

College Admissions *Handbook*



Lansing High School
Student Services Department

College Admissions Handbook

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LANSING HIGH SCHOOL

CEEB Code: 332-930
Pat Hornbrook, Principal

Beth Evener, Counselor A-K
Kara Catino, Counselor L-Z

Hello!

The college admissions process is an exciting journey, but it can also be an overwhelming process for students and their families. We have created this handbook to provide you clear, simple, and helpful advice. The information and recommendations we provide are generally considered best practice and are based on our experience. You may find your needs or pathway to admission may be a bit different, and that is okay because nobody's journey is the same. Your school counselors are ready to help you make this a positive and enjoyable experience. We encourage you to please reach out to us with any questions.

Mrs. Beth Evener is the school counselor who works with students with last names beginning with A-K. EEvener@lcsd.k12.ny.us

Ms. Kara Catino is the school counselor who works with students with last names beginning with L-Z. kcatino@lcsd.k12.ny.us

Best wishes for success in high school. We look forward to working with you throughout your high school years to assist you in preparing for the next phase of your life.

Sincerely,

Mrs. Evener & Ms. Catino

Lansing High School Counselors

COLLEGE PLANNING CALENDAR

FRESHMAN & SOPHOMORE YEAR

- Explore career options by taking interest and skills assessments through Naviance—<https://student.naviance.com/lansinghs> (Personality Type and Career Interest)
- Talk with your school counselor about career options and the education required for those careers
- Talk with your parents about saving and paying for college
- Participate in extracurricular activities and community service/volunteer opportunities
- Review your high school plan with your school counselor. Take the most difficult classes you can handle. Stay focused on your schoolwork
- As a 10th grader, take the PreACT (Practice ACT) (Not offered every year)
- Sign up for classes that will earn college credit, such as Concurrent Enrollment/Dual Credit classes through Tompkins Cortland Community College (TC3)
- Athletes interested in playing Division I or Division II athletics in college should ensure that they will meet NCAA academic eligibility requirements. Information is available at www.eligibilitycenter.org
- Explore internships and apprenticeships
- Enroll in a national or local summer program. Check out: <https://www.teenlife.com/>

JUNIOR YEAR

September-February

- Take the PSAT (Practice SAT) in October
- Explore SAT and ACT review programs. Utilize Naviance Test Prep, as well as your PSAT test booklet
- Meet with your school counselor to sign up for senior year courses
- Register to take the ACT and/or the SAT. This is done online at act.org for the ACT and collegeboard.org for the SAT

March

- Attend college fairs and information sessions
- Plan to visit colleges during spring break. Arrange visits through each colleges Admissions Office. Check their Open House dates
- Start your college search
- Attend a local college fair
- Attend College Night at LHS

April

- Start your college list. Consider location, size, and social environment among your criteria. List these colleges in Naviance under "Colleges I am Thinking About"
- Register for the SAT and/or the ACT if you have not done so
- Athletes interested in playing Division I or Division II athletics in college should meet with their counselor to ensure that they will meet NCAA eligibility requirements. Students can register at www.eligibilitycenter.org

May

- Narrow your search to 10 colleges
- Register for the SAT and/or the ACT if you have not done so
- Stay focused! Regents and AP exams are coming up
- Consider enrolling in a summer enrichment program. You can find national programs on Naviance

June

- Participate in extracurricular activities and community service/volunteer opportunities
- Get a job to earn and save money for college, or explore your skills through an internship
- Stay connected with your teachers. You are in the last stretch of the year
- Look for scholarships opportunities as you search for colleges

July

- Athletes interested in playing Division I or Division II athletics in college should register at www.eligibilitycenter.org
- Create a resume in Naviance for work, athletics, or college applications
- Narrow your college list down to 6-8
- Visit colleges

August

- Attend the Common App Boot Camp offered by your school counselors

Register to take the ACT and/or the SAT. This is done online at www.actstudent.org for the ACT and www.collegeboard.org for the SAT.

Lansing High School CEEB Code: 332930
ACT Test Center Code: Ithaca 182100
SAT Test Center Code: Ithaca 335

SENIOR YEAR

September

- Register for Fall SAT/ACT
 - SAT: www.collegeboard.org
 - ACT: www.act.org
- Complete your Senior Fact Sheet in Naviance
- Attend Senior College Night – typically at the end of September or early October
- Continue to fine tune your college list: adding and removing colleges as you search and visit
- Meet with your counselor to complete your senior audit and discuss your college plans
- Start/continue college visits, open houses, and virtual or in-person tours

October

- Know what colleges will require: the Common Application or a college specific application
- Check Deadlines – will you apply Early Action or Early Decision (Deadlines are usually Nov 1st)
- Ask teachers in person for letters of recommendation first, and then log on to Naviance to submit recommendation requests
- Update/create a resume in Naviance. Ask your counselor for help!
- Attend virtual college fairs and open houses
- Continue to work on your college essay. Have more than one person proofread it
- Free Application for Federal Student Aid becomes available October 1st. Fill out the FAFSA Review and correct the SAR when it arrives

November

- Early Action and Early Decision applications due
- Try to complete and submit at least one college application before Thanksgiving
- Fill out the [CSS College Profile](#) for financial aid if required (some private colleges)

December

- Finish your college applications
- Work with your counselor to make sure all application materials are complete.
- Follow up with your colleges: Check with each college to make sure your materials have been received. Don't panic if the answer is no, work with your counselor to resolve any issues

January-June

- File your Income Taxes
- Send out any additional college applications
- Fill out scholarship applications. LHS local scholarship application will be available in May
- Let your counselor and recommenders know of your acceptances
- Let the colleges to which you applied know of your decision by May 1st

NAVIANCE

Naviance is a college/career website designed to help students and families navigate career interests and the college selection process and journey. In 9th grade every high school student at Lansing is given an access code to create a username and password for the website. Through Naviance, students, families, and counselors can manage the college selection and application process. Transcripts and counselor/teacher recommendations can be sent through Naviance by connecting to the Common Application, and the status of application materials can be tracked. Naviance also allows students to:

- **Build a list of college choices**
- **Create a college or job resume**
- **Complete Lansing Scholarship Application**
- **Naviance Test Prep**
- **Set goals**
- **Manage timeline and deadlines**
- **Research careers and colleges**
- **Compare GPA, test scores and other statistics to historic data**
- **Connect to college websites**
- **Request letters of recommendations from teachers**
- **Search for national scholarships**
- **Keep informed of college representatives visiting Lansing High School and other events, such as college fairs and enrichment opportunities**



NAVIANCE

<http://student.naviance.com/lansinghs>

THE COLLEGE SEARCH PROCESS

First, get to know yourself! What are your academic credentials and interests in comparison to students accepted by a given college? Your grade point average, degree of difficulty of courses, and test scores are all part of your academic credentials. Your high school transcript is the single most important factor in applying to colleges.

Try not to start out with a rigid, preconceived notion about colleges ... keep your options open. There are many colleges where you can get an excellent education as well as a very enjoyable experience for the next two or four years. At Lansing High School, a typical senior usually applies to five to eight colleges.

Students should use Naviance to search for colleges and record the results of those searches for future reference. Naviance will also be used to track the submission of important college application documents such as your transcript and letters of recommendation.

FACTORS TO CONSIDER WHEN CHOOSING A COLLEGE

- Academic match
- Cost and financial aid
- Size of the college
- The setting - rural, suburban, urban
- Proximity to home
- Co-ed or single sex
- Social life
- Extracurricular activities and sports
- General atmosphere

The college search is unique for every student, so don't be afraid to ask questions. Your school counselor is happy to spend time with you and to discuss various aspects of college admissions. There is no single best approach to choosing a college.

KNOW YOURSELF

How much do you really know about yourself? Have you ever sat down and thought about what kind of person you really are, about what's really important to you? When researching colleges its best to know yourself so you can find the best match for you. To get started, here are some questions to ask yourself:

Personal Goals and Values

- What kind of person would you like to become?
- What are your strengths and talents?
- What values are most important to you? What do you care about most?
- What events or experiences in your life so far have had the greatest influence on your growth and thinking - on making you the person you are today?

Academic Interests

- What are your academic interests and preferences? Which subjects and courses have you enjoyed the most? Which have been most difficult for you?
- How do you learn best? Do you learn well by listening to large lectures, or do you need small classes with discussion? Do you do best in a competitive atmosphere? Do you work best independently or with others? Are you self-motivated or do you need close personal attention from your teachers?
- What have you enjoyed most about your high school experience so far? If you could live these last few years over again, what would you do differently?

Outside Activities

- What extracurricular activities in school have been most important to you? What about activities outside school?
- Have you been involved in volunteering or community service?
- What do you do for fun?

Your relationships

- Which relationships are most important to you? Why? Describe your best friends. Are they mostly similar to or different from you?
- How has your environment - school, family, the town you live in - influenced your way of thinking?
- Do you have any heroes, current or historic? If so, why these, in particular?
- If you had the opportunity and the responsibility to change the world, where would you start?

SELECTING A COLLEGE

During your senior year, you will have an opportunity to make an important decision: selecting a college!

What should you look for in a college?

- Academic programs (what majors are offered?)
- Level of selectivity (how difficult is it to get accepted?)
- Types of classes and teaching (large lectures vs. small classes)
- Location - do you want to stay local or go far away?
- Size; (small, medium, or large)
- Cost – financial aid
- Admission requirements
- Extracurricular offering and social environment
- Composition of the student body
- Interesting post-college plans of graduates
- Special programs (study abroad, internships, etc.)
- Consider which criteria are most important to you and rank the colleges you are considering

Who can help you select a college?

- School counselors and teachers
- Parents, family, and friends
- Mentors, coaches, employers
- Former LHS students enrolled in college
- College admissions offices and staff
- Online resources, including Naviance and individual college websites

General Advice:

- Begin early! The earlier you begin the more informed your decision will be
- Research college websites
- Meet with college representatives at LHS
- Contact colleges for additional information
- Check out specific academic and test requirements for each college
- Be aware of SAT, ACT, college application, and financial aid deadlines
- Plan trips in the spring or summer to visit colleges of interest to you
- Plan formal visits or interviews at colleges in the late summer or early fall
- Keep all information related to your application process organized and in one place

- Ask your teachers and counselor for a letter of recommendation at least one month prior to the application deadline
- Attend local college fairs at TC3
- Don't be misled by rumors. Check out the facts
- Apply to a range of colleges. Most students average 5-8 applications
- Be realistic in your choices, but don't shortchange yourself, either. (Apply to at least one safety school, and choose it as carefully as the others)
- Look beyond numbers and statistics. Ask informed questions. (Are faculty accessible to undergraduates? Do professors teach first year classes?)
- Emphasize your strengths. Give teachers and counselors information about your accomplishments and interests
- Be complete and accurate when completing applications. Use spell check! Pay special attention to required essays and guidelines
- Create an email account you will only use for college admissions. Make it professional and simple

COLLEGE SEARCH CHECKLIST

1. TYPE OF COLLEGE: Public Private 2year 4 year

2. MAJORS AVAILABLE: _____

3. CAMPUS SURROUNDINGS/LOCATION:

Region or Specific State: _____

Large City Small City Suburban Rural

4. SIZE OF THE COLLEGE:

Very Large (20,000+) Large (8,000-20,000) Medium (2,000-8,000) Small (< 2,000)

5. PERCENT ACCEPTED: (How competitive is admission?)

Less than 25% Extremely Selective 25%-50% Highly Selective 50%-75% Selective 75%-100%

6. CO-ED OR SINGLE SEX: _____

7. RELIGIOUS AFFILIATION: _____

8. SPORTS: _____

9. SPECIFIC EXTRACURRICULAR ACTIVITIES: _____

10. SPECIAL FEATURES OR PROGRAMS: (4+1, study abroad, clubs, internships):

11. OTHER IMPORTANT CRITERIA: _____

12. COST/FINANCIAL ASSISTANCE: _____

ADMISSION APPLICATION OPTIONS

ROLLING ADMISSION

Refers to an admission plan that reviews applications on a rolling basis from November until April.

REGULAR DECISION

The most common college admission process. Deadlines vary from November to March and committee decisions are usually released by April 1.

EARLY DECISION (ED)

A binding contract under which a student applies and, if accepted, must attend that university. The deadlines are typically the end of October to mid-November. Student and parent must sign a statement of intent that, if admitted, the student will attend the college/university regardless of financial aid award. Students not admitted under ED are either denied or deferred. Deferred applicants are reconsidered with the regular decision applicant candidates. Students and parents will not be informed of financial aid prior to admission. A small number of colleges have a second round of this process called Early Decision II. This deadline is usually around January 15 with notification one month later. You can only apply to one college ED.

EARLY ACTION (EA)

Students apply to a school usually October through December and are notified of the committee's decision within a month. There is no binding contract when accepted, and you have the choice to wait until you hear from ALL your schools before making a final decision. You are not bound to enroll and are not required to notify the college of your decision until May 1. You can also apply to other colleges early action or early decision as well.

EARLY ACTION SINGLE CHOICE/RESTRICTIVE EARLY ACTION

Students apply to a school early, but are not allowed to apply Early Action or Early Decision to another institution. If accepted, students are not bound by a contract to attend and can wait for all pending decisions.

NATIONAL CANDIDATE REPLY DATE/NATIONAL DECISION DATE

May 1 is the date by which colleges require an admitted student to commit to attending their school. This commitment usually requires an enrollment deposit. Students can only commit to one school.

COMMUNITY COLLEGES & TECHNICAL COLLEGES

A four-year college education is not for everyone. In fact, students can often best prepare for many of today's high growth career fields by attending a community college or a technical school.

All students should take as many academic courses in high school as possible. Students attending a community college or technical school, however, will not be required to have completed all of the recommended college preparatory courses in high school. Students are not required to take the ACT or SAT for most community colleges.

Students who prefer to study courses that relate directly to their career goals and/or students who enjoy a more hands-on approach to education should consider a community college or technical school as a post-secondary option.

Students may also begin their education at a two-year college and later transfer to a four-year college to complete their bachelor's degree.

Check out Naviance to discover trade, career, and technical schools.

Our local community college is Tompkins Cortland Community College: www.tompkinscortland.edu



U.S. SERVICE ACADEMIES

Candidates to each of the five Service Academies are selected based on their academic achievement, demonstrated leadership, athletics, and character. To gain admission, candidates must also pass a physical fitness test and undergo a thorough medical examination.

Applicants to all service academies (except the United States Coast Guard Academy) are required to obtain an official nomination. Nominations may be made by Senators, Congressmen, the President, and the Vice President (The United States Merchant Marine Academy only accepts nominations from Senators and Congressmen); students are encouraged to contact their senator or congressperson in the fall of their junior year.

The nomination process is extremely competitive. Students interested in the service academies should plan on taking the SAT in the fall of their junior year so that their scores can be included in their nomination form.

United States Merchant Marine Academy

Kings Point, NY

usmma.edu

United States Military Academy

West Point, NY

usma.edu

United States Naval Academy

Annapolis, MD

usna.edu

United States Coast Guard Academy

New London, CT

www.uscga.edu

United States Air Force Academy

Colorado Springs, CO

usafa.af.mil

ROTC

The Reserve Officer Training Corps (ROTC) is a college program offered at more than 1,700 colleges and universities across the United States that prepares students to become officers in the U.S. Military.

In exchange for a paid college education and a guaranteed post-college career, students commit to serve in the Military after graduation.

Army: armyrotc.com

Air Force: afrotc.com

Navy/Marines: nrotc.navy.mil

GAP YEAR PROGRAMS

The time between high school and college can be a very good time for you to step back and do something that may help guide your future goals and interests. Every fall, some students apply to college but choose to defer their enrollment for an entire year and take a break from school. Many take the opportunity to travel, work, or pursue other interests. Taking a “gap year” is not as uncommon as it used to be and there are many programs set up to help students be successful during this time “off”. You do not have to go to a specific program; rather doing something that will be rewarding, enriching, or important to you will be just as worthwhile.

VOLUNTEER:

[AmeriCorps](#)

[City Year](#)

[Global Volunteers](#)

INTERNATIONAL & CROSS-CULTURAL:

[AMIGOS de las Américas](#)

[Council on International Educational Exchange \(CIEE\)](#)

[Cross-Cultural Solutions](#)

[Himalayan Connections](#)

[Thinking Beyond Borders](#)

[Where There Be Dragons](#)

[Foundation for Sustainable Development](#)

[Global Citizen Year](#)

OUTDOORS & THE ENVIRONMENT

[Earthwatch Institute](#)

[National Outdoor Leadership School \(NOLS\)](#)

[Vermont Youth Conservation Corps \(VYCC\)](#)

[Worldwide Opportunities in Organic Farming \(WWOOF\)](#)

COLLEGE VISITS

One of the most important parts of your college search is the campus visit. Visiting 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 admissions 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 surrounding community. It's never too early to start visiting and starting your research.

QUESTIONS TO ASK THE ADMISSIONS OFFICE

- How do you arrange a campus visit? Does the college require individual interviews? Are there any special visitation or open house dates coming up?
- What type of high school background is the college looking for in an applicant? What high school courses are required?
- What percentage of last year's first year students returned for their sophomore year?
- What percentage of a typical first year class graduate from the college? In 4 years? In 6 years?
- Does the college award Advanced Placement or Dual Enrollment credit?
- Are faculty advisors assigned to students? How accessible are they?
- When must you choose a major?
- What percentage of students live on campus? Are students required to live in dormitories?
- Does the college have sororities & fraternities?
- How safe is the campus? Do they have statistics about crime on campus?

TRY TO DO THESE ON YOUR COLLEGE VISIT

- Talk to professors if available
- Visit the library
- Tour campus and housing
- Sit in a class
- Read bulletin boards and/or social media news
- Eat in the cafeteria
- Talk to the admissions office staff
- Read the college newspaper
- Talk to current students
- Tour area around the college campus and eat at an off-campus hang out

COLLEGE ESSAYS

A strong college essay presents a personal and insightful view of you to the admissions committee. It rounds out the rest of your application and helps you stand out from other applicants. The essay is one of the few parts of the application over which you have complete control, so take the time to do a good job on it. Many colleges only require one essay, but some also have supplemental essays or extra questions. Following are some helpful tips:

- Write simply and in your own voice
- Keep your focus narrow and personal
- Provide specific evidence (facts, events, and examples) to support your main idea.
- Use “showing language” (vivid, compelling details)
- Address the topic. For example, if an application asks you to explain any deficiencies in records (e.g., a low grade or bad semester), provide a straightforward, reasonable response
- Don’t repeat information that is found elsewhere in the application, such as lists of courses or extracurricular activities
- Write about something unique and different—not just what you think the admissions officer wants to hear (they read many essays about the charms of their university, for example)
- Apply principles of good composition (organize the essay with a beginning, middle, and end)
- Structure your writing in a way that allows the reader to draw their own conclusions
- Revise and proofread to make sure there are no errors. Ask an English teacher, parent, or counselor for any recommendations

(Adapted from the *College Counseling Sourcebook*)

LETTERS OF RECOMMENDATION

Colleges often ask for **two or three letters** of recommendation from people who know you well. These letters should be written by someone who can describe your skills, accomplishments and personality. Typically, these are **academic letters** from teachers and your school counselor. Always ask someone who will write you a positive recommendation!

WHEN SHOULD I ASK FOR A LETTER?

Make sure to give your references at least one month before your earliest deadline to complete and send your letters. Some teachers like to write recommendations during the summer, so asking in your junior year may be a good idea. If you apply under early decision or early action plans, you'll definitely need to ask for recommendations by the start of your senior year if not earlier. After you ask your teacher, follow up by adding their name in Naviance as a recommender. Always follow up by sending a thank you card.

WHAT IS THE PROCESS?

- Know what is required based on where you are applying. Schools often ask for letters of recommendation from an academic teacher — sometimes in a specific subject — or a school counselor or both.
- Ask a counselor, teachers, and your family who they think would make good references.
- Choose one of your teachers from junior year or a current teacher who has known you for a while. Colleges want a current perspective on you, so a teacher from several years ago isn't the best choice.
- Consider asking a teacher who also knows you outside the classroom. For example, a teacher who directed you in a play or advised your debate club can make a great reference.
- Consider other adults — such as an employer, a coach or an adviser from an activity outside of school — who have a good understanding of you and your strengths.
- After you ask your teacher, please enter the request into Naviance under the My Colleges Tab.

(Adapted from collegeboard.org)

COLLEGE ENTRANCE EXAMS

Most selective colleges and universities require candidates to submit scores from either the SAT or the ACT. **Lansing High School (CEEB) number is 332930**

PREACT

The PreACT is taken in tenth grade. The exam includes sections in English, Mathematics, Reading and Science, but does not have a writing test. This exam scores on the same 1-36 scale as the ACT, but PreACT includes fewer questions and will take less time to administer than the ACT. You sign up for this exam at LHS.

ACT

The ACT is a standardized, multiple-choice, college admission exam. ACT scores are also frequently used for course placement and scholarship eligibility. The test is administered six times per year, and takes two hours and 55 minutes to complete. There are four sections: English, Mathematics, Reading, and Science. The optional Writing Test adds another 30 minutes to the overall test. There are four scores on the ACT, one for each section. Each section is scored on a scale of 1 to 36 points. There is also a composite score which is the average of the four scores. Students taking the Writing Test will receive additional scores – a combined English /Writing score on a scale of 1 through 36 and a Writing Test sub score ranging from 2 to 12. Visit www.act.org for more information.

PSAT/NMSQT (PRE SAT/NATIONAL MERIT SCHOLARSHIP QUALIFYING TEST)

The PSAT/NMSQT is taken in October of eleventh grade. The PSAT is an indicator of scholastic aptitude as well as the basis of some merit scholarships. It measures verbal reasoning, critical reading, and math problem solving skills. You sign up for this exam at LHS.

SAT

The SAT reasoning test is a measurement of your verbal, mathematical, and writing abilities. The SAT score range is 400-1600 for your total score, and 200-800 for each of your two section scores. There is also an optional essay component. Most students take the SAT for the first time in March of their junior year. The SAT may be taken as many times as it is offered, although many colleges recommend limiting the number to three. Students have score choice as they can decide which scores they would like sent to colleges. Visit www.collegeboard.org for more details.

SAT SUBJECT TESTS

The SAT Subject Tests have been discontinued by College Board.

TEST OPTIONAL COLLEGES

We know that testing can cause lots of stress! Please remember that the rigor of your courses and grades are far more important in the college application process than test scores.

There are over 900 colleges and universities across the United States that are either test-optional or do not require standardized testing as part of the admissions process. At www.fairtest.org, a nonprofit advocacy organization dedicated to preventing the misuse of standardized tests, you will find a comprehensive list of all test-optional schools.

TEST PREPERATION

It has been proven time and again that the best preparation for scoring well on college entrance examinations is to take a strong high school curriculum, to do your homework diligently, and to read regularly for information and enjoyment. That said, many students may still benefit from a prep course through Kaplan, Khan Academy, or Method Test Prep (free on Naviance).

Please be aware that students are responsible for having their official SAT or ACT scores sent directly to the college from the appropriate testing service, if required. Student Services does not send scores.

ATHLETICS - NCAA ELIGIBILITY CENTER

Athletics are a big part of many college communities. Students who will bring significant athletic talent to the college admission process will be of interest to many college coaches. It is important for you to talk with your current coach to determine what kind of an impact you might make on a college team (NCAA Division I, II, or III) and whether you are interested in making the commitment to college athletics. Only two percent of college students are in college on athletic scholarships. Athletics are a factor, but typically do not carry more weight than a student's transcript in terms of importance.

DIVISION I CORE COURSES

NCAA Division I requires 16 core courses. Ten (10) core courses must be completed prior to the seventh semester (seven of the 10 must be a combination of English, math or natural or physical science that meet the distribution requirements below). **For Division II eligibility please go to www.eligibilitycenter.org.**

4 years of English

3 years of mathematics (Algebra I or higher)

2 years of natural/physical science (1 year of lab if offered by high school).

1 year of additional English, mathematics or natural/physical science

2 years of social science

4 years of additional courses (from any area above, world language or comparative religion/philosophy)

TEST SCORES

Division I uses a sliding scale to match test scores and core grade-point averages (GPA). The sliding scale for those requirements is shown at www.eligibilitycenter.org. The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used. The ACT score used for NCAA purposes is a sum of the following four sections: English, mathematics, reading and science. When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure scores are reported directly to the NCAA Eligibility Center from the testing agency.

GRADE-POINT AVERAGE

Check out Lansing High School's List of NCAA Courses on the NCAA Eligibility Center's website. Only courses that appear on our school's List of NCAA Courses will be used in the calculation of the core GPA. The GPA is calculated using the best 16 NCAA core courses only.

FINANCIAL AID

Financial aid has been created to supplement what parents and students are able to contribute to meet the costs of a college education. It is assumed by the financial aid system that the cost of higher education is ultimately the responsibility of the family. This federally funded system has been designed to provide access and choice to those students who would otherwise be limited in their educational opportunities. Financial need is determined by calculating all the various costs of the education and subtracting an estimated family contribution.

$$\begin{aligned} & \text{COST OF ATTENDING COLLEGE (Total attendance budget)} \\ - & \text{AMOUNT FAMILY CAN CONTRIBUTE (Expected Family Contribution)} \\ = & \text{FINANCIAL AID ELIGIBILITY (The family's "need")} \end{aligned}$$

FINANCIAL AID PACKAGES INCLUDE:

Grants (need-based money) and **Gifts** (merit-based monies). Grants and gifts do not have to be repaid. Some schools term these "scholarship."

College Work Study allows students to work either on or near campus in a job arranged by the Financial Aid Office.

Loans, which usually have low interest rates, must be repaid.

Federal and/or State Loans must be repaid as stipulated.

NEED BASED FINANCIAL AID

To qualify for financial aid, a student should use one or both of the following forms. Check with the college to find out which form(s) is required. Some colleges have their own additional needs analysis form. It is your responsibility to find out what each individual school is asking for.

FAFSA

Free Application for Federal Student Aid is the application all students must file to be considered for the Title IV aid and the HOPE Scholarship. All families desiring financial aid should complete this form. Aid begins with the FAFSA. The FAFSA is to be completed, signed, and submitted on or after October 1 of the student's senior year. This form should be completed and mailed before February 15. fafsa.ed.gov. **For more information, visit the Federal Student Aid Information Center at www.ed.gov/studentaid.**

CSSPROFILE

This is a form required by many private colleges. Check with the college or www.collegeboard.org if it is required.

FINANCIAL AID TERMS TO KNOW

- **AWARD LETTER:** Official letter from the college financial aid office that lists all the financial aid awarded to the student.
- **COST OF ATTENDANCE:** Also known as the budget, it includes tuition and fees, room and board, allowances for books and supplies, transportation, and personal and incidental expenses.
- **DIRECT LOANS:** A federal program where the school becomes the lending agency and manages the loan funds directly, with the federal government providing the loan funds. Not all schools currently participate in this program.
- **EXPECTED FAMILY CONTRIBUTION (EFC):** The dollar amount that a family is expected to pay toward a student's educational costs. EFC is based on family earnings, assets, number of students in college and family size.
- **FEDERAL DIRECT STUDENT LOAN PROGRAM (FDSLPL):** Loans provided by the U.S. government directly to students and their parents through their schools.
- **FEDERAL STAFFORD LOAN:** Federally-guaranteed, low-interest rate for students. There are two types of Federal Stafford loans: subsidized (need-based) and unsubsidized (non need-based). Both types allow deferment of payments until a student leaves school.
- **FEDERAL WORK-STUDY:** Federally sponsored Work-Study (FWS) Program provides undergraduate and graduate students with school-year part-time employment. The Federal Government pays some of the student's salary, which helps departments and businesses pay for and ultimately hire students. Eligibility is based on financial need.
- **FINANCIAL AID PACKAGE:** The total amount of financial aid a student receives, including grants, loans, and federal work-study. Unsubsidized Stafford loans and PLUS loans are not considered part of the package.
- **FIXED INTEREST LOANS:** Interest rate stays the same for the life of the loan.
- **FREE APPLICATION FOR FEDERAL STUDENT AID (FAFSA):** The application students must first complete to apply for virtually all forms of financial aid. Available at fafsa.ed.gov.
- **GRANT:** Financial aid that does not have to be paid back - typically based on financial need.
- **LENDER:** A bank, credit union or other financial institution that provides funds to the student or parent for an educational loan.
- **MERIT-BASED AID:** Financial aid based on academic, artistic, athletic or other merit-oriented criteria (not financial need).
- **PELL GRANT:** Federal grant program for undergraduate students who demonstrate financial need and have not yet completed a baccalaureate degree.
- **PERKINS LOAN:** Low interest federal loan for students with exceptional financial need (as determined by the college).

- **PLUS LOANS (PARENT LOANS FOR UNDERGRADUATE STUDENTS):** Federal loans available to parents of dependent undergraduate students to help finance their child's education. Parents may borrow up to the difference between education costs and financial aid received.
- **SCHOLARSHIP:** A form of financial assistance that does not require repayment or employment and which is usually offered to students who show potential for distinction, or who possess certain characteristics important to the scholarship provider (religious beliefs, hobbies, ethnicity, etc.).
- **STUDENT AID REPORT (SAR):** The official notification sent to students after submitting the FAFSA. Students may be required to submit this document to the college's financial aid office.
- **SUBSIDIZED LOAN:** A loan that student borrowers do not have to pay interest on until after their grace period expires.
- **UNSUBSIDIZED LOAN:** A loan which students must pay all the interest on, including while they are enrolled.

ADMISSIONS TERMS TO KNOW

- **ACADEMIC YEAR:** The period in which school is in session--typically August through May.
- **ADVANCED PLACEMENT:** Designed for students who have completed AP classes in high school and the exam in each subject area. Colleges may grant advanced standing and credit depending upon grades earned on exams.
- **APPLICATION FEE:** A non-refundable fee usually charged for applying to a particular college.
- **ASSOCIATE'S DEGREE:** A two-year college degree.
- **BACHELOR'S DEGREE:** A four-year college degree.
- **CANDIDATES REPLY DATE AGREEMENT:** This agreement established a common date, May 1st, as the earliest date a college or university may require an accepted applicant to say whether he or she plans to attend. Early Decision applications are exempt from this agreement.
- **CEEB:** College Entrance Examination Board. Lansing High School's number CEEB number is 332930.
- **CUNY:** City University of New York.
- **FEE WAIVER:** Request for reduction or elimination of application, testing or financial aid form fees, usually based upon financial need.
- **GPA:** Grade Point Average.
- **HONORS PROGRAM:** Any special program for academically strong students which offers the opportunity for educational enrichment, independent study, acceleration or some combination of these.
- **LIBERAL ARTS:** A broad course of instruction comprising the arts, natural sciences, languages, literature, philosophy, religion, and the classics
- **PLACEMENT TESTS:** A battery of tests designed to assess a student's aptitude and level of achievement in various academic areas so that he or she may be advised to enroll in the appropriate level classes.
- **PRIVATE COLLEGE/UNIVERSITY:** An educational institution of higher education which is not supported by public taxes. Private colleges may be independent or church related.
- **PUBLIC COLLEGE/UNIVERSITY:** An educational institution of higher education, which is supported by public taxes. In New York, our system of colleges is called SUNY.
- **TRANSCRIPT:** The official record of a student's academic performance from the time of entrance in a given institution to the end of the latest semester

HELPFUL WEBSITES

NAVIANCE

student.naviance.com/lansinghs

COMMON APPLICATION

commonapp.org

ATHLETICS

ncaa.org

eligibilitycenter.org

COLLEGE SEARCHES

collegeboard.org

collegeview.com

niche.com

NY STATE COLLEGES & UNIVERSITIES

suny.edu

nycolleges.org

cuny.edu

CAREERS & MAJORS

myroad.com

mymajors.com

FINANCIAL AID & SCHOLARSHIPS

fafsa.ed.gov

finaid.org

fastweb.com

scholarshipexperts.com

schoolsoup.com

salliemae.com

profileonline.collegeboard.org

COLLEGE ENTRANCE EXAMS

act.org

collegeboard.org

CAMPUS TOURS

ecampustours.com

campustours.com

RESOURCES FOR SPECIFIC STUDENT POPULATIONS

BLACK/AFRICAN AMERICAN

Books

Emmert, J. *HBCU Today: Your Comprehensive Guide to Historically Black Colleges and Universities*. Irving, TX: Black Educational Events, LLC: 2009.

Garrod, Andrew, Kilkenny, Robert, and Gomez, Christina. *Mixed: Multiracial College Students Tell Their Life Stories 1st Edition*. Ithaca, NY: Cornell University Press, 2014.

Websites

Black Excel: The College Help Network: www.BlackExcel.org

Historically Black Colleges and Universities: www.edonline.com/cq/hbcu

Quality Education for Minorities: www.gemnetwork.gem.org

United Negro College Fund: www.uncf.org

Ventures Scholar Program: www.venturescholar.org

HISPANIC/LATINX

Books

Valverde, Leonard, ed. *The Latino Student's Guide to College Success, 2nd Edition*. Westport, CT: Greenwood Press, 2012.

Websites

Hispanic Association of Colleges and Universities: www.hacu.net

Hispanic Scholarship Fund: www.hsf.net

Quality Education for Minorities: www.gemnetwork.gem.org

JEWISH

Books

Aaron, Scott. *Jewish U: A Contemporary Guide for the Jewish College Student (Revised Edition)*. New York: UAHC Press, 2010.

Schoem, David. *College Knowledge for the Jewish Student: 101 Tips*. Ann Arbor, Michigan: University of Michigan Press, 2010.

Websites

Hillel Organization—The Foundation for Jewish Campus Life: www.hillel.org

LGBTQ

Books

Hinrichs, Donald. *A LesiBiGay Guide to Selecting the Best-Fit College or University and Enjoying the College Years*. iUniverse, Inc., 2007.

Nicolazzo, Z. *Trans* in College: Transgender Students' Strategies for Navigating Campus Life and the Institutional Politics of Inclusion*. Sterling, Virginia: Stylus Publishing, 2017.

Windmeyer, Shane, L. *The Advocate: College Guide for LGBT Students*. New York: Alyson Books, 2006.

Websites

A comprehensive listing of over 50 scholarships: www.finaid.org/otheraid/gay.phtml

The Point Foundation: www.pointfoundation.org

Best Colleges LGBTQ Student Guide: <https://www.bestcolleges.com/resources/lgbtq-student-guide/>

LEARNING NEEDS

Books

The Princeton Review's K&W Guide for Students with Learning Differences, 13th Edition: 353 Schools with Programs or Services for Students with ADHD, ASD, or Learning Disabilities. Princeton NJ: Princeton Review, 2016.

Reiff, Henry B., PhD. *Self-Advocacy Skills for Students with Learning Disabilities: Making It Happen in College and Beyond*. Port Chester, NY: Dude Publishing, 2007.

Roffman, Amy. *Guiding Teens with Learning Disabilities: Navigating the Transition from High School to Adulthood*. Princeton, NJ: Princeton Review, 2007.

Websites

Testing accommodations for SAT: <https://accommodations.collegeboard.org/>

Testing accommodations for ACT: www.actstudent.org/regist/disab/

LD online: a guide to learning disabilities and ADHD: www.ldonline.org

*The future belongs to those who believe
in the beauty of their dreams.*

-ELEANOR ROOSEVELT



**DREAM BIG
BOBCATS!**