

# The Counseling Connection

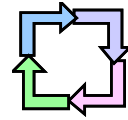
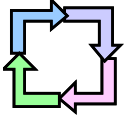
Published by the R-H Senior High School Counseling Center/College & Career Center

**November 4, 2016**

This publication is also available online at

[www.rhnet.org/ccc](http://www.rhnet.org/ccc) - the website for the College & Career Center.

Watch for new issues of *The Counseling Connection* every month.



## Parent - Teacher Conference Day Monday, November 21, 2016 1 – 8:30 p.m.



Appointments for *individual* teacher conferences may be made by calling grade-level secretaries or the Counseling Center from:

7:30 a.m. to 3 p.m.

November 7 - 14, 2016

When calling to make an appointment, please **be sure you have the name(s) of the teacher(s)** with whom you wish to meet.

We recommend no more than two or three *individual* teacher conference requests per parent.

If there are more classes that are of concern, then please reach out to your student(s) Counselor directly.

Grade 12	Mrs. Shelly Gordon	(585) 359-5240
Grade 11	Mrs. Cynthia Howe	(585) 359-5246
Grade 10	Mrs. Wendy Gula	(585) 359-5245
	Counseling Center	(585) 359-5220



## COUNSELING CENTER UPDATE NOVEMBER

### IMPORTANT DATES:

November 8	Quarter 1 ends
November 10	MCC Instant Decision Day in the College & Career Center – for seniors
November 7-14	Parents call to make Parent/Teacher Conference appointments for Monday, 11/21/16 from 1-8 p.m.
November 11	Veterans’ Day, school closed
November 17	SUNY Brockport Instant Decision Day – for seniors
November 18	Report cards are scheduled to be mailed home
November 21	Pre-scheduled Parent Conferences 1-8:00 p.m., students not in attendance
November 21	Parent Tutorial – Interpretation of PSAT Scores – 1 p.m. and 6 p.m. Small Cafeteria
November 21	Navigating the College & Career Center – 2 p.m. and 5 p.m.
November 22	Superintendent Conference Day, students not in attendance
November 23-27	Thanksgiving Break - school closed

During the month of November, R-H School Counselors will be meeting with students to discuss Quarter 1 grades and study skills/strategies. Additionally, teachers will be promoting elective offerings for 2017-2018 and making course recommendations in Naviance.

### Sophomore Update

At the end of October, Counselors were in sophomore classes. Students utilized Naviance Family Connection to increase their understanding of College and Career opportunities, in addition to supporting student awareness of the upcoming scheduling process. First quarter ends on November 8, and counselors will continue to monitor academic progress in all of their classes. They will review each student’s report card and collaborate with other faculty as part of the building Academic Teams, to consider all of the factors that might be contributing to a student being less than successful in his/her classes. The Team will strategize ways to assist students to do their best.

### Junior Update

In addition to their academic monitoring responsibilities (see sophomore update), this is the time of year when counselors are asked to begin nominating Juniors for awards and scholarships. To ensure counselors have updated information, all juniors are being asked to continue to update the Résumé Writer in Naviance. This will give the counselors current information to support the nominations they want to make. Counselors cannot nominate students without a current résumé. Students are able to access the Résumé Writer by going to: [www.rhnet.org/familyconnection](http://www.rhnet.org/familyconnection). Select ‘About Me’, then ‘Résumé’. Log-in instructions are as follows:

**User Name:** Last Name + First Initial + Graduation Year  
**Password:** studentID#

**Example:** Jane Doe, Class of 2016  
**UserName:** DoeJ16  
**Password:** 123456

## Senior Update

Senior counselors are continuing to meet with students for senior interviews. Every 12th grade student is responsible for scheduling a senior appointment with their school counselor. Having a current résumé is very important because counselors consult student résumés to assist with writing recommendation letters and to nominate students for scholarships. Students will not be nominated without a résumé.

## Coming up...

December 7 EMCC Informational Assembly for all 10th grade students during homeroom

December (late) PSAT results will be received in late December.

Dec, Jan, & Feb 10th & 11th grade counselors will begin meeting with students to discuss their course selection for the 2017-2018 school year.

## *CAREER INFORMATION:*

### Looking for a part-time job?

Be sure to look for the Jobs Notebook - new job openings are posted there as they are received. Several employers have contacted us with available jobs for high school students.

**The minimum wage is \$9.00/hour. All students under age 18 must have a New York State Work Permit.** These are available in the High School Health Office.

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## 2016-17 Field Trips



- GEVA Theatre Career Day
- National College Fair (11<sup>th</sup> grade)
- Careers in Teaching Conference

March 2017  
March 13, 2017  
March 15, 2017

Details, registration forms and permission slips will be available as the date nears. All field trips are first-come, first-serve and are limited as to the numbers of students who may participate.



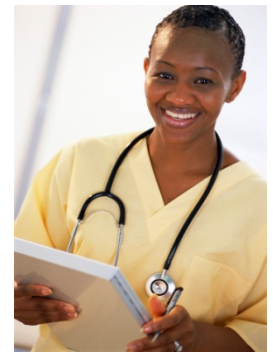
## Are you interested in Nursing?

The University of Rochester Medical Center  
Strong Memorial Hospital  
Office of Nurse Recruitment  
invites you to attend

### Nursing Career Awareness Workshops

Time: 08:00 AM – 11:00 AM

October 26, 2016	Room 2-7544
December 14, 2016	Room 1-9555
January 11, 2017	TBD
February 08, 2017	TBD



Learn about the Career of Nursing, Talk to a guest Panel of Nurses from different area of Nursing, & take a tour of In-patient Units. Please contact Regina Robinson at: [Regina\\_Robinson@urmc.rochester.edu](mailto:Regina_Robinson@urmc.rochester.edu) or call (585) 275-5579. Student paperwork must be completed in its entirety to be considered for placement in workshop.

Applications are available in the College & Career Center and at [www.rhnet.org/cc](http://www.rhnet.org/cc).

Workshops fill quickly and are first-come, first-served.

\*Please note: Rush-Henrietta does not provide bussing for these workshops



## Exploring

Exploring is a program that gives high school students a chance to check out a career they're interested in. It's a career-education program that allows students to learn more about a particular career through hands-on activities led by people in the working world. Exploring 'Posts' are groups of students from all over the county who are interested in the same career. They are hosted by area businesses to explore that career in depth. Posts are offered in over 100 different fields from ambulance services to zoology. Many new Exploring Posts open during the fall, including those listed below. Check in the College & Career Center, on the CCC webpage at [www.rhnet.org/cc](http://www.rhnet.org/cc) or the Exploring website at [www.rochesterexploring.org](http://www.rochesterexploring.org) for details and future Post openings! For more information on the individual programs, email [keith.gomez@scouting.org](mailto:keith.gomez@scouting.org) or call 241-8558. There is also an informational FACT sheet on the CCC website at: <http://rhnet.org/instruction.cfm?subpage=51736>

### The following Posts have ongoing registration:

- Emergency Medicine
- Firematics
- Law Enforcement
- Law Enforcement
- Law Enforcement
- Law Enforcement
- Law Enforcement
- Military Service

- Henrietta Ambulance
- Barnard Fire Dept.
- Rochester Police Dept.
- Monroe County Sheriff
- Brighton Police Dept.
- Greece Police Dept.
- Brockport Police Dept.
- U.S. Army



# Health and Medicine Majors: The Basics

<https://bigfuture.collegeboard.org/explore-careers/college-majors/health-and-medicine-majors-the-basics>

Working as a medical doctor is a well-known and well-respected career, but that's only one option in the field of medicine. If your goal is to work in the interest of human or animal health, many different academic paths can lead you there.



## Clinical Sciences

Medical professionals who work with patients, such as doctors, are known as clinicians.

## Advanced-Practice Nurses and Physician Assistants

Many people actually see advanced-practice nurses or physician assistants when they go for a doctor's visit. These highly trained professionals spend most of their time working without direct supervision and can prescribe medication in most states. Physician assistants hold bachelor's degrees as well as a degree from an accredited program that usually takes more than two years to complete. Advanced-practice nurses generally need a bachelor's degree plus an extra two to three years of postgraduate study.

## Dieticians and Nutritionists

If you'd like to focus on preventing illness, you might enjoy the study of nutrition. This can lead to a career as a dietician or nutritionist. The science-focused nutrition major includes applying what you learn. For example, you may design personalized diets for real clients.

## Speech-Language Pathologists and Audiologists

Professionals in this field help those who have difficulties using or understanding verbal or nonverbal communication — for example, stroke survivors or people who are hard of hearing. Working in one of these professions requires a master's degree.

## Therapy and Rehabilitation

Therapy students learn how to help recovering patients, often beginning where medicine leaves off. At the undergraduate level, you can study these subjects: Music therapy and Therapeutic recreation

At the master's degree level, you can focus on these areas: Physical therapy, Occupational therapy, Dance therapy

## Medical Technology

Earning a two-year degree is enough to put you in a career in health. Medical technologists in various fields perform the following tasks, among many others: Cleaning teeth, Taking x-rays, Performing ultrasounds, and Assisting in surgery

Technologists range from medical-lab technicians to nuclear-medicine technologists and radiation technicians. Paths of study and certification requirements vary among the different types of technologists.

At most colleges, premed is an advising program — not a major.

## The Road to Medical School

If you decide you want to be a doctor, you'll need to attend medical school after you earn a bachelor's degree. Very few colleges offer premedical major programs. But most offer premed advising programs.

These advising programs do not lead to a degree. As a premed student, you'll still choose a major in an area of interest. This can be in any subject that allows you to fulfill the requirements for medical school. Premed students do get to work with an advisor to guide them on how to meet medical-school requirements and prepare for the MCAT, an admission exam for prospective medical students.

Similar advising programs exist in these areas:

- Veterinary science
- Dentistry
- Pharmacy

## COLLEGE INFORMATION:

### Seniors:

Remember to schedule your senior appointment with your counselor. This meeting is required regardless of your post-secondary plans. Stop in to the Counseling Center to make an appointment with any of the secretaries.

- **All applications for colleges with a deadline of January 1 or sooner must be submitted to the Counseling Center no later than Dec. 9!**
- Be sure you've **submitted your electronic application** using either the Common Application or a specific college application.
- If you've applied using a paper application, be sure to submit all required paperwork along with the green sheet to Mrs. Leatzaw in the Counseling Center.
- Be sure to submit a completed green sheet (transcript request form) to Mrs. Leatzaw in the Counseling Center for each college you've applied to.
- List all colleges you've applied to in your Naviance Family Connection account under 'Colleges I'm Applying to.'

### VISITS TO RUSH-HENRIETTA

Representatives from the colleges listed below will visit the College & Career Center to meet students, share information and materials about their schools and answer questions. **All students are encouraged to attend. You must register in advance. Pre-registration is required. Register through Naviance Family Connection. Instructions are below or go to the College & Career Center for assistance. This list changes daily. Watch Naviance Family Connection for updates.**

WNY College Fair	Wed November 2, 2016	7:45 AM
Rensselaer Polytechnic Institute	Thu November 3, 2016	8:30 AM
SUNY College at Cobleskill	Thu November 3, 2016	9:30 AM
Westminster College	Thu November 3, 2016	1:00 PM
Rochester Institute of Technology	Mon November 7, 2016	10:00 AM
University of Pittsburgh	Wed November 9, 2016	11:00 AM
Johnson State College	Wed November 9, 2016	1:00 PM
MCC Instant Decision Day	Thu November 10, 2016	8:00 AM
HBCU College Fair	Mon November 14, 2016	8:00 AM
Brockport Instant Decision Day	Thu November 17, 2016	12:00 PM



**Monroe Community College  
Instant Decision Day  
Thursday, November 10, 2016  
8:30 a.m. – 2:30 p.m.  
in the College & Career Center**

**Monroe Community College  
is offering seniors at Rush-Henrietta  
the opportunity to apply for admission and  
to receive an on-the-spot decision on their admission to MCC!**

You will meet individually with an admissions counselor from MCC  
and receive an acceptance decision instantly!

To participate in the Monroe Community College Instant Decision Day:

1. Submit a completed “Green Sheet” (transcript release form) to Mrs. Leatzaw in the Counseling Center by Wednesday, November 3<sup>rd</sup>. Indicate on the green sheet that it is for Instant Decision Day.
2. Add Monroe Community College to your list of Colleges I’m Applying to in Naviance
3. Complete an application online at [www.monroecc.edu](http://www.monroecc.edu) by Friday, October 30<sup>th</sup>.
4. Make an appointment in the College & Career Center by Tuesday, November 3

\*There is no application fee for MCC.

**Important dates to remember:**

**Wednesday,  
Friday,  
Tuesday,  
Wednesday,**

Deadline to submit Green Sheet in the Counseling  
Deadline to submit online application to MCC  
Deadline to make appointments in the CCC  
MCC Instant Decision Day



**COLLEGE FAIR INFORMATION:**

**The HBCU Fair is coming to the Riverside Convention Center!!!  
Field Trip Permission Forms are required – See Ms. Curry in the CCC.**

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**CALLING ALL  
JUNIORS,  
SENIORS AND  
PARENTS!**

**HBCU  
Representatives on Hand  
On-site College Admissions  
Scholarships Awarded  
College Prep Workshops  
Paying for College**

**Click here to REGISTER  
or visit [www.RCSDK12.org](http://www.RCSDK12.org)**

**EVERYTHING IS FREE - SPACE IS LIMITED**

**Monday, November 14, 2016  
8:30 a.m. - 2 p.m.**

Rochester Riverside Convention Center  
123 E Main St., Rochester, NY

Founding Sponsor



National Sponsors



Local Sponsors







The College at  
**BROCKPORT**  
STATE UNIVERSITY OF NEW YORK



**Instant Decision Day**  
**Thursday, November 17, 2016**  
**12:00 – 2:30 p.m.**  
**College & Career Center**

Seniors, meet one-on-one with an admissions counselor from Brockport!  
Be reviewed on-the-spot and receive a conditional letter of acceptance!  
You'll also learn if you qualify for scholarships!

1. Complete the Common Application or the SUNY Application online.
2. Print out the pdf of your application and bring it with you to your appointment.
3. Submit a completed "Green Sheet" (transcript request form) to Mrs. Leatzaw in the Counseling Center no later than Thursday, November 3rd. Indicate on the green sheet that it is for Instant Decision Day.
4. Add SUNY Brockport to your list of 'Colleges I'm Applying To' in Naviance Family Connection.
5. Make an appointment in the College & Career Center no later than Tuesday, November 15.
6. The application fee must have been submitted online with your application.

## College Application Procedures

- Unless applying **ONLY** to a community college, we strongly encourage and recommend that you use the Common Application. If you are using any other application (SUNY application, college specific applications) please see your School Counselor for more specific steps on how to proceed.
- No applications will be processed prior to October 1<sup>st</sup>. In addition, you must meet with your counselor for your senior appointment before anything will be processed. Make sure to submit all your application materials on Common App before turning in your transcript request form (green sheet) to Mrs. Leatzaw.
- There is a short video on Naviance Family Connection that will also walk you through the steps 1, 2 & 3 outlined below.

### 1. Create a Common Application Account

- Go to [www.commonapp.org](http://www.commonapp.org)
- Click “never registered”
- Fill in all required fields
- Create your user name & password
- Login
- Complete the FERPA Waiver:
  - Add at least 1 college to your “My Colleges” list
  - Choose the “Common App” tab, and choose the Education portion on the left.
    - Add Rush-Henrietta as your high school and fill in the few questions following and save. You do not have to complete the entire education section!
  - Once completed, go back to the “My Colleges” tab
  - Choose one of your colleges
  - Choose Recommenders and FERPA on the left
  - Check all the appropriate boxes, sign and save.
    - Note: You have a choice to waive or not to waive your right. WE RECOMMEND YOU WAIVE YOUR RIGHT (some recommenders will not write a letter if you do not waive your right).

### 2. Log in to Naviance Family Connection: [www.rhnet.org/navianceshs](http://www.rhnet.org/navianceshs)

- Log in using your username and password
- Choose the “about me” tab and check your profile- make sure your date of birth, name and email address are the **same as what you entered in Common App** or it will not link properly
- Choose the “Colleges” tab
- Click on “Colleges I’m applying to”
- Enter your Common App email and date of birth and choose “match”

### 3. Add Colleges to your Naviance Family Connection account

- Once you have linked your Common App account, *many of your colleges may pre-populate*. However, if they do not, follow these instructions:

- i. Under “Colleges I’m applying to”, select “add colleges to this list”
    - ii. Select the application type from the drop down menu (regular decision, early decision, etc.)
    - iii. Click “Look up” and type the name of the college in the search box
    - iv. Choose the right college that appears from the list and click add colleges (you may add more than one at a time!)
  - b. **MAKE SURE TO INDICATE WHETHER YOU ARE APPLYING VIA COMMON APP OR NOT!**
    - i. Look at your completed “colleges I’m applying to list”
    - ii. Under the column “Applying via Common App?” it may read UNKNOWN next to some of the schools. If they are Common App exclusive, it will pre-populate for you. If they are not, click on the UNKNOWN link next to one of your schools. This should bring you to a list of all schools you are applying to that are on the common app. Please indicate whether you are using the Common App to apply to these schools or not.
4. If you will be requesting letters of recommendation, scroll to the bottom of the page and follow these steps:
- a. Click on the link for add/cancel requests
  - b. Using the drop-down menus select the teacher(s) that will be submitting a recommendation on your behalf.
  - c. Click update requests
  - d. An email will automatically be sent to your recommender to remind them that you have asked for a letter. **Please make sure to use the recommendation form (pink sheet) and properly ask your teachers for a letter in person. Teachers will be instructed that they do not have to write a letter if the only notification they receive is your electronic request.**
  - e. If you need a recommendation from your counselor, please ask them during your senior appointment and also check the box on the transcript release form (green sheet).
5. Fill out your application(s) in their entirety. Once you have submitted your application(s) you must fill out a transcript release form (green sheet) for every college to which you are applying. Without that form, we are not authorized to send any of your records on your behalf, nor will we know that you have actually applied. Please remember that you must allow 10 school days for the Counseling Center to process your application materials.
6. Be sure that any schools to which you are applying or have applied to are listed in your Naviance Family Connection account or we will be unable to send your records.

**RIT and U of R –REGISTRATION & CLASS DATES**

<b><u>REGISTRATION:</u></b>	<b><u>RIT</u></b>	<b><u>CLASSES RUN:</u></b>
Opens at RIT <b>April 25, 2016</b>	<b>2016 FALL</b>	<b>August 22 – December 9</b>
Opens at RIT <b>November 14, 2016</b>	<b>2017 SPRING</b>	<b>January 23 – May 12</b>
Opens at RIT <b>TBD</b>	<b>2017 SUMMER</b>	<b>May 30 – August 4 (10 wk)</b> <b>May 30 – June 30 (1<sup>st</sup> 5 wk)</b> <b>July 3 – August 4 (2<sup>nd</sup> 5 wk)</b>

<b><u>REGISTRATION</u></b>	<b><u>U of R</u></b>	<b><u>CLASSES RUN:</u></b>
Deadline is <b>July 31, 2016</b>	<b>2016 FALL</b>	<b>August 31 – December 13</b>
Deadline is <b>December 16, 2016</b>	<b>2017 SPRING</b>	<b>January 18 – May 3</b>
Deadline is <b>April 22, 2016</b>	<b>2017 SUMMER</b>	<b>May 22 – August 11 (12 wk)</b> <b>May 22 – June 16 (1<sup>st</sup> 4 wk)</b> <b>May 22 – June 30 (1<sup>st</sup> 6 wk)</b>
Deadline is <b>May 27, 2016</b>		<b>July 3 – July 28 (2<sup>nd</sup> 4 wk)</b> <b>July 3 – August 11 (2<sup>nd</sup> 6 wk)</b>
Deadline is <b>TBD</b>	<b>Rochester Scholars Session <u>A</u> 2017 TBD</b> <b>Rochester Scholars Session <u>B</u> 2017 TBD</b>	

**To view class schedules and availability for RIT:**

<https://infocenter.rit.edu/>  
Go under *Public* ...

**> TO SEARCH BY KEYWORD:**

- Select *SIS Class Search*
- Select *Term*
- Complete *Additional Search Criteria*, typing in *Course Title Keyword* (Ethics, Psychology, Writing, etc...)

**\* IMPORTANT \***

- Must have at least 2 search criteria fields completed AFTER selecting *Term*
- *Location* & *Campus* must have *Rochester Institute of Tech* or *RIT Online* selected (this can count as 1 of the 2 needed)

**> TO SEARCH BY SUBJECT:**

- Select *SIS Course Catalog Search*
- Select *subject code* OR select area of study from *Academic Group* drop down at top of page

**> TO SEARCH BY SUMMER SESSION:**

- Under "*Additional Search Criteria*", go to *Session*
- Select needed Session (Ex: *Five Week – First, Five Week – Second*)

**\* PLEASE NOTE:**

- Most of the courses you select will be under Liberal Arts or Sciences & should be a level 100 or 200
- Be sure to confirm there are NO PREREQUISITES or RESTRICTIONS for the course(s) you are interested in taking
- Be sure to confirm Open / Closed status for the course(s) you are interested in taking
- Refer to the **Quarter to Semester Subject Guide** for additional help with course coding, found under *Public*

**To view class schedules and availability for U of R:**

[www.rochester.edu/registrar](http://www.rochester.edu/registrar)

- Select *CDCS (Courses)*
- Select *Year /Term* (Fall, Spring, Summer)
- Select *Arts, Sciences and Engineering* under *School*
- Select any *Subject* that you are interested in to view class titles & times –OR- use the *Description Keywords*

**\*PLEASE NOTE**

- Be sure to confirm there are NO PREREQUISITES or RESTRICTIONS for the course(s) you are interested in taking
- Be sure to confirm Open / Closed status for the course(s) you are interested in taking

*Updated 8/2016*

**TESTING INFORMATION:**

## 2016-17 SAT/PSAT/ACT Dates

### SAT

SAT Date	Registration Deadline	Late Registration Deadline
Nov. 5, 2016	Oct. 7, 2016	Oct. 25, 2016
Dec. 3, 2016	Nov. 3, 2016	Nov. 22, 2016
Jan. 21, 2017	Dec. 21, 2016	Jan. 10, 2017
Mar. 11, 2017*	Feb. 10, 2017	Feb. 28, 2017
May 6, 2017	Apr. 7, 2017	Apr. 25, 2017
June 3, 2017	May 9, 2017	May 24, 2017

\*SAT only, no Subject Tests given on this date.

Register online at [www.collegeboard.org](http://www.collegeboard.org).

The registration fee for the 2016-2017 SAT Reasoning Test is \$57.00.

The registration fee for the SAT Subject Tests is \$26.00.

The late registration fee is an additional \$28.00.

Scores are available about 3 weeks after the test is administered.

### PSAT

PSAT test date is **Wednesday, October 19, 2016**.

All juniors will be taking the PSAT during the school day. This provides students the opportunity to practice taking the exam in a controlled setting.

Counselors will provide PSAT information to students shortly after school starts.

The test will take place at **the Rush-Henrietta Senior High School**.

### ACT

ACT Date	Registration Deadline	Late Registration Deadline
December 10, 2016	November 4, 2016	November 18, 2016
April 8, 2017	March 3, 2017	March 17, 2017
June 10, 2017	May 5, 2017	May 19, 2017

Register on-line at [www.actstudent.org](http://www.actstudent.org).

The registration fee for the 2016-2017 ACT is \$39.50.

The fee for the ACT Plus Writing is \$56.50.

## FINANCIAL AID AND SCHOLARSHIP INFORMATION:



# College Abacus: A One-Stop Shop for Net Price Calculators

By Lynn O'Shaughnessy

<http://www.thecollegesolution.com/college-abacus-a-one-stop-shop-for-net-price-calculators/on> October 9, 2013

Today I'm sharing a conversation that I had yesterday with Amy Seldin, the founder of College Abacus. College Abacus is the place that I'd recommend heading to when you want to use any college or university's net price calculator.

If you don't know what a net price calculator is, here is a brief description:

A net price calculator will provide you with a personalized estimate of what a college or university will cost you after scholarships and grants (free money) is deducted from the cost of attendance. When using a calculator, some families will discover that the cost of a \$50,000 college will be \$30,000, \$20,000 or lower. For other families, the cost really will be \$50,000.

Whatever the verdict, it's important to know what the price will be before your child falls in love with any school – if you don't want to pay full price. I urge parents to use net price calculators long before their teenagers apply to colleges.

Traditionally parents never learned what the net prices were until the late winter or spring when their children received their financial aid packages or merit awards. If the awards were puny or nonexistent, there wasn't any time for students to apply to a new batch of schools. Using net price calculators can eliminate those nasty surprises.

What I like about College Abacus is that you don't have to go to every school's website to use the institution's calculator. You can provide all the information one time on College Abacus, store it and then access any calculators you want from the website. Seldin calls her site the Kayak of college pricing.



**Completing the *Free Application for Federal Student Aid (FAFSA<sup>SM</sup>)*  
is the first step toward getting federal aid for college.**

[www.fafsa.gov](http://www.fafsa.gov)

More than \$150 billion in grants, loans, and *work-study* funds are provided each year, but you have to complete the FAFSA to see if you can get any of that money. To apply for federal student aid, you need to complete the *FAFSA* or *Free Application for Federal Student Aid*. Completing and submitting the FAFSA is free and easier than ever, and it gives you access to the largest source of financial aid. Go to [www.fafsa.gov](http://www.fafsa.gov).

**For students planning to apply for financial aid for the 2016-17 academic year, (this year's senior class), the FAFSA should be completed as soon as possible after January 1, 2016.**

**Remember, the FAFSA is FREE! If you accidentally go to [www.fafsa.com](http://www.fafsa.com), the site will look official but it is a scam and will ask you for payment! Get more information regarding financial aid at <http://studentaid.ed.gov>.**



The CSS/FINANCIAL AID PROFILE is a supplemental financial aid form required by some private colleges to determine your Expected Family Contribution. Some colleges require this in addition to the FAFSA. It is a fully online service that helps colleges and organizations award their private student aid funds. The CSS/Financial Aid PROFILE 2016-2017 Student Guide will be available on Oct. 1, 2016 at <http://student.collegeboard.org/css-financial-aid-profile>. Some local schools requiring the CSS/FINANCIAL AID PROFILE are Cornell University, Nazareth College, Syracuse University and the University of Rochester. Be sure to check if the schools to which you are applying require the PROFILE. The list of schools is available at [www.collegeboard.org](http://www.collegeboard.org). The fee is \$25 for the application and \$16 for each additional school report. Once registered, the application can be completed and submitted immediately or at a later time. Contact information: 305-829-9793 or [help@cssprofile.org](mailto:help@cssprofile.org).

## ESTIMATE YOUR EXPECTED FAMILY CONTRIBUTION ON-LINE

**This is a way to find out the estimated amount that your family is expected to pay before you fill out the FAFSA!**

The U. S. Dept. of Education provides an online tool to help students and their families plan for college. The **FAFSA4caster** provides students with an early estimate of their eligibility for federal student financial assistance. Students considering furthering their education beyond high school can use this FREE tool to:

- ✓ Calculate their eligibility for federal financial aid, including grants
- ✓ Reduce the time it will take to complete the Free Application for Federal Student Aid (FAFSA), the qualifying form for all federal financial aid

For more information on the FAFSA4caster, visit:  
[www.fafsa4caster.ed.gov](http://www.fafsa4caster.ed.gov).



## Do You Know What Your Expected Family Contribution Is?

<http://www.thecollegesolution.com/do-you-know-what-your-expected-family-contribution-is/> October 4, 2013



If you don't, you should make it a priority to obtain this number.

I'd argue that families need to know what their preliminary EFC is long before they begin looking at colleges. Unfortunately, most families don't have a clue about what their EFC is until their children are seniors in high school and they've applied for financial aid.

Parents will receive their EFC figure immediately after completing the Free Application for Federal Student Aid (FAFSA) online, but as far as I'm concerned that's too late.

## What is an Expected Family Contribution?

Your EFC represents what a college will expect you to pay at a minimum for one year of a child's college. The EFC, which is expressed as a dollar figure, is calculated based on such factors as family income, taxable investment assets, college savings accounts, number of people in the household, marital status of the parents, number of students in college and, in some cases, home equity.

Low-income families can have an EFC as low as \$0. That's the automatic EFC of families making an adjusted gross income of less than \$24,000. An EFC of \$0 means that the family has no ability to pay for college, but that rarely means they won't have to pay something.

Families with low EFC's will want to look at schools that give generous need-based financial aid packages.

In contrast, there is no EFC ceiling for wealthy students. The highest EFC that I have seen personally was \$108,000 and the father in that household was a corporate executive. Families with high EFCs, who don't want to pay full price, should look for schools that give merit scholarships to affluent families—and the vast majority of institutions do.

## Flawed EFC Methodology

Plenty of families are shocked when they obtain their EFC. There are winners and losers.

Parents with a lot of debt can be among the losers. The federal EFC formula doesn't consider household debt, so the EFC can be a fairly harsh assessment of a family's ability to pay for college. The formula also doesn't give a break to families who live on the coasts and other expensive areas.

In contrast, the federal methodology favors homeowners, aggressive retirement savers, small business owners and households of divorce. The formula doesn't inquire about retirement assets, a primary home and the net worth of a business with less than 100 full-time employees. Here is where you can see how the federal financial aid formula treats divorce. <http://www.thecollegesolution.com/how-does-financial-aid-work-when-youre-divorced/>.

A lot of experts have rightfully complained that the methodology used to generate EFC figures is flawed. It's likely that the EFC won't pinpoint what a family can truly afford for college. And it's no wonder. Congress, rather than financial aid experts, mandates what's in the EFC secret sauce.

All that said, the biggest factor determining an EFC is usually the family's income.

## What You Do With Your EFC

Why do you need to know what your EFC is?

You will get some idea of the costs that your family will face for one year of college and what kind of financial aid you might expect. But that figure alone won't tell you anything until you look at the so-called cost of attendance of a particular school. Let's look at an example:



### **School No. 1: Private College**

- **Family EFC:** \$24,000
- **Cost of attendance:** \$52,000
- **Potential financial aid award:** \$28,000

### **School No. 2: State University**

- **Family EFC:** \$24,000
- **Cost of attendance:** \$19,000
- **Potential financial aid award:** \$0

## Financial Aid Realities

As a practical matter, the vast majority of schools will not meet 100% of a family's need. Those that do are almost entirely elite private colleges and universities, such as Dartmouth, Penn, Williams and Princeton whose student bodies are predominantly rich. In general, the students who capture the best financial aid packages are typically the ones whom a college or university covets. Teenagers will often get a better deal if they are in the top 25% to 33% of the latest crop of applicants. Other factors that can boost awards include geographic diversity (a student from Nevada is going to be more attractive to an Ohio college than yet another kid from the Cleveland suburbs) talents, ethnicity (mostly a factor at elite schools), majors (students can be more attractive in less popular majors like philosophy or French), athletic ability, gender (women are prized at engineering schools while men can sometimes get a break at liberal arts colleges) and being rich also is a big help. To obtain a preliminary EFC, I'd suggest that you use the EFC calculator at the College Board's website at <https://bigfuture.collegeboard.org/pay-for-college/paying-your-share/expected-family-contribution-calculator>



## Creative Ways to Save on College Costs



- Take AP Courses
- Take Dual Enrollment courses (with MCC)
- Take EMCC Courses (Eastern Monroe Career Center)
- Take RIT/UofR courses part-time (free! for R-H students)
- Start at a community college
- Graduate in 4 years (or even better, graduate early)
- ROTC/Military
- Credit Card Rebate and Loyalty Programs such as: UPromise, BabyMint, SAGE Scholars
- Consider the FASNY (Fire Association of the State of New York) Tuition Reimbursement Program ([www.fasny.com](http://www.fasny.com))
- Participate in Americorps ([www.americorps.gov](http://www.americorps.gov))
- Apply for all the scholarships you can

### ***VOLUNTEER OPPORTUNITIES:***

- **Red Cross Student Volunteer Directory** is your online resource for volunteer opportunities. Here you can find over 70 ways to help others in the community by contributing your valuable talents and skills as a youth volunteer. By browsing or searching the comprehensive database, you can find a volunteer position that is just right for you. The directory lists volunteer opportunities at non-profit agencies throughout the Rochester area. Visit [www.redcross.org/ny/rochester](http://www.redcross.org/ny/rochester) and select 'Volunteer.'
- **ARC of Monroe County** is looking for **My Time Providers** (formerly Special Sitters). A **My Time Provider** is someone who is at least 14 years old who will receive special training to be an in-home care provider to families with a child who is developmentally disabled. A student who is interested in becoming a provider will undergo 20 hours of training that includes instruction in developmental disabilities, care providing, First Aid, CPR, and in the special sensitivities required to handle the disabled child and his/her family. Working as a Special Sitter is an excellent career exploration opportunity for students interested in special education, medicine, health, or therapy. It's also a chance to earn money while gaining valuable experience in human services. If you have questions or would like to hear more about the program, call Laura Jane Truesdell, Coordinator of the ARC My Time Providers Program at 271-0660, ext. 1352.
- **Ronald McDonald House - House at Westmoreland**, 333 Westmoreland Dr. Whether it's cooking meals, cleaning and preparing rooms for families, helping in the office, or driving our van, the time you give makes it possible for our families to be with their children during a very difficult time. Special Events volunteers help us raise funds critical to keeping our doors open for families when they need us most. If you are an individual looking for an ongoing opportunity, or part of a group looking for a one-time project, there's a place for you at the Ronald McDonald House. Volunteers must be at least 16 years old or accompanied by an adult. Visit <http://ronaldshouse.com/volunteers>
- **TIES - Together Including Every Student** is a program that promotes the participation of children/young adults with developmental disabilities in extracurricular and community activities with support from trained student volunteers. After volunteers attend a 45-minute training session, they could be paired with participants to join activities together. The commitment is based on your schedule – it could be once a month or a couple of times a month or more infrequently. More information and application forms are available in the College & Career Center. If you have any questions, contact Elena Camerieri at 385-9609 or email Elena at: [erlmv@rochester.rr.com](mailto:erlmv@rochester.rr.com).
- **Strong Memorial Hospital – Friends of Strong.** Call 275-2420 for information.
- **Highland Hospital.** Call 341-6759 for information.
- **Rochester General Hospital.** Call 922-2927. This hospital also has a special program created specifically for students interested in pursuing a medical career, with an emphasis on nursing.
- **Monroe Community Hospital.** Call 760-6151 for information.

# Scholarships 2016-17

To apply for Nomination Scholarships: go to the College and Career Center to self nominate.

To apply for General Scholarships: get applications in the College and Career Center, on Naviance, or at [www.rhnet.org/ccc](http://www.rhnet.org/ccc).

Scholarship Name	Eligibility Criteria	Award	Grade Eligibility	Scholarship Type	General Deadline	Nomination Deadline
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AXA Achievement Scholarship	<ul style="list-style-type: none"> <li>-U.S. citizens or legal residents</li> <li>-current high school seniors who plan to enroll full-time in an accredited two or four-year college or university in the U.S. for the entire 2017-2018 academic year</li> <li>-demonstrate ambition and self-drive as evidenced by outstanding achievement in an activity in school, community, or work-related activities</li> <li>-special consideration will be given to achievements that empower society to better face risk through education and action in areas such as financial, environmental, health and/or emergency preparedness.</li> <li>-apply online at <a href="http://www.axa-achievement.com">www.axa-achievement.com</a></li> <li>-only the first 10,000 applications will be considered. If the program reaches 10,000 applications before 11:59 PM CST on the deadline date of December 15, 2016, then the program will automatically close. Your application MUST be one of the first 10,000 submitted electronically.</li> </ul>	\$10,000 and a chance for a national award of an additional \$15,000	High School Seniors	General	12/15/2016	
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Davidson College-John M.Belk Scholarship	<ul style="list-style-type: none"> <li>-one senior may be nominated</li> <li>-sponsoring college will determine scholarship winners</li> <li>-this scholarship recognizes students of demonstrated superior intellectual and personal achievement and significant leadership ability</li> <li>-Belk Scholars should have these attributes: intellectual enthusiasm and excellence, integrity, global awareness, and leadership ability and potential</li> <li>-nominee must submit a completed admission application to Davidson College by December 1, 2016</li> <li>-see Ms. Curry in the College &amp; Career Center to self-nominate</li> </ul>	Annual renewable scholarship equivalent to the college's comprehensive fees, valued in 2013-14 at \$54,683, plus two special study stipends	High School Seniors	Nomination		11/4/2016
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Scholarship Name	Eligibility Criteria	Award	Grade Eligibility	Scholarship Type	General Deadline	Nomination Deadline
GE- Reagan Foundation Scholarship Program	<ul style="list-style-type: none"> <li>-applicants must demonstrate exemplary leadership, drive, integrity, and citizenship at school, at home, at the workplace, and within the community</li> <li>-must have a 3.0 or greater GPA</li> <li>-must be a citizen of the U.S.</li> <li>-must demonstrate financial need</li> <li>-must plan to enroll in a full time undergraduate course of study leading to a bachelor's degree at an accredited U.S. college or university for the entire 2017-2018 academic year</li> <li>-apply online at <a href="http://www.reaganfoundation.org/scholarships">www.reaganfoundation.org/scholarships</a></li> </ul>	\$10,000 renewable up to \$40,000	High School Seniors	General	1/5/2017	
Ithaca College Martin Luther King Scholar Program	<ul style="list-style-type: none"> <li>-multiple seniors may be nominated</li> <li>-sponsoring college will determine scholarship winners</li> <li>-U.S. citizens and permanent residents</li> <li>-academically exceptional students from traditionally underrepresented populations</li> <li>who have demonstrated strong character and leadership through service and community involvement</li> <li>-Ithaca College application must be submitted by 1/2/17</li> <li>-<a href="http://www.ithaca.edu/mlk">www.ithaca.edu/mlk</a></li> <li>Application and 2 req'd essays must be submitted by 1/15/17</li> <li>Recommendation form needs to be submitted online by 1/15/17</li> </ul>	Scholars receive a minimum of \$25,000 and up to full tuition in both merit and need based aid. Renewable for up to four years of continued full-time enrollment at Ithaca College.	High School Seniors	Nomination		12/2/2016
Ithaca College Park Scholar Awards	<ul style="list-style-type: none"> <li>-multiple seniors may be nominated</li> <li>-sponsoring college will determine scholarship winners</li> <li>-U.S. citizen</li> <li>-planning to apply to Ithaca College and the Roy H. Park School of Communications</li> <li>-there are no academic requirements, however the award is very competitive, and on average, Park Scholar Award recipients have an average SAT score of 1350</li> <li>-Ithaca College application must be completed by 1/2/15</li> <li>Apply online @ <a href="http://www.ithaca.edu/parkscholars/apply/">http://www.ithaca.edu/parkscholars/apply/</a></li> </ul>	award covers the entire cost of attendance (tuition, room and board) at Ithaca College and include stipends for living expenses, books, and a one-time computer purchase of \$2,500	High School Seniors	Nomination		12/2/2016

Scholarship Name	Eligibility Criteria	Award	Grade Eligibility	Scholarship Type	General Deadline	Nomination Deadline
NASSP Prudential Spirit of Community Awards - Certificate of Achievement	<ul style="list-style-type: none"> <li>-one student may be nominated as local honorees</li> <li>-two students may be nominated as runners-up</li> <li>-R-H will determine local honorees</li> <li>-the sponsoring organization will determine state level scholarship winners</li> <li>-this award recognizes students who have made a difference through volunteer work</li> <li>-open to legal residents of the 50 states and the District of Columbia</li> <li>-must have engaged in a volunteer activity that occurred at least in part after Sept. 1, 2016</li> <li>-applications are judged on initiative, effort, impact, and personal growth</li> <li>-to self-nominate: see Ms. Curry in the College &amp; Career Center. Students must complete the on-line application form at <a href="http://spirit.prudential.com">spirit.prudential.com</a>. When completed, go to the "Certification" page to either email or print and deliver certification instructions to your certifier-this will be your counselor.</li> </ul>	Local honorees may qualify for a \$1,000 scholarship at the state level, all expense paid trip to Washington May 2-5; National honorees are awarded an additional \$5,000 and \$5,000 grants for charity.	Grades 5 - 12	Nomination		11/4/2016
National LAOH Irish History Writing Contest	Students in grades 6-12 enrolled in parochial, private, public schools or who are home-schooled are eligible to participate. Level 2 is for students grade 9-12. Student must write an essay, not less than 750 words or more than 1,500 words, on "The Role of the Irish in World War 1". More information can be found in the CCC.	Max. of \$1,000 (amounts vary)	6-12	General	11/15/2016	
Sons of the American Revolution George & Stella M. Knight Essay Contest	<ul style="list-style-type: none"> <li>-U. S. citizens or legal aliens</li> <li>-currently attending public, parochial, or private high schools (including accredited home schools)</li> <li>-the contest is for an original researched and proven topic written in English</li> </ul> <p>Go to: <a href="http://www.sar.org">www.sar.org</a>, click on tab "Youth Education/SARCAAH" under that "Knight Essay Contest" and under that "Essay Contacts". For more information, please see Ms. Curry.</p>	Prizes range from a \$500 savings bond locally, to \$5,000 at the national level	Grades 10, 11, 12	General	12/31/2016	

Scholarship Name	Eligibility Criteria	Award	Grade Eligibility	Scholarship Type	General Deadline	Nomination Deadline
The Truman D. Picard Scholarship Program	must have: 1. letter of application discussing a: interest in natural resources; b. commitment to education, community and your culture; c. financial need. 2. A resume 3. Three (3) signed letters of reference on letterhead and dated within the last 6 months. 4. Evidence of validated enrollment in a federally recognized tribe or Alaska Native Corporation. 5. Transcripts. 6. Deliver of application. Inquiries and applications should be directed to the Intertribal Timber Council Office. More information in the CCC.	\$2,000.00	12	General	1/18/2017	
University of Dayton Leadership in Service Scholarship	One graduating senior can be nominated who has an innate desire for personal development and is committed to service within his or her school, church, or community. -sponsoring college will determine scholarship winners -scholarship is not based on GPA or test scores -student nominated must apply to and be accepted at University of Dayton -this scholarship will be included in the recipient's financial aid award letter -early action deadline at University of Dayton is Dec. 15 and regular decision is March 1 **Eligible students are encouraged to self-nominate. See Ms. Curry in the College & Career Center to self-nominate.	\$10,000 scholarship to the University of Dayton (2,500 per year for four years)	High School Seniors	Nomination		12/2/2016
WACE National Co-op Scholarship Program	-high school GPA of at least 3.5 (B+) -planning to participate in college cooperative education at one of the eleven WACE Partner Colleges and Universities: Clarkson University, Drexel University, Johnson & Wales University, Merrimack College, Rochester Institute of Technology, SUNY Oswego, University of Cincinnati, University of Massachusetts Lowell, University of Toledo, Wentworth Institute of Technology. -applications can be found in the CCC or can be submitted online at <a href="http://www.waceinc.org">www.waceinc.org</a>	\$6,000 per year renewable for up to \$24,000 or \$30,000 depending on the school	High School Seniors	General	2/15/2017	

Scholarship Name	Eligibility Criteria	Award	Grade Eligibility	Scholarship Type	General Deadline	Nomination Deadline
Wittenberg University - Rochester Area Scholarship	<ul style="list-style-type: none"> <li>- Reside in Rochester area (specifically, zip code areas beginning with 144-, 145, and 146-)</li> <li>- Submit the Application for Admission by the Early Action I Deadline of December 1</li> <li>- Submit the Rochester Area Scholarship Application by December 1</li> <li>- Be in the top 15% of their class</li> </ul> <p>The selection committee reviews the students' academic transcripts, SAT/ACT scores, the admission essay, recommendation letters, extracurricular activities, and leadership experiences. Students may apply for this scholarship online at:  <a href="http://www5.wittenberg.edu/admission/rochesterform.htm">http://www5.wittenberg.edu/admission/rochesterform.htm</a></p>	\$14,000 (\$3,500 per year for 4 years)	12	General	12/1/2016	
	<p>Any questions may be directed to Laura Pitney, <a href="mailto:pitneyl@wittenberg.edu">pitneyl@wittenberg.edu</a></p>					