

FREDERICA ACADEMY

COLLEGE COUNSELING HANDBOOK



2022-2023

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A MESSAGE FROM THE COLLEGE COUNSELOR

Welcome to the beginning of the college search process. Frederica Academy's College Counseling Center is looking forward to guiding you through this exciting journey.

The mission of the center is to foster students' academic, intellectual, and personal growth while helping them find a college that matches their academic talents and fits their interests well.

Navigating today's college process requires careful planning and preparation. The College Counseling Handbook is designed to help assist students and parents in the college search and application process.



DR. LAURA NEVINS

FRESHMAN & SOPHOMORE CALENDAR

AUGUST 2022

- Freshmen: Attend the Upper School 101 summer seminar class
- Sophomores: Update résumé in SCOIR

SEPTEMBER 2022

- Sophomores: Attend the Fall Sophomore College Counseling Workshop

OCTOBER 2022

- Sophomores: PSAT- October 12th
- Freshmen: Attend the Fall Freshman College Counseling Workshop

NOVEMBER 2022

- Freshmen & Sophomores: Pre-ACT- November 2nd
- Sophomores: Attend Sophomore Class College Night- November 8th
- Explore SCOIR

DECEMBER 2022

- Explore SCOIR

JANUARY 2023

- Freshmen: Attend the Understanding your Pre-ACT Score College Counseling Workshop
- Sophomores: Attend the Understanding your Pre-ACT & PSAT Score College Counseling Workshop
- Explore SCOIR

FEBRUARY 2023

- Explore SCOIR

MARCH 2023

- Explore SCOIR

APRIL 2023

- Plan your summer experience & college visits
- Explore SCOIR

MAY 2023

- Explore SCOIR

*Please see the Standardized Testing Section for the SAT, ACT, and AP Exam test dates and deadlines.

JUNIOR CALENDAR

AUGUST 2022

- Update résumé in SCOIR

SEPTEMBER 2022

- Attend the Fall Junior College Counseling Workshop
- Update résumé in SCOIR

OCTOBER 2022

- PSAT/NMSQT- October 12th

NOVEMBER 2022

- Pre-ACT- November 2nd

DECEMBER 2022

- Update résumé in SCOIR

JANUARY 2023

- Attend the ACT January In-Class Prep Course
- Attend Junior Class College Night- January 10th
- Schedule your Individual College Conference with Dr. Nevins

FEBRUARY 2023

- Schedule your Individual College Conference with Dr. Nevins

MARCH 2023

- Schedule college visits

APRIL 2023

- Schedule college visits
- Begin completing Teacher Recommendation Request Forms
- Plan your summer experience

MAY 2023

- Plan your summer experience and college visits

JUNE 2023

- Explore SCOIR

*Please see the Standardized Testing Section for the SAT, ACT, and AP Exam test dates and deadlines.

SENIOR CALENDAR

AUGUST 2022

- Submit the first draft of your college essay to Dr. Nevins
- Attend your scheduled College Counseling Check-In Meeting with Dr. Nevins
- Update résumé in SCOIR
- Begin working on college applications

SEPTEMBER 2022

- Attend Senior Class College Night- September 7th
- Update the Applying to college list in SCOIR

OCTOBER 2022

- FAFSA becomes available on October 1st
- Attend College Financial Aid Night- October 6th
- Visit or re-visit the colleges on your list

NOVEMBER 2022

- Common Early Decision/Action deadlines- November 1st/15th

DECEMBER 2022

- Earliest Regular Decision Deadline- December 15th
- Begin scholarship applications

JANUARY 2023

- Common Regular Decision Deadline- January 1st/15th

FEBRUARY 2023

- FAFSA preferred deadline- February 1st

MARCH 2023

- Update SCOIR

APRIL 2023

- Notify colleges you are no longer considering
- Re-visit colleges you are considering
- Update SCOIR

MAY 2023

- Deadline to make a deposit- May 1st
- Graduation!

*Please see the Standardized Testing Section for the SAT, ACT, and AP Exam test dates and deadlines.

SCOIR



SCOIR: app.scoir.com/signin

SCOIR is a web-based services designed especially for students and parents. The program tracks and analyzes data about college and career plans to provide up-to-date information that is specific to Frederica Academy.

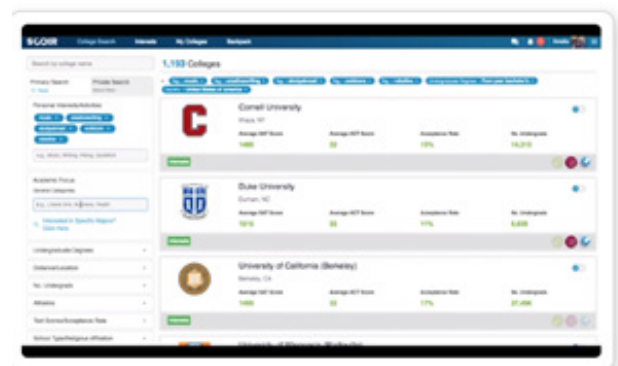
The SCOIR search function helps identify schools students might be interested in based on a number of search parameters including location, academic interests, hobbies, etc. The program's career search and assessment tools may help broaden knowledge of various careers and educational opportunities available. Students are encouraged to utilize résumé building features, which will allow them to keep track of their work, community service, extracurricular activities, and honors and awards. SCOIR also curates social media and testimonials of students on campus to provide a glimpse into student life. Students are able to curate their own "board", filled with colleges and hashtags they are interested in following.

The SCOIR mobile app enables students to search and manage their profile through their phone. Students and families will be able to view historical data of college admissions rates and success of previous Frederica Academy students, which is helpful in determining the likelihood of admissions.

SCOIR provides an interface for parents so that they may become a part of the search process. Financial calculators are available to help assess and compare the costs of colleges, and parents can even recommend schools that they think their student may be interested in.

The platform also allows counselors and teachers to send recommendations, transcripts and additional documents efficiently.

Students will meet with the College Counselor in the 9th grade to learn more about SCOIR and gain access to their accounts.



THE COLLEGE SEARCH

Beginning the college search can be a daunting process. Visiting colleges is the best way to determine whether or not you can see yourself attending that school; however, there may be schools you are unable to visit prior to applying. Researching schools is key to developing a list of prospective colleges. The more you learn about a school you are interested in, the easier it will be to determine if that school is the right “fit” for you. SCOIR is a great resource to use when searching for colleges. The site can be used to help search for specific criteria you are looking for in a college.

ON-CAMPUS COLLEGE VISITS

Spring break is a wonderful time for students to schedule college campus visits. It is recommended that students visit college campuses when the college is in session to get a feel of how the college operates and looks when classes are in session and the campus is full.

College tours and information sessions should be arranged at least 3-4 weeks in advance and can be scheduled through the college’s admissions webpage.

There is a limit of **3 excused absences** per year for students who go on college visits. Students must submit a **Parental Request for Student Absence Form** and speak to their teachers regarding the assignments they will be missing. **This absence will only be considered an official college visit if the student receives the signature of the College Counselor on their Student Absence Form.** The form can be picked up in the Upper School office.

VIRTUAL COLLEGE VISITS

Most colleges provide an opportunity for students to learn more about their college’s campus on their website, through a virtual college tour. Virtual college tours can be a great way for students and parents, who are unable to physically visit schools, to see different areas of campus and learn about the school from either a student or an admissions representative.

INTERVIEWS

Interviews are recommended, but not required by most colleges. An interview is a great way for an admissions counselor to get to know you better and allow you to share with them why you would be a great addition to their colleges’ campus. Colleges and universities are also utilizing modern day technology by scheduling Skype interviews with students who are unable to visit their campus; they also reach out to their alumni to schedule interviews in their hometowns.

THE COLLEGE SEARCH

Students who schedule an interview with a school should remember to:

- Dress appropriately
- Be on time
- Use appropriate speech
- Make a list of a few questions to ask the admissions counselor or alumni about the school
- Ask for your interviewer's contact information to send them a thank you note or email after the interview

It is important to note that the interviewer may never mention your grades or standardized test scores. It is not that they will not be considered for admission, but during the interview, the conversation will most likely be about your interests, what you feel makes you a good candidate for admission, and what you can offer the college as a student.

COMMON COLLEGE ADMISSIONS INTERVIEW QUESTIONS

- Tell me about yourself.
- How did you learn about our school?
- How have you prepared yourself for college?
- What activities that you have participated in are the most meaningful to you?
- What are your favorite classes and why?
- What is the name of the last book you read for leisure?
- How would your teachers describe you?
- How would your friends describe you?
- What do you like most about our college?
- How do you plan to contribute to our college community?
- What are you interested in majoring in and why?
- What do you do for fun in your free time?
- Tell me about a challenge that you overcame.
- What do you see yourself doing 10 years from now?
- How do you define success?
- What about you is unique?
- What subject in high school did you find the most challenging?
- How have you been a leader or displayed leadership?
- What is a challenge you have overcome?
- Do you have any questions?

THE COLLEGE SEARCH

ADDITIONAL DETAILS TO CONSIDER WHEN RESEARCHING COLLEGES

- Campus size (small, medium, large)
- Geographic Location (city, state)
- Size of school (small, medium, large)
- Average number of students per class
- Community and surrounding areas
- Academic programs (majors, joint-degree programs)
- Student body (ratio of men to women, where they're coming from)
- Safety (security, Blue-Light Systems)
- Organizations/clubs (academic clubs, Greek life, intramurals)
- Athletics (NCAA Division, do students attend events?)
- Weekend activities/school events
- College facilities
- Financial aid and tuition (scholarship opportunities)
- Housing (is housing guaranteed for 4 years?)
- Meal plans
- Interviews (are they required?)
- Application deadlines
- Required standardized tests
- Career services department (do they help find internships and help with job placement?)
- Counseling center/office (hours, staff qualifications)
- Study abroad opportunities (requirements, countries)
- Honor Code
- Retention rate (what percentage of freshmen return?)
- Library (facilities, hours)

COLLEGE APPLICATIONS

College admission criteria may vary from one school to another. However, college admissions will tend to focus on the factors below:

- Rigor/high school curriculum
- GPA
- Standardized test scores
- Essay/supplements
- Activity résumé
- Recommendations

OFFICIAL HIGH SCHOOL TRANSCRIPT

Each college you are applying to must receive an official high school transcript. The College Counseling Center will automatically send transcripts to the colleges on the “Applying” to list in SCOIR for each student, as the application deadline approaches. All transcripts will include ninth, tenth, and eleventh grade’s first and second semester grades. Frederica Academy reports only weighted GPAs and numeric averages. Senior grades will only appear if first semester has been completed.

Colleges are also looking at high school transcripts to see how much students have challenged themselves. The rigor of the courses you have selected while in high school are given much consideration by admissions counselors. Colleges want to see that students have taken advantage of the honors and Advanced Placement courses high schools offer. They want to see that students are aware of their strengths and know their potential. For this reason, it is not enough that a student enrolls in an advanced course; how the student performs is just as important. It is best to enroll in an honors or Advanced Placement course that is in a subject you enjoy and are passionate about.

STANDARDIZED TEST SCORES

Please see the Standardized Testing section of the handbook.

PERSONAL STATEMENT/ESSAY

With each essay or short answer question you submit, you are giving the school more information about yourself; allowing them to see what makes you a unique candidate for admission. Take the time to think of what you would like the admissions counselors to know about you. Each essay you write should be proofed for errors and should be read by an English teacher or the College Counselor.

COLLEGE APPLICATIONS

The essay is an important part of the application. If you are writing about a question asked, please be sure that you have answered the question. If you have selected to write a personal statement, think about how someone who does not know you personally will judge what you have written. The writing section of an application gives you, the student, the opportunity to share information that the admissions counselors do not know from the basic information you have provided them. Please see the Essays that Worked section of the handbook to view sample college essays.

SUPPLEMENTAL APPLICATION MATERIAL

Depending on your intended major, you may be required to submit an additional portfolio or perform an audition. It is the student's responsibility to know what supplemental material or documentation is required by each of the schools to which he/she is applying.

ACTIVITY RÉSUMÉ

The activity résumé allows colleges to learn what you, as a student, do when you are not in the classroom setting. It allows admission counselors to learn who you are as an individual; what your interests, hobbies, passions, talents, and honors are. Résumé workshops are offered throughout the school year for students to work on their résumé with the college counselor.

A copy of each student's résumé will be submitted on their behalf, along with each official transcript sent to a college. Some schools offer scholarships and awards for various activities listed on a résumé. To qualify for these scholarships, schools must be aware of the activities you have participated in and the awards which you have received.

TEACHER AND COUNSELOR RECOMMENDATIONS

Each student must ask two teachers to write a letter of recommendation. Students are required to ask their teachers in person to write these letters. Once they have done so, each senior must submit an electronic Teacher Recommendation Request Form. Frederica Academy recommends that students ask **two teachers from two different academic subject areas**. Teachers should be from core academic areas, preferably from your junior year of high school. The teachers will be writing about your academic performance, effort, participation, and overall attitude in the classroom setting.

COLLEGE APPLICATIONS

The teacher recommendation letter is an important part of your application. It allows the school to get a glimpse of how you conduct yourself in the classroom setting. Colleges recommend that students and parents do not have access to recommendation letters. All recommendations will remain confidential and should only be read by those whom the letters are written to. **Frederica Academy will not share letters of recommendation with students or parents. This is a College Counseling Office policy.**

Each college a senior applies to will receive a letter from the College Counselor. This letter will mark the student's accomplishments, personality, and overall impact he/she has had on the Frederica Academy community. The College Counselor may also explain any circumstances that may have impacted a student's academic performance. Again, **Frederica Academy will not share letters of recommendation with students or parents. This is a College Counseling Office policy.**

Below is what all parties are responsible for submitting to a college:

Frederica Academy:

- Counselor Recommendation
- Teacher Recommendations
- Official High School Transcript
- School Profile
- Activity Résumé

Student:

- College Applications (including supplements)
- Application fees
- Essays/Personal Statements
- SAT and/or ACT Score Reports (if applicable)

APPLICATIONS

The first step in applying to a college is completing an application. Students may complete an online application which can be accessed on the school's website. Applications take time to complete. They are a reflection of the student, and therefore should not be rushed through. Many schools require more than one essay or personal statement. Students should think about what they would like the college to know about them that is not already seen in the basic questions asked.

COLLEGE APPLICATIONS

Students are encouraged to meet with the College Counselor to go over their applications prior to submission.

THE COMMON APPLICATION

The Common Application is accepted by over 900 colleges and universities and allows students to apply to schools using one single application. www.commonapp.org.

Each school will require students to complete their own individual supplement on the Common Application site. Please keep in mind that these supplements typically consist of essay questions. Like your individual personal statement/essay, much thought should be given to these supplemental essays or questions.

Please note that the Common Application will not be sent to the colleges you have added to your “My Colleges” section of the application until you have completed the signature page and click **SUBMIT**.

COMMON TYPES OF APPLICATION DEADLINES

Regular Decision- Deadline typically falls on or after January 1. Decisions are usually reached by March-April.

Rolling- Applicants will receive an admission decision as soon as it becomes available. The earlier the student applies, the sooner a decision will be made.

Early Action- Admission decision is not binding. Students may apply Early Action to as many schools as they would like. Students who apply to a school as an Early Action applicant will learn of their admission decision sooner than under a Regular Decision deadline.

Restrictive Early Action- Admission decision is not binding. Colleges with Restrictive Early Action deadlines may have different stipulations on additional colleges students may apply to under an Early Action application period.

Early Decision- This deadline gives a BINDING decision. If a student applies and gets admitted, the student MUST attend the school. Students are only permitted to apply to ONE school as an Early Decision applicant. They may apply to other schools as an Early Action applicant, but must withdraw their applications to those schools if

COLLEGE APPLICATIONS

they are admitted into the school they have applied to Early Decision. This deadline typically falls in November and students are usually notified in January. An Early Decision Agreement must be submitted along with the application. This agreement requires a student, parent, and counselor signature. Students should only apply to a college/university as an Early Decision applicant if financial aid/scholarship is not a concern AND if it is their number one choice of school.

Early Decision II- This deadline typically falls in November-January. Like Early Decision, this deadline gives a BINDING decision. It is a good option for a student who would like to apply to a school Early Decision, but would like to take a November or December standardized test.

STANDARDIZED TESTING

Standardized tests are used to assist educators and students in assessing aptitude, ability, and proficiency. Frederica Academy administers the Preliminary Scholastic Aptitude Test (**PSAT**) to all sophomores and juniors in October. **Sophomores** take the test for practice and exposure to the types of questions asked on the SAT, while **juniors** will have a chance to qualify for a Merit Scholarship and test their skills against other students nationwide. National Merit Scholarships are determined each year by an index totaling the verbal, math, and writing numbers of the test. **Freshmen, sophomores, and juniors** are also administered the **Pre-ACT**, a test designed to expose underclassmen to the format of the ACT exam.

Frederica Academy students enrolled in an **Advanced Placement (AP)** course is required to take the AP exam for that course in May, with the exception of seniors. AP courses are designed to help students become successful at college level curriculum, while their exams test student knowledge of material taught.

The Scholastic Aptitude Test, more commonly known as the **SAT**, and the American College Testing's assessment, the **ACT**, are used by colleges and universities for admission. These exams are not the only criteria considered for college admission; however, your score provides colleges with a means of comparing applicants, as it is the only standard component in the application process. How an SAT or ACT score is used varies from school to school, and it is the student's responsibility to know what standardized tests are required for each school they are applying to. ***It is imperative that students take test preparation seriously. Studying will help better prepare students for the test and help increase scores.***

Please note that Frederica Academy does NOT report standardized test scores to colleges. **Students must request their test scores be sent to each of the colleges to which they are submitting an application. To do so, please log into your College Board or ACT account via www.CollegeBoard.org or www.ACT.org.**

STANDARDIZED TESTING

PSAT

Sophomores and **juniors** will be administered the PSAT in October of every year. The PSAT is a College Board exam that is designed to help prepare students for the types of questions seen on the SAT. The exam tests students on evidence-based reading & writing and mathematics. The PSAT's scale is 160-760 for each section. Students will not lose points for incorrect answers; it is advantageous for the student to answer every question on the exam.

Score reports become available in December of the same year and are mailed to each parent. **Sophomores** will go over their PSAT scores in a classroom setting in January, and can meet individually with the College Counselor to go over their individual scores, as needed. **Juniors** will go over their scores during their Individual College Meeting.

It is recommended that each student log into their College Board account and review their online score report. Online reports can be synced with a **Khan Academy** (www.KhanAcademy.org/test-prep/sat) account which students can use to receive additional help in studying for the SAT.

PRE-ACT

Freshmen, sophomores, and **juniors** will be administered the Pre-ACT in November of each year. The Pre-ACT is designed to expose students to the format of the ACT exam. Similar to the ACT, the Pre-ACT contains four sections- English, Mathematics, Reading, and Science. The Composite score of the Pre-ACT gives an estimate of the student's educational development over all of the areas that are tested. This score ranges from 1 to 35. Like the ACT, there is no penalty for guessing. Therefore, students are encouraged to answer every question.

Pre-ACT results become available in December of the same year and are mailed to each student. **Freshmen** and **Sophomores** will go over their Pre-ACT scores in a classroom setting in January, and can meet individually with the College Counselor to go over their individual scores. **Juniors** will review their scores with the College Counselor during their individual college meeting.

STANDARDIZED TESTING

SAT

The **SAT** is a test that asks you to use your reasoning skills to answer questions on math, reading, and writing. The test emphasizes critical analysis and real-world problem-solving.

The SAT contains two major sections: **Evidence Based Reading & Writing** and **Math**, and is made up of five long sub-sections testing writing and language, reading, math (in two sections), and writing. Both major sections are scored on a scale of 200-800, for a total score between 400-1600.

Evidence Based Reading & Writing: There are two English sub-sections which have an emphasis on rhetoric, analysis, and punctuation. These scores of the sub-sections will be combined to create the first section score on a score range of 200-800.

- The writing and language section tests grammatical and rhetorical skills.
- The reading section tests evidence-based reading comprehension skills.

Math: The math section covers topics from pre-algebra through basic trigonometry, with a heavy emphasis on rhetoric and analysis. There is a math calculator and no-calculator section of the exam. The scores of the two math sub-sections will be combined to create a second section score on a score range of 200-800.

Score Choice is a feature the College Board has created which allows students to select one test date score to send to colleges. A College Board SAT Score Report will include all SAT Tests a student has taken, unless the student chooses to use Score Choice.

It is recommended that **juniors** take at least one SAT exam in the spring (March, May, or June), and one in the fall of their senior year (August or October). Every student who registers to take the SAT should prepare for the exam (this means studying!).

Students must register for each SAT they choose to take. They can do so by creating an account through the College Board (www.CollegeBoard.org). It is the student's responsibility to register for the SATs he/she wishes to take, and to request official score reports be sent to the colleges to which he/she is applying. **Juniors** and **seniors** who register for an SAT exam may choose up to four schools to receive SAT Score Reports for free (at the time of registration). Students will be charged for each additional report ordered.

STANDARDIZED TESTING

2022-2023 SAT DATES & DEADLINES

Test Date	Regular Registration Deadline	Late Registration Deadline
*August 27, 2022	July 29th	August 16th
*October 1, 2022	September 2nd	September 20th
November 5, 2022	October 7th	October 25th
December 3, 2022	November 3rd	November 22nd
*March 11, 2023	February 10th	February 28th
May 6, 2023	April 7th	April 25th
*June 3, 2023	May 4th	May 23rd

*Offered at Frederica Academy

ACT

The ACT is a curriculum based assessment which contains English, Mathematics, Reading, Science, and optional Writing sections. **Though the writing section is optional, Frederica Academy recommends that each student taking the ACT complete the writing portion of the exam, as many schools will not consider an ACT score without a writing section.** Some schools that recommend or require SAT Subject Tests will accept the ACT with writing instead.

Students who take the ACT will receive a Composite Score, which ranges from 1-36. The Composite Score is the average of the four scores received on the exam. A separate score is given for the writing portion of the exam. An ACT can be compared to the score received on an SAT exam by using a conversion chart.

It is recommended that **juniors** take one ACT exam in the spring (February, April, and/or June), and one in the fall of their **senior** year (September or October). Students must register for each ACT they choose to take. They can do so by creating an account through the ACT (www.act.org). It is the student's responsibility to register for the ACT's he/she wishes to take and to request official score reports be sent to the colleges to which he/she is applying.

Students can expect each section of the test to have the following content:

- **Math:** Up to trigonometry
- **Science:** Charts, data, graphs
- **Reading:** Reading passages- prose fiction, social sciences, humanities, and natural sciences
- **English:** Grammar usage

STANDARDIZED TESTING

2022-2023 ACT DATES & DEADLINES

Test Date	Regular Registration Deadline	Late Registration Deadline
September 10, 2022	August 5th	August 19th
October 22, 2022	September 16th	September 30th
December 10, 2022	November 4th	November 11th
*February 11, 2023	January 6th	January 20th
*April 15, 2023	March 10th	March 24th
*June 10, 2023	May 5th	May 19th
July 15, 2023	June 16th	June 23rd

*Offered at Frederica Academy

Please use Frederica Academy's school code when registering for each standardized test.
(CEEB: 110-474)

AP EXAMS

AP (Advanced Placement) courses are designed to help students become successful at college level courses, while their exams test student knowledge of material taught. All students, with the exception of seniors, who enrolled in an AP course are required to take the College Board AP Exam. Failure to sit for a College Board AP Exam will result in the removal of AP designation on a Frederica Academy transcript.

Seniors who opt out of taking an AP Exam will be required to sit for a final exam in that course. AP exams are scored on a scale of 1-5. Many colleges will award college credit for grades of 3 or better on an AP exam. If a student would like his/her score to be considered for college credit at the college he/she is attending, he/she must request a copy of their AP Score Report be sent to the school.

The College Counseling Center will order all AP exams. Families will be billed for the cost of each exam (\$96). Seniors may opt-out of AP exams if an opt-out form is submitted by the selected deadline.

STANDARDIZED TESTING

2023 AP EXAM SCHEDULE

Exam Date/Time	AP Exam
Monday, May 1, 2023 (8am)	AP U.S. Government
Monday, May 1, 2023 (12pm)	AP Chemistry
Wednesday, May 3, 2023 (8am)	AP Literature & Comp.
Wednesday, May 3, 2023 (12pm)	AP Computer Science A
Thursday, May 4, 2023 (12pm)	AP Statistics
Friday, May 5, 2023 (8am)	AP US History
Monday, May 8, 2023 (8am)	AP Calculus AB
Monday, May 8, 2023 (12pm)	AP Computer Science Principles
Tuesday, May 9, 2023 (8am)	AP English Language
Wednesday, May 10, 2023 (8am)	AP Spanish Language
Wednesday, May 10, 2023 (12pm)	AP Biology
Thursday, May 11, 2023 (8am)	AP World History
Thursday, May 11, 2023 (12pm)	AP Physics I

NCAA ELIGIBILITY

Students interested in playing a sport at the **NCAA Division I** or **Division II** level are encouraged to plan ahead! Each high school is required to submit its courses to the NCAA Eligibility Center for approval. Any course approved by the NCAA will be calculated in a student's GPA for eligibility. Those courses, such as non-academic electives and fine arts electives that are not approved by the NCAA, are not calculated into a student's GPA when being considered for eligibility. Frederica Academy's academic requirements exceed both NCAA Division I and Division II credit requirements. However, each student interested in playing a sport at the college level should inform the College Counselor so a credit evaluation can be conducted.

NCAA CHECKLIST

- Speak to the College Counselor about your desire to be a college athlete
- Discuss recruitment strategies and appropriate Division level with your coach
- Register with the Eligibility Center (NCAA recommends that students register at the beginning of their sophomore year)
- Request an official high school transcript be sent to the Eligibility Center at the end of your junior year
- Have all standardized test scores (SAT and ACT) sent to the Eligibility Center, using test code "9999"
- Request an official high school transcript be sent to the Eligibility Center at the end of your senior year

DIVISION 1

- Complete 16 core courses
- Ten of the 16 core courses must be completed before the seventh semester (senior year) of high school
- Seven of the 10 core courses must be in English, math or science
- Earn a core-course GPA of at least 2.3
- Earn the ACT/SAT score matching your core-course
- GPA on the Division I sliding scale
- Graduate high school

DIVISION II

- Earn a core-course GPA of at least 2.2.
- Earn the ACT/SAT score matching your core-course
- GPA on the Division II full qualifier sliding scale
- Graduate high school



www.NCAAEligibility.org

FINANCIAL AID & SCHOLARSHIPS

There are two types of aid: **need-based** and **merit-based**. Need-based aid is determined by completing the FAFSA (Free Application for Federal Student Aid). Merit-based aid is given in the form of scholarship. Scholarships can be awarded to students based upon their academic achievement in high school, standardized test scores, talents, or achievements.

FREE APPLICATION FOR FEDERAL STUDENT AID (FAFSA)

The FAFSA can be accessed and completed by visiting www.fafsa.ed.gov. The application cannot be filed before January 1 of your senior year. Each college/university will determine an individual amount of aid to offer you. This is determined by assessing your family income, assets, and what they believe is your family's ability to pay for college tuition. Each college has its own priority filing date which you must be aware of. Need based aid may include loans, grants, and work study.

NET PRICE CALCULATOR

The Net Price Calculator is a tool that students can use to estimate their "net price" to attend a particular college or university. Net price is the difference between the "sticker" price (full cost) to attend a specific college, minus any grants and scholarships for which students may be eligible. Sticker price includes direct charges (tuition and fees, room and board) and indirect costs (books and supplies, transportation, and personal expenses). Each college's financial aid webpage has access to a Net Price Calculator, so students and parents can get an estimate of the amount of aid a college will provide.

STUDENT AID REPORT

Students will receive the Student Aid Report once the FAFSA has been submitted. This report will indicate your Expected Family Contribution (EFC), or the amount the school believes you can pay. You can get a sense of what your EFC will be by using a financial aid calculator, such as the one available through www.finaid.org.

CSS PROFILE

The CSS Profile is required by many private colleges and considers students for additional aid funded through the individual institution. This profile can be found online at: www.cssprofile.collegeboard.org/.

FINANCIAL AID & SCHOLARSHIPS

HOPE & ZELL MILLER SCHOLARSHIPS

To be eligible for the **HOPE Scholarship**, students must have earned a minimum GPA of 3.0 in their core subjects, must meet HOPE Scholarship Rigor Requirements, and must be a legal resident of the state of Georgia. The HOPE Scholarship covers a percentage of the tuition at a Georgia state college or university. Students attending a private college/university in Georgia may also be eligible for the HOPE Private Scholarship. This scholarship also covers a percentage of the college/university's tuition.

The **Zell Miller Scholarship** covers full academic tuition, if the student has earned at least a 3.7 GPA in his/her core subjects, meets HOPE Scholarship Rigor Requirements, and has earned a score of at least 1200 on the critical reading and math portions of the SAT or a Composite Score of 26 on the ACT.

Seniors must complete a Georgia HOPE Scholarship and Grant Application to be considered for the HOPE Scholarship. For more information and to complete an application, visit www.gafutures.org.



GLOSSARY

Admit- You are admitted into the university! A deposit must be submitted by May 1.

CEEB Code- Frederica Academy's College Entrance Examination Board (CEEB) Code is 110-474.

Deferred- Students who receive a deferred admission decision are placed into the Regular Decision admission pool. A school which has deferred you may want 1st semester grades or more information from the College Counselor.

Demonstrated Interest- Some schools prefer to accept students who have shown a strong interest in the college and its programs. These schools keep track of the number of times a student has visited campus or contacted the admission office. This may be taken into account when considering a student for admission. If you are applying to a school which tracks students' demonstrated interest, it is best to make direct contact with the admission office, and email the regional representative for Glynn County to introduce yourself. Each time you visit campus, you should either stop by the admission office or make an appointment with a counselor.

Denied- Unfortunately, the school cannot offer you admission. Students may not re-apply for the same term. If desired, you can attend another school and apply to transfer for another term.

FAFSA- The Free Application for Federal Student Aid allows students to be considered for need based aid. The application becomes available on October 1 of student's senior year, and can be accessed and completed by visiting www.fafsa.gov.

Grant- Funds that do not require a repayment. Students can receive both government grants and institutional grants.

Loans- Funds that must be repaid. Subsidized loans are awarded based on financial need and do not charge interest before payments are due. Unsubsidized loans charge interest before loan payments begin.

Matriculation- Students are considered to be matriculated if they are enrolled in a degree seeking program.

GLOSSARY

Need-Blind Admission- Students are considered for admission without the consideration of financial need.

Need-Aware Admission- Students are considered for admission with the consideration of financial need.

Scholarships- Funds that are awarded from a college or independent organization and do not need to be repaid.

Senioritis- Falling into the habit of not putting effort into senior year courses. Senior year is important! On every acceptance letter a student receives, the college will indicate that your acceptance is contingent upon the completion of your current academic program or year. Colleges can, and will, rescind an admission offer if your grades have significantly decreased. Frederica Academy will report first semester grades, if a school wishes to see them, or if the student applies through the Common Application.

Superscore- When a college takes a student's highest subscores from different test dates for a new, higher "superscore."

TOEFL- The Test of English as a Foreign Language is administered by the Education Testing Service (ETS) and is recommended for students with five years or less of English language usage. Colleges may use the TOEFL score as a replacement for the SAT Critical Reading score and colleges generally list TOEFL minimums on their international admissions websites.

Waitlist- The college would like more information or did not have enough room for additional students. Instead of denying you admission, the college has decided to place you on a waitlist. To be taken off of the waitlist, you must contact the school. Colleges will be able to notify you of your admission status after May 1. Students should still submit a deposit with an alternate school to meet the deposit date of May 1.

Work Study- Student is employed part-time through the college/university and earns money for college costs. Work Study programs are funded by the government and are offered through financial aid packages from colleges.

COLLEGE ESSAYS THAT WORKED

Title: Lifelong Learning

College: Johns Hopkins University

The white yarn slipped off my aluminium crochet hook, adding a single crochet to rows and rows of existing stitches, that looked to be in the form of a blob. Staring at the image of the little unicorn amigurumi lit up on the screen of my laptop, and looking back at the UMO (unidentified messy object) number five, I was extremely perplexed.

This had seemed so easy. Round 1, construct a magic circle with 6 single crochets. Done. Round 2 was an increase round resulting in a total of 12 stitches. Also done. The remaining rounds were blurred into hours and minutes that should have resulted in a little white creature in the likeness of a unicorn, but sitting on my desk (much like the four days before today) was a pool of tangled white yarn. It was not until day seven that a creature with a lopsided head whose horn was the only identifier of the mythical being emerged.

Very much like learning how to crochet, my journey in forging my own path and finding a passion was confusing, messy and at times infuriating. Even in primary school, I had heard all the stories of individuals finding their own route in life. I had been told stories of those who found their passion at a young age and were exceptionally proficient at their craft, of those that abandoned their interests and pursued a lucrative career, even those who chose their dreams but regretted it afterwards. This weighed heavily on me, as I was determined to have a success story as many of my other family members had. The only problem was that I did not have a direction.

In the years following primary school, I stepped out of my comfort zone in a frenzy to find a passion. I joined the school orchestra where I played the violin, and a debate class to practice public speaking and become much more eloquent. At my ballet school, I branched out to contemporary and jazz dance. I stuffed myself with experience similar to an amigurumi engorged with batting. I found myself enjoying all of those activities but soon enough, I was swamped with extracurriculars. Just like the tangles of white yarn on my desk, I was pulled in all directions. I still felt lost. To make things worse, it seemed as if everyone else had found their path in life, and they had all become white unicorns while I was still doubting the stitch I just made.

COLLEGE ESSAYS THAT WORKED

It was not until high school that I realised that I could view this mission to find a passion from another perspective. While successfully completing a crochet project is an accomplishment itself, the motions of making slip knots, single or double crochets takes you on an adventure as well. The knots that I had encountered in my craft were evidence of my experiences and what shaped me as an individual. My exploration of various paths through detours may have sometimes resulted in roadblocks, but I continued to persevere and learn from my experiences, applying the skills that I have gained to future knots. The mini adventures that I went on were all crucial to me in the greater journey of life.

Through trial and error, the current adventure that I am on resonates the most with me, taking me down the path of service and environmental activism. However, I have learnt that no one path is static, and I can be on more than one path at a time. While I may only be halfway to the proportionate unicorn amigurumi that some others may have already achieved, I still have so much to learn and so much that I want to learn, and so my journey to grow continues.

Admissions Committee Comments

Rozanne's essay showcases how pursuing a new hobby, crochet, is analogous to her larger efforts to find her passions. She's able to reflect that, while both processes may seem messy and confusing at first, putting in the requisite effort and time leads to greater and more meaningful outcomes. Rozanne's writing touches on several additional pieces of impact that she's been involved in, from dance to environmental activism, and hobbies like crochet. On an even greater level, though, the essay allows the admissions committee to see that she is someone who will take advantage of opportunities, engage with her community in a number of ways, push herself outside of her comfort zone, and be able to reflect on her own development. As we think about how she'll contribute to the larger Hopkins community, it's clear that while she may still be determining her exact passions, she'll dive right in and make the most of her time with us.

COLLEGE ESSAYS THAT WORKED

Title: Untitled

College: Connecticut College

The ground beneath me began to shake as an oil truck instantly burst into flames. A massive ball of fire flared into the sky, illuminating my awestruck eyes. Suddenly, hundreds of gallons of water rushed down onto the truck, safely extinguishing the blaze. “CUT!” a director yelled. I cheered, astonished by the scene I had just witnessed.

My love for Hollywood began with moments like these from my childhood. Disney’s Hollywood Studios was home to attractions like The Great Movie Ride and The Studio Backlot Tour, both of which introduced me to the special effects, intricate illusions, and thrilling stunts seen in professional films. These two attractions were early indicators of my love for filmmaking, I just didn’t know it yet.

Years later, I am still captivated by the magic of cinema. Whether it be a summer blockbuster, an Oscar-hopeful, or a cult classic, I’ll take any opportunity I can get to experience an original film. For a few hours, I can forget about the world around me, becoming completely immersed in the universe on-screen. Characters come alive, their personalities and stories intertwining themselves with real-life experiences of my own.

I’ve always been what you would call a “tomboy”, a far-from-fragile girl who loves football and loathes dresses. Having strong female characters like Hermione Granger and Princess Leia to look up to on-screen has had a profound impact on my confidence as a young woman. Seeing another woman hold her ground and stand up for herself was truly inspiring to me. I may not wield a wand or a blaster, but I’ve certainly used the strength of these characters as a personal inspiration to stay confident and secure in myself.

My passion for film does not end with characterization. I am just as invested in the technical, behind-the-scenes aspects of cinema. Cinematographers bring stunning landscapes and perfectly-framed shots to life, invoking awe and emotion in both casual moviegoers and film fanatics. Lighting designers shape a film’s mood and tone, adding flares of emotion and rich symbolism to climatic scenes.

COLLEGE ESSAYS THAT WORKED

I still have so much to learn about filmmaking, and I cannot wait to tackle the challenges that come with producing a film. When I do, I know that I'll put my heart into it. Maybe my protagonist will defy the stereotypes that surround young women, choosing jeans over skirts and football over dance. Maybe she'll love brisk autumn mornings, and never understand the appeal of hot, sticky, summer afternoons. Maybe she'll discover her peculiar affinity for both science and cinema. Whichever direction I decide to take my characters and my story, my life experiences will have a huge impact on the final product. This is yet another thing that I love about movies; they are entirely unique to the individual who creates them. No two people could create the same exact film no matter how hard they tried — there's always a little bit of a director's soul woven into their work.

I'm still unsure whether I'll follow my passion for film into a full-time career or a part-time hobby. If I decide to pursue filmmaking, I hope to use my platform to spread a message of hope, perseverance, and strength. Films can reach millions, possibly even billions of people, giving me the perfect opportunity to make a profound impact on someone's life. If just one person can be inspired by one of my characters, much like I was by Hermione and Leia, I'll be satisfied. Even if I never sell out theaters or break a box office record, I will have achieved success if I can make someone's life just a little bit better through my work. Through filmmaking, I hope to invoke the same sense of wonder and awe that I once felt as I experienced the magic of cinema for the very first time.

Admissions Committee Comments

Taylor's essay immediately grabs my attention with its dramatic introduction, but what really draws me in is the way she abruptly changes our expectations for the essay at the end of the first paragraph. Throughout the rest of the essay, Taylor sticks to a tight narrative, weaving in examples of cinematic heroines and personal experiences to illustrate why she's attracted to the art of film. This essay captures a piece of her personality that might not be so evident at the surface level, and that's what makes it successful.