

College Planning Handbook 2018-2019



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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) -students are encouraged to take the tests with essay.
- Register with NCAA Eligibility Center if not yet completed & submit transcript request online
- Write an essay draft during the summer—look on CommonApp and UC for essay questions
- Set up Common App account/sign FERPA waiver (Spring)

Senior Year

- Sign up for College appointments with parents and counselors
- Review and follow College Document Form request deadlines as posted on the form
- Senior Collaborations with counselors (September/November)
- Visit with college representatives during lunch (listed on Naviance)
- Attend UC College Night, Private and Parochial Schools College Fair, and the Jesuit Colleges and Universities Fair
- Re-take SAT and ACT as necessary (September—December)
Students are responsible for sending scores directly through the testing agencies.
- Begin out-of-state applications, UCs & Common App as early as August
- Apply to private colleges and universities Oct.—Feb. Check for early action/early decision deadlines - usually early November.
- Apply to California State Universities—CSUs (available October, deadline Nov 30)
- Apply to University of California—UCs (available August, deadline Nov 30)
- Attend Financial Aid Night and complete the FAFSA (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 portals.
- Register for housing (meet all deadlines)
- Notify colleges of your intent to register by May 1, 2019**

Naviance—How to Search?

Welcome to Family Connection
Nice to see you again! Please log in.

E-mail

password

remember me

[Log In](#)

[forgot your password?](#) [need additional help?](#)

JESUIT HIGH SCHOOL

Jesuit High School
1200 Jacob Lane
Carmichael CA 95608
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← Once you have registered with your counselor, login here using the email and password you chose.

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 view calendars and sign up for reminders. 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)**

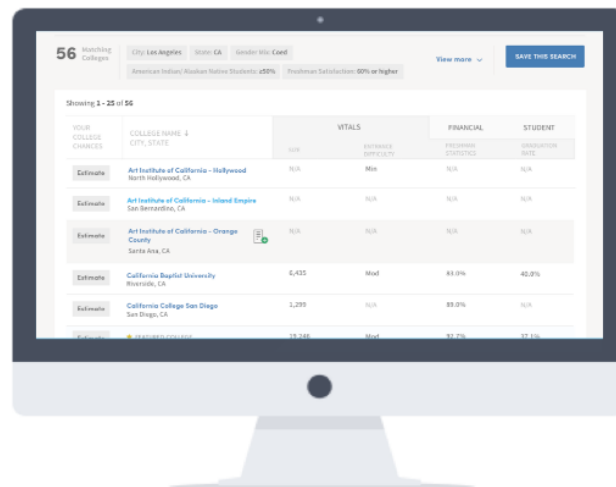
How to Find Your Fit

 COLLEGE MATCH

Find the right colleges for you!

Search over 2,000 colleges to find the schools that match your preferences and get all the details on admission, financial aid, academics and campus life in our college profiles.

[Search for Colleges](#)




Find expert information and advice

Collegedata's in-depth articles cover all aspects of how to explore, prepare for, select, and pay for college. Easy to save, print, and share by email and on social media sites.

True Stories About Getting Into College

Check out College Buzz for true stories and lessons learned on the road to college from students at more than 90 schools, including latest from new freshmen at Emory University, New York University, Ohio University, Dartmouth College, University of Northern Carolina Chapel Hill, Pomona College, Vanderbilt University, and University of Pennsylvania.

 COLLEGE CHANCES

Will you get in? Find out!

Predict your chances for admission at any college. See if you are a Good Bet, Maybe, or Reach, and why. See how you compare to current freshmen, how important each admissions factor is to the college, and how to improve your chances of getting in.

[Calculate Your Chances](#)



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, refer to 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 Common App, or head directly to the university's website for important dates and deadlines.
****Be sure to follow posted deadlines for requesting letters, forms and transcripts.****
- Step 3. **Prioritize** your applications. Review deadlines and create a timeline for each application. ***Use the Common Application whenever possible. It will save you and your counselor time!***
- Step 4. **Ensure you use your Jesuit Student Email account** for all college communications (studentj19@student.jhs.net) to keep your college communications organized. Be sure to check this account, your college portals, and your snail mail on a regular basis.

Things to do in the Fall

Summer

- Take the SAT with Writing and/or ACT plus Essay tests.
- Begin writing out the UC application as early as August. Have your parents, counselor, and English teacher edit it.

September:

- Retake the ACT, if necessary.
- Meet with your counselor for your Senior Family College Appointment



October:

- Retake SATs and/or ACT, if necessary.
- Apply to CSU's. Our general rule of thumb is to complete the application by Oct 31. The CSU application filing period is Oct.1—Nov. 30. See Cal State Apply for more information.
- October-February is generally the application period for private colleges.
All deadlines are different, so check directly with college websites or Naviance.
- FAFSA opens October 1—start application.
- Look into scholarship deadlines. Some are due as early as November. Check with universities to see if CSS Profile is required for scholarships.

November:

- UC application can be submitted beginning November 1st.
You can start your UC application as early as August, but cannot submit it until November 1st. See universityofcalifornia.edu.
- CSU applications deadline is November 30.
- Retake the SAT/ACT, if necessary.
- Submit college document request form to counselor if applying early.

Senior Timeline

Seniors will meet with their counselors individually at least once a semester. Counselors will schedule seniors for these meetings throughout the Fall & Spring. Students are welcome to drop in to see their counselors anytime. The Counseling Department will host a parent series with outside speakers on various topics throughout the year. It is recommended that Seniors should attend college visits at Jesuit High School and receptions, fairs, information sessions of the colleges they are most interested in.

YEARLONG

- Eat well, exercise and get enough sleep
- Educate yourself on all of the colleges you are applying to
- Research and update your scholarship list. Make sure you have an action plan to meet deadlines.
- Register for various ACT plus Writing /SAT with Writing /Subject tests for Fall exams asap. Check your campuses for the latests adacceptable test date.
- Apply for scholarships (Naviance, Fastweb, Internet)
- Connect with your counselor and communicate with your teachers regularly.

SUMMER/AUGUST

- Begin narrowing your list of colleges.
- Register and take SAT with Writing and/or ACT plus Writing tests as necessary.
- Update resume on Naviance
- Create **one** Common App account for all colleges that use the Common App
- Create outlines for College Essays (Create Google Doc)
- UC applications are open for the Fall.

SEPTEMBER

- Meet with College Representatives during lunch.
- Begin to create a master calendar with important college application deadlines.
- Retake the SAT with Writing and/or ACT plus Writing, if necessary.
- Begin meeting with your counselor for student/parent college meetings (your parent will need to schedule this by using calendly.com)
- Begin asking teacher(s) for letters of recommendations.

OCTOBER

- Finalize your college choices.
- Prepare Early Decision, Early Action, if needed.
- Ask a teacher/counselor to review essay drafts.
- FAFSA opens up October 1 (fafsa.gov).
- If you have not had your test scores sent to the colleges to which you are applying, be sure to do this!
- If you need to fill out the CSS/Financial Aid Profile (over 200 colleges require this additional financial aid form), you can register on collegeboard.org starting October 1.
- CSU application are open for fall.

NOVEMBER

- November 1-15: For early admission (ED or EA), colleges may require test scores and applications between these dates. (Please check each college website).
- Complete UC and CSU applications.
- Complete your application questions.

Senior Timeline—Continued

DECEMBER/JANUARY

- Continue to complete applications.
- Remember to check college portals and emails.
- Make sure all test scores are sent.
- Verify that all applications are complete.
- It is recommended to have all FAFSA, and CSS Profile completed.
- Continue to keep senior grades up! Colleges want your first- semester grades.

FEBRUARY

- No senioritis, please! Accepting colleges do look at second-semester senior grades.
- If you submitted your CSS Profile, check your acknowledgement and send any corrections, if necessary, directly to the colleges that require it.
- Apply for scholarships!

MARCH

- Keep active in school. If you are wait-listed, the colleges will want to know what you have accomplished between the time you applied and learned of its decision.
- Be sure to consistently check your email and college portals, as this is how colleges will be in contact with you.

APRIL

- Check all college portals for decision notifications.
- You should receive acceptance letters and emails by April 1. If you've not yet done, visit your final college before accepting by May 1. As soon as you decide, input your choice into Naviance.
- Update your scholarships in Naviance.
- Contact the colleges if you have any questions about the financial aid packages they've offered you. Make sure you understand all terms and conditions.
- Make a final decision, accept the aid package, and submit a deposit to the college you select before May 1.

MAY

- May 1: Colleges cannot require a deposit or commitment to attend before May 1. By that postmarked date, you must inform every college your acceptance or rejection of the offer of admission and/or financial aid.
- Send your deposit to one college only.
- Wait-listed by a college? If you will enroll if accepted, tell the admissions representatives your intent and ask how to strengthen your application. Need financial aid? Ask whether funds will be available if you are accepted.
- Thank everyone who wrote your recommendations or otherwise helped with your college/scholarship applications.

Applying Early?

This should be a consideration for students whose application is the best it can possibly be at this time (test scores, transcript, and essays). Please read all information carefully.

EARLY ACTION

- Apply early (usually November). Check website of college.
- Highly qualified candidates who apply early may receive offers of admission early (in the admission cycle) by mid-Dec.
- Early Action is not binding.
- Apply to other colleges under regular admission plans.



SINGLE CHOICE EARLY ACTION

- Apply early (usually November). Check website of college.
- You can only apply to one university under Single Choice Early Action.
- Your choice is not binding.
- You can still choose to attend another institution if accepted.

EARLY DECISION

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

Who Should Apply Early?

Applying to an Early Decision or Early Action plan **is** most appropriate for a student who:

- Has researched colleges extensively.
- Is absolutely sure that the college is the first choice?
- Has found a college that is a strong match academically, socially and geographically.
- Meets or exceeds the admission profile for the college for SAT scores, GPA and class rank.
- Has an academic record that has been consistently solid over time.

Applying to an ED or EA plan **is not** appropriate for a student who:

- Has not thoroughly researched colleges.
- Is applying early just to avoid stress and paperwork.
- Is not fully committed to attending the college.
- Is applying early only because friends are.
- Needs a strong senior fall semester to bring grades up.

Additional Information

Apply to a range of colleges:

- *Reach* — a long-shot
- *Target* — your probability of admission is slightly better than even
- *Likely*— 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.

College Admission Testing

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

It's good to know...

- The Counseling Department recommends that you plan out your Spring semester accordingly to the Spring SAT and ACT testing calendar of your junior year. IT is advised to have a full year of curriculum before testing. Therefore, taking the SAT with Writing and ACT with Essay tests in the late spring is advised.
- 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. The Counseling Department recommends you take the SAT/ACT with writing.
- Some private and selective colleges require up to three Subject Tests. Check the college websites directly for their test requirements.

Questions? See your JHS Counselor!

SAT & SAT Subject Tests

Register online at 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 & SAT Subject Tests cannot be taken on the same day.**

SAT Test Dates	Registration Deadline
August 25, 2018	July 27, 2018
October 6, 2018	September 7, 2018
November 3, 2018	October 5, 2018
December 1, 2018	November 2, 2018
March 9, 2019	February 8, 2019
May 4, 2019	April 5, 2019
June 1, 2019	May 3, 2019

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.

New College Board and ACT policy
NO CELL PHONES IN THE CLASSROOM!

ACT Test Date	Registration Deadline
September 8, 2018	August 3, 2018
October 27, 2018	September 21, 2018
December 8, 2018	November 2, 2018
February 9, 2019	January 4, 2019
April 13, 2019	March 8, 2019
June 8, 2019	May 3, 2019
July 13, 2019	June 14, 2019



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 or have your son speak with his counselor.

SAT & ACT Prep Workshop—*Costs verified at time of printing, subject to change*

What do you need?	When does it start?	Where can you register?
SAT/ACT Combo Test	April 21	www.kaptest.com/hsevents
Prep Class	Prep for the June SAT @ Folsom Lake College Prep for the July ACT @ Folsom Lake College	www.kaptest.com/college Use code SCHOOL250 for your \$250 Jesuit High School discount!
Free SAT and ACT Online Prep	Now!	www.kaptest.com/college-prep/kas
Personalized One-on-One Tutoring	Tutors Available Now!	1-800-KAPTEST

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?

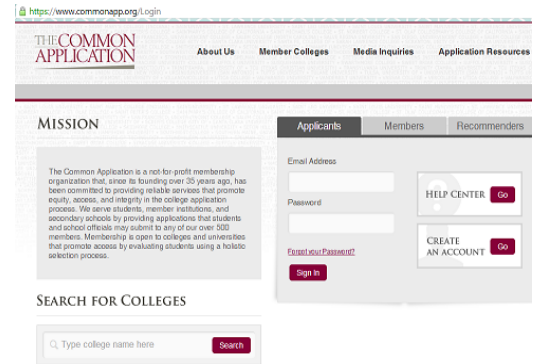
- Thoughtful reflection: some sense of who you are.
- Personal qualities that may include: leadership, initiative, openness to growth, persistence, commitment to others, maturity, motivation.
- Meaningful participation in activities.
- Students willing to go the extra mile to enrich their education.

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 2018-2019 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 2018-2019 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.
- See the following page for prompts.

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 prompts are accurate at the time of printing.
Please check CommonApp.org and UniversityofCalifornia.edu for updates.*

UC Personal Insight Questions (continued)

Remember, the personal questions are just that — personal. Which means you should use our guidance for each question just as a suggestion in case you need help. The important thing is expressing who you are, what matters to you and what you want to share with UC.



1. Describe an example of your leadership experience in which you have positively influenced others, helped resolve disputes or contributed to group efforts over time.
2. Every person has a creative side, and it can be expressed in many ways: problem solving, original and innovative thinking, and artistically, to name a few. Describe how you express your creative side.
3. What would you say is your greatest talent or skill? How have you developed and demonstrated that talent over time?
4. Describe how you have taken advantage of a significant educational opportunity or worked to overcome an educational barrier you have faced.
5. Describe the most significant challenge you have faced and the steps you have taken to overcome this challenge. How has this challenge affected your academic achievement?
6. Think about an academic subject that inspires you. Describe how you have furthered this interest inside and/or outside of the classroom.
7. What have you done to make your school or your community a better place?
8. Beyond what has already been shared in your application, what do you believe makes you stand out as a strong candidate for admissions to the University of California?

*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!

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.

What makes this a good essay?

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.

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
Free "Do-It-Yourself Guide to the College Recruitment Process"

www.eligibilitycenter.org
Register at the NCAA Eligibility Center

www.ncaa.org
Rules on recruiting

www.naia.org
National Association Of Intercollegiate Athletics

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. 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 registering for the SAT Junior year.

Register with CoreCourseGPA

- CoreCourseGPA allows student-athlete’s to easily track your progress towards meeting NCAA Eligibility Center requirements for both Division I and Division II. Please go to CORECOURSEGPA.COM for more information!

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!



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
 - 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
 - US Coast Guard Academy
Attn: Director of Admissions
Address: 31 Mohegan Ave.
New London, CT 06320
Phone: (800) 883-8724
Web: 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/
 - US Naval Academy
Attn: Admissions
Address: 52 King George Road
Annapolis, MD 21402-5018
Phone: (410) 293-1858
Web: 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
 - Army ROTC
Phone: (888) 550-2769
Web: www.goarmy.com/rotc
 - Navy ROTC
Phone: (800) NAV-ROTC
www.nrotc.navy.mil/
- Marine Option: 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.
- 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 instructions, Counselor section with instructions, 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

Request recommendations by:
September 14
October 12
November 16

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

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 ACT registration, score reporting, test tips, sample questions

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 California State University (CSU) System

www.universityofcalifornia.edu University of California (UC) System

www.cccco.edu CA Community College Chancellor's Office

www.assist.org Information on transferring between California public institutions

www.californiacolleges.edu CA Colleges & Univ.—college and career planning

www.catholiccollegesonline.org National Catholic College Admission Assoc.

www.commonapp.org Common Application

www.eduinonline.com Black college common application and scholarship info

www.youniversitytv.com Video tours of college campuses and dorms

www.ctcl.org Colleges That Change Lives college search and info schools

www.princetonreview.com Test prep, college, career and scholarship search

www.collegedata.com College, career, and scholarship search

www.bigfuture.com College, career, and scholarship search

www.cappex.com College, career, and scholarship search

Financial Aid

www.fafsa.ed.gov FAFSA application

www.finaid.org Students' guide to financial aid, useful tools for financial planning

www.csac.ca.gov California Student Aid Commission (CalGrant)

www.ecmc.org Federal loan program, tools for budgeting and managing money

www.fastweb.com Free scholarship search

www.meritaid.com Free scholarship search sorted by colleges & universities

cssprofile.collegeboard.org Mission of making college affordable

Athlete Resources

www.eligibilitycenter.org NCAA eligibility registration

www.naia.org National Assoc. of Intercollegiate Athletics

www.njcaa.org National Junior College Athletic Assoc.

www.corecoursegpa.com Students are able to easily track their progress towards meeting NCCA Eligibility Center requirements for both Division I and Division II.

Career Exploration

www.jesuithighschool.org Access Naviance as directed above

Explore interests and careers, see which schools offer which majors, access the Occupational Outlook and more.

