

Lakeland Central School District
School Counseling | Guidance Department

College Application Packet

Class of 2021

Student Name: _____

School Counselor: _____

This packet is designed to provide important information that your child's school counselor can use to assist in the post-secondary application process.



CEEB Code: 335187



CEEB Code: 334468



Lakeland Central School District
Educating Today for a Better Tomorrow

ADDITIONAL CONSIDERATIONS IN THE COLLEGE PROCESS

TRANSCRIPT RELEASE FORM FOR STUDENT ATHLETES

College-Bound Student-Athletes must also authorize their school counselor to release your transcripts, proof of graduation, and any other academic or school-related information or records, as requested by the Eligibility Center for the purpose of determining athletic eligibility.

ADDITIONAL CONSIDERATIONS IN THE COLLEGE PROCESS ATHLETICS

Talk to your coach about opportunities to compete on the college level and your desire to do so. Discuss and consider what level of competition would be best for you. When visiting campuses, try to arrange a meeting with the coach of your sport. Prepare a one-page athletic resume. It is possible to contact coaches via the college website. Students should consult their coach and/or the athletic director.

VISUAL ARTS

Prepare an art portfolio of digital slides. See an art teacher for guidance. Be as professional as possible in your development of materials. Put your name and title of the piece on each item. Be sure to consult the college art department in case the college specifies slides or photos. If you can, try to submit your work for local contests and art shows to build your resume. Students should consult with a visual arts teacher.

MUSIC

If you are musically talented, send original sheet music or send a digital recording, carefully labeled and containing only your work. If you are part of a group, enclose a letter explaining the recording and directing the listener to your specific instrument or voice. You may offer to have a live audition. Contact the admissions office. If at all possible, try to arrange to perform or participate in local presentations. Students should consult the music department.

THEATRE & DRAMA ART

Each college has its own specific requirements. You may be required to audition. You may wish to send a video and/or audio-recording. Please be aware that certain prestigious drama programs weigh GPA and SAT scores above auditions and/or do not even grant auditions. Try to gather a “clipping” collection and send these “reviews” to the college. Students should consult the music and theatre advisors.

STUDENTS WITH SPECIAL NEEDS

Students with special needs may have additional considerations when applying to colleges. Students with learning and/or physical disabilities, should discuss college options with their school counselor. There are at least three kinds of situations where the student will want to consider some options with his/her school counselor:

- The student has moved through high school with an Individualized Education Program (IEP) and he/she wants to communicate his/her special needs to colleges with this plan.
- The student has a Section 504 Accommodation Plan and wants to have the same accommodations in college as provided previously.
- The student has a disability which has been diagnosed privately and not handled by the school and which will require some accommodations at the college. It is up to the student and his/her family to disclose any special needs to colleges. Nowhere on the student transcript or other documentation from the school is there indication of special accommodations or needs. The school will not share a student’s disability with a college.

LETTERS OF RECOMMENDATION FOR COLLEGE

Colleges require letters of recommendation from high school classroom teachers. Now is the time to decide which teachers to ask. This will ensure that your teachers have ample time to write the letters on your behalf. A writer does not have to be a teacher from a class that you received the highest grade. Rather, the best writer is someone who knows you best. Perhaps the writer knows your strengths or witnessed your perseverance in grappling with difficult content – your “grit.” Your school counselor will also write a comprehensive and holistic letter of recommendation for you.

Key Terms to Know About College Financial Aid

Once accepted into college you will receive an **Award Letter** (*also called a financial aid notification*) that will have many of the terms below. Comparing **Awards** from each school accepted will play an important role in determining which college you will send your Deposit to on May 1st.

1. Free Application for Federal Student Aid (FAFSA)

The FAFSA is filled out every year by current and prospective college students. By submitting your FAFSA, you can become eligible to receive grants, loans or work study to help fund your kid's studies. The FAFSA is free to submit and available online, and every college student should submit it every year. The deadline for the FAFSA varies by state—but some aid is first come, first served, so it's best to be the early bird on this one.

2. CSS (College Scholarship Service)/Financial Aid PROFILE

The CSS/Financial Aid PROFILE is a nonfederal online application for financial aid and is more thorough than the FAFSA in determining *aid eligibility* by considering factors such as your family's medical expenses, debts, home equity and business net worth. You should submit a PROFILE *only if* your college requires instructs you to do so.

3. Student Aid Report (SAR)

After you've filled out your FAFSA, you'll receive a Student Aid Report that will handily summarize all the information you provided in your FAFSA application.

4. Cost of Attendance (COA)

A school's cost of attendance is the estimated full cost of completing one academic year as a full-time student at that institution. It includes everything from tuition and textbooks to room and board, personal living costs and transportation.

5. Expected Family Contribution (EFC)

The Expected Family Contribution is a calculated dollar amount that helps determine a student's eligibility for financial aid, based on information provided on financial aid application forms such as the FAFSA and PROFILE. The formula for calculating EFC accounts for your family's income, assets, benefits (like unemployment or Social Security), household size and the **number of family members currently** attending college.

6. Net Price

Net price is the amount that a student will ultimately pay out of pocket to attend an institution for one academic year, after subtracting any "gift aid" like scholarships and grants. Your net price is the sum of your Expected Family Contribution, "self-help" aid such as work opportunities and loans that must be earned or paid back, and any unmet financial need.

7. Grants

Grants are essentially *free money gifted to students* to help fund their education. They are generally need-based and may come from the federal government, your state government, your school, or other private or nonprofit sources. For federal grants, the first step to receiving money is filling out your FAFSA. U.S. federal grants fall into four buckets, including:

- **Federal Pell Grants:** every student that fills-out a FAFSA will be eligible to receive this grant;
- **Federal Supplemental Educational Opportunity Grants (FSEOG)**, which offer a certain amount of aid to each participating school to distribute among its eligible students;
- **Teacher Education Assistance for College and Higher Education (TEACH)**, which offers grants to students pursuing coursework that will prepare them for a teaching career; and
- **Merit-based aid** is awarded based on the student's talents, skills and achievements. *Most private scholarships* are awarded based on merit, such as academic, artistic or athletic talent.
- **Need-Based Aid** is awarded to students based on demonstrated financial need. Need-based aid usually comes in the form of grants, student employment opportunities and student loans.

8. Scholarships

Like grants, scholarships are *gifts that don't need to be repaid*. While grants are usually need-based, scholarships are more likely to be merit-based. Your student may be able to receive a scholarship for academic achievement, athletic performance, community service and the like. You may even be able to receive scholarship money from a parent's employer, particularly if either parent works at a college or university. Renewable scholarships are available for all four years instead of just one year. Don't forget to research NYS scholarship opportunities. Check: www.HESC.NY.gov.

9. Work Study

The Federal Work Study program helps eligible students earn money to cover college costs by providing them with opportunities for part-time work at their school. ***Unlike grants or scholarships*** that are awarded in a lump sum, this aid is earned throughout the year based on hours worked, so it may be better used as pocket money rather than to cover tuition fees at the beginning of the semester.

10. Loans

You may also be offered loans as part of your financial aid package. The U.S. Department of Education will continue to offer Federal Perkins Loans, where the school is the lender.

The department also offers four kinds of Direct Loans through the William D. Ford Federal Direct Loan Program:

- **Direct Subsidized Loans**, available to undergraduates with demonstrated financial need; the U.S. Department of Education pays the interest while you're in school at least half-time, for the first six months after you leave school, and during a period of deferment;
 - **Direct Unsubsidized Loans**, in which students don't need to demonstrate financial need to be eligible but pay interest at all times;
 - **Direct PLUS Loans**, available to graduate or professional students and parents of undergraduate students who do not have an adverse credit history; and
 - **Direct Consolidation Loans**, which allow you to combine multiple federal education loans so you only have to keep track of one monthly payment.
- In addition to federal loans, you may also take out private loans from a lender like Sallie Mae. Private loans tend to have more variable interest rates and less flexible repayment plans than federal loans.

11. 529 Savings Plan

A 529 plan is a tax-advantaged savings plan designed specifically to let you save for future educational costs. These plans vary slightly by state, but across the board earnings from a 529 are not subject to federal tax if those dollars are used for qualified college or other post-secondary education expenses, such as tuition, textbooks, room and board and even laptops.

To Do's

All Year

- ✓ Work hard all the way to graduation—second-semester grades can affect scholarship eligibility.
- ✓ Stay involved in after-school activities and seek leadership roles if possible.

Fall

- ✓ As soon as possible after its Oct. 1 release, complete and submit your FAFSA, at fafsa.gov, along with any other financial aid applications your chosen school(s) may require. You should submit your FAFSA by the earliest financial aid deadline of the schools to which you are applying, usually by early February.
- ✓ After you submit the FAFSA, you should receive your Student Aid Report (SAR) within three days to three weeks. This document lists your answers to the questions on your FAFSA and gives you some basic information about your aid eligibility. Quickly make any necessary corrections and submit them to the FAFSA processor.
- ✓ Apply to the colleges you have chosen. Prepare your applications carefully. Follow the instructions and **PAY CLOSE ATTENTION TO DEADLINES!**
- ✓ Well before your college application deadlines, ask your counselor and teachers to submit the required documents (e.g., transcript, letters of recommendation) to the colleges to which you're applying.
- ✓ Complete any last scholarship applications.

Spring

- ✓ Visit colleges that have invited you to enroll.
- ✓ Review your college acceptances and compare the colleges' financial aid offers.
- ✓ Contact a school's *financial aid office* if you have questions about the aid that school has offered you. In fact, getting to know your financial aid staff early is a good idea no matter what—they can tell you about deadlines, other aid for which you might wish to apply, and important paperwork you might need to submit.
- ✓ When you decide which school you want to attend, notify that school of your commitment and submit any required financial deposit. Many schools require this notification and deposit by May 1.

College Application Forms

- ♦ Student Autobiographical Record | Senior Questionnaire
 - This form will provide valuable information to in the drafting of your school counselor letter.
- ♦ Student Activity & Accomplishment Form
 - Be as thorough as possible – it is ok if you don't have a lot to put in this category, but you'll be surprised all you accomplished during your high school journey
- ♦ Parent Brag Sheet
 - Families, please share information you believe will be helpful for the school counselor.
- ♦ Official Transcript Request Form
 - This form is mandatory and must be submitted to the guidance office so that we can submit the necessary documents on your behalf.

Please return to your school counselor as soon as possible

Student Autobiographical Record

Senior Questionnaire

FOR USE BY YOUR SCHOOL COUNSELOR ONLY
PERSONAL INFORMATION WILL BE HELD IN CONFIDENCE

Information in this packet may be used in determining eligibility for scholarships and financial aid.

Student's Name: _____ School Counselor: _____

Mother's Name: _____

Occupation: _____ College Attended (if any): _____

Father's Name: _____

Occupation: _____ College Attended (if any): _____

Please fill-out your Student Autobiographical Record **as soon as possible** and **return** to your school counselor. Answer the questions you believe will provide important information that will assist in drafting of your school counselor letter. You **do not** have to answer every question and don't worry, bullets are fine.

Is there information related to you or your high school record, or other special circumstances, of which your counselor should be aware as he/she writes your recommendation (e.g., family situations, death or family illness/surgery, financial hardships, illness, extended absence, mononucleosis, concussion, injury, surgery)?

Is your academic record an accurate measure of your ability? Why or why not?

Describe an academic and/or life experience that has been a highlight to you in your high school years (e.g., a particular teacher, class, paper you wrote, project, travels, service learning, etc.).

Do you have specific career goal(s) or major(s) in mind? If so, what and why?

What do you consider your greatest strength?

Where do you feel you demonstrated the most leadership?

Describe your personal goals beyond high school (e.g., What kind of person do you want to become?).

What do you most want a college admissions committee to know about you? What are the first three words that come to mind to describe you?

1. _____ Why? _____
2. _____ Why? _____
3. _____ Why? _____

Please share your favorite activity outside of school (e.g., summer program, camp, volunteer work, paid employment, travel, hobbies, talents) and explain why it is your favorite activity.

What do you do outside of school that you have not identified yet in this packet (e.g., sports, dance, religious education, hobbies, talents, etc.)?

What have you enjoyed most about High School (provide examples)?

What have you enjoyed the least about High School (provide examples)?

What are the five most important things to you in life—list in order of importance with one being most important.

1. _____
2. _____
3. _____
4. _____
5. _____

Your email address: _____

Parent email address(es): _____

Student Activity & Accomplishment Form

Student Name: _____

Academic Honors: Briefly describe/list any scholastic honors you have earned while in high school (e.g. Honor Roll, (*how many times*) awards from awards night, National Honor Society, etc.).

9th Grade: _____

10th Grade: _____

11th Grade: _____

12th Grade: _____

Extracurricular and Personal Activities: Please list your principle extracurricular, community service, and family activities/hobbies *in the order of their importance to you*. Include specific events and/or major accomplishments such as musical instrument played, varsity letters earned, etc. Please place an “X” in the columns indicating the years that you were involved in these activities and if you hope to pursue these activities in college.

Please feel free to attach a resume if you have already prepared one

Activity	9th	10th	11th	12th	Approximate Hours Per Week	Position Held

Work Experience: Please list any job you have held during the past three years (including summer employment).

Employer	Job Description <i>(Be Specific about your responsibilities in the job)</i>	Dates of Employment	Hours per Week

Parent Brag Sheet

Parental insight provides valuable information with which to round-out a comprehensive recommendation for a student. Please take a few minutes to respond to the following questions. Your comments will be appreciated and will assist the school counselor in writing the college letter of recommendation. Please feel free to attach additional pages.

Child's Name: _____ Counselor: _____

What do you consider to be the outstanding accomplishments of your son/daughter over the past three years?

In what areas has your son/daughter shown the most development and growth during the high school years?

What do you consider to be your son's/daughter's most outstanding personality traits?

What should the whole world know about him/her? Are there any unique personal or family circumstances or influences which have affected your son's/daughter's educational experience (e.g., unique circumstances, family situations, financial hardships, etc.)?

If you had to describe your son/daughter with five adjectives, what would they be?

What are your expectations for your son's/daughter's future career and/or college choice?

Lakeland Central School District
Official Transcript Request Form

STUDENT NAME: _____ Date Form Received: ____/____/____
Guidance Staff will enter this date

COUNSELOR NAME: _____

STUDENT DIRECTIONS:

- Please submit this form to your counselor at least **15 school days** before any application deadline.
- Please submit this form to your counselor by **10/8/20** for an 11/1/20 application deadline.
- Please submit this form to your counselor by **10/28/20** for an 11/15/20 application deadline.

Naviance & College Application

- ♦ Guidance staff **will process** your documents in Naviance when this *Transcript Request Form* is **received**.
 - Note: If you have submitted your *Transcript Request Form* to your counselor, please remember to **update** the form if you apply to another college.
- ♦ Guidance will send: Official Transcript, HS Profile, School Counselor letter, and other documents in Naviance.
 - **Teachers** send their letters of recommendations *separately*
 - SAT & ACT score need to be **sent by student/family**
- ♦ Often, all the documents do not arrive at the same time. When this occurs, colleges automatically generate a correspondence that documents are missing. Please allow several days after such correspondence before reaching-out to the college or guidance.
- ♦ **Scholarship Applications:** Provide your counselor with any forms required by the specific scholarship, and information regarding mailing

College	Common App	SUNY App	Other	College Deadline	Check Only 1			
					EA	ED	Reg.	Rolling
1:	Y / N	Y / N		___/___/___				
2:	Y / N	Y / N		___/___/___				
3:	Y / N	Y / N		___/___/___				
4:	Y / N	Y / N		___/___/___				
5:	Y / N	Y / N		___/___/___				
6:	Y / N	Y / N		___/___/___				
7:	Y / N	Y / N		___/___/___				
8:	Y / N	Y / N		___/___/___				
9:	Y / N	Y / N		___/___/___				
10:	Y / N	Y / N		___/___/___				

IMPORTANT PRIVACY NOTE

By signing this form, I authorize all schools that I have attended to release all requested records covered under the Federal Educational Rights and Privacy Act (FERPA) so that my application may be reviewed by all institution(s) to which I am applying. I further authorize the admission officers reviewing my application, including seasonal staff employed for the sole purpose of evaluating applications, to contact officials at my current and former schools should they have questions about the school forms submitted on my behalf.

___Yes, I do waive my right to access, and I understand I will never see this form, or any other recommendations submitted by me or on my behalf.
 ___No, I do *not* waive my right to access, and I may someday choose to see this form or any other recommendations or supporting documents submitted by me or on my behalf to the institution at which I'm enrolling, if that institution saves them after I matriculate.

Student Signature _____ Date / ____/ ____

Parent Signature (if student is under 18) _____ Date / ____/ ____