

A Complete Guide To The College Application Process

Planning ahead: College Apps, Financial Aid, and
Scholarships

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Lessons from Covid

A constantly changing landscape

Lesson 1: Test-optional policy changes the playing field. Most colleges suspended testing requirements during COVID, and many students took advantage. **Determining to which colleges students should submit their test scores and to which colleges scores should be withheld is now a very difficult decision. These decisions should be strategic. Since many colleges will be test-optional next year as well, this trend will continue.**

Lesson 2: Colleges are looking to diversify their student body. With the recent Supreme Court Case, colleges can no longer use race as a singular factor in admissions and in most cases that information will not even be supplied to them by the application. With that said, colleges are still very interested in diversifying their institution and will now look to essays and short answer questions to find students with **DIVERSE EXPERIENCES**. They are also relying on student diversity experiences, on-campus programs, and fly-ins to engage with diverse student bodies. Diverse student bodies are not merely defined by race and ethnicity, but also by geographic location, first-gen to college, income.

Lesson 3: College costs are out of control. College expenses continue to rise, with some colleges' tuition, room and board, and fees now exceeding \$81,000 per year. **Doing research is more important than ever to find colleges that meet family needs with a range of price points, locations, and selectivity.**

Changing Landscape cont...

Lesson 4: If financially possible, apply Early Decision. One way that colleges ease pressure on enrollment figures is to accept even more students during the Early Decision rounds. Students applying ED are committed to attend that school if they are admitted, which means that often, students who need to compare financial aid among schools do not apply ED. **Though this is not “fair,” it is still true that Early Decision almost always gives students an advantage. This year proved that more than ever.**

Lesson 5: Don't waste your Early Decision. Many students apply to their reach schools for Early Decision. As students can only apply to one school Early Decision, families should strongly consider focusing on a realistic reach rather than an impractical one. **The odds of getting in during the early round are higher, but, as seen this year especially, it's not an opportunity to waste. Moreover, if a student is not accepted Early Decision I, they should consider Early Decision II at a different college.**

Lesson 6: More applications result in long waitlists. One result of the surge in applications was that colleges had a more difficult time **predicting their yield** – the percentage of admitted applicants who actually enroll. Colleges will continue to rely on waitlists as a way to hedge against over-enrollment and to determine student interest. **I do expect that colleges will be going to their waitlists more than ever. If they predict yield then fewer waitlist applicants admitted.**

Lesson 7: The list of ultra-competitive and competitive colleges expanded. **Many, many more colleges in the United States are showcasing acceptance rates at 25% or lower.** Schools that were once considered “easy” to get into are only accepting students at the top of their classes. Students aiming for these top colleges must do well in rigorous courses, and find ways to stand out in the admissions process. That said, a college's selectivity does not reflect its quality nor whether it's a good fit for your student.

Changing Landscape cont...

Lesson 8: School lists should and must expand. With acceptance rates in the single digits for some schools, students need to both **diversify and expand their lists**. Students who got into numerous top colleges are fewer this year. This year, it looks like on average, TOP applicants were happy if they got into 1-3 of the exceptionally competitive colleges.

It's all about the Yield

With the unpredictable nature of the last 3 years, colleges are struggling with predicting yield. Yield, which refers to the percentage of accepted students who enroll, was above 80% at a few of the nation's top schools. Colleges spend millions of dollars on software and consulting fees to increase yield. The higher the Yield, the less a school will have to go to the waitlist and the lower they can keep their acceptance rates. Lower acceptance rates translate in to higher rankings. Higher rankings translate into higher yield. Lower Yield means they will have to accept more students and oftentimes lower standards. Lowering rank and decreasing yield...And so the circle goes. To increase Yield, colleges lean more on ED.

THE LIST

KNOW Your Options

**SUNY, CUNY, Private, Out
of State Public**

Creating a College List

- Creating a realistic and comprehensive college list is one of the most difficult aspects of the college application process.
- Each college looks at different characteristics and may weigh individual characteristics differently.
- Even within colleges, different students may fall under different criteria depending on a combination of factors (major, international, income, etc).
- Choosing a major like engineering or nursing can make it more difficult to gain admission.
- Now more than ever the strength of the list can make all the difference.

Know Your options!

SUNY – State University of New York – In State Public:
There are 64 SUNY Schools.

- Vary between 4 Year University, 4 Year College, 2/4 year Technical School, and 2 year Community College.
- Tuition varies with the 4 Year University being the most expensive at a Cost of Attendance (Tuition, room, board, books, travel, and personal) of \$29,000/ year.
- Universities are the biggest and offer the most resources.
- Some Community Colleges offer amazing partner programs with 4 year SUNY Schools.

SUNY: Which Path fits?

- Depending on your interests, qualifications, and financial characteristics, some SUNY Schools may make more sense than others.
- Transferring between SUNY Schools is relatively easy.
- For instance, if I want to go to SUNY Binghamton but my GPA is too low, I may want to attend SUNY Broome first.
- Students enrolled in the **Broome to Binghamton Program** are eligible to transfer to Binghamton University after one or two years depending on the program. Students following the engineering track must attend SUNY Broome for two years. This is invite only.
- Many SUNY Schools have similar agreements. Nassau/Suffolk Community College offer one with Stony Brook. New one with Engineering.

SUNY: Technical Colleges

- Alfred State College (Mechanical Engineering Technician, Electrical Engineering Technician)
- Canton (Veterinary Technician and Assistant, Funeral Service and Mortuary Science)
- Cobleskill (Culinary art and baking, Sustainable Crop Production)
- Delhi (Carpentry, Construction Management)
- Environmental Science and Forestry (Conservation Biology)
- Fashion Institute of Technology (Fashion and Apparel Merchandising)
- Morrisville State College (Automotive Mechanics)
- SUNY Polytechnic Institute (Civil Engineering)
- Farmingdale State College (Dental Hygiene)
- Maritime College (Industrial Engineering)

CUNY: The City University of New York

- **11 Senior Colleges**, each with a rigorous baccalaureate degree program and enriching campus experience.
- **7 Community Colleges** provide high-quality associate degree programs that prepare students for senior colleges or entry into professional careers.
- **6 Graduate, Honors and Professional Schools**, offering more than 30 doctoral programs and
 - Six CUNY colleges are among the top 10 nationwide in promoting social mobility, moving lower-income students into the middle class and beyond with excellent jobs.
 - CUNY has produced 70 Fulbright scholars, 10 Truman scholars, 7 Marshall Scholars, 7 Rhodes scholars in recent years, and two of the last three Pulitzers for poetry.
 - 8 in 10 CUNY college graduates carry no federal loan debt.

CUNY: Which path fits?

- CUNY is very similar to SUNY in that they are both public and each college operates independently.
- Some CUNY schools like Baruch (51%) and Hunter (47.8%) are extremely competitive while others only require a high school diploma.
- Since you get 6 choices for the same price it is wise to choose some reaches, some fits, and some safeties.
- With one application you can apply to up to 6 schools. The application fee is \$65.

CUNY Macaulay Honors College

Macaulay Honors College at CUNY is a highly selective college where New York's most promising students receive the financial and academic support to realize their leadership potential and graduate debt-free.

The advisor-to-student ratio at Macaulay is among the highest at US honors colleges, providing exceptional academic and professional guidance to each student.

Must apply using a separate application by November 16th. All qualified Macaulay students receive the Macaulay Scholarship package, which includes a Full tuition scholarship, Opportunities Fund for study abroad and other academic experiences (subject to availability)

Public Schools

- Cost-conscious students often view state colleges as the least expensive route. In-state tuition and fees at public universities cost more than \$12,000 less compared with out-of-state rates.

SUNY and CUNY application week

- Both SUNY and CUNY offer waived application fees during a week in October and November.
- For CUNY you can apply to 6 colleges for free
- For SUNY you can apply to 5 colleges for free
- I would highly recommend taking this opportunity to apply to some New York Public Schools!

Out of State Public

- Every state has their own public colleges. Unfortunately, only students from that state can receive in-state tuition. For example, the University of California Berkeley's tuition is \$42,467 (out-of-state) and \$14,395 (in-state).
- Some out of state public colleges may offer in state tuition to out of state students. It doesn't hurt to ask.
- The University of South Carolina and Clemson are examples of out of state colleges that offer discounted rates to some out of state students based on achievement.
- Western Connecticut State, University of North Texas, and University of Houston are three examples of institutions that will offer in state tuition to out of state students.

Top 20 Public school with above 50% acceptance rate

11. University of Wisconsin
12. University of Illinois Urbana-Champaign
15. Penn State (has many campuses University Park)
17. Virginia Tech
18. University of Washington
19. Texas A&M
21. Purdue (Single digit rate for Engineering)
22. The Ohio State University

Out of State Public

There are many out of state public schools that offer an amazing college experience with acceptance rates above 70% and generous merit to out of state students.

- University of Kentucky 96%
- Kansas State 94%
- University of Kansas 91%
- University of Alabama 80%
- Iowa State 88%
- Penn State Altoona 77%
- Illinois State University 81%
- Arizona State University 88%

UC (University of California)

- UC requires a separate application and is not found on the Common Application.
- Watch [these amazing videos](#) to learn about the application process.
- Requires several essays as well.
- Many UC schools are more competitive for out of state students.

UMass

Umass Amherst, Boston, Dartmouth, and Lowell offer some amazing programs at a good price point with opportunities for Merit Aid for out of state students. The Cost (Room, Board, Tuition) for out of state students is about \$52,948. That is with no aid. For perspective most private college tuition alone is about \$52,000.

Private Schools

- Private colleges range from open enrollment to extremely competitive.
- Tuition ranges from \$20,000 to \$66,139 (Columbia University).
- Room and board can add another \$15,000 to \$20,000+.
- Financial Aid and Scholarships vary and often depend on the size of a college's endowment. The bigger the endowment, the more money that is available, particularly for the students with financial need.
- Sometimes the more expensive colleges end up being the cheapest because they have the most money (endowment) available for financial aid

For Profit Colleges

- The last type of college are those that operate for profit.
- Usually not a good option as students typically find themselves in significant debt.
- Some for profit colleges are Berkeley and ASA.
- Would not recommend due to amazing public options in New York.

Creating a list: Know the student

- What is my cumulative GPA (weighted and unweighted)?
- Have I challenged myself academically (rigor)?
- What is my SAT Superscore or ACT Superscore?
- What activities have I participated in?
- Have I taken advantage of all of the resources available to me (resourcefulness)?
- What was my household income for 2024 (Cost)?
- Who is considered a member of my household?
- Who claimed me on the 2024 1040?

Creating a list

- Creating a college list should be deliberate and based on numerous variables.
- Your list should be well rounded and contain safety, fit, and reach schools.
- When considering “fit,” it is important to consider academic and financial variables. Not just can I get in, but also can I afford to go there.

Creating a list

- Try and avoid the trap of applying to all of the same colleges as your friends and other students. Some schools place a limit on the number of students that they will accept from a given school or geographic region. Many colleges are looking for geographic diversity. Colleges want a balanced class that is representative of the world.
- Don't let “creating a list” be an obstacle to your college applications.
- Determine if you are willing to apply “Early Decision”.

How I do it with my clients...

1. I gather a tremendous amount of information on the student including academic, extracurricular, values, interests.
2. I input this information into a database managed by the National Center for Education Statistics.
3. I export the list to xls format, create a google spreadsheet and cross reference the list with multiple ranking sites.
4. Work closely with the student to narrow the list down to a manageable number.

College Visits

There are several ways to visit with a college (and demonstrate interest)

- Go directly to the school and take a tour. It is best for the student and family to visit the school independently during an open house. Every college has an open house in the fall.
- Speak with a rep at SJP during lunch. Admissions counselors are visiting your high school to speak with you.
- College Fairs – There are several college fairs that you can attend on your own. They are free and take place locally or virtually.
- Accepted Student Days – Most SUNY schools will invite accepted students to visit in the Spring. These are usually low or no cost trips from Manhattan on a bus chartered by the college. These are great opportunities.

Fly-In and Diversity Programs

Some schools offer programs which will pay for you to visit. They are competitive and require an application, but well worth the effort. Visit <https://www.cappex.com/articles/match-and-fit/fly-in-and-diversity-visit-programs-college-greenlight-students>

1. <https://www.amherst.edu/admission/diversity>
2. <https://www.babson.edu/undergraduate/admission/visit-and-engage/access-babson/>
3. <https://case.edu/admission/diversity-overnight>

Choosing a major

When considering a major ask these questions:

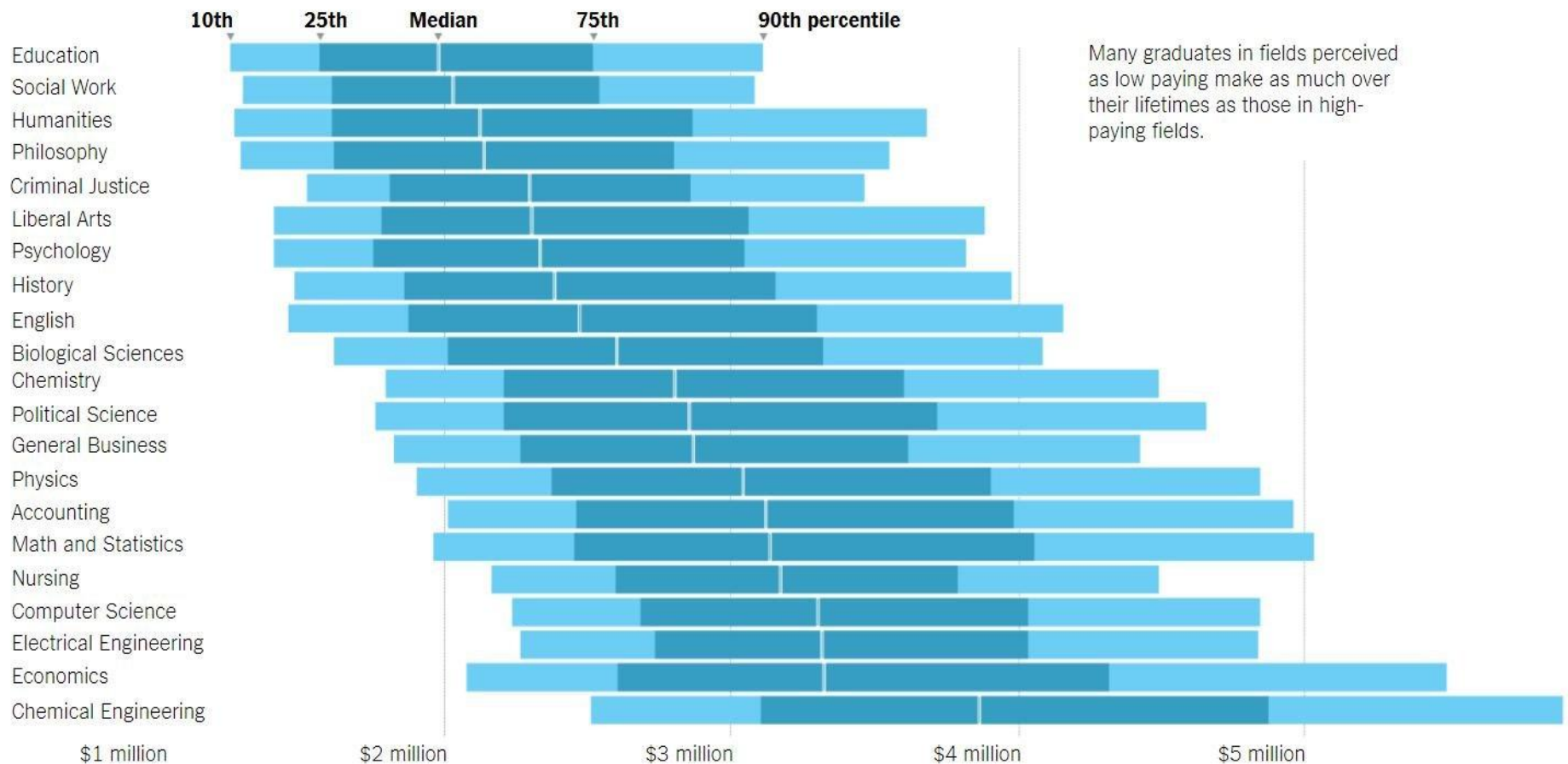
- Pick a major based on abilities
- Pick a major based on values
- Pick a major based on interests
- Pick a major based on passions
- Will you still enjoy it years from now?
- Is it employable?
- Will it be around later in life?
- Will it pay?
- Your major MATTERS when you complete an application. For instance, applying into a PA or Nursing program at a school may make it more difficult to get in. Applying into a biology or math program may lead the school to take a closer look at your math and science grades. Applying to a business school, did you take calculus/pre-calc?

Applying “Undecided”

If you are truly undecided then applying as an undecided major may be the best option for you. Some schools embrace this concept and will provide a variety of options for applying as undecided. NYU for example has multiple pathways for undecided students. If you are using undecided as a way to game the admissions process, colleges can often figure this out pretty easily. For example, if you know you want to major in engineering but you apply undecided in the hopes that you can move into the engineering program in your second year, this can be a very risky proposition.

Projected Earnings 2017

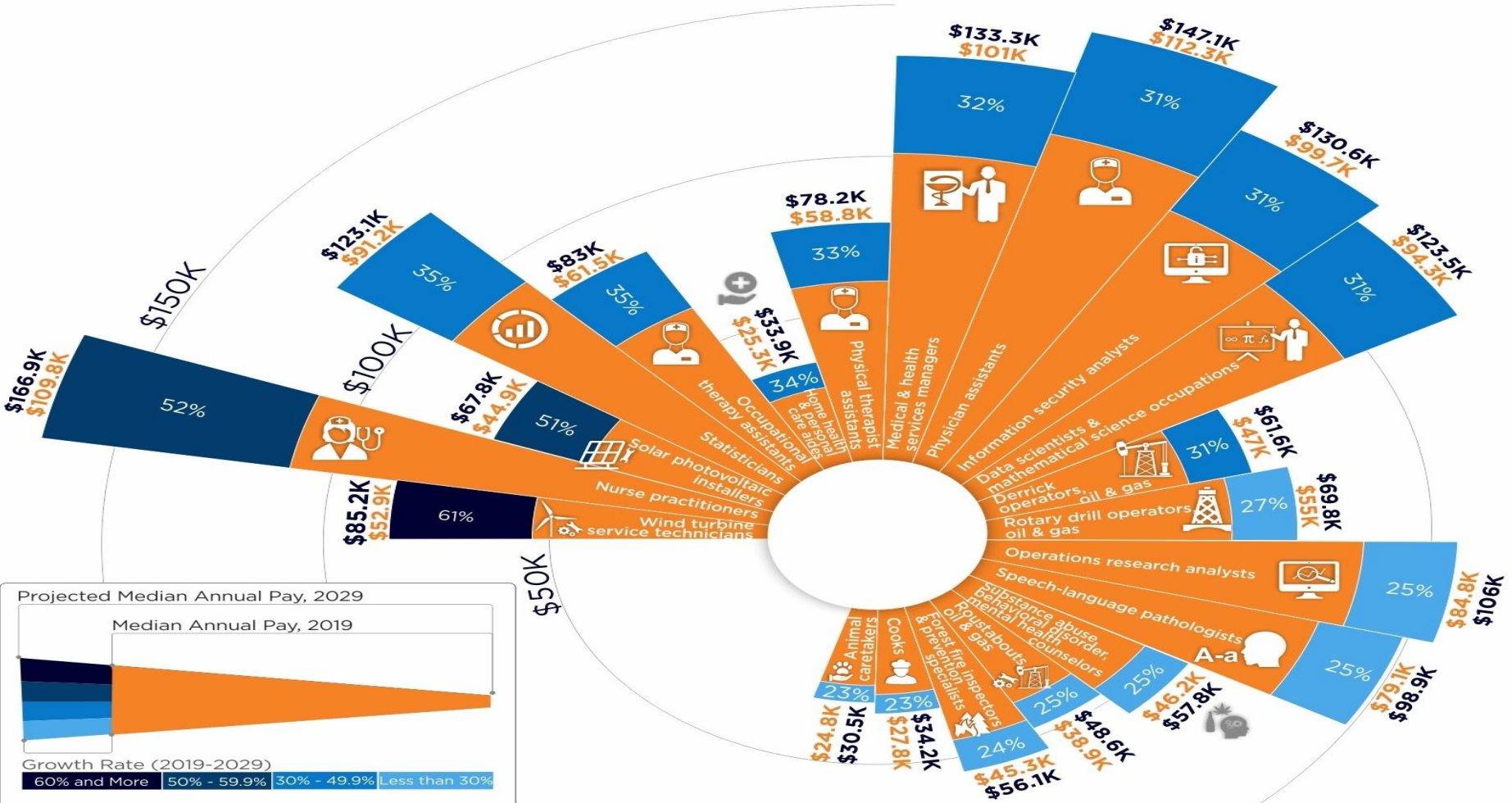
Projected career earnings for college graduates in the ...



Many graduates in fields perceived as low paying make as much over their lifetimes as those in high-paying fields.

Projected Earnings

Fastest Growing Occupations in the U.S.
 Median Annual Pay & Its Growth Projection (2019-2029)



Summary of image

- The U.S. Bureau of Labor Statistics predicts that wind turbine service technicians will see the fastest salary growth in the coming decade, jumping from \$52,910 to \$85,185 by 2029.
- Solar photovoltaic installers are set to be the third fastest growing profession in terms of compensation, increasing by some \$22,894 in the next ten years.
- Nurse practitioners are expected to receive the highest total increase in salary over the next several years, starting from \$109,820 and going up to \$166,926.
- In general, the occupations with the fastest salary growth tend to be either tied to a green economic future or ones in the medical profession which cannot be easily automated.

Return on investment (ROI)

One of the most important pieces of data to consider during the search process is your return on investment. For every dollar that you spend how much will you get in return. The following are some links to view this data. This also takes into account intended major. ROI varies greatly by major.

- Estimated earnings and lifetime ROI for 30,000 bachelor's degrees <https://public.flourish.studio/visualisation/7583742/>
- <https://www.payscale.com/college-roi>

Most popular majors

Most popular majors at ...

Less selective colleges

MAJOR	SHARE OF DEGREES
1 Business, management, marketing and related support services	19.3%
2 Health professions and related programs	11.9
3 Psychology	6.5
4 Social sciences	6.3
5 Education	5.7
6 Biological and biomedical sciences	5.5
7 Engineering	5.2
8 Communication, journalism and related programs	5.1
9 Visual and performing arts	4.8
10 Homeland security, law enforcement, firefighting and related protective service	3.5

More selective colleges

MAJOR	SHARE OF DEGREES
1 Social sciences	19.4%
2 Biological and biomedical sciences	10.1
3 Engineering	10.1
4 Business, management, marketing and related support services	9.8
5 Psychology	6.3
6 Visual and performing arts	5.6
7 Health professions and related programs	3.8
8 Computer and information sciences and support services	3.6
9 Physical sciences	3.6
10 English language and literature/letters	3.5

Take a quiz

- Consider taking a college major assessment test, which helps you decide how to choose a major by asking several dozen questions.
- For tests to see what major is right for you, check out the “[What should I major in quiz](#)” by Loyola or the “[college major personality quiz](#)” from ThoughtCo.
- You can also visit [ONet Online](#), where you can explore occupations that you may not have considered or even knew existed.



THE LIST

Does it Fit?

Not an Exact Science

Today, It is nearly impossible to accurately predict if you will be admitted to a college or university. There are so many factors that are taken into account and the landscape is shifting so rapidly that what was once a safety school now becomes a reach. There are very few colleges that will guarantee admission and most of these are community colleges.

Will I get in?

With the exception of a small number of colleges, college admissions is a holistic process. Each individual is comprised of a multitude of variables that are considered by the college admissions office at varying levels of importance:

- GPA
- TEST SCORES
- AP, SAT, ACT, REGENTS EXAMS
- RIGOR OF COURSEWORK/ACADEMIC ENGAGEMENT

At many larger schools this first look at a student will be done by an algorithm.

Will I get in?

- EXTRACURRICULAR ACTIVITIES/DEMONSTRATED COMMUNITY SERVICE
- COLLEGE ESSAY/PERSONAL STATEMENT
- PERSONALITY/CHARACTERISTICS (Leadership, communication skills, self-efficacy, resiliency, social comfort)
- DIVERSITY
- INTERVIEW
- DEMONSTRATED INTEREST/COMMITMENT TO COLLEGE
- INCOME/ABILITY TO PAY
- INTENDED MAJOR

Will I get in?

- Your application must clearly show these traits and characteristics. Use every available opportunity to share these traits with the admissions office.
- You can use your essay, email, phone, visit....Whatever it takes. Address gaps in attendance, unusual grades, upward and downward trends, etc.
- If you have a passion, share it. Show what you have done. Do your activities reflect your passion. What have you done with your passion?

Will I get in? The new model

- Many schools, particularly smaller liberal arts colleges, are beginning to shift their approach to the college applicant pool. Used to evaluate students based on a pyramid structure (grades/rigor/tests at the base, Extracurriculars/fit as second layer, LORs layered on top, now view it more as a circle - rigor/grades - fit (school and major) - SAPPE (self advocacy, authenticity, perseverance, potential, empathy) -community impact - LORs;
- Each piece of the application should reflect these characteristics/competencies. Is there a clear image of the student?

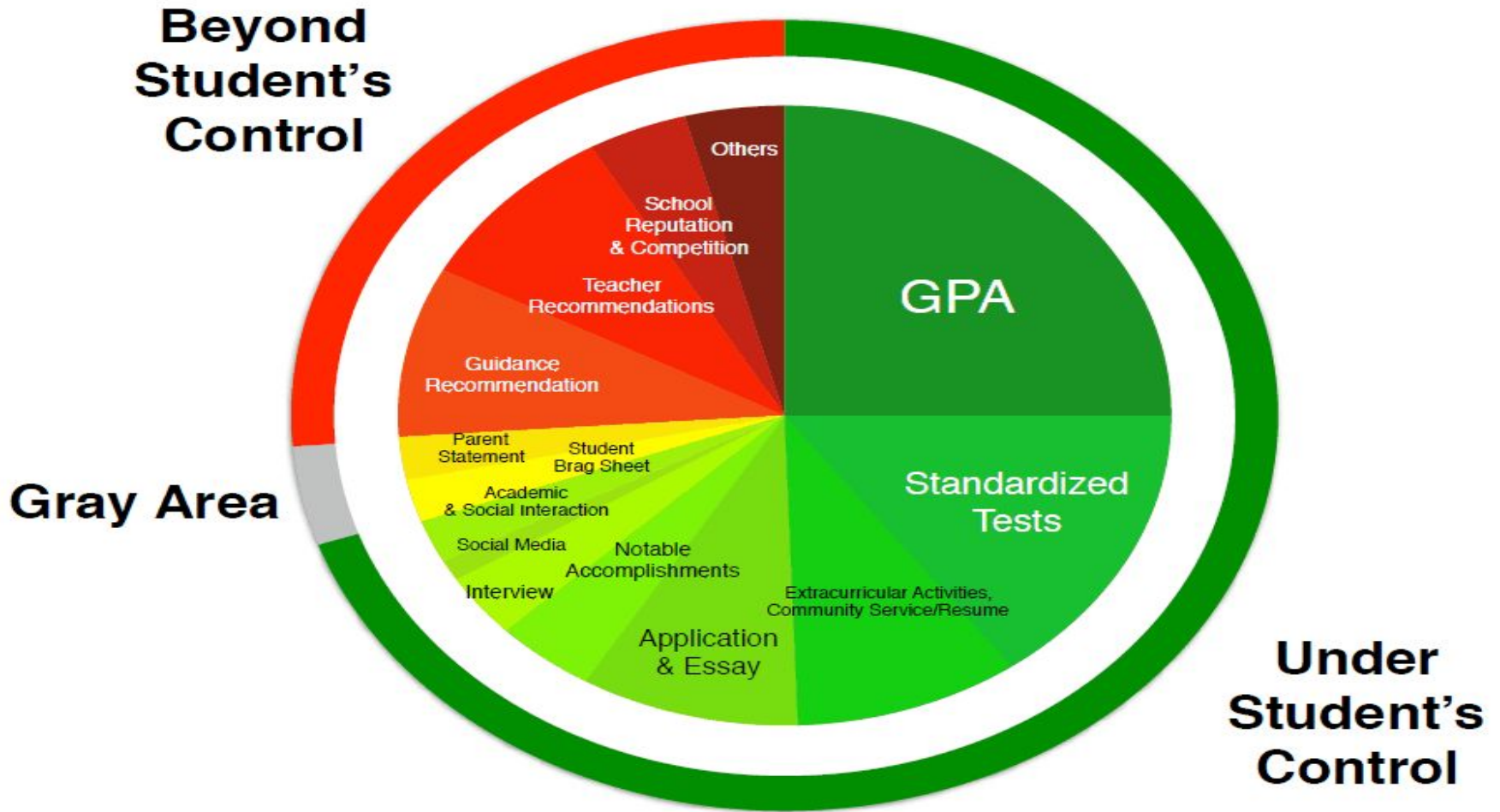
Will I get in Pyramid

The old model

The College Admissions Evaluation Pyramid



Will I get in circular model?



Will I get in?

	Percentage of Colleges Rating As:			
	Considerably Important	Moderately Important	Limited Importance	Not Important
Grades in All Courses	74.5	15.0	5.5	5.0
Grades in College Prep Courses	73.2	16.8	5.9	4.1
Strength of Curriculum	62.1	21.9	8.7	7.3
Admission Test Scores (SAT, ACT)	45.7	37.1	12.2	5.0
Essay or Writing Sample	23.2	33.2	24.1	19.5
Student's Demonstrated Interest	16.1	23.9	28.0	32.1
Counselor Recommendation	15.1	40.4	26.6	17.9
Teacher Recommendation	14.2	40.2	26.5	19.2
Class Rank	9.1	29.1	34.1	27.7
Extracurricular Activities	6.4	42.9	32.0	18.7
Portfolio	6.4	11.9	26.9	54.8
Subject Test Scores (AP, IB)	5.5	18.3	35.2	41.1
Interview	5.5	16.4	28.3	49.8
Work	4.1	28.6	36.9	30.4
State Graduation Exam Scores	2.3	8.7	18.8	70.2
SAT II Scores	1.9	5.6	14.8	77.8

Common Data Set

The common data set is a uniform collection of data about every college in the country. It presents clear and consistent information about each college:

- Academic
 - Rigor of secondary school record
 - Class rank
 - Academic GPA
 - Standardized test scores
 - Application Essay
 - Recommendation(s)
- Non-academic
 - Extracurricular activities
 - Character/personal qualities

Applicant Review:

The common model to review an applicant involves two readers: the Driver (full time staff member) who does the academic evaluation and the Passenger (partner) who reads the essays, activities, recs. Then they work together to assign ratings and a potential decision, and make a recommendation as to where the app goes next (next level of evaluation) to a committee.

Academic Index

How is the Academic Index Calculated?

Most colleges don't publicize how they calculate the Academic Index.

In general, the Academic Index takes into account:

1. The Class Rank Conversion (CRC), which adjusts your GPA for the rigor of your subjects, and the reputation of your school
2. Your best SAT or ACT scores

Academic Index

- The school then converts this information to a score on a 20 through 80 scale, with 80 being the best score (roughly equivalent to 4.0 unweighted GPA or a 1600 on the SAT).
- Beyond just calculating your Academic Index, many schools also categorize AI scores, such as Category 1, 2, and so on. While the exact number and structure of the categories differ, admissions officers know which categories they typically admit students from so they can concentrate their efforts on those applicants.

Major Matters!

- If you apply into a STEM major then your application will be scrutinized differently. Did you take the most rigorous science and math courses, AP Calc, Physics, etc? This matters. You are being compared to other STEM applicants not just other applicants.
- If you apply into a specialized major with fewer spots available and there is a competitive applicant pool then it will be more difficult.

Major Matters!

- Direct admission by major is essential to manage classroom space at many large universities.
- Admissions selectivity varies widely by major. At one school, Computer Science had a 6.7% admit rate last cycle while the Information Sciences major was around 60%.
- Many of the most selective majors at Purdue are filled almost entirely in the early action round. These include engineering, computer science, nursing and aviation. Nursing and aviation had less than ten students accepted from regular decision apps!

Testing Options

SAT vs ACT

The SAT - Test optional vs Test Blind

- There is a big difference between the two.
- If a school is “test optional” then they will allow you to submit the application without test scores BUT they will consider them if you include them.
- A school that is test blind will not consider your test scores no matter what. UC is test-blind.
- To determine if you should submit test scores you should look at the school’s Middle 50% Percentile. The Middle 50th represents the SAT scores for the majority of students that were accepted.
- Not all groups of students are equal in this way. Sometimes you should submit test scores even if you fall outside of the middle 50th range (EOP, HEOP, First Generation, etc.)

The SAT

- When Possible, you should take at least two SAT/ACT tests.
- You can take as many as you like (two are covered by fee waiver if you qualify).
- Research shows that after 3 tests the score typically peaks. Remember many schools require all scores.
- Don't wait too long, it is best if you take your final test by October of senior year. If your October scores are not available until after November 1st it creates a dilemma where you may not know your scores until after the application deadline. At that point you may have to apply test optional and then attempt to change after you receive your scores.

Should I go test-optional?

- This is not an easy decision to make and requires a lot of thought. Know your school. Did you know that Florida public colleges are NOT test-optional?
- Some colleges may be test-optional for admissions but not for merit aid (Alabama). Meaning that not submitting a score may exclude you from receiving a scholarship.
- Many public colleges and universities fall under this category.
- Consider applying to colleges where you are at the top, 75th percentile to maximize merit.
- If you fall at the 25th percentile or below you most likely should NOT include scores.

Should I use the score?

NYU SAT Score Analysis

The 25th percentile SAT score is 1370, and the 75th percentile SAT score is 1510.

In other words, a 1370 places you below average, while a 1510 will move you up to above average. There's no absolute SAT requirement at NYU, but they really want to see at least a 1370 to have a chance at being considered.

Section	Average	25th Percentile	75th Percentile
Math	740	690	790
Reading + Writing	700	660	740
Composite	1440	1370	1510

Should I submit

1. If your composite score (Reading + Writing) falls below the middle 50th percentile of admitted students (25th - 75th), then you should NOT submit your scores.
2. If you score within the middle 50th percentile (25th - 75th) on both scores, you might consider sending your scores, especially if you feel it will add value to your application.
3. If both of your scores fall above the 50th percentile then you SHOULD send your scores.
4. If one of your scores falls above the 50th percentile and one of your scores falls between the 25th and the 50th then you should consider sending your scores, especially if the score that is above the 50th makes sense for your major.
5. If one of your scores falls below the 25th and one of your scores falls above the 50th then if the score that is above the 50th makes sense for your major, you may want to consider sending your scores if you feel that it will add value to your application.

Sending Scores: Method 1

- When you register for the SAT and for nine days after you take the test, you can send four free score reports to colleges and scholarship programs. However, note that you'd be doing this without first seeing your scores.
- Pros: These four score reports are free.
- Cons: You won't know your scores before they get sent out. This means you won't be able to use SAT Score Choice to pick which scores colleges see and which they don't see. Essentially, your scores will be sent out even if they aren't as strong as you'd like them to be.
- Given that most colleges will superscore, this is not a big deal since they will take the highest scores from all of your tests.

Sending Scores: Method 2

- You can also order SAT score reports through your College Board account anytime after you get your scores. In your account, you can see all of your SAT test dates and scores and choose which ones to send out.
- After you use your first four free sends, it costs \$12 to send a score report to a college, and each report can include a number of test scores on it. In other words, if you want to send three SAT scores to the University of Vermont and two to the University of Hawaii, you'd pay \$24. (Students eligible for a fee waiver have unlimited free score reports.) Note that rush reports cost more: \$31.

Which scores?

- Send scores with your **best section results** to **colleges that superscore** the SAT. These schools make a new composite score using your best Math, Evidence-Based Reading and Writing (EBRW), and Essay scores from any SATs you took.
- Send your **single highest score** to colleges that **neither superscore nor require all your scores.** For instance Penn State and Marquette do NOT superscore so they look at your highest composite.
- Many schools **require that you send all scores** so make sure that you check their website first.

Sending SAT scores

Most schools will accept “self-reported” test scores. This means different things to different colleges:

1. It could mean that they will take the scores from the Common Application if you report them under the testing section.
2. It could also mean that you need to submit them through the individual application portals at each college.
3. It could also mean that you report them through something called SRAR or Self Reported Academic Record.
4. You will eventually need to send official scores from the College Board once you commit to the school.

Preparing for the SAT

- If you took the PSAT you now have a valuable tool to study.
- Once your PSAT score report is available, make sure that you can view your scores in your College Board account.
- While logged into your account open a new tab and navigate to [Khan Academy](#)
- Create an account and select SAT prep. You will be asked to link your College Board account with Khan Academy.
- Khan Academy will create a free individualized study plan complete with practice tests and questions!!
- <https://satsuite.collegeboard.org/sat/practice-preparation/practice-tests>

Digital SAT (Spring 2024)

- Among the changes: the digital SAT will be shorter—about two hours instead of three for the current SAT, with more time per question.
- The digital test will feature shorter reading passages with one question tied to each, and passages will reflect a wider range of topics that represent the works students read in college.
- Calculators will be allowed on the entire Math section.
- Students and educators will get scores back in days, instead of weeks.
- And, to reflect the range of paths that students take after high school, digital SAT Suite score reports will also connect students to information and resources about local two-year college, workforce training programs, and career options.

ACT vs SAT

- In general it makes sense to put all of your time and resources into the test that you're going to do better on percentile-wise.
- Take practice tests for both to determine
- Consider taking both the SAT and the ACT and then focusing on whichever test gives you the advantage.
- Taking the PSAT gives you an advantage on the SAT since its primary purpose is to prepare you for the exam.
- Students with a strong English background "may flourish on the ACT, which puts more emphasis on verbal skills, while for students who are strong in math, the SAT may reflect that much better.

SAT to ACT Conversion

1600-1570	36	1220-1200	25	910-880	16
1560-1530	35	1190-1160	24	870-830	15
1520-1490	34	1150-1130	23	820-780	14
1480-1450	33	1120-1100	22	770-730	13
1440-1420	32	1090-1060	21	720-690	12
1410-1390	31	1050-1030	20	680-650	11
1380-1360	30	1020-990	19	640-620	10
1350-1330	29	980-960	18	610-590	9
1320-1300	28	950-920	17		
1290-1260	27				
1250-1230	26				



THE APPLICATION PROCESS EXPLORED

Step One: EOP/HEOP/SEEK or regular admission

- The first question to ask is which direction will the application go?
- This is the single most important designation to make.
- The earlier you can determine this, the easier the process will be moving forward.
- These programs offer significant advantages including additional financial aid and lower admission requirements.

EOP/HEOP/SEEK Continued

- EOP is a special program that is based on a combination of household income, household size, and GPA/SAT scores.
- The Financial criteria is the same at all schools, while the academic requirements depend on the institution.
- For instance, SUNY Albany's academic EOP requirements differ significantly from Columbia's HEOP.

EOP

- The Educational Opportunity Program is only at SUNY Schools.
- Each SUNY has their own academic criteria.
- For instance, a student may qualify academically at one school, but not at another.
- Each school has a different method for verifying Financial Eligibility, some different than others.
- Most schools now use the same electronic EOP form Completed online and sent to all relevant schools.

HEOP

- This is very similar to EOP except that it is offered at select New York State Private Colleges like Fordham, NYU, Columbia, Barnard, Cornell, Hamilton, Colgate, and Saint Thomas Aquinas College.
- Every college has the same financial criteria, but different academic criteria.
- Each college has different means of verifying household income. It is a very difficult and time consuming process.
- The financial packages will vary but are typically meet full need

SEEK

- Seek is very similar to EOP and HEOP except it is offered at CUNY schools.
- Academic requirements differ depending on the CUNY.
- Many students will not only receive enough grant money to pay the entire tuition, but will also receive a refund of up to \$3,000.

Economic Guidelines

Household Size	Total Annual Income
1	\$27,861
2	\$37,814
3	\$47,767
4	\$57,720
5	\$67,673
6	\$77,626
7	\$87,579
8	\$97,532*

*For families/households with more than 8 persons, add \$9,953 for each additional person.

Be prepared

- EOP/HEOP/SEEK is a very competitive program with few spots at each school. The quicker you can submit documents to all schools, the more likely you are to get accepted into the program.
- This process can take months and be extremely frustrating.

CUNY ASAP

You may be eligible for ASAP if you answer YES to the following questions:

- Have you applied and been accepted to a CUNY college that offers ASAP?
- Are you eligible for New York City resident tuition (at the community colleges) or New York State resident tuition (at all other colleges)? (as per the CUNY tuition and fees manual)
- Do you agree to enter into a **full-time associate degree program** in an ASAP-approved major?
- Are you fully skills proficient or have no more than two outstanding developmental course needs in reading, writing, and math based on CUNY Assessment Test scores?*
- Have you completed the Free Application for Federal Student Aid (FAFSA) and the New York State Tuition Assistance Program (TAP) application?***

CUNY ASAP Cont...

- CUNY's Accelerated Study in Associate Programs (ASAP) helps students earn associate degrees within three years by providing a range of financial, academic, and personal supports including comprehensive and personalized advisement, career counseling, tutoring, waivers for tuition and mandatory fees, MTA MetroCards, and additional financial assistance to defray the cost of textbooks.
- ASAP also offers special class scheduling options to ensure that ASAP students get the classes they need, are in classes with other ASAP students, and attend classes in convenient blocks of time to accommodate their work schedules. As students approach graduation, they receive special supports to help them transfer to 4-year colleges or transition into the workforce, depending on their goals

Macaulay Honors College

- Macaulay Honors College at CUNY is a highly selective college where New York's most promising students receive the financial and academic support to realize their leadership potential and graduate debt-free.
- The advisor-to-student ratio at Macaulay is among the highest at US honors colleges, providing exceptional academic and professional guidance to each student.
- You can apply to six CUNY schools for general admission but only one for Macaulay.

Regular admission

- For those that do not qualify for EOP, you will go through the regular admission process.
- The process for both EOP and regular begins with the same application.

The Application as a Process

- Just because you submit an application does not mean that you can no longer send information to a college. The application is only the first step in the process.
- Once you apply to a school a file is opened. The file remains open until they receive all of your documentation. Upon receipt of all required documentation, the school can render a decision. Be sure to regularly check your status for missing items!!!
- Even after a school renders a decision, you can appeal with updated info. (SAT scores, mid-year grades, etc..)
- This process will go on well into March and sometimes into May. That gives you plenty of time to complete the application process.

Application Type

- Regular – standard deadline or rolling admissions
- Early Action – early admission decision no obligation
- Early Decision I and II– Early decision is a binding obligation
 - Does improve chances in most circumstances, particularly with regard to HEOP. Many schools choose up to or above 50% of the freshman class in ED. That means that regular decision becomes much more competitive because there are fewer spots for thousands more applicants. Many ED students get deferred!
 - May offer multiple Early Decision Deadlines.
- Restrictive Early Action: Like Early Action except you can not apply early to any other school except a public school. Nonbinding

The SUNY Schools

- For students with low household incomes who want to apply for SUNY schools (EOP), make sure you check the appropriate box on the common application or the SUNY application
- If you would like a fee waiver for the SUNY schools and you are using the SUNY application, then you must fill out a SUNY fee waiver form. If you qualify for EOP then you DO NOT need to fill out this form. This form can be downloaded online or obtained from my website.
- To apply to SUNY Community Colleges DO NOT USE the SUNY application. Visit the school's web site to apply because it is free.
- The deadline for most SUNY schools is rolling which means that the earlier you apply the better.
- Students are accepted until there is no more space available
- I highly recommend using the Common App to apply to SUNY (except for FIT).
- SUNY Potsdam, all SUNY Tech Schools have different verification for waivers. These schools will require a fee waiver form even if you use the Common Application.

The CUNY Schools

- To apply to CUNY you must open a portal account at www.cuny.edu.
- Once you open a portal account you will be able to begin the application.
- For \$65 you will be able to apply to 6 schools. Make sure you select some safety schools (Borough of Manhattan Community College, New York City College of Technology).
- There will be few, if any, fee waivers for this application.
- You will need a credit card or \$65 money order made out to CUNY UAPC.
- The priority deadline for the CUNY application is February 1st, 2021. All applications received after that date will be reviewed on a space available basis. The deadline for the CUNY honors college is November 16th.
- Recommendations and essays are submitted/requested during the application. They are recommended but not required for most schools

The Common Application

- The Common Application is used for most colleges except CUNY.
- You can apply to up to 20 schools using the Common App.
- The Common Application works in conjunction with Naviance.
- Some students may receive a fee waiver for most applications on the Common Application if they meet certain qualifications.
- Many colleges have NO application fee.

The Common App fee waivers

- If you received a fee waiver for the SAT, then you will automatically be eligible for a fee waiver for the Common App.
- To apply for a fee waiver you must select the Common App fee waiver option (easier choice) on the common app. If you select this option, your counselor will have to verify that you meet the requirements.
- Individual colleges may also offer fee waivers that can be selected during the process.

Naviance Student

- All students have a Naviance account and will receive a tutorial on how to use it.
- Naviance allows students to research schools and their requirements and save them to a “Colleges I am Thinking About” list.
- In August the students will begin to match their Naviance account with the Common Application.
- Once they do this, they can move the colleges from the “Colleges I am Thinking About” list to the “Colleges that I am applying to” list.

Naviance Student

- Students can also use Naviance to keep track of application deadlines, build a resume, research colleges, and manage their applications, including the sending of transcripts and teacher recommendations. There are also questionnaires, surveys, and assessments available.

Other applications

- Some schools do not accept the Common App.
- For those schools, visit the school's website for the online application. It is usually found under the undergraduate admissions section of the web site.
- Be sure to add the college to Naviance.

Transcripts and Mid-year reports

- Transcripts will be sent through Naviance.
- Mid senior year transcripts are sent in February through Naviance. They are actually very important. More important than ever! With less information to go on the schools will focus more on what information they have. This includes quarter grades.
- In other words, NO SENIORITIS!

Recommendations

- All students will receive a recommendation letter from their counselor.
- Some schools also require 1-2 teacher recommendations.
- Teacher recommendations are requested through Naviance only! DO NOT add a recommender in Common Application unless it is for an “other recommender”!!!
- You must speak with a teacher directly first before adding them to Naviance. Some teachers have a form that they require in order to submit a recommendation letter. The earlier you request the recommendation letter the better.
- Make sure you pick a teacher that knows you well.
- The more information that you provide to the teacher about yourself, the better the letter will be. Consider supplying the teacher with a resume.
- Speak to the teacher in your junior year.
- Request in Naviance in August of senior year.

College Essays

- Essays should be PERSONAL. They should set you apart from other applicants. It is your one opportunity to share with an admissions representative personal events in your life. Examples are: unusual family situations, family illness, neighborhood crime/poverty, languages spoken in house, first generation to college, accomplishments, etc.
- Essays will be copied to the Common Application by you.
- The essay cannot exceed 650 words.
- Essays should NOT restate your resume and application.
- They already have your GPA, test scores, extracurricular activities.
- Make sure that your essay highlights personal characteristics that colleges are looking for in a student.
- Have it DONE by September

College Essays

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you? (NEW PROMPT 2021)
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

Essay Tips

1. Start on your essay as soon as possible...Like NOW.
2. Offer new information: Use the essay to offer the WHY and HOW of what you did.
3. Keep it simple: The best essays leave readers with a clear impression of who you are.
4. Work around a theme: A strong central theme helps to keep the story simple and focused.
5. Don't lose sight of the essay's purpose: Prove you're going to be successful.
6. Get efficient and effective help: Consider an Independent Education Consultant.
7. Write with details: You're a unique individual. Avoid being generic.
8. Know your audience! Young recent college grad reading thousands of essays.

Admissions Deadlines (subject to change)

- CUNY General Admission: February 1st.
- CUNY Macaulay Honors College: Nov. 16th at 6:00PM
- Most SUNY Schools: Rolling
- SUNY Binghamton: Nov 1/January 15th.
Stony Brook: Nov 1/Jan 15th
- Columbia: November 1/January 1st.
- NYU: Nov 1/January 1/January 5
- Most Competitive schools: Nov. 1 - Nov.15th/Jan. 1st – 15th.
- Fordham University: November 1/January 3.
- University of South Carolina: Oct. 15th/Dec. 1st

Other Deadlines

- CSS Profile: Varies per school can be as early as November 1st
- FAFSA Deadline: Varies per school can be as early as January 1st.
- Many schools have a variety of other deadlines for Scholarships, Honors College Applications, Early Assurance Programs, Accelerated Programs...You must be organized and do your research
- Supporting Documents deadlines also vary per school. Recommendations, transcripts, and test scores

Scholarships

- There are many different scholarships.
- Some scholarships require an application, while others do not.
- Some schools automatically consider you for a scholarship, others do not.
- Scholarships are very competitive.
- If you do not meet the qualifications, do not waste your time. They can take hours or days to complete.
- www.fastweb.com, www.scholarships.com, www.goingmerry.com, www.collegeboard.org, and many more...
- NEVER pay for a scholarship!

College Board Opportunity Scholarships

Earn Credit through your Collegeboard account. The more effort you put in, the more opportunities you have to earn a scholarship. Complete all six tasks, and you're eligible to earn \$40,000. Scholarships will be awarded through monthly drawings to students who complete each action. For information on the requirements, visit the link below:

https://opportunity.collegeboard.org/?SFMC_cid=EM199403-&rid=52533362

Excelsior Scholarship (Free Tuition)

An applicant must:

- be a resident of NYS and have resided in NYS for 12 continuous months prior to the beginning of the term;
- be a U.S. citizen or eligible non-citizen;
- 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;
- have a combined federal adjusted gross income of \$125,000 or less; (\$135,000 expected)
- be pursuing an undergraduate degree at a SUNY or CUNY college, including community colleges and the statutory colleges at Cornell University and Alfred University;
- 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 through continuous study with no break in enrollment except for certain reasons that can be documented;
- 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;
- be in compliance with the terms of the service condition(s) imposed by any NYS award that you have previously received; and
- 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.

Excelsior Scholarship

- The application is supposed to become available for the scholarship in April of the senior year.
- You must first have committed to a SUNY or CUNY in order to complete the application.
- TAP and PELL will be applied first to tuition and the remainder in balance will be paid by the scholarship.
- Will NOT cover fees (500-1500)
- Will convert to a NO INTEREST loan if you default on the contract.
- Will be based on 2024 tax returns for class of 2026.

New York STEM Scholarship

- For those that do not qualify for the Excelsior Scholarship you might qualify for the NYS STEM Scholarship.

An applicant must:

- be a NYS resident and have resided in NYS for 12 continuous months prior to the beginning of the fall college term;
- be a U.S. citizen or eligible non-citizen;
- be a high school senior/recent high school graduate who will be enrolled full time at a public or private college located in NYS, beginning in the fall term following his or her high school graduation;
- be ranked in the top 10 percent of his/her high school graduating class at a NYS high school;
- be matriculated in an approved undergraduate program leading to a degree in Science, Technology, Engineering or Mathematics at a public or private college located in NYS;
- maintain a cumulative grade point average (GPA) of 2.5 or higher;
- execute a Service Contract agreeing to reside and work in the field of Science, Technology, Engineering or Mathematics in NYS for five years. [View the terms and conditions of the service contract.](#)
- A recipient receives an annual award for full-time study up to the annual tuition charged to NYS resident students attending an undergraduate program at the State University of New York (SUNY)

Financial Aid

- Financial Aid will be addressed more thoroughly at a later point..
- Some schools require additional financial information such as the CSS financial aid profile. The deadline for this varies, but it can be as early as November.
- [The Top 10 Parent Scholarship Questions & The Answers](#)

2026-2027 FAFSA

- The FAFSA is the FREE application for Federal Student Aid. The application for the 2026-2027 college school year will become available in October of 2025.
- The FAFSA will determine if you are eligible for the Federal PELL grant and federal student loans.
- ALL students regardless of income should complete the FAFSA.
- Many colleges require the FAFSA before they can award academic scholarships.
- Use the [FAFSA estimator](#) to estimate how much aid you will get.
- **Use Net Price Calculators to estimate cost**

Net Price Calculator

- Every College has a Net Price Calculator
- Some are very simple and some more complex.
- Running a NPC can net you tens of thousands of dollars
- University of South Carolina is an example. If you submit test scores with a GPA of 4.0 and your scores are below 1300, you get no merit. Whereas if you do not submit scores and only gpa, you would qualify for \$10,000. Even though your SAT score is within the middle 50, submitting it may result in losing merit.

2026 -2027 CSS Profile

- The CSS Profile is a scholarship application administered by the College Board and is required by many private colleges.
- The CSS Profile is not like the FAFSA, it is much more complicated.
- The CSS Profile digs much deeper into your financial situation.
- The CSS Profile is required by BOTH parents.
- Under certain very specific circumstances the CSS Profile for the noncustodial parent can be waived.
- It will be the 2026-2027 CSS
- The primary CSS is completed by the parent that provided greater financial support.

Financial Aid – other items

- Many colleges will require additional paperwork:
 - 2024 tax transcripts
 - Dependency verification forms
 - Signed copies of 2024 tax return
 - If issues arise, MORE verification may be requested:
 - If the student is not listed as a dependent on the tax return of the primary parent.
 - If the income is so low that questions arise regarding viability.
 - If parents are married and living together but file separate returns where one or both is head of household.

2024 Tax Return

- Since you have not yet filed your 2024 tax return, this information can save you from a huge headache next year.
- Make sure that the facts on the tax return match the living situation.
- Two people can NOT be the head of the same household if you are married and living together.
- You can NOT be the “head of household” if you are Married and Living together in the same house.
- If you are remarried and living with your spouse, both incomes are required.
- If you are unmarried and living in the same household then one parent can file “head of household” but both incomes are required.

Head of Household

To qualify for the Head of Household filing status while married, you must:

- File your taxes separately from your spouse
- Pay more than half of the household expenses
- Not have lived with your spouse for the last 6 months of the year
- Provide the principle home of a qualifying dependent
- Claim an exemption for your dependent
- If you meet all of these requirements, you may file as Head of Household even while married.

If you mess up?

- If you make errors on your 2023 tax return and these errors come to light during the financial aid process, a school may make adjustments to your FAFSA without your knowledge.
- In some cases a college will require that you complete a 1040X amended return to make adjustments.
- Avoid this at all cost!
- Colleges are VERY thorough in the review of financial documents.

LOANS

- All students will be awarded \$5,500 in Government direct loans.
 - \$3,500 Subsidized (some students)
 - \$2,000 Unsubsidized
 - 6.54% low interest rate
 - Loans are considered financial aid and will be a piece of all financial aid packages for students that choose to go away to college. The only completely free option for most people is CUNY.
 - Loans can help to begin the process of building a credit history and can lower interest rates in the future. Not all debt is bad unless you default on it.

Loan Forgiveness

- Have you ever wished your student loans would just go away? While there's no way to snap your fingers and have your student loan debt magically disappear, there are ways to get it forgiven.
- There are various student loan forgiveness programs out there for people who work in public service, education, and other areas. Some states are even helping debt-saddled graduates pay off their loans.
- Whether you're struggling with six-figure debt or looking for "free money" to pay off your student debt, student loan forgiveness could save the day.

Public Service Loan Forgiveness

The Public Service Loan Forgiveness (PSLF) program was established in 2007 to help borrowers pay off their student loan debt easier and faster. Under the federal program, eligible borrowers can have their loans discharged after 10 years if they meet eligibility requirements. Review our outline of Public Service Loan Forgiveness requirements

Loan Forgiveness

- Loan forgiveness does NOT necessarily mean that all your debt is forgiven. It means that after a certain number of payments (usually 10 years) the remaining portion of your loan could be forgiven under an income based payment plan...
- <https://finaid.org/loans/forgiveness/>
- Educate yourself on the various forms of loan forgiveness.

Income Driven Plan

- Apply for an Income-Driven Repayment Plan
- An income-driven repayment (IDR) plan can make your payments more affordable because they are based on your income. Under an IDR plan, payments may be as low as \$0 per month. You can estimate your monthly payments using Loan Simulator.
- After you apply, your federal loan servicer will notify you regarding your eligibility and, if you qualify, the payment amount.

FSA ID

- All students and parents must create an FSA ID in order to apply for financial aid.
- You could do this now, but be sure to write down your username and password.
- Your parent will also need an account. You will need their email address and password.
- <https://fsaid.ed.gov/npas/index.htm>.
- The name must be exactly as it is on the social security card.
- If you, the parent, have already created an FSA ID, you will need to use this. You CAN NOT create a new one.

FAFSA Updates (Partial implementation 2022)

Beginning for the class of 2023 the FAFSA (2023-2024) will undergo a major change. This FAFSA, will:

- Contain far fewer questions from 108 to 36
- Divorced and “legally” separated parents would continue to have only one parent’s information on the FAFSA, but which parent’s information is required would be determined based on which parent provided the **greater portion of the student’s financial support**, instead of which parent the student lived with more during the past 12 months. This may or may not be determined by who claims the student on the 2023 tax return.
- Family size will include the student and parent. However, children and other people will be counted in family size only if they are dependents according to IRS rules.
- No longer matters how many students are in college. The fact that the parent contribution is no longer divided by the number of children in college “has the biggest impact for middle- and high-income families with multiple children in college at the same time.

FAFSA Updates

The parent that provides the greater support will be the parent of record for the student. This will be determined by the amount of support provided by each parent. While the Federal Government has not clearly stated how they will determine the parent which provides the greater support, there is an expectation that if the student lives with the mother but the father provides support (child support, bills paid, rent, etc) that is greater than half of the mother's total income, then the father must complete the FAFSA.

Parent Income

To determine which parent provides greater support for the FAFSA, you can consider the following:

1. Financial support
 - The parent who provided the most financial support in the past 12 months is the contributor and should complete the FAFSA. If support is split equally, the parent with the higher income is the contributor.
2. Living situation
 - If the parents are divorced, separated, or never married, and don't live together, the parent who provided more financial support is the contributor. If the parents are divorced but live together, they are treated as married and both parents are counted in household size.
3. Income and assets
 - If neither parent provided support in the last 12 months, the parent with the greater amount of income and assets is the contributor.

NOTE: The student or parent self-reports the parent of record on the FAFSA, and schools are not required to verify this information

FAFSA Updates

- During a time of a qualifying emergency, financial aid administrators may use “Professional Judgment” to zero out income earned from work if the applicant can provide paper or electronic documentation of receipt of unemployment, or can provide proof that an application for unemployment benefits was submitted. Financial aid administrators are also given authority under the bill to adjust income earned from work for a student, parent, or spouse, based on the totality of a family’s situation. Documentation will be considered acceptable if it is submitted not more than 90 days from when it was issued, unless the aid administrator is already aware that the student, spouse, or parent is employed again.
- Certain types of untaxed income, such as cash support and money paid on the student’s behalf, will no longer be reported on the FAFSA. Cash support can occur, for example, when a grandparent gives a gift to their grandchild to help them pay for college or when the family takes a qualified distribution from a grandparent-owned 529 college savings plan.

FAFSA Updates

- The new bill also includes a section that allows otherwise dependent students to complete the FAFSA as a “provisional” independent student if they believe they may qualify for independent student status due to unusual situations such as parental abandonment, abuse, neglect, legally granted asylum, or student or parental incarceration, and would likely meet the criteria for a dependency override.

NCAA Eligibility Center and Athletes

NCAA Eligibility

- If you are going to play division I or II athletics in college you need to complete the NCAA application found at <https://web3.ncaa.org/ecwr3/>
- This will allow the recruitment process to begin.
- All students must meet academic requirements that will be reviewed with their guidance counselor.
- For Q&A visit [this link](#)
- \$100 fee for eligibility

NCAA ELIGIBILITY RULES AND ACADEMIC REQUIREMENTS

In response to the COVID-19 pandemic, the NCAA temporarily eased initial eligibility requirements by removing standardized testing. This change will now become a permanent policy for students starting college full-time from the 2023-2024 academic year onward.

Your academic eligibility is based on two factors:

1. **Core Course Requirement:** You'll need to pass 16 approved NCAA Core Courses during your high school years. Exact requirements vary slightly between D1 and D2 schools.
2. **Core Course GPA:** Your GPA will be calculated based on your performance in core courses, not your entire high school transcript.

NCAA Eligibility

The following chart provides a quick reference for each division and the COVID-19 Automatic Waiver criteria for 2022-23 or 2023-24 enrollment.

COVID-19 AUTOMATIC WAIVER—2022-23 OR 2023-24 ENROLLMENT*												
Alternative Standard	Division I							Division II**				
	10/7**	16 Core	14 Core	≥ 3.0	≥ 2.3	≥ 2.0	Grad	16 Core	14 Core	≥ 2.5	≥ 2.2	Grad
Qualifier Athletics aid, practice and competition.	✓	✓			✓		✓	✓			✓	✓
Early Academic Qualifier Athletics aid, practice and competition. Applied based on pre-seventh semester academic record.			✓	✓					✓	✓		
Academic Redshirt Athletics aid (1st year) and practice (1st term).		✓				✓	✓					

*Standardized test scores are excluded from these criteria. **Students certified based solely on international credentials are exempt from the 10/7 core-course progression requirement. Please see linked resources for additional information regarding [Division I](#) and [Division II](#) standards.

10/7 - **Ten** of the 16 core courses must be completed before the **seventh** semester (senior year) of high school and at least seven of these 10 core courses must be in English, math, or science.

Getting recruited

- Reach out to coaches directly via email, social media. Do so often and early. Be persistent and specific.
 - Why that college, why that position, etc.
- Attend Showcases
- Set up a recruiting infrastructure
 - Youtube, Insta, etc.
- Be realistic. Include D₁, D₂, D₃
- Speak to club coach about connections



Summer, upcoming events, and links

Summertime...

- As the college admissions process grows more competitive, many high school students are enriching their summers with pre-college summer programs.
- These programs are designed to offer a taste of collegiate life and learning. Although there are numerous ways to use your summers creatively and effectively, attendance at one of these programs can greatly strengthen an application, confer college-level credit or introduce you to more rigorous classes than your high school offers.
- There are a variety of programs available, with subjects ranging from creative writing to environmental science to international travel.
- Visit <https://www.teenlife.com/> or <https://www.dosomething.org/us>
- Download teenlife summer edition 2024 magazine <https://www.teenlife.com/summer-programs-guide/>

Upcoming Events

- <https://www.nysacac.org/nysacac-regional-college-fairs>
- <https://www.cuny.edu/admissions/undergraduate/welcomecenter/>
- [SUNY Upstate Medical Center Info Sessions](#)
- <https://hbcu-cfnj.com/events>
- <https://www.bigapplecollegefair.com/>
- <https://www.nacacnet.org/nacac-college-fairs/>

Links

- www.collegeboard.com
- www.fastweb.com
- www.scholarships.com
- www.admissionsandaid.com (MY PERSONAL SITE)
- <https://studentaid.gov/h/apply-for-aid/fafsa>
- www.studentaid.gov
- www.goingmerry.com
- <https://cssprofile.collegeboard.org/>

Questions

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