

# Holland Patent High School

## 11TH GRADE

### Junior Year

Junior year is a very important time in high school...not to mention fun! You are no longer the underclassmen, you are enjoying the merits of being a seasoned student and senior year is well within sight! It may feel as though graduation is still very far away, but time will fly! Take some time now to make preliminary plans for your life after high school.

**Classes and Grades:** This is the last full year of classes and grades that will appear on your transcript when you apply to college, vocational training, certificate programs or a job. Admissions representatives will look very closely at your junior year grades so focus and achieve! When you make your schedule for next year, choose classes that will fit into your future plans. If you are college bound consider dual-credit courses or AP classes for a leg up on college credits.

### Important Tests

- PSAT: Oct 8th
- SAT: April 15th
- ASVAB: Oct 22nd
- ACT: Check ACT website

### Important Dates

College Night @ SUNY POLY  
October 7th, 2025  
6:30PM-8PM

College Night @ RFA Gym  
October 8th, 2025 from  
6:30PM-8PM

SUNY Poly Campus Tour:  
October 16th, 2025  
All Day

Ongoing College Visits: Check  
Announcements

### College/Career Planning:

**Career Planning:** Use SchoolLinks and other career assessment tools to gain a better understanding of what occupations might be a good fit for you! Feel free to ask your counselor for help interpreting the results! Your career plans will impact your post high school plans.

**College Planning:** It is never too early to think about your college options. Research schools online, meet with the admissions counselors that come to Holland Patent and attend local college fairs. Meet with your counselor to talk details.



# 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 of 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 (Algebra I)

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





# HPHS College Course Offerings and AP Courses

Holland Patent High School has a number of college level courses offered through MVCC, Syracuse University, Herkimer College and AP courses. Earning college credits now is a great way to save time and money! Talk with your counselor to see if these offerings are a good fit for you.

Take college level courses on a college campus while attending high school. Students with an 85+ GPA can take courses through MVCC, HVCC or Utica University. See your school counselor for more information.

## Dual Enrollment Courses

Western Civ.	U.S. History	Government
Psychology	Sociology	Economics
College Alg/Trig	Inter. Math	Statistics
Calculus	Pre-Calculus	Mandarin 3 & 4
Public Speaking	English	Music Appreciation
Spanish 4 & 5	French 4 & 5	ASL 3 & 4
Fine Arts	Graphic Design	CAD 1&2
Keyboarding	Intro to Business	Business Entr.
Personal Finance	Computers & Society	Lifesaving
Animal Science	Plant Science	Food Science
Pre-Vet Science	Ag Business/Leadership	
Fitness Center	Strength Training	

## AP Courses:

English Composition  
Biology  
Calculus  
World Modern History  
U.S. History  
Government  
Music Theory

## SUPA Courses:

English 12  
Presentational Speaking  
Physics  
Chemistry

## HELPFUL WEBSITES

### Career Exploration

- <https://www.oneida-boces.org/linkstosuccess>
- [www.bls.gov/?oco](http://www.bls.gov/?oco)
- <https://app.schoollinks.com/login/k12>

### College

- [www.collegeboard.com](http://www.collegeboard.com)
- [www.princetonreview.com](http://www.princetonreview.com)
- [www.suny.edu](http://www.suny.edu)
- [www.commonapp.org](http://www.commonapp.org)

### College Athletics

- [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)

### Financial Aid

- [www.fafsa.ed.gov](http://www.fafsa.ed.gov)
- [www.hesc.com](http://www.hesc.com)
- [www.finaid.org](http://www.finaid.org)
- [www.fastweb.com](http://www.fastweb.com)
- [www.studentscholarships.org](http://www.studentscholarships.org)

### Resume Writing

- <http://www.jobstar.org/tools/resume/index.php>

### Testing Tips and Info

- [www.collegeboard.org](http://www.collegeboard.org)
- [www.khanacademy.org](http://www.khanacademy.org)

## Music & Art Majors

- Considering art or music as a major or career? Talk with your teacher and counselor about developing a portfolio to show college admissions representatives.
- Each college will have different portfolio requirements, do your research and start gathering your work together now.

## As Soon AS Possible

- Meet with your counselor to review the courses you've taken, and see what you still need to take.
- Check your class rank. Even if your grades haven't been that good so far, it's never too late to improve. Colleges like to see an upward trend.
- Explore Career Zone [www.nycareerzone.org](http://www.nycareerzone.org), and other career assessment tools to learn more about occupations that are a good fit for you. You will take ClassLinks assessments in class.
- Make a list of colleges that meet your most important criteria (size, location, distance from home, majors, academic rigor, housing, and cost). Weigh each of the factors according to their importance to you. Continue visiting college fairs. You may be able to narrow your choices or add a college to your list. Speak to college representatives who visit your high school.
- If you want to participate in Division I or Division II sports in college, start the certification process. Check with your school counselor to make sure you are taking a core curriculum that meets NCAA requirements.
- If you are interested in one of the military academies, talk to your school counselor about starting the application process now.
- Discuss your PSAT scores with your counselor.
- Begin narrowing down your college choices. Find out if the colleges you are interested in require the SAT or ACT Assessments.
- Register for the SAT and/or ACT or other tests that may be required for your future plans.
- Begin preparing for the tests you've decided to take.
- Complete Job Shadow paperwork through SABA.
- Set up a filing system with individual folders for each college's correspondence and printed materials.

## SPRING

- Meet with your counselor to review senior-year course selection and graduation requirements.
- Discuss ACT Assessment/SAT scores with your counselor. Register to take the ACT Assessment and/or SAT again if you'd like to try to improve your scores.
- Discuss the college essay with your school counselor or English teacher.
- Stay involved with your extracurricular activities. Colleges look for consistency and depth in activities.
- Consider whom you will ask to write your recommendations. Think about asking teachers who know you well and who will write positive letters about you. Letters from a coach, activity leader, or an adult who knows you well outside of school (e.g., volunteer work contact) are also valuable.

## SUMMER

- Visit the campuses of your top-five college choices.
- After each college interview, send a thank-you letter to the interviewer.
- Talk to people you know who have attended the colleges in which you are interested.
- Start filling out college applications online through the websites of the colleges in which you're interested in applying to.



## How do I decide what career is right for me?

- The first step in knowing what you want in a career is knowing about yourself! There are many resources available to you to learn about yourself and careers. As you explore your future options keep these things in mind:
- There is no such thing as the “one perfect occupation” out there.
- There are most likely many jobs that would satisfy your career goals and make you happy in the world of work.
- It is OK to not know! Even if you are unsure, you can still plan.
- At this stage in your career, look for majors and fields of interest. Then narrow your search to specific occupations. If you are not sure what to do right now, then choose a path that leaves many options open to you in the future.
- You are not making the one and only career decision of your life.
- Many people change majors, and careers in their lifetime. The key to future success is to explore your options and choose the best one right now. You will reevaluate your choices throughout the next year and throughout college...most likely throughout your life!
- Do you know you are college bound? Then choose courses that will help you get into college. Are you interested in vocational training? Talk to your counselor about the BOCES programs. If you do not know what you want, then plan to keep as many doors open as possible.
- Use the resources available to you.
- The next section focuses on career assessment tools. Use these tools to make the best decisions you can. Talk with your counselor about the assessment results and how to make meaningful choices.

## Career Assessments: Your Guide to Making Career Choices

### How can Assessments help?

- Career assessments can help you learn about yourself. They can help you learn about your top skills, interests, values, and more. Furthermore, they can attach careers and career clusters to those skills, interests, and values to help you narrow your search and find an occupation that is a great fit for you!
- Look at recommended occupations and gather information about what type of education or training is required, what colleges offer your major of interest, and what steps you need to take to reach your goals!
- Career Exploration can be a long journey but there is help along the way. Career assessments are just one resource you can use. Here are some other important tools to help you reach a great fitting occupation:
  - Career Counselors (these are available in high schools AND colleges)
  - Job Shadowing, Interviews, Videos, Teachers/Professors/Others

# Preparing for College: Where to Start?

Hopefully you have already taken the first steps of selecting challenging courses, maintaining good grades, and learning more about yourself and your career interests. Now is the time to look into colleges that interest you!

## What types of schools are there?

- **Community Colleges**– offer 2 year degrees and prepare students for work, or to transfer to a 4 year college.
- **4 Year Colleges and Universities**– offer bachelor degrees and many offer graduate degrees. Public schools are subsidized by tax money and are typically less expensive for state residents. SUNY schools are public. Private schools are funded by contributions, endowments and tuition. Though costs are typically higher than public schools, there may be opportunities for grant and scholarship money.
- **Vocational Schools**–offer training in a specific field. These schools prepare students to enter a specific field with a certification program.

## What should I be doing now?

- Talk with your counselor to discuss your college plans. Use the Junior Year checklist in this handbook as a guide to help you prepare.
- Make plans for the admissions tests you will need such as the SAT and ACT. If you are unsure about what you want to do, take the test that will leave the most doors open. Your counselor can help you decide which test/tests are right for you.
- Most importantly, keep your grades up and talk with your counselor to choose challenging courses. We recommend you take dual-credit courses and AP classes.

## What is the next step?

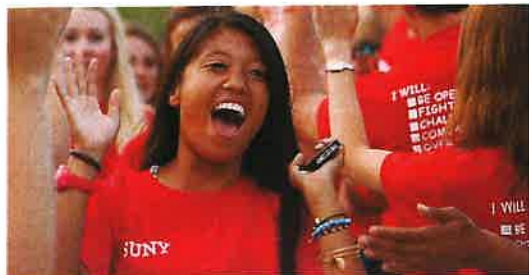
Research, research, research! Use the internet to research colleges. Look for the following information in your search: majors offered, location, size, tuition costs, athletics, extracurricular activities, class size, student to teacher ratio, facilities such as the library, computer access, dining halls, etc. Discuss your findings with your counselor to help you narrow your choices to explore further with campus visits and interviews.

### 25-26 SAT Dates

SAT Test Date	Registration Deadline
Oct 4, 2025	Sept 19, 2025
Nov 8, 2025	Oct 24, 2025
Dec 6, 2025	Nov 21, 2025
Mar 14, 2026	Feb 27, 2026
April 15, 2026	SAT School Day
May 2, 2026	Apr 17, 2026
June 6, 2026	May 22, 2026

### 25-26 ACT Dates

ACT Test Date	Registration Deadline
Oct 18, 2025	Sept 12, 2025
Dec 13, 2025	Nov 7, 2025
Feb 14, 2026	Jan 9, 2026
April 11, 2026	March 6, 2026
June 13, 2026	May 8, 2026



# 11<sup>th</sup> GRADE TIMELINE

## SUMMER – PRIOR TO YOUR JUNIOR YEAR

- **Visit** as many colleges as possible. Check websites for information about tours and open house programs and combine with a family vacation or gathering. Even if a school is not on your list, but an opportunity for a visit presents itself, consider checking it out. Doing so will give you perspective for asking more informed questions and making better decisions later in the process.
- **Prepare** for the PSAT/NMSQT or SAT by visiting the College Board's SAT Preparation Center at [collegereadiness.collegeboard.org/sat/practice](http://collegereadiness.collegeboard.org/sat/practice), or take the practice ACT at [www.actstudent.org/testprep](http://www.actstudent.org/testprep).

## FALL

- **Take** the most challenging courses you can as it is the rigor of your curriculum, along with a solid grade point average, that will be evaluated by college admission committees. Taking challenging courses shows that you are ready for a competitive college environment. Be sure to meet with your counselor to review the courses you've taken and determine what you still need to take.
- **Maintain** your grades. Grades earned in your junior year will be evaluated by college admission officials when you apply for admission.

- **Obtain** schedules for the SAT, SAT Subject Tests and ACT and determine which of these exams you will take. Complete the registration forms and mark the dates on your calendar. See your counselor for information.
- **Inquire** about national competitions and scholarships, such as the Intel Science Talent Search, by visiting with your counselor.
- **Complete** SAT II subject exams as you finish subject areas. See your counselor for information.
- **Develop** your leadership skills and stay involved. Colleges look for consistency and depth in activities.
- **Attend** college fairs, financial aid nights and college planning workshops. Encourage your parent(s)/guardian(s) to accompany you.
- **Establish** an e-mail account specifically for your college search. Remember, a "funky" e-mail address is best left for communicating with friends and family.
- **Start** early! Learn about federal financial aid, your potential eligibility, and how the EFC (Expected Family Contribution) works. Visit Federal Student Aid at [studentaid.ed.gov](http://studentaid.ed.gov) and SUNY Smart Track at [www.suny.edu/smarttrack/literacy](http://www.suny.edu/smarttrack/literacy) for more information.

- **Talk** to your counselor if you are interested in a military academy to find out about requirements and timelines.

## WINTER

- **Generate** a list of 10-20 colleges and contact them for information. Research costs and note upcoming campus visit programs.
- **Organize!** Make folders for your college information, along with deadlines and important dates. Check it often.
- **Send** e-mail messages to your colleges of interest to get on their mailing lists. To request information from SUNY go to [www.suny.edu/attend/request-information](http://www.suny.edu/attend/request-information).
- **Research** scholarships at [www.fastweb.com](http://www.fastweb.com) and see your counselor for additional information.
- **Create** a first draft of your resumé to maintain a record of college courses taken, college programs in which you've participated, awards you've won, projects you've completed, extracurricular achievements, and volunteer work.
- **Review** your senior year class schedule with your counselor to ensure that it fulfills graduation requirements.
- **Start** the certification process if you are interested in participating in college athletics. Consult with your athletic director or coach(es) to determine whether



you are a candidate for an athletic program. Be sure to check with your counselor to make sure you're taking a core curriculum that meets NCAA requirements. For more information go to [www.ncaa.org](http://www.ncaa.org).

## SPRING

- **Research** Early Decision and Early Action programs and schedule your testing to meet early deadlines.
- **Attend** college fairs, financial aid nights and college-planning workshops. Many spring events are designed for high school juniors.
- **Utilize** your college list to arrange visits to campuses during spring break.
- **Focus** on financial aid and enlist the assistance of your parents/family members. For each college on your list, calculate the total cost of a year (two semesters) using the college's net price calculator. SUNY's calculator will be available at [www.suny.edu/howmuch](http://www.suny.edu/howmuch).
- **Contact** your U.S. Representative or U.S. Senator to express your interest in and desire to be nominated to attend a military academy.
- **Consult** your coach and counselor BEFORE submitting the NCAA eligibility paperwork (for potential athletes).

- **Consider** whom you'll ask to write letters of recommendation (current teachers and counselors). Then, provide a summary of what you wish for them to include and politely ask if they can assist. Remember to send each a thank you note.
- **Inquire** about personal interviews or group information sessions at your favorite colleges.
- **Search** for summer pre-college programs, workshops and classes at SUNY campuses or apply for internships and summer jobs in your field of interest.
- **Pace** yourself. Don't spend so much time trying to improve standardized test scores that your grades and involvement in activities suffer. Find and maintain a balance.

## SUMMER - Following your junior year

- **Take** the SAT II subject tests if your potential colleges require them and you have finished the curriculum which would help you score well. (If you and your family are experiencing financial hardship, ask your counselor about a fee waiver.)
- **Narrow** your list of colleges to 4-8. Make sure these are a right match for you. Just because a relative attended an Ivy League school, doesn't mean it is a good fit for you.
- **Visit** the three schools at the top of your list. (Be sure to include SUNY.) Schedule your visit in

conjunction with a family vacation or when colleges are hosting events.

- **Decide** on whether you'll apply as an Early Decision or Early Action candidate and begin preparing your application for admission. These deadlines are typically in early to mid-November of your senior year.
- **Compose** rough drafts of essays and ask your family, friends, and teachers to review your essays for grammar, punctuation, readability, and content.
- **Contact** coaches, if applicable, and include your high school sports schedule and game tapes. Be sure to tell them why you are interested in their program and school.
- **Create** an arts portfolio, if applicable, to showcase your performing, visual or creative arts work. Your portfolio may include essays, photographs, illustrations, slides or other forms of artwork. A portfolio should represent your best creative work from class projects or assignments and be consistent with portfolio instructions given by an individual campus program.
- **Preview** application questions now and begin to draft your answers. Worksheets for the SUNY application can be found at [www.suny.edu/attend/learn-more/forms-and-publications](http://www.suny.edu/attend/learn-more/forms-and-publications).

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



# Campus Visit Checklist

Visiting a college campus helps you get a sense of what a college — and life at that college — is like. This can help you decide whether the college is right for you.

## GATHER INFORMATION

Find out what you need to do to apply, and see if the college's class and major offerings are what you want:

- ☐ Take part in a group information session at the admission office.
- ☐ Interview with an admission officer.
- ☐ Pick up financial aid forms.
- ☐ Sit in on a class that interests you. If classes aren't in session, just see what the classrooms are like.
- ☐ Meet a professor who teaches a subject that interests you.
- ☐ Talk to students about what they think of their classes and professors.
- ☐ Get the names and business cards of the people you meet so you can contact them later if you have questions.

## EXPLORE THE CAMPUS

Get a feel for student life, and see if this college is a place where you will do well:

- ☐ Take a campus tour.
- ☐ Visit the dining hall, fitness center, library, career center, bookstore, and other campus facilities.
- ☐ Talk to current students about the college and life on campus.
- ☐ Check out the freshman dorms, and stay overnight with a student, if possible.
- ☐ Talk to the coaches of sports that you may want to play.
- ☐ Walk or drive around the community surrounding the campus.

## CHECK OUT CAMPUS MEDIA

Tune in to learn what's happening on campus and what's on students' minds:

- ☐ Listen to the college radio station.
- ☐ Read the student newspaper.
- ☐ Scan bulletin boards to see what daily student life is like.
- ☐ Go to the career center and learn what services it offers.
- ☐ Browse the school's website and any campus blogs.
- ☐ Read other student publications, such as department newsletters, alternative newspapers, and literary reviews.



# GET THE MOST OUT OF A CAMPUS VISIT IN **6 STEPS**

## **1** DECIDE WHERE AND HOW

See if your school arranges group trips to colleges or if you could get a group of friends together and visit the campus. A family trip is another option and allows you to involve your family in the process.

## **2** PREPARE FOR YOUR VISIT

Before you set out, get a map of the college campus and pick out places of interest. Call the college's admission office to schedule a guided tour of the campus.

## **3** TAKE YOUR OWN TOUR

Just wandering around the campus on your own or with friends can be the best way to get a feel for what a college is like.

## **4** EXPLORE THE FACILITIES

Find the spots on campus where students gather or ask a student where the best place to eat is to get a feel for the character of the college. Visit the library and check out the gym or theater. Ask an admission officer if you can tour a dorm and a classroom.

## **5** MAKE CONNECTIONS

Talk to current students. Ask the students at the next table or sitting nearby what they like best about the college.

## **6** TAKE NOTES

During your visit, write down some notes about your experience. What did you see that excited you? Are there aspects of the college that you don't like? If so, what are they?

## Questions to Ask During Your Visit:

### ASK TOUR GUIDES/STUDENTS

- What are the best reasons to go to this college?
- What's it like to go from high school to college?
- What do you do in your free time? On the weekends?
- What do you love about this college?
- What do you wish you could change about this college?
- Why did you choose this college?
- What is it like to live here?
- What does the college do to promote student involvement in campus groups, extracurricular activities, or volunteerism?

### ASK PROFESSORS

- What are the best reasons to go to this college?
- Can a student be mentored by professors, graduate students, or upperclassmen?
- How are professors rated by the college? Does the college think mentoring and meetings for project guidance are important?
- How does the college help students have access to professors outside class? Do professors join students for lunch, help with community service groups, or guide student organizations?
- How many students do research or other kinds of projects for a semester or more?

### ASK THE FINANCIAL AID OFFICE

- How much has your total college cost for each student risen in the past year?
- How much do your students usually end up owing when they graduate?
- What is the average income of graduates who had the same major that interests me?
- Will my costs go up when your tuition goes up, or can we use the same tuition rate I started with so I'll know the costs for four years?
- How many students usually graduate in the major that interests me? How long do these students usually take to get their degree? In what ways does the college help students graduate in four years?



11th Grade  
12th Grade

CollegeBoard

Access

# College Application Checklist

Having a list of important tasks to complete for each college application will make the application process go smoothly and help you meet deadlines. Opting in to the College Board Opportunity Scholarships at [cb.org/opportunity](https://collegeboard.org/opportunity) can also give you chances at earning scholarships for completing some of these steps.

## PLAN

To fill in all the blanks on the application form itself, you may have to dig up documents or get answers from your parents or guardians. Most students use online applications, but paper applications are usually available too. There are also services that let you complete one application online and submit it to several colleges like the Coalition Application, Common Application, and Universal College Application.

	College 1	College 2	College 3	College 4
Get information/application forms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a note about regular application deadline	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a note about early application deadline	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes:

## GRADES

The record of the classes you've taken and your grades are important parts of your application. Your high school should send your transcript, along with a school profile, directly to the colleges you're applying to. Ask your school counselor or principal how to arrange for this. And be sure to check the transcript for errors before it's sent.

	College 1	College 2	College 3	College 4
Request high school transcript sent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Request midyear grade reports sent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes:



/MyBigFuture



@MyBigFuture



@collegeboard



## TEST SCORES

Most colleges require or recommend that you send scores from tests such as the SAT®. Colleges accept scores only from the testing organizations themselves. Visit [bigfuture.org](http://bigfuture.org) for more information and to learn more about the role of testing in college admission.

	College 1	College 2	College 3	College 4
Send SAT scores	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Send SAT Subject Test scores	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Send AP® scores	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes:

## RECOMMENDATION LETTERS

Many colleges require letters of recommendation from teachers or other adults who know you well. Ask your references well in advance of the deadlines to write you a recommendation. You may want to give them a short written summary of your achievements to help them write about you.

	College 1	College 2	College 3	College 4
Request recommendation letters	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Send thank-you notes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes:

## ESSAYS

Your essays are a chance for you to give admission officers a better idea of your character and strengths. Remember to proofread your essays carefully before you send them in.

	College 1	College 2	College 3	College 4
Draft initial essay(s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Proofread essay(s) for spelling and grammar	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have two people read essay(s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Revise your essay(s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Proofread your revision	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes:

## APPLICATIONS

Applying to college is a big job, but you can make it easier by breaking it down into a series of small steps.

	College 1	College 2	College 3	College 4
Complete college applications*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use exact same name on all of your forms	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Carefully review entire application	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have a family member or teacher review application	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes:

\*Visit [cb.org/opportunity](http://cb.org/opportunity) to check if you're eligible for the \$1,000 Apply to Colleges scholarship.

## INTERVIEWS

It's a good idea to ask for an interview, even if it's not required. It shows you're serious and gives you a chance to connect with someone in the admission office. Even if a college is far away, you may be able to interview with a local alumnus. Read **What to Do Before and After Your College Interview** to prepare.

	College 1	College 2	College 3	College 4
Interview at college	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Look into an alumnus interview	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Send thank-you note(s) to interviewer(s)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes:

## SEND AND TRACK YOUR APPLICATION

Once you've completed your application, follow these tips to make sure all the parts get to where they're going.

	College 1	College 2	College 3	College 4
Make copies of all application materials	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Apply online	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Include application fee	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sign application	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Confirm receipt of application materials	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Send supplemental material, if needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mail your institutional aid form, if needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mail state aid form, if needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes:

## FINANCIAL AID

College is usually more affordable than many families think, thanks to financial aid. Below are key steps to navigating the financial aid process:

	College 1	College 2	College 3	College 4
Make a note of priority financial aid deadline	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a note of regular financial aid deadline	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Submit FAFSA (Opens October 1)*	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Submit CSS Profile™, if needed (Opens October 1)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Submit college aid form, if needed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes:

\*Visit [cb.org/opportunity](https://cb.org/opportunity) to check if you're eligible for the \$1,000 Complete the FAFSA scholarship.

## DECISION

You've received several college admission offers. Now comes the hard part: Which one do you choose? Find out how to make the best decision for you.

	College 1	College 2	College 3	College 4
Receive admission letter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Receive financial aid award letter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Get more information about each college	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ask questions about student resources and services	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Compare college features and things you want	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Compare financial aid awards side by side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Make a decision	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Respond to college you're attending	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Respond to colleges whose offers you're declining	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Send deposit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Send final high school transcript	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Notes:

Visit [bigfuture.org](https://bigfuture.org) for more information.



<b>Award:</b>	<b>Amount:</b>	<b>Criteria:</b>
Alfred State Promoting Pioneers Leaders Award	\$1,000 per year	-Junior seeking 2-year degree, maintains an 88 GPA or higher -passionate, determined, capable and ready
Alfred State Promoting Pioneers Leaders Award	\$3,500 per year	-Junior seeking 4-year degree: maintains a 92 GPA or higher -passionate, determined, capable and ready
Alfred University CANY Award	\$2,500 per year	-Student nominees must have achieved an overall 3.0 GPA or higher at the time of nomination -Students must display exceptional performance in science, mathematics, and English
Alfred University Scholars Award	\$30,000 per year	-must be taking college prep course load -must have overall 3.0 GPA -Student must submit application by December 1st of senior year
Clarkson University Leadership Award	\$60,000 \$15,000 per year for four years	Outstanding leadership qualities, academic interest in Engineering, Business, Science, or Liberal Arts, recognized as positive contributors to school and community, academic class rank in top 15%.
Clarkson University Achievement Award	\$48,000 \$12,000 per year for four years	Outstanding leadership qualities, academic interest in Engineering, Business, Science, or Liberal Arts, recognized as positive contributors to school and community, academic class rank in top 15%.
Elmira College Key Award	\$88,000	In the top 10% of class, Minimum GPA of 90 is expected. Demonstrate outstanding school and community leadership.
Endicott College Jr. Book Award	Book	-Have 3.0+ -Strong Leadership Skills -Hand on learning through internships -Have college aspirations
George H. Ball Community	Amount will vary based on GPA. At least	-Integrity -Academic Excellence -Diversity

Achievement- Keuka College	\$22,000	-Leadership -Service -Social Responsibility
Le Moyne College Heights Award	\$16,000 per year	-90 Average -Top 25% of Class -Significant contributions in leadership and service to the school or community
Rensselaer Polytechnic Institute Medal	\$160,000 \$40,000 per year	Top 10% of the class, demonstrates success in challenging academic setting, excel in advanced math and science courses, exhibit significant involvement in extracurricular activities.
Rochester Institute of Technology (RIT) Computing Medal Award	\$76,000/ \$19,000 a year	-Superior grades in computing-related classes -Completion of a school or community project that demonstrates high-level knowledge or experience in computing. For example, hardware construction, software development, web page development, multimedia presentations, and computer graphics. -High-level use of computing in other areas such as business, science, math, art, design, film, animation, or photography.
Rochester Institute of Technology (RIT) Science and Math	\$76,000/ \$19,000 a year	-Superior grades in science and/or math-related classes -Interested in pursuing college-level course work in science and/or math, or interest in using science and/or math in other areas such as business, engineering, health sciences, technology, or computing.
Rochester Institute of Technology (RIT) Art and Design	\$76,000/ \$19,000 a year	-Superior grades in art and design-related classes -Use of creative and innovative thinking in areas such as art, crafts, design, film, animation, or photography -Extensive art portfolio or recipient of art awards
Rochester Institute of Technology (RIT) Business and Leadership	\$76,000/ \$19,000 a year	-Superior grades in business and leadership-related classes -Completion of a school or community project that demonstrates a high level of developing innovative solutions to problems such as starting their own business, community service, or extensive involvement in leadership activities.
Rochester Institute of Technology	\$76,000/ \$19,000 a year	-Superior grades in humanities and social sciences-related classes, such as economics, psychology, history, foreign language, and global education.

(RIT) Humanities and Social Sciences		-Completion of a school or community project that demonstrates commitment and understanding of our political, cultural, economic, and social world.
Rochester Institute of Technology (RIT) Women in STEM	\$76,000/ \$19,000 a year	-Superior grades in science, computing, and math-related classes -Interest in pursuing college-level course work in areas such as science, math, computing, engineering, technology, and health sciences
St. Bonaventure University: Bonnie Scholarship	\$20,000 annually- or \$80,000 over four years of study	-Minimum GPA of 85 -Exhibit involvement in or leadership qualities through school and/or community activities -A desire to attend a college that fosters the mission represented at St. Bonaventure University
College Book AwardSt. Michael's	\$13,000 to full tuition depending	College Book Award for Academic Achievement with a Social Conscience. Students attain mostly A's and B's in honors and AP classes and are inductees of NHS. Demonstrate sustained and sincere commitment to community service, issues of peace and justice, and concern for others.
Student Sage Award	\$40,000 \$10,000 per year	Is able to lead debates on critical issues, possess powerful communication skills - maintained a B+ average, -top 25 % of class, actively involved in community
University of Rochester: Bausch + Lomb Honorary Science Award	\$5,000 per year	-High achievement and rigor in science and math class -Positive contributions to their school and within the larger community
University of Rochester: Frederick Douglass and Susan B. Anthony Award	\$5,000 per year	-Demonstrated commitment to understanding and addressing difficult social issues -Leadership and dedication to community action -Strong grades and rigorous courses taken in the humanities and social sciences



University of Rochester: George Eastman Young Leaders Award	\$5,000 per year	-Strong leadership experience ta school and in the community -High grades and challenging courses -Extensive involvement in extracurricular activities
University of Rochester: Xerox Award for Innovation and Information Technology	\$5,000 per year	-Strong interest in innovation and/or information technology and a high level of achievement in the area -Exposure to new technologies outside of school, such as pursuing serious work opportunities in local laboratories or industry -leading other students to new approaches to old problems.
Utica University	\$20,000 \$5,000 per year	-minimum GPA of 89 -be enrolled in a challenging curriculum, including Honors and AP -must show commitment to academics and extracurricular involvement
Wilkes University	\$8,000 \$1,000 each semester	- a minimum 3.25 grade-point average (4.0 scale) or an 85% grade average;

Sign up to meet with an Admissions Counselor  
on SchoolLinks:



# Holland Patent College Course Offerings

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

<b>ADVANCED PLACEMENT</b>	<b>MVCC Course #</b>
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

<b>SYRACUSE UNIVERSITY PROJECT ADVANCE</b>	<b>Course #</b>
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

<b>MOHAWK VALLEY COMMUNITY COLLEGE</b>	<b>Course #</b>
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

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

<b>SUNY COBLESKILL</b>	<b>Course #</b>
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:

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## JUNIOR YEAR: SUMMER/FALL

- ☐ **Take an inventory of your interests and passions.** Scholarships are based not only on academic achievement. Many scholarships award money for college based on a student's activities, talents, background, and intended major.
- ☐ **Research the various types of financial aid.** Find out the difference between a grant and a loan, the way work-study can help with college costs, and more. Read **Financial Aid Can Help You Afford College**.
- ☐ **Continue talking with your family about paying for college.** Start planning your financial strategy. Most families use a combination of savings, current income, and loans to pay their share of tuition and other costs.
- ☐ **Take the PSAT/NMSQT.** Juniors who take the PSAT/NMSQT, which is given in October, are automatically entered into the National Merit® Scholarship Program. Organizations such as the American Indian Graduate Center, Asian & Pacific Islander American Scholarship Fund, Hispanic Scholarship Fund, Jack Kent Cooke Foundation, and United Negro College Fund use the

PSAT/NMSQT and PSAT™ 10 to identify students for scholarships.

- ☐ **Learn the difference between sticker price and net price.** A college's sticker price is its full published cost, while the net price is the cost of attending a college minus grants and scholarships you receive. Knowing the difference will help you understand why most students pay less than full price for college. Read **Focus on Net Price, Not Sticker Price** to learn more.
- ☐ **Get perspectives and tips from people who know.** Visit the **Video Gallery** to watch short videos of college students and education professionals talking about paying for college.
- ☐ **Think about getting college credit while you're still in high school.** Consider taking Advanced Placement® Program (AP®) classes and exams, which can count for college credit, placement, or both, and may help you save money. Read **Getting College Credit Before College** to learn more about AP and other college-level courses.

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## JUNIOR YEAR: WINTER/SPRING

- ☐ **Keep looking up colleges' estimated net prices**—net price calculators get updated every year. Pick a college you're interested in, and go to **College Search** to find its profile. Click Calculate Your Net Price to see that college's estimated net price for you—the cost of attending a college minus the grants and scholarships you might receive.
- ☐ **Start researching scholarship opportunities.** Scholarships are free money; that is, unlike student loans, they don't have to be paid back. Use the College Board **Scholarship Search** tool to find scholarships you might qualify for.
- ☐ **Opt in to the College Board Opportunity Scholarships at [cb.org/opportunity](https://collegeboard.org/opportunity).** You can earn scholarships ranging from \$500 to \$2,000 by completing individual college planning steps. Complete all six steps and you'll be eligible for the \$40,000 scholarship.
- ☐ **Get to know the FAFSA.** The Free Application for Federal Student Aid is the key to having access to federal financial

aid. You can find out more about the form at [fafsa.ed.gov](https://fafsa.ed.gov). You can't fill out the FAFSA until after October 1 of your senior year, but you can create your account and get FSA ID to get a head start.

- ☐ **Go to a financial aid event.** Many schools host financial aid nights, so students and their families can get information and ask questions.
- ☐ **Set aside money from a summer job.** Even a little extra money will help you pay for books and living expenses while in college or enable you to buy some of the things you need to make a smooth transition to college.
- ☐ **Gather the documents you'll need to fill out your financial aid applications.** You and your parents will need to gather tax returns, income statements, and lists of assets to prepare to fill out the FAFSA, the CSS Profile™, and other applications. Read **How to Complete the FAFSA**.

Notes:

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# Registration Checklist

Plan to compete in NCAA sports? Register with the Eligibility Center at [eligibilitycenter.org](http://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
<b>Division I or II</b>			
Before recruiting begins or middle school and younger students ( <a href="#">domestic or international</a> ). Can be transitioned to a certification account when needed.			✓
High school student ( <a href="#">domestic or international</a> ) 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	✓
<b>Division III*</b>			
Domestic high school student enrolling for the first time at a Division III school.			✓
High school student with a permanent residence <a href="#">outside of the U.S.</a>		✓	
High school student who attended secondary or postsecondary school <a href="#">outside of the U.S.</a> for any time (excluding U.S.-based students who study abroad).		✓	
High school student who was based and competed <a href="#">outside of the U.S.</a> or participated on a sports team that that based and competed <a href="#">outside of the U.S.</a>		✓	
Transferring from a two- or four-year college or university; attended <a href="#">domestic high school(s)</a> only.			✓
<b>Division Undecided/Unknown</b>			
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](http://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](http://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.**





# Initial-Eligibility Standards

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

$$4 \times 4 = 16$$

## 9<sup>th</sup> GRADE

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

**4 CORE COURSES**

## 10<sup>th</sup> GRADE

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

**4 CORE COURSES**

## 11<sup>th</sup> GRADE

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

**4 CORE COURSES**

## 12<sup>th</sup> 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

# 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](#).

