

# **Class of 2022**

## **Senior College Packet**



# SENIOR PACKET

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\* Additional forms available in the Guidance & Counseling Office and On-line. Visit: ***[www.whs.mtplcsd.org](http://www.whs.mtplcsd.org)***

# MEMORANDUM

## From the Office of Westlake High School Guidance & Counseling Department

Fall 2021

Dear Senior:

It's hard to believe that you are about to embark on one of the most important journeys of your life: the college process! We want to assist you in every way to get you to where you want to go. As mentioned in your junior conference, you have several "assignments" to do in order for the counselors to process your college applications and for you to fulfill each of your college's requirements. This booklet contains all the necessary information for you to accomplish your goals. Remember, if you follow each step we have outlined, you have a much better chance of being accepted.

Complete the Teacher Recommendation/Activity Survey in Naviance. We will use this info when writing your letters of recommendation. In addition, please read over all of the attached information re: SAT's, ACT's, Naviance, FAFSA, CSS PROFILE, WHS Teacher Recommendation sheets, testing dates, etc.

The sooner that you finish all of your college applications, the better off you will ALL be. If you have any questions, please do not hesitate to see your counselor ASAP. Good luck!

Mr. Nick P. DiPaolo  
Guidance & Counseling Curriculum Leader

Mrs. Lauren Cody  
Mrs. Colette Magnan  
Mr. Tim O'Dwyer  
School Counselors

*H/Senior College Packet Fall 2021*

# Senior Year College Applications: How To Apply

1. Complete Teacher Recommendation Survey on Naviance. Include all School/community information, grades 9-12. Don't sell yourself short!
2. **Ask 2 academic teachers for letters of recommendation.** It is important to approach the teachers you are asking for letters in person about your request. Be advised, a teacher has the right to decline this request. Once confirmed you must login to your Naviance account and electronically request your teachers to write letters of recommendation for you. It is advised that you include a note in your Naviance electronic request. Keep in mind teachers are inundated with requests so it is important to request letters as soon as possible. If you have application deadlines, it is important for teachers to know this. Lastly, counselors are not permitted to show you a teacher's letter of recommendation.
3. Make sure your **Naviance and Common application profiles are up to date.** No applications can be processed unless this step is complete. **The only way to have your high school information sent to colleges is by using Naviance.**
4. Apply to your schools of choice using the school's online application or the Common Application. Complete all applications to the best of your ability. You can choose to review the applications with your counselor before submitting. Be sure to make an appointment for this service during your study hall and/or lunch. Be sure to carefully fill everything out. Once you have applied online, you must complete the necessary steps on your Naviance account. Without doing this, colleges will not receive anything from Westlake. Upon completing the steps on the **Naviance Student Guide** on page 4 of this packet, your counselor will automatically process and send your official transcript, letter of recommendations, teacher/counselor rating forms and school profile. If there is any other info you wish to send, you must specify this to your counselor. Keep in mind, ***it can take up to a week to process this information.***
5. **FORWARD TEST SCORES TO ALL COLLEGES.** Each student is responsible for sending SAT and/or ACT scores to the colleges to which they apply. Westlake High School is **NOT** permitted to send scores or report scores on your transcript. Sending scores is easy and only takes a few moments. There is a fee associated with this. Every college-bound student in every school is required to do this. N.B. College Board (SAT) and ACT Corp both have Score Choice Option. You can choose to hide scores you do not wish to send. It can take up to two weeks for the College Board and ACT to send your scores.
6. If your school requires a **CSS profile** (most private schools do) you must fill this out as close to October 1<sup>st</sup> as possible. See your counselor for details.
7. **FAFSA – Free Application for Federal Student Aid.** This is a necessary process to obtain financial aid and/or student loans. This must be filled out as close to October 1<sup>st</sup> as possible. There is a very, very helpful Financial Aid workshop in September for your parents to attend. Please see District Calendar for a specific date/time/place. Also visit [www.fafsa.ed.gov](http://www.fafsa.ed.gov) for more information on FAFSA.
8. All applications should be submitted electronically two weeks before the deadline. This will ensure that all of your supporting materials are sent in before the deadline. It will also give you ample time to confirm everything was received by the college. Westlake HS asks that all of your applications are submitted by **Dec 1st** in an effort to wrap up the college application season before the holiday break.

## Important Follow-up Information...

- It is good to call the admissions office to each school you apply to, to ensure they received all necessary materials.
- Mid-year and Final transcripts will automatically be sent to the schools you apply to (Midyear) and the school which you attend (final).
- Inform your counselor every time a college admits, waitlists or denies you.

***When in doubt, ask your counselor!***

***Updated August 2021***

College Application Deadline Worksheet

Name: \_\_\_\_\_

Grade: 11      12

COLLEGE	APP. DEADLINE	APP. TYPE
		EA, ED, RD, Rolling

Counselor:    Cody      DiPaolo      Magnan      O’Dwyer

# **WESTLAKE HIGH SCHOOL GUIDANCE DEPARTMENT**



## **Using eDOCS through**

## **...A Student's Guide**

Below is a step-by-step guide on how students can utilize the extremely fast and seamless eDocs program to process their college applications.

### **Requesting teacher recommendations...**

- Sign in to your Naviance account. <http://connection.naviance.com/westlakehs>
- Next, click the "Colleges" tab, then go to "Apply to Colleges",
- Next, click where it says "letters of recommendation"
- Next, click on "add request"
- **1)** From the drop down menu, select the teacher who you are requesting a letter from, **2)** select the "general request" button and **3)** Be sure to fill out the "Personal Note" section as it is considered poor etiquette to simply request a letter. It is recommended you opt to send a personal note asking the teacher if they would be interested in writing a letter on your behalf.
- Once complete, click the "submit" button. This will send an email to the teacher inquiring about their interest in writing a letter for you.
- Be sure to also complete the **WHS Teacher Recommendation/Activity Survey** (available on your Naviance account, under the "About Me" tab, then click "Surveys From Your School"). It is required and extremely important that you complete the above survey. Without this info, your teacher will NOT write a letter of recommendation for you. Please know: a teacher has the right to decline your request for a letter.

**\*\*\* Please note, if this page does not load according to the instructions above, you must clear your browsing history. It is recommended you use Chrome for this application.**

### **Notifying your Counselor you've applied to college...**

- Fill out and submit your college application via the school's website or [www.commonapp.org](http://www.commonapp.org).
- Once you submit your application, immediately sign in to your Naviance account. <http://connection.naviance.com/westlakehs>
- Now add the colleges you are applying to. **1)** Click on the "Colleges" tab, then "Colleges I am Applying to" tab, **2)** then click the "+" button. **3)** Start typing the college name until the one you want appears. **4)** Be sure to check the correct application type (regular decision, early action, etc.). **5)** Then click how you applied (i.e. Common App). **6)** Next, check the box, "I've submitted my application" and then click "Add and request transcript." **7)** Last, confirm you want to request your "initial" transcript - Now, you're done and your Counselor will be notified of your application submission. This will alert us to send out the required transcript, letter and other forms. Counselor's letters of recommendation and mid-year transcripts are automatically sent - no request needed.

### **Step 3**

- Periodically check your Naviance account to review the status of your transcript, school profile, teacher/counselor forms and teacher/counselor letters of recommendation.

If you have any questions at any time, feel free to contact your counselor.

Revised: August 2021

# Introducing Naviance from the Westlake High School Guidance Department



## A Quick Guide for Students and Parents to Sign into Family Connection

### What is Family Connection?

An On-line Resource for Students and Parents for Post High School Planning & Advising

A web-based resource for students and parents that encourages and supports post high school career and college planning.

Family Connection is specific to your school

Family Connection is linked with Naviance Succeed, a service that is used in the counseling office

### What Can Students And Parents Do Using Family Connection?

View guidance news bulletins

Create a résumé

View college visits and sign up

Complete a college search

Develop a prospective college list

Provide access to scholarship search engines; over a hundred national scholarships are available

Maintain journal entries

Game Plan Survey

Complete surveys

Compare colleges

Links to selected third party resources

(i.e. College Board, Financial Aid, College Athletics, College searches, etc.)

Track deadlines

### How Do Students and Parents Register for a Family Connection Account?

Students receive a registration code

Parents receive a separate registration code

Registration codes are used to create accounts

Codes are random and alphanumeric for security reasons

**Codes can be used only once**

On your first visit, enter the code in the New User box, then follow on-screen instructions to create a user name and password

**Your school will provide you with a password**

On subsequent visits, sign in using the Returning User box

URL: <http://connection.naviance.com/westlakehs>

# COLLEGE TESTING PROGRAM FOR 2021 – 2022

## GENERAL INFORMATION

1. Registration forms for SAT I, SAT II, ACT are picked up in the Guidance Office or online.
2. Consult application for nearest test location.
3. Westlake High School's SCHOOL CODE is: **3 3 5 5 6 3**
4. Westlake High School's TEST CENTER CODE for SAT I and II is: **3 3 - 9 2 0**
5. Students, other than juniors and seniors, sometimes choose to take Subject Tests/(SAT II). Consult your counselor before registering.
6. **Westlake High School is presently a test center for the SAT I and SAT II in April 2021 only. If you want Westlake as a test center in April, register early!**

+Different tests are required by different colleges; in addition, specific tests may be more beneficial to certain students than others. For assistance in determining what test to take please contact your counselor.

### AMERICAN COLLEGE TESTING (ACT)

#### 2021 - 2022 TESTING DATES

September	11	2021
October	23	2021
December	11	2021
February	5	2022
April	9	2022
June	11	2022

### EXPLANATION OF TESTS: (+)

**ACT** – American College Test for juniors & seniors  
**PSAT I** – Preliminary Scholastic Assessment Test for sophomores and juniors.  
**SAT I** – Scholastic Assessment Test for juniors & seniors.  
**SAT II** – Subject Tests in subject areas for all grade levels depending on courses.

## COLLEGE BOARD ADMISSIONS TESTING PROGRAM

### 2021 - 2022 TESTING DATES

August	28	2021	SAT 1 – SAT 2
October	2	2021	SAT 1 – SAT 2
November	6	2021	SAT 1 – SAT 2
December	4	2021	SAT 1 – SAT 2
March	12	2022	SAT 1 only
May	7	2022	SAT 1 – SAT 2
June	4	2022	SAT 1 – SAT 2

## ADDITIONAL TESTING INFORMATION

1. **PSAT/NMSQT** (Preliminary Scholastic Assessment Test/National Merit Scholarship Qualifying Test)  
Testing date is **Wednesday, October 13, 2021, here at Westlake High School.**
2. SAT II – Subject Tests are not required by all colleges. However, anyone planning to take an SAT II Test at the completion of a program, i.e., Chemistry, Language, etc. – June testing is recommended. SAT II Tests may also be taken in November, December or January of the senior year.

### ADVANCED PLACEMENT (AP) EXAMINATIONS: **May 2-6 and 9-13, 2022**

#### TEST OF ENGLISH AS FOREIGN LANGUAGE (TOEFL) – See your Counselor.

These tests are administered at National Sylvan Testing Centers and can be taken at any time during the year. This is a computer based testing program. Information bulletins are available in the Guidance Office or on line at [www.ets.org/toefl](http://www.ets.org/toefl).

**ALL IDENTIFIED JUNIORS & SENIORS:** The SAT and ACT with special accommodations are available at Westlake. See your Counselor and Resource Room Teacher for details.



# COLLEGEBOARD.COM

## REGISTERING

### **Register Online – It's Fast and Easy!**

- Register for the SAT
- Print Your SAT Admission Ticket
- View Your SAT Scores
- Send Your SAT Scores

One of the following credit cards is required to complete your SAT registration:  
Visa, Mastercard, Discover, American Express.

### **View and Send Scores**

To view or send your scores on the Web, click the View and Send Scores button below and sign in to visit your SAT Registration and Scores page. You must have a user name and password to use this feature.

### **Other Ways to Register**

Mail Registration is available to anyone. Payment can be made by check, money order, or credit card.

Standby Registration is available if you miss the late registration deadline. An additional \$37 fee applies, and admission to a test center cannot be guaranteed.

### **Exceptions:**

You cannot register online if:

- You are registering for the first time for Sunday testing
- You are testing in countries where registration is not permitted online
- You are younger than 13 years old at the time of registration (applies primarily to Talent Search students.)

# THE ACT

**Register Online at: [www.actstudent.org](http://www.actstudent.org)**

1. Select Sign up now. (You can take up to 72 hours to complete and submit your record.)
2. Start your registration

With online registration you:

can complete your registration 24/7

get your admission ticket sooner

have access to the most up-to-date list of locations so you can get the best choice of test centers.

## Financial Aid Fact Sheet

CONTACT EACH COLLEGE TO FIND OUT WHAT FORMS THEY REQUIRE AND THEIR DEADLINES  
ALSO ASK FOR THEIR 6 DIGIT FEDERAL SCHOOL CODE (needed for FAFSA).

**FAFSA** - Free Application for Federal Student Aid (required by all colleges) – [www.fafsa.gov](http://www.fafsa.gov)

**CSS PROFILE** - Only required by some colleges – check with schools – [www.collegeboard.com](http://www.collegeboard.com)

**ETA** - Express TAP (Tuition Assistant Program) Application (to get aid from NY State, this form must be filed) – [www.hesc.ny.gov](http://www.hesc.ny.gov)

### I. **FEDERAL GOVERNMENT GRANTS**

#### A. **Pell Grant**

- 1 - Based on all monies coming into home, taxable and non-taxable income, parental and student
- 2 - Interest income, pensions, and other assets are also counted
  - a. Pre-tax contributions to tax-deferred accounts (401K, 403B, etc.)
- 3 - The amount of the grants depends on cost of the school and #'s 1 and 2 above
- 4 - Award is maximum is \$6,345 (for 2020-21)
- 5 - Can be used at any eligible school in the United States (and some abroad)
- 6 - No repayment

#### B. **SEOG (Supplementary Education Opportunity Grant)**

- 1 - Federal money distributed by colleges for Pell eligible students

**HOW TO APPLY:** FAFSA

### II. **STATE GOVERNMENT**

#### A. **New York** – money can only be used in NYS by NYS residents

##### 1 - **TAP**

- A - Based on your student/parent NYS net taxable income (must be below \$80,000) and schools tuition rate
- B - Award is from \$500 - \$5,165 (for 2020-21). Higher Education Services Corp. (HESC) determines the actual award
- C - No repayment

- 2 – **Additional Academic-based Scholarships** – see Guidance Counselor or go to [www.hesc.ny.gov](http://www.hesc.ny.gov)

**HOW TO APPLY:** TAP form at [www.hesc.ny.gov](http://www.hesc.ny.gov)

- 3 – **Excelsior Scholarship** – For students whose parents earn less than \$125,000 – up to full tuition at SUNY/CUNY only
- 4 – **Enhanced Tuition Award (ETA)** – For students whose parents earn less than \$125,000 – up to \$6,000 per year after other NYS awards to attend a private college/university that participates in the program

### III. **COLLEGES**

#### A. **Academic Scholarships**

- 1 - Usually based on GPA and SAT/ACT scores
- 2 - No repayment (check conditions and length)
- 3 - Ask each school – Do you give them?

#### B. **Grant-in-Aid**

- 1 - Based solely on financial need as determined by the FAFSA and/or CSS Profile
- 2 - No repayment

#### C. **Work Study** (could also be considered federal student aid)

- 1 - Student is eligible to work to help pay for indirect college expenses
- 2 - Student earns these funds through employment
- 3 - Does not pay for direct costs/reduce bill

**HOW TO APPLY:** Use FAFSA form and for some schools the CSS Profile

## Financial Aid Fact Sheet

### IV LOANS

#### A. **Direct Loans**

- 1 - Student may borrow \$3,500 (1<sup>st</sup> year); \$4,500 (2<sup>nd</sup> year), \$5,500 (3<sup>rd</sup> and 4<sup>th</sup> year)
- 2 - Subsidized – need-based: loan is interest free while in school
- 3 - Unsubsidized - interest must be paid while student is in school – students eligible for \$2,000 per year in addition to the amounts listed in item # 1
- 4 - Interest rate - for 2020-21 – 2.75%
- 5 - Student pays it back. No parental obligation
- 6 - The origination fee is 1.059%
- 7 - You must file a FAFSA to get a Direct Loan

**HOW TO APPLY:** FAFSA

#### B. **Direct Parent Loan (PLUS)**

- 1 - Credit-based loan
- 2 - Parents can borrow if there is a difference between total cost of attendance and financial aid awarded
- 3 - Can defer principle payment until six months after student graduates or falls below half-time
- 4 - Interest rate for 2020-21 is 5.30% with a 4.236% loan origination fee
- 5 - If parents are credit denied they can seek a co-signer or the student becomes eligible for an additional Unsubsidized loan - \$4000 for 1<sup>st</sup> and 2<sup>nd</sup> year; \$5000 for 3<sup>rd</sup> and 4<sup>th</sup> year

**HOW TO APPLY:** Varies by school, but must file FAFSA

#### C. **Private Education Loans** (also called Alternative loans)

- 1 - Loans in the student name that require a co-signer from a private lender
- 2 - Can borrow the difference between the total cost of attendance minus financial aid – usually used instead of the Parent loan
- 3 - School must certify the loan

**HOW TO APPLY:** Student applies with lender of choice

### V. OUTSIDE SOURCES

#### 1 – **Outside Scholarships**

- A - Check with Guidance Office about scholarships from local civic organizations, ROTC scholarships, GATES millennium
- B - Do not pay anyone to search for you and follow the simple rule – ‘If it seems too good to be true, it probably is’

#### 2 - **Athletic Scholarships**

- A – Register with NCAA Eligibility Center ([www.eligibilitycenter.org](http://www.eligibilitycenter.org)) – this will provide student with requirements needed to participate in collegiate athletics
- B – Speak to high school and college coaches – a verbal commitment is not binding

### VI. GENERAL RULES

- 1 - APPLY EARLY – check with each school for deadlines
- 2 - FERPA – Once student is enrolled, they must authorize the school to discuss information with parent or other persons
- 3 - Male students MUST register with Selective Service ([www.sss.gov](http://www.sss.gov)) upon turning 18 to be considered for federal aid
- 4 - Use each schools Net Price Calculator to help estimate actual cost
- 5 - FAFSA application can be completed as of October 1 of the senior year of high school
- 6 - **All forms must be re-filed every year**
- 7 - When in doubt call the College Financial Aid Office for an appointment

## **FINANCIAL AID TIPS**

- Student and parents should get their FSA ID that used to sign the FAFSA and other documents – [www.fsaidth.gov](http://www.fsaidth.gov)
- **File your Free Application for Federal Student Aid (FAFSA)** as soon after **October 1** of your senior year of high school. It is highly recommended you file at [www.fafsa.gov](http://www.fafsa.gov) and use the IRS Data Retrieval option
- **CSS Profile** – Not a free application. Available in October. Used primarily by more selective schools. It asks for more personal financial information than FAFSA. Visit the College Board website for more information and deadlines - [www.collegeboard.com](http://www.collegeboard.com). Many schools have deadlines as early as November
- File a state application - in New York it is the **Express TAP Application (ETA)**. The FAFSA will allow you to link to the state site ([www.hesc.ny.gov](http://www.hesc.ny.gov) for New York residents) if you list at least one school within your state of legal residence. Please note that most states will not issue aid if you attend a school in another state
- Research outside scholarships using free and reputable search engines such as [www.fastweb.com](http://www.fastweb.com), [www.collegeboard.com](http://www.collegeboard.com), [www.tuitionfundingsources.com](http://www.tuitionfundingsources.com). Be aware of the numerous scams that will ask for money to assist you in getting free money
- Speak with the Financial Aid representative when visiting schools
- Refer to a school's **Net Price Calculator** to determine estimated out-of-pocket cost
- Call the Financial Aid office (or check websites) at the schools you are interested in to find out if they require any additional forms such as the CSS Profile or campus-based form and to check for filing deadline dates
- DO NOT pay someone to help you file the FAFSA – it is a free form that is not as daunting as it may seem. If you have any questions, call a Financial Aid office and they can assist you free of charge. Many colleges also offer free FAFSA workshops to assist you with filing.
- Inceptia.org is a great resource for students and parents to learn more about the financial aid process
- If you are or have experienced COVID-related income loss or expenses, contact each school to determine what documentation would be needed to review the Financial Aid awarded

# FAIRTEST

## The National Center for Fair & Open Testing

A new survey finds that a growing number of colleges and universities do not require applicants to submit scores from either exam. According to the National Center for Fair & Open Testing (FairTest), 730 accredited, bachelor-degree granting institutions now have test score optional policies.

FairTest Public Education Director Robert Schaeffer explained, “In the past several months, seven more selective schools have dropped their test score requirements. A number of others are reviewing their admissions rules. We expect the ACT/SAT optional list to continue growing as more institutions recognize that the tests remain biased, coachable, educationally damaging and irrelevant to sound admissions practices. As leaders of the new test-optional campuses have eloquently stated, dropping ACT and SAT score requirements will enhance diversity and academic quality.”

Among the schools recently eliminating the ACT and SAT are Chatham College, the College of the Holy Cross, Drew University, Knox College, Lawrence University, St. Lawrence University, and Susquehanna University. Excerpts from the strong statements released are included below.

The full FairTest score optional directory is accessible for no cost on the web at [www.fairtest.org/optinit.htm](http://www.fairtest.org/optinit.htm). It is available in both alphabetical and state-by-state order.

### QUOTES FROM LEADERS OF COLLEGES AND UNIVERSITIES WHICH RECENTLY DROPPED ACT AND SAT APPLICATION REQUIREMENTS

*“We are increasingly concerned with the inherent racial and socioeconomic bias in standardized testing – as well as the fact that no test can communicate a student’s passions, interests, motivations, and achievements.”*

- Frank Vellaccio, Senior Vice President  
The College of the Holy Cross, Worcester, MA

*“We live in a world increasingly obsessed by testing at all levels of education. And ‘teaching to a test’ has become more important than actually learning something...The current industry of costly test preparation courses is, in effect, a barrier to colleges for the students who cannot afford them.”*

- Roger Taylor, President  
Knox College, Galesburg, IL

*“We are confident that our holistic review process will continue to allow us to assess each student’s academic ability and potential for success at St. Lawrence, regardless of whether scores from the ACT or SAT are part of the academic record.”*

- Terry Cowdrey, Vice President  
St. Lawrence University, Canton, NY

*“Academic performance in high school really seems to be the best predictor of academic success in college...our most successful students tend to be those who’ve challenged themselves by pursuing a rigorous high school curriculum.”*

- Chris Markle, Director of Admissions  
Susquehanna University, Selinsgrove, PA

*“Standardized tests only reveal verbal and mathematical ability within a very controlled environment, but Chatham also considers qualities like creativity, ingenuity, leadership or reasoning that better indicate a successful college student.”*

- Michael Poll, Vice President for Admissions  
Chatham College, Pittsburgh, PA

*“We are making SAT scores optional because we believe this action will help Drew increase its selectivity, improve its diversity, and enhance overall student quality. We feel this action will encourage students to focus more on what a liberal arts education has to offer them and less on test scores.*

- Robert Weisbuch, President  
Drew University, Madison, NJ



# NCAA ELIGIBILITY CENTER QUICK REFERENCE GUIDE



Eligibility Center

## Divisions I and II Initial-Eligibility Requirements

### Core Courses

- NCAA Divisions I and II require 16 core courses. See the charts below.
- Beginning August 1, 2016, NCAA Division I will require 10 core courses to be completed prior to the seventh semester (seven of the 10 must be a combination of English, math or natural or physical science that meet the distribution requirements below). These 10 courses become "locked in" at the start of the seventh semester and cannot be retaken for grade improvement.
  - Beginning August 1, 2016, it will be possible for a Division I college-bound student-athlete to still receive athletics aid and the ability to practice with the team if he or she fails to meet the 10 course requirement, but would not be able to compete.

### Test Scores

- Division I uses a sliding scale to match test scores and core grade-point averages (GPA). The sliding scale for those requirements is shown on Page No. 2 of this sheet.
- Division II requires a minimum SAT score of 820 or an ACT sum score of 68.
- The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used.
- The ACT score used for NCAA purposes is a sum of the following four sections: English, mathematics, reading and science.
- When you register for the SAT or ACT, use the NCAA Eligibility Center code of 9999 to ensure all SAT and ACT scores are reported directly to the NCAA Eligibility Center from the testing agency. Test scores that appear on transcripts will not be used.

### Grade-Point Average

- Be sure to look at your high school's List of NCAA Courses on the NCAA Eligibility Center's website ([www.eligibilitycenter.org](http://www.eligibilitycenter.org)). Only courses that appear on your school's List of NCAA Courses will be used in the calculation of the core GPA. Use the list as a guide.
- Division I students enrolling full time before August 1, 2016, should use Sliding Scale A to determine eligibility to receive athletics aid, practice and competition during the first year.
- Division I GPA required to receive athletics aid and practice on or after August 1, 2016, is 2.000-2.299 (corresponding test-score requirements are listed on Sliding Scale B on Page No. 2 of this sheet).
- Division I GPA required to be eligible for competition on or after August 1, 2016, is 2.300 (corresponding test-score requirements are listed on Sliding Scale B on Page No. 2 of this sheet).
- The Division II core GPA requirement is a minimum of 2.000.
- Remember, the NCAA GPA is calculated using NCAA core courses only.

#### DIVISION I 16 Core Courses

- 4 years of English.
- 3 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 1 year of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

#### DIVISION II 16 Core Courses

- 3 years of English.
- 2 years of mathematics (Algebra I or higher).
- 2 years of natural/physical science (1 year of lab if offered by high school).
- 3 years of additional English, mathematics or natural/physical science.
- 2 years of social science.
- 4 years of additional courses (from any area above, foreign language or comparative religion/philosophy).

Sliding Scale A		
Use for Division I prior to August 1, 2016		
NCAA DIVISION I SLIDING SCALE		
Core GPA	SAT Verbal and Math ONLY	ACT Sum
3.550 & above	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	59
2.700	730	60
2.675	740-750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840-850	70
2.425	860	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	80
2.125	960	81
2.100	970	82
2.075	980	83
2.050	990	84
2.025	1000	85
2.000	1010	86

Sliding Scale B		
Use for Division I beginning August 1, 2016		
NCAA DIVISION I SLIDING SCALE		
Core GPA	SAT Verbal and Math ONLY	ACT Sum
3.550	400	37
3.525	410	38
3.500	420	39
3.475	430	40
3.450	440	41
3.425	450	41
3.400	460	42
3.375	470	42
3.350	480	43
3.325	490	44
3.300	500	44
3.275	510	45
3.250	520	46
3.225	530	46
3.200	540	47
3.175	550	47
3.150	560	48
3.125	570	49
3.100	580	49
3.075	590	50
3.050	600	50
3.025	610	51
3.000	620	52
2.975	630	52
2.950	640	53
2.925	650	53
2.900	660	54
2.875	670	55
2.850	680	56
2.825	690	56
2.800	700	57
2.775	710	58
2.750	720	59
2.725	730	60
2.700	740	61
2.675	750	61
2.650	760	62
2.625	770	63
2.600	780	64
2.575	790	65
2.550	800	66
2.525	810	67
2.500	820	68
2.475	830	69
2.450	840	70
2.425	850	70
2.400	860	71
2.375	870	72
2.350	880	73
2.325	890	74
2.300	900	75
2.299	910	76
2.275	910	76
2.250	920	77
2.225	930	78
2.200	940	79
2.175	950	80
2.150	960	81
2.125	970	82
2.100	980	83
2.075	990	84
2.050	1000	85
2.025	1010	86
2.000	1020	86

For more information, visit the NCAA Eligibility Center website at [www.eligibilitycenter.org](http://www.eligibilitycenter.org).



## College Essay Tips & Advice

- **Treat it as an opportunity**, not a burden. The essay is one of the few things that you've got complete control over in the application process, especially by the time you're in your senior year. Use it to tell us a part of your story.
- **Take the time to go beyond the obvious.** Especially if you're recounting an event, take it beyond the chronological storytelling. Include some opinion or reflection.
- **Don't try to take on too much.** Focus on *one* event, one activity, or one "most influential person." Tackling too much tends to make your essay too watered down or disjointed.
- **Brainstorm the things that matter to you.** Don't be afraid to reveal yourself in your writing. We want to know who you are and how you think.
- **Write thoughtfully and with authenticity.** It'll be clear who believes in what they are saying versus those who are simply saying what they think we want to hear.
- **Be comfortable showing your vulnerability.** We don't expect you to be perfect. Feel free to tell us about a time you stumbled, and what happened next.
- **Answer the prompt.** We're most interested in the story you're telling, but it's important to follow directions, too. Be sure you are addressing the essay prompt.
- **Be yourself.** If you are funny, write a funny essay; if you are serious, write a serious essay. Don't start reinventing yourself with the essay.
- **Ignore the urge for perfection.** There's no such thing as the perfect college essay. Just be yourself and write the best way you know how.
- **Tell us something different** from what we'll read on your list of extracurricular activities or transcript.
- **Proofread, proofread, *proofread*.** *Their's* a difference between "tutoring children" and "torturing children" and *you're* spell-checker won't catch that.
- **Keep it concise.**
- **Limit the number of people** who review your essay. Too much input usually means your voice is lost in the writing style.
- **Appearances count.** Formatting and presentation cannot replace substance, but they can certainly enhance the value of an already well-written essay.

## College Essay Supplements

In addition to the college essay – there are other written tasks on most applications. They can be in the form of supplements – which are questions specific to each college. The college essay tends to be a broad topic that anyone can answer, with endless topics to choose from. Supplemental essays are **specific to each college** so they usually want to know your opinions about their school...such as....”why do you want to attend Providence College?” and/or “Tell us why you have chosen your major?” Always have some **background info** on the schools in which you are applying so you can give well-informed answers. You do not want to be among the thousands of students writing...the campus is beautiful. Know specifics about the school and major to which you are applying. It will make for a stronger supplemental essay.

Supplements are usually short in length, which means you need to get your point across briefly. It is very important that supplements and short answer questions are well thought out and written grammatically correct as well.