



Future 5 College Coach Guide

Everything you wanted to know...and more!

School Year 2020-2021



Future 5 College Prep Guide

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This manual was a group effort and has combined materials developed by:
Elia Johnson, Nancy Roath, Debbie Eagan, and Future 5 Staff to help guide and support our
AMAZING volunteer coaches!

All links and data are accurate as of July 20, 2020.

Any questions/updates please email Director of Student Experience - Karen Stuart kstuart@futurefive.org
or Executive Director - Rachel Dewey rdewey@futurefive.org or



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GENERAL INFORMATION

Setting Future 5 Students Up for a Successful College Process

The Future 5 College Prep Program for high school seniors drives the end-to-end college process beginning in late summer and running until each student has made the final college acceptance decision in May. This preparation includes developing student essays, searching for and selecting colleges, completing the Common Application, completing the FAFSA (Free Application for Federal Student Aid), searching for scholarships, comparing financial aid offers, and final college commitment. To facilitate and individualize the process, Seniors will have the opportunity to be paired with an individual volunteer coach who works as a partner with him/her throughout the entire college preparation process.

Key components to a successful process are:

Community

Future 5 staff and coaches work together to familiarize students with a variety of postsecondary options, help them apply, and reinforce the soft skills and norms of a college-going culture

Connection

Take this opportunity to get to know your student. Ask them what they like, what they don't like, what they're good at, where they see themselves in 2, 5, 10 years...

Expectations

Discuss expectations for your College Coach relationship with your student. Share contact information and confirm the best way to reach each other

Organization

Set up a timeline with your student, making sure follow-through at each stage is clear. Model research, resume, interview prep, and follow-through skills throughout the college process. Help breakdown the process for your student into smaller more manageable pieces

Confidence

Help your student to identify their goals and believe that they can achieve them. Make sure your student values their identity and what makes them special (no two students are alike!)



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Growth Mindset:

This is a powerful tool and it is the belief that that intelligence can be developed. Students with a growth mindset understand they can get smarter through hard work, the use of effective strategies, and help from others when needed. It is contrasted with a fixed mindset: the belief that intelligence is a fixed trait that is set in stone at birth.

For many of our students, the College Process is as much about self-discovery and basic soft skill development as it is about where they end up. The more we all work with them to develop this type of mindset the more they will be positioning themselves for longer term success.

Getting to Know Your Student

Sometimes the hardest part is just getting started! First and foremost, the more of a relationship you are able to develop with your student the more effective you can be as a coach. So, for that first meeting just focus on who your student is as a person and try to find some things you may have in common. Here are a few ice breaker ideas:

1. How long have you been a member of Future 5
2. Why did you join Future 5? What do you like best about the community?
3. Are you working?
4. What are your favorite out of school activities? extracurriculars and/or hobbies/interests
5. Do you have any brothers/sisters?
6. Do you have any pets?
7. What is your favorite food or dessert/treat?
8. How long have you lived in Stamford? Where did you live before?
9. How was distance learning for you this past spring?
10. What are your thoughts about college (very general - gauge how much they may or may not know about the process or college itself - few specific questions below)
11. What are you looking for in a college experience?
12. Do you have any thoughts on what you want to study? - this can lead into where their strengths/weaknesses may be academically

Sometimes, there are bumps in the road in any relationship. Everyone has a lot going on in their lives and relationships can go sideways. Do not fear, this happens! Reach out to your lead coach and/or a Future 5 staff member to get their perspective and/or help. Remember you and your student are building a relationship – which can be complicated under the best of circumstances. This is a high stress process and our students are juggling a lot of complexities in their lives, usually far more than we know. It is an imperfect process on its best day but in the end it will work out!!!



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College Prep and Future 5 Hours of Operation During the time of COVID-19

- College process content this fall will be provided virtually and the majority of it will be geared towards coaches. In this climate, we feel that the student-coach time should be optimized and focus on making individual progress with the coaches being on the front lines with the students and working through application execution.
- Some content will be for everyone (Financial Aid, Scholarships are 2 examples), and when this type of material is presented it will be done on CP Monday's, whenever possible.
- We will make all efforts to record content sessions will be recorded and made available for review to coaches and students.
- Coaches will be organized into "teams" with an experienced/lead coach being the head of the team and first point of contact for questions. The "lead" coaches will be our veteran coaches that will be able to help with many of the frontline initial questions.
- Karen and/or the new College Prep Manager will check in with the coaches every 2 weeks (or more) this Fall to support College process progress. Coaches should feel free to connect with their "lead/mentor" coach or Karen directly with any questions in between these check-ins
- **Monday's:** traditionally have been CP day at Future 5. For the fall (at least at this point) this will continue as designated on-site time for **Seniors only**. **Even if you can only work with your student remotely, we highly recommend mutually agreeing to a weekly working session in the fall.**
- In response to the need to meet COVID safety precautions, our **Fall schedule beginning September 8th** will be utilizing a grade-by-grade rotation for on-site work:

Hours of Operation

Monday – Thursday 10:00 am – 7:00 pm

Friday 10:00 – 5:00 pm

Saturday 10 – 2:00 pm



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Future 5 “on-site” schedule:

Monday’s	Senior (Class of 2021)
Tuesday’s	Juniors (Class of 2022)
Wednesday’s	Sophomore’s (‘23) and Freshmen (‘24)
Thursday’s:	2:30 - 5:00 pm Juniors
	5:00 - 7:00 pm Seniors
Friday’s	TBD special events
Saturday’s (10 am - 2:00)	Senior’s (unless there is a special event)

Days will be split into slots and ADVANCED registration will be necessary!!!

Future 5’s office schedule during School holidays are TBD at this point - we will communicate the plan for them via email and social media as warranted.

Here is a link to the Stamford Public School’s 2020-2021 School Calendar (as of August 1st)

https://www.stamfordpublicschools.org/sites/g/files/vyhlf3841/f/uploads/copy_of_school_calendar_2020-2021_v4.pdf

At this time, Wright Tech’s calendar is not available

- Communicating with Your Student - Virtually or Meeting Outside of Future 5

Ultimately it will be between the Coach and Student to set up the optimal way to work together. This arrangement should be made based on coach and parent/student comfort level with in-person work.

Future 5 wants and will do everything possible to facilitate the relationship between coach and student. **EVERY COACH/STUDENT TEAM MUST CONDUCT THEIR INITIAL MEETING WITH A FUTURE 5 STAFF MEMBER.** Please note this is **MANDATORY** and **important for the student in order to gain comfort with their new coach!** Thank you so much for your adherence to this need.

- **Virtual work** - It is inevitable that much of the work this year will be done on a virtual basis. Future 5 recommends:
 - **Google Meet-Up is Future 5’s preferred virtual meeting platform for individual meetings.** Each student has a Future 5 Gmail address that can be used for this purpose. Any coach with a personal g-mail may use it but Future 5 can set up a Gmail address for anyone who requires one upon request. Future 5 is also happy to facilitate a training session on Google Meet Up for anyone who would like this.
 - Students are welcome to utilize Future 5 space even if they are meeting virtually with their coach (we highly encourage this whenever possible)



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- **In-person meetings:**
 - At the present time Future 5 can safely accommodate approximately 10 non-staff members at any given time for in-person meetings. Students/Coaches are welcome to meet here as long as they have both signed COVID waivers and adhere to the COVID protocol (both of which were sent by Meg in late July)
 - To manage the numbers, there will be a sign up system. We will share this information with everyone as soon as it is finalized.
- **Other in-person meeting alternatives:**
 - Future 5 is in discussions with off-site (but close) alternatives to see if there are opportunities to utilize additional space - we will keep you posted!!!!
 - **Ferguson Library** - is open but with significant restrictions, please **call ahead** of any visit to find out the latest operating procedure. Here is the link to the information as well: <https://fergusonlibrary.org/reopening-guidelines/>
 - **Outdoor Cafés** - Future 5 is happy to reimburse any costs associated with a coffee/soda meet-up. Please contact Karen, Rachel or Meg for reimbursement procedure.
 - **Windfield's** (located at the Ferguson Library and has a good amount of outdoor seating),
 - **Lorca** - 125 Bedford Street (about 2 blocks from **Future 5**)
 - **Verde Galerie Cafe** - Located ½ block from Future 5
 - **Mill River Park** or other local park - not optimal for working sessions but a nice way to get to know each other.

Please note, regardless of where you meet a student it is IMPERATIVE both parties wear masks and practice social distancing.

Training and Content Delivery Workshops

As mentioned above, content, for the foreseeable future, will only be delivered virtually

- **August 19th at 12:00 pm** - Zoom workshop for Coaches on Adolescent Development and the effects of trauma. Presented by the Frank Bartolomeo, Director of Adolescent Services at Silver Hill Hospital (<https://www.linkedin.com/in/fbartolomeo/>). One of our Future 5 Alumni will also be participating on the panel in order to gain the student perspective.



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This training will be informative for understanding where our students are developmentally and the effects of trauma on neurological development. This information is particularly helpful in creating appropriate coach/student expectations to “meet students where they are”.

- **August 25 at 1:00 pm** – Zoom kick-off workshop for Coaches on the initial parts of the College Process – Naviance/Common App/The Essay. Presented by Stephanie Kushner, Educational Consultant with Steinbrecher & Partners and Eila Johnson, College Coach. Ms Kushner and Ms. Johnson have been working with a number of our students this summer in the College Prep Bootcamp.
- **September 14th 3:00 – 4:30 pm - Financial Aid:** This virtual workshop is for Coaches and Students and will be conducted by Mike Niedzwiecki, from Monroe College and Future 5 college coach.
- **September 21st – 3:00 – 4:30 pm – Scholarships:** This virtual workshop is for Coaches and Students and will be led by Ricki Ainbinder, Future 5 Scholarship coach.
- **Other trainings to be scheduled this fall:** FAFSA workshop and Cultural Conversations – Race, Equity and working with our students. Keep an eye on your emails for more details

Coaches Roles and Responsibilities

Coach Training

- Participate in scheduled coach trainings in order to understand the college process better as well as understand our Future 5 students. Periodic coach virtual meetings will be scheduled to keep everyone up to date, review program status and share/discuss questions and ideas with each other.

Student Support

- Support student with College Process content:
- Make a College Process timeline with your student
 - Check in with student at your weekly meeting to ensure student understands what they are working on and is progressing in the process
 - Understand and agree on what needs to be done over the following week/agree on deadlines and follow up to ensure key steps are completed (essay, common app., Naviance input for recommendations, transcripts, etc.)



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- Determine if the student needs help and work with Future 5 resources to get support; (writing help, common app. questions, Naviance help, financial aid questions, etc.)

College Selection

- Using NAVIANCE and discussions with student, understand student's overall interests/needs (career, cultural, financial, etc.)
- Be a sounding board and provide realistic guidance on their college list; help student understand their reach, target and likely schools taking into consideration costs
- Meet with Karen Stuart and/or College Prep Manager and your student to review student's college list
- Ensure your student is conducting virtual college tours to gain as much insight into their list of colleges as possible

Financial Aid

- Ensure student is aware of any scholarships/deadlines that Future 5 communicates
- Ensure student applies for all applicable scholarships at the schools they apply to
- Ensure student submits FASFA and CSS profile (if required)
- Meet one-on-one with student/parent/Future 5 staff member in late March/early April to review College Acceptance/Financial Aid packages

Process Completion

- Take student or ensure student is visiting their final college choice (if possible) during accepted students days in April
- Ensure STUDENT submits commitment letters by May 1 and checks for any verification requests/paperwork requested by the college. Make sure the student fills out the online form for their college on what Federal (FAFSA) loans and loan amounts (if needed) they will take out for Freshman year and then make sure the student completes the Master Promissory Note for any Federal (FAFSA) loans they plan to take out by the college's deadline.



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- Attend Future 5 Senior Graduation Event (early June)!!!!

Communication:

With Student:

- Kick-off meeting with *matched* student AND a Future 5 staff member.
- Schedule an introductory meeting with the parent of your student. A College Prep member will attend with you so please notify Karen of the time and date when it is set.
- Establish a set weekly meeting with student for September – early December. In January this can become a 2x/month established meeting through graduation
- Establish best ongoing communication method with student for weekly check-in: email, text, cell, and in person

With Future 5:

- Reach out to a staff member and/or your team's "lead coach" with any and all questions and or concerns in as timely a manner as possible.
- Use college checklist and College Process Milestone list to ensure student progress
- Participate in periodic coach calls

Data Collection!!!

Critical to Future 5's ability to evaluate our programming, a student's College Process success is data collection. With Coaches working directly with students we ask that you be responsible for submitting the following information to the College Prep Manager:

- Number of times coach/student "meet" monthly
- Student's FAFSA completion date
- List of schools student applies to
- List of schools student is accepted to
- List of Scholarships student applies to
- List of Scholarships student is awarded
- Copies of Financial Aid Award letters
- Copies of Cost to Attend Sheet



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Future 5 Staff Contacts, Roles & Responsibilities

Despite having an array of primary responsibilities, the Future 5 staff ultimately operates as a team, working together to support each other, the students and our coaches. Never has that been more true than during this period of COVID-19 where the work is harder and takes longer.

With College Prep being a priority program, we are “walking the walk” and using the “Power of Connection” to ensure the best program delivery and support for our community. With that in mind, all staff members are pitching in to make this a successful process for the Class of 2021 as follows:

Karen Stuart, Director of Student Experience (kstuart@futurefive.org)

Karen is ultimately responsible for all High School students and programming. Until the College Prep Manager is hired and on-boarded, Karen will be leading all aspects of College Prep. When the position is filled, Karen will continue to be very involved with this program, particularly in managing program issues, parent interactions and non-degree pathway student support.

College Prep Manager – TBD: We are in the process of finding the person to fill this roll. Our ideal candidate will have College process knowledge and experience, fundamentally believe in the Future 5 culture of “meeting students where they are” and someone who connects with all our students to help facilitate the coach/student relationship. Stay tuned!!! While we work to fill this position, **Deirdre Smith**, dsmith@futurefive.org, will be acting as our College Prep Consultant to help support the process.

Maddie Massari, Senior Student Advocate (mmasari@futurefive.org) Maddie’s primary responsibilities are focused on Community Service, General Membership, Emergency family support and Here2There. This Fall she will also be working with the College Prep team to help support the process until our new College Prep Manager is up and running.

Lizzie Knudsen, Student Advocate (eknudsen@futurefive.org) Lizzie is primarily responsible for tutoring/homework help, leadership programming, general membership and Here2There but this Fall is also pitching in with College Prep as we transition.

Ricki Ainbinder, Scholarship Coach (rainbinder@futurefive.org). Ricki is responsible for all scholarship matching opportunities at Future 5. She will match and email opportunities to you and your students.



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Clif McFeely, Founder (cmcfeely@futurefive.org): Although Clif is not involved in the day to day of College Prep, he is a great resource for non-degree pathway options and Future 5 has NO ONE better for interview prep.

Meg Carey, Volunteer Manager (mcarey@futurefive.org): Meg is in charge of volunteer recruitment, communication, organization, and training. You can feel free to reach out to her with any questions related to these areas and/or if you have a general volunteer related questions. Specific College Prep content or student specific questions are best directed to someone on the program team.

Beth Williams, Director of College Success (bwilliams@futurefive.org) Future 5 is expanding its formalized College Success programming beyond NCC this year and Beth is taking the lead here. She is the best contact for anything related to Norwalk Community College, U-Conn and the transition to College.

Rachel Dewey, Executive Director (rdewey@futurefive.org): If there is an organizational question, concern, opportunity or if you have a question/concern and are unsure where to turn to, Rachel is the appropriate person to reach out to. As far as College Prep goes, Rachel is an additional resource when needed. She knows the process and the students.

College Partnership Team:

A few years ago, in an effort to further develop our relationship with key schools. Nancy Roath and Debbie Eagan (Founding Partners and team responsible for developing the College Prep program) developed the College Partnership program. This program is focused on working with select local institutions to gain strong financial packages for Future 5 students. To date the colleges we are working with are: University of St. Joseph, Iona College, Manhattanville, Fairfield University and Sacred Heart University.

Nancy Roath Nancy.roath@gmail.com

Debbie Eagan debbie.eagan3@gmail.com

The rest of the team is more behind the scenes but Future 5 could not function without them!

Polly Perkins Johnson, Founding Partner (ppjohnson@futurefive.org) : Polly is a founding partner, has a lead development role and has created and is working with our Alumni group (Alum 5) on early career development and Alumni involvement with the HS members. She has also been instrumental in creating a partnership with a local team to provide affordable housing for our young graduates so they can work and live in Stamford!



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Diane Knetzger, Director of Development and External Relations (dknetzger@futurefive.org):

Diane is responsible for general development activities, fundraising events, annual appeals as well as newsletters, annual report, general marketing and public relations.

Peg Atchue, Grants Manager (patchue@futurefive.org). Peg is responsible for executing the majority of our grant work. She tracks, writes and provides all required reporting for Future 5. She is also a veteran College Coach and is a fabulous resource.

Barbara Vahsen, Director of Finance and Operations (bvashan@futurefive.org) Barb is responsible for all of Future 5's accounting and operational needs. She works with students on financial/accounting questions around scholarships and is a great resource for FAFSA questions. She also works closely with a number of our Alum as a financial management coach.

Gaby Katze, Database Manager (gkatze@futurefive.org) Gaby is new to Future 5 as of August 2020 and is responsible for all gift processing and donor database management. Gaby is a native Spanish speaker as well so we look forward to utilizing her skills with our parents whenever possible.



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College Prep Program Content Delivery SUMMER-FALL 2020

Summer

- College Prep Student Boot Camp - topics covered:
 - Common App
 - Essay Do's and Don'ts - beginning drafting personal statement
 - Financial Aid
 - Scholarships
 - The Admissions Process
- What is the College Coach Commitment Meeting - for new or aspiring coaches
- Coach/Student Matching - Senior profiles
- Adolescent Development and Trauma Workshop – August 19th at 12:00 pm
- Coach Training Workshop – August 25th at 1:00 pm
 - Overview of the Common Application
 - Common App Essay Do's and Don'ts
 - Naviance and Building a Balanced List

September

- Financial Aid Overview – September 14th at 3:00 pm
- Scholarship Overview – September 21st at 3:00 pm
 - Scholarship Form Completion

October

- FAFSA sessions – times/dates TBD

The rest of the content delivery will be mapped out in and shared in the Fall



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Key College Prep Milestones - Class of 2021

<u>MILESTONE</u>	<u>COMPLETION DATE</u>
1. Kick- Off Meeting (with student//coach and F5 staff member)	September 15
2. Explore Interests & Review Student Information	September 15
3. Create Application Timeline with your Student	September 15
4. Request Teacher/Guidance Counselor Recommendation	September 15
5. Build a Balanced College List	October 2 nd
6. Complete FAFSA	November 1 st
7. Draft & Review Essay	ED/EA* - October 10 RD* - November 15
8. Common App	ED/EA* - September 18th RD* - December 1
9. Testing	November 7 th , 2020
10. Submit 8-10 Applications	Dates determined by schools applying to (No later than 12/15)
11. Apply for Scholarships	ALL YEAR!!
12. Review Financial Aid	April 23 rd –meeting with parent and staff for final review
13. Accept Offer	May 1
14. Create College Transition Plan	May 15

KEY DATES

Common Application becomes “live”	August 1
FAFSA opens for year	October 1
Early Decision/Early Action Deadlines	November 1 and 15
Regular Decision**	January 1 st or 15 th
College Decision Day	May 1

*Early Decision (ED). Early Action (EA) and Regular Decision (RD)

** Deadlines may vary by school



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Detailed College Process Month by Month Timeline - General Overview

Summer Before Senior Year

- **Set up an organizational system** to keep track of schools—a notebook with dividers and pockets or a file folder where you can keep track of information from each school, people you meet from that school, and your own research
- **Research schools** that are of interest to you, including the using the Net Price Calculators
- **Conduct Virtual tours**—notice what you like about schools (and things you don't like!); take notes and add them to your notebook or file box
- **Sign up for SAT/ACT prep** on Khan Academy or in a class (if necessary)
- **Register for a Fall SAT** – Stamford Public Schools (AITE, WHS and SHS) will have in school SAT testing on September and October. If your student does not go to one of these schools check with their guidance counselor to see if anything is offered. If not, sign up immediately for the public September and October dates.
<https://collegereadiness.collegeboard.org/sat/register/dates-deadlines>
- **Begin your Common Application** (opens August 1)
- Write a **draft of your Personal Statement**
- **Create or update a resume** (which will be used for guidance and teacher recommendations, interview prep and can included in some applications)
- **Create a FSA ID** (you will need your SSN to do so). A parent and the student will both need individual FSA ID's to complete the FAFSA so have one of your students' parents also make an ID (if they don't already have one)
- Make sure you know your Naviance and PowerSchool login credentials
- **Research Scholarship** opportunities

August/September

- **Stay focused.** Senior year counts so KEEP THOSE GRADES UP! Early Action/Early Decision schools will still see the results of your first quarter. Regular Decision schools will see the results of your first semester. And, all offers of admission are contingent on your end of year performance.
- **Create a plan for staying organized (sample spreadsheets available from Future 5 – Appendix A)**
 - Make sure you know your Naviance and PowerSchool login credentials
 - Enter your list of colleges into Naviance
 - Create a checklist of admission and financial aid deadline dates, application supplements, and testing requirements
 - Check with your Guidance Counselor at school to see if any schools you are interested in are holding virtual information sessions at your school
 - Note the dates of upcoming virtual college fairs



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- See if any of the schools you are interested have special diversity or fly-in visiting days (often times these special days have application deadlines)
- Note scholarship deadlines

- **Set up a meeting with your Guidance Counselor** to review your transcript to ensure accuracy
- **Update your resume** with activities from last summer
- **Ask your teacher(s) and your counselor for a Letter of Recommendation**
 - Provide Recommendation Letter writers with a copy of your resume and a few bullets about what was impactful about being in their class, on their team or mentored by them
- **Continue to work on your Personal Statement** which will be used on the Common
- Once a student and coach have had their initial meeting, **arrange a meeting Parent-Student-Coach-Staff**
- **Return Scholarship form** to Future 5's Scholarship coach, Ricki Ainbinder rainbinder@futurefive.org
- **Create a FSA ID** for student AND 1 parent (you will need your SSN to do so) – if not already completed
- **Gather all credentials for FAFSA** (see FAFSA section on page 42 for complete list)
- **Research Scholarship opportunities**

October

- **Complete FAFSA** (opens October 1)
- **Finalize your college list**
- **Review and update your checklist** of application deadlines, supplemental application materials, and notes from your visits/research on each school
- **Set up a meeting with your Guidance Counselor** to ensure that transcripts and counselor recommendations will be ready by your deadlines
- **Work on Supplemental Essays** (if applicable)
- **Keep working on SCHOLARSHIPS!**
- Optional: Retake the SAT or ACT

November

- **Submit Early Decision (ED) or Early Action (EA) application(s)** (if applicable)
- **Finalize your Personal Statement** which will be used on the Common App
- **Complete CSS Profile** (if required for any of your schools)
- **Ensure that official SAT and/or ACT scores are sent** to Early Application schools
- **Complete Supplemental Essays** (if applicable)



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- **Keep working on SCHOLARSHIPS**
- Optional: Arrange for an Interview prep session with your coach, Clif or Future 5 staff
- Optional: Retake SAT or ACT

December

- **Keep track** of upcoming application and scholarship deadlines
- **Acceptances** for Early applications may start to come in!
- **Ensure official SAT (College Board) and ACT (ACT Student) score reports are sent** to Regular Decision schools
- **Finalize any remaining Supplemental Essays** before the holidays

January

- **Maintain your grades**—the whole year counts!
- **Keep working on SCHOLARSHIPS!!!!**
- **Keep track** of remaining application and scholarship deadlines
- **Utilize Cost To Attend Worksheet** for any acceptances you may be receiving, so you can compare schools (Future 5 has a format to use but there are also additional online resources available in Appendix B)

February

- **Keep track** of final application and scholarship deadlines
- **Keep working on SCHOLARSHIPS!!!!**

March

- **Many schools will notify** by mid-March!!
- **Note revisit dates** as they will be key in your decision-making process
- **Update your Cost Comparison Worksheet** with latest acceptances with your coach
- Optional: reach out to Financial Aid offices to appeal decision if necessary



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April

- All schools should notify applicants by April 15
- **Begin your decision-making process** in earnest by visiting schools you have not yet seen, talking to current students, alumni and/or professors and continuing to update your Cost Comparison Worksheet
- **If you know you are definitely *not* enrolling** in a particular school, please let the school know so they may offer your spot to someone on the waitlist

May

- **National Decision Date is May 1 !!!!!**
- **Send in final Financial Aid replies and reply to offers of admission**
- **CONGRATULATIONS!!!**

June

- Request that your Guidance Counselor **send your final transcript** to the college you will attend
- **Notify the college of any private scholarships or grants** you will be receiving
- **Keep track** of when payments for tuition, room and board, and meal plans are due
- **GRADUATION!!!!!!!!!!!!**



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Building A Balanced College List

A key part of the College Application Process is helping a student “build” a balanced list of schools to apply to. The main objective of this list is to create optionality for the student come Spring when it is time to make their final choice. Key to the success of this process for Future 5 students will be around ultimately having options that are affordable for their families.

Your College List is the list of schools you are thinking about, researching and ultimately will apply to. Where you start with building this list will most likely not be the ones you end up with and that is OK...building a list is about discovering what will be right for you but the key part of building this list is to make sure it is a BALANCED list!

What is a **Balanced List**: It is a list of 10-12 schools that contain a mixture of “match” schools that take “fit” into account in developing as follows:

- Reach Schools (2-3)
- Target Schools (3-4)
- Likely Schools (3-4)

Match vs. Fit

Match: Match is focused primarily on your numbers, which includes your GPA and test scores. By reviewing your numbers early, you’ll know whether you meet the requirements of admission for the schools you are considering applying to and if it’s a good academic match. Building a balanced list requires that you add schools that fall within likely, possible, and reach categories.

- **Reach School:** a college or university you aspire to attend but may not be admitted to because your GPA and standardized test scores are just below the school’s average GPA and test scores. All schools that have an acceptance rate lower than 15% should be considered reach schools for all applicants, regardless of GPA or test scores.
- **Target School:** a college or university you have a strong chance of being admitted to because your GPA and standardized test scores are within the school’s average GPA and test scores
- **Likely School:** Your student will be a ROCK star here! It is a college or university you most likely will be admitted to because your GPA and standardized test scores are above the school’s average GPA and test scores.



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Fit: Fit, is a bit different. Every school has certain aspects of academic, extracurricular life, sports, social support programs, etc. that are more important to others. Identifying your values, interests, the “essentials” that a college needs to have in order for you to thrive will be your fit. Primary aspects to Fit include, social, financial, and academic factors

- **Academic Fit:** a school that is an “academic fit” is one that has the academic programs, class sizes, support services and other opportunities that will allow you to be challenged and thrive in your field
- **Social Fit:** a school that is a “social fit” is one that has a campus environment, culture, community and extracurricular opportunities that are in line with your interests and will allow you to thrive during your time on campus.
- **Financial Fit:** a school that is a “financial fit” is one that is affordable for you and your family. The best way to assess financial fit is by using the Net Price Calculator for each college to determine an estimated cost of attendance.

“Fit” factors include the following:

- Environment
- Size— large v medium v small
- Diversity
- Location – urban v suburban v rural
- Cost
- Academic rigor
- Type of College – public v private
- Student body
- Activities
- Academic programs
- Family
- Social, emotional, and academic support programs

Important Questions to ask yourself:

- *Do you want to be a part of a “tight-knit” community, or are you open to meeting new people all the time?*
- *Will this school challenge and support you academically?*
- *Will this school provide support in your development in the classroom and beyond?*
- *Do you see yourself fitting in at this school?*
- **What are the 4-year and 6-year graduation rates?** (if these are low - the school is not supporting its students and you need a strong plan for success if this is the school you attend) The National Center for Education Statistics has a great website that gives graduation and retention rates for schools: [Graduation Rates](#)



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Financial Fit - Additional important information

Goal: **try to target schools which meet at least 80% of need while having a clear understanding of your expected family contribution.** You can find the percentage of need a college meets on its [Big Future](#) profile, among other places.

- Use the [Fafsa4caster](#) to determine your federal financial aid eligibility and an estimate of your parent's expected family contribution. (this is not a guaranteed Aid package but does serve as an early indicator of what a family can expect.
- Use the [College Scorecard](#) breakdown of net price by different family income brackets (click "Costs" on each school's College Scorecard profile to view this breakdown).
- Second, compare the [Net Price](#) of each college in comparison to the financial resources. The net price is the amount that a student pays to attend an institution in a single academic year AFTER subtracting scholarships and grants the student receives. Scholarships and grants are forms of financial aid that a student does not have to pay back.
- If you identify as an undocumented student, please review this [United We Dream DEEP Resource](#) (and Appendix C) for information regarding scholarships, state eligibility, and much more.

Future 5 STRONGLY encourages every student to apply to either (or both) UConn-Stamford or Norwalk Community College as one of their likely schools (depending on the strength of their academic profile). As commuter options, they can be highly affordable for our students and EVERY student should view one of these choices as part of the creation of their balanced list.

Sometimes students will resist these schools BUT please talk to them about the fact that applying is not going and it is critically important to have a range of options come April so that they can choose the best one for them and their circumstances at that given point.

Great tip: **Help your student build their list from the bottom up.** Start by finding the least competitive colleges which fit their profile and then work your way up to the most competitive colleges. It is easy to fall in love with "Reaches" It is a greater challenge, and even more important, to invest time in finding great "likelies" that appeal to the student. **The benefit to this approach is ending up with multiple choices at the end of the process.** Scattergram charts in Naviance are a useful tool to help determine a student's admissibility to any individual college given their profile.



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Doing the Research

There are several tools you can use to help facilitate the school research part of the process. Below are a few:

- **Naviance** – On this site a student can begin to build their list with the “Supermatch” survey on Naviance.
 - Supermatch asks students a series of questions about their college preferences, and allows them to rate how important certain aspects of college life are to them.
 - Students can take this survey and look over the list of schools it gives them.
 - Once they have this list, coaches can sit down and look it over and discuss with their students
- **Big Future’s 10 Questions** - This site asks big picture questions about what excites you, your dream job, what’s your favorite class, etc.... It has tools where you can explore career ideas that may also help your student identify a major he/she might be interested in <https://bigfuture.collegeboard.org/get-started/know-yourself/answer-10-questions-and-discover-your-future>
- **Big Future’s College Search Engine** - A set of filters on everything from test scores, location, majors, diversity allows students to drill down and come up with a list of ideal schools around what’s important to them <https://bigfuture.collegeboard.org/college-search>
- **CollegeData** - This is a great site for coming up with a preliminary list of schools around the student’s interests, including location, size, gender mix, type of institution, entrance difficulty, freshman satisfaction, graduation rate, cost, financial need met, student debt, merit aid, sports, student background, and academic programs. For best results, start with the match criteria that are most important to you. Requires you to sign up for a free account <https://www.collegedata.com/en/explore-colleges/college-search/>
- **Fiske Guide** is a giant book that reviews over 300 of the “best and most interesting” four-year colleges in the country. It is updated annually, and reviews of each school are a 1,000-2,500 descriptive essay with lots of student testimonies and some quick facts about each school. It also includes lists of schools that are strongest in nine different pre-professional areas including architecture, art/design, business, communications/journalism, engineering, film/television, dance, drama, and music s that may help you narrow your search if you have a concentrated academic focus. Overall, it’s a great guide, but doesn’t replace the in-depth research students should do on schools. **Future 5** has copies of this book on-site and can potentially access the on-line version for those that may be interested, contact Karen for more information.



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- **College Scorecard** <https://collegescorecard.ed.gov/> is another great resource when it comes to research on student population, graduation rates, average salary after graduation, average FA received.

Organizing All the Info!

- **Please have your student use their Future 5 gmail for all college correspondences.** It will help with their organization and ensure an important email does not get lost or buried in their primary email account.
- **Decide the best way to keep track of what you and your student are learning:** Over the next several months, you will both learn a great deal and gather a lot of information—you want to have it all in one easy-to-find place, especially when it comes time to prep for interviews or writing Supplemental Essays
- **Pick a designated spot:** a notebook, file box or accordion folder can keep track of brochures and business cards students may be mailed or pick up at college fairs and school visits. This year with COVID-19 most of your visits/interactions with admissions officers will be virtual – make an ELECTRONIC file to keep all key information/contacts organized
- **Keep all of your online research in one place:** A spreadsheet where the Coach and student can share information they come across is helpful – Future 5 has 2 different ones to share with you, choose which one is most comfortable. (Appendix A)
 - **Worksheet 1: Deadline Checklist – one sheet where all deadlines and application needs can be found**
 - College University Name(s) listed down the side
 - Application Deadline(s)
 - Applicant Pool (ES, EA, RD, Rolling)
 - Transcript Requested (check when done)
 - Teacher Recommendation(s) Requested? (how many/what type)
 - Other Recommendations Requested? (how many/what type)
 - SAT Optional? (yes/no)
 - Supplemental Essay(s) and Word Count(s)
 - School Visit Date (if possible)
 - College Fair Date
 - Importance of Demonstrated Interest
 - Importance of Interview?
 - Importance of Ethnicity/First Gen status?
 - Admissions Contact Name
 - Notes



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- **Additional Worksheets: One per college**
 - Distance from home
 - City/Suburb/Town
 - Undergraduate Size
 - % that return for sophomore year
 - % that graduate within 6 years
 - Major(s) that is of interest
 - Diversity Initiatives/Support Programs
 - Why this school!!!

Need-Blind Schools

- A need-blind college promises to meet the need of an accepted student's demonstrated financial need through grants, work-study, scholarships, and in some cases, federal student loans <http://blog.collegegreenlight.com/blog/colleges-that-meet-100-of-student-financial-need/>

SAT Optional Schools

- Test-optional means that the applicant decides whether or not they want to send SAT scores to a school. This leaves the student with more choice and control over how they can present their strengths to admissions officers. More and more schools are becoming test-optional <https://www.fairtest.org/university/optional>
- **TESTING IN THE TIME OF COVID-19** – Most schools have gone “test-optional” for the Class of 2021 BUT at this time (August 2020), many merit scholarships still require standardized testing and some science specific majors also require testing.

College Fairs

- **Why go?** College Fairs are good for getting an overall preview of different schools. College fairs are still happening and are being done virtually this fall
- **Future 5** will continue to monitor how these opportunities are unfolding and keep you posted.



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Campuses Come to You

- **Check-in with your Guidance Counselor** to see how Admissions officer “visits” will occur this Fall at your school
- **Future 5** will also continue to monitor these events and share information as soon as it is available

Virtual College Visits

- **Are there special days my student should try go visit/connect with a school?** Some schools do offer special events for Diversity/Multicultural Events are offered at colleges they are considering. These tend to be smaller events, allowing for more conversation time with Admission reps and current students, and will give applicants an idea of any special diversity, first gen, or college success programs which are available on that campus. Students usually apply for these special visit opportunities at the end of the summer or beginning of Senior year. This year most are being executed virtually
- **Virtual Options:** With the on-set of COVID-19, schools became very creative in presenting their campus to prospective students
 - While it won't replace the experience of actually being on campus, a company called CampusReel has created virtual visits-- 14,000 student-generated videos about their school. They bill themselves as “the tour behind the tour”:
<https://www.campusreel.org>
 - **Fiske's Guide On-Line:** Steinbrecher Consulting has kindly provided Future 5 with access to this resource as follows:
 - Go to this link: <https://www.steinbrecherconsulting.com/>
 - Log into Student Portal Tab (lower right of page)
 - Username: college@futurefive.org
 - Password: collegeprep
 - Choose the Colleges tab up top and go from there
- **How can I chose the schools for me without every taking a step on campus?** COVID-19 has certainly made the college selection process more complex BUT there are a few things we can do to get insight into schools
 - **Future 5** can connect you to Alum who have or are attending a variety of schools
 - Virtual Tours



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- Do the best you can right now in developing a balanced list with the goal that we will (hopefully) be able to have “on-campus” experiences in the Spring before any final choices need to be made

The Common Application

The Common App, <https://www.commonapp.org/>, is a centralized college application systems that allow students to fill out application information once, allowing students apply to multiple schools using one online application (The Coalition Application is another centralized Application resource for students but as of now the Stamford Public School District uses the Common App with their students). Check out this link for a nice guide to all of the parts of the Common App: <https://www.commonapp.org/apply/first-time-students>

- **Will all of my student’s applications be Common App?** As of July 2020, almost 900 schools accept the Common App, making it the most broadly used. A list of schools can be found here: <https://www.commonapp.org/explore/>

A few schools still have their own application (see list below, as of November 2019), but more and more schools accept the Common Applications. Schools that still only accept their own application include:

- | | |
|-----------------------------|---|
| • Auburn University | • MIT |
| • Brigham Young University | • United States Military Academy (West Point) |
| • Duquesne University | • United States Naval Academy |
| • Georgetown | • University of California system |
| • Loyola University Chicago | |
- **When can my student start filling the application out?** The Common App goes live each year on **August 1**.
 - **What are some of the useful features?** Common App sends deadline alerts out and keeps a requirement tracker for each school students are applying to
 - **Application Fees are expensive!!** Yes, but many Future 5 students can get Application Fee Waivers if:
 - They have received or are eligible to receive an ACT or SAT testing fee waiver
 - They are enrolled in or eligible to participate in the Federal Free or Reduced-Price Lunch program (FRPL)



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- Their family receives public assistance
- They live in a federally subsidized public housing, a foster home or are homeless
- They are a ward of the state
- **They can provide a supporting statement from a school official, college access counselor, or financial aid officer**
- **Where does my student apply for a Fee Waiver?** Common App Profile Section >> Fee Waiver Statement >> Answer “YES” and/or consult with your **school guidance counselor** (this is the way to get SAT/ACT fee Waivers too)

COMMON APP TIPS

- When completing the Common App, students will be asked if they have received any help from an organization to complete their college application. We want colleges to know that Future 5 assisted them in this process. This question is under the heading of Education, and also on the tab labeled Community Based Organizations. Because Future 5 is not a national organization, it is not listed. We have our students check off “other” and fill in “Future 5” as the organization. We have the students use Rachel’s contact information. They fill in Rachel Dewey, rdewey@futurefive.org and the Future 5 office number, (203) 358-8787.
- In the *Common App*, the students will most likely want to list Future 5 as an activity. Because Future 5 addresses many topics, they select “Other Club/Activity.” When asked to describe Future 5, students can use the following description:

Future 5 connects motivated under resourced high school students in Stamford, CT to a better education and career path and a network of ongoing support. Future 5 strengthens a student’s self-esteem through character building workshops, job preparation programs, college preparation, community service projects, and one-on-one coaching.

- If your student took part in community service through Future 5, this should be listed as a separate activity and these hours should be counted separately from their time spent at our offices doing workshops, being tutored, for college counseling, etc. This group, which we call the Future 5 Service Team, should be listed under “Community Service (Volunteer). We have our students fill in the following description:

The Future 5 Service Team engages in weekly community service projects in the Greater Stamford area. Students assist in planning and executing projects that serve many populations such as the homeless, children, the elderly, animals, etc. Members of the Future 5 Service Team work to make their community a better place and to connect with those who are a part of it.



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- If your student has been a Future 5 Ambassador please see a Future 5 staff member for the best way to incorporate this leadership position into their application.
- Please make it **clear to your students that they do NOT report their SAT or ACT scores through the Common App**. Officially, they must have their scores reported through the College Board, so they should not list them on their Common App, regardless of how well they have done.
- Please make sure each coach goes through their students' Common App with them. There is nothing better than a second pair of eyes! Before they hit "send" on the Common App, the students have the chance to print it out and look over the hard copy. We highly recommend doing that! Any staff member is also available to provide support here as well.
- Don't forget to make sure your student has linked their Common App to Naviance



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ESSAYS!!

THE PERSONAL STATEMENT

Most colleges and universities require students to include a Personal Statement as part of their application. Below is some general information on writing the personal statement as well as some do's and don'ts for developing a strong essay. Another GREAT resource for strong College Essay writing is a website called "The College Essay Guy" <https://www.collegeessayguy.com> (he also has some great Youtube videos if this is an easier way for your student to absorb the content). A great website to explore!

- **What is the purpose?** Students should think of their Personal Statement as an interview in written form—it is their opportunity to connect, create empathy, leave an impression on who they are!
- **What's so great about the Personal Statement?** Students have *complete control* over this part of the application, as it is not timed and there is an opportunity to review/refine
- **Great, so what's the catch?** The Admissions Reader will likely spend just 2-3 *minutes* reading each essay so it should be kept tight and powerful
- **If colleges only spend a few minutes reading it, does the essay matter?** A well-written essay can tip the balance for a marginal applicant. If you've already passed through the gateway of an academic check, this is what gives dimension to your character. So, yes, it absolutely matters
- **When should the essay be written?** If possible, the Personal Statement should be written the summer before senior year. Without the pressure of classes and application deadlines, the essay writing process can feel more relaxed if tackled over the summer
- **What should the Personal Statement be about?** Students should write about something that genuinely reflects *them*. You can brainstorm ideas with them by asking:
 - What gets you really excited?
 - What do you love to talk about?
 - If you were in an interview, what do you *wish* an interviewer would ask you about?
- **My student is worried his/her topic isn't earth-shattering?** Tell your student that topics don't have to be unique or exciting, they just have to be sincere and leave the reader with a good idea of what makes you --you.



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One good idea is to make the essay a story which is built off one of their strengths. Students can have the opportunity to take the strength finder on Naviance or the Holland Self-Directed Search survey (ask a Future 5 Staff member) or use the guidance given via The College Essay Guy website (<https://www.collegeessayguy.com/>). All these resources will help identify a student's strengths and interests. This information can then be used to direct their essays.

- Over the years, we have found that many students write lovely stories, but do not incorporate their personal strengths into them. The personal statement will be at its most powerful if the reader walks away from the essay with a real sense of who this student is and what they would have to offer a school. When you are working on this part of the application process this is usually a good time to discuss this concept.
- **Can my student write about something sad?** Often times sad or tragic experiences make us stronger. Students should leave the reader thinking of the lesson he/she learned when they came out on the other side. Remind your student that they are presenting themselves so they can be selected out of a particular group of fellow applicants. Colleges are trying to evaluate whether that student is a good match for their institution. It is OK to write about something sad or tragic but use less than one hundred words to describe that experience and the student should put it at the beginning of the essay so that they can highlight the positive outcome of their struggle. Students don't want to give the mistaken impression that they are "damaged goods" or a "broken person". Have students focus on their triumph – what they learned from the experience.
- **OK, my student has a bunch of ideas swirling around their head. Now what?**
 - **Talk it out:** Have students discuss their ideas with a good listener and keep a running list of topics
 - **Jot it down:** When a topic gets them excited, they should think about what their conclusion would be, and then jot down examples from their life that support the conclusion they want to reach
 - **Keep the topic tight:** Your student will want to drill down on *one* idea, or their feelings about *one* experience or *one* person
 - **Spend an hour:** Once the student has chosen the topic they are excited to write about, they should set aside an hour to write a first *loose* draft. This is meant to be a creative process. Don't have them concentrate on grammar or sentence structure right now. Start with their main idea, cite personal examples in the body, and at the end they should share their attitude/take-away about the thing/person/experience. The goal is just to get their main idea and examples down on paper (or on their computer), making sure everything supports their conclusion, and that they are setting the tone they want the reader to hear



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- **Edit it by reading it out loud:** Next, your student should read their essay aloud. This will help them hear if there are any redundancies and to refine wording that may be unclear. At this point they can cut out anything that does not relate to the main idea and rework sentences so that they flow and support their main idea and conclusion
- **Check it:** After the read-aloud editing process, the student should run a spellcheck, check the grammar, and run wordcount of their essay draft
- **Share it:** Once they have gone through these steps and have an essay draft that they are happy with, your student should share the draft with you. The essay needs to be the student's voice and writing, but often times another set of eyes can catch something they may have missed. Let your student know what you came away thinking after reading the essay? Did you catch any spelling or grammatical errors? Do you have questions about clarity or word usage?
- **Keep going until it's something they're proud of:** Hopefully your student is open to feedback and the opportunity to edit their essay further. Remind them that this is their chance to rework the essay until it is one they truly feel proud to submit
- **An essay is done when:**
 - It answers the question and is within the word limit
 - The student is the only person who could have written the essay. If someone else could put their name at the top and submit it, then it isn't personalized enough
 - It leaves the reader wanting to know more

Supplemental Essays

- **Does my student *have* to do them?** Some schools require them. Sometimes they're optional. **Either way, *always* do them!** They are a chance for students to showcase their background, talents and experiences in a way that demonstrates their unique fit for that particular school
- **How many will my student have to do?** Some schools don't offer any, some have just one, and some schools have 4+. Consider them a bonus chance – or chances—for a school to get to know your student. They're worth the time and effort!
- **How do I know if a college has Supplemental Essays?** Common App Dashboard >> click on the 'Show more details' link for the school of interest >> then click on the Writing Supplement link to be taken to that section to see the Supplemental Essay prompt(s). The same goes for the Coalition Application. Supplemental Essay requirements are found on the specific college's application within the platform



Future 5 College Prep Guide

Strengthening Applications

Demonstrated Interest

- **Why is it a thing?** Colleges have a target number of students they want to enroll each year. The Common App and Coalition App make it easy for students to apply to multiple schools with very little thought or effort... which can be great for students who want to cast a wide net but can be confusing to colleges when they are deciding who to admit
- **What is it?** As the name suggests, "demonstrated interest" refers to the degree to which an applicant has made clear that he or she truly is eager to enroll, stay all four years and graduate from a college
- Demonstrated interest in the time of COVID-19: While schools will be a bit more flexible on this issue right now, there are still many things a student can do to demonstrate interest right now that can be meaningful and helpful to the process, particularly this year. Take the time to connect...it makes a difference!
- **How can my student demonstrate interest?**
 - **Email:** encourage students to get on a school's email list and *open the emails* a school sends them!! Research has shown that engagement (opening emails; clicking through links in those emails) is being tracked. I know, it sounds a little unnerving but...
 - **Research:** remember those Supplemental Essays? Your student is going to want to know specific stuff about each school, so have them spend time digging deep into a school's website and jotting links to interesting courses, programs, clubs, etc. in their research spreadsheet
 - **Social Media:** have your student figure out the different social media platforms the colleges they are interested in are on and subscribe/like/follow them
 - **College Fair:** make sure your student interacts with college reps and fills out an inquiry card submission (or scan) when they attend a college fair
 - **School Visits:** students should check the schedule of when colleges may be visiting their high school and make every effort to attend, if they are able to, around their academic commitments
 - **Admissions Reps:** if they didn't already meet their rep at a college fair or school visit, encourage your student to reach out to the school's rep via email
 - **Campus Visit:** When a student visits a college, the expense and effort that goes into that visit reveal a degree of meaningful interest in the school
 - **Interview:** Taking time to interview on campus, or with a local alum, shows genuine interest and initiative to learn more about a school



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- **Supplemental Essays:** When a student writes a Supplemental Essay that reveals a passion for a school and detailed knowledge of the school's specific opportunities, that student is likely to have an advantage over a student who writes a generic essay that could be describing any college
- **Early Decision:** this is the strongest way to demonstrate interest, since admission is binding... but many students do not have the luxury of picking one school, as they must compare Financial Aid offers from a few different institutions
- **Early Action:** is non-binding and just requires a student to be organized about the process earlier than if they were applying Regular Decision—this is absolutely a win-win for students
- **Thank You Notes:** students should always send a thank you email to any professor, Admissions rep, alum or tour guide they interact with during their college search

Interviews

- **Does every school interview?** No, not every school offers interviews. Those that do may have informational or admission-related interviews. Students should research which type of interview each institution they are considering offers, and whether the interviews are done on the college campus and/or in their hometown
- **What's the difference?**
 - **Informational interviews** inform a student about a particular college and often times serve to further pique the student's interest in a particular institution
 - **Admission-related interviews** help put a face to the applicant and may address any "gaps" in the application. An interview can be helpful when a student is on the fence academically as they allow the student to describe inconsistencies in their academic record, share anecdotes conversationally and be evaluated as a person, versus an application
- **Is it worth doing an interview?** Yes, if they have the opportunity, definitely have your student do an interview. It will give colleges a chance to get to know your student better. But it can also be a two-way street, giving the student the chance to interview the school and confirm if the college feels like a good fit. Make sure your student does research about the school *before* their interview to show that they care



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- **What are they going to ask?** You don't want your student's answers to sound canned... but you also don't want them to be a deer in the headlights! Take some time to interview prep by having your student review their resume and get comfortable talking about their life experiences. It may also be helpful to peruse a list of potential questions from ThoughtCo that you can practice with your student: <https://www.thoughtco.com/college-interview-questions-788893>
- **How to I help my student make a great first impression?**
 - Encourage them to dress neatly. This doesn't mean fancy; just make sure they take pride in their appearance
 - Arrive on time
 - If virtual, find a quite professional space. Utilize Future 5 whenever possible.
 - Practice shaking hands and looking an interviewer in the eye
 - Help them to be confident about what makes them unique and qualified
- **Anything else I should remind them?** Yes! Tell them to be sure to ask (at least) one good question. This question can be based off of research they've done about the school and should show that they are mature and proactive about their education
- **Many thanks:** Make sure your student follows up with a prompt thank you note that highlights something they learned or something that was reinforced in their interview that continues to interest them in the school
- **Here is a short video of Interview Tips, from Howcast, that students may like:**
https://www.youtube.com/watch?v=s5aXy_nuhl
- Future 5 staff members are always available to help work with your student on interview preparation...just ask!



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Financial Aid

For anyone who really wants to “go deep” the College Board has an excellent overview of Financial Aid: <https://counselors.collegeboard.org/pdf/financial-aid-essentials.pdf>

For the rest of us, Future 5 has outlined the basics below. Financial Aid is overwhelming and scary for the best of us. Deep Breaths, Small Steps is the best way to tackle it. The Future 5 staff is here for you every step of the way...just ask and if we don't know the answer...we will get it!!!

Researching College Costs

The New York Times ran an article in November 2019 that sheds light on the conundrum of aid. It's a helpful read for all College Coaches to get perspective on the stress involved in funding college: <https://www.nytimes.com/2019/11/15/your-money/fafsa-financial-aid-student-loans.html>

Types of Financial Aid

First, it is helpful for College Coaches and students to become familiar with the different types of Financial Aid that are out there:

- Grants/Scholarships – money a student/family do NOT have to pay back
 - Need Based
 - Merit Aid
 - Scholarships
- Loans – Money that DOES have to be paid back by a student/family
 - Federal
 - Subsidized
 - Unsubsidized
 - Parent Plus
 - Private
- Work Study – Arrangement between a school and the student for a certain number of paid hours for an on campus job

Most Aid packages are a combination of all of the above.

Here are a few recommended sites for understanding the options in more depth:

- **The US Dept of Education's site is a good breakdown of types of Financial Aid:**
<https://studentaid.ed.gov/sa/types>



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- **Big Future Summarizes Options for Paying for College:** <https://bigfuture.collegeboard.org/pay-for-college>
- **FinAid;** is a privately run, but free, site which aims to demystify financing college. It includes information on Loans, Scholarships, Savings Plans and Military Aid: www.finaid.org

The first place to start with Financial Aid is with the federal component and when you are working with your student to develop their list and understand affordability there are several tools that may be helpful:

Forecasting Federal Aid

FAFSA4caster is an early eligibility estimator that can help students plan ahead re: paying for college. If they aren't ready to apply for federal student aid, but would like to estimate aid they can use this online tool: <https://studentaid.ed.gov/sa/fafsa/estimate>

Forecasting Estimated Family Contribution (EFC)

BigFuture's EFC (Estimated Family Contribution) Calculator is a good benchmark (please make sure your student knows this is only an indicator NOT a guarantee of a particular level of support) for families to get perspective on how much their family will be expected to contribute towards college: <https://bigfuture.collegeboard.org/pay-for-college/paying-your-share/expected-family-contribution-calculator>

Researching via Cost Calculators

- When students are developing a list of colleges, it is important that they have balance in terms of affordability-- but the reality is that even the most expensive college may be affordable depending upon the aid that is awarded
- **Cost Calculators:**
 - **This College Cost Worksheet** can be used as a template when students are creating a comprehensive cost of attendance at a particular school: https://collegecost.ed.gov/shopping_sheet.pdf
 - **Net Price** represents what a student will have to pay after scholarships and grants from the federal and state governments and the school itself are subtracted. Net Price Calculators are available on every college's website, usually under the financial aid or admissions tab.



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- Note that Net Price Calculators only take “free” money into consideration in calculating net cost. It does not factor in loans or potential scholarships. <https://bigfuture.collegeboard.org/pay-for-college/paying-your-share/focus-on-net-price-not-sticker-price>.
- Example: if a college costs \$50,000 and the student will receive a \$20,000 award from the school and a state grant of \$5,000. The net price for this student would be \$25,000, but the student could also be offered loans to cover the \$25,000 gap and those are not included in the estimate.
- But, confusing matters, not all Net Price Calculators are created equal. More accurate ones will ask about a child’s test scores/GPA, because those could qualify students for merit-based aid. The weakest calculators rely on the federal-calculator template. These federally based calculators take just a few minutes to complete (since they ask for so little information!) so the result is dubious cost estimates (because they are based off averages, don’t ask for actual income, don’t consider merit-aid, and could be using costs from two years ago). About 50% of schools use this federal template. It makes sense to ask schools’ Financial Aid officers about the accuracy of their calculator and how old the cost data is that is factored into it.

Return on Investment (ROI)

- When considering value, students may wonder whether a particular school a good investment? Now students can check individual school’s Return on Investment (ROI) as a part of their research on schools. A search engine of 4,5000 schools’ ROI was launched in November 2019: <https://cew.georgetown.edu/cew-reports/CollegeROI/>



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Financial Aid – Applying for Aid

FAFSA

- **What is Federal Aid?** Federal Pell Grants usually are awarded to undergraduate students who display exceptional financial need and have not already obtained a degree
- **Who is eligible?**
 - US Citizen or Permanent Resident (must have Permanent Resident visa or Green Card)
- **How does my student apply for Federal Aid?** By completing the FAFSA (the Free Application for Federal Student Aid): <https://studentaid.ed.gov/sa/afsa>
 - FAFSA shows a 'point in time' and measures a family's ability to pay for post-secondary education
 - A family's *ability* to pay, not willingness to pay, is measured by the need analysis system
 - FAFSA is an 'equitable need analysis system', which means that families in similar circumstances are expected to make similar contributions towards post-secondary education
 - The family's current circumstances (family size, number in college, income, and assets) form the basis for determining family ability to pay
 - Adjusted Gross Income is the primary indicator of federal aid eligibility
 - Students must complete FAFSA each year they are seeking Federal Aid
- **How much Federal Aid can my student expect to receive?** It depends. For 2020-2021, the range of Federal Pell Grants is between \$0-\$6,195
 - After a FAFSA has been processed, the student receives a Student Aid Report (SAR) which lists all the information from the application and the student's Expected Family Contribution (EFC)
 - Financial Aid Administrators at colleges subtract the EFC from students' cost of attendance to determine a student's need for the following federal student financial assistance programs:
 - Grants - Federal Pell Grants
 - Loans –
 - Subsidized Loans
 - Unsubsidized Loans
 - Work Study - Federal Work-Study (FWS)



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- **What does the EFC mean?** Since college is viewed as a valuable personal investment, the student and their family have the primary responsibility for paying for educational costs to the extent they are able, which is the Expected Family Contribution (EFC)
- **How was the EFC computed?** EFC is calculated according to a formula established by law. A family's taxed and untaxed income, assets, and benefits (such as unemployment and/or Social Security) all go into the EFC formula. EFC also takes family size and the number of family members who will attend college into account
- **What if a family doesn't agree with their EFC?** If a family disagrees with their EFC, families may appeal to a college's Fin Aid Office, explaining their reasoning. The rule of thumb is whether the situation has a significant impact on their ability to pay for college. If the answer is yes, then they should let the college/university know
 - Example: a parent is fully employed now but is working off a huge credit card debt accumulated during a period of unemployment two years ago
 - Example: a parent lost his/her job during the current application year, but FAFSA is based off prior/prior year data
- **Should my student still fill out FAFSA if they think their parents make too much to qualify?** Yes, every student should complete FAFSA because it also determines a student's eligibility for a myriad of grants and aid for all income levels. The FAFSA submissions also determines eligibility for federal subsidized and unsubsidized loans, which can be more affordable than private loans



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Completing FAFSA

- **First, create a FSA ID:** <https://studentaid.ed.gov/sa/fafsa/filling-out/fsaid>
 - What is an FSA ID?: <https://studentaid.ed.gov/sa/sites/default/files/creating-using-fsaid.pdf>

This is the ID number which is used as your personal identifier for the FAFSA process. It is also used as your electronic signature. The student AND one parent must have individual numbers. This number takes a few days to be generated once submitted so do not plan on completing the full FAFSA process before getting this ID.
- **When can my student apply for federal aid?** FAFSA goes live October 1 (but the FSA ID can be created at any time)
- **Great, my student has his/her FSA ID and is ready to go. What else do they need to complete FAFSA?** In order to complete FAFSA for the 2020-2021 academic year, students will need to gather the following information:

Student Information:

- Your FAFSA ID
- Your Social Security Number (SSN)
- Date of Birth
- Your driver's license number (if you have one)
- Your 2019 1040 Federal tax return (if you received income from a job)
- Your W-2 (if you received income from a job)
- Any 2019 Untaxed Income Records (if applicable)
- Current bank statements (if applicable)
- Current business and investment records (if applicable)
- Alien Registration number (if you are not a U.S. citizen)

Parent Information:

- Parents' FAFSA IDs
- Parents' Social Security Numbers (SSN)
- Date of Birth
- Parents' 2019 1040 Federal tax return (if you received income from a job)
- Parents' W-2 (if you received income from a job)
- Parents' 2019 Untaxed Income Records (if applicable)
- Parents' 2019 Foreign Tax Return (if applicable)
- Parents' Current bank statements (if applicable) - savings and checking account balances; investments, including stocks and bonds and real estate (**but not including the home in which you live because that is not considered an additional asset in this application)
- Parents' Current business and investment records (if applicable)
- Parents' Alien Registration number(s) (if not a U.S. citizen)
- Parents' Driver's License (if you have one)



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- **Want additional help?** Check to see if there is a FAFSA Day near you. Norwalk Community College offers one in mid-October (opportunities for 2020 are still TBD), where students can bring all of their documentation and statements and get help from volunteers. Future 5 will be arranging for additional support of the FAFSA – stay tuned!
- **As his/her College Coach, can I just fill out FAFSA for my student?** No. Helping to support and empower families with information about how the system works and what kinds of questions they should be asking is appropriate. Doing the calculations to advise families on how to position themselves is not appropriate
- **Before he/she does the online submission we'd like to see a copy of what the FAFSA asks:** While online submission of FAFSA is easiest, a hard copy of the application is available to view: <https://studentaid.ed.gov/sa/sites/default/files/2020-21-fafsa-worksheet.pdf>
- **What if my student's parents are divorced? Do both parents need to complete FAFSA?** No, only the custodial parent needs to complete FAFSA
- **Students may also find these FAFSA videos helpful:**
 - FAFSA Overview: <https://www.youtube.com/watch?v=gUis5lityCQ&feature=youtu.be>
 - How to Fill Out The FAFSA Video: <https://www.youtube.com/watch?v=LK0bbu0y5AM&feature=youtu.be>
 - FAFSA Dependency Status Video: <https://www.youtube.com/watch?v=dEbxaRjILus&feature=youtu.be>
 - FAFSA Tips for Parents: <https://www.youtube.com/watch?v=QdaGZASwjZU&feature=youtu.be>
- **FAFSA instructions for families who will have more than one child in college:** <https://blog.ed.gov/2018/09/fafsa-more-than-one-child/>

CT State Aid

- **Does CT have any state-based financial or merit aid?** Yes, CT has a few need or merit-based programs: <http://www.ctohe.org/sfa/>
 - Roberta B. Willis Need-Merit Scholarship Program is for CT residents with a junior year class rank of 20% or better and/or SAT scores of at least 1200 or ACT score of at least 25. The recipient must attend a CT public or non-profit private college. The award is up to \$5,250 a year for full-time attendance in a 4-year program of study or up to \$4,650 a year for full-time attendance in a 2-year program of study. The deadline is Feb 15, and the application should be obtained in the student's high school guidance office
 - Roberta B. Willis Need-Based Grant Program is for CT residents who attend a CT public or non-profit private college. Recipient must have a federal EFC within the allowable range. The award is Up to \$4,500 for full-time study in a 2- or 4-year program of study. Colleges should advise on deadlines or filing requirements



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CSS Profile

Whereas the FAFSA provides federal grants, loans, and other types of government assistance, the College Scholarship Service (CSS) is an application that college use to gauge how much non-federal financial aid you need. The CSS Profile is not utilized by all schools and tends to be required only by the more selective private schools and some selective scholarship programs.

- **What is the CSS Profile?** Overview: <https://learn.collegeboard.org/css-profile-overview/>
 - Profile Tutorial: <https://secure-media.collegeboard.org/misc/css-profile/css-profile-tutorial/index.html>
- **How is CSS funding determined?** CSS EFCs and awards vary from college to college because it is based off specific Institutional Methodology for that one school. Each college awards their limited institutional financial aid dollars strategically, equitably and efficiently by evaluating the financial strength of families with different types of income and assets
- **Simply put, what does that mean?** CSS aims to paint a fuller picture of a family's finances, and is more detailed, but colleges also get to prioritize what is important to *their* institution, since it's their money they are doling out
- **Who considers CSS?** A list of schools that consider the CSS Profile can be found here: <https://profile.collegeboard.org/profile/ppi/participatingInstitutions.aspx>
- **What is the cost?** The fee for the initial application and one college report is \$25. Additional reports are \$16/each. Fee waivers are granted automatically – based on the information entered in the application – to students who are first-time college applicants and are from families with low income/assets. The waiver covers the application fee and the reporting fee for up to eight colleges or scholarship programs.
- **What types of aid can a student be eligible for by submitting CSS?** Institutional aid varies from school to school but usually includes scholarships, grants, and work-study programs
- **Is the EFC the same as the one my student got from FAFSA?** Maybe, but probably not. A family's CSS EFC can go up or down, compared to the FAFSA EFC, because each college has their own institutional methodology
- **So, a family's EFC can be different between colleges too then?** Yes, CSS Profile EFCs may also vary college to college since each school sets their own financial aid policy
- **What if my student's parents are divorced? Do both parents need to complete CSS?** Yes. Both parents need to complete CSS, including the non-custodial parent: <https://secure-media.collegeboard.org/misc/css-profile/completing-the-css-profile-for-the-noncustodial-household/completing-the-css-profile-for-the-noncustodial-household.html>



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- **What if the family feels like there's more to their financial picture that wasn't covered in CSS?** As with Federal Aid, appeals can be made to Fin Aid offices if an accurate financial picture is not portrayed through the CSS Profile application.
 - Example: unreimbursed relocation expenses
 - Example: high medical expenses that were not covered by insurance
 - Example: caring for an ill grandparent who moves in with the family

Financial Aid – Loans

Borrowing

In a perfect world, students could attend college without having to borrow. But the reality is that with loans increasingly dominating aid packages, a student's attitude toward borrowing may determine whether he/she enrolls full-time or part-time, selects a two-year or four-year institution attends as a commuter or residential student—or attends college at all.

- **Should I advise my student to borrow money to attend college?** As a College Coach, your job is not to make financial decisions for your student, but you can help provide them with information so they can make educated decisions on what is right for their family
- **I'm averse to borrowing. I wouldn't want my student to be in debt.** While advocating enormous borrowing is risky, there can also be a cost to *not* borrowing-- students whose educational careers are curtailed because of loan aversion can be a tremendous missed opportunity. [Research](#) has shown that students who avoid borrowing tend to be low-income, minority, immigrant, first-generation students, or some combination of these. If financial aid is meant to level the playing field, this shows the detrimental effect that being totally loan averse can result in
- **OK, so how can I help my student and his/her family see the big picture?** The key is to help families become educated about options and to understand how to manage debt, before making any decisions
- **Are there steps I can share for managing student loan debt?** Yes, here is an excellent, easy to understand source which is summarized below:
<https://mappingyourfuture.org/paying/studentloan10steps.cfm>
 1. **First exhaust all sources of free Financial Aid**, work study opportunities and grants, *then* consider loans
 2. **Scholarships**, have your student apply to as many as possible (see scholarship section)



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3. **Compare all loan options before making any decisions.** Keep in mind that federal loans tend to be the least expensive. Private loans tend to be more expensive and should only be used as a last resort
 4. **Create a personal budget before you take out any loans.** Develop a clear picture of how much you will need to pursue this college opportunity
 5. **Consider the return on investment (ROI) of attending this school.** If you know your intended career path you can estimate future salaries
<https://cew.georgetown.edu/cew-reports/CollegeROI/>
 6. **Determine how much you can afford** to borrow, based upon how much you will be able to realistically repay
 - Decide how much you can borrow:
<https://mappingyourfuture.org/paying/debtwizard/>
 - Estimate what your loan payments will be:
<https://mappingyourfuture.org/paying/standardcalculator.cfm>
 7. **Estimate your loan payments ahead of time**, so that you fully understand the commitment you are making.
 8. **If you do borrow, keep your credit score clean**—repay loans on time.
 9. **Keep your loan officer apprised of any changes** in your status (address or name change, transferring schools, etc) so there are no hiccups with timely repayment.
 10. **Educate yourself on deferment options** in case you need to postpone payments for any reason.
 11. **Research a Direct Consolidation Loan if you have several loans** and want to aggregate them.
- **So, how does my student and their family know if borrowing is a good idea?** It is critical that students, and their families, understand the ROI and can make an educated decision on whether the loan is investment or a liability. Low-interest loans (typically federal) can open up doors for many students who couldn't otherwise afford to attend college, but you do not want to over-leverage your borrowing
 - **How can I help my student and their family make sense of loans and interest rates?** This is a good overview you may want to share with them:
<https://studentaid.ed.gov/sa/types/loans/interest-rates>
 - **How do I help my student and their family understand what their loan obligation would be?** Since the days of long paper credit applications are gone, and everything is done online, sometimes loans can feel like “funny money”. Calculators like those listed below may help students and their parents understand the impact of borrowing on the student's financial future:
 - Student Loan Calculator: <https://bigfuture.collegeboard.org/pay-for-college/loans/student-loan-calculator>
 - Parent Loan Calculator: <https://bigfuture.collegeboard.org/pay-for-college/loans/parent-loan-repayment>



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- Loan Comparison Calculator for Private/Alternative Loans:
<https://bigfuture.collegeboard.org/pay-for-college/loans/student-loan-comparison-calculator>

- **What if my student and their family still need more funds? Are there other alternatives for borrowing?** Yes, an alternative educational borrowing market has emerged that includes a variety of *privately* funded loan programs. Private loans should be a last resort, after grants, merit aid, federal aid, work study, and federal loans. These private loans tend to be more expensive than the federal programs, and many substitute the student instead of the parent as the borrower. It is important to understand the costs of these private loans, when deciding if the borrowing opportunity is worth it.



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Evaluating Financial Aid Packages

Comparing Financial Aid Awards

There is no standard format for award letters, so students may have difficulty interpreting and comparing aid packages. To ease the process and help students compare apples to apples, the following resources can be used:

- Here are a number of different **Award Comparison Calculators**:
 - Future 5's Cost to Attend Worksheet (recommended – See Appendix B)
 - Big Future Award Comparison Calculator: <https://bigfuture.collegeboard.org/pay-for-college/financial-aid-awards/compare-aid-calculator>
 - FinAid Award Letter Comparison Tool: <http://www.finaid.org/calculators/awardletter.phtml>
 - NASFAA Paper Worksheet: https://www.nasfaa.org/uploads/documents/Award_Notification_Comparison_Worksheet.pdf
- **Please remind me what to tell my student if they feel like they didn't get enough Financial Aid to attend a college they are very interested in?**
 - The student may contact the Fin Aid Office of that particular school to help them learn how they can make up the difference between what they need and what the college awarded them. Financial aid officers *want* to help them attend their college, so they will try to work with them to find the right solution
 - If there is a significant change in the student's family's finances — such as job loss or unexpected medical expenses — they can submit a formal appeal to review their award. The student should find out what the school's standard appeals process is and will need to have proof of the change in their circumstances (pay stubs, medical bills, etc)
 - <https://bigfuture.collegeboard.org/pay-for-college/paying-your-share/what-to-do-when-your-financial-aid-award-isnt-enough>



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Scholarships

Future 5

Future 5 has a person who dedicates her time entirely to helping students identify appropriate national, regional and local scholarships!!!

All members are asked to complete an internal Scholarship Search Form which helps the scholarship coach match students with possible scholarships. **It is important to turn this form in as early as possible senior year so that matches can start to be made. Students will learn about opportunities via email.**

Please remind your students to stay on top of their Future 5 email!!

Additionally, Future 5 has partnerships with a number of funders that provide some of our members with scholarship opportunities. Last year these scholarships generated over \$180,000 in funds for students attending both 2 and 4 year schools. The scholarship distribution for opportunities are determined by Future 5 staff.

Scholarship Search Engines

- For those students and College Coaches who wish to do independent scholarship research, here are a few sources:
 - **RiseMe** – a free resource which provides micro-scholarship opportunities to students for their college milestone accomplishments <https://www.raise.me/>
 - **College Green Light** - a free resource for any traditionally underrepresented student with an easily searchable database filled with thousands of scholarships, grants, and merit-aid opportunities. Students create an account and receive a customized list of the awards best suited to their academic, social, and community accomplishments <https://www.collegegreenlight.com>
 - **College Board Opportunity Scholarships** - A scholarship program with \$5 million of scholarships each year, beginning with the class of 2020. Students who complete tasks such as building a college list, practicing for the SAT, and completing FAFSA are entered in monthly drawings to reward them for their effort and initiative. This scholarship doesn't require an essay, application, or minimum GPA <https://opportunity.collegeboard.org>
 - **Dept of Labor** – has a scholarship search site by keyword, degree you are pursuing and geographic residency <https://www.careeronestop.org/toolkit/training/find-scholarships.aspx>



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- **Cappex** – is a full-service college planning site that also has a scholarship search engine. An account must be created <https://www.cappex.com>
- **Fastweb** – bills themselves as the leading online resource for finding scholarships. An account must be created <https://www.fastweb.com>
- **FinAid** – is a free wealth of financial information and calculators, and offers a scholarship search <http://finaid.org>
- **Scholly** – charges a monthly fee for their personalized scholarship search services <https://myscholly.com>



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Finalizing the Process

To finalize the process students must:

- Formally accept by making a deposit to the college of their choice
- Students need to accept their financial aid awards, grants and Federal Student Loans they were offered from the college they are attending. This is usually done online through the college Accepted Students portal, where their Acceptance/Financial Aid offer is located.
- Students need to sign and date the Master Promissory Note (MPN). They will find this document in the Financial Aid area of the college Accepted Students portal. This is the actual loan agreement for their Federal Student Loan(s).
- Students need to read and acknowledge the college's "Entrance Counseling." Also found on the Accepted Students portal in the Financial Aid section. This information is presented to students to ensure they understand the responsibilities and obligations they are assuming with their FAFSA loans.

It is A LOT, but just remember the Future 5 staff is here with you - every step of the way!!! Together WE'VE GOT THIS!!!!

THANK YOU!!!



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APPENDIX A

ORGANIZING THE INFORMATION SPREADSHEETS

For hard copies of either of these worksheets please contact a Future 5 staff member:

Simple Spreadsheet:

<https://docs.google.com/spreadsheets/d/1H9vIbBM8OGxv6w4oqmM8GqxrPpq8JqhCyuXWSGZSdl0/edit#gid=538048869>

More Extensive Spreadsheet:

<https://docs.google.com/spreadsheets/d/1WC2s09useiN2adry4sgDCHX4EmqIFXsD/edit#gid=349890127>



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APPENDIX B – Cost To Attend Worksheet

	<u>Institution 1</u>	<u>Institution 2</u>	<u>Institution 3</u>	<u>Institution 4</u>
Annual College Costs:				
Tuition				
Room/Board				
Books				
Fees				
Health Insurance				
Transportation				
Personal Expenses				
Mandatory Summer Program (6 wks)				
Room & Board				
Tuition (plan B)				
Total Cost (Freshman Year)	\$0	\$0	\$0	\$0
Financial Aid				
Federal Pell Grants				
Work study				
School Scholarships				
Campus visits				
Dollars for Scholars				
P2P				
Other Scholarships				
Sub Total Aid	\$0	\$0	\$0	\$0
Loans				
Subsidized Federal Loans				
Unsubsidized Federal Loans				
Parent "Plus" Loans				
Other Loans				
Sub Total Loans	\$0	\$0	\$0	\$0
Total Financial Ai	\$0	\$0	\$0	\$0
Shortfall	\$0	\$0	\$0	\$0
Retention Rate - Fresh to Soph				
4 yr graduation rate				



APPENDIX C - Undocumented Students

Undocumented students and refugees have unique challenges that must be kept in mind when coaching them through a college search:

- The legal and emotional uncertainty of immigrants in today's political climate leaves them unsure of who they can trust
- Undocumented immigrants are not eligible for federal or state financial aid
- Some states prohibit undocumented students from attending public colleges or universities

Undocumented Student Counseling Resources

- **Connecticut Students 4 a Dream:** <https://www.ct4adream.org/>
- **Counselor Guide from Immigrants Rising** (formerly known as E4FC - Educators for Fair Consideration): http://www.scholarshipsaz.org/wp-content/uploads/2014/09/E4FC_EducatorGuide1.pdf
- **NACAC Guide for Working with Undocumented Youth:** <https://www.nacacnet.org/globalassets/documents/knowledge-center/undocumented-students/supporting-undocumented-youth-ed-2015.pdf>
- **Online search engine for resources and scholarships for undocumented students:** <https://immigrantsrising.org/resources/>



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APPENDIX D – ADDITIONAL COLLEGE COACHING RESOURCES

Podcasts

The National Association for College Admissions Counseling (NACAC)-sponsored :30 podcast is worth a listen. It discusses what educators and college admission professionals can do to help students and their families achieve the goal of getting into college. It provides an overview and practical advice on different types of colleges (Community, State, Private), considerations for funding college, what Admissions offices are looking for and raises thought-provoking questions about the purpose and the pathways to higher education:

<https://www.nacacnet.org/news--publications/podcast-college-admissions-decoded/episode-four-college-for-everyone-how-college-counselors-and-admission-officers-can-get-you-there/>

Inside High Ed's podcast, The Key, is "candid conversations with higher ed newsmakers on how colleges and universities are coping with the pandemic and recession -- with a special focus on equity and lower-income students." <https://www.insidehighered.com/podcasts/the-key>

"Getting In", a podcast hosted by Julie Lythcott-Haims (the former Dean of Freshmen at Stanford University and author of "How to Raise an Adult") follows "a diverse group of New York-area high school seniors through the exhilarating and harrowing process of applying to college."

<https://podcasts.apple.com/us/podcast/getting-in-your-college-admissions-companion/id1038217593>

Dartmouth Admissions' "The Search" podcast, "is a conversation about college admissions for stuck-at-home high school juniors. It's sponsored by Dartmouth and it sometimes draws on Dartmouth's community as guests but it's decidedly not about getting into Dartmouth. It's about helping you see a path forward in your own college search, wherever that path might lead you. This project is a discussion in 12 parts, a 30-minute blast of advice and reflection drawn from the Dean's resources at Dartmouth as well as friends and colleagues from other schools and colleges."

<https://admissions.dartmouth.edu/follow/thesearch>

The College Admissions Process

Comprehensive guide to college admissions published by National Association for College Admissions Counseling (NACAC):

<https://www.nacacnet.org/globalassets/documents/publications/gcap2018final.pdf>



APPENDIX E - NON-DEGREE ALTERNATIVES

A WORK IN PROGRESS –

FUTURE 5 STAFF WILL GET COACHES THIS INFORMATION AS SOON AS POSSIBLE

