

Future Planning Night

The “E’s”-Explore, Enlist, Educate & Employ



East High School Counseling Department



**Jamie
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A-C



**Jessica
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S-Z



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Registrar



Check Your Transcript After Every Semester!

1. Log into Infinite Campus
2. Click on “Documents”
3. Click on “Transcript Unofficial” Be sure that there are not mistakes on your transcript. If you believe there is a mistake, please contact the counseling department ASAP.
4. Official rank used for college applications, scholarships, and all other applications for 12th grade will be run by the registrar on October 1st of students’ 12th grade year.



Check Your Credits!

Science

1 credit Physical Science 9
1 credit Biology
1 credit Chemistry or Physics or Aerospace Physics

Math

1 credit Intermediate Algebra
1 credit Geometry
1 credit Algebra 2

English

1 credit English 9
1 credit English 10
1 credit English 11
1 credit English Electives

Social Studies

.5 credit Civics
1 credit United States History
1 credit World History or International Studies
.5 credit Economics
.5 credit American Government

Elective Credits

7 credits for the class of 2025

Other Required Credits

.5 credit Health
.5 credit Physical Education
1 credit Arts (visual, media, music)

TOTAL CREDITS: 22.5



11th Grade Registration

Changes can be made until March 24th!

- 1) **ENGLISH - 1 cr** English 11 **OR** Honors English 11* **OR** AP Lang and Comp*

- 2) **SOCIAL STUDIES - 1 cr** International Studies **OR** World History **OR** AP World History*

- 3) **MATH - 1 cr** Algebra II **OR** Algebra II Concepts (not an NCAA approved course)
Probability & Statistics **OR** CITS PreCalculus* **OR** CITS AP Calculus*

- 4) **SCIENCE - 1 cr** Introduction to Chemistry **OR** Chemistry **OR** CITS Chemistry*
Intro to Physics **OR** Physics **OR** Aerospace Physics **OR** CITS Physics*

Elective option: Human Anatomy **OR** CITS Human Anatomy*

- 5) **W.I.N. - .125 cr per semester**

If not completed in previous years: Physical Education - ½ cr

Health - ½ cr

Art/Music - 1 cr



12th Grade Registration

Changes can be made until March 24th!

1) ECONOMICS - .5 cr Economics **OR** CITS Economics

2) GOVERNMENT - .5 cr American Gov't & Politics **OR** CITS American Gov't & Politics

Choose 2 from the following .5 credit English classes:

3) ENGLISH: - 1 cr AP (CITS) Lit & Comp* **OR**

Drama as Literature **OR** Values as Literature

Creative Writing **OR** Grammar & Comp **OR** CITS College Comp*

Public Speaking **OR** Journalism **OR** Interpersonal Communication

(not NCAA approved course)

3 science credits are required for graduation

4) SCIENCE - 1 cr Intro to Chemistry **OR** Chemistry **OR** CITS Chemistry*
Physics **OR** Honors Physics **OR** Aerospace Physics **OR** CITS Physics*

Elective option: Human Anatomy **OR** CITS Human Anatomy*

5) MATH: - 1 cr

3 math credits are required for graduation

Algebra II **OR** Algebra II Concepts (not NCAA approved course)
Probability & Statistics **OR** CITS PreCalculus* **OR** CITS AP Calculus*

6) W.I.N. - .125 cr per semester

*If not completed in previous years: Physical Education - ½ cr

Health - ½ cr

Art/Music - 1 cr



Where to go from here?

- ☒ Create a spreadsheet for post secondary choices-visit campuses-virtually and in person!

Create a spreadsheet for scholarships

- ☒ Complete a Brag sheet

- ☒ Create a Parchment Account



East High School Counseling Department

Jen LaBelle-East High School Registrar
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For ANY appointments with your student's counselor, please reach out to Jen LaBelle.

Jamie Savre: Counselor for last names A-C

Jessica Forsman: Counselor for last names D-G

Alaina Attia: Counselor for last names H-L

David Bergan: Counselor for last names M-S

Laura Horton: Counselor for last names R-Z



Please Welcome Dr. Wendy Robinson





The Lower Stress Guide to College Admissions and Financial Aid

Dr. Wendy Robinson/ Assistant Commissioner: Programs, Policy, and Grants

There is no such thing as a perfect college

- Over 200 post-secondary institutions in Minnesota
 - From less than 100 students to more than 50,000
 - Around 100 granting associates degrees or higher
- Almost 4,000 degree granting institutions in the US
 - Ranging in size from less than 100 students to almost 80,000
 - Ranging in cost from \$0 to \$83,740 per year
- Focus on thinking about preferences in terms of categories first
 - Big or small?
 - Home or away?
 - City or small town?
- Your college isn't your soulmate... worry less about finding the "the one"

There is no such thing as the “best” college

- College ranking lists are made up and based on lots of things that don't measure student satisfaction or tell you much about how they are changing the world for the better
- Different colleges have different goals and serve different populations
- Programs matter: sometimes the best programs for a particular field aren't at the most selective colleges
- For most people, their college's ranking isn't the biggest determinant to their long term career success or personal happiness
 - 10 years after graduation, people who attended the most selective institutions earn about 8-10% more than graduates from less selective institutions
 - Bigger difference exist in earning by program of study ... someone with an engineering degree from a less selective school will likely earn more than someone who studies education at an Ivy
- 62% of graduates say they are “very happy” with their college choice and only 13% of graduates were “very unhappy” with their college choice



More colleges say “Yes” more than they say “No”

- Most colleges admit most of their applicants, most of the time
- Minnesota:
 - Around 65% of colleges/universities admit at least **80%** of their applicants
 - Over 90% of colleges/universities admit at least **65%** of their undergraduate applicants
- Most students don't go to highly selective schools... most people don't need to go to highly selective schools to meet their career and personal goals
 - A note about the college search process for selective colleges vs. the majority of colleges
- Everyone who graduates from high school has options and you don't have to have been a perfect student to be able to dream about and plan for college
- The truth about extracurricular activities and college admissions



It's okay if you don't know what you want to be when you grow up

- Sometimes we ask too much of 16-18 year olds when it comes to choosing a college
- The average college student changes their major 3-5 times before they graduate
- Community colleges are a great, and often underrated, option
- Over 30% of college students transfer at some point in their educational experience
 - Transferring multiple times is not the fastest or cheapest plan but transferring from a 2 year to a 4 year can make a lot of sense



The truth about student loan debt

- For most people, college is a good investment in their financial futures, even if they take out student loans
- Average debt rates in Minnesota:
 - Minnesotans are slightly more likely to have student loan debt than other states but our average loan debt load is lower than other states
 - Minnesota's student loan debt rates DECREASED by 11% from 2012 to 2021 and the number of students borrowing also decreased
 - Average student debt \$33,604 for all students (certificates to graduate school)
 - Students with associate's degrees: \$16,107 (49% of these students have debt)
 - Students with bachelor's degrees: \$24,062 (63% of students in this category have debt)
 - 1.7% owe more than \$200,000
- Ways to reduce student loan debt:
 - Start at a community college
 - Take full credit loads and graduate in 4 years
 - Stay in state to take advantage of state financial aid programs like the State Grant or North Star Promise
 - Don't take out private loans ... consider Minnesota's SELF Loan program if you need more loan support

Now that we are less stressed, let's talk tips!

- For parents: Have the hard conversations early
 - Are there any “hard no” factors that will limit where your kid can apply?
 - Example: Would you be okay with your child being in college in a state with restrictive laws about abortion or LGBTQ rights?
 - Will you visit schools that are potentially financially out of reach? The NYU example
 - What are financial boundaries?
 - Will cost be a determining factor in the final choice?
 - Are you okay with parent loans?
 - Are you okay with private loans?
 - What are your expectations for how much parents will contribute to the cost? The kid?
 - Be careful about saying “You get in, we’ll make it work”



General Tips to Manage the Process

- Sophomore Year
 - The advantages/disadvantages of PSEO
 - Continue to stay on track with academic requirements
 - Note: grades in core subjects are more important than grades in electives for many colleges, so focus on keeping the grades up in English, math, science, languages...
 - Consider setting up an email account specifically for college communications
 - Consider options for AP or CITS coursework
 - The eternal question: Is it better to get an “A” in “regular” classes or a “B” in Honors/AP/CITS?
 - The truth about how colleges compare apples to oranges when it comes to GPA: recalculation

General Tips: Junior Year

- ACT and SAT
 - Does paying for prep materials/coaching help? Yes, but doesn't need to be expensive. Practice tests can help
- College visits and college mail
 - List of questions (co-created) for visits
 - Consider a college search specific email address
- Start the long (or short) list/chart of college choices
 - Talk to counselors about eligibility for fee waivers for tests, applications if you qualify for free/reduced lunch
 - Determine which schools you'll visit
- Avoid the senior slump: Take math!
- Get spreadsheet going organizing the admissions process
- Talk about financial aid process, do an SAI calculator, get financial documents organized

Senior Year Tips

- Talk about expectations for staying organized in this process: who is in charge here?
- Have the gap year conversation
- Retake ACT/SAT early if necessary
 - Do top choice schools use super score? Or best single score? Or most recent?
- Apply ASAP to top choice schools
 - Pay attention to early priority deadlines versus early action and early decision
 - Early decision: binding (PROCEED WITH CAUTION)
 - Early action: non-binding
 - Early priority deadline: non-binding, usually just means earlier review

- Submit FAFSA
- Find out from top schools:
 - Separate scholarship application?
 - Supplemental financial aid application required?
 - Priority deadline for scholarship review
- Compare financial aid packages from top schools
- Watch for deadlines/priority dates for housing, orientation, and committing
- Does taking summer classes after HS graduation make sense?

Let's talk essays

- Remember: many schools don't require them but they matter a lot at more selective schools
- No dead grandmas, no short term missions trips, no "the person who is different than me changed me..." essays please!
- Proceed with caution on COVID essays unless the student had a really unique take or experience
- A distinct voice is the most critical thing. Admissions reps read **A LOT** of these and most sound the same. Don't be afraid to be a little weird.
 - Remember that the essay is where you get to make the case for what the campus community would lose by not having you as a member!
 - Don't feel like you have to "trauma mine" or share more than you want to
- Make sure to have enough time to edit and revise.
- NEVER, EVER plagiarize! This includes on gimmicky ideas.
- **DO NOT USE CHAT GPT**
- Stick to word count
- Try to choose one of the less frequently used Common App prompts if using the Common App - #2 and #7 most popular



Special Considerations

- Program specific requirements may be in play, especially for performing arts and high demand programs.
 - Make sure you know audition dates/process for music, dance, theatre, etc.
 - Check for portfolio requirements for fine arts
- Athletics: very big differences between D1 and D2/D3 recruiting. Impact on how being an athlete affects chances of being admitted varies wildly by school and sport
- Interviews: If the (highly selective) school offers them, it is usually in the student's best interest to try to do one
- Students with disabilities:
 - Not obligated to disclose disabilities in the admissions process
 - Disability status should not be considered in admissions process unless the nature of the disabilities requires more than a "reasonable accommodation" (e.g. a blind student may be denied admission to a nursing program)
 - All colleges that participate in federal financial aid programs are required to provide reasonable accommodations per the ADA. Students will need to proactively sign up with disability/accessibility services department after admissions to receive accommodations. Those accommodations may be different from services student received in K-12
 - ADA compliant housing options should be available, so work with housing office to determine what documentation is required

College Admissions Basics: Financial Aid

- Free Application for Federal Student Aid (FAFSA)
 - Used for determining federal aid but many schools also use it to determine other need based aid, including Minnesota State Grant
- Must have a social security number to apply
 - DACA students are not eligible for federal aid, but may be eligible for state or college aid
- Requires use of parent's information unless student is:
 - 24 or older
 - Married
 - Has a legal dependent (parent)
 - Is active duty military
 - Is a graduate student
 - Is homeless, an orphan, or a ward of the state
 - Other uncommon or unusual circumstance by appeal
- CSS Profile:
 - Additional application required by some schools
 - Greater depth of information requested (like medical expenses and other factors that impact ability to pay)
 - \$25 for first school, \$16 for each school after (waived for families with AGI under \$100,000)
 - If parents are divorced, requires information from both parents

FAFSA Basics: Types of Federal Aid

- Pell Grant:
 - Up to \$7395 per year, depending on SAI
 - Can get it for up to 12 semesters
- Other grants:
 - Federal Supplemental Educational Opportunity Grant (FSEOG) for students with exceptional financial need
- Work-Study
 - You must actually work to get it!, Paid like a pay check, not applied directly to tuition bill. Some students prefer not to take advantage of work study
 - College will determine how much work study funding a student is eligible for
- Student loans:
 - Maximum award for first year: \$5500 (no more than \$3500 may be subsidized)
 - Subsidized: interest is payed by Dept of Ed while student is in school
 - Borrowing limit increases to \$6500 for second year and \$7,500 for third year and beyond
- Parent Plus loans:
 - Higher interest rate, interest does accrue while child is in school
 - Must not have “adverse” credit history
 - Can borrow up to cost of attendance minus other financial aid received

FAFSA DEEP DIVE

- Generally will be released in October for the next academic year
- SAI: the key to calculating how much aid a student receives : the lower the number, the higher the need based aid
 - Cost of attendance – SAI = amount of eligibility for need based aid
 - $\$25,000 - 1000 = \$24,000$ in financial need
 - $\$5,000 - 1000 = \$4,000$ in financial need
 - Some schools are committed to meeting all of financial need for applicants below certain income levels, but colleges aren't required to meet 100% of need
- Your SAI will be recalculated every year when you resubmit the FAFSA
- SAI is based on the following factors:
 - Parent (“contributor”) and student income based on prior years taxes
 - Parent and student assets:
 - Cash, savings, and checking accounts
 - Educational savings accounts
 - Net worth of investments (not in protected retirement accounts like 401K, IRA)
 - Businesses and farms
- SAI does not include:
 - Mortgage equity
 - Retirement accounts
 - A consideration of your actual living expenses
 - Demographic considerations (race, gender, geography)
 - Student grades, academic performance

Minnesota Aid Programs

- Minnesota State Grant Program:
 - No separate application
 - Public and private colleges eligible
 - Award size based on SAI
- North Star Promise Program
 - New program for 2024!
 - Will cover tuition and fees at public two year and four year colleges in Minnesota for families who make less than \$80,000 a year
- Tuition reciprocity: May have options for in-state tuition in border states (North Dakota, Wisconsin) and parts of Canada (hello, Manitoba!)
- Midwest Student Exchange Program: reduced rate of out-of-state tuition for Indiana, Kansas, Missouri, Nebraska, and Ohio (discount rules and rates vary)
- SELF Loans: up to \$20,000 per year
- Other programs options for students who are foster youth, aspiring teachers, aspiring paramedics, and more.

How Do You Actually Choose A College?

- Compare financial aid offers
 - Try to make apples to apples comparisons:
 - Is merit or institutional aid renewable?
 - Will 5th year be eligible for institutional aid?
 - Predict how much loan debt might accrue and what monthly payments will be (calculators online can help with this)
- Visit top choices to get a sense of fit/feel
- Does the school have more than one major/program of study you're interested in?
- Be real with yourself about readiness to live far from home, talk about how often/when you'll come home

Questions and Resources

- Office of Higher Education: www.ohe.state.mn.us
- My Higher Ed: <https://myhighered.mn.gov/>
- FAFSA: <https://studentaid.gov/h/apply-for-aid/fafsa>