

# College Planning

College Planning Exploration Program



The College Board is a mission-driven not-for-profit organization that connects students to college success and opportunity. Founded in 1900, the College Board was created to expand access to higher education. Today, the membership association is made up of over 6,000 of the world's leading educational institutions and is dedicated to promoting excellence and equity in education. Each year, the College Board helps more than seven million students prepare for a successful transition to college through programs and services in college readiness and college success – including the SAT<sup>®</sup> and the Advanced Placement Program<sup>®</sup>. The organization also serves the education community through research and advocacy on behalf of students, educators and schools.

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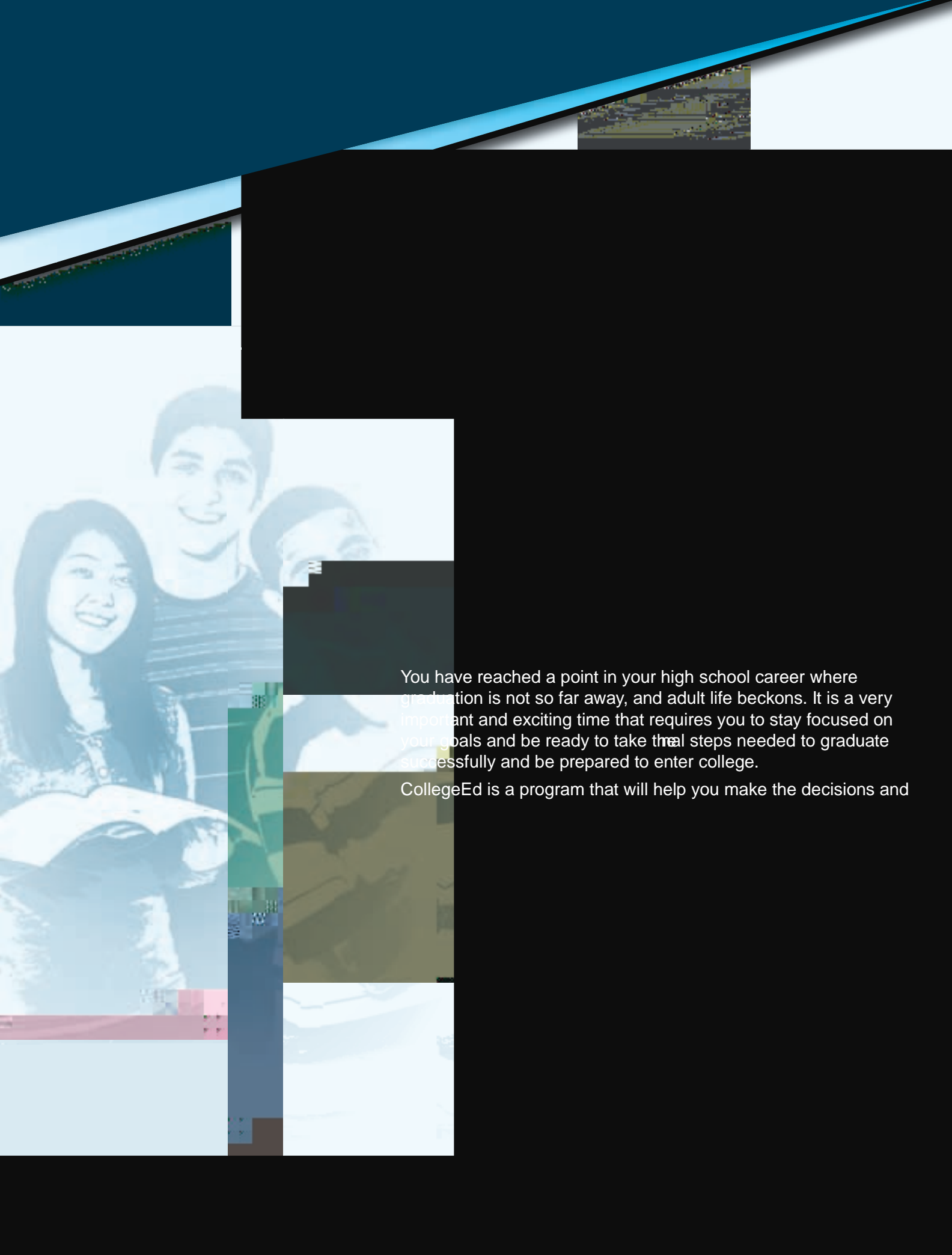
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## UNIT





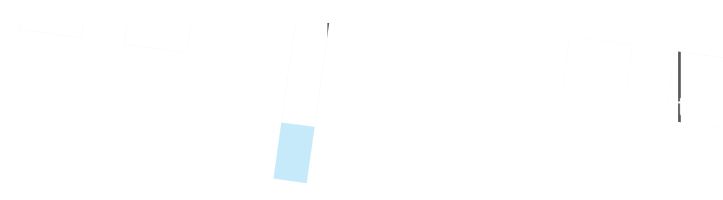


You have reached a point in your high school career where graduation is not so far away, and adult life beckons. It is a very important and exciting time that requires you to stay focused on your goals and be ready to take the steps needed to graduate successfully and be prepared to enter college.

CollegeEd is a program that will help you make the decisions and









Am 14



## How Do You Start? You Start with You.

Figuring out who you are and what you want for your life can be two of the most challenging aspects of growing up. Mike, Nate and Brian, the Founders of Roadtrip Nation, felt the same way when they graduated from college. Their solution was to hit the Road on a cross-country [Roadtrip](#) . On this Roadtrip, they talked to [Leaders](#) from all different backgrounds about how those

LQGLYLGXDOV ÅJXUHG RXW ZKDW WKH\ ZDQWHG WR GR LQ OLIH  
The Leaders discussed how they made decisions along the way and shared their ideas about how to create a meaningful life. It was from the lessons learned on this  
ÅUVW 5RDGWULS WKDW 5RDGWULS 1DWLRQ ZDV ERUQ WR KHOS  
RWKHUV GHÀQH WKHLU RZQ 5RDGV

at your Set Point — who you are today, as you are beginning to think about yourself, your life and your future. Your destination is a meaningful life, where you feel successful and happy.

Before you move ahead, begin with where you are, right at this moment. To establish your present-day Set Point, use the space below to describe your thoughts, feelings or concerns about your future. You may have done this before today, but allow yourself the chance to evolve. Be in the moment and think about your Set Point right now.



Some questions you might want to ask yourself are:  
What am I being told my future should look like?  
What is my ideal vision for my college experience?  
What am I thinking in terms of a future career and life in general? What are the biggest fears or challenges that I face as a student right now?  
What are my biggest dreams for college and the Road beyond? Feel free to write anything that comes to mind related to your future!

“(Standup comedy) felt like what I was supposed to be doing.”

Wanda Sykes  
Comedian and Actress

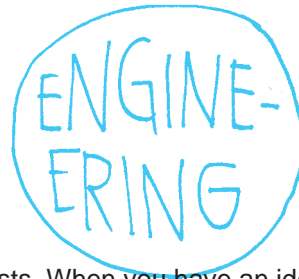
[roadtripnation.com/leader/wanda-sykes](http://roadtripnation.com/leader/wanda-sykes)

**The Noise:** The views of society — including family, friends, RU VWUDQJHUV<sup>3</sup> WKDW RIWHQ LQÁ XHQ 5H ZKDW \RX WKLON \RX V\KRXOG GR ZLWK \RXU OLIH , W LV D FRQVWDQW SUPHEVV WR ÁQW HU ZKH 6RLVH DQG focus on what matters most to you.

**Set Point:** What you know about yourself and your goals for the future when you begin your Roadtrip. Used to measure your growth as you continue to GHÁ QH \RXU RZQ 5RDG LQ OLIH

## Lesson 1

# Do What You Love



While your Set Point expresses your thoughts and feelings about your future, exploring your **Interests** is DQRWKHU NH\ FRPSRQH QW RI GHÀQ. You might have the impression that who you are today and what you love to do is separate from who you will be someday. You may have been led to believe that when you “grow up” and go to college, or get a job, you

Interests. When you have an idea what your strongest Interests are, you can begin to build your life around them. You can explore different college majors and look for institutions that offer those majors. Also, keep in mind that you don’t have to choose just one Interest. Most paths in life don’t focus on only one subject or use only one skill. Combining multiple interests is an even better way to make sure you stay engaged in college and the world beyond.

Look at the Interests above . Think broadly about your Interests — the things you really like to do in your spare time. Where would your favorite pastimes fall within the circles above? Highlight the two Interest categories that are most important to you . If you do not recognize your favorite pastime in these categories

DW ÀUVW WU\ WR WKLQN EURDGO\ DE

# Interest Collage

Use this area to create a collage that will inspire

Interests. You can describe it, draw it, photograph it, or

even write poetry about it. It doesn't matter what you do.

Just take the time to have fun and focus on something

that you've always loved to do. Keep looking at this collage as you make your way through the rest of this workbook — it will help guide you as you begin making decisions about your future.

“What is your red rubber ball?  
What is the thing that brings  
you joy? Where's your joy?”

[roadtripnation.com/leader/kevin-carroll](http://roadtripnation.com/leader/kevin-carroll)

Kevin Carroll  
The Katalyst  
Nike

Go to [roadtripnation.com/leaders/kevin-carroll](http://roadtripnation.com/leaders/kevin-carroll) and watch the video clip. Why does Kevin use the analogy of the “red rubber ball”?

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What is your “red rubber ball”?

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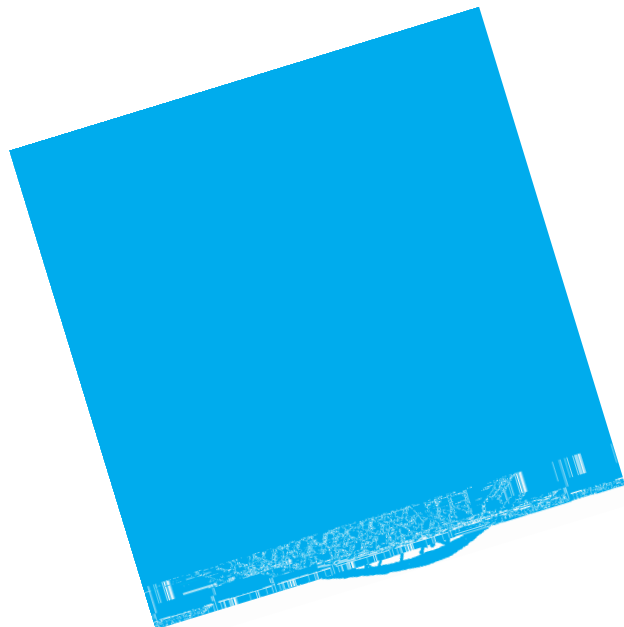
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On the previous pages, you've narrowed down your Interests. Now, we want you to go a little deeper. What is it about those things that you really enjoy? For example, you might have said, "I enjoy cooking," and highlighted **Food**. On a surface level, that's great information to have. It gives you something to work with, but try to take it a little further.

What is it about cooking that you like best? Do you enjoy seeing people's reactions to your food and receiving compliments? Do you like working with your hands **DQG UZ PDWHULDQV" 'R \RX À QG \** with recipes to create something new? Do you get satisfaction from following the directions perfectly and getting the same result every time?

While you may never have thought of breaking down your Interests in this way before, it's an important step because it helps you discover even more about yourself and what you really like. It helps you see how **WKH WKLQJV \RX 'OLNH WR GRµ PLJKW** Interest categories. This information will give you new insight when planning for college and choosing a major.

Before moving on to the next page, spend a few minutes looking at the example below. We took the Interest of **Food** and broke it down into things that **People who love to eat think about** that you might like about this Interest; it will help you as you complete the activity on page 11.



Billy King  
Former President and

In the area below, there are two charts. Above each circle, write down one of the Interests that you chose on page 8. Then, break down that Interest into the key elements that most appeal to you, following the example on page 10. We've broken down each circle into 3 segments, but if you need more spaces, go ahead and draw them in.

If you need help, here are some questions to get you started. What part of this activity do I look forward to doing the most? What part of this Interest gives me the greatest satisfaction? When I tell stories about this Interest, what

"It was like a magnet; I just couldn't resist it. It was my own personal Interest that was stronger than any of that other stuff."

Gale Gand  
Pastry Chef/  
Food Network Host

Chris Flink  
IDEO  
Product Design

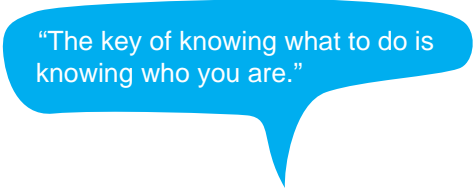
Patricia Janiot  
CNN en Español  
News Anchor





As long as I am

, I'll be happy.



"The key of knowing what to do is knowing who you are."

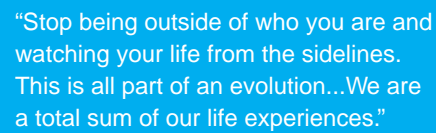
URDGWULSQDWLRQ FRP OHDGHU FKDUOHV JDUÀ HOG



# Foundation Insight

'HÀ QLQJ \RXU RZQ 5RDG LQ OLIH LV DERXW PDNLQJ GHFLVLRQV  
WKDW UHÁ HFW ZKR \RX DUH DQG ZKDWĶV LPSRUWDQW WR \RX

Consider the insights you've gained about your Foundation and how they can help you as you plan for college; then answer these questions:



"Stop being outside of who you are and watching your life from the sidelines. This is all part of an evolution...We are a total sum of our life experiences."

Penny Brown Reynolds  
Judge, Author and  
Ordained Minister

Take a few minutes and think about Penny's quote above. Use the lines below to explain the quote in your own words.

List three life experiences that have shaped who you are.

# Lesson 3: The Road Map

:KHQ ZH À UVW LQWURGXFHG WKH FRQFHSW RI GHÀ QLQJ \RXU

own Road, we talked about how important it is to have a Road map — something to help you get from Point A to Point B. While you may take a lot of detours, a Road map will help you get back on track and reach your

À QDO GHVWLQDWLRQ :KHQ \RX GHÀ QH \RXU RZQ 5RDG WKDW destination becomes more meaningful because it is built upon the Interests and Foundation that matter to you.

Creating your own Road map in the Roadtrip Nation sense is not about taking the shortest route possible. It doesn't even look like any map you have ever seen. It is about discovering as much information as you can about yourself and where you want to go. You have to begin with your Set Point, then add your Interests and









Watch an online episode of Roadtrip Nation , paying FORVH DWWHQWLRQ WR WKH /HDGHUV VWRULHV 7KHQ ÀOO in the graphics below. You can always search the Roadtrip Nation Interview Archive to watch other Leaders share insights about their Roads in life.

*favorite quote*



NAME: \_\_\_\_\_  
OCCUPATION: \_\_\_\_\_

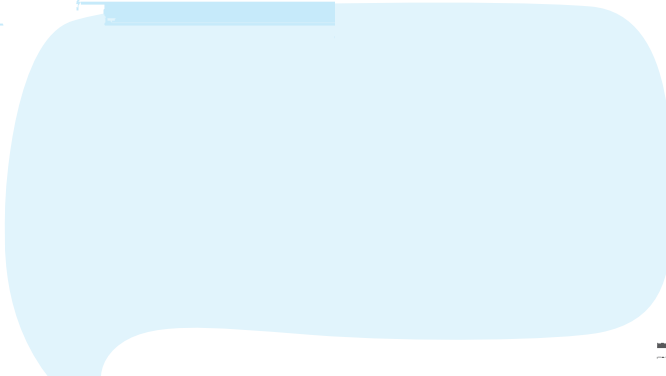
LEADER FARMER



NAME: \_\_\_\_\_  
OCCUPATION: \_\_\_\_\_

LEADER FARMER


*favorite quote*



NAME: \_\_\_\_\_  
OCCUPATION: \_\_\_\_\_

LEADER FARMER

*favorite quote*



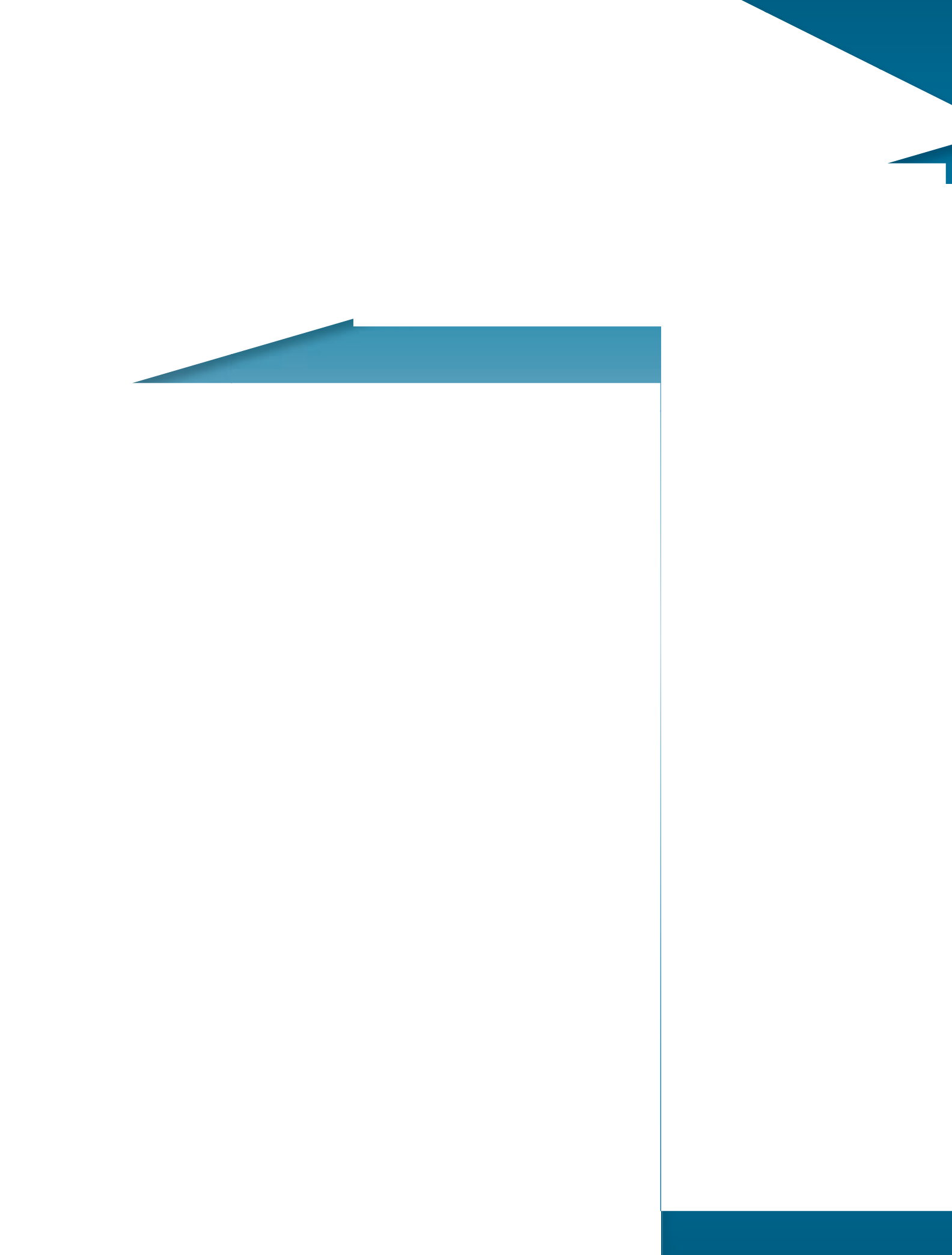
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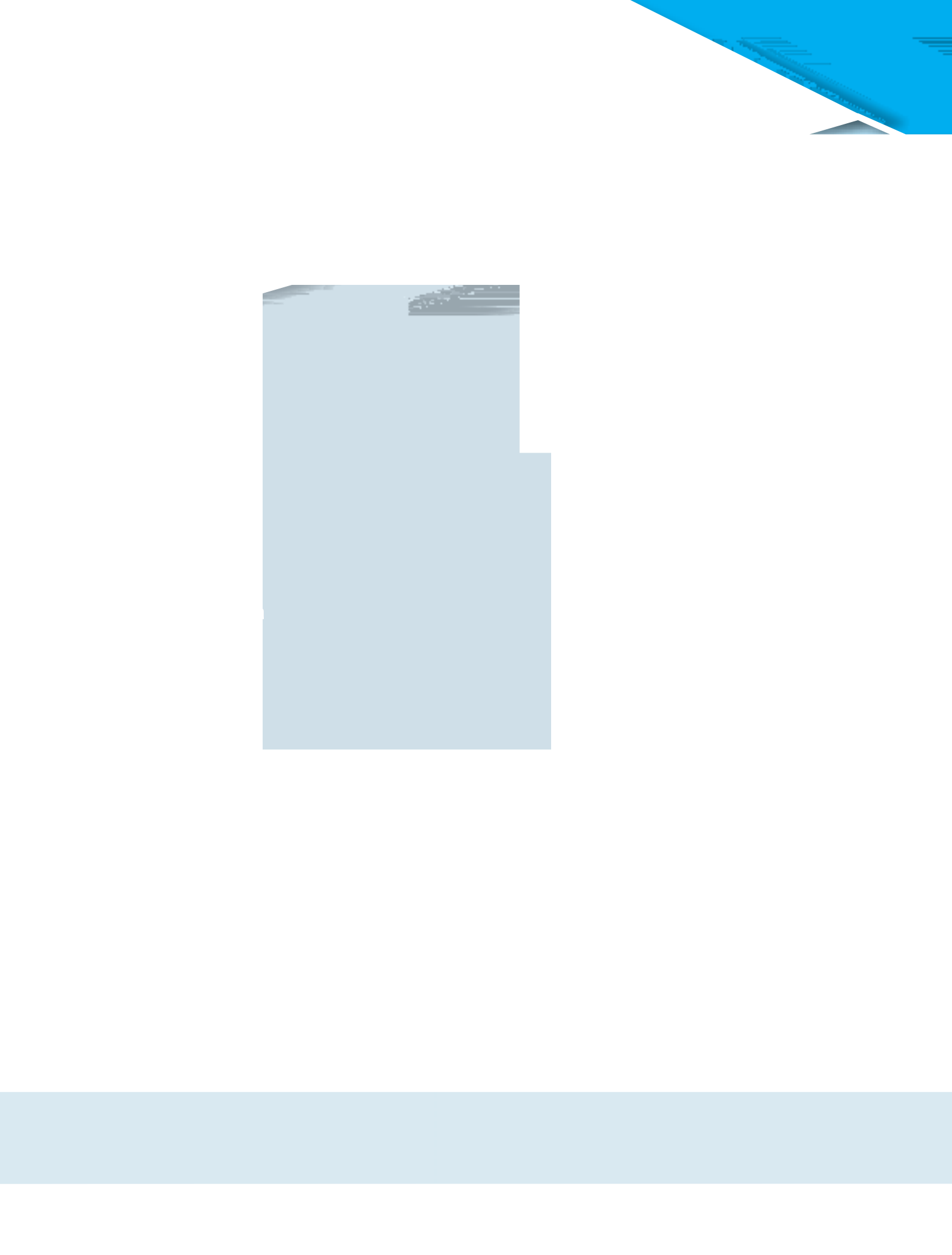
LEADER FARMER

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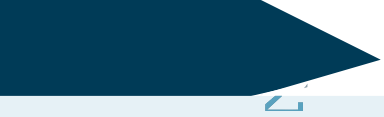
7 D N H D I H Z P L Q X W H V W R U H Á H F W R Q Z K D W \ R X K D Y H  
learned in Unit 1. If you need to, refer back to  
the previous activities as you respond to the  
following questions:





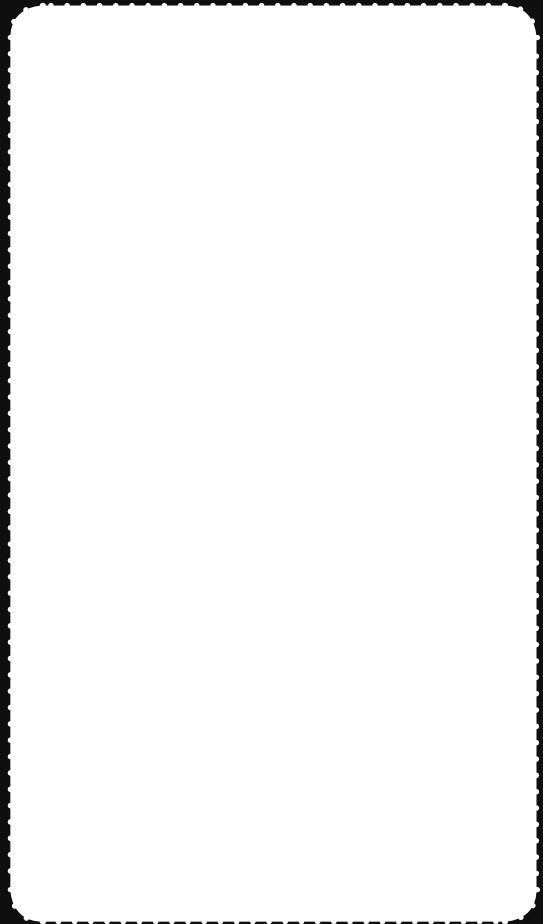






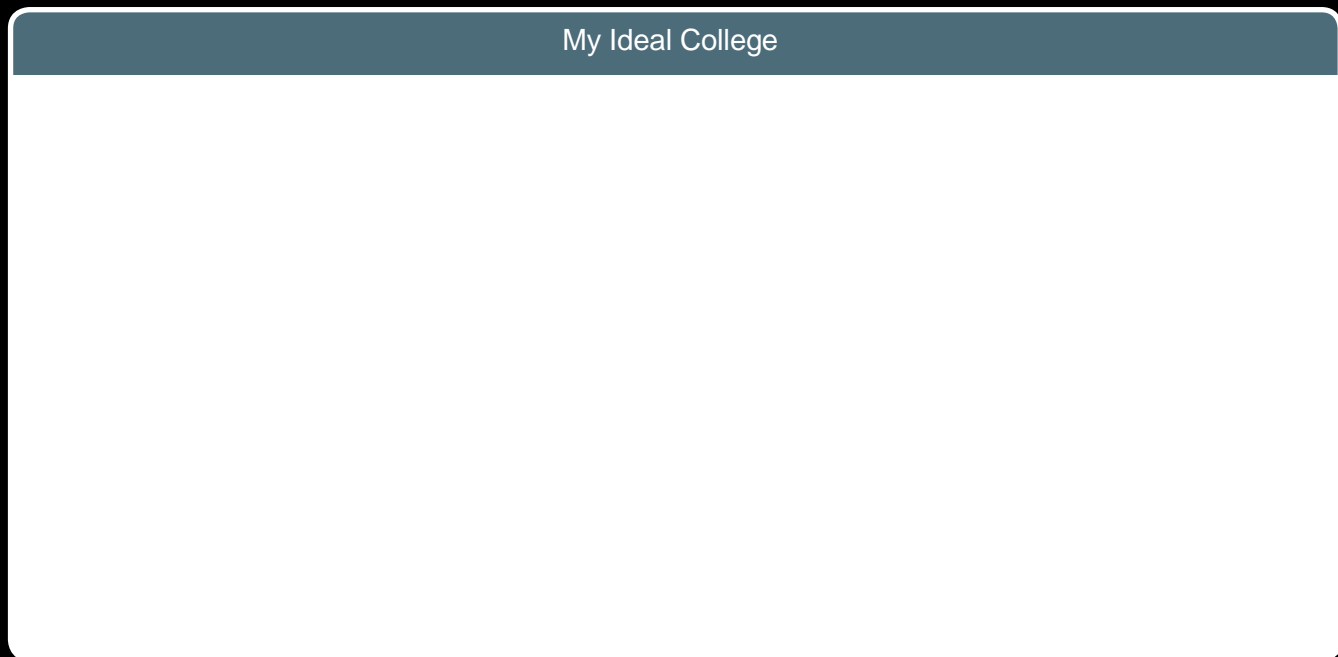
## What Is Your Future?

Many high school students have some idea of the kind of career they would like to have. Some know exactly what they want to do. Others are just beginning to explore their own futures. Whatever level you've reached in planning



Without thinking about any particular college, write a description of your •ideal college.Ž Tell where it is, how big it is, and what it offers you. Consider your interests when describing it.


### My Ideal College



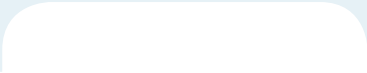
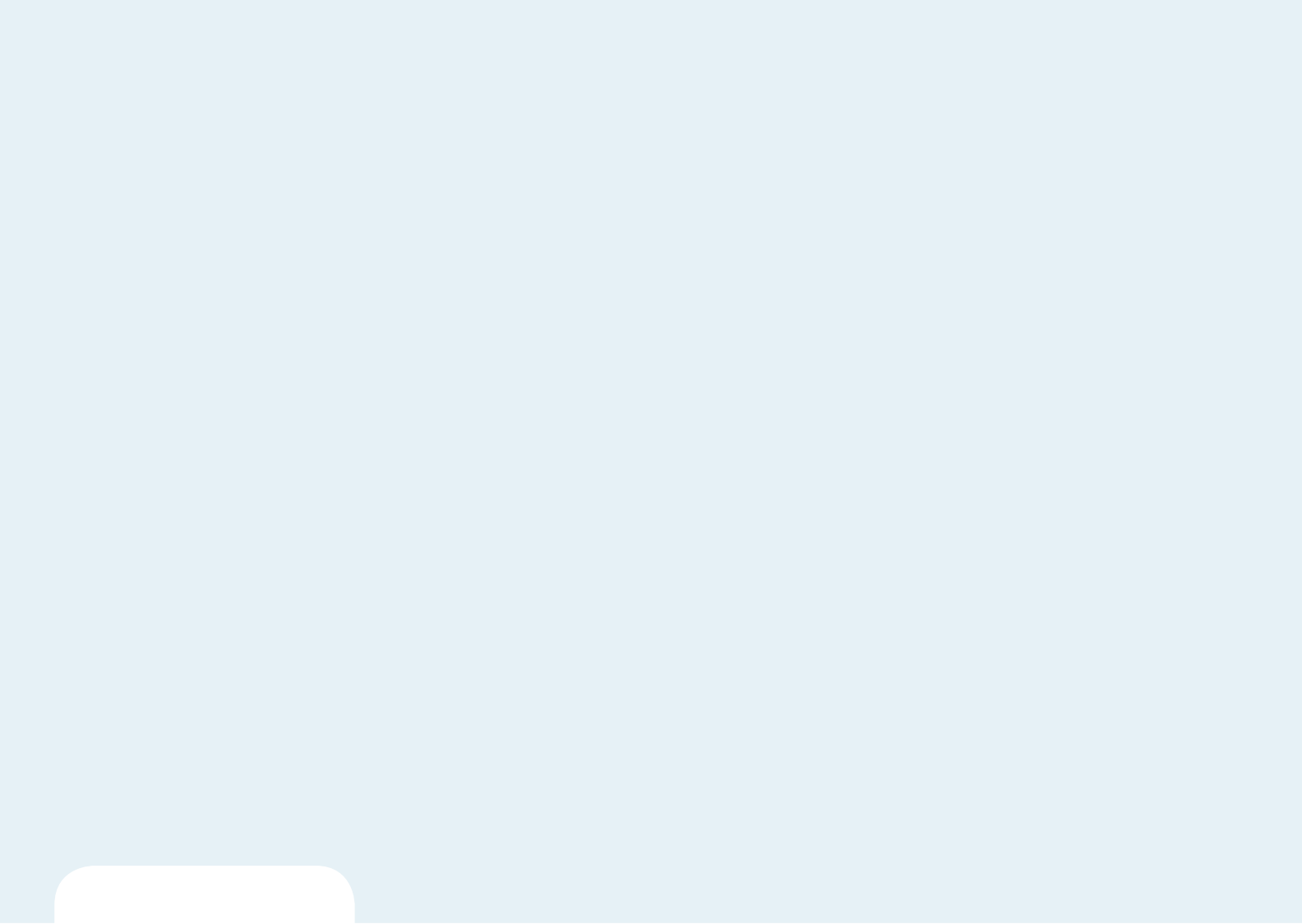


## It's Up to You

Finding a school that is just right for you is an extremely personal decision that requires careful research and reflection. Seek out the advice of older friends and siblings, parents, teachers and counselors in your quest









have made a final decision about your major, but you may have a general area of interest. The schools you're looking at should offer majors in that area.

If you are not sure what you want to study, a

Write an essay explaining the reasons you picked one or two of the colleges on your list on page 28.

## Thinking About a Major

Is Choosing a Major Important? 71 192.651 -317.7T19 -c 1405999990 0 c 1405999990 w 1.3864 TLTF 41 0 0 11 78.86

WHO Am I? :

WHILE Am I Doing? :

HOW Do I Get There? :



WHO Am I?

WHERE Am I Going?

HOW Do I Get There?



WHO Am I?

WILLINGNESS TO GO

HOW Do I Get There?

## Face-to-Face Contact

Doing research using books and the Web is very valuable, but there are also some real advantages to talking to people face-to-face. College fairs and campus visits give you the opportunity to do just that. You will want to be sure to prepare so that you can get the most out of them.

## College Fairs

At a college fair, dozens of colleges have booths, information and representatives. The fairs are usually held at high schools or convention centers. Representatives will be eager to talk with you, describe their college and answer your questions. They'll give you brochures and catalogs if you're interested in their school. When you go to a college fair, be prepared to ask about general questions you have for colleges. Then, think about specific questions you have about the colleges you are considering.

Complete the graphic organizer with some things you could learn from a college fair or a campus visit that you might not find out from college materials or the college website.

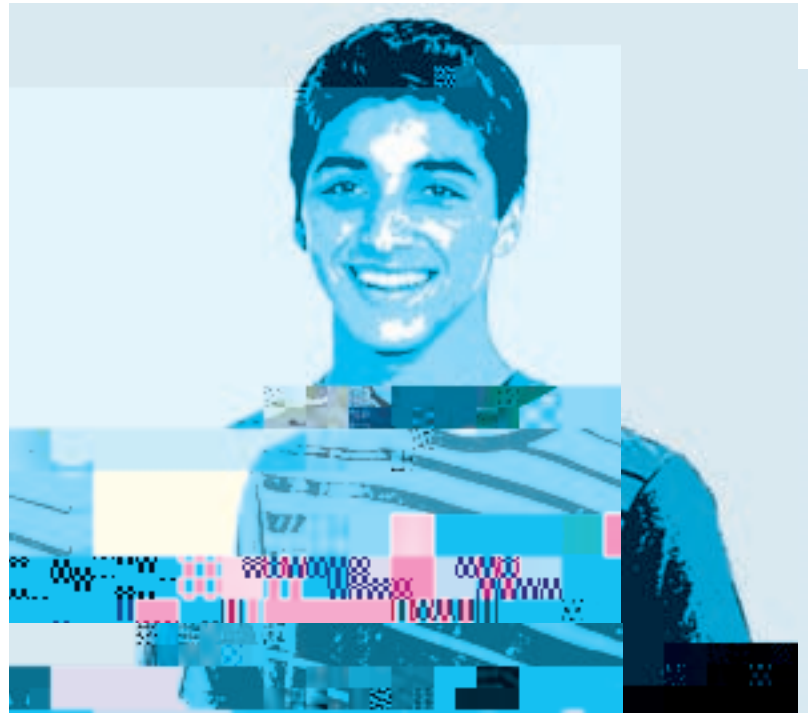






## Make a Decision?

of colleges that interest you and  
ools you will apply to? How can you  
ne your chances for admission and  
your senior year of high school? It's  
you have done so far and using it  
sort the schools. You're more than  
n already.





WHO Am I?

WHERE Am I Going?

HOW Do I Get There?

## Your Chances of Admission

Besides deciding where you want to go to college, you'll need to figure out how likely you are to be admitted.

Often that depends on how good a match you are with a particular college or university. One school may think you're an average applicant while another school may see you as a superstar.

### What a College Looks For

You know that colleges look at your academic performance. But your grade point average is not all they take into consideration. They also consider th

7.8(sik(na) 8.232r.2(o) 337(erag) 6.7(e)-0.3( a) 17.7(p) 9.7(p) 5.7(lica) 20

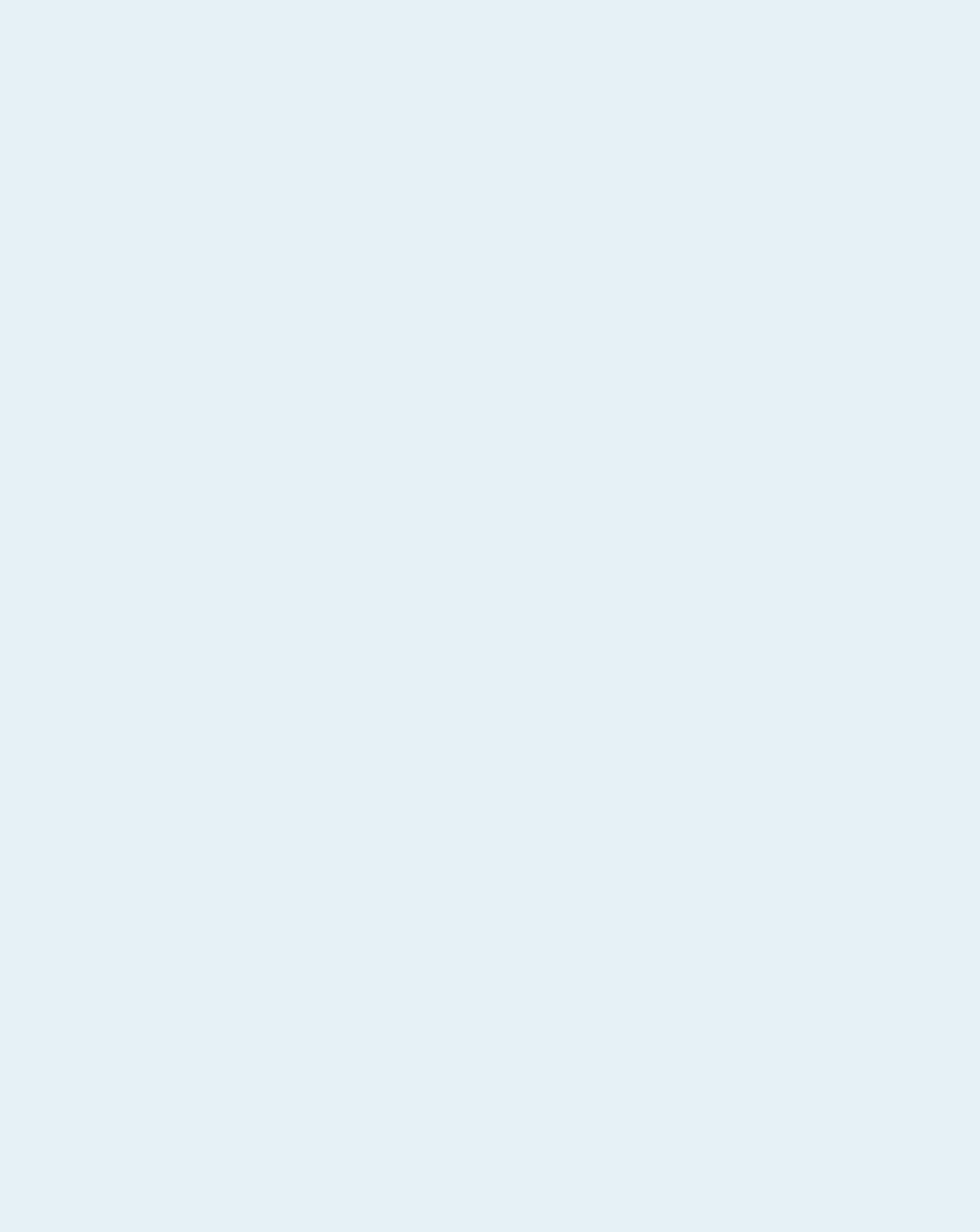




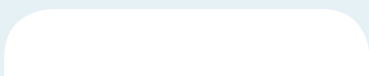


WHO Am I?

HOW Do I Get There?







WHO Am I?

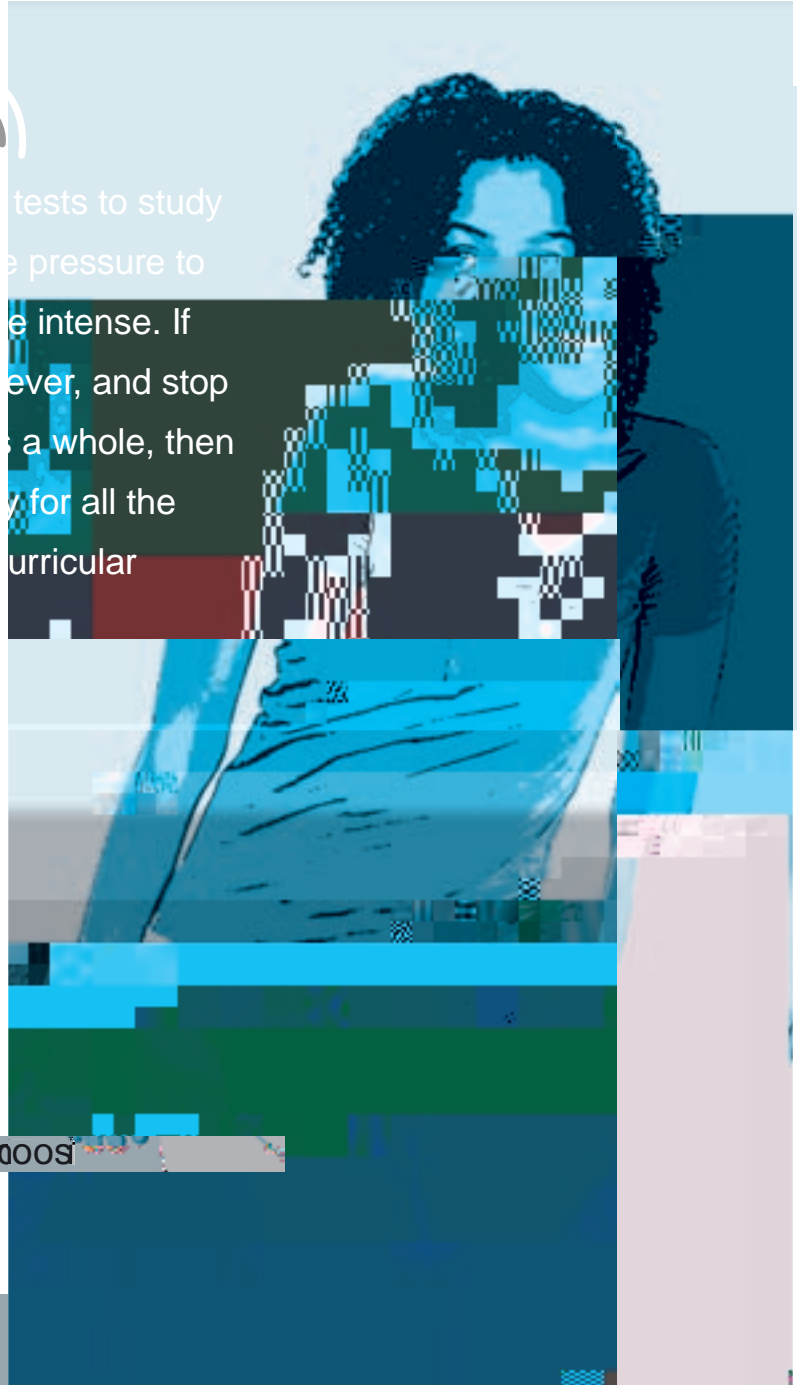
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HOW Do I Get There?





...tests to study  
...the pressure to  
...e intense. If  
...ever, and stop  
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...y for all the  
...urricular



## WORK ZONE

What seems most important to me in books











## Tests Specifics

Most colleges require that you take a college admission test as part of the admission process. These types of exams test your basic knowledge and critical thinking skills. There are also exams that you may take that cover specific subjects, such as American history and biology.

Even if you don't know yet where you want to apply to college, you should plan on taking an admission test because most colleges require one to be admitted. Most students take an admission test at the end of junior year or the beginning of senior year, or both. If you are not happy with your first test score, you may take the test again.

If you cannot afford the test fee, fee waivers are available through your school counselor. Talk to your

counselor early to make arrangements to waive the test fee and to get reg(o) 119vt reolotw2wai(rly t)s



## Getting Ready for Your Admission Tests

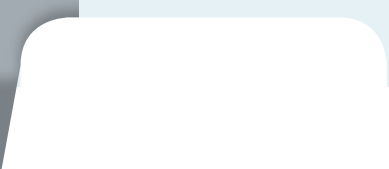
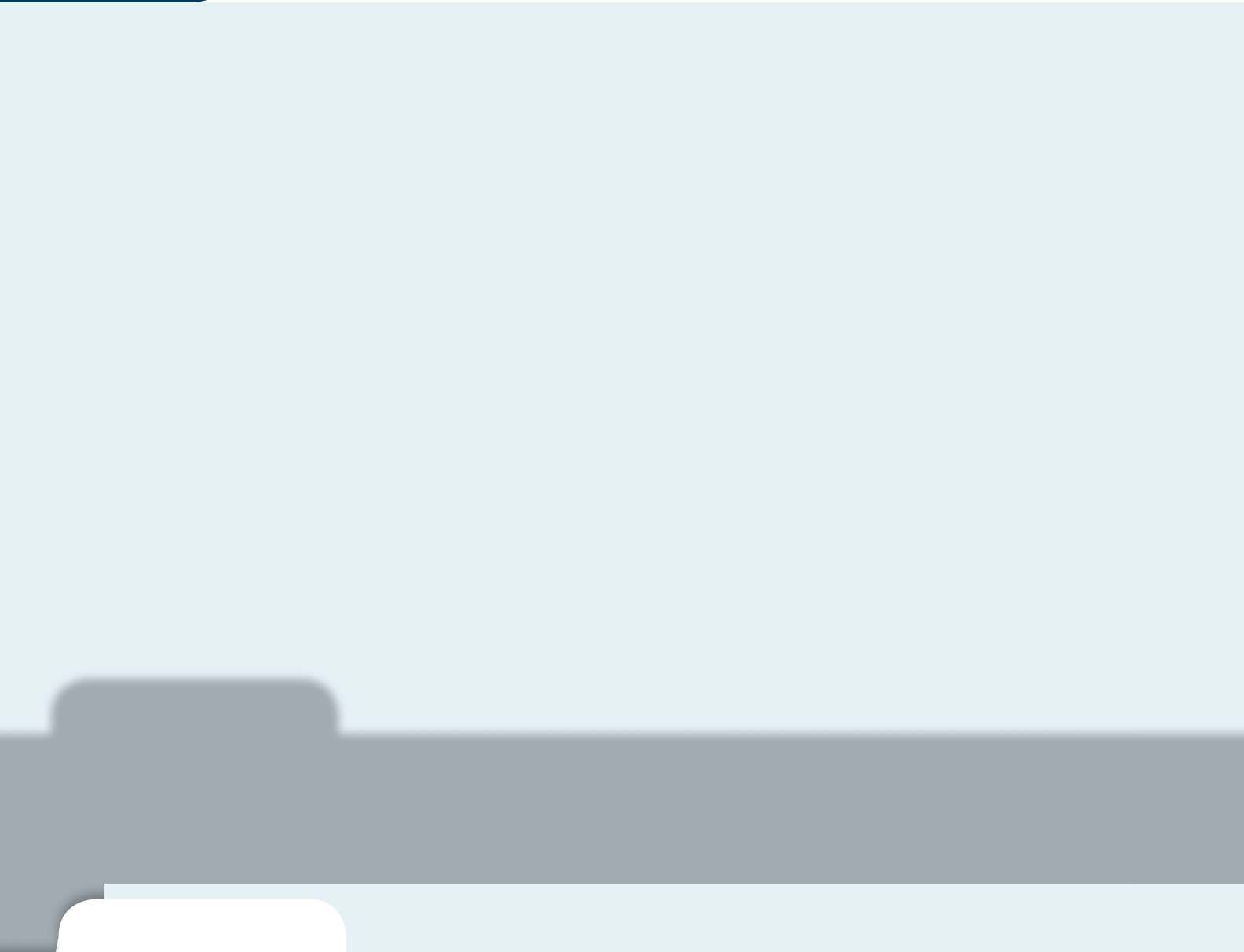
Make sure that you are registered on time to take admission tests. You should also take some time to practice for your tests. The more you practice, the better prepared you will be.

You should know the format of the test before you take it. These are tests of skills and general knowledge, so it won't be like studying for your history class. You should take the PSAT/NMSQT in October of your junior year.

This is a hands-on practice SAT test. It is also a great way to get some information on your testing strengths and weaknesses.

The PSAT/NMSQT will help you become familiar with the types of questions on the SAT. After the test, you will have access to a personalized SAT study plan that







WHO Am I?

WHERE Am I Going?

HOW Do I Get There?







5





WHO Am I?

WHERE Am I Going?

## College Admission Calendars

Admission policies vary at every college, but there are some broad approaches described below. Make sure you have current information about the application

procedures and deadlines aedd7i 69.129 0 0 807i 69.129 0 0 81pproaches described below. Make sur. Make su3.2







[Blank box]

February

March

April

May

[Blank box]

# College Application Tracker

is tracker will help you stay on top of all your



WHO Am I?

WHERE Am I Going?

HOW Do I Get There?

# UNIT

# 6

It's More than a  
Form

Pages 76...79

Planning the  
College Essay

Pages 80...83

Letters of  
Recommendation

Pages 84...85

The College  
Interview

Pages 86...87



College 1

College 2



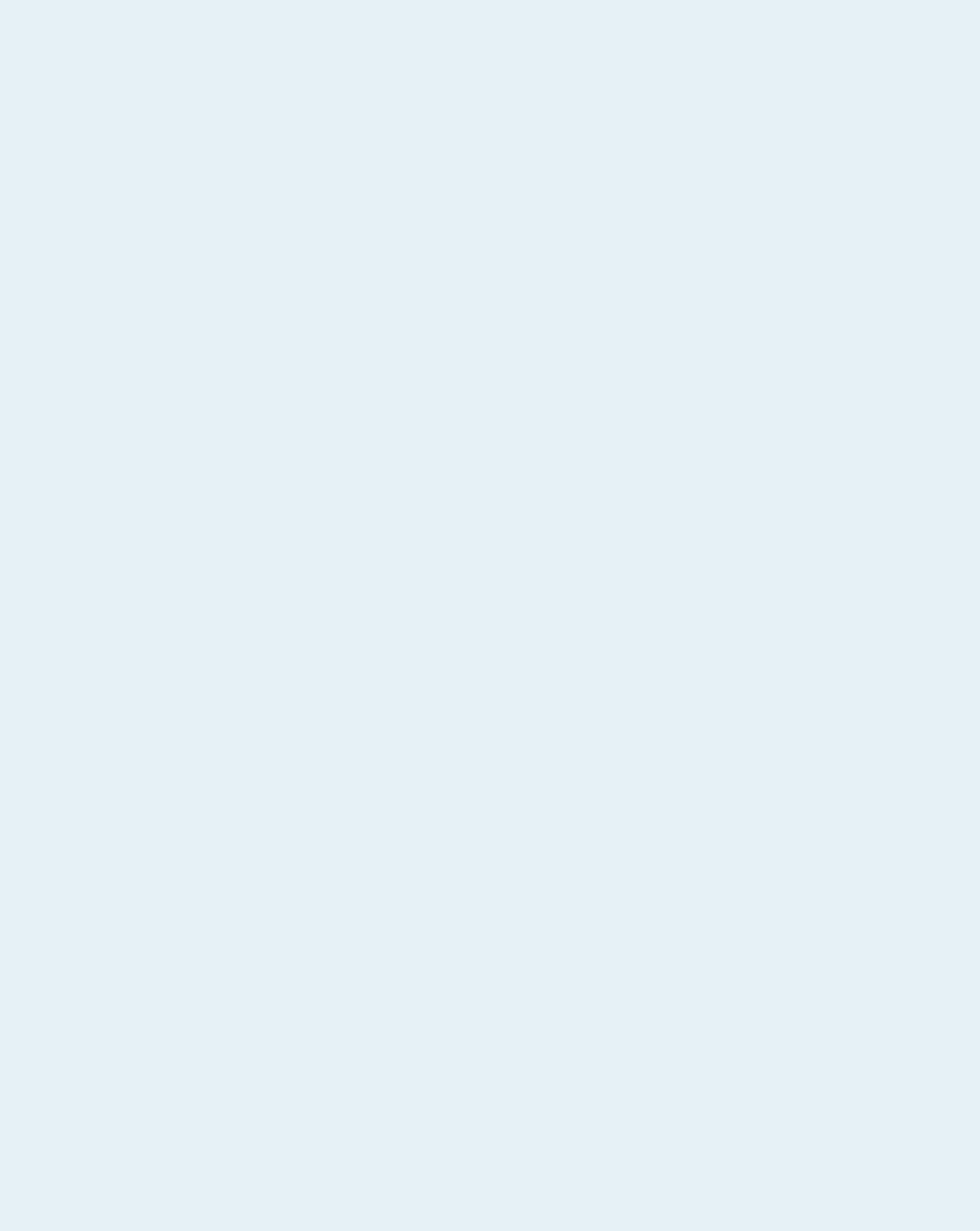
WHO Am I?

WHERE Am I Going?

Do's

- € Ensure security by applying for a PIN (personal identification number) and by using confidential passwords on all websites.
- € Print out paper copies of any work you do online.
- € Inform your counselor of your online work, so your high school will be sure to send transcripts.
- € Reread onscreen material before you hit the "send" button.





WHO Am I?

WHERE Am I Going?



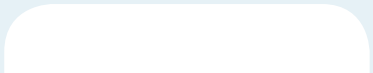
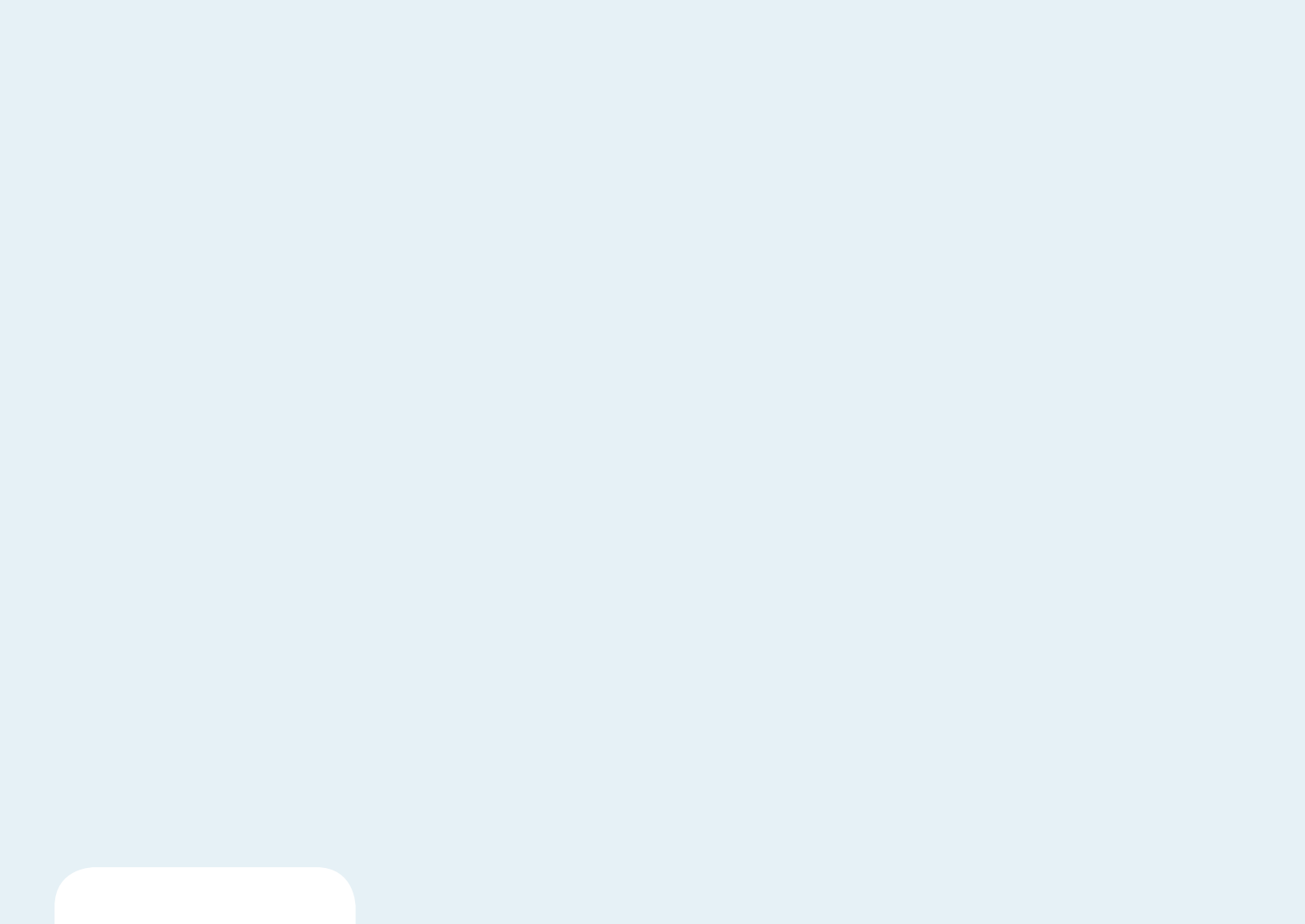
WHO Am I?

WHERE Am I Going?









Remember, it's OK to ask for clarification if you do not understand something. This is part of being a good listener, and it shows that you are actively listening to what your interviewer is saying.

#### What Should You Ask?

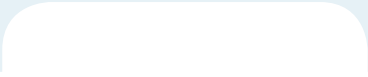
A college interview is a great opportunity to learn more about whether the college is a good fit for you. Be courteous, but don't be afraid to ask probing questions aimed at what you really need to know in order to make a good decision. You might ask:

# UNIT

# 7

ing for any family or any





WHO Am I?

WHERE Am I Going?

## How Does This Affect My College Choices?

Because financial aid is based on a family's ability to pay, not what colleges cost, it allows any student to consider colleges in all kinds of price ranges. So while the most expensive college is not necessarily the best one for you, you should not rule out a college that is a good fit because of a high cost; it might be that financial aid will make that college affordable for you and your family.

## What Do You Have to Do?

The first thing you need to know is that applying for financial aid is a totally separate process from applying for admission, with different forms and deadlines. Planning your strategy early in senior year is a smart move. Applying for financial aid can cost you money, so getting organized by using a financial aid timeline is a good idea. You can keep track of all your important financial aid due dates.

The financial aid process is a team effort that will require some input from your family, so talk it over with them at the outset. You will want to schedule an appointment with your school counselor at the beginning of senior year to get everything organized. At times, the process may seem intimidating, but it's worth it! Financial aid makes college possible for millions of students every year.

## What Should You Do First?

There are definite steps to follow. As soon as you have a list of colleges you like, find out what financial aid forms they require and what their deadlines are. Most colleges just require the FAFSA, but some want you to submit additional forms such as the CSS/Financial Aid PROFILE, which can be found through the College Board website.

Many colleges have priority dates instead of a firm deadline for applying for financial aid. A priority date is the date by which a college must receive an application in order to give it the strongest consideration possible. After that date, funds may be limited or used up, and you may not get as much aid as you need.

You can't submit the FAFSA until after January 1 of senior year, but because of college priority dates you will want to submit it as soon as you can after January 1. The best way to fill out the FAFSA is







WHO Am I?

WHERE Am I Going?

## How Do You Apply?

Many scholarship applications have common requirements. Besides the application form itself, they usually ask for a high school transcript, some letters of recommendation and a personal statement or essay. Some scholarships ask for evidence of leadership, patriotism, depth of character, desire to serve or financial need.

Other scholarships are task specific which means they ask you to do something. Examples of task-specific scholarships would include writing an essay about a specific

WHO Am I?

WHERE Am I Going?



WHO Am I?

WHERE Am I Going?





WHO Am I?

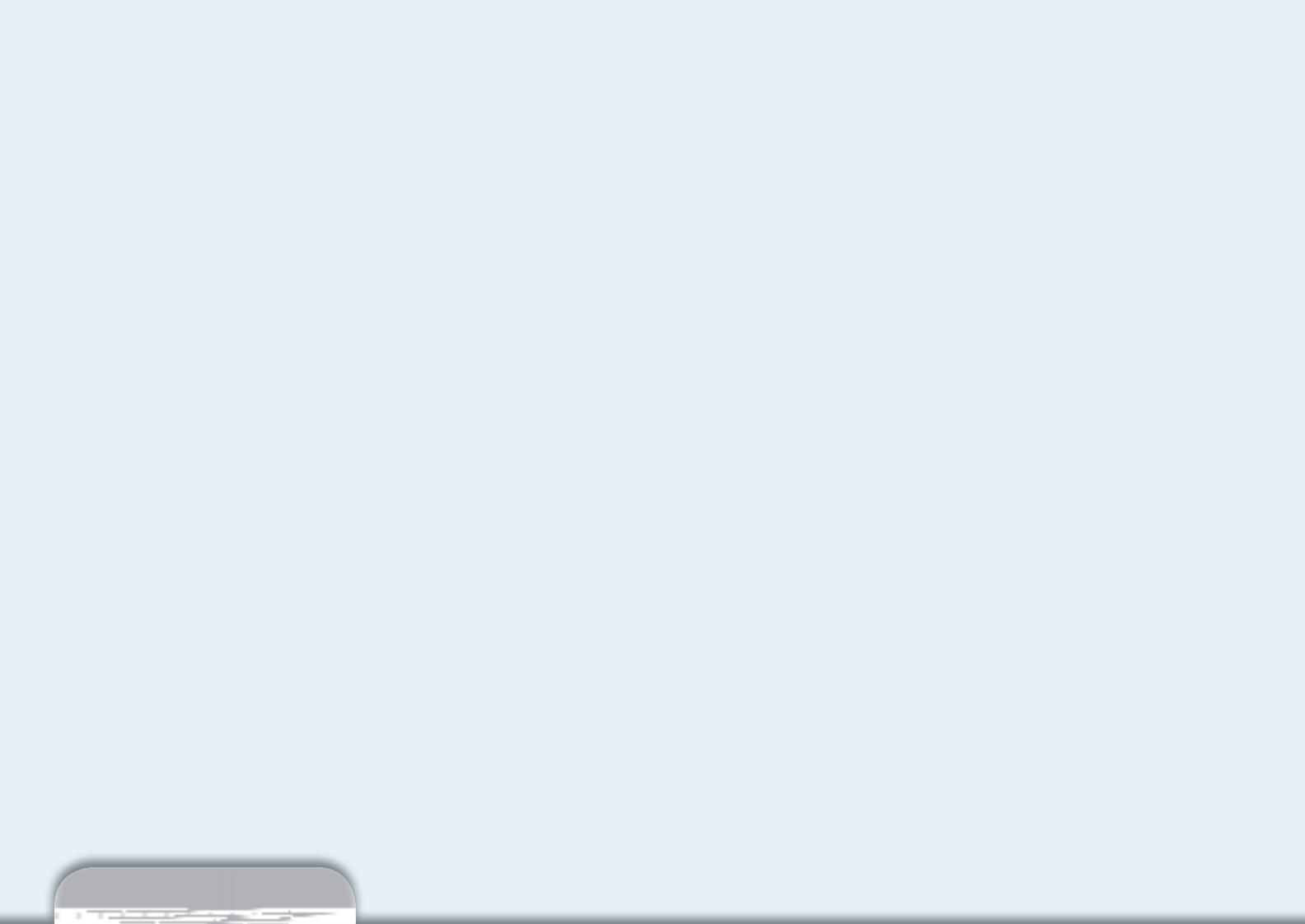
WHERE Am I Going?

HOW Do I Get There?



ng college  
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have a much  
have similar  
ear to heart,



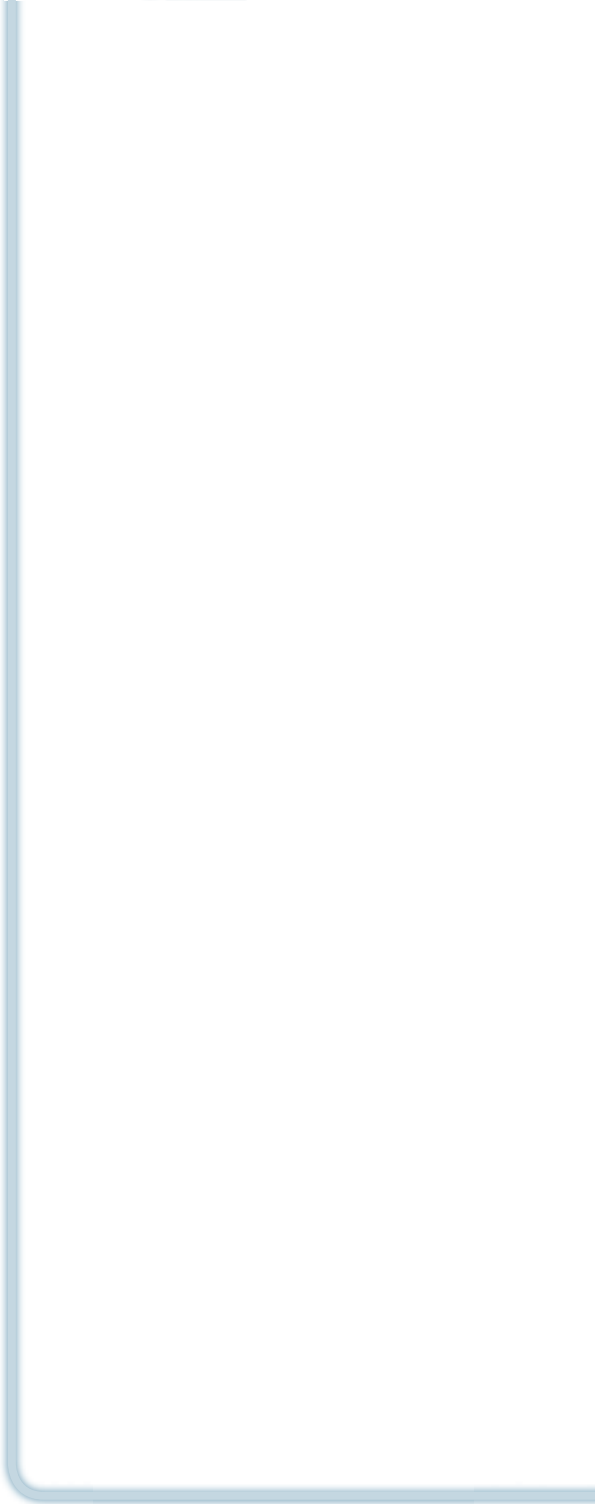


WHO Am I?

WHERE Am I Going?



NEXT  
STEPS



# Glossary



A professor assigned to help students choose appropriate courses each semester.

- , General education requirements Courses that give undergraduates background in the primary academic disciplines: natural sciences, social sciences, mathematics, literature and language, and the arts. Most colleges require students to take general education courses in their second years, as a way to sample a wide range of courses before choosing a major. At some colleges, general education courses are referred to as the core curriculum; at others, a few courses within the general education requirements are core courses that all students must take.
- , Gift aid Student financial aid, such as scholarships and grants, that do not have to be repaid. See also self-help aid
- , Grade point average (GPA) A system used by many schools for evaluating the overall scholastic performance of students. Your GPA is the average of all grades in all your classes. Colleges typically look at your GPA for grades 9...12.
- , Graduate degree A degree pursued after a student has earned a bachelor's degree. A master's degree, which requires one to three years of study, is usually the degree earned after a bachelor's. A doctoral degree requires further study.
- , Grant A type of financial aid that does not have to be repaid. Grants and scholarships are often used interchangeably to refer to aid, but grants are usually awarded solely on the basis of need. See also scholarship
- , Liberal arts The study of the humanities (literature, the arts and philosophy), history, foreign languages, social sciences, mathematics and natural sciences. The focus is on the development of general knowledge.