

# 2015-2016

## Sheldon High School



**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 e-news and updates.

**Log into Naviance from the Sheldon Home Page**

Sheldon High School  
www.shs.lane.edu  
[http://blogs.4j.lane.edu/sheldon\\_career/](http://blogs.4j.lane.edu/sheldon_career/)  
Sheldon High School Career Center  
email: 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/](http://blogs.4j.lane.edu/sheldon_career/) where you will find links to:

- ♣ Naviance
- ♣ SAT/ACT
- ♣ Financial Aid
- ♣ Colleges/Universities
- ♣ Community Colleges
- ♣ 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,  
Carley, Michael, Kendra 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 2015-2016 SCHOOL YEAR\*

|  |   |
|--|---|
| College Visitations at Sheldon High School                             | September – May                             |
| Rotary Youth Exchange Presentation (South Eugene HS)                   | September 25 <sup>th</sup> 7 PM             |
| National Performing and Visual Arts College Fair (Portland Art Museum) | September 28 <sup>th</sup> 7-9 PM           |
| IB Info Parent Night (Ed Center, District Office)                      | October 1 <sup>st</sup> 7 -8 PM             |
| Curriculum Night at Sheldon  | October 6 <sup>th</sup> 7 PM                |
| All School Testing Day & PSAT  | October 14 <sup>th</sup>                    |
| College Fair – University of Oregon, McArthur Ct.                      | October 16 <sup>th</sup> 12-3 PM            |
| Post High School Planning Night  | October 20 <sup>th</sup> 7 PM               |
| International Study Abroad Fair (Churchill Cafeteria)                  | October 22 <sup>nd</sup> 7 pm               |
| Portland National College Fair- Ore. Convention. Ctr.                  | October 23 <sup>rd</sup> - 24 <sup>th</sup> |
| Financial Aid Night  | December 14 <sup>th</sup> 6:30 PM           |
| FAFSA Application Date   | January 1 <sup>st</sup>                     |
| CAS Community Service Fair (South Eugene Cafeteria)                    | April 7 <sup>th</sup> 7 PM                  |
| OSAC (Oregon Student Access Commission) Scholarship                    | DUE March 1 <sup>st</sup>                   |
| AP Testing   | May 2 <sup>nd</sup> – 13 <sup>th</sup>      |
| IB Testing   | May 2 <sup>nd</sup> – 18 <sup>th</sup>      |
| IHS Graduation   | June 8 <sup>th</sup>                        |
| Graduation   | June 11 <sup>th</sup>                       |

### TEST DATES 2015/2016

#### TEST **PSAT**

Test Dates  
October 14<sup>th</sup>, 2015

#### Deadlines

#### **SAT**

October 3<sup>rd</sup>, 2015  
November 7<sup>th</sup>, 2015  
December 5<sup>th</sup>, 2015  
January 23<sup>rd</sup>, 2016  
*March 5<sup>th</sup>, 2016\**  
*May 7<sup>th</sup>, 2016\**  
*June 4<sup>th</sup>, 2016\**

September 3<sup>rd</sup>, 2015  
October 9<sup>th</sup>, 2015  
November 5<sup>th</sup>, 2015  
December 28<sup>th</sup>, 2015  
February 5<sup>th</sup>, 2016  
April 8<sup>th</sup>, 2016  
May 5<sup>th</sup>, 2016

[WWW.SAT.ORG/REGISTER](http://WWW.SAT.ORG/REGISTER)



#### **ACT**

[WWW.ACTSTUDENT.ORG/START](http://WWW.ACTSTUDENT.ORG/START)

September 12<sup>th</sup>, 2015  
October 24<sup>th</sup>, 2015  
December 12<sup>th</sup>, 2015  
February 6<sup>th</sup>, 2016  
April 9<sup>th</sup>, 2016  
June 11<sup>th</sup>, 2016

August 7<sup>th</sup>, 2015  
September 18<sup>th</sup>, 2015  
November 6<sup>th</sup>, 2015  
January 8<sup>th</sup>, 2016  
March 4<sup>th</sup>, 2016  
May 6<sup>th</sup>, 2016

**\*Always double check testing dates\***

# 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.sat.org](http://www.sat.org) 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

FSA ID: [www.fsa.ed.gov](http://www.fsa.ed.gov) Apply for a FSA ID to complete the financial aid form online (online signature)

OSAC: <http://www.oregonstudentaid.gov/> Office of Student Access and Completion. Opens November 1st



## NCAA~COLLEGE ATHLETES

If you are planning to play sports at the college level, you need to register for the NCAA Clearinghouse. Register after your junior year. It is a student's responsibility to ensure they have the right credits earned for their division. There is a cost.

[www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)

## 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)

## 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.lanec.edu/](http://www.lanec.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.

<https://student.collegeboard.org/css-financial-aid-profile>

## IMPORTANT DEFINITIONS

### ***Early Action (known as Early Notification for U of 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.

# High School vs College Credit Requirements

## Class of 2016

|  | <b>High School</b>                                   | <b>Most 4 Year Colleges</b>   | <b>Difference</b> |
|--|--|---|-------------------|
| Language Arts  | 4 credits  | 4 credits   | 0                 |
| Social Studies   | 3 credits  | 3 credits   | 0                 |
| Math   | 3 credits<br><small>2 credits beyond Algebra</small> | 3 credits<br><small>Adv. Alg and above</small>  | 0                 |
| Science  | 3 credits  | 3 credits   | 0                 |
| Applied Fine<br><small>(includes World Language,<br/>Applied Art and Fine Art)</small> | 3 credits  | 2 credits of World<br>Language<br><small>ART- CA/AZ Public 1.0 credit<br/>ART- WA Public .5 credit</small>  | *                 |
| PE   | 1 credit   |   |                   |
| Health   | 1 credit   |   |                   |
| Other Subject  | 6 credits  | 1-2 Core Credits<br><small>Check with college for specific core area<br/>admission requirements. A <i>core elective</i><br/>may be in the areas of: science, social<br/>studies, language arts, math.</small> | *                 |
|  |  |   |                   |
| <b>Total:</b>  | 24 credits   | 14-16 Core Credits  |                   |

| <b>In addition to graduate from high school you will need:</b>  | <b>To qualify for a 4 year college you will need:</b>   |
|---|---|
| <p>1. Pass Personalized Learning<br/><br/>(Career and Tech class)</p> <p>2. Meet or Exceed Essential Skills areas of: Reading, Writing, Math<br/><br/>(Can be met with the following: Smarter Balance, SAT, SAT, PSAT, PLAN, Work Keys, Accuplacer, etc.)</p> | <p>1. High School Diploma</p> <p>2. GPA (Range 2.75-3.00)</p> <p>3. C- or better in all core classes</p> <p>4. Take SAT or ACT</p> <p>5. Core classes need to be college prep</p> <p>6. Naviance has the academic specifics broken down by subject listed under the "Admissions" tab.</p> |

# 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 doing 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>

## What is on Naviance?

- **College Search Engine**
- **Learning Style Inventory**
- **Registration for SAT and ACT**
- **Career Profile**
- **Personality Inventory**
- **Letters of Recommendations**
- **Student Profile**
- **Job Resume Builder**
- **Transcript Requests**
- **Scholarships**
- **College Profiles**
- **College Planner**
- **Scholarship Search Engine**
- **College Visits and Dates (with email reminders)**
- **Task Tracking and To Do List**

**And so much more...**

**Naviance Training for ALL Parents at  
Curriculum Night, October 6<sup>th</sup> and at the  
Post High School Planning Night, October 20<sup>th</sup>.**

**See you there!**

# 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***  
  - **Box that says Common Application Matching**  
  - **Step 1 - Common Application Account [www.commonapp.org](http://www.commonapp.org)**  
  - **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. They might become suspicious that you are worried about how strong your recommendations might be. Also, some teachers may refuse to write recommendations for you if you do not WAIVE your right to see them.

Also – 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.

Not linking? Make SURE that your email address is the SAME one for both your Common Application and Naviance

## **ALERT! Seniors! ALERT!**

If you are applying to a college that uses the CA (Common Application), CAREFULLY read the instructions on the COLLEGES tab within Naviance. 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 update with your accurate email  
          - NOT the 4j EMAIL!
- ⇒ Then be sure that your CA (Common Application) account email matches your NAVIANCE email.



# TESTING DAY GUIDELINES FOR PSAT

## WHAT DOES THE PSAT TEST?

- The PSAT measures your critical reading, math problem-solving, and writing skills that have been developed over the years. It basically measures your reasoning and critical thinking skills.
- You will not have to recall facts from literature, history, or science, or complete math formulas.
- Critical Reading: There will be two 25-minute sections that contain 48 questions:
  - 13 sentence completions
  - 35 passage-based reading questions
- Math: There will be two 25-minute sections that contain 38 questions:
  - 28 multiple choice
  - 10 student-produced responses, or grid-ins
- Writing skills: There will be one 30-minute section that contains 39 questions:
  - 20 improving sentences
  - 14 identifying sentence errors
  - 5 improving paragraphs
- Take the complete Practice Test contained in the *Official Student Guide to the PSAT*. (This was handed out to you in the last Advisory meeting.)
- Go to [www.collegeboard.com/psat](http://www.collegeboard.com/psat) for sample questions and practice test answer explanations.
- Review the *Official Student Guide to the PSAT* to:
  - Learn the format and timing of the test.
  - Become familiar with the kinds of questions asked.
  - Know the directions for each kind of question.
  - Learn the difference between random and educated guessing.

## WHAT SHOULD I BRING ON TEST DAY?

- No. 2 pencils and erasers
- Approved calculator (see page 17 of your guide: “Calculator Use”)
- Social Security Number (OPTIONAL)
- E-Mail Address (OPTIONAL)
- Layer your clothing – bring a sweater/sweatshirt in case you get cold
- You can bring a snack/water – but will have to be stored in a teacher designated area, away from all test materials, and only consumed during official breaks.

## BENEFITS FOR TAKING THE PSAT

- It’s one of the 1<sup>st</sup> steps to take for college admissions.
- You will get feedback on how to improve academically.
- It will help you prepare for the SAT. Remember there is also the ACT as an option. Taking the PSAT as a standardized test will also help prepare you to take the ACT standardized test, although it is different.
- It is possible, with high scores, you could earn scholarships and academic recognitions.
- Explore colleges, majors, and careers: Students who take the PSAT then have free access to “My College Quickstart” at [www.collegeboard.com/quickstart](http://www.collegeboard.com/quickstart).

## WHAT ARE THE TEST REGULATIONS?

- You must do all scratch work in the test booklet and then mark your answers on the answer sheet.
- You may use an approved calculator (Scientific, Graphing, or Four-Function). You cannot share calculators during the test.
- These items are NOT allowed: protractors, compasses, rulers, dictionaries, books, pamphlets, papers of any kind, highlighters, pens, colored pencils, listening/recording/copying/photographing devices, or any other aids.
- You may NOT use electronic or photographic devices, such as a cell phone, wrist camera watch, pager, or handheld organizer/computer, during the test or during the breaks. You must turn off watch alarms.
- You may not give or receive assistance or disturb others during the test or breaks.
- You may check your work on the section on which you are being tested if you finish before time is called, but you may not turn to any other section of the test.
- You may take the PSAT only once each school year. If you begin a test, you are considered to have taken it.
- If you become ill and/or must leave during the test, or if for any other reason you do not want your test scored, you may ask the test supervisor to destroy your answer sheet before you leave the testing room. After you leave the room, any decision to withdraw your answer sheet from scoring must be reported immediately to the test supervisor.
- You may not discuss the contents of the test with anyone else, or share them through any means, including emails, text messages, and the internet until after score reports have been distributed.

## SCORING

- Scores on a 20 to 80 point scale for critical reading, mathematics, and writing skills.
- Correct answer = 1 point
- Omitted questions = no points
- Wrong answers to multiple choice questions = minus  $\frac{1}{4}$  of a point
- Wrong answers to math student-produced response questions = no points lost

## OTHER TIPS

- Get plenty of sleep the night before the test.
- Follow directions exactly, and don't be afraid to ask logistical questions.
- Mark your answers carefully. Fill in the ovals neatly.
- Don't spend too much time on any single question.
- Do not guess – wrong answers = minus  $\frac{1}{4}$  of a point
- Reading speed is important, most student who score poorly didn't finish the test
- Expect to be testing for about 3 hours. You will get breaks.
- **Use Naviance, PREP ME to study!!!!**

# SAT vs NEW SAT vs ACT

|                 | Current SAT  | New SAT (Spring 2016)  | ACT  |
|-----------------|--|--|--|
| Format / Length | 10 short sections<br>⇨ 3 Critical Reading; 3 Mathematics; 3 Writing (including Essay); 1 experimental (not scored)<br>⇨ Questions have 5 answer choices<br>⇨ Total testing time: 3 hours, 45 minutes               | 5 long sections (comprising 3 "tests" and an optional essay):<br>⇨ Writing and Language; Reading; 2 Math, Essay<br>⇨ Questions have 4 answer choices<br>⇨ Total testing time: 3 hours, 50 minutes (with essay)   | 5 long sections (comprising 4 "tests" and an optional essay):<br>⇨ English; Mathematics; Reading; Science: Writing (optional essay)<br>⇨ Most questions have 4 answer choices (Math has 5)<br>⇨ Total testing time: 3 hours, 25 minutes (with essay)               |
| Scoring         | Combined score: 600-2400<br>⇨ Critical Reading: 200-800; Writing 200-800<br>⇨ Writing score comprised of Multiple Choice and Essay subscores<br>⇨ 1/4 point deduction for incorrect answers (guessing discouraged) | Combined score: 400-1600<br>⇨ Evidence-Based Reading and Writing: 200-800; Math: 200-800<br>⇨ Essay score reported separately<br>⇨ "Cross-Test Scores" report performance on Science and History/Social Studies across entire test<br>⇨ No deduction for incorrect answers | Composite score: 1-36 (average of 4 tests)<br>⇨ English: 1-36; Math: 1-36; Reading: 1-36; Science: 1-36<br>⇨ Writing score not factored into Composite score<br>⇨ Combined English/Writing score provided separately: 1-36<br>⇨ No deduction for incorrect answers |
| Writing/English | Identify and correct errors in single sentences<br>⇨ standard English grammar and usage<br>⇨ punctuation not tested<br>Limited and predictable set of errors   | Revise and edit a piece of writing for, logical structure, and effective rhetoric<br>⇨ Standard English grammar and usage<br>⇨ punctuation<br>⇨ logical structure<br>⇨ effective rhetoric<br>⇨ includes informational graphics   | Revise and edit a piece of writing for, logical structure, and effective rhetoric<br>⇨ standard English grammar and usage<br>⇨ punctuation<br>⇨ logical structure<br>⇨ effective rhetoric<br>⇨ commonly confused words   |
| Math            | Arithmetic, Algebra I and II, Geometry<br>⇨ apply core math skills to solve mostly non-standard, "tricky" problems<br>⇨ formulas provided<br>10 Grid-In questions (no answer choices)                              | Pre-Algebra through basic Trigonometry<br>⇨ strong emphasis on Algebra<br>Calculator prohibited on one section<br>12 Grid-In questions (no answer choices)<br>1 Extended Thinking question (4 points)  | Pre-Algebra through basic Trigonometry<br>⇨ math tested in straightforward manner<br>⇨ extensive range of concepts tested<br>⇨ emphasis on word problems<br>⇨ formulas not provided  |
| Reading         | Vocabulary-based sentence completions<br>⇨ Total of 7 short and long reading passages<br>⇨ many inference, tone, purpose questions<br>⇨ questions follow order of passage  | Vocabulary de-emphasized<br>⇨ 4 long passages and 1 paired passage<br>⇨ 2 passages include diagrams/charts<br>⇨ 1 passage from U.S. "founding document"  | 4 long passages<br>⇨ very little emphasis on vocabulary<br>⇨ straightforward questions that require close reading of passage<br>⇨ order of questions is random<br>⇨ less time per question   |
| Science         | The current SAT does not have a Science section.   | The new SAT does not have stand-alone Science section, but Science questions will be included throughout the Math, Reading, and Writing & Language tests.  | 40 questions distributed over 7 passages<br>⇨ emphasis on charts, diagrams, etc.<br>⇨ Science is a reasoning test—rarely requires prior science knowledge  |
| Essay           | 25 minutes, always the first section<br>⇨ broad theme<br>⇨ can be approached formulaically or creatively   | 50 minutes, always the last section<br>⇨ analyze a passage and evaluate author's reasoning and rhetoric<br>⇨ student's opinions discouraged<br>⇨ Essay is scored on 2-8 scale on three traits (Reading, Analysis, and Writing)   | 30 minutes, always the last test<br>⇨ narrow topic "relevant" to high school students<br>⇨ demands a more structured response<br>⇨ optional, but required by most schools  |

# ~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 College Fair is at UofO is on October 16<sup>th</sup>. Attend the Portland National College Fair at the Oregon Convention Center October 23<sup>rd</sup> - 24<sup>th</sup>
- \_\_\_\_\_ 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 14<sup>th</sup>. 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 20<sup>th</sup> at 7 PM. 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 Junior 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 (download from Naviance). 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

### SEPTEMBER

- ❑ **28th** National Performing & Visual Arts College Fair - Portland Art Museum 7-9 PM
- ❑ Sign up for the SAT or ACT. Take one or both of these at least twice.

### OCTOBER

- ❑ **12th 12 PM-3PM** College Fair at University of Oregon inside McArthur Court
- ❑ **14th** Take the PSAT – All School Testing Day (Scores can count toward graduation requirements!!!) Prepare for this test using *NAVIANCE Prep Me PSAT*
- ❑ **20th Attend Post High School Planning Night**
- ❑ Check Career Center for upcoming college visits and college fairs
- ❑ Junior Interview in Naviance
- ❑ **23rd (9AM-12PM) and 24th (1-5 PM)** Portland National College Fair- Oregon Convention Center- Exhibit Hall A-A1

### MARCH/APRIL

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

### MAY

- ❑ Take the SAT (Can take this up to 12 times) Prepare for the SAT test using *NAVIANCE Prep Me*
- ❑ Begin to request teacher recommendations – form is in the career center and 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 at least twice (SAT - SAT Subject - ACT).
- ❑ Review catalogs received.
- ❑ Prepare tentative list of schools to visit and share with your counselor. Upload list into Naviance.
- ❑ 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 20th at 7 PM. College representatives present on community colleges, 4 year public colleges, and 4 year private colleges. School counselors will go over Naviance.
- 5. Check out Sheldon's career center web site at [http://blogs.4j.lane.edu/sheldon\\_career/](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. Write "Thank You" notes to 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 14th** at 6:30 PM. Submit your FASFA (Free Application for Federal Student Aid) form after January 1<sup>st</sup>, but before February 1<sup>st</sup>. Both you and your parent will have to have a FSA ID to submit your form electronically.  
*[www.fafsa.ed.gov](http://www.fafsa.ed.gov)*
- 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

- **28th - National Performing & Visual Arts College Fair** at Portland Art Museum (7-9 PM)
- 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

- **14th - All School Testing Day:** Complete CRLS and Essential Skills tests
- **16th - College Fair** at University of Oregon (9 AM-12 noon) inside McArthur Court
- **20th - Attend Post High School Planning Night**
- **23rd (9 AM-12 PM) and 24th (1 PM-5 PM)- Portland National College Fair-** Oregon Convention Center
- Check Career Center for upcoming College Visits and additional College Fairs
- 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.
- 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

- **14th - 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 FSA ID's for FAFSA (both you and parent signing form) Go to [www.fafsa.ed.gov](http://www.fafsa.ed.gov).

## JANUARY

- **1st - First Day** to apply for FAFSA (Free Application for Federal Student Aid) [www.fafsa.ed.gov](http://www.fafsa.ed.gov)
- 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.
- ❑ Work on **OSAC Scholarship** [www.oregonstudentaid.gov](http://www.oregonstudentaid.gov) 450+ Scholarships with ONE application

## MARCH-APRIL

- ❑ **1st of March** LAST DAY to apply for **OSAC** (Oregon Student Access Commission) Scholarship.
- ❑ 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!
- ❑ 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, Job Shadows, 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 DOWNLOADABLE ACTIVITIES WORKSHEET IN NAVIANCE TO BEGIN CHARTING HIGH SCHOOL ACTIVITIES!**



# 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*

### 1. General requirements for entering an Oregon public university include:

Graduation from a public or accredited high school.

A satisfactory grade point average (GPA):

| High School GPA Requirements for OUS College Admissions <sup>1</sup> |      |      |      |      |                   |      |
|--|------|------|------|------|-------------------|------|
| EOU  | OIT  | OSU  | PSU  | SOU  | UO                | WOU  |
| 3.00   | 3.00 | 3.00 | 3.00 | 2.75 | 3.00 <sup>2</sup> | 2.75 |

*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 14 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; 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; Elements of Advanced Algebra; FST; Contemporary Math; Pre-Calculus, College Algebra; Calculus.

**Science (2 units required):** Science Foundations; Biology; AP Biology; Chemistry; College Now Chemistry; Physics; AP Physics.

**World Language (2 units required):** Spanish 1 through 6; French 1 through 6; Japanese 1 through 5; SI Literature and Composition 9 through 12.

**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 20<sup>th</sup> Century Global History IB.

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. Naviance has a section under "Academics" listed under the specific college that lists what each is looking for.

**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.**

# Hints for College Visits

- Try to plan your campus visits when the college is in session (spring of junior year or fall of senior year)**
- Before you visit the campus, call ahead to make arrangements (tour, meal on campus, and attend a freshman level class)**
- Develop a list of questions and plan specific activities to accomplish goals (catch a game, meet with a coach, meet with academic advisor, meet with department head, etc.)**
- Plan on being on campus for at LEAST a half day (stay overnight if possible)**
- Attend a freshman class to get an idea of typical size, potential peers, teaching style, and academic atmosphere**
- Take a thorough campus tour and ask LOTS of questions**
- Meet with an admissions officer: verify admission requirements, discuss your chances for success, communicate your reasons for applying (take a copy of your transcript if possible).**
- Meet with a financial aid officer AND tour scholarship office.**
- Meet with faculty in your academic area of interest**
- Ask about placement record for graduates in the field you might study**
- Identify career planning services for undergraduates**
- Talk to students about the general academic environment and the study commitment necessary for success**
- Find out what student activities are available**
- Inquire about campus life and social activities**
- Record your impressions**
- Write a thank you note (especially if you met with a professor or coach)**

## 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. Is there a transitions program 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? What percentage of students actually complete their degree in 4 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? (These credits can save you major money IF they accept them.)
9. Will my College Now credits count for college credit (transfers from Lane Community College) at your school?
10. 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?*
11. What is the surrounding city/town like?
12. Are there activities and programs going on during the weekends or do many of the students go home during the weekends?
13. Do you have a Greek System (fraternities/sororities)? If so, what is the percentage of students involved?
14. What are the chances of being accepted into your college?
15. What sports, clubs and activities are available?
16. Regarding sports; what division is your school?
17. How much is tuition?

# TIPS FOR COLLEGE APPLICATIONS

1. If you need a recommendation, ask 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 (*See Letter of Rec file within Naviance*) well in advance. Counselors require two weeks of notice for a letter.
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. Keep an electronic working copy of all your Activities (See Naviance: Home page, left hand side, "Letters of Rec" to download)
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  
2455 Willakenzie Rd.  
Eugene, OR 97401  
CEEB Code: 380-326



Phone number: (541) 790-6600  
Fax number: (541) 790-6605

Trimester Block Schedule – for  
UofO Application  
1 term = .5 credit

We do NOT Rank

## **Graduation Date: June 11th, 2016**

Trimester 1 – September 3<sup>rd</sup> – November 26<sup>th</sup>

Trimester 2 – December 1<sup>st</sup> – March 13<sup>th</sup>

Trimester 3 – March 16<sup>th</sup> – June 8<sup>th</sup> (For Seniors) June 11<sup>th</sup> for 9th-11th

## **Counselor Information:**

Kendra Brott  
Carley Boyce  
Michael Voss

Last Name:  
A-G  
H-N  
O-Z

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[voss@4j.lane.edu](mailto:voss@4j.lane.edu)

## **University of Oregon**

<http://admissions.uoregon.edu/freshmen/> Click on *Apply to the U of O*, and then Click on *Apply Online*  
(you will need to create an account)

## **Oregon State University**

<http://oregonstate.edu/admissions/main/apply-choose-application> Click *Undergraduate Student* (you will need to create an account)

## **Lane Community College**

<https://www.lanecollege.edu/esfs/admissions> Click *First Time in College Student* (you will need to create an account)

## **Common Application (Used by many PRIVATE Schools – But not for U of O, OSU, or LCC)**

<https://www.commonapp.org>

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## **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>
- 3 – Your parents will be estimating their 2015 taxes to fill out the form. They do not need to have had to file their taxes 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 1<sup>st</sup>.
- 5 – For priority, you will want to submit the FAFSA in the month of January  
Remember – first come first served. You **can** submit after January 1st....in fact all the way to December 31st. There may not be any more money left though.
- 6 – Many scholarships require that you submit the FAFSA form.
- 7 – You will need a FSA ID to sign your FAFSA form as well as your parent. <https://fsaid.ed.gov/npas/index.htm>