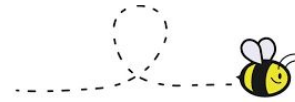




ALAMEDA HIGH SCHOOL

COLLEGE AND CAREER NEWSLETTER

PARENT ISSUE



2025-2026

Meet Ms. Lori, the new College & Career Center Specialist

- I started with Alameda Unified in 2014 as a paraeducator, then moved to Alameda High in 2018. At AHS I have held the position of Health Office and Office Assistant. I am excited for my new role as College & Career Specialist!
- Prior to AUSD I worked in the corporate world. (Working with students is so much more enjoyable)
- I have one child, who is a junior at Sonoma State University, so I have been through the college application process recently. I attended San Jose State University.
- I was born and raised in Alameda. I graduated from AHS many moons ago.
- I love going to concerts, being outdoors and going on adventures.



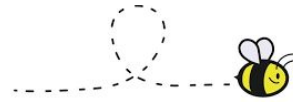
Visit the CCC website for more information on college, career, scholarships, financial aid, test prep, job and volunteer postings, and more! Click [HERE](#)



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AHS PARENTS: Welcome new parents! How can you support your high schooler be ready for life after high school?

- 1) Encourage and support them in emailing/communicating with adults. High school is their training ground. Let them make mistakes with us. If they have a work permit that they need processed, *they should be bringing/emailing it to me not you!*
- 2) College is NOT the only choice after high school. There are fabulous Career Technical Education programs in the CA Community College system. If your child wants to become a Chef or an Electrician, they have a different path in college.
- 3) It is **OKAY** if they are undecided. Let's normalize the fact that most 15-18 year olds are undecided about what they want to study.
- 4) Don't push *your* dream of UC Berkeley onto your child. Let them cultivate their own vision of where they see themselves.
- 5) Take them to visit different college campuses. Visit UC Merced & Riverside. Walk around Cal Poly Pomona and San Jose State. Drive over the hill to Saint Mary's College in Moraga. You don't have to sign-up for an "official" tour for every school, just walk around, eat lunch and get the vibe of the campus.
- 6) Embrace Community College. If UCLA is your student's dream-come-true school then the best way to attend UCLA is by transferring from a CA Community College if they don't get in as a freshman. Community College is the most cost effective route to avoid college debt.
- 7) Have an honest conversation about paying for college. What can you afford? See *page two for more information about the cost of college.*

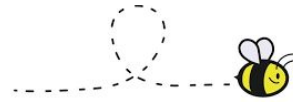
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2025-2026

Paying for College: How does your child apply for Financial Aid?

Seniors can apply for financial aid in the fall of their senior year.

[FAFSA](#) (Free Application for Federal Student Aid Application) or

[CADAA](#) (CA Dream Act Application for students who are undocumented, AB540)

The state of California now **REQUIRES but doesn't enforce that all seniors submit a FAFSA or CADAA application.** I recommend every family submit the FAFSA or CADAA application this year. If your child doesn't qualify for any aid, you never have to do it again. In CA we do offer a [Middle Class Scholarship](#) that is only available to students who submitted a FAFSA.

The FAFSA and CADAA applications will be based on the parents 2024 tax return information. You will file a FAFSA/CADAA every year you are in college. Deadline to submit is April 2026 to qualify for a [Cal Grant](#).

[CSS Profile](#) - This is an additional financial aid application that is required by some private schools. You will need to research which schools require the CSS Profile. The deadlines vary. (e.g. in CA Stanford & USC require this).

How much does college really cost?? How can I find out whether my child will qualify for any financial aid?

- You can search "Cost of Attendance" in the search bar for each school.
- By law, every school should have a way for you to estimate the aid. Look on the Financial Aid page of each school for something called the "Net-Price Calculator" or some private schools use "[MyinTuition](#)". UCs have a "[Statewide financial aid calculator](#)".
- Community College is the most cost effective path to a college degree.

Visit the CCC website for more information on college, career, scholarships, financial aid, test prep, job and volunteer postings, and more! Click [HERE](#)