

NYACK HIGH SCHOOL'S SENIOR COLLEGE PLANNING GUIDE



**PROVIDED BY NYACK HIGH SCHOOL
GUIDANCE OFFICE**

TABLE OF CONTENTS

1. INTRODUCTION (P. 4)
2. THE PATH TO COLLEGE:
WHAT SHOULD I BE DOING NOW? (P.6)
3. WHAT ARE YOU LOOKING FOR IN A COLLEGE? (P. 8)
4. COLLEGE/UNIVERSITY VISITS (P. 12)
5. THE COLLEGE APPLICATION PROCESS (P. 15)
6. HOW CAN I FINANCE MY COLLEGE EDUCATION? (P. 21)
7. TEST DATES (P. 25)
8. TRANSCRIPT REQUEST FORM (P. 28)
9. SENIOR YEAR CHECKLIST (P. 29)
10. HELPFUL LINKS (P. 30)

NYACK HIGH SCHOOL GUIDANCE DEPARTMENT
360 CHRISTIAN HERALD ROAD
UPPER NYACK, NY 10960
845-353-7120
FAX# 845-353-7119

CEEB CODE: 334255

Lorraine Longing, Director of Guidance K-12 (llonging@nyackschools.org)

Sean Cavanagh, Counselor (scavanagh@nyackschools.org)

Maggie Gershonovitz, Counselor (mgershonovitz@nyackschools.org)

Tara Heinemann, Counselor (theinemann@nyackschools.org)

Alejandro Peña, Counselor (apeña@nyackschools.org)

Diana Wright, Counselor (dwright@nyackschools.org)

Jean Marie Maldonado, Records Secretary (jmaldonado@nyackschools.org)

Jean Lauturner, Guidance Secretary (jlauturner@nyackschools.org)

Dear Senior,

The Guidance and School Counseling department looks forward to working with the Class of 2020! Please keep this booklet in a safe place. It will be helpful to you throughout the year as you work on your college applications and career planning. Much of the material in this booklet is based on information that the counselors have acquired from college admissions representatives, conferences and other professional development. We have tried to respond to the areas where students seem to need the most help.

(Tip -- you may want to start a college/career information folder or binder where you can easily refer to and store all relevant information.)

Where will you be a year from now? Regardless of what you think you want to do or if you just have some ideas that are not definite, your counselor is your consultant during the entire process. We will need some information from you in order to help you meet your goals, especially your personal profile form (see your counselor if you need a form). During senior year, you should plan to visit your counselor often as you prepare and send applications to schools. Your counselor will also maintain contact with you to track your academic progress and to make sure that we have all the details needed regarding your academic history and participation in sports, clubs and other extracurricular activities.

Please be aware of any announcements and notices from our office. One event we are continuing this fall is to host college representatives on Mondays during lunch period. These mini-fairs provide an excellent opportunity for you to conveniently investigate schools. You will also want to attend the ***Annual College Fair at Rockland Community College in Suffern on October 22, 2019 at 7pm*** (over 250 schools will be represented).

Your future is full of possibilities, but you must start the planning and decision-making now. An important step in that process is familiarizing yourself with this booklet and following through on the recommendations that will help you get on track towards meeting your goals. We look forward to working with you as you embark on this critical college and career planning phase in your life and hope that together, we will make this a more manageable and successful journey.

Sincerely,

Lorraine Longing, Director of Guidance K-12
Sean Cavanagh, Counselor
Maggie Gershonovitz, Counselor
Tara Heinemann, Counselor
Alejandro Peña, Counselor
Diana Wright, Counselor

THE PATH TO COLLEGE: WHAT SHOULD I BE DOING NOW?

Most of you met with your counselor during junior year to have a preliminary meeting about colleges and other post-graduate options. Your counselor will contact you sometime during late September/early October to confirm your plans. (*TIP-If you plan to apply Early Decision or Early Action to a school, make an appointment with your counselor NOW*).

Monitor Academic Progress (*Making sure I graduate on time*)

Your best preparation for college and the workforce is to be the best student possible right now. That means that you should make sure you arrive for ALL classes on time, and that you maintain excellent attendance during your entire senior year. Please use your student agenda book to keep track of your assignments, and be prepared for all tests and projects. If you stay focused and involved with school and extra-curricular activities you will hopefully avoid “senioritis” which can hurt your grades, and jeopardize both your graduation and admission to college. If you have any concerns or problems during the year regarding your classes or anything else, please see your counselor for assistance. Their goal is to provide support and guide you in making appropriate decisions. To ensure that you are on track to graduate on time, your counselor will review your academic progress during every progress report and report card period.

Complete & Submit Personal Profile Form

Your counselor needs the ***Personal Profile Form*** as soon as possible if you have not submitted it already. Your counselor will use the form to write a comprehensive letter of recommendation that will include your academic history and highlights, extracurricular activities and community service as well as positive aspects of your character and personality. Please help us, and yourself, by completing the *Personal Profile Form* with care and giving it to your counselor ASAP. If you need help filling it out, please ask your counselor for assistance!

Register for College Entrance Exams

If you have not taken the SAT or ACT yet or want to re-take it, please register for one of these tests as soon as possible. Please see test date information located at the back of this guide (page 25).

Review Transcript

You will receive a copy of your transcript in the mail by early September. This will confirm exactly what you need to graduate on time (with no surprises late in the school year). If it is missing any information or has any inaccuracies, please let the Guidance Office know as soon as possible. Potential items that can add elective credit to your transcript are:

**Summer Programs or Courses*: Please make a copy of your final grade or verify your participation. We may be able to issue $\frac{1}{2}$ credit with a grade of "P" ("P" is PASS and would not affect your rank and average)

**Community Service*: For every 60 hours of documented community service, you will receive $\frac{1}{2}$ credit with a grade of "P." Pick up the community service forms in the Guidance Office.

**Driver Education*: If you successfully completed a student driver education course at a local institution, please bring in proof of completion and you will receive $\frac{1}{2}$ elective credit.

WHAT ARE YOU LOOKING FOR IN A COLLEGE?

With all of the colleges that are out there it can be overwhelming to decide which one is right for you. To help you narrow down your options, it is helpful to consider the following questions in your evaluation.

What environment makes me feel comfortable?

Some people love city life and look forward to the experience of going to school in an urban environment. Others see college as the opportunity to live on a green campus with rolling hills. Climate is also important to some people, and you should be prepared for seasonal extremes in different regions of the country (and even within New York State!)

I'm the first person in my family to go to college, where and how do I begin?

For you, your relationship with your counselor is critical. Your counselor will help you navigate through the college admissions process. Your family is also welcomed and encouraged to contact us with any questions.

Do I want to live on-campus?

Many students say, "Oh, I want to go away, so I don't want to apply to schools in New York." If you look at a map of New York State, it is at least an eight-hour drive from east to west. Even Albany is about two hours away, while Buffalo is about eight hours away. Western Massachusetts is only about two hours away. So consider New York, as well as other states, if you are planning to live on-campus.

Can I afford college?

The answer is that you can if you follow the guidelines regarding financial aid and plan carefully. Most scholarships and financial aid awards are based on need, which is documented by completing the FAFSA and/or the CSS/Profile forms. A formula is calculated called the Expected Family Contribution (EFC), which is the amount of money that your family would be expected to pay for your education, regardless of the school. Depending on your family's resources, your EFC will vary.

What are the things that I like to do?

If you cannot imagine a life without outdoor activities such as hiking, cycling, or skiing, then maybe an inner-city urban school is not the best choice for you. If you cannot imagine life without access to plenty of cultural events, then you should consider the amount of activities on campus and/or nearby events in the town or city where the school is located.

How much attention do I need?

If you are the type of student who consults with your teachers and counselor often, you may want to have similar relationships at college. Generally, the staff at small liberal arts colleges is able to provide more attention to students. However, you can certainly make yourself known at a larger school -- it just may take more effort and initiative from you and frequent e-mails to your professors! The small schools are worth a look, especially if you are planning to attend a professional school (law, medicine, business, etc) or other graduate school. Small liberal arts colleges generally graduate the highest percentage of students who pursue doctoral degrees.

How important is diversity to me?

Nyack High School is a culturally diverse place. Many colleges, unfortunately, still are not as diverse as Nyack. The best way to check the diversity is to look at the school's statistics and to visit the school when classes are in session.

What kind of campus life do I want?

The best way to gain knowledge about schools is by visiting. If you cannot visit, at least spend some time on the school's website, many schools have "virtual tours" (see your counselor if you have questions or need access to a computer).

What do I like to study?

Even if you don't have a prospective major in mind, you should think about the classes that you have enjoyed in high school, and why. Is math clearly your favorite subject? There are many fields that use math or are related to math without actually majoring in math, such as engineering, accounting, and computer science-related fields. Are you passionate about writing?

Then you may consider any of the majors that require writing, which could be from English literature to philosophy to history.

Love television production and video? Consider schools that offer programs in those areas. If you know that you favor subjects in a certain area, make sure that your prospective colleges have the corresponding majors.

Do I want small classes?

If you want consistently small classes (20 or fewer students), then look at the smaller schools. Large schools promise small classes in most courses except the introductory level classes, which are the classes that you will be taking during your freshman year. However, depending on your major, the large school may have small classes (especially if you are taking classes in the visual arts or languages).

Do I have a specialized interest?

If you are looking for programs in fields such as pharmaceutical, architecture, or a performing arts conservatory, your needs are very specific. Hopefully, you began some of the preliminary searching in the spring of your junior year. However, if you did not, your counselor can assist you. It is important that you contact your counselor immediately and that you are aware of deadlines (particularly for portfolio submission or auditions if applicable).

Do I want to apply to an out-of state public university?

You should make your decision to apply very soon. If you decide to apply, please do it soon (preferably by mid-October) to your preferred out-of-state public universities such as Penn State, University of Delaware, University of Connecticut, etc. The reason why it is advantageous to apply in the early part of senior year is because most of these institutions have rolling admissions, which means that they will fill their class as qualified applicants are reviewed. Furthermore, because they are funded by state money, they are required to accept most of their students from in-state applicants. As an out-of-state applicant, you are competing for one of a small number of places in the freshman class.

How important is it to attend a school with a good “name”/a school that is prestigious?

Too many people worry about the name of the college. The most important thing is that the school you attend is a good fit for you. Even if some of the most prestigious schools are a good fit for you, you must find other alternatives because the competition is so keen. Remember, most applicants of the most competitive colleges are capable of doing the work. The colleges can only accept a small portion of the applicant pool. Rankings, such as those from U.S. News and World Report and other college guides, represent part of a profit-making business for people whose main goal is to sell magazines or books.

Rather than pick schools by name, try choosing schools by how well they match to who you are, including what kind of student you are. Remember, the most competitive schools are most competitive with regard to admission. There are many high-quality schools that are not as competitive regarding admissions but produce very competent graduates who successfully move on to the workforce or graduate school. Think about what’s right for you, and the kind of place where you will excel. If you excel in the school that does not have a “name”, you still will have opportunities for employment and/or graduate school. In fact, you may stand out from your peers who did above average work at the “name” schools.

Also, very few students look at what colleges require to graduate in four years. If you are very interested in a school, request a copy of the student bulletin (or course catalogue) or check the Guidance office for a copy. Most bulletins are also available online. Do the classes look interesting to you? Look carefully at required courses and any distribution requirements.

COLLEGE/UNIVERSITY VISITS

Why Are They Important?

Even if you have not identified schools that you definitely want to apply to, it is a good idea to visit the colleges and universities of interest. Each college campus is unique. By visiting a college you have the opportunity to get a first-hand experience of what your life will be like during your years at the school.

When Should I Visit?

If you started planning early, you probably visited colleges during your junior year or over the summer. If you have not started already, set up appointments as soon as possible. If possible, try to visit a college while that school is in session.

How Do I Set Up a College/University Visit?

Check the college's website or call the Admissions Office to find out the times of tours and information sessions. Colleges also sponsor Open House events, which provide comprehensive information, tours and usually some type of refreshment. If you are planning to visit a college on your own (not part of a formal tour), you may want to request in advance permission to visit classes and/or permission to stay overnight (many residential colleges sponsor programs that allow you to eat and stay for one night on campus). Make sure that when you attend any college or admissions event that you sign in with the Admissions Office or college representative. Many schools often factor your visit (expressed interest in the school) into their admissions decisions.

How Do I Prepare For A College/University Visit?

Once you have scheduled a college visit or open house event, you should prepare a list of questions you would like to ask the college representative. This is important as it demonstrates that you are carefully considering your options and are serious about making an informed choice. Below is a sample list of questions to ask college admissions representatives and/or current students:

- What are the college's academic specialties? What programs are particularly strong or competitive?
- What makes your college distinctive?

- What are the academic credentials of the typically admitted student?
- Do you offer career planning and placement at graduation?

- Is residence housing guaranteed? What percentage of students live on campus?
- What do students do when they are not in class or studying?
- Is there specific job placement data for recent graduates in your field of interest?
- What percentage of the freshman class return for their sophomore year?
- What is the student to faculty ratio?
- What percentage of students receives financial aid?
- What kinds of academic assistance are available?
- How would you describe the student body's personality?
- What are the most popular majors?
- What is the average class size? What is the largest?
- Are there advisors for each student? How much time are they required to spend with each student?
- Do students have to take an admissions exam? Are there placement exams for courses once a student is accepted?
- What opportunities do you have to interact with professors?
- How easy is it to get the classes you want and/or need?
- How safe is it to walk around campus?

There are several schools located in the local area or within a 45-minute drive from Nyack that you may choose as initial visits. *The following is only a partial listing of colleges, universities and technical schools:*

Rockland County: St. Thomas Aquinas College, Nyack College, Dominican College, and Rockland Community College

New Jersey: Ramapo College, Fairleigh Dickinson – Madison, College of St. Elizabeth, Montclair State, Seton Hall, Drew, Caldwell, Lincoln Tech, Berkeley-Paramus

Westchester County: Pace, Iona, College of New Rochelle, Mercy College, Sarah Lawrence, Concordia, Manhattanville, SUNY-Purchase, Berkeley, College of Westchester

New York City:

The Bronx: Fordham, Manhattan, College of Mt. St. Vincent, Lehman

Manhattan: Columbia, Barnard College, New York University, Fordham at Lincoln Center, City College, Baruch, Hunter College, John Jay, Pace University, Fashion Institute of Technology, Julliard, Manhattan School of Music, School for Visual Arts, Cooper Union, Institute for Audio Research

Queens: St. John's University, Queens College

Brooklyn: Polytechnic, Long Island University, Brooklyn College, St. Joseph's College, St. Francis College, Pratt

Staten Island: College of Staten Island, Wagner College
Two-year community colleges are also located in all areas.

THE COLLEGE APPLICATION PROCESS

How To Obtain College Applications

Many students are applying to colleges and universities via on-line applications directly through the college's website. If, however, you prefer to apply to a school using a paper application, we may be able to provide it to you through the Guidance Office as follows:

- Public universities and colleges in New York State: **SUNY**, which is the State University of New York system, consisting of public institutions throughout New York State; and **CUNY**, the City University of New York, consisting of public institutions within the five boroughs (Bronx, Manhattan, Brooklyn, Queen and Staten Island) of New York City. Both SUNY and CUNY systems have two- and four-year colleges. *Rockland Community College* (RCC), which is part of the SUNY system, has a separate application (also available in the Guidance Office).
- Private colleges through the Common Application. The Common Application is a universal application that approximately 250 primarily private colleges and universities use. The Common Application is also available on-line at www.commonapplication.org.
- We have applications on file for various colleges which have been mailed to us or provided by college representatives who have visited our high school.
- If we do not have an application on file, we can assist you by providing a toll-free phone number or e-mail address for the college admissions office. You may request applications by phone or e-mail. In fact, you can call or e-mail colleges from your counselor's office (**TIP -- schools are impressed when YOU communicate with them. You are showing that you are an interested, responsible young adult**).

Tips on Completing the Application

- Read through the entire application before writing on it. You may want to photocopy the application and fill out the copy to practice.
- Print neatly and clearly using black or blue ink. If you have to correct something, do not cross it out -- either use an ink eraser or correction fluid.
- Please make sure the name on your transcript and the name on your application are the same. It becomes too confusing for the colleges if items are under different names.

- Know the Nyack High School College Board or CEEB Code: **334255**
- Know your counselor's full name. You may use the phone number (845) 353-7120 for the counselor's/school's phone number.
- Use an e-mail address that is appropriate for college admissions officers (refer to the next section under "If you would like to file your application online")
- See information under "College Essays" for tips on written responses.
- Any attached pages (essays, activity list, etc.) should have your name and social security number clearly indicated.
- Make a copy of the entire application for your personal file and note the mailing date (this will be important when you call to follow-up on your application status).
- **On-line applications:** We suggest that you print out the entire application before clicking "submit" to review everything. Keep a copy for your records and save a copy of any confirmation e-mail.
- Check the college's policy regarding the submission of SAT and/or ACT scores. Many colleges require that you request an official copy of your scores to be sent to them directly from the testing agency. Unless you tell us not to send SAT scores to a specific college, Nyack High School will send a copy of **any** SAT scores that we have on file for you. Please note that there is a Score Choice Option for the SAT, in which you can choose which scores you send to colleges. Please refer to www.collegeboard.com for additional information.
- If you want to send any AP scores, you must arrange for this through College Board.
- There is no reason to delay your college applications if you also plan to apply for financial aid. The process is as follows: apply to colleges first, and then apply for aid. Check with your counselor to see if any of your Schools require the CSS/Profile, which is a different form from the FAFSA (Free Application for Federal Student Aid). The Profile can be filed from mid-October, but the FAFSA cannot be filed until October 1st. If you qualify for free or reduced lunch, ask your counselor about application fee waivers for college applications and testing (SAT and ACT), and opportunity programs at colleges and universities.

Important Application-Related Forms Transcript Request Form

In order to have your transcript (a document that lists your academic history of courses, final grades, Regents examination grades, rank and average) sent to a college, university, or other program, you must complete a transcript request form. If you are under the age of 18, your parent or guardian must ALSO sign this form. Please take the time to clearly write the name and address of the institution. Also, please be aware that colleges' mailrooms process incoming mail slowly -- so allow about three weeks from the time you file your request with us for the college to confirm that it has been received. ***(TIP – it is a good idea to follow up with a phone call to each college or university three weeks after you have sent materials to make sure that your application is complete. Be proactive-don't wait for the colleges to contact you!)***

Teacher Academic Recommendations

Most four-year colleges and universities require one or two letters of recommendation from teachers. Colleges that request two letters often find it most helpful read from two different subject areas teachers. Ideally, you will have one letter from a math or science teacher, and another from an English, Social Studies or second language (Spanish or French) teacher. If you are applying to a special program for music or visual arts, you may want to obtain an additional letter from a teacher in that area. Similarly, if you plan to major in physical education, computer science, or another specialized field, you may want to obtain an additional letter from that subject area. Consult with your counselor for any questions regarding letters of recommendation. If you anticipate needing letters of recommendation, please request them as soon as possible and follow the guidelines below:

1. Give careful consideration to which teacher will have positive things to write. He/she may be the teacher in a class which you have worked very hard to improve. Remember, choose from among the five subject areas that colleges examine the most: English, math, social studies, science and second/foreign language.
2. Make your polite request when you and the teacher are not rushed. Be sure to allow the teacher enough time to write your letter (minimum three weeks), so request early in the semester. If you have not finalized your college list, you can always confirm your schools later with the

teacher. Ask the teacher if he/she would write a letter commenting on your performance in his/her class, and your ability and potential for college-level work. The teacher's letter should NOT include a listing of your extracurricular activities. (TIP - remind the teacher if you did particularly well on a special project or assignment in the class.)

3. Be clear. Let the teacher know what type of schools you are applying to (e.g., large universities, small college, major of interest, if you know) and provide the teacher recommendation form if there is one. If there are no forms from the school, the teacher can consult with your counselor regarding the format of the letter.

4. Give each teacher a set of envelopes addressed to each college, complete with postage (stamps). Again, if you do not know where you are applying right away, follow up with the teacher as soon as you know. Give the teacher a list with the application deadlines for each school. ****Ask the teacher to give an extra copy of the letter to the Guidance office.** This will help save time if we need to use the recommendation letter for another school that you may decide to apply to at a later time.

5. Let the teacher know when you have sent your applications. This will be a reminder if he/she has not yet completed the letter.

6. Check with the teacher (politely) just after the first deadline to make sure that your letter was sent.

7. Write a thank-you note at the end of the process (January-February).

8. In May, let the teacher **and** your counselor know which school you will be attending in the fall. This will help us make sure that the college you have chosen has all the needed paperwork and we can avoid any unnecessary delays in your registration.

College Essays

Most colleges require a 300-500 word essay from you that is called a personal essay or statement. Although there will always be topics to choose from, the most important thing to remember is that a good essay will tell the college something about YOU! Sometimes it is easier to focus on one experience you had, or a special person in your life, then to attempt writing about your entire life.

An excellent essay is one that reveals something about your personality and character and is very well written.

Please make sure that you proofread your essay, and it's a good idea to have a teacher also review it. Make sure that it is your own work. College admissions officers are very skilled at discerning what is really a student's "voice" and what is the work of a professional consultant or parent. You may also have short essays to complete on an application. Answer these questions thoughtfully with the same care that you use for your long essay.

When should I send my college applications?

If you would like the Guidance Office to process your application, please:

- Submit your ***Personal Profile Form*** as soon as possible to give your counselor ample time to complete the comprehensive letter of recommendation.
- Submit your ***Transcript Request Form***, completed application, check or money order and essay (if applicable) to your counselor IN PERSON – (no drop-offs at the desk or in a mailbox!) at least two weeks in advance of the deadline. For January 1 college application deadlines, applications must be turned into the Guidance office before the first Friday in December. Pre-address a 9x12 envelope with four stamps affixed for postage to each college for which you are requesting a transcript. Write the return address of Nyack High School Guidance, 360 Christian Herald Road, Upper Nyack, NY 10960.
- Call or e-mail the College Admissions Office a week after the deadline (remember these are postmark deadlines and it takes time to travel from the mailroom to the Admissions office) to make sure that all materials were received.

If you would like to file your application online, please do the following:

- Submit your ***Personal Profile Form*** to your Guidance Counselor as soon as possible.
- * Set up an e-mail address through one of the free online providers, using your first initial and last name. Your current e-mail address consisting of a nickname may not be the most appropriate to use for admissions purposes.

- File a ***Transcript Request Form*** for each school that you apply to

online so that we are aware that you sent an application (please make this notation on the form). Make sure you request the transcript at least three weeks in advance of the application deadline.

- Follow up with the college three to four weeks after filing your *Transcript Request Form* to make sure that the transcript was received. Your transcript will be sent with the counselor's letter of recommendation.

Interviews

Some schools require an on-campus interview, especially many of the small liberal arts colleges. Even if a school does not require an interview, you may want to request an informational interview with a college admissions officer. An interview must be arranged at least two weeks in advance.

A very small number of colleges will arrange for a local past graduate (alumna/alumnus) to interview you. Sometimes these interviews are evaluative, meaning that they are part of the admissions process. Consult with your counselor if you are required to have an alumni interview.

Career Planning

If you are undecided about a field of interest and would like to identify some possible areas, please make an appointment with your counselor. Your counselor will work with you to identify your areas of strength and interest. There are websites in the back of this packet that may also help you to identify general areas of interest. Remember, most people do not know exactly what they want to do at the age of 17 or 18. For undecided students, a liberal arts education at a college or university will allow you to explore different areas until you find one that particularly appeals to you.

HOW CAN I FINANCE MY COLLEGE EDUCATION?

Guidelines On The Cost Of Colleges And Universities

Generally speaking, college tuitions vary greatly. From least expensive to most expensive, the range is as follows:

- Community college (NY)
- Public college or university (NY)
- Public college or university (Out-of-state)
- Private college or university (NY or Out-of-state)

Tuition only covers the cost of your classes. There are additional costs for lab fees, books, travel, housing and food (also called room and board) and other incidentals, like laundry costs, etc. Even if you choose to live at home, you must budget for travel to your school and your expenses at home (food, laundry, etc).

Financial Aid and Scholarships

There are three types of financial aid:

- **Grants or scholarships**: You do not have to pay these funds back. Grants are based on need; scholarships may be based on need and/or academic achievement.
- **Loans**: Money that you borrow and eventually must pay back.
- **Work/Study**: Funds earned over the school year for holding a part-time job.

Sources of financial aid are:

- the federal government
- New York State
- private sources (college discretionary funds and outside scholarships)

When And How Do I File For Financial Aid?

Free Application For Federal Student Aid (FAFSA):

Most students will not have to file until January of their senior year by completing the Free Application for Federal Student Aid (FAFSA). The FAFSA is now only available online at www.fafsa.ed.gov. The information you submit on the FAFSA is largely based on information from your parents' and your completed tax returns for the prior year.

Tips for completing the FAFSA:

Try not to delay in compiling your family's financial information. Your parent/guardian can estimate some of the figures by using the previous year's tax return if needed. Once you e-mail or mail the FAFSA, you should receive your **Student Aid Report** (SAR) in four to six weeks. The SAR allows you to review your information and make corrections if necessary. It will also include what your **Estimated Family Contribution** (EFC) is (the amount that you and your family should expect to pay annually for your college expenses). If you indicate at least one school located in New York State among your college choices, an application for the **New York State Tuition Assistance Program** (TAP) will automatically be sent to you.

CSS/Profile

Check if any school or scholarship that you are applying for requires the CSS (College Scholarship Service)/Profile. The Profile can only be completed online through www.collegeboard.com. You should complete the Profile promptly (as soon as you know which colleges you are applying to for financial aid). Verify any financial aid deadlines, especially if you are applying Early Action or Early Decision to a school.

College Forms

Some colleges have a financial aid form that you must complete in addition to your FAFSA (and possibly CSS/Profile). Check with the financial aid office of the schools to which you are applying.

Scholarships

Scholarships from local and national organizations are announced throughout the school year and will be posted online through the Nyack High School website and also available in the Guidance Office. You are encouraged to apply for scholarships! Be prepared to list your extracurricular activities, community service, and to submit an essay for the scholarship committee. Some scholarships also require an interview.

Visa Status and Other Immigration Issues

In order to apply for federal or New York State aid, you must be a U.S. citizen or legal resident alien. However, if you do not fall into these

categories, you may still qualify for private discretionary funds offered at private colleges. Please see your counselor for any other questions regarding financial aid, college applications and U.S. residency status.

SEEK and College Discovery/EOP/HEOP

SEEK and College Discovery, programs offered at the CUNY campuses, provide students with financial resources needed to attend college. The Educational Opportunity Program (EOP) is sponsored at many SUNY campuses while The Higher Education Opportunity Program (HEOP) is a similar program at private colleges. It is important to note that there are also academic criteria for these programs.

To be eligible for admission to these programs you should:

- Be a New York State resident
- Qualify for admission under the program’s criteria
- Be in need of substantial financial assistance (students who qualify for free or reduced lunch may also qualify for these programs)

If you qualify for these programs, your application fee is waived, and you may be eligible to receive substantial financial assistance, career counseling and academic tutoring while in college.

INCOME GUIDELINES: The table below lists financial eligibility requirements for EOP admission for students entering the fall 2012 academic year. In order to be determined economically disadvantaged, a student’s household income must not exceed the amount shown for its size or the student’s circumstances must conform to one of the exceptions indicated.

**Household Size Total Annual Income in
(including head of Previous Calendar Year*
household)**

1	\$20,665
2	27,991
3	35,317
4	42,643
5	49,969
6	57,295
7	64,621
8	71,947*

Income Guidelines Also Do Not Apply If...

- The student's family is the recipient of Family Assistance or Safety Net payments through the New York State Office of Temporary and Disability Assistance; or through a county Department of Social Services; or Family Day Care payments through the New York State Office of Children and Family Assistance;
- The student lives with foster parents who do not provide support for college and the student's natural parents provide no such support;
- The student is a ward of the state or county.

If you think your family's income falls within the guidelines listed above, please make an appointment with your counselor.

The annual Financial Aid Information night will take place on October 3, 2019 at 7:00pm in the Auditorium.

SAT and SAT Subject Tests

Unless otherwise noted, both tests are given at the same time on each of these dates. **You cannot take both tests the same day.**

TEST DATE	TEST OFFERED	NORMAL REGISTRATION DEADLINE	SCORES RELEASE DATE
October 5, 2019	SAT AND SUBJECT TESTS	September 6, 2019	October 18, 2019
November 2, 2019	SAT AND SUBJECT TESTS	October 3, 2019	November 15, 2019
December 7, 2019	SAT AND SUBJECT TESTS	November 8, 2019	December 20, 2019
March 14, 2020	NO SUBJECT TESTS OFFERED	February 14, 2020	March 27, 2020
May 2, 2020	SAT AND SUBJECT TESTS	April 3, 2020	May 15, 2020
June 6, 2020	SAT AND SUBJECT TESTS	May 8, 2020	July 15, 2020

See website for paper registration deadlines.

- **None of the 2019-2020 SAT tests will be given at Nyack High School.**
- **No subject tests will be given on March 14, 2020**
- **Note: Sunday test dates are scheduled following each Saturday test date for students who cannot test on Saturday because of religious convictions.**

ACT TEST DATES 2019-2020

TEST DATE	REGISTRATION DEADLINE	ACT SCORE RELEASE Multiple choice scores; Complete scores
September 14, 2019	August 16, 2019	Sept. 24; Oct. 8
October 26, 2019	September 27, 2019	Nov. 5; Nov. 19
December 14, 2019	November 8, 2019	Dec. 24; Jan. 7
February 8, 2020	January 10, 2020	Feb. 18; March 3
April 4, 2020	February 29, 2020	April 14; April 28
June 13, 2020	May 8, 2020	June 23; July 7
July 18, 2020	June 19, 2020	July 28; Aug. 11

DIRECTIONS FOR TRANSCRIPT REQUEST FORM

1. Complete the ***Transcript Request Form*** for each school/organization you are applying to. THIS INCLUDES ANY SCHOOL YOU APPLY TO ON-LINE. Be sure your parent has signed at the bottom. One form can be used for up to five requests.
2. Submit the completed *Transcript Request Form* AND the pre-addressed, stamped envelope(s) to your counselor. A packet will then be mailed to each college requested/indicated on the form. This packet includes a transcript and the Nyack High School Profile along with a Guidance Recommendation Letter.
3. The transcript request form is our record of what transcripts we have mailed.
4. It is the student's responsibility to submit the completed application directly to the college/university.
5. Teacher recommendations, if requested by the college, are usually sent separately. **At least 4 weeks before the due date,** politely ask the teacher for his/her help in writing a recommendation. Give the teacher a stamped, addressed envelope and any form provided by the college. Follow up to be sure the recommendation was sent and then write a thank you note.

ALLOW A MINIMUM OF 5 SCHOOL DAYS FOR PROCESSING YOUR TRANSCRIPT REQUEST.

Senior Year Checklist

- Submit my Personal Profile Form to my counselor
- Save the dates for RCC College Fair, FAFSA meeting, and Monday College Representative visits
- Request at least two teacher letters of recommendation
- Register/take SAT or ACT again if needed
- Visit colleges and universities
- See my counselor to finalize a list of schools with different levels of admissions selectivity
- File Transcript Request Form with student's and parent's signatures
- Obtain applications (mail or website) and read thoroughly
- Have a teacher or other trusted adult proofread my essay
- Check necessary financial aid applications and deadlines (especially CSS/Profile if needed)
- File my applications by Thanksgiving if possible (earlier for Early Action or Early Decision applications)
- Make arrangements for College Board or ACT to send official score reports
- File FAFSA as early as October 1st.
- Check my Student Aid Report from FAFSA carefully
- Call the colleges I applied to before deadline to make sure that my application is complete
- Keep in close contact with my counselor as I receive any correspondence from colleges
- Notify my counselor of college decisions as they are received (acceptances, wait-list and denials)
- Notify my counselor/Guidance Office regarding my final choice

Throughout the year . . .

- Work on obtaining excellent grades in all classes
- Check Scholarship News and other Guidance information weekly by visiting the office
- Keep track of deadlines for college and scholarship applications and financial aid forms

HELPFUL LINKS:

American College Test

<http://www.act.org>

Campus Tours

<http://www.campustours.com/>

College Board Online

<http://www.collegeboard.com>

College Link

<http://www.collegelink.com>

College Net

<http://www.collegenet.com>

College News

<http://www.collegenews.com/>

College Prep 101

<http://collegeprep.okstate.edu/>

College View

<http://www.collegeview.com>

CollegeXpress

<http://www.collegexpress.com>

Internet College Exchange

<http://www.collegenight.com/>

Transfer

<http://www.iTransfer.org/>

Peterson's Education Center

<http://www.petersons.com>

The Princeton Review

<http://www.review.com>

Semester at Sea

<http://www.semesteratsea.co>

SUNY (Access to all 64 campuses)

<http://www.suny.edu>

FINANCIAL AID INFORMATION

Adventures in Education

<http://www.adventuresineducation.org>

College Board Online

<http://www.collegeboard.org/>

College Planning

<http://www.collegeplan.org/>

FAFSA on the Web

<http://www.FAFSA.ed.gov/>

Federal Trade Commission

<http://www.ftc.gov/bcp/online/edcams/scholarship/index.html>

FastAid

<http://www.fastaid.com>

Hispanic Fund

<http://www.hispanicfund.org/>

Hope Scholarship

<http://www.hispanicfund.org/>

The Illinois Student Assistance Commission

<http://www.isac-online.org/>

MACH 25

<http://www.collegenet.com/mach25/>

National Association of Student Financial Aid Administrators

<http://www.finaid.org>

Pacific Northwest College Guide Online

<http://www.collegeplan.org>

Scholarship 101

<http://www.gocollege.com/>

Selective Service

<http://www.SSS.Gov/>

Student Services

http://www.fastweb.com/fastweb/index.cgi/index.html?refer=studentservices-_gnn2/major-search.cgi

Title IV Institution Codes

<http://www.finaid.org/finaid/tiv.html>

United Negro College Fund

<http://www.uncf.org/>

<http://www.teri.org>

LEARNING STYLES

Identify your most effective ways of learning

http://www.ncsu.edu/felder-public/Learning_Styles.html

TIME MANAGEMENT

Top ten time management tips

<http://www.selfgrowth.com/articles/Sullivan1.html>

Setting goals and priorities

<http://www.counsel.ufl.edu/selfHelp/timeManagement.asp>

STRESS MANAGEMENT

Readings on stress management

<http://www.mindtools.com/smpage.html>

Recognizing stress

<http://www.indiana.edu/~health/stres.html>

TESTING

Test-taking strategies

<http://ub-counseling.buffalo.edu/studyprocrast.shtml>

GOAL-SETTING

<http://www.mindtools.com/page6.html>