



POSTSECONDARY GUIDE

CAMDEN HILLS REGIONAL HIGH SCHOOL

Table of Contents

| | |
|---|------------|
| Introduction | pg. 3 |
| Postsecondary Pathway Wheel | pgs. 4-5 |
| Direct to Workforce | pgs. 5-6 |
| Workforce Development | pgs. 6-8 |
| Military Services | pg. 9 |
| Community College / Trades | pgs. 10-13 |
| Free College – How It Works | pg. 14 |
| Four Year College and Selective College | pg. 15 |
| Vocabulary of College Admissions | pg. 16 |
| College Planning Calendar | pgs. 17-18 |
| The College Search – Tips | pgs. 19-21 |
| College Planning Web Resources | pg. 21 |
| To How Many Schools Should You Apply | pg. 22 |
| College Testing | pgs. 22-23 |
| Early Decision and Early Action | pg. 23 |
| Letters of Recommendation | pg. 24 |
| College and Your Finances | pgs. 24-25 |
| Scholarships | pg. 26 |
| CHRHS Credit Check Tool | pg. 27 |

Introduction

Momma Gump's sage observation that "Life is like a box of chocolates. You never know what you're gonna get." is really only half the story. While it is true that you don't always know the outcome of your choices when you make them, ***you still get to make those choices.*** You get to boldly walk up to the salad bar of life and load it up with whatever you want.

Approaching the end of your high school career, there is also a medley of choice available to you regarding what comes next. But beware . . . as you make your selections and add them to your plate, other people may try to influence what you pick. There are infinite ways to create a really great salad. You know what you like and what you want to avoid, when you feel emboldened to try something new, and when you want to just stick with what you know. There will (typically) be well-meaning people who believe they have a place in suggesting what you should eat – more broccoli, less bacon, spring mix instead of bib lettuce, lots of itty bitty corn. This unsolicited advice is all well and good, but in the end, you're the only one eating your salad. You are the only person that has to stick around and see what comes of your choice.

This guide has been developed to lay out the many options that you have when you graduate, in hopes it will help you make the best decision for yourself as you leave the relative safety of your childhood behind. The only "right" way forward is the one that's best for you.

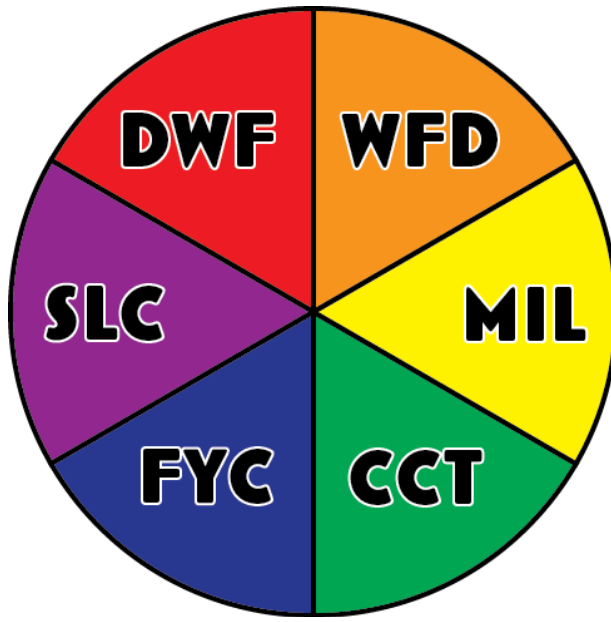
If you need our help figuring it all out, we are here for you.

Ms. Billington

Mr. Lammert

Mr. Malone

Mr. Marks



POSTSECONDARY PATHWAYS WHEEL

DWF: Direct to workforce without any additional training or education beyond high school; Students who have completed a CTE program at [MCST](#) often have sufficient skills, industry certifications, and experience to enter the workforce without the need for any additional training. They graduate work-ready on day one.

WFD: Participation in a workforce development program that trains students for a particular career; Often, but not always, this includes the Maine Community College System <https://www.mccs.me.edu/workforce-training/train-my-workforce/>.

MIL: Military service, which involves additional training for the jobs which a recruit qualifies based on their [ASVAB](#) scores; People who are in the service have jobs while they are in that often help land them jobs when they are out.

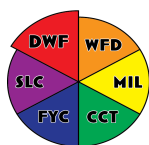
CCT: Community College/Trade; [Free community college](#) has exploded enrollments in the Maine Community College System (MCCS), but there are other trade schools too, many associated with [Maine's boatbuilding heritage](#). There is no dichotomy between college and trade schools. Many students pursue a trade at a community college. College and trade school are not separate entities.

FYC: Four-year colleges with reasonable acceptance rates making it possible for a broad spectrum of students to enroll

SLC: Selective colleges require a completely different parallel process that extends way beyond what students applying to reasonably accessible FYCs need to complete before applying. If 18,000 kids are applying for 1,400 available slots, students need to distinguish themselves through rigorous academics, plentiful co-curricular participation, and favorable intangibles that exude the certain je ne sais quoi that the school's enrollment management folks have targeted for a particular admission cycle. There's just no way to know if your profile is the "right" one in any given year, so you have to (over) prepare for any possibility.

There is a strong argument for including **GAP** as a 7th pie piece, but gap experiences are interim steps on the way to one of these more enduring categories; you don't GAP forever. Plus seven pie pieces would throw the whole thing off. So if you must, picture a gap experience in your sequence between graduation and the Pathways Wheel.

It's worth emphasizing that one is not destined to be in the same particular category forever. One of the great things about education is that you can take a break and come back to it as your life circumstances change. It's like a train that you can get on and off as necessary.



Direct to Workforce

If you intend to go directly into the workforce upon graduation, a resource that you must know about is the [Career Center](#). The closest location is in [Rockland](#). "Maine CareerCenters provide a variety of employment and training services at no charge for Maine workers and businesses. Whether you are looking to improve your job qualifications, explore a different profession, find a new career, or hire an employee, the CareerCenter can help." If you ever find yourself in need of a job or needing to apply for unemployment benefits, this is the place to go.

Rockland CareerCenter

Breakwater Building
91 Camden Street, Suite 201
Rockland, ME 04841-3424
(207) 596-2600

<https://www.mainecareercenter.gov/>

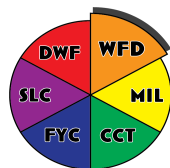
If you are a student with a documented disability, there is another resource available to you: [Vocational Rehab](#) (more commonly known as "voc rehab"). They can help you find and keep a job. Typically students are connected to Voc Rehab while still in high school because it can help with things like paying for driver's ed and clothes for an interview.

Job Search Websites:

- Maine Job Bank www.Americasjobexchange.com
- Indeed-One Search www.indeed.com
- Bangor Daily News www.bangornews.com
- Live + Work in Maine www.liveandworkinmaine.com
- Knox Village Soup www.knox.villagesoup.com
- Waldo Village Soup www.waldo.villagesoup.com
- Jobs in Maine www.jobsinmaine.com
- Career Builder www.careerbuilder.com
- Go Jobs www.gojobs.com
- Maine Department of Labor www.maine.gov/labor

Additional Sources of Information:

- O-Net Online <http://online.onetcenter.org/> Click on *Find Occupations*
- CareerZone <http://www.nycareerzone.org/index.jsp> Click on *Cluster Area* or *Search*
- America’s Career InfoNet <http://www.acinet.org/acinet/default.asp>
- U.S. Dept. of Labor, Employment & Training Administration <https://www.onetonline.org/>
- U.S. Dept. of Labor, Bureau of Labor & Statistics <http://www.bls.gov/>
- What You Need to Know About Career Planning <http://careerplanning.about.com/>
- LiveCareer http://www.quintcareers.com/career_exploration.html



Workforce Development

The basic idea of workforce development is to train people for specific jobs. No more, no less. There are no gen ed requirements or “fluff” to mystify you as to their applicability – just what you need to know to do the job you want to do. Period.

The Harold Alfond Center for the Advancement of Maine’s Workforce coordinates all short-term workforce training programs for Maine’s community colleges, working closely with business leaders and workforce specialists throughout the state.

The Alford Center, launched in 2021, speeds the delivery of critical training to both trainees and employers. The Center will serve 24,000 Mainers by 2025 in these three areas:

- **Pre-hire Training** — learn the skills needed to enter a new profession
- **Incumbent Worker Training** – upskill your current front-line workforce
- **Scholarships** – continue on in a certificate or degree program

Training is grant-funded and usually free for the trainee.

You can also browse the training offered at a community college near you.

[Central Maine CC](#)

[Northern Maine CC](#)

[Washington County CC](#)

[Eastern Maine CC](#)

[Southern Maine CC](#)

[York County CC](#)

[Kennebec Valley CC](#)

Maine Apprenticeship Program

The Maine Apprenticeship Program helps to raise awareness of Apprenticeship and all of the doors it can open for the future.

The Maine Apprenticeship Program assists in setting up structured, yet flexible training programs designed to meet the specific needs of Maine employers through on-the-job training (OJT) and related classroom instruction.

The Maine Apprenticeship Program may reimburse up to 50% of an Apprentice’s tuition for college credit courses. In addition, the Apprentice works full-time for their sponsor (employer), applying related coursework and newly acquired skills to accomplish occupational tasks in a hands-on environment.

They also have a Pre-Apprenticeship Program, which is offered to juniors and seniors in high school who are at least 16 and on track for graduation.

For a list of apprenticeship and on-the-job training programs in Maine, go to:

www.maine.gov

Bath Iron Works Apprenticeship Programs

- Manufacturing Apprenticeship Programs: *carpenter, machinist, marine electrician, outside machinist, pipefitter, structural fitter, tinsmith, welder*
- Design Apprenticeship Programs: *electrical design, hull outfit design, heating, ventilation, and air conditioning design, piping design, structural design*
- For additional program information email: biwcareers@gdbiw.com

Cianbro

The Cianbro Institute was established to address the skills shortage of human capital in the construction industry.

- *Vision* -- Attract, develop and retain the best workforce within the construction industry
- *Mission* -- Be the best at delivering safe, cost-effective and efficient training, and career development in a workstyle environment through partnerships with educational institutions, employment organizations, industry and business, and government agencies: www.cianbro.com

Job Corps

Job Corps is a no-cost education and vocational training program administered by the U.S. Department of Labor that helps young people ages 16 through 24 get a better job, make more money, and take control of their lives.

At Job Corps, students enroll to learn a trade, earn a high school diploma or GED, and get help finding a good job. When you join the program, you will be paid a monthly allowance; the longer you stay with the program, the more your allowance will be. Job Corps provides career counseling and transition support to its students for up to 12 months after they graduate from the program.

If you're interested in joining the Job Corps program or finding out more about it, visit the website: www.penobscot.jobcorps.gov, or call (800) 733-JOBS or (800) 733-5627. An operator will provide you with general information about the program, refer you to the admissions counselor closest to where you live, and mail you an information packet.

The New England School of Metalwork

www.newenglandchoolofmetalwork.com

The University of Prescott (UP)

UP prepares students for careers in waterworks. Students receive instruction and hands-on training on all aspects of their business.

www.ejprescott.com

Maine Competitive Skills Scholarship

This competitive skills scholarship program was enacted to provide access to post-secondary education for people below 200% of the poverty level.

www.mainecareercenter.gov

Maine Adult Education Association

PO BOX 187

Greenwood, ME 04255

207-875-2722

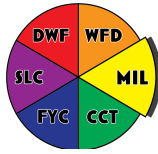
info@maineadulted.org

Plumbers and Pipefitters – UA Local 716

United Association of Journeymen and Apprentices of the Plumbing and Pipefitting Industry

207-621-0555 office

www.local716.org



Military Service

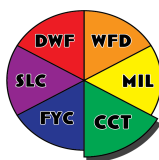
Military Requirements

Military branches set their own standards for enlisting. Learn about the specific requirements for each, including the Armed Services Vocational Aptitude Battery (ASVAB).

www.usa.gov/military-requirements

U.S. Military Contacts

- U.S. Army
Office: 207-751-8502
- U.S. Marine Corps
Recruiting Command Office: 207-622-0896
- United States Coast Guard
Recruiting Command: 207-761-4307
- U.S. Navy
Navy Recruiting Station: 207-729-3197
- U.S. Air Force
Recruiting Office: 207-622-2065



Community College / Trades

We returned from April Break 2021 to the most amazing [news](#):

“Maine’s community colleges are now offering up to two years of tuition-free college to all high school graduates from 2020-23 under the new Free College initiative funded in the supplemental budget signed Wednesday by Governor Janet Mills.

The supplemental budget includes a one-time \$20 million allocation for free college. To qualify for the [Free College Scholarship](#), students must have a high school diploma or equivalent from 2020-23, enroll full-time in an associate degree program or one-year credential, live in Maine while enrolled, and accept all federal and state grants, scholarships, and other funding sources.”

Over the following summer, we got the [amazing news](#) that Maine’s groundbreaking initiative to provide ALL Maine high school graduates with access to a free associate's degree was extended to the classes of 2024 and 2025. This means that six cohorts of Maine grads are now eligible, 2020-2025. It is truly a transformational program that has attracted national attention.

Maine has [seven community colleges](#) (once known as VTIs-Vocational and Technical Institutions) that run the length of Maine, starting at York County Community College in Wells and continuing up to Northern Maine Community College in Presque Isle. The many and varied [Programs of Study](#) are simply mind-boggling; there truly is something for everyone: Wind Turbine Technology (NMCC), Electrical Automation Technology (CMCC), Sports Management (SMCC), E-sports Management (SMCC), Outdoor Leadership (WCCC), and many more!

There are even some unexpected [special opportunities](#) available only to MCCA students and [other activities](#) in which students can participate. Students can even begin [taking college courses during high school](#).

One of the best hacks in higher education is the 2 + 2 model that allows students to earn an associate degree and then plug that into a program at a four-year college to continue on to a bachelor’s degree. Each MCCA college has established articulation/transfer agreements with other universities that make moving from one program to another simple and straightforward.

[York County Community College](#)
[Southern Maine Community College](#)
[Kennebec Valley Community College](#)
[Central Maine Community College](#)

[Eastern Maine Community College](#)
[Washington County Community College](#)
[Northern Maine Community College](#)

At present, the funding cycle will end with the Class of 2025, but there are high hopes the program will be extended at least two more years, with some daring to dream [that it will become permanent](#).

To be clear, the program covers **tuition** (the cost of classes) for up to two years, enabling participants to complete up to an associate degree for free.

What about room and board? Well, that's where the [FAFSA](#) comes in. When this program first broke, the word "free" got a lot of people through the door that wouldn't have bothered otherwise. MCCS staffers noticed a clear pattern – many of the students knocking on their doorstep for free college would have been eligible for free college (through Pell Grants for low-income students) even before the program was initiated. You must file a FAFSA in order to be considered for any financial aid. Grants are gifts, not loans, so a student who files a FAFSA and is awarded grant monies can use those funds for room and board, supplies, equipment, and other necessities, which can make the entire experience free.

Students can also take advantage of the [Early College](#) program, which enables students to complete up to four college courses per year during high school (12 in all max).

If you have any questions regarding how community college fits into your plan, please get in touch with your counselor.

There are a few trade schools in Maine that are not community colleges, many of them associated with [Maine's rich boatbuilding](#) heritage.

Have you thought about **COMMUNITY COLLEGES**?

Places so close can take you so far . . .

Community colleges are an important sector of American higher education. Today over 10 million students attend the more than 1100 community colleges throughout the United States. Since its beginning 100 years ago, community colleges have offered a unique educational opportunity for transfer, vocational training, and community service. The underlying principles of access and equity are at the core of their mission.

QUALIFIED AND ACCESSIBLE FACULTY

Faculty members' primary responsibility is teaching, not research and publishing. Many professors also have extensive practical experience in the subjects they teach. Faculty are accessible to students through office hours and advising and often act as sponsors to clubs and organizations.

CLASS SIZE

The average class size in most community colleges is significantly smaller than in public four-year universities. This makes community colleges great places for students who like small classes and individualized attention. They won't be a number or get lost in the crowd.

MAJORS

Community colleges offer a wide variety of majors and degrees. Students can prepare for an immediate career or pursue the first two years of general academic coursework required for a bachelor's degree. They can also work toward a degree that they started elsewhere. Community colleges have taken a leadership role in occupational programs. They prepare students for careers in both existing and emerging technologies. Honors programs allow students to take rigorous courses supplemented by special opportunities.

CONVENIENCE

Most community colleges offer flexible course schedules that allow students to fit their studies around work or home commitments. They are usually within easy commuting distance by car or public transportation. They also are at the forefront of distance learning and extension programs, including courses that enable students to complete coursework off campus.

DIVERSITY

College is about learning new ideas, meeting new people, and having varied experiences. At community colleges, students are introduced to a diverse group of students in terms of age, experience, ethnicity, and goals. Community colleges offer a wide spectrum of clubs and activities that celebrate and support the diversity that exists on their campuses. Athletics, student government, campus publications, and cultural events all thrive on student involvement.

COMMUNITY

Community colleges are committed to serving the needs of their communities. As important resources in their communities, colleges offer both credit and non-credit courses, technical training, and recreational, social and cultural programs. Community colleges have developed partnership programs with businesses and often serve as learning centers for various local businesses. They work collaboratively with primary and secondary schools and civic and government groups. Community colleges continually strive to meet the wants and needs of their communities and its people; giving each a unique local focus.

CONNECTED TO FOUR-YEAR COLLEGES

Many students begin their undergraduate studies at a community college and finish at a four-year college. Community colleges and Maine four-year colleges have formed exciting partnerships to ease this transfer. Articulation agreements detailing courses and programs for transfer are growing in number. Counselors are available to assist students in the transfer process. Studies show that students who spend their first two years at a community college and then go on to graduate from four-year colleges are as well prepared academically as those who go directly to four-year colleges.

TECHNOLOGY

Community colleges and technology play a critical role in each other's growth and development. Colleges incorporate technology in assessment and instruction. Computer labs are plentiful and accessible. Many labs offer state-of-the-art equipment and programs. Training for high-tech workers often happens at community colleges with majors such as telecommunications, digital systems, robotics, and laser optics.

SUPPORT

Community colleges are committed to student success. They offer a comprehensive array of support services that include tutoring, advising, career planning, and counseling. Through developmental courses, students can improve skills in math, English, and languages.

COST

Solid cost savings is one of the major benefits of attending a community college. The low tuition cost makes a quality education available to many who may not have had access in the past. Tuition at community college is often less than the price of a computer. In addition, for students in need of assistance, financial aid programs are available at community colleges too.

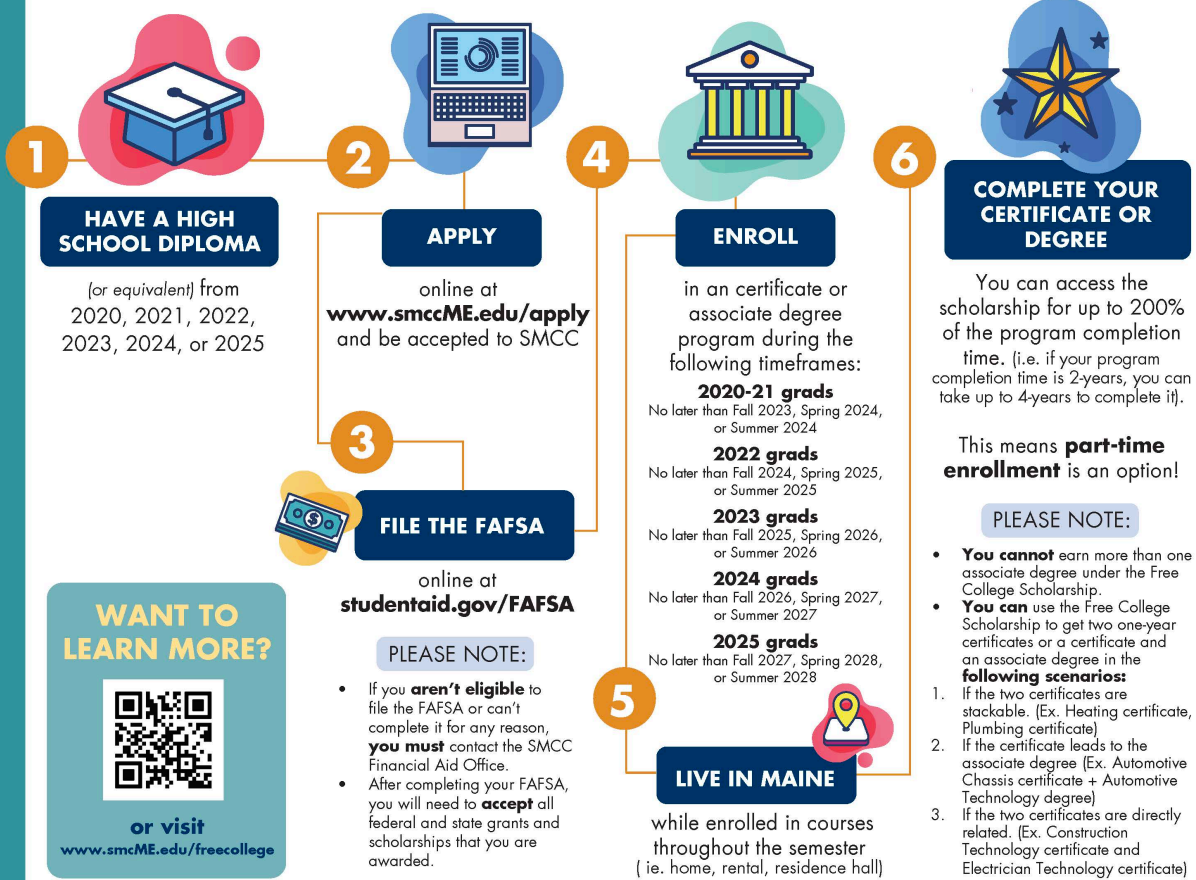
RESPONSIVENESS

Community colleges respond quickly to community needs. They deliver courses in many formats and locations and often create specific training programs at the request of a local business or industry. They also serve as sites for many community programs and activities.

SUCCESS

Many people who began their higher education at a community college have gone on to make significant contributions and achieve recognition in a variety of fields. Many leaders in communications, government, entertainment, business, and sciences were once community college students. The education they received prepared them for the changing world in which they live today.

FREE COLLEGE - HOW IT WORKS



WANT TO LEARN MORE?

or visit www.smccme.edu/freecollege

THE FREE COLLEGE SCHOLARSHIP



COVERS:
Tuition & mandatory fees for up to 200% of program completion time



DOES NOT COVER:
Books • Supplies • Transportation • Housing
Food • Other Non-Mandatory Fees

Source: <https://www.smccme.edu/admissions-aid/free-college/>



Four-Year College and Selective College

The vast majority of this guide is devoted to FYC (Four Year College) and SLC (Selective College) not because we value these Pathways more, but because the process is so confoundingly complex. You might think that you have a leg up as a parent if you attended college yourself, but in fact this may be a liability. The process has changed so significantly since Gen X went off to college that you may actually be hamstrung thinking that you know what's going on. First generation parents may actually be in a better situation because they don't assume that they know anything about the process and thus tend to be more open to new information. Therefore, in order to be beneficial to everyone, we have to be comprehensive.

Think of the **FYC/SLC** combination as similar to our junior/senior English courses. Everyone sits in the same space and does the same work in the classroom, but there are differentiating expectations for Honors students that College Prep kids don't have to complete. **FYC** is the College Prep version of the college process, and **SLC** is the Honors version. Up to a point, everyone will do the same thing; then the two paths diverge in a yellow wood as the "Honors" students tackle their heightened expectations.

THE VOCABULARY OF COLLEGE ADMISSIONS

College Board

This agency is in charge of many tests and services connected with the College admissions process and administers the PSAT and SAT. For testing registration purposes, the CHRHS **CEEB Code** is **200215**.

SAT

This Educational Testing Service Examination measures aptitude for college and is required by many colleges for entrance. Students usually take either the ACT or SAT, sometimes both.

ACT

This is the American College Testing Program examination used to measure aptitude for college work. This test is used throughout the country by college and university admission offices. It is curriculum-based and includes tests related to high school content areas: English, math, reading, and science reasoning.

Cooperative Education

A program that provides alternating periods of study and full-time work.

Regular Admission

The usual college admission schedule where students apply to colleges in the fall or winter and receive an answer in the spring.

Early Decision

Allows students to apply in the fall to the school of their first choice and receive an answer by early winter. This is a legally binding agreement through which you agree to attend their school if accepted.

Early Action

Like Early Decision except that students, if admitted, are not obligated to attend the college.

Rolling Admissions

Applications are acted upon as received and candidates are notified immediately.

Waiting List

Application is neither accepted nor rejected but rather held in limbo in case an opening develops later.

Common Application (CAO)

An online form that may be used to apply to more than one college.

FAFSA

Free Application for Federal Student Aid seeks details on your income and assets. It will calculate your Student Aid Index at no charge. You can find this form online at studentaid.gov/aid-estimator and submit it after December 1st during your Senior year.

Fee Waiver

Our office can provide fee waivers for limited-income students for the SAT / ACT tests.

COLLEGE PLANNING CALENDAR - JUNIOR YEAR

FEBRUARY / MARCH

CHRHS Course Registration will be held in February.

- Students will have time to discuss senior year course selections with teachers.
- Students are strongly encouraged to make an appointment with their counselor to discuss graduation requirements and suggested course selections based on postsecondary plans.
- **Choose the most difficult courses that you are able to complete successfully.** Senior year should be your hardest year for preparation to enter the “real” world of college studies, employment, training, military service, gap year, or travel.

Plan to attend your “Junior Visit” in March. You may review your SAT and transcript information, letters of recommendation, expectations for senior year and your overall interests and plans following high school. You will be scheduled for this meeting by the school counseling office.

Identify colleges and create a list. Define what is important to you!

- Location
- Size of school
- Diversity
- Selectivity
- Programs offered
- Campus life
- Cost
- Entrance requirements (courses, testing, etc.)

Check out the resources available in the Counseling Department Office and our library. You will find college handbooks, forms and view books. Through your PSAT score report you can access QuickStart and Big Future on www.collegeboard.com to research careers and colleges.

Create a “Common Application” (commonapp.org) account. Make sure to list the correct enrollment date.

Attend “White Folder” Night. While this evening is primarily for seniors it’s a great jump start on understanding how to afford any post-secondary institution or program.

Register to take the SATs through www.collegeboard.com. You may also choose to take the ACT through www.actstudent.org. See their websites for deadlines and test dates.

APRIL

Consider a college visit during April vacation. This is a great time to plan a trip that includes one or several visits. Many colleges are in session at this time.

Make follow-up appointments with your respective counselors to stay on top of early deadlines, enrichment opportunities such as pre-college programs which are traditionally held over the summer, and college admission representative visits in the fall.

MAY

College Fair – Augusta Civic Center; you and your parents are encouraged to attend.

Attend “Red Folder Night” – a comprehensive review of our post-secondary planning tool kit.

Attend Financial Aid Night by the Financial Authority of Maine (FAME).

JUNE to SEPTEMBER

Although it’s summer, visits to college campuses are still extremely valuable. College students today often attend throughout the summer and most admissions offices offer tours and interviews. Check out colleges in the warm weather, and get a good perspective on the campus and overall environment. Contact schools before your visit if possible.

Develop a résumé listing vital information about yourself and your goals. This piece of “homework” will pay dividends beyond next year in pursuit of summer employment or part-time work as a senior.

Start working on your college essay and a possibly additional supplemental writing assignment (“Common Application” publishes essay prompts every **March** for the subsequent application year). Both of these written assignments will save you time as a senior. The essay can be in draft form but is crucial if you plan to apply to a college that requires one. The majority of schools ask for at minimum an essay.

Identify colleges and narrow your list. Define what is important. You did this in March—**do it again now!** Keep track of application deadlines so you are prepared as you head into senior year.

- *Location*
- *Size of the school*
- *Diversity*
- *Selectivity (Reach, Safety?)*
- *Programs offered*
- *Campus life*
- *Cost*
- *Entrance requirements (courses, testing, etc.)*
- ***Your instincts after a visit.***

Choose an admission deadline (Early Decision I or II, Early Action I or II, Regular Decision). Complete your applications in accordance.

WINTER / SPRING SENIOR YEAR

Await decisions and financial aid award letters

Attend White Folder Night

Enroll in your school of choice (typically May 1st)

THE COLLEGE SEARCH

Tips for Finding Your College Match

Finding a good fit is the factor most important to your college success. What's the best way to find colleges that match your academic and personal interests? First, identify your priorities. Next, research the characteristics of a range of colleges. Finally, match these up.

Goldiloxin'

We strongly encourage students who are interested in collegiate study to get onto as many campuses as they can without any agenda other than to look around and figure out what feels right for them. There are so many variables contained within the concept of "fit," but just like Goldilocks, you know it when you find it.

Use your time on campus to figure out **HOW** you want to college. If you think of each element that comprises college study as a LEGO brick, you can start piecing them together as you gather them and eventually the patterns will lead you to consider **WHERE** you can find that combination of characteristics that are important to you in real live institutions.

The more Goldiloxin' you can do early in high school, the less stressful it will be as you pull the list of colleges that you will apply to together because you know what you're looking for. Don't wait around until second semester junior year; that just doesn't give you enough time, especially if you plan to apply Early Action/Early Decision.

Demonstrated Interest

Demonstrated interest is the amount of interaction and interest a student shows in a particular college, including interaction both online and in person and how they show they've done their research when applying. Admissions officers, especially of selective colleges, use this measure to determine an applicant's likelihood of enrolling.

What can you do to demonstrate interest?

- Complete an online information request form.
- Click on emails.
- Attend webinars and information sessions.
- Email an admissions counselor.
- Connect on social media.
- Attend admissions events both on campus and in your area.
- Visit campus.
- Include details about the school in your essay.
- Apply early.

Type of College

Colleges are generally either two-year or four-year. At two-year colleges, you can earn an associate degree. At most four-year colleges, you can earn a bachelor's degree.

Colleges are also categorized as either public or private. Public and private colleges vary in size and available resources. Public colleges are funded by state and local governments and usually charge lower tuition prices for students who live in their state. That means that the public colleges in your state may be more affordable. Remember, though, that both public and private colleges offer financial aid from various sources.

Size

The number of undergraduates at a college can have a big impact on your experience there. It affects the range of majors offered, the extracurricular possibilities, the amount of personal attention you'll receive, and the variety of academic facilities, including labs, libraries, and art studios.

When looking at a college's size, be sure to consider more than just the total number of students attending. For example, if you choose a small academic program within a large college, your experience might be very much like attending a small college. Investigate not just the number of faculty members, but also how accessible they are to students.

Location

Do you want to visit home often, or do you see this as a time to experience a new part of the country? Perhaps you like an urban environment with access to museums, ethnic food, and major league ball games. Or maybe you hope for easy access to the outdoors and the serenity of a small town. [Think about where](#) you would be the most comfortable.

Majors

If you know what you want to study, look into the reputations of academic departments in that subject. Researching online is a good start. If you can talk with people who work in that field, that's even better. If you're undecided, pick an academically balanced institution that offers a range of majors and programs. Most colleges offer advising to help you find a focus.

Cost and Financial Aid

Today's college price tag makes cost an important consideration for most students. That said, keep in mind that almost every college works with its financial aid office to make sure that academically qualified students can attend.

Campus Life

Think about what your college life will be like beyond the classroom. Aim for a balance between academics, activities, and social life.

Sports and Activities

Most students pursue interests other than academics while they are at college. You might be considering playing a sport at the intramural or varsity level. You might want to get involved with the campus radio or television station. Make sure that any activity you're passionate about is available at the colleges you're considering.

Housing and Programs

Often, part of the college experience is living as part of a community. Consider whether you want to live on campus and whether joining a fraternity or sorority is important to you. When considering academics, look for [special programs](#) and pick a college that offers many possibilities, such as study abroad or work-study.

Diversity

Consider what you might gain from living and learning among students with diverse backgrounds. Think about the ethnic, racial, and religious diversity of the students as a means of learning more about the world. Investigate what kinds of student organizations, or other groups with ethnic or religious foundations, are active and visible on campus to get an idea of what it might be like.

Another option is a single-sex college. There are colleges specifically for men and others specifically for women throughout the country. You might want to consider one of these if you feel that you would thrive in a same-sex environment.

Your Ideal Campus

What makes the campus a place where you can feel at home? To help you figure it out, think about the answers to these questions:

- What extracurricular activities and athletics are available?
- Does the community around the college offer interesting outlets for students?
- Are students welcomed by the community?
- How do fraternities and sororities influence campus life?
- Is housing guaranteed?
- How are dorms assigned?
- What ethnic, religious, and special-interest organizations are on campus?

Admission Criteria

You should consider what the colleges you are interested in require for admission. Do you want to attend a college that accepts the majority of its applicants, or one that accepts just a small percentage? Some colleges require a minimum grade point average (GPA), while others are more flexible. Find out if the colleges that are a good fit for you require admission tests, such as the SAT®. You may also want to know if you can get advanced credit or placement for AP® exams and Dual Enrollment course work.

Retention and Graduation Rates

One of the best ways to judge a college's quality and the satisfaction of its students is to find out the percentage of students who return after the first year (called the retention rate) and the percentage of entering students who stay until graduation. Good retention and graduation rates are a sign that the college has good academic, social, and financial support systems for students.

COLLEGE PLANNING WEB RESOURCES

Exploring College Options

- www.collegeboard.com ("Big Future" very popular college search engine)
- Naviance : <https://www.powerschool.com/classroom/naviance/>

Test Preparation

- www.collegeboard.com
- www.kaplan.com

Student Athletes

- www.ncaaclearinghouse.net

Exploring Financial Aid:

- www.famemaine.com

Please feel free to contact **FAME** with any questions you may have about their programs, services, or the website itself. (1-800-228-3734)

TO HOW MANY SCHOOLS SHOULD YOU APPLY?

How many colleges you apply to depends on your personal situation. There are a few things to keep in mind as you create a balanced list.

Apply to a Range of Colleges/Universities

- Your final college list should include approximately 3-8 colleges, but there is not one “magic” number.
- Choose 1-2 colleges where you easily meet admission criteria and you will most likely get in -- about a 90-100% chance. These are usually called “safety schools” or “backups”.
- Select 1-4 colleges that are overall realistic matches – about a 75% chance of getting in. These are colleges that fit academically and socially. These are usually called “target schools”.
- Choose 1-2 “reach” colleges – say a 25% or less chance of getting in. These are colleges that present an admission challenge to all students regardless of their preparation.

Do NOT Go Overboard

- The application fee at most colleges is around \$25 - \$75. Applying to a large number of schools can be expensive.
- Applications involve time and effort. There are many steps and each item must be done carefully. Quality is better than quantity when it comes to college applications.
- You may be taking a spot away from another applicant who really wants to go to that school.

COLLEGE TESTING

Extensive advanced planning should go into your college testing schedule. If you need assistance, contact your counselor.

PSAT/NMSQT (Preliminary Scholastic Assessment Test/National Merit Scholarship Qualifying Test) – a practice test for the SAT; also used to determine National Merit semifinalists (juniors only). The PSAT is divided into five sections (two verbal, two math, and one writing). It’s important to review these results and then your answers at www.collegeboard.com/psatextra. This is an excellent way to learn about your academic strengths and areas that may need improvement.

SAT (Scholastic Assessment Test) – a college entrance examination taken in the spring (April through June) of the junior year and typically the fall of the senior year. The main purpose of the SAT is to provide information about students’ critical reading, math, and writing skills to the colleges to which they are applying. Each section of the test is scored using the 200 to 800 scale. There are numerous preparation courses and tools available to students. Talk to your counselor about the best ways for you to prepare for the test.

ACT (American College Test) – a college examination used widely in the southern and western parts of our country. It is generally taken during the junior and/or senior year. Students receive scores in English, Reading,

Math, and Science Reasoning as well as a composite score. Many colleges today will accept the SAT or the ACT. Institutions may have a preference, so ask admissions offices which tests are used primarily for their school.

AP EXAM (Advanced Placement) The purpose of AP tests is not to get you into college but to earn you credit or advanced standing once you get there. AP tests are administered in May and should be taken as soon as possible after taking a related AP course. Colleges differ as to what score is required for granting college credit or advanced placement.

EARLY DECISION AND EARLY ACTION

Early Decision / Early Action policies vary considerably from school to school; please check their policies before applying. If your college research is complete, you have a strong academic background, and you are passionate about one school, you can apply **Early Decision**. When applying for Early Decision, you are entering into a binding agreement with that one particular school. **If accepted, you must enroll.**

Early Action, on the other hand, is a non-binding policy that allows you to apply early to a college. You need not accept the college's offer of admission and you may apply to other schools as well.

Pros of Early Decision / Early Action

- At some schools, there is an increased chance of acceptance for students applying for early decision/early action. Check the colleges' statistics of acceptance rates for early decision/early action versus regular admission.
- The college makes the acceptance decision generally before the December Holiday break. If accepted, it makes the season brighter and less stressful knowing where you are going after graduation in June.

Cons of Early Decision / Early Action

- Early Decision candidates must accept the financial aid package awarded by the college. Negotiating power is usually lost because you have no other colleges with which to compare your award package.
- The student needs to be 100% certain the college is a perfect fit. If accepted Early Decision, you are obligated to enroll. College research needs to be conducted before senior year of high school.
- The competition for Early Decision / Early Action is keen. Colleges heavily rely on your transcripts for the first three years of high school; therefore, you must be highly qualified academically.
- Organization is key when applying Early Decision/Early Action. The senior interview, teacher and counselor recommendations, SAT, and college essay all need to be completed in the early fall of the senior year.

LETTERS OF RECOMMENDATION/EVALUATION FORMS

Counselor Recommendations

In the “Red Folder”, you will receive information on how to complete the paperwork necessary for your counselor to write a comprehensive letter of recommendation for you. It will be important that the paperwork is submitted to the Counseling Department at least ten days before your first college application deadline. This letter will be developed through personal contact with you, information gathered from you and your family, your school record, and feedback from others who know you well. This descriptive letter is sent with your transcript, secondary school report, and school profile to all of the colleges that you requested.

Teacher Evaluation Forms Requested by the Colleges

If a college requires a letter of recommendation from your teachers, they may include these forms in their application or online. It is strongly recommended that these letters and evaluation forms be written by your junior or senior-year teachers, as colleges want to hear about your most recent academic performance. You should first inquire whether a teacher is willing to write a letter for you, and if they agree, you should then send your electronic invite through the Common Application (CAO). In some rare cases, you may need to also provide a stamped, addressed envelope to them along with the appropriate evaluation form or prompt from the university that is not on the Common App. Teachers will send these directly in the envelope you provide. Some teachers may require you to complete paperwork prior to writing your letter. Always remember to provide your teacher with a thank you note after they write a letter for you.

COLLEGE AND YOUR FINANCES

Just about everyone is interested in information on financial aid. Don’t assume that you cannot afford a particular college or university until you have investigated all aspects of financial aid.

There are two basic categories of financial aid: merit-based and need-based. Merit-based is generally given in recognition of special skills, talents, and/or academic ability. These include merit scholarships to the top ten percent of the class, outstanding athletes, accomplished musicians and more. The second category - need-based - represents the major portion of help available for post-secondary education. Need-based (commonly called financial need) is the difference between what it will cost to attend the post-secondary institution and what the family will be able to pay (student aid index). There are four categories of financial aid:

- Grants - money given to the student, usually because of financial need
- Scholarships - money awarded because of academic achievement, outstanding talent or skill, and/or financial need
- Work Study - money the student earns through an on campus job
- Loans - money that must be paid back

Grants and scholarships are free money that does not have to be paid back. Loans and work-study jobs are considered self-help. It makes sense to apply for grants and scholarships before taking out loans. A college will put together a financial aid “package”. This package is a combination of grants, scholarships, loans, and/or work-study. A package varies from college to college so it is important to compare financial aid packages.

APPLYING FOR FINANCIAL AID

There are two financial aid forms that you need to be aware of – the FAFSA (Free Application for Federal Student Aid) and the CSS Profile.

All students interested in obtaining financial aid must complete the FAFSA. This form will be available December 1st of the senior year. If you complete the FAFSA online, you will receive a *FAFSA Submission Summary* which will inform you of your SAI (Student Aid Index). This is the amount determined that you can afford to pay for education that year.

Complete the FAFSA as early as possible, even if you feel you will not qualify for any need-based aid because of your income. Colleges verify that students are not eligible for federal or state aid before they award institutional and/or private funds. Some loan programs require the FAFSA. Make a copy of your FAFSA before you mail it. Also keep a copy of your income tax return forms. The FAFSA must also be completed in order to be eligible for a Federal Pell Grant.

In addition to the FAFSA, some private colleges require submission of the CSS/Financial Aid Profile. The Profile is a supplemental need analysis document used to determine eligibility for private, nonfederal funds. The Profile requires a registration fee and an additional fee for information sent to each college. We recommend that this form be completed only when required by a school. This form can be completed during the fall of the senior year.

Parents and students often find that they must take out a loan to finance educational expenses. Lending institutions provide Stafford Loans to students and PLUS Loans to parents. Repayment of a Stafford Loan begins after the student has graduated. The subsidized Stafford Loan is for students with financial need and the unsubsidized Stafford Loan is for students without financial need. (The government pays the interest on subsidized Stafford Loans). PLUS Loans are not based on financial need and repayment begins within 60 days.

Other ways to finance a college education include co-op programs and military programs. Money can be saved by attending a local community college and then transferring to a Maine four-year college after one or two years. A student can also commute to college, saving room and board expenses.

****It is important to note that if a student plans to attend a community college in Maine, and then transfer out-of-state, you MUST check “transfer equivalencies” at the receiving college, as some courses/credits may not transfer.**** You would then end up taking more courses, and paying more money, when your hope was to spend less.

SCHOLARSHIPS

Scholarship money sometimes goes unclaimed because many scholarships have very specific eligibility criteria. Academic scholarships generally require a high GPA and high SAT scores, excellent recommendations, and high involvement in extracurricular and community activities. Athletic scholarships or special talent scholarships go to the student who has demonstrated outstanding abilities. Others may offer opportunities based on a unique interest or community/work/vocational interest.

Scholarship information, also known as “White Folders”, for the graduating CHRHS class will be presented in late February. There are many opportunities available from lots of different organizations -- CHRHS, local, state, regional, and national. We encourage students to research scholarship opportunities on their own as well.

CAMDEN HILLS REGIONAL HIGH SCHOOL

GRADUATION REQUIREMENT CHECK

| | | | | | | | | |
|---|----------------|-------------|----------------|-----------|----------------|-----------|----------------|-----------|
| Name: | | Checked by: | | Date: | | | | |
| | Year 1 | | Year 2 | | Year 3 | | Year 4 | |
| REQUIREMENTS-Credits | Subject | Cr | Subject | Cr | Subject | Cr | Subject | Cr |
| ENGLISH 4 | | | | | | | | |
| English Grade 9 | | | | | | | | |
| English Grade 10 | | | | | | | | |
| English Grades 11/12 | | | | | | | | |
| English Grades 11/12 | | | | | | | | |
| SOCIAL STUDIES 3 | | | | | | | | |
| World History | | | | | | | | |
| US History | | | | | | | | |
| Civics | | | | | | | | |
| Elective Social Studies | | | | | | | | |
| MATHEMATICS 3 | | | | | | | | |
| Algebra I | | | | | | | | |
| Geometry | | | | | | | | |
| Algebra II | | | | | | | | |
| Other | | | | | | | | |
| SCIENCE 3 | | | | | | | | |
| Earth/Space Science | | | | | | | | |
| Life Science | | | | | | | | |
| Physical Science (Chem/Physics) | | | | | | | | |
| Other | | | | | | | | |
| HEALTH .5 | | | | | | | | |
| PHYSICAL EDUCATION 1 | | | | | | | | |
| APPLIED ACADEMICS 1 | | | | | | | | |
| VISUAL ARTS 1 | | | | | | | | |
| APPL ACAD/VIS ARTS 1 | | | | | | | | |
| <i>Personal Finance .5</i> | | | | | | | | |
| WORLD LANGUAGE | | | | | | | | |
| GIFTED & TALENTED PROGRAM | | | | | | | | |
| MCST TECHNICAL COURSE | | | | | | | | |
| MCST ACADEMIC COURSE | | | | | | | | |
| ZENITH I | | | | | | | | |
| OTHER | | | | | | | | |
| TOTAL CREDITS (22) | | | | | | | | |
| RUNNING TOTAL: | | | | | | | | |
| Meets Personal finance requirement <input type="checkbox"/> | | | | | | | | |