Post-Secondary Planning Guide

School Counseling Department

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A Letter from the Director

Welcome to your child’s senior year!

Our Counseling Department has been involved in your child’s high school experience to address their needs in the areas of personal and social development, academic development, and preparation for their career development.

This fall we will meet with your child to discuss topics pertinent to the transition from high school. These include applying to college and post-secondary planning, informational meetings coming up this fall, and other important details to wrap up senior year.

Your child’s counselor will be sending home a letter that outlines how many credits your child has earned, and what is still needed to meet graduation requirements. Each senior student’s schedule is designed to make sure requirements can be met for graduation in May, 2019.

Please take time to review this important resource with your senior student. Your child’s counselor is available to answer questions and assist with transition during this important final year of high school.

We have worked to encourage all our graduates to be prepared with basic requirements for a variety of post-secondary programs. Congratulations on your soon-to-be graduate!

Sincerely,

Susan Matthews
Director of Counseling
A+ Scholarship Program—Provides scholarship funds to eligible graduates of A+ designated high schools who attend a participating public community college or vocational/technical school, or certain private two-year vocational/technical schools.

Associate Degree—A degree awarded by community colleges and technical colleges upon completion of a course of study typically lasting two years. (Associate of Arts/Science)

Bachelor Degree—A degree granted by a college or university upon completion of a course of study typically lasting four years. (Bachelor of Arts; Bachelor of Science)

Common Application—College application service used by over 600 colleges and universities allowing applicants to submit one basic form to multiple schools. (www.commonapp.org)

Cumulative Record—The complete record of all courses and grades during high school (grades 9-12). Your cumulative record is also called your transcript.

Early Action—An admission policy of highly selective colleges. Deadlines for applications are accelerated and allow for a decision by mid-December. If accepted, this application is non-binding.

Early Decision—Similar to Early Action, this admission policy allows for an accelerated application process. Offered to well-qualified candidates who are committed to attending their choice of college. This is a binding agreement and acceptance under this policy requires the applicant to withdraw application from all other schools.

FAFSA—The Free Application for Federal Student Aid is used by aid providers to determine a student’s Expected Family Contribution (EFC). EFC varies from student to student and is based on the specific financial situation of the family.

Liberal Arts College—A four-year college that emphasizes subjects such as literature, philosophy, history, languages, and basic science.

Open Admission—An admission policy that requires only a high school diploma or GED. Most community colleges and technical colleges have open admission.

Priority Deadline—The date to submit applications for admission as well as financial aid/scholarship consideration.

Private College/University—A school that is funded through non-public funds.

Regular Admission—The application policy that requires submission of application materials no later than a specified deadline. Admission decisions are typically received in March.

Rolling Admission—An application process where a completed application is acted upon when received. Students are admitted on a continuing basis. University of Missouri—Columbia is an example of rolling admission.

Secondary School Reports—Also called Counselor Recommendation, this is the report submitted from your counselor to schools requiring information beyond your transcript. Not all schools require this report, but it is your responsibility to contact your counselor if it is a part of your application.
Students graduating from high school have a variety of options available for their next step in life. These opportunities may include:

**Four-Year Colleges** — Options in four-year colleges and universities are great. They offer bachelor’s degrees which are typically completed after four years of full-time attendance. Colleges and universities can be public or private; in-state or out-of-state; research or liberal arts.

**Two-Year Colleges** — Most common type of two-year colleges are community colleges. These programs often result in associate’s degrees. Typically less expensive than four-year colleges, many students decide to attend a two-year school and then transfer to a four-year college.

**Technical Colleges** — These colleges offer certificates, diplomas, and associate’s degrees. Length of study is determined by program choice, but most are two-years in length. The course of study in the programs are highly specific and may be a good choice for students wanting to enter the workforce quickly.

**Military** — In addition to service to the country, the military provides many educational and training opportunities. If this is an option that you would like to pursue you might consider speaking with one of the recruiters who are available many days during lunch.

**Apprenticeships** — This job training option involves following a master of the trade rather than a more formalized school. Many professions, like carpenters, masons, and plumbers utilize apprenticeships.

**Employment** — Students may choose to enter the workforce directly from high school graduation. Having an updated resume may help in your job hunt.

**Gap Year** — Choosing a gap year is making the decision to pause admission to college while working on personal and professional goals. Some students use this time to volunteer, learn a trade, or self-sufficiency skills.
Finding the Best Fit

The process of finding programs of study for after high school can be daunting. The options seem endless. There are a lot of choices for students graduating with a high school diploma. Happily, the best place to start is the same for all students.

Planning with the end in mind— Students need to start by thinking about their career aspirations. Thinking about ultimate goals helps decide on what steps to take. Many web sites, including Missouri Connections, offer interest inventories to help narrow down areas of interest and then connect that with the levels of training needed to reach the goal. More information is included in the Resource section.

Conducting a Program Search— Once you have an idea of what you want to do, you need to spend time finding the college, training program, or apprenticeship that best fits your personality. Some topics to consider:

Distance from Home: Do you want to live close to home or live far away? Being close to home can hinder your ability to experience independence, but being too far away may make you lonely.

Size of School: Do you learn better in a smaller learning community or would you like to be in a large lecture hall? Small schools will offer you more personal involvement, a community atmosphere, and smaller classes, whereas the larger schools tend to be more impersonal, make it easier for you to be anonymous, and have much larger classes.

Setting: Do you want to be in a rural area, in the heart of a large city, or at least have access to a larger city?

Academics: Consider the majors, academic support services, and honors programs each school has to offer. Do you have any special education needs?

Campus Life: Consider the diversity of the campus, residence halls, campus clubs and organizations, fraternities and sororities, and religious programs and opportunities.

Overseas Study Opportunities: Are you interested in studying for a semester or year in another country? Do you want to study abroad as part of a university-led tour group or independently?

Admission Criteria: Do you have the required standardized test score and grade point average needed for admission? What is the percentage of students admitted? What courses are required or strongly recommended for admission?

Cost: Do you have the flexibility to consider an expensive private or public institution or are you limited to a less expensive school?

Scholarships and Financial Aid: Will you qualify for any institutional academic scholarships for which you can apply?

Reputation: What are the strengths and weaknesses of the institution?

There are a variety of web sites that can help find and evaluate colleges and universities based on your criteria. Big Future (https://bigfuture.collegeboard.org/), Cappex.com, and others can help.
**How many colleges should I apply to?** — There is no universal answer to this question since each individual is different. Some students only apply to one or two schools while others may apply to eight or ten. Neither approach is best. After carefully investigating your requirements of a college, you should be able to narrow your choice to approximately 4 to 6 schools that provide the opportunities you want. As you are narrowing your choices, you may want to consider placing schools into the following categories:

**Reach schools:** These schools may be long shots based on your credentials, the admissions selectivity, and the overall cost of the university; however, consider stretching yourself and taking the risk to apply to these institutions.

**Good match/Target schools:** These schools should possess significant features you want in a school, and it should be realistic that you will be admitted.

**Safety schools:** These schools will have many of the features you are looking for, and admission is highly likely.

**Create an organizational tool** — After determining the qualities of a program that are highly important, sort-of important, and not important at all, you can create an organizational tool to help you compare programs. A **template** is available on the Counseling web site, Schoolology, and below. This tool will be helpful not only through the admission process, but also for scholarship searching, and enrolling in the school of your choice. The Journey to College folder also has organizational tools for your use.

**Application Tool:**

**Scholarship Tool:**
Navigating the Admission Process

What do colleges, universities, and certificate programs want to know about you? The information requested from you during the admission process varies depending on the type of school or program as well as the selectivity of the organization. The typical factors are:

**Graduation status**— Are you on track to graduate before the program begins? It is important to remember that your admission to programs is contingent on successful completion of high school. Colleges and universities, for example, do not confirm your admission until the receipt of your final high school transcript.

**Attendance**— Some programs, typically technical in nature, request information regarding the number of days you’ve missed during high school.

**Course selection**— Many programs of study have admission requirements. It is important that you look for these requirements and make sure your course selection meets these requirements. For example, The University of Missouri — Columbia requires some courses that are not part of the basic diploma requirements. For example, a 4th English, a 4th Math, and 2 years of the same world language. Your transcript is a snapshot of the credits you have earned during your time in high school. Please note that the more selective a program is the more rigorous your course selection and performance should be.

**Grade Point Average**— Included on your transcript, your GPA is a numerical representation of your grades in high school. Grades earned the summer before your 9th grade year until your spring semester of senior year are included in the GPA. When you earn high school credit during middle school (typically world language and math), are not included in your GPA.

**Testing**— Programs often have entrance exams to use as part of your admission. Colleges and universities look for ACT or SAT scores. Some more selective schools also require SAT II tests. Community colleges typically use these scores not for admission, but for placement in English and Math courses. It is your responsibility to request your scores to be sent from the testing company to the college or university directly. The military also has a test that they require as part of their recruitment process. It is called the ASVAB. Information about all standardized tests is in the Testing section of this packet.

**Essay**— Many colleges require one or more essays from applicants. This is your opportunity to make a personal impression with the admission board. Essays may be in short answer or longer form. Colleges use essays to measure your ability to communicate in written form, but also your ability to connect and share your values, passions, and interests. Additional tips are available in the Essay section.

**Letters of Recommendation**— The colleges that require the inclusion of letters of recommendation make this apparent in the application areas on their web sites. They typically outline what teachers they would like to hear from. Many want a core teacher (English, Math, Science, and Social Studies from your 10th or 11th grade years) to write a letter of recommendation. The school may also require a letter from your counselor. Teachers and counselors must have at least three weeks to write your letter.

**Resume**— There is not a perfect mix of extra-curricular activities that colleges look for. They do look for commitment, consistency, and leadership roles. When you develop your resume make sure you include school and community activities. In many ways, your resume is an opportunity to brag on yourself. Include volunteer activities as well as employment. Showing a consistent pattern of being involved beyond the school day communicates an ability to manage your time and pursue your passions.
Once you have selected colleges, universities, or programs to apply to, update your organizational tool with all deadlines, pieces of information needed, and begin to complete the applications. Please note that students may apply to up to 10 colleges. **Now is the time to make application to your schools of choice.**

**Application Forms**— Every college or university has information about their application forms, as well as the forms themselves, on their web site. If you need help accessing a computer to make application to your selected schools, please contact your counselor so we can make arrangements for you to use one of our student computers or to get access to the Media Center. Please remember, many schools utilize the Common Application.

**Deadlines**— Every program will have deadlines of some sort. Make sure you spend time looking at the admission web site for the schools you are considering for this information and then record it in your calendar or other organizing tool.

**The steps:**

1. Locate the application
   - Have a copy of your transcript handy to help with filling out parts of your application
   - Some schools may ask for your class rank. We are a non-ranking district. Colleges and universities know this and will not require you to supply the information. Instead, they may ask about your decile or quartile place within the class. Ask your counselor for this information.

2. Make note of the deadline (if any)
   - some schools have priority deadlines for special considerations

3. Determine if recommendations or secondary school reports are required.
   - Approach teachers and counselors with at least three weeks notice
   - Provide your letter writers with a resume and other necessary forms
   - Write a thank you note (not email) and deliver in person a week before the deadline

4. Locate information about essays (if required)

5. Request transcripts from Hickman
   - Forms available in Counseling office
   - Requires $2 per transcript; may take up to 48 hours to process

6. Request test scores to be sent from ACT, SAT, and/or AP Program.
   - Many colleges and universities will not accept scores from Hickman
   - May require an additional fee; contact the testing company

7. Pay the application fee (if any) and submit the application.
   - Students on Free or Reduced Lunch permission can request a fee waiver from their school counselor
Here are the basic activities college-bound juniors should consider including on their calendar:

**September**
- Sign up to take the PSAT
- Get involved in clubs, sports, and/or work opportunities

**October**
- Take the PSAT

**January**
- Select senior classes considering what admission requirements your top choices may have that you need to fulfill. Consider signing up for an ACT testing day through the company website.
- Sign up for the Super Saturday (Oct 13)

**February**
- Develop a test preparation plan for ACT and/or SAT
- Consider summer opportunities for enrichment or employment
- FAFSA Frenzy 2/18 at the Hickman Media Center.

**March**
- Determine A+ program participation status (attendance, grades, tutoring, etc)
- Consider visiting colleges of interest

**April**
- Take an ACT; The date for the district administration of the ACT is yet to be determined, details will be shared as they are available.
- Start your scholarship search for college. Sign up for FastWeb (or other scholarship search program).
- If you plan on competing in college athletics sign up for the NCAA Eligibility Center or the Play NAIA Center

**May**
- Develop a list of 5-10 colleges of interest
- Consider visiting these colleges
- Use the FAFSA 4caster to begin thinking about college costs and contributions
Here are the basic activities college-bound seniors should consider including on their calendar:

**September**
- Continue (or start) using a calendar to make note of deadlines and help with organization
- Locate online applications; request information needed from teachers, counselors, and offices
- Senior Parent Night 9/19 at 6:30 pm
- Register for the October ACT by September 28
- Connect with the NCAA Eligibility Center or the Play NAIA Center (for college athletics)
- Connect with admission representatives visiting Hickman during lunch
- Sign up for, and attend, the Mid-Missouri College Fair (9/26)
- Sign up for ACT Super Saturday on 10/13 ($20)

**October**
- FAFSA application (Federal Financial Aid form) opens 10/1
- FAFSA Frenzy Night 10/8 from 5:00 - 7:00 pm
- ACT test date: October 27
- Financial Aid Night - 10/2 at 6:30 pm
- Keep working on the college applications
- Remember to give people writing letters of recommendation, completing secondary school reports, and/or fulfilling transcript requests at least 3 weeks notice before a deadline
- Have a frank conversation with your parents about college financing
- Begin (or continue) your scholarship searches using Fast Web or similar web site

**November**
- Register for the December ACT by November 2
- All Early Action, Early Decision, and priority deadlines are typically mid-November—Dec 1.
- Give teachers, counselors, and offices necessary forms for recommendations and transcript requests with due dates in January 1-15 no later than the Monday after Thanksgiving break.

**December**
- Mizzou’s priority deadline for scholarships is early December (apply on or before Dec 1 to gain access to the scholarship application)
- Many schools have deadlines in January; letters will not be written and transcripts will not be sent over Winter Break. Please request these items during the first week of December, as needed.
  
  ACT test date: December 8

**January**
- Give your counselor Mid-Year school reports as required by your college or university
- Complete the Hickman Senior Scholarship Form
  
  Register for ACT by January 11

**March-May**
- Continue scholarship search
At Hickman, we encourage students to take their first **college admission test**, either the ACT or SAT, in the spring of their junior year. Columbia Public Schools provides an ACT for each junior in the district in the month of April.

Students can take either ACT or the SAT; colleges will accept results from both. The majority of our students take the ACT, but you are encouraged to research the tests, the colleges and universities you are applying to, and make the best determination for your situation.

To register for the tests you'll need to go to the testing company web site (addresses below). Please make sure you have your scores sent to Hickman (our code is 260720) as well as to the colleges and universities you are applying to.

**ACT**

The ACT has 5 sections:
- English—45 minutes
- Math—60 minutes
- Reading—35 minutes
- Science—35 minutes
- Writing—40 minutes (optional)

Register at [www.act.org](http://www.act.org). The registration process may take up to 30 minutes. Part of the process includes an interest inventory that is optional, but can help connect you to programs that are of interest to you.

**SAT**

The SAT has 3 sections:
- Reading—65 minutes
- Writing and Language—35 minutes
- Math—80 minutes
- Writing—50 minutes (optional)

Register at [www.collegeboard.org](http://www.collegeboard.org). The SAT was redesigned this year.

**SAT Subject Tests**

Some schools require applicants to submit scores from SAT Subject Exams. These are specific subject exams such as World History, Physics, Spanish, etc. There are 20 exams to choose from and each is only an hour long. Register at [www.collegeboard.org](http://www.collegeboard.org).

**ASVAB**

This test is for students considering the military after high school. The Armed Services Vocational Aptitude Battery is designed to measure aptitudes in Verbal, Math, Science & Technical, and Spatial domains. The results are used to determine eligibility to enlist and assign appropriate careers within the military. The test is self-paced, but most people take about an hour and a half to complete. See your counselor to sign up. Test happens Tuesday, November 13.
Visiting the campus of colleges and universities that you are interested in attending is a helpful step in the college search process. A visit is the single best way to confirm a “feeling” about a school. Through a tour, you can experience the atmosphere of the campus, visit a class, and get an overall impression of the quality of fit.

A few things to consider:

1. **Arrange for the visit**— Contact the admissions office and schedule a formal tour. This way they can coordinate schedules and get the best possible tour for you.

2. **Consider two visits**— Going to the campus at different times of the year might help give a more complete picture of what the school is really like.

3. **Visit Days**— Colleges and universities often schedule days that give an opportunity to get a general overview of the school.

4. **Questions about the school**— It is important to be prepared for your visit. Know what your questions are about what the school can offer you. To get a start on your questions ask your school counselor or visit the Schoology resources.

If you are unable to visit a campus directly there are a few options to get the flavor of the school’s atmosphere. **Virtual tours** can be found on college web sites or on [https://www.collegeweeklive.com/](https://www.collegeweeklive.com/) and other such sites (see the Resources section). Admission representatives visit our campus during lunch time and are available to talk with you about what the school has to offer.
Working with the finances for post-secondary opportunities can be overwhelming and daunting. Here are some basic building blocks so you can know the questions to ask and who to ask them to. To support our families and their work with financing training and college programs, we offer several sessions that focus on Financial Aid, Scholarships, and the FAFSA. There is a parent night on September 19 that will cover all college topics, a special topic parent night that focuses on the financial side of college, and the FAFSA Frenzy on October 8 to help you complete the paperwork to apply for financial aid.

Colleges expect students and their families to provide the primary responsibility for paying for a college education. There are three main ways that families finance college:

1. **Prior earnings**: Money set aside through savings and assets
2. **Scholarships**: Money awarded to students based on merit or need
   - Institutional scholarships: Money that is given to students through a particular college or university. Cannot be applied to another school and is often based on student criteria such as grades, gender, etc.
   - Outside scholarships: Money given to students through businesses, organizations, and the like. Typically students apply for these scholarships throughout the school year. Hickman offers between 25-30 scholarships for our students. Outside scholarships can be applied to any school a student chooses to attend (as long as it fulfills the requirements of the organization giving the funds).
3. **Financial Aid**: State and Federal funds awarded and/or offered to students; accessed through the Free Application for Federal Student Aid (FAFSA)
   - Grants: Money awarded by state or federal agencies, most often due to financial need, that is not a loan
   - Loans: Money lent through a federal agency that has a lower interest rate than private loans

Some families make the choice to pursue private loans. Contacting your banker would be a first step if this is something your family would like to pursue.

**Free Application for Federal Student Aid (FAFSA)**

The FAFSA is the tool that families use to apply for financial aid. The form is completely online and utilizes income tax information to prepare a report for the college(s) you apply to. Through this information an amount, called the Expected Family Contribution (EFC) is calculated. Your student received a packet of information during their meeting with the school counselor. That packet, from Journey to College, outlines the necessary steps for completing the form. We also have a FAFSA Frenzy event on 10/8 to support you while filling out the FAFSA.

**Beware of Scholarship and Financial Aid Scams**

Be wary of any organization or web site that charges a fee to match students to scholarships and financial aid. Many of these organizations are using the same databases that are available to you for free. And, remember, the financial aid application is FREE. Do not pay to file the FAFSA.
Some students are looking for a specialized educational experience or need to find support for learning differences. Some of these special considerations have specific rules that govern access and application. Below are some special considerations your student may have.

A+ Scholarship— In the State of Missouri, students attending an approved high school have an opportunity to work for the A+ Scholarship funds. It is important to keep in good communication with the A+ office (found in our main office) to make sure you are fulfilling all of the requirements for the program.

Athletics— Students wanting to pursue competitive athletics in post-secondary education must connect with the governing bodies for these activities. There are three: National Collegiate Athletic Association (NCAA), National Association for Intercollegiate Athletics (NAIA), and National Junior College Athletic Association (NJCAA). They determine how a student can be recruited and what levels of academic success must be achieved. The resources section has links for each of these organizations.

Fine and Performing Arts— If you plan on studying a fine or performing art or would like to be considered for a scholarship in this area, you will need to be prepared to present an audition and/or portfolio of your work. School counselors as well as instructors in the fine arts department can offer support and guidance in this work.

Historically Black Colleges and Universities- These colleges with the primary mission of educating black Americans. There are 107 HBCU schools today. For more information, [www.hbcuconnect.com](http://www.hbcuconnect.com) can provide a listing of HBCUs.

Military Academies and ROTC— Admission into any of the military service academies is a rigorous and highly competitive process. Students must begin this early and be in regular communication with the admissions office at the academy as well as their school counselor at Hickman. Programs for ROTC are also an option for students interested in pursuing military service and college.

Special Needs— Students receiving services through Section 504 and IEPs should work with their admission office at colleges and universities to connect with the student services personnel at the school of your choice.
College Information

The College Board – [https://www.collegeboard.org](https://www.collegeboard.org)

The National Association of College Admission Counselors (NACAC) - A good resource to an array of links: [https://www.nacacnet.org/knowledge-center/knowledge-center-search/](https://www.nacacnet.org/knowledge-center/knowledge-center-search/)

ACT - Includes test registration and test-prep information: [http://www.act.org](http://www.act.org)

Peterson's - Links to the companies many resources: [http://www.petersons.com](http://www.petersons.com)

US News and World Report - Be wary of the rankings, but there is much to learn at this site. The “school comparison” feature is great: [www.usnews.com/best-colleges](http://www.usnews.com/best-colleges)

College View - A good source for information on all colleges: [http://www.collegeview.com](http://www.collegeview.com)

Campus Explorer: [http://www.campusexplorer.com](http://www.campusexplorer.com)

Wisemantech - An amazing array of useful web links from the counseling staff at Carl Sandburg H.S. in Illinois. If you can't find it here, you probably don't need it: [www.wisemantech.com/guidance](http://www.wisemantech.com/guidance)

Fiske Guide Books - From the author of the reliable and popular guidebook comes a full array of college admission-related resources: [http://www.fiskeguide.com](http://www.fiskeguide.com)

Princeton Review - Test prep, college search and other college-related info: [http://princetonreview.com](http://princetonreview.com)

Mapping Your Future - General info site with a variety of information includes a sign-up for monthly e-mail reminders and a newsletter: [http://www.mappingyourfuture.org](http://www.mappingyourfuture.org)

Midwest Student Exchange Program: [msep.mhec.org](http://msep.mhec.org)

Application Services

The Common Application - 200+ schools accept it and you should use it. We have the paper copy as well. [http://www.commonapp.org](http://www.commonapp.org)

Princeton Review - Direct link to on-line applications for 700+ schools: [www.princetonreview.com](http://www.princetonreview.com)

Historically Black Colleges Common Application - Find applications for 51 different institutions: [commonblackcollegeapp.com](http://commonblackcollegeapp.com)

Financial Aid

The Free Application for Federal Student Aid (FAFSA) - A must for anyone applying for need-based aid. You can apply on line: [http://www.fafsa.ed.gov](http://www.fafsa.ed.gov)

The Financial Aide Information Page - [www.finaid.org](http://www.finaid.org)

Missouri MO$T Program – [www.missourimost.org](http://www.missourimost.org)

Missouri Department of Higher Ed – [https://dhe.mo.gov](https://dhe.mo.gov)


Sallie Mae - Information about loans and payment options: [www.salliemae.com](http://www.salliemae.com)


Comparing Financial Aid Awards - Provides helpful charts enabling you to line up and compare awards: [https://bigfuture.collegeboard.org/pay-for-college/financial-aid-awards/compare-aid-calculator](https://bigfuture.collegeboard.org/pay-for-college/financial-aid-awards/compare-aid-calculator)
Scholarships
www.scholarships.com
www.fastweb.com
www.gocollege.com
www.OfftoCollege.com

Scholarship Scams - A Federal Trade Commission-run site. It is always good to check on what you learn about on the web:
www.consumer.ftc.gov/financialaid

Special Interest
The National Collegiate Athletic Association (NCAA) - http://www.ncaa.org
The National Association of Intercollegiate Athletics (NAIA) - http://www.naia.org
Hillel: The Foundation for Jewish Campus Life - http://www.hillel.org
Black Excel: The College Help Network - Designed to help African-American students navigate the college admission process:
www.blackexcel.org
Historically Black Colleges - http://www.blackhighereducation.com
Jesuit Colleges - http://www.aicunet.edu
Macleans - For those looking into Canadian schools, this is an invaluable resource: www.macleans.ca/universities
Canadian Colleges - A general and very helpful site: http://www.studyincanada.com AND http://www.cic.gc.ca/english/study/
American Indian College Fund – www.collegefund.org
Learning Disabilities Association - www.ldaamerica.org
Students with Learning Disabilities – www.nclld.org
Association on Higher Education and Disability - Host of information posted by international, multicultural organization of professionals committed to full participation in higher education for persons with disabilities: http://www.ahead.org
Children and Adults with ADD - http://www.chadd.org
Mindplay - Special education resources "learning from the RIGHT side of the brain." http://mindplay.com/
American Association of University Women- www.aauw.org
LD Online - Interactive learning guide on disabilities for parents, children and educators: http://www.ldonline.org
Attention Deficit Disorder Association - Resources on huge array of ADD/ADHD-related issues: www.add.org
Missouri College Guidebook for students with learning disabilities—http://www.moahead.org/Guidebook/Guidebook.html

Career Information
Missouri Connections- www.missouriconnections.org
ASVAB Career Exploration Program - Developed by Department of Defense; free, comprehensive career site: http://www.asvabprogram.com
US Department of Labor - All the numbers one could possibly hope for in career planning in the Occupational Outlook Handbook: https://www.bls.gov/k12/
Mapping Your Future - Multi-lingual tool kit on career planning: http://mappingyourfuture.org/planyourcareer/
College Job Planning – www.monster.com
Career Key - An interest inventory program based on Dr. John Holland's work at NC State University: http://www.careerkey.org/
Internship Programs - Listings of +7800 programs and 200,000 positions: http://www.internshipprograms.com/
Alternative and Year-Off Programs

- **Study Abroad** - [http://www.studyabroad.com](http://www.studyabroad.com)
- **AmeriCorps** - National Service Program: [www.americorps.gov](http://www.americorps.gov)
- **City Year** - National Youth Service Organization - [http://www.cityyear.org](http://www.cityyear.org)
- **Dynamo** - An urban experiential education program in Worcester, MA: [http://www.dynamo.org](http://www.dynamo.org)
- **Gap Year** - A host of travel and work ideas for students prior to heading off to college: [http://www.gapyear.com](http://www.gapyear.com)
- **Global Routes** - Cultural Exchange and service trips: [www.globalroutes.org](http://www.globalroutes.org)
- **Earthwatch Institute** - Info on this research, conservation and education organization: [http://earthwatch.org](http://earthwatch.org)
- **Eurolingua Institute** - Info on language immersion study abroad programs: [http://www.eurolingua.com](http://www.eurolingua.com)
- **Quest Exchange Programs** - Study abroad programs [http://www.questexchange.org/high-school-study-abroad-program/](http://www.questexchange.org/high-school-study-abroad-program/)
- **Outward Bound** - Link for adventure-based environmental program: [http://www.outwardbound.org](http://www.outwardbound.org)
- **Taking Off** - Resources for gap year programs all over world: [http://www.takingoff.net](http://www.takingoff.net)

Miscellaneous

- **Personality Tests** – Learn your character strengths by completing a survey at [viacharacter.org](http://viacharacter.org)
- **Campus Online Tours** – [www.ecampustours.com](http://www.ecampustours.com)
- **Greek Life** – Site dedicated to fraternity and sororities: [http://greekpages.com](http://greekpages.com)
- **Selective Services** – [www.sss.gov](http://www.sss.gov)