

# Plainedge High School



## College and Career Planning Guide





# PLAINEDGE PUBLIC SCHOOLS

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Dear Students and Parents:

Last year 88.6% of our students pursued post high school education. Seventy-nine percent went on to four-year colleges. This progression is the result of the collective efforts on the part of parents, students, guidance counselors, teachers and administrators. We are proud of this consistency.

This guide is designed to give you a framework for your college search and application process. We have tried to give you a synopsis of all the topics you need to know and alert you to appropriate timetables. If you follow the calendar at the beginning of the guide and read about all the facets of college planning, it will simplify the process and make it more manageable.

The guidance office offers a wide array of programs to educate, support and assist parents and students in developing and fulfilling their post high school plans. We look forward to working with you throughout this process. Enjoy these exciting times.

Warm Regards,

*Verdel A. Jones*

Verdel A. Jones  
Director of Guidance

## TABLE OF CONTENTS

	Page (s)
Table of Contents	4
Graduation Requirements	5
College Planning Calendar	6 – 8
Choosing a College	9 – 12
The College Visit	13 – 15
Applying to College	16 – 17
Helpful Websites	18 – 19
How Colleges Select Students	20 – 21
College Entrance Exams	22 – 23
Your College Essay	24 – 25
Obtaining Teacher Recommendations	26
The Interview	27 – 28
College Programs for Students w/Learning Disabilities	29 – 30
Financial Aid	31 – 35
NCAA Requirements for Student-Athletes	36 – 39

## Graduation Requirements

In order to earn a diploma, every student must earn a minimum of 22 credits in addition to meeting specific testing competencies. Only those students who successfully complete the diploma requirements will take part in the graduation exercises.

<b>REQUIRED CORE COURSES</b>	<b>LOCAL DIPLOMA (For students with IEP's only)<sup>1</sup></b>	<b>REGENTS DIPLOMA</b>	<b>REGENTS DIPLOMA WITH ADVANCED DESIGNATION</b>
English	4 credits with 1 Regents exam (55 or higher grade)	4 credits with 1 Regents exam (65 or higher grade)	4 credits with 1 Regents exam (65 or higher grade)
Social Studies	4 credits with 2 Regents exams (55 or higher grade)	4 credits with 2 Regents exams (65 or higher grade)	4 credits with 2 Regents exams (65 or higher grade)
Mathematics  <i>These credits are in addition to those earned at the Middle School</i>	3 credits with 1 Regents exam (55 or higher grade)	3 credits with 1 Regents exam (65 or higher grade)	3 credits 3 Regents exams (Algebra I-Common Core or Integrated Algebra and Common Core Geometry or Geometry, and Common Core Algebra II or Algebra II & Trigonometry) (65 or higher grade)
Science  <i>These credits are in addition to those earned at the Middle School</i>	3 credits <sup>2</sup> 1 Regents exam (55 or higher grade)	3 credits <sup>2</sup> with 1 Regents exam (65 or higher grade)	3 credits <sup>2</sup> with 2 Regents exams (65 or higher grade)
LOTE <sup>3</sup> (Language other than English)	1 credit	1 credit	3 credits <sup>4</sup>
Physical Education <sup>5</sup>	2 credits	2 credits	2 credits
Art and/or Music	1 credit	1 credit	1 credit
Health	½ credit	½ credit	½ credit
Electives	3 ½ credits	3 ½ credits	1 ½ credits
<b>TOTAL</b>	<b>22 credits</b>	<b>22 credits</b>	<b>22 credits</b>

1. All students must score a 65 or above on 5 required Regents exams. However, the low-pass option of scoring 55-64 on the required Regents exams to earn a Local Diploma will continue to be available for students with disabilities. (The Local Diploma option is not available unless a student is classified with a disability)
2. Included in the 3 Science credits earned, one must be a Living Environment course.
3. Students are required to complete 1 credit of LOTE in high school or pass in Grade 8.
4. Students must pass the locally developed Checkpoint B LOTE examination with a score of 65 or better. Or students may substitute 5 credits of art, music or career and technical education. However, students who use this substitution option must still earn at least one LOTE credit.
5. All students must take physical education each semester and earn the equivalent of 2 credits in order to graduate. Every year a student attends high school he/she must be enrolled in a physical education course.

# COLLEGE PLANNING CALENDAR

## Junior Year (Winter/Spring Semester)

- Register for the SAT and ACT by deadline dates (view guidance website for dates)
- Select courses for senior year that are both challenging and appropriate for your future goals
- Attend College Planning Night for Juniors
- Attend a family conference with your counselor to review the student's post high school plans, early February – mid March
- Begin researching colleges utilizing Naviance Student, the College Resource Center, the Internet and by speaking to Plainedge graduates attending those colleges
- Visit colleges in the spring when they are still in session
- Schedule interviews with colleges that require or recommend them
- Complete "College Folder" (will be given at family conference) and return to your counselor or fill out survey online
- Attend College Night at Plainedge High School in March
- Attend NCA (Nassau Counselors' Association) Spring College Expo at Hofstra University
- Take the SAT and ACT in March, May and/or June
- Identify teachers (two) to approach for a recommendation letter
- Use summer vacation wisely, i.e. continue visiting colleges, take courses for enrichment, participate in volunteer work/community service, get a job, etc.
- File NCAA Clearinghouse form if you intend to play college sports at Division I or II level

## Senior Year

### July-September

- Register for the SAT and ACT for August, September, October and November test dates
- Attend Senior College Night
- Review scholarship opportunities available on guidance's [Plainedge Support Services Website](#)
- Review of transcript
- Attend college mini-fairs at Plainedge High School
- Attend Financial Aid Night – File the FAFSA and CSS Profile (if applicable) starting Oct. 1
- If you are considering early decision/action, begin obtaining and reading applications thoroughly
- Counselors begin to meet with every senior student to review college list and/or post-secondary plans
- Attend individual college rep visits throughout the fall in the Guidance Office - see Naviance for details

## **October**

- Senior transcript ready for distribution
- Follow up with teachers for college recommendations
- Submit resume/personal profile to Guidance Office of all extracurricular activities starting in grade 9
- Schedule final college interviews where needed
- Get information on Instant Decision Days
- Make final college visits, stay overnight at your top choices
- Begin submitting applications; early decision/early action and rolling admission schools should be submitted first (complete tracking form)
- Take SAT and /or ACT
- Arrange for all SAT and ACT scores to be sent directly from [www.collegeboard.org](http://www.collegeboard.org) and/or [www.act.org](http://www.act.org) to the colleges you are applying to
- Attend National College Fair and/or NCA College Expo
- Speak to your coach and see if he/she can contact college coaches on your behalf
- Complete FAFSA application
- File CSS profile if applying to private schools. For a list of schools participating go to guidance website or [www.collegeboard.org](http://www.collegeboard.org)

## **November**

- Submit applications with January 1 or 15 deadline dates
- Have 1<sup>st</sup> quarter grades sent to colleges if your grades are very good (optional)
- Participate in Instant Decision Week

## **December**

- Use Naviance Student to keep track of applications submitted
- Finish submitting applications (February due date or later)
- Inform Guidance Office of college decisions
- Confirm with colleges that they have received all your test scores and application materials
- Monitor your email for further instructions/correspondence (application portal, etc.)
- Keep your grades up - mid-year grades will be sent to colleges in February

## **January**

- Attend Alumni panel discussion on college life
- Bring a copy of all college decision letters to the Guidance Office

## **February-March**

- GPA is re-calculated to include first semester senior grades
- Mid-year grades are mailed to colleges
- Valedictorian and Salutatorian are determined
- Any applications still not submitted should be completed as soon as possible if the deadline allows
- Notify your counselor of all college acceptances, rejections, and wait-listed decisions
- Continue to check for scholarships

## **April-May**

- Make final decisions about college. Submit necessary deposit – May 1 National College Deposit Day
- Take AP exams
- Report all college decisions to your counselor. Notify him/her about which college you will attend
- Report all scholarships, grants, and awards to your counselor

## **June**

- Confirm post high schools plans with your counselor
- Meet all graduation requirements
- Meet all college deadlines to ensure your place in the college of your choice
- GRADUATION. Congratulations and Good Luck!

## CHOOSING A COLLEGE

There are over 5,000 colleges and universities (in addition to hundreds of vocational and technical schools) in the United States and no two are quite the same.

Colleges can be.....

- large or small
- coed or single sex
- wide open in their admissions or very selective
- specialized or diversified in their curriculums
- affiliated with a particular religion or non-sectarian
- expensive or low cost
- near your home or far away
- suburban, urban or rural

How do you sort out all the possibilities and finally make a choice? Work with your counselor and parents in making this decision. The above are considerations you should reflect on now before thinking about specific colleges. When you have developed a list of colleges, your counselor can assist you in identifying those colleges that will offer the kind of experience you would like.

### Questions To Ask Yourself:

For one thing, think about your goals. What do you want from your college experience?

- Preparation for a particular career?
- An opportunity to meet new people from different backgrounds?
- A diversified education in the liberal arts?
- Vocational training?
- A chance to live in another part of the country?
- An opportunity to participate in intercollegiate athletics or amateur theatre productions?

For another, think about the kinds of situations in which you learn best and feel most comfortable. How you want to learn is just as important as what you want to learn.

- Do you think you can handle large classes, or do you need more individual attention from your teachers?
- Do you like doing special projects and independent study on your own, or do you work better in a very structured classroom situation where everyone's working on the same subject matter?
- Do you like a very competitive environment or are you happier in a more relaxed learning situation?
- Do you like being with lots of different kinds of people or are you more comfortable with people whose interest and abilities are pretty similar to your own?

## DIFFERENT TYPES OF COLLEGES/UNIVERSITIES

Some of the following college characteristics may not matter to you, while others might be of major importance. Based on your own values, goals, personality, activities, interests, and styles of learning, underline the characteristics you consider most important to you in the colleges you select.

Large universities usually contain more than one type of college. For example, New York University has a College of Arts and Sciences, which offers straight liberal arts programs, and they also have schools with pre-professional programs in business, medicine, performing arts and education. The following descriptions of programs are meant to help you focus on the particular types of programs you want to pursue when in college.

**The Liberal Arts** (in which you usually will earn a Bachelor of Arts degree):

The courses you take in a liberal arts program are designed to enable you to think deeply and critically about ideas which have influenced our human perceptions of the past, the present, and our future. The focus of this program is not to prepare the student for a specific career, but rather to provide a background of philosophical and theoretical concepts with which to view the world and universe, and to provide a constructive direction for the future.

**The Pre-Professional Programs** (in which you usually will earn a Bachelor of Science degree):

The first two years in this program are usually designed to allow you to take courses in the liberal arts, but one course per year will be in the area of your career choice. The last two years will enable you to specialize in courses which are designed to prepare you for admission to graduate school, and you are able to concentrate in the courses directly related to that end.

**Institutes of Technology - two year:** These schools provide knowledge and practical experience in one specific area (carpentry, secretarial, electronics, agriculture, hotel and restaurant management, etc.) The courses offered are practical in nature, and entirely career-oriented. However, transfer into four-year colleges is possible in some programs.

**Institutes of Technology - four years:** These schools provide knowledge of specific areas in scientific or technical fields, and give you practical experience in laboratory and research projects which will augment the theoretical concepts you will learn. Although subjects identified in liberal arts programs are required, their focus is frequently on application to your field of career preparation. It is wise to be rather certain of the field in which you are interested when you consider an Institute of Technology.

**Specialized Colleges and Schools:** The focus is on your talent or concrete career objectives when you attend a specialized college. Musical conservatories, art schools, business schools, automotive schools, and hospital schools of nursing are examples. The emphasis is on learning by doing.

**Community Colleges:** These are low-cost, commuter schools that offer two-year terminal and transfer programs. The terminal programs offer career training in specialized areas whereas the transfer programs are for students who wish to continue their education at a four-year college. Most community colleges also have one year certificate programs in technical areas.

## **FACTORS TO BE CONSIDERED IN SELECTING A COLLEGE**

### **Admission Policies**

- What high school courses are required/recommended?
- What is the academic profile of the college?
- Are SAT and/or ACT required?
- Is the activity record a factor in the admissions process?
- Is an essay required?
- Is there an early decision or early action option?
- Are personal interviews or letters of recommendation required?
- Are there special requirements for certain majors?
- Can admission denials be appealed?
- What are the application deadlines?
- Is the admission process need-blind?

### **About The College**

- What is the current student enrollment?
- Where is the college located (city, suburb, rural)?
- What is the distance from home?
- What is the surrounding community like?
- Is the college public, private, religiously affiliated?
- What special or unique programs are offered?
- What are the campus security policies and procedures?
- What is the academic calendar? (semester, trimester)

### **Student Population**

- Where do the majority of students come from?
- Do most of the students commute or live on campus?
- What types of student activities are available?
- What athletic programs are available?
- Is housing available/guaranteed for freshmen? Is it available for all four years?
- Is the student population diverse?
- How many freshmen returned for their sophomore year?

### **Campus Life**

- What is the male-to-female ratio?
- Are dorms coed or single-sex?
- Is this a “suitcase college” where many students leave on the weekends?
- What are the procedures for selecting a roommate?
- Are there sororities and fraternities on campus?

## **Academics**

- What is the average class size? Largest? Smallest?
- Does the college have core curriculum requirements?
- What is the college's procedure for student orientation?
- How is the faculty advisor assigned to students?
- What services does the school offer for the student who is undecided about a major?
- What is the 4-year graduation rate?
- What are the most popular/strongest majors?
- Are students taught by full-time faculty members, graduate assistants, or a combination of both?
- What types of additional services are provided by the school at no extra cost to the student (e.g., tutoring, career and personal counseling, study skills workshops, job placement)?
- Is there a program for student with learning disabilities?

## **College Costs**

- What is the cost of tuition? Room and board? Are there other fees?
- What is the difference in cost for in-state and out-of-state students?
- Are students required to place deposits upon acceptance for tuition and housing? Are these refundable?
- When do bills have to be paid? Does the college have payment or guaranteed tuition plans?

## **Financial Aid**

- What percentage of students receive financial aid based on financial need?
- What would be a typical financial aid package for a freshman?
- What are the financial aid application procedures and deadlines?
- When are the financial aid applicants notified of their awards?
- Are there campus jobs available?

## THE COLLEGE VISIT

Choosing a college is often a difficult decision. Each college/university is unique in its own way. Therefore, it is important to get out there and see various campuses and colleges to assist you in making your decision. Arranging a campus tour is easy. Go to the College Admissions website for tour information. While arranging your tour, try to schedule some time to speak with an admission counselor, sit in on classes, stay overnight, or meet with coaches.

If possible, it is better to visit a college when normal activity is going on so that you see more than just buildings. A summer visit is better than no visit, but it is difficult to get an accurate impression of the school when the students and faculty are not on campus.

The following are some factors to investigate and consider, keeping in mind that these factors can be influenced by outside aspects such as weather, day of the week, exams, etc., and need to be taken into consideration in making an evaluation.

- Do the students appear to be the kinds with whom you would like to associate? Are they very much alike or is there diversity? Which do you prefer?
- Does the campus appeal to you? Why? What about the size?
- Does the community environment attract you?
- Do the students seem to interact with faculty?
- What is the general feeling among students on campus? What are major concerns, intellectual discussions or interest in weekend activities?
- Read the school newspaper to get a feel for activities and areas of interest.
- Visiting the library may give you some idea of the academic climate and pressures.
- Visit administrative offices to see how individuals are treated at these offices. Are they rushing students along? Or are they helpful?
- Spend some time in the Student Center to see what is available and to see how it is used by students.
- In general, is the college providing an atmosphere appropriate for you with a balance between study and socializing?

## **Consider asking about the following as you tour each campus:**

### **Admissions**

1. When should I apply?
2. What are the requirements for admission? What is most important/least important?
3. Do I need to take a college entrance exam before admission? Which one(s)?
4. What if I do not have a good high school average? Are there alternate admissions programs?
5. When will I know if I have been accepted?
6. Is credit given for advanced placement courses?
7. Are pre-med and pre-law graduates readily accepted into graduate school?

### **Academics**

1. When do I have to declare a major?
2. What kind of academic advisement is available? How are advisors assigned?
3. What are the requirements for my major?
4. Is there a core course requirement?
5. What is the average class size? Do you have any courses that are large lecture classes, such as introductory classes?
6. Are there classes taught by graduated assistants?
7. Can I participate in a cooperative study/work program in my field?
8. Is ROTC available?
9. Can I complete a bachelor's degree in less than four years?
10. Will I have evening classes?
11. Is remedial help available?
12. What opportunities are available for study abroad?

### **Housing**

1. Where are the residence halls located on campus?
2. Are dormitory rooms singles, doubles, triples or suites?
3. Are residence halls co-ed or single sex?
4. Where do freshman live?
5. How are roommates selected? Can I choose a specific dorm? Roommate?
6. Can you change roommates or residence halls?
7. What are the rules in the residence halls?
8. Is there a visitation policy for guests?
9. Are there quiet study hours?
10. Is housing guaranteed for all four years?
11. What off-campus housing is available?
12. Are resident halls wireless?

## **Campus Facilities**

1. Where are the dining halls?
2. What types of meal plans are available? Can special diets be accommodated?
3. What are the library hours?
4. Are tutoring services available?
5. What health services are available?
6. Is the campus accessible for disabled students?
7. How many computer labs are there on campus? Are labs equipped with state-of-the-art technology?
8. Is the campus wireless?
9. Is the campus patrolled by an effective security staff?
10. Are parking lots and walkways well lit?
11. Is information on crime statistics and campus alerts/updates regularly disseminated to the campus community?

## **Student Activities**

1. What campus organizations are available for me to participate in?
2. What types of social activities are on campus? What happens on campus during the weekends?
3. Are there sororities or fraternities on campus? How many students are involved?
4. What cultural activities are available on campus? In the community?
5. How many theatrical productions are scheduled each year? Are the productions open to non-theater majors?
6. Is there a campus repertory company, choir, band or orchestra?

## **Athletics**

1. What are the facilities for men and women?
2. How important is the athletic program to campus life?
3. What intercollegiate and intramural sports are offered?
4. What division is the college in?
5. Are there athletic scholarships available?

# **APPLYING TO COLLEGE**

## **College Application Options**

### **Early Decision**

Early decision is a plan under which a student applies to his/her first choice college early in the fall (usually by November 1) of the senior year and, if accepted, the student agrees by contract to enter the college if offered admission. Upon acceptance, students must withdraw their applications at other colleges. Decisions are rendered to applicants in mid-December. If not accepted under the early decision, a student is often reconsidered (deferred) for admission later in the senior year. However, check with the college on their policy.

### **Early Action**

Early action follows the same application/notification timetable as early decision but does not obligate the candidate to accept the offer of admission. Students can apply to other colleges and do not have to make a decision until the spring.

### **Spring Notification**

Colleges who use spring notification have application deadlines from January 1 to February 15. Decisions are mailed to applicants from early to mid-April and the accepted applicants are required to notify the college they choose to attend not later than May 1. There are several variations to this process with some schools using a variety of deadline dates and reply deadlines.

### **Rolling Admissions**

A college using rolling admissions reviews applications as the "folder" is completed and returns decisions within a few weeks after review. Candidates have until May 1 to reply to the college but some colleges request earlier response dates.

## Obtaining College Applications

Students' submitting online applications via the Internet is the standard procedure for colleges. Many colleges are not providing paper copies of their applications to high schools anymore (*if you do want a paper copy of an application, you may be able to find them in the admissions office of the particular college you are interested in*). There are a few ways to obtain a college's application electronically.

- Every school has a website. Most likely the school's website is their name.edu (example: [www.towson.edu](http://www.towson.edu), [www.harvard.edu](http://www.harvard.edu), [www.molloy.edu](http://www.molloy.edu), etc.). If you are unable to find out a school's website, it is accessible through Naviance Student
- Another way to apply to colleges that is very commonly used is the **Common Application**. The Common Application is one application that over 500 colleges and universities participate in. You can apply to multiple colleges on one application which saves you time. With this process, you go to [www.commonapp.org](http://www.commonapp.org), fill out the application and indicate which colleges you want the application sent to. It's very easy and efficient. ***Keep in mind that although you are only filling out one application, you still need to pay the application fee for each school you are applying to.***
- If you are applying to a SUNY school, there is one application where you can apply to multiple SUNY schools. However, each college/university requires a separate application fee. To apply online you can go to [www.SUNY.edu](http://www.SUNY.edu). You can also apply to some SUNY schools through the Common Application.
- For CUNY schools you can also use one application for up to six schools for one fee. To apply online you can go to [www.CUNY.edu](http://www.CUNY.edu).

**When you send an application online, the application is going directly to the school and bypasses the Guidance Office. Since we must provide the transcript and supporting documents, any student applying electronically must notify the Guidance Office and complete a tracking form so that we know what institutions to forward your information.**

**Several colleges have moved toward sending students free applications in the mail based on information obtained from PSAT and/or SAT. Be sure to take advantage of this opportunity because applications can cost upwards of \$60.00 each. There are also fee waivers available. Ask colleges if they offer fee waivers.**

## HELPFUL WEBSITES

### College Search Websites

**Campus Tours** ([www.CampusTours.com](http://www.CampusTours.com)) - a source for virtual college tours, with interactive campus maps, videos, photographs and live cameras.

**College Board Online** ([www.collegeboard.com](http://www.collegeboard.com)) - a directory of services, including online SAT registration.

**National Center for Education Statistics** ([www.nces.ed.gov/collegenavigator](http://www.nces.ed.gov/collegenavigator)) - Here you can search for and compare colleges on all sorts of criteria including costs, majors offered, size of school, campus safety, and graduation rates.

**Naviance Student** – a web based service designed especially for students and parents that can be used to help in making decisions about courses, colleges and careers. *Sign in through your school Google account.*

**Princeton Review** ([www.review.com](http://www.review.com)) - advice and tools for choosing a college, graduate school, or career with in depth information on business, law and medicine.

**U.S. News Online Colleges & Careers Center** ([www.usnews.com/education](http://www.usnews.com/education)) - "best value" rankings of colleges and graduate programs in multiple fields, with related information on careers and financial aid. Found in the education section of the website.

### Scholarship and Financial Aid Websites

**College Affordability and Transparency Center (CATC)** ([www.collegecost.ed.gov](http://www.collegecost.ed.gov)) - The CATC was designed by the U.S. Department of Education to meet requirements in the Higher Education Opportunity Act and to provide better information to student and parent consumers about college costs. It serves as a central point to several tools that allow users to compare college's tuition and fees, net price, and other characteristics.

**Department of Veteran Affairs** ([www.va.gov](http://www.va.gov)) - information on educational assistance for relatives of veteran's. Type in "scholarships" in the search field to obtain a list of available scholarships specifically for relatives of veteran's.

**Federal Student Aid Estimator** (<https://studentaid.gov/aid-estimator/>) - The Federal Student Aid Estimator provides an estimate of what federal student aid you may be eligible to receive.

**FastWeb** ([www.fastweb.com](http://www.fastweb.com)) - a search service that matches skills, abilities, and interests to a database of more than 400,000 scholarships.

**FinAid –The Smart Guide to Financial Aid** ([www.finaid.org](http://www.finaid.org)) - information regarding financial aid and scholarship searches.

**Free Application for Federal Student Aid** (<https://studentaid.gov/h/apply-for-aid/fafsa>) – use to submit your Free Application for Federal Student Aid.

**New York State Higher Education Services** ([www.hesc.com](http://www.hesc.com)) – Comprehensive website that details the steps involved in obtaining financial aid and the different types of possibilities utilized to pay for college.

**New York State Financial Aid Administrator’s Association** ([www.nysfaaa.org](http://www.nysfaaa.org)) – NYSFAAA is a charitable, volunteer association of financial aid professionals advocating for, and promoting equal access to post-secondary education for all students.

### **Career Related Web Sites**

**Bureau of Labor Statistics** (<https://stats.bls.gov/>) - information from the Bureau of Labor Statistics.

**Naviance Student** – a web based service designed especially for students and parents that can be used to help in making decisions about courses, colleges and careers. There are various interest inventories and personally surveys that connect to possible career options. *Sign in through your school Google account.*

**New York Career Zone** ([www.careerzone.ny.gov](http://www.careerzone.ny.gov)) - information on careers, you can explore careers related to your strengths, skills and talents.

**New York State Department of Labor** ([www.labor.ny.gov/home/](http://www.labor.ny.gov/home/)) - learn about career choices, job skills apprenticeships, what employers want and how to land a good job.

**US Department of Education** ([www.ed.gov](http://www.ed.gov)) - explore careers, plan your education and find out how to apply for financial aid.

# HOW COLLEGES SELECT STUDENTS

## Admissions Criteria

Colleges will use some, if not all, of the information listed below when determining whether or not to accept an applicant. Individual colleges, however, differ in how they evaluate this information. For example, one college may place a great deal of importance on test scores, while another college may not.

- Grade Point Average (GPA)
- Strength of program
- ACT and/or SAT scores
- Recommendations
- Activities/awards
- Personal essays
- Interviews

## Academic Record/GPA

Most colleges consider your overall academic average or GPA the most important single indicator of how well you are likely to do in college.

## Quality of Courses

Many colleges look more favorably upon a high average if it has been obtained while taking the more difficult, challenging courses than if it has been obtained by taking a great many of the so-called "easy" courses. It should be noted that many colleges use only the academic courses in computing your average for acceptance to their school. For example, they may use only your grades in core courses in English, Social Studies, Math, Science and Foreign Language and omit electives in calculating your GPA.

## Standardized Tests

Generally speaking, the more competitive the school, the more they will rely on SAT or ACT scores. Many large state universities will use test scores as a cutoff, only students who have tested above a certain score will be considered for admission.

## Recommendations

Some colleges require letters of recommendation. As a part of your application, teachers are asked to write letters of recommendation. Your counselor will write a recommendation for you provided that you complete the necessary forms (senior questionnaire, parent brag sheet and activity resume).

## **Activity Record/Resume**

While colleges are primarily interested in your academic performance, they are also interested in leadership qualities, unusual interests, abilities and talents. Colleges are more interested in a student having a well-balanced extra-curricular program than in a long list of activities. It is preferable to stay with an activity through high school and rise to a leadership position than to become involved superficially in many things.

## **Community Involvement**

Colleges are interested in evaluating a student's ability to become involved in their community both in and out of the school setting. Many colleges, especially very selective schools, consider community involvement in the selection process. It can be beneficial to a student's college admissions acceptance chances as well as their own social growth to engage in community service activities. For assistance in finding out about community service opportunities, please visit the guidance department. In addition, the website <https://www.dosomething.org/us> list available community service opportunities by interest and location.

## **Essay**

For more competitive colleges an essay, sometimes a biographical form, is an important part of the college application. A really good essay can make the difference in borderline cases. See section on "Your College Essay".

## **Interview**

Some colleges require applicants to come for a personal interview; some encourage an interview, and others place little emphasis on it. For specific college requirements, check college's website. Suggestions on how students might approach a college interview appear later in this booklet.

## **Selectivity**

Each college has different standards for admissions. Determining whether your grades and test scores will make you a viable candidate at a college is an important consideration. To help students in determining a college's selectivity, each year the Plainedge Guidance Department publishes a college placement report on the graduating senior class. The report lists by college, the seniors who have applied to each school, the students' GPAs, their test scores, and the college's decision. Students' names are removed to make it anonymous. Copies are available in the Guidance Office. Reports from previous years are also available in the Guidance Office.

## COLLEGE ENTRANCE EXAMS

Students who plan to pursue post high school education are usually required to take some standardized tests for the purpose of admission or placements. Almost all four year colleges require either the SAT or the ACT for admission. Both these tests are designed to predict probable success at college. Please check college's website for individual school's test requirements and deadlines. (Plainedge High School Code 333062)

### **ACT Assessment – American College Test Program**

The ACT is a battery of tests. It is an achievement assessment designed to measure the high order thinking skills taught across the high school curriculum and necessary for successful completion of college level course work.

The ACT is divided into four multiple-choice sections: Reading, Writing, Mathematics and Science Reasoning. Five scores are reported, one for each subject and a composite score, ranging from 1 to 36. The ACT also offers an optional writing component, which includes writing an essay. For more detailed information on the test content visit [www.act.org](http://www.act.org)

### **SAT**

The SAT is a reasoning test that measures how well students analyze and solve problems. It demonstrates to colleges not only specific subject matter knowledge, but student's ability to think critically.

The SAT is divided up into two parts; Evidence-Based Reading and Writing and Mathematics. Each section receives a separate score in the 200 – 800 score range. This means that the highest total score is 1600. SAT also offers an optional essay (through June 2021) and the score is reported separately with a score range of 2-8. For more detailed information on test content visit [www.collegeboard.com](http://www.collegeboard.com)

# COMPARE ACT vs SAT

ACT	SAT
<b>TESTING FEE *as of 2022-2023 school year</b>	
\$63.00* \$88.00* with optional writing test	\$60.00*
<b>TEST PURPOSE</b>	
Measures academic achievement in English, mathematics, reading, and science reasoning	Designed to measure reading, writing and math reasoning
<b>TEST FORMAT and CONTENT</b>	
Grammar & usage, math, reading, science reasoning, and writing (optional)  English: 1, 45-min section; Math: 1, 60-min section; Reading: 1, 35-min section; Science: 1, 35-min section; Writing (optional): 1, 30-min essay	Reading, writing and language and math  Reading: 65 minutes for 52 tasks/questions; Writing and Language: 35 minutes for 44 tasks/questions; Mathematics: 80 minutes for 57 tasks/questions
<b>SCORING</b>	
Scores based on number of correct answers no penalty for guessing	Scores based on number of correct answers no penalty for guessing
<b>SCORING SCALE</b>	
English                    1-36 Mathematics            1-36 Reading                    1-36 Science Reasoning      1-36  <b>ACT Composite:</b> 1-36 (average of four test areas)	Evidence-Based Reading and Writing 200-800 Mathematics 200-800 Essay (optional) - 2-8  <b>SAT Total: 400-1600</b>

## YOUR COLLEGE ESSAY

The essays on your college application are critical items on the application. Through these essays you have the opportunity to convey to admissions personnel the things that are most important to you. Make sure that your essays contain information that is of some value. The best essays are not only well-written, but present what are often ordinary events from an unusual perspective.

In your essays, describe thought, events or personal characteristics that you have not communicated elsewhere in the application. Don't rewrite your transcript or activity sheet. Be honest and accurate. If you feel that the questions do not give you an opportunity to reveal and express important information, include an additional sheet.

What makes a good impression? Enthusiasm, intelligence, talent, leadership, maturity, writing ability, creativity, and perseverance are all high on the list, but no one expects to find them all wrapped up in one person. What colleges want is honest insight into a real person and what is special about you. A good essay conveys the writer as a real and valuable person, worth knowing. It expresses who you are and what you've accomplished; and fills in the gaps in the statistics, explaining what four years of facts won't show.

### DOs AND DON'Ts

#### Do

- **Plan ahead** - leave time to write and rewrite your essays - with time in between. This will allow for fresh reviews and revisions of the original work.
- **Tell the truth** about who you are.
- **Tie yourself to the college:** Why are you interested in attending, and what can the institution do for you? Be specific. Go beyond "XYZ College will best allow me to realize my academic potential."
- **Read the directions carefully** and follow them to the letter. If the essay is supposed to be 500 words or less, don't submit 1000 words.
- **Consider the unique features of the institution,** for example, a liberal arts college will be impressed with the variety of academic and personal interests you might have while an art institute would be most interested in your creative abilities.
- **Be positive,** upbeat and avoid the negatives, like "I am applying to your school because I won't be required to take physical education and a foreign language."

## Do

- **Emphasize what you have learned.** Provide more than a narration when recounting an experience.
- **Write about something you know,** something only you could write.
- **Make copies of everything,** just in case.

## Don't

- **Force it,** to be funny; too sad, too cute, too silly ("I enjoy playing the piano and guitar but not simultaneously").
- **Be redundant** - essays should not be a rehash of information already provided on other parts of the application or on your high school transcript.
- **Let modesty cover up your greatest assets** (and achievements)
- **Worry about trick questions.** Your readers are genuinely interested in your answers.
- **Be afraid to confess your anxieties** or indecisiveness. Admission representatives are people who enjoy helping people and can be quite moved by the knowledge that you need them.

## HOW TO OBTAIN A LETTER OF RECOMMENDATION FROM A TEACHER

Letters of recommendation are very important pieces of your college application. You are asking teachers and your guidance counselor to inform your potential college who you are as an overall person beyond your transcript. It is very important to be diligent when obtaining letters of recommendation. Since many college's applications are now online, the recommendation process is as well.

Here are some tips for obtaining the recommendation.

1. Choose carefully. The teacher who gave you an "A" might not always be the best choice.
2. Request politely.
3. Request early on in the process. It's best to ask before the end of your junior year and then remind the teachers when you come back in September.
4. After you have received the commitment, let your counselor know.
5. Be clear with the teacher stating exactly what you want. It's a good idea to remind the teacher what class you had with them, what your final grade was, and what topic you particularly enjoyed in the class.
6. If the application has a specific teacher recommendation form, give this form to the teacher who will submit it to the Guidance Office when it is completed.
  - a. In most cases, this is now done online with the application. If that is the case, you will need to provide the teacher's name and email address. **Make sure you are entering the correct email address for your teachers. If you enter it incorrectly, they will not receive the information and will not be able to submit their recommendation.**
7. Advise gently. Point out the due date and remind the teacher in a tactful manner.
8. Thank the teachers graciously. It's a good idea to send the teacher an email thanking them for agreeing to write you a recommendation. This also acts as a reminder to the teacher.
9. Inform the teacher of the outcome.

Always give teachers sufficient time to write the recommendation. It is advisable to approach them at least one month before the application is due. Avoid giving them short notice. Teachers quickly get inundated with letters of recommendations and you want to make sure you are going to get yours in time.

## THE INTERVIEW

Selective colleges are getting more and more applications from students with impressive test scores and high school transcripts, and so they are turning to more subjective items to help them make distinctions. The interview falls into this category. If a school specifically requires an interview, it probably will be considered in the total admissions process. An interview almost always serves to strengthen your chances for admission.

An interview is not a test of right and wrong answers. It is a chance to display your personality, and it gives you an opportunity to communicate what is unique about you. It is also an opportunity to gain information about the school and to add information that is not given in the application.

The average interview is about half an hour, although this may vary. Your interview may be scheduled with:

- college admissions officers
- faculty members serving on the admissions committee
- alumni interviewers
- a combination of the above

All interview reports are considered with equal weight, no matter who interviewed.

### Preparing for the Interview

Before going on the interview, do some research on the school. Go on the college website and get some basic information about the school such as size, majors offered, type of student population, campus facilities, etc. Knowing about the school enables you to ask informed intelligent questions. Also, go appropriately dressed and show enthusiasm and eagerness during the interview. Be conscious of your body language; maintain eye contact and sit upright or slightly leaning forward. Try to remember the name of the person who is going to interview you; it makes for a better and more personal interaction if you can address the person by his or her name. If the person has a business card, take one. Try to contact this person should you need to call or visit the school again. Establishing a rapport with the interviewer can be a big help for that individual can become a very important ally and advocate during the application process. If you are very interested in the school write a brief thank you note to the interviewer.

## Commonly Asked Interview Questions

- Tell me about yourself?
- What do you consider to be your greatest accomplishment in high school?
- What did you enjoy most about high school? Least?
- Why are you applying to this college?
- What can you contribute to the academic and social life of this school?
- What do you want to be doing ten years from now?
- What are your greatest strengths as a student? Weaknesses?
- What is the last book you have read for pleasure? What did you learn from this book?
- What were your favorite subjects in high school?
- Did you have a teacher who made a major impact on your development as a student? If so, what did this teacher do?
- Why do you want to pursue a college education?
- How is the college experience going to bring out the best in you?
- Do you feel that you worked up to your ability in high school? If not, why didn't you do better?

## **COLLEGE PROGRAMS/SERVICES FOR STUDENTS WITH SPECIAL NEEDS OR 504 ACCOMMODATIONS**

It is important for students with a diagnosed disability to know that there are college programs and services available to help them succeed in college and beyond. To be successful in the quest for "the right" college, students and their parents must work together, and carefully explore all the options available.

A wide variety of options in post-secondary education are offered to students with special needs or 504 accommodations. Disability services and programs are expanding each year. It is important to thoroughly research programs and understand requirements. In general, there are two different types of programs colleges offer:

1. Comprehensive programs with a fee for service.
2. Programs which offer accommodations through ADA (American with Disabilities Act). All colleges must provide such accommodations by law.

### **Comprehensive Programs/Programs Requiring a Fee:**

- Acceptance into the program is based on meeting certain criteria as dictated by the program itself. Programs are generally geared toward students with diagnosed learning disabilities (LD), attention deficit disorder and/or Autism Spectrum Disorder (ASD).
- Students are typically required, or significantly obligated, to attend the program office on a regularly scheduled basis
- Intensive Academic (for LD) or social skills assistance (for ASD) services are part of the program
- Number of students in program is limited
- Often requires a separate application for program consideration
- Usually has an additional fee for the program

### **Accommodations at Colleges Mandated by the ADA**

- By law colleges are required to have a Student Disability Services Office.
- The Student Disability Services Office must make appropriate accommodations based on students' documented disabilities. Such disabilities include physical disabilities, intellectual disabilities, emotional disabilities, traumatic brain injury and Autism Spectrum Disorder.
- Accommodations through ADA do not include an additional fee.
- Accommodations offered by Disability Services Offices include but are not limited to, extended time on testing, copy of class notes, tests read, tutoring support services, etc.

Students should begin college planning by the end of 9<sup>th</sup> grade. Students with disabilities or 504 accommodations must be granted approval from College Board and/or ACT to receive test accommodations on the PSAT, AP, SAT and ACT exams. This should be completed the year before the student takes the PSAT and/or AP exam for the first time. Please see your counselor for more information.

Start early to accumulate necessary documents needed for college planning. Contact your guidance counselor to obtain the following records.

- Test results - SAT, ACT, WAIS, etc.
- IEP or 504 Plan
- Medical reports relevant to your learning disability
- High school transcript

Outline your priorities for attending a post-secondary institution. Factors to be considered are as follows:

- Two-year or four-year
- College or university
- Majors offered
- Facilities for students with disabilities or 504 accommodations
- Location
- Size
- Tuition
- Clubs and/or athletics offered

Request information from the colleges your child is interested in. If you have questions about the program, e-mail the Students with Disabilities Services Office directly. Every campus has a 504 coordinator who is responsible for providing services and accommodations to students. Students should speak to this person to find out the extent of services available at that campus.

### **What to Ask Colleges/Universities in Reference to Students with Disabilities or 504 Accommodations:**

- What specific programs are available?
- How many full-time students are enrolled in the program?
- Is there a description of the program available online?
- Do students in special programs take regular college courses?
- Are special courses required? Do they carry college credit? Can credit be used toward graduation?
- Are there additional tuition or fee requirements?
- Are there special admission procedures?
- What test accommodations are available?

It is strongly recommended that you visit each school if at all possible. Call to arrange a campus visit and a personal interview.

# FINANCIAL AID

## What Is It?

Money is available to help you pay for college, so don't rule out any college you like just because of its cost. Financial aid comes in different forms, grants and scholarships, which don't have to be re-paid; loans which generally carry a low interest rate and are repaid after you graduate or leave school; and employment, usually 10 to 15 hours up per week. Most students receive a combination or "package" made up of all three types of aid based on "financial need".

## What is the FAFSA? (Free Application for Federal Student Aid)

If you are applying to college, no matter what your financial status is currently, you need to complete the FAFSA (<https://studentaid.gov/h/apply-for-aid/fafsa>) each year that you plan to attend a college. The FAFSA is the "baseline" in determining what, if any, type of financial assistance you might be eligible for from the Federal Government, New York State (TAP), Work Study, etc. Income, family size, numbers of dependents in school at the same time, mortgages, emergency expenses, medical bills, etc. are all factors that influence a family's ability or inability to meet college costs. DON'T rule out financial aid based on income alone.

## How It Works

"Financial Need" is defined as the difference between the Cost of Attendance (COA), and your Expected Family Contribution (EFC):

$$\text{Cost of Attendance (COA)} - \text{Expected Family Contribution (EFC)} = \text{Financial Need}$$

## What is Cost of Attendance?

The cost of attendance (COA) is not the bill that you may get from your college; it is the total amount it will cost you to go to college each year. The COA includes tuition and fees; on-campus room and board (or a housing and food allowance for off-campus students); and allowances for books, supplies, transportation, loan fees, and, if applicable, dependent care. It can also include other expenses like an allowance for the rental or purchase of a personal computer, costs related to a disability, or costs for eligible study-abroad programs. Your college or university will generally publish on its website or in its financial aid office the college's cost of attendance.

## Estimating your Expected Family Contribution (EFC)

The expected family contribution (EFC) is a dollar figure used to determine your eligibility for need-based financial aid. The EFC represents the amount that a family can reasonably be expected to contribute toward college costs (although it isn't necessarily expected that the family will have this amount immediately available). The EFC is based on a family's financial situation, including the income and assets of the student and his or her parents (or, if the student is independent, the income and assets of the student and the student's spouse).

## Examples

**Your EFC equals \$20,000** (your EFC is the same no matter what schools you apply to)

### School X

- Tuition, \$31,644;
- Room/board, \$9,873;
- Books & supplies, \$1,419;
- Plus similar costs for personal expenses and transportation.
- **COA = \$44,592 per year.**

### School Y

- Tuition, \$16,086;
- Room/board, \$6,540;
- Books & supplies, \$920;
- Plus costs for personal expenses and transportation.
- **COA = \$26,226 per year.**

School X COA – EFC = Financial Need  
**\$44,592 - \$20,000 = \$24,592**

School Y COA – EFC = Financial Need  
**\$26,226 - \$20,000 = \$6226**

In some instances, colleges and universities will meet the financial need 100% with scholarships, grants, loans, etc. However, not all school will meet financial need 100%. Please check with financial aid offices for specific college information.

For more information on determining the cost of college attendance, visit the **College Affordability and Transparency Center (CATC) website**. The CATC was designed by the U.S. Department of Education to meet requirements in the Higher Education Opportunity Act and to provide better information to student and parent consumers about college costs. It serves as a central point to several tools that allow users to compare college's tuition and fees, net price, and other characteristics. <http://collegecost.ed.gov/>

## How to Apply for Financial Aid

- Use the Federal Student Aid Estimator (optional). The *Federal Student Aid Estimator* provides an estimate of what federal student aid you may be eligible to receive. <https://studentaid.gov/aid-estimator/>
- To begin the financial aid process, you must complete a "Free Application for Federal Student Aid" (FAFSA). The FAFSA should be completed online as early as possible starting October 1. When applying online at <https://studentaid.gov/h/apply-for-aid/fafsa> parents and students both require a FSA ID. Visit <https://studentaid.gov/fsa-id/create-account/launch> to create a FSA ID – this can be done at any time. Students who qualify for the Tuition Assistance Program in New York State (TAP) will be automatically identified through the FAFSA form. No separate application is required.
- You must apply for financial aid every year. There is no guarantee that the same amount of aid will be awarded each year.
- Changes in your family situation affect your eligibility. If there are any changes in your financial circumstances after financial aid has been awarded, contact the financial aid administrator by letter explaining the new circumstances.
- The CSS PROFILE financial aid form is an additional application required by specific private institutions. For a list of colleges requiring CSS PROFILE go to <https://profileonline.collegeboard.com/>
- After submitting the FAFSA and/or CSS PROFILE, the student will receive a Student Aid Report (SAR). Check this document carefully to make sure the information is correct and respond to any requests for additional information promptly. If you want additional colleges or programs to receive your FAFSA, and/or Profile request them from the service.
  - Upon receipt of your financial aid package from the college, review it and contact the college financial aid administrator if you have any questions.

**PLEASE NOTE: A FINANCIAL AID APPLICATION (FAFSA) MUST BE ON FILE TO BE ELIGIBLE FOR SOME MERIT SCHOLARSHIPS.**

## FINANCIAL AID FOR NEW YORK STUDENTS

For information about all New York State Financial Aid visit <https://www.hesc.ny.gov/> which is the New York State Higher Education Services Cooperation.

### The New York State Tuition Assistance Program (TAP)

This program helps eligible New York residents pay tuition at approved schools in New York State. Depending on the academic year in which you begin study, an annual TAP award can be up to \$5,165. Because TAP is a grant, it does not have to be paid back.

### **Who Is Eligible?**

To be eligible for TAP, students must:

- Be a United States citizen or eligible noncitizen and a resident of New York State.
- Have graduated from high school in the United States, earned a high school equivalency diploma by passing a Test Assessing Secondary Completion (TASC) formally known as a GED, or passed a federally approved "Ability to Benefit" test as defined by the Commissioner of the State Education Department.
- Study full-time undergraduate (at least 12 credits per semester) at an approved postsecondary institution in New York, be matriculated in an approved program of study and be in good academic standing with at least a cumulative "C" average as of the 4th semester payment.
- Be charged at least \$200 tuition per year.
- Not be in default on any state or federal student loans and not be in default on any repayment of State awards.
- Meet income requirement: income limit of \$80,000 for Dependent undergraduate students or Independent students who are married and have tax dependents, or Independent students who are unmarried and have tax dependents.

### **What Determines The Amount Of The Award?**

The award amount is determined by:

- Academic year in which first payment of TAP or any state award is received
- Type of postsecondary institution and the tuition charge
- Combined family NYS taxable income, Federal, State or local pension income and private pension and annuity income, if applicable.
- Financial status (dependent or independent)
- Other family members enrolled in college

## The Excelsior Scholarship Program

The Excelsior Scholarship provides tuition awards to eligible students attending New York State's public colleges and universities (SUNY and CUNY). This scholarship, in combination with other student financial aid programs, allows students to attend a SUNY college tuition-free.

An applicant must:

- be a resident of NYS and have resided in NYS for 12 continuous months prior to the beginning of the term;
- be a U.S. citizen or eligible non-citizen;
- have either graduated from high school in the United States, earned a high school equivalency diploma, or passed a federally approved "Ability to Benefit" test, as defined by the Commissioner of the State Education Department;
- have a combined federal adjusted gross income of \$125,000 or less;
- be pursuing an undergraduate degree at a SUNY or CUNY college, including community colleges and the statutory colleges at Cornell University and Alfred University;
- be enrolled in at least 12 credits per term and complete at least 30 credits each year (successively), applicable toward his or her degree program through continuous study with no break in enrollment except for certain reasons that can be documented;
- if attended college prior to the 2022-23 academic year, have earned at least 30 credits each year (successively), applicable toward his or her degree program prior to applying for an Excelsior Scholarship;
- be in a non-default status on a student loan made under any NYS or federal education loan program or on the repayment of any NYS award;
- be in compliance with the terms of the service condition(s) imposed by any NYS award that you have previously received; and
- execute a Contract agreeing to reside in NYS for the length of time the award was received, and, if employed during such time, be employed in NYS.

# DIVISION I ACADEMIC REQUIREMENTS

To study and compete at a [Division I school](#), you must earn 16 NCAA-approved [core-course credits](#), earn a corresponding test score\* that matches your [core-course GPA](#) and submit your final transcript with proof of graduation to the Eligibility Center.

## CORE-COURSE REQUIREMENTS

Earn 16 NCAA-approved core-course credits in the following areas:

<b>ENGLISH</b>	<b>MATH</b> (Algebra I or higher)	<b>SCIENCE</b> (Including one year of lab, if offered)	<b>ADDITIONAL</b> (English, math or science)	<b>SOCIAL SCIENCE</b>	<b>ADDITIONAL COURSES</b> (Any area listed to the left, world language or non-doctrinal religion/philosophy)
<b>4 years</b>	<b>3 years</b>	<b>2 years</b>	<b>1 year</b>	<b>2 years</b>	<b>4 years</b>

For Division I, 10 of your 16 NCAA-approved core-course credits must be completed before the start of your seventh semester, including seven in English, math or science.

## QUALIFIER

As a Division I qualifier, you may practice, compete and receive an athletics scholarship during your first year of full-time enrollment at an NCAA Division I school.

- » Earn 16 NCAA-approved core-course credits in the right areas.
  - Complete 10 of your 16 NCAA-approved core-course credits, including seven in English, math or science, before the start of the seventh semester.
  - Complete your 16 NCAA-approved core-course credits in eight academic semesters or four consecutive academic years from the start of ninth grade.
- » Earn a corresponding test score that matches your [core-course GPA](#) (minimum 2.3) on the [Division I Sliding Scale](#).\*
- » Submit your final transcript with proof of graduation to the Eligibility Center.

## ACADEMIC REDSHIRT

As a Division I academic redshirt, you may practice during your first regular academic term and receive an athletics scholarship during your first year of full-time enrollment but may NOT compete during your first year of enrollment. You must pass either eight quarter or nine semester hours to practice in the next term.

- » Earn 16 NCAA-approved core-course credits in the right areas.
- » Earn a corresponding test score that matches your core-course GPA (minimum 2.0) on the Division I sliding scale.\*
- » Submit your final transcript with proof of graduation to the Eligibility Center.

\* More information regarding the impact of COVID-19 and test scores can be found at [on.ncaa.com/COVID19\\_Spring2023](https://on.ncaa.com/COVID19_Spring2023).



ELIGIBILITY CENTER

## TEST SCORES

Every time you register for the SAT or ACT, use code **9999** to send your scores directly to the Eligibility Center from the testing agency. You may take the SAT or ACT an unlimited number of times before you enroll full time in college. If you take either test more than once, the best subscore from each test is used to give you the best possible score.

\* More information regarding the impact of COVID-19 and test scores can be found at [on.ncaa.com/COVID19\\_Spring2023](https://on.ncaa.com/COVID19_Spring2023).

## CORE-COURSE LIST

Find your high school's list of NCAA-approved core courses at [eligibilitycenter.org/courselist](https://eligibilitycenter.org/courselist). No core-course list means courses taken from that high school will not count for NCAA eligibility. If your high school does not have a list, you risk being ineligible to play in college.

## NONTRADITIONAL AND ONLINE COURSES

Nontraditional courses are taught online or through distance learning, hybrid/blended, independent study, individualized instruction, correspondence or similar means.

These types of courses may be acceptable for use in the NCAA initial-eligibility certification process; however, it is important to make sure the nontraditional program has been approved and appears on your school/program's list of NCAA-approved core courses.

## BE AHEAD OF THE GAME

- Plan to register with the NCAA Eligibility Center at [eligibilitycenter.org](https://eligibilitycenter.org) before your freshman year of high school. Visit [on.ncaa.com/RegChecklist](https://on.ncaa.com/RegChecklist) to help guide you through the registration process.
- After six semesters of high school, ask your high school counselor from each school you have attended to upload an official transcript to your Eligibility Center account.

## ADDITIONAL RESOURCES

- DII Academic Requirements flyer.
- DIII Amateurism flyer.
- International Initial-Eligibility flyer.

## DIVISION I QUALIFIER SLIDING SCALE

Core GPA	SAT*	ACT Sum*	Core GPA	SAT*	ACT Sum*
3.550	400	37	2.750	810	59
3.525	410	38	2.725	820	60
3.500	430	39	2.700	830	61
3.475	440	40	2.675	840	61
3.450	460	41	2.650	850	62
3.425	470	41	2.625	860	63
3.400	480	42	2.600	860	64
3.375	500	42	2.575	870	65
3.350	520	43	2.550	880	66
3.325	530	44	2.525	890	67
3.300	550	44	2.500	900	68
3.275	560	45	2.475	910	69
3.250	580	46	2.450	920	70
3.225	590	46	2.425	930	70
3.200	600	47	2.400	940	71
3.175	620	47	2.375	950	72
3.150	630	48	2.350	960	73
3.125	650	49	2.325	970	74
3.100	660	49	2.300	980	75
3.075	680	50	2.299	990	76
3.050	690	50	2.275	990	76
3.025	710	51	2.250	1000	77
3.000	720	52	2.225	1010	78
2.975	730	52	2.200	1020	79
2.950	740	53	2.175	1030	80
2.925	750	53	2.150	1040	81
2.900	750	54	2.125	1050	82
2.875	760	55	2.100	1060	83
2.850	770	56	2.075	1070	84
2.825	780	56	2.050	1080	85
2.800	790	57	2.025	1090	86
2.775	800	58	2.000	1100	86

ACADEMIC REDSHIRT

Want more information? Visit [ncaa.org/playcollegesports](https://ncaa.org/playcollegesports).

### CONTACT THE NCAA ELIGIBILITY CENTER

U.S. and Canada (except Quebec): 877-262-1492  
Monday-Friday, 9 a.m. to 5 p.m. Eastern time

[@ncaaac](https://www.facebook.com/ncaaac) [@playcollegesports](https://www.instagram.com/playcollegesports) [@ncaaac](https://www.linkedin.com/company/ncaaac)

# DIVISION II ACADEMIC REQUIREMENTS

To study and compete at a [Division II school](#), you must earn 16 NCAA-approved [core-course credits](#), earn a corresponding test score\* that matches your [core-course GPA](#) and submit your final transcript with proof of graduation to the Eligibility Center.

## CORE-COURSE REQUIREMENTS

Earn 16 NCAA-approved core-course credits in the following areas:

ENGLISH	MATH (Algebra I or higher)	SCIENCE (including one year of lab, if offered)	ADDITIONAL (English, math or science)	SOCIAL SCIENCE	ADDITIONAL COURSES (Any area listed to the left, world language or non-doctrinal religion/philosophy)
3 years	2 years	2 years	3 years	2 years	4 years

## QUALIFIER

As a Division II qualifier, you may practice, compete and receive an athletics scholarship during your first year of full-time enrollment at an NCAA Division II school.

- » Earn 16 NCAA-approved core-course credits in the right areas.
- » Earn a corresponding test score that matches your [core-course GPA](#) (minimum 2.2) on the [Division II sliding scale](#).\*
- » Submit your final transcript with proof of graduation to the Eligibility Center.

## PARTIAL QUALIFIER

If you have not met all of the Division II academic standards, you will be deemed a partial qualifier. As a partial qualifier, you may practice and receive an athletics scholarship, but may NOT compete, during your first year of full-time enrollment at an NCAA Division II school.

\* More information regarding the impact of COVID-19 and test scores can be found at [on.ncaa.com/COVID19\\_Spring2023](https://on.ncaa.com/COVID19_Spring2023).



DIVISION II

**MAKE IT YOURS**



ELIGIBILITY CENTER

## TEST SCORES

Every time you register for the SAT or ACT, use code **9999** to send your scores directly to the Eligibility Center from the testing agency. You may take the SAT or ACT an unlimited number of times before you enroll full time in college. If you take either test more than once, the best subscore from each test is used to give you the best possible score.

\*More information regarding the impact of COVID-19 and test scores can be found at [on.ncaa.com/COVID19\\_Spring2023](https://on.ncaa.com/COVID19_Spring2023).

## CORE-COURSE LIST

Find your high school's list of NCAA-approved core courses at [eligibilitycenter.org/counselist](https://eligibilitycenter.org/counselist). No core-course list means courses taken from that high school will not count for NCAA eligibility. If your high school does not have a list, you risk being ineligible to play in college.

## NONTRADITIONAL AND ONLINE COURSES

Nontraditional courses are taught online or through distance learning, hybrid/blended, independent study, individualized instruction, correspondence or similar means.

These types of courses may be acceptable for use in the NCAA initial-eligibility certification process; however, it is important to make sure the nontraditional program has been approved and appears on [your school/program's list](#) of NCAA-approved core courses.

## BE AHEAD OF THE GAME

- » Plan to register with the NCAA Eligibility Center at [eligibilitycenter.org](https://eligibilitycenter.org) before your freshman year of high school. Visit [on.ncaa.com/RegChecklist](https://on.ncaa.com/RegChecklist) to help guide you through the registration process.
- » After six semesters of high school, ask your high school counselor from each school you have attended to upload an official transcript to your Eligibility Center account.
- » For more information on Division II, visit [ncaa.org/D2](https://ncaa.org/D2).

## ADDITIONAL RESOURCES

- » [DI Academic Requirements flyer](#).
- » [DIII Amateurism flyer](#).
- » [International Initial-Eligibility flyer](#).

DIVISION II QUALIFIER SLIDING SCALE		
Core GPA	SAT*	ACT Subsc*
3.300 & above	400	37
3.275	410	38
3.250	430	39
3.225	440	40
3.200	460	41
3.175	470	41
3.150	490	42
3.125	500	42
3.100	520	43
3.075	530	44
3.050	550	44
3.025	560	45
3.000	580	46
2.975	590	46
2.950	600	47
2.925	620	47
2.900	630	48
2.875	650	49
2.850	660	49
2.825	680	50
2.800	690	50
2.775	710	51
2.750	720	52
2.725	730	52
2.700	740	53
2.675	750	53
2.650	750	54
2.625	760	55
2.600	770	56
2.575	780	56
2.550	790	57
2.525	800	58
2.500	810	58
2.475	820	60
2.450	830	61
2.425	840	61
2.400	850	62
2.375	860	63
2.350	860	64
2.325	870	65
2.300	880	66
2.275	890	67
2.250	900	68
2.225	910	69
2.200	920	70 & above

Want more information? Visit [ncaa.org/playcollegesports](https://ncaa.org/playcollegesports).

### CONTACT THE NCAA ELIGIBILITY CENTER

U.S. and Canada (except Quebec): 877-262-1492  
Monday-Friday, 9 a.m. to 5 p.m. Eastern time.

[@ncaaee](https://www.instagram.com/ncaaee) [@playcollegesports](https://www.facebook.com/playcollegesports) [@ncaaee](https://www.facebook.com/ncaaee)



ELIGIBILITY CENTER

# **PLAINEDGE HIGH SCHOOL**

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