

HOPATCONG HIGH SCHOOL

*College Planning
Handbook*



2018-2019

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Prepared by: The Hopatcong High School Guidance & Counseling Department

College Planning Calendar

~Junior Year~

October

- Take PSAT.
- Attend College Fair(s).
- Attend college representative visits arranged through guidance.
- **Attend Financial Aid Night @ HHS**
- **Attend College Night Program @ HHS**

December

- Review PSAT scores & implications with your child's counselor

January - March

- Register for **SPRING** (March, May, or June) SAT I (www.collegeboard.org)
- Establish and evaluate your personal college requirements (tuition, location, major, etc) AND discuss them with your parents.

March - May

- Make appointment with guidance counselor for college counseling – parents strongly encouraged to attend.
- Explore college website, where you can find applications, deadlines, academic programs, & other admission information.
- Make a list of colleges you plan to visit. Spring vacation is a good time because most classes are in session.
- Students wishing to attend any of the military academies should contact Senators and Congressmen and obtain an application from the academies involved.
- Contact prospective coaches to discuss athletics.

June

- Visit schools on your list. Try to narrow the list to 5 - 7 colleges to which you will apply. Obtain all applications and gather pertinent information on which you will base your final choice. Applications are usually updated in August, but check the date of the application to ensure it is current.
- Complete application essay. Prepared essays can be adapted to any essay topic requested by the college. Use essay choices on the common application. In addition, many colleges use the same application essay year after year.

July

- Submit NCAA Clearinghouse form if you intend to participate in college athletics.
<http://www.ncaaclearinghouse.net/ncaa/NCAA/common/index.html>
- The Guidance Office is open all summer to assist you. Please call ahead for summer office hours.

College Planning Calendar

~Senior Year~

September

- ◇ Select final college choices, narrow your list to 5-7 colleges (reach, realistic, & safety)
- ◇ Review & finalize requirements for essays and personal statements
- ◇ Approach teachers to write letters of recommendation (2 is usually enough). Don't forget a thank-you note!
- ◇ Register for SAT I and/or SAT Subject Tests
- ◇ Athletes must complete NCAA Eligibility Form online & submit signature pages (two pages) to Guidance
- ◇ Review Scholarship Bulletin for national, state, & county scholarships for which you might be eligible. Bulletin is available in the guidance office or online at www.hopatcongschools.org

October

- ◇ Complete applications & schedule college interviews where appropriate
- ◇ Complete CSS Profile if required by the college. This is first level of financial aid.
<http://profileonline.collegeboard.com/index.jsp>
- ◇ Review Scholarship Bulletin
- ◇ Be aware of special deadlines Early Decision = Binding, can only apply to ONE college
Early Action = Non-Binding
- ◇ File for FAFSA after October 1st (<http://www.fafsa.ed.gov>)

October – November

- ◇ Make appointment with counselor to discuss the application process, deadlines, & secure letters of recommendations from teachers and counselors. Plan around Thanksgiving break.
- ◇ Attend College Night Program @ HHS
- ◇ Attend Financial Aid Night @ HHS

November – December

- ◇ All applications should be submitted to your counselor by December 15th (Plan around the Winter Break)
- ◇ All interviews should be scheduled (if applicable)
- ◇ Take SAT Subject Tests (if your college requires them)
- ◇ Review Scholarship Bulletin

January

- ◇ Mid-year grades can be forwarded to the colleges to which you have applied
- ◇ Inform counselor of acceptances and rejections as they become available
- ◇ Review Scholarship Bulletin

March

- ◇ Apply for local scholarships - available in Guidance or www.hopatcongschools.org

April

- ◇ Students will receive acceptances by April 15th
- ◇ Inform counselor of acceptances, rejections, withdrawals, & wait lists

May- June

- ◇ Maintain your academic grades. Colleges look unfavorably upon grades that drop in senior year. When final grades are available, they will be sent to the college you plan to attend.

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PREFACE

It's the spring of your junior year and the time has come to begin the difficult but rewarding task of selecting the college or university that is right for you. Where will you be after you graduate from HHS? How will you select the "right" college? This handbook should help you through the process. Read it carefully and discuss what you read with your parents/guardian.

This process should be fun. It will be involved and time consuming, but like everything worthwhile, the rewards will last forever. Good luck and have fun.

Selecting a College

In the spring of your junior year, you should make an appointment with your counselor anytime from mid-March to June to review college selection criteria. We strongly encourage your parents/guardians to attend this college counseling session as well. The following information will be covered.

1. Examine the following characteristics
 - ✦ Location – distance from home
 - ✦ Size - Small 1,500-5,000, Medium 5,000-15,000 Large 15,000 +
 - ✦ Public or private
 - ✦ Atmosphere – urban, suburban, or rural
 - ✦ Cost: \$3000 to \$50,000 per year
 - ✦ Choice of major
 - ✦ Facilities – dorms, parking, library, athletics
 - ✦ Selectivity – will they accept me?
2. Investigate additional resources for information
 - ✦ School Counselor
 - ✦ Director of Guidance
 - ✦ HHS Guidance Evening Programs
 - ✦ Websites
 - ✦ College Fairs
 - Fall = Second Sunday in October @ CCM
 - Spring = Early May @ Edison Conference Center
 - ✦ Campus Tours - listed on college websites
 - ✦ College Rep visits @ HHS each Fall
 - ✦ Friends & Relatives
3. Choose a major
 - ✦ Discuss your interests, strengths, talents, personal qualities, & preferences with your counselor and explore your options. As a suggestions, you may go to:
 - <http://career.utk.edu/students/majors.asp>
 - <http://www.bls.gov/oco/>
 - ✦ It's okay to apply as “undecided”
4. Organize the selection process
 - ✦ Create a filing system for all college information you receive concerning colleges of interest.

Campus Visits

After meeting with your counselor, he/she should provide you with a list of prospective colleges to research, compare, and visit. Plan to visit several college campuses to determine if you can expect to be happy, successful and satisfied with the atmosphere and opportunities offered. A visit to prospective colleges can prove to be a tremendous help in selecting the right school. No website, brochure, or viewbook is capable of giving you a complete picture of a college/university. The campus visit will provide you with the first hand impression the students, programs, and facilities. Your aim is to know what you are looking for before you head off to your campus visit.

Before the Visit

1. Try to schedule campus visits in the spring of your junior year. Remember your goal is to simply see the campus when classes are in session, to get a realistic impression of the environment. If you can't see the college when classes are in session, that's okay, at least you have some information. In that case, you may need to go over the summer a second time to see the campus.
2. Review the college website and/or viewbook. If you are not sure where to go once you are on the website, look for "Admissions", "Academic Programs", and "Undergraduate Catalog". These links will have much of the information you are looking for.
3. Schedule a campus visit with the Admissions Office. You can do this online or over the phone. Many colleges offer tours each day at a specific time. Similarly, they may also have an Open House as well. Decide what your schedule can handle, as you cannot do it all.

During the Visit

1. Campus tours usually take an hour. Allow yourself enough time to wander around the campus. Campus tours are structured and you will receive a lot of information in a short time. Your tour guide will usually be a trained and knowledgeable student. Don't judge the college entirely by your guide.
2. A weekday visit during the academic year is most useful. Classes are in session; students, faculty and coaches are available; bulletin boards are crowded with information about campus events. Avoid visiting colleges while final exams are being administered (first two weeks in May) and during college vacations.
3. Bring your parents/guardian. It's helpful.
4. Get the name of the college representative who is assigned to New Jersey. This way you will have a direct contact if you have any follow up questions. College reps are very accessible via email.
5. Spend time on your own. Speak informally with students on campus. Visit the student union and talk to students there. (That's the hub of any college campus; a place where all students gather).
6. Use the enclosed form to evaluate and compare the colleges you visit.

After the Visit

1. Write a thank you note or send an email to the admissions office. Reiterate your interest in the college if it is sincere.
2. If possible, follow up your visit by talking to students in your area who attend the college.

Campus Visit Checklist

- ✓ Academic Advising Office
- ✓ Admissions Office
- ✓ Art Galleries
- ✓ Athletic Facilities
- ✓ Audiovisual Centers
- ✓ Bookstore
- ✓ Campus Security Office
- ✓ Career Counseling Centers
- ✓ Classrooms & Lecture Halls
- ✓ Computer Facilities
- ✓ Dining Halls
- ✓ Dormitories
- ✓ Financial Aid Office
- ✓ Fraternity & Sorority Houses
- ✓ Health Centers
- ✓ Informal Gathering Places
- ✓ Library
- ✓ Music Practice rooms
- ✓ Radio & Television Stations
- ✓ Religious Centers
- ✓ Science laboratories
- ✓ Student Center
- ✓ Student Counseling Center
- ✓ Theatrical Facilities

College Comparison Chart

| | | | | | |
|---|--|--|--|--|--|
| College/University | | | | | |
| Location | | | | | |
| Distance from home | | | | | |
| Size | | | | | |
| Atmosphere - Suburban/Urban/Rural | | | | | |
| Tuition | | | | | |
| % of students receiving Financial Aid | | | | | |
| Average Financial Aid Package | | | | | |
| Selectivity (percent accepted) | | | | | |
| Application Deadline | | | | | |
| Application Fee | | | | | |
| Tests Required | | | | | |
| Faculty/Student Ratio | | | | | |
| Average Class Size | | | | | |
| Technology | | | | | |
| Co-op or Internships | | | | | |
| Study Abroad | | | | | |
| Housing - dorms, on-campus, off-campus, suites, etc | | | | | |
| Clubs | | | | | |
| Athletics | | | | | |

2-Year Colleges

- Are 2-year colleges just for students who did not do well in high school? **ABSOLUTELY NOT!**
- Are 2-year colleges an extension of high school? **NO WAY!**
- Which is more suitable for you – CCM or SCCC? **IT'S UP TO YOU!**
- Will my credits transfer? **Sometimes – work with your college advisor to decide!**

Many students with excellent transcripts choose County College of Morris or Sussex County Community College. Which is better? The question is really, which is better for YOU!

- ▶ You may prefer to save money on tuition during the first 2 years in order to be able to afford a more expensive third and fourth year at college.
- ▶ You may prefer the 2-year transition into college life.
- ▶ If you can't get accepted into the 4-year college of your choice, you may want to go to a 2-year college and then apply as a transfer. Why go to a 4-year college that you really don't want to go to, just to "say" you are going to a 4-year college?
- ▶ The 2-year college experience may help the undecided student to determine if he/she does, in fact, want a 4-year program or to make a decision about an area of study.
- ▶ **NJ Stars** - All high school students who graduate in the top 15 percent of their class and are residents of New Jersey will have the opportunity to attend their local community college tuition free through the **New Jersey Student Tuition Assistance Reward Scholarship - NJ STARS**. This is the first statewide program to guarantee that every high ranking high school student will have access to a college education. NJ STARS scholarship recipients who plan to transfer to a four-year NJ public college or university may also qualify for a tuition-free education through **[NJ STARS II](#)**.
- ▶ **NJ Stars II** – A scholarship is paid to the four-year institution for each eligible student for up to four semesters. To be eligible, students must have graduated from a county college with a cumulative GPA of 3.25. Other restrictions apply. Please direct your questions to the county college.
- ▶ Can I transfer after my first year? You can - or you can earn your Associate Degree, typically 60 credits. If you apply to CCM or SCCC in the fall of your senior year, you will attend the college beginning in late August after you graduate from high school. To transfer to a 4-year college before you earn your Associate Degree, you must apply to that college in the fall of your first semester at the county college AND you must have both your current transcript sent, as well as, your high school transcript. Your college advisor will be processing your application. Similarly, if you waited until you earned your Associate degree, then you would have to apply in the fall of your last year at the county college and check the college application deadlines for transfer students. Be aware if you are a recipient of NJ Stars, there are additional requirements about transferring.
- ▶ Beginning with the 2008-2009 academic year, Governor Corzine signed a law in September 2007 requiring public 4-year NJ colleges to accept credits earned at any of the 19 county colleges for a 2-year associate degree. Private 4-year NJ colleges are not bound by the transfer agreement.
- ▶ SAT scores are not required since acceptance is automatic. However, adequate SAT scores are required to waive taking the corresponding section of the basic skills "Accuplacer" test.
- ▶ For more information go to www.ccm.edu & www.sussex.edu

Information for Athletes

- Cedric Dempsey, the past president of the NCAA offers the following advice:

...the best advice I can pass along if you plan to compete athletically at the college level is to start asking questions. Find out if you're on track to meet academic eligibility and core-course requirements. See what the graduation rate of athletics programs and the athletes a given sport are at the colleges in which you are interested. Ask what academic support services are available and how academic progress is tracked.

You'll notice that not one of those questions deals with the athletics side of being a student-athlete. Instead of focusing on which college can lead to a career in professional athletics, consider that:

- There are nearly 1 million high school football players and about 500,000 basketball players. Of that number, about 150 make it to the NFL and about 50 make an NBA team.
- Less than 3% of college seniors will play one year in professional basketball.
- The odds of a high school football player making it to the pros at all - let alone having a career - are about 6,000 to 1; the odds for a high-school basketball player - 10,000 to 1.

Take a hard look at those numbers and the ones below, and think about what will matter in the long run: a college education.

Estimated Probability of Competing in Athletics Beyond the High School Interscholastic Level

| Student Athletes | Men's Basketball | Women's Basketball | Football | Baseball | Men's Ice Hockey | Men's Soccer |
|--|------------------|--------------------|--------------|--------------|------------------|--------------|
| High School Student Athletes | 546,335 | 452,929 | 1,071,775 | 470,671 | 36,263 | 358,935 |
| High School Senior Student Athletes | 156,096 | 129,408 | 306,221 | 134,477 | 10,361 | 102,553 |
| NCAA Student Athletes | 16,571 | 15,096 | 61,252 | 28,767 | 3,973 | 19,793 |
| NCAA Freshman Roster Positions | 4,735 | 4,313 | 17,501 | 8,219 | 1,135 | 5,655 |
| NCAA Senior Student Athletes | 3,682 | 3,355 | 13,612 | 6,393 | 883 | 4,398 |
| NCAA Student Athletes Drafted | 44 | 32 | 250 | 600 | 33 | 76 |
| Percent High School to NCAA | 3.00% | 3.30% | 5.70% | 6.10% | 11.00% | 5.50% |
| Percent NCAA to Professional | 1.20% | 1.00% | 1.80% | 9.40% | 3.70% | 1.70% |
| Percent High School to Professional | 0.03% | 0.02% | 0.08% | 0.45% | 0.32% | 0.07% |

Note: These percentages are based on estimated data and should be considered approximations of the actual percentages.

What should I do now?

Students who are anticipating competing in Division I or Division II must complete the NCAA Clearinghouse forms after final junior grades are reported (mid-July). This form is available at <https://web1.ncaa.org/eligibilitycenter/common/>. There is a registration fee. The National Collegiate Athletic Association (NCAA) and the National Association of Intercollegiate Athletics (NAIA) have established specific eligibility requirements for athletic participation. These requirements may be obtained directly from the NCAA, NAIA, or the HHS Athletic Director or from a college athletics department.

Background Information

The NCAA, or National Collegiate Athletic Association, was established in 1906 and serves as the athletics governing body for more than 1,280 colleges, universities, conferences and organizations. The NCAA membership includes:

- 326 active Division I members
- 281 active Division II members
- 421 active Division III members.

One of the differences among the three divisions is that colleges and universities in Divisions I and II may offer athletics scholarships, while Division III colleges and universities may not. The establishment of the NCAA Eligibility Center in Indianapolis, Indiana, was first announced by Dr. Myles Brand, president of the NCAA, in January 2007. Succeeding the current NCAA Initial-Eligibility Clearinghouse in Iowa City, Iowa, the eligibility center will certify the academic and amateur credentials of all college-bound student-athletes who wish to compete in NCAA Division I or II athletics. Ultimately, the individual student-athlete is responsible for achieving and protecting his or her eligibility status.

The answers to most questions can be found in this guide, www.ncaaclearinghouse.net, or by accessing the eligibility center's resource page at www.ncaa.org and then by clicking on "Information for College-Bound Student-Athletes" in the "My Links" section on the right-hand side of the page. If you have additional questions that cannot be answered by this guide or one of the Web sites mentioned above, please contact the eligibility center at the address and phone number below. In addition, if you are sending transcripts or additional information to the eligibility center, please use the following address.

| | | |
|--|--------------------------------------|--------------------|
| NCAA Eligibility Center | 877/262-1492 | M – F, 8 am – 6 pm |
| Certification Processing | | |
| P.O. Box 7136 | 317/223-0700 (international callers) | |
| Indianapolis, Indiana 46207-7136 | | |
| www.ncaaclearinghouse.net | | |

Recommended References

Books:

[The Student-Athlete & College Recruiting](#) by Rick Wire

[National Directory of College Athletics](#) – Men's & Women's Editions, *(available in the Guidance Office)*

Websites:

The Coaches' Circle

www.thecoachescircle.com – must have username & password to log on. Go to www.hopatcongsschools.org, click on "athletics" and then "college recruiting program".

NCAA Freshman- Eligibility Standards – Quick Reference Sheet

http://web5.ncaa.org/ECWR2/NCAA_EMS/pdf/Quick_Reference_Sheet_for_IE_Standards-6-18-09.pdf

Guide for the College Bound Student Athlete

<http://www.ncaapublications.com/productdownloads/CB11.pdf>



How Do Colleges Make Admissions Decisions?

Nationally, the rate of college enrollment immediately after high school increased from 49% in 1972 to 69% in 2005.

What are admissions officers looking for? Will they like the application package I present? You hear of students who get accepted at schools because they had family members who graduated from the college or they were the All State goalie for the soccer team. While these factors can play a role, the admissions committees are systematic in their approach. Keep in mind that college is a business and sometimes they will accept/reject students for unknown reasons. They simply cannot accept everyone and they may accept a student who may have a special talent that they may want.

1. The academic transcript is the MOST IMPORTANT credential. They evaluate all years not just the junior year.
2. It's not just one thing that will get you in or keep you out. Just because you volunteered, took Honors courses, or are involved in sports, does not mean that will get you in. Consequently, it is YOU as a whole, all the things that make up your application: GPA, class rank, SAT scores, activities, personal essay, etc.
3. When admission counselors evaluate applications, they know the definite pile you will fall into: YES, NO, & MAYBE. The maybe is where it gets tricky. This is where they will evaluate your essay, recommendation letters, request an interview, etc. *You may want to ask your guidance counselor to make a call to your first choice college – this can help or at least be noted in your file.*

College Application Process

“I am astonished at the number of students who treat the filling out of the application form as a necessary evil instead of as an opportunity.”

Roger Campbell, Dean of Undergraduate & Financial Aid
University of Denver

Information you will need to complete your applications:

Mailing Address:

Hopatcong High School
P.O. Box 1029, 2A Windsor Avenue
Hopatcong, NJ 07843
973-398-8803
www.hopatcongschools.org

Guidance Department

Phone: 973-770-8861

Fax: 973-398-6446

CEEB Code: 310503

In order to process your college applications properly, the Guidance Department requests your cooperation. Please review the guidelines below:

1. The process consists of 3 parts:
 - ⇒ Application
 - ⇒ School Information
 - ⇒ SAT/ACT Scores

College Application Process - continued

2. During the summer before senior year, you should write your personal essay. See the section on your college essay.
3. Request teacher recommendation letters during the month of September. You must complete the **“Teacher Recommendation”** form. While you are working on your applications you can request your recommendations. Remember to choose 2 academic teachers or 1 academic teacher and 1 coach/employer. You only want 2 plus your counselor recommendation, which equals 3 total.
4. After your last SAT/ACT test, typically October of senior year, you must send your **Official Score Report** to the colleges you will be applying to. Go to <http://www.collegeboard.com/student/testing/sat/scores.html> and click on “Send SAT Scores”. This costs \$10/college, if you do not request your scores be sent when you TAKE THE TEST. Remember you get 4 official score reports free, which you can send to up to 4 colleges. After that, you must pay \$10/college. Recently, most colleges have requested the “official” score report. Having the scores sent from College Board to the colleges directly, verifies your scores.
5. Complete your **“Senior Profile”** for your counselor recommendation letter by September 30th. This profile consists of:
 - Senior Profile
 - Activities Sheet
 - Parent Brag Sheet
6. Complete your applications – online or paper
 - Before submitting online/paper, make sure your counselor has your recommendation letters on file, as this could hold up your application.
 - You do not want a lot of lag time when the student sends the application online to when the counselor sends the school records.
 - All apps should be out by the winter break.
7. Whether you are submitting your applications online or on paper, you must request your transcripts from your counselor. Every student must complete a **“Transcript Request”** in *Naviance* for EVERY application or scholarship requiring a transcript. No transcript will be forwarded at your request without this request. Please allow at least 2 weeks prior to deadline dates.

SAT

What is the SAT? The Scholastic Assessment Test (SAT) is a test of critical reading, mathematical questions, and writing skills. It is a measure of developed verbal, mathematical, and writing abilities acquired over the years. The program assesses how a student’s reasoning and academic strengths compare with those of approximately 2 million students each year. Because course grading varies greatly from high school to high school, scores on the standardized tests help college compare students’ academic achievement. It is accepted that the SAT scores are valid predictors of college success.

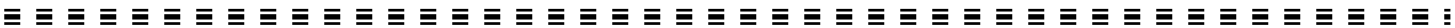
Keep in mind when referencing your score, it is important to review the breakdown of scores in each section. An average SAT score is 500 in each section.

When should I take the SAT? The SAT should be taken at least once in the spring of the junior year. Many students take the test again in the fall of the senior year. It is recommended to take the test no more than 3 times. You may want to enroll in an SAT Prep program in January of junior year, which will typically run for 12 weeks, finishing in February, just in time for the March SAT. As a good rule of thumb, take the test in March of your junior year, see what your scores are, and then if you want to improve your scores, take a refresher prep course for the June SAT. Then, in October of senior year, you can take the test one more time.

I have taken the SAT twice. How do colleges view multiple scores? Most colleges will take the highest score in each section and use that as your highest score. Some colleges/universities, like Penn State, will look at the scores from one sitting, i.e., they will not mix and match your highest scores from the three times you took the test.

How do I send my SAT scores to the college? When you sit for EACH SAT test, you have a chance to send FOUR colleges your score for FREE - all SAT scores are mailed to the colleges. If you take the test in March of junior year, you should take advantage of the 4 free score reports, even if you are not sure of which colleges you will be applying. Your SAT scores will start a file with the college. If you take the test again in October of senior year, you will get 4 free score reports, and your March & October scores will be sent. MANY colleges require the OFFICIAL Score Report from the College Board and not on the high school transcript. Score reports can be requested online at www.collegeboard.com, click on SAT Score Reports and it costs \$10 per college.

If I am a student with disabilities, can I have extended time? Yes, you can, but you must apply to the College Board for this accommodation. See your Case Manager or Counselor ASAP to discuss this. You should have applied for this already in your sophomore year.



You can register for the SAT online, by mail, or by phone. For more information, go to www.collegeboard.com....**Taking** the SAT I. There are usually 7 administrations for the SAT I and 6 for the SAT II. The tests typically run the first Saturday of the months listed below:

ALWAYS include the School Code (310503), called the CEEB code, when registering; without it, the Guidance Office will not receive your score.

| SAT I | | SAT Subject Test | |
|----------|-------|------------------|------|
| October | March | October | May |
| November | April | November | June |
| December | June | December | |
| January | | | |

Registration deadlines are usually 1 and 1/2 months before each test date. If you miss a registration deadline, there is a late registration fee that covers 9 days past the deadline.

SAT Subject Tests

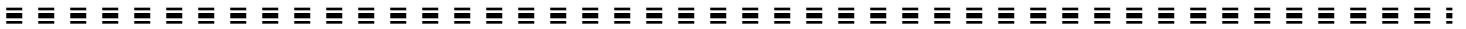
What is the SAT Subject Test? The SAT II consists of tests that measure knowledge in particular subject areas and the ability to apply that knowledge. Subject tests are given in the following areas: English, History, Science, Mathematics, and foreign languages.

Do I have to take the SAT Subject Test? You only have to take this test if the college requires it. Typically, in the admission criteria, they will “recommend” or “require” you to take 3 SAT II Subject Test, listing 2 specifically and one of your choice.

When should I take the SAT Subject Test? Again, you should check the website, call the college, ask your counselors, or consult the college catalog or other publications; however, the following general guidelines may be followed:

- ▶ Take SAT Subject Test in November/December/January of senior year
- ▶ For Early Decision candidates, take SAT II in the spring of junior year

Remember you cannot take the SAT I and Subject Test on the same day.



ACT

What is the ACT? The ACT is an admission test developed by the American College Testing Corporation. The test is designed to measure achievement in English, math, reading, and science. It is primarily utilized in the admission process by colleges in the Midwest and Southwest. Scores for each section are averages to create a composite score. A perfect score on the ACT is 36. More information can be found on www.act.org/news/data/07/states.html. The evidence is not clear whether this test is a good alternative to the SAT. So if you do not score well on the SAT, you may want to take the ACT, but the choice is yours alone.

Most colleges accept both the SAT & the ACT.



PREP Courses

The Guidance Department is frequently asked about the effectiveness of the many prep courses available. As is the case with all types of learning, these programs are only as effective as the student is willing to make them. That is, if a student is only involved in the prep program because his parents insist that he do so, he is unlikely to improve significantly. However, those students who involve themselves in the lessons and who take advantage of the opportunity to prepare for these tests, can be successful.

The bottom line is that you should PRACTICE TAKING THE TEST to improve your score. Here are some options:

- ▶ You may pursue an outside agency, such as Princeton Review, Kaplan, etc, for a fee. The College Board offers free booklets for the SAT online and an SAT Question of the Day, but students have to DO them to benefit. If you learn better in a structured environment, then this may be a good option for you.
- ▶ If you are an independent learner, you may want to purchase a book or CD from a bookstore and practice on your own.

Recommendation Letters

If you are applying to a 4-year college you will need 2 recommendation letters, either:

- 2 academic teachers
- 1 academic teacher and 1 coach/employer

Give your recommender plenty of time to write your letter, typically at least 3 weeks. Choose teachers who know you the best. Request letters in September of your senior year by completing a request form. (See the back of this publication for a sample). That person writes one detailed recommendation and will give it to your counselor to keep on file. It is assumed you will not see that letter, as many college applications ask you to choose to waive your right or not waive your right to review the letters. If you were able to review the recommendations you sent with your application, you would only send the good ones. Colleges look unfavorably on applicants who review the letters they submit. No educator will agree to write a letter if they are not going to write a good one. Have confidence that there are wonderful things said about you in that recommendation.

Similarly, you will not be looked upon favorably by the admissions office if you submit more than 3 total recommendation letters. Too many letters may suggest you are trying too hard to get the college to accept you.

ESSAY

“A good essay can make someone we’ve never met before come alive.”

-Franklin & Marshall College

This personal statement helps the college become acquainted with you in ways different from courses, grades, test scores, and other objective data. It will demonstrate your ability to organize your thoughts and express yourself. Colleges are looking for an essay that will help them know you better as a person and as a student. Please write an essay (250 words minimum) on a topic of your choice or on one of the options listed below.

You must put your full name, date of birth, and name of secondary school on each sheet.

1. Evaluate a significant experience, achievement, risk you have taken, or ethical dilemma you have faced and its impact on you.
2. Discuss some issue of personal, local, national, or international concern and its importance to you.
3. Indicate a person who has had a significant influence on you, and describe that influence.
4. Describe a character in fiction, a historical figure, or a creative work (as in art, music, science, etc.) that has had an influence on you, and explain that influence.
5. A range of academic interests, personal perspectives, and life experiences adds much to the educational mix. Given your personal background, describe an experience that illustrates what you would bring to the diversity in a college community, or an encounter that demonstrated the importance of diversity to you.
6. Topic of your choice.

Action Words

| | | | |
|-------------|-------------|--------------|------------------|
| actively | eliminated | motivated | responsible |
| accelerated | established | organize | responsibilities |
| adapted | evaluate | originate | revise |
| administer | expanded | participated | review |
| analyze | expedite | perform | schedule |
| approve | founded | plan | significantly |
| coordinate | generate | pinpointed | simplicity |
| conceived | increased | program | set up |
| conduct | influence | proposed | solve |
| completed | implemented | proved | strategy |
| control | interpret | provide | structure |
| created | improve | proficient | streamline |
| delegate | launched | recommend | support |
| develop | lead | reduced | teach |
| demonstrate | lecture | reinforced | |
| direct | maintain | reorganized | |
| effect | manage | revamped | |

Self-Descriptive Words

| | | | |
|---------------|------------------------|------------|----------------|
| active | determined | logical | realistic |
| adaptable | diplomatic | loyal | reliable |
| aggressive | disciplined | mature | resourceful |
| alert | discrete | methodical | respective |
| ambitious | economical | objective | self-reliant |
| analytical | efficient | optimistic | sense of humor |
| attentive | energetic enterprising | perceptive | sincere |
| broad-minded | enthusiastic | personable | sophisticated |
| conscientious | extroverted | personable | systematic |
| consistent | fair | pleasant | tactful |
| constructive | forceful | positive | talented |
| creative | imaginative | practical | |
| dependable | independent | productive | |

Application Organizer

| | College 1 | College 2 | College 3 | College 4 | College 5 |
|---------------------------------|-----------|-----------|-----------|-----------|-----------|
| Applications | | | | | |
| Deadline | | | | | |
| Essay Completed | | | | | |
| Transcript Request to Counselor | | | | | |
| Mailed/Submitted online | | | | | |

| | | | | | |
|-------------------------------|--|--|--|--|--|
| Recommendation Letters | | | | | |
| Gave Recommendation form to | | | | | |
| Due to Counselor by | | | | | |
| Sent thank you note | | | | | |

| Transcripts | Date | Date | Date | Date | Date |
|---|------|------|------|------|------|
| Additional application forms? <i>(School Report, Midyear Report, Final Report, Teacher Evaluation, etc.)</i> | | | | | |
| Requested counselor to send transcripts <i>(2 weeks prior to application deadline)</i> | | | | | |
| School Documents Mailed | | | | | |

| SAT Scores | Date | Date | Date | Date | Date |
|--|------|------|------|------|------|
| Requested Score Report be sent to colleges: <i>(4 free reports during each SAT test you take)</i> | | | | | |
| SAT I | | | | | |
| SAT Subject | | | | | |
| ACT | | | | | |
| AP Exams | | | | | |

| Financial Aid | Date | Date | Date | Date | Date |
|--|------|------|------|------|------|
| FAFSA deadline | | | | | |
| FAFSA submitted online | | | | | |
| CSS Profile required yes or no & date | | | | | |
| CSS Profile submitted online | | | | | |
| Check HHS Scholarship Bulletin each week! | | | | | |

10 Secrets to Success

1. How you think is everything.
2. Decide upon your true dreams & goals.
3. Take action.
4. Never stop learning.
5. Be persistent and work hard.
6. Learn to analyze details
7. Focus your time and money.
8. Don't be afraid to innovate: be different.
9. Deal and communicate with people effectively.
10. Be honest and dependable; take responsibility

- Reprinted from *Investors Business Daily*

The College Interview

From www.collegeboard.com

The Basics

A college interview is a chance to show that you're more than just test scores and grades. It's an exchange of information—you learn about the college and the college learns about you. It can last anywhere from 30-60 minutes.

There's More Than One Type of Interview

Interviews vary depending on the school, student, and particular situation. You could find yourself interviewing with an admissions officer, a student, or an alumnus. Other, less formal, interview situations include group information sessions with admissions staff and current students, and high school and local college fairs. If you plan on attending a music, drama, or dance school, plan on performing an audition or submitting a portfolio.

Special-Interest Sessions

If you plan to pursue specific interests in college, such as sports or clubs, you might find it helpful talk to current students and faculty members.

- **Sports:** If you're an athlete and want to play on a college team, arrange a meeting or a phone call with the coach. Bring your scrapbook, statistics, or other information that will help give a clear picture of your talents. Consider asking your high school coach to send a letter to the college on your behalf.
- **Specific fields of study:** Talk to students who are majoring in your desired field and make an appointment with a faculty member or advisor in the department. If you schedule a campus visit, be sure to sit in on a class.
- **Activities:** If you plan to participate in an activity, such as the newspaper, band, or radio station, speak to students who take part. It's a good way to find out what the people are like and what your chances are of getting involved.

Why You Should Interview

The interview is one of many factors in the admission decision. Most colleges don't require an interview; however, there are many benefits to meeting face-to-face with an admissions officer. For example, perhaps you:

- Feel your college application can't possibly convey your warm and shining personality.
- Are interested in the college, but want to learn more about its study abroad opportunities, science program, or whatever else interests you.
- Want to explain why your grades slipped.

Interviews and the Admissions Process

The interview is just one of many factors in the admissions decision. Admissions directors usually say that the interview is rarely the deciding one. Still, if a borderline student turns out to be impressive, the interviewer has the authority to write a letter in support.

Nervous? Don't Be.

It's not the third degree and there's no pass or fail. Unless you show up in a t-shirt and cut-offs and spew profanities, chances are the interview is not going to make or break you. As long as you've prepared and practiced, you'll probably make a good impression.

Be Your Own Best Advocate

The staff learns about you from a slew of papers: your transcript, test scores, and application. While your essay and recommendations can offer an impression of who you are, words on paper can reveal only so much. The interview is your chance to be your own advocate by talking positively about your interests and enthusiasms, to show your personality, and to boost your chance of admission.

Discuss Special Circumstances

The interview is a good time to explain a hitch in your transcript or discuss any personal circumstances that affected your studies. Problems that you may find difficult to write about in the application are often easier to discuss with a sympathetic admissions counselor. For example, perhaps:

- You may not be the best math student, but it never stopped you from taking AP[®] Calculus—tell the interviewer why you persisted despite such difficulties.
- During sophomore year, your parents divorced, and your academic work took a downturn.
- You have a learning disability and need to make an extra effort with every assignment.

It's Okay to Ask Questions

Asking questions shows that you're interested in the college and what the admissions officer has to say. You should always have a question in mind about the college or your major field to show that you have a deep interest in attending the school.

The interview is your chance to be your own advocate. You can also ask a general question, such as, "Do you have any advice for me?" Plus, asking questions can help you discover characteristics that colleges can't convey in a catalog. If an interviewer asks, "Why did you choose Florida University?" ask back, "What do you think draws students here?"

Things to Avoid

Don't ...

- Be late
- Memorize speeches—sound natural and conversational
- Ask questions covered by the college catalog
- Chew gum
- Wear a lot of cologne or perfume
- Swear or use too much slang
- Be arrogant—there's a fine line between being confident and boasting
- Lie—it will come back to haunt you
- Respond with only yes or no answers
- Tell the school it's your safety school, meaning your academic credentials are extremely above the colleges average requirements.
- Be rude to the receptionist or any other staff member you meet
- Bring a parent into the interview
- Refuse an interview—this is usually noted

Sample Interview Questions

- Before you do the real thing, try a practice interview.
- Very often, the questions asked by interviewers are very similar from one college to the next. The admissions staff just wants to make sure that you can speak intelligently about your grades, scores, and goals. They'll ask questions like:
 - Why do you want to attend our college?
 - What will you contribute?
 - What courses have you enjoyed most?
 - Are your grades an accurate reflection of your potential?
 - Which of your activities is most rewarding and why?
 - What has been your biggest achievement?
 - What's your opinion on [fill in current event]?
 - How did you spend last summer?
 - What do you want to do after you graduate from college?
 - What's the most difficult situation you've faced?
 - If you could change one thing about your high school, what would it be?

Stay Cool When Questions Get Tough

"Can you conduct this entire interview without using the word 'I'?" There isn't any way to prepare for a curve-ball question except to recognize that the possibility exists. If you get frazzled, say "I'll have to think that over. Is it okay if I write to you about this?" Remember, it's much better to say, "I don't know" than to pretend to be an expert.

Your First Interview

Consider scheduling your first interview at a college where your chances of admission are high, a safety school. This gives you a taste of the real thing without the pressure. Save the interviews at your reach colleges for when you've gained experience and confidence.

Financial Aid

Financial aid comes in many forms: scholarships, grants, loans, need-based aid, merit aid, etc. The easiest way to begin the process is as follows:

- 1) The Guidance Department will post a Scholarship Bulletin on the school website and have hard copies in the office at the end of September. We will post national, state, and county scholarships that are mailed to our office. Students can apply online or pick up an application in guidance.
- 2) The Guidance Department will host an annual Financial Aid Seminar in September or October. Check out the district calendar for the specific date, time, and location.
- 3) Local scholarships will be available in March. All college-bound seniors should complete an application. Typically, local scholarships are offered by local businesses, families, etc.
- 4) Merit scholarships are offered by each individual college/university. If students have a certain GPA and SAT score, then he/she is eligible for money from the college.
- 5) Family income is another form of aid. Based on your family income, you are eligible for various aid from the government, such as, grants, loans, etc. You must complete the FAFSA beginning October 1. FAFSA stands for the Free Application for Federal Student Aid.
- 6) Still don't know what to do or where to turn → call HESAA, the Higher Education Student Assistance Authority. Their mission is to provide students and families with the financial and informational resources. They are non-profit and are available to answer your questions personally. THEY ARE THE BEST for individual attention.

HESAA
1-800-792-8670
M-Th 8 am – 8pm, Fri 8am – 5pm
www.hesaa.org

- 7) Be very cautious of scams. Even the very popular leadership programs, scholarships, etc. are not reputable to college admission officers. A general rule of thumb – If you have to pay for a scholarship application, it's not reputable.

Financial Aid TIMELINE

Summer of Junior Year

- Visit colleges to inquire about admissions/financial aid

Sept – November of Senior Year

- Visit the Guidance office weekly to review the Scholarship Bulletin
- Ask your parents to inquire about scholarships offered by their employers
- Go to <https://profileonline.collegeboard.com/index.jsp> to check if your prospective colleges require the CSS Profile
- It is suggested that you and your parents complete the FAFSA as soon as possible after October 1
- Attend evening Financial Aid Workshop @ HHS
- Get your PIN & parent PIN number for FAFSA submission <http://www.fafsa.ed.gov/>
- Make a list of the financial aid deadlines for each college you expect to apply to

February

- Check *Naviance* weekly to review the Scholarship Bulletin

Spring of Senior Year

- Apply for local scholarships available in the Guidance Office
- Await college decision on financial aid award (usually in April)

For a complete list of all financial aid topics and definitions go to

http://studentaid.ed.gov/students/attachments/siteresources/Funding_Education_Beyond_HS_2010-11.pdf

Additional Resources:

- <http://www.fafsa4caster.ed.gov/>

If you want to begin exploring your financial aid options and get an early start on the financial aid process, FAFSA4caster is for you! Much of the information that you enter in the FAFSA4caster will populate your *FAFSA on the Web* application, making the experience of applying for federal student aid a lot easier.

- www.fastweb.com

- <http://www.fafsa.ed.gov/>

- <http://www.finaid.org/>

- <http://hesaa.org/>

- <http://www.mapping-your-future.org/>

- <http://www.njasfaa.org/>

- <http://studentaid.ed.gov/PORTALSWebApp/students/english/index.jsp>

- Local library resources

- Local businesses, civic organizations & churches

- Parents' employers

- Institutions/college websites

Sample Resume

Highlight what you are most proud of. You may want to change the headings below to fit into what you have accomplished. Colleges often suggest creating a resume, ONLY IF, you cannot fit your information within your college application. Include the activities and programs you think you will be continuing in senior year. You should create your resume in August before senior year.

| | |
|---|---------------|
| Name | |
| Hopatcong High School 310503 | |
| <u>Awards & Achievements</u> | |
| Honor Roll | 9, 10, 11, 12 |
| National Honor Society | 11, 12 |
| NJ Governor's School | 11 |
| Math League | 9, 10, 11, 12 |
| <u>School Activities & Athletics</u> | |
| Band | 9, 10, 11 |
| Chorus | 9, 10, 11, 12 |
| Football | 9, 10, 11, 12 |
| Baseball | 9, 10, 11, 12 |
| Basketball | 11, 12 |
| <u>Church & Community Service</u> | |
| Eucharistic Minister | 9, 10, 11, 12 |
| CCD instructor | 11, 12 |
| Hospital volunteer | 9, 10, 11, 12 |
| Babysitter | 9, 10, 11, 12 |
| Math tutor | 9, 10, 11, 12 |
| Red Cross volunteer | 9, 10 |
| <u>Work Experience</u> | |
| The Gap | 10 |
| Shop Rite | 11, 12 |

Military Careers

For those individuals pursuing careers in the military, the following websites will be most useful

www.todaysmilitary.com - Military (general)

www.army.mil - Army

www.navy.mil - Navy

www.uscg.mil - Coast Guard

www.usmc.mil - Marines

www.af.mil - Air Force

Glossary of Terms

| WORD or PHRASE | <u>DEFINITION</u> |
|---|---|
| Acceptance Rate | The percentage of applicants that a college or university will offer admission. The acceptance rate is an indication of how selective a college or university is, and in most cases the lower the acceptance rate, the more selective the college or university. |
| Accreditation | Endorsement granted to colleges and universities that meet established standards formally approved by one of six regional accrediting boards. Look for schools that have this endorsement. |
| ACT | American College Testing Assessment- An alternative college entrance exam (to the SAT I) accepted by many U.S. colleges/universities. The ACT consists of four sections including math, science, English and reading as well as an optional writing assessment. It is usually taken for the first time in the spring of the junior year and again in the senior year. Most colleges accept either the ACT or SAT I. |
| Adjusted Gross Income (AGI) | Total taxable income (including wages, interest, capital gains, etc.) adjusted downward for certain deductions but not including standard or itemized deductions. |
| Admission | The decision to allow a student to enter a college or university. |
| Admissions Office | The office on a college campus which houses the people who recruit, interview and admit students to the college. |
| Admit | You're in! You are being offered admission to the college to which you applied. |
| Aid Package | A combination of aid (scholarship, grant, loan, and work) determined by the financial aid office of each college. |
| AP | Advanced Placement - refers to college-level classes offered by some high schools in various subject areas. Students participating in AP courses often take national AP exams prior to the end of the school year for placement purposes in college and/or for testing out of certain college requirements. A qualifying score (on a scale from one to five, with five being the highest) may allow a student to receive college credit and/or bypass some college courses. Colleges are very interested in students who take AP courses. |
| Application | Formally submitting a request and required forms and materials for admission to a college or university. Most colleges and universities request online submission. |
| ASSOCIATE DEGREE (A.A., A.S.) | A two-year degree that generally prepares students for further study; approximately 60 hours of college credit is earned. The college is sometimes called junior college or community college. |
| Award Letter | An official document issued by the college/university financial aid office listing all the financial aid they can give the student. The award letter includes information about the cost of attendance and terms and conditions of the aid offered. |
| Bachelor's or Baccalaureate Degree | A four-year degree in a specified subject area. Bachelor of Arts (B.A.), Bachelor of Science (B.S.), and Bachelor of Fine Arts (B.F.A.) are the most common baccalaureates. B.A. stands for Bachelor of Arts, and B.S. stands for Bachelor of Science. Both degrees can be earned at four-year colleges. The degree awarded depends on the courses taken, approximately 130 credits. |
| Candidate Reply Date | The date by which most colleges require students to reply to offers of admission – May 1. |
| CEEB Code | Always include the school code when registering for SAT, completing college applications, etc. Hopatcong High School CEEB code = 310503 |
| Class Rank | The relative position of a student in his or her graduating class, based on the cumulative grade point average. |
| College | The first four years of education after high school. For example, a student who attends Harvard University as an undergraduate will study at the college. College refers specifically to the undergraduate experience. |

| | |
|---|---|
| College Admission Counselor | Professional working in the nation's colleges and universities to assist students with the exploration of educational options. They may assist in the transition from high school to post-secondary education. Also referred to as Admission Officers, they play a role in the decision to admit a student to the college they represent. |
| College Board, The | A nonprofit organization governed by college and secondary school members offering services such as standardized admission and financial aid procedures, guidelines for admission policies, and numerous publications for members and the public regarding colleges and universities. They offer the SAT I, SAT Subject Tests, PSAT, AP, etc. |
| College View books | Publications developed by individual colleges or universities to promote and present information about their respective institutions: campus setting, academic program, student life, costs, and other related information. |
| College Visit | Beginning in the spring of your junior year, you should begin to visit colleges you might be interested in applying to. Call or go online and register for a college tour. The best time to visit a college is when classes are in session. |
| College Work Study | Campus-based program that provides employment opportunities for students with demonstrated need. The source of funds may be provided by the federal government or from the institution's private funds. |
| College-Level Examination Program (CLEP) | Examinations taken by students who have gained experience through work, independent reading, or corresponding courses. Many colleges award advanced placement and/or degree credit based on a qualifying score. |
| College-Preparatory Subjects | Courses taken in high school that are viewed by colleges and universities as a strong preparation for college work. The specific courses are usually in the five majors area of English, history, world languages, mathematics, and science. The courses may be regular, honors-level, or AP offerings, and the latter two categories are often weighted when calculated in the GPA. |
| Combination Financial Aid | Financial aid award based on both the financial situation and the merit of the student. |
| Common Application | Allows a student to fill out one application form and recommendation form for more than one college or university http://www.commonapp.org . While more than 200 selective colleges and universities accept the Common Application, many require a supplement, which can be accessed by going to www.commonapp.org . Remember to download the additional forms, i.e., School Report, Teacher Evaluation, Mid-Year Report, Final Report, etc. and give to your counselor and teachers. |
| Concurrent Enrollment | A plan which allows students to take courses at college while completing high school. |
| Cooperative Education | A program in which the student alternates between full-time college study and full-time paid employment related to the area of study. Under this plan, the Bachelor's degree often requires five years to complete. |
| Core Courses | Basic, general areas of study taken in high school which are used as a predictor of success in college. Generally, subjects considered under this category include English, mathematics, science, social studies/history, and foreign languages. |
| Cost of Attendance (COA) | The total cost of attending a given college including tuition & fees, room & board, books, transportation, personal expenses and all other necessary expenses associated with going to that college. |
| CPT | The College Placement Test. This test may be administered in lieu of SAT or ACT scores for two year colleges. It is used for placement into math and English, or remediation. |
| Credit Hours | The number of hours per week that courses meet are counted as equivalent credits for financial aid and used to determine your status as a full- or part-time student. Most undergraduate programs require an accumulation of at least 120 credit hours to graduate with a Bachelors degree. |

| | |
|--|---|
| Cross-registration/Dual Enrollment: | The practice, through agreements between colleges and/or universities, of permitting students enrolled at one institution to enroll in courses at another institution without formally applying for admission to the second institution. Typically, credit received will count toward the graduation requirements of college or university in which the student is formally enrolled. Check with each college for possible high school credit awarded. |
| CSS PROFILE | College Scholarship Service - A financial aid application required by some schools in addition to the FAFSA. The applications require a fee and ask for additional information the FAFSA does not. This should be filed in the fall of senior year, before the FAFSA. You should check to see (www.collegeboard.com/css) which of your colleges or universities require the CSS PROFILE and then complete the registration process as early in the fall as possible. Check deadlines carefully, each college/university has its own deadline. A financial aid application for U.S. citizens for need-based aid. This form is required by many private schools. This is the application used to make awards from their private funds. |
| Deferred Admission | This allows an admitted student to delay entrance by a year (or a term). Typically, you are expected to submit the tuition deposit in order to hold a spot in the class for the term to which you are deferring your admission. You should check with each college or university to see if they allow students to defer entrance and what policies they have regarding deferred enrollment. |
| Deny | You have not been accepted. The decision is made by the college or university admissions committee. |
| Dependent Student | An unmarried student under the age of 24 who has no dependents and who is at least partially dependent on parental support. |
| Deposit | An amount of money that a student must submit to a college or university to reserve their spot in the class at the school of their choosing. Submitting a deposit indicates that a student will enroll at that college. |
| Early Action | An admission application option utilized by selective colleges to allow students to file for admission by an early deadline in the senior year (sometimes as early as October but usually no later than the beginning of December) and learn of their admission decision earlier than regular admission candidates. Students who apply Early Action ARE NOT required to make a college choice prior to the May 1 national reply date. In contrast to Early Decision, the student is not committed to attending a particular college at the point of acceptance under this option. (Note: Some colleges do not allow students applying to their institutions to submit multiple Early Action applications, so check with the colleges you are considering to see if this applies.) |
| Early Admission | A program that allows a student to apply for admission during the junior year. The early admission program at most colleges is reserved for truly exceptional students whose academic preparation and achievement level are sufficient for early entrance to college, and who will have completed all of their graduation requirements by the end of their junior year. |
| Early Decision | An admission application option in which a student files for admission to his/her top choice college early in the senior year (sometimes as early as October but usually no later than the beginning of December) and learn of the decision on their application approximately one month after applying. Accepted students are required to enroll at the college that accepts them. Students who apply "early decision" commit to attending the school if admitted. (Early decision can be applied to only one school.). Students who apply Early Decision MUST withdraw all applications to other colleges and universities and make an admission decision within a set timeframe or they will lose their place in the class to which they have applied. The student will not know what financial aid will be awarded before committing. |
| Educational Testing Service (ETS) | An agency in Princeton, New Jersey, that develops and administers tests for the College Board (e.g., PSAT, SAT, AP). |
| Enrollment Status | Student enrolled in 12 or more credits are considered full-time, 6-11 credits are half-time, and 1-5 credits is considered less than half time. |
| Estimated Family Contribution (EFC) | The amount of money a student/family is expected to pay toward college costs in a given academic year for a given student according to the federal formula. |

| | |
|---|--|
| Estimated Financial Assistance (EFA) | The school's estimate of the amount of financial assistance that a student has been or will be awarded for the enrollment period for which a loan is sought. The EFA includes assistance from federal, state, institutional, scholarship, grant, financial need-based employment, or other sources. |
| Extracurricular Activities | Any school activities, such as athletics, drama, or music that offers the student the opportunity to complement his or her classroom experiences outside of school. |
| FAFSA (Free Application for Federal Student Aid) | The application form needed to apply for federal student financial aid. It is processed at no cost to the applicant and is used to determine a student's eligibility for federal grants, loans, and work-study funds. Families will want to submit their FAFSA online as soon as possible after the October 1 (of the student's senior year). Both student and parents must register for a "PIN" prior to filling out the FAFSA. |
| Fall Semester | The months covering the grade term for a college course offered in the fall; typically running from the end of August to mid-December |
| Financial Aid | Monetary assistance in the form of scholarships, grants, work-study, and loans for education. |
| Financial Aid Award Letter | A letter detailing the total amount of financial aid (federal and nonfederal) such as scholarships, grants, loans, and/or work-study for which a student is eligible. |
| Financial Aid Deadline | Some colleges have an additional (sometimes earlier) deadline by which they request all applicants file the FAFSA. |
| Financial Aid Office | The office on a college campus that is responsible for processing students' financial aid. |
| Financial Aid Package | The total amount of financial aid (federal and nonfederal) such as scholarships, grants, loans, and/or work-study for which a student is eligible. |
| GED | General Education Development Diploma - High school equivalency diploma for those who have not received a traditional high school diploma from the State. The GED requires completion of a test that covers writing skills, math, social studies, science, literature and the arts. It is sometimes referred to as a general equivalency diploma. |
| GPA | Grade Point Average - an indicator of the student's overall scholastic performance, computed by multiplying the numerical grade received in each subject (or course) by the number of credits offered for each then dividing by the total number of credits or courses studied. Cumulative GPA includes all courses taken to-date. |
| Grant | A financial aid award that does not have to be repaid. Grants are available through the federal government, state agencies, colleges, and universities. You must complete the FAFSA to be eligible. |
| Greek Life | This phrase refers to sororities and fraternities. These organizations often have great impact on the campus social life of a college or university and often undertake service projects. |
| College Representative Visit | A visit by a particular college or university to a high school to meet with students from that high school who are interested in learning more about the said college or university. |
| Honors Program | Any program offering the opportunity for students to enrich their educational experience through independent, in-depth, advanced, or accelerated study. Many state colleges or universities offer Honors Programs or Honors Colleges within their schools, in order to entice their best applicants away from top private college or universities. Advantages may include special housing, small class sizes, research options, scholarships, etc. |
| Independent Student | A student who is independent for financial aid purposes and can file the FAFSA without submitting any parental information |
| Independent Study | An option that allows students to pursue part of their program by studying independently instead of attending scheduled classes. Independent studies are available at most colleges. |
| Individualized Major | A program that allows students to design their field of specialization. |

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| Institutional Methodology (IM) | A modified version of the federal formula used by some colleges and universities that looks at additional assets and/or resources in a student's household. The way student and parent contributions are calculated also is different. Many colleges that use the IM require that students fill out a second financial aid form called the CSS Profile. |
| Intercollegiate | Competition between colleges and universities |
| Interdisciplinary | Refers to programs or courses that use the knowledge from number of academic disciplines, such as a combination of biology and physical sciences, or of engineering and business to present curriculum and course material. |
| International Baccalaureate Diploma (IB) | The IB diploma is awarded to students who pursue rigorous pre-college coursework and successfully complete required examinations. It is based on a curriculum that involves languages, sciences, humanities and mathematics and is intended to be an academically challenging program for highly motivated students. The IB diploma is offered at a very limited number of high schools. |
| International Student | Someone who is not a U.S. citizen or permanent resident who plans to attend or is attending a college, university, or other post-secondary educational institution in the U.S. |
| Internship | An experience during the academic year or the summer months in which a student receives supervised practical training in their academic or career field. The student may or may not be compensated for the work. |
| Intramural | Athletic competition between students living in different residence halls or other groups of students within a university. |
| Legacy | An admission candidate who has had a grandparent or parent who attended the school he is applying to. |
| Liberal Arts | A program of study that emphasizes academic work in the humanities, social sciences, and natural sciences, as opposed to vocational study or training. |
| Loan | Money borrowed that must be paid back with interest. |
| Major | The concentration of a number of credit hours in a specific subject. Colleges and universities often specify the number of credits needed to complete a major, the sequence of courses, and the level of course work necessary to complete the requirements. |
| Master's Degree | A post graduate academic degree awarded after the completion of an academic program of 1-6 years in duration. This is completed after an undergraduate degree, approximately 45 credits. |
| Matriculated | A student is matriculated when he/she is enrolled as a student in a college or university. Only matriculated students are eligible for financial aid. |
| Merit-Based Financial Aid | Financial aid award based on the talent (academic or otherwise) of the student. Merit-based aid can be awarded for athletics, art, music, academics, community service, leadership, and many other factors. The factors considered vary among colleges and scholarship providers. |
| Minor | An area of concentration with fewer credits than a major. The minor can be related to the major area of concentration or not; for example, English major may have a minor in theater. |
| NACAC | National Association for College Admission Counseling - a national, professional association of more than 6,800 high school counselors, college admission personnel, and independent counselors and related organizations. NACAC acts as a governing board and assists in standardizing plans, forms and conduct of member colleges, universities and secondary schools. |
| NCAA | National Collegiate Athletic Association - The association of member colleges that makes rules governing eligibility, recruiting and financial aid for student athletes. |

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| NCAA Clearinghouse | Students who plan to play Division I or Division II sports during their freshman year of college must register with the NCAA during their senior year of high school. This registration process certifies that the student has met certain academic and other standards, as required under NCAA guidelines in order to compete and receive athletic-based financial aid. https://web1.ncaa.org/eligibilitycenter/common/ |
| Need-Based Financial Aid | Financial aid award based solely on the financial situation of the student. Need-based aid eligibility is determined by the FAFSA and sometimes additional financial aid forms required by a college. |
| Non-matriculated | A student who is not officially enrolled and working toward a degree but who is taking classes. |
| Official SAT Score | Test scores are considered official if they are sent directly from the issuing agency, The College Board. Most colleges request you send the official scores. Each time you take the SAT, you get 4 FREE SAT score reports, where you can choose 4 colleges to send the report to. Take advantage of this because any additional reports cost about \$10/college. |
| Open Admissions | A college admission policy of admitting students without regard to conventional academic qualifications, such as grades and test scores. Virtually all applicants with high school diplomas or their equivalent are accepted. Such colleges usually have extensive programs designed to provide remedial or developmental help to students who enroll with academic deficiencies. Generally, these are community colleges. |
| Parent Contribution (PC) | The portion of the EFC that is expected from the income and assets of the parent(s)/stepparent in the student's household. |
| Pell Grant Program | The largest federal grant program. The college, based on federal guidelines, determines eligibility and award amounts. |
| Perkins Loans | A low interest (5%) loan for undergraduate and graduate students with exceptional financial need. The school is the lender, and the loan is made with government funds and share contributed by the school. The loan is repaid to the school. |
| PIN | Personal identification number. A code entered into a computer and/or telephone systems to authenticate the user. |
| Post-secondary | A post-secondary education occurs after and beyond the scope of high school. |
| PSAT/NMSQT | Preliminary SAT/National Merit Scholarship Qualifying Test-A practice test preparing students for the SAT I. It serves as the only qualifying exam for the National Merit Scholarship program. It is recommended that all sophomores & juniors take this test each October. |
| Prerequisite | A course required to be taken prior to enrolling in another course. |
| Private College | An academic institution financed primarily by tuition and endowments. |
| Public College | Often known as "State Schools", it is an academic institution financed primarily by tuition, endowments and state or local taxes. Tuition for in-state students is reduced and programs and policies are state-regulated. A large percentage of students accepted at public colleges are residents of the particular State. |
| Quarter Terms | Three equal terms of about 12 weeks each (summer makes the 4th quarter but it is not a part of the regular academic year) |
| Registration | The process of choosing classes and enrolling and paying for them. |
| Regular Admission | An admission process that requires all admission application materials to be submitted by a set date and has a standard date by which students will receive a decision on their applications. |
| Regular Notification/Admission | The traditional admissions plan. All materials must be post-marked by a specific deadline, college or universities will begin reviewing applications and will mail most, if not all of their admission decisions at one time. Many selective colleges or universities tend to mail their decisions later, typically by mid-April. |

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| Residency Requirement | The amount of time or number of credits most colleges and universities require that a student spends on campus to be eligible for graduation. It may also refer to the minimum amount of time a student is required to have lived in a state in order to be eligible for in-state tuition at a public college or university. Details about both types of residency requirements are usually found in the college's catalog. |
| Retention | The percentage of college freshmen that return for a second year. |
| Rolling Admission | The college considers each application as soon as all of the required materials have been received. Students can usually apply to Rolling Admission colleges or universities as early as September and as late as March. Apply as soon as you are ready and you will receive a decision within four – six weeks. You have until May 1 to make a decision in most cases. Treat rolling admission like early decision – apply early (November)! Colleges also have a limited amount of space for students in a graduating class. |
| Room & Board | The fees charged by a college for a dorm room (or other living facility) and meals during the school year. |
| ROTC | Reserve Officer Training Corps- College-based military training programs leading to an officer commission upon graduation. |
| SAR/Student Aid Report | The form received back from the Federal Government after submitting the FAFSA – it contains an individual financial aid analysis as determined by the Federal Student Aid Program. It determines amount of financial aid a student is eligible for. A similar form called the ISAR, or Institutional Student Aid Report is sent to all of the college or universities to which you indicated on the FAFSA you would apply. |
| SAT | Scholastic Aptitude Test - One of the most common college entrance exams often required for admission to many colleges. The SAT consists of verbal, math and writing sections and is usually taken for the first time in the spring of the junior year and again in the senior year, as needed. |
| SAT II | Scholastic Assessment Test II: (formerly known as the SAT Achievement Tests) subject tests, given by the College Board, designed to measure the student's knowledge in particular subjects. See www.collegeboard.com for a list of colleges that require the SAT II. |
| SAT Score Sender | You can now have your SAT I & SAT II test scores sent to colleges and scholarship programs by using the online score sender, in addition to the 4 reports that are included with your registration. Go to www.collegeboard.com/student/testing/sat/scores/sending.html . |
| Scholarships | Non-repayable awards to students usually based on merit, sports, demonstrated financial need, or any combination of the above. Usually it is an outright gift that does not have to be repaid, and is paid directly to the student or applied directly to the tuition bill. For information about scholarships from various institutions you may check the college websites or catalogs, the various scholarship search web sites, or see your College Counselor. |
| SDQ/Student Descriptive Questionnaire | Optional questionnaire students can complete when registered for either the SAT I or II. It gives the student the opportunity to provide academic and personal information to the colleges or universities to which they have had their scores sent. It is only completed once, during the initial SAT registration. |
| Selective Admission | An admission process by which students are evaluated on a variety of criteria for their potential "fit" and ability to succeed at a particular college and university. |
| Semester | One of two divisions of 15 to 18 weeks of an academic year. |
| Single-Choice Early Action | Restrictive/Single-Choice Early Action is a non-binding early admission option for those students who have completed a thorough and thoughtful college search and know without a doubt that this is their first-choice college. |
| Spring Semester | The months covering the grade term for a college course offered in the spring; typically running from January to mid-May |
| Stafford Loans | Loans, both subsidized (need-based) and unsubsidized (non-need-based), guaranteed by the federal government and available to students to fund education. |

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| Student Asset Contribution (SAC) | The portion of the EFC that is expected from any assets (cash, checking, savings, investments, trust fund, etc.) in the student's name. |
| Student Income Contribution (SIC) | The portion of the EFC that is expected from student income (if the student earns more money in a calendar year than the amount allowed under the Federal Methodology). |
| Student Search Service | An option when registering for the PSAT, SAT I or II to have the College Board send scores, names and addresses of students to those colleges participating in the service who match the particular characteristics the college specifies. It is a free service and can be an easy way to get on the mailing lists of many college or universities. |
| Study Aboard | Any arrangement by which a student completes part of the college program by studying in another country. Many colleges or universities either offer their own programs or have cooperative agreements with other U.S. colleges and universities. |
| TOEFL | Test of English as a Foreign Language - For any student who claims that English is not his or her first language. This three-and-one-half hour multiple-choice examination is designed to measure a student's English language proficiency. |
| Transcript | Official record of high school or college courses and grades that is generally required as part of the college application. While we are happy to give you an official copy of your transcript, official copies, certified with a signature and school seal, they must be sent directly from the College Counseling Office to the institution. |
| Transfer Program | A two-year program which results in an associate degree. It's curriculum is designed for students who intend to continue their studies at a four-year college. |
| Transfer Student | A student who transfers from one college or university to another. Credits applied toward the transfer will be evaluated by the receiving school to determine the number it will accept. Each school sets different policies for transfers, so anyone considering this option should seek guidance from their 2 year college transfer advisor. |
| Trimester | One of three terms into which an academic year is divided in some colleges and universities. |
| Tuition | The cost for instruction or study at a college, university. |
| Undergraduate Student | A bachelor's or associate's degree candidate. Once students have earned a bachelor's degree, they are eligible for entry to graduate programs at the master's and doctoral levels. |
| University | An educational institution that offers instruction beyond the high school level and grants undergraduate (bachelors) and graduate (masters or doctorate) degrees in a variety of programs. Generally, universities are made up of numerous academic divisions referred to as colleges. |
| Unsubsidized Loan | A non-need-based loan such as an unsubsidized Federal Stafford loan or a Federal PLUS loan. The borrower is responsible for paying the interest on an unsubsidized loan during in-school, grace, and deferment periods. |
| Verification | A school's procedure for checking the accuracy of information reported by the student on the FAFSA. Verification may include requesting a copy of tax returns from the student and, if applicable, the student's parents. |
| Wait List | A term used by institutions to describe a process in which they may initially delay offering admission until they have heard back from an earlier set of offers. If spots later open up in the class, then a college or university will turn to its wait list and make offers of admission at that stage. Wait list candidates often have to wait until after May 1 before they discover the final decision. (This means that you will most probably have to submit a non-refundable deposit elsewhere in the meantime.) Wait listing is a fairly common practice at top colleges and universities, and it should not be seen as a rejection. If you are wait-listed at a college or university, you should see your College Counselor as soon as possible. |

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| Withdrawn application | A choice may be withdrawn by you or the university. It may be withdrawn because you have not responded to various correspondence or if you were accepted at your Early Decision college. If you are withdrawing your application, you should notify the admissions offices of those schools you are not selecting, via email, postcard, or some other written form. |
| Work-Study | This is a program awarded by the college, through which students work part time to help fund their education. Often referred to as the Federal Work-Study Program, qualification via the FAFSA. |

Hopatcong High School Forms

- School Activities Record
- Senior Profile
- Parent Brag Sheet
- Teacher Recommendation Form
- Off-to College Checklist

Hopatcong High School

School Activities Record

| ATHLETICS | 9 | 10 | 11 | 12 |
|------------------|---|----|----|----|
| Baseball | | | | |
| Basketball | | | | |
| Bowling | | | | |
| Cheerleading | | | | |
| Cross Country | | | | |
| Field Hockey | | | | |
| Football | | | | |
| Golf | | | | |
| Soccer | | | | |
| Softball | | | | |
| Tennis | | | | |
| Spring Track | | | | |
| Wrestling | | | | |
| | | | | |

| CLUBS | 9 | 10 | 11 | 12 |
|---------------------|---|----|----|----|
| Ski Club | | | | |
| Teen Arts | | | | |
| Varsity Club | | | | |
| FIT | | | | |
| Anime Club | | | | |
| Multi-Cultural Club | | | | |
| | | | | |

| DRAMATICS | 9 | 10 | 11 | 12 |
|------------------|---|----|----|----|
| Drama Club | | | | |
| Fall Drama | | | | |
| Spring Musical | | | | |
| Stage Crew | | | | |
| | | | | |

| MUSIC | 9 | 10 | 11 | 12 |
|-----------------|---|----|----|----|
| All Reg. Music | | | | |
| All State Music | | | | |
| Marching Band | | | | |
| Pit Band | | | | |
| Color Guard | | | | |
| | | | | |

| PUBLICATIONS | 9 | 10 | 11 | 12 |
|---------------------|---|----|----|----|
| Literary Magazine | | | | |
| Newspaper | | | | |
| Yearbook | | | | |
| | | | | |

| SPECIAL NOMINATIONS/ HONORS | 9 | 10 | 11 | 12 |
|--|---|----|----|----|
| | | | | |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

| STUDENT GOVERNMENT | 9 | 10 | 11 | 12 |
|---------------------------|---|----|----|----|
| Class Officer | | | | |
| Student Council | | | | |
| | | | | |

| TEAMS | 9 | 10 | 11 | 12 |
|----------------|---|----|----|----|
| Academic | | | | |
| Math League | | | | |
| Mock Trial | | | | |
| Science League | | | | |
| | | | | |

➤ **INSTRUCTIONS:**

- Fill in name, class, and date.
- Check organization to which you belong by year. If you were an officer insert abbreviation of this office in column appropriate to the year, (under athletics or music indicate level of participation).

- CAPT - Captain/Co-Captain
- MGR - Manager
- SC - Scorekeeper
- S - Squad Member
- DM - Drum Major
- SL - Section Leader
- P - President
- VP - Vice President
- S - Secretary
- T - Treasurer
- E - Editor
- EC - Editor in Chief

7. List your work experience (during the summer or school year).

| Grade | Name | hours/week |
|-------|-------|------------|
| 9 | _____ | _____ |
| 10 | _____ | _____ |
| 11 | _____ | _____ |
| 12 | _____ | _____ |

8. List any and all volunteer experiences.

9. Describe yourself in five adjectives.

10. Identify your special talents that make you stand out to a college, career school, or employer.

11. What are your proudest personal accomplishments?

12. Name the person whom you admire the most and has earned your respect. Explain.

13. Is there any other information you would like to share with me so that I can make an accurate appraisal of you to colleges and universities?

5. Please describe your child in 3 or 4 adjectives or words?

6. Are there any unusual or personal circumstances, which affected your child's education?

7. Please feel free to add anything else about your child.

Thank you for your help!!!

Parent Signature_____

Student's Request Form for Teacher Recommendation

To: _____ Requested on: _____
Teacher's Name Today's Date

I am requesting a recommendation letter from you. I thank you in advance for your time. Please give a copy of the letter directly to my *Guidance Counselor*, (Please circle)

Mrs. Dunmyer
Mrs. Padula

By _____ **** (Allowing three weeks notice prior to date requested)*
Date

Student Name: _____

1. Cumulative GPA and Class Rank.
2. List all the high school activities you have been involved with; including any leadership positions held. *You may attach your School Activities Record.*
3. List any community service activities in which you have participated.
4. Describe any job-related experience you may have.
5. Tell briefly what makes you unique (talents, goals, travel, awards/honors, etc.)

College Resources

* Suggested list of resources*

4-Year College Descriptions:

Profiles of American Colleges by Barron's Educational Series

College Handbook by the College Board

The College Finder by Steven R. Antonoff

Rugg's Recommendations on the Colleges by Frederick E. Rugg

Chronicle Four-Year College Databook by Research Staff

Four Year College 2018 by Peterson's

The Fiske Guide to Colleges by Edward B. Fiske

College Majors

Book of Majors, 2nd Edition by The College Board

College Admissions Data SourceBook Index of Majors and Sports by Wintergreen Orchard House

Peterson's College Guide for Performing Arts Majors 2018 by Peterson's

Peterson's College Guide for Visual Arts Majors 2018 by Peterson's

Peterson's Culinary Schools 11th edition by Peterson's

Nursing Programs 2018 by Peterson's

Peterson's Game Plan for Getting into Medical School by Peterson's

2-Year Colleges & Vocational Schools

Chronicle Two-Year College Databook by Research Staff

Two Year Colleges 2018 by Peterson's

Chronicle Vocational School Manual by the Research Staff

Vocational & Technical Schools--East 8th Edition by Peterson's

Athletics

National Directory of College Athletics: Women's Edition, by the National Association of Athletic Directors

National Directory of College Athletics: Men's Edition, by the National Association of Athletic Directors

College Admissions Data SourceBook Index of Majors and Sports by Wintergreen Orchard House

Sports Scholarships & College Athletic Programs by Peterson's

The Student-Athlete & College Recruiting by Rick Wire

Honors & Summer Programs

Honor Programs & Colleges, 4th edition by Joan Digby

Peterson's Summer Programs for Kids & Teenagers 2018 by Peterson's

Scholarships & Financial Aid

Scholarship Handbook 2018 by The College Board

Guide to Getting Financial Aid by The College Board

Students with Disabilities

Colleges for Students with Learning Disabilities and ADD by Peterson's

K and W Guide to Colleges for Students with Learning Disabilities by Princeton Review,

SAT or MISC

Head Over Heels: An SAT Vocabulary Novel by Spark Notes

Zero Debt for College Grads by Lynnette Khalfani

Career Websites

<http://www.bls.gov/oco/home.htm>

- The Occupational Outlook Handbook - online version. The best website for career exploration.

<http://career.utk.edu/students/majors.asp>

- This site helps college students transition from major to career.

<http://www.acinet.org/acinet/explore/View.aspx>

- Offers many career resources including detailed descriptions of specific occupations.

<http://www.wisemantech.com/guidance/>

- Links to all of the popular websites on careers, colleges, plus information for athletes, scholarships, special education issues, & much more.

http://lwd.dolz.state.nj.us/labor/wnpjpin/wnpjpin_index.html

- Information on New Jersey employment.

<http://www.state.nj.us/njded/educators/license>

- Licensing information from NJ Department of Education for prospective teachers.

College Counseling Websites

College Search and Information Websites

National Association for College Admission Counseling

<http://www.nacacnet.org/studentinfo/pages/default.aspx>

Links to colleges, college admissions offices and locations and dates for national college fairs.

All About College

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

An extensive list of each college in each state, test preparations, and financial aid information.

Two-Year Colleges

<http://cset.sp.utoledo.edu/twoyrcol.html>

The most complete list of two-year colleges.

College Overviews

<http://www.collegeview.com/index.jsp>

College searches, financial aid information, application process, etc.

Peterson's

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

Well known for its advanced college search and basic information. It is a great alternative to College Board.

The Princeton Review

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

College search, SAT/ACT test prep options, financial aid, scholarship information, and admissions tips and advice.

Zinch

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

College and scholarship search

Unigo

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

Tips on how to choose, apply, pay for, and succeed in college.

Campus Tours

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

College searches, virtual campus tours, and interactive campus maps.

Preparing for College

<http://www.college.gov/wps/portal>

Information on why you should go to college, things you need to do to get there, and how to pay.

Test Registration

CollegeBoard

<http://www.collegeboard.org/>

Register for the SAT's, send SAT scores, college planning and college search tools.

ACT Registration

<http://www.actstudent.org/>

Register for the ACT's, send ACT scores, college and career planning.

Financial Aid Information

FastWeb

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

Scholarship search, college and career search, and financial aid information.

FAFSA

<http://www.fafsa.ed.gov/>

Free Application for Federal Student Aid

HESAA

<http://www.hesaa.org/pages/studentparents.aspx>

Provides financial aid information and assistance with filing the FAFSA.

Other Helpful Websites

The Common Application

<https://www.commonapp.org/>

A common, standardized college application currently used by over 450 colleges and universities in the United States.

Students Review

www.studentsreview.com

Created by MIT students and posts student comments about college.

NCAA Eligibility Center

http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp

For potential college athletes. Learn more about the NCAA

Hopatcong High School

<http://www.hopatcongschools.org/>

Off-to-College Checklist

Consider this checklist as a guide of personal items that you may need to establish your home away from home. Take note that many college dorms and off-campus complexes are small and that some of the items can be shared among roommates.

Bath

- ✦ Bath Towels
- ✦ Bathrobe
- ✦ Bathroom Cup
- ✦ Brush & Comb
- ✦ Cosmetics
- ✦ Curling Iron
- ✦ Dental Floss
- ✦ Deodorant
- ✦ Hair Dryer
- ✦ Hand Towels
- ✦ Hand / Body Lotion
- ✦ Mirror
- ✦ Nail Clippers
- ✦ Razor
- ✦ Shampoo & Conditioner
- ✦ Shower Caddy
- ✦ Shower Flip Flops
- ✦ Soap
- ✦ Tissues
- ✦ Toothbrush & Paste
- ✦ Washcloth
- ✦ _____
- ✦ _____

Medicine Cabinet

- ✦ Acne Cream
- ✦ Adhesive Strips
- ✦ Aspirin
- ✦ Antibiotic Cream
- ✦ Contact Lens Solution
- ✦ Cotton Balls
- ✦ Cotton Swabs
- ✦ Decongestants
- ✦ Eye Glasses
- ✦ Eye Drops
- ✦ Hot/Cold Packs
- ✦ Pain Reliever
- ✦ Pepto Bismol/Antacid
- ✦ Vapor Rub
- ✦ Vitamins
- ✦ Prescription Medication
- ✦ Eyeglasses / Contact Lenses
- ✦ _____
- ✦ _____

Bed

- ✦ Sheets/Pillowcases
- ✦ Blanket/Comforter
- ✦ Mattress Pad
- ✦ Pillow
- ✦ Sleeping Bag
- ✦ Stuffed animal
- ✦ _____

Clothing

- ✦ Belts
- ✦ Dress Cloths
- ✦ Gloves
- ✦ Hat (all season)
- ✦ Jackets (all season)
- ✦ Jeans
- ✦ Jewelry/Watch
- ✦ Pajamas
- ✦ Purse
- ✦ Robe
- ✦ Shirts
- ✦ Shoes (dress/comfort)
- ✦ Shorts
- ✦ Sneakers
- ✦ Socks
- ✦ Sweaters
- ✦ Sweatshirts
- ✦ Swimsuit
- ✦ T-Shirts
- ✦ Underwear
- ✦ Workout clothes
- ✦ _____
- ✦ _____

For Your Room

- ✦ Alarm Clock
- ✦ Radio
- ✦ Cell Phone
- ✦ Area Rug
- ✦ Laundry Bag
- ✦ Corkboard & Push pins
- ✦ Dry Erase Board
- ✦ Family Photos
- ✦ iPod
- ✦ Fan
- ✦ Holiday Decorations
- ✦ Night light
- ✦ Posters
- ✦ Plants
- ✦ Clip light
- ✦ Storage Bins
- ✦ Under the bed storage

- ✦ Telephone
- ✦ TV
- ✦ Yearbook
- ✦ Extension Cord

Computer

- ✦ Cables
- ✦ Computer/Laptop
- ✦ Flash Drive/CD
- ✦ Keyboard
- ✦ Mouse/Pad
- ✦ Phone Cord
- ✦ Printer
- ✦ Print Cartridges
- ✦ Software
- ✦ Speakers
- ✦ Surge Protector
- ✦ _____
- ✦ _____

Study Supplies

- ✦ Address book
- ✦ Backpack
- ✦ Calculator
- ✦ Calendar
- ✦ Desk Lamp
- ✦ Desktop Organizer
- ✦ Envelopes
- ✦ Erasers
- ✦ File Cabinet
- ✦ Folders
- ✦ Glue
- ✦ Index Cards
- ✦ Labels
- ✦ Markers & Highlighters
- ✦ Notebooks
- ✦ Paper Clips
- ✦ Paper Shredder
- ✦ Pencil Cup
- ✦ Pens, Pencils, Sharpener
- ✦ Postage Stamps
- ✦ Post-it Notes
- ✦ Reference Books
- ✦ Rubber Bands
- ✦ Ruler & Scissors
- ✦ Stapler Remover
- ✦ Stapler, Staples, & Remover
- ✦ Tape
- ✦ Three-hole Punch
- ✦ Waste Basket
- ✦ White-Out

Kitchen

- ✦ Can Opener
- ✦ Coffee Maker
- ✦ Cook Books/Recipes
- ✦ Dorm Refrigerator
- ✦ Hot Plate
- ✦ Kitchen Ware
- ✦ Knife
- ✦ Microwave
- ✦ Mug
- ✦ Oven Mitt
- ✦ Paper Towels
- ✦ Pizza Cutter
- ✦ Plastic Food Containers
- ✦ Plastic Glasses
- ✦ Plastic Plates/Bowls
- ✦ Portable Water Filter
- ✦ Toaster Oven
- ✦ Utensils
- ✦ Ziploc Bags
- ✦ _____
- ✦ _____

Food Items

- ✦ Bottle Water
- ✦ Cereal
- ✦ Condiments
- ✦ Packaged Foods
- ✦ Favorite Snacks
- ✦ Juice Boxes
- ✦ Peanut Butter & Jelly
- ✦ Popcorn
- ✦ Power Bars
- ✦ Ramen Noodles
- ✦ Soda
- ✦ Soup
- ✦ Other Favorites
- ✦ _____
- ✦ _____

Laundry

- ✦ Clothes Hamper/Laundry Bag
- ✦ Detergent
- ✦ Drying Rack
- ✦ Fabric Softener/Sheets
- ✦ Iron/Ironing Mat
- ✦ Quarters for Laundry cost
- ✦ Stain Remover
- ✦ Scrub Brush
- ✦ _____
- ✦ _____

Clean Up

- ✦ Dish Detergent
- ✦ Dish Cloth/Sponges
- ✦ Dish Towel
- ✦ Lysol
- ✦ Portable Vacuum
- ✦ Room Freshener
- ✦ _____
- ✦ _____

Miscellaneous

- ✦ Batteries
- ✦ Beach Towel
- ✦ Board Games
- ✦ Bug Spray
- ✦ Camera
- ✦ Cards
- ✦ Duct Tape
- ✦ Earplugs
- ✦ Extension Cords
- ✦ Fan
- ✦ Flashlight with Batteries
- ✦ Light Bulbs
- ✦ Outlet Strips
- ✦ Repair Kit
- ✦ Safety Whistle
- ✦ Safety Pins
- ✦ Sewing Kit
- ✦ Sports Equipment
- ✦ Sunglasses
- ✦ Umbrella
- ✦ DVDs
- ✦ Water Bottle
- ✦ _____
- ✦ _____

Essentials

- ✦ Bank Account/Checks
- ✦ Driver's License
- ✦ Financial Aid Forms
- ✦ Medical Insurance Card
- ✦ Registration Information
- ✦ Renter's Insurance
- ✦ Social Security Card
- ✦ Student ID
- ✦ _____
- ✦ _____

Move Day

- ✦ Boxes
- ✦ Packing List
- ✦ Packing Materials
- ✦ Rental Truck/Trailer
- ✦ Shipping
- ✦ Storage
- ✦ Travel Maps
- ✦ _____
- ✦ _____

Transportation

- ✦ Car
- ✦ Bicycle
- ✦ Motorcycle
- ✦ Public Transportation
- ✦ Travel Arrangements
- ✦ _____
- ✦ _____

Housing

- ✦ On-Campus Housing Arranged
- ✦ Off-Campus Housing Arranged
- ✦ Change of Address Forms
- ✦ Meet Your Roommates
- ✦ Reviewed Roommate Issues
- ✦ Renter's Insurance
- ✦ _____
- ✦ _____

Neighborhood

- ✦ Campus Orientation
- ✦ Finding Your Way Around Town
- ✦ Places for Grocery Shopping
- ✦ Places for Outdoor Activities
- ✦ Places for Theatres/Movies
- ✦ Places in the Community
- ✦ Places to Eat
- ✦ Places to do Laundry
- ✦ Places to Meet Friends
- ✦ TV/Radio Listings
- ✦ _____
- ✦ _____
- ✦ _____

Don't bring anything that cannot easily be replaced, lost, or stolen

| Cost of Attendance | | |
|---|-----------|----------|
| Tuition & Fees | | + |
| Class & Lab Fees | | + |
| Books & School Supplies | | + |
| Room & Board | | + |
| Transportation | | + |
| Personal Expenses | | + |
| Special Events | | + |
| Other Expense | | + |
| Total Cost of College Attendance | \$ | = |

| Financial Aid Resources | | |
|---|-----------|----------|
| Federal Stafford Student Loans enter amounts for Stafford Student Loans that you have | | + |
| Federal PLUS Parent Loans enter amounts your parents will borrow with PLUS loans | | + |
| Scholarships & Grants enter amounts of grants & scholarships awarded | | + |
| Other Gift-Aid enter any government, state, & private gift aid | | + |
| Pre-Paid Tuition Plans enter funds from pre-paid tuition & 529 plans | | + |
| Personal Savings enter personal savings & other contributions to you | | + |
| Total Financial Aid | \$ | = |

| | | |
|---|-----------|----------------|
| Net Financial Need cost of attendance minus financial aid | \$ | cost minus aid |
| Additional Funds Needed | \$ | |

Check out the list of available scholarships in *Navigate* each week!

Who Does What?

In the spring of the junior year, each junior and his/her parents are invited to meet with the counselor regarding college search and post high school planning. In this meeting, discussions pertain to student and parent responsibilities, college research, internet information, and the college application process. In most instances, this is the first step on the road to selecting colleges that are right for the student.

Student Responsibilities

- Meet with your counselor to discuss college plans.
- Discuss financing your education with your parents.
- Complete all questionnaires in June of your junior year and give to counselor.
- Attend college fairs.
- Visit colleges of interest, preferably while classes are in session.
- Contact teachers seeking letters of recommendation.
- Write your personal statement during the summer months.
- Secure all applications by September.
- Seek scholarship information from September – May of senior year.
- Notify counselor of need to send transcript and additional official information when necessary.
- Report acceptances and rejections to counselor and guidance secretary when available.

Parent Responsibilities

- Help son or daughter explore college choices.
- Assist with obtaining college applications.
- Be aware of college costs.
- Plan a family visit to colleges including campus tours.
- Make an appointment with your counselor in the spring of the junior year to discuss realistic choices.
- Make sure all college and guidance department deadlines are met.
- Check on the progress of applications with the admissions offices of the various colleges.

Counselor Responsibilities

- Be available for consultation with students and parents.
- Arrange for college representatives to visit the high school.
- Publicize testing, college, and scholarship information.
- Maintain college and career informational resources.
- Keep scholarship information updated.
- Prepare and process transcripts and applications.
- Act as a liaison between student and admission counselors when necessary.