


What Does One Need to Do to Prepare for College and/or Post High School?

Advice for Parents and Students –10 Steps towards being better prepared after high school





What Do 10th & 11th Graders Need to Do to Prepare for College and Post High School?

- ▶ 1. Begin a Resume at Educationquest.org link
<https://www.educationquest.org/resources/activitiesresume/>—Activities Resume
 - ▶ 2. Explore careers you have an interest/passion—Take Interest Inventories/Career Profilers and Personality tests to help align your interests with possible careers. Ask what you can do with a specific Major or career? Arrange Job Shadow/Internship opportunities (important for RHOP/KHOP)
 - ▶ 3. Take coursework that requires you to learn to study and contains rigor that challenges you so you will be ready for advanced college coursework.
 - ▶ 4. Develop strong study/work skills with coursework to earn best grades possible.
 - ▶ 5. Include electives in your coursework that stretch you from your comfort zone and allow you to explore and grow in other areas.
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What Do 10th & 11th Graders Need to Do to Prepare for College and Post High...

- ▶ 6. Get involved in organizations, clubs, activities, that allow you to gain leadership experience, make decisions to make a difference, and do something to benefit others/community
- ▶ 7. Prepare for ACT testing—take Pre-ACT as 10th grader and review results to know what to work on—Take ACT in 11th –Spring semester—May want to take PSAT test –National Merit
- ▶ 8. Make a list of colleges you are interested in and research to gain information about admission criteria, scholarship opportunities, majors offered
- ▶ 9. Visit colleges whenever possible. Attend college fairs—use My BigFuture, College Raptor—online college tools to match interests, majors, with colleges.
- ▶ 10. Discuss Financial Aid/paying for college options with family.

Find your “Best Fit” for college

- ▶ 4 year colleges and universities –public/private
- ▶ 2 year colleges
- ▶ Tech career certification
- ▶ Specialized training
- ▶ Help students find out WHO they are and WHAT they are passionate about (Interest inventory—Holland, Personality test—Jung Myers/Briggs, Skills Assessment-ASVAB, Strength Finder-Gallup)
- ▶ Help students discover what they need: Negotiables & Non-Negotiables – nice to have, must haves
- ▶ Change your language from “Getting into college” to “Finding Best FIT colleges”

Formulate a College Game Plan

- ▶ What's important to the student? Wants/Needs?
- ▶ Academic Interests ...Want to gain admittance to KHOP/RHOP (medical—Chadron, Wayne, Peru/UNK) & RLOP (rural law—Chadron/Wayne)
- ▶ Private/Public/2 or 4 year
- ▶ Academic Profile
- ▶ Social Interests
- ▶ Athletics, Rec Facilities
- ▶ Diversity
- ▶ Physical/Medical Needs
- ▶ Size (School, City, Dorms)
- ▶ Urban, Suburban, Rural
- ▶ Level of Rigor Desired
- ▶ Single Sex vs Co-Ed Living
- ▶ Professional Goals
- ▶ Financial Concerns
- ▶ Learning Needs
- ▶ Religious Concerns




Main types of 4 Year Institutions

- ▶ **Research Universities (National Universities)** UNL, UNO
- ▶ **Masters Level/Regional Universities** Creighton, Tampa, Wesleyan
- ▶ COLLEGES:
- ▶ **National Liberal Arts Colleges** Doane, Grinnell
- ▶ **Regional Colleges** Peru State, Wayne State, Hastings, Midland
- ▶ **Specialty Colleges** Arts, Music, Business Bryan LGH Medical, Cosmetology
Xenon




Research Universities

- ▶ Research Universities are the best known institutions and are the schools that capture the most media attention.
 - ▶ Large array of majors
 - ▶ Academics who are leaders in their field.
 - ▶ Research Universities can be midsize or large schools offering loads of student activities, organizations, cultural events and Division I sporting events.
 - ▶ Access to professors at some research universities can be limited for undergrads.
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Regional Universities

- ▶ Regional universities offer bachelor's and master's degree programs, but few if any doctoral programs.
 - ▶ Most have less of a focus on postgraduate research, which can be an advantage for undergraduates.
 - ▶ Size, access to professors, student activities, etc. vary greatly at these institutions.
 - ▶ Draw majority of students from the surrounding region in state or surrounding states, but work to attract diverse student body
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National Liberal Arts Colleges

- ▶ More than 50% of the degrees earned at Liberal Arts colleges are in the humanities and sciences.
 - ▶ Many degrees are now offered...i.e. economics. Some liberal arts colleges offer business degrees.
 - ▶ Provide pre-professional, undergraduate education or limited graduate programs. Small classes and a personalized education.
 - ▶ Large lecture halls are rare. Institutional priority includes fostering meaningful connections between students and professors.
 - ▶ Excellent option for science & math majors. 20 students or less rather than hundreds. Individualized attention. PreMed. No Engineering traditionally but this too changing at a few schools.
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Regional Colleges

- ▶ Tend to exclusively educate undergraduates or have modest graduate programs.
 - ▶ Professors teach and have high level of interaction with students.
 - ▶ Most of the students attending baccalaureate colleges major in vocational or practical degrees such as business, nursing, journalism, parks & recreation and education.
 - ▶ Draw larger percentage of students from local area and surrounding states
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What do colleges look for in Seniors?

- ▶ GPA—usually four year colleges want minimum of 3.0
- ▶ ACT Scores—vary to minimum and qualifying for Merit based scholarships
- ▶ Rigor of coursework—strong effort in school with upward trend of coursework—take courses that are challenging versus easier coursework
- ▶ Students who have been involved with school and non-school activities, community service, well-rounded What personal qualities stand out? How has student contributed to school/community? Has student shown special talent in any field such as math, science, art, athletics.
- ▶ Personal Essay/Statement to earn additional scholarship \$\$--check out “Essays that Work” <https://www.hamilton.edu/admission/apply/college-essays-that-worked>
- ▶ Required coursework—minimum/varying requirements—depends on Major and Career interest
 - 3 years Social Studies
 - 3 years Math (UNL requires 4--Must include Algebra I, II, and Geometry, and one additional unit that build on a knowledge of Algebra II)
 - English-4 years, Science—3 years
 - Foreign Language-2 years

2017-18 College Admission Criteria

TABLE 7. PERCENTAGE OF COLLEGES ATTRIBUTING DIFFERENT LEVELS OF IMPORTANCE TO FACTORS IN ADMISSION DECISIONS: FIRST-TIME FRESHMEN, FALL 2017

Factor	N	Considerable Importance	Moderate Importance	Limited Importance	No Importance
Grades in All Courses	173	80.9	10.4	5.8	2.9
Grades in College Prep Courses	171	70.8	17.5	8.8	2.9
Admission Test Scores (SAT, ACT)	172	52.3	30.8	14.5	2.3
Strength of Curriculum	170	51.2	29.4	12.9	6.5
Essay or Writing Sample	168	16.7	36.9	20.8	25.6
Counselor Recommendation	167	10.8	46.1	28.7	14.4
Student's Demonstrated Interest	168	15.5	21.4	34.5	28.6
Teacher Recommendation	168	7.1	46.4	29.2	17.3
Class Rank	172	9.3	27.9	36.0	26.7
Extracurricular Activities	169	3.6	34.9	40.8	20.7
Subject Test Scores (AP, IB)	166	4.2	28.9	28.3	38.6
Portfolio	167	5.4	7.2	27.5	59.9
Interview	168	3.6	14.3	29.2	53.0
Work	169	1.8	17.8	41.4	39.1
SAT II Scores	166	6.6	3.0	19.9	70.5
State Graduation Exam Scores	168	1.8	8.3	17.9	72.0

SOURCE: NACAC Admission Trends Survey, 2017-18.

A few examples of what colleges look for to award scholarships:


- ▶ Peru State College—Will award Merit-Based Scholarships on GPA

Scholarship	GPA/4.0	Award
Chancellors	3.8	\$8,000 (\$2,000/yr)
Presidents	3.4	\$7,000 (\$1,750/yr)
Deans	3.0	\$6,000 (\$1,500/yr)
TJ Majors	2.6	\$4,000 (\$1,000/yr)

Source: Peru State College



Other Scholarship Options

- ▶ Other scholarships are available based on ACT scores and GPA...i.e- UNL/UNO Regents (full tuition) base Merit-Award Scholarship on ACT Scores of 31/32
 - ▶ Some scholarships require personal essays and award based on leadership and community volunteer work
 - ▶ Look to Private Colleges and what they may offer—Often the cost after their scholarship offers make it as affordable as public colleges
 - ▶ Some “Out-of-State” Colleges are cheaper i.e. South Dakota, Northwest Missouri State---Check out a variety of schools
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If you are interested in Attending a Military Academy-i.e Naval, AirForce, Westpoint ...

- ▶ **Contact** the US military academies during 11th grade if you are interested in applying. Find out more information at:
www.defenselink.mil/faq/pis/20.html
- ▶ **Discuss and make connections with our United States Congressional representatives to find out what you can/need to do to gain a commendation from each.**

Thinking of Playing Sports in College?

- Sign up with Eligibility Centers—By the End of Junior Year—Can create Accounts before
- **NAIA**—<https://www.playnaia.com/psaRegister.php>
 - Create Account
 - Let Counselor know to Send Records (Transcript)
 - Counselor will send letter regarding policy for class rank and GPA
 - Use Code **9876** when taking **ACT** to send ACT scores to **NAIA** center--Qualifying Score = 18—unless take March 1, 2016 through April 30, 2019—ACT Score = 16
- **NCAA**--www.NCAAELIGIBILITYCENTER.org
 - Create Account
 - Set-up Profile
 - Sign Release to Send Records
 - Let Counselor know to Send Records (Transcript)
 - Use Code Let Counselor know to Send Records (Transcript)
 - Sign up for ACT, use the **NCAA** Eligibility Center **code** of **9999**



Resources—Use these to explore college options and sign up for scholarships...

- ▶ Education Quest—<https://www.educationquest.org/>
- ▶ College Raptor--<https://www.collegeraptor.com/>
- ▶ Big Future—College Board--<https://bigfuture.collegeboard.org>
- ▶ FastWeb--<https://www.fastweb.com/>