West Bloomfield High School

Junior Parent Night

PREPARING FOR COLLEGE



Noelle Essig, College & Career Counselor
Kari Calixte, Counselor
Kyle Landon, Counselor
JoAnne Wegrzynowicz, Counselor
Susie Aisner, Assistant Principal

QR Code to Slides

My College List

Name of College with Admissions Office Link	# Under grad students	Common App Y/N	Common App Essay Required	Letters of Rec Required	App Fee	Avg G.P.A. of admitted freshmen	% admitted	Avg SAT	Avg ACT	Test Optional?	Safety/Target/Reach based on my stats (Check Common Data Set if you aren't sure)	Application Opens	Early Action Deadline (if applicable)	Regular Deadline	Tuition Cost	Room & Board	Total Estimated Cost of Attendance with	My expected cost of attendance (run the Net Price Calculator tool)	Merit Scholarships Available for my GPA?	Date application submitted	Decision	Admission Portal Login
Example: Wayne State University	16,226	Yes	No	Possibly	$25	3.43	82%	1040-1260	21-28	Yes	Target	8/1/25	11/1/25	-	$15,296	$11,956	$33,152	$12,799	yes		Admitted	
											Reach											
											Safety											

College Planning Checklist - Preparing for the Senior Year

Use this checklist to help you prepare for your senior year.

Academics	
	Select 4 to 5 solid academic courses for your senior year. Colleges want to see that you are prepared. Select a solid schedule for your senior year.
	Take advantage of our electives! WB has a 7 hour day. Fill your two electives with options that help you explore career possibilities.
	Focus on your classwork, finish strong junior year and have a solid year in your classes. This is the last set of grades a college has to review. If grades didn't go well in 9th and 10th grade, this is a chance to show an upward trend.
	Consider AP or honors courses as appropriate. Colleges look at senior year courses!
Testing	
	Many colleges no longer require an ACT or SAT for admission but instead allow you to decide if you would like to provide a score. This is called "test-optional." However, we still find that many of these colleges are using test scores when awarding scholarships. To keep all options open, it may be to your advantage to have a score available. Please research the colleges you are interested in and see what their testing requirements are for your class.
	Khan Academy and College Board has wonderful free SAT prep service. Mrs. Essig also has free test prep books you can check out for 2 weeks at a time.
	Develop your testing plan. Test dates are national test dates so you should map out a testing plan. Look over the dates and register for the dates that work for you. Register early so you don't have to drive long distances the morning of the test. WB typically offers a "school day" test for the SAT in April for juniors. This is a graduation requirement.
	Review the ACT/SAT Section in the WBHS College and Career Center Canvas page for more detailed information about testing.
Extracurriculars	
	Create a resume of your extracurricular activities- clubs, athletics, work experience and volunteer hours.
	Does this list adequately represent you as an applicant? If not, use this time to add to your resume.
	Keep in mind, that the Common App only has 10 spaces for all of these experiences. It's better to have depth to your involvement than a long list of activities without much contribution. Is your list solid?
	Consider taking on a leadership role in one of your activities. Job shadow in careers of interest.
	Keep track of how many hours you participate in each activity.
Career Exploration	
	Spend some time in Xello. This an incredible tool that students often overlook. Completion of Xello is a grad requirement.
	Examine career forecasts, projected job needs and salaries. Occupational Outlook BLL Fastest Growing Job List
	Career Search Tools: Career One Stop - Career Search Tool My Next Move - Career Search/Info 16 Personalities - Personality Assessment Tool What Should I Major In - Search Tool O-Net Online - Career Search Tool College Board's Career Finder - Sometimes costs $ Holland Inventory - Personality Assessment Tool Career Key - Search Tool
	Set up a job shadow in careers of interest and talk to others currently in that field.
Letters of Recommendation	
	Consider whom you might ask to write a letter of rec for you if you need one. If you can't easily identify who this person would be, start networking that relationship.
	Some colleges will require a counselor letter of rec. Have you spent time interacting with your counselor so they know you and your goals?
	Look over a few college applications to see if you need a LOR. MSU= no, U of M = yes.
Essays	
	Explore the internet for some sample college essays. Start brainstorming essay topics.
	Review different college applications to see what essays might be needed.
	Create rough drafts and various versions of possible essays.
	Seek feedback from others about your rough draft & topic. Does the essay reflect the story you'd like to tell?
	Check out the College Essay Guy for valuable essay insight.
	Check out essay books from the College and Career Center.
	Remember that you aren't telling your life story in the essay but rather a meaningful growth moment that shaped you.

Scholarships	
	Check college website for merit and need based scholarships. What GPA &/or test scores do you need for automatic scholarships?
	Check college website for additional scholarship opportunities and deadlines.
	Check the College and Career Center Canvas page and Counselor Connection for scholarships.
	Watch Mrs. Essig's presentation on scholarships and join her scholarship club for seniors!
Financial Aid Prep	
	Attend Virtual Junior Parent FAFSA Webinar in the spring.
	Financial Aid Resources: Financing Education Beyond High School Presentation Outline FSA ID and FAFSA Worksheet Federal Student Aid State of Michigan Aid
	Submit FAFSA after October 1st of senior year. The FAFSA is now a graduation requirement. An Opt-Out form is available.
	Attend FAFSA help sessions in senior year if needed
	Estimate your cost of attendance by searching for the Net Price Calculator at the colleges you are considering.
College Exploration	
	Create a potential college list and examine course requirements on their website.
	Use the Big Future College Search Tool in College Board to help you expand your list.
	Schedule on campus tours and appointments with colleges of interest.
	Check email often for upcoming events & opportunities.
	Stay open minded, consider colleges where your stats are above their average admit to pursue merit scholarships.
	Attend College Rep visits in WB's College & Career Center.
	Make appointment with school counselor &/or Mrs. Essig for help.
	Attend College Prep Events in College and Career Center.
	Plan to attend WB's On Site Admissions Day in October of senior year.
	If considering D1 or DII athletics, register w/ NCAA Eligibility Center.
	Explore your chances for admission by searching for the college's Common Data Set. Look in Section C.
	Explore College and Career Center Canvas pages for information.
Special Programs	
	If applying to special admit programs, be sure to check website for application process and deadlines (Ex. art, music, direct admit business, direct admit medical programs)
	Review the applications and see what weaknesses you might have in your application. Use the junior year and summer to fill those voids.
Application Prep	
	Create a professional email address for college related activities and check email often.
	Review application options for the colleges you are interested in. Online, Common App, Coalition App or Common Black College App.
	Examine application deadlines and the process.
	Learn the difference between Early Action, Early Decision, Rolling Admission and Restrictive Early Action.
	Create a list that includes a variety of schools - Safety, Match, Reach. Don't have a list filled with all reach schools.
Ask	
	We are here to help! Ask us for help at any stage!

College and Career Center Senior Resources

Mrs. Noelle Essig, MA, WBHS College and Career Counselor 2025-2026

Sign in Sheet for 2025-2026 College and Career Center Events	College Rep Visit Sign-Up Sheet	Appointment with Mrs. Essig or Counselor
College Application Process	Senior Year College App Checklist	College List Spreadsheet Keep organized!
Sending Transcripts Creating your Parchment Account	25/26 Common App Essay Prompts	Scholarship Spreadsheet
College Board Big Future College Search Tool	FAFSA Information	Counselor Connection Newsletter
Common App Website	Mrs. Essig's College Prep Videos	ACT/SAT Test Prep Advice

RESUME AND	ACTIVITIES SECTION	RESOURCES
Resume Template to Use	Where to Start Resumes Presentation	Sample Resumes
Resume & Common App Activities Section Action Words	How to fill out the Activities Section in CA - Video	Activities Section Template
80 Examples of Activities Section for the Common App	GRADUATION TASKS FAFSA Submitted or Waiver on file Xello Senior Exit Survey	Brag Sheet for Letters of Rec
	OTHER TOOLS	
MI Student Aid MISSG Student Portal Michigan Achievement Scholarship Tuition Incentive Program (TIP) Community College Guarantee	Common Data Set A tool to see Admissions Data for each college and determine your chance of admission. Google the name of the college with the words "Common Data Set." Look at Section C.	Student Loan Repayment Calculator
FAFSA Form Typically opens October 1st of senior year	Net Price Calculator A tool used to estimate your expected cost of attendance at a particular college. Google the name of the college with the words "Net Price Calculator."	College and Career Center in Canvas Scholarship List College App Info Fee Waivers and so much more!



Application Tips & Mistakes to Avoid

Advice for the Class of 2027

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1. Common App Setup & Required Sections

Add Colleges & Select Admission Types

- Add **all colleges** to the Common App right away.
- Select the correct admission plan for each (**Early Action, Early Decision, Regular Decision**).
- Counselors are **not notified** when you change deadlines—this impacts their ability to support you.

Intended Major

- Select your intended major for each school.
- Some majors generate **additional tasks** (e.g., Michigan Ross requires a portfolio).

Education Section

- Do **not** list summer programs as a "college attended" unless you earned actual college credit.

Courses & Grades Section (If Required)

- Follow instructions exactly—do **not** invent your own grading scale.
- Use **A–F** letter grades only.
- Leave the "final grade" and "final credit" columns blank.
- Ask your counselor if unsure—many students made avoidable errors this year.

Recommenders & FERPA

- Assign recommenders **individually** to each college.
- Some colleges do not accept or read letters of rec (e.g., MSU, Wayne State).
- Check the **Recommenders and FERPA** tab to confirm requirements.

2. Additional College Requirements

Some colleges require extra steps. Apply early so you have time to complete them. Examples include:

- **Official SAT/ACT scores** sent from the testing agency
- **STARS Transcript (formerly SRAR)** – Example: Penn State
- **CSS Profile** – Example: Michigan, Wisconsin
- **Portfolios or additional materials**- Example, Ross School of Business at U of M

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3. Accuracy Matters (Seriously!)

- Use your **full legal name**, not nicknames. Double-check spelling.
- Verify your **Social Security number**—errors cause major delays.
- Don't rush through the application. Mistakes can slow down review.

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4. Letters of Recommendation (LOR)

- Meet with your counselor to discuss LORs—they should not have to track you down.
- Only request LORs if your college requires them.
- Teacher & counselor **brag sheets due October XXX, 2026** (exact date TBD).
- Ask teachers for LORs **by the end of May** of junior year.
- Early Decision applicants: Your parent **must sign** the ED agreement via email.

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5. Activities & Resume Tips

- Follow Mrs. Essig's examples.
- **Do not use complete sentences**—use action statements and vary your words.
- Avoid repeating information across entries.
- Create your resume now using these action-based descriptions.
- Check your social media accounts to ensure they positively reflect you.

6. Financial Aid & Fee Waivers



Fee Waivers

- If applying for a fee waiver, your parent must complete the Nutrition Office form early so your counselor can verify eligibility.
- Link: https://westbloomfield.familyportal.cloud/

FAFSA

- FAFSA for the Class of 2027 opens **October 1, 2026**.
- Parents must have **2025 taxes filed** before completing it.
- Goal: Complete the FAFSA **by Thanksgiving**. It usually takes 30 minutes, and workshops are available.

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7. Parent Information Needed

Students must know:

- Parents' colleges
- Degrees earned
- Years earned
  This is required in the Common App.

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8. General Tips & Common Errors



- "National **Honor** Society" (not National Honors Society).
- "High school" is **two words**.
- If self-reporting SAT scores, you may choose **not** to report the essay score.
- Use the Common App **Preview** button to check what colleges will see.
- Pay attention to deadlines—some Southern schools have **mid-October** dates.



TO-DO LIST BEFORE THE COLLEGE APPLICATION BOOT CAMP IN AUGUST 2026

- College-bound juniors should attend Mrs. Essig's **College Prep Series** in February/March.
- Create a **resume** using action statements (for the Activities section).
- Build your activities list if necessary. Do you show leadership?
- Finish strong in your classes. Remember this is the last set of grades a college will see in the fall.
- Complete a **Brag Sheet** to give to teachers/counselors for Letters of Rec.
- Ask teachers for LORs **before the end of May**.
- Gather parent educational information (colleges, degrees, and the year degrees were earned).
- Build a focused, **intentional college list**—rather than 20 random colleges. That is a lot to manage!
- If taking the SAT/ACT, **register early** and create a study plan.
- **Visit** at least three colleges and take an official campus tour at each. You need to figure out what is important to **you**. Ideally, you visit when schools are in session before May. Campuses are very quiet in the summer.
- Discuss the **budget!** Parents and students should have an honest discussion about finances. Dream big and fill out the FAFSA, but keep your budget in mind. If the college cost doesn't fit the budget, be sure to have another option!
- Stay **open-minded** throughout the process and don't overlook opportunities for scholarships at mid-size or smaller schools. Watch your words and remember that your safety school could be someone's dream school. Remember….. "Where you go is not who you'll be!" (Frank Bruni)

Common App Essay Prompts

The essay demonstrates your ability to write clearly and concisely on a selected topic and helps you distinguish yourself in your own voice. What do you want the readers of your application to know about you apart from courses, grades, and test scores? Choose the option that best helps you answer that question and write an essay of no more than 650 words, using the prompt to inspire and structure your response. Use the full range if you need it, but don't feel obligated to do so. (The application won't accept a response shorter than 250 words.)

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

Common App Essay Outline

1. Hook / Introduction (1 paragraph)

- Start with something engaging: a vivid image, short anecdote, or surprising statement.
- Draw the reader in right away.
- Hint at the theme or lesson but don't explain everything yet.

2. The Background / Context (1–2 paragraphs)

- Provide context for the story: Who? What? Where? Why does it matter?
- Explain the challenge, situation, or turning point.
- Keep it personal — focus on your thoughts, feelings, and perspective.

3. The Turning Point / Challenge (1–2 paragraphs)

- Show the tension or problem: what obstacle did you face?
- Describe specific actions, choices, or conflicts.
- Use "show, don't tell" with concrete details.

4. The Growth / Reflection (1–2 paragraphs)

- Share what you learned about yourself.
- How did you change? What strengths or values did you discover?
- Connect it to who you are now and how you approach challenges.

5. The Big Picture / Conclusion (1 paragraph)

- End with a strong, forward-looking note.
- Tie your story to your future goals, values, or the person you've become.
- Leave the reader with a lasting impression.

Tips for Students

- Keep it around 650 words.
- Be authentic — admissions officers want *your* voice, not perfection.
- Don't just narrate events — always include reflection.
- Focus on one main theme (identity, growth, resilience, curiosity, etc.).

Letter of Recommendation Brag Sheet

Use the questions below as a guide to assist your recommender in writing their letter of recommendation for you. Please be as specific as possible in your responses to help them create an accurate representation of you. If a question doesn't apply, feel free to delete it or add another if needed. Adjust this guide as you see fit.

Student Name:

Today's Date:

Date Letter is Due:

Email Address / Phone # :

Counselor's Name:

Names of teachers you are asking to write a letter of recommendation:

Cumulative GPA:

SAT/ACT Scores (if applying with scores):

List the colleges you are applying to:

QUESTIONS:

What are your career plans (if undecided, it is okay)?

What draws you to this career path?

What majors are you considering in college?

What are your academic strengths?

What are your personal strengths?

What did you write about in your college essay?

What are some of the things you want a college admission/scholarship committee to know about you?

What are some specific things that you hope your recommender will discuss in this letter?

What are three adjectives that you could use to describe yourself?

Concerning your GPA and/or test scores, do you feel they reflect your true ability? Why or why not?

Something that your recommender might not know about you is...

Is there a difficult challenge or special circumstance that you have encountered that you would like your recommender to keep in mind when writing the recommendation?

What adversity or obstacles have you overcome? What has been the most difficult part of high school?

What are you most proud of?

What do you think makes you stand out the most?

What experience(s) helped/forced you to grow the most as a student?

What do you want college reps to take away from your application?

How does your identity (race, gender, sexual orientation, etc.) play into who you are?

Any hidden talents or things I would be surprised to learn about you?

Tell your recommender about when you feel you were at your best.

Is there anything you would like me to specifically talk about in the letter?

Additional information that might be helpful:

ACTIVITIES AND EXPERIENCE: The next section helps your recommender understand your experience.

You can attach a resume or answer the questions below:

What activities (both school-related and nonschool-related) are you involved in?:

What job experiences have you had? Please list the places of employment and the roles that you filled while employed.

What leadership roles do you have or have had in the past? What would you say is your style of leadership?

TEACHER SECTION: If giving this brag sheet to a teacher:

What I remember most about your class...

A unit or lesson in your class that stood out to me is....

PLEASE NOTE THAT YOU CAN ADD AND DELETE QUESTIONS AS NEEDED. THIS IS YOUR BRAG SHEET, SO BRAG!!

Use this QR Code for the digital copy.

THE ACTIVITIES SECTION

https://www.commandeducation.com/resource/common-app-activities-list/

Is the Activities List important for college admissions?

Yes! While your grades and possibly standardized test scores make up the foundation of your college application, your activities, personal statement and extracurriculars will allow you to stand out amongst the sea of applicants and could tip an application in your favor. Thus, demonstrating a strong hook through your Activities List is very important. Additionally, college admissions officers will view your extracurricular involvement as a good indicator of how well you might function as a member of your future college community, and afterwards, how you might perform in the real world, since commitment to your activities will allow you to demonstrate time management skills, drive and commitment, and a genuine interest in the world around you.

Quality vs. Quantity

Quality is always more important than quantity when it comes to the activities you choose to add to your Activities List. Juniors and seniors can often fall into the trap of signing up for many clubs at their school—but this strategy could end up backfiring by making an application seem disingenuous. Having two to three meaningful extracurricular involvements is always better than ten activities that have no meaning to you at all. Admissions officers see thousands of applications every season, and they can easily identify resume fillers. This is not to say that you can't join a new club as a junior or senior, you definitely can! The club should just serve to complement the hook you have been working to develop throughout your high school career.

Before Filling Out the Activities List

You'll want to begin this process by compiling a list of all the activities that you have been involved in throughout high school. You will also want to jot down the years you've been involved in the activity in terms of grade levels. Activities that you can include on this list are: sports, community service, employment, religious activities (such as teaching Sunday school), internships (paid or unpaid), arts, hobbies (for example, biking or stacking competitions), school clubs, academic competitions, and basically anything else that you spend time doing outside of school. Remember to include non-formalized activities if they have been meaningful to you, such as small projects you've been working on to improve your programming abilities, the hours you've poured into learning a new language on Duolingo, or the works of art you might be painting for your own enjoyment. If you spend a lot of time with your family, perhaps you take care of an ailing member, that absolutely counts as well and shows a great deal of responsibility.

Take Your Time and Do This Part with Intention

Although students can often overlook or rush the Activities List, taking time to write an accurate, thoughtful, and well-ordered Activities List is essential for strategically framing your application and communicating your personal story. An outstanding Activities List should invariably help admissions officers grasp who you are, what is important to you, and how you have spent your time learning and serving others in your community during high school. Investing time and effort into this important component of the Common App will truly increase the quality of your college applications, while also being a satisfying exercise in looking back at your accomplishments and growth over the past three years!

Helpful Resources

How to fill out the Activities Section in CA - Video

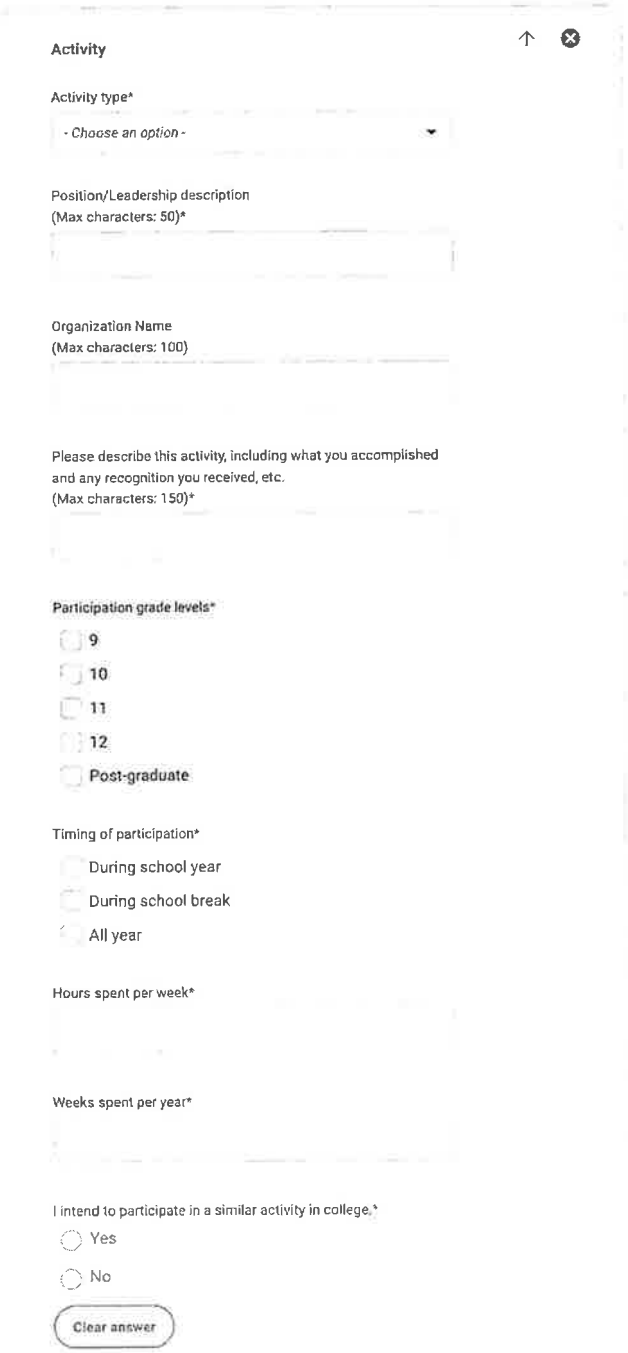
Activities Section Template

Activities Section Examples and Explanation

Resume & Common App Activities Section Action Words

80 Examples of Activities Section for the Common App

- You can list up to 10 activities. List them in order of significance.
- Don't describe the organization; instead, describe the **impact** you made in the club or activity. Data details are great!
- You have 150 characters. Make use of EVERY character.
- Do not assume the reader knows everything about that activity.
- You should NOT use complete sentences. It's okay to abbreviate.
- Use variety in your action verbs. Use the word bank if needed.





Action Verbs to Use on Your Common Application & Resume

Spruce up your resume with a few action verbs and phrases that will catch the recruiter's eye. Thanks to the University of Colorado for this amazing list! https://www.colorado.edu/career/job-searching/resumes-and-cover-letters/resumes/action-verbs-use-your-resume

When you created or wrote something... Acted, Adapted, Combined, Composed, Conceptualized, Condensed, Created, Customized, Designed, Developed, Devised, Directed, Displayed, Entertained, Established, Fashioned, Formulated, Founded, Illustrated, Initiated, Instituted, Integrated, Introduced, Invented, Modeled, Modified, Originated, Performed, Photographed, Planned, Revised, Revitalized, Shaped, Solve.

When you were a research machine... Analyzed, Clarified, Collected, Compared, Conducted, Critiqued, Detected, Determined, Diagnosed, Evaluated, Examined, Experimented, Explored, Extracted, Formulated, Gathered, Identified, Inspected, Interpreted, Interviewed, Invented, Investigated, Located, Measured, Organized, Researched, Reviewed, Searched, Solved, Summarized, Surveyed, Systematized.

When you managed a project or group... Accomplished, Administered, Advanced, Analyzed, Appointed, Approved, Assigned, Attained, Authorized, Chaired, Considered, Consolidated, Contracted, Controlled, Converted, Coordinated, Decided, Delegated, Developed, Directed, Eliminated, Emphasized, Enforced, Enhanced, Established, Executed, Generated, Handled, Headed, Hired, Hosted, Improved, Incorporated, Increased, Initiated, Inspected, Instituted, Led, Managed, Merged, Motivated, Navigated, Organized, Originated, Overhauled, Oversaw, Planned, Presided, Prioritized, Produced, Recommended, Reorganized, Replaced, Restored, Reviewed, Scheduled, Secured, Selected, Streamlined, Strengthened, Supervised, Terminated.

When numbers and figures are your thing... Administered, Adjusted, Allocated, Analyzed, Appraised, Assessed, Audited, Balanced, Budgeted, Calculated, Computed, Conserved, Controlled, Corrected, Decreased, Determined, Developed, Estimated, Forecasted, Managed, Marketed, Measured, Netted, Planned, Prepared, Programmed, Projected, Qualified, Reconciled, Reduced, Researched, Retrieved.

When you creatively brought an idea to life... Acted, Adapted, Combined, Composed, Conceptualized, Condensed, Created, Customized, Designed, Developed, Devised, Directed, Displayed, Entertained, Established, Fashioned, Formulated, Founded, Illustrated, Initiated, Invented, Modeled, Modified, Originated, Performed, Photographed, Planned, Revised, Revitalized, Shaped, Solved.

When you helped with a project... Adapted, Advocated, Aided, Answered, Arranged, Assessed, Assisted, Clarified, Coached, Collaborated, Contributed, Cooperated, Counseled, Demonstrated, Diagnosed, Educated, Encouraged, Ensured, Expedited, Facilitated, Familiarized, Furthered, Guided, Helped, Insured, Intervened, Motivated, Prevented, Provided, Referred, Rehabilitated, Represented, Resolved, Simplified, Supplied, Supported, Volunteered.

When you needed to explain technical expertise... Adapted, Applied, Assembled, Built, Calculated, Computed, Conserved, Constructed, Converted, Debugged, Designed, Determined, Developed, Engineered, Fabricated, Fortified, Installed, Maintained, Operated, Overhauled, Printed, Programmed, Rectified, Regulated, Remodeled, Repaired, Replaced, Restored, Solved, Specialized, Standardized, Studied, Upgraded, Utilized.

When you were the teacher... Adapted, Advised, Clarified, Coached, Communicated, Conducted, Coordinated, Critiqued, Developed, Enabled, Encouraged, Evaluated, Explained, Facilitated, Focused, Guided, Individualized, Informed, Installed, Instructed, Motivated, Persuaded, Simulated, Stimulated, Taught, Tested, Trained, Transmitted, Tutored.

And More Action Verbs



Absorbed	Contributed	Granted	Pooled	Showed
Accelerated	Controlled	Guided	Practiced	Simplified
Accentuated	Cooperated	Handled	Prepared	Skilled
Accomplished	Coordinated	Helped	Presented	Specialized
Achieved	Created	Hosted	Prevailed	Sponsored
Adhered to	Critiqued	Implemented	Produced	Streamlined
Administered	Delegated	Increased	Programmed	Strengthened
Adopted	Demonstrated	Indicated	Progressed	Stressed
Advanced	Derived	Influenced	Projected	Succeeded
Announced	Designated	Initiated	Promoted	Supervised
Applied	Designed	Innovated	Prompted	Supported
Appraised	Detected	Instituted	Proposed	Surpassed
Apprehended	Developed	Integrated	Provided	Sustained
Assessed	Devised	Invested	Pursued	Synchronized
Assigned	Directed	Investigated	Qualified	Synthesized
Assimilated	Discharged	Justified	Quantified	Taught
Assisted	Dispatched	Listed	Quoted	Trained
Assumed	Displayed	Logged	Reacted	Transacted
Attained	Earned	Made	Recommended	Translated
Attracted	Effected	Maintained	Recovered	Triumphed
Authorized	Efficient	Managed	Refine	Troubleshot
Balanced	Emphasized	Mapped	Regulated	Tutored
Bargained	Employed	Mastered	Reinstated	Uncovered
Beneficial	Empowered	Measured	Rejected	Understood
Benefited	Enforced	Mentored	Remained	Undertook
Bolstered	Engineered	Merited	Represented	Unified
Boosted	Enhanced	Mobilized	Resisted	United
Budgeted	Enriched	Modeled	Resolved	Updated
Built	Established	Multiplied	Restored	Upgraded
Carried out	Exceeded	Negotiated	Resumed	Used
Caused	Excelled	Observed	Retained	Utilized
Charted	Exercised	Obtained	Revamp	Validated
Checked	Exerted	Operated	Revealed	Ventured
Closed	Exhibited	Organized	Revived	Verified
Collaborated	Expedited	Originated	Saved	Viewed
Combined	Featured	Outlined	Scheduled	Withstood
Commanded	Financed	Oversaw	Schemed	Witnessed
Commissioned	Forecasted	Participated	Screened	
Complied	Formed	Performed	Secured	
Conducted	Formulated	Persisted	Segmented	
Constructed	Fulfilled	Planned	Seized	
Continued	Generated	Pointed out	Shared	

Marquette University
https://www.marquette.edu/career-center/resources/action-words.php

ACTIVITIES LIST EXAMPLE

What do you like about this list?
How would you improve the order?
Put your admissions hat on...
Remember the maximum is 10

Activities

Community Service (Volunteer)

11, 12
School
1 hr/wk, 20 wk/yr

Math Tutor for Elementary Students, National Honor Society - West Bloomfield High School
Provided support to 20 fourth graders with particularly difficult math concepts. Initiated program at elementary school. Improved confidence.

Athletics: JV/Varsity

Put details in title to save characters in the description.

9, 10, 12
School
10 hr/wk, 10 wk/yr

Swim, Co-Captain of Varsity Swim Team, West Bloomfield High School Varsity Swim
Responsible for leading swim practices, planning fundraising events, assisting in recruiting process. All Regional/All State/Conference Champs.

Theater/Drama

DO NOT DO THIS! Poor Example

12
School
3 hr/wk, 1 wk/yr
Continue

Editor , School newspaper
I am the editor for the school newspaper.

Need detail with impact!

Do not use complete sentences. Start with an action word!

Mix up words

Journalism/Publication

Improved Version

9, 10, 11, 12
School, Break
10 hr/wk, 25 wk/yr
Continue

Editor of International Column, Daily Herald, West Bloomfield High School
Responsible for brainstorming and copy-editing articles by underclassmen; managed deadlines; offered layout & design input; liaised w/faculty sponsor.

It's ok to abbreviate!

Athletics: JV/Varsity

9, 10, 11, 12
School, Break
10 hr/wk, 12 wk/yr
Continue

Baseball, Pitcher/2nd baseman/Captain (12), West Bloomfield High School Baseball Team
League & District Champs. Devoted hours to training & skill building. Executed under pressure. Led & mentored a positive team culture.

Hint: Use the ampersand for "and" to save spaces.

Career Oriented

9, 10, 11, 12
School

Secretary (12), Social Media Mgr (11-12), Member , DECA - Business Club, West Bloomfield High School

4 hr/wk, 40 wk/yr
Continue

Coordinate internal & social media communications, develop agendas & maintain records. Market events & speakers. Led Snow Cone fundraising campaign.

Community Service (Volunteer)

9, 10, 11, 12
Break
6 hr/wk, 4 wk/yr
Continue

Volunteer Buddy for children with disabilities, Easter Seals Miracle League - Baseball Program
Served as mentor to create supportive environment & positively encouraged participation. Adapted activities as needed.Built meaningful relationships.

Community Service (Volunteer)

9, 10, 11, 12
School
4 hr/wk, 1 wk/yr
Continue

Homeless Shelter Volunteer, St. Aloysius Parish, Detroit
Prepared food & organized clothing and supplies for the homeless. Developed connections through conversation. Gained empathy and understanding.

Career Oriented

9, 10, 11, 12
School
2 hr/wk, 24 wk/yr
Continue

Member & Conference Awardee, HOSA- Future Health Professionals- West Bloomfield High School
Deepened passion for medicine; competed in team PSA, placed 4th in regionals in Med. Terminology, demonstrate commitment and expertise in the field.

Work (Paid)

11, 12
School, Break
5 hr/wk, 20 wk/yr

Swim Instructor, Goldfish Swim School
Taught & assisted with children learning to swim. Created a safe, supportive, & fun environment to create confidence & success.

*Use the "preview" button in the Common App to see what the admissions committee will see.



MICHIGAN ASSURED ADMISSION PACT

MAAP

IT'S A SURE THING.

11 of Michigan's public universities have created the Michigan Assured Admission Pact – guaranteeing you admission to these schools with a 3.0 GPA.

- Apply to a participating MAAP school and be automatically admitted with a 3.0+ GPA (4.0 scale).
- MAAP simplifies the admission process for students and their support team.
- Three out of four high school seniors are expected to be eligible for the Michigan Achievement Scholarship - that's a win of up to $5,500 per year.

PARTICIPATING UNIVERSITIES

- Eastern Michigan University
- Ferris State University
- Oakland University
- University of Michigan-Flint
- Grand Valley State University
- Saginaw Valley State University
- University of Michigan-Dearborn
- Central Michigan University
- Wayne State University
- Northern Michigan University
- Lake Superior State University

VISIT US | maap.org



MICHIGAN ACHIEVEMENT SCHOLARSHIP

MI Student Aid
Accessible • Affordable • Attainable

Michigan high school seniors and students who recently graduated from high school may be eligible for the Michigan Achievement Scholarship.

Community College Guarantee

All students are eligible for the Community College Guarantee (regardless of family income), which includes:

- Earning a skills certificate or associate degree tuition-free at their in-district community college!*
- An additional $1,000 Michigan Achievement Bonus for Pell-eligible students to use toward additional college costs.

Public or Private University

Students may be eligible to receive the Michigan Achievement Scholarship at a Public or Private University.

- Up to $27,500 to earn a bachelor's degree—that's $5,500 per year for up to five years.
- 7 in 10 high school graduates are eligible.
- Find out if you are eligible by completing the FAFSA.

Career Training

Students may be eligible to receive the Michigan Achievement Scholarship at a career training program.

- Up to $4,000 to earn a skill certificate—that's $2,000 per year for up to two years.
- Find out if your program is eligible by visiting michigan.gov/careertraining.

*Students would receive a significant tuition discount if they attend an out-of-district community college.

Visit mi.gov/achievement to find the right path for you!

MI Student Aid
P.O. Box 30462
Lansing, MI 48909-7962
888-447-2687
michigan.gov/mistudentaid

@mistudentaid

MiLEAP
Michigan Department of Lifelong Education, Advancement, and Potential

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Mrs. Essig's Favorite Media Sites

Be mindful that many social media sites pertaining to college admissions are looking for shock value. Some Facebook groups have well-meaning parents offering input and advice, but it's not always accurate. Information is constantly changing, so always refer to the college's website for up-to-date information. Below are some sites I have found trustworthy.

Instagram:

collegexpert Alexis White

harlancohen

Thefafsaguru

Wbhscollegeandcareer

Collegeessayguy

Jselingo

Saraharberson

essayhelpbyhollee

TikTok:

@admit_unlocked

@thefafsaguru

@collegexpert

@admissionsmaven

@helpmeharlan

@Saraharberson

@essayhelpbyhollee

Class of 2027

Junior Parent Night

SAVE THE DATE

PAYING FOR COLLEGE

Wed., March 3, 2026 at 6:00 p.m.



Virtual Meeting

We are hosting a Paying for College presentation to help students and families learn about the financial aid process. As a public service, a representative from Oakland University will deliver the presentation, and the information shared can be used at any school a student attends.

Please register using this link:

Paying for College Registration Link

If you are unable to join the presentation on the date scheduled, you can always access any of the virtual presentations or watch the recorded version on the Financial Aid Events website for students and families (oakland.edu/financialevents).