

College Planning Handbook 2022-2023



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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 and watch virtual college tours (www.campusreel.org)
- Grades are most important; take the most rigorous curriculum you can handle while maintaining high grades
- Test prep if desired (spring)
- Explore summer programs on college campuses
- Take the SAT and ACT tests (in spring)
- 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 (Sign up on JHS Summer School Website)
- Write an essay draft during the summer—look on CommonApp and UC for prompts
- Begin Academic Process

Senior Year

- Sign up for Senior Family College appointments with parents and counselor (August–September)
- Review and follow College Document Form request deadlines
- Senior Collaborations with counselors (August/October)
- Visit with college representatives during lunch (listed on Naviance Student)
- Attend Sacramento Private & Parochial College Fair (Sept 28) and various in person/online college fairs
- Re-take SAT and ACT as necessary (September–December)
- Students are responsible for sending test scores directly from the testing agencies
- Begin out-of-state applications, UCs & Common App as early as August 1
- Apply to private colleges and universities October— February
 - Check for early action/early decision deadlines—usually November 1 or 15
- Apply to California State Universities—CSUs (available October 1, deadline November 30)
- Apply to University of California—UCs (available August 1, deadline November 30)
- Attend Financial Aid presentation and complete the FAFSA (opens October 1). Check school
 - websites for due dates. CalGrant FAFSA deadline is March 2 and the Cal Grant GPA verification will be
 - electronically submitted 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 portals — this is how schools will communicate with you
- Register for housing (meet all deadlines)
- **Notify colleges of your intent to register by May 1, 2023**

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.
 - **College Roadmap**
 - **College Interest and Applying list**
 - <https://student.naviance.com/jhssac>

Collegedata—National Data

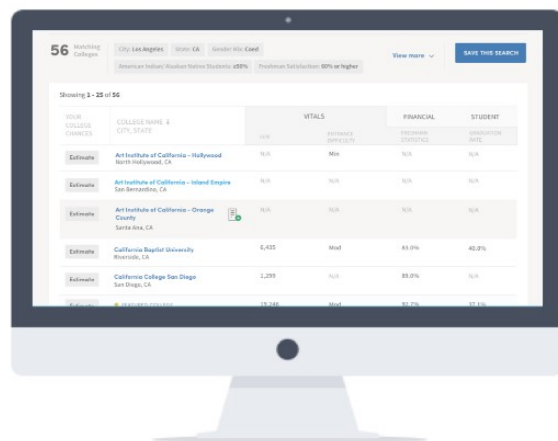
- **Find expert information and advice—** Collegedata's in-depth articles cover all aspects of how to explore, prepare for, select, and pay for college. Easy to save, print, and share by email and on social media sites.
- **True stories about getting into college—** Check out College Buzz for true stories 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.
- <https://www.collegedata.com/>



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. **Recommendation: use your Jesuit Student Email** (studentj23@student.jhs.net) **or an appropriate college specific email account** for all college communications 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 Application Timeline Items

Summer

- Take the SAT and/or ACT
- Begin working on the UC application and Common App as early as August. Ask for feedback from trusted sources (parents, counselor, teachers).

September:

- Retake the ACT, if necessary.
- Meet with your counselor for your Senior Family College Appointment.
- 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.
- UC application can be submitted beginning October 1st.
You can start your UC application as early as August, but cannot submit it until October 1st.
See universityofcalifornia.edu
- 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.
- Students must submit their College Document Request form for [December-February] or all deadlines directly to their counselor.

November:

- UC/CSU applications deadline is November 30.
- Retake the SAT/ACT, if necessary.

Senior Timeline

Seniors will meet with their counselors individually at least once each semester. Your fall appointment will be a family meeting tailored to your college plan. Students are encouraged to request an appointment or drop in to see their counselor anytime. 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 college list. Make sure you have an action plan to meet deadlines.
- Register for ACT/SAT for Fall exams asap. Check your campuses for the latest acceptable test date.
- Apply for scholarships (Class of 2023 College Planning Classroom Fastweb, Cappex).
- Connect with your counselor and communicate with your teachers regularly about deadlines.

SUMMER/AUGUST

- Begin narrowing your list of colleges.
- Register and take SAT and/or ACT tests as necessary.
- Update **resume** on Naviance Student and complete **Student Brag sheet** — mandatory.
- Create **one** Common App account for all colleges that use the Common App (you should have already completed this step with your counselor in the spring of junior year).
- Create outlines for college essays (Create Google Doc).
- Begin meeting with your counselor for student/parent college meetings (your parent will need to schedule this by using **calendly.com** and meetings will be on Zoom for parents).
- UC applications are open for the fall.

SEPTEMBER

- Meet with College Representatives during lunch.
- Create a master calendar with important college application deadlines.
- Retake the SAT and/or ACT, if necessary.
- 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. Students are responsible for sending scores.
- 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 first and 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).
- 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.
- Meet with your counselor for final senior meeting.

MAY

- Make a final decision, accept the aid package, and submit a deposit to the college you select by May 1.
- 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 October or November). Check website of college.
- **Highly qualified candidates** who apply early may receive offers of admission early (in the admission cycle) typically around mid-Dec.
- Early Action is not binding.
- Students can apply to as many EA as they want.

SINGLE CHOICE/RESTRICTIVE EARLY ACTION

- Apply early (usually November). Check website of college.
- You can only apply to one private university under Single Choice/Restrictive 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; your probability of admission is less than a 30% chance
- *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

It's good to know...

JHS School CEEB Code: 052714

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. Testing requirements will vary. The best place to find out about a college's testing requirements is on their website.

SAT Test

The SAT test covers the below topics

- Math
- Reading
- Writing & Language

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!

ACT Test

The ACT test covers the below topics

- English
- Math
- Reading
- Science

Register online at www.act.org.
The earlier you register, the better your chances of being assigned to take the test at Jesuit.

SAT Test Dates	Registration Deadline	ACT Test Dates	Registration Deadline
May 7, 2022	April 8, 2022	April 2, 2022	February 25, 2022
June 4, 2022	May 5, 2022	June 11, 2022	May 6, 2022
August 27, 2022	July 28, 2022	July 16, 2022	June 17, 2022
October 1, 2022	September 2, 2022	September 10, 2022	August 5, 2022
November 5, 2022	October 5, 2022	October 22, 2022	September 26, 2022
December 3, 2022	November 3, 2022	December 10, 2022	November 4, 2022
March 11, 2023	February 11, 2023	February 11, 2023	January 6, 2023
May 6, 2023	April 7, 2023	April 1, 2023	February 24, 2023
June 3, 2023	May 5, 2023	June 10, 2023	May 5, 2023

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.**

Questions? See your JHS Counselor!

Test Prep Resources and Courses

Khan Academy

- **Personalized to you**— Khan Academy is a free resource that 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 to learn more about the inside scoop on the SAT. Free and exclusively from Khan Academy.
- **Cost:** Free

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
- **Cost:** Free

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 to learn more about how Revolution Prep can help your son.
- **Cost:** Private or Group Rates

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.

The Essay or Personal Insight Questions

Common App Essay Prompts



You will be asked to write an essay (approximately 650 words) on one of several broad options. This will be the personal statement students will be submitting to any of the hundreds of colleges that use the Common App. This will be your chance to tell a story about yourself that tells the college or university more than your grades, activities, and test scores do. To let colleges know about the wide range of skills, qualities, values, and interests that have shaped who you are today. And most importantly, how those skills and values show that you're prepared to attend college. Students can view the Common App Essay Prompts at <https://www.commonapp.org/blog/2022-2023-common-app-essay-prompts>.

UC Personal Insight Questions

For the 2022-2023 application year



Imagine UC was a person. If you were to meet face-to-face, what would you want them to know about you? These personal insight questions allow you to tell them. You could write about your creative side. Your thoughts on leadership. A challenge you've faced. Whatever questions you answer, make sure you show them your personality — just as you would in real life.

- 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.
- Students can view the PIQs at <https://admission.universityofcalifornia.edu/how-to-apply/applying-as-a-transfer/personal-insight-questions.html>

Sample Essay—Tips Included!

October 12, 2022

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
"The National Directory of College Athletics"

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.

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.

Alex Padilla: <http://padilla.senate.gov/>

Doris Matsui: <http://matsui.house.gov/>

Dianne Feinstein: <http://feinstein.senate.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:

- | | |
|---|--|
| <ul style="list-style-type: none">• US Merchant Marine Academy
Attn: Director of Admissions
Address: 300 Steamboat Road
Kings Point, NY 11024
Phone: (866) 546-4778
Web: www.usmma.edu
Email: watsonk@usmma.edu | <ul style="list-style-type: none">• US Naval Academy
Attn: Admissions
Address: 52 King George Road
Annapolis, MD 21402-5018
Phone: (410) 293-1858
Web: www.usna.edu/ |
| <ul style="list-style-type: none">• 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
Email: region5@usafa.edu | Army, Navy, & Air Force Reserve Officer Training Candidate (ROTC): <ul style="list-style-type: none">• Air Force ROTC
Attn: AFROTC Admissions
Address: 551 E. Maxwell Blvd.
Maxwell AFB, AL 36112
Phone: (866) 423-7682
Web: www.afrotc.com |
| <ul style="list-style-type: none">• US Coast Guard Academy
Attn: Director of Admissions
Address: 31 Mohegan Ave.
New London, CT 06320
Phone: (800) 883-8724
Web: www.cga.edu | <ul style="list-style-type: none">• Army ROTC
Phone: (888) 550-2769
Web: www.goarmy.com/rotc |
| <ul style="list-style-type: none">• 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/ | <ul style="list-style-type: none">• 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 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 Jesuit Student Email (studentj23@student.jhs.net) or an appropriate college specific email account for your Common App account registration and note your password.

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

Step 3: 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 4: Add all the Common App schools to which you plan to apply to your Common App account.

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! Common App 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. You must assign a teacher to each individual college

The screenshot shows the Common App interface. At the top, there's a navigation bar with tabs: Dashboard, My Colleges (selected), Common App, College Search, and Financial Aid Resources. Below this, the 'My Colleges' section is active, showing a list of colleges: John Carroll University and University of Michigan. The main content area is titled 'Recommenders & FERPA'. It features a yellow warning icon and the text 'FERPA Release Authorization'. Below this, it states: 'Before you can invite your counselor, teachers, recommenders, parents, or advisors, you must complete the Family Educational Rights and Privacy Act (FERPA) release authorization process.' A blue button labeled 'Complete Release Authorization' is visible. A 'Continue' button is at the bottom right. A 'Need help?' section on the right provides information about advisors and Naviance.

College Document Request

Student: _____ Counselor: _____ Today's Date: _____

☐ This is an updated form

If Application Deadline is in:
November (early action/decision)
December/January
All—Final Request Date

Request recommendations by:
September 9
October 7
November 9

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. Coalition App -- CO
6. 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: _____

1. Will you (or a sibling) be the first in your immediate family to attend and graduate from a four year college or university?
2. Explain your academic strengths and weaknesses. Are there any items or trends on your transcript you think need explanation? What have you learned about yourself as a student? Name a few things that helped you learn or overcome a weakness.
3. 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**?
4. Which of your activities/accomplishments are you the most proud of and why? These can be accomplishments outside of JHS, academic or nonacademic.
5. How have you contributed to your school or community? Have you ever functioned as a leader? Describe.
6. Why is going/attending college important to you?
7. What is your desired major or career interest and **why**? What is the most important thing you want the colleges to know about you?
8. List challenges you overcame during the pandemic.
9. How have you changed since being a freshman? Provide an example and description about how you have grown.
10. Have there been any personal challenges that you have overcome? Please explain.

SAMPLE SHEET

Sample of Parent / Guardian Brag Sheet

Must Complete Form in Naviance Student

If your student is applying to a college outside of the community college, CSU 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 student is to complete this form in Naviance Student.

Parent / Guardian Brag Sheet for: _____
(first and last name of student)

1. What do you consider your student's most outstanding accomplishment during high school? Why did you select these as most important? (Also consider non-academic accomplishments outside of JHS).

2. In what areas has your student shown the most development and growth during the past three to four years? Use an example showing maturity whether at home, school, or in the community.

3. What do you consider to be your student's outstanding personality traits? Please provide an example. What sets your student apart from other applicants?

4. If you had to describe your student in three to five adjectives, what would they be and why?

5. Are there any unusual or personal circumstances, which have affected your student's educational experiences or personal experiences? If possible, please address the impact.

SAMPLE SHEET

Useful Websites

Jesuit High School

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 with their counselors.

College Admission Testing

act.org | ACT registration, score reporting, test tips, sample questions

collegeboard.org | SAT registration, score reporting, college search, more

College Search & Applications

calstateapply.edu | California State University (CSU) System

universityofcalifornia.edu | University of California (UC) System

cocco.edu | California Community College Chancellor's Office

assist.org | Information on transferring between California public institutions

californiacolleges.edu | California Colleges & Universities— college and career planning

catholiccollegesonline.org | National Catholic College Admission Association

commonapp.org | Common Application

commonblackcollegeapp.com | Black college common application and scholarship info

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

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

collegedata.com | College, career, and scholarship search

bigfuture.com | College, career, and scholarship search

cappex.com | College, career, and scholarship search

collegeraptor.com | College, career, and scholarship search

collegeessayguy.com | Personal statement, college essay tips, guides, resources

collegesofdistinction.com | College search & Info

Financial Aid

studentaid.gov | FAFSA application

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

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

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

fastweb.com | Free scholarship search

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

cssprofile.collegeboard.org | Mission of making college affordable

salliemae.com/collegeplanning | Scholarships, financial aid, and student loan information

Athlete Resources

eligibilitycenter.org | NCAA eligibility registration

naia.org | National Assoc. of Intercollegiate Athletics

ncaa.org | National Junior College Athletic Assoc.

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

Career Exploration

student.naviance.com/jhssac | Explore interests and careers, see which schools offer which majors, access the Occupational Outlook and more.