

# College Planning Handbook 2019-2020



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# College Preparation Timeline

## Major College Planning Dates and Deadlines

### Junior Year

- Meet with college reps during lunch and at college fairs
- Visit college campuses
- Grades are most important and take the most rigorous curriculum you are capable of
- Test prep if desired (spring)
- Explore summer programs on college campuses
- Complete Parent Brag Sheet and Student Brag Sheet in Naviance Student
- Take the SAT and ACT tests (in spring) students are encourage to take the tests with essay/subject tests.
- Register with NCAA Eligibility Center if not yet completed & submit transcript request online
- Set up Common App account/sign FERPA waiver (spring)
- Consider taking the summer College Application Workshop at Jesuit
- Write an essay draft during the summer—look on CommonApp and UC for prompts

### Senior Year

- Sign up for Senior Family College appointments with parents and counselor (August–October)
- Review and follow College Document Form request deadlines
- Senior Collaborations with counselors (September/November)
- Visit with college representatives during lunch (listed on Naviance Student)
- Attend 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 testing scores directly from the testing agencies
- Begin out-of-state applications, UCs & Common App as early as August
- Apply to private colleges and universities October— February
- Check for early action/early decision deadlines—usually early November
- Apply to California State Universities—CSUs (available October, deadline November 30)
- Apply to University of California—UCs (available August, deadline November 30)
- Attend Financial Aid Night and complete the FAFSA (opens October 1). Check school websites for due dates. CalGrant FAFSA deadline is March 2 and it will be automatically sent by Jesuit High School
- Some private schools require a CSS Profile — check websites and complete the CSS profile at collegeboard.org
- Check all college emails and portal — this is how schools will communicate with you
- Register for housing (meet all deadlines)
- **Notify colleges of your intent to register by May 1, 2020**

# Naviance Student and Collegedata

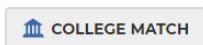
Use the tools below to find the colleges that are right for you!

## Naviance Student—Jesuit Specific Data

- 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 check:
  - **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.
  - **Find scholarship opportunities** available to Jesuit students. 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.

## Collegedata—National Data

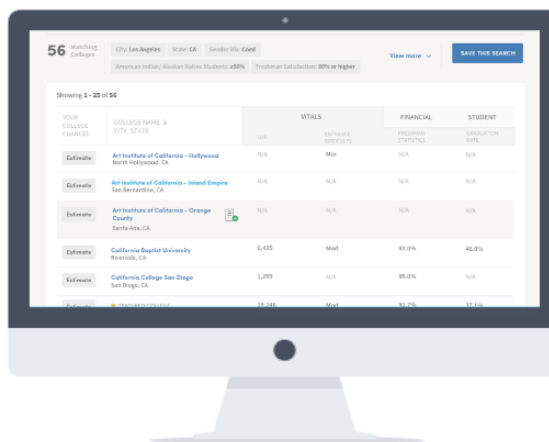
- **Find expert information and advice**— Collegedata's in-depth articles cover all aspects of how to explore, prepare for, select, and pay for college. Easy to save, print, and share by email and on social media sites.
- **True stories about getting into college**— Check out College Buzz for true stories 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.
- **Will you get in?** — 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 college, and how to improve your chances of getting in.



## 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



# 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, cost of attendance, 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. Keep an open mind!
- 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 (studentj20@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.

## Important College Timeline Items

### Summer

- Take the SAT with Writing and/or ACT plus Essay tests.
- Begin working on the UC application as early as August.
- Continue working/filling out any applications that are open

### September:

- Retake the ACT, if necessary.
- Meet with your counselor for your Senior Family College Appointment.
- All students must submit their College Document Request form for early deadlines directly to their counselor.

### October:

- Retake SAT and/or ACT, if necessary. Typically last test dates for Early Decision applicants.
- Apply to CSU's. Our general rule of thumb is to complete the application by October 31. The CSU application filing period is Oct.1—November 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.
- 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.
- Submit College Document Request form directly to their counselor.

### 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](http://universityofcalifornia.edu).
- CSU applications deadline is November 30.
- Retake the SAT/ACT, if necessary.
- All students must submit their College Document Request form directly to their counselor.

# Senior Timeline

Seniors will meet with their counselors individually at least once each semester. Counselors will schedule seniors for these meetings throughout the Fall & Spring. Students are welcome to drop in to see their counselor 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 receptions, fairs, and 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 ACT plus Writing /SAT with Writing /Subject tests for Fall exams asap. Check your campuses for the latest acceptable test date.
- Apply for scholarships (Naviance Student, Class of 2020 College Planning Classroom Fastweb, Cappex, Internet)
- Connect with your counselor and communicate with your teachers regularly about deadlines.

## 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 Student—Mandatory
- 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, if necessary.
- Begin meeting with your counselor for student/parent college meetings (your parent will need to schedule this by using **calendly.com**)
- Begin personally asking teacher(s) for letter(s) of recommendations.

## OCTOBER

- Finalize your college choices.
- Prepare Early Decision, Early Action, if needed.
- Ask a teacher/counselor to review essay drafts.
- FAFSA opens 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 is 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 your application questions.
- Complete UC and CSU applications—Deadline November 30.

# Senior Timeline—Continued

## DECEMBER/JANUARY

- Continue to complete applications.
- If you are applying to a WUE college, most deadlines are in December in order to receive the scholarship.
- 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.
- Some college housing applications begin to open up (if already accepted).

## 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 so, visit your final college before accepting by May 1. As soon as you decide, input your choice into Naviance Student.
- Update awarded scholarships in Naviance Student.
- 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 by 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 their offer of admission and/or financial aid.
- Send your deposit to one college only.
- Wait-listed by a college? If you plan to 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.
- Students can apply to as many EA as they want.

## SINGLE CHOICE EARLY ACTION

- Apply early (usually November). Check website of college.
- You can only apply to one private 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.
- Apply to other colleges under regular admission plans.

## Who Should Apply Early?

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

- Has researched colleges extensively.
- Is absolutely sure that the college is his 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, ACT scores, and GPA.
- 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.
- Has not put any time or energy into the resume or student brag sheet.

## Additional Information

Apply to a range of colleges:

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

- Math
- Reading
- Writing & Language
- Optional Essay\*

\* Most students should take the **SAT with essay**. See your counselor with questions.

## SAT Subject Tests

- Literature
- US History
- World History
- Math Level I (Algebra 2)
- Math Level II (Pre-Calculus)
- Biology Ecological/\*Molecular)
- Chemistry
- Physics
- World Language

## ACT

- English
- Math
- Reading
- Science
- \*Optional Writing

\*Most students should take **ACT with Writing**. See your counselor with questions.

## 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 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.
- CSUs & various private colleges take your best verbal & math scores from multiple test dates; this is called the "Super Score". Check the school's website for more information.
- The SAT code from 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.
- UCs:
  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**. Check with indicated schools.
  3. The Counseling Department recommends you take the SAT/ACT with writing at least once.
- 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](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 & SAT Subject Tests cannot be taken on the same day.**

SAT Test Dates	Registration Deadline
August 24, 2019	July 27, 2019
October 5, 2019	September 7, 2019
November 2, 2019	October 5, 2019
December 7, 2019	November 2, 2019
March 14, 2020	February 8, 2020
May 2, 2020	April 5, 2020
June 6, 2020	May 3, 2020

**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.



### 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.

## ACT Test

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

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

ACT Test Date	Registration Deadline
September 14, 2019	August 3, 2019
October 26, 2019	September 21, 2019
December 14, 2019	November 2, 2019
February 8, 2020	January 4, 2020
April 4, 2020	March 8, 2020
June 13, 2020	May 3, 2020
July 18, 2020	June 14, 2020



# Test Prep Resources and Courses

## Khan Academy

- **Personalized to you**— Khan Academy will create a tailored practice plan for students based on a diagnostic or their SAT or PSAT/NMSQT score.
- **Interactive**— thousands of practice questions, videos, lessons, and hints plus study and test-taking tips and strategies.
- **Official**—8 full-length, real practice tests and content created in partnership with College Board.
- **Instant**— get constant feedback and progress so you know where you stand.
- **Raises confidence and scores**—20 hours of practice on Khan Academy is associated with an average 115– point score increase from the PSAT/NMSQT to the SAT, nearly double the average gain without Khan.
- Go to [www.khanacademy.org/sat](http://www.khanacademy.org/sat) to learn more about the inside scoop on the SAT. Free and exclusively from Khan Academy.

## ACT Academy

- **Raise your student to the next level**—ACT Academy provides free resources for students that are unique to their learning gaps. Access the best resources from top publishers, all in one place, and accurately aligned to the standards.
- **All the best resources**—ACT Academy provides students with the best resources, no matter what subject or publisher. One publisher might cover math really well, while another is better at teaching science.
- **More than videos**— it's important that concepts are presented to students in a variety of ways, not just one type of video. Today students can listen to a rap song, tomorrow students might be playing a game on the same topic!
- **Personalized** for you— sit back, and let ACT Academy automatically pick the exact resources students need to help them learn what they need to know!
- ACT Academy is the go-to place to get personalized practice. Join for free at [www.academy.act.org](http://www.academy.act.org)

## Revolution Prep

- **Practice Exams** —Taking practice tests for college admission exams provides students with a baseline score. Finding out where your student stands will allow them to compare scores and determine their best fit.
- **Test Prep Courses** — Students can enroll in Revolution Prep's SAT and ACT score-boosting curriculum and tailored instruction in a group setting of only eight students. All courses include practice tests, a personalized improvement plan, and weekly parent updates.
- Go to [www.revolutionprep.com](http://www.revolutionprep.com) to learn more about how Revolution Prep can help your son.
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# 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.
- Used in scholarship consideration.



## General writing tips

- Write a solid introduction; this makes the reader want to continue reading.
- \*The bulk of your essay should clearly tell the reader who you are\*.
- 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.
- 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.
- Be YOU!

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

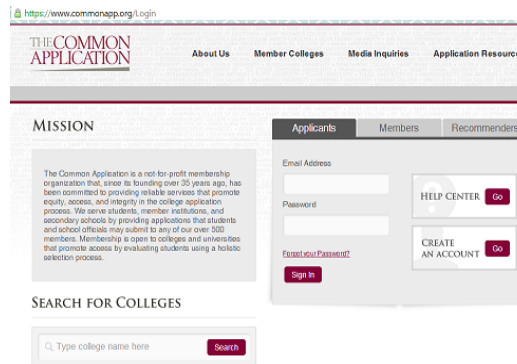
- Thoughtful reflection: A genuine sense of who you are.
- Personal qualities that may include: leadership, initiative, openness to growth, persistence, commitment to others, maturity, motivation.
- Meaningful participation in activities.
- Students willing to go the extra mile to enrich their education.
- Think of the essay as your chance to interview. Colleges want to know more about you.

*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, identity, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
- The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
- Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
- Describe a problem you've solved or a problem you'd like to solve. It can be an intellectual challenge, a research query, an ethical dilemma— anything that is of personal importance, no matter the scale. Explain its significance to you and what steps you took or could be taken to identify a solution.
- Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
- Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
- Share an essay on any topic of your choice. It can be one you've already written, on that responds to a different prompt or one of your own design.



## 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, 2018

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](http://www.collegiatedirectories.com)  
"The National Directory of College Athletics"

[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 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](http://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.

Kamala Harris: <http://harris.senate.gov/>  
Dianne Feinstein: <http://feinstein.senate.gov/>

Ami Bera: <http://bera.house.gov/>  
Doris Matsui: <http://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)  
Email: [watsonk@usmma.edu](mailto:watsonk@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)  
Email: [region5@usafa.edu](mailto:region5@usafa.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! CommonApp does not notify us of additional changes.

**Step 6:** Adding counselors and teachers — you must add your counselor and teachers for letters of recommendation. Emails addresses should be entered as:  
**firstname.lastname@jesuithighschool.org.**

The screenshot shows the Common App interface. At the top, there are navigation tabs: Dashboard, My Colleges (circled), Common App, and College Search. On the left sidebar, there are links for John Carroll University, Questions, Assign Recommenders (circled), Submission - Common App, and University of Michigan. The main content area is titled "FERPA Release Authorization" (circled) and includes a "Manage Recommenders" link. Below this, there is a "Counselor" section with instructions and a list of "Offline Forms" including School Report, Optional Report, Mid Year Report, and Final Report. On the right, there is a "Help Center" section with "Recommender Information does not change" and "Who can be a recommender?" sections.

# 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 13  
 October 11  
 November 15

**Counselor needs:**

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

**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 SHEET\*\***

**Sample of Student Brag Sheet**  
(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

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

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 Student.

**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? Can you provide an example of these?
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: \_\_\_\_\_

# 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 Student**, which is referenced throughout this handbook for college search, rep visits, scholarships, career exploration and more. All students have registered for Naviance Student vcfx3with their counselors.

## 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.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

[www.collegedata.com](http://www.collegedata.com) College, career, and scholarship search

[www.bigfuture.com](http://www.bigfuture.com) College, career, and scholarship search

[www.cappex.com](http://www.cappex.com) College, career, and scholarship search

[www.collegeraptor.com](http://www.collegeraptor.com) 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

[cssprofile.collegeboard.org](http://cssprofile.collegeboard.org) Mission of making college affordable

[www.salliemae.com/collegeplanning](http://www.salliemae.com/collegeplanning)

## 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.

[www.corecoursegpa.com](http://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](http://www.jesuithighschool.org) Access Naviance Student as directed above

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