

La Jolla High School

September, 2022



A PRESENTATION FOR LJHS SENIORS AND THEIR PARENTS
SPONSORED BY THE FOUNDATION OF LA JOLLA HIGH SCHOOL
PRESENTED BY LINDA DOWLEY, COLLEGE INFORMATION SPECIALIST

Goal of tonight's program:



- Give families the information and tools to approach the search and application process calmly and realistically!
- Help students define what they want to get out of college.
- Provide resources to assist in defining college preferences and priorities.
- Show tools to research careers and colleges and majors if you are still working on your list.
- Timelines for applying both for admission and for financial aid.
- Provide resources to help with applications: Common App, UC and Cal State applications. This includes testing and whether and when to submit test scores.
- Make sure that families know and hear that there are great post-secondary options for every student!

La Jolla High School Counseling Office

(The folks who make things happen!)

Counselors:

Ms. Katherine Fitzpatrick – students with last names A - Fe

Mr. Alex Drozda – students with last names Fi - L

Ms. Rhiannon Soria – students with last names M – Sc (Ms. Beth Behnke Substituting until November 1)

Mr. Clinton McVay – students with last names Se – Z

(They are in classrooms this week to describe the college process)

Counseling Secretary – Ms. Megan Cox

Registrar – Ms. Delia Lopez



A College or a University?

And what is the difference?



- **Colleges concentrate on undergraduate instruction**
 - Often have smaller classes
 - Usually taught solely by professors
 - Offer students opportunities to interact with professors and participate in undergraduate research
 - Liberal Arts Colleges include physical and social sciences and sometimes engineering! Teach students to think critically, write analytically, and communicate effectively across a variety of disciplines.
- **Universities offer various levels of degrees (Bachelor's, Master's and Doctoral)**
 - Made up of several colleges or schools – Engineering, Business, Arts & Sciences, etc.
 - Usually have large research components
 - Often have large classes at the lower division level (first two years)
 - Sections or some classes taught by TA's (Teaching Assistants) or Graduate Student Instructors (GSI's)



Where do you stand in the process?

Been working on things all summer...?

Just starting to think about all of this stuff...?

All fine – just keep moving forward, wherever you are!

Counselors are in classrooms this week to talk about the “paper-flow” process at LJHS. Students should check “sandi.net” emails to sign up for college rep visits.



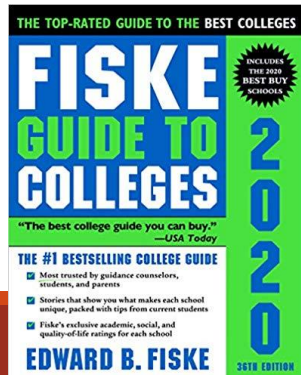
What is the status of your college list?

Keep researching and be open minded!

Research majors as well as colleges. (The College Solution Post – “Digging Deeper When Researching Colleges”; Read your schools’ Mission Statements and see if you fit there.)

If looking at large schools, look at their Honors Colleges.

Don’t end up at a college because you like the name, but doesn’t meet your needs! IT IS NOT ABOUT THE SWEATSHIRT!!



Why is your college list so important?

It is not just the starting point – it kind of IS the point!

You can have the best grades, best scores, craft the most awesome essay and sharpest application – but if you have chosen to apply to schools which are not a good fit, you will NOT be happy!





Please don't use rankings to create your college list...

US News, Forbes, Princeton Review and Wall Street Journal all recently released their "Best Of" college rankings.

Still...do they know you? Know what you want? Do they know the "best" school for you?

US News ranks more than colleges – they rank vacation destinations. Is NY City really better than the Grand Canyon??

What do you want to get out of college??

(Be thoughtful and forward thinking!)

- 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?
- Through course of study, internships, research opportunities
- Is graduate school part of your plan? How med school plans can influence your choice of undergraduate institution.
- 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...



Tools to help you think about your college priorities:

www.LJHSCollegeInfo.com - (“Where to Start” tab)

College Match • A Blueprint for Choosing the Best School for You 1

College Planning Values Assessment

Name: _____

Students have different reasons for going to college. Eleven reasons or values are found to be most important to students as they think about college. Knowing about your values is the important first step in identifying the colleges where you will fit in and be happy.

To complete the assessment, read through the list of 11 values —A through K. RANK each of them from #1 (the most important to you) to #11 (the least important to you) on the basis of your answer to the following question:

What do you want college to do for you?

Each student will rank them differently; hence, there are no “right” answers. Whereas several, or even most, of these values may be significant for you in one way or another, the goal is to decide which three are the most important.

When you are finished ranking them, go back and CIRCLE the THREE most important ones.

_____	A. To provide me with a place to learn and study.
_____	B. To provide me with opportunities to interact with teachers in and outside of the classroom.
_____	C. To provide me with lots of fun experiences.
_____	D. To prepare me to make a lot of money.

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

Qualities That Will Make a College Right for You

When you see numbers from 1 to 5 sandwiched between two statements, circle the number that best reflects your level of preference. Circle 1 if you have a strong preference for the quality listed on the left. Circle 5 if you have a strong preference for the quality listed on the right. Use 2, 3, or 4 to reflect varying levels of preference.

Quality 1—Size

Colleges vary in size from under 100 to more than 60,000 students. As you think about this quality, try to picture the size college that is best for you academically AND socially. The following considerations may help you.

Smaller colleges. Smaller colleges provide students with many benefits. First, they can be just as diverse, fun, and interesting as larger schools. Students at these schools often rave about the range of opportunities and the depth of their friendships.

Second, because classes are more intimate than those at large universities, they allow for greater interaction between student and professor. You'll have more opportunities to contribute in class, and it's likely you'll really know your professors. By knowing your professors, you can benefit from their expertise and they can help you with any academic weak points. Further, they will be able to write you knowledgeable recommendations

Research your interests using Xello or O*Net:



Choose Your College Priorities:

What is important to you?

Location

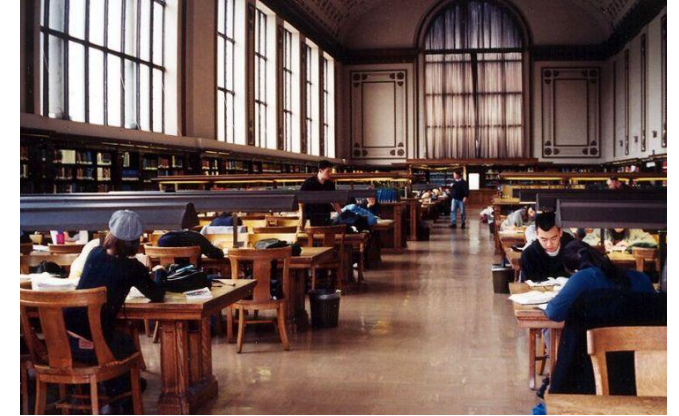
Academics

Size

Campus Appeal

Social Life

Total Cost – Including Aid



Research majors offered, but don't worry if you don't know what you want to do!

You don't need to know what you want to do with the rest of your life!

College can be the time to explore different areas of interest.

There are careers out there you haven't heard of yet – and many that will be created between now and the time you graduate from college!

If you have strong interests in different areas, you can double major, or major and minor – depending on what the college offers.

Use the colleges course catalog to research classes, majors and where they might lead.

ENVIRONMENTAL SCIENCES				DESIGN YOUR JOURNEY	Berkeley UNIVERSITY OF CALIFORNIA
Bachelor of Science					
	FIRST YEAR	SECOND YEAR	THIRD YEAR	FOURTH YEAR	
Explore your major	Familiarize yourself with ES major requirements . Meet with the ES major advisor to sketch out a four-year plan. Talk to a peer advisor about life at Rausser College.	Complete lower division prerequisites and declare the major if currently undeclared. Consider a minor, certificate, or course thread . Meet with the ES major advisor if you plan to study abroad.	Complete the statistics requirement no later than the fall semester. Start brainstorming research topics for your senior thesis and reach out to potential faculty mentors. Take ESPM 100ES during the spring semester, which culminates in a proposal for your senior thesis research topic.	Take ESPM 175 and find a faculty mentor for your senior thesis. Do a degree check to ensure you are on track to graduate. Complete any "bucket list" courses and remaining major, college, and campus requirements. Present your research at the ES Symposium to your peers, friends, and family.	WHAT CAN I DO WITH MY MAJOR? ES graduates are well-prepared for careers in fields such as environmental consulting, education, health, or law, as well as community, urban, or regional planning and other related areas of environmentalism. Graduates are well-qualified for a variety of graduate programs, including environmental policy and management, law school, medical school, and environmental engineering. Jobs and Employers Analyst Consultant, Accenture Biological Tech., Dept. of Agriculture Biologist Intern, UCSF Business Associate, Next Jump Consultant, NASA Data Analyst, Lucid Software Environmental Compliance Intern, Recology Environmental Scientist, Americorps Forestry Tech., Collins Company GIS Data Specialist, City of San Mateo Naturalist, Aquarium of the Bay Software Ops. Specialist, Nuro Graduate Programs Civil Engineering, PhD Ecology, PhD Environmental Science, Masters Forestry, PhD Law, JD Molecular Biology, PhD Public Health, Masters Public Policy Analysis, Masters
Connect and build community	Take advantage of the Rausser Student Resource Center . Get 1:1 mentoring with Berkeley Connect in ESPM . Join a student group like the Environmental Sciences Student Association .	Start attending Rausser undergraduate events . Explore ways to get involved at Rausser College through special programs and groups. Get to know professors and graduate student instructors during office hours.	Help other students as a Rausser Peer Advisor . Become a Golden Bear Orientation Leader and welcome new students to UC Berkeley. Seek mentorship from your professors, faculty, and graduate student instructors.	Join a professional association such as the National Association of Environmental Professionals or Society for Conservation Biology . Connect with alumni groups such as the Rausser College Alumni Association and build your network as you prepare to graduate.	
Discover your passions	Discover new interests in a Freshman Seminar or DeCal course like ESPM 98. Attend the Undergraduate Research and Scholarships Fair in October. Learn about research opportunities for Rausser students. Apply for a research position through SPUR .	Enroll in a Sophomore Seminar, Big Ideas Course or Discovery Course . Assist faculty and grad students in their research through URAP or SURF-SMART . Check out research by your peers at a Rausser poster session . Consider a course thread in Humanities & Environment or Sciences and Society .	Apply for a Rausser Travel Grant to fund travel for academic conferences or research. Find research and funding opportunities in the OURS database, SPUR, or URAP . Work on energy and climate change solutions as part of Cal Energy Corps . Enrich your studies with classes in other areas of academic interest.	Teach your own DeCal course . Participate in the college Honors Program . Present your research at a poster session or submit to the Berkeley Scientific Journal . Keep pursuing your interests through a fellowship or by taking a gap year .	
Engage locally and globally	Attend the Calapalooza student activities fair and get involved with a student organization. Find service opportunities through the Public Service Center . Explore study, internship, and research abroad options with Berkeley Study Abroad . Engage with campus sustainability issues via the Student Environmental Resource Center .	Work with a community organization in an American Cultures Engaged Scholarship course . Experience life at another UC or college on a visitor and exchange program . Check out the Moore's program for fieldwork opportunities abroad. Apply your skills in projects for Solar Spring Break or the Green Initiative Fund .	Participate in a field science or ecology program at the UC Natural Reserve . If interested in environmental policy, look into UCDC or Cal in the Capital . Help youth learn about ecology and the environment through Berkeley SEEDS .	Explore service opportunities after graduation, such as Peace Corps, Teach for America, or U.S. Department of State . Attend a conference such as the Clinton Global Initiative: University Conference . Look into travel grants from the college and ASUC. Help farm and forest communities in California through Grizzly Corps .	
Reflect and plan your future	Visit the Career Center and Career Counseling Library . Check out the Career Center Yearly Planner .	Take advantage of career and pre-health advising for Rausser students. Explore career fields through the Career Assessment Center or career network .	Conduct informational interviews. Discuss post-graduate options with advisors and professors.	Utilize job search tools from the Career Center. Ask professors and graduate student instructors for recommendation letters.	

Use College Websites to see "What can I do with my major?"

Search Tools – Use These (in addition to Xello)!

College Data www.collegedata.com

College Navigator <http://nces.ed.gov/collegenavigator/>

Cappex www.cappex.com

Common Data Set www.commondataset.org

College Scorecard www.collegescorecard.ed.gov

All of these and more can be found at:

www.LJHSCollegeInfo.com

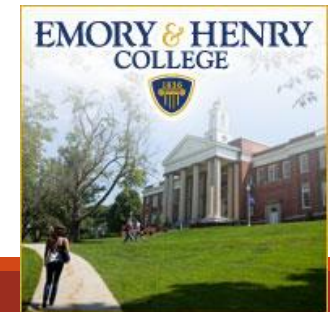
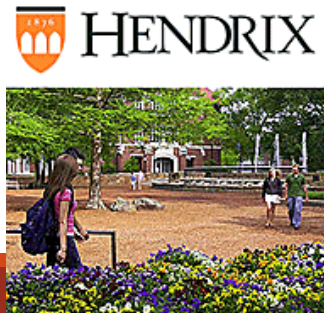
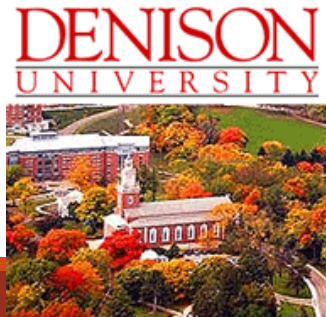


Colleges That Change Lives (www.ctcl.org)

Founded as a result of a book by the same name.

44 Colleges with very student-centered philosophies.

"CTCL is dedicated to the advancement and support of a student-centered college search process. Namely, we work to educate families that the criteria used by most college bound students and their counselors, such as name and prestige, do not acknowledge the importance of understanding an individual student's needs and how they 'fit' with the mission and identity of an individual college community."



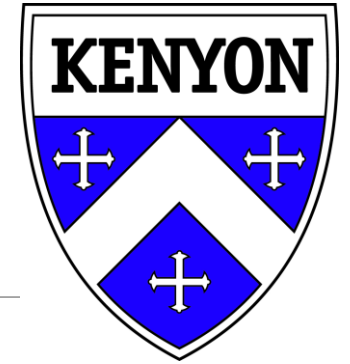
Great scholarship - WUE...

Western Undergraduate Exchange: <http://www.wiche.edu/wue>
(Western Interstate Commission for Higher Education)

- Most public schools in these states participate
- WUE Scholarship is not automatic and applies only to certain majors.
- Check the schools' websites!



Colleges with Religious Affiliations



You do NOT need to be of the denomination to attend

Locally - Point Loma Nazarene, University of San Diego

Jesuit, Catholic, Christian, Lutheran, Presbyterian, Jewish





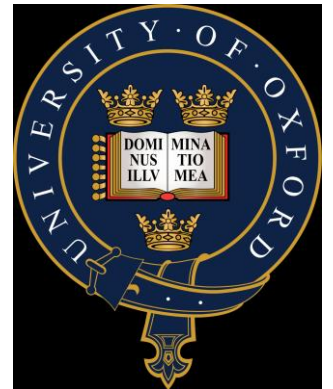
Colleges outside the U.S.

If you are willing to explore outside US, there are plenty of options:

- Canada – University of British Columbia, McGill University, University of Victoria**
- United Kingdom – Oxford University, Cambridge University, Durham University, University of St. Andrews, University of Edinburgh, University of Glasgow, Aberystwyth University**
- Germany – colleges are not what US students are used to, but cost can be so worth it!**



University of
St Andrews



Good reasons to like a college... (or important things to consider)

Four year graduation rate

- Don't spend more than you have to! That fifth/sixth year are expensive!

Freshman retention rate

- Are students happy and returning to campus?

Academic Fit

- Have you been given Honors Status? Will you be challenged? Or overwhelmed?

Financial Fit

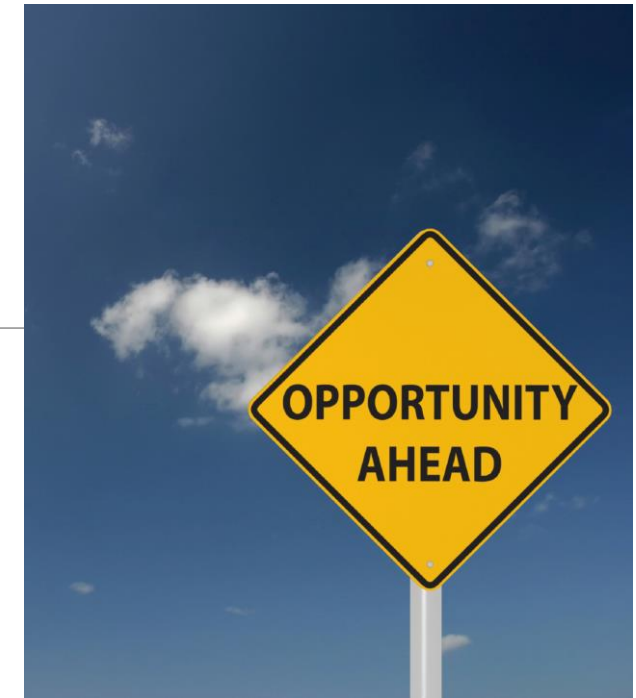
- Were you offered merit aid? Sufficient need-based aid? Are any scholarships/aid renewable for all four years?

Social Structure, Campus Life, Housing

- Greek life? Intermural athletics? Clubs? Housing – be sure that on-campus housing is guaranteed to all freshmen and that subsequent years' housing options are reasonable.

Specific Programs

- Engineering? Fashion Design? Construction management? Cyber security? Check College Scorecard to see how they rate.



How big a list? How many schools should I apply to??

- ❖ Research a lot of schools (30? Sure!)
- ❖ Check their admitted student profile to assess your chances of getting in and to narrow your list.
- ❖ Be realistic – any school with an admit rate less than 20% is a roll of the dice for even the most accomplished student. There just isn't enough room for every high achieving student!
- ❖ In the end, assemble a BALANCED list of 8-12 schools where you will apply and be happy. Balanced means 2-3 reach, 3-4 target, 3-4 likely. Great to have one which offers rolling admission.

Be intentional with your list and for every school:

Know dates and deadlines – both application and financial aid deadlines. If applying Early Action or Early Decision, financial aid forms may be due at that time.

Parents – run the Net Price Calculator for each school your student is considering to get a better idea of cost of attendance.

Students – follow each school on Instagram; use their informational resources to drill into majors and check their YouTube channel for application advice/tips/information.



Important Things to Know...and do now!

- Glossy brochures, CDs, and other college materials (that you may have been receiving by the truck-load) are just MARKETING. They are NOT a predictor of your odds of getting accepted to a school.
- Do not fall in love with one school. You should be excited to attend any of the schools on your list.
- **Have a safety school on your list with Rolling Admission and apply early. You will hear back by late fall, and it is very reassuring to have an acceptance in the bag.**
- Keep researching schools – investigate interesting majors and programs that interest you and finding financially generous schools. Keep an open mind through the fall!
- Understand that some schools have a much higher admit rate in the early rounds (not necessarily just Early Decision, but Early Action). Be ready to do the work and get a well-crafted application in early if that is the case with any of your schools! (I'm looking at you, Tulane!)



The Importance of Demonstrated Interest



How to demonstrate your interest to colleges:

- Sign up on their website to receive email updates
 - Visit, if possible, but definitely attend a virtual information session and tour!
 - Follow your schools on all social media!
 - Email or call admissions office with questions (but don't stalk them)
 - OPEN EMAILS SENT TO YOU BY COLLEGES ON YOUR LIST!
 - Attend college visits at LJHS and introduce yourself!
-
- A stealth applicant is one that the college has never heard of (and had no contact with) until the application shows up.
-
- **DON'T BE A STEALTH OR GHOST APPLICANT!**



Colleges Come to us at LJHS!



College Admissions Representatives are visiting LJHS to provide students with information about the schools and programs.

Check your “sandi.net” email to receive information about which college is coming and to sign up. Information is also run each week in the eNews.

The representative who visits is usually the who reads applications from our area – so introduce yourself and come armed with good questions!

If there is a session you can’t attend (due to a test or other conflict) you can email the representative explaining that you couldn’t attend and asking any questions you have about their school.

Attending these sessions is a great way to demonstrate interest.

Because they happen during class, you can only attend five sessions. Be strategic in deciding which sessions to attend!



Let's talk money!

Paying for college...

College costs increase annually – be prepared.

Consider the costs of all four years – and grad school beyond, if that's in the plan.

Understand the differences between need-based and merit financial aid.

Timeline to apply

Finances and Financial Aid



Have an open, honest discussion about how college will be paid for

Make budget part of the college search – calculate your EFC

Educate yourself about FAFSA and CSS Profile


Remember:

- October 1 release – can start submitting forms
- Use “Prior, Prior Year” tax info – 2021 taxes for 2023 financial aid
- You need to understand which forms your students’ colleges require and that they need to be submitted every year the student is in school.



www.LJHSCollegInfo.com – Financial Aid Information tab!

2010-11
School Year


CSS/Financial Aid PROFILE®
Student Guide

This guide provides the basic information you need to complete your PROFILE Application at www.collegeboard.com beginning Oct. 1, 2009.

WHAT is the PROFILE? The PROFILE is an online application that collects information used by colleges and scholarship programs to assess institutional aid funds. All federal funds are awarded based on the FAFSA, available after Jan. 1 at www.fafsa.ed.gov. Some colleges may require additional information like tax returns or an institutional application. If your parents are divorced, some colleges will also require your noncustodial parent to complete the Institutional PROFILE.

WHEN do I file the PROFILE? You may file the PROFILE as early as Oct. 1, 2009. However, you should file no later than two weeks before the EARLIEST priority filing date specified by your colleges or programs.

WHO must file the PROFILE? Check your colleges' programs' information to determine whether they require the PROFILE. A list of colleges that require PROFILE from at least some of their applicants is found on the back of this page. The most up-to-date list, including search capabilities and additional information, can be found by clicking on "list of colleges, universities, and scholarship programs" on the PROFILE Index Page.

HOW do I file the PROFILE? You file the PROFILE online at www.collegeboard.com by selecting "CSS/PROFILE" under "Pay for College." If you do not have a computer at home, register for PROFILE at your high school or local library, print the Pre-Application Worksheet and Instructions, and review them with your parents. Return to your high school or library and enter the information by logging back into your application using your username and password.

WHAT does the PROFILE cost? The fee for the initial application and one college or program report is \$25. Additional reports are \$16. Payment may be made via credit card, debit card (Visa or MC) or online check. A limited number of fee waivers are granted automatically — based on the information entered on the PROFILE application — to U.S. citizens or eligible noncitizens who are first-time college applicants and are from families with very low income and assets. This waiver covers the application fee and the reporting fees for up to six colleges or scholarship programs.

Information to have available when you register:

- Type of tax return you and your parent(s) will file for the current year (e.g., 1040, 1040-EZ, foreign return)
- If your parents receive TANF (Temporary Assistance for Needy Families) or SSI (Supplemental Security Income)
- If your parents are self-employed or own businesses (or are farmers)
- Your parents' housing status (e.g., own, rent)
- Your parents' information, including your Social Security number

Once you register, you will find detailed instructions and an extensive Help Desk, including Frequently Asked Questions, online.

The Process: Three Easy Steps

- 1. Register** — Your PROFILE application is linked to your family situation, based on your registration answers and the colleges/programs you select. After registering, you can securely save your application and return to complete it at any time. (ACT, using your collegeboard.com username and password.)
- 2. Complete the Application** — Use the customized Pre-Application Worksheet and Instructions to help you complete the PROFILE. As you answer questions, the system provides advice help and advice to minimize mistakes.
- 3. Submit the Application** — The date and time you submit your completed application will be recorded based on Eastern Time. You may indicate and will receive an online PROFILE Acknowledgment as a record of your payment and application information. The Acknowledgment may include your next steps to complete your financial aid application process, so be sure to print a copy for your records.

At any time, you may add a college/program by going to the PROFILE Home Page and clicking "Add Colleges to Submitted Applications." You will be charged \$16 for each college or program you add. Any unused fee-waiver eligibility will be automatically applied to your changes. You may not delete any requests once you have submitted your application.

Questions? Contact customer support at 305-829-9793 (Monday through Friday, 9 a.m. to 6 p.m. Eastern Time; with extended hours from 9 a.m. to 10 p.m. AEST through April) or e-mail help@css.profile.org.

Why is it important to understand college costs and financial aid?

College costs have continued to spiral upward. Current prices (living on-campus):

USC - \$85,648

Claremont McKenna - \$82,127

University of Michigan - \$72,153

University of Colorado Boulder - \$57,502


UC Berkeley - \$43,794

SDSU - \$32,110

89% of freshman students don't pay "sticker price"



Most comprehensive site to understand Federal Student aid: <https://studentaid.gov/>

 An official website of the United States government.


Help Center Submit a Complaint En

Federal **StudentAid**
An OFFICE of the U.S. DEPARTMENT of EDUCATION

UNDERSTAND AID ▾ APPLY FOR AID ▾ COMPLETE AID PROCESS ▾ MANAGE LOANS ▾ Log In | Create Acc

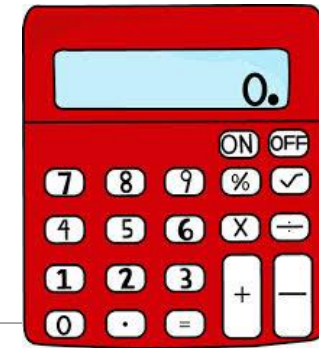
How Financial Aid Works

For most students planning to attend college or career school, financial aid is essential. We'll walk you through how financial aid works, resources to pay for college, and loan repayment options.



- 01 Start Planning Early
- 02 Fill Out the FAFSA® Form
- 03 Review Your Aid Offer
- 04 Get Your Aid
- 05 Graduate and Start Repayment

Use College Cost Resources: EFC and Net Price Calculators

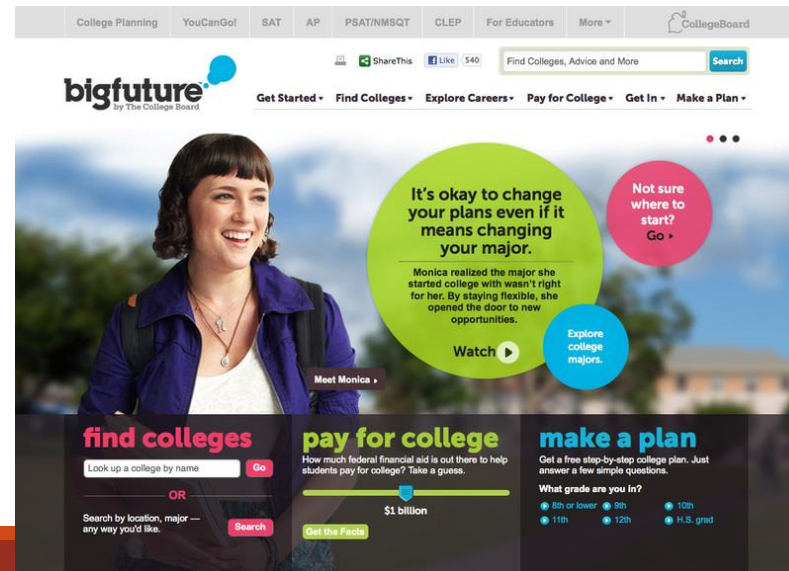


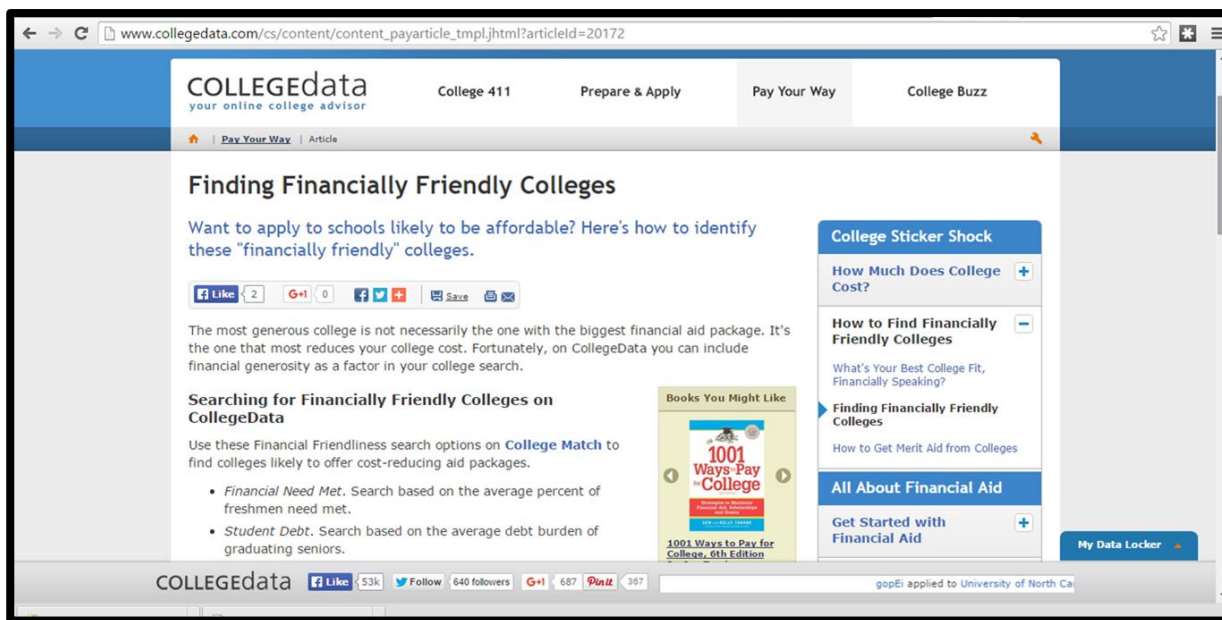
Expected Family Contribution – Amount a family can be expected to pay

- College Board's EFC Calculator is a great tool

Net Price Calculator – Every college is required to have one on their website!

- Use it, but recognize that some are better than others
- The fewer questions asked, the more vague and less accurate the result





Finding Financially Generous Colleges:

College Data and Common Data Set

H2A Number of Enrolled Students Awarded Non-need-based Scholarships and Grants: List the number of degree-seeking full-time and less-than-full-time undergraduates who had no financial need and who were awarded institutional non-need-based scholarship or grant aid.

- Numbers should reflect the cohort awarded the dollars reported in H1.
- In the chart below, students may be counted in more than one row, and full-time freshmen should also be counted as full-time undergraduates.
- Do NOT include any aid related to the CARES Act or unique to the COVID-19 pandemic.**

		First-time Full-time Freshmen	Full-time Undergrad (Incl. Fresh.)	Less Than Full-time Undergrad
N	Number of students in line a who had no financial need and who were awarded institutional non-need-based scholarship or grant aid (exclude those who were awarded athletic awards and tuition benefits)	620	3039	7
O	Average dollar amount of institutional non-need-based scholarship and grant aid awarded to students in line n	\$ 19,061	\$ 22,551	\$ 8,167
P	Number of students in line a who were awarded an institutional non-need-based athletic scholarship or grant	31	140	0
Q	Average dollar amount of institutional non-need-based athletic scholarships and grants awarded to students in line p	\$ 61,274	\$ 65,824	N/A

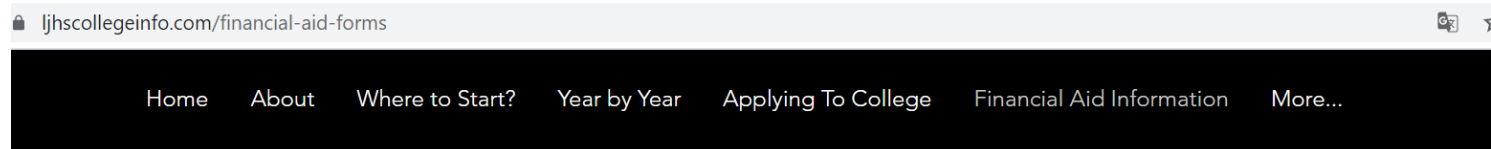
Common Data Set and College Data great research resources!



Use to find financially generous schools.

- **Schools report how much non-need-based aid they awarded**
 - **The number of students who received non-need-based aid**
 - **The average amount of aid awarded**
- College Data (www.collegedata.com), search the college name and click on the “Money Matters” tab to see average non-need-based aid (merit aid) awarded by the school.**
- Google - Common Data Set, and school name - choose the PDF. Financial aid information can be found in Section H of the report.**

Financial Aid Info at www.LJHSCollegeInfo.com



Financial Aid Forms

There are two main financial aid forms - the FAFSA (Free Application for Federal Student Aid) and CSS Profile. The FAFSA is required by all colleges; the CSS Profile is required by approximately 400 colleges.

FAFSA Information:

The FAFSA is the form that every student must fill out to get federal financial aid for college. Students (and parents if the student is a dependent) fill out the form each year the student is in college (this continues for grad school). The US Department of Education uses the information submitted on the FAFSA to determine how much a family should be expected to pay towards the student's year in college - the EFC (Expected Family Contribution). This helps determine how much financial aid a student will qualify for.

When you fill out the FAFSA for the first time, you list the colleges where you will apply, thereby giving the college access to your data so they can determine whether the student will qualify for money from the college ("institutional aid") as well as financial aid from the federal government in the form of federal grants, work-study and/or loans.

The FAFSA is free to fill out, submit and the information gets sent to your colleges free of charge to the student.

FAFSA Resources:

<https://studentaid.gov/>

<https://finaid.org/fafsa/>

Article with important advice on filling out the FAFSA:

<https://www.collegeboard.com/scholarship/article/2022/02/10/important-advice-on-filling-out-the-fafsa>

Important Financial Considerations:

- Don't tell your student to "apply wherever you want, and we'll figure out how to pay for it" unless you truly have unlimited resources.
- Recognize that if your student can be admitted to a top tier school that offers no merit aid, they could get very generous merit aid and other perks at other less-selective schools.
- Realize that Community Colleges offer a cost-effective and accessible path to selective four-year colleges.
- Check out Ron Lieber's book "The Price You Pay for College" for additional insights into the financial aid process.

More Important Considerations:

- Don't let your student fall in love with one college! There will be many places where they can be happy and thrive, including ones that don't break the bank.
- If grad school is part of the plan, please be strategic about your undergraduate placement both financially and in choosing a school that will tee you up for admission to grad school (meaning you can do very well academically and get good mentoring and recommendations from professors).

Getting started...

Goal: Be informed, not overwhelmed!

- **Resources**
- **Requirements**
- **Assessments**
- **Priorities**
- **Action**



What are the basic requirements? (a-g requirements)

<u>Letter</u>	<u>Subject/Area</u>	<u>Years Required</u>	<u>Years Recommended</u>
A	History/Social Studies	2	3
B	English	4	
C	Math	3	4
D	Laboratory Science	2	3
E	Language other than English	2	3
F	Visual and Performing Arts	1	
G	College Prep Elective	1	

Standardized Tests and Test Optional

So many changes due to COVID. Last week, Common App released data showing that last year, 44% of students submitted scores; prior to that, 77% of students did.

Over 1,800 colleges in the US are test optional – meaning they will look at your scores if you submit them, but applicants with no scores will not be disadvantaged.

UC and CSU schools are test free (or test blind) – admissions offices will not even see test scores if they are submitted. They might be used for placement once a student is admitted and enrolls.

BE STRATEGIC! If you have taken a test, submit the score if it strengthens your application. This could be different for each college you are applying to so check the school's profile!

Check out Test Optional Schools on FairTest.org!

FairTest

The National Center for Fair & Open Testing

[Home](#) [K-12](#) [Higher Ed](#) [News](#) [About Us](#)



DONATE

What is a Test Optional College?

This list includes bachelor degree granting institution that do not require all or most recent U.S. high school graduates applying for fall 2023 to submit ACT/SAT results before admissions decisions are made. As the restrictions column indicates, some schools only exempt applicants who meet minimum grade or class rank criteria; others use ACT/SAT scores solely for course placement. Please check with individual schools for details.

[Learn more](#)

1,800+

Accredited, 4-Year Colleges & Universities with ACT/SAT-Optional or Test-Free Testing Policies for Fall 2023 Applicants

1700+

ACT/SAT Optional institutions

80+

Test-Free Institutions

A quick word about Community Colleges

They can make your dreams of attending a selective school come true!

- **Most affordable higher education option**
- **No standardized tests required for admission; only a high school diploma or GED**
- **Associates Degree offered**
- **Great way to satisfy general education requirements and transfer to a 4-year college or university**
- **You must have a plan when you go in – meet with an Academic Advisor to create one**
- **Seek out your schools' Transfer Coordinator to track your progress ensure transfer success**



Four Types of Four-Year Colleges



1. California State University - examples: San Diego State, Cal Poly San Luis Obispo, Chico

2. University of California – examples: UCSD, UCLA, UC Berkeley, UC Davis

3. Out-of-State Public Schools – examples: U of Arizona; U of Oregon; U of Indiana, Clemson

4. Private Schools – examples: Santa Clara, U of Redlands, Emory, Gonzaga, Swarthmore, Linfield



California State University System

- **23 Campuses**
- **Online application – fill out one, follow instructions (and pay) for multiple campuses (\$70 for each campus)**
- **No essays required**
- **No SAT or ACT required or used for admission**
- **No letters of recommendation required**
- **No transcripts sent until you are accepted and decide to enroll**
- **Application period Oct 1 – Nov 30**

Website: <https://www2.calstate.edu/apply>



Cal State Impaction Information

“Impacted” means there is insufficient space to admit all qualified applicants to a major or to a school.

Seven campuses are impacted for EVERY major: Cal State Fresno, Fullerton, Long Beach, Los Angeles, San Diego, San Jose and Cal Poly San Luis Obispo.

At other campuses, particular majors are impacted...

2022-2023 CSU Undergraduate Impacted Programs Matrix

	Bakersfield	Channel Islands	Chico	Dominguez Hills	East Bay	Fresno*	Fullerton*	Humboldt	Long Beach*	Los Angeles*	Maritime Academy N	Monterey Bay	Northridge	Pomona	Sacramento	San Bernardino	San Diego*	San Francisco	San Jose*	San Luis Obispo*	San Marcos	Sonoma	Stanislaus
Apparel Design & Merchandising														O	O			O					
Architecture														I						I			
Art	O	O	O	O	O	I	I	O	I	I		O	O	O	O	O	I	N	I	I	O	O	O
Biological Sciences**	O	O	O	O	O	I	I	O	I	I		N	I	I	O	O	I	O	I	I	I	O	O
Business	O	O	O	O	O	I	I	O	I	I	O	N	N	N	I	O	I	N	I	I	I	O	O
Chemistry/Biochemistry	O	O	O	O	O	I	I	O	I	I			O	I	O	O	I	O	I	I	O	O	O
Child/Human Development	O		O	O	O	I	I	O	I	I		O	O		O	O	I	O	I	I	O	I	O
Communication	O	O	O	O	O	I	I	O	I	I		O	I	I	O	O	I	O	I	I	I	O	O
Computer Science	O	O	O	O	O	I	I	O	I	I		I	O	I	O	O	I	O	I	I	O	O	O
Criminology/Criminal Justice	O		O	O	O	I	I	O	I	I			I		I	I	I	O	I	I	O	I	O
Economics	O	O	O	O	O	I	I	O	I	I		O	O	O	O	O	I	O	I	I	O	O	O
Engineering	O	I	O	O	O	I	I	O	I	I	I		O	N	O	O	I	O	I	I	I	O	O
English	O	O	O	O	O	I	I	O	I	I		O	O	O	O	O	I	O	I	I	O	O	O
Environmental Studies/Sciences	O	O	O	O	O	I		O	I			N		N	O	O	I	O	I	I	O	O	O
Family & Consumer Sciences						I			I				O		O			O					
Film & Electronic Arts/Cinema							I	O	I	I		O	I		O			O					
Food & Nutrition/Dietetics			O			I			I	I			O	O	O	O	I	I	I	I			
Graphic Design			O	O	O	I	I		I	I		O	O	O	I	O	I	N	I	I			
Health Science/Education	O	O	O	O	O	I	I		I	I			I	O	I	O	I	O	I				
History	O	O	O	O	O	I	I	O	I	I		O	O	O	O	O	I	O	I	I	O	O	O

Impacted Majors at CSU Campuses

Without test scores, how does CSU evaluate in light of impaction...



- Each CSU campus will determine the supplemental factors used
- Impacted campuses and programs may also use supplemental factors
- Supplemental factors include:
 - Math/QR GPA
 - English GPA
 - Lab Science GPA
 - Courses exceeding minimum "a-g" courses
 - Math/QR Courses exceeding 3 years
 - Promise/Partnership Programs
 - 66% or more free & reduced lunch school
 - First generation
 - Household income
 - Educational program participation
 - Youth services
 - Work experience
 - Extracurricular involvement
 - Leadership roles

Additional Information for CSU Applicants

Local Applicants receive limited priority. So, living south of Interstate 56, students have priority at SDSU.

Non-impacted campuses use CSU Minimum Eligibility for admission. There are terrific and non-impacted programs in business, kinesiology, oceanography (just examples) at lesser-known campuses.

Depending on the campus and major applying – selection can be highly competitive – even when applying “Undeclared”!

Counselors and parents should set appropriate expectations and students should be realistic. Admitted student AVERAGE GPA for SDSU last year was 4.01 and they received 93,000 applications.

CSU’s Graduation Initiative 2025 has set a four-year graduation goal of 40%, and a six-year graduation goal of 70% system-wide. Look up numbers at your campus of interest in order to understand the consequences of impaction on some campuses.

Use ALL resources when filling out applications:

- Refer to application guidebook.
<https://www.calstate.edu/apply/freshman/Documents/freshman-application-guide-22-23.pdf>
- Look for campus-specific information as well.
- Application does provide for final “Submission Review” where students can fix any flagged problems prior to submission. Make sure you understand what is being asked!
- There is no PDF of the application, since drop-downs will open depending on various responses – so there is no ability to go over it in advance.
- Campuses WILL communicate with students via email. You will receive information regarding admissions, financial aid, and housing. Be sure to check your email often!
- Do NOT think your application is a “sure thing” except to some of the non-impacted campuses which have high acceptance rates and great programs. Research at all CSU campuses!

Attend CSU Evening College Fair Sept 29!

Connect with the CSU and Connect to Your Future

Are you ready to take the next step towards your future? Join us this fall for our free CSU College Nights to learn why CSU is right for you. All events are free and open to any high school or community college student, returning student or adult learner as well as parents and family members. Meet with all 23 California State University campuses in one location and learn what steps you need to take next to get ready for college. Learn key information regarding applications, financial aid and more.

[Register Now](#)

CSU 2022 College Night Fairs

Central California

Monday, September 19
6:00 p.m.-8:00 p.m.

Clovis Veterans Memorial District
808 4th St
Clovis, California 93612
Parking: Free

Bay Area

Wednesday, September 21

Northern California

Thursday, September 22
5:30 p.m.-7:30 p.m.

CSU Sacramento Campus –
Student Union
6000 J Street
Sacramento, California
Parking: Free in Parking Structure
III only

San Diego Region

Thursday, September 29
6:00 p.m.-8:30 p.m.

Sheraton San Diego Hotel &
Marina
1380 Harbor Island Drive
San Diego, California
Parking: \$12





University of California System

- **9 Undergraduate Campuses (UCSF is a Medical School only)**
- **Online application – fill out, check box (and pay) for multiple campuses**
\$70 application fee for each campus
- **Personal Insight Questions (8 prompts – answer 4 with 350 word max)**
- **No SAT or ACT required for admissions or financial aid**
- **No letters of recommendation required**
(occasionally requested after applications are submitted from Cal)
- **No transcript sent until you are admitted and decide to enroll**
- **Application submission period Oct 1 – Nov 30**

Website: www.universityofcalifornia.edu



How are UC decisions made?

Comprehensive Review – 13 Points:

1. Grade-point average
2. Performance in and number of courses beyond minimum a-g requirements
3. UC-approved honors courses and advanced courses
4. Eligibility in the Local Context (ELC) – CA residents only
5. Quality of senior-year program of study
6. Academic opportunities in California high schools
7. Outstanding performance in one or more academic subject areas
8. Achievements in special projects
9. Improvement in academic performance
10. Special talents, achievements and awards
11. Participation in educational preparation programs
12. Academic accomplishment in light of life experiences
13. Geographic location



UC - Answering Personal Insight Questions

Eight Questions – you must answer four of them. Word limit – 350 each question

Is NOT a writing sample – these are questions to allow admissions to gain insights into each applicant. Make yourself the focus – use “I” and “me”.

They are reviewed for content not structure (not an essay in 5-paragraph essay format)!

They are looking for context, depth and clarity.

This is your “interview”, so tell about yourself – why you do what you do!

Read all questions carefully and cross off those which do not resonate or make no sense to you. There is no preference given to one question over another!

Be thoughtful and authentic in your answers. Do NOT use your CommonApp essay unless the topic seamlessly translates to the PIQ (and you can make the word-count fit).



INTRODUCTION

The University of California opened its doors in 1869 with just 10 faculty members and 40 students. Today, the UC system has more than 280,000 students and 227,000 faculty and staff, with 2 million alumni living and working around the world.

UC has built an international reputation of academic excellence while staying true to its mission of research, education and public service. California students remain our top priority, with California residents making up more than 82 percent of our undergraduates and one-third transferring from a California community college. Nearly 40 percent are the first in their families to attend college, and over half of undergraduates have their tuition fully covered with grants and scholarships. And our students earn their degrees in a timely fashion, averaging just over four years for freshmen and two years for transfers.

As a public land-grant institution, UC is dedicated to enrolling a student body whose demographics reflect the racial, geographic and socioeconomic diversity of our state. Five of our nine undergraduate campuses are federally designated Hispanic-Serving Institutions (HSI), with the remaining campuses expected to earn HSI designation in the near future. Several of our campuses have already achieved designation as Minority-Serving Institutions (MSI) and Asian American, Native American and Pacific Islander-Serving Institutions (AANAPISI). UC continues to strive for inclusive excellence, promoting social mobility and equality throughout California.

While each of our campuses is unique, students can be assured of a vibrant intellectual community at any UC campus, whether they study the arts, engineering, humanities, math, science or social science. Our faculty are the drivers behind innovations in their fields, and they bring that knowledge and the thirst for breaking the boundaries of what we know about ourselves and the universe into their classrooms.

Make Use Of
All Resources
to get your
questions
answered!

https://admission.universityofcalifornia.edu/counselors/_files/documents/quick-reference

Changes have been made but last year, there has been trouble in UC paradise at several campuses.

Access to housing AND classes is increasingly difficult at many UC campuses. ASK if housing is guaranteed for freshmen and whether there are any impactation problems or trouble getting classes.

UCLA has instituted a new 4-year housing guarantee for incoming freshmen!

UCSB Course Shortage at 'Crisis' Level, Dean Says

Many Undergrads Looking for Full 12-Unit Class Load Are 'Entirely Out of Luck'



When applying to UCs know the drill on alternate majors at your campus(es):

When applying to highly competitive majors know the drill for your campus. At UCLA, if you are applying to Engineering, you cannot list an alternate major choice in another Engineering discipline. If you are declined from Engineering but allowed a spot on the waitlist, your alternate major will be used if you are admitted off the waitlist.

At UCSD capped/selective majors include Biological Sciences, Data Science, Engineering (all majors), Physics, and Public Health. If one of these is your first choice, list an alternate major that is NOT selective.

Follow “Ask Ms. Sun” on Facebook and Instagram – she is the UC guru with lots of “in the weeds” information.

When applying to UCs, know they are competitive!

One article called UC admissions a “bloodbath” last year.

While LHS has many students admitted to the UCs, they are never a sure thing. Make sure your list is **BALANCED!**

UCLA had 149,815 applications last year. They are working to reduce out of state and international enrollment to reach the 18% non-resident cap.

UC Merced is far less competitive but has great programs. In its 20th year, has a 90% admit rate and new programs in Electrical and Civil Engineering.



Public Schools - Out-of-State



Examples - University of Arizona, University of Colorado, University of Oregon, Rutgers, Auburn, Purdue, Georgia Tech, University of Michigan

More expensive for non-residents, but many offer merit money to attract high-achieving non-resident students

Admission Requirements vary – check the websites of the individual schools

Application requirements vary – some require LORs and transcripts, some don't

Some have their own application, but many use the Common App



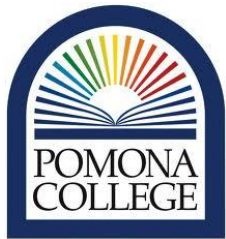
Private Schools



Many use the Common Application (900+ Schools), Universal or Coalition Application

- **Require**
 - **Essay, plus possible Supplemental Essays or Personal Statements**
 - **Teacher Letters of Recommendation**
 - **Counselor Letter of Recommendation**
 - **School Report (Registrar/Counselor)**
 - **Mid-Year and End of Year Reports**
 - **Official Transcript**

Note: Requirements vary from school to school!



Different Types of Admission – Know your Timetable/Admission Plan!

Early DECISION

- May only apply to one school ED
- Binding Agreement - Committed to attend if accepted

Early ACTION

- May apply to multiple schools EA
- Non-Binding – Can decline offer to attend

Rolling Admission

- Non-Binding - May apply anytime within a large window

Regular Admission

Deadlines and requirements vary by school...not every school offers every option! Some have ED1 and ED2 later; some have Single Choice or Restrictive Early Action – similar to ED, but you can still apply RD to other colleges. See what application options exist at your schools of interest and decide when to apply.

Some schools have earlier deadlines to qualify for financial aid/institutional scholarships!

ALL DECISIONS MUST BE MADE AND SCHOOLS INFORMED BY MAY 1, UNLESS OTHERWISE NOTED ON ADMISSION LETTER!



Early Admission Timetables – Pros and Cons

- Possible different outcomes: Admitted (possibly admitted in the spring), deferred, denied.
- Depending on the deadline, decisions usually arrive before winter break or before Jan. 1
- Statistics for Early Applications are compelling: many schools fill over 50% of their freshman classes from early applications (ED from Middlebury-65%, WashU-60%, Swarthmore-63%; EA&ED – Tulane 98%)
- Acceptance Rates are often much higher in early rounds (Williams 39% ED vs 13% RD; University of Miami 61% ED vs 32% RD; Northwestern 25% ED vs 7% RD)
- Don't apply ED if you have financial aid concerns.
- Don't apply early if your applications are not polished.

Applying in Early Rounds is a great way to Demonstrate Interest!



Filling Out the Applications – Know and Use Resources!



- Watch tutorial videos (search on YouTube for help with UC, CSU and Common App)
- Fill out complete application for CSUs and UCs, then add another campus – application will automatically populate information previously entered.
- Read “Frequently Asked Questions” (FAQs) pages
- Use appropriate browser & allow pop-ups (Read about system requirements:
<https://appsupport.commonapp.org/applicantsupport/s/article/What-are-the-System-Requirements-to-use-The-Common-Application>)

More Application Tips

(Hint: google things...)

- Know how to enter dual enrollment courses – on UC/CSU they go under Colleges; Common App they go under high school courses and specify dual enrollment in drop-down
- Be thorough – know all parts of the application (supplemental essays, letters of recommendation, Secondary or School Report Forms)
- Check out the Common App’s “Application Dictionary” for a full glossary of terms:
<https://www.commonapp.org/static/fc9932da5bfef83db61caec82e228b5d/FYTRAppDictionaryCARReady.pdf>
- Save as you go – use “Next” and “Previous” buttons, not back arrows - and log out
- Proofread – with another set of eyes!

More Application Tips



Learning Disabilities: Should students disclose a learning disability?

- Yes – colleges want to know about a student and their achievements in context. Does NOT have to be an essay topic (or go into great detail) unless you choose.

Extra information section – use all space on the application!

- This can be the spot to explain an academic anomaly or hiccup. Could be a disclosure (see above) or an explanation of a grade decline, dropped class, due to illness or other situation. Don't re-state what you have written elsewhere, such as COVID information.
- And this is NOT space to be used for another essay, poetry, greetings to the readers.

Application Specifics

The following is asked for on the Common App:

- **Graduation Date – 6/14/2023**
- **Counselor name and contact information – on school website under “Counseling”**
- **Class rank reporting – none (Do Not Rank)**
- **Graduating class size – 298**
- **Cumulative GPA – Your 10-12 Total weighted GPA (first one listed on transcript)**
- **GPA Scale – 4.0**
- **GPA Weighting – weighted**



Writing the Essays

Answer the prompt!

Don't restate information shown elsewhere.

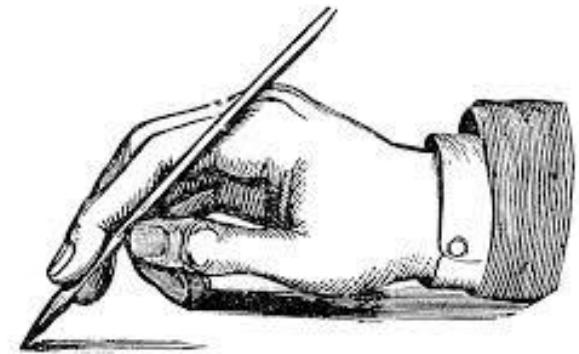
Be genuine and authentic.

Start early and revise often

Don't forget about supplemental essays.

This is your interview on paper – tell about yourself!

Lots of articles posted on “LJHS College Info” Facebook page
and <https://www.ljhscollegeinfo.com/essay-help>



Supplemental Essays are SO important!

- Any supplemental essays that are “recommended” or “optional”, consider them mandatory. Exception is COVID essay...if your trials were minimal, you don’t need to write about it.
- Don’t give them short shrift – colleges ask these specific questions/prompts for a reason and pay close attention to your answers! Particularly in a test optional environment, colleges are looking for ALL the information they can on applicants.
- A “Why Us?” essay should be a well-researched love letter to the college! Dig deep into their website, researching their programs, majors, even professor research. Make a case for why you want to go there – well beyond “I love your football team.” Tell a story – don’t just recite facts! Use quotes from information sessions or campus tours “this comment really resonated with me...” and show what you will contribute to the campus environment!



One of the best resources:

The College Essay Guy! He's a real person named Ethan Sawyer.

He offers tons of free resources and examples. PLEASE follow him on Instagram and read his articles and information!!

www.collegeessayguy.com



College Essay Guy
www.collegeessayguy.com

Best essay advice?

**Be yourself; everyone else
is already taken!**

* With attribution to Oscar Wilde – whether or not he said it!

LJHS Protocol – School Forms



Common Application, Private and some out of state public schools –

- Require Official Transcripts and a “School Report” or “Counselor Recommendation Form”

If a Common Application school, everything will be sent electronically

- Create an account in Common App and add your colleges where you intend to apply
- Complete all personal and education information, select start term and admission plan (EA, ED, etc)
- Go to “Recommenders and FERPA” section and sign FERPA waiver
- Then log into Xello –click College Planning under College Applications; click View Applications then click Connect to connect Common App to Xello
- Click “Assign Counselor” on Xello – if a Common App school, that will trigger the transcript request on Xello.

Non-Common Application Schools -

Once you have entered school name in Xello, choose “Request Transcript” from drop down

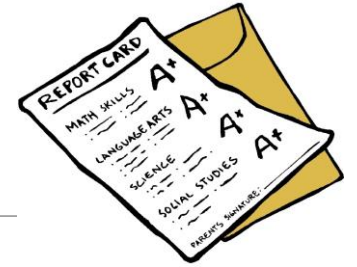
What is FERPA and why I am waiving my rights??

FERPA = Family Education Rights and Privacy Act. You own your education records and are entitled to privacy from outsiders wanting to see your grades (unless you need them to).

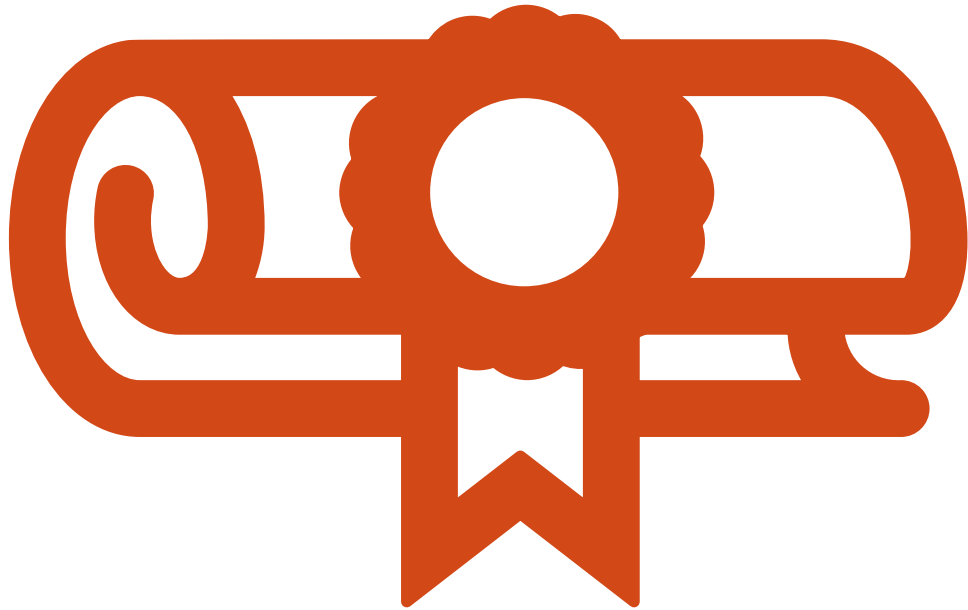
Must “waive” your privacy right so that LJHS can send your transcripts and any education records to your colleges.

You are also waiving your rights to read your letters of recommendation. Colleges want to know that letters are truthful and recommenders may not wish to have LORs read.

Transcripts – Official vs Unofficial



- ✓ Unofficial transcripts may be downloaded from PowerSchool.
- ✓ **USE that transcript when filling out applications!** UCs and CSUs and some Common App schools ask you to self report your grades. Do so accurately using your transcript!
- ✓ Official transcripts are sent from LJHS to your colleges – usually electronically. Colleges want to know they are secure and have not been tampered with. If you need to send a transcript to a college or scholarship organization, keep it SEALED and put it in a larger envelope to address. Do NOT open it.
- ✓ Transcript requests for Common App schools are triggered automatically in Xello when you name your counselor. For non-Common App schools, you will click the tab to order your transcripts.



Transcripts – continued...

Colleges which require transcripts want to see transcripts from every school you have attended.

- **If you are new to LJHS, you will need an official transcript from your previous high school**
- **If you have taken summer school classes, you need to provide those transcripts**
- **If you have taken Mesa College Classes at LJHS, you will need to send transcripts (and if you are taking Mesa classes now, you will need to provide transcripts at the semester and year end to the school you attend).**

IMPORTANT - Do Right Now:



Xello – Complete Surveys! Seen under “Assignments” on main page. Students must login to allow parents to complete survey (parents are not assigned a separate login).

- Students – Please answer questions on the **Student Information Survey**
- Parents – answer the questions on the **Parent Information Survey**
- **Counselors cannot write your letters of recommendation until you complete these surveys!**

Important Things to Do from the get-go...

- Have an appropriate email address. Be sure it is the same for Xello, your Common app and other college applications, standardized tests (SAT, ACT, and APs) and all college correspondence.
- Be sure your name and Social Security number are correct and match on Xello and all college applications. NO nick names, middle names, etc.
- As you begin to apply to colleges, be sure to CHECK YOUR EMAIL! Schools will communicate with you and send you important information such as notification of pieces missing from your application file.



Teacher Letters of Recommendation

Not all Colleges require them, so check your schools' requirements

Not needed for UC or CSU schools

Most private schools and some out-of-state public schools require them

Number required varies by school – again, check

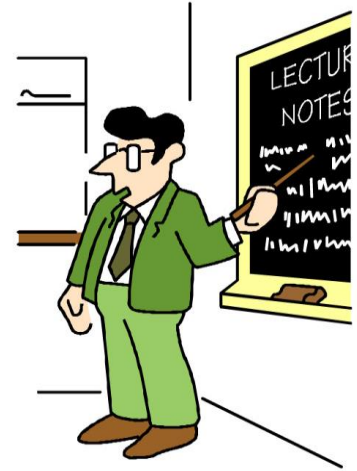
Should be from core, academic classes

If you don't know your junior year teachers well, you can ask a teacher from sophomore year

Speak to your teacher first in person, then request through Xello

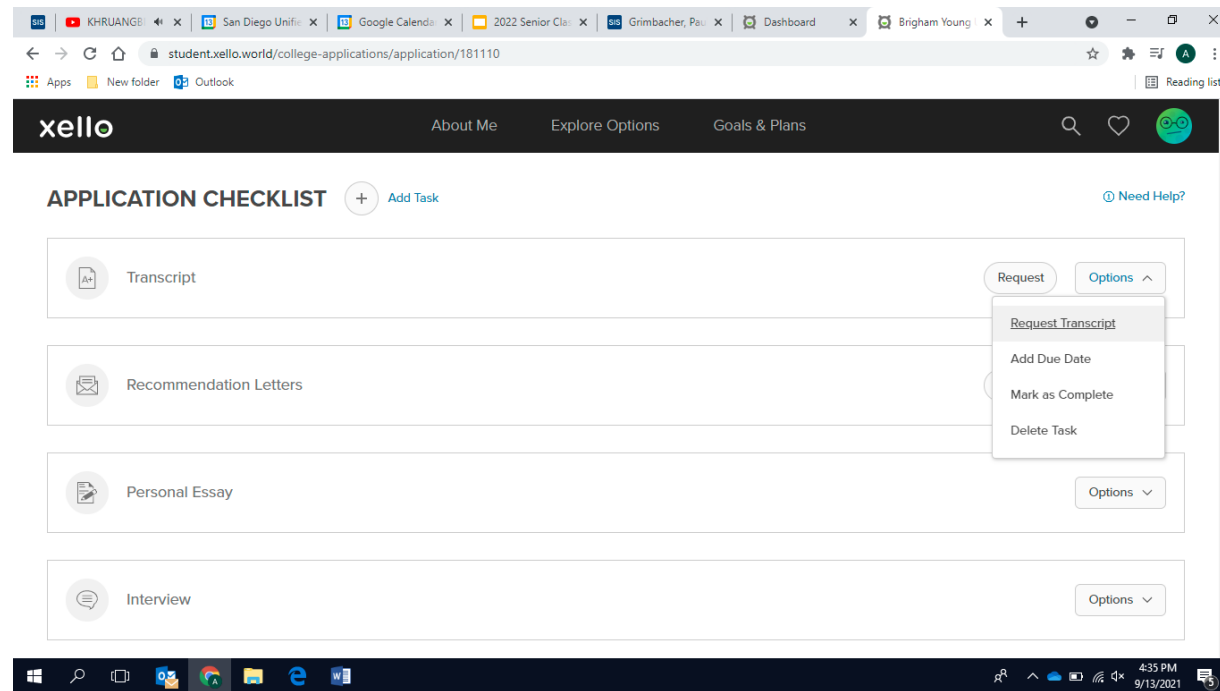
Be prepared to provide the teacher any additional requested information

Write them a thank you note after!!



Teacher Letters of Recommendation (part 2)

For LHS teachers, speak to them FIRST in person! Request them through Xello and choose which colleges:



Teacher Letters of Recommendation (part 3)

For NON-LJHS teachers (such as Mesa teachers) ask in person, download the Teacher Evaluation Form from the Common Application and either email it to the teacher or take them a copy (ask teacher which they prefer). Do not use the “Other Recommender” option on the Common Application.

If the teacher prefers to send the letter(s) via mail, provide them a stamped envelope addressed to the Admissions Office at your college(s). Your name but not address should be in the return address position.

For other recommenders such as a coach, employer or other recommender who is not a teacher, the “Other Recommender” form from the Common Application can be used. You request them as a recommender through your Common App account, provide their email address and they will receive an email and information so that they can submit their recommendation through the Common Application.



Special Interests

- Artists- portfolio usually required
- Music, theater or dance – audition usually required
- Athletes – Division I or II – register with the NCAA Eligibility Center (www.ncaa.org)



And talk with your current coach(es) for guidance.

Know dates for auditions and portfolio deadlines as they can be quite early!

Make sure your counselor knows your plans to offer guidance!



College Myths Debunked:

Colleges don't look at senior year grades.

- They not only look at senior year grades, but they expect them and the rigor of the courses to match or improve on what you have done in earlier grades.

Colleges can't possibly read all the essays they receive, so they don't really matter.

- Both private and public colleges read essays/responses and they CAN tip the scales.

My family makes too much to receive financial aid.

- Financial aid varies at each institution, but if you don't file the forms, you'll never know.

The best way to look good on an application is to have a ton of extracurriculars and activities.

- Colleges want to see committed students with leadership roles – not butterflies.

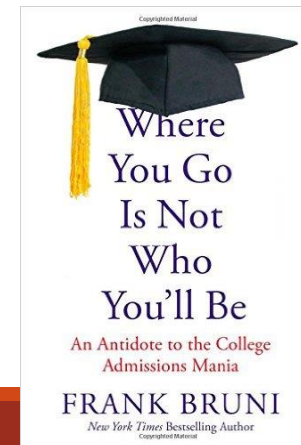
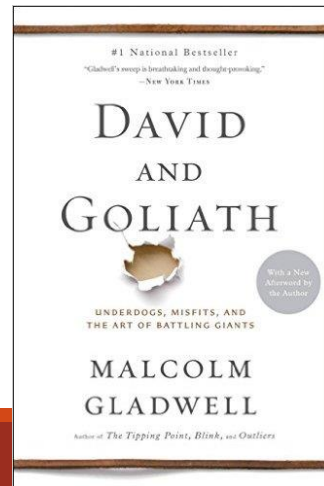
College Myths – continued...

It is better to go to a large, recognizable school than one no one has ever heard of.

- Entirely inaccurate – students thrive in different environments, and it is important to do well wherever you go. Read Malcolm Gladwell's book David and Goliath and Frank Bruni's book Where You Go Is Not Who You'll Be: An antidote to College Admission Madness.

If I make the wrong decision about college, my life will be ruined!

- Hardly! A large number of students transfer annually, so you always have options!



Next Steps for Seniors



At LJHS

- ✓ If you are applying early, complete Xello counselor surveys
- ✓ Ask teachers for Letters of Recommendation
- ✓ Stay focused on academics

Researching Schools

- ✓ If not complete, continue researching to finalize your “list”
- ✓ Demonstrate interest by attending information sessions of colleges visiting LJHS, following your schools on their social media, and signing up on a college’s email list
- ✓ Work on applications and essays

Next Steps for Seniors – Big(est) Take-away:

Check your email!

(Including your spam folder!)





How can Parents Help?

- Have candid conversations about expectations and finances, and begin the FAFSA/ CSS Profile
- Answer Xello survey questions thoughtfully so that counselors can write a strong letter of recommendation for your child.
- Help with organization and time management (file folders, bulletin boards, spreadsheet, dedicated work-space)
- Do NOT take over the process – do not fill out their applications OR write their essays!
- Explain to your student that their GPA is their most important asset, and this continues through senior year! A drop in grades or dropping a class which was reported on the application could lead to a rescission of admission.
- Do NOT stress your student out! Be mindful of mental health – maybe set aside a time to talk college and otherwise have college-free time at home.

It is not what we do for our children, but what we teach them to do for themselves which will allow them to be successful in life. - Unknown

A Few more important bits...

Students – keep your academics strong throughout the year – even after your applications are submitted. If you change courses at the semester (so they are different from what you noted on your application) you must inform all of your colleges.

PLEASE remember that colleges are businesses and have priorities that they must fulfill. You cannot influence a school's priorities, so just be yourself – but be the strongest applicant you can be by using resources outlined tonight to pull together great applications!

Colleges want to admit students who will bring something positive to their campus. Never lie on an application and do not post inappropriate things on social media.

LJHS School Philosophy –



- There is a place for everyone!
- A ton of college options – not only the 50 you have heard of!
- Okay to be interested in what others are doing – but respect the privacy of your peers, and feel free to guard your own.
- This is a time of excitement and exploration and growing self-knowledge!
- Be kind, respectful and supportive of everyone's choices! Big school, small school, community college, gap year, trade school, military...these are all legitimate options!

Please take
advantage of
LJHS
Resources:

PTSA eNews weekly column – College Corner.
Please read this for timely advice and
information.

Facebook – LJHS College Info page on
Facebook. Find posts and links to articles
regarding the college search and admission
process, application information, essay and
interview tips – and college life in general!

Dedicated college website -
www.LJHSCollegeInfo.com

Thank you for attending tonight!

