

**Berlin High School  
Junior Class of 2019  
College Planning Guide**

Compliments of the Berlin High School Guidance Department



# **College Exploration Resources**

# TAKING TIME OFF: GAP YEAR OPPORTUNITIES

## **AmeriCorps**

800-942-2677

[www.americorps.gov](http://www.americorps.gov)

Intensive national service programs assisting national, state, or local organizations. Projects vary to meet community needs, but may include tutoring students, caring for seniors, helping the homeless, building homes, restoring parks, or training other volunteers. Full and part time positions available across the United States.

## **AFS (American Field Service)**

212-352-9810

[www.afs.org](http://www.afs.org)

AFS is an international, voluntary, non-governmental, non-profit organization that provides intercultural learning opportunities to help people develop the knowledge, skills and understanding needed to create a more just and peaceful world. AFS provides intercultural learning and volunteer opportunities for students, young adults, teachers and families through international exchange. AFS exchange programs are offered in more than 50 countries.

## **Audubon Expedition Institute**

888-287-2234

[www.getonthebus.org](http://www.getonthebus.org)

Experientially based, environmentally focused, collaborative and practical, these courses are for self-motivated students who have a passion for the environment. Students live outdoors and encounter diverse people and ideas.

## **City Year**

617-927-2500

[www.city-year.org](http://www.city-year.org)

A national youth organization that provides services to US cities like Boston, Chicago, Detroit, New York, San Antonio, and Washington D.C. City Year corps members serve as tutors, mentors and role models to help students stay on track – and get back on track – to graduate through school-based service, youth leadership programs and community transformation.

## **Dynamy**

508-755-2571

[www.dynamy.org](http://www.dynamy.org)

A yearlong program that gives internship opportunities to recent high school graduates. Each participant experiences three full-time nine-week internships, chosen from over 200 possibilities in a wide range of fields. Interns work with their advisor and internship sponsors to ensure a balance of responsibilities and benefits to the organizations.

## **Global Service Corps**

415-788-3666

[www.globalservicecorps.org](http://www.globalservicecorps.org)

GSC has been a leader in the field of international volunteerism designing and implementing effective community development volunteer service-learning programs in Africa and Asia since 1993. GSC community training and development programs are offered year round, from two weeks to one year, in HIV/AIDS Education and Prevention, Sustainable Agriculture and Food Security, International Public Health, Cultural & Buddhist Immersion, Orphanage Care, and Teach English Abroad.

### **Habitat for Humanity**

[www.habitat.org](http://www.habitat.org)

A nonprofit, ecumenical Christian ministry founded on the conviction that every man, woman and child should have a decent, safe and affordable place to live. Many programs are available for teenagers interested in making a difference in their community.

### **International Cultural Adventures**

888-339-0460

[www.icadventures.com](http://www.icadventures.com)

These programs are especially suited for students seeking to gain valuable life experiences and acquire new perspectives on their lives, the world they live in, and their place in it. Of particular interest is the Cultural Immersion Experience (CIE), a comprehensive program offering participants a uniquely intimate and profound intercultural experience through home stays, cultural seminars, language training, educational excursions, village visits, adventure trekking, community service, and more.

### **National Outdoor Leadership School**

800-710-NOLS

[www.nols.edu](http://www.nols.edu)

Founded in 1965 by legendary mountaineer Paul Petzoldt, NOLS--a not for profit educational institution--takes people of all ages on remote wilderness expeditions, teaching technical outdoor skills, leadership, and environmental ethics in some of the world's wildest and most awe-inspiring classrooms. With courses ranging from 10 days to a full academic year, these programs are great for highly motivated students who want to learn how to lead.

### **Outward Bound**

866-467-7651

[www.outwardbound.org](http://www.outwardbound.org)

Outward Bound is a non-profit educational organization that serves people of all ages and backgrounds through active learning expeditions that inspire character development, self-discovery, and service both in and out of the classroom. Outward Bound delivers programs using unfamiliar settings as a way for participants across the country to experience adventure and challenge in a way that helps students realize they can do more than they thought possible.

### **The Sea Education Association**

800-552-3633

[www.sea.edu](http://www.sea.edu)

By coming to SEA, students are given a multidisciplinary view of the oceans during a 12-week program that takes place half on shore and half at sea. The program begins in Woods Hole, one of the world's great centers for ocean research. Students study the chemistry, biology, physics, and geology of the oceans and design their own research project that they will carry out at sea. After six weeks on shore, students will be prepared and eager to go to sea. Participants will join one of the 135-foot vessels, either in the Atlantic/Caribbean or in the Pacific. Stand watch as part of the shipboard community of 35 for research, hands-on learning, and teamwork opportunities.

# JUNIOR YEAR COLLEGE PLANNING CALENDAR AND CHECKLIST

## Fall of Junior Year

- Start with you: Make lists of your abilities, social/cultural preferences, and personal qualities. List things you may want to study and do in college.
- Learn about colleges: Look at their websites. Talk to friends, family, teachers, and recent grads of your school now in college. Consider college features that interest you.
- Sign up to take the PSAT, given in October. If you are eligible for free or reduced lunch, you are eligible to have a fee reduction or waiver on the PSAT.

## Winter of Junior Year

- Visit with your school counselor. Get to know him/her and talk about your thoughts and ideas for after high school.
- Use your PSAT score report and College Board account to connect with Khan Academy. This free program allows you to create a study plan for the SAT based on your PSAT results.
- If you're in an Advanced Placement (AP) class, register for the AP exam through the guidance office. You can earn college credit for courses not given in the AP program by taking CLEP tests at a college test center. See [www.collegeboard.org](http://www.collegeboard.org) for more details.
- If appropriate (for example, if you're interested in drama, music, art, or sports), start to gather information for a portfolio.

## Spring of Junior Year

- Register to take the SATs and/or SAT Subject Tests if they are required (the more competitive schools often require Subject Tests). All juniors will take the School-Day SAT in March. Fee waivers are available for students who receive free or reduced lunch.
  
- Visit local colleges over April vacation: Get a feel for what campus environment works for you. Remember to register with the admissions office, even if not touring the campus through them. See your counselor for information about upcoming college fairs and Destination College.
  
- Develop a list of 15 to 20 colleges that interest you. Request view books and information about financial aid and academic programs. Start a college binder or folder for all your information. Add these colleges to your Naviance *College's I'm Thinking About* list.
  
- Stay open to all the possibilities — don't limit your search. To find the best college for you, you should apply to colleges of varying selectivity. Selective colleges admit a portion of students who apply. Some colleges are highly selective while others are less selective. Make sure to apply to public, private, in-state, and out-of-state schools so that you have plenty of options from which to choose.
  
- Start to gather documents for financial aid: Be sure to keep a copy of your tax returns handy. You'll use these to complete the Free Application for Federal Student Aid (FAFSA), which opens on Oct. 1.
  
- If you are considering military academies or ROTC scholarships, contact your school counselor before the end of the school year. If you are interested in a four-year ROTC scholarship, you should begin the application process before your senior year.
  
- Plan your senior year class schedule with your counselor. Pick challenging courses and electives that interest you. Be sure that will have all your graduation requirements met. Research your colleges of interest to see what they recommend for high school courses.

## **Summer before Senior Year**

- If you are an athlete planning to continue playing a sport in college, register with the NCAA Clearinghouse. Go to [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)
- Find a full-time or part-time job, volunteer, or participate in a summer internship program.
- Visit colleges. Take campus tours and, at colleges you are serious about, make appointments with admissions counselors.
- Create or update your resume with accomplishments, extracurricular activities, and work experiences since the beginning of high school.
- Become familiar with college applications. Check out when college application deadlines are. You can begin filling out the Common Application as early as August.

Amended from [www.collegeboard.org](http://www.collegeboard.org)

# COLLEGE RESEARCH

## **NAVIANCE:**

Naviance is a college and career planning resource in which all Berlin High School students have access to. Naviance offers extensive college search options where students can match colleges based on their preferences for location, size, major, athletics, and more. They can compare colleges side by side to better examine tuition costs, admission requirements, graduation rates, etc. Students can log in at:

<http://connection.naviance.com/bshs>

## **OTHER USEFUL SITES:**

**College Data:** This unique website allows students to calculate their chances of admissions, compare with other applicants who have applied or been accepted, compare financial aid awards, search for scholarships, etc. [www.collegedata.com](http://www.collegedata.com)

**Link to all of the New Hampshire Colleges:** [www.nh.gov/residents/college.html](http://www.nh.gov/residents/college.html)

# HOW TO CHOOSE A COLLEGE

When starting to search for a college or university, the first place to start is with **YOU!**

- What are **your** interests and abilities?
- What are **your** goals?
- What classes and activities have **you** enjoyed the most?

Career interest inventories, personality inventories and other information can be helpful in considering personal and career goals. Utilize the inventories accessible through your Naviance account.

## College Characteristics to Consider

**Type of Institution** (two or four year; coed or single sex; public or private, liberal arts, technical, business, etc.)

- **Liberal arts** colleges stress a broad undergraduate education rather than professional training, such as an engineering degree.
- **Universities** offer mainly four year programs in both liberal arts and professional training. They grant both graduate and undergraduate degrees and are made up of a number of schools or colleges.
- **Technical and junior colleges** offer one and two year vocational and academic programs.
- **Military academies** prepare officers for a particular branch of the military. Most require recommendations for admission by a member of Congress.

**Geographic Location** (New England, the South, the West or Mid-coast) How far of a driving distance from home are you willing to be?

**Setting** (urban, rural or suburban) How would you feel attending school in a big city? What about way out in the country?

**Size of Institution** (small, medium, large, very large)

**Selectivity** (very difficult to open admissions – and in between!)

**Cost of Attendance** (tuition + fees, room + board, travel minus financial aid)

**Diversity of Student Body** (race, religion, international, age, etc.)

**Extracurricular Activities** (sports, clubs, cultural, religious, educational, etc.)

**Housing** (on or off campus, coed, single sex, special interest, size of room food and meal plans, roommates, house rules, car on campus, etc.)

**Facilities** (sports and recreation, libraries, classrooms and labs, lecture halls, handicapped access, laundry facilities, computer availability, student unions, Greek housing, etc.)

# THE COLLEGE VISIT

A personal visit to a college or university is often the most useful step in helping you and your parents decide whether or not to apply to a particular school. Group tours and open house events are good ways of getting a first-hand impression of a school you are considering.

Visits made during the regular academic year can give you a more accurate view of the academic and social life of a college campus. However, schools at a greater distance cannot often be visited except during family vacation times. When possible, try to avoid times such as registration, final exams or special campus events like home-comings or festivals. Visits at these times can be disruptive, and you may not get a true picture of what is a regular day at that school. Also, you may be unable to sit in on classes during exam times.

Many colleges allow students to have an overnight visit. This experience, where you actually room in a dorm with a student buddy, can be very valuable! You get to “live the life” for a day and night, and get a good feel for the student atmosphere. And it’s FREE!

## **When is a Good Time to Visit a College?**

Begin planning college visits after you have done some background research on your abilities, interests and career plans. Consult with your counselor and use the materials available in the guidance office.

Some students begin visiting colleges during the spring of their junior year. Others visit campuses during the summer between their junior and senior year, though you are not able to actually see classes in session during summer months.

# GOOD QUESTIONS TO ASK DURING A COLLEGE VISIT

What is the average size of a freshman class?

Who teaches freshman courses – graduate assistants or permanent staff?

How difficult is it to sign up for classes you need? Is priority given to upper classmen?

Which departments are strong?

How much interaction is there between faculty and students?

What makes this school special or different?

How good are the library and computer/internet facilities? What are their hours of availability?

What cultural opportunities are available in the community?

Why did the students you meet choose that particular college? Are they happy with their choice?

What is the makeup of the student body? Where are students from? Does one region dominate over another?

What kinds of financial aid are available?

What is the male/female ratio?

How comprehensive are the infirmary and health facilities? What is the availability of doctors and mental health counselors?

Are there professional career planning services on campus? Is there an alumni network?

How active and effective is student government?

How strong is school spirit? What activities encourage school spirit?

What are the opportunities for playing intercollegiate or intramural sports?

What types of housing are available to freshmen? Can freshmen have cars on campus? Is housing guaranteed all four years?

Can you pick your roommate?

Is campus security adequate for students and faculty?

Is there public transportation or campus transportation off-campus? Am I allowed to park my car?

# HOW TO JUDGE A COLLEGE AT ITS WORST

In their literature or on their guided tour, colleges usually manage to show themselves “at their best”. But during your four years there, you will see your campus at its worst, too. Would you like a preview of coming attractions?

- Have a meal in the student cafeteria on a Sunday afternoon.
- Ask a student, what is the worst thing about this school?
- Read the school paper the week before student government elections.
- Mingle with the crowd during a post-game party on Homecoming Weekend.
- Ask a freshman to tell you the name of the poorest section leader for a required freshman course. Attend his/her 8:00 a.m. Monday section, sitting in the last row in a broken chair, wearing pajamas under snowy clothes and wet socks.
- Under the same circumstances, sit in a class that is taking a one-hour essay test. Take it yourself.
- In the freezing rain, try to park your car near a main classroom building two minutes before class.
- Ask a freshman how many classes are taught by graduate assistants or by someone other than the name printed in the catalog. Or, count in the catalog the number of “graduate fellowships” awarded, and assume that each fellow teaches two freshman classes.
- Stop by the student newspaper office and ask to see (or buy) a copy of the student-written handbook of faculty ratings.
- Ask a custodian what he thinks of the student body.
- Ask a member of a fraternity/sorority on social probation what he/she thinks of the Dean of Men/Women or the Dean of Student Affairs. Then ask the dean what he/she thinks of the fraternity/sorority system.
- After the admissions office shows you the best side of the campus, go to the campus coffee shop and ask the shaggiest beard to route you to the other side; the oldest dorm, the shabbiest classroom or lab, etc.

THEN... Remind yourself that you are in college to *learn*, in spite of all the human and material frailties you will put up with. Ignore (or meet with a sense of humor) the occasional disappointments and frustrations, but be alert to signs more subtle than the above – or to instances of poor-quality instructions.

REMEMBER... Basically, all education is *self*-education. It requires you *and* enough good books. The student who really wants to learn can get an education at *any* college that doesn't lock the library as you walk up the steps!

# THE COLLEGE ADMISSIONS INTERVIEW

While the trend at colleges and universities is away from the once all-important personal interview and toward a more relaxed, general information meeting, some colleges may still recommend an interview (which is an offer students should not refuse!) while others may leave it up to the applicant. Though generally not as important as other items in the application process, an interview can prove crucial when the decision hangs in the balance.

## **Here are a few tips to keep in mind:**

-Arrive promptly, dressed in a manner which you feel represents your “best foot forward”. Give a firm handshake when introduced and maintain eye contact.

-Conduct yourself in a friendly and interested manner. A person with no enthusiasm or questions can give a very poor first impression.

-While not necessary, please feel free to bring your parents. They probably shouldn't sit in on the interview, but they, too, may have questions and concerns. While they wait, it may be a good time to visit the Financial Aid Office.

-Don't be overly impressed by a “super-salesman” in the admissions office. However, also don't be too critical of the school if the admissions person is unimpressive. Try to get the information you need to make a good decision, and avoid being too influenced by a personality.

- Prepare a list of questions to ask about the school. Having a written list handy will ensure that you don't forget some important questions due to nervousness or excitement.

-Avoid asking questions that could easily be answered by reading the catalog. This will make effective use of your limited interview time, and shows a thoroughness of planning on your part.

**-Bring a copy of your transcript and SAT scores.**

-Take a campus tour, preferably before the interview. The library, student union, freshmen housing, computer center, athletic facilities, etc. are areas to consider in addition to classes and labs. Try to have a meal in a residential cafeteria!

-If possible, arrange for an overnight visit in a dorm.

-After the interview, send the admissions office a handwritten thank you note.

# THE COLLEGE ESSAY

Colleges really want to get to know you as a person. The essay is the one part of the application process that gives you the chance to tell admissions about your special abilities, interests and qualities. You can also mention significant factors that might set you apart from the majority of applicants, but try to focus one or two things. If you include all that you have done, it will become a list and not an essay.

An essay conveys who you are and what you have accomplished. The essay can also explain any gaps that appear in your record.

Your essay will be evaluated on three basic levels:

Your ability to use standard written English. Grammar counts! Use correct punctuation, grammar and syntax.

Content and depth of insight. How well can you reflect on yourself and convey your true feelings and opinions on a topic.

Creativity and originality. Do you sound like an individual you would bring intellect, energy and fresh viewpoint to the college? Or are you writing what you think they want to hear?

Be aware that admissions officers are reading hundreds of essays. Therefore, it will not help you to inflate experiences, try too hard to impress, or be hostile or negative about others. Be honest and be yourself!

Make sure your name is on each page in case it gets separated from your application. Some places are asking you to also include your Date of Birth and High School along with your name.

Make sure it is perfect – no typos or spelling/grammatical errors. Let as many people proof read it as are willing; your English teacher, your parents.

If you are including the name of the college in the essay, make sure you send the right essay to the right college!

Topics to stay away from; drugs, girlfriend/ boyfriends, being too negative.

## SOME EXAMPLES OF TYPICAL COLLEGE ESSAYS

- Describe your most significant personal experience. Why was it significant and how has it influenced you?
- What have you read that has had a special significance to you. Why?
- What do you feel sets you apart as an individual in your school?
- Describe a person or experience of particular importance to you.
- Please describe the reasons that influenced you in selecting your intended major field of study.
- 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?

# ASKING FOR RECOMMENDATIONS

Teachers are very happy to write recommendations for students – we enjoy doing everything we can to help you realize your dreams. Here are some steps that you can take to help us write the best possible recommendation for you, and get it there on time.

**Give us time!** Try to ask for your recommendations as early as possible. Even though two weeks might seem like plenty of time to write a letter, remember that many other people might ask for a recommendation during that same week – so if you’ve waited for the last minute, yours might not get the time it deserves.

**Give us everything we need.** Read the recommendation form carefully. There may be information you need to fill out or your signature may be needed. Put the form into a folder with a stamped envelope addressed to the college. Write your name and the application deadline clearly on the front of the folder.

\* **A note about confidentiality.** Many applications will give you a chance to check a box indicating that you waive the right to see the recommendation. The reason they give you the option to do this is because a confidential recommendation is seen as more reliable: the colleges figure, if the teacher knows you won’t ever see it, they’re more likely to tell the whole truth and not sugarcoat. If you know that your teacher is going to write you an enthusiastic recommendation, it is highly advisable for you to check this box. It makes the recommendation look more reliable.

**Tell us about yourself.** Write up a **brief** list of the things you’ve been most proud of from your high school career – especially things you might have done in the class of the teacher from whom you’re asking for this recommendation. List the AP courses you’ve taken or other challenges you’ve sought out. If you were in our class a couple of years ago, we might have forgotten some of the stellar things you did. Or we might just not be aware of awards you’ve won or extracurricular achievements. The more specific our recommendation, the more powerful it is.

**Don’t be shy about reminding us.** We won’t get insulted! It’s fine to let a week or two go by and then ask, ‘Hey, did you get around to writing that recommendation for me?’ If we did, then we’ll let you know; if not, we’ll probably appreciate the reminder.

**Take the time to write a thank you note.** During college application crunch time, some teachers might spend a whole Saturday writing recommendations. When we’re all done with that, a short thank you note from you means a lot to us!

# GLOSSARY OF TERMS FOR THE POST-SECONDARY PROCESS

**Post –Secondary** = Any training, military, college, community college, certificate program, apprenticeship, etc. after high school.

**Audit** = To attend a course without requesting or receiving credit.

**CSS Profile** = College Scholarship Service Profile is an application distributed by the College Board to give private member institutions a closer, more detailed look into the finances of a student and family. This application is required usually by the more selective schools.

**Developmental Courses** = also referred to as remedial classes. Any class a post-secondary institution makes you take that is not going to count for credits or graduation progress to help you reach a certain academic level.

**Elective** = A class that is NOT a requirement for graduation.

**FAFSA** = Free Application For Federal Student Aid. This is an application to be filled out by you and your family requesting financial aid from the federal government. It will become available after October 1<sup>st</sup>. You may go on-line and set up a FSA ID now for both you and your parents. You will need this information to be able to fill out the form in October. This will result in a student aid report, which will tell your family how much the government believes your family will be able to contribute towards your education.

**Fees** = The money you pay to cover costs of using the health care center, technology/ lab, and other services that are college or university- wide.

**Financial Aid Package** = You will receive this report from schools in April or May of your senior year, which will tell you what the school will award you in financial aid. This can consist of scholarships, grants, and loans so read it carefully.

**Grants** = Money that is awarded to you based on need (also called need based financial aid). You don't have to pay it back.

**Liberal Arts** = A course of study that allows you to explore a variety of interests while gaining credit towards graduation.

**Loans** = Money that will have to be paid back. With subsidized loans, the government pays the interest while the student is in school. With unsubsidized loans, the student pays the interest while in school.

**Matriculated** = To be enrolled in a college or university.

**NCAA** = National Collegiate Athletic Association. Register on-line to be able to play Division I or II sports in college. Visit [www.ncaaclearinghouse.org](http://www.ncaaclearinghouse.org) for more information.

**Non-Matriculated** = A student who is taking classes at a college or university, but is not enrolled.

**Prerequisite** = A class that you need to take before you are allowed to take the more advanced level.

**Room and Board** = The money you pay to live and eat on campus.

**Scholarships** = Money that is awarded to you that does NOT need to be paid back. They are based on academic performance (also called Merit Scholarships), a talent, or other factors. There are Local, National, and Institutional Scholarships.

**Tuition** = The money you pay for classes. It will be listed by the credit. In general, college classes are 3 credits... so you would have to multiply the amount per credit by 3.

**Veteran** = Someone who has served in the military.

# COLLEGE ADMISSIONS POLICIES

## **Regular Application Deadline**

Many colleges establish an application deadline by which all applications must be received. All students are then notified of the college's decision at a uniform response date, typically on or before April 15<sup>th</sup>.

Most colleges agree to reserve May 1<sup>st</sup> as the date by which accepted applicants must indicate their intention to enroll. By using a common reply date, students can evaluate all notices of admissions and financial aid before deciding on any one college.

## **Early Decision**

Early decision is offered by many colleges to applicants who are absolutely sure that they want to attend a certain college. **This college should clearly be your first choice!** Traditionally, the deadline for early decision applications is in the fall, but you should check with the college to which you are applying to make sure that you have the right deadline date. In return, colleges give you an admissions decision soon after. **If accepted under Early Decision, you are under a strong ethical obligation to withdraw or forego applications to all other colleges!**

## **Early Action**

Early action is similar to early decision, except that, if admitted, you are not ethically obligated to withdraw other college applications, and you have until May 1<sup>st</sup> to decide. Early action is simply a device that schools use to encourage very strong candidates to apply early. **It is a non-binding decision.**

## **Rolling Admissions**

Under rolling admissions, a college will consider your application as soon as all required credentials have been received. Notification of your acceptance or rejection is mailed shortly after all your materials have been reviewed. Colleges that follow this practice make their admissions decisions continuously over several months.

**Please keep in mind that although a school may have a rolling deadline, popular programs may fill up quickly! It is always a good idea to apply early!**

## **Deferred or Delayed Admission**

Most colleges will allow you to defer / postpone your enrollment, generally for up to one year. **Students who are considering taking a year off after high school are strongly encouraged to apply to colleges while still in school, and then opt for deferred admission.** Make sure you ask if there is a requirement for a deposit to hold your spot for that year.

## **Open Admissions**

An open admissions policy grants acceptance to all high school graduates without regard to additional qualifications.

# WHAT COLLEGES LOOK FOR IN AN APPLICANT

- 1. A high school curriculum that challenges the student.** Students ought to take classes that are a good fit and a challenge to them. For some students, this is general level or college prep level. For others, it is advanced or advanced placement (AP) classes.
- 2. Grades that represent strong effort and an upward trend.** Grades that increase over the course of four years shows a college that a student has progressed and is capable of working with college level material.
- 3. Solid scores on standardized tests.** While some colleges do not require SAT or ACT test scores for admission, many still do. These scores are often not the deciding factor in admission, but do play a role in an admission counselor's decision to accept or deny a student. Make your scores a good representation of you.
- 4. Passionate involvement in a few activities.** A college wants to see that a student is successful both inside and outside of the classroom and demonstrates leadership potential and initiative. For some students, this means sports or high school clubs. For others, it is maintaining a part time job afterschool. And for others, it is participation in a volunteer organization or in an internship.
- 5. A well written admissions essay.** Stand out from the crowd. An admissions essay shows a college that the applicant is a thoughtful and well-spoken person. An admissions essay, above all, is an opportunity to personalize a college application and give an admissions counselor the opportunity to understand a student as an individual.
- 6. Letters of recommendation.** Most colleges will ask for a letter of recommendation from a teacher and from your school counselor. Though you may include a letter from a coach or a supervisor at work, a college will likely want to hear about your performance in the classroom and your overall high school experience.

Compiled from The Independent Educational Consultants Association

# COLLEGE ATHLETES: WHAT YOU SHOULD KNOW

## Questions to Ask During Recruitment:

**What positions will I play on your team?** Recognize that the coaching staff may decide to utilize your talents in a new position. Ask “What is the roster’s depth chart at your possible positions”?

**What are my scholarship opportunities?** Are athletic scholarships available? Where do you stand on the recruiting list? Are you eligible for partial or full scholarships? Are there other financial aid options available for student-athletes?

**When does the head coach’s contract end?** If the head coach left, would you still be interested in playing for this team? What is the level of interest from the coach? Is the coach’s position on campus full-time?

**Who currently plays in my position?** If there is a former All-American in the position? If so, you may want to take that into consideration. When will he/she graduate? Will you realistically have the opportunity to play at this campus?

## Other Factors to Consider:

**What is the team’s makeup?** Does the team’s game plan coincide with yours? Does the level of competition reflect your skills and potential?

**What are my responsibilities off the field?** Am I required to maintain a certain weight? Do I have to attend study hours? Will I participate in off-season training? Is there time to participate in other groups and activities?

**What are my personal goals?** Would I choose the campus if I were not playing a sport? What type of facilities are available on campus? Does the team have a successful history? Is the team well supported by the college and community?

**Will college coaches notice me?** They might find you on their own. But why wait? Be pro-active. Help college coaches recruit you by creating a recruiting packet. Remember to fill out a student athlete information form on the college’s athletic website.

**What should I send to college coaches?** Cover Letter, High school transcript, Athletic Résumé, Game or practice video, Season schedule, Newspaper clippings



**SAT TEST DATES**

## **Spring 2018**

March 21, 2018

May 5, 2018

June 2, 2018

According to the College Board formula, test dates fall on the first Saturday in November, December, May and June; the second Saturday in October and March; and the fourth Saturday in January.

**SAT Regular Registration Fee \$46**

**With Essay \$60**

**SAT Late Registration Fee +\$29**

To register for the SAT, go to [www.collegeboard.org](http://www.collegeboard.org)

If you are eligible for free or reduced lunch, you are eligible for a fee waiver. Please see your counselor for this.

# ACT VS. SAT

## What's the difference between the ACT and the SAT?

Both the ACT and the SAT are nationally administered standardized tests that help colleges evaluate candidates. Most colleges and universities accept either test. So as you begin to think about college and creating the best application package possible, your admissions plan should begin with the question, "Which test should I take?" When weighing your options, keep in mind that there are differences in test structure and the type of content assessed. Use the chart below to see which test makes the most of your strengths to help you determine which test might be best for you.

	ACT	SAT
<b>Test Length</b>	3 hours (+15 minutes for optional Writing)	3 hours (+50 minutes for optional Essay)
<b>Test Structure</b>	<b>4 Test Sections</b> ( <i>5 with the optional Writing Test</i> ): English, Math, Reading, and Science	<b>2 Test Sections:</b> Math and Evidence-Based Reading and Writing
» <b>Reading</b>	Reading Comprehension—4 passages with 10 questions per passage.	Reading Comprehension—5 passages with about 5-7 questions per passage
» <b>Math</b>	Heavily Geometry based, <i>does not</i> provide formulas	<b>Calculator Section:</b> 38 questions <b>No Calculator Section-</b> 20 questions Heavily Algebra based, provides most of the common formulas for Geometry/Trig questions
» <b>Science</b>	Yes	No

<b>Scoring</b>	Composite score of 1–36, based on average of scores from 4 tests <ul style="list-style-type: none"> <li>• 4 scores of 1–36 for each test</li> <li>• Plus optional Writing Test Score of 1-36, scored across multiple domains with sub scores between 2-12</li> </ul>	Total score out of 400-1600 based on adding scores from the Reading and Writing scores and Math <ul style="list-style-type: none"> <li>• Essay scores= 3 separate scores for reading, analysis, and writing between 2-8. Will not factor into your total score.</li> </ul>
<b>Wrong Answer Penalty</b>	No penalty for wrong answers.	No Penalty for wrong answers.
<b>Test Contact Information</b>	ACT, Inc. 1-319-337-1000 <a href="http://actstudent.org">actstudent.org</a>	The College Board 1-866-756-7346 <a href="http://collegeboard.org">collegeboard.org</a>

**How can I find out if a school accepts the ACT, SAT or both?**

You should be able to find this information by visiting the school's website or by calling their admissions office.

**How can I figure out which test I might score better on?**

Learning about the differences between the two tests is one thing, knowing how you actually might score is another. The only way to know for sure is to take a practice test. Kaplan offers practice ACT, SAT, or SAT/ACT Combo Tests to help you identify which test could best showcase your strengths during the admission process. [http://www.kaptest.com/pdf\\_files/college/sat-act-practice-test.pdf](http://www.kaptest.com/pdf_files/college/sat-act-practice-test.pdf)