

COLLEGE BOUND



March 2020

FRONTIER CENTRAL HIGH SCHOOL
STUDENT SERVICE CENTER

NOTES

Frontier Central District Website:

www.frontiercsd.org

Follow Frontier High School Student Service Center on
Twitter:

@counselors_HS

Tweets are also posted at the Student Service Center
website under Counseling News

STUDENT SERVICE CENTER

926-1720

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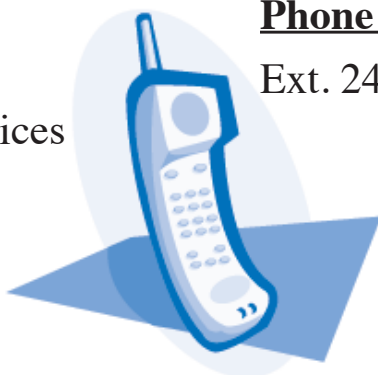


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KINDS OF COLLEGES

College: An institution that offers educational instruction beyond the high school level in a two-year or four-year program.

University: An academic organization which grants undergraduate and graduate degrees in a variety of fields. It is composed of a number of “Schools” or “Colleges,” each of which encompasses a general field of study.

Liberal Arts College: Four-year institution which emphasizes program of broad undergraduate education. Preprofessional or professional training may be available but is not stressed.

Junior College: Two-year institutions of higher learning which provide vocational training and academic curricula (terminal and transfer).

Terminal course: Academic program is complete in itself. A student who completes it may not apply to a four-year college for further study without completing additional course requirements.

Transfer course: Academic program is designed to lead into a four-year course at another college or university.



Community College:

Two-year public institution offering similar programs as junior colleges.



Engineering or Technological College:

Independent professional schools which provide four-year training programs in the fields of engineering and the physical sciences. They are often known as Institutes of Technology or Polytechnic Institutes.

Technical School: A two-year institution which offers terminal occupational programs intended to prepare students for immediate employment in fields related to engineering and the physical sciences. These schools may also offer one-year certificate programs in certain crafts and clerical skills.

Nursing School: There are three kinds of nursing schools. At schools affiliated with hospitals, students receive R.N. Degrees upon completion of their training. At schools affiliated with four-year colleges, students receive both a B.S. degree and an R.N. and have possibilities of entering the field of nursing administration. At a two year community college, students receive an Associate in Applied Sciences and R.N. Degree.

Military School: Federal military academies prepare officers for the Army, Navy, Air Force and Coast Guard. These institutions (West Point, Annapolis, Air Force Academy, and Coast Guard Academy) require recommendation and appointment by members of Congress. Private and states supported military institutes, however, operate on a college application basis. They all offer degree programs in engineering and technology with concentrations in various aspects of military science.

NOTE: •[Web Sites for College Searches](http://www.nces.ed.gov/collegenavigator/)
www.nces.ed.gov/collegenavigator/
www.collegeview.com
www.princetonreview.com
<https://bigfuture.collegeboard.org>
www.mymajors.com
www.career.uark.edu/majors/
(formally : What can I do with this major)





ADMISSIONS - INTRODUCTION

When applying to a college or colleges the admission process will vary. Some colleges will require a simple application asking only for pertinent information and a copy of your high school transcript. Others will ask for recommendations, possibly an essay and additional information. Whatever the case, you should read the application directions completely prior to filling it out. Keep in mind the deadline date of when the application is due and communicate with the Counseling Center and teachers well in advance. **For almost all colleges you can apply “on line”- make sure to request that an official transcript from the Student Service Center is sent. DO NOT LEAVE IT TO THE LAST MINUTE!**

TYPES OF ADMISSIONS

Rolling Admissions: with this type of admissions the college accepts applications continuously, there is not a deadline date. Once all of the applicants credentials are received, the admissions committee makes a decision and notifies the applicant.

Open Admissions: the college accepts most of the students who apply.

Specific Date Admissions: the college will accept an application until a specific deadline date.

Early Decision Admissions: early application process by which the applicant applies early in his or her senior year of high school. The college will notify the applicant of its decision usually by December. If accepted, the applicant is expected to withdraw applications from other colleges. This is a binding agreement.

Early Admission: refers to admission to college at the end of the junior year of high school.

Early Action: An early application process. This is not a binding agreement.



COLLEGE ADMISSIONS AND SELECTION

REVIEW YOUR HIGH SCHOOL COURSE OF STUDY

— Maintain a competitive program. Don't stop at minimum graduation requirements in core subject areas. Do your best.

— Some colleges will not make an admission decision until they have received 1st semester senior year grades.

COLLEGE ADMISSIONS CRITERIA

College Admissions Counselors will use most, if not all of the criteria listed below in determining whether or not they will accept a candidate for admission to their institution. Keep in mind, however, that individual colleges utilize the information differently. One college may place a great deal of precedence on high standardized test scores while another college may place more emphasis on a student's personal resume of activities and achievements.



- 1. Grade Point Average**
- 2. Quality of Academic Program**
- 3. Class Rank**
- 4. Standardized Test Scores (SAT and/or ACT)**
- 5. Activities, Awards and Leadership Positions**
- 6. Letters of Recommendation**
- 7. Personal Essays**
- 8. Interviews**

Grade Point Average

While various colleges devise their own specific formulas for evaluating prospective candidates for admission, the grade point average is indisputably one of the very first factors examined by college admissions counselors. The GPA is simply the cumulative summation of a student's final grades starting with the first high school courses taught as early as eighth grade. Being that the majority of college applications are filled out and processed in the fall of the senior year, the GPA at the end of the student's junior year is particularly important. Students are given their final GPA in October of senior year.



Frontier Central High School calculates a weighted GPA. As a result of the standardized level of difficulty involved, Advanced Placement (AP) courses at Frontier are weighted more heavily than the rest of one's course load. Advanced Placement courses are weighted at 1.1. The assigned grade is subsequently worth more than it would be if it were assigned to a student in a non-advanced placement course. The goal for the student to get a high GPA. The higher the grades, the higher the GPA. The higher the GPA, the more college and scholarship opportunities become available to the student.



High Quality College Preparatory **Academic Program**

-Take challenging classes and work hard to do well in them!

Four year colleges recommend students complete certain courses while in high school. These courses minimally include:

4 years of English

**3 or more years of college Preparatory Math including
Algebra, Geometry and Algebra II**

3 or more years of Regents Science

3 or more years of the same World Language

4 years of Social Studies

1 year of Fine Arts



Students who are admitted into college without having completed all of these courses may need to take remedial non-credit and/or additional courses at college. Considering the cost of a post high school education, it is definitely in one's best interest, educationally as well as financially, to complete these courses while in high school. Also, keep in mind that the above mentioned recommended courses are considered by many colleges as "minimum requirements." College admissions officers invariably state that it is in a student's best interest to enroll in the most academically challenging courses that are available in which they can expect to perform reasonably well. At the present time at Frontier Central, as well as throughout New York State, AP courses, College Articulation courses, and Regents courses are considered to be the most challenging academic courses available at the high school level. The main objective for the student during this time is to challenge oneself optimally and in doing so keep all possible educational doors open.


Class Rank

Class Rank is used to assess where a student stands academically in comparison to his/her classmates at Frontier all of whom have been exposed to the exact same educational opportunities. The higher one's weighted GPA, the higher one's class rank. Valedictorian and Salutatorian are number one and number two in the graduating senior class. This rank is done to determine the valedictorian and salutatorian. The entire graduating class is ranked in October of senior year. Being that the majority of college applications are sent in the fall of the student's senior year, students GPA and subsequent class rank is particularly important at the conclusion of his/her junior year

Standardized Test Scores

Just as the GPA and Class Rank are used to compare students who attend the same high school and have exposure to identical scholastic educational opportunities, standardized tests are used to provide a nationwide comparison of prospective juniors and seniors in their ability to perform college level work. Students can register for all of the standardized tests online. You will need to know the *School Code for Frontier*, which is 332225.





Pre-ACT The Pre-ACT contains questions similar to that which are asked on the ACT therefore providing students with the opportunity to become more comfortable with standardized testing methods and conditions. It is a comprehensive guidance resource that helps students measure their current academic development, explore career/training options, and make plans for the remaining years of high school and post-graduation years. Sophomore Parents, have your son/daughter sign up to take the Pre-ACT in the spring of their sophomore year. Sophomore students will be given information about online registration.

PSAT/NMSQT (Preliminary Scholastic Assessment Test/National Merit Scholarship Qualifying Test) - taken primarily by juniors in the fall, is considered practice for the SAT I Reasoning Test. The PSAT contains questions similar to that which are asked on the SAT therefore providing students with the opportunity to become more comfortable with the standardized testing methods and conditions. Although PSAT results are not examined during the college application procedure, students who score extremely high on the PSAT's become qualifiers for the National Merit Scholarships.

SAT I (Scholastic Assessment Test) -The SAT is an admission exam required of students applying to four-year colleges/universities. It is designed to measure the aptitude of high school students with regard to their ability to perform college level work. The SAT is scored on a scale of 400 to 1600. The SAT includes an Evidence-Based Reading and Writing section that is scored ranging from 200-800 points. There is a Math section, which is scored ranging from 200-800 points. There is also an optional essay, which Frontier recommends that students take. The essay is scored separately on a scale of 2 to 8 points on each of three essay traits. Students should take the SAT in the Spring of their junior year after taking the PSAT. By following this recommended time frame, a student who is yet to be satisfied with his/her test results is afforded



the opportunity to take the SAT a second time in the Fall of their senior year. SAT II's and the SAT I cannot be taken at the same time.

SAT II's previously referred to as the Achievement tests, are hour long tests designed to measure a student's knowledge in specific subject areas. To apply for a particular academic program within a particular college, students may be required to take one or more SAT II subject tests. Not all colleges require SAT II for admission.

- NOTE:**
- You can take one, two or three SAT II tests per test date.
 - Web Site: sat.org/register

Important Information for Special Education Students Testing for the First Time

Special education students who wish to receive the services and accommodations specified on their Individualized Education Plan on the PSAT or SAT, must also pick up a **Consent Form for Request for Accommodations**. Students and parents should sign the release and return it to the Student Service Center. Once you have been approved, you will receive a letter of approval and SSD Code to include with regular SAT testing registration materials whenever you register for retesting by mail or online. Special Ed students wishing to receive test mods on the ACT can go to www.actstudent.org and click on "Accommodations" to find out their options.



ACT (American College Test)-

Scored within the range of 1 through 36 with 36 indicating a perfect score. The national average falls around 21. The ACT is considered an interchangeable substitute for the SAT. Just as the SAT is designed to measure your ability to do general college work, the ACT measure your knowledge of specific subjects such as English, Reading, Science and Math. There is also an “optional” writing test that Frontier students are encouraged to take.

While some colleges state a preference for either the SAT or the ACT, almost any college will accept the results of either test. Students are encouraged to follow the same time frame for scheduling the ACT as that which was specified for the SAT. It is important to note that frequent test taking breeds familiarity with question format as well as test taking conditions. This increased comfort level may lead to an improvement in test scores. Although colleges will have access to your test scores, the majority of colleges will consider only your highest score for admission purposes.

NOTE: • [Web Site: www.act.org](http://www.act.org)

• [Students should, at the very minimum, take SAT I and ACT once in their junior year and have their scores sent to the schools that they are interested in.](#)

Whenever you take an SAT or ACT, have the scores sent by the testing agency to the colleges that you are considering. When you register for an SAT or ACT you can select four colleges/universities to receive score reports. Take advantage of these free score reports when you register to test. If you wait until after you test to have score reports sent, there will be a fee involved per school..

**The Frontier Central
High School
Code Number for the
SAT I, SAT II and ACT
is: 332225.**

Frontier Test Center

Code Number for:

SAT 33-470

ACT 197420

When testing be sure to have your SAT and ACT scores sent directly to the colleges to which you are applying.

FIND YOUR MATCH!

Figure out what you want out of a college then find out which colleges match your needs. Another part of the college planning process involves honing in on the factors that are most important to a particular student about a college. Important aspects to consider include:

Majors Offered

Location

(distance from home and rural versus urban)

Competitiveness

Size

Cost

Reputation

Athletic or Special Programs

Campus Facilities



COLLEGE VISITS

One of the most important aspects of college selection is the visitation.

SUGGESTIONS FOR A SUCCESSFUL COLLEGE VISIT

- Call or register online to make arrangements for a visit.
- Be prompt.
- Request to sit-in on a class or classes.
- Meet with an admissions counselor.
- Meet with a financial aid representative.
- Talk to students and faculty.
- Ask about your particular area of interest.- Visit while school is in session, going during a vacation or semester break doesn't give a true picture of campus life.
- Some colleges have prospective students stay overnight in a dorm.
- Read the college catalog and/ or view-book prior to the visit.
- Prepare a list of questions
- Inquire about the realistic chance of admission to the college.
- Dress appropriately.
- Send a thank you note to the admission counselor.
- Personal Interview — Whether or not a personal interview is required by a college, it is an excellent way to convey your interest and enthusiasm in a specific academic program or a college in general. Be sure to prepare for the interview by reading up about a particular college and the programs that are available within the institution. Do not waste the interviewer's time by asking questions that can easily be answered in a college brochure. Be punctual and dress neatly. Casual attire is fine, but absolutely no jeans or T-shirts.



Note: •After the Personal Interview it is a “good idea” to send a thank you letter.

Note: •If you cannot visit a college or university, call the admissions office and be sure to thoroughly check out the college’s website online.

Questions:

- What type of students go to school here ?
- Will I fit in?
- Can I get a degree in four years?
- Can I live on campus?
- What is the role of my faculty advisor?
- Do Professors teach most of the classes?
- How do my AP college level courses and College Articulation courses from high school figure in?
- How large or small are classes?
- How often can I get home?
- How safe is the campus?
- Is scholarship money available?
- Are there Cooperative opportunities available?
- Can you tell me about study abroad opportunities?
- Do you have a Career Service Center?
- What is your job placement rate?



NOTE: •Frontier Central School allows students to be excused from school for college visitations. A note from the college should be returned to the attendance office.

COLLEGE FAIRS

A national college fair is held every Spring at the Buffalo Convention Center. In the fall, a big college fair is held in our area at Hilbert College. The Western New York College Consortium visits Frontier in the Fall. Details will be announced over the P.A. System or the Frontier website, www.frontiercsd.org. It is extremely important that college bound students and their parents attend the college fairs in our area!

COLLEGE REPRESENTATIVES

College Representatives visit our school all the time during the year. The dates and times will be announced over the P. A. System. College Representative visits are also posted online and in a blue binder in the Student Service Center. Parents may also meet with the college representatives. They should contact Miss Grasso (926-1720 Ext. 2448) two days prior to their visitation. Listed below are questions to consider when exploring colleges.

1. What is the admission process at your college?
2. What information will be used in evaluating freshmen for admission?
3. Is the college a state or independent institution?
4. Are there admission deadline dates?
5. Does the college require ACT, SAT I, or SAT II?
6. Ask about the particular program you are interested in.
7. Is an interview required for admission?
8. What is the cost at the college for tuition, room and board?
9. What type of institutional scholarships are there available?
10. Ask about job placement.
What percentage of graduates get jobs in their field?
11. Does the college have dormitories - if yes - what kind?
12. What type of setting is the college located in - rural, city, suburban?
13. What are the athletic facilities available at the college?
14. Ask about intramural programs.
15. Are study abroad programs available?
16. What is the total enrollment?
17. Size of freshman class?

18. How does your school handle AP and college credits earned in high school?
19. Are there honors programs?
20. When must you declare a major?
21. What is unique or special about the college?
22. Are there tutorial services available?
23. Are there counseling services available?
24. What percentage of the freshmen class graduate?
25. Is there a graduate school at the college?
26. Does the college have a school newspaper, radio station, student government, etc.?
27. Are freshmen required to live on campus?
28. Is ROTC available?
29. Are there sororities and fraternities on campus?
30. What is the student / teacher ratio?
31. Do graduate assistants teach undergraduate classes?
32. Religious affiliation.
33. Location of nearest city.
34. Transfer Programs.
35. Computer Facilities.
36. Commuter students - What percentage?
37. Are there athletic scholarships?



THE COLLEGE APPLICATION PROCESS

SUNY (State University of New York) applications are available online at www.suny.edu. Out of state and independent college applications are also available online at the institution's website.

The SUNY Application

This is a convenient method of applying to 51 of the 64 colleges that are a part of the SUNY System. There is a fee per college. A credit card can be utilized. Do not use the online SUNY application to apply to ECC. Go directly to www.ecc.edu for a free on-line application or, better yet, attend the ECC Instant Admissions Day held in the Fall at Frontier High School during all lunch periods. Be sure to know your social security number.

ONLINE SUNY APPLICATION:

- a. go to www.suny.edu
- b. Click on "APPLY NOW" and "Create An Account"
- c. Fill out entire application and submit with payment.
- d. Fill out Supplemental Application (if required) and send online.
- e. Bring any supporting documentation (two letters of recommendation and your resumé) to your counselor to be uploaded to the SUNY website by your counselor along with your high school transcript, GPA and class rank.

The Common Application

Not to be confused with the SUNY Common Application which is only used to apply to schools in the SUNY system, the Common Application is the application of choice for many private and state schools. Complete it online at www.commonapp.org. Be aware that there is a fee involved for applying to each school. There are also a number of parts to the Common Application such as Teacher Recommendation Form, Secondary School Report, Midyear Report and Final Report. Most colleges/universities also require a School Specific application as part of the Common Application. As with any application, it is the student's responsibility to ensure that all parts of the Common Application are complete.



COMMON APPLICATION:

- a. Go to www.commonapp.org
- b. Register to apply.
- c. Add colleges you are applying to.
- d. Add names of people who will be writing letters for you (be sure to touch base with them verbally as well!!!). Make sure to invite and assign your recommenders for each college!
- e. Follow the directions VERY carefully.
- f. Check all colleges for any supplemental applications and forward any supporting documentation you would like sent directly to the college.
- g. Be sure that the Secondary School Report, Teacher Evaluations, Mid-year Report and Final Report form are received by your college(s).
- h. Check back on the site frequently to see if everything is complete (i.e. Teacher recommendations).



**WITH ALL COLLEGE AND UNIVERSITY
APPLICATIONS BE SURE TO READ THE
DIRECTIONS CAREFULLY PRIOR TO
STARTING THE APPLICATION!**

PAPER APPLICATION:

- a. Print application off of college website or pick up an application while visiting the college.
- b. Fill out the entire application and attach the application fee and all supporting documentation (recommendations, essays, resume, etc.).
- c. Fill out the TRANSCRIPT REQUEST FORM and attach to your application and SUBMIT to the Frontier Student Service Center.
- d. All paper applications will be mailed by the Frontier Student Service Center

**ONLINE APPLICATIONS INDEPENDENT
AND OUT OF STATE:**

- a. Go to the college's website.
- b. Navigate to the undergraduate online application section.
- c. Fill out entire application and submit with payment.
- d. Complete Frontier's TRANSCRIPT REQUEST FORM.
- e. Bring any supporting documentation (recommendations and resumé) to the Student Service Center to be mailed to the college with your transcript.
- f. Submit a Transcript Request Form to the Student Service Center if midyear reports need to be sent.

LETTERS OF RECOMMENDATION



Letters of recommendation greatly assist in the process of clearly portraying a student's assets. Considering the fact that the goal is acceptance to an academic institution, students are best off seeking academic, as opposed to personal, letters of recommendation. While it is advantageous for a student to seek out letters of recommendation in the core subject areas, they are likewise useful if relevant to the designated area of future study. For example, a letter from an AP Biology teacher would be helpful for a premed student. Not all colleges require letters of recommendation or a personal resume. Despite this fact, both have the potential to effectively enhance one's application packet. It is important that the letter is written by an individual who knows you and is familiar with your academic and/or extra-curricular activities. When requesting a letter of recommendation you should:



1. Explain to the individual what the letter is for; scholarship, college admission, etc.
2. Indicate the deadline date.
3. Allow sufficient time for the individual to write the recommendation, usually two weeks. Asking at the last minute is not advisable.
4. Recommendations should be typed.

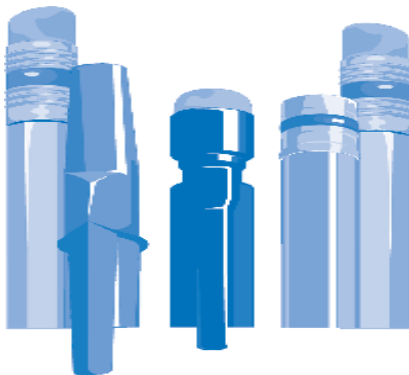


5. If more than one recommendation is required, it is a good idea to select individuals from two different academic areas.
6. If you are applying to a specific major, for example biology, make sure that a recommendation is submitted from a science teacher.
7. A Request for Letter of Recommendation should be filled out to assist the person willing to write your recommendation (**Write legibly**).
8. A thank you is appropriate after the letter of recommendation is completed, either written or verbally.

NOTE: • [Additional copies of the recommendation form, which is on the next two pages, are available online and in the Student Service Center.](#)

PERSONAL ESSAY

- Some colleges/universities require that you write an essay on a specific topic or about yourself. After you complete your essay have an English teacher proof read it.



**FRONTIER CENTRAL HIGH SCHOOL REQUEST FOR LETTER OF RECOMMENDATION
(ATTACH RESUME OF ACTIVITIES AND INVOLVEMENTS,
COMMUNITY SERVICE AND EMPLOYMENT)**

Name: _____

Colleges Applying to:

College Name

Major chosen at that college

Three Adjectives that best describe you: _____

Tell me about the involvement or activity that you feel most passionately about:

Tell me about an activity or involvement where you have best demonstrated leadership:

Tell me about any Awards or Special Honors you have been acknowledged for:

How have you improved our school, our community and/or the world?

Tell me something unique or special about you:

Plans for the future (goals, college major, employment):

Were there any particular experiences or activities that helped you decide on your college major? Tell me about them:

If you did not attach a resume, please list your in school Activities/Involvements:

Activity	Grade
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

If you did not attach a resume, please list your out of school Activities including any Community Service and Employment:

Employer Name	Job/Position	Dates of Employment
_____	_____	_____
_____	_____	_____
_____	_____	_____

Let me know if there are any unusual hardships that you and your family have had to overcome during your high school years.

BE SURE TO REQUEST THIS LETTER OF RECOMMENDATION AT LEAST ONE OR TWO WEEKS BEFORE IT IS NEEDED.

A THANK YOU CARD SHOULD BE GIVEN TO THE PERSON WHO WRITES YOU A LETTER OF RECOMMENDATION.



FINANCIAL AID

RESEARCH SCHOLARSHIP OPPORTUNITIES

Financing a college education is another important consideration. Taking the time to research what is available takes both time and effort which will hopefully pay off. The Free Application For Federal Student Aid (FAFSA) is the financial aid form that parents must complete and process in order to apply for Federal Aid. New York Students applying to New York State schools should also file a TAP application. Some schools also require the CSS Profile application.

The Frontier website is your key tool in looking for scholarships. Go to the high school and click on scholarships.

- NOTE:**
- [There are also other books available in the Public Library on scholarships.](#)
 - [There are scholarship searches on the Internet.](#)
 - [Brochures on Financial Aid are available in the Counseling Center.](#)
 - [Frontier High School- Scholarship Directory \(posted on website\)](#)

3 Key Financial Aid websites:

www.hesc.ny.gov

profileonline.collegeboard.com

Applying for financial aid is as easy as 1-2-3.

WWW.FAFSA.ED.GOV

Additional Sources Include:

- the colleges/universities and the programs within them that you have applied to
 - parent's union
 - parent's employment
 - clubs
 - organizations
 - religious affiliations
 - special talent scholarships
 - nationality
 - specific career areas
 - student's employment
 - in-school organization
 - credit unions

RECRUITMENT INCENTIVE AND RETENTION PROGRAM (RIRP)

This is a New York State program which was developed in the interest of recruiting and retaining quality soldiers, airmen, marines, and sailors for the State Military Forces. The actual amount of the award is based on the tuition cost minus available financial aid (TAP, PELL, Employer Assistance, etc.). The calendar year award is based on the State University of New York (SUNY) maximum in-state tuition. If the SUNY tuition rate increases, so will the maximum award under this program. Any other charges, such as books, academic fees, or room and board are your responsibility, so plan your finances accordingly. For further information contact your local recruiter.

ROTC

The Reserve Officers' Training Corps has numerous scholarships for young men and women who want to join the U.S. Army, Air Force, Marines or Navy and still go to college. These scholarships pay many expenses plus a monthly salary. In return, you are required to serve on active duty after you graduate. Check your local recruiting station for requirements and details or write to the ROTC officer of the colleges you are interested in. Recruiters visit Frontier Central School monthly, if you are interested in meeting with them sign-up in the Student Service Center.



NOTE: •Web Sites:

[Air Force ROTC: www.afrotc.com](http://www.afrotc.com)

[Army ROTC: www.ArmyROTC.com](http://www.ArmyROTC.com)

[Navy ROTC: www.NROTC.mil](http://www.NROTC.mil)

THE MILITARY ACADEMIES

There are five military academies:

U.S. Air Force Academy

U.S. Military Academy - Army West Point

U.S. Navel Academy - Navy and Marine Corps/ Annapolis

U.S. Coast Guard Academy

U.S. Merchant Marine Academy



Pre-application and admissions assistance - Junior Year.

If you are interested in an academy and you are at least a junior, write to the admissions office and request a pre-candidate kit. You should receive general information about the Academy, specific information of admission procedures, requirements and a pre-candidate questionnaire. The questionnaire is completed and returned along with a copy of the high school transcript.

To be accepted into any service academy except for the Coast Guard Academy, you must first be nominated to the school by either a U.S. Senator, a U.S. Representative or the Vice President of the U.S. who can nominate candidates to any academy except the Merchants Marine Academy.



ATHLETIC SCHOLARSHIPS

Students who possess the talent and desire to play a sport or receive an athletic scholarship at a Division I or II college must ensure that they meet the specified academic criteria that is established by the NCAA. Students must successfully complete a core curriculum of academic courses. Included in these NCAA core courses are a number of college preparatory English, science, social studies and math courses. While enrolled in the approved core courses, a student must obtain at least a 2.0 based on a 4.0 GPA scale. Prospective athletes must also achieve a minimum combined ACT and SAT score. In addition to meeting these precise academic and standardized testing specifications, as late as fall of their senior year, athletes need to register with the NCAA Clearinghouse. This can be done online. The web site is <https://ncaa.org/eligibilitycenter>. A fee is required.



**FUTURE DIVISION I OR DIVISION II
 COLLEGE ATHLETES:
 NCAA ELIGIBILITY IS NECESSARY!
 INTERESTED STUDENTS AND PARENTS
 SHOULD CHECK OUT THE NCAA WEBSITE
eligibilitycenter.org EARLY AT THE START
 OF HIGH SCHOOL. BE AWARE OF THE
 STRINGENT NCAA ELIGIBILITY
 REQUIREMENTS AND CONTINUOUSLY
 MONITOR YOUR ACADEMIC PROGRESS
 TOWARD MEETING NCAA REQUIREMENTS**

NCAA Academic Standards

The NCAA Eligibility Center verifies the academic and amateur status of all student-athletes who wish to compete in Division I or II athletics. College-bound student-athletes, who want to practice, compete and receive athletically related financial aid during their first year at a Division I or II school need to meet the following requirements:

Division I 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 courses GPA of at least 2.300
- *Earn the ACT/Sat score matching your core-course GPA on the Division I sliding scale
- *Graduate high school on time.

Division II Full Qualifier

- *Complete 16 Core Courses
- *Earn a core courses GPA of at least 2.200
- *Earn the ACT/SAT score matching your core-course GPA on the Division II full qualifier sliding scale
- *Graduate high school on time.

Division III college and universities set their own admission standards. The NCAA does not set initial eligibility requirements in Division III. College-bound student Division I or II athletes are encouraged to register at eligibilitycenter.org at the beginning of their sophomore year of high school. Once students have registered online, be sure to fill out a transcript request form to ensure that your transcript gets sent to NCAA.

**Due to the highly specific requirements of NCAA academic eligibility, it is essential that prospective college athletes seek out information on the NCAA website prior to the start of high school. It is the responsibility of interested students and their parents to start out early in a student's high school career planning to meet NCAA requirements.

— Once you've registered with the NCAA, fill out a transcript request form to have your high school transcript sent to NCAA. Official transcripts must be sent from ALL high schools attended.

— Also be sure to have your SAT and ACT test scores sent from the testing agencies to NCAA. **The NCAA code is: 9999**





NCAA APPROVED CORE COURSES

for Frontier Central School are
available on the Internet.

The website is

<https://ncaa.org/eligibilitycenter>

Reminder

your high school code is:

332225



NOTE: Fill out a transcript request form to have your High School transcript sent to the NCAA. If you attended more than one high school, a transcript is required from **ALL** high schools attended.

NOTE: Be sure to have your SAT and ACT test scores sent to the NCAA Clearing House by the testing agency.

The code is: **9999**

PERSONAL RESUME OF ACTIVITIES, AWARDS AND LEADERSHIP POSITIONS

***Become involved as a valuable school
and community citizen!***

When a student applies to a college, an official transcript of the student's academic record is included with the college application. The transcript lists such vital information as courses taken, grades received, cumulative weighted grade point average, class rank and standardized test scores. It is then up to the student to transcend the possibility of being categorized sheerly by numbers. Students should create a resume of their activities and involvements both in and out of school. This can and should include awards received, leadership positions, participation in sports teams, clubs, volunteer work, community service, internships and employment experience. It is up to the student to not only become involved, but furthermore to create and gather credible documentation supportive of such. Making your resume is easy if you use the resume template available online at the Frontier Counseling Center website clicking on applying to college.



WHAT IS A RESUME?

- A personal, individual summary of your background, experience, training and skills.
- An opportunity to present your best qualities to a college or employer.
- A calling card to remind the school or employer of your qualifications.
- A way for schools or employers to compare your specific qualifications to those of other candidates.



FOR WRITING YOUR ACTIVITIES RESUME

1. Type your resume.
3. Proofread your resume.
4. Present an honest history of positions and experience.
5. Remember, this is a reflection of the work you have done throughout your high school career.
6. Use the resume template available online at the Frontier High School Counseling Center website by clicking on the Applying to college.

SAMPLE RESUME WORKSHEET

First Last Name

Street Address

City, State, Zip

Phone (*Landline or Cell*) XXX-XXX-XXXX

Email Address

Education:

2010-Present **Frontier Central High School**, Hamburg, NY
Academic Honor Roll Student
National Honor Society Member
Foreign Language Honor Society Member

Volunteer Experience:

2009-Present **Buffalo Literacy Program**, Buffalo, NY

- Developing reading program for children
- Tutor children English on the weekends

2010-2011 **Upstate New York Transplant Services**, Buffalo, NY

- Blood Donor

Clubs/Activities:

2010-Present Frontier Varsity Volleyball (*Captain, 2010*)
2008-2010 Frontier Junior Varsity Volleyball
2009-2010 Art Club
2004-2010 Girl Scout

Work Experience:

2011-Present **Company #1**, City, State
Job Title
Responsibilities / Achievements
Responsibilities / Achievements

2010-2011 **Company #2**, City, State
Job Title
Responsibilities / Achievements
Responsibilities / Achievements

Skills:

Include skills related to the position / career field that you are applying for i.e. computer skills, language skills.

Use this template to showcase your involvements, activities, accomplishments and leadership.

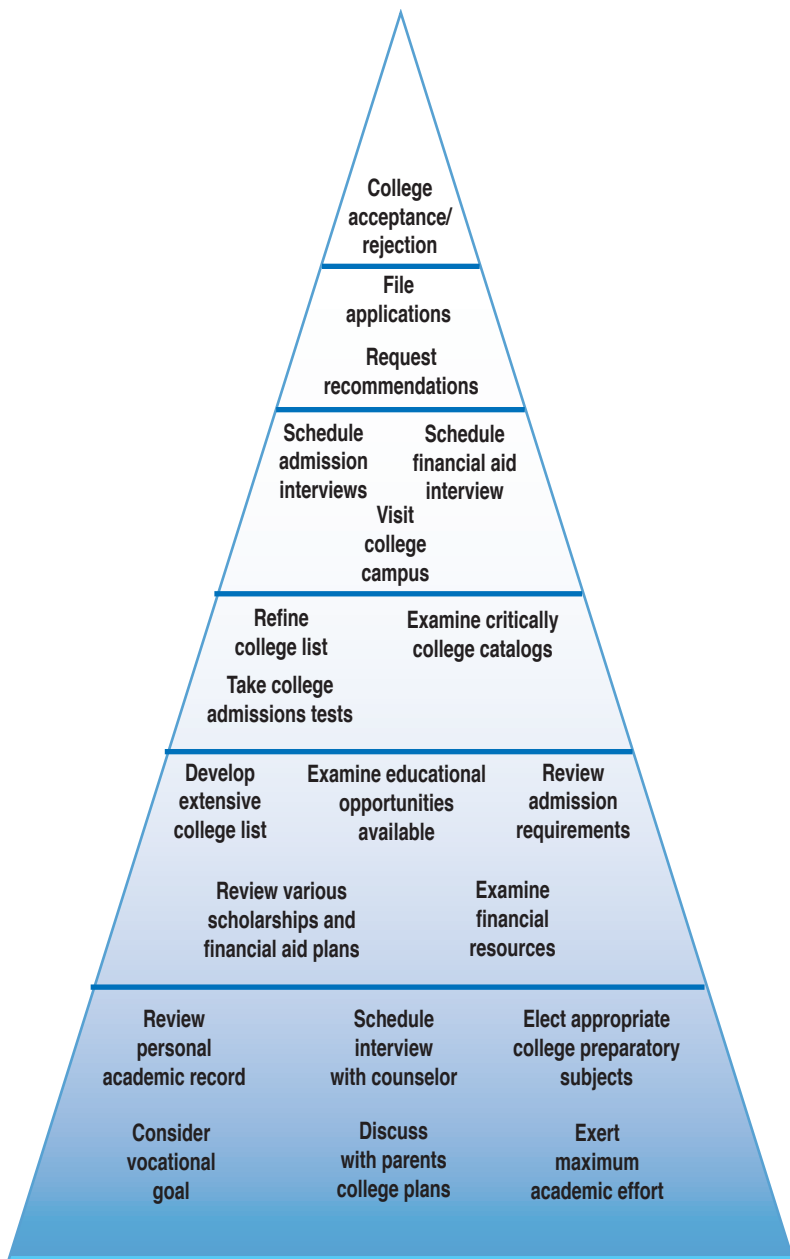
COST



The cost of attending college will vary depending on various factors. Below is a worksheet that will help in comparing the cost between colleges and or universities.

	Colleges		
Name			
Tuition			
College Fee			
Student Fee			
Room & Board			
Books & Supplies			
Transportation			
Miscellaneous (PERSONAL EXPENSES, LAUNDRY, CLOTHING)			
Total Budget			

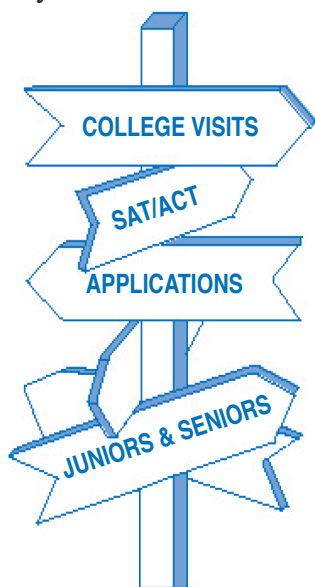
THE COLLEGE SELECTION PYRAMID



THE JUNIOR & SENIOR YEAR PLAN FOR THE COLLEGE BOUND STUDENT

ELEVENTH GRADE - JUNIOR YEAR

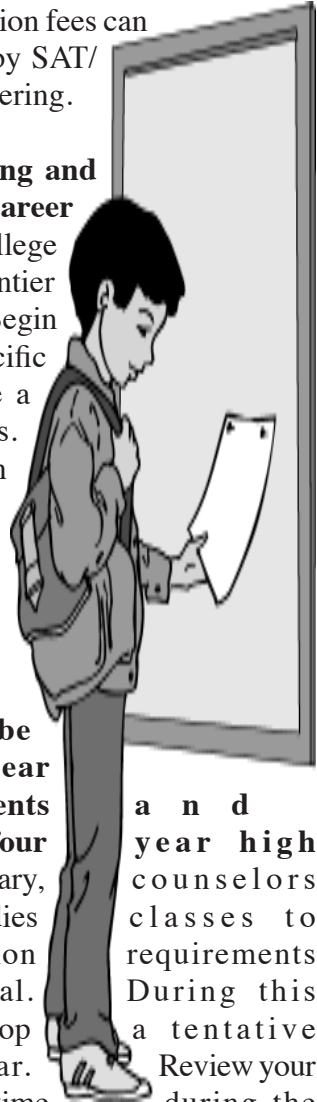
- 1. Continue to develop good study skills and take an active role in monitoring your own academic progress.** Practice a daily routine to complete homework and prepare for tests. Also, carefully review all progress reports and quarterly report cards. Be sure to share the information and discuss your progress with your parents. If you have any questions about scheduling or grading be sure to seek out your counselor and/or teacher.
- 2. Continue to be involved in a variety of extracurricular school and community service activities.** Update the list that you use to keep track of your activities and involvements.
- 3. Sign up to take the PSAT in the Fall of your junior year.** During first semester, Counselors will be going into the English classrooms to talk about the importance of taking the PSAT's. Registration materials will be handed out for the PSAT which is generally administered at Frontier on a Saturday in mid October.



4. Sign up for the SAT and/or ACT shortly after having taken the PSAT in October. Registration information can be found online at sat.org/register and www.act.org. Pay careful attention to the specified registration deadlines for the various test dates. Late registration fees can be costly. Have your scores sent by SAT/ACT to the colleges you are considering.

5. Continue the process of discussing and actively exploring a variety of career and college options. Attend the college and career fairs that are held at Frontier and Western New York in general. Begin to make informal visits to the specific colleges and universities that are a match for your educational pursuits. Be sure to sign up in advance with the college admissions office and arrange to take an organized tour of the campus. Arrange to do so on a regular school day when the college year is in full swing.

6. In the spring of junior year, be sure to discuss your senior year course selection with your parents counselor. Think in terms of a four school plan. Sometime during January, will be going into the Social Studies talk to the class about graduation and program planning in general. time, you will be asked to develop schedule for the following year. requests with your parents. Sometime second semester, you will be called individual program planning session with your counselor. At this time, you will fine tune and finalize your tentative schedule.



a n d
year high
counselors
classes to
requirements
During this
a tentative
Review your
during the

TWELFTH GRADE - SENIOR YEAR

1. **Continue to develop good study skills and take an active role in monitoring your own academic progress.**



Practice a daily routine to complete homework and prepare for tests. Also, carefully review all progress reports and quarterly report cards. Be sure to share the information and discuss your progress with your parents. If you have any questions about scheduling or grading be sure to seek out your counselor and/or teacher. *Colleges and universities like to see what courses you are enrolled in during senior year. Admissions counselors frequently request mid year and end of the year report cards.*

2. **Retake the SAT and/or ACT to improve your scores and have your scores sent directly from the testing agency to the colleges that you are applying to.** Go online for registration materials over the Summer or first thing in September! Plan to retake these tests early in the school year to ensure that colleges receive your test scores prior to having reviewed your application for acceptance. Check with the schools to which you are applying to see if the **SAT II** is required for either admission and/or placement purposes. Have your test scores sent from the testing agencies directly to the colleges you are applying to.

3. **Construct a personal resume to clearly and attractively reflect your extracurricular activities and involvements throughout freshman to senior year.** Keep in mind such factors as **clubs, organizations and sports** both **in and out** of school. Create a section for **community service and volunteer work**. Also include any **employment** or internship positions held.

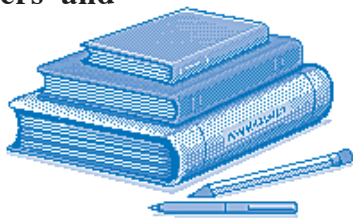


Be sure to mention **leadership positions** held (i.e. president of Spanish Club, captain of the JV Soccer Team, treasurer of NHS). Also list any **awards received for academic and/or extracurricular accomplishments**. Use the resume template at the Student Service Center website.

4. Ask school faculty members and employers

(teachers, counselors and/or administrators) for letters of recommendation.

Provide the individual with a copy of your personal resume to give them some background information about your educational goals and your extracurricular involvements and achievements or print out a Request for Letter of Recommendation Form.



ALLOW AMPLE TIME FOR THE COMPLETION OF SUCH LETTERS, USUALLY TWO WEEKS

5. Continue the process of discussing and actively exploring a variety of career and college options. Take advantage of the resources that are available to you. Attend the college and career fairs that are held locally.

6. Continue to make informal visits to the specific colleges and universities that are a match for your educational pursuits. Be sure to sign up in advance with the college admissions office and arrange to take an organized tour of the campus. Arrange to do so on a regular school day when the college academic year is in full swing. Also, if possible, make an appointment to meet with an admissions counselor at the college. Print out an unofficial copy of your high school transcript to take along with you. Also be sure to sign up to meet with college representatives who are visiting Frontier. Check the blue binder in the Student Service Center to see if any of the schools you are interested in will be coming.

- 7. Proofread your own college admissions applications and essays. Have a trusted adult review them a second time. Apply to college prior to Thanksgiving Break. **BE AWARE OF SPECIFIC DEADLINES FOR COLLEGE AND SCHOLARSHIP APPLICATIONS.****

- 8. File online for financial aid as soon as possible in October.** Check to see what financial aid forms are required by the schools that you have applied to for admission. If the school requires the **CSS Profile**, go online to file for it as soon as possible at CSSprofile.collegeboard.org

- 9. Search for scholarships** using the **Scholarship Section** of the **Frontier website www.frontiercsd.org**. Utilize the internet to conduct scholarship searches. Students who meet the scholarship qualifications, can print out, or go online to download copies of the scholarship applications. Keep Frontier application deadlines in mind.

- 10. Be sure to report all college acceptances and scholarship awards to the Student Service Center on your Graduation Data Sheet in April of Senior year!**





INTERNET ACCESS

Colleges, Financial Aid

The **internet** is an extremely valuable resource to utilize in the search for college and financial aid information. Some websites to check out include: Frontier - www.frontier.wnyric.org (go to High School, then Counseling Center)

College Information and Searches:

The College Board Big Future College Search -
bigfuture.collegeboard.org/college-search
www.wnycollegeconnection.com
State University of New York - www.suny.edu
www.nycolleges.org
www.campustours.com
www.mappingyourfuture.org
www.petersons.com
www.princetonreview.com
www.collegenet.com
www.commonapp.org
www.mymajors.com
nces.ed.gov/ipeds/datacenter



Standardized Test Registration and Practice:

SAT - www.sat.org/register
ACT - www.act.org
www.khanacademy.org (free SAT practice!)
www.academy.act.org (free ACT practice!)

INTERNET ACCESS

Colleges, Financial Aid

(Continued)

Career Information:

Occupational Outlook Handbook - www.bls.gov.oco
www.careerzone.ny.org
www.labor.ny.gov/jobs
www.collegetoolkit.com
www.mymajors.com
www.volunteermatch.org
www.mynextmove.org

Financial Aid and Scholarship Information:

www.frontier.wnyric.org (go to High School, then Scholarships)
FAFSA - www.fafsa.ed.gov
New York State Higher Education Services Corporation - www.hesc.ny.gov
CSS Profile - profileonline.collegeboard.com
Title IV Codes - www.finaid.org/fafsa/tiv.phtml
Financial Aid Information Page
www.finaid.org
www.scholarships.com
www.schoolsoup.com
www.fastweb.com
www.wiredscholar.com
www.legion.org/needalift
www.studentaid.ed.gov
collegeabacus.org
www.collegecost.ed.gov
www.studentscholarships.org
www.myscholly.com (also available as an app!)
bigfuture.collegeboard.org/scholarship-search
www.collegeanswer.com





GLOSSARY OF TERMS

ACT Composite - This is the average score from all sections of the ACT exam. Most colleges use this score for admissions purposes.

Academic Year - The length of the school year, it is usually divided into semesters (fall and spring), trimesters or quarters.

Accreditation - refers to a college or educational program indicating that it has met certain standards.

Academic Advisor- a college faculty member whose responsibility it is to assist the student with course selection, graduation requirements and program advisement.

Associate Degree - a two year degree Associate in Science A.S., Associate in Arts A.A., Associate in Applied Science A. A. S., and Associate in Occupational Studies, A. O. S.

Bachelors Degree - a four year degree Bachelor of Science B. S. or Bachelor of Arts B. A.

CEEB Code - Standardized ID number that is assigned to a high school, college or university. These 4-6 digit codes are typically used on the ACT, SAT and college applications. Frontier's CEEB code is 332225.

Common Application - A standardized undergraduate application that is accepted by a wide variety of colleges and universities throughout the U.S.

Community College - Community colleges provide excellent transfer and career education, and degree programs, supported by comprehensive student services. Many community colleges offer residential living and have campuses in more than one location.

Cooperative Education - Alternating academic study with employment. Usually a job related to the student's major. Also referred to as "Cooperative Work Study."

Core Curriculum - Core curriculum is common coursework that undergraduates complete that ensures students in all majors develop a foundation in a broad range of general education knowledge and skill areas, expressed in terms of student learning outcomes.

Credit Hour - indicates the amount of value a course is given

Cross Registration - registering for a course at another college

CUNY - City University of New York

Deferred Admission - Admissions decision is pending or student is offered admission to a college/university for future semester.

Dual Admission - Special transfer program at participating institutions that provide a smooth transition from a community college to a 4-year college/university.



GLOSSARY

(Continued)

Early Action - The application process in which students make application to an institution of preference and receive a decision well in advance of the institution's regular response date. This is not a binding agreement.

Early Decision - The application process in which students make a commitment to a first-choice institution where, if admitted they will definitely enroll. This is a binding agreement.

Elective - A course that counts for a student's overall credit, but not as a major requirement or general education attribute.

EOP - Educational Opportunity Program This program admits students who do not meet the traditional standards for admission, but possess the desire, potential, and talent to earn a college degree. EOP assists students who are both academically and economically disadvantaged.

FAFSA - Free Application for Federal Student Aid. Application that must be filled out each year by students to receive consideration for financial aid.

Financial Aid: funding provided to the student in the form of grants, loans, scholarships and employment

Full Time Student - a student taking 12 or more credit hours during a semester

Grade Point Average - your academic average. The scale is:

A = 4.0 B = 3.0 C = 2.0 D = 1.0 F = 0

Graduate School - college after the Bachelors Degree has been earned

Honors Program - programs designed to offer academically capable students, usually with a certain grade point average, the opportunity to enrich their programs

Major - the student's course of study

Mid Terms - tests that are given about half way through a semester

Orientation - a program designed to inform the students and parents about the college

ROTC - Reserve Officer Training Corps. Air Force, Army and Navy Programs on certain campuses which combine military education with baccalaureate degree study, often with financial support for those students who commit themselves to future service in the Armed Forces

Rolling Admissions - There is no application deadline for colleges using rolling admissions. Decisions are made as the application becomes complete and are mailed out immediately. Admissions closes once the predetermined number of acceptances has been reached.

SUNY - State University of New York

SUNY Application - The standardized undergraduate application that is accepted by many SUNY colleges and universities.

SUNY Online Academic Record (SOAR) - Web based tool that allows students to submit high school transcript

information as well as their ACT and SAT scores

TAP - Tuition Assistance Program. Grant award available for New York State residents only. The TAP application must be complete in addition to the FAFSA to receive consideration for this award.

Technology College - An institution that offers hands on academic programs and associates and bachelor's degrees.

Transcript - high school record of courses taken and grades and credits earned Standardized test results including Regents, SAT, ACT and AP exam scores are also placed on the high school transcript

Total Cost of Attendance: Cost of attending college including room, board, books, personal expenses and travel expenses. This figure is used in calculating financial aid.

Undergraduate School - college prior to receiving the Bachelors Degree

Wait List - An admission status that indicates that a student may be offered admission if not enough students who have already been accepted decide to attend.

