

Sachem High School North

JUNIOR

COLLEGE
HANDBOOK
2023-2024



SACHEM HIGH SCHOOL
GUIDANCE COUNSELING
DEPARTMENT

INTRODUCTION

This handbook has been created by the
Sachem Guidance-Counseling Department.

Its purpose is to assist students and parents in the
college selection process.

Choosing a college is not an easy task – it requires
much time and effort on the part of the student and
family.

The information in this handbook has been put
together to help make this task more manageable and
less stressful.

As you, the student, embark upon this journey, use
this information as a road map to help you arrive at
your destination. . . .

THE RIGHT COLLEGE FOR YOU !

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<ul style="list-style-type: none"> • Meet with your counselor to complete an initial college search and obtain information to kick-start the process. • Utilize online college searches, such as Naviance and www.collegeboard.org to help develop your list of schools. • Develop a balanced list of reach, target, and safety schools, considering both academics, as well as cost of the school. • Attend college fairs, such as College Night @ Sachem East (spring). • Visit college campuses. • Potential Division I & II athletes, be sure to see your counselor about NCAA Clearinghouse requirements. • Potential Military Academy applicants, discuss these plans with your counselor. • Check the guidance web site for important information (www.sachem.edu). 	<ul style="list-style-type: none"> • Register for the SAT (check deadlines). • Register for the ACT (check deadlines). • Avoid late registration fees by applying on time. <p>Important web sites: www.collegeboard.org www.act.org</p>	<ul style="list-style-type: none"> • Complete college applications (instructions for applying found on the colleges' websites.) • Be aware of deadlines. • Request teachers for letters of recommendation. • If required or if you choose to submit your scores, send SAT/ACT scores to your colleges via www.collegeboard.org • www.act.org • Request your transcript, and letters of recommendation to be sent by the guidance office to the colleges to which you are applying. • Request mid-year grades to be sent to the colleges that require them. • Attend Sachem's Financial Aid Information Night for Senior Parents (November). 	<ul style="list-style-type: none"> • Complete the Free Application for Federal Student Aid (FAFSA) online www.studentaid.gov (December) • Complete CSS profile if required by the college. (October) • Check Naviance for scholarship opportunities. • Join the Local Scholarship Google Classroom (February) to apply for Local Scholarships (presented at Sachem's Senior Scholarship and Awards Night.) 	<ul style="list-style-type: none"> • Inform your counselor of your final college decision. • Submit copies of all college acceptance letters and scholarship awards to your counselor. • Complete the Senior Survey in your Naviance account. • Request your final transcript to be sent to the college you choose to attend.

Naviance eDocs

The Sachem High School Counseling Centers will submit all college application related materials electronically through Naviance's eDocs program. We will submit transcripts, counselor and teacher letters of recommendation, and secondary school reports directly to your college of choice electronically.

All students have been given their username and password for Naviance. If you lost or forgot your login information, please ask your counselor for a new one during your Junior Appointment. It is necessary for all students to have a username and password in order for counselors to submit your college materials in the fall!



College Exploration and High School Planning

Naviance Family Connection Program

The Naviance Family Connection Program is a web-based resource that provides many tools for parents and high school students. It is recommended that all families register online (directions are below) and use this resource throughout the college planning process.

What can I use the Family Connection for?

- College Exploration: Search for colleges by location, major, distance from home, size, athletics, etc. Connect directly to individual college websites to obtain more information.
- Find Appropriate College Matches: Compare your SAT scores and GPA against students from Sachem High School North who have applied to and been accepted or denied at particular colleges.
- Keep Track of College Visits: Find out which colleges are sending representatives to Sachem High School North throughout the year and sign up to meet with them.
- Scholarship Search: Find available scholarships, keep track of applications and deadlines, and apply for appropriate scholarship opportunities.
- Career exploration/interest inventory.

How do I register?

- Each family receives an access code which is sent home during the school year. Contact the Guidance Office for this code if you have not received it.
- Create a personal username and password that will be used each time you return to the site.
- Log on to the school-specific website and begin:
<https://student.naviance.com/sachemnorth>

What else can the Family Connection do?

- “Scattergrams”: Create charts with acceptance history for each college you are considering.
- “College Compare”: Compare specific colleges with one another.
- “College Match”: Find colleges to which students from Sachem High School North, who had a similar academic profile to you, applied.
- “College Look-Up”: Want information about a particular college you heard about? Look it up quickly through the easy to use system.

College Exploration

Helpful Websites

<https://student.naviance.com/sachemnorth>

(Family Connection – Naviance – North)

College searches

College acceptance data

Scholarship information

College visits

www.collegeboard.org (SAT registration and information, CSS Profile, college search)

www.act.org (ACT registration and information)

www.studentaid.gov (FAFSA – Financial Aid form registration and information)

http://www.sachem.edu/departments/guidance_department (Sachem District Guidance website)

http://www.sachem.edu/schools/north_guidance (Sachem North Guidance website)

Register For The SAT Exam!!

Register Online at
www.sat.org



IMPORTANT DATES

SAT I Test Date

May 4, 2024
June 1, 2024

Registration Deadline

April 19, 2024
May 16, 2024

SACHEM HIGH SCHOOL NORTH
CEEB CODE #332-762

IMPORTANT!! Students must use Sachem's CEEB Code when registering for the SAT in order for Guidance to receive your scores!!

Register For The ACT Exam!!

Register Online at
www.actstudent.org



IMPORTANT DATES

ACT Test Date

April 13, 2024
June 8, 2024

Registration Deadline

March 8, 2024
May 3, 2024

SACHEM HIGH SCHOOL NORTH
CEEB CODE #332-762

IMPORTANT!! Students must use Sachem's CEEB Code when registering for the ACT in order for Sachem Guidance to receive your scores.

There is also an optional writing portion on the ACT exam. Please check with your individual colleges if they require the writing section.

SAT vs. ACT

*Please note:

Admissions policies have changed for many colleges in recent years. Many colleges have decided to become “test-optional” and no longer require submissions of SAT/ACT scores. It is important that you review the testing requirements for each college you are applying to determine if you must/should submit your SAT/ACT scores.

Colleges will accept either the SAT or ACT. So which should you take?

It's all about the numbers. Some students end up scoring substantially higher on the SAT; others do better on the ACT.

To help you zero in on the right test, here are seven key features of the ACT and the New SAT:

1. ACT questions tend to be more straightforward.

On the SAT, you may need to spend time figuring out what you're being asked before you can start solving the problem.

2. The SAT has a stronger emphasis on vocabulary.

If you're an ardent wordsmith, you'll love the SAT. If words aren't your thing, you may do better on the ACT

3. The ACT has a Science section, while the SAT does not.

The ACT science section is meant to test your reading and reasoning skills based upon a set of data or conflicting viewpoints. But if you're a true science-phobe, the SAT might be a better fit.

4. Both tests now have the same advanced math concepts.

You can expect questions in arithmetic, algebra I & II, geometry and trigonometry.

5. The ACT is scored on a scale of 1-36 and the SAT is scored on a scale of 400-1600.

Three points on the SAT isn't a big deal, but three points on the ACT could be the difference between your target school and your dream school.

To best prepare for the college admission process we suggest that you take at least one ACT and one SAT to see which test you feel more comfortable with.

SAT/ACT Photo Requirements

You must provide a photo when you sign up for the SAT and ACT. The photo will be part of your Admission Ticket and will be checked against your photo ID on test day to ensure security.

You Really Need to Know This

- If the photo you upload doesn't meet the requirements listed below, you will not be allowed to test.
- Getting a message that your upload was successful does not mean that your photo meets all requirements. It only means that it's the correct file type and size.

Don't Get Turned Away on Test Day

You won't be allowed to take the test if your Admission Ticket photo has **any** of these problems:

- One or both of your eyes are not visible or blocked (for example, if you are wearing sunglasses).
- Photos include more than one person.
- Poor photo quality makes you unrecognizable.
- You are wearing a hat or head covering that is not worn for religious purposes.
- Your photo has been digitally altered or tampered with in any other way.

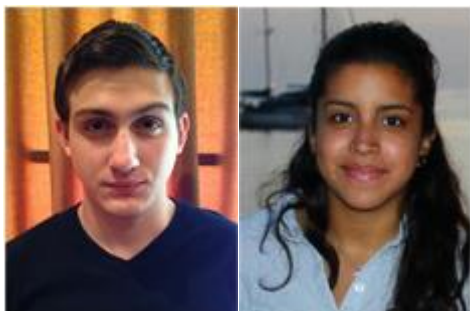
Acceptable Photo Checklist

You can use recent photos — like school pictures or passport photos — or take a new one. You can also link to Facebook to add a photo (you'll be able to crop it). Just make sure they meet these requirements:

- You're easy to recognize.
- You're the only one in the picture.
- There's a head-and-shoulders view, with the entire face, both eyes, and hair clearly visible; head coverings worn for religious purposes are allowed.
- You're in focus.
- There are no dark spots or shadows.
- Black-and-white photos are acceptable.

Acceptable Photos

These photos are acceptable.



Common Mistakes

Here are examples of some common mistakes that result in faces not being fully visible and recognizable:

1. Your photo is too light or too dark.



2. Your photo is taken from too far away or too close.



3. Only part of your face can be seen (part or all of your face is covered, part or all of your head is cut off, you are shown in profile or three-quarter view).



4. Photo includes another person.



Which College Is Right For Me?

Choosing a college is a big decision. The key is to remember that there's no such thing as a "perfect" school-you'll find many colleges and universities that match your preferences. Explore your interests and take the time to find the college that's right for you.

Some things to consider: Questions to ask yourself.

1. What career am I interested in?
2. What major will I study in college?
3. Do I want to go away to school and if yes how far do I want to go?(miles, hours etc...)
4. Do I want to attend a small college or a large university?
5. What surroundings do I prefer: rural, urban or somewhere in between?
6. If I play a sport or instrument, do I want to continue that in college?
7. What extracurricular activities am I looking for in a college/university?
8. Is there housing available?
9. Do I want an enclosed campus setting or an open city setting for a college?

It is important to select a "range" of college choices. Your aspirations can be high, but it is important to keep your choices well rounded. These choices can be broken into three categories:

REACH	TARGET	SAFETY
Dream Choices	Possible Fits	Sure Shot
Only meeting a few requirements	Met most of requirements	Meets all requirements

What to do if...

You Have A Learning Disability

If you have a learning disability, there's good news on the college scene. Increasingly, colleges and universities are providing services to help the learning disabled student compete and succeed in the classroom, and that assistance is available from the moment you apply.

According to admissions officials, there are two crucial moves the student with learning disabilities should make when beginning the admission process.

First, evaluate colleges on the services they provide to learning disabled students. Of course you should consider such things as location, majors, athletics, extracurriculars, the social scene, etc., but you should also give special attention to how well the college can help you with your particular disability.

For example, according to Larry West, a former university admissions director, most colleges offer learning centers that provide help to all students. You should look specifically for colleges that provide the special kind of help you need. For example, ask about ...

- ▶ **Tutors:** Who's available - students? graduate assistants? professors? others with experience helping learning disabled students?
- ▶ **Untimed tests:** Students with documented disabilities are usually allowed to take untimed tests in the learning center.
- ▶ **Computer facilities:** The availability of computers/word processors with spell-checkers makes writing much easier for students with dyslexia.

Ultimately, suggests West, if you can't find a four-year college that offers what you need, enroll in a two-year college that can help you and transfer later to a four-year college or university.

Second, don't try to hide your disability from the colleges you're applying to. Be willing and ready to discuss your disability-how it has affected your high school record and how you've worked to overcome it.

Admissions professionals are unanimous and emphatic about this: you should be ready to provide documentation of your disability. West adds that even if you have done well in high school, knowing about your disability can help college officials evaluate your record more fairly and, if you are accepted, counsel you on course selection and support services. Both West and other admissions professionals agree that your disability will not work against you in the admission process. "You should be up front, West says. "We're admissions offices, not denial offices. We're looking for the possibilities."

Want to learn more? There's lots of information available. but probably nothing better than *Unlocking Potential: College and Other Choices for Learning Disabled People A Step-By-Step Guide*. (Adler & Adler, Bethesda, Maryland). It may be hard to find in bookstores but check your local library. It's clear, direct, and full of references for additional information.

Sarah Van Arsdale is a California-based freelance writer.

CAMPUS TOURS AND INTERVIEWS

Finding the "right" college is never a simple task. Two great ways to help narrow your search and get a better perspective of the school is through a Campus Tour/Visit or Campus Interview.

THE CAMPUS

Purpose: To get the true college campus" experience". You will not know if you feel comfortable with the college unless you see it in person.

Best Time to Visit: When college is in session, either fall or spring.

How to schedule a Visit? Check with the college's web site, call to inquire about OPEN HOUSE dates or call the admissions office directly and schedule a visit. Just make sure you view the school when there are students on campus to get the best impression.

Get the Most Out of Your Visit: Ask if you can attend at least one class in your favorite subject area, meet with an admissions representative, professor or coach. Eat a meal in the dining hall, check out the school newspaper, and walk into the library. Stay overnight if possible and check out the local town surroundings. (See enclosed checklist included in this packet)

THE CAMPUS INTERVIEW

Although few colleges require an interview and students do get into the colleges of their choice without an interview, it is always a good idea to try to arrange one.

Tips for a **successful interview** experience:

- Be Prepared - Study the college's brochures, catalogs and web site.
- Make a list of questions you would like to ask (See: Suggested Question Sheet included in this packet)
- Schedule interview after touring the campus.
- Know your Resume and Student Transcript and be prepared to answer questions about both.
- Know why you want to attend their college and what you feel you have to offer the student body or campus.
- Make sure to send a thank you note to the interviewer for the opportunity.

THE FOLLOWING ARE SUGGESTED QUESTIONS TO CONSIDER WHEN SPEAKING WITH COLLEGE REPRESENTATIVES:

What different types of programs do you offer?

Admissions requirements?

- a. Grades
- b. Board Scores
- c. Recommendations
- d. Achievement Examinations

Costs?

- a. Tuition/Fees
- b. Room and Board
- c. Private Housing

Types of Financial Aid?

- a. Scholarships and grants available through the school or individual programs.
Are they based on need, scholastic ability, or special talent?
- b. Loans
- c. Work Study
- d. How do you apply for aid?
- e. Is the tuition, fee, room and board cost guaranteed for 2-4 years?

How long does it take to complete the program of my choice?

What is the geographic location of the school and what is the size?

What is the average class size?

Are career and personal counseling services available?

Are religious services available for all denominational groups?

What campus based recreational programs are

Is local recreation and low cost dining available?

What interscholastic and intramural teams do you have?

Are orchestral and choral programs available?

Can freshmen have cars on

HOW TO VISIT A COLLEGE CAMPUS – CHECKLIST

Probably the best way to see if you will "fit in" at a college is to visit it in person. Make a copy of this checklist and bring it with you, so you will not forget to see everything you should. Some general tips: (1) go with your parents, (2) visit the campus when classes are in session, so you can sit in on a couple and speak with students and faculty, and (3) allow 3-5 hours per campus.

College: _____

Date of Visit: _____

Accommodations: _____

Tour

Time/Place: _____

Contact/Phone: _____

Directions attached?

Yes/No

Parking Permit Needed?

Yes/No

Places to visit and/or look for information

- ☐ Student center/hangouts
- ☐ Library
- ☐ Classrooms
- ☐ Bulletin boards on campus
- ☐ Admissions Office
- ☐ Dining
- ☐ Dorms
- ☐ Career Placement Office
- ☐ Bookstore
- ☐ The local community
- ☐ School/community papers
- ☐ Events calendar
- ☐ Campus map
- ☐ Off-campus stores
- ☐ Places of worship
- ☐ Health Center

My overall reaction to this college

- ☐ Better than before I visited
- ☐ About the same as before I visited
- ☐ Not as good as before I visited

Academic Items to evaluate

- ☐ Classes-quality
- ☐ Classes-size
- ☐ Pressure
- ☐ Competition
- ☐ Workload

- ☐ Freshman Orientation Program(s)

- ☐ Academic advisors for Students

Housing items to evaluate

- ☐ Dorms:
 - quality
 - neighborhood
 - security
 - noise level
- ☐ Off Campus:
 - quality
 - neighborhood
 - security
 - noise level
- ☐ Laundry
- ☐ Kitchen
- ☐ Lavatory
- ☐ Smoking

Eating items to evaluate

- ☐ Dining Hall:
 - quality of food
 - cleanliness
 - nutrition
 - variety
- ☐ Local restaurants
- ☐ Liquor on campus
- ☐ Special Diet availability

Facilities to evaluate

- ☐ Health Center
- ☐ Special services
- ☐ Student center
- ☐ Classroom size, lighting and conditions
- ☐ Fraternity/sorority houses
- ☐ Counseling services
- ☐ Placement office
- ☐ Disability access/facilities

Sports items to evaluate

- ☐ Gym
- ☐ Pool
- ☐ Track(s) - Indoor and/or outdoor
- ☐ Stadium
- ☐ Skating/Hockey Rink
- ☐ Open spaces for jogging, frisbee, etc.

- ☐ Tennis courts
- ☐ Intramural sports
- ☐ Intercollegiate sports

Community/Area to evaluate

- ☐ Overall impression
- ☐ Cleanliness
- ☐ Presence of crime
- ☐ Local entertainment
- ☐ Shopping
- ☐ Activities/entertainment
- ☐ Relationship with college
- ☐ Transportation to/from campus
- ☐ Unusual weather conditions
- ☐ Other colleges nearby

Library items to evaluate

- ☐ Size
- ☐ Hours
- ☐ Study rooms/areas
- ☐ Comfort/lighting

Computer facilities evaluation

- ☐ Number of PC's
- ☐ Hours accessible
- ☐ Software available
- ☐ Downtime
- ☐ Knowledgeable assistance
- ☐ Number of printers
- ☐ Network availability
- ☐ Fees for computer use

Impression of students

- ☐ Academic attitudes
- ☐ Backgrounds/ethnic mix
- ☐ Interactions

Impressions of faculty

- ☐ Accessibility
- ☐ Teaching Styles
- ☐ Dedication
- ☐ Openness

Additional Notes:

COLLEGE COMPARISON WORKSHEET

Comparative Criteria	College #1	College #2	College #3	College #4
Application Deadline				
Required Tests				
Test Scores				
H.S. Average				
Interview Req.				
Tuition Per Year				
Room/Board				
Size				
Public/Private				
2 yr /4 yr				
Distance				
Location (State)				
Housing				
Community: Rural, Urban or Suburban				
Special programs & Extracurricular Activities				

Tips for Building a Winning College Resume

- **Start by writing down all activities and work experiences you have been involved in during your high school career.**

Generally, your resume should include only those things you have done in grades 9-12.



- **Once you compile your list of activities, organize the list into key categories.**

Some common categories are: *Work Experience, Awards and Honors, Extracurricular Activities, Community Service, etc.*

- **Prioritize your activities within each category.**

List those involvements that have been the most important/meaningful to you towards the top of the resume and work your way down, list those activities that you have participated in more recently before those that you completed early in your high school career.

- **Elaborate on meaningful activities by listing key accomplishments in bullet format underneath that activity.**

- **Avoid repeating your transcript on your resume.**

The colleges will receive a record of your grades, GPA, class rank, and test scores. It is not necessary to repeat this information on your resume. Do not list courses in progress or prior honors/AP courses on your resume, unless the college specifically asks for this.

- **Don't sell yourself short and don't over-elaborate.**

Don't assume that certain involvements are unimportant or not worth including. These things may actually set you apart from the competition. Do not misrepresent your involvements by including activities that you did not participate in or did not fulfill your obligations toward.

- **Try to keep it to one or two pages at the most.**

- **Use the sample resume on the next page to help start the process...**

John Doe
123 Any Street
Lake Ronkonkoma, NY 11779
(631) 555-5555 / emailaddress@yahoo.com

Objective:

Acceptance into a competitive college to pursue a bachelor's degree in psychology.

Education:

Sachem High School
212 Smith Road, Lake Ronkonkoma, NY 11779

Interests & Activities:

Drama Club

Grade:

9-12

- Cast member in the following productions:

- "Annie"

12

- "One Upon a Mattress"

11

- "Jesus Christ Superstar"

10

Student Government

10-12

- Junior Class Treasurer

11

- Organized fundraisers for the class

10-12

- Helped design float for Homecoming Parade

10-12

National Honor Society

11-12

- Tutored students in math and science

Spring Track

9

- Competed in pole vault and shot put.

Community Service:

Thanksgiving Food Drive

9-12

- Collected and distributed food to families in need in the community.

Volunteer at Stony Brook Hospital

11-12

Breast Cancer Walk-a-Thon

11

Work Experience:

Waldbaums, Lake Ronkonkoma, NY (June 2010-present)

- Cashier

Babysitter (March 2009-August 2010)

- Watched three children, ages 4, 6, and 8, for a neighbor twice a week.

Honors & Awards:

Principal's Honor Roll, every semester

9-12

Student of the Week, November 2011

12

Perfect Attendance Award

10-11

Getting Ready for Senior Year



Calling all Juniors!

- **Start Gathering Those Applications!**
 - Review college admissions websites for requirements.
 - Visit www.commonapp.org
- **Keep a detailed list of what is required of you:**
ACT & SAT Scores
- **School Resume**
Finalize and Proofread Student Activities Resume
- **Letters of Recommendation**
 - Request letters from teachers that you currently have
 - Should reflect their relationship with you as a student
 - Teachers will upload recommendation letters into Naviance.
 - Most colleges/universities require 2 or 3 total
- **College Essay**
What are most colleges looking for in your essay?
 - Your preferences, values & thought processes
 - Writing skills, grammar usage, spelling
- **College Interview**
 - An exchange of information-you learn about the college and the college learns about you
 - Not required in all schools, but recommended.
- **Finalizing Your List**
 - Apply to a range of reach, target, and safety schools.
 - Don't go overboard. Quality is better than Quantity.
 - Meet with your counselor in the fall to request transcripts and to review your application material.

DIVISION I ACADEMIC REQUIREMENTS

To study and compete at a **Division I school**, you must earn 16 NCAA-approved **core-course credits**, earn a minimum 2.3 **core-course GPA** and submit your final transcript with proof of graduation to the Eligibility Center.

CORE-COURSE REQUIREMENTS

Earn 16 NCAA-approved core-course credits in the following areas:

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

For Division I, 10 of your 16 NCAA-approved core-course credits must be completed before the start of your seventh semester, including seven in English, math or science.

QUALIFIER

As a Division I qualifier, you may practice, compete and receive an athletics scholarship during your first year of full-time enrollment at an NCAA Division I school.

- » Earn 16 NCAA-approved core-course credits in the right areas.
 - o Complete 10 of your 16 NCAA-approved core-course credits, including seven in English, math or science, before the start of the seventh semester.
 - o Complete your 16 NCAA-approved core-course credits in eight academic semesters or four consecutive academic years from the start of ninth grade.
- » Earn a minimum 2.3 **core-course GPA**.
- » Submit your final transcript with proof of graduation to the Eligibility Center.

ACADEMIC REDSHIRT

As a Division I academic redshirt, you may practice during your first regular academic term and receive an athletics scholarship during your first year of full-time enrollment but may NOT compete during your first year of enrollment. You must pass either eight quarter or nine semester hours to practice in the next term.

- » Earn 16 NCAA-approved core-course credits in the right areas.
- » Earn a minimum 2.0 core-course GPA.
- » Submit your final transcript with proof of graduation to the Eligibility Center.

* More information regarding the impact of COVID-19 can be found at on.ncaa.com/COVID19_Spring2023.



TEST SCORES

In January 2023, NCAA **Divisions I** and **II** adopted legislation to remove standardized test scores from initial-eligibility requirements. Check with the NCAA school you plan to attend regarding whether standardized test scores are necessary for admission or scholarship requirements.

** More information regarding the impact of COVID-19 can be found at on.ncaa.com/COVID19_Spring2023.*

CORE-COURSE LIST

Find your high school's list of NCAA-approved core courses at eligibilitycenter.org/courselist. No core-course list means courses taken from that high school will not count for NCAA eligibility. If your high school does not have a list, you risk being ineligible to play in college.

NONTRADITIONAL AND ONLINE COURSES

Nontraditional courses are taught online or through distance learning, hybrid/blended, independent study, individualized instruction, correspondence or similar means.

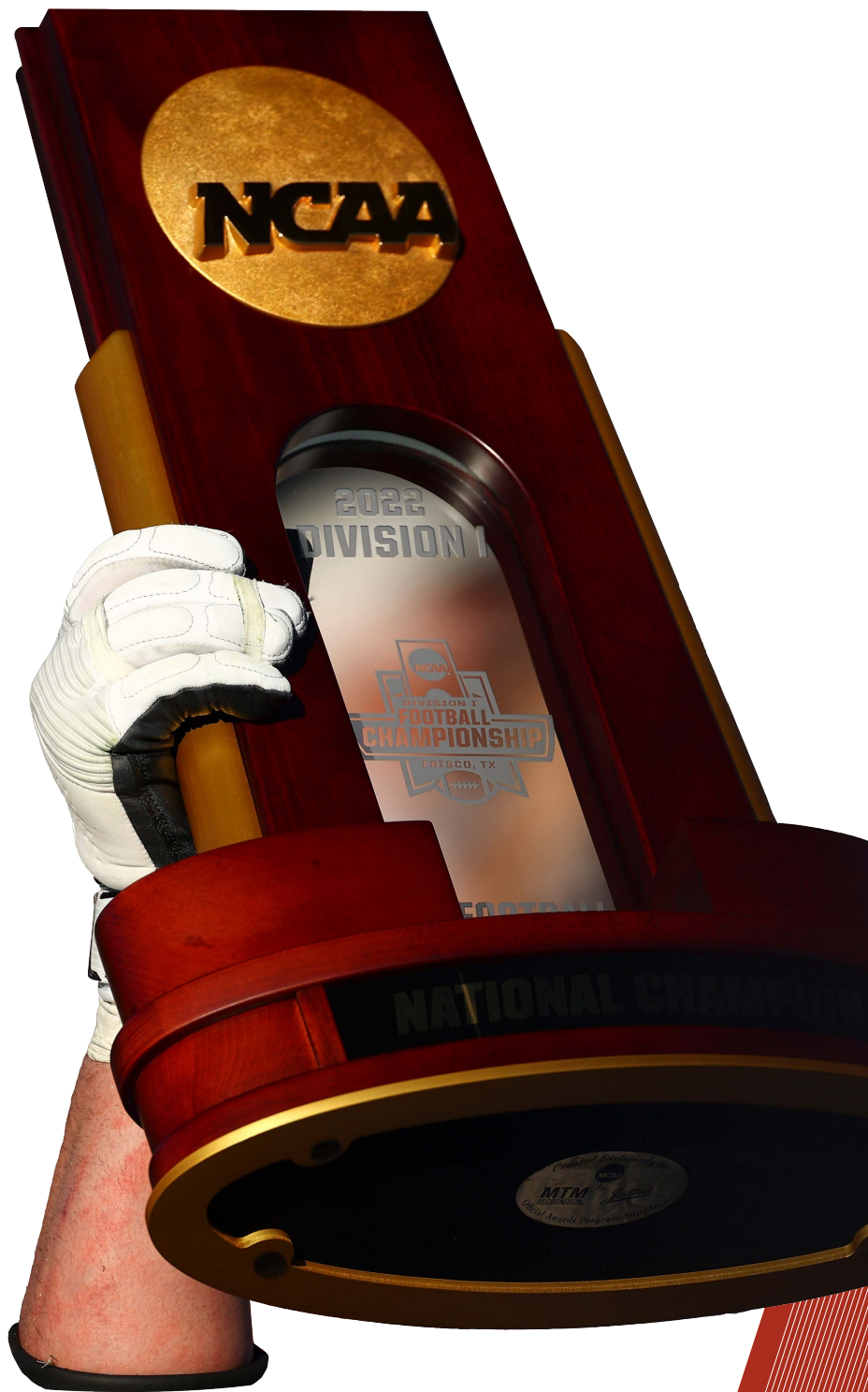
These types of courses may be acceptable for use in the NCAA initial-eligibility certification process; however, it is important to make sure the nontraditional program has been approved and appears on [your school/program's list](#) of NCAA-approved core courses.

BE AHEAD OF THE GAME

- » Plan to register with the NCAA Eligibility Center at eligibilitycenter.org before your freshman year of high school. Visit on.ncaa.com/RegChecklist to help guide you through the registration process.
- » After six semesters of high school, ask your high school counselor from each school you have attended to upload an official transcript to your Eligibility Center account.

ADDITIONAL RESOURCES

- » [DII Academic Requirements flyer](#).
- » [DIII Amateurism flyer](#).
- » [International Initial-Eligibility flyer](#).



Want more information? Visit ncaa.org/playcollegesports.

CONTACT THE NCAA ELIGIBILITY CENTER

U.S. and Canada (except Quebec): 877-262-1492
Monday-Friday, 9 a.m. to 5 p.m. Eastern time

[@ncaaec](#) [@playcollegesports](#) [@ncaaec](#)



ELIGIBILITY CENTER

DIVISION II ACADEMIC REQUIREMENTS

To study and compete at a [Division II school](#), you must earn 16 NCAA-approved [core-course credits](#), earn a minimum 2.2 [core-course GPA](#) and submit your final transcript with proof of graduation to the Eligibility Center.

CORE-COURSE REQUIREMENTS

Earn 16 NCAA-approved core-course credits in the following areas:

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

QUALIFIER

As a Division II qualifier, you may practice, compete and receive an athletics scholarship during your first year of full-time enrollment at an NCAA Division II school.

- » Earn 16 NCAA-approved core-course credits in the right areas.
- » Earn a minimum 2.2 [core-course GPA](#).
- » Submit your final transcript with proof of graduation to the Eligibility Center.

PARTIAL QUALIFIER

If you have not met all of the Division II academic standards, you will be deemed a partial qualifier. As a partial qualifier, you may practice and receive an athletics scholarship, but may NOT compete, during your first year of full-time enrollment at an NCAA Division II school.

** More information regarding the impact of COVID-19 can be found at on.ncaa.com/COVID19_Spring2023.*

 DIVISION II
MAKE IT *YOURS*



TEST SCORES

In January 2023, NCAA [Divisions I](#) and [II](#) adopted legislation to remove standardized test scores from initial-eligibility requirements. Check with the NCAA school you plan to attend regarding whether standardized test scores are necessary for admission or scholarship requirements.

**More information regarding the impact of COVID-19 can be found at on.ncaa.com/COVID19_Spring2023.*

CORE-COURSE LIST

Find your high school's list of NCAA-approved core courses at eligibilitycenter.org/courselist. No core-course list means courses taken from that high school will not count for NCAA eligibility. If your high school does not have a list, you risk being ineligible to play in college.

NONTRADITIONAL AND ONLINE COURSES

Nontraditional courses are taught online or through distance learning, hybrid/blended, independent study, individualized instruction, correspondence or similar means.

These types of courses may be acceptable for use in the NCAA initial-eligibility certification process; however, it is important to make sure the nontraditional program has been approved and appears on [your school/program's list](#) of NCAA-approved core courses.

BE AHEAD OF THE GAME

- » Plan to register with the NCAA Eligibility Center at eligibilitycenter.org before your freshman year of high school. Visit on.ncaa.com/RegChecklist to help guide you through the registration process.
- » After six semesters of high school, ask your high school counselor from each school you have attended to upload an official transcript to your Eligibility Center account.
- » For more information on Division II, visit ncaa.org/D2.

ADDITIONAL RESOURCES

- » [DI Academic Requirements flyer](#).
- » [DIII Amateurism flyer](#).
- » [International Initial-Eligibility flyer](#).

Want more information? Visit
ncaa.org/playcollegesports.



CONTACT THE NCAA ELIGIBILITY CENTER

U.S. and Canada (except Quebec): 877-262-1492
Monday-Friday, 9 a.m. to 5 p.m. Eastern time

[@ncaaec](#) [@playcollegesports](#) [@ncaaec](#)



ELIGIBILITY CENTER

ATTENTION ATHLETES ...

Are you familiar with the NCAA academic eligibility requirements?

If you intend to play on the college level, you **MUST** read the following pages. There are some very important steps you must take as an athlete in the college application process.

Remember to register on line.

www.eligibilitycenter.org

Please be sure to submit a Transcript Request Form to Mrs. Rodgers in the guidance office so that your preliminary transcript will be sent now and your final transcript will be sent after you graduate.

See your counselor for details!

Glossary of Terms

Associate Degree – A degree granted upon completion of a two-year program of study

Bachelor Degree – A degree granted upon completion of a four-year program of study

Common Application – Save time, energy and repetition! Most colleges will accept the “Common Application” form, which can greatly simplify the application process

CUNY – Also known as the City University of New York. CUNY is the nation’s largest urban university. Comprised of many institutions across the five boroughs of New York City, CUNY educates over 230,000 students

Early Action – A student who has a “first choice” college, but does not want to commit to that college, can apply early notification of the college’s admission decision. Students then have till early May to finalize their decision.

Early Decision – A student who has a clear “first choice” college can receive early notification of the college’s admissions decision, as long as he/she agrees in advance to enroll if accepted. Application deadlines for Early Decision are usually in November, with decision letters mailed by mid-December.

FAFSA/SCC Profile/TAP – The FAFSA (Free Application for Federal Student Aid) is a form that will determine your “expected family contribution”. Some colleges will also require the CSS Profile be completed. TAP (Tuition Assistance Program) awards money to students based on their New York State taxable income. The award can only be applied to schools within New York State.

GPA – Refers to your “Grade Point Average”. On the college level, this is usually on a 4.0 scale, where 4.0 would be equivalent to an “A”

Letter of Recommendation – Cannot be written by mom or dad (!), but should come from someone who knows you well. IT IS NOT TOO SOON to think about whom you will ask for letters!

NCAA Clearinghouse – The “National College Athletic Association” requires potential Division I and Division II athletes to register online at www.eligibilitycenter.org. See your counselor for further information.

Open Admissions – Colleges that subscribe to this policy will accept any applicant with a high school diploma

Rolling Admissions – Colleges that subscribe to this policy will review applications shortly after receiving them with no firm deadline date. Applying early is still paramount due to these colleges filling their allotment of students.

Services for Student with Disabilities – A College Board service that assists disabled students by providing services and reasonable accommodations appropriate to the student’s disability and the purpose of the exam the student is taking. SSD provides Advanced Placement Program exams, PSAT/NMSQT, and SAT testing accommodations for students who have documented disabilities.

SUNY – Also known as the State University of New York. The public university system embraces sixty-four distinctly individual colleges located across New York State.

WEBSITE ADDRESSES

COLLEGE ENTRANCE EXAMS AND TEST PREP

- www.act.org (ACT Registration)
- www.collegeboard.org (SAT Registration)
- www.princetonreview.com

COLLEGE SEARCHES AND PLANNING TOOLS

- <https://student.naviance.com/sachemnorth>
- www.princetonreview.com
- www.nextstepmagazine.com
- www.petersons.com
- www.collegeanswer.com
- www.gocollege.com
- www.careersandcolleges.com
- www.collegeview.com
- www.collegeboard.org

COLLEGES AND APPLICATIONS

- www.suny.edu
- www.cuny.edu
- www.commonapp.org
- www.universalcollegeapp.com

SCHOLARSHIPS AND FINANCIAL AID

- www.fastweb.com
- www.studentaid.gov FAFSA
- <https://student.collegeboard.org/css-financial-aid-profile>

CAREER SEARCHES

- careerzone.ny.gov
- <https://student.naviance.com/sachemnorth>

ATHLETES

- www.eligibilitycenter.org

Map of SUNY Campuses

SUNY campuses are located across New York State in urban, suburban, and rural areas. From Long Island to Buffalo, from Plattsburgh to Binghamton and everywhere in-between you'll find a SUNY campus.

Once you find a campus or campuses of interest, click on the campus name to visit a campus's profile page and explore all that each campus offers.





ADMISSIONS INFORMATION SUMMARY - 2023


Campus Name	REGULAR ADMISSION				HONORS ADMISSION				EOP ADMISSION			
	Undergraduate Enrollment	2020 SAT Scores	2020 ACT Scores	H.S. GPA	Freshman Enrollment	2020 SAT Scores	2020 ACT Scores	H.S. GPA	Freshman Enrollment	2020 SAT Scores	2020 ACT Scores	H.S. GPA
University Centers and Doctoral Degree Granting Institutions												
Albany	12,264	1130-1300	23-29	89-95	288	1240-1400	26-31	94-98	163	990-1070	18-20	83-89
Binghamton+	14,402	1300-1450	29-33	93-98	600	1500-1540	34-35	95-99	161	1080-1170	21-24	90-94
University at Buffalo+	20,761	1150-1330	24-30	92-98	585	1340-1470	29-33	97-100	210	960-1040	14-20	84-88
Stony Brook+	17,977	1250-1340	27-33	92-97	450	1380-1520	31-35	95-99	151	1050-1150	20-24	86-90
NYS Ceramics at Alfred University+	534	1000-1160	20-27	83-92	35	1180-1330	25-30	82-99	0	800-900	18-21	77-81
SUNY Polytechnic Institute+	2,100	1130-1300	26-32	87-94					18	950-1020		79-82
College of Optometry	Graduate only											
Cornell University:									29	1140-1250		92-97
Agriculture & Life Sciences+	3,914	1370-1530	31-35									
Human Ecology	1,317	1445-1540	33-35									
Veterinary Medicine	Graduate only											
Industrial & Labor Relations+	999	1390-1520	31-34									
Environmental Science & Forestry	1,700	1120-1310	23-28	89-96	38	1380-1450	31-33	96-99	19	1070-1260		84-90
SUNY Downstate Health Sciences Univ+	282											
Upstate Medical University (Syracuse)+	195											
University Colleges												
Brockport+	5,149	1080-1200	21-26	86-95	100	1260-1320	26-29	93-97	69	900-980	18-19	80-88
Buffalo State+	5,464	920-1130	18-28	79-89	143	1130-1280	22-28	93-97	113	870-1000	15-18	77-82
Cortland	5,848	1100-1230	24-26	88-94	23	1300-1420	32-35	98-100	24	940-1030	15-19	80-84
Fredonia+	3,000	1030-1220	21-26	81-94	126	1200-1340	26-30	92-97	30	840-980		75-85
Geneseo	3,844	1170-1320	25-30	90-96	23	1390-1460	29-34	96-99	30	970-1080	17-24	78-89
New Paltz	6,160	1130-1280	24-29	91-97	70	1260-1330	28-33	93-99	150	910-1040		81-88
Old Westbury+	3,907	1000-1130	19-23	82-91	32	1180-1300	25-28	93-96	48	820-950	14-17	76-81
Oneonta+	4,873	1070-1220	22-27	88-95					48	890-990	16-20	80-84
Oswego+	5,985	1050-1240	21-27	85-96	65	1290-1380	27-30	96-100	120	880-980		77-84
Plattsburgh+	4,004	1020-1170	21-26	85-94	77	1200-1320	24-29	92-97	70	880-1000	17-19	76-81
Potsdam+	2,082			85-95					17			77-79
Purchase+	3,230			87-90					45			78-83
Empire State	8,637								40			
Colleges of Technology												
Alfred State +	3,348	940-1150	19-25	80-90	10	1080-1300	23-26	86-93	28	880-1070		76-84
Baccalaureate only	1,559	990-1220	21-27	85-93								
Canton+	2,835	920-1130	17-23	81-91	15	1010-1170	19-27	89-95	25	810-930		73-76
Baccalaureate only	2,151	970-1150	18-23	82-92								
Cobleskill+	1,783	870-1060	18-22	81-90	51	1220-1450		93-95	55	830-930		73-76
Baccalaureate only	1,372	930-1070	21-25	88-92								
Delhi+	2,412	920-1100	19-23	82-90	10			90-92	32	870-940		70-79
Baccalaureate only	1,300	970-1130	19-25	82-90								
Farmingdale State College+	9,264	990-1150	19-24	84-91	21			93-97	18	910-980		75-85
Maritime College	1,540	1170-1220	22-26	86-93					11	930-1070		79-88
Morrisville State	1,696	850-1060	18-23	80-88					95	800-950		73-77
Baccalaureate only	935	860-1050	17-22	81-87								

All scores reflect middle 50%. The SAT ranges represent combined evidence-based reading and writing and math scores. (The maximum possible total is 1600.)

1.800.342.3811
www.suny.edu
/attend

askSUNY@suny.edu

+Contains 2022 Data.

 Not Offered



ADMISSIONS INFORMATION SUMMARY - 2023

COMMUNITY COLLEGES

Campus Name	ENROLLMENT		STUDENT ONLY HOUSING	HONORS PROGRAM	EOP ADMISSION	
	Full-time	Part-time			Projected Freshman Enrollment	H.S. GPA
Adirondack	1,400	1,270	On Campus	No	40	70-85
Broome+	2,515	3,001	On Campus	No	35	72-83
Cayuga+	831	2,648	Off Campus	Yes	8	70-84
Clinton	316	690	Off Campus	Yes		
Columbia-Greene+	461	986	No	Yes		
Corning	1,225	2,676	On Campus	Yes	28	72-85
Dutchess+	2,556	4,491	On Campus	Yes	60	77-82
Erie+	4,546	3,301	Off Campus	Yes	16	75-88
FIT+	6,885	986	On Campus	Yes	61	78-82
Finger Lakes+	1,957	3,374	On Campus	Yes	17	79-86
Fulton-Montgomery+	691	1,160	On Campus	No	50	70-87
Genesee+	1,445	2,878	On Campus	Yes	60	70-83
Herkimer+	1,054	976	On Campus	Yes		
Hudson Valley+	4,481	4,660	Off Campus	Yes	45	75-86
Jamestown	1,407	2,349	On Campus	Yes		
Jefferson+	1,166	1,126	On Campus	Yes	28	73-81
Mohawk Valley+	2,318	3,221	On Campus	Yes	45	76-87
Monroe+	4,431	3,852	On Campus	Yes	48	75-84
Nassau+	6,711	5,285	Off Campus	Yes	44	76-82
Niagara+	2,114	1,724	On Campus	Yes	20	69-86
North Country	595	980	On Campus	No		
Onondaga+	2,797	4,523	On Campus	Yes	46	70-84
Orange+	1,991	2,994	No	Yes	25	70-84
Rockland	2,556	2,916	Off Campus	Yes	35	70-84
Schenectady+	1,013	2,677	Off Campus	No	11	72-84
Suffolk+	9,117	10,926	No	Yes	50	72-80
Sullivan+	633	1,048	On Campus	No		
Tompkins Cortland	1,074	3,368	On Campus	Yes		
Ulster+	992	1,923	No	Yes	20	77-85
Westchester+	4,222	4,585	No	Yes	35	75-85

Transfer. Guaranteed.

Start your education at one of our community colleges. Once you graduate, SUNY will help you transfer seamlessly to one of our four-year colleges.


Your SUNY AA or AS degree will come with guarantees.

- Guaranteed acceptance to a SUNY four-year college
- Guaranteed junior standing in a parallel program
- Satisfaction of completed general education requirements
- Maximum acceptance of core courses in your SUNY Transfer Path

1.800.342.3811
www.suny.edu/attend

askSUNY@suny.edu

+Contains 2022 Data.

 Not Offered

	Baseball	Basketball	Bowling	Cross Country	Esports (SUNY League)	Fencing	Field Hockey	Football	Golf	Gymnastics	Ice Hockey	Lacrosse	Rowing	Skiing	Soccer	Softball	Swimming/Diving	Tennis	Track & Field (Indoor)	Track & Field (Outdoor)	Volleyball	Wrestling
NCAA DIVISION I																						
University at Albany	•	•		•	•		•	•	•			•			•	•	•	•	•	•	•	
Binghamton University	•	•		•	•				•			•			•	•	•	•	•	•	•	•
University at Buffalo	•	•		•	•			•				•			•	•	•	•	•	•	•	•
NYS Colleges at Cornell	•	•				•	•		•	•	•	•	•			•	•	•	•	•	•	•
Stony Brook University	•	•		•	•			•				•			•	•	•	•	•	•	•	•
NCAA DIVISION III																						
Alfred State College	•	•		•	•			•				•			•	•	•	•	•	•	•	•
NYS Ceramics at Alfred U	•	•		•	•							•			•	•	•	•	•	•	•	•
SUNY Brockport	•	•		•	•		•	•		•	•	•			•	•	•	•	•	•	•	•
Buffalo State	•	•		•	•			•			•	•			•	•	•	•	•	•	•	•
SUNY Canton	•	•		•	•				•		•	•			•	•	•	•	•	•	•	•
SUNY Cobleskill	•	•		•	•				•			•			•	•	•	•	•	•	•	•
SUNY Cortland	•	•		•	•		•	•		•	•	•			•	•	•	•	•	•	•	•
SUNY Delhi	•	•		•	•				•			•			•	•	•	•	•	•	•	•
Empire State College				•	•										•	•	•	•	•	•	•	•
Farmingdale State College	•	•		•	•				•			•			•	•	•	•	•	•	•	•
SUNY Fredonia	•	•		•	•						•	•			•	•	•	•	•	•	•	•
SUNY Geneseo	•	•		•	•		•		•		•	•			•	•	•	•	•	•	•	•
Maritime College	•	•		•	•			•				•	•		•	•	•	•	•	•	•	•
SUNY Morrisville				•	•		•	•			•	•			•	•	•	•	•	•	•	•
SUNY New Paltz	•	•		•	•		•					•			•	•	•	•	•	•	•	•
Old Westbury	•	•		•	•				•			•			•	•	•	•	•	•	•	•
SUNY Oneonta	•	•		•	•		•					•			•	•	•	•	•	•	•	•
SUNY Oswego	•	•		•	•		•		•			•			•	•	•	•	•	•	•	•
SUNY Plattsburgh	•	•		•	•						•	•			•	•	•	•	•	•	•	•
SUNY Potsdam	•	•		•	•						•	•			•	•	•	•	•	•	•	•
Purchase College	•	•		•	•				•			•			•	•	•	•	•	•	•	•
SUNY Polytechnic (Utica)	•	•		•	•							•			•	•	•	•	•	•	•	•
NJCAA																						
SUNY Adirondack	•	•		•	•				•						•	•	•	•	•	•	•	•
SUNY Broome	•	•		•	•										•	•	•	•	•	•	•	•
Cayuga	•	•		•	•							•			•	•	•	•	•	•	•	•
Clinton	•	•		•	•										•	•	•	•	•	•	•	•
Columbia-Greene	•	•		•	•										•	•	•	•	•	•	•	•
Corning	•	•		•	•										•	•	•	•	•	•	•	•
Dutchess	•	•		•	•										•	•	•	•	•	•	•	•
Erie	•	•	•	•	•			•			•				•	•	•	•	•	•	•	•
Fashion Institute of Technology				•	•										•	•	•	•	•	•	•	•
Finger Lakes	•	•		•	•							•			•	•	•	•	•	•	•	•
Fulton-Montgomery	•	•	•	•	•				•						•	•	•	•	•	•	•	•
Genesee	•	•		•	•							•			•	•	•	•	•	•	•	•
Herkimer County	•	•	•	•	•				•			•			•	•	•	•	•	•	•	•
Hudson Valley	•	•	•	•	•			•				•			•	•	•	•	•	•	•	•
Jamestown	•	•		•	•				•						•	•	•	•	•	•	•	•
Jefferson	•	•		•	•				•						•	•	•	•	•	•	•	•
Mohawk Valley	•	•	•	•	•				•			•			•	•	•	•	•	•	•	•
Monroe	•	•		•	•							•			•	•	•	•	•	•	•	•
Nassau	•	•	•	•	•			•				•			•	•	•	•	•	•	•	•
Niagara County	•	•		•	•				•						•	•	•	•	•	•	•	•
North Country	•	•		•	•							•			•	•	•	•	•	•	•	•
Onondaga	•	•		•	•				•			•			•	•	•	•	•	•	•	•
Orange County	•	•		•	•				•						•	•	•	•	•	•	•	•
Rockland	•	•		•	•				•						•	•	•	•	•	•	•	•
SUNY Schenectady	•	•	•	•	•										•	•	•	•	•	•	•	•
Suffolk County	•	•	•	•	•				•			•			•	•	•	•	•	•	•	•
Sullivan County	•	•		•	•				•						•	•	•	•	•	•	•	•
Tompkins Cortland	•	•		•	•				•			•			•	•	•	•	•	•	•	•
Ulster County	•	•		•	•				•						•	•	•	•	•	•	•	•
SUNY Westchester	•	•	•	•	•				•						•	•	•	•	•	•	•	•
USCAA																						
Environmental Sci & Forestry	•			•	•				•						•	•		•	•	•	•	•

- Men's Team
- Women's Team