

Sheldon High School

Post High School

Planning Guide

2013/2014

**MORE INFORMATION ONLINE!**

**VISIT US AT…..**

[**http://blogs.4j.lane.edu/sheldon\_career**](http://blogs.4j.lane.edu/sheldon_career)

**For logging in to Naviance, live links,**

**helpful tools, to sign up for**

**the e-News & updates.**

**Log in to Naviance from the**

**Sheldon Home Page**

Sheldon High School

www.shs.lane.edu

http://blogs.4j.lane.edu/sheldon\_career/

Sheldon High School Career Center: shelcareer@4j.lane.edu

Dear Parents and Students,

Sheldon's Post High School Supplemental Planning Guide has been designed to assist students and parents with college planning and post high school options. There is a vast amount of information and we encourage you to visit our career center website at http://blogs.4j.lane.edu/sheldon\_career/ where you will find links to:

* Naviance
* SAT/ACT
* Financial Aid
* Colleges/Universities
* Community Colleges
* CIS- Career Information
* NCAA/Athletes
* Common Application

If you have questions regarding college planning, please contact Kim Johannsen – Career Center Coordinator and Sheldon High School Counselors. To schedule an appointment, please call 541-790-6600.

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Sincerely,

Katie, Kendra, Carley, Michael and Kim

~We would like to thank our Sheldon volunteers for all of their hard work and dedication to our students!

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**Important Dates To Remember For The 2013-2014 School Year**

College Visitations at Sheldon High School Sept. – May

Rotary Youth Exchange Presentation September 24th 7:00 pm

IB Info Parent Night (South Eugene HS) September 26th 7:00 pm

College Fair – Lane Community College (12-3pm) Sunday, October 13th, 2013

All School Testing Day & PSAT October 16th

National Performing & Visual Arts College Fair- Portland ​Monday, October 28 6-8 pm

International (Study Abroad) Fair – Churchill October 24 – 7 pm

Post High School Planning Night October 21st 7:00 pm

Portland National College Fair- Ore. Convention. Ctr. November 1st and 2nd

Financial Aid Night December 16th- 7 pm

FAFSA Application Date January 1st

CAS/ Community Service Fair April 10th 7:00 pm (at SEHS)

AP Testing May 5th -

IB Testing May 5th -

IHS Graduation June 11th

Sheldon High School Graduation June 12th

**Test Dates**

**2013/2014** Test Dates /Registration Due

PSAT………………… October 16, 2013

Test Dates Registration Deadlines

SAT…………………..

October 5, 2013 Sept. 6

November 2, 2013 Oct. 3

December 7, 2013 Nov. 8

January 25, 2014 Dec. 27

March 8, 2014 Feb. 7

May 3, 2014 April 4

MCj03986090000[1]June 7, 2014 May 9

ACT…………………..

September 21 Aug. 23

October 26 Sep. 27

December 14 Nov. 8

February 8 Jan. 10

April 12 March 7

June 14 May 9

**\*Always double check testing dates and deadlines\***

**RESOURCES**

**SHELDON CAREER CENTER**

[www.shs.lane.edu](http://www.shs.lane.edu)

* Click on: RESOURCES
* Click on: CAREER CENTER
* Click on: SHELDON COLLEGE AND CAREER CENTER WEBSITE AND BLOG

**NAVIANCE**

Naviance is our new Post High School online planning tool! You can find help organizing college information, applications, sending transcripts, Common Application, requesting letters of recommendations for colleges, build your resume, explore colleges and careers, find scholarships etc.

Students can log in directly from the Sheldon Website and Career Center Website. If they need their access code, please see their counselor.

**COLLEGE PLANNING & TESTING INFORMATION**

ACT: [www.actstudent.org](http://www.actstudent.org) : ACT Registration and information

SAT: [www.collegeboard.com](http://www.collegeboard.com)

College Board – College search, scholarship search, AP/SAT/PSAT registration and information.

**FINANCIAL AID**

FAFSA: [www.fafsa.ed.gov](http://www.fafsa.ed.gov) Free Application for Federal Student Aid

Pin #: [www.pin.ed.gov](http://www.pin.ed.gov) – To apply for a PIN # to be able to complete the financial aid form online.

OSAC: www.osac.state.or.us

**NCAA~COLLEGE ATHLETES**

If you are planning to play sports at the college level, you need to register for the NCAA Clearinghouse. You can register after your junior year. It is a student’s responsibility to ensure they have the right credits earned for their division. [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)

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**WESTERN UNDERGRADUATE EXCHANGE**

This program allows students to pay less to an out-of-state college to participating 2-year and 4-year colleges. [www.wiche.edu/sep/wue](http://www.wiche.edu/sep/wue)

**QUESTBRIDGE**

COLLEGE MATCH PROGRAM

Helps outstanding low-income high school seniors gain admission and full four-year scholarships to some of the nation's most selective colleges.

COLLEGE PREP SCHOLARSHIP

Provides opportunities designed to help outstanding low-income high school juniors prepare to apply to top colleges. More than 2,000 students will be selected as College Prep Scholars and will receive one or more awards that will make them stronger applicants to selective colleges.

[www.questbridge.org](http://www.questbridge.org)

**CAREER AND TECHNICAL TRAINING**

**\*Visit the Career Center** – there are a lot of resources about Career and Technical Schools on file.

\*Check out **Lane Community College’s** website to find out more about their 1 and 2 year technical programs – there are handout-outs in the Career Center about the many different programs offered at LCC – from Nursing to Mechanics. www.**lane**cc.edu/

**CSS FINANCIAL AID PROFILE – Not to be confused with FAFSA**

Required by some universities and colleges. Check first to see if this is a requirement for your schools before filling this out. Many of the member colleges, universities, graduate and professional schools, and scholarship programs use the information collected on PROFILE to help them award nonfederal student aid funds.

**Important Definitions**:

***Early Action* (Early Notification for Uof O)**

You are just sending your college application in earlier than the regular application due date. The usual dates for early action are in Nov., Dec., or Jan. The college will then send you its decision some weeks later. Make sure and check if it is actually *Restrictive Early Action or Single Choice Early Action*. If so, be aware of any additional restrictions – some colleges do not allow you to apply to any other colleges early.

***Early decision***

You are committing yourself to attending this school if you get admitted. This is for early-bird students who have a clear first choice college. It is a contract between you and the college – if accepted you will withdraw all other college applications and attend the early decision college. You can apply early decision to only one college. Application deadlines are usually in mid-Nov., with a mid-to late- Dec. decision.

\*Additional resources available in the Sheldon Career Center ~ Please stop by!

Introducing NAVIANCE!!!!

Naviance is our new Post High School Planning tool.  Family Connections by Naviance, allows students and families to investigate, research, track, and plan for the college admission process. For students applying to most colleges including the Common Application, you must go through Naviance. Please see your counselor for your student and family access code.

[https://connection.naviance.com/fc/signin.php?hsid=sheldon](https://connection.naviance.com/family-connection/auth/login/?hsid=sheldon)

What is on Naviance?

**New this year – SAT Prep!!**

**College Search Engine**

**Career Profile**

**Student Profile**

**Scholarships and Scholarship Search Engine**

**Learning Style Inventory**

**Personality Inventory**

**Job Resume Builder**

**College Profiles**

**College Visits to Sheldon Campus and Dates**

**Registration for SAT and ACT**

**Letters of Recommendations**

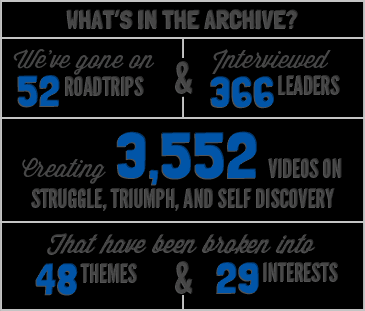
**Transcript Requests**

**College Planner**

**Task Tracking and To Do List**

**And so much more…**

**Check out Road Trip Nation!**

****

Common Application and Naviance

If you are applying to schools using the Common Application – *This is VERY Important!*

In your Naviance Account – Under Colleges I’m Applying To – You will see a box that says Common Application Matching

You will see - Step 1 - Common Application Account

Step 2 – Sign the CA FERPA Waiver and Authorization

The counseling team recommends that you WAIVE your rights to

see your recommendations.

WHY? – Because it shows strength of application. If you do not waive your right to see your recommendations, it can act as a red flag for the colleges. The colleges might become suspicious that you are worried about how strong your recommendations might be. Also, some teachers may refuse the write recommendations for you if you do not WAIVE your right to see them.

It is very important that you take time to complete this in your Common Application. If you do not, we cannot send any of your recommendations.

**Seniors ALERT! ALERT!**

If you are applying to a college that uses the CA Common Application,

CAREFULLY read the instructions on the COLLEGES tab.

Make sure you have established your REAL email (comcast, gmail, yahoo, etc,.) in your NAVIANCE account.

Look up to the upper right,  Click on the MANAGE MY ACCOUNT link,

find the "EMAIL" box and be sure to update with your accurate email - NOT the 4j EMAIL!

Then be sure that your CA account email matches your NAVIANCE email.

~CHECKLIST FOR THE COLLEGE BOUND JUNIOR~

# Fall – Winter

\_\_\_\_\_ 1. **Plan** a strong college prep program in high school. Make sure your course selection satisfies

college entrance requirements. Meet with your counselor for on-going post HS planning.

\_\_\_\_\_ 2**. Participate** in extra-curricular activities, which reflect your academic, personal and career

interests. The activities you should choose have a direction/purpose.

\_\_\_\_\_ 3. **Research** specific colleges. Information and assistance are available in the career

center. Admissions requirements vary greatly among colleges. Read college guides and catalogs; check college web sites; use NAVIANCE; use College Board’s College Matchmaker; visit college campuses; attend Sheldon’s college visitation sessions and local college fairs. The Post High School Planning Night is October 21 at 7pm. The College Fair at LCC is on October 13. Attend the Portland National College Fair at the Oregon Convention Center November 1st and 2nd.

\_\_\_\_\_ 4**. Gather** information on financial aid and scholarships; this information is available in the

career center, on the internet, and on college’s websites. Begin a filing system for catalogs, applications and correspondences.

\_\_\_\_\_ 5. **Take** the PSAT on October 16th. Review PSAT scores. The PSAT provides an

excellent opportunity to practice for the SAT test. (Remember the ACT test is an option.)

\_\_\_\_\_ 6. **Attend** Post High School Planning Night with OUS October 21th at 7pm.

Information will be presented regarding academic/college planning, PSAT/standardized

testing, scholarships/financial aid, and other post HS opportunities.

# Spring – Summer

\_\_\_\_\_ 7. **Consult** the College Handbook, college catalogues, or college websites for information on

test requirements for admissions: SAT, SAT Subject Test, ACT + Writing Option. You may decide to take your exam in the Spring of your Junior Year. You may take both the ACT and SAT.

\_\_\_\_\_ 8. **Check** NCAA requirements. They have changed recently and are becoming more

demanding. Fill out the NCAA Clearinghouse Application. ( You can do this in June after JR year)

\_\_\_\_\_ 9. **Plan** a challenging senior year so you will be prepared for college. Even if you have

completed your graduation requirements, you should continue taking classes that prepare you for the next level. Colleges also look for indications that a student has taken the strongest possible program by comparing your transcript to the School Profile.

\_\_\_\_\_ 10. **Continue** research on colleges. Plan to visit college campuses during spring break,

summer, or during family vacations. Contact College Representatives in the Admissions

office to arrange a meeting or a campus tour.

\_\_\_\_\_ 11. **Investigate** ways to use summer productively. Examples: Summer School to fill gaps in

Preparation; summer enrichment programs; resident summer programs for high school juniors; development of talent, such as art or music; programs which combine travel to other countries, a job related to a possible career. (Info available in Career Center)

\_\_\_\_\_ 12. **Update** your activities chart. This will help when filling out college applications and when

teachers/counselors write your letters of recommendations.

\_\_\_\_\_ 13. **Balance** your life activities so that you do not burn out before your senior year!

**College Planning Calendar for Juniors**

**OCTOBER**

* **13th** College Fair at Lane Community College
* **16th** Take the PSAT – All School Testing Day
* **28th** National Performing & Visual Arts College Fair - Portland Art Museum 6-8pm
* **21st** Post High School Planning Night
* Check Career Center for upcoming college visits and college fairs
* Sign up for your Junior Interview

**November**

* **1st** (9am-12) **and 2nd** (1pm-5) Portland National College Fair- Ore. Convention Ctr.

**MARCH/APRIL**

* Obtain the SAT I - SAT II - ACT schedules and register for your appropriate test.
* Take SAT I or appropriate test
* Meet with your counselor for on-going post-high school planning.
* Sign up for your Junior Interview

**MAY**

* Take the SAT I.
* Begin to request teacher recommendations – form is in the career center & in packet.
* Request catalogs, financial aid materials and applications from colleges.
* Begin a filing system for catalogs, applications and correspondence.
* Call college admissions offices for appointments for interviews and/or tours.

**JUNE**

* Take the appropriate college admissions test (SAT I - SAT II - ACT).
* Review catalogs received.
* Prepare tentative list of schools to visit and share with your counselor.
* Continue to make appointments for interviews and/or tours.

**JULY/AUGUST**

* Continue to review college catalogs.
* Continue to make appointments for interviews and/or tours.
* Visit colleges.

~TOP 10 CHECKLIST FOR THE COLLEGE BOUND SENIOR~

\_\_\_\_\_ 1. Arrange a senior conference with your counselor to discuss career/college options and

requirements; including graduation requirements and college admissions.

\_\_\_\_\_ 2. Continue your research on colleges/post high school plan. Select 1-4 colleges you are seriously interested

in attending. Read college guides and catalogues; check college web pages; visit college campuses; attend

SHS college visitations and local college fairs. Keep track of all admissions and financial aid deadlines and

requirements for each school you plan to apply to.

\_\_\_\_\_ 3. Register for the SAT 1, ACT +Writing Option, and/or SAT II. Consult Naviance, college

catalogues, or web pages for testing requirements for admissions.

\_\_\_\_\_ 4. You and your parents attend the Post High School Planning Night with OUS October 21stat 7pm. College

representatives present on community colleges, 4 year public colleges, and 4 year private colleges. School counselors go over Naviance.

\_\_\_\_\_ 5. Check out Sheldon’s career center web site at http://blogs.4j.lane.edu/sheldon\_career/

\_\_\_\_\_ 6. Fill out Recommendation Form to request a letter of recommendation from your counselor

and/or teachers. Only do so if the colleges and/or scholarships you are applying for require a letter of recommendation. Make copies of this form after you fill it out and set up a meeting with the staff member you would like to write you a letter. This must be done at least 2 weeks in advance. Counselors and teachers are not available to write letters of recommendations over Winter Break, so please plan accordingly.

\_\_\_\_\_ 7. Complete the college application process. Decide on whether to do on-line or paper copy. Fill out

the application form carefully; confer with you English Teacher or counselor if you need assistance with your college essay; order an official transcript and test scores through the Records Office ($1.00 per paper copy, $2.00 to have it sent directly) or through Naviance. Check with teachers and counselor to confirm they have sent your letters of recommendation. Thank the people who have written letters for you.

\_\_\_\_\_ 8. Gather information on scholarships and other financial aid. Log in to Naviance and use the Scholarship

Search Engine and consult the Scholarship list. This is updated throughout the year. Check internet

resources; look through scholarship books; talk to your coach; etc. Ask your parents to attend the “Financial

Aid Workshop” December 16th at 7:00 pm. Submit your FASFA (Free Application for Federal Student Aid)

form after January 1st, but before February 1st. Both you and your parent will have to have a pin # to submit

your form electronically. Go to [www.fafsa.ed.gov](http://www.fafsa.ed.gov). Attend a FAFSA Completion Drop In Lab at Sheldon if needed for extra help in completing your FAFSA.

\_\_\_\_\_ 9. Wait for acceptance/denial letters and info from colleges regarding financial aid packages. Decide

on the college you will attend. Request a final transcript from the Records Office. Notify colleges you got accepted to whether or not you will attend their college.

\_\_\_\_\_ 10. Update your Naviance profile of the college you plan to attend and any scholarships you have been

awarded. Do your Senior Exit Survey on Naviance – this is mandatory.

**SENIOR YEAR TIMELINE**

**SEPTEMBER**

* Check Career Center for upcoming College Visits and College Fairs
* Check your graduation requirements with your counselor. If you are planning on playing sports in college, check the NCAA Clearing House for credit requirements.
* Obtain the SAT I - SAT II - ACT schedules and register for your appropriate tests.
* Prepare college applications. Note: Early decision applications are due around November 1st.
* Set up senior interview with counselor.
* Contact an Armed Services Recruiter for info if the military is an option you would like to explore.
* Request teacher recommendations - Pick up form in Career Center, download from Naviance or on the Career Center Website.

**OCTOBER**

* **13th-** College Fair at LCC (12pm-3)
* **16th -** All School Testing Day: Complete CRLS if you still need to. Attend workshop!
* **21st** - Attend Post High School Planning Night
* **28th** - National Performing & Visual Arts College Fair at Portland Art Museum (6-8 pm)
* Check Career Center for upcoming College Visits and additional College Fairs
* MCj03986710000[1]Attend Open Houses at colleges.
* Speak to college representatives that may visit your high school.
* Register for SAT I and SAT II - ACT exams! Watch those deadlines!
* Continue to work on applications.
* Check the scholarship bulletins in the Career Center.
* Discuss personal essays with English teachers, parents and others.

**November**

* Attend College Fairs.
* **1st** (9am-noon) **and 2nd** (1pm-5)-Portland National College Fair- Oregon Convention Center
* Attend Open Houses at colleges.
* Speak to College Reps.
* Register for SAT I and SAT II - ACT exams retakes! Watch those deadlines!
* Continue to work on applications.
* Check scholarship bulletins for update.

**December**

* **16th** - Attend Financial Aid Night at Sheldon
* Continue College Application Process
* Pick up Letters of Recommendations before leaving for Winter Break! Your counselors and teachers are not available to write recommendations or fill out forms over winter break!
* Apply online for Pin #'s for FAFSA (both you and parent signing form) Go to www.fafsa.ed.gov.

**January**

* **1st** - First Day to apply for FAFSA (Free Application for Federal Student Aid)
* Attend a FAFSA Completion Drop In Lab at Sheldon if needed for extra help in completing your FAFSA.
* Check with your prospective college about additional financial aid application forms and requirements.
* Continue College Application Process
* Continue Scholarship search

**February**

* Review the SAR (Student Aid Report) to make sure the information is correct. You should receive it four to six weeks after you submit your FAFSA.
* Provide midyear reports (if required by your colleges) to your school counselor for submission.
* Start writing thank you notes to college reps that may have gone out of their way to help you, and for teachers that wrote letters of recommendations for you.
* Continue Scholarship search. Check Community Colleges for Scholarships.

**March-April**

* Watch mail for admissions letters and financial aid awards.
* Compare your admissions offers forms and requirements.
* If waitlisted, notify the admissions office that you are still interested.
* Plan summer job, internship or other opportunity for enrichment.
* Time to make a decision. Most schools ask that you choose a school by May 1. Make sure to notify your school counselor or the Career Center what college you decided to go to.
* Register for AP exams.
* Continue Scholarship search - Many applications are due in the spring.
* Submit application to community college if that is where you decided to go. Find out when their orientations are.
* Take placement tests for Community Colleges.

**May**

* Notify your counselor of any scholarships you have received.
* Notify (in writing) the schools you have decided not to attend.
* Make sure you have received the necessary forms for housing, health insurance, financial aid etc.
* Pursue additional student loan options if necessary.
* Notify colleges of any private scholarship awards.
* Mail in deposit to ONE college by their due date.
* Sign and return the financial award letter if you accept the offer.

**June-August**

* Request your official final transcript to be sent to your new school.
* Request end of year reports from your counselor. Include form and stamped addressed envelope.
* Double check any final deadlines for housing, financial aid, etc.
* Set up a projected first-year college budget.
* Attend all advising days, open houses, orientation programs that are offered by your college.
* Send thank you letters to any scholarships you have received.
* Notify your counselor of where you will be attending or plans for the following year.
* Congratulations Graduate!
* MCj03986710000[1]Enjoy your summer!!!!

**HIGH SCHOOL PREPARATION &**

**EXTRA-CURRICULAR ACTIVITIES**

It is important to take academically challenging classes to prepare for college. It is recommended to take advanced level classes such as AP, IB and College Now classes. It is important to research and take the classes required and suggested by the colleges you may apply to. Plan a strong college preparatory program while you are in high school so that you will be prepared for the college of your choice. If you need assistance, please make an appointment with your counselor.

In addition to academic preparation for college, you should also develop interpersonal and leadership skills. What you participate in outside of the classroom may have an impact on your chances of being admitted to a selective college or receiving a scholarship. Colleges often look for activities that compliment your education. Here are some examples of extracurricular activities that some colleges may look for:

**High School Extracurricular/ Enrichment Activities:**

Band, Sports, Clubs, Drama, Art Shows, Special Presentations, School

Leadership, Special Awards/Honors, Foreign Exchange, Summer

Enrichment Programs, Travel, Work, etc.

**COMMUNITY SERVICE / COMMUNITY INVOLVEMENT:**

Volunteer Activities, Service Organizations, Youth Groups, etc.

Example: United Way, Food 4 Lane County, Greenhill, etc. BE CREATIVE!!!

\*Colleges are looking for well-rounded individuals. They do not expect a long list of extracurricular activities, but they are more concerned in the quality of the activities you choose and the amount of commitment you have towards your extracurricular activities. It is important to track your activities throughout your high school career.\*

**Use the Activities Worksheet in the Appendix to begin charting high school activities!**

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***Oregon University System*** Admission Requirements

*Eastern Oregon University, Oregon Institute of Technology, Oregon State University, Portland State University,*

*Southern Oregon University, University of Oregon, Western Oregon University*

The general requirements for entering an Oregon public university include:

1) Graduation from a public or accredited high school.

2) A satisfactory grade point average:

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| High School GPA Requirements for OUS College Admissions1 | | | | | | |
| EOU | OIT | OSU | PSU | SOU | UO | WOU |
| 3.00 | 3.00 | 3.00 | 3.00 | 2.75 | 3.002 | 2.75 |

1. All OUS institutions conduct more comprehensive reviews of applicants who do not meet the minimum required GPA.

2. Completion of the SAT or ACT:

Minimum test scores are not set, but test results must be submitted and may be used during additional campus review processes. OUS universities require a standardized writing exam. A standardized writing exam is included in the SAT Reasoning Test. Students submitting the ACT should submit scores from the optional writing examination also.

3. Subject Requirements:

High school graduates need to satisfactorily complete at least 15 units of college preparatory high school classes (with one unit defined as the equivalent of one year or one credit). This must include 4 units of English, 3 units of Mathematics, 2 units of Science, 3 units of Social Studies, and 2 units of a Second Language, with a grade of C- or above or demonstrated proficiency. Pass/No Pass grades are not accepted. Night school classes at Sheldon do not meet the OUS requirements. Classes at Sheldon which do meet the college preparatory requirements include:

**English (4 units required):** English 9, 10, 11, and 12 (including English 11 & 12 Topic Classes, both regular and honors; AP English; College Now Writing; Modern Authors, IHS Literature Classes (grades 9 through 12).

**Mathematics (3 units required, through Advanced Algebra or higher):** Algebra 1A (1 credit counted as a half unit); Algebra 1B (1 credit counted as a half unit); Algebra, Geometry; Advanced Algebra; El of Advanced Algebra; FST; College Algebra; Calculus.

**Science (3 units required):** Science Foundations; Biology; AP Biology; Chemistry; College Now Chemistry; Physics; AP Physics.

**Social Studies (3 units required, including at least 1 unit from global studies and 1 unit from US/American Studies):**

US/American Studies: US History; AP US History; IHS History of Americas IB; IHS SI History of Americas IB.

Global Studies: Global Geography; Honors Global Geography; World History; Honors World History; AP European History; AP World History; IHS Global Geography; IHS SI Global Geography; IHS Global History; IHS SI Global History; IHS Comparative Values and Beliefs.

Other Recognized Social Studies Classes: Government; Economics; Psychology; IHS Comparative Political and Economic Systems IB; IHS 20th Century Global History IB.

**World Language (2 units required):** Spanish 1 through 7; French 1 through 7; Japanese 1 through 5; SI Literature and Composition 9 through 12.

It is important to check the particular admissions requirements of any university or college (private or public) to which you are interested in applying. Note that many colleges require additional units in particular subject areas and some require credits in Fine Arts.

**NCAA eligibility requirements** may differ from college admissions and high school graduation requirements. See your counselor for more information or visit [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net).

**\*Admission requirements may change from year to year. This is a general guide. It is imperative that you check with the colleges and universities you are applying to for updates on their admission requirements.**

**QUESTIONS TO ASK DURING A COLLEGE VISIT**

1. What are your school’s most popular majors? (Check to make sure they have the academic programs you want.)
2. What is the typical size of a freshman course? What is the size of the school? The town?
3. Are there transition programs available to freshman to help them get acquainted with the college?
4. Do you have scholarships available at your school for undergraduates? How do you find them?
5. What kind of academic support is there for students?
6. How tough is it to earn a degree in four years?
7. What is the student living/housing like there? How safe?
8. How much college credit can I earn from my AP courses, IB courses, AP tests, IB tests?
9. What is the most important in getting accepted into your college?

GPA? Grade trend? SAT or ACT scores?

Courses taken? Ranking? Are SAT II’s required?

School involvement and/or community service?

1. What is the surrounding city/town like?
2. Are there activities and programs going on during the weekends or do many of the students go home during the weekends?
3. Do you have a Greek System (fraternities/sororities)? If so, what is the percentage of students involved?
4. What are the chances of being accepted into your college?
5. What sports, clubs and activities are available?
6. Regarding sports, what division is your school?
7. How much is tuition?

**TIPS FOR COLLEGE APPLICATIONS**

1. If you need a recommendation, as a teacher or counselor who knows you personally and is willing to write the recommendation. Ask this person for a deadline and provide them with the requested information well in advance.
2. Make a copy of the original to use as a working application. If you are applying on-line you can print a copy to use as a draft.
3. Follow directions exactly and fill out the application completely. Read carefully whether you need to use black or blue ink or type your responses. Remember to sign the application if requested.
4. Make sure you enclose everything the application requests i.e., fees, recommendations, transcripts, OR make arrangements for these items to be sent.
5. If someone, like your counselor, is going to submit your transcript or recommendations, make sure you have completed what you need to on Naviance. If it’s a paper application, give the person a stamped envelope addressed to the college where the additional forms are to be sent.
6. Have at least one other person carefully proof both the completed working copy and final application.
7. Keep a copy of the final application for your records.
8. Submit the application online, through Naviance or mail well before the deadline. Know when the schools begin accepting applications. The earlier you mail it in, the sooner you will find out if you are accepted.



**College Application Help Sheet**

Sheldon High School Phone number: (541)-790-6600

2455 Willakenzie Rd. Fax number: (541)-790-6605

Eugene, OR 97401

CEEB Code: 380-326 We do NOT Rank

Trimester Block Schedule – for UofO Application

1 term = .5 credit

**Graduation Date: June 12th, 2014**

Trimester 1 – September 11th – December 6th

Trimester 2 – December 9th – March 14th

Trimester 3 – March 17th – June 11th (For Seniors)

**Counselor Information:**

Katie Cawood – Counselor A-Cof phone # 541-790-6623 [reed\_k@4j.lane.edu](mailto:reed_k@4j.lane.edu)

Kendra Brott – Counselor Cog-G phone#541-790-6623 brott\_k@4j.lane.edu

Carley Evans – Counselor H-N phone #541-790-6622 [evans\_ca@4j.lane.edu](mailto:evans_ca@4j.lane.edu)

Michael Voss – Counselor O-Z phone # 541-790-6624 voss@4j.lane.edu

**University of Oregon**

http://admissions.uoregon.edu/freshmen/ Click on Apply to the Uof O, then Click on Apply Online

(you will need to create an account)

**Oregon State University**

<http://oregonstate.edu/admissions/firstyear.php> Click Apply Online (you will need to create an account)

**Lane Community College**

<http://www.lanecc.edu/es/admissions.html>Click Apply Online (you will need to create an account)

**Common Application (Used by many private Schools – But not for Uof O, OSU, or LCC)**

[https://www.commonapp.org](https://www.commonapp.org/)

**Financial Aid Quick Tips**

1 – Never pay to fill out your financial aid form. This is a free application.

2 – Note the website is “.gov” [http://www.fafsa.ed.gov](http://www.fafsa.ed.gov/)

3 – Your parents will be estimating their 2013 taxes to fill out the form. They do not have

had to file yet. If there is a significant difference to what they put on this form and what their taxes are, then they can update the form at that time.

4 – You can download the FAFSA Worksheet from the above website starting in

December – but you cannot submit the FAFSA until January 1st.

5 – For priority, you will want to submit the FAFSA in the month of January –

Remember – first come first served.

6 – Many scholarships require that you submit the FAFSA form.

7 – You will need a pin number to sign your FAFSA form as well as your parent. www.pin.ed.gov

**A Simplified Overview of Financial Aid**

**Where do I start?**

MCj00787110000[1]j0205582MCj00787910000[1]

Step 1: Get your pin number at: [http://www.pin.ed.gov](http://www.pin.ed.gov/)

\*Remember – your parent needs one too!

Fill out College Applications and send to the College/University.

Check to see if your college requires the CSS Profile too.

Step 2: Fill out your financial aid form on-line at <http://www.fafsa.ed.gov/>

Starting December 1st to submit January 1st

Step 4: You will get your Student Aid Report or SAR. This will explain any grants and/or loans you qualify for and your Estimated Family Contribution or EFC.

Step 3: Your application goes to Federal Student Aid – then is processed and sent to your universities/colleges.

**What is Financial Aid?**

\*Financial aid is money that is given, paid or loaned to you to help pay for your college or vocational training. There are several types of financial aid:  
  
**Grants & Scholarships** - are given as awards and do not require repayment.  
  
**Loans** - are borrowed from a lending institution. You are required to repay the loan amount and interest fees.  
  
**Work-Study Employment** - You may be eligible to participate in work-study employment. This includes an on-campus job which allows you to earn money for your education. Off-campus community service work opportunities are provided through the Federal Work-Study Program. On- and off-campus work-study employment assignments are coordinated by the Financial Aid Office.

**The first Step to applying for Financial Aid is to apply for a pin number. This can be done right now so you have it ready when you submit your application starting January 1st.**

Your PIN can be used each year to electronically apply for federal student aid and to access your Federal Student Aid records online. If you receive a PIN, you agree not to share it with anyone. Your PIN serves as your electronic signature and provides access to your personal records, so you should never give your PIN to anyone, including commercial services that offer to help you complete your FAFSA. Be sure to keep your PIN in a safe place. \*Reminder – your parent/guardian that is going to sign your financial aid application needs a pin number as well.

**Go to this website**

**http://www.pin.ed.gov**

**Apply For A PIN**

The PIN Application is for students and parents who do not already have a Federal Student Aid PIN and would like to apply for one.

The PIN Application Process consists of 3 steps:  
Step 1: Enter Personal Information  
Step 2: Submit Your PIN Application   
Step 3: Receive Your PIN

**Step 1: Enter Personal Information**

You must select a challenge question and provide a challenge answer. If you forget your PIN, you can request a duplicate by providing the answer to the challenge question.

|  |  |
| --- | --- |
| What is your Social Security Number? Enter the SSN that is printed on your Social Security Card. Enter this number without the dashes. For example, enter 123456789. |  |
| Re-enter your Social Security Number: Re-enter your SSN to verify that it is correct. |  |
| What is your last name? |  |
| What is your first name? |  |
| What is your middle initial? |  |
| What is your date of birth? Enter this date in "mmddyyyy" format. For example, 08171975 for August 17, 1975. |  |
| What is your mailing address? |  |
| What is your city? |  |
| What is your state? |  |
| What is your ZIP code? |  |
| What is your e-mail address?  (Optional) Select this link for additional information about providing an [e-mail address](javascript:Help('pin15hlp.html',%20'en_US_PINApplication','/help/')). |  |
| Re-enter to confirm your e-mail address: Note: some e-mail systems differentiate between capital and lower case letters, so be sure to type it the way your e-mail provider will accept it. |  |
| Select a challenge question: |  |
| Enter your answer to the challenge question (your entry is case sensitive, for example, "Student2" is different than "sTuDeNt2"): |  |
| Re-enter your answer to the challenge question: |  |
| If you would like to create your own PIN, enter it now:  **Note:** your [PIN](Javascript:Help('pin27hlp.html',%20'en_US_PINApplication'%20,%20'/help/')) must be four numbers. Choose a PIN that you can remember easily, but that others can't guess.   Leave this field blank if you would like us to create a PIN for you. |  |
| If you created your own PIN, re-enter it now: |  |

SCHOLARSHIP SEARCH FOR SHS SENIORS

1. **COLLEGES/UNIVERSITIES**

Check at the colleges you are interested in. All schools have a Financial Aid page on their website. Click to Scholarship and there will be a list of scholarships that are available at that specific school. Often these scholarships are organized by department, merit, need, diversity, and/or skill/talent. You can get a lot of college information on [www.collegeboard.com](http://www.collegeboard.com) or on CIS (see #4 below.)

1. **SHELDON CAREER CENTER & NAVIANCE**

National, state and local scholarship opportunities are posted in Naviance. This list is updated throughout the year so check it often. Some paper applications are located in the file drawer in the career center.

1. **OREGON STUDENT ASSISTANCE COMMISSION**

OSAC puts out a scholarship application each December. The scholarship application is online. The application is due March TBA and you must also submit the FAFSA. The “Early Bird Scholarship” deadline is February TBA. For more detailed information and the application, go to [www.getcollegefunds.org](http://www.getcollegefunds.org) or [www.osac.state.or.us](http://www.osac.state.or.us).

1. **WEBSITES**

You can go to a search engine, like [www.google.com](http://www.google.com) or [www.yahoo.com](http://www.yahoo.com), type in scholarship and you will get many scholarship sites. Here are a few of them:

[www.collegeboard.com](http://www.collegeboard.com) [www.finaid.com](http://www.finaid.com) [www.studentservices.com](http://www.studentservices.com)

[www.fastweb.com](http://www.fastweb.com) [www.scholarships101.com](http://www.scholarships101.com) [www.collegefundingco.com](http://www.collegefundingco.com)

[www.gocollege.com](http://www.gocollege.com) [www.students.gov](http://www.students.gov) [www.ftc.gov](http://www.ftc.gov)

[www.collegenet.com/mach25](http://www.collegenet.com/mach25) [www.scholarships.com](http://www.scholarships.com) [www.collegesmart.com](http://www.collegesmart.com)

[www.makingitcount.com](http://www.makingitcount.com) [www.nela.net](http://www.nela.net) [www.careersandcolleges.com](http://www.careersandcolleges.com)

1. **BOOKS**

There are scholarship books that are published annually that list many scholarships. Most books organize the scholarships by college, major/interest, need, merit, diversity and skill/talent. The SHS Career Center has books for you to use in the Career Center and of course you can buy them at a bookstore. Libraries also have scholarship books you can check out. (Petersons puts out some of the most detailed books: [www.petersons.com](http://www.petersons.com).) When you use a book for scholarship search – you usually can go to the website they provide you and submit an application on-line or download an application to mail in. Sometimes you have to write or call the scholarship contact information for an application.

 **SCHOLARSHIP TIPS** 

Pick up the Letter of Recommendation form in the Career Center. Fill it out and make copies of it to give to teachers, school counselor, employers, supervisors, or coaches you may want to write letters for you or help you fill out their section of the application.

On the back of the Letter of Recommendation form is an Activities Chart that you will find very helpful in filling out most of your scholarship applications.

Check Naviance once a week or more to check on any new scholarship postings.

Keep a notebook of all scholarship deadlines to keep organized and manage deadlines. Naviance has a planning organizer as well.

Photocopy all of the scholarship applications you mail out for backup. Also, one application may help you fill out the next application.

Keep all of your essays on the computer. You will notice that many of the essay questions become repetitive. You can change each essay for the different essay questions you will be asked.

Find out if your bank or your parent’s bank offers scholarships. Also, if you have contacts at local businesses, check to see if they have a scholarship program for high school students. If they don’t, but they are interested, they can call OSAC (541-687-7395) to set up a scholarship program.

Do volunteer work or community service. Many of the local scholarships are awarded to students who have given their time and commitment to their community.

Use the Career Center parent volunteers as a valuable resource. They are there to help you with your scholarship search and scholarship questions.

Remember that scholarships usually do not fall into your lap. It is hard work to receive scholarships. You will have to commit a certain amount of time each week to work on your scholarship search. You may get quite a few rejections along the way, but do not give up. You definitely will not get a scholarship that you don’t try for, so go for it!

Even when a scholarship amount looks small when looking at the cost of tuition – still apply. If it takes you an hour to complete the application and it is “only” for $100, think “what job out there pays $100 an hour?” And you can use the money to pay for a couple of books. It will all add up and help you out!

Keep contact name and addresses of all of the scholarships you apply for so you can write thank you notes to them for selecting you as a recipient.

**TIPS FOR APPLYING TO A COMMUNITY COLLEGE:**

**17 Community Colleges in Oregon:**

Blue Mountain Community College Pendleton

Central Oregon Community College Bend

Chemeketa Community College Salem

Clackamas Community College Oregon City

Clatsop Community College Astoria

Columbia Gorge Community College The Dalles

Klamath Community College Klamath Falls

Lane Community College Eugene

Linn-Benton Community College Albany

Mt. Hood Community College Gresham

Oregon Coast Community College Newport

Portland Community College Portland

Rogue Community College Grants Pass

Southwestern Oregon Community College Coos Bay

Tillamook Bay Community College Tillamook

Treasure Valley Community College Ontario

Umpqua Community College Roseburg

**Step 1:**

Apply for admission. This can be done online at the college’s website.

**Step 2:**

Take placement exams-This is different than the SAT or ACT. Community Colleges have their own unique placement tests, usually in reading, writing and math-often referred to as the Accuplacer. (It is still highly recommended that you take the SAT or ACT even though community colleges do not require this for admission. You may find your plans change down the road, or that you want to apply for a scholarship that requires an SAT or ACT score) You will want to contact your school of choice to set up a testing time. Do not put this off until late spring of your senior year. Most colleges allow retakes if needed, but usually require that your second attempt take place 3 months after your original testing, so you can run out of time for a retest if needed if you wait until May to take this test. Spots fill up quickly for testing during the summer.

**Step 3:**

Be sure to apply for any scholarships that you qualify for from your community college. Many schools have a large foundation of scholarships that are given out each year to incoming students. LCC’s scholarship application usually opens in January.

**Step 4:**

Be sure to apply for your FAFSA as soon after January 1st as possible.

**Step 5:**

Be sure to register for a summer orientation before the end of your senior year at Sheldon. Most colleges will have an early Summer Orientation for their incoming students where you can learn more about the resources and options available to you as a student at your college, meet with your academic advisors to help plan your course of study, and ultimately register for your classes in the fall. It’s best to register for the earliest orientation as possible to get the best seats in classes.

**Step 6:**

Attend your classes in the Fall! Congratulations, you are a college student!

**MILITARY INFORMATION**

* Each branch of the military has three categories of service offering college funding programs.
* Enlisted Service  
  Student enters service for 2-5 year term; federal scholarship funds are available after a   
  set amount of time served.
* Montgomery GI Bill and service college funds can provide up to $50,000 toward a college degree, depending on Branch and term of service.
* 100% tuition assistance is also available for college courses taken off duty while on active duty.

Local contact information:

ARMY [www.goarmy.com](http://www.goarmy.com) 541-345-3877  
NAVY [www.navy.com](http://www.navy.com) 541-484-2990  
AIR FORCE [www.airforce.com](http://www.airforce.com) 541-344-0582  
MARINES [www.marines.com](http://www.marines.com) 541-343-9955  
COAST GUARD [www.uscg.mil](http://www.uscg.mil) 800-438-8724  
OREGON ARMY NATIONAL GUARD [www.goguard.com](http://www.goguard.com) 541-676-7920

SERVICE ACADEMIES

* 4 year scholarship: tuition, books, housing, food, medical, dental, plus monthly salary.
* Summer military training and travel required.
* Fiercely competitive selection process: strong emphasis on leadership, sports & physical conditioning, high scholastic scores, and AP math & science.
* Must receive a congressional nomination, except for the Coast Guard Academy. (See your school counselor.)
* Must have requested an application prospectus by the summer before your junior year. (Apply online.)

ACADEMY CONTACT INFORMATION

US Military Academy [www.usma.edu](http://www.usma.edu)

US Naval Academy [www.nadn.navy.mil](http://www.nadn.navy.mil)

US Air Force Academy [www.usaf.af.mil](http://www.usaf.af.mil)

US Coast Guard Academy [www.cga.edu](http://www.cga.edu)

ROTC – Reserve Officer Training Corps

* On campus scholarships available for 2-4 year terms. (Based on a competitive selection process. Above average GPA, SAT or ACT scores required.)
* About 300 schools nationwide participate in some branch of ROTC.
* Students must begin the application process by spring of their junior year or early senior year.

\*Talk to your counselor for more updates and information about military options.