

Guidance Notes for Juniors and Seniors

By Debra J. Anderson, H.S. Guidance Counselor

October 11, 2011

As you may know Central City High School was awarded a **College Access Grant** through the **EducationQuest Foundation** for \$21,000. This money is being used at CCHS to promote further education and training for our students. With this grant, CCHS will work to encourage students to enter postsecondary education and/or the military.

EducationQuest

Perhaps you would like to visit the EducationQuest Foundation Office with your son or daughter. You may call and make an appointment at 800-666-3721 (for the Kearney office), 800-303-3745 (for the Lincoln office), or 888-357-6300 (for the Omaha office). If you have e-mail available, sign up through the EducationQuest Foundation for the free **Countdown to College** e-mail service for monthly planning tips (for students grades 9 -12 and parents). The EducationQuest Foundation webpage also offers an on-line activities resume for students to keep their achievements current, a college-search, and scholarship matches. All of this and more can be accessed online at www.educationquest.org.

Financial Aid Planning Workshop

Please note that at the request of many parents and students, we will be having a **Financial Aid Planning Workshop** (important for college bound juniors and seniors, and especially parents) this fall on Thursday, November 17, 2011. It will be put on free of charge by the EducationQuest Foundation at CCHS. Students and parents from other schools are also invited to attend.

The Nebraska Career Information System

The **Nebraska Career Information System** is full of interest inventories, occupational information, and links to colleges across the nation. Please take time to check NCIS out. If you do not have the Internet, you are welcome to use a computer in the public library, school library, or in my office. Here is the information that you will need for Internet NCIS:

URL: <http://necis.intocareers.org>

NEW USERNAME: 09centralhs

NEW PASSWORD: H005709

Most of our students already have a Personal Learning Plan established and can log in at:

URL: <http://necis.intocareers.org>

USERNAME: (first four letters of their first name, first six letters of their last name)

PASSWORD: (first initial, last initial, student ID number)

College Entrance Exams

Many seniors who are college bound have already taken the **ACT**. Many of our seniors plan to take the ACT again in October, or December. The December test date is the last date that will typically meet scholarship guidelines (October test date for Wayne State). It is very important to know if a certain ACT score is needed for acceptance into a specific college or program of study that a student may be wishing to pursue. College bound juniors (and some gifted sophomores) will choose to take the ACT a number of times this school year. College bound students should take the ACT three or more times, to have the best composite score.

ACT has an optional Writing Test. Students should plan to take the Writing Assessment also if they have excellent writing skills and wish to demonstrate these to prospective colleges or if the college the student is interested in attending recommends it. At this point most colleges in Nebraska do not require the optional writing test, but to be sure, a student may log onto www.actstudent.org to check the recommendations for specific colleges.

Some of our seniors are also planning to take the **SAT** Reasoning Test. (Few schools in this area require the SAT Subject Tests.) Some students score even better on the SAT than on the ACT, depending on their particular strengths. Some out-of-state schools require the SAT instead of the ACT. Most Nebraska colleges will use either an ACT or SAT score. Scholarship committees and colleges always ask for the best scores that a student has achieved, even if a student has taken the ACT or SAT a number of times.

With both the ACT and SAT deadlines are very important. If a student chooses to register after a registration deadline, there are additional costs. I have registration materials available in my office. Students may also register for the ACT online at www.actstudent.org or the SAT at www.collegeboard.com, but they **must** remember to put in our high school code which is **280-440**.

Test	Test Date	Registration Deadline
ACT	October 22	September 16
ACT	December 10	November 4
ACT	February 11	January 13
ACT	April 14	March 9
ACT	June 9	May 4
SAT	October 1	September 9
SAT	November 5	October 7
SAT	December 3	November 8
SAT	January 28	December 30
SAT	March 10	February 10
SAT	May 5	April 6
SAT	June 2	May 8

All students who plan to take the ACT or SAT should complete at least one practice test prior to testing. These are free to students and are available in my office, including a number of them from different years. Also, if a student goes to their Personal Learning Plan in the Nebraska Career Information System, there are excellent materials available to study from Peterson’s online, free of charge. Contact me if you need assistance.

ASSET or COMPAS Tests (ASSET on the computer) are given to students by community colleges and technical schools. Admissions offices of specific colleges will inform those requesting information of the testing that is necessary. Juniors and seniors interested in specific programs of study should take these tests when they apply for admission.

College Information

Over the years I have noticed that some programs of study that are popular to take, fill up quickly at some of the community colleges around the state. At Southeast Community College in Lincoln the programs that fill quickly and require special admission standards are: Microcomputers; Graphic Design; Practical Nursing; and Associates Degree of Nursing. At Southeast Community College in Milford these programs include: Building Construction; Architecture; Auto Collision; Computer Programming; and Automotive Technology. At Northeast Community College in Norfolk, admission to the Lineman Course is often limited. Interested younger students should go ahead and apply to these programs so that they can enter them in the fall after they graduate from high school.

Central Community College prides itself on not having waiting lists; however, please be advised that some of the health related programs are competitive and require special admissions standards (for more information, please contact the Admissions Office soon). These programs include Associates Degree of Nursing and Practical Nursing at the Grand Island and Columbus campuses. They also include the competitive programs of Medical Laboratory Technician, Health Information Management (Medical Records), Dental Hygiene, Dental Assisting, and Medical Assisting located on the Hastings campus.

The best way for students to learn about the colleges that they are interested in, is to **visit the colleges** during the school year. A college visit while CCHS is in session is considered an excused absence or a “white slip” activity, however, these still count against a student’s attendance for the semester. College visits do not count for early out

purposes in May when documented with the office. October 21st is one Friday that our students do not have school, so you may wish to schedule a college visit then. Simply call the Admissions Office of the college that you wish to visit a few weeks ahead of time to schedule a tour and time for Compass or ASSET Testing, if needed.

ASVAB

Sophomores, juniors and seniors, especially students interested in entering the military, should take the **ASVAB** or **Armed Services Vocational Aptitude Battery**. This test is required for students interested in any branch of the Armed Services and is free of charge. The ASVAB also includes a great career assessment to help all students have a better idea of what their interests are. We will offer ASVAB testing to interested sophomores, juniors, and seniors this fall. It will be given at our high school at 8 am on Friday, October 21, 2011 (a staff development day). Interested students should sign up with me.

Scholarships and Related Information for Seniors from Counselor Anderson's Office:

*Please remember that in general the very best scholarships come from the colleges themselves, plus state and local scholarship opportunities. **Apply to the colleges** that you are interested in this fall and thoroughly research their scholarship opportunities (via the internet, college brochures, and college financial aid offices). Make sure that you apply for the **Merrick Foundation Scholarships**, which will become available toward the end of November and for any other local scholarships. Our community has been very generous to our youth with scholarships in the past. Plan to have your parents complete their taxes and submit a **FAFSA** for grants and low interest loans.*

Scholarships through Colleges:

Private colleges encourage students to apply early in the academic year. Scholarships are often awarded on the basis of class rank, standardized test scores, diversity, talent, and church membership.

Check out the **Midwest Student Exchange Program** if you are interested in attending an out-of-state college in Kansas, Michigan, Minnesota, Missouri, North Dakota, or Wisconsin.

Let Counselor Anderson know if you are interested in attending Washington University in St. Louis, you may qualify for the **Danforth Scholars Program**.

The **College of Hair Design** in Lincoln has scholarships available for those interested in attending their school.

Collegebound Nebraska provides an amazing opportunity for students with financial need. Nebraska students are guaranteed total grant assistance equal to, or greater than, the full cost of tuition to UNL, UNO, or UNK provided they are accepted to the University, complete the FAFSA by April 1 of each year, complete the financial aid process by June 1, and are found to be eligible for a Federal Pell Grant (federal grants for students from low-income families). Go to <http://collegeboundnebraska.com/> for more information.

The NSCS Advantage Programs are for students who plan to attend Wayne, Chadron, or Peru State College, are Federal Pell Grant recipients, and are enrolled full time. These awards are made automatically if the student applies to college by the deadline, submits their FAFSA, and qualifies for a Pell Grant. Simply go to www.nscs.edu; then click on the Students button; and then NSCS Advantage for more information.

The University of Nebraska Lincoln application deadline for the **Jeffrey S. Raikes School of Computer Science and Management** is November 15th. Students are to apply online for this scholarship after receiving their NU ID Number as part of their application process. (So students interested in these programs should initially apply to UNL now.) Students interested in Computer Science, Business, or Engineering with a 30 or higher ACT score should apply. The scholarship pays a student's board and room for 4 years, so it is a very appealing scholarship to apply for. Simply go to www.admissions.unl.edu to apply for admission and later to apply to the Raikes School to myred.nebraska.edu.

The UNL Honors Program has an early notification deadline of November 15, 2011, and a final application deadline of March 1, 2012. If you are interested in attending UNL and becoming involved with the Honors program you can find an application at www.admissions.unl.edu/academics. Recommendation forms in support of your application are also required. Students with at least a 29 ACT and ranked in the top 10% of the class should apply by the early notification deadline if possible.

KHOP is the Kearney Health Opportunities Program through the University of Nebraska at Kearney and the University of Nebraska Medical Center. The purpose of KHO is to recruit and educate students from rural Nebraska who are committed to returning to Nebraska to practice healthcare in the following fields: clinical laboratory sciences, medicine, nursing, pharmacy, and radiography. The deadline is November 15, 2011.

The UNK Kearney Hub Scholarship deadline is November 15, 2011. Students must plan to attend UNK, have an ACT of 30, and be in the top 10% of their graduating class to be considered.

The **Governor's Opportunity Award** is available for students attending one of the Nebraska State Colleges (link to nscs.edu). To apply, you must score between 21 and 24 on the ACT or between 1500 and 1650 on the SAT, graduate from a Nebraska high school, be a Nebraska resident and enroll as a full-time college student in the fall semester following your high school graduation. This scholarship covers half of your tuition cost, renewable for four years. To apply for this scholarship: Download a Governor's Opportunity Award application at www.nscs.edu. Submit your completed application and 500 word essay to the board office by the deadline of December 1, 2011.

Seniors interested in a medical field should contact Counselor Anderson about the **Rural Health Opportunities Program (RHOP)** through Wayne State, Chadron State College, and the University of Nebraska Medical Center. RHOP is especially designed to encourage students who would like to practice in rural areas in the fields of medicine (Chadron and Wayne), pharmacy (Chadron and Wayne), nursing (Chadron and Wayne), dentistry (Chadron and Wayne), dental hygiene (Chadron and Wayne), clinical laboratory science (Chadron and Wayne), physician assistant (Chadron and Wayne), physical therapy (Chadron and Wayne), and radiography (Chadron and Wayne). The deadline is December 1, 2011.

The deadline for **Wayne State College** general scholarships is December 1, 2011. There are numerous scholarships available by completing the steps in their general Wayne State College scholarship application (which includes your application to WSC, transcript, activities resume, essay on the topic provided, and two letters of recommendation - visit www.wsc.edu). Other scholarship opportunities require separate application forms: RHOP (December 1, 2011), Governor's Opportunity Award www.nscs.edu (December 1, 2011), Board of Trustees Scholarships www.nscs.edu (January 15, 2012), and the Davis-Chamber Freshman Scholarship for academically promising high school students at www.nscs.edu (February 1, 2012).

The deadline to apply for admission and be considered for **University of Nebraska in Lincoln** general scholarships is January 15, 2012. Check out all of the available scholarships through your student account. Also complete a **Personal Statement** (as outlined on their website at www.unl.edu) so that it can be received by this date in order to be considered for service, leadership, and diversity scholarships.

Peru State College scholarship priority deadline is January 15, 2012.

The Board of Trustees Scholarship - The Nebraska State College System's Board of Trustees offers this scholarship to students who will be attending Wayne, Chadron, or Peru State College. To apply, you must score at least 25 on the ACT or 1130 on the SAT, be a graduating senior from a Nebraska high school, be a resident of Nebraska and enroll as a full-time college student in the fall semester following your high school graduation. This scholarship provides full tuition, renewable for 4 years. To apply for this scholarship - Obtain a Board of Trustees Scholarship application at www.nscs.edu and read and follow the application instructions carefully. Submit your completed application to the board office by the deadline of January 15, 2012.

The Davis-Chambers Scholarship is for students who wish to attend Wayne, Chadron, or Peru State College who have a B average, and have completed and submitted an estimated FAFSA. The deadline is February 1, 2012. Apply at www.nscs.edu.

Applications to the **University of Nebraska at Omaha** must be submitted by February 1, 2012 in order to be considered for scholarships. There are also **Goodrich Scholarships** for those students who are planning to attend UNO with a financial need. They are due on February 1, 2012.

Applications to the **University of Nebraska at Kearney** are due by February 1, 2012 for general scholarships. Check out the Health Science Scholars Program, the NU Paths Program, the Multicultural Community Service Scholarship, the Peter Kiewit Foundation Educators Opportunity Scholarship, and the Davis-Chamber Scholarship to complete special requirements for additional scholarship opportunities. There is also a special form to complete by February 1, 2012 for the **UNK Honors Program**, if you have an ACT score of 27 or higher and if you rank in the top quarter of your class.

Southeast Community College Scholarships are available for seniors planning to attend SCC in Lincoln, Beatrice, or Milford at http://www.southeast.edu/admissions/costs_and_financialaid/scholarships.aspx between December 1, 2011 and February 22, 2012. Applicants must also make sure that they have been accepted at the SCC campus that interests them and that their high school transcript is also sent to the Financial Aid Office at SCC in Milford for the scholarship opportunity, right after applying online.

Other Scholarships:

The Christian Connector provides a free Christian college information service as well as a \$2,500 Christian college scholarship drawing. Students simply log onto www.christianconnector.com to request information and automatically be entered in the scholarship drawing.

The **Donna Reed Foundation** often has awards for students in the fine arts. Simply visit www.donnareed.org for more information.

Discover Colleges provides a free private college information service as well as a \$2,500 private scholarship drawing. Students simply log onto www.discovercolleges.com to request information and automatically be entered in the scholarship drawing.

ROTC offers some outstanding scholarships through major colleges and universities. If you are interested in the military and a four year college degree, check out ROTC scholarships. We have had students receive these outstanding scholarships in the past. The deadlines are normally in the fall. Note: For information about ROTC at UNL go to: (Army) www.unl.edu/armyrotc; (Navy) www.unl.edu/nrotc; and/or (Air Force) www.unl.edu/afrotc.

For information about the **Hispanic Scholarship Fund** go to www.hsf.net

The Elks National Emergency Educational Grants are for children of deceased or disabled Elks members. Information about this may be found at www.elks.org/enf/scholars/downloadmvs.cfm.

Horatio Alger Scholarships are available for students who are seniors, plan to attend a four-year college or university, have critical financial need, are involved in co-curricular and community service activities, and have a C or better GPA. Go to Counselor Anderson or www.horatioalger.org/scholarships for more information. We have had students awarded these wonderful scholarships before. The deadline is October 30, 2011.

The **Coca-Cola Scholars Foundation** has awards that are renewable for four years that may be applied for online at www.coca-colascholars.org. Use our high school CEEB code of 280-440. Applicants are evaluated on leadership in school; commitment to the community; academic achievement; and part-time employment. CCHS has had finalists before. Make sure that you apply by October 31, 2011.

The **AXA Foundation** has scholarships available for well-rounded students who have demonstrated significant achievement. For more information go to www.axa-achievement.com.

The **World War II Scholarship** will be available to seniors starting in November. The deadline will be in January. Contact me if you are interested.

National Honor Society has a national competition for scholarship money. If you are in the CCHS Chapter of National Honor Society and have completed extensive service to the community, please contact me. The scholarship deadline is January 20, 2012.

The **Norma Ross Walter Scholarship** application is for women who intend to major in English. The deadline is January 27, 2012.

All CCHS planning to attend any type of further education should complete a **Senior Scholarship Application** through the **Merrick Foundation** by the end of January. The Merrick Foundation has been most generous to our students over the years. Toward the end of November visit www.merrick-foundation.org and go to scholarships for more information.

The **Elks National Foundation Legacy Awards** application is due February 1, 2012. Legacy Awards are four-year, \$4,000 scholarships. A parent or grandparent of a student applying for this scholarship must be a member of the Elks. Elks scholarship applications may be found at www.elks.org/enf/scholars/downloadmvs.cfm.

If you are interested in cooperative education and attending a college or university out of state, you may want to look into the **National Co-op Scholarships**. For complete information go to www.co-op.edu. These \$6,000 scholarships are renewable with a value of \$4,200,000. The deadline is February 15, 2012.

The **Lincoln Community Foundation** has scholarships for students who live outside of Lancaster County. Go to www.lcf.org for more information. The deadline is generally the first part of March.

The American Legion Auxiliary has a number of scholarships that are due by March 1, 2012. Go to www.nebraskalegionaux.net to find more information about their scholarships for students who are veteran connected, junior members, former Girls State participants, enrolling in a vocational school, or interested in nursing.

The American Legion has a number of scholarships that are due by March 1, 2012. Go to www.nebraskalegion.net to find scholarship information for students who are veteran connected, Eagle Scouts, or Legion Baseball players.

If you are planning to attend a publicly supported college in Nebraska (like a community college, state college, UNL, UNO, or UNK) and you have some financial need, make sure that you also apply for the **Susan Thompson Buffett Scholarship** which is due on March 1st. A FAFSA is required for this generous scholarship, which was offered to 5 of our seniors last year and 9 the year before.

Other Opportunities:

Access College Early Scholarships are often available to current high school students with a financial need taking classes through Central Community College. Contact Counselor Anderson if you have interest in an ACE Scholarship for any of Mr. Negus's Dual Credit Classes, CCC Distance Learning Classes, or other classes available through CCC.

There will be an **American Legion Oratorical Contest Scholarship Program** in October. Each district winner will receive \$100 in cash. The four state winners will receive cash awards ranging from \$200 to \$1,000. The state winner will also receive a \$1,500 scholarship for appearing in the National Final Contest. Contact Counselor Anderson if you are interested.

The **Prudential Spirit of Community Awards** are for Middle School and High School Students who have made a significant contribution to others through their volunteer service. Contact Counselor Anderson for an application. CCPS has had state winners before. The deadline is November 1, 2011.

Contact Counselor Anderson if you would be interested in a national essay and video contest for students in grades 9 – 12 called the **First Freedom Student Competition**. Those competing will examine the history and implementation of religious freedom – the freedom of conscience - in American democracy and the world today. For more information visit www.firstfreedom.org. Registration is required by November 14, 2011.

The **John F. Kennedy Library Foundation** invites U.S. high school students to write an essay on an act of a political courage. For contest information, registration, and to submit your essay, visit the Profile in Courage Award Program at www.jfklibrary.org. Deadline is January 7, 2012. First place winner will receive \$10,000.

Nestle' Very Best in Youth and HOBY have entered into a partnership to recognize young people who are making a positive difference in lives other than their own. Students should complete their application online at <http://verybestinyouth.nestleusa.com> for a deadline in the spring.

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College Bound Students Need to Do the Following this Fall:

All high school students:

- ___ Think about your interests and future plans.
- ___ Go online through the Nebraska Career Information System at <http://necis.intocareers.org>. User name: 09centralhs Password: H005709 (H and the rest are numbers) to find numerous free interest inventories, college searches, and scholarship information.
- ___ Job shadow to find out more information about specific occupations.
- ___ Think about your college selection by:
 - * Talking with admissions representatives when they visit our school.
 - * Going online to investigate the schools more thoroughly.
 - * Attending a **College Fair**. Don't miss the opportunity to visit with representatives from nearly 80 state and regional colleges.
 - *Lincoln, Sunday Oct. 23rd, Southeast Community College 1-3 pm
 - *Omaha, Sunday Oct. 30th, University of Nebraska at Omaha 1-4 pm
 - * Visiting the colleges you are interested in.

Junior students:

- ___ Juniors may white slip out with a College/University Visit Request Form for college visits. You will still be considered absent from school for attendance purposes, but not for early out purposes in May. You may also wish to set up a visit on a day that we do not have school.
- ___ Contact Counselor Anderson for ASSETT/COMPASS/ACT/SAT study materials.
- ___ You may take the **ASSETT or COMPASS Test** as a junior if you are planning to go to a community college in Nebraska. Take it through the testing center located at the community college you are interested in.
- ___ If you wish to enter a specific program of study at a trade school or if you are interested in nursing, you should apply as a junior, especially if the particular program of study fills up quickly or has a waiting list.
- ___ Take the **ACT/SAT** if you are planning to go to a four-year college. Colleges use your best score for admissions and scholarships. Most colleges and scholarships use only the scores from the ACT/SAT tests that you took through first semester of your senior year... After December of your senior year it will be too late to take the ACT/SAT for many scholarship opportunities. Pick up materials in the Counselor's Office. The ACT will be offered in September, October, and December (register at www.actstudent.org). The SAT will be offered in October, November, and December (register at www.collegeboard.com). Remember to always use your school code of **280-440**.

Senior students:

___ Seniors may white slip out with a College/University Visit Request Form for college visits. You will still be considered absent from school for attendance purposes, but not for early out purposes in May. You may also wish to set up a visit on a day that we do not have school.

___ Contact Counselor Anderson for ASSETT/COMPASS/ACT/SAT study materials.

___ Take the **ASSETT or COMPASS Test** if you are planning to go to a community college in Nebraska. Take it through the testing center located at the community college you are interested in.

___ Take/Retake the **ACT/SAT** if you are planning to go to a four-year college. Colleges use your best score for admissions and scholarships. Most colleges and scholarships use only the scores from the ACT/SAT tests that you took through first semester of your senior year (October for Wayne State)... After December it will be too late to take the ACT/SAT for many scholarship opportunities. Pick up materials in the Counselor's Office. The ACT will be offered in September, October, and December (register at www.actstudent.org). The SAT will be offered in October, November, and December (register at www.collegeboard.com). Remember to always use your school code of **280-440**.

___ Ask people who know you well through school, church, work, etc. if they would be willing to write **letters of recommendation** for you.

___ Complete 3 to 5 **college applications in the fall**. Meet all deadlines for scholarships through the colleges. Ask Counselor Anderson to mail your official transcript in writing. Please note that some community college and trade school programs of study fill up quickly and have a waiting list, so apply right away in the fall.

___ Apply for **scholarships**. Good resources are:

- * Counselor Newsletter.

- * Counselor has copies of the scholarships that have been mailed to her.

- * Online through the Nebraska Career Information System at <http://necis.intocareers.org>. User name: 09centralhs Password: H005709 (H and the rest are numbers)

- * Online through www.educationquest.org called ScholarshipQuest.

- * Also check for opportunities through your church, your employer, your parent's employer, and organizations that your family is involved with.

___ Make sure that your **activities grid/resume** is up to date. Provide this information to individuals when you ask them to write letters of recommendation for you.

___ Attend the **Financial Aid Night** given by a representative from EducationQuest.

___ Plan to apply for the **Merrick Foundation Senior Scholarship** before the end of January.

___ Plan to have your parents complete their tax forms as early as possible, in January or early February.

___ Plan to complete the FAFSA in February for grants and low interest loans.

___ Plan to apply for the **Susan Thompson Buffett Scholarship** before March 1st if you are planning to attend a publicly supported college in Nebraska. You must complete the FAFSA for this by February 20th or so to have the results back in time.