



Springbrook High School Senior Folder

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The Vocabulary of College Admissions

Early Admission

Accepts students for college study before they receive their high school diploma.

Regular Admission

The usual schedule where students apply to colleges in the fall or winter and receive an answer in the spring

Early Decision

Allows students to apply in the fall to the school of their first choice and receive an answer by early winter. Generally must agree to attend if the college admits you.

Early Action

Like Early Decision, except that students, if admitted, are not obligated to attend the college.

Waiting List

Application is neither accepted nor rejected but rather held in limbo in case an opening develops later.

Common Application

A form which may be used to apply to more than one college



Transcript Request Process

The following forms must be completed electronically in order to begin the transcript request process: (Visit <http://www.montgomeryschoolsmd.org/schools/springbrookhs/> and/or <http://connection.naviance.com/springbrook>)

Senior Brag Sheet

- Be thorough, honest, accurate, and add details
- Answer every question even if the answer is only (N/A)Not Applicable

Authorization for Release of Records

- Complete ALL parts
- Parental/guardian signature requires
- Social Security Number (*optional*)

Supplemental College Information Forms

- Secondary School Report
- Counselor Recommendation Form
- Common Application School Report (www.commonapp.org)
- SENDEdu (<https://sendedu.org/>)

Please be sure to include all signatures where required

Transcript Receipt

- Purchase transcript from the School Bank
- Each transcript is \$5.00 per college
This fee includes: original transcript, mid-year transcript, and final transcript.
- Transcripts for NCAA Clearinghouse are \$5.00
(NOTE: Mid –Year Transcripts go out in early February; Final Transcripts are Not Available until mid-July. Colleges are aware of this.)

Prepare College Admission Applications

- Students are responsible for completing and submitting their part of the application to the college
- All college application fees are to be submitted by the student

**SENIOR
SPRINGBROOK HIGH SCHOOL
Authorization for Release of Records
Counseling Services Dept. 301-989-5710**

ID: _____ Counselor: _____ SS#: _____

Name (please print): _____
(Last)
(First)

 I authorize Counseling Services Department of Springbrook High School to release records to requested post-secondary institutions or prospective employers for the students named above.

Signature: _____ Date: _____
(Parent/Guardian)

_____ *I authorize Counseling Services Department to release records to prospective coaches seeking information.*

Signature: _____ Date: _____
(Parent/Guardian)

Waiver of Right to Review Counselor Recommendation

I hereby waive my right to review the secondary school report and counselor recommendation. If you elect to not waive your right, counselors are not obligated to write letters of recommendation.

Student Signature: _____ Parent Signature: _____

Please Note: This form needs to be completed only the first time you request a transcript. One release form will suffice for the release of pertinent school records to all post-secondary institutions and prospective employers. No records will be sent without completion of this form.

Mid-Year Reports are FREE

Transcripts requested for Scholarships are FREE

SENIOR BRAG SHEET

Name: _____ Student ID#: _____

Email: _____ Cell Phone#: _____

SSN: ____-____-____ U.S. Citizen: ____Yes ____No Country of Origin: _____

YOUR GOALS AND VALUES

1. What aspects of your high school years have been most meaningful to you? If you could live this period over again would you do anything differently?

2. What do you want to accomplish in the years ahead?

3. What experiences have shaped your growth and way of thinking?

4. What major do you plan to pursue, and why did you choose that major?

YOUR EDUCATION

1. What are your academic interests? Which courses have you enjoyed the most? Which courses have been the most difficult? (explain)

2. Have you worked to your potential? Is your academic record and ACT/SAT scores an accurate measure of your ability?

3. Are there any outside circumstances in your recent experience or background that has interfered with your academic performance?

4. Where were you born? Are you fluent in any foreign languages? If so, please list them.

5. Excluding brothers and sisters will you be the first one in your family to attend college?

YOUR ACTIVITIES AND INTERESTS

1. What concerns you most about the world around you? Assuming you could change the world, where would you start?
2. Do you have any current or historical heroes or heroines?
3. Which in school or out of school extracurricular activity, including employment, has given you the most enjoyment or satisfaction?
4. Describe one unique service learning experience you have had.
5. Where have you traveled and did the experience have any effect on you and if so, how?

YOUR PERSONALITY AND RELATIONSHIPS WITH OTHERS

1. How have you grown or changed during your high school years?
2. Tell us about one weakness you have and how you are working to improve upon it.
3. What three words would you use to describe yourself? Explain each of your choices.

Awards & Accomplishments Activities Log for College-Bound Students

(Extra rows may be inserted in any category)

[illegible][illegible][illegible]

| Out of School Activities | | |
|----------------------------------|-------------------------------|--|
| Name of Activity | Dates of Participation | Comments |
| (Example: Boy Scouts of America) | (2007 to present) | (Troop leader for 2 years; Attained Eagle Scout Badge) |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

| Colunteer/Community Activities | | |
|---------------------------------------|-------------------------------|---------------------------------------|
| Name/Type of Activity | Dates of Participation | Comments |
| (Example: SHS Senior Center) | (2006 to Present) | (Provided care for age old educators) |
| | | |
| | | |
| | | |
| | | |
| | | |

| Student Government Officer | | |
|-------------------------------------|-------------------------------|---------------------------------------|
| Position Held | Dates of Participation | Comments |
| (Example: Classroom representative) | (9 th Grade) | (I learned about how he SGA operates) |
| | | |
| | | |
| | | |
| | | |
| | | |

| Musical Affiliations | | |
|-----------------------------|-------------------------------|----------------------------|
| Type of Affiliation | Dates of Participation | Comments |
| (Example: Piano lessons) | (2006 to Present) | (I love playing the piano) |
| | | |
| | | |
| | | |
| | | |
| | | |

| Hobbies | | |
|---------------------------------------|-------------------------------|---|
| Type of Hobby | Dates of Participation | Comments |
| (Example: Collecting bumper stickers) | (3011 to present) | (I have 500 stickers. My favorite is "COEXIST") |
| | | |
| | | |
| | | |

Teacher Recommendations



Please use the following steps when asking a teacher for a letter of recommendation:

- _____ Ask teacher (in person) if they will consider
Writing a recommendation for you
Request your recommendation early.
- _____ Politely arrange a time (at least 10 minutes) that
You can meet with the teacher to discuss the
Recommendation.
- _____ Provide the teacher with the following:
 1. Your brag sheet
 2. List of selected colleges/universities and the application deadlines. Include stamped envelopes (including the university's address) for each Recommendation requested.
 3. Recommendation forms provided with the college Application; your portion MUST be completed
- _____ Allow a minimum of 30 days for the
teacher to complete the letter.
- _____ Check back with the teacher before due date to
Make sure they have everything.
- _____ Write a thank you note too each teacher that takes
Time to recommend you!

COMMON ERRORS MADE ON COLLEGE APPLICATIONS

Misspellings and Grammatical Errors

- The first impression a college has of you is from the application. Double and triple check your application and writing. Do not trust that spell check will pick up all errors.
- If you are using the same essay for more than one school, make sure you change the name of the school in ALL parts of the essay. University of Virginia may not be pleased to know how much you have always dreamed of going to Brown.
- Start early!!! The more time you have to edit, the more time you have to catch mistakes.
- Let someone else look it over. They may catch errors that you miss.

Not Following Directions

- Adhere to ALL deadlines. Applications must be postmarked by the required date.

Applying Online, but didn't click the button to Submit

- You have NOT applied if you did not Submit your application and/or received a confirmation
E mail, please contact the college directly.

Inappropriate Email Address and Nickname

- You should have a formal email for you college applications. (e.g. John.Smith@gmail.com) for formal communication with the school.
- On the application when it says "Nickname," it does not mean what your friends call you because of an inside joke. This would be a place to indicate your middle name for example, so that when your teachers refer to you as "Anna" in your recommendation letter and your name is "Elizabeth" there is no confusion.

Not Checking Your Email Regularly

- With online applications and systems, many colleges and universities keep application status in information updated online. Track your application. If something has not been received, call the university and follow up about what is missing. You do not want an incomplete application.
- Make it a point to check your emails regularly for updates!

Senior Timeline

SEPTEMBER

- Narrow your list of colleges to 5 or 10. Plan to visit as many of these as possible
 - Create a master list to include:
 - SAT/ACT tests you'll take and their fees, dates, and registration deadlines
 - College application due dates
 - Financial aid application forms required and their deadlines (Note: Aid applications may be due before college applications)
 - Other materials you'll need (recommendations, transcripts, essays, portfolios, audition tapes, etc.)
 - Springbrook's transcript request process and deadlines
 - Notify a teacher of choice to complete recommendations; ask politely and do NOT give short notice. Provide teachers with an outline of your academic record and extracurricular activities and a stamped, addressed envelope
 - Meet with college representatives that visit Springbrook. Watch for the bulletin that comes from the College & Career Center with dates
 - Attend Springbrook Counseling Center's College Process Overview meeting (date TBA)
 - Register for additional SAT or ACT tests administered in October, November, December
-

OCTOBER

- Try to finalize college choices
- Plan for any additional SAT or ACT testing dates
- Prepare Early Decision, Early Action, or rolling admissions applications ASAP
- If essays are required, write first drafts and ask teachers/counselors to proofread
- Send SAT/ACT scores to the colleges where you are applying (if you did not include them on the original score report when registering)
- Meet with college representatives that visit Springbrook
- Begin completing applications online and be sure to print and proofread before sending
- Request official high school transcript from the Counseling Center after you have officially applied (either online or via mail)

NOVEMBER

- Apply Early Action or Early Decision to colleges that offer these programs (if interested)
- Investigate scholarship opportunities at each particular college and review Scholarship bulletin for outside awards
 - www.fastweb.com
 - www.finaid.org
 - Scholarship Search database on [[<http://www.hcps.org> | www.hcps.org]]
- Attend local college fairs (dates TBA) and continue to visit potential colleges
- Begin applying for university-sponsored and outside scholarships
- Continue to complete and submit college applications

DECEMBER

- Complete admissions applications and begin scholarship applications
- Apply for a PIN number to complete the Free Application for Federal Student Aid (FAFSA) at www.fafsa.ed.gov
- Complete financial aid forms if required
- Notify Counseling Center of acceptance or denial letters
- Arrange auditions, portfolio reviews, or scholarship interviews if needed

JANUARY

- Complete the FAFSA form after January 1
- Continue admission and scholarship applications
- Receive updates on the Counseling Center's Scholarship bulletin
- Ask Counseling Center to send Mid-Year Grade reports to schools that request them.

FEBRUARY-MAY

- Receive acceptance/denial letters
- Submit FAFSA and await Financial Aid Award letters from colleges
Weigh options and submit deposit no later than May 1st

SAT vs. ACT

The road to college can be a confusing and hectic one. Choosing the right admissions tests to take –SAT or ACT-doesn't have to be one. While most colleges across the country accept scores from either test, the SAT and ACT are significantly different and in many ways, measure different skills. Check with your school counselor and preferred colleges, then use the information below to decide which test is right for you.

Differences at a Glance:

| SAT | ACT |
|---|--|
| <ul style="list-style-type: none">• no science section | <ul style="list-style-type: none">• science reasoning section |
| <ul style="list-style-type: none">• no trigonometry section | <ul style="list-style-type: none">• math sections include trigonometry |
| <ul style="list-style-type: none">• vocabulary emphasized | <ul style="list-style-type: none">• Vocabulary less important |
| <ul style="list-style-type: none">• non multiple-choice questions included | <ul style="list-style-type: none">• entirely multiple choice |
| <ul style="list-style-type: none">• guessing penalty | <ul style="list-style-type: none">• no guessing penalty |
| <ul style="list-style-type: none">• no English grammar | <ul style="list-style-type: none">• English grammar tested |
| <ul style="list-style-type: none">• math accounts for 50% of your score | <ul style="list-style-type: none">• math accounts for 25% of your score |
| <ul style="list-style-type: none">• questions go from easy to hard in most sections | <ul style="list-style-type: none">• easy and hard questions mixed within sections |
| <ul style="list-style-type: none">• all your SAT scores reported to colleges | <ul style="list-style-type: none">• report scores only from the test dates you choose. |

SAT and ACT Score Comparison

This chart shows comparative scores for the ACT and the SAT

| ACT | SAT |
|-----------------------|--------------------------------|
| If you scored a | It's about the same as a |
| 36 | 2400 |
| 35 | 2340 |
| 34 | 2260 |
| 33 | 2190 |
| 32 | 2130 |
| 31 | 2040 |
| 30 | 1980 |
| 29 | 1920 |
| 28 | 1860 |
| 27 | 1820 |
| 26 | 1760 |
| 25 | 1700 |
| 24 | 1650 |
| 23 | 1590 |
| 22 | 1530 |
| 21 | 1500 |
| 20 | 1410 |
| 19 | 1350 |
| 18 | 1290 |
| 17 | 1210 |
| 16 | 1140 |
| 15 | 1060 |
| 14 | 1000 |
| 13 | 900 |
| 12 | 780 |
| 11 | 750 |

Average Grade Point Averages and SAT/ACT Scores for Maryland Colleges and Universities (2013)

| School | Average GPA | Average SAT/ACT |
|--|-------------|-----------------|
| Bowie State University (HBCU) | 2.7 | 1325/19 |
| Capitol College | 2.7 | 1535/24 |
| Notre Dame of MD. | 3.5 | 1542/20 |
| Coppin State University | 2.9 | 1272/17 |
| Frostburg State University | 3.0 | 1460/19 |
| Goucher College | 3.2 | 1715/26 |
| Hood College | 3.5 | 1587/22 |
| Johns Hopkins University | 3.7 | 2090/31 |
| Loyola University Maryland | 3.5 | 1786/26 |
| McDaniel College | 3.4 | 1632/23 |
| Morgan State University (HBCU) | 2.8 | 1340/17 |
| Mount Saint Mary's University | 3.1 | 1602/21 |
| Salisbury University | 3.5 | 1707/24 |
| St. John's College | NA | 1970/28 |
| St. Mary's College | 3.5 | 1842/26 |
| Stevenson University | 3.4 | 1460/19 |
| Towson University | 3.5 | 1602/23 |
| University of Maryland Baltimore County (UMBC) | 3.6 | 1797/26 |
| University of Maryland College Park (UMCP) | 3.9 | 1925/NA |
| University of Maryland Eastern Shore (UMES) (HBCU) | 2.7 | 1287/17 |
| Washington College | 3.4 | 1730/25 |
| Washington Adventist University | 3.2 | NA |

- HBCU = Historically Black College or University
- These numbers are the estimates given as of 2013 and are subject to change by the college or university. Please check with the school to confirm.

The College Essay



- The College Essay should be thought of as an interview.
- This is a school's chance to get to know The Student.
- Be yourself, this is not the opportunity to impress by using big words and complicated literary devices.

Choosing a Topic

- Choose a topic about which you are an expert.
- Don't make it more complicated than it needs to be. Admissions officers will read plenty of essays about Egypt, the war in Iraq and global warming. Tell them about YOU.
- Tell the Reader why an issue is important to you, why have you made choices in life, why you care.

Previous Common Application Essay Questions

- Evaluate a significant experience, achievement, risk you have taken, or ethical dilemma you have faced and its impact on you.
- Discuss some issues of personal, local, national, or international concern and its importance to you.
- Indicate a person who has had a significant influence on you, and describe that influence.
- 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.

- A range of academic interest, 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.
- Topic of your choice

College Essay Tips

- Give yourself time to do a good job
- Invest in the drafting process (even if it means starting over and trying again)
- Focus on one specific event.
- Be careful about pet stories, accounts of a dear, departed relative, or your efforts in delivering the big play in the big game.
- Do not be redundant. Don't repeat information about yourself that can be found elsewhere on your application.
- Eliminate distractions such as spelling and punctuation errors.
- When you think you are finished with your essay, read it again.
- Be careful about becoming involved with essay editing services
- Be original
- Do NOT let your parent write your college essay.
- Think of your audience. Admissions committees will not read your entire essay unless it catches their attention from the beginning.
- Stick to the word count limit!

Naviance Family Connection

Naviance is an online tool that offers a number of features that will help you make career and college plans. MCPS automatically updates some of your personal information, such as your GPA and test scores so that you can easily access it while working on applications.

Information you save on Naviance can be helpful to school personnel to identify you for scholarships and other programs of interest to you.

Setting up your Family Connection Account

You will need an internet e-mail account to use Family Connection. E-mail accounts are available on sites like yahoo and gmail for FREE. Be sure to choose a business-appropriate E-mail—e.g. John.Smith@yahoo.com Without an Internet e-mail account, you may sign on to Family Connection as a *guest*. The guest password is springbrook0798.

Chances are, you have already set up your Family Connection account through a class or Counseling Services presentation, but if you do not have an account, see your counselor to set it up.

Home Page

Look for messages about college visits to Springbrook, job and internship opportunities, and scholarship information.

About Me Tab

Contains your Profile information, including your cumulative weighted and unweighted GPA and test scores. Consider adding your parents to your Naviance account by clicking on “Manage My Account” and “add new parent”, so that your parent can also have access to the information to assist you in your college admissions process.

Careers Tab

Complete surveys to help you identify careers that match your personality and interests. Learn what kind of training you will need to pursue different careers.

Colleges Tab

Complete surveys to help you identify colleges that are a good match for you. Find out where Springbrook students with similar grades and test scores to yours have gotten accepted. Keep track of colleges you are applying to. Identify scholarships. Submit application supporting documents online **See reverse side of this document.**

Using Naviance to Support Online Applications

Many colleges are able to accept online documents in support of your application, such as official transcripts, school profiles, secondary school reports and letters of recommendation. It is recommended that every college applicant take advantage of this option to expedite their college application process.

Step 1: Create a “Common Application” account.

Go to: <https://www.commonapp.org/CommonApp/default.aspx>

Common Application User ID = MCPS 6 digit student ID number

Common Application Password = First letter of Last Name Capitalized and MCPS 6 digit student ID number

Step 2: Log into your Family Connection account through Naviance

Click on the link from the Springbrook home page or go to:

<http://connection.naviance.com/springbrook>

Naviance Family Connection User ID = Email address

Naviance Family Connection Password = MCPS Six-digit student ID number

Select the “College” tab and click on “Colleges I am applying to.” You will see a blue shaded box titled “IMPORTANT PRIVACY NOTICE FOR COMMON APPLICATION.” Answer the questions about viewing your recommendations, releasing your transcripts and matching your Common Application Account. It is *highly* recommended that you check “yes” to waive your right to see/access recommendations, and it is essential if you want a counselor and/or teacher recommendation submitted online.

Next, check the box to authorize the release of your records.

At the bottom of the blue box, enter your COMMON APPLICATION student ID and password and click “submit.” Now your Common Application account should be matched to Naviance and you should see a blue box stating *“Your Common Application username and password have been stored to help locate your account when teachers submit their recommendations.”*

Step 3: Request teacher recommendations for your Common Applications

Go to the “Colleges” tab and then select “Colleges I am applying to.” Scroll down the page for Teacher Recommendation. Use the Add/Cancel link to request a recommendation from a teacher who has agreed to write your recommendation. ***Be sure to speak to the teacher personally about writing your recommendation before requesting it through Naviance.***

Step 4: For each college you are applying to, request transcripts, counselor recommendations, and other supporting documents from the Counseling Services secretaries.

It is your responsibility to let the secretary know which supporting documents are needed for each college, as well as the application deadline. **Remember that all requests for supporting documents should be made at least 30 days before the application deadline.**

FAFSA

Free Application for Federal Student Aid

What is the FAFSA?

It is the Free Application for Federal Student Aid (FAFSA) and may be found at www.fafsa.gov. There are many resources to help you complete the FAFSA—in your community, at your school, at the website www.fafsa.gov, etc. Never pay someone to help you complete the FAFSA—all resources are free.

Who can file the FAFSA?

A Parent or guardian can file. However, they must be a U.S. citizen, or be a permanent resident of the United States.

What is the FAFSA priority filing date?

Do my parents have to file their taxes before I complete the FAFSA?

No. You may use last year's taxes or estimated tax amounts in your initial FAFSA filing. Once your parents have completed their taxes, you will need to log-in to the FAFSA site and update the income portion.

If I missed the FAFSA priority filing date, have I missed out on the scholarship?

No, but you should still file the FAFSA as soon as possible.

Should I file the FAFSA if I'm not sure if I'm going to go to college or I'm not sure where?

Yes. The FAFSA is free and takes less than an hour to complete. If there's any chance you may attend college in the 2013 – 2014 academic year, just file it.

Do I have to file a FAFSA every year I am in college?

Yes. File before March 1, just as you did your senior year of high school.

If I make a mistake on my FAFSA or need to update my information, how do I do that?

If you wrote an incorrect email or mailing address, forgot to sign the FAFSA, or need to update your income, you may log in to make those changes.

However, if you incorrectly reported your SSN, contact the Financial Aid office at the college.

Is the FAFSA the only financial aid form I have to complete?

No. The FAFSA is only the first step of the financial aid process. Your college will likely have other financial aid forms for you to complete.

We were selected for "income verification" by the college, what does that mean and why were we selected?

This process is a way for your college to confirm the data you reported is accurate, such as tax returns, on your FAFSA. It is a random process and it is important that you contact the financial aid office immediately. Don't delay—doing so could affect your financial aid award and whether or not you can attend college.

How does federal aid (the Pell, SEOG, etc.) affect my financial aid award?

Think of your financial aid as a complete package—it does not matter which grant pays which expense. Grant aid will combine to cover campus charges and anything remaining will pay for other expenses, such as housing or transportation. The college financial aid office will determine which funds pay tuition.

I know what the FAFSA is, but what about the other terms? Where can I find more about SAR, EFC, Work Study, grants, institutional aid, private scholarship, loans?

This glossary provided by the U.S. Department of Education, is an excellent resource.

What is a federal student loan?

Federal loans are borrowed funds that you must repay with interest. A federal student loan allows students and their parents to borrow money to help pay for college through loan programs supported by the federal government. They have low interest rates and offer flexible repayment terms, benefits, and options.

What is a private student loan?

A private student loan is a nonfederal loan issued by a lender such as a bank or credit union. If you're not sure whether you're being offered a private loan or a federal loan, check with the financial aid office at your school.

Why are federal student loans a better option for paying for college?

Federal student loans offer borrowers many benefits not typically found in private loans. These include low fixed interest rates, income-based repayment plans, and cancellations for certain employment, and deferment (postponement) options, including deferment of loan payments when a student returns to school. Also, private loans usually require a credit check. For these reasons, students and parents should always exhaust federal student loan options before considering a private loan.

Scholarships/Financial Aid

FAFSA help <http://federalstudentaid.ed.gov>

Awards and Scholarships <http://www.aasa.org/content.aspx?id=5618>

Cancer Scholarship

<http://www.cancer.org/docroot/home/index.asp?level=0>

Cancer Survivors <http://www.cancersurvivorsfund.org/>

Clep a Course

<http://www.collegeboard.com/student/testing/clep/about.html>

College Funding www.edu.com

Disability Scholarships

<http://www.collegescholarships.org/disabilities.htm>

U.S. Dept. of Education www.ed.gov

Fastweb www.fastweb.com

Federal Employee Money www.feea.org

Federal Grants <http://www.fedmoney.org/>

Federal Loans www.ed.gov/DirectLoan

Financial Aid and more www.studentaid.ed.gov

Financial Aid Organization www.finaid.org

Funding College <https://financialaid.arizona.edu/money/estimate.aspx>

Guide to Gov. Programs <http://www.ed.gov/students/landing.jhtml>

Komen Scholarship

http://ww5.komen.org/uploadedFiles/Content_Binaries/KOMEN_Instructions.pdf

Military Dependent

http://www.dodea.edu/students/college_financialaid.cfm#dependentsoy

Wired Scholar www.wiredscholar.com

American Indian Affairs

http://www.collegefund.org/scholarships/schol_mainstream.html

Scholarship Hunter www.ScholarshipHunter.com

Scholarship Search <http://www.StudentScholarshipSearch.com>

Scholarship Search www.schoolsoup.com

United Negro Fund <http://www.uncf.org>

International Scholarships <http://www.internationalscholarships.com>

International Scholarships

http://www.internationalstudent.com/schools_awarding_aid/

Merit Aid www.meritaid.com

NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE



Eligibility Center

Divisions I and II Initial-Eligibility Requirements

Core Courses

- **NCAA Division I requires 16 core courses. NCAA Division II currently requires 14 core courses.** Division II will require 16 core courses for students enrolling on or after August 1, 2013. See the charts below.
- **NCAA Division I will require 10 core courses** to be completed **prior to the seventh semester** (seven of the 10 must be a combination of English, math or natural or physical science that meet the distribution requirements below). These 10 courses become "locked in" at the seventh semester and cannot be retaken for grade improvement.
 - *Beginning August 1, 2016, it will be possible for a Division I college-bound student-athlete to still receive athletics aid and the ability to practice with the team if he or she fails to meet the 10 course requirement, but would not be able to compete.*

Test Scores

- **Division I** uses a sliding scale to match test scores and core grade-point averages (GPA). The sliding scale for those requirements is shown on Page No. 2 of this sheet.
- **Division II** requires a minimum SAT score of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes **only** the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a **sum** of the following four sections: English, mathematics, reading and science.
- **When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.**

Grade-Point Average

- **Be sure** to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org). Only courses that appear on your school's List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- **Division I** students enrolling full time **before August 1, 2016**, should use Sliding Scale A to determine eligibility to receive athletics aid, practice and competition during the first year.
- **Division I** GPA required to receive **athletics aid and practice on or after August 1, 2016**, is 2.000 (corresponding test-score requirements are listed on Sliding Scale B on Page No. 2 of this sheet).
- **Division I** GPA required to be eligible for **competition on or after August 1, 2016**, is 2.300 (corresponding test-score requirements are listed on Sliding Scale B on Page No. 2 of this sheet).
- **The Division II** core GPA requirement is a minimum of 2.000.
- Remember, the NCAA GPA is calculated using NCAA core courses only.

DIVISION I 16 Core Courses

- 4 years of English.
- 3 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 1 year of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

DIVISION II 16 Core Courses (2013 and After)

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 3 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

| Sliding Scale A | | |
|---|-----------------------------|-----|
| <i>Use for Division I prior to August 1, 2016</i> | | |
| NCAA DIVISION I SLIDING SCALE | | |
| Core GPA | SAT Verbal and Math ONLY | ACT |
| 3.550 & above | 400 | 37 |
| 3.525 | 410 | 38 |
| 3.500 | 420 | 39 |
| 3.475 | 430 | 40 |
| 3.450 | 440 | 41 |
| 3.425 | 450 | 41 |
| 3.400 | 460 | 42 |
| 3.375 | 470 | 42 |
| 3.350 | 480 | 43 |
| 3.325 | 490 | 44 |
| 3.300 | 500 | 44 |
| 3.275 | 510 | 45 |
| 3.250 | 520 | 46 |
| 3.225 | 530 | 46 |
| 3.200 | 540 | 47 |
| 3.175 | 550 | 47 |
| 3.150 | 560 | 48 |
| 3.125 | 570 | 49 |
| 3.100 | 580 | 49 |
| 3.075 | 590 | 50 |
| 3.050 | 600 | 50 |
| 3.025 | 610 | 51 |
| 3.000 | 620 | 52 |
| 2.975 | 630 | 52 |
| 2.950 | 640 | 53 |
| 2.925 | 650 | 53 |
| 2.900 | 660 | 54 |
| 2.875 | 670 | 55 |
| 2.850 | 680 | 56 |
| 2.825 | 690 | 56 |
| 2.800 | 700 | 57 |
| 2.775 | 710 | 58 |
| 2.750 | 720 | 59 |
| 2.725 | 730 | 59 |
| 2.700 | 730 | 60 |
| 2.675 | 740-750 | 61 |
| 2.650 | 760 | 62 |
| 2.625 | 770 | 63 |
| 2.600 | 780 | 64 |
| 2.575 | 790 | 65 |
| 2.550 | 800 | 66 |
| 2.525 | 810 | 67 |
| 2.500 | 820 | 68 |
| 2.475 | 830 | 69 |
| 2.450 | 840-850 | 70 |
| 2.425 | 860 | 70 |
| 2.400 | 860 | 71 |
| 2.375 | 870 | 72 |
| 2.350 | 880 | 73 |
| 2.325 | 890 | 74 |
| 2.300 | 900 | 75 |
| 2.275 | 910 | 76 |
| 2.250 | 920 | 77 |
| 2.225 | 930 | 78 |
| 2.200 | 940 | 79 |
| 2.175 | 950 | 80 |
| 2.150 | 960 | 80 |
| 2.125 | 960 | 81 |
| 2.100 | 970 | 82 |
| 2.075 | 980 | 83 |
| 2.050 | 990 | 84 |
| 2.025 | 1000 | 85 |
| 2.000 | 1010 | 86 |

For more information, visit the NCAA Eligibility Center website at www.eligibilitycenter.org.

| Sliding Scale B | | | |
|--|------------------------|------|------------|
| <i>Use for Division I beginning August 1, 2016</i> | | | |
| NCAA DIVISION I SLIDING SCALE | | | |
| GPA for Aid and Practice | GPA for Competition | SAT | ACT Sum |
| 3.550 | 4.000 | 400 | 37 |
| 3.525 | 3.975 | 410 | 38 |
| 3.500 | 3.950 | 420 | 39 |
| 3.475 | 3.925 | 430 | 40 |
| 3.450 | 3.900 | 440 | 41 |
| 3.425 | 3.875 | 450 | 41 |
| 3.400 | 3.850 | 460 | 42 |
| 3.375 | 3.825 | 470 | 42 |
| 3.350 | 3.800 | 480 | 43 |
| 3.325 | 3.775 | 490 | 44 |
| 3.300 | 3.750 | 500 | 44 |
| 3.275 | 3.725 | 510 | 45 |
| 3.250 | 3.700 | 520 | 46 |
| 3.225 | 3.675 | 530 | 46 |
| 3.200 | 3.650 | 540 | 47 |
| 3.175 | 3.625 | 550 | 47 |
| 3.150 | 3.600 | 560 | 48 |
| 3.125 | 3.575 | 570 | 49 |
| 3.100 | 3.550 | 580 | 49 |
| 3.075 | 3.525 | 590 | 50 |
| 3.050 | 3.500 | 600 | 50 |
| 3.025 | 3.475 | 610 | 51 |
| 3.000 | 3.450 | 620 | 52 |
| 2.975 | 3.425 | 630 | 52 |
| 2.950 | 3.400 | 640 | 53 |
| 2.925 | 3.375 | 650 | 53 |
| 2.900 | 3.350 | 660 | 54 |
| 2.875 | 3.325 | 670 | 55 |
| 2.850 | 3.300 | 680 | 56 |
| 2.825 | 3.275 | 690 | 56 |
| 2.800 | 3.250 | 700 | 57 |
| 2.775 | 3.225 | 710 | 58 |
| 2.750 | 3.200 | 720 | 59 |
| 2.725 | 3.175 | 730 | 60 |
| 2.700 | 3.150 | 740 | 61 |
| 2.675 | 3.125 | 750 | 61 |
| 2.650 | 3.100 | 760 | 62 |
| 2.625 | 3.075 | 770 | 63 |
| 2.600 | 3.050 | 780 | 64 |
| 2.575 | 3.025 | 790 | 65 |
| 2.550 | 3.000 | 800 | 66 |
| 2.525 | 2.975 | 810 | 67 |
| 2.500 | 2.950 | 820 | 68 |
| 2.475 | 2.925 | 830 | 69 |
| 2.450 | 2.900 | 840 | 70 |
| 2.425 | 2.875 | 850 | 70 |
| 2.400 | 2.850 | 860 | 71 |
| 2.375 | 2.825 | 870 | 72 |
| 2.350 | 2.800 | 880 | 73 |
| 2.325 | 2.775 | 890 | 74 |
| 2.300 | 2.750 | 900 | 75 |
| 2.275 | 2.725 | 910 | 76 |
| 2.250 | 2.700 | 920 | 77 |
| 2.225 | 2.675 | 930 | 78 |
| 2.200 | 2.650 | 940 | 79 |
| 2.175 | 2.625 | 950 | 80 |
| 2.150 | 2.600 | 960 | 81 |
| 2.125 | 2.575 | 970 | 82 |
| 2.100 | 2.550 | 980 | 83 |
| 2.075 | 2.525 | 990 | 84 |
| 2.050 | 2.500 | 1000 | 85 |
| 2.025 | 2.475 | 1010 | 86 |
| 2.000 | 2.450 | 1020 | 86 |
| | 2.425 | 1030 | 87 |
| | 2.400 | 1040 | 88 |
| | 2.375 | 1050 | 89 |
| | 2.350 | 1060 | 90 |
| | 2.325 | 1070 | 91 |
| | 2.300 | 1080 | 93 |

Sample Athletic Resume

Name

Individual
picture

Address
Ph Number
E-mail

Action
Picture

Born: XXXXXX

Class of 20XX

High School Name
High School Address
High School ph number
High School website

Height, Weight
Primary Hitting Hand:

Standing Reach:
Block Touch:
Attack Touch:



High School Volleyball

20XX High School Highlights (Jersey #)

- Academic All-State Team
- First Team All-Conference
- First Team All-District
- First Team XXX Tournament
- Team Captain
- Fourth in State, Class X (Record)
- Games Played: 90 of 90
- Serves: 392, 93%
- Assists: 435, 4.83 apg
- Kills: 105, 1.17 apg
- Blocks: 41, .46 apg
- Serve Receive: 60, 88%
- Digs: 287, 2.11 apg

- High School Coach Name, ph number, e-mail address
- Athletics Director Name, ph number, e-mail address

20XX High School Highlights (Jersey #)

- Second Team All-Conference
- Second Team All-District
- First Team XXX Tournament
- Team Co-Captain
- Sectional Champs, Class X (Record)
- Games Played: 70 of 70
- Serves: 349, 94%
- Assists: 203, 2.90 apg
- Kills: 54, .77 apg
- Blocks: 25, .36 apg
- Serve Receive: 79, 88%
- Digs: 178, 1.99 apg



Club Volleyball

20XX Club Name (Jersey #X)

- Coach Name, ph number and e-mail address

20XX-20XX Club Name (Jersey #)

- Coach Name, ph number and e-mail address

Academics

- Honor Roll GPA: X.XX ACT: XX
- Class Ranking X of X
- National Honor Society
- Spanish Honor Society
- Majors: Dietetics and Kinesiology

Leadership & Community Service

- Small Group Bible Study Leader
- Faith In Action Council Member
- Hurricane Katrina Mission Trip
- Volleyball Camp, Volunteer Coach
- Fellowship of Christian Athletes

College Visits: Frequently Asked Questions and Answers

How do I schedule a college visit?

Contact the college/ university admission office. Or register for a pre-scheduled Open House or college visit.

When should I schedule a college visit?

Visit before you apply and after you are admitted to a college. The junior year spring vacation, summer after your junior year, fall of senior year.

Are college visits counted as excused absences?

Students have up to 3 days of excused absences to schedule a college visit during the school year. Please notify your administrator and provide a letter with the date & times of your college visit to the attendance office. You are still responsible for getting missed assignments /work from teachers prior to the college visit.

What are some things I should look for in an effective/productive college visit?

Tour the campus (be sure to check out the dorms, dining hall, library, etc.) Identify career planning services for undergraduate students, health services, find out about student activities, campus life, social activities and transportation options around college campus & community.

Verify admissions requirements (i.e. required standardized tests and high school courses)

Determine college costs

Attend a class to get an idea of the typical size, teaching style and academic atmosphere.

Schedule an overnight stay during school year. Talk to college students about general academic environment, study commitment necessary for success.

Questions for you to consider: Can I see myself attending this school? Is it the right fit for me—programs of study, personality, learning style and activities?

Sample College Interview Questions

How did you come to choose this school? How did you get interested and find out about the college?

How will the school benefit from your enrollment?

What experiences have helped you choose your major/ plan of study?

What are your short-term & long-term goals?

How do you spend most of your extra-curricular time?

What are your strengths & weaknesses? How do you work on dealing with your weaknesses?

What would you do if you were failing a course, involved in a club preparing for a big event, and having a major exam at the same time?

How do you think college is different from HS?

Social Media Do's & Don'ts

FACEBOOK

Use your page to talk yourself up-what books you like, interests, academic interests.

Your page should be consistent with your college applications.

Look at your page: Is this something you want your grandmother to see? If not, do not put it on your page. Review comments & photos.

Schools are competitive. For example, University of Virginia admissions staff is free to check anonymous tips about social networking sites or verify information about you when evaluating and making an application decision. Content could be what gets you in or keeps you out of a college or university.

Schools do internet searches if a red flag appears on applications like a suspension from school.

When in doubt, leave it out.

| Checklist | College: _____ | College: _____ | College: _____ | College: _____ |
|---|----------------|----------------|----------------|----------------|
| Get the application | | | | |
| Make a note of the regular application deadline | | | | |
| Make a note of the early application deadline | | | | |
| Request high school transcript sent (allow 30 days) | | | | |
| Take an admission test, if required | | | | |
| Take other required or recommended tests (e.g., SAT Subject Tests, AP/IB exams, ACCUPLACER) | | | | |
| Send admission/other-test scores | | | | |
| Request recommendation letters | | | | |
| Draft initial essay | | | | |
| Visit a college campus (see FAQ for attendance policy) | | | | |
| Complete College Application (while counselor completes transcript request) | | | | |
| Pay application fee | | | | |
| Sign and send application | | | | |
| Confirm receipt of application materials (call if necessary) | | | | |
| Make a note of the priority/regular financial aid deadline | | | | |
| Submit FAFSA by (March 1st deadline) | | | | |
| Meet deadline to accept admission and send deposit | | | | |
| Accept financial aid offer | | | | |
| Notify the college you will attend | | | | |