

JUNIOR YEAR

# STAR CONFERENCE

## Part 1

Thanks for joining us!



# Hoocąk Land & Heritage

The School District of Onalaska occupies the ancestral lands of the Hoocąk (Ho-Chunk) People. The Hoocąk thrived along the rivers and the region until the 1830 Indian Removal Act. The school district respects the survival, resistance, and resilience of the Hoocąk and their descendants in the region. Please take a moment to honor the first peoples and the land we stand upon.

# Welcome & Introduction

## OHS Student Services Staff

### School Counselors

Garrett Silker (A-Hr)

Chrissy DeLong (Hs-Ra)

John Horman (Rb-Z)

### School Psychologist

Rikki Kazda

### Administrative Assistants

Jennifer Morrison

Melissa de Boer

### Peace of Mind Counselor

Caitlyn Snyder

### Graduate Intern

Barb Stelloh



# Junior/Senior Year Timeline

## JUNIOR YEAR TIMELINE Important dates, events and reminders

### JANUARY 2023

- 3 Senior course info handed out
- 6 Registration deadline for February 11 ACT
- 10 Senior course info due
- 11-13 1st semester finals

#### This month:

- Review your high school coursework for senior year. Keep in mind that colleges look for the following:
  - Rigorous coursework**
  - Strong GPA**
  - Competitive ACT score**
  - Involvement in extracurricular activities, such as sports, clubs, volunteer work, or church involvement
  - Community involvement

### FEBRUARY 2023

- 10 ACT Prep course at OHS
- 11 ACT test date (optional)

#### This month:

- Prepare for the March 7 ACT
- If interested in the ROTC or military academies, contact your OHS counselor
- Visit Xello for career and college information (access through PowerSchool)
- Student Services page

### MARCH 2023

- 1 ECCP/SCN/CNA/Youth Apprenticeship applications due
- 7 Required ACT plus Writing
- 10 Registration deadline for the April 15 ACT
- 14 Take the ASVAB if interested in the military

#### This month:

- Meet with admissions representatives visiting OHS
- Contact colleges of interest for a scheduled visit. Visits during the school year allow you to see the campus in action
- Prepare for April ACT, if needed

### APRIL 2023

- 15 ACT test date, if needed

#### This month:

- Meet with admissions representatives visiting OHS
- Prepare for AP exams, if applicable
- Visit college campuses

### MAY 2023

- 5 Registration deadline for June ACT, if needed

#### This month:

- Take AP exams, if applicable
- Update resume/portfolio.
- Record all accomplishments, involvements and work

### JUNE 2023

- 10 ACT test date, if needed
- 16 Registration deadline for July ACT, if needed

#### This month:

- Volunteer or obtain a summer job that may be related to your career interests
- If possible, save money to pay for college costs
- Continue to visit colleges (see handouts)
- Research scholarships through the OHS newsletter, your school counselor, the district website, civic, community, and church organizations, and websites such as fastweb.com

### JULY 2023

- 15 ACT test date, if needed

### AUGUST 2023

- 1 UW System begins accepting applications

#### This month:

- Stay involved! Work, job shadow, continue to read a variety of books, and refresh your math skills
- Review career plans and the colleges you've looked at. Decide which colleges are a good match for you

### SEPTEMBER 2023

- 1 First day of school
- 9 ACT test date (if needed)
- TBA Attend Senior Student/Parent Night at OHS

#### This month:

- Meet with admissions representatives visiting OHS
- Register for Oct. ACT, if needed
- Narrow college search to 3-5 schools
- Keep track of all college deadlines
- Pick up a Letter of Recommendation Request sheet if you need a "LOR"
- Begin submitting college admissions applications
- Apply for scholarship opportunities posted in Addy's Footnotes and the website
- Assessment data results junior year to guide
- 3/Youth applications due (needed)

## SENIOR YEAR TIMELINE Important dates, events and reminders

### FEBRUARY 2024

- 1 Register for college placement exam (if applicable)
- 10 ACT test date, as needed

#### This month:

- Be sure all necessary materials have been sent to your chosen colleges
- Don't get senioritis! Colleges will rescind admission for poor grades

### MARCH 2024

- Sign up for college registration/orientation
- File for tuition reciprocity if attending a MN school

### APRIL 2024

#### This month:

- Continue to work hard at keeping your grades up. Your last semester can make an impact on your GPA and class rank

### MAY 2024

- 1 Deadline for enrollment deposit or commitment for most colleges
- 1 Deadline to request housing deposit refunds from colleges you choose

### NOVEMBER 2023

#### This month:

- Register for 2024 AP testing
- Complete your college applications by Thanksgiving
- Attend College Goal Wisconsin for help on the FAESA
- Review your Student Aid Report (SAR) and report any errors
- Continue to work on scholarship essays and applications. Watch deadlines.
- Ask colleges about financial aid and scholarships
- Attend cap and gown meeting during school

### DECEMBER 2023

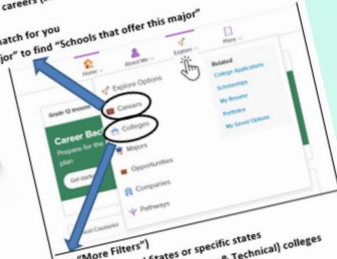
... a student and

# Xello & Career Exploration

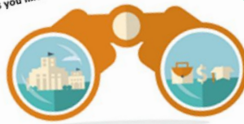
## xello Career & College Exploration

- Log in to your student Powerschool Account
- Click on the "Applications" logo
- Click to enter xello

- Explore > Careers: (see "More Filters")
  - Narrow by favorite school subjects
  - Narrow by clusters or groupings of careers (show "More Clusters")
  - Narrow by demand for career
  - Explore the career options that match for you
  - In a career, select a "Related Major" to find "Schools that offer this major"



- Search for Colleges: (see "More Filters")
  - Search by location: the entire United States or specific states
  - Search 4-year (Undergraduate) or technical (Career & Technical) colleges
  - Find a college with your career program (Areas of Study)
  - Enter as many search criteria as you like:
    - Location
    - Cost
    - Enrollment size
    - Community setting
    - Public or private
    - 2 or 4 year
    - Selectivity
    - Sports and activities



## Career & College Exploration Websites

Xello is an excellent program that we encourage students to use to explore careers and colleges. If students would like to try other websites, here are some options to try.

### Explore Career Opportunities

#### Employment data

- ❖ <https://www.bls.gov/ooh/>
- ❖ <https://jobcenterofwisconsin.com/>
- ❖ <https://universityhq.org/>

Occupational Outlook Handbook  
Wisconsin employment data  
National labor market data

#### Career exploration inventories

- ❖ <https://www.careerfitter.com/>
- ❖ <https://www.16personalities.com/>
- ❖ <https://www.truity.com/test/holland-code-career-test>

Work personality analysis  
Myers Briggs personality test  
Career interest inventory

### Explore College Possibilities

#### Regional college organizations and admission process

- ❖ <http://knowhow2go.acenet.edu/>
- ❖ <https://uwhelp.wisconsin.edu/>
- ❖ <http://www.waicu.org/>
- ❖ <https://wtcsystem.edu/>
- ❖ <https://www.che.state.mn.us/>
- ❖ <https://www.mnprivatecolleges.org/>

Steps to follow to get into college  
Search for WI 2 & 4-year private colleges  
Search for WI 4-year private colleges  
Search for WI technical colleges  
Search for MN 2 and 4-year public colleges  
Search for MN 4-year private colleges

#### Search for and compare colleges

- ❖ <https://collegescorecard.ed.gov/>
- ❖ <https://www.schoolfinder.com/>
- ❖ <https://www.mymajors.com/>
- ❖ <https://www.campusreel.org/>

Search for & compare colleges on 1 scale!  
Help find a major for you and colleges  
Real students touring around their campus









# Military Information

## Military & Military School Information

Military opportunities include full-time duty in one of the five branches, delayed entry and part-time commitments in the National Guard or Reserves and educational opportunities through military schools and ROTC. In addition to serving one's country and possibly making a career in the military, these experiences can offer the opportunity to see other parts of the world, learn an occupation and earn the privilege of various monetary benefits towards a post-secondary education.

Many of the military branch recruiters visit OHS on a monthly basis, when school is in regular session. Parents are encouraged to be part of this decision-making process. Virtual visits are also available.

For further information on entrance requirements, education benefit packages and length of terms, contact:

ARMY ARMY RESERVE ARMY NATIONAL GUARD		1-888-550-ARMY 1-888-709-ARMY 1-800-GO-GUARD	goarmy.com goarmy.com/reserve nationalguard.com
NAVY NAVY RESERVE		1-800-USA-NAVY	navy.com navy.com/seastars
AIR FORCE AIR FORCE RESERVE AIR NATIONAL GUARD		1-800-423-USAF 1-800-257-1212 1-200-TO-GO-ANG	airforce.com afreserve.com going.com
MARINE CORP MARINE CORP RESERVE		1-800-MARINES	marines.com
COAST GUARD COAST GUARD RESERVE		1-877-NOW-USCG	gocoastguard.com
SPACE FORCE		1-800-525-0102	spaceforce.mil

## Military Schooling and ROTC

**Service Academies** - Military environment with a first-class education

- Fully-funded tuition
- Highly competitive
- Admission criteria includes academics, standardized test scores, athletics & extracurricular activities, leadership experience & community involvement, congressional letter of recommendation
- Graduates receive Bachelor of Science degree and commissioned as officers
- Obligated to service a minimum of five years post-graduation
- US Military Academy, US Naval Academy, US Air Force Academy, US Coast Guard Academy, US Merchant Marine Academy

**Senior Military Colleges** - Combination of higher education and military instruction

- Financial aid available

- All cadets participate in the Reserve Officer Training Corps (ROTC), but only those receiving ROTC scholarships are required to enter military service post-graduation
- Texas A&M University Corps of Cadets, Norwich University, Virginia Military Institute, The Citadel, Virginia Tech Corps of Cadets, University of North Georgia, Virginia Women's Institute for Leadership

**Maritime Academies** - Train shipboard officers for vessels used for shipping and transportation. The US Merchant Marine fleet are civilian-owned ships that carry cargo and passengers on behalf of the US.

- Service commitment is not always required
- Massachusetts Maritime Academy, Great Lakes Maritime Academy, Maine Maritime Academy, California State University Maritime Academy, State University of New York Maritime College, Texas A&M Maritime Academy

**Reserve Officer Training Corp (ROTC)** - College program that prepares students to become officers in the military

- Offered at many colleges and universities across the US
- Study the major of your choosing
- Take additional courses in military science
- Receive leadership development, military skills and career training
- Educational funding in exchange for service commitment, as an officer, post-graduation



## Armed Services Vocational Aptitude Battery (ASVAB)

Students who are committed to serving our country in a military branch are required to take the ASVAB to determine eligibility for training programs. The ASVAB is a unique tool that helps measure specific aptitudes or talents that a student may or may not be aware of having.

**Students that are unsure about their future path may also take the ASVAB. Results can be helpful in making career decisions. A military recruiter will not contact you unless you indicate an interest.**

The ASVAB is given free of charge at OHS in the spring of each year, or at a recruiting office throughout the year. **This year the test is the morning of Tuesday, October 17 and March 5.** Students sign up in Student Services. For ASVAB prep, see march2success.com or <http://www.military.com/join-armed-forces/asvab>.





# Resume, Cover Letter & Interview Tips

## PERRY JAMESON

1515 Stanley Drive #62  
Hometown, WI 54202  
perry.jameson@dbplanet.com  
(608) 555-1938

### OBJECTIVE

To obtain knowledge of the day-to-day workings of a communications, public relations or publishing firm through a part-time job or summer internship.

### EDUCATION

Hometown High School, Senior  
Graduation date: May 2021  
GPA: 3.85, top 5% of class

### RELEVANT HIGH SCHOOL STUDIES

Technical writing, advanced composition, debate, video production, computer classes providing knowledge of word processing, desktop publishing, and Web software.

### EXPERIENCE

Stock person, Hometown Grocery Store  
Jan. 2018 – present. Organize and maintain proper stock of grocery items

Newspaper Staff Member, Hometown High School  
Aug. 2020 – present. Features Editor of campus newspaper

- Aug. 2019 – Aug. 2020. Researched information for news articles using library and Web sources; composed and edited informational articles, columns, editorials, and advertising copy

### HONORS, AWARDS, AND MEMBERSHIPS

- U.S. Media Association Scholarship recipient  
Scholarship based on academic achievement, community service, and campus participation and leadership in high school communications projects and studies
- President of high school chapter of Future Communicators of America (FCA), 2018 – present  
Member, 2018 – present

### INVOLVEMENT

- Hometown High School basketball team, 2018 – present  
Team Captain, 2019
- Volunteered at Neighbor's Day Clean-Up, May 2018

January 20, 2023

Mr. Frank Richards, Publishing Manager  
Hometown Community Newspaper  
7738 West 80th Street  
Hometown, WI 54202

Dear Mr. Richards:

I am very interested in applying for the part-time Journalist position that you recently advertised in last Sunday's Hometown Community Newspaper. I am currently the Features Editor of my high school newspaper, and would look forward to the new challenge offered by such a position.

In my current position as the Features Editor, the work experience I have gained has prepared me to be productive immediately. I would be able to use my skills and abilities to achieve great satisfaction and self-motivation while contributing to the success of the Hometown Community Newspaper.

I would like to request an interview to discuss my qualifications in detail and have enclosed my resume. I can be reached at the above address or by telephone (608) 555-1938. Thank you for your consideration.

Sincerely,

Perry Jameson

Perry Jameson

Encl: Jameson Resume

# Gap Year

## Gap Year

### What is a gap year?

A gap year is a break typically taken between high school and college that might include travel, work, study, volunteering, or research. It can be a time for students to explore the world and gain valuable life skills and experience while transitioning into independence.

### What are some of the pros and cons?

#### Possible benefits

Break from schoolwork  
Opportunity to travel  
Gain real life skills  
Work on independence  
Earn money to pay for future education

#### Questions to consider

Will I go back to school if I take a break?  
Will I be safe if I go abroad?  
Am I ready for full-time work?  
How far away from my family can I live?  
Am I a good saver?

### What are some gap year options?

- **Work**
- **Civil service** in military or national service organization
- **Pursuing arts or athletics**
- **Travel the world** as a tourist
- **Organized gap year program**, abroad or domestic - Students are accepted into a program to travel, study, and/or volunteer. Some programs offer educational stipends after the experience

### Recommended reading by US News & World Report:

**The Complete Guide to the Gap Year: The Best Things to Do Between High School and College**, by Kristin M. White

## Gap Year Programs

\*Please note this is not an exhaustive list.

- **AmeriCorps National Civilian Community Corps**
  - Full-time, 10 month, residential, national service program for 18-24 year olds
  - Serve on teams to address needs related to natural and other disasters, infrastructure improvement, environmental stewardship and conservation, energy conservation, and urban and rural development
  - <https://www.nationalservice.gov/>
- **CIEE Gap Year Abroad**
  - One- or two-semester program, live with a host family, 11 countries to choose from
  - Take classes with students from around the world, live with a native host family, and volunteer with local organizations and charities
  - <https://www.ciee.org/gap-year-abroad/>
- **Youth With a Mission**
  - Faith-based (Christian) with locations around the world to work with refugees
  - Cost varies, usually around \$5,000 per year
  - <http://www.ywam.org/>
- **Outward Bound**
  - 30 - 85 day expedition based program
  - Develops real-world decision making, group management and leadership skills
  - Costs vary, scholarships & financial aid are available
  - <https://www.outwardbound.org/>
- **Verto Education**
  - Travel the world for 1 or 2 semesters while completing general education requirements
  - Freshman year study abroad
  - Credits awarded from Portland State University and pre-approved to transfer to partner institutions
  - [www.vertoeducation.org](http://www.vertoeducation.org)



# ACT Information

## The ACT

### ALL Juniors will take the ACT!

- Every Junior in Wisconsin will take the ACT plus writing this winter
- Onalaska High School's ACT will be on the morning of Wednesday March 13, 2024
- Onalaska High School's ACT is completely FREE!
- This ACT can count for college admissions, placement and scholarship programs
- Students may register for this ACT during school by creating a MyACT account
- Students may select up to 4 colleges to send their scores to FOR FREE!
  - Students may only consider the highest ACT score reported
  - Colleges will only consider their MyACT account for \$18.50 per report
  - Students send scores after testing through their MyACT account for \$18.50 per report

### PREPARE:

- All OHS Juniors will prepare for the ACT during school, using their practice ACT results from September
- Continue to review your Practice ACT results to practice and identify areas to focus
- Take FREE practice tests located in Student Services. You can time and score them
- Use FREE websites to test yourself and get tutorials:
  - <https://www.march13success.com/> Create an account for free ACT prep
  - <https://www.act.org/> Take the full practice test and generate tutorials specific for YOU!
  - <https://pages.act.org/ebook-stages-of-taking-a-college-entrance-exam.html> Free e-book
- PAY FOR ACT prep options:
  - January 15, 2024 - No school day - Schoolhouse Tutoring ACT Prep - \$60 + optional \$20 book
  - Virtual - Six module - UW-L ACT Prep class \$199

### Test Day:

- Relax! Get plenty of rest and eat well the night before and morning of
- Bring the following with you to your ACT test:
  - Yourself, well rested with a good breakfast wearing comfortable clothing
  - (Saturday National Test Dates) Your admission ticket including your picture
  - A picture ID
  - An approved calculator. Visit [actstudent.org](https://actstudent.org), click on the "Test Day" tab for calculator FAQ
  - Several (NOT mechanical) sharpened #2 pencils and a watch
  - Several (NOT mechanical) sharpened #2 pencils and a watch
- Do NOT bring your cell phone to the ACT Test! Using your phone at any time in any way during testing (even break) will invalidate your test!
- As you get started, take a few deep breaths to calm yourself. Keep a positive attitude
- Listen carefully to all instructions and ask questions if you hear something you don't understand
- Pace yourself and occasionally check the time
- If you finish before time is up, reread the questions and check your answers
- Don't forget, answer every question. Even if you have to guess!

## More About the ACT...

### Options, Options, Optional:

- Many colleges are "Test optional" meaning they no longer require ACT or SAT test scores for applicants
- As of Fall 2023, the UW System has not announced an extension of their test optional policy for the class of 2025
- A strong ACT score can help students with admissions, placement, scholarships and honors programs
- Students can indicate on their applications, their preference for colleges to consider ACT score OR not consider their score
- Students who have taken multiple ACT exams may request a "Superscore" in their MyACT account
- A Superscore uses the highest subscores from each of a student's ACT administrations to recalculate the highest score possible

### Other test dates:

- Students who are not satisfied with their ACT score can register for additional administrations on national ACT test dates
- The ACT costs \$53 or \$67.75 for the ACT plus writing. Most colleges do not require the writing portion of the ACT, or would accept a writing score from the March 13 ACT
- Students can register for the paper or computer version of the ACT on national test dates
- The following is the ACT schedule of exams and registration deadlines for this school year:

Test Date	Register By	Late Registration (Additional Fee)
September 9, 2023	August 4	August 18
October 28, 2023	September 22	October 6
December 9, 2023	November 3	November 17
February 10, 2024	January 5	January 19
<b>March 13, 2024</b>	<b>FREE - No registration required</b>	<b>ALL Juniors required</b>
April 13, 2024	March 8	March 22
June 8, 2024 At OHS	May 3	May 17
July 13, 2024	June 7	June 21

### A small number of Onalaska students will take the SAT

- Certain colleges (East/West coast or selective) require the SAT instead of the ACT (most take both)
- SAT consists of:
  - The SAT tests: reading, writing (grammar) and math.
  - The essay portion and all SAT subject tests have been discontinued.
- Register for the SAT and SAT Subject tests at: <https://collegeboard.org/sat>
- Preparation options for the SAT is similar to the ACT (see above)

# Thinking of Being a Transfer Student?

## Thinking of Being A Transfer Student?

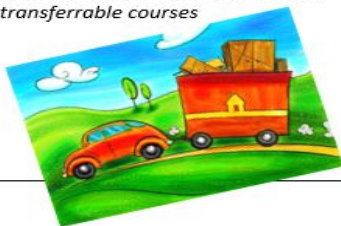
*There may be many benefits to attending a 2-year college then transferring*



*...But there are some risks too*

### **Pros:**

- ✓ *Good value—save on tuition, live at home, keep current job*
- ✓ *Acclimate to college level courses with smaller class sizes*
- ✓ *A place to improve GPA and academic skills*
- ✓ *Explore career options while taking transferrable courses*



### **Cons:**

- Some degrees are best to enter right away (teacher, performing arts, global studies, international language/business and some health majors)
- Postponing decision making and “just taking generals” is not a plan
- Missed social connections at future college if not starting with everyone else
- Not all credits are guaranteed to transfer everywhere
- Transfer credit may be *elective credit* depending on your major at your transfer institution

Transferology will help you check to see if your credits will transfer (in Wisconsin)! Visit: <https://www.wisconsin.edu/transfer/>

*The more you communicate to each college about your goals, the more they can help you create a plan to*

# College vs High School

FOLLOWING THE RULES IN HIGH SCHOOL	CHOOSING RESPONSIBLY IN COLLEGE
<p>1. High school is mandatory and usually free.                  2. You can count on parents and teachers to remind you of your responsibilities and to guide you in setting priorities.                  3. There is typically one set of requirements for students to graduate.</p> <p><b>Guiding principle:</b> You will usually be told what to do and corrected if your behavior is out of line.</p>	<p>1. College is voluntary and can be expensive.                  2. You must balance your responsibilities and set priorities. You will face moral and ethical decisions you have never faced before.                  3. Graduation requirements are complex and differ from year to year. You are expected to know how those apply to you.</p> <p><b>Guiding principle:</b> You are expected to take responsibility for what you do and don't do, as well as the consequences of your decisions.</p>
GOING TO HIGH SCHOOL CLASSES	SUCCESSING IN COLLEGE CLASSES
<p>1. Classes generally have no more than 30 students.                  2. You may study outside class as little as 0-2 hrs. per week, and this may be mostly last-minute test preparation.                  3. Teachers lecture on all content on tests.                  4. Parents can check on and view grades.                  5. You are expected to read short assignments that are then discussed, and often re-taught, in class.</p> <p><b>Guiding principle:</b> You will usually be told in class what you need to learn from assigned readings.</p>	<p>1. Classes may number 100 students or more.                  2. You need to study at least 2-3 hours outside of class for each hour in class.                  3. Some content on tests comes strictly from textbooks, not lectures.                  4. Parents cannot check on grades.                  5. Online classes can take more time than face-to-face classes.                  6. Must progress through a program with certain grades or you could lose financial aid.</p> <p><b>Guiding principle:</b> It's up to you to read and understand the assigned material. Lectures and assignments proceed from the assumption you've already done so.</p>
HIGH SCHOOL TEACHERS	COLLEGE PROFESSORS
<p>1. Teachers remind you of incomplete work and check for all completed homework.                  2. Teachers are often available for conversation before, during, or after class and approach you if they believe you need assistance.                  3. Teachers provide you with information missed during an absence.                  4. Teachers present material to help you understand the textbook.                  5. Teachers often write information on the board to be copied in your notes.                  6. Teachers impart knowledge and facts, sometimes drawing direct connections and leading you through the thinking process.                  7. Teachers monitor attendance.                  8. Teachers remind you of assignments and due dates.</p> <p><b>Guiding principle:</b> High school is a learning environment where you acquire facts and skills.</p>	<p>1. Professors may not always check homework, but they will assume you can perform the same tasks on tests. They may not remind you of incomplete work.                  2. Professors expect and want you to attend their office hours and expect you to initiate contact if you need assistance.                  3. Professors expect you to get missed information from other classmates.                  4. Professors may not follow the textbook.                  5. Professors may lecture nonstop, expecting you to identify important points for notes.                  6. Professors may not formally take roll, but are still likely to know if you attended. You can be automatically dropped from classes for non-attendance.                  7. Professors expect you to read, save and consult the course syllabus for all due dates and course requirements.</p> <p><b>Guiding principle:</b> College is a learning environment where you take responsibility for thinking through and applying what you have learned.</p>

TESTS IN HIGH SCHOOL	TESTS IN COLLEGE
<p>1. Testing is frequent and covers small amounts of material.                  2. Teachers frequently rearrange test dates to avoid conflicts with other school events.</p> <p><b>Guiding principles:</b> Mastery is usually seen as the ability to reproduce what you were taught in the form in which it was presented to you, or to solve the kinds of problems you were shown.</p>	<p>1. Testing is usually infrequent and cumulative, covering large amounts of material. You need to organize the material and prepare. Some courses may have only 2-3 tests per semester.                  2. Professors schedule tests without regard to the demands of other courses or outside activities.</p> <p><b>Guiding principle:</b> Mastery is often seen as the ability to apply what you've learned to new situations or to solve new problems.</p>
GRADES IN HIGH SCHOOL	GRADES IN COLLEGE
<p>1. Consistent good homework grades may raise your overall grade when test scores are low.                  2. Initial test grades, even if they are low, may not have an affect on your final grade.                  3. You may graduate as long as you have passed all required courses with a grade of D- or higher.</p> <p><b>Guiding principle:</b> Effort counts! Courses are usually structured to reward a "good-faith effort."</p>	<p>1. Grades on tests and major papers usually provide most of the course grade.                  2. Watch out for first tests! These are usually "wake-up calls" to let you know what is expected, but they also may count for a substantial part of your course grade.                  3. You may graduate only if your average meets the departmental standard. Some programs will drop students without a C average.</p> <p><b>Guiding principle:</b> Results count! Though a "good-faith effort" is important in regard to the professor's willingness to help you achieve good results, it will not substitute for results on your final grade.</p>

## HOW TO MAKE THE TRANSITION:

- Take control of your own education
- Get to know your professors; they are your single greatest resource
- Be assertive; seek help/tutoring when you need it; use tutoring, writing and math labs on campus
- Take control of your time. Plan ahead to satisfy academic obligations and make room for everything else
- Stretch yourself; enroll in at least one course that really challenges you
- Make thoughtful decisions; don't take a course just to satisfy a requirement; don't drop courses too quickly. Consider how your courses can prepare you directly or indirectly for your future career
- Think beyond the moment! Set goals for the semester, the year and your college career

# College Campus Visits & Comparison Worksheet

## College Campus Visits You Won't Know Until You Go!

Exploring campuses is well worth your while. Visiting colleges is a great way to get a feel for what college is like. When the time comes, it can help you decide if a specific college is right for you.

The **spring of your junior year** is a great time to get started. Walking around campus while school is in session will give you a true sense of campus life. **OHS will allow every student one excused day from school for a college visit.** Ask your parent/guardian to notify the main office ahead of your visit and tell them you're going on a campus tour so it can be marked accordingly.

### Arrange a Visit:

All colleges have an **admissions office** that can help you plan your visit. You can plan **your own individual visit** to a college campus, or go during their **large group open house events**. Take these important first steps to schedule your visit:

- Contact the college admissions office through the college's website or by email or phone to get details and make a reservation
- Allow plenty of time in your schedule for tours, questions, and exploration of the campus and surrounding area

If you are unable to visit a school due to distance or scheduling constraints, go to the campus' website or use sites such as [campusreel.org](http://campusreel.org) to take a virtual tour.



### What to Expect:

Campus visits can range from a quick hour to an overnight stay, from a casual guided tour to a formal presentation. Be sure to ask how long the whole visit will take so you can be prepared. Most campus visits will

College	Sample U.	College 1	College 2	College 3
Location	4 hours			
Environment	In nature Nearest city is 20,000 ppl. 6-4, male Very diverse Private - none			
Size	5,300 total 25 students			
Campus Visit Impressions	Well kept Energetic! Cool like me Yummy, but left hungry It'd be OK			
Admissions	None Top 50% 21 ACT Flute players wanted!			
Academics	All 3 interests Apply 2 <sup>nd</sup> year 2yrs Wild Lang 12-1 24			
College Expenses	Free, \$100 \$45,000/yr! Book rental included			
Financial Aid	December 1 No 1st \$25,000! App due Feb 1			



# College Application Guide & Summer Homework

## Gear Up for College Applications... With Your Summer Homework! ☺

Make it easier to complete your college applications in the fall. Gather a list of the following during the summer before your senior year, so you can quickly and efficiently complete your applications.

- List of about 3 colleges where you plan to apply
  - Note the application deadlines for each
- List of teachers, counselor, coaches, etc. to ask for letters of recommendation (if needed)
- Complete your Letter of Recommendation Request Worksheet so you have a summary of your:
  - Involvement - school/community activities including participation dates, leadership roles, community service, youth groups, clubs
  - Employment, including dates
  - Accomplishments - any academic, athletic, community recognition received
  - Any special circumstances you've overcome
- Strengths (academic and personal)
- Research essay prompts for the applications you plan to complete
  - Draft your essay responses
  - Have someone proofread your essays for content and grammar/punctuation, then make revisions

### College Application Essay Examples

- (UW - all campuses) This part is all about you. Tell us about something you've done—academically or personally—and what you've learned from it. Was it a success or a challenge? Did it represent a turning

## College Application Guide

### Application Checklist

- ✓ **Verify deadlines!**
- ✓ **General application:** Is all information accurate and legible? Don't leave questions blank unless the application allows it. Is your school part of a system? (Common Application, UW System, SendEDU)
- ✓ **Payment:** Have a credit or debit card handy
- ✓ **Transcripts:** Have them sent directly from Student Services - transcripts are not official unless sent from school
- ✓ **Letters of recommendation (if needed):** Do you have the number of letters required? Check with the admissions office to see if they need to be sealed
- ✓ **ACT/SAT scores:** If you need to send test scores to additional schools, contact the testing company directly ([actstudent.org](http://actstudent.org))
- ✓ **Complete portfolio, interview, audition (if needed):** If any of these are optional, doing them gives you a leg up on the competition

### Frequent Application Errors

- "I'll wait to get a better score." Submit your application even if you still plan to take the ACT, SAT, or another exam again.
- "I already ran spell check on my computer." Words can be spelled correctly but used incorrectly. Ask a counselor, teacher, or family member to proofread the application to catch any errors or poor phrasing.
- "I can send my application as soon as I'm finished." Before you click "send" on your computer, double- and triple-check that you have included all necessary materials.
- "I assume this is right." If you're confused by a question or any part of the application, ask someone. A quick call to the admissions office can save you from making an embarrassing error.



# Admissions Lingo



## College Admissions Lingo

### Rolling Admission:

Most colleges encourage early application, but do not have a hard deadline. They will continue admitting students until they meet their recruitment goals.

### All Colleges will send you one of the following decisions:

#### Acceptance:

Celebrate! You've been accepted! Depending on how you applied, compare your (possible) other offers, decide which is best for you and commit by May 1. Be sure to read materials and follow direction carefully.

#### Deferral:

Also referred to as "waitlist", this means the college is not prepared to accept or deny your application. You can wait and see what happens, but you *should* help yourself by contacting the college (this means the student) and ask if there's anything more you can provide. Additional personal statements, letters of recommendation or updated grades or test scores can make a difference.

#### Denial:

You have not been accepted. First, don't take it personal! Next, look at what other options you have. Consider this could be fate. Maybe you're meant to go to a different school and meet the love of your life? If you're not able to move on, you can always appeal, but if you can't share new information, you won't likely get a new decision. "I really want to go here," is not new information.

#### Decision Plan:

Depending on the college, students are sometimes asked to choose the type of application they will submit to the college(s). Different decision options may give you a slight advantage in the admissions process, *but won't tip the scales significantly!*

#### Regular Decision (RD):

Apply by a specified date and receive your decision in a time frame published by the college. Student chooses to commit to attend the college (or not) by May 1.

#### Early Action (EA)

Apply by a specified date, earlier than Regular Decision, and receive your decision at an earlier date. Student chooses to commit to attend the college (or not) by May 1.

#### Restrictive Early Action (REA)

Similar to Early Action, but the college you apply to using REA sets restrictions on the other types of colleges you may apply to (eg: you may not apply to any other college using Early Action or Early Decision -see below). If admitted, you are not required to commit to the college. You have until May 1 to choose to commit (or not).

#### Early Decision (ED)

Apply to only one school using this process by a specified date, earlier than Regular Decision, and receive your decision at an earlier date. If admitted, student **must** commit to enrolling at this college and withdraw applications from all other colleges!

# Common Application (Common App)



*Apply to over 1,000 colleges  
with just one application!*

*Note: Not every college uses the  
Common Application!*

To apply to college on the Common Application, start the following steps this summer:

1. Create your account on Commonapp.org. Create a username and password you won't forget!
2. Add colleges to your list. To find colleges that use Common Application visit [commonapp.org/search-colleges](https://commonapp.org/search-colleges). Use Xello for a broad search of *all* colleges.
3. Understand information on college-specific admissions requirements. Even though they use a "common application" schools will vary. Use the requirements tracking tools on the Common App. to help.
4. Gather information about yourself; your transcript, extracurricular activities, test scores, parent info (degrees, occupation, employer).
5. Start your application! Don't sweat it! You can go back and change anything you enter any time before you submit!
6. Submit your application!
  - Be sure to review responses and have your essays proofread!
  - Be sure you have not used the same essays for different prompts

# Senior Rigor



**SENIOR YEAR - What you really need:**

## Top 10 Senior Year Needs

A common question seniors ask school counselors in their last semester is "What do I need to graduate?" This can be translated to "What's the bare minimum I have to do to crawl across the stage this May?"

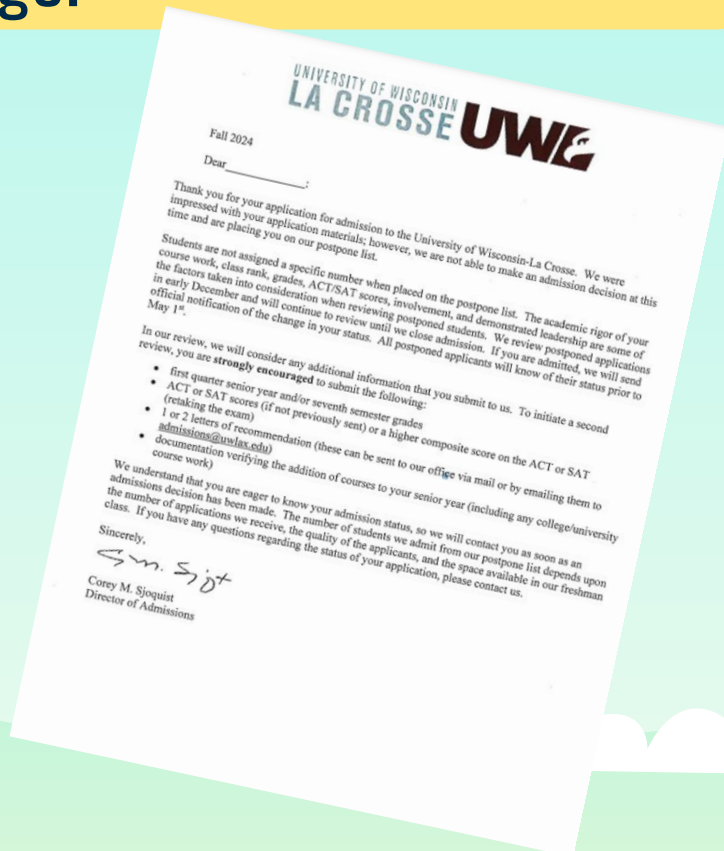
We'd like to answer that question in advance with the top 10 things every senior needs in their last months of high school.

**10. A sense of accomplishment** – feeling you've completed something you've worked hard at for 3 ½ years.

**9. Usually at least two class each semester!** History from those who came before you shows that lackadaisical study habits are hard to contain to just the 'unimportant' classes.

**8. Punctuality & attendance habits**, whether work, school or the military, everyone will expect you to be present and on time!

**7. Scholarship money!** A big factor in getting AND keeping scholarship money is what have you do over your *entire* senior year.



# Letter of Recommendation

## Guide to Letters of Recommendation

Letters of recommendation may be required for:

- College applications
- Scholarship applications
- Job applications

### **Complete** the Letter of Recommendation

Request sheet on the reverse side of this page. This is your opportunity to give those writing your letters the information they need about your accomplishments, activities, and goals. **Make a copy for each letter writer.**

### **Choose** the right people to write your letters.

They should be adults who know you well and can write a positive recommendation. Some good choices include teachers, school counselors, coaches, clergy, or supervisors. Do not choose parents or relatives.

### **Give** the letter writers plenty of time

(at least two weeks) to write your recommendation letter and let them know your deadline.

**Thank** your letter writers. Write a short note to show your appreciation.

## The Letter of Recommendation

Request sheet allows you to  
give your letter writers a little

more information about

yourself:

- Your strengths
- Qualities that make you a  
good candidate for the  
school or scholarship
- Specific examples of how  
you have displayed those  
qualities

## Onalaska High School

### Letter of Recommendation Request & Student Information

Attach additional sheet if necessary

Student Name: \_\_\_\_\_ Date Requested: \_\_\_\_\_ Date Needed: \_\_\_\_\_

Purpose of Letter: (check one) ☐ College application ☐ Scholarship application ☐ Other \_\_\_\_\_

Letter to be addressed to: Admissions Committee, Scholarship Committee, specific college(s), specific scholarship(s), or name/title  
\_\_\_\_\_  
\_\_\_\_\_

List your future goals (career/college/work):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Academic activities, leadership, awards & honors (please provide dates):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Extracurricular activities, leadership, awards & honors (please provide dates):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Community activities, volunteer experience and awards (please provide dates):  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

# Financial Aid Information

## SHOW ME THE MONEY!

### **Scholarships**

#### Local OHS Scholarships

*One application for over 70 scholarships totaling \$750,000 for 85 different seniors! Applications available Jan. 2024.*

#### Community Scholarships

*Local scholarships we are made aware of are posted on the school website & newsletter from Sept. to June. Parent employers may also sponsor scholarships.*

#### College Scholarships

*After being admitted, students should contact their college to see what scholarships they are eligible for. The application for admission is sometimes the application for scholarships! About \$1 million awarded to OHS students last year!*

#### National Scholarships

*Search websites like fastweb.com for nationwide scholarships*

### **Working & Saving**

#### Find a Job

*Work while you're in school and pay off your tuition/loans as you go.*

### **Need-Based Financial Aid**

**Over 90% of all financial assistance for students in the United States comes from federal financial aid!**

#### How to Apply for Need-Based Financial Aid:

1. Apply and be accepted to your college
2. October 1, go to FAFSA.gov to start your financial aid application
  - a. Apply for an "FSA ID" at fsaid.ed.gov first
  - b. Try to complete your FAFSA by February 1 (deadlines vary)
3. Promptly submit any other documentation requested!
4. A Student Aid Report (SAR) will be mailed to you, letting you know the kind of assistance that you are eligible for.

#### What Kind of Financial Aid Can I Get?

**\$\$ Grants (Free money!)**

**\$\$ Work Study (earned by working on campus)**

**\$\$ Student loans (paid back after you graduate)**

*How Need-Based Financial Aid Works:*

Cost of Attendance

- Expected Family Contribution (EFC)

= Financial Need



# FAFSA

## FAFSA

FREE APPLICATION FOR FEDERAL STUDENT AID

## How to Unlock Money for College



### WHAT IS FEDERAL STUDENT AID?

Federal student aid comes from the federal government. It is money that helps students pay for higher education expenses. Student and parent must submit a FAFSA to see if they qualify for aid.

The FAFSA provides access to:

- **Federal and state grants** - money for college that doesn't need to be repaid
- **Work study** - money **earned** to help cover college expenses
- **Federal student loans** - money that is borrowed for college that is **paid back later, sometimes with interest**

Federal student aid covers expenses like tuition and fees, room and board, books and supplies, and transportation.

To help you understand your options for paying for college, check out:

- FAFSA4caster
- StudentAid.gov

Help is available to complete the FAFSA:

- 1.800.4.FED.AID
- FSAid.ed.gov
- FAFSA.gov
- StudentAid.gov
- OHS Student Services
- Your college financial aid office

### WHAT YOU NEED TO COMPLETE THE FAFSA:

- Social Security number
- Dates - birth, death, marriage, divorce
- W-2's and tax returns from 2022
- Use the Data Retrieval Tool to save time in reporting tax info
- Most recent bank balances
- Amounts of any other income
- Value of any other assets like stocks, bonds and mutual funds

*Do The*  
**FAFSA**  
THE EARLIER THE BETTER

### WHO PROVIDES PARENT INFO ON THE FAFSA?

Both biological or adoptive parents, if they are living together, regardless of marital status or gender.

In the case of separation, divorce or parents who do not live together, provide parent info for:

- The parent you lived with most during the last 12 months OR the parent who provided the most financial support if you lived with both equally
- If the parent who completes the FAFSA is remarried, you must also include step-parent information

# Scholarship Information

## A GUIDE TO FINANCIAL AID/SCHOLARSHIP INFORMATION ON THE INTERNET

**SCHOLARSHIP SEARCH SERVICES (GENERAL)** - These sites contain, in whole or in part, "free" scholarship search services.

1. <http://www.fastweb.com>
2. <http://www.gocollege.com>
3. <http://www.scholarships.com>
4. <http://www.collegexpress.com>
5. <http://www.finaid.org/scholarships>
6. <http://www.collegescholarships.org>
7. <https://scholarshipamerica.org/what-we-do/students-parents/>
8. <https://www.goingmerry.com/>

### **SCHOLARSHIP SEARCH SERVICES (MINORITY)**

1. <http://www.gmsp.org>
2. <http://www.collegefund.org> (Native American)
3. <http://www.finaid.org/otheraid/natamind.phtml> (Native American)
4. <http://www.scholarships.uncf.org> (African American)

**GENERAL FINANCIAL AID INFORMATION** - Browse through one or more of these sites to learn more about the financial aid application process, the different types of aid available and tips on how to find the right college.

1. <http://www.finaid.org> \*site contains a financial aid estimation calculator
2. <http://www.studentaid.ed.gov>
3. <http://www.nasfaa.org>
4. <http://www.mappingyourfuture.org>
5. <http://www.tuitionfundingsources.com>

# Reciprocity Programs

## MINNESOTA – WISCONSIN RECIPROCITY BENEFITS



### What is Wisconsin/Minnesota reciprocity?

The MN-WI Tuition Reciprocity Program provides tuition reciprocity for Wisconsin residents who enroll in an eligible Minnesota public institution on a space available basis. Students who qualify pay for course work at in-state tuition rates.

### How does a student receive MN-WI tuition reciprocity?

A student must apply to HEAB and be approved to receive MN-WI tuition reciprocity. It is not automatic! Applications can be found at: <http://www.heab.state.wi.us/index.html>

### When does a student need to re-apply for MN-WI reciprocity?

If you continue to attend the same school in Minnesota, your reciprocity will be renewed. However, if you apply to a different school in Minnesota, you must submit a new reciprocity application to HEAB.

## MSEP MIDWEST STUDENT EXCHANGE PROGRAM

A Midwestern Higher Education Compact Program

### IT'S EASY TO SAVE MONEY ON OUT-OF-STATE TUITION

#### WHAT IS THE MSEP?

The Midwest Student Exchange Program (MSEP) is a tuition reduction program that makes attending out-of-state colleges and universities more affordable for non-resident students. By enrolling in MSEP at a participating institution, you will receive a reduced tuition rate—giving you a wider range of education options for your education dollars. Nearly one hundred colleges and universities in Indiana, Kansas, Minnesota, Missouri, Nebraska, North Dakota, Ohio, and Wisconsin have opened their doors to each others' citizens by offering **REDUCED TUITION RATES**.

#### HOW DOES IT WORK?

Through the MSEP, public institutions agree to charge students **NO MORE THAN 150%** of the in-state resident tuition rate and private institutions offer a **10% REDUCTION** on their tuition rates. Institutions may limit MSEP to specific programs or degree levels. You must enroll as a non-resident student at a participating MSEP campus to receive the discount. Actual savings through the program will vary from institution to institution depending upon the tuition rates.

**IT'S ALMOST LIKE GETTING FREE MONEY.**



# THANKS!

We look forward to seeing you for Part 2 at your Individual STAR Conference appointment - schedule a time through the pickatime link that will be shared tonight.

**Mr. Silker, Mrs. DeLong, and Mr. Horman**  
**OHS Counselors**

**CREDITS:** This presentation template was created by **Slidesgo**, including icons by **Flaticon**, and infographics & images by **Freepik**

