

College Planning Guide

2024 – 2025



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Assessing Yourself

What do I want to do for a career?

Take some time to think about your interests, abilities and goals. The Naviance career interest profiler will be given in your junior year to help you define your interests. The Practice ACT test also gave you results in the Career Map to consider. You can find descriptions and job outlooks for careers on the career websites listed in this booklet.

What kind of training do I need?

Find out about the years of education required for careers that interest you and consider how much time you want to spend in school. Some fields, such as technology, agriculture or health offer specialized training found at two-year colleges or technical institutes. Others require a 4-year or Bachelor's Degree, Masters or Doctorate. **Liberal Arts** is a broad study of education in literature, languages, natural and social sciences. Some students study liberal arts for the first two years at a four-year institution and define their major in the junior year of college. Other students identify a major at the beginning of their freshman year. Those who attend a two-year college can study liberal arts for both years and then transfer to a 4-year college. Two-year colleges are often also used to begin training for a career with specialized majors.

What Colleges Look for in Prospective Students

A number of factors are considered by admissions officers to make sure you fit the standards that the college sets. Each college will weigh these factors in their own unique, often subjective way to arrive at a decision about an applicant. Two-year colleges generally have open admission standards although prerequisites may be required for certain programs. Four-year colleges have higher admission standards and vary in difficulty level for admission purposes. **The most selective colleges turn down more than 90% of qualified applicants!**

What Colleges Look for in Prospective Students

1. Transcript
 - Difficulty of classes
 - Final Grades
 - GPA
2. Standardized Test Scores
3. Senior Year Courses and Grades
4. Letters of Recommendation
5. Essay or Writing Sample
6. Work/Extracurricular activities
7. Portfolio (if required)
8. Interview (if required)
9. Special Talent/ Uniqueness

GRADES AND COURSES IN HIGH SCHOOL ARE MOST IMPORTANT

Good grades in all courses show that you are willing to work hard and have a variety of interests. A poor grade or two does not necessarily mean you won't be admitted. If your grades improve, most colleges will notice. Colleges also consider the difficulty level of the courses you've taken. A student planning to apply to any selective college will be best served by choosing a challenging curriculum in grades 9 through 12. This includes Honors level course work, Advanced Placement (AP) courses, and advanced levels of math, science and world language. The high school transcript is a record kept by the high school counseling office which lists all high school coursework and grades, grade point average (GPA), and limited biographical data (name, address, phone number, date of birth). **Regardless of a college's admissions policy, the transcript is usually the most important factor in the admissions process.**

A student wishing to attend college in the fall following high school graduation will typically apply in the fall of their senior year. This means that colleges will be making decisions based on marks received in grades 9 through 11. Trends shown by the transcript are also important. An improvement from grade 9 to 10 and then from 10 to 11 will be far more attractive than a downward trend. Colleges will also look at courses selected for senior year and grades from the first semester when making their decision.

Scores on College Entrance Exams (SAT/ACT)

Juniors should consider taking either the SAT and/or the ACT, as a part of their application for college. Although colleges stopped requiring these tests during COVID, many 4 year colleges have reinstated this and more are considering doing so. Review the admission requirements of the colleges you are interested in to determine if you need to take these examinations. **Scores from SAT/ACT's are NOT on transcripts. They MUST be sent directly from testing agency.** Students are responsible for this.

Recommendations

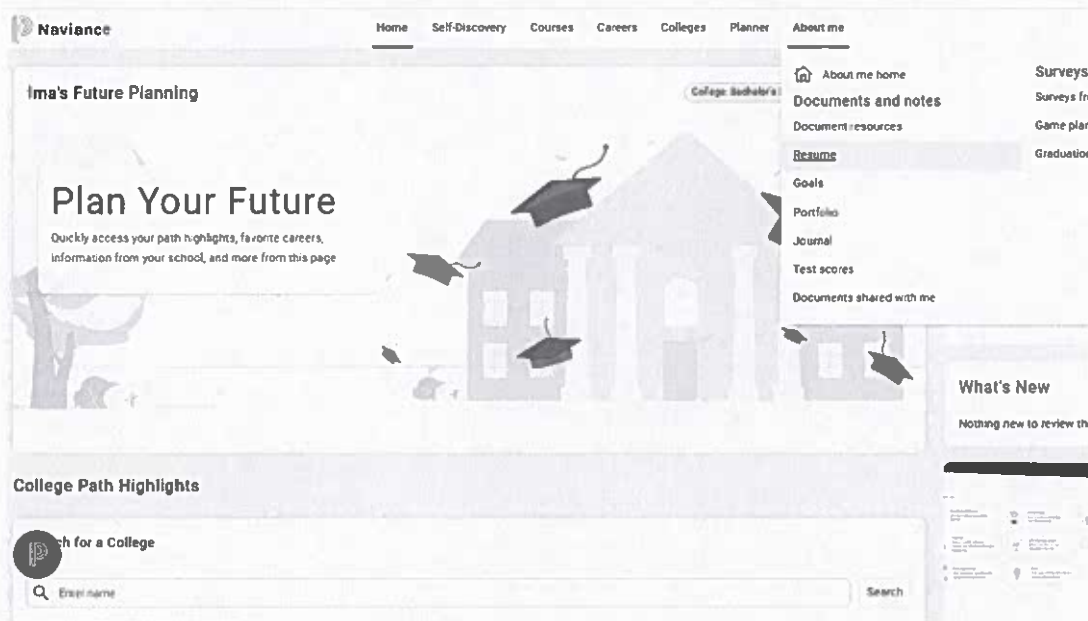
Most four-year colleges require a recommendation from your school counselor and from one or two teachers. Sometimes you can also include a letter from a principal, employer, coach or clergy. It is important that the person recommending you have insights into your personal strengths as a student and your activities.

Essays

Many colleges require an essay. This can be an intimidating task. View this as an opportunity to express yourself (see tips on essay writing). Admissions officers are not looking for a "correct answer" on the essay. They want to find out what you are like as an individual and how well you can express yourself through writing.

Activities

Get involved early in high school and develop a resume that includes volunteering, extracurricular activities, athletics, musical performance, achievements, work experience, internships and/or any other unique programs you have experienced. Colleges are interested in admitting a wide variety of students. They need to fill their sports rosters, their music and drama groups, and want volunteers and leaders. They are more interested in a student who excels in a few areas rather than someone who is superficially involved in many. Naviance has a resume building section which can be found under the about me section.



Finding a College to Match Your Goals

Although the process of finding out about colleges and applying seems difficult, there are some basic steps you can follow to help organize your search.

Narrow Down Possible Majors

- When choosing a major, give thought to what career that major will lead to and whether or not you will need further education beyond that degree to get a job. Some majors offer a variety of career possibilities.
- Avoid 'tunnel vision' focusing on only one major. Explore related fields.
- Evaluate your abilities by looking at the courses needed to complete the field of study. Do you believe you are capable of meeting the criteria of the program?
- Investigate the job placement potential of the career which interests you. This should factor into your decision.

If You Are Undecided...

Many students can narrow down their list by eliminating what they don't want. Many high school students can't decide because they haven't had enough experience to do so. Very few students get to experience course work in their specialized field of interest until they get to college. College affords you the opportunity to learn about yourself and your interests. At the four-year college level, the first two years are often spent in liberal arts giving you the opportunity to explore. Another option is to pursue a two-year liberal arts degree and transfer.

Changing majors is common among college students as they explore different courses. Regardless of what you choose, it doesn't have to be final. Evaluate yourself honestly and openly and you'll likely come up with an area of study that's right for you.

Search to Find Colleges

Naviance and CollegeBoard.org are two sites that allow you to search for colleges that match your individual interests and goals. You should be prepared to enter information about desired location of the college, two or four-year program, possible majors, size, residence facilities, entrance difficulty, special programs you are interested in, sports you want to play, etc.

Getting Started

Start to consider important factors in choosing a college

1. Major
2. Location
3. Competitiveness
4. Special Interest
 - a. Art: Speak with an art teacher about portfolio requirements
 - b. Music/Theater: auditions or other material may be required
 - c. ROTC
 - d. Athletics: Division I or Division II athlete must register with the NCAA Eligibility Center eligibilitycenter.org
5. Size
6. Cost

Students with Disabilities

For students with a documented disability and receive IEP or 504 services

- It is student's responsibility to self-advocate
- You will need to provide accurate and complete documentation to your college of choice
- Required documentation may vary from college to college
- Accommodations at the college level are based on the colleges' review of the documentation, NOT necessarily what is on the high school IEP or 504 plan
- Mrs. Marcus is our Transition Coordinator (cmarcus@voorheesville.org)

Applying to College

College Entrance Exams

The **SAT**, and the **ACT** are used by many four-year colleges in the admissions process.

The SAT

The SAT is composed of two sections: (1) the Reading and Writing section, and (2) the Math section. You have 64 minutes to complete the Reading and Writing section and 70 minutes to complete the Math section for a total of 2 hours and 14 minutes.

Each section is divided into 2 equal length modules, and there is a 10-minute break between the Reading and Writing section and the Math section. The first module of each section contains a broad mix of easy, medium, and hard questions. Based on how you perform on the first module, the second module of questions will either be more difficult or less difficult.

The SAT is a digital test, requiring students to take the exam on a laptop or tablet through an app called Blue Book. Blue Book is available on students' school-issued Chromebook.

The ACT

The ACT test is a curriculum-based education and career planning tool for high school students that assesses the mastery of college readiness standards.

The ACT contains multiple-choice tests in four areas: English, mathematics, reading and science. ACT's writing test is optional and will not affect your composite score.

Starting April 2025, the ACT is changing

- Students can choose to take the test digitally
 - if you choose to take the test online, the science & writing sections will be optional
 - the composite score will include: Reading, English & Math

Starting September 2025

- For both digital and paper tests, the science & writing sections will be optional
- All composite scores will include: Reading, English & Math

Which test should you take?

This can probably be answered by referring to the results of your Practice ACT and PSAT exams. If it is unclear which one is a better match for you than the other, try both the SAT and ACT by the end of the junior year.

How can I prepare for these tests?

A strong academic course load and supplemental reading help students best prepare for the college exams.

The PSAT, given in October of the junior year, is the best indicator of future performance on the SAT. Reviewing your answers on this test will help you determine where to focus your studying. To study, purchasing an SAT review book is a good start. This will help you become familiar with the structure of the test, types of questions asked, and time limits.

The College Board (through the Bluebook App) and Khan Academy offer free SAT prep. Sign up for a College Board account to take advantage of this.

The Practice ACT test offered in the sophomore year is a practice test for the ACT. These results can also be reviewed prior to taking the ACT. Review books and courses are available for this test as well.

Students may also take prep classes offered by area high schools, Kaplan educational centers, Princeton Review, selected colleges and private tutors.

Princeton Review- www.princetonreview.com 1-800-KAP-TEST

Kaplan- www.kaplan.com 1-888-955-4600

Capital Region Tutors- www.capitalregiontutorsinc.com (518)861-8740

Sylvan Prep- www.sylvanlearning.com 1-888-338-2283

Letters of Recommendation

Many colleges require a student to have recommendations written by faculty members. Often, colleges will want recommendations from one or two teachers, a school counselor, and possibly a personal reference from outside of school.

Follow these guidelines to get the best possible letters:

***Ask early!** Teachers are very busy during the school year so give them plenty of time. The third or fourth week of school would be an ideal time to ask in most cases as it is well before deadlines and before the onslaught of such requests. Have everything ready to give to the potential reference; due date, the latest copy of your resume, as well as ideas about your potential major/career. If they ask for your transcript, let your school counselor know and they will supply this directly to the teacher.

***Start the Common Application.** Complete the Education section. Add a college and complete the FERPA waiver found in the questions asked by that college.

***Waive your confidentiality rights.** People you are asking should be those you trust to write nice things about you.

***Match your Common App & Naviance accounts** under "Colleges I'm Applying To"

***Choose wisely.** Do not choose someone with an impressive title who barely knows you. People who can attest to your academic achievements and personal character carry far more weight.

***After asking the teacher,** select them from the pulldown list in Naviance, under "Colleges I'm Applying To"

***Thank your references** and let them know of the results and your plans!

***Keep a record of who and when you asked.** Give the person a reasonable deadline and follow-up with that person to make sure the recommendation has been completed.

Resume

Your record of involvement in activities can be a significant supporting credential in determining admission. Mere membership is not the important factor. It is, rather, the level of involvement and accomplishment that is important. It is better to be involved in one or two activities and be a significant contributor to them than to be involved superficially in many organizations. With this in mind, each student will be asked to complete a resume using Naviance. On it, students should list their involvement during high school in work, sports, music, clubs, student government, community service and volunteerism, and special programs, workshops, conferences they have attended as well as any awards won. This form should be kept updated. It is used by counselors and teachers to write recommendations and determine awards. The resume can also be used by the student when filling out college and scholarship applications.

JANE SMITH

SAMPLE RESUME

2 SCHOOL ROAD
VOORHEESVILLE, NY 12186
518-765-0000
jsmith@yahoo.com

ACHIEVEMENTS

	Description	Grade
HONOR SOCIETY	ACADEMIC ACHIEVEMENT	11, 12
ART PRIZE	1 ST PLACE -POSTER CONTEST	10
BIOLOGY	HIGHEST AVERAGE	9

EXTRACURRICULARS

KEY CLUB	ORGANIZED SERVICE PROGRAMS	10,11,12
SCHOOL NEWSPAPER	STAFF WRITER	12
YEARBOOK	ASSISTANT EDITOR	11,12
INTERNATIONAL CLUB	TREASURER	10,11,12
DRAMA CLUB	STAGE DESIGNER	9, 10
GUITAR	PRIVATE LESSONS	9, 10, 11, 12

ATHLETICS

CROSS COUNTRY	CAPTAIN-SENIOR YR-VARSITY	11,12
TRACK & FIELD	JV & VARISTY	10, 11, 12
CHEERLEADER	VARISITY	12
SOCCER	JV	9,10

COMMUNITY SERVICE

HELDEBERG WORKSHOP	CIT in Children's Education	11, 12 summers
CHRISTMAS IN APRIL	Home repairs for the elderly	11, 12
DIABETES WALK-A-THON	Fundraising for cause	10, 11, 12

WORK EXPERIENCE

INDIAN LADDER FARMS	HARVEST	SEASONAL
NICHOLS MARKET	CASHIER	October 2019-Present
THACHER PARK	CONCESSION STAND	Summer 2021

Writing the College Essay

For some colleges, the essay is second only to grades in importance when screening potential freshmen. It is especially influential when several applicants have similar qualifications. Generally speaking, the admissions staff will evaluate essays on three levels:

Level 1: Your ability to use standard written English that is correctly written, punctuated, and contains proper grammar, usage, and syntax.

Level 2: Content, substance, and depth of insight, reflecting your ability to think and convey your true feelings or opinions about a topic.

Level 3: Creativity and originality.

2024-2025 Common Application Essay Prompts In 650 words or less:

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.

2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?

3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?

4. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?

5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.

6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?

7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own designs.

***** These were the options for our current seniors. Common App will likely announce the essay prompts for next year in the next few weeks. Simply search "Common App Essay Prompts 2025-26"**

Essay Writing DO's

**If optional; write it!*

****Read question carefully and be sure to answer what is asked. Feel free, however, to interpret in your own way.**

****Keep your audience in mind. Essays read by college admissions staff, not your roommate, not psychologists. Realize also that they will read dozens each day.**

****Stick to the recommended length. If not specified, about one page, single spaced.**

****If you need to, set aside a block of time (at least an hour) to see what happens on a blank page. Sitting at a desk will produce better results than panicking about what and when you'll write.**

****Write about YOU, not your team or family and about YOUR experience, NOT the experience itself.**

****Show, don't tell. Sell yourself without bragging.**

****Write a rough draft and then let it sit for a few hours without looking at it. When you return, read it and remove any clichés, vagueness, dullness or errors.**

****Read it aloud to check for awkward phrasing, unnecessary words, inaccurate usage.**

****Consider adding detail, cutting away repetition, or combining sentences for a smoother flow of ideas.**

****Look up any words that look strange for both spelling and definition.**

****Have a strong first paragraph, one that will grab the reader's attention. If this does not come to you immediately, write the rest of the essay first.**

****Ask someone whose opinion you respect to read and critique. Ask for specifics; "Tell me what you think I am trying to say", "How do I come across as a person?" "What parts are confusing?", "Where are more details needed?", "What parts bore you?"**

****Write it, rewrite it and then write it again.**

Essay writing DONT'S

DO NOT do any of the following....

****Make any spelling or grammatical errors.**

****Repeat information from other parts of the application.**

****Do a rush job.**

****Overuse adjectives, adverbs, exclamation points.**

****Abuse the thesaurus; don't try to impress by using only big words.**

****Use generalities**

****Try to write what you think they want to hear. Readers are not looking for anything in particular except more about you. There is no answer more correct than another.**

****Use the essay as a place to make excuses about low scores.**

****Psychoanalyze yourself.**

****Use humor unless you are very confident in it. Nothing is less funny than comedy that falls flat.**

****Give Miss America type responses of wishing to make the world a better place, etc.**

****Use any of the following topics:**

****Your relationship with boy/girlfriend.**

****Religious or political views.**

****Drugs, sex, alcohol.**

****'Hot' current topics that everyone else is writing about.**

****Use Covid as an excuse. Too many students do this and the pandemic was officially over before your high school career started.**

****The importance of a college education.**

****Anything that mirrors the college brochure.**

College Visits and Interviews

THERE IS NO SUBSTITUTE FOR SEEING A COLLEGE YOURSELF

There are many ways to find out about a college; brochures, websites, videos, college fairs, etc. Nothing beats the experience of going to a college and seeing it for yourself.

CALL/SCHEDULE BEFORE YOU GO

Call to tell them the date you would like to visit or schedule an appointment online, find out about open houses, or inquire about visiting classes. You can also schedule an interview if they offer them and you feel this would help your application for admission. Interviews are rarely required but if you need one here are some tips:

PREPARING FOR AN INTERVIEW

- Arrive on time. This means 10 minutes early.
- Dress appropriately. Jeans and T-shirts are inappropriate, as are suits in most cases.
- Bring your transcript and familiarize yourself with your scores.
- Review the website. Avoid questions easily answered in it. Know about admissions requirements, tuition, and programs of study. Show that you are serious about their school.
- It may be O.K. for parents to be there but the student should do the bulk of the talking.
- Give the interviewer a firm handshake and address him/her by name.
- Write down a list of questions and bring them with you. You will not remember them otherwise.

QUESTIONS YOU MAY BE ASKED

- | | |
|---|--|
| ☐ Tell me about yourself. | ☐ What would you change about yourself? |
| ☐ What are your strengths/weaknesses? | ☐ What would you change about your school? |
| ☐ How have you served your school, community? | ☐ Why are you applying to our school? |
| ☐ What are your most satisfying extracurricular experiences? | ☐ Why this major? |
| ☐ What 3 words best describe you? | ☐ To what other schools have you applied? |
| ☐ How would a friend or a teacher describe you? | ☐ What do you want to be doing in 10 years? |
| | ☐ What are your favorite authors, TV shows, and movies? |
| | ☐ Favorite/least favorite subjects and why? |

You are given a chance to sell yourself during an interview. Be sure to point out what is special about you while minimizing the rough edges. Without bragging, in a matter-of-fact way tell about how you are the captain of the soccer team, class president, and volunteer at a hospital on weekends. Do not be overly critical of yourself or of your school. Let the interviewer know that you have given serious thought in deciding on their college and your major by giving informed answers when asked about such things. The interview can also be an appropriate forum for explaining unique circumstances that may have been challenging for you. Most importantly, be honest.

Finally, the last question posed to you will likely be:

Do you have any questions? **Yes, you do!**

QUESTIONS TO ASK IN AN INTERVIEW

- ☐ What are your strongest majors?
- ☐ What type of internship or co-op experience can I expect?
- ☐ % of grads who go on to graduate school?
- ☐ Colleges rapport with local community?
- ☐ Non-academic and academic support services?
- ☐ Class sizes for intro classes?
- ☐ How accessible are advisors?
- ☐ Describe your average accepted applicant
- ☐ Average debt upon graduation
- ☐ Are there any classes taught by grad students?
- ☐ Required courses for graduation?
- ☐ How are roommates selected?
- ☐ How active is your career planning office?
- ☐ How many freshmen return for second year? (Retention Rate)
- ☐ What percentage of grads gain employment in their field?
- ☐ How many from freshmen class graduate? (in 4 years?)
- ☐ Housing, auto restrictions?

Try to ask informed questions based on your knowledge of the college. Be sure to ask for clarification if necessary. Take notes. **Remember you are also interviewing them.**

Two or Four Year Colleges

With costs of a college education skyrocketing, many students and their parents are considering community colleges for the first two years as a money saving measure. For those students who plan to pursue a Bachelor's Degree consider the following advantages/disadvantages. If the decision is made to attend a two-year college first, be sure to follow a strong academic program and keep your grades high.

Advantages of 2 year

- Cost: Community and Jr. Colleges often much less expensive.
- Transferability: Most liberal arts academic coursework for a 2-year program can transfer to a 4-year school if the GPA is acceptable.
- Many close by, within driving distance of home
 - More cost saving
 - Makes transition to college easier/less homesickness
- Open admissions at many versus selectivity at most 4 years.
- Career Oriented programs.
- Often easier to get into 4 year as a junior, than as a freshmen.

Disadvantages of a 2-year

- Less rigorous in some cases.
- Transferring to 4 year may be a shock for even the most studious.
- Some courses may not transfer, check in advance.
- Check transfer rate prior to enrolling in a 2 year if 4 year is in your future.
- Program difference; juniors from a 2-year school will have different preparatory experience than students in their 3rd year of a 4-year program.

Applying to Technical Schools and Colleges Offering Two-Year, Associates Degrees or a One-Year Certificate

Applying to Hudson Valley Community College and Schenectady County Community College is easy!

1. Fill out your application in the counseling office during a study hall in October. These colleges will schedule an "Instant Admission Day" where they will meet you at school to discuss your program, waive the application fee, and most likely accept you on the spot.

When starting at a two-year college:

2. Review the list of majors for each college.

Each college offers different opportunities for a career.

3. Once accepted, look for emails to introduce you to your college advisor, to schedule required placement tests, and to create your schedule for freshman year.

Getting Apprenticeship Training, Adult Training at the Career and Technical Center, or Attending a Trade School

There are many ways to prepare for a career...see your counselor for information. Examples are Hospital LPN programs, Cosmetology School, Welding School, Civil Service Exams, Culinary Institutes, etc.

Joining the Military

Thinking of the Coast Guard, Marines, Air Force, ROTC, Army or Navy as a career or a next step? See your counselor or local recruiter for more information.

Applying for Financial Aid

To receive aid each year and/or be eligible for low-interest loans you must file the **FAFSA form** (Free Application for Federal Student Aid) during senior year at www.fafsa.ed.gov. Some colleges require the **CSS PROFILE** form as well. By registering with **CSS PROFILE** you will receive additional financial aid forms required by specific colleges. Online registration is available at www.collegeboard.com.

TAP- Tuition Assistance Program *for NY state residents attending schools in NY State*. This is now processed through the FAFSA form. NY state residents will receive additional information about TAP if eligible after completing the FAFSA.

INSTITUTIONAL FORMS -Sometimes colleges and universities require additional financial aid forms supplied by the college.

Read each college website carefully to find out which forms to submit and their deadlines for applying. Print a copy of your financial aid form before you submit it.

Financial aid forms should be submitted online as soon as possible after October 1st of senior year!

A help line is available at 1-800-4-fed-aid.

Once all required forms are completed and submitted, students will receive a Student aid Index (SAI). Using the SAI, colleges will then create a financial aid package/offer for the student. The **Financial Aid Package** is a term used to describe the total amount of aid a student receives. A package will generally consist of several parts: *grants, loans, scholarships and work-study*. **Scholarships or grants** consist of money given to a student with no stipulation of repayment. **Loans** require repayment with interest to the source of the loan. After the college determines you are eligible for a loan, then you will be able to choose a lender. **Work-study** is on or off-campus employment for hourly wages during the academic year that pays for part of the cost of your education.

FINANCIAL AID PROGRAMS

Scholarships- Merit, Need-based, Athletic or Special Talent scholarships may be offered by the college you are applying to. Using the internet, you may find scholarships to apply for relating to your major, personal profile, etc. A scholarship list is kept on Naviance in the Scholarships & Money section. Students should set time aside to research these possibilities. Most scholarships and grants that students receive are a part of the financial aid package that the individual college offers. On Naviance, we keep a listing of local and national scholarships that are sent directly to the counseling office. Students may seek additional scholarship opportunities by using online search engines mentioned on page 26.

Grant- An award of money given in a financial aid package that does not require repayment.

Federal Pell Grant Program- A federally sponsored and administered program that provides grants based on need to undergraduate students.

Federal Supplemental Educational Opportunity Grants (FSEOG) - grant aid for undergraduates with exceptional need. Pell Grant recipients with the lowest SAI will be the first to receive this award.

Federal Work-Study Program- provides part-time jobs for students who have financial need, allowing them to earn money to help pay educational expenses.

Federal Perkins Loan Program - A federally funded program based on need, administered by colleges, that provides low-interest loans each year during undergraduate study. Your school is your lender and the loan is made with government funds.

Federal Family Education Loans and Federal Stafford Loans-

For all Federal loans, you must fill out the FAFSA!

If you have need remaining, campus-based aid programs, or other sources you can borrow a FFEL or FSL to cover some of the remaining need. You will either be offered a subsidized loan in which the government pays the interest on the loan until 6 months after you leave school or an unsubsidized loan in which you are responsible for the interest immediately.

PLUS loans-Parent Loans

PLUS loans allow parents to borrow the remaining amount of money needed to finance your education. This would be the cost of attendance minus any other financial aid you receive. The interest rate is fixed and repayment begins 60 days after the final loan disbursement for the year.

Admissions Procedures

Early Decision

A formal understanding between the student and college that, if admitted, the student plans to enroll. Only those students who have a clear first choice school and who can afford expected tuition costs should apply under this plan. Furthermore, upon acceptance, the student agrees to withdraw applications to any other college.

Early Action

Permits a student to apply to college and receive a decision well before the regular admission deadline. Usually non-binding, in other words, you are allowed to decide on another school.

Rolling Admission

An admissions procedure by which the college considers each student's application as soon as all the required credentials, such as school record and test scores, have been received. The college usually notifies applicants of its decision without delay.

SAT & ACT TEST SCHEDULE

USE OUR HIGH SCHOOL CODE WHEN REGISTERING:
335740

2025 TEST SCHEDULE

COLLEGE BOARDS (SAT)

REGISTER AT WWW.COLLEGEBOARD.COM

SAT

May 3, 2025
June 7, 2025
August 23, 2025

REGISTRATION DEADLINE

April 18, 2025
May 22, 2025
August 8, 2025

*Several more SAT testing dates will be offered in the fall.

**LATE REGISTRATION AND WALK IN INFORMATION IS AVAILABLE FOR THE ABOVE TESTS ON THE WEB SITE OR FROM THE COUNSELING OFFICE. **

AMERICAN COLLEGE TESTING PROGRAM (ACT)

REGISTER AT WWW.ACTSTUDENT.ORG

ACT TEST

April 15, 2025
June 14, 2025

REGISTRATION DEADLINE

February 28, 2025
May 9, 2025

*Several more ACT's will be offered in the fall.

**LATE REGISTRATION AND WALK IN INFORMATION IS AVAILABLE FOR THE ABOVE TESTS ON THE WEB SITE OR FROM THE COUNSELING OFFICE. **

SAT AND ACT EXAMINATIONS ARE NOT OFFERED AT VHS.

When registering you will be offered a seat at the site closest to your address.

**CHECK REGISTRATION BULLETIN FOR APPROPRIATE DATE AND TEST CENTER.
TESTS ARE NOT GIVEN AT EVERY TEST CENTER ON EVERY DATE.

Naviance

Logging into your Account

Go to <https://connection.naviance.com/cabouton> to log into your account. If you do not remember your username or password, please see your counselor and it can be reset.

Feature	Description	How to Access
Résumé	- Record your high school activities, awards, volunteer experience, etc. - Rearrange your information into multiple printable versions of a résumé that you can use to present to potential employers or colleges in the future	- Click the <i>About Me</i> tab - Click the <i>Résumé</i> link
Explore Interests	A career interest survey about interest in types of work activities. Use the results to explore suggested occupations; examine the education, training, and skills required [and where to obtain them], as well as wages typical for these occupations.	- Click the <i>Self-Discovery</i> tab - Click the <i>Career Interest Profiler</i> link
Do What You Are	A personality survey. Use the results to explore suggested college majors and careers based on your preferences and strengths.	- Click the <i>Self-Discovery</i> tab - Click the <i>Do What You Are</i> link
College Search	- Set search criteria to yield a list of colleges to explore. Save your search to access/modify later. - Click on the various tabs of the college profile (<i>general, admissions, financial aid, majors and degrees, and student life</i>) to learn more information. - Add colleges you are interested in to your <i>My Colleges</i> list for future reference.	- Click the <i>Colleges</i> tab - Click the <i>College Match</i> or <i>Super Match</i> link under <i>Find your Fit</i>
Scholarship List	College and local organization-sponsored scholarship opportunities updated weekly. Database lists entries by name, deadline, award amount, merit or need-based and application requirements; click on a column header to sort entries. You can also browse by category to yield a search list relevant to your interests.	- Click the <i>Colleges</i> tab - Click the <i>Scholarship Search</i> link under the <i>Scholarships & Money</i> section

JUNIOR YEAR - What to do Post Conference

- **Create an account on College Board** (if you haven't already)
- **Create a list of possible colleges** on Naviance under "Colleges I'm Thinking About".
- **Start/Update** your resume
- **Take SAT and/or ACT** - typically March through June
- **Visit Colleges** (April break?) Research college web pages/take virtual tours
- **College Fairs** Attend as many as you can
- **Register with the NCAA Eligibility Center**- Student Athletes being recruited by D1or D2 colleges must be registered.
- **AP Exams** - May 5-16th at St Matthews
- **Regents** - June 10-25th

SUMMER 2025

- **Write your College Essay** - have it proofread
- **Visit more Colleges**
- **Volunteer** - After July 1 to satisfy this graduation requirement
- **Update Resume** on Naviance continually, print resume for letter writers

SENIOR YEAR-To Do List

Senior Night Presentation - Usually the first night of classes

Create a Common App account - Start and/or finish this application

Retake SAT / ACT if needed

Letters of Recommendation - Ask people face to face or through Naviance

Submit FASFA as soon as possible after October 1

NAVIANCE - Move Colleges from "thinking about" to "Colleges I'm Applying To"

FERPA waiver - Match Common App and Naviance by signing this waiver

APPLY FOR SCHOLARSHIPS

NAVIANCE - Update deadlines - make sure they are accurate!
Officially request Transcripts be sent to colleges.

Send SAT/ACT directly from testing agency to colleges
(Counseling office does NOT send test scores!)

Submit your applications - before the deadline (ideally before Thanksgiving)

Pay the deposit - to the college you choose ahead of the deadline!
Usually the deadline for this is May 1

AFTER GRADUATION

In **July**, send your transcripts from College Board (for AP exams) and from SCCC (for College in High School courses) to the college you will attend.

WEBSITES

APPLY TO COLLEGE

COMMONAPP.ORG

NAVIANCE:

<https://connection.naviance.com/cabouton>

CAREERS

CAREERZONE.NY.GOV

CAREERONESTOP.ORG

ONETONLINE.ORG

FINANCIAL AID

WWW.FAFSA.ED.GOV

hesc.ny.gov

COLLEGEBOARD.COM (For Profile)

Salliemae.com

WWW.COLLEGEBOARD.COM

Register/Prepare for

SAT exams, College & Scholarship

Search engine.

WWW.ACT.ORG

Register for exams,

College search,

Career information

ATHLETICS

NCAA.ORG

NCAA Eligibility Center:

<https://web3.ncaa.org/ecwr3/>

SCHOLARSHIPS

FASTWEB.COM

FINAID.ORG

Naviance (under the college tab

SCHOLARSHIPS.COM

MILITARY

USARMY.MIL

USNAVY.MIL

MARINES.MIL

ROTC.COM

AF.MIL (AirForce)

USCG.MIL (CoastGuard)



ADMISSIONS INFORMATION SUMMARY - 2024

Campus Name	REGULAR ADMISSION				HONORS ADMISSION				EOP ADMISSION			
	Undergraduate Enrollment	2020 SAT Scores	2020 ACT Scores	H.S. GPA	Freshman Enrollment	2020 SAT Scores	2020 ACT Scores	H.S. GPA	Freshman Enrollment	2020 SAT Scores	2020 ACT Scores	H.S. GPA
University Centers and Doctoral Degree Granting Institutions												
Albany	12,190	1130-1300	23-29	89-95	230	1240-1400	26-31	94-98	160	990-1070	18-20	83-89
Binghamton	14,408	1300-1450	29-33	93-98	535	1500-1540	34-35	95-99	180	1080-1170	21-24	90-94
University at Buffalo+	20,465	1150-1330	24-30	92-98	585	1340-1470	29-33	97-100	210	960-1040	14-20	84-88
Stony Brook	17,478	1250-1340	27-33	92-97	380	1380-1520	31-35	95-99	265	1050-1150	20-24	85-89
NYS Ceramics at Alfred University+	418	1000-1160	20-27	83-92	35	1180-1330	25-30	82-99	0	800-900	18-21	77-81
SUNY Polytechnic Institute	1,904	1130-1300	26-32	87-94					25	950-1020		79-82
College of Optometry+	Graduate only											
Cornell University:									29	1140-1250		92-97
Agriculture & Life Sciences+	4,048	1370-1530	31-35									
Human Ecology+	1,312	1445-1540	33-35									
Veterinary Medicine+	Graduate only											
Industrial & Labor Relations+	999	1390-1520	31-34						19	1070-1260		84-90
Environmental Science & Forestry+	1,731	1120-1310	23-28	89-96	38	1380-1450	31-33	96-99				
SUNY Downstate Health Sciences Univ	286											
Upstate Medical University (Syracuse)+	118											
University Colleges												
Brookport	5,429	1080-1200	21-26	86-95	100	1260-1320	26-29	93-97	70	900-980	18-19	80-88
Buffalo State	5,507	920-1130	18-28	79-89	156	1130-1280	22-28	93-97	127	870-1000	15-18	77-81
Cortland+	5,905	1100-1230	24-26	90-95	30	1300-1420	32-35	97-100	24	940-1030	15-19	80-84
Fredonia+	2,877	1030-1220	21-26	81-94	126	1200-1340	26-30	92-97	30	840-980		75-85
Genesee+	3,868	1170-1320	25-30	90-98					30	970-1080	17-24	78-89
New Paltz+	6,111	1130-1280	24-29	90-97	36	1260-1330	28-33	94-99	150	910-1040		81-88
Old Westbury	4,039	1000-1130	19-23	82-91	32	1180-1300	25-28	93-96	75	820-950	14-17	73-77
Oneonta+	4,847	1070-1220	22-27	88-95					48	890-990	16-20	80-84
Oswego	5,652	1050-1240	21-27	85-96	140	1290-1380	27-30	93-97	120	880-980		78-84
Plattsburgh	3,856	1020-1170	21-26	85-94	78	1200-1320	24-29	92-97	89	880-1000	17-19	75-81
Potsdam	1,961			85-95					30			77-79
Purchase	3,165			87-90					52			78-83
Empire State+	7,789								40			
Colleges of Technology												
Alfred State +	3,525	940-1150	19-25	80-90	10	1080-1300	23-26	86-93	51	880-1070		76-84
Bacalaureate only	1,714	990-1220	21-27	85-93								
Canton+	2,872	920-1130	17-23	81-91	15	1010-1170	19-27	89-95	25	810-930		73-76
Bacalaureate only	2,190	970-1150	18-23	82-92								
Cobleskill	1,765	870-1060	18-22	81-90	50	1220-1450		90-97	40	830-930		73-76
Bacalaureate only	1,344	930-1070	21-25	88-92								
Delhi	2,538	920-1100	19-23	82-90	15			90-93	50	870-940		72-79
Bacalaureate only	733	970-1130	19-25	82-90								
Farmingdale State College	9,508	990-1150	19-24	84-91	21			93-97	50	910-980		75-85
Maritime College+	1,243	1170-1220	22-26	86-93					12	930-1070		79-88
Morrisville State+	1,883	850-1060	18-23	80-88								
Bacalaureate only	935	860-1050	17-22	81-87					95	800-950		73-77

All scores reflect middle 50%. The SAT ranges represent combined evidence-based reading and writing and math scores. (The maximum possible total is 1600.)

2025-26 EOP Income Eligibility

Household Size	Eligible Income
1	\$27,861
2	\$37,814
3	\$47,677
4	\$57,720
5	\$67,673
6	\$77,626
7	\$87,579
8	\$97,532*

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

1.800.342.3811
www.suny.edu

/attend
askSUNY@suny.edu

+Contains 2023 Data.

Not Offered