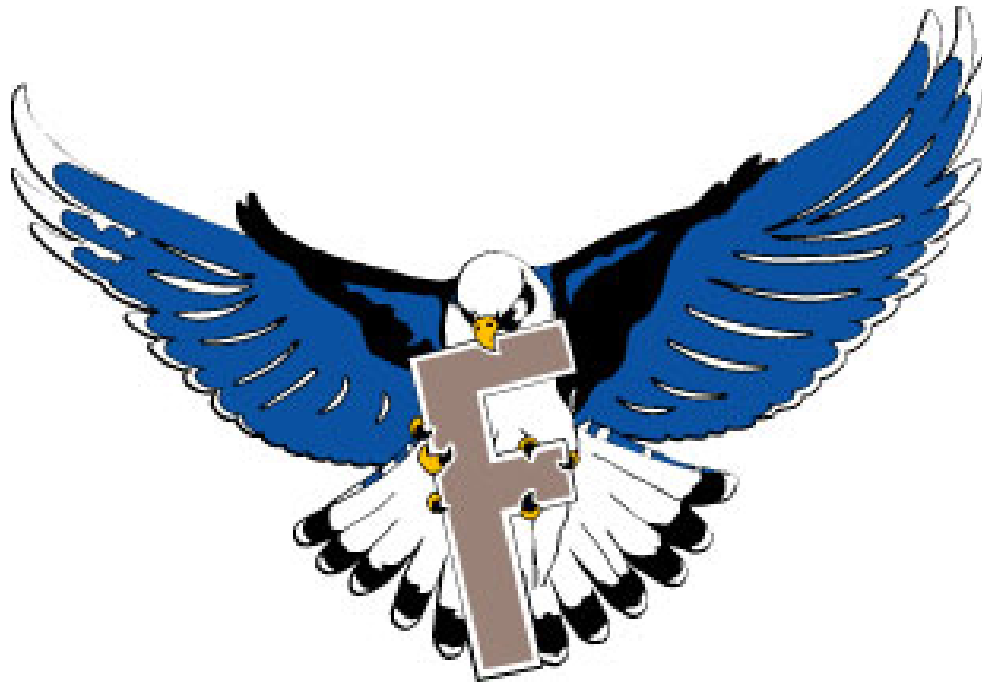


# **Post High School Planning Information**



**Fairfield Ludlowe High School  
785 Unquowa Road  
Fairfield, CT  
06824**



**Vanessa Montorsi**  
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Karen Tierno, Secretary – [ktierno@fairfieldschools.org](mailto:ktierno@fairfieldschools.org)

**College and Career Center – (203) 255-7230**

Alice Gorman – [agorman@fairfieldschools.org](mailto:agorman@fairfieldschools.org)

School Website: <http://fairfieldschools.org/schools/flhs/>



## Junior Timetable

### January – April

- ❑ Review your PSAT scores and visit <http://www.collegeboard.com/student/testing/psat/scores.html> for tips on how to use PSAT results to prepare for the SAT.
- ❑ Students should schedule a post high school planning meeting with their parents and school counselor between February break and the end of April.
- ❑ Create a senior schedule that is relevant to your post high school plans.
- ❑ Check your transcript for accuracy – including courses, grades and credits.
- ❑ One school based state mandated administration of the SAT will be given in March.
- ❑ Register for the NEW SAT Test in May and/or June, and/or the ACT in April or June. FLHS code is **070187**.
- ❑ Register for the Subject Tests (formerly SAT II) in June if you are considering Early Decision or are terminating courses for which Subject Tests are available; for example, chemistry, math, U.S. History. You can register at [www.collegeboard.com](http://www.collegeboard.com).
- ❑ Sign up for Advanced Placement (AP) tests, if appropriate.
- ❑ Prepare for SAT/ACT tests.
- ❑ Use Naviance as a research tool for colleges.
- ❑ Visit the College and Career Center to gather information on careers/colleges.
- ❑ Attend Southern CT College Fair and on March 31st from 4-8 pm. @ Webster Bank Arena in Bridgeport.
- ❑ Make appointments to visit colleges.

### May – June

- ❑ Take the SAT or ACT.
- ❑ Talk to your school counselor and subject area teachers about taking SAT Subject Tests.
- ❑ Continue to work with your counselor to refine your post high school plans.
- ❑ Review your SAT/ACT with your counselor. Review your senior schedule to be sure it includes all courses necessary to accommodate your future plans.
- ❑ Arrange for college visits and/or interviews during the summer.
- ❑ If you are going to participate in D1 or D2 athletics, you must register with the NCAA Eligibility Center. [http://web1.ncaa.org/ECWR2/NCAA\\_EMS/NCAA.jsp](http://web1.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp)
- ❑ Ask 2 teachers to write you a letter of recommendation for the fall.

### July-August

- ❑ Compile resume/list of activities, jobs and community service ventures.
- ❑ Complete FLHS “Senior Forms” which are available in the “Document Library” section of Naviance and in your school counseling office.
- ❑ Review SAT/ACT material.
- ❑ Begin to outline possible college essays.
- ❑ Consider employment or experiential opportunity related to career interest.

## Senior Timetable

### September

- ❑ **Meet with your Counselor to discuss your college plans.**
- ❑ **Make sure you know all your college deadlines.**
- ❑ **E-mail or call** all colleges you need to visit and make arrangements for tours and interviews. If possible, set them up for school vacation days or weekends.
- ❑ Sign up for October, November or December SAT, SAT Subject Tests or ACT if needed. **Fairfield Ludlowe High School Code is 070187.**
- ❑ Begin application process (complete applications, write essays and compile resume).
- ❑ Decide if you wish to apply for Early Decision or Early Action.
- ❑ Sign up to see college representatives in the College and Career Center.
- ❑ Check your credits and course requirements for graduation.
- ❑ Finalize college list (5 – 8 schools total) including reach, target and favorable schools.
- ❑ Establish time line of deadlines for applications and financial aid forms. Visit the College Board website to obtain CSS Profile form, if necessary.
- ❑ Ask teachers if they are willing to write you a letter of recommendations.

### October

- ❑ Take the October SAT/ACT, if appropriate
- ❑ Submit any applications for early decision or early action.
- ❑ Complete **Senior Application Packet** materials and the FERPA waiver on Common Application. Set up a senior meeting appointment with your counselor **at least three weeks before your first deadline.**
- ❑ Match or sync your Naviance account with your Common App account.
- ❑ Sign up for November or December SAT, SAT Subject Tests or ACT, if necessary.
- ❑ Send official standardized test scores to colleges through College Board or ACT.
- ❑ Visit Colleges.
- ❑ See college representatives in the College and Career Center.
- ❑ Check your transcript to be sure it is accurate.
- ❑ Request teachers' letters of recommendation through Naviance and in person **at least three weeks before your first deadline.**

### November

- ❑ Take November SAT Test or SAT Subject Tests, if appropriate.
- ❑ Continue to visit colleges.
- ❑ Fill out college applications. Submit Parent Permission to Release Records and Transcript Requests to your counselor.
- ❑ Plan to attend Financial Aid Night.
- ❑ Continue researching colleges in the College and Career Center.
- ❑ Sign up for January SAT or SAT Subject Tests, if necessary.
- ❑ Submit request to College Board and ACT to have your official SAT, SAT Subject Tests and/or ACT scores sent to all your colleges.
- ❑ Check with your school counselor to be sure you have some favorable schools.
- ❑ Check Naviance for scholarship information.
- ❑ Request 1<sup>st</sup> marking period grades if applicable.

## **December**

- ❑ Fill out college applications.
- ❑ Expect notification of Early Action/Early Decision. Notify your counselor of results.
- ❑ Take December SAT, SAT Subject Test or ACT, if necessary.
- ❑ Apply for Senior Internship.

## **January**

- ❑ File *Free Application for Federal Student Aid (FAFSA)* form for financial aid. Most colleges want this form. Some may require the *CSS Profile*. Both forms are available electronically.
- ❑ Complete remaining college applications.
- ❑ Take SAT or SAT Subject Tests, if necessary.
- ❑ Rolling admissions schools will begin notifying students of their decisions.
- ❑ **Inform your counselor of all college decisions you receive.**
- ❑ Midyear grades will be sent to all colleges you have applied to. These grades may be considered for admission.

## **February – June**

- ❑ Beware of “Senior Slump.” All colleges accept students on the condition that they maintain their grades and can rescind the acceptance if a student’s grades decline.
- ❑ Sign up for Advanced Placement Exams, if appropriate.
- ❑ Complete applications and interviews for local scholarships.
- ❑ Notify each college that accepts you whether you are accepting or rejecting their offer. **May 1<sup>st</sup>** is the universal notification deadline.
- ❑ **Notify your counselor of the school you will attend.**
- ❑ Check in the College and Career Center for summer and full-time jobs.
- ❑ Prepare for your Senior Internship, you must meet all qualifications.

## NAVIANCE/FAMILY CONNECTION

We are pleased to introduce Family Connection from Naviance, a web-based service designed for students and parents. Family Connection is a comprehensive website that parents and students can use to help in making decisions about courses, colleges, and careers. Family Connection is linked with the school counselor's office, a service that we use in our office to track and analyze data about college and career plans, so it provides up-to-date information that's specific to our school.

Family Connection will allow parents and their student to:

- **Get involved in the planning and advising process** – Build a resume, complete on-line surveys, and manage timelines and deadlines for making decisions about colleges and careers.
- **Research careers**
- **Research colleges** – Compare GPA, standardized test scores, and other statistics to actual historical data from our school from students who have applied and been admitted in the past.
- **Research Gap Year opportunities and summer programs**
- **Sign up for college visits** – Find out which colleges are visiting our school and sign up to attend those sessions in the College Career Center.
- **Research Scholarships** – local, regional and national.
- **Access Free SAT Test Prep**
- **Visit High School ACE** - An on-line help site for high school students by subject area.

Family Connection also lets us share information with parents and students about upcoming meetings and events at FLHS, local scholarship opportunities, and other Web resources for college and career information. In addition, the site includes a link that students can use to send us an e-mail message or we can send you an e-mail. To visit our school's Family Connection site, use your Web browser to connect to:

<http://connection.naviance.com/LUDLOWE> or use **Link on FLHS Home Page**

Student's access (and parent access) is Username: first letter of student's first name followed by their last name. Password is the students' ID number at FLHS. Counselors register all students as sophomores. If you are not registered, please contact your counselor.

**All college materials including high school transcript, school profile, CAPT scores, teachers' and counselor's letters of recommendation are sent electronically via the internet to colleges. Therefore, all seniors need to be using this program so we can list colleges to which they are applying. Students can see if the School Counseling Office has sent information.**

## TESTING CALENDAR & INFORMATION

C.E.E.B. Code for Fairfield Ludlowe High School – **070187**

*Financial assistance for all testing fees and college applications may be available if you qualify for Free and Reduced lunch or there are extenuating circumstances. Please see your counselor for further information.*

### SAT

We recommend that Juniors take the SAT in May or June and reserve May for SAT SUBJECT TEST(S), if necessary. Be certain to put our school code **070187** on all forms so your counselor has a copy of your scores and take advantage of the four free score reports sent to colleges when registering. Register online with a credit card at [www.collegeboard.com](http://www.collegeboard.com).

#### JUNIOR YEAR

<u>Test Date</u>	<u>Test Administered</u>	<u>Deadline for Registration</u>
March 2, 2016	SAT Only & <i>No Essay</i>	No registration required
May 17, 2016	SAT & Subject Tests	April 8, 2016
June 4, 2016	SAT & Subject Tests	May 5, 2016
October 1, 2016	SAT & Subject Tests	TBA
November 5, 2016	SAT & Subject Tests	TBA
December 3 2016	SAT & Subject Tests	TBA

### ACT

The ACT is a test designed to assess high school students' general education development and their ability to complete college level work. The test covers four skill areas: English, Mathematics, Reading and Science Reasoning. While it is not necessary to take both the ACT and the SAT, some students may wish to use it as an alternative measurement. Most colleges will accept ACT scores. Check your schools to be certain! Register online with a credit card at: [www.act.org](http://www.act.org). The following testing dates are available for the ACT:

<u>Test Date</u>	<u>Deadline for Registration</u>
April 9, 2016	March 4, 2016
June 11, 2016	May 6, 2016
September, 2016	TBA
October 2016	TBA
December 2016	TBA
February 2017	TBA

## SAT/ACT Score Reporting

It is the responsibility of the student to release and send his or her official test scores to each prospective college. Fairfield Ludlowe High School will not send unofficial test scores with a student's transcript automatically.

C.E.E.B. Code for Fairfield Ludlowe High School – 070187

## Test Optional

**The National Center for Fair & Open Testing (FairTest)** provides a list of institutions that are "test optional," "test flexible" or otherwise de-emphasize the use of standardized tests by making admissions decisions about substantial numbers of applicants who recently graduated from U.S. high schools without using the SAT or ACT.

As the notes indicate, some schools exempt students who meet grade-point average or class rank criteria while others require SAT or ACT scores but use them only for placement purposes or to conduct research studies. Please check with the school's admissions office to learn more about specific admissions requirements, particularly for international or non-traditional students.

<http://fairtest.org/university/optional>

## Free Test Preparation

- [www.KHANACADEMY.org](http://www.KHANACADEMY.org)
- [www.alphaprep.com](http://www.alphaprep.com) – Visit the FLHS PTA Website
- [www.NUMBER2.com](http://www.NUMBER2.com)
- [www.TESTIVE.com](http://www.TESTIVE.com)
- [www.4tests.com](http://www.4tests.com)
- <http://www.MARCH2SUCCESS.com>
- [WWW.FREERICE.COM](http://WWW.FREERICE.COM)

## Advanced Placement Tests

MAY 2016 – All Advanced Placement tests are given during the school day. Registration for these tests begins online in late February.

## TOEFL

The Test of English as a Foreign Language (TOEFL) evaluates the English proficiency of people whose native language is not English.



## LETTERS OF RECOMMENDATION

### Are sent electronically through Naviance Family Connection

Letters of recommendations are the part of the application that allow college admissions officers the chance to hear from your school counselor and teachers what you are like as a student. In general, **colleges will be looking for a letter from your counselor, as well as one or two from your classroom teachers.** It is the student's responsibility to coordinate teacher letters of recommendation to their prospective colleges.

- At least one letter should be from a junior year teacher.
- At least one letter should be from an academic teacher; preferably English or Social Studies.
- Pick teachers who know you the best.
- This is a two-fold process (a) speak to the teacher in person AND THEN (b) indicate in FAMILY CONNECTION who you are asking: "Colleges I'm Applying to, Add/Cancel Requests, Teacher Recommendation".
- Give the teacher plenty of time to write the letter, at least three weeks.
- Make sure to write a thank you note to anyone who writes you a letter.

## COLLEGE ESSAYS

Most colleges are seeking complete information about you that will help them decide how happy and successful you will be on their campus. They want clues on the following:

- Thought process and problem solving skills.
- How resourceful you are.
- Your reasons for choosing their college or university.
- What you want to do with your education.
- How accurately you express yourself.
- Your values, strengths, weakness, achievements, aspirations, disappointments.

**In writing your personal statement, keep the following in mind:**

**Be pertinent:** avoid hyperbole and verbiage,

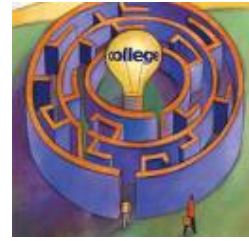
**Be clear:** answer the question

**Be grammatical:** use proper spelling, punctuation, etc.

**Be prepared:** conduct a short interview with yourself to begin the process.

**Be thorough:** include meaningful statements on involvement in hobbies, talents, work, community, vacation or travel experience, interests, books, kinds of movies, shows, concerts, and games that you attend.

## ADMISSIONS PROCEDURES



### Regular Admission

College application deadlines for regular admission vary, but tend to run from January 1 of the senior year through the middle of March. Under this type of approach, colleges review their entire applicant pool and make all of their decisions. Students will be notified of the college's decision at the beginning of April and are asked to commit to the school of their choice by May 1.

### Rolling Admission

Rolling Admission schools do not have a specific application deadline. Students may apply at a time during senior year and are usually informed of the college's decision within six to eight weeks. Under this type of approach, colleges will either review their applicants on a case-by-case basis, or on a monthly basis. If you are going to apply in this manner, it is important you apply as soon as possible, as you will encounter less "competition" the earlier you apply. Accepted students do not have to inform the college of their decision to attend the college until May 1.

### Early Action

Early Action is an application method whereby students receive an admissions decision "early" - typically before the Regular Admission process begins. Early Action is not binding. Students may still pursue other applications and, if accepted, do not have to respond until May 1. In general, you can apply to as many "Early Action" schools as you would like, although there are some selective colleges that prohibit multiple early applications of any kind.

### Early Decision

Early Decision is another type of "early" admissions procedure, however the decision is binding. This type of application is suggested for students who have had a strong junior year, have done a thorough job researching colleges, and are able to narrow their first choice down to one school. If a student applies under such a plan he/she signs a binding agreement with the college, which states that, if accepted, the student will attend and withdraw all pending applications. Most Early Decision deadlines are in November (1<sup>st</sup> or 15<sup>th</sup>) with notification of the decision in mid-December (15<sup>th</sup>). Colleges will either accept, deny or defer students. A deferral means that the student will be reconsidered with the regular decision pool. You can only apply to 1 school for Early Decision consideration.

Some schools have an Early Decision II option, which will have a later deadline, allowing students more time to research schools.

There are some variations on the above admission procedures – Single Choice Early Action, rolling Early Decision, and Priority Deadline to name a few. Colleges will indicate which type of procedure(s) they use in admitting students, as well as the stipulations for that plan in the front of the application.

## HOW COLLEGES REVIEW APPLICATIONS

The National Association for College Admission Counseling has been surveying institutions on the relative value of each factor in the admissions decision since 1993. According to the Association, the values have remained fairly consistent over time. Listed below are the top factors in order of importance. Grades in college prep courses (which are an indication of the strength of curriculum) have remained the number one factor in the decision about whom to admit to college.



1. Transcript
  - a. Strength of schedule (AP, Honors, College Prep)
  - b. Weighted Grade Point Average
  - c. The number of courses taken each year
  - d. The grade trend: an upward trend in grades will be noticed (but so will a downward trend).
  - e. Senior schedule – is the student continuing to challenge him/herself?
  - f. Strength of high school
2. Standardized Test Results – SAT, Subject Tests, ACT, AP (there are a growing number of colleges that list standardized testing as an optional part of the application)
3. Student Essay
4. Extracurricular activities – athletics, clubs, work, volunteer
5. Teacher Recommendations
6. Counselor Recommendation
7. Expressed interest in the college – has the student visited? Interviewed? Met with the college representative when he/she visited the high school?
8. Interview – if offered by the institution
9. Special Talents, unusual achievements, alumni ties to the school
10. Alumni Relations



## COLLEGE RESUMES

A resume is a simple, well organized summary of your personal, educational and occupational experiences, accomplishments and skills. There are two types of resumes: a college resume (or college activity sheet) and an employment resume. Both should give the reader a brief overview of your background; however, your college resume should be short and sweet—a simple listing without detail to give the admissions counselor a snapshot of your experiences. Your employment resume should elaborate on your strengths to show an employer your potential for success on a job.

- *Outline your background.* Use headings which describe your goals, education, achievements, jobs, abilities and activities as experiences which highlight your job objective. **Use the attached sample resumes as guides.**
- *Direct your resume toward a particular objective or field.* State the objective clearly and concisely at the beginning of your resume. Develop more than one resume if you have more than one job/career interest.
- *Begin statements with action verbs.* Use short phrases and concrete examples, numbers and quantities to describe your experiences (i.e., “Supervised camp activities for 30 girls, ages 6-12”).
- *Emphasize results.* Describe the activities and responsibilities involved for the position. Show your accomplishments or the strengths and skills you developed within that situation.
- *Use reverse chronological order.* Highlight your education, jobs, activities, etc. starting most recently and work backwards.
- *Keep it short.* Resumes should be logical, organized and **one typed page.**
- *Proofread carefully.* **ABSOLUTELY NO MISTAKES** (spelling, grammatical, typing).
- *Make it visually appealing.* Use quality bond paper, highlighting, formatting, type size and style. Be consistent in style and content.
- *Provide accurate information.* Inflating titles and exaggerating responsibilities is unacceptable.
- *Have your resume critiqued.* See Mrs. Gorman in the College & Career Center for a review.
- *Highlight your accomplishments.* Profile all of your talents, skills and experiences.
- *Use your GPA accordingly.* When you exclude it, the reader will assume that it is low.
- *Talk to your references.* After asking permission, have the names, daytime addresses and phone numbers of references (teachers, counselors, employers, administrators) typed and readily available on a separate page that has your contact information on the top.

**Employers know that you have limited *work* experience...you need to show them through your skills, leadership roles, activities, abilities and courses that you have *related* experience and *the potential* to be a great employee!**

## Sample College Resume/Activity Sheet

### **FRED E. FALCON**

[fredfalcon@gmail.com](mailto:fredfalcon@gmail.com)

785 Unquowa Road  
Fairfield, CT 06824

203-255-0000 (h)  
203-254-5555 (c)

### **EDUCATION**

Fairfield Ludlowe High School  
785 Unquowa Road  
Fairfield, CT 06824  
3.0 GPA  
CEEB Code: 070187

### **ACADEMIC AWARDS**

Headmaster's List 9, 10, 11, 12  
National Honor Society 11, 12  
Mu Alpha Theta 11, 12  
Brown University Book Award 11

### **ATHLETIC AWARDS**

All FCIAC Volleyball 10, 11, 12  
All State Volleyball 12  
Sportsmanship Award 9

### **SCHOOL ACTIVITIES**

Theater Workshop: Cast member in all musicals 9, 10, 11, 12  
Theater Workshop: Costumes 10, 11; Crew Chief 12  
Key Club 9, 10, 11; Secretary 12  
Varsity Volleyball Team 10, 11; Captain 12  
Ludlowe Leaders 11  
Junior Varsity Volleyball Team 9

### **COMMUNITY ACTIVITIES**

Senior Pilgrim Fellowship Volunteer, 2013 – Present  
(fund raisers, soup kitchens, clothing drives)  
Safe Rides (driver weekends), 2014 – Present  
Town Youth Council (provides recreational activities for local youth), 2013 - 2015  
Fairfield YMCA Athletic Volunteer, 2013 – 2014

### **EMPLOYMENT**

Fairfield Recreation Department: Junior Counselor, Summers 2014, 2015  
Babysitting, 2010 – Present

# Sample Employment Resume

**FRED E. FALCON**

[fredefalcon@gmail.com](mailto:fredefalcon@gmail.com)

785 Unquowa Road  
Fairfield, CT 06824

203-254-5555 (c)  
203-255-0000 (h)

## **OBJECTIVE:**

To obtain a summer job where hard work, common sense and a willingness to succeed will be valued.

## **EDUCATION:**

Fairfield Ludlowe High School  
Diploma expected  
GPA – 3.0

Fairfield, CT  
June 2016

Coursework includes Honors and College Prep courses. Spanish (5 yrs.). Intro to MS Word, Excel, Access and PowerPoint.

## **HONORS & ACHIEVEMENTS:**

Honor Roll - 5 semesters  
FLHS Coach's Award – Varsity Soccer, 2015; JV Soccer, 2014

## **SUMMARY:**

Hard working, responsible, trustworthy and conscientious. Team player. Able to follow directions well and willing to take initiative. Take pride in a job well done.

## **EXPERIENCE:**

Fairfield Ludlowe High School  
*Ludlowe Leader*

Fairfield, CT  
2014 - Present

Give incoming students and their parents tours of FLHS. Provide support and information to freshmen as they transition to high school.

*Key Club - Volunteer*

2012 - Present

Work on school and community projects and fundraisers for local, national and global programs. Developed excellent communication, time management and organizational skills by working on several projects throughout the year.

*Columnist - The Prospect*

2012 – 2013

Created new column for sports section focusing on individual athletes and their personal, academic and athletic accomplishments and goals. Interviewed fans, students, coaches and teachers to gain well rounded perspective of the athlete.

## **EMPLOYMENT:**

Stop & Shop  
Cashier

Fairfield, CT  
2014 – Present

Work 10 – 15 hours per week during the school year.

Fairfield Recreation Department  
Lifeguard  
Red Cross Certification.

Fairfield, CT  
Summer 2015

## **ACTIVITIES:**

FLHS - Varsity Soccer, 2015; JV Soccer, 2014; Freshman Soccer, 2013

**REFERENCES:** Available on request.

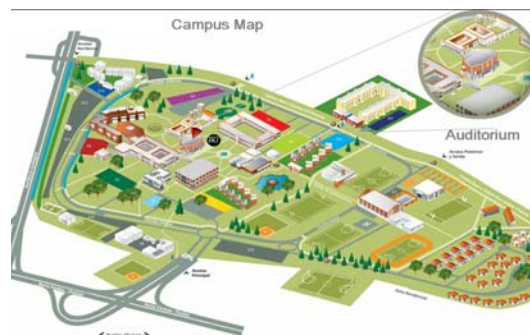
## THE CAMPUS VISIT

Visiting colleges is a critical part of the decision making process. Every college is unique and you need to see how you “fit” into the college. You should visit the colleges during your junior year (February or April break, if possible) or in the early fall of senior year. It is best to visit when classes are in session. It is important to call ahead requesting a tour of the college. During the tour, you will have the opportunity to check out the campus, dorm rooms, library, athletic facilities and classroom buildings. You will also have the opportunity to speak with students, admissions representatives, professors and local residents. You can also ask about opportunities to sit in on classes or possibly stay overnight. Students usually conduct tours of the campus so be prepared to ask lots of questions. They are trained at most colleges to answer even the most unusual questions. Contact the college through their website or call to find out the time of tours.



### Some important tips to get the most out of college visits:

- Know something about the college before you go. Be sure to look over the website and any other materials you have received from the college.
- Know where the college is located and budget plenty of time for travel.
- Allow enough time to get the “feel” of the campus. A two-hour visit should give ample opportunity for a fairly extensive tour and meeting with the admissions office.
- Limit yourself to touring two colleges a day.
- If you have a specific interest in athletics, the arts or a particular field of study, try to arrange to meet with people connected to that interest.
- Pick up application and scholarship form if needed and a campus map. The map is essential if the college doesn’t offer an escorted tour.
- Don’t hesitate to discuss finances, including scholarships, loans and work opportunities. Talk with someone in the financial aid office.
- Be sure your tour includes a freshman dorm, the library and the student center. There usually are students available in the student center that are happy to answer questions about their college.
- Read the bulletin boards, posters and campus publications. This will give you a real feel for the issues on campus.
- Check on any special services such as academic support services, special health or food services available.
- Check out the surrounding town/city close to the campus.
- Bring along a camera and write down your impressions of the campus so you can evaluate your visits when you return home.



## College Comparison Worksheet

	<u>College</u>	<u>College</u>	<u>College</u>	<u>College</u>	<u>College</u>
<b>Size &amp; Location</b>					
<ul style="list-style-type: none"> <li>• Location</li> <li>• Enrollment</li> <li>• Nearest City</li> <li>• Atmosphere</li> </ul>					
<b>Academics</b>					
<ul style="list-style-type: none"> <li>• Class Size</li> <li>• Stud./Faculty Ratio</li> <li>• Competitiveness</li> <li>• Classes taught by professors/grads</li> </ul>					
<b>Student Body</b>					
<ul style="list-style-type: none"> <li>• Diversity</li> <li>• Competitiveness</li> <li>• % live on campus</li> <li>• % home on wknds</li> </ul>					
<b>Facilities</b>					
<ul style="list-style-type: none"> <li>• Recreational</li> <li>• Residence Halls</li> <li>• Academic Bldgs</li> <li>• Cars on Campus</li> </ul>					
<b>Student Life/Services</b>					
<ul style="list-style-type: none"> <li>• Intramurals/Clubs</li> <li>• Greek Life</li> <li>• Academic Support</li> <li>• Career Counseling</li> </ul>					
<b>Admission</b>					
<ul style="list-style-type: none"> <li>• Average GPA</li> <li>• SAT/ACT Scores</li> <li>• Subject Tests</li> <li>• ED/EA/Deadlines</li> </ul>					
<b>On a scale of 1 – 5, rate the following:</b>	<b>Ratings</b>	<b>Ratings</b>	<b>Ratings</b>	<b>Ratings</b>	<b>Ratings</b>
People					
Social Life					
Classrooms					
Residence Halls					
Town					
Campus					



## THE COLLEGE INTERVIEW

If available, the college interview is a wonderful opportunity to discuss a college with a member of the admissions staff or an alumnus. It is a time to find out more about the school in both general and specific terms. You can share information about yourself, your interests and your goals. The college can also gain a better sense about how you would fit into its community. Don't get stressed about the experience. The admissions staff is not there to torture you. Their purpose is to find out about you by challenging you to engage in a good discussion. They are looking to see if you are going to fit in their community.

Helpful hints before the interview:

1. Take along a copy of your high school transcript, resume, and test score reports
2. Read about the college in guidebooks, their college catalog or website
3. Arrive on time – be early, but never be late
4. Dress appropriately (no jeans)
5. Be prepared with a list of questions – they should be based on your interests, your needs, and your concerns

Appropriate questions can include some of the following:

- What types of college housing are there for freshman – suites, doubles, singles?
- How are roommates assigned?
- How will my faculty advisor be assigned?
- What is the average class size for a freshman course?
- What kinds of financial aid programs are available? What forms should I fill out? Are there any special scholarships offered by the school? Are there deadlines for financial aid?
- What job placement/recruiting is conducted on campus?
- What percentage of students remain on campus on weekends?
- What meal plans are available?
- Are there fraternities/sororities on campus and what percentage of the students join?
- How much is the college involved with the community?
- How does the college assist with study abroad programs?
- If I need academic support, is there a tutoring service on campus?
- Is it difficult to change majors?
- What can I do to help in the admissions process?

Questions the interviewer may ask you:

- How do you spend your leisure time?
- What activities are you involved in at school?
- Why did you choose this college?
- What is the best book you have read?
- Have you had a part time job during high school? What did you do?
- What major do you intend to pursue? What career are you hoping to enter?
- What was the hardest course you took in high school?



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**"My short-term goal is to bluff my way through this job interview. My long-term goal is to invent a time machine so I can come back and change everything I've said so far."**

## **STUDENTS' RIGHTS AND RESPONSIBILITIES** **in the College Admission Process**

An outgrowth of the Statement of Principles of Good Practice, the Students' Rights Statement makes clear to entering college students those "rights" which are only alluded to by the Principles of Good Practice. It also spells out the responsibilities students have in the admission process.

### **When You Apply to Colleges And Universities You Have Rights**

#### **A. Before You Apply:**

1. You have the right to receive factual and comprehensive information from colleges and universities about their admissions process, financial costs, aid opportunities, practices and packaging policies, and housing policies. If you consider applying under an early admission plan, you have the right to complete information from the college about its process and policies.

#### **B. When You Are Offered Admission:**

2. You have the right to wait to respond to an offer of admission and/or financial aid until May.
3. Colleges that request commitments to offers of admission and/or financial assistance prior to May 1, must clearly offer you the opportunity to request (in writing) an extension until May 1. They must grant you this extension and your request may not jeopardize your status for admission and/or financial aid.
4. Candidates admitted under Early Decision programs are a recognized exception to the May 1 deadline.

#### **C. If You Are Placed on A Wait List or Alternate List:**

6. The letter that notifies you of that placement should provide a history that describes the number of students on the wait list, the number offered admission, and the availability of financial aid and housing.
7. You have the right to send NEW information to colleges that have put you on the waitlist, that could possibly enhance your candidacy.
8. Colleges may require neither a deposit nor a written commitment as a condition of remaining on a wait list.
9. Colleges are expected to notify you of the resolution of your wait list status by August 1 at the latest.

### **When You Apply to Colleges And Universities You Have Responsibilities**

#### **A. Before You Apply:**

10. You have a responsibility to research and understand the policies and procedures of each college or university regarding application fees, financial aid, scholarships, and housing. You should also be sure that you understand the policies of each college or university regarding deposits that you may be required to make before you enroll.

**B. As You Apply:**

11. You must complete all material that is required for application, and submit your application on or before the published deadlines. You should be the sole author of your applications.
12. You should seek the assistance of your high school counselor early and throughout the application period. Follow the process recommended by your high school for filing college applications.
13. It is your responsibility to arrange, if appropriate, for visits to and/or interviews at colleges of your choice.

**C After You Receive Your Admission Decisions:**

14. You must notify each college or university that accepts you whether you are accepting or rejecting its offer. You should make these notifications as soon as you have made a final decision as to the college that you wish to attend, but no later than May 1. It is understood that May 1 will be the postmark date.
15. You may confirm your intention to enroll and, if required, submit a deposit to only one college or university. The exception to this arises if you are put on a wait list by a college or university and are later admitted to that institution. You may accept the offer and send a deposit. However, you must immediately notify a college or university at which you previously indicated your intention to enroll.
16. If you are accepted under an early decision plan, you must promptly withdraw the applications submitted to other colleges and universities and make no additional applications. If you are an early decision candidate and are seeking financial aid, you need not withdraw other applications until you have received notification about financial aid. If you think that your rights have been denied, you should contact the college or university immediately to request additional information or the extension of a reply date. In addition, you should ask your counselor to notify the president of the state or regional affiliate of the National Association for College Admission Counseling. If you need further assistance, send a copy of any correspondence you have had with the college or university and a copy of your letter of admission to:

NACAC  
1631 Prince Street  
Alexandria, VA  
22314-2818

National Association of College Admissions Counselors



## College Application Organizer

		College Example	College	College	College	College	College
<b>Application</b>	<b>School Specific</b>						
	<b>Common App</b>	X					
	<b>Supplement</b>	X					
<b>Deadline</b>	<b>ED</b>	Nov. 1					
	<b>ED2</b>						
	<b>EA</b>						
	<b>Regular</b>						
<b>Application</b>	<b>Application</b>	Sent 10/29					
	<b>Fee</b>	\$45.00					
	<b>Essay</b>	Sent 10/29					
	<b>Teach. Rec #1</b>	Mr. Smith					
	<b>Teach. Rec# 2</b>	Ms. Jones					
	<b>Counselor Rec.</b>						
	<b>Transcript</b>	Sent 10/22					
<b>Standardized</b>	<b>SAT</b>	Sent 10/25					
	<b>Subject Test(s)</b>	N/A					
	<b>ACT</b>						
	<b>AP</b>	N/A					
<b>Campus</b>	<b>Tour</b>	Oct. 15					
	<b>Info Session</b>	Oct. 15					
	<b>Contact Info</b>						
<b>Supple</b>	<b>Art Portfolio/ Audition</b>						
	<b>Interview</b>						

## FINANCIAL AID

Most financial aid is distributed by the colleges to students. In order to qualify for aid students must file a **Free Application for Federal Student Aid** (FAFSA) beginning October of Senior year. Some schools also require the **CSS Financial Aid Profile** and/or forms of their own. These forms are available in the counselor's offices or College Career Center at the high school or online. You and your parents should attend Financial Aid Night in December.

Financial aid is given by the college in three kinds of aid:

- **Grants/Scholarship** – This is money that does not have to be repaid to any agency.
- **Loans** – There are many types of loans available to students that must be repaid once the student leaves college. There are varying rates of interest on the loans.
- **Work-Study** – This is a federal program administered by the colleges in which students work 10-15 hours per week at the college.

Students may accept any part, or the entire package, when the college offers it. All offers are given based on financial need so parents should anticipate that they will have to show confirming information regarding their income assets.

Many colleges do offer achievement or talent scholarships. These are given according to academic ability or special talent and are not tied to parental financial need. Please check individual catalogues to determine if colleges offer such scholarships and to find out how to apply for them. Also inquire at the college financial aid office.

Other sources of aid are available once you have decided on your college choice and are as follows:

### **Federal Program**

Beyond all the programs administered through the colleges by filing the FAFSA, there is a guaranteed student loan that is administered through local banks. Repayment begins six months after the student leaves college. A FAFSA form must be filed to allow a student to apply for a student loan.

**Parent Loans** for Undergraduate Students (PLUS) is a loan for parents available through local banks. Payments begin 60 days after the loan is taken out.

### **Helpful Websites**

U.S. Dept. of Education <http://studentaid.gov/types/grants-scholarships/finding-scholarships>

U.S. Dept of Labor <http://careerinfonet.org/scholarshipsearch>

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

[www.collegeboard.com](http://www.collegeboard.com)

[www.scholarships.com](http://www.scholarships.com)

[www.fastweb.com](http://www.fastweb.com)

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

# Scholarships

## National Programs

- **National Merit Scholarship (N.M.S.Q.T.)** – This scholarship is based on scores received on the P.S.A.T. given in the fall of the junior year. Students are notified if they are semi-finalists in the fall of the senior year. Only your score on the P.S.A.T. in your junior year counts for the N.M.S.Q.T.
- **Military** – All branches of the military run their own academies which are free to students as well as offering a scholarship for R.O.T.C. (Army, Navy, and Air Force) which are offered at many colleges and universities. The National Guard offers scholarships, which pay tuition at any state school.

## Local Scholarships

- Many scholarship opportunities come to Fairfield Ludlowe High School on a continuing basis throughout the year. Notices are posted in all senior homerooms and applications are available in Mr. Esposito's office (FLHS). It is important that students check their homeroom bulletin board and Naviance regularly for updated scholarship information.
- There is an application available in March to any interested senior wishing to apply for a variety of local scholarships. The various organizations use a uniform application and interview students who meet their requirements. Scholarship money is awarded at the end of the year.
- Additional scholarship information is also available on the Family Connection website after the student leaves college. A FAFSA form must be filed to allow a student to apply for the Stafford Loan

## Helpful Hints

- Organization is a MUST!
- Determine which and how many scholarships you want to apply for
- Set a goal for your applications: one per week? Two? Ten per month?
- Set a goal for your application and required documents
- Give yourself plenty of time for each application
- Meet all deadlines and make sure there are no errors

## **How can I find scholarships?**

- **Naviance:** Scholarships that have been sent to FLHS are all listed in Naviance. Go to the Colleges tab...scroll down to the bottom of the page to **Scholarships & Money**
  - **Scholarship Match:** Scholarships that might be suitable for you based on your information listed in Naviance
  - **Scholarship List:** All scholarships that FLHS has listed in Naviance
  - **Scholarship Applications:** Scholarships that you have applied to via Naviance
  - **Scholarship Search:** A national database of scholarships; when you enter your information, you will receive notices about scholarships for which you might be eligible

- **Colleges:**
  - Many colleges have their own scholarships
  - Contact the financial aid offices of the colleges you have applied, to find out what scholarships, for which you may be eligible.
  
- **Fairfield Scholarship Foundation** <http://fairfieldscholarshipfoundation.org/>
  - Scholarships available to FLHS and FLHS students
  - One application for multiple scholarships
  - Application available in early April
  
- **Fairfield County Community Foundation** [www.fccfoundation.org](http://www.fccfoundation.org)
  - Can apply for and be awarded up to four scholarships
  - Applications available in January; close in late March
  - Required materials for the online application
  - Most current official Transcript
  - Letter of Recommendation (2nd letter if required by scholarship criteria).
  - Complete copy of your Student Aid Report (SAR) that is available online by completing the Free Application for Federal Student Aid. Visit [www.FAFSA.ed.gov](http://www.FAFSA.ed.gov)
  - Personal Statement/Essay (2nd essay if required by the scholarship)
  
- **CT Council for Philanthropy** <https://www.ctphilanthropy.org/resources/scholarships-youth-opportunities>
  - Various regional scholarships
  
- **Other resources/Search websites:**
  - **U.S. Dept. of Education** <http://studentaid.ed.gov/types/grants-scholarships/finding-scholarships>
  - **U.S. Dept. of Labor** <http://careerinfonet.org/scholarshipsearch>
  - [www.studentscholarships.org](http://www.studentscholarships.org)
  - [www.collegeboard.com](http://www.collegeboard.com)
  - [www.scholarships.com](http://www.scholarships.com)
  - [www.fastweb.com](http://www.fastweb.com)
  - [www.finaid.org](http://www.finaid.org)

## FREQUENTLY ASKED QUESTIONS



**1. How many colleges should I apply to?**

In general, we suggest you submit applications to 5 - 8 schools. Those schools should represent one of three types: Reach, Target, or Favorable. These categories depend on your child's credentials, as well as the selectivity of the school.

**2. How many days of school can my child miss to visit colleges?**

Absences due to college visits are considered excused. If a student exceeds 20 excused absences in a yearlong course, s/he will lose credit in the course. While it is important to visit schools, families should be judicious in missing school for these visits. Families need to decide, based on their own circumstances, how much school their child can miss without having an adverse effect on their son/daughters grades. Depending on your schedule, the best time to visit is during February/April break.

**3. Do schools want all application materials sent together?**

No. When the first piece of information is received for a student, the college will set up a file on that student, and enter the student into their computer system. Any subsequent material will be placed in the student's file.

**4. Does it matter how far in advance of the application deadline my child sends in the application materials?**

The closer the application deadline gets, the more mail a college will receive. We advise you set an artificial deadline two weeks in advance of the college's application deadline.

**5. How will I know that the college has received my application materials?**

Once the college receives a piece of the application material, they will send an e-mail indicating receipt of this information, as well as a list of the missing materials, or will update their application website. Two weeks after you send in the last piece of information, you can call the admissions office to be sure the application is complete.

**6. What happens if I find out that the college is missing something from the application, and it is already after the application deadline?**

Don't panic. Student should contact the college. There is often a delay between the time the material is received and processed by the college admissions office. These discrepancies are often resolved with a simple phone call.

**7. How does my child send his/her SAT/ACT scores to colleges?**

The easiest way to send scores is to log on to the website [www.collegeboard.org](http://www.collegeboard.org) or [www.actstudent.org](http://www.actstudent.org). Scores can be requested in writing by using the Score Request Form found in the SAT bulletin.



**8. Will it make a difference whether I use the Common Application, or the colleges' own application?**

No. Colleges who subscribe to the Common Application have voluntarily agreed to accept it in lieu of their own. However, many colleges who take the Common Application also require their own supplement as well. If a student chooses to use the college's own application instead of the Common Application they **MUST** let their school counselor know, as it will affect the way the department sends out school materials.

**9. If a school's application does not have a teacher recommendation form, is it acceptable to use the one from the Common Application?**

Yes. Colleges are more interested in receiving the information than they are of the form it comes in on.

**10. How do we motivate our child to take control of the process?**

There is no easy answer to this question. Students should own the process. However, some students, for a variety of reasons – stress, being overwhelmed, fear – display resistance to owning the process. It is important that parents provide their children with support by affirming their daughter's/son's sense of self-worth, not by taking over the application process. Contact your child's counselor for advice if this continues to be an issue.

**11. Should my child take an SAT/ACT prep course, and do they help?**

This depends upon your child. Everyone should do some type of preparation for the SAT/ACT. There are no secrets to preparing for the SAT/ACT. Tutors basically give structured feedback to practice problems. They may also provide strategies for taking the exam that are readily available in most SAT/ACT preparation materials.

## FLHS INTERNSHIP PROGRAM

### FLHS INTERNSHIP PROGRAM MISSION:

- To provide our students with the skills, attitudes and talents needed to succeed in today's working environment.
- To expose students to areas of interest outside the constructs of their formal educational program.

### FLHS INTERNSHIP PROGRAM OVERVIEW:

- Interns spend approximately 3 - 4 weeks working for **30 hours per week *without pay*** at an internship site.
- Selected seniors will be released from their classes and will attend their internship during normal working hours.
- Each student will ask a faculty member to mentor them and serve as their liaison with the job sites.
- Students working in a school setting must work the entire school day.

### FLHS INTERN ELIGIBILITY REQUIREMENTS:

- A minimum cumulative grade point average of 2.0.
- No grade of F during ***any*** marking period senior year for semester and full year courses.
- A passing grade ***in every marking period*** for all PE, Computer Information Systems and Health courses taken
- Loss of Credit must be reinstated by Senior Appeals Board.
- Successfully meeting graduation requirements (including CAPT).
- Completion of application and all other requirements ***on or before the deadline.***
- Meeting the civil and social expectations of FLHS:
  - No suspensions
  - Not more than one Saturday detention during junior or senior year
  - No excessive disciplinary actions during junior or senior year

## State of Connecticut Community Colleges

The Community/Technical College system offers Certificate and Associate Degree Programs-the certificate programs can usually be continued as or converted to Associate Degree programs with additional academic courses.

Courses are scheduled at all times of day or evening. This can be convenient for some and inconvenient for others who need to maintain a steady work schedule. This also requires a higher level of personal organization and self-management skills than the more structured morning, afternoon, evening sessions schedule of the private technical schools.

The CT Community/Technical College System is very inexpensive compared to all other options. The CT Community/Technical College system offers many support services that are not available in the proprietary (private) schools. The CT Community/Technical College system is the entrance to the State of CT Pathways Program and College of Technology. Most CT Community College programs go to great lengths to help their students to find employment in their chosen field while still in school.



*Education That Works For a Lifetime*

## Once I earn my Associates Degree, What's Next??

### Guaranteed & Dual Admission Programs

These transfer agreements provide that graduates in specified programs will be admitted with full junior status.



University of Connecticut

Must apply for this program with Transfer Counselor before completing 30 transferable college credits. Complete a Liberal Arts and Sciences program at our community colleges, and earn a **minimum GPA of a 3.0.**

(not all majors included in agreement)



Connecticut State Universities (SCSU, WCSU, CCSU & ECSU)

Must apply for this program with Transfer Counselor before completing 15 transferable college credits, have graduated from our community colleges and earn a **minimum GPA of 2.0.**

(not all majors included in agreement)

## Connecticut Community Colleges have Transfer Agreements with the following:

Central Connecticut State University  
Southern Connecticut State University  
Albertus Magnus College  
Leslie University  
Monserrat College of Art  
Post University  
Sacred Heart University  
University of Bridgeport  
University of New Haven  
Wheelock College

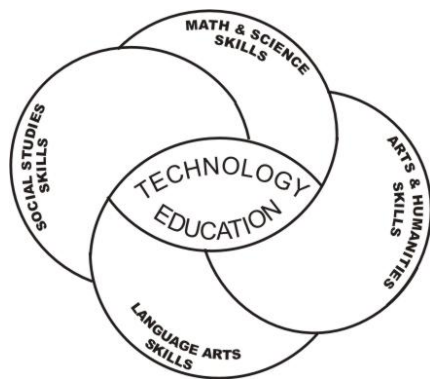
Eastern Connecticut State University  
Western Connecticut State University  
Fairfield University  
Marymount College  
New York University  
Quinnipiac University  
Savannah College of Art & Design  
University of Connecticut  
University of St. Joseph

### **Technical Careers as Postsecondary Options in Connecticut**

Many parents are concerned that their children have formed postsecondary (after high school) goals and plans that include Technical Education at the expense of a college education. Today, a technical education can be a college education. Today's postsecondary technical education can be pursued for college credit leading to a one year certificate, a two year associate degree, a four year degree or beyond through a doctorate degree. It is also possible to take two majors at once, or a combination of majors and minors, at any degree level to prepare for future career goals.



Postsecondary Technical Education can be a stepping stone to many related careers. For instance, a person with a certificate in Automotive Technology can apply that education to an Associate Degree in Automotive Technology, Management or Finance, then a Bachelor's Degree in Automotive Technology, Automotive Engineering, Automotive Design, Automotive Finance, Automotive Management, Automotive Marketing, Automotive Insurance, Automotive Media & Publishing, Automotive Economics or Automotive Education, to name a few. Many entrepreneurial opportunities exist in the Automotive sector of the economy for those who wish to go into business.



One of the differences between an engineering education/career and a technical education/career is the level of mathematics that is required. Technology programs usually require Algebra 1 or 2 and sometimes Trigonometry, while Engineering programs require mathematics beyond this level. Technology programs will frequently have more of their course time allotted to applied hands on labs, while engineering programs would emphasize more theoretical activities.

## **Testing**

Vocational aptitude testing and occupational interest tests (such as ASVAB-career interest inventory test for juniors/seniors) can be of great value when making decisions about the future. These tests can reveal likes or dislikes, strengths and weaknesses that a person may not be aware of, but that may be very valuable information for forming goals and plans.

## **State of CT Pathways Program**

Under the State of CT Dept. of Higher Education Pathways Program, students who earn an Associate Degree such as in Automotive Technology from a CT Community/Technical College are guaranteed acceptance into the CT State University System, Central CT State U. School of Technology, University of New Haven School of Engineering, University of Hartford Engineering and University of CT School of Engineering

## **State of CT Community/Technical Colleges College of Technology**

This is a specialized curriculum that allows a student to begin technology or engineering technology studies at any of the state's 12 Community Colleges with the ultimate goal of achieving a 4-year, baccalaureate degree in Engineering or Technology at the University of Connecticut, Fairfield University, Central Connecticut State University, the University of Hartford, University of New Haven, or Charter Oak State College.

Along the way, a student has the opportunity to earn a two-year associate degree, gain marketable skills, and explore interesting careers in fields projected to enjoy employment growth in the coming years. The program, as a whole, allows students to continue their studies at the participating colleges and universities as juniors without any loss of credit. The Community Colleges' College of Technology program offers the student affordable tuition significantly reducing the cost of higher education.

## **State of CT Charter Oak College**

Technical certifications and other valuable life experiences can be converted to college credit. Students who attend non-credit programs can convert their professional certifications to college credit through the State of CT Charter Oak College. For instance, the ten ASE automotive certification tests are each convertible to three college credits, so that a student who attends a non-college credit institution for Automotive Technology can still earn 30 college credits for his/her professional certifications. This is almost half of the credits needed to earn an Associate Degree. CT Charter Oak College has a main office on the campus of Central CT State U. and offices in all the community/technical colleges in CT.



## **State of CT Department of Higher Education <http://www.ctdhe.org/>**

State of CT Department of Higher Education is the State of CT department responsible for all postsecondary education programs in the State of CT, whether those programs are public or private. Their website lists all postsecondary institutions and programs in CT with descriptions and contact information.

## **State of CT Vocational/Technical Postsecondary Adult Program**

<http://www.sde.ct.gov/sde/site/default.asp>

The State of CT Dept. of Education (not the State of CT Department of Higher Education) also offers some postsecondary opportunities in the State of CT technical high schools. Information is available on the State of CT Dept. of Education web site under “CT Technical High Schools”.



### **State of CT Bureau of Rehabilitation Services**

<http://www.brs.state.ct.us/index.html>

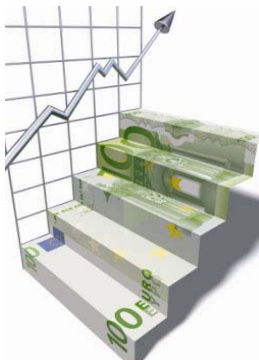
The State of CT Bureau of Rehabilitation Services offers many services for students graduating with disabilities. The Vocational Rehabilitation Program affords eligible individuals with significant disabilities an opportunity to achieve their full potential for competitive employment and independence.

### **Private Proprietary (for profit) Technical Schools**

Proprietary institutions are private for profit institutions that operate under the supervision of the State of CT Dept of Higher Ed. Proprietary schools are usually the most expensive postsecondary option but they also offer some unique advantages.

Proprietary schools frequently schedule on a modular basis (a module of 4-6 weeks covering a system of an automobile such as engine, transmission or brakes), with entry into and graduation from the program possible at each module. The student usually chooses a morning, afternoon or evening session. Many students find this more structured consistent schedule easier to follow. The evening session program sometimes takes longer to complete because less than five evenings a week may be scheduled.

The best schedule for many students is one where the student attends class during the morning and then goes to a job. The student is attending classes when he/she is most rested. The student should then work in the afternoon and study in the evening. The second best situation is job in the morning and then classes in the afternoon sessions. The student is not too tired in the afternoon to do well in school if the student gets 8 hours sleep. The student should then study in the evening. These two schedules are complimentary from the view point of efficient scheduling for both the school and the employer. The morning school session can be followed by the afternoon work session; the morning work session can be followed by the afternoon school session. Two cohorts of students can be efficiently scheduled for both school and work with the evening available for study. Most proprietary schools go to great lengths to help their students to find employment in their chosen field while still in school.



The least effective situation is the student working during the day and attending evening class. The student is tired from working all day and is least able to concentrate and study. Also, there is little time left in the day for studying. If a student takes classes only 2 nights a week, say Monday and Wednesday, then they can study the other two nights but the time to complete the program is at least doubled. Some proprietary programs allow students to repeat whole modules at no additional cost.

Since the student is intensively studying a particular technology in depth and not taking typical liberal arts classes, the student can be ready for an

entry level position in a shorter period of time, but, may not earn any college credits.

### **On the Job Training**

Many organizations offer on the job training for specific careers. The military and hospitals are good examples of this type of career training.

### **Labor Unions**

Some unions offer various combinations of classroom and on the job training.

### **Summary**

Since Postsecondary Goals and Plans require an investment of time and money, there is a large payback in investing some time and money in forming one's Postsecondary Goals and Plans. Testing is important; so is visiting a variety of programs and talking to people involved in those programs such as students, teachers, graduates and employers of those graduates. A student should carefully explore all the resources (facilities, equipment, teachers' credentials and professional development, student support programs, etc.) of each program so that he/she can accurately compare and decide which program is appropriate for them. Realistic goals, plans and expectations will lead to good decisions.

## **GAP YEAR**

Every year, some members of the senior class opt for a different post high school experience. If you fall into this category, please consider the following:

1. Make a senior appointment with your school counselor to discuss your options. We have a lot of information.
2. Consider the reasons why you are not ready to apply to college. Maybe you are nervous about the process and the fear of not getting accepted anywhere. Maybe you are simply not ready to decide what you want to study or maybe you need some time away from academics to give you a fresh perspective.
3. It is important to begin planning what road you will take after graduation. Take some time to brainstorm everything and anything that appeals to you in the short term. Maybe you would like to travel to a foreign country. Maybe you would like to work for a while or explore a particular interest.
4. Investigate each of the items on your list. Talk to people who have actually done some of the things in which you are interested in. Recognize the minuses as well as the pluses.
5. Use the internet. There are many sites designed specifically for those students who are taking time off. A few of the more helpful sites are:
  - [www.gapyear.com](http://www.gapyear.com)
  - [www.takingoff.net](http://www.takingoff.net)
  - [www.yearoutgroup.org](http://www.yearoutgroup.org)
  - [www.mapthegapinternational.com](http://www.mapthegapinternational.com)

## THE MILITARY

The No Child Left Behind Act of 2001 and the National Defense Authorization Act of 2002 require the Fairfield Board of Education to provide, upon a request made by a military recruiter or an institution of higher education, access to secondary school students' names, addresses, and telephone listings. A parent or eligible student who objects to disclosure of such information without prior consent may file a notice of objection with the school district at any time. Such objection must be made in writing to and received by the Headmaster of Fairfield Ludlowe High School.

A percentage of students choose the military as an option. Within this area, there are several alternatives to investigate.

- **Military Academies** - Appointment to one of the US service academies is a most competitive process. Students must begin in their junior year to seek a nomination. Students must have the endorsement of a Connecticut congressman or senator. If they receive an admission appointment to an academy their educational costs are covered and upon completion of college studies they will serve 5 years of active duty and 3 years in the reserves.
- **ROTC Programs** – There are two types of ROTC programs available: scholarship and non-scholarship. Students apply for the scholarship program in the fall of the senior year. ROTC presentations are generally made in the College and Career Center in the spring. Juniors should also attend. Many of these programs offer 2, 3 and 4 years scholarship programs that cover most of a student's college expenses. The ROTC programs may be offered in regular college settings or in military college settings. Once students accept a ROTC commission in their junior year they agree to serve 4 years of active duty and 4 years in the reserves. Some college costs covered by ROTC programs may vary from college to college and from military branch to military branch.
- **Enlisting in the Military** – Representatives from each branch of the service schedule visits to the College and Career Center during the school year. These visits are announced and also placed on the College and Career Center website. Students are also invited to visit the recruiting offices 4490 Main Street in Bridgeport.

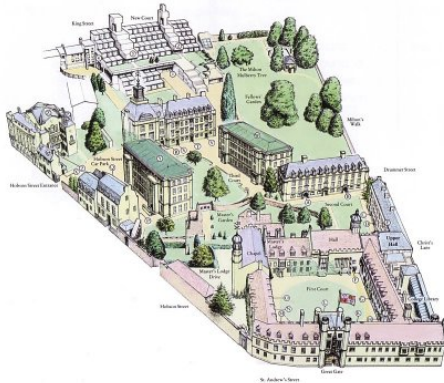


**ASVAB Testing** – The ASVAB is a two hour, multiple-choice aptitude test given free of charge by the Department of Defense. This battery of tests is the basic qualifying instrument for entrance into the military and for placement in specific military training programs. The ASVAB can also be used for post-secondary ROTC opportunities.



## STUDENT ADVICE FROM THE TRENCHES

- Start looking at colleges in the spring; start your essays over the summer.
- Make sure that colleges offer a good environment for you.



- Ask about the negatives when you visit colleges.
- Campus visits can help you narrow your list down.
- Like your favorable schools – you may need them.
- Don't just pick a school because your friends like it.

- Don't get hooked on just one school – you might not get in there.
- Your ideas about what you want will change over time.
- Don't obsess over the college process – you still need to do well in school.
- Don't just focus on school – find an activity you love.
- Don't let the college process dictate what activities you do.



- Ask your teachers early to write letters for you so they have time.
- If you want to submit artwork with your applications, talk to your art teachers now about what you will need to do.

- Look at some applications now to learn what they ask.
- Plan carefully to take your SAT's so you can fit them in.
- Use the Common Application.
- Send an essay, even if it's not required.
- Save a writing sample from Junior year.



## PARENT ADVICE FROM THE TRENCHES

“Don’t get caught up in the “hoopla” of the college admission process. You do NOT need to pay a “college advisor” to help with admission. The counseling staff here is wonderful and there is software to help. The Career Center here at FLHS is amazing, much of the information you need is here.”

“Be HUMBLE about the process ... college is a STEP in your life not the BE ALL and END ALL ... everyone doesn’t have to go to Princeton or Harvard to be successful in life.”

“I recommend setting up a separate email account just for college use with some free account like Google mail, Yahoo, etc. It keeps everything going to one place and the student and parent might want to share it to keep track of deadlines and correspondence with colleges.”

“The first time we took our son on an extended “college tour,” we looked at six colleges in PA. In that mix there were small, medium and large colleges/universities, public and private, and so-called safety, target and reach schools. All the schools were impressive in their own ways. When we completed that trip, my son had a much better idea of what type of school he was interested in and he also realized that he was actually going to be accepted to a college.”

“Keep as calm as possible and keep your kid as cool as you can. Remind them that there is a college for everyone.”

“Plan a drive or two in your child’s junior year. It’s nice to see schools when they are in session. The trip lets you see firsthand your child’s reactions, the questions they ask, etc. and most importantly you have time to talk! Just make sure you keep your opinions to yourself at this point. Observe and listen. Save any guidance or opinions for acceptance time.”

“Think carefully before you apply early admission. Unless your child is absolutely sure they want to attend that school and you can forego any negotiations with the financial aid office, regular admission works best. My son grew and changed in his idea of where he wanted to attend, and by not doing early admission he had choices.”

“I set up a special calendar listing all the requirements for each college and related dates, such as how soon you can do a certain step and what the final deadlines are. Depending on the relationship you have with your child you can do this together or separately, with your efforts being a backup to theirs.”

“... if you have a child that wants to play sports in college, we would say that he/she should attend as many summer residential camps as possible, where the coaches there get to see you play for a week or more.

Find the schools that YOU are interested in, and have the attitude that YOU are recruiting THEM, as well. Call the coach, go visit, attend the camp over multiple summers. It is easier for the coach to pick through students who want to attend his school, as opposed to trying to recruit students who may or may not want to attend.”

“Remember that what your child thinks they want at 17 may change by the time they are 20. After two years at the college she thought she HAD to go to my daughter transferred to another she hadn’t even considered before. It was one of the best things she could have done. Be prepared for changes.”

“My best advice would be to start the application and essay early. It took much longer than we anticipated to complete the application, do the resume, etc. There’s a lot more clerical work associated with the project than I imagined.”

“The college process is a stressful one – try to step back and relax. The students are under tremendous pressure and anything a parent and the school can do to minimize that will help the process be a memorable experience rather than a battleground.”

“I believe there is a school for everyone and try and keep an open mind. There are many students applying to the same schools. There may be the equivalent of the over applied to school in another part of the country. There are many schools liking to round out their profiles with geographic diversity.”

## HELPFUL WEBSITES

### ***College Search***

**Naviance** <http://connection.naviance.com/ludlowe>  
Naviance is Fairfield Ludlowe's web-based communication and college resource tool.

**Peterson's Education & Career Center** [www.petersons.com/ugrad](http://www.petersons.com/ugrad)  
Campus news, advice on writing application essays, and an engine for college searches.

**The College Board** [www.collegeboard.com](http://www.collegeboard.com)  
A lot of useful information about campus visits, interviews, and other parts of the college search process. Downloadable applications for over 800 colleges and a solid, comprehensive search engine. There is also an abundance of information on the SAT.

**The Princeton Review** [www.princetonreview.com](http://www.princetonreview.com)  
A pretty good search engine with a wide array of variables, including location, academics, sports, student life, and housing.

**The American College Testing Program** [www.act.org](http://www.act.org)

### ***Financial Aid***

**College Tuition** [www.wiredscholar.com](http://www.wiredscholar.com)  
This site gives families the tools to tackle college tuition

**FAFSA** [www.ifap.ed.gov](http://www.ifap.ed.gov)  
A worksheet that explains how to properly complete the FAFSA is available on this site.

**FAFSA on the Web** [www.fafsa.ed.gov](http://www.fafsa.ed.gov)  
Interactive Web version of the Free Application for Federal Student Aid.

**Fastweb** [www.fastweb.com](http://www.fastweb.com)  
A free, searchable scholarship database that enables you to locate sources for financial aid that are suitable for you.

**Financial Aid Information Page** [www.finaid.org](http://www.finaid.org)  
Financial aid primer from the U.S. Department of Education, plus FAFSA links.

**Scholarship site** [www.scholarships.com](http://www.scholarships.com)  
General scholarship search

## TERMS AND ABBREVIATIONS

### **American College Tests (ACT)**

Tests administered by the American College Testing Program which measure educational development in English, Math, Reading and Natural Sciences.

### **Advanced Placement**

College credit for an advanced course taken in the junior or senior year of high school. Successful completion may result in college credit.

### **Candidate's Reply Date**

Usually May 1, the date by which your college must have received your deposit.

### **Cooperative Education**

Programs whereby terms of full-time studies are alternated with terms of full-time paid employment related to students' majors.

### **Deferment**

Policy by which a college will allow you to defer your enrollment for one year.

### **Internship**

Program whereby studies and employment are combined in a term or employment occurs in the summer. Work relates to students' major but the arrangements are not ongoing as with cooperative education.

### **PSAT/NMSQT**

### **Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test**

A test designed to provide preparation and insight to the SAT I. The test is offered only in October and should be taken by all college-bound juniors. Scores are reported on a scale of 20-80 in critical reading, mathematics and writing.

### **SAT Test**

Tests administered by the College Entrance Examination Board (CDEB) which measure verbal and mathematical abilities; various colleges use scores achieved on this test as part of the admissions process. Scores are reported on a scale of 200-800. The code number for Fairfield Ludlowe High School is **070187**.

### **SAT Subject Test**

Tests that are taken in specific subject areas. Some colleges require up to three tests as part of the admissions process. Applications for these tests are available in the Career Center.

### **Transcript**

Official record of high school courses, test scores, ranks in class and other pertinent data.

### **Wait List**

A list of applicants, some of whom may be admitted after May 1.

# NCAA Eligibility Division I

Please visit: [NCAA.org/playcollegesports](http://NCAA.org/playcollegesports) for more information

## Students who enroll in a Division I program **AFTER August 1, 2016**

A student must graduate high school and meet **ALL** the following requirements:

- Complete [16 core courses](#):
  - Four years of English
  - Three years of math (Algebra 1 or higher)
  - Two years of natural/physical science (including one year of lab science if your high school offers it)
  - One additional year of English, math or natural/physical science
  - Two years of social science
  - Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
- Complete 10 core courses, including seven in English, math or natural/physical science, before their seventh semester. Once the student begins their seventh semester, they may not repeat or replace any of those 10 courses to improve their core-course GPA.
- Earn at least a [2.3 GPA](#) in your core courses.
- Earn an [SAT combined score or ACT sum score](#) matching their core-course GPA on the Division I sliding scale, which balances test scores and core-course GPA. If the student has a low test score, they need a higher core-course GPA to be eligible. If they have a low core-course GPA, they need a higher test score to be eligible.

If a student enrolls full-time at a Division I school after Aug. 1, 2016, and has not met all the Division I academic requirements, they may not compete in their first year at college. However, they may qualify as an academic redshirt which allows them to practice during their first term in college and receive an athletics scholarship for the entire year.

To qualify as an academic redshirt, a student must meet **ALL** the academic requirements:

- Complete [16 core courses](#):
  - Four years of English
  - Three years of math (Algebra 1 or higher)
  - Two years of natural/physical science (including one year of lab science if your high school offers it)
  - One additional year of English, math or natural/physical science
  - Two years of social science
  - Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
- Earn at least a [2.3 GPA](#) in core courses.
- Earn an [SAT combined score or ACT sum score](#) matching their core-course GPA on the Division I sliding scale (see website above for sliding scale).

# **NCAA Eligibility Division II**

Please visit: [NCAA.org/playcollegesports](http://NCAA.org/playcollegesports) for more information

To be eligible to compete in NCAA sports during your first year at a Division II school, you must meet academic requirements for your core courses, grade-point average (GPA) and test scores. The requirements are changing for students who enroll full-time at a Division II school after August 1, 2018.

## **If you enroll in a Division II program BEFORE August 1, 2018**

You must graduate high school and meet **ALL** the following requirements:

- Complete [16 core courses](#):
  - Three years of English.
  - Two years of math (Algebra 1 or higher).
  - Two years of natural or physical science (including one year of lab science if your high school offers it).
  - Three additional years of English, math or natural or physical science
  - Two years of social science
  - Four additional years of English, math, natural or physical science, social science, foreign language, comparative religion or philosophy
- Earn at least a [2.0 GPA](#) in your core courses.
- Earn a [SAT combined score of 820 or an ACT sum score of 68](#).

## NCAA APPROVED COURSES

### @ Ludlowe for FALL 2016

#### ENGLISH

English 11  
English 12  
English 21  
English 22  
English 31  
English 32  
English 41  
English 42  
AP Language and Comp.  
AP Language and Comp. AS  
AP Literature and Comp.  
Journalism  
Call of the Wild  
Contemporary Global Lit.  
Creative Writing Workshop  
Gender Perspectives in Lit.  
Poetry  
Satire  
Supernatural in Lit.

#### SOCIAL STUDIES

Global Studies 11  
Global Studies 12  
Modern Global Studies 21  
Modern Global Studies 22  
US History 31  
US History 32  
AP US History  
AP US History AS  
AP Modern European History  
AP Government and Politics  
AP Comparative Gov &  
Politics  
Civics & Contemporary Issues  
Civics & International Relations  
Civics and Youth & the Law  
Economics 40  
Humanities 40  
Sociology 40  
Psychology 40  
AP Psychology

#### MATH

Algebra 12  
Geometry 21  
Geometry 22  
Algebra 31

#### MATH CONT'D

Algebra 32  
Probability and Stat. 40  
Pre-Calculus 40  
Pre-Calculus 41  
Trigonometry  
Math Modeling 42  
Intro to Calculus 50  
AP Calculus AB  
AP Calculus BC  
Multivariable Calculus  
AP Statistics

#### SCIENCE

Env. Earth Science 10\*  
Biology 21\*  
Biology 22\*  
Chemistry 31\*  
Chemistry 32\*  
Physics 40\*  
AP Biology\*  
AP Chemistry\*  
AP Physics 1\*  
AP Physics 2\*  
AP Env. Science\*  
Human Ant/Phys (Maint)\*  
Human Ant/Phys (Struct)\*  
Marine Biology\*  
Oceanography\*  
Astronomy\*  
Meteorology\*  
Crime Lab Forensics\*  
Crime Scene Forensics\*

#### AQUA CULTURE

Aquaculture Chemistry\*  
Aquaculture Biology\*  
Aquaculture Chemistry 2\*  
Aquaculture Physics\*  
Conceptual Physics in the  
Marine Env\*  
Ecology of Marine Sci\*  
Ecology of Marine Species\*  
Methods of Biotech\*  
UCONN ECE Biotech\*  
UCONN ECE Bio. 1107\*

#### AQUA CONT'D

UCONN ECE Bio. 1108\*  
UCONN ECE Chem. 127\*  
UCONN ECE Chem. 128\*  
UCONN ECE Env. Science\*  
UCONN ECE Oceanogry\*

\*- DENOTES LAB COURSE

#### ADD'L CORE COURSES

Chinese 10  
Chinese 20  
Chinese 31  
Chinese 41  
French 10  
French 20  
French 31  
French 41  
French 42  
French 51  
French 52  
French 60  
AP French  
Italian 10  
Italian 20  
Italian 31  
Italian 41  
Italian 51  
Latin 10  
Latin 20  
Latin 31  
Latin 41  
AP Latin  
Spanish 10  
Spanish 20  
Spanish 31  
Spanish 41  
Spanish 42  
Spanish 51  
Spanish 52  
Spanish 60  
AP Spanish

The listing of NCAA courses  
can be found at:  
[www.eligibilitycenter.org](http://www.eligibilitycenter.org)