

WILSON HIGH SCHOOL

COLLEGE TOOLKIT

**EVERYTHING YOU NEED TO KNOW
IN GRADES 9 & 10**



Welcome!

Applying to college is an exciting time in your life filled with new experiences and self-discovery. This College Handbook will help you navigate the next phase of your educational journey. It contains application timelines, schedules, college checklists, testing requirements, financial aid and scholarship information, and other useful materials to help you in your search.

The application process is just that: a process. It takes time, organization, and motivation. We encourage you to familiarize yourself with this guide and refer back to it as you make your choices. We hope this resource answers many of your initial questions. We are here to support you so please don't hesitate to visit us in the College Center in room 149.

—Kelly Milford, College Coordinator, kmilford@pps.net

Why College?

These are some of the reasons students give for choosing not apply to college: College is expensive. The application process is overwhelming. There are too many tests to take before I can even apply. I already have a diploma. I'm tired of studying. I just want to work at a job. It's too competitive. My grades aren't good enough. College doesn't matter.

"Education is the most powerful weapon which you can use to change the world."

—Nelson Mandela

**"All I want is an education,
and I am afraid of no one."**

—Malala Yousafzai

"A good education is a foundation for a better future."

—Senator Elizabeth Warren

"An investment in knowledge pays the best interest."

—Benjamin Franklin

Here are some statistics that might change your mind:

- College graduates earn 73% more than students who only have a high school diploma.
- College graduates have more marketable skills and are better prepared for the job market.
- College graduates have more job opportunities.
- College graduates have more job satisfaction and job security.

Here are more reasons to go to college:

- You can expand your interests. If you really liked that high school psychology class you took, you can dive in deeper at college. Learn about abnormal psychology, sports psychology, or happiness psychology.
 - You can explore new opportunities. How do you know what you may or may not like without trying it? Maybe you'll find that you are really good at sociology, or classics, or urban studies, but since you never had a class in those subjects in high school you will never know.
- You'll become more independent. Living on your own, in an unfamiliar environment, going to school, figuring out how to manage your time, teaches life skills that are important to have as an adult.
 - You get to meet new people. Colleges accept such a diverse group of students from all over the world it will open your eyes to new ideas, cultures, beliefs, and it will be exciting.
 - You will be investing in your future self. This is the most important reason of all.

YOU CAN DO THIS!

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This College Handbook has been researched, written, and compiled by Tina-Marie Baskin, Wilson College & Career Center. Every effort has been made to include the most up-to-date and accurate information, however, you should always check school and testing websites for any changes since printing.

Postsecondary Options

According to the Georgetown Center on Education & The Workforce, by 2020, 65 % of all jobs in the American economy will require education beyond high school. Too often students self-limit because they have misinformation and that can prevent them from realizing all of their education potential:

- College is too expensive.
- I'm not smart enough.
- No one I know has gone to college.
- College is not important.
- I don't know where to begin to apply.

There are a lot of uncertainties when applying to college, but don't let that stop you from taking an opportunity to improve your future.

Higher Education Choices

- **Four-Year Colleges/Universities.** There are over 2200 options. This is the largest group of institutions in the United States. Universities are typically larger than colleges and may have separate schools within them. Colleges/Universities are further classified as public or private. Generally public institutions will be larger and cheaper than private ones. Programs are varied but graduation gives you a bachelor of arts (BA) or a bachelor of science (BS) in the field that you majored in. For example, a BA in English, or a BS in Physics. See bigfuture.collegeboard.org for more information.
- **Two-Year Colleges.** There are around 1600 options in the United States. Junior colleges or community colleges fit in this group. See aacc.nche.edu/Pages/CCFinder.aspx for more information. These schools generally serve three purposes:
 - **Career Preparation.** There are many opportunities for certificates and associate degrees from these institutions. For example: X-ray tech, business administration, applied engineering, etc.
 - **Transfer Preparation.** The transfer option allows students to begin their college career closer to home, and save money, while completing general education classes at a lower-priced college, or earn higher grades than they received in high school in order to transfer to a more selective four-year school.
 - **Remediation.** If a student does not have the skills to attend a four-year college then often taking courses at a two-year college allows them to develop the necessary skills needed to be a successful college student. See nces.ed.gov/collegenavigator for more information.
- **Vocational and Technical Training Programs.** There are hundreds of technical and career education programs in the United States. These programs focus their entire curriculum on career-related skills, requiring few general education classes in order to complete a certificate or diploma. See techschooldirectory.com for more information.
- **Military Training.** There are selective Military Academies typically offered by a member of congress. Army, Navy, Air Force, Marines, and Coast Guard also have individualized programs. In addition, there are Reserved Officer Training Corps (ROTC), or other officer training opportunities at many two and four-year colleges. Students should check with each branch organization to get a clear understanding of what obligations come with enlisting.
- **International Options.** There are a variety of options to be educated: apply as an international student to a foreign university, semester abroad programs in U.S. colleges, and study at an international campus of a U.S. college.

Compiled from College Match, by Steven Antonoff, NACAC Fundamentals of College Admission Counseling. This guide uses "college" as a collective reference to post-secondary schooling.

Criteria For Considering College Options

1. **Location.** Do you want to be close to your family or far away? Do you prefer a rural, urban, or suburban setting? Do you care about the location's climate? What cultural/recreational opportunities are important to you?
2. **Public/Private.** Do you have a preference for public or private school? What about two-year versus four-year schools?
3. **Academics.** What are the academic programs that interest you? Do you want a school with a broad liberal arts and sciences curriculum or a career-oriented school? Are you potentially interested in academic research? Do you want to be academically challenged? Do you want a rigorous and intense or less pressured atmosphere? Is the name of the school important? Are there support programs, career advising, and academic advising available? What are required courses/distribution requirements? What are the breadth and depth of courses offered in your areas of interest? Does the school run on a semester/trimester/quarter system?
4. **Size.** Do you want a small college experience where everyone knows, or knows of, everyone else? Or, do you want to attend a big school so you'll always have the chance to meet new people? Are geographic, political/religious views, race/ethnic diversity important to you? What about class size? Do you like large lectures or small discussion seminars, or both? Do you want course variety that you would find at a large school? Do you have a specialized major that might be only available at a large school? Is having access to teachers important to you? Are study abroad/internships/exchange programs important?
5. **Social life.** Do you want to attend a school with school spirit? Is a prominent Greek life important? Do you want a school that has more of a social scene on-campus or off-campus? How do you like to spend your weekends? Do you want a school with a lot of on-campus school clubs and extra-curricular options? Are you interested in Student Government? Are sporting events or cultural events or political events important? Is a strong school athletic program important to you? Do you want to play intramural sports? Are you interested in art, music, or theater?
6. **Finances.** How much can your family or you realistically afford to spend per year on your college education? Consider tuition, room and board per year, transportation costs, books, supplies and other costs of attendance. Does the school offer need-based financial aid, need blind/need sensitive aid, or merit-based financial aid? Are there work study or other work options on campus?
7. **Housing/Food.** Can you/do you want to live on-campus all four years? Would living off-campus in the surrounding area be affordable? Are there predominantly large dorms, theme houses, or apartment style living options? What are the requirements for Freshmen? Are there dorms that are mixed age, single-sex, or coed dorms (by floor or room) with coed bathrooms? Do you have specific dietary or religious needs? Does the quality of the school's dining halls make a difference to you? Is it centralized/decentralized dining/eating clubs? What are the options for other special needs?
8. **School Culture.** Are you looking for traditional, intellectual, arts-focused, conservative, liberal, alternative, Greek system, or athletic culture? Are there controversial campus issues? What is the level of student engagement? What are student interests in service, politics, religion, athletics, arts, other areas?

Compiled from OES College Handbook, Fair Opportunity Project (FOP), College Match, by Steven Antonoff

Gathering Information On Colleges

Resources

It is important to obtain information from multiple sources when researching college options. Here are some broad categories to consider:

- Wilson's College and Career Center
- Wilson's Counselors
- College Admissions Representatives. Attend presentations at school/other high schools/organizations, and ask questions. Wilson has over 100 colleges visit every fall.
- College Visits (at colleges or on the web): Visit the colleges that you are interested in or take virtual tours using campustours.com, or youvisit.com/collegesearch.
- College Fairs. National Association for College Admission Counseling (fall), Pacific Northwest Association for College Admission Counseling (spring), Performing and Visual Arts College Fair (fall), National Portfolio Day (winter). Meet college representatives and gather information on colleges.
- College Websites or Print Materials
- College Search Engines. Naviance.com, bigfuture.collegeboard.org, nces.ed.gov/collegenavigator, college-insight.org,
- College Guidebooks (print or online): Fiske Guide to Colleges, Princeton Review Best Colleges, Collegeresults.org.
- Family, friends, teachers, current students, recent graduates, professionals in a career of interest

Some Tips To Stay Organized

- **Start the application process early.** A good way to get started is to attend college visits at Wilson that are held every fall. The earlier you begin the more time you have to review all of your education options.
- **Keep track of the information** on colleges as you research and visit. Many students use a divided binder system, a computer spreadsheet, or file folder system that includes the name of the college, research notes, contact information, college materials, etc. There are also apps and web tools, so find what works for you.

The Application Process

Admission Application Options

There are five general admission choices for applying to schools. These include:

- **Early Action (non-binding).** This allows students to apply to a school early and receive a decision early. Typically, the application deadline falls in November and students hear back in December about their admission status.
- **Restrictive Early Action.** Students apply to a school early and receive a decision early. They may be restricted from applying early decision or early action. Check the school's policy. Typically, the application deadline falls in November and students hear back in December about their admission status.
- **Early Decision (binding).** Early decision tells a college that they are the first choice school. The student must sign a contract to attend the school if accepted. The student cannot apply to any other school unless rejected. Typically, the application deadline falls in November and students hear back in December about their admission status.
- **Rolling Admission (non-binding).** Rolling admission means that the school will take qualified applicants until the class is filled. A student can apply any time after a certain date and will hear back within a particular number of weeks on their admission status.
- **Regular Decision (non-binding).** This is the most common method to apply. Typically, the application deadline falls in early January and students hear back in late March or early April about their admission status.

College Admission Components Checklist

There are certain components that make up the application process to four-year colleges regardless of the admissions options you choose. Below is a brief checklist:

- Standardized Tests.
 - Usually students take SAT or ACT, although some colleges require SAT Subject tests as well.
 - Order and send Score Reports to colleges of interest from collegboard.org, act.org.
- Letters Of Recommendation.
 - Usually required by private schools.
 - Two are typically required from teachers, and one from your school counselor.
 - Learn about the process by attending a Wilson required Letter of Recommendation Workshop.
- Send Transcripts.
 - Request official transcripts be sent to your schools of interest through Naviance.
 - Requests are received electronically by Wilson's counseling secretary who will send them to your schools of interest within 1-2 days.
- Finalize And Input Your College List In Naviance.
 - Naviance is required to keep your counselor updated on your college plans, and to send recommendations and transcripts.
- Application Forms.
 - Complete through Common Application website or the college's website.
 - In addition to general background information, applications may also require a personal statement, essays, supplemental questions, extracurricular activity lists, honors, awards.
- Financial Aid Forms.
 - Free Application for Federal Student Aid (FAFSA) (if applicable).
 - Oregon Student Aid Application (ORSAA) (if applicable).
 - College Scholarship Service Profile CSS Profile (if applicable).
 - Apply for Scholarships.

College Application Tools

NAVIANCE

Naviance is an online comprehensive college planning and career exploration tool for PPS high schools. Naviance is accessed through Wilson's website via a link on the home page. Typically, the user name is your personal email and the password is your student id. There are many useful features, a few of which are outlined below:

- Look up information about thousands of individual colleges including admissions information, academics, financial aid, tuition, etc.
- Compare colleges by entering criteria such as size, location, major, cost, and search the database for lists of schools that meet your specifics.
- View scattergrams to see past Wilson students' acceptance to individual colleges based on your SAT/ACT scores and GPA. Gauge your chances of acceptance by comparison to past applicants.
- View and sign up for college representative visits.
- Research career options.
- Keep records of activities, grades, college interests, and career interests.

College Categorization

When people talk about colleges they often put them into tiers (safety, match, and reach) that fit your qualifications. Safety schools are schools where you're likely to get accepted. Reach schools are schools that might be hard get into or have admission standards (GPA, test scores, etc.) that are a bit above yours. Match Schools have standards between the safety schools and reach schools. Make sure to have a balance between safety, match, and reach schools as you begin your research and ultimately when you apply.

Twelve Important Factors In Four-Year College Admission Decisions

1. **A Challenging High School Curriculum.** Take at least five core courses every semester. Choose the most challenging courses you think you can manage. Talk with your counselor for advice if you are unsure.
2. **Grades.** You want to have the highest GPA that you can achieve. However, grades that represent a strong effort and an upward trend are important. For example, a slightly lower grade in a rigorous course is often preferred to an A in a less-challenging course.
3. **Rank.** Where do you rank in your class?
4. **Standardized Test Scores.** Note that high scores do not compensate for low grades.
5. **Extracurricular Activities.** It does not matter what you choose but depth, not breadth, is most important.
6. **Meaningful Summer Experiences.** This could be working at a summer job, performing community service, learning new skills, and so on. It should reflect responsibility, dedication, and be meaningful to you.
7. **Special Talent/Experiences.** If you have or develop a special talent that will contribute to a diverse student body, it will stand out in the admission process. These include sports, arts, research, tech, and so on.
8. **A Well-Written College Application Essay.** The essay is important because it is your opportunity to speak to admissions in your voice and share highly personal values, goals, or insights. Grades, recommendations, transcript, and test scores are impersonal measurement tools.
9. **Demonstrated Interest In The College.** This is shown by getting on mailing lists, reaching out to admission counselors, college visits, and attending college information sessions.
10. **Geographic Residency.** As colleges fill the class geographic diversity is important. For example, a school in California does not want to fill the class entirely with students from California.
11. **Intended Major.** Colleges want to fill classes with students who have diverse interests.
12. **Alumnus Relationship.** Often having a parent, sibling, or other family member (aunt, grandmother, etc.) who has attended the school gives an applicant an edge.

Compiled from collegeXpress.com, and Advising Essentials, collegeboard.com.

PPS Standard Diploma Requirements

		Class of 2017 and Beyond
English		4
Math		3
Science		3
Social Studies		3
Physical Education		1
Health Education		1
World Language		2
Career & Technical Ed, The Arts, or the 3rd year of the same World Language		1
Electives		6
Meet district proficiency for Oregon's Essential Skills (ES) standards		Read Write Math
Meet Personalized Learning requirements (PLRs) as defined below:		
Develop a Personal Education Plan & Profile	Helps to guide students in pursuing their personal, academic and career interests, and post-high school goals; Completion tracked in Synergy	X
Participate and reflect upon Career Related Learning Experiences	Educational experiences that connect learning to the world beyond the classroom; Completion tracked in Synergy	2
Complete a Resume	Include contact information, objective, education and two of the following: work experience volunteer service, skills, academic achievement, extracurricular activities, leadership, references awards, certificates, etc.; Completion tracked in Synergy	X
Complete an Extended Application (My Plan Essay)	The application of academic and specialized knowledge and skills within the context of a student's personal and career interests and post-high school goals; Completion tracked in Synergy	X

The District's policy is to provide students opportunities to receive high school credit for designated high school courses taken prior to ninth grade. Check with your school counselor to see if this applies to you.

See pps.net/Page/1642 for more information.

Standardized Testing Overview

The college testing process can be confusing because there isn't a "one-plan-fits-all-students" approach. In this section we provide an overview of standardized tests and basic advice on testing and preparation.

Preliminary Scholastic Aptitude Test (PSAT)

- During October sophomores and juniors take the PSAT at Wilson during a school day (sophomores do not need to register but juniors do).
- The PSAT is a practice test; scores do not go to colleges, but the test is a good predictor of how the student will score on the SAT.
- Scores will be available in mid-December.
- PSAT scores earned by juniors are used to determine qualification for the National Merit Scholarship program (a program for students who score in the top 98-99%), so if the student scored in the top 70% as a sophomore it is recommended to take the PSAT as a junior.
- The PSAT consists of sections on Math and Evidence-Based Reading and Writing.

College Admission Tests

All colleges have guidelines for standardized testing. The two most commonly required tests are the SAT and the ACT. Most students take either the SAT or the ACT. Neither test is regarded as more impressive or "legitimate" than the other.

Most students take these tests in their junior year. There are many ways to approach testing. Some students decide to only take one test and take just the free ACT test offered to the junior class at Wilson in February, while others will sign up to take both the ACT and an SAT to see which test they do best on. Many students will also decide to retest a second time to improve scores.

We recommend taking practice tests for both the SAT and ACT, to see which fits you best. With respect to the essay, check your schools of interest to see if it is needed. We also recommend studying for whichever tests you take. There are many options for test prep such as free websites, prep courses, apps, books, or private tutors, so pick the plan that suits your specific needs. See compassprep.com/compass-guide for more information. Wilson offers practice tests twice during the year on teacher planning days when students are not in class.

SAT

- Three Sections: Evidence-Based Reading and Writing, Math, and an optional Essay.
- Testing time: 3 hours and 50 minutes (includes 50 minutes for optional Essay section).
- Reading Test: 52 questions/65 minutes.
- Writing and Language Test: 44 questions/35 minutes.
- Math Test - No Calculator (Multiple Choice + Student Produced Response): 20 questions/25 minutes.
- Math Test - Calculator Permitted (Multiple Choice + Student Produced Response): 38 questions/55 minutes.
- Optional Essay: 1 prompt/50 minutes.
- Scores on Evidence-Based Reading and Writing and Math range from 200-800 (total of 400-1600).
- The SAT Essay is scored by two different people. Each scorer awards 1 to 4 points for each dimension: reading, analysis, and writing. The two scores for each dimension are added. You'll receive three scores for the SAT Essay, one for each dimension, ranging from 2 to 8 points.
- Students taking the SAT should consider the optional essay, it may be required by some colleges.

ACT

- Five sections: English, Math, Reading, Science Reasoning, and Writing (optional).
- Testing time: 3 hours and 25 minutes (with writing).
- English: 75 questions/45 minutes.
- Mathematics: 60 questions/60 minutes.
- Reading: 40 questions/35 minutes.
- Science: 40 questions/35 minutes.
- Optional Writing: 1 essay prompt/40 minutes.
- Each subject area is given a scaled score between 1 and 36. Those area scores are then averaged into a composite score, which also ranges between 1 and 36.
- Each ACT essay (Writing) is scored by two graders on a scale of 1 to 6 across four different domains, for a total score out of 12 in each domain. These domain scores are then averaged into a total score out of 12.
- Students taking the ACT should consider the optional writing test as some colleges require this section.
- Some colleges that require both the SAT and SAT Subject Tests will accept the ACT in place of both tests.

SAT SUBJECT TESTS

Some colleges require that you take Subject Tests as part of the admission process. These exams test a specific subject and are best taken at the end of the school year that you took the subject in, right around the time when you're studying for other final exams or AP exams, so that you can draw on that knowledge.

ADVANCED PLACEMENT TESTS (AP)

AP courses are offered at Wilson. These scores are not required by colleges as part of the admission process but still offer several advantages: gain a deeper knowledge of a subject, get college credit in some circumstances, increase your GPA.

Community College Testing

You do not need to take an ACT or an SAT exam to be admitted to a community college. Community colleges do require either submitting English and math grades or taking a college placement test. Check each community college for specific requirements.

Compiled from pps.net, OES', and FOP's college handbook guides.

Additional Notes

Over 900 schools do not require standardized test scores, or are test flexible (you must meet a minimum grade-point, or another requirement), or are test optional. For more information, see fairtest.org/university/optional.

However, your college list is almost certainly going to change throughout junior and even senior year. Don't limit yourself prematurely by ruling out standardized tests, since you want to keep your options open.

A Pre-Senior Year Preparation Timeline

This timeline offers some general steps you can take to prepare yourself for the admissions process and improve your admittance chances before you start applying to college.

Freshman Year

- Explore Interests. Ninth grade is an excellent time to try new subjects, sports, clubs, and opportunities. Stretch yourself! Figure out what you like and what activities interest you.
- Think Broadly. In your College & Career Exploration and/or AVID classes learn about and research opportunities that match your goals, interests, and skills. There are many different career and educational options available.
- Participate In Career Related Learning Experiences (CRLE). These may include informational interviews, job-shadows, internships, school speakers, and visits to local businesses and industry organizations. Don't forget to reflect on the experience in your About Me tab in Naviance. Two CRLE's are required to graduate.
- Challenge Yourself. Seek out classes that interest and challenge you, as doing so will prepare you to take higher-level courses in the future. Talk with your school counselor to plan courses based on your interests and goals for freshman year and again for sophomore year.
- Familiarize yourself with Wilson's AP and dual credit offerings. There is a list in our forecasting guide, and you can begin earning PCC credit from some entry level classes like Computer Science.
- Grades. Keep up with your school work and maintain good grades. Begin with a well-organized binder system. Organize classes by color in a large 3 ring binder with colored dividers for each class subject. Clean out/organize notebook each week. Organize projects by due date, time needed, or level of difficulty. Break larger projects into manageable pieces and assign a deadline for each task. Use an agenda, planner, or calendar to keep track of class assignments and projects.
- Enrich Yourself. Extracurricular activities are important and fun, too! Consider how you might get more involved in your high school and volunteer in your community.
- Keep Records. Use Naviance to track your activities and build your resume.
- Investigate. Talk with the college and career center's staff about planning resources. Attend college fairs and career fairs. Start thinking about which colleges and careers best match your goals, skills, and interests. For example: Who do you know who goes to or has been to college? What jobs do you think require a college education? What colleges do you know about? Why do you want to go to college?
- Finances. Talk to your parents about paying for your college education, and begin saving for college. Determine your Expected Family Contribution actual cost of college and possible sources for financial aid.
- Summer. Make it meaningful by working, or volunteering, and learning new skills. Do some investigation to find summer opportunities that interest you.

Sophomore Year

- Grades. If you had trouble your freshman year, retake any classes if you earned a D (so your new grade will be reflected in your GPA). Certain GPAs and standardized test scores can lead to money for college through scholarships.
- School Involvement. Sophomore year is a great chance to start becoming more deeply involved in a passion or hobby. Consider joining or starting a club at your high school: Robotics, Theater, Choir, Science Club, etc.
- Special Talent/Sports.
 - If you plan to play sports in college you need to maintain a high GPA.
 - For colleges of interest find "Prospective Collegiate Athletes" tab on the Athletics section of their websites and register.
 - Work with your coach to determine the best application strategy. This might include a resume, a video, or some other material to showcase your skills.
 - You will need to register with the NCAA clearinghouse if you plan to be recruited or play for Division 1 or 2 schools. For an overview of requirements for playing college sports visit ncaa.org/student-athletes/future.

- Special Talent/Arts.
 - Prospective arts majors have two degree options: A Bachelor of Arts (BA) with a major in the arts, and a Bachelor of Fine Arts (BFA) for artists/performers, or Bachelor of Music (BM) for musicians. If you are committed to art as a career, a BFA or BM makes sense, but you should also seek objective opinions of your abilities from experts in the field. Ask for honest advice and evaluation from high school and private teachers.
 - Some schools require completing a typical college application, in addition to a resume, portfolio, or audition. Many arts programs will also consider your academic record and test scores.
 - Visual arts students can also receive portfolio evaluations at one of the National Portfolio Days.
- Build Volunteerism. Continue to do volunteer work in areas that interest you.
- Extracurricular Activities. Start specializing in a few areas of interest to show commitment.
- Leadership. Taking on a leadership role is an excellent way to demonstrate responsibility and passion. Leadership can take on different forms at different levels. It could be volunteering at your local shelter. It could be directing a play. It could be working as a TA. It could be class president.
- Take Challenging Courses. Sophomore year is a period in which you should continue exploring challenging and meaningful academic opportunities.
- Prepare For Standardized Testing. Learn about the different college admissions tests. Consider taking a practice/ preliminary college admissions exam. In the fall you will take the PSAT. Once you receive your results review them to help you prepare for future tests.
- Continue Exploring College Opportunities. Visit the college and career center, attend college fairs, visit colleges, attend college representative meetings.
- Keep Records. Keep a record of your activities and build your resume for college and scholarship applications.
- Continue Using Naviance. If you keep your list of “colleges I am thinking of” current in Naviance, you will get a reminder notice when those college representatives visit your school or Portland. This will help you learn more about schools.
- Plan your junior year schedule carefully with your counselor. Junior year is crucial for demonstrating rigor and academic strength to colleges in a variety of core classes and electives.
- Make A List Of Career Areas. Think about jobs that you are interested in. Understand the postsecondary education you need to pursue them. Search websites (bigfuture.collegeboard.org), speak with people in your daily life who are in careers that may be of interest to you, continue with CRLEs.
- Make Interesting Summer Plans. Work, participate in a variety of college and career related experiences, such as volunteerism, college visits, job-shadows, and internships, improve skills, enroll in summer school.

Junior Year

- Push Yourself Academically. Junior year is arguably the most important year academically. Take challenging classes, get good grades, and do well in the end-of-course exams if offered, such as the AP exams.
- Continue Leadership. Find some way to demonstrate initiative on your own or through an existing organization. Think about clubs, passions, or organizations that you’ve found most fulfilling and find ways to get even more involved.
- Retake PSAT (if applicable). The PSAT is not required to be taken junior year, however, if you tested well on your sophomore PSATs, consider taking it to be eligible for a National Merit Scholarship, which is offered to the students in the top 99% in the U.S. as measured by their test scores on the PSAT. It is also another practice opportunity.
- Prepare And Take Standardized Tests. Junior year should also include taking standardized tests, such as APs, SATs, and ACTs at least once this year. You will take the ACTs in February at Wilson.
- Continue Extracurricular Involvement. Colleges want to see continued involvement in your areas of interest. In addition, it’s impressive if you are demonstrating leadership and initiative over time.
- Volunteer. Keep up community service at your school or with an outside organization.
- Attend college representative visits, college night, college fairs.

- Visit some colleges. Begin to develop a list of colleges of interest.
- Plan for junior year summer. Examples include volunteering, researching, getting a job, starting a project, and much more.
- Determine your senior year schedule carefully with your school counselor.

Compiled from FOP, College Advising Essentials, College Match, 3fn72f6h8343uvxzx2v9bkc6-wpengine.netdna-ssl.com/wp-content/uploads/2014/07/The-Art-of-Choosing-a-College-Tips-for-Visual-and-Performing-Arts-Students.pdf.

Summer Opportunities

The summer is an excellent time to continue to refine and improve your skills and develop your interests. Think about how you can continue learning during your summers. Here are some ideas.

- **Get A Job.** Working shows responsibility, commitment, interpersonal and organizational skills.
- **Shadowing.** Shadowing with someone (vet, doctor, architect) provides opportunity to explore your career interests. Email or call professionals of interest in your area and ask if they would offer a shadowing experience – whether half a day, a full day, or on a regular basis.
- **Internships.** Saturday Academy (saturdayacademy.org) and other organizations offer opportunities to intern. Internships vary widely. Some are competitive and require an application, some are paid, some require your availability for the entire summer. Talk with the college and career center, search the web, talk with parents, teachers, mentors, for ideas. The goal is to pursue something that you are passionate about.
- **Summer School.** Summer school can be a great opportunity to engage with subjects in a relaxed environment while also raising your GPA, or working ahead to take more advanced classes in the fall.
- **Volunteering.** Volunteering at an organization of interest is a great way to give back to your community, demonstrate interest, and productively spend a summer break. Opportunities are diverse and can even include volunteering abroad. There are many ways to do something meaningful.
- **College Programs.** Consider taking/auditing college classes over the summer.
- **Research.** Demonstrate academic interest by pursuing research at a local college or research institute. This can be a good way to learn about a topic of interest or a potential career path.
- **Improve A Talent.** Whether you excel in music, tennis, robotics, or something else entirely, use the summer to sharpen and improve your skills.
- Visit colleges, and/or take courses on college campuses to get a feel for college and college life.

The Interview

Some jobs, even if they are volunteer community service positions, may require an interview. These are general discussions about background, educational achievements, interests, and why you want to work for the particular person/organization. While an interview can be a few casual questions from a parent asking about your babysitting experience, or a sit-down discussion with a company representative, it is always a good idea to be prepared. Know yourself, and your skills. Research information about the organization and have a few questions to show your interest.

In preparing for an interview, give some thought to how you will answer a variety of questions about common topics:

- Tell me about yourself.
- What are your strengths and what is challenging for you?
- Why are you interested in this position?
- Describe any relevant experience.
- How did you spend the last summer?
- What do you like to do for fun?
- Describe some of your goals.

Preparing For Campus Tours &/Or Visits With College Representatives

As you continue your search for schools that interest you, there will be many opportunities to ask questions. Campus visits, and college representative information sessions are opportunities for you to obtain information. Come prepared with thoughtful questions about the college.

You can ask the following questions of students, college admission officers, representatives, alumni, or faculty:

- What is unique about your college?
- What are the advantages and disadvantages of the college's location and setting?
- Describe the strengths and weaknesses of this college.
- What opportunities do students have to interact with the administration?
- How active is the school in helping students with career planning?
- Would you describe the campus culture as competitive or cooperative?
- What ways do students connect with and volunteer in the community?

Compiled from College Match, College Advising Essentials, FOP, OES guides.

See cappex.com/hq/articles-and-advice/blogs/columns/100-Questions-to-Ask-on-a-College-Visit, blog.prepscholar.com/good-questions-to-ask-on-a-college-tour, for more information and questions.

Resume Tips

- Focus on accomplishments and skills you have developed from jobs, volunteer work, and other experiences.
- Use action verbs in the descriptions and don't include personal pronouns.
- Use a chronological format, and keep your resume to one page.
- Print your resume on nice quality paper with a font size of 12 point.
- Include a cover letter if you are not meeting in person to interview.
- Have someone in the College Center review your resume for content, grammar, and spelling errors.

A Few More Tips

Whether you are preparing for an interview or for a college visit here are some suggestions:

- Dress comfortably. Business casual is usually suggested for interviews.
- Bring a resume, and a pen/pencil and paper for notes.
- Arrive ten minutes early.
- Introduce yourself, smile, shake hands.
- Make eye contact, be an active listener, speak slowly.
- Ask questions.
- Get names, business cards, contact information of people helpful to you.
- Leave a good final impression: thank the interviewer, and/or those who were helpful to you.
- Email a thank you note to the interviewer, and/or those who were helpful to you.
- Take notes about each school.

Remember: Be yourself. It's normal to feel nervous but if you prepare beforehand you will be confident.

Oregon Postsecondary Entrance Requirements

College entrance requirements vary based on the type of college, how selective it is, and other factors. Although not required, colleges also look for involvement in school and community activities such as sports, clubs, student government, volunteering and part-time jobs. Each college may have slightly different admission requirements; be sure to check each college website for specific requirements.

Requirement	Community College in Oregon	4-Year Public University in Oregon	4-Year Independent, Not-for-Profit University in Oregon
High School Diploma or GED	✓	✓	✓
Minimum High School GPA	varies	2.75-3.00	varies
High School Courses		C- or better in all core classes	A's and B's in rigorous courses for selective colleges
English	4 credits	4 credits	4 credits
Math	3 credits (Algebra I and above)	3 credits (Algebra I and above)	3+ credits (Algebra I and above)
Science	3 credits (2 labs)	3 credits (2 labs)	3+ credits
Social Science	3 credits	3 credits	3+ credits
Second Language		2 credits	3+ credits
SAT or ACT		may be required	may be required
Personal Essay		may be required	may be required
Letter(s) of Recommendation			may be required

See oregongoestocollege.org for more information.

Financial Aid

Types of Financial Assistance

College payment assistance typically comes in two forms: money you don't have to pay back (also known as gift aid), and money you do have to pay back. This classification is further divided into four general types of financial assistance:

Money you don't pay back:

- **Scholarships:** gift aid from federal and state governments, colleges, and private organizations. They may be awarded for academic or athletic ability, interest in a certain subject, volunteer work, or membership in an ethnic or religious group.
- **Grants:** gift aid from federal and state governments, colleges, and private organizations. Most grants are need-based, which means they are usually given based on you or your family's financial circumstances.
- **Work Study:** a federal program that provides students with paid part-time employment during the school year, usually on campus.

Money you do pay back:

- **Loans:** financial aid from the federal or state government, college, or private lenders that must be repaid with interest.

What Forms May Be Required For Financial Aid?

Applying for financial aid takes time, attention to detail, and patience. The financial aid application process has its own forms, deadlines, and requirements. Even though there are a number of forms to complete don't let that deter you from applying. Remember: to be considered for financial aid you have to apply.

To apply for Federal Aid

You must submit the Free Application for Federal Student Aid (FAFSA). The FAFSA collects information (taxes, income, assets, demographics, enrollment plans) about you and your family, then the Department of Education your EFC and eligibility for federal aid. This is given to the college which calculates which aid programs the student qualifies for at that college and sends the student a financial aid offer. See fafsa.ed.gov for more information.

To apply for Grants and Scholarships

- You'll most likely have to fill out the FAFSA.
- Additional financial aid forms may also be required such as the CSS/Financial Aid Profile (CSS Profile) which is an application used by more than 400 colleges and Universities and private scholarship programs to award financial aid. See cssprofile.org for more information.

State of Oregon Aid

- The Oregon Student Aid Application (ORSAA) is an alternative to the FAFSA for undocumented Oregon students, including students who have Deferred Action for Childhood Arrivals (DACA) status or Temporary Protected Status (TPS).
- The ORSAA gives eligible undocumented students the ability to apply for the Oregon Opportunity Grant the Oregon Promise Grant, and certain OSAC scholarships. See oregonstudentaid.gov/osac-doc/orsaa-guide.pdf for more information.

Some Nuts And Bolts Strategies About Saving For College

Expected Family Contribution (EFC)

This is calculated using a formula set by the federal government. The EFC is based on the student's family's income and some assets as reported by the student on the FAFSA (or ORSAA). The EFC is the amount the student is expected to contribute to their education.

Figure Out Your EFC to know what your student/family will be expected to pay annually so you can plan and save accordingly. This number may be higher than families think they can afford. The sooner you assess your need, the sooner you can strategize to maximize the aid your student can get. Calculate your EFC using the calculator at bigfuture.collegeboard.org.

Estimate Your Cost Of Attendance (COA)

This is the budget as determined by the college that the student is attending. It includes tuition, books, housing, etc. This value typically sets the maximum that can be borrowed in student loans. Once you calculate your EFC, look at a few two and four-year colleges or technical certification programs to see what their complete costs are. For example, look at UO, OSU or PSU, PCC, and few private schools such as Lewis & Clark or University of Portland.

Determine Your Financial Need. Subtract your EFC from the total cost to attend school annually (COA) to determine your financial need ($COA - EFC = \text{Financial Need}$).

- Schools usually do not meet 100% of your financial need, so there is often a financial gap that will need to be filled. A general guideline is that student debt should not exceed the student's expected gross income in the first year after graduation.

Understand Ways To Save For College. To cover the EFC and decrease financial need, it is important to understand the most effective ways to save for college. Here are some guidelines.

- Consider which accounts are best to use to save money.
- Understand that your EFC is based more on family income (47%) than assets (only 5%).
- Neither the federal government nor most colleges count parents'/guardians' retirement accounts toward paying for college.
- College savings plan 529 are worth investigating. Earnings grow federal tax-free and will not be taxed when the money is removed to pay for college. 529s are considered a parents'/guardians' asset by federal government and most colleges so they are effective ways to save for college. See oregoncollegesavings.com.
- FAFSA/ORSAA will determine need based on income of custodial parent/guardian.
- Private schools that use CSS PROFILE for their own methodology may also consider the assets of the non-custodial parent/guardian.
- FAFSA/ORSAA taxes parent assets at up to 5.6% per year, and the CSS PROFILE taxes at 5%. While student assets are taxed at 20% and 25% respectively.
- Investigate colleges where the student is likely to receive the most aid. For example, if you have a low EFC look at colleges that provide the most need. If you have a high EFC look for colleges with a generous merit aid package.
- Take dual credit courses in high school, and/or test out of requirements through AP courses.
- Consider accelerated degree programs.
- Complete a significant portion of courses at community college.
- Search for scholarships and apply. It is never too early to start.

Three Steps For Effective Scholarship Searches

1. Create your personal profile. For example, your hobbies, extracurricular activities, club affiliations, talents, college/major choices, work experience, unique traits, heritage, religion, career interests, and so on. Don't limit yourself. This roadmap will be useful in determining scholarship search options that best fit your strengths.
2. Consider geographical location. Students often have more success with scholarships that come from local sources (Portland or Oregon) or from a parent's place of work than from scholarship programs that are national in scope.
3. Find your targeted categories and apply.
 - Merit-based scholarships: These awards are based on academic achievement, a special talent, trait, or interest. Many colleges that offer merit-aid consider all applicants automatically for these awards, but at some colleges some or all of their merit scholarships require a special application.
 - Athletic Scholarships: NCAA Division I, II, and NAIA schools all offer athletic scholarships so it is important to get advice from your coaches. While NCAA Division III do not offer athletic scholarships, they do offer non-athletic scholarships to athletes they want on their team.
 - Scholarships for Specific Groups: Scholarships for gender, ethnic groups, disabilities are some examples.
 - Need-Based Scholarships: Based on family income. This is the most common type of financial aid. Federal grants include: Federal PELL Grant, Federal Educational Opportunity Grant (FSEOG), Federal Teach Grant, Iraq/Afghanistan Service Grant, and others. State grants include: Chafee Education and Training, Oregon Promise Grant, Oregon Opportunity Grant, and others.

How To Find Scholarships

There are a number of scholarship websites available to you. Complete a profile, and the search engine will run it against a huge body of scholarships and you receive notification of scholarships that match your profile.

Recommended Free Scholarship Search Websites

Scholarship Search Experts:	unigo.com/scholarships#/fromscholarshipexperts
College Board's Big Future:	bigfuture.collegeboard.org/scholarship-search
College Net:	collegenet.com/elect/app/app
Fast Web:	fastweb.com/
Scholarships:	scholarships.com/about-us/
Scholarshipmonkey:	scholarshipmonkey.com/
Cappex:	cappex.com/scholarships/
Adventures in Education:	aie.org
Student Aid:	studentaid.ed.gov/sa/types/grants-scholarships/finding-scholarships#types
Scholarship experts:	scholarshipexperts.com
College Plan:	collegplan.org
Career Information System (CIS)	oregoncis.uoregon.edu (user name: 1Wilson password: WHS12)
Good Call:	goodcall.com/scholarships/search
College Express	collegexpress.com
Salliemae	salliemae.com/college-planning/
Financial Aid Scholarships	finaid.org

Other Sources For Scholarships

- High school counselor, college and career center, and other local school websites.
- RaiseMe (raise.me) micro-scholarships are awarded for high school achievements if you enroll in one of the participating colleges.
- The financial aid office at your intended college or career school.
- Foundations, religious or community organizations, local businesses, or civic groups.
- Organizations (including professional associations) related to your field of interest.
- Ethnicity-based organizations.
- Your employer or your parents' employer.
- If you are open to serving our country in exchange for scholarship funding, check out: Army ROTC, Navy ROTC, and Air Force ROTC.
- Insurance, banks, credit unions, unions, veterans' groups.
- Western Undergraduate Exchange (WUE) is a group of public colleges in western states that have agreed to charge reduced tuition to qualifying students from within those states (wiche.edu/wue).

NOTE: Be alert for scholarship scams. Never pay for a scholarship. See studentaid.ed.gov/sa/types/scams for additional information.

Schools that Meet Financial Need

For a list of US colleges/universities that meet 100% financial need see cappex.com/hq/articles-and-advice/college-search/college-lists/Colleges-that-Meet-100-Percent-of-Financial-Need.

Oregon Financial Aid Opportunities

OFFICE OF STUDENT ACCESS AND COMPLETION (OSAC)

OSAC administers over 500 scholarships. While the name OSAC suggests that scholarships are limited to Oregon colleges, there are OSAC scholarships that may be used at many U.S. colleges.

THE FORD FAMILY FOUNDATION

The Ford Scholarships are several renewable scholarships including 90% of unmet financial need from \$1000-\$25,000 each year. Apply through OSAC. FAFSA or ORSAA and OSAC application is required. See tfff.org for more information.

OREGON PROMISE

Oregon Promise is a state grant that covers up to 12 credits at any Oregon Community College for recent high school graduates and GED recipients. Apply for the Oregon Promise in the OSAC Student Portal. See oregonstudentaid.gov/oregon-promise.aspx for more information.

PORTLAND STATE UNIVERSITY (PSU) FOUR YEARS FREE

PSU covers tuition and fees for income-eligible Oregon freshmen. See pdx.edu/four-years-free for more information.

UNIVERSITY OF OREGON (U OF O) PATHWAYOREGON

PathwayOregon ensures that academically qualified, federal Pell Grant-eligible Oregonians will

have their tuition and fees paid for by the U of O through a combination of federal, state, and university funds. See pathwayoregon.uoregon.edu/content/award-overview for more information.

OREGON STATE UNIVERSITY (OSU) BRIDGE TO SUCCESS

Bridge to Success ensures that qualified students receive aid to cover their annual tuition and fees at OSU. See admissions.21.oregonstate.edu/bridge-success for more information.

2017-18 Standard Student Budgets for Oregon Postsecondary Institutions

(all figures provided by institutions)

OREGON PUBLIC UNIVERSITIES (8)	Dorm or Off-campus?	Tuition & fees	Books & supplies	Room & board	Personal expenses	Transportation	Total Other Costs	TOTAL
Eastern Oregon University	Both	\$8,469	\$1,425	\$9,978	\$1,833	\$1,248	\$14,484	\$22,953
Oregon Health & Science University	Off-campus	\$18,765	\$970	\$13,239	\$1,440	\$2,835	\$18,484	\$37,249
Oregon Institute of Technology	Both	\$9,541	\$1,250	\$10,947	\$2,270	\$1,760	\$16,227	\$25,768
Oregon State University	Both	\$10,797	\$1,200	\$11,445	\$2,083	\$521	\$15,249	\$26,046
Portland State University	Both	\$9,030	\$1,263	\$12,831	\$1,500	\$1,002	\$16,596	\$25,626
Southern Oregon University	Both	\$9,267	\$999	\$11,871	\$1,000	\$1,160	\$15,030	\$24,297
University of Oregon	Both	\$11,571	\$1,125	\$11,450	\$1,995	\$361	\$14,931	\$26,502
Western Oregon University	Both	\$9,783	\$1,299	\$10,167	\$1,389	\$1,092	\$13,947	\$23,730

OREGON COMMUNITY COLLEGES (17)	Dorm or Off-campus?	Tuition & fees	Books & supplies	Room & board	Personal expenses	Transportation	Total Other Costs	TOTAL
Blue Mountain CC	Off-campus	\$6,564	\$1,038	\$8,889	\$1,398	\$1,305	\$12,630	\$19,194
Central Oregon CC	Off-campus	\$4,623	\$1,800	\$10,701	\$1,287	\$1,713	\$15,501	\$20,124
Chemeketa CC	Off-campus	\$4,500	\$1,200	\$10,800	\$1,287	\$1,713	\$15,000	\$19,500
Clackamas CC	Off-campus	\$4,614	\$1,800	\$9,000	\$1,050	\$1,800	\$13,650	\$18,264
Clatsop CC	Off-campus	\$4,995	\$1,473	\$8,028	\$2,385	\$1,986	\$13,872	\$18,867
Columbia Gorge CC	Off-campus	\$5,310	\$1,200	\$9,732	\$1,500	\$1,800	\$14,232	\$19,542
Klamath CC	Off-campus	\$5,220	\$1,500	\$10,701	\$3,561	\$1,674	\$17,436	\$22,656
Lane CC	Off-campus	\$5,618	\$1,389	\$8,847	\$1,620	\$738	\$12,594	\$18,212
Linn-Benton CC	Off-campus	\$5,067	\$870	\$8,253	\$1,554	\$1,887	\$12,564	\$17,631
Mt Hood CC	Off-campus	\$5,157	\$1,560	\$7,380	\$1,035	\$1,590	\$11,565	\$16,722
Oregon Coast CC	Off-campus	\$4,868	\$1,689	\$11,787	\$1,725	\$1,758	\$16,959	\$21,797
Portland CC	Off-campus	\$5,093	\$1,689	\$11,787	\$1,725	\$1,728	\$16,929	\$22,022
Rogue CC	Off-campus	\$5,325	\$1,200	\$9,255	\$1,470	\$1,521	\$13,446	\$18,771
Southwestern Oregon CC	Off-campus	\$5,955	\$1,500	\$8,100	\$990	\$1,200	\$11,790	\$17,745
Tillamook Bay CC	Off-campus	\$4,815	\$1,146	\$7,929	\$1,035	\$618	\$10,728	\$15,543
Treasure Valley CC	Both	\$5,295	\$2,175	\$6,246	\$1,350	\$2,130	\$11,901	\$17,196
Umpqua CC	Off-campus	\$5,364	\$1,800	\$8,130	\$1,200	\$1,500	\$12,630	\$17,994

OREGON INDEPENDENT COLLEGES (18)	Dorm or off-campus?	Tuition & fees	Books & supplies	Room & board	Personal expenses	Transportation	Total Other Costs	TOTAL
Birthingway	Off-campus	\$23,340	\$877	\$6,162	\$3,195	\$2,054	\$12,288	\$35,628
Concordia University (15-16)	Both	\$30,270	\$900	\$8,780	\$1,800	\$1,000	\$12,480	\$42,750
Corban University	Both	\$31,640	\$950	\$10,060	\$1,200	\$800	\$13,010	\$44,650
George Fox University	Both	\$35,016	\$950	\$10,886	\$1,250	\$800	\$13,886	\$48,902
Lewis & Clark College	Both	\$48,988	\$1,050	\$11,996	\$990	\$990	\$15,026	\$64,014
Linfield College	Both	\$41,576	\$900	\$11,770	\$1,000	\$750	\$14,420	\$55,996
Linfield, Portland Campus	Off-campus	\$42,955	\$1,500	\$10,700	\$1,700	\$2,000	\$15,900	\$58,855
Marylhurst University	Off-campus	\$20,835	\$2,475	\$12,600	\$1,950	\$1,500	\$18,525	\$39,360
Mount Angel Seminary	Dorm	\$21,402	\$1,000	\$12,118	incl	\$1,000	\$14,118	\$35,520
National University of Natural Medicin	Off-campus	\$10,455	\$1,100	\$23,418	\$3,573	\$2,700	\$30,791	\$41,246
Northwest Christian University	Both	\$28,680	\$900	\$8,800	\$1,170	\$1,170	\$12,040	\$40,720
Oregon College of Art and Craft	Off-campus	\$33,160	\$1,800	\$9,900	\$1,100	\$800	\$13,600	\$46,760
Pacific Northwest College of Art	Both	\$36,440	\$1,000	\$13,070	\$2,000	\$1,000	\$17,070	\$53,510
Pacific University	Both	\$42,594	\$1,050	\$12,164	\$960	\$720	\$14,894	\$57,488
Reed College	Dorm	\$54,200	\$900	\$13,670	\$1,050	incl	\$15,620	\$69,820
University of Portland	Dorm	\$44,474	\$930	\$12,658	\$942	\$680	\$15,210	\$59,684
University of Western States	Off-campus	\$10,272	\$1,110	\$10,461	\$2,130	\$2,400	\$16,101	\$26,373
Warner Pacific College	Both	\$24,500	\$1,006	\$9,300	\$1,700	\$900	\$12,906	\$37,406
Willamette University	Both	\$48,264	\$970	\$11,830	\$1,254	incl	\$14,054	\$62,318

NOTE: These "standard" undergraduate student budgets are for informational purposes only. They are based on full-time enrollment at 15 credit-hours/term and do not include insurance, loan fees, nonmandatory fees, or special program-specific fees. Actual budgets will vary from these "standard" budgets, depending upon program of study, courseload, dependency status, and housing situations. (For certain programs, courseloads may be restricted to less than 15 credit-hours per term.)