# MONTICELLO HIGH SCHOOL COLLEGE AND CAREER PLANNING GUIDE



#### SCHOOL COUNSELORS

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# Graduation Requirements

A Regents diploma will be awarded upon completion of 22 credits (see table) and passing of 5 required Regents Exams with a score of 65 or better. A Regents diploma with Advanced Designation will be awarded upon completion of 22 credits (see table) and passing any one of the Regents exam combinations and/or department-approved (see Regents with Advanced Designation section).

Content Area	Credits Required for Regents Diploma	Credits Required for Regents Diploma with Advanced Designation			
English	4	4			
Social Studies	4	4			
Math	3	3			
Science	3	3			
Physical Education	2	2			
World Languages	1	1			
Art/Music	1	1			
Health	.5	.5			
Electives	3.5	3.5			
Required Credits					
TOTAL	22	22			

# Graduation Requirements

#### Regents Diploma

Complete all course requirements and score 65% or better on five Regents exams as follows: 1 Math, 1 Science, 1 ELA, 2 Social Studies.

#### Regents with Honors

Complete all course requirements and have a computed average score of 90 or better on five Regents exams as follows: 1 Math, 1 Science, 1 ELA, 2 Social Studies.

#### Regents with Advanced Designation

Complete all course requirements and pass any one of the following combinations of Regents exams and/or department-approved alternatives if applicable:

- Traditional Combination: ELA, Global History and Geography, US History and Government, 3 Math, 2 Science (1 must be life science and 1 must be Physical Science) = 8 Assessments
- Pathway Combination (other than STEM (Science, Technology, Engineering, and Math)): ELA, 1
  Social Studies, 3 Math, 2 Science (1 must be Life Science and 1 must be physical science), and
  either 1 Pathway (other than science or math) or meet the requirements for the CDOS
  Commencement Credential = 7 or 8 Assessments
- STEM (Math) Pathway Combination: ELA, 1 Social Studies, 4 Math, 2 Science (1 must be Life Science and 1 must be Physical Science) = 8 Assessments
- STEM (Science) Pathway Combination: ELA, 1 Social Studies, 3 Math, 3 Science (1 must be Life Science and 1 must be Physical Science) = 8 Assessments

In addition, a student must pass either a locally-developed Checkpoint B World Languages exam or complete a 5-unit sequence in the Arts or CTE (Career and Technical Education).

#### Regents with Advanced Designation (Mastery in Math or Science)

Complete all course requirements and meet all assessment requirements for the Regents with Advanced Designation and, in addition, score 85 or better on each of three Regents exams in Math or Science.

#### Regents with Advanced Designation with Honors

Meets all assessment requirements for the Regents diploma with advanced designation (see above) with a computed average score of 90 or better (no more than 2 department-approved alternatives may be substituted and will not count in the computed average).

<sup>\*\*</sup>Please see our website for an outline of the courses we offer in our Curriculum Bulletin\*\*

# Important Terminology

<u>Associate's Degree:</u> A two-year program offered at schools like SUNY Ulster, Orange, or Dutchess.

<u>Bachelor's Degree:</u> A four-year program available at institutions such as SUNY New Paltz or Marist.

Master's Degree: Typically requires up to six years of education.

<u>Major/Minor</u>: Your primary and secondary area of focus or concentration.

<u>Undergraduate</u>: A college student who has yet to earn their bachelor's degree.

<u>Deadline:</u> The final date by which something must be submitted.

<u>Early Decision:</u> A legally binding commitment that requires you to attend a college if accepted, necessitating the withdrawal of all other applications. This option is generally not recommended!

<u>Early Action:</u> An option to apply to a college early (between October and November) and receive an early acceptance notification!

Enlist: To join the military after graduating from high school.

<u>Cost of Attendance:</u> The total cost for one year of college. It includes tuition, fees, books, food, housing, and transportation.

<u>Free Application for Federal Student Aid (FAFSA)</u>: This free application must be fi led every year to receive most forms of financial aid, including loans, grants, and work study

New York State Tuition Assistance Program (TAP): A grant to help New York residents pay for tuition at approved in-state colleges. You use the FAFSA to apply for federal aid, and it also serves as the first step for the TAP application. After submitting the FAFSA, you must complete a separate TAP application, which can be found through a link provided on the FAFSA confirmation page or on the New York State Higher Education Services Corporation (HESC) website.



## Junior Year Checklist

## September

Ensure you have all of your academic classes in your schedule. Inquire about what classes you have left!

Look out for ways to add to your resume! Clubs, sports, community service, working, etc!

Be on the lookout for PSAT dates and ways to prepare for it. Get ahead of the game and download BlueBook on your laptop!

Create a professional email! This should be simple and include limited numbers and phrases.

example: John.Smith@gmail.com

## October/November

Take the PSAT in October! Sign up with your counselor and let them know if you are entitled to any testing modifications.

Remember that attendance is crucial because it directly affects your grades. Your junior year is especially important, as colleges place the most emphasis on this year's performance!

Listen for announcements on when college representatives are attending MHS; ask them questions about their school, they are the experts!

It's not too early to sit in on FAFSA and College Nights!

## December/January

Start prepping for the SAT/ACT. See your school counselor for fee waiver codes if needed! If you have a 504 or IEP, you MUST let your school counselor know so we can get your accommodations approved by College Board!

Keep up the good work! Ensure you are maintaining your course work and keep your attendance up! If you feel yourself falling behind, let's come up with a plan to get you back on track!

### February

Register for the SAT/ACT if you haven't taken it yet! Taking these tests in your Junior year will help you out when you are a senior! Once Senior year comes, we will begin applying in October, so having these scores early is important. If you need a fee waiver, please contact your counselor!

Look into potential colleges/trade schools/employment options. If college does not sound like the path for you, let's talk about what life after high school may look like!

Make plans to visit colleges in the Spring! There's nothing quite like an in-person tour to truly experience your school of interest. If necessary, most colleges also offer virtual tours.

## Junior Year Checklist

## March/April

Visit Colleges / explore virtual visits. Always leave with a business car and follow up with a thank you note! Make yourself stand out in any way you can! Before you select courses for 12<sup>th</sup> grade, go to websites of colleges you are interested in. Look at what courses they recommend you take in high school to get a head start!

Look into summer opportunities such as internships, volunteering, etc. Once your senior year begins, we will create a "Brag Sheet" to assist those who will be writing your letters of recommendation.

Are you looking into a specialty school such as Art or Fashion? Start contacting the college and ask what they require in a portfolio!

Look out for our College Fair! This is great chance to meet representative from your favorite schools!

## May/June/July

Finish the end of this year strong! If you have not taken your SAT/ACT, please do so!

Are you a student athlete? Register for the NCAA for Division I and II schools! See the NCAA page in this guide for more information.

Keep researching and visiting colleges! Look into trade school or other possible post-secondary options so we can start senior off on the right foot!

### August

Get a jumpstart by creating your Common Application account and begin answering the questions! This will be your primary platform for applying to colleges. Once September arrives, we'll kick off our senior meetings and start the application process for your preferred schools!

Enjoy the rest of your summer!



<u>Be Mindful of Your Social Media Presence</u>



Remember, what you post online can have a lasting impact on your future. Colleges and employers often review social media profiles to learn more about applicants and get a sense of their character. Make sure your online presence reflects the best version of yourself, be positive, respectful, and thoughtful about what you share. A good rule of thumb: if you wouldn't want a teacher, parent, or future boss to see it, don't post it!

# Senior Year Checklist September/October



Make sure to include all your required academic classes in your schedule. If you believe there's an error, please notify your School Counselor as soon as possible!

Stay informed about the SAT/ACT dates if they apply to you! Ask your School Counselor for a waiver code if needed!

Join us for our College Night, where you can gain valuable insights into the college application process, covering topics such as FAFSA, SAT deadlines, commonly used terms, and more. Families are strongly encouraged to come!

Add your School Counselor to your Common Application after completing the FERPA Authorization Release! This means you are waiving your right to have access to your letters of recommendation!

You will have an individualized Senior Meeting with your school counselor to discuss your post-secondary plans. Please come prepared with a completed Common Application account and a list of a few schools you're interested in applying to. Parents/Guardians are more than welcome to join these meetings!

In the education section of Common Application, note that you are eligible for free/reduced lunch in order to receive your application waiver! Also, are you a studnet athlete? Make sure you are registered with the NCAA!

Begin drafting or revamping your college application essay and have it proofread before submission!

Fill out your Brag Sheet and ask your recommenders in person if they would be willing to write a letter for you before adding them to your Common Application.

Look out for scholarship opportunities and get started on applying! Don't miss out on the thousands of dollars you can receive!

Create your FSA ID (both parents and students) in order to complete your FAFSA. Stay tuned for our FAFSA Nights if you want help navigating completing it! Make sure you apply for TAP as well!

Our goal is to have students apply to their schools by November! We know this can feel overwhelming, but we will navigate these steps with you! Take advantage of SUN Y Free Week where you can apply up to 5 SUNY Schools for free during the end of October to the beginning of November! Dates vary each year.

If you are interested in a trade school, employment after high school, enlistment, transitions schools, etc. we can explore these option and their unique deadlines during your senior meeting!



Make sure to put the finishing touches on your Common Application and verify that your letters of recommendation have been submitted. Once your recommenders upload their letters, you will be able to see that they have completed the process!

Start completing FAFSA with your parent/gaurdians. Look out for our FAFSA nights if you need assistance!

If you have not already, we strongly encourage a Thanksgiving Deadline for all applications!

Keep up on all course work attend school regurlary!

## February/March

Haven't applied to college yet? There's still time! Make sure to visit your counselor as soon as possible!

FAFSA must be submitted by the end of March!

Keep your counselor updated on any acceptances and rejections; maintain a record of these.

After submitting your FAFSA, watch for your Student Aid Report (SAR). Be sure to review it and make any necessary additions or corrections.

If you haven't already, start the FAFSA!

If your post-secondary journey isn't leading to college, collaborate with your school counselor to ensure you meet all necessary deadlines. This could include applications for trade schools, enlistment, job opportunities, and more!

Keep an eye out for local scholarships! Generous donors from all across our county contribute to support your post-secondary endeavors. Don't miss out on these valuable opportunities!

## April/May

Admissions letters arrive! May l<sup>st</sup> is the date when the college you plan to attend requires a commitment and deposit.

If you haven't received any updates, be sure to contact the admissions office!

If you were not accepted into any colleges, please reach out to your counselor right away; we can assist you with alternative options.

Take the time to review all financial aid packages thoroughly.

Send your college your final transcript, SCCC, SUPA and AP scores!

Finish strong! Even if you are accepted, colleges will see how you finished out the year!

## June/July

Send thank you notes to all scholarship donors, as well as to anyone who has supported you on your journey! Final transcripts will be sent to the schools or programs you have committed to.

We are incredibly proud of you! We always believed you could achieve this! Good luck and remember once a Panther, always a Panther!

# Letters of Recommendation

Letters of recommendation are often a requirement for most college or university applications. We suggest requesting letters from at least two teachers that know you best! Additionally, don't forget to follow up with a thank-you note to show your appreciation for their support!

#### Step One: Collaborate with Your Counselor

Meet with your counselor to obtain a "Brag Sheet." This document will highlight all the amazing achievements and experiences you've had, helping your teachers to craft a comprehensive letter about you! After completing the sheet, we can provide copies for you to share with your recommenders.

#### Step Two: Ask Your Teachers Personally

Ask your teacher in person if they would be willing to write you a letter of recommendation. If they agree, hand them your Brag Sheet and kindly inform them of your deadlines. Make sure to allow them sufficient time to prepare the letter!

#### Step Three: Add Your Teachers and Counselor to the Common Application

Once your teacher has agreed to write the letter, you will need to include them in your Common Application. Log into your account, navigate to "My Colleges," select a school, and scroll down to "Recommenders and FERPA." Be sure to click "I waive my rights" when prompted which lets your colleges know you do not have access to your completed letters of recommendation!

(!) Counselor

You must invite a school Counselor who will complete the School Report and other forms for you.

Invite Counselor

Click "invite counselor" and type in their first name, last name, and email! Your counselor MUST be connected to your application!

! Teachers

Please select and assign the Teacher(s) below whose recommendation will be submitted to this college on your behalf. You must invite a teacher with the Invite Teacher button before you can assign them to this college.



Optional: 2

Invite Teacher

Click "invite teacher" AFTER you have asked in person for a letter of reccomendation. Take a look at what is required and optional for each school!

# The College Visit

The best way to learn about a college is to visit while classes are in session or attend an Open House. If traveling proves to be difficult, consider exploring Virtual Visits for the institutions that pique your interest. Don't forget to bring this book with you and check the next page for the College Visit Checklist! Your counselor would be more than happy to provide additional copies if you're planning to explore more colleges!

During your college visit, be sure to get a business card from those you meet with! Sending them a follow up thank you note/email goes a long way! Who knows, they may be apart of the admission team and will remember your name!

#### Join Us at Fall Open House!

Saturday, October 25, 2025 9AM - 2PM

Open House will provide information about academic programs, internship opportunities, student services, admission, financial aid, residence life, athletics and recreation, and much more. Main events will include Academic Information Fairs, Student Services Fair, campus tours, and various department specific tours.



#### **DIRECTIONS & PARKING**

Please visit our website for directions to campus.

Since you are our special guest, no parking permits are required for this event. Parking will be located in one of several campus lots near the Athletic and Wellness Center, the Route 32 lot or the Administration lot. Student volunteers will be on hand to direct you.

Check out the campus map before you arrive.

#### **ARRIVAL & CHECK-IN**

You can arrive anytime between 9:00 a.m. and 12:00 p.m. When you arrive, you will be directed by our student volunteers to either the **Athletic & Wellness Center or the Student Union Atrium**. You will check in using the QR code sent to you by email or text the day before the event. Can't find your QR code? No problem. We can check you in by name.

After checking in, you will receive a printed program and will be directed to where you would like to start your day. We encourage you to use your time to explore as much of campus and the day's activities as you would like.



Here's an example! Simply search for your preferred college along with keywords like "Open House," "Campus Tour," or "College Visit." It's never too early to start exploring what could be your future home!

### **COLLEGE VISIT CHECKLIST**

SCHOOL:	LOCATION:
IIA I E I I E VISII.	NAME & CONTACT INFORMATION OF OUR ADMISSION REPRESENTATIVE:
Choose a number system to keep track of how much 1-5, 1=doesn't work at all to 5=perfect for me).	you like the answers to the questions below (for instance,
Total the numbers at the bottom to compare	
Total	
ACADEMICS  — How much time do students typically spend on ho — How much writing and reading are expected?  — What is the average class size of introductory class — How widely used are teaching assistants on your — What is the average class size of upper-division of	How do you provide academic advice to students?  Do you have a writing center and how do I access ampus?  it?
ACADEMIC PERKS  — What opportunities are there for undergraduate research?  — Is there a culminating senior year experience?  — Do you have an honors college?  — Do you have a learning community or other freshr	<ul> <li>How many students at the college get internships?</li> <li>What percentage of students study abroad?</li> <li>What type of career services do you have?</li> </ul>
experience?	STUDENT LIFE
FINANCIAL AID  — What is your average financial aid package?  — What is the typical breakdown of loans versus grown what percentage of financial need does the school typically meet?  — What is the average merit award?  — What percentage of students receive college grant what is the average college debt that students lead to the work-study opportunities are there?	Do most students go home on the weekend?  What percentage of the study body belongs to a sorority or fraternity?  What activities are offered to students?
GRADUATION TRACK RECORD  What is your four-year graduation rate?  What is your five-year graduation rate?	NOTES:

\_\_\_ What does it take to graduate in four years?

\_\_\_ What percentage of freshmen return for sophomore year?

## Questions to Ask College Representatives

When you meet with college representatives, remember they often play a role in the decision-making process regarding your application, so approach them with respect and positivity! Don't hesitate to engage; they are eager to answer your questions and have a conversation with you!

#### Academics:

#### **Majors**

- Which major(s) is your institution most recognized for?
- What options are available if I'm undecided about my major?
- Can I study abroad or receive assistance in securing an internship related to my major?

#### First-Year Students

- What is the typical size of a first-year class? Are all first-year courses conducted in lecture halls?
- Do first-year students have the option to select their own schedule and courses?
- Is there an orientation or summer assignment for first-year students?

#### <u>Academic Supports</u>

- How accessible are academic advisors to students?
- What other academic support services or accommodations are provided?

#### Student Life:

#### Greek Life & Clubs

- Are there Greek houses located on or off-campus? How do they contribute to the campus community?
- What types of clubs are available for students to join? Are all clubs open to everyone?
- Are there intramural, extracurricular, or club sports? Who is eligible to join, and are tryouts required?
- Are there music or arts groups? Who can participate, and are auditions necessary? Housing
  - What does the housing application process entail? Are all first-year students guaranteed housing?
  - What types of rooms or suites are available on campus?
  - Can first-year students live off-campus? If so, does the institution assist in finding off-campus housing?
  - Are all residential buildings on campus gender-inclusive, or are students of different genders housed separately? How is housing arranged for transgender or gender non-conforming students?

#### Diversity & Accessibility

- Is the student body diverse? How about the faculty?
- Are there organizations or clubs that promote diversity?
- Are all campus buildings fully accessible for students with physical challenges? <u>City/Town Life</u>
  - How close is the nearest city or town? Is public transportation readily available?
  - Is the area surrounding the campus walkable, or do most students rely on cars?
  - Is the neighborhood around the campus considered safe for everyone?

#### **Athletics**

- What NCAA Division sports teams are available? What does the recruiting process entail?
- What intramural or club sports do you offer?

#### **Application Process**

#### **Essay Tips**

- What does your institution seek in a college application essay?
- Is my chosen topic suitable, or should I consider a different approach?

#### Financial Aid

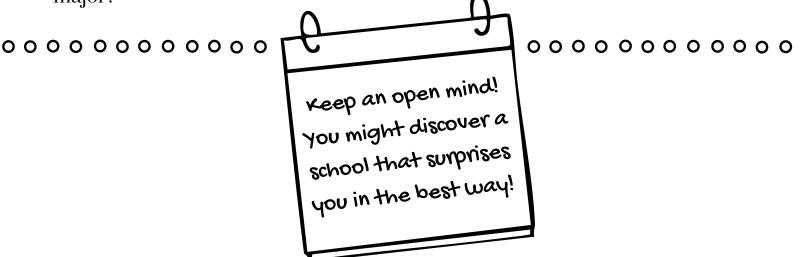
- What types of financial aid are accessible to students? Do I need to apply for them?
- Are there any scholarships provided by the school? Are they open to all students?
- What if I require additional assistance to afford my education? Are financial advisors available to help?

#### **Requirements**

- Are there specific admission requirements for certain majors?
- Is your college SAT/ACT optional? If so, is it advisable to take these tests?

#### **Transfer Credits**

- Will all my high school credits be accepted by your institution?
- If I remain undecided, how many credits can I accumulate before I must declare a major?



# Excited to Apply to a SUNY School?

Great news! Each year, around the end of October, SUNY holds its Free Application Week. During this time, you can apply to up to five SUNY schools at no cost! Take a look at this chart to see their GPA requirements for acceptance. Keep in mind that students who fall outside of the ranges are still encouraged to apply!



#### **ADMISSIONS INFORMATION SUMMARY - 2025**

State of the state	REGULAR ADMISSION Undergraduate Enrollment H.S. GPA		HONORS ADMISSION		EOP ADMISSION		The GPA ran shown in the		
Campus Name			Freshman Enrollme	ent H.S. GPA	Freshman Enrollme	ent H.S. GPA	estimates. Si		
University Centers and Doctoral Degre	ee Granting Institutions					No. of the last of	who fall outs ranges shou		
University at Albany +	12,666	89-96	384	92-98	160	83-89	discouraged		
Binghamton University	14,668	93-98	535	95-99	175	90-94	applying.		
University at Buffalo	20,362	91-98	590	97-100	230	84-88			
Stony Brook University +	18,233	92-98	395	96-99	209	85-89			
NYS Ceramics at Alfred University +	449	85-95	21	90-99		77-81			
SUNY Polytechnic Institute	1,973	89-94			36	79-82			
College of Optometry	Graduate only								
Cornell University:					29	92-97			
Agriculture & Life Sciences +	4,110								
Human Ecology +	1,311						2026-27	EOP	
Veterinary Medicine +	Graduate only						Income E	ligibilit	
Industrial & Labor Relations +	1.015						Household		
Environmental Science & Forestry	1.843	89-96	37	96-99	17	82-86	Size	Income	
SUNY Downstate Health Sciences Univ	293	05 50		50 55		02 00	1	\$28,953	
Upstate Medical University (Syracuse)	166								
University Colleges	100				-		2	\$39,128	
SUNY Brockport	5.816	86-94	150	95-98	75	82-87	3	\$49,303	
Buffalo State University +	5.205	83-92	201	92-96	123	79-82			
SUNY Cortland +	5,911	92-96	30	98-100	44	80-84	4	\$59,478	
SUNY Fredonia +	2.771	85-95	110	95-99	30	75-85	5	\$69,653	
SUNY Geneseo	3.881	92-98	110	33-33	128	74-89		\$00,000	
SUNY New Paltz +	6,197	90-96	36	94-99	150	81-88	6	\$79,828	
SUNY Old Westbury	4.260	82-92	36	94-99	79	74-78	7	\$90.003	
SUNY Oneonta +	4,681	88-96			120	80-84		\$90,003	
SUNY Oswego	5.517	88-97	148	93-99	130	76-81	- 8	\$100,178	
SUNY Plattsburgh +	3.825	83-94	80	93-98	89	75-81			
SUNY Potsdam	1,831	85-95	80	93-36	28	77-79	*For families/		
Purchase College	3,257	88-96			80	79-83	households more than 8		
Empire State University	8.395	99-90				19-63	add \$10,175 for each		
Colleges of Technology	6,393				20		additional p	erson.	
Alfred State +	3.572	82-92			50	76-81			
Baccalaureate only	1,701	84-93			50	76-81	-1		
SUNY Canton +	2.861	82-91	15	89-95	32	72-79			
Baccalaureate only	2.173	83-92	13	05-55	32	72-75			
SUNY Cobleskill	1.889	80-91	50	90-97	32	73-76	1.800.342.3811 www.suny.edu		
Baccalaureate only	1,467	82-92		100000000000000000000000000000000000000		2.70.023			
SUNY Delhi	2,809	82-90	50	90-93	80	71-74	/attend		
Baccalaureate only	458	82-90			Control of		nel/CLINIV	annua a d	
Farmingdale State College +	10,007	82-91	26	91-97	40	75-83	askSUNY@suny.e		
Baccalaureate only	8,217	84-92			170.0		+Contains 3	024 0-1-	
Maritime College	1,285	86-93			17	82-90	+Contains 2024 Dat		
Baccalaureate only	91	87-95					Not Offered		
SUNY Morrisville	2,044	80-88			110	71-77	I NOT OF	ered	
Baccalaureate only	935	81-87							

CUNY (City University of New York) is New York City's public university system, with more than 25 colleges across the five boroughs. It offers affordable undergraduate, graduate, and professional programs in a wide range of fields, serving a diverse student population. CUNY provides opportunities for students to transfer between colleges, prepare for careers, or pursue advanced degrees. Each year, they also hosts a Free Application Week, allowing students to apply to any CUNY college without an application fee.

# SAT and ACT



The SAT, also known as the Scholastic Aptitude Test, is divided into two main sections: Math and Evidence-Based Reading and Writing.

The duration of the test is approximately 2 hours and 30 minutes, with scores ranging from 200 to 1600. To register for the SAT, there is a fee of \$68; if you require a waiver code, please see your counselor.



The ACT, or American College
Test, assesses academic
achievement in English,
Reading, Math, and Science
Reasoning. The test without
the writing section lasts
approximately three hours
and costs \$68, while the
version that includes the
writing section takes around
three hours and 40 minutes
and costs \$88.

To register for the SAT, visit the College Board website. They provide information on the test dates each year along with the registration deadlines. Additionally, please check our district calendar to find out when MHS will be administering the exams!

The ACT is a national standardized test that helps colleges evaluate students. Typically, students take it in the spring of their junior year, with scores available in two to eight weeks. This allows them to retake the test in the fall of their senior year if needed. Register on www.act.org

If you're planning to take the SAT or ACT, check with your school counselor for the most current test dates, registration deadlines, and prep resources. Your counselor can also help you decide which test best fits your college and career goals. You can also find official test dates, registration info, and practice materials online through the College Board (for the SAT) and the ACT website. Register early to secure your preferred testing date and location!

# College Application Essay

Your college essay should reveal who you are, highlighting your personality, perspective, and experiences. It offers admissions officers a deeper understanding of you beyond grades and test scores. A Personal Statement is meant to be unique to you, it might share a meaningful story or provide insight into any interruptions in your academic record. Check out these helpful tips from the National Association for College Admissions Counseling (NACAC)

#### Start early.

More time = less stress. You'll have plenty of time to give the essay your best effort.

#### Be yourself.

One of the biggest mistakes students make is writing what they think others want to hear, rather than about an issue, event, or person they care about. An essay like that is not just boring to write. It's boring to read. What interests you? What do you love to talk about? Write about that. Think of your essay as a creative way to help college officials get to know you as a person.

#### Be honest.

College admission officers have read hundreds, even thousands of essays. They are masters at discovering any form of plagiarism. Don't risk your college career by buying an essay off the internet or getting someone else to write your essay.

#### Stay focused.

Read the essay question carefully. Jot down a few ideas, then choose the one that looks like the most fun to write about. Stick to that main theme throughout the essay. Essays can help you make your case to admission officials, but don't go overboard. There will be opportunities elsewhere in the application to list all your achievements.

#### Put your best foot forward.

Applying online may feel like you're sending email, but you're not. Incorrect capitalization or abbreviations like B4 or "thanx" are not appropriate for a formal document. Make sure your essay represents the best of you.

# College Application Essay

#### Write and rewrite.

Don't try to knock out a masterpiece on your first try. For your first draft, write anything that comes to mind about your topic. Let it "rest" for a few hours or a few days. When you come back to the draft, look for ways to make it more focused and better written. Are there details that don't really relate to the topic? Cut them. Do you need another example? Put it in.

#### Get a second opinion.

When you've rewritten the essay to your satisfaction, find someone who can give you advice on how to make it even better. Choose a person you respect and who knows something about writing. Ask them to tell you what they like best about your essay, and what you can do to improve it.

#### Keep an open mind.

Criticism can be tough to hear, but try to listen with an open mind. You don't have to make every change suggested. After all, it's your essay and no one else's. But you should seriously consider each suggestion.

#### <u>Proofread</u>, <u>proofread</u>, <u>proofread</u>.

Little errors creep in throughout the writing and editing process. Before you submit your essay, make sure to proofread. Try reading your essay aloud or having someone else read it to you. Another strategy is to read the essay backward, from the last sentence to the first. Errors your eye may have previously skipped over will jump out at you.

#### Don't expect too much from an essay.

The application essay is important. But admission officers look at the whole package, your academics, extracurricular activities, standardized tests, and other factors.

Make your essay as well-written as you can, but don't put so much pressure on yourself that the rest of the application fades in importance.

# SUNY Excelsion Scholarship Program

The Excelsior Scholarship, in combination with other student financial aid programs, allows students to attend a SUNY or CUNY college tuition-free.

<u>An applicant must:</u>

- l.Be a resident of NYS and have resided in NYS for l2 continuous months prior to the beginning of the term;
- 2. Be a U.S. citizen or eligible non-citizen;
- 3. Have either graduated from high school in the United States, earned a high school equivalency diploma, or passed a federally approved "Ability to Benefit" test, as defined by the Commissioner of the State Education Department;
- 4. Look on website for current income guidelines. Recipients of this award must have a family income of \$125,000 or less for the 2024-2025 academic year.
- 5. Be pursuing an undergraduate degree at a SUNY or CUNY college, including community colleges and the statutory colleges at Cornell University and Alfred University;
- 6. Be enrolled in at least 12 credits per term and complete at least 30 credits each year (successively), applicable toward his or her degree program;
- 7. Be in a non-default status on a student loan made under any NYS or federal education loan program or on the repayment of any NYS award;
- 8.Be in compliance with the terms of the service condition(s) imposed by a NYS award that you have previously received; and
- 9. Execute a Contract agreeing to reside in NYS for the length of time the award was received, and, if employed during such time, be employed in NYS.

You must file the Free Application for Student Aid (FAFSA) along with the TAP and Excelsior Scholarship applications or the NYS Dream Act application (if applicable), attend full-time, and complete 30 credits per year.

The Excelsior Scholarship will be applied to each qualifying student's financial aid package after all other aid, including TAP, Pell, City Council Scholarship, college scholarships and other grants or scholarships are applied.

## **NCAA**

Register: End of Junior Year | Visit <u>https://web3.ncaa.org/ecwr3/</u>

#### Realistic Assessment

The first step for any student-athlete is to determine how much they want to commit to athletics in college. Many sports require year-round dedication, so it's important to consider your priorities carefully. Visit <a href="https://www.ncaa.org">https://www.ncaa.org</a> for more information!

#### The NCAA and the Clearinghouse

Most colleges and universities are members of the NCAA, which is divided into three divisions:

Division I: Larger schools, strong athletic programs, and scholarship opportunities.

Division II: Recruit athletes and offer scholarships, but generally fewer than Division I.

Division III: May recruit athletes, but do not offer athletic scholarships.

#### NCAA-Approved Courses

If you plan to play college athletics as a first-year student, you may need to be certified by the NCAA Eligibility Center. Students must complete prescribed core courses, achieve required SAT or ACT scores, and maintain a qualifying GPA. It's best to start planning in 9th grade, when your NCAA-required courses begin.

#### <u>Timeline by Grade Level</u>

9th–10th Grade: Concentrate on academics and completing NCAA-approved core courses. Begin thinking seriously about your athletic goals and the level of commitment you're willing to make.

Ilth Grade: Register with the NCAA Eligibility Center participate in recruiting events, and start communicating with college coaches.

12th Grade: Finalize college applications, ensure you meet all academic and test requirements, and confirm your NCAA eligibility.

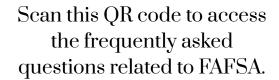
# Free Application for Federal Student Aid (FASFA)

- Your Social Security Number
- Your Alien Registration Number (A-Number) if you're not a U.S. citizen
- Federal income tax returns (Note: You must provide consent and approval to disclose your federal tax information to be eligible for federal student aid.)
- Records of child support received
- Your current balance of cash, savings, and checking accounts
- Bank statements and records of investments (if applicable)
- Records of net worth of investments, businesses, and farms
- Records of untaxed income (if applicable)
- A StudentAid.gov account username and password to log in to StudentAid.gov and start the FAFSA form electronically



Scan this QR code to set up your FSA ID! It's required for both the student and guardian to have an account to successfully complete the FAFSA.











The Guidance Team will be organizing FAFSA Nights, providing you with the opportunity to receive assistance from SUNY Sullivan. The dates change each school year, so please keep an eye out for announcements regarding these events!

## Students with Disabilities/IEP/504

#### <u>Understanding College Policies on Disabilities</u>

It's crucial to recognize that different colleges have distinct policies and procedures. Students are not required to disclose their disabilities to the admissions office, whether in the application or during the interview. However, they may choose to share this information to receive details about available services for students with disabilities.

Additionally, some colleges permit students with disabilities to request special consideration during the admissions process. If a student needs to provide documentation of their disability, it should be sent directly to the Office of Disability Services rather than the admissions office.

#### Questions you may want to consider!

What documentation is required to receive services, and how recent must it be? How long does it take to register and get accommodations approved? When do I need to reapply or meet with staff to maintain my accommodations each semester?

Is there a separate application or an additional fee for the disability services program? Can I talk to someone on staff who has expertise in my specific disability? Is the campus physically accessible (e.g., dorms, academic buildings, cafeterias)? Are medical services, like a doctor's office or pharmacy, located nearby? Are there emergency medical devices like AEDs and EpiPens in key areas? Is the campus physically accessible (e.g., dorms, academic buildings, cafeterias)? Are medical services, like a doctor's office or pharmacy, located nearby? Are there emergency medical devices like AEDs and EpiPens in key areas?

#### <u>Looking for Transitional Schooling?</u>

The BRIDGES program at SUNY Orange is a comprehensive suite of noncredit workshops designed to help students with intellectual and/or developmental disabilities develop the skills needed for independent living, employment, and social engagement.

scan this QR code to learn more or visit <a href="https://sunyorange.edu/bridges/">https://sunyorange.edu/bridges/</a>

# What if Formal College Isn't for me?

College can be a great option for many students, but it's not the right fit for everyone, and that's completely okay! Success doesn't come from following one set path; it comes from finding what works best for you. Whether that's pursuing a trade, joining the workforce, starting a business, serving in the military, or taking time to explore your interests, there are countless ways to build a fulfilling future.

#### Orange-Ulster BOCES

Learn more by scanning this code to learn more about their career education for adults. They offer a wide range of comprehensive technical and vocational programs tailored for individuals looking to start a new career or enhance their current skills. Here is a glimpse of what they offer!

EKG Technician
Phlebotomist Technician
Medical Billing and Coding
Clinical Medical Assistant
Nurse Aide
Home Health Aide
Welding
Plumbing
HVAC
Electrical
Carpentry
Forklift and Heavy Equipment

If you're interested in Cosmetology, consider checking out Capri Cosmetology School: (<a href="http://www.caprinow.com">http://www.caprinow.com</a>)

If you're seeking additional guidance, reach out to the Sullivan County Career Center. Their dedicated and experienced team is ready to support you, whether you're searching for a job that matches your current needs or planning your future career. Access resources like books, tools, equipment, and clothing for your new position, prepare for job interviews to boost your confidence, and MORE!





#### www.Army.mil

The Army is the largest branch of the U.S. military, focused on land-based defense and operations. Soldiers can train in hundreds of careers, like engineering, technology, or healthcare, while earning education benefits. ASVAB scores help determine which jobs fit best.



#### www.Marines.com

The Marines are known for discipline, leadership, and teamwork. They respond quickly to missions on land, sea, and air. The Corps offers valuable skills, career training, and education support. ASVAB results guide job placement and eligibility.



#### www.AirForce.com

The Air Force focuses on air, space, and cyber defense. Airmen work in fields like aviation, IT, and engineering while gaining topnotch education benefits. Your ASVAB score helps match you with Air Force career specialties.



#### www.Navy.com

The Navy protects the seas and supports global missions. Sailors serve in areas like aviation, engineering, and medical care, with chances to travel and earn college aid. The ASVAB helps determine which Navy jobs you qualify for.



#### www.GoAng.com

The National Guard serves both the state and nation, helping during emergencies and deployments. Members can serve part-time while attending school or working. The ASVAB is required to find the right career field in the Guard.