## Junior Year College Planning

## Junior Year

September: PSAT Seminar - course to prepare for the PSAT held at SMHS
Continue to do well academically and get involved!
Look for information on off campus college fairs in the monthly guidance/college newsletter and attend these sessions
Get to know your counselor better
Early October: receive study guide for PSAT
October: PSAT test
December: begin calling or writing schools you are interested in for information
You will begin receiving college information, create a folder of your information
Feb: meet one-on-one discuss:
SMHS graduation requirements
Review post-secondary plans
College and scholarship process
Will receive Junior Year College Planning guide
February: start military academy application process
February: start ROTC scholarship process
February: meet one-on-one to discuss senior schedule
Take ACT in spring and summer if necessary
Look for information on SAT prep classes in the monthly guidance/college newsletter
Take SAT in spring and summer if necessary
Encouraged to attend appropriate informational sessions presented by college representatives at SMHS
Spring Break: visit colleges you are interested in
April: if you're going to play sports in college, register with the NCAA Clearinghouse Turn in your resume to your counselor
May: take appropriate AP exam
Summer: continue to visit schools you are interested in; make an appointment with an admissions counselor

# Junior Year Calendar 

## September - December

- Register and take the PSAT
- Visit college representatives on campus
- Visit Day/Night college fairs
- Begin developing your academic resume
- Get to know your counselor
- This is an important year academically! Work hard and take challenging classes


## January - May

- Begin to narrow your university and college choices to approximately 10 schools
- Register and take the SAT and ACT
- Obtain information through the school's web site or by calling an admission counselor
- Schedule school visits
- As you schedule your classes for your final year, keep in mind that colleges DO consider academically rigorous class selection in the admission process
- Communicate with your counselor
- Keep working hard and aiming for your goals


## Factors To Consider When Choosing The College That Best Fits Your Needs:

## ACADEMICS

- Does the school have your major?
- What is the average class size?


## ADMISSIONS REQUIREMENTS

- Do your high school classes qualify you for admission to the school?
- Does the school require the ACT or SAT?
- What are the schools average ACT or SAT scores?
- Does the school give credit for AP scores?
- What is the average GPA for the school's acceptance?
- Does the school require an essay, letters of recommendation, and resume?


## ENVIRONMENT

- What is the student population?
- Is the school co-ed?
- Is the school private or public?
- Have you made a visit to the campus?


## EXPENSES

- What is the application fee?
- What is the cost of room and board?
- What are the tuition, fees and cost of books?
- Consider the cost of traveling to and from school


## FINANCIAL AID

- Does the school require the FAFSA or the PROFILE?
- What percentage of students is on financial aid?
- What type of scholarships does the school offer?
- If you are involved in sports does the school offer scholarships for sports?


## HOUSING

- Does the school have dorms?
- Are students required to live in the dorms?
- What is the condition of the dorms?
- What type and size rooms do the dorms have?
- Is the dorm co-ed?
- Do they have a meal plan?
- Can they accommodate you?


## LOCATION

- Is the school in state or out of state?
- Is it rural or urban?
- What is the weather like in that city?


## SCHOOL SIZE

- What size is the school?

SAT

Private colleges \& colleges on the East and west coasts.

Nearly all U.S. colleges and universities.

Paragraph-length critical reading Passages, an essay, and more Challenging math. No more analogies or quantitative comparisons

Seven times per year.
Ten-section exam: Three critical reading, three math, three writing and one Experimental. The Experimental section is masked to look like a regular section.

Math: up to $9^{\text {th }}$ grade basic geometry and Algebra II. No science section. Reading: sentence completions, short and long critical reading passages, reading comp. stresses vocab. more questions testing grammar, usage, and word choice

Yes

200-800 for each subject, added together for a combined score. A 2400 is the highest possible combined score.

Yes. If a student requests a score report be sent to specific colleges, the report will include the scores the student received on every SAT taken. This will change Mar 2009; students will then be able to request specific scores be sent.

Scholarship purposes.

At least six weeks before the test date.
Educational Testing Service (ETS) 609-771-7600 www.ets.org
The College Board www.collegeboard.com


|  Best time to register?  <br> Need more   <br> information?   |
| :--- |

Below are suggested listings of websites that could be useful for college exploration, financial aid, scholarships, etc.. The websites are only suggestions and resources; they are not a guarantee by your counselor or SMHS that they will be useful

50states.com/college/colorado.htm
Academictips.org
ACT.org
Ajcunet.edu
Anycollege.net
Blackexcel.org
Bls.gov/oco
Campustours.com
Careerkey.org/english/
Christiancollegesearch.com
Collegeaidcalculator.com
Collegeboard.com
Collegebound.net
Collegenet.com
College-preview.com
Collegeprowler.com
Collegequest.com
Collegescholarships.com
Collegeview.com
Collegexpress.com
Coloradomentor.org
Commonapp.org
Educaid.com
Embark.com
Essayedge.com
eStudentsLoan.com
Fafsa.ed.gov
Fastaid.com
Fastweb.com
Fedmoney.org
Finaid.org
Free-4u.com
Gocollege.com
Hbcumentor.org
Hispanicfund.org
Kaplan.com
Keirsey.com
Laef.org
Library.uiuc.edu/edx/randings.htm
Mapping-your-future.org
Ncaa.org
Nd.edu/~ccaa/
Petersons.com
Review.com
Rotc.com
Rspfunding.com
Salliemae.com
Scholaraid.com
Scholarshipexperts.com
Scholarships.com
Schoolsoup.com
Sports-net.org
Srnexpress.com
Studentloanfunding.com
Supercollege.com
Tuitionfundingsources.com
Usnews.com
Winscholarships.com
Wiredscholar.com

Colorado college and universities
Study techniques and more
Registration for ACT
Jesuit colleges and universities
Scholarship search
African American scholarships / schools
Career search
School profiles
Identify personality, college major
Christian college search
College financial planning
SAT registration, college search, financial aid
College search
College search
Finding a college
College search
College search
Scholarship search
College search
College search
Scholarship search
Admission applications
Learning source
College search
Advise on how to write a good essay
Financial aid
Free Application for Student Aid - financial aid
Scholarship search
Scholarship search
Financial aid
Financial aid
Scholarship search
College information
Scholarship search
Hispanic college fund
Education / career goals
Personality indicator
Scholarship search
College / university rankings
Scholarship search
National Collegiate Athletic Association
Catholic college search
Grants and scholarship search
College search
Reserve Officer's Training Corps
Financial Aid
Financial Aid
Financial Aid
Scholarship search
Scholarship search
Scholarship search
High school sports information
Scholarship search
Financial aid - student loan
Scholarship search
Scholarship search
College search
Scholarship search
Scholarship search

## Checklist for Your Campus Visit

Meet with an Admission Counselor
Verify admission requirements
Determine actual college cost
What are your financial aid opportunities
What type of scholarships are available to you
Take a campus tour
Look at the dorms
Look to see what the career placement center has to offer
Have a meal on campus
Talk with students and faculty
Investigate your academic program
Attend a class you are interested in
Pick up the school newspaper and read it
Discuss your chances for success
. . . admission
. . . graduation
. . . placement

## "Glossary" of terms

Accelerated study: Completion of a college program of study in fewer than the usual number of years, most often by attending summer sessions and carrying extra courses during regular academic terms.
Accreditation: Public recognition by a nationally recognized agency or organization, indicating that a school or program of study meets minimum established standards of quality, as determined through initial and periodic self-study and peer evaluation. Most colleges and universities listed in this book are accredited by one of six regional accrediting boards. Specific academic programs may also be accredited by professional associations. Professional associations may accredit a specific program at a school without accrediting all programs in that subject area, so it is best to check with the college to find out which programs are professionally accredited.
Academic Common Market: A program among 13 southern states that allows students who are legal residents of one state to attend specific baccalaureate degree programs at out-of-state schools without paying out-of-state tuition.
ACT (American College Test): The American College Testing program's standard test battery for secondary school students, used by colleges and universities for admissions and placement purposes.
Advanced placement (AP): Waiver of introductory courses and placement in higher-level courses for students who demonstrate knowledge in a given subject. Some colleges administer their own placement exams to entering freshmen, and many evaluate The College Board (CEEB) exams, the CLEP exams, and other standard tests for placement purposes.
AFROTC (Air Force Reserve Officer Training Corps): The United States Air Force's college-based officer training program. See also ROTC.
American Studies Program:A semester-long internship/seminar program in Washington,D. C.
Army ROTC: See ROTC.
Associate degree: The degree or award customarily granted upon completion of a two-year program of study.
Baccalaureate/bachelor's degree: The degree customarily granted upon completion of a four- or five-year program of study.

## CEEB: See The College Board.

Class rank: The relative numeric position of a student in his or her graduating class, calculated by the secondary school according to grade average or some other measure of scholastic achievement.
CLEP (College-Level Examination Program): General and subject exams administered by The College Board for students with nontraditional learning, such as work experience, independent reading, or correspondence courses. Many colleges award advanced placement and/or degree credit based on CLEP results.
The College Board: The agency that administers the SAT Reasoning, SAT Subject, Advanced Placement, CLEP, and PEAU exams. Also referred to as College Entrance Examination Board, or CEEB.
Combined degree: An arrangement - between two departments or colleges of the same institution or two separate institutions-by which a student may pursue combined academic programs toward more than one degree. See also 3-2 program.
Common Application Form: A standard college admission application form designed to facilitate the application process for college applicants and high school guidance personnel; accepted by approximately 190 private colleges and universities. The service is provided by the National Association of Secondary School Principals (NASSP).
Consortium: An arrangement between two or among several colleges for the sharing of faculties, facilities, and/or programs.
Continuing education: Postsecondary education for young people and adults who have previously been enrolled in full-time school or college programs.
Cooperative education: A program in which a student alternates periods of academic study with periods of supervised employment, often in a job related to the student's major field. It takes five years to complete a bachelor's degree through most cooperative education programs. Also referred to as cooperative work-study.
Core curriculum: The group of courses required of all students regardless of their particular major(s). Courses usually include arrange of arts and sciences. Also called general education requirement.
Credit hour: A unit of measure representing an hour ( 50 minutes)of instruction over a 15 -week period in a semester or trimester system or a nine- to 11 -week period in a quarter system. It is applied toward the total number of hours needed to complete the requirements of a degree, diploma, certificate, or other formal award. Also called a quarter hour or semester hour.
Cross-registration: A system whereby students enrolled at one institution may take courses at another institution without having to
apply to the second institution.

## CSS/PROFILE: See PROFILE.

Deferred admission: A practice of allowing an accepted candidate to postpone enrollment at a college, usually for a period of an academic term or year.
Degree-seeking students: Students enrolled in courses for credit who are recognized by the institution as seeking a degree or formal award. At the undergraduate level, this is intended to include students enrolled in vocational or occupational programs.
Direct loan: See Federal Direct Loan Program.
Distance learning: A program of study in which a student takes college courses by correspondence, electronically by computer link, or by video link with a traditional classroom. May also be called external degree program or home study.
Doctoral degree: The highest award a student can earn for graduate study.
Double major: A program of study in which a student completes the requirements for two majors at the same time and receives one degree.
Dual degree: A program of study in which a student receives two degrees from the same institution.

Early action: A program allowing students to apply and be notified of an admission decision well in advance of the regular notification date. If accepted, the student is not committed to enroll; the student may reply to the offer under the college's regular reply policy.
Early admission: A program allowing well-qualified high school students to enter college full time before completing secondary school.
Early decision: A plan that permits students to apply and be notified of an admission decision (and financial aid offer if applicable) well in advance of the regular notification date. Applicants agree to accept an offer of admission, and, if accepted, to withdraw their applications from other colleges. There are three possible decisions for early decision applicants: accepted, denied, or not accepted but forwarded for consideration with the regular applicant pool without prejudice. If accepted the student is obligated to attend that school.
Eligibility index: A number calculated from secondary school GPA and SAT Reasoning or ACT scores; used by California and Colorado state colleges and universities for admissions purposes.
ESL (English as a Second Language): A course of study designed specifically for students whose native language is not English. See also TESOL.
Evening College: A program in which students earn a college degree by taking classes at night. Usually offered to nontraditional students who are employed during weekdays. See also Weekend College.
External degree program: A program of study in which a student earns a degree through independent study, college courses, proficiency examinations, and personal experience. Typically, minimal or no classroom attendance is required. May also be called distance learning or home study.
FAFSA (Free Application for Federal Student Aid): The free federal form completed by students applying for Pell Grants, student loans, and federal college-based aid. It establishes a single estimate of a student's or family's ability to pay for higher education and is generally available from high school guidance offices.
Family tuition reduction: A program that provides a tuition reduction for simultaneously enrolled family members. Federal Direct Loan Program: A program giving federal loan money directly to participating schools, rather than to banks, for disbursement to students and their parents. Borrowers may receive subsidized Stafford, unsubsidized Stafford, PLUS, and Consolidation Loans through this program. May also be called William D. Ford Federal Direct Loan Program.
Federal Family Education Loan (FFEL) Program: A program giving federal loan money to private lenders, who then provide academic loans to students and their parents. Borrowers may receive subsidized Stafford, unsubsidized Stafford, PLUS, and Consolidation Loans through this program.
Federal Work-Study Program: A federal financial aid program providing allocations to institutions for partial reimbursement of wages paid to students for working on or off campus in public or
On profit organizations.
First-professional degree: A category of advanced degrees in the medical, legal, and religious professions, distinct from other master's and doctoral degrees. These are usually a level above a master's degree, but below the traditional Ph.D.
Freshman/First-year student: A student in the first year of postsecondary study. Traditionally, a freshman is a student who graduated from secondary school and immediately entered his or her first year of undergraduate study. As more students delay or interrupt their college careers, traditional and other students with fewer than 32-36 credits are often referred to as first-year students. Students in their first year of study in an upper-division institution are also called first-year students.
4-4-1 system: An academic calendar consisting of two semesters plus a short session (frequently the month of May) for nontraditional study programs. The short session may be called a May Term.
4-1-4 system: An academic calendar consisting of two semesters separated by a short intersession (frequently the month of January) for nontraditional study programs. The short session may be called a January Interim.
FTE (Full-Time Equivalent): Number achieved by adding fulltime enrollment (or faculty numbers) plus one-third of part-time enrollment (of faculty numbers). Used to calculate student-faculty ratio.
Full-time student (undergraduate): A student enrolled for 12 or more semester credits, 12 or more quarter credits, or 24 or more contact hours per week each term.
General education requirement: See core curriculum.
GPA (Grade Point Average): The translation of a student's letter grades into a numeric system which reflects academic performance. The most common system counts four points for an "A," three points for a "B," two points for a "C," one point for a "D," and no points for an "E" or "F."
GRE (Graduate Record Examination): A standard battery of general and subject exams for college graduates interested in applying to graduate school. Administered by the Educational Testing Service.
Guaranteed tuition: A program that guarantees to qualified students that their tuition for each succeeding year of college will not increase above their first-year rate.
Home study: See distance learning and external degree program.
Honors program: A program for superior students involving enrichment of the curriculum and opportunities for acceleration. The program may extend through the entire curriculum, be available only to members of a certain class, or be offered in single courses. Such a program often leads to a degree granted with honors.
IEP (Individualized Educational Plan): A document outlining specific academic goals and strategies to enable the learning disabled student to successfully complete his or her courses and degree.
Independent study: Academic work pursued by a student with the approval of the department concerned, under an instructor's supervision, and usually undertaken outside the regular classroom structure.
Interdisciplinary study: Study that takes place across academic disciplines rather than within one discipline.
International student: See nonresident alien.
Internships: Short-term, supervised work experiences, generally relating to the student's field of interest and earning college credit.
January Interim: The short, usually month-long, session of a 4-1-4 calendar during which one course of study is pursued intensively. Often used for specialized and/or nontraditional study programs.

Learning disabled (LD): Students with "significant difficulties in the acquisition and use of listening, speaking, reading, writing, reasoning, or mathematical abilities" (according to the National Joint Committee on Learning Disabilities).Many colleges offer services and/or programs to help LD students with learning strategies, alternative testing, and self-advocacy skills.
Master's degree: An award that requires successful completion of a program of study of at least the full-time equivalent of one but not more than two academic years of work beyond the bachelor's degree.
May Term: The short, usually month-long, session of a 4-4-1 system for specialized and/or nontraditional study programs. Many semester-system schools offer an optional May Term.
Midwestern Student Exchange Program: A program of the Midwestern Higher Education Commission that allows students in midwestern states to enroll in participating programs at institutions in other midwestern states and pay a lower tuition rate than other out-of-state students.
Need-based aid: College-funded or college-administered award from institutional, state, federal, or other sources for which a students must have financial need to qualify. This includes both institutional and non-institutional student aid (grants, jobs, and loans).
Need-blind admission: An admission process that does not consider an applicant's ability to pay as a factor in the admission decision.
New England Regional Student Program: A cooperative program among state universities in New England. A student who is a resident of one New England state may enroll at a participating institution in another state that offers a program not offered at the schools in the student's own state, and pay lower tuition than other out-of-state students.
Need-based aid: Scholarships and grants, gifts, or merit-based aid from institutional, state, federal, or other sources (including unrestricted funds or gifts and endowment income) awarded solely on the basis of academic achievement, merit, or any other non-need-based reason.
Nonresident alien: A person who is not a citizen or national of the United States and who is in the United States on a visa or temporary basis and does not have the right to remain indefinitely. Also called international student.
Nontraditional student: In general, any student not entering college directly after graduation from secondary school. Many schools define "nontraditional" as any undergraduate over age 22.
NROTC (Naval Reserve Officer Training Corps): The United States Navy's college-based officer training program. See also ROTC.
Open admission: An admission policy granting acceptance to all secondary school graduates without regard to academic record, test score results, or additional qualifications.
Pass/fail grading option: A simplified grading method whereby a student receives a "pass" or "fail" notation in a course rather than a letter grade. May be called credit/no credit grading option.
Pell Grant: A gift-aid program sponsored by the federal government.
Perkins Loan: A program of federally-funded, college-administered loans available to students from low-income families.
Phi Beta Kappa: A national honor society recognizing outstanding collegiate academic achievement.
PLUS (Parent Loan for Undergraduate Students): A loan program that is not need-based; available to the parents of dependent students.
PROFILE: A financial aid form administered by The College Board. Also called CSS/PROFILE.
PSAT/NMSQT (Preliminary Scholastic Assessment Test/National Merit Scholarship Qualifying Test): A College Board standardized test usually taken by secondary school students in their 10th or 11th year. The test functions as a trial run for the SAT Reasoning; 11th-year PSAT scores are used as qualification for the National Merit Scholarship and National Hispanic Scholar Awards programs.

## Quarter hour: See credit hour.

Quarter system: A calendar in which the academic year is divided into four equal units of nine to 11 weeks each, including an optional summer session. Under a quarter system, students normally enroll in three of the four quarters each year.
Range of middle 50\% scores: The 25th-75th percentiles of SAT I or ACT scores of enrolled freshmen. The 25th percentile is the score that $25 \%$ of students scored at or below; the 75 th percentile is the score that $25 \%$ of students scored at or above.
Rolling admissions: A continuous system of admissions notification by which colleges review applications as they are received and inform the applicants as soon as the admissions decisions are made.
ROTC (Reserve Officer Training Corps): Two- and four-year college-based military training programs leading to an officer's commission upon graduation and generally including liberal financial aid. The United States Army's program is alternately referred to as AROTC and ROTC. See also AFROTC or NROTC.
SAT Reasoning (Scholastic Assessment Test, formerly SAT I): The College Board's standard test battery for secondary school students, used by colleges and universities for admissions and placement purposes. The test is administered by the Educational Testing Service.
SAT Subject Tests (formerly SAT II Subject Tests): Subject exams administered by The College Board, used in measuring academic achievement and for student placement purposes.
Sea Semester: A program in which students majoring in oceanography or other marine-related fields live for all or part of a semester on board a ship, usually a research vessel, taking academic courses and gaining seafaring experience.
Semester hour: See credit hour.
Semester system: A calendar in which the academic year is divided into two units of roughly 16 weeks each. May include optional summer session(s).
SEOG (Supplemental Educational Opportunity Grant): Federally- funded gift aid for students with extreme financial need.
SSIG (State Student Incentive Grant): A state-funded, college administered grant program.
Stafford Loan: A student loan administered and guaranteed by a school or financial institution. Stafford Loans may be Direct loans or FFEL loans. Loans are awarded based on financial need, and interest is paid by the lender while the
student is attending college. Students whose need is insufficient to qualify for a Perkins Loan may qualify for a Stafford Loan. Also called subsidized Stafford Loan.
Teacher certification program: A program designed to prepare students to meet the requirements for certification as teachers in elementary, middle/junior high, and secondary schools. May be available in particular subject areas as well as in general fields such as early childhood, bilingual, or special education.
TESOL (Teaching of English to Speakers of Other Languages): A program designed specifically for the training of educators who will lead English as a Second Language programs. See also ESL.
3-2 program: A cooperative academic program whereby a student attends one institution for three years and another for two and is granted two degrees. 2-2 and 3-1 programs are also common. See also combined degree.
TOEFL (Test of English as a Foreign Language): The most commonly used test of English proficiency for students whose native language is not English..
Transfer student: An entering student (undergraduate or graduate) who has previously attended another postsecondary institution at the same degree level.
Trimester system: A calendar in which the academic year is divided into three units. Sometimes called a "three-term" system. May also be called quarter system.
Tuition Management Systems: A tuition payment plan service.
Unit: One year of study of one academic subject in secondary school.
United Nations Semester: A program in which students participate in an internship program at the United Nations, often while taking courses at an institution in the New York City area.
Unsubsidized Stafford Loan: A student loan identical to the Stafford Loan except that the student, not the lender, pays the interest accrued while he or she is attending college. Unsubsidized Stafford Loans may be Direct loans or FFEL loans. Unsubsidized loans are not based on financial need.
Upper-division college or university: An institution offering only upper-level undergraduate work (usually the junior and senior years). Students must have completed previous coursework at other colleges.
Washington Semester: An internship program where students work in a government agency or department in the Washington, D.C., area while taking courses at American University.
Weekend College: A program in which students earn a college degree by taking classes on the weekends. Programs require more than the usual amount of time to complete and are usually offered to nontraditional students who are employed during the week. May also be called Saturday College. See also Evening College.
Western Undergraduate Exchange (WUE): A program of the Western Interstate Commission for Higher Education that allows students in western states to enroll in participating programs at institutions in other western states and pay a lower tuition rate than other out-of-state students.

## Letter of Recommendation Request Form

Letters of recommendation are an integral part of the college admission process. The letters of recommendation you request from individuals should be written with a personal touch and meaningful insight to you as a student. In order to do these please take the time to respond to each question. You want your letters of recommendation to be strong and to show the readers of your recommendation letters the writer knows you as a student and as a person. Letters of recommendation are a strong part of your application. Give the person you are requesting a letter of recommendation from at least 2 weeks to complete the recommendation.

Student Name: $\qquad$ Date letter to be completed: $\qquad$
College (s) you are applying to: $\qquad$
$\qquad$

Please write the letter specifically to the above college (s)
Please write a generic letter ("To Whom it May Concern")
Attach this questionnaire with your resume and give it to the individuals you are requesting to write you a letter of recommendation

What do you want to major in once in college?

What are three words that best describe you?

What would your parents say is your best attribute?

What would a teacher at SMHS say about you?

What have you gained from your community service?

Who is the most influential person in your life and why?

Describe a recent occasion when you reacted to disappointment or a setback?

What are the two best decisions you made recently?

Have you overcome any obstacles in your life? If so, what?

