



Post-Secondary Planning





January 2010

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Rotary Futures Program

Mrs. Kim Kindell, Director
Mrs. Julie Pinkerton, Advisor



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Rotary Futures Program VHS Portable 1405

- Non-profit organization supported by the community--in partnership with VHS
- Post-Secondary Resource Center
- VHS is the only high school that has a this program!



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Rotary Futures Program - Cont'd

- Opened in January 2002
- Over 40,000 visits to our program
- VHS Class of 2001
 - Recognized at Senior Awards Night for over **\$585,000** in scholarships
- VHS Class of 2009
 - Accepted **\$2.7 million** in local and institutional scholarship



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What is Post-Secondary Education?

- **Education beyond High School**
 - Technical / Vocational School
 - Sarasota County Technical Institute (SCTI)
 - Community / Junior College
 - State College of Florida (Manatee Community College)
 - 4 yr. College / University
 - University of South Florida
 - University of Florida
 - Florida Southern College
- **Everyone can go to Community College as long as they get a high school diploma or GED**

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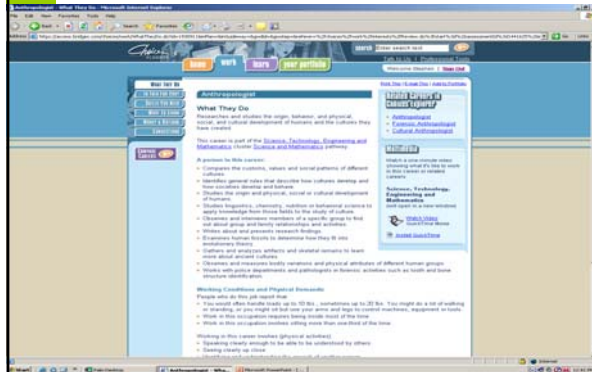
Advice from Seniors...

- "Take your classes seriously. Understand that GPA is important...even as a freshman and sophomore."
- "Get involved at school!"
- "Start your community service plan early."
- "Take the SAT and ACT earlier."
- "Don't be afraid to challenge yourself."

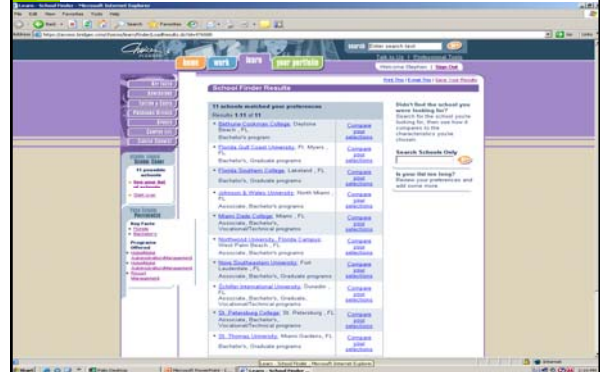


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Explore specific careers!



Search for Post-secondary education & training!



Words of Advice:

- It is okay if your student has not selected a specific career/major
 - A career **pathway** is fine
- It is **NOT** okay if your student is clueless about who they are and the possible career paths/college majors
- Your student should meet with me for assistance in discovering more about themselves and possible careers

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Rotary Futures Program

Julie Pinkerton
Advisor



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Understanding your Academic Record "Your GPA is important"

- **Grade Point Average (GPA)**
 - Average of YOUR grades starting with freshman year
 - Based on a 4.0 scale (A=4, B=3, C=2, D=1, F=0)
 - **Generally the most important criteria for college admission and scholarships**
 - Weighted and Unweighted GPA
 - Honors, Dual Enrollment, and AP Classes are weighted 1 pt. in our school district

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GPA Calculation – Unweighted Classes

| | | |
|-----------------|---|--------------------------|
| 1 English I | A | 4 points |
| 2 Algebra I | B | 3 |
| 3 Phys. Science | B | 3 |
| 4 HOPE | A | 4 |
| 5 Art | A | 4 |
| 6 Spanish 1 | B | 3 |
| 7 I.I.T. | B | <u>3</u> |
| | | 24 ÷ 7 = 3.42 GPA |

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GPA Calculation – Weighted Classes

| | | | |
|---|--------------------------|---|----------|
| 1 | Honors English I | A | 5 points |
| 2 | Honors Algebra I | B | 4 |
| 3 | Honors Phys. Sci. | B | 4 |
| 4 | HOPE | A | 4 |
| 5 | Art | A | 4 |
| 6 | Spanish I | B | 3 |
| 7 | I.I.T. | B | <u>3</u> |

19 $27 \div 7 = \mathbf{3.86 \text{ GPA}}$

Academic GPA

- Colleges only look at academic GPA
- State University System (SUS) of Florida
 - 11 public universities
 - Colleges **recalculate** Academic GPA
 - .5 weight for Honors
 - **1.0** weight for AP and DE classes
 - **Most SUS will recalculate GPA based on all academic classes.**

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Academic GPA calculation

- **Unweighted example (3.42)**
 - **3.25 Academic GPA**
- **Weighted example (3.86)**
 - **3.63 Academic GPA**

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Take Rigorous Classes! “Don’t be afraid to challenge yourself.”

- Colleges want to see that students have taken the most challenging classes available, i.e. Honors, DE, AP
 - **BUT...Students still need to be successful!**
 - **Don’t take AP classes and get C’s or D’s...take Honors and get A’s ☺**
- Take more academic classes than the minimum required to graduate!

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Foreign Language

- Two years (credits) of the SAME foreign language
 - > **REQUIRED** for admission to all the state universities
 - > **REQUIRED** for the 2 top levels of the Florida Bright Futures scholarship
- Selective colleges are looking for three (3) or more years/credits of a foreign language
 - > **FSU** – Freshman class had an average of **3.5 credits** of foreign language.
 - > **USF** – Average of **2.78 credits** of foreign language

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College Admissions Criteria

- Admissions criteria will vary from school to school. Colleges will use some, if not all of the below:
 - **GPA**
 - **Strength of class schedule**
 - **Class rank**
 - **SAT / ACT scores**
 - **Extra-curricular Activities / Awards**
 - Essays
 - Recommendations
 - Interview

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Florida Universities ARE getting more selective!

2009 SAT/ACT and Academic GPA ranges (middle 50%)

- **Univ. of Florida (UF)** 1970-2090 / 30-32
4.3 – 4.4 weighted*
- **Florida State Univ. (FSU)** 1730-1960 / 26-29
3.6 – 4.2 weighted*
- **Univ. of Central Fla. (UCF)** 1710-1850 / 25-28
3.5 – 4.2 weighted*
- **Univ. of South Fla. (USF)** 1660-1900 / 24-29
3.58 – 4.12 weighted*

* *Honors classes weighted .5; DE and AP weighted 1.0*

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So...

What else are
colleges and
scholarship
organizations
looking for?



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Extra-Curricular Activities “Get involved”

- Colleges look for quality, commitment and depth in students’ extra-curricular activities.
- Rather than short-term, casual involvement in several activities, focus on a couple activities.
- **“Quality rather than Quantity”**

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Extra-Curricular Activities

- School Activities
 - Clubs
 - Sports, Band, Chorus
- Outside Activities
 - Dance Class, Boy/Girl Scouts, Piano lessons, etc.
 - Internships
 - Employment
- Community Service
 - Volunteering for NON-PROFIT organizations

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National Honor Society

- **VHS Website:** www.SARASOTA.K12.FL.US/VHS
 - Click on Clubs
 - Select National Honor Society
- You must complete your Bright Futures approved community service hours PRIOR to seeking membership in the National Honor Society.
- Student will be invited to submit information in September. A 3.5 unweighted gpa/4.0 weighted is required.
- Students must have been a member of a school service club for at least one semester before applying.
- For more information, visit the website or call or email Mrs. Marilyn Ruthardt at VHS.

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Community Service “Start community service early”

- Volunteer hours are NOT required for high school graduation, BUT they are required for the Bright Futures Florida Academic Scholars Award (top level – formerly 100%).
 - Community Service is a criteria for many other scholarships (private, local, national, and institutional)
- MUST complete the Sarasota County plan and have the plan approved PRIOR to beginning ANY volunteer service to earn 0.5 credit and obtain credit for the top level of Bright Futures
- Hours must be served with a NON-PROFIT organization
- **Completed 75 hr. plan is one of the requirements for NHS**
- Community Service hours look great on your transcript and résumé!

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SAT and ACT

“Take your SAT and ACT early”

- **SAT / ACT**
 - Standardized tests used in the college admissions process
 - Colleges will usually take either test and will consider the best test
 - SAT: \$45.00 www.collegeboard.com
 - ACT: \$47.00 www.actstudent.org
 - **Waivers of fees are available to qualified students (free or reduced lunch, etc.) – Waivers are available in Guidance**

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What’s the difference?

- Differences in the SAT and ACT
 - Overall
 - SAT tests critical thinking; aptitude test
 - ACT is content-based and tests core curriculum; achievement test
 - ACT has a Science section, SAT does not
 - ACT Science is a verbal reasoning test—analyze and interpret data and charts
 - SAT tests more vocabulary than ACT
 - **Bottom line—try both tests!**

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SAT and ACT - continued

- Plan to take the SAT and ACT in your junior year... or after you’ve completed Algebra II and/or Math Analysis
 - Ideally...
 - Take SAT in March of Junior year or before
 - Take ACT in April of Junior year or before
 - Take again in May or June
 - **Take in sophomore year if advanced in Math**
 - Take both the SAT and ACT
 - Determine which test is better for you
 - Colleges will look at the better of the two
- You may take the test as many times as you want

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SAT Prep Class Waiting List

- Ms. Dunn’s February SAT Prep class is full.
- If we get enough interest, Ms. Dunn may offer another class in April or May.
- Please call or go to the Rotary Futures Program tomorrow to add a name to the Waiting List.
- Cost - \$100 + book: 12 hrs. of instruction

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Rotary Futures Program

Kim Kindell
Director



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Florida Bright Futures Scholarship Program

- Three levels of awards
 - **Florida Academic Scholars Award**
 - Formerly referred to as “100% Bright Futures”
 - 4 year award
 - **Florida Medallion Scholars Award**
 - Formerly referred to as “75% Bright Futures”
 - 4 year award
 - **Florida Gold Seal Vocational Scholars Award**
 - 3 year award
 - Approx. \$1,500 - \$2,900 per year

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Florida Academic Scholar

- Formerly referred to the “100%” Bright Futures
- Awards approx. \$2,900 - \$3,800 per year
- Requirements needed by GRADUATION
 - 3.5 GPA in 16 core academic subjects
 - 4 English, 4 Math, 3 Science, 3 Soc. Studies, 2 Foreign Lang.
 - 1270 SAT (reading + math) OR 28 ACT
 - ½ credit of community service
- **Only Bright Futures scholarship that requires the ½ credit of community service!**
- Must maintain 3.0 GPA in college

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Florida Medallion Scholar

- Formerly referred to the “75%” Bright Futures
- Awards approx. \$2,400 - \$2,900 per year
- Requirements needed by GRADUATION
 - 3.0 GPA in 16 core academic subjects
 - 4 English, 4 Math, 3 Science, 3 Soc. Studies, 2 Foreign Lang.
 - 970 SAT (reading + math) OR 20 ACT
- No Community Service Requirement
- Must maintain a 2.75 GPA in college

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Gold Seal Vocational Scholars

- 3 year scholarship
- Awards approx. \$1,500 - \$2,900 per year
- Requirements needed by GRADUATION
 - 3.0 GPA in 16 core academic subjects
 - Does NOT include Foreign Language
 - Includes Fine or Practical Art and HOPE
 - **PLUS 3.5 GPA in 3 SPECIFIC vocational classes in a “program”**
 - 440 SAT Reading, 440 SAT Math OR...
 - ACT English 17, Reading 18, Math 19 OR...
 - CPT Reading 83, Sentence Skills 83, Algebra 72
- No Community Service Requirement

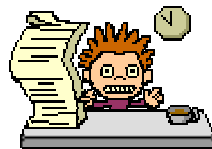
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Bright Futures GPA Calculation

- **The Bright Futures GPA is not the GPA on YOUR report card!**
- **Calculated on ACADEMICS ONLY**
 - English, Math, Science, Social Studies, & Foreign Language
- Honors and Dual Enrollment (DE) courses are weighted .5 and AP courses are weighted 1 credit
- GPAs are not rounded!

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The College Application Process



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THE BASICS: State University System of Florida

- Apply online
 - Colleges prefer online applications to speed up the process. They do not want to enter your information from the paper application.
 - Some will NOT accept paper (Univ. of Florida)
- Apply as soon as possible
 - Many schools have rolling admissions
 - Once all required documents are received, a decision will be made within 6 weeks (usually)
 - Some merit scholarships are awarded early and funds are limited

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Residency

- Students must provide residency information on all college applications
- In the State of Florida, residency is determined by the PARENT
 - Most common documents required: Driver's license, vehicle registration, voter's registration
 - Court documents and income tax returns (claiming the student for 5 years) may prove a student is the dependent of a relative
- **Start communicating with the college about "issues" A.S.A.P.!**

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Minimum Test Scores

- **Students must have minimum test scores for admission to a state university**
 - SAT 440 on each section
 - ACT English 17, Reading 18, Math 19
- Some universities have established higher minimums, i.e. Florida State University
- No exceptions...usually
 - There might be exceptions, but do not count on them.
- Apply even if you are still planning to take the SAT or ACT again

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Senior Schedule

- **College Bound?**
 - **It is imperative that seniors take rigorous courses in their senior year.**
 - Affects college admission
 - Affects scholarship opportunities
 - **Prepares for college education**

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Academic Courses

When reviewing applications for admission...

- Colleges consider the total number of academic classes a student takes
- Colleges look at the number of academic courses a student takes during their senior year.
- Minimum graduation requirements are no longer enough to be competitive at many state universities
- The more academic courses you take, the more competitive your college application becomes.

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Academic Courses

- Some statistics...
- The average number of high school academic credits for 2008 college freshmen at...
 - **FSU – 22.5** total academic credits
 - 4.5 English, 5 Math, 4.5 Science, 5 Soc. Science, **3.5 Foreign Language**
 - **USF – 20.5** total academic credits (**2.78 foreign language**)

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Academic GPA

Honors, Dual Enrollment, Advanced Placement

When reviewing applications for admission...

- Colleges re-calculate a student's GPA based only on their academic classes
- The GPA is weighted
 - Honors classes - .5 credit
 - DE and AP – 1.0 credit
- Some state universities use 18 credits in the calculation
- Many use ALL academic credits in the calculation

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AP / DE Information Meeting

- **Wed., February 17th, 6 pm, in the VHS Auditorium**
- AP = Advance Placement
 - Most rigorous course in which students may earn college credit through testing at the end of the course work
 - Nationally recognized and implemented
- DE = Dual Enrollment
 - College courses taught at VHS or at SCF
 - Credit awarded by State College of Florida

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Dual Enrollment (DE) Classes

REMEMBER...

- Dual Enrollment classes are the beginning of a student's college transcript
 - The grades stay on the college transcript FOREVER
 - This is the beginning of a student's college Bright Futures GPA
- State Universities have minimum post-secondary (DE) GPA requirements for admission: 2.0 for most State Universities
 - **USF: 2.5 "post-secondary" GPA required**

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Create your plan!



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Planning List

- Think about careers
 - Meet with Ms. Sandburg, Career Advisor
- Create a 4-year high school plan
 - Meet with your guidance counselor
 - Map out when courses should be taken
- Join a club or activity
- Start community service
- Take the SAT and ACT when appropriate

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COLLEGE NIGHT

Monday, March 1st, 6:00 – 8:00 pm
VHS Auditorium

Over 50 schools will be represented!

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Visit Campuses Over Spring Break & Summer

- **In the college/school decision process, visiting a school is the SINGLE most important thing you can do before your senior year.**
- Take vacation time to visit colleges & schools.
- Visit college or schools regardless of your interest in that particular institution.
- Ask questions and keep records of your experiences... your thoughts/impressions!
- If missing school, students must get a "**passport**" from the Attendance Office and have signed before the visit. Otherwise, the absence will be "unexcused".

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JUNIORS! Use your Summer Wisely 😊

- Complete Community Service Hours
- Write Résumé (samples in Rotary Futures)
- Research colleges/schools
 - Internet searches (College Board, Princeton Review, US News, College Confidential)
 - VISIT campuses
- Anticipate writing essays
 - Many colleges & scholarships have similar essays.
 - Application essay prompts are usually online
 - Describe your career aspirations
 - Discuss any unique financial situation
- Decide on at least 3 schools and begin the application process (August/September)

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In Conclusion...

Post-Secondary Education

- Everyone can go to college, but college may not be right for everyone.
- Great careers and job opportunities are available that do not require bachelor's degrees.
 - Community College, Technical and Vocational schools offer great programs and options.
- Our goal is for our students to have a plan for some type of post-secondary education, i.e. University, community college, technical, vocational or career school.

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Thank you!



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