

South Kitsap High School

Post High School Planning Handbook

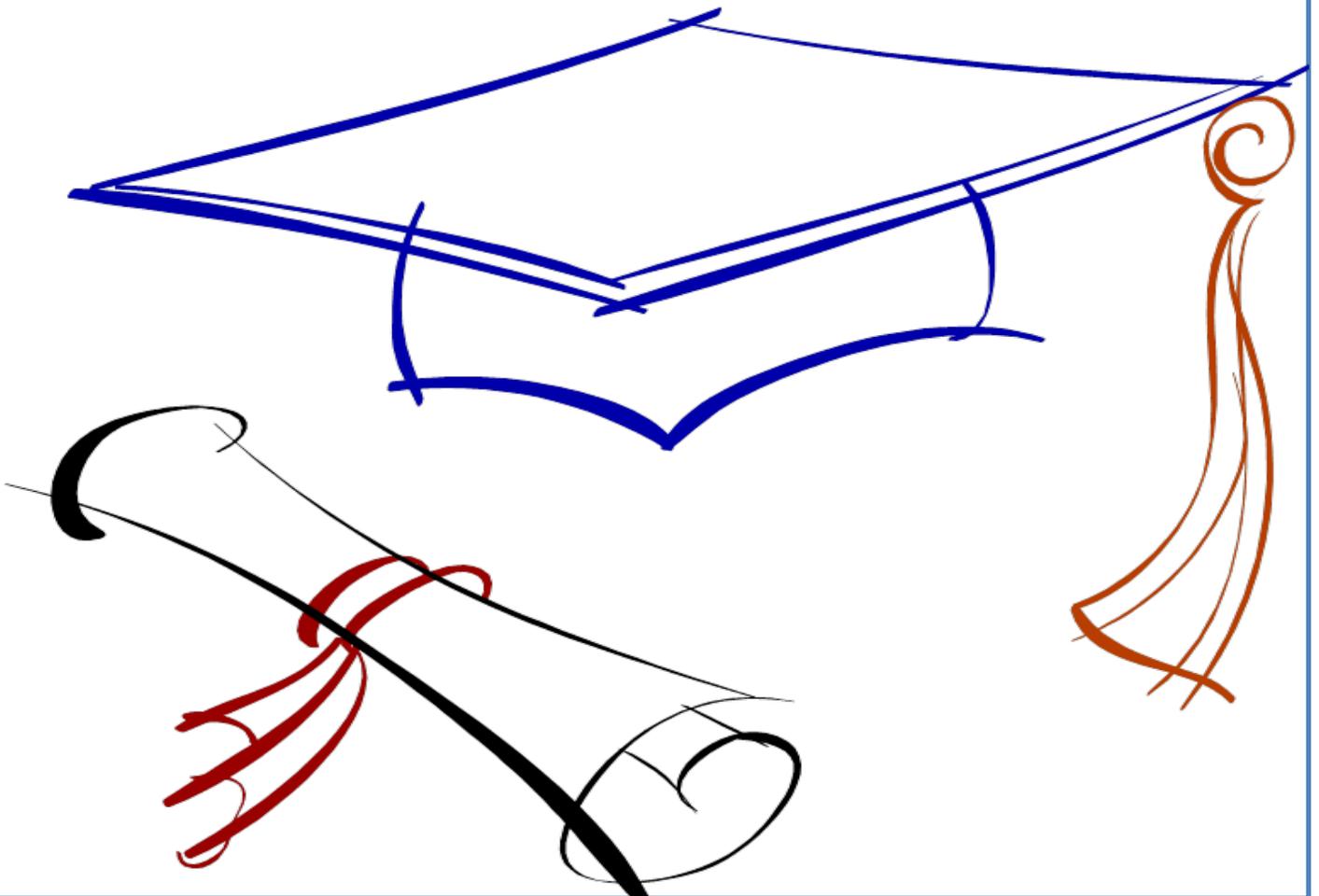


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South Kitsap High School Post-High School Planning Guide

INTRODUCTION

Did you know that nearly 80 percent of all jobs require some type of education after high school? This handbook is intended to assist you with making purposeful plans for after high school. Every effort has been made to provide accurate and current information. However, there will undoubtedly be changes that are not known to us at the time of publication. As changes become known, we communicate new information to our students through the school bulletin and website, classroom visits, and WTV. However, we encourage the students to verify important dates, deadlines, costs, and admission procedures. Planning for life after high school is an exciting, sometimes intense process that should be accomplished in a timely and careful manner.

COUNSELING OFFICE/CAREER CENTER

The Counselor's mission is to help students do their best at South Kitsap High School in the areas of academic progress, career planning, and personal concerns. Students can schedule appointments with their counselor to discuss their options by calling or stopping by the counseling office.

Counselors: assigned by grade and last name

Class of 2022

Counselor (A-K) – Sherri Fauver
Counselor (L-Z) – Tawni Chinchilla

Class of 2023

Counselor (A-K) – Staci Talley
Counselor (L-Z) – Heather Hays

Class of 2024

Counselor (A-K) – David Bufano
Counselor (L-Z) – Janna Viergutz

Class of 2025

Counselor (A-K) – Ashley Kasten
Counselor (L-Z) – Nick Lyon

Counseling Support Staff:

Tara Murphy– Counseling Secretary
Rebecca Greene and Kelsey Darkow- Staff Assistants
Meredith Shanley– Registrar/Transcripts



Career Center:

Susie Nass- Career Counselor
Julie Smith-Career Center Coordinator

COLLEGE PLANNING

Why go to college?

We know that many of our students have “known” that they would go to college right after high school since the time they started grade school. However, have you ever really examined why you are considering going to college? Knowing why you want to go to college and what you hope to get out of it will make the college search a lot easier. Take a few moments to **make a list of the main reasons why you want to go to college.**

Who are you?

What you know about yourself will help you get a clearer picture of what is important to you in picking a college. Knowing your strengths, weaknesses, interests, and values will help in making decisions. Make a list of what you know about yourself in the following areas:

Academics: What subject content areas are you strong in? What are your weaknesses? What courses do you like? In what environment do you learn best? How independent are you as a student?

Activities: What activities are important to you? What clubs, sports or groups are you interested in? Have you been involved in community activities?

Attitudes and Values: Do you meet people easily or are you more comfortable with close friends? Do you like to visit new places or are you more comfortable with familiar surroundings? Do you easily accept people and ideas of other races, cultures, and beliefs? How often will you want to visit home?



How to select a college:

There are over 3,200 colleges in the United States. Choosing the college you will attend is a process that can take time. There may not be that one perfect college, but you do want to find a school that is the best match. Here is a list of things to consider when selecting a college:

- Degrees offered, majors/minors
- Location (rural or urban setting)/ distance from home
- Size of school, number of students
- Private or Public
- Cost
- Financial assistance
- Graduation rate
- Class size
- Faculty contact/classes taught by full-time qualified faculty
- Reputation/ranking
- Student body/diversity/gender
- Social life (Greek organizations, sports, activities)
- Religious affiliations
- Housing options
- Admission standards (based on typical student admitted)



Look at the characteristics above. Which ones are most important to you? There are several websites that offer free College searches, such as www.bigfuture.com, www.petersons.com, and Xello. Contact the Career Center for access to your Xello account if you don't know already.

STARTING AT A TWO-YEAR COLLEGE: ADVANTAGES

- Cost (tuition is less, no extra money for room and board)
- Close to home
- Can have smaller classes
- Eases transition to college
- Open admissions
- Can earn pre-requisites for four-year college
- Offers professional/technical training

Professional-Technical programs offered at Olympic College:

Olympic College offers an array of professional-technical programs that appeal to just about everyone. Refer to the Olympic College catalog or visit www.olympic.edu for more information. Some of the programs offered include:

- Accounting ▪ Criminal Justice ▪ Culinary Arts ▪ Early Childhood Education ▪ Cosmetology ▪
- Legal Office ▪ Medical Assisting & Billing ▪ Nursing ▪ Physical Therapist Assistant ▪ Welding

STARTING AT A FOUR-YEAR COLLEGE: ADVANTAGES

- Encourages independence
- First-hand knowledge for selecting a major
- More of a campus life
- More resources for financial aid

FOUR-YEAR COLLEGES & UNIVERSITIES

Students can pursue a Bachelor's Degree at public or private four-year colleges and universities. Most degree programs require two years of general study and two years of study within a major. Colleges range in size from small rural schools to large state universities.

Four-year public colleges in the State of Washington:

There are six public universities in Washington:

- Central Washington, Ellensburg
- Eastern Washington University, Cheney
- Evergreen State College, Olympia
- University of Washington, Seattle
- Washington State University, Pullman
- Western Washington University, Bellingham

Minimum public college entrance requirements: (note: some colleges have stricter admission requirements)

ENGLISH - 4 years

MATH - 3 years, through Algebra II

SOCIAL STUDIES - 3 years

SCIENCE - 2 years (one year of math based science). 3 years for 2021 and beyond

WORLD LANGUAGE - 2 years of the same world language

FINE OR PERFORMING ARTS OR COLLEGE PREP ELECTIVE - 1 year

Colleges require students to complete a math or math-based science course during their senior year of high school.

Four-year private colleges:

There are several private universities in Washington. A private college does not receive money from the state. Private colleges have a smaller student population and a small student/teacher ratio.

Although a private college is more expensive, they also have more resources to find aid for students. Private colleges from out-of-state do not cost more than in-state private colleges.

IN ADDITION TO THE PUBLIC COLLEGES REQUIREMENTS, SOME PRIVATE COLLEGES REQUIRE 4 years of math, 3 years of science, and 3 years of a foreign language. Fine arts (art or music) is preferred and advanced placement & honors courses are highly recommended.

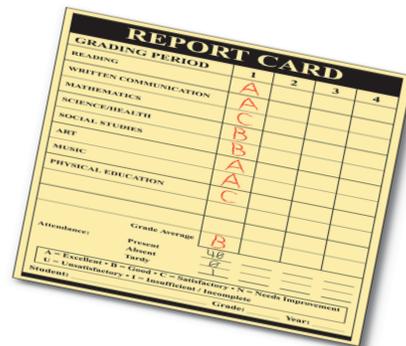
How does a college evaluate an application? What are they looking for?

The first thing the college looks for is if the credit card cleared (just kidding, sort of). The following is a summary of what most colleges look for in an applicant:

- Requirements: have you met the minimum college admission requirements?
- GPA: what is your cumulative GPA? (The average of your semester grades in 9th-12th grade)
- Transcript: how rigorous were the courses in which you earned those grades?
- Test scores: SAT or ACT.
- Senior year: did you maintain academic rigor your senior year, or take it easy?
- Grade trend: schools want to see a positive grade trend as you go through school.
- Essay: is your essay thoughtful and well-written?
- Participation: what else have you done? Extra-curricular activities and sports, volunteer work.
- Your life: have you overcome personal or economic challenges, or faced unique situations.

Average GPAs of entering freshmen:

- University of Washington: 3.8
- Western Washington University: 3.55
- Washington State University: 3.5
- Central Washington University: 3.1
- Eastern Washington University: 3.22
- Evergreen State College: 3.0



All four-year colleges in Washington require admissions testing, and will accept scores from either the ACT or SAT.

CAMPUS VISIT

There is no better substitute for helping you decide which college is your best match than actually going to that campus for a visit. All colleges offer visitation programs that range from succinct tours of the campus, to overnight stays in the residence halls. The key is to **call ahead and pre-arrange your visit.**

The best times for campus visits are as follows:

- Junior year, your spring break when the college is in session
- Summer between Junior/Senior year, college is on summer schedule
- Senior year, early fall quarter, when the college is in session

Options for your tour:

- A full guided tour of the campus
- Visit freshmen residence halls
- Eat in the dining facilities
- Sit in on a class or two for the major you are interested in
- Meet with a faculty advisor for that department
- Meet with students from that department

Questions you may want answered:

- How easy is it to get around on campus?
- Do many students have cars? What is the parking situation?
- Do many students go home on the weekends?
- Are professors accessible?
- How is the food? Where do most students eat?
- How is the registration process? Is it easy to get the classes you want?
- Are there fraternities and sororities?
- What opportunities are there to play sports?

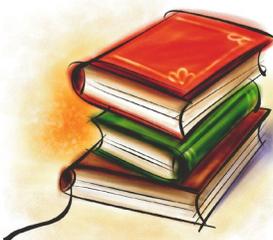
MEETING WITH A COLLEGE ADMISSONS REPRESENTATIVE

Throughout the fall and early winter, several college admission representatives visit SKHS to meet with students. We advertise these times in the bulletin, online, etc. If you would like to meet with a college rep, here's what you do:

- Pay attention to the bulletin and your grade level google classroom! That's how the Career Center communicates with you!
- Sign up in the Career Center prior to the visit
- Pick up a pass for the day of the meeting time.

Questions to ask college admission reps:

- What is the class size range for freshman classes?
- What rules are there for on-campus housing? What are the housing options?
- What is your rate of freshmen who return for their sophomore year?
- What is your four-year (on time) graduation rate? Do you see that changing?
- What services to you have for helping students choose a major?
- Tell me about your career placement services?



Questions I want to ask...

APPLYING TO COLLEGE

Now that you have done your research and perhaps visited a few colleges, it is time to actually apply! You should complete four-year college applications between September and December during your senior year. Olympic College's application time is May of your senior year.

Remember, in the fall you are not deciding where you will attend college. You are deciding how many options you will have when you do decide. Applying for college occurs in the fall, you decide in the spring. Please note, most four-year colleges require a non-refundable deposit by May 1st to secure your spot.

How many colleges should you apply to? That depends on how sure you are of being accepted. Some students will apply from 3 - 5 schools with a couple of them being selective, and others being "sure bets." Some students apply to their reach school or dream school.

What makes a college a "reach/dream school?"

- Selective admissions (average entering freshmen GPA and SAT/ACT scores are higher than yours)
- Far away from home
- Cost of attendance is higher than most

You could apply to one or two dream schools, then a second choice school: one that is easier to get in to, but still far from home and expensive.

A third choice school may be closer to home, still somewhat selective, but high cost for attendance. Always keep a safety school in mind for applying: a school that is easy for you to be admitted, close to home, and (relatively) less costly to attend.

Keep in mind it can cost about \$50 to apply to a college. One option is the Common Application. While some schools have their own applications, almost 700 schools nationwide elect to use the Common Application. To apply via Common App, you will need to create your own account. Once you have this account uploaded, you can use it to apply to most colleges on your list. Your email address will become your user name, so this is the time to create a professional email for yourself—ditch the one you've had since elementary school! Go to www.commonapp.org to get started or for more information.

How to apply:

- Go to the college website.
- Find "Admissions"
- Find "Freshman" or "Undergraduate" admissions
- Click on the "Apply" button
- You will be asked to register and create a user name and password
- The final step is the application fee, which on average is \$50. Fee waivers are available to those who qualify. See your high school Counselor for more assistance. *There is no charge to apply to OC.*

The nuts and bolts of the application are straight forward. You don't have to complete the process at your initial registration. You can "save" and come back to the application to complete it later. Most parts of a college application are relatively easy. The part that will take some time is the essay.

Popular in-state college websites:

- | | | | |
|------------------|--|-------------------|--|
| EWU | 🔗 www.ewu.edu | U of W | 🔗 www.washington.edu |
| Seattle U | 🔗 www.seattleu.edu | CWU | 🔗 www.cwu.edu |
| U of Puget Sound | 🔗 www.puget_sound.edu | WWU | 🔗 www.wwu.edu |
| WSU | 🔗 www.wsu.edu | Evergreen State | 🔗 www.evergreen.edu |
| PLU | 🔗 www.plu.edu | Seattle Pacific U | 🔗 www.spu.edu |
| Olympic College | 🔗 www.olympic.edu | | |

The Three Seasons of College Admission:

- Fall - Apply to colleges
- Fall and Winter - Apply for Financial Aid (FAFSA) – opens October 1st
- Spring - Commit to your college

COLLEGE ADMISSION AND SCHOLARSHIP DEADLINES

Complete the table below with your college choices:

College/University	Admission Deadline	Financial Aid Deadline	Scholarship Deadline



TESTING

Many colleges are operating as “test optional” for the class of 2022 because of the Covid restrictions for testing to occur; check with your schools to see if they are requiring a SAT or ACT test. In Washington, colleges will accept both the SAT and ACT. Colleges will use your best scores if you take more than one test, or if you repeat a test.

Regardless of admissions, you still may want to take either the ACT or SAT for other reasons, such as scholarships and scores can be applied to other required tests (for example it can replace the WEST-B for students wanting to become teachers).

PSAT/NMSQT

A shortened version of the SAT offered to sophomores and juniors in October. The Preliminary Scholastic Aptitude Test/National Merit Qualifying Test prepares students to do their best on the SAT. Top scoring juniors may earn scholarship money and distinction for college admissions.

ACT

The American College Test is a four-year college admission test. The ACT offers scores in English, Reading Math, Science, Writing and an overall composite score. Some students prefer this test to the SAT. With the ACT, you do not lose points for wrong answers, and there is a career interest assessment. This website could help you decide which test is best for you: <http://www.petersons.com/college-search/test-prep-act-sat.aspx>.

SAT

The Scholastic Aptitude Test is the most widely used college admission test. The SAT offers scores in Critical Reading, Math, and Writing. You do lose a fraction of a point for each wrong answer.

SAT II/Subject Tests

Some very selective/competitive colleges require the SAT II Subjects tests. These tests cover specific content area. Your college of interest will guide you on what subject tests to select. Washington schools do not require SAT II Tests.

Advanced Placement Testing

The Advanced Placement (AP) classes allow students to take college-level courses while in high school, which prepares them for the AP exams administered during the first 2 weeks of May. Students can earn college credit based on their AP exam scores. This can allow students to enter college as a freshman directly having college credit and experience, save money, and possibly earn a degree earlier. More than 90 percent of four-year colleges in the United States give students credit on the basis of exam scores.

ACCUPLACER

Olympic College requires the ACCUPLACER to accurately place students in English and Math courses. The better you do on the ACCUPLACER the more likely you are to begin your college career, taking college level courses, rather than remedial courses which require tuition but earn no credit. You may be able use your scores on the Smarter Balance test or grades from Bridge to College classes instead of taking the ACCUPLACER.

ASVAB

The Armed Service Vocational Aptitude Battery is given twice a year (fall and spring) at SKHS. This test is designed to identify strengths, weaknesses, and aptitude for jobs. Some students want the information for career guidance. The military uses the ASVAB to determine job eligibility. (*The military does not use the results to recruit high school students!*).

SAT – ACT Test taking tips:

Deadlines! ACT and SAT require registration four weeks before the test date. Students should register for the ACT and SAT early to guarantee their testing center. Apply online for faster processing time:

SAT: www.collegeboard.org

ACT: www.act.org

When you register for the SAT/ACT be sure to include South Kitsap High School's code number: 480-910

You will have the opportunity to select four colleges/programs to have your scores sent. This is part of what you are paying for; take advantage and select four schools! If you select more than four schools, or need your scores sent by the testing agency AFTER you have taken the test, you will be charged, about \$12 per school. Also, if there is any possibility that you will apply to the UW, be sure to select the UW to have your scores sent. The UW will ONLY accept test scores sent from the testing agency (ACT/SAT).

On the testing agency's website, you will find suggestions on taking the test. Most experts agree that your best test preparation is taking challenging classes during high school.

Which test is right for you?

According to The Princeton Review, about 25% of students will do better on the SAT, 25% will do better on the ACT, and 50% of students will do the same on either test. It is advantageous to select the right college admission test, or take them both. Think about it: college admission is at stake, scholarships are on the line. You want to maximize your test score! This chart outlines the main differences in the two tests:

SAT VS ACT	
SAT	ACT
Reading, Writing & Language, Math, Essay (Optional)	English, Math, Reading, Science, (Essay Optional)
3 hours (no essay); 3 hrs. 50 min. (with essay)	2 hrs. 55 min. (no essay); 3 hrs. 40 min. (with essay)
5 reading passages	4 reading passages
No Science section	1 Science section: tests critical thinking, not science.
Arithmetic/Geometry/Alg I & II, Trig. & Data Analysis	Arithmetic/Geometry/Alg I & 2/some Trig
Some math questions = no calculator	Can use calculator on all math questions
Essay tests comprehension of a source text.	Essays tests your eval. and analysis of complex issues
Scored on a scale of 400-1600	Scored on a scale of 1-36

The Counseling office has free samples of both tests.

TIMELINE FOR COLLEGE ADMISSIONS TESTING

Sophomore year:

- October – take the PSAT, it is excellent preparation for the SAT



Junior year:

- October – take the PSAT. Top scoring juniors qualify for a national scholarship and honors.
- March – June – take the SAT or ACT. Take the SAT Subject Tests if necessary.

Senior year:

- Fall – some seniors may want to retake the SAT/ACT. Take the SAT Subject Tests if necessary
- Early spring – seniors attending Olympic College, take the ACCUPLACER.

THE COLLEGE ADMISSION ESSAY

As part of the application, most colleges will require an essay. Essays are a vital piece of your application, since everything else is essentially numbers. Your college essay is the most personal part of your application.

Tips for an effective college essay:

- Imagine you work in the college admissions office, and you are reading hundreds of essays. What will make yours stand out and be interesting?
- Your opening should grab the reader's attention. You can start with a question, announcement, quote, or personal experience.
 - ⇒ Not great: In this essay, I will tell you about myself and why your college is best for me.
 - ⇒ Better: I had to ask myself, "Why Seattle, why a big campus, why lots of rain?"
 - ⇒ Not great: I am very unique and have lots of interests.
 - ⇒ Better: During my first week of school I thought I wore a sign that said, "New kid, stare at me!"
- Be specific.
 - ⇒ Not great: I am a people person.
 - ⇒ Better: When I saw the sparkle in the child's eyes, I knew I wanted to be a teacher.
- Adhere to the length limits.
- Proofread and read your essay aloud. Have a trusted friend or adult read your essay. Does it make sense and have the voice you intend?
- Are you clear and coherent?
- If there is something in your transcript that needs explanation, your essay is the place. For example, if your grades dipped your sophomore year and there is a reason, tell the college what was going on.

The 2021-2022 Common Application Essay prompts are now available. The limit on the essay is 650 words. Students can choose which essay they choose to tackle. Prompts are listed below:

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. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?
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.

Start your essay early, give yourself plenty of time to revise and polish before the deadline comes.

LETTERS OF RECOMMENDATION

Most public colleges do not require a letter of recommendation. You will need letters of recommendation for many private college applications, and for most scholarship applications.

If your application requires letters of recommendation, it is important that the letter reflects your attitude, character, personal traits, and areas of strength. You want the letter to say something about you that is not discernible from the rest of your application. To assist your teacher/counselor in preparing letters here are some helpful hints:

- Provide the writer with a resume highlighting your accomplishments. If you do not have a resume, check with the Career Center and they will help you develop one. There is also a “Letter of Recommendation Form” in the Counseling Office. The more information the writer has about you the better your letter will be!



GIVE TEACHERS/COUNSELORS PLENTY OF TIME TO WRITE LETTERS AND FILL OUT COLLEGE FORMS AT LEAST 5 – 7 SCHOOL DAYS!

Financial aid helps families with financial need pay for post-high school education. Financial aid is available for four-year colleges, two-year colleges, automotive schools, art schools, and technical schools, etc. Financial aid is not just for tuition! Financial aid can also cover fees, books, and living expenses. Any student/family requesting financial assistance must fill out the Free Application for Federal Student Aid (FAFSA). The FAFSA filing period opens on October 1st.

How financial aid works:

You do not have to be “poor” to qualify for financial aid, but you do have to show “need.” “Need” is the difference between what it costs to attend your school, and what you and your family can pay. The catch is you do not decide what your family can afford to pay. Here is the formula:

$$\text{Total cost of school} - \text{Expected Family Contribution (EFC)} = \text{Financial Need}$$

The results of your FAFSA application determine your EFC. If your school costs \$15,000 and your EFC is \$10,000, your financial need is \$5,000 and you would hope to have this need met by your financial aid package from your school.

Applying for financial aid:

1. To complete the FAFSA, you need a FSA ID user name and password. It can take 1 to 3 days to verify your identity before your ID is active, so it’s best to do this step before starting your FAFSA. Start here: <https://studentaid.gov/fsa-id/create-account/launch>
2. As soon as possible after October 1st of your senior year, complete a FAFSA online. One FAFSA is all you need even if applying to many schools. Go to <https://studentaid.gov/> for your application. The FAFSA must be completed yearly.
3. Each college will have their own deadline for the FAFSA. In general, shoot for having the FAFSA submitted by mid-October, but always check the deadline for your schools of interest.
4. If you qualify for financial aid, the colleges you have been admitted to will send you a financial aid package in the early spring.
5. You do not have to accept financial aid offers.

The FAFSA uses the taxes your parents filed for the previous year. In other words, a FAFSA completed in October 2021 will use tax returns for 2020 to verify income.

If you are applying to a private college, you may also need to complete an additional financial aid application called the **CSS PROFILE**. Check this website student.collegeboard.org/CSS-financial-aid-profile for more information.

Financial aid can come in three forms: **grants** (free money), **scholarships** (free money), **loans** (must be paid back), and **work-study** (work for the money, no pay back).

Throughout the school year, SKHS will host several Financial Aid Workshops, open to all students and parents who want to learn more about the FAFSA and how financial aid works.

Financial aid websites:

🔗 www.finaid.org – Easy to read and informative website on all aspects of financial Aid

🔗 <https://studentaid.gov/h/apply-for-aid/fafsa> – FAFSA on the web. Complete your form online; submit after January 1st of your senior year

🔗 <https://studentaid.gov/fsa-id/create-account/launch> – FSA ID numbers. Apply for the username and password needed to complete your FAFSA online. You and your parents will each need a PSA ID to electronically sign your FAFSA.

SCHOLARSHIPS

A common question asked in the counseling office is “How do I find scholarships?” The answer is: come to the Career Center ASAP! We can help you! We WANT to help you!

There are three main sources for scholarships:

1. **The school you are applying to.** Nearly every post-high school opportunity has scholarship money. Contact your school of interest and find out about scholarship opportunities. What is the process to apply? Will your admission application automatically consider you for scholarships or do you need a supplemental application? What are the due dates? Do not assume scholarship applications have the same deadline as admission deadlines.
2. **The internet.** There are many websites that offer scholarship applications. Google “college scholarships” and you will get over 7 million results. We recommend this website: www.thewashboard.org. This is a state website that connects you to in-state scholarships.
3. **Your local high school.** We receive many scholarship applications throughout the entire school year; most are for seniors. The current list is online at www.skitsap.wednet.edu/Page/12936. We have a hard copy on our front counter in the Career Center. If you see a scholarship you want to apply for, come into the career center and request that application.

THE SCHOLARSHIP HUNT

If you are serious about applying for scholarships, here are some tips:

- **Start searching as soon as possible.** Applying for scholarships is work, takes time, and is layered upon the many other activities that happen during your senior year. Check the scholarship bulletin for updates each week during the entire school year! You will need to devote time for scholarship applications.
- **Timelines.** Check the due date and eligibility criteria. Allow plenty of time. If the scholarship requires a transcript, **give the ASB Office at least two school days to prepare your transcript.** If you are under 18, you will need a parent signed transcript release form on file to order transcripts.
- **Save.** Keep copies of your completed applications. You can utilize them for future applications. Most of the material on that first application will be asked on each application.
- **Letter of recommendation.** If one is needed, be considerate of the writer. **Give that person at least seven days’ notice.**
- **Go local.** In general, the more local the scholarship, the less competitive that application may be.

What do scholarship donors look for?

That can vary, depending on the scholarship. In general, the following is what many scholarships consider:

- Academics – grade point average, transcript, test scores, and rigor of classes
- School or community service/activities
- Recommendations
- Leadership
- Obstacles overcome

Scholarship realism:

While there are many opportunities for scholarships, be aware that scholarships alone are rarely enough to finance a college education. Receiving just one scholarship is an honor and something to be proud of and that scholarship may only be worth \$500! Assuming the cost of college is a motivator for applying for scholarships, financial aid should also be requested by completing a FAFSA.

NCAA ELIGIBILITY

If you want to be eligible to play athletics at the college level, Division I or Division II, LISTEN UP! In order to play sports for an NCAA Division I or II school at the collegiate level, the NCAA Clearinghouse must certify your eligibility.

It is the responsibility of the athlete (and parent) to read, understand and follow the proper procedures to ensure eligibility. Further information can be found in the South Kitsap High Course Catalog. You must also talk over your plans with your Counselor and log on to web3.ncaa.org/ecwr3/.

Some necessary steps toward certification:

- Make an appointment with your counselor to review your transcripts and current class schedule, review approved core courses to understand which courses can be used to meet the NCAA core curriculum requirements
- Take the SAT and/or ACT exams
- At the end of your junior year or the beginning of your senior year, register with the NCAA Clearinghouse via their website above



NCAA Core Curriculum Requirements:

Credits	Subject
4	English
3	Math – 1 year Algebra & 1 year Geometry or a class that has Geometry as a prerequisite
2	Natural or Physical Science – including 1 year of a lab science if offered by your high school
2	Social Science
1	Additional course in English, Math, Science
4	Additional Credits in English, Math, Social Science, Foreign Language, Philosophy, Non-doctrinal Religion

COLLEGE PLANNING TIMELINES

This guide will help you stay on track to meet your goals as you make your post-high school plans. For more detailed information, please visit the Career Center website: www.skitsap.wednet.edu/Page/7697.

FRESHMAN YEAR TIMELINE

Fall: Think about extra-curricular activities both in and out of school. These activities make you a well-rounded person.

Winter: Consider a college savings plan. Get off to a good start with your grades. Freshman year is the start of your cumulative GPA.

Spring: Register for next year's classes with the right mix of college-prep and electives. Take challenging classes. Learn about college. Take advantage of you high school counseling office and the many opportunities to learn about college.

SOPHOMORE YEAR TIMELINE

Fall

- Take the PSAT
- Attend College & Career Fairs
- Attend SKHS "It's Your Future" night - October
- Get involved in extra-curricular activities
- Meet with your School Counselor & Career Counselor
- ASVAB offered – October
- Start researching college admission requirements
- Develop a plan of high school classes you will take to prepare for your college/career choice
- Research colleges of interest

Spring

- ASVAB offered – April
- Advanced Placement tests given in May
- Plan a college campus visit



JUNIOR YEAR TIMELINE

October – November

- All Juniors will take the PSAT in October
- ASVAB offered in November
- Attend College & Career Fairs including the National College Fair in October, in Seattle
- Attend SKHS “It’s Your Future” Night
- Meet with your Counselor and Career Coordinator

December

- PSAT results are available; review scores

January – February

- Develop a list of colleges of interest
- Visit college websites to confirm application deadlines
- Register for the SAT or ACT online
- ROTC/Academy Information Night

March

- Register for the SAT or ACT online
- Attend College Fair at OC
- Plan college campus visits during Spring Break

April

- Make college campus visits
- Use Counseling and Career Center resources including Xello.
- ASVAB offered

May-June

- Register for the SAT or ACT online
- Advanced Placement tests given
- Schedule campus visits for the summer
- Know requirements for colleges of interest
- Check into NCAA Initial Eligibility Form
- Start looking into scholarships through the Career Center



SENIOR-YEAR TIMELINE

September

- Narrow college choices
- Review College admission requirements
- Register for Fall testing (SAT or ACT), if needed
- ASVAB given - October
- Apply for scholarships through Counseling Office - all year

October – November

- Apply for Financial Aid online, or by mail, after Oct. 1st
- Review college choices
- Apply online for colleges
- Request transcripts from the Counseling Office
- Take the November SAT, if necessary
- Attend College Fairs
- Attend SKHS “It’s Your Future” Fair
- ASVAB is offered

December

- College choices should be firm
- Apply online for colleges
- Request Transcripts to be sent to colleges
- Take the SAT, if needed

January

- Attend Financial Aid Workshop at SKHS
- Apply for Scholarships through Counseling Office
- ROTC/Academy Information Night

February - March

- Request Mid-year transcripts
- Olympic College advising session at SKHS
- ACCUPLACER offered at SKHS

April - May

- Notification of acceptance from colleges
- Financial Aid offers are mailed to students
- ASVAB offered - April
- For Olympic College, take the ACCUPLACER and register for SOAR, Academic Advising

June

- Pay all fines
- During Senior Check-out request transcripts
- Diplomas can be picked-up in the Counseling Office starting in mid-July



COMMUNITY COLLEGES

Many South Kitsap High School graduates begin college at Olympic College (www.olympic.edu) or Tacoma Community College (www.tacomacc.edu). These colleges offers transfer programs to help students earn an Associate's (two year) college degree, then transfer to a four-year college. OC also offers one- or two-year Professional Technical programs that can lead directly to employment. Cost and smaller class sizes are reasons many students attend community colleges.

A word about the Running Start Program:

The Running Start program is for "college ready" juniors and seniors. RS allows such students to take tuition free courses at the community college. Students earn credits that apply toward both high school graduation and a college degree.

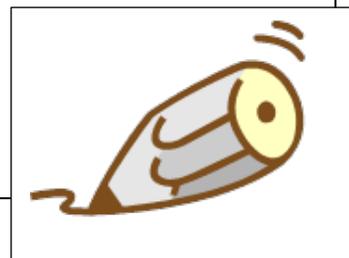
What is meant by "college ready?"

- Does your level of personal and social maturity indicate you are ready for college level responsibilities?
- Do you have the academic skills to be successful at the college level?
 - ✓ Students must have a High School cumulative GPA of 2.5
 - ✓ Results of the ACCUPLACER test, given at Olympic College, demonstrate college readiness.
 - ✓ Students MUST test into English 101 to be eligible for Running Start.

For Fall RS enrollment, the ACCUPLACER should be taken by May 1st.

Detailed information on Running Start can be found at www.olympic.edu/current-students/running-start

Jot your notes here:



APPRENTICESHIP PROGRAMS

An Apprenticeship is a system of training where an employee learns while on the job. Puget Sound Naval Shipyard offers apprenticeships in fields such as pipefitters, electricians, mechanics, welders, and carpenters. In addition to the shipyard there are an additional 255 apprenticeship opportunities in Washington such as meat cutters, cement masons, iron workers, roofers, etc.

Most apprenticeships last from one to five years, depending upon the occupation. Apprentices are paid an hourly wage, along with other benefits which include educational, medical, dental, retirement, and paid vacation. For more information about apprenticeships, contact the SKHS Career Center or visit the following websites:

Puget Sound Naval Shipyard – www.navsea.navy.mil/Home/Shipyards/PSNS-IMF/Careers/Apprentice-Trainee-ProgramSD/

Department of Labor & Industries - <https://www.lni.wa.gov/licensing-permits/apprenticeship/apprenticeship-preparation>

MILITARY SERVICE

The Armed Services offer students many career and educational opportunities. When looking into these options, students should explore the wide range of programs available including enlistment opportunities, ROTC (Reserve Officer Training Corps) scholarships, and GI Bill funding for higher education. For more information, see the SKHS Career Center Coordinator or a military recruiter. All branches of service have information detailing the programs available on the following websites:

- Army – www.army.mil
- Marine Corps – www.usmc.mil
- Coast Guard – www.goastguard.com
- Navy – www.navy.mil
- Air Force – www.airforce.com
- National Guard - <https://mil.wa.gov/national-guard>

How to apply to a United States Military Academy:

Apply early in your junior year if you plan to attend a U.S. Military Academy. **November of your senior year is TOO LATE!** ROTC Information Night is usually held in January at Central Kitsap High School. It is recommended students attend their sophomore year to get a head start on gathering necessary information and again their junior year to ask final questions of the recruiters.

For West Point, Air Force Academy, Merchant Marine Academy, & Naval Academy, you must have a **nomination** to compete for admission. A **nomination** is different than an **appointment!** You must first compete for a nomination, which allows you to compete for an appointment.

Keep in mind; the competition for these appointments is exceptionally high, similar to that for admission to an Ivy League type university. If applying for an academy appointment, you should also apply for an ROTC scholarship in the same branch of service as a backup plan.

For further information log on to:

- U.S. Air Force Academy - www.usafa.af.mil
- U.S. Naval Academy Annapolis - www.usna.edu
- U.S. Coast Guard Academy - www.cga.edu
- U.S. Military Academy West Point - www.usma.edu

- U.S. Merchant Marine Academy - www.usmma.edu

Information about ROTC Programs:

The Reserve Officers' Training Corps (ROTC) gives students the opportunity to earn a college degree, learn and develop leadership skills, and prepare for a career as a military officer. The military is looking for excellent students who have leadership potential.

Even if you aren't awarded a scholarship while you are in high school you can still apply after you start college. Once you get to the campus just visit the ROTC office and inquire about scholarship opportunities. For further information visit:

- Army ROTC – www.goarmy.com/rotc
- Navy ROTC – www.nrotc.navy.mil
- Air Force ROTC – www.afrotc.com

TRADE & TECHNICAL COLLEGES

There are several outstanding technical schools within commuting distance of Port Orchard. Clover Park and Bates are located in Tacoma and are among five technical colleges in the state that offer a vast range of courses designed to meet any career interest. Private career schools offer numerous health related programs that are designed to get students into the job market in a relatively short period of time.

Specific career training is available through community colleges like Olympic College. OC offers programs in welding, nursing, electronics, physical therapy assisting, culinary arts, engineering, and numerous other career fields. Everything from career specific certificates to bachelor's degrees can be earned! Be sure to investigate and compare all schools you are thinking about attending.

A very informative website is www.CheckOutACollege.com which can be used to help connect you to the Washington state community or technical college that's right for you.

Popular career and technical college websites:

Clover Park Technical College	www.cptc.edu
Bates Technical College	www.bates.ctc.edu
International Air Academy	www.aha.edu
Art Institute of Seattle	www.ais.edu
Gene Juarez Academy	www.genejuarezacademy.com

For more information about these or any other post-secondary interests you may have, come to the Career Center.