

Ingraham Family College and Career Planning Night

Session 1: 6:50-7:30 Session 2: 7:35-8:15 Session 3: 8:20-9:00

Topic:	Room	Session			Speaker(s)
1. The Basics of Financing College and Financial Aid. Understanding the difference between "list price" and "net price." How to estimate the cost for families of your income level using a college's or university's Net Price Calculator. Types of financial aid (grants, loans, scholarships). Basics steps to apply for financial aid.	Library	1	2	3	Edith Larsen, Seattle University Financial Aid Counselor larsone@seattleu.edu
2a. Finding a College that is the Right Fit - Academically, Socially and Financially—General Appeal. Narrowing down the list from over 4000 colleges is often the hardest part. We will discuss ways to identify appropriate schools for <i>your</i> student and suggest resources to assist you in this process.	Room 130	1	2	X	Teri Thompson, Private College Counselor & Ingraham Parent Alumni and Trish Anderson, Private College Counselor teri@thompsoncollegeconsulting.com
2b. What it takes to get into a Highly-selective College. Learn what Ivy League (and similar) admissions reps look for and why. We will go over a highly-selective admissions rubric and discuss ways that students can enhance their applications.	Room 130	X	X	3	Teri Thompson, Private College Counselor & Ingraham Parent Alumni
3. How to use your High School years to prepare for college. (for Freshmen, Sophomores and their families). Key high school courses to take (especially how much math and science). When to take ACT, SAT, SAT Subject tests and how to prepare. Balancing extra-curricular activities.	Room 125	1	2	3	Catherine Gaston, Private College Counselor G2 College Consulting catherine@g2college.com
4. The Application Process, Timing, Tips & Where to Find Help (for Juniors and their families). The steps and timeline from Spring junior year to Spring senior year. Advice on Essays. College planning resources online and in the community. Ways to use a private college counselor.	Room 131	1	2	3	Emily Gallagher, Private College Counselor gallagher@stanfordalumni.org
5. Understanding How Colleges Review Applications. How are applications reviewed? What can students do to help their application stand out? What are common pitfalls to avoid? Role of alumni interviews and how to prepare for them.	Room 126	1	2	3	Heather Parry, Private College Consulting Parry College Consulting Heather@ParryCC.com
6. 13th Year Program- Learn about the exciting 13 th year program at North Seattle College. This session is intended for parents of juniors who graduate from Ingraham in 2019. Current Ingraham juniors attending North Seattle College in fall 2019 are guaranteed to receive comprehensive college navigation support and one year of in-state tuition covered through a combination of need-based financial aid and scholarship funds at North Seattle College. Come learn more about the program requirements and benefits	Room 116	1	2	X	Aimee Brown, Completion Coach North Seattle College Aimee.Brown@Seattlecolleges.edu

Topic:	Room	Session			Speaker(s)
<p>7. Job Corps. The mission at Cascades Job Corps College & Career Academy is to educate, train, and prepare our students for successful careers in Healthcare and Information Technology. We are a Department of Labor pilot program that provides 16-21-year-old young adults an opportunity to receive tuition-free college education and earn industry - recognized certifications.</p> <p>This is an exciting new program will give hundreds of students the opportunity to continue their education without having to worry about student loans or balancing a school/work life for the first few years.</p>	Room 111	X	2	X	<p>Tracy Greene, Career Navigator Cascades Job Corps Greene.Tracy@jobcorps.org</p>
<p>8. Programs and opportunities at Shoreline Community College. Understanding different types of Community College technical programs that Shoreline has to offer.</p>	Room 123	X	2	3	<p>Amy Stapleton, Outreach Recruiter at Shoreline Community College astaplet@shoreline.edu</p>
<p>9. Playing Sports in College. Pursuing the collegiate initial eligibility process. Breakdown of the governing associations. Academic & Amateur eligibility requirements. What does your academic timeline look like?</p>	Room 122	1	2	X	<p>Marilou Michelena, University of Washington, Director of Compliance mariloum@uw.edu</p>
<p>10. Demystifying the College Essay Process. This presentation delves into how to navigate the process, how to brainstorm for topics, which subjects to choose and which to avoid, how to develop and stick to a step-by-step writing schedule and the key to a great essay. Before/after essay examples are shared. A Q&A follows for students and their parents.</p>	Room 110	1	2	3	<p>Bonney Rochman, College Essay Coach Bonnie.rochman@gmail.com</p>

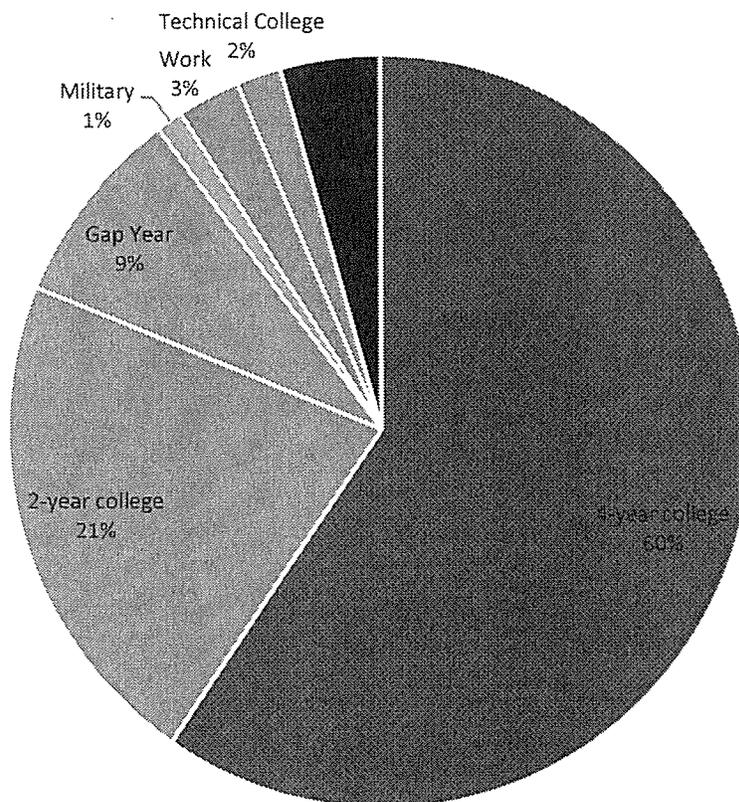
Survey Results of Ingraham Class of 2017 Graduating Seniors

What do you plan to do after high school?

4-year college	59.6%	152
2-year college	21.6%	55
Gap Year	8.6%	22
Military	1.2%	3
Work	2.7%	7
Technical College	2.0%	5
Other	4.3%	11
Total Responses		255

Almost 2/3rd of our graduating seniors plan to attend a 4-year college or university, while 21% plan to attend a 2-year college

Plans After High School



Our students are attending more than 75 different colleges and universities, Fall of 2017. University of Washington is the most popular, followed by North Seattle College and Shoreline Community College.

University of Washington – Seattle (50)	Occidental College
North Seattle College (35)	Ohio State University
Shoreline Community College (30)	Olin College
Western Washington University (15)	Oregon State University
Washington State University (6)	Pratt Institute
Central Washington University (4)	Puget Sound Electrical JATC
Colorado State University (4)	Reed College
University of Washington – Bothell (4)	Rochester Institute of Technology
University of British Columbia (3)	San Diego State University
University of WA – Seattle Honors Program (3)	Scripps College
Willamette University (3)	Seattle Central College
Bellevue College (2)	Seattle University
Edmond Community College (2)	Smith College
Lewis & Clark College (2)	Stanford University
Seattle Pacific University (2)	Texas State University
Tulane University (2)	Trinity University
Wesleyan University (2)	Tufts University
Academy of Interactive Entertainment	Union College
Arizona State University	Universal Technical Institute
Beloit College	University of California – Berkeley
Brown University	University of Denver
Cal Poly State University	University of Oregon
Chapman University	University of San Francisco
Clover Park Technical College	University of Southern California
Columbia College Chicago	University of York
Dalhousie University	Vassar College
DigiPen Institute of Technology	Washington University – St. Louis
Duke University	Western University
Earlham College	Whitman College
Everett Community College	Worcester Polytechnic Institute
Georgia Institute of Technology	
Gonzaga University	
Goucher College	
Highline Community College	
Humboldt State University	
El Instituto Profesional de Terapias y Humanidades	
Ithaca College	
Loyola University New Orleans	
McGill University	
Montana State University	
Navy	
Northeastern University	

Below are colleges and universities that have offered the most admission acceptance to our students, the top three schools being in-state. Not all colleges with three or less acceptances were highlighted

SCHOOLS	RESPONSE COUNT
University of Washington – Seattle	60
Western Washington University	49
Washington State University	17
Willamette University	15
Shoreline Community College	14
North Seattle College	12
Lewis & Clark College	11
Oregon State University	9
Gonzaga University	8
University of British Columbia	8
University of Washington – Bothell	8
Central Washington University	7
Montana State University	7
Santa Clara University	7
University of Portland	7
Macalester College	6
University of California – Davis	6
Whitman College	6
Evergreen State College	5
Fordham University	5
George Washington University	5
Seattle Pacific University	5
University of California – Berkeley	5
University of Denver	5
University of Oregon	5
Beloit College	4
Brandeis University	4
Cal Poly State University	4
Colorado State University	4
Edmonds Community College	4
Reed College	4
Scripps College	4
Seattle University	4
Tulane University	4
University of California – San Diego	4
University of Puget Sound	4
Wesleyan University	4

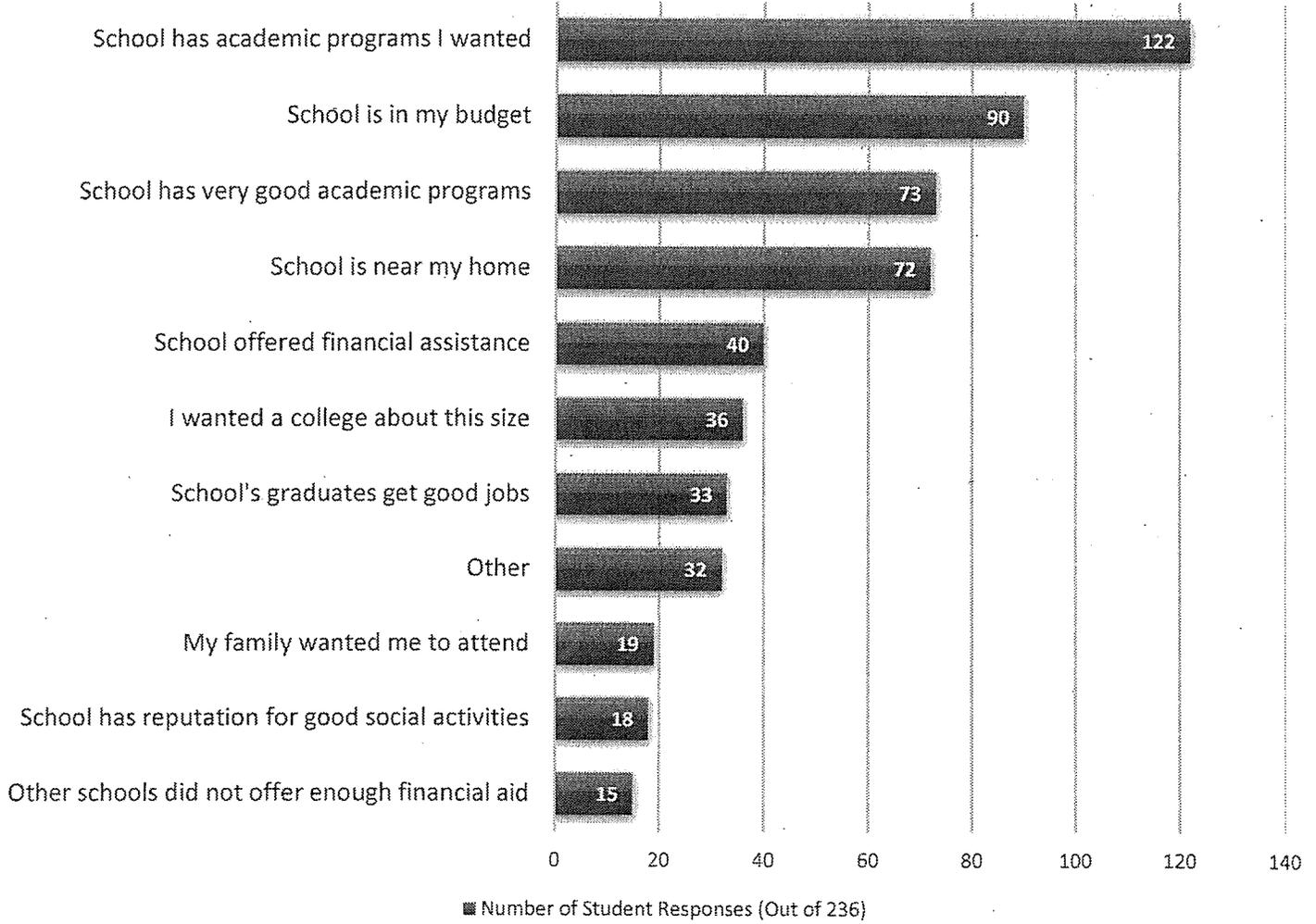
3 Students Admitted To: American Univ, Boston Univ, Clark Univ, Loyola Marymount Univ, Occidental College, Purdue Univ, Trinity Univ, UCLA, CU Boulder, Univ of Minnesota, USC, Univ of Vermont, Univ of Waterloo, Vassar College

2 Students Admitted To: Arizona State Univ, Art Institute of Seattle, Boston College, Chapman Univ, Cornell College, Michigan State Univ, NYU, Northeastern Univ, PLU, Rensselaer Polytechnic Institute, UC Santa Barbara, Univ of Arizona, Univ of Rochester, USF, UW – Tacoma, WA Univ – St. Louis

1 Student Admitted To: Bastyr College, Boise State Univ, Bowdoin College, Carnegie Mellon Univ, Duke Univ, EWU, DigiPen, Emory Univ, Harvey Mudd College, Howard Univ, John Hopkins Univ, Middlebury College, Oberlin College, Spelman College, Stanford Univ, Temple Univ, UC Irvine, UNLV

Students chose up to two reasons that were most important when choosing a college or university

Factors in Choosing a College or University



What was the hardest part of the college application process?

COLLEGE RESEARCH AND DECISION MAKING

Deciding where to apply

Figuring out where to go/what would fit my goals

The Hardest part of the college application process was to find out which school close to home.

Finding a college that I both wanted to attend and could afford

Finding the right fit

Narrowing down my list of which schools to apply to.

Choosing a college

Committing

Making a final decision about a college

HIGH SCHOOL & GRADUATING

Knowing my credits.

Juggling college applications with extracurriculars and IB

Fitting in college apps with the rest of my busy fall schedule

Graduating highschool.

Completing IB while trying to complete a large amount of college applications.

Completing multiple admissions essays while also dealing with senior year school work. And, maybe, the anxiety of not knowing whether you'd be accepted or not.

The sheer quantity of things you have to get done, and how confusing most college websites/requirement lists are. Also just having to deal with all of that while still in school. I could go on...

FINANCES

Filling out financial aid paper work

FAFSA

Having to turn down schools due to cost and insufficient financial aid

Money

Paying for the apps

The tuition fees

COLLEGE APPLICATION PROCESS

Writing and refining the essay and then getting the app in on time

Writing a personal statement that reflected me as a student and as a person.

Writing the essays at the same time as my extended essay.

Being creative w essays

The short answer response that had a word limits. Hard tell a story with a certain word count

There are so many things to read .

Figuring out the Common App

Figuring out which documents needed to be mailed where by what deadline.

Filing for transcripts to send to the school

Finding my ssn

Getting my teacher recommendations set up.

Staying on top of deadlines

Too many forms, fafsa was confusing, application process was confusing

Trying to get all of my information when I didn't even know they were important!

The SAT and ACT tests

PERSONAL

debating whether or not I was good enough for a college.

Finding time for everything

getting over anxiety surrounding it

Getting rejections from schools was by far the hardest. While applying, it was difficult to remain patient while drafting essays again and again.

Getting started and the essays

Getting the motivation to write the essays and short-responses. I wrote my essays 1-2 weeks before the applications were due and most short-responses the day before.

Getting things done earlier rather than procrastinating

I don't think there were hard parts.

trying to stand out amongst all other applicants

Understanding myself and what I wanted

Waiting to hear back

what I would do if I didn't get into a school close to home.

when my parents told me I'm doing two years at a community college and all the stress was for nothing.

Financing A College Education

Presented by,
Student Financial Services Office
Seattle University

SEATTLEU

Overview

- ✓ How Much Will It Cost?
- ✓ How Much Will We Pay?
- ✓ Types of Financial Aid
- ✓ Applying for Financial Aid
- ✓ Applying for Private Outside Scholarships
- ✓ Senior Year Timeline
- ✓ Web Sites and Resources

SEATTLEU

How much will it cost?

2016-17 Nine-Month Cost of Attendance

	<u>Washington State College Averages</u>		
	Community College	4-Year Public College	4-Year Private College
Tuition and Fees	\$ 4,346	\$ 11,661	\$ 39,890
Books	\$ 825	\$ 825	\$ 825
Room and Board*	\$ 3,165	\$ 9,583	\$ 9,583
Personal Expenses	\$ 1,810	\$ 2,055	\$ 2,055
Transportation	\$ 1,140	\$ 1,125	\$ 1,125
Estimated Total Cost	\$11,286	\$25,249	\$53,478

**Assumes living at home for community college and not living at home for 4-year colleges
Averages using WFAA 2016-17 budgets*

SEATTLEU

Net Price Calculator

All institutions that participate
in federally funded financial aid programs
are required to have a net price calculator on their web sites

- ✓ Shows **estimated** cost
- ✓ Calculates **estimated** financial aid ... and often institutional academic scholarships ... based on:
 - ⇒ Simplified FAFSA-like information and
 - ⇒ GPA and/or other information (test scores, for instance) if merit-based scholarships are part of the estimate
- ✓ The difference between estimated cost and estimated aid is the **estimated** "net price" to the student and his or her family

SEATTLEU

Net Price Calculator

- ✓ Check out the “Net Price Calculator” on the web site of each school in which you’re interested
 - ⇒ Go to the school’s web site
 - ⇒ Search that site for “Net Price Calculator”
 - ⇒ The Net Price Calculator can often be found on the Admissions and/or Financial Aid page of a school’s web site
- ✓ Are the results accurate?
 - ⇒ Yes, to the extent that the information entered is reasonably close to the actual information submitted on the student’s applications (Common Application, FAFSA, institutional scholarship applications, etc.)

SEATTLEU

How much will we pay?

The student and family will pay the difference between the cost of attendance and the assistance the student receives from ALL sources:

$$\begin{array}{r} \text{Cost of Attendance} \\ - \text{Assistance from ALL Sources*} \\ \hline = \text{Amount the Student and Family Will Pay} \end{array}$$

*Includes any and all sources of funding whose purpose is to help cover the student’s educational costs: need-based financial aid, institutional academic and talent scholarships, outside scholarships, veterans benefits, tribal stipends, tuition remission and exchange, etc.

SEATTLEU

Types of Financial Aid

SCHOLARSHIPS and GRANTS

“Gift Aid”

Don't have to be repaid

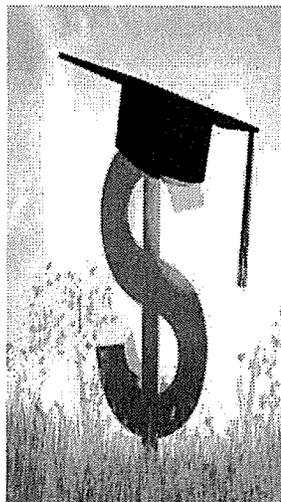
WORK STUDY

Must work part-time to earn

LOANS

Must be repaid

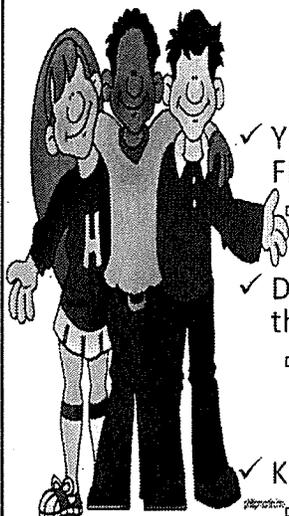
Students and parents may borrow



SEATTLEU

Who's eligible to apply?

NEARLY EVERYONE!!!



✓ You won't know unless you apply ... and it's FREE

⇒ If you think you'll need help paying for college, complete the FAFSA

✓ DON'T exclude yourself because you don't think you'll qualify

⇒ With very few exceptions, EVERYONE who files the FAFSA is eligible for at least a student loan

✓ Keep your options open: have a “Plan B”

⇒ You can list several colleges to receive the results of your FAFSA.

SEATTLEU

Applying for Financial Aid

The Free Application for Federal Student Aid (FAFSA) is filed each year at www.FAFSA.ed.gov.

✓ For 2019-20, it is available October 1st, 2018 and should be filed by the earliest of your school's deadline.

The student and parent each use their FSA ID
... User Name and Password ...
as their electronic signature on the student's FAFSA

Create a New FSA ID:
www.fsaid.ed.gov

SEATTLEU

FAFSA on the Web: www.fafsa.ed.gov

Federal Student Aid
AN OFFICE OF THE U.S. DEPARTMENT OF EDUCATION

PROUD SPONSOR of
the AMERICAN MINDSM

FAFSASM
Free Application for Federal Student Aid



Get help paying for college

Submit a Free Application for Federal Student Aid (FAFSA)



New to the FAFSA?

Start A New
FAFSA

Returning User?

- Make a correction
- Add a school
- View your Student Aid Report (SAR), and more...

Login

SEATTLEU

Federal Student Aid PROUD SPONSOR of the AMERICAN MIND®
AN OFFICE OF THE U.S. DEPARTMENT OF EDUCATION **FAFSA™**
 Free Application for Federal Student Aid

Home About Us FAFSA Student aid.gov Help SEARCH

FAFSA Help

Trending Questions

- ▶ [I'm a parent. How can I fill out a FAFSA if I can't use my child's FSA ID?](#)
- ▶ [I'm a student. How can I fill out a FAFSA if I can't use my parent's FSA ID?](#)
- ▶ [How can I add a school to my FAFSA?](#)
- ▶ [I got an error that my name, date of birth, and SSN listed on the FAFSA do not match my FSA ID. What does that mean?](#)
- ▶ [How do I unlock my FSA ID?](#)

Browse FAQs

General Questions

- Before You Begin
- IRS Data Retrieval Tool
- Making Corrections
- Next Steps
- Contact Us

General Questions

General information about federal student aid, your eligibility for aid, the financial aid package, and more.

- ▶ [Am I eligible to receive financial aid?](#)
- ▶ [What types of aid are available?](#)
- ▶ [How do I apply for aid?](#)
- ▶ [How much financial aid am I eligible to receive?](#)
- ▶ [What are the deadlines for filling out the FAFSA?](#)
- ▶ [Will I need to fill out the FAFSA each year?](#)
- ▶ [What is the FAFSA?](#)
- ▶ [Where do I find more information about federal student aid?](#)

Didn't find what you are looking for?
 Try searching help.

SEARCH

SEATTLEU

Frequent FAFSA Errors

- ✓ Filing for the incorrect year ... 2018-19 instead of 2019-20, for instance ... because the FAFSA is academic year-specific
- ✓ You must provide the information the FAFSA requests
 - ⇒ If, for instance, 2017 tax information is requested, you cannot provide 2015 or 2016 tax information
- ✓ Not signing the FAFSA ... both the student and a parent
- ✓ Incorrect number of people in the household and/or number of people in college
- ✓ Incorrect information from parents who have divorced or divorced and remarried

Special Circumstances

✓ Contact the Financial Aid Office(s), not the FAFSA processor, about financial circumstances you're not able to explain on the FAFSA such as:

- ⇒ Loss of Income (retirement, lay-off, etc.)
- ⇒ Private K-12 Tuition for siblings
- ⇒ Medical/Dental expenses not covered by insurance
- ⇒ Unusual non-discretionary expenses
- ⇒ One Time Income Gain (inheritance, etc.)

✓ If you're unsure, it never hurts to ask!

SEATTLEU

Closing the Gap: Applying for Private Outside Scholarships

Use your favorite search engine to find
"FREE College Scholarship Search Websites"

A few of the results include:



- ✓ Cappex
cappex.com/scholarships
- ✓ The College Board Scholarship Search
collegeboard.com/paying
- ✓ FinAid!
finaid.org
- ✓ Student Scholarship Search
studentscholarshipsearch.org
- ✓ Washington Scholarship Coalition
thewashboard.org

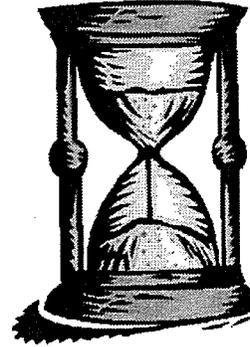
Searching will produce many, many more!

SEATTLEU

Senior Year Timeline

✓ Fall 2018:

- ⇒ Apply for college admission
- ⇒ Complete institutional financial aid form and/or supplemental applications such as the College Board's PROFILE as requested
- ⇒ File the FAFSA- **Available October 1**
- ⇒ Begin scholarship search
 - ☆ High School Counselor and/or Career Center
 - ☆ Web Search
- ⇒ Don't wait to be admitted to apply for financial aid



SEATTLEU

Helpful Financial Aid Web Sites

- ✓ Free Application for Federal Student Aid (FAFSA)
 - www.fafsa.ed.gov
- ✓ Washington State's 529 Plan: Guaranteed Education Tuition Program (GET) Frequently Asked Questions
 - www.get.wa.gov/faqs
- ✓ FSA ID (used to electronically sign the FAFSA)
 - www.fsaed.ed.gov
- ✓ Department of Education, Federal Student Aid
 - www.studentaid.ed.gov
 - ☆ "Prepare for College" tab on home page
 - ☆ Info about federal education loans for students and parents: www.studentaid.ed.gov/sa/types/loans

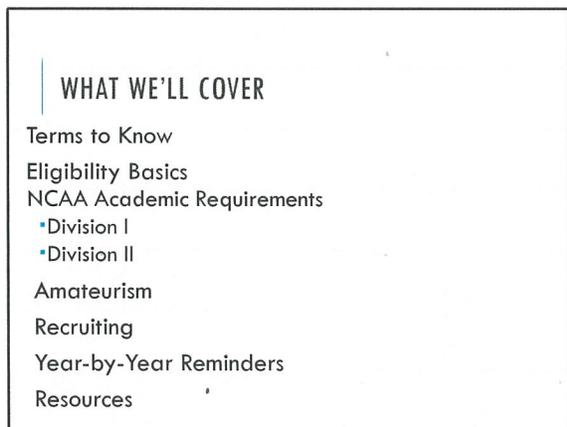
SEATTLEU

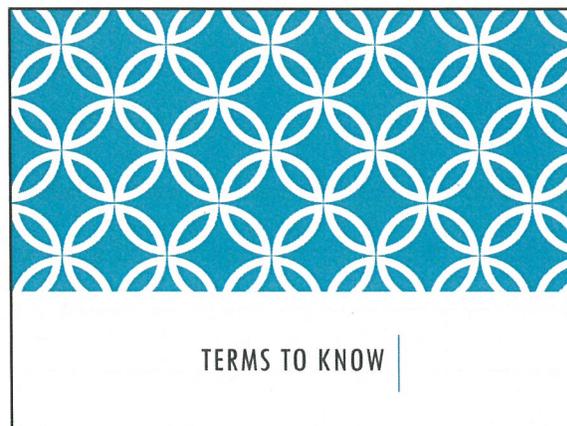
Have Questions? Get Answers!

- ✓ Meet with your high school counselor
- ✓ Contact the Financial Aid Office at the college(s) you're considering
- ✓ Contact the Department of Education's FAFSA processor using the "Contact Us" menu link from www.fafsa.ed.gov
 - ⇒ Online chat
 - ⇒ Toll-free phone
 - ⇒ E-mail
- ✓ Whether or not you're considering attending Seattle University, contact
 - Seattle University Student Financial Services Office
 - 206-220-8020
 - financialservices@seattleu.edu

SEATTLEU







TERMS TO KNOW

Final Qualifier: Meet the NCAA Eligibility Center academic requirements based on your high school academic record and test scores.

Academic Redshirt: Don't meet all of the Final Qualifier standards; eligible for practice and athletic aid as a freshman. No competition for one full academic year.

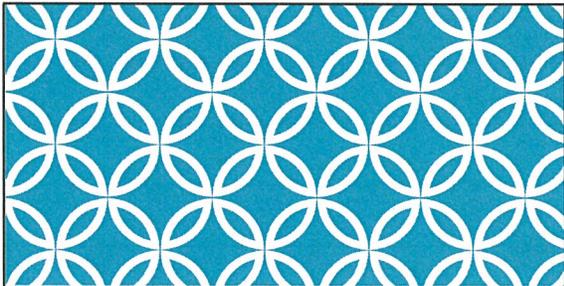
Recruited: A coach calls you more than three (3) times, you take an official visit to a school, you sign a NLI or an Aid Agreement, **OR** you, your parents/guardians have contact with a coach that is pre-arranged and off of the college campus.

Commit / Verbal Commit: Verbal agreement to attend school or receive a NLI or Aid agreement. Not binding

Signee: Signed a National Letter of Intent or Aid Agreement.

Official Visit: A school pays for you to visit them.

Unofficial Visit: You and your family pay all expenses to visit a college.



ELIGIBILITY BASICS

NCAA ELIGIBILITY CENTER

What is the NCAA Eligibility Center?

- The area of the NCAA that reviews academics & amateurism of prospective student-athletes.

Who needs to register?

- Students interested in attending a Division I or Division II school.

When do I register?

- Register at the end of your junior year of high school.

Where do I register?

- www.eligibilitycenter.org

What do I do after I register?

- Send official SAT or ACT scores directly from the testing agency
- Eligibility Center Code: 9999
- Send official transcript at end of junior year.

NEW NCAA ELIGIBILITY CENTER WEBSITE

www.eligibilitycenter.org

DIVISION I – II

You need to be certified by the NCAA Eligibility Center to compete at an NCAA Division I or II school. Enroll in a 4-year program and we'll guide you through the process.

You need to create a Qualifier Account to make a Qualifier Profile. Visit [www.eligibilitycenter.org](#) to create your account.

[Create an Account](#)

DIVISION III – UNDECIDED

Create a Profile Page if you plan to compete at a Division III school or are not yet sure where you want to compete.

You'll get an NCAA ID card and we'll send you important information as you complete your school.

[Create a Profile Page](#)

GENERAL ACADEMIC REQUIREMENTS

Graduate from high school on time with your class.

- 4 years from when you start 9th grade.

Complete 16 Core Academic courses.

- Every high school has their own approved core course list with the NCAA Eligibility Center.
- <http://www.ncaa.org/student-athletes/future/core-courses>

A minimum SAT or ACT score based on your Core GPA.

- ACT Sum Score or SAT combined Evidence-Based Reading/Writing & Math
- The NCAA "Super Scores" - they mix & match the highest sub-sections from different test dates.

A minimum 2.3 core-course GPA for Qualifier status
 A minimum 2.0 core-course GPA for Academic Redshirt status.

NCAA APPROVED LIST

Natural/Physical Science						
Course Weight	Title	Notes	Lab	Max Credits	OK Through	Disability Course
	AP/IBAC BIP PHYSICS		X			Yes
	AP/IBAC SCIENCE		X			Yes
	ADV TOPICS		X			No
	ANATOMY		X			No
	AP BIOLOGY		X			No
	AP CHEMISTRY		X			No
	AP ENV SCI		X			No
	AP PHYSICS B/IBPH		X			No
	AP PHYSICS 1		X			No
	BIOCHEM 1		X	0.5		No
	BIOCHEM 1 & 2		X	1.0		No
	BIOLOGY		X			No
	BIOLOGY/IBAP		X			No
	BIOLOGICAL		X			No
	BIOLOGY/IBL		X			No
	BIOTECHNOLOGY		X			No
	CHEMICAL/IBAP		X			No
	CHEMISTRY		X			No
	CHEMISTRY SLAB		X			No
	ENV SCIENCE		X			No
	PROCTERS IN SC		X			No

16 ACADEMIC CORE COURSE REQUIREMENTS

- English: 4 years/units
- Math: 3 years/units (Algebra 1 or higher)
- Physical Science: 2 years/units (1 must be a lab)
- Social Studies: 2 years/units
- Additional Math, English, or Science: 1 year/unit
- Additional Academic Core Classes: 4 years/units
 - World Language, Philosophy, Comparative Religion, etc.

What does not count:

- Fine Arts
- Vocational Classes
- PE Classes
- Tech classes

.5 units = 1 semester

SLIDING SCALE INDEX

DIVISION I FULL QUALIFIER SLIDING SCALE				DIVISION II FULL QUALIFIER SLIDING SCALE				DIVISION II PARTIAL QUALIFIER SLIDING SCALE			
Core GPA	New SAT [®]	Old SAT [®] (Pre-10/2005)	ACT [®] Score	Core GPA	New SAT [®]	Old SAT [®] (Pre-10/2005)	ACT [®] Score	Core GPA	New SAT [®]	Old SAT [®] (Pre-10/2005)	ACT [®] Score
3.650	405	400	27	3.650	405	400	27	3.650	405	400	27
3.575	410	410	28	3.575	410	410	28	3.575	410	410	28
3.500	420	420	29	3.500	420	420	29	3.500	420	420	29
3.425	430	430	30	3.425	430	430	30	3.425	430	430	30
3.350	440	440	31	3.350	440	440	31	3.350	440	440	31
3.275	450	450	32	3.275	450	450	32	3.275	450	450	32
3.200	460	460	33	3.200	460	460	33	3.200	460	460	33
3.125	470	470	34	3.125	470	470	34	3.125	470	470	34
3.050	480	480	35	3.050	480	480	35	3.050	480	480	35
2.975	490	490	36	2.975	490	490	36	2.975	490	490	36
2.900	500	500	37	2.900	500	500	37	2.900	500	500	37
2.825	510	510	38	2.825	510	510	38	2.825	510	510	38
2.750	520	520	39	2.750	520	520	39	2.750	520	520	39
2.675	530	530	40	2.675	530	530	40	2.675	530	530	40
2.600	540	540	41	2.600	540	540	41	2.600	540	540	41
2.525	550	550	42	2.525	550	550	42	2.525	550	550	42
2.450	560	560	43	2.450	560	560	43	2.450	560	560	43
2.375	570	570	44	2.375	570	570	44	2.375	570	570	44
2.300	580	580	45	2.300	580	580	45	2.300	580	580	45
2.225	590	590	46	2.225	590	590	46	2.225	590	590	46
2.150	600	600	47	2.150	600	600	47	2.150	600	600	47
2.075	610	610	48	2.075	610	610	48	2.075	610	610	48
2.000	620	620	49	2.000	620	620	49	2.000	620	620	49
1.925	630	630	50	1.925	630	630	50	1.925	630	630	50
1.850	640	640	51	1.850	640	640	51	1.850	640	640	51
1.775	650	650	52	1.775	650	650	52	1.775	650	650	52
1.700	660	660	53	1.700	660	660	53	1.700	660	660	53
1.625	670	670	54	1.625	670	670	54	1.625	670	670	54
1.550	680	680	55	1.550	680	680	55	1.550	680	680	55
1.475	690	690	56	1.475	690	690	56	1.475	690	690	56
1.400	700	700	57	1.400	700	700	57	1.400	700	700	57
1.325	710	710	58	1.325	710	710	58	1.325	710	710	58
1.250	720	720	59	1.250	720	720	59	1.250	720	720	59
1.175	730	730	60	1.175	730	730	60	1.175	730	730	60
1.100	740	740	61	1.100	740	740	61	1.100	740	740	61
1.025	750	750	62	1.025	750	750	62	1.025	750	750	62
0.950	760	760	63	0.950	760	760	63	0.950	760	760	63
0.875	770	770	64	0.875	770	770	64	0.875	770	770	64
0.800	780	780	65	0.800	780	780	65	0.800	780	780	65
0.725	790	790	66	0.725	790	790	66	0.725	790	790	66
0.650	800	800	67	0.650	800	800	67	0.650	800	800	67
0.575	810	810	68	0.575	810	810	68	0.575	810	810	68
0.500	820	820	69	0.500	820	820	69	0.500	820	820	69
0.425	830	830	70	0.425	830	830	70	0.425	830	830	70
0.350	840	840	71	0.350	840	840	71	0.350	840	840	71
0.275	850	850	72	0.275	850	850	72	0.275	850	850	72
0.200	860	860	73	0.200	860	860	73	0.200	860	860	73
0.125	870	870	74	0.125	870	870	74	0.125	870	870	74
0.050	880	880	75	0.050	880	880	75	0.050	880	880	75
0.000	890	890	76	0.000	890	890	76	0.000	890	890	76
0.000	900	900	77	0.000	900	900	77	0.000	900	900	77
0.000	910	910	78	0.000	910	910	78	0.000	910	910	78
0.000	920	920	79	0.000	920	920	79	0.000	920	920	79
0.000	930	930	80	0.000	930	930	80	0.000	930	930	80
0.000	940	940	81	0.000	940	940	81	0.000	940	940	81
0.000	950	950	82	0.000	950	950	82	0.000	950	950	82
0.000	960	960	83	0.000	960	960	83	0.000	960	960	83
0.000	970	970	84	0.000	970	970	84	0.000	970	970	84
0.000	980	980	85	0.000	980	980	85	0.000	980	980	85
0.000	990	990	86	0.000	990	990	86	0.000	990	990	86
0.000	1000	1000	87	0.000	1000	1000	87	0.000	1000	1000	87
0.000	1010	1010	88	0.000	1010	1010	88	0.000	1010	1010	88
0.000	1020	1020	89	0.000	1020	1020	89	0.000	1020	1020	89
0.000	1030	1030	90	0.000	1030	1030	90	0.000	1030	1030	90
0.000	1040	1040	91	0.000	1040	1040	91	0.000	1040	1040	91
0.000	1050	1050	92	0.000	1050	1050	92	0.000	1050	1050	92
0.000	1060	1060	93	0.000	1060	1060	93	0.000	1060	1060	93
0.000	1070	1070	94	0.000	1070	1070	94	0.000	1070	1070	94
0.000	1080	1080	95	0.000	1080	1080	95	0.000	1080	1080	95
0.000	1090	1090	96	0.000	1090	1090	96	0.000	1090	1090	96
0.000	1100	1100	97	0.000	1100	1100	97	0.000	1100	1100	97
0.000	1110	1110	98	0.000	1110	1110	98	0.000	1110	1110	98
0.000	1120	1120	99	0.000	1120	1120	99	0.000	1120	1120	99
0.000	1130	1130	100	0.000	1130	1130	100	0.000	1130	1130	100

ACADEMIC REQUIREMENTS – DIVISION I

FULL QUALIFIER	ACADEMIC RED SHIRT
Complete 16 core courses: • 10 of 16 must be completed before the start of senior year. • 7 of 10 must be Math, English, & Science	Complete 16 core courses
Earn a core-course GPA of at least 2.300	Earn a core-course GPA of at least 2.000
Meet the GPA/Test Score match on the Sliding Scale	Meet the GPA/Test Score match on the Sliding Scale
Graduate from high school	Graduate from high school

Can't repeat a class during senior year to improve your Core GPA.

Qualifier: Can practice, receive athletic aid, and compete their first year of college.

Academic Redshirt: Can practice and receive athletic aid their first year of college. No Competition.

ACADEMIC REQUIREMENTS: DIVISION II

FULL QUALIFIER	PARTIAL QUALIFIER
Complete 16 Core Courses	Complete 16 Core Courses
Earn a core-course GPA of at least 2.000	Earn a core-course GPA of at least 2.000
AND	OR
Earn a SAT combined score of 820 or ACT sum score of 68	Earn a SAT combined score of 820 or ACT sum score of 68
Graduate from high school	Graduate from high school

Qualifier: Can practice, receive athletic aid, and compete their first year of college.

Partial Qualifier: Can practice and receive athletic aid their first year of college. No Competition.

ACADEMICS REQUIREMENTS: D-II

FULL QUALIFIER	PARTIAL QUALIFIER
Complete 16 Core Courses	Complete 16 Core Courses
Earn a core-course GPA of at least 2.200	Earn a core-course GPA of at least 2.000
Meet the GPA/Test Score match on the Sliding Scale	Meet the GPA/Test Score match on the Sliding Scale
Graduate from high school	Graduate from high school

Qualifier: Can practice, receive athletic aid, and compete their first year of college.

Partial Qualifier: Can practice and receive athletic aid their first year of college. No Competition.

KEEP IN MIND

Requirements for your NCAA eligibility are different from admissions requirements at any college you are looking at.

Review test score requirements and policies.

- Super Scoring
- Writing section required?

Send documents to both the Eligibility Center and admissions.

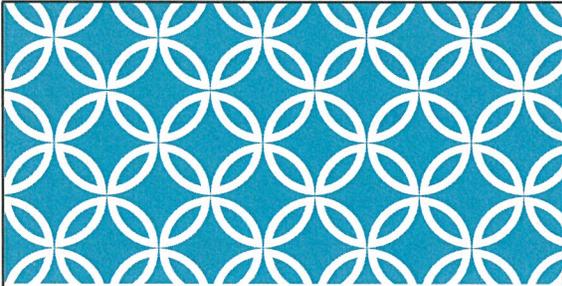
NEED A LITTLE EXTRA TO BE A QUALIFIER?

- One core-course unit after high school graduation
- Can use 1 unit of core-courses completed after graduation and before enrolling in a college.
 - You have 1 year from your graduation date to take it and you must graduate on time with your high school class.

Education Impacting Disability (EID)

- Can take up to 3 units of core-courses after graduation;
- Have 1 year from your graduation date to take it;
- You must graduate on time with your high school class; and
- NCAA must approve your 3 units of additional core.

(.5 units of core = 1 semester)



WHAT IF YOU DON'T MEET THE REQUIREMENTS?

NON-QUALIFIER — JUNIOR COLLEGE OPTION

A non-qualifier is a student who has not graduated from high school or doesn't meet either the 16 core or GPA/Test Score Sliding Scale Index.

Earn an AA Degree.

A certain number of credits must transfer to the 4-year school.

Certain subjects must transfer to the 4-year school.

Transfer GPA of a 2.50 = Eligible for athletic aid, practice and competition.

Transfer GPA of 2.0 – 2.49 = Eligible for athletic aid and practice only.



NCAA AMATEURISM

Don't make any verbal commitments to an agent.
 Be aware of runners or representatives of agents.
 Your family can impact your college athletic career.

Grace/Gap Year

- You have one calendar year* from when the NCAA says you graduated to participate in organized athletic activity without penalty.
- Tennis athletes have a 6-month grace period.

Prize Money

- Keep receipts and only accept up to actual and necessary expenses.

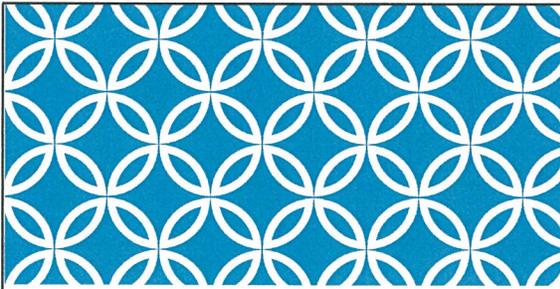
BASEBALL AMATEURISM

Representation during MLB contract negotiations

- ONLY available if you are drafted **while you are in high school**;
- Must end relationship with agent/lawyer if a contract isn't signed prior to starting college; and
- Must pay the going rate.

You and/or your family cannot receive any benefits from agents while in high school or college – meals, transportation, advice, etc.

You are not allowed to make a verbal or written agreement with an Agent for future representation.



GETTING RECRUITED

GENERAL RECRUITING RULES

Different rules for phone calls, texting, direct messaging, visiting, etc. depending on age and sport.

<http://www.ncaa.org/student-athletes/future/recruiting>

Division I and Division II information
Sport specific recruiting calendars

GENERAL RULES — PHONE CALLS & VISITING CAMPUS

FOOTBALL

- * You can visit campus at any time.
- * Coaches can call you once from April 15-May 31* of your Junior Year and once a week beginning September 1st of your Senior year.
- * You can call a coach at any time.

BOYS BASKETBALL

- * You can visit campus at any time.
- * Coaches can call you beginning June 15th of your Sophomore year.
- * You can call a coach at any time.

SOFTBALL

- * You cannot call a coach before September 1st of your Junior Year.

ALL OTHER SPORTS

- * You can visit coaches and the athletic department on college campus beginning September 1st of your Junior year.
- * Coaches can call you after September 1st of your Junior year.
- * You can call a coach at any time.

KEYS TO GETTING RECRUITED

- Academics**
 - Good Student = Good Player
 - Can't play catch up your senior year
- Character**
 - Failure: How do you handle it?
 - Respect: family, school, coaches, community
 - Social Networking: positive and accurate representation of yourself
- Athletics**
 - Team Leader
 - Coachable
 - Passion for your sport
 - Desire to win

THINGS YOU SHOULD DO

Think about who your club or high school coaches know.
• College coaches trust their colleagues and will use them as a reference.

Attend camps, participate in development or summer teams.

Ask someone you trust for an honest assessment of your talent level.

Don't be afraid to tryout or walk on to a team.

Email or call a coach (pay attention to the recruiting calendar for your sport) – don't be offended if they don't respond!

Find the right fit for you – visit schools (check the recruiting calendar).

VISITING CAMPUS

Opportunity to see campus, learn about team dynamics, coaching philosophy, & meet with academic departments.

Official Visits

- The college will pay for all expenses for your 48-hour visit.
- Allowed five (5) visits total.
- Can only have one (1) official visit to a particular school.
- Visits can begin your Junior year.

Unofficial Visits

- You and your family fund the visit to campus.
- Unlimited number to any school.
- College cannot provide any expenses – meals, entertainment, etc.



YEAR-BY-YEAR REMINDERS

FRESHMAN YEAR NOTES

Check the NCAA Eligibility Center website (www.eligibilitycenter.org) for your high school's list of Approved Courses.

Study and get good grades.

Ask for help if you're struggling in a subject.

SOPHOMORE YEAR NOTES

Confirm you are taking classes from your high school's Approved List.

Make sure you are taking Math, English, and Science classes.

Take practice SAT or ACT exams.

Remember:

To play for a Division I school, you must have 10 units of academic classes before you start your senior year. Seven (7) units of the 10 must be in English, Math, or Science.

1 unit of core = 1 year / .5 units of core = 1 semester

JUNIOR YEAR NOTES

Register with the NCAA Eligibility Center .

• www.eligibilitycenter.org

Check with your counselor to confirm you are on track to graduate.

Take practice SAT or ACT exams.

Take the SAT or ACT and have the scores sent to the Eligibility Center (use code 9999).

Send your official transcript to the Eligibility Center at the end of the year.

Remember: The requirements for the NCAA and colleges are different.

SENIOR YEAR NOTES

Apply to college.

Continue to study and get good grades.

• Don't let there be a downward trend in your grades.

Take the SATs or ACTs and have the scores sent to your college and the NCAA Eligibility Center.

Request 2 official transcripts when you graduate:

• 1 for the NCAA Eligibility Center and 1 for your college.

If you attended multiple high schools, you must send a transcript from each school to the NCAA Eligibility Center.

After you graduate, request final certification of your amateurism on your NCAA Eligibility Center account.

Remember: Send transcripts and test scores to your college and the NCAA Eligibility Center. They are separate organizations!

RESOURCES

• <http://www.ncaa.org/student-athletes/future>

• www.ncaa.org

• www.eligibilitycenter.org

• www.national-letter.org

• [Guide for the College Bound Student-Athlete](#)



2018 Division II New Academic Requirements

Initial-eligibility standards for NCAA Division II college-bound student-athletes are changing.

College-bound student-athletes first enrolling at an NCAA Division II school on or after August 1, 2018, need to meet new academic rules to practice, compete and receive athletics scholarships during their first year.

Full Qualifier	Partial Qualifier
<ul style="list-style-type: none"> Complete 16 core courses Earn a core-course GPA of at least 2.200 Earn the ACT/SAT score matching your core-course GPA on the Division II sliding scale (see back page) Graduate high school 	<ul style="list-style-type: none"> Complete 16 core courses Earn a core-course GPA of at least 2.000 Earn the ACT/SAT score matching your core-course GPA on the Division II sliding scale (see back page) Graduate high school

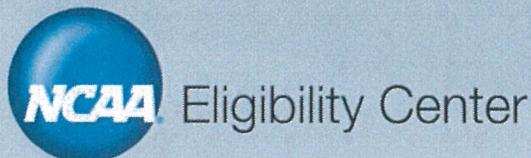
Full Qualifier: College-bound student-athletes may practice, compete and receive athletics scholarship during their first year of enrollment at an NCAA Division II school.

Partial Qualifier: College-bound student-athletes may receive athletics scholarships during their first year of enrollment and may practice during their first regular academic term but may NOT compete during their first year of enrollment.

Nonqualifier: College-bound student-athletes may not practice, compete or receive athletics scholarships during their first year of enrollment at an NCAA Division II school.

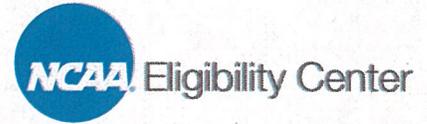
After August 1, 2018

1. A college-bound student-athlete completes 15 core courses, earns a 2.200 core-course GPA and earns an 840 SAT score. He/she would be a **nonqualifier** because he/she did not complete the 16 required core courses. He/she would not be permitted to practice, compete or receive scholarships during his/her first year of full-time enrollment at an NCAA Division II school.
2. A college-bound student-athlete completes 16 core courses, earns a 2.000 core-course GPA and earns a 68 sum ACT score. He/she would be a **partial qualifier** because he/she did not meet the minimum core-course GPA to match the ACT score on the Division II sliding scale (see back page).
3. A college-bound student-athlete completes 16 core courses with a 2.500 core-course GPA and earns an 820 SAT score. He/she would be a **full qualifier** because he/she meets the minimum core-course GPA to match their SAT score on the Division II sliding scale (see back page).



DIVISION II FULL QUALIFIER SLIDING SCALE		
Use for Division II beginning August 1, 2018		
Core GPA	SAT Reading/Math	ACT Sum
3.300 & above	400	37
3.275	410	38
3.250	420	39
3.225	430	40
3.200	440	41
3.175	450	41
3.150	460	42
3.125	470	42
3.100	480	43
3.075	490	44
3.050	500	44
3.025	510	45
3.000	520	46
2.975	530	46
2.950	540	47
2.925	550	47
2.900	560	48
2.875	570	49
2.850	580	49
2.825	590	50
2.800	600	50
2.775	610	51
2.750	620	52
2.725	630	52
2.700	640	53
2.675	650	53
2.650	660	54
2.625	670	55
2.600	680	56
2.575	690	56
2.550	700	57
2.525	710	58
2.500	720	59
2.475	730	60
2.450	740	61
2.425	750	61
2.400	760	62
2.375	770	63
2.350	780	64
2.325	790	65
2.300	800	66
2.275	810	67
2.250	820	68
2.225	830	69
2.200	840 & above	70 & above

DIVISION II PARTIAL QUALIFIER SLIDING SCALE		
Use for Division II beginning August 1, 2018		
Core GPA	SAT Reading/Math	ACT Sum
3.050 & above	400	37
3.025	410	38
3.000	420	39
2.975	430	40
2.950	440	41
2.925	450	41
2.900	460	42
2.875	470	42
2.850	480	43
2.825	490	44
2.800	500	44
2.775	510	45
2.750	520	46
2.725	530	46
2.700	540	47
2.675	550	47
2.650	560	48
2.625	570	49
2.600	580	49
2.575	590	50
2.550	600	50
2.525	610	51
2.500	620	52
2.475	630	52
2.450	640	53
2.425	650	53
2.400	660	54
2.375	670	55
2.350	680	56
2.325	690	56
2.300	700	57
2.275	710	58
2.250	720	59
2.225	730	60
2.200	740	61
2.175	750	61
2.150	760	62
2.125	770	63
2.100	780	64
2.075	790	65
2.050	800	66
2.025	810	67
2.000	820 & above	68 & above



DIVISION I ACADEMIC REQUIREMENTS

College-bound student-athletes will need to meet the following academic requirements to practice, receive athletic scholarships, and/or compete during their first year.

Core-Course Requirement

Complete 16 core courses in the following areas:

ENGLISH	MATH (Algebra I or higher)	NATURAL/ PHYSICAL SCIENCE (One year of lab, if offered)	ADDITIONAL ENGLISH, MATH OR NATURAL/ PHYSICAL SCIENCE	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)
4 years	3 years	2 years	1 year	2 years	4 years

Full Qualifier

- Complete 16 core courses.
 - Ten of the 16 core courses must be completed before the seventh semester (senior year) of high school.
 - Seven of the 10 core courses must be in English, math or science.
- Earn a core-course GPA of at least 2.300.
- Earn the ACT/SAT score matching your core-course GPA on the Division I sliding scale (see back page).
- Graduate high school.

Academic Redshirt

- Complete 16 core courses.
- Earn a core-course GPA of at least 2.000.
- Earn the ACT/SAT score matching your core-course GPA on the Division I sliding scale (see back page).
- Graduate high school.

Full Qualifier:

College-bound student-athletes may practice, compete and receive athletics scholarships during their first year of enrollment at an NCAA Division I school.

Academic Redshirt:

College-bound student-athletes may receive athletics scholarships during their first year of enrollment and may practice during their first regular academic term, but may NOT compete during their first year of enrollment.

Nonqualifier:

College-bound student-athletes cannot practice, receive athletics scholarships or compete during their first year of enrollment at an NCAA Division I school.

Test Scores

When a student registers for the SAT or ACT, he or she can use the NCAA Eligibility Center code of **9999** so his or her scores are sent directly to the NCAA Eligibility Center from the testing agency. Test scores on transcripts will **NOT** be used in his or her academic certification.

A combined SAT score is calculated by adding reading and math subscores. An ACT sum score is calculated by adding English, math, reading and science subscores. A student may take the SAT or ACT an unlimited number of times before he or she enrolls full time in college. If a student takes either test more than once, the best subscore from different tests are used to meet initial-eligibility requirements.

If a student took the SAT before March 2016 and then took the redesigned SAT at a later date, the NCAA Eligibility Center will not combine section scores from the former and redesigned SAT when determining his or her initial eligibility. The NCAA Eligibility Center will only combine section scores from the same version of the test. Because the redesigned SAT varies in design and measures different academic concepts than the former SAT, the Eligibility Center will apply the College Board's concordance tables when performing academic certifications for students with redesigned SAT scores.

*To compare SAT scores, click [here](#) for a comparison table, or click [here](#) to visit the College Board's website.

DIVISION I FULL QUALIFIER SLIDING SCALE			DIVISION I FULL QUALIFIER SLIDING SCALE			ACADEMIC REDSHIRT
CORE GPA	SAT*	ACT SUM	CORE GPA	SAT*	ACT SUM	
	READING/MATH			READING/MATH		
3.550	400	37	2.750	720	59	
3.525	410	38	2.725	730	60	
3.500	420	39	2.700	740	61	
3.475	430	40	2.675	750	61	
3.450	440	41	2.650	760	62	
3.425	450	41	2.625	770	63	
3.400	460	42	2.600	780	64	
3.375	470	42	2.575	790	65	
3.350	480	43	2.550	800	66	
3.325	490	44	2.525	810	67	
3.300	500	44	2.500	820	68	
3.275	510	45	2.475	830	69	
3.250	520	46	2.450	840	70	
3.225	530	46	2.425	850	70	
3.200	540	47	2.400	860	71	
3.175	550	47	2.375	870	72	
3.150	560	48	2.350	880	73	
3.125	570	49	2.325	890	74	
3.100	580	49	2.300	900	75	
3.075	590	50	2.299	910	76	
3.050	600	50	2.275	910	76	
3.025	610	51	2.250	920	77	
3.000	620	52	2.225	930	78	
2.975	630	52	2.200	940	79	
2.950	640	53	2.175	950	80	
2.925	650	53	2.150	960	81	
2.900	660	54	2.125	970	82	
2.875	670	55	2.100	980	83	
2.850	680	56	2.075	990	84	
2.825	690	56	2.050	1000	85	
2.800	700	57	2.025	1010	86	
2.775	710	58	2.000	1020	86	



Frequently Asked Questions As You Consider Colleges

Athletics

What positions will I play on your team?

It is not always obvious. Most coaches want to be flexible, so you might not receive a definite answer.

What other players may be competing at the same position?

The response could give you an idea of when you can expect to be a starter.

Will I be redshirted my first year?

The school's policy on redshirting may impact you both athletically and academically.

What expectations do you have for training and conditioning?

This will reveal the college or university's commitment to a training and conditioning program.

How would you best describe your coaching style?

Every coach has a particular style that involves different motivational techniques and discipline. You need to know if a coach's teaching style matches your learning style.

When does the head coach's contract end? How long does the coach intend to stay?

The answer could be helpful. Do not make any assumptions about how long a coach will be at a school. If the coach leaves, does this change your mind about the school/program?

What are preferred, invited and uninvited walk-on situations? How many do you expect to compete? How many earn a scholarship?

Situations vary from school to school.

Who else are you recruiting for my position?

Coaches may consider other student-athletes for every position.

Is medical insurance required for my participation? Is it provided by the college?

You may be required to provide proof of insurance.

If I am seriously injured while competing, who is responsible for my medical expenses?

Different colleges have different policies.

What happens if I want to transfer to another school?

You may not transfer without the permission of your current school's athletics administration. Ask how often coaches grant this privilege and ask for an example of a situation in which permission was not granted.

What other factors should I consider when choosing a college?

Be realistic about your athletics ability and the type of athletics experience you would enjoy. Some student-athletes want to be part of a particular athletics program, even if that means little or no playing time. Other considerations include coaching staff and style. Of course, the ideal is to choose a college or university that will provide you with both the educational and athletics opportunities you want.

Academics

How good is the department in my major? How many students are in the department? What credentials do faculty members hold? What are graduates of the program doing after school?

What percentage of players on scholarship graduate?

The response will suggest the school's commitment to academics. You might want to ask two follow-up questions:

1. What percentage of incoming students eventually graduate?
2. What is the current team's grade-point average?

What academic support programs are available to student-athletes?

Look for a college that will help you become a better student.

If I have a diagnosed and documented disability, what kind of academic services are available?
Special academic services may help you achieve your academic goals.

How many credit hours should I take in season and out of season?

It is important to determine how many credit hours are required for your degree and what pace you will follow to obtain that degree.

Are there restrictions in scheduling classes around practice?

NCAA rules prevent you from missing class for practice.

Is summer school available? If I need to take summer school, will it be paid for by the college?

You may need to take summer school to meet academic and/or graduation requirements.

College Life

What is a typical day for a student-athlete?

The answer will give you a good idea of how much time is spent in class, practice, study and travel. It also will give you a good indication of what coaches expect.

What are the residence halls like?

The response should give you a hint of how comfortable you would be in your room, study areas, community bathrooms and at the laundry facilities. Also ask about the number of students in a room, co-ed dorms and the rules governing life in the residence halls.

Must student-athletes live on campus?

If "yes," ask about exceptions.

Financial Aid

How much financial aid is available for both the academic year and summer school? What does your scholarship cover?

How long does my scholarship last?

Most people think a "full ride" is good for four years, but athletics financial aid is available on a one-year, renewable basis.

What are my opportunities for employment while I am a student?

Find out if you can be employed in season, out of season or during vacation periods.

Exactly how much will the athletics scholarship be? What will and will not be covered?

It is important to understand what college expenses your family is responsible for so you can arrange to pay those. Educational expenses can be paid with student loans and government grants, but it takes time to apply for them. Find out early so you can get something lined up.

Am I eligible for additional financial aid? Are there any restrictions?

Sometimes a student-athlete cannot accept a certain type of scholarship because of NCAA limitations. If you will be receiving other scholarships, let the coach and financial aid officer know so they can determine if you may accept additional dollars.

Who is financially responsible if I am injured while competing?

You need to understand your financial obligations if you suffer an injury while participating in athletics.

Under what circumstances would my scholarship be reduced or canceled?

Coaches should be able to give you some idea of how players are evaluated from year to year and how these decisions are made. The college or university may have a policy governing renewal of athletics aid. Ask if such a policy exists and read it.

Are there academic criteria tied to maintaining the scholarship?

Some colleges or universities add academic requirements to scholarships (e.g., minimum grade-point average).

What scholarship money is available after eligibility is exhausted to help me complete my degree?

It may take longer than four years to complete a college degree program. Some colleges assist student-athletes financially as they complete their degrees. Ask how such aid is awarded. You may have to work with the team or in the athletics department to qualify for this aid.

What scholarship money is available if I suffer an athletics career-ending injury?

Not every institution continues to provide an athletics scholarship to a student-athlete who can no longer compete because of a career-ending injury.

Will my scholarship be maintained if there is a change in coaches?

A coach may not be able to answer this, but the athletics director may.

2018-19 JUNIOR/RISING SENIOR TIMELINE

Spring – Finish Strong

- _____ 1. Work hard in school. These are the last grades most colleges will see on your transcript.
- _____ 2. Register for ACT/SAT/SAT II's.
- _____ 3. Determine Test Prep strategy & Prepare for standardized tests.
- _____ 4. Determine which teacher/s will write recommendations for you.
- _____ 5. Create and share a "Brag Sheet/Activity List" to for your recommenders and counselor.
- _____ 6. DEMONSTRATE INTEREST in your colleges. Visit schools to gain an understanding of what type of college is best for you. Get a vibe and confirm a good fit! Visits continue throughout the year.
- _____ 7. Parents/Guardians: estimate financial aid eligibility with FAFSA Forecaster – Determine your Expected Family Contribution (EFC); use this number with colleges' Net Price Calculators to understand the cost of attendance for your family.

Summer – Rest, Reflect, and Write – LAUNCH

- _____ 1. Take a break. Refresh. Reflect.
- _____ 2. Generate school break & summer plans. Work, volunteer, explore! That you demonstrate growth, leadership, and responsibility is critical.
- _____ 3. Create a balanced college list financially, academically. Research all colleges EXTENSIVELY.
- _____ 4. Brainstorm and pre-write essays (Common App, Coalition App, Why College X?).
- _____ 5. Complete college application writing July/August.

September/Fall – Manage the Process

- _____ 1. Confirm your application timeline. Determine whether you'll take one last ACT or SAT.
- _____ 2. Earn the best grades you can (IF you are applying regular SOME schools use 1st Semester).
- _____ 3. Essay Review: Invite 2-3 trusted adults to review your college essays.
- _____ 4. Confirm Teacher & Counselor Recommendations
- _____ 5. Order standardized test scores and transcripts & send to colleges.
- _____ 6. Make appointment with guidance counselor
 - Share application writing (if appropriate), Activity Sheet/Resume, school list
 - Discuss college applications and timeline (Rolling, Early Decision, Early Action, Regular, School Report and/or counselor recommendation)
- _____ 7. **Submit a rolling application to at least one school**
- _____ 8. Attend admissions visits to your school/local area; attend college fairs.
- _____ 9. Research scholarship opportunities – ESPECIALLY local organizations & your schools' merit aid



Emily Gallagher info@mycolleggameplan.com (206) 364-1995/ (206) 240-6202
Edge Academics & Athletics <http://mycolleggameplan.com>

October – Submit Applications IN ADVANCE OF DEADLINES

- _____ 1. **October 15 = First of the Early Action/Decision Deadlines**
- _____ 2. Parents fill out FAFSA and PROFILE in earnest.
- _____ 3. Attend college visits to your area – consider attending the NACAC College Fair.
- _____ 4. Submit non-UC and UW applications; do not wait for deadlines.

November -- Continue Application Submission & Research Scholarship Opportunities

- _____ 1. Early Decision/Early Action applications due **November 1**; some by November 15.
- _____ 2. **UW application due Nov. 15** – the Honors College deadline as well.
- _____ 3. Submit applications to the California system between Nov. 1 and Nov. 30.

December – Research Scholarship Opportunities & Submit Remaining Apps

- Early action responses received (accepted, deferred, denied).
- Complete any remaining college apps and submit them.
- If deferred to the regular pool, TAKE ACTION by submitting additional information.
- **All college applications with Jan. 1 deadlines must be in by December 31st**

January – Research Scholarship Opportunities

- First semester grades mailed to colleges; Mid-Year Reports from counseling offices sent
- Research and submit scholarship applications (churches, community groups, private organizations)

February – Breath☺

March: Notification Dates Arrive (Waitlists/Deferment Management)

- The period of waiting is over...
- If waitlisted, take action (follow each college's instructions if you accept a waitlist spot).
- Do NOT hold out hope for a waitlist school. Embrace your other options!!

April: Prospective Freshmen Visits

- Visit all schools to which you were accepted to get that gut feeling. Go where you are wanted, not necessarily to the school with the highest bumper sticker/jealousy factor.
- Update teachers and counselors with your options and ultimate college selection!

May 1: NATIONWIDE CANDIDATE REPLY DATE -- Send in your deposit – CONGRATS!



College Fit

Deciding Where to Apply!

Self-Assessment

Activities – Create an Activities Resume

Possible Major – Take a Career Survey

College Culture – Research colleges and learn about various college cultures.

Online Resources:

College Board – The Big Future – excellent source of general information. Ability to search by major, location, size of school, etc. <https://bigfuture.collegeboard.org/>

College Websites - Look for majors/departments, clubs and organizations, merit scholarships, living/learning communities, career center, school philosophy.

Niche – Student reviews and general information. Ability to search for colleges:
<https://www.niche.com/colleges/?degree=4-year&sort=best>

Unigo – More student reviews and general information: <https://www.unigo.com/>

College Express – Good for finding schools with specific majors <http://www.collegexpress.com/>

YouTube – Look for virtual tours for individual schools – these videos can be marketing videos created by the schools or non-school sanctioned videos created by students. Both can be helpful.

College Costs – Run this calculator to find out how much colleges will think that you can afford:

<https://bigfuture.collegeboard.org/pay-for-college/paying-your-share/expected-family-contribution-calculator>

Books:

Fiske Guide, by Edward Fiske – Excellent guidebook, with thorough write-ups for each school. Downside – many highly regarded private schools and most state schools are not included.

The College Solution, by Lynn O’Shaughnessey – Good overview of college costs with tips about how to find schools that will be less expensive for *your* child. Website: <http://www.thecollegesolution.com/>

