*Twenty years from now you will be more disappointed by the things that you didn't do than by the ones you did do. So throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover."*
— H. Jackson Brown Jr. and Mark Twain

# College & Career Planning Guide

School Year: 2020-2021

# TABLE OF CONTENTS

COVID Message ..... 3
Transcripts ..... 4
Pathways to Higher Education ..... 5
GPA Goals & Time Management ..... 6
Choices360 ..... 7
Junior Year College & Career Planning Timeline ..... 8
Senior Year College & Career Planning Timeline ..... 9
College Entrance Exams ..... 12
Standardized Testing ..... 13
SAT Testing and Preparation Information ..... 14
ACT Testing and Preparation Information ..... 15
International University Admission ..... 16
NCAA and NAIA Requirements For College-Bound Student Athletes. 17
College Campus Visits and Questions to Ask on a College Visit ..... 18
Admission Plans And Deadlines ..... 19
The College Application and College Application Waiver Information . 20
The Common Application ..... 21
Essay & Personal Statement, The College Interview, & The Portfolio ... 22
Your College Application Resume ..... 23
College Credit in High School ..... 24
Scholarships & Financial Aid ..... 26
Navigating Financial Aid ..... 27
The FAFSA ..... 28
Post-9/11 GI Bill and Yellow Ribbon ..... 29
Financial Aid Award Letter ..... 30
Sample Award Letter ..... 31
Military Branches ..... 32
Steps to Enlist in the Military ..... 33
U.S. Military Service Academies and Military Testing (ASVAB) Info ..... 34
Career & Technical Education ..... 35
Life Skills: Self-Assessment ..... 36
Summer Enrichment ..... 37
Glossary ..... 38
Online Resources ..... 40

# COVID MESSAGE FROM YOUR COUNSELOR

In this unprecedented time, we are learning how to readjust many things in our lives from our daily routines to how we prepare for after high school. What we could count on in May ended up changing in July. Our new normal has provided the opportunity to learn new coping skills like patience and flexibility. Your school counselor is here to partner with you and your family to navigate your post-secondary options. Colleges, Universities, Trade-Schools, the Military, other certification programs, and the ACT and College Board are also working with us to understand new application/admissions processes.

We are in this together, and your safety and success are our priorities.

Try not to let stress and uncertainty impact your experiences during you senior year. Focus on the positives, embrace the changes, and cherish the time you have with your friends and family. The process may have changed but the support you receive from your counselor and teachers have not. Please let your school counselor know how he or she can help you.

## College Board

The College Board has asked colleges to extend deadlines for receiving test scores and to equally consider students for admission who are unable to take the test due to covid-19.

We are asking member colleges to provide flexibility to students in three ways:

- Accepting scores as late as possible in their process, especially by extending score deadlines for early action and early decision to take some pressure off students and give them more time to test and send their scores.
- Equally considering students for admission who are unable to take the test due to covid-19 as those who submitted scores. (The College Board will keep colleges up to date on testing availability).
- Recognizing that students who do submit scores may not have been able to test more than once. (e.g., taking into account that students who tested as high school juniors but who could not as seniors would have likely achieved score gains).

And it's more important than ever to pay close attention to the context in which all students live and learn as they make admissions decisions.

https://pages.collegeboard.org/sat-covid-19-updates

## National Association for College Admission

The COVID-19 pandemic has created uncertainty among students and families about nearly all aspects of the college admission process, including the role of standardized testing.

Due to the cancellation of SAT and ACT testing dates, more than 1,600 US colleges and universities announced they are moving to a test-optional policy, and more will surely follow. By going test-optional, institutions are making a definitive statement that they will not need test scores to make admission decisions this year. Despite the change in policies, high school students and their parents are asking,

**"Does test optional really mean test optional?"**

The answer, simply put, is: YES.

Together, we strongly endorse a student-centered, holistic approach to admission that will not disadvantage any student without a test score.

https://www.nacacnet.org/news--publications/newsroom/test-optional-means-test-optional/

## Fair Test - The National Center for Fair and Open Testing

Fair Test's website lists 1,600+ Accredited, 4-Year Colleges & Universities with ACT/SAT-Optional Testing Policies for Fall Admissions.

http://fairtest.org/university/optional

# TRANSCRIPTS

There are several ways you can have your transcripts sent to colleges. You also will want to provide transcripts to military recruiters and other post-secondary organizations and institutions.

## Hard Copy

Hard copy transcript requests must be made using the Official Transcript Request form available in your school's counseling office. Sending your transcript through the mail is the least efficient because of the slow process of the U.S. Mail service.

## The Coalition for College

The Coalition is an online service used by some colleges to upload supporting application documents to colleges and universities.
www.coalitionforcollegeaccess.org/

## The Common Application

The Common App is an online portal where you can apply, and send all documents in one location. This should be your first attempt when applying to more than one school. More information can be found at:
www.commonapp.org

## Parchment

Parchment provides you with the ability to request transcripts through a secure website. Transcripts requested online are sent securely to the colleges, universities, or scholarship funds that you select. The student must set up a Parchment account, pay the small fee associated with the Parchment service, and request your school counselor to process your transcript through Parchment. More information can be found at: www.parchment.com

## SENDedu

SENDedu is a an online service used by many colleges to upload supporting application documents to colleges and universities. www.sendedu.org.

## Apostille

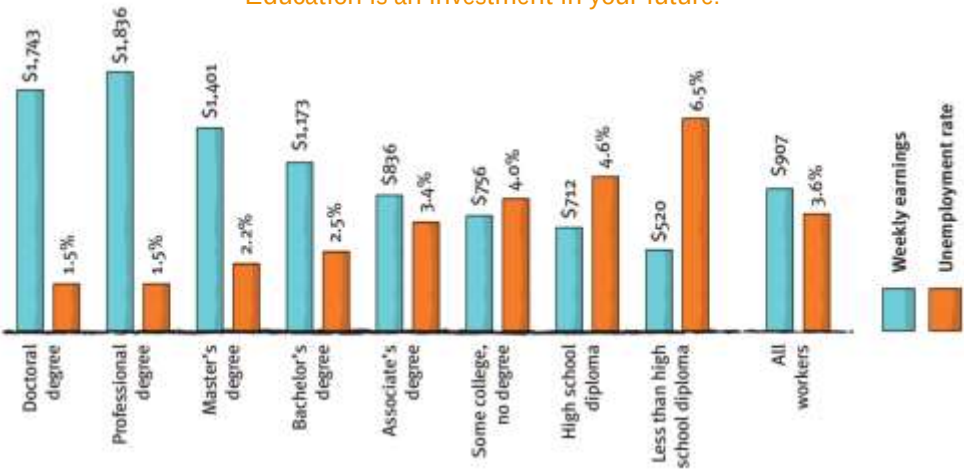
For students continuing their education abroad please provide: A Copy of the High School Diploma, A Final Transcript (Reflecting Date Of Graduation), A Graduation Certification Letter (Signed by the School Principal), A Letter Concerning The Purpose of the Request, The Name(s) of the Intended School (s), The Country of the Requested School, and Signature, Full Name Under Which Enrolled At Time of Attendance, Date of Birth, The Name of School, Country And Year of Graduation or Last Date of Attendance, An Email Address, A Daytime Telephone Number, The Address the Transcript/Record Should Be Mailed to the following email: transcripts@hq.dodea.edu

# PATHWAYS TO HIGHER EDUCATION

| 4 Year Colleges & Universities | 2 Year Community Colleges | Careers in the Military | Trade and Vocational Education |
|---|---|---|---|
| Four-year colleges and universities focus on offering educational programs that lead to bachelor's, master's, or professional degrees.<br><br>Many students start college studies at a community college and later transfer to a four-year college or university. | 2-Year Community colleges are designed to meet the vocational and educational needs of the community. Individual colleges vary widely and can offer programs ranging from classes in continuing education and certificate programs to vocational programs and associate degrees. Students can transfer into Bachelor's degree programs after completing an Associate degree. | The United States Military is part of the Department of Defense, the largest employer in the world. There are opportunities to work full-time or part-time, get a degree or participate in hobbies, travel the world or sit at a desk. Each branch of the Military has a unique mission.<br><br>Taken from: careersinthemilitary.com | Trade and vocational colleges focus on developing practical career skills. These colleges offer programs that concentrate on developing a specific skill, often leading to a certificate, or diploma, and are designed to get students into the workforce quickly. |

## WEEKLY EARNINGS & EMPLOYMENT RATES BASED ON EDUCATION LEVEL IN 2017

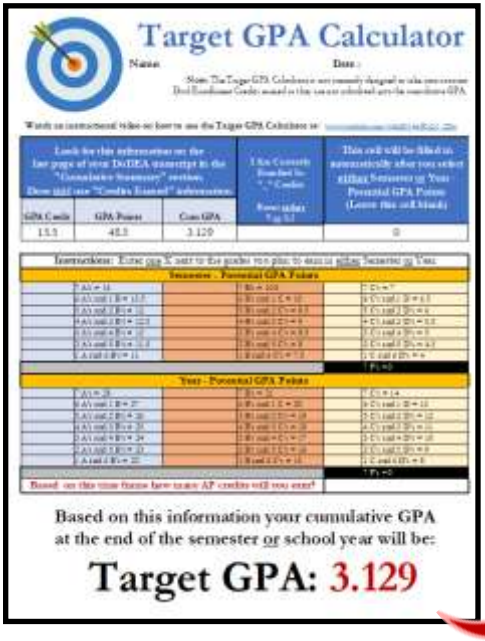
Education is an investment in your future!




Source: U.S. Bureau of Labor Statistics, 2017 Current Population Survey

Note: Data are for persons aged 25 and over. Earnings are for full-time wage and salary workers

# GPA GOALS & TIME MANAGEMENT




Prepare for your post-secondary plans by getting the best grades you possibly can. Your Grade Point Average (GPA) is a critical factor considered during the college admissions process.

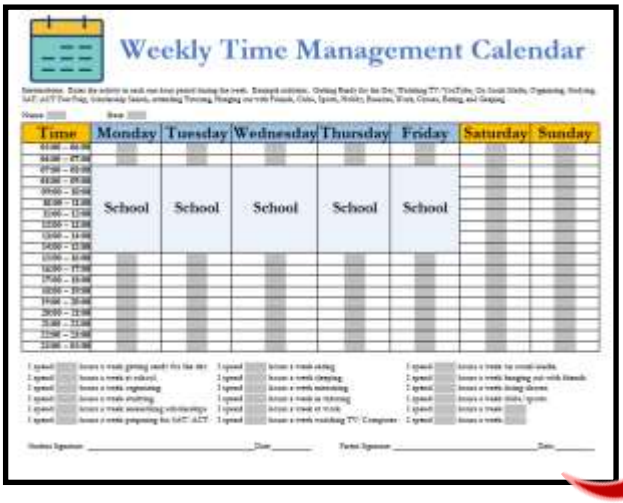
The Target GPA Calculator takes into account your current transcript information and then allows you to project grades and any AP/IB credits you may earn to calculate your potential cumulative GPA.

Watch an instructional video on how to use the Target GPA Calculator at: www.youtube.com/watch?v=z9Cr21_2ISc

Download the GPA Target Calculator at: https://drive.google.com/open?id=1f9vY0D_W9KAcMBP08yiqCIVvU1awnzyP

Please be sure to download the Target GPA Calculator as a Microsoft Excel document.

See your school counselor if you have any questions about your Grade Point Average.




Are you using your time wisely? No matter your post-secondary plans it's important to plan and prioritize your time.

Download the Weekly Time Management Calendar at: https://drive.google.com/open?id=1f9vY0D_W9KAcMBP08yiqCIVvU1awnzyP

Please be sure to download the Weekly Time Management Calendar as a Microsoft Word document.

Information From: *www.dodea.edu/choices360/*

DoDEA's Choices360 is a comprehensive, easy-to-use, online career and academic planning resource that helps DoDEA students graduate with a diploma and a plan. Login at www.Choices360.com/dodea

## Choices360 Helps Middle and High School Students:

-Explore college and career options that best fit their interests and goals
-Develop 4-6 year course planning to achieve their goals
-Navigate the college selection and application process
-Find ways to pay for college
-Build a portfolio they can take with them

## Choices360 Activities & Resources

| Career Planning | High School Planning | College Planning | Financial Aid Planning | Your Portfolio |
|---|---|---|---|---|
| Learn About Yourself<br>Explore Careers<br>Get a Job | Your Plan of Study<br>High School Planning Timeline<br>Succeeding in High School | Prepare for College<br>Test Prep<br>Explore Post-Secondary Schools<br>Explore Programs and Majors<br>Applications | Financial Aid 101<br>Financial Aid Calculators<br>Find Scholarships<br>Build Your Financial Aid Plan | Individual Learning Plan<br>Your Profile<br>Planning Portfolios Career College High School Financial Aid<br>Your Planning Milestones<br>School 2 College 2 Work |

COLLEGE AND CAREER READY

*Make a Plan. Own Your Future.*

## Sign into your DoDEA Choices360 Account at: www.Choices360.com/dodea

DoDEA Student Email Address

Password:

PasswordXXXX (XXXX=Last 4 of Student ID)

Sign In

Ask your school counselor if you need help with Choices360

# JUNIOR YEAR

COLLEGE & CAREER PLANNING TIMELINE

## Fall (August - November)

- Continue to take challenging courses and maintain satisfactory grades.
- Become familiar with your overall academic standing, including course grades, class rank, and GPA.
- Evaluate your higher education options. Have an idea as to if you would like to attend a traditional 4-year college or university, a 2-year community or technical school, or enter into one of the branches of the Armed Forces.
- Register for a Profile Page or Certification Account with the NCAA Eligibility Center at eligibilitycenter.org.
- Make a list of potential colleges that you are interested in. This list should include schools that meet your most important interests, criteria, and priorities. Consider the size of the school, location, cost, academic majors offered, and special programs. The best way to gather information about colleges is to go to their website or speak with a college representative. Attend college fairs, go on college campus visits, and speak with the college representatives who visit and ask them any questions that you may have about their program.
- Organize a testing plan. Register to take important tests such as the PSAT, ACT, and/or SAT. Be sure to register by the deadlines and contact your counselor for strategies on how to properly study and prepare for each exam.

## Winter (December - February)

- Continue to stay involved in extra-curricular activities and be sure to properly balance them with your course load. Keep in mind that colleges look for consistency and depth in the non-academic activities that you pursue. Taking on leadership roles and making a commitment to the same groups are more important than trying numerous activities each year.
- Determine how you will apply to college. If needed create the following accounts: Common Application, SendEDU, and The Coalition. See page 4 for more information.
- Organize your college information. Set up a filing system with individual folders for each college's correspondence and printed materials. This will make it easier to locate the specific information you are looking for.
- Begin narrowing down your college choices. Check details such as entrance requirements, tuition cost, room and board costs, course offerings, student activities, financial aid, etc. Begin comparing the schools by the factors that are the most important to you.
- Prepare for standardized tests. Find out if the colleges that you are interested in require the SAT, ACT, or SAT Subject Tests. Register to take the tests that you need. Most Juniors begin taking their tests in the Winter or Spring. You can take the tests again in the Fall of your Senior year if you are unhappy with your scores.
- Speak with your family, particularly about the colleges you are interested in and what your options are as far as paying for college.

## Spring (March - May)

- Prepare a challenging course load for your Senior year. Speak with your school counselor to make sure you are meeting graduation requirements.
- Begin a scholarship search. Refer to the Online Resources page of this guide for examples of scholarship sites and also look for updates from the counseling department to become aware of the opportunities for scholarships that may be applicable to you.
- Contact your letters of recommendation writers. Consider whom you want to ask and notify them so that they will have enough time to prepare a quality letter before the deadline. Ask teachers who know you well, and who have positive things to say on your behalf.
- Apply for a summer job or internship. Summer employment and internships in career fields that you are interested in will look appealing on a college application or resume.
- If you plan to apply early decision to any school, take the time to visit the school again and make sure that you are willing to commit to attending if accepted.
- At the end of the year, ask your counselor to send or upload your final official transcript to the NCAA Eligibility Center.

# SENIOR YEAR

COLLEGE & CAREER PLANNING TIMELINE

## August - September

- The deadline to take the October SAT/ACT is early/mid-September. Request your SAT/ACT test scores be sent to prospective college when you sign up for the tests. It will cost you additional money if you request scores after the registration period ends.
- Look and listen for announcements of college representative visits; meet with as many as possible whenever your schedule permits. Sign up in guidance.
- Finalize college list. Remember to include "Dream," "Realistic," and "Safety" schools.
- Research potential scholarship sources on at least a weekly basis and apply for all eligible scholarships.
- More and more scholarships become available throughout senior year.
- Meet with your school counselor to discuss post-secondary plans and confirm graduation requirements.
- Register for the SAT Reasoning test, SAT Subject and/or ACT. Use the December test date as a "last resort" only.
- Review college admissions requirements and begin to review applications online.
- Discuss Early Decision / Early Action options with your school counselor, if interested.
- Read college materials mailed/emailed to you.
- Anticipate financial aid need by using the FAFSA4caster on the FAFSA website: www.fafsa.gov.
- Estimate your cost of college attendance by using the Department of Education's Net Price Calculator at collegecost.ed.gov/net-price
- Attend your school's Senior Parent Night with your family.
- Make an appointment with your school counselor to help complete the FAFSA starting October 1st.

## October

- FAFSA applications may be filed no earlier than October 1st. The final deadline in order to qualify for all federal and state aid is usually March 15th, although a majority of colleges expect the form to be filed no later than mid-February. Some selective schools have a priority financial aid deadline of February 1st. Make sure applications are filed as soon as possible. Be aware of college financial aid deadlines.
- Attend College Night to learn about college opportunities.
- Register for the SAT Reasoning test, SAT Subject and/or ACT test. Remember, it is your responsibility to have all test scores sent to the colleges to which you are applying.
- Begin to fill out college online applications, write essays, and ask teachers to write recommendations. Give your teachers at least two weeks notice prior to the application due date. All recommendation requests should be submitted no later than December 1st regardless of the application deadline.
- If required by a prospective college, complete the CSS Profile for financial aid consideration for selected independent/private colleges. You can apply for the CSS Profile at the College Board website at cssprofile.collegeboard.org/
- School counselors will notify parents/guardians if your child is at risk of failing a required course for graduation in mid-October.
- Research scholarship sources on at least a weekly basis and apply for all eligible scholarships.
- Continue to communicate with college representatives.
- Take the ASVAB. Sign up in the school counseling office. The ASVAB provides valuable career information.

# November

- If you haven't already, make an appointment with your school counselor to help complete the FAFSA.
- Be aware of application deadlines for prospective colleges.
- Ask teachers to write letters of recommendation. You must give teachers and counselors at least two weeks to write a recommendation. This is your responsibility. Be sure to provide your teacher with a resume/recommendation form. Fill it out and give a copy to each teacher you are asking for a recommendation. Make sure also that you thank your teachers after the application process is over.
- Continue to investigate no-need, merit scholarships. Merit scholarships often require extra essays and/or interviews. Their deadlines often occur early in the senior year.
- Continue to communicate with college representatives.
- Submit your college applications! Be sure your teachers sent off your recommendations. It is always a good idea to submit the application earlier than later, although there is no penalty as long as an application is submitted between November 1 and 30. SAT Reasoning, SAT Subject and ACT scores may be taken and sent after the November 30 application deadline, but no later than the December test dates.
- Request a copy of your high school transcript to be sent to every college to which you are applying.
- You must also have official score reports for the SAT Reasoning, SAT Subject and/or ACT sent to each of the colleges/universities to which you are applying. Indicating which colleges on the respective test registration forms and paying the required fees does this. If you need to have additional score reports sent at a later time please phone in or complete the request online.
- Research scholarship sources on at least a weekly basis and apply for all eligible scholarships.

# December

- If you haven't already, make an appointment with your school counselor to help complete the FAFSA.
- Continue to be aware of college application deadlines. Work ahead.
- Submit applications to selective colleges. Be aware of deadlines.
- Request a copy of your high school transcript to be sent to every college to which you are applying.
- Continue to communicate with college representatives.
- Expect Early Action/Early Decision news by Winter Break.
- Notify your counselor of any decisions you receive.
- Write thank you letters to teachers and/or counselors who provided recommendations.
- Research scholarship sources on at least a weekly basis and apply for all eligible scholarships.

# January

- Check with prospective colleges for special scholarships, and continue to watch and listen for announcements regarding local/national scholarships.
- Application deadlines for selective colleges fall around this month. It is your responsibility to turn in your applications by the deadline date.
- Continue to communicate with college representatives.
- Research potential scholarship sources on at least a weekly basis and apply for all eligible scholarships.

# February - March

- Be sure you have submitted your financial aid application well before the priority financial aid deadline.
- Notify colleges you have applied to of any changes in your second semester schedule.
- School counselors will notify parents/guardians if your child is at risk of failing a required course for graduation.
- Continue to work on current studies. Colleges require a final transcript and may rescind favorable decisions.
- If needed, request your school counselor to send mid-year reports if requested by prospective colleges.
- Keep your high school counselor advised of all your applications, intentions and ANY changes in plans.
- Expect some college decisions from those schools following a "rolling admissions plan."
- For a backup, contact community college for registration materials and deadlines.
- Research potential scholarship sources on at least a weekly basis and apply for all eligible scholarships.
- Make sure you have signed up for AP exams.

# April

- Colleges' acceptance/rejection letters mailed out by April 15th.
- If possible visit colleges that have accepted you if you are still undecided.
- Notify your first-choice college of your acceptance before May 1st.
- Notify other colleges of your intentions; it is unacceptable to reserve a place at more than one college
- If you are wait-listed at a college you wish to attend, see your counselor immediately so you can be advised of your options.
- Notify your counselor of your final college choice.
- Take the ASVAB. Sign up in the school counseling office. The ASVAB provides valuable career information.

# May

- May 1st is National Decision Day. On this date most colleges will ask you for your decision (which generally means a deposit, including a housing deposit). You only reply to accept admission to one institution. If necessary, colleges will grant an extension on this date. Please see the college admissions counselor to determine if an extension is warranted (usually due to financial aid inconsistencies.).
- Take Advanced Placement (AP) examinations.
- School counselors will notify parents/guardians if your child is at risk of failing a required course for graduation.
- Research potential scholarship sources on at least a weekly basis and apply for all eligible scholarships.
- Complete the Senior Post-Secondary Plan. This is a required form. Counselors will distribute and collect forms to seniors during the school day.

# June - Summer

- Graduate and accept well-earned congratulations.
- Request your final transcript to be sent to your final college choice.
- Write thank you notes to those who wrote letters of recommendations, provided a scholarship, or who taught you if you have not already done so.

# COLLEGE ENTRANCE EXAMS

Many colleges use standardized testing along with other factors to help make admission decisions. A standardized test score allows colleges to compare students from across the nation and from various schools. Frequently, apprenticeship programs, certificate programs, and non-college degree programs also request information. The 4 main standardized tests uses by most colleges are: The ACT, The SAT, SAT Subject Tests, and the TOEFL.

## ACT

The ACT measures knowledge and skills in four academic areas – English, Math, Reading, and Science Reasoning. Check with your school counselor to determine when the ACT is offered at your school. Students are encouraged to take the ACT at least twice by the end of their Junior year. Some students take the ACT at the end of their Sophomore year as a practice test.

Students will earn one ACT score (1-36) on each test as well as a composite score, which is an average of the 4 test scores. Usually when colleges are asking about a students' ACT score, they are referring to the composite score, which will fall between 1-36.

Score reports are normally released within 3-8 weeks after each test date. If a student took the writing test, their score reports will be released within 5-8 weeks after the testing date. www.act.org

Starting in the 2018/19 School Year all ACT tests coordinated by DoDEA will be administered online.

Fee Wavier Information:
www.act.org/content/dam/act/unsecured/documents/FeeWaiver.pdf

International Fee Waiver Information: This waiver is for students attending a Department of Defense Education Activity (DoDEA) school, and can be used to cover the cost of the computer-based test at the time of registration for the International test date. It does not cover the test fee or any other fees.

## SAT

Created by the College Board, the SAT is another widely used college entrance exam. Check with your school counselor to determine when the SAT is offered at your school. The SAT measures skills in the areas of: Math, Evidence-Based Reading and Writing, and an optional Writing essay. Students are encouraged to take the SAT at least twice by the end of their Junior year. Some students take the SAT at the end of their Sophomore year as a practice test.

Each section is scored on a 200-800 point scale, making the "perfect" score a 1600 if taking only the Critical Reading and Math sections, or a "perfect score" of a 2400 if taking the Critical Reading, Math, and Writing Sections.

Score reports are normally released within 3-8 weeks after each test date. If a student took the writing test, their score reports will be released within 5-8 weeks after the testing date. www.collegeboard.org

Fee Wavier Information:
https://collegereadiness.collegeboard.org/pdf/sat-fee-waiver-student-brochure.pdf

International Fee Information: There is no International Fee for the SAT.

# STANDARDIZED TESTING

## SAT Subject Tests

SAT Subject Tests are college admission exams on specific subjects. These are the only national admissions tests where you choose the tests that best showcase your strengths and interests. There are 20 SAT Subject Tests in five general subject areas: English, History, Languages, Mathematics, and Science. Each subject test is an hour long and multiple-choice exam. They are also scored on a scale of 200-800. SAT Subject Tests are generally given 6 times in any given school year, on the same days and in the same testing centers as the SAT – but not all 20 tests are offered on every SAT test date. Students are allowed to take up to 3 Subject Tests on any test date, but are not allowed to take the SAT and an SAT Subject Test on the same day.

Colleges might require specific SAT Subject Area Tests so check with your college. Fall of your Senior year is the absolute latest time for taking Subject Area Tests. If possible, taking Subject Area Tests at the end of the Junior year is best. Remember – It is always best to check with each college to determine what is required.

Find out More About SAT Subject Testing at:
https://collegereadiness.collegeboard.org/sat-subject-tests

| Math Subject Tests | Science Subject Tests | English Subject Tests | History Subject Tests | Language Subject Tests |
|---|---|---|---|---|
| Math Level 1<br>Math Level 2 | Biology<br>Chemistry<br>Physics | Literature | U.S History<br>World History | Spanish<br>Spanish Listen<br>French<br>French Listen<br>Chinese Listen<br>Italian<br>German<br>German Listen<br>Modern Hebrew<br>Latin<br>Japanese Listen<br>Korean Listen |

## TOEFL (Test Of English as a Foreign Language)

The TOEFL test measures the ability of non-native English speakers to use and understand the English language as it is heard, spoken, read and written in the university classroom. The TOEFL test is given in English and administered via the Internet. There are four sections (listening, reading, speaking, and writing) which takes approximately 4 ½ hours to complete. During the test, students will be asked to perform tasks that combine more than one skill such as:

-Read, listen, and then speak in response to a question.
-Listen and then speak in response to a question.
-Read, listen, and then write in response to a question.

Your scores are based on your performance on the questions in the test. You must answer at least one question each in the Reading and Listening sections, write at least one essay, and complete at least one Speaking task to receive an official score. For the TOEFL *test*, administered via the Internet, you will receive four scaled section scores, each ranging from 0-30, and a total score ranging from 0-120.

Find out More About TOEFL Testing at:
www.ets.org

# SAT 2020-2021

Ask your counselor when the SAT is offered at your school.

| Test Date | Registration Deadline |
|---|---|
| September 26, 2020* | August 26, 2020 |
| October 3, 2020<br>Question Answer Service | September 4, 2020 |
| November 7, 2020 | |
| December 5, 2020 | November 5, 2019 |
| March 13, 2021*<br>Question Answer Service | February 12, 2021 |
| May 8, 2021<br>Question Answer Service | April 8, 2021 |
| June 5, 2021 | |

## See Your Counselor About SAT Fee Wavier Information

* SAT Subject Test not offered on this date.

Test Fee Waiver:

https://collegereadiness.collegeboard.org/pdf/sat-fee-waiver-student-brochure.pdf

## What Can I Do To Improve My SAT Score?

PSAT Score Report
psat.org/myscore
Use Access Code to link to Khan Academy with personalized practice.
Or satpractice.org

Download the Free Official
Daily Practice App
Scan and Score Up to 3 Free Practice SAT Tests.

SAT Test with the Question Answer Service
$18 for this extra College Board service.
Only for October, March, and May dates.

# ACT 2020-2021

Ask your counselor when the ACT is offered at your school.

| Test Date | Registration Deadline |
|---|---|
| September 12, 2020 | September 4, 2020 |
| October 10, 2020 | October 2, 2020 |
| | |
| | |
| April 17, 2021 | March 26, 2021 |
| June 12, 2021 | May 21, 2021 |
| July 17, 2021 | June 25, 2021 |

## See Your Counselor About ACT Fee Wavier Information

Test Fee Waiver:
www.act.org/content/dam/act/unsecured/documents/FeeWaiver.pdf

ACT International Test Fee Waiver:
The International ACT Test Fee Waiver is for students attending a Department of Defense Education Activity (DoDEA) school, and can be used to cover the cost of the computer-based test at the time of registration for the International test date. It does not cover the test fee or any other fees.

See your counselor for a separate International ACT Test Fee Waiver.

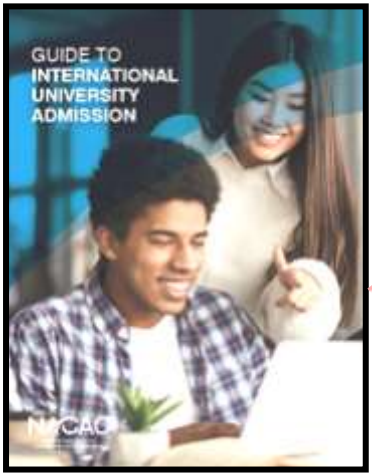
## What Can I Do To Improve My ACT Score?

Enter ACT scores at actacademy.act.org to receive instructional resources aligned and targeted to your exact learning gaps.

Unlock personalized learning tools including tutorials, videos, and interactive activities to address knowledge gaps.

Watch a tutorial video on how to create your ACT Academy account and enter your ACT scores for personalized instruction at: www.youtube.com/watch?v=avRJ7ADgcmg

# INTERNATIONAL UNIVERSITY ADMISSION




There's a growing interest among students to earn a full bachelor's degree outside the United States.

The National Association of College Admission Counseling (NACAC) has provided the Guide to International University Admission to answer students' and parents' questions about studying internationally.

The guide was developed with the guidance of more than 20 NACAC members and foreign government representatives with experience counseling students seeking international study. It's fully updated, with in-depth information on admission requirements and more for colleges and universities in 13 countries.

Digital Version: https://read.nxtbook.com/nacac/guide_to_intl_adm/2020/cover.html
PDF Version: https://www.nacacnet.org/globalassets/documents/publications/international-initiatives/giua2020finalpdf.pdf

## Country Profiles

## Topics Covered:

Diverse and Underrepresented Students Abroad
American Universities Abroad
US Branch Campuses
International Progression Pathways
International Dual and Joint Degree Programs
International Gap Year Options

Please inform your school counselor if you are interested in attending an international university.

# NCAA & NAIA REQUIREMENTS

COLLEGE-BOUND STUDENT ATHLETES

## National Collegiate Athletic Association

Taken from: elibilitycenter.org

The National Collegiate Athletic Association (NCAA) establishes the rules for progressing from being a high school athlete to a collegiate athlete in one of the Association's three Divisions. Division I and II institutions may offer athletic scholarships while Division III schools do not offer athletic scholarships, although they have sports programs. The General Information Section of the NCAA website includes all eligibility rules (www.ncaa.org).

The NCAA Clearinghouse evaluates a student's academic record to determine eligibility to participate at a Division I or II college as a freshman student-athlete. The Clearinghouse certifies a student's eligibility to compete as a student-athlete, but the college must accept the student. Eligibility is based on core college prep coursework completed, grade point average and test scores (ACT or SAT). NCAA's SAT and ACT code is 9999.

The method to register with the clearinghouse is online at https://web3.ncaa.org/ecwr3/. Select register, create an account and pay the associated fee. Students who received a fee waiver for the SAT and/or ACT can have the fee waived. Please see your school counselor to inquire about waiving the NCAA fee. In addition to registering with the NCAA, students must send their SAT and/or ACT scores directly from the College Board and/or ACT as well as transcripts from your high school. A student must request a transcript from all high schools he or she earned credit from. Students should keep track of their login information, which allows students to check the status of their registration application.

## NCAA Steps By Grade Level

| 9th | 10th | 11th | 12th |
|---|---|---|---|
| Student asks counselor for a list of high school's NCAA approved core courses to ensure he or she is taking the right classes. | Student registers with the NCCA Eligibility Center at: eligibilitycenter.org<br><br>Students should seek out counselor to determine best way to help catch up if they fall behind on courses<br><br>Remember, remedial courses do not satisfy NCAA requirements. Courses from BYU do not satisfy NCAA requirements. | Student checks with the counselor to make sure he or she will graduate on time with all required NCAA core courses.<br><br>Student takes the ACT and/or SAT, submitting his or her scores to the NCAA using code 9999.<br><br>At the end of the year, student asks counselor for his or her transcript to be sent to the NCAA Eligibility Center either by mail or through the NCAA Counselor Portal. | Student finishes last NCAA courses.<br><br>Student takes the ACT and/or SAT again, submitting his or her scores to the NCAA using code 9999.<br><br>After April 1, student requests final amateurism certification decision from the NCAA Eligibility Center.<br><br>After graduation, student asks counselor for his or her final transcript to be sent to the NCAA Eligibility Center either by mail or through the NCAA Counselor Portal. |

Download a pdf of the "Guide for the College-Bound Student-Athlete from the NCAA website.

## National Association of Intercollegiate Athletics

Taken from: play.mynaia.org/

Much like the NCAA in determining eligibility for student-athletes at large schools, the National Association of Intercollegiate Athletics (NAIA) determines student eligibility for mid-size schools. Just like the NCAA, to play sports on the collegiate level, NAIA must certify eligibility based on academic record, grade point average, and ACT scores. Students will have to create a profile and register with the NAIA online at www.playnaia.org. In addition to registering with the NAIA, students must send their SAT and/or ACT scores directly from the College Board and/or ACT as well as transcripts from your high school. Students should keep track of their login information, which allows students to check the status of their registration application. Students who received a fee waiver for the SAT and/or ACT can have the NCAA fee waived.

# COLLEGE CAMPUS VISITS

A campus visit is your opportunity to get a firsthand view of a college. A college catalog, brochure or website can only show you so much. To really get a feel for the college, you need to walk around the quad, sit in on a class and visit the dorms. A visit also gives you the chance to talk to students, faculty, and financial aid and admission officers.

## Take these important first steps:

Contact the college admission office through the college's website or by email or phone to get details and make a reservation.

Talk to your counselor about joining an organized tour of campuses you might not get to visit otherwise.

Schedule time to be on your own. Walk around the public areas of the college and don't be shy about asking students questions.

Campus visits can range from a quick hour to an overnight stay, from a casual guided tour to a formal presentation. Be sure to ask how long the whole visit will take so you can be prepared.

Most campus visits will include the following:
An information session: An admission representative talks to you or your group about the college before the campus tour. A campus tour: These are usually led by current students. You'll see the main parts of the campus and have a chance to ask questions.

# QUESTIONS TO ASK ON A COLLEGE VISIT

## Academics

What academic elements are considered in the admission process? i.e. high school GPA, test scores, recommendations, interviews, etc?
Is the college/university accredited?
How many students return after Freshman year?
What percentage of students graduate in four years or less?
What academic programs on campus are the most popular?
Will my AP/previous college credits transfer?
About how many students are in each class?
Are there any special support services if I have special needs? i.e: ADHD, LD, etc.
Is there an Honors Program? How would I qualify?
What kind of career planning services are available?
What percentage of graduates find jobs in the field they have a degree in?

## Student Life and Activities

What percentage of the students are male/female?
How diverse is the campus?
What portion of the student body lives on campus?
What activities do students participate in during their free time both on campus and in the community?
What are the most popular extra-curricular activities?
What student organizations are active on campus?
What intramural sports are on campus?

## Auxiliary Services

Where do students go if they have a medical emergency?
What tutoring, counseling, and support services are available on campus and how are they accessed?
What are the safety issues on campus? How are they addressed? Ask for a crime report. Federal law requires schools to provide safety information to students.

## Housing/Food Services

How much does housing cost?
What housing options exist? For example, single-sex, co-de, Greek?
What meal plans are available? Are Freshman required to purchase a specific type of meal plan?

## Financing

What is the yearly cost of attendance, including books, tuition, fees, housing, and meal plans?
Does your ability to pay the full cost of attendance have any impact on the college's decision to admit you?
What financial aid forms are required? (The most common two are the FAFSA and the CSS profile, but some schools have institutional or school-specific forms and some states have special forms).
What percentage of incoming Freshman receive aid? What is the average Freshman aid package?
Will outside scholarships effect the amount of aid the school will offer you?
How easy is it to find a job on campus?? Are there work study programs available?

# ADMISSIONS PLANS & DEADLINES

When the time arrives to apply to a college or university, the student will find that institutions offer a number of plans for the submission of applications. Depending where you are in your personal exploration and decision-making, one of these plans may suit your particular application requirements.

Review and consider all admission plan options. Consult with your school counselor or the admission counselor at the specific college if you have any concerns or questions.

## Rolling Admissions

The colleges and universities that review student applications as they are received and make immediate admission decisions use what is called a "rolling admission" plan. Institutions that receive a larger number of applications use this approach simply to manage the volume of application activity. Student notification of the admission decision can usually be expected in three to four weeks following application.

Students that apply to a college under a rolling admissions plan can apply to other colleges and consider all offers of admission and financial aid before being required to declare their institution to enroll or file the required admission and housing deposits.

## Early Decision

This plan was created to help the informed and committed student apply to the institution that he/she had identified as a first choice. You should only apply this way if you're 100% sure you want to go to the school and will be able to enroll regardless of the financial aid offer you receive. Early Decision plans are criticized as unfair to students from families with low incomes, since they do not have the opportunity to compare financial aid offers.
Under Early Decision, a student may be admitted or may be told that the decision is deferred until more information (ie – mid-year grades, senior test scores, etc) is received.

If you apply under the Early Decision deadline your last opportunity to take the ACT or SAT will be in September or October.

Typically, the deadline for Early Decision applications ranges between November 1 – November 15, but students are encouraged to research their specific college choice to know and understanding their requirements.

## Early Action

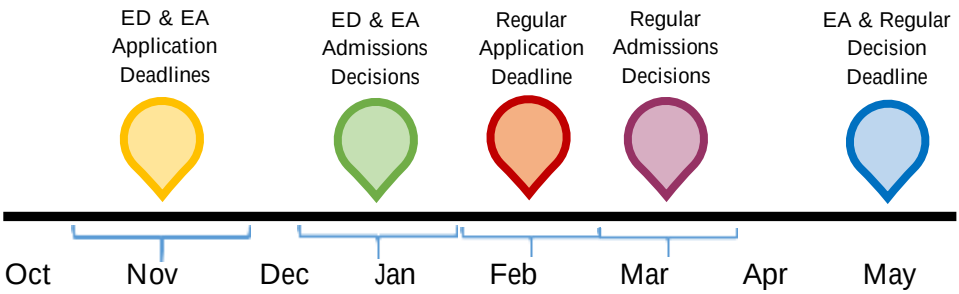
Under this plan, students can file multiple applications according to an expedited timetable and learn of an institution's admission decision early in the Senior year.
If you apply under the Early Action deadline your last opportunity to take the ACT or SAT will be in September or October.

The concern with Early Action/Notification may be that the student can be denied admission unless the information submitted (mostly Junior year grades and test scores) is highly competitive and clearly meets admission standards. In other words, the options under Early Action/Notification are admit, defer, or deny.

## Regular Admissions

The Regular Admission cycle has application deadlines typically set for anywhere from early January through late February. Admission officers work diligently to review applications and get offers of admission out to students by mid-March or the beginning of April at the latest. The decision to accept or reject an offer of admission is then up to the students.

Check with the colleges/universities you are applying to as their dates may be slightly different than others.



# THE COLLEGE APPLICATION

The pieces of your college application add up to give admissions officers an idea of who you are. Not every college requires every one of these elements, but this list shows the most common requirements.

## Application Forms and Application Fees

To fill in all the sections of the actual college application form itself, you may have to dig up documents or get answers from your parents. Most students use online applications, but paper applications are usually available, too. There are also services such as The Common App (which we will discuss later in detail) that will allow you to complete one application and submit to several colleges.

College application fees vary, but generally it costs from $35 to $50 to apply to each college. Fees are nonrefundable, but many colleges do offer fee waivers to students who cannot afford to pay. To receive a college application fee waiver you will need to have used an SAT and/or ACT test fee waiver. You may be also eligible for a NCAC Waiver. See your school counselor for more information.

## High School Transcript

The record of the classes that you have taken is one of the most important parts of your application. Your high school should send your transcript, along with a school profile, directly to the colleges you are applying to. In addition, if you are applying to a traditional 4-year college or university, they will most likely also want you to submit your ACT or SAT test scores. Some colleges or universities require that test scores be sent to them directly from the testing center. Students are encouraged to check with their specific college of interest for their requirements on receiving test scores.

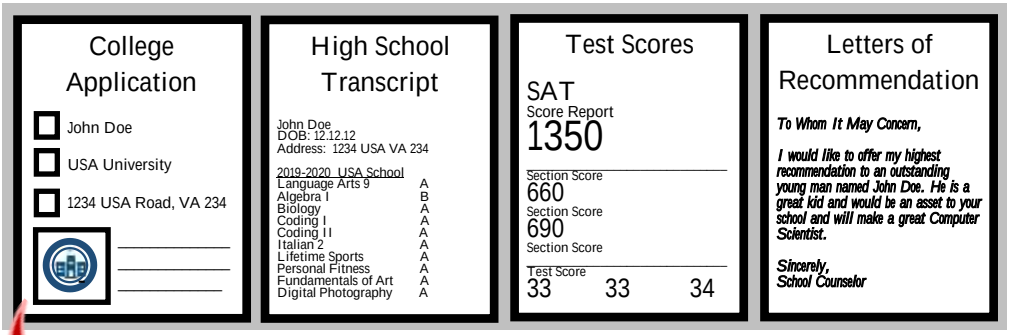
*See page 4 for information on how to submit your transcripts; Coalition, Common Application, SENDedu, University Portal, Parchment, and US Mail requests.

## Admissions Test Scores

Sending your SAT and or ACT scores must be requested directly from the College Board and the ACT. There is a fee. This is the only way for you to send schools your official scores.

## Letters of Recommendation

Many colleges require a letter of recommendation. Letters of recommendation are a great way for others to highlight all of your positive traits, characteristics, strengths, and achievements. Before requesting letters of recommendation, make sure you have asked the teacher, coach, or counselor in person if they would provide you with the courtesy of writing a letter on your behalf. Please provide the recommender a copy of your resume and information you want shared with the admissions office. Without these documents the letter of recommendation may not reflect what you want to be highlighted.




## College Application Waiver Information

College Board: Up to four college application waivers if you use an SAT test fee waiver.
ACT: Up to four college application waivers if you use an ACT test fee waiver.
NACAC: Students who have limited financial resources may request to use the NACAC Request for Application Fee Waiver Form

See your school counselor for more information.

# THE COMMON APPLICATION

The Common Application is accepted at more than 900 colleges and universities. Make an account at www.commonapp.org. Completing a quality application takes time. The Common Application was made to save some time, by completing one application that can be sent to several schools. When you look through the Common Application, you should note:

- You will need to do some essay/personal statement writing
- You will need teacher recommendations
- You will need a counselor recommendation

The Common Application teacher recommendation and evaluation forms will require teachers to rate student qualities and attributes. Teachers can only be honest about their ratings of students. It is to your advantage to always be at your best, so teachers have little difficulty providing favorable evaluations.

The Common Application also requires your school counselor to submit a Midyear Report at the end of the first semester and a Final Report and the end of the senior year. The colleges accepting the Common Application tend to be selective and very selective colleges. These colleges expect students to continue to put effort and energy into their education.

Common Application teacher recommendations and evaluation form, counselor recommendation and student report form, and academic transcripts are all submitted online via Common Application. In order for the submission of your materials to go smoothly, you must communicate with your recommenders regularly to be sure they have submitted your recommendations online in the Common Application

## Common Application Essay Prompts for 2020-2021

The Common Application Essay prompts for upcoming year are usually released in the Spring of the previous school year. The essay length will continue to be capped at 650 words. Common App essay experts provide this advice for students: "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." The essay prompts are listed below. Please use these questions as a guideline when thinking about your essay topic:

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

Khan Academy has a great video tutorial series with step-by-step instructions on how to complete The Common Application. www.khanacademy.org/college-careers-more/college-admissions/applying-to-college/college-application-process/a/filling-out-the-college-application-common-application-walkthrough

# ESSAY/PERSONAL STATEMENT

After completing a college application, what else is there to share with a college? Applications usually provide information about activities and your work history. The information that is provided by the application, itself, should not be included in your personal statement or essay.

A personal statement gives a better understanding of who a student is beyond the constraints of the universal questions asked on most applications.

Your essay or personal statement will be evaluated on content and writing style. This is also an additional opportunity for you to exhibit your writing skills. Your essay and personal statement should provide colleges with a more complete picture of who you are as an individual. What are your values, your attitudes, how do you see yourself? Do you have a particular passion for something?

Check with your school counselor or with your English teacher on ways to approach your essay. The following are sample prompts that would most likely make for quality writing pieces:

-What is your greatest achievement? Why do you consider this an achievement?
-Describe an ethical dilemma you faced and how you resolved it.
-Discuss your most rewarding nonacademic experience. This could include travel, a hobby, membership in a club or organization, a cultural activity, employment, or community service.
-Discuss some issue of local, national, and international concern and its importance to you.
-Describe your interest in this university and how you are a good fit here.

Remember writing a quality piece of work does take time. You should treat the essay the same way you would treat a major English assignment. If you are putting forth effort, energy, and time into your essay, teachers are usually more than willing to assist you with any help that you may need.

# THE COLLEGE INTERVIEW

Highly selective institutions will sometimes encourage or require an interview with an admissions officer or with an alumnus of the university. Students should view this as an opportunity to have a more intimate conversation with a representative of the college – not an oral exam! Generally, for schools that make the interview optional, completing the interview is a sign of commitment to the school. It is to the students' advantage to complete the interview option.

The interview provides an opportunity to find out more about the school and to present yourself as a human being rather than just a name on an application. This is a unique opportunity to promote yourself.

Interviewers might be admissions officers, alumni, or even current students. The interview could take place on or off campus. It is also important for prospective students to prepare and practice for an interview. Counselors can assist students with items such as:

-Researching the college
-Promptness
-Attitude/Demeanor
-Question-Type and How To Ask
-Non-Verbal Communications
-Manners and Eye Contact
-Attire
-Handshake
-Thank You Letters

# THE PORTFOLIO

Various areas of continuing education have made use of portfolios over the years. Visual Arts, Performing Arts, and Athletic programs, in particular, often use portfolios to see a collection of the students' abilities during the application process. Music students provide a portfolio of their ability when they audition for admittance to conservatories. Frequently, athletes present a video of their athletic performance to various coaches hoping to find a place on a college team.

Sometimes portfolios can help colleges get to know you better, because grades and test scores do not show or tell everything about you or your abilities.

You can put together a quality portfolio and take it with you when you visit and/or interview with college admissions counselors. In addition to classes, course grades, test scores, projects, experiments, term papers, and awards, a portfolio helps colleges to better understand the follow:

-What are your skills and abilities?
-What you have accomplished?
-What is important to you?
-How have your prepared to transition to college?
-What experiences you have had?
-What goals do you hope to fulfill?

You are using your portfolio to convince colleges that there is little risk on their part to accept you as a student. This means that the college can be pretty confident that you will not only start college, but that you will also be successful and graduate. Your portfolio should show that you are actively involved in establishing goals and implementing ways to fulfill those goals.

# YOUR COLLEGE APPLICATION RESUME

## How Your Resume Can Help You at Every Stage

It's not fun to look at a blank admissions application with no idea where to start. Having your resume handy can help you easily put your best foot forward in these situations:

1. College Applications: Your resume will not only save you time when completing your college applications, it will also ensure you don't forget anything important. Some colleges allow or even ask for resumes.
2. Letters of Recommendation: Giving your resume to your recommenders will help them get to know you even better and remind them of your high school accomplishments.
3. College Interviews: Bringing your resume to a college interview, if allowed, can serve as a positive conversation starter.

Scholarship Applications: Similar to college applications, your resume makes it easier to showcase your accomplishments. Some scholarships even ask for a resume.

Jobs or Internships: You can easily adapt the resume for work and internship interviews.

## How to Get Started with Your Resume

- Brainstorm everything you've accomplished. Take time to think about your accomplishments over your high school years. Ask your parents and your counselor to help with brainstorming.
- List everything that makes you most stand out besides grades and scores. That includes awards, leadership roles, community service, special talents or hobbies, jobs, projects you led, and so on.
- Note experiences that vividly show your determination, initiative, and passion. For example, colleges might be impressed if you stayed after school to tutor struggling students, or if you picked up a second language by engaging with coworkers at a part-time job.

## Decide What Should Go Into Your Resume

- Whittle your list down to your most impressive accomplishments. (If you are not sure it's impressive, it probably isn't.) You don't need to include your GPA and scores, since colleges will see them in your application.
- Include your highest achievements and honors.
- Describe major leadership roles and initiatives you have undertaken.
- Include unusual but impressive activities, experiences, and special skills that don't fit neatly into the activity sections of college applications.
- If you have spent significant time working outside of school, include your work experience.
- Mention special circumstances, such as a part-time job, that kept you from participating in outside activities as much as you wanted to.

## Organizing Your Resume

- Organize the information into an easy-to-read document that is no longer than two pages. Below are handy categories to use.
- Activities and work. Briefly describe the activity, your role in it, your contribution to it, the school year(s) you participated, any leadership positions you held, and how many weeks and hours per week you contributed.
- Honors and awards. Provide the name of the award or leadership position, a brief description, why you won it, and the date you received it.
- Other experiences and skills. Choose those that show your initiative and commitment.
- Describe the experience or skill, the challenges you faced, the period of time you devoted to it, and the result of your commitment.

## Make Your Resume Easy to Review

- Use simple formats with plain fonts.
- Spell out the names of entries. Don't use acronyms.
- Explain local or unique awards and clubs.
- Proofread (several times!) before sending. Then have someone else proofread it again.-Put your full name, address, phone number, e-mail, and your high school(s) at the top. Here are some commonly used approaches to listing your entries.
- Reverse chronological order, with the most recent entry listed first
- By importance, with the entry most important to you listed first
- By time commitment, with the largest time commitment listed first
- By leadership, with the strongest leadership role listed first
- By type, e.g., school-based activities, community service, work experience, honors/awards, hobbies and special interests

# COLLEGE CREDIT IN HIGH SCHOOL

## AP Transfer Credit Taken From: College Board

One great benefit of taking AP Exams is the opportunity to earn college credit and placement. Nearly all colleges and universities in the United States grant credit and placement for qualifying AP scores. You can save money and get a head start on your degree when you enter college with credit you've already earned through AP.

College AP Credit Policies
Each college and university makes its own decisions about awarding credit and placement. Most have a written policy spelling out things like the minimum required score to earn credit for a given AP Exam, the amount of credit awarded and how credits are applied

AP Credit Policy Search:
https://apstudents.collegeboard.org/getting-credit-placement/search-policies

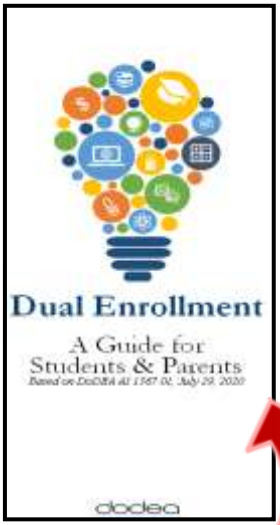
## Dual Enrollment Transfer Credit

What is Dual Enrollment?
Dual enrollment is a program which provides high school students who are enrolled at least half-time at a DoDEA school to earn college and high school credit while meeting DoDEA graduation requirements.

Dual Enrollment Objectives:
- Creates access for high school students participating in post-secondary education opportunities.
- Increases college credits awarded to high school students.
- Offers a way for families to reduce college costs.
- Reduces the length of time it takes for students to obtain their academic and/or career goals.

Who Can Participate?
Per DoDEA policy, 10th, 11th, and 12th grade students who are enrolled at least half-time are eligible to apply for Dual Enrollment courses.

What College Can I Take A Course From?
The post-secondary institution must be accredited by an agency recognized by the United States Department of Education. You may request to take undergraduate level courses at the Education Center on base, or you may request to take an undergraduate course from a community college from your home state.




Ask your school counselor for a copy of the DoDEA Dual Enrollment Brochure or click here to view a digital version.

# CLEP Transfer Credit *(taken from College Board website)*

CLEP (the College-Level Examination Program®) offers 32 exams that cover intro-level college course material. With a passing score on one CLEP exam, you could earn three or more college credits at more than 2,900 U.S. colleges and universities.

CLEP was created to help individuals with prior knowledge in a college course subject earn their degree efficiently and inexpensively. That prior learning could have taken place through advanced high school courses, independent reading and study, online courseware or textbooks, noncredit courses, or on-the-job training.

***DoDEA does not award high school credit for CLEP exams.**

CLEP Website: clep.collegeboard.org/

CLEP Transfer Credit Policies: clep.collegeboard.org/school-policy-search

*Taken from www.ModernStates.org*

Modern States Education Alliance is a non-profit dedicated to making a high quality college education free of cost and accessible to any person who seeks one. Its founding principle is that access to affordable education is fundamental to any philosophy that respects all individuals, and fundamental to the American dream.

Modern States offers free online courses designed to prepare you to take the any of the 32 CLEP tests offered by College Board.

Sign up at www.ModernStates.org

**Freshman Year For Free Voucher:**

Ask the Ed Center if they accept Modern State vouchers

www.modernstates.org/freshman-year-free/

## 32 CLEP Modern States Courses and Practice Exams

American Government
History of the United States I
History of the United States II
Introduction to Educational Psychology
Human Growth & Development
Introductory Psychology
Introductory Sociology
Principles of Macroeconomics
Principles of Microeconomics
Social Sciences and History
Western Civilization I
Western Civilization II

Biology Chemistry
Natural Science College Algebra
College Mathematics PreCalculus
Calculus

French Language
German Language
Spanish Language

American Literature
Analyzing & Interpreting Literature
College Composition
English Literature
Humanities

Financial Accounting
Information Systems
Introductory Business Law
Principles of Management
Principles of Marketing

## Take a CLEP Exam Using the Modern States Voucher

1. Research CLEP Transfer Policies for Prospective Colleges
2. Complete Modern States CLEP Course (6 Hours a Week for 4 Weeks = 24 hours)
3. Take Modern States CLEP Practice Test Before the Official CLEP Test
4. Complete Modern States CLEP Voucher Request
5. Sign into College Board Account and Order a CLEP Test
6. Upload your Freshman Year for Free Voucher and the CLEP test will be $0
7. Print your College Board CLEP Registration Ticket
8. Make an Appointment at the Education Center to take the CLEP test.
9. Show the Education Center your College Board Registration Printout
10. Pay the $25 Sitting Fee Required by the Education Center
11. Request a Test Center Reimbursement through Modern States to be reimbursed for the $25 Sitting Fee.

## Other Free CLEP Practice Sites:

DoDEA Testing and Education 7-12: https://galesupport.com/district/dodea/912online

DoDEA MWR Libraries: Click Here

# SCHOLARSHIPS & FEDERAL FINANCIAL AID

The purpose of financial aid is to remove financial barriers for families who cannot afford the cost of education beyond high school, and for those who can afford to pay for only part of it.

## Scholarships

This term is used rather loosely to include athletic and talent-based (music, drama, leadership, etc.) monetary awards, but primarily scholarships are generated on the basis of academic merit. Students with GPA and ACT/SAT scores in the top 20% are more likely to be awarded scholarship money. Generally, the higher the scores and grade, the more likely a scholarship will be awarded.

Need-based scholarships are those that are awarded because a family may need financial assistance (though academic merit is always a factor). The need is usually determined from the information provided by students and parents on the FAFSA (Free Application for Federal Student Aid) or on the CSS Profile form that some colleges require.

Many scholarships awarded by colleges and universities are "automatic" in the sense that if you are accepted to the school and if you have a particular GPA and ACT score, you will receive a scholarship without further application or action. For example, a state university might grant a $1,000/year scholarship for a 25 ACT score and 3.2 GPA or a $2,000/year for a 28 ACT score and 3.5 GPA. Most college's award their larger scholarships on a competitive basis and those usually require and additional application, essays, and/or letters of recommendation.

Scholarships are also awarded by literally thousands of private foundations, religious organizations, and corporations. The best way to locate these scholarships is to use the books in the school counseling office or a free web-based program such as www.fastweb.com or www.scholarships.com.

## Federal Financial Aid

The three types of federal financial aid are grants, loans, and work-study. You will must submit the FAFSA to be considered for federal financial aid.

### Grants

Funds are given to a student from the federal or state government or an institution that does not have to be repaid. This money is typically sent directly to the college or university. The most well-known grant program is the federal Pell Grant which is available to freshmen who demonstrate financial need as determined by the FAFSA.
The maximum Federal Pell Grant for the 2020-2021 school year is $6,345.
College institutions also award grants to students who demonstrate financial need.

### Loans

Loans are defined as money the student and/or parent is eligible to borrow for educational expenses. The money must be repaid with interest. Most financial aid packages and financial aid award letters from colleges/universities will offer families substantial loans. There are three types of loans:

*Subsidized Loans*: The federal government will pay the interest on this student signed (no-cosign required) loan while the student is enrolled in school. Repayment usually begins within 6 months of graduation or leaving school and is usually available at the lowest interest rate of any loan.

*Unsubsidized Loans:* The student is responsible for all accrued interest. You are responsible for paying the interest on a Direct Unsubsidized Loan during all periods.

*PLUS Loans:* Allows parents to borrow in their names for the education of their dependents. Unlike loans made in the student's names, repayment begins immediately upon the receipt of the loans.

### Work Study

Student is employed part-time on campus with the earnings to be used for educational expenses. Students have to select that they want to be considered for Work Study upon FAFSA completion. Normally, work is limited to 10-12 hours/week.

Financial aid award letters from colleges are usually a combination of grant, loans, scholarships and/or work study. Remember, financial aid is to be used in addition to what the family and student are able to provide. Rarely does financial aid cover the entire cost of undergraduate education.

# NAVIGATING FINANCIAL AID

*Taken from: www.ecmc.org/students/documents/2019-2020-Ntnl-Opps-Book.pdf*

The cost to attend college, which is often referred to as the total student budget or "Cost of Attendance," includes direct and indirect expenses. The direct expenses are those fixed costs that are billed by the college, such as:

## Tuition and Fees

The cost of tuition and fees charged by a college depends on many factors, but the most significant factor is what kind of college it is.

Public colleges: Tuition and fees are generally the lowest because they receive funds from state taxes. Most four-year and two-year public colleges charge higher tuition for nonresidents than for legal residents of the state in which the college is located. This out-of-state tuition can often make the cost of attending a public college as high as the cost of attending many private colleges.

Private colleges: Tuition is usually higher than at public colleges. Private colleges do not receive public funding for their operations and need to charge more of the real costs to students. However, private colleges often have more financial aid resources that can help you make up the difference between costs and financial aid. The greater your overall cost of attendance, the greater the possibility you will demonstrate need for financial aid.

No matter what type of school you attend, fees may be charged for other services. Examples include the library, student activities, the health center, and others.

## Room and Board

Room and board means basic living expenses for housing and food. Regardless of the kind of college you choose, you will have to consider these expenses.

Colleges with their own housing typically charge you on a nine-month basis for your room and most meals, excluding holiday and vacation periods. The room and board charge is built into your student budget. Colleges also expect that students living in privately owned, off-campus housing have a similar level of expense.

If you plan to live at home, you are likely to have lower expenses than on-campus students because you do not have to pay for housing. However, you or your parents will still need to factor in the cost of your food and other normal living expenses. These are usually built into commuter student budgets for financial aid purposes. Take these costs into consideration in your planning.

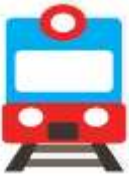
## Books and Supplies

As a college student you will spend money on textbooks, notebooks, paper, computer supplies, and the like. The amount you spend for books and supplies will vary only slightly by the type of college, but is related to the curriculum or courses you select. In some academic fields, such as nursing and other medical fields, you will spend more on books than in other fields, such as business or communications. Some fields will require specific uniforms and equipment that must be purchased, such as art supplies, a stethoscope, or lab supplies.

## Personal Expenses

Regardless of the type of college you choose to attend, you will have some personal expenses such as clothing, laundry, toiletries, recreation, medical insurance, and medical costs.

## Transportation



All students spend some money for travel. If you live in a different city than where your college is located, you have to travel to get there at the start of the academic year and travel to return home at the end of the year. Most students also go home at least once during the year. For financial aid purposes, colleges often budget students for two round-trips home per year by the least expensive means of travel possible.

Commuter students will also have travel expenses, whether you use public transportation or a car to get to and from college several days a week. These costs are built into student expense budgets by colleges for financial aid purposes.

# The FAFSA

Students are required to complete the Free Application for Federal Student Aid (FAFSA) to determine their eligibility for all federal student aid.

## Checklist: FAFSA

### PREPARING FOR THE FAFSA

Check as you prepare to file the FAFSA:

□ If filing the FAFSA online, you, and at least one parent if you are a dependent student, must sign the application. Both of you will need an FSA ID. You may each apply for an FSA ID at https://fsaid.ed.gov.

□ If using the PDF FAFSA, go to www.fafsa.gov. If using the paper FAFSA, request one by calling 1.800.4.FED.AID (1.800.433.3243).

□ Find the federal school codes for your colleges at www.fafsa.gov.

### FILING THE FAFSA

Check as you complete the FAFSA:

□ You and the appropriate family members have signed the forms.

□ You have listed all the schools to which you are applying for admission.

□ You have printed a copy or made a copy of your completed FAFSA for your records.

□ If you do not have enough room for all your schools, list your first 10 choices on the FAFSA. Once you have received your valid SAR, you can then edit the schools list so that your FAFSA data is transmitted to the remaining schools.

Note: Do not send information about special circumstances to the schools listed on the FAFSA until you contact the financial aid offices about your application information. The financial aid offices will tell you what is needed.

Completing the FAFSA is the most important part of the financial aid process.

## Tips for completing the FAFSA

### Meet all financial aid deadlines.

Check each college's deadline and/or "priority filing date" and file your FAFSA in time to meet those deadlines.

Contact the financial aid office regarding other applications or forms you may be required to submit.

### Sign the FAFSA appropriately.

You and your appropriate family member will need to acquire an FSA ID from https://fsaid.ed.gov to electronically sign your online FAFSA. Failure to do so may cause you to lose out on financial assistance you may be otherwise qualified to receive.

### List all the colleges to which you are applying for admission.

Your FAFSA information will only be sent to the colleges you specify (you may list up to 10)

Each college has a six-digit federal school code

Visit www.fafsa.gov to search for federal school codes

### Contact your college to report special circumstances.

Since the FAFSA does not include space for you to explain special financial circumstances unique to you and your family, an explanation of the situation should be communicated directly to the college(s) you're applying to.

Special circumstances might include unusual medical bills, an impending divorce, expected unemployment, or other situations.

Do not mail this correspondence with your FAFSA because this could slow down the processing of your financial aid application.

### Do not delay completing the FAFSA because you are waiting to hear if you have been accepted to a college.

You should file your FAFSA as soon as possible on or after October 1 regardless of whether or not you have been accepted to college.

Waiting until you have been accepted could result in missing important financial aid deadlines, making you ineligible for financial aid you might otherwise have been able to receive.

Taken from: ECMC

# POST- 9/11 GI BILL & YELLOW RIBBON

Taken From www.benefits.va.gov/gibill/post911_transfer.asp

Eligible Servicemembers may transfer all 36 months or the portion of unused Post-9/11 GI Bill benefits to family members. Find out more information and apply for educational benefits at:
www.va.gov/education/how-to-apply/

If you're eligible, you may transfer Post-9/11 GI Bill benefits to the following:

- Your spouse
- One or more of your children
- Combination of spouse & children

The Post-9/11 GI Bill provides the following benefits to a dependent child:

- College tuitions and fees
- Monthly Housing Allowance
- Book stipend
- One-time relocation fee
- Yellow Ribbon benefit (see below)

**Use the U.S. Dept of V.A.'s** GI Bill Comparison Tool to view benefits:

- www.va.gov/gi-bill-comparison-tool

Info From: www.benefits.va.gov/gibill/yellow_ribbon.asp

The Post-9/11 GI Bill will pay:

- all resident tuition & fees for a public school
- the lower of the actual tuition & fees or the national maximum per academic year for a private school

The Yellow Ribbon may help if the actual cost of tuition & fees costs exceeds the GI Bill national maximum benefit amounts if you are attending a private school or are attending a public school as a nonresident student.

Institutions of Higher Learning (Degree Granting Institutions) may elect to participate in the Yellow Ribbon Program to make additional funds available for your education program without an additional charge to your GI Bill entitlement.

Degree-granting institutions of higher learning participating in the Post-9/11 GI Bill Yellow Ribbon Program agree to make additional funds available for your education program without an additional charge to your GI Bill entitlement. These institutions voluntarily enter into a Yellow Ribbon Agreement with VA and choose the amount of tuition and fees that will be contributed. VA matches that amount and issues payments directly to the institution.

Yellow Ribbon Pamphlet:
www.benefits.va.gov/gibill/docs/pamphlets/Yellow_Ribbon_Pamphlet.pdf

# FINANCIAL AID AWARD LETTER

Taken From: ECMC

Once you have been accepted for enrollment at any college and have applied for financial aid by completing the Free Application for Federal Student Aid (FAFSA) and any other financial aid forms required by the college, you and your family will receive a financial aid award letter. This letter will detail the amount of financial support the college is able to provide for the upcoming year. You might receive the award letter along with your notice of acceptance. Some colleges make the award letters available online. Check with your colleges to see how they distribute the award letters.

## Read the Fine Print

Read your award letter carefully to ensure you understand all terms and conditions so you can decide if you want to accept any, or all, of the aid offered. Look for instructions for your next steps. You might need to complete additional paperwork (e.g., loan applications).
Determine if grants or scholarships are available for more than one year. If so, what are the applicable conditions?
When comparing financial aid awards, consider your final out-of-pocket cost. An award containing loans may have a higher ultimate out-of-pocket cost than an equivalent award that contains mostly grants.

## Make Your College Aware of Special Circumstances

You are required to report any changes to colleges which impact your financial status. Examples: Has your family situation changed since you filed the FAFSA? Has a parent lost a job or become ill? Have you received additional private scholarships to pay for college? Any of these changes can affect your award.

## What If It's Not Enough?

If after reading the award letter you believe that the award and your family savings are not enough to cover all of your expenses, don't panic! There are other options for getting the money you need to attend the college of your choice.

Research other sources for private scholarships. It might not be too late to apply.
Consider any potential benefits from your parents' places of employment. Look beyond just tuition and scholarships, such as programs to lower the cost of computers, insurance, or travel.
See if your college offers a payment plan that allows tuition expenses to be spread out over the year.
Make sure your financial aid office is aware of any unique situations that affect your ability to pay for school.

## Meet Required Deadlines

Once you've chosen your college, you might need to inform the college, in writing, about how much of the award you plan to accept. If you don't respond by the date indicated, your award could be in jeopardy.

## Example of a Financial Aid Award Letter

On the next page take a look at an example of a Financial Aid Award Letter.

Looking for a way to compare Financial Aid offers from multiple colleges and universities?

Download the College Costs Comparison Worksheet at: https://drive.google.com/file/d/19om25UqOhAQg7436PIy2FS8R9FkRaJAm/view?usp=sharing

Please be sure to download the College Costs Comparison Worksheet as a Microsoft Excel document.

University of America University

# Financial Aid Award Letter

## Costs of Attendance: 2020-2021

**Estimated Cost of Attendance: $XX,XXX**

| | |
|---|---|
| Tuition and Fees | $XX,XXX |
| Room and Board | $XX,XXX |
| Books and Supplies | $XX,XXX |
| Transportation | $XX,XXX |
| Personal Expenses | $XX,XXX |

## Grants and Scholarships

**Total Grants and Scholarships: $XX,XXX**

| | |
|---|---|
| College Grants & Scholarships | $XX,XXX |
| Federal and Pell Grants | $XX,XXX |
| Grants From Your State | $XX,XXX |
| Other Scholarships | $XX,XXX |

## What You Will Pay for College

**Net Costs** **$XX,XXX**
**(COA minus Grants and Scholarships)**

**Options To Pay Net Costs**

## Work Options

**Work Study** **$XX,XXX**

## Loan Options

| | |
|---|---|
| Federal Perkins Loan | $XX,XXX |
| Federal Direct Subsidized Loan | $XX,XXX |
| Federal Direct Unsubsidized Loan | $XX,XXX |

## Other Options

**Estimated Family Contribution . . $XX,XXX**
(As Calculated by Institution based on FAFSA)
Parent PLUS Loan*

## Graduation Rate

% of full-time student who graduate in 6 years.

## Median Borrowing

Students who borrow at UAU typically take out

**$XX,XXX**

in Federal Loans for their undergraduate study.

## Repaying Your Loans

To learn about loan repayment choices and estimate your federal loan payment go to www.studentaid.ed.gov/repay-loans/understand/plans

## Info and Next Steps

UAU
Financial Aid Office
123 Main Street
City, State Zip
(111)555-1234
Email: UAUFinAid.edu

## U.S. Department of Education Financial Aid YouTube Videos

Federal Student Aid

www.youtube.com/user/FederalStudentAid

# MILITARY BRANCHES

*Taken from www.todaysmilitary.com/joining/enlisting-in-the-military*

## U.S. Army

The Army's mission is to protect the security of the United States and its vital resources. The Army is constantly ready to defend American interests and the interests of our allies through land-based operations anywhere in the world. Today's "Army of Excellence" is a military force with 69,000 officers, 11,500 warrant officers, and 450,000 enlisted soldiers. Army men and women work in a variety of jobs ranging from general administration to the operations and maintenance of the Army's many thousands of weapons, vehicles, aircraft carriers, and technical electronic systems.
Find out more about the U.S. Army at GoArmy.com or 1.888.550.ARMY.

## Army National Guard

The federal mission of the Army National Guard is to be prepared to be called to active duty as a reserve of the Army. The U.S. Constitution designates a second mission to each state's National Guard. That mission ensures that the National Guard is organized to assist the Governor of each state during times of natural or other state emergencies. Upon mobilization, the state Guard comes under the control of the Army. Nationally, there are approximately 36,500 officers, 7,700 warrant officers, and about 313,500 enlisted members.
Find out more about the Army National Guard at NationalGuard.mil or 1-800 GO-GUARD

## U.S. Navy

The U.S. Navy plays an important role in helping to maintain the freedom of the United States. The Navy defends the right to travel and trade freely on the world's oceans and protects our country and national interests overseas during times of international conflict. The Navy is a large and diverse organization, consisting of 371,000 officers and enlisted members. Navy personnel operate and repair more than 320 ships and 4,000 aircraft. They serve on ships at sea, on submarines under the sea, in aviation positions on land and sea, and at shore bases around the world.
Find out more at Navy.com or 1.800.USA.NAVY.

## U.S. Air Force

The U.S. Air Force defends the United States through control and exploitation of air and space. The Air Force flies and maintains aircraft, such as long-range bombers, supersonic fighters, Airborne Warning and Control System (AWACS) aircraft, and many others to protect the interests of America and its allies. Almost 400,000 highly trained officers and airmen compose today's Air Force. The Air Force recruits approximately 30,000 to 40,000 men and women each year to fill openings in hundreds of Air Force careers.
Find out more at AirForce.com or 1.800.423.USAF.

## U.S. Marine Corps

The U.S. Marine Corps has grown to become one of the most elite fighting forces in the world. Approximately 174,000 officers and enlisted Marines fly planes and helicopters, operate radar equipment, drive armored vehicles, and gather intelligence along with hundreds of other jobs. Each year, the Marine Corps recruit 41,000 men and women to fill job openings. Training programs offer challenging and progressive skill development with emphasis on the development of mental strength and physical prowess.
Find out more at Marines.com or 1.800.MARINES.

## U.S. Coast Guard

The U.S. Coast Guard's mission is to protect America's coastlines and inland waterways by enforcing customs and fishing laws, combating drug smuggling, conducting search and rescue missions, maintaining light houses, and promoting boat safety. The Coast Guard is part of the Department of Transportation and in times of war, may be commissioned to the Department of Defense under the command of the Navy. There are approximately 5,580 commissioned officers, 1,490 warrant officers, and more than 27,130 enlisted members. Each year, the Coast Guard has opening for more than 4,000 men and women in a wide range of careers.
Find out more at GoCoastGuard.com or 1.877.NOW.USCG.

# STEPS TO ENLIST IN THE MILITARY

*Taken from www.todaysmilitary.com/joining/enlisting-in-the-military*

## Step 1: Take the ASVAB

The Armed Services Vocational Aptitude Battery (ASVAB) is a multiple-choice exam that helps determine the careers for which an individual is best suited. Both traditional pen-and-paper exams and a computer-based version are available. The ASVAB takes approximately three hours to complete and has questions about standard school subjects like math, English, writing and science. Each Service uses a custom combination of ASVAB results to produce scores related to different career fields.
Note that some high schools offer and administer the ASVAB test to their students. If a recruit has already taken the test, he or she should inform his or her recruiter and see if his or her results are still valid.

## Step 2: Pass the Physical Examination

A recruiter will discuss physical requirements with recruits beforehand. The physical is a regular medical exam, similar to what you would receive at a family doctor.

Examinations include:
-Height and weight measurements
-Hearing and vision examinations
-Urine and blood tests
-Drug and alcohol tests
-Muscle group and joint maneuvers
-Specialized test if required (pregnancy test for women, body fat percentage test for those who are overweight, tests relating to any unusual medical history)

## Step 3: Meet with a Counselor and Determine a Career

At this point, a service enlistment counselor meets with each recruit to find the right job specialty. A few different factors contribute to career selection:
-Needs of the Service
-Job availability
-ASVAB score
-Physical requirements (for example, a recruit needs normal color vision for some careers)
-Recruit preference
-Explore potential career fields at www.todaysmilitary.com/working/career-fields-and-profiles

The service enlistment counselor will also go over the enlistment agreement with the recruit. It is important to understand this fully before signing. When a recruit signs this agreement, he or she is making a serious commitment to the Military!
At this time, recruits are also fingerprinted for their files, which are required for background checks and security clearances.

## Step 4: Take the Oath of Enlistment

Once the recruit's career has been determined, he or she is ready to take the Oath of Enlistment. In this statement, the recruit vows to defend the U.S. Constitution and obey the Uniform Code of Military Justice (UCMJ). Family members are invited to watch and take photos.

*I, (name), do solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; and that I will obey the orders of the President of the United States and the orders of the officers appointed over me, according to regulations and the Uniform Code of Military Justice. So help me God.*

## Step 5: After Military Entry Processing Station (MEPS)

The new recruit now does one of two things, depending on the terms of his or her enlistment:
Direct Ship – The recruit reports to Basic Training shortly after completing MEPS testing requirements. (It varies based on job assignment and branch.) A recruiter will provide instructions on transportation to Basic Training at this time.
Delayed Entry Program (DEP) – The recruit commits to Basic Training at a time in the future, generally within one year. Most recruits enter DEP before shipping, including recruits who enlist before completing high school. Recruits enrolled in DEP may return to their homes until the time comes to report for duty.

Remember, a recruiter can answer any additional questions a recruit has about the enlistment process.

# UNITED STATES SERVICE ACADEMIES

## Air Force Academy: Colorado Springs, Colorado 80840

Website: www.usafa.af.mil
Summer Seminar: Stand out among other applicants- apply to attend a summer leadership program your junior summer! We offer several ways to connect with the United States Air Force Academy. Our outreach programs can help you determine whether the Academy is right for you, as well as help you make your application as complete and competitive as possible. Register now for Future Falcons at www.cvent.com/events/new-future-falcon/registration-c93c8b84f6ef4435995663d7f90b7174.aspx?fqp=true

## Coast Guard Academy: New London, Connecticut 06320

Website: www.cga.edu
Summer Program: Stand out among other applicants- apply to attend a summer leadership program your junior summer! The Academy Introduction Mission (AIM) is a one-week summer program where you'll immerse yourself in Academy life. Exclusively for students entering their senior year of high school, AIM is regarded as the most realistic of the service academy summer orientation programs.
www.uscga.edu/aim/

## Merchant Marine Academy: Kings Point, New York 11024

Website: www.usmma.edu
Summer Program: Stand out among other applicants- apply to attend a summer leadership program your junior summer!
www.usna.edu/Admissions/Programs/NASS.php#fndtn-panel1-Steps-For

## Military Academy: West Point, New York 10996

Website: www.usma.edu
Summer Program: Stand out among other applicants- apply to attend a summer leadership program your junior summer! SLE is highly competitive since there are normally 6,000 applicants and capacity for just 1,000 attendees. SLE gives high school juniors a week to experience life as a cadet to inform their college selection decision. SLE is a fast-paced program of academic classes, military training, physical fitness training, and intramural athletics conducted during the first half of June each year. You must have standardized test scores to be considered for SLE.
www.usma.edu/admissions/sitepages/summer.aspx

## Naval Academy: Annapolis, Maryland 21402

Website: www.usna.edu
Summer Program: Stand out among other applicants- apply to attend a summer leadership program your junior summer! If you are in high school but are not old enough to apply, you can register with USNA to receive information about our Summer Programs at:
www.usna.edu/Admissions/Programs/index.php

# MILITARY TESTING INFORMATION

## ASVAB

The Armed Services Vocational Aptitude Battery (ASVAB) is a multi-aptitude test battery with a career exploration component. The ASVAB comprises eight individual tests. Not only do you receive scores on each of these individual tests, you also receive composite scores. The ASVAB Career Exploration Program provides you with information to help you think about different career possibilities. With the student's permission, ASVAB results are shared with the military as well as with the student's school counselor. However, the ASVAB is not only for those thinking of pursuing a career in the military. Each ASVAB test area is timed, and the whole test takes about three hours.
ASVAB: www.asvabprogram.com and www.todaysmilitary.com/how-to-join/asvab-test

# CAREER & TECHNICAL EDUCATION

Taken From: www.dodea.edu/Curriculum/CareerTechEd/index.cfm

## High School Career Clusters and Career Pathways

Career Clusters represent the broad groupings of similar occupations and industries within the U.S. job market (e.g., business, information technology, health). Each Career Cluster provides students with the overview in terms of career options and an opportunity to explore the industry. Each Career Pathway focuses on the specific courses and experiences that prepare students for two-year and four-year colleges, and the workplace.

Within each of the Career Clusters are various Career Pathways, representing a variety of occupational fields associated with the Career Cluster. We encourage DoDEA students to choose their pathway based on their interests and then we guide them into the appropriate coursework. Working with our students to explore the world of work, they begin to understand the importance of academic subjects like math, science and English in the context of their career interest.

Audio Video Technology, and Communications

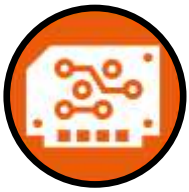
Business Management and Administration

Education and Training

Government and Public Administration

Health Science

Hospitality and Tourism



Information Technology

Science, Technology, Engineering, and Mathematics

## Career Pathway Endorsement

To receive a Career Pathway Endorsement a student must complete the Career Pathway Curriculum; a sequence of prescribed courses. When they complete their curriculum pathway, the endorsement appears as a notation on their transcript.

## High School Graduation Requirements

All DoDEA graduates must complete 2 credits in Career Technical Education, .5 must be a Computer Technology Course, to receive a DoDEA diploma.

Ask your counselor which CTE Pathways are offered at your school and through DVHS

Ask your school counselor for a copy of the latest Career Explorer magazine or download a pdf copy at:

www.dodea.edu/Curriculum/CareerTechEd/upload/CareerExplorer2018_WEB-VERSION.PDF

# LIFE SKILLS: SELF-ASSESSMENT

At some point you will be leaving home and it is crucial you have learned some important basic life skills to live independently. Please have a discussion with a parent about which life skills you know and still have yet to learn.

## Self-Management

- ☐ How to Independently Wake Up and Go to Sleep On My Own
- ☐ How to Manage My Time and Prioritize Tasks
- ☐ How to Balance Diet with Exercising on a Regular Weekly Basis
- ☐ How to Say No to Peers and Stand Up For Myself

## Food and Housekeeping

- ☐ How to Buy Healthy Groceries on a Budget
- ☐ How to Prepare Balanced and Healthy Meals
- ☐ How to Use a Dishwasher
- ☐ How to Do My Own Laundry
- ☐ How to Clean Different Rooms

## Medications and Health Care

- ☐ How and Why to Use Basic Over-the-Counter Medication and Facts
- ☐ How to Make An Appointment to See a Doctor or Nurse
- ☐ How to Use Health Insurance or Access Health Care

## Social Interactions

- ☐ How to Make a Personal and Business Phone Call
- ☐ How to Get Along with a Roommate

## Personal Safety

- ☐ How to Defend Myself
- ☐ How to Do Basic First Aid
- ☐ How to Get Help In Different Types of Emergencies
- ☐ How to Know Important Phone Numbers in Case I Lose My Phone

## Money Management

- ☐ How to Balance Their Own Personal Budget
- ☐ I Know My Social Security Number
- ☐ How To Apply For and Responsibly Use a Credit Card
- ☐ How to Pay My Bills

## Self-Advocacy

- ☐ How to Talk with a Teacher about Academics On My Own
- ☐ How to Identify When I Am Overwhelmed and Ask for Help

## Transportation and Navigation

- ☐ How to Book Their Own Flight/Check My Own Baggage
- ☐ How to Pack a Suitcase and What To Bring Along
- ☐ How to Use Public Transportation
- ☐ How to Read a Map Without the Use of GPS
- ☐ How to Change a Tire and Jump a Car Battery

# SUMMER ENRICHMENT

## Explore Your Passions

Love camp? If you went as a camper, now return as a camp counselor Passionate about art or music or theater? Challenge yourself to do practice an instrument an hour a day. Learn or continue to develop a world language you love. Maybe you'll learn you're a great chef!

## Pre-College Programs

Attending a summer pre-college program will give you the opportunity to leave home, have a roommate, make friends, and learn about balancing study and fun. A summer pre-college program will allow you to spend a few weeks with college professors and give you a glimpse at potential college majors. Contact prospective colleges to see if they have a summer pre-college program you can attend.

## Summer College Visits

Make an appointment in advance to a visit college during the summer. Research the college and develop a list of questions. After you have visited, decide if you want to apply to this college.

## Take a Summer College Course

Talk to your family and school counselor to see if taking a course at a local college is a good choice for you. Summer is a fantastic time to get a head start on college. By taking summer college courses online, you can affordably get your general education courses out of the way before you start college - and get on the fast track to your college degree.

## Get a Job and/or Volunteer

Having a job can help you save up money for college and help builds skills you can use in the future. Volunteer with an organization you care about to make a difference in your community.

## College Test Prep

Set aside time each week to prepare for the SAT and ACT. Use free services like Khan Academy and ACT Academy to practice.

## College Research and Gather Applications

Set aside time each week to research colleges. Update your potential college application list. Identify deadlines, application types, and other requirements. Use the Common Application when you can.

## Build Your Resume/Recommendations

Develop your activity list (awards, volunteerism, extra-curricular, sports, work, leadership) Don't just list activities; rather write a strong sentence about each activity about what you contributed and what you learned.
Complete counselor and teacher recommendation form. Your responses help describe you as a person and student. Your responses should be thoughtful and well written. What makes you stand out? What makes you unique?

## Have Fun

Please don't forget to have fun! Enjoy the last few years of high school and take the time to make memories with family and friends. You're only young once!

# GLOSSARY

Compiled from: US News & World Report, College Board, and ECMC

529 Savings Plan
A 529 plan is a college savings plan that offers tax and financial aid benefits. 529 plans may also be used to save and invest for K-12 tuition in addition to college costs. There are two types of 529 plans: college savings plans and prepaid tuition plans. Almost every state has at least one 529 plan. There is also a 529 plan operated by a group of private colleges and universities.

Accredited
Official recognition that a college or university meets the standards of a regional or national association. Although international students are not required to attend an accredited college or university in the United States, employers, other schools and governments worldwide often only recognize degrees from accredited schools.

Associate Degree
A degree granted by a college after the satisfactory completion of a two -year, full-time program of study or its part-time equivalent.

**Bachelor's Degree**
A degree granted by a college after the satisfactory completion of a four - or five year, full-time program of study, or its part-time equivalent.

Books/Supplies
One of the typical components of Cost of Attendance (COA). Each college includes an average estimated cost you may incur for purchasing textbooks and other academic supplies. Budget—The total "sticker price" of attending college; also known as Cost of Attendance (COA).

Cost of Attendance (COA)
The calculated cost of attending the college, for a period of enrollment (such as an academic year), which includes transportation, room and board, tuition and fees, and the estimated cost of books, supplies, and other expenses. COA is used to determine eligibility for financial aid.

CSS/Profile
A form some colleges may require you to complete in addition to the FAFSA to qualify for financial aid.

Dependent Student
For federal student aid purposes, any student who is not an independent student is considered to be dependent. See the definition of "independent student" for a list of qualifying conditions.

Early Action
A program offered by some colleges and universities that allows students to submit their applications early, typically in November or December, and receive decisions early, usually in mid- or late December. Students are not required to accept the admissions offer and have until May 1 to decide.

Early Decision
A program offered by some colleges and universities that allows students to submit an application to their top-choice school early, typically in November or December, and receive the decision early, usually in mid- or late December. If accepted, students are required to enroll at that school and withdraw all applications to other schools.

Expected Family Contribution (EFC)
The index number used by the college's financial aid office to determine how much financial aid you would receive to attend their school. The information reported on the FAFSA is used to calculate your EFC.

Federal School Code
An identifier that the U.S. Department of Education assigns to each college or career school that participates in the federal student aid programs. In order to send your FAFSA information to a school, you must list the school's Federal School Code on your application. A list of Federal School Codes is available at http://fafsa.gov.

Financial Aid Package
The total amount of financial aid a student is eligible to receive. It might include grants, work-study, and loans, and is assembled by the college's financial aid office.

Financial Need
The amount by which your family contribution falls short of covering the cost of attendance.

Free Application for Federal Student Aid (FAFSA)
A free application that must be completed by all students and parents who apply for federal student aid.

FSA ID
A username and password used to login to certain Federal Student Aid websites, such as the Free Application for Federal Student Aid (FAFSA) and the National Student Loan Data System, among others.

Full-Time Student
An undergraduate student who is enrolled for at least 12 credit hours per semester or equivalent. For a graduate student, the enrollment requirements can vary among colleges. Does not include audited courses.

Graduate Student
A student who is enrolled in a master's or doctoral program at a college.

Grant
A type of financial aid usually based on financial need, which the student does not have to repay.

HBCUs and HSIs
Historically Black Colleges and Universities (HBCUs) focus on educating African American students. Hispanic-Serving Institutions (HSIs) are colleges where at least 25 percent of the full-time undergraduate students are Hispanic. HBCUs and HSIs may offer programs, services and activities targeted to the underrepresented students they serve.

Independent Student
A student is considered independent for federal student aid if the student meets one of the following criteria:

· Is age 24 or older by December 31 of the award year
· Is working toward a master's or doctoral degree
· Is married
· Has legal dependents other than a spouse
· Is an orphan or ward of the court or in foster care at any time after age 13
· Is on active duty or is a veteran of the U.S. Armed Forces
· Is an emancipated minor or in legal guardianship
· Is an unaccompanied homeless youth
· Is an unaccompanied self-supporting youth at risk of homelessness

Interest
The cost of borrowing money. Interest charges are repaid in addition to the principal of the loan.

Ivy League
An association of eight private universities located in the northeastern United States, originally formed as an athletic conference. Today, the term is associated with universities that are considered highly competitive and prestigious. The Ivy League consists of the highly ranked Brown University, Columbia University, Cornell University, Dartmouth College, Harvard University, Princeton University, University of Pennsylvania and Yale University.

# GLOSSARY

Compiled from: US News & World Report, College Board, and ECMC

**Loan**
A type of financial aid that consists of an amount of money that is given to someone for a period of time, with an agreement that it will be repaid later. International students are generally not eligible for U.S. federal government loans and will typically require an American cosigner to apply for a private bank loan.

**Major**
The academic subject area that a student chooses to focus on during his or her undergraduate studies. Students typically must officially choose their major by the end of their sophomore year, allowing them to take a number of courses in the chosen area during their junior and senior years.

**Master's Degree**
A graduate degree awarded by a college or university upon successful completion of an advanced program of study, typically requiring one or two years of full-time study beyond the bachelor's degree. Common degree types include master of arts (M.A.), which refers to the liberal arts; master of science (M.S.); and master of business administration (M.B.A.).

**Merit-Based Aid**
Financial aid awarded on the basis of grades, test scores, athletic ability, or other talent, rather than financial need.

**Minor**
An academic subject area that a student chooses to have a secondary focus on during their undergraduate studies. Unlike a major, a minor is typically not required, but it allows a student to take a few additional courses in a subject different from his or her major.

**Need-Based Aid**
Financial aid awarded based on the family's ability to pay for college. The FAFSA is typically used to determine a family's eligibility for need-based aid.

**Net Price Calculator (NPC)**
Each college that participates in the federal financial aid programs is required to have a "net price calculator" on its website. A net price calculator can give you an estimate of how much it may cost you to attend each specific college, taking into account grant and scholarship aid you may receive from both the college and federal financial aid.

**Part-Time Student**
An undergraduate student who is enrolled for fewer than 12 credit hours per semester or equivalent. Does not include audited courses.

**Principal**
The loan amount borrowed on which interest is calculated.

**Priority Filing Date**
The date established by the college by which students are encouraged to submit their FAFSA and have the results forwarded to the college to increase their chances of being awarded certain campus-based financial aid. Financial aid funds are limited for students who fail to meet their college's priority filing date.

**Private Grant Aid**
Non-college grant aid, such as scholarships from community groups and organizations, which does not require repayment.

**Private Loans**
Education loan programs provided by private lenders to supplement the student and parent education loan programs available from the federal government.

**Private School**
A postsecondary institution controlled by a private individual(s) or a nongovernmental agency. A private institution is usually not supported primarily by public funds and its programs are not operated by publicly elected or appointed officials. Stanford University, for example, is a private school.

**Promissory Note**
The legal document signed by the borrower prior to receiving a loan. States a promise to repay the loan, and lists the conditions of the loan and terms for repayment. The Master Promissory Note (MPN) is one type of promissory note.
Room/board—One of the typical components of Cost of Attendance (COA). Each college includes the actual cost it charges if you live on campus, or an estimated cost you may incur for living off-campus.

**Public School**
A postsecondary institution that is supported mainly by public funds and whose programs are operated by publicly elected or appointed officials. The University of California—Berkeley, for example, is a public school.

**Registrar**
The college or university official who is responsible for registering students and keeping their academic records, such as transcripts.

**Regular Decision**
Admissions process used by colleges typically requiring applicants to submit their materials by January 1; admissions decision is generally received by April 1, and if admitted, students usually have until May 1 to respond to the offer. The majority of applicants are evaluated during regular decision, rather than early action and early decision.

**Rolling Admissions**
An admissions process used by some colleges and universities in which each application is considered as soon as all the required materials have been received, rather than by a specific deadline. Colleges and universities with this policy will make decisions as applications are received until all spaces are filled.

**Student Aid Report (SAR)**
The SAR summarizes the information you included on the Free Application for Federal Student Aid (FAFSA). The SAR provides the Expected Family Contribution (EFC), which is used to determine whether a student is eligible for a Federal Pell Grant and other federal aid.

**Tuition/Fees**
One of the typical components of Cost of Attendance (COA). This is the actual cost the college charges students for providing instructional and other services. Tuition may be charged per term, per course, or per credit hour.

**Undergraduate Student**
A student who is enrolled in an undergraduate course of study that usually does not exceed four years and that typically leads to a degree or certificate.

**Unmet Need**
The amount of need remaining after Expected Family Contribution (EFC), grant aid, and self-help are subtracted from Cost of Attendance (COA).

**Verification**
The process colleges use to ensure the accuracy of the information reported on the FAFSA. You may be required to provide the college with a copy of your tax return or other additional document.

# ONLINE RESOURCES

## Career Exploration

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|---|---|
| Choices360 | choices360.com/dodea |
| Occup Outlook Hndbk | bls.gov/ooh |
| BigFuture | bigfuture.com |

## College Bound Athletes

| | |
|---|---|
| NCAA | ncaa.org |
| NAIA | naia.org |

## College Exploration

| | |
|---|---|
| ACT | act.org |
| College Board | collegeboard.org |
| BigFuture | bigfuture.org |
| Cappex | www.cappex.com/ |
| Choices360 | choices360.com/dodea |
| College Express | collegeexpress.com |
| College Plan | collegeplan.org |
| College View | collegeview.com |
| College Week Live | www.collegeweeklive.com/ |
| International Colleges | ies-ed.com |
| KnowHow2Go | knowhow2go.acenet.edu |
| NACAC | nacacnet.org |
| Nat'l Cent for Ed Stats | nces.ed.gov/collegenavigator |
| Peterson's | petersons.com |
| Princeton Review | princetonreview.com |
| US Department of Ed | ed.gov |
| Virtual Campus Tours | campustours.com |

## Financial Aid and Planning

| | |
|---|---|
| Choices360 | choices360.com/dodea |
| College Score Board | collegescorecard.ed.gov/ |
| CSS Profile | css.collegeboard.org |
| Department of Ed | studentaid.ed.gov/sa/ |
| DOE How to Repay | studentaid.ed.gov/sa/repay-loans |
| DOE International Aid | studentaid.ed.gov/sa/types/International |
| FAFSA | fafsa.ed.gov |
| FAFSA ID | fsaid.ed.gov |
| FAFSA4Caster | fafsa.ed.gov |
| FDIC Money Mgt. | Money Smart for Young People |
| Financial Aid Calculator | FAFSA4caster.com |
| Net Price Calculator | collegecost.ed.gov/net-price |

## Military

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|---|---|
| Careers in the Military | careersinthemilitary.com |
| Today's Military | todaysmilitary.com/ |
| Air Force Jobs | operationmilitarykids.org/air-force-jobs-list/ |
| Army Jobs | operationmilitarykids.org/army-mos-list/ |
| Coast Guard Jobs | operationmilitarykids.org/coast-guard-jobs-list/ |
| Marines Jobs | operationmilitarykids.org/marine-corps-mos-list-asvab-scores/ |
| Navy Jobs | operationmilitarykids.org/navy-Jobs/ |

## Scholarships

| | |
|---|---|
| Cappex | cappex.com |
| BigFuture | bigfuture.collegeboard.org/ |
| CareerOneStop | www.careeronestop.org/ |
| Choices360 | choices360.com/dodea |
| College Resource Net | collegeresourcenetwork.com/ |
| Department of Ed | studentaid.ed.gov |
| Diversity Abroad | diversityabroad.com/scholarships |
| Edvisors | edvisors.com/scholarships/win-scholarships/ |
| Fastweb | fastweb.com |
| FinAid | finaid.org |
| GoCollege | gocollege.com |
| Good Call | goodcall.com |
| Int'National Scholarship | internationalscholarships.com/ |
| Military Connected | studentaid.ed.gov/sa/types/ |
| Military Connection | militaryconnection.com/scholarships/ |
| Raise.me | raise.me |
| Scholarship Hunter | wscholarshiphunter.com/ |
| Scholarship Monkey | scholarshipmonkey.com/ |
| Scholarship Library | scholarshiplibrary.org/wiki/Search |
| Scholarships | scholarships.com |
| Scholarships Online | scholarshipsonline.org/ |
| Student Scholarships | studentscholarships.org |
| Super College | supercollege.com |
| Unigo | unigo.com |

## Scholarships Minority

| | |
|---|---|
| AIGC | aigcs.org/ |
| APIA Scholars | apiascholars.org |
| HRC | hrc.org/ |
| HSF | hsf.net |
| UNCG | uncf.org/ |

## Test Registration and Prep

| | |
|---|---|
| ACT | actstudent.org |
| ACT Academy | academy.act.org/ |
| ASVAB | asvabprogram.com |
| ASVAB | todaysmilitary.com/how-to-join/asvab-test |
| Choices360 | choices360.com/dodea |
| College Board | collegeboard.com |
| Kaplan | kaplan.com |
| Khan Academy | khanacademy.org |
| Princeton Review | princetonreview.com |
| US Army | march2success.com |