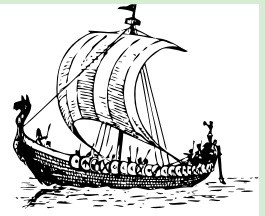


OCTOBER 2023



# SENIOR INFORMATION

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VANDEN HIGH SCHOOL

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## What's Included

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HELPFUL VANDEN LINKS- 2  
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- **On Campus College Visits are happening!. All visits will be announced in the weekly bulletin and posted in the Senior Class Google Classroom.**
- **Counselors will be available to help students complete their college applications starting in October. Come visit us on Tuesday and Thursdays at lunch, in the library computer lab.**

## COUNSELOR CONTACT INFORMATION

IF YOU HAVE QUESTIONS, PLEASE FEEL FREE TO REACH OUT TO YOUR STUDENTS COUNSELOR. ALL STUDENTS ARE ASSIGNED A COUNSELOR BASED ON LAST NAME. PLEASE SEE COUNSELORS ALPHA BREAKDOWN BELOW IN PARENTHESIS.

MS. HENRY (A-HARRINGTON- AHENRY@TRAVISUSD.ORG

MS. JOSKE- ON LEAVE

MS. ESCOBEDO (HARRIS-ROB)- JESCOBEDO@TRAVISUSD.ORG

MR. NULES (ROC-Z) ZNULES@TRAVISUSD.ORG

# HELPFUL VANDEN LINKS

## SCHOLARSHIP LIST

A new list of scholarships that Vanden has created. Students are highly encouraged to check it regularly for updates. Deadline, eligibility requirements, and links are attached for each scholarship.

## COUNSELOR PRESENTATIONS

Please view the website here for a copy of all of the slides/presentations that counselors conduct throughout the school year.

## COLLEGE APPLICATIONS

This link will direct you to a page that has all of the direct links to the major college application websites.

## SOCIAL-EMOTIONAL SUPPORT

Community Resources for students and families.

## NCAA

This link will direct you to Vandens information on NCAA. We have worksheets that discuss requirements, eligibility, and the recruiting fact sheet.

## TRANSCRIPT REQUEST

Link to our Vanden page where students will request official transcripts for the college/university they chose to attend.





# IMPORTANT DATES 2023

*Check with individual schools to confirm deadlines as they may vary*

## **September 2023**

- Make a list of 2-4 teachers from whom you can ask for a written recommendation
- The Common Application is available for students
- Common Black Application is available for students
- UC Application is open to students

## **October 1, 2023**

- CA Dream Act Opens- This is for students without Social Security Numbers
- California State University College Applications open

## **November 1, 2023**

- Early Decision due date for some schools
- Early Action due date for some schools

## **November 15, 2023**

- Early Action due date for some schools

## **November 30, 2023**

- UC and CSU College Application due date

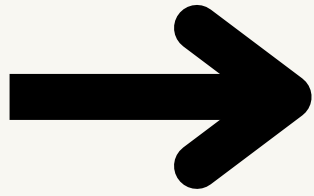
## **December 2023**

- FAFSA Opens- Students and parents should create an FSA ID prior to this
- Early Decision and Early Action letters go out usually by December 15th

## **December 2, 2023**

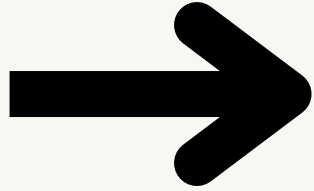
- SAT testing date (Registration deadline November 2nd)

# DIFFERENT TYPES OF APPLICATIONS



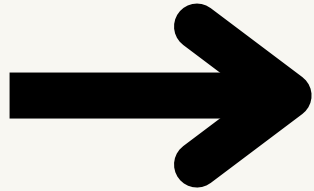
## ROLLING DECISION

Students can apply anytime during the application process and will get a decision back from the school quickly



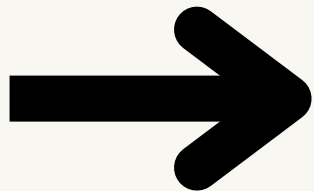
## PRIORITY DECISION

Similar to Early Action. Schools with Rolling Admissions use Priority Decision. A Student's application gets priority for admission as long as it is completed within the application window specified by the school



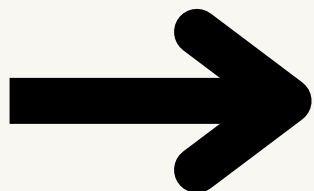
## EARLY DECISION

A student can only apply to one school for Early Decision. Early decision is binding; if you apply ED and are accepted, you must attend this school and pull all applications submitted to other school



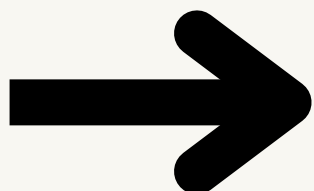
## EARLY ACTION

Under Early Action, a student can apply early and get a decision quickly, usually by the second week of December, with no requirement to attend. You can apply early action to more than one school



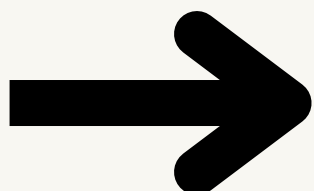
## RESTRICTIVE EARLY ACTION

This option is hybrid between Early Decision and Early Action. You are not required to attend the college if accepted but you cannot apply ED elsewhere (you can apply EA to other schools)



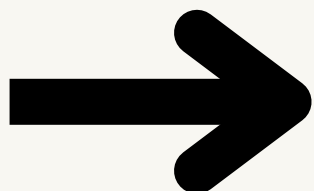
## SINGLE CHOICE EARLY ACTION

Applying Single Choice Early Action means that you may not apply anywhere else through ED or EA. Be sure this is your first choice school so you do not miss out on applying early anywhere else



## EARLY DECISION 2

This is a second round of ED that some schools offer that is binding. The deadline is usually January 1 with the decision coming in February. If you don't get into your first ED school, this is good option to apply to your 2nd choice ED



## REGULAR DECISION

Students apply during the regular application period. This is non binding and you can chose whether or not to attend. Deadlines vary by school

# HELPFUL WEBSITES

[HTTPS://STUDENTAID.GOV/](https://studentaid.gov/)

Federal student aid site. Information about grants, scholarships, loans, and work-study can be found here. FAFSA forms are also on this site.

[HTTPS://DREAM.CSAC.CA.GOV](https://dream.csac.ca.gov)

For undocumented and nonresident students who meet the eligibility requirements to attend a CA College. CADA Application is on this site.

[WWW.COMMONAPP.ORG](http://www.commonapp.org)

Register and fill out the common application for the colleges and universities that utilize this.

[COMMONBLACKCOLLEGEAPP.COM](http://commonblackcollegeapp.com)

Use this site to pay a one time application fee of \$20 to apply to 65 HBCU's.

[WWW.COLLEGEBOARD.ORG](http://www.collegeboard.org)

Sign up for the SAT, link to Big Future for college information, like to the CSS (College Scholarship Service) and more.

[HTTPS://ACT.ORG/](https://act.org/)

Register your student for the ACT test



# COLLEGE ADMISSIONS 101

## **WAITLISTED**

What does it mean to be waitlisted at a college/university? Waitlisted means that the college has finished reviewing your file and made a decision to put you on a waitlist for admission. The admissions committee may or may not admit students from the waitlist. New information does not usually change a waitlist decision. You must accept or decline a waitlist offer but it does not bind you to that college. If space opens up, the college may contact you with an offer of acceptance.

## **DEFERRED**

Being deferred from a college can mean several things: if you applied ED or EA, you may have been pushed into the Regular Decision pool (this releases you from a binding decision). If you applied Regular Decision or Regular Admission, the college may want more information like first or second semester senior grades or new test scores. The college has not finished reviewing your file and is deferring their decision to a later date. If a school receives the information they want, they could admit you earlier.

## **REGULAR DECISION VS EARLY DECISION/ACTION**

Not all schools offer EA or ED but for those that do, should your student apply this way? If your student's #1 choice offers this option, this may be the way to go. S/He will hear from the school months earlier than if applying RD and typically, early decision/action acceptance rates are higher than RD. Remember, ED is binding, EA and RD are not. ED and EA applications are usually due by the end of October with decisions sent out in December.

## **EXPECTED FAMILY CONTRIBUTION (EFC)**

Your Expected Family Contribution (EFC) is an index number that college financial aid staff use to determine how much financial aid you would receive if you were to attend their school. The information you report on your FAFSA/CADAA is used to calculate your EFC. This is just an estimate and the amount you pay at a school could be significantly above or below this number. A student's EFC will mean something different at each college.

## **SUBSIDIZED VS UNSUBSIDIZED LOANS**

Subsidized and unsubsidized loans are federal student loans, for eligible students, to help cover the cost of college, trade, career, or technical schools. Subsidized loans (SL) are available to undergraduate students with financial need. The US Dept. of Education pays the interest on a Direct SL while you're in school at least half time, for the first 6 months after you leave school during a period of deferment. Unsubsidized loans (UL) are available to undergraduate and graduate students, no requirement to demonstrate financial need. You are responsible for paying interest on UL during all periods.

## **THE COLLEGE ESSAY**

How important is the college essay? If your grades and/or test scores don't reflect your abilities as a student or what you bring to the table for college, the essay can be where you shine. On the Common Application, there are 7 essay prompts to choose from (student must choose 1). On the UC Application there are 8 essay prompts to choose from (student must choose 4 out of 8). Some schools may have additional essay prompts to complete.

# COLLEGE VISITS - THE 411

## WHY SHOULD I SCHEDULE A COLLEGE TOUR?



A college tour allows students to ask questions, meet other prospective students and understand the college on a deeper level. How you feel about a school once you visit in person may affect the direction your college search and application process takes. College visits help you refine your search. A tour can also help if you need to have a college interview or write a supplemental essay about why you want to attend. Finally, having your name on the tour rosters can mark what many admissions officers call "demonstrated interest."

### What Questions Should I Ask?



1. What is the average class size of introductory classes?
2. Do you have an honors college?
3. Ask your tour guide why they chose that particular school
4. What is the social scene like?
5. What majors are popular?

### When Should I Visit?

Ideally you should start visiting colleges the summer between your freshman and sophomore year of high school. With the events of the past year, this may not have been possible so if you are a rising junior or senior, now is a good time to start planning a tour to colleges you are interested in applying to.

### What to Check Out



- Residence Halls
- Student Union
- Sports Complexes
- Academic Center
- Career Center
- Library
- Dining Halls



### Take Notes!



You can find tour schedules and sign ups on each college's website. Check under the admissions tab under the heading of 'visit'.

You may think you'll remember that College A requires a swim test for graduation (yes, some do!) and University B is known for their internships but after a few visits they can start to blend together. Keep a notebook with pros and cons about each school and after a visit/tour, write down your immediate thoughts about the campus and your general impression of the school. You'll thank yourself later!



# UNIVERSITY OF CALIFORNIA: PERSONAL INSIGHT QUESTIONS

IMAGINE THE UC WAS A PERSON. IF YOU MET FACE-TO-FACE, WHAT WOULD YOU WANT THEM TO KNOW ABOUT YOU? THESE PERSONAL INSIGHT QUESTIONS ALLOW YOU TO TELL THEM. YOU COULD WRITE ABOUT YOUR CREATIVE SIDE. YOUR THOUGHTS ON LEADERSHIP. A CHALLENGE YOU'VE FACED. WHATEVER QUESTIONS YOU ANSWER, MAKE SURE YOU SHOW US YOUR PERSONALITY—JUST AS YOU WOULD IN REAL LIFE.

## **DIRECTIONS:**

- YOU WILL HAVE 8 QUESTIONS TO CHOOSE FROM. YOU MUST RESPOND TO ONLY 4 OF THE 8 QUESTIONS.
- EACH RESPONSE IS LIMITED TO A MAXIMUM OF 350 WORDS.
- WHICH QUESTIONS YOU CHOOSE TO ANSWER IS ENTIRELY UP TO YOU. HOWEVER, YOU SHOULD SELECT QUESTIONS THAT ARE MOST RELEVANT TO YOUR EXPERIENCE AND THAT BEST REFLECT YOUR INDIVIDUAL CIRCUMSTANCES.

## **KEEP IN MIND:**

- ALL QUESTIONS ARE EQUAL. ALL ARE GIVEN EQUAL CONSIDERATION IN THE APPLICATION REVIEW PROCESS, WHICH MEANS THERE IS NO ADVANTAGE OR DISADVANTAGE TO CHOOSING CERTAIN QUESTIONS OVER OTHERS.
- THERE IS NO RIGHT OR WRONG WAY TO ANSWER THESE QUESTIONS. IT'S ABOUT GETTING TO KNOW YOUR PERSONALITY, BACKGROUND, INTERESTS AND ACHIEVEMENTS IN YOUR OWN UNIQUE VOICE.
- USE THE ADDITIONAL COMMENTS FIELD IF THERE ARE ISSUES YOU'D LIKE TO ADDRESS THAT YOU DIDN'T HAVE THE OPPORTUNITY TO DISCUSS ELSEWHERE ON THE APPLICATION. THIS SHOULDN'T BE AN ESSAY, BUT RATHER A PLACE TO NOTE UNUSUAL CIRCUMSTANCES OR ANYTHING THAT MIGHT BE UNCLEAR IN OTHER PARTS OF THE APPLICATION. YOU MAY USE THE ADDITIONAL COMMENTS FIELD TO NOTE EXTRAORDINARY CIRCUMSTANCES RELATED TO COVID-19, IF NECESSARY.

- 1. Describe an example of your leadership experience in which you have positively influenced others, helped resolve disputes or contributed to group efforts over time.**
- 2. Every person has a creative side, and it can be expressed in many ways: problem solving, original and innovative thinking, and artistically, to name a few. Describe how you express your creative side.**
- 3. What would you say is your greatest talent or skill? How have you developed and demonstrated that talent over time?**
- 4. Describe how you have taken advantage of a significant educational opportunity or worked to overcome an educational barrier you have faced.**
- 5. Describe the most significant challenge you have faced and the steps you have taken to overcome this challenge. How has this challenge affected your academic achievement?**
- 6. Think about an academic subject that inspires you. Describe how you have furthered this interest inside and/or outside of the classroom.**
- 7. What have you done to make your school or your community a better place?**
- 8. Beyond what has already been shared in your application, what do you believe makes you stand out as a strong candidate for admissions to the University of California?**



# 2023-2024 COMMON APP ESSAY PROMPTS

THE COMMON APP ESSAY IS THE MAIN PERSONAL STATEMENT YOU'LL SUBMIT TO COLLEGES THAT 1. USE THE COMMON APP AND 2. REQUIRE THE ESSAY. YOUR PERSONAL STATEMENT GIVES YOU THE CHANCE TO DELVE DEEPER INTO YOUR EXPERIENCES, INTERESTS, PASSIONS, AND STRENGTHS

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

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\*\*COVID-19 has affected students in dramatically different ways. If you need it, the COVID-19 and natural disaster question in the Additional Information section is a place for you to describe the impact of these events. The question is not intended to be an extra essay. There's also no need to describe how your school responded to these events. Your counselor will have an opportunity to discuss impacts like closures, online instruction, and grading policies. Instead, consider how these events may have impacted you, your family, and your learning environment. Examples might include:

1. Illness or loss within your family or support network
2. Employment or housing disruptions within your family
3. Food insecurity
4. Toll on mental and emotional health
5. New obligations such as part-time work or care for siblings or family members
6. Availability of computer or internet access required to continue your studies
7. Access to a safe and quiet study space
8. A new direction for your major or career interests

# FAFSA/CADAA

FREE APPLICATION  
FOR FEDERAL  
STUDENT AID

CALIFORNIA DREAM  
ACT APPLICATION

## FILE YOUR 2024-2025 FAFSA/CADAA

What you will need to start your application:

- FSA ID ([fasaid.ed.gov](https://fasaid.ed.gov)) for Parent & Student (FAFSA Only)
- Social Security Numbers for Parent & Student (FAFSA Only)
- Other Income Information

For help on your application please visit the following sites:

- FAFSA-  
<https://studentaid.gov/apply-for-aid/fafsa/filling-out>
- CADAA-  
<https://www.csac.ca.gov/post/resources-california-dream-act-application>

## OPENS DEC. 2023, DATE TBD

**GET YOUR  
FSA ID  
TODAY!**

**TOP REASONS TO FILE EARLY**

- RECEIVE EARLY AWARD NOTIFICATIONS
- MAKE EARLY DECISIONS

# PAYING FOR COLLEGE/SCHOOL

When considering options to pay for school, remember:  
free money first, your money second, and borrowed money last

## FREE MONEY SCHOLARSHIPS & GRANT



**NONCONDITIONAL SCHOLARSHIP/GRANT:** Free money without any requirements. Typically grants are need-based while scholarships are merit based.

**CONDITIONAL SCHOLARSHIP/GRANT:** Scholarships or grants with conditions you must meet or you will lose the aid and possibly owe money back. Check if your assistance has any requirements and what the penalty is for not meeting those conditions.



## YOUR MONEY SAVINGS, WORK STUDY, OR A JOB

**SAVINGS:** Common college saving accounts like 529's, and general savings accounts. Use the most restrictive account first.

**FEDERAL WORK STUDY:** Offered as part of your federal financial aid, work study provides part time jobs for students with financial need.

**JOB:** Make sure you find a job that you can balance with your classes and your workload.

## THEIR MONEY FEDERAL & PRIVATE LOANS



**FEDERAL STUDENT LOANS:** Types of federal loans include 1.) Direct Subsidized Loans 2.) Direct unsubsidized Loans 3.) Direct parent Plus Loans. Click [here](#) for more information about federal student loans

**PRIVATE STUDENT LOANS:** Private student loans can have high variable interest rates and are not required to offer the same repayment benefits as federal student loans.

# HOW TO DECIDE IF COLLEGE IS RIGHT FOR YOU



## WHAT ARE MY GOALS?

The first step in any ideal "is college for me?" debate is figuring out your future goals. careers that require specific expertise and academic credentials usually require some kind of college whereas careers that require hands on experience may not

## WHAT'S MY FINANCIAL PLAN?

If you have money saved for college, that's a good first step. If not, you need a plan. Whether it's a 4-year degree or a vocation, you'll have to account for the costs of your future educational plans. Research merit based awards offered by different school and if you decide to take out loans, make sure you're not taking out more than you can afford.

## AM I GOING BECAUSE I AM EXPECTED TO?

Make sure you are making decisions about your future for YOU. Take the time to write out goals for yourself and find the right path to help you reach them. It may be college, it may be technical school, or it may be the military. The most important thing is to do what's best for YOU

## DO I LIKE SCHOOL ENOUGH TO GO 4 MORE YEARS?

4 years is a long time. Not everyone has the desire to write papers and sit in lectures and that is okay. There are plenty of options to help you get a good job in less then 4 years. If academics is your thing, awesome! College is a great place to narrow down your focus and find a path to a successful career.

# ADDITIONAL POST HIGH SCHOOL OPTIONS



## MILITARY

Air Force

Army

Coast Guard

Navy

Marines



## COMMUNITY COLLEGES

Solano CC

Napa Valley CC

Contra Costa CC

Diablo Valley CC

Woodland CC

Berkeley City CC

Merritt CC



## VOCATIONAL/TRADE/ TECHNICAL SCHOOLS & APPRENTICESHIP PROGRAMS

Are you interested in Trade School or an Apprenticeship program after high school? Please use the following link to discover programs and trades available in California. There are many opportunities in

Solano County!

[CA DEPT of Industrial Relations](#)

- WELDING
- AUTO BODY REPAIR
- CARPENTER
- COSMETOLOGY
- LINEMAN
- PARAMEDIC
- TILE LAYER
- ROOFER
- PLUMBER
- ELECTRICIAN
- MEDICAL LAB TECHNICIAN
- FIRE FIGHTER



# TRAINING FOR A CAREER

## MILITARY

There are many benefits to joining the military after high school. Every branch of the military supports the GI Bill and the Tuition Assistance Program; these programs help finance your way through college by covering the cost of tuition, room, board, and books. In addition, the discipline and worldly experience you will gain will benefit you greatly in the future. While serving, the military provides ways for you to receive free housing and food while stationed along with full health care and dental benefits. You will also receive basic pay while learning valuable job skills. Whether you decide on the Army, Navy, Air Force, Marines, or US Coast Guard, the US Military can be the key to your future.

## VOCATIONAL SCHOOLS

Vocational school programs prepare students for immediate entry into their field or into a stepping stone position to enter that field within just a year or two. Some four year institutions offer vocational degree programs (like paralegal programs), but certain programs like cosmetology may only be taught in vocational school programs. The goal of vocational school is to equip students with the skills they need to enter the workforce of their choosing. Schools offer access to scholarships, grants, or loans.

## TRADE SCHOOLS

Trade schools tend to focus on hands on careers that require a base level certification or a specific number of on the job supervised hours to enter. They can be thought of as more labor focused industries: auto mechanics, electricians, carpenters, and medical assistants. Some trade schools teach tech school style courses and have many of the same programs.

## TECHNICAL SCHOOLS

A technical school usually refers to an institution that offers associate's degrees and certain certifications that are necessary to enter technical job fields. Unlike four year colleges and universities, these programs can often be completed in just 1-2 years and for half the usual tuition. Students who go to technical schools may still need to complete a training program, apprentice program, or an entry level position before they can work in career positions that allow them to employ the full range of skills they learned. However, this is not always true, as some associate's degrees and technical certifications allow a graduate to begin working immediately.

## THE TEN BEST JOBS THAT DON'T REQUIRE A DEGREE \*\*

### AND THE MEDIAN ANNUAL WAGE

- |                                       |  |
|---------------------------------------|--|
| 1. HOME HEALTH AIDE (\$25,280)        | 6. LANDSCAPER AND GROUNDSKEEPER (\$30,440) |
| 2. PERSONAL CARE AIDE (\$25,280)      | 7. MEDICAL ASSISTANT (\$34,800)            |
| 3. WIND TURBINE TECHNICIAN (\$52,910) | 8. FLIGHT ATTENDANT (\$56,640)             |
| 4. PHLEBOTOMIST (\$35,510)            | 9. PHYSICAL THERAPIST AIDE (\$27,000)      |
| 5. MASSAGE THERAPIST (\$42,820)       | 10. NAIL TECHNICIAN (\$25,770)             |

\*ACCORDING TO US NEWS AND WORLD REPORT 2021; TRAINING OR CERTIFICATION MAY BE REQUIRED FOR SOME JOBS

## NOT EVERY CAREER REQUIRES A COLLEGE DEGREE



# NCAA ELIGIBILITY



Are you a student-athlete? Do you want to be NCAA eligible? Take a look at the following resource and check out our NCAA information page on the Vanden website.

<https://www.travisusd.org/Page/1685>



GRADE

# 9

## REGISTER

- » If you haven't yet, **register** for a free Profile Page account at [eligibilitycenter.org](http://eligibilitycenter.org) for information on NCAA initial-eligibility requirements.
- » Use NCAA Research's **interactive map** to help locate NCAA schools you're interested in attending.
- » Find your high school's list of NCAA-approved core courses at [eligibilitycenter.org/courselist](http://eligibilitycenter.org/courselist) to ensure you're taking the right courses, and earn the best grades possible!

GRADE

# 10

## PLAN

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



GRADE

# 11

## STUDY

- » Ensure your **sports participation** information is correct in your Eligibility Center account.
- » Check with your high school counselor to make sure you're on track to complete the required number of NCAA-approved **core courses** and graduate on time with your class.
- » Share your **NCAA ID** with NCAA schools recruiting you so each school can place you on its **institutional request list**.
- » At the end of the school year, ask your high school counselor from each school you attend to upload an official transcript to your Eligibility Center account.

GRADE

# 12

## GRADUATE

- » **Request your final amateurism certification** beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account at [eligibilitycenter.org](http://eligibilitycenter.org).
- » Apply and be accepted to the NCAA school you plan to attend.
- » Complete your final NCAA-approved **core courses** as you prepare for graduation.
- » After you graduate, ask your high school counselor to upload your final **official transcript** with proof of graduation to your Eligibility Center account.

