

2018-19



International School of Tanganyika
Challenge | Support | Inspire

University Handbook

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Introduction

"My advice: hug and nurture your children and do not worry where they go to college. They will go to college, and perhaps even a selective one, if you are watchful and caring...."

James H. Rogers, former Admissions Director at Brown University, which consistently appears on most lists of 10 best educational institutions in the United States. From a letter to the New York Times circa 2009.

The International School of Tanganyika helps students build upon their positive experiences at IST to gain admission into universities all over the world. Applying to universities is an exciting and revealing experience that gives you a chance to look at who you are, what you value, and what you might want to do with your life.

To simplify the process, all IST students must:

- Learn about universities,
- Make decisions about finding universities that are the best fit for them,
- Complete and submit all applications.

There are thousands of universities to consider in hundreds of countries. Your family will need to make choices about what university is best for you in terms of what university represents the best fit for intellectual, academic, social and career opportunities. The application process varies from university to university.

This guide has been developed to give some direction about the process of considering, choosing and applying to universities worldwide. In a continually evolving international higher education environment, there cannot be a definitive guide, and as such the majority of the investigation must come from students and parents. IST counselors help guide, support, and counsel students and parents as you research schools, make choices, select universities, then complete and submit applications. We have planned a program that takes students through the tools and strategies they need to use in order to develop strong applications for a list of "best fit" universities.

We encourage you to access the IST Counseling Office as a resource that can help you achieve success.

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9-12 Counselors and University Advisers

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University Timeline- Class of 2019

Deadlines are at 11:59pm on the specified day.

January 2018	<ul style="list-style-type: none"> ● Begin investigating universities 	<ul style="list-style-type: none"> ● Identify/Register for summer programs/courses/university tours ● Update Naviance - Resume
February 2018	<ul style="list-style-type: none"> ● Parent/Student/Counselor conferences ● Request teacher recommendations from departing teachers. 	<ul style="list-style-type: none"> ● Continue careers and university research ● Attend university information sessions on campus ● Identify/Register for summer programs/courses/university tours
March 2018	<ul style="list-style-type: none"> ● Register for April ACT ● Continue careers and university research 	<ul style="list-style-type: none"> ● Parent/Student/Counselor conferences continue ● Plan for and take TOEFL or IELTS if applicable ● Visit university campuses in break
April 2018	<ul style="list-style-type: none"> ● Parent/Student/Counselor conferences continue ● Register for May SAT ● ACT ● Visit university campuses during school holiday 	<ul style="list-style-type: none"> ● Visit with university reps who come to IST campus ● Research universities of interest ● Update Naviance, 'Colleges I'm Thinking About'
May 2018	<ul style="list-style-type: none"> ● SAT & Subject Tests ● Register for June ACT ● Register for June SAT ● Research universities ● Continue compiling the list of "colleges I'm thinking about" on Naviance 	<ul style="list-style-type: none"> ● Plan summer visits to universities of interest ● Study for G11 Final Exams
June/July 2018	<ul style="list-style-type: none"> ● SAT & Subject Tests ● ACT ● Review and update "colleges I'm thinking about" list 	<ul style="list-style-type: none"> ● Visit as many university campuses as possible ● Sit TOEFL/IELTS if required
August 2018	<ul style="list-style-type: none"> ● School Begins ● Register for Oct SAT if applicable ● Register for Sept ACT if applicable ● Review and update "colleges I'm thinking about" list 	<ul style="list-style-type: none"> ● Schedule Senior Meeting ● Begin working on UK Personal Statement and Essay ● Sit TOEFL/IELTS if required

September 2018	<ul style="list-style-type: none"> ● ACT ● Register for Oct ACT if applicable ● Register for Oct SAT/Subject tests if applicable ● 21st Deadline to complete Student Information Sheet ● 21st Deadline to request letter of recommendation 	<ul style="list-style-type: none"> ● Attend University Fairs ● Finish Resume in Naviance ● Transfer colleges from “I am thinking about” to “Application List”
October 2018	<ul style="list-style-type: none"> ● SAT & Subject tests ● Register for Nov SAT/Subject if applicable ● Register for Dec SAT/Subject if applicable ● ACT 	<ul style="list-style-type: none"> ● 5th IST Internal Deadline for UK: Oxbridge, Med/Vet applications ● 15th UCAS Deadline to Submit UK: Oxbridge Med/ Vet applications ● 26th IST Internal Deadline for ED/EA applications
November 2018	<ul style="list-style-type: none"> ● SAT/Subject Tests ● Register for Dec SAT/Subject if applicable ● <u>23rd Internal Deadline for all IST application work</u> 	<ul style="list-style-type: none"> ● 30th UC Application Deadline ● University acceptances/offers (with conditions) begin to arrive
December 2018	<ul style="list-style-type: none"> ● SAT/Subject Tests ● ACT 	<ul style="list-style-type: none"> ● Register for Jan SAT/Subject if applicable ● ED Admissions Decisions arrive
January 2019	<ul style="list-style-type: none"> ● Register for Feb ACT if applicable ● FAFSA Form for financial aid completed by student and parent (US) 	<ul style="list-style-type: none"> ● SAT/Subject Tests
February 2019	<ul style="list-style-type: none"> ● Mock Exams ● Submit CSS Profile ● ACT 	
March 2019	<ul style="list-style-type: none"> ● 15th UCAS Extra opens ● University acceptances/offers (with conditions) finish arriving 	
April 2019	<ul style="list-style-type: none"> ● 1st USA National notification Date 	<ul style="list-style-type: none"> ● Reply to UK offers with firm and insurance acceptances announced by UCAS.
May 2019	<ul style="list-style-type: none"> ● 1st Deadline to decide on ‘College that I am Attending’ 	<ul style="list-style-type: none"> ● G12 IB External Exams ● Graduation
July 2019	<ul style="list-style-type: none"> ● IB results reported to IST, students and requested universities 	

IST Internal Deadlines - Class of 2019

Final Submission Fridays

Date	To-Do
Sept 21st	Deadline to complete the Student Information Sheet online with Naviance
Sept 21st	Deadline to request Letters of Recommendations from teachers online with Naviance.
Oct 5th	Deadline to complete Georgia Tech (EA) or UK: Oxbridge, Med, Vet, Dentistry applications
October 26th	Deadline to complete ED/EA applications with external deadlines before Nov. 24th
Nov 23rd	IST's Internal Deadline for all other applications

Knowing yourself

After identifying your own style, strengths, skills, talents and desires, it becomes easier to find schools which are a match for you, or more often, those that are not a match! Ask yourself these questions. There are no right or wrong answers. It's all about self-discovery.

- What are your goals and values? Which values are most important to you? How have these developed and evolved?
- How do you define success?
- What unique gifts and strengths do you possess?
- What kind of person do you aspire to become?
- Is there any secret desire to choose one particular profession or path in life?
- What experiences have shaped who you have become and your way of thinking?
- What is your attitude towards studying? What are your academic interests? What courses have you enjoyed most? If on your own, what would you choose to learn?
- How do you best learn? Are particular teaching methods more effective for your learning style? What has been your most stimulating intellectual experience?
- How is your academic record? Have you taken the most challenging courses available? What are your grades? What are your SAT & ACT scores? How does your academic record represent you? Have there been circumstances that have affected your academic performance?
- On what type of activities have you spent your time outside of the classroom? Which have been the most fulfilling? Is there a pattern of commitment and success?
- What is your role in your school and community? What would others recognize as your contributions to the school or community?
- Has the school environment encouraged your skills, interests and talents?
- How has your family influenced your outlook on life? Have your interests been nurtured or limited?
- How do you perceive the world around you? Have you found a cause for which to stand up? What issues do you feel strongly about?
- What is your social style - solitary or comfortable in large groups?

Career goals and interests – Naviance Family Connection.

IST uses Naviance Family Connection, a comprehensive online database that students and parents can use in making decisions about universities and careers.

Naviance Family Connection allows students to:

- Get involved in the planning and advising process – Complete online surveys and manage timelines and deadlines for making decisions about universities and careers
- Research universities
- Build resume/curriculum vitae

In G11, all students have completed the Personality Type Inventory; “Do What You Are”; the Career Interest Profiler; Career Cluster Finder; and begun to build a profile of careers of interest to them. Students also build their list of Colleges I’m Thinking About. These important tools should be used extensively in the university search process. It is very important for students to make sure their information in Naviance is up to date and correct. To log in: <http://connection.naviance.com/istafrica>. QUICK LINKS on <http://www.istafrica.com/>

Knowing Your Options

Your academic qualifications

As an international student at IST there is a world of opportunities waiting for you after you receive your IB Diploma. You have so many university choices that it may be difficult to know where to begin. In recent years, the majority of IST graduates attend Canadian, UK, and US universities, with others choosing to return to their passport countries or study in Europe, Australia or Asia. International higher education is always changing, influenced by many factors including global economics, immigration trends and policies and employment needs.

When considering your options, understand that the IB Diploma is a rigorous and demanding program that provides them with a first-class preparation for their future after IST. Students follow a course of study with a global reputation for academic excellence, and universities throughout the world recognize the IB Diploma as an entrance qualification to higher education degree courses. In some countries, such as the United States and Canada, the IB Diploma qualifies students for advance placement or academic credits.

Students with the IB Diploma are accepted at a higher rate at selective US universities than those with other qualifications. In general, European universities prefer the IB Diploma to IB DP Courses (Certificates) or the IST High School Diploma. European and Canadian universities may require a standardized test (SAT or ACT), if a student has the IST High School Diploma with DP Courses (Certificates). UK universities may require IB Courses (Certificates) students to enroll in a Foundation Program year before entry into an undergraduate program.

Different countries

The following provides a brief overview of the university systems in Australia, Europe, the UK, the US, and Canada. Many other systems throughout the world follow some form of the “course” or “major” based system of the UK or the Liberal Arts approach of the US and Canada.

Australia

- Most universities are public, with a handful of private.
- Course based system – most undergraduate degrees are 3 or 4 years.
- Most universities offer 1 or 2 semester Foundation Programs for students who do not meet entry requirements.
- IBDP is highly regarded, some universities offer credit for strong IBDP results.
- Main intake is in February, midyear intake is July. International students’ orientation is usually during February intake.
- Students apply in July – August after graduation with complete IB results.
- Usually rolling admissions for international students.
- Student visa required - may take several months to process.
- Student visa allows limited paid work while they study.
- Graduates can stay in Australia for at least two years on a Graduate Work Visa.

Europe

- Both public and private universities.
- Wide variety of systems – professional preparation, course based, liberal arts, American style universities, some offer residential, most do not.
- IBDP is becoming more widely accepted but students may need to take further entrance exams or have qualifications verified.
- Some programs taught in English – many in the Netherlands, some Foundation Programs offered.

UK

- Universities—traditionally regarded as the centers of academic learning and offer a wide variety of courses.
- Colleges and Institutions of Higher Education—generally smaller than universities and may concentrate on a specific fields of study such as education, art or music.
- Oxford and Cambridge—have a unique status and different entrance system than all other schools. A student can apply to Oxford or Cambridge but not both.
- Red Brick universities, sometimes called ‘civic’ universities are very competitive; degree programs tend to be less flexible than the newer universities.
- “New” universities vary in competitiveness; programs at these schools tend to be more flexible and often interdisciplinary.

- “Technology” universities offer very highly regarded degrees in pre-professional fields; strong industrial or commercial links; often offer sandwich programs; tend to be less competitive for admissions.
- Scottish universities usually offer four-year programs that tend to be broader based than other UK courses. Edinburgh and St. Andrews are very competitive
- IBDP is highly valued.
- Usually rolling admissions for international students.
- Student visa allows limited paid work while they study.

USA

- 3800 colleges and universities. The terms “college” and “university” are used interchangeably.
- Colleges and universities each set their own criteria for determining who gets admitted. Each one designs its own application, asks different questions, has a variety of deadlines, and sets its own policies. The main criteria is grades earned from courses taken in Grades 9-12.
- Undergraduate degrees are a four year Bachelor degree; which can be followed by a postgraduate degree (“Graduate school”) typically Master’s and Doctoral degrees specializing in a professional field.
- Community colleges offer high school, vocational and two year Associate’s or “Transfer” Degree programs.
- IBDP is getting increasingly favorable recognition.
- IST High School Diploma and IB Certificates are recognized.
- International students can only work on campus during their studies.
- Student visas expire upon graduation, no further stay is possible.

Canada

- Canadian universities are institutions offering four-year undergraduate programs; Canadian colleges offer high school, vocational and bridging programs.
- Undergraduate programs in the humanities, social sciences, physical and applied sciences are available at most universities in Canada. Professional programs such as medicine, dentistry, law, architecture, engineering and journalism are not available in all provinces.
- IBDP is highly valued, automatic credit or merit-based scholarships apply to IBDP graduates with strong HL subject grades.
- Colleges and universities each set their own criteria for determining who gets admitted. Each one designs its own application, asks different questions, has a variety of deadlines, and sets its own policies.
- Usually rolling admissions for international students.
- Study Permit required - may take several months to process.
- Study Permit allows limited paid work while they study.
- Graduates can stay in Canada for at least two years on a Graduate Work Visa.

Researching “best fit” universities

You are at the center of the university application process; you are the person deciding what are the best “fit” universities for you. Selecting your schools first requires a self-assessment of your academic standing, educational values and goals, interests, talents, and aspirations. Once you know what is important to you, then you will be able to research universities to select the schools that fit your criteria. Most universities offer a quality education, and there will be multiple universities where you would be very happy and successful.

There are many tools that you can use to research individual universities.

- University Websites - Every college and university maintains its own website offering the most up to date information on courses, programs, course and application requirements, and even virtual tours of the campus.
- Naviance - Family Connection allows students to take a personality test, complete a career interest inventory, investigate specific careers, find educational pathways to these careers, create a list of prospective universities, and link to university websites. ‘Supermatch’ college search is one example of the search engine.
- Facebook, YouTube, and Twitter - Universities offer social networks with current students as well as videos and other forms of communication for prospective students to gather more information about schools.
- Reference Materials - IST maintains a university reference section in the school library and the Counseling Office which includes college catalogues, university brochures, university guidebooks and guides to preparing for admissions tests.
- IST Counselors are always available to advise and counsel students on their university choices.
- University Representatives - Each year IST hosts many college and university representatives to our school. Students should take advantage of these visits to learn more about university life and the application process in general as well as the specific school. Representatives are often the person reading your application and deciding to admit you. Therefore, it is extremely important to attend the college visits.
- Other resources - Teachers, alumni, family friends, and current students are all great sources for discussing your university choices.

UK

- Which? University <http://university.which.co.uk/> is a comprehensive site with great search tools, university reviews by students, loads of up to date information, advice and tips for writing personal statements, spending your summer etc.
- www.hotcourses.co.uk - Search engine for UK courses.
- www.heaponline.co.uk - Comprehensive student guide to universities.
- <http://www.ukcisa.org.uk/> - Guide to studying in the UK.
- unistats.direct.gov.uk - Provides data for prospective students on the employability rate of graduates and teaching quality of individual courses.
- www.ucas.co.uk - The official UCAS (Universities and Colleges Admissions Services) site. Students applying to UK universities must apply through the UCAS site for most courses (except for Art Foundation and other Foundation Year courses). This site has all the information students need to research courses, universities, get advice for writing the personal statements, and more.

US and Canada

- www.aucc.ca - Links to all Canadian universities and information about financial aid and scholarships.
- www.cic.gc.ca - Canadian university information.
- www.educationau-incanada.ca - Canadian university information.
- www.collegeproowler.com - Student forum reviewing, rating and discussing universities; search tools; scholarship information.
- www.collegeconfidential.com - Another site similar to College Prowler with many postings on university admissions issues and questions.
- www.collegeboard.com - The College Boards new Big Future is a search engine for career and university research.
- www.act.org - College and career readiness tools including the ACT test.

International

- www.hotcourses.com.au - Search engine for Australian courses.
- <http://whatdegreewhichuniversity.com/Home.aspx> - is a great site covering all you need to know about studying in Australia.
- <http://www.hobsonscoursefinder.com.au> - Use Hobsons Course Finder to find courses at Australia's top universities, TAFEs and training colleges.
- <http://www.hesa.org.za/he-enrolment-services/application-guide> - Link to South African university information.
- www.studyinholland.nl - The most recent list of international study programs and courses for the current academic year, including general information, scholarships, living in Holland.
- www.i-studentlife.com - Website assisting international students in their search for higher education options. Offers step-by-step advice on applying to study in the USA, Canada, the UK, Ireland, Australia and New Zealand including the initial search, the application process, fees and costs and what to do when you arrive in your study destination.
- www.i-studentadvisor.com - Website with interactive international education guides for students interested in finding out about university in different countries and by different majors. Provides on line brochures and prospectuses.
- www.i-studentenquiry.com - Students complete a profile by answering specific questions, then a free, personal matching service will search for the right university for the student.

Additional helpful sites

- www.bachelorportals.eu.
- <http://xstudy.eu/>.
- <http://eacea.ec.europa.eu/education/eurydice/>.
- <http://www.studyineurope.eu/>.
- <http://ec.europa.eu/education/study-in-europe/>.
- <http://www.thecompleteuniversityguide.co.uk>.
- <http://www.eahep.org/europeanhigher-education/study-in-europe/courses-in-english.html>.
- <http://eunicas.ie/>.
- <http://www.astarfuture.co.uk/>.
- www.european-universities.eu.

European Country Specific Websites

Austria

<http://www.portal.ac.at/owa/portal.universitaeten>

Czech Republic

www.studyin.cz

Finland

www.studyinfinland.fi

France

<http://www.campusfrance.org/en>

Germany

www.daad.de

www.young-germany.de

Ireland

www.cao.ie

www.heai.ie

Italy

<http://www.study-in-italy.it>

Denmark

www.studyindenmark.dk

Netherlands

www.nuffic.nl

www.studyfinder.nl

www.studyinholland.nl

Norway

www.studyinnorway.no

Sweden

www.studyinsweden.se

Switzerland

<http://www.crus.ch>

Campus visits

During the summer break between G11 and G12 students should plan to visit universities where they have an interest in applying. This is an excellent way to help narrow your choices. Universities list their Open Days on their websites as well as under Open Days on the UCAS site. Most universities also offer daily tours or self-guided walks.

Following are companies with organized tours:☒

TS College Tours – www.tscollegetours.com or email enquiries@tscollegetours.com or tsturgeon@tscollegetours.com.

College Visits – www.college-visits.com or email info@college-visits.com☒

Students are always welcome to set up campus visits directly with the admissions office universities of interest.

Where will I apply?

The following list is not meant to be the only means of evaluating a university. Each individual must prioritize and weigh the importance of these and other considerations that are unique to you. The following are simply considerations that should be examined. You will need to review websites, catalogs, handbooks, brochures, online listings, speak to alumni and university representatives and others about specific universities. Use the University Comparison Worksheet on page 39/40 to organize your preferences.

- Type of school: public (government or state) vs. private; religious or secular; coeducational or single sex; Liberal Arts, pre-professional (engineering, business, nursing, etc.), vocational, polytechnic; conservative or liberal student body; traditional or progressive.
- Enrollment: number of undergraduates; male/female ratio; % of international students; residential or commuting; retention rate after one year.
- Location and Surroundings: geographic location; weather/climate; proximity to family, friends and transport; size of town/city.
- Curriculum and academic environment: degree of competitiveness; availability of professors for student conferences; quality of faculty; teaching vs. research; what are the core curriculum classes which must be taken; majors offered; academic pressure and workload; IB recognition.
- Campus life: clubs, fraternities, sororities; weekend events/activities; religious organizations.
- Housing: co-ed/single-sex, required for first year/off campus housing possible; meal plans; security; recreational facilities/extra-curricular activities.
- Expense: cost of tuition, room/board, books and supplies; travel expenses; financial aid available, percent of students receiving aid; work study programs.
- Entrance requirements: course prerequisites; application process/ deadlines; ACT or SAT or SAT Subject Tests; TOEFL/IELTS; IB requirements; selectivity; % of applicants admitted; average scores of freshman/first year student profile.

Building your list

You should strive for a list of universities based on this model:

- 2 “reach” choices.
- 4 “realistic” choices.
- 2 “safety” choices.

We limit applications to a maximum of 10, with UCAS and UC applications counting as one application.

Who does what in all of this?

It is important to know who is responsible for each part of this complicated process.

IST School Counseling services

IST School Counselors will provide the following services throughout the university search and application process:

- Introduction to international university admissions processes.
- Parent information sessions concerning international university admissions processes and transitioning children to university.
- Be available to meet with students and parents to discuss academic concerns, career and higher education options.
- Provide ongoing guidance in the use of Naviance Family Connection.
- Facilitate university exploration.
- Advise in finding a “best fit” for each student.
- Coordinate university admission representative visits to IST campus.
- Advise and assist with university application process.
- Provide the necessary IST documentation, transcripts, and recommendations that individual universities request.
- Provide guidance in writing essays and personal statements.
- Assistance with financial aid applications.
- College and University admissions tests advising.
- Student study visa advising.
- Transition to university information for students.
- Assistance with GAP year decisions.

It is not the role of IST School Counselors to:

- Choose universities for the student.
- Choose degree programs for the student.
- Meet deadlines that are specific to a university. It is the responsibility of the student to be aware of university deadlines and communicate with the counseling office.
- Complete the application. ☒

IST students' roles

- Engage in your own research.
- Follow the University Timeline.
- Meet internal and external deadlines.
- Compile a list of potential universities and programs before the end of your IB1 year. Refine/revise the list over the summer and wherever possible, try to visit some of the universities.
- Attend college fairs and meet with representatives who visit our school.
- Listen to the advice of your counselor, parents, and teachers.
- Work on personal statement or college essays (if required) and complete them well before deadlines.
- Be proactive (Do not sit back and expect the process to happen, take ownership!).

Parents' roles

This is an exciting yet stressful time for your family. Throughout this process your son or daughter is expected to maintain their regular school workload as well as take control of their university applications. You must:

- Be a supportive force in your child's application process.
- Discuss with your child the various options/programs of study, and universities/ countries that they will consider.
- Encourage them to meet internal and external deadlines.
- Discuss finance. 'What can you afford?'
- Maintain lines of communication with counselors when questions arise.

Your role is *not* to:

- Apply or complete university applications for your child.
- Write your child's essays or personal statement.
- Choose your child's degree program or university. ☒

How Do I apply?

Australian universities?

- Start applications as soon as they open, typically in April.
- Apply directly to the university.
- Application fees vary.
- Australian students (living in Australia or abroad) apply through the state-based Tertiary Admissions Centers for Semester One admissions. These Centers manage and promote the application procedure, receive and process applications for most university courses within their state, and inform applicants of outcomes.

South African universities?

- Start Applications as soon they open, typically in April.
- Apply directly to the university.
- Application fees vary.
- IBDP students must also apply for a matriculation exemption <http://www.hesa.org.za/he-enrolment-services/application-guide>.

Canadian universities?

- Canadian universities publish their IB prerequisites and minimum entry requirements, making it clear to know if you are likely to be admitted.
- Applications are assessed on a rolling admissions basis. We encourage students to apply early and conditional offers are often received as early as January.
- Applicants are evaluated on their high school academic achievement from Grades 9, 10 and 11 and IB predicted grades.
- Students applying with an IST High School Diploma and IB Courses will probably be required to take the SAT and perhaps the SAT Subject Tests.
- The application process varies according to the province. Most universities have an online application. Some may require hard copies transcripts sent by IST.
- A large number of the universities in Ontario use the OUAC (Ontario University Application Center) as a central application agency www.ouac.on.ca/.
- A TOEFL or IELTS is often required for international students if they have not been in an English speaking school for at least three years. This requirement may be waived if the student meets the English language proficiency requirements in some other way.
- Application fees vary.
- Students must inform the IST Counseling Office by November 24th if Transcripts and/or Letters of Recommendation must be mailed.
- Some universities require grade 12 Semester One grades to be sent. Students must request the IST Counseling Office to send these grades.

US universities?

With over 3800 colleges and universities in the USA, the application process can vary widely from one institution to another. Finding the right “fit” is more important than ever. For this reason IST Counselors recommend applying to no more than eight well researched US colleges or universities. The following is a list of most universities’ decision-making criteria. In reviewing and evaluating each applicant, most take a holistic approach and not single factor is considered in isolation.

- Academic Record - All university admission officers place major importance on your semester grades as recorded on your academic transcripts from Grades 9-12. Your grades are the best predictor of college success.
- Universities are interested to know that students are taking the most challenging courses possible. In the IBDP, you are already doing that.
- Standardized tests - Most universities are interested in standardized test scores, SAT or ACT. Although they are evaluated in the total context of a student’s school performance and make up one part of your application. The more selective the institution, the more interest is placed on scores since the applicant pool will all have strong grades. There are more than 800 universities that have made standardized tests optional (see www.fairtest.org for the list).
- Extra-curricular involvement - universities are looking for students who are active members of their communities and get involved outside the classroom. Quality of involvement, commitment, and leadership in activities are important.
- Community Service is highly recommended and valued as a sign the student will contribute to the university community and beyond.
- General essays and supplemental essays allow the student to come alive and show who you are, how you write, and what distinguishes you.
- Counselor and teacher recommendations have an impact on your chance of admission. Make sure you select teachers who know you well and provide both the counselor and teacher with the requested Student Information Sheet.
- Individual Factors can play a role in acceptance, such as unusual talents or achievements, alumni affiliations or ethnic background.
- Character.

Virtually all colleges and universities now use online applications. When creating an account, make sure you remember your password and username! The Common Application is used by an increasing number of colleges and universities, including some international universities. www.commonapp.org.

A complete application usually includes the following:

- Application.
- Personal essay and supplemental essays as required.
- Application fee.
- IST Transcript and IB predicted grades.
- Grade 9 and 10 transcripts. (make sure we have transfer transcripts).
- School profile.
- School report (counselor’s recommendation) and teacher(s) recommendations.
- Proof of finances for international students (Certification of Finances).

UK universities?

www.ucas.com - UCAS is the central organization that processes applications for full-time undergraduate courses at UK universities and colleges. The UCAS website has extensive information on searching for courses, universities, entry requirements (IB prerequisites are published), how to apply, how to write a personal statement, a parents' section and student finances.

- Applicants fill out a single online form, a reference is added, and once the form is submitted, UCAS forwards the application to the universities that the student has indicated. Each university then makes a decision about the application, forwards that information to UCAS, and it is then posted in the student's UCAS account, under TRACK.
- The UCAS application limits you to a maximum of five courses, or four choices in clinical areas such as medicine or dentistry. These course choices could be at five different universities, or two courses or more could be chosen at the same university.
- October 15th for Oxford, Cambridge, Medicine, Dentistry, Veterinary Science, and Veterinary Medicine.
- January 15th for all other applications.
- There is a one-time application fee for all five universities.
- Universities consider applications on a rolling basis, making conditional offers as early as January. Conditional offers specify what final IB results will allow the offer to become unconditional.

Dutch universities?

www.studielink.nl - Studielink is the central application organization in the Netherlands. Students must create a Studielink account to apply to up to 4 courses. Studielink is different from the UK's UCAS system. Studielink is simply a registration tool to ensure that students are only applying to 4 courses in the country and to provide general information about applicants to the universities.

Note: If you are an international student you should check with the university requirements first as some universities do not require international students to register with Studielink. This information can be found online during your research about the application process or through a phone call to the institution.

- Determine whether or not you must register with Studielink and then complete university specific applications. These applications are available on the university's website.
- Dutch universities will require applicants to upload their own transcripts and supporting documents.
- Letters of recommendation are not required for most programs.
- Generally, admissions decisions are sent after 4 weeks after completing your application.

Europe, Middle East and Asia?

Admissions requirements and processes vary widely. Explore university websites and contact the universities directly to verify the requirements, application process and deadlines for admissions. There is an increasing number of quality universities around the world with degree programs taught in English.

The application

It is a digital world; the vast majority of applications are online.

- Proofread before you submit. Neatness, consistency and clarity are important
- The application reflects a great deal about you. University admission committees have very little else with which to evaluate your candidacy.

Application fees

Application fees must be paid by either a credit card or a wire transfer at the time of submitting applications. IST does not make credit card payments on behalf of students and their families. Please inquire directly with the university regarding wire transfer option when a credit card is not available.

IST school profile

The school profile is provided to universities with information about our academic programs, our results and our educational context.

Academic transcripts

The transcript is your academic record of grades earned in your classes, grades 9-12. Students request transcripts through Naviance Family Connection from the counseling office for universities where required. After our Semester one grades are posted, updated transcripts are sent to universities if required. Transcripts from previous schools (for Grades 9 and 10) must be provided to the IST Counseling Assistant in September of G11.

Predicted Grades

IST provides students in Grade 12 with Predicted Grades. The purpose of providing predicted grades is because universities require them as a part of the admissions process. Universities use these grades to make an initial assessment of a student's application while the admissions team is awaiting final IB results. The timing of these grades depend upon university requirements, but there are two possible dates.

- First week of October (early admission, Oxbridge) and
- Third week of November. (all other university applications)

Predicted grades are generated based on student achievement on class work/assessments and using IB weightings to produce a prediction of a student's final IB grade. They are given as a whole number (not a range) and this appears on IST transcripts.

Predicted grades factor in the two IB components:

- The external assessment: in Groups 1-5, a multi-paper examination worth 70-80% of the grade.
- The internal assessment: work completed in school that is submitted to the IB for verification of internal grading.

At IST, requesting or negotiating for higher predicted grades is not an accepted practice. The faculty takes significant care and pride in their efforts to issue the most accurate predicted grade, based on evidence the student has supplied.

UK personal statements

The personal statement is your chance to make a convincing case for your admission. Requirements for writing the personal statement are quite specific and you are advised to follow the suggested guidelines. The UCAS website has a section on writing the personal statement and your Counselors will advise you how to construct well-organized personal statements. University websites also offer advice on what they are looking for in candidates for specific courses.

Create your personal statement offline and have your Counselor check it before you paste it into your UCAS application.

US college essays

The Essay is the opportunity for the student to come alive in the application and show who he/she is as a person. It is a chance to hear the student's voice – to show how you think and write and what is interesting about your "story". You have the choice of a variety of questions and so trust your instincts and choose what interests you and what feels right. There is no set style or subject matter, just make sure the essay is grammatically correct and appropriate. It is essential to show you are a decent writer and an interesting person with something to say.

Give yourself plenty of time to write the essay and complete several drafts before your final version. Counselors will offer more detailed information and samples of successful essays.

CV or resume

Naviance Family Connection has a built in Resume (CV). IST students have been working on their resumes for the last two years. By the time teachers are invited to write a letter or recommendation in the fall of grade 12, the resume should be up to date so that your teacher and counselor can see all the wonderful things you have done since the beginning of 9th grade.

Letters of Recommendation from Teachers

Teachers are a great source of information for the admissions officers. Be selective in who you ask for a letter or recommendation. The Letter of Recommendation (LOR) for the UK universities is very different from the one for the USA or Canada.

- When selecting teachers as recommenders, ask them if they will be able to provide you with a positive LOR.
- Choose a teacher who knows you well, not just the teacher of your best subject.
- Use the Student Information Sheet on Naviance to provide information about yourself. Counselors and teachers will use this in the letter writing process. Make sure you specify where the LOR is intended, ie: UK or USA. Note the deadlines regarding LORs in the timeline on page.
- Teachers may also ask for additional information from you.
- If you want a LOR from a teacher that is leaving IST, ask them to complete this during Semester 2 of G11.
- Check exactly how many LORs you need and do not ask for more than this. Some universities do not require two, but may allow more.
- For UK applications you should ask two teachers who can comment on your abilities that relate to the course that you are applying for.
- For US and Canadian applications ask teachers who know you well in a range of contexts.
- All recommendations sent from IST remain confidential.
- Always give teachers at least two weeks notice when asking for a letter of recommendation.
- A Student Information Sheet will be completed on Naviance to give teachers more insight into your skills and interests.
- Students should have a conversation with their counselor about which teachers to consider asking for a LOR.
- All teacher recommendations must be requested electronically through Naviance Family Connection.

Counselor letter

Counselors will use the Student Information Sheet and your Naviance Resume for the counselor letter or written evaluation.

Interviews

If you are being considered as a candidate for Oxford or Cambridge, you will be invited for an interview. Other courses in the UK, such as medicine and some art programs may also require interviews. Some US universities require interviews for admittance and many may not offer them on campus, but may use alumni to interview. The purpose of the interview is to give the interviewer an idea of the candidate's suitability for the university and also to provide information to the candidate about the school and program.

Here are some general suggestions to think about when meeting with university representatives, whether it is a college visit at IST, meeting with alumni, an interview at a university, or an interview on Skype.

- Be on time.
- If on a university visit, remain standing until you are invited to sit down.
- Be respectful: Do not chew gum, slouch, or use “informal, inarticulate language”, turn off your cell phone and do not text message.
- Look directly at the representative during the entire conversation or presentation. If it's a college visit at IST and the representative hands out brochures, do not read the brochure and stop paying attention to the presentation.
- Research the college or university, be aware of requirements, programs of study and be prepared to state why you are interested in the school.
- Try not to have vague questions such as, “Tell me about your university.” Be specific with questions, such as, “Could you tell me about class spirit? Can you give me examples of some campus traditions? In my first semester what will my class sizes probably be? What is the college's greatest asset? How would you describe the student body?” and any other questions regarding courses, financial aid, scholarships, or student life that are important to you.
- Be sincere in your answers, questions, and attitudes. You don't want to be boastful, but don't be over-modest either. Speak to the point concisely and completely without monopolizing the conversation.
- Practice answering questions, such as, “Why do you want to attend this university/college? What is your intended area of study, why? What do you like to read? Whom do you admire? What do you enjoy doing outside of your academic work?”
- Wait for the interviewer to begin, listen attentively without interrupting, and answer all questions tactfully, firmly, honestly, and to the best of your ability. Don't be afraid to ask questions that you feel are important. Don't be afraid to say you don't know the answer to a question you may be asked.
- Whether it is an IST school visit or an interview at university, always thank your interviewer for his time and interest.
- Within 48 hours of the interview, write a thank-you note.

Standardized admissions tests

Standardized tests refer to the university entrance examinations used by universities in an attempt to measure general aptitude and serve as a benchmark for differing academic systems – SAT, ACT are most common. Currently, many universities throughout the world use standardized tests as an entry requirement. If students are not taking the IB Diploma, the SAT can be used to support admission to Canadian and UK universities as well as other European schools. Other university systems, such as in Singapore and Hong Kong, and Korea may also require SAT scores.

Standardized tests are optional at many colleges and universities in the US. Here is a list of test optional US colleges and universities; <http://fairtest.org/university/optional> With all of these different requirements at schools all over the world, it is important for students to check individual university standardized test requirements. The following offers a brief explanation of these admission tests:

The SAT and the ACT are both accepted by US colleges and universities. The SAT is more widely accepted by other university systems, such as the UK and other European and Asian schools. Students register online for all standardized admission tests and choose their preferred test center. IST is a test center for SAT and SAT Subject tests.

When you take an SAT or ACT you are the person who receives and “owns” the scores. Universities require that test scores be “officially” sent, which means that you must request the testing agency to send your scores to the schools. You may have your scores sent free to 4 universities at the time you register for the test online at the testing website; you may also pay to request additional test scores to be sent through your login at any time. Please remember your username and password to access your account and to get your scores.

PSAT – currently, all IST students in Grade 10 and G11 sit the PSAT in October. US citizens who take the test in Grade 11 might qualify as National Merit Scholars for US schools. After receiving results in January, students can go to www.StudentScores.CollegeBoard.org to use their “access code” to download their test results and link them to Khan Academy for SAT practice.

SAT - the most widely used college entrance exam administered by the College Board and created by Educational Testing Service (ETS). The SAT Reasoning Test takes about 4 hours to complete. Both test sections: evidenced based reading and writing & mathematics are scored separately, with scores ranging from 200 to 800 in each area, for a total possible score of 1600. The best time to take the test is in May or June of Grade 11. You can retake the SAT again, if you would like, in October, November, and December of G12. You must register online at www.collegeboard.org

SAT Subject Tests - one-hour tests on a variety of high school subjects (math, literature, biology, chemistry, physics, US history, world history, and languages). More selective universities require these. For those schools that do require subject tests, generally math and a second exam of your choice are requested. Only a very few highly selective schools require a third exam. You cannot take the SAT and SAT Subject Tests on the same test day. Students usually take the Subject tests in May or June of G11 or October, November, and December of G12.

ACT (American College Testing)- subject based, three-hour test that consists of four sections: English, Mathematics, Reading Comprehension, and Science Reasoning. Scores range from 1 to 36 for each of the subtests, with a final average or composite score. An optional 30-minute writing test is part of the ACT-Plus Writing test offered only in April, October, and December. This is recommended for IST students. www.act.org

Preparing for standardized tests can be done in many ways. IST has a number of books and tests that students can access. PrepMe in Naviance has been purchased for students to access unlimited online SAT preparation programs. Many private and online preparation programs may charge for their services. <http://www.freetestprep.com/index.php> is an example of a free ACT, SAT and GED preparation program with resources, blogs, and samples of college essays.

Proof of English language competence

If students have not been in an English speaking school for their academic career; their mother tongue is not English; they come from certain passport countries; if they don't take English HL, or if they score low on the SAT or ACT, the IELTS or TOEFL may be required to satisfy admissions or immigration requirements.

IELTS – The International English Language Testing System is another standardized test for English language skills developed in the UK and accepted by universities worldwide. www.ielts.org.

TOEFL – Test of English as a Foreign Language is a standardized test for English language skills. www.toefl.org.

Registration for the IELTS can be done through the British Council in Dar and for the TOEFL only online. Testing occurs in Dar es Salaam at regular times throughout the year. Results can be sent from the websites to the universities. It is to your advantage to use the free reports when you take the test. Please be aware that unless you bring a copy of your scores into the Counseling Office and ask for it to be scanned and added to your file, we have no record of this.

Admissions decisions

Once the university has reviewed your application, they will notify you about your acceptance. Universities using “rolling admissions” usually notify applicants six to eight weeks from the time they have a completed application folder (with your test scores). Students applying in September sometimes hear in October.

On the other hand, many of the US colleges and universities use the national notification date of April 1st and send out decision letters on or before that date.

Acceptance

You are likely to receive your decision online, either through an email or through your account on the college website. Since email decisions are sent in batches, it's entirely possible that a decision email ends up in your spam folder. Around decision time, get into the habit of looking in your spam folder before you automatically delete all of the messages. Some colleges still send decisions in the regular mail. Thin envelopes are generally rejection letters, since it only takes one piece of paper to say, “Thanks for applying. We are unable to offer you a place in our freshman class.” Don't throw the letter away without reading it thoroughly, though. Some colleges send thin acceptance letters saying, “Congratulations! More materials will be sent in a separate packet.” As soon as you have received your acceptance (and even your denial), please come and let your counselor know. We are very interested! Update your Naviance account using the decision option from the drop down menu.

Deferral

Students who apply Early Decision or Early Action sometimes are “deferred”, which means that the college will wait and consider you in the “Regular Decision” pool of applicants. A deferral can be due to the need to see your first semester senior year grades, or because the admissions office is unsure of the strength of the rest of the applicants. A deferral is not necessarily a terrible thing. Some students who are deferred are admitted later. If you applied to a binding Early Decision or Early Action plan and are deferred, you are released from any binding commitment and are free to apply to other universities.

Denial

Unfortunately, not everyone can be admitted everywhere. Admissions decisions have little to do with you personally and more to do with the other students who applied that year. You can do everything right, and still not get in. If you happen to be denied admission to a university you especially wanted to attend, never call the admission office to vent your anger. If you are contemplating transferring a year later, you don't want to have had a bitter encounter with the admissions office. Only in extraordinary circumstances is an “appeal” possible. Appeals are rarely successful unless the college has made an honest mistake—perhaps they were unable to locate a part of your application and denied you for that reason. If you think something like that has occurred, your Counselor is the one who should intervene.

Waitlist

All colleges admit more students than they have room for in a freshman class, because they realize not all students they admit will choose to enroll. Hard to believe, perhaps, but even Harvard only gets approximately 75% of their accepted students to enroll. Guessing the “yield” is a difficult task—especially as more students apply to more schools each year. If a school underestimates the number of accepted candidates who enroll, there will be holes in the incoming freshman class, which are filled from the waitlist. Even so, the wait list is usually a long shot. Final notification may not come until well into the summer so, for safety’s sake, accept an offer of admission from another school, even if it means sending in a non-refundable deposit. Only choose to remain on a waitlist if you really plan to attend should you be admitted later.

May 1st reply date (USA)

Once you have your acceptance letters, you must decide where to go. The US candidate reply date is May 1st. If you don’t tell a school by then that you’re coming in the fall, they can, and often do, withdraw your acceptance. Notify all other schools that accepted you of your decision not to attend. An email is a great way to do this. If you’re sure you won’t be attending, notify the college promptly so they might be able to open up other slots for other (possibly IST) students. Once you’ve made your choice, pay the non-refundable enrollment deposit, which tells the school you are showing up in the fall. Also, check on housing arrangements. Read the materials you receive with the acceptance letter to see how you should take care of these matters. Thank all those who proofread your essays and wrote letters of recommendation. Teachers asked to write recommendations are eager to know the outcomes of the admissions decisions you receive! Keep them updated!

UCAS offers

Each time a UK university makes a decision on one of your applications, UCAS will notify you of the offer details. You will be asked to code all of your offers (you could have as many as five) as “Firm,” “Insurance” or “Decline.” Choose one firm and one insurance offer; all others must be declined. Since most offers are conditional upon IB examination score results and you won’t have received the exam results, this can be a difficult decision. If you are confused about any offers or need advice regarding which offers to accept, check with your Counselor. Once you have made a commitment to particular courses you cannot change your mind. UCAS asks for prompt replies and you should check Track for the timeline and deadlines. If you did not receive any offers, you can participate in a process called “Extra” in which you can apply one at a time to additional courses until you receive an offer. See your Counselor for help with this process.

Canadian offers

Some universities in Canada have coordinated their decision period to coincide with the US. However, it is still common for others to inform of offers in January and February and others not make decisions until after receiving final IB2 grades, especially if a candidate is on the borderline between admit and deny. Final quarter of IB2 year is no time for “senioritis” if you are waiting to hear from Canadian universities. If you don’t get a reply by late April, email or phone the admissions offices to check if all required documents were received.

Accepting an offer

When you receive an acceptance from the university you wish to attend, follow their instructions re:

- Payment of fees at specific time.
- Housing reservation.
- Personal information data sheets.
- Medical forms and immunization records.
- Visa procedures (when needed).
- Some universities will even send information about registering for classes.

Acknowledge the acceptance with a letter to the Director of Admissions or the admissions officer assigned to you, thanking him/her for the attention given to you and saying that you are looking forward to attending.

At the same time, email the other universities that accepted you. Thank them for their consideration and ask them to withdraw your name from the rolls. Explain that you have decided to attend another university –name the university. In withdrawing your name promptly, you are giving an acceptance possibility to another applicant who may have been placed on the waitlist.

Psychological stages

The university search and application process can be complicated and arduous but it comes at a time when students are already under significant academic, social and emotional demands. It also represents one of the first times that young adults are confronted with major life decisions that will directly impact their whole future. This is both an exciting and daunting rite of passage into the adult world.

Consider the following emotional states that students experience as they move through the various stages of the process:

- In searching and making a list, students may experience passive denial when confronted by the reality of the process ahead of them
- The process can be overwhelming, with external pressure felt from parents, peers and teachers. Students need to manage their time, stress and their anxiety effectively so that their academics are maintained
- Students can be overwhelmed by the decision making process, experiencing confusion and maybe becoming frozen
- Some denials from admissions offices are inevitable. Students experience sadness and disappointment when they hear they have not been accepted
- Elation - when students are accepted into universities, it is a huge relief and should be celebrated. Occasionally students relax too much, losing focus on their academics
- Parents also commonly experience emotions such as hope, anxiety, frustration, disappointment, relief, reconciliation and elation
- Waiting for the April 1 National Notification Date can be very difficult when friends are receiving offers from “Rolling Admission” schools.

After you've accepted an offer of admission

Housing contract-USA/Canada

Housing information is usually included in the acceptance packet. Send this form in early to better your chance of getting good housing. In the housing contract, there is a form asking about your likes and dislikes. This information is used to match you up with a compatible roommate. You may be asked to comment (honestly) on areas such as neatness, study habits, smoking habits, and taste in music (remember to complete this form honestly, it could make a big difference in your roommate selection). A college won't guarantee to match you up with a perfect roommate, but they'll try. Once you find out who your roommate will be (usually in July), contact him or her. Several colleges now have online roommate selection. You are able to post information about yourself and see information about others. Roommates are then able to mutually choose each other.

Address changes

If you leave Dar es Salaam right after graduation and return to your home country for June-August, file an address change with your university in late May. If not, you might miss important mailings, such as information about orientation programs, course registration, roommate assignment, and housing. This is particularly important as many students list the IST address as their home address.

Getting a Visa

If you are intending to study in a country other than your passport country or a country where you hold permanent residency, then you are classified as an international student. In most cases international students need to apply for and have a valid student visa in their passport before entering the country where they will study. The visa application process often includes demonstrating an offer of enrolment; demonstrating sufficient finances to support the costs of education and living; and demonstrating the intention to enter a country only for the purposes of studying.

- When possible, for Canada, the UK, and the USA, the IST Counseling Office seeks to provide visa information meetings in the months of February to May of grade 12 to assist students and parents with the visa process.
- Students seeking a visa for the USA will receive a “Form I-20” from the university. The I-20 is required for the student visa application process. You can find detailed information here: <http://tanzania.usembassy.gov/students.html>.
- Students seeking a Study Permit for Canada must work with the office in Nairobi, Kenya. The following website is a good starting point: http://www.cic.gc.ca/english/my_application/apply_online.asp.
- <https://www.gov.uk/browse/visas-immigration/student-visas> contains all the information you need when applying for a student visa under Tier 4 of the points based system for immigration. For up-to-date details of the requirements for the student visa category and the relevant application process, visit www.ukba.homeoffice.gov.uk/visas-immigration/studying/.
- There is also a lot of useful immigration information for international students on the UKCISA (UK Council for International Students) website at <http://ukcisa.org.uk/International-Students/Preparing--planning/Visas-and-immigration/>.
- Counselors can assist in finding up-to-date visa information for other countries.

Health Documents

You will receive health forms, which need to be completed by a physician. You will also be asked to include an official copy of your immunization history. You will not be able to begin classes unless this form is completed.

Travel Plans and Orientation

Confirm your university’s start date. This will vary from country to country. Many expect new students to arrive on campus a week or two before classes actually begin for the orientation program. Do not skip orientation. It’s a great way to meet new people and to get over jitters before classes begin. IST graduates always report that attending orientation was a big help in their adjustment to university. Because August is a major vacation season, finalize your airline reservations as early as possible; otherwise it may be impossible to get to campus on the proper date. If necessary, contact the university to find out when you should arrive.

Financial Aid

Financial aid, scholarships and the cost of university

One of the most important decisions made about attending university is how to pay for it. Families must have many discussions about what is expected and what can be provided before the student applies to university. There must be a clear understanding of who will pay for the cost of university and how much is available to invest in this venture. The best information about financial aid or scholarship at a particular university is available through that university.

Many universities require a separate application for financial aid be completed in conjunction with an application for admission. The deadline dates may not coincide with the admissions deadlines so careful attention is needed to this. In addition, universities may require that additional information be submitted through the CSS Profile. The FAFSA is for US Citizens applying for financial aid.

Types of Financial Aid

Financial aid can be need based or merit based.

Need based financial aid is awarded to students who have shown that his/her family does not have sufficient funds to cover the cost of education. Students prove eligibility through submitting documents to show assets and income that could be used to pay for college tuition and costs. Need based aid is often given in the form of loans, work-study and grants.

Merit based aid is awarded to students based on academic excellence, talents, or achievements. Merit based is usually given in the form of scholarships.

Grants - May be awarded by government or by the university. No repayment is necessary for aid awarded in the form of a grant. US citizens may qualify for the Federal Pell Grant, which the university will award in the form of a grant. Some universities may offer institutional grant money to students with demonstrated financial need.

Work-Study - A campus based program (supported by the US government or by the individual university) where a student is employed part time on campus in order to earn money towards university expenses.

Loans - Money borrowed by a student or a student's parents must be repaid with interest. US students with demonstrated high need may qualify for the Federal Perkins Loan Program. The most common loans are the Federal Stafford Loan (student) and Federal PLUS Loan (parent). In most cases repayment is begun six months after the student's graduation from university.

Scholarships - Most scholarships are merit awards. These are based on academic achievement, special ability, and extraordinary talent. Funds may be from individual universities or from private sources.

Scholarships in the UK

Student finance consists of a tuition fee loan, maintenance loan, and maintenance grant. Loans are paid back, grants are not. An individual is assessed on set criteria. Student grants are available from a wide variety of organizations <http://www.unigrants.co.uk/>
<https://www.gov.uk/student-finance/overview>, <http://www.ukcisa.org.uk/>.

Scholarships in Australia

The Australian government and universities provide a large number of scholarships for international students wanting to study in Australia. They are available for both academic excellence and leadership <http://www.studyinaustralia.gov.au/global/australian-education/scholarships>.

Scholarships in Canada

With strong academic grades, good leadership credentials, well rounded experiences or financial need it can be possible to receive a scholarship from a Canadian higher education institution. Canada automatically rewards high achieving IBDP students'

http://www.educationau-incanada.ca/educationau-incanada/scholarships_bourses.aspx

Scholarships in the US

http://www.internationalstudent.com/study_usa/financing/

Scholarships International

Scholarships offered to international students at universities and colleges worldwide. Many universities and colleges offer favorable funding incentives to international students based on criteria such as academic achievement and leadership. Check individual institutions' websites for further information.

The following are a selection of possible search options. <http://scholarship-positions.com/>,

<http://www.iefao.org/> <http://www.internationalscholarships.com/>,

<http://www.istudentglobal.com/scholarships>.

There are many other websites available. Please be aware however that some will charge for their services. We **do not** recommend paying for these services... Remember also that in many countries it is possible for international students to supplement their income by working.

Applying For Financial Aid – US

FAFSA: Free Application for Federal Student Aid <http://www.fafsa.ed.gov/> US citizens needing to apply for financial aid should work with IST Counselors after January 1st 2016.

CSS PROFILE <https://profileonline.collegeboard.com> Many private universities require that students complete the CSS Profile to be considered for financial aid.

<https://studentaid.ed.gov/>- Connects students to US government services and information including careers advice, planning and paying for a college education.

Financial Aid Information for US and Non-US Citizens

Financial Aid Spread sheets are available from the Council of International Schools' website <https://studentaid.ed.gov/eligibility/non-us-citizens> and <http://www.gsd.harvard.edu/#/gsd-resources/financial-aid/us-citizens-and-eligible-non-citizens-in-a-gsd-master-s-program.html>. On this website, you can view, print and download a wealth of information regarding universities. The most current summary information is available including: Total enrollment, percentage of international students, tuition, room and board costs, and availability of need based, merit based and athletic based scholarships for US and non-US citizens, as well as the average award. On this site, information is available for the following categories of schools: US colleges and universities US style colleges and universities in Europe, Canadian universities, UK universities, Australian, New Zealand and other universities.

What if you don't want to go to university?

Gap years

Should students decide to take a GAP year, IST counselors can assist with the application process.

Taking a year off before studying at university is becoming a more popular option with high school graduates. Having that year to reflect on interests, skills and desires can give a new direction or provide a strong motivation to move ahead with one's education. Taking a Gap Year experience is advisable if there is a plan and a goal that is to be achieved during that time. Drifting aimlessly will not provide a strong foundation for future studies. Universities, or employers, will want the individual to be able to articulate the goal and what was accomplished during the Gap Year. Traveling to learn about a new culture or immerse one's self in a home culture (after being an expat), community service or volunteer work, additional language training and culture immersion, and full time work are all seen as positive experiences by university admissions officers.

The decision to take a Gap Year should be carefully considered. Students who take a Gap Year often apply to university during G12, get accepted to the university of their choice, and then "Defer" their actual enrollment for one year while they work, study, or travel. Not all universities have this "Deferral" option. Check the university website.

Find out what opportunities await those planning to take a gap year between high school and university <http://www.gapyear.com/>.

Semester at Sea provides opportunities for the exploration and study of many people, places and cultures around the world.

https://www.google.co.tz/search?q=semester+at+sea&oq=semester+at+sea&aqs=chrome..69i57.5997j0j7&sourceid=chrome&es_sm=91&ie=UTF-8.

Internships - This site is a database of over 2,800 programs and 200,000 positions where students can locate internships and employers can list internship opportunities

<https://www.google.co.tz/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=wetfeet>.

Amigos de las Americas - this organization creates opportunities for young people to excel in leadership roles promoting public health, education and community development. AMIGOS is a nonprofit organization that provides leadership training and volunteer opportunities in the U.S. and Latin America. <http://www.amigoslink.org>

City Year - A national youth service organization that unites diverse young people ages 17-24 for a demanding year of full time community service, civic engagement and leadership.

<http://www.cityyear.org>

Bridges Across Border Southeast Asia, Thailand - Formed to address the root causes of violence and hatred in the world <http://www.babsea.org/>

Disney World College Program - If you wish to work/intern at Disney World you might be interested in exploring this work/internship program for college students.

www.wdwcollegeprogram.com/html_home/index-ie.

The Experiment in International Living - An international nonprofit organization promoting intercultural learning through home stays, educational group travel, study abroad, language training, work exchange, and other cultural immersion programs. <http://www.experiment.org>.

Leap Now Lifetime Education Alternatives - Internships, volunteer experiences, work exchanges, experiential academic programs. <http://www.leapnow.org/>.

National Outdoor Leadership School - Learn outdoor skills and leadership; offers courses 10 days to full semesters in the most spectacular wilderness classrooms <http://www.nols.edu/NOLSHome.html>.

Outward Bound - Through its 5 wilderness schools, 2 urban centers and whole-school learning model and expeditionary learning, Outward Bound programs emphasize personal growth through experience and challenge. In all programs, students develop self-reliance, responsibility, teamwork, confidence, compassion and environmental and community stewardship. <http://www.outwardbound.com>.

Taking Off - A highly personalized program which works with young people, ages 16-25, who are taking time off from a traditional classroom setting either before, during or after university. Works closely with the student to develop and implement a well-thought-out plan which maximizes the individual's time and experience and ensures that taking time off does not become "dropping out." <http://takingoff.net/>

Taking Time Off - Getting a job or internship, learning a new language, traveling the world, heading back to the classroom links to a variety of opportunities. <http://www.takingtimeoff.com/>.

Corporation for National and Community Service - Programs for people of all ages and backgrounds to serve others. www.cns.gov.

Glossary of terms

- **ACT** (American College Testing Program) - Standardised admissions test includes sections on English, mathematics, social studies, and natural sciences; accepted by most US colleges and universities
- **Arts and Sciences** (see Liberal Arts)
- **Associate's Degree** (AA) - The academic title granted usually by a two-year college; transferable to institutions that grant Bachelor's degrees
- **Bachelor's Degree** - undergraduate degree granted upon completion of a three or four-year, full-time program of study or its part-time equivalent
- **Candidate Reply Date:** May 1 is the US national deadline for submitting a deposit to one college. All US colleges and universities abide by this deadline
- **CEEB Code:** College Entrance Examination Board Code. Used when signing up for and taking standardized test for U.S. colleges/universities. IST's CEEB Code is 643150 – Used by both, SAT and ACT programs
- **Certificate of Finance** - Form submitted to a university by a student which verifies an international student's ability to cover the costs associated with enrolling in the university. Must be supported by parent's bank statement or signature from bank official
- **College Scholarship Service** (CSS) - The division of the College Board that is responsible for the PROFILE form. Many colleges and scholarships use the information collected on PROFILE to help them award nonfederal student aid. There is a registration fee that covers the cost of customizing your PROFILE application as well as a fee for each school or program to which you want information sent. Registration can be made via www.collegeboard.org
- **Combined Honors** - (UK) study of several subjects, which may or may not be related, often narrowing as the course progresses to two or three subjects
- **Common Application** - The "CommonApp" is an online application that can be used to apply to nearly 500 colleges and universities in the US. The applicant needs to submit one application that is then available to all the member institutions where the student applies. The CommonApp is viewed as equivalent to a university's general application form.
- **Community College** - An institution at which students study toward a two-year Associate degree after completion of secondary school
- **Conditional Acceptance** - A student will be admitted to the college/university if they attain the specified combination of grades after their final IB exams. The Conditional Acceptance is based on predicted grades
- **Consortium** - A group of colleges affiliated in some way. The extent of the association can vary widely. Some consortiums – usually located near one another – offer a range of joint programs that include cross-registration, inter-library loan, residential exchanges, and coordinate social, cultural and athletic events
- **Cooperative Education** - A program in which a university facilitates a student's employment during the course of study. Full time employment usually occurs within the time of full time study. May lengthen the time required to complete a degree program
- **Core Curriculum** - A group of courses all students in a college must take in order to graduate

- **Credit Hours** - A unit of measurement usually awarded on the basis of one credit per hour of class per week. A course worth 3 credits/hours will generally meet 3 hours per week
- **Deferred Admission** - A practice of allowing an accepted candidate to postpone enrollment in a college, generally for a period of an academic term or year; also known as the GAP Year
- **Degree** - An academic title awarded by college and universities to signify completion of a course of study
- **Distribution Requirements** - Rules that require students to take courses in a variety of broad subject areas in order to graduate. Typically categories included the humanities, social sciences, fine arts, natural sciences, foreign languages and mathematics. Unlike a core curriculum, distribution requirements do not usually mandate specific courses that students must take
- **Double Deposit** - Committing to enroll at more than one college by sending a financial enrollment deposit to multiple colleges. This is unethical
- **ETS** (Educational Testing Service) - An agency employed by the CEEB to produce its tests
- **Early Action (EA)** - Students apply early and, if accepted, are notified early in IB2– usually December 15th. Colleges do not require that the student commit to the institution upon acceptance. Some universities now have Single Choice Early Action whereby a student is bound to only that school for applying early. Early Action can be a risky choice for a student who seeks financial assistance
- **Early Decision (ED)** - Notification of acceptance into college early in IB2– usually December 15th. Colleges stipulate that the student withdraw all other college applications if accepted under Early Decision
- **FAFSA** (Free Application For Federal Student Aid) - This form is required by all colleges in the USA to determine the student's need for federally funded financial aid programs. This form applies only to U.S. citizens
- **Family Contribution** - The amount of money that a family can reasonably be expected to pay toward a student's education as determined by a standardized needs analysis form. This is usually denoted by EFC or Expected Family Contribution
- **Financial Aid Package** - Colleges award financial aid on the basis of need and the student's projected contribution to the school community, or EFC (Expected Family Contribution). Aid can come in the form of scholarships, grants, loans and work/study; the financial aid package can have any combination of these. In addition to Federal financial aid, some states have specific financial aid programs. Forms and processes will be state-specific
- **International Student Financial Aid Application** - provided by the College Board for non - US students who are applying for financial aid while attending college/university in the US. Financial aid is extremely limited to non - US students. These students should investigate financial aid options in their home country as well
- **Grant** - Money that is awarded to a student through the university and that does not have to be paid back
- **Greek System** - The social fraternities and sororities on a university campus
- **Honors Program** - Any special program for very able students, usually offering the opportunity for educational enrichment, independent study, acceleration or some combination of these
- **Humanities** - Subjects in which the primary focus is on human culture - history, philosophy, language, literature

- **I-20** - The form issued by the university to international students. The students then take the I-20 form to the US Embassy in order to obtain their F-1 student visa
- **IELTS** (International English Language Testing System) - A test of English proficiency for students whose dominant language is not English and whose scores on the SAT I or ACT might not reflect their potential for higher education because of inexperience with the English language www.ielts.org
- **Interdisciplinary Major** - A major that combines two complementary subjects from different fields eg. biology and psychology. Students completing these majors take courses in each area as well as courses that explicitly join the two
- **Joint Honors** - (UK) Study of two separate but equal subjects, which may or may not be related. Often there is little to no cooperation between departments and this translates into a double degree
- **Legacy** - An applicant for admission who has a family member who is an alumni of that particular school. Students with legacy status are sometimes given preferential consideration in admissions
- **Liberal Arts and Sciences / Liberal Arts College** - A general program of 4 year study wherein the student takes courses in a wide variety of subjects such as history, literature, foreign languages, math, philosophy, social sciences, natural science, art, etc., majors in one of these areas and graduates with a Bachelor's Degree. The curriculum gives the student a sound basic education with the intention of developing general knowledge and reasoning ability, as opposed to training for a specific career. It does fulfill the requirement for entrance into graduate school where most liberal arts graduates specialize in a particular area of study
- **LOR** - Letter of recommendation, usually written by a teacher
- **Matriculate** - To enroll in a program with the goal of successfully obtaining a degree
- **Matriculation exemption** - A legal requirement for students applying to South African universities with qualifications other than South African qualifications
- **Merit Scholarship** - A financial grant usually awarded for academic achievement or special skill in an extracurricular activity and not based about need
- **Need Based Aid** - Money awarded to the student for tuition, fees or room and board, solely on the basis of financial need
- **Need Blind Admissions** - The policy of a university to consider an applicant for admissions without considering the student's ability to cover the cost of enrollment
- **Private Schools** - Refers to the control of the institution not being held by any level of government.
- **PROFILE (CSS Profile)** - A U.S. College Scholarship Service form designed for certain colleges/ universities to determine a student's financial need. There is a fee charged per college, so it should only be sent to those colleges which request it.
- **Public Schools** - Refers to an institution being owned or controlled by some level of government, usually state or county. Tuitions are usually different for residents and non-residents.
- **Minor** - The subject, which ranks second in concentrated courses to the major course of study. Minors are required at some colleges and universities.

- **Open Admissions** - Colleges that admit all high school graduates without regard to additional qualifications.
- **Rolling Admissions** - some colleges and universities make offers of admission as they make decisions, rather than waiting to the April 1 National Notification Date, sometimes as soon as 6-8 weeks after receiving a completed application.
- **SAT /SAT Subject Tests** - Standardized tests that are often used as criteria for admission of college applicants. While the SAT measures critical reading, mathematical reasoning and writing, the SAT Subject Tests measure knowledge of particular subjects.
- **Sandwich Courses** - (UK) Alternating periods of study and related work experiences, normally lasting four years.
- **Single Honors** - (UK) study of one subject, within which a range of specialized options may be available.
- **TOEFL** (Test of English as a Foreign Language) - A test of English proficiency for students whose dominant language is not English and whose scores on the SAT or ACT might not reflect their potential for higher education because of inexperience with the English language
www.ets.org/toefl.
- **Waitlist/Alternate List** - A number of qualified candidates who have applied at a selective college will not initially receive either a letter of acceptance or a letter of denial, but may eventually be offered a place after the Candidate's Reply Date (May 1). Students who receive a Waitlist letter will be asked if they want to remain on it.



Student Information Sheet

Appendix A

Complete this survey online in Naviance. Teachers and counselors will review this form and your resume when writing LORs.

Student.....

To which universities are you applying? Include UK USA Can EU Aust Asia etc to inform us of country destination. Please list your colleges and universities here.

Counselor.....

.....

What do you intend to study at university?

(Undecided is still OK.)

Take some time to reflect honestly about yourself. Who are you?

1. The 3 qualities I like best about myself are:
2. The 3 qualities I think my teachers like best about me are:
3. The accomplishment I am most proud of is:
4. Using specific examples, describe your leadership skills:
5. Explain the most meaningful extra-curricular experience you have been part of:
6. Explain the out-of-school activity that has been most rewarding to you:
7. What is your biggest area of weakness? Why?
8. What are your personal strengths? Give examples that illustrate these strengths.

9. What points or qualities do you feel should be stressed in a letter of recommendation about you?

10. What is your present “philosophy of life?” (What’s important to you)

11. In relation to your university course of study, to what do you attribute your success in that subject?
(Example: Why do you want to study Biology at university?)

We encourage you to discuss your choice of teacher recommender with your counselor prior to asking a teacher for a recommendation.

Appendix B - University Comparison Worksheet

UNIVERSITY NAME			
LOCATION Rank ____ <ul style="list-style-type: none"> • Geographic • Close to family/friends • Weather/Climate 			
SIZE Rank ____ <ul style="list-style-type: none"> • % of international students • Enrollment • Physical size of campus 			
ENVIRONMENT Rank ____ <ul style="list-style-type: none"> • Type of school (2-4 years, private/public) • School Setting (urban, rural) • Location & size of nearest city • Coed, male-female ratio • Religious affiliation • Conservative/liberal, traditional 			
ADMISSION REQUIREMENTS Rank ____ <ul style="list-style-type: none"> • Deadline • Test required, minimum scores • Average test scores • Application process • Prerequisites 			
ACADEMICS Rank ____ <ul style="list-style-type: none"> • Your major offered • Workload • Accreditation • Student-faculty ratio, availability of professors • Typical class size 			
COSTS Rank ____ <ul style="list-style-type: none"> • Tuition, room & board • Estimated total budget • Work study program • Application fee, deposits 			

<ul style="list-style-type: none"> • Travel expenses 			
FINANCIAL AID Rank ____ <ul style="list-style-type: none"> • Deadline • Required forms • % receiving aid • Scholarships 			
HOUSING Rank ____ <ul style="list-style-type: none"> • Residence hall requirements • Availability • Types and sizes • Food plan 			
FACILITIES Rank ____ <ul style="list-style-type: none"> • Academic • Recreational • Other 			
ACTIVITIES Rank ____ <ul style="list-style-type: none"> • Clubs, organizations • Greek life • Athletics, intramural • Other 			
CAMPUS VISITS Rank ____ <ul style="list-style-type: none"> • When • Special opportunities 			

Appendix C - IST contact and application information

International School of Tanganyika
P.O. Box 2651 Haile Selassie Road
Dar es Salaam, Tanzania
Tel: +255 22 2188518
secondary@istafrika.com
www.istafrika.com

CEEB: 643150
IB School Code: 0215

Counselors/ University Advisers

Sheena Wright swright@istafrika.com

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Notes: