Notre Dame School



2024-2025

College Planning Guide

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Welcome to the College Process!

The college application process can seem overwhelming. However, if you follow the systematic approach recommended in this guide and work closely with Ms. Hickson, Ms. Cimera and Ms. Stawski, you will easily navigate the entire process one step at a time.

PLEASE KEEP IN MIND THAT <u>FOLLOWING ALL DIRECTIONS AND MEETING ALL DEADLINES</u> IS CRITICAL TO YOUR SUCCESS THROUGHOUT THE PROCESS.

STUDENTS ARE RESPONSIBLE FOR MEETING ALL COLLEGE APPLICATION DEADLINES

We encourage you to read this in its entirety, and then refer to each section as you approach and complete each step. Of course, the Counseling Department is readily available to assist you. Students are encouraged to make an appointment with their designated college advisor as often as necessary during a study period or gym class. If you are having difficulty scheduling a meeting, please speak with your counselor and we will determine a good time to meet.

Be excited as you begin this new and exciting venture © We are all here to help you!



"I want to show my colleges I'm well-rounded, so I wrote a poem in Spanish about how chess club has made me a

The Application Process Overview

- 1. Determine the factors that are most important to you:
 - a. Size
 - b. Location
 - c. Cost
 - d. Curriculum
 - e. Diversity
 - f. Overall Environment
 - g. Single sex vs. Co-Ed
 - h. Reputation
- 2. Research Colleges!
 - a. Utilize your counselor and the list they build for you, discuss your options.
 - b. BigFuture.CollegeBoard.org is a great resource
 - c. Utilize Naviance & College Websites
 - d. Go on College Tours
- 3. Begin building your college list
 - a. Utilize the scatter grams on Naviance
 - b. View admissions stats on BigFuture
 - c. Your list coming into senior year should include:
 - i. 2-3 Likely schools- Your GPA and standardized scores are greater than what they typically admit to their institution
 - ii. 4-5 Target schools- Your GPA and standardized schools fall within the range of what they typically admit into their institution
 - iii. 2-3 Reach schools- Your GPA and standardized scores fall below the range of what they typically admit into their institution
 - d. Discuss with your counselor your choices, check for clarification on where your choices lay in terms of likely, target, and reach.
- 4. Application Material
 - a. At this point, you should have a college folder/ binder. **Organization is KEY!**
 - b. The Common Application
 - The majority of the colleges you apply to will be through the Common Application.

ii. You can begin filling this out during the summer; we HIGHLY recommend you do so!

c. Letters of Recommendation

- i. You will ask two teachers to write you a letter of recommendation at the end of your junior year. Your counselor will also be writing you a letter.
- ii. You must check back in with your recommender in September, assure they are still willing to write you a letter, and then request them on Naviance by the third week of September! (Instructions on page 27)

d. College Essay

- i. This should be fine-tuned by the beginning of your senior year.
- ii. Try to pick an essay prompt that tells your story best, and gives the reader a new insight as to how you are unique.
- iii. In addition to the essay, some colleges may require supplemental essays. Be aware of which colleges require them, and be sure to give them just as much attention!

e. Finishing your application

- i. Be aware of ALL DEADLINES. You should be tracking all of your application material and deadlines.
- ii. If you are unsure about anything, ask your counselor!
- iii. Check if the school requires or allows interviews. If they do, you should 100% be taking advantage of them!
- iv. Plan your fall with visits. We will also have approximately 50 College Representatives visit ND in the fall. It is your responsibility to be aware of the Visit calendar, R.S.V.P, and show up!

5. Financial Aid

- a. FAFSA- Can be completed as early as October 1st
- b. NYS TAP- New York State aid, can be linked and completed after FAFSA
- c. New Jersey HESAA- New Jersey State Aid
- d. CSS Profile- Required by a select list of schools. Be sure to check if you are required to complete one, and be sure it is submitted by the deadline!

Spring of Junior Year - Senior Year Calendar

Junior Year:

<u>January</u>

- You should really be preparing for your SAT/ ACT! Speak to your counselor regarding recommended prep courses and books.
- Register for Standardized Testing if you feel prepared:
 - o ACT www.actstudent.org
 - o SAT www.collegeboard.org
 - o Make sure parents check if you are eligible for fee waivers or send in their w2 and tax documents to the counselors!

February

- You must fill out the assigned surveys, both you and your parents, before your individual appointments with your counselor.
 - o Become familiar with Naviance
 - o Please visit individual college websites. You may find virtual campus tours, admissions data, information regarding specific majors and programs, etc.
- The Counselors begin having individual meetings; make sure you schedule your appointment!
- Visit colleges during your break! Try to visit at least 8-10 colleges between now and September.
- If you have not registered for an SAT or ACT, do so now.
- Research and apply for summer programs. If you are interested, see your counselor regarding application requirements.
- Apply to AP Courses, plan to continue a rigorous senior year schedule.

March

- March 9-SAT
- Register to take the SAT Test or ACT if you have not
- For those interested in Questbridge, start researching now and notify your recommenders and the counselor if you are considering applying.
- Discuss college options and financing your college education with your family.

<u>April</u>

- April 13- ACT
- Make sure that you regularly check your email address. The Counseling Office often emails important information to you.
- Ask two of your teachers from different subject areas if they would be willing to write a college letter of recommendation for you. Secure commitments now!

May

- May 4- SAT
- We recommend that you take the SAT exam in May.
- Study and do well on your AP Exams
- Create your Common Application account in College 11 Class. www.commonapp.org. This is where most of your college applications will be submitted. Choose a username and password that is *easy to remember*; you will be logging in and out numerous times over the next few months.
- Continue researching colleges that might be of interest to you.

<u>June</u>

- June 1- SAT
- June 8- ACT
- Study and do well on your finals. These are the last grades that go in for your final grades & transcript before applying to colleges
- Take the SAT if you did not take it in March or May.
- Continue researching colleges that might be of interest to you.

<u>July</u>

- July 13- ACT Exam (Not offered in NY- may take in NJ or CT)
- Have a productive summer. Consider a variety of activities such as summer study in a college program, research, volunteering, perhaps a job that will help you put aside money for college, etc.
- Research the various colleges. You want to find a college that will likely be a good fit for you.
- Keep editing your college essays!
- If possible, visit college campuses.
- Work on your Common Application Activities Section & Profile

August

- August TBD- SAT
- August 1. Roll over your account on www.commonapp.org.
- We recommend taking the August SAT before the craziness of senior year begins!
- Keep editing your college essay
- Begin to look at the supplemental essays and outlining them for colleges you know you are interested in applying to

Senior Year

September

- September TBD- ACT
- Remember to link your common app with your Naviance Student account by entering your common app username and password on Naviance Student under the "Colleges I'm Applying To" tab.
- Confirm with the teachers who have agreed to write your college letters of recommendation that they are still able to do so.
- If you plan to apply Early Decision (ED) and/or Early Action (EA), you must speak to your counselor. It is important that you indicate this on Naviance Student.
- College counselors begin individual meetings with their students. MARK YOUR CALENDAR AND CHECK YOUR EMAIL!
- Students are to be given a summer update, which must be completed by the assigned date.
- College representatives will be visiting ND and speaking about their schools. You should attend sessions for colleges you know you want to apply to as well as colleges you would like to learn more about. YOU MUST R.S.V.P each week on Naviance!!!
- You should have a Google Doc of all your supplemental essays, begin working on them and revising them!
- **September 15-** Complete all <u>early decision/early action applications</u> with *October 15 deadlines* and submit transcript requests to Counseling Department
- September TBD- Financial Aid Night for Seniors & Families

October

- October 1- Complete all <u>early decision/early action applications</u> with *November 1 deadlines* and confirm with your counselor that you are applying early!
- October SAT
- October ACT
- October 25- Your final college list is due to your counselor. The list must be balanced between likely, target, and reach schools.
- Begin financial aid forms (FAFSA, TAP, CSS Profile)
- In October, November, and December, you will be notifying the Counseling Office of your college selections by completing the Colleges I'm Applying To section on Naviance Student.
- Regarding colleges that you are interested in applying to, it is crucial to thoroughly read the colleges' Admissions Offices' websites. You must provide each college with everything that they require.
 - Do not be disqualified for consideration because you have not provided/met a specific requirement for their program which you are applying to
 - o In addition, you must adhere to all application deadlines, including application due dates and financial aid forms due dates.

o For students applying EA/ED: The FAFSA and CSS Profile will be due earlier than normal. The CSS-Profile is a financial aid form that is required by some colleges. It is available at: https://student.collegeboard.org/css-financial-aid-profileFinancial aid applicants can complete your FAFSA (Free Application for Federal Student Aid) form at www.fafsa.ed.gov

If available, send your SAT/ACT Scores to ALL colleges you are applying to that require them. Remember it takes 2-3 weeks for CollegeBoard to send out your SAT scores. *** Please see the SAT/ACT section on the website for further information!

November

- **November 1** Complete all <u>early decision/early action applications</u> with *December 1 deadlines and* **CUNY apps**
- If you plan to apply to colleges that have Rolling Admissions you must indicate such on Naviance Student three weeks before the deadline.
- November 15- CUNY Macaulay Honors Application Deadline
- You may apply to colleges in the State University of New York (SUNY) by using www.CommonApp.org. If you are applying for EOP- speak to your counselor!
- November 25- It is recommended that ALL applications are sent by Thanksgiving.

If available, send your SAT/ACT Scores to ALL colleges you are applying to that require it.

December

- ED and EA applicants should hear from their colleges by mid-December. You may be "accepted," "deferred," or "denied."
- If you are accepted via ED application and have received a sufficient financial aid package, you must withdraw your applications from all other colleges where you have an active application.
- If you are admitted to one or more colleges via the EA application(s), you may choose whether to withdraw some or all of their remaining college applications.

By now you should have sent ALL scores/applications/materials to colleges!!!! Call all of your schools and check your portals to be sure they have received everything they need. This is <u>YOUR</u> responsibility.

Step I: What Do Colleges Look For?

The strength of your transcript is almost always the most important factor. In other words, what courses did you take at Notre Dame School and how well did you perform in them? A transcript lists all of your high school courses and all final grades earned.

Colleges also consider the criteria listed below:

- **GPA** Your GPA (Grade Point Average) is the weighted average of all final grades earned in all courses throughout high school.
- Difficulty of curriculum Colleges receive an ND school profile and look to see how many AP and Honors classes students have in their course load and how many are offered by the school. Please note, all classes taught at Notre Dame School are college preparatory courses.
- SAT/ACT Scores Colleges do not rely solely on an SAT/ACT score, but it is a factor in a school's decision. Generally, the more competitive the college, the more important the SAT/ACT scores will be.
- **Activities and Awards** Colleges do not expect that students will have led every student organization, but they do look at the depth of your involvement. It is important to let them know *WHY* you're involved and not just *WHAT* you're involved in
 - o If you have not completed your community service hours, please do so before you fill out your applications. Remember that you cannot put down an activity in which you plan to participate.
- Letters of Recommendation –Your counselors will automatically send out a letter of recommendation on your behalf. Make sure you have submitted all of the worksheets that were given out in Counsel class last year, as well as your resume. Resumes need to be proofread and single spaced so they are not more than a page in length. It will be up to you to decide which teachers should write your recommendations.
- **Personal Essay** This essay is your opportunity to convey who you are and what you believe in to an admissions officer. Until now, much of what your application consists of is numerical data and other people's perceptions of you. The essay is a great vehicle for demonstrating your unique strengths, interests, and abilities and background.

Remember that each college will evaluate these criteria differently. Through research and discussion, you will better understand the process, but always remember that colleges look at the "applicant as a whole."

COMMON DATA SET- Each college has one and when you view their admissions data, you can see how they weigh the importance of each of these criteria!

A. Standardized Tests

1. The Major Types of College Admissions Tests

PSAT/NMSQT

Given in October. Similar format to the SAT. Useful as an indicator of SAT scores and for test practice. The test acts as the basis of some merit scholarships. A source of many college mailings and contacts. Taken in October of freshman, sophomore, and junior year.

SAT- www.collegeboard.com

A two-hour digital test in two sections measuring verbal and mathematical ability. Most competitive colleges and universities require the SAT for admission. The scores reported in each area on a scale from 200-800.

ACT- www.actstudent.org

Three-hour test in academic areas of English, Math, Reading, STEM, and Science. Five separate scores plus a composite score averaging the tests. Can replace the SAT at most colleges. Be sure to take the optional writing! Test is scaled 1-36.

AP- www.collegeboard.com

Three-hour examinations based on full-year, college level courses in high school. Given once per year in May. Tests given in U.S History, World History, Government, Art History, English Literature, English Language and Composition, Psychology, Spanish, Calculus, Statistics, A.P Studio Art 2D Design, and Computer Science

TOEFL

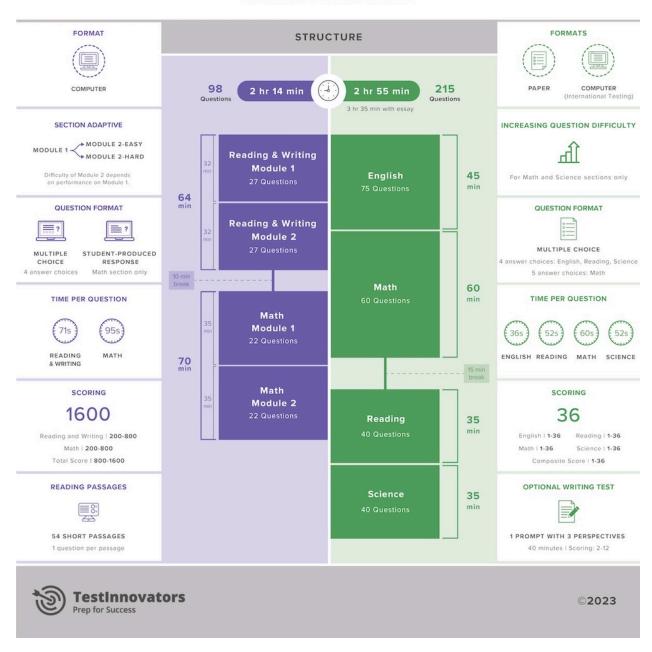
Test of English as a Foreign Language for students whose native language is not English.

Digital SAT® ACT

Compare the new digital SAT to the ACT to learn the differences between the two tests.

No matter which test you choose, prep for success with Test Innovators.

www.testinnovators.com/sat www.testinnovators.com/act



2. SAT/ ACT: Everything You Should Know

Read the college's requirements for both SAT/ACT. Everyone should be ready for tests in May or June of junior year and October, November and/or December of senior year. Make sure you register online in advance of the deadline. The test is <u>not</u> offered at Notre Dame. The earlier you register, the better the chance of taking the tests at your first choice school. Students can prepare for the test by utilizing Khan Academy, hiring a private tutor, enrolling in a prep class and/or taking the practice tests in the ACT/SAT Test Preparation Booklets.

When you receive your latest score report, you should have **every previous SAT** recorded under the **Summary of Test Scores** section of the report. If you do not, it could be due to several reasons. You must call The College Board to have this mistake corrected.

<u>SENDING YOUR OFFICIAL SAT SCORES</u> is a very important part of the application process. Almost all colleges and universities require official score reports sent from The College Board or from the ACT directly. Your application, in many cases, will not be processed by a college unless they receive your official scores.

When you register for the SAT and up to <u>9 days after</u>, you can choose up to 4 colleges or scholarship programs to receive your score reports. After registration, you must order additional score reports to be sent to other colleges and scholarship programs directly from The College Board for \$12 each.

Please remember:

- Only score reports from completed and scored tests will be sent. Scores from future tests for which you have registered, but have not yet completed, will not be included.
- Scores are delivered approximately a few weeks after you submit your request.
- SAT rush reporting is available for an additional fee. Rush scores are sent two business days after a request is received. (You must check with the college before requesting this service: not all colleges can accept rush reporting).

SAT/ ACT Prep Resources

Guided Resources:

- Barrons:
 - https://www.amazon.com/Digital-Study-Guide-Premium-2024-dp-1506287522/dp/1506287522/ref=dp_ob_title_bk
- CollegeBoard: Free Resources (Khan Academy & Online Practice Tests)
- Shmoop- http://schools.shmoop.com/login/notre-dame-school/

Classes:

- Marigold Test Prep https://www.marigoldprep.com/small-group-classes
- Kaplan: https://www.kaptest.com/
- Prep Expert: https://prepexpert.com/
- Goldkey: http://www.goldkeyacademics.com/sat-prep.html
- A+ Academy: https://aplusacademy.com/collections/sat
- Revolution Prep https://www.revolutionprep.com/

Individual (Tutoring & Online):

- Ivy Test Prep with Kristina Semos: https://ivytp.com/
- Varsity Tutors: https://www.varsitytutors.com/
- Prep Scholar (money back if your score does not go up 160 points): https://www.prepscholar.com/
- Green Test Prep: https://greentestprep.com/
- Sylvan Learning Center: https://www.sylvanlearning.com/test-prep
- Henry Hecht SAT/ACT Writing: https://www.stepwriteup.com/about/
- Marigold Prep, Rae Freudenberger rae.freudenberger@marigoldprep.com
- Jesse Hartman: http://hartmantutoring.com/jhartmantutoring@gmail.com
- PM Gillen pmg@pmgillen.com
- Debbie Stier (917-912-3687)

SAT/ACT Frequently asked questions:

- 1. How much does the SAT/ ACT cost?
 - a. SAT: \$60
 - b. ACT: \$68, \$93 with Optional Writing
- 2. Are there fee waivers available?
 - a. Yes! You must speak to your counselor and bring in a copy of your family's 2022 taxes to confirm eligibility.
- 3. Does it cost money to send my SAT/ ACT score to a college?
 - a. Unfortunately, yes. You can send up to four free reports when you register for the SAT, and have until 9 days after you sit for the exam to add where you would like those free reports to be sent. Otherwise, it is \$12 per score send and \$16 per score send of the ACT
 - b. If you qualified for a fee waiver, score sends for both SAT and ACT are now free.
- 4. How do I send my colleges my scores?
 - a. It is **YOUR** responsibility to send your official score reports to colleges, directly from the CollegeBoard (SAT) or through the ACT for ACT reports. Keep track of which schools you have sent to, and confirm with the schools three weeks later that they have received your report.
- 5. How many times should I take the SAT/ ACT?
 - a. **No more than three times per test!** Remember, you are more than a test, you should not be exhausting yourself taking it more than three times.

b. We suggest taking a practice ACT in the Fall/Spring of Junior Year, picking which test is preferred (SAT vs. ACT), then prepping for that test

Step II: Building a College List

Choosing the Best College Fit:

- There is always more than one college that is right for you, make sure you find a likely target, and reach school, all of which you would be happy attending!
- Remember, this is YOUR time. Family, friends, current students' opinions matter, but make sure you develop your own opinion.
- Keep in mind what is important to you.
- Make the most of your visits to campus! Talk to current students, eat in the dining hall, sit in on a lecture if you can, see if you can arrange an overnight.
- Speak to your family about finances; discuss college costs, scholarship opportunities, and % of need-based aid the school has to offer with their Office of Financial Aid.
- Be realistic!
- Know what the admissions requirements are for both the school and your intended major. This is your responsibility!
- See what the school's culture is like. Pick up the school's newspaper, attend a sporting event, and hang out in the campus center. Can you see yourself here?
- What is the structure of their academic programs? Do they have co-op's, semester, or trimester schedules? Which do you prefer?
- The size of the dorm room may be important, but your college experience goes far beyond the four walls of where you sleep!
- Where is the school located? Is public transportation accessible? How will you get home for breaks?
- Expand your college search beyond colleges you have heard of!

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"The college in Maine has a better curriculum, but the college in New York has better pizza."

A. Researching Colleges & Gathering Information

In the fall of senior year, students should be well into this process. To ensure that you have completed your research to the fullest extent, please refer to the list of resources below.

- **COLLEGE WEBSITES** This is always the most accurate and up to date information about a college. Explore the college's programs, see what kind of research takes place, read their mission statement, and always check the admissions page for the most up to date information/requirements.
- NAVIANCE Naviance is a web-based resource for students, counselors and teachers that
 encourages and supports post high school career and college planning. Naviance Student is
 specific to our school. You can also utilize and benefit from Naviance Scattergrams, which
 has data from Notre Dame students who have previously applied to these colleges and what
 their outcomes were with their GPA and test scores.
- **COLLEGE GUIDES** These guides contain a brief description of every college in the U.S. Information includes college location, phone number, web address, number of undergraduates, programs of study offered, SAT score ranges for the previous year's freshmen, application deadlines, etc. These can be purchased in any bookstore or found in the counseling office. Examples include the Collegeboard College Handbook and the Fiske Guide to Colleges.
- **VIEWBOOKS** Every college publishes a view book, which is a magazine-type publication that provides a general overview of the college and answers most frequently asked questions. They are essentially college brochures filled with information!

- **COMMON DATA SET** Every college is required to submit a Common Data Set for all of their statistics including courses, admissions, enrollment, etc. This can help you see how many students they accept, what they look for, how they make their admissions decisions, etc.
- COLLEGE VISITS TO NOTRE DAME SCHOOL Each senior is expected to attend
 presentations from those colleges that they are interested in when college admissions
 representatives visit ND. Students are responsible for ALL class work they miss during a visit.
 No one is allowed to miss a test nor is anyone allowed to leave a class without permission from
 her teacher.

Students should be aware that the college representatives they meet might play a
role in whether or not they are accepted into a school. It is a good idea to make
note of the representative's contact information should a student have further
questions. All students are expected to register on Naviance prior to the visit.
During the session, it is important to listen as well as ask questions. Students may
ask if there are fee waivers available from the individual colleges. In addition,

students may ask how they can visit the college if they are in need of

Useful Websites:

Naviance:

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

https://bigfuture.collegeboard.org/

transportation.

www.usnews.com/best-colleges

www.collegenet.com

www.petersons.com

www.cappex.com/

- COLLEGE VISITS Please visit all potential colleges before you make a final choice. It is best to arrange visits while the college is in session. Consult our Handbook for ND's policy on absences for college visits. In general, it is best to plan visits on days when we have no school; for example, (Indigenous people day), (PSAT DAY), (After Open House), (Faculty Meeting Day), and (Veteran's Day). You are allowed only 2 days of absence from school senior year for visits, so plan accordingly. Please remember that some colleges will ask for an interview in the spring. You may apply to a college before you visit it if you wish. However, it is best to visit a college before making a final decision.
- HOW TO ARRANGE A COLLEGE VISIT The Undergraduate Admission Office should always be contacted in order to find out information about college visits. Schools often

have set days and times for visits. When you call, simply ask when tours and information sessions are offered. Be sure to ask if an appointment is necessary. If you plan to travel to a college for a visit, be sure to check in with your counselor to see if they have additional suggestions \mathfrak{C}

By the end of your research and visits you should have:

2-3 Likely Colleges

4-5 Target Colleges

2-3 Reach Colleges

B. Visiting a College

Before the Visit:

- → Be sure you reserve a tour time through the university website
- → Try to visit as many schools as you can while you are in that area, even better if it is well balances (Likely, Target, Reach)
- → Give yourself enough time on the campus to take it all in
- → See if you can arrange to sit in on a class in the area you would like to study
- → Be sure to bring a pen and notepad (yes, be old school. Typing on the notes of your phone can make you look like you are not engaged), you'll want to make a list of impressions after your visit
- → Make a list of places you would like to see, call to ask if that will be included on the tour. This may include
 - Sports facilities and opportunity to meet a player and/or coach
 - Departmental labs
 - Dance and artistic studios
 - Different size classes (both classic classrooms and lecture halls)

During the Visit:

Ask questions! This is your time.. not your parents! Some questions to consider:

- What are the admissions requirements? Tests required? Scores they're looking for? When to apply and the deadline for the application?
- What about my field of study? Do you have a major in my area of interest? How many courses are available in my area of interests? What are the graduation requirements for my area of interest?
- What is the size of your school? What is the average class size?
- What is located around the campus?

- What kind of student body does your school have? Average test scores of last year's class? Do you have fraternities or sororities? What percent of students live on campus?
- What kinds of special programs do you offer? Study abroad? Tutoring? Policy on AP tests? Programs or services for students with accommodations?
- What about financial aid? What forms do I file? Do you have your own financial aid form? Do you have scholarships?
- What are the housing options? Cost? Safety?

After the Tour is Over:

- → See if the New York City admissions representative is available. This is the person who will be reading your application, it is always better to put a face to a name! If you have the opportunity to speak to them, be sure to get their business card and send a follow-up email!
- → Make a list of your impressions. What did you like? What didn't you like?
- → Do not leave the campus until all of your questions have been answered!
- → Have a meal on campus, if time allows.
- → If not included in the tour, try and visit a dorm room!
- → As you walk around, ask current students what they like about the school.
- → If time allows, visit the surrounding area. Is it in a city? Is there a college town? How do students get around?

C. The College Interview

Research: You should fully research a school before you go in for an interview, this way you can have a more in-depth conversation with the admissions counselor. Gather enough information that you are able to ask them questions at the end of the interview regarding selecting courses, research opportunities, internships, clubs and organizations, etc.

Prepare: Come and do a practice interview with your counselor! We will go over body language, Responses to questions, and brainstorm ideas on talking points from your resume.

Resume: Bringing in a copy of your resume is optional, but we always recommend it! It makes you look more prepared, and may open up the dialogue more during your interview.

Appearance: Just as in any interview, make sure your hair, nails, and clothes are groomed and appropriate. No jeans with holes in it, shredded shirts, or wrinkled clothes. Though you do not need to wear a pants/skirt suit, you should be dressed neatly and comfortably.

BE YOURSELF! The interview is not meant to trick you or test you; it gives the admissions counselor an opportunity to get to know you! They are truly interested in seeing what your application does not reflect, so show them!

Some sample interview questions:

- 1. Give me a brief biography about yourself
- 2. What made you interested in our college: How did you hear about it? What do you like about it? What do you know about it? (size, location, programs)

- 3. What can our college offer that other colleges cannot? (Bang for your buck? Specific program? Specific study abroad? Internship opportunities? Rigor? Distinguished professors? Small classes?)
- 4. What are your strengths? (What you do well in, could be personal or academic)
- 5. What are your weaknesses? (How do you manage them? Are you aware of them? Are you working on them?
- 6. What three words describe you?
- 7. Tell me about a challenge you have overcome? (Academic, Personal, Social)
- 8. Who in your life has influenced you most? (What did they do, what traits do they have, how has it influenced who you are today?)
- 9. Who has helped you get where you are today?
- 10. What do you intend to major in? (Why would you want to major in that? To gain more insight? Do you do well in that area? That area intrigues you?)
- 11. What will you contribute to our campus community? (What clubs/ activities interest you? How will you be involved? Research?)
- 12. What do you like to do for fun?
- 13. How do you define success?
- 14. What is your favorite book?
- 15. Where do you see yourself in 10 years?

Step III: The College Application

After you have made your final college choices (6-10 schools), the next, and **MOST IMPORTANT**, step in this process is filling out your applications.

Read through each school's application in its entirety before you begin. Though the majority of colleges are very similar in what they ask, there are differences amongst them. We recommend putting all of your supplements onto a separate Google Doc/Word document so you can visually see how many you have to write.

Utilize Naviance, your planner, and consider creating your own Excel sheet of all materials needed. You should know when each application is due, what each school requires, and be tracking the dates that you have sent your application materials. The counseling office has an Excel sheet on file; ask your counselor if you would like a copy.

The Common Application: This is how you will be sending the majority of your applications. Be sure to use your school email address and write your password down somewhere safe!

Non-Common Application Schools: Schools, which you are applying to either directly to the institution or using the Coalition Application, must be brought to the

attention of your counselor. ALL schools must be listed on Naviance, with the correct deadline listed. If the school requires counselor material to be sent through the mail, YOU must provide your counselor with a large yellow envelope, marked with the correct address, and three Forever Stamps.

<u>SUNY Applications</u>: We prefer that you utilize the Common Application for applying to SUNY schools. Though special circumstances, such as applying to FIT, a BFA Program or EOP program, may require you utilize the SUNY Application.

<u>CUNY Applications:</u> You can only apply to CUNY schools through their portal <u>www.cuny.edu</u>. The application should be completed before December 1^{st,} and you can apply to up to six schools with one fee. You will need your Social Security Number on hand to begin the application. Be sure to send your official SAT Scores to CUNY/UAPC (Code 2950), rather than each individual CUNY school. **On Naviance you MUST LIST "The City University of New York-CUNY" for your transcripts to be sent!**

A. Types of Admissions Options

Regular Decisions (RD): Regular decisions is the normal application process in which you apply to the school, typically by January 1st, and hear back from that school by April 1st.

Rolling Decision (ROLL): Rolling decision means that colleges are filling their freshman pool one by one. You should apply early to rolling schools, as spots may fill up faster than other colleges or universities.

Early Action (EA): Applying early action requires you to apply to the school earlier, typically by November 1st or 15th, then you receive your decision earlier, typically by January 1st. You can typically apply to as many schools as you wish EA, but there are some schools who do not allow this. Make sure you check each school's policy. Though many schools may offer to put you in the Regular Decision pool if you are not accepted through EA, this does not always happen. Therefore, be careful which schools you apply to EA, as sometimes the RD pool is less competitive and you have a better chance at being accepted then.

Early Decision (ED): Early decision is a binding agreement between the student and the college. Early decision means that you have researched, visited, and can say with certainty that if you are accepted, you will attend that school. You, your family, and your counselor must discuss and agree to this application decision.

Pros to ED:

- At highly competitive schools, applying ED may increase your chance at being admitted to the college or university. Though that should not be your sole reason for applying, it may be something to consider.
- Applying ED shows the college or university that they are your absolute top choice, and they know that you are committed to their institution.
- If you are accepted, you will know by December of your senior year the college or university
 you will be attending.
- Some schools offer the opportunity for you to be placed in the RD pool, without a binding
 agreement, if you are not accepted through early decision. Each college is different though,
 so be sure to check!

Cons to ED:

- Since you are only applying to one school, you will not be able to compare other schools'
 financial aid packages. Though they try to meet financial need, colleges may be less inclined
 to give additional aid to try and "sway" your decision to attend that institution.
- Early decision is often a very competitive applicant pool.
- If you are rejected ED, it can be devastating, seeing as you were 100% certain that that college or university was the one for you. It may take months until you hear from another college or university; keep in mind how this will affect you!

B. Special Programs & Opportunities

<u>CUNY Macaulay Honors College</u>: Macaulay is the honors college at the City University of New York. Students enroll at one of the eight CUNY senior colleges (Hunter, City, Baruch, Brooklyn, Queens, Staten Island, John Jay, and Lehman). Students receive full tuition scholarship, apple laptop, intensive mentoring, grants to pursue research and global learning, priority course selection, and at select schools, free room and board for up to two years.

<u>CUNY Search for Elevation, Education, and Knowledge (SEEK)</u>: SEEK is a higher educational opportunity program that provides academic and financial support to students who qualify based on specific income and academic criteria.

SUNY Educational Opportunity Program (EOP): The State University of New York Educational Opportunity Program provides academic and financial support for students who may typically be overlooked in the admissions process. EOP believes that these students show promise to succeed in a rigorous academic institution, and provides services in order to help them achieve success. In order to be eligible you must be:

- A New York State resident for 12 months prior to enrollment;
- Require special admissions consideration; and

 Qualify as economically disadvantaged according to the guidelines. In selecting students for the program, priority is given to applicants from historically disadvantaged backgrounds.

Higher Education Opportunity Program (HEOP): The Higher Education Opportunity Program provides supportive services and financial aid to New York State residents attending independent colleges and universities in New York State. In order to be eligible:

- Have been a resident of New York State for one year preceding your term of entry into HEOP.
- Be <u>educationally disadvantaged</u>. An educationally disadvantaged student is a student who otherwise would not be accepted as a matriculated student under the institution's normal admissions standards in the degree program for which application is made.
- At open admissions institutions, an educationally disadvantaged student must meet one of the following criteria: Meet other acceptable academic criteria, which differentiate the HEOP student from regularly admitted students (e.g., lower test scores, lower GED scores)
- Have the potential and motivation for successful completion of college.
- Be <u>economically disadvantaged.</u>

C. The College Essay

Writing Your College Essay: The essay provides an opportunity for you to show your individuality and creativity in your application. IT IS THE ONLY PART OF THE APPLICATION YOU HAVE FULL CONTROL OVER; TAKE ADVANTAGE! Colleges want to know what makes you special: being the organizer of a community service project, playing in a band, participating in a religious or political group, etc.Colleges also want you to tell them about those parts of your personality and character that make you different from the rest of the applicant pool. The essay can add personality to a folder filled with paper and data. It is the most exciting and revealing piece of the application, so be prepared to spend a decent amount of time on it!

Check out these tips before you sit down to write your essay:

- 1. Be yourself! Too many students make the mistake of attacking essays by asking themselves, "What does the admissions officer want to hear?" This leads to writing that sounds like many other essays and is devoid of any individual personality. Allow for parts of your character to emerge in your writing and be honest in your words. Do not try to be somebody who you are not.
- **2. Avoid writing in strictly biographical facts.** "I am a senior at Notre Dame. I play basketball and am interested in studying biology....." Remember that you have already given them a great deal of factual information in other portions of your application. The essay is an opportunity to

elaborate on some of those facts. What do you enjoy about basketball? Why is biology of interest to you?

- **3. Pick a topic of genuine interest**. You should write about what really interests you. Admissions officers look for commitment, enthusiasm, and passion from applicants. These traits can only come through in your writing if you choose a subject that elicits emotion on your part.
- **4. Do not feel that you must be perfect.** Many good essays contain admissions of a candidate's weaknesses as well as strengths. Strengths may seem all the more believable because of the honesty shown in the writing.
- **5. Be aware of length limits.** Colleges often impose limits on the length of an essay because of the volume of applications they receive. Essays that go well beyond the requested length are likely to annoy the reader and do more damage than good.
- **6.** Do not attempt to use essays that you have seen in books or on the Internet. Admissions officials have read the same books and are plugged into the same websites. It is illegal to plagiarize and will lead to an outright rejection, if not worse. **Do NOT do it!**
- **7. Proofread, Proofread!** There is no excuse for any type of error in an essay of this importance. Grammar and spelling errors will detract from the message you are trying to convey. Let someone else (teacher, parent, older sibling) read your essay, both to review clarity and to catch any mistakes you might have missed. Also, read your essay aloud. This is a good way to catch mistakes and hear if something sounds funny or off.

D. Responsible Parties: The Student, Teacher & Counselor

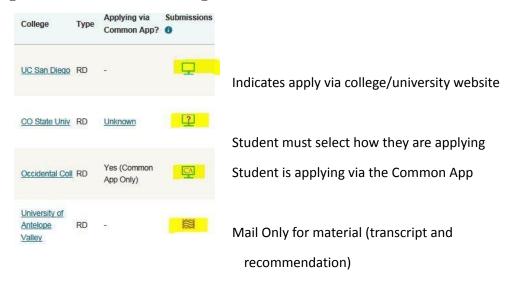
Application Requirement	Responsible Party	How/ When
Test Scores (SAT/ACT)	Student	Send after the last test taken via
		www.collegeboard.org or
		www.actstudent.org
Online Application	Student	Submit electronically by deadline
Essay & Supplemental Forms	Student	Submit electronically or by mail
		deadline
SSR (Secondary School Report)	Counselor	Sent electronically with transcript
		by deadline with Counselor
		Recommendation
Transcript	Counselor	Sent electronically with SSR by
		deadline
Mid-Year Report	Counselor	Sent electronically after Semester
		1 grades are submitted
Teacher Letter of	Teacher	Usually through Naviance, by
Recommendation		deadline you have listed on
		Naviance

1. THE STUDENT'S PART:

You will submit your application online, which will include your biographical information, resume, and essay. Be sure that you follow all directions and answer all questions thoroughly.

- You must submit your application online by each individual college deadline.
- ✓ The ESSAY QUESTION (OR PERSONAL STATEMENT) is a very important part of your application. A Notre Dame Faculty member should always check the final edits. Check with your counselor before essays are submitted.
- ✓ Colleges may require additional essays known as <u>WRITING SUPPLEMENTS</u>. You must be aware of each individual college's writing supplements. These should be given just as much time, attention, and editing as the main college essay!
- If an interview is required or suggested, schedule one on the website by AUGUST for an appointment. Many colleges already have their interviews scheduled from now through November or December. Do not lose your opportunity! If the admissions representative is one that visit's Notre Dame, ask them if they are available to meet with you for an interview!
- ✓ Regarding <u>TEST SCORES</u>, read the college's requirements for both SAT/ACT or AP Scores (international schools) You should know which schools require standardized tests. The student is responsible for deciding whether they would like to apply to a school test optional, if the school permits.
- ✓ <u>SENDING YOUR OFFICIAL SAT SCORES</u> is a very important part of the application process. Almost all colleges and universities require official score reports sent from The College Board or ACT. Your application, in many cases, will not be processed by a college unless they receive your official scores.
- ✓ Request teacher recommendations on Naviance, this must be done by September 15th!
- ✓ All schools must be listed on Naviance, along with the correct deadline.
- ✓ The method in which the student is applying must be correctly listed on Naviance (RD, EA, ED)

Example of Submissions Options on Naviance



2. THE COUNSELOR'S PART

This portion is usually called the "Secondary School Report" or "Counselor Report Form." This part requires that your counselor provide some basic information about you, as well as a recommendation. To complete this form, if you are applying to a school, which does not accept the Common App or NAVIANCE, fill out the applicant's section (usually located on the top of the form). Then, place it in an envelope addressed to the college with the return address of Notre Dame. The envelope for the Secondary School Report should be size 6X9 (see page 15) and have sufficient postage. Your name should be written in pencil on the inside of the flap of the envelope. Then, give envelopes to your counselor. It is the student's responsibility to be aware of each school's method of transcript and recommendation submission and to prepare all necessary envelopes for her counselor and teachers. Naviance indicates which schools accept only mail-in recommendation via the stamp icon.

All material you want processed must be placed on Naviance AT LEAST 1 MONTH BEFORE IT IS **DUE IN THE OFFICE OF THE COLLEGE.** For example, if a report is due in December 1st to Cornell University, you must submit it to us by November 1st if you expect it to be processed in time.

If you want something mailed out by Christmas it must be submitted by November 23rd. If you do not meet this deadline, you risk your application being considered incomplete.

TRANSCRIPTS:

- Are sent via Naviance unless otherwise indicated by the school
- No transcripts will be sent until all financial obligations have been met.
- An official transcript, your Counselor's Recommendation and the Notre Dame School Profile are always sent in this portion. Therefore, sufficient postage (3 stamps) and a large enough envelope, as described above, are necessary for proper delivery. SEE PAGE 28.

3. THE TEACHER'S PART

Many schools ask for two **Teacher Recommendations**. Decide on which teacher(s) you would like to request a recommendation from. A teacher has the right to refuse, limit or give specific directions on how s/he will write a recommendation. Hopefully you will have requested your teachers' recommendations by the end of junior year. **You must check back in with your recommender when you return in the fall** In general, you should give your teacher(s) time (30 days) to write your recommendation. This, as you know, is above and beyond their already full schedules. All teachers will submit recommendations via Naviance unless otherwise noted.

If the college supplies a form, be sure to fill out the applicant's section. Then, place it in a white business-size envelope (see page 15) with 1 stamp addressed to the college with the return address of the NAME of the TEACHER and the address of NOTRE DAME. You should write your name in pencil on the inside flap and the date it is due. If no form is supplied, simply follow the above procedure for the envelope only. **SEE PAGE 28.**

Teacher recommendations are very important, as is the counselor's summary. It is best to ask a teacher who taught you recently or one who knows you well.

How to Request a Teacher Recommendation on Naviance

- 1. From the Colleges tab, students will click on a new link, titled Letters of Recommendation.
- 2. On the recommendation request page, students will click on the blue Add Request button to submit their requests, one teacher at a time or for all applications.
- 3. The student should select a teacher from the drop-down list. It is important to note that teachers will only be available in this drop-down list if they have been added to Naviance, given a user account, and had the box checked to appear in this teacher drop-down list. If the teacher is missing from the drop-down list, students should contact a school staff member.
- 4. The student should determine if they want the teacher to write a letter of recommendation for specific colleges on their College's "I'm Applying" to list or for all current and future colleges they add to their list.
- 5. If the student selects all current and future colleges I add to my Colleges I'm Applying To list, colleges on the student's list are not shown. (Selecting this option indicates you want the teacher's recommendation to be submitted to every college you apply.) **(RECOMMENDED)**
- 6. The student can add a personal note (up to 3000 characters) to the teacher and highlight any important aspects of their applications (such as first choice schools, early decision applications, intended major or degree of study), that they may want the teacher to consider when writing a letter of recommendation.
- 7. The student should click the Submit Request button at the top or bottom of the screen, which returns them to their recommendation status page. At the top of the screen, a green status bar shows the teacher's name and the number of requests for the student.
- 8. From here, he or she will see the status for all Teacher Recommendations requests that have been made. (All applications or college specific)

E. Additional Report Requested From Colleges

7th Semester Grades (Mid-Year Report)

Many colleges and universities ask for a 7th semester grades (Mid-Year Report). This is required when a college wants to know how well you did during the first semester of your senior year. It is a report of your grades and rank through January and is generally ready to be mailed by mid-February. Decisions on early action or early decision applications are made before this report is ready and are based on the high school record for the first three years. In addition, colleges may base their admissions decisions on the 7th Term Report because they do not receive a final transcript of your grades until you graduate.

7th term reports are not automatically sent out for schools not on the Common App. You must know if your colleges require this. If so, enter the information in the transcript request binder under "7th Term Report" and give the envelope to your counselor, similar to what you did for the secondary school report. If a college does not require a 7th term report but you would like to have it sent follow the same procedure. The envelope should be legal size, as shown below.

Wait.....It's not over yet!

After I have applied to college checklist:

- ✓ I have checked in with my counselor that all material has been sent.
- ✓ My official SAT and ACT scores were sent to <u>each</u> college that requires them.
- ✓ I wrote my recommenders a thank you note.
- ✓ I have the login for every application portal, assigned to me by the colleges I applied to
- ✓ I have interviewed with each school that requires an interview.
- ✓ I have called my schools to assure they have EVERYTHING they need.
- ✓ My Naviance is completely correct, listing only the schools that I have applied to.
- ✓ If I added a school after November 1st, I emailed my counselor to let them know.

After I have been accepted to college checklist:

- ✓ I have brought my counselor a copy of every acceptance letter and scholarship award.
- ✓ I have verified that my financial documents have been received, and any supplemental sheets have been handed in.
- ✓ I have told each college which I will not be attending, that I will not be attending so that they can offer admission to another student.
- ✓ If I was waitlisted, I have spoken to my counselor, and written a letter to that college or university demonstrating my interest.

F. College Acceptances

Congratulations! You have been accepted into several colleges. Before you decide which one to attend, make sure you consult with your parents and with the Counseling Department. Some factors you may wish to consider are the reputation of the college, its locations and the financial aid package you have received. If the financial package from your first choice is not sufficient to meet your family's needs, you need to contact the college to appeal your package and discuss additional assistance. YOU MUST SEND YOUR COUNSELOR COPIES OF ALL ACCEPTANCES!

• FINAL TRANSCRIPT

This is the final part of the application process. Your completed transcript, indicating the date of your graduation, is sent to one college, the college you tell us you are going to attend. Notice of graduation from Notre Dame is the last requirement for college admission. All acceptances can be revoked if one does not graduate in good standing. YOU SET ATTENDING COLLEGE ON NAVIANCE IN ORDER FOR YOUR FINAL TRANSCRIPT TO BE SENT!

STEP III: Paying for College



Financial aid is one of the most complex facets of college admissions.

Qualification for need-based aid is determined through a variety of measures, and many schools offer some form of merit scholarship. These scholarships can vary in amount, and can make private college tuition more competitive with public college alternatives

Kinds of Financial Aid

Your financial aid package will depend on your "financial need", on your academic records, and on additional qualities. Three kinds of financial aid are available:

Grants: Financial awards, which do not have to be paid back.

<u>College Loans:</u> Financial awards made with a formal agreement for repayment with interest <u>Work-study:</u> A federally funded program that provides part-time employment to students to earn money for educational expenses.

What is an FSA ID?

- The FSA (Federal Student Aid) ID gives you access to Federal Student Aid's online systems and can serve as your legal signature. Allowing you to you to: (1) electronically sign your FAFSA, (2) check the status of your electronic FAFSA, and (3) make any changes necessary to your personal information online

- THIS MUST BE DONE BEFORE YOU CAN BEGIN YOUR FAFSA. THIS IS STEP 1!

What is the FAFSA?

- The FAFSA is the Free Application for Federal Student Aid. The federal government uses it to determine your eligibility for federal aid, which includes grants, scholarships, work-study and loans. The FAFSA becomes available on October 1 of each year.

What is the Student Aid Index

The Student Aid Index (SAI) is a number that determines each student's eligibility for certain types of federal student aid, including Pell Grants. This number is calculated with the SAI formulas, which use the information that students provide on the FAFSA® form. All applicants will have a calculated SAI, but not all applicants will be determined to be eligible for a Pell Grant.

Visit

https://fsapartners.ed.gov/sites/default/files/2024-01/20242025FAFSAPellEligibilityandSAIGuide.pdf

What is a SAR?

- A Student Aid Report (SAR) is a report that is generated after you complete your FAFSA. It contains all the information you wrote or entered on the FAFSA, and it is your official record or proof that the federal processor received your FAFSA. You should receive a SAR 1-2 weeks after filing.
- Note your Data Release Number (DRN), a four-digit number located on the bottom left-hand corner of your SAR. You will need it to apply for aid to any school you did not originally list on your FAFSA.
- Check if your SAR has been selected for verification. If there is an asterisk (*) after your EFC, it means your SAR has been selected for verification.

What is the CSS PROFILE?

- The College Scholarship Service (CSS) profile determines your eligibility for non-governmental financial aid, such as the college's own grants, loans and scholarships.
- When you register for the CSS Profile, you will need the PROFILE code of the school or program to which you are applying. You can find a worksheet for this at www.finaid.org/fafsa/cssprofile.phtml. You can register for the CSS PROFILE online at https://cssprofile.collegeboard.org/
 - The CSS Profile asks more comprehensive questions than FAFSA, collects more information.
 - 50+ Colleges & Universities require the Profile to be completed.
 - You cannot receive institutional aid without the Profile, though you are still eligible for state and federal aid.
 - here is a fee for sending the CSS Profile, \$25 for initial Profile, \$16/ per additional reports sent. Fee waivers are available for those who qualify
 - Each college and university have specific dates, which the Profile must be completed by.
 Make sure you are aware of each individual deadline!
 - Some colleges may request information from both parents, even if divorced. In the case of an absent parent, a specific worksheet will be requested. **Speak to your counselor.**

Do all schools require me to fill out a CSS Profile?

No! Please check this list to see if the colleges you plan on applying to require you to fill out a CSS Profile. Also, if you are required to fill one out, make sure you are aware of the filing deadline for EACH school.

Financial Aid Checklist

FAFSA Checklist:

- **o** Gather documents. Have your family's W2 forms on file as well as prior-prior year taxes (2022)
- **o FSA ID.** Both you and your parent/guardian must create an FSA ID. This will be your legal digital signature.
- **o** Fill out your FAFSA. Complete your FAFSA form; you may link your FAFSA to the IRS using the Digital Retrieval Tool. You may add up to 10 schools that you are applying to.
- **o** Wait for your Student Aid Report (SAR). This will be e-mailed to you. It is confirmation that your FAFSA has been completed and sent. If necessary, you may now go back into your FAFSA, delete your 10 schools, add any additional schools, and then send again.
- **o Review the SAR.** Be sure that you and your parent/ guardian thoroughly reviews the SAR, and confirms that all information is correct.

CSS Profile Checklist:

- o Check which of your schools require a CSS Profile. Look over this list before beginning, mark each school that the CSS Profile needs to be sent to: https://profile.collegeboard.org/profile/ppi/participatingInstitutions.aspx
- **o Register for the CSS Profile.** Go online, with your same documents used for FAFSA at hand, and complete the CSS Profile with a parent/ guardian.
- o Make a list of deadlines. Be sure you are aware of each CSS Profile deadline for colleges.
- o Complete the Profile and print a copy for your records.
- o If you are an ED applicant, Profile is due the same day as application. Some EA schools may also require this; it is your responsibility to be aware of all required material!

New York State TAP Checklist:

- **o** Fill out the TAP online. <u>www.tapweb.org</u>. If FAFSA was completed online, you will be directed to the TAP online application.
- o Keep a copy of the TAP application for record keeping.
- o Review TAP Award letter. If changes need to be made, do so oat www.hesc.ny.gov

Financial Aid Follow-Up

o Check with all college financial aid offices. Be sure colleges have all necessary forms. If

- you are directed to a college/ university portal, check it often. Some colleges may require additional forms, parent tax transcript, and income verification forms to be completed and uploaded.
- **o** Send documents promptly. Award money fluctuates frequently. Missing a deadline for additional documents may result in a decrease of available aid.
- **o** Evaluate all award letters. Review them carefully with your family; bring all award letters to your counselor!

Websites

College Search

Naviance	https://www.naviance.com/
BigFuture by CollegeBoard	https://bigfuture.collegeboard.org/
Niche	https://www.niche.com/
Princeton Review	https://www.princetonreview.com/
U.S News Education	https://www.usnews.com/best-colleges
FairTest- Test Optional Schools	https://www.fairtest.org/
HESC College Fairs	https://www.hesc.ny.gov/prepare-for-college/c
	hoosing-a-major-college/college-fairs.html#hor
	izontalTab2

Career Search

Naviance- Surveys	https://www.naviance.com/
& Questionnaires	
New York CareerZone	https://www.careerzone.ny.gov/views/careerzone/index.jsf
O*Net Online	https://www.onetonline.org/

Financial Aid

FAFSA	https://fafsa.ed.gov/
FSA ID	https://fsaid.ed.gov/npas/index.htm
CSS Profile	https://cssprofile.collegeboard.org/
Higher Education Services Corporation	https://www.hesc.ny.gov/
New Jersey HESAA	https://www.hesaa.org/Pages/Default.aspx
ND College Counseling Website	https://cheznouscollegeguide.weebly.com/fina
	ncial-aid.html

Scholarships

ND (Counseling	Website	https://cheznouscollegeguide.weebly.com/scholarships.html
Scholarshi	ps		
FastWeb			https://www.fastweb.com/
SallieMae			https://www.salliemae.com/college-planning/tools/scholars hip-search/

LendEDU	https://lendedu.com/blog/scholarships
Niche	https://www.niche.com/colleges/scholarships/
UNIGO	https://www.unigo.com/

^{*} SAT/ ACT Test Prep- Links on Page 14 & 15