

Holland Patent High School

9TH & 10TH GRADE

Welcome Back To School!

Freshman and sophomore year are important in shaping your academic and personal trajectory. These years lay the groundwork for future success, offering a chance to explore interests, build essential study habits, and develop a sense of self. It is a time where you can adapt to new challenges, make meaningful connections with peers and mentors, and discover passions that can influence career paths. By focusing on these early years, you can establish a strong foundation for your academic journey, setting yourself up for a more confident and successful future.

What should I be doing in 9th & 10th Grade?

- Get involved!
- Explore different careers
- Get to know your school supports
- Talk to your school counselor about options after high school!

Who are the class Advisors?

9th Grade: Mrs. Kuchler
rkuchler@hpschools.org

10th Grade: Mrs. Sullivan
ksullivan@hpschools.org

Throughout the year you will meet with your advisors to talk about any fundraising events for your class. This money goes towards things such as Prom, Senior Ball, Graduation, etc.



Clubs and Activities

- Student Council
- Yearbook
- HP Times
- International Club
- Varsity Club
- Knightly Bakers
- Diversity Club
- National Honor Society
- Gardening Club
- Vocal Ensemble
- String Ensemble
- Jazz Band
- Knightly Players
- Tri-Music Honor Society
- FBLA
- STEM Club
- FFA
- SADD
- Friends of Rachel
- ESPORTS
- AV Club
- Book Club
- Art Club

Ms. Viel & Mrs. Sullivan
 Mrs. Morgan
 Mrs. Roberts
 Mrs. Hansen
 Ms. Viel & Mr. Bateson
 Mrs. West
 Ms. Strzepek & Ms. Warwick
 Mrs. Carroll
 Ms. Szot and Mr. Arcuri
 Mrs. Swift
 Mr. DePalma
 Mrs. Kelly
 Mrs. Roberts & Mrs. Swift
 Mr. DePalma & Mrs. Kelly
 Mr. Carroll
 Mr. Smith
 Ms. Lamb
 Mr. Donatelli
 Mrs. Riemenschneider & Ms. Viel
 Mr. Ferris & Mrs. Kupiec
 Ms. Szot
 Mrs. Horwat & Mrs. Carey
 Mrs. Kiehn



Athletic Field

Academic Help

**Advisory
5th Period**

**Academic Help
Tuesdays and
Thursdays
3PM-5PM**

ATHLETICS

Fall

Boys:
 Cross Country
 Football
 Soccer

Girls:
 Field Hockey
 Cross Country
 Swimming
 Tennis
 Soccer
 Cheerleading

Winter

Boys:
 Basketball
 Wrestling
 Swimming
 Bowling

Girls:
 Volleyball
 Bowling
 Basketball
 Wrestling

Co-Ed:
 Alpine Ski
 Nordic Skiing

Spring

Boys:
 Track
 Baseball
 Golf
 Tennis
 Lacrosse

Girls:
 Softball
 Golf
 Track

9th & 10th Grade

- Explore career options through SchoolLinks by taking interest and skills assessments on <https://app.schoollinks.com/login/k12>
- Talk with your school counselor about career options and the education required for those careers.
- Talk with your parents about saving and paying for college.
- Participate in extracurricular activities, community service/volunteer opportunities, internships and job shadows.
- Get to know your school support- we're here to help you!
 - School Counselors, Social Workers, Connected Community Schools, CFLR.
- Review your high school plan with your school counselor. Take the most challenging classes you can handle. Stay focused on your schoolwork. Make sure you are meeting your high school graduation requirements. All grades are documented on your transcript.
- Athletes interested in playing Division 1 or Division 2 athletics in college should meet with their school counselor and coaches to ensure that they will meet the NCAA eligibility requirements. www.eligibilitycenter.org
- Students will complete a CPR/AED class in 9th and 11th grade to fulfill their graduation requirement.
- Apply for working papers if seeking employment, available in the Counseling Office.
- Explore Colgate Seminar or classes through HVCC and the UU Bridging Program.
- College Field Trips: Freshman-Syracuse University on October 15, 2025
 - Sophomores-Utica University on October 15, 2025

10th Grade Continued

- Attend college tours, career days, fairs or information sessions.
 - MVCA College Night, 10/07/25, SUNY POLY 6:30PM-8PM or
 - RFA 10/08/25 6:30 PM-8PM
- Students have the option to take the PSAT in 10th grade for practice. Students primarily take the PSAT in 11th grade to attempt to earn the National Merit Based Scholarship. Registration will be closing soon for the 25-26 school year, you will have the opportunity to take the test again in 11th grade. Test is 10/08/25.
- Students can sign up to take the ASVAB career survey. Test is 10/22/25.
- Sign-up for classes that will earn college credit during your sophomore+ years, such as Advanced Placement and Dual Credit classes. Colleges and universities typically require 4+ on AP exams for college credit.
- Attend the BOCES information sessions and tours to learn about the CTE and New Visions Programs. Info session in January, tour in March.

Graduation Requirements

Credit Requirements

A minimum of 22 units of credit are required for graduation. Typically, a course meets one period a day, five days a week, for a full school year and receives one credit. Students accumulate credits toward graduation while fulfilling core requirements. Any additional credits needed to complete the 22 credits for graduation may be met with elective courses.

English: 4

Social Studies: 4

Math: 3

Science: 3

Language Other Than English: 1
(3 for Advanced Designation Endorsement)

Fine Arts: 1

Physical Education: 2

Health: ½

Freshman Seminar

Senior Seminar

Electives: # of credits will vary

Completed Portfolio

5 Hours Community Service

Total: 22 Credits

Assessments & Diplomas

Regents Assessment requirements are intended to assure that high school graduates have met the New York State Learning Standards in English, Social Studies, Math and Science. An additional assessment may be required in a Foreign Language. To earn a NY State High School Diploma, a student must pass Regents assessments with a score of 65 (or NYS Ed. Approved Alternatives) in the following areas:

Regents Diploma

5 Total Regents

English Language Arts

US History & Government

Global History

Math (Alg)

Science (Life or Physical)

Regents Diploma with Advanced Designation

8 Total Regents

English Language Arts

US History & Government

Global History

3 Math (Alg, Geo, Alg 2)

2 Science (1 Life, 1 Physical)

World Language Assessments





9th GRADE TIMELINE

DID YOU KNOW?

College graduates earn substantially more than high school graduates. Here is a breakdown of the median earnings by college degree:

Level of education completed	Mean (average) earnings in 2014
Less than a high school diploma	\$30,108
High school graduate, no college	\$43,056
Some college, no degree	\$48,984
Associate degree	\$52,364
Bachelor's degree	\$74,308
Master's degree	\$88,036
Doctoral degree (e.g., Ph.D.)	\$105,456
Professional degree (e.g., M.D., J.D.)	\$124,904

Source: Bureau of Labor Statistics, Current Population Survey, unpublished tables, 2015, via studentaid.ed.gov

THE COURSES YOU TAKE IN HIGH SCHOOL ARE IMPORTANT.

Whether you plan to attend a 4-year college or community college, take at least five academic classes every semester in high school to develop skills in reading, writing, speaking, listening and reasoning.

Colleges are looking for a solid foundation of learning that you can build upon. Keep in mind that even though they may not be required for high school graduation, most colleges prefer the following:

- 4 years of English
- 4 years of math (including Integrated algebra, geometry, and algebra 2/trigonometry)
- 3 years of social studies
- 3 years of laboratory science
- 2-3 years of the same foreign language
- courses in fine arts and computer science

Many states have diploma options available to students, such as the New York State Regents Diploma, and options frequently require additional high school coursework. Your counselor can help you make the right class choices.

TAKE ACADEMICS SERIOUSLY AND KEEP YOUR GRADES UP.

Your high school grades are important and the difficulty of your courses may be a factor in a college's decision to offer you admission. College admission officers will pay close attention to your grade point average (GPA), class rank, Advanced Placement (AP), and other honors-level courses, as well as your scores on standardized tests and state exams - such as the Regents in New York State. So, challenge yourself by taking tougher courses and maintaining good grades. Not only will this help prepare you for standardized tests (such as the PSAT, SAT and ACT), but it will also determine your eligibility for some colleges.

GET TO KNOW YOUR TEACHERS, COUNSELOR AND PRINCIPAL.

Show them that you are both serious about learning and a hard worker. When you begin applying to college in a couple of years, you will have people who know you well. Those who know you well will write the strongest recommendation letters.

GET INVOLVED.

Find something you like and stick to it! Colleges pay close attention to your life outside of the classroom and value these types of experiences.

It is not the quantity but the quality and longevity of involvement in activities or organizations that matter. For example, if, as a 9th grader, you join the school newspaper and are a club reporter and then in 10th grade become a sports reporter, in 11th, a sports editor and in 12th, the editor-in-chief, it demonstrates growth in leadership. In community service, the same applies. It is not a sign of commitment if you simply participate in a charity walk once a year for four years. Rather, you should find something in which you have an avid interest. Whether it is an animal shelter, a nursing home, or a soup kitchen, the idea is that you stay and put in significant time.

MAKE THE MOST OF YOUR SUMMER.

Keep busy by doing something meaningful such as finding a summer job, identifying a volunteer experience in a career field that interests you, learning or perfecting a skill or hobby, going to summer school to get ahead or catch up, attending a summer program or camp, or catching up on your reading.

Get a head start by creating your activities resume now. An activities resume is a great way to highlight your strengths and to inform colleges about your out-of-class accomplishments and special talents.

Additional ideas include the following:

- Find a community service project and commit significant hours.
- Attend a summer camp and hone your testing skills, athletic skills, or a hobby such as music.
- Find a summer college program where you can master subject areas of interest or leadership training.
- Go to summer school to advance or to repeat a subject that was failed.
- Utilize the 10th grade reading lists for English, social studies, etc. to complete assignments and free up time during the beginning of the school year.

Here are a couple of helpful resources to get you started:

- College Board's 5 ways to stay on track in summer at <https://bigfuture.collegeboard.org/get-started/outside-the-classroom/5-ways-to-stay-on-track-in-summer>
- Summer programs at www.teenlife.com

START SAVING FOR COLLEGE.

It's not too early to begin saving for college. Learn about 529 plans through the College Savings Plan Network at www.collegesavings.org and Upromise at www.upromise.com to earn points when you shop.

Links to non-SUNY websites and information are provided for your convenience and do not constitute an endorsement.



9th Grade10th Grade

CollegeBoard

Access

College Planning: 9th/10th Grade

There are some steps you can take as a ninth- and a 10th-grader to make sure you're on the right track for college. This list will help you navigate the college planning process.

9TH GRADE

- ☐ **Create a four-year high school plan.** Think about what you'd like to accomplish in the next four years.
 - Make sure you know which high school courses are required by colleges, and that you're taking the right classes as early as the ninth grade. You can ask your counselor about what those "right" classes are.
 - Get to know the levels of courses offered by your school.
- ☐ **Start thinking about your life after school,** including the types of jobs that might interest you. Of course, these will change — often — but it's good to start thinking about the possibilities.
 - Identify your interests — likes and dislikes — not just in classes but also in every area. This will help you focus on your goals.
 - Talk to other people, such as your school counselor, teachers, recent college graduates who are working, professionals in the community, etc., about careers you might find interesting.
- ☐ **Meet with your high school counselor.** Your counselor knows how to help you get the most out of high school. Be sure to take some time during the school year to discuss post-high-school plans with him or her.
- ☐ **Participate in extracurricular activities.** Academics aren't everything. Explore your interest in a sport, school club, music or drama group, or community volunteer activity.
 - Remember that colleges would rather see real involvement in one activity instead of a loose connection to several.
 - If you're interested in playing sports in college, research the National Collegiate Athletic Association (NCAA) eligibility requirements. The NCAA requires completion of certain core courses; you can find the specifics at ncaaclearinghouse.net.
- ☐ **Save for college.** It's not too late to put money aside for college. Every little bit helps! Learning about financial aid early on can also help you down the road.
- ☐ **Explore summer opportunities.** Look for a job, internship, or volunteer position that will help you learn about a field of interest.
- ☐ **Get familiar with the PSAT-related assessments and SAT[®].** Most four-year colleges consider applicants' scores on college admission test. Download the free Daily Practice for the New SAT app to get a feel for the kinds of questions you might face on test day.
- ☐ **Take the PSAT[™] 8/9.** If your school offers it, sign up to take the first of the College Board assessments to set a baseline. This test will help you build up your skills to take the SAT in 11th or 12th grade.



/MyBigFuture



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@collegeboard

10TH GRADE

☐ **Meet with your high school counselor — again.**

Be sure to meet with your school counselor to ensure that your course schedule is challenging enough to prepare you for college.

- Check into any prerequisites for advanced-level junior- and senior-year courses.

☐ **Take the PSAT/NMSQT® or PSAT™ 10.** Depending on your school, you might have the opportunity to take the PSAT/NMSQT in October or the PSAT 10 in February or March. It provides valuable feedback on your college readiness and a free, personalized plan to help you start getting ready for the SAT — and for college.

☐ **Ask if the PSAT/NMSQT is offered to 10th-graders.** Although this test is usually given in the 11th grade, it is also often offered in the 10th grade. That's because it provides valuable feedback through the Student Score Report. You can then work on any of your academic weaknesses while there is still plenty of time to make improvements.

☐ **Are you interested in attending a U.S. military academy?** If so, you should request a precandidate questionnaire.

☐ **Along with your family, do some research about how to obtain financial aid.** Many students use financial aid to cover college costs. Find out what financial aid is, where it comes from, and how you can apply for it. Read the U.S. Department of Education's *Funding Your Education* (about federal aid programs).

☐ **Attend college and career fairs.** The fairs often take place in the fall at your school or in your area.

☐ **Participate in school activities or volunteer efforts.** Extracurricular activities can help you develop time-management skills and enrich your high school experience.

☐ **Talk to your counselor** about your plans for life after high school. He or she can help you plan your schedule, search for colleges, and navigate the financial aid process. The more your counselor knows about you, the more he or she can help you along the way.

☐ **Tour college campuses.** If possible, take advantage of vacation or other family travel time to visit colleges and see what they're like. Even if you have no interest in attending the college you are visiting, it will help you learn what to look for in a college.



10th GRADE TIMELINE

GET READY FOR COLLEGE TESTS.

Begin your year by practicing and then taking the PSAT (pre-SAT). Be sure to consult your counselor about your readiness to do so. You can also prepare for the SAT or ACT college entrance exams – which you will take in the 11th and/or 12th grades – by participating in their Question of the Day programs. To get started, go to sat.collegeboard.org/practice/sat-question-of-the-day and www.act.org/qotd.

GET TO KNOW YOURSELF.

Learn more about your personality, skills, abilities, likes and dislikes. An understanding of these will assist in determining what career will bring you the most satisfaction. There are many assessments available to aid you in learning more about yourself such as The Campbell™ Interest and Skills

Survey (CISS®), Myers-Briggs Type Indicator® (MBTI®), John Holland's SDS® Self-Directed Search® and the Strong Interest Inventory®. Check with your counselor to see which are available through your high school.

Talk to your family, friends, teachers and counselor and ask for their perceptions about what you do well. Then, ask yourself questions and make a list of your answers. Here are a few questions to get you started:

- What are five things I like to do?
- Which classes do I enjoy?
- Which classes do I least enjoy?
- How would my friends describe me?
- How would my family describe me?
- What are five of my strengths?
- What are five of my weaknesses?
- What three accomplishments am I most proud of?
- What careers or professions are attractive to me?

EXPLORE CAREERS THAT INTEREST YOU.

Consider volunteering or job shadowing in a career that interests you. Ask people whose jobs look or sound interesting to explain what they really do and how they got to where they are now. Here are a few questions to get you started:

- Describe your typical day.
- What did you study in college?
- What courses best prepared you for your career?
- What do you like most about your job?
- What do you like least about your job?
- What advice do you have for someone interested in this career?

RESEARCH JOB TRENDS.

Find out more about the careers that interest you. What level of education is required? What is the average salary? What are the expected job prospects? The U.S. Department of Labor Bureau of Labor Statistics at www.bls.gov/ooh offers answers to these questions and provides information about occupational projections by state, as well as career exploration information.

MAKE A LIST OF COLLEGES THAT INTEREST YOU.

- Do you wish to attend a large, medium or small-sized college or university?
- Close to home or far away?
- Public or private?
- Two-year or four-year?
- How important is cost?
- How important are clubs, activities and sports?
- Does your list include colleges and universities that offer your areas of academic interest?

Then, explore free college search programs, such as The College Board's Big Future at www.bigfuture.org or SUNY's campus search at www.suny.edu/attend/find-a-suny-campus.

BEGIN VISITING COLLEGE CAMPUSES.

It's not too early to begin visiting college campuses. Check websites for information about campus tours and open house programs, as well as summer opportunities such as workshops and camps – these are often referred to as pre-college programs. Remember, a visit is not a commitment to attend a college but rather an opportunity to experience a campus first-hand.

DON'T FORGET:

- The courses you take in high school are important.
- Take academics seriously and keep your grades up.
- Get to know your teachers, counselor and principal.
- Get involved.
- Make the most of your summer.

EXPLORE WAYS TO PAY FOR COLLEGE.

A college education is an investment in your future. Do your research, learn about college costs, and develop a financial plan. Here are a few resources to get you started:

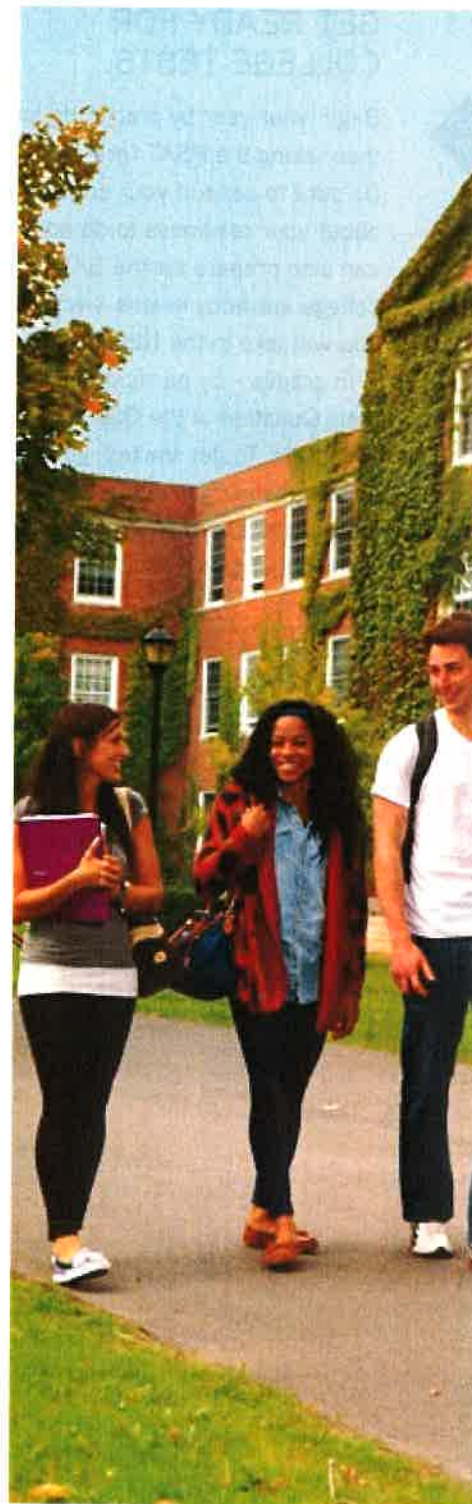
SUNY Financial Planning
www.suny.edu/smarttrack/literacy

New York State Financial Planning
www.hesc.ny.gov

Federal Financial Planning
studentaid.ed.gov

Scholarships
www.fastweb.com

Links to non-SUNY websites and information are provided for your convenience and do not constitute an endorsement.



Holland Patent College Course Offerings

Totals: 124 MVCC credits, 25 SUPA credits, 6 HC credits, 15 SC credits

<u>ADVANCED PLACEMENT</u>	<u>MVCC Course #</u>
AP World: Modern (6 MV credits)	HI103, HI104
AP US History/Gov (6 MV credits)	HI111, HI112
AP Government (3 MV credits)	PS101
AP English Language and Composition	
AP Biology w/ Lab	
AP Calculus (4 MV credits)	MA151
AP Seminar	
*Earning a 4 or higher on an AP exam can give students additional college credits	

<u>SYRACUSE UNIVERSITY PROJECT ADVANCE</u>	<u>Course #</u>
SUPA English 12 (6 SU credits)	WRT105, WRT114
SUPA Presentational Speaking (3 SU credits)	CRS325
SUPA Physics (8 SU credits)	PHY101, PHY102
SUPA Chemistry (8 SU credits)	CHE106, CHE107

<u>MOHAWK VALLEY COMMUNITY COLLEGE</u>	<u>Course #</u>
English 12 (6 MV credits)	EN101, EN102
MVCC Economics (3 MV credits)	BM101
MVCC Psychology (3 MV credits)	PY101
MVCC Sociology (3 MV credits)	SO101
MVCC Pre-Calculus (4 MV credits)	MA150
MVCC Inter. Math (4 MV credits)	MA115
MVCC Algebra/Trig (4 MV credits)	MA125
MVCC Statistics (3 MV credits)	MA110
Level 4 MVCC French 1 (3 MV credits)	FR191
Level 4 MVCC Spanish 1 (3 MV credits)	SP191
Level 5 MVCC French 1&2 (6 MV credits)	FR201, FR202
Level 5 MVCC Spanish 1&2 (6 MV credits)	SP201, SP202
Mandarin Chinese 3 (6 MV credits)	FL111, FL112
Mandarin Chinese 4 (6 MV credits)	FL211, FL212
MVCC Intro to Keyboarding (3 MV credits)	AA111
MVCC Intro to Business (3 MV credits)	BM100
MVCC Business Entrepreneurship (3 MV credits)	BM150
MVCC Personal Finance (3 MV credits)	BM108
MVCC Computers and Society (3 MV credits)	IS101
MVCC AutoCAD 1&2 (6 MV credits)	MT140, MT251
Drawing & Painting 2 or 3 (3 MV credits)	FA101
Drawing & Painting 2 or 3 (3 MV credits)	FA105
Computer Graphics 2 or 3 (3 MV credits)	GD145
Design Media Exploration (3 MV credits)	FA100
Fitness Center (3 MV credits)	PE154
Strength Training (3 MV credits)	PE111
Lifesaving (6 MV credits)	PE170, PE171

<u>HERKIMER COLLEGE</u>	<u>Course #</u>
American Sign Language III (3 HC credits)	HU100
American Sign Language 4 (3 HC credits)	HU101

<u>SUNY COBLESKILL</u>	<u>Course #</u>
Animal Science (3 SC credits)	ANSC101
Plant Science (3 SC credits)	ORHT105
Ag Business and Leadership (3 SC credits)	AGBU101
Intro to Food Science (3 SC Credits)	CAHT105
Small Animal Management (3 SC credits)	ANSC140



Financial Aid Checklist

College is usually more affordable than many families think, thanks to financial aid. The checklists below offer a step-by-step guide to help you navigate the financial aid process and get the most money possible for college.

FRESHMAN/SOPHOMORE YEAR

- ☐ **Find out how financial aid can help you afford college.** You might be surprised by how affordable a college education can be. Check out **7 Things You Need to Know About Financial Aid**.
- ☐ **Learn the basics of college costs.** Besides tuition, what expenses do college students have to cover? Find out by reading **Quick Guide: College Costs**.
- ☐ **Get an idea of what college might really cost you.** Check out **9 Things You Need to Know About Net Price** to learn why you may not have to pay the full published price of a college. Then pick a college you're interested in, and go to **College Search** to find its profile. Click the Calculate Your Net Price button to see that college's estimated net price for you—the cost of attending a college minus grants and scholarships you might receive. Save the data you enter, when possible, so you can recompute the net price as college gets closer.
- ☐ **Talk to your family about ways to pay for college.** Discuss the options, and share ideas about how your family might pay for it.
- ☐ **Save money for college.** Bank part of your birthday money, your allowance, or your earnings from chores or an after-school job for future college expenses. Even a small amount can be a big help when you're buying textbooks and school supplies later on.
- ☐ **Challenge yourself inside the classroom.** Good grades not only expand your college opportunities but also can help you pay for college. Some grants and scholarships—money you don't have to pay back—are awarded based on academic performance.
- ☐ **Get involved in activities you like.** Your activities outside the classroom—playing sports, volunteering, and participating in clubs—can lead to scholarships that will help you afford college.

Notes:



Initial-Eligibility Standards

If you want to compete in NCAA sports, you need to register with the NCAA Eligibility Center at eligibilitycenter.org. Plan to register before your freshman year of high school. For more information on registration, visit on.ncaa.com/RegChecklist.

Academic Requirements

Division I and II schools require you to meet academic standards. To be eligible to practice, compete and receive an athletics scholarship in your first year of full-time enrollment, you must meet the following requirements:

Division I

1. Earn 16 NCAA-approved core-course credits in the following areas:

ENGLISH	MATH (Algebra I or higher)	SCIENCE (Including one year of lab, if offered)	EXTRA (English, math or science)	SOCIAL SCIENCE	OTHER Any area listed to the left or courses listed in additional discipline (world language, comparative religion or philosophy)
4 years	3 years	2 years	1 year	2 years	4 years

2. Complete your 16 NCAA-approved core-course credits in eight academic semesters or four consecutive academic years from the start of ninth grade. If you graduate from high school early, you still must meet core-course requirements.
3. Complete 10 of your 16 NCAA-approved core-course credits, including seven in English, math or science, before the start of your seventh semester. Once you begin your seventh semester, any course needed to meet the 10/7 requirement cannot be replaced or repeated.
4. Earn a minimum 2.3 **core-course GPA**.
5. Ask your high school counselor to upload your **final official transcript** with proof of graduation to your Eligibility Center account.

Division II

1. Earn 16 NCAA-approved core-course credits in the following areas:

ENGLISH	MATH (Algebra I or higher)	SCIENCE (Including one year of lab, if offered)	EXTRA (English, math or science)	SOCIAL SCIENCE	OTHER Any area listed to the left or courses listed in additional discipline (world language, comparative religion or philosophy)
3 years	2 years	2 years	3 years	2 years	4 years

2. Earn a minimum 2.2 **core-course GPA**.
3. Ask your high school counselor to upload your **final official transcript** with proof of graduation to your Eligibility Center account.

Division III

While **Division III schools** set their own admissions and academic requirements, **international student-athletes** (first-year enrollees and transfers) who are enrolling at a Division III school after Aug. 1, 2023, must be certified as an amateur by the Eligibility Center. Contact the Division III school you plan to attend for more information about its academic requirements.



GRADE 9 REGISTER

- » If you haven't yet, **register** for a free Profile Page account at 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 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.
- » 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.

How to plan your high school courses to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

9th GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or other

4 CORE COURSES

10th GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or other

4 CORE COURSES

11th GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or other

4 CORE COURSES

12th GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or other

4 CORE COURSES

CONTACT THE NCAA ELIGIBILITY CENTER

U.S. and Canada (except Quebec):
877-262-1492 (toll free), Monday-Friday
9 a.m. to 5 p.m. Eastern time



[@ncaaec](https://twitter.com/ncaaec) [@ncaaec](https://www.youtube.com/channel/UCncaaec) [@ncaaec](https://www.facebook.com/ncaaec) [@playcollegesports](https://www.instagram.com/playcollegesports)



ELIGIBILITY CENTER



Registration Checklist

Plan to compete in NCAA sports? Register with the Eligibility Center at eligibilitycenter.org before ninth grade (year nine of secondary school).

Which Account Type Is Right for You?

1. Academic and Athletics Certification Account:

If you plan to compete at a Division I or II school, register for an Academic and Athletics Certification account. This account type (including completed [payment](#) or a processed [fee waiver](#)) is needed to go on Division I official visits, sign an athletics aid agreement for a scholarship and compete at a Division I or II school.

2. Athletics Certification Account: If you're an

[international student-athlete](#) (first-year enrollee or transfer) enrolling at a Division III school, you must register for an Athletics Certification account (or use your existing Academic and Athletics Certification account) and receive your final athletics certification before you can compete.

This account may also be right for students transferring from a non-NCAA college or university to a Division I or II school who do not require an Eligibility Center academic certification. These students should check with the compliance office at the NCAA school they may attend to determine their required account type.

3. Profile Page Account: If you're not yet in high school or secondary school, are not being recruited, are unsure in which division you want to compete or are a [domestic student](#) who plans to compete at a [Division III school](#), register for a free Profile Page account. [Transition](#) your account to an Academic and Athletics Certification account once you are [recruited](#) by a Division I or II school.

ELIGIBILITY CENTER ACCOUNT TYPES			
In which division do you plan to compete?	Academic and Athletics Certification Account	Athletics Certification Account	Profile Page Account
Division I or II			
Before recruiting begins or middle school and younger students (domestic or international). Can be transitioned to a certification account when needed.			✓
High school student (domestic or international) enrolling for the first time at a Division I or II school.	✓		
Transferring from a two- or four-year college or university. (Check with the compliance office at the school you plan to attend.)	✓	OR	✓
Division III*			
Domestic high school student enrolling for the first time at a Division III school.			✓
High school student with a permanent residence outside of the U.S.		✓	
High school student who attended secondary or postsecondary school outside of the U.S. for any time (excluding U.S.-based students who study abroad).		✓	
High school student who was based and competed outside of the U.S. or participated on a sports team that that based and competed outside of the U.S.		✓	
Transferring from a two- or four-year college or university; attended domestic high school(s) only.			✓
Division Undecided/Unknown			
Never enrolled full time at a two- or four-year college or university. Best before recruiting begins or for middle school and younger students. Can be transitioned to a certification account when needed.			✓

*Students enrolling at a Division III school who have an existing Academic and Athletics Certification account should use that account and not create a new one.



Once you have determined the right account for you, visit eligibilitycenter.org to register. A list of information you will need to complete your account is outlined below. For a Profile Page account, allow 15 minutes to complete. For certification accounts, allow 30-45 minutes to complete. If you need to exit and come back at a later time, you can save and exit but must return and complete your account within 30 days.

Unsure **which account type** is right for you? Start with a **free Profile Page account**, then check with the compliance office at the NCAA school recruiting you. If you need assistance, contact the Eligibility Center at 877-262-1492, Monday-Friday from 9 a.m. to 5 p.m. Eastern time. International students (including Quebec) should use the **International Contact Form** to submit questions.

ELIGIBILITY CENTER REGISTRATION ESSENTIALS

Below are some items you should have with you when creating an account at eligibilitycenter.org:

☐ **Student Information**

Provide your name, gender, date of birth, primary and **secondary contact information** and address.

☐ **Valid Email**

Use an email address you check regularly and will have access to **after** high school. The Eligibility Center uses email to update you about your account throughout the process. **Note:** If a sibling has registered with the Eligibility Center, use a different email address than the one they used.

☐ **Education History**

List all U.S. and international secondary and high schools and additional programs you attended, even if you did not receive grades or credits. If you attended ninth grade at a junior high school in the same school system in which you later attended high school, the ninth-grade school should not be listed.

☐ **Sports Participation History**

Select each sport you plan to participate in at an NCAA school. For **certification accounts**, list any teams you have practiced or played with, events in which you participated, expenses, awards and any individuals who advised you or marketed your athletic skills. This helps the Eligibility Center certify your athletics eligibility once you **request your final athletics certification**.

☐ **Payment (Certification Accounts Only)**

Certification account registration is complete once your fee is paid (or **fee waiver** is requested, if eligible). Pay online via debit, credit card or eCheck. Effective September 1, the fee for an Academic and Athletics Certification account is \$110 for **domestic students** and \$170 for **international students**. The fee for an Athletics Certification account is \$75. Profile Page accounts are free.

*All fees are nonrefundable after 30 days. If you completed a duplicate registration and paid your registration fee twice, complete the **refund form**.*

Do You Need Assistance Registering?

Contact the Eligibility Center at 877-262-1492, Monday-Friday from 9 a.m. to 5 p.m. Eastern time. International students (including Quebec) should use the **International Contact Form** to submit questions.



REMEMBER

Walk-on and "preferred" walk-on recruits must register with the Eligibility Center and meet initial-eligibility standards.



NCAA Eligibility Center Checklist

Start of Freshman Year

- Download your [high school's list](#) of NCAA-approved core courses—and the [NCAA Core Course GPA Calculator worksheet](#)—before you meet with your guidance counselor.
- Review the NCAA core course requirements with your counselor. You will need to take and pass a minimum of 16 core courses before graduation. Take at least one approved core course in each of the following: Math, English, Natural/Physical Science and Social Science or Foreign Language.

During Freshman Year

- Create your free [NCAA profile account](#). Give yourself at least 15-20 minutes to complete the initial registration.

Start of Sophomore Year

- Review your transcript with your guidance counselor to ensure you're on track to meet the NCAA core course requirements. Take at least one approved core course in each of the following: Math, English, Natural/Physical Science and Social Science or Foreign Language.

During Sophomore Year

- OPTIONAL: [Take the PSAT](#) to familiarize yourself with standardized tests like the [ACT](#) and [SAT](#). *Not required for NCAA eligibility.*

Start of Junior Year

- Receiving D1 or D2 interest? [Create an NCAA Certification Account](#) (cost: \$100 for athletes in the U.S., Canada and U.S. Territories and \$160 for international athletes)
- Have your counselor send your current transcript to the NCAA Eligibility Center.
- Review your transcript using the [core course calculator](#) with your guidance counselor to ensure you're on track to meet the NCAA core course requirements. Take at least one approved core course in the following: Math, English, Natural/Physical Science and Social Science or Foreign Language.

During Junior Year

- OPTIONAL: Take your first [ACT](#) and/or [SAT](#)—this will give you time to take it again if you need to. *Not required for NCAA eligibility.*
- Review your transcript using the [core course calculator](#) with your counselor to ensure you're on track to meet the NCAA core course requirements. Focus on the 10 core course rule—make sure you are on track to complete 10 of the courses by the end of the year, and remember that seven of these courses will be “locked in.”

End of Junior Year

- Have your counselor send your transcript to the NCAA Eligibility Center after completing your sixth semester.

Start of Senior Year

- Review your transcript using the [core course calculator](#) with your counselor to ensure you're on track to meet the NCAA core course requirements. You should know the exact courses you will need to take to hit eligibility based on your meeting at the end of your junior year.
- OPTIONAL: Take your second (or third) [ACT](#) and/or [SAT](#) if necessary. *Not required for NCAA eligibility.*

During Senior Year

- Complete your [amateurism questionnaire](#) within your NCAA Certification Account.

Starting April 1 of Senior Year

- If you're enrolling in the Fall semester, request your final Amateurism Certification within your NCAA Certification Account on or after April 1 and if you're enrolling in the Winter/Spring semester, on or after October 1. Remember, April 1 (Fall semester) and October 1 (Winter/Spring semester) are just the first—not the only—day you can request Amateurism Certification.

End of Senior Year

- Have your counselor send your final high school transcripts and proof of graduation to the NCAA Eligibility Center.

* The NCAA no longer requires standardized test scores for initial eligibility in D1 and D2 colleges. However, some schools and scholarships may still ask for them for admission. To confirm the requirements of your specific NCAA school, it's best to contact them directly.

Questions? [Email](#) or give us a call at [\(866\) 495-5172](#). If you're already an NCSA member, call [\(877\) 845-6272](#).

