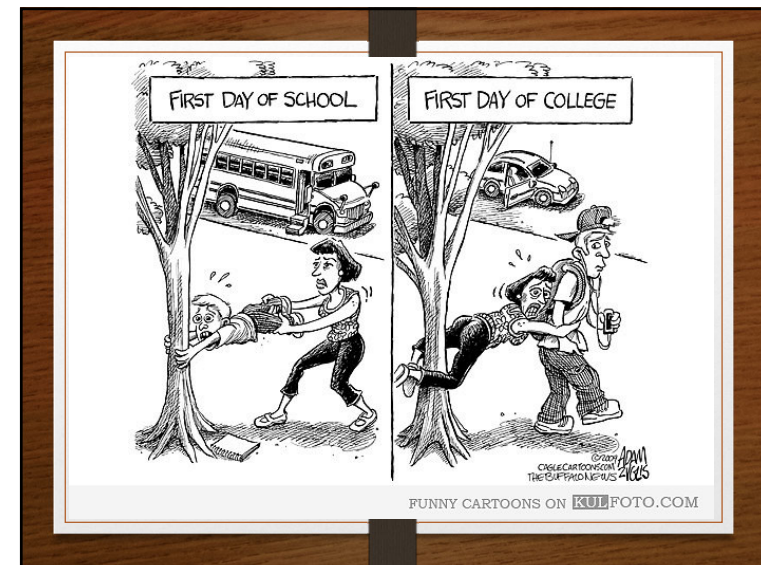
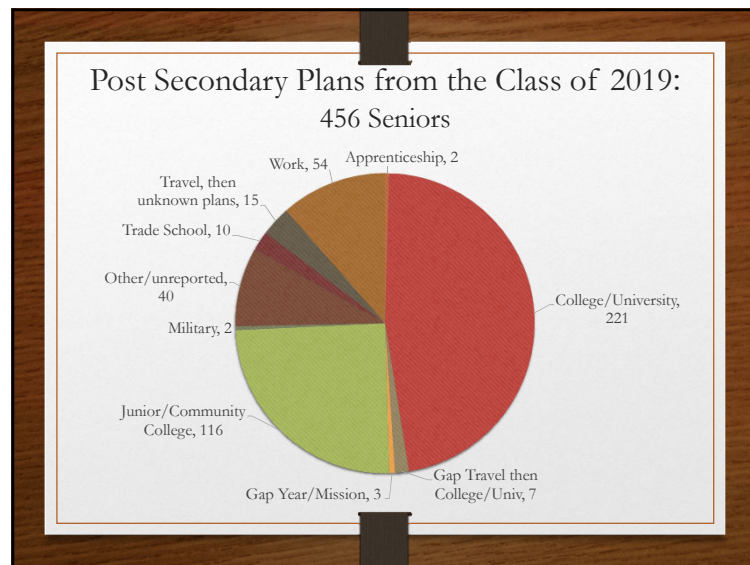


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4

## Which Colleges Lead to Well-Being for Alumni?



**Purpose Well-Being:** Liking what you do each day and being motivated to achieve your goals



**Social Well-Being:** Having strong and supportive relationships and love in your life



**Financial Well-Being:** Effectively managing your economic life to reduce stress and increase security



**Community Well-Being:** The sense of engagement you have with the areas where you live, liking where you live and feeling safe and having pride in your community



**Physical Well-Being:** Having good health and enough energy to get things done on a daily basis

5

## Big Six Experiences

I had at least one professor who made me excited about learning

My professors cared about me as a person

I had a mentor who encouraged me to pursue my goals and dreams

I worked on a project that took a semester or more to complete

I had an internship or job that allowed me to apply what I was learning in the classroom

I was extremely active in extracurricular activities and organization while at college

6

## Admissions & Applications

7

## Be Aware of Deadlines

Senior year is all about DEADLINES

- college apps,
- financial aid & scholarships,
- changing courses,
- ordering your announcements
- completing all your requirements to GRADUATE!

Most deadlines are **NOT** flexible!



8



*Colorado*  
**APPLIES**  
*Month*

Oct. 15  
**NO**  
application  
fees

#FreeAppDayCO

<https://highered.colorado.gov/freeappdayco.html>

9

## Application Options

- Regular Decision
- Rolling Admissions
- Early Decision (ED)
- Early Action (EA)
- Restrictive Early Action (REA)



10

## Where and How to Apply




- On average, Lobos apply to 3 schools
  - 5-8 schools is common nationwide
  - Reach, Target, Safety
- Ways to Apply:
  - College's direct application on their website
  - Common Application
    - Over 800 colleges
  - Coalition Application



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## Dissecting a College Application



- **Application Form** – Biographical Data
  - GPA: Report Cumulative or 5.0/Weighted
- **Application Fee** – ranges from \$0 - \$100 \*Waiver
  - Applying to CMU? Use code: **CMUCLIMB** to waive the \$30 app fee!
  - Free app to CU Denver if you are taking/have taken CU Succeed credits: **CUSUCCEED2020**
- **Transcript** – GPA, class rank, courses. Use your Cum GPA or 5-Pt GPA
- **Test Scores**
- **Essay**
- **Letter(s) of Recommendation**
- **Audition/Portfolio/Interview** – specific to certain colleges
- **Prior colleges**—might include CU Denver, FRCC, CSU?

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## College Application Process

### The Student:

- Complete application
- Pay application fee
- Submit essay (if needed)
- Request letters of recommendation and follow-up (if needed)
- Request test scores from testing agency – check college!
- Request Transcript & pay fee to RMHS Student Services

### RMHS Student Services:

- Sends Transcripts/Test Scores
- Sends Letters of Recommendation, if needed, for students not using Common App
- Sends School Profile
- Has Fee Waiver Applications available for students who qualify (if applicable)

13

## Test Scores

### Getting Scores to Colleges:

- Many colleges will require that scores be sent directly from the testing agency (~\$12/score sent)
- Some colleges will take scores from the transcript

14

## Admissions Criteria

\*Applications are accepted at later dates as well, but may offer less access to scholarships, etc.

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Colorado Mesa University                             <ul style="list-style-type: none"> <li>• 3.15-3.83 GPA</li> <li>• 20-25 ACT / 1020-1200 SAT</li> </ul> </li> <li>• Colorado State University                             <ul style="list-style-type: none"> <li>• 3.3-4.0 GPA</li> <li>• 23-28 ACT / 1120-1300 SAT</li> <li>• Essay and letter of rec</li> <li>• December 1 priority deadline</li> </ul> </li> <li>• CU Boulder                             <ul style="list-style-type: none"> <li>• 3.66 GPA</li> <li>• 27 ACT / 1180-1350 SAT</li> <li>• Essay and letter of rec</li> <li>• Nov 15 priority deadline</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Front Range Community College                             <ul style="list-style-type: none"> <li>• Open and Rolling Admissions</li> </ul> </li> <li>• University of Denver                             <ul style="list-style-type: none"> <li>• 3.71 GPA (Test optional)</li> <li>• 28 ACT / 1110-1310</li> <li>• Essay and letter of rec</li> <li>• Nov 1 Early Decision/Early Action</li> </ul> </li> <li>• University of Northern Colorado                             <ul style="list-style-type: none"> <li>• 3.02-3.8 GPA</li> <li>• 19-25 ACT / 1030-1230 SAT</li> <li>• Rolling Admissions</li> </ul> </li> <li>• University of Wyoming                             <ul style="list-style-type: none"> <li>• 3.46 GPA</li> <li>• 21-27 ACT / 970-1235 SAT</li> </ul> </li> </ul> |
|---|---|

15

## Automatic Scholarships—check your colleges



For example, at CU Boulder:

The college uses weighted GPAs and "super scores" SATs to decide on scholarships


3.8 GPA  
1340 SAT

### Award Amounts

Award	High School Weighted GPA	Test Scores	Amount
President Joseph A. Sewall Award	4.0+	33 ACT or 1440 SAT (tested prior to March 2016) 33 ACT or 1480 SAT (tested March 2016 or after)	\$20,000 total (\$5,000 per year)
President Horace M. Hale Award	4.0+	31 ACT or 1350 SAT (tested prior to March 2016) 31 ACT or 1410 SAT (tested March 2016 or after)	\$14,000 total (\$3,500 per year)
President James H. Baker Award	3.9 - 3.99	28 ACT or 1240 SAT (tested prior to March 2016) 28 ACT or 1310 SAT (tested March 2016 or after)	\$10,000 total (\$2,500 per year)
President James H. Baker Award	3.8 - 3.89	30 ACT or 1310 SAT (tested prior to March 2016) 30 ACT or 1370 SAT (tested March 2016 or after)	\$10,000 total (\$2,500 per year)

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## Automatic Scholarships—check your colleges





E.G. at Colorado Mesa

Scholarship	Annual Value	Criteria (any 2 of 3)
Academic Achievement	\$1,250	<ul style="list-style-type: none"> <li>•3.20 GPA (weighted)</li> <li>•Top 20% of their Class</li> <li>•ACT composite score of 22 or SAT combined score of 1110</li> </ul>
President's (Initial Award Fall 2018)	\$3,500	<ul style="list-style-type: none"> <li>•3.50 GPA (weighted)</li> <li>•Top 15% of their Class</li> <li>•ACT composite score of 25 or SAT combined score of 1210</li> </ul>
Distinguished Scholar (Colorado Resident)	Tuition	<ul style="list-style-type: none"> <li>•3.75 GPA (weighted)</li> <li>•Top 5% of their Class</li> <li>•ACT composite score of 29 or SAT combined score of 1340</li> </ul>

3.8 GPA  
1340 SAT

17

## Letters of Recommendation

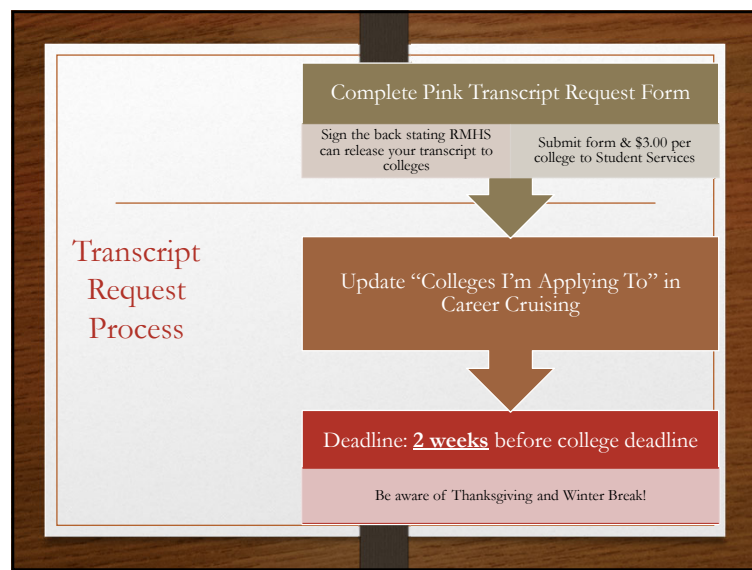
### Helpful Hints

Only ask for what you need and no more  
Ask someone who can speak about you academically  
Teachers can say no

### About 1 Month prior to due date:




**Step 1:** Ask the teacher face to face  
**Step 2:** Find out what info they need from you  
**Step 3:** Let them know where and how letters will be sent  
**Step 4:** Send a thank you note

18



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## Essay

**Check the prompt from each college**

Answer the question  
Tell a story  
Come alive  
Share a dimension of yourself NOT elsewhere in the application

**Might use the essay to explain low grades, extenuating circumstances, etc. but it's better to use the "Additional Information" section, if available**

**Proofread and edit!**

20


## Application Helpful Hints

- Proofread before you click submit... you are committed!
- Use your full legal name
- Use and check your email account
- Social Media counts! Clean it or close it.
- Choose an appropriate email (not your school email)



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- Colleges, tech schools, gap programs, and the military can all **rescind** their decisions on you if you do not finish in a way consistent with your prior years.



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## Special notes

23



## NCAA Sports in college

Want to play Division I or II, be sure you have:

- ☐ Taken appropriate courses (SR English, Humanities)
- ☐ Registered at [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
- ☐ Sent your ACT/SAT scores directly from the testing agency
- ☐ Sent your transcript to NCAA

24

## Early Completion/ Waiver of Attendance

- Graduation is always in May, even if you are done at Rocky in December.

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## Selective Service



Almost all male U.S. citizens and male immigrants, who are 18 through 25, are required to register with Selective Service.



Colleges cannot let you enroll if you have not done this.



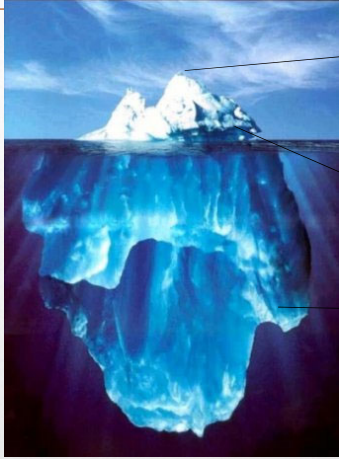
<https://www.sss.gov>

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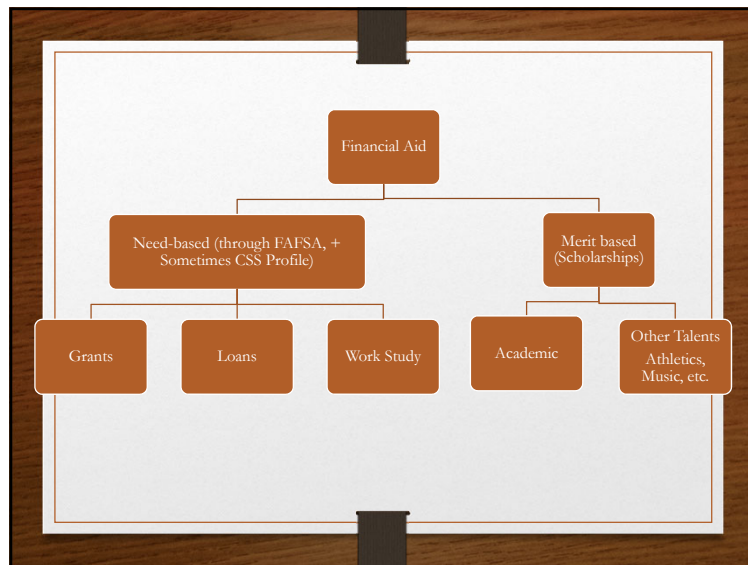
## Financial Information

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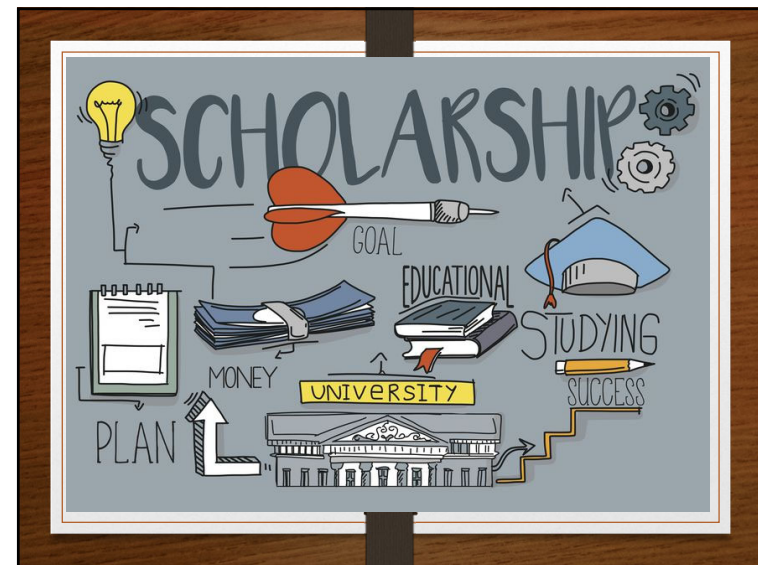


- Tonight- introduction
- Parent/student homework.
- Resources include Career Cruising, Financial aid night, etc
- College Financial Aid Office

28



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30

## Scholarships for Class of 2018

- 58 seniors applied for scholarship through the Local Scholarship Packet. 16 Scholarships were awarded for a total of \$20,000.
- An additional 21 scholarships were awarded from other local scholarship donors, for a total of \$57,000.
- 124 Students earned 375 scholarships valued at a total of **\$14,626,260 directly from their colleges** for academics, leadership, and various talents
- 10 scholarships were offered by state and national organizations (\$385,736) including 3 National ROTC awards
- Additionally, three seniors attended a military academy—valued at \$350,000-\$400,000/student

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## Scholarships: Where to Look

Colleges	Websites:	RMHS
	*FastWeb	
	*Big Future from College Board	*PSD Scholarship Packet
	*Scholarships.com	*Boettcher & Daniels
	*Community Foundation of Northern Colorado,	*Teacher, Counselor, Principal Nominated
	*Raise.me	

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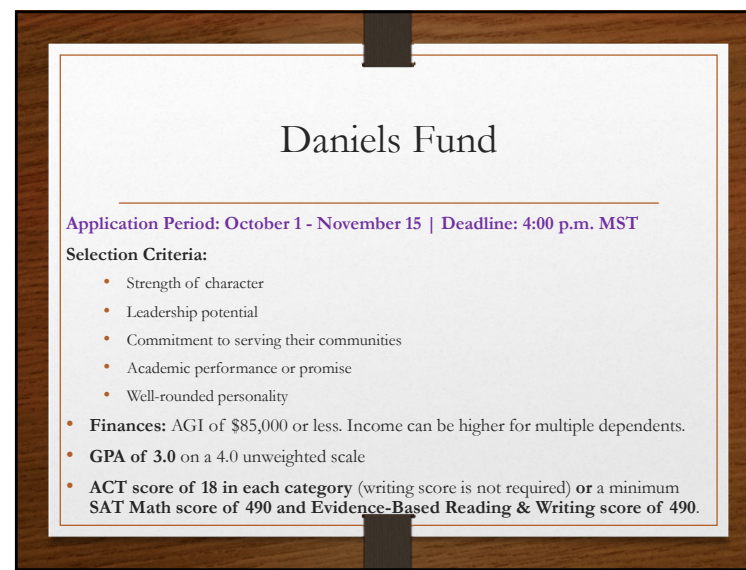
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36

## Scholarships from colleges—talk with your rep!

-  Besides the Automatic Scholarships, most colleges have other scholarships you can apply to
-  Check the college's portal to find the scholarship application(s)
-  Apply for scholarships before you hear about admission (almost always)

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## Do I need to test?



- Check your colleges for admissions, majors, and scholarship requirements. Does your college require a writing test (with the ACT or SAT) or SAT Subject Tests?
  - SAT/SAT + Essay/SAT Subject Tests
    - October 5 (**Late** registration until Sept. 24)
    - November 2 (regular registration until October 3)
    - [www.collegeboard.com](http://www.collegeboard.com)
  - ACT
    - October 26 (registration until September 20)
  - Test Optional Schools: [www.fairtest.org](http://www.fairtest.org)
- ASVAB @RMHS on October 17 (after the morning finals). Free. Sign up in College and Career Center.

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## Test Prep

- Free online test prep for SAT/ACT on Career Cruising
- Free online test prep for SAT on Kahn Academy
- Other options in Fort Collins

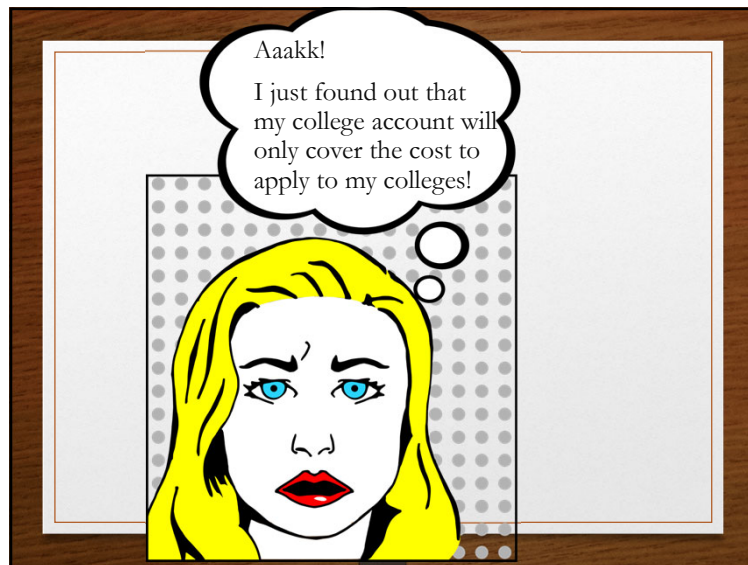
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## Need Based Financial Aid

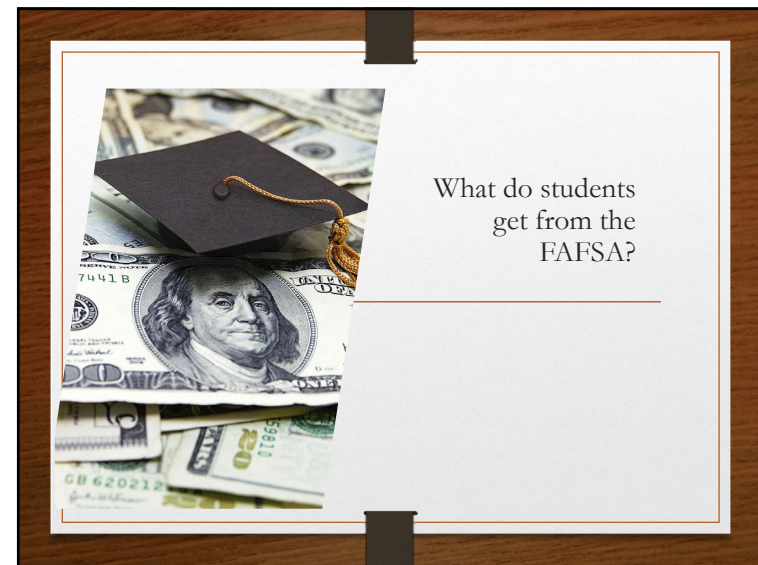
Foundation Information



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42

## Grants

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\$

Funds don't have to be repaid

B


**Grants are for students with the most financial need**

Students who qualify for free/reduced lunch almost always qualify for grants. Plus many other students qualify depending on their family's situation and the college's cost.

43

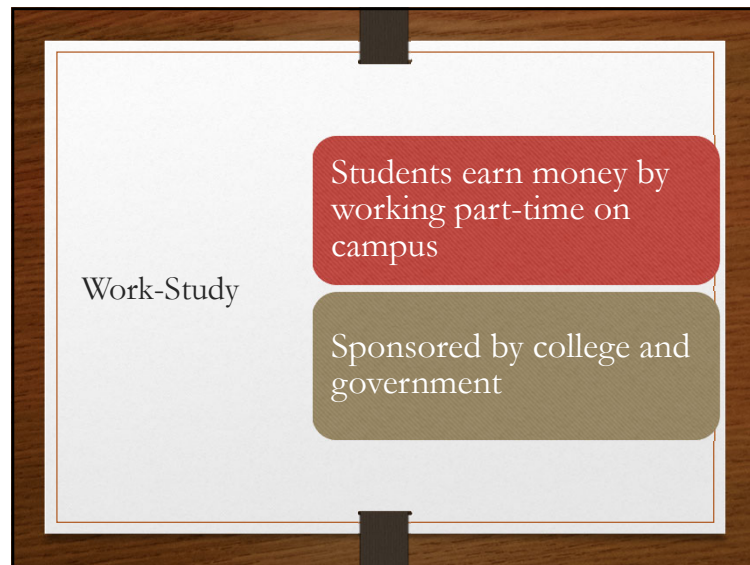
## Education Loans

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- Available from the government and from private sources
  - Federal Stafford loans
  - Federal PLUS loans
  - Federal Perkins loans
  - Institutional loans
  - Private loan programs

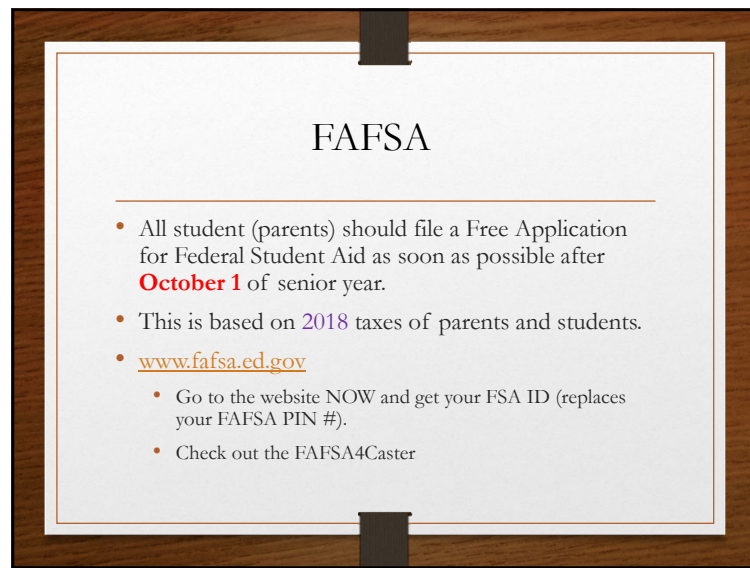
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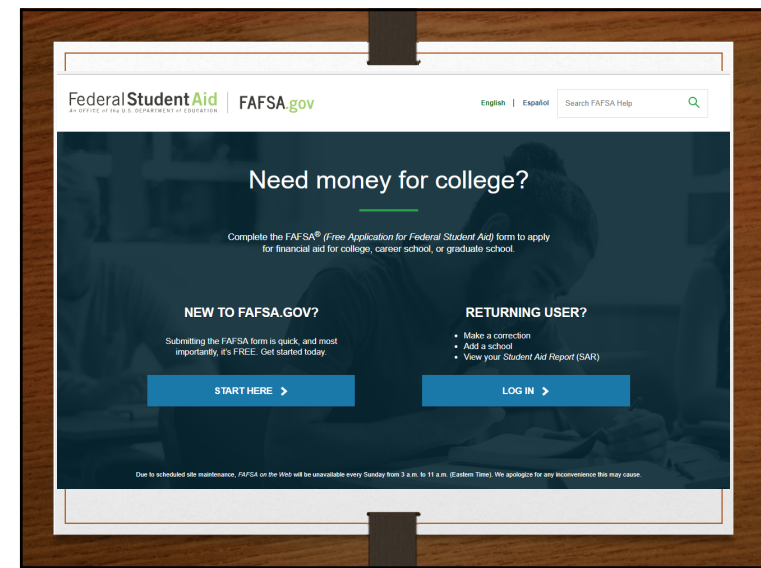
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## THIS IS WHY YOU SHOULD FILL OUT THE FAFSA

- 1 IT'S FREE.**  
Doesn't cost you anything.
- 2 IT'S EASY.**  
The application has been simplified.
- 3 IT'S FAST.**  
It takes most people just 23 minutes to complete.
- 4 MORE PEOPLE QUALIFY...**  
for student aid than you think.

#CollegeOpportunity | StudentAid.gov

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## The FAFSA Figures your EFC

### Financial Aid in Practice

Private College A	Public University B	
\$46,500	\$16,500	Sticker Price
<b>\$12,000</b>	<b>\$12,000</b>	Expected Family Contribution
\$34,500	\$4,500	Financial Need*

\*In a perfect world, each college would meet 100% of your family's financial need and each of these colleges would cost you \$12,000. This is not always the case.

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## Do I Have to Provide My Parents' Information on the Free Application for Federal Student Aid (FAFSA)?

All applicants for federal student aid are considered either "independent" or "dependent." Dependent students are required to include information about their parents on the FAFSA. By answering a few questions, you can get a good idea of which category you fit into.

- Will you be 24 or older by Dec. 31 of the school year for which you are applying for financial aid?  
Yes → Independent Student  
No → Dependent Student
- Will you be working toward a master's or doctorate degree (such as M.A., M.Ed., M.D., Ph.D., Ed.D., etc.)?  
Yes → Independent Student  
No → Dependent Student
- Are you married or separated but not divorced?  
Yes → Dependent Student  
No → Independent Student
- Do you have children who receive more than half of their support from you?  
Yes → Dependent Student  
No → Independent Student
- Do you have dependents (other than children or a spouse) who live with you and receive more than half of their support from you?  
Yes → Dependent Student  
No → Independent Student
- At any time since you turned age 13, were both of your parents deceased, were you in foster care, or were you a ward or dependent of the court?  
Yes → Independent Student  
No → Dependent Student
- Are you an emancipated minor or are you in a legal guardianship as determined by a court?  
Yes → Independent Student  
No → Dependent Student
- Are you an unaccompanied youth who is homeless or self-supporting and at risk of being homeless?  
Yes → Independent Student  
No → Dependent Student
- Are you currently serving on active duty in the U.S. armed forces for purposes other than training?  
Yes → Independent Student  
No → Dependent Student
- Are you a veteran of the U.S. armed forces?  
Yes → Independent Student  
No → Dependent Student

**You may be a Dependent Student**  
If none of the criteria listed above apply to you, you may be considered a dependent student and may be required to provide your parents' financial information when completing the FAFSA.

**You may be an Independent Student**  
If you answered yes to any of these questions, then you may be an independent student. You may not be required to provide parental information on your FAFSA.

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## Whose information goes on?

### WHO'S MY PARENT WHEN I FILL OUT MY FAFSA?

Dependent students must include their parents' information on the FAFSA for reporting purposes, unless they are an emancipated minor, a ward or dependent of the court, or a veteran of the U.S. armed forces.

Use this guide to figure out whose information to include (depending on your situation):

- Are your parents married to each other? → Yes → Include Parents
- Do your parents live together? → Yes → Include Parents
- Are you a foster parent? → Yes → Include Parents
- Are you a legal guardian? → Yes → Include Parents
- Are you an emancipated minor? → Yes → Do not include Parents
- Are you a ward or dependent of the court? → Yes → Do not include Parents
- Are you a veteran of the U.S. armed forces? → Yes → Do not include Parents

**Who claims the student on taxes that year does not influence the FAFSA**

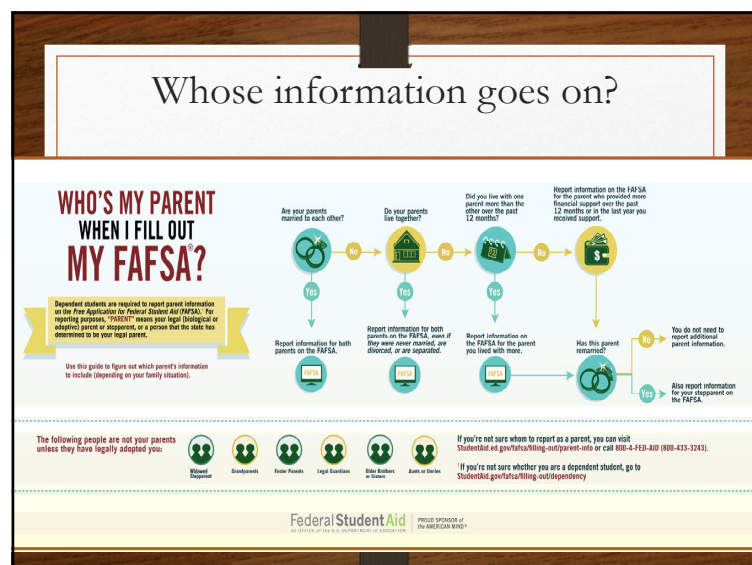
If you're not sure whom to report as a parent, you can visit [Studentaid.gov/fafsa/finding-out-parents-who](http://Studentaid.gov/fafsa/finding-out-parents-who) or call 800-4-FAFSA (800-433-3243).

If you're not sure whether you are a dependent student, go to [Studentaid.gov/fafsa/finding-out-dependency](http://Studentaid.gov/fafsa/finding-out-dependency).

Federal Student Aid  
A U.S. DEPARTMENT OF EDUCATION PROGRAM

PRIDE SPONSOR OF THE AMERICAN RING®

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## CSS Profile

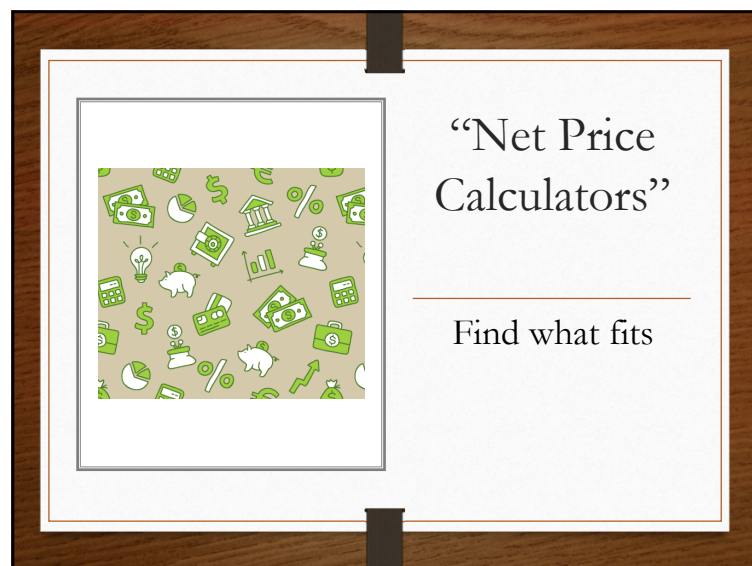
- Used by about 400 colleges/scholarship programs (mostly private)
- Usually due early: Form available Oct. 1
  - Check deadlines
- You pay a fee: \$25 for 1 college, \$16 for each additional college
- Gathers financial information similar to the FAFSA, but more in depth

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## Colorado College Opportunity Fund

- For in-state students only
- Must apply for the stipend, apply only once! Activate with each year or semester of college attendance
- Current Rates:
  - Public colleges: \$85/credit hour for all Colorado Residents in undergraduate studies
  - Private colleges: \$43/credit hour (you must qualify for the Federal Pell Grant)

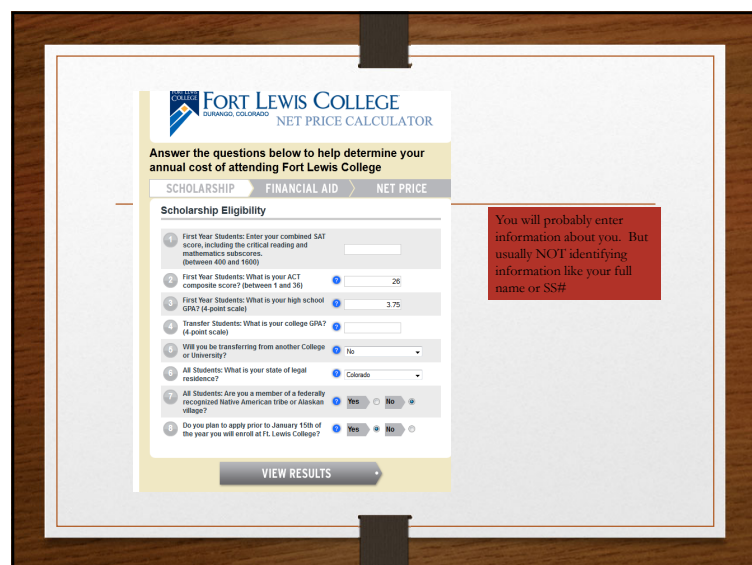
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**FORT LEWIS COLLEGE**  
DURANGO, COLORADO  
NET PRICE CALCULATOR

Answer the questions below to help determine your annual cost of attending Fort Lewis College

SCHOLARSHIP FINANCIAL AID NET PRICE

**Financial Aid**

We need to begin with four simple questions about the student:

- 1 How old are you?  AGE IN YEARS
- 2 Are you married? ☒ Yes ☐ No
- 3 Are you the primary source of financial support for any children? ☒ Yes ☐ No
- 4 Are you a U.S. veteran or active duty military? ☒ Yes ☐ No

BACK CONTINUE

With every effort it is made to ensure the accuracy of the Net Price Calculator, please keep in mind that this estimate does not represent a final determination or award of financial assistance. It is not to be used by the Secretary of Education, Fort Lewis College or the State, and may change. This tool estimates the [Total Estimated Direct Cost](#) in order to be eligible for, and receive, an award financial aid based on the student's financial profile. See an advisor for more information on the program.

To get a better sense of total cost, many colleges gather information similar to what the FAFSA will ask you.

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**FORT LEWIS COLLEGE**  
DURANGO, COLORADO  
NET PRICE CALCULATOR

Answer the questions below to help determine your annual cost of attending Fort Lewis College

SCHOLARSHIP FINANCIAL AID NET PRICE

**Section 1a: Parents' Information**

Tell us about your parents:

- 1 Are your parents eligible to file the IRS form 1040A or 1040EZ? ☒ Yes ☐ No ☐ I don't know
- 2 What was your parents' total income at the end of the last calendar year?
- 3 What are your parents' total assets (not including their home)?
- 4 What is your parents' untaxed income? Please click here for information on untaxed income.
- 5 Are your parents married? ☒ Yes ☐ No
- 6 How old is your oldest parent (in years)?

**Section 1b: Student's Information**

**Section 2: Residence**

BACK CONTINUE

You might need parent information.

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SCHOLARSHIP FINANCIAL AID NET PRICE

The following numbers are estimates of what you may qualify for at Fort Lewis College. If you have any questions about these numbers, please contact us at 1-877-FLC-COLD.

**Estimated cost of attending Fort Lewis College**

Tuition & Fees	\$4,925
Room & Board	\$8,450
<b>Total Estimated Direct Cost</b>	<b>\$13,375</b>
Books & Supplies	\$1,680
Other personal transportation	\$3,972
<b>Total Estimated Cost</b>	<b>\$19,027</b>

**Estimated Scholarship**

Fort Lewis Scholarship	\$3,000
<b>Total Estimated Scholarship</b>	<b>\$3,000</b>

**Estimated Scholarship & Gift Aid**

Pell Grant	\$2,000
Estimated Other Gift Aid	\$2,300
<b>Total Estimated Gift Aid</b>	<b>\$7,300</b>

**Estimated Net Price: \$11,727**

**Estimated Other Aid**

Estimated Loans	\$5,500
Estimated Work Study	\$2,000
<b>Total Estimated Other Aid</b>	<b>\$7,500</b>

**Estimated Net Price after Other aid: \$4,227**

Alternative Loan Eligibility \$4,227

Legend:

- Scholarships
- Gift Aid
- Net Price
- Net Price after Other Aid

When you enter your academic information and your family's financial information, you will usually get an estimate like this

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## What can I do in High School to save money?

- ▶ CU Succeed Courses (about 1/3 of the cost of in-state 4-year classes)
- ▶ AP Testing (under \$100/test. Scores of 3-5 can earn 3—16 credits at colleges. Check with potential colleges for a conversion chart)
- ▶ Concurrent Enrollment (college courses that PSD pays tuition)
- ▶ Skip that daily venti latte
- ▶ Take a full load of FREE classes in high school!

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## Have you earned college credits? ASCENT program

- ▶ For students who have earned at least 12 college credits before the end of senior year through:
  - CU Succeed
  - AP Testing from grade 9-11 (if on a college transcript)
  - FRCC College Now
- ▶ And have a 2.0 GPA or higher
- ▶ PSD may pay all TUITION for a full year at FRCC. Application process starts in January. Talk with your counselor.

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## What about saving money next year?

- CLEP Tests—cost vary based on where you take them, but a student can earn up to 15 credits from a single test.
- Consider a lower cost college
- Live at home
- Apply to a less selective college to increase your competitiveness for merit aid

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## Next Steps

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## Senior To Do...1<sup>st</sup> quarter

- Check school email and the email you use for college applications for important college updates
- Research cost calculators @ prospective colleges
- Have a candid family discussion about financing plans for after high school
- Make a follow up meeting with your counselor, as needed

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## Senior To Do...1<sup>st</sup> quarter

- Set up visits at colleges you are considering.
  - When possible, use dates we don't have classes:
    - October 18 (end of quarter)
    - January 20 (MLK day)
    - February 17 (collaboration day)
- Take SAT, SAT+Essay, ACT, and/or SAT II's (as needed for your colleges/scholarships)
- Apply to your college(s) in the next 2 months
  - Use Essay workshops, College Application workshops, your counselor for help

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## To do...soon

- Explore the scholarship and financial process for each college, make a calendar so you don't miss any deadlines
- Apply for FAFSA in October
- Apply for Scholarships as they are available

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## Resources & Upcoming Events

72

## Student Services & College & Career Center

- College Representatives in the CCC
- Application, Essay, & Scholarship Workshops in the CCC
  - See dates in Career Cruising
- Announcement Emails
- College Application Checklist
- Various handouts on college processes, military options, financial aid, scholarships, and more

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## College Visits to RMHS for students



Schedule available near College and Career Center and on Career Cruising.

100+ colleges will come to Rocky each year to talk with interested students—most visits are September and October

Get basic information about a college and get YOUR questions answered

This is the 2<sup>nd</sup> best way (after visiting the college campus) to get personalized information!

RMHS College Planning Events

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## Workshops for Seniors

Seniors can get help during the school day at workshops for:

- College applications
- Essays
- The Common app
- Scholarships

Workshops offered before school or during lunch

RMHS College Planning Events

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## Front Range Community College Senior Day @ Rocky

For students planning to attend FRCC next year:

- Apply
- Take any required assessments
- Get informed!

October 17 @ RMHS.

RMHS College Planning Events

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## Out of State College Fair

Tuesday, October 1<sup>st</sup>

6:00-8:00 PM

At Poudre High School

- Approx. 200 colleges from across the country
- Registration link on PHS's website

RMHS College Planning Events

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## PSD Financial Aid Info Night

Monday, November 18

6:00-8:30 PM

- Breakout sessions on a variety of ways to successfully pay for college

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## FRCC Advisor at RMHS

starting late September

- Thursdays from 8:30AM-12:30PM in Student Services
- Sign up to meet with Lori (Sign ups with Mrs. McCoy in Student Services)
- Want to take FRCC classes this spring? Registration starts October 22<sup>nd</sup>, but first you must apply with PSD, apply to FRCC, and get advising.

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## College Now Information Night



Students and parents interested in learning more about the College Now **concurrent enrollment** program are invited to an information session at Front Range Community College. College Now programs allow students to enroll in FRCC college classes for both high school and college credit, and tuition is paid for by the school district. Programs include Career Pathways, High School Select, and Campus Select.

**Wednesday, October 9: 5:30—6:30 pm**

Held at:

**Front Range Community College  
Longs Peak Student Center, Conference Room**

Questions? Please contact the College Now department at 204-8370 or [LCCollegeNow@frontrange.edu](mailto:LCCollegeNow@frontrange.edu)  
Website: [www.frontrange.edu/lc-collegenow](http://www.frontrange.edu/lc-collegenow)

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Coffee with  
Counselors  
Parent/  
Guardian Series

7:45-8:45 AM in the  
RMHS College &  
Career Center



- September 14: Teens and Technology
- October 8: **College Planning Questions** (Bring your questions)
- November 12: Communicating with Your Teen/Love & Logic Parenting
- December 10: Drugs and Alcohol: What all parents should know
- More dates for spring semester, check announcements for details

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WHAT DID THE BUFFALO SAY TO  
HIS SON WHEN HE LEFT FOR COLLEGE?



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