

# Holland Patent High School

## 9TH & 10TH GRADE

### Welcome Back To School!

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

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

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

### Who are the class Advisors?

9th Grade: Mrs. Kuchler  
[rkuchler@hpschools.org](mailto:rkuchler@hpschools.org)

10th Grade: Mrs. Sullivan  
[ksullivan@hpschools.org](mailto:ksullivan@hpschools.org)

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



## Clubs and Activities

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

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



**Athletic Field**

## Academic Help

**Advisory  
5<sup>th</sup> Period**

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

## ATHLETICS

### Fall

**Boys:**  
 Cross Country  
 Football  
 Soccer

**Girls:**  
 Field Hockey  
 Cross Country  
 Swimming  
 Tennis  
 Soccer  
 Cheerleading

### Winter

**Boys:**  
 Basketball  
 Wrestling  
 Swimming  
 Bowling

**Girls:**  
 Volleyball  
 Bowling  
 Basketball  
 Wrestling

**Co-Ed:**  
 Alpine Ski  
 Nordic Skiing

### Spring

**Boys:**  
 Track  
 Baseball  
 Golf  
 Tennis  
 Lacrosse

**Girls:**  
 Softball  
 Golf  
 Track

## 9th & 10th Grade

- Explore career options through SchoolLinks by taking interest and skills assessments on <https://app.schoollinks.com/login/k12>
- Talk with your school counselor about career options and the education required for those careers.
- Talk with your parents about saving and paying for college.
- Participate in extracurricular activities, community service/volunteer opportunities, internships and job shadows.
- Get to know your school support- we're here to help you!
  - School Counselors, Social Workers, Connected Community Schools, CFLR.
- Review your high school plan with your school counselor. Take the most challenging classes you can handle. Stay focused on your schoolwork. Make sure you are meeting your high school graduation requirements. All grades are documented on your transcript.
- Athletes interested in playing Division 1 or Division 2 athletics in college should meet with their school counselor and coaches to ensure that they will meet the NCAA eligibility requirements. [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
- Students will complete a CPR/AED class in 9th and 11th grade to fulfill their graduation requirement.
- Apply for working papers if seeking employment, available in the Counseling Office.
- Explore Colgate Seminar or classes through HVCC and the UU Bridging Program.
  - College Field Trips: Freshman-Syracuse University on October 14
  - Sophomores-Utica University on October 14

## 10th Grade Continued

- Attend college tours, career days, fairs or information sessions.
  - MVCA College Night, 10/06 @ MVCC Utica 6:30PM-8PM or
  - RFA 10/07 6:30 PM-8PM
- Students have the option to take the PSAT in 10th grade for practice. Students primarily take the PSAT in 11th grade to attempt to earn the National Merit Based Scholarship. Registration will be closing soon for the 25-26 school year, you will have the opportunity to take the test again in 11<sup>th</sup> grade. Test is 10/06.
- Students can sign up to take the ASVAB career survey. Test is 11/18.
- Sign-up for classes that will earn college credit during your sophomore+ years, such as Advanced Placement and Dual Credit classes. Colleges and universities typically require 4+ on AP exams for college credit.
- Attend the BOCES information sessions and tours to learn about the CTE and New Visions Programs. Info session in January, tour in March.

# Graduation Requirements

## Credit Requirements

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

**English: 4**

**Social Studies: 4**

**Math: 3**

**Science: 3**

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

**Fine Arts: 1**

**Physical Education: 2**

**Health: ½**

**Freshman Seminar**

**Senior Seminar**

**Electives: # of credits will vary**

**Completed Portfolio**

**5 Hours Community Service**

**Total: 22 Credits**

## Assessments & Diplomas

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

### Regents Diploma

5 Total Regents

English Language Arts

US History & Government

Global History

Math (Alg)

Science (Life or Physical)

### Regents Diploma with Advanced Designation

8 Total Regents

English Language Arts

US History & Government

Global History

3 Math (Alg, Geo, Alg 2)

2 Science (1 Life, 1 Physical)

World Language Assessments



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

## GET READY FOR COLLEGE TESTS.

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

## GET TO KNOW YOURSELF.

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

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

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

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

## EXPLORE CAREERS THAT INTEREST YOU.

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

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

## RESEARCH JOB TRENDS.

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

## MAKE A LIST OF COLLEGES THAT INTEREST YOU.

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

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

## BEGIN VISITING COLLEGE CAMPUSES.

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

## DON'T FORGET:

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

## EXPLORE WAYS TO PAY FOR COLLEGE.

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

SUNY Financial Planning  
[www.suny.edu/smarttrack/literacy](http://www.suny.edu/smarttrack/literacy)

New York State Financial Planning  
[www.hesc.ny.gov](http://www.hesc.ny.gov)

Federal Financial Planning  
[studentaid.ed.gov](http://studentaid.ed.gov)

Scholarships  
[www.fastweb.com](http://www.fastweb.com)

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



# A Planning List for Families of Ninth- and 10th-Graders

It may seem early to start thinking about getting your child ready for college, but it really isn't — important groundwork should take place in ninth and 10th grades. Here's a list to help you make sure your child is on a good path.

## GRADE 9

- 1. Create a four-year high school plan.** Once your child is settled into ninth grade, introduce the idea of preparing an overall plan for high school that relates to their goals.
  - Make sure you and your child know what high school courses are required by colleges, and that their ninth-grade courses are on track.
  - Map out when these courses should be taken.
  - Familiarize yourself with the various levels of courses offered by your child's school (i.e.AP).
- 2. Tell your child to start thinking about careers.** Encourage your child to develop a tentative career goal. Of course it will change — often — but it's the thought process that counts.
  - Help your child to identify interests — likes and dislikes — not just in academics but in all areas. This will help your child focus on goals.
  - Encourage your child to discuss career options with others, such as the school counselor, teachers, recent college graduates who are working, professionals in the community, etc.
- 3. Suggest extracurricular activities.** Encourage your child to actively take part in a sport, school club, music or drama group, or community volunteer activity.
  - If your child may want to play sports in college, research the National College Athletic Association eligibility requirements. The NCAA requires completion of certain core courses; you can find the specifics at [eligibilitycenter.org](http://eligibilitycenter.org).
- 4. Meet with the school counselor.** The school counselor knows how to help your child get the most out of high school. Make sure your child has an opportunity during the school year to discuss post-high-school plans with the school counselor and map out courses to take during the rest of high school.
  - You may participate in this meeting, too.
- 5. Ask if the PSAT™ 8/9 is offered to ninth-graders.** The PSAT 8/9 will help you and your child's teachers figure out what your child needs to work on the most so that they're ready for college when they graduate from high school. It tests the same skills and knowledge as the SAT®, PSAT/NMSQT®, and PSAT™ 10 — in a way that makes sense for their grade level.
- 6. Save for college.** It's still not too late to start a college savings plan, if you haven't already. Every little bit helps!
  - Investigate state financial aid programs and 529 plans.
- 7. Obtain a Social Security number for your child if you don't already have one.** This is often required for applications, testing, scholarships, and other opportunities.

## GRADE 10

1. **Meet with the school counselor — again.** Make sure your child meets with their school counselor to ensure that she or he is enrolled in college-preparatory courses.
  - Check to see that your child is taking any prerequisites to advanced-level junior- and senior-year courses.
2. **Ask if the PSAT 10 or PSAT/NMSQT is offered to 10th-graders.** While the PSAT/NMSQT is usually taken in the 11th grade, it is also often offered in the 10th. That's because it provides valuable feedback on the student score report; 10th-graders can then work on any disclosed academic weaknesses while there is still ample time to improve them.
3. **Is your child interested in attending a U.S. military academy?** If so, they should request a precandidate questionnaire and complete it. Your school counselor can help with this.
4. **Attend college and career fairs.** These often take place in the fall at your school or in your area.
5. **Support your child's participation in a school activity or volunteer effort.** Extracurricular activities help students develop time-management skills and enrich the school experience.
6. **Tour college campuses.** If possible, take advantage of vacation or other family travel opportunities to visit colleges and see what they're like.
  - Even if there is no interest in attending the college you are visiting, it will help your child learn what to look for in a college.

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

 [/MyBigFuture](https://www.facebook.com/MyBigFuture)  [@MyBigFuture](https://twitter.com/MyBigFuture)  [@bigfuture.official](https://www.instagram.com/bigfuture.official)



# College and Career Planning Checklist—10th-Grade Tasks

Keep track of key steps to take during each grade of high school to help you plan for college and career. Find a digital checklist at [bigfuture.collegeboard.org/checklist](https://bigfuture.collegeboard.org/checklist).

## First Semester

|                          |                              |                                                                                                                                                                                                                                                                                             |
|--------------------------|------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | Start a college list         | There are many factors to consider when building your college list, such as campus size, location, and cost. Use BigFuture College Search to help you narrow down your search and create the right list for you.                                                                            |
| <input type="checkbox"/> | Take the PSAT/NMSQT          | If your school offers the PSAT/NMSQT to 10th graders, you'll take it in the fall. The PSAT/NMSQT measures the skills and knowledge that are most important to college and career success. It can help you learn your strengths and areas you need to improve so that you can stay on track. |
| <input type="checkbox"/> | Take the career quiz         | It might feel early to start thinking about a career path, but now is a great time to start! Take an easy, 15-minute quiz to get matched with careers based on your likes and dislikes at <a href="https://bigfuture.org/careerquiz">bigfuture.org/careerquiz</a> .                         |
| <input type="checkbox"/> | Review your PSAT/NMSQT score | When your PSAT/NMSQT scores are ready, access your scores on the BigFuture School mobile app if you provided your mobile number on test day. You'll see details about where you excel or need to improve.                                                                                   |
| <input type="checkbox"/> | See if you'll do well in AP  | If you've taken the PSAT 8/9, PSAT 10, or PSAT/NMSQT, explore your likelihood to succeed in AP by using the AP Potential™ tool. Learn which AP courses you're ready for by reviewing your personalized list.                                                                                |

## Second Semester

|                          |                                                     |                                                                                                                                                                                                         |
|--------------------------|-----------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> | Review AP courses to take next year                 | It's time to start planning for 11th grade. You'll work with your counselor, teachers, and/or parents to select courses.                                                                                |
| <input type="checkbox"/> | Take the PSAT 10                                    | If your school offers the PSAT 10, you'll take it in the spring. Taking the PSAT 10 is a great way to see how your knowledge and test-taking skills are progressing halfway through high school.        |
| <input type="checkbox"/> | Review your PSAT 10 score                           | Access your scores on BigFuture School if you provided your mobile number on test day. Be sure to check out your Career Insights Snapshot for information on careers in your state.                     |
| <input type="checkbox"/> | Enter to win \$40K and \$500 BigFuture Scholarships | No essay, no minimum GPA or test score. No citizenship requirements. Just follow the steps for chances to win. The more steps you complete and the earlier you start, the more chances you have to win! |

\*Complete checklist can be found at [bigfuture.collegeboard.org/checklist/10th-grade](https://bigfuture.collegeboard.org/checklist/10th-grade)

# 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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# Your Fall Recruiting Checklist

Follow these steps to ensure you find the best athletic, academic, social and financial college fit.

## Start of Sophomore Year – August/September

### Check in with your high school guidance counselor.

[Find your high school's list of NCAA core courses](#), figure out which classes you can take this year and make sure you have a plan to [maintain your NCAA eligibility](#).

### Let your high school and/or club coach know you're interested in competing at the college level.

They can help support your recruiting efforts, from evaluations and recommendations to reaching out to college coaches in their network. You can also add them to [your NCSA References](#).

### Offseason Tip:

If your high school sport is not in season, canceled or postponed, create—and stick to—a regular workout/training schedule. When practice starts up again, you'll be prepared physically and mentally!

## September

### Upload your freshman year transcript to your profile.

Profiles with a recent transcript get 17x more views from college coaches than profiles without one.

### Create a game plan for the PSAT.

The PSAT is great practice for the ACT/SAT—not only does it establish a baseline for how you should prepare for those tests, but it also identifies National Merit Scholars and awards merit scholarships to top performers.

## October

### Create a free profile page with the NCAA.

This is your best bet if you're keeping your options open or if you're interested in D3 schools. You can always upgrade to a Certification Account if you start receiving interest (or offers!) from D1 or D2 college coaches.

### Determine your family's EFC.

Calculating your [Estimated Financial Contribution](#) can help estimate your federal student aid eligibility and then establish college funding strategies.

### Regularly update your NCSA profile.

This is your athletic recruiting resume, so make sure coaches are seeing and evaluating your most recent info.

## November

### Size up the competition.

[How do you compare](#) to your dream schools' team rosters? Are you academics on par with the average player GPA? How about your measurables and athletic stats? Where are the players from? Does it seem like the coach recruits in a certain area?

### Broaden your horizons.

We always recommend that you cast a wide net when searching for schools. [Check out your top matches](#), see what [the most popular schools are](#) with other NCSA recruits and [explore schools](#) where college coaches are viewing, following or searching for athletes like you.

### Continue adding colleges to your NCSA Favorites.

Keep track of schools you're interested in and rank them by your top picks or next action steps. By now, you should have 5-10 safety schools, 10-15 target schools and 5-10 dream schools on your list.

### Keep Track of Important Dates:

1. Stay up to date with the [D1 and D2 Recruiting Calendars](#).
2. Learn more about [how the NCAA Recruiting Rules and Updates](#) affect underclassmen.

# Your Recruiting Checklist

Follow these steps to ensure you're supporting your student-athlete in their dream to play their sport in college.

## Academic:

- Familiarize yourself with the [NCAA Eligibility Requirements](#), so you and our athlete both know the rules.
- Use the Division I and II [core course worksheet](#) to set specific academic goals and plan a [core course](#) schedule for your athlete.
- Stay aware of your athlete's grades. The better their grades the more opportunities they will have.
- Begin researching SAT/ACT test preparation for your athlete and familiarize yourself with test dates and registration deadlines.
- [Register](#) with the NCAA Eligibility Center and make sure your athlete's high school counselor sends his or her transcript at the end of junior year.
- Help your athlete figure out what they may be interested in studying in college. This will help determine if a school is right for them.

## Recruiting:

- Start a correspondence log to keep track of your communications with college coaches or use the [NCSA Messaging Center](#).
- Help your athlete build their recruiting profile, but don't do it for them – this is their journey.
- Help your athlete plan official and unofficial visits to local college campuses. They should be [contacting the coaches](#) beforehand to arrange a meeting.
- [Create a highlight or skills video](#) using sport-specific video guidelines.
- Help your athlete compile a list of target schools based on their qualifications.
- Help your athlete understand the importance of staying responsible with [social media](#).
- Determine your Estimated Family Contribution (EFC) to familiarize yourself with the collegiate financial aid process and discuss cost with your athlete.

**New to the college recruiting process?** [Create a free NCSA College Recruiting profile](#) to explore the college programs your student might qualify for or review our [College Recruiting 101 for Parents](#) guide for expert advice.



# 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<br>(Algebra I or higher) | SCIENCE<br>(Including one year of lab, if offered) | EXTRA<br>(English, math or science) | SOCIAL SCIENCE | OTHER<br>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<br>(Algebra I or higher) | SCIENCE<br>(Including one year of lab, if offered) | EXTRA<br>(English, math or science) | SOCIAL SCIENCE | OTHER<br>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](http://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](http://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](http://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 
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ELIGIBILITY CENTER



# 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. |                                              |                                 | ✓                    |

\*For students enrolling at a Division III university who have already been Academic and Athletics Certification Account holders, the account will automatically transition to a Profile Page Account.

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.**

