

17th
Edition



GUIDE TO COLLEGE

Helping first-generation college students make their college dreams a reality!

COLLEGE IS MY OPPORTUNITY

WHAT'S INSIDE

- ✓ **PROFILES OF COLLEGES** committed to supporting first-generation college students
- ✓ **INSIDER ADVICE** from college students and other experts
- ✓ **INTERACTIVE CURRICULUM** for students, teachers, and counselors
- ✓ **VALUABLE INFORMATION** for parents and mentors, en Español también

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Why College?

Is college worth it? Here are five quick (but very important) things to consider:

- REASON 1** Every bit of education you get after high school increases the chances you'll earn good pay. Most college graduates earn a lot more money during their working years than people who stop their education at high school.
- REASON 2** The more education you get, the more likely it is you will always have a job. According to one estimate, by the year 2028 there will be 19 million more jobs for educated workers than there are qualified people to fill them.
- REASON 3** Continuing education after high school is much more important for your generation than it was for your parents' generation. Today most good jobs require more than

ON THE SPOT: Do these facts surprise you? How do they affect your decision to apply for college?



Effective Goal Setting

Ever heard the expression "you can't learn to walk until you learn how to crawl"? This idiom stresses the necessity of setting short-term goals to help you achieve your long-term goals. We all have big dreams. Maybe yours is to become a doctor, or an engineer, or a politician. No one becomes these things overnight. Ask any lawyer or scientist how they got to where they are today and they'll tell you it took a lot of hard work and discipline.

Short-term goals are tasks we set ourselves to accomplish in a small amount of time, such as one week or one month. Long-term goals are the ambitions that drive and shape our lives—the colleges we want to graduate from, the careers we want to have. But having a long-term goal without having short-term goals to support it is like trying to build a bridge in midair: our goals can't stand without positive foundational habits to support them.

Margarita is a high school senior who aspires to become an international journalist. In order to achieve this long-term goal, she set short-term goals for herself:

- daily**
Finish all assigned homework
Follow international journalists
Spend one hour studying international news after school
- weekly**
Research college Journalism programs
Write one article for the student paper
Spend five hours per week studying for the SAT
- 1 year**
Maintain honor roll grades
Get accepted to a college Journalism program
Obtain an internship at a local news outlet
- 5 year**



Without finishing her homework, Margarita could not become an honor roll student. Without being able to get into a competitive school to study journalism, and without studying journalism in college, she might not be able to get a job as a reporter once she graduates. The road to reaching your goals, like Margarita's, begins now. If

GOALS

JUNIOR YEAR TIMELINE

August:

- Start your year off right: Talk with your school counselor about your options and your plans. Ask about test dates for the PSAT, ACT, and SAT. Typically the PSAT is required for all juniors and administered during the school day, in which case your school may register you automatically for it. Some schools may also administer an ACT/SAT in school, as well, at a later date (though many do not!). If you choose to take the ACT or SAT outside of school, you'll need to register yourself several weeks before your test date.
- Begin preparing for the ACT or SAT by taking practice tests, self-studying, or signing up for a prep course. Free resources are available online at places like khanacademy.org or act.org. While you don't need to complete your preparation in August or September, identify a time during Junior year when you can devote meaningful time to test preparation.
- Sign up for courses with your eyes on the prize: college and money to pay for it! A tougher course load may pay off with scholarships and may earn you a better chance to be admitted to the school of your choice.
- Start investigating private and public sources for financial aid. Take note of scholarship deadlines and plan accordingly.
- Continue to participate in extracurricular activities that you care about.

September:

- Research colleges. Treat your school selection process like a research paper: make a file and gather information about schools, financial aid, and campus life to put in it. Go to college fairs and open houses and learn as much as you can online.
- Begin planning college visits. Fall, winter, and spring break are good times because you can observe a campus when

advice THE IMPACT OF COLLEGE

Hear from a few first-generation college students about how college impacted them.

COLLEGE TAUGHT ME THE IMPORTANCE OF COLLABORATION.

How college impacted me: In high school, I would have described the purpose of college as a step toward my future career. I thought it mostly evolved around doing well in classes. While your classes definitely matter, it's also important that one builds meaningful relationships with anyone that inspires them over the course of their college career. These relationships can create a sense of community during college, and also opportunities beyond college that would otherwise be inaccessible without them.



Kevin Babate, Virginia Polytechnic Institute, Major: Chemical Engineering, Career Field: Research and Development

COLLEGE IS AN OPPORTUNITY FOR SELF-DISCOVERY, INDEPENDENCE, AND RELATIONSHIP BUILDING.

How college impacted me: In high school, I would have described the purpose of college as furthering my education. Now that I've graduated, I'd say the purpose of college is to increase your self-awareness and learn how to investigate. Before college, I never questioned professionals and just believed what I heard from others without investigating for myself. In college, I was pushed to take responsibility for my learning and ask deep questions.

I also learned about myself and interests I didn't even know I had! I always knew I wanted to be a veterinarian, but in college, I realized I had a passion for multicultural education and ended up minoring in it. In addition to becoming a veterinarian, I also got a degree in public health and hope to



After High School What's next?

By Julie Hess & Daniel Schnall

College

Opportunity gain increase a high graduates le who h school. parent

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Vocational school

Also referred to as trade schools or technical schools, vocational schools train you on the technical skills needed for a specific skilled job or trade. Some common careers that require a certification from vocation school are truck driver, paralegal, and medical assistant. Vocational schools often provide hands-on learning experiences and can be completed in two years or less. At the end of the program, students earn a certification. Many high schools offer pathways to learn about skilled trades. Take advantage of opportunities available to you, such as Career & Technical Education (CTE) classes, summer internships, career fairs, or job shadow days. Talk to your counselor to find out what your school offers.

Workforce

You can enter the workforce. Perhaps you want to save money before continuing your education, or maybe



Characteristics Colleges Look For

By Sara Lansa Petty

Beyond academics, an important factor colleges look for is **positive character attributes**. Why do colleges care about your character? Well, they are building a community – each student who enrolls will form part of a campus community.

Colleges seek students who will contribute and make a positive impact on their campus and beyond. To do this, they learn about each applicant's life experiences and personal qualities that have shaped their character.

The college planning process is a great opportunity to reflect on your positive characteristics and life experiences. Here are some common character traits that colleges look for, along with examples from students.

Character Trait	Example
Curiosity Colleges want to see that you are passionate about learning – could be about a single academic area, or even about the world around you.	"When I was 12 years old, my brother was diagnosed with autism. I remember going to the library to find as much information on autism as I could. As I researched, I learned about methods to help those with autism develop social skills and emotional regulation, and I implemented these with my brother." — Joey, Pomona College
Persistence Colleges want students who challenge themselves and persevere through those challenges. They also want students who set goals and achieve them.	"My dad was deported when I was in middle school. He was the only one working, so my family suffered a lot. My mom decided to make and sell tamales to support me and my siblings. As the oldest sibling, I stepped up to help her. When I wasn't at school, I was making and selling tamales. I didn't have much time for homework, but I managed to continue getting all As." — Daniel, Brown University
Risk-Taking Colleges want students who are not afraid to get out of their comfort zones, whether in the classroom or other areas of campus.	"When I started high school, I was very shy and feared public speaking. To confront this fear, I signed up for a theater elective. I was terrified, but I pushed myself, and I ended up doing theater the rest of high school. Now, I am a trial lawyer!" — Giselle, Denison University
Resilience Colleges want students who are able to overcome challenges and persevere through difficult times.	"My mom passed away from cancer my freshman year of high school. My whole family was devastated. I watched my older sister crumble. I put on a brave face and took on the duties my mom left behind." — [Name], [College]

The Path to Becoming a Physician

With a strong academic foundation, great work ethic, and a commitment to service, you can become a doctor. Physicians make a big impact in many ways: they treat patients, conduct research, teach others, manage hospitals, develop policy, and more.

What does it take to become a doctor after high school?

- College degree (4 years)
- Medical School (4 years)
- Residency (3-7 years)
- Fellowship (1-3 years) (optional)
- Full-time practicing physician

How can you prepare now?

Take advanced math and science courses and do well in them

- A strong math and science foundation is crucial to success in medicine
- In college, take a psychology and sociology class, as there is a behavioral science section of the MCAT (the standardized test required for admission to most medical schools in the U.S.)
- Be sure to take a biochemistry course in college, as this subject is also tested on the MCAT

Improve your test-taking skills

- Do lots of practice questions
- When possible, take practice tests
- Read instructions carefully
- Budget your time effectively
- Practice test taking strategies that work for you, like process of elimination

Work on your communication skills

- Refine your written and verbal communication skills
- Learn to communicate clearly, concisely, and effectively
- Remember, physicians don't only treat people and illnesses – they are teachers

Develop time management skills

Use the following strategies to manage your time effectively:



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ccess Tools and

My Positive Character Attributes

Think about what makes you unique. Choose 4 of your strongest character traits - either from the following list or you can come up with your own - and reflect on life experiences you've had that help demonstrate them. Consider activities or responsibilities you've completed that illustrate those traits, and reflect on new ones you hope to complete in the future! Reminder: you may review student examples about their character traits on page 9.

1. Curiosity

Are you passionate about learning, either about a single academic area, or about the world around you?

2. Persistence

Do you challenge yourself and persevere through those challenges? Do you set goals and achieve them?



Attribute	Reflection

Setting Goals: Planning Backwards to Set Short-Term Goals

You just read about the importance of setting goals and how setting short-term goals can lead to achieving long-term goals. Now it's time to think about your short- and long-term goals and how they relate. Answer the questions below. As you write, think about how your short-term goals are setting you up for success in your long-term goals.

1. What career goal do you hope to achieve in the next ten years?

3. What goals will you set for yourself to achieve by the end of the year?

a) _____

b) _____

c) _____

d) _____

4. What goals will you set for yourself to achieve every week of this school year?

.. _____

Unit 1 Quiz

answers on page 162.

Multiple Choice, circle your answer

1. Most colleges require high school students to take at least how many years of Math, Natural Science, and Social Science?

- a) two years
- b) three years
- c) four years
- d) most colleges don't have standard entrance requirements

2. My school counselor can and should help me with all of the following except:

- a) writing a letter of recommendation for college
- b) helping me to choose what colleges to apply to

True or False, circle your answer

1. Most college graduates earn a lot more money during their working years than people who stop their education in high school.

T F

2. Going to college was more important for my parents' generation than it is for mine.

T F

3. Colleges care more about how good my grades are than how rigorous my classes are.

T F

4. Involving myself in extracurricular activities can increase my chances of getting into college.

Open Answer

1. What are some obstacles you expect to face in your journey to college?

What supports can you use to overcome these obstacles?



Types of Colleges

There are thousands of colleges and universities in the United States, and each of them is unique. Generally speaking however, these schools can be broken into two basic categories: Four-Year Schools and Community Colleges.

Four-Year Schools

There are many types of four-year institutions offering Bachelor's degrees: public universities, which are funded by the state; private colleges which are funded privately; or Institutes of Art or Technology, which provide various types of specialized degrees. When it comes to deciding what kind of four-year school to attend, however, most students find themselves choosing between a liberal arts college and a university.

If you're looking for a school with small class sizes where you can try out classes in many different subjects, a liberal arts college might be the place for you. If you're confident in your future career and want to join a fraternity or sorority, you may want to focus your search on universities. Check out the chart for more details.

LIBERAL ARTS COLLEGE	UNIVERSITY
<ul style="list-style-type: none"> Has a small student body (usually under 5,000) Usually offers small class sizes and accessible professors Only offers undergraduate education (no associated graduate schools) Encourages students to try courses in many areas of study, including math, science, humanities, foreign language, and the arts Usually privately funded 	<ul style="list-style-type: none"> Usually has a large student body (sometimes over 10,000!) Larger class sizes, with some classes being taught by teaching assistants rather than professors Generally includes graduate schools and professional programs as well as undergraduate education Offers career-specific fields of study for students to focus on and major in Some funded privately, some publicly

Community Colleges

Two-year colleges, more commonly

career-specific training programs for students looking to transition quickly into the workforce.

juniors. This can be a good idea for students, especially those who might need some extra support before

Building Your College List

by Kelly Herrington

Creating a college list can be a daunting process. With so many colleges and factors to consider, how do you start to research and narrow down the schools where you'll apply?

Self-Discovery

You need to know some things about yourself before you can determine the colleges that are right for you. **Ask yourself:** What are my academic strengths? What classes interest me? In what environment do I learn best? There are free personality tests, like the Myers Briggs, on the web that will allow you to understand your personality and learning style. Many of these tests also make

Work in Progress

Your college list is a work in progress and will probably change. As a high school student, your interests change and, as they do, your college list might too. Be flexible and open minded.

Avoid Stereotyping Perceived Prestige

Try to keep your stereotypes in check

Put Your List Into Three Categories

Predicting admission is never an exact science. Most students apply to between four and eight colleges. Try to put the colleges on your list into one of three categories: "likely," "target," and "reach."

"Likely" colleges are ones where your grade point average and test scores are significantly higher than the school's averages and you are therefore likely to be admitted.

For **"target"** colleges, your numbers are on par with the college's statistics, so you have a good chance of being admitted.

"Reach" colleges are ones where your numbers are below average. Your odds

What Matters to Me? Worksheet

Now that you've had a chance to review some of the factors that students should consider when deciding on best-fit colleges, it's time for you to identify what's most important to you.

Fill in the chart below by first placing a checkmark in each row to indicate how much each factor matters to you, and then filling in 'Why' you rated it that way. Indicate what specifically you are looking for to help you narrow down your college search.

College Characteristic	Importance Rating			Why?
	Matters A Lot to Me	Matters A Little to Me	Doesn't Matter to Me	
Location (rural, city, suburb)				
Distance from home				

Reading the College Profile

Use the College Profiles in the back of this book to learn more about colleges and complete these questions.

1. What percent of first-year students come back for their sophomore year at Trinity College? _____
2. What percent of the student body identifies as Hispanic at Skidmore College? _____
3. Does University of Redlands offer a summer bridge program for its incoming students? Explain. _____
4. Find three colleges with graduation rates above 80%: _____

Researching College Profiles

As a next step, on your own, go online to learn more about two colleges you are considering and/or the colleges that are closest to your home:

COLLEGE 1 NAME: _____

1. What academic programs does it have that you are interested in? _____
2. Does it offer an orientation program to acclimate its incoming students? Explain. _____
3. What percent of first-year students come back for their sophomore year? _____

Standardized Tests: What's in a Score?

Some four-year colleges and universities require students to submit standardized test scores. Here's more you should know about standardized tests:



Test	Subjects Tested	When should I take it?	Why is it important?
PSAT	Reading and Writing Math	Most students take the PSAT in the fall of their sophomore and junior year.	Schools may recruit based on your score if they are high enough. You may also qualify for National Merit Scholarship.
SAT	Reading and Writing Math	There is no single test date that is best for every student, and the best time for you to take the SAT/ACT is after you have had time to prepare by taking practice tests, self-studying, or completing a prep course. Try to identify a time during junior year when you can prepare. It's a good	Some schools require SAT or the ACT. Free resources are online at places like act.org, collegeboard.org, or khanacademy.org.
ACT	English Math Reading Science		

Applying to College After Affirmative Action Ban

In 2023, the Supreme Court banned affirmative action (also referred to as race-conscious admissions) in college admissions. But ...

- What was the Court's decision?
- How does this impact you in the college admissions process?
- Should you write about race in your application?



The Court's Decision

The Court's opinion states that "nothing prohibits universities from

How does this impact your application?

When should you...

Supplemental Essays

By Charis Ralko

Supplemental essays are school-specific short-answer questions on their applications.

- Many selective schools require applicants to write supplemental answers.
- Some colleges do not ask supplemental questions.
- Some supplements may be required, and others may be optional.
- Some colleges may allow you to choose which supplemental questions to answer.

Supplemental essays matter. **Schools wouldn't ask you to write them if they weren't going to look closely at your answers!** You should spend just as much time and

- Try to tell a detailed, compelling story about what has sparked your curiosity so far and how you hope to continue exploring that subject in college.
- Connect your extracurricular passions to opportunities that exist on their campus.

For the "Why do you want to attend [Specific College]?" question:

- Try to include details about how the education you will receive at that institution will prepare you for your future career goals - even if you're not 100% sure!
- Pick a potential path and connect the opportunities, classes, internships, etc. to what you hope to do after graduation.

The Six Things Colleges Most Commonly Consider

Colleges have a unique way of assessing applicants and deciding who will be the most successful on their campuses. Most four-year colleges use the following six factors as their main criteria for evaluating a student's application.

Element	What It Is	Why It's Important
1 Transcript	An official document issued by your high school which shows your individualized grades, GPA, class rank, etc.	GPA is often the best predictor for student success in college, so admissions officers look closely at grades. They also look for improvement, course rigor, and your level of competitiveness compared to your peers.
2 Standardized Test Scores	Scores you receive from your SAT or ACT.	Using GPA as the sole measure of a student's talent can sometimes be unfair. Standardized tests provide an objective baseline of a student's raw skills, though many schools no longer require them.
3 College Essays	The Personal Statement is a short (usually under 650 words) narrative on a subject of a student's choice, and Supplements are school-specific short-answer prompts. Some supplements may be required, and others may be optional.	First-year college students often say that writing is the most difficult thing about the transition. Your college essays allow you to show your writing level. It also gives admissions officers insight into your personality: what makes you unique and what you're passionate about.
4 Extracurricular Activities	Any activity you engage in outside of your regular school classes (e.g. sports, clubs, work, community service, etc.).	Colleges want academically motivated students who are also looking for well-rounded individuals who will add something to their campus. Your extracurricular involvement provides a preview of what you might bring to campus.
5 Letters of Recommendation	Letters from adults, especially teachers and counselors, which are written in support of your character and qualifications as a college student.	Letters of recommendation give college admissions officers insight into how you are perceived by those around you. Well-written letters can add depth and detail to the picture of you formed by your own application.
6 Interviews	A meeting with a representative from the college (usually an admissions officer, student, or alum).	Interviews are a great way for you to show your personality and why you are qualified to attend. Not all schools offer interviews.

Steps to Writing Your College Essay

Now that you know what the personal statement is and what you can write on, it's time to start planning your essay. Easier said than done, right?

highlight? Does your essay show your ability to persevere through tough times? How do you have matured over time? Your passion for a certain hobby?

Scene: What scene will you write about? Although college essays can be about a long-term theme or event in your life (for example growing up in foster homes), your reflection on this topic should be anchored in one or two particular scenes (for example your first night in your foster home). This makes the content of your essay more readily accessible to

everything perfect. Just get your thoughts organized on paper for now.

4. Get feedback and rewrite: Once you have a first draft, share your essay with peers, family, teachers, or mentors—whomever you feel comfortable with. Ask them for their ideas for improvement. Once you have their feedback, write your second draft. Repeat this process until you are happy with your essay.

5. Proofread: Now go through your

Defining Standardized Testing Policies

By Sara Llansa Petty

Let's take a moment to define the different types of testing policies

Test Optional

Institutions that are test optional don't require applicants to submit their ACT/SAT scores. These schools leave it up to the student to decide whether they feel their test score adds to their strength as an applicant or not. This means that the institution will consider ACT/SAT scores if the applicant decides to submit them.

Test Free (or Test Blind)

Institutions that are test free do not want applicants to submit their ACT/SAT scores. These institutions won't consider ACT/SAT scores even if an applicant submits them. The California public colleges and universities are test free as well as a number of other public and private institutions. Lewis & Clark College (OR) describes their test-free policy as: "We will not ask applicants to submit SAT or ACT scores, nor will we review them as part of our holistic review of a student's application for undergraduate admission."

Test Required

For test required institutions, applicants must submit their ACT/SAT scores to be considered for admission. Without the ACT/SAT score, your application will be incomplete. A number of institutions are reinstating their test requirement after a few years of not requiring them as a result of the pandemic. For example, Stanford University (CA) and Cornell University (NY) recently reinstated their testing requirements.

Test Flexible

For test flexible institutions, applicants need to submit testing but don't necessarily need to submit their ACT/

Some requirements...
Colleges...
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What is Financial Aid?

Financial aid is any type of assistance used to pay college costs that is based on financial need. There are three main types:

Grants and Scholarships

Also called gift aid, **grants** are usually awarded based on need and don't have to be re-paid. You also don't need to work to earn them. Grant aid comes from federal and state governments and from individual colleges. **Scholarships** are usually awarded based on merit. You will learn more about scholarships later in this section.

Work

Student employment and **work-study** aid helps students earn money to pay for education costs like books, supplies, and personal expenses. Work-study is a federal program which provides students with part-time employment to help meet their financial needs and gives them work experience while serving their campuses and surrounding communities.

Loans

Some financial aid comes in the form of **loans** to students or parents—aid that must be re-paid. Most loans that are awarded based on financial need are low-interest loans sponsored by the federal government. Loans subsidized by the government don't accrue interest until after you graduate. Subsidized loans are the ones where no interest accrues while in college, but it's most common for you to see both unsubsidized and subsidized loans in your financial aid package. The average student borrows a little over \$30,000 to pursue a bachelor's degree (Source: educationdata.org). **While this sounds like a lot of money, your increased earnings as a college graduate will make up for it!**

Average College Costs Per Year

Below are some average college costs. Total cost of attendance for a full-time, residential student generally includes tuition, fees, room, and board. Keep in mind that college costs vary by student, and most students do not pay the average total price.

Total Cost of Attending

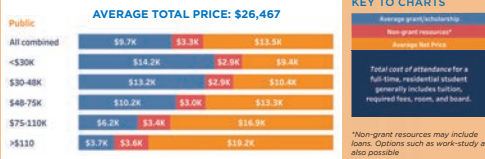
(Includes tuition and required fees, books and supplies, and the weighted average cost for room, board, and other expenses)

Public, two-year: \$9,800 (Off campus, living with family)
Public, four-year: \$26,000 (Living on campus)
Private, four-year: \$55,800 (Living on campus)

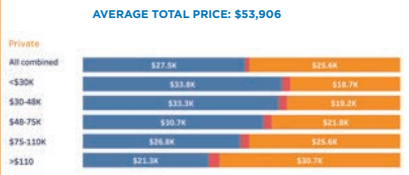
Average Total Cost, Grant and Scholarship Aid, and Net Price, by family income level

(for first-time, full-time undergraduate students)

Paying in-state tuition and awarded aid at public 4-year institutions:



Awarded aid at private nonprofit 4-year institutions:



Data courtesy of Moore College Data. For more information, visit Moore College Data's free resources at moorecollegedata.com

Source: IPEDS Winter Survey (2022-2023 school year). All public and private non-profit institutions for which data was available were included in calculations; excludes service academies and other schools that do not charge students to attend.

College is Affordable for You!

By Daniel Schnall & Sara Llansa Petty

When researching colleges, it can be really intimidating to see such high costs, but don't let those numbers deter you. Now more than ever, colleges are working hard to be affordable for students from all financial backgrounds by providing financial support and resources.

How much does college actually cost?

Rather than focusing on a college's tuition or cost of attendance, calculate your "**net price**." The net price is an estimate of the actual cost that you and your family would need to pay for you to attend that school. The net price is different for every student based on their financial circumstances, and it amounts to the school's cost of attendance minus any grants or scholarships. Think of it like a discount on an iPhone, but not with a standard amount or percentage off for all customers; instead, imagine the

INFO YOU NEED TO ESTIMATE YOUR NET PRICE

To complete estimates quickly, you'll want to have a few things handy. Don't do it alone - have a parent or guardian join you:

1. Your family's total annual income before taxes (easiest place to find this is line 11

Meeting Full Financial Need

By Daniel Schnall & Sara Llansa Petty

As you learn more about paying for college, you may read or hear some unfamiliar phrases or terminology. When you do, don't be afraid to ask for clarification! For example, some colleges

What do these phrases mean?

Schools that "**meet full need**" are committed to making sure that their financial aid packages will cover 100% of what a student needs to be able to afford to attend that college. They do this through a combination of **scholarships, grants, work study, and loans**. More and more schools that "meet full need" do not package

Colleges and universities that meet full need

Each school listed on the next page guarantees to **meet full financial need** they determine a student needs.

Each college has its own calculation for determining how much financial aid a student needs to attend their school. The financial aid provided

Sample Financial Aid Letter

No two financial aid offer letters are alike, but here is an example of the information contained in a typical aid letter.

ON THE SPOT: Will Miya's financial aid package and her family contribution combined be enough to meet the total cost of her first year? If not, what can she do to cover the difference?

Dear Miya,

We are excited for you to join us at Opportunity University and pleased to provide you with the following financial aid. All financial aid you are awarded will be applied toward tuition and fees, room and board. Your aid package may also be applied toward the cost of books and supplies.

Tuition & Academic Fees	\$41,230
Room & Board	\$12,900
Books & Supplies	\$1,500
Miscellaneous Fees	\$1,200
Total	\$56,830

Pay attention to what costs your awards can and cannot be used towards.

The total approximate value of your first year.

We are able to offer you a financial aid award with the following components:

Award Type	Fall	Spring	Total
Opportunity Merit-Based Scholarship	\$4,500	\$4,500	\$9,000
Opportunity Need-Based Scholarship	\$13,450	\$13,450	\$26,900
Estimated Federal Pell Grant	\$2,775	\$2,775	\$5,550
Federal S.E.O.G. (Grant)	\$2,000	\$2,000	\$4,000
Federal Direct Subsidized Loan	\$1,750	\$1,750	\$3,500
Work-Study Program	\$1,500	\$1,500	\$3,000
Total	\$25,975	\$25,975	\$51,950

The total amount of money you will receive towards paying your first year of college.

Remember, scholarships and grants are money given to you that you don't have to pay back.

You must pay loans back upon graduation.

Work-study means you'll be working

The total amount of

Your Net Price

Advice: FAFSA/Financial Aid

The financial aid process can be one of the most challenging and confusing aspects of the college admissions process, especially if you are the first in your

From students & counselors

"Be ready to submit the FAFSA as soon as it opens and stay on top of deadlines. Depending on the school, when you apply for aid earlier you may be more likely to get it!" - Miguel (San Antonio, TX)

"Check your email every day when applying to college, and pay special attention to emails you get from financial aid offices. They are doing their best to keep you updated on their timelines, and a lot of times those timelines are different." - Christopher (Indianapolis, IN)

FAFSA Tips & Common Mistakes to Avoid

If you aren't yet ready to file a FAFSA, the Department of Education's Federal Student Aid Estimator (<https://studentaid.gov/aid-estimator/>) can help you estimate your eligibility for federal student aid by providing some basic information.

Apply Early

Many states and colleges use the FAFSA to determine eligibility for non-federal student aid funds that may have early deadlines or limited funding. The sooner you complete the FAFSA, the more aid you could be eligible for. The FAFSA typically opens on October 1 each year for the following academic year.

What You Need to Complete the FAFSA

View a FAFSA Checklist in the Student Workbook section of this unit to learn what you'll want to have on hand when you sit down to fill out your FAFSA.

Apply Online

Online applications are easier to complete than the paper application because they use skip-logic to only ask relevant questions. In addition, online applications will be processed faster and will likely be more accurate because the FAFSA website is designed to catch common errors. You can create a FSA ID that will allow easy access to your electronic FAFSA application. Additionally, this will enable save options, electronic signature and timely submission of



The best way to complete the Free Application for Federal Student Aid (FAFSA) is early, online, and without any mistakes!

Avoid Common Errors

- Mistakes can delay your application and limit the amount of aid you are eligible to receive. To avoid errors, carefully read all of the questions on the FAFSA. Some of the most common FAFSA errors are:
 - Leaving blank fields: Too many blanks may cause miscalculations and an application rejection. Enter a '0' or 'not applicable' instead of leaving a blank.
 - Using commas or decimal points in numeric fields: Always round to the nearest dollar.
 - Listing an incorrect Social Security number.
 - Failing to use your legal name: Your name must be listed on your FAFSA as it appears on your Social Security card. Don't enter nicknames or other variations on your name.
 - Entering the wrong address: Don't enter a temporary campus or summer address as your permanent address.
 - Entering the wrong federal income tax paid amount: This amount is on your income tax return forms from two years prior, not your W-2 form(s).
 - Listing Adjusted Gross Income (AGI) as equal to total income.

Scholarship Tracker

Planning for how to afford college can be tricky. Just like college applications, scholarship applications have hard deadlines and various requirements from essays to recommendation letters to videos and art portfolios. Keep track of the scholarships you will apply for here, and refer back to this chart often to make sure you are on schedule to complete your scholarship applications on time.

	EXAMPLE	SCHOLARSHIP 1	SCHOLARSHIP 2	SCHOLARSHIP 3	SCHOLARSHIP 4
Scholarship Name	Scholarship Name Here				
Scholarship Amount	\$2,000 a year				
Renewable after one	Yes				

4.6 STUDENT WORKBOOK

What's My Net Price?

You don't swipe your credit card at a restaurant without seeing the bill first, so why would you make a college decision without knowing your cost? You can calculate your estimated net price on college financial aid websites, which you can often access by googling the college name and "net price calculator." Some may give an average estimate, and others may provide a low-high range of what you may anticipate as a financial aid award.

Note: If possible, don't do this alone - have a parent or guardian join you. You'll want to have a few things handy. Your parent(s)/guardian(s) may not have all the items mentioned here, and that's ok. Do the best you can with the information that you do have, and reach out to your counselor or a college financial aid office if you have questions.

- Your family's total annual income before taxes (easiest place to find this is line 11 on your parent(s)/guardian(s) tax return - IRS Form 1040)
- The current market value of your home (if your family owns a home), and the balance owed on it. To find the current market value, zillow.com is a great resource!
- The balance of your parent(s)/guardian(s) checking and saving accounts.
- The value of your parent(s)/guardian(s) retirement and pension plans.
- The value of your parent(s)/guardian(s) non-retirement investments (mutual funds, stocks, college saving plans, real estate other than primary home, etc.)

COLLEGE 1 NAME:

Cost of Attendance (Tuition, Fees, Housing, Food, etc.)

— Need Based Aid

— Merit Aid (if applicable)

= Estimated Net Price

5.2 WHEN I ARRIVE

Finding the Right Support

Being the first person in your family to go to college is a pretty amazing accomplishment. It's a new journey. As you prepare to step foot on campus, you'll experience a whirlwind of emotions.

Excitement. Nervousness. Joy. Hesitation. And that's cool. Those feelings are completely natural.

Let's be honest. No one really preps you for how to maneuver the college life, especially as a first-generation college student. As you transition from being a high school student to a first-generation college student,

supports are available. All of the colleges and universities in this Guide have these programs. You can also continue your research and connect with these schools at UStrive.com.

Leave No Stone Unturned

So, your school doesn't have a support program specific to first-generation students? No worries. You can definitely find

try it Now it's your turn to use what you've learned. Turn to page 139

you're from) will give you an outlet and a peer support group. You'll have a place to vent to peers who can relate to the same struggles and

advice

Find advice from real first-generation college students who blog about their college experiences on www.ImFirst.org

THE IMPORTANCE OF MENTAL HEALTH AND SELF-CARE



"Exactly two weeks ago, I found myself swaddled with a big depression that I could not explain. I did not find my classes, my assignments, my time with people enjoyable—nothing. I felt hopeless and in despair. I did not know what to do. I reached for help, though. This year, I am living in a suite with five supportive, caring, and selfless people. The point I want to make is that it is important for you to have a strong support base. Surround yourself with the people you connect with and who you feel understand you."

"I think comparing oneself is not inherently toxic; when I compare



Padres y Mentores en Español página 185

PARENTS & MENTORS



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- 169 Conversation-Starters
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- 174 What is Financial Aid?
- 175 College is Affordable for You
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- 179 Concerns About College
- 189 Who Are You? And What Have You Done With My Son?
- 181 High School Timelines

PADRES Y MENTORES



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- 190 ¿Qué es la ayuda económica?
- 191 La universidad es asequible para ti
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¿Qué es la ayuda económica?

La ayuda económica es cualquier tipo de asistencia utilizada para pagar los costos universitarios que se basa en la necesidad económica. Existen tres tipos principales:

Subvenciones y becas
También llamadas ayudas de regalo, las subvenciones suelen concederse en función de las necesidades y no hay que volver a pagarlas. Tampoco es necesario trabajar para obtenerlas. Las subvenciones proceden del gobierno federal, de los gobiernos estatales y de las universidades. Las becas suelen concederse en función de los méritos. Más adelante aprenderás más sobre las becas.

Trabajo
El empleo y el trabajo estudiantil ayudan a los estudiantes a ganar dinero para pagar los gastos de educación, como libros, material y gastos personales. El trabajo estudiantil es un programa federal que ofrece a los estudiantes un empleo a tiempo parcial para ayudarles a cubrir sus necesidades económicas y les proporciona experiencia laboral mientras prestan servicio en sus campus y en las comunidades circundantes.

Préstamos
Algunas ayudas económicas se conceden en forma de préstamos a los estudiantes o a sus padres, ayudas que deben reembolsar. La mayoría de los préstamos que se conceden en función de la necesidad económica son préstamos a bajo interés patrocinados por el gobierno federal. Los préstamos subvencionados por el gobierno no devengan intereses hasta después de graduarse. Los préstamos subvencionados son aquellos en los que no se devengan intereses mientras se está en la universidad, pero lo más habitual es que veas ambos préstamos no subvencionados y subvencionados en tu paquete de ayuda económica. El estudiante universitario promedio pide prestados algo más de 30.000 dólares para obtener una licenciatura (Fuente: educationdata.org). Aunque esto parezca mucho dinero, tus mayores ingresos como graduado universitario lo compensarán.



You've probably heard, and might believe, some of these common **MYTHS** about college. Read on for the **REALITIES**.

MYTH: My teen can make a good living without a college education.

REALITY: There is no doubt that some people have done well without a college degree. However, a college graduate will earn on average about a million dollars more than a high school graduate in his/her lifetime. For most people, college pays.

MYTH: Anyone can get into a public university, but it's hard to get into a private college.

REALITY: Some public universities are among the most competitive to get into, while other public universities are required to take nearly all applicants. It's true that some private colleges are very selective, but others take students who wouldn't even be admitted to a home state public university. Check with the colleges you are considering to learn more about the average academic credentials of its students and its admission policies.

MYTH: To make it in today's world you need a four-year college degree.

REALITY: Someone with a four-year degree may

MYTH: The college with the lowest price will be the most affordable.

REALITY: Not necessarily! Some of the colleges with a high "sticker price" have raised significant amounts of money for scholarships from their graduates and friends. As a result, they have more money to give to students in the form of scholarships, which reduces the "sticker price." After taking financial aid into consideration, a seemingly more expensive college may be more affordable than a college with a lower list price. Tip: Find out what kinds of scholarship options are available at the colleges you are considering.

MYTH: Courses and grades in the spring of senior year aren't important because students already have been accepted by a college by the time those courses are done.

REALITY: Most colleges make statements in their admissions materials that they will look at a senior's spring grades. If the student's academic performance has dropped off substantially, colleges have been known to cancel an offer of admission.

MYTH: I don't have the money and my teen can't afford to take out loans to pay for college, even if she wanted to.



Probablemente haya oído, y tal vez crea, algunos de estos **MITOS** comunes sobre la educación superior. Siga leyendo para ver cuál es la **REALIDAD**.

MITO: mi adolescente puede tener buenos ingresos sin educación superior.

REALIDAD: a algunas personas les ha ido bien sin un título de grado. Sin embargo, en el curso de su vida la persona con un título de grado en promedio ganará un millón de dólares más que un graduado de secundaria. Para la mayoría de la gente, la educación superior paga.

MITO: cualquiera puede entrar a una universidad pública, pero entrar a una institución superior privada es muy difícil.

REALIDAD: algunas universidades públicas están entre las más competitivas en términos de admisión, mientras que otras están obligadas a aceptar prácticamente a todos los solicitantes. Es verdad que algunas instituciones educativas privadas son muy selectivas, pero otras aceptan a estudiantes que ni siquiera serían aceptados en la universidad pública de su estado. Verifique con las instituciones que esté analizando, para saber más sobre los rendimientos académicos promedio de sus estudiantes y sus políticas de admisión.

MITO: los cursos y las notas del período de primavera del último año no son importantes porque a los estudiantes ya los han aceptado en alguna institución superior para la época en que esos cursos se llevan a cabo.

REALIDAD: la mayoría de las instituciones de educación superior incluyen notas en sus materiales de admisión donde manifiestan que tomarán en cuenta las notas de primavera del estudiante de último año. Si el rendimiento académico

MITO: la institución educativa de menor precio será la más accesible.

REALIDAD: no necesariamente. Ciertas instituciones educativas de mayor costo han recolectado sumas de dinero significativas para becas de sus graduados y amigos. Como consecuencia, cuentan con más dinero para ofrecer a los estudiantes en la forma de becas, lo que reduce ese precio. Tras tomar en cuenta la asistencia económica, es posible que la institución aparentemente más costosa sea más accesible que otra con un menor precio de lista. Consejo: averigüe qué tipos de opciones de becas hay disponibles en las instituciones educativas que estén analizando.

MITO: para subsistir en el mundo actual se necesita un título de grado de cuatro años.

REALIDAD: a la persona con un título de cuatro años puede tener más opciones de

MITO: no tengo el dinero y mi adolescente no puede permitirse tomar préstamos para pagar la universidad, incluso si quisiera ir.

REALIDAD: actualmente casi todos los estudiantes pueden

College Profile List by Name

COLLEGE NAME STATE PAGE

A			F		
Allegheny College.....	Pennsylvania	290	Fashion Institute of Technology.....	New York	274
Alvernia University.....	Pennsylvania	291	Florida International University.....	Florida.....	229
American University.....	District of Columbia	227	Fordham University	New York	275
Amherst College.....	Massachusetts.....	242	G		
Azusa Pacific University	California	210	Georgia State University.....	Georgia.....	231
B			Gettysburg College	Pennsylvania	295
Babson College	Massachusetts.....	243	Grand Valley State University.....	Michigan	254
Barnard College.....	New York	269	Gustavus Adolphus College	Minnesota	256
Bates College	Maine	239	H		
Bentley University.....	Massachusetts.....	244	Harvard University	Massachusetts.....	246
Boston University.....	Massachusetts.....	245	Holy Cross College.....	Indiana	238
Brown University.....	Rhode Island	300	Horry-Georgetown		
C			Technical College	South Carolina	302
Caldwell University	New Jersey.....	264	Huston-Tillotson University.....	Texas	306
Carnegie Mellon University.....	Pennsylvania	292	L		
The Catholic University of America.....	District of Columbia	228	Lasell University	Massachusetts.....	247
Central Connecticut State University.....	Connecticut.....	219	Lincoln Memorial University.....	Tennessee	303
Chatham University	Pennsylvania	293	M		
Christopher Newport University.....	Virginia.....	313	Macalester College.....	Minnesota	257
Claremont McKenna College.....	California	211	Middlebury College.....	Vermont	312
Clarkson University.....	New York	270	Montclair State University.....	New Jersey.....	265
Coastal Carolina University.....	South Carolina.....	301	Mount Holyoke College.....	Massachusetts.....	248
Colgate University	New York	271	N		
Colorado College.....	Colorado	218	Northeastern University.....	Massachusetts.....	249
Columbia College.....	Missouri.....	259	Northwestern University.....	Illinois.....	234
Columbia College Chicago.....	Illinois.....	232	O		
Columbia University in the			Olin College of Engineering.....	Massachusetts.....	250
City of New York	New York	272	Otis College of Art and Design.....	California	212
Concordia University Texas.....	Texas	305	P		
Cornell University	New York	273	Pomona College.....	California	213
D			Princeton University.....	New Jersey.....	266
Dartmouth College.....	New Hampshire	263	Q		
Davenport University	Michigan	253	Quinnipiac University.....	Connecticut.....	221
Davis & Elkins College	West Virginia	319	R		
Dickinson College.....	Pennsylvania	294	Reed College.....	Oregon.....	288
E			Regis College.....	Massachusetts.....	251
Eastern Connecticut			Rensselaer Polytechnic Institute.....	New York	276
State University	Connecticut.....	220	Rochester Institute of Technology.....	New York	277
Elmhurst University.....	Illinois.....	233	Rutgers University—New Brunswick.....	New Jersey.....	267

College Profile List by Name

COLLEGE NAME STATE PAGE

S			V		
Sacramento State.....	California	214	Vanderbilt University.....	Tennessee	304
St. Edward's University.....	Texas.....	307	Virginia Commonwealth University.....	Virginia.....	315
St. John's College.....	Maryland.....	240	Virginia Polytechnic Institute and		
St. John's College.....	New Mexico.....	268	State University	Virginia.....	316
St. John Fisher University.....	New York	278	W		
Saint Louis University.....	Missouri.....	260	Washington and Lee University.....	Virginia.....	317
St. Mary's College of Maryland.....	Maryland.....	241	Washington University in St. Louis.....	Missouri	261
St. Olaf College	Minnesota	258	Webb Institute.....	New York	284
Saint Xavier University.....	Illinois.....	235	Wesleyan University.....	Connecticut.....	223
Sarah Lawrence College.....	New York	279	West Chester University		
Siena College.....	New York	280	of Pennsylvania.....	Pennsylvania	299
Skidmore College.....	New York	281	Western Connecticut		
Smith College.....	Massachusetts.....	252	State University	Connecticut.....	224
Southern Illinois University.....	Illinois.....	236	William & Mary.....	Virginia.....	318
Stanford University.....	California	215	Wittenberg University.....	Ohio.....	287
Susquehanna University.....	Pennsylvania	296	Y		
Syracuse University.....	New York	282	Yale University.....	Connecticut.....	225
T					
Temple University.....	Pennsylvania	297			
Texas State University.....	Texas.....	308			
Texas Tech University.....	Texas.....	309			
Texas Woman's University	Texas	310			
Trinity College.....	Connecticut.....	222			
U					
University of Arizona.....	Arizona	208			
University of Arkansas—Fort Smith.....	Arkansas.....	209			
University of Delaware.....	Delaware	226			
University of Florida.....	Florida.....	230			
University of Houston.....	Texas.....	311			
University of Illinois Springfield.....	Illinois.....	237			
University of Michigan.....	Michigan	255			
University of North Carolina					
at Asheville.....	North Carolina	285			
University of North Carolina					
Wilmington.....	North Carolina	286			
University of Oregon.....	Oregon.....	289			
University of Pennsylvania.....	Pennsylvania	298			
University of Providence.....	Montana.....	262			
University of Redlands.....	California	216			
University of Richmond.....	Virginia.....	314			
University of Rochester.....	New York	283			
University of San Diego.....	California	217			

Syracuse University



Syracuse University
Syracuse, NY
www.syracuse.edu
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Fast Facts

CAMPUS DIVERSITY	
Undergraduate Students	15,071
Acceptance Rate	52%
Students Receiving Federal Pell Grant	18%
STUDENT FACULTY RATIO	15:1

RACE/ETHNICITY	
American Indian/Alaska Native	1%
Asian	7%
Black	7%
Hispanic	11%
International/non-resident	13%
Native Hawaiian/Pacific Islander	0%
Two or more races	4%
Unknown	2%
White	55%

TEST SCORES (MIDDLE 50%)	
<i>Test-Optional</i>	
SAT Reading and Writing	630-710
SAT Math	630-720
ACT	28-32

GRADUATION & RETENTION	
Students Who Return After First Year	91%
Graduation Rate	83%

TOP FIELDS OF STUDY	
Psychology, General; Economics; Public Relations, Advertising, and Applied Communication; Information Science/Studies; Political Science and Government	

COSTS	
Average Annual Cost	\$36,889
By Family Income	
\$0-\$30,000	\$18,312
\$30,001-\$48,000	\$18,458
\$48,001-\$75,000	\$22,928
\$75,001-\$110,000	\$33,733
\$110,001+	\$52,798

Calculate Your Personal Net Price	
https://www.syracuse.edu/admissions/cost-and-aid/cost-of-attendance/undergraduate/net-price-calculator/	

FINANCIAL AID & DEBT	
Students Receiving Federal Loans	37%
Median Total Debt After Graduation	\$26,000
Typical Monthly Loan Payment	\$276/mo
EARNINGS AFTER SCHOOL	
Median Earnings	\$79,164

Data is from the U.S. Department of Education's College Scorecard, unless the college has supplied more recent figures. For more details see page 46.



Syracuse University is classified in the top tier for research activity among all doctoral universities in the nation. With more than 200 academic programs and 100 minors, Syracuse offers a rigorous private education within an inclusive, welcoming community of 15,000 diverse students and scholars from all 50 U.S. states and 89 countries. Syracuse University welcomes you.

Thousands of students choose Syracuse every year for its blend of extraordinary academics, legendary spirit, and research, internship, and extracurricular opportunities—all offered in a classic campus setting. With nearly 20% of the undergraduate student body identifying as first-generation, we are committed to helping students pursue their dreams through resources and opportunities that demonstrate our ongoing commitment to access and inclusion.

➤ First-Year Experience & Transition Kessler Presidential Scholars Program

Students selected for the Kessler Presidential Scholars Program not only receive four years of substantial scholarship aid, but also have access to holistic services that enhance their experience and success on campus. In addition to warm and welcoming programs and events hosted to build community among the Kessler Scholars, each student is connected to a peer mentor, participates in career-enrichment activities, engages in community projects, and receives support to study abroad.

➤ Scholars & Leadership fullCIRCLE Mentoring Program

fullCIRCLE is a sustainable, multilayered program designed to assist its participants in effectively adjusting to the different challenges of college life, including those that are academic, social, professional, and personal in nature, with the goal of building community. The program serves first-year and upper-class students including Black/African American, Asian American/Pacific Islander, Hispanic/Latinx American, and Indigenous/Native American students. fullCIRCLE promotes academic success, identity development, community leadership, and social responsibility.

➤ Scholars & Leadership WellsLink

The WellsLink Leadership Program is the nationally recognized academic and leadership excellence program for first-year students of color at Syracuse University. Through structured academic, social, and cultural enrichment activities, WellsLink scholars train for exceptional success at the University and beyond. The program is named after Barry L. Wells, former senior vice president and dean of student affairs at Syracuse University and founder of the University's Office of Minority Affairs in 1976. The program is sponsored by the Office of Multicultural Affairs.

➤ Student Life & Support Center for Learning and Student Success

The Center for Learning and Student Success (CLASS) provides and facilitates academic support services for Syracuse students, including one-on-one tutoring, small-group tutoring and workshops, and academic integrity education and training. Through collaboration with academic departments and offices, the Center coordinates programs and disseminates information about campus-wide academic resources available to students.

University of Rochester



University of Rochester
Rochester, NY
www.rochester.edu
Private • City • Medium

Fast Facts

CAMPUS DIVERSITY	
Undergraduate Students	6,569
Acceptance Rate	39%
Students Receiving Federal Pell Grant	16%
STUDENT FACULTY RATIO	9:1

RACE/ETHNICITY	
American Indian/Alaska Native	0%
Asian	16%
Black	5%
Hispanic	8%
International/non-resident	24%
Native Hawaiian/Pacific Islander	0%
Two or more races	4%
Unknown	3%
White	40%

TEST SCORES (MIDDLE 50%)	
<i>Test-Optional</i>	
SAT Reading and Writing	680-750
SAT Math	710-790
ACT	31-34

GRADUATION & RETENTION	
Students Who Return After First Year	92%
Graduation Rate	87%

TOP FIELDS OF STUDY	
Registered Nursing, Nursing Administration, Nursing Research and Clinical Nursing; Biology, General; Computer Science; Economics; Management Sciences and Quantitative Methods	

COSTS	
Average Annual Cost	\$30,902
By Family Income	
\$0-\$30,000	\$12,169
\$30,001-\$48,000	\$15,724
\$48,001-\$75,000	\$21,593
\$75,001-\$110,000	\$30,873
\$110,001+	\$46,720

Calculate Your Personal Net Price	
https://www.rochester.edu/financial-aid/cost-calculators/	

FINANCIAL AID & DEBT	
Students Receiving Federal Loans	42%
Median Total Debt After Graduation	\$21,000
Typical Monthly Loan Payment	\$223/mo

EARNINGS AFTER SCHOOL	
Median Earnings	\$79,042

Data is from the U.S. Department of Education's College Scorecard, unless the college has supplied more recent figures. For more details see page 46.



The University of Rochester, founded in 1850, is one of the nation's leading private, co-educational, nonsectarian universities. Located two miles south of downtown Rochester, the 154-acre River Campus balances urban access and spacious comfort, creating a comfortable and unique learning environment. This environment no doubt contributes in part to the academic reputation of the institution. Over 6,000 undergraduate students enjoy a well-rounded college experience, and 95 percent of first years return for their sophomore year. In maximizing retention and success among all community members, the University of Rochester offers a breadth of services targeted to the specific needs of underrepresented and first-generation students.

➤ First-Year Experience & Transition Parent and Family Relations

The Parent and Family Relations Office provides support and assistance in orienting parents/families of students at Rochester. The office serves as a resource for parents/families throughout their student's undergraduate career, with the goal that families feel informed, valued, and respected. By providing advisory services, one-on-one consultations, educational information, and referrals, the office seeks to help all families prepare for the reality of supporting their college student. The Parent and Family Relations Office participates in early outreach to first-generation students/families, as well as Welcome Week (Orientation) and Commencement related programming, especially for first-generation students and families. <https://www.rochester.edu/parents/>

➤ Open House, Fly-In, Visit Multicultural Visitation Program (MVP)

Historically, the University of Rochester's Multicultural Visitation Program (MVP) brings together up to 100 high school seniors from diverse backgrounds and allows them to experience Rochester on a more personal level. Our on-campus MVP program is a two-night experience typically held during the month of November. Prospective high school seniors are invited to apply for this selective on-campus experience that includes roundtrip transportation, an overnight stay in one of our residence halls, and all meals. To learn more about this exciting program and submit the required event application, please visit <https://admissions.rochester.edu/visit/multicultural-visitation-program/>

➤ Special Admissions Policy Higher Education Opportunity Program (HEOP) & Early Connections Opportunity (ECO)

The University of Rochester's HEOP and ECO bridge programs are designed to serve students who have had additional challenges/barriers as part of their educational experience. HEOP addresses the specific needs of New York State students who have had both economic and educational challenges in high school. ECO is designed to help students more broadly who have had academic challenges establishing themselves within an academic setting. Both programs provide students a strong support network, academic advising, personal counseling and substantial financial assistance.

➤ Scholars & Leadership McNair Program

The objective of the McNair Program is to increase the numbers of low-income, first-generation, and underrepresented undergraduates who pursue PhD degrees and go on to careers in research and teaching at the university level. Students typically apply during their sophomore year, and the program is designed to prepare students for the rigors of graduate study by providing the opportunity to conduct research under the guidance of faculty mentors. Students accepted to the program attend a series of academic seminars, receive training for the Graduate Record Exam (GRE), and are trained to present the results of their research.

Glossary of Terms

The Glossary of Terms is printed with permission from *First in the Family*, an initiative of What Kids Can Do. We've updated and added a few additional terms that we think are helpful.

The college application process is filled with special terms, forms, deadlines, requirements, standardized tests, college "searches" and visits—and more. It is daunting, especially for students who are the first in their family to go to college. On these pages, we offer a list of terms and definitions students, parents, and community mentors will encounter along the way. We have grouped the terms, alphabetically, in these categories: (1) applying; (2) college entrance exams; (3) types of institutions; (4) college acceptance terms; (5) some college lingo; (6) types of post-secondary degrees.

We've created a separate section for the financial aid process.

APPLYING

Advanced Placement (AP): AP courses are college-level classes taught in high school. They follow guidelines and cover material that will instruct students in AP subject areas and should prepare them to take Advanced Placement tests offered by The College Board.

Applicant: Any student who has completed the college application process at a particular institution.

Application: A college application is part of the competitive college admissions system. Admissions departments usually require students to complete an application for admission that generally consists of academic records, personal essays, letters of recommendation, and a list of extracurricular activities. Some schools require the SAT or ACT. Deadlines for admission applications are established and published by each college or university.

Application Deadline: The date, set by college admissions offices, after which applications for admission will not be accepted.

"Best Fit": The college search is not about getting into the best college. There is no school that is best for all students. Some students do best at large public universities; others excel in small liberal arts colleges; still others want to study far from home. If you want to make the most of college, don't just apply to the big-name schools or the ones your friends are excited about. Do your own research to find schools that are the best fit for you.

Campus Interview: This is a personal, face-to-face interaction between an admissions applicant and an institutional representative (admissions officer, alumnus, faculty, etc.). Interviews are rarely required.

Campus Visit/Tour: A service by the college admissions office for prospective students, allowing them to visit various campus buildings, meet key institutional personnel, and get a firsthand look at campus life.

Catalogue: A catalogue is a comprehensive publication that provides a detailed overview of an institution, including its mission, programs, costs, admissions requirements, faculty and administration, etc.

Class Rank: The relative numeric position of a student in their graduating class. Rank is calculated according to GPA and/or other measures of scholastic achievement. Note: many high schools do not rank their students, and applicants will not be at a disadvantage in the application process if their school has a policy that it does not provide a class rank.

College Fair: An event at which colleges, universities, and other organizations related to higher education present themselves in an exposition atmosphere for the purpose of attracting and identifying potential applicants.

College Rep Visit: This is when a college or university admissions representative visits a high school or community site for the purpose of recruiting students for admission to the institution.

College Search: These are the steps you take in the early phases of college planning in order to identify, locate, and investigate college-level programs that meet your individual interests, abilities, and needs as a student.

Common Application: The Common Application (informally known as the Common App) makes it possible for students to use one admissions application to apply to over 1,000 member colleges and universities. There is a Common Application for First-Year Admission and a Common Application for Transfer Admission. Both versions allow the application to be completed online and submitted to all schools with the same information going to each.

Course Rigor: Course rigor is how challenging your high school classes are, and they help admissions officers to see whether you are prepared for college-level coursework. For example, AP, Honors, IB, and dual enrollment courses are all academically rigorous courses.

Demonstrated Interest: This includes a student's expression of their desire to attend a particular college through campus visits, contact with admissions officers, and other actions that attract the attention of college admissions personnel. While not all institutions use this as a factor in accepting students for admissions, many schools do consider demonstrated interest in their admissions decisions.

Dual Enrollment: Dual enrollment students are in high school but taking college courses, receiving both college and high school credit.

Extracurriculars: Extracurricular activities are simply anything you do outside of class. You should define your extracurricular activities in broad terms—many applicants make the mistake of thinking of them solely as school-sponsored groups such as yearbook, band, or football. Not so. Most community and family activities are also "extracurricular," including but not limited to family responsibilities, part-time jobs, volunteer experiences unaffiliated with school, etc.

Glosario de términos

El glosario de términos se ha publicado con el permiso de *First in the Family*, una iniciativa de What Kids Can Do. Hemos actualizado y añadido algunos términos adicionales que consideramos útiles.

El proceso de solicitud de ingreso a la universidad está lleno de términos especiales, formularios, plazos, requisitos, exámenes estandarizados, «búsquedas» de universidades y visitas... y mucho más. Es desalentador, especialmente para los estudiantes que son los primeros de su familia en ir a la universidad. En estas páginas, ofrecemos una lista de términos y definiciones que los estudiantes, padres y mentores de la comunidad encontrarán a lo largo del camino.

Hemos agrupado los términos, alfabéticamente, en estas categorías:

- (1) Solicitud
- (2) Pruebas de acceso a la universidad
- (3) Tipos de instituciones
- (4) Términos de aceptación universitaria
- (5) Jerga universitaria
- (6) Tipos de títulos postsecundarios

También hemos creado una sección separada con un glosario de ayuda financiera.

- (1) Conceptos básicos
- (2) Becas
- (3) Préstamos
- (4) Subvenciones

SOLICITAR

Advanced Placement (AP): Los cursos AP son clases de nivel universitario que se imparten en el instituto. Siguen unas directrices y cubren un material que instruirá a los estudiantes en las materias AP y les preparará para presentarse a los exámenes de Colocación Avanzada que ofrece el College Board. Ciertas puntuaciones en los exámenes AP -que se administran cada mes de mayo- pueden otorgar a los estudiantes créditos universitarios, aunque cada universidad tiene su propia política con respecto a los requisitos de puntuación y los límites de crédito.

Solicitante: Cualquier estudiante que haya completado el proceso de solicitud universitaria en una institución determinada.

Solicitud: La solicitud de admisión a una universidad forma parte del sistema competitivo de admisión a las universidades. Los departamentos de admisiones suelen exigir a los estudiantes que rellenen una solicitud de admisión que generalmente consta de expedientes académicos, ensayos personales, cartas de recomendación y una lista de actividades extracurriculares. Algunas universidades exigen el SAT o el ACT. Los plazos para las solicitudes de admisión los establece y publica cada universidad.

Plazo de solicitud: La fecha, establecida por las oficinas de admisión de las universidades, después de la cual no se aceptarán las solicitudes de admisión.

"La mejor opción": La búsqueda de la universidad no consiste en entrar en la mejor universidad. No hay una universidad que sea la mejor para todos los estudiantes. A algunos estudiantes les van mejor las grandes universidades públicas; otros sobresalen en pequeñas universidades de artes liberales; y otros quieren estudiar lejos de casa. Si quieres sacar el máximo partido a la universidad, no te limites a solicitar plaza en las grandes universidades o en las que entusiasman a tus amigos. Investiga por tu cuenta para encontrar la universidad que mejor se adapte a ti.

Entrevista en el campus: Se trata de una interacción personal, cara a cara, entre un solicitante de admisión y un representante institucional (funcionario de admisiones, antiguo alumno, profesor, etc.). Las entrevistas rara vez son obligatorias.

Visita al campus: Un servicio de la oficina de admisiones de la universidad para futuros estudiantes, que les permite visitar varios edificios del campus, conocer al personal institucional clave y obtener una visión de primera mano de la vida en el campus.

Catálogo: Un catálogo es una publicación exhaustiva que ofrece una descripción detallada de una institución, incluida su misión, programas, costes, requisitos de admisión, profesorado y administración, etc.

Clasificación: La posición numérica relativa de un estudiante en su clase de graduación. La clasificación se calcula en función de la nota media y/u otras medidas de rendimiento académico. Nota: muchas escuelas secundarias no clasifican a sus estudiantes, y los solicitantes no están en desventaja en el proceso de solicitud si su escuela tiene una política que no proporciona un rango de clase.

Feria universitaria: Evento en el que colegios, universidades y otras organizaciones relacionadas con la educación superior se presentan en un ambiente de exposición con el fin de atraer e identificar a posibles solicitantes.

Visita de un representante universitario: Es cuando un representante de admisiones de un colegio o universidad visita una escuela secundaria o sitio de la comunidad con el propósito de reclutar estudiantes para la admisión a la institución.

Búsqueda de universidades: Son los pasos que das en las primeras fases de la planificación universitaria con el fin de identificar, localizar e investigar programas de nivel universitario que satisfagan tus intereses, habilidades y necesidades individuales como estudiante.

Solicitud común: La Solicitud Común (conocida informalmente como Common App) hace posible que los estudiantes utilicen una solicitud de admisión para solicitar plaza en más de 1.000 colegios y universidades miembros. Existe una Solicitud Común de Admisión para el Primer Año y una Solicitud Común de Admisión para Traslados. Ambas versiones permiten cumplimentar