



**National Association for  
College Admission Counseling**

*Guiding the way to higher education*

# Guiding the Way to Higher Education

## Families, Counselors and Communities Together



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# ESSENTIAL I

## Building a Foundation for Educational Success

# Questions

1. What part of helping your child succeed at school do you find most difficult to provide?  
Easiest to provide?
2. What are some examples of how you help your child prepare for school or practice good study habits?
3. What problems have you experienced in getting your child to study, read and engage in other educational activities at home?



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# Families and School Together

# Families and School Together

- Join the parent organization at school and become involved in the decision-making process.
- Locate the public library in your area. Besides books, they have computers, DVDs, audio and video tapes, and they host special programs designed to help your child be a better learner.

# Families and School Together

Help your child do their best in school by helping him / her:

- Feel good about going to school
- Attend school appropriately dressed and in good physical condition (well rested, well-fed, and focused)
- Support school rules and explain reasons for them



# Families and School Together

Help your child do their best in school by helping him / her :

- Always complete and turn in homework assignments
- Manage his/her time wisely
- Establish a school and home calendar and place it in a prominent location in the home
- Seek assistance from people and programs offering aid and expertise in the college admission process in your community by visiting:

<http://www.collegeaccess.org/accessprogramdirectory/>

*By taking an active interest and becoming involved in the education of their child, parents can form partnerships with teachers and other educators – partnerships that will prove productive for the student.*





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# Steps to Encourage Student Achievement



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# Steps to Encourage Student Achievement



*As a parent or guardian, you have the unique opportunity to support or extend the efforts of teachers, counselors and other school staff, to develop the knowledge, skills and attitudes that help students plan for the remainder of their education, careers and lives.*

# Provide a Beneficial Home Learning Environment

- Determine the physical space where quiet studying can occur.
- Provide the resources (e.g., paper, pens, computer, etc.) that your child will need.
- Establish a routine time for homework and projects.

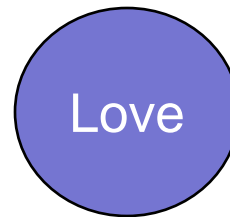
# Provide a Beneficial Home Learning Environment

- Promote sound time management skills.
- Encourage games and leisure activities that require reasoning, computations, and problem solving skills.
- Monitor computer games, television, the use of the telephone and the internet.
- Encourage activities that compliment the educational experience.



The importance of good study skills must begin during childhood and be nurtured throughout the school experience.

# Building Self-Esteem and a Positive Self Image



*Parents should have ongoing,  
direct involvement in the  
education of their children.*

*In far too many instances,  
however, they leave that  
responsibility up to the schools.*



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# ESSENTIAL II

## Setting the Stage for Dreams to Become Reality

*Waiting too long to plan and develop academic and extracurricular skills and interests may limit college options. Students, guardians and parents, therefore, have much work to do as they evaluate their college interests, determine academic and extracurricular goals, and plan for the costs of college attendance. The hard work though, is not without reward.*



# Questions

1. What are some examples of how you benefited from planning ahead, setting goals (personal or professional), and working hard?
2. How has your family's involvement benefited your child academically or personally?
3. Do you know the academic options (courses) at the middle school that will prepare your child to take challenging high school courses?



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# Options After High School

# Educational Opportunities Following High School

Four-year public and private colleges and universities

- bachelor's/baccalaureate degree

Two-year public and private junior and community colleges

- Associate's degrees

Technical/vocational/trade schools

- certificate, license

Technical Colleges

- certificate, license and on-the-job experience



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# Student Success is a Family Matter



*Family financial status, parents' educational levels or students' grades do not determine student success in college as much as family involvement.*

## Connecting with Your Child at Home

Parents and guardians can help their child address academic and personal pressures and changes by:

1. Talking to your child to help him/her become aware of stresses.
2. Limiting distractions during study time.
3. Encouraging time-management skills.
4. Promoting daily physical activity, nutritious meals, and adequate sleep.
5. Monitoring after school activities

## Connecting with Your Child at Home

6. Clearly stating values and acceptable behaviors.
7. Setting healthy limits without being too rigid or strict.
8. Offering perspective and focus when your child feels overwhelmed by physical and emotional changes as well as real and perceived pressures.
9. Celebrating your child's academic and extracurricular successes and providing positive involvement by attending school and community events.



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## Connecting with Your Child at School

- Expect the school to have high learning standards
- Keep in touch with the school rather than waiting for a problem to arise.
- Use community resources
- Expect and ask much of the school, community and employers.

# The Right Courses for College Begin in Middle School

Generally colleges will be looking for the following courses:

- 4 years of English
- 2-4 years of Math  
Algebra I, Geometry,  
Algebra II, Precalculus,  
Calculus
- 2-4 years of Science  
Biology, Chemistry,  
Physics
- 2-4 years of History
- 2-4 years of the same  
foreign language
- Electives in art, music,  
computer science,  
physical education,  
technical education

# The Right Courses for College Begin in Middle School

Taking challenging courses in middle school gives students the opportunity to take more advanced courses in high school and college.



## Create an Academic Portfolio

- Save samples of your child's best work in core academic subjects and in the arts.
- Record completion date and course title on each work.
- Keep a record of any awards or honors and the date received in a portfolio.
- Consider creating an electronic portfolio.
- Create separate portfolios for middle and high school.

## Develop Extracurricular Interests

- Extracurricular interests enable students to discover their talents and skills in athletic, artistic, academic, community service, and other areas
- Extracurricular interests build confidence, create an identity, and encourage students to see the relationship between the classroom and the world around them.

## Develop Extracurricular Interests

- Extracurricular activities help students learn to work collaboratively and independently.
- Developing extracurricular interests will compliment and strengthen academic work.
- Maintain a list of extracurricular activities in both middle and high school (although high school activities may be all a college asks about).

# How Much Does College Cost?



# How Much Does College Cost?

Compare the Options:

1. Attend a community college for two years, and live at home. Then transfer to a four-year institution.
2. Attend a four-year state college/university and live on campus.
3. Attend a four-year state college/university and live off campus.
4. Attend an independent (private) institution and live on campus.



Sector	Tuition and Fees	Books and Supplies	Room and Board	Transportation	Other Expenses	Total Expenses
<b>Two-Year Public</b>						
Resident	2,361	821	**Sample too small to provide meaningful data**			
Commuter	2,361	821	6,675	1,270	1,689	13,126
<b>Four-Year Public</b>						
Resident	6,185	988	7,404	911	1,848	17,336
Commuter	6,185	988	7,419	1,284	238	16,014
Out-of - State	16,640	988	7,404	911	1,848	27,791
<b>Four-Year Private</b>						
Resident	23,712	988	8,595	766	1,311	35,374
Commuter	23,712	988	7,499	1,138	1,664	35,001

Source: *Annual Survey of Colleges*, The College Board, New York, NY

# How to Pay for College

- *Start Saving Early!*
- Apply for financial aid from the college at the appropriate time.
- Research scholarship opportunities.

# Financing College

**A family's financial need is determined by:**

Total Cost of Attendance (COA)

- Expected Family Contribution (EFC)

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= Financial aid needed

# Financing College

## Types of Aid:

- Grants and Scholarships – gifts of money that do not need to be paid back.
- Loans – money that is available to students and parents and must be paid back, sometimes after the student graduates or leaves college.
- Work Study – provides a part time job during the school year.

# Financing College



*Because families cannot predict with certainty either the future costs of going to college or their available resources, it is important for parents and students to start saving early. Start saving now by putting money each month into a college fund.*



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# **ESSENTIAL III**

## **Charting a Challenging High School Experience**



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# Questions

1. What options did you have after high school?
2. Does your child have the same options?
3. What obstacles did you have that your child may find as well?
4. What postsecondary institutions are there in our community?
5. What local resources have you found to help chart your child's educational progress?

# Options After High School





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# Colleges and Universities



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# Community College, Junior College and Technical College



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# Trade, Technical or Business Schools

# Required/Recommended Pre-College Coursework

- All core courses must be designated “College Preparatory” – not general or Technical Preparatory
- Verify school / state requirements for graduation as they may vary from what a college requires for admission

# Required/Recommended Pre-College Coursework

English – 4 years

- Literature, Writing/Composition, Speech

Math – 3-4 years

- Algebra I, Geometry, Algebra II, Trigonometry (Analysis, Precalculus), and/or Calculus

Science – 3 years

- Biology, Chemistry, Physics, Earth/Space Science

Social Studies – 3-4 years

- US History, US Government, Economics, World History/Geography

# Required/Recommended Pre-College Coursework

Social Studies – 3-4 years

- US History, US Government, Economics, World History/Geography

Foreign Language – 2-4 years

- Must be of same language

Arts – 1-3 years

- Visual Art, Dance, Drama, Music, Performing Arts

*The more families know  
about their children and  
about the variety of  
educational alternatives  
they can pursue the  
better able parents and  
guardians will be to  
provide quality guidance.*





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# Learn More about Your Child



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# Learn More about Your Child

[www.nacacnet.org](http://www.nacacnet.org)

# School Support

## How Guidance Counselors Can Help:

- Monitor achievement and progress in the classroom
- Identify individual learning concerns and find solutions
- Appraise aptitude, intelligence, and other characteristics; interpret findings
- Provide information about high school study options and course offerings

# School Support

## How Guidance Counselors Can Help:

- Aid students in exploring and understanding educational options
- Teach study skills and motivate students
- Encourage students to maintain an academic portfolio
- Foster extracurricular involvement
- Give students support and guidance

# Community Support

Seek assistance from people or programs in the community that can offer aid and expertise in the college admission process

Visit the College Access website to search for a college access program in your area

<http://www.collegeaccess.org/accessprogramdirectory/>



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# ESSENTIAL IV

## Follow the Road to College

# Questions

1. What is your biggest fear as relates to your child applying and attending college?
2. What counseling did you receive when you were in high school about the college admissions process?
3. Do you know what services or resources are available to help your child with the college admissions process?

# Asking the Right Questions

Small or  
large?

Cost?

What part of  
the country?

Athletics  
and  
activities?

School with  
specific major  
or school with  
lots of variety?

Urban,  
suburban,  
rural?

Two year or  
four year?

Diversity?



More important is finding a college that is right for the student, and that the goals and personality of the student are well matched with the college. Students who think first about who they are and what they want are more likely to choose a college that fits them.



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# Gathering Information

# Applying to College

- Keep college information in separate folders.
- Keep notes about likes and dislikes, contacts, visits in the file with the information.
- Set up a checklist for all college applications including:
  - Deadlines (both application and financial aid)
  - Test scores
  - Essays
  - Recommendations

# Applying to College

- Keep a calendar with room for notes and a place to record all pertinent deadlines, contacts, interviews, etc.
- Read all information sent by colleges, both e-mail and letter.
- Make copies of every application for admission and financial aid before sending!

As the student finalizes the list of colleges and begins filling out the applications, follow the Golden Rule of the college admission process:

***Never apply to a college that you would not gladly attend if offered the choice.***



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# Admissions Decisions

# Students' Rights

## *Before Applying:*

- To receive factual information from colleges

## *When Offered Admission:*

- Have until May 1 to accept offer of admission and financial aid, or be able to request an extension until May 1 if the due date is sooner.
  - Does not apply to early decision candidates.
- Wait list information

# Students' Responsibilities

*Before you apply:*

- Research, understand, and comply with policies and procedures of each college.

*As you apply:*

- Submit everything on time
- Be sole author of applications
- Seek assistance from school counselor and follow process recommended by your high school
- Arrange for visits to schools and schedule interviews

# Students' Responsibilities

*As you apply:*

- Seek assistance with people/programs in the community that can offer aid and expertise in the college admission process
- Visit the College Access Website to search for a college access program in your area

<http://www.collegeaccess.org/accessprogramdirectory/>

# The School Counselor: A Valuable Resource

Counselors are one of the best resources your student has; they are the student's ally throughout the middle/high school years and the entire college admission process.





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# Prepare for College Calendar





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# Parents' & Guardians' Roles



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# ESSENTIAL V

## Paying for College

# Questions

1. Do you know how much college costs, and what is included in the total cost?
2. What is the difference between grants, scholarships, loans, and work study?
3. How does a student receive financial aid?



*More than half the students attending college in the United States receive some form of financial assistance.*

# How Much Will it Cost?

## **Billable Costs**

Tuition and Fees

Room and Board

(if student lives on  
campus)

*These costs show up on the college bill*

## **Indirect Costs**

Books and Supplies

Room and Board

(if student lives off  
campus)

Personal Expenses

Travel

*These costs do not show up  
on the college bill*

# Assessing Student Need

**Cost of Education** (the total cost of attending college)

- **Expected Family Contribution** (minus the parents' and student's financial resources)

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**= Financial Need**

# Assessing Student Need

**Expected Family Contribution (EFC) is influenced by these factors:**

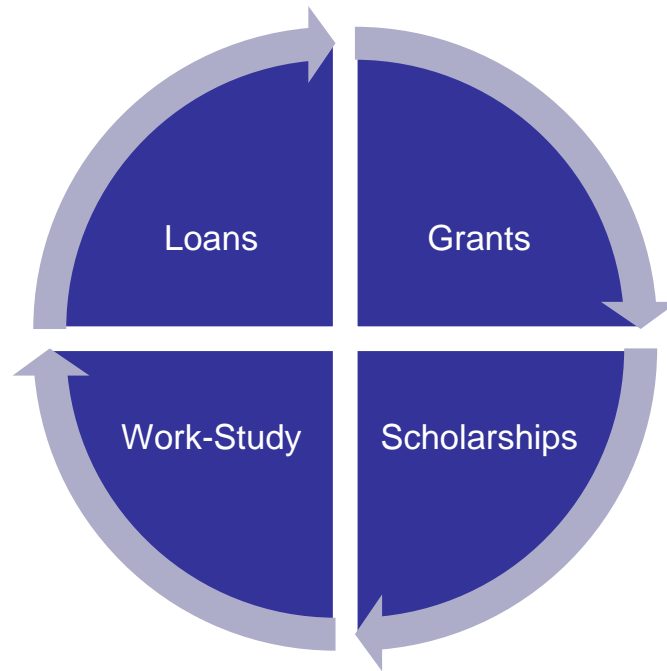
- The amount the student's parents should or will be asked to pay from income and assets
- The amount the student can contribute from earnings and savings
- Any gift amount that the student receives
- Family size, age of oldest parent, number of children currently attending college

# The Financial Aid Process

- FAFSA (Free Application for Federal student Aid) – [www.fafsa.ed.gov](http://www.fafsa.ed.gov)
- CSS Profile – <https://profileonline.collegeboard.com>
- Institutional aid applications

***Be sure to check each individual school's website to find out what forms must be filed and when they must be filed.***

# Types of Financial Aid





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# Work-Study

Based on need

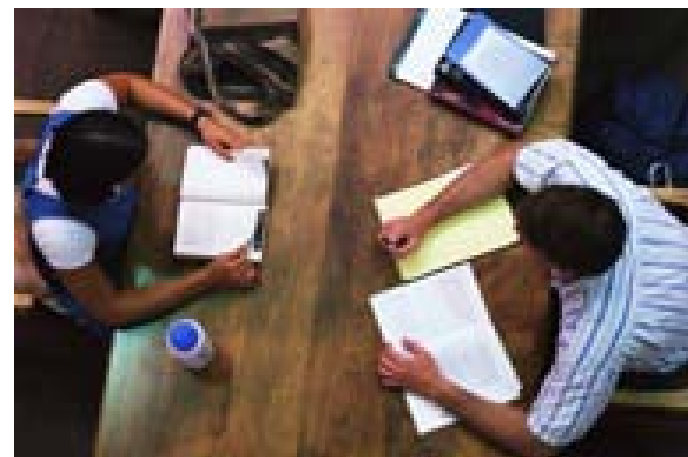
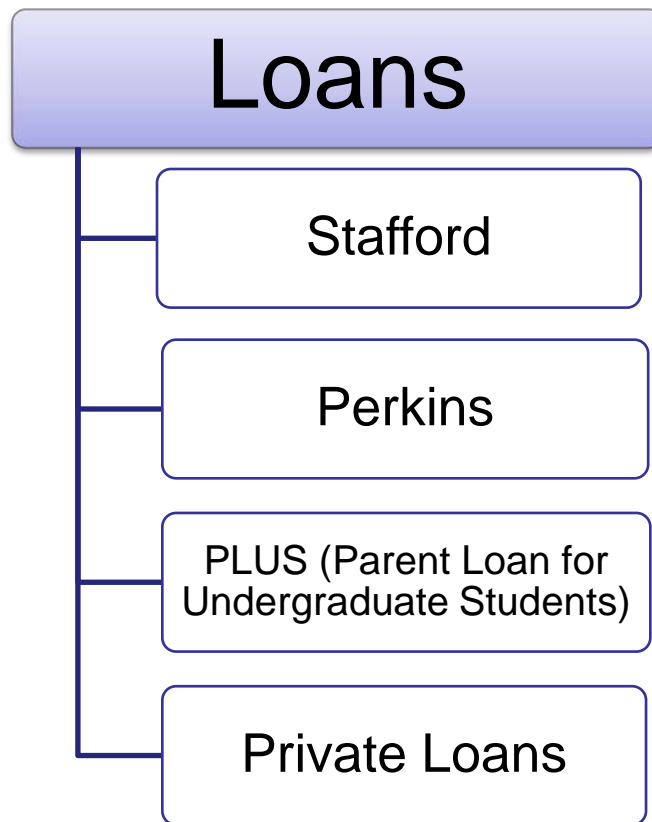
Student is provided a job at an

on-campus location such as bookstore  
or library

10-15 hours per week

Generally above minimum wage

# Types of Financial Aid





The earlier parents or guardians become aware of the costs associated with college, the better the family can incorporate educational costs into their savings plan.