A PRESENTATION FOR LJHS SENIORS AND THEIR PARENTS
SPONSORED BY THE FOUNDATION OF JOLLA HIGH SCHOOL
PRESENTED BY LINDA DOWLEY, COLLEGE INFORMATION SPECIALIST
Because it’s fall, tis the season...

College Football and College Rankings!
Can We All Agree Now That College Rankings Are Bunk?

The fallout from the Temple business school scandal.

by SANDY HINGSTON • 9/8/2018, 8:57 p.m.
Educate to Career Rankings – it’s all about the Return on Investment:

<table>
<thead>
<tr>
<th>Rank</th>
<th>College/University</th>
<th>Score</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>University of North Carolina at Chapel Hill</td>
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</tr>
<tr>
<td>2</td>
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<td>7</td>
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<td>University of Wisconsin–Madison</td>
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<td>College of St. Benedict</td>
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<tr>
<td>23</td>
<td>University of California–San Diego</td>
<td>88.53</td>
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</table>
Which ranking matters? Yours!

- What is the best college (colleges – there is NOT only one!) for you?
- Check out DIY College Rankings: www.diycollegerankings.com
My thoughts about College Rankings....

There are pros and cons...

Use them, if you must, to find schools with (for example) great engineering programs that you might not have heard of or might not have thought of: Virginia Tech, Texas A&M, Rice (but they will be selective if they are on a rankings list).

Or in a particular sub-discipline – such as Aeronautical Engineering: Embry-Riddle Aeronautical University, Purdue University – West Lafayette, Georgia Tech

But you’ll miss other gems like Rose-Hulman, Stevens Institute of Technology, or Colorado School of Mines and MANY OTHERS!

And if you rely solely on US News Rankings to identify good colleges, then THIS:

YOU ARE GOING TO

MAKE MY HEAD EXPLODE!
Goal of tonight’s program:

Give families the information and tools to approach the search and application process calmly and realistically!

Describe “Big Picture” considerations – food for thought

Explain processes at La Jolla High – nuts and bolts of paperflow, deadlines and use of Naviance

Make sure that families know and hear that there are great post-secondary options for every student!
La Jolla High School Counseling Office
(The folks who make things happen!)

Counselors:
Ms. Kirsley Tate – students with last names A - E
Ms. Heather Rains – students with last names F - L
Ms. Peggy Jo Holly – students with last names M - Se
Ms. Kristen Salehi – students with last names Sh – Z

(They were in classrooms last week and this week)

Counseling Secretary – Ms. Shireen Larson
Registrar – Ms. Delia Lopez
What is the status of your college list?

Keep researching and be open minded!

Research majors as well as colleges. (The College Solution Post – “Digging Deeper When Researching Colleges”; Read your schools’ Mission Statements and see if you fit there.)

If looking at large schools, look at their Honors Colleges.

Don’t end up at a college because you like the name, but doesn’t meet your needs!
Why is your college list so important?

It is not just the starting point – it kind of IS the point!

You can have the best grades, best scores, craft the most awesome essay and sharpest application – but if you have chosen to apply to schools which are not a good fit, you will NOT be happy!
Good reasons to like a college...
(or at least things to consider)

Four year graduation rate
- Don’t spend more than you have to! That fifth/sixth year are expensive!

Freshman retention rate
- Are students happy and returning to campus?

Academic Fit
- Have you been given Honors Status? Will you be challenged? Or overwhelmed?

Financial Fit
- Were you offered merit aid? Sufficient need-based aid?

Social Structure and Campus Lifestyle
- Greek life? Intermural athletics? Clubs?

Specific Programs

Your gut!
Important Things to Know...and do!

- Glossy brochures, CDs, and other college materials (that you have been receiving by the truck-load) are just MARKETING. They are NOT a predictor of your odds of getting accepted to a school.

- Do not apply to a ton of schools...the goal should be approximately 8-12. If you are applying to more, you should narrow down your list.

- **Have a safety school on your list with Rolling Admission, and apply early. You will hear back by late fall and it is very reassuring to have an acceptance in the bag.**

- Keep researching schools – investigate interesting majors and programs that interest you and finding financially generous schools. Keep an open mind through the fall!
Getting started...

Goal: Be informed, not overwhelmed!

- Resources
- Requirements
- Assessments
- Priorities
- Action
What do you want to get out of college??
(Be thoughtful and forward thinking!)

➢ Do you have a specific job/career goal?
➢ I’ve always wanted to be a doctor/lawyer/architect/fashion designer/civil engineer/graphic artist/hedge fund manager...
➢ How will college help me achieve my goals?
➢ Through course of study, internships, research opportunities
➢ Is graduate school part of your plan? How med school plans can influence your choice of undergraduate institution.
➢ Important to plan ahead for appropriate academic offerings, professor connections, finances (grad school is expensive, too).

➢ Remember: college is not vocational school, but you do want to be employable (or be qualified for grad school) upon graduation...
You have researched your interests — to help you decide a college major:
You’ve Chosen Your College Priorities:

What is important to you?

Location
Academics
Size
Campus Appeal
Social Life
Total Cost – Including Aid
Colleges are looking out for their institutional needs...they might be in need an oboe player for the marching band who is interested in studying Marine Science.

Want students who will bring something special to their campus and contribute in a meaningful manner. In other words, it’s not just about what they can do for you...

Want students with integrity (U. Rochester student who had admission revoked after social media post noted by her HS counselor). Lesson – don’t ever lie on an application – and don’t post stupid or inappropriate things on social media!

Want students who exhibit maturity and strong moral character – and often who adhere to an honor which students sign upon completing the application (10 Harvard students had their acceptances revoked last year).
A College or a University? And what is the difference?

- Colleges concentrate on undergraduate instruction
  - Often have smaller classes
  - Usually taught solely by professors
  - Offer students opportunities to interact with professors and participate in undergraduate research
  - Liberal Arts Colleges (includes science and sometimes engineering)

- Universities offer various levels of degrees (Bachelors, Masters and Doctoral)
  - Usually have large research components
  - Often have large classes at the lower division level (first two years)
  - Sections or some classes taught by TA’s (Teaching Assistants) or Graduate Student Instructors (GSI’s)
Search Tools – Use These!

Naviance Family Connection

https://connection.naviance.com/family-connection/auth/login/?hsid=ljhs

College Board  www.collegeboard.org

College Data  www.collegedata.com

College Navigator  http://nces.ed.gov/collegenavigator/

Cappex  www.cappex.com

Common Data Set  www.commondataset.org

College Scorecard  www.collegescorecard.ed.gov
Things you should know about...

Western Undergraduate Exchange:  [http://www.wiche.edu/wue](http://www.wiche.edu/wue)  
(Western Interstate Commission for Higher Education)

- Most public schools in these states participate
- WUE Scholarship is not automatic and applies only to certain majors.
- Check the schools’ websites!
Colleges That Change Lives (www.ctcl.org)

Founded as a result of a book by the same name.

44 Colleges with very student-centered philosophies.

“CTCL is dedicated to the advancement and support of a student-centered college search process. Namely, we work to educate families that the criteria used by most college bound students and their counselors, such as name and prestige, do not acknowledge the importance of understanding an individual student’s needs and how they “fit” with the mission and identity of an individual college community.
Colleges with Religious Affiliations

You do NOT need to be of the denomination to attend

Locally - Point Loma Nazarene, University of San Diego
Jesuit, Catholic, Christian, Lutheran, Presbyterian, Jewish
Colleges outside the U.S.

If you are willing to explore outside US, there are plenty of options:

- Canada – University of British Columbia, McGill University, University of Regina

- United Kingdom – Oxford University, Cambridge University, Durham University, University of St. Andrews, University of Edinburgh, University of Glasgow, Aberystwyth University

- Germany – colleges are not what US students are used to, but cost can be so worth it!
Learn more at RACC assembly – October 8

Regional Admissions Counselors of California – 4th period assembly followed by lunch-time college fair in big gym.

Open to juniors and seniors.

Out of state colleges tell why they might be a good fit for students.
Finances and Financial Aid

Have an open, honest discussion about how college will be paid for

Make budget part of the college search – calculate your EFC

Educate yourself about FAFSA and CSS Profile

Remember:
- October 1 release – can start submitting forms
- Use “Prior, Prior Year” tax info – 2018 taxes for 2020 financial aid
- You need to understand which forms your students’ colleges require

ATTEND OCTOBER 2 FINANCIAL AID EVENING PROGRAM
6:00- 7:00 p.m. LJHS AUDITORIUM
Use College Cost Resources: EFC and Net Price Calculators

Expected Family Contribution – Amount a family can be expected to pay
  • College Board’s EFC Calculator is a great tool

Net Price Calculator – Every college is required to have one on their website!
  • Use it, but recognize that some are better than others
  • The fewer questions asked, the more vague and less accurate the result
# Examples of Financially Generous Colleges

## Schools Where Nearly all Freshmen Receive Discounts

Here is a small sampling of institutions where the majority of students receive a price break:

<table>
<thead>
<tr>
<th>College</th>
<th>Percentage</th>
<th>College</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agnes Scott College (GA)</td>
<td>100%</td>
<td>Lawrence University (WI)</td>
<td>99%</td>
</tr>
<tr>
<td>Allegheny College (PA)</td>
<td>100%</td>
<td>Loyola University Chicago (IL)</td>
<td>95%</td>
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<td>Augustana College (IL)</td>
<td>98%</td>
<td>Roanoke College (VA)</td>
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<td>Berry College (GA)</td>
<td>100%</td>
<td>Rose-Hulman Institute of Technology (IN)</td>
<td>100%</td>
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<td>Drake University (IA)</td>
<td>100%</td>
<td>Seton Hall University (NJ)</td>
<td>96%</td>
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<tr>
<td>Eckerd College (FL)</td>
<td>95%</td>
<td>Truman State University (MO)</td>
<td>98%</td>
</tr>
<tr>
<td>Florida Institute of Technology</td>
<td>95%</td>
<td>University of Dallas (TX)</td>
<td>100%</td>
</tr>
<tr>
<td>Hartwick College (NY)</td>
<td>100%</td>
<td>University of Hartford (CT)</td>
<td>98%</td>
</tr>
<tr>
<td>Hood College (MD)</td>
<td>98%</td>
<td>Willamette University (OR)</td>
<td>98%</td>
</tr>
<tr>
<td>Kalamazoo College (MI)</td>
<td>98%</td>
<td>Xavier University (OH)</td>
<td>100%</td>
</tr>
</tbody>
</table>
The Importance of Demonstrated Interest

How to demonstrate your interest to colleges:
- Sign up on their website to receive email updates
- Visit, if possible, and always sign up for a tour and attend the information session
- Join their student or admissions Facebook page, follow them on all social media
- Email or call admissions office with questions (but don’t stalk them)
- **Attend college visits at LJHS and introduce yourself!**

DO**’**T BE A STEALTH OR GHOST APPLICANT!
Colleges Come to us at LJHS!

College Admissions Representatives come from all over to visit LJHS and provide students with information about the schools and programs.

You may attend up to 5 college information sessions – see who’s coming on Naviance; get a pass from the counseling office in advance and have your teacher sign it the day of the visit.

The representative presenting often reads applications from our area – so introduce yourself and come armed with good questions!

If there is a session you can’t attend (due to a test or other conflict) you can leave a note for the representative.

Attending these sessions is a great way to demonstrate interest.
Please take advantage of LJHS Resources:

Weekly college advice and information directed at seniors in the LJHS PTA eNews including timely information for seniors about what they should be doing right now!

Facebook – please “like” LJHS College Info page on Facebook and scroll through the many posts and links to articles regarding the college search and admission process, application information, essay and interview tips – and college life in general!
A quick word about Community Colleges

They can make your dreams of attending a selective school come true!

- Most affordable higher education option
- No standardized tests required for admission; only a high school diploma or GED
- Associates Degree offered
- Great way to satisfy general education requirements and transfer to a 4-year college or university
- You must have a plan when you go in – meet with an Academic Advisor to create one
- Seek out your schools’ Transfer Coordinator to track your progress ensure transfer success
Four Types of Four-Year Colleges

1. California State University - examples: San Diego State, Cal Poly San Luis Obispo, Chico

2. University of California – examples: UCSD, UCLA, UC Berkeley, UC Davis


4. Private Schools – examples: Santa Clara, U of Redlands, Emory, Gonzaga, Swarthmore, Linfield
## What are the basic requirements? (a-g requirements)

<table>
<thead>
<tr>
<th>Letter</th>
<th>Subject/Area</th>
<th>Years Required</th>
<th>Years Recommended</th>
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</thead>
<tbody>
<tr>
<td>A</td>
<td>History/Social Studies</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>B</td>
<td>English</td>
<td>4</td>
<td></td>
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<tr>
<td>C</td>
<td>Math</td>
<td>3</td>
<td>4</td>
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<tr>
<td>D</td>
<td>Laboratory Science</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>E</td>
<td>Language other than English</td>
<td>2</td>
<td>3</td>
</tr>
<tr>
<td>F</td>
<td>Visual and Performing Arts</td>
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</tr>
<tr>
<td>G</td>
<td>College Prep Elective</td>
<td>1</td>
<td></td>
</tr>
</tbody>
</table>
Standardized Tests

All colleges will accept either SAT or ACT

Most (but not all) colleges will accept scores taken until December senior year. If applying early, check school’s policy and deadlines! CSUs will not allow tests past November of senior year (Nov 4 for SAT; October 28 for ACT).

Still time to take needed SAT Subject Tests – check college websites

Upcoming Registration Deadlines:
• SAT: Sept. 26 (late fee required) for October 6 test; October 5 for November 3 test; November 2 for December 1 test
• ACT: September 28 for October 27 test; November 2 for December 8 test
• You must send colleges your official scores from testing company
Hate Standardized Tests?
Check out Test Optional Schools on FairTest.org!

The National Center for Fair & Open Testing

The National Center for Fair & Open Testing (FairTest) works to end the misuses and flaws of standardized testing and to ensure that evaluation of students, teachers and schools is fair, open, valid and educationally beneficial.

Learn more about us and our mission.

Spotlight

2019 The Best Year Ever for Test-Optional Higher Ed. Admissions

This is a record year for colleges and universities deciding that students can apply without submitting ACT or SAT standardized exam scores. Over the past twelve months, 47 schools have announced new test-optional admissions policies, according to the National Center for Fair & Open Testing (FairTest).

Read more...

Updated FairTest Factsheet: States That Recently Eliminated or Scaled Back High School Exit Exams

The number of states requiring high school graduation exams in language arts and math has declined rapidly over the past few years. Only eleven states have graduation tests in place for the high school class of 2020, down from a high of 27 that had or planned such tests. The current number is the lowest level since at least the mid-1990s.

For an updated factsheet, visit the FairTest website.

What’s New at FairTest

• 2019 The Best Year Ever for Test-Optional Higher Ed. Admissions
• Debating the Pros and Cons of Standardized Tests
• June 2019: Global SAT Subject Test Security Breach: Scores Compromised
California State University System

- 23 Campuses
- Online application – fill out one, follow instructions (and pay) for multiple campuses ($70 for each campus)
- No essays required
- SAT or ACT with Writing required
- No letters of recommendation required
- No transcripts sent until you are accepted and decide to enroll
- Application period Oct 1 – Nov 30

Website: [https://www2.calstate.edu/apply](https://www2.calstate.edu/apply)
Impaction Information

“Impacted” means there is insufficient space to admit all qualified applicants to a major or to a school.

Impacted Undergraduate Majors and Campuses, 2019-20

When the number of applications received by a CSU campus from qualified applicants is greater than the number of available spaces, a campus is considered “impacted" for undergraduate degree programs or for undergraduate students who apply from outside the local admission area.

In this case, an impacted campus is allowed to use additional criteria to screen applications.

Campuses without the impaction designation at the program or campus level are open to all CSU eligible applicants.

Academic Program Impaction for 2019-20

All undergraduate programs, pre-programs, and undeclared/undecided programs are impacted for the following campuses:

- Cal Poly San Luis Obispo
- Fresno State
- CSU Fullerton
- CSU Long Beach
- San Diego State University
- San José State

To find out whether a program you’re interested in is impacted, use the impaction database below to search by campus name and applicant level (freshman or
## Impacted Majors at CSU Campuses

### 2019-2020 CSU Undergraduate Impacted Programs Matrix

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<th>Program</th>
<th>San Marcos</th>
<th>San Luis Obispo</th>
<th>San Bernadino</th>
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<th>Long Beach</th>
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<th>Dominguez Hills</th>
<th>Bakersfield</th>
<th>Cal Poly San Luis Obispo</th>
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Note: O = Open, N = Closed
# Local Admission and Service Area

*local residents receive finite priority*

## CSU Local Admission and Service Areas

<table>
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<tr>
<th>Campus</th>
<th>Local Admission Area</th>
<th>Service Area</th>
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<tbody>
<tr>
<td>San Diego</td>
<td>Each program is impacted. Students from all high schools in San Diego County south of State Hwy 56 and Imperial County</td>
<td>South of State Hwy 56 in San Diego County and Imperial County</td>
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<tr>
<td>San Francisco</td>
<td>Not Impacted: State of California</td>
<td>San Francisco and San Mateo Counties</td>
</tr>
<tr>
<td>San José</td>
<td>Graduates from high schools in Santa Clara County</td>
<td>Santa Clara County</td>
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<tr>
<td>San Luis Obispo</td>
<td>Each program is impacted. Students applying from high schools in San Luis Obispo, southern Monterey, and northern Santa Barbara Counties</td>
<td>San Luis Obispo County and region north of Santa Barbara County</td>
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</table>
Additional Information for CSU Applicants

- Local Applicants receive priority
- Non-impacted campuses use CSU Minimum Eligibility for admission.
- Depending on the campus and major applying – selection can be highly competitive
- Counselors and parents should avoid setting expectations “My son was told he would undoubtedly be accepted to at least one of the campuses he applied to!”
- Redirection happens later in the cycle – could impact housing availability and financial aid...this is when you apply to CSUs which are impacted and highly selective. You will be notified after April 1. CHECK YOUR EMAIL!
How do they review applications?

CSU Eligibility Index:

Eligibility Index

Your Eligibility Index is calculated using your grade point average (GPA) and your ACT or SAT score. The index will help tell if you’re eligible for admission to the CSU. Please be advised that due to impaction, many campuses have supplemental admission criteria. You can review campus-specific information at Impacted Undergraduate Majors and Campuses.

*Are you a California resident?  
Yes  ☑  No

Have you taken the SAT prior to March 2016?  
Yes  ☑  No

*What is your current grade point average (GPA)?
New news from CSUs:

East Bay – New environmental analysis lab and technology center

Long Beach - #1 in Physics degrees for women; popular majors – dance, music, social work, nursing (BSN) and nursing BSN to RN

Sacramento – Unique/popular majors – American Sign Language, Criminal Justice

Sonoma – Signature program – Wine Business Institute (undergraduate and MBA degrees)

Cal Maritime – one of three Maritime programs in US – only one west of the Mississippi; 7 majors and 95% of grads have jobs within six months; small school – 1,000 students

SDSU – Weber Honors College; eliminated undergrad degree in Athletic Training because a PhD is needed – similar to DPT programs; overall admitted GPA for fall 2019 – 3.97
University of California System

- 9 Undergraduate Campuses (UCSF is a Medical School only)
- Online application – fill out, check box (and pay) for multiple campuses
  $70 application fee for each campus
- Personal Insight Questions (8 prompts – answer 4 with 350 word max)
- SAT or ACT with Writing required (SAT Subject tests for some majors)
- No letters of recommendation required
  (occasionally requested after applications are submitted from Cal)
- No transcript sent until you are admitted and decide to enroll
- Application period Nov 1 – Nov 30

Website: www.universityofcalifornia.edu
How are decisions made?
Comprehensive Review – 14 Points:

1. Grade-point average
2. Test scores
3. Performance in and number of courses beyond minimum a-g requirements
4. UC-approved honors courses and advanced courses
5. Eligibility in the Local Context (ELC) - CA residents only
6. Quality of senior-year program of study
7. Academic opportunities in California high schools
8. Outstanding performance in one or more academic subject areas
9. Achievements in special projects
10. Improvement in academic performance
11. Special talents, achievements and awards
12. Participation in educational preparation programs
13. Academic accomplishment in light of life experiences
14. Geographic location
New (or just cool) UC College Programs:

**UC Berkeley** – Management, Entrepreneurship and Technology (MET) - Two BS degrees – one from the College of Engineering and one from Haas School of Business

**UC Santa Barbara** – College of Creative Studies (CCS) – A graduate school for undergraduates. Focus on creating new knowledge. 8 majors – will be adding Marine Science; requires supplemental application

**UCSD** – New College (Seventh College), now Division 1 athletics

**UC Irvine** – new major – BA in Environmental Science and Policy; big in E-Sports

**UC Riverside** – Early Assurance Program = admission to their medical school w/out MCATs

**UCLA** – New majors: Music Composition; Data Theory

**UC Davis** – New major: Applied Chemistry
Public Schools - Out-of-State

Examples - University of Arizona, University of Colorado, University of Oregon, Rutgers, Auburn, Purdue, Georgia Tech, University of Michigan

More expensive for non-residents, but many offer merit money to attract high-achieving non-resident students

Admission Requirements vary – check the websites of the individual schools

Application requirements vary – some require LORs and transcripts, some don’t

Most have their own application, but a few use the Common App
Private Schools

Many use the Common Application (800+ Schools), Universal or Coalition Application

- Require
  - Essay, plus possible Supplemental Essays or Personal Statements
  - Teacher Letters of Recommendation
  - Counselor Letter of Recommendation
  - School Report (Registrar/Counselor)
  - Mid-Year and End of Year Reports
  - Official Transcript

Note: Requirements vary from school to school!
## 2019-20
First Year Deadlines, Fees and Requirements

During August and September 2019 we will update this document every Friday

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Different Types of Admission – Know your Timetable!

**Early DECISION**
- May only apply to one school ED
- Binding Agreement - Committed to attend if accepted

**Early ACTION**
- May apply to multiple schools EA
- Non-Binding – Can decline offer to attend

**Rolling Admission**
- Non-Binding - May apply anytime within a large window

**Regular Admission**

Deadlines and requirements vary by school...some have ED1 and ED2 later; some have Single Choice Early Action – similar to ED, but you can still apply RD to other colleges.

**Some schools have earlier deadlines to qualify for financial aid/institutional scholarships!**

**ALL DECISIONS MUST BE MADE AND SCHOOLS INFORMED BY MAY 1, UNLESS OTHERWISE NOTED ON ADMISSION LETTER!**
Early Admission Timetables – Pros and Cons

➢ Possible different outcomes: Admitted, deferred, denied.
➢ Depending on the deadline, decisions usually arrive before winter break or before Jan. 1
➢ Statistics for Early Applications are compelling: many schools fill over 50% of their freshman classes from early applications (Lehigh-54%, Vanderbilt-54%, Skidmore-52%, Tulane-70%)
➢ Acceptance Rates are often much higher in early rounds (Williams 35% ED vs 13% RD; University of Miami 64% ED vs 35% RD; Northwestern 27% ED vs 7% RD)
➢ Don’t apply ED if you have financial aid concerns.
➢ Don’t apply early if your applications are not polished.
➢ If you are applying early, you MUST see your counselor and turn in your transcript request form to the registrar BY OCTOBER 1!

Applying in Early Rounds is a great way to Demonstrate Interest!
Filling Out the Applications

- Watch tutorial videos (search on youtube for help with UC, CSU and Common App)
- Fill out complete application for CSUs and UCs, then add another campus – application will automatically populate information previously entered.
- Read “Frequently Asked Questions” (FAQs) pages
- Use appropriate browser & allow pop-ups
- Be thorough – know all parts of the application (supplemental essays, letters of recommendation, Secondary or School Report Forms)
- Save as you go – use “Next” and “Previous” buttons, not back arrows - and log out
- Proofread – with another set of eyes! Counselors are available every Wednesday in room 803!
Application Specifics

The following is asked on the Common App:

- Graduation Date – 6/9/2020
- Counselor name and contact information – on school website under “Counseling”
- Class rank reporting – none (Do Not Rank)
- Graduating class size – 306
- Cumulative GPA – Your 10-12 Total weighted GPA (first one listed on transcript)
- GPA Scale – 4
- GPA Weighting - weighted
More Application Specifics

Learning Disabilities: Should students disclose a learning disability?
- Yes – colleges want to know about a student and their achievements in context. Does NOT have to be an essay topic.

Extra information section – use it!
- This is the spot to explain an academic anomaly or hiccup. Could be a disclosure (see above) or an explanation of a grade decline, dropped class, due to illness or other situation. This is NOT space to be used for another essay, poetry, greetings to the readers.
Writing the Essays

Answer the prompt!
Don’t restate information shown elsewhere
Be genuine and authentic
Start early and revise often
Don’t forget about supplemental essays
This is your interview on paper – tell about yourself!
Lots of articles posted on “LJHS College Info” Facebook page
Don’t forget Supplemental Essays!

- Supplemental essays are required by the college – even if they say they are “recommended” or “optional”, they are required.

- Don’t give them short shrift – colleges ask these specific questions/prompts for a reason and pay close attention to your answers!

- A “Why Us?” essay should be a well-researched love letter to the college!
UC - Answering Personal Insight Questions

Eight Questions – you must answer four of them. Word limit – 350 each question

Is NOT a writing sample – these are questions to allow admissions to gain insights into each applicant. Make yourself the focus – use “I” and “me”.

They are reviewed for content not structure (not an essay in 5-paragraph essay format)!

They are looking for context, depth and clarity.

This is your “interview”, so tell about yourself – why you do what you do!

Read all questions carefully and cross off those which do not resonate or make no sense to you. There is no preference given to one question over another!

Be thoughtful and authentic in your answers. Do NOT use your CommonApp essay.
Be yourself; everyone else is already taken!

* With attribution to Oscar Wilde – whether or not he said it!
At LJHS, Your Primary Resources: Your Counselor, Naviance, the Registrar

Welcome, Demo Tate!

Seniors, Welcome!

Senior Vikings...Welcome back to school!!!

Hopefully the summer brought you much needed relaxation. We look forward to working with you to make this the best year yet! We are here to help. Don’t forget, please check out the LJHS Counseling Website for lots of information about college and career planning, testing, and other important announcements and resources. We are located in Room E36 on the second floor.

Read more

Important To-Dos and Tasks

Relax, you have no overdue or upcoming to-dos and tasks. However, you can get ahead by going to My Planner to see what’s next or create a goal or to-do.

My Favorites

Heart

COLLEGES
- I’m thinking about

CAREERS
- I’m thinking about

CAREERS AND CLUSTERS
- I’m thinking about

COURSES
- I’m applying to

COURSES
- I’m thinking about

Important To-Dos and Tasks

Relax, you have no overdue or upcoming to-dos and tasks. However, you can get ahead by going to My Planner to see what’s next or create a goal or to-do.

What’s New

University of Southern California will be visiting your school on Monday, September 17th, 2018 at 7:30 am. More info
Student Information Release Form

- Complete and turn in to Ms. Lopez
- Requires student and parent signatures
- Must check the box agreeing to waive access to recommendations

AUTHORIZATION TO RELEASE STUDENT INFORMATION TO PRIVATE SCHOOL/UNIVERSITY/COLLEGE

PLEASE RETURN THIS ACKNOWLEDGEMENT STATEMENT TO THE REGISTRAR

Student’s Name:

________________________

Student’s date of birth:

________________________

Year of Graduation: _______ Grade level: _______

I hereby authorize my student’s school to release educational information, including but not limited to Transcripts, Letters of Recommendation, Financial Aid Forms, GPA Verification Forms, Mid-year Reports and Ranking Status. Communication with these entities may be done verbally, in writing or electronically. I understand that only Private School/University/College personnel and their authorized agents will have access to my student’s educational record.

☐ I waive my right to access letters of recommendations and supporting documents. (This must be checked for a letter of recommendation)

________________________

Signature of Parent or Guardian

Date

________________________

Signature of Student

Date

LA JOLLA HIGH SCHOOL

A CALIFORNIA DISTINGUISHED SCHOOL

OFFICE OF THE REGISTRAR
La Jolla High School Registrar
Ms. Lopez

Office located in counseling office
Responsible for transcripts and secondary reports
View “Registrar’s” Tab on LJHS website
Scholarship information/applications
NCAA information
See her before school, after school or at lunch
Or Email her at dlopez1@sandi.net
LJHS Protocol – School Forms

Common Application, Private and some out of state public schools –
  • Require Official Transcripts and a “School Report” or “Counselor Recommendation Form”

Common Application - Everything will be sent electronically
  • Create an account
  • Complete all personal and education information
  • Sign FERPA waiver on Common App and Naviance before going to see our Registrar with Transcript Request Form
  • Students applying to any school EA or ED must turn in Transcript Request and see Ms. Lopez and their counselor prior to October 1
  • Transcript Request form MUST match colleges on “Colleges I’m Applying To” on Naviance
  • Order Transcripts on Naviance

Schools not on the Common Application or without electronic submission:
  • Bring a stamped envelope addressed to each college’s admissions office
  • Print out and bring the School Report/Counselor Recommendation to the Registrar

Look on Naviance to see the delivery type:

<table>
<thead>
<tr>
<th></th>
<th>Delivery Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Purdue</td>
<td>🚐</td>
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<tr>
<td>U of Texas</td>
<td>🌾</td>
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<tr>
<td>U of Iowa</td>
<td>🖨</td>
</tr>
</tbody>
</table>
It looks like you are not currently able to apply to Common App schools. Match your Common App account to Naviance Student account to get started.

Your parent/guardian must give you consent for you to request transcripts. Contact your counseling office if you think this is a mistake.

College that I'm attending:

N/A
LJHS Transcript Protocol

Fill this out before you see the Registrar.

You can find it on the LJHS website under "Counseling" – "College Information"

It must match your Naviance "Colleges I’m Applying To" information:
Transcripts – Official vs Unofficial

✓ Unofficial transcripts may be obtained from counseling secretary – before school, lunch, after school – bring your school ID.

✓ **USE that transcript when filling out applications!** UCs and CSUs and some Common App schools ask you to self report your grades. Do so accurately using your transcript!

✓ Official transcripts are sent from LJHS to your colleges – usually electronically. Colleges want to know they are secure and have not been tampered with. If you need to send a transcript to a college or scholarship organization, keep it SEALED and put it in a larger envelope to address. Do NOT open it.

✓ Official transcript requests for early applications are being accepted now, but you must see the registrar and your counselor.
Transcripts – continued...

Colleges which require transcripts want to see transcripts from every school you have attended.

- If you are new to LJHS, you will need an official transcript from your previous high school.
- If you have taken summer school classes, you need to provide those transcripts.
- If you have taken Mesa College Classes at LJHS, you will need to send transcripts (and if you are taking Mesa classes now, you will need to provide transcripts at the semester and year end to the school you attend).
IMPORTANT - Do Right Now:

Naviance – Complete Surveys!

- Find under the “About Me” tab – “Surveys to Take”
  - Students – Please answer questions on the Student Information Survey
  - Parents – answer the questions on the Parent Information Survey

  - Counselors cannot write your letters of recommendation until you complete these surveys!

[Image of Naviance Family Connection logo]
Important Things to Do from the get-go...

- Have an appropriate email address. Be sure it is the same for Naviance, your Common app and other college applications, standardized tests (SAT, ACT, SAT Subject Tests and APs) and all college correspondence.

- Be sure your name and Social Security number are correct and match on Naviance and all college applications. NO nick names, middle names, etc.

- As you begin to apply to colleges, be sure to CHECK YOUR EMAIL! Schools will communicate with you and send you important information such as notification of pieces missing from your application file.
Teacher Letters of Recommendation

Not all Colleges require them, so check your schools’ requirements
Not needed for UC or CSU schools
Most private schools and some out-of-state public schools require them
Number required varies by school – again, check
Speak to your teacher first, then request through Naviance
Be prepared to provide the teacher any additional requested information
Teacher LOR’s continued...

After speaking to the teacher, when you then request the LOR on Naviance, select a specific college if you don’t want the same recommendations sent to all schools.

Speak to teachers immediately if you are applying early (always at least 3 weeks before deadline) and know that some teachers will only write a set number of letters.

Write them a thank you note after!
Early Application Steps...starting now!

Step 1: Request transcripts on Naviance.
Step 2: Complete transcript request form.
Step 3: Bring it to Mrs. Lopez before/after school; at lunch.
Step 4: Make an appointment w/your counselor.
Step 5: Request teacher letters in-person.
Step 6: Request teacher letters via Naviance.

COMPLETE ALL STEPS FOR EARLY APPS BY OCTOBER 1!
Special Interests

- Artists - portfolio required
- Music, theater or dance – audition required
- Athletes – Division I or II – register with the NCAA Eligibility Center (www.ncaa.org)

And talk with your current coach(es) for guidance.

- Military Academies – Start process early and explore summer camps between junior and senior year

Make sure your counselor knows your plans to offer guidance!
Don’t make these mistakes:

- Put anything untrue or inaccurate on your applications
- Submit anything you haven’t proofread
- Overlook or give short shrift to parts of the application, such as supplemental essays
- Ignore your email account
- Apply to schools without following their social media or reaching out to an admissions rep
- Have squirrely things on your own social media accounts!
College Myths Debunked:

Colleges don’t look at senior year grades.
- They not only look at senior year grades, but they expect them and the rigor of the courses to match or improve on what you have done in earlier grades.

Colleges can’t possibly read all of the essays they receive, so they don’t really matter.
- Both private and public colleges read essays/responses and they CAN tip the scales.

My family makes too much to receive financial aid.
- Financial aid varies at each institution, but if you don’t file the forms, you’ll never know.

The best way to look good on an application is to have a ton of extracurriculars and activities.
- Colleges want to see committed students with leadership roles – not butterflies.
College Myths – continued...

It is better to go to a large, recognizable school than one no one has ever heard of.

- Entirely inaccurate – student’s thrive in different environments and it is important to do well wherever you go. Read Malcolm Gladwell’s book *David and Goliath* and Frank Bruni’s book *Where You Go is Not Who You’ll Be: An antidote to College Admission Madness.*

If I make the wrong decision about college, my life will be ruined!

- Hardly! A large number of students transfer annually, so you always have options!
Next Steps for Seniors

At LJHS
- If you are applying early and complete Naviance surveys; turn in “Authorization to Release Information” and sign up to meet with your counselor BY October 1!
- Ask teachers for Letters of Recommendation
- Stay focused on academics

Standardized Testing
- Prepare for and register for ACT / SAT tests – one last effort to bring up those scores

Researching Schools
- If not complete, continue researching to finalize your “list”
- Demonstrate interest by attending information sessions of colleges visiting LJHS (five maximum) and signing up on a college’s email list
- Work on applications and essays
Next Steps for Seniors – Big(est) Take-away:

Check your email!
How can Parents Help?

- Have candid conversations about expectations and finances
- Help with organization (file folders, bulletin boards, spreadsheet, dedicated work space)
- Assist with time management
- Be a cheerleader
- Do NOT take over the process

It is not what we do for our children, but what we teach them to do for themselves which will allow them to be successful in life. - Unknown
More Advice and Information for Parents

An Open Letter to College-Bound Students and Their Parents

A group of enrollment managers offers advice.

By 24 Enrollment Managers // September 16, 2019
Please be aware of mental health concerns:

[Article link not shown]

The image shows a webpage from an article titled "There Is a Mental-Health Crisis on Campus." The article discusses what is causing this crisis and where it might have come from, as students and experts discuss the issue.
Mental Health Concerns, con’t:

Social media provides a filtered view of our friends and peers—the good shines through while the bad stays hidden. This can make us feel as if everyone is happier than we are, as if we’re the only ones with problems, and as if our problems can’t be solved. That’s a recipe for stress, anxiety and depression.

We also compare our lives constantly with only the best of others’ lives. Social media provides a filtered view of our friends and peers—the good shines through while the bad stays hidden. This can make us feel as if everyone is happier than we are, as if we’re the only ones with problems, and as if our problems can’t be solved. That’s a recipe for stress, anxiety and depression.

— Alexander Brent, University of Tennessee, law
School Philosophy –

• There is a place for everyone!
• A ton of college options – not only the 50 you have heard of!
• Okay to be interested – but respect privacy of others, and feel free to guard your own.
• This is a time of excitement and exploration and growing self-knowledge!
• Be kind, respectful and supportive of everyone’s choices! Big school, small school, community college, gap year, trade school, military…these are all legitimate options!
October 2 – Paying for College (Financial Aid details) and Finalizing Applications

➢ For Seniors and Parents
➢ 6:00 – 7:00 p.m., Parker Auditorium, LJHS
➢ Essential information regarding the financial aid application process; FAFSA, CSS Profile, Subsidized Loans, Merit Scholarships and more
➢ Additional important details to complete the process
Thank you for attending tonight!