



ARMY AND NAVY ACADEMY
Class of 2016

College Planning Guide

College Counseling Office:

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PREFACE

It's here! The time has come for you to start thinking seriously about your post-secondary education. It's a bit scary but so exciting at the same time. With organization, time management and patience, you will get through the process. This Guidebook will be an invaluable resource for you in the coming months as it has been written to the unique aspects of the cadet corps.

**Use it!
Read it!
It will be your friend.**

This Guidebook includes specific information on:

- ***the college search***
- ***essential websites***
- ***college entrance testing***
- ***the college application package***
- ***financial aid***
- ***senior issues and follow-through***
- ***additional post-secondary options***

Some sections are designed to raise questions about individual priorities and to offer general guidance concerning adequate high school preparation. Other areas provide information about resources available for further research. Finally, the concluding section suggests a variety of alternatives for the student who chooses not to continue directly on to college at the conclusion of his/her high school career.

This guidebook is meant to provide initial information or raise general questions that are most useful when supplemented by the individual guidance of the cadet's College Counselor, Mrs. Di Benedetto. Cadets and parents are encouraged to contact counselors any time they would like assistance with post-secondary planning. All cadets will have a chance to discuss the issues surrounding post-secondary planning in their junior advisory meetings in the spring and will be urged to initiate individual appointments. Parents are also encouraged to stay in contact with the College Counselor. Mrs. Di Benedetto's email is cdibenedetto@armyandnavyacademy.org and phone is (760) 547-5193.

A series of mandatory evening meetings for Juniors and Seniors will also provide an overview of the post-secondary planning process as well as specific information on testing, interviews, essay-writing, financial aid, and College Counseling Office resources and materials.

We hope you will find this variety of resources useful as you plan your educational opportunities for after high school. As always, we look forward to assisting you in any way possible.

Kind regards,

Mrs. Di Benedetto

Christine Di Benedetto
College Counselor, Senior Class
cdibenedetto@armyandnavyacademy.org
(760) 547-5193

Information you will need:

Our high school **SAT** and **ACT** code (CEEB) is **050470**

School phone: (760)729-2385

School fax: (760)434-1890

School website: www.armyandnavyacademy.org

School Address: P.O. Box 3000
2605 Carlsbad Blvd.
Carlsbad, CA 92018-3000

Class of 2014 Statistics:

- > 67 Seniors
- > School does not rank
- > 78%- 4 year University
- > 18% - 2 year College
- > 4% - Military

*** Class of 2015 Statistics TBD**

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Table of Contents

Preface.....	2
The College Search	5
What to Consider When Choosing a College	5
College Admissions Policies	6
Regular Application, Early Decision, Early Action, Rolling Admissions, Deferred Admission, Open Admission. What's the Difference?	
College Reps & Visiting a College Campus	7
The College Admission Interview.....	8
What is an Alumni Admissions Interview?	
Sample Thank You Letter to an Interviewer	
Navy ROTC General Requirements	10
Army ROTC General Requirements	12
International Students	14
Cadets with Learning Differences	15
Student Athletes (NCAA info)	16
Essential Websites	17
University of California, Cal State Universities, Common Application websites. California Colleges, Find Your "Best Fit" Colleges, Careers, Merit Money	
College Entrance Testing	18
College Board Testing	
Tests, Scores and Score Reports	
Advanced Placement (AP), TEOFL (Test of English as a Foreign Language)	
Test dates	
Naviance	21
A college and career readiness tool for students, families and staff	
College Application Process	22
Application Process: Putting It Together	
Teacher Recommendations	
Transcript Release Procedure	
College Essay/Personal Statement	24
What to do ... what to avoid	
Examples of College Essay Questions	
Tips for Writing the University of California Personal Essay	
Applying for College Using the Common Application	27
A " must " if using the Common App	
Common App FAQ's	
Second Semester	29
Senior Issues and Follow-Through	
The "Wait List": FAQ's	
Additional Post-Secondary Options	31
Options	
Summer Opportunities	
Financial Aid	32
Financial Aid: Sources and Programs	
Appendix 1/Cadet Resume	34
Appendix 2/United States Military Academies	35
Appendix 3/Common Application Members	36

THE COLLEGE SEARCH

The following factors must be considered before beginning your college search:

SELF – EXPLORATION

What are ...

- your interests
- abilities
- goals
- expectations?

You should review:

- your course work, extra-curricular activities, or community service that you have found most interesting throughout your high school years.
- Academic records, standardized testing, special awards, and feedback from teachers, coaches, club advisors, and other adults can help you assess activities.
- Career interest inventories and other information in the College Counseling Office may be useful in considering personal and career goals.

WHAT ARE YOU LOOKING FOR IN A COLLEGE?

- . **Type of institution** (two or four year, coed or non-coed)
- . **Geographic location** (region, state, distance from home)
- . **Majors offered/curriculum** (liberal arts, technical, business)
- . **Setting** (urban, rural, suburban)
- . **Size of institution** (small, medium, large, very large)
- . **Selectivity** (very difficult, moderately difficult, open)
- . **Cost** (tuition, room and board, books fees, travel, financial aid)
- . **Diversity** (race, religion, national, international, age)
- . **Extracurricular activities** (sports, entertainment, culture, religious, educational)
- . **Housing** (on/off campus, coed, single sex, special interest, size of room, food, meal plans, rules, roommates)
- . **Facilities** (buildings, architecture, libraries, student unions, classrooms, lecture halls, labs, recreational/athletic offerings, stores, laundry, handicapped access)
- . **Specialized Programs** (programs and services for cadets who are learning disabled, physically challenged, or who have English as a second language.

COLLEGE ADMISSIONS POLICIES

The following are the most common application choices you may encounter during the college admissions process. Given the variety of plans and the subtle differences between them, you should read each college's literature carefully.

REGULAR APPLICATION DEADLINE AND THE CANDIDATE'S REPLY DATE

- Many colleges establish an application deadline by which all applications must be received. You are then notified of the college's decisions at a uniform response date, typically on or before April 1st.
- At most colleges, May 1st is the date by which accepted applicants must indicate their intention to enroll. By use of a common reply date, you may evaluate all notices of admission and financial aid awards before deciding on any one college.

EARLY DECISION

Many colleges offer this plan to applicants who are sure they want to attend the college. *This college should clearly be the applicant's first choice.* Traditionally, the deadline for early decision applications has been November 1st or 15th. Colleges then render a decision by mid-December.

**You may only apply to ONE college under this program.
If you are admitted you must attend this college!**

EARLY ACTION

This program is similar to early decision, except that, you may apply to more than one college under this program. Early Action is not binding.

RESTRICTED EARLY ACTION

You may not apply apply Early Action to any other college. Admission under this program is not binding.

ROLLING ADMISSIONS

- Under this program a college considers your application as soon as all the required credentials have been received.
- Notification of acceptance or rejection is mailed as soon as a decision is made.
- Colleges that follow this practice may make their admissions decisions continuously over several months, in contrast to the practice of other colleges who accumulate their applications until a deadline date and then announce all their decisions at the same time.

APPLICATION DECISIONS

DEFERRED

Students who apply Early Action or Early Decision may be deferred to the regular applicant pool instead of being admitted or denied. Students will be notified if this occurs.

WAITLIST

Students who are not admitted may be placed on a waitlist. These students have met admission requirements but will only be offered a space in the class if space becomes available.

COLLEGE REPRESENTATIVES VISITING OUR SCHOOL

The **College Counseling Office** will host college admissions representatives who will visit to speak with cadets and staff.

- College Admission representatives will be available to meet with cadets in small groups in the Library. This is an opportunity for the visiting representative to "sell" their school's programs and a chance for cadets to ask questions.
- The meetings with college admissions personnel are not intended to replace a personal interview or campus visit, but should allow cadets the opportunity to gain a general impression of a college, ask specific questions about programs, activities or admissions at that college, or gather written information about the institution.
- Develop a few specific questions to ask the representative, such as, special academic interests, particular sports, support services available, or financial aid procedures, average class size, can you choose your roommate?
- Be open to schools that might not have been on your original list but which seem interesting.

VISITING A COLLEGE CAMPUS

- A personal visit to colleges is often the most useful step in helping cadets and their parents decide whether or not to apply to a particular school.
- Visits during the regular academic year provide a more accurate view of the academic and social life of a campus, but families often make use of summer vacation to visit several schools that are at a distance. By starting early, the process will feel much less stressful.
- Where possible, avoid the distortions of registration, final exams and special campus events such as homecomings or festivals.
- Several high school holidays allow cadets who visit colleges to minimize the disruption to their own academic program.

HOW DO YOU MAKE ARRANGEMENTS FOR A CAMPUS VISIT?

- Many schools offer on-line registration for their tours.
- You can also write or call the admissions office(s) two or three weeks in advance and make arrangements for a personal interview and a tour of campus facilities.
- Some colleges, usually large universities, will offer only group interviews.

WHAT QUESTIONS MIGHT YOU BE ASKED DURING AN INTERVIEW?

Anticipating what questions might be asked during a college interview and being prepared to answer them is highly recommended. Always be prepared to answer the "WHY" that goes with each of these questions.

How are you unique?	What books NOT required by the school have you read recently?
What do you do best?	Where do you picture yourself ten years from now?
What is the last book you read?	What person has influenced you the most?
Who is your favorite author?	What are your faults?
What are your best traits?	What do you consider to be your greatest asset?
What is your favorite subject?	What is your intended major?
What hardships have you endured to get to where you are now?	

TIPS TO REVIEW BEFORE GOING TO AN INTERVIEW

- Do your homework! Read up on the college. The interviewer may ask you what makes the college good for you and why you want to go there.
- Dress to impress. Dress appropriately (senior whites cleaned and pressed) & be on time. Interviewer will remember you!
- Review your resume before your interview ... clubs, sports and awards. Be ready for questions. Better still, have a copy of your resume in a folder to give to the interviewer. He/She will be impressed with your organization skills. Hint: A folder is a good thing to hold on to ... helps calm the 'jitters'.
- Get name & title of interviewer for thank you note & follow-up
- Start with your 'least difficult to get in to' schools & 'least desired' (good for interviewing practice).
- Prepare answers to anticipated questions.
- Prepare questions to ask the interviewer.
- Don't offer any negative information.

WHAT IS AN ALUMNI ADMISSIONS INTERVIEW?

- Some colleges do not give personal interviews to applicants but do offer the option of an alumni interview.
- Colleges are increasingly utilizing alumni in the college admissions process.
- Many Ivy League schools utilize this system.

In other cases, on campus interviews are encouraged, but a student may be unable to arrange a visit. In such cases, the alumni interview may be requested, and is a good alternative. These interviews are arranged through the college admissions office and are often conducted at the alumni representative's home.

SAMPLE THANK YOU LETTER TO AN INTERVIEWER

Date

Name of college visited

Address

Dear (Name of interviewer):

Thank you so much for your time and consideration during my (date) admission interview to (name of college).

I particularly enjoyed (add point(s) which impressed you).

Sincerely,

(Your signature)

NROTC — GENERAL ELIGIBILITY REQUIREMENTS

Since only the best candidates are accepted for the NROTC Program, certain general, academic and physical standards are required.

AN APPLICANT FOR NROTC PROGRAMS MUST:

1. Be a U.S. citizen
2. Be 17 years old by September 1 of the first year of college and no more than 23 years of age on June 30 of that year. Must not reach their 27th birthday by June 30 of the year in which graduation and commissioning are anticipated. An age waiver may be granted for prior active military service. See your local NROTC coordinator for details.
3. Be a high school graduate or possess an equivalency certificate by August 1 of the same year that entrance into the four-year NROTC Program is anticipated.
4. Be physically qualified by Navy standards
5. Have no moral obligations or personal convictions that will prevent conscientious bearing of arms and supporting and defending of the Constitution of the United States against all enemies, foreign or domestic
6. Apply for and gain admission to NROTC colleges. (Admission to an NROTC institution is not required during the selection process; however, notification of admission must be received before the scholarship can be activated.)
7. Achieve qualifying scores on the Scholastic Aptitude Test (SAT) or the American College Test (ACT), or be in the top 10 percent of your graduating class. Qualifying scores on Scholastic Aptitude Test (SAT) or American College Test (ACT) are as follows:

MINIMUM SCORES NEEDED ARE:

Navy (including Nurse-option)

SAT - 530 Critical Reading, 520 Math

ACT – 22 Math, 22 English

Marine Corps option

SAT – 1000 minimum combined Math and Critical Reading

ACT – 45 minimum combined Math and English score

SAT/ACT Math and English / Critical Reading scores must be from same test; applicants cannot combine best Math w/ best English / Critical Reading scores to achieve qualifying score.

ACADEMIC REQUIREMENTS

To be commissioned, you must complete all requirements for a bachelor's degree under university rules and regulations. You must also complete certain courses specified by the Navy.

In addition to a normal course load, NROTC scholarship recipients are required to fulfill these general academic guidelines:

1. Calculus (one year by the end of the sophomore year)*
2. Physics (one year of calculus-based physics by the end of the junior year)*
3. English grammar and composition (one year)
4. National Security Policy/American Military Affairs*
5. One semester of World Culture and Regional Studies is required

NROTC students also take a Naval Science course each semester, participate in weekly drill instruction periods and complete a four- to six-week training period each summer. Navy Nurse NROTC students participate in summer training in compliance with their individual nursing curriculum requirements.

All NROTC students must be in top physical shape and pass a rigorous physical examination to qualify for the NROTC Program.

Some **medical diagnoses** can disqualify applicants. These conditions may include:

- ✚ Uncorrectable vision to 20/20
- ✚ Substandard color vision
- ✚ History of asthma
- ✚ Acute or chronic cardiac/pulmonary conditions
- ✚ Arthritis
- ✚ Seizure disorders
- ✚ Severe motion sickness susceptibility
- ✚ Alcohol or drug abuse
- ✚ Pregnancy
- ✚ Chronic skin disorders
- ✚ Chronic mental disorder

If you have health-concern questions, please consult your local NROTC coordinator.

The Department of Defense Medical Examination Review Board (DODMERB) schedules and reviews all physical examinations. Applying for more than one military academy or ROTC scholarship program requires only one physical examination.

If DODMERB detects a disqualifying medical condition, a written request is required for waiver consideration. Some disqualifying medical conditions may be waived after additional review. Surgical, laser or mechanical procedures to correct defective visual acuity are absolute cause for disqualification.** Keratoconus or a history of treatment for this condition is absolutely disqualifying.

Start your NROTC application now.

* Not required for Navy Nurse NROTC students.

** Laser eye surgery (PRK), Lasek, or Lasik procedures may qualify for a waiver, but all other methods are not waiverable.

MILITARY SERVICE REQUIREMENTS:

1. Upon graduation, NROTC Navy option graduates are commissioned as Ensigns in the U.S. Navy
2. Navy Nurse Corps and Marine Corps Option NROTC scholarship recipients are required to serve four years of Active Duty and four years of Selected Reserve or Individual Ready Reserve Duty. All other NROTC scholarship recipients are required to serve five years of Active Duty and three years of Selected Reserve or Individual Ready Reserve Duty.
3. A minimum of two years of Active Duty Enlisted service or reimbursement of all tuition dollars paid may be required for students who disenroll or are disqualified for academic or personal reasons after the first day of their sophomore year
4. If disenrolled, personnel on Active Duty who were released early to accept NROTC Scholarships must complete their original enlisted contracts.

ARMY ROTC GENERAL ELIGIBILITY REQUIREMENTS

Army ROTC is the single largest source of scholarship money in the United States. Each year, the Army awards millions of dollars in scholarships to thousands of deserving students nationwide.

The Army awards scholarships based on applicant merit, not on financial need. Four, three, and two-year scholarships are available to qualified students.

ARMY ROTC FOUR-YEAR SCHOLARSHIP PROGRAM

The Army ROTC Four-Year Scholarship program is available to students who have graduated from high school or possess an equivalent certificate before September of the year they enter college.

Students are awarded U.S. Army ROTC 4-year scholarships through a highly competitive national selection process. Scholarships pay up to **\$20,000** a year for college tuition and education fees, OR room and board, whichever is chosen by the student. An additional scholarship benefit is a designated book allowance. Army scholarship winners also receive a tax-free subsistence allowance which increases as they progress through Military Science, for up to 10 months for each year the scholarship is in effect. The Scholarship does not pay flight fees.

It is important that you contact the Army Professor of Military Science (PMS) early on in the application process at the universities you have an interest in to find out the number and types of scholarships that are available at that school. The number of scholarships at the individual universities is limited based on each school's tuition cost (resident and nonresident). The allocations allow Army ROTC to send tomorrow's Army officers to over 272 schools across the nation. After telephonic interviews are conducted, the individual universities hold selection boards and the PMS will select the individuals to be offered a scholarship to their school. Any offer of a scholarship is tied to the name of the university listed on your notification letter and cannot be used at another university.

NOTE: Limited numbers of 4-, 3-, and 2-year scholarships are available once a student is on campus. Applicants should check with the Professor of Military Science (PMS) once they are attending classes.

Scholarship recipients may not attend ROTC Leadership Training Course (LTC) for training experience. Attendance at LTC forfeits an individual's eligibility for scholarship.

Scholarship students lead essentially the same life as other college students. You may pursue any course of study leading to a baccalaureate degree that is listed in the Approved Academic Disciplines List and you may engage in any activity that does not interfere with your ROTC requirements - which include prescribed Military Science Courses, participation in scheduled drill periods, and attending a 4-week ROTC Leader Development and Assessment Course (LDAC) between your Junior and Senior years.

Upon successful completion of ROTC and baccalaureate degree requirements, you will be commissioned as a second lieutenant in the Active Army, Army Reserve, or the National Guard.

GENERAL ELIGIBILITY REQUIREMENTS

You must meet the following general eligibility requirements to receive an Army ROTC scholarship.

- Be a United States citizen.
- Be 17 years of age within the first semester of your freshman year, and must not reach your 31st birthday by 31 December of the year in which you will graduate from college and receive your commission.
- Be a high school graduate or possess an equivalent certificate before September of the year you will enter college. If you are taking or have taken college courses, you must be considered a beginning Freshman and have 4 academic years remaining for a baccalaureate degree upon enrollment in the fall of the year you will enter college.
- If you are in an accelerated program and will complete your senior year of high school and first year of college concurrently - you must have 4 academic years remaining in an approved baccalaureate degree program upon enrollment in the fall.
- If you are a college freshman in a documented five year program with 4 years remaining in fall, you must submit verification from your university that your course of study is a five year program and that you will have four full years remaining. Contact the Army Professor of Military Science (PMS) at your university for a copy of a planned academic program worksheet.
- Have no moral obligations or personal conviction that will prevent you from -
 - Supporting and defending the Constitution of the United States against all enemies - foreign and domestic.
 - Conscientiously bearing arms.

- Satisfactorily explain any record of arrest and/or civil conviction.
- Have a minimum high school GPA of 2.5
- Receive at least a minimum SAT score of 920 (without writing) or an ACT composite score of 19.
- All scholarship applicants' physical ability must be assessed. We will request that your guidance counselor arrange for you to take The President's Challenge Physical Fitness Test. The required information will be sent directly to your high school. For your convenience click [here](#) to print a copy of The President's Challenge Physical Fitness Scorecard and click [here](#) to print the test event instructions.

OBLIGATIONS

If you are selected for a U.S. Army ROTC scholarship, you are required to:

- Sign a contract with the Secretary of the Army. If you are 17 years of age when you enroll, your parents or guardian must also sign this contract. If you are 18 or older, only your signature is required. This contract contains a requirement to repay the United States Government for all financial assistance received if, after you begin your sophomore year, you fail to comply with the terms of the contract. This repayment may be monetary or in the form of enlisted service. The choice rests with the Army and not the scholarship cadet.
- Enlist in the U.S. Army Reserve for a period of 8 years. You must be 17 years of age in order to sign an enlistment contract.
- Pursue the academic discipline (if applicable) identified in the letter that notifies you of your selection as a scholarship recipient. If you have indicated engineering, you must attend the accredited engineering school listed in your announcement letter. As a nurse scholarship recipient, you must attend the Designated Nursing Education School named in your announcement letter.
- Attend the paid 4-week ROTC Leader Development and Assessment Course (LDAC) normally between your Junior and Senior years of college.
- Accept a commission to serve on active duty or reserve duty (Army Reserve, or Army National Guard) upon completion of the required academic and ROTC courses.
- Serve in the military for a period of 8 years. This may be fulfilled by:
 - Serving on active duty, if selected, for 4 years followed by service in the Army National Guard (ARNG) or United States Army Reserve (USAR) or the inactive Ready Reserve (IRR) for the remainder of the 8-year obligation.
 - Serving 8 years in an ARNG or USAR Troop Program Unit which includes a 3 to 6 month active duty period for initial training.

See the [ROTC FAQ](#) page for additional information regarding ROTC scholarships.

For more information about Army ROTC visit www.armyrotc.com or call 1-800-USA-ROTC.

Become an Officer in the United States Army...join ROTC.

INTERNATIONAL STUDENTS

Those cadets who are in the United States on a Student Visa must use an International Student College Application provided online by many universities and colleges.

In light of new regulations from the Department of Homeland Security, colleges are beginning to request the following information. If you provide me with the information indicated below, I will see to it that the colleges you apply to receive this information in a timely manner. Please print neatly.

Student's name: _____

SEVIS ID #: _____

Passport #: _____

Date of birth: _____

Country of citizenship: _____

Permanent international address: _____

Army & Navy Academy student #: _____

Photocopies of the following:

- **Biographical page (photo) of passport**
- **Visa (with photo)**
- **Form I-20**
- **Copy of bank verification indicating parent's financial support.**
- **TOEFL Score**

Student's signature

Date

CADETS WITH LEARNING DIFFERENCES

Cadets with identified learning differences may want to investigate the programs and services that are specifically designed to meet their post-secondary educational needs. Within a four-year college there are often special support services necessary for the student to succeed in regular classes. These programs also frequently provide non-credit courses which help the student identify her or his learning style and develop appropriate compensatory skills. There is often a separate admissions process to enter a Learning Differences program.

Even in colleges with programs for those with learning differences, individuals without learning differences may take advantage of tutorial or other support services. Cadets with documented learning differences may request appropriate modifications such as extended time testing and taping of lectures.

As cadets explore post-secondary options, they should raise questions about the availability of support services, the presence of trained learning specialists, and the provision for classroom modification, if necessary. In most instances, cadets should indicate in the application process the nature of the learning services they have received in high school, and the nature of accommodations that will be necessary in college, if any. If the school has a special learning support program, the student should also be in contact with the director of that program during the admissions process. Colleges that have a program for cadets with learning differences frequently require professional assessments that document and identify the specific learning disability of the student who is applying.

Cadets with documented hearing, learning, physical or visual differences which might impact their performance on college entrance examinations such as the SAT/ACT can receive special accommodations for testing. These accommodations, for eligible cadets only, can include additional time to take the tests, large type test booklets and answers sheets, a sign-language interpreter or a reader. These accommodations are available during specific periods of the academic year and do not cover all regularly scheduled test dates.

To be eligible for these special accommodations a cadet needs documentation which provides independent verification of the existence and nature of the difference signed by an appropriate licensed or certified professional. In either case, to qualify for modifications, a student also needs to be currently receiving *in school* those modifications for instruction and assessment that they would receive on the SAT and ACT program tests. The SAT/ACT company will review all materials and determine which, if any, accommodations they will allow. Information about non-standard admissions testing is available from the Mrs. Erika Pike, Learning Statelist in the Academics Office. Registration deadlines apply to non-standardized testing.

STUDENT ATHLETES

Athletics is an area of special talent that can make a difference in the college admissions and financial aid process. At most colleges, athletics are regulated by the rules established by the **NCAA (National Collegiate Athletic Association)**.

The NCAA has instituted several rule changes in the last several years. We strongly suggest that student athletes do the following:

- ◆ Inform your high school coach that you are interested in playing that sport in college. Work with the coach and ask if he will contact college coaches on your behalf. Give them a copy of your athletic resume. Also, provide college coaches with 2 films, one 'game film' and one where your play is highlighted.
- ◆ Obtain a copy of the **NCAA Guide for the College-Bound Student-Athlete** online at: <https://web1.ncaa.org/eligibilitycenter/common/>. This is the best place to start to familiarize yourself with the rules, philosophy, and organization of the NCAA.

To be eligible to participate at the Division I or II level, cadets must be *certified as eligible* by the NCAA Clearinghouse. Learn more at the website:

<https://web1.ncaa.org/eligibilitycenter/common/>

- ◆ There are three steps to registering with the NCAA Clearinghouse:
 1. Logon to <https://web1.ncaa.org/eligibilitycenter/common/> and pre-register with the NCAA Clearinghouse Eligibility Center.

- You will receive an Eligibility Center ID# and your Password via your email ...

WRITE THIS INFO DOWN! ... HERE >>>>>>>ID#: _____

PW: _____

2. Immediately after pre-registering with the Eligibility Center, **you must**:
 - request an official copy of your ANA transcript be sent to the Clearinghouse by our Registrar, Ms. Erickson.
 - request official transcripts be sent from any other high school(s) you may have attended before coming to ANA.
 - contact www.collegeboard.com or www.act.com to have any and all SAT and/or ACT scores sent to the Clearinghouse. The Clearinghouse code is 9999.
3. Once the transcript(s) and scores are received by the Eligibility Center, you will then be able to again logon to the Clearinghouse website and complete the "Amateurism" form.

- ◆ When visiting colleges, be sure that you have read the NCAA Guidelines which will inform you of the rules regarding contacting college coaches.
- ◆ <http://www.ncaa.org/cbsa/> National Collegiate Athletic Association (NCAA)
Logon to his site for NCAA information for college-bound cadets, such as academic eligibility, recruiting, etc.

ESSENTIAL WEBSITES

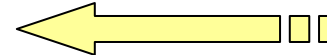
Internet searches enable cadets to perform a college search, get information about specific colleges, explore occupations, and obtain additional sources of financial aid much more quickly and efficiently than by any other means. **The collegeboard.com** site contains information on approximately 4000 two-year and four year colleges. It enables cadets to explore colleges that match certain factors selected by cadets, such as degree desired, geographic location, school size, and more. Once a list is obtained, cadets can explore individual colleges to and learn about degree offerings, entrance requirements, student life on campus, and extracurricular activities

Other essential **Internet** resources are listed below:

Naviance

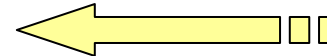
<https://connection.naviance.com/family-connection>

Mandatory websites!



Find your “Best Fit” College

<http://collegesearch.collegeboard.com/search/index.jsp>



‘The Common Application’, accepted at nearly 400 colleges and universities

<http://www.commonapp.org>

University of California (all campuses) application site

http://www.universityofcalifornia.edu/admissions/undergrad_adm/apply/apply_online.html

California State University’s (CSU) application site

<http://www.csumentor.com/>

Info on California Colleges

<http://www.californiacolleges.edu/>

Research Careers

<https://myroad.collegeboard.com/myroad/navigator.jsp?t=careers&i=index>

Links to all college and university home pages.

<http://www.clas.ufl.edu/CLAS/american-universities.html>

Peterson’s Education Center

A wide range of information and resources.

<http://www.petersons.com>

Search, apply, test prep.

<http://www.embark.com/>

Financial Aid Information Page

<http://www.finaid.org>

Want to know how safe your son's prospective college campus is?

Visit the following website below for the numbers:

<http://ope.ed.gov/security>

For information on 1000 U.S. schools offering merit scholarships:

www.meritmoney.com

COLLEGE ENTRANCE TESTING (SAT & SAT SUBJECT TESTS & THE ACT)

Cadets planning to attend college after graduation **must**:

- take the College Board Entrance Examinations (aka: **SAT** and/or **ACT**). Most colleges will accept the ACT in lieu of the SAT and the **Subject Tests** together.

THE SAT

- **SAT** is a 3¾ hour aptitude exam that measures:
 - ability to critically reason
 - apply mathematical concepts
 - write
 - **SAT** is required by most four-year colleges. Registration forms are available and can be completed in the College Counseling Office.
- **SAT Subject Tests** are highly recommended by many private colleges and the University of California system. Check the requirements for the colleges to which you are applying.
 - It is **the cadet's responsibility** to check with each college and learn the requirements. It is not advisable to rely on books published by outside sources for this information.
 - SAT subject tests take one hour for each subject
 - A student can take a **maximum of three** on a given test date. Cadets should confer with their college counselor to determine if and when to take a specific test. **For example**, cadets should plan to take the Math 2 test after their Algebra II course.
 - SAT subject tests are offered in Literature, Mathematics Level 2, Biology E/M, Chemistry, Physics, US History, World History, French (reading only), German (reading only), Modern Hebrew, Italian, Latin, Spanish (reading only)
 - Language with Listening Subject Tests: Chinese with Listening, French with Listening, German with Listening, Japanese with Listening, Korean with Listening, and Spanish with Listening. **All language with listening exams are offered in November only.**
 - Preparation books for specific Subject Tests are commercially available in many bookstores.

THE ACT

The ACT, another standardized college admissions test, is administered by the American College Testing Service located in Iowa City, Iowa. The ACT is an achievement test composed of:

- four 35 to 50 minute sections in:
 - English usage
 - Mathematics usage
 - Social studies reading
 - Natural science reading
 - Writing test
- The main difference between the ACT and the SAT is that the ACT is an achievement test which is a yardstick of *both reasoning ability and knowledge of specific subject matter covered in classes*. If cadets need more information about the ACT, they should go to the www.act.org website or check with their College Counselor. ACT applications are available in the College Counseling Office.

TEST SCORES AND SCORE REPORTS

Cadets' score reports will be mailed about five weeks after the test. If cadets request that their scores be sent to colleges or scholarship programs, a report will be sent to each, usually within four weeks after the test. The high school will also receive a score report when cadets provide our high school code number on the registration form, **050-470**. It is a cadet's responsibility to send his test scores to each college. This is done online and only the cadet can request his scores to be sent to colleges.

SAT and ACT Test Dates for 2015-2016 School Year:

Month:	SAT Test Date:	Register By:	ACT Test Date:	Register By:
2015-2016				
September	N/A	N/A	Sept. 12, 2015	August 7, 2015
October*	October 3, 2015	TBD	Oct. 24, 2015	Sept. 18, 2015
November***	Nov. 7, 2015	October 8, 2015	N/A	N/A
December	Dec. 5, 2015	November 5, 2015	Dec. 12, 2015	November 6, 2015
January	January 23, 2016	Dec. 27, 2015	N/A	N/A
February	N/A	N/A	February 6, 2016	January 8, 2016
March	March 5, 2016	TBD	N/A	N/A
April	N/A	N/A	April 9, 2016	March 4, 2016
May**	May 7, 2016	TBD	N/A	N/A
June	June 4, 2016	May 6, 2016	June 11, 2016	May 6, 2016

Note: *PSAT Test is Wednesday, October 14, 2015

**AP Testing is Monday, May 2, 2016-Friday, May 13, 2016

***SAT Language Tests with Listening are offered **only** in November.

ADVANCED PLACEMENT (AP) TESTS

The Advanced Placement Test (AP Test) allows current high school cadets to demonstrate college level proficiency achieved in demanding high school course work. A student does not need to be enrolled in a specifically designated AP course to take the exam in that subject, but it is expected that advanced study in a demanding curriculum will be necessary to perform well on Advanced Placement exams.

The AP exam is not required as part of the college admissions process, and many cadets who choose to take AP exams do so in May of their junior or senior year, well after admissions decisions are made.

College policies vary in how AP scores are used. It is the cadets responsibility to check with the college they plan to attend to determine the college's policy on AP scores. High scores on AP exams may permit cadets to be exempted from certain college courses, may provide credit for some college course work, or may provide access into honors or other specialized programs.

TOEFL - TEST OF ENGLISH AS A FOREIGN LANGUAGE

The purpose of the TOEFL test is to evaluate the English proficiency of cadets whose native language is not English. Any student whose native language is not English and who plan to apply at any University of California (UC) or California State University (CSU) must take the TOEFL exam. Cadets should check the college websites to see if this test is necessary for their particular circumstances.

The following are minimum scores needed at select universities in the United States:

<u>University</u>	<u>Paper Based Test</u>	<u>Internet Based Test</u>
Boston College	Not reported	100
Georgetown University	600	100
University of California, Berkeley	550	80
UCLA (University of California, Los Angeles)	550	83
University of Illinois	550	80
University of Minnesota	550	79
USC (University of Southern California)	600	100

NAVIANCE

Naviance is a premier Web-based program that can assist students to chart a course toward achievement-whatever their starting point and end goals might be. The individualized system guides student's steps toward their desired destinations. Students are inspired to become their best-using the innovative planning tools to chart a path towards academic, personal and career success.

Naviance Succeed reinforces the connection between today's academic choices and tomorrow's opportunities while encouraging students to consider every option. A visible path mapping their coursework to their goals keeps students engaged and focused. Students have the ability to build personalized success plans, discover more about individual learning styles and explore a multitude of career choices and college choices.

School counselors will use Naviance to assist students in every aspect of the planning process. Counselors, students and parents will have the ability to work collaboratively to plan courses, identify appropriate college choices, make application to colleges and insure all aspects of the career planning process are completed in a timely and thorough manner.

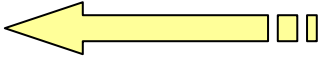
Students and parents have access to Naviance through a web site using their 5-digit permanent ID and their birth date. This component of Naviance is called Family Connection. Students can use this tool to have active participation in the exploration and planning of their career. With access, students can:

- Create an electronic portfolio
- Take inventories to increase self awareness
- Research career opportunities
- Research college options
- Research scholarship options
- Review and plan college representative visits
- Communicate with counselors and teachers

Parents have access to the portfolio that has been completed by their student and are then better prepared to support the student in the career planning process. The Family Connection was designed to serve the needs of the students and parents while at the same time giving the counselor a tool to insure the student has met his or her goals in planning for the future.

For more information about Family Connection and how students and parents can access this service, contact your cadet's counselor.

To view your cadet's profile please complete the following steps:

- 1) Log on to <https://connection.naviance.com/armyandnavy>
(Click on the link above to access Naviance Family Connection) **Mandatory website!** 
- 2) To Sign in: Use your SCHOOL ID # instead of your email. Your Password is your BIRTHDAY
(ex. 9/17/1995)

THE COLLEGE APPLICATION PROCESS: PUTTING IT TOGETHER

It is **the cadet's responsibility** to see that his application is complete.

In addition to the cadet's portion of the application, colleges and universities require a number of supplemental pieces of information which, taken together, form a cadet's "transcript package". This transcript package is collected by and sent from the College Counseling Office directly to each college to which a student is applying. A cadet's transcript package can include:

1. An official transcript of high school courses. Fill out a request form in the College Counseling Office.
2. **A Counselor recommendation.** only if the college or university to which you are applying provides their own downloadable form. If so, print it, complete the student's portion and give it to Mrs. Di Benedetto. Most private schools and all Common Application schools require a Counselor Recommendation form.
Counselor recommendations are not required at UC or CSU schools.
3. **Two teacher's recommendations. (Not required at UC or CSU schools)** (See page 20 of this Guidebook.)
Although college requirements vary with respect to teacher recommendations, it is suggested that cadets get at least two **core academic** teacher references. Colleges prefer recommendations from teachers of courses taken in the junior or senior years. Because teacher recommendations take a great deal of time to write, cadets should not ask more than two academic teachers to write them a reference. If a cadet feels that he may need more than two references, he should talk to his college counselor. Once a cadet identifies those teachers he wishes to ask, he should do the following:
 - a) Provide each teacher with information such as a resume of your activities (see Appendix 1), names of colleges to which you are applying, and your personal goals in order to assist the teacher in writing the recommendation.
 - b) Be sure you allow your teachers at least two weeks to complete your recommendation.
 - c) Provide the teacher with a business size envelope, address it to the college, place a stamp on it, and jot the school's deadline on the inside flap of the envelope.
 - d) If a college application you are completing contains its own **Teacher Recommendation Form(s)**, we suggest the following:
 - > Complete the steps as outlined above.
 - > Many Common Application schools require 2 Teacher recommendations. You must use the Common App's online Teacher Recommendation form.
4. An optional character reference: from someone who knows the student outside of school such as a coach, activity advisor, or employer can be helpful in presenting you from a different point of view. A character reference can be written on the person's own stationery or on that of his or her company.
5. A personal statement and/or essay(s). (See page 23-24 of this Guidebook.)
6. College entrance exam scores, including SAT's and Subject Tests and/or ACT's. It is **the cadet's responsibility** to request that official scores be sent directly from www.collegeboard.com and/or www.act.org
7. A descriptive profile of your school will be sent by your College Counselor.
11. Activities Record Worksheet or Resume: This form, which outlines your extra-curricular activities, may be included in your transcript package. You need not include this form in your transcript package if you expect to write this information directly on the college application.
12. Mid-Year Report and Final Report: The College Counseling Office will send mid-year assessments to all schools for which an application has been sent. At the end of the fourth quarter in June, your transcript will be sent to the school that you indicate to us that you will be attending. Fill out a request form in the College Counseling Office.

** The University of California and California State Schools do not require an official transcript when submitting applications, unless they email and request one. You will need to send an official transcript in June to the school you have chosen to attend.

APPLYING ON-LINE

Many, if not most, schools offer cadets the option of applying electronically, online. It is **the cadet's responsibility** to let the counselor know once the application has been submitted, so that the College Counseling Office can send the supporting materials to the college.

TRANSCRIPT RELEASE PROCEDURE

The cadet's written consent must be given to the College Counseling Office to have your transcript package released. No less than two weeks before each college application deadline, you need to fill out one **Student Record Consent Form**. On the form you are required to indicate where you wish to have your information sent.

It is the cadet's responsibility to see that deadlines for applications are met and the correct materials are identified to be sent. If you need help filling out an application or Consent Form, see Mrs. Di Benedetto, your College Counselor.

You will receive an email or a reply card from the college(s) once your materials have arrived. Cadets should let his College Counselor know when an email or reply card has been received.

THE COLLEGE ESSAY or PERSONAL STATEMENT

What UC's are Looking For

The personal statement format requires your response to two short-answer prompts. The short-answer prompts offer you an opportunity to provide a context for the rest of the information in your application and to discuss your personal commitment to learning; any special talent, creativity, leadership experience, accomplishment, contribution or personal quality you will bring to the university; and other information that is important for us to consider, including your tenacity and/or response to life challenges. We are looking for qualities that we know will help you succeed at a UC campus and also enrich our learning community.

Our application process involves comparing your application to those of other highly qualified and competitive students. Other applicants may have similar accomplishments to yours, such as serving in student governance, playing on sports teams, chairing committees or traveling abroad. **Providing details and examples of your personal experience can help you stand out from the crowd. Your statement can also be very successful if it elaborates on the insights you gained, or on the way your outlook, activities, commitment or goals have been shaped and influenced.**

Writing a Successful Statement

Composing a personal statement can be intimidating, so we encourage you to begin well before the deadline in order to take pressure off yourself and improve the quality of the final draft. Read the application instructions carefully. Make a list of ideas. Then write a first attempt, leave it for a day or two, and return to make revisions. Read each draft aloud to catch misspellings or awkward or inappropriate wording. When you prepare your final draft, correct grammar and spelling.

We recommend creating the personal statement in a word processing program, then pasting it into the application. Use the Word Count feature to be sure that you are writing the appropriate length.

Do's:

- Write it yourself.
- Write it about yourself.
- Provide any relevant information about yourself that you don't think is captured elsewhere in the application.
- Write about experiences, accomplishments, etc. that occurred during or after high school.
- Provide specific examples of your accomplishments or activities in which you've participated.
- Keep your statement focused.
- Have your statement checked by a teacher, counselor or other adviser for spelling, grammar and clarity.

Read the Instructions

Read the instructions for the application carefully. The most common mistake applicants make is to skim the written instructions or to rely on misinformation received from others.

Dont's:

- Not reading the instructions in the application.
- Not writing about recent events.
- Reiterating information listed elsewhere in the application.
- Listing accomplishments without explanation or detail.
- Using gimmicky writing techniques, such as poems.
- Using cliches.
- Writing more about an inspirational person than yourself (e.g. your mother, favorite uncle, etc).
- Rambling, unfocused thoughts.
- Being overly humorous, self-deprecating or glorifying.

UC ESSAY QUESTIONS

The Prompts

Applicants must respond to two short-answer prompts. Each response may be as long as necessary, as long as the total word count for both responses falls within the 1,000 word limit. We suggest your shortest response be no less than 250 words.

In addition to the two required prompts, there is an **optional** third prompt with a separate 550 word limit. Its purpose is to allow you to provide us with additional information that you have not been able to provide elsewhere in your application. Please leave the third prompt blank if you do not have any additional information to add.

Prompt 1

Freshman applicants: Describe the world you come from—for example, your family, community or school—and tell us how your world has shaped your dreams and aspirations.

Prompt 2

All applicants: Tell us about a personal quality, talent, accomplishment, contribution or experience that is important to you. What about this quality or accomplishment makes you proud and how does it relate to the person you are?

Prompt 3

All applicants: If necessary, you may use this space to tell us anything else you want us to know that you have not had the opportunity to describe elsewhere in the application.

COMMON APPLICATION ESSAY QUESTIONS

The essay demonstrates your ability to write clearly and concisely on a selected topic and helps you distinguish yourself in your own voice. What do you want the readers of your application to know about you apart from courses, grades, and test scores? Choose the option that best helps you answer that question and write an essay of no more than 650 words, using the prompt to inspire and structure your response. Remember: 650 words is your limit, not your goal. Use the full range if you need it, but don't feel obligated to do so. (The application won't accept a response shorter than 250 words.)

1. Some students have a background or story that is so central to their identity that they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. Recount an incident or time when you experienced failure. How did it affect you, and what lessons did you learn?.
3. Reflect on a time when you challenged a belief or idea. What prompted you to act? Would you make the same decision again?
4. Describe a place or environment where you are perfectly content. What do you do or experience there, and why is it meaningful to you?
5. Discuss an accomplishment or event, formal or informal, that marked your transition from childhood to adulthood within your culture, community, or family.

Specific examples:

Cadet/Battalion (*your rank*): explain what this role is and that it involves leadership for the entire school. Also add other ranks you have held ... these together may add up to a major leadership role. Were the ranks for the entire school, company and how many students did they involve?

Community Service:

You need to show at least 200 hours in this area. You must explain in detail what exactly you did. For instance, if you are a peer counselor, you may be able to turn that experience into points if you explain it...the training you had, how many hours of training, hours spent counseling a week, etc

If, for example, you spent time volunteering at Brother Benos, you need to give the number of hours and detail exactly what you did in the hours you spent there.

Activities and Awards


List the title of the award and explain what each award is for ... example: The Gen. William Crouch Distinguished Leadership Award. I realize there is not sufficient room so abbreviate so that the meaning is not lost. Example: Gen.W.Crouch.Leader Award for _____.

APPLYING THROUGH WWW.COMMONAPP.ORG

- Identify the college(s) and/or university(s) you will be applying to. See Appendix #3 on page 34 in this packet for a list of colleges that accept the Common Application.
- Ensure the schools meet your specific needs. Be sure the school(s) offer what you believe your major may be.
- Check the size, #of students, professor to student ratio, tuition and fees, dorm accommodations, etc.
- Read the *Common App* FAQ's listed on page 26. Time spent now will save you hours later.
- Read the following ***carefully ...***
 - ***add Mrs. Di Benedetto to your list for secondary school report.***
 - ***Not only will I be able to send transcripts, recommendations, etc. online, but it will save tons of paper, time and headaches.***
 - ***You must also add the teachers and/or coaches you ask to write recommendations.***
 - ***This is mandatory if you are going to use the Common App to apply to one college or 15!***

WHAT IS THE COMMON APP ONLINE SCHOOL FORMS SYSTEM?

As part of the application process, schools require a variety of information to be provided by teachers and guidance counselors who have interacted with you in the high school environment. Until this year, those forms were available as PDF files that could be printed, copied, and mailed to the appropriate colleges. In 2009-10, each teacher and counselor will have the option to complete the forms online via the Common App Online School Forms system if they desire. There is no cost to you or high schools, and using the online system is completely optional for your teachers and counselor.

 When you create an account on the Common App Online, you must first indicate what high school you attend. Once this information has been saved, **you can access a 'School Forms' section of the Common App where teachers and counselors can be identified. By adding a teacher or counselor to the list of school officials, an email is triggered to the teacher or counselor with information about how to log into the Online School Forms system. You are then able to track the progress of your various teachers and counselors via a screen within the Common App Online.**

- When you feel you are ready, log onto www.commonapp.org and follow the instructions above to create an account, indicate Army and Navy Academy and access the 'School Forms' section in order to add me and ***the two teachers you ask to write recommendations.***

FAQ'S FOR APPLICANTS

WHAT IS THE COMMON APPLICATION?

The Common Application is a not-for-profit organization that serves students and member institutions by providing an admission application – online and in print – that students may submit to any of our 346 members.

WHY USE IT?

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. This 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.

IS IT WIDELY USED?

Absolutely! Millions of Common Applications are printed and accepted by our members each year. In addition, last year almost 1.4 Million applications were submitted via the *Common App Online*.

IS IT TREATED FAIRLY?

YES! Our college and university members have worked together over the past 30 years to develop the application. All members fully support its use, and all give equal consideration to the Common Application and the college's own form. Many of our members use the Common Application as their only undergraduate admission application.

CAN ALL COLLEGES PARTICIPATE?

Membership is limited to colleges and universities that evaluate students using a holistic selection process. A holistic process includes subjective as well as objective criteria, including at least one recommendation form, at least one untimed essay, and broader campus diversity considerations. The vast majority of colleges and universities in the US use only objective criteria – grades and test scores – and therefore are not eligible to join. If a college or university is not listed on this website, they are not members of the consortium. Sending the Common Application to non-members is prohibited.

HOW DO I GET HELP?

If you are experiencing technical difficulties with the Common App Online or if you need to request your personal access code or password, please submit a request to the online Help Desk. All email you receive from technical support will be sent from application_help@commonapp.net. Please be sure to add this email address to your address book and/or safe list to prevent the messages from being blocked as "SPAM." This is particularly important for AOL users.

SECOND SEMESTER SENIOR YEAR: YES, IT IS VERY IMPORTANT!!

ACADEMIC PERFORMANCE

Admissions decisions are also contingent on the successful completion of all course work, and admissions officers reserve the right to question poor second semester performance and, in some cases, to reverse an admissions decision already made.

A letter sent by the University of Michigan to students whose final high school transcript (after graduation) was considered unsatisfactory, contained the following statement:

"We have received a report of your final grades for the academic year and consider them unacceptable. It is clear that your admission status must be reevaluated and, consequently, I have suspended your admission.

If you wish to communicate with us about your circumstances, please do so in writing within the next five days. It is our preference not to talk with you or your parents until we have received your written communication.

We will contact you again once we have received and reviewed your statement. At that time we will make a determination as to whether it is appropriate for you to meet with us. We look forward to hearing from you shortly."

DOUBLE DEPOSITING

Each year some seniors have a difficult time making up their minds about which college to enroll in after they have been accepted. In order to have more time to make a decision they send deposits to more than one college on or after May 1st. This is called "double depositing" and is unethical practice.

Should the colleges involved determine that a student has "double-deposited," admission may be jeopardized. It is an acceptable practice to deposit at one school and maintain your name on a wait list at another. However, indicating to two schools that you will be attending by sending deposits to both should not be considered.

THE 'WAIT LIST': FAQ'S

SHOULD I ASK TO REMAIN ACTIVE ON THE WAIT LIST?

Only if you are seriously interested in attending that college. If so, then you should indicate that by informing them in writing or by returning the postcards many colleges provide for that purpose as soon as possible. If you definitely will attend if admitted, tell the college that.

WHEN WILL I LEARN IF I WILL BE ADMITTED FROM THE WAIT LIST?

The very earliest you can expect to hear from colleges is late April, but usually not until after the first week of May. Most colleges will finalize the status of cadets by June 1st. Occasionally colleges will extend to cadets the opportunity to remain on a wait list throughout the summer.

SHOULD I CALL THE COLLEGE?

No. Colleges will only ask you to indicate your position in writing. Until the first week or so of May, colleges rarely have any information that will be helpful to you as you try to calculate your chances.

WHAT ARE MY CHANCES?

Until early May this is an impossible question for even the colleges to answer. Quite simply, they do not know. Colleges must wait to hear from all of the cadets to whom they have extended an offer of admission. Those cadets have until May 1 to respond. Often times those responses, mailed on April 30, do not arrive until May 3rd or 4th.

HOW MANY APPLICANTS USUALLY END UP ON A WAIT LIST?

Usually quite a few. For even a small school 300-500 is not unusual. Remember, not everybody who is offered a position on a wait list will wait to be considered. The initial number placed on a wait list usually "melts down" quite significantly.

HOW CAN I FIND OUT WHAT MY "RANK" IS ON A WAIT LIST?

Colleges will not rank their wait list until after they have heard from admitted candidates (May 1st).

WHAT CAN I DO TO IMPROVE MY CHANCES?

Provide the school with any new pertinent information since your last written and/or online communication with them; for instance, a promotion or award or a semester grade change. If your transcript since the mid-year, 1st semester transcript is especially good, sending it along to the colleges may help. If you've taken on responsibilities, or in any other way distinguished yourself since you initially applied, don't hesitate to let the colleges know. Remember, though, even if you've completely turned things around this will not make a difference if the colleges does not go to its wait list.

SHOULD I TRY TO SET UP ANOTHER INTERVIEW?

Colleges rarely permit second interviews, particularly before May 1st. If you happen to be in the area it doesn't hurt to stop by "just to check on things", and to say hello. A major investment of time and money to visit a college where you have been placed on a wait list is probably not worth the effort.

WHAT SHOULD I DO WHILE I WAIT?

It's best to assume you are not going to get in off the wait list. Statistics clearly indicate the chances are quite a bit less than 50/50. The most important thing for you to do at this time is to focus on the options you do have and make an informed, rational decision regarding those options.

SHOULD I MAKE AN ENROLLMENT DEPOSIT AT MY SECOND CHOICE COLLEGE?

YES! Unfortunately this fee is normally not refundable, but it is important for you to guarantee that you have a place in a college next year. Make your deposit arrives before May 1st.

WHO SHOULD I KEEP INFORMED ABOUT MY WAIT LIST STATUS?

Your parents and your counselor should be kept advised of your status. There should be no miscommunication or lack of communication during this time.

ADDITIONAL POST-SECONDARY OPTIONS

PREPARATORY SCHOOLS

Some cadets may wish to consider as additional year of secondary school prior to attending college. Typically, cadets who consider this option do so to improve their study skills or their academic record in a structured environment with small classes in order to increase college preparedness. Often cadets will consider a post-graduate year at a preparatory school while simultaneously applying to colleges during the fall of the senior year. Decisions and deposits are not required until May 1st in most cases.

THE THIRTEENTH YEAR

Many cadets are not yet ready or prefer not to go directly to college or to some other degree granting educational programs immediately after completing high school. While some of these cadets may choose a year at a prep school, join the military, or work full time before enrolling at a college, many others are seeking alternatives for a single year. Websites to research for volunteer options:

Council on International Education Exchange (CIEE)
<http://www.ciee.org/hsabroad/gap/index.html>

AmeriCorps <http://www.americorps.org/>

Good 'Gap Year' article on NPR:
<http://www.npr.org/templates/story/story.php?storyId=92528052>

Global Learning Across Borders
<http://www.global-lab.org/?qclid=CNCrvuy-9ZYCFQv7agodcC3SZA>

In a process called deferred admissions, cadets can apply to college in the fall of their senior year and in the spring ask permission of the college they wish to attend to defer their admission for one year. Admission can also be deferred until the following January. In other words, cadets wanting to pursue this option can maintain their acceptance to a college but not begin until a year or six months later. A student and a family who are considering this option should discuss the idea with the cadet's college counselor.

SUMMER OPPORTUNITIES

The College Counseling Office has a comprehensive collection of brochures, handbooks, and guides containing lists and descriptions of numerous organized summer programs for cadets such as camp, travel, study, community service, and environmental programs.

Financial Aid: Sources and Programs

Financial Aid website: <http://www.finaid.org> and **Scholarship Aid website:** www.fastweb.com

Financial aid programs are designed to assist those who, without such assistance, would be unable to meet the costs of a post-secondary education. Financial aid comes from several different sources:

- Federal and state government
- colleges and universities
- local private organizations and scholarship programs
- banks.

In general, eligibility for financial aid is based on need. Some financial assistance is awarded not on the basis of need, but for scholastic excellence, athletics, or other specialized talents. Much of the financial aid awarded, however, is need-based. Need will vary by college according to the cost of attending the school and how much the student/family is expected to contribute to the cadet's education. Need is not a set dollar amount.

The student/family's expected contribution (**EFC**) is an amount determined by a formula established by Congress that indicates how much of a cadet's family's financial resources should be available to pay for school. Visit the www.finaid.org website to calculate your families EFC. Student/family financial information is collected in two ways:

1. The Free Application for Federal Student Aid (**FAFSA**)
2. The **CSS PROFILE** (College Scholarship Service) – private schools only

While the **FAFSA** is used to apply for most federal and state aid, the **CSS PROFILE** is the form used by most institutions (private) to disperse their own funds. Colleges may also require cadets to fill out financial aid forms specific to their given institution. In determining the financial aid package, private colleges are not bound by the analysis of need presented in the FAFSA.

It is highly recommend to register and complete the **CSS PROFILE** by mid October. This is especially important for students applying early decision or early admission. The organizations and colleges that are to receive the results must be identified on the form or through a written request at a later date. The code numbers you will need to file these forms are available on the respective websites. The **FAFSA** is available after January 1st (not before). One may apply on-line for both forms. PIN 's (Personal Identification Numbers) are required for online filing. The FAFSA form requires that BOTH parent and student have their own individual PIN.

FAFSA: www.fafsa.ed.gov

PROFILE: <http://profileonline.collegeboard.org>

A student eligible for aid will likely be offered a financial aid package composed of the following components: self aid (loans and work study), and gift aid (grants and scholarships which do not have to be repaid). Some schools vary the proportion of each kind of aid based on the cadet's academic performance or other factors. Some common financial aid programs are listed below.

STAFFORD LOAN (FFELS AND DIRECT LOANS)

Loans are insured by State and Federal governments and must be repaid.

FEDERAL WORK-STUDY PROGRAM

Federal Work-Study (FWS) provides part-time jobs for undergraduate students with financial need. The program encourages community service work and work related to the recipient's course of study. Wages must equal at least the current federal minimum wage but might be higher, depending on the type of work you do and the skills required.

PERKINS LOAN

This federal loan program, administered by the individual colleges, provides low-interest educational loans for qualified students who are enrolled at least half-time.

PELL GRANTS

A Federal Pell Grant does not have to be repaid. Pell Grants are awarded usually only to undergraduate students who have not earned a bachelor's or a professional degree. Pell Grants are considered a foundation of federal financial aid, to which aid from other federal and nonfederal sources might be added. These federal grants, awarded to eligible full and part-time undergraduate cadets, are based on financial need.

PLUS LOAN (PARENT LOAN FOR UNDERGRADUATE CADETS)

Parents can borrow a PLUS Loan to help pay your education expenses if you are a dependent undergraduate student enrolled at least ½ time in an eligible program at an eligible school. PLUS Loans are available through the Federal Family Education Loan (FFEL) Program and the William D. Ford Federal Direct Loan (Direct Loan) Program. Your parents can get either loan, but not both, for you during the same enrollment period.

SUPPLEMENTAL EDUCATIONAL OPPORTUNITY GRANT PROGRAM (SEOG)

These federal grants are offered to students with *exceptional* need.

APPENDIX #1: Resume ***Use the template in Naviance!**

[FIRST NAME] [LAST NAME]

[ADDRESS]
[CITY], [STATE] [ZIP]
[EMAIL]
[CELL PHONE]

OBJECTIVE

[OBJECTIVE]

EDUCATION

Completed [NUMBER] years at [HIGH SCHOOL].
Graduation date: June __, 2010

HONORS AND AWARDS

- [HONOR/AWARD...TITLE]
[DESCRIPTION]
 - [HONOR/AWARD...TITLE]
[DESCRIPTION]
 - [HONOR/AWARD...TITLE]
[DESCRIPTION]
- Add more if needed

JROTC RANK IN CADET CORPS

- [DUTIES]

SCHOOL CLUB(S)

- [ORGANIZATION]
[DESCRIPTION]
- [ORGANIZATION]
[DESCRIPTION]
- [ORGANIZATION]
[DESCRIPTION]

SCHOOL SPORTS

- [TEAM/YEAR]
- [TEAM/YEAR]
- [TEAM/YEAR]

VOLUNTEER EXPERIENCE

- [ORGANIZATION/TOTAL # OF HOURS]
[DUTIES]
- [ORGANIZATION/TOTAL # OF HOURS]
[DUTIES]
- [ORGANIZATION/TOTAL # OF HOURS]
[DUTIES]

WORK EXPERIENCE

- [COMPANY, TITLE/ROLE], [LOCATION]
- [DATE RANGE]. [DUTIES]

Appendix 2: Service Academies



United States Military Academy, West Point
<http://www.usma.edu/>



United States Naval Academy, Annapolis
<http://www.usna.edu/Admissions/steps.htm>



United States Air Force Academy
<http://www.usafa.af.mil/index.cfm?catname=AFA%20Homepage>



United States Coast Guard Academy
<http://www.cga.edu/>

APPENDIX #3: Common Application Members

*** = public institution**

There are now 414 Common Application members in 44 states and the District of Columbia, as well as in Germany and Italy. They represent an enormously diverse variety of institutions: small and large, public and private, coed and single-sex, highly selective and relatively open enrollment. However, they all share a commitment to the [mission](#) of promoting access through holistic admission.

1. Adelphi University
2. Agnes Scott College
3. Alaska Pacific University
4. Albany College of Pharmacy & Health Sciences
5. Albion College
6. Albright College
7. Alfred University
8. Allegheny College
9. American University
10. The American University of Rome
11. Amherst College
12. Arcadia University
13. Assumption College
14. Augsburg College
15. Augustana College - Illinois
16. Augustana College - South Dakota
17. Austin College
18. Babson College
19. Baldwin-Wallace College
20. Bard College
21. Barnard College
22. Bates College
23. Belmont University
24. Beloit College
25. Bennington College
26. Bentley University
27. Berry College
28. Birmingham-Southern College
29. Boston College
30. Boston University
31. Bowdoin College
32. Bradley University
33. Brandeis University
34. Brown University
35. Bryant University
36. Bryn Mawr College
37. Bucknell University
38. Burlington College
39. Butler University
40. California Inst of Technology (Caltech)
41. California Lutheran University
42. Canisius College
43. Carleton College
44. Carnegie Mellon University
45. Carroll College (Montana)
46. Case Western Reserve University
47. The Catholic University of America
48. Cazenovia College
49. Cedar Crest College
50. Centenary College of Louisiana
51. Centre College
52. Champlain College
53. Chapman University
54. Chatham University
55. Claremont McKenna College
56. Clark University
57. Clarkson University
58. Coe College
59. Colby College
60. Colby-Sawyer College
61. Colgate University
62. The College of Idaho
63. College of Mount Saint Vincent
64. *The College of New Jersey
65. College of New Rochelle
66. College of Notre Dame of Maryland
67. College of St. Benedict & St. John's University
68. College of the Atlantic
69. College of the Holy Cross
70. *College of William & Mary
71. College of Wooster
72. Colorado College
73. *Colorado State University
74. Columbia College Chicago
75. Columbia University
76. Concordia College - New York
77. Concordia University
78. Connecticut College
79. Converse College
80. Cornell College
81. Cornell University
82. Creighton University
83. Curry College
84. Daemen College
85. Dartmouth College
86. Davidson College
87. Denison University
88. DePaul University
89. DePauw University
90. Dickinson College
91. Dominican University of California
92. Dowling College
93. Drake University
94. Drew University
95. Drexel University
96. Duke University
97. Earlham College
98. Eckerd College
99. Elizabethtown College
100. Elmira College
101. Emerson College
102. Emmanuel College
103. Emory University
104. Erskine College
105. Eugene Lang College - The New School
106. Fairfield University
107. Fisk University
108. Florida Institute of Technology
109. Florida Southern College
110. Fontbonne University
111. Fordham University
112. Franklin & Marshall College
113. Franklin Pierce University
114. Franklin W. Olin College of Engineering
115. Furman University
116. Gannon University
117. George Fox University
118. The George Washington University
119. Gettysburg College
120. Gonzaga University
121. Goucher College
122. Green Mountain College
123. Grinnell College
124. Guilford College
125. Gustavus Adolphus College
126. Hamilton College
127. Hamline University
128. Hampden-Sydney College
129. Hampshire College
130. Hanover College

131. Hartwick College
132. Harvard College
133. Harvey Mudd College
134. Haverford College
135. Hendrix College
136. Hillsdale College
137. Hiram College
138. Hobart & William Smith Colleges
139. Hofstra University
140. Hollins University
141. Hood College
142. Hope College
143. Husson University
144. Illinois College
145. Illinois Institute of Technology
146. Illinois Wesleyan University
147. Immaculata University
148. Iona College
149. Ithaca College
150. Jacobs University Bremen
151. John Carroll University
152. Johns Hopkins University
153. *Johnson State College
154. Juniata College
155. Kalamazoo College
156. *Keene State College
157. Kenyon College
158. Keystone College
159. King's College
160. Knox College
161. La Salle University
162. Lafayette College
163. Lake Erie College
164. Lake Forest College
165. Lasell College
166. Lawrence Technological University
167. Lawrence University
168. Lehigh University
169. LeMoyne College
170. Lesley College
171. Lewis & Clark College
172. Linfield College
173. List College, The Jewish Theological Seminary
174. Long Island University - C.W. Post Campus
175. Loyola Marymount University
176. Loyola University Maryland
177. Loyola University New Orleans
178. Luther College
179. Lycoming College
180. Lynn University
181. Macalester College
182. Manhattan College
183. Manhattanville College
184. Marietta College
185. Marist College
186. Marlboro College
187. Marquette University
188. Marymount Manhattan College
189. Maryville University of St. Louis
190. Massachusetts College of Pharmacy & Health Sciences
191. McDaniel College
192. Menlo College
193. Mercyhurst College
194. Meredith College
195. Merrimack College
196. *Miami University (Ohio)
197. Middlebury College
198. Mills College
199. Millsaps College
200. Moravian College
201. Morehouse College
202. Mount Holyoke College
203. Mount Saint Mary College (NY)
204. Mount St. Mary's College (CA)
205. Muhlenberg College
206. Naropa University
207. Nazareth College
208. *New College of Florida
209. New England College
210. New York Institute of Technology
211. New York University
212. Newbury College
213. Niagara University
214. Nichols College
215. Northeastern University
216. Northland College
217. Northwestern University
218. Notre Dame de Namur University
219. Oberlin College
220. Occidental College
221. Oglethorpe University
222. Ohio Northern University
223. Ohio Wesleyan University
224. Oklahoma City University
225. Otterbein University
226. Pace University
227. Pacific Lutheran University
228. Pacific University
229. Pepperdine University
230. Philadelphia University
231. Pitzer College
232. *Plymouth State University
233. Polytechnic Institute of New York University
234. Pomona College
235. Presbyterian College
236. Prescott College
237. Princeton University
238. Providence College
239. Quinnipiac University
240. Randolph College
241. Randolph-Macon College
242. Reed College
243. Regis College
244. Regis University
245. Rensselaer Polytechnic Institute
246. Rhodes College
247. Rice University
248. *Richard Stockton College of New Jersey
249. Rider University
250. Ringling College of Art & Design
251. Ripon College
252. Rochester Institute of Technology
253. Roger Williams University
254. Rollins College
255. Rosemont College
256. Russell Sage College
257. Sacred Heart University
258. Sage College of Albany
259. Saint Anselm College
260. St. Bonaventure University
261. St. Catherine University
262. St. Edward's University
263. Saint Francis University
264. St. John Fisher College
265. St. John's College (Maryland)
266. St. John's College (New Mexico)
267. Saint Joseph's College
268. Saint Joseph's University
269. St. Lawrence University
270. Saint Louis University
271. Saint Mary's College of California
272. Saint Mary's College (IN)
273. Saint Mary's University of Minnesota
274. Saint Michael's College
275. St. Norbert College
276. St. Olaf College
277. Saint Peter's College
278. St. Thomas Aquinas College
279. Saint Vincent College
280. Salem College
281. Salve Regina University
282. Santa Clara University

283. Sarah Lawrence College
 284. School of the Art Institute of Chicago
 285. Scripps College
 286. Seattle Pacific University
 287. Seattle University
 288. Seton Hall University
 289. Sewanee: The University of the South
 290. Siena College
 291. Simmons College
 292. Skidmore College
 293. Smith College
 294. Southern Methodist University
 295. Southern New Hampshire University
 296. Southwestern University
 297. Spelman College
 298. Spring Hill College
 299. Stanford University
 300. *(SUNY) Binghamton University
 301. *(SUNY) Buffalo State College
 302. *(SUNY) College at Brockport
 303. *(SUNY) College at Geneseo
 304. *(SUNY) College of Environmental Science & Forestry
 305. *(SUNY) Cortland
 306. *(SUNY) Fredonia
 307. *(SUNY) Maritime College
 308. *(SUNY) Morrisville State College
 309. *(SUNY) New Paltz
 310. *(SUNY) Oneonta
 311. *(SUNY) Oswego
 312. *(SUNY) Plattsburgh
 313. *(SUNY) Potsdam
 314. *(SUNY) Purchase College
 315. *(SUNY) Stony Brook University
 316. *(SUNY) University at Albany
 317. *(SUNY) University at Buffalo
 318. Stephens College
 319. Stetson University
 320. Stevens Institute of Technology
 321. Stevenson University
 322. Stonehill College
 323. Suffolk University
 324. Susquehanna University
 325. Swarthmore College
 326. Sweet Briar College
 327. Syracuse University
 328. Texas Christian University
 329. Thiel College
 330. Thomas College
 331. Transylvania University
 332. Trinity College
 333. Trinity University
 334. Tufts University
 335. Union College
 336. University of Chicago
 337. *University of Connecticut
 338. University of Dallas
 339. University of Dayton
 340. *University of Delaware
 341. University of Denver
 342. University of Findlay
 343. University of Great Falls
 344. University of LaVerne
 345. *University of Maine
 346. *University of Maine at Farmington
 347. *University of Maine at Machias
 348. *University of Mary Washington
 349. *University of Maryland Baltimore County
 350. *University of Massachusetts Amherst
 351. *University of Massachusetts Boston
 352. *University of Massachusetts Dartmouth
 353. *University of Massachusetts Lowell
 354. University of Miami
 355. *University of Michigan
 356. University of New England
 357. *University of New Hampshire
 358. University of New Haven
 359. *University of North Carolina Asheville
 360. University of Notre Dame
 361. University of Pennsylvania
 362. University of Portland
 363. University of Puget Sound
 364. University of Redlands
 365. *University of Rhode Island
 366. University of Richmond
 367. University of Rochester
 368. University of San Diego
 369. University of San Francisco
 370. University of Scranton
 371. *University of Southern Maine
 372. University of Tampa
 373. University of the Pacific
 374. University of Tulsa
 375. *University of Vermont
 376. *University of Virginia
 377. Ursinus College
 378. Utica College
 379. Valparaiso University
 380. Vanderbilt University
 381. Vassar College
 382. Villanova University
 383. Virginia Wesleyan College
 384. Wabash College
 385. Wagner College
 386. Wake Forest University
 387. Washington & Jefferson College
 388. Washington and Lee University
 389. Washington College
 390. Washington University in St. Louis
 391. Webster University
 392. Wellesley College
 393. Wells College
 394. Wentworth Institute of Technology
 395. Wesleyan University
 396. Western New England College
 397. Westminster College - Missouri
 398. Westminster College - Pennsylvania
 399. Westminster College - Utah
 400. Westmont College
 401. Wheaton College
 402. Wheelock College
 403. Whitman College
 404. Whittier College
 405. Willamette University
 406. William Jewell College
 407. Williams College
 408. Wilson College
 409. Wittenberg University
 410. Wofford College
 411. Worcester Polytechnic Institute
 412. Xavier University
 413. Xavier University of Louisiana
 414. Yale University

NOTES: