



COLLEGE INFORMATION NIGHT FOR JUNIORS 2023

*Presented by Linda Dowley,
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Sponsored by the Foundation of La Jolla High



Goal of tonight's presentation:

Inform

Give families information about the state of higher education admission.

Encourage

Encourage students to be fully engaged in the search.

Provide

Provide tools and resources to assist with the journey and process

So much to know – how to stay on top of it all?!

Students – listen closely to in-class presentations from LJHS Counselors.

Parents and students – read the weekly College Corner column in the PTSA eNews

Follow the FaceBook page – LJHS College Info

The La Jolla High website under “Counseling” and “College Information”

AND La Jolla High’s dedicated college information website:
<https://www.ljhscollegeinfo.com/>.

The goal of the process? A good college fit!

What constitutes a good fit? A school that is academically challenging but not overwhelming, socially engaging and financially affordable.

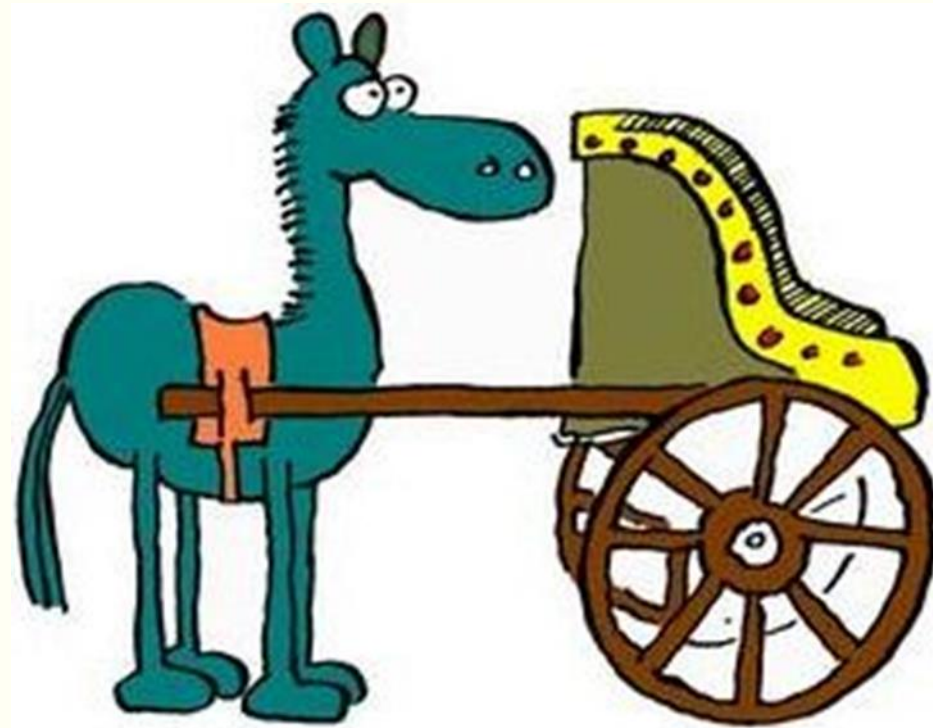
Please realize that there is not just one school that will fit the bill! With over 3,000 schools in the US, your responsibility is to do your research and find a list of 8-12 schools which would all be a good fit!

As one university president recently wrote: “You can get a great education at a wide range of colleges in this country. But if the fit is wrong, it is nearly impossible to get a great education — no matter how good the college is. Conversely, when you get the fit right, your student will have a great four years and then launch into a successful life.”

Before we go any further, let's bust some myths:

- College is SO hard to get into!
 - Many are, but the average admission rate is 68%
 - The number of schools who admit fewer than 25% of applicants is less than 100
- College is SO expensive – everyone comes out buried in debt!
 - Many are very expensive but 89% of college freshmen don't pay the sticker price
 - Use the calculator tools to see what a school might actually cost
 - Be strategic and apply to schools where you are in the top 25% of their admitted student profile to qualify for merit aid – recognizing that highly selective colleges offer no merit aid.
- If you don't go to a “good” school, you are doomed to a life of mediocrity!
 - Everyone has their own definition of success, but CEOs of the top companies on the Fortune 500 attended an array of colleges including public universities and schools overseas. It is most important not where to go but what you study and how you do!

How can you research schools and assemble a college list if you don't know what you want from a college?



The college search is a voyage of discovery!



- Be intentional in your college search.
- This should not be a random process based on outdated ideas or peer chatter.
- This is an individual journey – do not compare your path to that of your friends/peers.
- And it is not a contest! It is a match to be made, not a prize to be won!

Where to start? Start with the “why”...

College Match · A Blueprint for Choosing the Best School for You

College Planning Values Assessment

Name: _____

Students have different reasons for going to college. Defining your values is an essential first step in identifying the colleges where you will fit in and be happy.

What do you want college to do for you? Here are 12 suggested reasons why you might want to attend college.

1. To learn about different cultures, peoples, backgrounds, etc.
2. To expand my potential lifetime earnings
3. To learn essential life skills so that I can be a better parent and citizen
4. To find a vocational direction in life
5. To gain more independence and a greater sense of freedom
6. To create long-lasting relationships and professional connections
7. To have a fresh start where no one knows me
8. To gain new skills and experiences
9. To enable me to receive a degree from a high-quality school
10. To explore the U.S. and perhaps the world
11. To take advantage of college life: spectator sports, clubs, activities, etc.
12. To get the best education possible at a reasonable cost

Think about why you're going to college – again, be intentional. Think about your short and long-term goals.

What do you expect to get out of the experience and your time there? Internships? Football viewing? Study abroad? Take “College Match” survey (found on www.ljhscollegeinfo.com)

Research YOURSELF!

What is your optimal learning environment?



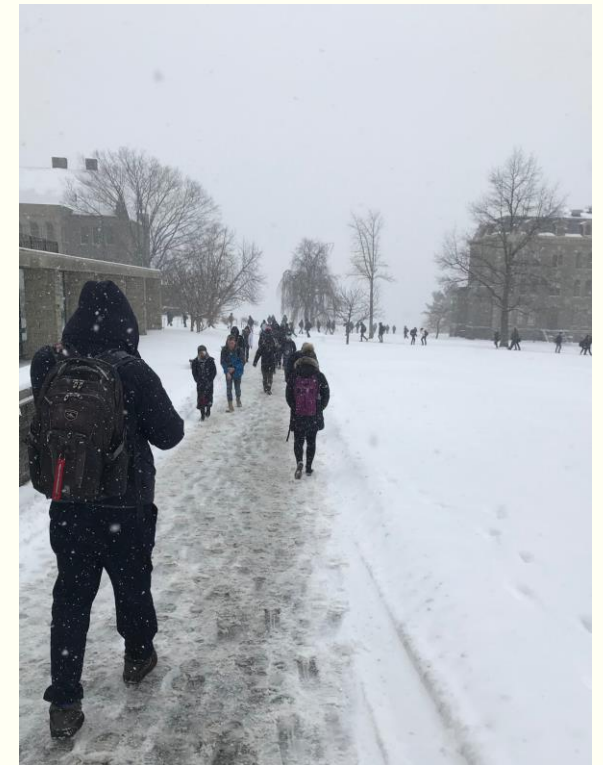
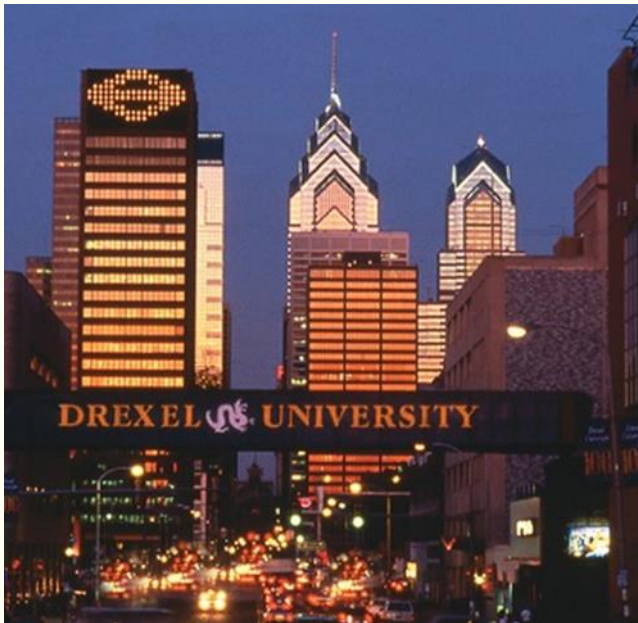
Instead of “what will be my major”, think “what do I want to learn more about?”

- Do you have an idea of your desired major or field of study?
- Do the schools on your list offer this major?
- How difficult is it to change majors at your schools?
- Realize that the liberal arts include sciences – but sometimes not engineering or architecture.
- It is okay to be undecided! Research exploratory programs at your schools of interest. Also research “meta majors” which can include umbrella fields such as Business or STEM – and allow you to research different majors or concentrations within a field of interest.



Do you have a geographic/location preference?

- A specific geographic area near (extended) family?
- An urban, suburban or rural environment? Read more: <https://www.niche.com/blog/urban-suburban-rural-campus/>
- A specific climate to be embraced or avoided?



What are your longer-term goals?



Do you have a specific job/career goal?

I've always wanted to be a doctor/lawyer/architect/fashion designer/civil engineer/graphic artist/hedge fund manager...

How will college help me achieve my goals?

Is graduate school part of your plan? If so, find a school where you can excel making your grad school plans a reality.

Important to plan ahead for appropriate academic offerings, professor connections, finances (grad school is expensive, too).

Remember: college is not vocational school, but you do want to be employable (or be qualified for grad school) upon graduation...

What can you afford?

- Look at “Cost of Attendance” not “Tuition” but recognize that most students don’t pay the “sticker price”.
- Use calculator tools to estimate costs – Net Price Calculators can be found on every college’s website, usually under Financial Aid.
- Cost of Attendance (living on campus – 2022-23):
 - San Diego State University - \$33,000 (varies slightly by campus)
 - University of California - \$44,000 (varies slightly by campus)
 - Miami University, Ohio (public) - \$54,000
 - University of Colorado, Boulder - \$58,000 - \$61,000 (depending on major)
 - University of San Diego - \$77,000
 - Southern Methodist University (SMU) - \$79,700
 - New York University (NYU) - \$87,000
 - University of Southern California (USC) - \$86,000

Personal Interest and Career Exploration tools – and fit!

Xello – the program at LJHS that replaced Naviance has several interest profile tools as well as career exploration components. Please take advantage!

U.S. Department of Labor sponsors a number of websites and tools to explore careers and interests. Check out O*Net - <https://www.onetonline.org/> and My Next Move - <https://www.mynextmove.org/explore/ip> to get started.

Part of “fit” is an environment where you can explore your interests – be in a play, participate in research, join a competitive sports team. Be sure the colleges on your list offer you these opportunities.

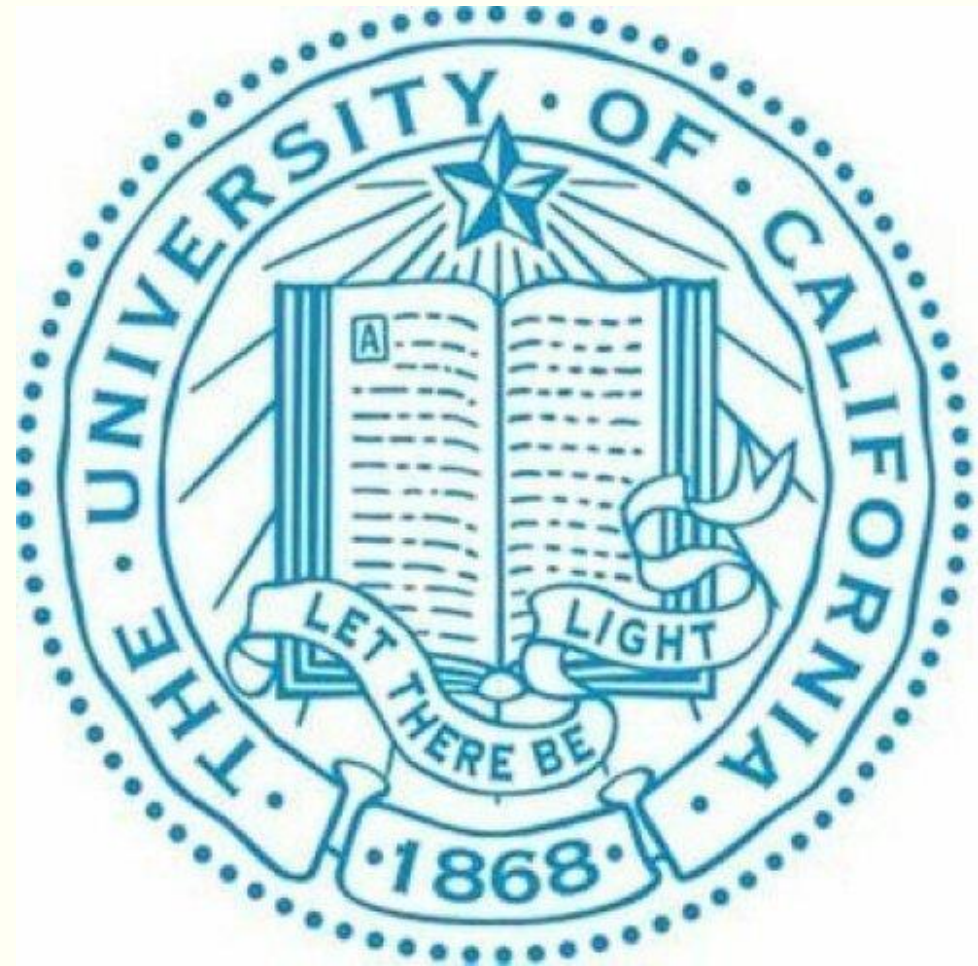
Start with some basics – the UC A-G Requirements:

- You will satisfy the minimum requirements for college admission by graduating from high school in our district. But note that selective schools (including UC/CSU) want to see more than the minimum.

Letter	Subject	Years Required	Years Recommended
A	History	2	3
B	English	4	4
C	Mathematics	3	4
D	Lab Science	2	3
E	World Language	2	3+
F	Visual and Performing Art	1	1
G	College Prep Elective	1	1

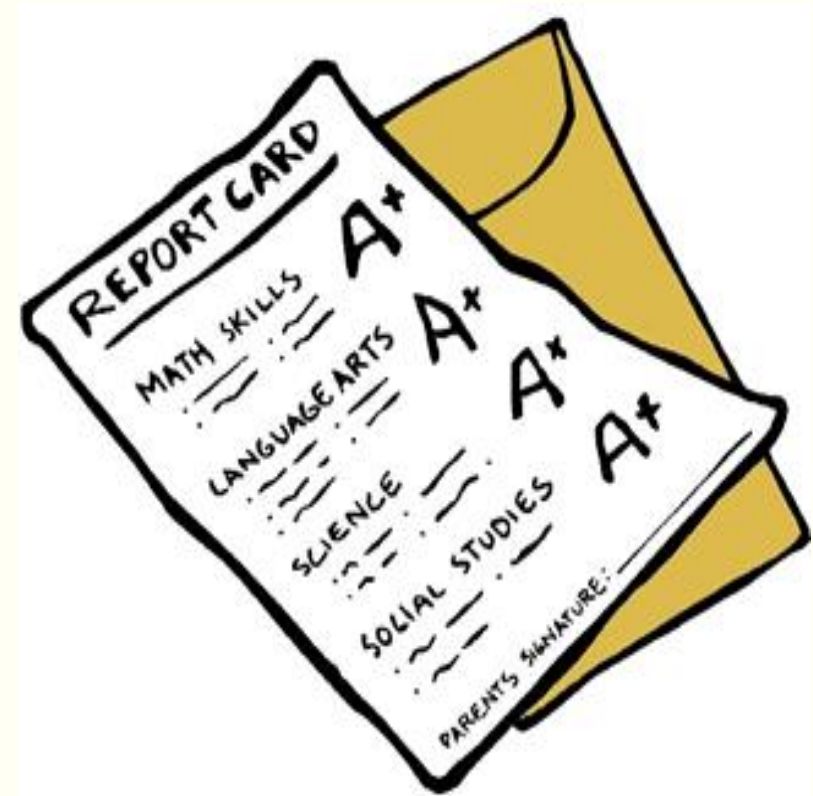
In the words of University of California:

- “Most campuses have more qualified applicants than they have room to accommodate, thus, they apply standards that are more demanding than the minimum requirements.”



Your most important asset...?

- Your transcript! The courses you have taken and the grades received.
- This includes senior year courses, so be thoughtful when choosing classes for senior year during your upcoming articulation discussions. Senior year classes should continue on the same trajectory as previous years – and consider challenging yourself if you have not previously done so.
- Please check out the blog post - <https://www.ljhscollegeinfo.com/post/the-importance-of-choosing-senior-year-courses>.
- Know that there are plenty of colleges for “B” and “C” students!



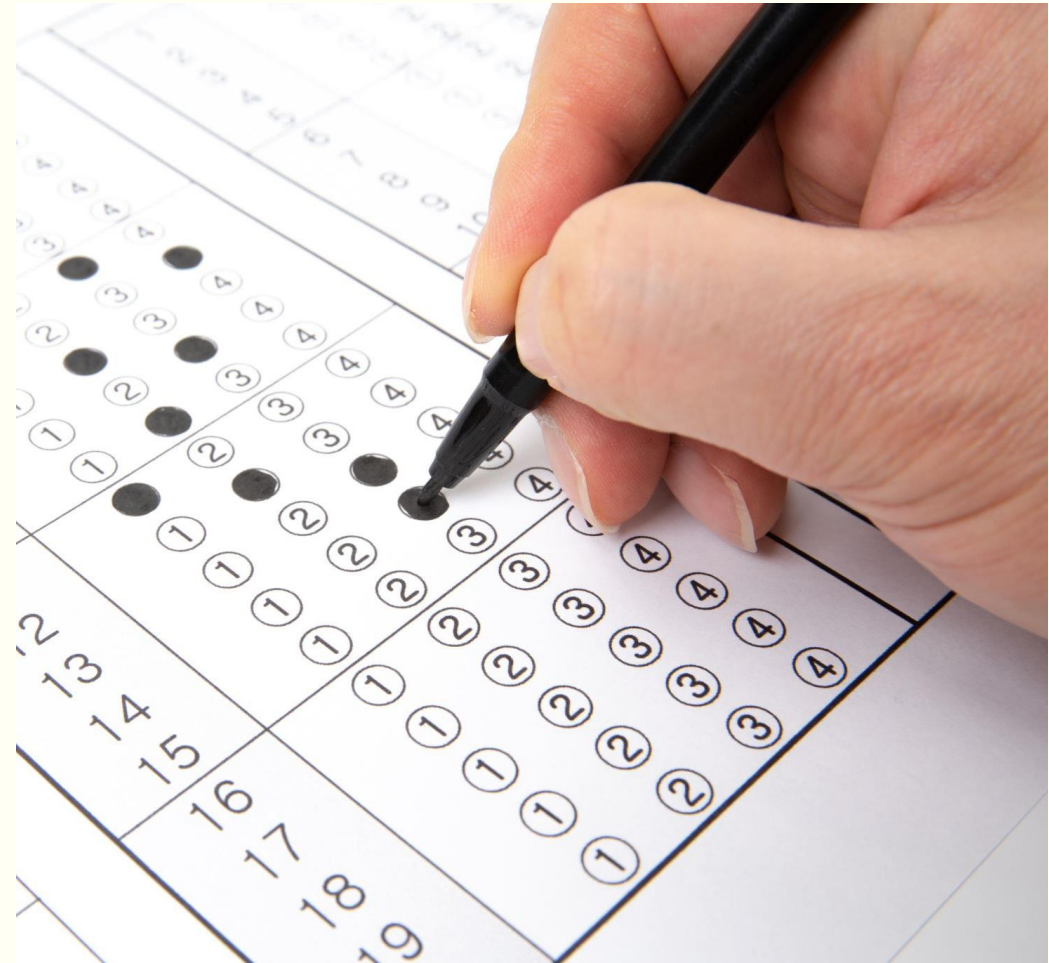
What about Standardized Tests? SAT and ACT?

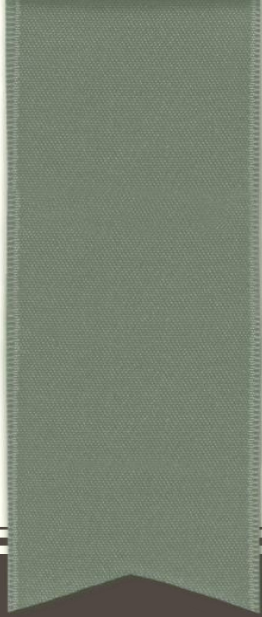
- Terminology –
 - Test Free (or Test Blind) means that scores will not be considered during the application process
 - Test Optional means that a student will not be disadvantaged in the admission process if they do not submit a test score
- UC or CSU schools are all test free. Scores can be submitted and will only be looked at after a student enrolls, as consideration to test into a higher-level math or English course.
- Over 1,800 colleges in the US are test optional. Go to www.fairtest.org to see the current list, but always check the college's website to be certain.
- Colleges that require SAT/ACT scores include public colleges and universities in Florida and Georgia, MIT, and Georgetown University, among others. Check your colleges' websites to confirm.

Should you take these tests? Should you submit your scores?

It depends...

- Many students/parents feel compelled to test, but most colleges are test optional and the cost of test prep (time and money) might be better spent on other activities...
- When looking at a college's reported scores, keep in mind that students with lower scores will not submit them to test optional schools so scores may appear high and not be representative of the student population
- Due to the point above, you must be strategic when deciding whether or not to send your scores. Will it enhance your application at that particular school? That may vary and you may send scores to some schools and not to others.





TYPES OF COLLEGES

Types of Colleges

- Community Colleges
- In-state public schools
 - California State University System – 23 campuses
 - University of California System – 9 campuses
- Out of state public schools
 - University of Oregon, University of Alabama, Michigan State, Temple University, Rutgers University, Georgia Tech University
- Private schools
 - Stanford, Pomona, Santa Clara, Vanderbilt, Duke, Bowdoin, Loyola Marymount, U. Chicago, Swarthmore, Haverford, Smith, Bryn Mawr, Rhodes, Goucher, Earlham, Davidson, Denison, Reed...

Community Colleges

In San Diego and throughout the state and country.

Typically two years – possibly more depending on class availability

Most affordable option in higher education

Great way to satisfy general education requirements and transfer to a 4-year school to complete final two years.

Some have on-campus housing (dorm) facilities

Many certificate and vocational programs available if employment is the desired option

If interested, talk to your LJHS counselor and they will connect you with our Mesa Ambassador

California State Universities

- **23 Campuses**
- **Entrance Requirements –**
 - - A-G class completion
 - - GPA minimum 2.0
- **Vary by size, programs and selectivity**
- **Online application – fill out one, check box (and pay) for multiple campuses; application fee \$70 per campus.**
- **Application period Oct 1 – Nov 30**
- **Website: www.calstate.edu/apply**





University of California System

- 9 undergraduate campuses
- Entrance requirements:
 - A-G class completion; minimum 3.0 GPA
 - Answer 4 Personal Insight Questions
- Vary by size, programs and selectivity
- Online application – fill out and choose major of interest for a particular campus, \$70 per campus to apply
- Application opens August 1; submit from November 1-30
- Apply at -
<https://admission.universityofcalifornia.edu/apply-now.html>

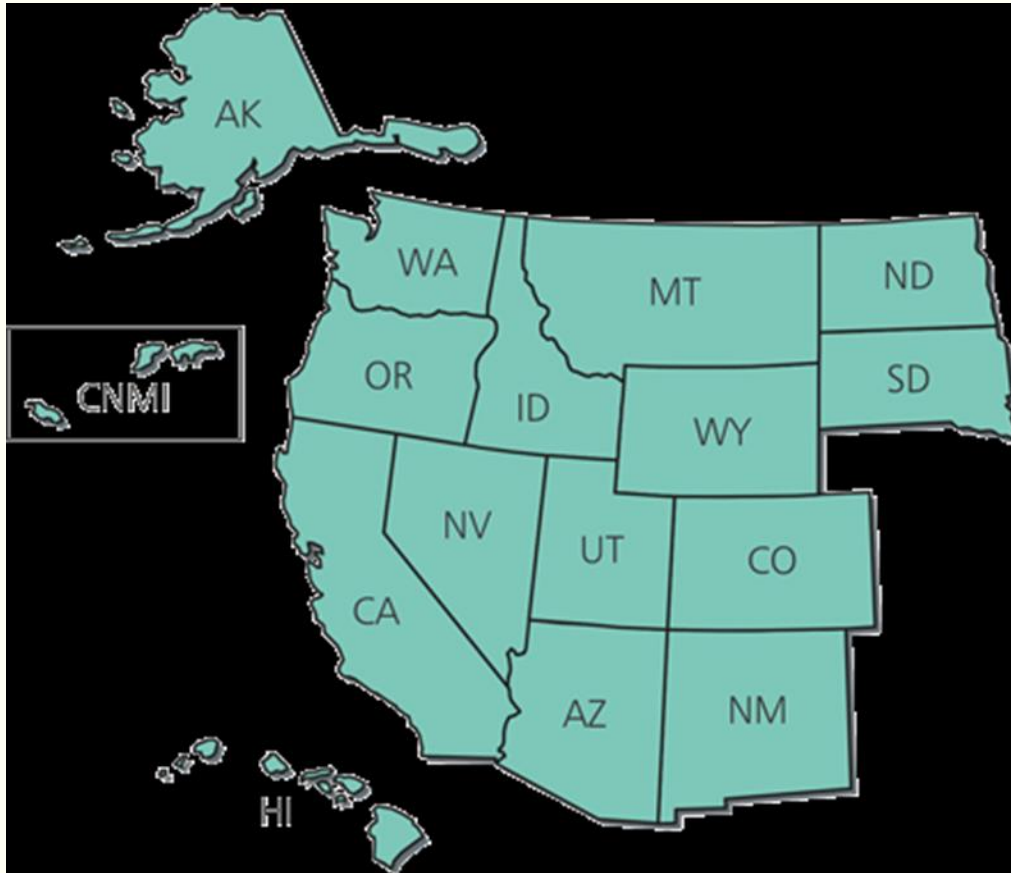


Out-of-state Public Schools

- Examples – Purdue, University of Arizona, Arizona State, University of Michigan, Auburn, University of Virginia, University of Texas – Austin, Indiana University
- More expensive for non-residents but MAY offer merit aid to attract high-achieving non-resident students
- Many have non-impacted majors (vs. California publics where students have trouble getting classes and graduating in four years).
- Admission requirements vary – check the school’s website.



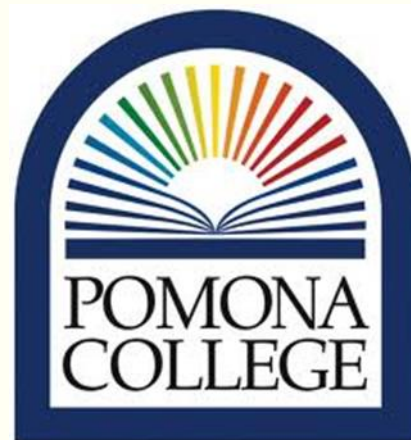
You need to know about public schools which offer the Western Undergraduate Exchange Scholarship (WUE)



- Scholarship program at many of the public universities in these states
- Offers greatly reduced tuition to eligible students
- Students are sometimes automatically considered; sometimes have to apply
- Not available at every public school (not at CU Boulder, for example) and not every major (often not for Nursing)
- Run by the Western Interstate Commission for Higher Education
- To learn more: www.wiche.edu/wue

Private Colleges

- Many (over 900) use the Common Application – other application platforms include the Coalition Application and school specific applications (Georgetown)
- One main essay required (student chooses from 7 essay prompts) plus individual colleges may ask for additional essays or short-answer questions
- Additional Requirements:
 - Teacher letters of recommendation
 - Counselor letters of recommendation
 - School report form (counselor)
 - Mid-year and end-of-year reports
 - Official Transcript (registrar)



A word about writing requirements (essays and PIQs) for the Common App and UC applications...

- The rise of AI writing tools (Chat GPT and Cactus) is being discussed extensively at all levels of education – including as it might relate to college applications.
- What I have told you this evening about the UCs requiring four Personal Insight Questions, and the Common Application offering seven essay prompts and the applicants choose one to write a 650-word essay – all this could change by the time you apply next fall. Students could be required to submit a written paper from a high school class or sit for a timed writing assignment in a proctored environment.
- This isn't intended to frighten, but to advise students to be aware and please pay attention to word from your colleges about these *potential* changes.
- Status quo could remain for next year's application cycle – just too early to know!



Liberal Arts Colleges and Colleges That Change Lives

- What you need to know about Liberal Arts Colleges
 - Private, small enrollment, residential
 - Usually offer only undergraduate degrees, courses are taught by professors thereby facilitating a close interaction between faculty and students.
 - The liberal arts consist of sciences (biology, chemistry, physics), social sciences, and humanities. Occasionally offer engineering (Lafayette College, for example).
- Colleges That Change Lives
 - A consortium of approximately 40 liberal arts colleges from a book by the same name by Loren Pope, published in 1996.
 - All are dedicated to a student-centered college experience and educating families that the college search experience does not have to be so competitive in order for the student to find the right college fit.
 - www.ctcl.org

The Liberal Arts and post-college employment...

- Majoring in a liberal art or attending a liberal arts college and receiving an education grounded in the liberal arts is not a recipe for joblessness!
- Skills gained as an undergraduate liberal arts major, such as strong communication skills, analytic and critical thinking skills, problem solving and collaboration skills – these are all in VERY high demand in the workforce!
- Jeff Selingo (Author of “Who Gets In and Why”) encourages liberal arts majors to gain additional technical skills in areas such as social media, data analysis, software such as Adobe or Salesforce will do wonders in helping you gain employment.
- Great to augment a liberal arts degree with internships during college and/or jobs during summer, research, field work – all of which help round out a resume.
- “Higher education speaks language of learning outcomes and industry speaks the language of skills acquired.” – Jeff Selingo



NOW YOU KNOW THE TYPES OF
SCHOOLS, LET'S RESEARCH
OPTIONS!

And start assembling that list!

Research tools and resources

- Start with Xello. Our district pays for it, and students will be using it during senior year for various aspects of the college application process, so gaining familiarity now will be beneficial.
- Blogs - Lynn O'Shaughnessy's "The College Solution", Michelle Kretzschmar's "DIY College Rankings", Georgia Tech Admissions Blog by Rick Clark
- Social Media – Facebook pages "Paying for College 101", "Road2College", "Coffee Cup College Planning", "Grown and Flown", Instagram – follow your colleges and The College Essay Guy
- Podcasts – The College Essay Guy, College Admissions Decoded (NACAC), College Admissions Brief
- Data Resources – IPEDS - <https://nces.ed.gov/ipeds/use-the-data> and Common Data Set - <https://commondataset.org/> for data wonks who want to dig into the weeds. For additional data sources see: <https://ial.fsu.edu/documents/Data%20Sources.pdf>.
- Books – "Who Gets In and Why" by Jeff Selingo, "Where You Go Is Not Who You'll Be" by Frank Bruni, "The Price You Pay for College" by Ron Lieber, "The Truth About College Admissions: A Family Guide to Getting In and Staying Together" by Brennan Bernard and Rick Clark

More College Search/Research Tools:

- College Board www.collegeboard.org
- College Data www.collegedata.com
- College Navigator www.collegenavigator.gov
- Cappex www.cappex.com
- FinAid www.finaid.org
- Common Data Set www.commondataset.org
- The College Solution www.thecollegesolution.com
- Do It Yourself College Rankings diycollegerankings.com
- Niche <https://www.niche.com/colleges/search/best-colleges/>

Things to understand and keep in mind:

Freshman retention rate:

- The percentage of freshmen who return to a college for sophomore year. Reasons to not return might include inadequate academic supports or insufficient financial aid.

Four-year (or 6-year) graduation rate

- Are students able to get all their necessary classes to graduate in four years? Or does it take six years (the number often quoted by colleges). This can have significant impact on overall cost of the education (more years of tuition!), as well as opportunity cost for not beginning work.

Things to know and do...

- **Articulation** – choosing classes for next year is happening now. Colleges want to see you continue to challenge yourself so choose classes that keep you on a trajectory. Do not overburden yourself – keep to a level where you can be successful and maintain your sanity!
- **Summer plans** – it is not too early to begin thinking about summer plans – job, internship, academic enrichment, community service. Some programs require applications or registration that close soon! These include on-campus college programs which can be expensive and will not give you an advantage at that school but can be a great experience. Be sure to include time to begin working on applications and essays.

NACAC – The National Association for College Admissions Counseling – offers many resources for families and students.
https://www.nacacfacts.org/?_ga=2.215853399.1120975433.1643046358-958521450.1642121435

HECA – Higher Education Consultants Association – www.hecaonline.org If you are hiring an independent counselor, please be sure they are a member of a professional organization such as HECA or IECA.

IECA – Independent Education Consultants Association – www.iecaonline.com

RACC – Regional Admissions Counselors of California - <https://www.regionaladmissions.com/resources.html>. Members represent colleges across the country and work to educate California students about the benefits of going out-of-state.



PAYING FOR COLLEGE AND FINANCIAL AID

Making college costs part of the college search:

- Have an open, honest discussion about finances, and financial expectations
- Make budget part of the college search
- Educate yourself about FAFSA and CSS Profile
- These forms get filed every year the student is in college (and grad school)
- Use tax information from two years ago (PPY)
- Use web resources: Studentaid.gov, Finaid.org, CommonDataSet.org
- Please review the full financial aid presentation pdf and additional information on drop-downs:
 - <https://www.ljhscollegeinfo.com/financial-aid-information>

Types of Financial Aid: Need-based and Merit Aid

Need-based aid:

- Provided when the federal government, state government and/or college have determined that a family has a need for financial assistance in order for the student to attend college (based on information they receive on your financial aid forms – FAFSA and CSS Profile). Unfortunately, financial need is not based on what a family thinks they can or cannot afford to pay!

Merit aid:

- Provided by the college to students identified as having a special talent or academic merit. Used to woo students.
- Can be estimated by using the college's Net Price Calculator.

Finding Financially Generous Schools

- Search for your college on College Data - <https://www.collegedata.com/>. Go to the “Money Matters” tab to see the percentage of students with no demonstrated need who received aid.
- Check out the terrific resources assembled by Jeff Levy and Jennie Kent: <https://www.bigjeducationalconsulting.com/resources>

Domestic Undergraduate Need-Based and Merit Aid (August, 2021)								
© Compiled by Jennie Kent and Jeff Levy								
Institution	Total Cost of Attendance (in-state) ⁽¹⁾	Total Cost of Attendance (out-of-state) ⁽¹⁾	Full-Time Undergrads	Average Percent of Need Met (All Undergraduates)	Average Merit Aid Award to Non-need Undergraduates	Percentage of Non-Need Undergraduates Receiving Merit Aid ⁽³⁾	Needs Analysis Methodology	Source
Adelphi University		\$63,605						
Agnes Scott College		\$59,445	964	87%	\$30,720	99%	FM and IM	CDS 2020-2021
Albion College		\$64,655	1,497	91%	\$33,620	97%	FM	CDS 2020-2021
Alfred University		\$51,412	1,562	82%	\$15,182	10%	FM and IM	CDS 2020-2021
Allegheny College		\$67,560	1,600	87%	\$30,698	96%	FM	CDS 2020-2021
Alma College		\$57,672						
American University		\$69,366	7,103	75%	\$13,845	21%	IM	CDS 2020-2021

SHEET

PDF

Be strategic!

Use the estimating tools to get an idea of college costs:

- How can I figure out what college will really cost before I apply?
- Use colleges' Net Price Calculator found on each college's website. Some are better than others: the more complex and thorough, the more accurate the final number will be.
- Determine your EFC and use Net Price Calculators to inform your college search. But remember, these are just estimates.
 - The FAFSA and terminology will change by the time you fill it out in the fall of this year. The "Expected Family Contribution" will become the "Student Aid Index" and the FAFSA will be simplified, asking fewer questions. Parents who have filled it out with older children will certainly notice the changes.
 - Both the FAFSA and CSS Profile open in October. When your student is filling out applications, you will be filling out financial aid forms.

How many colleges and timelines:

- Research a large number of colleges (20-30) now
- Narrow it down and create a balanced list (8-12)
 - Balanced means having one or two reaches but mostly ones where you fit squarely into their profile.
 - Have at least one very likely school on your list and apply early (Early Action or Rolling Admission) so you'll have one "in the bag" early on!
 - For best chance at merit aid, choose schools where you are at the top 25% of their admitted student profile.
- There is not only ONE school where you will be happy! Create a list knowing you would be happy at any one of them!
- Rolling applications can open as early as August of senior year. Most early deadlines are November 1 or November 15; UC/CSU deadlines November 30; many regular decision deadlines for private schools are January 1 or January 15.



Different types of admission – know what they mean for deadlines



DEFINITIONS OF ADMISSION OPTIONS IN HIGHER EDUCATION

STUDENTS: WHICH COLLEGE ADMISSION PROCESS BEST SUITS YOU?

Regular Decision	Rolling Admission	Early Action (EA)	Early Decision (ED)	Restrictive Early Action (REA)
<p>DEFINITION:</p> <p>Students submit an application by a specified date and receive a decision in a clearly stated period of time.</p>	<p>DEFINITION:</p> <p>Institutions review applications as they are submitted and render admission decisions throughout the admission cycle.</p>	<p>DEFINITION:</p> <p>Students apply early and receive a decision well in advance of the institution's regular response date.</p>	<p>DEFINITION:</p> <p>Students make a commitment to a first-choice institution where, if admitted they definitely will enroll and withdraw all other applications. The application deadline and decision deadline occur early.</p>	<p>DEFINITION:</p> <p>Students apply to an institution of preference and receive a decision early. They may be restricted from applying ED or EA or REA to other institutions. If offered enrollment, they have until May 1 to confirm.</p>
<p>COMMITMENT:</p> <p>NON-BINDING</p>	<p>COMMITMENT:</p> <p>NON-BINDING</p>	<p>COMMITMENT:</p> <p>NON-BINDING</p>	<p>COMMITMENT:</p> <p>BINDING</p>	<p>COMMITMENT:</p> <p>NON-BINDING</p>
<p>Students are not restricted from applying to other institutions and have until May 1 to consider their options and confirm enrollment.</p>			<p>Students are responsible for determining and following restrictions.</p>	

Schools which offer various admissions programs:

- UC and CSU schools have only Regular Decision with deadlines of November 30 (unless otherwise stated by various campuses).
- Rolling Admission: Arizona State University, Bowling Green State, Cal Baptist, Columbia College Chicago, Creighton University, Duquesne University, Indiana University-Bloomington, Montana State University, Penn State, University of Alabama, University of Arizona, University of Montana, University of Nevada-Reno, University of Pittsburgh
- Restrictive Early Action – Princeton, Harvard, Yale and Stanford. Not binding, but students cannot apply early to other schools.
- Early Action – Non-binding offered by many schools
- Early Decision – Binding, offered by some schools.
 - “Binding” is somewhat questionable, based on affordability. Refer to recent NY Times article by Ron Lieber - <https://www.nytimes.com/2021/12/18/your-money/paying-for-college/early-decision-binding-nyu.html>

Special interests or learning differences



- If you are interested in visual arts, you may need to submit your portfolio.
- If you are interested in performing arts (music, theater, or dance), you may need to audition early. Check requirements and timelines.
- Athletes – register with the NCAA Eligibility Center (if you haven't done so already) and talk to your current coach.
- Military Academies – talk to your counselor right away as there are many requirements and possible summer opportunities between junior and senior year.
- Learning Differences – research the accommodations offered by your colleges. Check out special programs such as University of Arizona's SALT program (and there are many others). Contact the colleges' Disability Services departments to confirm the available resources.

How schools make their admissions decisions



- University of California uses Comprehensive Review and considers 13 specific points: <https://admission.universityofcalifornia.edu/counselors/freshman/comprehensive-review/>
- Many other colleges use “Holistic Review” meaning they look at the whole applicant and consider courses taken, grades received AND extracurricular activities, student circumstances, essays, teacher and counselor recommendations, interview, and demonstrated interest (depending on the school’s policies and priorities).
- Realize that they make decisions based on the school’s needs and priorities! If they need a tuba player for the marching band and biomedical engineering majors and you offer both of those, you may be in luck!

How to analyze admission chances at highly selective schools?

- Extremely difficult to predict. SO important to have a balanced list of schools where you will apply.
- Realize that even the highest flyer student may end up at a lesser-known school, but could receive generous financial aid, honors status, faculty mentorship, and research opportunities. Don't take those things lightly!
- Be who you are! Do not try to remold yourself based on what you “think” a college will like because it is impossible to know! Define your own priorities and search for colleges based on those.
- Understand that the colleges' priorities drive their admissions decisions. It is not necessarily a “fair” process, but from the outside, it is impossible to understand the institutions' needs. It is not random, but it neither is it decipherable.

Visiting Colleges: Spring break can be a great time to visit. Remember to check COVID protocols before arranging

1. When to visit? Before applying or after being admitted?
2. Sign up in advance for a tour and attend additional information session.
3. Afterwards, explore on Your Own.
4. Read the bulletin boards and talk with students.
5. Eat in the dining hall.
6. Visit a class in your major if possible.
7. Take pictures and notes.
8. Send a thank you email if you meet with a professor or someone from admissions.
9. Visiting is a great way to demonstrate interest but not always possible.



Reaching out to college admissions reps: You don't need an interview!

Part of demonstrating interest – send an email to the area admissions rep with questions. Great to connect if you can't visit or attend a college fair or college visit.

- Be respectful – address emails Dear Ms. Smith – not “hi Cathy”
- Write in full sentences, not “text” type
- If college rep visits resume this spring, please take advantage of the opportunity to meet them. Same at a college fair – introduce yourself and get their contact information if it is a school of interest and write a follow-up/thank you email.

A chance to interact directly with college reps – something you definitely want to do!

- College representative visits at LJHS – check your emails from counselors letting you know when visits are happening and how to sign up! Could be this spring!
- NACAC Virtual College Fairs – <https://www.nacacattend.org/fairs> (sadly, no large NACAC in-person college fair in San Diego this spring).

The screenshot shows the NACAC website interface. At the top left is the NACAC logo. To the right are two orange buttons: "Learn About Virtual Fairs" and "Learn About In-Person Fairs". Below these are two large banners: "National College Fairs" and "Virtual College Fairs". A search bar with "Filter By State" is visible. Below the search bar are two tabs: "In-Person" and "Virtual". The "Virtual" tab is selected, showing a list of three virtual college fairs. Each entry includes a link to the event, the date, the time, and a "More Info" button.

Event Name	Date	Time	Action
NACAC Virtual College Fair - Feb 19	Sunday, February 19, 2023	1:00 PM - 6:00 PM (EST)	More Info
NACAC Virtual College Fair - Mar 19	Sunday, March 19, 2023	1:00 PM - 6:00 PM (EDT)	More Info
NACAC Virtual College Fair - Apr 23	Sunday, April 23, 2023	1:00 PM - 6:00 PM (EDT)	More Info

How can parents help?

- Be a cheerleader - offer guidance and support, but do NOT take over the process!
- If you find yourself saying “we are applying to State U” – check your pronouns. This is NOT your journey. Read this blog post: <https://sites.gatech.edu/admission-blog/author/rc218/>
- Educate yourself about the process. Understand that the colleges’ priorities drive their admissions decisions. It is not necessarily a “fair” process, but from the outside, it is impossible to understand the institutions’ needs. It is not random, but it neither is it decipherable.

Essential Resources - some that cost a little, but not a lot...

- The College Essay Guy – <https://www.collegeessayguy.com/>. Offers a ton of free resources from assembling a list to explanations of rolling admission, scholarship advice and of course, essay guidance. FOLLOW HIM ON INSTAGRAM!
- Grown and Flown particularly their college admission advice - <https://grownandflown.com/category/college-admissions/> - Every parent should subscribe for great information and essays about the many facets of raising teens. They also offer terrific college admission information and resources.
- The College Solution – <https://thecollegesolution.com/> - author Lynn O’Shaughnessy, an expert on college admission and cutting the cost of college, is coming to La Jolla High to speak on March 9 at 6:30 in the auditorium. Please plan to attend and subscribe to her blog.
- Explore Solutions – <https://exploresolutions.org/> - a non-profit located in San Diego. They charge a reasonable hourly fee (\$125) to assist families virtually and also have specialized workshops on filling out applications and lists many for \$20.00 or less.

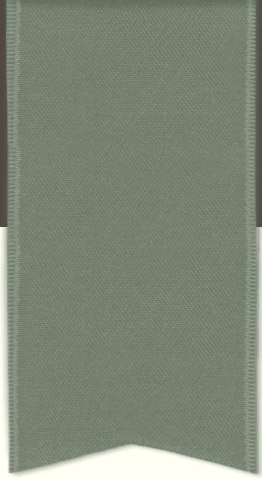
Important Items as you Move Forward:

- Have candid conversations with your parents about expectations and finances.
- Create good relationships with your teachers – you could be asking them for letters of recommendation.
- As you research colleges, demonstrate interest by signing up on a college's email list and visiting in person if possible, and virtually if not – don't be a stealth applicant!
- Create an appropriate email to use just for college communication – check it daily.
- Take challenging classes and work hard – being a good student is your strongest asset. This includes senior year. Choose classes that tell your story!
- Stay organized (file folders, bulletin boards, spreadsheet, dedicated work space).
- Work on time management skills. Important now and ESSENTIAL when you get to college.

College is a match to be made, not a prize to be won!

You are not looking for the “best” college, but the best college for you!





THANK YOU FOR ATTENDING!