

# College Planning Handbook 2017-2018



## Jesuit High School Counseling Department

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# College Preparation Timeline

## Major College Planning Dates and Deadlines

### Junior Year

- Get the best possible grades you can!
- Test prep if desired (spring)
- Explore summer programs on college campuses
- Complete Parent Brag Sheet and Personal Assessment in naviance
- Take the SAT and ACT tests (recommend May and June)
- College Info Night for Junior Parents (April 11)
- Take AP tests as appropriate
- Write an essay draft during the summer—look on CommonApp and UC for essay questions

### Senior Year

- Set up Common App account/sign FERPA waiver (Aug)
- UC College Night (September 5)
- College Fair for Private and Parochial Schools (September 18)
- Jesuit Colleges & Universities Fair (September 21)
- Sign up for College appointments with parents and counselors
- Re-take SAT and ACT as necessary (September—December)
- Register with NCAA Eligibility Center if not yet completed & submit transcript request online
- Visit with college representatives during lunch (listed on Naviance)
- Senior Collaborations with counselors (September/November)
- Review and follow letter of recommendation request deadlines as posted on the school calendar
- Begin out-of-state applications & Common App as early as August
- Apply to California State Universities—CSUs (October—November)
- Apply to University of California—UCs (applications available online in August/submit in November)
- Apply to private colleges and universities Oct.—Feb. Check for early action/early decision deadlines - usually early November.
- Complete the FAFSA which opens October 1. Check school websites for due dates. CalGrant FAFSA deadline is March 2.
- File the CSS Profile @ CollegeBoard.org (as applicable)
- Check all college emails and communications.
- Take college placement exams as needed (April/May)
- Register for housing (meet all deadlines)
- Notify colleges of your intent to register by May 1, 2018**

# How to Apply to College: The Basics

## Now is the time to begin the college search process.

- Step 1. **Explore** colleges and universities based on size, location, programs of interest, financial information, sport programs, public vs. private and any other criteria that make sense for you. Visit the campus and/or attend college rep visits in the fall.
- Step 2. **Check** application deadlines in September and October using Naviance, or head directly to a school's website for important dates and deadlines.  
**\*\*Be sure to follow posted deadlines for requesting letters, forms and transcripts.\*\***
- Step 3. **Gather** your applications. Review deadlines and prioritize your applications. Colleges prefer online applications and often reduce or waive online application fees. ***Use the Common Application whenever possible. It will save you and your counselor time!***
- Step 4. **Change your primary email to your student Jesuit email account** (studentj18@student.jhs.net) to keep your college communications organized. Be sure to check this account and your snail mail on a regular basis.

## Things to do in the Fall

### September:

- Retake the ACT, if necessary.

### October:

- Retake SATs and/or ACT, if necessary.
- Begin writing out the UC personal insight questions if you have not already done so. Have your parents, counselor, and English teacher edit it.
- Apply to CSU's. The CSU application filing period is Oct.1—Nov. 30. Some campuses accept applications after Nov. 30. See CSUMentor.edu.
- October-February is generally the application period for private colleges. All are different, so check directly with college websites or Naviance.
- Look into scholarship deadlines. Some are due as early as November.

### November:

- UC application filing period begins November 1st. You can start your application as early as October 1st, but cannot submit it until November 1st. See universityofcalifornia.edu.
- Finish all CSU applications by November 30th.
- Retake the SAT/ACT, if necessary.



**Check your email  
& mail regularly.**



## The Basics (continued)

### Applying Early?

#### EARLY ACTION

- Read all information carefully.
- Highly qualified candidates who apply early may receive offers of admission by mid-Dec.
- Early Action is not binding.

#### SINGLE CHOICE EARLY ACTION

- Read all information carefully.
- You can apply to one university under Single Choice Early Action.
- Your choice is not binding.
- You can choose to attend another institution.

#### EARLY DECISION

- Read all information carefully, these are contracts.
- You can apply to only one school under Early Decision.
- Early Decision is binding. If accepted you must withdraw all other college applications.



### Private Colleges and Universities

*If available, use the Common Application* to apply online to private schools. If the Common App is not an option, use the university's online application. Fill out your application and download all the forms for teacher and counselor recommendations. Check to see if any supplemental forms are required in addition to the Common App. All private schools require a Secondary School Report from your counselor. Counselors will be sending the forms electronically through Naviance and CommonApp whenever possible.

**Once you provide your counselor with the proper forms, College Document Request** (see page 18) he or she will send your official transcript, school report, school profile, and letter of recommendation to each private institution you request. Forms should be given to counselors as early in the year as possible and **no later than the deadlines posted on the school calendar.**

### Additional Information

Apply to a range of colleges:

- *Reach* — a long-shot
- *Realistic* — your probability of admission is slightly better than even
- *Safety* — your probability of admission is highly likely, but never guaranteed

Check your email regularly and feel free to respond to any college information requests as part of the application process. When you respond, you are placed on their mailing lists and they will keep you apprised of important information. If you receive any additional forms or questionnaires from a college, follow all directions and meet all deadlines. Sometimes colleges ask to verify information you have included in your application. They may also ask you for additional financial information.

# Naviance Family Connection

powered by  NAVIANCE

[www.connection.naviance.com/jhssac](http://www.connection.naviance.com/jhssac)

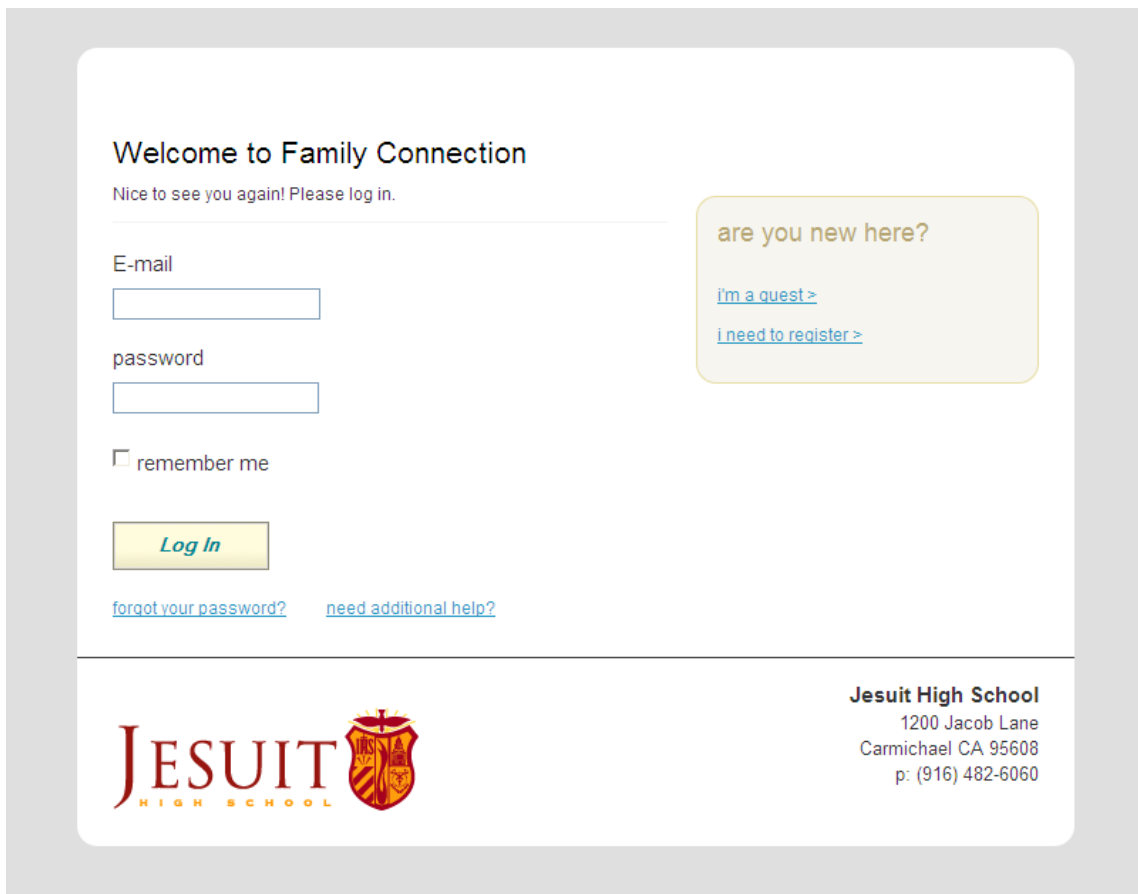
## What is Naviance Family Connection?

Naviance Family Connection is a web based tool to assist with college and career planning. It allows you to search for and compare colleges, track acceptance and enrollment statistics, and keep track of scholarship opportunities. It also facilitates exploring different career opportunities and college majors, as well as building your resume. Naviance helps your counselor assist you with making informed decisions about your future.

The Counseling Department has a cumulative history of Jesuit students' college outcomes. By comparing their information to yours, you can get a realistic view of your chances of getting into different schools. By updating your information, future students will benefit from your experience as well.

## How does Naviance Family Connection work?

Go to [www.connection.naviance.com/jhssac](http://www.connection.naviance.com/jhssac). All students have already registered with their counselors. Log in using your email address and password. Please contact Ms. Kakar if you need assistance with your account.



The screenshot shows the login interface for Naviance Family Connection. At the top, it says "Welcome to Family Connection" and "Nice to see you again! Please log in." Below this are input fields for "E-mail" and "password", a "remember me" checkbox, and a "Log In" button. To the right, a box asks "are you new here?" with links for "i'm a quest >" and "i need to register >". At the bottom left, there are links for "forgot your password?" and "need additional help?". The footer features the Jesuit High School logo and contact information: "Jesuit High School, 1200 Jacob Lane, Carmichael CA 95608, p: (916) 482-6060".

## Naviance Family Connection (continued)

### Once you login...

Update your personal profile and resume. Jesuit updates your test scores and GPAs as they become available. Use the tabs at the top of the page and navigation links on each page to:

- **View scattergrams** of GPAs and test scores charted with the corresponding admissions decisions at each college.
- **Search for colleges** based on specific criteria (public/private, location, student demographics, admissions selectivity, majors/programs offered).
- **Compare academic statistics** and acceptance rates of Jesuit students.
- **Sign up for college rep visits.** Reps visit Jesuit heavily in the early fall. Click on “Upcoming College Visits” to sign up for presentations. The list is updated as reps contact us, so check back periodically.
- **Complete a Career Interest Survey** which will link you to comprehensive career information. You can also explore the college majors that will prepare you for those careers.
- **Student Information Surveys** complete student information surveys in Naviance.
- **Find scholarship opportunities** available to Jesuit students. Most scholarships on the list are for seniors, but a few are open to other grade levels. You can sort the list by name, due date, amount of money awarded, or by certain categories. Click on the name of a scholarship to see its details. Most listings have a website you can go to for more information and to download applications as well.
- **Link to the following websites:**
  - Jesuit High School home page
  - FAFSA online
  - Cal Grant information
  - Common App
  - Federal Aid information
  - FastWeb Scholarships
  - CSS Profile
  - Occupational Outlook
  - CollegeBoard and ACT
  - Senior College Spot (in Naviance)**

# College Admission Testing

SAT	SAT Subject Tests	ACT
<ul style="list-style-type: none"><li>• Math</li><li>• Reading</li><li>• Writing &amp; Language</li><li>• Optional Essay*</li></ul> <p>* Most students should take the <b>SAT with essay</b>. See your counselor with questions.</p>	<ul style="list-style-type: none"><li>-- Literature</li><li>-- US History</li><li>-- World History</li><li>-- Math Level I (Algebra 2)</li><li>-- Math Level II (Pre-Calculus)</li><li>-- Biology Ecological/*Molecular)</li><li>-- Chemistry *most JHS students take Molecular Bio</li><li>-- Physics</li><li>-- World Language</li></ul>	<ul style="list-style-type: none"><li>-- English</li><li>-- Math</li><li>-- Reading</li><li>-- Science</li><li>-- *Optional Writing</li></ul> <p>*Most students should take <b>ACT with Writing</b>. See your counselor with questions.</p>

## It's good to know...

- The Counseling Department recommends that you wait until May of your Junior year to take the SAT with essay and June to take the SAT Subject Tests and ACT. This allows you to have a full year of curriculum before testing.
- Most colleges require you take either the SAT or the ACT. The best place to find out about a college's testing requirements is on their website.
- The SAT and ACT allow students to choose which scores will be sent to colleges.
- CSU's & many private colleges take your best verbal & math scores from multiple test dates; this is called the Super Score.
- The SAT code for the CSU system is 3594. By reporting your scores to this code, all CSU campuses will get your scores.
- When you send your SAT scores to one UC, all UCs have access to your scores.
- UC's:
  1. Will take your best SAT "sitting."
  2. No longer require SAT Subject Tests for all applicants, but **still recommend them** and **may require them for specific majors**.
  3. If you'll be using your SAT/ACT score for the UC's be sure to take the SAT/ACT with Writing.
- Some private and selective colleges require up to 3 Subject Tests. Check the college websites directly for their test requirements.

*Questions? See your counselor*

## SAT & SAT Subject Tests

Register online at [www.collegeboard.org](http://www.collegeboard.org). The earlier you register, the better your chances of being assigned to take the test at Jesuit. Don't forget to print your confirmation and admission ticket page!

SAT Test Dates	Registration Deadline
October 7, 2017	September 9, 2017
November 4, 2017	October 4, 2017
December 2, 2017	November 3, 2017
March 2, 2018	February 9, 2018
May 5, 2018	April 6, 2018
June 2, 2018	May 4, 2018

### Did You Know?

- *collegeboard.org and act.org both have useful tips and strategies to prepare for their respective exams. They also have great college search features!*
- *You get 4 FREE college score reports each time you register.*
- *Remember to send your scores to your top college choices.*
- *You can choose which scores to send to schools.*

**College Board and ACT both require photo uploads as part of the registration process.** Please note that photos must be a clear image with a full-face view or they may be rejected and students unable to test. Make sure to visit each site for specific photo submission requirements.



## ACT Test

Register online at [www.act.org](http://www.act.org).



ACT Test Dates	Registration Deadline
October 28, 2017	September 22, 2017
December 9, 2017	November 3, 2017
February 10, 2018	January 5, 2018
April 14, 2018	March 9, 2018
June 9, 2018	May 4, 2018



# Test Prep Resources and Courses

Jesuit High School Sacramento has provided current sophomores and juniors with access to **Method Test Prep**, an online course that helps students build their math, reading, writing, and SAT/ACT test prep skills. This is free of cost to our students.

- Students can listen to math, verbal and writing tutorials and each tutorial is accompanied by a quiz to test student mastery. The program is highly adaptive and keeps track of a student's strengths and weaknesses. Students have access to a large pool of practice questions and receive instant feedback upon completion of each question. This feedback includes easy-to-understand explanations.
- Students and parents have seen measurable progress when using Method Test Prep. Method Test Prep uses proven strategies that are clear and easy to understand for any type of learner. Method Test Prep is interactive and time efficient. By using internet technology, students are more engaged and their time is focused on areas in need of improvement.
- Method Test Prep is a good fit for any type of student. The website can be accessed at any time of day or night most convenient to the student. Method Test Prep is designed to be used independently or as a supplement to other SAT or ACT prep.
- Method Test Prep also produces a great blog and Facebook page that offers test taking tips/strategies as well as useful information regarding the SAT/ACT. Get more information at [www.methodtestprep.com](http://www.methodtestprep.com) or have your son speak with his counselor.

## **SAT & ACT Prep Workshops** *costs verified at time of printing, subject to change*

### **Kaplan**

Phone: (800) KAP-TEST  
Sacramento: (916) 929-4402  
Web: [kaptest.com/college](http://kaptest.com/college)  
Cost: \$749 for 6 classroom sessions with practice tests  
Also available: one-on-one, small group prep and web-based on-demand options

### **College Board**

Web: [www.collegeboard.org](http://www.collegeboard.org)  
Cost: \$69.95  
Format: web-based online course with 10 online tests and 18 interactive lessons.  
Also available: FREE full length practice tests with immediate scoring

### **Scholars Tutoring Center**

Phone: (916) 979-9755  
Web: [scholarstutoring.com](http://scholarstutoring.com)  
Cost: \$495  
Format: 16 hours small group prep for SAT or ACT. Also available—individual tutoring for SAT Subject Tests.

### **Revolution Prep**

Phone: (888) 773-7123  
Web: [revolutionprep.com](http://revolutionprep.com)  
Cost: \$599 for a 6 week class, 5 practice exams and unlimited access to study sessions.  
\*New: on-campus prep at JHS  
Also available: small group courses & private tutoring  
Financial assistance available.

### **Academic Impact**

Phone: (916) 905-2466  
Web: [academicimpact.net](http://academicimpact.net)  
Cost: call for pricing

### **Schulman's SAT Workshop**

Phone: (530)478-PREP  
Web: [www.schulmansat.com](http://www.schulmansat.com)  
Cost: \$350 includes book  
Format: 5 three-hour classes  
Roseville, Grass Valley & Auburn

These are only some of the resources available for test preparation.  
Contact each service directly for current program information.

# The Essay or Personal Statement

## Purpose of the essay or personal statement

- Bring life to the person behind the application.
- Showcase a student's talents, achievements, experiences and points of view in ways the rest of the application cannot.
- Provide a complete picture and fill in the gaps.
- Be considered for scholarships.



## General writing tips

- Write a solid introduction; this makes the reader want to continue reading.
- In the case of a short essay (200 words or less) the answer should get to the point in the first sentences, supported by well-chosen examples and a well-focused conclusion.
- Use transitions to give your essay a logical flow.
- The bulk of your essay should clearly tell the reader who you are.
- Write a conclusion that impresses upon the reader your qualifications and ties your essay together.

## Reminders

- Read all instructions carefully.
- Answer the prompt!
- “Anything” means one strategically chosen topic which highlights or explains what’s in the application itself.
- Avoid lists of accomplishments but focus on what these activities say about you.
- Start early (summer before senior year) and rewrite...write one draft and let it sit for a day.
- Have others review your work.
- Write in your own authentic voice.
- Be careful with humor.
- Do NOT manufacture hardship.
- Do NOT use big words to make your essay sound more impressive.

## What are some things readers may be looking for?

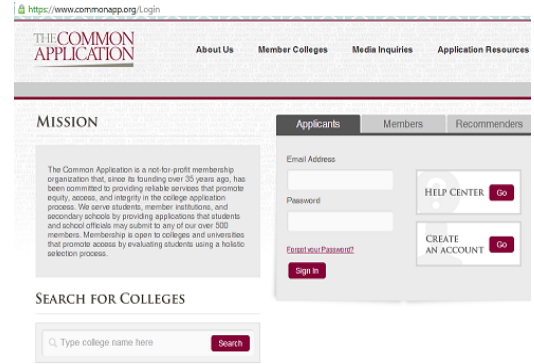
- Thoughtful reflection: some sense of who you are.
- Personal qualities that may include: leadership, initiative, openness to growth, persistence, commitment to others, maturity, motivation.
- Meaningful participation in activities.
- Students willing to go the extra mile to enrich their education.

*The essay/personal statement should round out your application and is an important piece of the “comprehensive review” of your application.*

# Common App Essay Prompts *from 2016-2017 application year*

You will be asked to write an essay (approximately 250-650 words) on one of several broad options, including:

- Some students have a background or story that is so central to their identity that they believe their application would be incomplete without it. If this sounds like you, then please share your story.
- Recount an incident or time when you experienced failure. How did it affect you, and what lessons did you learn?
- Reflect on a time when you challenged a belief or idea. What prompted you to act? Would you make the same decision again?
- Describe a place or environment where you are perfectly content. What do you do or experience there, and why is it meaningful to you.
- Discuss an accomplishment or event, formal or informal, that marked your transition from childhood to adulthood within your culture, community, or family.



## UC Personal Insight Questions

*For the 2017-2018 application year*



- You will have 8 questions to choose from. You must respond to only **four** of the eight questions.
- Each response is limited to a maximum of 350 words.

Which questions you choose to answer are entirely up to you: But you should select questions that are most relevant to your experience and that best reflect your individual circumstances.

All questions are equal: All are given equal consideration in the application process, which means there is no advantage to choosing certain questions over others.

*The CommonApp essay and UC Personal Insight Questions prompts are accurate at the time of printing.*

*Please check CommonApp.org and UniversityofCalifornia.edu for updates.*

# Sample Essay—Tips Included!

What makes this a good essay?

October 12, 2015

Maryanne Wheeler  
Personal Essay  
St. Lawrence University

"Where the heck is it?" I asked aloud as I ripped through every drawer and closet. "Mom!" I screamed, as I pulled the rumpled, size 6-8 Cinderella dress from the overstuffed Hefty bag in the center of my floor. How could my mother callously have cast aside the dress that served as my cousin Bradley's trademark costume for my annual family Christmas production?

I pounded down the stairs and found my mother innocently making dinner. I put on my most terrifying eight-year-old face and held up the crinkled Disney creation. "Just what do you think Brad is gonna wear this year?" My mother would learn the extreme sentimental value of this dress and how it would serve to remind us of Bradley and our innocence.

Kindred spirits, both left-handed and white-haired and born only weeks apart, Brad and I spent every preschool day together in mutual adoration. After all, he had what appeared to be two belly buttons and his scars were much more impressive than mine. Thankfully, I did not understand the correlation between those holes and scars and his having been deprived of oxygen at birth due to a badly malformed heart, a birth defect that would severely impair his ability to learn. Brad and I, sporting plastic sunglasses, spent our early years cruising the yard in my pink Barbie Beach Buggy, from which I had diligently scraped the Barbie sticker to make it look less like an embarrassing "girlie" car. We romped around the house, ripping heads off dolls, sneaking sugary items, and whipping ourselves off the swings in an effort to land on the paved driveway. It is the laughter I remember when I think of these days, not Brad's disability.

My perception drastically altered when I entered fourth grade. "Hey, retard!" one boy shouted at recess as one of his henchmen chucked the ball at Brad's head. I was not sure what a retard was, but the sound of it made me wince. I launched myself at the ringleader, swinging and crying. I chased them off, the buttons hanging from my now-muddy jumper. I was baffled, and the pain I felt had nothing to do with my bleeding knees. I looked at Bradley and he was smiling at me, not understanding what had just happened, and I was grateful, and forever changed.

As we grew older, our paths diverged. Brad took the path that so many look on with pity as "slow" and "unfortunate." Initially, I felt guilty for growing up without him. As I write my essays for college and complain about the work involved in applications, I think about Brad, who gets pumped to take his permit test and fails every time, but will persevere. He will never fit the societal ideal of a "normal" person or a "successful" person and I abhor the elitist thinking that insists that my life must have more meaning than his. Watching him grow up has helped me to overcome what could have been my handicap. He is compassionate and determined in spite of thousands of setbacks. And when we all grumble about the burdens of life, I think of Brad and wonder, who is the happier person? He finds joy in things like putting aside money from his grocery store job to buy me a Christmas gift, or saving me all the red gummy bears. He does not lament how few friends he has, but is glad to be with the few who know and appreciate him. I do not feel lucky for being different than Brad. I feel lucky for knowing him. He has taught me that more intelligent does not equal better, and it certainly does not equal happier. What does mark the superior person is the nature of his heart and soul, and Brad's are pure and joyful and suffused with love.

"Scene two, take one." Bradley enters, surrounded by a chorus of characters consisting of my brother and cousins. He is wearing the tattered, size 6-8 Cinderella dress. "Kung Fu Fighting" comes on, and that's his cue. He throws himself into my meticulously choreographed dance, and when the song ends, executes his grand finale, standing on one slightly bent leg. And in the silence between the end of the song and the applause, you can hear the dress ripping a little more.

*This essay wasn't just on time, it was submitted well before the Early Decision deadline. Meeting deadlines is crucial in the college application process, especially if you are applying Early Decision or Early Action.*

*The essay begins with a story that grabs the reader's attention. Make it interesting. Admission staff read hundreds and sometimes thousands of essays, so your essay needs to stand out.*

*Maryanne uses enough details and dialogue to paint a vivid picture. Because she has chosen very specific moments, she can make the scenes come to life without writing a novel.*

*She introduces Bradley's condition in a thoughtful, straightforward manner. His life and their experiences together are inspiring, so her story does not need to be exaggerated.*

*Maryanne is specific when she lists the reasons why she finds Bradley inspirational and what she has learned from him.*

*Her essay is about appreciating what you have, who you are, and what truly matters in life. Instead of saying that outright, she tells a story that illustrates her point. A memorable essay is more show than tell.*

*Maryanne ends her story where it began, with the Cinderella dress, bringing the essay full-circle.*

*This essay is also good because of everything that's not in there; it is free of misspellings, it is an appropriate length, and there are no run-on sentences or lengthy paragraphs.*

# Sample Resume created using Naviance

## Joe Student

<b>Education</b>	August 2014—Present	<b>Jesuit High School</b> Carmichael, California
<b>Summary</b>	<ol style="list-style-type: none"><li>1. Graduation Date: May 27, 2018</li><li>2. GPA: 3.3</li><li>3. AP Courses: Calculus, Chemistry, Physics</li><li>4. SAT: Verbal 600, Math 590</li><li>5. Intended Major: Engineering and/or Construction Management</li></ol>	
<b>Awards</b>	<b>Science Olympiad Medal</b> Grade 10 <b>Honor Roll</b> Grades 9, 10, 11	
<b>Extracurricular Activities</b>	<b>Student Government</b> Grades 10, 11 Class Senator <b>Boy Scouts of America</b> Grades 9, 10, 11 Currently completing Eagle Scout Project	
<b>Work Experience</b>	September 14—Present	<b>Supervisor, weekend shift</b> Carmichael, CA Taco Bell 12 hours/week
<b>Volunteer Service</b>	November 13—Present	<b>Server for Saturday dinners</b> Sacramento, CA Loaves & Fishes Dining Room 3 hours/week
<b>Other</b>	I enjoy making connections between classes like Calculus and Physics, as well as learning practical uses for what I am learning, like construction principles.	

The resume is a summary of what you do, both in and out of class. It is a concrete list of information that helps your counselor and teachers to write about YOU. This type of document will be useful to you after college, as well, when you are looking for a job.

# College Athletics

## How To Contact Coaches



Talk with your counselor about a range of colleges for which you are academically qualified.

*While some schools may lower academic standards for athletes, many require strong academics, test scores, and athletics!*



More Resources for Athletes:

[www.collegiatedirectories.com](http://www.collegiatedirectories.com)  
Free "Do-It-Yourself Guide to the College Recruitment Process"

[www.eligibilitycenter.org](http://www.eligibilitycenter.org)  
Register at the NCAA Eligibility Center

[www.ncaa.org](http://www.ncaa.org)  
Rules on recruiting

[www.naia.org](http://www.naia.org)  
National Association Of Intercollegiate Athletics

[www.njcaa.org](http://www.njcaa.org)  
Competing at the Junior College level

- Talk with your high school coach about a range of colleges that he or she thinks might be a good "fit" for you and your level of talent (both academic and athletic).
- Decide if you should be considering Division I, II, or III athletic programs. Perhaps NAIA programs are best suited for you. Check college websites for athletic programs, statistics, and standards for your sport.
- Research the name of the coach for your sport by checking university websites directly for the most current information.
- Draft a letter to each coach. Include a resume with a profile of your academic interests and achievements. Discuss your athletic accomplishments supported by statistics, newspaper articles, records, and awards/honors. Mention any camps attended or future tournaments and games. If appropriate, include a ten minute video of yourself with visible game highlights. Make certain you are easy to identify. Send a schedule of games as well.

## Register with the NCAA Eligibility Center

- If you plan to play Division I or II sports, you must register with the NCAA Eligibility Center. Register at [www.eligibilitycenter.org](http://www.eligibilitycenter.org). After you receive your second semester report card junior year, fill out a transcript request form online. Send standardized test scores directly to the Eligibility Center by using code 9999 when

## Register with CoreCourseGPA (see next page)

### Follow-Up

- Ask your high school or club coach to make a follow-up call or write a letter of recommendation. Remember to apply to colleges through the Admissions Office and indicate an interest in athletics. Apply as early as possible and meet all deadlines. Do not feel pressure to apply Early Decision or Early Action.
- Follow-up with coaches as necessary and make sure the college coach's philosophy and style meet your needs.
- Be realistic in this process. Put academics first!

## NCAA Eligibility Tracking with CoreCourseGPA

We are pleased to inform you that Jesuit High School is making CoreCourseGPA.com, a web-based software program, available to all [Jesuit High School](#) student-athletes and their parents/guardians **free of charge**.

**If your child has aspirations of competing athletically as a freshman at an NCAA Division I or Division II school, they must meet NCAA Initial-Eligibility minimum standards**, including minimum core course GPA and SAT/ACT test score requirements. CoreCourseGPA.com is an innovative tool that allows you to easily track your son or daughter's progress towards meeting these requirements, beginning as soon as the first semester of their freshman year.

To **activate your child's CoreCourseGPA.com membership**, follow these simple steps:

1. Go to **www.CoreCourseGPA.com**
2. Click on "**Free New Member Account**" in the upper left corner and enter the School ID and School Code:  
**Students/Parents:**  
School ID: 052714  
School Code: 702711168
3. Click "**Continue.**"
4. **Fill in the appropriate fields** in the **Create New Student Account** form.  
*\*\*Remember to write down the new Member Name and Password you have created\*\**
5. Click "**Submit**"  
*Congratulations! You have successfully created your CoreCourseGPA.com member account.*

To **login to your member account** and begin using the CoreCourseGPA.com software, follow these simple steps:

1. Go to **www.CoreCourseGPA.com**
2. Click the "**Member Login**" button in the upper right corner
3. Enter your **Member Name** and **Password**  
*\*\*Use the Member Name and Password you created during the account activation process\*\**
4. Click "**Login**"

CoreCourseGPA.com incorporates the NCAA recognized core courses for Jesuit High School into the online course entry forms, calculates BOTH Division I and Division II core course GPA, automatically factors weighted grades into calculations and tracks course requirements for BOTH Division I and Division II. Your son or daughter's core course information is saved for the duration of their high school career.

Jesuit High School is proud to make this innovative software available to you free of charge. We believe CoreCourseGPA.com will be a very useful academic tool for you and your student-athlete.

CoreCourseGPA.com also provides you access to free recruiting webinars through FreeRecruitingWebinar.org, a nonprofit program. Webinar previews as well as full length recruiting webinars may be accessed on the FreeRecruitingWebinar.org website. Viewing a full length webinar is highly recommended to learn about the facts and rules of recruiting. The recruiting process starts in the freshman year. Make sure you are prepared.

Sincerely,

Your Name Here

**IT IS IMPORTANT TO NOTE THAT YOUR USE OF CORECOURSEGPA.COM IS NOT A SUBSTITUTE FOR REGISTERING WITH THE NCAA ELIGIBILITY CENTER AFTER THE COMPLETION OF SIX HIGH SCHOOL SEMESTERS.**



# Military Academies & ROTC

**Securing an Appointment:** You must be nominated by your Senator or Congressional Representative to be considered for all military academies except the Coast Guard. **You should consider starting this process during the spring of junior year or summer before senior year.** Plan to complete your application by the end of October, in order to be interviewed in November. You should be notified of nomination by February. The Academy will contact candidates for evaluation and extend the final offer of appointment by May 1.

Evaluations are based on the “whole person” concept and take into consideration your academic, leadership and physical abilities. Most academies and congressional offices require: official transcripts; SAT/ACT scores directly from the test agency; 3 letters of recommendation; a 500-word essay describing why you want to attend a service academy; your resume of activities, leadership positions held, academic and athletic awards; a copy of your birth certificate; and a small, recent photograph (optional). Each representative has their own nomination application and procedure. Visit the website(s) for details.

Barbara Boxer: <http://boxer.senate.gov/>  
Dianne Feinstein: <http://feinstein.senate.gov/>

Ami Bera: <http://bera.house.gov/>  
Doris Matsui: <http://www.matsui.house.gov/>

Do not wait for your Congressional Appointment to open your application file at the academy to which you will apply. Complete information can be accessed at the website(s) below.

ROTC Scholarships may be used at a number of private and public colleges and universities. See the websites for complete information.

## Admissions Contact Info:

- US Merchant Marine Academy  
Attn: Director of Admissions  
Address: 300 Steamboat Road  
Kings Point, NY 11024  
Phone: (866) 546-4778  
Web: [www.usmma.edu](http://www.usmma.edu)
  - US Air Force Academy  
Attn: Admissions Office, HQ USAFA/RR  
Address: 2304 Cadet Dr., Suite 2300  
USAF Academy, CO 80840  
Phone: (800) 443-3864  
Web: [www.academyadmissions.edu](http://www.academyadmissions.edu)
  - US Coast Guard Academy  
Attn: Director of Admissions  
Address: 31 Mohegan Ave.  
New London, CT 06320  
Phone: (800) 883-8724  
Web: [www.cga.edu](http://www.cga.edu)
  - US Military Academy  
Attn: Director of Admissions  
Address: 600 Thayer Road, Bldg. 606  
West Point, NY 10996  
Phone: (845) 938-4041  
Web: [www.usma.edu/admissions/](http://www.usma.edu/admissions/)
  - US Naval Academy  
Attn: Admissions  
Address: 52 King George Road  
Annapolis, MD 21402-5018  
Phone: (410) 293-1858  
Web: [www.usna.edu/](http://www.usna.edu/)
- Army, Navy, & Air Force Reserve Officer Training Candidate (ROTC):**
- Air Force ROTC  
Attn: AFROTC Admissions  
Address: 551 E. Maxwell Blvd.  
Maxwell AFB, AL 36112  
Phone: (866) 423-7682  
Web: [www.afrotc.com](http://www.afrotc.com)
  - Army ROTC  
Phone: (888) 550-2769  
Web: [www.goarmy.com/rotc](http://www.goarmy.com/rotc)
  - Navy ROTC  
Phone: (800) NAV-ROTC  
[www.nrotc.navy.mil/](http://www.nrotc.navy.mil/)
- Marine Option: [www.marines.com/becoming-a-marine/commissioning-programs/four-year-colleges](http://www.marines.com/becoming-a-marine/commissioning-programs/four-year-colleges)



# Submitting College Applications to Private Schools (Using Common App)

Your counselor will be submitting the school materials for your college applications *electronically*. There are a few quick steps you need to complete in order for you to be able to request transcripts, letters of recommendation and Secondary School Reports from your counselor.

**Step 1:** If Common App is an option, **you should apply using the Common App.**

- Create a Common App account at [www.commonapp.org](http://www.commonapp.org).
- Use your school email address for your Common App account registration and note your password.

**Step 2:** Fill out the Common App— you must complete the entire Education section and have at least one school added to your account before you may complete the FERPA.

**Step 3:** Add all the Common App schools to which you plan to apply to your Common App account.

**Step 4:** Sign the FERPA Release Authorization

- Click on “Assign Recommenders” in the My Colleges tab.
- Select the Release Authorization link
- Read through the instructions and check the box to continue
- Check the authorization box and select to either waive your right to review recommendations or not. *Please note that it is highly suggested to waive your right to read the recommendations.*
- Type in your signature and select the date—click SAVE
- You should now see a green check mark next to the FERPA Release Authorization

**Step 5:** Adding additional schools—you must see your counselor immediately

- **If you add applications after submitting the hard copy form to your counselor, you must *resubmit* the College Document Request form.**
- Nothing will be sent from your counselor unless you have notified your counselor in writing! Naviance does not notify us of additional changes.

The screenshot shows the Common App dashboard with the following elements:

- Navigation tabs: Dashboard, My Colleges (circled), Common App, College Search.
- Left sidebar: John Carroll University, Questions, Assign Recommenders (circled), Submission - Common App, University of Michigan.
- Main content area: Manage Recommenders link, FERPA Release Authorization (circled) with a yellow dot, Counselor section, and Offline Forms (School Report, Optional Report, Mid Year Report, Final Report).
- Right sidebar: Help Center, Recommender Information does not change, Who can be a recommender?, Resend.

# College Document Request

Student: \_\_\_\_\_ Counselor: \_\_\_\_\_ Today's Date: \_\_\_\_\_

**This is an updated form**

If application is due in: November (early action/decision) December January February	Request recommendations by: September 30 October 28 November 18 January 11
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**Counselor needs:**

1. This form
2. Your resume (Naviance)
3. Student Self-Assessment (Naviance)
4. Parent Brag Sheet (Naviance)

**Application Types:**

1. Common App — CA
2. SendEdu — SE
3. University of California — UC
4. California State University — CSU
5. Other

**Colleges You're Applying to:**

List College(s)	Deadlines:	App Type
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

**Note: UCs, CSUs and many public universities do NOT require letters of recommendation.**

\_\_\_\_\_  
**Student Signature & Date**

\_\_\_\_\_  
**Parent Signature & Date**

**Keep in mind, any changes or updates must be reported to your counselor by resubmitting this form.**

**Sample of Student Self-Assessment**  
(For Counselor Letter of Recommendation Request)  
\*Form Must be Complete in Naviance\*

Student: \_\_\_\_\_ Counselor: \_\_\_\_\_ Date: \_\_\_\_\_

Did your parents or grandparents attend college? \_\_ yes \_\_ no

1. Explain your academic strengths and weaknesses. Are there any items or trends on your transcript you think need explanation? Please explain here.
  
  
  
  
  
  
  
  
  
  
2. If you were to choose three or four adjectives that get at the core essence of who you are, what would they be and **why**?
  
  
  
  
  
  
  
  
  
  
3. Which of your activities/accomplishments are you the most proud of and **why**?
  
  
  
  
  
  
  
  
  
  
4. How have you contributed to your school or community?
  
  
  
  
  
  
  
  
  
  
5. What is the most important thing you want the colleges to know about you?
  
  
  
  
  
  
  
  
  
  
6. What is your greatest passion in life?
  
  
  
  
  
  
  
  
  
  
7. Have there been any personal challenges that you have overcome?
  
  
  
  
  
  
  
  
  
  
8. What is your desired major or career interest and **why**?
  
  
  
  
  
  
  
  
  
  
9. What was your senior service and what did you learn about yourself?

**\*SAMPLE SHEET\***

# Sample of Parent Brag Sheet for College

**\*Must Complete Form in Naviance\***

If your son is applying to a college outside of the community college, state college or UC college system he will need a letter of recommendation from his counselor and at least one teacher. The best way for counselors to gather information from you regarding your son is to complete this form in Naviance.

**Parent Brag Sheet for:** \_\_\_\_\_  
(first and last name of student)

1. What do you consider to be the outstanding accomplishments of your son during the past three to four years? Why did you select these as most important?
2. In what areas has your son shown the most development and growth during the past three to four years?
3. What do you consider to be your son's outstanding personality traits?
4. If you had to describe your son in three to five adjectives, what would they be and why?
5. Are there any unusual or personal circumstances which have affected your son's educational experiences or personal experiences?

Parent Signature: \_\_\_\_\_

**\*SAMPLE SHEET\***



## Useful Websites

### Jesuit High School

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

Under Academics click on *College Guidance* to access the Counseling Department's web pages for the college process. From here, you can access **Naviance Family Connection**, which is referenced throughout this handbook for college search, rep visits, scholarships, career exploration and more. All students have registered for Naviance with their counselors. Parents—login with your parent registration code for customized information, or use the Guest Entrance (password “bigred”) for general information.

### College Admission Testing

[www.act.org](http://www.act.org) ACT registration, score reporting, test tips, sample questions

[www.collegeboard.org](http://www.collegeboard.org) SAT registration, score reporting, college search, more  
Use “Quickstart” to access PSAT results and free customized test prep

### College Search & Applications

[www.csumentor.edu](http://www.csumentor.edu) California State University (CSU) System

[www.universityofcalifornia.edu](http://www.universityofcalifornia.edu) University of California (UC) System

[www.cccco.edu](http://www.cccco.edu) CA Community College Chancellor's Office

[www.assist.org](http://www.assist.org) Information on transferring between California public institutions

[www.californiacolleges.edu](http://www.californiacolleges.edu) CA Colleges & Univ.—college and career planning

[www.catholiccollegesonline.org](http://www.catholiccollegesonline.org) National Catholic College Admission Assoc.

[www.commonapp.org](http://www.commonapp.org) Common Application

[www.eduinonline.com](http://www.eduinonline.com) Black college common application and scholarship info

[www.youniversitytv.com](http://www.youniversitytv.com) Video tours of college campuses and dorms

[www.ctcl.org](http://www.ctcl.org) Colleges That Change Lives college search and info schools

[www.princetonreview.com](http://www.princetonreview.com) Test prep, college, career and scholarship search

### Financial Aid

[www.fafsa.ed.gov](http://www.fafsa.ed.gov) FAFSA application

[www.finaid.org](http://www.finaid.org) Students' guide to financial aid, useful tools for financial planning

[www.csac.ca.gov](http://www.csac.ca.gov) California Student Aid Commission (CalGrant)

[www.ecmc.org](http://www.ecmc.org) Federal loan program, tools for budgeting and managing money

[www.fastweb.com](http://www.fastweb.com) Free scholarship search

[www.meritaid.com](http://www.meritaid.com) Free scholarship search sorted by colleges & universities

### Athlete Resources

[www.eligibilitycenter.org](http://www.eligibilitycenter.org) NCAA eligibility registration

[www.naia.org](http://www.naia.org) National Assoc. of Intercollegiate Athletics

[www.njcaa.org](http://www.njcaa.org) National Junior College Athletic Assoc.

### Career Exploration

[www.jesuithighschool.org](http://www.jesuithighschool.org) Access Naviance as directed above  
Explore interests and careers, see which schools offer which majors, access the Occupational Outlook and more.

