

Preparing for College -- Junior Year

A MESSAGE FROM YOUR COLLEGE COUNSELOR TERI CALCAGNO

Over the next couple of months, I will be meeting with students individually and during some of their classes. Among the different activities we will be doing, all students will be completing profiles to help them generate a list of colleges for consideration. **Be sure to attend College Information Night on February 13th at 7 pm in the Performing Arts Center. We will begin with an overview of CC's College Counseling Program and then participants may choose up to 3 of the following sessions to attend:**

- **ACT or SAT: Which College Admission Test Should I Take?**
- **Considering the Military Academies & ROTC**
- **Choosing a College**
- **Making Sense of Financial Aid**
- **Participating in Athletics in College**
- **Understanding the College Admissions Process**

STANDARDIZED TESTS

Most colleges require either the ACT or the SAT Reasoning Test. Some more selective schools may also require or recommend to three SAT Subject Tests. Students need to examine all the schools they're considering applying to and determine which test(s) they require for admission.

Don't miss the deadlines! You can register and prepare for the ACT and SAT online. Check out www.actstudent.org and www.collegeboard.com to register and find more information on each test. Most colleges require that students take either the ACT Test or the SAT Reasoning Test. You may send your score to four colleges. If you already have some schools in mind, send them your information to let them know you're interested. Also, any student athletes who are planning to compete at the NCAA Division I or II level will need to have their scores sent to the NCAA Clearinghouse (Code 9999). When registering, if you want your test scores on your high school transcript, be sure to include our high school code: 380850.

Test	Test Date	Registration Deadline	Late Registration (<i>late fee required</i>)
SAT Reasoning only	March 1	January 29	February 7
ACT	April 12	March 7	March 21
SAT Reasoning or SAT Subject Tests	May 3	April 1	April 10
SAT Reasoning or SAT Subject Tests	June 7	May 6	May 15
ACT	June 14	May 9	May 23

***If you're still interested in taking an **SAT Preparation Class**, we are still offering two different sessions – **Session 1: February 2 to 23** or **Session 2: March 8 & 15 and April 19 & 26**. All classes will be at CC on Saturdays from 8 AM to 12:30 pm. The class fee is \$70 and

includes the textbook. Students may pick up a Registration Form from the Main Office and turn it in ASAP. Space is limited for each session.

SCHOLARSHIP OPPORTUNITIES

The **ACT** will conduct a **poster concept contest** and award scholarships ranging from \$1000 to \$5000 for students in Florida, Oregon, Texas and Wisconsin who are applying for 2008 or 2009 admission to a two- or four-year college in the United States. Students can enter the contest by designing a poster that encourages students to attend college and to take the ACT as their college entrance exam. Visit www.actstudent.org/postercontest for details. Official entry form and poster must be postmarked by February 16.

The **Grand Lodge of the Chinese American Citizens Alliance** sponsors this national **essay contest** to provide a forum for the young people who are the future leaders of the United States. The goal is to invite Asian American youths to share their voice and ideas in writing on thought-provoking topics related to Asian Americans. The contest will be held on Saturday, March 8. Visit <http://www.cacaportland.org/essay.html> to download an application. Submission deadline: March 5.

The **Executive Women International Scholarship** allows each high school to nominate one Junior (male or female) to compete for awards ranging from \$1,500 up to \$10,000. Selection is based on individual character, personal merit, and background. Merit may be demonstrated in a variety of ways: leadership in school, civic or other extracurricular activities; academic achievement; and motivation to serve and succeed in all endeavors. To be considered for a nomination, students will need to submit a completed application by February 8. See Ms. Calcagno for complete details and an application as soon as possible.

The **University of Portland Garaventa Center** conducts an annual **essay contest** for Catholic high school students. The contest topic for this year is "What would a saint of your generation look like?" The essay contest is open to all juniors in a Catholic high school in Oregon or Washington. Essays are to be approximately 1,000 words long and should have a one-page cover sheet attached. Essays are to be typed, or word processed, and double-spaced. Two first place winners will receive \$1,000 and honorable mention prizes of \$250 will also be awarded. Submission deadline to Ms. Calcagno is February 14.

CAREER EXPLORATION OPPORTUNITY

Nursing -- The Oregon Student Nurses' Association (OSNA) is inviting high school students to their State Convention on February 24th at Linfield School of Nursing (2215 NW Northrup St.) from 9 am – 1 pm. The conference will have break-out sessions specifically for the high school students. There will be workshops, panel discussions, information on how to apply to nursing school and a social time in which students can speak to nurses and nursing students. Convention and registration information is available online at <http://www.oregonsna.org/>. Early Bird discount \$8 and \$10 at the door. For questions call Nina Katovic at 503-781-4141.

UPCOMING COLLEGE VISITS (*Pass required to attend visit at CC*)

2/1 Grand Canyon University @ 8:30 am in the CC Conference Room

U.S. Naval Academy @ 2 pm in the CC Conference Room

DISPELLING MYTHS ABOUT COLLEGE SELECTION

There are several myths about selecting a college. Some of these are based on some facts, while others are simply legends. Here are some facts to keep in mind as students begin the college selection process:

Myth #1: There is a "Perfect College" for me.

There are over 3,000 colleges and universities to choose from, so chances are there will be many that are "right" for each student. With the proper planning, research and evaluation, most students attend the college of their first choice. It is true that one certain type of college may be more suited to one's needs than another; however, be sure not to narrow choices to only one or two schools. Investigate several possible options and discover the advantages that each has to offer.

Myth #2: I need to select my career before I choose a college.

While it is important to have goals and be aware of major interests, students may limit themselves drastically by choosing a specific career too early. In his book, Major In Success, Patrick Combs writes, "If statistical averages and present-day trends are any indication of how things will go for you, there's a 70% chance your first job will be related to your major. But after that, it's likely your career will progress like a pinball." He recommends that a student should "admit what really interests you" and find out about jobs related to those interests. College can be an opportunity to explore new interests and opportunities, and learn practical skills. A college education allows a person to be flexible, open to change, and to obtain the knowledge and experience to achieve one's dreams.

Myth #3: We can only afford a low-priced college.

Students and their families often rule out some colleges because the total cost of attending appears to be more than the family can afford. Be sure to explore financial aid possibilities before omitting a college based on cost. Private colleges in particular offer significant amounts of financial aid in order to attract students from all income levels. All institutions use the Free Application for Federal Student Aid (FAFSA), and some use the CSS PROFILE or their own form. Each of these financial aid forms considers your family's financial situation and the cost of attending college. The school then develops a financial aid package for you that may consist of: 1) grants and scholarships; 2) loans; and/or 3) work study.

Myth #4: I've never heard of that college, so it can't be any good.

The average well-educated person can likely name only a small portion of the over 3,000 colleges and universities throughout the country. The ones they can name tend to be the older, Ivy League schools, the large state universities, those with outstanding sports teams, or those that happen to be near home. It is important to remember that a college that may be a good match for a student may be one which is now unknown to you, and some schools you've heard about the most may not be the best fit.

“ALL THOSE COLLEGE BROCHURES: WHY YOU’LL GET THEM AND WHAT TO DO WITH THEM”

Beginning in late January (or earlier), high school juniors begin receiving what may seem like a ton of unsolicited brochures, booklets and other publications from colleges. Often, they – and

their families – have questions: Why am I getting this now? How did they get my name? What am I supposed to do with this stuff? Students who take the PSAT often fill out an optional questionnaire about their college choices, their interests, and academic performance to date. Colleges all over the country define the types of students they are interested in and are best suited for them, and they purchase lists of students' names and addresses based on those criteria. The lists are sent to those colleges and the colleges then send brochures to students on the list. Here's what students and families need to know to help them sort through the heap and get a good start in the college search process:

- » Many of the mailings will require you to take some action – return a postcard, log onto a website and enter an email address – to stay on that mailing list. Don't assume that because you're on the mailing list now that you will stay on it throughout the college search process. If you are even remotely interested in a school, take whatever action is necessary to stay on that list.
- » If you know something about a school, you don't need to spend much time on its publications. There may be a pile of "unknowns" that have just the setting you're looking for.
- » Because you may need to respond by a certain deadline to stay on a mailing list, consider devising a system of organizing pieces that works for you and stick to it. It will be easier to go through a few pieces every day than through a bigger pile every week.
- » Just as you should notify schools you're interested in that you wish to stay on their mailing lists, you should also notify schools that you're absolutely sure you have no interest in that you don't want to receive further mailings. You'll ensure that you have a more manageable group of future mailings, and only from the schools you want.
- » Put the publications to good use, even from schools that you have no interest in – check to see if the College Counseling Office or your public library would like them.
- » Being on a mailing list is not a guarantee that you will be admitted to a particular school. Mailing lists are created by information volunteered by students, and admission criteria are much more specific.

By dealing with the start of the college search in a way that makes it work for you, you're laying the groundwork for making the rest of the process work well for you too.

**** *Special thanks to Terry Cowdrey, the Dean of Admissions and Financial Aid, for the above adaptations from her articles in the St. Lawrence University "Student Scope" Newsletter.*