



**High School**

**To**

**College:**

*Moving on &*

*Moving up*



# INFORMATION YOU SHOULD KNOW

1. A Four Year Plan
  2. Student-Athlete Characteristics
  3. Program Philosophy
  4. Get to Know the Coaches
  5. What You Should Be Doing
  6. Myth of Exposure
  7. Additional Questions to Ask
- \*Enjoy the Experience\***





# A Four Year Plan

## High School Freshman

1. Meet with your counselor to discuss your college aspirations. Review your schedule with him or her to make sure you're enrolled in challenging classes
2. Visit college Web sites. Research the admissions requirements (courses and tests) of colleges that you might be interested in attending so you can take appropriate classes.
3. Get involved in extracurricular activities that interest you
4. Attend college fairs in your area
5. Visit college campuses
6. Talk to your counselor and search online for summer programs for high school students hosted by universities.
7. Begin to think about your college financial plan



# A Four Year Plan

## Sophomore Year

1. Meet with your counselor to review your college aspirations. Discuss your schedule with him or her to make sure you're enrolled in challenging classes.
2. Continue visiting college Web sites. Research the admissions requirements (courses and tests) of colleges that you might be interested in attending so you can take appropriate classes.
3. Sign up for the PSAT/NMSQT (reference their website for date) and/or PLAN (reference their website for date). Ask your counselor which date is offered at your school. Get free online PSAT/NMSQT practice.
4. Consider taking the SAT II.
5. Become more involved with your extracurricular activities. Seek leadership or officer positions within the activities that interest you.



# A Four Year Plan

## Sophomore Year Cont...

6. Attend college fairs in your area, visit college open houses to learn more about specific programs and colleges for what type of university you like and to get a feel for the type of college atmosphere you like.
7. Check with your counselor and search online for summer school programs for high school students hosted by universities.
8. Look for other great summer opportunities such as an internship, a job, volunteer work, etc.
9. Start a list of characteristics you want in your college - size, location, academic programs, reputation, value, etc.
10. Talk to your parents and family members about different colleges, reasonable costs, and discuss future options.



# A Four Year Plan

## Junior Year

1. Meet with your counselor to evaluate your college aspirations. Review your schedule with him or her to make sure you're enrolled in challenging classes. Discuss your senior year course plan and, if your school offers them, enroll in honors or AP/IB classes. Verify that you are meeting colleges' admission requirements.
2. Begin brainstorming about possible colleges and majors. To do so, start a list of your personal abilities, strengths, talents, preferences, qualities, and interests.
3. Research majors and careers that interest you. Review admission requirements for specific majors at a variety of colleges.
4. Stay involved in your extracurricular activities. Continue to seek leadership or officer positions that require a greater time and responsibility commitment within the activities that interest you.



# A Four Year Plan

## Junior Year

5. Continue searching college Web sites to find schools with the characteristics that are right for you - size, location, academic programs, reputation, value, etc.
6. Develop a list of 15-20 colleges that interest you.
7. Register and take the PSAT/NMSQT or PLAN in October., register for ACT/SAT tests, practice for ACT/SAT tests. ACT/SAT preparatory classes and materials can be expensive. Practicing on your own with official practice problems found online on the ACT or SAT Web site can be just as helpful.
8. Search for local, state, and national scholarships. Start writing essays and compile a list of people, such as teachers and extracurricular activity advisors, who would write a recommendation letter.
9. Visit colleges throughout the school year and the summer.



# A Four Year Plan

## Junior Year

10. Sign up for a summer program at a college.
11. Start reviewing college applications online. Obtain applications from colleges to which you're considering applying. Read sample admissions essays and start writing rough drafts. Take note of application deadlines.
12. Create a calendar with important dates and deadlines such as ACT exam dates, college admissions application deadlines, scholarship application deadlines, etc.
13. Continue talking to your parents and family members about your college search progress.
14. Build on the list of characteristics you want in your college and rank the characteristics in the order of importance to you.



# A Four Year Plan

## Senior Year

1. Narrow your list of colleges to between five and ten. Get an application and financial aid information from each. Visit as many of those colleges as possible before applying.
2. Build on your calendar by adding more important dates, including test dates, college application deadlines, financial aid deadlines, etc.
3. Finish college admissions applications and ask your parents, counselor, and/or English teacher to proofread and edit your essays.
4. Apply to colleges early.
5. Meet with your counselor to verify which colleges you intend to apply in order to send out your high school transcript and test scores. It's your responsibility to make sure your transcripts and test scores reach each of the colleges to which you apply. Follow up with your counselor to make sure he or she sends this information.



# A Four Year Plan

## Senior Year

6. Contact each college to verify receipt of all your application materials. Check the status of your application to each school.
7. Apply for financial aid by submitting the Free Application for Student Aid (FAFSA) by March 15.
8. Continue searching and applying for scholarships.
9. Rank in order of your preference the colleges to which you've been admitted and evaluate your options.
10. Visit your first-choice college before accepting an offer of admission from any college.
11. Notify each college of your decision by May 1.
12. After graduation, ask your high school to send a final transcript to your college.



# Student-Athlete Characteristics

What do coaches look for in a student-athlete?

- Attitude
- Academics
- Athleticism



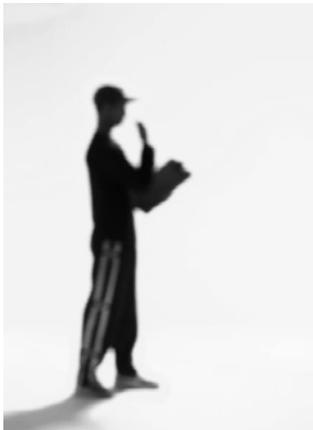
# Program Philosophy

- What is the philosophy of the athletic program?
  - Is it to win?
  - Is it education?
  - Is it a mix?
- Is it a competitive or a participatory program?
  - Playing time
- What are the commitments you have outside of the team?
  - Appearances, exhibitions, camps.
- What is the history of the program?
- What are the program's plans for the future?



# Get To Know The Coaches

- Is this coach someone you can work with for the next 4-5 years?
- What is the coach's coaching style, and how does it compare to your style?
- Talk to people who have been coached by this coach.
- Visit campus to get a better feel for the coach.





# What You Should Be Doing

## 1. Develop Academic Skills

- How to do homework
- How to study for a test
- How to read a lot of information and synthesize
- How to organize
- How to manage your time

## 2. Develop Athletic Skills

- Attend basketball camps
- Practice regularly
- Work on individual skills

## 3. Develop Independence

- Self-advocate
- Take care of daily activities



# Myth of Exposure

1. Will the college coach see my kid's team?
2. Is my kid on the "perfect" team?
3. Should I call or email a coach?
4. Do summer camps help?
5. Will sending a video help?





# Additional Questions to Ask

- What classes will you take?
- What is the graduation rate of the program? How long will it take you?
- What academic services are available?
- What is the athletic schedule?
- What is the practice schedule?
- What additional training support is given to student-athletes (strength & conditioning, mental training, nutrition, sports medicine)?
- What financial assistance is available?

