

November 2026 Edition

The Argo COMPASS

WANT TO PLAY SPORTS IN COLLEGE?

If you are hoping to compete at the NCAA Division I or II level or NAIA, the time to start preparing is now!

1. Take Your Academics Seriously

College coaches are looking for athletes who can succeed both academically and athletically. Your GPA, course selection, and standardized test history (if applicable to your college admissions process) are important parts of your college profile.

- Make sure you are taking NCAA-approved core courses.
- Work toward maintaining a strong GPA throughout high school.
- Stay on top of graduation requirements.
- Remember that NCAA academic eligibility requirements are different from the admission



- requirements at individual colleges.



Being a talented athlete won't automatically get you admitted to a university. <u>You need to be prepared to succeed as a student, too.</u>

2. Register with the NCAA or NAIA Eligibility Center



If you want to compete at an NCAA Division I or II school, you will need to create an account with the NCAA Eligibility Center. This organization reviews your academic records and amateurism information to determine whether you meet NCAA eligibility requirements. (The same is true for the NAIA.)

Don't wait until your senior year to look into this process! Creating your account early allows you to monitor your progress and address potential eligibility issues before they become problems.

3. Get Noticed by College Coaches

College coaches cannot recruit athletes they don't know exist.

COLLEGE SPORTS...

While some athletes are discovered through high school competitions and tournaments, others need to take the initiative to introduce themselves to college programs.
Here are some ways to get on a coach's radar:

- Create an athletic recruiting profile that includes your academic information,



- athletic accomplishments, statistics, and contact information.
- Put together a highlight video showcasing your skills and abilities.
- Research colleges that offer your sport and have academic programs that interest you.
- Email college coaches with a brief introduction, your athletic information, and a link to your highlight video.
- Attend college showcases, camps, tournaments, and recruiting events when appropriate.

Don't assume coaches will automatically find you. Being proactive and communicating with coaches can make a big difference. Don’t be afraid to complete a “Recruit Me” questionnaire on their website, or to send an email to a coach letting them know of your interest.

4. Understand the Difference Between Division I and Division II
Not every college athlete competes at the same level, and Division I isn't necessarily the best fit for every athlete. Both Division I and Division II offer outstanding athletic and academic opportunities.
Here are a few differences:
NCAA Division I

- Generally the highest level of NCAA athletic competition.
- Often features larger athletic departments and extensive athletic facilities.
- Athletic scholarships are available.
- Competition and time commitments can be demanding.

NCAA Division II

- Offers a competitive collegiate athletic experience while



- emphasizing a balance between academics, athletics, and campus life.
- Athletic scholarships are available, and many programs offer partial scholarships.
- Provides opportunities to compete at a high level while pursuing a college degree.

Don't overlook NAIA programs! You may find an excellent athletic, academic, and social fit at an NAIA school.

5. Be Proactive and Professional

One of the most important parts of the recruiting process is learning how to communicate with college coaches.



When emailing a coach:

- Introduce yourself and identify your high school, graduation year, and sport.
- Include your GPA, athletic statistics, accomplishments, and relevant academic interests.
- Provide a link to your highlight video or athletic profile.
- Let the coach know why you are interested in their program.
- Use a professional email address and check your inbox regularly.

Remember, coaches are evaluating more than your athletic ability. They are also looking at your character, work ethic, attitude, leadership, and ability to represent their university.

6. Research Colleges That Are the Right Fit

Don't focus exclusively on the biggest athletic programs or schools you see on television. There are hundreds of NCAA Division I and II, and dozens of NAIA schools across the country, and many offer excellent opportunities.

CAREER SPOTLIGHT: NURSE

Nursing is one of the most important and rewarding career fields in healthcare. Nurses play a huge role in caring for patients, educating families, assisting physicians, and helping people recover from illnesses and injuries. Whether you're working in a hospital, doctor's office, school, nursing home, or emergency department, nurses make a difference in people's lives every day.

The nursing profession also offers a variety of career choices, opportunities for advancement, and strong employment prospects. If you enjoy science, working with people, problem-solving, and helping others,



nursing may be worth exploring.

What Does a Nurse Do?
A nurse's responsibilities depend on their education, experience, and workplace. Some of the most common responsibilities include:

- Monitoring patients' health and recording vital signs.
- Administering medications and treatments.
- Assisting physicians with medical procedures.
- Educating patients and families about illnesses, medications, and recovery.
- Developing and implementing patient care
- Responding to medical emergencies.
- Maintaining patient records and communicating with other healthcare professionals.

Nursing requires more than medical knowledge. Successful nurses need strong communication skills, compassion, patience, attention to detail, critical-thinking abilities, and the ability to remain calm under pressure.

Different Career Paths in Nursing

One of the advantages of entering the nursing field is that there are several educational and career pathways available.

Certified Nursing Assistant (CNA)
CNAs provide basic patient care under the supervision of licensed nurses. Their responsibilities include helping patients bathe, dress, eat, move around, and maintain personal hygiene. This can be an excellent starting point for students interested in healthcare.

Licensed Practical Nurse (LPN)
LPNs provide basic nursing care, monitor patients, administer certain medications and treatments, and assist with

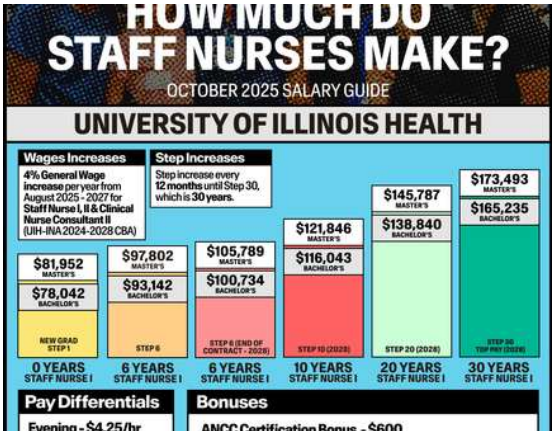


daily medical needs. They commonly work in nursing homes, rehabilitation facilities, hospitals, and medical offices.

Registered Nurse (RN)
RNs have additional education and responsibilities. They assess patients, develop care plans, administer medications, coordinate treatment, educate families, and supervise other healthcare personnel. RNs work in a wide variety of healthcare settings.

Advanced Practice Registered Nurse (APRN)
With additional graduate-level education and licensing, registered nurses can pursue advanced careers such as:

- Nurse Practitioner (NP)
- Certified Registered Nurse Anesthetist (CRNA)



- Certified Nurse Midwife (CNM)
- Clinical Nurse Specialist (CNS)

These professionals have advanced responsibilities and may diagnose conditions, prescribe medications, provide anesthesia, or specialize in particular areas of patient care.

What Education Do You Need?
The amount of education required depends on which nursing career you choose.

SCHOOLINKS RESUME

Argo students are often in need a resume when applying for jobs or scholarships. Whether you're applying for your first part-time job, pursuing a summer internship, exploring an apprenticeship, or preparing for life after high school, having a resume is an important first step. A resume gives employers, colleges, and training programs a snapshot of who you are, what you've accomplished, and what you can contribute.

The good news? You don't have to start from scratch!

SchooLinks has a built-in resume tool that makes creating a professional-looking resume easier than ever.

Getting Started with Your SchooLinks Resume

Follow these steps to begin building your resume:
1. Log in to SchooLinks



Access your SchooLinks account by selecting to “Log In with Microsoft”. Once you're logged in, navigate to the “Student” tab on the left of the screen. Click on “Profile and Resume”. This will get you to the start screen.

2. Start Building Your Resume
Open the resume builder and begin entering your information. SchooLinks provides sections to help organize your experiences, accomplishments, and skills into a professional format.

3. Add Your Personal Information
Include your name, professional email address, and appropriate contact information. Make sure everything is accurate and that your email address is one you check regularly.

4. Highlight Your Education and Experiences
You don't need years of work experience to create an impressive resume! Consider including:

- **Education**: Your high school, expected graduation date, academic achievements, and relevant coursework.
- **Work Experience**: Part-time jobs, summer jobs, babysitting, lawn care, or other paid work.
- **Volunteer Experience**: Community service, church activities, fundraisers, and volunteer organizations.
-



- Sports, clubs, student organizations, and leadership positions.
- Certifications and Training: CPR certification, OSHA training, industry



- credentials, or other specialized training.
- Skills: Computer skills, communication, teamwork, problem-solving, leadership, and technical abilities.

5. Describe Your Accomplishments
Don't just list what you did. Explain what responsibilities you had and what skills you developed. For example, instead of just writing "Worked at a restaurant," explain that you assisted customers, handled transactions, worked as part of a team, and maintained a clean and organized workspace.

6. Review and Customize Your Resume
Take time to proofread your resume for spelling and grammar mistakes. Make sure your information is current and that your experiences are presented clearly. You should also customize your resume to highlight the skills and experiences most relevant to the job, internship, or opportunity you're pursuing.

7. Save and Share Your Resume
Once you've completed your resume, use the available SchooLinks options to save or download your document. Keep a copy that you can update as you gain new experiences and accomplishments.