

Planning for College - Resources and Websites



Freshman Year

- ❖ If you're going to be first in your family to attend college, check out the website: www.imfirst.org
- ❖ Begin good study habits for college; read books.
- ❖ Volunteer in your community: <https://www.volunteermatch.org/>
- ❖ Join a club at school. Take a leadership role in a club or volunteer program.
- ❖ Whenever possible, take College Prep, Honors, and Advance Placement classes. However, remember that AP courses are college equivalent and require a huge commitment of time.
- ❖ Create a rough plan to meet A-G course requirements. Tell your advisor that you want to attend college, even if you think college is not affordable or that your current belief is that you don't want to go to college. Life changes, circumstances change, and your beliefs will change.
- ❖ Look for advice and/or mentorships from high school counselors and non-profits.

Sophomore Year

- ❖ Become familiar with the College Board.
- ❖ If there are courses your high school doesn't offer, look into courses at your community college. Summer is a good time to explore interests and courses.
- ❖ Begin studying for SAT/ACT: <https://www.studyguidezone.com/>

Junior Year

- ❖ Start to research for scholarships on these national websites, but also inquire about local scholarships with your School Counseling Center:
- ❖ <https://studentaid.ed.gov/sa/types/grants-scholarships/finding-scholarships>
- ❖ <https://bigfuture.collegeboard.org/scholarship-search>
- ❖ Take PSAT: <https://www.studyguidezone.com/>
- ❖ Study and take SAT/ACT: <https://www.studyguidezone.com/>
- ❖ Research majors: <https://bigfuture.collegeboard.org/majors-careers>
<http://collegemajors101.com/>

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- ❖ Visit college campuses if possible, especially during school breaks.
- ❖ Research colleges, universities and their basic requirements. Attend college fairs whenever offered by your school or community.
- ❖ Begin researching and brainstorming college application essays.

Senior Year

- ❖ Decide on college and major
- ❖ Apply to scholarships: <https://bigfuture.collegeboard.org/scholarship-search>
- ❖ Complete FAFSA (ALL students) Free Application For Federal Student Aid: <https://fafsa.ed.gov/>
- ❖ Retake SAT/ACT: <https://www.studyguidezone.com/>
- ❖ Take AP tests if applicable.
- ❖ Request recommendation letters.
- ❖ Visit college campuses.
- ❖ Complete or start writing college application essays early on in the year.

Application Checklist for California public universities:

- ☐ Unofficial Transcripts
- ☐ Test scores (SAT,ACT, AP or IB)
- ☐ Social Security number
- ☐ Your citizenship status
- ☐ Your parent's citizenship status
- ☐ Annual income
- ☐ EOP specific: Your parent's employment background and two recommendations
- ☐ California statewide student ID

Resources & Websites for Students

Support for underserved or First Generation students

- ❖ <http://www.kipp.org>
Kipp Foundation Mission: “To create a respected, influential, and national network of public schools that are successful in helping students from educationally underserved communities develop the knowledge, skills, character, and habits needed to succeed in college and the competitive world beyond.”
- ❖ www.imfirst.org
First Generation: Students who will be the first in their family to attend college
- ❖ <https://www.careergirls.org>
Career information for students, and their parents, mentors, teachers and counselors
- ❖ <http://www.esa.doc.gov/Reports/stem-good-jobs-now-and-future>
STEM Careers: Economics & Statistics Administration, US Department of Commerce

Financial Aid for College

- ❖ <http://bit.ly/BCFFinancialAid101>
BCF - Financial Aid 101
- ❖ www.studentaid.gov
Information about government loans & scholarships for college
- ❖ <https://fafsa.ed.gov/>
Free Application for Federal Student Aid (FAFSA)
- ❖ www.debt.org
Facts about Students and Parents Loans for College

Study Aids

- ❖ <https://www.studyguidezone.com>
Studying for SAT/ACT
- ❖ <https://www.khanacademy.org/>
Tutoring & Free Education

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Youth and Leadership Organizations

- ❖ <http://yli.org/tag/san-mateo-youth-commission>

Organizations in San Mateo County: Youth Leadership Institute

"Over the last ten years, The Institute's community based programs have engaged young people in increasing healthy food access, decreasing alcohol, tobacco, and other drug use, and creating opportunities for youth civic engagement, advocacy, and philanthropy. Between the year 2000 and 20015 youth leaders in the Youth Leadership Institute programs collectively organized and successfully advocated for the passage of more than 30 ordinances to reduce social and retail access to tobacco and alcohol, increase parent accountability, restrict payday lending, and increase highway and pedestrian safety."

- ❖ <https://www.obama.org/globalgirlsalliance/about/>

The Global Girls Alliance is a program of the Obama Foundation. Their goal is to empower adolescent girls around the world through education, allowing them to achieve their full potential and transform their families, communities, and countries.

- ❖ <https://www.rotary.org/en/get-involved/interact-clubs>

Personal Growth

- ❖ <https://greatergood.berkeley.edu>

Science Based Insights for a Meaningful Life

- ❖ <http://www.viacharacter.org/www/Character-Strengths-Survey>

"Bridging the science and practice of character strengths to build a better world."

VIDEO - A MUST SEE FOR ALL- <https://www.youtube.com/watch?v=kq-rOelLciE>

- ❖ Thanks!: How practicing gratitude can make you happier, Robert Emmons.

<https://www.amazon.com/Thanks-Practicing-Gratitude-Make-Happier/dp/0547085737>

- ❖ The gratitude diaries: How a year looking on the bright side can transform your life, Janice Kaplan.

<https://www.amazon.com/gp/product/0525955062?ie=UTF8&tag=gregoscicen-20&linkCode=as2&camp=1789&creative=9325&creativeASIN=0525955062%3Cbr%20/%3E>

- ❖ How to see yourself as you really are, His Holiness the Dalai Lama.

<https://www.amazon.com/How-See-Yourself-You-Really/dp/0743290461>

- ❖ Insight: Why we're not as self-Aware as we think, and how seeing ourselves clearly helps us succeed at work and in life, Tasha Eurich.

<http://www.barnesandnoble.com/w/insight-tasha-eurich/1125247481#productInfoTabs>

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BOOKS

- 1) Purpose in Life, Kendall Cotton Bronk/ <http://www.springer.com/in/book/9789400774902>
- 2) Path to Purpose, Bill Damon. <http://www.williamdamon.com/pathtopurpose.html>
- 3) Man's Search for Meaning, Viktor Frankl
<http://www.beacon.org/Mans-Search-for-Meaning-P607.aspx>