



Junior

Find the Fit

September Eagle Day

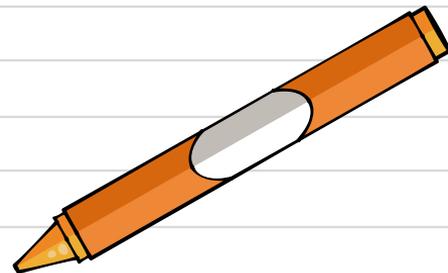


01

Find the Fit Introduction



What exactly is Find
the Fit and why is it
important?

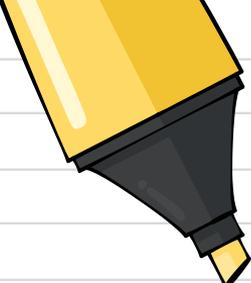




Find the Fit Facts

Find the Fit not only helps you look at the logistics of applying to college (deadlines and plans) and financial aspects but it also helps raise your aspirations and expectations regarding college choices.

While we stand behind your choice to choose any college or university, be it a two or a four- year college, we feel we should share some information and statistics with you.



41% of students are under matched!

This means that students do not attend college at all **OR** they choose a college that does not match their GPA or ACT score.

In otherwise they lowball it!



41%

This is more common with first generation and low income students. They miss opportunities to enroll in more selective or higher quality schools.



**Why do you
think that this
happens?**



Why do you think that this happens?

Research shows that there is a strong positive relationship between **college selectivity and graduation rates**.

Looking at college **graduation rates** are very important. It might in fact be the most important piece of information you can look at when considering colleges.

These rates vary but they ultimately show us a picture of how many students who start that college end up graduating with a degree.

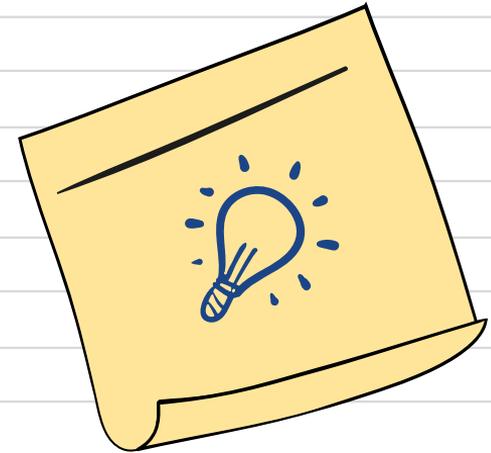


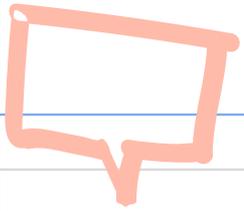
80%

A couple of years ago we did some research on our Upward Bound students and we found that 80% of those who chose to attend Walters State did not persist past year one. This means that they dropped out at some time during their first year or did not return for their second year.

Research shows that 75% of first time bachelor degree seeking students who attend very selective selective four-year colleges graduate within 6 years. Students who attend these types of schools are more likely to complete their degrees one year earlier than those students who attend less selective schools.

These students are also more likely to find employment and earn more. Graduates from the most selective colleges have incomes 37% higher than graduates from minimally selective schools.





Do not limit your expectations to just what you know and are familiar with. The most familiar colleges may not be the best match for every student or offer the highest potential for your desired outcome.

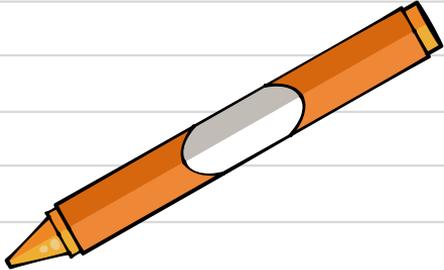
Most of you are first generation college students. Getting into college may be challenging for you but because of the Upward Bound program you have an advantage. But then comes the hard part...**PERSISTING IN COLLEGE**. Going through those trenches, up the mountains, over the hills, through the valleys, breaking past those walls is the hard part. **BUT IT IS DOABLE!** Just do not give up! Every single one of you in this program has the ability to become doctors, lawyers, teachers, you name it. If you can dream it then you can do it. All you have to do is persist and see it through.





02

The Four Factors of Fit



Things to consider
when picking colleges



Four Factors of Fit

Academic Match

Test Scores and GPA

How do your test scores and GPA compare to those of enrolled students?

Graduation and Retention Rates

Do most students return after their freshman year? Do most students graduate on time?

Major

Does the college offer a wide variety of majors? Does it offer the major that interests you?

Institutional Offerings

Resources

What does the college provide in terms of the latest technology, lab facilities, and libraries? What is the faculty/student ratio?

Campus Support Services

What campus support services are available?

- First Year Supports
- Academic Supports
- Academic Advising
- Counseling Services
- Financial Aid
- Residential Life

Four Factors of Fit

Personal Preference

Campus Size

How many students are at this school? Do you want a small or big college?

Campus Location

Is the campus in a rural, suburban, or urban setting?

Campus Life

What student activities are available at the college? Do you want to live on campus?

Affordability

Actual Costs

How much do you pay to go to the school?

Financial Aid

How much is the school willing to help you pay for tuition and housing?

Scholarships

Are there state-specific scholarships available?

Target Four or More Colleges

1 Safety

Colleges that will almost certainly admit you

2 Match

Colleges that are likely to admit you

1 Stretch

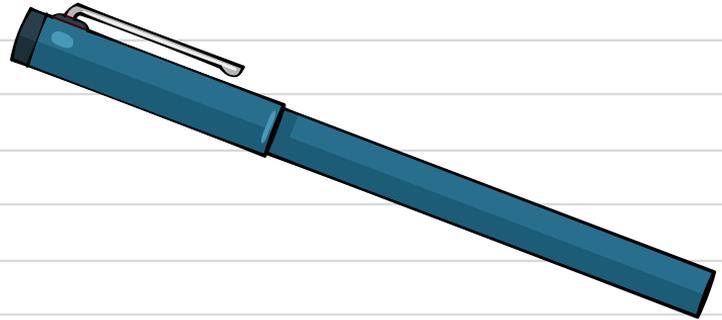
Colleges that will consider you and might admit you

WHOA!

Applying to 2 four-year colleges instead of just 1 increases your chance of enrolling by

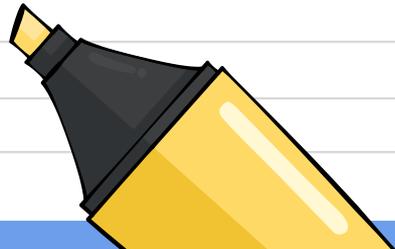
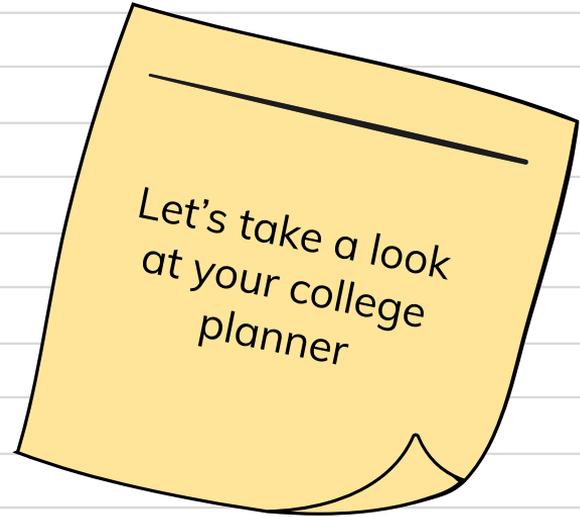
40%

Applying to more than 2 four-year colleges increases your chances even more!





My College Planner



FIND THE FIT

MY COLLEGE PLANNER

Student Name



PLAN

It's never too early to start thinking about college and your Junior year of high school is where you should start. From choosing your colleges to thinking about your major, now is the time. Complete these tasks below to stay on track and to get ahead of the

1

JUNIOR YEAR (JANUARY, FEBRUARY, MARCH, APRIL)

	DATE COMPLETED
◆ Register to take the ACT or SAT (Test Date: _____)	____/____/____
◆ Create FSA ID's and Passwords One-On-One	____/____/____
◆ Introduction to Find the Fit and My College Planner Eagle Day	____/____/____
◆ Complete the student activity on the My Map to Success Page	____/____/____
◆ Complete My College Search Sheet (place in student file) Eagle Day	____/____/____
◆ Choose 4 Colleges To Apply To (list them below) Eagle Day	____/____/____
◆ Match: _____	
◆ Match: _____	
◆ Safety: _____	
◆ Stretch: _____	
◆ Choose Your Major (list it below) Eagle Day	____/____/____
◆ Major: _____	
◆ Create an outline for My Personal Statement Eagle Day	____/____/____
◆ Create a final draft for My Personal Statement (place in student file)	____/____/____
One-On-One	
◆ Search for Scholarships and Apply (Use the Scholarships List)	____/____/____
One-On-One	

FIND THE FIT

Now that you've created a game plan your Junior year, its time to execute it and put those thoughts and ideas into action! It's time to apply, send the colleges what they need, and wait to see what happens!

2

SENIOR YEAR (SEPTEMBER)

- | | DATE COMPLETED |
|--|----------------|
| ◆ Review your Junior year FTF sheet (Step 1) Weekly Meeting | ___/___/___ |
| ◆ Sign up for Tennessee Promise Weekly Meeting | ___/___/___ |
| ◆ Complete your SCOOP sheet Eagle Day | ___/___/___ |
| ◆ Review Your ACT or SAT test score. If you feel you should try for a higher score, register to take the test again. Write your last test score here _____ | ___/___/___ |
| ◆ Apply 4 Colleges (list them below) One-On-One | |
| ◆ Match: _____ | ___/___/___ |
| ◆ Match: _____ | ___/___/___ |
| ◆ Safety: _____ | ___/___/___ |
| ◆ Stretch: _____ | ___/___/___ |
| ◆ Finalize Your Major (list it below) One-On-One | ___/___/___ |
| ◆ Major: _____ | |
| ◆ Have your guidance counselor send high school transcripts, test scores, and immunization records to the colleges you applied to. One-On-One | ___/___/___ |
| ◆ Continue to Apply for Scholarships Eagle Day | ___/___/___ |

FIND THE FUNDING

You've got those applications submitted and everything is on track! Now lets see how much money you can get for tuition. Submit your FAFSA by the deadline and apply for any and all scholarships... don't forget those local scholarships, sometimes they pay up!!

3

SENIOR YEAR (OCTOBER & NOVEMBER)

- | | DATE COMPLETED |
|--|----------------|
| ◆ Complete your FAFSA (attach in student file) One-On-One | ___/___/___ |
| ◆ Turn in Acceptance Letters/Proof of Application to your Specialist as you receive them | |
| ◆ Match: _____ | ___/___/___ |
| ◆ Match: _____ | ___/___/___ |
| ◆ Safety: _____ | ___/___/___ |
| ◆ Stretch: _____ | ___/___/___ |
| ◆ Complete the Sticker Price versus Actual Price Activity Eagle Day | ___/___/___ |
| ◆ Compare colleges using your SCOOP Sheet Eagle Day | ___/___/___ |
| ◆ Attend 1st TN Promise Team Meeting One-On-One | ___/___/___ |
| ◆ Turn in your SAR sheet to your Adviser when you receive it | ___/___/___ |
| ◆ Continue to Apply for Scholarships Eagle Day | ___/___/___ |

THE WAITING GAME

Applying and submitting your FAFSA is only part of the puzzle! Now you should keep an eye on your mailbox, email inbox, etc and look for acceptance letters, awards, letters, your SAR, or any other correspondence from the college or the U.S. Department of Education.

4

SENIOR YEAR (DECEMBER, JANUARY, FEBRUARY)

DATE COMPLETED

- ◆ Complete your Tennessee Promise Comm. Service Hours **One-On-One** ___/___/___
- ◆ Update your FAFSA if pulled for verification **One-On-One** ___/___/___
- ◆ Continue to Apply for Scholarships **Eagle Day** ___/___/___
- ◆ Turn in financial aid award letters, acceptance letters etc **One-On-One** ___/___/___
- ◆ Check your email or student college accounts monthly **One-On-One** ___/___/___

DECISIONS, DECISIONS!

Congratulations! You've applied, completed your FAFSA, submitted all required paperwork and are now looking at your award letters. Not it is time to sit down and see which college is right for you. Consider all Find the Fit Factors: **ACADEMIC MATCH, INSTITUTIONAL OFFERINGS, PERSONAL PREFERENCES, AND AFFORDABILITY**

5

SENIOR YEAR (MARCH & APRIL)

This entire page of activities are One-on-One

DATE COMPLETED

- ◆ Attend your 2nd Tennessee Promise Team Meeting ___/___/___
- ◆ Go over the Discover Campus Support Sheet. Does your college have an SSS Program? Y or N If so, when can you apply to it? _____ ___/___/___
- ◆ Revisit your SCOOP sheet and look at your award letters to compare the costs versus your awards, and to also compare the outcomes of degree attainment. ___/___/___
- ◆ Look back at your College Search Sheet to compare other Find the Fit factors of your college choices. ___/___/___
- ◆ Choose your college and notify them you will be attending in the fall. You will also need to those other colleges know you wont be attending. List the college you chose to attend. _____ ___/___/___
- ◆ Why did you choose this college over the others?

- ◆ Visit www.tnpromise.gov and find out how to navigate the page ___/___/___
- ◆ Submit Tennessee Promise Community Service Hours ___/___/___
- ◆ Turn in any remaining paperwork to your Specialist ___/___/___
- ◆ Continue to apply for scholarships ___/___/___

CROSS THE FINISH LINE

Graduation is just around the corner. You have everything finished up, submitted, and you're on top of things. Now all of you have to do is make sure everything is set up for fall, attend your orientation, choose your classes and you're good to go! Congratulations!!!!

6

SENIOR YEAR (MAY, JUNE, JULY)

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DATE COMPLETED

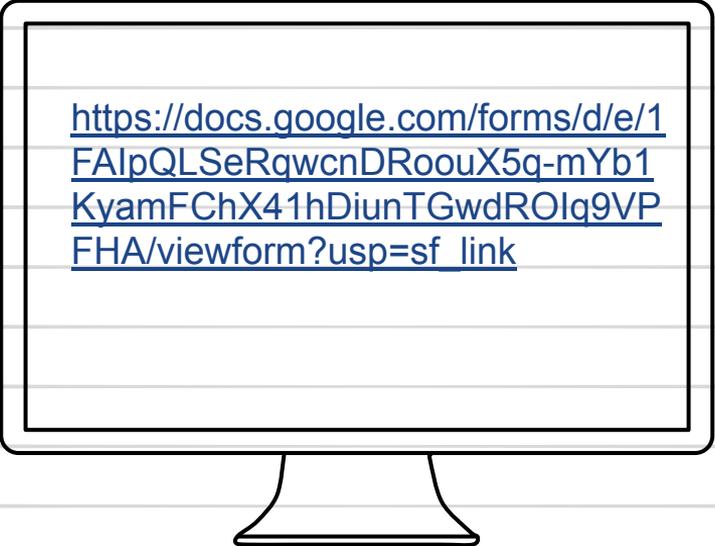
- ◆ Continue checking your email or student college accounts monthly _____/_____/_____
- ◆ Pay your housing deposit if staying on campus _____/_____/_____
- ◆ Mark your October Tennessee Promise meeting in your calendar _____/_____/_____
- ◆ Schedule and attend your orientation _____/_____/_____
- ◆ What day did you choose? _____
- ◆ If you were assigned work-study, contact the college to find out those details. Some colleges will sign you up for a job while others require you to find it yourself. If your college requires you to set it up, ask for a list of names and numbers so you can contact them and get things arranged. _____/_____/_____
- ◆ Continue to Apply for Scholarships _____/_____/_____
- ◆ Turn in any financial aid award letters, acceptance letters etc _____/_____/_____



Map of Success



Follow this link to answer some questions about what we just went over.



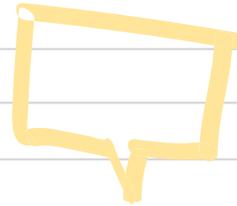
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Junior Year Timeline

Here are some top things that you will need to concentrate on this year.



Start Your College Search

This will include evaluating different college options, attending college fairs, exploring new schools and creating your college list. Compare your list to criteria you're looking for in a college and seeing which colleges on your list match up to your criteria. You can then cross off colleges that don't meet that criteria and bump up the colleges that meet all or most of your needs.

Register to Take the ACT

Prepare for the ACT as soon as possible. The ACT can benefit students in many different ways. A good score will give you the chance of being accepted to the college of your choice. Your score will highlight areas in which you may need to improve. You will need to take this test at some point your junior year.

**ACT Intent Forms*

The ACT Information & Tips

About the Test

The ACT consists of four multiple choice tests: English, Reading, Math and Science. There is also an optional Writing Test. The ACT is given in September, October, December, February, April, June, and July.

When to take the ACT

You should take the ACT your junior year. If you want to improve your scores, you then have time to retake the ACT before your senior year.

How to Register

To register for the ACT, go to act.org. Registration deadlines are about six weeks before the test dates. After you've registered, you'll receive instructions and a ticket to get into the test.

Schedule as Many College Visits As Possible

There's no time like the present to plan to see a potential college.

Make a list of colleges that you would like to visit and try to schedule them throughout the next few months. Whether you're just starting out the college search or narrowing down your list, visiting a college is vital to the admission process.

Seeing and experiencing a campus is vastly different than researching it online.

Virtual College Tours

Right now there may be many campus shut down but that doesn't mean you can't tour your choice colleges.

Websites like

<https://www.youvisit.com/collegesearch/>

and

<https://campustours.com>
give you a chance to virtually walk through almost any campus in the nation.

Start Out-and Stay- in Great Academic Shape

Your junior year grades are what colleges look at so you'll want to make sure that you're putting your best foot forward-academically. Make a strategy on how you will approach this semester- and stick with it. A strict semester game plan helps ensure you'll stay focused on achieving your best. Your grades matter and any slip up is really difficult to recover from, especially in terms of your GPA.

Start Thinking About How You Will Pay For College

If you start applying for scholarships now, it will be a lot easier to pay for school later. Talk to your family about your college budget so that everyone is on the same page and you can have specific financial aid goals in mind. You want to be realistic regarding your college choices and tuition prices, however, if you have your heart set on a specific school, any amount is possible to achieve with hard work and determination.



Coolidge Scholarship



<https://coolidgescholars.org>

