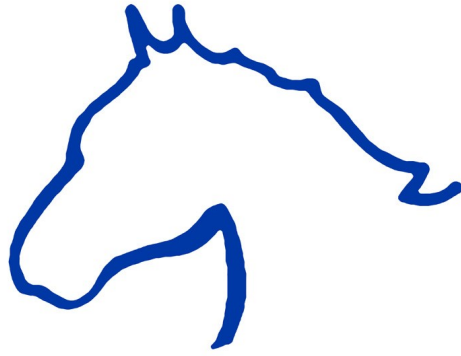


# College Planning



## Horseheads Guidance

- > Testing Information for College Admissions
- > NCAA Eligibility
- > College Search Help
- > Shadowing, Career Panels and Internships
- > Financial Aid

### College Admissions Tests: ACT and SAT

You are starting to think of the perfect college for you.....but will you get in???? Know that colleges look at a number of factors to determine admission offers or denials. One piece of the puzzle

score out of either to support your application. If you are unsure of what to take, please take some time and speak with your counselor.

that some schools may require additional testing through the SAT subject tests. It is your job to research what you need. Do this early, so you are not surprised as you start filling out applications next fall.



Both the SAT and ACT have an optional writing portion. You will want to research the testing requirements for your prospective colleges. As a rule of thumb, we recommend the optional writing portion in the event you decide to apply to a school which requires that section.

Please also be aware that your test scores may be required for scholarship criteria and is needed for NCAA eligibility determination.

is your scores on admissions exams. You have the choice of taking either the ACT or SAT Reasoning test to fulfill this part of your application. Either test is acceptable at institutions and admissions offices use the best

Make sure you are checking with the colleges that you are considering to see what their testing requirements are. Some colleges do not require any admissions test, such as community colleges like CCC or some 4 year schools which are "test optional." Know

### Planning on Playing a Sport in College?



So you want to play your sport at college? There are some things you need to know for NCAA Division I and II athletics. One of the most important factors is your classes and grades!!!! You must

be academically eligible to play and you have to complete certain core courses to apply for eligibility. Your counselor has a checklist to help verify if you have met the academic requirements for NCAA. If you have not let your counselor know you intend to try to play a sport at this level, see him or her soon!

Also take time to explore this resource:

[www.NCAA.org/playcollegesports](http://www.NCAA.org/playcollegesports)

To register with NCAA go to

[www.eligibilitycenter.org](http://www.eligibilitycenter.org)

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## You have brains in your head. You have feet in your shoes....

You can steer yourself in any direction you choose! (Dr. Seuss, Oh, The Places You'll Go).

As you prepare to graduate from Horseheads High School you have the world ahead of you. But what are you going to do? No one can make your career decisions for you. You need to spend some serious time and effort thinking about your future plans. One of the best resources we offer is the services of the Career Development Council.

Mrs. Lynch is our school CDC representative. Through this program, students are able to schedule shadowing and career panels to explore careers of interest. There is no better way to find out if you will like a job than seeing it for yourself.

Students can also participate in internship opportunities through CDC. Internship hours are done beyond the school day.

Mrs. Lynch is in the Guidance Office on Tuesdays and Wednes-

days during the lunch periods.

## Campus Visits

Before applying to colleges, you should take the time to visit and evaluate the schools first hand. You will be amazed as you walk onto different campuses and have the feel of "I can see myself here," or NOT!

Before you go, take some time and research the school. Contact admissions and make your

visit official. As you apply to colleges, they want to know you are serious about their school. There is no better way to let them know this than by contacting the admissions office and taking an official tour while visiting the school!

While on campus make sure you visit the library and dorms. It is

best to visit while classes are in session so you can evaluate what it is like with students. This also gives you the chance to speak with students about the school.

A little act of kindness speaks volumes! Send a thank you note after your visit to the admissions office. This small act speaks volumes in your application.



## The Common Application



The idea behind the Common App is to simplify the process in college applications. If a student is applying to four different schools, you could fill out the same information four times in individual school applications. By using the Common App, this demographic and educational information is completed once.

The Common Application is used by over 700 colleges and universities nationwide. There are two components: the Common App and a School Specific Supplement. Each of these are submitted through an online system; however, they are submitted separately. So when it comes to submission, this is a two step process.

If you are unsure of how you should apply to college, talk to your counselor. We will review the process and application choices. We can even take the time to look at your application before you submit.

## Prioritize What you want in a College

There are many criteria that you should consider when prioritizing your "want" list. Examples include your college major/minor; location; admissions qualifications; activities; athletics and financial assistance. How do you prioritize? Start asking and reflecting on these questions.

- ⇒ Are there several areas of studies that interest you?
- ⇒ In what are of study do you want to specialize?
- ⇒ What are your interests and abilities?
- ⇒ Do you want to attend a college instate or out of state? How far away?
- ⇒ Do you want to live in a rural, city or suburban area?
- ⇒ Do you want to attend a small, medium, large or supersized college or university?
- ⇒ How rigorous is your high school program (course selection and performance)?
- ⇒ Have you met with a financial aid counselor at the school and investigated all forms of financial assistance?
- ⇒ Are there co-op or internship programs?
- ⇒ Does the school offer activities or athletics of interest?



## Your College Search Resources

The Guidance Office offers a number of resources to help you with your search.

One of the first things we suggest is to do some online research. Our "Bridges" program is a great tool to research careers and college. Do interest inventories, a personality assessment or look at colleges.

Your counselor can help you navigate the program, just stop in to make an appointment.

Admissions Representatives come to visit Horseheads regularly. This is a great opportunity for the student to ask questions about a college of interest and for the student to make a positive impression on a person who

will likely be reviewing their application!

Every October, the regional school counselors association hosts a college fair. Over 100 colleges attend the afternoon and evening sessions at College Information Day at the Arnot Mall.



## Show Me the Money!!!!



Two words evoke panic for students and parents: Financial Aid.

A key element in your future decisions is how to fund your education. Trust us, the money doesn't grow on trees and you have to do some work here.

As you evaluate colleges, take time to look at their financial aid pages to review costs and schol-

arship opportunities. Search out independent scholarships. We have information in the Guidance Office to help you with this. Also make sure you watch our scholarship notifications to apply for local scholarship money. We post notices both in the hall by Guidance and on the High School Guidance webpage.

Become familiar with the FASFA

process. The FASFA is an application through the US Government to help determine your expected family contribution toward college and your eligibility for certain grants and loans. The website is [www.fafsa.ed.gov](http://www.fafsa.ed.gov)

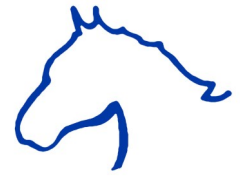
Some schools may require additional financial information. Research requirements so you don't miss deadlines!

## Don't forget to complete your Student Record Sheet

In your mind you wonder "why?". Why so many questions? Why do I have to do this?

Well, quite simply, it is for you! We ask for a Student Record Sheet to be filled out so that your applications and letters of reference can be the best possible reflection of you from our office. Counselors service many students, and this helps ensure we get our facts straight.

Another big reason to get this form in is for scholarship consideration. Some scholarships awarded through Horseheads are based on Counselor nomination. We use these forms to find the best candidates to meet scholarship criteria. If we don't have it, your name isn't in consideration for the award.



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## Considering the Military?

Not every student goes straight into college or the workforce. Another option is the military. There are five branches of service: US Air Force; US Army; US Coast Guard; US Marine Corps; and US Navy. Recruiters do come to the high school on a regular basis to provide information for students. If you would like help contacting a particular branch, please don't hesitate to ask. We can give you contact information.

We also offer the ASVAB

(Armed Services Vocational Aptitude Battery) in November of each year. This assessment is used to help with career search and also is used by the military to place recruits in specific fields of work.

Another option for those considering the military is the ROTC program (Reserve Officer's Training Corps). This program allows student cadets to receive leadership training in their freshman and sophomore years of college. If after that time, you decide the mili-

tary is right for you, the program will support you with money for college and upon graduation, you will be commissioned as an officer and have immediate job opportunities within the military.

