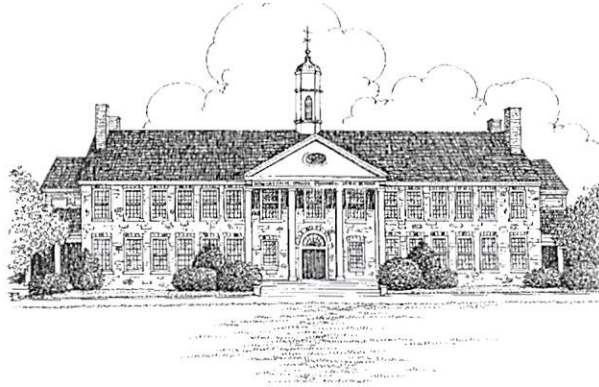


HOUSATONIC VALLEY REGIONAL HIGH SCHOOL

CLASS OF 2023

COLLEGE PLANNING PACKET



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Family Action Plan: 11th Grade

Junior year marks a turning point. This is because for most students and families, it's when college planning activities kick into high gear. Here are some things you can do this year to support your child and provide the best options.

SUMMER

- Get the facts about what college costs.** You may be surprised by how affordable higher education can be. Start by reading [Understanding College Costs](#).
- Explore financial aid options.** These include grants and scholarships, loans, and work-study programs that can help pay for college costs. Find out more about how [financial aid can make college affordable](#).

FALL

- Make sure your child meets with the school counselor.** This meeting is especially important this year as your 11th grader starts to engage in the college application process. Learn more about the [counselor's role in applying to college](#).
- Help your child stay organized.** Work with your 11th grader to make weekly or monthly to-do lists to keep on top of the tasks required to get ready for applying to colleges. For more time management tips, see [8 Ways to Take Control of Your Time](#).
- Help your junior get ready for the PSAT/NMSQT in October.** This is a preliminary test that helps students practice for the SAT and assess their academic skills. Juniors who score well on the test are also eligible for scholarship opportunities. Find out more about the [PSAT/NMSQT](#).
- Encourage your child to set goals for the school year.** Working toward specific goals helps your high school student stay motivated and focused.

WINTER

- Review PSAT/NMSQT results together** by logging in to the [student score reporting portal](#). Your child's score report shows what they should work on to get ready for college, lists Advanced Placement courses that might be a good match for them, and connects them to [free, personalized SAT practice](#) on Khan Academy based on their results.
- Help your child prepare for the SAT.** Many juniors take the SAT in the spring so they can get a head start on planning for college. See [which other tests](#) your high school junior may need to take.
- Discuss taking challenging courses next year.** Taking honors courses or college-level courses as a senior can help your child prepare for college work—and these are also the courses that college admission officers like to see. Learn more about [advanced classes](#).

WINTER (CONTINUED)

- Encourage your junior to consider taking SAT Subject Tests™.** Many colleges require or recommend taking these tests to get a sense of your child's skills in a certain academic area. In general, it's best to take a Subject Test right after taking the relevant course. Learn more about [SAT Subject Tests](#).
- Encourage your child to take AP® Exams.** If your 11th grader takes AP or other advanced classes, have your child talk with teachers now about taking these tests in May. Read more about the [AP Program](#).
- Encourage your child to opt in to the College Board Opportunity Scholarships.** Your child can earn scholarships ranging from \$500 to \$2,000 by completing individual college planning steps. When they complete all six steps, they'll be eligible for a \$40,000 scholarship.

SPRING

- Search together for colleges that meet your child's needs.** Once you have an idea of the qualities your junior is looking for in a college, help your child enter these criteria into [College Search](#). There your child can create a list of colleges to consider applying to.
- Help your child research scholarships.** This form of financial aid provides money for college that doesn't need to be repaid. Learn more through [College Board Scholarship Search](#).
- Attend college fairs and financial aid events.** These events allow you to meet with college representatives and get answers to questions. Your child can ask the school counselor how to find events in your area. Check out the [College Fair Checklist](#) for more information.
- Help your child make summer plans.** Summer is a perfect time to explore interests and learn new skills—and colleges look for students who pursue meaningful summer activities. Help your high school student look into [summer learning programs](#) or find a job or internship.
- Visit colleges together.** Make plans to check out the campuses of colleges your child is interested in. Use the [Campus Visit Checklist](#) to learn how to get the most out of these experiences.

Visit [cb.org/opportunity](https://collegeboard.org/opportunity) to learn more.

Visit bigfuture.org for more information.

 /MyBigFuture  @MyBigFuture  @collegeboard

Family Action Plan: 12th Grade

Senior year is a whirlwind of activity. It's a big year for your child—balancing schoolwork, extracurricular obligations, and the college application process. Use the suggestions below so you and your child can meet these challenges.

SUMMER

- Visit colleges together.** If you haven't already, make plans to check out the campuses of colleges that interest your child. Use the [Campus Visit Checklist](#) to learn how to get the most out of these experiences.
- Ask how you can help your senior finalize a college list.** You can help your 12th grader choose which colleges to apply to by weighing how well each college meets their needs. Learn [how to finalize a college list](#).
- Find out a college's actual cost.** Once your 12th grader has a list of a few colleges of interest, use the [Net Price Calculator](#) together to discover the potential for financial aid and the true out-of-pocket cost—or net price—of each college.
- Encourage your child to get started on applications.** Together you can get the easy stuff out of the way by filling in as much required information on college applications as possible. Read about [how to get started on applications](#).
- Help your child decide about applying early.** If your senior is set on going to a certain college, they should think about whether applying early is a good option. Now is the time to decide because early applications are usually due in November. Read about the pros and cons of [applying early](#).
- Gather financial documents:** To apply for most financial aid, your child will need to complete the Free Application for Federal Student Aid (FAFSA). You'll need your most recent tax returns and an FSA ID to complete the FAFSA, which opens October 1.
- Encourage your child to opt in to the College Board Opportunity Scholarships.** Your child can earn scholarships ranging from \$500 to \$2,000 by completing individual college planning steps. When they complete all six steps, they'll be eligible for a \$40,000 scholarship. Visit cb.org/opportunity to learn more.

FALL

- Encourage your child to meet with the school counselor.** This year, your 12th grader will work with the counselor to complete and submit college applications. Learn more about [the counselor's role in applying to college](#).
- Create a calendar with your child.** This should include application deadlines and other important dates. Your child can find specific colleges' deadlines in [College Search](#). Your child can save colleges in a list to get a custom online calendar that shows the deadlines of those colleges.
- Get your child ready for college admission tests.** Many seniors retake college admission tests, such as the SAT[®], in the fall. Learn more about helping your 12th grader [prepare for admission tests](#).
- Help your child find and apply for scholarships.** Your high school student can find out about scholarship opportunities from the school counselor and how to request and complete scholarship applications and submit them on time. Learn more about [scholarships](#).

FALL (CONTINUED)

- Offer to look over your senior's college applications.** But remember that this is your child's work, so remain in the role of adviser and proofreader. Respect your child's voice.
- Complete the FAFSA.** The government and many colleges use the Free Application for Federal Student Aid (FAFSA) to award aid. Now it's easier than ever to fill out this form because you can automatically transfer your tax information online from the IRS to the FAFSA. Read [How to Complete the FAFSA](#) to learn more.
- Complete the CSS Profile™, if required.** If your child needs to submit the CSS Profile to a college or scholarship program, be sure to find out the priority deadline and submit it by that date. Read [How to Complete the CSS Profile](#).
- Encourage your child to set up college interviews.** An interview is a great way for your child to learn more about a college and for a college to learn more about your child. Get an overview of the [interview process](#).

WINTER

- Work together to apply for financial aid.** Have your child contact the financial aid offices at the colleges of interest to find out what forms students must submit to apply for aid. Make sure your child applies for aid by or before any stated deadlines. Funds are limited, so the earlier you apply, the better.
- Learn about college loan options together.** Borrowing money for college can be a smart choice—especially if your high school student gets a low-interest federal loan. Learn more about the [parent's role in borrowing money](#).
- Encourage your senior to take SAT Subject Tests™.** These tests can showcase your child's interests and achievements—and many colleges require or recommend that applicants take one or more Subject Test. Read more about [SAT Subject Tests](#).
- Encourage your child to take AP Exams.** If your 12th grader takes AP or other advanced classes, have your child talk with teachers now about taking these tests in May. Read more about the [AP Program](#).

SPRING

- Help your child process college responses.** Once your 12th grader starts hearing from colleges about admission and financial aid, you need to help your child decide what to do. Read about [how to choose a college](#).
- Review financial aid offers together.** Your 12th grader will need your help to read through financial aid award letters and figure out which package works best. Be sure your child pays attention to and meets any deadlines for acceptance. Get more information on [financial aid awards](#).
- Help your child complete the paperwork to accept a college's offer of admittance.** These steps should be taken once your child has decided which college to attend: review the offer, accept that college's offer, mail a tuition deposit, and submit other required paperwork. Learn more about your high school senior's [next steps](#).

Visit bigfuture.org for more information.

INTRODUCTION FOR PARENTS

Your child depends on you, and you can depend on us.

Over the course of a lifetime, someone with a college degree will earn \$1 million more than someone with a high school diploma.

The Common Application is your child's cost-free gateway to college. Last year, over 1 million students used the Common App to apply to college—and one-third of them were the first in their family to go to college.

How can I best help my child?

Regardless of whether or not you've been to college yourself, you have an important role to play in your child's journey to college by helping them imagine what is possible. You also have an army of advocates who want your child to succeed: school counselors, teachers, principals, coaches, community mentors, college admission officers, and financial aid advisors. They will offer their advice freely and generously, so don't be afraid to reach out and use their expertise.

Why should my child use the Common Application?

With more than 800 member colleges and only one application, the Common Application is comprised of a rich and diverse membership – colleges that are public, private, large, small, secular, and religious. No other college application system matches the diversity of institutions accessible through the Common Application.

How does the Common Application work?

Colleges request a large amount of information from applicants, and we simplify the process by collecting much of that information all in one place. This prevents students from repeating the details of their background, education, activities, and testing over and over again for every school on their list. It also enables students to stay on top of deadlines and manage school-specific tasks – without leaving our system. Start now by visiting commonapp.org.

College is more affordable than you think. Visit fafsa.ed.gov for help.

Considering College Types

Colleges aren't all the same. Different colleges and universities have different missions (or functions, or goals). While no two are exactly alike, most fit into one or more of the following categories:

Liberal Arts Colleges focus on the education of undergraduate students. Classes are generally taught by professors who see teaching as their primary responsibility. Because most liberal arts colleges are smaller than universities, classes tend to be smaller and more personal attention is available. As opposed to preparation for a specific career path, students who attend liberal arts colleges are exposed to a broad base of courses in the humanities, social sciences, and sciences. In addition, they select at least one area of in-depth study that is their college major. Many employers look for graduates of liberal arts programs and value their well-rounded preparation.

Universities are generally larger and include a liberal arts college, as well as some professionally oriented colleges, and graduate programs. Universities offer a greater range of academic choices than liberal arts colleges. They will likely provide more extensive resources in terms of library, laboratory, fine arts and athletic facilities. At many large universities, class size will reflect institutional size and most introductory classes are taught in a lecture format.

Technical Institutes and Professional Schools enroll students who have made clear decisions about what they want to study and emphasize preparation for specific careers, for example in music or fine arts, engineering, or technical sciences. You will want to be quite sure of your future direction before selecting one of these options.

Historically Black Colleges and Universities (HBCUs) find their origins in the time when African American students were systematically denied access to most other colleges and universities. Students at HBCUs have a unique opportunity to experience an educational community in which they are a part of the majority. They find committed faculty mentors who encourage their expectations of success.

Tribal Colleges are similar to HBCU's, focusing on the needs and education of American Indian students.

Hispanic-serving Institutions are colleges, universities or systems/districts where total Hispanic enrollment constitutes a minimum of 25 percent at either the undergraduate or graduate level

Women's Colleges, with their larger numbers of female faculty and administrators, offer college women confidence-building role models, greater opportunities to serve in a full range of student leadership positions, and a heightened awareness of career possibilities for women.

Community or junior colleges generally offer the first two years of a liberal arts education, in addition to specialized occupational preparation. An associate degree is awarded at the end of a two-year program of studies, following which many students continue their education at a four-year institution. Student can also earn certificates for specific careers in under two years.

Proprietary institutions are considered for-profit companies that operate under the demands of investors and stockholders. They attract adult learners and part-time students in search of narrowly focused professional training opportunities. These programs usually offer a non-traditional format; many for-profits also have classes solely available online.

Campus Visits

One of the most important parts of your college research is the campus visit. Visiting the colleges on your list will give you a firsthand impression of the students, faculty, staff, facilities, and programs. On a visit you can learn what the admission office is looking for in its applicants, gain a feeling for the academic and social atmosphere, see the study/living/recreation facilities, talk with students, and get a sense of the community.

When to Visit:

- Admission offices are open all year, but visiting when classes are in session is best. If you visit in the summer, you can certainly learn about admission and get a general tour of the campus, but it might be hard to get a good sense of the atmosphere of the college.
- The best time to visit? Spring Break of your junior year can be ideal. Even if you aren't certain where you might eventually apply, if you can visit one large, one medium size, and one small school, you will be better prepared to make final decisions about where to apply.
- Once you have narrowed your list in the fall of the senior year, you may want to make return overnight visits to schools to which you will be applying. On these visits, plan to go to classes and interact with students.
- If at all possible, try to visit colleges before you apply. You may discover the school isn't at all what you had thought it would be. However, attending accepted students visit programs at the colleges you have visited previously can help you narrow down your choices.
- Some colleges will offer spring programs for juniors and fall programs for seniors. Check online or contact the admission office since you may need to make a reservation.

Plan Your Visit:

- A good campus visit takes two-four hours, including time to get a sense of the surrounding town or area. Don't try to visit more than two schools in one day.
- Figure out an itinerary: where you want to travel, how you will travel, how far one school is from another.
- Call the admission office at least two weeks ahead of time to schedule your visit. Admission offices have set times for tours and information.
- Think of all the things you want to do when you visit and ask what the admission office can help you with: talking with an admission officer, taking a tour, attending a class, meeting with a professor in an area that interests you, eating a meal on campus, talking with a coach or advisor of an extracurricular activity that interests you, etc.
- Research each college before you go visit and make a list of specific questions to ask.
- Contact students you might know at the school before you plan to visit.

When You Visit:

- Focus on people, places, and programs during your visit.
- Talk to as many people as you can: students, dining hall workers, tour guides, faculty.
- Look at a campus newspaper and check out campus bulletin boards.
- Wander through snack bars and student centers and observe how students interact with each other.
- Keep track of all names of people you talk with, especially in the admission office.
- Attend an admission session and take an official tour. Listen to the tour guide, but don't jump to a conclusion about a particular school based solely on your experience with a tour guide.
- If you are meeting or interviewing with an admission staff member, be on time, be yourself, ask questions that deal with your particular needs, and make sure you mention anything about your background or achievements that you want the admission office to know.

After the Visit:

- Fill out the college comparison sheet before you get to another campus.
- Send a thank you note to any admission person you meet.
- Look ahead to fall of the senior year to plan a follow-up, overnight visit.



Campus Visit Checklist

Visiting a college campus helps you get a sense of what a college — and life at that college — is like. This can help you decide whether the college is right for you.

GATHER INFORMATION

Find out what you need to do to apply, and see if the college's class and major offerings are what you want:

- Take part in a group information session at the admission office.
- Interview with an admission officer.
- Pick up financial aid forms.
- Sit in on a class that interests you. If classes aren't in session, just see what the classrooms are like.
- Meet a professor who teaches a subject that interests you.
- Talk to students about what they think of their classes and professors.
- Get the names and business cards of the people you meet so you can contact them later if you have questions.

EXPLORE THE CAMPUS

Get a feel for student life, and see if this college is a place where you will do well:

- Take a campus tour.
- Visit the dining hall, fitness center, library, career center, bookstore, and other campus facilities.
- Talk to current students about the college and life on campus.
- Check out the freshman dorms, and stay overnight with a student, if possible.
- Talk to the coaches of sports that you may want to play.
- Walk or drive around the community surrounding the campus.

CHECK OUT CAMPUS MEDIA

Tune in to learn what's happening on campus and what's on students' minds:

- Listen to the college radio station.
- Read the student newspaper.
- Scan bulletin boards to see what daily student life is like.
- Go to the career center and learn what services it offers.
- Browse the school's website and any campus blogs.
- Read other student publications, such as department newsletters, alternative newspapers, and literary reviews.

GET THE MOST OUT OF A CAMPUS VISIT IN **6 STEPS**

1 DECIDE WHERE AND HOW

See if your school arranges group trips to colleges or if you could get a group of friends together and visit the campus. A family trip is another option and allows you to involve your family in the process.

2 PREPARE FOR YOUR VISIT

Before you set out, get a map of the college campus and pick out places of interest. Call the college's admission office to schedule a guided tour of the campus.

3 TAKE YOUR OWN TOUR

Just wandering around the campus on your own or with friends can be the best way to get a feel for what a college is like.

4 EXPLORE THE FACILITIES

Find the spots on campus where students gather or ask a student where the best place to eat is to get a feel for the character of the college. Visit the library and check out the gym or theater. Ask an admission officer if you can tour a dorm and a classroom.

5 MAKE CONNECTIONS

Talk to current students. Ask the students at the next table or sitting nearby what they like best about the college.

6 TAKE NOTES

During your visit, write down some notes about your experience. What did you see that excited you? Are there aspects of the college that you don't like? If so, what are they?

Questions to Ask During Your Visit:

ASK TOUR GUIDES/STUDENTS

- What are the best reasons to go to this college?
- What's it like to go from high school to college?
- What do you do in your free time? On the weekends?
- What do you love about this college?
- What do you wish you could change about this college?
- Why did you choose this college?
- What is it like to live here?
- What does the college do to promote student involvement in campus groups, extracurricular activities, or volunteerism?

ASK PROFESSORS

- What are the best reasons to go to this college?
- Can a student be mentored by professors, graduate students, or upperclassmen?
- How are professors rated by the college? Does the college think mentoring and meetings for project guidance are important?
- How does the college help students have access to professors outside class? Do professors join students for lunch, help with community service groups, or guide student organizations?
- How many students do research or other kinds of projects for a semester or more?

ASK THE FINANCIAL AID OFFICE

- How much has your total college cost for each student risen in the past year?
- How much do your students usually end up owing when they graduate?
- What is the average income of graduates who had the same major that interests me?
- Will my costs go up when your tuition goes up, or can we use the same tuition rate I started with so I'll know the costs for four years?
- How many students usually graduate in the major that interests me? How long do these students usually take to get their degree? In what ways does the college help students graduate in four years?

Different Admission Plans

There are two main categories of admission options: **non-restrictive** and **restrictive**.

Non-restrictive application plans don't restrict students from applying to other institutions. You'll have until May 1 to consider your options and confirm enrollment. There are three application plans under non-restrictive:

- Regular Decision
- Rolling Admission
- Early Action.

Regular Decision means that you turn in your application by the college's deadline and they let you know by a specified date.

For **Rolling Admission**, schools review applications as they're submitted and make decisions throughout the admission cycle (usually within four to six weeks of submission of the application). It is usually wise to send your application as soon as possible since some colleges fill their classes by early winter.

With **Early Action**, you send your application by the early deadline and the college sends you its decision earlier. Some colleges do have additional restrictions on their early action programs, so make sure to read carefully the instructions from each college.

There are two types of restrictive application plans:

- Early Decision
- Restrictive Early Action.

When you decide to apply **Early Decision**, you are committing yourself to going to that school. Early Decision is for those early-bird students who already have a clear first-choice college. If you're still comparing colleges and don't want to limit your choices yet, Early Decision isn't for you. Why? Early Decision is a contract between you and the college. You agree that if the college accepts you, you'll withdraw all other college applications and attend the early decision college. Because of this commitment, you can apply Early Decision to only one college.

The other restrictive option is **Restrictive Early Action**. This means that you apply to your school of choice and get a decision early. Be aware, though, that some schools restrict applicants from applying to any other early plans at other schools. If you go this way, you'll have until May 1 to confirm that you'll attend.

These early options can be confusing—some schools even have more than one of these options—so talk to your school counselor if there's anything you don't understand.

Colleges respond to early applications in one of three ways: acceptance, rejection, or deferring applications over to regular decision.

20 Questions to Ask College Representatives

Whether you meet them at a college fair or on a campus visit, college representatives genuinely enjoy talking to high school students and answering questions about their college. The following questions will help start a good dialogue.

-
1. What makes your college unique?
 2. For what academic programs is your college known?
 3. How would you describe the students at your college?
Where are most of them from?
 4. Where do students hang out on campus?
 5. What happens on weekends — are there things to do on campus or in town, or do most students go home?
 6. Are fraternities and sororities a big part of campus life?
 7. What are the housing options for freshmen?
 8. Do many students live off campus?
 9. Is there a sports complex or fitness center?
 10. What are the most popular clubs and activities?
 11. What's the security like on campus?
 12. What's the surrounding area like? Is it easy to get around?
 13. What are the most popular majors?
 14. How would you describe the academic pressure and workload?
 15. What support services (academic advisers, tutors, etc.) are available?
 16. Do I need to bring my own computer?
 17. What's the faculty like? Are they accessible outside of class?
 18. Are there opportunities for internships?
 19. Is there job placement help for graduates?
 20. Are there any big changes in the works that I should know about?

What is a College Fair?

A college fair is a gathering of college, school, and program representatives who are looking for the right students for their institutions. They're there to spread the word about their college to high school students — and they want to talk to you.

College fairs may be held online, at your school, a conference center or a local community center, and the colleges may be local or from around the country or even abroad. The representatives usually stand or sit at booths or tables and hand out brochures and cards, or in the virtual world they may be coming to you from their living room! They can tell you about everything from academics to campus life at their college, and they can also answer more-general questions about college.

If you can, try to go to more than one to get a good sampling of what's out there.

What do I do before the fair?

- Use the information provided to register for a fair and put the date and time of the event, as well as the link, in your calendar. Set a reminder that works for you and/or check your email for a notification.
- Look at the list of colleges attending and make a list of those you want to talk to/visit.
- Spend a few minutes on the website of each college if you can. This will give you a sense of any questions you might want to ask.

What happens during the fair?

- If virtual, you may log in any time during the fair and do not have to stay the whole time
- Turn on your video and audio
- Pick the schools you would like to visit (you don't have to visit all of them).
- College representatives really do want to talk to you! Even if you just say hello.
- It's okay to introduce yourself by name, high school and grade and to talk about your interests. Don't feel pressure to share your GPA, financial status or anything else legally sensitive
- If the schools ask you to register for visiting them during the fair, fill out the link/card to show demonstrated interest (this helps in the application process).
- A college fair is more for *you* to ask questions, as opposed to an interaction where the college rep is giving an overview of their school.
- If others are asking questions, simply listen to the answers.
- If you are interested in a school but have no specific questions, good questions to ask are:
 - How do you support undecided students in finding a major?
 - What classes do students enjoy taking the most?
 - What makes your school stand out?
 - How is your school doing during COVID-19?
 - What are your admissions requirements?
 - Can you tell me about your financial aid and scholarship opportunities?

What about after the fair?

- Note down schools that you liked and didn't like.
- Follow up with any school if you have outstanding questions.
- Continue your research
- Reach out to your counselor or the CCRC with any questions

How to Get the Most Out of a College Fair

GOING TO A COLLEGE FAIR

- Take a pen and a small notebook.
- Take a bag to carry the brochures you pick up.
- Print out some address labels with your name, address, phone number, email address, high school, and year of graduation. Spend your time at the college tables asking questions, not filling out contact cards!
- When you arrive, check out the floor plan and find out where the tables for your top choice colleges are located so you can go directly to them.
- Write down your most important questions in advance so you don't forget them.
- Check on whether any information sessions, such as financial aid, are being offered. Interested? Budget your time accordingly.
- Jot down notes about a college while your memory is fresh, such as right after visiting the table.
- Pick up the business cards of any representatives you talk to, so you can contact them if you have any more questions.

AFTER YOU GET HOME

- Make a point of going through the materials and your notes within one week after the fair. You'll probably remember more about your conversations with college representatives while the memories from the fair are still fresh.
- Follow up with any college that interests you by contacting the admission office to ask further questions and, if possible, plan a visit to the campus.

Source: Associated Colleges of the Midwest (www.acm.edu)

College Fair List by Date Spring 2022

Times are in Eastern. Click the registration link for more details.

If you are interested in particular schools, check their websites for info.

Date	Day of Week	Time	In-Person or Virtual	Host	Registration Link	Notes
March 29	Tuesday	9:00am - 3:00pm	In-Person	CT Department of Higher Ed	CareerCon n2022	Held at Mohegan Sun Arena. Info from 25 Technical Schools
March 30	Wednesday	4:00pm - 6:00pm	Virtual	CUNY System	Online Registration	All City University of New York schools
April 3	Sunday	1:00pm - 6:00pm	Virtual	NACAC	NACAC Fairs	Virtual College Fair
April 11	Monday	7:00pm - 9:45pm	Virtual	StriveScan College Launch Pad	Registration now open!	Business Nationwide Virtual College Fair
April 12	Tuesday	9:00am - 12:00pm AND 6:00pm - 8:00pm	Virtual	NACAC	NACAC Fairs	Multi-Session Student Pathways Virtual College Fair for gap years, transfers, adults learners and non-traditional students
April 12	Tuesday	7:00pm - 9:45pm	Virtual	StriveScan College Launch Pad	Registration now open!	STEM Nationwide Virtual College Fair
April 12	Tuesday	6:00pm - 10:00pm	Virtual	Coalition for College Day 1	April Virtual Fairs	130 Colleges part of Coalition for College; four 50-minute sessions on the hour
April 13	Wednesday	7:00pm - 9:45pm	Virtual	StriveScan College Launch Pad	Registration now open!	Social Sciences Nationwide Virtual College Fair
April 14	Thursday	7:00pm - 9:45pm	Virtual	StriveScan College Launch Pad	Registration now open!	The Arts Nationwide Virtual College Fair
April 14	Thursday	6:00pm - 10:00pm	Virtual	Coalition for College Day	April Virtual Fairs	130 Colleges part of Coalition for

				2		College; four 50-minute sessions on the hour
April 19	Tuesday	7:00pm - 8:00pm	In-Person	Salisbury School, Salisbury, CT	Sign up with Google Forms	Attendees must be fully vaccinated
April 20	Wednesday	9:00am - 12:00pm AND 5:00pm - 8:00pm	In-Person	NACAC	NACAC Fairs	Northern NJ College Fair. This is the closest in distance to CT
April 26	Tuesday	9:00am - 12:00pm AND 6:00pm - 8:00pm	Virtual	NACAC	NACAC Fairs	Multi-Session Virtual College Fair
April 27	Wednesday	6:00pm	In-Person	Northwestern CT CC	Pre-registration required	Check-in starts at 5:30pm
May 3	Tuesday	6:30pm - 8:00pm	Virtual	CONNECT Virtual College Fairs	CT College Fairs	UConn, Western, Eastern, Central, Southern State University Fairs
April 28-30	Th-Sat	TBD		CT Community College Showcase	Open House and College Planning Conference	Sessions from Community Colleges in CT
May 17	Tuesday	6:00pm - 8:00pm	In-Person	Assumption University, Plourde Recreation Center, Worcester, MA	NEACAC	Students do not need to register in advance
May 23	Monday	9:00am - 11:00am	In-Person	Franklin Pierce University, Fieldhouse, Rindge, NH	NEACAC	Students do not need to register in advance
May 23	Monday	6:00pm - 9:45pm	Virtual	StriveScan College Launch Pad	Registration coming soon!	Colleges by Size Nationwide Virtual College Fair
May 24	Tuesday	11:00am - 1:00pm	In-Person	Bridgewater State University, Tinsley	NEACAC	Students do not need to register in advance

				Center, Bridgewater, MA		
May 24	Tuesday	6:00pm - 9:45pm	Virtual	StriveScan College Launch Pad	Registratio n coming soon!	Colleges by Size Nationwide Virtual College Fair
May 25	Wednesday	6:00pm - 9:00pm	In-Person	Trinity College, Ferris Athletic Center, Hartford, CT	NEACAC	Students do not need to register in advance
May 25	Wednesday	6:00pm - 9:45pm	Virtual	StriveScan College Launch Pad	Registratio n coming soon!	En español Nationwide Virtual College Fair
May 26	Thursday	6:00pm - 9:45pm	Virtual	StriveScan College Launch Pad	Registratio n coming soon!	HBCU and HSI Nationwide Virtual College Fairs

College Resources for Students and Families

GENERAL WEBSITES

- **Campus Tours: Virtual College Tours.** Virtual tours with still pictures and descriptions, webcams, campus maps, and videos of hundreds of colleges throughout the United States. Provides a first look at colleges. www.campustours.com
- **The College Board.** A complete site, with college and scholarship searches, information about the SAT® and SAT Subject Tests™, and other material pertaining to the college search and application process. Easy-to-use college search feature. www.collegeboard.org
- **eCampusTours.com.** Virtual tours of colleges. Useful for its 360-degree views of dorm rooms and other buildings. www.ecampustours.com
- **NCAA Eligibility Center.** Official NCAA website that gives details of student-eligibility requirements to play NCAA sports. Watch this site for changes in eligibility; students can print the *Guide for the College-Bound Student-Athlete*. <https://www.ncaapublications.com>
- **Peterson's Education Portal.** An all-purpose site including a college search, as well as information about summer programs, summer camps, and jobs. The site asks you to register before using some of the search engines and other resources, but there is no registration fee. There is a charge for some of the services provided. www.petersons.com
- **U.S. Department of Education.** The federal government's website is easy to use and an excellent source of information on financial aid, much of it in Spanish as well as English. www.ed.gov

FINANCIAL AID WEBSITES

- **The College Board.** A website that includes a scholarship search, a loan calculator, and an online application form for the CSS/Financial Aid PROFILE®, which is required by some colleges. www.collegeboard.org
- **FAFSA on the Web.** The website for the Free Application for Federal Student Aid. This form must be submitted in the senior year for families applying for need-based aid. Students may complete it electronically at this site. www.fafsa.ed.gov
- **Fastweb.** Extensive information on merit- and need-based scholarships and aid. www.fastweb.com
- **FinAid!** Good site for information about types of financial aid and applying for financial aid. www.finaid.org

NACAC's Top 10 Tips for Writing a College Essay

Read a more detailed discussion of each tip at www.nacacfaairs.org/EssayTips.

1. **Start early.** The more time you have, the less stress you'll have.
2. **Be yourself.** One of the biggest mistakes students make is "writing what they think others want to hear."
3. **Be honest.** College admission officers have read hundreds—even thousands—of essays. They are masters at discovering any form of plagiarism.
4. **Take a risk.** Don't settle for the essay that everyone else is writing.
5. **Keep in focus.** Use the essay to help the admission officers get to know you as a person.
6. **Write and rewrite.** Don't try to write a masterpiece on your first try.
7. **Get a second opinion.** Even best-selling novelists ask other people to read their manuscripts before they're sent to the publisher.
8. **Proofread.**
9. **Don't confuse applying online with sending email.** Make sure that you put as much effort into an online essay as you would if you were sending it snail mail.
10. **Don't expect too much from an essay.** The application essay is important, but it's not the only thing that is considered.

The College Essay

The college essay is your chance to use your voice to add to your college application. Many colleges require the essay as a way to hear from the student directly and to get a sense of who you are in your own words. It's a great opportunity to personalize your application beyond the grades, scores, and other information you've provided and can make a difference at decision time.

8 KEY POINTS THAT ADMISSION OFFICERS LOOK FOR:

- A command of the basics of good writing
- A direct answer to the essay question
- A strong opening paragraph that captures the reader's interest
- A comprehensive argument or narrative—make your point and stick to it
- A style that is comfortable for you and that is appropriate for the subject matter
- Correct grammar, punctuation, and spelling
- Correct data—check your facts, dates, and names
- Succinctness—pay attention to the recommended length

WHAT THE ESSAY CAN DO FOR YOUR APPLICATION:

- Demonstrate your writing ability, a key component of success in college.
- Show that you have thought carefully about where you are applying and why you are a good match for the college, in your own words.
- Explain your commitment to learning and that you are willing and able to be a contributing member to the college community.
- Draw distinctions between you and other applicants, something that selective colleges especially rely on.

An essay will rarely take an applicant out of consideration at a college, but it certainly can elevate an applicant in an admission committee's eyes.

MAKE IT PERSONAL:

- Often you will be asked to write about a personal experience, an achievement, or a person who has been significant to you. Go beyond the what or the who and dig into the how and the why.
- If you write about a trip or event, describe how this experience affected you and is meaningful to you.
- If you are writing about a person in your life, be personal and specific, not just sentimental. Explain how or what this person did for you that is important to you.

THINGS TO KEEP IN MIND

Revise, revise, revise. Take the time to reread and revise. This process will help you develop a strong opening and a solid direction, and refine what you are trying to express.

Show, don't tell. Give readers such convincing evidence that they will come to the conclusion that you want. Provide detailed examples instead of providing a list of things.

Be authentic. Don't stress trying to write what you think they are looking for—just showcase who you are!

Just get started! Writing something meaningful can be a long process, so get started right away to allow for time to draft and revise. Be sure to write your essay long before the deadline.

Dos and don'ts on writing the college application essay

A great essay will help you stand out from the other applicants, so take the time to do a good job on it. Check out these tips before you begin:

DO keep your focus narrow and personal

Your essay must prove a single point. Your main idea should be clear and easily followed from beginning to end. Ask someone to read just your introduction, and then tell you what your essay is about. (And remember, it's about showing them who you are.)

DO back up what you say

Develop your main idea with specific facts, events, quotations, examples and reasons.

Okay: "I like to be surrounded by people with a variety of backgrounds and interests"

Better: "During that night, I sang the theme song from *Casablanca* with a baseball coach who thinks he's Bogie, discussed Marxism with a little old lady, and heard more than I ever wanted to know about some woman's gall bladder operation."

DO give specifics

Avoid clichéd, generic, and predictable writing by using vivid and specific details.

Okay: "I have gotten so much out of life through the love and guidance of my family. I feel that many individuals have not been as fortunate; therefore, I would like to expand the lives of others."

Better: "My Mom and Dad stood on plenty of sidelines 'til their shoes filled with water or their fingers turned white, or somebody's golden retriever signed his name on their coats in mud. I think that kind of commitment is what I'd like to bring to working with fourth-graders."

DON'T tell them what you think they want to hear

Admissions officers read plenty of essays about the charms of their university. Bring something new to the table.

DON'T write a résumé

Don't include information that is found elsewhere in the application. Your essay will end up sounding like an autobiography, travelogue, or laundry list. Yawn.

DON'T use 50 words when five will do

Eliminate unnecessary words.

Okay: "Over the years it has been pointed out to me by my parents, friends and teachers—and I have even noticed it myself—that I am not the neatest person in the world."

Better: "I'm a slob."

DON'T forget to proofread

Typos and spelling or grammatical errors can be interpreted as carelessness or just bad writing. And don't rely on your computer's spell check.[!]

Source: Adapted from *The College Application Essay, rev. ed.*, by Sarah Myers McGinty (New York: The College Board, 2012).

2022-2023 Common App Essay Prompts

Below is the full set of essay prompts for 2022-2023. We will also retain the [optional COVID-19](#) question within the Additional Information section.

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 obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

How to make the most of a college interview

- The interview is primarily for you to learn about the college and to allow the interviewer to learn about you. Use it as a tool to assist your college selection. The interview can have a positive effect on your admission — rarely a negative one. Relax and be yourself!
- Your interview will usually be with an admissions staff member, but it may be with a student, alumnus or a professional interviewer. Keep this person's perspective in mind. Don't write off the college just because you think you had a bad interview. Interviewers have bad days, too.
- The interviewer is eager to get to know you and will try to put you at ease. The interviewer will answer your questions but will be more interested if you have helpful questions that show you've done some research on the college already.
- An important part of preparation is self-assessment. Know your rank, your test scores and your present areas of interest. If you are undecided about your career, feel free to say so (half of college students change their intended major). Think through some areas you would like to explore, competencies you would like to develop and projects or situations that intrigue you.
- Don't go unprepared. Do your homework about the school to get the obvious questions answered. You don't want to be silent when asked, "What would you like to know about our college?" Questions or comments like, "What kinds of internships are there, and how often do students take them?" show more maturity in your thinking than asking about the number of books in the college library.
- Interviewers may ask questions about your interests, extracurricular activities/jobs, books you've read, meaningful experiences, reasons for applying to this college, life at school and similar topics. Be ready to talk about these subjects.
- Be honest. Everyone has strong and weak points. College will help you with some of the latter and promote the former.
- Plan to have your interview alone. Most admissions officers prefer to speak with your parents after talking with you, rather than during the interview.
- Dress neatly and comfortably.
- When you return home, **write a thank-you note** to the person who interviewed you.

Source: Adapted from material prepared by Gloria Mueller, Glenbrook High School, Illinois

Handout 3G

Typical College Interview Questions

If you have the opportunity for an interview with a college admission representative, take advantage of it. This is a chance for you to answer questions about yourself—your interests and accomplishments, your future goals, your reasons for applying to College XYZ, etc. It is also a great opportunity for you to ask questions. Remember, you are trying to decide if this college is a good fit for you.

Typical Questions:

- Tell us about yourself. What are your favorite classes? What do you want to study in college?
- What are the extracurricular activities you have been most involved with during high school? What were your contributions?
- What do you see as your strengths and weaknesses? Your greatest accomplishments? How would your friends describe you?
- Why are you considering our college? What special programs are you interested in?
- What characteristics are you looking for in the college you will attend?
- Is there anything else you want us to know about you?
- Do you have any questions?

This last question is important—be prepared. Get specific information about the things that interest you most *and* show the interviewer you have done your research.

Consider Asking About:

- The admission process at that school
- Specific majors you are interested in
- Special programs, such as freshman seminars, study abroad, etc.
- Social life—clubs and organizations, sororities and fraternities
- Dorm Life—types of housing, food
- Participation in activities such as music, drama, athletics, community service—who participates? How?
- School traditions.

Be yourself!

Websites Focused on College Exploration

College Information

Center for Student Opportunity: www.imfirst.org
Coalition Application:
www.coalitionforcollegeaccess.org
College Navigator: <http://nces.ed.gov/collegenavigator>
College Board: www.collegeboard.org
Colleges That Change Lives: www.ctcl.org
Hobsons' CollegeView: www.collegeview.com
KnowHow2Go: www.knowhow2go.org
Peterson's: www.petersons.com
The Common Application: www.commonapp.org
Undocumented Students:
www.nacacnet.org/UndocumentedStudents
Universal College Application:
www.universalcollegeapp.com

Financial Aid and Scholarship information

College ScoreCard: <https://collegescorecard.ed.gov>
CSS/Financial Aid Profile:
<https://profileonline.collegeboard.org>
FAFSA4caster: www.fafsa4caster.ed.gov
Fastweb: www.fastweb.com
Federal Student Aid: <http://studentaid.ed.gov>
FindTuition: www.findtuition.com
Free Application for Federal Student Aid (FAFSA):
www.fafsa.gov
Sallie Mae: www.salliemae.com
The Smart Student Guide to Financial Aid:
www.finaid.org

Testing

ACT Fee Waiver: www.actstudent.org/faq/feewaiver.html
ACT: www.act.org
Test Prep from Number2.com: www.number2.com
Kaplan Test Prep: www.kaptest.com
PSAT 10 and PSAT/NMSQT: www.psat.org
SAT Fee Waiver: www.sat.org/fee-waivers
SAT Prep from Khan Academy: www.satpractice.org
SAT: www.sat.org
The Princeton Review: www.princetonreview.com

Non-Profit Organizations

First In The Family: www.firstinthefamily.org/highschool
Hispanic Association of Colleges and Universities:
www.hacu.net
National Association for College Admission
Counseling: www.nacacnet.org
National Association for Equal Opportunity in Higher
Education: www.nafeonation.org
United Negro College Fund (UNCF): www.uncf.org

Athletics

Athletic Aid: www.athleticaid.com
National Association of Intercollegiate Athletics: <http://naia.org>
NCAA Eligibility Center:
www.ncaa.org/eligibility-center

Careers

The Occupational Outlook Handbook:
www.bls.gov/ooh
Roadmap to Careers:
<https://collegeboard.roadtripnation.com>

College resources for students and families

General websites

Campus Tours: Virtual College Tours. Virtual tours with still pictures and descriptions, webcams, campus maps and videos of hundreds of colleges throughout the United States. Provides a first look at colleges. www.campustours.com.

The College Board. A complete site, with college and scholarship searches, information about the SAT® and SAT Subject Tests™, and other material pertaining to the college search and application process. Easy-to-use college search feature. www.collegeboard.org.

eCampusTours.com. Virtual tours of colleges. Useful for its 360-degree views of dorm rooms and other buildings. www.ecampustours.com.

NCAA Eligibility Center. Official NCAA website that gives details of student-eligibility requirements to play NCAA sports. Watch this site for changes in eligibility; students can print the “*Guide for the College-Bound Student-Athlete*.” <http://web1.ncaa.org/eligibilitycenter/common/>

Peterson’s Education Portal. An all-purpose site including a college search, as well as information about summer programs, summer camps and jobs. The site asks you to register before using some of the search engines and other resources, but there is no registration fee. There is a charge for some of the services provided. www.petersons.com.

U.S. Department of Education. The federal government’s website is easy to use and an excellent source of information on financial aid, much of it in Spanish as well as English. www.ed.gov.

Financial aid websites

The College Board. Has a scholarship search, a loan calculator and an online application form for the CSS/Financial Aid PROFILE® form, which is required by some colleges. www.collegeboard.org.

FAFSA on the Web. The website for the Free Application for Federal Student Aid. This form must be submitted in the senior year (after January 1 and by June 30) for families applying for need-based aid. Students may complete it electronically at this site. www.fafsa.ed.gov.

FastWeb. Extensive information on merit- and need-based scholarships and aid. www.fastweb.com.

FinAid! Good site for information about types of financial aid and applying for financial aid. www.finaid.org.

Books

Comprehensive objective directories

Barron’s Profiles of American Colleges. New York: Barron’s Educational Series, Inc. Updated every two years.

The College Board College Handbook. New York: The College Board. Published annually.

Peterson’s Guide to Four-Year Colleges. Princeton, NJ: Peterson’s Guides. Published annually.

Peterson’s Guide to Two-Year Colleges. Princeton, NJ: Peterson’s Guides. Published annually.

College resources for students and families (page 2)

Subjective guides

Fiske, Edward, and Robert Logue (contributor). *The Fiske Guide to Colleges*. Naperville, Ill.: Sourcebooks Trade. Updated annually.

Greene, Howard, and Matthew W. Greene. *Greene's Guide to Educational Planning: The Public Ivies*. New York: HarperCollins, 2001.

Greene, Howard R., and Matthew W. Greene. *The Hidden Ivies: Thirty Colleges of Excellence*. New York: HarperCollins, 2000.

Pope, Loren. *Colleges That Change Lives: 40 Schools You Should Know About Even If You're Not a Straight-A Student*. New York: Penguin, 2006.

Staff of *Yale Daily News*. *The Insider's Guide to the Colleges*. New York: St. Martin's Press. Updated annually.

Specialized topics

Aaron, Scott. *Jewish U: A Contemporary Guide for the Jewish College Student*. New York: Urj Press, 2010

College Board Book of Majors. New York: The College Board. Published annually.

Detailed descriptions, written by professors, of more than 180 popular majors, plus lists of 900 majors and the colleges that offer them.

Getting Financial Aid. New York: The College Board. Published annually.

Mathews, Jay. *Harvard Schmarvard: Getting Beyond the Ivy League to the College That Is Best For You*. New York: Prima Publishing, 2003. Good insights on the college choice process from the education columnist for the *Washington Post*.

Nelson Reference. *Nelson's Complete Guide to Colleges & Universities for Christians*. 2002.

Princeton Review et al. (eds.). *The Hillel Guide to Jewish Life on Campus*. 14th ed. New York: Random House Information Group, 1999.

Princeton Review et al. (eds.). *K&W Guide to Colleges for Students with Learning Disabilities or Attention Deficit Disorder*. 8th ed. New York: Random House Information Group, 2005.

Schoem, David. *College Knowledge: 101 Tips for the College-Bound Student*. University of Michigan Press, 2005. Practical advice on how to become engaged in college intellectual and cultural life.

Windmeyer, Shane L. *The Advocate College Guide for LGBT Students*. Boston: Alyson Publications, 2006.

Getting yourself recruited for college sports

Do you feel that you have “what it takes” to participate in collegiate athletics? Perhaps the program of your dreams doesn’t even know that you exist! The starting point is to send information about yourself to prospective colleges. Here are some tips to help you get started:

- Have an honest talk with your coach about your athletic ability. Your coach can give you some suggestions as to the size and type of program for which your talents are best suited.
- Treat this like a job search. Write a cover letter and résumé.
- Be certain to obtain the name of the college coach to whom you are writing. Most colleges have Websites that will provide the information. Do not send impersonal mass mailings or information that is false or misleading.
- Research the colleges’ athletic and academic programs. Do not contact colleges for which you cannot meet the stated athletic and academic standards.
- If you receive profile forms or questionnaires from coaches, complete and return them as soon as possible.
- Send a letter with athletic and academic information to coaches at schools that interest you, and let them know you have a video available.
- Follow up with a telephone call from you, not your parents.
- Be patient.

HIGH SCHOOL TIMELINE

9th GRADE REGISTER



- » *Start planning now!* Take the right courses and earn the best grades possible.
- » Find your high school's list of NCAA-approved core courses at eligibilitycenter.org/courselist.
- » Register for a free Profile Page account at eligibilitycenter.org for information on NCAA initial-eligibility requirements.

10th GRADE PLAN



- » If you fall behind academically, ask your counselor for help finding approved courses you can take.
- » If you are being actively recruited by an NCAA school and have a Profile Page account, **transition** it to a **Certification account**.
- » Monitor the task list in your Eligibility Center account for next steps.
- » At the end of the school year, ask your counselor from each high school you have attended to upload an official transcript to your Eligibility Center account.

11th GRADE STUDY



- » Check with your counselor to make sure you are on track to complete the required number of NCAA-approved **core courses** and graduate on time with your class.
- » Take the **SAT/ACT** and submit your scores to the Eligibility Center using code 9999.*
- » Ensure your sports participation information is correct in your Eligibility Center account.
- » At the end of the school year, ask your counselor from each high school you have attended to upload an official transcript to your Eligibility Center account.

12th GRADE GRADUATE



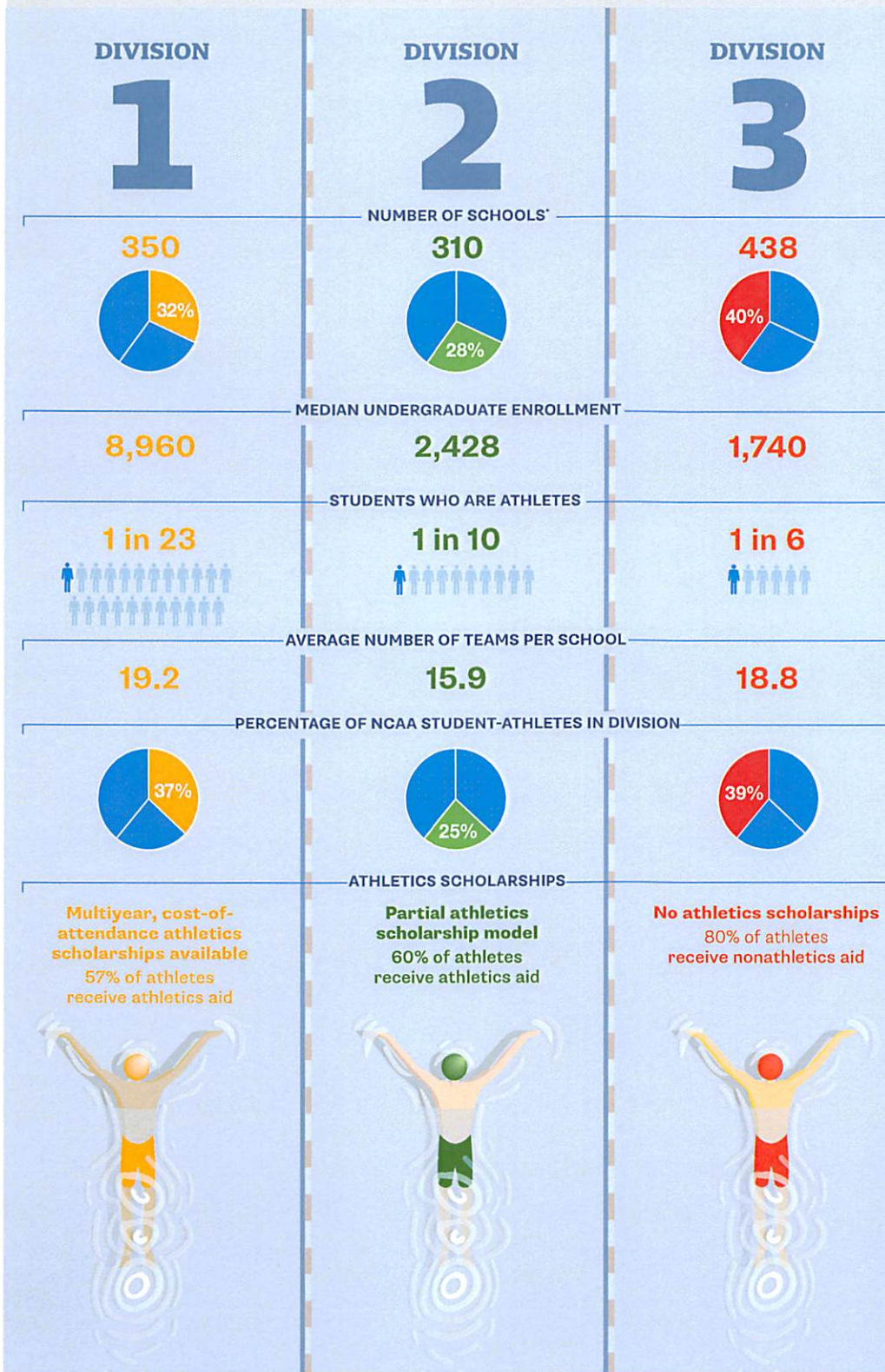
- » Complete your final NCAA-approved **core courses** as you prepare for graduation.
- » Take the **SAT/ACT** again, if necessary, and submit your scores to the Eligibility Center using code 9999.*
- » Request your final amateurism certification beginning April 1 (fall enrollees) or Oct. 1 (winter/spring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

* More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Fall2022.



Our Three Divisions

The NCAA's three divisions were created in 1973 to align like-minded campuses in the areas of philosophy, competition and opportunity.



What are the eligibility requirements in each division?

College-bound students who want to compete at a Division I or II school must meet standards set by NCAA members. For Division III, athletes must meet the admissions standards set by the school. Eligibility standards can be found at eligibilitycenter.org.

How is each division governed?

NCAA schools develop and approve legislation for their own divisions. Groups of presidents and chancellors lead each division in the form of committees with regularly scheduled meetings.

Did you know?



DI student-athletes graduate at a higher rate than the general student body.

DII is the only division with schools in Alaska, Puerto Rico and Canada.



DIII's largest school has 25,725 undergraduates. The smallest? 285.

Learn more at ncaa.org.

*Numbers are from 2019-20. All other figures are from 2018-19.

ONE OPPORTUNITY. LIMITLESS POSSIBILITIES.

If you want to play sports at an NCAA Division I or II school, start by registering for a Certification account with the NCAA Eligibility Center at eligibilitycenter.org. If you want to play Division III sports or you aren't sure where you want to compete, start by creating a Profile Page account at eligibilitycenter.org.

ACADEMIC REQUIREMENTS

To play sports at a Division I or II school, you must graduate from high school, complete 16 NCAA-approved core courses, earn a minimum GPA and earn an SAT or ACT score that matches your core-course GPA.

CORE COURSES

Only courses that appear on your high school's list of NCAA core courses will count toward the 16 core-course requirement; visit eligibilitycenter.org/courselist for a full list of your high school's approved core courses. Complete 16 core courses in the following areas:

DIVISION I

Complete 10 NCAA core courses, including seven in English, math or natural/physical science, before your seventh semester.

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

DIVISION II

ENGLISH	MATH (Algebra I or higher)	NATURAL/PHYSICAL SCIENCE (Including one year of lab, if offered)	ADDITIONAL (English, math or natural/physical science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy)
3 years	2 years	2 years	3 years	2 years	4 years

GRADE-POINT AVERAGE

The NCAA Eligibility Center calculates your **grade-point average** based only on the grades you earn in NCAA-approved core courses.

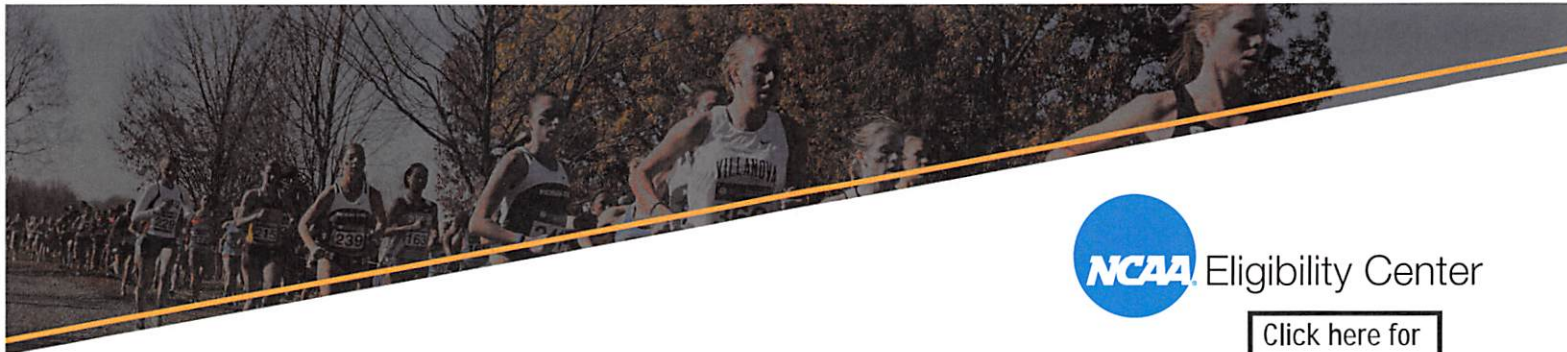
- DI requires a minimum 2.3 GPA.
- DII requires a minimum 2.2 GPA.

SLIDING SCALE

Divisions I and II use sliding scales to match test scores and GPAs to determine eligibility. The sliding scale balances your test score with your GPA. If you have a low test score, you need a higher GPA to be eligible. Find more information about sliding scales at ncaa.org/test-scores.

TEST SCORES

You may take the SAT or ACT an unlimited number of times before you enroll full time in college. Every time you register for the SAT or ACT, use the NCAA Eligibility Center code **9999** to send your scores directly to us from the testing agency. We accept official scores only from the SAT or ACT, and cannot use scores shown on your high school transcript. If you take either test more than once, the best subscore from different tests are used to give you the best possible score. More information regarding the impact of COVID-19 and test scores can be found at on.ncaa.com/COVID19_Fall_B.



Click here for
DII Academic
Requirements

DIVISION I ACADEMIC REQUIREMENTS

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

Core-Course Requirement

Complete 16 core courses in the following areas:

<div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 10px 10px 0 0;"> ENGLISH </div> <div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 0 0 10px 10px;"> 4 years </div>	<div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 10px 10px 0 0;"> MATH (Algebra I or higher) </div> <div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 0 0 10px 10px;"> 3 years </div>	<div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 10px 10px 0 0;"> NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered) </div> <div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 0 0 10px 10px;"> 2 years </div>	<div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 10px 10px 0 0;"> ADDITIONAL (English, math, or natural/physical science) </div> <div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 0 0 10px 10px;"> 1 year </div>	<div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 10px 10px 0 0;"> SOCIAL SCIENCE </div> <div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 0 0 10px 10px;"> 2 years </div>	<div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 10px 10px 0 0;"> ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy) </div> <div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 0 0 10px 10px;"> 4 years </div>
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Full Qualifier

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

Academic Redshirt

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

Full Qualifier:

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

Academic Redshirt:

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

Nonqualifier:

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

International Students: Please visit ncaa.org/international for information and academic requirements specific to international student-athletes.

Test Scores

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

A combined SAT score is calculated by adding reading and math subscores. An ACT sum score is calculated by adding English, math, reading and science subscores. A student may take the SAT or ACT an unlimited number of times before he or she enrolls full time in college. If a student takes either test more than once, the best subscores from each test are used for the academic certification process.

If you took the SAT in March 2016 or after, and plan to attend an NCAA Division I college or university in the 2018-19 or 2019-20 academic years, use the following charts to understand the core-course GPA you need to meet NCAA Division I requirements.

For more information on the SAT, click [here](#) to visit the College Board's website.

DIVISION I FULL QUALIFIER SLIDING SCALE			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.550	400	400	37
3.525	410	410	38
3.500	430	420	39
3.475	440	430	40
3.450	460	440	41
3.425	470	450	41
3.400	490	460	42
3.375	500	470	42
3.350	520	480	43
3.325	530	490	44
3.300	550	500	44
3.275	560	510	45
3.250	580	520	46
3.225	590	530	46
3.200	600	540	47
3.175	620	550	47
3.150	630	560	48
3.125	650	570	49
3.100	660	580	49
3.075	680	590	50
3.050	690	600	50
3.025	710	610	51
3.000	720	620	52
2.975	730	630	52
2.950	740	640	53
2.925	750	650	53
2.900	750	660	54
2.875	760	670	55
2.850	770	680	56
2.825	780	690	56
2.800	790	700	57
2.775	800	710	58

DIVISION I FULL QUALIFIER SLIDING SCALE			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
2.750	810	720	59
2.725	820	730	60
2.700	830	740	61
2.675	840	750	61
2.650	850	760	62
2.625	860	770	63
2.600	860	780	64
2.575	870	790	65
2.550	880	800	66
2.525	890	810	67
2.500	900	820	68
2.475	910	830	69
2.450	920	840	70
2.425	930	850	70
2.400	940	860	71
2.375	950	870	72
2.350	960	880	73
2.325	970	890	74
2.300	980	900	75
2.299	990	910	76
2.275	990	910	76
2.250	1000	920	77
2.225	1010	930	78
2.200	1020	940	79
2.175	1030	950	80
2.150	1040	960	81
2.125	1050	970	82
2.100	1060	980	83
2.075	1070	990	84
2.050	1080	1000	85
2.025	1090	1010	86
2.000	1100	1020	86

ACADEMIC REDSHIRT

*Final concordance research between the new SAT and ACT is ongoing.



2018 DIVISION II NEW ACADEMIC REQUIREMENTS

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

Core-Course Requirement

Complete 16 core courses in the following areas:

<div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 10px 10px 0 0;"> ENGLISH </div> <p>3 years</p>	<div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 10px 10px 0 0;"> MATH (Algebra I or higher) </div> <p>2 years</p>	<div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 10px 10px 0 0;"> NATURAL/ PHYSICAL SCIENCE (Including one year of lab, if offered) </div> <p>2 years</p>	<div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 10px 10px 0 0;"> ADDITIONAL (English, math, or natural/physical science) </div> <p>3 years</p>	<div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 10px 10px 0 0;"> SOCIAL SCIENCE </div> <p>2 years</p>	<div style="background-color: #2c5e8c; color: white; padding: 10px; border-radius: 10px 10px 0 0;"> ADDITIONAL COURSES (Any area listed to the left, foreign language or comparative religion/philosophy) </div> <p>4 years</p>
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Full Qualifier

- Complete 16 core courses.
- Earn a core-course GPA of at least 2.200.
- Earn the ACT/SAT score matching your core-course GPA on the Division II full qualifier sliding scale (see back page).
- Graduate high school.

Partial Qualifier

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

Full Qualifier:

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

Partial Qualifier:

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

Nonqualifier:

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

International Students: Please visit ncaa.org/international for information and academic requirements specific to international student-athletes.

Test Scores

If you took the SAT in March 2016 or after, and plan to attend an NCAA Division II college or university in the 2018-19 or 2019-20 academic years, use the following charts to understand the core-course GPA you need to meet NCAA Division II requirements.

A combined SAT score is calculated by adding reading and math subscores. An ACT sum score is calculated by adding English, math, reading and science subscores. You may take the SAT or ACT an unlimited number of times before you enroll full time in college. If you take either test more than once, the best subscores from each test are used for the academic certification process.

For more information on the SAT, click [here](#) to visit the College Board's website.

DIVISION II FULL QUALIFIER SLIDING SCALE			
USE FOR DIVISION II BEGINNING AUGUST 2018			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.300 & above	400	400	37
3.275	410	410	38
3.250	430	420	39
3.225	440	430	40
3.200	460	440	41
3.175	470	450	41
3.150	490	460	42
3.125	500	470	42
3.100	520	480	43
3.075	530	490	44
3.050	550	500	44
3.025	560	510	45
3.000	580	520	46
2.975	590	530	46
2.950	600	540	47
2.925	620	550	47
2.900	630	560	48
2.875	650	570	49
2.850	660	580	49
2.825	680	590	50
2.800	690	600	50
2.775	710	610	51
2.750	720	620	52
2.725	730	630	52
2.700	740	640	53
2.675	750	650	53
2.650	750	660	54
2.625	760	670	55
2.600	770	680	56
2.575	780	690	56
2.550	790	700	57
2.525	800	710	58
2.500	810	720	59
2.475	820	730	60
2.450	830	740	61
2.425	840	750	61
2.400	850	760	62
2.375	860	770	63
2.350	860	780	64
2.325	870	790	65
2.300	880	800	66
2.275	890	810	67
2.250	900	820	68
2.225	910	830	69
2.200	920	840 & above	70 & above

DIVISION II PARTIAL QUALIFIER SLIDING SCALE			
USE FOR DIVISION II BEGINNING AUGUST 2018			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.050 & above	400	400	37
3.025	410	410	38
3.000	430	420	39
2.975	440	430	40
2.950	460	440	41
2.925	470	450	41
2.900	490	460	42
2.875	500	470	42
2.850	520	480	43
2.825	530	490	44
2.800	550	500	44
2.775	560	510	45
2.750	580	520	46
2.725	590	530	46
2.700	600	540	47
2.675	620	550	47
2.650	630	560	48
2.625	650	570	49
2.600	660	580	49
2.575	680	590	50
2.550	690	600	50
2.525	710	610	51
2.500	720	620	52
2.475	730	630	52
2.450	740	640	53
2.425	750	650	53
2.400	750	660	54
2.375	760	670	55
2.350	770	680	56
2.325	780	690	56
2.300	790	700	57
2.275	800	710	58
2.250	810	720	59
2.225	820	730	60
2.200	830	740	61
2.175	840	750	61
2.150	850	760	62
2.125	860	770	63
2.100	860	780	64
2.075	870	790	65
2.050	880	800	66
2.025	890	810	67
2.000	900	820 & above	68 & above

*Final concordance research between the new SAT and ACT is ongoing.

NCAA is a trademark of the National Collegiate Athletic Association.

The Parent and Guardian's Role in the College Admission Process

The application period can be an anxious time for students. Help them by seeing that they follow procedures and meet all deadlines. Be an active participant in the exploration process and offer guidance as your student weighs information and creates the list of schools to which he or she will apply. With your child, file all required financial aid forms by the deadline. Colleges may require one or more of the following financial aid forms:

- Free Application for Federal Student Aid (FAFSA), required by all colleges for applicants for need-based aid and/or loans from state and federal sources. There is no charge to submit the FAFSA and you can file as early as Oct. 1.
- CSS Profile of the College Scholarship Service, required by some colleges and universities (mostly private). Check to determine whether each college requires the CSS Profile and send the Profile only to the colleges that require it. There is a fee for processing the Profile and sending it to each college. Students may be eligible for up to eight PROFILE fee waivers. For more information, visit <https://student.collegeboard.org/css-financial-aid-profile>.
- The college may have its own financial aid form, which is returned directly to the college and for which there is no fee.
- Financial records as requested by the college, most often copies of the parents' or guardians' and student's federal income tax returns.

The college application process can be time consuming and detract from routine student responsibilities. Make sure that students keep up with all schoolwork and maintains good study habits during this time. Encourage patience, persistence, and good humor.

If students have applied to a range of schools, they will have a choice of schools to select from. Should a rejection be received, provide consolation and support. When good news is received, seize the time to praise and congratulate your child!

Housatonic Valley Regional High School

246 Warren Tpke
Falls Village, CT 06031
Telephone Number (860) 824-5123
Fax (860) 824-0130

Name of student _____

YOG: _____

Permission to Release Educational Records and Recommendation Letters

I hereby give permission to HVRHS Counseling Department and any Regional #1 employee selected by the student to prepare and forward school transcripts, test scores, and letters of recommendation, which may include grades, GPA, and decile rank, to colleges, financial aid offices, athletic departments, NCAA Clearinghouse, student aid and scholarship agencies, or other offices in the college admission process.

Parent Signature _____ Date _____

Student's Signature: _____ Date _____

Waiver of Rights to Inspect and Copy Recommendations

An understanding exists between colleges and secondary schools that the evaluations and recommendations received from high schools are confidential information. College admissions officers expect that evaluations and recommendations made with this understanding are candid and honest. Therefore, these evaluations may carry appreciably more weight in the admissions process. Students should request recommendations accordingly.

_____ I do waive my right to inspect and copy confidential information and recommendations requested.

_____ I do not waive my right to inspect and copy confidential information and recommendations requested.

Parent Signature _____ Date _____

Student Signature _____ Date _____

If the student is under the age of 18, the parent or guardian as well as the student must sign the form.

5. List areas in which you have noticed the most growth and development.

6. Are there any family, health, or other circumstances that have affected your child's secondary school performance?

7. Any additional information you would like the school counselor to know?

I understand that any information I provide may be used by my child's school counselor in his/her letter of recommendation.

Parent/Guardian Signature

Date

Housatonic Valley Regional High School Counselor Recommendation Form

Date: _____

Name: _____ Nickname: _____

Email: _____ Cell Phone: _____

Feel free to type these out on a computer, print them out and attach them.

1. What has been your favorite aspect of high school?

2. Which courses have you enjoyed most? Why?

3. What is/are your academic strength(s)? In what academic area(s) do you want to improve upon in college?

4. What do you envision yourself doing after college?

5. What are some of the ways you have changed or grown during high school? Please be specific!

6. If you could change a single high school experience, what would it be?

7. Do you feel that your academic record is an accurate reflection of your ability? Why or why not?

8. What about you would you like me to highlight in your letter of recommendation?

9. What is the most difficult thing you have ever attempted? Did you succeed? What helped you to succeed? Or, what prevented success?

10. What is your favorite thing to do during your free time?

Circle **three** adjectives that you feel describe you best:

reliable	outgoing	thoughtful	sociable	enthusiastic
trustworthy	cooperative	independent	generous	understanding
lively	good-natured	hardworking	motivated	entrepreneurial
inventive	friendly	sincere	sensible	analytical
assertive	loyal	tactful	original	persevering
helpful	logical	quick	polite	strong-minded
ambitious	rational	empathetic	realistic	individualistic
optimistic	resourceful	supportive	courageous	energetic
sensitive	easygoing	active	responsible	purposeful
strong	competitive	versatile	careful	adventurous
tolerant	agreeable	natural	eager	considerate
determined	relaxed	curious	calm	idealistic
mature	tenacious	thorough	clever	intellectual
reflective	articulate	academic	flexible	broadminded
persuasive	creative	patient	adaptable	fair-minded
sharp	clear headed	attentive	industrious	introspective
confident	practical	serious	capable	spontaneous

Add your own! _____

11. Give specific examples in your school work or personal life that best illustrate one or more of the adjectives that you have chosen (why would you describe yourself this way?).

12. Are there any circumstances that may be helpful for your counselor to know as they prepare a letter in support of your recommendation?

I understand that any information I provide may be used by my counselor in his/her letter of recommendation.

Student's Signature

Date

PLEASE MAKE SURE YOUR COLLEGE LIST AND RESUME ARE UP TO DATE IN XELLO AS THIS INFORMATION IS ALSO USED IN THE WRITING OF YOUR LETTER.

Teacher Recommendation Form

Housatonic Valley Regional High School

Today's Date: _____

Name: _____

Chosen name: _____

Email: _____

Cell Phone: _____

Teacher Name: _____

Course(s) with teacher: _____

Thank you so much for agreeing to write this letter of recommendation for me! I asked you because I think you are a teacher who knows me well and who can accurately evaluate my potential for academic success in college. This information may be helpful to you as you write the recommendation.

1. I think my Academic Strength are:

- a. _____
- b. _____
- c. _____

2. I think my personal strengths are:

- a. _____
- b. _____
- c. _____

3. I am considering _____ and/or _____ as college majors because:

- a. _____
- b. _____
- c. _____

4. These are some of the things I want the college admission and/or scholarship committee to know about me:

- a. _____
- b. _____
- c. _____

5. The specific things I hope you will discuss in this letter are:

- a. _____
- b. _____
- c. _____

6. What I remember most about your class is:

- a. _____
- b. _____
- c. _____

7. Additional information that might be helpful (optional for students to attach a resume. Teacher recommendations focus on you as a student in this teacher's classroom):

- a. _____
- b. _____
- c. _____

Below are the schools to which I'm applying and their deadlines. Now that you have agreed to write a letter on my behalf I will follow up with an electronic request in Xello which will notify you by email.

College Name	Deadline I'm applying to

Again, thank you. I know this is a big time commitment and I appreciate your help.