

COLLEGE PLANNING HANDBOOK SPRING 2011



JHS COUNSELING DEPARTMENT

1200 Jacob Lane, Carmichael, CA 95608

Phone: 916-482-6060 Fax: 916-480-2132

Web: www.jhssac.org

School Code: 052714

COUNSELORS:

Mrs. Carol Rose, Director

Dr. Robert McAleese

Mrs. Cleann McGuire

Mrs. Jennifer Rasmussen

Dr. Paul Seishas

Mrs. Kathy Van Liefde

Mrs. Kelly Barnes, Administrative Assistant

PHONE

x 209

x 243

x 323

x 322

x 207

x 324

x 334

E-MAIL

RoseC@jhssac.org

McAleeseR@jhssac.org

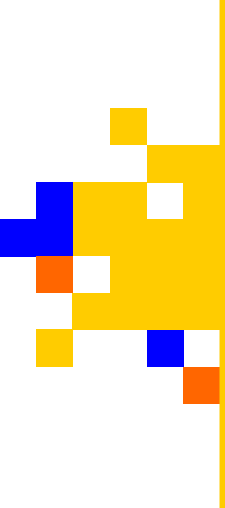
McGuireC@jhssac.org

RasmussenJ@jhssac.org

SeishasP@jhssac.org

VanLiefdeK@jhssac.org

BarnesK@jhssac.org



Junior Class “To Do” List
Agenda for Junior Class Counselor Meetings
February 14-17, 2011

- ❑ Sign up for the SAT www.collegeboard.com
Score choice? Many colleges recommend sending all scores.
May 7—Reasoning Test **June 4**—Subject Tests
- ❑ Sign up for the ACT (with optional writing) www.act.org
June 11
- ❑ Visit colleges—During our spring break many colleges will be in session .
- ❑ Create a college e-mail account (appropriately named).
If you receive college mail and you are interested, return the postcard to get on mailing lists. Some selective colleges track student interest.
- ❑ FaceBook—use appropriately!
Employers and colleges may use social sites to screen applicants.
- ❑ PSAT scores have an access code for “quickstart” which is a good place to begin reviewing for SAT—it’s FREE!
- ❑ Athletes must register on the NCAA Eligibility Center website if they are planning to play Div I or II sports in college. www.eligibilitycenter.org
Submit a transcript request form to Mrs. Case - Main Office of JHS.
- ❑ Military Academies—Begin process now.
- ❑ Create your student resume using Naviance.
- ❑ Utilize Naviance for your college search and application process.
Counselors will use Naviance and the CommonApp to electronically process your transcripts and letters of recommendation.
- ❑ Scheduling for senior year—sign up for classes you will stay with for the entire year. Do not take something you plan to drop. You will report the courses you are taking during your senior year to all colleges.



Calendar

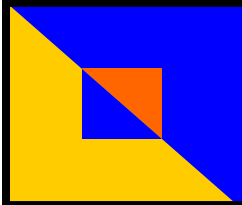
Major College Planning Dates and Deadlines

Junior Year

- Get the best possible grades you can!
- Test prep if desired (spring)
- Take the practice SAT and/or ACT (February)
- Explore summer programs on college campuses
- Complete Parent "Brag Sheet" on Naviance
- Take the SAT and ACT tests
- Take AP tests as appropriate
- Write a personal statement/essay draft during the summer

Senior Year

- Jesuit Colleges & Universities Fair (September 12)
- College Info Night (September 27)
- College Fair for Private and Parochial Schools (October 5)
- Re-take SAT and ACT as necessary (September-December)
- Register with NCAA eligibility center if not yet completed.
- Visit with college representatives at lunch (listed on Naviance)
- Senior class meeting with counselors (September 30)
- Setup CommonApp account/sign FERPA waiver on Naviance (Aug)
- Review and follow letter of recommendation request deadlines as posted on the school calendar
- Begin out-of-state applications as early as August
- Apply to California State Universities—CSUs (October-November)
- Apply to University of California—UCs (applications available online in October/submit in November)
- Apply to private colleges and universities Oct.-Feb. Check for early action/early decision deadlines - usually early November.
- Complete the FAFSA which opens January 1. Check school websites for due dates. CalGrant FAFSA deadline is March 2.
- File the CSS Profile @ CollegeBoard.com (as applicable)
- Check all college e-mails and communications.
- Take college placement exams as needed (April/May)
- Register for housing (meet all deadlines)
- Notify colleges of your intent to register by May 1st**



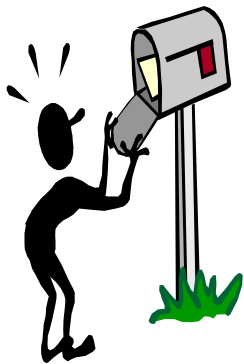
How to Apply to College: The Basics

**Organization
is key!**

Now is the time to begin the college search process.

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

Things to do in the Fall



Check your mail & e-mail regularly.

September:

- Retake the ACT, if necessary.

October:

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

November:

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



Applying Early?

EARLY ACTION

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

SINGLE CHOICE EARLY ACTION

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

EARLY DECISION

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



Private Colleges and Universities

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

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

Additional Information

Apply to a range of colleges:

- *Reach* — a long-shot
- *Realistic* — your probability of admission is slightly better than even
- *Safety* — your probability of admission is highly likely

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

Naviance Family Connection

powered by  NAVIANCE

www.connection.naviance.com/jhssac

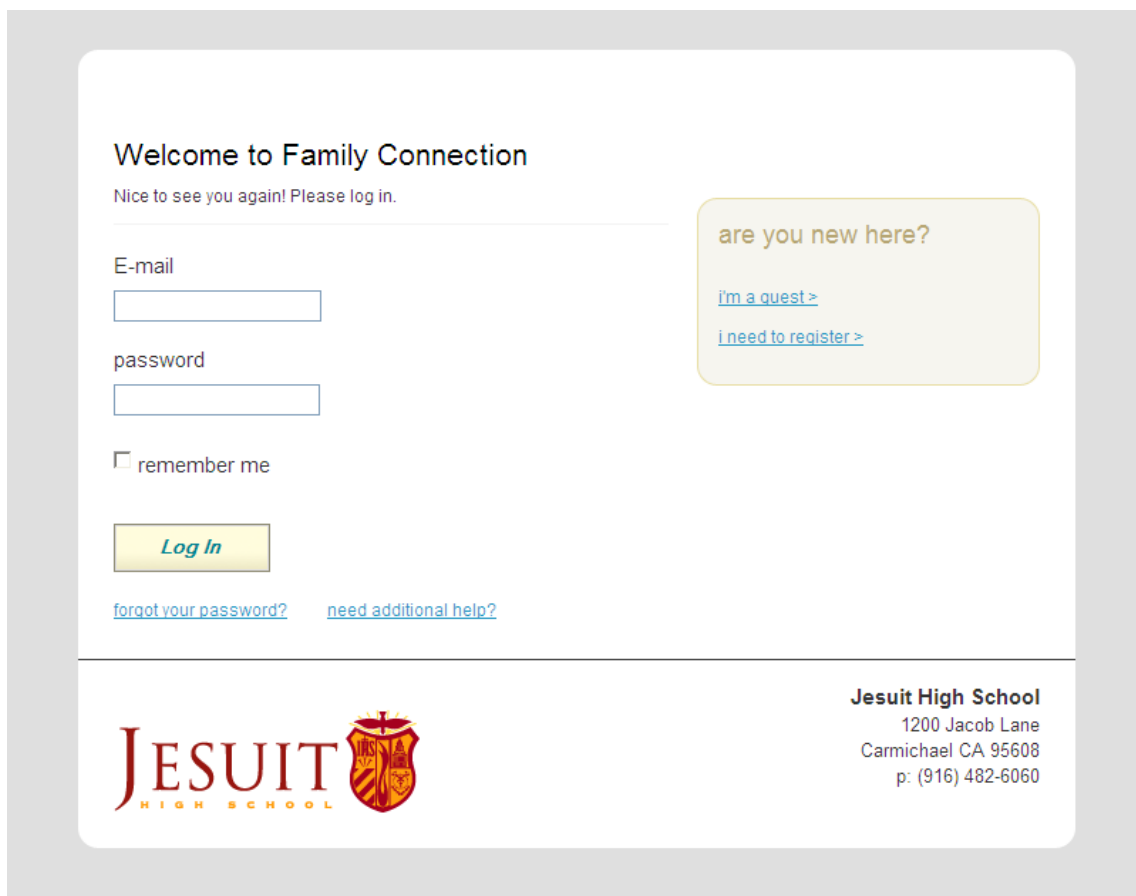
What is Naviance Family Connection?

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

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

How does Naviance Family Connection work?

Go to www.connection.naviance.com/jhssac. Sophomores, juniors and seniors have already registered with their counselors. Login using your e-mail address and password. The guest password is *bigred* (all lower case, one word).



The screenshot shows a login page titled "Welcome to Family Connection". Below the title is a message: "Nice to see you again! Please log in." There are two input fields: "E-mail" and "password". Below the password field is a checkbox labeled "remember me". A "Log In" button is positioned below the input fields. To the right of the login form is a yellow box titled "are you new here?" containing two links: "i'm a guest >" and "i need to register >". At the bottom left of the page is the Jesuit High School logo, and at the bottom right is the school's contact information: "Jesuit High School", "1200 Jacob Lane", "Carmichael CA 95608", and "p: (916) 482-6060".

Naviance Family Connection

Once you login...

Update your personal profile and resume. JHS 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 usually visit JHS in the fall, but a few come in the spring. Click on “visit schedule” to sign up for presentations. The list is updated as reps contact us, so check back periodically.
- **Complete a Career Interest Survey and Personality Profile** which will link you to comprehensive career information. You can also explore the college majors that will prepare you for those careers.
- **Complete a Parent Brag Sheet** so your counselor has more information to use for your recommendation letter.
- **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. If you cannot find the application on the website, check the red binders in the Counseling Center.
- **Link to the following websites:**
 - Jesuit High School home page
 - FAFSA online
 - Cal Grant information
 - Federal Aid information
 - FastWeb Scholarships
 - CSS Profile
 - Occupational Outlook
 - CollegeBoard and ACT

The screenshot shows the 'family connection' page for Jesuit High School. At the top, there are navigation tabs for 'home', 'colleges', 'careers', and 'about me'. Below the tabs, there are sections for 'pages', 'links', and 'what's new'. The 'what's new' section features a 'Juniors' announcement for the Class of 2012, welcoming them to Naviance and providing information about scattergrams and admissions decisions. The page also includes a 'updates' section with a link to 'Class of 2012 Transcript'. At the bottom, the Jesuit High School logo and contact information are displayed.

SAT Reasoning Test	SAT Subject Tests	ACT
-- Math -- Critical Reading -- Writing	Literature US History World History Math Level I (Algebra 2) Math Level II (Pre-Calculus) Biology Ecological/*Molecular) Chemistry *most JHS students take Molecular Bio Physics Foreign Language	-- Verbal -- 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 wait until May of Junior year to take the SAT Reasoning Test and June to take the SAT Subject Tests and ACT. This allows you to have a full year of curriculum before testing.
- Most colleges require you take either the SAT Reasoning Test 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 & private colleges take your best verbal & math scores from multiple test dates.
- 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 Reasoning Test "sitting."
 2. No longer require SAT Subject Tests for all applicants, but **still recommend them** and **may require them for specific majors**.
 3. If you'll be using your ACT score for the UC's be sure to take the ACT with Writing.
- Many private and selective colleges require up to 3 Subject Tests. Check the college websites directly for their test requirements.
- The SAT code for the NCAA Clearinghouse is 9999.

Questions? See your counselor

SAT Reasoning & Subject Tests

Register on-line at www.collegeboard.com.

The earlier you register, the better your chances of being assigned to take the test at JHS. Don't forget to print your confirmation and admission ticket page!

SAT Test Dates	Registration Deadline
March 12, 2011	February 11, 2011
May 7, 2011	April 8, 2011
June 4, 2011	May 6, 2011
October 1, 2011	Registration deadlines not available at time of printing. Please check www.collegeboard.com towards the end of summer for these dates.
November 5, 2011	
December 3, 2011	
January 28, 2012	
March 10, 2012	
May 5, 2012	
June 2, 2012	

Did You Know?

- *Collegeboard.com 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 when 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.



ACT Test Dates	Registration Deadline
April 9, 2011	March 4, 2011
June 11, 2011	May 6, 2011
October 22, 2011	
December 10, 2011	
February 11, 2012	
April 14, 2012	
June 9, 2012	

Test Prep Resources and Courses

To access free testing tips and test preparation materials visit the ACT and CollegeBoard websites at www.act.org and www.collegeboard.com.

My College QuickStart is a free personalized college and career planning kit powered by your PSAT test results. To sign in, you'll need the [access code](#) printed on your PSAT/NMSQT paper score report. If you do not already have a College Board account, you'll be prompted to create one. It typically takes less than two minutes to create your free account which includes these features:

- My Online Score Report – An enhanced score report that allows you to review each test question, your answer, and the correct answer with answer explanations.
- My SAT Study Plan – A customized SAT study plan based on your PSAT/NMSQT test performance, highlighting skills for review and practice.
- My College Matches – A starter list of colleges based on your home state and indicated choice of major.
- My Major & Career Matches – Personalized lists of majors and careers plus access to a personality assessment that suggests other compatible possibilities.

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

Kaplan

Phone: (800)KAP-TEST
-Sacramento: 929-4402
-Davis: (530)753-4800
Web:
www.kaptest.com/college
Cost: \$499 for 10 sessions with practice tests
Also available: one-on-one and small group prep options

Learning Edge

Phone: 484-6600
Web: www.learning-edge.org
Cost: \$600
Format: six hours 1-on-1 tutoring and 6 hours small group.

Princeton Review

Phone: 447-4255
Web:
www.princetonreview.com
Cost: \$999 Group—30 hours of class time and 4 practice tests
Also available: one-on-one, online and small group tutoring

Revolution Prep

Phone: (877) REV-PREP
(877) 738-7737
Web: www.revolutionprep.com
Cost: \$499 for a 6 week class or \$799 for a 6 week class plus 4 hrs private tutoring
Also available: private tutoring
Financial assistance available.



Scholars Tutoring Center

Phone: 979-9755
Web:
www.scholarstutoring.com
Cost: \$480
Format: 16 hours small group prep for SAT or ACT.
Also available—individual tutoring for SAT Subject Tests.

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

College Financial Planning

FAFSA

- All colleges require students to complete the FAFSA (Free Application for Federal Student Aid).
- Plan on attending to tax information early. This info is needed to fill out the FAFSA.
- If your current taxes are not complete, base your FAFSA on your last returns and adjust as necessary.
- Apply for a FAFSA pin for student and parent by December.
- Complete and send your FAFSA after January 1st but no later than March 2nd. **Some schools have deadlines prior to March 2nd.** Money is given out first-come-first-served, so don't delay.
- You will receive an SAR (Student Aid Report) to make any necessary changes or adjustments.
- Check your e-mail and postal mail regularly. If asked to make changes, send a copy of your parents' tax returns to colleges.
- Examine your financial aid award letter.
- **Forms are available online at www.fafsa.ed.gov**

CSS/Financial Aid Profile

- In addition to the FAFSA, some colleges require the CSS Profile.
- To learn which schools require the Profile, check the schools' websites or go to **www.collegeboard.com/parents/pay**.
- The Profile gathers additional financial info beyond what the FAFSA requires.
- Complete the Profile as early as the 1st week of October.

How to file the CSS Profile:

1. Register for your customized Profile Application.
2. Complete and submit your Profile Application.
3. There is a \$25 fee charged for the first Profile and \$16 for each additional school or program to which you want this info sent.

Financial Aid Formula

COA—EFC = Eligibility for Aid

Cost of Attendance (COA) = Tuition, fees, books, supplies, room, food, transportation, etc.

Estimated Family Contribution (EFC) = Federal estimate of your ability to pay. For current estimates, visit www.finaid.org.

Eligibility (E) = The amount the college will try to find for you from various sources called the "Financial Aid Package."





The Essay or Personal Statement



Purpose of the essay or personal statement:

- Can bring life to the person behind the application.
- Goal is to showcase a student's talents, achievements, experiences and points of view in ways the rest of the application cannot.
- Allows applicants to fill in the gaps and provide a complete picture.
- Scholarship consideration.

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.



Military Academies & ROTC

Securing an Appointment: You must be appointed 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. You must submit: 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/>

Dan Lungren: <http://lungren.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 website(s) for complete information.

Admissions Contact Info:

- Merchant Marine Academy
Attn: Admissions Office
Address: 300 Steamboat Road
Kings Point, NY 10024-1699
Phone: (800)732-6267
Web: www.usmma.edu
 - US Air Force Academy
Attn: Admissions Office, HQ USAFA/RRS
Address: 2304 Cadet Dr., Suite 200
Colorado Springs, CO 80840-5025
Phone: (800)443-9266
Web: www.usafa.af.mil/
 - US Coast Guard Academy
Attn: Director of Admissions
Address: 31 Mohegan Ave.
New London, CT 06320
Phone: (860)444-8500
Web: www.cga.edu
 - US Military Academy
Attn: Director of Admissions
Address: 600 Thayer Road, Bldg. 606
West Point, NY 10996-9902
Phone: (845)938-4041
Web: www.usma.edu/admissions/
 - US Naval Academy
Attn: Dean of Admissions
Address: 121 Blake Road
Annapolis, MD 21402-5000
Phone: (800)638-9156
Web: www.usna.edu/
- Army, Navy, & Air Force Reserve Officer Training Candidate (ROTC):**
- Air Force ROTC
Attn: H2 AFROTC Recruiting Division
Address: 551 E. Maxwell Blvd.
Maxwell AFB, AL 36112-6106
Phone: (800)522-0033 x2091
Web: www.afrotc.com
 - College Army ROTC
Address: Gold Quest Center
PO Box 3279
Warminster, PA 18974-9872
Phone: (800)USA-ROTC
Web: www.armyrotc.com
 - Navy ROTC
Phone: (800)NAV-ROTC
Marine Option: (703)784-9446
www.nrotc.navy.mil/

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.


- In August, create a Common App account at www.commonapp.org.
- At the bottom of the page there is a box labeled “Apply”
- At “Never Registered?” click “Go Here”
- Complete the information in the form and click “Register”
- Be sure to keep a record of your **Common App username & password** and a copy for your counselor.

Step 2: Add all the Common App schools to which you plan to apply to your Common app account.

Step 3: Log into your Naviance account.

- Click on “Colleges”
- Update your “Colleges I’m Applying To” list to include all the schools on your Common App account

Step 4: The following box will appear (The FERPA question is required of all students.)

 IMPORTANT PRIVACY NOTICE FOR COMMON APPLICATION	
<p>Common Application recommendation forms may not be submitted online by your school until you answer the questions below. You will not be able to change this information once you have completed the items below.</p> <p>Under the terms of the Family Education Rights and Privacy Act (FERPA) you WILL have access to your Common Application recommendation forms after you matriculate UNLESS at least one of the following is true:</p>	
<p>1. The institution does not save recommendations post-matriculation (see list at www.commonapp.org/FERPA).</p>	
<p>2. You waive your right to access below:</p>	
<p><input type="radio"/> Yes, I DO waive my right to access, and I understand I will never see this recommendation.</p>	
<p><input type="radio"/> No, I DO NOT waive my right to access and may someday choose to review this recommendation.</p>	
<p><input type="checkbox"/> I authorize all secondary schools I've attended to release all requested records and authorize review of my application for the admission process indicated on my Common Application recommendation forms.</p>	
<p>Please enter your Common Application Online username and password if available. This information will ONLY be used to lookup your account so that your counselor and teachers may submit your recommendation forms online.</p>	
Common application username:	<input style="width: 100%;" type="text"/>
Common application password:	<input style="width: 100%;" type="password"/>
Confirm password:	<input style="width: 100%;" type="password"/>

- Click the box to waive your right to read your counselor’s recommendation
- Click the authorization to release records box
- Enter your **Common App username & password** (NOT your Naviance info)
- Click submit
- Complete the Counselor School Report Request and give it to your counselor as early as possible, and no later than the deadline printed on the school calendar.

Teacher and/or Counselor Letter of Recommendation Request

Student: _____

Today's Date: _____

If application is due in: November (early action/decision) December January February	Request recommendations by Week of October 10 Week of November 1 Week of December 1 Week of January 9
--	---

Prepare forms for BOTH Counselor & Teacher

Counselor: _____
 Counselor needs this form, resume,
 Student Self-Assessment & Parent
 Brag Sheet.

***Teacher:** _____
 *ASK teacher if he/she will be sub-
 mitting letter electronically. If so,
 provide this form and resume. If
 not, also provide CommonApp
 forms and stamped, addressed
 envelopes.

CommonApp Schools

List College(s):

Deadline to apply:

Schools that do NOT accept CommonApp

Provide Counselor & teacher(s) forms for each school and stamped, addressed envelopes.

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

Parent Brag Sheet for College

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 have you write a letter of recommendation for him as if the counselor were a college admissions person.

If you don't have the time for a letter, please answer the questions below and return this page. You can now complete this form on Naviance Family Connection. Log into your account and click on "Parent Brag Sheet."

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 Resume created using Naviance

Joe Student

Objective	Admission into an undergraduate program of .	
Education	August 2008-Present	Jesuit High School Carmichael, California
Summary	<ol style="list-style-type: none">1. Graduation Date: May 26, 20122. GPA: 3.33. AP Courses: Calculus, Chemistry, Physics4. SAT: Verbal 600, Math 5905. Intended Major: Engineering and/or Construction Management	
Awards	Science Olympiad Medal Grade 10 Honor Roll Grades 9, 10, 11	
Extracurricular Activities	Student Government Grades 10, 11 Class Senator Boy Scouts of America Grades 9, 10, 11 Currently completing Eagle Scout Project	
Work Experience	June 10-Present	Supervisor, weekend shift Carmichael, CA Taco Bell 12 hours/week
Volunteer Service	March 09-Present	Server for Saturday dinners Sacramento, CA Loaves & Fishes Dining Room 3 hours/week
Other	I enjoy making connections between classes like Calculus and Physics, as well as learning practical uses for what I am learning, like construction principles.	

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

College Athletics



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 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*

How To Contact Coaches

- 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 and deliver it to Mrs. Case, the Registrar, in the Main Office. Send standardized test scores directly to the Eligibility Center by using code 9999 when registering for the SAT Junior year.

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!

Sample Athletic Resume created using Naviance

Joe Student

Objective To obtain a Bachelor of Science degree and play collegiate soccer.

Education August 2008-Present **Jesuit High School**
Carmichael, California

Summary

1. Graduation Date: May 26, 2012
2. GPA: 3.3
3. AP Courses: Calculus, Chemistry, Physics
4. SAT: Verbal 600, Math 590
5. Intended Major: Engineering and/or Construction Management

Additional Information Height: 6'1", Weight: 185 lbs
Run the mile in 5 minutes, 25 seconds

Athletic Achievement **Soccer**
Grades 9, 10, 11
All League (2010), MVP (2010), National Champions (2010)

Awards **Science Olympiad Medal**
Grade 10
Honor Roll
Grades 9, 10, 11

Extracurricular Activities **Student Government**
Grades 10, 11
Class Senator
Boy Scouts of America
Grades 9, 10, 11
Currently completing Eagle Scout Project

Work Experience June 10-Present **Supervisor, weekend shift**
Carmichael, CA
Taco Bell
12 hours/week

Volunteer Service March 09-Present **Server for Saturday dinners**
Sacramento, CA
Loaves & Fishes Dining Room
3 hours/week

References Available Upon Request

When sending your resume to a coach, be sure to enclose a cover letter, your competition schedule, and if possible, a letter of recommendation from your coach or someone who can attest to your collegiate athletic potential.



Useful Websites

Jesuit High School

www.jhssac.org

Under Academics click on *Counseling Services* to access the Counseling Department web pages. 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 juniors have registered for Naviance with their counselors. Parents—login with your parent registration code (mailed home in January) 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.com 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

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.edfund.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

Athlete Resources

www.ncaa.org NCAA Recruiting rules and eligibility guidelines

www.eligibilitycenter.org NCAA eligibility registration

www.naia.org National Assoc. of Intercollegiate Athletics

www.njcaa.org National Junior College Athletic Assoc.

Career Exploration

www.jhssac.org Access Naviance as directed above

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

