



LAKE WASHINGTON HIGH SCHOOL

POST HIGH SCHOOL GUIDEBOOK 2022-2023

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Welcome

Lake Washington is a wonderful community of learners, with diverse student interests and passions. This guidebook is a student and family resource to meet the needs of each student where they are at and where they hope to see themselves beyond Lake Washington. Additional staff resources at Lake Washington to assist you on your journey post-high school:

Your school counselor:

- Lenore Gallucci | A, B, Coo
- Phil Magnenat | Cop, D, E, Faq | High School and Beyond
- Margaret Campbell | Far, Hak | High School and Beyond
- Cameron McGinnis | Hal, I, J, K, Ld
- Kaitlyn Bradley | Le, M, N, Ok
- Wendi Thomas | Ol, P, Q, R, Si
- Perry Sampley | Sj, T, U, V, W, X, Y, Z

Other Support:

- Nichole Swanger, College & Career Specialist
- Courtney Lewis, Registrar
- Angela Jalabeanu, Registrar

We look forward to working with each of you as you journey through high school and prepare for your bright future beyond at Lake Washington High School.



Post-High School Options



High School & Beyond Plan

What is the High School & Beyond Plan (HSBP)?

The Washington State High School and Beyond Plan (HSBP) was put in place for students to begin career and college exploration within their high school experience. This aligns with the Lake Washington common goal that we “Provide students with the knowledge and skills to make thoughtful decisions in high school and beyond (career and college ready).” Students explore post-secondary paths, identify interests, skills, their desired amount of education, and much more to determine some best fit suggestions. At Lake Washington, the HSBP is delivered in each grade level and a variety of courses and activities.

What components are required to complete HSBP?

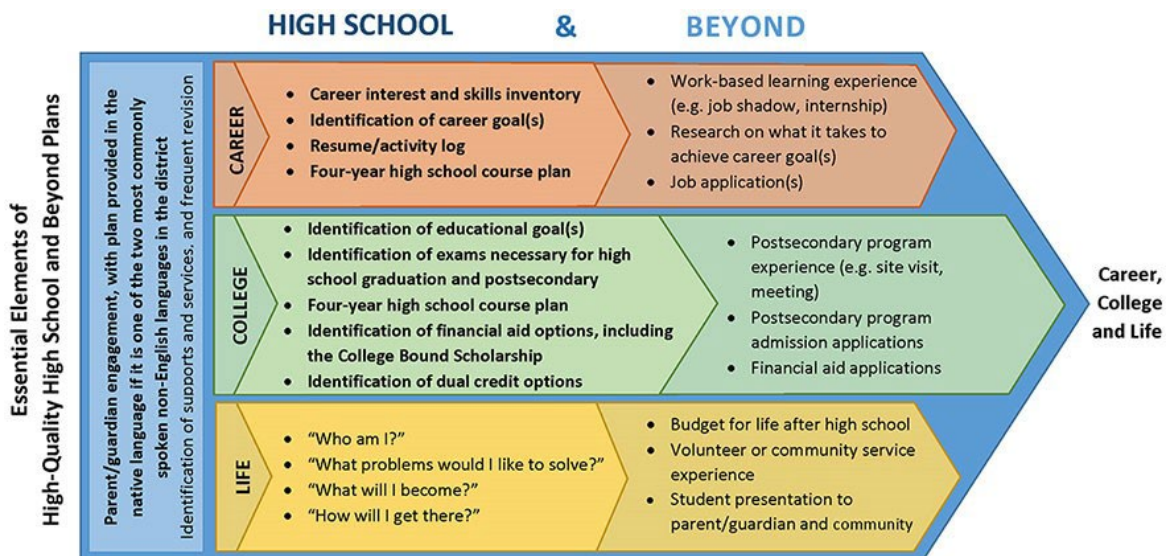
- Identification of your career goals using a career interest inventory. Identification of your educational goals.
- A 4-year course plan that meets state and local graduation requirements, aligns with your career and educational goals, and documents your chosen graduation pathway(s).
- Evidence you received information about state and federal financial aid options. A current résumé or activity log.

How is the HSBP completed?

Currently, the Lake Washington School District uses Xello, a college and career readiness program, to fulfill the majority of the High School & Beyond Plan. These activities are generally completed during Roo Times or in classes.

When do I complete the HSBP requirements?

Although students will likely complete a variety of college and career readiness activities throughout their four years at Lake Washington, students will fulfill minimum grade-level requirements each year.



Career Research

How do you find out what's next? Begin by assessing your interests and skills, researching potential careers, taking relevant classes, and explore through activities inside and outside of Lake Washington.

Assess your Interests and Research Careers

- [Xello](#): Take interest assessments and research careers and schools of interest through detailed descriptions, videos, and more.
- [Career One Stop](#): Explore careers, look up salary/benefits, find education/training, take interest tests, search for jobs: and get help with resumes and interviews.
- [Employment Security Department for WA State](#): Dig into data and analysis of Washington State's employment conditions, economy, job market, and workforce. Find job vacancy rates, employers who hire in particular fields, wages, and benefits information as well as, occupation explorer, and training programs and providers.
- [Map Your Career](#): Check out career maps in key industries in Seattle and King County.
- [O*NET OnLine](#): Find occupational descriptions, search careers by keywords, browse careers by industry, and answer questions about the work you might enjoy with some good-fit careers to explore. [Washington Career Bridge](#): Find careers that fit your interests, jobs in demand, and good fit educational and training programs. [Occupational Outlook Handbook](#): Find training and education requirements, working conditions, expected job outlook, and earning potential for thousands of careers.
- [College and Career Compass](#): Explore educational programs that match your career interests. Learn more about the value of college and how financial aid can help you pay for a certificate, apprenticeship, or degree.
- [Military Careers](#): Explore careers with the U.S. Armed forces, learn about compensation and pay, and discover how skills can transfer to the civilian workforce.
- [Apprenticeships](#): Learn which trade best aligns with your personality, skills, and long-term goals.

Explore in the Classroom

Take classes related to your interests. View the [LWHS Course Catalog](#)

Explore Outside the Classroom

See the Xello for opportunities to explore via: Lake Washington Clubs, Contests, Jobs, Internships, Pre-College, Research, Summer, and Volunteer opportunities

Pathways

What's Next LWS?

To meet your career goals, your next step may begin at a college or university, community or technical college, apprenticeship, military, career school, gap year, or work. The Post-High School Options section of this guide highlights the fit and next steps for each of these pathways.

College or University

Career School

Community & Technical College

Gap Year

Military

Direct-to-Work

Apprenticeship

Not sure?

Please reach out, we're here to help!

College and University

Colleges and universities offer four-year degrees such as a Bachelor of Artor Bachelor of Science (BS), as well as graduate degrees. Some also offer two-year associate degrees.

Universities offer a large course selection and have extensive resources. Class size varies with the subject area, course level, and total student enrollment.

Colleges and universities offer many programs of study. They may provide a liberal arts education or a more specific specialization such as nursing.

College professors see teaching as their primary responsibility and classes tend to be smaller than those in universities.

University professors are usually involved in both teaching and research. Graduate students, rather than professors, may teach some of the classes at universities.

Bachelor's degrees usually require four years or longer of study. Master's and doctoral degrees require more time than a bachelor's degree.

Next Steps

See the College Section of this Guidebook for planning tips, timelines, and next steps.

WASHINGTON SCHOOLS

PUBLIC

[Website](#)

Central Washington University

Eastern Washington University

The Evergreen State College

University of Washington–Bothell

University of Washington–Seattle

University of Washington–Tacoma

Washington State University–Pullman,
Vancouver and Spokane

Western Washington University

INDEPENDENT / PRIVATE

[Website](#)

Gonzaga University

Heritage University

Northwest University

Pacific Lutheran University

Saint Martin's University

Seattle University

Seattle Pacific University

University of Puget Sound

Walla Walla University

Whitman College

Whitworth College

Community and Technical College

The Community College pathway is an excellent option if you are still unsure of your career direction, want to save some money, and/or prepare for a variety of technical programs.

- Offer primarily Associate, Transfer, and Applied Bachelor's degrees in addition to certificates.
- Provide options to transfer to a 4-year university and receive a bachelor's degree. WA state public universities give [priority consideration](#) to students with direct transfer degrees from WA state community and technical colleges.
- Provide an affordable and flexible way to complete core courses before transferring. Support a wide range of academic goals from remedial courses to honors programs.

Next Steps

Community Colleges are open-door institutions and welcome anyone who is at least 18 years of age, has graduated from high school, or holds a GED certificate.

- Visit: Community colleges offer in-person and virtual tours and program-specific information sessions.
- Apply: CTCs have rolling admission, although some programs are cohorts. Applications for the fall quarter usually open in the spring. If you are applying to a community college in Washington state, visit their websites and follow their application and deadline requirements.
- Financial Aid: File the [FAFSA](#) or [WASFA](#) + apply for Scholarships.
- Classes: Work with your CTC advisor who can help you align your goals with course registration and any transfer plans

WA COMMUNITY & 34 TECHNICAL COLLEGES

[Website: SBCTC](#)

Bates Technical College
Bellevue College
Bellingham Technical College
Cascadia College
Centralia College
Clark College
Clover Park Technical College
Columbia Basin College
Edmonds Community College
Everett Community College
Grays Harbor College
Green River College
Highline College
LW Tech
Lower Columbia College
North Seattle College
Olympic College Peninsula
College
Pierce College-Fort Steilacoom
Pierce College-Puyallup
Renton Technical College
Seattle Central College
Skagit Valley College
South Puget Sound CC
South Seattle College
Spokane Community College
Tacoma Community College
Walla Walla Community College
Wenatchee Valley College

2-year College to the 4-year Degree

Washington's public community and technical colleges offer associate degrees that easily transfer to WA's four-year colleges and universities. Students generally enter with junior standing, sometimes with priority admission status. Students with transfer degrees complete bachelor's degrees at a higher rate than students who transfer without a degree. [Learn more](#) about WA's transfer degrees.

Washington's Transfer Degrees

- Direct Transfer Agreement (DTA) Associate Degree: This is WA's most popular and flexible transfer degree. Meets lower division education requirements at WA's four-year colleges. Transfers to all of WA's public, and many private, four-year colleges.
- Associate of Science--Transfer (AS-T) Degree: For students who want to earn a bachelor's degree in engineering and science. An AS-T degree requires fewer general education courses than the DTA so that students can take lower-division major classes at the community or technical college. Students take the remaining general education and major requirements at the four-year college after transfer. Transfers to WA's public, and many private, four-year colleges.
- Major Related Programs (MRPs): MRPs are DTA and AS-T course plans that prepare students for bachelor's degrees in biology, business, computer science, construction management, engineering, engineering technology, math education, music, and nursing. Degree offerings differ among colleges. Four-year colleges that do not participate in a certain MRP will treat the MRP like a basic DTA or AS-T degree.

Other Transfer Degrees

- Associate of Applied Science--Transfer (AAS-T): Prepares students for immediate employment, for transfer to applied baccalaureate degrees offered at WA's community and technical colleges, and for transfer to some four-year colleges. Students should ask their advisor which colleges and universities accept this degree.
- Associate of Applied Science (AAS): Prepares students for immediate employment. Some credits may transfer depending on the four-year college. Some colleges accept the whole degree, but students should check with colleges of interest on their specific transfer policies.
- Transferring without a degree: Four-year colleges will generally accept individual transfer courses that are similar to those they offer. Work with both your current and intended schools to maximize credit transferability.

Apprenticeship

[Apprenticeship](#) offers a combination of on-the-job training and classroom instruction under the supervision of a journey-level craft person or trade professional. Workers earn a paycheck while learning the practical and theoretical aspects of a highly skilled occupation.

Sponsors

Apprenticeship programs are sponsored by joint employer/labor groups, individual employers, and/or employer associations. The sponsor of an apprenticeship program, plans, administers, and pays for the program. Frequently, labor unions participate jointly with an employer(s) to sponsor apprenticeship programs. [Washington state's Labor & Industry Apprenticeship Section](#) works with approximately 300 program sponsors throughout the state to develop and maintain individual apprenticeship/training standards.

Fit

- You enjoy hands-on work and want to learn an in-demand trade You like the thought of a paycheck while you learn.
- Meet age requirements. Registered apprenticeship in most occupations is open to anyone age 16 or older. Apprenticeships in hazardous occupations usually have a minimum age of 18.
- You meet the ability, aptitude, and education requirements of the sponsor. Credentials or documentation may be required including a transcript, proof of age, honorable military discharge, and high school diploma/GED. References may be required.
- Those eager to get started may need to begin with relevant coursework at a community college or technical school to build skills while waiting for an apprenticeship spot to open.

Next Steps

Read about apprenticeships and search for openings at [Washington state's Labor & Industry Apprenticeship website](#). Contact the trades directly to inquire about current opportunities and how to get started. Opportunities can also be found in Xello under Opportunities.

THE ORIGINAL FOUR YEAR DEGREE

Apprenticeship training programs include:

Auto Machinist
Boilermaker
Bricklayer
Carpenter
Cement Mason
Commercial Glazier
Corrections Officer
Dispensing Optician
Electrician
Firefighter
Insulation Applicator
Meat Cutter
Pipe Fitter
Plumber
Roofer
Sprinkler Fitter
Stationary Engineer
Tool and Die Maker
Traffic Control
Painter
Tree Trimmer
Utility Wire Worker
Many More!

Military

About

- The [United States Military](#) includes the Army, Navy, Air Force, Marines, Coast Guard, Reserves, National Guard, and Merchant Marines.
- Some members work in occupations specific to the military, such as fighter pilots or infantrymen, while others work in occupations that also exist in the civilian workplace, such as nurses, doctors, and lawyers.
- The Military offers both [Enlisted](#) and [Officer](#) routes. Both routes offer ways to serve your country and get a college degree (associate, bachelor, or graduate level) and/or training in exchange for a required period of service.

Fit Factors

- Personal Qualities: Commitment to mission and team, mental preparedness, physically fit, flexibility, and leadership.
- Education / Training: The US Military offers college degrees, technical training, or certificates of completion of civilian apprenticeship programs.
- Work Environment: Military members must be physically and mentally fit, and ready to participate in, or support, combat missions that may be difficult and dangerous and involve periods away from family. Some personnel are rarely deployed near combat areas.
- Officer Opportunities: ROTC, Military Academies, or work your way up from Enlisted
- Scholarships: The US Army, Navy, Air Force, or Marine Corps offer scholarships and student aid programs. In some cases, students pursue college first and complete the required service time after graduation, and in other cases, military members complete service first and pursue education second.
- Long-Term Benefits: Include GI Bill, free medical and dental care, guaranteed pay, promotion opportunities, housing, medical, and educational services for families, and lifetime retirement benefits after 20 years of service. In career civil service, the veteran has absolute job retention rights over all non-veteran Federal workers.

Academies

Study for four years and graduate as an officer. The Academies are extremely selective.

1. Contact an Academy liaison and complete a pre-candidate questionnaire – Open on March 1 of junior year.
2. Seek nomination – Between March 1 of your junior year and December 31 of your senior year, you must request a nomination from your state's congressional representative(s) or other nominators. The US Coast Guard is the only Academy that doesn't require a nomination.
3. Complete medical exam and fitness assessment
4. Apply! Academy selection is extremely competitive – Coursework, grades, SAT/ACT scores, recommendations, extracurricular activities (sports, community service, work), intended major, interview, and physical test are all

considered.

Reserve Officer Training Corps (ROTC)

Study for four years at 270+ colleges and universities, often on scholarship, then serve as an officer after graduation.

1. Connect with the ROTC Office at colleges or universities of choice – The school's ROTC office will describe the college's program, requirements, and next steps in detail. Ask if your major of interest is available for ROTC.
2. Applications – Applications normally open in June before a student's senior year and close in early January. Highschool coursework, grades, SAT/ACT scores, extracurricular activities (sports, community service, work), interviews, and a physical test are all considered for ROTC scholarships.

Enlist

Serve, learn skills, and earn a paycheck and money for future education.

1. Talk to a recruiter – Recruiters can cover officer and enlistment routes, and typical jobs. Find Lake Washington's current military contacts and schedules can be found on the College & Career Center website and announced on Teams.
2. Take the ASVAB –Prospective recruits who wish to enlist must take the ASVAB (Armed Forces Vocational Aptitude Battery). Students can take the ASVAB without any obligation to join. Selection for certain job specialties depends on ASVAB results, physical results, and branch needs. Ask Mrs. Swanger for ASVAB testing dates. Officer routes (ROTC, Academies) do not require the ASVAB.
3. Meet requirements and finish high school –You must meet age, education, aptitude, physical, and character requirements which vary by branch and enlisted/officer routes. All branches require members to be high school graduates (some may accept a GED, check with your desired branch for the latest guidance.

Career & Vocational

What is the Career/Vocational Program pathway?

- Career and Vocational schools offer specialized training in fields such as automotive, cosmetology, advanced manufacturing, health occupations, and more.
- These programs are available at privately owned schools and many community/technical colleges or colleges of technology. Students usually receive a certificate/diploma or an Associate's Degree.
- They are often associated with an employer for quick job placement. Gene Juarez Academy, for example, prepares students for cosmetology careers in their salons and beyond.

How long does it take to complete a program?

Program completion varies from several weeks to several years, depending on the

Popular Vocational Training Programs

[Gene Juarez Academy](#)

[Evergreen Beauty College](#)

[Washington Aerospace and Training Research Center](#)

[Hillsboro Flight Training](#)

[Pima Medical Institute](#)

[Bellevue Massage School](#)

Next Steps

1. Contact the program of interest and take a tour.
2. Tuition varies but can be an investment similar to a year or more at an in-state public college. Always run a Net Price Calculator, available on the Career School's website.
3. Ask about financial aid availability and tuition payment plans.
4. If your plans are not firm, be cautious. These programs don't have the robust transfer agreements that Community or Technical colleges have. Careful planning reduces the risk of losing time or money if you decide to transfer.
5. Always research schools carefully. Lake Washington doesn't endorse any particular programs.

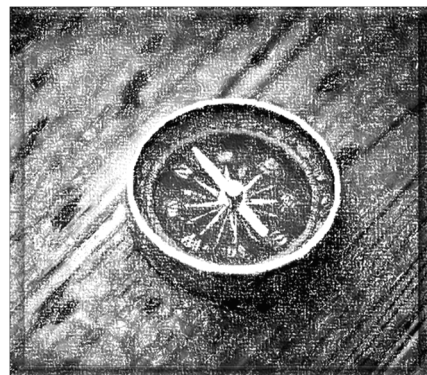
Gap Year

An interim year between high school and higher education or career training may include volunteer service, travel, cultural exchange, internships, or work.

- [Gap Year Association Gap YearFairs](#)
- [AmeriCorps NCCC](#) and [VISTA NW Youth Corps](#)

Who is a good fit for this pathway?

- Students may need time to identify plans and/or mature before investing money in college.
- Students who are willing to create goals and a structured plan so that their gap "year" doesn't stretch into something longer.



Next Steps

1. Determine your goals Talk to your parents
2. Research programs
3. Apply to college and request a deferral

Applying To College When You're Planning a Gap Year

If you are planning to go to college after your gap year,

- Apply during your senior year when you have all of the support that Lake Washington provides, and your friends are all going through it, too. It can also be challenging to apply to college during your gap year if you are traveling or away from the support you'll need. Note that while many colleges will allow students to defer to take a gap year, you should avoid mentioning your gap year in your application. You want the admissions staff to know you are serious about their school.
- If you are admitted to a college that you are excited about and feel confident in your gap year plan, ask the admissions office for a deferral.
- Many colleges will allow students to defer but some won't. Ask if they will hold scholarship and financial aid awards.
- Some schools will ask you to submit your gap year plan before granting a deferral.
- Most deferral agreements forbid students from earning college credit during their gap year or reapplying to other schools. A deferral is an agreement that the college will hold a spot for you with the expectation that you will return and take it. In rare cases, students who have been caught violating their deferral agreement risk losing admission to both the school they deferred from and the school they were accepted to during their gap year.

Work

Fit

- You need to save for post-high school education and/or are seeking employer tuition assistance.
- You have basic employment skills (i.e., can hold down a job, show up on time. etc.) You have a plan for basic living expenses, can live at home, or are income eligible for Job Corps.

Resources and Next Steps

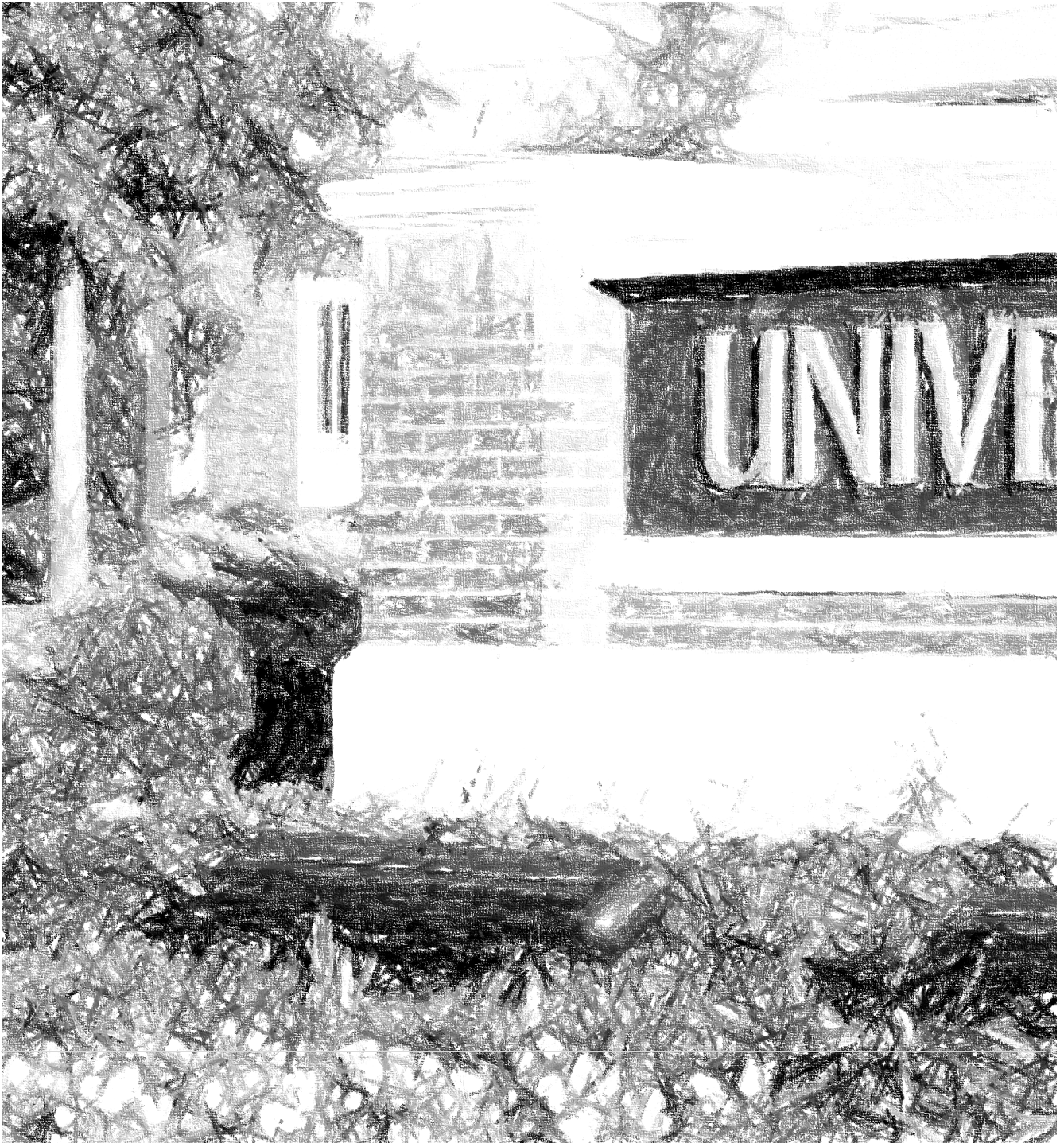
- Discuss your plan with your LWHHS counselor and parents. Careful planning can lead you to a career and not just a job.
- [WorkSource](#) is Washington's one-stop employment center for job seekers and employers, offering job listings and referrals, resume and application assistance, free workshops, labor market information, access to the internet, copiers, fax machines and phones, and 1:1 appointment. Register in the Self-Service Member System or you can drop in to use the self-serve resources.
- Consider employers and volunteer service organizations that offer tuition assistance, ex. Starbucks, UPS, Boeing, AmeriCorps, Job Corps, etc.

What is Job Corps?

Job Corps is the nation's largest career technical training and education program for income eligible students ages 16-24.

- At the Sedro-Woolley, WA location, students train for a career in health care or information technology. Other Job Corps locations in the Northwest offer training in auto, business, construction, forestry/environmental training, and education. Students earn certifications and industry recognized credentials or college credits toward a degree through a local community college.
- Students live on campus receiving housing, meals, basic medical care, and biweekly living allowances. Job Corps also has a strict zero tolerance policy for drugs and violence.
- Job Corps works with its grads to help them find good jobs in high-growth industries with employers across the country.
- Job Corps graduates receive transitional support services, including help locating a job, housing, childcare, and transportation, for up to 21 months after they leave the program.

College



What is important to me?

Fit Factors

Student Body

Diverse or homogenous? Geographic representation? Do students live on campus or commute? Single-sex or coed?

Academic Program

Is my major offered and how hard is it to get in? When must you choose a major—direct entry or at some other time? Thenumber of faculty in major? Faculty-to –Student ratio? Advising system? Required classes?

Cost

Tuition? Availability of need-based and merit-based aid? Housing cost? Meal plan? Transportation? Parking and otherfees?

Geographic Location

Somewhere warm, cold, or in between? Close to the beach, skiing, or my preferred outdoor activity? Somewhere new tome or close to home? In the city, suburbs, or rural location? How hard is it to get there?

Size of School

Small? Large? Size of classes?

Competitiveness of Admission

Will I get in? Can I stay in?

Surrounding Community

Urban? Suburban? Rural? How easy is it to get into town? Do students feel welcome?

Safety

Campus lighting? Emergency escorts? Alarms? What typesof incidents have been reported?

Academic Atmosphere

Challenging? Relaxed? Supportive? Scholarly versus careeroriented? Do professors or grad students teach classes?

Social Atmosphere

What do students do for fun? Does the drug, alcohol,political, and arts scene sync with your values?

Sports Programs

Is a strong sport spirit important to you? Division? Football ornot? Can non-athletes play intramural or club sports?

Extracurricular Opportunities

How prevalent is Greek life? Are theater and music classes open to non-majors? How do you join clubs and interest groups? Do they have clubs and activities that interest you?

Religious Orientation

Is the school affiliated with a religion? Are other religions welcomed? Are there required religious courses?

Special Interests and Services

How does the school support underrepresented students?Office of Disabilities? LGBTQ? Mental health counseling?

Other Criteria Important to You

Every student has a unique combination of factors they are looking for. What else is important to you?

College Research

Tips for Finding Good Fit Schools

- Prioritize what's important to you

Use a tool such as [Corsava](#) to identify your "must haves", "would be nice", and "no ways". Keep your top fit factors in mind as you search for schools.



- Use Search Engines and Lists to Find Schools

Popular search engines include [College Board's Big Future](#), [Xello](#), [CollegeXpress](#), [Niche](#), [College Navigator](#).



- Visit Campuses In Person or via Virtual Tours

Can't travel? No worries! Visit campuses virtually via videos on a college's website, [YouTube](#), [YOUUniversity](#), [Campus Reel](#), [YouVisit](#), Virtual College Fairs, and chat with admissions [representatives when they visit Lake Washington High School](#).



- Check out the Common Data Set

Find a treasure trove of data on a school's enrollment, student persistence, admission factors, student life, costs, financial aid, and more. Find a school's CDS by searching with the keywords "(School Name) Common Data Set".

C7 Relative importance of each of the following academic and non-academic factors in your admission decision		
	Very Important	Important
Academic		
Rigor of secondary school record	X	
Class rank		
Academic GPA	X	
Standardized test scores		
Application Essay	X	
Recommendation(s)		
Nonacademic		
Interview		
Extracurricular activities		X

- Research Student Life and Voice through Reviews

Add schools to your social media feed. It's amazing what you will learn by following a school for one month. Read student reviews on [Unigo](#) and [Niche](#).



College Search Engines

College Board's Big Future

Find colleges by selectivity, test scores, location, majors, cost, supports, diversity, and more.

Cappex

Find colleges and estimate admission chances based on GPA and scores. Offers a "Fit Score" to gauge whether a college could be a good match for your preferences.

College Insight

Find colleges and build tables with any combination of variables to compare

Niche

Review a college's "report card," overall grade, and sub-grades for professors, athletics, dorms and safety, and other areas. Easily browse colleges by state and major.

Unigo

Learn about schools and read student reviews. Unigo mixes up the traditional college search format. Instead of selecting filters, answer questions through a college match quiz. The tool then matches you with colleges based on your responses.

College Navigator

Filter schools by location, selectivity, and other criteria with this tool created by The Department of Education. Customize in-state versus out-of-state costs. The site isn't fancy looking but has up-to-date data.

College Simply

Filter by test scores, state, ranking, and acceptance rate. Includes basic facts about schools and student reviews.

College Xpress

Provides college and scholarship search tools plus 800+ helpful lists.

Peterson's

Search lists categorized by major; Includes a search function w/ filters such as major, location, and keyword.

Xello

Complete Lake Washington High School and Beyond lessons. Save good fit careers and colleges to a portfolio that you, your parents, LWHS teachers, and LWHS Counseling staff can view.

Campus Visits (Virtually)

If you can't visit
Check it out in other ways



College Website

Get right to the heart of a school's values, admission requirements, majors, financial aid, scholarships, events, and more.



Social Media

Follow schools of interest on Instagram, Twitter and other social media to get daily updates on campus happenings.



Student Newspaper

Learn about events and issues important to the student body. What are the hot topics on campus?



Local Area

Research the local area. Busy city with access to internships? College town with great restaurants? Quiet? Rural oasis?



Virtual Tour

Take a photo or video tour without leaving home using YouVisit, Campus Reel, Campus Tours, e-campus Tours, and ZeeMee.



Online Map

Use the birds-eye view to understand the size of campus. See what restaurants, theaters, etc. are within walking distance.



Event Calendar

Check out upcoming events (free movies, concerts, etc.) to get an idea of what activities are available.



Student Voice

Read what students like and dislike about their campus on websites like Unigo and Niche.

Attend Junior Meeting

What is the purpose of having a juniormeeting?

A junior meeting is a beneficial time for you to meet one-on-one with your academic counselor to discuss your plan after high school, and if you don't have one yet, to start the conversation with your counselor and receive guidance on your next steps as you near the end of junior year and prepare for your final year in high school.

What specifically will we meet about?

Counselors meet you where you are. If you have decided to attend a 4-year college and have a lot of questions about the application process, we will focus our time on that more. If you are worried about your current credits and need credit recovery options, we can discuss that. If you have no idea what life will look like after graduation at this point, we will start there. Junior meetings are tailored toward the student's individual needs so that each of you may gain information and support in the area you need!

How do I schedule a junior meeting with my counselor?

Please check the Counseling website for information about scheduling a junior meeting. Plan for a 30-minute meeting so that we have enough time to meet together even if we don't end up using the full 30-minutes.

Do I need to have anything prepared for my junior meeting?

There are two things we ask of students before meeting with their counselor. First, review this handbook. :) Second, fill out the junior meeting survey found [HERE](#), so that counselors can better prepare for the time spent and have information ready for you when you attend your meeting.

Get Organized

Organization Tools

Comparison Tools

- Go [here](#) and build a comparison table to compare your top schools.
- Customize your tracker to include your fit factors.
- As you move from the college search to admissions phase, you can add application requirements and deadlines.

Colleg. Comparison WC>ft<sMeI

College Name:
Location Distance from home
Size Enrollment, size of campus
Environment School setting, nearest city Co-ed, male, female Religious affiliation
Admission Requirements Deadline Tests required, average test scores, GPA, Rank
Academics Major offered Accreditation Student-faculty ratio Typical class size
Housing Residence hall Requirement, availability, type and sizes Food plan
Activities Clubs, organizations Greek life Athletics, intramurals Other
Campus Visits When, special opportunities
College Expenses Tuition, room & board, estimated total budget, application fee, deposits
Financial Aid Deadline, forms, scholarship money available % receiving scholarship Funding
Facilities Academic Recreational Other

University of Maryland
Cal Poly SLO
University of Colorado

Ranking Tool
Areas of Expertise
Aerospace Lists
Other Lists
Social Lists
Application Requirements
Passwords
Essay prompts
Major Course Plans
Thoughts

Embry-Riddle Aeron...
Worcester Polytechn...
University of Illinois
Case Western Reserv...
Purdue University
Florida Institute of T...
U. of Alabama Tusc...
Texas A & M
Montana State Unive...
Carnegie Mellon

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The University of Colorado Boulder, called CU-Boulder for short, has a reputation for its location in the Rocky Mountains. Boulder is a lovely college town with a lot of outdoor activities. The University of Colorado Boulder is a lovely college town with a lot of outdoor activities. The University of Colorado Boulder is a lovely college town with a lot of outdoor activities.

Consistently among the top universities for the design, construction and engineering industries, the University of Colorado Boulder is a leader in the field. The University of Colorado Boulder is a leader in the field. The University of Colorado Boulder is a leader in the field.

OneNote Notebook

- Create a OneNote Notebook to organize your research. Add schools of interest and copy and paste notes, videos, requirements, etc.
- As you move from the college search to the admissions phase, all of your key info is in one place.

Build Your List

In 11th grade, using a spreadsheet such as this (or Excel, Word doc, etc.) can be helpful in your college search process, to evaluate and compare all your college choices. This is also a valuable and timesaving means for organizing your college information. Your list may start very long (up to 20 colleges), then gradually narrow down to your final list of 4–10 colleges.

Your list should include:

Reach schools: Have 1–3 colleges listed here. These may be colleges whose last year statistics indicate they accepted freshmen with slightly higher scores than yours. Schools with <20% admit rates are “reach” schools for everyone. This may also include a college’s selective “Honor’s Program” (such as UW or WSU) or highly selective majors.

College Name & Admission Requirements	Application Deadline	Appealing	Average Test Scores	Cost/Scholarships
University of Washington–Seattle	November 15 th Common App	Urban Strong Programs In-State Tuition	GPA 3.86–3.92 SAT 600–710 English, 610–750 math	20K living off campus 29k living on campus

Comfort schools: Have a minimum of three schools here. These schools should be a reasonable fit for you to gain entrance. The test scores of admitted freshmen should be similar to yours. You should have all of the requirements needed for entrance. These should be schools you have researched as “good fits” for you based on your personal considerations.

College Name & Admission Requirements	Application Deadline	Appealing	Average Test Scores	Cost/Scholarships

Safety schools: These schools require less than your GPA and coursework. You should be a “shoe-in” for these schools. Remember that you should love your “safety” schools.

College Name & Admission Requirements	Application Deadline	Appealing	Average Test Scores	Cost/Scholarships

Transcripts

What is a transcript?

Your high school transcript is a record of all your high school courses, grades, and credits. You may need a copy to apply to college, find a job, or compete for a scholarship. You may also have established one or more college transcripts if you've participated in programs such as Running Start, UW in the High School, and/or CTE Dual Credit. There are two versions of your high school transcript: official and unofficial. Both versions contain the same information and will look nearly identical, but an official transcript from Lake Washington High School includes our Registrar's official seal and signature.

Transcript Requests

Unofficial Transcripts

You can view your unofficial transcript on Skyward. [Learn more.](#)

Common Application

If you invite your counselor to your Common Application, your counselor will upload your transcript for you. No further steps are needed on your part.

Coalition Application

You must invite your counselor to your Coalition Application AND request your transcript in the college-specific portion of the Coalition app. Your counselor will then upload it for you.

Non-Common/Coalition schools, scholarships, and personal purposes

Go to [LWHS transcript request information](#)

Schools where you self-report courses and grades

Many schools will ask students to self-report courses and grades during the application process, with an official transcript required only after you've been admitted and have decided to enroll.

Lake Washington will send that transcript as part of the end-of-year senior check-out process.

End of Senior Year

Final transcripts are sent to the college destination of your choice. Directions are distributed to seniors in June before graduation.

UW in the High School and CTE Dual Credit

- [Order your UW transcript](#)
- [Order your CTE Dual Credit transcript\(s\)](#)

SAT/ACT

The Tests

SAT and ACT

Some colleges require applicants to take an [SAT](#) or [ACT](#) test to be considered for admission. Sometimes colleges use test results for course placement or scholarship consideration. -

Test Optional

Post pandemic, most 4-Year colleges and universities are ACT/SAT optional. College and universities are updating their policies annually. Refer to each universities requirements for entry to review their current policies. "Test-optional" means that you can decide whether to submit your SAT or ACT scores as part of your application. Some schools are "test blind" or "test free" which means they won't consider scores even if submitted. Find a list of schools at [Fair Test](#).

Practice and Preparation

As testing requirements for the Class of 2023 and beyond come into view, we recommend taking a practice of both the SAT and ACT to see which one you prefer/score better on. To maximize options, register to take an SAT or ACT in the spring of Junior Year, the summer between junior and senior year, or [early fall of senior year](#). [Some of our favorite free test prep resources include Khan Academy Official SAT Practice, Methodize Test Prep through Xello, and the low-fee LWS PTSA Practice Tests \(Fall and Spring\).](#)

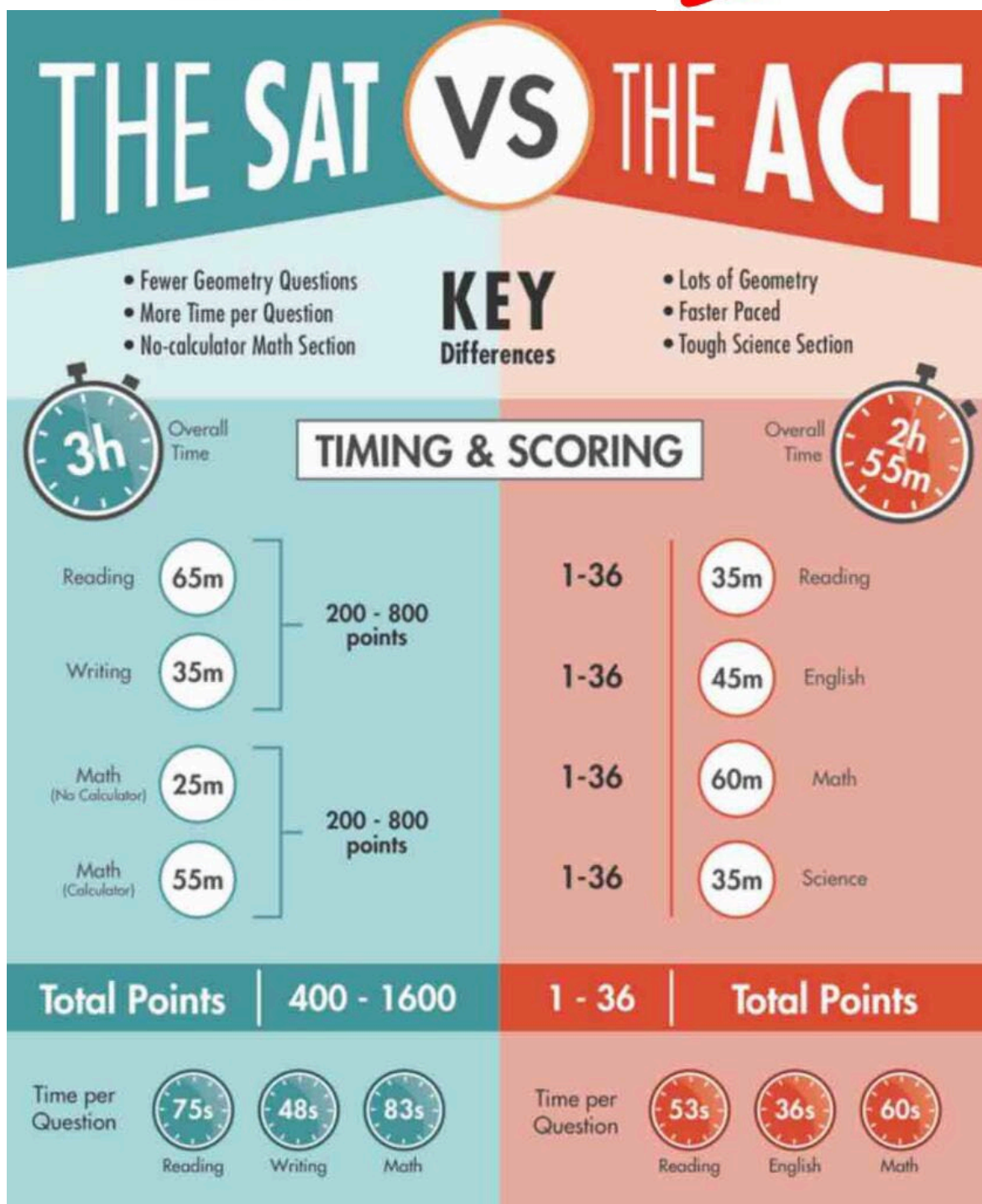
Submitting Scores

For Test Required Schools, request that scores be sent from the official testing agency, College Board or ACT. Some schools allow students to self-report scores and submit them after being admitted and enrolled. For test Optional Schools, consider submitting scores if they are at or above the 50th percentile for the most recently admitted class. If you choose not to submit scores, then testing won't factor into your admissions decision.

A Word About Advanced Placement (AP) Scores

Colleges appreciate the rigor of [Advanced Placement](#) courses (and weight them accordingly during the admissions review) but usually do not require or request AP test scores be sent during the admissions process. With the elimination of SAT Subject Tests, some schools or majors may ask you to self-report AP Test scores. AP policies and what scores are needed for credit vary by college.

Highly selective colleges that offer more challenging courses generally have more stringent requirements to receive AP credit. Check college websites for specifics on what it takes to get credit.

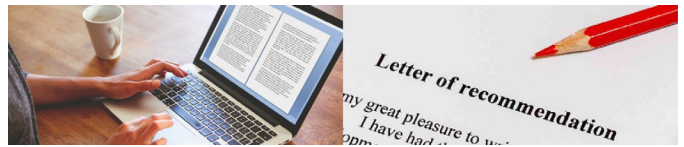


Register for the SAT [HERE](#)

Register for the ACT [HERE](#)

Letter of Recommendation

Do all colleges require letters of recommendation? Colleges vary in whether they require teacher letters of recommendation or not. While some schools require them, others, like public institutions (ex: UW, WSU, CWU) do not.



How many teacher letters of recommendation will I need?

For schools that do need letters of recommendation, you may need up to 2 teacher letters of recommendation – we suggest one in the Humanities and another in your potential major or area of focus (more than 2 recommendations from an academic perspective are not usually beneficial). Select colleges may specify that your recommenders be from specific disciplines.

Can I send more letters of recommendation?

If your college allows for additional letters of support, you should seek these from adults such as an academic counselor, internship supervisor, troop leader, music or athletic instructor, or congregation leader.

Which teacher/s should I ask for a letter of recommendation?

When requesting a letter of recommendation from a teacher, it is important to select someone who knows you well. Plan to give your writers at least 4 – 6 weeks' notice before any due dates you have (some teachers may require more time or have a firm deadline such as the end of June in junior year).

What will my teacher need to write my letter of recommendation?

First, please fill out the teacher letter of recommendation form [HERE](#). Be thorough and thoughtful when filling out the form so that they have a lot of great information to refer to from you.

Second, email your agreed-upon recommender with the following information:

- Start by thanking them for taking the time to write a letter for you– these letters of recommendation are time-consuming, so please show your appreciation to them!
- Inform your recommender that you filled out the teacher letter of rec form Attach a completed resume.
- Offer them that you can provide any additional information if they need it Thank them again!

How do teachers submit letters of recommendation on my behalf?

Most colleges require that recommendations are submitted electronically or via an online platform (eg CommonApp or Coalition), so you must list their email address correctly on your online application (otherwise your recommender will not have a method of uploading your letter to your application file).

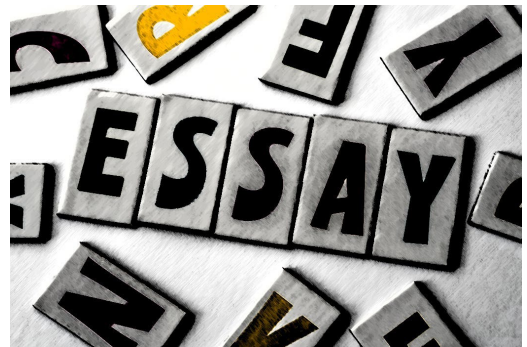
What if I need a counselor's recommendation in addition to a teacher/s recommendation?

Similar to the above, you must give your counselor ample time to write your letter if you want a thorough letter of recommendation. You should request your letter of recommendation at least 3 weeks before your first college application is due. Once you have confirmed that you will need a letter of recommendation from your counselor, visit [HERE](#) and click on your counselor's name to fill out the counselor college recommendation form. And please be sure to thank your counselors.

Essay

What

Many colleges require an essay (or often more than one) as part of their application. The essay provides an opportunity to share a story from your life + show your personality, insights, and communication style.



Tips

- Create an Essay tab in your College Planning One Note so you have a fast and easy way to add ideas when inspiration strikes.
- Start the topic brainstorming and drafting process the summer before senior year. Write about something that hasn't been said elsewhere in your application. Avoid recounting your activities or resume.
- Consider 2-3 values or character traits you want to come across in your essay. Tell a specific story.
- Reflect on your growth--reflection is the most important part of any college essay. Write as you speak.
- Ask someone to read it and give feedback. All Lake Washington seniors participate in a college essay writing assignment during the fall of senior year.
- Utilize the [LWPTSA College Application Workshop Essay Support](#) times available after school on Wednesday and zoom sessions offered some evening and weekend hours. Scheduled from September through January, trained tutors are available to assist LWHS students. Signups through Signup Genius which is posted in several places online and the LWHS College & Career site.

Resources

- [Common Application Prompts](#)
- [Coalition Application Prompts](#)
- [College Essay Guy Free Resources](#)
- [CollegeBoard Essay Tips](#)
- [University of Washington Application Writing Sections](#)
- [MIT Blog How to Write the College Essay](#)
- [Essay Advice from the Georgia Tech Admissions Blog](#)
- [AP Study Notes on College essays](#)

Activities & Resumes

A resume is a summary of your education, skills, experience, and activities and is used to apply for jobs, internships, and other opportunities. A resume is an opportunity to impress potential employers or colleges by showcasing how well you will be able to perform the duties of the desired position. If you're requesting a letter of recommendation from a Lake Washington counselor or teacher, your recommender will often want a copy of your resume.

Tips

Keep your resume length to one page.

- Research on eye-tracking software shows that the average resume is looked at for only 6–7 seconds
- Put the most relevant material upfront
- Need a template? Check the Lake Washington College & Career Center.

Keep it clean and organized

- Ensure each section of your resume is easy to read and legible Use bullet points to list positional responsibilities
- Be specific and don't use long sentences

Don't worry about formal work experience

- Employers will know that you will be entering with limited work experience. Highlight your informal work experience and extracurricular activities instead.

Tailor your Resume to the job

- It's not uncommon to use language from the job posting in your resume. For instance, if one of the main job duties or qualifications required for a serving assistant position at a restaurant is working as part of a team, then ensure your resume includes both examples and language of teamwork in either your work experience or your extracurriculars.
- This means that you will likely create multiple resumes when applying to different positions.

Proofread and edit

- Double check. Triple check. Then, check one more time for good measure. You could have the greatest experience of all the applicants, but it won't matter if your resume is filled with spelling and grammatical errors.

YOUR NAME

LinkedIn Profile URL
(425) 123-4567
youremailaddress@gmail.com

Identifying Information

Include your name, phone number, and *professional* email address. Including your full address is not as common anymore because most of the application process takes place online and omitting your address protects privacy. However, some companies may favor candidates with shorter commutes, so you could list just the city and state instead. Alternatively, many people are using LinkedIn profile URLs in place of address.

Objective

Objective

Highlight your 2-3 top skills and tailor the objective the position.

I am a dedicated and detail-oriented student who is passionate about computer science and programming. I am seeking positions where I can utilize my strong coding skills to develop computer applications.

Key Skills

- Customer service
- Public speaking
- Microsoft Excel
- Attention to detail
- Problem-Solving
- Collaboration

Skills

Include both hard and soft skills. If you have proficiency in a relevant program like MS Excel or Office, list it! Again, match the skills with the job.

Education

Lake Washington HS Kirkland, WA

Sept 2019 - Present

List any academic achievements here.

- 3.7 GPA
- Honor Roll
- Relevant Courses: AP Computer Science Principles, AP Computer Science A, Data Structures

List recent experiences first.

Experience

Crew Member, McDonald's, Sammamish, WA

Sept 2022 - Present

Use action verbs at the beginning of your job duties. For example, instead of "I took food orders," you could say "Recorded accurate food orders".

- Provided exceptional customer service
- Recorded accurate food orders
- Processed large orders for events

Coding Workshop, Microsoft, Redmond, WA

Sept 2020

- Learned coding basics
- Co-developed an app
- Trained in JavaScript

Include any accomplishments you may have had at that position. Don't just list duties.

Experience

Unpaid or informal jobs are welcome! Employers/colleges know you will have limited experience, so highlight what you have and focus on how you present your material. You gain valuable experience and skills from all sorts of jobs including yard work (e.g., interpersonal skills, time-management) or babysitting (e.g., patience, problem-solving, relationship-building).

Volunteer Experience

Food Bank Assistant, Seattle, WA

Nov 2021 – Jun 2022

- Prepared food bags
- Organized incoming donations
- Conducted inventories, as needed

If you wanted to broaden this category, you could label it Activities, including extracurricular activities like club involvement, sports accomplishments, as well as volunteer experiences.

Volunteer Experience

This section is optional. If you have volunteer experience, list your responsibilities and/or accomplishments as you would with the Experience section. List even short-term experiences—all experiences count!

Admission Plans

As you prepare to apply for colleges, it is important to consider which admission plan is best for you. Here are some of the key differences between Restrictive Early Action/Early Decision vs. Early Action vs. Regular Decision

Early Decision/Restrictive Early Action	Early Action	Regular Decision
<ul style="list-style-type: none"> College Search complete by Oct 1 Clear #1 Choice School for yourself Outstanding Transcript through 11th grade Standardized Testing Complete (as needed) Prepared to present application, including teacher recommendation letters by 10/15–11/1 to compete in a strong pool of applicants Sometimes slight preference is given to ED or REA applicants (depending on the individual college) Restricted from applying to any other schools' Restricted Early Admission program FAFSA/CSS Profile must be completed by ED/REA deadline for the tentative award to be determined by the notification date Notification of acceptance is typically mid–December ED is "binding", which means, if accepted, the student will decide within a few days of acceptance, withdraw any applications to other colleges, and commit to attending that college 	<ul style="list-style-type: none"> College Search somewhat complete by Oct 15–Nov 1 Top 1–2 choices clear Outstanding transcript through 11th grade Standardized Testing Complete (as needed) Prepared to present complete application, including teacher recommendation letters by the EA deadline No preference is given over other applicants in Admission Decision Flexibility to apply to other schools early FAFSA/CSS profile must be completed by the EA deadline for the tentative award to be determined by the notification date Notification of Acceptance typically Dec–Jan Acceptance is non-binding, meaning you can consider other college offers, with the decision to college due May 1 	<ul style="list-style-type: none"> College Search ongoing Student research ongoing Senior year, 1st-semester grades considered in the application Taking or retaking standardized tests in the fall of the Senior year Would prefer additional months to complete the application thoughtfully No preference is given over other applicants in Admission Decision Flexibility to apply to other schools FAFSA/CSS Profile must be completed by the college's financial aid priority deadline for tentative award to be determined by the notification date Notification of Acceptance is typically in mid–March Acceptance is non-binding, meaning you can consider other college offers, with the decision to college due May

Applying

Once you are ready to start applying to colleges, these are the things you will need to do and who is responsible for what in the application process:

College Application Task	Responsible Party
Online Application –Coalition, Common App, other online college application	Student, with the help of family for some family information you may need.
Unofficial Transcript –for reporting classes and grades to colleges	Student– access your unofficial transcript through Skyward.
Official Transcripts to report to colleges	Counselors will upload transcripts to Common and Coalition applications. Students MUST invite their counselor to their application platform.
Letters of Recommendation	Counselors & Teachers upload Letters of Recommendation electronically. Students MUST invite their counselor and recommending teacher/s to their application platform.
SAT/ACT Scores (if required, some schools allow you to self-report and send scores if admitted)	Students must request scores to be sent directly from the testing agency (College Board or ACT) to each individual college. Fees typically apply.
"UW in the High School" or other College in the High School Credits	Students must request that their college transcript be sent directly from UW or other institution directly to the college they are applying to if required by the college as part of the admissions process. Some college applications will allow self-reporting but not all so always check!)

Application Resources

Lake Washington HS Resources

- [Lake Washington College & Career Site](#)
- [Common App Guide Coalition App Guide](#)
- UW, UC, CSU, and other Application Tips--Look for workshops in the fall on both the Community Events and College Rep Visit calendar that can be found on the [College & Career Center website](#).

Common App Resources

- [Common Application](#)
- [Application Guide for First-Year Students CommonApp YouTube Channel](#)

UC Application Resources

- [UC Application UC How to Apply](#)
- [UC Application Help Center](#)
- [UC Minimum Admission Requirements UC Subject Requirements](#)
- [UC A-G Course List](#) (tip: enter the name of your Lake Washington class to find something similar in the UC system to see how your Lake Washington class is classified)
- [Quick Reference Guide to UC Admissions UC Campus Virtual Tours](#)
- [UC applicant data](#)
- [UC Comprehensive Review Beyond the Numbers](#)
- [CSU-UC Minimum Requirements](#)
- [UC Santa Barbara Application Tutorials on YouTube \(great for all UC applications\)](#)
- UC Application Center: Email: ucinfo@applyucsupport.net
Telephone: (800) 207-1710

Cal State Application Resources

- [Cal State Application](#)
- [Cal State Applicant Help Center](#)
- [Cal State Application Freshman Coursework Cal State Application Academic History](#)
- [Cal State A-G Requirements](#)

MONEY MATTERS



Financial Aid

What is financial aid?

Financial aid helps students pay for their education, college, or career school. Aid comes from a variety of sources, including scholarships and grants (free money that doesn't have to be paid back), loans (money borrowed that must be paid back with interest), and work-study.

Where does financial aid come from?

Federal Government

- Read about [federal aid eligibility requirements](#).
- Federal aid includes federal grants, loans, and work-study.
- You must complete the [Free Application for Federal Student Aid \(FAFSA\) application](#).
- Most Federal aid is need-based, although there are some non-need-based loans available.
- We recommend filing a FAFSA even if you think you won't qualify. Some schools require a FAFSA to be considered for their institutional funds + if circumstances change (i.e loss of job), having a FAFSA on record allows a school to help you much more quickly.

State Government

- Most of Washington state funding is need-based and supports students who are ineligible for federal aid. Click for an overview of [Washington state financial aid](#) and [FAQs](#).
- Eligibility for several Washington State financial aid programs has expanded to include students who are ineligible for federal financial aid due to immigration status.
- Students who meet individual program, income, or residency requirements for the [Washington College Grant, the College Bound Scholarship, State Work Study, or Passport Scholarships](#) should complete the free [WASFA \(Washington Application for State Financial Aid\)](#).

Institutional

- Institutional aid is awarded from the college/university/career school's own monies. Some colleges are extremely generous.
- Some schools (mostly private, but a few state schools) may require the [CSS Profile](#) in addition to the FAFSA. The CSS Profile collects similar information as the FAFSA, but in greater detail and is used by schools to determine how best to use their own institutional funding.
- Institutional aid may sometimes be based on merit, talent, etc. Check with your target school for eligibility requirements and due dates.

Outside Aid

- Private companies and institutions offer both need and non-need (merit) scholarships See the [Lake Washington College & Career Center Scholarship website](#) for scholarships on our radar.

Financial Aid Resources

Affordability

[College Scorecard](#)

[Net Price Calculator Center](#)

[College Affordability & Transparency List College Navigator](#)[Financial Aid](#)

[Shopping Sheet](#)

Applying

[Federal Student Aid website](#) [Types of Aid](#) and [Eligibility Dependent versus Independent FAFSA](#) and [FAFSA Online Help WASFA](#) (for students ineligible for federal student aid) [Student Aid Report + Sample](#)

[CSS Profile](#)

[Selective Service System](#)

Money Management

[College Budgeting](#)

[Money Management Checklist Occupational Outlook Handbook](#)

Responsible Borrowing

[Federal Loans versus Private Loans](#) [Federal Loans](#) and [Repayment Estimator](#)

Scholarships

[LWHS CCC Scholarship Calendar](#)

[Washboard](#)

[Scholarship Scams](#)

[Career One Stop Scholarship Finder](#) [Peterson's](#), [Unigo](#), [Cappex](#), [Niche](#)

Scholarships

A scholarship is a sum of money awarded to a student to further their education or career training. Scholarships can be awarded based on merit, financial need, and/or criteria such as talent, background, field of study, etc., and come from a variety of sources. The best part—scholarships don't need to be repaid!

Understanding scholarship sources

Government:

Scholarships awarded from the federal or state government. These are mostly need-based scholarships.

Institutional:

Scholarships awarded from college, military, or career school. These can be need- and/or merit-based scholarships.

Outside organizations:

Scholarships are awarded from organizations such as the PTSA, Rotary, church, employers, and many other sources. These can be need- and/or merit-based scholarships.

Find Scholarships

- Start early so you have time to add an experience or two to meet the scholarship requirements. Review financial aid tabs on college websites and note whether scholarships are automatically awarded based on your admission application or whether a separate application is needed.
- Sign-up for at [Washboard](#) which matches WA students to scholarships.
- Search national scholarship search engines such as FastWeb, ScholarSnap, and Unigo.
- Check the [LWHS Scholarship page](#). Local scholarship opportunities are busiest December–April of senior year.
- Occasionally, LWHS is asked to nominate students for scholarships. The College & Career Center will reach out for specific opportunities
- Follow @lwhscollegcareer for scholarship announcements.

Gather Documents

- Academic Resume or list of activities: Describe succinctly and think of the impact.
- Transcripts: Request using the online Lake Washington transcript request form found on Teams.
- Letters of Recommendation: Expect to need two letters. Ask well in advance and say thank you. Financial documents if the scholarship is need-based.

Polish your Scholarship Essay

- Understand the scholarship's mission and audience: How do your skills, experiences, and essay fit? Scholarship providers want to award students who support their values.
- Be authentic, gracious, and proud: Spend more time reflecting on accomplishments than regurgitating them.
- Show, not tell: Examples are powerful.
- Use the [LWPTSA College Application Workshop Essay Support](#) resources posted in the College & Career Center and elsewhere to fine tune your essay.
- Reimagine essay material from college applications. Strive to customize not copy.

Keep your Scholarship Search Organized

- At a certain point, it's time to stop thinking and start writing. Progress, even in small doses, can be inspiring.
- Create a timeline or calendar to keep yourself moving. Prioritize: Target your best odds scholarships first.
- Set aside time each week: Success=working a little at a time.

(Some) Lake Washington Favorite Scholarship Resources

[FAFSA](#)

[WASFA](#)

[FinAid](#)

[WashBoard](#)

[Western Undergraduate Exchange \(WUE\)](#)

[Guaranteed Scholarships](#)

[FastWeb](#)

[Unigo](#)

[Niche](#)

[Cappex](#)

[Scholar Snap](#)

[College websites](#)

[LWHS Outside Scholarship Calendar](#)

Western Undergraduate Exchange (WUE)

Are you dreaming of going out-of-state to college but can't afford the out-of-state price tag? The [Western Undergraduate Exchange](#) (WUE) program is coordinated by the Western Interstate Commission for Higher Education (WICHE) and allows students to get (some) relief from out-of-state tuition costs. Through WUE, students in Western states may enroll in participating two-year and four-year public college programs at a reduced tuition level, up to 150% of the institution's regular in-state tuition. In all cases, tuition is considerably less than nonresident tuition.



Who is eligible for WUE?

- Student must be a resident of Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, North Dakota, Oregon, South Dakota, Utah, Washington, Wyoming, or the Commonwealth of the Northern Mariana Islands.
- Students must meet WUE requirements at the participating school. Some schools automatically award WUE scholarships. Some may have conditions for GPA, test scores, intended majors, admission deadlines, or other conditions for enrollment in WUE. Always check!!

Check with your prospective school to see what's required to be awarded the WUE tuition rate by searching online "WUE (school name)" and checking the [WUE website](#).

What are some popular WUE schools?

- Oregon State University
- University of Idaho and Idaho State
- Boise State University
- Northern Arizona University
- Arizona State (select majors)
- Northern Colorado University
- University of Colorado (Denver or C. Springs)
- Colorado State University
- University of Alaska
- University of Hawaii
- Portland State
- University of Utah and Utah State
- University of Montana
- Montana State University
- University of Las Vegas Nevada
- University of New Mexico
- See the full list at wiche.edu/wue

Helpful Hints

- Students apply directly to the WUE-eligible school for admission.
- Make sure to check the school's financial aid and scholarship website to learn exactly how WUE is awarded.
- WUE only applies to tuition, not room, board, books, fees, and transportation.
- WUE Tuition can sometimes be stacked with other scholarships to bring the cost of tuition to the same or less than Washington in-state tuition, always ask.
- If your favorite out-of-state school doesn't participate in WUE, ask about other out-of-state scholarship.

Timelines



Junior Year

March

- Sign up for any SAT/ACT testing you may need for your future college.
- Schedule an Individual Junior Meeting with your counselor. During this meeting, we will discuss any questions you may have about your post-high school planning process and review your selected senior courses and graduation requirements.
- Continue to investigate colleges and other pathways of interest using search engines, social media, student reviews, and other options listed in this guide.
- Continue researching career fields. Check out Live Wednesday Virtual Career Panels.
- Explore summer options to apply for this spring. The LWHS College & Career Team is loaded with ideas.

April

- Enjoy your Spring Break! Consider attending virtual college visits available during this time. Plan on attending any College Financial Aid presentations available.
- Check out the April Live Wednesday College Planning virtual sessions.
- Ensure you have completed the Matchmaker assessment and 4-year Plan in Xello

May

- Prepare for and take your AP Exams.
- Begin to work on the LWHS Recommendation Form for your teacher and counselor recommendations, and/or summer jobs/internships/etc.
- Write a current resume.
- If you plan to ask teachers for letters of reference before you leave for the summer, review the information in this guide so teachers have all the information needed to write their best letter of recommendation for you! Prepare to finish your classes strong. These are often the last set of grades seen on a college application.

June-August

- Plan to relax/recharge and participate in meaningful summer activities or work. Continue to research colleges and other pathways that meet your top-choice criteria.
- Use College Board's Net Price Calculator tool to view the net costs of your schools of choice. All universities are required to provide this on their websites.
- Visit/admission tour to prospective colleges, especially if you have clear top-choice colleges. Make a list of questions you want to ask/departments you would like to visit.
- Start working on your Common App and Coalition accounts if your potential schools require them.
- Start a draft of your college essay(s). LWHS Senior English classes also work on college essays in the fall. Finalize your list of colleges and complete your college selection spreadsheet including application due dates and required materials from each college (letters of reference, essays, test scores, financial aid due dates, etc.)

Senior Year

September

- Get started or continue working on college applications. Come to Roo Time if you need help! If you're applying for Early Decision anywhere, make sure to loop in your LWS Counselor.
- Continue to work on and revise your activities list and college essays. Attend Financial Aid Information Night.
- Attend LWS on-campus college and military visits (Sept–Nov). Attend Senior Seminar. We will review the latest to-do's!
- Get started or continue working on college essay(s). You will work on one in your LWS Senior English class. Familiarize yourself with the list of scholarship resources provided on the [LWS College & Career Center website](#).
- Setting up an interview with potential colleges if that opportunity is available to you.

October

- Solidify your list of colleges you will be applying to and update your College Selection worksheet with application deadlines & important details (such as test requirements, essays, and Letters of Recommendation letters).
- Send your SAT/ACT scores to the colleges of your choice if needed.
- October 1st. The FAFSA and WASFA financial aid portals open. ED/EA applicants should have their FAFSA completed by their first college's deadline; regular decision students should have their FAFSA completed by their college's financial aid deadline or by Dec 15th (counselor recommended deadline). The College Scholarship Service (CSS) Profile is also required by some private and a few out-of-state public colleges.
- Attend LWS college representative visits and Seattle's Fall NACAC College Fair if interested. College Rep visits at LWS can be found on the "College Rep Visit Calendar" on the [LWS College & Career Center website](#).
- Create a Resume for your High School and Beyond Plan. This will likely be fulfilled during your English class or in Roo Time.

November

- Keep Studying – your grades count all the way through graduation!
- Complete college applications (most are due Nov – Jan). Take advantage of [College Rep Visits at LWS](#) to ask questions about completing the applications. Community College applications can wait until spring.

December

- Keep Studying!!
- Double-check the status of all college applications online and that all pieces (eg. test scores) have been received. Thank any teacher recommenders for their help in your college applications!
- Be sure to fill out the FAFSA and CSS Profile (as needed) to meet your colleges' deadlines.
- Look for and apply for scholarships using the information found on the [LWS Scholarships website](#)

January

- Study, Study, Study! Semester 1 grades will be sent to all Common App colleges.
- For non-Common App/Coalition colleges, send your Semester 1 transcript to the necessary colleges. Review your SAR (student aid report generated after completing the FAFSA) and correct discrepancies.

February

- Avoid adjustments to your second-semester schedule. Notify admission offices if you make a change. Now is the peak time for Scholarship Applications! Refer to the [LWHS Scholarship website](#).

March

- After you receive your acceptance letters, you will receive your financial aid award letters from individual colleges/universities. If financial circumstances have changed or you are concerned with the lack of aid offered, write a letter of appeal to your college or university for additional aid.
- As you receive acceptances, do final research on your colleges. Sign-up for admitted student days. Check to make sure you have completed the requirements for your [High School and Beyond Plan](#).

April

- Use [College Board's Compare Your Aid Calculator](#) to compare your colleges' aid awards. Research loans offered and other potential financing opportunities.
- As you make your final college selection decision, consider visiting College Board's "Now What?" page for additional questions to consider. Remember, you need to make the best academic, personal, and financial decisions for yourself. Be sure your priorities are aligned with who you are and your future goals.
- If you will be applying to Community Colleges, now is the time to complete your online application! Once you have applied, you will receive information on the CC's placement testing, orientation, and registration process, which usually happens in June of senior year.

May

- May 1st – "Decision Day"! Inform all of the colleges you are accepted to of your intent to attend their university or not and make your deposit. Participate in Lake Washington's Destination Day celebration!
- Study and be sure to also get a good night's sleep before you take your AP exams!
- Follow up with your university regarding any additional requests for information they ask of you, including Financial Aid, Housing, Freshman Orientation signup, etc.

June

- Request your final transcript be sent to your chosen college via the LWHS check-out process. Thank your teachers and school staff for help with applications.
- Attend your graduation ceremony! You made it through high school! Now it is time to plan for college!