

SENIORS:

This year is exciting and full of anticipation as you await the uncertainty of next year. Even if you have an idea of what's to come, there's no doubt that next year will be a time of transition. Right now, you are taking steps closer to being an independent, young adult. You're juggling the extracurriculars, part-time jobs, and school that you always have... but your life is a bit more stressful as you daydream about next year.

My hope is that these sheets can be a resource for you to think through, plan with, and stay organized for the next few months.

I want you to know that I'm on your team. Count on me to answer your questions, calm your nerves, and help you work towards your plans and goals that you have for life after graduation.

SINCERELY,

Your School Counselor

my deadlines page

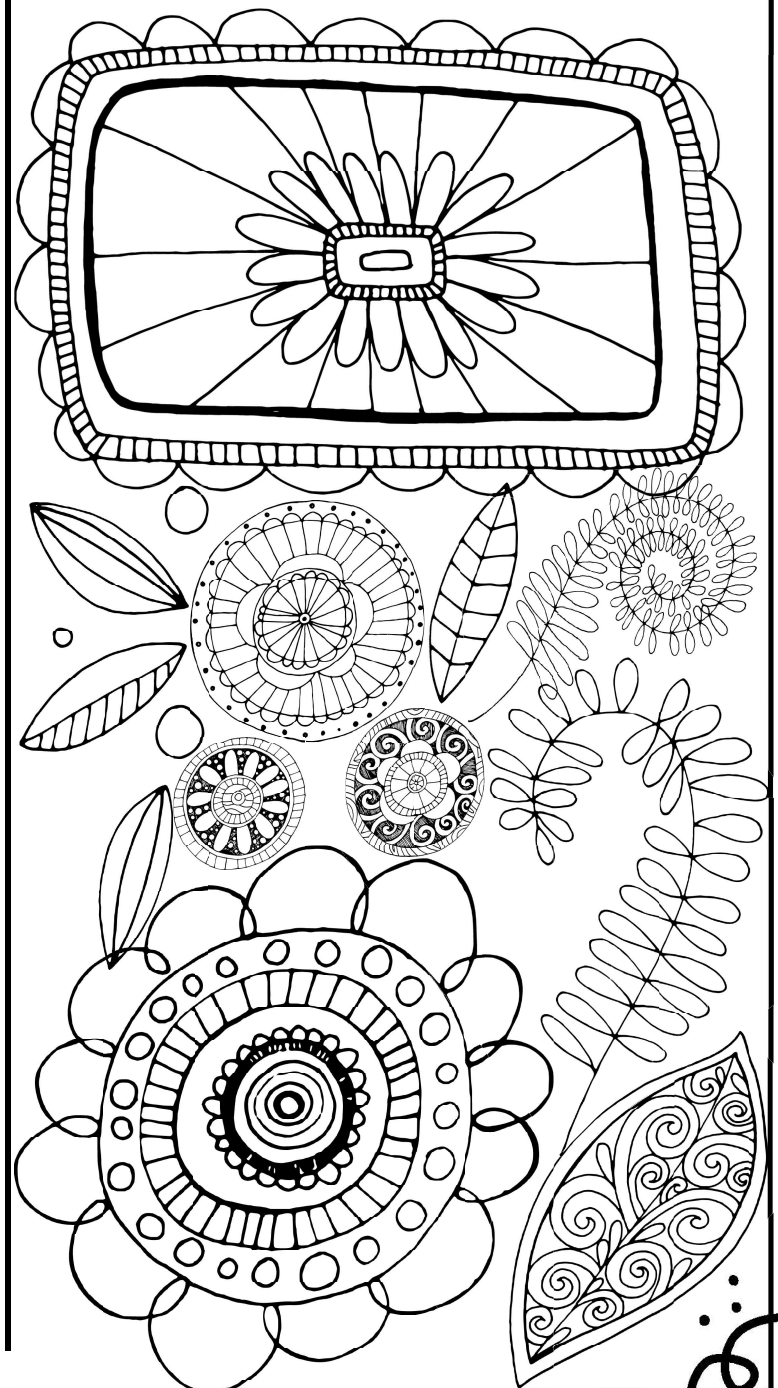
month: _____	month: _____	month: _____
month: _____	month: _____	month: _____
month: _____	month: _____	month: _____
month: _____	month: _____	month: _____

my TO-DO list

GET STUFF
DONE

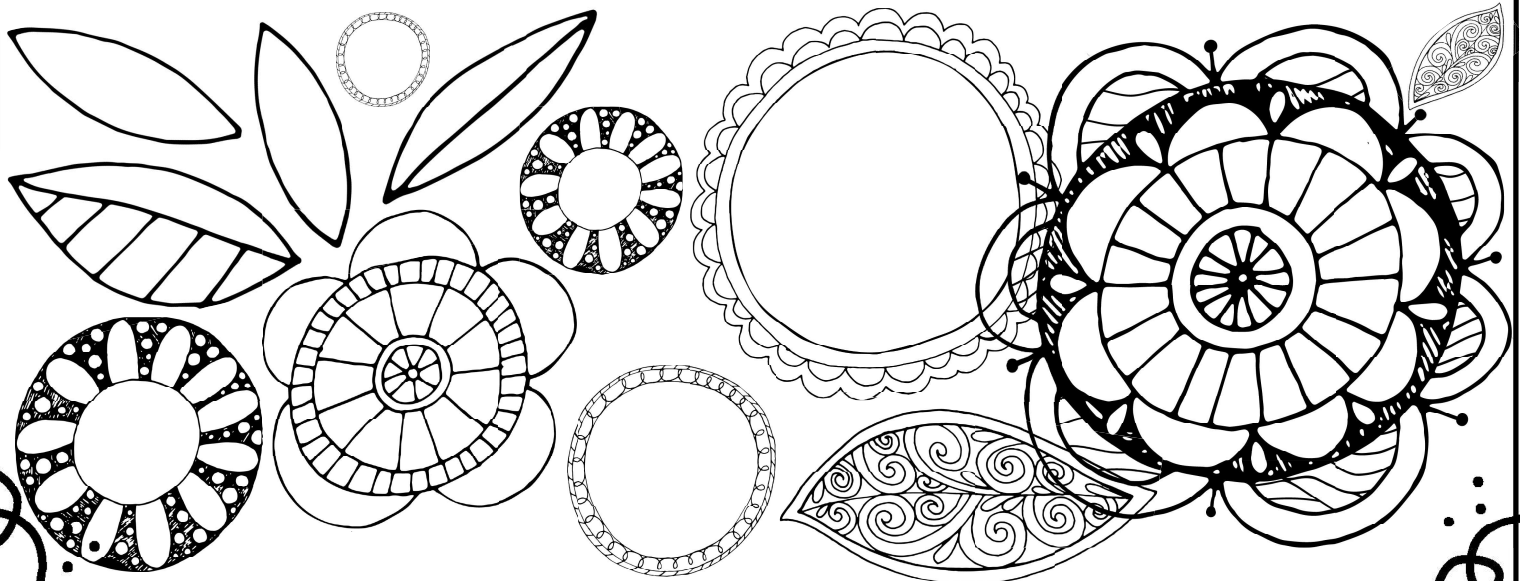
RELAX

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



my college list

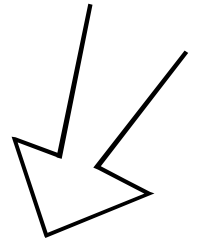
COLLEGE NAME	DECISION TYPE <small>EARLY DECISION • EARLY ACTION • REGULAR</small>	APP DEADLINE	TRANSCRIPT SENT	TEST SCORES SENT



application to-do list

1 SUBMIT AN APPLICATION ONLINE

apply directly through a school's website or use a different portal like Common App, Coalition, or the Common Black Application



BE AWARE OF APPLICATION DEADLINES

2

- Early Decision: binding
- Early Action: hear back sooner but not binding
- Regular Decision: later deadline and not binding

QUICK CHECK

DO THEY HAVE MY MAJOR? ____
IS IT A GOOD FIT IN TERMS OF:
SAT ____
ACT ____
GPA ____

5

- check to see if letters of recommendation are required
- ask your recommenders at least 2 weeks before the deadline

3

follow your school counselor's directions for requesting and sending your transcript to colleges

1.
2.
3.

Name 3 people who would write strong recommendations for you:



4

send your SAT and ACT test scores to colleges through the testing agencies

SAT: www.collegeboard.org
ACT: www.actstudent.org

EXAMPLES: SCHOOL COUNSELOR, TEACHER, COACH, MUSIC INSTRUCTOR, CLUB SPONSOR, EMPLOYER

Financial aid

TERMS TO KNOW

Grants and Scholarships: gift aid that does not have to be repaid

Loans: aid that must be repaid with interest usually starting 6 months after graduation

FAFSA: Free Application for Federal Student Aid- the online application that determines if a student can receive government financial aid

SAR: Student Aid Report- the final summary report that comes from filling out the FAFSA; this shows how much money the family needs for college

EFC: Expected Family Income, a term on the FAFSA and SAR which says how much a family is expected to pay for a student's college tuition based on information given on the FAFSA

Tuition: cost of college classes (not technology fees, room and board, meal plans, books, or other fees)

financial aid

Free Application for Federal Student Aid ... FAFSA.GOV
OPENS OCTOBER 1ST

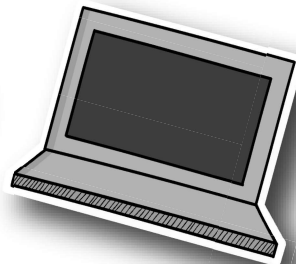
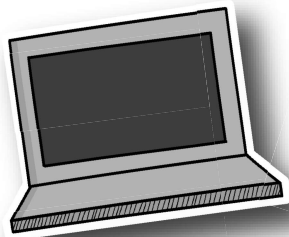
WHAT YOU'LL NEED:

SOME SCHOOLS ALSO ASK FOR THE CSS PROFILE IN ADDITION TO THE FAFSA FOR A BETTER PICTURE OF YOUR FAMILY'S FINANCIAL SITUATION

- FSA ID FOR STUDENT
- FSA ID PASSWORD FOR STUDENT
- FSA ID FOR PARENT
- FSA ID PASSWORD FOR PARENT
- SOCIAL SECURITY NUMBER
- FEDERAL INCOME TAX RETURNS, W-2, OTHER RECORDS OF MONEY EARNED FOR YOURSELF AND YOUR PARENTS

(THIS CAN GENERATE FROM LINKING THIS FAFSA ACCOUNT TO YOUR IRS ACCOUNT)

- RECORDS OF NON-TAXABLE INCOME IF APPLICABLE
- BANK STATEMENTS AND INVESTMENT ACCOUNTS
- RECORDS FOR UNIQUE FAMILY CIRCUMSTANCES



BRAG SHEET & ESSAY BRAINSTORM

3 WORDS I USE TO DESCRIBE MYSELF:

HOW OTHERS SEE ME:

THE THING I'M MOST COMMITTED TO AND WHY:

SOMETHING I'M REALLY PROUD OF:

SOMETHING I'VE OVERCOME:

WHERE I SEE MYSELF IN 5 YEARS:

SOMETHING UNIQUE ABOUT ME:

My Resume

Work Experience

Organization

Position Title

Start Date

End Date

OR

Currently Employed

Description

Average Amount of Hours Spent Per Week

Volunteer Experience

Organization

Position Title

Start Date

End Date

OR

Currently Volunteering

Description

My Resume

Clubs/Organizational Involvement

Organization

Leadership Title (If Applicable)

Member Since

Description

Average Amount of Hours Spent Per Week

Organization

Leadership Title (If Applicable)

Member Since

Description

Average Amount of Hours Spent Per Week

Sports Involvement

Team or Sport

Leadership Title (If Applicable)

Member Since

Description

Average Amount of Hours Spent Per Week

Team or Sport

Leadership Title (If Applicable)

Member Since

Description

Average Amount of Hours Spent Per Week

My Resume

Achievements and Awards

Award Title

Organization

Date Presented

Description

Award Title

Organization

Date Presented

Description

Musical Involvement

Instrument

Organization

Participant Since

Description

Awards or Recognitions

Average Amount of Hours Spent Per Week

Leadership Positions

QUESTIONS

TO ASK AN

admissions counselor

- WHAT IS THE AVERAGE INCOMING FRESHMAN'S SAT/ACT TEST SCORE?
- DO YOU HAVE _____ CLUB OR ORGANIZATION ON CAMPUS?
- WHAT IS THE AVERAGE GPA OF YOUR ACCEPTED STUDENTS?
- DOES YOUR SCHOOL HAVE ANY UNIQUE TRADITIONS?
- WHAT ARE THE MOST POPULAR MAJORS AT YOUR SCHOOL?
- ARE THERE ANY DIVERSITY INITIATIVES ON YOUR CAMPUS?
- WHAT PERCENT OF YOUR STUDENTS ARE FROM IN-STATE VERSUS OUT-OF-STATE?
- DOES YOUR SCHOOL OFFER OPPORTUNITIES FOR RESEARCH WITH PROFESSORS?
- DO YOU GIVE MERIT BASED SCHOLARSHIPS? DO YOU GIVE NEED BASED SCHOLARSHIPS?
- WHAT IS THE AVERAGE CLASS SIZE?
- DO ALL FRESHMEN LIVE ON CAMPUS?
- HOW MANY CREDITS CAN A STUDENT BRING IN FROM HIGH SCHOOL?
- CAN STUDENTS HAVE CARS THEIR FRESHMAN YEAR?
- DO YOU HAVE PROGRAMS OR COHORTS FOR FIRST GENERATION STUDENTS?
- HOW ARE ROOMMATES PAIRED OR PICKED?
- ARE THERE OPPORTUNITIES FOR SCHOLARSHIPS AFTER MY FRESHMAN YEAR?
- ARE MEAL PLANS REQUIRED FOR ALL FRESHMEN?
- DO YOU HAVE A STUDY ABROAD PROGRAM?
- WHAT PERCENT OF STUDENTS PARTICIPATE IN GREEK LIFE?
- DO YOU HAVE OPPORTUNITIES FOR WORK-STUDY ON CAMPUS?

THE IMPORTANCE OF

self care

I HAVE NO IDEA
WHAT I'M DOING
NEXT YEAR.

EVERYONE ELSE HAS IT
ALL TOGETHER, AND
I DEFINITELY DON'T.

AM I THE ONLY ONE
THIS STRESSED OUT?

THIS IS A STRESSFUL SEASON! YOU'RE NOT ALONE!
REFRAME YOUR NEGATIVE THOUGHTS INTO POSITIVE ONES.

I CAN WORK WITH MY SCHOOL
COUNSELOR TO FIGURE OUT A
PLAN FOR NEXT YEAR. THEY
WANT TO HELP ME BE
SUCCESSFUL!

IF I STAY ORGANIZED AND
AWARE OF MY DEADLINES,
I CAN MINIMIZE MY STRESS.

I CAN MANAGE MY STRESS
WITH PRACTICE.

SELF CARE CHECKLIST

Practice slowing down and caring for yourself in the
midst of a stressful school year:

- | | |
|--|---|
| <input type="checkbox"/> GO FOR A WALK WITH A FRIEND | <input type="checkbox"/> TAKE A BATH |
| <input type="checkbox"/> CREATE A NEW PLAYLIST AND ENJOY IT | <input type="checkbox"/> READ A GOOD BOOK |
| <input type="checkbox"/> CALL SOMEONE ON THE PHONE TO CATCH UP | <input type="checkbox"/> TAKE A BREAK FROM SOCIAL MEDIA |
| <input type="checkbox"/> WATCH A MOVIE OR TURN ON A TV SHOW | <input type="checkbox"/> COOK A MEAL OR BAKE A DESSERT |
| <input type="checkbox"/> COLOR, PAINT, OR CRAFT | <input type="checkbox"/> SHOOT A BASKETBALL |
| <input type="checkbox"/> JOURNAL THINGS YOU'RE THANKFUL FOR | <input type="checkbox"/> TRY A NEW HOBBY |
| <input type="checkbox"/> GET ENOUGH SLEEP AT NIGHT | <input type="checkbox"/> ORGANIZE OR CLEAN SOMETHING UP |
| <input type="checkbox"/> OTHER: _____ | |