

JUNIOR

COLLEGE PLANNING KIT



Class of 2024



Important Dates 2022-23

For College Bound Students

FINANCIAL AID NIGHT

- *Learn about the Free Application for Federal Student Aid (FAFSA)
- *Understand how this important document affects ALL the components of Financial Aid
- *College bound seniors and their parents should attend this evening

When: Wednesday, September 21st
Where: RHS Media Center
Time: 6 PM

PSAT

Given once a year!

All college bound Juniors sign-up in the Career Center by September 30th by noon

Test Date: Wednesday, October 12

Cost: \$20

All sophomores are pre-scheduled to take the test at no charge

Junior/Senior College Night

Wednesday, October 5th

6 PM in RHS Media Center

Topics to be covered: College Preparation, College Exploration and Selection, Admissions Tests, Financial Aid and Scholarship

Scholarship Workshop

*Scholarship Search

*How to complete excellent applications

Date: Wednesday, October 19th

Time: 6 PM

Place: RHS Media Center

Freshmen/Sophomore College Night

*Information presented will promote college-preparedness and post-secondary opportunities.

Topics to be covered include: What colleges are looking for, Testing, Grades, Extracurricular Activities, and Pre-College Programs

Date: Wednesday, October 26th

Time: 6 PM

Place: RHS Media Center

Military Careers Night

Informational presentation by the military branches about education, occupations, and career opportunities

Date: Wednesday, November 2

Time: 6 PM

Place: RHS Media Center

SAT Test Dates

2022-23

August 27

October 1

November 5

December 3

March 11*

May 6*

Register online at:

[Collegeboard.org](https://collegeboard.org)

*Recommended for juniors

For more information about these events or to make an appointment with Career Center Counselor Jim Early, call 541-440-4155 or email him at jeary@roseburg.k12.or.us

PSAT

The PSAT is a practice test for the SAT. Taking the PSAT has several benefits:

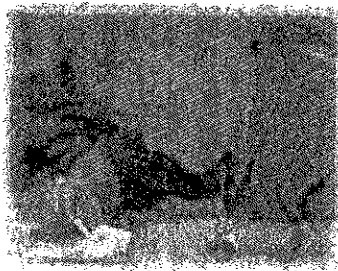
- Students who take the PSAT as a Junior score on average of 145 points better on the SAT.
- It is the qualifying test for the National Merit Scholarship Program (NMSQT)
- Students will be able to assess their academic strengths and weaknesses and be able to compare themselves to other college-bound students their age.
- Students will get a detailed report showing how many easy, medium, and hard questions they got wrong as well as explanations to every test question.
- Access to “My Road,” an online career, major, and college exploration tool.
- Student-written sample SAT essays.

Sophomores have the opportunity to take the test free of charge. They are automatically signed-up. Juniors will need to sign-up in the Career Center during the month of September. The test will be given on Wednesday, October 12th, 2022 at Roseburg High School in the morning.

The deadline to sign-up for the PSAT is Thursday, September 29th at noon. This is an absolute deadline.

Preparation

Rigorous course work is the best preparation for the PSAT. Taking the complete practice test found in the *Official Student Guide to the PSAT/NMSQT*, available in the early fall from the Career Center, will familiarize students with test expectations and question types. Additionally, there are online resources available through the Roseburg High School website that students can access. Stop by the Career Center for more information about accessing those resources.



College planning calendar for juniors

Fall

Start with you: Make lists of your abilities, social/cultural preferences, and personal qualities. List things you may want to study and do in college.

Learn about colleges. Look at their Web sites (www.collegeboard.com has links). Talk to friends, family, teachers, and recent grads of your school now in college. List college features that interest you.

Resource check: Visit the counseling office and meet the counselors there. Is there a college night for students and families? When will college representatives visit your school? (Put the dates in your calendar.) Examine catalogs and guides.

At school, sign up early to take the PSAT/NMSQT®, which is given in October. If you plan to ask for testing accommodations (because of a disability), be sure your eligibility is approved by the College Board. Check with your school counselor.

Make a file to manage your college search, testing, and application data.

If appropriate (for example, if you're interested in drama, music, art, sports, etc.), start to gather material for a portfolio.

With your family, start to learn about financial aid. Read the Department of Education's *Funding Your Education* (about federal aid programs). Use *Getting Financial Aid* published by the College Board and the financial aid calculator at www.collegeboard.com to estimate how much aid you might receive.

Winter

Make a family appointment with your counselor to discuss ways to improve your college-preparation and selection processes.

Sign up to take the SAT® and/or ACT at least once in the spring and again next fall. Register online or through your school. Fee waivers are available for students with financial need. To prepare, download practice booklets from www.collegeboard.com (for the SAT) or from www.act.org (for ACT).

College planning calendar for juniors (page 2)

Begin a search for financial aid sources. National sources include the *College Board Scholarship Handbook* and electronic sources. Don't overlook local and state aid sources (ask a counselor or check your public library).

Ask a counselor or teacher about taking the SAT Subject Tests™ in the spring. You should take them while course material is still fresh in your mind. You can download "Taking the SAT Subject Tests," which offers test-prep advice, from www.collegeboard.com.

If you're in Advanced Placement Program® (AP®) classes, register for AP Exams, given in May. You can earn college credit for courses not given in the AP Program by taking CLEP® tests at a college test center. See www.collegeboard.com to learn more.

Spring

Visit some local colleges—large, small, public, and private. Get a feel for what works for you. Attend college fairs, too.

Scan local newspapers to see which civic, cultural, and service organizations in your area award financial aid to graduating seniors. Start a file.

Develop a list of 15 or 20 colleges that attract you. Request viewbooks and information about financial aid and academic programs that interest you. Visit some colleges over your spring break.

If you are considering military academies or ROTC scholarships, contact your counselor before leaving school for the summer. If you want a four-year ROTC scholarship, you should begin the application process the summer before your senior year.

Summer

If you are an athlete planning to continue playing a sport in college, register with the NCAA Clearinghouse (www.ncaaclearinghouse.net).

Find a full-time or part-time job, or participate in a camp or summer college program.

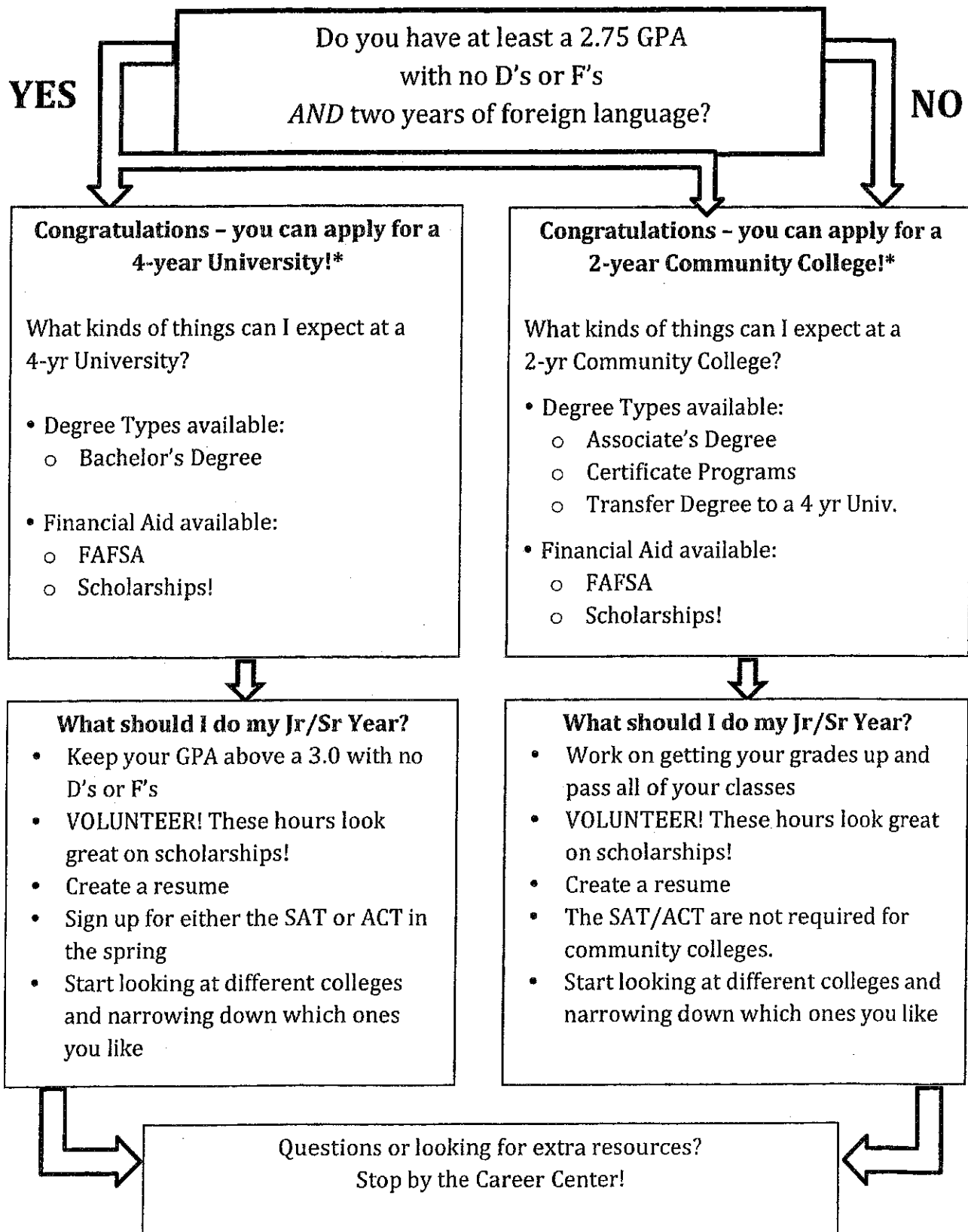
Visit colleges. Take campus tours and, at colleges you're serious about, make appointments to have interviews with admissions counselors.

Create a résumé—a record of accomplishments, activities, and work experiences since you started high school.

Download applications (or request paper copies) from colleges to which you'll apply. Check application dates—large universities may have early dates or rolling admissions.

Source: *The College Board*

WHAT COLLEGE PATH IS RIGHT FOR ME?



**These are general Oregon Universities' admissions requirements. Ds and Fs will affect eligibility. Special exrentions always accepted.*

College Test Prep Materials

Go to the Roseburg High School website at: www.roseburg.k12.or.us/rhs

Click on the menu.



ROSEBURG
HIGH SCHOOL



ABOUT US



Click on the "About Us" icon on left side

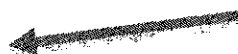
Click on "Library".

Library



Click on "eSearch".

eSearch



Scroll to bottom under "Misc. Resources" and click on "Learning Express"

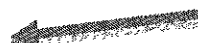
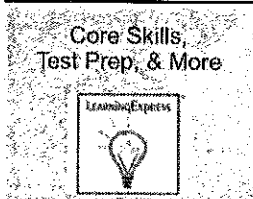


Learning Express

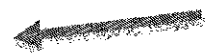
Test prep & computer
skills database



Scroll down and click on "Core Skills, Test Prep & More" icon



You will then see a screen with a host of valuable tools. On the right side click on "Prepare for College".



Prepare for College

You will see a host of choices for the type of test you want to practice. Once you make your choice you will be required to create an account. Creating an account is free of charge. You are ready. Good luck!

Helpful Hints for a Campus Visit

College campus visits can be incredibly helpful as high school students figure out where they might study happily for four years. Before visiting colleges, develop a list of questions and plan specific activities so you can learn as much as possible about the academic and social environment, along with information on how various schools support students.

- * Schedule an interview with the admissions office. You will probably be able to spend 15 minutes with a current student who works in the office. They will be looking to see if you fit in terms of personality and attitude - you'll be able to make the same judgements about them. (Admission requirements, financial aid, school calendars and tuition fees can be found ahead of time on the college web site or in the school's written materials.)
- * Plan to meet with students and faculty. Ask questions!
- * If possible, attend class. Note class size, professor's teaching style, and the general academic atmosphere.
- * Take a campus tour. Be sure to visit the library, career center, the dining halls and residence halls, if possible.
- * Find out about transportation options that are available around, on and off campus.

QUESTIONS TO ASK STUDENTS

- * What do you like most and least about this school?
- * Do you consider the school a happy place?
- * What are classes like? What are the largest and smallest classes you've taken? Is it easy to get classes you need?
- * Where do students study? Is it easy to study in the library? In the dorm rooms?
- * How competitive is the environment?
- * Are libraries, library services and research resources easily available?
- * Are professors easy to talk to outside of class? Are classes taught by graduate students?
- * What is the food like? What meal plans are offered?
- * Do many students participate in sororities and fraternities? How important is the greek system to the school's social life?
- * Do many students participate in sports and attend sports events/games?
- * Where do students hang out on and off campus? Describe a typical weekend.
- * Do many students live off campus?
- * Do many students go home for the weekend?
- * How many students have cars? Where do they park and how difficult is it to find spots?
- * If you'd known then what you know now, would you choose to attend this school again?
- * Is support available when you need it? Would you know where to go if you needed help?
- * Is technical support easily available?

QUESTIONS FOR ADMINISTRATORS

- * Ask questions you may have about admissions, availability of undergraduate research, study abroad, etc.
- * Does the college accept AP classes for credit? Is there a minimum AP test grade? Is credit given for college classes taken during high school?
- * What percentage of students graduate in four years?
- * What percentage of students transfer out?
- * When does one have to declare a major?
- * Who serves as student advisors?
- * What kind of computer access/Internet access is available in the dorm rooms/common areas?
- * Where are computer labs located? When are they open? Is there usually a waiting list?
- * Is there a safety escort or shuttle service for students on campus at night? Describe on-campus security.
- * What are the dorms like? After freshman year, what percentage of students live off campus?
- * How strong is the career center? What percentage of students go on to graduate school?

Pre-College Programs

Many colleges and universities around the country offer Pre-College programs to high school students during the summers. This can be a great opportunity for high school students to spend time on a college campus and get a feel for what a specific college campus is like and what college might be like generally. Additional benefits include students being able to explore areas that they may not get to during the regular school year and developing a comfort level of being in a college atmosphere.

The programs offered are usually in areas that are of high interest to high school students and are very interactive. For example, Southern Oregon University has offered courses in Claymation/Animation, various classes in Dance/Music/Theatre, Science (including Forensic Science), and Engineering. Some of the programs Oregon State University offers include Newspaper and Yearbook Workshops, Summer Experience in Science and Engineering, and Visual Arts Workshops. Willamette University offers a course called "College 101" that teaches students about the college admissions process in a fun and high energy way.

There are many other programs at many other colleges and universities around the country. Call the Career Center for more information or contact a college to find out if they have a Pre-College program that is right for you.

Getting Involved

Being involved and showing leadership in school and community activities can be important factors into being accepted into select colleges and universities as well as for scholarship selection. Additional benefits of being involved include the student's own personal growth and enrichment, as well as the possibility of benefiting others.

Below are some of the Roseburg High School Clubs:

Bowling	Brain Bowl	Campus Life	Chess Club
FCA	First Class Catering	FBLA	FCCLA
German/GAPP Club	FFA	Interact	Pin Pals
Key Club	Math Club	Skills USA	Spanish Club
Wrestling Pin Pals	Partners Club	Astra	Robotics
Auto Club	Upward Bound	Creative Writing	Battle of the Books

Volunteer Opportunities Outside of Roseburg High School:

Boys & Girls Club	Library	Hospital	Nursing Homes
Wildlife Safari	Special Olympics	Red Cross	VA Medical Center
Animal Shelter	UCAN	Habitat for Humanity	National Park Service

HIGH SCHOOL TIMELINE

GRADE

9

Freshman Year: Prepare

- » Complete your final NCAA-approved **core courses** as you prepare for graduation.
- » Take the **SAT/ACT** again, if necessary, and submit your scores to the Eligibility Center using code 9999.*
- » Request your final amateurism certification beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account at eligibilitycenter.org.
- » After you graduate, ask your counselor to upload your final official transcript with proof of graduation to your Eligibility Center account.
- » **Reminder:** Only students on an NCAA Division I or II school's **institutional request list** will receive a certification.

GRADE

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Sophomore Year: Plan

- » If you fall behind academically, ask your counselor for help finding approved courses you can take.
- » If you are being actively recruited by an NCAA school and have a Profile Page account, transition it to a **Certification account**.
- » Monitor the task list in your Eligibility Center account for next steps.
- » At the end of the school year, ask your counselor from each high school you have attended to upload an official transcript to your Eligibility Center account.

GRADE

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Junior Year: Study

- » Check with your counselor to make sure you are on track to complete the required number of NCAA-approved **core courses** and graduate on time with your class.
- » Take the **SAT/ACT** and submit your scores to the Eligibility Center using code 9999.*
- » Ensure your sports participation information is correct in your Eligibility Center account.
- » At the end of the school year, ask your counselor from each high school you have attended to upload an official transcript to your Eligibility Center account.

GRADE

12

Senior Year: Graduate

- » Complete your final NCAA-approved **core courses** as you prepare for graduation.
- » Take the **SAT/ACT** again, if necessary, and submit your scores to the Eligibility Center using code 9999.*
- » Request your final amateurism certification beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account at eligibilitycenter.org.
- » After you graduate, ask your counselor to upload your final official transcript with proof of graduation to your Eligibility Center account.
- » **Reminder:** Only students on an NCAA Division I or II school's **institutional request list** will receive a certification.

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

$$4 \times 4 = 16$$

9TH GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

10TH GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

11TH GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

12TH GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

SEARCH FREQUENTLY ASKED QUESTIONS: ncaa.org/studentfaq

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ELIGIBILITY CENTER

ONE OPPORTUNITY. LIMITLESS POSSIBILITIES.

If you want to play NCAA sports at a Division I or II school, you need to register with the NCAA Eligibility Center at eligibilitycenter.org. If you plan to compete at a Division III school or currently are not sure in which division you want to compete, create a free Profile Page account.

ACADEMIC REQUIREMENTS

To play sports at a Division I or II school, you must complete a total of 16 NCAA-approved core courses, earn a corresponding test score* that matches your core-course GPA and submit proof of graduation to the Eligibility Center.

CORE-COURSE REQUIREMENTS

Complete a total of 16 core courses in the following areas:

Division I

ENGLISH	MATH (Algebra I or higher)	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)	ADDITIONAL (English, math or natural/physical science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)
4 years	3 years	2 years	1 year	2 years	4 years

To study and compete at a Division I school, you must complete 10 of your 16 core courses, including seven in English, math or natural/physical science, before the start of your seventh semester.

Division II

ENGLISH	MATH (Algebra I or higher)	NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered)	ADDITIONAL (English, math or natural/physical science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)
3 years	2 years	2 years	3 years	2 years	4 years

GRADE-POINT AVERAGE

The NCAA Eligibility Center calculates your core-course grade-point average based only on the grades you earn in NCAA-approved core courses.

- » Division I requires a minimum 2.3 GPA.
- » Division II requires a minimum 2.2 GPA.

SLIDING SCALE

Divisions I and II use sliding scales to match test scores and GPAs to determine eligibility. The sliding scale balances your test score with your GPA. If you have a low test score, you need a higher GPA to be eligible. Find more information about sliding scales at ncaa.org/test-scores.

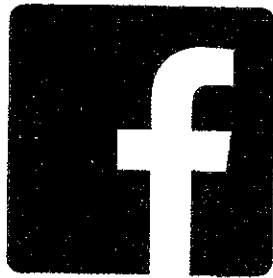
TEST SCORES

Every time you register for the SAT or ACT, use code 9999 to send your scores directly to the NCAA Eligibility Center from the testing agency. You may take the SAT or ACT an unlimited number of times before you enroll full time in university. If you take either test more than once, the best subscores from each test are used for the academic certification process.

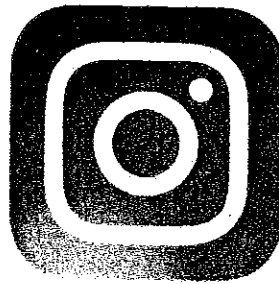
*More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Spring2023.



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