



UNIVERSITY  
PREPARATORY SCHOOL

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PURSuing EXCELLENCE  
TOGETHER

Senior/Junior Parent Night

# Agenda

- Sober Grad Announcements
- Senior letter & dates
- College application process
- Resources available to help
- Financial Aid
- Upcoming events



# Senior Letter

- [Senior Letter- Class of 2024](#)

## Senior Transition

- Google Classroom
  - Scholarship List
- Admissions/Applications
  - [Senior Year Planning Guide](#)
- Career Assessment
- Financial Aid- FSA ID
- Senior Exit Presentation
- Budget





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→ 183

→ Bulletin Board outside of the SSC  
→ @uprepcounseling



# Important Dates

- College Quest 2023 College Fair  
○ Simpson University from 5:30-7:30 PM  
October 16, 2023
- CSU Application Submission  
● UC Application Submission  
Oct. 1-Nov. 30, 2023  
Oct. 1-Nov. 30, 2023
- FAFSA Open For Submission  
December, 2023
- Financial Aid Night hosted by College Options  
○ Room 210 (small theater) at 5:30 PM  
January 10, 2024
- Yearbook Grad Ad Deadline  
○ Create ad online at [www.jostensadservice.com/student](http://www.jostensadservice.com/student)  
January 31, 2024
- Senior Exit Presentations  
March 25, 2024
- AP Testing  
May 6-17, 2024
- Senior Awards Ceremony  
May 20, 2024
- Senior Graduation Ceremony  
May 31, 2024



# Post Secondary Options

## 4 Year University or College

UC

CSU

Private

Out of State

## Community College

Certificates

Transfer Degree

AA, AS

## Tech/Vocational School

Culinary

Diesel Mechanic

Veterinary Tech

## Armed Services

Air Force

Army

Marines

Navy

Coast Guard



# College Process

- What might be a good fit for one student, may not be a good fit for another student.
- What college is best for your student?
  - A big school or a small school?
  - Community College
  - In state or out of state
  - Do you meet their admissions criteria?
  - Financial Fit
  - Do they offer your major/degree?
  - Lots to consider!

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*A good “fit” is a college where a student will be engaged – in class and out – by what the college has to offer.*

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# College Process

## **Safety/Likely**

- Very Qualified
- Confident of Acceptance
- Willing to attend if admitted

## **Possible/Target**

- Qualifications have been met
- Fairly certain of acceptance
- Willing to attend if admitted

## **Dream/Reach**

- May be qualified/ highly competitive
- Low acceptance rate
- Would love to attend if admitted

Target vs. Reach- With high number of applicants some target schools may be considered a “reach”

*Apply Broadly*





# A-G Requirements

- a. History/Social Science - 2 years required
- b. English - 4 years required
- c. Mathematics - 3 years required, 4 years recommended
- d. Lab Science - 2 years required, 3 years recommended
- e. Language Other Than English - 2 years, 3 recommended
- f. Visual and Performing Arts - 1 year required
- g. College Preparatory Electives - 1 year required

**A grade of C or better is required for each course to meet any A-G subject requirement.**



# APPLICATION TYPE:

## University of California



One application

### Requirements:

**Must have a 3.0 or above  
A-G courses**

**Personal Insight Questions  
Comprehensive Review**

NO transcripts or letters of  
recommendation accepted at time of  
application

# Personal Insight Questions

- 8 questions to choose from. Must respond to only 4 of the 8 questions.
- Each response is limited to a maximum of 350 words.
- All questions are equal. All are given equal consideration in the application review process
- There is no right or wrong way to answer these questions. It's about getting to know your personality, background, interests and achievements in your own unique voice.

## ★ PIQ Guide

<https://admission.universityofcalifornia.edu/assets/files/how-to-apply/uc-personal-questions-guide-freshman.pdf>

★ CollegeOptions will review PIQ responses



# Personal Insight Questions

1. Describe an example of your leadership experience in which you have positively influenced others, helped resolve disputes or contributed to group efforts over time.
2. Every person has a creative side, and it can be expressed in many ways: problem solving, original and innovative thinking, and artistically, to name a few. Describe how you express your creative side.
3. What would you say is your greatest talent or skill? How have you developed and demonstrated that talent over time?
4. Describe how you have taken advantage of a significant educational opportunity or worked to overcome an educational barrier you have faced.
5. Describe the most significant challenge you have faced and the steps you have taken to overcome this challenge. How has this challenge affected your academic achievement?
6. Think about an academic subject that inspires you. Describe how you have furthered this interest inside and/or outside of the classroom.
7. What have you done to make your school or your community a better place?
8. Beyond what has already been shared in your application, what do you believe makes you stand out as a strong candidate for admissions to the University of California?



# What is UC looking for?



## Commitment

How long has the student been doing that activity?  
How much time has been committed to it?



## Progression

Has the student worked on a particular skill or activity?  
Can they demonstrate growth over time?



## Leadership

How has the student demonstrated leadership?  
What roles have they held?

# Application

**Application is currently open**

**<https://apply.universityofcalifornia.edu/my-application/login>**

**Submit application**

**October 1st – November 30th**

**Fee \$80 per application**

**Fee waivers available-Apply through the application**



# University of California

UNIVERSITY  
OF  
CALIFORNIA

Admissions

Requirements

How to apply

Tuition & financial aid

Campuses & majors

Apply now



## Ready for your next challenge? The application is now open.

Get your UC application in by November 30, and take the first step toward a UC degree.

Get started





# Application

## About you

### Personal information



\* required

#### What is your name?

We'd like to know your legal name - the name that appears on official documents, like your birth certificate, passport or driver's license - and your preferred name, if you have one. A preferred name is the name you wish to be known or identified by that is different than your legal name.

First/Given name \*

Middle name

Last / Family / Surname \*

Suffix

▼ About you

> Campuses & majors

> Academic history

> Test scores

> Activities & awards

> Scholarships & programs

> Personal insight

Review & submit





# Application Type: California State University

**One application**

**Requirements:**

**GPA**

**A-G courses**

**Supplemental Factors**

**Campuses and programs designated as impacted may utilize higher “a-g” GPA thresholds for applicants, as well as identify supplemental criteria and their relative weights, in making admission decisions.**

<https://www.calstate.edu/attend/degrees-certificates-credentials/Pages/impacted-degrees.aspx>

**NO transcripts or letters of recommendation accepted at time of application**



# Application

**Apply online Oct. 1st –Nov. 30th**

**<https://www.calstate.edu/apply>**

**Fee \$70 per application**

**Fee waivers available-Apply through the application**



# California State University



[Apply](#) [Support the CSU](#) [News](#) [Careers](#) [Contact](#) 

Apply



CAL STATE **APPLY**



# Application

## The four parts (quadrants) of your application

Click the **My Application** tab to complete the rest of your application. You must complete all sections for a quadrant to show as complete. All quadrants must be complete to submit your application.



This shows your progress towards completing all the required information for this quadrant.



**\*Don't skip the Program Materials section.** Even if it appears complete, be sure to click and read the Program Materials quadrant as there is usually important information about the program(s) you are applying to in this section.



# Application Type:

## Private/Out-of-state Colleges and Universities



**Many private/out of state colleges  
use Common Application:**

**[www.commonapp.org](http://www.commonapp.org)**

### **Requirements:**

Letters of recommendation/s  
Counselor recommendation  
(complete letter of rec form)

Essays

Official transcripts

Comprehensive review

*\* If a school is NOT listed on CommonApp,  
their application will be on their website.*

# Application

**Common Application:**

**<https://www.commonapp.org/>**

**Deadlines vary**

Always contact individual college Admissions Office for  
information

Some colleges have earlier deadlines for scholarship consideration,  
art Supplements/portfolios or athletic recruitment





# Early Decision vs. Early Action

## Early Decision






- 1<sup>st</sup> choice
  - Thorough college search completed
  - Visited
- Strong application
  - Even without 1<sup>st</sup> semester grades
  - Testing completed
- Need-based financial aid isn't primary concern
- Binding commitment
  - Must withdraw other applications, if admitted

## Early Action

- Interested in early notification
- Strong application
  - Even without 1<sup>st</sup> semester grades\*
  - Testing completed
- Can still apply to other colleges and learn admission decisions (and financial aid awards) before deciding where to accept admission



# Notable Dates and Requirements

|                              | <br>DUKE | <br>GEORGETOWN | <br>HARVARD | <br>PENN | <br>STANFORD |
|------------------------------|---|---|--|---|---|
| <b>APPLICATION FORM</b>      | COMMON OR COALITION + SUPPLEMENT  | GEORGETOWN APPLICATION  | COMMON OR COALITION + SUPPLEMENT   | COMMON OR COALITION + SUPPLEMENT  | COMMON + SUPPLEMENT   |
| <b>APPLICATION DEADLINES</b> | EARLY<br>Nov. 1<br>REGULAR<br>Jan. 2  | EARLY<br>Nov. 1<br>REGULAR<br>Jan. 10   | EARLY<br>Nov. 1<br>REGULAR<br>Jan. 1   | EARLY<br>Nov. 1<br>REGULAR<br>Jan. 5  | EARLY<br>Nov. 1<br>REGULAR<br>Jan. 5  |
| <b>EARLY PROGRAMS</b>        | EARLY DECISION  | EARLY ACTION  | RESTRICTIVE EARLY ACTION   | EARLY DECISION  | RESTRICTIVE EARLY ACTION  |
| <b>TESTING REQUIREMENTS</b>  | SAT OR ACT<br>(optional for 2023-2024 cycle)  | SAT OR ACT<br>(official scores required)  | SAT OR ACT<br>(optional for 2023-2024 cycle)   | SAT OR ACT<br>(optional for 2023-2024 cycle)  | SAT OR ACT<br>(optional for 2023-2024 cycle)  |
| <b>ALUMNI INTERVIEWS</b>     | RECOMMENDED WHEN AVAILABLE  | REQUIRED  | WHEN AVAILABLE   | WHEN AVAILABLE  | WHEN AVAILABLE  |

*This information is accurate as of 9/8/2023 and is subject to change. Please check each school's website for the most up-to-date information.*



# Common Application



EXPLORE

PLAN

APPLY

Counselors and recommenders ▾

Members ▾



Log in

Create an Account

# Your future starts here

Whether you're applying to college for the first time or looking to complete your degree, Common App will help you reach new heights.

Apply now

Common Application

Profile

Family

Education

Testing

Activities

Writing

Courses & Grades  
0 college(s) require

# Profile

Preview

[View Profile Tutorial](#) ▾

Personal Information ▾

Address ▾

Contact Details ▾

Demographics ▾

**Geography** ▲

Birth country/region/territory\*

Choose an option ▾

City of birth\*

## Instructions and Help



I already submitted, can I change some of my answers?

You can return at any time and change your answer to any question in the Common App tab for future [Read more](#)

What are the hours for Applicant Chat?

Chat is available\* Monday-Friday, 12pm-8pm Eastern Time (excluding holidays). [Click on the "Contact Read more](#)



# Letter of Recommendations

Date of Submission: \_\_\_\_\_



## Letter of Recommendation Form

Seniors: Letters of recommendation are very important to the college admissions process. Colleges value a letter that shares insight beyond grades on a potential admissions candidate. We try our best to write the most complete letter possible on your behalf. The more thorough you are in completing this form, the more information we will have in writing your recommendation.

This form is **REQUIRED** to write a letter of recommendation.

**\*IMPORTANT: 2 OR 3 WEEKS NOTIFICATION IS REQUIRED TO REQUEST A LETTER OF RECOMMENDATION!**

Student Name: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Scholastic Information:**

Potential Major: \_\_\_\_\_

# **Application Type:** **California Community Colleges**

There are 116 colleges to  
choose from

**Apply on**  
**<http://home.cccapply.org/>**

**No minimum GPA**  
**SAT/ACT not required**





# Shasta College

- ★ Shasta Promise
  - FREE college tuition- First 2 years
- ★ Requirements Include:
  - Apply for FAFSA
  - Register for 12 units or more
  - Complete new student orientation
  - Complete Ed-plan with counselor
  - Meetings held at U-Prep





# California Community College

 Your online gateway to the  
California Community Colleges

[Español](#)

[Home](#)

[Colleges](#)

[Apply](#)

[Money](#)

[Parents](#)

[Help](#)



### Apply Today

Select a community college  [APPLY](#)

CCCApply.org is your online gateway to the California Community Colleges. Each year at our 113 colleges, nearly three million students from all over the world build their career skills, prepare for transfer to four-year colleges and universities, or simply enrich their lives through learning.



Welcome to the new CCCApply.org. Choose a college, and you will be routed to the college's website for complete instructions to apply for admission online.

[Explore](#)

[What the Colleges Offer](#)

Learn about the colleges and their wide-

[Apply](#)

[Admission Applications](#)

All U.S. residents should use the standard

[Financial Aid](#)

[Can I Afford College?](#)

Yes, you can! We'll show you how.



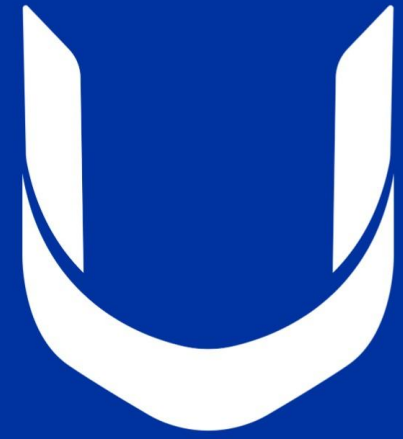
**RESOURCES TO HELP DURING THE  
APPLICATION PROCESS!**



**SENIOR  
TRANSITION  
+  
COLLEGE  
APPLICATION  
WORKSHOPS**

**COLLEGE  
APPLICATION  
WORKSHOPS**

—  
Fall 2023



**When & Where**

October 4th  
October 11th  
October 18th  
October 25th  
November 1st  
November 8th  
November 14th  
November 15th  
November 16th  
November 28th  
November 29th

During Lunch  
1:09-1:39 PM  
Room 183

Need help filling out college applications?  
Attend one of these Drop-In Workshops!



# College Options

Have any questions? ☎ (530) 244-4022



[HOME](#)

[ABOUT US](#) ▾

[STUDENTS & PARENTS](#) ▾

[FINANCIAL AID](#)

[CAREER EXPLORATION](#)

[EVENTS](#)

## College OPTIO

Providing College & Career Preparation



# Support During College Application Process

- Discuss
  - Post-Secondary plans/options
  - college selection
  - number of applications
  - financial aid
- Encourage “thank-yous” for letters of recommendations & Scholarships
- Encourage student to use an appropriate email address
- Use transcript when completing applications
- Review applications before submission
- Support during acceptance/non-acceptance application process



THE IMPORTANCE OF

# self care

I HAVE NO IDEA WHAT IM DOING NEXT YEAR.

EVERYONE ELSE HAS IT ALL TOGETHER, AND I DEFINITELY DONT.

AM I THE ONLY ONE THIS STRESSED OUT?

THIS IS A STRESSFUL SEASON! YOU'RE NOT ALONE!  
REFRAME YOUR NEGATIVE THOUGHTS INTO POSITIVE ONES.

I CAN WORK WITH MY SCHOOL COUNSELOR TO FIGURE OUT A PLAN FOR NEXT YEAR. THEY WANT TO HELP ME BE SUCCESSFUL!

IF I STAY ORGANIZED AND AWARE OF MY DEADLINES, I CAN MINIMIZE MY STRESS.

I CAN MANAGE MY STRESS WITH PRACTICE.

## SELF CARE CHECKLIST

Practice slowing down and caring for yourself in the midst of a stressful school year:

- GO FOR A WALK WITH A FRIEND
- CREATE A NEW PLAYLIST AND ENJOY IT
- CALL SOMEONE ON THE PHONE TO CATCH UP
- WATCH A MOVIE OR TURN ON A TV SHOW
- COLOR, PAINT, OR CRAFT
- JOURNAL THINGS YOU'RE THANKFUL FOR
- GET ENOUGH SLEEP AT NIGHT
- TAKE A BATH
- READ A GOOD BOOK
- TAKE A BREAK FROM SOCIAL MEDIA
- COOK A MEAL OR BAKE A DESSERT
- SHOOT A BASKETBALL
- TRY A NEW HOBBY
- ORGANIZE OR CLEAN SOMETHING UP

OTHER: TYPE HERE

# Junior Year Timeline

## ***Junior Year***

- Research campuses and majors.
  - Gather information about academics, financial aid, and campus life.
  - Develop a preliminary list of colleges that interest you.
- Sign up for newsletters, events or updates from colleges you're interested in
- Career assessment and explore pathways
- Take college tours/virtual tours
- Take SAT or ACT if needed
- \*Advice from seniors\* Start a google sheet with activities, awards, extracurriculars, etc.
- Seek out summer program opportunities: college course/s, summer programs for high school students, work, internships, community service, college tours/visits.

## ***Summer after junior year***

- Start working on Essays/PIQs,
- Work on college list
- Start collecting supplemental materials, if required
- \*Advice from seniors\* Start a google sheet with college list, deadlines, requirements for applications, etc.



# Student Athletes

Student athletes-

- Register with NCAA
  - [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
- Register with NAIA
  - <https://play.mynaia.org/>



# College & Career Updates

**Career Week in the Spring!**

**CollegeOptions**- Career Exploration- Dan Haskins

<https://collegeoptions.org/career-exploration/>

**CaliforniaColleges.edu**- Accounts will be live Monday! Information will go home to students and families to register their account!

<https://www.californiacolleges.edu/#/>





# College Quest 2023 College Fair

A Free Event at Simpson University  
October 16, 2023 5:30-7:30pm

40+ Colleges & Universities

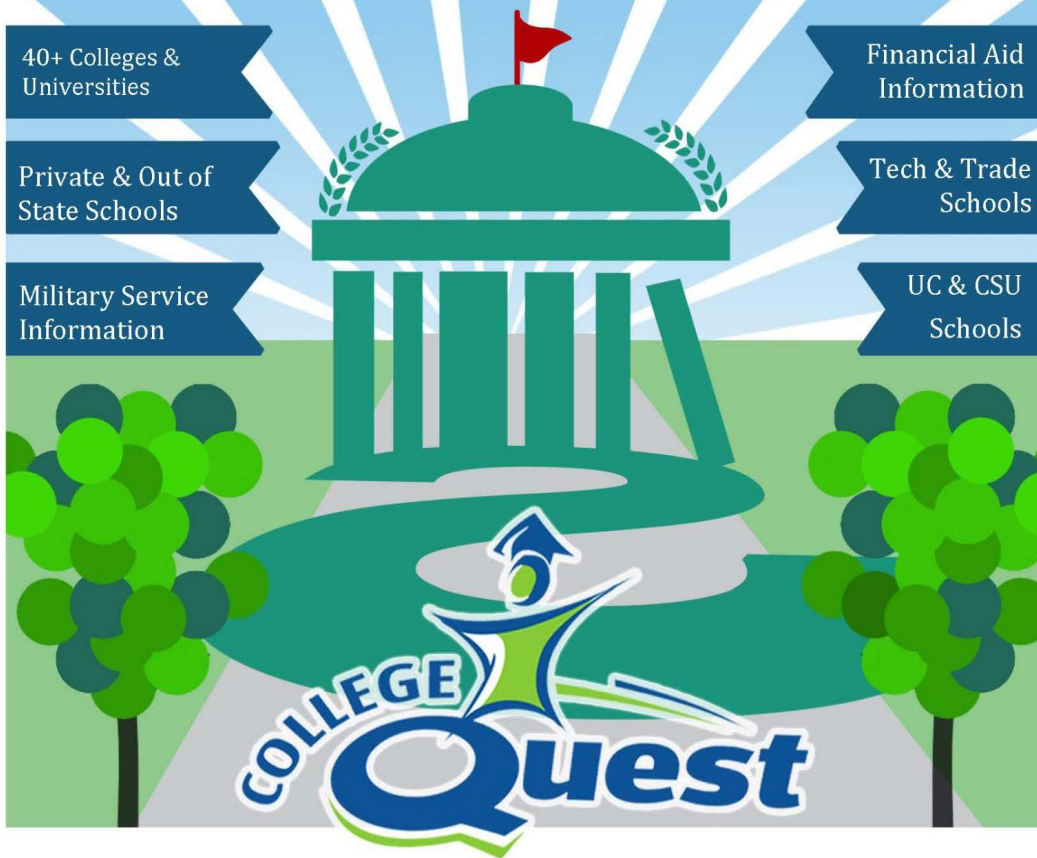
Private & Out of State Schools

Military Service Information

Financial Aid Information

Tech & Trade Schools

UC & CSU Schools



## SAVE THE DATE



# Financial Aid Updates!

## New CA Assembly Bill 469

- FAFSA or CADAA completion
- Requires schools to track and report filing status for all seniors
- Information sent home in senior letter
  - Opt-out form- Parents are able to indicate they will not file the FAFSA

## There are significant changes happening to the FAFSA this year!

- Available to fill out in December, 2023 instead of October 1, 2023 (just for this year)
- Reduction of questions from 108 to 36
- Replacing EFC with Student Aid Index (SAI)
- Direct connect with IRS





# Financial Aid

## What is the Free Application for Federal Student Aid?



- Collects student and parent(s) income, assets and household information
- Calculates the Expected Family Contribution (EFC)
- Gateway to need-based student financial aid from:
  - Federal Government
  - State Government
  - Colleges & Universities

*EFC =  
SAI*



# Financial Aid

## WHAT IS COST OF ATTENDANCE? (COA)



Tuition and fees



Housing and food



Books and supplies



Transportation



Miscellaneous and personal



# Comparison- COAs

**Shasta College (CA Community College)**  
**\$13,424\***

**CSU Chico (CA Public 4-year)**  
**\$26,728\*\***

**UC Davis (CA Public 4-year)**  
**\$38,956\*\***

**University of the Pacific (Private)**  
**\$72,374\*\***

\*Living with parent

\*\*Living on Campus



## FINANCIAL AID OFFERS

- Applied to the school
  - + accepted to the school
  - + listed the school on your FAFSA
  - = You will get a Financial Aid Offer from the school

- Example:

|                       |                 |                                |
|-----------------------|-----------------|--------------------------------|
| COA                   | \$31,000        | (Cost of Attendance)           |
| -EFC                  | - \$ 5,000      | (Expected Family Contribution) |
| <b>Financial Need</b> | <b>\$26,000</b> |                                |

- Schools offer varying amounts of financial aid, some more generous than others
- Applying to multiple schools gives you more financial aid offers to consider



**STUDENTS WILL COMPLETE  
IN SENIOR TRANSITION!**

## FSA ID Needed to File FAFSA

The FSA ID is a digital signature used to sign the FAFSA, Direct Loan and Parent PLUS loan Master Promissory notes, and to access federal student aid sites.

- Student creates their own
- Parent creates their own
  - SSN and Date of Birth needed
- Common mistakes:
  - SSNs switched
  - Parent creates password for student
  - Student creates password for parent
- Can log in with a verified mobile phone number
- Federal Student Aid Help: (800) 4-FED-AID (800-433-3243)

### Create an Account (FSA ID)



Parents



Students



Borrowers



# Financial Aid Night

**U-Prep Financial Aid Night hosted by CollegeOptions**

**January 10th, 2024**

**5:30 PM**

**David Marr Auditorium**





# Advice from the Class of 2023

Be Gracious with yourself. Always keep your goals in mind, but there is constant pressure on you to be successful, and its important to remember that you are human and will mess up and life with go on. Do everything. Try every sport you want to try. Join every club. I never regretted having a new adventure even if I decided I didn't like it.

*Wake up, get up, get out there. Become involved in everything you can that interests you and start as early as you possibly can because you are more likely to regret not doing stuff than doing something new.*

To start preparing for college resume stuff then. One of my biggest regrets is that I pushed everything back to my junior and senior year and tried to do a bunch of stuff then, whereas I could have accomplished a lot more if I utilized my freshman and sophomore year.

*Go to every event possible  
Take as many pictures  
Ask for help!!  
Sleep is vital  
Hang in there, it will be  
gone before you know it  
Try as many new things*

- **Take initiative**
- **Be adaptable to change - you never know what's going to happen!**
- **Ask for help**

Join school activities, time goes by quickly so make the best of it, surround yourself with good people.

**Be involved and make all the memories you can because the time flies**

**Don't procrastinate**

**Challenge yourself**

Thank you!

