

College & Career Readiness



A Guide for Parents & Students



"We have an ethical responsibility to ensure readiness for college, career and responsible citizenship."

-Rochester City School District Mission Statement

Name _____

School _____

Keys to College and Career Readiness



Core Academic Knowledge and Skills

- Strong foundation in core academic areas: English, Math, Social Studies and Science
- At least 75% on ELA Regents. At least 80% on Algebra Regents
- Strong foundation in art, music and physical education



Key Behaviors and Attitudes

- Getting along with others—team work
- Advocating for own needs



Career-Specific Knowledge and Skills

- Career and Technical (CTE) skills and learning
- Exploration of careers and personal strengths



Dear Student and Family,

Welcome to middle and high school! You're about to begin a new stage of your journey in school, and we want you to be ready for it. This guide has important information about how to prepare for high school, how to be successful in high school, and how to prepare for your future after high school. You don't have to do it alone! There are lots of people at your school and in your community who can help you be successful in school.

This guide has a list of resources, checklists, information, and planning tools including websites, community organizations, activities and additional programs to help you, too. Take advantage of these resources as much as possible – they are here for YOU and your family!

This guide will help you understand what middle and high school are all about, and help you plan for success now and in your future. ***We are all excited to see what unique experiences and talents YOU will bring to your school.***

-The Rochester City School District

Regents Diploma Requirements

Credit: 22 units of credit distributed as follows:

- 4 ELA
- 4 Social Studies
- 3 Science
- 3 Mathematics
- ½ Health
- 1 Arts
- 1 Language other than English (LOTE)
- 2 Physical Education
- 3 ½ Electives

Assessment: 5 required Regents exams with a score of 65 or better as follows:

- 1 English/Language Arts
- 1 Global History and Geography
- 1 Mathematics
- 1 US History and Government
- 1 Science

Regents with Advanced Designation

Same credit requirements as Regents diploma above.

In addition, a student must earn an additional 2 units of credit in LOTE or a 5 unit sequence in the Arts or CTE. These credits can be included in the 22 required credits.

Assessment: 8 required Regents exams with a score of 65 or better as follows:

- 3 Mathematics
- 2 Science
- 1 ELA
- 1 Global History and Geography
- 1 US History and Government
- and either a locally developed Checkpoint B LOTE examination or a 5 unit sequence in the Arts or CTE.

For more information about other Regents diploma options visit:
www.p12.nysed.gov/part100/pages/1005.html#regentsdiploma or see your school counselor.

Tips for Parents



✓ **Attendance is important, so set limits** on bedtime and help your student get out the door on time each morning.

✓ **Make sure your teen is doing homework every night.** Provide a quiet workspace and routines that allow enough time for schoolwork. If your child struggles in a particular subject, ask the teacher, counselor, or principal about a plan to help your child learn.

✓ **Check your child's report card each marking period.** Make sure that your child's permanent record reflects accurate grade and attendance information.

✓ **Get a copy of the state academic standards for each subject.** Make sure you know what your child should be learning and review your child's homework. www.engageny.org

✓ **Use the District's ParentCONNECTxp** to keep tabs on your child's attendance and grades and for communicating with teachers. You can also find out about missing assignments.

✓ **Beginning in middle school, there is an academic path that your child should follow to ensure college and career readiness.** Find out what subjects/classes are offered at your child's school and make sure he/she is in classes that are challenging and will help prepare him/her for high school and beyond.

✓ **Be an advocate at school.** Volunteer at school events and/or join the parent association.

✓ **Attend parent teacher conferences.** See below for a list of questions to ask the teacher.

✓ **Work with your child's counselor to map a course of study that prepares your child for college and career.** Ask to see your child's schedule, 4-year plan, and transcript. Ask questions and make sure you get copies. Look for college prep courses including honors, Advanced Placement, and dual enrollment, if possible.

✓ **Find out the high school course requirements for competitive four-year colleges that interest you and your teenager.** Check the admissions page on the college's website for this information or visit www.collegeboard.org

✓ **Learn all you can about college financial aid.** Use the FAFSA4caster to receive an early estimate of how much federal student aid your child is eligible for. Go to <https://fafsa4caster.ed.gov>.

✓ **Find out which colleges offer your child the best chances of success.** Try to visit and tour colleges of interest starting freshman year (or before).

Questions to Ask Your Child's Teacher

1. What is my child expected to learn, know, and do at this grade level? How will it be assessed? How are the Common Core Learning Standards being used in my child's classroom?
2. Can you explain how my child's class work is preparing him/her for college and career success?
3. What kind of work should my child be doing at home to support what is taking place in the classroom?
4. What does my child do well? What does my child struggle with?
5. What can I do to prepare my child for the next school year?

Ask about your child's attitude. A positive mindset and belief in oneself are also essential to staying on track and achieving success...

1. Does my student show a commitment to school? Is he/she attending school consistently?
2. Does my student set and strive for appropriate goals?
3. Does my student finish tasks even when he/she encounters setbacks?
4. Does my student know his/her personal strengths?
5. Does my student know the supports available to him/her?
6. Is my student able to advocate on his/her own behalf?

GRADES 7 & 8

College and Career Exploration

Explore early! Learn more about your interests and different kinds of careers. Talk with adults in your family and the community who have different kinds of careers. Research the education qualifications necessary to pursue those careers. Visit college campuses. Learn about the different middle and high school options available to you. Each school has its own areas of strength, and many have different themes. Look for schools and programs that match your interests.

Strengthen Study Skills

- Use a calendar or organizer to write down assignments and plan when to get work done
- Begin assignments as soon as they are given
- Do your best every time
- Set aside a place to do homework nightly and spend time studying every day
- Do work for all classes
- Eat nutritious food, participate in at least 60 minutes of physical activity, and get enough sleep every day
- Be at school and in class every day, unless you are truly ill. Get make-up work when you must stay home

Be High School Ready

- ✓ What is a credit and why is it important?
- ✓ What is a transcript and what does it tell you?
How is it used?
- ✓ What are your high school graduation requirements?
- ✓ What is your four-year plan?
- ✓ How do behavioral expectations differ from middle school?
- ✓ How will my high school schedule be different from my middle school schedule?

Summer Learning

Make the most of how you spend your time each summer:

- Find a summer program, internship or job that you will enjoy
- Read at least three books
- Plan a summer activity that helps you develop college and career ready skills, such as a job, internship, classes, volunteering, or enrichment activities
- Plan an engaging summer by researching and applying for summer programs and internships

GRADE 9

1. Do well in school. Attend all your classes and get good grades.

- ❑ Develop good study habits. Set aside time each evening to work on homework, projects, or study for tests. Find a quiet place to work.
- ❑ Ask for help from a teacher, school counselor or fellow student if you are having trouble in a class.
- ❑ Make sure that you get to know your teachers and that your teachers know you. These teachers may write you recommendations for college, jobs, or internships in the future.

2. Get to know your school counselor and start planning.

- ❑ Map out a four-year plan for the classes you'll need for graduation.
- ❑ Understand credit requirements and Regents exams needed for high school graduation as well as what additional courses you may need to take to be college and career ready.

- ❑ Explore your career interests and options with your school counselor.
- ❑ Register for a professional sounding email address.
- For example, your name@gmail.com
- ❑ Ask about Advanced Placement (AP) classes and add them to your four-year plan, if wanted.

3. Try something new. Get involved in your school and community.

- ❑ Find a great after-school activity. For example, join a club, sports team, performing arts program, community service group, etc. Keep a record of all of your activities. Consider a couple activities that you can be involved with consistently throughout high school.

- Colleges and employers will want to see that you are involved in activities each year of high school that will help you develop personal strengths, leadership skills, and interests that may shape future college and career goals.

GRADE 10

1. Study hard. Get good grades so you'll graduate on time and be eligible for scholarships.

2. Explore. Visits to college campuses are a fun way to learn about college life.

3. Become a leader. Good leaders speak well, listen, inspire and help others. Colleges and employers look for students who are positive role models who can motivate their peers.

SEPTEMBER / OCTOBER

- ☐ Meet with your school counselor and parents/guardians to:
 - Register for the PSAT
 - Sign up for a free account at www.collegeboard.org
 - Review your 9th grade transcript and your progress through your four-year plan
- ☐ Stay involved in extra-curricular activities
 - Try applying for a leadership position
- ☐ Take the PSAT/NMSQT
 - Be sure to know the correct date and test location
 - Ask your school counselor for practice tests and other tips
- ☐ Explore possible career options

NOVEMBER

- ☐ Continue to study hard and get good grades

DECEMBER

- ☐ Prepare for midterm and/or Regents exams

JANUARY

- ☐ Meet with your counselor to confirm which Regents exams you should take in June

FEBRUARY

- ☐ Review your PSAT scores with your school counselor
 - Share your scores with your parents

MARCH / APRIL

- ☐ Create a resume and practice your interview skills for jobs and colleges
- ☐ Research and apply for summer programs and internships
 - Pay close attention to program deadlines
- ☐ Visit a college campus and attend an information session
- ☐ Ask your school counselor and teachers if they know of any summer opportunities

MAY / JUNE

- ☐ Prepare for and take the Regents exams
- ☐ Apply for your work permit
 - See your school counselor for details
- ☐ Meet with your school counselor to:
 - Discuss your academic progress
 - Review your four-year course plan and choose the classes you need to take next year
 - Discuss your summer plans
 - Ask about Advanced Placement classes

GRADE 11

1. Continue to study hard and get help staying on track. Review your credits, grades and Regents scores with your School Counselor to make sure you are on track for high school graduation.

2. Research regularly. Use the library and the Internet to research and select colleges and careers that interest you. Attend college fairs and open houses. Explore community resources to seek out information about potential careers. Talk to current college students about the best and hardest parts of college.

3. Start taking a deeper look at yourself.

Make lists of your abilities, social/cultural preferences, and personal qualities. Taking these steps now will help you as you plan for life after high school.

SEPTEMBER

- ☐ Continue your involvement with extracurricular and leadership activities
- ☐ Make sure that you take courses that challenge you
- ☐ Register for the October PSAT with your school counselor

GRADE 11

OCTOBER / NOVEMBER

- ❑ Meet with your school counselor to discuss your 10th grade PSAT scores, and start to consider your career path
- ❑ Attend fall college fairs and continue to research college and career options
- ❑ Take the PSAT test again or for the first time if you did not take it in 10th grade

DECEMBER

- ❑ Prepare for January Regents exams
- ❑ Find and register for an SAT prep course being held in January or February

JANUARY

- ❑ Start learning about financial aid and attend a financial aid workshop if possible
- ❑ Talk with your school counselor and others about scholarships
- ❑ Meet with your school counselor and parents/guardians to:
 - Review your academic progress
 - Find out which Regents exams you have to take in June
 - Review PSAT results and discuss how you can improve on future standardized tests such as the SAT and ACT
 - Make a plan to take the SAT in May or June

FEBRUARY

- ❑ Prepare a list of colleges you'd like to attend
 - Visit those schools online, call admissions offices or go to college fairs to request free materials
- ❑ Learn about special admissions requirements for performing and visual arts colleges
- ❑ Take an SAT prep course
- ❑ Meet with your school counselor and parents/guardians to decide on the classes you will take next year
- ❑ Be sure to challenge yourself academically, colleges will take note of your schedule choices

MARCH

- ❑ Research and apply for a summer program, internship or job
- ❑ Visit some of the colleges that interest you

- ❑ If you are enrolled in AP courses continue to prepare for AP exams to be held in May
- ❑ If you are planning to take the May SAT see your school counselor with questions regarding registration

APRIL

- ❑ Attend spring college fairs
- ❑ Narrow your college application list
- ❑ Register with the NCAA Clearinghouse if you are interested in playing sports in college at the division I or II level
- ❑ If you are planning to take the June SAT, see your school counselor with questions regarding registration

MAY

- ❑ Take the May SAT if you are registered
- ❑ Continue to prepare for your June Regents exams
- ❑ Consider registering for the June ACT, talk with your school counselor about options

JUNE

- ❑ Take the June SAT or ACT if you are registered
- ❑ Take Regents exams
- ❑ Meet with your school counselor and parents/guardians to:
 - Discuss your current courses and the number of credits you have
 - Review your college list and/or future plans
 - Review your summer plans
- ❑ Talk with school counselor, teachers, administrators and/or supervisors that you may ask for letters of recommendation in the fall

SUMMER

- ❑ Enjoy your summer program, internship, youth employment or volunteer work
- ❑ Use online resources to continue your college and career planning
- ❑ Write an outline for an autobiographical essay for college admission and scholarship opportunities
- ❑ Visit college campuses
- ❑ Identify at least two scholarships that match your interests or talents
- ❑ Update your resume that includes all of your jobs, accomplishments and extracurricular activities
- ❑ Find out if a placement test, audition or portfolio is required for admission to a specialized program
- ❑ Research summer deadlines for fall ACT, SAT, TOEFL and upcoming college applications
- ❑ Begin preparing for the SAT subject tests you plan to take in the fall and/or SAT retake

GRADE 12

1. Set goals, work hard, take school seriously. Your senior year can be one of the most rewarding times of your life! By the end, you'll have earned a high school diploma and will be college, career and life bound.

2. Pay attention to details. Deadlines are very important. Missing one can lead to missed opportunity. Follow through with all the small steps along the way, and you'll be ahead of the game.

3. Manage your time. Continue to be involved in rewarding activities both in and out of school. Between school, homework, social activities and the amount of work involved in college applications, you will be busy. Plan carefully and be responsible, so your senior year can be both fun and rewarding.

SEPTEMBER

- ☐ Study hard and get good grades
 - Colleges like to see strong grades throughout your senior year
- ☐ Create a calendar to keep track of important dates and deadlines
 - College and financial aid applications/deadlines
 - Scholarship applications/deadlines
- ☐ Have a folder to keep college information together
- ☐ Register for your SAT, SAT subject test, ACT, TOEFL
- ☐ Meet regularly with your school counselor
 - Make sure you are taking classes that will put you on track for graduation
- ☐ Review your college application list and begin filling out applications
- ☐ Make sure your list includes *dream*, *probable* and *safety* schools
- ☐ Ask your school counselor about early decision/early action options
- ☐ Request two or three letters of recommendation
 - One letter should be from your school counselor
 - Don't forget about supervisors from after-school and summer activities/employment/community service
- ☐ Write first drafts of your essays for college and scholarship applications
- ☐ Take the September ACT if registered
- ☐ Community service is a great way to get involved, build work experience, and make contacts
- ☐ Remember your community service requirement
 - 20 hours are required for graduation

OCTOBER

- ☐ Continue to meet with your school counselor to discuss college/career plans
- ☐ Take the October SAT, SAT subject tests or ACT if you are registered
- ☐ Finalize your list of colleges
- ☐ Ask your school counselor if you might qualify for programs such as HEOP/EOP
- ☐ Give recommendation and other necessary forms to your school counselor, teachers, employers or others
 - Include addressed, stamped envelopes to make it easier for them to mail the letters
- ☐ Meet early decision/early action deadlines if applicable
- ☐ Work on your essay drafts
 - Get feedback from teachers or your school counselor
- ☐ Polish your portfolio and audition presentation if you are applying to a visual or performing arts school
- ☐ Begin to apply for scholarships
- ☐ Attend college fairs and continue to visit college campuses

NOVEMBER

- ☐ Continue to meet with your school counselor to discuss college/career plans
- ☐ Take the November SAT if you are registered
- ☐ Continue filling out your college applications
 - Most regular admissions deadlines range from late December to early March
- ☐ Attend a financial aid workshop with your parents/guardians
- ☐ Remind teachers, school counselors and others to complete your recommendation letters
- ☐ Schedule college interviews or auditions, if necessary
- ☐ Revise your essays and ask for final feedback from teachers or your school counselor

DECEMBER

- ☐ Continue to meet with your school counselor to discuss college/career plans
- ☐ Remember to check your email and mail regularly for communication from the schools you applied to, there may be additional paperwork required to complete such as HEOP/EOP applications
- ☐ Take the December SAT or ACT if you are registered
- ☐ Remember many colleges have January 1st deadlines, ensure all materials are completed well in advance of winter recess
- ☐ Finalize your essays if not already complete

- ❑ Collect information about your family's household finances, which will be required for the FAFSA form
- ❑ Apply for a PIN for your TAP and FAFSA applications, which can be submitted after January 1st
- ❑ Prepare for January regents exams required for graduation
- ❑ Send out all scholarship applications before the end of December if possible

JANUARY

- ❑ Continue to meet with your school counselor to discuss college/career plans
- ❑ Make sure your applications are complete
- ❑ Let your counselor know any schools that require mid-year reports
- ❑ Remember to check your email and mail regularly for communication from the schools you applied to
 - There may be additional paperwork required to complete, such as HEOP/EOP applications
- ❑ Ask your parents/guardians to work on their tax return estimates so you can complete the FAFSA and get the financial aid you need
 - Submit the FAFSA after January 1st
 - Go to www.fafsa.ed.gov
- ❑ Attend financial aid workshops with your parents/guardians at high schools, college access programs or the Department of Education
 - Including College Goal Sunday
- ❑ Check with your teachers, school counselor or employers to make sure your letters of recommendation and transcripts are mailed

FEBRUARY

- ❑ Quickly complete and return HEOP/EOP forms that you receive from colleges
- ❑ Remember to check your email and mail regularly for communication from the schools you applied to
 - There may be additional paperwork required to complete such as HEOP/EOP applications
- ❑ Work on FAFSA if not already completed
 - You should receive a Student Aid Report (SAR) shortly after completion
- ❑ Complete your TAP application
- ❑ Complete CSS/PROFILE and other financial aid forms

MARCH

- ❑ Keep an eye out for your SAR, which will have the information that you included on your FAFSA
 - Review your SAR and submit any necessary changes

- ❑ Continue to apply for scholarships
- ❑ Stay active in school
 - Colleges do look at second semester grades
 - If waitlisted, colleges want to look at accomplishments since the submission of your application

APRIL

- ❑ Check the mail for decision letters
 - Many colleges will let you know their decisions this month
 - Financial aid letters are sent separately by each college that accepts you, and these usually arrive later
- ❑ Bring these letters to your school counselor for review
- ❑ Spring break is a great opportunity to visit any colleges you have not yet seen

MAY / JUNE

- ❑ Once you have chosen the school you plan to attend, notify the college before the deadline
 - Deadline is usually May 1st
- ❑ Remember to notify your school counselor of your final choice and complete your senior information form
 - Your final transcript will be sent to your college of choice following graduation
- ❑ Mail your tuition and room and board deposits
- ❑ Review all of your financial aid forms and check off the financial aid you accept
 - Sign/return the form to the college financial aid office
 - If applicable, sign and return loan promissory notes
- ❑ If you need more financial aid, contact the college's financial aid office
- ❑ If you plan to live on campus, you will receive information on dormitories
 - Complete and return the questionnaire on personal lifestyle, interests and habits
- ❑ Notify all other colleges that you do not plan to accept their offer of admission
- ❑ If accepted through HEOP, review information on mandatory summer orientation and class schedule
- ❑ Students accepted for regular admission should review the orientation and registration schedule
- ❑ Finish High School!
- ❑ If you are registered, take AP test(s)
 - Scoring well can earn you credits in college
- ❑ Keep on top of your classes, so you do not jeopardize your high school graduation
- ❑ Prepare for and take final exams
- ❑ Breathe a big sigh of relief!

CONGRATULATIONS, YOU MADE IT!

WHICH ROUTE SHOULD I TAKE?

Vocational Training/Apprenticeship Programs

Very short programs that are skills-based and usually take 6-40 weeks to complete

- Local programs include Rochester Educational Opportunity Center, BOCES #1, BOCES #2
- Apprenticeship programs are often a path to trade union membership
- Examples of programs include plumbing, carpentry, electrical

Certificate Programs

Programs for students who want to gain a high degree of specialization through a short program of instruction (less than 2 years)

- Approximately 30 college credits (but varies greatly)
- Examples of programs include automotive technology, culinary arts, early care, law enforcement, optical systems technology
- Local colleges which offer these types of programs include Monroe Community College (MCC), Finger Lakes Community College (FLCC), Genesee Community College (GCC)

Community College Career Programs

Programs for students who plan to enter the job market immediately after graduating from college. These lead to an Associate in Applied Sciences (A.A.S.) degree

- 60-70 credits
- 20 of those credits are in the general education area (Liberal Arts and Sciences)
- The remainder in the career area

Community College Transfer Programs

Programs for students who plan to transfer to a four-year college or university. These lead to an Associate in Arts (A.A.) or Associates in Science (A.S.) degree

- Similar credit requirements to the A.A.S. degree
- 2+2 dual admission programs are cooperative programs of study with specified colleges. Successful completion of the A.A. or A.S. degree assures transfer to the four-year college with full junior status.

Four-Year College/University

Programs that lead to a Bachelor of Arts (B.A.) or Bachelor of Sciences (B.S.) degree

- 120 credits
- Usually 30-40 of those credits are in the general education area (Liberal Arts and Sciences)

Graduate School

- Bachelor Degree must be completed first
- Specialized in a very specific course of study
- Includes Masters and Doctorate Degrees, M.D., Law School

Military

- Air Force, Army, Coast Guard, Marines, National Guard, Navy
- Active Duty vs. Reserve
- Military Academies
- Reserve Officer Training Corps (ROTC)

National Career Clusters

Discover and learn more about your personal strengths and interests and how these can help you select a career pathway that might be good for you.

Agriculture, Food and Natural Resources

The production, processing, marketing, distribution, financing, and development of agricultural commodities and resources including food, fiber, wood products, natural resources, horticulture, and other plant and animal products/resources.

Education and Training

Planning, managing and providing education and training services, and related learning support services.

Hospitality and Tourism

Hospitality and Tourism encompasses the management, marketing and operations of restaurants and other food services, lodging, attractions, recreation events and travel related services.

Manufacturing

Planning, managing and performing the processing of materials into intermediate or final products and related professional and technical support activities such as production planning and control, maintenance and manufacturing/process engineering.

Arts, Audio Visual Technology and Communications

Designing, producing, exhibiting, performing, writing, and publishing multimedia content including visual and performing arts and design, journalism, and entertainment services.

Finance

Planning, services for financial and investment planning, banking, insurance, and business financial management.

Human Services

Preparing individuals for employment in career pathways that relate to families and human needs such as counseling and mental health services, family and community services, personal care, and consumer services.

Marketing, Sales and Service

Planning, managing, and performing marketing activities to reach organizational objectives.

Architecture and Construction

Careers in designing, planning, managing, building and maintaining the built environment.

Government and Public Administration

Planning and performing government functions at the local, state and federal levels, including governance, national security, foreign service, planning, revenue and taxation, and regulations.

Information Technology

Building linkages in IT occupations for entry level, technical, and professional careers related to the design, development, support and management of hardware, software, multimedia and systems integration services.

Science, Technology, Engineering and Mathematics (STEM)

Planning, managing, and providing scientific research and professional and technical services (physical science, social science, engineering) including laboratory and testing services, and research and development services.

Business Management and Administration

Careers in planning, organizing, directing and evaluating business functions essential to efficient and productive business operations.

Health Science

Planning, managing, and providing therapeutic services, diagnostic services, health informatics, support services, and biotechnology research and development.

Law, Public Safety, Corrections and Security

Planning, managing, and providing legal, public safety, protective services and homeland security, including professional and technical support services.

Transportation, Distribution and Logistics

Planning, management, and movement of people, materials, and goods by road, pipeline, air, rail and water and related professional and technical support services such as transportation infrastructure planning and management, logistics services, mobile equipment and facility maintenance.

To explore these and other careers further, go to:

Career Zone (<https://www.careerzone.ny.gov>) and Career Coach (<https://monroecc.emsicareercoach.com/>)

MY EDUCATION PLAN

NAME _____

9TH

COURSES

EXAMS

10TH

COURSES

EXAMS

11TH

COURSES

EXAMS

12TH

COURSES

EXAMS

MY GOALS FOR HIGH SCHOOL

GOAL	BY
1 _____	_____
2 _____	_____
3 _____	_____

MY GOALS FOR AFTER HIGH SCHOOL

GOAL	BY
1 _____	_____
2 _____	_____
3 _____	_____

Goals can be large or small,
from getting to school on time every day,
to earning a 3.0 GPA.

AIM HIGH!

Glossary of Important Terms

ACT (American College Test)

ACT is a college entrance exam. It assesses your general educational development and your ability to complete college-level work. Students usually take the ACT in 11th grade; many take it again in 12th grade. Most colleges require either the ACT or the SAT as part of the application.

AP (Advanced Placement)

AP classes are college-level classes that are offered in high school. After taking these classes, students can take AP exams. If you score high enough, you can earn college credit. Your college will determine this.

Early Action/Early Decision

Both Early Action and Early Decision plans allow you to apply to college early (deadlines usually are in November) and get an early decision from the college. Early Decision plans are binding: If you apply as an Early Decision candidate, you agree to attend the college if it accepts you and offers an adequate financial aid package. Most Early Action plans are not binding: You typically do not have to commit to a college when you apply Early Action.

FAFSA (Free Application for Federal Student Aid)

This application is a critical element of applying for financial aid and can be submitted online or by mail. To complete the FAFSA, parents/guardians must have copies of their federal and state tax forms ready by the end of January of the student's senior year.

HEOP/EOP

Higher Education Opportunity Program (for private institutions) and **Education Opportunity Program** (for public institutions). Both offer financial aid and academic support to students who meet economic eligibility guidelines. To apply, check the HEOP/EOP box on your college applications or contact the colleges' HEOP/EOP offices.

HESC

(New York State Higher Education Services Corporation)

This state agency administers the Tuition Assistance Program and guarantees student loans.

PSAT/NMSQT (Preliminary SAT/National Merit Scholarship Qualifying Test)

This standardized test provides practice for

the SAT. It also gives you a chance to enter National Merit scholarship programs.

SAR (Student Aid Report)

A report that confirms that your FAFSA has been processed. You will receive your SAR from FAFSA either electronically within three days or by mail within three weeks, depending on how you submitted your FAFSA. Review your SAR carefully and send any changes by mail.

SAT (Scholastic Aptitude Test)

The SAT is a college entrance exam that assesses critical thinking and problem-solving skills. Students usually take the SAT in 11th grade; many take it again in 12th grade. Most colleges require either the SAT or the ACT as part of the application.

SAT Subject Tests

These standardized tests measure your

knowledge and skills in particular subject areas, such as English, history, mathematics, science and language. Many colleges use the Subject Tests for admission, for course placement and to advise students about course selection. Students should take SAT Subject Tests only in subjects for which they are well prepared.

TAP (Tuition Assistance Program)

TAP offers additional financial assistance to students attending colleges and universities in New York State. You can link to the TAP site once you complete your FAFSA online or contact HESC to apply by mail. An express TAP application is called ETA.

TOEFL (Test of English as a Foreign Language)

TOEFL is required for non-native applicants at many English-speaking colleges and universities.

Resources & References

Test Registration

SAT Registration
ACT Registration

www.collegeboard.org
www.actstudent.org

College Applications

Common Application
SUNY Application
Historically Black College Application

www.commonapp.org
www.suny.edu/student
www.eduinonline.com

NCAA Eligibility Center

www.eligibilitycenter.org

Financial Aid & Scholarships

Federal Student Aid
NYS Financial Aid
Scholarship Search Engine
Scholarship Search Engine

www.fafsa.gov
www.hesc.com
www.fastweb.com
www.scholarships.com

Career Exploration

NYS Career Zone
MCC Career Coach

www.careerzone.ny.gov/views/careerzone/index.jsf
<https://monroecc.emsicareercoach.com/>

American School Counselor Association (2004). ASCA Student Standards. Alexandria, VA: Author.

Expect Success: A Family's Guide to Preparing Students for College and Career, NYC Department of Education

The Education Trust: How to Help Your Child Prepare for College and Career New Visions for Public Schools – College Guide 2007

Oakland Unified Student Guide: http://www.ousd.k12.ca.us/cms/lib07/CA01001176/Centricity/Domain/172/2012_Student_Guide_English.pdf

New York State Education Department – EngageNY.org

If you need additional resources or support, please talk to your school counselor.



Rochester City School District
131 West Broad Street
Rochester, NY 14614

(585) 262-8100
www.rcsdk12.org

Board of Education

Van Henri White, President
Cynthia Elliott, Vice President
Mary Adams
Melisza Campos
José Cruz
Malik Evans
Willa Powell

Student Representative

Sophie Gallivan

Superintendent of Schools

Bolgen Vargas, Ed.D.