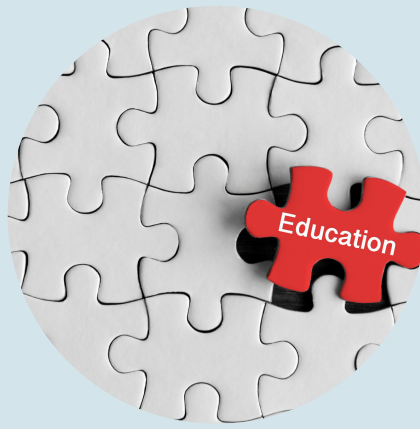


COLLEGE & CAREER

Handbook





Dear Students,

Congratulations! You are taking the first steps in preparing for next phase of your life. There are many things to consider as you work on your post-high school plans. The purpose of this booklet is to give you some assistance as you work through this process. Whether you are planning on entering the military, joining the workforce, or going to college, there are many things that you need to be doing this year. The decisions you make during this time can impact you for a lifetime. Plan carefully and utilize all of the resources that are available to you.

Find time to thoroughly look through the information contained in this handbook. Discuss it with your parents and use it as a reference.

Kindest regards,

GHS Counseling Department





**Click this icon to discover
more information about
the topic**

HIGH SCHOOL TRANSCRIPT BASICS TO KNOW



What Is A 'High School Transcript' Exactly?

Your final transcript is a comprehensive record detailing:

- *Your Academic Performance*
- *High School Accomplishments*

What Information Does A High School Transcript Contain?

There's a ton of information, but admissions officers will zero in on key indicators:

- *How strong your class schedule was over time*
- *Academic improvements from year to year*
- *Your overall high school performance*



Who Sends Your Transcript To Colleges?

Officially, the GHS registrar is charged with sending your official transcript. Visit the GHS website for instructions .



HIGH SCHOOL GRADUATION REQUIREMENTS CLASS OF 2022-23

Students must earn a "D" or better in the following areas:

3 years of History/Social Science (World History, U.S. History, American Gov, Economics)	30
4 years of English	40
2 years of math (Integrated math I and II. Integrated III is always encouraged)	20
2 years of science (1 year of life science and 1 year of physical science)	20
2 years of physical education	20
1 semester of health	5
1 year of visual or performing art	10
75 Elective credits	75
Total:	220

HIGH SCHOOL GRADUATION REQUIREMENTS CLASS OF 2024 AND BEYOND

Students must earn a "D" or better in the following areas:

3 years of History/Social Science (World History, U.S. History, American Gov, Economics)	30
4 years of English	40
2 years of math (Integrated math I and II. Integrated III is always encouraged)	20
3 years of science (Living Earth, Chemistry and Physics)	30
2 years of physical education	20
1 semester of health	5
1 year of visual or performing art	10
65 Elective credits	65
Total:	220

A-G REQUIREMENTS

Minimum classes required to apply to a 4-year university directly after high school. All classes must be completed with "C" or better

A

2 years of History/Social Science
(World History/U.S. History)

B

4 years of English

C

3 years of math (4 years recommended)
Integrated math I-III or Algebra 1, 2 and Geometry

D

2 years of LAB science
(Living Earth and Chemistry or Physics)

E

2 years of the SAME foreign language
(3 years preferred)

F

1 year of visual or performing art

G

1 year of a college prep elective.
(any additional year of any of the above)

Understanding A-G

High school students must take and pass all A-G courses to be eligible for a California state university.

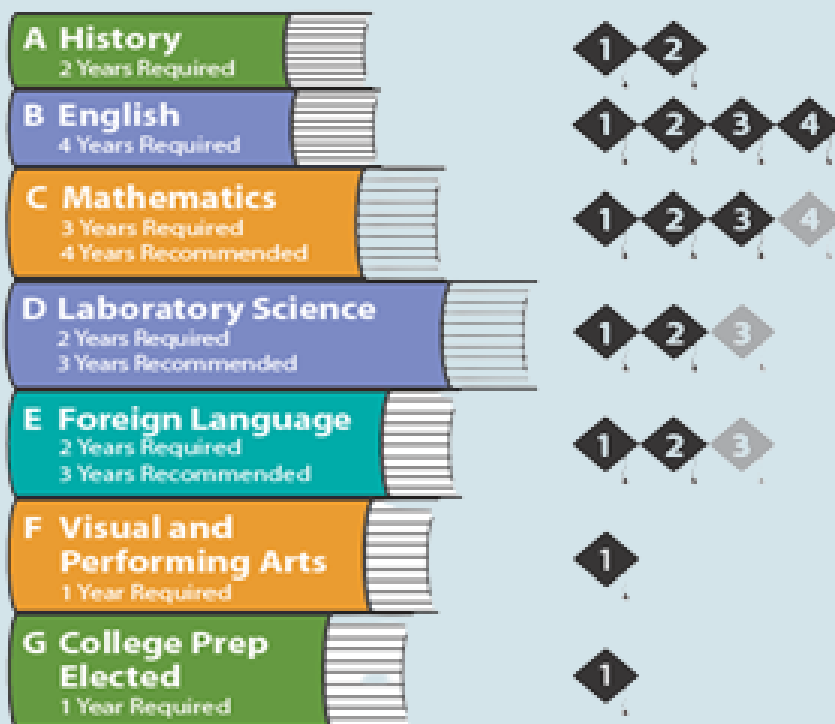
Students must take 15 specific classes and pass them with a grade of C or better.

A-G requirements are just the minimum bar.

Students should go beyond A-G to be truly ready and competitive for college.

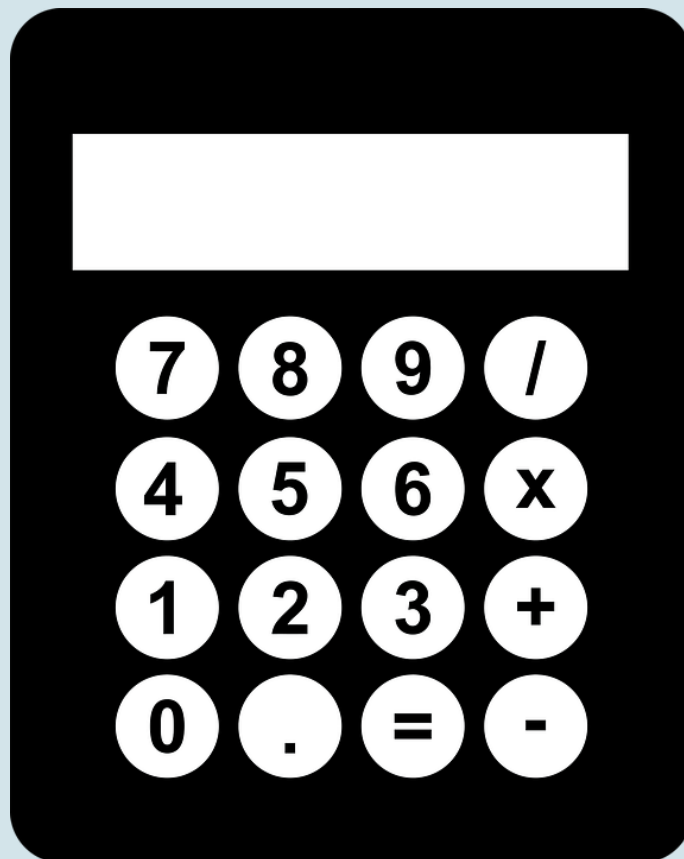
It's really important to keep in mind that these are minimum standards. To get into more competitive schools, students will want to go beyond what's required:

- Take more academic classes than required. University admissions departments generally recommend an additional year of math (ideally getting to the highest level of math—Calculus), laboratory science, and foreign language.
- Take the most challenging classes available. Students should ask to be placed in honors or Advanced Placement (AP) classes. AP classes are considered college-level work and if a student passes the AP exam, he or she can receive college credit for the class.



How to Calculate your G.P.A.

- Convert each letter grade to their respective points (A=4, B=3, C=2, D=1, F=0)
- Add up all the grade points.
- Divide the total number you added up, by the number of classes you took.
- Note: Honors/AP classes earn an extra G.P.A. point. A=5, B=4, C=3 but Advanced English 9 does not earn an extra G.P.A. point.



POST-SECONDARY PLANNING 101

CAREER EXPLORATION

Exploring careers is one of the best ways to begin planning for your future. Creating a post secondary plan with a career in mind will save you a lot of time and money! Every GUSD student has access to Xello, a post secondary planning tool used to help track your college/career options.



xello.gusd.net

xello

Use Xello to create an inventory of your strengths, passions, interests, and values by using their matching tools. You can use this information to search for careers that might be a good fit for you. You can also see average salary, college majors, and years of schooling for the careers you are interested in.



Reach out to professionals in the fields you are interested in and ask to interview or shadow them. Find out what it's really like to have that job. Send an email or make a phone call to connect.

Questions to ask professionals in the field:

- What does a typical day look like for you?
- What are your hours like? Do you have flexibility in your schedule?
- What do you enjoy most/least about your job?
- What schooling/training did you complete and how long did it take you?
- What advice would you give someone looking to pursue the same career?

Make sure you work with a parent or trusted adult to help you with this. Never visit an adult you don't know without permission from your parent.



Which Career Clusters are you interested in?

HOW TO CHOOSE A COLLEGE MAJOR

CONSIDER THESE FACTORS WHEN PICKING YOUR MAJOR.

1. CAREER PREP

CHOOSE A MAJOR BECAUSE IT WILL PREPARE YOU FOR A SPECIFIC CAREER PATH OR ADVANCED STUDY. MAYBE YOU ALREADY KNOW THAT YOU WANT TO BE A NURSE, A DAY TRADER, A PHYSICAL THERAPIST, OR A WEB DEVELOPER. BEFORE YOU DECLARE, TAKE A CLASS OR TWO IN THE RELEVANT DISCIPLINE, CHECK OUT THE SYLLABUS FOR AN ADVANCED SEMINAR, AND TALK TO STUDENTS IN THE DEPARTMENT OF YOUR CHOICE. MAKE SURE YOU'RE READY FOR THE COURSEWORK REQUIRED FOR THE CAREER OF YOUR DREAMS.

2. EARNING POTENTIAL

FUTURE EARNING POTENTIAL IS WORTH CONSIDERING—COLLEGE IS A BIG INVESTMENT, AND WHILE COLLEGE CAN PAY YOU BACK IN MANY WAYS BEYOND SALARY, THIS CAN BE A MAJOR FACTOR FOR STUDENTS WHO ARE PAYING THEIR OWN WAY OR TAKING OUT LOANS. ACCORDING TO PAYSACLE.COM , THE MAJORS THAT LEAD TO THE HIGHEST SALARIES INCLUDE JUST ABOUT ANY TYPE OF ENGINEERING, ACTUARIAL MATHEMATICS, COMPUTER SCIENCE, PHYSICS, STATISTICS, GOVERNMENT, AND ECONOMICS. KEEP YOUR QUALITY OF LIFE IN MIND, TOO—THAT SIX FIGURE SALARY MAY NOT BE WORTH IT IF YOU'RE NOT HAPPY AT THE OFFICE.

3. SUBJECTS YOU LOVE

SOME STUDENTS CHOOSE A MAJOR SIMPLY BECAUSE THEY LOVE THE SUBJECT MATTER. IF YOU LOVE WHAT YOU'RE STUDYING, YOU'RE MORE LIKELY TO FULLY ENGAGE WITH YOUR CLASSES AND COLLEGE EXPERIENCE, AND THAT CAN MEAN BETTER GRADES AND GREAT RELATIONSHIPS WITH OTHERS IN YOUR FIELD. IF YOUR CALLING IS PHILOSOPHY, DON'T WRITE IT OFF JUST BECAUSE YOU'RE NOT SURE ABOUT GRADUATE SCHOOL, OR WHAT THE JOB MARKET HOLDS FOR PHILOSOPHERS. MANY LIBERAL ARTS MAJORS PROVIDE STUDENTS WITH CRITICAL THINKING SKILLS AND WRITING ABILITIES THAT ARE HIGHLY VALUED BY EMPLOYERS.

4. UNDECIDED? EXPLORE YOUR INTERESTS.

IF YOU TRULY HAVE NO IDEA WHAT YOU WANT TO STUDY, THAT'S OKAY—MANY SCHOOLS DON'T REQUIRE STUDENTS TO DECLARE A MAJOR UNTIL SOPHOMORE YEAR. THAT GIVES YOU FOUR SEMESTERS TO PLAY THE FIELD. MAKE THE MOST OF ANY REQUIRED GENERAL EDUCATION COURSES—CHOOSE ONES THAT INTEREST YOU. TALK TO PROFESSORS, ADVISORS, DEPARTMENT HEADS, AND OTHER STUDENTS. FIND AN INTERNSHIP OFF CAMPUS. EXPLORING YOUR INTERESTS WILL HELP YOU FIND YOUR BEST FIT MAJOR—AND MAYBE EVEN YOUR IDEAL CAREER.



Choosing the Right College (For You)

AS YOU DEVELOP A LIST (MENTAL OR OTHERWISE) OF COLLEGES THAT INTEREST YOU, BE SURE YOU CAN ANSWER THESE QUESTIONS ABOUT THEM:

THE BASICS

- WHERE IS THE COLLEGE? CAN YOU LOCATE IT ON A MAP? IS IT TOO CLOSE TO HOME? IS IT TOO FAR? IS IT TOO COLD OR TOO HOT THERE?
- HAVE YOU TAKEN THE COURSE WORK THE COLLEGE REQUIRES FOR ADMISSION?
- WHAT SIZE IS THE COLLEGE? HOW MANY STUDENTS ARE UNDERGRADUATES?
- WHAT IS THE COLLEGE'S SELECTIVITY RATIO (WHAT PROPORTION OF APPLICATIONS WAS ADMITTED LAST YEAR)?
- DOES THE COLLEGE OFFER MAJORS THAT INTEREST YOU?
- IS THE COLLEGE COED OR SINGLE SEX?
- WHAT PERCENTAGE OF STUDENTS LIVE OFF CAMPUS?
- HOW MANY OF THE STUDENTS GRADUATE IN FOUR YEARS? FIVE YEARS? SIX YEARS?
- HOW MANY FIRST-YEAR STUDENTS RETURN FOR THEIR SOPHOMORE YEAR?
- HOW MUCH DOES THE PROGRAM COST? WHAT IS THE TOTAL PER-YEAR EXPENSE?
- WHAT TYPE OF FINANCIAL AID IS AVAILABLE?
-

WHERE WOULD YOU FIT IN?

- WHAT ARE THE MIDDLE 50 PERCENT SCORES FOR SAT VERBAL AND MATH OR FOR ACT? WHERE DOES THAT PLACE YOU?
- WHAT WAS THE HIGH SCHOOL GPA OF MOST OF THE FRESHMEN LAST YEAR?
- ARE FRESHMEN GUARANTEED ON-CAMPUS HOUSING? IF NOT, WHERE DO THEY LIVE?
- ARE THERE EXTRACURRICULAR ACTIVITIES THAT INTEREST YOU?
-

VISIT THE COLLEGES' WEBSITES

- WHAT ARE THEIR STRONG ACADEMIC PROGRAMS? (ASK A COLLEGE REPRESENTATIVE, STUDENTS, GRADUATES, AND TEACHERS.)
- WHAT COURSES ARE REQUIRED FOR GRADUATION?
- ARE THE COURSES YOU NEED/WANT AVAILABLE EACH SEMESTER? AT CONVENIENT TIMES?
- ARE THERE SPECIAL PROGRAMS THAT INTEREST YOU (STUDY ABROAD, INTERNSHIPS, ETC.)?

Choosing the Right College (For You)

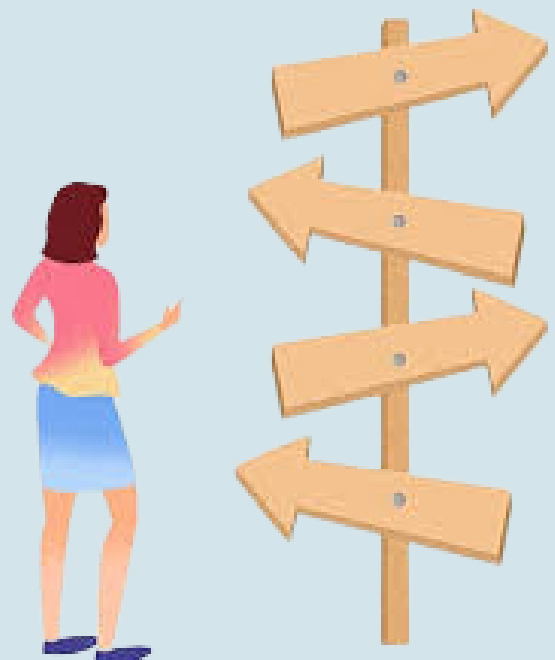
- WHAT IS SOCIAL LIFE LIKE ON CAMPUS? WHAT PERCENTAGES OF STUDENTS JOIN FRATERNITIES OR SORORITIES?
- DO THE PICTURES AND THE LANGUAGE THE COLLEGE USES TO DESCRIBE ITSELF ATTRACT YOU?
- WHAT IS YOUR GENERAL IMPRESSION OF THE COLLEGE?
- IS THE SCHOOL ACCREDITED?
- IF PROFESSIONAL CERTIFICATION IS REQUIRED FOR EMPLOYMENT IN THE FIELD THAT INTERESTS YOU, HOW MANY
- STUDENTS ENROLLED IN THE SCHOOL'S PROGRAM PASS THE CERTIFICATION EXAM?

ADMISSIONS PROCESS

- WHEN ARE APPLICATIONS DUE?
- DOES THE COLLEGE ACCEPT THE COMMON APPLICATION? IF SO, DOES IT REQUIRE SUPPLEMENTAL FORMS?
- WHAT DOES THE APPLICATION CONTAIN? ARE ESSAYS REQUIRED?
- IS AN INTERVIEW SUGGESTED OR REQUIRED? IS AN INTERVIEW AVAILABLE FROM STAFF OR ALUMNI?
- WHEN MAY YOU VISIT THE COLLEGE? WHAT IS ITS POLICY REGARDING CAMPUS VISITS?
- WHAT ARE THE FINANCIAL AID DEADLINES? WHAT FINANCIAL AID FORMS ARE REQUIRED?

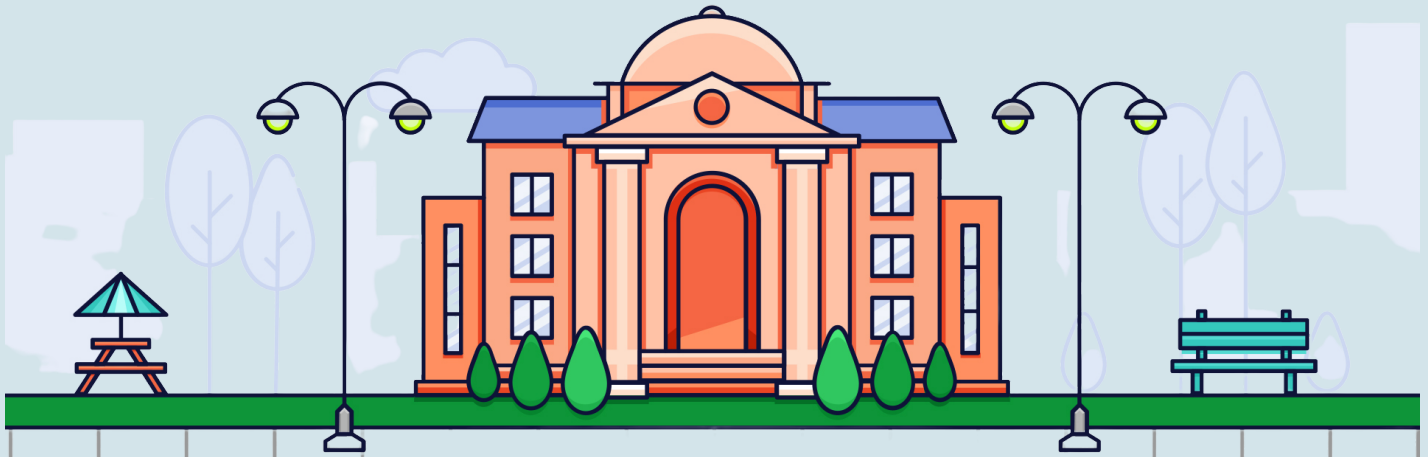
NOW ANSWER THESE QUESTIONS

- AM I A STRONG CANDIDATE FOR ADMISSION TO THIS COLLEGE?
- IF I AM NOT A STRONG CANDIDATE, WHAT ARE MY CHANCES?
- DO I WANT TO VISIT THIS COLLEGE?
- WHAT ADDITIONAL INFORMATION DO I NEED?





Prepare for college and explore careers



You can go to college — BigFuture can help you get there.

Getting ready for college? Count on BigFuture to help out. BigFuture is the College Board's free college planning tool, designed to support students like you from your first thoughts about college to your first day on campus. BigFuture will help you:

- Handle the college planning process.
- Find the college where you'll thrive.
- Take a look at your interests and career options.
- Make informed choices.
- Discover your big future.

Each year College Board connects with millions of students, supporting their success and achievement through programs like the PSAT/NMSQT®, SAT®, and Advanced Placement®, as well as tools and resources like BigFuture. You've probably already interacted with one of our programs, whether you took the PSAT/NMSQT, practiced for the SAT on Khan Academy®, or enrolled in an AP® course. With BigFuture, you'll see how these programs and others from College Board can help you get to and succeed in college. We're here to give all students the support they need to apply to and enroll in colleges that are their best academic, social, and financial fit.



DEFINITIONS OF ADMISSION OPTIONS IN HIGHER EDUCATION

STUDENTS: WHICH COLLEGE ADMISSION PROCESS BEST SUITS YOU?

Regular Decision

DEFINITION:

Students submit an application by a specified date and receive a decision in a clearly stated period of time.

COMMITMENT:

NON-BINDING

Rolling Admission

DEFINITION:

Institutions review applications as they are submitted and render admission decisions throughout the admission cycle.

COMMITMENT:

NON-BINDING

Early Action (EA)

DEFINITION:

Students apply early and receive a decision well in advance of the institution's regular response date.

COMMITMENT:

NON-BINDING

Early Decision (ED)

DEFINITION:

Students make a commitment to a first-choice institution where, if admitted they definitely will enroll and withdraw all other applications. The application deadline and decision deadline occur early.

COMMITMENT:

BINDING

Restrictive Early Action (REA)

DEFINITION:

Students apply to an institution of preference and receive a decision early. They may be restricted from applying ED or EA or REA to other institutions. If offered enrollment, they have until May 1 to confirm.

COMMITMENT:

NON-BINDING

Students are not restricted from applying to other institutions and have until May 1 to consider their options and confirm enrollment.

Students are responsible for determining and following restrictions.

For a copy of this flyer, please visit www.nacacnet.org



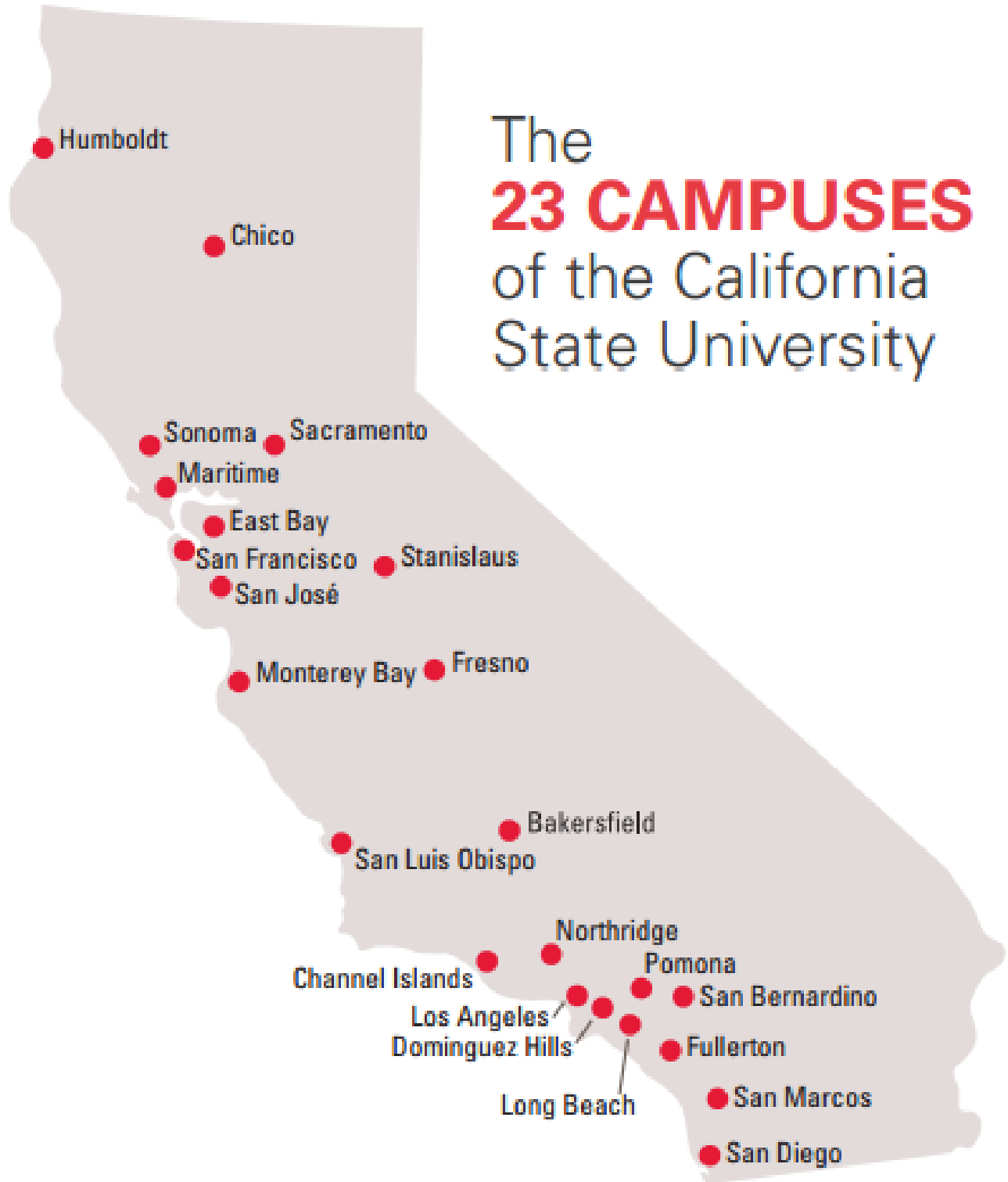
WHERE ARE YOU APPLYING?

REQUIREMENTS	COMMUNITY COLLEGE	CAL STATE UNIVERSITY	UNIVERSITY OF CALIFORNIA	PRIVATE COLLEGES
GPA	N/A	2.5 +	3.0 +	Varies (2.5 +)
COURSES	N/A	A-G (Pass with C or better)	A-G (Pass with C or better)	A-G (Pass with C or better)
TEST	N/A	NO. Test Blind.	Test Optional: SAT or ACT (Maybe Subject Test)	MAYBE: Varies by college
LETTERS OF REC	N/A	Only if applying to the Educational Opportunity Program (EOP)	NO. <i>Berkeley may request letters.</i>	MOST LIKELY Varies by college
ESSAY	N/A	Only if applying to the Educational Opportunity Program (EOP)	YES. 4 Personal Insight Questions (350 words max)	MOST LIKELY: 1 ESSAY (~650 WORDS) & SHORT ANSWER QUESTIONS
ADDITIONAL REQUIREMENTS	18 years + OR High School Diploma	N/A	RECOMMENDED - Involvement in activities: clubs, sports, programs, organizations, volunteering, community service, etc.	RECOMMENDED - Involvement in activities: clubs, sports, programs, organizations, volunteering, community service, etc.

Accrediting and licensure agencies provide third-party oversight and ensure the college is providing the quality of education promised to the student. Due to colleges having different accreditation agencies, credits earned at one college may not be transferrable to another college. Check with the Admissions Department to determine which of your credits will transfer.

For more information about accreditation and state licensing, visit the Department of Education at www2.ed.gov/students/prep/college/consumerinfo/choosing.html.

The **23 CAMPUSES** of the California State University



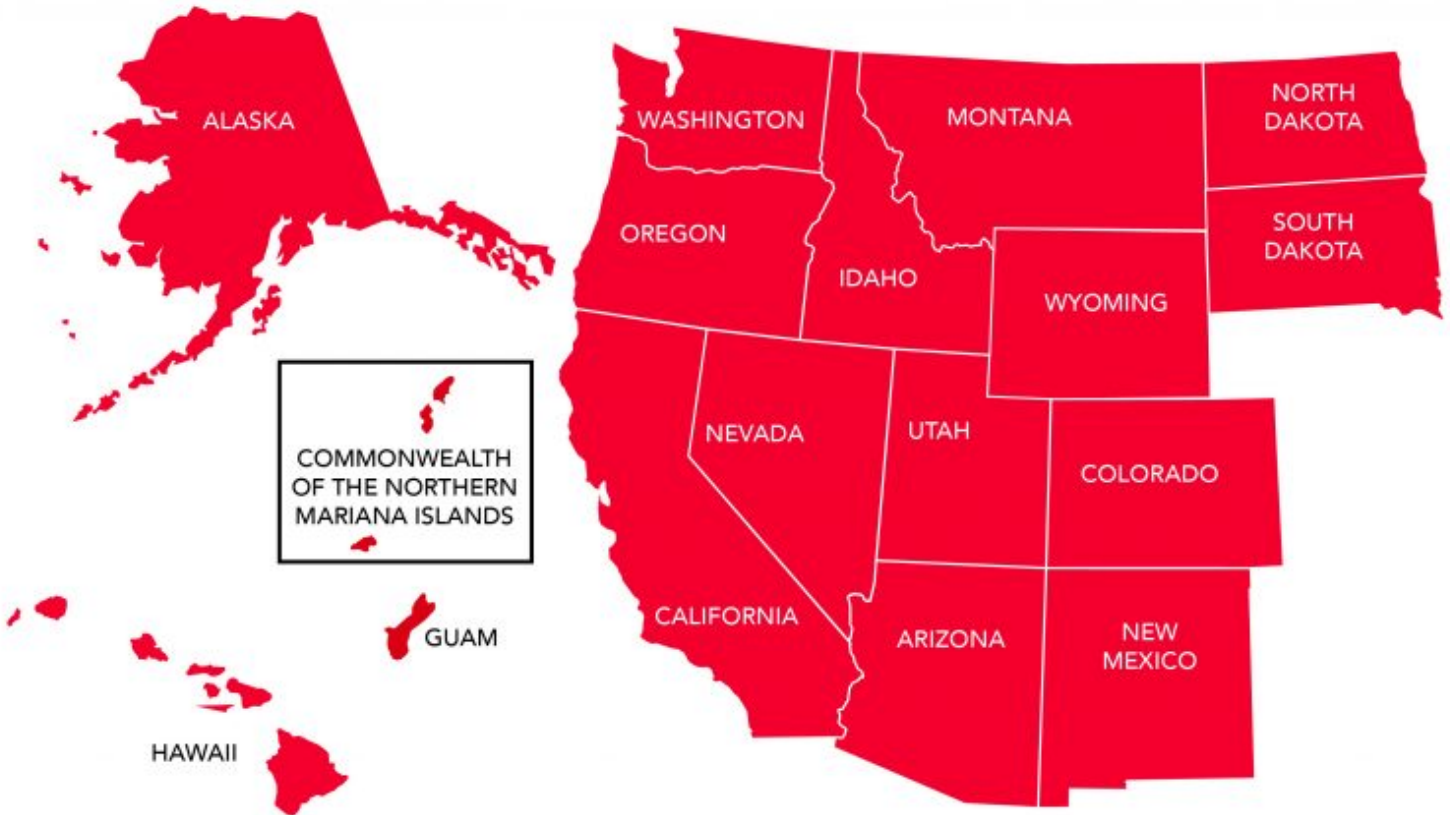
UNIVERSITY OF CALIFORNIA





California Community Colleges





Western Undergraduate Exchange (WUE)

America's largest regional interstate tuition savings program

The Western Undergraduate Exchange (WUE) is an agreement among WICHE's 16 members, through which 160+ participating public colleges and universities provide steep nonresident tuition savings for Western students.

Through WUE, eligible students can choose from hundreds of undergraduate programs outside their home state, and pay no more than 150 percent of that institution's resident tuition rate.

Since full nonresident college-tuition rates may exceed 300 percent of resident rates, WUE increases affordable higher-education choices for students, and minimizes the adverse impacts of student loan debt.





Applying to college can be a tedious and stressful process for students and their parents. In addition to finishing their last year of high school, teens may also be juggling the SAT or ACT, college tours if available and applications for numerous schools.

The Common Application, which is accepted by more than 900 schools, including some colleges located outside the U.S., helps streamline an essential part of the admissions process for students.

Through the platform, first-time and transfer applicants alike can apply to multiple colleges at once. So students only have to fill out details that most schools require, including name, address and extracurricular activities, one time.

"The idea behind the Common App is to try and reduce the barriers that students face when applying to college," says Jenny Rickard, president and CEO of The Common Application.



SAT VS ACT

What is the difference between the SAT and ACT? Although both gauge a student's readiness for university, there are many differences between the two.

1600

TOP SCORE

Scaled score 400 - 1600.



TIME

Excluding the optional essay, the SAT is 3 hours long. With the optional essay, total test time increases to 3 hours and 50 minutes.



TIME

Excluding the optional essay, the ACT is 3 hours and 30 minutes. With the optional essay, total test time increases to 4 hours.

36

TOP SCORE

Scaled score 1 - 36.



READING

The SAT has 5 reading passages.



MATH

Formulas provided. Calculator allowed for some questions.



MATH

Formulas not provided. Calculator allowed for all questions.



READING

The ACT has 4 reading passages.



ESSAY

The SAT essay focuses more on comprehension of the source text.



SCIENCE

No Science based section.



SCIENCE

Be prepared to look up data and trends, make predictions and synthesize information.



ESSAY

The ACT essay focuses more on evaluation and analysis of complex issues.

TAKE THE SAT IF YOU:

DO WELL WITH VOCABULARY
NEED MORE TIME TO TAKE TESTS
PREFER HANDWRITTEN TESTS
HAVE DIFFICULTY WITH CHARTS



TAKE THE ACT IF YOU:

STRUGGLE WITH VOCABULARY
DO WELL AT TIMED TESTS
PREFER COMPUTER-BASED TESTS
ARE GOOD WITH CHARTS



SOURCE: EDUCATIONUSA CANADA (2019)

THE SAT VS THE ACT

- Fewer Geometry Questions
- More Time per Question
- No-calculator Math Section

KEY Differences

- Lots of Geometry
- Faster Paced
- Tough Science Section



Overall Time

TIMING & SCORING

Overall Time



Reading

65m

Writing

35m

Math
(No Calculator)

25m

Math
(Calculator)

55m

200 - 800
points

200 - 800
points

1-36

35m

Reading

1-36

45m

English

1-36

60m

Math

1-36

35m

Science



Total Points

400 - 1600

1 - 36

Total Points

Time per Question

75s

Reading

48s

Writing

83s

Math

Time per Question

53s

Reading

36s

English

60s

Math

SAT & ACT Conversion Table

ACT COMP	SAT TOTAL	SAT RANGE	ACT COMP	SAT TOTAL	SAT RANGE
36	1590	1570–1600	22	1110	1100–1120
35	1540	1530–1560	21	1080	1060–1090
34	1500	1490–1520	20	1040	1030–1050
33	1460	1450–1480	19	1010	990–1020
32	1430	1420–1440	18	970	960–980
31	1400	1390–1410	17	930	920–950
30	1370	1360–1380	16	890	880–910
29	1340	1330–1350	15	850	830–870
28	1310	1300–1320	14	800	780–820
27	1280	1260–1290	13	760	730–770
26	1240	1230–1250	12	710	690–720
25	1210	1200–1220	11	670	650–680
24	1180	1160–1190	10	630	620–640
23	1140	1130–1150	9	590	590–610

ACT Test Date	Registration Deadline	SAT Test Date	Registration Deadline
6/11/2022	5/6/2022	6/4/2022	5/5/2022
7/16/2022	6/17/2022	8/27/2022	7/29/2022
9/10/2022	8/5/2022	10/1/2022	9/2/2022
10/22/2022	9/16/2022	11/5/2022	10/7/2022
12/10/2022	11/4/2022	12/3/2022	11/3/2022
2/11/2023	1/6/2023	3/11/2023	2/10/2023
04/15/2023	3/10/2023	05/06/2023	4/7/2023
6/10/2023	5/5/2023	06/03/2023	05/04/2023
7/15/2023	6/16/2023		

GHS CEEB CODE: 051050

What Is a Test-Optional College?

During the pandemic, colleges have introduced more flexibility and choice into the admissions process. Many have decided to adopt a “test-optional” policy regarding college entrance exams, either temporarily or permanently. College Board supports these decisions, especially now.

Most colleges still encourage students to submit their scores when they can, but they don't require all students to do so in every instance. For most students who take the SAT, sending scores will strengthen their college application.

What Is Test Optional?

If a college or university has a test-optional admissions policy, that means they allow all or some applicants to decide whether to submit SAT or ACT® scores as part of their application. It doesn't mean that schools aren't interested in seeing all applicants' test scores—but if a student doesn't submit their scores, it won't be counted against them in the application review.

In a recent survey, representatives from test-optional colleges and universities reported that, on average, close to 80% of their applicants choose to submit test scores. Another survey showed that more than 80% of students who took the SAT said they wanted the choice to send their scores.

Understanding test-optional policies can help you make informed decisions about whether to take the SAT, the ACT, or both. The most important point is that policies vary widely. Be sure to read each college's policy carefully so you understand what you need to do to qualify for admission, scholarships, financial aid, etc.

Here are some possible variations in test score policies:

Example 1: Test-optional admissions policy for some

At some colleges, if your GPA or class rank meets the minimum requirements, you can decide not to submit SAT or ACT scores. Some applicants, like homeschooled or international students, are required to submit scores, regardless of GPA.

A rare variation of this is “test flexible.” This means you may be able to take a test other than the SAT or ACT, such as AP Exams, to meet the school's requirements for admission. Even rarer is “test blind”, which means the college won't look at test scores even if they are submitted.

Example 2: Test-optional admissions policy for all

In some cases, the college allows students to decide for themselves whether to submit test scores. Applicants are told, in essence, “if you think your scores are an accurate representation of your ability, feel free to submit them. If you feel they're not, don't.”

Example 3: Test optional for admissions, but required for enrollment or scholarships

Some colleges that are test-optional for admissions require SAT or ACT scores for other uses, such as academic counseling and placement, or for institutional research. Students who don't submit their scores as part of their applications will be required to do so before arriving on campus.

Remember: Many schools that don't require scores for admission still consider them when awarding merit scholarships. When in doubt, check with the school.

Should I still take the SAT if all the colleges on my list are Test Optional?

In short, yes. Most college admissions officers, including those at test-optional colleges, value the SAT as part of the admissions process. Even if you think standardized tests aren't your biggest strength, there are some good reasons to take them:

- You'll keep your options open. Most colleges still accept test scores, and most encourage them. Remember: Your college list isn't set in stone: you can change it at any time.**
- You'll stand out among the applicants. If you get the score you hope for, and especially if it's above average for the college, submitting your SAT score can help you in the admissions process. Even if your top-choice is one of the rare test-flexible colleges, you should still take the SAT. You may find you'll do better on it than you have on the AP Exams or other alternatives that the college considers. And keep in mind that colleges consider test scores in context. Even if your scores aren't above average for the college, if they're high for your school or neighborhood, they'll help you make a great impression.**
- You could get more than just admission. At some colleges, the only criteria to be eligible for certain scholarships is a minimum SAT/ACT score and GPA. If you don't take either of these tests, you take yourself out of the running for hundreds of thousands of dollars that could make college more affordable.**
- A high SAT score can offset a low GPA. If you don't take the SAT, colleges will have less information about your academic performance. If you have a low GPA but do well on the SAT, you're letting colleges know you have the potential to succeed in college-level classes.**

Senior Brag Sheets & Letters of Recommendation

How do brag sheets help recommendation letters?

Brag sheets act as summaries for recommenders.

Like all of us, recommenders are busy people.

Brag sheets can be particularly useful for high school counselors who are often asked to write dozens if not hundreds of letters of recommendation each year. Providing a brag sheet when asking a counselor for a recommendation can help remind them of individual accomplishments. Some schools or counselors even provide a brag sheet template to make the process more uniform.

They may be writing letters for multiple students during application season. You can help them craft the very best recommendation possible by providing them with the relevant details.

Brag sheets are not substitutes for letters of recommendation.

Rather, they serve as a reminder for recommenders on what you have accomplished, what your goals are, and how you have worked or studied with them in the past.

You should make sure that your brag sheet looks professional and puts your best foot forward.

Much of the information on your brag sheet will be included in other parts of your application, so take the extra step to make sure that it is accurate and up-to-date. This helps both your recommenders and any schools to which you submit it as part of your application.

A great letter of recommendation can improve a student's chance for admission, so experts say a brag sheet is worth the time. Schools weigh components of a college application differently, but according to collegevine.com, students can expect an average breakdown of 35 percent academics, 30 percent extracurriculars, 25 percent essays, and the final 10 percent includes consideration of recommendations, interviews, and other factors.

Brag Sheets can be found on the GHS website under the counseling tab.

MILITARY ACADEMIES

U.S. Air Force Academy
Colorado Springs, Colorado 80840

U.S. Army West Point Headquarters
Director of Admissions and Registrar
West Point, New York 10996

U.S. Naval Academy
Director of Admissions
Annapolis, Maryland 21402

U.S. Merchant Marine Academy
Director of Admissions
Kings Point, New York 11024

U.S. Coast Guard Academy
Director of Admissions
U.S. Coast Guard Academy
New London, Connecticut 06320

A sample letter requesting Congressional nomination for academies is shown below:

Current Date

The Honorable _____
United State Senate House of Representatives
Washington, D.C. 20510 Washington, D.C. 20510

Dear Senator _____:

I desire to attend the United States Military Academy and to be commissioned in the Regular Army. I respectfully request that I be considered as one of your nominees for the class entering West Point in July, 20 _____

The following data are furnished for your information:

Name
Permanent Address
Telephone Number
Email address
Temporary Address and Telephone Number (if different from proceeding)
Date of Birth
High School
Social Security Number
Names of Parents

I have/have not requested that a pre-candidate file be initiated for me at the West Point Admissions Office.

Sincerely,
(Your signature)

Your name (typed)

Military & Higher Education Opportunities

RESERVE OFFICERS TRAINING CORPS (ROTC) (Not available at all campuses)

Army ROTC

A program to provide leadership training for individuals wanting to become officers in the Army. Four-year scholarships pay tuition, lab fees, on campus educational fees, and a subsistence allowance of \$300 for the first year and increasing to \$500 by the senior year.

To qualify you must:

- Be a US citizen,
- Be between the ages of 17 and 26,
- Have a high school GPA of at least 2.50
- Have a high school diploma or equivalent,
- Score a minimum of 920 on the SAT or 19 on the ACT (excluding the required writing test scores)
- Meet physical standards
- Agree to accept commission and serve in the Army on Active Duty or in a Reserve Component.

Begin the application spring of junior year; deadline is December 1 of senior year. It is recommended that SAT and/or ACT be taken early the second semester of junior year. Take the ACT or SAT on a national test date no later than December of senior year. See: www.goarmy.com/rotc/scholarships.html.

Navy/Marine ROTC

A scholarship program which pays high school graduates full tuition, costs of textbooks, fees, uniforms; three summer cruises and a subsistence allowance of \$250 for the first year and increasing to \$400 by the senior year. The selection process is very competitive. Contact the Navy Recruiting Command at the college of your choice to receive more detailed information. Begin the application spring of junior year; deadline is December 1 of senior year.

Minimum qualifying scores for the Navy (including Nurse-option) are SAT: 530 critical reading and 520 math and ACT: 22 English and 21 Math.

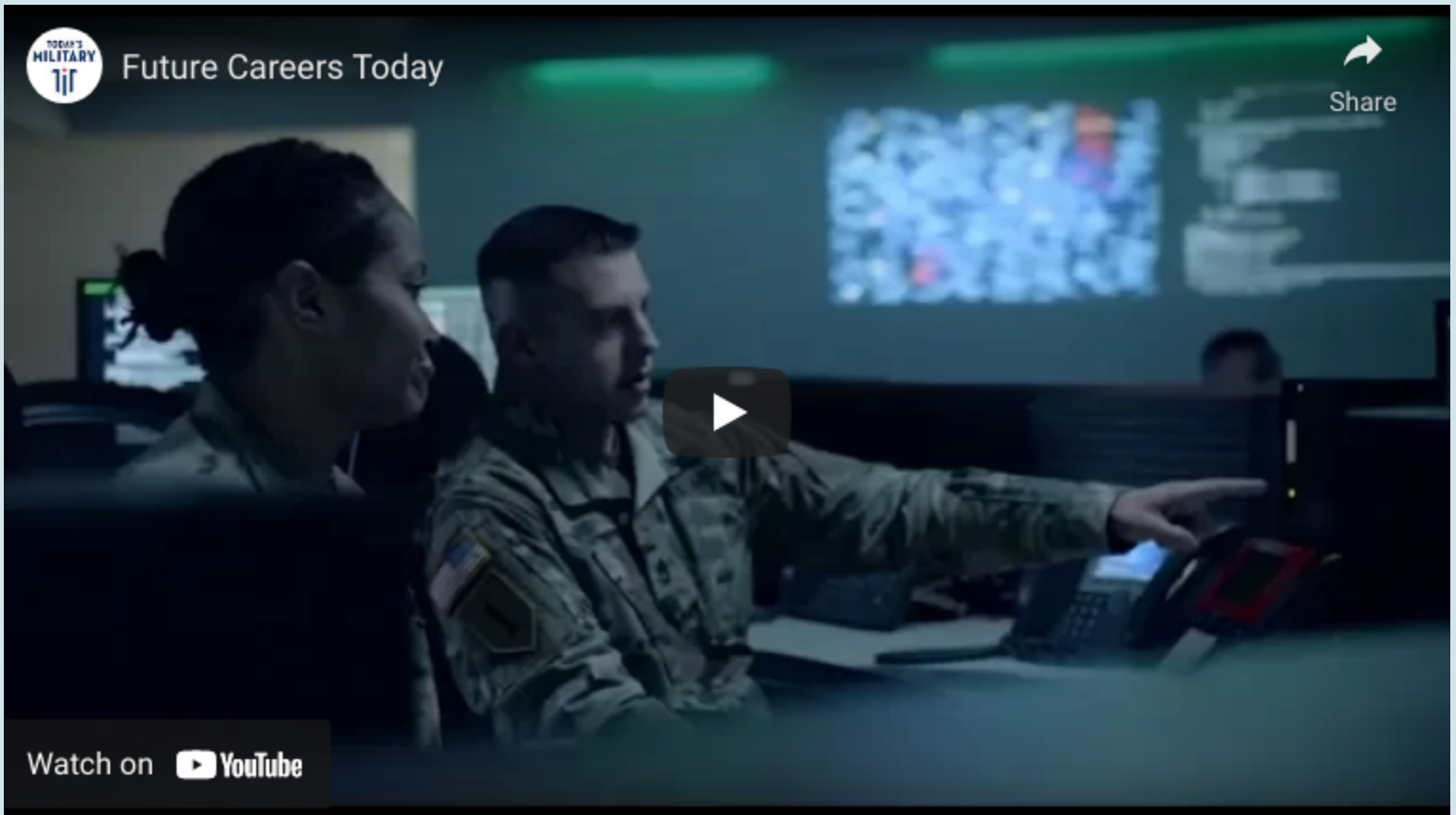
Air Force ROTC

A program which pays full tuition, costs of textbooks, fees and a subsistence allowance of \$300 for the first year and increasing to \$500 by the senior year. Begin the application spring of junior year; deadline is December 1 of senior year.

Selection is based on academic performance using an Academic Composite of SAT and/or ACT scores (no mixing allowed), class rank, GPA, and the number of advanced placement or honors courses you have completed through grade 11.



Today's Military



WHO QUALIFIES TO APPLY FOR FINANCIAL AID?



FEDERAL MONEY

Money from the federal government.

US Citizens and Eligible Non-Citizens may qualify.



STATE MONEY

Money from the California state government.

US Citizens and Eligible Non-Citizens may qualify. Undocumented students who meet AB540 criteria may qualify too.



INSTITUTIONAL MONEY

Money from colleges & universities.

ALL students, regardless of legal status, may qualify.



PRIVATE MONEY

Money from organizations or individuals.

ALL students, regardless of legal status, may qualify.

SCHOLARSHIPS

FREE

FREE money that may be awarded by organizations (private money), the university (institutional money), or individuals (private money). Also known as "Gift Aid".

Check out the Scholarships page for a list of scholarships!

GRANTS

FREE

FREE money that may be awarded by organizations (private money), the university (institutional money), or the government (federal and state money). Also known as "Gift Aid".

See a list of the most common grants awarded to students below.

WORK-STUDY

Students are offered an opportunity to work through an on-campus organization and **EARN** money to help pay for their cost of attendance.

- Work hours are flexible to fit students' class schedule.
- Wages are subsidized by the federal government or the university so employers are more willing to hire work-study students.



4 TYPES OF FINANCIAL AID

LOANS

Money that is **BORROWED**, accumulates interests, and must be paid back. Types of loans:

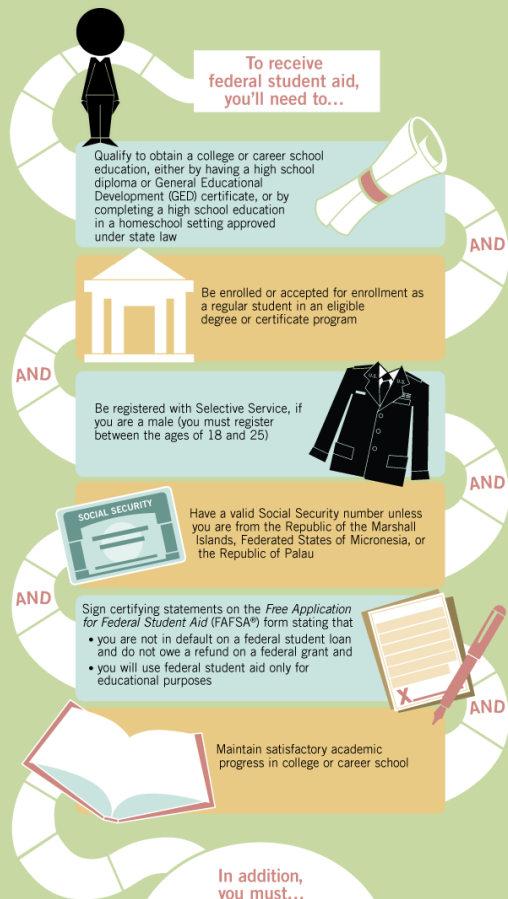
- Subsidized Federal Loans
- UNsubsidized Federal Loans
- Dream Loans
- Private Loans



See below for more information on the different types of loans.

ELIGIBILITY FOR FEDERAL STUDENT AID

Most students are eligible to receive financial aid from the federal government to help pay for college or career school. Your age, race, or field of study won't affect your eligibility for federal student aid. While your income is taken into consideration, it does not automatically prevent you from getting federal student aid.



Be a U.S. CITIZEN or U.S. NATIONAL

You are a U.S. citizen if you were born in the United States or certain U.S. territories, if you were born abroad to parents who are U.S. citizens, or if you have obtained citizenship status through naturalization. If you were born in American Samoa or Swains Island, then you are a U.S. national.

Have a GREEN CARD

You are eligible if you have a Form I-551, I-151, or I-551C, also known as a green card, showing you are a U.S. permanent resident.

Have an ARRIVAL-DEPARTURE RECORD

Your Arrival-Departure Record (I-94) from U.S. Citizenship and Immigration Services must show one of the following:

- Refugee
- Asylum Granted
- Cuban-Haitian Entrant (Status Pending)
- Conditional Entrant (valid only if issued before April 1, 1980)
- Parolee

Have BATTERED IMMIGRANT STATUS

You are designated as a "battered immigrant-qualified alien" if you are a victim of abuse by your citizen or permanent resident spouse, or you are the child of a person designated as such under the Violence Against Women Act.

Have a T-VISA

You are eligible if you have a T-Visa or a parent with a T-1 visa.

Start filling out the FAFSA form at fafsa.gov.

The U.S. Department of Education's office of Federal Student Aid provides more than \$120 billion in grants, loans, and work-study funds each year to help pay for college or career school. Visit StudentAid.gov today to learn how to pay for your higher education.

THE FINANCIAL AID PROCESS

Finding financial aid can seem overwhelming when you're trying to get ready for college or career school. The U.S. Department of Education's office of Federal Student Aid is here to help you get the money you need to pay for your education.

PREPARATION

Scholarships and state aid can help cover the cost of college or career school, but you may find yourself in need of federal assistance.

START: SAVINGS, STATE AID, SCHOLARSHIPS

Many states have college funding programs. Ask a guidance counselor or your college financial aid office for more information.

Look for scholarships through your state or college as well as national and community organizations.

Begin saving early.

It's time to apply for financial aid.

FAFSA®

The FAFSA is the *Free Application for Federal Student Aid* and is the only way to apply for federal student aid. The schools you list on your application will use FAFSA information to evaluate your financial need and determine how much federal aid you are eligible to receive. Many states and colleges also use information from your FAFSA to provide their own financial aid.

Each October, the FAFSA is available for the next school year. It is best to fill it out as early as you can because some aid is first come, first served.

When you complete the FAFSA, you'll need to provide personal and tax information. You may be able to automatically retrieve your tax information from the IRS.

Complete the FAFSA online at fafsa.gov. Make sure to fill out and submit the FAFSA each year you are in college.

After you submit your FAFSA, you'll receive your *Student Aid Report (SAR)*. Your SAR summarizes the information in your FAFSA. Review it and make corrections if needed.

Your FAFSA helps your school determine the types of federal student aid you are eligible to receive.

TYPES OF FEDERAL STUDENT AID

As the largest provider of financial aid, the U.S. Department of Education's office of Federal Student Aid provides grants, loans, and work-study funds.

- GRANTS:** Grants are free money that do not have to be repaid.
- LOANS:** Student loans are real loans (like a car or home loan) that need to be repaid with interest.
- WORK-STUDY:** A work-study job gives you the opportunity to earn money to help pay your educational expenses.

AWARD

Your award letter explains the combination of federal grants, loans, and work-study a college is offering you. The offer might also contain state and institutional aid. If you receive award letters from multiple colleges or career schools, you should compare them and decide which school works best for you.

COLLEGE

Every year, millions of new students attend college or career school for the first time. Your college or career school has a financial aid office to help guide you along the way.

BEYOND EDUCATION

WORKFORCE

When you take the time to plan for your education and let Federal Student Aid help you along the way, you'll be setting the foundation for a bright future and success in the workforce.

REPAYMENT

Once you leave school, you will need to repay your student loans. Contact your loan servicer to discuss your repayment options.

How to Fill Out the FAFSA

Federal Student Aid

How to Fill Out the Free Application for Federal Student Aid (FAFSA®) Form

Share

How to **FILL OUT** the FAFSA® Form

FILLING OUT THE FAFSA FORM

Getting an **EDUCATION** is an important part of the **JOURNEY**

Watch on YouTube

Federal Student Aid
A PART OF THE U.S. DEPARTMENT OF EDUCATION

The image is a YouTube video thumbnail for a tutorial on filling out the FAFSA form. It features a red double-decker bus in a stylized autumn landscape with orange and red trees and hills. On the top deck of the bus, three diverse people are shown: a man in a white shirt, a woman with a camera, and a woman in a green coat. A play button icon is centered over the bus. Text on the bus includes 'FILLING OUT THE FAFSA FORM' and 'Getting an EDUCATION is an important part of the JOURNEY'. The background has a 'Share' button in the top right and a 'Watch on YouTube' button in the bottom left. The Federal Student Aid logo is in the bottom right.



11 Ways to Reduce College Costs



1. Consider Dual Enrollment
2. Start at a Community College
3. Compare housing options
4. Choose right meal plan
5. Don't buy new textbooks
6. Earn money while in school
7. Explore all of your financial aid options
8. Be responsible with your student loans
9. Graduate on time
10. Avoid credit cards
11. Leave your car at home

WANT TO PLAY COLLEGE SPORTS?

The advantages of competing in college sports are both immediate and lifelong. Participating in college sports provides opportunities to learn, compete and succeed. Student-athletes receive top-notch academic support, quality medical care and regular access to outstanding coaching, facilities and equipment. Student-athletes as a group graduate at higher rates than their peers in the general student body and feel better prepared for life after college.

College-bound student-athletes preparing to enroll in a Division I or Division II school need to register with the NCAA Eligibility Center to ensure they have met amateurism standards and are academically prepared for college coursework.



Click to register and create an account



College Application Resources

Looking to apply to a 4 year university after high school? Here are the steps to take your senior year!

Most applications will be due between November and January of your senior year.

1 Know where you stand.

Review your GPA, test scores (if you have them) and courses taken to ensure you meet the minimum requirements to apply. Ask your counselor if you are unsure.



2 Create a college list

Do your research and decide on what schools you will be applying to. Make sure you meet the minimum requirements.



3 Share your list with a counselor or trusted adult

Get feedback on your list and don't be afraid to adjust as you go. Your list should be a balance of safety, match and reach schools.



4 Complete a brag sheet

Share your brag sheet with your counselor and anyone else who you might need letters of recommendation from for you applications. **You must give your recommender at least 3 weeks to complete your letter. Plan accordingly!**



5 Apply!

Create accounts for each application platform and save your passwords some place safe. **Get feedback on your essays** and review your application before submitting. Mr. Lee can help you in RM 4115.



[CSU](#)



[UC](#)



[Common App](#)

6 Apply for financial aid.

FAFSA and CA Dream Act applications open Oct 1st and are usually due by March 2nd in order to be considered for a Cal Grant. Make sure to also apply to scholarships throughout the year.



[FAFSA](#)



[CA Dream Act](#)

7 Make an informed decision by May 1st.

Once you have received all of your acceptances and financial aid packages talk to your parents and your counselor to help you make a final decision.



Visit the Counseling Office RM 4113 or the College and Career Center RM 4115 for more information!