

COLLEGE PLANNING AND INFORMATION GUIDE

LA JOLLA HIGH SCHOOL JUNIORS AND SENIORS 2008 – 2009

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CEEB Code for La Jolla High School:

College Entrance Examination Board code (aka ATP code) used for standardized tests including SAT and ACT -
051335

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Introduction

Goal of This Booklet

To provide an overview of and specific guidance about the college application process so La Jolla High School juniors and seniors (as well as their parents) feel well informed and confident during what can be a particularly stressful time for students and their parents. Refer to the Glossary for acronyms and terms that are new to you.

Students! –

If you're like 90% of your peers at La Jolla High School, you'll attend college. Looking ahead, you may feel overwhelmed, but if you are organized, proactive, and willing to take it one step at a time, you'll find the process manageable and even an opportunity for personal growth.

Each high school student should strive to achieve the best grades possible. College bound students need to accomplish several additional tasks during their junior and senior years.

Juniors need to:

- Ensure their schedule contains all courses needed to graduate from La Jolla High School and satisfy college entrance requirements.
- Begin to consider and research college options.
- Prepare for and take the standardized tests that most colleges require as part of their applications.
- Visit colleges, if possible.
- Earn the best grades possible; in most cases, your grades from junior year will be the most recent that admissions officers will see.

Seniors need to:

- Narrow options to a realistic list.
- Retake tests, if necessary, to optimize scores.
- Apply to schools and for scholarships, financial aid.
- Continue to work hard academically.

Parents! –

Though it is certainly possible for your child to manage the college application process alone, it is probably not advisable, especially these days, as the numbers of applicants continues to increase. The media continues to report on increased competitiveness at many colleges (thus increasing everyone's stress levels) and test taking requirements get more complicated.

You can help your child by staying calm and positive, discussing realistic options, offering encouragement, and, when necessary, prodding to ensure your child stays on schedule. Stay abreast of school news and college related events by attending PTA meetings, reading the PTA monthly newsletter and regularly reviewing the school's daily bulletin online (www.ljhs.sandi.net/bulletin/).

Be Proactive, Stay Focused

One of the best things you can do during your last two years of high school is to get and stay organized. Although you will not actually complete college applications until the fall of your senior year, junior year is incredibly important. You'll take tests, work hard, and begin to consider your post high school options. If you start to prepare before junior year, you may feel unnecessarily stressed and anxious; if you wait until senior year to consider college, you may find yourself with fewer options. Seek balance and consider the following suggestions:

1. Learn as much as you can about colleges and the application process.

- Visit the La Jolla High School counseling office and go through their catalogs, directories, tapes, and films. Talk to the counselors. Browse, borrow material and ask questions.
- Sign up for college meetings with individual college representatives who visit La Jolla High School. A master schedule is available in the counseling office.
- Read everything you can about colleges and college applications. See page 10 for recommended books and websites.

2. Keep track of your activities and awards.

- Make sure your high school resume is current and complete. Include all extra-curricular activity, such as sports, clubs, honors you've received, jobs you've held, internships, and college courses you've taken. In the fall of your senior year, you will need to give a copy to each teacher who has agreed to write a recommendation, and you'll refer to it often as you fill out application forms.

3. Be realistic.

- Compare your academic record to that of various colleges' admitted classes. This information is available in college reference books and on individual college web sites, usually on the admissions page.
- Students now apply to an average of 8 schools. Balance your list to include a few "reach" colleges (try to leave "impossibles" off the list a larger number of schools that will be a good match from a numbers standpoint (colleges where 40% to 70% of admitted students have SAT's and grades similar to yours) and at least 3 schools that are likely to accept you, as your SAT's and grades fall at the high end of their admitted student body, including one that's practically a guaranteed admission.

4. Buy a calendar.

- A calendar may be your most important planning tool. Mark all relevant dates, including:
 - ✓ Test registration dates
 - ✓ Financial aid and scholarship deadlines
 - ✓ Application due dates
 - ✓ Housing application deadlines

5. Keep good records.

- Set up a filing system with a folder for each school you apply to. Make a checklist of requirements and note deadlines for each item. Record dates when you send materials, and how you sent them (i.e. internet submission, US postal service, etc.). For major items sent through the mail, secure proof of mailing. For applications submitted via internet, print receipt or note confirmation information as applicable.
- Make copies of all applications and important documents.

First Things First: La Jolla High School Graduation Requirements

Review these graduation requirements to make sure you're on track. Talk to your counselor about potential issues.

44 Total Credits Required

English Language Arts:

8 semester credits
Grade 09 English – 2 credits
Grade 10 English – 2 credits
Grade 11 English – 2 credits
Grade 12 English – 2 credits
English credit will not be granted for drama, public speaking, or journalism. English as a Second Language (ESL) may be used to fulfill the eight semester English requirement.

Foreign Language/Fine and Practical Arts:

3 semester credits
1 year foreign language and 1 semester fine or practical arts
OR 1 year fine arts and 1 semester practical arts.
Fine Arts – music, drama, art
Practical Arts – vocational and industrial education
yearbook, journalism, etc.

Mathematics:

6 semester credits
To include algebra, geometry, unifying algebra/geometry, Intermediate algebra, statistics.

Physical Education:

4 semester credits
Students must be enrolled in P.E. in grades 9 & 10.

Diploma:

A diploma is issued to pupils who have earned the required 44 credits, have a grade point average of 2.0 or better in grades 9-12 and have satisfactory completion of the Senior Exhibition and the California High School Exit Exam (CAHSEE).

Letter of Completion:

A certificate is issued to those pupils who have met the general requirements above but whose grade point average is below 2.0.

Letters of Recognition:

Presented to special education students who do not meet all requirements for graduation, but who have completed all goals and objectives of their individualized education programs (IEP) and have met the goals, and objectives of the individualized transition plan (ITP). A letter of recognition can be issued at the completion of the student's educational program, which can be at the end of grade 12, or after completing a special education program beyond grade 12.

Commencement Exercises:

To participate in graduation ceremonies, students must have completed the required 44 credits with a cumulative 2.0 academic and citizenship grade point average by June of their senior year, satisfactorily completed their Senior Exhibition, and not had a five-day suspension as a senior. An appeals board is available, if necessary.

Science:

4 semester credits
1 year of life science – Biology
1 year of physical science – Chemistry or Physics

Social Studies:

6 semester credits
Grade 10 – 2 credits (World History)
Grade 11 – 2 credits (U.S. History)
Grade 12 – 2 credits (Government/Economics)

Promotional Criteria: (includes summer school)

Grade 9 through 10 – 10 credits
Grade 10 through 11 – 11 to 20 credits
Grade 11 through 12 – 21 to 30 credits

Computer Literacy Competency:

Students must demonstrate computer literacy by completing an approved course that incorporates computer education or by passing the district test.

The Remainder of the 44 Credits (32 in Grades 10-12):

May be earned by completing elective courses in the above subject areas. Courses using languages other than English as the medium of instruction may be substituted to fulfill specific subject area requirements.

La Jolla High School Curriculum

The LJHS course list below is organized so students can plan to take the appropriate courses to be eligible for admission to University of California and California State University schools. The A-G designations below are used by the UC and CSU systems. This distribution of courses also applies to private 4 year and 2-year colleges. College admissions directors encourage students to maintain the highest GPA (grade point average) possible while challenging themselves academically.

SUGGESTED SEQUENCE OF STUDIES FOR COLLEGE/UNIVERSITY-BOUND STUDENTS

Courses followed by (P) are college preparatory. Courses followed by (HP) are both honors and college preparatory for admission to the University of California. These courses are weighted (A=5, B=4, C=3) if taken in grades 10, 11 and 12. AP courses are weighted as the honors courses, and prepare the student for the AP exam in the spring that may earn them college credit.

A. History: (2 years for UC/CSU)

World History, Geography and Economics 1,2 (P)
Advanced World History 1, 2 (P)
AP European History 1,2 (HP)
U.S. History 1,2 (P)
Honors U.S. History 1,2 (HP)
AP American History 1,2 (HP)
Government 1 (P)

B. English: (4 years for UC/CSU)

English 1,2 (P)
English 1,2 Cluster (P)
English 3,4 (P)
American Literature 1,2 (P)
Honors American Literature 1,2 (HP)
AP English Language/Comp 1,2 (HP)
Contemporary Voices in Literature 1,2 (P)
English Literature 1,2 (P)
AP English Literature/Comp 1,2 (HP)

C. Mathematics: (3 years; 4 for UC/CSU)

Algebra 1,2 (P)
Geometry 1,2 (P)
Advanced Geometry 1,2 (P)
Intermediate Algebra 1,2 (P)
Advanced Intermediate Algebra 1,2 (P)
Precalculus 1,2 (P)
Honors Precalculus 1,2 (HP)
Statistics/Data Analysis 1,2
AP Statistics 1,2 (HP)
AP Calculus AB 1,2 (HP)
Math 150 – 151 (Calculus) (HP)

D. Laboratory Science: (2 years; 3 for UC/CSU)

Biology 1,2 (P)
Advanced Biology 1,2 (P)
AP Biology 1,2 (HP)
Chemistry 1,2 (P)
Honors Chemistry 1,2 (HP)
AP Chemistry 1,2 (HP)
Physics 1,2 (P)
Advanced Physics 2,3 (P)
AP Physics C 1,2 (HP)
Physiology 1,2 (P)
Marine Science 1,2 (P)

E. Foreign Language: (2 years; 3 for UC/CSU)

French 1 – 6 (P)
AP French Language 1,2 (HP)
AP French Literature 1,2 (HP)
Latin 1 - 6 (P)
AP Latin 1,2: Vergil 1,2 (HP)
Spanish 1 – 6 (P)
Honors Spanish 7 – 8 (HP)
AP Spanish Language 1,2 (HP)
AP Spanish Literature 1,2 (HP)
All other foreign languages

F. Visual and Performing Arts: (1 year for UC/CSU)

Art 1,2
Design in Mixed Media 1 – 4 (P)
Ceramics 1 – 4 (P)
Senior Art Studio 1,2 (HP)
AP Art History 1,2 (HP)
AP Art Studio 1,2 (HP)

Music -

Advanced Band 1,2 (P)
Choral Ensemble 1,2 (P)
Choir (P)
Jazz Ensemble 1,2 (P)
Music Appreciation 1,2 (P)
AP Music Theory 1,2 (HP)

Drama -

Drama 1,2,3,4 (P)
Drama 5 – 8 (P)
Tech Theatre 1,2 (P)

G. Electives: (2 years for UC, 3 years for CSU)

History (all courses under "A")

English (all courses under "B") plus

AVID 12 Seminar

Mathematics (all courses under "C") plus

Computer Science 1,2 (P)

Computer Programming Techniques 1,2

AP Computer Science 1,2 (HP)

AP Computer Science A 1,2 (HP)

Laboratory Science (all courses under "D") plus

Science Research Techniques 1,2 (P)

Foreign Language (all courses under "E")

Social Science:

Economics 1 (P)

AP Economics 1,2 (HP)

Gloped 1,2 (P)

Political Science 101, 102 (HP)

AP Psychology 1,2 (HP)

La Jolla High School – At Your Service

According to the U.S. Department of Education, there are roughly 4,150 two and four year Title IV-eligible (Department of Education's Federal Student Aid Programs), degree-granting institutions of higher education in the 50 states and the District of Columbia. The average number of applications each student submits keeps rising. How can a student possibly find the right fit and present their applications in the best possible way so they will receive a number of thick envelopes* from the colleges of their choice?

We're here to help!

Counseling Department

Web site: www.ljhs.sandi.net/departments/counseling/

La Jolla High School counselors work with students on a regular basis to ensure their selected course load is appropriate for their college aspirations and interests. Students and parents can make individual appointments with their student's counselor for guidance on appropriate college options. In addition, the counseling department maintains a library of:

- college catalogs
- testing deadlines
- scholarship opportunities
- information for athletes
- college guidebooks
- testing application forms
- scholarship applications
- ...and much more

Naviance, Your Online Tool

Recently, La Jolla High School contracted with Naviance to provide online extension of the counseling department, allowing families the ability to manage paperwork and track application progress from home. Students and their families will be trained to record student information, process transcript requests, manage Mid-Year Reports, and track teacher and counselor recommendations. Additionally, counselors are able to convey important counseling information to students and families. Site access information is available from counselors. See the next page for more information about Naviance.

Registrar

During senior year, Monteen Solberg, LJHS Registrar, becomes a pivotal contact. Available before and after school and during lunch, she accepts transcript and other school record requests. Most private colleges request transcripts in the fall, at the end of first semester, senior year and a final transcript following graduation.

Transcripts are sent to colleges only when requested by a parent or student via Naviance, and Ms. Solberg has received a stamped envelope and payment. See page 21 for detailed information on how to request a transcript.

****FYI****

According to the National Association for College Admission Counseling (NACAC), the top 5 factors Influencing admission decisions in order of importance:

Grades in college prep courses

Admission test scores

Grades in all subjects

Class rank

Counselor recommendation

*College acceptance letters often arrive in thick envelopes; denial letters in thin ones.

Naviance – Your online, Personalized Counseling Resource

Family Connection from Naviance, a Web-based service designed especially for students and parents, is a comprehensive Internet based service that can help with decision-making about high school courses, colleges, and careers. Family Connection is linked with Naviance's Counselor's Office, a service used by LJHS guidance counselors to track and analyze data about college and career plans. It provides up-to-date information specific to La Jolla High School. Family Connection allows you and your child to:

- * Get involved in the planning and advising process - Build a resume, complete on-line surveys, and manage timelines and deadlines for making decisions about colleges and careers.
- * Research colleges - Compare GPA, standardized test scores, and other statistics to actual historical data from our school for students who have applied and been admitted in the past.
- * Sign up for on-campus college visits - Find out which colleges are visiting La Jolla High; sign up to attend up to 5 sessions.

This resource also lets us share information about up-coming meetings and events, local scholarship opportunities, and other Internet resources with college and career information. In addition, the site includes a link to be used for sending emails to the counseling department. To visit La Jolla High School's Family Connection site, use your Web browser to connect to <http://connection.naviance.com/ljhs>.

Setting Up Your Family Connection Account

1. Sign up for an e-mail account with an Internet service provider (e.g. Roadrunner, AOL, etc) if you don't already have one.

La Jolla High School requires an internet e-mail account to use Family Connection. Access is available at all San Diego public libraries.

2. Register for Family Connection.

To create your Family Connection account, get a personal registration code from your counselor. With your internet e-mail address and personal registration code, go to the Family Connection main page, type your registration code in the new user text box, click register, and then follow the on-screen instructions.

3. Review options.

Family Connection offers a number of features that will help you make career and college plans. Once you sign in, you'll see the options available to you in a column on the left side of the screen. Visit the site regularly for updates and new information from your counselor.

4. Research colleges.

If you plan to attend college, Family Connection can help with research. Look up colleges by name or conduct a general college search based on selected criteria. You'll be able to see how your academic performance compares with past graduates from La Jolla High who have been admitted to specific colleges. You can use Family Connection to maintain a list of colleges that you're considering - your list will also be available to your counselor. You'll be able to link directly to the college or university's web site for additional information.

5. Keep your counselor up to date.

As you research options and make career and college plans, be sure to touch base regularly with your counselor. And, if you change your e-mail address, be sure to update your Family Connection record so your counselor can reach you.

Junior Year – What to Do and When to Do It

September -

- * Register for the PSAT
- * Join California Scholarship Federation (CSF) if eligible
- * Join clubs and focus on extra-curricular activities you really enjoy
- * Review your transcript. Commit to working harder/smarter or maintaining grades
- * Colleges send reps to visit LJHS; sign up to attend meetings in counseling office

October -

- * Take PSAT/National Merit Scholarship Qualifying Test

November -

- * Plan standardized testing schedule (e.g. SAT, ACT; avoid known calendar conflicts such as AP testing and tournaments)
- * Review PSAT results
- * Begin standardized test preparation

February -

- * College Information Night at La Jolla High School
- * Register for Advanced Placement (AP) exams if applicable
- * Join CSF if eligible
- * Stay focused academically

March -

- * Make plans to visit college campuses over spring break.

April -

- * Plan next year's academic schedule
- * Register for summer school if desired
- * Continue to explore colleges on web sites and in books
- * Attend college fairs
- * Confirm with counselor course load is appropriate for college
- * Register for SAT and SAT subject tests

May -

- * Take SAT and/or ACT for the first time
- * Take AP exams if applicable
- * Attend the LJHS PTA Parent PREP night for guidance offered by parents of seniors

May/June -

- * Take SAT subject tests

July/August -

- * Visit colleges if possible
- * Obtain application forms and information
- * Write a 500 word essay about yourself and your educational goals as a practice exercise

Junior Year – Explore Possibilities

You could be happy at many of the more than 4,000 colleges and universities in the United States. Take time to learn about your choices. Browse through college guides and work the web. Keep an open mind.

Factors to consider-

- * Geographic location
- * Campus setting (urban, suburban, rural)
- * Campus safety
- * Religious vs. non-denominational
- * Academic focus
- * Strength in major you may be interested in
- * Size of school
- * Extracurricular activities
- * Public vs. private
- * Single sex vs. co-ed
- * Structure of academic program

College guidebooks can help you evaluate schools; many are updated annually. A few:

- * *Fiske Guide To Colleges* by Edward B. Fiske, Robert Logue
- * *Students' Guide to Colleges: The Definitive Guide to America's Top 100 Schools*, by the students who attend them
- * *Princeton Review's Best 361 Colleges*
- * *US News Ultimate College Guide*
- * *The College Board College Handbook*
- * *Insider's Guide to College* by Yale Daily News
- * *Colleges that Change Lives: 40 Schools You Should Know About Even If You're Not a Straight "A" Student* by Loren Pope
- * *Finding the College That's Right for You* by Dr. John Palladino
- * *Rugg's Recommendations on the Colleges* by Frederick E. Rugg

The Internet is an invaluable resource. Some web sites to explore:

www.naviance.com
www.princetonreview.com
www.campustours.com
www.calstate.edu
www.collegeboard.org
www.nacacnet.org/memberportal/news/stepsnewsletter

www.petersons.com
www.campusdirt.com
www.universityofcalifornia.edu
www.californiacolleges.edu
www.collegedata.com

A few Internet sites offer, for a fee, a computerized evaluation showing your chance of getting into certain schools versus the average applicant's chances. La Jolla High School does not endorse these and cannot attest to their accuracy, but two that have received positive press include www.go4ivy.com and www.thickenvelope.com

On campus visits from college admissions officers:

College representatives from around the country visit La Jolla High School to meet with students in the fall. Students are encouraged to sign up for up to 5 colleges; the counseling office maintains a master calendar. Seniors get preference for these appointments.

La Jolla High School's College Planning Nights:

Each year, La Jolla High School counselors host an evening meeting, giving an overview of the college application process for state and private schools. The question and answer portion of this evening is always especially informative. In addition, LJHS PTA hosts a Parent PREP evening in May; parents of graduating seniors give their perspective on the college applications process.

****TIP****

If you are interest in certain colleges, get on those school's mailing lists early. Visit their website to do this. Some colleges keep track of students who indicate interest and use the information when they evaluate applications.

Helpful Hints for a Campus Visit

College campus visits can be incredibly helpful as high school students figure out where they might study happily for four years. Before visiting colleges, develop a list of questions and plan specific activities so you can learn as much as possible about the academic and social environment, along with information on how various schools support students.

- * Schedule an interview with the admissions office. You will probably be able to spend at least 15 minutes with a current student who works in the office. They will be looking to see if you fit in terms of personality and attitude - you'll be able to make the same judgments about them. (Admission requirements, financial aid, school calendars and tuition fees can be found ahead of time on the college web site or in the school's written materials.)
- * Plan to meet with students and faculty. Ask questions!
- * If possible, attend a class. Note class size, professor's teaching style, and the general academic atmosphere.
- * Take a campus tour. Be sure to visit the library, career center, the dining halls and residence halls, if possible.
- * Find out about transportation options that are available around, on and off campus.

Questions to ask students -

- * What do you like most and least about this school?
- * Do you consider the school a happy place?
- * What are classes like? What are the largest and smallest classes you've taken? Is it easy to get classes you need?
- * Where do students study? Is it easy to study in the library? In the dorm rooms?
- * How competitive is the environment?
- * Are libraries, library services and research resources easily available?
- * Are professors easy to talk to outside of class? Are classes taught by graduate students?
- * What is the food like? What meal plans are offered?
- * Do many students participate in sororities and fraternities? How important is the Greek system to the school's social life?
- * Do many students participate in sports and attend sports events/games?
- * Where do students hang out on and off campus? Describe a typical weekend.
- * Do many students live off campus?
- * Do many students go home for the weekend?
- * How many students have cars? Where do they park and how difficult is it to find spots?
- * If you'd known then what you know now, would you choose to attend this school again?
- * Is support available when you need it? Would you know where to go if you needed help?
- * Is technical support easily available?

Questions to ask administrators –

- * Ask questions you may have about admissions, availability of undergraduate research, study abroad, etc.
- * Does the college accept AP classes for credit? Is there a minimum AP test grade? Is credit given for college classes taken during high school?
- * What percentage of students graduate in four years?
- * What percentage of students transfer out?
- * When does one have to declare a major?
- * Who serves as student advisors?
- * What kind of computer access/internet access is available in the dorm rooms/common areas?
- * Where are computer labs located? When are they open? Is there usually a waiting list?
- * Is there a safety escort or shuttle service for students on campus at night? Describe on-campus security.
- * What are the dorms like? After freshman year, what percentage of students live off campus?
- * How strong is the career center? What percentage of students go on to graduate school?

Junior Year – Preparing for Standardized Test

One cold, hard college admissions fact is that numbers count. Admissions directors look for ways to quickly size up applicants as individuals and in comparison with other applicants; they rely on GPAs and scores on standardized tests to begin their assessments. A student's GPA is often considered most important, with scores on standardized tests a close second at many schools.

Given their impact, it's not surprising that, increasingly, test preparation has become part of the junior year experience. Test preparation goes beyond reviewing important material to teach test strategy and provide study tips. Some La Jolla High School students methodically work through reference books, others enroll in online courses, or go to a test center, such as Princeton Review for group or individual instruction. Wells Academic Tutoring also offers individual tutoring for the standardized tests. Check the counseling office bulletin board and parents of other juniors or seniors for more names of tutors.

Helpful Books Include:

The Official SAT Study Guide by College Board

The Real ACT Prep Guide: The Only Official Prep Guide from the makers of the ACT

Princeton Review books on SAT and ACT test preparation

Contact Information for Local Test Preparation Centers:

(providing this information does not imply endorsement)

Princeton Review (various locations)

www.princetonreview.com

1-800-2review

Wells Academic

7460 Girard Avenue, Suite 7

La Jolla, CA 92037

www.wellsacademics.com

(858) 551-2650

****TIP****

Sign up for “Official SAT Question of the Day” e-mails at www.collegeboard.com to become familiar with the test questions

****TIP****

When you take the AP's, the PSAT, or SAT tests, you'll have the opportunity to sign up for the Student Search Service. If you check the appropriate box when you register, colleges will have access to your name, address, sex, birthday, school, grade level and possible academic major. They will not receive your score but will see what range you were in.

****TIP****

Make sure you register on time for standardized tests. As things get busy at home and school, it can be easy to forget. **DON'T!!!**

Overview of Most Common Standardized Tests

This page offers a brief overview of the major exams most colleges require as part of the application process. Confirm which tests are required for each college you are considering.

PSAT/NMSQT (Preliminary Scholastic Assessment Test/National Merit Scholarship Qualifying Test):

The PSAT/NMSQT gives students an opportunity to take the type of test most colleges require as part of the application process. After it has been scored, students receive their actual test back so they learn from the experience. The PSAT/NMSQT score reports provide three different scores on a 20-to-80 scale, one each for critical reading skills, math skills, and writing skills. The average critical reading, math, and writing skills score for juniors is about 49. The report also shows a Selection Index, ranging from 60 to 240. It is the sum of the three scores (CR + M + W). The average Selection Index for juniors is roughly 147.

Juniors who take the PSAT/NMSQT are automatically considered for a National Merit Scholarship. For more information about this program, go to <http://www.nationalmerit.org>. Students register for the test in September, by paying a fee to the Financial Office.

SAT Reasoning Test – www.collegeboard.com:

More than 2 million high school students take the 3 hour and 45 minute SAT Reasoning test every year on one of 7 Saturday mornings. It is designed to measure the critical thinking skills you'll need for academic success in college, including critical reading, math, and writing. Each of these three sections is scored on a scale of 200-800, with two writing sub scores for multiple-choice and the essay. The total SAT score is found by adding the three scores together. A perfect score is 2400.

Students can register for the test online or by mailing registration forms (available at the counseling office). Register early to get a preferred test site. Registration deadlines are generally a month before the test; find specific test information online at the web site above. Fee waivers are available for qualified students.

ACT Test (American College Test) – www.actstudent.org:

The ACT is another widely accepted college entrance exam. It has become increasingly common for students to take both the SAT Reasoning and ACT tests, and then submit their best scores to colleges. According to its web site, the ACT assesses high school students' general educational development and their ability to complete college-level work. The multiple-choice test covers English, mathematics, reading and science, with an optional writing test, which includes writing a short essay. The composite score ranges from 1 to 36 (high); there are 7 sub scores ranging from 1 to 18.

The ACT is offered 6 times per year on Saturday mornings. Students can register by mail or online. Again, we recommend you register early to secure preferred location. Fee waivers are available for qualified students.

SAT Subject Tests – www.collegeboard.com:

These one hour tests (three can be taken at one sitting) measure levels of accomplishment in a particular subject. There are 17 SAT subject tests which are offered in 5 subject areas. Costs vary depending on how many are taken.

English Literature

Foreign Language

History and Social Science

Mathematics

Science

French, German, Hebrew, Latin, Spanish, Japanese, Italian, Korean, Chinese

U.S. History, World History

Mathematics Level 1, Level 2 (calculator required)

Biology Ecological/Molecular, Chemistry, Physics

Senior Year – What to Do and When to Do It

Maintain grades. Apply to schools. Send FAFSA.

August -

- * Begin to think about essay subjects now, before you feel overwhelmed
- * Develop a detailed application plan, noting deadlines for applications and scholarships as dates vary by school
- * Collect applications for private colleges by mail or from the Internet.

September -

- * Join CSF if eligible
- * Colleges send reps to visit LJHS; sign up to attend meetings in counseling office
- * Begin application process; follow your plan and adjust as necessary
- * Direct standardized test scores to colleges if you haven't already done so
- * If applying "early decision", ask teachers for recommendations and submit counselor recommendation requests

October -

- * Ask teachers for recommendations
- * Research scholarships
- * Retake standardized tests if desired
- * Order transcripts via Naviance. Bring envelopes to registrar for transcript, counselor reports, mid year report
- * Obtain UC/CSU, and ROTC applications as well as CSS Profile forms from counseling office
- * Obtain FAFSA (Free Application for Federal Student Aid) personal identifying numbers for students and parents via FAFSA website: <http://www.pin.ed.gov/PINWebApp/pinindex.jsp>

November -

- * November 1 is deadline for many Early Action/Decision applications
- * November 30 is application deadline for UC/SCU schools

December -

- * CAL grant applications and FAFSA forms available in counseling office
- * ROTC applications due

January -

- * Many regular application deadlines occur this month, on the 1st or 15th
- * Attend financial aid workshop at LJHS
- * Fill out and file FAFSA and CSS profile
- * Research local scholarships
- * Join CSF, if eligible
- * Schedule your senior exhibition, a graduation requirement

February -

- * Order mid year reports via Naviance
- * See Registrar to turn in mid year report form if you have not already done so
- * Write thank you notes to all who wrote you letters of recommendation

March -

- * March 2 is CAL Grant deadline date
- * Check a transcript to ensure your child's social security number is correct
- * Obtain LJHS Scholarship Foundation application from counseling office

April -

- * Hear from colleges

May -

- * Notify school of choice
- * Take Advanced Placement exams
- * Order final transcripts via Naviance; deliver envelopes and payment to Registrar

June -

- * GRADUATE!

Beth Behnke's Application Tips for College Bound Seniors

1. Watch deadlines.

First and foremost, adhere to college application and financial aid deadlines. Allow the counselors, school registrar and teachers plenty of time to prepare their documents and the post office adequate time to deliver them. File FAFSA forms early. Keep records and proof of mailing receipts (can be obtained at the post office.)

2. Keep track of paperwork.

Every private college provides forms for secondary school/counselor recommendation reports, teacher recommendations, and midyear reports (also known as 7th semester reports). Make sure that you keep copies of everything you send.

3. Applications have several parts - make sure you complete every necessary form.

Online applications and the common application are changing the landscape of applying to college. It can be easy to miss a needed form, so make sure you have downloaded everything necessary, and double-check to ensure you have everything you need. Often, private schools that accept the common application require a supplemental form with short essays.

4. Provide an envelope for each form, transcript and other documents requested through Naviance. (See page 21 for details.)

Each envelope should be:

- * #10 legal sized,
- * stamped with appropriate first class postage (\$0.42 at time of this printing),
- * addressed to the Admissions Office of chosen schools
- * return address written as La Jolla High School, 750 Nautilus St., La Jolla, CA 92037, and
- * the name of the form written on the bottom left on the front of the envelope.

5. Provide the right forms to the right people with a list of colleges and due dates.

- * Give teacher the forms required for teacher recommendations (once they have agreed to provide one.)
- * Provide your counselor all he/she needs to write a recommendation and fill out the secondary school report by answering questions found on page 24 and put information and forms in appropriate basket on the counselor's office door.
- * Give the registrar the secondary school report and the mid year transcript request forms.

6. If applying to private schools, request a transcript, if needed, for every school to which you submit a secondary school report.

FYI — Public schools in California, e.g. UC and CSU systems, require only a final transcript.

7. Keep track of each college's application ID number.

- * After colleges have received all application materials, many will send a letter or email containing an application ID number. Keep track of these numbers -- you will be able to use them to check application status and decisions online.

Top 10 Tips for Seniors From PTA Parents

1. Recruitment letters and brochures are marketing tools.

Remember that the information from individual schools, including athletic solicitations, sent to your student is not an indication of the likelihood of acceptance.

2. Beware the dreaded two and three part applications.

There is often more than one part in applications to private schools. These may be sent in separately. Some schools will not consider your student's application complete unless all financial data, including the current year's tax returns, are included – whether or not your student qualifies for financial aid.

3. Zip your lip.

You are not required to tell anybody anything. Encourage your student to maintain his/her privacy. Remember, in a sense, students are competing with their classmates.

4. Begin to strategize a Plan B, Plan C and maybe even Plan D.

Have at least 2 "safety" schools to which your student will realistically be accepted. It is best if one is on Rolling Admissions. Remember that the competition is stiff. Consider a community college in a sought-after location.

5. Courtesy counts.

Send a thank you note after an interview.

6. Learn to love Advanced Placement, SAT and ACT tests.

Some schools accept AP scores in lieu of placement testing. Some use them for college credit. Check out the situation with the individual school. When your student takes the SAT and ACT tests, resist the temptation to have the scores sent directly to the school. It costs a bit more, but if your student decides to re-test, you have control over which scores go to the colleges.

7. Being deferred or placed on a wait list can be nerve-wracking.

Being "deferred" usually means that the school is looking for improvement in one or more areas. Contact the admissions counselor at the school and politely ask what would improve your student's chance of admission. If your student is placed on a wait list, write a letter immediately, stating that this school is the student's top choice. Enumerate the ways in which your student can contribute academically and socially to the college.

8. No need to wait for the "fat" envelope.

Many colleges notify students of acceptances on line. This is usually a week before they receive notification via "snail mail".

9. Vaccinate your student. Better yet, have your physician do it.

Requirements vary from school to school. Be sure that the Hepatitis A and B, Tetanus, Meningococcal Meningitis and all other vaccines are up to date.

10. Insurance, for after your student has been accepted.

Sadly, there is no "acceptance insurance". For health insurance, check your policy for non-local coverage. Like many other schools, the UC's have an automatic health insurance fee, although you can opt out if you have your own insurance. Your automobile insurance carrier needs to be notified if your student is taking the car to school. If the car is staying home and will only be used by the student during occasional visits, you may be eligible for a discount. Ask, and ye may receive.

La Jolla High School Application Protocol

Public and private colleges handle freshman applications slightly differently. Most public schools do not require transcripts or teacher recommendations as part of the initial application process – each college provides directions on their requirements.

Read directions provided by each college, public and private, and follow those procedures carefully and precisely.

Public Colleges and Universities

University of California, California State Universities and out-of-state public schools

What students need to do in September/October:

- File applications in advance of deadlines (November 1-30 for UC/October 1-November 30 for CSU).
- Review application instructions carefully to ensure your application file is complete. Some public schools require a counselor signature or verification of classes, some require mid year transcripts (see box below for instructions on ordering transcripts).

What students need to do in May/June:

- Request **TWO** final transcripts via Naviance, one to be sent to the school you will be attending, the other to yourself at home.
- Deliver to the registrar - \$2.00 transcript fee (\$1.00 per copy) and **TWO** stamped addressed envelopes (one to your new alma mater, one to your home address).

NOTE: ALL schools require an official final transcript confirming successful graduation from high school, so do not forget this critical step! Admission may be revoked if college does not receive this document.

Private Colleges and Universities

What students need to do in September/October:

- File application online.
- Request transcripts online, using Naviance, for each school to which you will apply. The website: <https://connection.naviance.com/fc/signin.php?hsid=ljhs>, then bring the registrar:
 - 1) The Secondary Report from each application,
 - 2) \$1.00 transcript fee for each college to which you are applying,
 - 3) An addressed, stamped #10 envelope.

NOTE: Address each envelope to the college campus address, but no return address – La Jolla High School affixes their own information onto the envelope. Secondary reports must be two-sided copies, paper clipped together, with student's name printed at the top of each page. First class postage is currently \$.42 per ounce.

What students need to do at school before November:

- To ensure counselor recommendations are written, give counselor an activity sheet/resume and parent/student input sheet. This can be done prior to completing and filing applications online.
- Give the "Teacher Report" to the teacher(s) you have asked to write letters of recommendation along with envelopes stamped and addressed to each school (most private colleges require two teacher reports). This can be done prior to completing and filing applications online. Make sure you give the teachers enough time.

What students need to do at school after Winter Break:

- Request that a mid year transcript be sent to each school to which you are applying online, using Naviance and following directions in box above, providing Mid Year Report forms for each school to the registrar.

What students need to do in May/June:

- Request **TWO** final transcripts via Naviance, one to be sent to the school you will be attending, the other to yourself at home.
 - Deliver to the registrar - \$2.00 transcript fee (\$1.00 per copy) and **TWO** stamped addressed envelopes (one to your new alma mater, one to your home address).

NOTE: ALL schools require an official final transcript confirming successful graduation from high school, so do not forget this critical step! Admission may be revoked if college does not receive this document.

Components of an Application

During the summer before senior year, students and their parents should begin to hone in on a realistic list of colleges, collect application information and begin drafts of required essays. The application process differs a bit, depending on whether you are applying to one of California’s public schools or to an independent institution as shown:

	University of California	California State Schools	Independent 4 year Colleges	2 year Schools
Application	yes	yes	yes	yes
Essay	yes	no	yes	no
Transcript*	self report	self report	yes	yes
Test Scores**	yes	yes	yes	no
Counselor Recommendations	no	no	yes	no
Teacher Recommendations	no	no	yes	no
Interview	no	no	Varies by school	no
Final Transcript	yes	yes	yes	yes

*** VERY IMPORTANT!** *Students taking Math 150, Political Science or other courses taught by Mesa Community College professors must request a Mesa Community College transcript separately from and in addition to the LJHS transcript. A different form must be submitted; it is available from Monteen Solberg, Registrar.*

**** Standardized testing should be completed by October to be considered by many colleges.**

Public Institutions –

1. University of California campuses - www.universityofcalifornia.edu

The University of California has 10 undergraduate campuses serving more than 200,000 students. Applications to University of California campuses are accepted online from November 1 through November 30.

2. California State University campuses- www.calstate.edu

The California State University system has 23 campuses that serve more than 400,000 students. Online applications are strongly encouraged and are accepted from October 1 through November 30.

Components of an Application (Continued)

Independent Private Institutions :

Private schools range in size, academic focus, philosophy, geographic location, price, and quality. Almost all require more information as part of the applications process than public institutions; they also offer more options in terms of when and under what conditions a student can apply. The options can be confusing!

Non-Restrictive Application Plans Students can apply to other schools and have until May 1 to decide			Restrictive Application Plans Students need to honor restrictions	
Regular Decision	Rolling Admissions	Early Action (EA)	Early Decision (ED)	Restrictive Early Action (REA)
Non-binding	Non-binding	Non-binding	Binding	Non-binding
Submit application by certain date and hear from school in clearly stated period of time.	Colleges review applications, then make decisions and inform applicants in the order they were received	Students apply early and receive decisions well in advance of regular response date	Students apply to their first choice school early and agree to enroll if accepted	Students apply and hear decisions early, but have until May 1 to confirm. students may not make another ED or EA application

Just about every school makes their application available online, either as a download that students print out, fill in, then mail, or as a web-based paperless option. When apply online, either directly to a college or via the common application (see below), you'll be able to enter and save data over several sessions. Your final copy can be submitted by pressing "enter" on your computer, or by printing out your final version and mailing it to the institution. In 2005, roughly half of student applicants submitted their applications online; this percentage has been increasing each year.

Each school's general application form requests biographical data, including your name, address, social security number, information on parents and their background, siblings, activities, jobs held, honors and awards received, athletic involvement and more. Usually, there is an essay component as well; more on what to consider before writing the essay can be found on page 20. As part of the fall, 12th grade curriculum, students get assistance with their college essays in their English classes.

The Common Application - www.commonapp.org:

Nearly 300 private colleges and universities accept a standardized application known as the "Common Application." Once completed online or in print, copies of the Application for Undergraduate Admission can be sent to any number of participating colleges. The same is true of the School Report, Midyear Report, and Teacher Evaluation forms. The common application allows you to spend less time on the busywork of applying for admission, and more time on what's really important: college research, visits, essay writing, and senior year coursework. Last year almost 500,000 applications were submitted via the Common Application Online.

****TIP****

If a common application is used, verify with each school applied to for a supplemental form that may be required!

The Application Essay

Students tend to stress most about the essay portion of the college application. To ease anxiety and help students as they apply, La Jolla High School has incorporated writing college essays into the senior year English curriculum. In addition, the school counselors are often happy to review and critique student's essays, if given ample notice. The San Diego library has more than 12 books on writing essays for college along with examples of successful essays (*Warning: it can be somewhat intimidating to read some of these published pieces.*)

Leave lots of time to write and re-write. If you procrastinate too long, it will be impossible to write thoughtfully. Follow these three steps for winning essays:

1. **Brainstorm.**

Consider the following to help you think about yourself –

- What three adjectives would your friends use to describe you?
- What would people be surprised to know about you?
- What is your favorite subject in school? When you were in elementary school, which was your favorite? What, if anything, has changed? Why?
- Who is your favorite teacher and why do you like him/her?
- What would people say about you behind your back? If you could not watch TV, play video games or read books for one week, how would you occupy your time?
- Do you like working on projects or having finished them?

2. **Answer the essay question.**

- When you begin to answer the question, make sure to refer to yourself a lot. The readers don't need facts, they need perspective on you. Try to work in information or opinions not found elsewhere in your application. Don't restate awards or participation on sports teams unless you're adding something new.

3. **Ask for feedback from teachers, consultants, parents, or counselors; incorporate applicable comments.**

- A stylistic tip: Spend a lot of time on the first and last paragraphs, to entice the reader and leave a lasting impression.
- Make sure to convey how and why the experiences you write about have affected you. Again, the readers are most interested in understanding you better than they are in the topic itself.
- Grammar and spelling count!
- Make transitions smooth so readers don't have to work too hard to follow your line of thinking.

****TIP****

The University of California application includes two personal essay questions. Writing these essays can be very helpful, even if you do not plan to apply to any of the UC campuses, because the questions encourage you to consider strengths and weaknesses, personality traits and unique experiences that have helped shape you as a person. Once you have answered these questions, you can often adapt parts of them when working on applications for other schools.

Requesting Transcripts and Secondary School Reports

Your academic record is the most important part of your application. Colleges consider the academic rigor of La Jolla High School's curriculum along with your performance in classes you've chosen to take. La Jolla High School is respected as an academically rigorous public institution that prepares students well for the challenges they'll face in college. That's in your favor.

The courses you have taken at La Jolla High School, your GPA (grade point average) and class rank will be used to judge how well you've achieved individually and in comparison with other students in your class.

Private colleges will usually request three transcripts, one which is sent in late fall and contains grades from courses taken from freshman through junior year, then again in February, after first semester senior grades are available. At the end of the year, you'll need to send your chosen college a final transcript. (Mark your calendar so you remember to request this ----it's easy to forget as senior year winds down!).

How to request LJHA official transcripts and secondary school reports *Plan ahead! Allow 4 weeks for processing!*

1. Request transcripts online.

Use Naviance (<https://connection.naviance.com/fc/signin.php?hsid=ljhs>) and access your personal page to place the order. See page 8 for more details.

2. See registrar before school, after school, or during lunch.

- * Pay \$1.00 for each transcript ordered
- * Bring appropriate college form(s), secondary school report, counselor recommendation form, etc. as a two-sided copy and with your information filled in
- * Bring an envelope for each request
 - #10 legal sized, unless school requires 9" x 12" manila envelope (i.e. Stanford, Columbia)
 - Pre-addressed to admissions office of chosen schools
 - First-class stamped
 - Leave return address blank or fill in LJHS address – 750 Nautilus Street, La Jolla, CA 92037
 - Write name of enclosed form on front of envelope, bottom left

3. Sit back, relax, and confirm transcript processing online via Naviance.

- * Registrar will generate transcripts, and distribute secondary school report to your counselor
- * Naviance will be updated with date information was sent so you can confirm transcripts/secondary school reports have been sent.

****TIP****

If you have taken any college level courses outside La Jolla High School, YOU must contact those colleges to request transcripts be sent to the schools you are applying to.

Students taking Math 150, Political Science or other courses taught by Mesa Community College professors must request a Mesa Community College transcript separately from, and in addition to, the LJHS transcript. See Registrar, Monteen Solberg, for the required form.

*****IMPORTANT!! More than a TIP*****

Before you graduate, request two final transcripts---one to be sent to the college you'll attend and one to be sent to your home. The school district does not automatically provide you a final transcript.

Benefits of a High Grade Point Average

California Scholarship Federation

CSF is an honorary organization recognizing academic excellence and citizenship. Students must qualify and apply each semester to be part of this organization, then pay nominal dues (\$5 per semester) to the Financial Office, volunteer X hours a semester and tutor students a certain number of hours each semester. Students who accumulate 4 semesters of eligibility during their final 6, with at least one semester based on the senior grades, become "life members" and earn a CSF seal on their diploma.

Here's how it works: after grades are issued each semester, the guidance department reviews transcripts of Sophomores, Juniors and Seniors, assigning points to a pre-approved course list as follows: Grades of A are awarded 3 points, a B gets 1 point, and a AP classes grade of B counts as 2 points. A D or F in any subject automatically disqualifies the student. Those who earn 10 points become eligible for CSF membership. More information can be found at the California Scholarship Federation web site -- <http://www.csf-cjsf.org/>.

Academic Distinction

Students who have achieved a weighted grade point average of 3.5 or better in grades 10, 11, and first semester 12th grade graduate with Academic Distinction. A second way to earn this honor (which is determined by the Registrar) is to hold a transcript that includes 2 years of foreign language, 14 A's and B's in certain advanced courses with 4 of the required 14 earned senior year.

Cum Laude

Cum Laude is a national honor society recognizing superior scholastic achievement and holding Excellence, Justice and Honor as academic ideals. Students are invited to membership during the spring of senior year based on GPA and citizenship grades; they must accept the invitation and pay membership dues (\$20) to be part of Cum Laude. An awards ceremony is held to honor new inductees; membership is noted on the student's permanent record. For more information, visit the Cum Laude web site: <http://cumlaudesociety.org/>.

Presidential Academic Fitness

This award is designed to encourage students to achieve their full academic potential. Students who meet the criteria of a 3.3 GPA and test scores in the 80th percentile or above are awarded certificates signed by the President of the United States and the Secretary of Education.

Counselor's Letters of Recommendation

One of the strengths of the La Jolla High School counseling office is the high quality of the counselors' letters of recommendation. Each school counselor devotes a considerable amount of time and energy during the fall semester to write letters that reflect the positive personal qualities each La Jolla High School student can bring to the college environment.

Students and parents are responsible for providing background information the counselors can use to write recommendations.

Counselors appreciate a resume of all activities the student has been involved with, leadership positions held and awards received. In addition, students and/or parents may provide a short personal narrative to flesh out various activities or convey passions and personal traits. See gray boxes below for guidance on relevant personal qualities. The earlier you provide this input the better, so counselors can allocate their time more easily during a busy time of year. You will want to be particularly aware of this if making an Early Action or Early Decision application. Ideally, you should provide this information, along with a list of schools to which you'll apply, **and application deadlines**, at the beginning of October. College counselor recommendation forms should be routed through the LJHS Registrar, Monteen Solberg, given to her at the same time request for transcripts are made.

Student Responsibilities

- See registrar to submit Counselor Recommendation Forms (give these when ordering transcripts).
- Include a #10 legal sized envelope, addressed, with first class postage for each college (exceptions include Stanford and Columbia).
- Prepare your resume and a personal statement; these are optional, but helpful to counselors. See the Appendix for a resume format and the gray box below for suggestions on writing the personal statement.
- Ask a parent or guardian to write a statement about you. Again, gray box below contains suggestions.
- Prepare a document listing schools to which you are applying, with application deadlines.
- In late September, early October, put all this information in the box on your counselor's office door (resume, personal statement, parent's statement, list of colleges and deadline.)
- Follow up with your counselor to make sure the documents were received.

Parents!!

Your 1 Your 1– 2 page assessment of your child is a big help to counselors. Topics you can address:

- Your child's most admirable quality.
- Examples of your child's values, enthusiasm, ability to meet challenges.
- Examples of your child's willingness and ability to accept responsibility, demonstrate dependability and maturity.
- Examples of your child's leadership and integrity.
- Your child's outlook on life, whether he/she is optimistic, passionate, curious, fearless, willing, social, involved.
- A description of one or two ways in which your child is unique.

Students!!

The counselors want to understand how you think, how you view yourself, what matters most to you, and what has influenced intellectual development. Write a 1 – 2 page piece answering some or all of the following questions:

- What are your 3 most distinguishing and admirable qualities? Give an example of each.
- What would you like the college to know about you that may not appear on the application?
- What type of student are you? What academic settings or assignments make you thrive? What interests you most?
- What are your aspirations, goals, dreams?
- Please describe any jobs you've held or community service experiences you've had.
- Tell us about your family and friends. Have you faced any significant hardships?
- What one or two things have had the biggest impact on your life?

Teacher Recommendations

Most private colleges request at least one letter of recommendation from a teacher as part of the application. Some schools want reports from teachers of college prep courses, including English, lab science, advanced math or foreign language; others will be less specific. In doing so, colleges are looking for personal insights about the applicant, not a reiteration of grades or test scores. Not surprisingly, teachers who know you well will write the most effective letters.

Please remember teachers are not required to write letters of recommendation for their students! They are usually glad to do so, but may have to limit their commitments due to time constraints.

Suggestions:

- Be respectful of everyone's time -- ask teacher, coach or other character reference for recommendations early, in September or October. You will want to be on the early side if submitting an Early Action or Early Decision application.
- Request references in person if at all possible.
- Be prepared, be polite, give plenty of lead time.
- Provide all forms with envelopes (addressed with first-class postage). Also, include copies of documents you prepared for counselors, including resume, personal statement, list of the schools you'll be applying to and school deadlines.
- Remember to write your teacher thank you note. At the end of the year, let each of them know where you have decided to go!

College Interviews

Many private schools encourage a college interview, usually conducted by a student who works in the admissions office, or an alumnus who contacts applicants in their hometown. If you have the opportunity to interview, take it. The interview allows you to put a human face on your application and to learn more about the college to see whether it will be a good fit.

Your interviewer will want to put you at ease and will try to learn something about you. Be prepared to talk about yourself, your interests, favorite subjects in school or extracurricular activities, why you might want to attend that college, what other colleges you're considering. One question that can stump you if you're not prepared: "How will you contribute to life at this college?"

Also, be prepared to ask questions about the school. If you think you know what you'll want to major in, ask questions about that, and about possible research opportunities that relate to that major. Ask how difficult it is to get into courses you want or need. Ask what sets the school apart from their competition, or about the quality of the career counseling center. Ask about lifestyle at the school, how students spend their time on a typical weekend. Ask anything you can think of that will help you get a feel for the school that goes beyond the numbers you can read in the college guidebooks.

Get your interviewer's address when the interview is set, and remember to write a thank you letter afterwards. An e-mail acknowledgement is better than nothing, but a handwritten note is best.

Expenses Associated with College Applications

All figures are approximate and subject to change. Fees are subject to change, and do so frequently. Fee waivers are often available for qualified students.

Application Fees:

UC application fee	\$60 per campus
CSU application fee	\$55 per campus
4 year schools	\$40-\$74
2 year schools	

Financial Aid Applications:

FAFSA	Free
Profile Registration	
Send to each school	

Standardized Tests:

SAT Reasoning Test (if registered on time)	\$41.50
SAT subject test	varies by number taken at one sitting
ACT	\$29
Advanced Placement Tests (AP)	\$100 each

Deposits to college (after acceptance):

Academic deposit	\$50-\$500
Housing deposit if living in dorm	\$50-\$200

College Orientation:

Public universities often have summer activities for parents and students. Private schools generally hold orientation a week before school starts.	\$0-\$200
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Web sites with information on financial aid:

www.fastweb.com
www.finaid.org
www.csac.ca.gov
www.gripvision.com

Financial Aid Information

Financial assistance can come in the form of grants, scholarships, loans or work-study plans offered by a college upon your admission. Scholarships and some grants do not need to be repaid. Loans, such as the federal Pell grant and state (Cal A,B,C) grant are low-interest and usually must be repaid after graduation. Students qualify for these loans and grants by an analysis based on need — the lower the total family income (as reported to the IRS) and the higher the cost of a college's tuition at an institution, the greater the financial need.

The need analysis for financial aid takes place by filing the FAFSA (Free Application for Federal Student Aid). This form must be thoroughly filled out and submitted in January or February of the senior year. Even if an academic or athletic scholarship is a possibility, colleges expect qualified students to submit a FAFSA. Students with the greatest need receive the maximum awards. A student may have differing needs depending on costs of each campus. It is advisable to list the most expensive campus first on the application if you are considering several schools. It is easier to adjust grants downward than to increase grants for a more expensive campus.

Federal and State Grants (Received only by filing the FAFSA):

1. CAL GRANT A: For students with financial need enrolling in a California four-year college (community college students may put this grant on reserve until transfer).

2. CAL GRANT B: For disadvantaged students with financial need enrolling in a California four-year college. Cal Grant B provides a living allowance (and sometimes tuition/fee help) for very low-income students. About half of all new Cal Grant B recipients must begin at a public community college. When renewed by sophomores, juniors and seniors, it may also cover all or part of tuition/fee costs.

3. CAL GRANT C: For students having a financial need enrolling in a trade school or vocational course in California. The course of study may be from four months to two years in duration.

4. PELL (Basic) GRANT: The awards are based on a federal formula and may be used in all states for the community college, trade school or four-year college programs. This grant is known as the "basic" grant since it is the base for all other aids in the college financial package.

5. LOANS: Stafford, Perkins, PLUS, Federal Family Loan Program are all offered based on need. The need analysis for financial aid takes place by filing the FAFSA, Grade Point Verification Form, and/or CSS Profile. Students may pick up forms in the counseling office in September for CSS Profile and in December for FAFSA.

A) FAFSA (Free Application for Federal Student Aid): This form must be filed during January and February of the senior year. This form, along with the Grade Point Verification form, is used to determine need for Cal Grants, Pell Grants and Loans.

B) CSS Profile: This form has the same deadline for submission as the FAFSA and is used by private colleges to determine additional support that might come from their own private funds. A student must file a FAFSA in order to be considered for CSS Profile help. There is a fee for this form and the application lists the private colleges that require the CSS Profile.

A Financial Aid Workshop is held in mid-December at La Jolla High to provide information about completing these forms.

Scholarship Facts

Further assistance is available in the counseling office. When asked, LHJS counselors help seniors explore scholarship opportunities and complete applications for financial aid. Many scholarships are funded by various private donors, businesses and organizations. Awards usually range from \$25 to \$2,500. To plan ahead, students of all grade levels need to be aware of scholarship facts. However, actual application for scholarships usually begins in the senior year.

1. Scholarships are not granted automatically; students must identify scholarships they might qualify for and complete applications. One of the best sources of information is the counseling department's monthly posting of scholarships.
2. An appointment to a U.S. Military Academy, such as the Air Force Academy, is considered to be a \$150,000 scholarship. Further information is available on college nights, through the counseling office and military recruiting offices.
3. The Reserve Officer Training Corps (ROTC) offers competitive scholarships which include complete tuition, fees, books and a substantive allowance. The value may exceed \$60,000 at some private colleges. Many public and private colleges throughout the country provide ROTC programs, including Harvard, Cal Tech, MIT, UC and the California State University system. This is an opportunity worth exploring during sophomore/junior/senior years through college nights. Seniors may obtain ROTC applications in September in the Counseling Office. Deadline for application is December of the senior year.
4. Juniors scoring in the top ½ percent of the PSAT (Preliminary Scholastic Assessment Test) in October will automatically be placed in competition for the National Merit Scholarships. Students pay a fee to register for the PSAT; only registered students will be tested. Timing and payment information is announced via school bulletin in September.
5. Many scholarships are granted directly from colleges and the scholarship application may be part of the college admission process. Some are based on merit, some on need and some on athletic ability.
6. Scholarships may be available from the parent's place of employment, union and/or church.
7. The two most common factors considered in granting scholarships are academic ability (GPA, test scores, class rank and course work) and character (activities, personality, and references). Another factor may be financial need. Students do NOT necessarily need to have an "A" grade point average to apply.
8. Competition for CSF (California Scholarship Federation) scholarships is open to CSF Seal Bearers. CSF Seal Bearers are those students who have joined CSF at least four semesters by qualification of grades earned during the first six semesters of high school and paying a small fee (about \$5) each semester. Scholarships range from \$200 - \$2,200. Scholarships may be based on need as well as merit and are usually renewable. Students qualify for this honor society by earning three A's and one B in academic classes each semester. Membership in CSF is NOT AUTOMATIC; students must join each eligible semester. CSF Scholarships are usually granted as part of a financial aid package offered to the student making an admission application to a specific college.
9. College costs may be reduced by earning a baccalaureate degree in three years instead of the traditional four years. Students may earn college credits in high school by: dual enrollment in high school and college, receiving college credit through the Advanced Placement Program or by taking college courses in summer. Some colleges also offer a three year degree program.
10. Students planning teaching careers in bilingual education may qualify for grants ranging from \$300 to \$4,000 per year.
11. Native American, Eskimo, and Aleut students are entitled to receive grants and loans from the Bureau of Indian Affairs.

La Jolla High School Scholarship Foundation

The La Jolla High School Scholarship Foundation encourages all students to set the high educational goals for themselves. The organization assists deserving students by identifying those whose college financial needs will not be met by other sources.

Scholarship Foundation applications are available in the Counseling office in March. The Foundation will review all applications and will conduct interviews to determine scholarship recipients.

Scholarship applicants will be evaluated on the following:

- 1. Evidence of goals requiring further education** - College, two or four years, or technical/vocational school.
- 2. Evidence of financial need to meet educational goals receives primary consideration** - Need will vary from student to student depending on nature of goal, type and cost of school and the family's ability to provide. The application will request information relative to family's ability to contribute to the student's education and special circumstances that should be considered. Any grants awarded on merit alone will be financed solely by contributions so designated by the donor.
- 3. Evidence of self-help (employment and application for scholarships and grants)** - The Scholarship Foundation recognizes a need for flexibility considering travel time, academic load, sports participation and family responsibilities.
- 4. Evidence of scholastic achievement** - Course patterns, grades, test scores, achievement (grades) in relation to goals and potential - all will be considered.
- 5. Evidence of school or community service** - Participation and the extent of that involvement.

As discussed on page 29, other organizations utilize the LJHS Scholarship Foundation to administer awards and scholarships. These include Las Patronas, Kiwanis Club, Women's Club of La Jolla, and others.

Rotary and Riford Grants

If you wish to apply for a La Jolla Rotary Foundation Scholarship Award or an award from the Florence Riford Scholarship Fund, read this carefully:

Although you may apply for both awards, you can receive only one, and your circumstances must be carefully considered in order to be sure that you are qualified to apply for both. Please complete the application form in full. Do not omit any questions that you can reasonably answer. You must sign the application and have your parents sign, too. It must be submitted one week prior to a scheduled interview. Indicate on the bottom of the application form the award(s) for which you are applying. Applications are available in March of your senior year.

You must be a graduating senior from a La Jolla High School. Your application must be submitted and screened through your school's counseling office. These grants are renewable for four years if students maintain required GPA's in college.

You must have made a final choice of school prior to your interview. If possible, indicate this choice on your application when you submit it.

You are also encouraged to write and submit a letter addressing your qualifications, ambitions and future goals.

La Jolla Rotary Club Scholarship Award –

You must have a minimum 3.0 GPA and may also submit a recommendation from a teacher or administrator in your school. A photocopy of a letter of recommendation is permissible. You may attend school in any state to receive this award.

Florence Riford Scholarship Award –

You must have a minimum 3.5 GPA, and submit a recommendation from a science or mathematics teacher. These awards are only available to those who plan to pursue studies leading to a career in science, mathematics, engineering, or medicine. Study must be in a four-year college or university in California. Preference is given to students enrolling at UCSD.

More detailed information accompanies the applications.

If your application and accompanying transcripts, letters of recommendation, etc. are not complete and submitted on time, you may be disqualified.

Senioritis

Students who work hard for 3 1/2 years, staying focused on their studies, taking required tests, thinking about grades, applying to college, and getting involved in extracurricular activities of their choosing, tend to lead relatively structured lives. When late March arrives, and they find themselves admitted to college (hopefully ones they like) things can change.

BOOM! *the pressure's off.*

Most students stay responsible and relatively committed, but some go a little crazy, suddenly questioning established rules and curfews. As Arlene Matthews says in her book, *Getting In Without Freaking Out*, senioritis serves an evolutionary purpose. During the summer before college, children are programmed to rebel so you can tolerate, even welcome, a growing sense of separateness from them. Without words, you'll renegotiate the boundaries that govern your relationship. By the time they leave, you're supposed to be eager to hand them their hat. That doesn't necessarily make the time easier, but there may be some comfort in knowing it is somewhat predictable.

Sometimes senioritis indicates that a student is actually not ready to attend college yet. For these students, a one-year deferral from college might be an appropriate measure. Taking a "gap year" is rather common in Europe and supported by many schools. Students can take the time to rejuvenate, travel, work, pursue a passion, or discover one.

Gap Year

For those who may want to consider time off between high school and college:

Books -

The Gap-Year Advantage: Helping Your Child Benefit from Time Off Before or During College by Karl Haigler and Rae Nelson

Taking Time Off by Gail Reardon

Taking a Gap Year by Susan Griffith

But What If I Don't Want to Go to College? A Guide to Success Through Alternative Education by Harlow G. Unger.

The Back Door Guide to Short-Term Job Adventures: Internships, Extraordinary Experiences, Seasonal Jobs, Volunteering, Work Abroad by Michael Landes (not specifically for high-school students)

Alternatives to the Peace Corps: A Directory of Third World and U.S. Volunteer Opportunities edited by Joan Powell

Web Sites -

www.andover.edu/summerops/ilist.htm

www.whereyouheaded.com – Time Out Associates is a consulting firm for students planning time off.

www.gapyear.com - A large site about time-off options, including students' diaries about their year off. This is from the perspective of the United Kingdom, where gap years are very popular. Americans may need to "translate" a few things, such as references to money in British pounds.

U.S.News and World Report suggest other gap year options:

Dynamy (www.dynamy.org) - Three internships, a wilderness expedition, and hours of volunteer work form this year long program. Participants live in an apartment, and have to feed themselves. The program has two sites, Santa Rosa, Calif., and Worcester, Mass.

Kroka Expeditions of Vermont (www.kroka.com) - Ready for a 600-mile trek by ski and canoe? Kroka's semester program might satisfy your inner adventurer. You'll learn New England ecology and sustainable living practices, or starve trying. Tuition is based on a sliding scale; fees are based on family income.

Bridge Year (www.bridgeyear.com) - Want to see a bit of the world and learn Spanish? Consider Bridge Year. Participants spend the year in both Argentina and Chile, living with host families, and taking intensive Spanish language classes (check to see if they count for credit at your future university). No previous Spanish experience is necessary, there are classes for all levels of fluency.

Class Afloat www.classafloat.com - Take to the high seas for a semester on the sailing vessel Concordia. Class Afloat offers academics as the ships visit different ports. Itineraries change every semester, Recent destinations have included Venezuela, France, and Puerto Rico.

InterExchange Working Abroad (www.workingabroad.org) - Want to care for French kids? Take a business internship in London? Work on a farm in Norway? InterExchange offers working-abroad programs in 16 countries and handles overseas housing, visa procurement, etc.

Cross-Cultural Solutions (www.crossculturalsolutions.org) - Work in another country without a long commitment. Cross-Cultural Solutions offers flexible start dates and the ability to volunteer for just 1 week (or up to 12). Tax-deductible program fee covers room and board.

Ancient Pathways: Southwest Semester (www.southwestsemester.com) - Hone survival skills while spending a semester in northern Arizona. Enjoy wilderness hikes, guest lecturers speaking on American Indian traditions and archeology. College credit is available. Tuition can be offset with scholarship opportunities or manual work at the field station.

Leap Year (www.leapnow.org/leapyear) – This is a 9 month program incorporating cultural immersion in Asia or Central America, an international internship, retreats in northern California, and academic courses. The curriculum is offered for credit and is designed to replace the first or second year of college.

Action Without Borders (www.idealists.org) - This independent, non-affiliated organization offers a free searchable database of nonprofit internships and volunteer opportunities in numerous fields.

Glossary

AA (Associate of Arts): A two-year community college degree.

Academic Calendar: Breaks the school year into one of the following: semesters: two terms of 17-18 weeks; quarters: three terms of 11 weeks (fourth term optional); trimester two terms of 15 weeks (third term optional).

Accreditation: The recognition by an outside agency that a school maintains high standards which enable students to qualify for admission to other accredited institutions.

ACT (American College Test): A four-year college admission test covering English, social science, natural science and mathematics.

Admission Requirements: A set of rules established by each college for a student to be accepted.

Advanced Standing: When a student has completed more than 12 college credits.

AP (Advanced Placement): A system by which college freshmen may bypass entry-level courses by proving that they have already taken the equivalent in high school. College credit may be awarded if a student earns a certain grade on a specially designed College Board exam at the conclusion of an AP course.

A to G Requirements: Refers to the list of subjects required for admission by the University of California.

Audit: To attend a class for the purpose of reviewing the information. No tests, grades or credits are given.

BA (Bachelor of Arts): A four-year college degree.

CAL Grants: California financial aid available to students having a financial need as they continue their education at a college or vocational school. Forms available in the Counseling Office in December.

California High School Exit Exam (CAHSEE): A test comprised of two sections, English and math, mandated by the state of California. Initially given to students in 10th grade, all students must pass both portions of the test before graduation in order to receive a high school diploma.

California Proficiency Test: A state exam to qualify for a high school proficiency certificate. Students who pass the California Proficiency Exam are NOT eligible to participate in the graduation ceremony. Applicants must be at least 16 years of age and must remain in school until the results are received. Register by mail. The test is held at various local colleges and testing sites.

Candidates Reply Date Agreement (CRDA): Sponsored by the College Board, this agreement establishes a common date, May 1st, that is the earliest time a subscribing college may require an accepted applicant to say whether he or she plans to attend.

Class Rank: A student's standing based on his or her GPA as compared with that of other members of the class. In a class of 100, the best student would be number 1, and the poorest, number 100.

College Board: Company which provides college entrance testing, such as SAT, TOEFL, PSAT, etc. ETS (Educational Testing Service) is the testing division.

College Catalog: A book published by the college describing requirements for admission, degrees, services and course descriptions. The counseling office contains many college catalogs and the addresses of most other colleges.

Glossary (Continued)

CSF (California Scholarship Federation): State-wide honor society designed primarily for the academically oriented, college-bound student. Eligibility for membership depends upon last semester's final grades. Students who qualify for four semesters become Seal Bearers at graduation. Membership is not automatic, mandatory nor retroactive. Join the first three weeks of the semester, if eligible. See CSF Advisor or counselor for eligibility requirements.

CSS Profile: The PROFILE form is administered by the College Scholarship Service (CSS), the financial aid division of the College Board. The CSS PROFILE is required by many private colleges and universities to determine your eligibility for non-government financial aid, such as the institution's own grants, loans and scholarships. The CSS PROFILE was formerly known as the FAF.

CSU (California State Universities): The 21 public state campuses, such as SDSU (San Diego State University).

CLEP (College-Level Examination Program): Run by the College Board, this program offers a series of general and subject examinations for college applicants who have gained learning in such nontraditional ways as independent reading, on-the-job training or correspondence courses.

Credit or "semester hours" or "unit hours" or "quarter hours" or "unit": A way of referring to the number of credits which are earned in a college course. Approximately 64 total credits are needed for an AA degree, and 124 total credits for a BA degree for schools on a semester calendar. If a class meets three hours per week it is usually a 3 credit course. A full-time student at college usually has a course load of 5 classes and earns 15 credits per semester.

Cumulative Record: The complete record of all courses and grades earned. Your transcript contains your cumulative record.

Degree: Titles given to college graduates upon completion of a program. A 4-year degree is usually a BA (Bachelor of Arts), a 5th or 6th year degree is often a MA (Master of Arts), with a Doctoral degree requiring several additional years beyond the BA.

District Proficiency Tests: All students must meet course proficiencies for World History, Geography and Economics and U.S. History, Government, Economics, English, Mathematics and Science courses. Students must pass the proficiencies at the stated level as well as meet the other requirements established by the teacher in order to pass the course.

Early Action: Students who apply to certain colleges under this plan must submit the application by November 1. Required tests should be completed no later than the October test date, preferably earlier. Evaluations are made on the tenth and eleventh grade records, and students are notified by January 1. Applicants are admitted, denied or deferred for later consideration. The decision is non-binding. Admitted students are not obligated to matriculate and may apply to other colleges.

Early Decision: Same criteria as Early Action apply except that *it is a binding decision*. Students who are admitted are obligated to accept the admissions offer and must withdraw all other college applications.

Elective: A course needed for graduation credit, but not one of the specific course requirements.

FAFSA (Free Applications for Federal Student Aid): A form required of all students applying for any financial aid in any school or for any loan. This is due between January 1 and March 1 of the senior year.

Fee: A sum of money which must be paid for a variety of things related to college, such as admission, registration, graduation, health services, etc.

Glossary (Continued)

Fee Waiver: This form is available to students having a family income less than approximately \$16,000 per year. The Fee Waiver Form is submitted instead of money when applying for college testing or admission.

Financial Aid: Money which may be derived from a variety of sources (grant, loan scholarships, work-study), which helps pay for college costs. The “package” of funds is determined by family financial need and the availability of funds.

Financial Need: The difference between the cost of education and what the family or the applicant can reasonably be expected to contribute.

GED (General Educational Development Examination): A series of tests that adults take to qualify for a high school equivalency certificate or diploma. Students may not take the GED until their class has already graduated.

General Education Requirements (Also called Breadth Requirements): Courses selected from several divisions required for a college degree. These are completed in the first two years of college. The second two years involve course work in major and minor areas.

GPA (Grade Point Average): A student’s average grade, computed on a four point scale: A=4, B=3, C=2, D=1, F=0. Weighted course grades are computed on a scale of A=5, B=4, C=3, D=1, F=0. The GPA for CSU system includes all courses except PE in grades 10-12. For the UC system, the GPA includes just those grades earned beyond 9th grade in the A-G required courses.

Grants: Payments made to students by various organizations, including CAL grants from the State of California. Grants do not have to be paid back.

Impacted Program: A college degree program, such as computer science, which may be temporarily closed to new students due to heavy enrollment or may require supplementary screening of student records for selection of the strongest candidates.

Lower Division: Refers to courses usually completed in the first two years of college.

MA (Master of Arts): A college degree usually requiring one or two years work beyond the Bachelor of Arts (BA) degree.

Major: The main area of study in college, usually about one year in a planned series of courses during the 4-year program.

Minor: Approximately 18 credits in a single area of study outside the major department.

Naviance: Computer program used by LJHS students and counselors to obtain information about various colleges, help students narrow their college choices, and track a student’s progress toward meeting their college eligibility goals.

Need Analysis: A technique used to estimate a student’s need for financial assistance to help meet educational expenses. It consists of two major components: (1) estimate of the family’s ability to contribute to educational expenses, and (2) estimate of the student’s educational expenses.

Pell Grant Program: Qualified students who enroll at least half time at an eligible institution of higher education, and who demonstrated financial need, may receive this grant. This grant may be used at community colleges, universities or trade schools.

Prerequisites: Courses, test scores and/or grade level that must be completed before taking a specific course.

Private College: A school which is not supported by state taxes. Also referred to as an independent college.

Glossary (Continued)

PSAT/NMSQT (Preliminary Scholastic Assessment Test/National Merit Scholar Qualifying Test): A shortened version of the SAT offered in October for high school juniors for practice. National Merit Corporation also uses it to identify high-scoring students for honors and possible scholarships.

Package: The financial aid offer from a college, which is usually a combination of grant, loan, scholarship, personal savings, parent contributions, and work/study programs.

ROTC (Reserve Officer Training Corps): Many colleges have units of the ROTC that offer two and four-year programs of military training culminating in an officer's commission.

Rolling Admissions: This means that a college makes an admissions decision as soon as possible after an application is completed and does not specify a notification deadline.

SAT (Scholastic Assessment Test): A 4-year-college admission exam which contains three parts: verbal, math reasoning and writing. Each portion is scored on a scale of 800 - hence a perfect score would be 2400.

SAT II (Scholastic Assessment Test - Subject Tests): One hour exams offered in 14 different subjects. The UC System requires two tests.

Scholarships: A gift of money awarded for achievement, skills, talents and/or financial need.

Senior Exhibition: A presentation that each LJHS senior must complete in order to graduate. The student chooses a topic in the fall, with the counselors' guidance. Components of the presentation include a written paper, oral presentation in front of adult panel and a visual/artistic piece.

Student Aid Commission: The California State Agency which administers a number of aid programs including the CAL Grant program.

TAG (Transfer Admission Guarantee) Program: Available at many community colleges. Students who complete a certain course of study over two years with high enough grades may transfer to certain public universities and are guaranteed admission.

Title IV: Department of Education's federal student aid programs

TOEFL (Test of English as a Foreign Language): An English exam for foreign students, used for placement in college English classes. Register by mail using materials available in the counseling office. The test is held at various local colleges and testing sites.

Transfer Student: College students who transfer from one college to another, usually at the end of the freshman or sophomore year. It is not recommended changing colleges the junior or senior year, when the student is completing requirements for a major.

Tuition: A fee that is paid for instruction at a college or university.

UC (University of California): Ten campuses make up the UC public university system.

Undergraduate: College student who has not yet received a bachelor's degree.

Upper-Division Courses: Courses designed for the junior and senior years of college.

Work-study: A federally funded program that makes part-time jobs available to students with financial need.

Additional Resources

Books to help guide the admissions process:

Getting In Without Freaking Out by Arlene Matthews

Acing the College Application: How to Maximize Your Chances for Admission to the College of Your Choice by Michele Hernandez

Fiske Guide to Getting into the Right College by Edward B. Fiske

Admission Matters: What Students and Parents Need to Know About Getting Into College by Sally P. Springer, Marion R. Franck

College Unranked: Ending the College Admissions Frenzy by Lloyd Thacker

Winning the Heart of the College Admissions Process: An Expert's Advice for Getting into College by Joyce Slayton Mitchell

Books for parents with children leaving for college:

Letting Go: A Parent's Guide to Understanding the College Years by Karen Levin Coburn and Madge Lawrence Treeger

When Your Kid Goes To College by Carol Barkin

Almost Grown: Launching Your Child From High School to College by Patricia Pasick

Empty Nest, Full Heart: The Journey from Home to College by Andrea Van Steenhouse

Don't Tell Me What To Do, Just Send Money: The Essential Parenting Guide to the College Years by Helen E. Johnson and Christine Schelhas-Miller

Campus Daze by George Gibbs

The College Guide for Parents by Charles Shield

Parents' Guide to College Life, by Robin Raskin

You're On Your Own (But I'm Here if You Need Me): Mentoring Your Child During the College Years by Marjorie Savage

For Parents Only: Tips for Surviving the Journey From Homeroom to Dorm Room by Julia Johnson and Mary Kay Shanley

Resources for the Student Athlete

High school athletes who want to play sports in college and who may be talented enough to be recruited need to think about colleges much earlier in their high school career because they need to get noticed by coaches and recruiters. A thoughtful review of the process is beyond the scope of this manual. La Jolla High School counselor Ty Eveleth, well-versed in this area, is happy to work with students. He also hosts informational meetings about college, student athletes, and NCAA rules. Read the PTA monthly newsletter for dates of these sessions. A helpful article on student athletes can be found at: www.nacacnet.org/MemberPortal/News/StepsNewsletter/exercising_your_option.htm

****TIP****

To play sports, colleges and the NCAA need initial and final transcripts! More information on requirements can be found at www.NCAAClearinghouse.net

In no particular order, here are questions to ask coaches at schools you are considering:

What NCAA division is your college/university? What positions will I play on your team?
Describe other players competing at the same position. Where am I ranked on your list?
When will you be making your decision?
Can I “redshirt” my first year? Does the school “redshirt” players who are injured?
Does this affect a player’s graduation?
What are the physical requirements each year (strength/conditioning, weight training)?
How would you describe your coaching style?
When does the Head Coach’s contract end?
What is the situation regarding the preferred, invited and uninvited walk-on players? How many make the team, compete and earn a scholarship each year?
What percentage of players on scholarship graduate in 4 years? What percentage of players not on scholarship graduate in 4 years? What is the team’s GPA?
What are the college’s academic support services for student athletes? Is study hall available? Are tutors available? Do staff and faculty cooperate regarding class load?
Describe a typical day for a student athlete at your college.
Will I be able to live on campus throughout my athletics participation? Are there exceptions?
How many scholarships are available to incoming students? If I’m injured, is financial aid affected?

The National Association for College Admission Counseling (www.nacacnet.org) provides the following Internet resources for student athletes:

National Collegiate Athletic Association - <http://www.ncaa.org>
American College of Sports Medicine Free Online Directory of College and University Program Information - www.acsm.org/student/pl/user/userlogon.asp
American Sport Education Program - <http://www.asep.com>
Athletic Information - www3.dist214.k12.il.us/guidance/athleteinfo.htm
Campus Champs - <http://www.campuschamps.com/>
For College Athletes - www.ForCollegeAthletes.com
National Association of Collegiate Directors of Athletics – www.nacda.fansonly.com
National Recruiting Network - www.nationalrecruits.com
National Scouting Report - <http://www.nsr-inc.com>
Varsity Edge - <http://www.varsityedge.com>

Test Dates

S A T

<u>DATES</u>	<u>TEST</u>	<u>REGISTRATION DEADLINES</u>	
		<i>REGULAR</i>	<i>LATE (late fee applies)</i>
March 14, 2009	SAT only	February 10, 2009	February 11, 2009
May 2, 2009	SAT & subject tests	March 31, 2009	April 1, 2009
June 6, 2009	SAT & subject tests	May 5, 2009	May 6, 2009

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<u>DATES</u>	<u>TEST</u>	<u>REGISTRATION DEADLINES</u>	
		<i>REGULAR</i>	<i>LATE (late fee applies)</i>
April 4, 2009		February 27, 2009	February 28, 2009
June 13, 2009		May 8, 2009	May 9, 2009
October 24, 2009*			
December 12, 2009*			

* *Regular and late registration deadlines will be posted once they are made available.*