

Liberty Lightning Junior Booklet



Guide to College & Career Planning for High School Juniors 2020-21

Liberty High School Counseling Office

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Dear Students & Parents,

As you begin to think about life after Liberty High School, you will be faced with many decisions. One of the biggest decisions to make will be where to attend post high school training/education. As for any major decision, having the appropriate information is essential.

The college/career selection process can be overwhelming, but hopefully the important facts, procedures, and suggestions presented in this booklet can help ease some of the burden of this process. Whether you are just beginning the decision-making process or you have already decided where you will be attending, this information can help clarify questions and be an important resource for you.

It should be stressed that the Liberty High School Counseling Office views the college/career selection process as just that: a process. Early planning is an integral part of the process. By following a structured process, a student and family will be better prepared to make the right decision and reduce the level of stress that may come with it.

As with any resource, the only way to utilize the knowledge it contains is to read it. You are strongly encouraged to read through this material and write down questions as they arise. In addition, you will find information on the [Liberty High School Counseling Website](#).

Parents, you should be aware of the decisions facing your child. If you have already had a child go through this chapter of their life you may already know some of this material, but it never hurts to review it again. Whatever your child decides, you should be involved in the process, as your input will be important. Try to prevent yourself from making the final decision for them, but offer encouragement and helpful advice. Having your support will make their decision-making process much easier and more comforting. As a parent, you are the number one influence on your child and the decision they will make.

Good luck with the process and eventually the decision that you make. Please do not hesitate to contact the Liberty High School Counseling Office for further assistance.

Sincerely,

Troy Bergmann
Mayra DeVries
Jenni Naughton

JUNIOR YEAR TIMELINE

Junior year goals at a glance:

- ❑ Explore college and career opportunities through fairs, school events, and/or local events
- ❑ Visit potential campuses, job shadow to narrow down career options
- ❑ **TESTING:** recommend to take ACT or SAT during second part of junior year
- ❑ Start a list of potential colleges or post secondary training options

September

- Learn about college fairs and events in your area. Visit ICANSucceed.org/events
- Talk to your parents and your school counselor about careers and colleges that interest you. and ICANSucceed.org/collegefairs
- Prepare for college and career with the ICAN Tip of the Week; sign up at ICANSucceed.org/signup.
- Attend the Golden Circle College & Career Fair — Iowa's largest — at the Center for Higher Education in Altoona the **last Sunday in September**. Talk with Iowa employers, colleges & universities from across the country, and attend breakout sessions. Visit ICANSucceed.org/goldencircle for details.
- Attend Eastern Iowa College Fair @ Kirkwood - *Date and Time TBA*
- Register for the PSAT in the counseling office.

October

- If you're planning to play college sports, [visit NCAAClearinghouse.net](http://NCAAClearinghouse.net) to register. Check out the Liberty Counseling Website for helpful links.
- PSAT test date: Wednesday, October 14th

November

- Make a list of 10 to 15 colleges that fit your requirements, including careers.
- Start planning to take the SAT or ACT exam, if required. Familiarize yourself with registration deadlines and test dates. Check colleges' entrance requirements to see which test(s) you need to take. Take advantage of online test preparation resources such as practice exams and study guides (quick links on Counseling Website)

December

- Pay attention to Liberty announcements of what colleges will be visiting throughout the school year. Sign up in the Counseling Office to speak with college and military representatives
- Pre-ACT test date TBA, sign up in counseling office

January

- Build a list of colleges to consider. Use online college match tools such as Chegg.com or CollegeRaptor.com to find the best fit and compare financial aid estimates.
- **Register now to take the March SAT**
- Schedule visits to the colleges that you are interested in.
- Prepare for the financial aid process; attend an ICAN seminar this spring. [Visit ICANSucceed.org/events](http://ICANSucceed.org/events) for dates and times.

February

- Make sure you enroll in senior classes that fulfill the credits you need for college or help you prepare skills for your future career.
- Put together a resume listing your activities, volunteer experiences, academic achievements and employment.
- **Register now if you plan to take the April ACT**

April

- When visiting colleges take notes to help you determine your likes and dislikes, and highlight what is most important to you. Download the [Campus Visits worksheet](#) for questions to ask and departments.
- **Register now for the June ACT or SAT**

May

- Start narrowing your college choices to five or fewer and highlight the important features at each.
- Find a summer job related to your career interest or do community service.

June

- Schedule campus visits for colleges you haven't seen yet.
- Think about which teachers, employers or other adults you'll ask to write letters of recommendation. Plan to ask at the very beginning of the school year.

ACT Dates and Deadlines

To register: www.actstudent.org

| 2020-2021 Test Dates (National) | | |
|---|-----------------------|--------------------------|
| Test Date | Registration Deadline | (Late Fee Required) |
| September 12, 2020 September 13, 2020 (Sunday) September 19, 2020 | August 14 | August 15 - August 28 |
| October 10, 2020 October 17, 2020 October 24, 2020 October 25, 2020 (Sunday) | September 17 | September 18 - 25 |
| December 12, 2020 | November 6 | November 7 - November 20 |
| February 6, 2021 | January 8 | January 9 - January 15 |
| April 17, 2021 | March 12 | March 13 - March 26 |
| June 12, 2021 | May 7 | May 8 - May 21 |
| July 17, 2021* | June 18 | June 19 - June 25 |

SAT Dates and Deadlines

To register: www.collegeboard.org

2020-21 SAT Test Dates & Registration Deadlines

| Test Date | Registration Deadline | Online/Phone Late Registration Deadline | Online Score Release |
|--------------------|-----------------------|---|----------------------|
| August 29, 2020 | July 31, 2020 | August 18, 2020 | September 21, 2020 |
| September 26, 2020 | August 26, 2020 | September 15, 2020 | October 9, 2020 |
| October 3, 2020 | September 4, 2020 | September 22, 2020 | October 16, 2020 |
| November 7, 2020 | October 7, 2020 | October 27, 2020 | November 20, 2020 |
| December 5, 2020 | November 5, 2020 | November 24, 2020 | December 18, 2020 |
| March 13, 2021 | February 12, 2021 | March 2, 2021 | March 26, 2021 |
| May 8, 2021 | April 8, 2021 | April 27, 2021 | May 21, 2021 |
| June 5, 2021 | May 6, 2021 | May 26, 2021 | July 14, 2021 |

ACCUPLACER TEST INFO

The Accuplacer is an untimed, computerized test that helps your college evaluate your skills and place you into appropriate courses. Accuplacer tests students in reading, writing, and math. You will receive your score immediately upon completion of testing, and your score report will include placement messages informing you what courses you should take.

** Testing on average takes 90 to 120 minutes to complete the three sections. Since tests are untimed, you may take longer if necessary.

SHOULD I TAKE THE ACCUPLACER OR THE ACT/SAT?

Students that know they will be attending a **Community College or Technical School** will only need to take the Accuplacer to meet requirements for admissions. The ACT is not required.

HOW DO I SCHEDULE TO TAKE THE ACCUPLACER TEST?

1. Schedule an appointment with the community college you are planning to attend.
 - a. Kirkwood, Iowa City Campus: 319-887-3642 or Kirkwood Regional Center at the University of Iowa: 319-358-3100
 - b. Make sure to arrive 10 minutes early, to allow time for parking, and any instructions Kirkwood may need to go over with you.

TEST PREPARATION

<https://www.iowacityschools.org/Page/17313> - Liberty Counseling Website!

<https://accuplacer.collegeboard.org/students/accuplacer-tests>

<https://accuplacer.collegeboard.org/students/prepare-for-accuplacer>

Armed Services Vocational Aptitude Battery (ASVAB)

The U.S. Department of Defense provides the ASVAB, a nationally-normed, multi-aptitude test battery, to high school and post-secondary school students. This is a timed test: 180 minutes total. ASVAB has a total number of 200 questions/items.

The ASVAB is a multiple-choice test to evaluate your skills in these areas:

| | | |
|-------------------------|----------------------|-----------------------|
| General Science | Numerical Operations | Mathematics Knowledge |
| Arithmetic Reasoning | Coding Speed | Mechanical |
| Word Knowledge | Auto and Shop | Comprehension |
| Paragraph Comprehension | Information | Electronics |

How to Prepare for the ASVAB

<https://www.iowacityschools.org/Page/17315> - Liberty Counseling Website!

<http://official-asvab.com/>

<http://www.military.com/join-armed-forces/asvab>

<http://www.4tests.com/>

** **Get in contact with your local military recruiter** about minimum score requirements and other questions you might have that are specific to the branch of military you are interested in. Visit the counselor's office if you need contact information.

APPRENTICESHIPS: ANOTHER OPTION AFTER GRADUATION

WHAT IS AN APPRENTICESHIP?

- A system of paid training or profession with **on-the-job training**.
- Enable individuals to **gain a license or certification** to practice in a regulated profession.
- **Some** apprenticeships even **pay for college coursework**.

IOWA WORKFORCE DEVELOPMENT

Since Iowa is experiencing a talent gap with an aging workforce of highly-skilled and experienced workers, this program has the ability to attract a new and more diverse talent pool, close the gap in workers' skills, and awards an industry credential issued by the Department of Labor upon completion of the program.

New industries are offering opportunities including: information technology, financial services, healthcare, transportation, energy, advanced manufacturing, and hospitality.

LEARN ABOUT IOWA AND OUT OF STATE APPRENTICESHIPS

- Liberty Counseling website
- Career Exploration Tab
- For quick link: [click here](#)

Examples of Apprenticeships Available

| Skilled Apprenticeship | Average Salary |
|------------------------|-------------------|
| Carpenter | \$50,000 - 70,000 |
| Electrician | \$50,000 - 70,000 |
| HVAC Tech | \$45,000 - 50,000 |
| Iron Worker | \$50,000 - 70,000 |
| Laborer | \$35,000 - 50,000 |
| Mason | \$40,000 - 60,000 |
| Plumber | \$40,000 - 60,000 |
| Roofer | \$35,000 - 50,000 |

RESEARCHING COLLEGE CHOICES

1. College Fairs

- Gather information from a variety of institutions and talk to admission representatives. Watch the announcements, Counseling Smore, and student email for information on these fairs and others in the area.
- West High School will host the **Iowa City School District College Fair** in the spring

2. Admission Representatives

- Admission representatives visit your high school. These visits should be treated as a way to gather information, not as a replacement to the campus visit. In these meetings, you are able to meet an admission representative, receive information, and ask questions. Check with the counseling office for dates and times of college visits.

3. College and University Websites

- These websites will have all information you could need when researching about what school is right for you. Each college website is different, so it may take some time to get familiar with where information is located. If you are having troubles finding something, call the college or visit the counselor's office for assistance.

4. Navigating the Web for College Bound Students

- Many of the search engines posted on the internet will generate lists of schools based on how you answer specific questions. They are helpful for general information and will have links to college websites. Refer to end of booklet for helpful websites.

TYPES OF CAMPUS VISITS

1. Most college campuses have "Visit Days". These are group visit days that allow you to take a tour of campus, see an admission presentation, possibly meet with professors in major areas you are considering, and meet current students. These types of visits are a good way to get a general overview of the campus.
2. You may want to schedule an individual campus visit if you are hoping to have the visit tailored to your specific needs. You should contact an Admissions Office at least two weeks prior to when you want to visit. If you are interested in meeting with a professor, attending a class, meeting with a coach, or spending the night, be sure to mention this when you call to set up your appointment. Some college campuses have set visit times whereas others are able to accommodate your schedule. Be prepared to be flexible.
3. You may want to schedule two visits, perhaps at a different time of the academic year. The summer is much more relaxed for you and the Admissions Offices. However, you miss seeing what it is like when students are present. Thus making two trips will enable you to see the differences. Summer visits are especially good for first-time visits. If you like a school and it is still on your list you want to apply to it, you should consider visiting again during the school year.
4. How to schedule campus visit: call the college's admissions office or go to admissions website.

CAMPUS VISIT, ASK QUESTIONS

It is best to go with a list of prepared questions. For a list of sample questions visit the Liberty Counseling Website: College Planning Tab. For quick link: [click here](#).

CHOOSING A COLLEGE

It can become overwhelming to narrow your focus to just the few to which you want to apply for admission. There are many factors to consider when choosing a college:

1. **Distance from Home:** Do you have to live close to home or live far away? Being close to home can hinder your ability to experience independence, but being too far away may make you lonely.
2. **Size of School:** Do you learn better in a smaller learning community or would you like to be in a large lecture hall? Small schools will offer you more personal involvement, a community atmosphere, and smaller classes, whereas the larger schools tend to be more impersonal, make it easier for you to be anonymous, and have much larger classes.
3. **Setting:** Do you want to be in a rural area, in the heart of a large city, or at least have access to a larger city?
4. **Academics:** Consider the majors, academic support services, and honors programs each school has to offer. Do you have any special education needs?
5. **Campus Life:** Consider the diversity of the campus, residence halls, campus clubs and organizations, fraternities and sororities, and religious programs and opportunities.
6. **Overseas Study Opportunities:** Are you interested in studying for a semester or year in another country? Do you want to study abroad as part of a university-led tour group or independently?
7. **Admission Criteria:** Do you have the required standardized test score and grade point average needed for admission? What is the percentage of students admitted? What courses are required or strongly recommended for admission?
8. **Cost/Financial Aid:** Do you have the flexibility to consider an expensive private or public institution or are you limited to a less expensive school? Will you qualify for any institutional academic scholarships for which you can apply?
9. **Reputation:** What are the strengths and weaknesses of the institution?

APPLYING TO COLLEGES: SENIOR YEAR

One of the most commonly asked questions is, “How many colleges should I apply to?” There is no universal answer to this question since each individual is different. After carefully investigating your requirements of a college, you should be able to narrow your choice to approximately 4 to 6 schools that provide the services you desire. As you are narrowing your choices, you may want to consider placing schools into the following categories:

“Reach Schools”

- These schools may be “long shots” based on your credentials, the admissions selectivity, and the overall cost of the university; however, consider stretching yourself and taking the risk to apply to these institutions.

“Good Match/Target Schools”

- These schools should possess significant features you want in a school, and it should be realistic that you will be admitted.

“Safety Schools”

- These schools will have many of the features you are looking for, and admission is highly likely.

While there is no hard and fast rule regarding these categories, including one or two schools in each category is sufficient. You want to make sure you apply to at least two “good match” or “safety” schools to insure you will be accepted and be able to make a choice when the time comes.

HOW TO APPLY AND WHEN

Application Forms

Colleges and universities have their applications online. You might also use the Common Application, which over 150 colleges use to streamline the application process. Check it out at www.commonapp.org

When to Apply

The best time to apply is during the **fall of your senior year**. Colleges have different deadlines for accepting applications. Some schools will close application deadlines by November, while others will accept applications two weeks before classes begin.

If you haven't made a resume yet, start working on yours during your junior year. Especially if you plan to go straight into the work world. Also, if you are planning to go to college, several colleges and scholarships require letters of recommendation. Supplying your recommender with a resume allows them to write a quality letter on your behalf.

STUDENT RESUME

Automatic Resume Builder: iowa.emsicc.com OR navigation.kuder.com

YOUR NAME

YOUR ADDRESS

YOUR PHONE NUMBER

YOUR EMAIL ADDRESS

Educational Background

Liberty High School

1400 Dubuque St NE, North Liberty, IA 52317

(If you have attended other high schools also list them with dates you attended.)

Post-secondary and/or Career Plans

Awards, Special Recognitions, Job Promotions

Academic, sports, extra-curricular activities

Extracurricular Activities

Clubs, Sports, etc.

Outside of School Activities (if applicable)

Church membership, nursery worker, youth group, etc.

Paid Work Experience

Volunteer Service

| College Application Resume Tips |
|--|
| -List everything in reverse chronological order within each category -Be sure to mention any unusual experiences which will impress admissions officers -Give a copy to each potential recommender. It'll help them write their letter for you -Proofread, proofread, proofread |

LOOKING AHEAD: FINANCIAL AID 101

- There are funds available to help all students who demonstrate need.
- Schools with higher tuition costs are not necessarily more expensive. They sometimes provide the best financial aid.
- Most financial aid is awarded on the basis of **demonstrated need**:
 - Cost of attendance **minus** expected family contribution **equals** financial aid
- In order to receive financial aid you must ask for it! This means you must complete the FAFSA (Free Application for Federal Student Aid)* form and other paperwork for scholarship applications. These forms must be completed each year a student wants financial aid.
- **FAFSA forms should be filed online as soon after October 1st** as possible in your senior year. Make sure you are aware of deadlines at the colleges to which you are applying, and contact the financial aid office if you have questions.
- After you submit your FAFSA you will receive a Student Aid Report (SAR). This gives you your eligibility index for federal and state aid. Your SAR will be sent to the colleges you indicate on your FAFSA. Your colleges will notify you of your eligibility and amount of your financial aid package.
- Colleges will differ in the amount of aid offered to you. You are not obligated to attend a college if the financial aid offered is not sufficient to meet your needs. Also, it is possible to negotiate with the financial aid director at the college you want to attend if you feel more explanation would help in determining your financial aid situation.
- Financial aid is usually offered as a “package”. The financial aid package may consist of grants, loans, and student employment.

FEDERAL FINANCIAL AID PROGRAMS

There are several sources of financial aid for prospective college-bound students. One starting point is the link: www.studentaid.ed.gov. You will find descriptions of federal programs.

SCHOLARSHIP INFORMATION

Visit the LHS website (<https://www.iowacityschools.org/domain/2596>) and click on “Guidance” for information on the ACT test, scholarships, financial aid, military, and career information.

Scholarship Searches

For additional scholarship possibilities visit the Liberty Counseling Website: Scholarships and Financial Aid page.

Institutional Scholarships

Most tech schools, colleges, and universities award scholarships to students who are attending their institution. Search the colleges’ website or talk to a financial aid officer to find out what scholarships are available through the college you are attending. Institutional scholarships can be awarded based on a variety of criteria.

Post-Secondary Planning Websites

COLLEGE INFORMATION

ICAN- www.icansucceed.org

The National Association of College Admission Counselor (NACAC)– A good resource to various helpful links: <http://www.nacacnet.org/memberportal/>

Peterson's- Links to the company's many resources: <http://www.petersons.com>

Colleges That Change Lives- Insights about some wonderful and sometimes overlooked places: <http://www.ctclonline.com>

Student Gateway to the Government – a multi-purpose site with info. College, careers, and the government: <http://www.students.gov/STUGOVWebApp/index.jsp>

College Raptor - great college search tool <https://www.collegeraptor.com/>

APPLICATION SERVICES

The Common Application- 200+ schools accept it and you should use it. <http://www.commonapp.org>

Princeton Review- Direct link to on-line applications for 700+ schools: www.princetonreview.com

Historically Black Colleges Common Application- Find applications for 29 different institutions: <http://www.eduinonline.com>

FINANCIAL AID

ICAN- www.icansucceed.org

The Financial Aid Information Page- www.finaid.org

The Free Application for Federal Student Aid (FAFSA)- <http://www.fafsa.ed.gov>

Comparing Financial Aid Awards- A US News & World Report product that provides helpful charts to line up and compare awards:

http://studentaid.ed.gov/students/publications/student_guide/index.html

SPECIAL INTERESTS

The National Collegiate Athletic Association (NCAA)- <http://www.ncaa.org>

The National Association of Intercollegiate Athletics (NAIA)- <http://www.naia.org>

American Indian College Fund- www.collegefund.com

Learning Disabilities Association- www.ldanatl.org

Students with Learning Disabilities- www.nclld.org

Association on Higher Education and Disability- Host of information posted by international, multicultural organization of professionals committed to full participation in higher education for persons with disabilities: <http://www.ahead.org>

Children and Adults with ADD- <http://www.chadd.org>

Mindplay- Special Education resources “learning from the RIGHT side of the brain”
<http://www.mindplay.com/resource.html>

American Association of University Women- www.aauw.org

Attention Deficit Disorder Association- Resources on huge array of ADD/ADHD-related issues:
www.add.org

CAREER INFORMATION

ASVAB Career Exploration Program- Developed by Department of Defense; free, comprehensive career site: <http://www.asvabprogram.com>

US Department of Labor- All the numbers one could possibly hope for in career planning in the Occupational Outlook Handbook: <http://www.bls.gov/k12/index.htm>

Department of Commerce- Gov. site with host of info on government jobs and other data: <http://www.fedworld.gov>

Military Career Guide Online- www.militarycareers.com

Career Centers Around the Globe- Provides links to career development offices at colleges across the country. What services do your colleges offer?- www.careerresource.net/carserv

Career Key- An interest inventory program based on Dr. John Holland's work- www.careerkey.org/english

Internship Programs-<http://www.internshipprograms.com/>

K-Navigation- navigator.kuder.com (Login with Clever- it will be your student google information)

ALTERNATIVE AND YEAR-OFF PROGRAMS

Study Abroad- <http://www.studyabroad.com>

AmeriCorps- National Service Program: <http://www.americorps.org>

City Year- National Youth Service Organization- <http://www.cityyear.org>

Gap Year- A host of travel and work ideas for students prior to heading off to college: <http://www.gapyear.com>

Earthwatch Institute- Info on this research, conservation and education organization- <http://earthwatch.org>

Outward Bound- Link for adventure-based environmental program- <http://outwardbound.org>

Taking Off- Resources for gap year programs all over the world- <http://www.takingoff.net>

World-Wide Opportunities on Organic Farms- Dedicated to helping those who would like to volunteer on organic farms internationally: <http://www.woof.org>