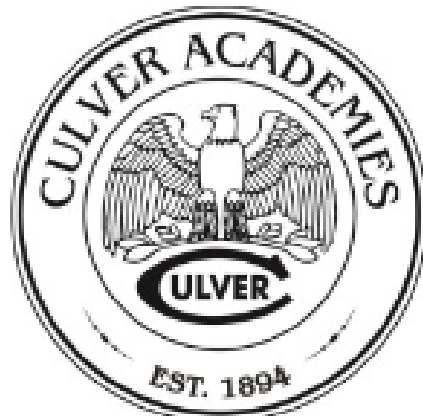


Culver Distance Camp

**How to Get Everything Done for
College your Junior Year**



June 10-13, 2018

This presentation along with a page of key links will be posted on the Culver Distance Camp pages.

Culver Academies College Advising pages are actively curated and publically available.



Get Everything Done for College your Junior Year

Presentation Plan

- Self-Assessment
- Timeline Example (College Board)
- Eligibility
- Affordability
 - College Board Resources (The Big Future)
- Self-Promotion (Demonstrated Interest)
- Standardized Testing
- Applications



Self-Assessment

This is a long term assignment.

What are your

- strengths, weaknesses?
- dreams and aspirations?
- needs and wants?

Why College?

- almost every college and university asks this question in some way ...

What is best for you?

- Small classes? Large classes?
- What will assure your academic success?



5 Is

When looking at colleges, I always ask students to first look within yourself, a self assessment that I call the 5 I's:

- **Identity:** How do you see yourself and how do others see you?
- **Intellect:** How do you think and approach the acquisition of knowledge?
- **Ideas:** What do you think and why?
- **Interests:** What do you choose to do when you have the time and flexibility?
- **Inspiration:** What really motivates you?



4 Cs

After looking within yourself, consider the 4 most important characteristics that you want out of your college experience. Then assess colleges with these preferences in mind and through a framework I refer to as the 4 C's.

- **Culture:** What is the history and mission of the institution. How is the mission relevant today?
- **Curriculum:** More than a listing of majors and programs, what is the design and aim of the courses you will take over 4 years?
- **Community:** Who are the people, the physical spaces of campus and the relationship of the campus to the local environment?
- **Conclusions:** What should I envision for myself at the end of my college experience? What are some of the outcomes I may expect?



A Timeline / Checklist

College Planning 11th Grade



A Starter: The College Board's Advice



Access

College Planning: 11th Grade

Junior year marks a turning point. This is because for most students and families, it's when college planning activities kick into high gear. Here are some things you can do this year to stay on track for college.



FALL

- ☐ **Start with you:** Make lists of your abilities, social/cultural preferences, and personal qualities. List things you may want to study and do in college.
- ☐ **Learn about colleges.** Look at their websites and find colleges at bigfuture.collegeboard.org/college-search. Talk to friends, family members, teachers, and recent grads of your school now in college. List the college features that interest you.
- ☐ **Resource check:** Visit the counseling office and meet the counselors there. Is there a college night for students and families? When will college representatives visit your school? (Put the dates in your calendar.) Examine catalogs and guides.
- ☐ **At school, speak to your counselor about taking the PSAT/NMSQT[®],** which is given in October. If you plan to ask for testing accommodations (because of a disability), be sure the College Board has approved your eligibility.
- ☐ **Make a file to manage your college search, testing, and application data.** If appropriate (for example, if you're interested in drama, music, art, sports, etc.), start to gather material for a portfolio.
- ☐ **Estimate your financial aid need.** Financial aid can help you afford college. Use the College Board's *Getting Financial Aid* and the financial aid calculator at bigfuture.org to estimate how much aid you might receive.



WINTER

- ☐ **Sign up to take the SAT® in the spring.** You can register online or through your school. SAT fee waivers are available to eligible students. To prepare for the SAT, you can access free, personalized SAT practice tools at satpractice.org, including thousands of interactive questions, video lessons, practice tests, and more.
- ☐ **Begin a search for financial aid sources.** National sources include the College Board's Scholarship Search and electronic sources. Don't overlook local and state aid sources. (Ask a counselor for help or check your public library.)
- ☐ **With your family, make an appointment with your counselor** to discuss ways to improve your college-preparation and selection processes.
- ☐ **Ask a counselor or teacher about taking the SAT Subject Tests™ in the spring.** You should take them while course material is still fresh in your mind. You can download *The SAT Subject Tests Student Guide*, which offers test-prep advice, from SATSubjectTests.org.
- ☐ **Explore AP®.** The Advanced Placement Program® helps hundreds of thousands of high school students achieve their college dreams each year. Get the facts at apstudent.collegeboard.org/exploreap. If you're in AP classes, register for the AP Exams given in May.



SPRING

- ☐ **Contact your counselor** before leaving school for the summer if you are considering military academies or ROTC scholarships. If you want a four-year ROTC scholarship, you should begin the application process the summer before your senior year.
- ☐ **Develop a list of 15 or 20 colleges that are of interest to you.** You can find many colleges at which you'll be happy and get a great education. The college search is about exploring who you are and what you want and then finding colleges that will meet your goals.
- ☐ **Stay open to all the possibilities — don't limit your search.** To find the best college for you, you should apply to colleges of varying selectivity. Selective colleges admit a portion of students who apply. Some colleges are highly selective while others are less selective. Make sure to apply to public, private, in-state, and out-of-state schools so that you have plenty of options from which to choose.
- ☐ **Take the SAT.** The test is typically offered in March, May, and June. Make sure you start preparing for the test several months in advance using the tools available at satpractice.org. And remember, if you're not happy with your scores when you get them, you might want to test again in the fall. Many students take the test a second time as seniors, and they usually do better.
- ☐ **Start to gather documents for financial aid:** Be sure to keep a copy of your tax returns handy. You'll use these to complete the Free Application for Federal Student Aid (FAFSA), which opens on Oct. 1.



SUMMER

- ☐ **Register with the National Collegiate Athletic Association (NCAA) Eligibility Center** if you are an athlete planning to continue playing a sport in college (ncaaclearinghouse.net).
- ☐ **Get your FSA ID:** Before you can fill out your FAFSA, you need to get a username and password (also known as an FSA ID).
- ☐ **Find a full-time or part-time job**, or participate in a summer camp or summer college program.
- ☐ **Visit colleges.** When planning your campus visits, make sure to allow time to explore each college. While you're there, talk to as many people as possible. These can include college admission staff, professors, and students. Take campus tours and, at colleges you're serious about, make appointments to have interviews with admission counselors.
- ☐ **Create a résumé** — a record of your academic accomplishments, extracurricular activities, and work experiences since you started high school.
- ☐ **Download applications.** Go to the website of each college's admission office and either complete the application online or request a paper application from colleges to which you'll apply. Check application dates — large universities may have early dates or rolling admission.
- ☐ **Visit some local colleges** — large, small, public, and private. A visit to a college campus can help you decide if that college is right for you. Make a plan ahead of time to get the most from your visit. Check out the campus checklist at bigfuture.collegeboard.org/find-colleges/campus-visit-guide/campus-visit-checklist. Attend college fairs, too.
- ☐ **Scan local newspapers** to see which civic, cultural, and service organizations in your area award financial aid to graduating seniors. Start a file.



Eligibility



OUR THREE DIVISIONS

DIVISION I

Division I schools generally have more students, larger athletics budgets and more athletics department support than schools in Division II or III.

DIVISION II

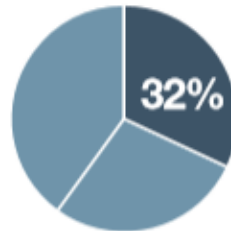
Schools in Division II emphasize a life balance in which academically and athletically gifted students can compete at a high level, while maintaining a traditional collegiate experience.

DIVISION III

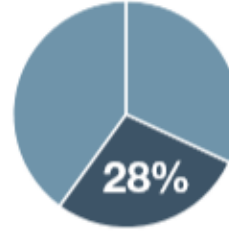
Academics are the primary focus for Division III student-athletes who experience shorter sports seasons, reducing their time away from academic studies and other campus activities.

NUMBER OF SCHOOLS

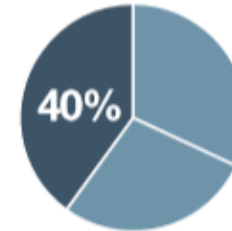
347



309



442



ATHLETICS SCHOLARSHIPS

Multiyear, cost-of-attendance athletics scholarships available

53 percent of athletes receive athletics aid

Partial athletics scholarships model

56 percent of athletes receive athletics aid

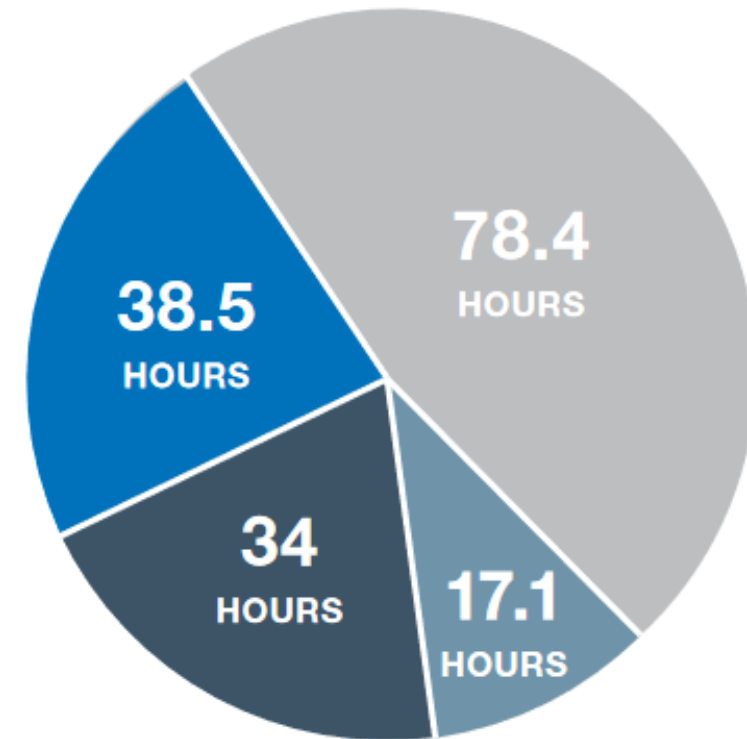
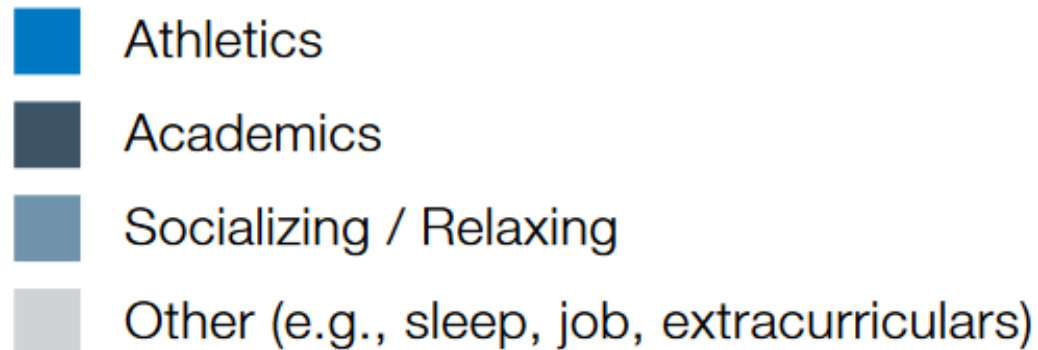
No athletics scholarships

75 percent of athletes receive non-athletics aid



What takes up a Division I student-athlete's time?

*Time spent on activities per week**
(168 total hours per week)



**Medians collected from the 2015 NCAA GOALS Study*



ACADEMIC REQUIREMENTS

To play sports at a Division I or II school, you must graduate from high school, complete 16 NCAA-approved core courses, earn a minimum GPA, and earn an ACT or SAT score that matches your core-course GPA.

CORE COURSES

Visit eligibilitycenter.org/courselist for a full list of your high school's approved core courses.
Complete 16 core courses in the following areas:

DIVISION I

Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester.

ENGLISH	NATURAL/ PHYSICAL SCIENCE (including one year of lab science, if offered)	MATH (Algebra I or higher)	SOCIAL SCIENCE	ADDITIONAL (English, math or natural/physical science)	ADDITIONAL (English, math, natural/physical science, social science, foreign language, comparative religion or philosophy)
4 years	2 years	3 years	2 years	1 year	4 years

DIVISION II

ENGLISH	NATURAL/ PHYSICAL SCIENCE (including one year of lab science, if offered)	MATH (Algebra I or higher)	SOCIAL SCIENCE	ADDITIONAL (English, math or natural/physical science)	ADDITIONAL (English, math, natural/physical science, social science, foreign language, comparative religion or philosophy)
3 years	2 years	2 years	2 years	3 years	4 years



Division I & II

How to plan your high school courses to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

4 English courses (one per year)

+ 4 math courses (one per year)

+ 4 science courses (one per year)

+ 4 social science (and/or additional) courses (one per year)

16 NCAA core courses

GPA Sliding Scale

(D1 < 2.3; 900 - take a knee [academic red shirt]))



Affordability (Net Price)

- College Board
 - Paying for College
 - In state Tuition vs Private
 - Do you need additional scholarship(s)
 - Net Price Calculator
 - On-Line
 - College Web Site
 - College Board

☐ **Estimate your financial aid need.** Financial aid can help you afford college. Use the College Board's *Getting Financial Aid* and the financial aid calculator at bigfuture.org to estimate how much aid you might receive.



SAT Suite of Assessments

SAT ▾

PSAT/NMSQT and PSAT 10 ▾

PSAT 8/9 ▾

About ▾

For Educators ▾



Important Dates

More ▾



Order PSAT-Related Assessments

Schools and districts order all PSAT-related assessments on our ordering website.

[Order Tests Now](#)



Parents: Sign Up for Notifications



Students: View Your Scores



Create Your Own Career Roadmap

No Account? Create One!!!

Taken the PSAT or SAT?

Link them to Khan Academy for Test Prep and Personalized Test Prep Plan

No Khan Academy Account – Create One!





BigFuture™

[Get Started ▾](#)[Find Colleges ▾](#)[Explore Careers ▾](#)[Pay for College ▾](#)[Get In ▾](#)[Make a Plan ▾](#)[Meet Monica ▾](#)

It's okay to change
your plans even if it
means changing
your major.

Monica realized the major she
started college with wasn't right
for her. By staying flexible, she
opened the door to new
opportunities.

Watch

Not sure
where to
start?

[Go ▸](#)

[Explore
college
majors.](#)



find colleges

[Go](#)

OR

Search by location, major —
any way you'd like.

[Search](#)

pay for college

How much federal financial aid is out there to
help students pay for college? Take a guess.



\$1 billion

[Get the Facts](#)

make a plan

Get a free step-by-step college plan. Just
answer a few simple questions.

What grade are you in?

☐ 8th or lower ☐ 9th

☐ 10th

☐ 11th

☐ 12th

☐ H.S. grad



SAT[®]

SAT Subject Tests

PSAT/NMSQT[®]

PSAT[®] 10

PSAT[®] 8/9

SpringBoard[®]

AP[®]

AP Students

AP Central

Pre-AP

Access

College Planning

College Search

ACCUPLACER[®]

CLEP[®]

CSS Profile[™]

Search

PowerFAIDS[®]

Profes

Help

More





BigFuture™

[Get Started ▾](#)[Find Colleges ▾](#)[Explore Careers ▾](#)[Pay for College ▾](#)[Get In ▾](#)[Make a Plan ▾](#)[Meet Monica ▾](#)

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Monica realized the major she started college with wasn't right for her. By staying flexible, she opened the door to new opportunities.

Watch

Not sure where to start?

[Go ▸](#)

[Explore college majors.](#)



find colleges

[Go](#)

OR

Search by location, major — any way you'd like.

[Search](#)

pay for college

How much federal financial aid is out there to help students pay for college? Take a guess.



\$1 billion

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Get a free step-by-step college plan. Just answer a few simple questions.

What grade are you in?

☐ 8th or lower ☐ 9th

☐ 10th

☐ 11th

☐ 12th

☐ H.S. grad

[Home](#) / [Pay for College](#) / Tools & Calculators

Tools & Calculators

Scholarship Search

Use this tool to find scholarships, other financial aid and internships from more than 2,200 programs, totaling nearly \$6 billion.

[Go](#)

College Savings Calculator

Learn how much money you'll need to save for college and whether you're on track to meet that goal.

[Go](#)

FOCUS ON NET PRICE, NOT STICKER PRICE

Did you know that students usually pay less than a college's published price? Find out why.

[Read article](#)

The College Board's Net Price Calculator

Almost all colleges offer a net price calculator on their website. You can also use the College Board's Net Price Calculator to estimate your net price at hundreds of colleges.

[Go](#)

CSS/Financial Aid PROFILE®

Apply for nonfederal financial aid from nearly 400 participating colleges and scholarship programs.

[Go](#)

HOW TO GET THE BEST ESTIMATE OF YOUR COLLEGE COSTS

Find out how to get an estimate of what a particular college will really cost you. Learn about net price and other important figures.

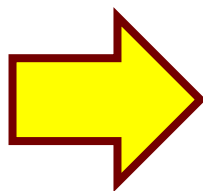
[Read article](#)

EFC Calculator

This tool calculates your EFC, a measure of your family's financial strength. Colleges and states use this

Student Loan Calculator

Student loans are a useful way to help pay for college. But how much will your payments be after graduation?



Net Price

Net Price is the amount that a student pays to attend an institution in a single academic year **AFTER** subtracting scholarships and grants the student receives. Scholarships and grants are forms of financial aid that a student does not have to pay back.

X Estimate your financial aid need. Financial aid can help you afford college. Use the College Board's *Getting Financial Aid* and the financial aid calculator at bigfuture.org to estimate how much aid you might receive.



What Level of Competition?

D-1; D 2; D3



Probability of Competing

	High School Participants	NCAA Participants	Overall % HS to NCAA	% HS to NCAA Division I	% HS to NCAA Division II	% HS to NCAA Division III
WOMEN						
Track & Field	494,477	29,907	6.0%	2.7%	1.5%	1.8%
Cross Country	226,039	15,966	7.1%	2.6%	1.8%	2.7%
MEN						
Track & Field	600,136	28,595	4.8%	1.8%	1.2%	1.7%
Cross Country	266,271	14,350	5.4%	1.8%	1.4%	2.2%

Source NCAA, <http://www.ncaa.org/about/resources/research/estimated-probability-competing-college-athletics> Downloaded 6-10-2018



What Colleges Offer Programs?



NCAA Sports Sponsorship

NCAA Sport Listing

Sport:

Division:

[Run Report](#)



Self-Promotion = Demonstrated Interest

Don't wait for the/a coach ... let them know you are interested



Self-Promotion

- Introduction
 - Running and Event Stats
 - Academic Stats
 - GPA
 - Standardized Testing
 - Curriculum
 - Notable Achievements
 - Where you will be competing
 - Coach's Contact Information (athletic)
 - Guidance Counselor's Information (academic)
- Compete the recruiting form(s)
- Keep in touch

NCAA Rule changes – they cannot contact you until fall of junior year. Coaches can talk on your behalf ...



Summer Preparation

You are running, you've chosen your courses, so not get ready for the testing!



What To Do, Now

repeat as needed (summer 2019)

- Prep for SAT or ACT
 - If you've taken the PSAT and done well Link Score to Khan Academy and set up a plan.
 - Get a good practice and prep book.
- Should I take the SAT or the ACT?
 - Take the one you score best on in practice and for which you have more affinity.



Testing Advice – When to Test

- Schedule around Algebra 2 (Intermediate Algebra / Advanced Algebra)
 - In most cases, completing this course will mean you have covered all the topics.
- Take a practice SAT or ACT (many options free on-line)
 - Go to the library, check out or borrow an SAT and ACT prep book
 - Copy one of each test.
 - Set up a testing environment (quiet, timer, etc.)
 - Several days apart take both tests score them, review them, compare your scores.
- Debrief yourself ...



Does anything stand out?

- Did you have enough time?
- Did one feel more interesting (engaging)?
- Did you perform much better on one than the other
 - Most people will score similarly
 - The Science Section
- If your scores are comparable pick the one you feel is most engaging.
- If you scored significantly higher on one, focus on it.



The Calendar

July	August	September	October	November	December	
ACT	SAT	ACT	Both	SAT	Both	
February	March	April	Mat	June	July	
ACT	SAT	ACT	SAT	Both	ACT	and so on

Note: If you are a strong tester, you should also consider SAT Subject Tests. These are offered on the same day as the SAT (you must choose either, you cannot take both the SAT and Subject Tests on the same date).

Most AP tests have overlapping Subject Tests (take practice tests and take them as well as the AP).



Application(s)



Common Application

THE COMMON
APPLICATION

Parents | Counselors & Recommenders | Member Institutions | **LOG IN**

Plan Ahead

Explore Colleges

Virtual Counselor

How To Apply

Apply Now

College is ready for you.

We're here to help you with your college applications, provide information on financial aid, and more.

Get Started

Welcome, Ima!

Practice Applicant [Usage Tips](#)

First Year | CAID 16443204

dsbonner@gmail.com



Sign Out

Dashboard

My Colleges

Common App

College Search

Financial Aid Resources

My Colleges Requirements

My Colleges (20)	Writing Requirements	Deadline	Application	Writing Supplement	Remove
▶ Bates College		—		—	
▶ Boston College		—			
▶ Bowdoin College		—		—	

Instructions and Help

How many colleges can I add to my Dashboard?

The Common Application member colleges have stipulated that applicants may add up to 20 colleges. T ...

[+]

[\[more\]](#)

2018-2019 Common Application Essay Prompts

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Describe a problem you've solved or a problem you'd like to solve. It can be an intellectual challenge, a research query, an ethical dilemma - anything that is of personal importance, no matter the scale. Explain its significance to you and what steps you took or could be taken to identify a solution.

2018-2019 Common Application Essay Prompts

5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.

6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?

7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.



Another “Common” Application



COALITION for ACCESS,
AFFORDABILITY, and SUCCESS

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[FOR STUDENTS](#)

[FOR STUDENT SUPPORTERS](#)

[OUR MEMBERS](#)

[DONATE](#)

[MYCOALITION LOGIN](#) [NEWS](#) [CONTACT US](#)

Coalition Day
May 23rd ►

MAKING COLLEGE A
REALITY
FOR ALL STUDENTS



Common Application

- Start with the Common Application
 - Every other college wants the same info
 - Oldest and most established / reliable
- Start in January or February of 2019
 - Fill out the basic info, name, address, school, parent(s), their education.
 - Prompts (Personal Statement Topics) announced in Jan (2018) or Feb (2017)
 - Write it until it is unique
 - New York Times examples (5 for 2018; 4 for 2017)
 - <https://www.nytimes.com/2018/05/11/your-money/college-essay-topic-money-social-class.html>
 - <https://www.nytimes.com/2017/05/12/your-money/standout-college-application-essays.html>



Get Everything Done for College your Junior Year

- Self-Assessment
- Timeline Example (College Board)
- Eligibility
- Affordability
 - College Board Resources (The Big Future)
- Self-Promotion (Demonstrated Interest)
- Standardized Testing
- Applications



Timeline / To Do List

- Prep for Standardized Testing this summer (plan for it next summer too)
- Plan your testing calendar
- Assess, with parents, affordability (Net Price Calculators)
 - Scholarship Options from College/University
 - Scholarship Options outside College/University (start locally and with College Board)
- NCAA Eligibility (start now)
- Self-Promotion (contact coaches with key info – resume/cover e-mail)
- Visit Colleges (Small; Large; Urban; Rural ...)
- Self Assessment – 5 Is; 4 Cs
- Standardized Testing
- College Search (College Board; Niche; College Navigator; US News ...)
- Scholarship Search (weekly and on-going)



This presentation along with a page of key links will be posted on the Culver Distance Camp pages.

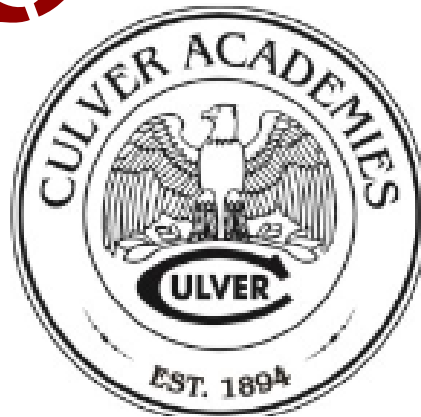
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Culver Distance Camp

**How to Get Everything Done for
College your Junior Year**

QUESTIONS?



June 10-13, 2018

More on Testing

SAT or ACT?

- **Pacing, Time Management, and Feeling Rushed**
- **Reading Sections are Tests of Speed and Endurance**
- **Science?! No Thanks!**
- **Put Away Your Calculator**
- **Grammar By Different Names, but Game Is the Same**
- **SAT Essay Doesn't Care What You Think**
- **National Merit Says "No" to ACT**
- **Special Accommodations**
- **Tricky Schedules**
- **Inconsistent College Policies and Requirements**
- **The "More Is More" Mindset**