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Greetings:

Welcome to the exciting, rewarding, and sometimes stressful process of career and educational planning. As the Lake Oswego High School Counseling Department it is our goal to have every LOHS graduate consider and participate in some type of education or training beyond high school. We strongly believe in the concept of lifelong learning, for both career and personal improvement.

Students need to select the most appropriate educational setting for them based on such things as career interests, learning style, finances, learning environment, location, and program offerings. Each student and their family will determine her/his own priorities. Typical education/training options include: apprenticeship, on-the-job training, military training, community colleges, and four-year colleges/universities.

On average, 90% of Lake Oswego graduates look to attend college after high school, either at a two or four year college or university. Therefore the primary focus of this guide is on factors related to the selection of, and application process to four-year colleges and universities and two year colleges (community colleges). However, any student who wishes to discuss other possibilities is always encouraged to check in with their counselor to discuss post-secondary opportunities.

Our comprehensive guidance program works to prepare students for this journey from 8th grade course choices through graduation. We are here to help!

You are not alone in going through the experience. Students should talk with their family and friends. Students are also encouraged to:

1. Use your Naviance account to gain an understanding of your interests and opportunities.
2. Attend meetings with college representatives by signing up on your Naviance account.
3. Visit a campus to gain a sense of comfort level, programs, and facilities.
4. Attend the National College Fair in the fall in addition to regional college fairs throughout the year.
5. Visit with your counselor often and ask for help!

Please use this guide to assist you in this exciting process.

We look forward to working with you.

Your Lake Oswego High School Counseling Department
YOUR SELECTION PROCESS

Without question, the identification and selection of a college is an important decision, which often overwhelms parents and students. The idea that this process might be a fun and exciting learning process is often replaced by the obsession to do everything perfectly. A college admission is an inexact process filled with options, rituals, rumors, choices, opportunities for self-examination and responsibilities. There is no "perfect school", and the selection of a college is simply the next step in the educational process.

There is probably no more valuable tool in selecting an appropriate college than an honest SELF-EVALUATION. It is always fun to counsel those students who know themselves well, can articulate their uniqueness clearly, and whose parents generally agree with the assessment. It is difficult to watch a student apply to all the wrong places for all the wrong reasons. As counselors we try to lend perspective to the process of honest self-evaluation. When a student selects and applies only to unrealistic schools, it can make for an unpleasant spring. Even if a student is admitted to a school with a lifestyle and academic rigor that is radically different from the student’s, it is unlikely that there will be successful adjustment. The best colleges to apply to are those that appear to have a high comfort level for the student.

This brings us to the list of schools. There is no required number of applications for each student, especially if the student knows exactly where he/she wants to attend and knows that it is a sure thing. For those needing some suggestions we generally recommend three levels of colleges.

- **The REACH school is the dream school and will be somewhat of a long shot.**

- **The TARGET schools are schools where you are within the range of admitted students and have above a 20% admission rate.**

- **Then we always urge students to have a SAFETY school. A sure thing.**

The most important consideration for selecting schools is to make certain that YOU would like to attend any of the schools.
Qualities That Make a School Right for You!

The following pages are designed for you to consider important questions about colleges you may be interested in attending, or to assist you in identifying schools that may fit the unique individual you are. By taking the time to carefully ponder the topics covered here, you’ll be able to come away with a clearer picture of the academic institutions suited to meet your needs.

**SIZE:**

Colleges vary in size from under 50 to over 60,000. Think carefully about which size is best for you both academically and socially.

**Size Designations**
- Small - 5,000 students and under
- Medium - 5,000 to 15,000 students
- Large - 15,000 to 30,000 students
- Very Large - over 30,000 students

**Benefits of Smaller Colleges:**
- Smaller class sizes
- Hands-on learning opportunities
- Individually designed majors
- Strong advising system; advisors tend to know students very well
- Strong sense of community
- Professors, not graduate students, tend to teach most courses
- Opportunity to get to know professors well because of small teacher/student ratio

**Benefits of Larger Colleges:**
- Wide variety of majors and courses
- Well-stocked libraries
- Variety of housing opportunities
- Well-funded sports programs
- Wide range of academic and social opportunities
- Distinguished or famous faculty

**Ask Yourself:**
- Do I have a strong need for accessible teachers, or can I live with having teachers available only during their office hours?
- Do I enjoy small class sizes, or do I function better in larger lecture classes?
- Do I want to have many opportunities to become involved in leadership activities, or am I comfortable with an average number of leadership opportunities?
- Do I desire a personal atmosphere, or is a personal touch relatively unimportant to me?
ACADEMIC ATMOSPHERE

Academic environment includes academic/social emphasis, academic pressure, and other academic qualities. Naturally, since college is an academic undertaking, classes and other “academic things” make up the bulk of your collegiate experience. Yet finding the appropriate level of academic challenge is important to your choice of colleges.

Consider the following (be honest with yourself):

- Do you want to attend a school where you work hard and study hard?
- Would you prefer a school where you could earn respectable grades without knocking yourself out?
- Do you truly enjoy talking about ideas and intellectual subjects?
- Do you respond well to academic pressure and to competition from others?
- Do you prioritize and organize yourself well?
- Can you discipline yourself?

Other considerations:

- Would you like close teacher/student interaction?
- Will you need a tutor?
- Would you enjoy more freedom in regard to the courses you’re required to take?
- Would you prefer those requirements to be structured?
- Would work experiences and the availability of independent study enhance your academic success?
- Would you like a strong study-abroad program?
- What kinds of support services are offered?
- Is an ROTC program important to you?

PRESTIGE: COMPETITIVENESS OF ADMISSIONS

It is incredibly important to be realistic here. The last thing you want to do is to place yourself in a situation that isn’t right for you all in the name of attending a “selective school”. When taking into account admissions difficulty, consider the following:

- The level of difficulty of your current and projected courses.
- The level of your curiosity, independence, and organization.
- Your competitiveness: How do you compare with others in your own high school?
- What are your standardized (ACT/SAT) and AP test scores?

These will aid you in determining the level of selectivity you may wish to pursue.

ACADEMIC PROGRAMS

This category refers to your potential college major and not your potential career. It’s important for you to keep that distinction in mind. A major is a subject you enjoy and would like to study in college. A career is what you have chosen as a lifelong field of work. It is perfectly OK not to know what your ultimate career will be. Most high school students do not know. In fact, coming to the wrong conclusion too early about a career is worse than not knowing. Most high school students have not been exposed to many career
alternatives making a final career decision premature. The undergraduate years can be a
time of discovery about yourself and your career goals.

Think about what you’d like to study in college. Liberal Arts and Sciences is the term used
to describe the most general and the most common form of undergraduate education in the
U.S. The liberal arts and sciences often serve as a springboard for future study (for
example, graduate school, law school, medical school or business school) and for the world
of work. If you are uncertain as to a career, then liberal arts and sciences will provide a
solid preparatory framework to begin your studies. Liberal Arts includes:

- Humanities (English, Languages, Philosophy, Music, Art, etc)
- Social Sciences (Psychology, History, Political Science, etc)
- Hard Sciences (Biology, Chemistry, Mathematics, Geology, etc)

Pre-professional programs such as Engineering, Business, Education and Architecture often
prepare you for a career immediately after receiving your undergraduate degree.

Which academic program should I pursue? Consider the following:

- I am uncertain as to a career. I should consider a Liberal Arts and Science course of
  study.
- I am interested in pre-professional training.
- I wish to be exposed to a number of different academic courses. Liberal Arts and
  Sciences would provide a wide range of academic topics.
- I wish to pursue a more career directed course of study.

EXTRA-CURRICULAR OPPORTUNITIES
What do you enjoy doing? You may desire a normal variety of activities or you may be
looking for a college that offers some specific activity.

What activities should the college you attend offer?

<table>
<thead>
<tr>
<th>Competitive Sports</th>
<th>Club Sports</th>
<th>Outdoor Recreation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Greek System</td>
<td>Intramural Sports</td>
<td>Service Learning</td>
</tr>
<tr>
<td>Art/Music</td>
<td>Theater</td>
<td>Other Clubs/Activities</td>
</tr>
</tbody>
</table>

RELIGIOUS/ETHNIC ORIENTATION
Many colleges are affiliated with and supported by a specific religious denomination.
Others have an historic or current orientation toward a particular ethnic group. Consider
the relative desirability of a student body in which most of the students belong to a
particular religious denomination or ethnic group. Insofar as religious orientation, some
colleges have only historical relationships with churches, others have far closer
relationships that extend to required theological coursework and/or religious practices.

Consider the following:

- I desire to be in a homogenous environment
- I want to be on a campus where religious life is emphasized
- I don’t mind being on a campus that has an historical background, but I don’t want
to be required to take theology or be required to attend religious services
- I want to be on a diverse campus
COST AND THE AVAILABILITY OF FINANCIAL AID

Costs vary greatly from one college to another. Many students, however, make too many assumptions about costs too early in the process of choosing a college. There are many forms of financial assistance available. While most of the aid available is given to those who can demonstrate need, monies are also available for students who have achieved academic excellence or those with special abilities. It is essential to talk with your parents about the realities of their financial situation in regard to the colleges you'll be considering.

Consider the following:
- Is cost a major/minor factor in choosing a college?
- Are my parents and/or I prepared to pay for my college costs?
- Will I need a complete search of the financial options available to me?

LOCATION, LOCATION, LOCATION

How important is location to you? You may wish to consider the following:
- Is location more important than other qualities such as overall quality of the college, its academic offerings, size and cost?
- Do you want to attend a school close/far from home?
- Will you want to come home often (say once or twice a month) or would you prefer to limit home visits to major breaks?
- What region do I want to live in?
- How expensive is it for you and your parents to travel to these regions?
- Do you have relatives or friends who live in the regions you've chosen?
- Do you prefer certain climates?

*Always keep in mind, you are choosing an academic environment where you will spend four years. You ARE NOT choosing a vacation site!*

STUDENT BODY QUALITIES

You will likely find a wide variety of students at practically all colleges. Identifying some of the characteristics about students with whom you would feel most at home can be meaningful as you contemplate your college choices.

Consider the potentially important character traits of the students attending your college. Below is a list of words and phrases that may describe student body styles.

<table>
<thead>
<tr>
<th>Adventurous</th>
<th>Down-to-Earth</th>
<th>Involved</th>
<th>Social</th>
<th>Aggressive</th>
</tr>
</thead>
<tbody>
<tr>
<td>Career-Minded</td>
<td>Dress Conscious</td>
<td>Scholarly</td>
<td>Spirited</td>
<td>Ambitious</td>
</tr>
<tr>
<td>Energetic</td>
<td>Liberal</td>
<td>Spontaneous</td>
<td>Athletic</td>
<td>Friendly</td>
</tr>
<tr>
<td>Motivated</td>
<td>Supportive</td>
<td>Politically aware</td>
<td>Laid-back</td>
<td>Open</td>
</tr>
<tr>
<td>Tightly-knit</td>
<td>Caring</td>
<td>Idealistic</td>
<td>Outdoorsy</td>
<td>Tolerant</td>
</tr>
<tr>
<td>Creative</td>
<td>Independent</td>
<td>Conservative</td>
<td>Innovative</td>
<td>Religious</td>
</tr>
<tr>
<td>Unconventional</td>
<td>Cosmopolitan</td>
<td>Respectful</td>
<td>Diverse</td>
<td>Cultural</td>
</tr>
</tbody>
</table>
The Final Analysis...

The Characteristics of your IDEAL College

You've just considered vital qualities or characteristics important to you in selecting a college. You may want to summarize what you have discovered about the qualities you seek and their importance. You will want to reflect on these qualities as you work through this process.

Example:

- I'm looking for a small college because I seek contact with professors and opportunities to get involved in lots of athletic activities. Size of the college is very important to me.
- I would prefer a college with many Catholic students.
- All locations are OK, but my preference is for colleges in California.
- I'm looking for a liberal arts and sciences college.
- It is very important for me to have a balance between academics and social life. I don't want a pressure-cooker college.
- I think I should pay particular attention to colleges which either cost less or where I might be eligible for some type of scholarship.

Add your own findings:

1. __________________________________________
2. __________________________________________
3. __________________________________________
4. __________________________________________
5. __________________________________________
6. __________________________________________
7. __________________________________________
8. __________________________________________
Common Pitfalls in the College Selection Process

1. Keep in mind the main reason you are attending college and do not place importance on trivial factors early in the process (keep an open mind).

2. Choose where you want to apply and don't let the choice "just happen" by doing what your best friend is doing or what your parents wish they would have done.

3. Do your homework and don't apply to schools that you really have no intention of attending.

4. Just because a college may have very high admission requirements does not make it better.

5. START NOW! DON'T PROCRASTINATE BECAUSE YOU ARE NERVOUS OR SCARED. There are lots of places that will fit for you; but you must meet their deadlines!

6. Don't second-guess the admissions staff and eliminate yourself. If you have wanted to go to ABC College since you were in grade school, apply. You will regret not having done so.

7. Don't assume you cannot afford to attend a certain school. Even though financially the school may be a long shot for you, you might be surprised at the financial aid package the college can put together.
Getting Organized for the College Search

(Steps to get organized for the college application process)

1) Set up a simple filing system for all your college materials. You can use an electronic, portable, plastic file box, an empty file drawer in a filing cabinet, or even a cardboard box. Buy a dozen or more file folders; light-colored ones work well because your handwritten notes on the inside flap will show up easily. Label a folder for each college. Every time you have a correspondence with a college, the materials you receive (brochures, invitation to a preview day, letter from an admissions officer, etc.) should be stashed in this file folder. So simple! So important! And, every time you do anything regarding this college – start an application, ask for a recommendation letter, request from the test center for your ACT or SAT scores be sent there – write what you did on the inside flap of the folder. Then, months later, if you get a call from the college saying that crucial items are missing, you’ll be able to track them down. Set up additional files for your transcript, for ACT or SAT scores, for financial aid forms, for copies of the essays you write, etc. This file box will be your “command center” throughout the application process. It should be as complete as possible.

2) Now that you have your filing system in place, you’re ready to start collecting information. You will be using your Naviance account to access current information on your colleges. You may want to use paper resources as well.

3) Set a date for your ACT or SAT for colleges that require these tests. When you take the SAT, sign up for Student Search. There will be a little box to check if you want colleges to contact you with information. Your scores, name, address, and other information you supply will be released to colleges, and if you do well on the SAT, your mailbox will be overflowing. This is a great way to learn about a college that you might have otherwise missed.

4) Make a “college search calendar” beginning with the spring semester of your junior year and continuing through the summer and first semester of your senior year. Plan now when you will be able to visit the colleges that you are the most interested in. Spring break of your junior year is a perfect time since colleges are usually in session. Summer is not as good a time to visit because you’ll only be looking at buildings – the students aren’t there. If there is any chance that you will be applying early decision to a college, it is all the more important that you visit it early because early decision deadlines hit early in the senior
year. On this calendar that you are creating, record the early decision, regular admission, and financial aid deadline dates for all the schools to which you are applying. Record the dates of the exams (SAT, SAT II, ACT) that you plan to take and the deadlines for registering for them. If you are considering taking an ACT or SAT preparation course, put those dates on the calendar, too.

5) Revisit your Naviance account. Meet with your counselor and the resources of Lake Oswego High Schools Counseling office. Take advantage of your counselor’s expertise and the considerable resources at Lake Oswego High School.

Next.........

**READ**

everything you can about colleges and the application process

**TALK**

with college representatives, counselors, teachers, students now in college, your family, people in the community, alumni of colleges that interest you

**VISIT**

college campuses or vocational schools, industries and businesses in your career field
Naviance

The LOHS Counseling Office has selected NAVIANCE STUDENT to assist our students and us in managing the college application process. It is a comprehensive website that students and parents can use as a tool in planning for college. Naviance Student is a place to organize personal data, lay out a game plan, maintain a list of prospective colleges, and track the application process.

We encourage our students to utilize this website throughout their high school years.

Here are some of the features to explore:

**College Lookup**
This research tool provides comprehensive information on thousands of colleges. In addition to general and admissions information, further data is presented on academics, cost and financial aid, student body characteristics, extracurricular and athletic programs. A link to each college’s website is provided. For colleges to which LOHS students have applied, numbers applying, admitted, and enrolled are shown, with a link to a “scattergram” graph.

**College Search**
Enter criteria such as size, location, cost, availability of specific majors or athletic programs, and students can produce a list of colleges that meet their criteria.

**Acceptance History**
This feature shows all colleges to which LOHS students have been accepted, Class of 2015 through the present, as well as the number of students accepted and number enrolling at each.

**Scattergrams**
This is a graphical view of application outcomes (accepted, denied, waitlisted) at a college for recent LOHS applicants, using GPA and SAT or ACT scores. Students can gauge their chances of acceptance by comparing personal GPA/SAT or ACT numbers with those of successful applicants.

**Visit Schedule**
As college representatives schedule information sessions at LOHS, these are posted on Naviance. Click on the colleges tab and then “College Visits”, and view the page for a particular college to see whether a session is scheduled. Juniors and Seniors may sign up online.

**Resources**
This feature provides links to other useful websites relating to college information, financial aid, test preparation, NCAA eligibility, etc.
Lake Oswego High School-College Application Process
Starting the Application Process Senior Year

1. Select the schools you will apply to and access the applications through the college website via Naviance.
2. Print out each college’s checklist from their website.
3. Use your file system. Write important dates on the outside of each file folder. Make one master sheet of all schools and deadline dates.

1. Log into your Naviance account using link on the LOHS Counseling website.
   - You will use your personal email and a password that you have selected.
   - Select “Colleges”.
   - “Colleges I’m applying to” schools must be listed here for Lake Oswego High School to process your transcript request.
   - Follow the link on Naviance to the college’s website to find the college application.

2. Transcript Requests/Application Deadlines — A school must be listed on “Colleges I’m applying to” before you can request a transcript. Transcripts must be ordered 5 school days before the due date.
   - To check if your request has been made, go to “transcripts” then “manage transcripts”. If you are still uncertain about your order, contact your counselor or the Counseling Secretary.
   - If the application due date in Naviance does NOT match the application due date listed on a school’s application OR, if there is a late spring deadline or no due date listed (rolling admission), you must see the counseling secretary or your counselor to have the date changed in Naviance.
   - Transcripts will be sent by the due date listed in Naviance. Use the pencil edit to select the college due date.
   - The final high school transcript: At the end of your senior year, you will be required to complete a graduation survey on your Naviance account. The survey requires that you tell us where you'll be attending school in the fall after your senior year. We will automatically send your final transcript to the school you've selected. There is NO charge for this transcript and no need to request it.
   - Athletes: You must send The NCAA Clearinghouse your 8th semester (final) transcript. This one is also free but must be requested using a paper request form found in the counseling office.

3. SAT and ACT Test Scores: LOHS does not send your SAT/ACT scores. You must order them from: actstudent.org (ACT) OR collegeboard.org (SAT I, SAT II and AP)
4. **Teacher/Counselor Recommendations** — *IF* you need letters of recommendation, contact your teacher(s) and/or counselor in person to request a letter. Once the teacher/counselor has agreed to write your letter:

- Go to Colleges Tab
- Letters of Recommendation
- Click on the green Add Requests
- Select teacher
- Check the circle for “Choose specific colleges from your Colleges I’m applying to list” Do NOT choose All.
- Include a “Thank You” note and remember: Letter requests must be made at least 15 school days prior to the application due date.
- Check with your counselor if you have any questions about letters of recommendation

**Is My Application Complete??**— After everything has been sent in, check with the college to see if your file is complete. Many schools have an online system allowing you to look at the status of your application. You may also check on Naviance by going to “manage transcripts” under “Colleges I’m Applying To” to see what materials have been sent. If it’s been a couple of weeks or longer since the materials were sent to your college and they still don’t have them, double check with the college, then see the counseling secretary so she can verify when your materials were sent.

**Never hesitate to ask the counseling secretary or your counselor any questions you may have so we can help you through this process. We are here to help so please ask!!!**
Preparing a Résumé & Activity Sheet

1. Create a word document as you brainstorm with friends and family and write down randomly all activities and awards. Include both school and out of school activities.

2. Organize the material into appropriate categories. You may list by activity/honor and year or you may have general headings for each grade level followed by activities/honors. Be creative, but consistent. The important thing is to be complete and to make your resume clear and easy to read.

What should you list in your resume and/or activity sheet? Here are some ideas:

- Honors and/or awards received
- Service learning, community involvement, volunteering
- Clubs, Sports, Music, Art, etc involvement
- Leadership positions held (either elected or appointed)
- Scholarships already earned
- Jobs worked or currently working
- Published works such as poetry, short stories, art, etc
- Church/Spiritual involvement
# ACTIVITY SHEET

Name: ____________________________

(Extracurricular, Personal, and Volunteer Activities including summer)

<table>
<thead>
<tr>
<th>Activity:</th>
<th>Grade Level</th>
<th>Hrs./Week</th>
<th>Wks./Year</th>
<th>Positions held, honors won, or letters earned</th>
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</table>

**Academic Honors:**

Description:

**Work Experience:**

*Specific Nature of work*

<table>
<thead>
<tr>
<th>Dates</th>
<th>Hrs./week</th>
<th>Employer:</th>
</tr>
</thead>
<tbody>
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<td></td>
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The College Essay!
(Personal Essays are an assignment completed in your senior English class!)

Print out a few examples from college websites of college essay prompts to get your ideas flowing~

1) Sketch out a sort of timeline of your life, answering these questions:
   - What were the pivotal moments of your childhood, early teen, and high school years?
   - What things were most important to you?
   - Who were the people who played key roles in your development? Who are some of the unforgettable characters of your life?
   - What activities or events have been most fulfilling, most frustrating, and/or most memorable?
   - When were you the happiest, saddest, most embarrassed? What is the funniest thing that ever happened to you? What makes you laugh?
   - When were you the most challenged?
   - What is unique about you? What do you do that no one else does?
   - What places and objects have the most meaning for you?
   - What stories do you have to tell?

2) Find a few subject from the above list that stand out for you. Brainstorm topic sentences and group ideas that fit best for your subject. If you run out of ideas quickly this may not be the subject to use for your essay.

3) There are no good or bad topics, only good or bad essays. Some of the best essays are written about the most mundane subjects: a fly on the wall, learning to drive, a pair of running shoes. The trick is to be fresh, lively, and original in how you treat the subject. Don’t be afraid to look around you to find a topic of interest; the subject need not be cosmic in importance.

4) Most college essays are autobiographical. Admissions are interested in learning more about you and how your mind works. Make your response personal, distinctly yours. Look to write a great opening sentence.

5) Make sure it is your “voice” coming across in your essay!

6) Give yourself enough time and permission to write some rough first drafts. Don’t go for perfection the first time. Experiment. You’ll feel so much better to have something down, even if you change it later. Letting loose on a first draft can help create that freshness, liveliness, and humor that can make an essay great. Then go back and polish it up.
Applications that require Letters of Recommendations

Read the entire application!
Read the entire application!!
Read the entire application!!!

If you will be applying to private schools and/or for scholarships, you may need a letter of recommendation from your counselor and/or a teacher (or two). In order for us to complete your application materials, you must do the following:

1. **In person** ask a teacher (or two) to write a letter for your application **3 weeks** prior to the deadline. **In person** ask your counselor to write a letter for your application **3 weeks** prior to the deadline. Add the teachers to your list on your Naviance account.

2. Pick up one blue confidential feedback form in the counseling center or you can find a copy in Naviance under “Document Resources”. Give to one person **NOT** writing a letter of recommendation for you. Give these to staff people who know you and you work well. These feedback forms will be returned to your counselor and will be used to write a counselor letter of recommendation.

3. Complete a Student feedback form sheet in your Naviance account under “Document Resources”- ask your parent/guardian to complete the Parent Feedback form in “Document Resources” as well.

4. The quality for which we strive for can only be reached by allowing teachers and your counselor the time to prepare letters and application materials which you will be proud to send to prospective schools.

5. If there is something in your records that needs interpretation (poor grades first half of junior year, etc.) - please make that information available to us.

6. The persons you ask to provide data for your letters of recommendation are giving you (and many others) valuable time and energy. Please let them know that you appreciate their efforts! (Thank them with a hand written note!)
There are many different testing options open to college-bound students. Not all students need to take all of the tests available. Students should check college websites to determine which tests are required.

As a general rule, most four-year colleges require at least one test. Most students should take either the SAT I plus writing and/or the ACT plus writing. In addition, many selective schools and all of the Military Academies require the SAT II: subject tests. All of these tests may be taken several different times as usually the highest scores are considered for admission and scholarship purposes.

Registration information for these tests is on their websites. There are stringent registration deadlines. Fees and registration can be done online at sat.org for the SAT or act.org for the ACT. Be sure to indicate codes for colleges, scholarships, and Academies that you want to receive your scores. Schools require that the scores come directly from the testing agency and for this reason LOHS does not send your test scores to any schools; you must arrange for your scores to be sent directly from the testing agency.

**TESTING WEBSITES:**

**SAT**
CollegeBoard (SAT I, SAT II, AP): sat.org

**ACT**
ACT, Inc. (ACT): act.org
TEST DESCRIPTIONS

SAT Exam:

The SAT is a 3 hours test with a 50-minute optional essay. The test is primarily multiple-choice, with math, and evidence-based reading and writing. Each section (Evidence Based Reading & Writing and Math) of the SAT is scored on a 200 to 800 point scale, making the "perfect" score 1600.

SAT II: Subject Test

The SAT II: Subject Tests are one-hour, primarily multiple-choice tests in specific subjects. Subject tests measure your knowledge of particular subjects and your ability to apply that knowledge. Some colleges require or recommend one or more of these tests for admission or placement purposes. Check the requirements of colleges under consideration before deciding which tests to take. The scores are on a 200 (lowest) to 800 (highest) scale. These exams are given at the same time as the SAT I and the same registration form is used.

ACT (American College Testing Program Assessment)

The ACT is a 2 hour and 55 minute test with a 40-minute optional essay. The test measures academic achievement in English, mathematics, reading, and science reasoning. It contains analytical and problem-solving exercises. Your ACT report will contain five separate scores ranging from 1 to 36. There will be one score for each test and a composite score, which is the average of the four subject areas. Students have the choice to sign up for the ACT plus Writing. Oregon state colleges require the writing portion if students are choosing to take the ACT for admissions.

CONSIDERING MILITARY SERVICE?

The Armed Services Vocational Aptitude Battery (ASVAB) is the selection and classification test used by all branches of the United States Armed Services. The military services use ASVAB scores to help determine the qualifications of young people for enlistment and to help place them in military occupational programs. Since your ASVAB scores can have a big impact on what you will do in the military, a little preparation can go a long way. If you do an internet search for free ASVAB test prep you can find practice and tips which will help you conquer the test. The ASVAB is also ideally suited to discover possible career matches for people who are not planning on going into the military.
Log onto the NAIA or NCAA website to check eligibility, deadlines and the process for each clearinghouse. Use our athletic director for support along with your counselor.

Student athletes who want to participate in college athletics at any level should start the certification process early; by the end of their junior year or early in their senior year of high school. Please check the NAIA or NCAA websites for up to date information on the eligibility process.

To be certified by the NAIA and the NCAA Clearinghouse students must:

- **Graduate from high school**
  Students should apply for certification before graduation, usually after their junior year. The NCAA Clearinghouse will issue a preliminary certification based on information available before graduation, so that the student is informed about any potential reasons that he or she may not be certified. Final certification will be issued only after receipt of a final transcript that includes proof of graduation.

**TEST SCORES**

- Division I has a sliding scale for test score and grade-point average
- Division II has a minimum SAT score requirement of 820 or an ACT sum score of 68
- The SAT score used for NCAA purposes includes only the critical reading and math sections. The writing section of the SAT is not used
- The ACT score used for NCAA purposes is a sum of the four sections on the ACT: English, mathematics, reading and science
- All SAT and ACT scores must be reported directly to the NCAA Eligibility Center by the testing agency. When registering for the SAT or ACT, use the Eligibility Center code of 9999 to make sure the score is reported to the Eligibility Center

**GRADE-POINT AVERAGE**

- Only core courses are used in the calculation of the grade-point average
- Be sure to look at your high school’s list of NCAA-approved core courses on the Eligibility Center’s Web site to make certain that courses being taken have been approved as core courses.
- Division I uses a sliding scale core grade-point average/test-score. The Division II grade-point-average requirement is a minimum of 2.000
How do Colleges Select Students?

College admissions officials will be the first to tell you that the admissions process is arbitrary, complex and uncertain. However, you do have a great deal of control over the process if you take the time and care to prepare well. After talking to many college admission advisors across the country regarding the student selection process, several common themes emerge. The following data is representative of how students are evaluated and selected by colleges and universities throughout the nation.

- State Universities often use a selection index, which is typically based on GPA and test scores. In addition, specific academic requirements must be met before entrance is granted. Lake Oswego High School graduation requirements meet many of these standards.

- The private and more selective schools are looking at a number of factors. Selective colleges are searching for a well-rounded student body. This means that admissions officers are interested in seeing specific strengths and talents which students can bring to their campus.
  - The quality of courses taken in high school in relationship to what is offered at that high school. (A near perfect GPA will not carry as much weight as a transcript with advanced and honors classes and a slightly lower GPA. Remember: junior and senior year courses and grades are the most important, along with GPA and Test scores: ACT, SAT, SAT II, AP (prepare carefully and test several times if necessary)
  - Application and personal essay
  - School Counselor and Teacher letters of recommendation
  - In-depth involvement in some type of extra-curricular activities
  - Personal interview

- Choose people to write recommendations who know you. Help them by making certain they have enough information about you to write a supportive letter highlighting your character, abilities, and interests. Also allow them the time to do a good job. Obviously a teacher who writes 35 letters of recommendation is going to have more time to give to the letters that are requested early. You should give people at least 3 week notice prior to your deadline!

- Colleges and Universities are interested in recruiting students who will make a difference. Take time to do community service or volunteer in some capacity. They want to see a person who cares about others.
Financial Aid & Scholarships

FINANCIAL AID
The cost of a college education continues to climb each year. A four-year state university can be as high as $20,000 per year for tuition, room, board, books, and personal expenses. Some private universities this year will cost over $60,000 for one year. Seeking financial aid for help with college expenses takes time and persistence.

There are four sources of financial aid for students: private, institutional, state and federal. The basis for disbursement of financial aid funds is a needs analysis that determines what the family contribution should be for a student. FAFSA, a federal form, is the application required for the needs analysis and this form helps define what an individual family is able to pay towards the cost of higher education. It is required by ALL COLLEGES for federal loan or grant consideration and some private funds. Applications may be submitted after the first of October the year prior to attending college.

Another form, CSS PROFILE, is required or accepted by approximately 700 colleges, universities, and scholarship programs to award their own private funds. After a dollar amount has been determined, it is the responsibility of the individual college financial aid officer to put together a package of aid for the student. The amount a family can contribute will always be the same no matter what college the student attends. However, depending upon the college, the demonstrated need will vary.

It is important to know that most financial aid and many scholarship awards are based primarily, or in part, on need. Families have the obligation of financing the education of their children to the extent that they are able.

No one receives the results of your financial aid application except those institutions you designate on the application (colleges and scholarship commissions).

If you will need financial help for college, there may be several ways to receive assistance:

**GRANTS/SCHOLARSHIPS**
Monies that do not have to be repaid by the student or family. This is a gift.

**LOANS**
Monies that must be repaid. Many loans have low interest rates and repayment may not begin for 9 to 12 months after the student leaves college.

**WORK STUDY PROGRAMS**
Payments of cash that the student receives for working at a job arrangement through the college.

If the college awards financial aid, it will be in the form of a financial aid package and will most likely be a combination of the above. Separate merit scholarships earned by a student may or may not be counted as part of the package.
SCHOLARSHIPS

In addition to need-based monies, there are hundreds of scholarships available from private and public organizations. Lake Oswego High receives notification of many of these scholarships but there are also many we do not hear about. You will find wonderful scholarship search engines on the Internet. Here are several which we expect you to use if you are looking for scholarships:

- [www.fastweb.com](http://www.fastweb.com)
- [www.collegeboard.org](http://www.collegeboard.org)
- [www.finaid.org](http://www.finaid.org)
- [http://www.axa-equitable.com/axa-foundation/about.html](http://www.axa-equitable.com/axa-foundation/about.html)
- [http://www.collegeanswer.com/index.jsp](http://www.collegeanswer.com/index.jsp)
- [http://collegedata.com/](http://collegedata.com/)
- [http://www.getcollegefunds.org](http://www.getcollegefunds.org)

General scholarship application guidelines:
1. Follow instructions exactly - if they request information in your own writing, do so.

2. Many scholarships will request letters of recommendation and a transcript. You may use the same letters of recommendation that are used for your college applications; but you need to ask your teachers for a copy of their letter to submit. Often the essay you use for some college applications may be suitable (perhaps with some modification) for some scholarships also.

3. If appropriate, you may want to put a cover page on your scholarship application with your name, the scholarship title and a picture of yourself. You may even want to place the materials in a clear plastic folder to make it more eye-catching.

4. Again, please have completed application materials to the Counseling Office 3 weeks before the deadline.
Public and Private Colleges

College representatives will visit Lake Oswego High to meet with interested students. Sign up via your Naviance Student account under the College tab.

PUBLIC COLLEGES/UNIVERSITIES

Public school deadlines and procedures for applying vary. Read the entire application on their website to ensure you submit what is required.

PRIVATE COLLEGES/UNIVERSITIES

Private colleges have their own procedures for admission. Read thoroughly their entire application process.

Because we have a number of students each year who apply to the University of California system, some of their guidelines will be outlined here.

Applications can be secured from any of the state schools in California beginning in August. Because the large UC system has a short window for accepting applications, it is important that you obtain this packet early. The University of California system accepts applications only from November 1 until November 30. The transcript is self-reported. A final transcript will be sent from Lake Oswego High after the 8th semester.

Application deadlines vary greatly. Be acutely aware of December 1, December 15, January 1, or January 15 deadlines. Because of Thanksgiving and Winter Break, the school report/counselor recommendation section needs to be in the Counseling Center three school weeks prior to the deadline. It is up to the student to be aware of deadlines and to make sure all materials are completed in time for processing by the counseling secretary.
Glossary of Admissions Options

**EARLY DECISION**
When you decide to apply Early Decision, you are committing yourself to going to that school if they admit you. Early Decision is for those early-bird students who already have a clear first-choice college. If you're still comparing colleges and don't want to limit your choices yet, Early Decision is not for you. Why? Early Decision is a contract between you and the college. You agree that if the college accepts you, you'll withdraw all other college applications and attend the early decision college. Because of this commitment, you can apply Early Decision to only one college.

**RESTRICTED EARLY ACTION**
Restrictive Early Action means that you apply to your school of choice and get a decision early. Be aware, though, that some schools restrict applicants from applying to any other early plans (other than early applications at state schools) at other schools. If you go this way, you'll have until May 1 to confirm that you'll be attending.

**EARLY ACTION**
With Early Action, you just send your application in earlier, and the college sends you its decision earlier. Some colleges do have additional restrictions on their early action programs, though, so make sure to read carefully the instructions from each college.

**REGULAR ADMISSIONS**
Students submit an application by a specified date and receive a decision in a clearly stated period of time.

**ROLLING ADMISSIONS**
Institutions review applications as they are submitted and render admissions decisions throughout the admissions cycle.

**DEFERRED ADMISSIONS**
1. An offer of admission from an institution for a semester, year, or even two years later than the semester for which the student had applied.
2. A decision by an accepted candidate to defer matriculation for a semester, year or more to travel, work, or complete other projects. Matriculation at another institution is generally not an acceptable reason for a student to defer admission.

**CANDIDATE REPLY DATE**
Except for those admitted under the Early Decision applicants are not required to reply to an offer of admission before May 1. By that date, applicants should notify the one institution they intend to attend; submitting a deposit typically does this.
Early Admissions

If you are applying to a school on the Early Decision program, you are obligated to attend that college if you are accepted. Many early decisions deadlines are November 1 or November 15. Early decision is used by a student who has a very definite first choice college. Three actions can be taken by the college on this application:

1. Admitted
2. Deferred/Wait-Listed (Holding for review with the regular applicant pool, this will remove your obligation to attend if admitted).
3. Denied

Many private schools have Early Action, and a variety of other programs for admission procedures that do not obligate you to attend if admitted. They have the same three options as above for decisions about the student applicant.

Helpful Hints For Wait-Listed Students – If you are still interested in attending that college, call the admissions office and state that this school is your first choice. Follow up the phone call with a letter. In it you might mention where else you have been accepted (if the school is competitive with your choice) and tell them why you are more suited for their college. Remain enthusiastic and TACTFUL! Try to determine what factor was weak on your application. Were your letters of recommendation strong? Have a teacher, coach or advisor write an additional letter to attest to a truthful markedly positive performance that has happened recently. These letters should be anecdotal, not “general character reference,” citing specific examples of classroom and outside accomplishments. CAUTION: Admissions personnel do not want to be barraged at this time by “Big Gun” letters from Senators, trustees, or alumni. This is certainly overkill! Submit recent reports or essays. If any work you have done recently has earned special praise from teachers, submit it. Have your counselor call the Admissions office on your behalf.

GENERAL INFORMATION

As you can ascertain from the above, applying to private schools generally takes more time and energy. However, the information required for most private schools is often the same or very similar and once you have gone through the process; it is easier to apply to the next school. You will also have a jump on materials needed for scholarship applications. The key is to begin early.

If you know you will be applying to selective private schools, schedule an appointment very early in the fall with your counselor to review the process. If you know definitely that you will apply only to one of the State System schools and that you easily meet the admission requirements, you can wait until later in the fall to begin your applications. When in doubt, start early.
Getting Into that Highly Selective University

- Try to convey your true self - nothing impresses like an honest, accurate self-appraisal.
- Do the application process yourself - colleges are looking for mature, self-reliant young men and women - *NOT* their parents.
- Don't get behind in the process - nothing looks worse than excuses.
- Essays alone won't get you in **but**
  - Write in a solid style
  - A bad essay will keep you out
  - Don't be overly wordy
  - Have several others check your essay over for honest feedback
- Recommendations
  - Get requests for letters in early
  - Check to see if it was sent
- Athletic Contracts
  - Coaches tell you great things - they don't make admissions decisions!
- Interviews
  - If an interview is not required, but is recommended - **DO IT**!
  - Call the school and ask them to send you a school newspaper - read up on current issues
  - Read their website as much as you can and find questions you want to ask
- Campus Visits - by all means, be an active observer
- College Visits to your high school
  - Very important - get to know the college representative
  - If you can't stay - stop in and introduce yourself
  - Ask subjective questions (environment, atmosphere on campus, etc.)
- Remember your senior year is just as important as every other year.
- Keep in mind that you are being compared on a highly competitive, national basis.
- Highly selective colleges look at everything - grades, test scores, school and community involvement, letters of recommendation, essays.
- A consistent, strong, and rigorous program is **KEY** to acceptance.
- C's in your first semester of senior year are frowned upon.
- AP classes are valued, not just a 4.0 GPA - Do you challenge yourself?
- If offered a spot on the Wait List - take it if you really like the college. While you can't bank on final acceptance, it could be just the chance you need. Pursue with additional new information that can help you.
The Campus Visit and Interview

Before you start thinking about visiting any college, some “homework” is in order. The first step is to begin looking through information online, including the colleges’ websites, and materials that your Naviance account has available. There are many good websites and apps that can help with your search. Certainly, you will want to start thinking about the kind of institution that interests you. You may wish to review the worksheet on identifying a college that fits you. Using a search engine like the one on Naviance and/or Big Future on the College Board website can help.

You can do all the reading in the world and all the talking to alumni, representatives and counselors. However, nothing will tell you as much about a college as your visit to the campus. A school may appear to be a perfect fit for you on the website and yet it may have a very different atmosphere than what you had imagined in your mind. Whenever possible, visit the school you plan to attend.

If you are fortunate enough to be able to visit different colleges before you apply, that is wonderful but not necessary. It is only important that you do as much research as you are able, complete your applications and then plan your visitations after you have your acceptances in hand.

*Once you have decided upon the school(s) you want to visit, follow these guidelines:*

1. Check their website to see how visits are set up. You can attend a college-organized visitation date, but remember you will see their “company best”. You will also want to melt into the campus to see and feel the atmosphere and do an “informal” visit.
2. Ask for an appointment with an admissions official. Some colleges can arrange for you to spend the night in a dorm if you have the time and desire. Some colleges may have you interview with an alum.
3. Use the questions in this guide and do not ask information that is readily available in brochures.
4. If possible, try to attend a class in your major area of interest and another class of an elective nature. Talk with the professor after class. Staff is usually eager to talk with prospective students and you will get a different view of the school.
5. Wander about campus and ask other students questions. Most colleges have tours given by students. Ask frank questions of them, such as what they like and dislike about the school.
6. Relax. If you are visiting before you have been admitted, admissions officials say that an interview or visit rarely determines the outcome of an admission decision. Colleges are interested in helping you find a school that fits your needs. It is in their best interest to be honest and open with you. It is expensive for colleges to have students arrive who are not suited to that school.
7. Be on time, dress neatly and be assertive.
8. Take notes. If you are visiting several schools, they will start to run together in your mind.
9. Write a brief thank you note if you have received individual attention and time from staff.
10. Be sure to pre-arrange your college visitations with the LOHS attendance secretary.
Tips to Make your College Visit Count

1. Don’t over do it. Be sure to allow at least a half-day per campus.
2. Give yourself adequate travel time between schools. Ask about peak traffic times. If you’re going to be late for an interview, call.
3. Too often students worry so much about how the college will judge them that they forget to judge the college. Kick the tires. Ask tough questions.
4. Develop critical skills close to home. Before you spend money on a major trip, visit a couple of colleges in your area. Tour a large and a small college. You’ll see what you like and don’t like, and you’ll use your time on the road more efficiently.
5. Read before you visit. The college website has a wealth of information.
6. Take the campus tour, but also roam widely. Spend time with students (either stay in a dorm or strike up conversations in the cafeteria). Ask for directions freely. It’s a great way to get into conversations and talk to more than one student.
7. Get the scoop on academic life. Visit a class. Who teaches? Regular faculty or grad students? How large are the classes? Is the faculty excited about teaching? Are they accessible? And are the students energized?
8. While it’s okay to visit in the summer if that’s the only time you have, fall and spring are ideal because the campus will have more students and activity. Try to avoid visits during exam times or holiday breaks.
9. If the college offers interviews, schedule one. Call well in advance, some schools also offer an overnight stay in the dorms or a meeting with a faculty member.
10. Check out the dorms, libraries and computer facilities. And, if they interest you, visit the laboratories and arts and athletic facilities. Scan student newspapers and bulletin boards for telltale signs about campus culture and the level and kind of extracurricular activity. Remember what Mark Twain said, "Never let your schooling interfere with your education." A great deal of what you will learn during college will happen outside the classroom.
11. Notice how well the buildings and grounds are maintained. Both are clues into the college’s financial health. If there is construction going on, that’s a good sign of upcoming modern facilities.
12. Make sure you’ll feel comfortable at the school. Check out campus activities. Is everyone included? And what about safety and security on campus?
13. When visiting a campus, be sure to write down your thoughts in a journal while the experience is still fresh in your mind.
Final College Choices

You’ve just received your acceptance letters! Everything should be a breeze, right: You’re headed to college and on to better and brighter things. If you’re lucky enough to have more than one choice, there might be a challenge in deciding which school you prefer. Here are some reminders to ease your decision:

1. Remember, college, no matter where you go, is an ongoing process of adaptation and adjustment. Take this attitude and the decision won’t seem nearly as monumental as you first thought.

2. Decide for YOURSELF! You are the one going to college. Revisit those notes from your visits on the websites or in person. What qualities are you looking for?

3. It’s a time for you to create your own life. Keep in mind, college is one of the easiest places to make friends. Remember to have fun.
Service Academies and ROTC Scholarships

Admission to service academies is by appointment only. Application to a service academy begins realistically in the junior year when a student submits a pre-candidate questionnaire to the academy. The academy will open a pre-admission file and evaluations will be sent to applicants in the summer. Information gathered in the pre-admission file will be used by the academy to provide the applicant’s congress people with periodic status reports that may assist the applicant in being selected for a Congressional nomination. Students attend academies free of charge and earn a monthly stipend in return for a stipulated number of years of service.

Prospective candidates must qualify scholastically, medically, and physically. The admissions Board examines each candidate’s school records, SAT or ACT scores, recommendations from school officials, record of extracurricular activities, and other evidence of character, leadership potential, and academic aptitude and achievement. Students interested in service academies should see their counselor and the counseling secretary for complete information.

ROTC (Reserve Officer Training Corps) scholarships provide for full college tuition and fees, books and supplies, and a monthly monetary stipend for the four years of college. While in college, a student generally majors in the field of their choice and spends approximately one hour three days per week in military science courses or activities. During summers while enrolled in college, the student spends some time at military camp. At the end of four years you receive a college degree as well as a commission as an officer in the branch of service you selected. The student then serves four to five years of active duty.

To increase a student’s chance of winning a four-year ROTC scholarship, he/she should:

- Take college preparatory classes
- Concentrate on grade point average
- Be involved in leadership, extracurricular, community and athletic activities
- Take the SAT or ACT in junior year and as often thereafter as needed--highest score counts. Have results of the SAT or ACT sent by using the appropriate ROTC codes
- As a junior, request a scholarship application as early as February 1
- Submit the completed application between April 1 and August 15 of the junior year for consideration in the first cycle (fewer applicants)
- Or, as a senior, submit the application between August 15 and December 1 for second cycle consideration
- Increase options by applying for Army, Navy, and Air Force ROTC scholarships as well as service academies
- If not selected, enroll in freshman non-obligatory ROTC classes and then apply for three-year ROTC scholarship
MILITARY ACADEMY APPOINTMENTS

Contact your chosen branch in the SPRING OF JUNIOR YEAR for an application:

(Check their websites for accurate contact information)

United States Naval Academy  
Candidate Guidance office  
Annapolis, Maryland 21402-5018  
Director of Admissions  
U. S. Coast Guard Academy  
New London, Connecticut 06320-4195

Director of Admission  
United States Military Academy  
West Point, New York 10996-1797  
Director of Admissions  
U. S. Merchant Marine Academy  
Kings Point, New York 11024-1699

Director of Admissions  
HQ USAFA/RRSS  
United States Air Force Academy  
Colorado Springs, CO 80840-5651

Write to your state senator or representative for an application for a nomination. See their website for accurate contact information.
Oregon Universities and Colleges

Oregon University System:

The Oregon University System of higher education is comprised of seven colleges and universities on eight different campuses:

- Eastern Oregon University, La Grande
- Oregon Institute of Technology, Klamath Falls
- Oregon State University, Corvallis (*Cascade campus, Bend)
- Portland State University, Portland
- Southern Oregon University, Ashland
- University of Oregon, Eugene
- Western Oregon University, Monmouth

Admission requirements vary somewhat from campus to campus, so it is important to understand what each college or university requires before applying. Check the website for each school you are interested in.

To be admitted as a freshman requires the following:

1. Graduation from a standard or accredited high school.
2. GPA of 3.0 or above at most of the schools.
3. C- and above in all five core classes. (No D’s)
4. Completion of 15 units (or "year-long courses") of college preparatory work in the following areas:
   - English (4 units), Mathematics (3 units, through Advanced Algebra), Science (3 units- at least 2 lab sciences), Social Studies (3 units), and Foreign Language (2 units)
5. SAT with essay or ACT plus essay are recommended but not required to apply to an Oregon Public university. They are intended to help primarily with academic advising and course placement.
6. Schools may review applicants on a case-by-case basis if minimum requirements aren’t met.

There are honors colleges on our state college campuses. Check their websites for accurate admission information.
Community Colleges in Oregon

When deciding where to pursue education/training after high school, a student should consider community colleges as a viable option. Some of the features of community colleges are: least expensive college, by far; you don’t need any particular GPA to be admitted; don’t require the SAT or ACT, but rather use their own placement tests; classes are for the most part smaller than those at a 4-year school; instructors are there because they love to teach, not to do research or publish; classes are offered at various levels of difficulty in English and math, so the student starts at a point where he/she can be successful; many services (counseling, tutoring, advising, medical, assistance with disabilities, etc.); offer developmental/remedial, vocational-technical, college transfer programs, dual enrollment with 4-year colleges—many options!; students undecided about a major or who have other concerns can take career planning, study skills, and other support courses; the age range of students allows one to hear many perspectives; in general, students can figure out how their learning style fits with the instructional approach (more hands-on, experiential, lecture, intern/apprentice, etc.) in various courses/programs.

Many students with bachelor’s degrees are coming to the community colleges to gain some career-related skills and information. If you are of a practical nature, and would prefer to complete your college in 2 or 3 years and get on with earning a living, and won’t miss the residential/social aspect of living at a 4-year school, one of our excellent community colleges in the area/state may be for you!

Oregon’s Independent Colleges & Universities

Each of Oregon’s eighteen accredited independent colleges and universities has a unique campus environment and curriculum. For admission and financial aid information please contact each college.

Bassist College, Portland  Pacific Northwest College of Art, Portland
Columbia Christian College, Portland   Pacific University, Forest Grove
Concordia College, Portland  Reed College, Portland
George Fox University, Newberg  University of Portland, Portland
Lewis and Clark College, Portland  Warner Pacific College, Portland
Linfield College, McMinnville  Western Baptist College, Salem
Marylhurst College, Marylhurst  Western States Chiropractic College, Portland
Multnomah School of the Bible, Portland  Willamette University, Salem
Northwest Christian College, Eugene
Admission to the University of Washington (UW) as a freshman requires the following unusually specific items—check the application checklist for accurate information.

1. Completion of 15 units (or "year-long courses") of college preparatory work in the following areas: English (4 units), Mathematics (3 units), Lab Science (2 units), Foreign Language (2 units), Social Studies (3 units), Fine, Visual or Performing Arts (1/2 unit), and Electives (1/2 unit). No transcript needs to be sent in with your application to UW.

2. Admissions Index: Freshmen are admitted according to an admissions index, which is a method of ranking students and varies from year to year. This number is determined by a formula that combines test scores (SAT I or ACT) with the high school GPA.

3. UW now requires a personal essay: "Your essay will be evaluated as part of the admission decision; content as well as form (spelling, grammar, and punctuation) will be considered." A list of achievements, activities, employment, leadership and service is also requested.

4. Applications must be submitted by December 1.

Special Programs at the University of Washington:

1. The Honors Program: This is a program for students with strong academic records, and high scores on the PSAT/National Merit Scholarship Qualifying Test and the SAT I or ACT exams. It allows students in the School of Arts and Sciences to take advantage of the University's resources within a more intensified, personalized educational atmosphere.

2. The Educational Opportunity Program (EOP): Students who might qualify for entrance to the University under minority, physically handicapped, immigrant, or economically disadvantaged status should contact the registrar or the EOP Office at the University for Information on entrance and financial aid.
THE UNIVERSITY OF CALIFORNIA

Applicants to the University of California (UC) schools must meet the subject, scholarship and examination requirements to be eligible for admission to the University as freshmen.

Please check each individual schools website for accurate admission information.

If they do not meet the subject and scholarship requirements, however, it is possible to qualify for admission by examination alone. The nonresident scholarship requirement is a 3.4 minimum GPA in the core subjects, regardless of the College Board test scores. By examination alone the student must score 1400 on the SAT I or 31 on the ACT. SAT Subject Tests no longer will be required and students who do not submit subject test scores will not be penalized during the review process. Some majors and campuses may recommend particular tests, and applicants may submit subject test scores for consideration during the comprehensive review process much the way they do now with AP and IB scores. Additionally, subject exams still may be used to satisfy “a-g” subject requirements. These GPA and score requirements must be seen as minimums and do not guarantee admission.

The subject requirements at the UC campuses are as follows: C or above in English (4 years), Mathematics (3 years required, 4 years recommended), Foreign Language (2 years required; 3 years recommended), History (2 years), Laboratory Science (2 years required, 3 years recommended), Visual and performing arts (1 year sequential), College-Preparatory Electives from the areas listed above (1 year).

Information from the individual campuses is available from the admissions offices online.

University of CA, Berkeley, CA 94720
University of CA, Davis, CA 95616
University of CA, Irvine, CA 92697
University of CA, Los Angeles, CA 90095
University of CA, Riverside, CA 92521
University of CA, San Diego, CA 92093
University of CA, Santa Barbara, CA 93106
University of CA, Santa Cruz, CA 95064

Applications to any University of California campus must be submitted between November 1st and 30th. Students can apply to several campuses at once and there is an appeal process if the applicant is initially rejected. The transcript for the application is self-report. A final transcript will be sent upon completion of the 8th semester. Official standardized test scores must be sent directly to each campus from the testing organization.