



William J. Ostiguy
High School



Your College Applications Guide.....

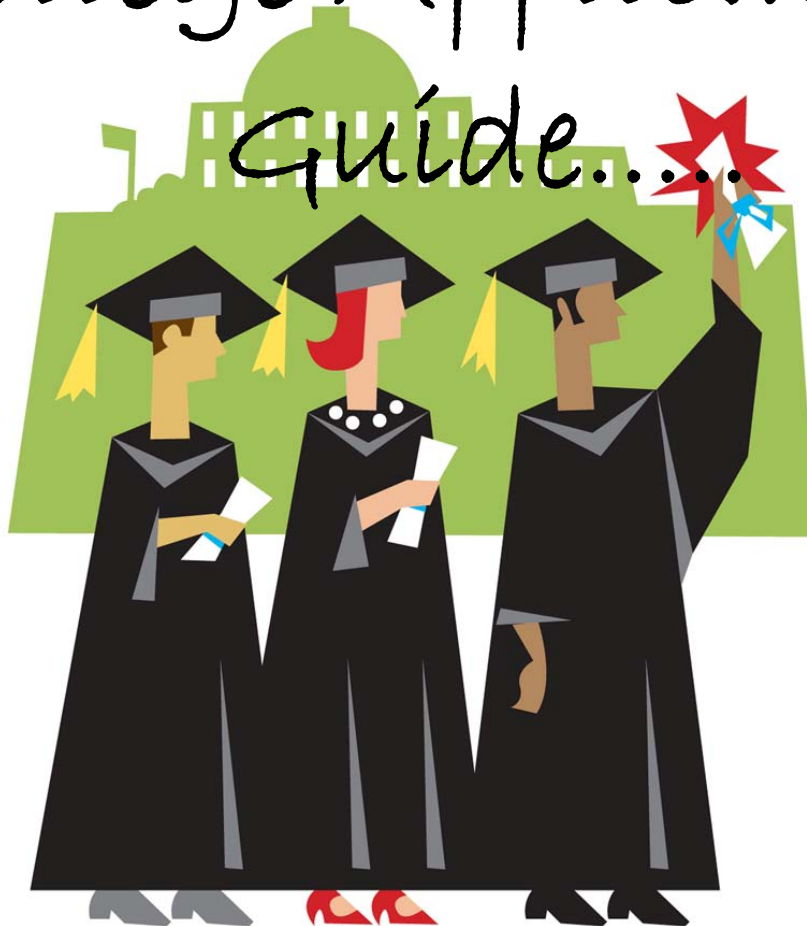




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Senior Countdown  to College!!!!

There are lots of things to get done and much to keep organized, and dates and deadlines are important for you to keep track of on your own! I am here to support you, but you need to take charge of your own journey!

Happy College Hunting!

Fall/Winter Timeline

- Study for, register, and take Fall SAT test
- Take ACT, if opting out of SAT
- Schedule credit status meeting with Joelle ASAP, if you haven't already!
- Register for online courses, if needed, to fulfill all graduation requirements
- Take Career Interest Inventory, if you haven't already done so.
- Check out College Corner in Joelle's office – SAT materials, college brochures, and your individual College Countdown Folders are available here!
- Identify personal criteria for college selection.
- Have all letters of recommendation completed/collected.
- Create resume (list of activities, jobs, community service experience, awards/honors).
- Visit college campuses (information sessions, tours, interviews), if possible!
- Have your list of colleges set and narrowed to 5; be aware of application deadlines!
- Complete college essays.
- Inquire about Financial Aid opportunities, including Scholarship opportunities.
- ACTIVELY** work on college applications, be aware of all deadlines, and submit accordingly
(most regular applications are due between January 1 and February 15)!



**BOSTON PUBLIC SCHOOLS
HIGH SCHOOL
GRADUATION REQUIREMENTS**

English	4 courses
Math	Take 4 courses (pass 3 including Advanced Algebra)
Science	Three Sciences, two of which must be from: <ol style="list-style-type: none">1. Physics2. Chemistry3. Biology
History	3 courses from: <ol style="list-style-type: none">1. World History 12. World History 23. US History 14. US History 2
World Languages	2 courses in the same language
Fine Arts	2 semesters
Physical Education	2 semesters
Health	1 semester
Computers	1 semester
MCAS	ELA Mathematics Science - Required for graduates of the class of 2010 +

* Please note these are the general BPS graduation requirements. If a student is coming from a district outside of the Boston Public School System, it is necessary for them to meet the graduation requirements of his/ her sending district.



Top 10 Things to Remember About College Admissions

10. Start looking early.

If you can, begin the search your junior year; otherwise, get on it as ASAP as a Senior!

9. Take responsibility.

Take the initiative; don't wait for your parents or counselor to get on your case. YOU are the one who is going away to college. YOU should be making the appointments to go visit colleges, writing away for information, etc.

8. Don't procrastinate.

Try to keep on top of things. Ask for recommendations EARLY. Give yourself plenty of time to write, edit, and rewrite your essay. Plan to have things done ahead of time. If there's a problem (you get mono, your recommendation gets lost in the mail, the dog eats your application), you'll still have plenty of time to take care of things.

7. Educate yourself.

Research the colleges you are interested in and learn about new ones. Learn what's out there.

6. College visits.

After reading up on schools, if possible, meet with college representatives, tour the campuses, and/or set up interviews. Every college has a different "personality", and you need to find out if it's a good match for you.

5. Talk with the students.

Students will give you the inside scoop on the food, dorms, social life, accessibility of the faculty, etc. Eavesdrop on them in the student union if you have to!

4. Know what you want.

After doing research, visiting some schools, and talking with students, narrow down what you're looking for: big/small, public/private, nearby/far away, liberal arts/specialized, coed/single sex, independent/religiously affiliated.

3. The essay: be yourself and answer the question.

Don't write about what you think colleges want to hear, but rather write about something you know, something that is important to you. Make sure you answer the question!

2. Know the deadlines.

There are deadlines for *everything*: SAT's, applications, financial aid, merit scholarships, etc.

1. Keep your grades up.

Grades are the most important part of your application. Fight senioritis! Finish strong!



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What type of college is the right fit for you and your goals?

	Technical or Vocational School	Community College or Junior College	Four-Year College/ Liberal Arts and Sciences	University
Focus of Program	Specialized training for a particular occupation	Two year degree programs in career areas or academic courses for transfer	Four-year degree; general academic courses plus focus on major	Four-year degree plus graduate programs
Length of Program	Some short term programs; most nine months to two years	Two years of full time study for degree bearing programs	Four years of full time study	Four or more years of full time study
Type(s) of Degree(s) Awarded	Technical colleges provide certificates of completion and/or associate degrees. Technical Schools provide certificates.	Associate of Arts Associate of Science Certificates for short term training	Bachelor's of Arts Bachelor's of Science Some four year colleges offer Masters programs	Bachelor's of Arts Bachelor's of Science Masters programs Doctoral Degrees
Admissions Requirements	Public: usually open enrollment Private: Often a high school diploma, but requirements vary	Public: open enrollment for high school graduates. Students may be required to take placement tests before being placed in English and Math courses	High School graduate, GPA, class rank, SAT or ACT, essay, interview- May be other requirements. Some students required to take placement exam	Same as 4 year colleges
Recommended High School Coursework	Basic skills in math, science, English, and computer literacy. Higher levels in some courses may be helpful	English - 4 years Math – 2-3 years Science – minimum 3 years Social Studies – 3 years Foreign language – 2 years	Same as community colleges, BUT recommended classes are often required for 4 year institutions	Same as 4 year colleges
Approximate Tuition (Annual)*	Public: \$1,800 Private: \$2,500-10,000	Public: \$1,800 Private: \$8,000-15,000	Public: \$3,800-5,500 Private: \$7,000-26,000	Same as 4 year colleges

*Costs do not include room and board or books



What college criteria are you looking for?

Choosing a college can be overwhelming. One way to help you narrow your choices is to identify what you are looking for in a college, and then search with those criteria in mind. Take time to compare a college's information to the below criteria to see how it fits YOU! <http://www.a2zcolleges.com/> is a great start to your search!

Academics: Degrees offered? Required "core classes"? Semester/year-long abroad program offered? Programs the school is best-known for? How rigorous is a student's workload?

Activities: Newspapers? Yearbook? Dance? Drama? Debate team? Band? Radio/TV station? Greek life? Political groups? Ethnic organizations? Community service? Other?

Alumni: Percentage of graduates attending graduate school? Careers alumni have pursued?

Campus: Urban, suburban, or rural? Size? Style? Local cultural/social attractions?

Costs: Tuition costs? Rooms and board? Down payment required, and if so, by when?

Faculty: Size? What percentage have PhD's? Student to faculty ratio? Average class size? Do graduate students teach?

Financial Aid: Programs available? How many students receive aid? Does the college place students in jobs on or off campus?

Accommodations: Special education programs or facilities for persons with special needs? Various support networks available on/near campus?

Residential: Residence halls available? How many? Are men and women separated? Students per room/suite? What physical condition are the rooms in? Campus regulations for living in a residence hall?

Religion: Is the school religiously affiliated? Are students predominately one religion? What facilities are available for religious services on campus? Any religious organizations?

Social Life: On- and off-campus events? What type of spirit/camaraderie do students have?

Sports: Athletic facilities and affiliations? Offered intercollegiate (or intercollegiate) sports? Athletic scholarships offered?

Student Body: How many students attend the school? How many live on campus? Where are students from? Ratio of men to women? Ethnic background? Religious background?

Transportation: Available public transportation? Is parking available on campus? Can you have a car if you live on campus?



**College Application Checklist
1 of 2**

Checklist	College 1	College 2	College 3	College 4	College 5
	_____ _____	_____ _____	_____ _____	_____ _____	_____ _____
Application Deadline					
Essay(s) Completed?					
Application form completed?					
1st Letter of Rec Writer					
Writer mailed or returned form to me?					
Did I send a thank you note?					
2nd Letter of Rec Writer					
Writer mailed or returned form to me?					
Did I send a thank you note?					
3rd Letter of Rec Writer					
Writer mailed or returned form to me?					
Did I send a thank you note?					



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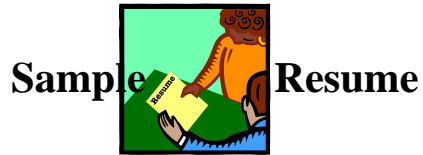


2 of 2

Is my cumulative transcript included?					
Were my SAT I scores sent?					
Were my ACT scores sent?					
Were my MCAS scores sent?					
Were my SAT II scores sent?					
Were my A.P. Exam scores sent?					
Did I complete my financial aid forms?					
Is my resume included?					
Is my fee waiver included, if applicable?					
Is our school profile included?					
Did we mail my complete application?					
Did we mail Senior mid-year grades?					
Other???					



**William J. Ostiguy
High School**



PERRY JAMESON
1515 Stanley Drive, #62
Boston, MA 02127
perry.jameson@dbplanet.com
(913) 555-1938

OBJECTIVE

To attend a 4-year liberal arts college and work toward a Bachelor's degree in Criminal Justice.

EDUCATION

Monument High School, Grades 9-10
William J. Ostiguy High School, Grades 11-12
Graduation date: June 2010
G.P.A. 3.85. Top 5% of class.

HIGH SCHOOL ACTIVITIES

- + Newspaper Staff Member, Monument High School**
Dec 2008 – Present. Researched information for news articles using library and Web sources. Composed and edited informational articles, columns, editorials, and advertising copy.
- + Rowing Team, Ostiguy High School / Hull Lifesaving Museum**
Fall 2009. Team Member.

RELEVANT HIGH SCHOOL STUDIES

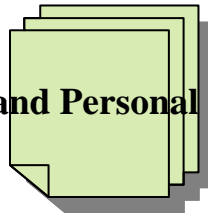
Technical Writing; Advanced Composition; Debate; Criminology; Forensic Sciences; Intro to Law; AP Biology

HONORS, AWARDS, AND MEMBERSHIPS

- + Honor Roll – 12 terms**
- + High Honor Roll – 4 terms**

WORK EXPERIENCE

- + Boston Police Department Internship**
Summer 2008. Shadowed Boston Police Officers on their rounds. Experienced both field work and administrative duties.



Essays and Personal Statements

Essays Count!

While interviews only sometimes help or hinder a person's acceptance into a college, essays can and often do make a difference. Essays are one of the 6 to 12 criteria that determine whether a person is selected for admission.

Some tips...

1. Do not write about the universe (i.e. world peace, famine, etc...). Write about what you have devoted your time to. What do you care about? How do you spend your time? What are you committed to? What are your personal and/or global hopes?
2. It does not have to be light-hearted. It could describe some overwhelming experience or challenge you have faced, but while it's important to be honest, you should not share your deepest, darkest secrets either. Speak from the heart. Share what you are comfortable with!
3. Start the essay early on; you can always tell a 'last minute' essay!
4. Have it proofread by others (faculty, family, friends, etc.).
5. Write it in your own voice.
6. Always save a copy.
7. Have fun; be playful.
8. It should be about 1 to 2 typed pages.

Brainstorms...

Idea 1: _____

Idea 2: _____

Idea 3: _____



Recommendations



Recommendations!

Why do I need letters of recommendation?

- Your transcript, test scores, and resume do not attest to your character – who you are, your work ethic, strengths, struggles, comebacks, experiences, immeasurable greatness and uniqueness. Your letters of recommendation can and will tell a college more about who you are, your story!

How many recommendations do I need?

- You will need 2-3 letters of recommendation, at a minimum.

Who do I ask to write my recommendations?

- Adults who know you best, both in and out of school: Your counselors, teachers, other adults in school who know you well, your employers/supervisors, your activity sponsors, your coaches, etc.

How should I ask someone to write a recommendation?

- The key here is ASK rather than tell! Writing a recommendation takes a lot of time, and whoever you are asking has the right to accept or decline.
- Approach this person when they are available, explain why you need the recommendation, and let them know why you think they would be a good candidate to write you one. They may give you an answer on the spot, or they may need some time to think about it.

When should I ask someone to write a recommendation?

- The people you are asking are busy, and are very likely writing recommendations for other students as well. They need PLENTY of time (weeks, or even 1-2 months) to write them.

What do I provide these people with to be able to write my recommendations?

- My resume
- My list of colleges
- Addressed, stamped envelope
- Recommendation Intake (in your packet!)

What if someone I ask will not write me a recommendation?

- If a person will not write it because they do not feel they are a best candidate for you, ask why, and with that feedback, select someone else who may be a better candidate.
- If a person does not have the time, do not take it personally! You have many people in your life rooting for you; I'm sure there is someone else who can write about who you are!



Letter of Recommendation Intake



to be given to everyone who is writing you a letter of recommendation

The following information will be very helpful to people writing you letters of recommendation for programs and colleges. Before you write, take some time to review the categories and make honest self-assessments, so you can be truthful and concise. This form must be completed this spring, or by the start of September.

1. List 6 adjectives which describe you and why (briefly):

- A. _____
- B. _____
- C. _____
- D. _____
- E. _____
- F. _____

2. Do you think your transcript accurately reflects your academic abilities and accomplishments? Please explain.

3. Your recommenders may not all be aware of outside circumstances that have affected your performance in school (serious illness/death in the family, etc.). If this applies to you, please write a few lines about any circumstance(s).



4. What would you change about your high school career?

5. What do you consider to be your strengths (both academic and personal)?

6. What do you consider to be your weakness/challenges (both academic and personal)?

7. What is your proudest accomplishment so far?





8. Who has had the most influence in your life?



Helpful Tips for Interviewing!!

Colleges are often attracted to students who are interested in their school. A good way to show your interest in a college is to set up an interview.

Practical recommendations...

-  Bring your high school transcript(s), resume, and letters of recommendation;
-  Read over materials that the college has sent you, or research some information on your own about the college, if you haven't been sent anything;
-  Take questions into the interview with you (it's ok if you have them written on paper); and
-  Prepare for the interview by thinking about what is important to you.

Typical questions that may be asked of you...

1. How did you put your list of colleges together? How did you hear about our college?
2. What do you like doing? Any thoughts about a major?
3. Why do you enjoy like doing what you're interested in?
4. In what way(s) do you hope to "grow" in college?
5. What are your strengths and weaknesses?
6. What excites you about college? What makes you nervous about college?
7. What are you looking for in a college?
8. Describe the extracurricular and community activities you are involved in.
9. Why are you applying to this college?
10. Positive/negative reactions (and why) to colleges that you have visited so far?
11. Have you enjoyed high school? What were some of the highlights?
12. Where do you see yourself in four years?
13. Have you ever thought of not going to college? What would you do instead?
14. How would you describe yourself as a person?
15. Why should we accept you into our college?

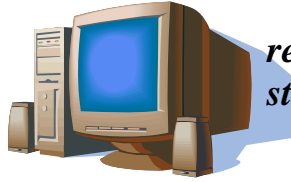
Questions to ask your interviewer...

1. Are certain courses/programs hard to get into? What percentage?
2. What is the average class size in your freshman year? After freshman year?
3. Is financial aid based on need? Merit?
4. Are freshman required to live on campus, and are dorms co-ed? ...by floor, wing, room?
5. What kinds of meal plans are available?
6. What makes your school unique?
7. What are the students like?
8. Is there public transportation available?
9. Do graduate students teach undergraduates?
10. Do professors keep office hours to meet with students?
11. What is the farthest distance between academic buildings?
12. How are students advised on which classes they should take?
13. Is parking available for commuting students?
14. What is the philosophy/mission/purpose of the institution?



Helpful Websites

*There are many helpful
few to get you*



*resources out there; here are just a
started on your search!*

Test Preparation:

- www.act.org/aap/index.html - ACT registration and prep
- www.collegeboard.com – SAT official site
- www.ets.org – educational testing site
- www.testprep.com – standardized test preps
- www.kaplan.com – Kaplan test prep

College Searches:

- <http://www.a2zcolleges.com/> - GREAT resource!
- www.embark.com – College Planner
- www.collegeboard.com – College Board site (SATs)
- www.review.com – The Princeton Review
- www.collegeview.com – searchable database for colleges
- www.campustours.com – virtual tours of campuses

Financial Aid and/or Scholarship:

- www.fafsa.ed.gov
- <http://scholarships.salliemae.com>
- www.collegeboard.org/finaid/fastud/html/proform.html
- www.finaid.orf/calculators
- www.collegenet.com



Examples of
Freshman Academic 

2008-2009
Acceptance Profiles

The following are three Freshman Academic Profiles from colleges in the Boston area. These profiles can help prospective college students understand the type of academic record each specific college is looking for. These profiles were located at www.princetonreview.com, where you are able to look up these schools and others.

Mount Ida

Freshman Academic Profile

Admissions Selectivity Rating: 60

SAT:

% Submitting Score: 93%

Critical Reading Middle 50%: 390 - 490

Math Middle 50%: 380 - 490

Writing Middle 50%: 400 - 500

ACT:

% Submitting Score: 11%

ACT Middle 50%: 15 - 20

% with GPA 3.75 of higher: 1%

% with GPA 3.50 - 3.74: 3%

% with GPA 3.25 - 3.49: 6%

% with GPA 3.0 - 3.24: 12%

% with GPA 2.5 - 2.99: 34%

% with GPA 2.0 - 2.49: 32%

% with GPA 1.0 - 1.99: 12%



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UMass Boston

Freshman Academic Profile

Admissions Selectivity Rating: 60

SAT:

% Submitting Score: 90%

Critical Reading Middle 50%: 470 - 570

Math Middle 50%: 480 - 580

Average High School GPA: 3

% with GPA 3.75 or higher: 10%

% with GPA 3.50 - 3.74: 10%

% with GPA 3.25 - 3.49: 14%

% with GPA 3.0 - 3.24: 20%

% with GPA 2.5 - 2.99: 35%

% with GPA 2.0 - 2.49: 11%

Northeastern University

Freshman Academic Profile

Admissions Selectivity Rating: 91

SAT:

% Submitting Score: 83%

Critical Reading Middle 50%: 570 - 660

Math Middle 50%: 610 - 690

ACT:

% Submitting Score: 29%

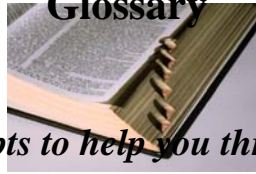
ACT Middle 50%: 26 - 30

Students in Top Tenth of HS Class: 49%

Students in Top Quarter of HS Class: 83%



Glossary



Important words and concepts to help you through the college process!!!

ACCESS: One of Boston's leaders in financial aid advising and scholarships.
<http://www.accessboston.org/>

Advanced Placement (AP) Courses: Service of the College Board that provides high schools with course descriptions in college subjects and Advance Placement Exams in those subjects. High schools implement the courses and administer the exams to nominated students, who are then eligible for a.p., college credit, or both, on the basis of satisfactory grades.

American College Testing Program Assessment (ACT): Test battery of the American College Testing Program, which includes tests in English, math, reading, and science reasoning. ACT composite score referred to in some colleges' descriptions is the average of the students' scores on these 4 tests. <http://www.actstudent.org/>

American Services Vocational Aptitude Battery (ASVAB): Government sponsored vocational aptitude test designed for high school/post-secondary students. Not a "pass/fail" test. Enables student to identify occupations that require aptitude levels similar to their own, as well as occupations that are compatible with their personal interests/preferences. No military-related obligations of any kind connected with test-taking. <http://www.military.com/ASVAB>

Associate Degree: The designated granted upon completion of a program of study of at least 2 years but less than 4 years (generally for the completion of a 2-year program).

Baccalaureate / Bachelor's Degree: Degree customarily granted upon completion of a 4- or 5-year program of study.

Career Interest Inventory: Selection of questions tallying individual student's interests and strengths, and identifying potential jobs/career choices according to Inventory results. Joelle has extra copies of the Inventory, if students have not already taken it.

Class Rank: Relative numeric position of a student in his/her graduating class, calculated according to grade average or some other measure of scholastic achievement.

College Entrance Examination Board (CEEB): Agency that administers the SAT I, SAT II, and Advanced Placement exams. <http://www.collegeboard.com/>



College Scholarship Service (CSS): Division of College Board that assists post-secondary institutions, state scholarship programs, and private scholarship organizations in the equitable distribution of financial aid funds. <https://profileonline.collegeboard.com/prf/index.jsp>

College Work / Study Program (Federal Work-Study Program): Federal financial aid program providing allocations to institutions for partial reimbursement of wages paid to students for working on or off campus in public or nonprofit organizations.

Common Application Form: A standard college admission application form accepted by 350 colleges and universities (<https://www.commonapp.org/CommonApp/default.aspx>).

Community College: Primarily 2-year post-secondary public institutions, which generally grant Associate Degrees. Many Community College students will transfer to a 4-year college/university, after graduation, to receive a bachelor's degree.

Cooperative Education: College program in which a student alternates between periods of full-time study and full-time employment in a related field. Students are paid for their work. Typically, 5 years are required to complete a bachelor's degree under the coop plan but graduates have the advantage of about a year's practical work experience in addition to their studies. Although some colleges refer to this sort of program as work-study, it should not be confused with the federally sponsored Federal Work-Study Program.

Credit Recovery: Opportunities to make up failed classes to improve chances of graduating. Opportunities generally include summer school, night school, or online programs.

Deferred Admission: Practice of permitting students to postpone enrollment for 1 year after acceptance to the college.

Dual Enrollment: When a high school student is also enrolled in courses at a local college/university.

Early Admission: Program allowing well-qualified high school students to enter college full time before completing secondary school.

Early Decision / Early Action: Practice of some institutions of making the admission decision before graduation from secondary school for superior students, thus allowing their enrollment once the secondary school diploma is received. Some colleges stipulate that a student must withdraw all other college applications if accepted under early decision; others require that the student apply only to that institution.



Free Application for Federal Student Aid (FAFSA): The free federal form for use by students in applying for Pell Grants, student loans, and federal college-based aid. It establishes a single estimate of a student's or family's ability to pay. <http://www.fafsa.ed.gov/>

Graduation Requirements: Needed courses and tests to fulfill district's and school's expectations toward high school completion.

Grade Point Average (GPA): Translation of a student's letter grades into a numeric system reflecting academic performance. Most common system counts 4 points for an "A", 3 points for a "B", 2 points for a "C", 1 point for a "D", and no points for an "F".

Honors Program: Program for superior students involving enrichment of the curriculum and opportunities for acceleration. Program may extend through the entire curriculum, be available only to members of a certain class, or be offered in single courses. Often leads to a degree granted with honors.

Internships: Short-term, supervised work experiences, generally relating to the student's field of interest and earning college credit.

Junior Colleges: See also Community College.

Open Admission: Admission policy granting acceptance to all secondary school graduates without regard to academic record, test score results, or additional qualifications.

Pell Grant: A gift-aid program sponsored by the federal government.
<http://www.ed.gov/programs/fpg/index.html>

Perkins Loan: Program of federally funded, college administered loans available to students from low-income families. <http://www.ed.gov/programs/fpl/index.html>

Parent Loan for Undergraduate Students (PLUS): Loan program that is not need based; available to the parents of dependent students. <http://www.parentplusloan.com/>

Private Industry Council (PIC): Program that provides Boston's youth with education and employment opportunities. <http://www.bostonpic.org/>

Preliminary Scholastic Assessment Test / National Merit Scholarship

Qualifying Test (PSAT / NMSQT): College Board standard test usually taken by high school students during 10th and 11th grades. Test functions as a trial run for the SAT I; 11th grade PSAT scores used as qualification for the National Merit Scholarship and National Hispanic Scholar Awards programs. <http://www.collegeboard.com/student/testing/psat/about.html>



Reach School: A college/university that a student chooses to apply to, knowing that it may be too competitive for their grades and test scores.

Rolling Admissions: Continuous system of admissions notification by which colleges inform the applicant as soon as the admission decision is made.

Safety School: A college/university that a student chooses to apply to, knowing almost with certainty that they will be accepted, based upon grades and test scores.

Scholarship: A sum of money or other aid granted to a student, because of merit, need, etc.

Scholastic Achievement Test (SAT I): College Board's standard test battery for secondary school students, used by colleges/universities for admissions/placement purposes.

SAT II Subject Tests: Subject exams administered by The College Board, used in measuring academic achievement/student placement purposes.

Stafford Loan: Student loan administered/guaranteed by a nonprofit private institution. Students whose need is insufficient to qualify for a Perkins Loan may qualify for this.

Teri: Free College and Financial Aid Information. <http://www.tericollegeplanning.org/>

Terminal Program: Education program designed to prepare students for immediate employment. These programs usually can be completed in less than 4 years beyond high school and are available in many junior colleges, community colleges, and vocational-technical schools.

Transfer Program: Education program in a 2-year college (or a 4-year that offers associate degrees) primarily for students who plan to continue their studies in a 4-year college/university.

Trimester System: Calendar in which the academic year is divided into 3 units.

Unsubsidized Stafford Loan: Student loan identical to the Stafford Loan except that the student, not the lender, pays the interest accrued while he/she is attending college.

Vocational-Technical Institutes: Programs that specialize in training students at specific job skills and/or trades.

Waitlisted: Not an acceptance or a rejection into a college/university. Student is placed on a waiting list, which could end up in either an acceptance or a rejection.