterfly and loves to chat with patrons and clientele," says Sabina, who adds that her sister's experience with corporate and special events makes her the go-to person for those bookings. "She also went to FIT and has a great fashion sense, so she was able to help a lot with the design aspect of the restaurant." Sabina, in contrast, handles day-to-day operations, meetings, and negotiations. • Don't make it all business all the time. "We were hesitant to work together because there was a lot of concern that if things didn't work out it would damage our relationship," says Leo. "Our other worry was that we would talk less about our lives and relationship as brothers and would primarily relate in terms of our business. Luckily, none of this has come to pass!" "Whoo-hoo!" Washington Mutual Agency: TBWA/Chiat/Day (February to September 2008) Free checking inspires a customer to dream of being a disco dancer. The reality: WaMu's failure was the biggest bank collapse in U.S. history. "Realize your dreams." Countrywide Financial Agency: Dailey & Associates (Launched February 2004) A woman scolds her husband. "You said we couldn't afford this place." He admits he made a mistake. It took four years for the poor guy to be vindicated in the real world. "You can count on us." IndyMac Bank Agency: Designory (November 2007 to present) This slogan remains on onsite posters today, despite the bank's having been seized by the F.D.I.C. in July. (The takeover actually makes the bank even safer, a hopeful publicist notes.) "Don't judge too quickly. We won't." Ameriquest Mortgage Company Agency: DDB Los Angeles (2005 and 2006 Super Bowls) In one spot, a horrified woman hears her husband's doctor say, "That killed him!" after zapping a fly with a defibrillator. Point being: Banks are too swift in judging homebuyers as unfit for loans. Visit A Portfolio.com for the latest business news and opinion, executive profiles and careers. A Portfolio.com © 2007 Condé Nast Inc. All rights reserved. Meet the Dermatologist Who Wants to Save You Money — and Just Hit a \$200 Million Milestone for Patients Your Employees Want This Perk, and Giving It to Them Can Improve Your Bottom Line The Hidden Dangers of Not Taking Your Vacation Days This Family-Owned Manhattan Jewelry Shop Struggled to Rebuild After 9/11. Today, 2 Sisters Who Run the 46-Year-Old Business Reveal What It Takes to Persevere. Businesses Need More Women Investors. Here's How That Can Happen. Franchising Isn't for Entrepreneurs. It's for Systempreneurs This Former Disney Exec Shares Her 5 Most Valuable Takeaways on Leadership Following Viral LinkedIn Post Antipsychotic medications are often used to treat schizophrenia and come in oral form or by injection. Schizophrenia is a progressive mental health condition. It can start with unassuming symptoms such as poor sleep and irritability, only to advance into more serious changes in function and psychosis in some cases. Psychosis, or when the brain is unable to distinguish between what's real and what isn't, can come in the form of: Hallucinations: Sensory experiences of things not present, such as seeing or hearing someone who isn't really there. Delusions: A stalwart belief in something proven to be untrue, no matter how much evidence is presented. Disorganized thinking: Illogical patterns of thoughts and speech. Movement disorder: Irregular, sometimes repetitive movement patterns. Negative symptoms: A loss of functionality such as low energy, emotional "flatness," or a loss of pleasure experience. Symptoms of schizophrenia can be extremely challenging to overcome, but medications such as an antipsychotic injection may help keep debilitating features of this condition at bay. Antipsychotic schizophrenia injections are considered long-acting injectables (LAIs). According to the National Alliance on Mental Illness, LAIs can last from 2 to 12 weeks, depending on the type you're using. LAIs fall into two categories: typical (first generation) atypical (second generation) First-generation LAIs used for schizophrenia injections have been around the longest and include: flupenthixol decanoate (Depixol) haloperidol decanoate (Haldol) zuclopenthixol decanoate (Clopixol) Second-generation LAIs used for schizophrenia injections include some of the latest formulations and may come with fewer side effects. These LAIs include: aripiprazole (Ablify Maintena, Aristada) paliperidone (Invega Hafyera, Invega Trinza, Invega Sustenna) risperidone (Risperdal Consta, Perseris) olanzapine (Zyprexa) According to research from 2018, antipsychotic injection works in the same manner as other antipsychotic medications — by targeting neurotransmitter receptors in the brain thought to be responsible for schizophrenia symptoms. Though the exact modes of influence aren't fully understood, experts believe antipsychotics influence the neuronal firing and plasticity of dopamine, adrenaline, and serotonin receptors. What sets LAIs apart from many oral medications is the mechanism of delayed release. Instead of relying on a daily pill to refresh your medication levels, a schizophrenia injection releases slowly over the course of a few weeks. Invega Trinza, one of the most recent formulations of schizophrenia injection, is also one of the longest-lasting, with one dose offering 3 months of symptom control. Newer generation antipsychotic injections appear to have similar safety and efficacy as their oral counterparts, according to research from 2017, but with several additional benefits. A 2021 review on Invega Trinza found that the 3-month injectable was better at preventing symptom recurrence compared to the oral version of the medication. The authors noted this was likely due to the improved compliance factor of a longer dosing interval. Invega Trinza was also found to be just as safe and effective as the oral version. Similar efficacy and adherence benefits were seen in a 2017 review when LAIs were used to treat schizophrenia in children and adolescents. In addition to compliance and consistent dosing, there may be other benefits to using a schizophrenia injection, including: medical professionals can monitor adherence interacting with your healthcare team more frequently lower chance of accidental or deliberate overdose fewer hospitalizations or symptom recurrence slower incidence of side effects If you and your doctor have decided to try a schizophrenia injection, what happens next can vary depending on the brand, your current medication status, and your history of treatment. Assessment Before starting any medication, a healthcare or mental health professional will likely review your medical history, symptoms, and influencing factors such as family health, lifestyle habits, or environmental exposures. You may also have a physical examination, diagnostic imaging, or laboratory testing to ensure there are no underlying conditions that might complicate the use of a schizophrenia injection. The injection If this is your first time on an LAI, you may also need to take an oral version of the medication to give the injectable time to start working. It can take up to 6 weeks for your medication to fully kick in. Receiving the schizophrenia injection takes only a moment. It's generally administered in the muscle of your arm or buttocks. The most common side effect of the injection is site irritation or pain, according to a 2021 review. Most mild injection site reactions resolve after 1 to 2 days. Excessive amounts of swelling, redness, unbearable soreness, or signs of a severe allergic reaction should be immediately brought to the attention of your doctor. Medical support will also be on the lookout for symptom breakthroughs and side effects during this time that may indicate a medication or dosing change is required. Your return appointments will be likely set up before you leave your current visit. Overall, LAIs and oral medications share the same list of side effects, though LAIs may have a lower rate of occurrence. Common antipsychotic side effects include: increased appetite weight changes dizziness drowsiness nausea dry mouth restlessness Less commonly, antipsychotic use may result in more serious side effects such as: tardive dyskinesia (movement disorder) sexual dysfunction increased chance of diabetes vision changes hyperprolactinemia (milk production) If you're interested in learning more about using a schizophrenia injection for symptom management, a healthcare or mental health professional can go over the options. You can also learn more about schizophrenia or LAIs for treatment by calling the SAMHSA National Helpline at 800-662-4357. To locate care facilities in your area, you can visit the SAMHSA service locator here. If you're still unsure where to start, you can check out Psych Central's hub on finding mental health support. If you've found it challenging to adhere to an oral medication schedule in the past, you might benefit from a long-term schizophrenia injection. In addition to stabilized, consistent dosing, you may also find schizophrenia injections come with fewer side effects, fewer symptom breakthroughs, and improved control of treatment. Consider reaching out to a mental health professional to learn more about antipsychotic injections and how they may work for you.

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