

Olympic High School

Post High School Planning Handbook

2017-2018

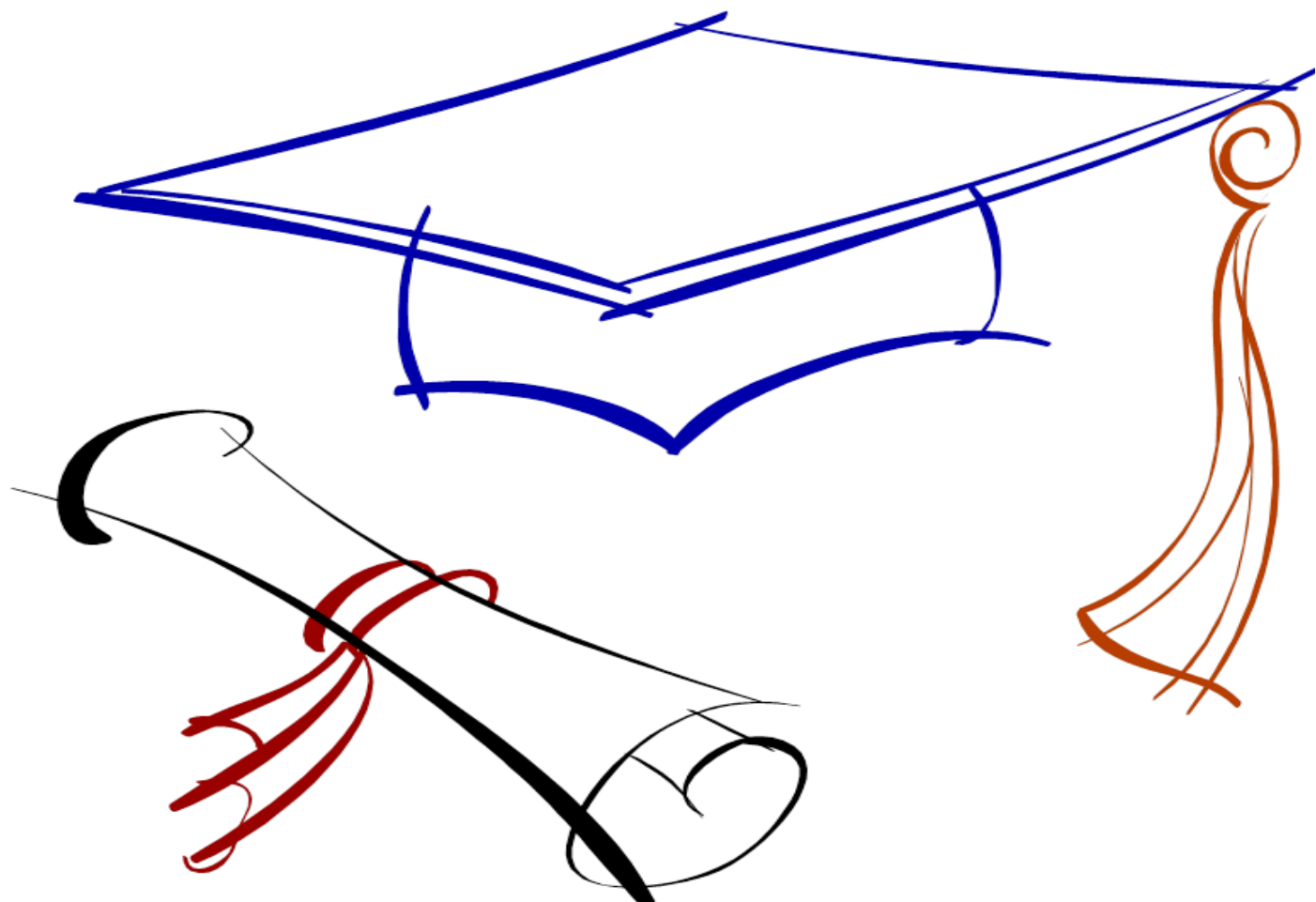


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Olympic High School

Post-High School Planning Guide

INTRODUCTION

Did you know that nearly 80 percent of all jobs require some type of education after high school? This handbook is intended to assist you with making purposeful plans for after high school. Every effort has been made to provide accurate and current information. However, there will undoubtedly be changes that are not known to us at the time of publication. As changes become known to us, we try to communicate new information to our students through our counseling newsletter, the school bulletin, classroom visits, Tutorial, and E-news. However, we encourage the students to verify important dates, deadlines, costs, and admission procedures. Planning for life after high school is an exciting, sometimes intense process that should be accomplished in a timely and careful manner.

COUNSELING OFFICE/CAREER CENTER

The Counselor's mission is to help students do their best at Olympic High School in the areas of academic progress, career planning, and personal concerns. Students can make appointments with their counselor to discuss their options.

Counselors: assigned by last name

Kiley Gard – A – Go & AVID 10 - Counselor - e-mail – kileyM@ckschools.org

Keri Williams – Gr – O & AVID 9 - Counselor - e-mail – keriw@ckschools.org

Heather Maass – P – Z & AVID 11 - Counselor - e-mail – heathersa@ckschools.org

Counseling Support Staff:

Kathy Preecha – Counseling Secretary

Anna Dobson – Counseling Tech, Scholarship Coordinator

Pamela Orwin – Registrar/Transcripts



Career Center Coordinator:

Megan Bartleson - Career Center Coordinator - e-mail – meganwi@ckschools.org

Career and Technical Education Support Staff:

Christie Segerman – Career Center Secretary

Visit the Counseling Office and Career Center website at <http://olympic.ckschools.org/learning/counseling>

COLLEGE PLANNING

Why go to college?

We know that many of our students have “known” that they would go to college right after high school since the time they started grade school. However, have you ever really examined why you are considering going to college? Knowing why you want to go to college and what you hope to get out of it will make the college search a lot easier. Take a few moments to **make a list of the main reasons why you want to go to college.**

Who are you?

What you know about yourself will help you get a clearer picture of what is important to you in picking a college. Knowing your strengths, weaknesses, interests, and values will help in making decisions. Make a list of what you know about yourself in the following areas:

Academics: What subject content areas are you strong in? What are your weaknesses? What courses do you like? In what environment do you learn best? How independent are you as a student?

Activities: What activities are important to you? What clubs, sports or groups are you interested in? Have you been involved in community activities?

Attitudes and Values: Do you meet people easily or are you more comfortable with close friends? Do you like to visit new places or are you more comfortable with familiar surroundings? Do you easily accept people and ideas of other races, cultures, and beliefs? How often will you want to visit home?



How to select a college:

There are over 3,200 colleges in the United States. Choosing the college you will attend is a process that can take up to three years of high school. There may not be that one perfect college, but you do want to find a school that is the best match. Here is a list of things to consider when selecting a college:

- Degrees offered, majors/minors
- Location (rural or urban setting)/ distance from home
- Size of school, number of students
- Private or Public
- Cost
- Financial assistance
- Graduation rate
- Class size
- Faculty contact/classes taught by full-time qualified faculty
- Reputation/ranking
- Student body/diversity/gender
- Social life (Greek organizations, sports, activities)
- Religious affiliations
- Housing options
- Admission standards (based on typical student admitted)



Look at the characteristics above. Which ones are most important to you? There are several websites that offer free College searches, such as www.collegeboard.com, www.petersons.com, and www.wois.org. Contact the Career Center for the current WOIS site key.

STARTING AT A TWO-YEAR COLLEGE: ADVANTAGES

- Cost (tuition is less, no extra money for room and board)
- Close to home
- Can have smaller classes
- Eases transition to college
- Open admissions
- Can earn pre-requisites for four-year college
- Offers professional/technical training

Professional-Technical programs offered at Olympic College:

Olympic College offers an array of professional-technical programs that appeal to just about everyone. Refer to the Olympic College Catalog for more information. Some of the programs offered are:

- Accounting ▪ Criminal Justice ▪ Culinary Arts ▪ Early Childhood Education ▪ Cosmetology ▪
- Legal Office ▪ Medical Assisting & Billing ▪ Nursing ▪ Physical Therapist Assistant ▪ Welding

STARTING AT A FOUR-YEAR COLLEGE: ADVANTAGES

- Encourages independence
- First-hand knowledge for selecting a major
- More of a campus life
- More resources for financial aid

FOUR-YEAR COLLEGES & UNIVERSITIES

Students can pursue a bachelor's degree at public and private four-year colleges and universities. Most degree programs require two years of general study and two years of study within a major. Colleges range in size from small rural schools to large state universities.

Four-year public colleges in the State of Washington:

There are six public universities in Washington:

- Central Washington, Ellensburg
- Eastern Washington University, Cheney
- Evergreen State College, Olympia
- University of Washington, Seattle
- Washington State University, Pullman
- Western Washington University, Bellingham

Note: Geographic locations of colleges can be found at the end of this publication.

Minimum public college entrance requirements: (note: some colleges have stricter admission requirements)

ENGLISH - 4 years

MATH - 3 years, through Algebra II

SOCIAL STUDIES - 3 years

SCIENCE - 2 years (one year of math based science)

WORLD LANGUAGE - 2 years of some world language

FINE OR PERFORMING ARTS OR COLLEGE PREP ELECTIVE - 1 year

Colleges require students to complete a math course during their senior year of high school.

Four-year private colleges:

There are several private universities in Washington. A private college does not receive money from the state. Private colleges have a smaller student population and a small student/teacher ratio.

Although a private college is more expensive, they also have more resources to find aid for students. Private colleges from out-of-state do not cost more than in-state private colleges.

IN ADDITION TO THE PUBLIC COLLEGES REQUIREMENTS SOME PRIVATE COLLEGES REQUIRE 4 years of math, 3 years of science, and 3 years of a foreign language. Fine arts (art or music) is preferred and advanced placement & honors courses are highly recommended.

How does a college evaluate an application? What are they looking for?

The first thing the college looks for is if the credit card cleared (just kidding, sort of). The following is a summary of what most colleges look for in an applicant:

- Have you met the minimum college admission requirements?
- Cumulative GPA, an average of your semester grades from 9th through 11th grade.
- Transcript. Quality of courses. How rigorous were the courses you earned those grades in?
- Test scores. SAT or ACT.
- Senior year. Did you maintain academic rigor your senior year, or take it easy?
- Grade trend. Schools want to see a positive grade trend as you go through school.
- Admission Essay.
- Significant school/community participation.
- Overcoming personal or economic challenges, unique situations.

Average GPA's of entering Freshmen:

(GPA's are guidelines only.... Submit a personal narrative with your application; persevere)

- University of Washington: 3.75
- Western Washington University: 3.45
- Washington State University: 3.3
- Central Washington University: 3.1
- Eastern Washington University: 3.2
- Evergreen State College: 3.0



All four-year colleges in Washington require admissions testing, and will accept either the ACT or SAT Reasoning Testing.

CAMPUS VISIT

There is no substitution for helping you decide which college is your best match, than actually being on that campus for a visit. Colleges want you to apply and if they accept you, they want you to attend. All Colleges offer visitation programs from succinct tours of the campus, to overnight stays in the residence halls. The key is to **call ahead and pre-arrange your visit.**

The best times for campus visits are as follows:

- Junior year, your spring break when the college is in session
- Summer between Junior/Senior year, college is on summer schedule
- Senior year, early Fall quarter, when the college is in session

Options for your tour:

- A full guided tour of the campus
- Freshmen residence halls
- Dining facilities
- Sit in on a class or two for the major you are interested in
- Meet with a faculty advisor for that department
- Meet with students from that department

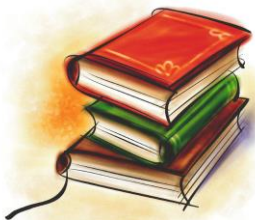
Questions you may want answered:

- How easy is it to get around on campus?
- Do many students have cars? What is the parking situation?
- Do many students go home on the weekends?
- Are professors accessible?
- How is the food? Where do most students eat?
- How is the registration process? Is it easy to get the classes you want?

MEETING WITH A COLLEGE ADMISSIONS REPRESENTATIVE

Throughout the Fall and early Winter, several college admission representatives visit OHS to meet with students. We advertise these times in Trojan Times and online. If you would like to meet with a college rep, here's what you do:

- Pay attention to the bulletin! That's how the Counseling Department communicates with you!
- Sign up online
- A pass will be delivered the day of the meeting time



Questions to ask college admission reps:

1. What is the range of class size for freshman classes?
2. What rules are there for on-campus housing? What are the housing options?
3. What is your rate of freshmen who return for their sophomore year?
4. What is your four-year (on time) graduation rate? Do you see that changing?
5. What services do you have for helping students choose a major?
6. Tell me about your career placement services?

APPLYING TO COLLEGE

Now that you have done your research and perhaps a few college visits, it is time to actually apply to college! You should complete four-year college applications between **September and December** during your senior year. Olympic College's application time is **March of your senior year**.

Remember, in the Fall you are not deciding where you will attend college. You are deciding how many options you will have when you do decide. Applying for college occurs in the Fall, you decide in the spring. Please note, most four-year colleges require a non-refundable deposit by May 1st to secure your spot.

How many colleges should you apply to? That depends on how sure you are of getting accepted. Some students will apply from 3 - 5 schools with a couple of them being selective, and others being "sure bets." Some students apply to their reach school or dream school. What makes a college a "reach /dream school?"

- Selective admissions (averaging entering freshmen GPA is higher than yours)
- Far away from home
- Cost of attendance is higher than most

You could apply to one or two dream schools, then a second tier school, one that is easier to get in to, but still far from home and expensive.

A third tier school may be closer to home, still somewhat selective, but high cost for attendance.

Always keep a safety school in mind for applying: a school that is easy for you to be admitted, close to home, and (relatively) less costly to attend.

How to apply:

- Go to the college website.
- Find "Admissions"
- Find "Freshman" or "Undergraduate" admissions
- Click on the "Apply" button
- You will be asked to register and create a user name and password
- The final step is the application fee, which on average is \$50. Fee waivers are available to those who qualify. See your high school Counselor for more assistance. *There is no charge to apply to OC.*

The nuts and bolts of the application are straight forward. You don't have to complete the process at your initial registration. You can "save" and come back to the application to complete it later. Most of a college application is relatively easy. The part that will take some time is the essay.

Popular in-state college websites:

EWU	🔗 www.ewu.edu
Seattle U	🔗 www.seattleu.edu
U of Puget Sound	🔗 www.puget_sound.edu
WSU	🔗 www.wsu.edu
PLU	🔗 www.plu.edu
Olympic College	🔗 www.olympic.edu

U of W	🔗 www.washington.edu
CWU	🔗 www.cwu.edu
WWU	🔗 www.wwu.edu
Evergreen State	🔗 www.evergreen.edu
Seattle Pacific U	🔗 www.spu.edu

The Three Seasons of College Admission:

- Fall - Apply to colleges
- Winter - Apply for Financial Aid (FAFSA)
- Spring - Commit to your college

You can only apply for Financial Aid after January 1st of your senior year.

COLLEGE ADMISSION AND SCHOLARSHIP DEADLINES

College/University	Admission Deadline	Financial Aid Deadline	Scholarship Deadline*
In-State Public Schools			
University of Washington	November 15	January 15	December 1
Washington State University	January 31	January 31	January 31
Central Washington University	February 1	February 1	February 1
Eastern Washington University	February 1	February 1	February 1
Western Washington University	November 1, January 31	January 31	January 31
Evergreen State College	February 1	February 1	February 1
Private Schools			
Gonzaga University	November 15	February 1	February 1
Pacific Lutheran University	October 15	December 1	January 15
St. Martin's University	October 15	January 1	March 1
Seattle Pacific University	November 15	November 15	November 15
Seattle University	November 15, January 15	February 1	January 15
University of Puget Sound	January 15	January 15	December 15
Whitman College	November 15, January 15	January 15	January 15
Whitworth University	March 1	October 1	March 1
All deadlines are for the 2017 -2018 school year * check with your college for actual Scholarship Deadlines			

TESTING

Most colleges require testing. In Washington, colleges will accept both the SAT and ACT. Colleges will use your best scores if you take more than one test, or if you repeat a test.

PSAT:

The new PSAT 8/9 and the PSAT for grades 10 and 11 provide valuable information for students, parents, and school staff before students actually take the SAT or ACT. These tests help students identify areas in which they may need to work on knowledge and skills, and also put students in touch with potential AP classes they may want to include in their schedules. Top scoring juniors are automatically entered into the National Merit Scholarship Program and may be eligible for scholarship money and distinction for college admissions.



ACT

The American College Test is a four-year college admission test. The ACT offers scores in English, Reading Math, Science, Writing and an overall composite score. Some students prefer this test to the SAT. This website could help you decide which test is best for you: <http://www.petersons.com/college-search/test-prep-act-sat.aspx>. With the ACT, you do not lose points for wrong answers, and there is a career interest assessment.

SAT

The Scholastic Aptitude Test is the most widely used college admission test. The SAT offers scores in Critical Reading, Math, and Writing. You do lose a fraction of a point for each wrong answer.

SAT II/Subject Tests

Some very selective/competitive colleges require the SAT II Subjects tests. Washington schools do not require SAT II Tests. These tests cover specific content area. Your college of interest will guide you on what subject tests to select.

Advanced Placement Testing

The Advanced Placement (AP) classes allow students to take college-level courses while in high school, which prepares them for the AP exams administered during the first 2 weeks of May. Students can earn college credit based on their AP exam scores. More than 90 percent of four-year colleges in the United States give students credit on the basis of exam scores. This can allow students to enter college as a freshman directly having college credit and experience, save money, and possibly earn a degree earlier.

AP students also have the opportunity to earn AP Scholars Awards, for exemplary scores. Research show that students who take AP classes in high school have a much higher likelihood to complete a college degree on time, in 4 years, because they know what it takes and they have college experience before they even get there! For more information and how to access college credit based on AP scores visit the College Board website at <https://apstudent.collegeboard.org/home> and the OHS AP website at: <http://olympic.ckschools.org>

ACCUPLACER

Olympic College requires the ACCUPLACER to accurately place students in English and Math courses. The better you do on the ACCUPLACER the more likely you are to begin your college career, taking college level courses, rather than remedial courses which require tuition but earn no credit.

ASVAB

The Armed Service Vocational Aptitude Battery is given twice a year (fall and spring) at OHS. This test is designed to identify strengths, weaknesses, and aptitude for jobs. Some students want the information for career guidance. The military uses the ASVAB to determine job eligibility. (*The military does not use the results to recruit high school students!*) This test is required for the PSNS Apprenticeship Program.

SAT – ACT Test taking tips:

Deadlines! ACT and SAT require registration four weeks before the test date. Students should register for the ACT and SAT early to guarantee their testing center.

Apply online for faster processing time:

SAT: www.collegeboard.org ACT: www.actstudent.org

When you register for the SAT/ACT be sure to include Olympic High School's code number:

481-197

You will have the opportunity to select four colleges/programs to have your scores sent. This is part of what you are paying for; take advantage and select four schools! If you select more than four schools, or need your scores sent by the testing agency AFTER you have taken the test, you will be charged.

Also, if there is any possibility that you will apply to the UW, be sure to select the UW to have your scores sent. The UW will ONLY accept test scores sent from the testing agency (ACT/SAT).

On the testing agency's website, you will find suggestions on taking the test. Most experts agree that your best test preparation is years of taking challenging classes through your school career.

Which test is right for you?

According to The Princeton Review, about 25% of students will do better on the SAT, 25% will do better on the ACT, and 50% of students will do the same on either test.

It is advantageous to select the right college admission test, or take them both. Think about it: college admission is at stake; scholarships are on the line. You want to maximize your test score!

TIMELINE FOR COLLEGE ADMISSIONS TESTING

In mid-October we offer ***It's Your Future!*** Fair during the school day. Grades 9 – 12 will have the opportunity to take the PSAT, while the seniors attend a career/college fair.

Freshman year:

- October – Freshman will take the PSAT

Sophomore year:

- October – Sophomores will take the PSAT

Junior year:

- October – PSAT is excellent preparation for the SAT. Top scoring juniors qualify for a National Scholarship and Honors.
- March – June – Take the SAT or ACT. Take the SAT Subject Tests if necessary.

Senior year:

- Fall – some seniors want to retake the SAT/ACT. Take the SAT Subject Tests if necessary
- Early Spring – seniors attending Olympic College, take the ACCUPLACER.

THE COLLEGE ADMISSION ESSAY

As part of the application, most colleges will require an essay. Essays are a vital piece of your application, since everything else is essentially numbers. Your college essay is the most personal part of your application.

New Resource: online tools and staff assistance to guide you through the college process.

Tips for an effective college essay:

- Imagine you work in the college admissions office, and you are reading hundreds of essays. What will make yours stand out and be interesting?
- Your opening should grab the reader's attention. You can start with a question, announcement, quote, or personal experience.
 - ⇒ Not great: In this essay, I will tell you about myself and why your college is best for me.
 - ⇒ Better: I had to ask myself, "Why Seattle, why a big campus, why lots of rain?"
 - ⇒ Not great: I am very unique and have lots of interests.
 - ⇒ Better: During my first week of school I thought I wore a sign that said, "New kid, stare at me!"
- Be specific.
 - ⇒ Not great: I am a people person.
 - ⇒ Better: When I saw the sparkle in the child's eyes, I knew I wanted to be a teacher.
- Adhere to the length limits.
- Proofread and read your essay aloud. Does it make sense and have the voice you intend?
- Are you clear and coherent?
- If there is something in your transcript that needs explanation, your essay is the place. For example, if your grades dipped your sophomore year and there is a reason, tell the college what was going on. If you ran over your dog on the way to take your SAT, tell about that.
- Counseling Office (*It's your Future! Fridays*)– tutoring available to assist with college application essays.

LETTERS OF RECOMMENDATION

Most public colleges do not require a letter of recommendation. You will need letters of recommendation for many private college applications, and for most scholarship applications.

If your application requires letters of recommendation, it is important that the letter reflects your attitude, character, personal traits, and areas of strength. You want the letter to say something about you that is not discernible from the rest of your application. To assist your teacher/counselor in preparing letters here are some helpful hints:

- Provide the writer with a resume highlighting your accomplishments. If you do not have a resume, check with the Career Center and they will help you develop one. There is also a "Letter of Recommendation Form" in the Counseling Office. The more information the writer has about you the better your letter will be!

**GIVE TEACHERS/COUNSELORS PLENTY OF TIME TO WRITE LETTERS AND FILL OUT COLLEGE FORMS
AT LEAST 5 – 7 SCHOOL DAYS!**

2017/2018 COLLEGE TESTING SCHEDULE

SAT TEST – 2017/2018

Test Date	Registration Deadlines
October 7	September 8
November 4	October 5
December 2	November 2
March 10	February 9
May 5	April 6
June 2	May 3

Apply online at www.collegeboard.org

A bit more about the SAT

To register log on to
→www.collegeboard.org

The cost of the test is
\$45 without essay
\$57 with essay

Don't forget to check out the practice questions on the College Board website!

ACT TEST – 2017/2018

Test Date	Registration Deadlines
December 9	November 3
February 10	January 12
April 14	March 9
June 9	May 4

Apply online at www.act.org

More Info about the ACT

www.actstudent.org is the web place to register for the ACT.

The cost of the test is
\$39.50 without writing
\$56.50 with writing

The ACT has a science test that the SAT does not. If your interest is in the sciences, maybe this is the test for you!

Other Testing Dates

PSAT – For all Freshman, Juniors and Sophomores

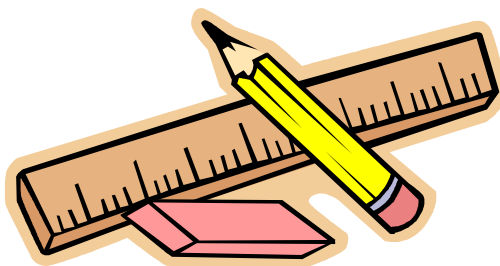
- October 11, 2017
- 7:50 a.m.
- In Tutorial Classes

ASVAB

- April TBD
- 7:50 a.m.
- OHS TBD
- For more information contact the Career Office
- Cost is FREE

Advanced Placement

- May 1 thru May 12
- Registration from January through March at OHS
- For more information contact the AP Coordinator/Teacher or AP website via the OHS homepage
- Exam times and locations vary



FINANCIAL AID

Financial aid is a government program to help families with financial need pay for post-high school education. Financial aid is available for four-year colleges, two-year colleges, automotive schools, art schools, and technical schools, etc. Financial aid is not just for college! Any student/family requesting financial assistance must fill out the Free Application for Federal Student Aid (FAFSA).

How financial aid works:

You do not have to be “poor” to qualify for financial aid, but you do have to show “need.” “Need” is the difference between what it costs to attend your school, and what you and your family can pay. The catch is you do not decide what your family can afford to pay. Here is the formula:

$$\text{Total cost of school} - \text{Expected Family Contribution (EFC)} = \text{Financial Need}$$

The results of your FAFSA application determine your EFC.

If your school costs \$15,000 and your EFC is \$10,000, your financial need is \$5,000 and you would hope to have this need met by your financial aid package from your school.

Applying for financial aid:

1. After **October 1st** of your senior year, complete a FAFSA online. One FAFSA is all you need even if applying to many schools. Go to www.fafsa.ed.gov for your application. A FAFSA must be completed yearly.
2. Each college will have their own deadline for the FAFSA. In general, shoot for having the FAFSA submitted by mid-February, but always check the deadline for your schools of interest.
3. If you qualify for financial aid, the colleges you have been admitted to will send you a financial aid package in the early spring.
4. You do not have to accept financial aid offers.

If you are applying to a private college, you may also need to complete an additional financial aid application called the **PROFILE**. Check this website <https://profileonline.collegeboard.com/prf/index.jsp> for more information.

It is easier to apply for financial aid if you have already done your taxes, or at least a rough draft 1040. However, you can complete the FAFSA without first doing your taxes by estimating based on the previous year.

Financial aid can come in four forms: **grants** (free money), **scholarships** (free money), **loans** (must be paid back), and **work-study** (work for the money, no pay back).

In November and during the first week of January, OHS will host Financial Aid Workshops open to all students and parents who want to learn more about the FAFSA and how financial aid works.

Financial aid websites:

- 🔗 www.fafsa.ed.gov - FAFSA on the web. Complete your form online; submit after January 1st of your senior year
- 🔗 www.pin.ed.gov - FAFSA PIN numbers. Apply for a pin number to complete your FAFSA online. You and your parents will each need a Pin number to electronically sign your FAFSA.
- 🔗 www.collegeanswer.com - Financial aid information/calculator.
- 🔗 www.finaid.org – Easy to read and informative website on all aspects of financial Aid
- 🔗 www.readysetgrad.org – Comprehensive information

SCHOLARSHIPS

A common question asked in the counseling office is “How do I find scholarships?” The answer is: come to the counseling office ASAP! Sign up online to receive the Scholarship Bulletin; We can help you! We WANT to help you!

There are three main sources for scholarships:

1. **The school you are applying to.** Nearly every post-high school opportunity has scholarship money. Contact your school of interest and find out about scholarship opportunities. What is the process to apply? Will your admission application automatically consider you for scholarships or do you need a supplemental application? What are the due dates? Do not assume scholarship applications have the same deadline as admission deadlines.
2. **The internet.** There are many websites that offer scholarship applications. Google “college scholarships” and you will get over 7 million results. We recommend this website: www.thewashboard.org. This is a state website that connects you to scholarships.
3. **Your local high school.** We receive many scholarship applications throughout the entire school year; most are for seniors. We list them online at the school’s website under “Academic Services.” We have a hard copy on our front counter in the counseling office. There is also an e-mail notification system just let the counseling technician know and you will be included! If you see a scholarship you want to apply for, come into the counseling office and request that application.

THE SCHOLARSHIP HUNT

If you are serious about applying for scholarships, here are some tips:

- **Start searching as soon as possible.** Applying for scholarships is work, takes time, and is layered upon the many other activities that happen during your senior year. Check the scholarship bulletin for updates each week during the entire school year! You will need to devote time for scholarship applications.
- **Timelines.** Check the due date and eligibility criteria. Allow plenty of time. If the scholarship requires a transcript, **give the Counseling Office at least two school days to prepare your transcript.**
- **Save.** Keep copies of your completed applications. You can utilize them for future applications. Most of the material on that first application will be asked on each application.
- **Letter of recommendation.** If one is needed, be considerate of the writer. **Give that person at least seven days’ notice.**
- **Go local.** In general, the more local the scholarship, the less competitive that application may be.

What do scholarship donors look for?

That can vary, depending on the scholarship. In general, the following is what many scholarships consider:

- Academics – grade point average, transcript, test scores, and rigor of classes
- School or community service/activities
- Recommendations
- Leadership
- Obstacles overcome

Scholarship realism:

While there are many opportunities for scholarships, be aware that scholarships alone are rarely enough to finance a college education. Receiving just one scholarship is an honor and something to be proud of and that scholarship may only be worth \$500! Assuming the cost of college is a motivator for applying for scholarships, financial aid should also be requested by completing a FAFSA.

NCAA ELIGIBILITY

If you want to be eligible to play athletics at the college level, Division I or Division II, LISTEN UP! In order to play sports for an NCAA Division I or II school at the collegiate level, the NCAA Clearinghouse must certify your eligibility.

It is the responsibility of the athlete (and parent) to read, understand and follow the proper procedures to ensure eligibility. Further information can be found in the 2017-2018 Olympic High Course Catalog, talking over your plans with your Counselor, or logging on to <http://www.ncaa.org/student-athletes/future/eligibility-center>

Some suggested steps toward certification:

- Make an appointment with your counselor to review your transcripts and current class schedule, review approved core courses to understand which courses can be used to meet the NCAA core curriculum requirements
- Take the SAT and/or ACT exams
- At the end of your junior year or the beginning of your senior year, register with the NCAA Clearinghouse via their website above

NCAA Core Curriculum Requirements:

Credits	Subject
4	English
3	Math – 1 year Algebra & 1 year Geometry or a class that has Geometry as a prerequisite
2	Natural or Physical Science – including 1 year of a lab science if offered by your high school
2	Social Science
1	Additional course in English, Math, Science
4	Additional Credits in English, Math, Social Science, Foreign Language, Philosophy, Non-doctrinal Religion

COLLEGE PLANNING TIMELINES

This guide will help you stay on track to meet your goals as you make your post-high school plans. For more detailed information, please visit the Counseling website at

<http://olympic.ckschools.org/learning/counseling>

FRESHMAN YEAR TIMELINE

Fall

- Take the PSAT – October TBD during school day
- Attend College & Career Fairs
- Attend Olympic High School *It's Your Future* Fair Night – October TBD
- Review credits & plan
- Get involved in extra-curricular activities
- Meet with your School Counselor & Career Coordinator
- ASVAB offered – October TBD

Winter

- Start researching College admission requirements
- Develop a plan of high school classes you will take to prepare for your college/career choice
- Research Colleges of interest

Spring

- ASVAB offered – April TBD
- Advanced Placement tests given in May
- Plan a College Campus Visit
- Register for next year's classes – take required courses & challenging college/career prep courses

SOPHOMORE YEAR TIMELINE

Fall

- Take the PSAT – **October 19th** during school day
- Attend College & Career Fairs
- **Attend Olympic High School *It's Your Future* Fair Night – October**
- Review credits & plan
- Get involved in extra-curricular activities
- Meet with your School Counselor & Career Coordinator
- **ASVAB offered – TBD**

Winter

- Start researching College admission requirements
- Develop a plan of high school classes you will take to prepare for your college/career choice
- Research Colleges of interest

Spring

- **ASVAB offered – April TBD**
- Advanced Placement tests given in May
- Plan a College Campus Visit
- Register for next year's classes – take required courses & challenging college/career prep courses

JUNIOR YEAR TIMELINE

October

- ◆ Take the PSAT – October
- ◆ Attend the *It's Your Future* Fair – October
- ◆ Attend College Fairs
- ◆ Take the ASVAB – TBD
- ◆ Check into Scholarships – Counseling

November – December

- ◆ Meet your school counselor to review credits & plans

January – February

- ◆ PSAT results are available
- ◆ Develop a list of colleges of interest
- ◆ Register for the Spring SAT or ACT online

March

- ◆ Take the SAT before June
- ◆ Check into scholarships
- ◆ Register for OHS classes for Senior year

April

- ◆ Take the ASVAB
- ◆ Plan college campus visit - Spring Break

May

- ◆ AP Testing month
- ◆ Interested in ROTC or Academies? See a recruiter for application information
- ◆ Register with the NCAA Clearing House

June

- ◆ Schedule campus visits for the summer
- ◆ Know requirements for colleges



SENIOR-YEAR TIMELINE

September- December

- Register to take the SAT or ACT
- Sign up in Counseling for College Visits

October – November

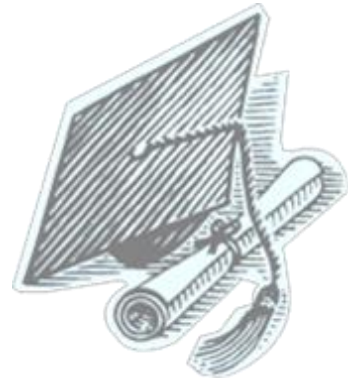
- * Choose colleges to apply to
- * Apply online for colleges
- * Apply for FAFSA online **October 1st**
- * Request transcripts from Counseling
- * Attend College Fairs
- * Sign up in Counseling for College Visits
- * Attend OHS *It's Your Future* Fair
- * Attend OHS Financial Aid Night-Early November

December

- * Apply online for colleges
- * Request Transcripts to be sent to colleges
- * Take the SAT or ACT
- * University of WA **deadline** is December 1st

January

- * FAFSA Completion Night – January
- * January 31 is the scholarship deadline for most Washington colleges.



COMMUNITY COLLEGES

Many Olympic High School graduates begin college at Olympic College. (www.olympic.edu). OC offers transfer programs to help students earn an Associate's (two year) college degree to transfer to a four-year college. OC also offers one two-year Professional Technical programs that can lead directly to employment. Cost and smaller class sizes are reasons many students attend community colleges.

A word about the Running Start Program:

The Running Start program is for "college ready" juniors and seniors. RS allows such students to take tuition free courses at the community college. Students earn credits that apply toward both high school graduation and a college degree.

What is meant by “college ready?”

- Does your level of personal and social maturity indicate you are ready for college level responsibilities?
- Do you have the academic skills to be successful at the college level?
 - ✓ Students must have a High School cumulative GPA of 2.5
 - ✓ Results of the ACCUPLACER test, given at Olympic College, demonstrate college readiness.
 - ✓ Students MUST test into English 101 to be eligible for Running Start.

For Fall RS enrollment, the ACCUPLACER should be taken by May 1st.

Detailed information on Running Start can be found at

<https://www.olympic.edu/Students/StudentServices/RunningStart/>

College in the High School

Olympic High School has established a relationship with Central Washington University (CWU) to offer students in grades 10-12 the option in certain classes to take the class for both high school and CWU credit (5 college credits/semester). Currently, students and parents are responsible for the tuition although it is at a reduced rate cost of \$55/credit (CWU normal tuition is approximately \$270/credit). If you have any questions about this program or qualify for free/reduced lunch, please contact your counselor or an administrator – there may be funds available to help with tuition.



APPRENTICESHIP PROGRAMS

An Apprenticeship is a system of training where an employee learns while on the job. Puget Sound Naval Shipyard offers apprenticeships in fields such as pipefitters, electricians, mechanics, welders, and carpenters. In addition to the shipyard there are an additional 255 apprenticeship opportunities in Washington such as meat cutters, cement masons, iron workers, roofers, etc.

Most apprenticeships last from one to five years, depending upon the occupation. Apprentices are paid an hourly wage that increases typically every six months; along with other benefits which include educational, medical, dental, retirement, and paid vacation. For more information about apprenticeships, contact the OHS Career Center at (360)662-2735 or visit the following websites:

Puget Sound Naval Shipyard – www.navsea.navy.mil/shipyards/puget

Department of Labor & Industries - <http://www.lni.wa.gov/TradesLicensing/Apprenticeship/default.asp>

MILITARY SERVICE

The Armed Services offer students many career and educational opportunities. When looking into these options, students should explore the wide range of programs available including enlistment opportunities, ROTC (Reserve Officer Training Corps) scholarships, and GI Bill funding for higher education. For more information, see the OHS Career Center Coordinator or a military recruiter. All branches of service have information detailing the programs available on the following websites:

- Army – www.army.mil
- Coast Guard – www.gocoastguard.com
- Air Force – www.airforce.com
- Marine Corps – www.usmc.mil
- Navy – www.navy.mil

How to apply to a United States Military Academy:

Apply early in your junior year if you plan to attend a U.S. Military Academy. **November of your senior year is TOO LATE!** ROTC Information Night is usually held in January at Central Kitsap High School. It is recommended students attend their sophomore year to get a head start on gathering necessary information and again their junior year to ask final questions of the recruiters.

For West Point, Air Force Academy, Merchant Marine Academy, & Naval Academy, you must have a **nomination** to compete for admission. A **nomination** is different than an **appointment**! You must first compete for a nomination, which allows you to compete for an appointment.

Keep in mind; the competition for these appointments is exceptionally high, similar to that for admission to an Ivy League type university. If applying for an academy appointment, you should also apply for an ROTC scholarship in the same branch of service as a backup plan.

For further information, log on to:

- U.S. Air Force Academy - www.usafa.af.mil
- U.S. Naval Academy Annapolis - www.usna.edu
- U.S. Merchant Marine Academy - www.usmma.edu
- U.S. Coast Guard Academy - www.cga.edu
- U.S. Military Academy West Point - www.usma.edu

Information about ROTC Programs:

The Reserve Officers' Training Corps (ROTC) gives students the opportunity to earn a college degree, learn and develop leadership skills, and prepare for a career as a military officer. The military is looking for excellent students who have leadership potential.

Even if you aren't awarded a scholarship while you are in high school you can still apply after you start college. Once you get to the campus just visit the ROTC office and inquire about scholarship opportunities. For further information visit:

- Army ROTC – www.goarmy.com/rotc
- Navy ROTC – www.nrotc.navy.mil
- Air Force ROTC – www.afrotc.com

TRADE & TECHNICAL COLLEGES

There are several outstanding technical schools within commuting distance of Bremerton. Clover Park and Bates are located in Tacoma and are among five technical colleges in the state that offer a vast range of courses designed to meet any career interest. Private career schools offer numerous health related programs that are designed to get students into the job market in a relatively short period of time.

Specific career training is available through community colleges like Olympic College. OC offers programs in welding, nursing, electronics, physical therapy assisting, culinary arts, engineering, and numerous other career fields. Everything from career specific certificates to bachelor's degrees can be earned! Be sure to investigate and compare all schools you are thinking about attending.

A very informative website is www.CheckOutACollege.com which can be used to help connect you to the Washington state community or technical college that's right for you.

Popular career and technical college websites:

Clover Park Technical College	🔗 www.cptc.edu
Bates Technical College	🔗 www.bates.ctc.edu
ITT Tech	🔗 www.itt-tech.edu
International Air Academy	🔗 www.academy.com
Art Institute of Seattle	🔗 www.ais.edu
Gene Juarez Academy	🔗 www.genejuarezacademy.com

For more information about these or any other post-secondary interests you may have, see the Career Center Coordinator.