SOHI 2017-2018
Postsecondary Advising Guide
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Visit the Counselor's Corner on SOHI's website (forms, announcements, information)
Visit 1Stop at www.kpbsd.k12.ak.us

Sign up for REMIND by texting @sohi2018, @sohi2019, @sohi2020 or @sohi 2021 to the number 81010
(Or get the Remind ap and sign up there or visit www.remind.com)
Sign up for FOL in the Counseling Office for College/Recruiter/Career visits

ACTION PLAN: HIGH SCHOOL SOPHOMORES

Fall - Prepare for the Year Ahead

- Meet with your counselor to discuss your college plans. Review your schedule to make sure you're enrolled in challenging classes that will help you prepare for college. Colleges prefer four years of English, as well as history, math, science and a foreign language.
- Use College Search to find out the required courses and tests for colleges that you might be interested in attending.
- Start a calendar with important dates and deadlines.
- Get involved with extracurricular activities.
- Go to college fairs in your area.

Consider Taking the PSAT/NMSQT®

- Sign up for the PSAT/NMSQT, which is given in October. Ask your counselor for the date. Get free online PSAT/NMSQT practice.
- If you're taking the PSAT/NMSQT, sign up for Student Search Service® to learn about colleges and scholarships.

Winter – Prepare for Tests and Learn About Colleges

- Use the access code on your PSAT/NMSQT score report to sign in to My College QuickStart™. With this personalized planning kit, you can prepare for the SAT using a study plan based on your PSAT/NMSQT results and explore lists of suggested colleges, majors and careers.
- Talk to your counselor and teachers about taking SAT Subject Tests™ in your strong subjects this spring. Take Subject Tests such as World History, Biology E/M and Chemistry while the material is still fresh in your mind.
- Learn about college costs and how financial aid works.
- Use the College Savings Calculator to see how much money you'll need for college, whether you're on track to save enough, and what you need to do to reach your goal. Talk to your family about college financing.
- Visit colleges while they're in session.
- Find out about college firsthand from friends who are home for the holidays.

Spring – Stay Focused and Explore Summer Opportunities

- Sign up for college preparatory courses for next year.
- Look for a great summer opportunity — job, internship or volunteer position.
- Check with your counselor and search online for summer learning programs.

Summer

- Start a summer reading list. Ask your teachers to recommend books.
- Plan to visit college campuses to get a feel for your options. Start with colleges near you.
- Finalize your summer plans.

ACTION PLAN: HIGH SCHOOL JUNIORS

Fall

Take the PSAT/NMSQT® At school, sign up early to take the PSAT/NMSQT in October. Get PSAT/NMSQT tips and a free practice test. When taking the PSAT/NMSQT, sign up for Student Search Service® to hear from colleges and scholarship programs.

Start Your College Search Start with you: Make lists of your abilities, preferences and personal qualities. List things you may want to study and do in college.

- Jump-start your college planning by reading about majors and careers.
- Use College Search to find colleges with the right characteristics.

Begin Thinking about Financial Aid Talk to your counselor about your college plans. Attend college night and financial aid night at your school. Use financial aid calculators to estimate your aid eligibility and college costs.

Winter

Get Ready for the SAT Use the access code on your PSAT/NMSQT score report to sign in to My College QuickStart™. With this personalized planning kit, you can prepare for the SAT using a study plan based on your PSAT/NMSQT results and explore lists of suggested colleges, majors and careers.

- Prepare for the SAT by taking a free full-length official practice test. Then get a score and skills report. Learn which skills you need to improve. Be sure to sign up for The Official SAT Question of the Day™ for daily practice.

Schedule Your Spring Testing You can take either the SAT® or up to three SAT Subject Tests™ on one test day. Plan your testing schedule carefully if you want to take both, and register for two separate test dates. See the SAT schedule of test dates and register online for the SAT.

Spring

Explore Colleges Start visiting local colleges: large, small, public and private. Get a feel for what works for you. Develop an initial list of 15-20 colleges that interest you. You can narrow it down later. Search for colleges and use My College List.

Prepare for AP® Exams Do well on AP Exams and receive credit, advanced placement or both at most colleges for qualifying scores. Prepare for AP Exams.

Plan Ahead for the Summer & Senior Year

- Review your senior year class schedule with your counselor. Challenge yourself with honors and AP classes. Read about how to select your courses.
- Plan summer activities early. Enrich yourself by volunteering, getting an interesting job or internship, or signing up for special summer learning programs.

Summer

Keep Up Your Momentum

- Visit colleges. Take campus tours and, at colleges you're serious about, schedule interviews with admission officers. Be sure to bring your campus visit checklist.
- Request applications from the colleges you're planning to apply to. Check important dates; some colleges have early dates or rolling admission. Consult the College Application Calendar and the Financial Aid Calendar for a basic idea of the applications timeline.

ACTION PLAN FOR HIGH SCHOOL SENIORS

SEPTEMBER

1. Create Academic Resume (SOHI Scholarship Folder), request letters of recommendation (3-5)
2. Register for SAT or SAT2 (Subject tests), and/or ACT by Sept. for Oct. test
3. Research colleges (visit campuses, look at catalogs, use search programs online)
4. Early Decision or Early Action? Contact colleges for deadlines to apply
5. If you are planning to participate in sports be sure to complete NCAA or NAIA registration online, if this has not yet been completed. Make sure to be aware of their requirements.
6. Attend Postsecondary Planning & Financial Aid Night at your school

OCTOBER

1. Attend College Goal event or fill out the Free Application for Federal Student Aid (FAFSA) online
2. **Attend College Fair – October** TBA@ Soldotna Sports Center or SOHI Gym
3. Take SAT or SAT2 and/or ACT
4. Apply for UAA, UAS, UAF, private schools or other schools outside of Alaska
5. Brainstorm 3-5 topics for a personal statement, Write rough draft of essays
6. Request letters of recommendation using your brag sheet

NOVEMBER

1. Finalize your Personal Statement Essays
2. Take SAT or SAT2
3. Complete and submit applications, participate in Application Week
4. Apply for scholarships (ongoing as deadlines come up)

DECEMBER

1. Final chance to take SAT or SAT2 and/or ACT if attending out of state college
2. Begin application process if going to a community college
3. If planning on a private college, begin reviewing their financial aid forms

JANUARY

1. Apply for scholarships (Use online scholarship search engines recommended by Counselors)
2. If attending AVTEC, start application

FEBRUARY

1. Apply for local scholarships through local scholarship program – see One Stop Portal on the district website for a list. Also check your gmail for info from the Counseling office
2. Contact financial aid offices of colleges to determine if you have submitted all necessary paperwork

MARCH

1. Deadlines for local scholarships
2. Receive notification of college acceptance
3. If attending a community college, take placement tests in Math and English (Accuplacer)

APRIL

1. If not yet done, be sure to apply to community colleges for fall enrollment
2. Review, compare, and respond to college acceptance offers by May 1st

MAY

1. If taking AP be sure to take appropriate AP exam
2. Register for KBC/KPC community college classes
3. Before leaving for the summer, be sure to complete necessary paperwork to have final transcript sent to prospective college in May after grades are posted

GENERAL SUGGESTIONS:

- check scholarship opportunities monthly
- keep a file on all correspondence
- don't give up studying, keep grades up
- register for NCAA if planning to participate in college sports at Div.1 or Div.2 schools – see counselor for more information
- not necessary to take SAT/ACT for community college and/or transfer to a 4-year college.

Types of Post-Secondary Options

1. Apprenticeship Programs (6000+ hours of paid on-the-job training)
   - Journeyman certificate in a trade

   Examples: Alaska Teamsters, Associated Builders & Contractors, Ironworkers, Local 751, Electricians, IBEW Local 1547, Roofers, Merchant Marines

2. Flight Schools
   - Pilot's license

   Examples: Above Alaska Aviation, Alaska Float Ratings, Alyeska Helicopters

3. Career, Technical, Vocational – 6 months to 2 years
   - Certificate/Endorsement
   - License

   Examples: AVTEC, Northern Industrial Training (NIT), Trendsetters, MetrOasis, , A Head of Time Design Academy, Academy of Hair Design, Alaska Crane Consultants, Amundsen Educational Center, Kenai Peninsula Construction Academy, Alaska Job Corp, Alaska Career College, Alaska Technical Center, Beacon Occupational Health & Safety Services

4. Community College/Junior College
   - Technical/Career certificate programs
   - 2 year Associates degrees
   - 2 year Associates Transfer degrees

   Examples: Alaska Christian College, Kachemak Bay Campus of Kenai Peninsula College, Kodiak College, Mat-Su College, Ilisagvik College, Charter College,

5. 4 year College/University
   - 4 year Bachelor degrees
   - Masters degrees
   - Doctorate degrees

   Examples: UAA/UAF/UAS all campuses, Alaska Pacific University, Kenai Peninsula College, Embry-Riddle Aeronautical University in Anchorage

Questions to consider when making a Post-Secondary Choice

1. What are the admissions requirements?
Determine the requirements related to high school academic preparation, rank in class, and which, if any, college entrance exams are required.

2. What courses of study or fields of specialization are offered by the college or vocational school?
Check the college catalog to determine whether or not the college offers the specific course for the degree or major you are seeking. Colleges vary in this respect in many instances.

3. What is the estimated yearly cost?

4. Is the college public or private?
Public colleges are tax supported and are controlled by the state which supports them. Private colleges are supported by funds received from endowments and tuition. Denominational colleges are church related and are supported by the denominations they represent.

5. How far away is it?

6. What is its location – urban, rural, suburban?

7. Is the college/vocational school large or small?
POSSIBLE ADVANTAGES OF LARGE PUBLIC COLLEGES AND UNIVERSITIES
- Wider range of areas of instruction
- Greater selection in choice of courses
- More extra-curricular activities and organizations
- Better library and laboratory facilities
- Faculty more widely known and more opportunities for research

POSSIBLE ADVANTAGES OF SMALL PRIVATE COLLEGES AND UNIVERSITIES
- More emphasis on individual guidance
- Smaller classes - easier to become acquainted with your professors
- Competition not so keen in extra-curricular activities
- Opportunity to know fellow classmates better
- Greater likelihood of graduating in four years

8. What financial aid is available?

9. What kinds of housing are available and are there any requirements/restrictions?

10. How successful are the graduates at gaining employment after graduation or being admitted to graduate schools?

College environments differ. Their differences range from size, organizational structure and complexity, to geographical locations, philosophy, and type of educational program. The wide range of college environments provides students with a great opportunity to fit their needs and fields of interest.

Questions to Ask College/Vocational School Representatives

College reps, as well as college students, admissions counselors, and faculty, genuinely enjoy talking to high school students. They like their ideas about their college, and they all appreciate students who have thought about the college and want to know more than is in the course catalog or on the Web site. They like thoughtful questions, and their answers can help you make a good college match. Ask questions of interest to you in the following categories:

Students

- How would you characterize the majority of students?
- From what economic background are the majority of students?
- Are there clubs, activities, or housing that are minority related?
- What do students like most about the college? Like least?
- Has the student government made any real contribution to the school? How do you get into student government?
- What political, social, or academic issues concerned students last year? How did the administration react? What was the resolution?

Social Life and Campus Activities

- What do students do for fun?
- What is the role of fraternities and sororities on campus? If I didn't want to join, could I have a satisfactory social life?
- What are the dominant social groups on campus? Do the groups get along with one another? Have there been any problems?
- What role do team sports play in the social life of the college? What happens on football or basketball weekends? If I don't want to join in, would I find kindred spirits?
- Is there a good balance of academics, social life, and extracurricular activities?
- What were the social or cultural highlights last year?
- What is the role of the campus newspaper?
- Is there an alcohol problem and, if so, how is the college handling it? What is the incidence of binge drinking? Do students feel safe on campus?

The Community Off Campus

- What is there to do in town? How would I get there?
- Will I need a car to get around? Does public transportation (bus) provide easy access to the campus and community?

Campus Facilities

Housing and dining

- Is there something I should know about housing that would help me in my choice?
- What are the types of food plans? All you can eat? Vegetarian? Kosher?
- Do you have campus residence halls?
- Do I have to live on campus?
- How and when do I apply?
- When will I know if you have room for me? Can I choose my roommate?
- When do I have to sign a contract, submit a deposit to confirm my room?
- Is it easy to find a place to live near campus? What are the cost ranges?

Activity centers and athletic and recreational facilities

- What kind of facilities does the student center have? Is it a magnet for student activities? Are there other hangouts?
- Do you think the college pays attention to its appearance?
- How would you rate the fitness center?

Health, career counseling, special student services, and security

- Is there a doctor, nurse, psychologist, or career counselor on campus? What is the waiting period for appointments?
- Is the office for special services adequate to the demand?
- How good is the security on campus?

Library

- What have been student's experiences with the library? Have there been complaints?
- Is the library well equipped with computers and copy machines?

Academics and Faculty

- What is distinctive about education here? What is the educational philosophy of the college? Has it changed much in recent years?
- Is the honor code working? How widespread is cheating?
- What is the most popular major on campus? Why?
- Do you think that students are generally enthusiastic about their classes? Do people talk about their courses outside of class?
- How would you characterize the academic pressure and workload?
- Are there research possibilities with the faculty? In what areas?
- What are the strengths and weaknesses of the advising system?
- What is the quality of student and faculty relationships? Is the faculty interested in and accessible to students after class? Do faculty members participate in student activities?
- Are curriculum changes in the works? How will that affect my college years?
- Are any departments being cut back or discontinued? If so, why?
- Are any new programs scheduled for the next four years?

How Much Does Your College Cost?

- What are the costs of tuition or registration fees, books and supplies, housing, parking, etc?
- When do I pay those fees?
- Do I have to send in a deposit to confirm my intention to enroll? How much? When?
- What are the chances fees will be increased and when will I know?

Is Financial Aid available?

- What kinds of financial assistance are available?
- When and how do I apply for financial aid? Do I apply for campus scholarships separately?
- How do you determine if I qualify for assistance?
- When will I be notified if I will or will not receive assistance?
- Will financial aid cover my entire need?
- Are there special kinds of assistance for students from certain minorities and other underrepresented groups?
- Is it easy to get a part-time job on campus or in the community?

The Application Process & Types of Admissions

1. Submitting the application.
Be very careful to meet the deadline for submitting your applications.
There are different "action types" that govern when to submit the application, when it will be reviewed by an admissions committee, when a decision is rendered, and when a student must accept or decline an offer.

Some common action types you will consider:

Early Decision
You apply in early fall, learn of the decision in December, and must accept or reject the offer of admission within weeks. If accepted, the student must withdraw all other applications to other colleges and universities. Students are often required to pay a nonrefundable deposit at the time of acceptance. Some very competitive independent colleges and universities use this action type. Students should only do this if they are 100% certain that this is the college or university they want to attend. Downside: the student must make a decision before a financial picture is known. You are more likely to be accepted to selective schools when you apply early.

Early Action
Students apply in the early fall and learn of the school's decision to admit, decline, or defer you by January 1. In most cases, the student has until May to decide whether to accept or decline an offer. Students may apply to other schools after hearing of the school's decision. Early action decisions are final, and rejected applicants are not reconsidered. You are more likely to be accepted to selective schools when you apply early.

Regular Admissions
The most commonly used application process. Check with the college for their deadline.

Rolling Admissions
Students apply beginning in the fall of their senior year and learn of acceptance or rejection in a matter of weeks. The decision is made as soon as the application is complete. This action type is used by a wide variety of schools nationwide.

Open Admissions
Colleges following this option accept all qualified applicants who apply. This type of action is available at some publicly funded schools. (Typical of UAA system)

Deferred Admissions
A student may defer attendance for up to one year allowing time to travel, earn money or pursue a nonacademic interest. If choosing this process, be sure to double-check with the college to be sure they allow this.

Wait List
Qualified candidates are placed on this list after a school has accepted its allotment of applicants. Wait lists are used to admit a student when fewer accepted candidates enroll than expected. Check the wait policy at your intended school to determine exact policy.

2. Take time with your application(s).
Apply on-line if possible. This helps ensure neatness and accuracy. If submitting a hard copy, make sure it is neat and accurate. Type it if possible. It is impossible to be too neat, but easy to be careless and make a poor impression. Use your legal name on all correspondence, housing, and financial aid forms, transcripts, applications, and test registration forms. Make a copy of the application prior to mailing. Purchase a "certificate of mailing" in case your application is lost or the delivery is delayed. This is your proof that you met the application deadline.

3. A strong essay may be very important.
Most independent colleges require an essay as part of the admission application. This essay is your personal statement providing information that does not appear on your transcript, test reports, and other materials asked for in the application process. The most effective essays will give the reader insight into your thinking process rather than a measure of known facts. Further information is available in this guide.

4. Recommendations may be required by independent colleges; plan ahead.
Request them early; a rushed recommendation may not be in your best interest. Go to your counselor, teacher, administrator, or the individual you are asking to write a recommendation at least one month before the deadline. Remember to write a "Thank You" note to each person who wrote a recommendation. Courtesy is never out of style.

5. Make application to more than one college unless you are absolutely sure of admission.
Six-eight applications should be more than sufficient. Be sure to submit applications in all these categories below:

a. "Reach" colleges/universities – Their freshman profile exceeds your academic profile.

b. "Target" colleges/universities – Their freshman profile matches your academic profile.

c. "Safety" colleges/universities – Your profile exceeds their freshman profile.

6. Meet deadline dates.
Deadline dates are non-negotiable, especially at prestigious and highly competitive schools.

7. Make sure your college file is complete.
If you have not been notified that the college has received your application, contact the college admissions office and ask if any materials are needed to complete your file, i.e., scores, transcripts, recommendations etc.

10 Steps to College Admission

1. Research college options, fall of 11th grade. Using AKCIS, consider your strengths and interests, along with preferred college location, size, cost, major, and type (public vs. private), etc

2. Begin/continue college/scholarship search, spring of 11th grade. Refer to available resources such as AKCIS, collegeboard.com, and other search engines. Go to KPBSD's website, click "1 Stop Student Portal," click "Scholarships, click "KPBSD Scholarship Folder Master" and put together a folder using the recommended format.

3. Register and take college entrance exams, winter or spring of 11th grade. Take the SAT, ACT, and ASVAB. This gives you plenty of time to re-take them if you wish.

4. Send inquiries to colleges, spring of 11th grade. Request view books, catalogues, go on web-tours, etc.

5. If at all possible, schedule campus visits, spring of 11th grade-senior year. Schedule tours, is possible, stay overnight in residence halls, attend a class, eat in the dining hall.

6. Finalize college list, fall of 12th grade. Narrow down the search to 3-5 (or more) schools. Apply to 2+ dream schools, and at least one "safe" school where you know you will be accepted.

7. Finalize college applications, fall of 12th grade. Complete application forms or on-line applications, write essays if necessary, request letters of recommendation from teachers and counselors, provide forms to school registrar or school counselor if required. Make sure your transcripts are up to date if you have attended other high schools or have been involved in other credit programs (summer school/KPC).

8. Submit financial aide paperwork, fall/winter/spring of 12th grade. Fill out the FAFSA. Attend Financial Aid night in the fall for assistance.

9. Compare colleges and offers, spring of 12th grade. If possible, visit several campuses to compare. Or take "virtual" tours online.

10. Accept one college offer, spring of 12th grade. Submit enrollment deposit, complete housing forms, and plan to attend new student orientations.

What Colleges Want

Colleges are interested in your classroom contributions, your ability to ask good questions, and your interest in learning. Your academic ability is not necessarily just your grades, but also includes your effort and dedication to learning. Colleges are interested in students who have experienced personal challenges or hardships and have persevered. Personal anecdotes in your letters of recommendation and your admission essay should reflect what is meaningful to you and should reflect your character. Colleges are also interested in the impact you have had on your school and your community. What ways have you contributed to making your school and community a better place? Colleges are interested in your leadership abilities and your involvements (student government, clubs, school publications, sports, national honor society, drama productions, etc). Colleges are also interested in your involvements outside of school such as community service, church, jobs, volunteer work, etc. College admissions officers are looking for well-rounded individuals. They will look at your transcripts and test scores, but also at your essay and letters of recommendation. A good letter of recommendation can sometimes really make a difference!

Factors Influencing Admissions Decisions

Criteria	Importance			
	Considerable	Moderate	Limited	None/NR
Grades in College Prep Classes	79%	9%	4%	8%
Admission Test Scores	51%	33%	9%	7%
Grades in All Subjects	44%	36%	12%	8%
Class Rank	32%	35%	18%	15%
Counselor Recommendations	16%	49%	24%	11%
Teacher Recommendations	16%	46%	25%	13%
Essay or Writing Sample	19%	32%	26%	23%
Interview	11%	25%	34%	30%
Work/Extracurricular Activities	4%	34%	43%	19%
Personal Recognition Programs	1%	12%	36%	51%
Ability to Pay	2%	6%	11%	81%

How to make the most out of a school visit

The importance of student visits to their prospective college or vocational school cannot be over emphasized. The junior year is an excellent time to make college/vocational school visits. Many schools have virtual tours, too. For online tours, visit: www.campustours.com www.ecampustours.com www.collegeweeklive.com www.campussherpa.com/

How to Make a Visit

Contact the admissions office several weeks ahead of time. They will often refer you to a person or department that deals with visits. You could also go to the campus website for campus visit information. Most colleges have "preview days" or "open houses." Attending these can give you a good overall view of what the college has to offer. However, to get more detailed information, it is best to schedule an appointment through the admissions or outreach office. Use the sample letter on the following page as a guide.

MAKING THE MOST OF YOUR VISIT

- Research the college or vocational school using their website and/or catalog. It is always useful to know some specifics about the school ahead of time. It can help focus on what you want to learn about the college or vocational school and can facilitate good questions.

- Bring an official transcript with you.

- Find out the average GPA and SAT/ACT test scores for entering freshmen. IF attending a vocational school find out what test are required for admissions. For example, to attend AVTEC students must complete the TABE test.

- Ask if they have an Honors program and the criteria used to place students in that program. Students in Honors programs often have priority registration and housing. Their class sizes are sometimes much smaller and are taught by their top professors.

- Try to meet with a member of the department your student is interested in majoring in. This can often be a key factor when trying to decide between colleges that you are very interested in.

- Visit the library.

- Visit a dorm. Try to have lunch there. Try to stay there if visiting overnight. This will give you a good idea of the general living environment.

- Visit the Student Union. Talk to students regarding their experiences regarding class registration, quality of instruction, school safety, social activities, etc.

- Check out extracurricular activities or sports that match your interests.

- Visit the Career or Job Placement Center. Find out information regarding companies that recruit there and general information about job placement after graduation.

- Visit the Financial Aid Office. Find out information about scholarships and the percentage of students receiving financial aid.

- Write a thank you note to the person that gave you or organized your visit and to the member of the department you conversed with.

Postsecondary Assessments 2017-2018

SAT I: Reasoning Test (At KPC) $54.50

FALL 2017

Test date	Reg Deadline	Late Reg Deadline
Aug 26	July 28	Aug 15
Oct 7	Sept 8	Sept 22
Nov 4	Oct 6	Oct 20
Dec 2	Nov 3	Nov 17

SPRING 2018

Test	Reg Deadline	Late Reg Deadline
No January test this year		
Mar 10	Feb 9	Feb 23
May 5	April 6	April 20
June 2	May 4	May 18

ACT TEST DATES (At KPC) $42.50 (58.50 with Writing)

FALL 2017

Test date	Reg Deadline	Late Reg (+fee)
Sept 9	Aug 4	Aug 18
Oct 28	Sept 22	Oct 6
Dec 9	Nov 3	Nov 17

SPRING 2018

Test	Reg Deadline	Late Reg (+fee)
Feb 10	Jan 12	Jan 19
April 14	March 9	March 23
June 9	May 4	May 18
July 14	June 15	June 22

THE 2017 PSAT (At SOHI)

When: 7:40am on Wed. October 11, 2017 (This is a national date)
Where: Auditorium at SOHI
Who: Freshman/Sophomores/Juniors
How: Sign up in the front office with Mrs. Marquardt by Friday, October 6, 2017
Cost: $18.00

Accuplacer (KPC placement test mandatory for Jumpstart registration)
Tuesday, November 28, 2017 at 9:00am in the SOHI Library, Cost is $18 and registration paperwork is available in the Counseling office.
Tuesday, March 27, 2018 at 9:00am in the SOHI Library, Cost is $18 and registration paperwork is available in the Counseling office.

ASVAB (Military)

Available for FREE in Kenai at the National Guard Armory

Advanced Placement (At SOHI)

For more information about Advanced Placement testing, go to www.collegeboard.com Tests we offer are:
AP Calculus, AP English Literature, AP US History, AP Biology, AP Chemistry, AP World History, and AP US Government. Subjects vary each year depending on courses taught. $93.00 per exam in 2018.

Assessments for Admissions – What is a "good" score?

Standardized tests are only one of the many factors which colleges/vocational schools use in making admissions decisions. National Averages:

ACT Composite score 20-21

SAT Reading/Writing 510, SAT Math 510, SAT total 1020 (based on the new 2016 SAT)

GPA and SAT Scores: What do Colleges Expect?

Guidance counselors are often asked: What SAT score and GPA do I need to get into college? That depends. For the top 60 or so colleges, i.e., Harvard, Stanford etc., there is no GPA or SAT score that will automatically qualify you. Almost everyone that applies to those schools has exceptionally high test scores. These colleges will be looking for something that makes you stand out from the applications of other great students. Have you overcome major obstacles? Have you had significant exposure to multi-cultural experiences? Have you made unique contributions where you have made a difference? Do you have a special talent? A general rule of thumb is if you think you meet a competitive school's academic qualifications, fill out the application and take your chances.

Always have back-up choices when applying to very competitive colleges such as the "Ivies" and Stanford. Their rejection rate approaches or exceeds 90% of all qualified applicants.

University of Alaska (UA) Institutions:

The minimum GPA requirement is at least 2.5 in academic subjects and complete either SAT, ACT or an approved UAA approved test. High school students who have a GPA of 2.0-2.49 may be admitted on probation; or successful completion of GED, and ACT, SAT or an approve UAA test.

Private Universities:

Their entrance requirements can vary a great deal. For Alaska Pacific University the academic standards includes a 2.75 cumulative high school GPA. An SAT composites score of 970 or ACT composite score of 20 is normally required for admission to the University. Applicants who score below may be considered if they have an otherwise strong application. Their qualifying numbers is similar to UAA standards. Some, such as Stanford have GPA and test score requirements that are much higher than the UAA system. Consult a college information book such as Peterson's or Barron's to find out more about that school's average GPA
and SAT scores and which tests are required.

Out-of-State Universities:

The entrance requirements of out-of-state universities, i.e., University of Oregon and the University of Washington, vary greatly then the UAA system. Consult a college information book to get more details.

Remember again: the numbers referred to in this section are average numbers. These numbers do not automatically get you accepted, and if you do not meet them then you are not automatically rejected. As a general rule-of-thumb: if you meet the minimum academic qualifications and you really want to go to a particular college - apply. However, be realistic about your chances and always have back-up choices.

CAREER AND TECHNICAL EDUCATION PROGRAMS AND SCHOOLS

The requirements for vocational schools such as AVTEC are different then the UAA system. At AVTEC the requirement for admissions is a high school diploma or GED as well as the TABE test results. Vocational schools can vary in requirements. Some schools might have specific requirements prior to admissions into certain programs.

College Profiles
WEST

	NEW SAT			ACT
	EBRW 25th–75th Percentile	Math 25th–75th Percentile	Total 25th–75th Percentile	Composite 25th–75th Percentile
Arizona State University—Tempe	560–680	550–660	1110–1340	23–28
Biola University	550–670	520–640	1070–1310	22–28
Brigham Young University—Provo	620–710	600–710	1220–1420	27–31
California Institute of Technology	750–800	780–800	1530–1600	34–35
California Lutheran University	560–650	530–620	1090–1270	22–27
Cal Poly—San Luis Obispo	600–700	600–720	1200–1420	26–31
Cal Poly—Pomona	500–620	510–630	1010–1250	20–27
California State University—Fresno	440–550	440–540	880–1090	16–21
California State University—Fullerton	500–600	510–600	1010–1200	19–24
California State University—Long Beach	500–620	510–620	1010–1240	20–25
California State University—Los Angeles	440–540	430–530	870–1070	15–20
California State University—Monterey Bay	480–600	460–570	940–1170	17–23
California State University—Northridge	440–560	440–550	880–1110	16–22
Carroll College	550–670	520–640	1070–1310	22–28
Chapman University	610–700	580–670	1190–1370	25–29
Claremont McKenna College	720–770	700–790	1420–1560	29–33
Colorado College	680–740	640–740	1320–1480	28–32
Colorado School of Mines	640–710	670–760	1310–1470	28–32
Colorado State University	560–660	550–650	1110–1310	22–27
Gonzaga University	580–680	570–670	1150–1350	25–29
Harvey Mudd College	710–770	760–800	1470–1570	33–35
Humboldt State University	490–610	470–570	960–1180	18–24
Lewis & Clark College	650–710	610–700	1260–1410	27–31
Loyola Marymount University	610–690	580–690	1190–1380	25–30
Mills College	590–700	530–640	1120–1340	24–30
Occidental College	660–730	620–720	1280–1450	28–31
Oregon State University	530–650	530–640	1060–1290	21–28
Pacific Lutheran University	540–650	520–620	1060–1270	22–29
Pepperdine University	610–700	570–700	1180–1400	25–30
Pitzer College	660–760	650–750	1310–1510	29–32
Point Loma Nazarene University	570–650	530–640	1100–1290	23–28
Pomona College	710–780	720–780	1430–1560	30–34
Reed College	700–760	640–750	1340–1510	29–33
San Diego State University	550–650	540–650	1090–1300	22–28
San Francisco State University	480–580	470–570	950–1150	18–24
San Jose State University	500–620	510–630	1010–1250	20–26
Santa Clara University	640–740	640–740	1280–1480	27–32
Scripps College	690–760	640–740	1330–1500	28–33
Seattle University	590–680	560–660	1150–1340	24–29
Soka University of America	570–700	610–740	1180–1440	24–29
St. Mary's College of California	560–660	560–650	1120–1310	22–27
Stanford University	730–790	730–800	1460–1590	31–35

College Profiles
WEST

	NEW SAT			ACT
	EBRW 25th–75th Percentile	Math 25th–75th Percentile	Total 25th–75th Percentile	Composite 25th–75th Percentile
Thomas Aquinas College	660–730	580–660	1240–1390	24–31
United States Air Force Academy	640–720	640–740	1280–1460	28–32
University of Arizona	530–650	510–640	1040–1290	21–27
University of California—Berkeley	670–760	660–780	1330–1540	29–34
University of California—Davis	580–690	580–740	1160–1430	24–30
University of California—Irvine	560–670	570–720	1130–1390	N/A
University of California—Los Angeles	650–750	630–770	1280–1520	25–32
University of California—Merced	500–610	500–600	1000–1210	19–24
University of California—Riverside	560–660	550–670	1110–1330	22–28
University of California—San Diego	630–720	640–770	1270–1490	26–32
University of California—Santa Barbara	610–710	600–730	1210–1440	24–30
University of California—Santa Cruz	580–690	570–700	1150–1390	23–29
University of Colorado—Boulder	580–680	570–690	1150–1370	24–30
University of Denver	600–690	580–690	1180–1380	23–30
University of Hawaii at Manoa	530–630	530–630	1060–1260	21–26
University of La Verne	510–600	510–570	1020–1170	20–23
University of Oregon	550–660	530–630	1080–1290	22–27
University of Portland	580–700	570–670	1150–1370	N/A
University of Puget Sound	610–710	570–690	1180–1400	25–30
University of Redlands	540–640	530–620	1070–1260	22–27
University of San Diego	600–690	580–700	1180–1390	26–30
University of San Francisco	570–670	560–650	1130–1320	23–28
University of Southern California	680–750	690–780	1370–1530	29–33
University of the Pacific	550–680	550–690	1100–1370	22–29
University of Utah	550–680	540–690	1090–1370	21–28
University of Washington	590–700	600–740	1190–1440	26–31
Washington State University	490–610	500–590	990–1200	19–26
Westmont College	580–690	560–670	1140–1360	23–29
Whitman College	650–740	630–730	1280–1470	27–32
Whittier College	530–640	520–610	1050–1250	20–25
Willamette University	600–700	570–670	1170–1370	24–30

This resource is also available as a searchable and sortable table at compassprep.com/profiles.

Compass Education Group is a world leader in online tutoring for admission tests and academic subjects. For more information, please visit compassprep.com/online or call (800) 685-6986.

ATHLETES!
You need to know about NCAA, NAIA, and NJCAA

National Collegiate Athletic Association (NCAA)
www.ncaa.org/student-athletes
http://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp

As a college-bound student-athlete, you are responsible for achieving and protecting your eligibility – that means planning ahead, taking high school classes seriously and protecting your amateur status. It can be a difficult first step, but the ultimate benefits of being an NCAA student-athlete are well worth the effort.

Get Ready. Get Set. Go!

PLAN

Grade 9

- ☐ Start planning now: take the right courses and work hard to earn the best grades possible.
- ☐ Ask your counselor for a list of your high school's NCAA-approved core courses to make sure you take the right classes. Or, find your high school's list of NCAA-approved courses at **eligibilitycenter.org**.

REGISTER

Grade 10

- ☐ Register with the NCAA Eligibility Center at **eligibilitycenter.org**.
- ☐ If you fall behind on courses, do not take short cuts to catch up. Ask your counselor for help with finding approved courses or programs that you can take.

STUDY

Grade 11

- ☐ Check with your counselor to make sure you will graduate on time with the required number of NCAA-approved courses.
- ☐ Take the ACT or SAT and submit your scores to the NCAA using code 9999.
- ☐ At the end of the year, ask your counselor to send or upload your official transcript to the NCAA Eligibility Center. If you took classes at more than one high school or program, you will need to submit an official transcript for each school.
- ☐ Make sure you are on track to graduate on time with your class.

GRADUATE

Grade 12

- ☐ Complete your final NCAA courses as you prepare for graduation.
- ☐ Take the ACT or SAT again, if necessary, and submit your scores to the NCAA using code 9999.
- ☐ Request your final amateurism certification beginning April 1 (for fall enrollees) or October 1 (for spring enrollees) in your NCAA Eligibility Center account at **eligibilitycenter.org**.
- ☐ After you graduate, ask your counselor to send or upload your final official transcript with proof of graduation to the NCAA Eligibility Center.
- ☐ Only students on an NCAA Division I or II request list will receive a certification.

ATHLETES!

You need to know about NCAA, NAIA, and NJCAA

National Collegiate Athletic Association (NCAA)
www.ncaa.org/student-athletes
http://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp

NCAA ELIGIBILITY CENTER
QUICK REFERENCE GUIDE

NCAA Eligibility Center

NCAA Division I Initial-Eligibility Requirements

Core Courses: (16)

- **Initial full-time collegiate enrollment *before* August 1, 2016:**
  - **Sixteen (16) core courses** are required (see chart below for subject-area requirements).
- **Initial full-time collegiate enrollment *on or after* August 1, 2016:**
  - **Sixteen (16) core courses** are required (see chart below for subject-area requirements).
    - Ten (10) core courses completed before the seventh semester; seven (7) of the 10 must be in English, math or natural/physical science.
      - These courses/grades are "locked in" at start of the seventh semester (cannot be repeated for grade-point average [GPA] improvement to meet initial-eligibility requirements for competition).
  - *Students who do not meet core-course progression requirements may still be eligible to receive athletics aid and practice in the initial year of enrollment by meeting academic redshirt requirements (see below).*

Test Scores: (ACT/SAT)

- Students must present a corresponding test score and core-course GPA on the sliding scale (see Page No. 2).
  - **SAT:** critical reading and math sections.
    - Best subscore from each section is used to determine the SAT *combined* score for initial eligibility.
  - **ACT:** English, math, reading and science sections.
    - Best subscore from each section is used to determine the ACT *sum* score for initial eligibility.
- All ACT and SAT attempts *before* initial full-time collegiate enrollment may be used for initial eligibility.
- **Enter *9999* during ACT or SAT registration to ensure the testing agency reports your score directly to the NCAA Eligibility Center. *Test scores on transcripts will not be used*.**

Core Grade-Point Average:

- Only *core courses* that appear on the high school's List of NCAA Courses on the NCAA Eligibility Center's website (www.eligibilitycenter.org) will be used to calculate your core-course GPA. Use this list as a guide.
- **Initial full-time collegiate enrollment *before* August 1, 2016:**
  - Students must present a corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.000) on Sliding Scale A (see Page No. 2).
  - Core-course GPA is calculated using the **best 16 core courses** that meet subject-area requirements.
- **Initial full-time collegiate enrollment *on or after* August 1, 2016:**
  - Students must present a corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.300) on Sliding Scale B (see Page No. 2).
  - Core-course GPA is calculated using the **best 16 core courses** that meet both progression (10 before seventh semester; seven in English, math or science; "locked in") and subject-area requirements.

DIVISION I
Core-Course Requirement (16)

4	years of English
3	years of math (Algebra I or higher)
2	years of natural/physical science (1 year of lab if offered)
1	year of additional English, math or natural/physical science
2	years of social science
4	years of additional courses (any area above, foreign language or comparative religion/philosophy)

DIVISION I – 2016
Qualifier Requirements
**Athletics aid, practice, and competition*

- 16 core courses
  - Ten (10) core courses completed before the start of seventh semester. Seven (7) of the 10 must be in English, math or natural/physical science.
    - "Locked in" for core-course GPA calculation.
- Corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.300) on Sliding Scale B (see Page No. 2).
- Graduate from high school.

DIVISION I – 2016
Academic Redshirt Requirements
**Athletics aid and practice (no competition)*

- 16 core courses
  - No grades/credits "locked in" (repeated courses after the seventh semester begins may be used for initial eligibility).
- Corresponding test score (ACT sum score or SAT combined score) and core-course GPA (minimum 2.000) on Sliding Scale B (see Page No. 2).
- Graduate from high school.

National Collegiate Athletic Association (NCAA)
www.ncaa.org/student-athletes
http://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp
NCAA will not be combining scores from the "old" SAT and the "new" SAT

Sliding Scale for Division I before August 1, 2016

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

Sliding Scale for Division I beginning August 1, 2016

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

National Association of Intercollegiate Athletics (NAIA) www.NAIA.org

As you explore opportunities to PlayNAIA you will discover a community of nearly 300 member colleges and universities, 60,000 student-athletes and an environment that focuses on athletic participation as one part of the total education process. Our members award more than $450 million in financial aid each year, compete for 23 national championships in 13 sports and offer a wide selection of academic and athletic programs.

Today, the NAIA is an association that, above all other things, cares about and is focused on student-athlete success – helping you to attain your education and athletic goals. Our members utilize athletics as a vehicle to transform lives to build better futures. The NAIA is ready to assist you in taking that important first step in your college sports career. We invite you to register with the NAIA Eligibility Center at **PlayNAIA.org**. Once there, you'll learn more about the opportunities that await you.

Since the NAIA's founding in 1937, we are proud of the many accomplishments of our current and former student-athletes and we look forward to the legacy you will establish in the NAIA.

Do I meet the freshman eligibility requirements?

If you will graduate from a U.S. high school this spring and enroll in college this coming fall, the requirements are simple. An entering freshman must:

- Be a graduate of an accredited high school or be accepted as a regular student in good standing as defined by the enrolling institution and
- Meet two of the three following requirements. If as an entering freshman you do not meet at least two of the three standards, you cannot participate in athletics for the first full year of attendance (2 semesters, 3 quarters, or equivalent).

MUST MEET TWO OF THE THREE

1. TEST SCORE REQUIREMENT

Achieve a minimum of 18 on the ACT or 860 on the SAT.

Tests must be taken on a state, national or international testing date; scores must be achieved on a single test. The SAT must be achieved on the Critical Reading and Math sections only. The Writing score cannot be used. You must pass the standardized test prior to the term in which you want to participate in athletics. When registering for the tests, students should indicate the NAIA code "9876" to have their scores sent directly to the NAIA Eligibility Center.

2. HIGH SCHOOL GPA REQUIREMENT

Achieve a minimum overall high school grade point average of 2.0 on a 4.0 scale.

The NAIA accepts the grade point average determined by the high school, provided it is recorded and awarded in the same manner as for every other student at the school.

3. CLASS RANK REQUIREMENT

Graduate in the top half of your high school class.

If a student's class rank does not appear on the transcript, a signed letter from the principal or headmaster, written on the school's letterhead and with the school's official seal, stating the student's final class rank position or percent may be submitted.

Learning disabilities. Students with diagnosed learning disabilities, who do not meet the freshman eligibility requirements, may have their academic profiles reviewed by the NAIA National Eligibility Committee at the request of an NAIA institution.

National Junior College Athletic Association (NJCAA)
http://www.njcaa.org

The National Junior College Athletic Association (NJCAA) is committed to providing quality athletic opportunities to enhance the entire collegiate learning experience for its students. The Association and its member colleges strive to provide equal opportunities for all concerned student-athletes. The Association is sensitive to the special needs and circumstances of the Community/Junior College student while keeping within the high academic standards of our 525 member institutions.

GENERAL INFORMATION

Q: What sports are sponsored by the NJCAA?

A: The NJCAA provides opportunities for participation, including National Championships, for student-athletes in the following sports:

Fall Baseball, Spring Baseball, Basketball, Bowling, Cross Country, Football, Fall Golf, Spring Golf, Half Marathon, Ice Hockey, Indoor Track and Field, Spring Lacrosse, Fall Lacrosse, Outdoor Track and Field, Fall Softball, Spring Softball, Fall Soccer, Spring Soccer, Swimming & Diving, Fall Tennis, Spring Tennis, Fall Volleyball, Spring Volleyball and Wrestling.

Q: How do I determine my initial eligibility?

A: Due to the unique academic and athletic situation of each individual, and the complexity of the NJCAA eligibility rules, it is recommended that each potential student-athlete discuss their athletic eligibility with the athletic personnel at the NJCAA college where they have chosen to attend. Should the athletic staff have any questions in determining an individual's eligibility, the college may contact the NJCAA National Office for assistance.

Q: Must I have graduated from high school?

A: Students must be a high school graduate with an academic diploma, general education diploma or a State Department of Education approved high school equivalency test.

Q: How many seasons may I participate in a sport?

A: Students are allowed two (2) seasons of competition in any sport at a NJCAA college, if they have not participated at any intercollegiate level during two (2) seasons previously. Participation in any fraction of any regularly scheduled contest during the academic year shall constitute one (1) season of participation in that sport. Participation includes entree into an athletic contest and does not include dressing for such an event.

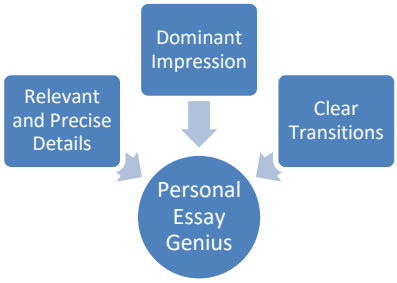
For more information about the National Junior College Athletic Association, write to: NJCAA, 1631 Mesa Avenue, Suite B, Colorado Springs, CO 80906 or contact your local NJCAA member college. Additional information can also be found on the NJCAA web site: www.njcaa.org

Senior Scholarship Folder and Personal Essay

1. A template for the scholarship folder can be found on the KPBSD website. (Students/Parents>OneStop>Scholarships>Section Links>KPBSD Scholarship Folder Master). Download it and "save as" with your name to your desktop.
2. Review the scholarship folder format on the first few pages (general format information and tips for making an impressive folder).
3. Fill in your information in the scholarship application section name, address, activities, honors, employment, and college choices, etc).
4. Complete the Financial Statement pages using www.AKCIS.org (link available on OneStop homepage) to look up the cost of attendance and other expenses. See your counselor if you need your password. Most students will already have an established portfolio in AKCIS.
5. Fill in the "Personal Profile" page to use when you request letters of recommendation (Tip: complete information will help people write a great letter!) Give your Personal Profile to at least 3 people and request a letter of recommendation (teachers, counselor, coach, boss, church leader, family friend, but no family members).
6. Write your personal essay. What makes you different? See page 2 for more information about writing a personal essay.
7. Place items into scholarship folder in the same order as the master template. You may consider including extra items (copy of national award, newspaper clipping, etc); however, if you choose to do so, include only 1-3 of your most significant. This is not the place to include every Student of the Month recognition, etc. For submission to your school for scholarships they will award, make 3-5 copies to turn in to your Counseling Office. If you are submitting your folder to an outside organization that asks for a different order, follow the organization's instructions! Do not include extra pages unless outside organizations ask for them (including them could actually disqualify your application)!
8. Check with your Counseling Office for a due date to be considered for local scholarships that your school's Scholarship Committee might be awarding. Important Note: School committees typically award only a few scholarships. The majority of scholarships for outside organizations are ones that you must personally submit your folder to. If you are not sure, check with your Counseling Office!
9. Search for scholarship opportunities using the Financial Aid Sort on AKCIS or other search engines. Check with your Counseling Office and KPBSD/OneStop for scholarship opportunities. Check your gmail often or forward it to your email. www.myscholly.com (an ap for your phone) www.fastweb.com www.petersons.com www.freschinfo.com www.finaid.org www.cappex.com www.brokescholar.com www.alaskaadvantage.state.ak.us www.fafsa.ed.gov www.scholarships.com www.bigfuture.org www.chegg.com www.nerscholar.com and don't forget good old GOOGLE!!!
10. Apply. Apply. Apply. It all adds up!

Sign up for REMIND by texting @sohi2018, @sohi2019, @sohi2020, or @sohi2021 to the number 81010 (or download the ap or go to www.remind.com)

Post Secondary Planning information night at SOHI – Tuesday, September 19th
Financial Aid Night at SOHI – Tuesday, September 26th
College Fair at Soldotna High School – Tuesday, October 17th
FAFSA Completion Workshop #1 – Tuesday, October 10th
Visit to UAA, APU, ACC, NIT, and Charter College – October 25, 2017
Application Week - November 6-10
FAFSA Completion Workshop #2 – Tuesday, November 14th
FOL in the Counseling Office – ongoing visits from colleges, recruiters, professionals
Check the Counselor's Corner on SOHI's website



Personal Essay – What makes you different?

1. Personal Essay Goal? - to convince someone that it would be a good idea to give you money!
    a. Why would someone give someone else money for nothing?
    b. What traits would you look for if you were going to invest in someone's future by giving them money?
2. What makes a personal essay good? Don't write a McEssay of unsupported generalizations
    a. An emotional connection
    b. Hopeful, focused on the future
    c. Show that you want the opportunity to be successful
    d. Honest and to the point
    e. Create a lasting impression
3. What information should you include?
    a. What makes you different? Provide interesting insight into your personality, interests, and your character.
    b. What do you want to be? Do you have a specific career or vocational interest? If yes, what influenced you to go in that direction?
    c. Who or what has shaped and influenced who you are today and what is your life path?
    d. What hardships have you overcome and what have you learned from them?
    e. Are there special circumstances which illustrate financial need?
4. Ideas/tips/suggestions to get you started – pick a few that will work for you!
    a. Start with a relevant quote that summarizes the theme of the essay, a dramatic description, a question or an interesting statement.
    b. Move from particulars to generalities and vice versa throughout the essay.
    c. Reflect on your experiences with purpose. Draw from those experiences that connect your past experiences to your future endeavors.
    d. Transitions: be explicit about how your paragraphs connect in clear transitional sentences. Transition must be clear and explicit. If there are 2 experiences that define who you are, then clearly refer to them that way. "The first experience that defines who I am today is…." The second experience that defines me is…."
    e. Think metaphorically: What is the part that represents the whole? If you could choose one experience to represent who you are, how far you've come, and/or where you want to go, what would it be?
    f. Impress your reader by using lingo from your career path (if you have one) to show that you are familiar with it - mechanical terms, medical terms, technology terms – use in moderation!
    g. Use repetition to make a point.
    h. Revise for word choice later - add metaphorical flair - use a quotation as an epigraph - add vocabulary bling (in moderation!).

The College Application Essay or Scholarship Essays

- Some public universities and most private colleges and universities require a one or two page typed essay.
- Go to the college's website to look at essay prompt(s). Begin the rough draft over the summer. Don't wait until the last minute.
- Put your rough draft aside for 24 hours, then reread, rewrite, and edit for sentence structure, grammar, punctuation, and spelling. Write in first person.
- Ask several people to read and evaluate your paper; your English teacher is an ideal person to give you some pointers.
- Type your final draft. Be sure to proofread and correct the final copy.
- Make a copy for your own files.
- Follow instructions for mailing your essay. Be early or at the very latest – on time!

Essay Suggestions

Colleges and universities want to be able to answer the question, "What do we know about this individual?" in making decisions about admission. Your essay will answer this question. Revealing the quality of your character is the most important component of your essay.

It is important to include any of the following personal characteristics in your essay that may pertain to you: creativity, intellectual curiosity and achievement, exceptional recognition, ability to overcome hardship, initiative, motivation, leadership, persistence, service to others, special spark, substantial experience with other racial or cultural groups, and rare talent.

Think of what is distinct about you such as a hobby, talent or unique passion and tie that in to some of your activities, school interests, or organization you belong to. Be as original or creative as your writing talents allow.

Remember, that many of your activities, school interests, classes, etc. may be very similar to many other students; therefore, it is a good idea that your approach to these subjects be as creative/original as possible. What makes you unique?

Subjects for college essays that should be avoided or treated with great delicacy are sex, use of alcohol or drugs, personal struggles with eating disorders, suicide, or mental illness; your family's dysfunction; negative attitudes.

Subjects about which admissions people feel burnt out: Boring travelogues; the catch, hit, or basket that won the game; a trite essay about wanting to save the world; anything about Harry Potter, Catcher in the Rye or The Great Gatsby.

Listing activities, honors, likes and dislikes is not a good strategy.

Avoid attempts at complimenting the college on its offerings, reputation, location, size, etc.

Avoid writing how hard you intend to work and how this will help you succeed in college.

REMEMBER: Reveal who you are and be original

Top 11 most common essay prompts

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from failure can be fundamental to later success. Recount an incident or time when you experienced failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you challenged a belief or idea. What prompted you to act? Would you make the same decision again?
4. Describe a problem you've solved or a problem you'd like to solve. It can be an intellectual challenge, a research query, an ethical dilemma-anything that is of personal importance, no matter the scale. Explain its significance to you and what steps you took or could be taken to identify a solution.
5. Discuss an accomplishment or event, formal or informal, that marked your transition from childhood to adulthood within your culture, community, or family.
6. Leadership/Group contributions: Describe examples of your leadership experience in which you have significantly influenced others, helped resolve disputes, or contributed to group efforts over time. Consider responsibilities to initiatives taken in or out of school.
7. Knowledge in a field/creativity: Describe any of your special interests and how you have developed knowledge in these areas. Give examples of your creativity: the ability to see alternatives; take diverse perspectives; come up with many, varied, or original ideas; or willingness to try new things.
8. Dealing with adversity: Describe the most significant challenge you have faced and the steps you have taken to address this challenge. Include whether you turned to anyone in facing that challenge, the role that person played, and what you learned about yourself.
9. Community service: Explain what you have done to make your community a better place to live. Give examples of specific projects in which you have been involved over time.
10. Handling systemic challenges: Describe your experience facing or witnessing discrimination. Tell us how you responded and what you learned from those experiences and how they have prepared you to contribute to the OSU community.
11. Goals/task commitment: Articulate the goals you have established for yourself and your efforts to accomplish these. Give at least one specific example that demonstrates your work ethic/diligence.

STEPS TO FINANCIAL AID

1. Use the Website www.finaid.org to find information about scholarships. The "FastWeb" is the best free scholarship search. Cross reference with "Fund Finder", SRN Express, and CollegeNET MACH 25. All can be accessed from the "finaid" website.

2. Complete a scholarship portfolio. Download the Word Document on OneStop and add your personal information. Go to www.kpbsd.k12.ak.us Click on "OneStop" icon and click on "Scholarships" and download the district master portfolio

3. Check in periodically with the One Stop student Portal for information on scholarships sent directly to the high school. To obtain the list of scholarships currently on this site follow the directions listed below.
   Go to www.kpbsd.k12.ak.us
   Click on "OneStop" icon, Click on "Scholarships"

4. Contact the financial aid office of the colleges you are applying to. Have them send you information on scholarships for incoming freshmen as well as financial aid information pertaining to that school.

5. Have your parents check at their place of employment and church for possible scholarship opportunities.

6. File a FAFSA (Free Application for Federal Student Aid) in October of your senior year. This establishes your eligibility for grants and loans from the federal and state government. Your eligibility for this money is based primarily on your parent's income and assets.

7. Make sure to check with the school counselor in December of your senior year regarding the Alaska Merit scholarship process. The school will electronically send your GPA information to Alaska State department of education.

8. Apply for scholarships made available by people and organizations in the community.

Western Undergraduate Exchange

What Is WUE?
WUE is the Western Undergraduate Exchange, a program coordinated by the Western Interstate. Commission for Higher Education (WICHE). Through WUE, students in Western states may enroll in participating two-year and four-year public college programs at a reduced tuition level: up to 150 percent of the institution's regular resident tuition. In all cases, WUE tuition is considerably less than nonresident tuition. For answers to many of the commonly asked questions about WUE, visit **wiche.edu/askwiche**.

Which States Participate?
Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, North Dakota, Oregon, South Dakota, Utah, Washington, Wyoming, and the Commonwealth of the Northern Mariana Islands. Search the **WUE Online Database** to see which institutions participate and which programs are available at the discounted WUE rate.

Eligibility
Many institutions require evidence of academic performance, such as ACT/SAT test scores or high school GPA, or place other conditions on WUE enrollment. Consult your high school counselor or the WUE website for details.

Programs Available
Virtually all undergraduate fields are available to WUE students at one or more of the participating colleges and universities. Some institutions have opened their entire curriculum on a space-available or first-come, first served basis. Others offer only designated programs at the discounted WUE rate. To learn of the wide array of programs available, consult our searchable WUE database, located at **wiche.edu/wue**. For additional details, follow the links to the receiving institutions' websites.

Application and Admission
Apply directly to the institution(s) of your choice for admission and WUE tuition status. **Mark prominently on the institution's application form that you seek admission as a WUE student.**

Further Information Further information about specific programs in WUE may be obtained from the admissions office of participating institutions. To find participating schools go to **www.wiche.edu/wue**

Alaska Performance Scholarship (APS)

The Alaska Performance Scholarship provides an opportunity for Alaska high school students to earn a scholarship to help cover the cost of an Alaska postsecondary education. Alaska high school students who take a more rigorous curriculum, get good grades, and score well on college placement or work ready exams, can earn an Alaska Performance Scholarship to qualified Alaska colleges, universities, or vocational/technical programs.

Alaska residents who graduate from an Alaska high school (public, private, or home school), and meet the following requirements are eligible for an APS award: -complete a rigorous high school curriculum (listed on APS Eligibility Progress Checklists), achieve a high school GPA of at least 2.5, or equivalent, earn a minimum score on college or career readiness test (21 on the ACT, 1450 on the SAT), or achieve a combined score of at least 13 in all three WorkKeys tests, with no score lower than 4, enroll at least half time, remain in good standing, and complete the continuing eligibility requirements in an approved program at a participating Alaska institution, and have at least $500 of unmet cost of attendance, after using all other non-loan aid (e.g. federal grants or other scholarships). Levels of award range from $2,370 to $4,755 depending on GPA and ACT/SAT scores.

For more info, visit: http://acpe.alaska.gov/STUDENT-PARENT/Grants_Scholarships/Alaska_Performance_Scholarship

Steps to Getting a Good Letter of Recommendation

A good letter could mean the difference in getting into a school, getting a scholarship, or even getting a job/apprenticeship!

1. Obtain a copy of your transcript from PowerSchool or from the school registrar.

2. Create a "student profile" or resume that is very detailed and highlights your strengths and accomplishments. A suggested student profile form is available in the Scholarship Portfolio Master (one KPBSD's website in the OneStop Portal) Counseling Office and should include:

    a. Types of careers you are interested in pursuing
    b. Schools/colleges/training programs you are interested in
    c. Long term goals and plans
    d. Significant or unusual information that is pertinent to your situation or background
    e. Extra-curricular activities you have participated in (school and community)
    f. Awards and honors (school and community)
    g. Work experience
    h. Qualities that describe you (adjectives)
    i. Any additional information that will help create a more personal letter

3. Choose letter writers who know you well and have nice things to say about you (no family members)! Ideas: A teacher, coach, principal, counselor, boss, community leader of any kind. Give this person your resume or student profile.

4. Ask for a letter of recommendation at least 2-3 weeks prior to the date you need it. Hasty letters are generally not as powerful as thoughtful letters that a writer might go back to several times to edit.

5. Keep deadlines in mind as winter break approaches. If you have a January 1st deadline, you should ask for your letter by November 30th.

6. Fill out forms as much as you can, leaving only the part a teacher or counselor must fill out. Your name, address, etc…

7. Write a quick thank you note to the person who wrote the letter for you.

Transcripts

There are two ways to order a transcript.
Each way serves a different purpose.

If you need a transcript sent to a college or NCAA or a similar agency, then you will need to log on to: www.parchment.com to order transcripts to be sent.

The request is then forwarded to SoHi. After processing, it then goes through cyberspace... rather than the US mail... to get to its destination, which is much faster! ALL transcripts that are headed for NCAA, colleges, etc. have to be processed this way!

FINAL TRANSCRIPTS! A final transcript is one that shows your second semester grades... If you order your transcript when we are IN second semester,,, you will need to make sure you choose "next grading period" when you go on to Parchment... that way your transcript request will wait until the grades are in at the end of the year before it is sent.

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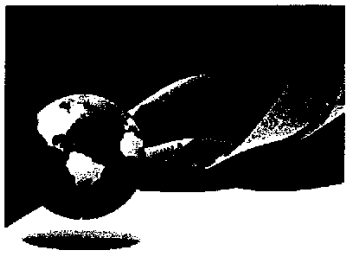
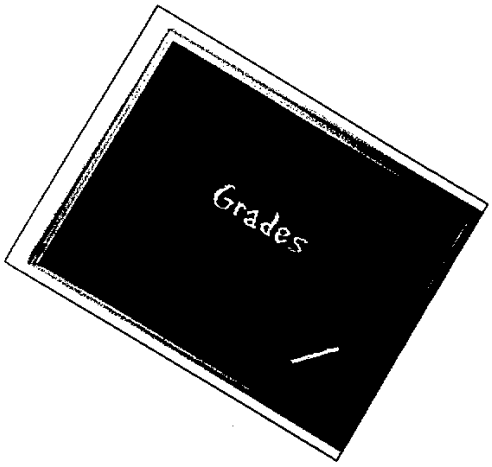
If you need a transcript for scholarships, scholarship folders, insurance, etc., then, you will need to see Mrs. Treider in the Counseling Office.

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Important Information and Dates to Remember! -Be sure to visit the 1 Stop Student Portal on KPBSD's website.
CHECK YOUR GMAIL (OR FORWARD IT TO YOUR HOME EMAIL), WE WILL BE SENDING INFO!

Quick Test Summary Guide:	**FALL**	**SPRING**
Freshman Year:	PSAT (If in Geometry)	State Mandated Testing
Sophomore Year:	PSAT (optional, costs $18)	State Mandated Testing
Junior Year:	**PSAT (costs $18) Accuplacer at KPC	ACT (at KPC), SAT (at KPC) Accuplacer at KPC
Senior Year:	Accuplacer at KPC ACT (at KPC), SAT (at KPC)	ACT (at KPC), SAT (at KPC)

**PSAT awards National Merit Scholarship Programs based on a PSAT taken only during the junior year.

ASVAB Career Exploration. A nationally-normed, multi-aptitude test battery that has been provided to high schools and post-secondary schools since 1968. Offered for FREE in Kenai at the National Guard Armory.

PSAT-(the Practice SAT)-Given at SOHI for Juniors planning to go to college. Open also to sophomores and freshman. Scores obtained in your Junior year will be considered for National Merit Scholarship status. For more information, go to www.collegboard.com/student/testing/psat/about.html
DATE: Wednesday, October 11, 2017. SIGN UP: See Mrs. Marquardt (in front office), pay $18.00 by Friday, October 6, 2017.

SAT Given throughout the year on various dates at KPC for Juniors and Seniors planning on post-secondary education. SAT includes Evidence based Reading & Writing, and Math, and an optional essay test. May be taken more than once. For more information go to www.collegeboard.com KPC Not testing on all dates, make sure to check the website.
2017-2018 Cost is $54.50
SOHI's High School Code is: 020131 KPC Test Center Code is: 02250

ACT Given throughout the year on various dates at KPC for Juniors and Seniors planning on post-secondary education. The ACT is a 4-part Reading, English, Math, and Science achievement test with an optional essay. May be taken more than once.
2017-2018 Cost: $42.50 (no writing) $58.50 (with writing)
KPC Not testing on all dates, make sure to check the website.
For more information, go to www.act.org
SOHI's High School Code is: 020131 KPC Test Center Code is: 000690

FREE TEST PREP WEBSITES:
www.act.org
www.collegeboard.com
www.khanacademy.org/sat
www.number2.com
www.testu.com
https://www.prepfactory.com/

AP Testing. For more information about Advanced Placement testing, go to www.collegeboard.com Tests we offer are: AP Calculus, AP English Literature, AP US History, AP Biology (every other year), AP Chemistry (every other year), AP World History, and AP US Government. Subjects vary each year depending on courses taught.
$93.00 per exam.

Apprenticeship, Vocational, Technical, and Job Information:
www.laborerslocal341.com , www.avtec.labor.state.ak.us , www.jobs.state.ak.us , www.hosting.uss.alaska.edu/ctc
www.ak.agc.org/content/public/Whats_New/iic.inc , http://www.kpc.alaska.edu/, www.careeracademy.edu
http://www.csialaska.org/index.html, https://alexsys.labor.state.ak.us, www.chartercollege.org, www.wbu.edu/anchorage
www.uaa.alaska.edu, www.alaskapacific.edu, www.akbible.edu www.ThinkApprenticeship.org,
www.EarnandLearnAK.org

Career Day at Kenai Peninsula College- This is recommended for all sophomores! Juniors and Seniors may attend on a space available basis. Please join us on this exploratory field trip! You will attend a variety of workshops and explore different occupations and vocations spanning the sciences, arts, business, trades, and technology. Students will attend four 30-minute sessions on the careers of their choice.
DATE: January TBA NO STUDENTS MAY DRIVE, ALL STUDENTS MUST RIDE THE BUS

College Search Information: Find college search information at: **www.cappex.com,** www.collegeboard.org and www.act.org Year-by-year college planning checklists, college search information, tips for college comparisons, and much more. Also see KPBSD's website in the OneStop portal for "10 Steps to College Admission/How to get a good letter of recommendation **www.akcis.org** (Log on through PowerSchool. Search for careers, colleges, and scholarships. Create your own portfolio to SAVE your information. For virtual college visits see: ." Also see the links such as www.campustours.com www.campussherpa.com www.ecampustours.com and www.collegeweeklive.com

Career search websites:
www.careervoyages.gov **http://www.whodouwant2b.com/student/pathways** **http://online.onetcenter.org**
http://online.onetcenter.org – Overall career information.
www.careervoyages.gov. Hundreds of videos to help explore careers.
http://www.whodoyouwant2b.com: Job descriptions, pathways to get there.
www.careerclues.org
Alexys.gov (sponsored by the Alaska department of Labor and workforce development) http://alexsys.labor.state.ak.us/
CareerVoyages.gov- Hundreds of videos to help explore careers (US Government site) www.careervoyages.gov
CTV Career Newsletter (commercial) http://careertv.com
Road Trip Nation chronicles journeys of self-discovery in a free-spirited, adventurous series that encourages people all across the globe to move outside their comfort zones and explore the world. http://www.pbs.org/wnet/roadtripnation
Social Network for the Unemployed (commercial) http://www.nojobsurvivor.com/njs/
Handbook for Parents & Educators (middle & Jr high students) (US Dept. of Education
http://www.ed.gov/pubs/GettingReadyCollegeEarly
Career Explorations Site (middle through grad school) (non-profit; sponsored by student loan orgs) http://
www.mappingyourfuture.org
For high school students--recommend the Road Map exercise US Dept. of Education http:// www.college.gov/wps/portal
This I Believe (personal value statements by celebrities and others) http://www.thisibelieve.org/
You Know 3.0 (2012 update) http://youtu.be/YmwwrGV_aiE
Did you know 4.0 (2013 update) http://youtu.be/xq6_-mM0QeI
CareerBuilder (Monkey Video) http://youtu.be/qIPyDVcCvTQ
A Vision of Students Today http://www.youtube.com/watch?v=dGCJ46vyR9o
A Vision of K-12 Students Today http://www.youtube.com/watch?v=_A-ZVCjfWf8
Academia 2.0 http://www.youtube.com/watch?v=vZ1jFaXgTnw
Pay Attention – Technology Use http://youtu.be/aEFKfXiCbLw
Lost Generation (be sure to watch the whole thing) http://youtu.be/aRG4ySdi_aE
Steve Jobs' Commencement Address-Stanford 2005 Overcoming Obstacles http://www.youtube.com/watch?v=UF8uR6Z6KLc
The Futures Channel—wide variety of well done videos on various occupations, plus connections to STEM topics and grade-level based activities. www.thefutureschannel.com

Annual College and Career Fair in the Soldotna High School Gym-Juniors and Seniors are strongly encouraged to attend. Sophomores may attend on a space available basis. Representatives from over 40 colleges will be available to answer questions and provide information. DATE: October 17, 2017 TIME: 10:00am to 1:00pm.

Post Secondary Planning Night (AKA Senior Night)- Come find out about College search resources, timelines for juniors and seniors, an overview of federal and state financial aid programs, funding for postsecondary education goals, loans, and more! DATE: Tuesday, September 19, 2017 at 6pm in the Soldotna High School Library

Financial Aid Night – Come find out about FAFSA, other types of financial aid, grants, loans, and Scholarships. Tuesday, September 26, 2017. 6PM at SOHI Library

FAFSA Completion Workshops – Need help on the FAFSA? Bring your 2015 Tax info. Experts will be present to help you complete the FAFSA.
Tuesday, October 10, 2017 at 6pm in room 24
Tuesday, November 14, 2017 at 6pm in room 24

ANCHORAGE October College and Career Fair Juniors and Seniors are encouraged to attend, no travel provided by KPBSD. For more information see: http://www.uaa.alaska.edu/eoc/collegeandcareerfair/index.cfm

College, Military, and Vocational Career Presentations: See your gmail from Mrs. Treider in the Counseling Office to find out which schools, recruiters, and training programs will visit. Sign up through FOL or with Mrs. Treider! See the morning announcements!

Jumpstart. KPC offers high school juniors and seniors the opportunity to take 6 credits of college classes for only $58.00 per credit (instead of $183 per credit). Students must have current Accuplacer scores (Accuplacer administered at KPC). For more information or to schedule an exam time, call the Learning Center at 262-0327 or 235-7743 or visit:
http://www.kpc.alaska.edu/KRC/

ATHLETES! NCAA: www.ncaaclearinghouse.net. To obtain eligibility for college sports participation with NCAA, you must create an account online and request a transcript from Mrs. Treider. Take note of new NCAA credit requirements!!!!
Other levels of collegiate sports: http://www.naia.org/ and http://www.njcaa.org/

Scholarship, Financial Aid, Etc… www.HighFiveScholarships.com, www.fastweb.com www.petersons.com www.freschinfo.com www.finaid.org www.cappex.com www.brokescholar.com www.edfund.org www.alaskaadvantage.state.ak.us www.fafsa.ed.gov www.scholarships.com www.bigfuture.org www.chegg.com www.nerscholar.com www.scholarships360.org and don't forget good old GOOGLE!!! For www.akcis.org (Log with your own username or as username: sohi and the password: 4akcis) You can search for careers, colleges, and scholarships. Also, go to KPBSD's website in the **OneStop** Student Portal for information on scholarships and upcoming events. Mrs. Treider updates a list which is sent out frequently via Gmail and there are pockets on the wall in the Counseling office. Help yourself!

Alaska Performance Scholarship. This merit-based and can be used for schools in Alaska. For more information, go to: http://akadvantage.alaska.gov/Grants_and_Scholarships/Alaska_Performance_Scholarship.aspx

UA Scholars Program. The UA Scholars Award is a $12,000 scholarship for the University of Alaska (1,500.00 per semester for 8 semesters over a period of 5 years). Students eligible for the Award are designated by their high school based on their academic standing at the end of their junior year. We award this to the top 10% of juniors, based on GPA ranking. For more information, visit: http://www.alaska.edu/scholars/

WUE (Western Undergraduate Exchange Scholarships) www.wiche.edu These scholarships give students in western states reduced tuition. (In state tuition + 50% in some cases). See individual university requirements ranging from 2.5 to 3.8 GPA with or without SAT and ACT scores. This can save you up to $5,000 to $8,000 a year!

Don't miss a thing!
Sign up for REMIND.com by texting
SENIORS: @sohi2018 to 81010
JUNIORS: @sohi2019 to 81010
SOPHOMORES: @sohi2020 to 81010
FRESHMEN: @sohi2021 to 81010

Important dates:

Tuesday, September 19, 2017 Post-Secondary Planning (Parent info night)
Tuesday, September 26, 2017 Financial Aid Night at SOHI Library
Tuesday, October 10, 2017 FAFSA Completion Workshop #1
Tuesday, October 17, 2017 College Fair at Soldotna High School Gym
Wednesday, October 25, 2017 Visit to UAA, APU, ACC, NIT, & Charter
November 6-10, 2017 College Application Week
Tuesday, November 14, 2017 FAFSA Completion Workshop #2
Ongoing FOL in Counseling Office-colleges, recruiters, professionals

Find Your Future

SOHI School Counseling Department

Margaret Griffin, Last Names A-L, 907-260-7073 mgriffin@kpbsd.k12.ak.us
Megan Murphy, Last Names M-Z, 907-260-7059, mmurphy@kpbsd.k12.ak.us
Nelma Treider, Secretary & Registrar, 907-260-7072, ntreider@kpbsd.k12.ak.us

1 STOP STUDENT PORTAL

Visit 1Stop at www.kpbsd.k12.ak.us

Visit the Counselor's Corner on SOHI's website (forms, announcements, information)