

College and career plan

freshman through senior

Freshman College and Career Planning Calendar

September

*** Welcome to High School!**

- **Think about course rigor! Develop a 4-year plan with your counselor that reflects your academic goals.**
- **Join extra curricular activities (in or out of school). This includes: volunteering, clubs, employment, etc.**

Explore!

- **Visit the Career Center and become familiar with the resources that are available to you. Check the ASPIRE calendar of events.**
- **Get to know your counselor.**

October

- **Join extra curricular activities. Experiment to discover your likes and dislikes.**
- **Start a portfolio and activities chart where you can track your activities, accomplishments, and samples of your schoolwork.**
- **Start/continue saving for college. Have your parents check out educational savings plan options.**
- **Ask your Career Center staff about joining ASPIRE.**
- **Explore your interests using the Career Information System (CIS)**
- **Get into the habit of exploring and applying for scholarships. There are many for freshmen and older!! Save all essays!**

November

- **Start a college and/or post-secondary interest information folder.**
- **Start to collect information about various schools and programs.**

December

- **Begin to get familiar with various scholarship search engines. Go to the Career Center for a list of recommended sites.**

- **Make sure to keep your grades up.**
- **Check in with your counselor to make sure your new classes are well thought out.**



January

- **Make sure to keep your portfolio/activities chart. If you keep track of activities as you go then you don't have to try to remember them later.**
- **Begin to get familiar with various scholarship search engines. Go to the Career Center for a list of recommended sites.**
- **Talk to your Career Center staff about joining ASPIRE, or check in with your ASPIRE Advisor.**

February

- **Start to become familiar with the SAT/ACT admission tests.**
- **If you need extra help or want to get ahead, ask your counselor about working with a tutor.**
- **Meet with your counselor for class forecasting for next year.**
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March

- **Start to consider possible subject areas that you would like to pursue a career in or study in college.**
- **Start to get familiar with what you would like in a college environment by visiting campuses when you can. Portland has several colleges that you can visit without leaving town.**
- **Start to consider what kind of a work environment you would like in a career and visit trade schools or unions to find out more about apprenticeships.**

April

- **Look into attending summer programs or volunteering. Go to the Career Center for a list of volunteering resources.**
- **Consider a part time job as well. Travel can also be an excellent resume builder.**

May

- **Register for summer or night classes if you need to improve grades.**
- **Check in with teachers to make sure your grades are where you think they are.**

June

- **Volunteer!** Continue to be active in your community over the summer and be sure to keep track of these activities on your portfolio/activities chart.
- **Read!** It doesn't matter what you read as long as you keep your brain stimulated. Ask friends and teachers for recommendations or talk to your school or neighborhood librarian.



Sophomore College and Career Planning Calendar

September

* Welcome back!

- **Start/update your portfolio/activities chart.**
- **Be aware of course rigor!** Update your 4-year plan with your counselor.
- **Join/continue extracurricular activities.**
- **Talk to Career Center staff about joining ASPIRE.**
- **Watch for information about taking the PSAT/NMSQT. THIS IS ONLY OFFERED IN THE FALL!**
- **Explore different scholarships websites. A list of them are in the Career Center.**

October

- **Continue to visit the Career Center to see what's new and to utilize resources.**
- **Start making a list of features that are important to you in choosing a school (location, urban/rural, size, sports, Greek life, faculty, etc.).**
- **Start/continue to collect information about colleges, military, and trades.**
- **Sign up and take the PSAT/NMSQT.**

November

- **Visit college campuses when you can, especially when you're already traveling. Be ready with questions to ask students and school representatives.**
- **Start to become familiar with college admissions requirements. Info online or in the Career Center.**

December

- Continue to consider career options and areas of interest.
- Make sure that the schools that you are starting to consider offer the subject areas that you are interested in.
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January

- Keep up your grades.
- Make sure to keep your portfolio/activities chart updated. If you keep track of activities as you go then you don't have to try to remember them later. Example in the Career Center or online.
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February

- Get familiar with various scholarship search engines. Go to the Career Center for a list of recommended sites.
- Begin studying for the SAT/ACT admission tests.
- If you need extra help or want to get ahead, ask about working with a tutor.
- Meet with your counselor for class forecasting for next year.
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March

- Start/continue to consider possible subject areas that you would like to major in.
- Visit college campuses to start/continue to familiarize yourself with what you would like in a college environment.
- Visit college campuses when you can, especially when you're already traveling. Be ready with questions to ask students and schools representatives.

April

- Look into attending summer programs or volunteering.
- Look into options and opportunities to explore your interests over the summer (volunteer, job shadow, internship, summer courses, etc.).

May

- Register for summer or night classes if you need to improve grades.

- Plan to participate in Community Service over the summer.

June

- Visit college campuses when you can, especially when you're already traveling. Be ready with questions to ask students and school representatives.
- Continue to be active in your community over the summer and be sure to keep track of these activities on your portfolio/activities chart.
- Read! It doesn't matter what you read as long as you keep your brain stimulated. Ask friends and teachers for recommendations or talk to your school or neighborhood librarian.

Junior College and Career Planning Calendar

September

* Welcome Back!

- Be aware of course rigor! Update your 4-year plan with your counselor.
- Continue to update your portfolio/activities chart.
- Continue building a relationship with your counselor. Let them know what you are up to and what your needs are.
- Register for the PSAT/NMSQT. ONLY OFFERED IN THE FALL!
- Sign-up to attend college visitations or meet with other Post-Secondary Educational Advisors.
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October

- Go to College Fairs. (National College Fair, Black College Fair, Performing Arts College Fair, etc.)
- Attend the Oregon Universities System (OUS) College Visit (in the Media Center)
- Continue to visit the Career Center to see what's new and to utilize resources.
- Join/continue extracurricular activities.
- Make sure that you will have all the appropriate classes to meet your graduation requirements.
- Take the PSAT/NMSQT test.
- Start/update your portfolio/activities chart.
- Sign-up to attend college visitations.
- Start thinking about what teachers may be good references for you in the future.

November

- **Start/continue to collect information about colleges.**
- **Check in with your teachers to make sure your grades are where they should be.**
- **Sign-up to attend college visitations.**
- **Visit college campuses when you can, especially when you're already traveling. Be ready with questions to ask students and school representatives.**
- **Attend "College Night In Oregon" at MHCC to learn about the college admissions process and more.**

December

Attend FAFSA/Financial Aid Meeting.

- **Continue to consider career options and areas of interest.**
- **Use your activities to consider careers or areas of interest.**
- **Make sure that the schools you are considering offer the subject areas that you are interested in. Use CIS.**
- **Use your list of school features to help you begin selecting schools that you would like to apply to. Continue to add to this list.**
- **Continue/Start looking at scholarships that you are eligible to apply for.**
- **Sign-up to attend college visitations.**

January

- **Keep up your grades.**
- **Talk to Career Center staff about joining ASPIRE.**
- **Make sure to keep you portfolio/activities chart updated. If you keep track of activities as you go then you don't have to try to remember them later.**
- **Talk with your teachers, counselor, and parents about colleges that you are interested in.**
- **Sign-up to attend college visitations.**
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February

- **Become familiar with various scholarship search engines. Go to the Career Center for a list of recommended sites.**
- **Start/continue a list of scholarships that you are eligible to apply for.**

- **Begin studying for the SAT/ACT admission tests.**
- **Keep up your grades. If you need extra help or want to get ahead, ask about working with a tutor.**
- **Meet with your counselor for class forecasting for next year.**
- **Sign-up to attend college visitations.**
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March

- **Start/continue to consider possible subject areas that you would like to major in.**
- **Start/continue to get familiar with what you would like in a college environment by visiting campuses when you can.**
- **Look into options and opportunities to explore your interests over the summer (volunteer, job shadow, internship, summer courses, etc.).**
- **Make sure that the schools you are starting to consider offer the subject areas that you are interested in.**
- **Sign-up to attend college visitations.**
- **Register to take the SAT/ACT.**

April

- **Check into applying for colleges online.**
- **Become familiar with the Common Application.**
- **Volunteer!**
- **Sign-up to attend college visitations.**
- **Take the SAT/ACT**
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May

- **Register for summer or night classes if you need to improve grades.**
- **Sign-up to attend college visitations.**
- **Take the SAT/ACT.**
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June

- **Visit college campuses when you can, especially when you're already traveling. Be ready with questions to ask students and schools representatives.**
- **Re-evaluate CIS to determine how your interests have changed.**
- **Continue to be active in your community over the summer and be sure to keep track of these activities on your portfolio/activities chart. Document your activities with photos of you "in action."**

- **Read!** It doesn't matter what you read as long as you keep your brain stimulated. Ask friends and teachers for recommendations or talk to your school or neighborhood librarian.
- **Make sure to keep you portfolio/activities chart updated.** If you keep track of activities as you go then you don't have to try to remember them later.

Have a great summer!

Senior College and Career Planning Calendar

SENIOR SUMMER: Things to consider

Class of 2012 Corbett High

Are you going to college? If so, check out the information below regarding things you should do to prepare.

1. Make a resume/activity chart of all your volunteer hours, employment, awards and activities. You will need this for scholarships and college applications as soon as you return to school in the fall.
2. Get a binder ready with copies of letters of recommendation, awards, information that tells others about YOU.
3. Visit as many colleges as you can.
4. go to the school Website and to the career center scholarship opportunities and see what you will need to do to prepare in order to be ready for your "Senior Scholarship Season."
Note all the due dates!!
5. Visit college websites and review their application requirements. Make sure you are ready to start applying. (Many deadlines fall on or around November 1.) Make sure you have a list of application deadlines for your college choices. *Be prepared!*
6. Contact your College & Career Center for answers to your questions: Pat Lucas @ 503-695-6488 or 503-329-2406

More things to do over summer:

- *Get a job.* Earn money for school and try out possible careers.
- *Volunteer.* Many scholarships and some colleges require volunteer hours from students. Keep track of your volunteer hours on your activity chart. Make sure it is complete before school starts.
- *Read.* You can increase your SAT/ACT verbal score by reading a variety of materials.
- *Visit college campuses.* Check college web sites for open house dates or call and set up a private visit.
- *Research careers on-line.* (www.oregoncis.uoregon.edu)
- *Find scholarships on-line.* Start filling out applications you find on line. Make sure you keep a copy of any materials you send in, in case it gets lost in the mail. Check out: fastweb.com, scholarships.com, cappex.com/scholarships,
- *Take a summer class.* Check offerings at your local Community College.

Choosing a College

Spend some time thinking about your idea of the perfect college for you. Is it in a city or in a small town? Is the college large or small? Is it public or private? (Don't eliminate colleges based on cost until you check out the financial aid that is available. Many small private colleges have tremendous endowment funds that make scholarship funds readily available.) How far away from home do you want to go? What kind of students go to this college? Does this college have the academic program I want?

Start your selection by looking at colleges on line. CIS (www.oregoncis.uoregon.edu) will connect you to colleges that offer the academic area you are interested in.

Look at the admissions requirements. Check out the course offerings of programs that interest you. Look at the student/professor ratio and how many students will be in classes with you. Check how much this college will cost and what their financial aid programs are like.

Summer is a great time to visit colleges. Call the college in advance to set up appointments with an admissions counselor, a financial aid counselor, and to sign up for a campus tour. Request that the college send you a campus map, a course catalog, and information about specific academic programs or areas of interest. Read the materials before you go and prepare a list of questions.

Meet with an admissions counselor. Ask about admissions requirements and if you can sit in on a class in the department in which you are interested in majoring. Ask the financial aid counselor when you visit about how many students get financial aid and how you apply. You can also arrange to spend a night in a dorm room with a current student. Students lead the campus tours, so they can answer the questions you have about student life, how the food is, and what students do for fun.

Make sure you write down your impressions and the answers to your questions before you leave. It is hard to remember if the first college had the great library or was it the third?

Myths about Choosing a College

- *Colleges are either good or bad.* Colleges are either right for you or wrong for you.
- *Future employers and graduate schools give the edge to students from prestigious colleges.* Not necessarily- it is more important how you do at your college of choice.
- *Colleges always choose the best students.* There is no magic formula that colleges use to select students. Make sure that you apply to a variety of schools to give yourself the best chance of admissions.
- *Schools that cost more are better schools.* Cost is based on the source of funds the college receives, not on the quality of their programs.
- *The more rigorous the admissions, the higher the quality of education you receive.* There is no correlation between admission criteria and educational quality.

- *Cost is the most important factor in choosing a college.* All colleges have financial aid for students. Private schools have more aid because they cost more, making the cost often the same at an expensive school as it is at an inexpensive one.
- *Test scores are really important.* Admissions look at many factors when deciding which students they admit. Test scores are only one factor.
- *There is one perfect college for me.* Perfect colleges rarely exist. Your goal is to find several colleges to apply to that best fit your needs.
- *I am a failure because I didn't get into College X.* There are many factors that colleges take into account before they choose which students they admit.
- *Some secret strategy can get me admitted to college.* There are no magic formulas. Just be yourself and avoid gimmicks. Choose colleges that fit you and have the program you want.
- *A good college is hard to get into.* There are hundreds of "good" colleges with a variety of programs to fit students. Your "good" school is the one that fits you.

SENIOR YEAR

September

* Welcome Back!

- Be aware of course rigor! Develop a 4-year plan with your counselor that is reflective of academic goals.
- Continue to update your portfolio/activities chart. Find help in the Career Center.
- Talk to Career Center staff about filling out applications.
- Sign-up to attend college visitations.
- Consult with Career Center about schools you plan to apply to and check your graduation requirements.
- Register for the SAT/ACT.
- Get that "All About Me" binder ready with photos, certificates, awards ready to copy for upcoming scholarships.
- Come to the College & Career Center to see samples of scholarship packets that work.
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October

- Sign-up to attend college visitations.
- Register for the SAT/ACT.
- Go to College Fairs. (National College, Black College, Performing Arts College Fair, etc.)
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- **Narrow down areas that you would like to study and make sure that the schools that you are applying to offer these areas.**
- **See if any of the schools you are applying to will accept the Common Application.**
- **Know your application deadline options (early decision, early action, regular) and decide which is the best for you. Discuss this with your counselor if you are unsure which is the best option for you.**
- **Know what information is needed for your admissions applications and start to gather it early. Some things that you have to request may take a while so, give yourself plenty of time (i.e. teacher recommendations).**
- **Keep up your grades! Grades count all the way until the end of your senior year. A school can deny acceptance based on your performance in your final year.**
- **Continue to visit the Career Center to see what's new and to utilize resources.**
- **Join/continue extracurricular activities.**
- **If you are applying to California schools, beware that most of their deadlines are at the end of November.**
- **Remember, what can go wrong will -- so, make sure that you give yourself plenty of time to complete each task!**

November

- **Keep up your grades.**
- **Sign-up to attend college visitations.**
- **Register for the SAT/ACT.**
- **Make a list of the scholarships that you are applying for and be aware of their various deadlines.**
- **If applying early decision or action, submit your application now.**
- **Make sure that you save all essays that you write for admissions and scholarships. You can save yourself time by rewording what you've already written in order to answer a different question.**
- **Make sure teachers, employers, counselors, coaches, etc., have your requests for a letter of recommendation at least 3 weeks prior to your application deadline.**
- **Transcript requests: make sure that you are sending in the transcript for the term being asked for and know the difference between official and unofficial transcripts.**
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- **Attend "College Night In Oregon" at MHCC. This is FREE and full of useful college info.**

December

- **Continue/Start looking at scholarships that you are eligible to apply for.**

- Sign-up to attend college visitations.
- Register for the SAT/ACT.
- Apply for scholarships.
- Become familiar with the Free Application for Federal Student Aid (FAFSA) and understand why you must fill this form out. Attend the ASPIRE Financial Aid Night meeting (with parents).
- Register for your FAFSA pin number online.
- Start filling out your FAFSA online and have it ready to submit for January.
- When filling out your FAFSA make sure that you mark "yes" to be considered for loans and work-study. It is important to have these options available if you need them. By saying yes, you are not accepting or agreeing to anything.
- Talk with your teachers, counselor, and parents about colleges that you are interested in.
- Check into applying for colleges online.

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January

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- Submit your FAFSA as close to January 1 as possible.
- Watch the mail for your Student Aid Report (SAR) It should arrive 3-4 weeks after you file your FAFSA.
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- Submit your admissions applications to the colleges that you've chosen and make sure that you've followed all directions carefully. Have someone else proofread EVERYTHING!
- Sign-up to attend college visitations.
- Register for the SAT/ACT.
- Apply for scholarships.
- Continue to visit the Career Center to see what's new and to utilize resources.
- Keep up your grades. If you need extra help or want to get ahead, ask about working with a tutor.
- Plan to attend College Goal Oregon at MHCC to get assistance filing your FAFSA. This is FREE.

February

- Sign-up to attend college visitations.
- Apply for scholarships.
- Register for the SAT/ACT.
- Submit your admissions applications to the colleges that you've chosen and make sure that you've followed all directions carefully.

- Use your portfolio/activities chart to fill out the activities chart for the OSAC application.
- Monitor all applications to make sure that materials are sent and received on time.
- Respond in a timely manner to all requests for additional material.
- Have your OSAC Application ready to mail by February 15 for the "Early Bird" deadline.
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March

- Submit your OSAC application by March 1st at the latest.
- Register for the SAT/ACT.
- Monitor all applications to make sure that materials are sent and received on time.
- Respond in a timely manner to all requests for additional material.
- Look into options and opportunities to explore your interests over the summer (volunteer, job shadow, internship, summer courses, etc.).
- Keep an eye on the mail for acceptance letters.
- If you are applying for housing, collect the necessary forms and be aware of the deadline.
- Keep an eye on announcements for important info and updates.
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April

- Compare financial aid packages from each school that you have been accepted to before you make a decision on where you are going to attend.
- Visit schools that have offered you admission to make one last comparison.
- Decide which school you are going to attend, and notify the school of your acceptance.
- After accepting an offer, make sure that you have sent in any additional materials that are required by the school.
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May

- Notify the school that you will be attending of any scholarship awards that you receive.
- Notify schools that you will not be attending of your decision.
- Request that final transcripts be sent to the school that you will be attending.
- Sign and send in your promissory note if you will be accepting loans.

- **Continue to fill out your FAFSA and look for scholarships for every year that you remain in school.**
- **Remember, you can fill out the OSAC application every year you are in school for as long as you are an Oregon resident.**

June

- **Continue to be active in your community over the summer and be sure to keep track of these activities on your portfolio/activities chart.**
- **Know when you have to register for your Fall term classes.**
- **After you register for your classes go online to your school's website and download the syllabi for your classes.**
- **Get a jumpstart on your class reading over the summer.**
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*** Have fun and good luck!**