

Junior (November / Unit 9):
College Exploration I/II

Objectives: *Research two colleges of your choice.*

To successfully complete this unit and receive your stipend, complete the following activities:

- Complete all activities in this unit.
- Complete and include your **Student Grade Check** form.
- Include your parent/guardian’s signature on the **Evaluation Sheet**.
- Complete the **Stipend Request** form.
- **Have site sponsor sign the Mid-Month Check-In (even if not fully finished) by DECEMBER 6TH.**
- **Be prepared to review it with UB staff on DECEMBER 13TH.**

Stipend Requirements

Stipend Amounts	Possible Portfolio Completions
Complete = \$40.00	<ul style="list-style-type: none"> • <u>Unit 100% complete</u>: turned in on-time, parent/guardian signature, and site sponsor signature.
Partial = \$30.00	<ul style="list-style-type: none"> • <u>Unit 75% complete</u>: includes parent/guardian and site sponsor signatures. • <u>Unit 100% complete</u>: includes parent/guardian signature; <u>does not</u> include site sponsor signature.
Partial = \$20.00	<ul style="list-style-type: none"> • <u>Unit 100% complete</u>: <u>does not</u> include parent/guardian signature. • <u>Unit 50% complete</u>: includes parent/guardian and site sponsor signatures.
Incomplete = \$0	<ul style="list-style-type: none"> • <u>Unit less than 50% complete</u> (even if unit includes parent/guardian and site sponsor signatures)

What to do if you are absent on portfolio visit days!

Planned Absences (e.g. sports games, field trips, etc.)	Unplanned Absences (e.g. sick, flat tire, abduction by aliens, etc.)
<ul style="list-style-type: none"> • Give your binder to your site sponsor <u>before you leave</u>. UB staff will review your work, and you are eligible for a full \$40 stipend. • If you forget to leave your binder with your site sponsor before you leave but turn it in to your sponsor <u>the first day you return</u>, you are eligible for a \$20 maximum stipend (even if the unit is fully complete). If there are unforeseen problems with finishing your unit, <u>notify your site sponsor and/or UB staff immediately</u>. 	<ul style="list-style-type: none"> • Give your binder to your site sponsor <u>the day you return to school</u>. You are still eligible for a full \$40 stipend. • If you forget to give your binder to your site sponsor <u>the day you return</u>, you have 24 hours to turn in your unit for a \$20 maximum stipend (even if the unit is fully complete). If there are unforeseen problems with finishing your unit, <u>notify your site sponsor and/or UB staff immediately</u>.

Upward Bound Contacts

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Personal Affirmation

Write your affirmation by describing who you are – or strive to be!

“I am a/an _____ , _____ , and _____ .”
(adjective) (adjective) (adjective) (your role)

Don't forget your affirmation – and your commitment to yourself. You will write it each month!

Step 1

Before you begin your research, you should figure out what kind of school you would like to attend. The following questions are meant to help you with this process. It is important that you answer these questions thoroughly and honestly. The goal is for you to enjoy college and be successful. (*Excerpted from **Countdown to College** by Zola Dincin Schneider and Phyllis B. Kalb*)

1. Think about the Life Plan that you made in the September unit. How do you see yourself growing and changing in the next few years? (ex: becoming a college graduate, starting a new career, moving away from home, making new friends, etc.)
2. What would be the best environment for that growth? (ex: home, college/university, a new town, etc.)
3. What do you hope to gain from college? (ex: degree, respect in my family, more earning potential, etc.)
4. What worries you most about going to college? (ex: homesickness, money, new people, etc.)
5. Are there any special interests you want to pursue in college? (ex: medicine, law, mechanical skills, counseling skills, etc.)
6. Do your interests require special facilities or programs? (ex: Labs, Darkrooms, Theatre, Music Department, Studios, etc.)

7. What kind of academic environment do you want? Check all that apply.

Challenging	Competitive	Moderately-Challenging
Pressure-Filled	Relaxed	Grade-Focused
Learning-Focused	Other (please explain)	

8. How far or close do you want to be to where you live right now?

Same town	Same state	Same region
Same country	International	Other (please explain)

9. What kinds of people do you like to be around?

- People just like you.
 People completely opposite of you because diversity is great.
 People somewhat like you because that's comfortable but not too boring.
 It doesn't really matter because you can get along with everyone.

10. What kinds of surroundings do you want around your school?

- City life (ex: Phoenix) Smaller town (ex: Flagstaff)
 Suburb (ex: Mesa) Rural area (ex: Holbrook)

11. How do you feel about forming new relationships?

- I love meeting new people!
 I'm a little scared, but excited to have new people in my life.
 I'm nervous, and will need help meeting new people.
 I like the relationships I already have.

12. How do you feel about learning new surroundings?

- New places are exciting, and I love discovering them!
 I'm excited about exploring new places, but it's scary to leave what I know.
 I'm more comfortable in a familiar place.
 I don't want to leave the places I'm familiar with.

13. Are climate and natural surroundings important to you? If so, check the choice(s) below.

- Desert Mountains Coastal Forest Other (please explain) _____

14. Do you learn best when you set your own pace, or when you have a structured, directed course of study?

15. How important are activities and services that acclimate new students to the college or university? (ex: new student activities, social functions, freshmen orientations, etc.)

- Very: I'll want these functions to help me feel more comfortable in a new place with new people.
 Somewhat: It would be nice to get to know the place that way.
 Maybe: I might or might not go if they offered them.
 Not at all: I prefer to get to know people and places on my own.

16. How important to you is a close relationship with your teachers and other students? Which size school would you prefer?

- Small (ex: Dine College – 2,000 students)
 Medium (ex: Yavapai College – 7,000 students)
 Large (ex: Northern Arizona University – 20,000 students)
 Extremely Large (ex: University of Arizona – 37,000 students)

17. How is your viewpoint on college affected by pressure from family, friends, and your community?

Step 2

Summarize the results of the previous questions. Stay focused on these things as you begin the research component of this unit.

1. I want the postsecondary school I attend to be (check all that apply):

- | | |
|---|--|
| <input type="checkbox"/> academically – challenging and competitive | <input type="checkbox"/> able to offer new student orientations, activities, etc. |
| <input type="checkbox"/> moderately – challenging and competitive | <input type="checkbox"/> able to occasionally offer new student orientations, etc. |
| <input type="checkbox"/> somewhat challenging and competitive | <input type="checkbox"/> free of new student orientations, activities, etc. |
| <input type="checkbox"/> close to home | <input type="checkbox"/> in a different geographical location |
| <input type="checkbox"/> in a city | <input type="checkbox"/> in a suburb |
| <input type="checkbox"/> in a small town | <input type="checkbox"/> in the country |
| <input type="checkbox"/> small and communal | <input type="checkbox"/> medium – sized with community or autonomy |
| <input type="checkbox"/> large and full of people | <input type="checkbox"/> in another country |

2. I will require special facilities and/or programs, such as _____

(film school, medical school, drama department, music department, etc.)

3. I want to live in a climate that is _____

(hot, dry, snowy, cold, wet, humid, etc.)

4. Geographically speaking, I want to live in a place that is _____

(mountainous, flat, in the forest, in the desert, near the ocean, etc.)

Step 3

When you apply to college, you will be asked to “declare a major/minor”. A major is a subject or field of study chosen by a student to represent his/her main interest in college to study and receive a degree. You must complete a specific number of credits in order to complete your major and receive your degree. Some students will also double major where they complete the class requirements for 2 programs. *For example, you can major in education at college and receive a B.A. in Education. You could also double major in Biology and Chemistry if you plan to apply to medical school.*

A minor is a secondary subject or field of study that you choose to study. You take less credits to complete a minor. Oftentimes, students choose a minor that is similar to their major. *For example, if you want to become a history teacher, you could major in education and minor in history.*

If you are not sure of your major/minor when you apply to and start college, you can declare your major as undecided. At this point, colleges recommend that you take the general courses required to graduate from college, and explore the fields you might be interested in. If you have not declared your major when you apply to and start college, we highly recommend that you receive additional student services so you can get on track for your major as soon as possible.

Answer the following questions about two postsecondary schools. These schools must meet the criteria you established in steps 1 and 2. In other words, you should not research ASU (student population 50,000) if you said that you would be happiest on a small campus, and you shouldn't research a school that doesn't offer a major in architecture if you indicated that you wanted to study architecture.

What schools are you going to be researching? Please list the names of the schools and where they are located.

Please list two major fields of study at these schools that you are interested in and are offered by the school.

A. Name of college or university: _____

1st major field of study offered at this school that you might want to pursue: _____

(Pre-Med, French, mechanical engineering, etc.)

2nd major field of study offered at this school that you might want to pursue: _____

B. Name of college or university: _____

1st major field of study offered at this school that you might want to pursue: _____

(Pre-Med, French, mechanical engineering, etc.)

2nd major field of study offered at this school that you might want to pursue: _____

Admission Requirements

1. List 3 requirements for admission into the schools you are interested in, such as GPA, ACT/SAT scores, specific high school classes, essay, etc. This could be anything the school requires you to have before they will admit you.

School #1

School #2

2. Based on these requirements, would you say you are currently on the right track for admission to these schools? Please explain your answer. If not, what do you need to do to be on track?

School #1

School #2

Student Population

In college, **undergraduate students** are working towards an Associate (2-year) or Bachelor (4-year) degree. For example, you could complete any of the following undergraduate degrees:

- A.A. (Associate of Arts) in Nursing at a community college
- B.A. (Bachelor of Arts) in History
- B.F.A. (Bachelor of Fine Arts) in Photography
- B.S. (Bachelor of Science) in Biology

When you enter college in the fall of 2012, you will be an undergraduate student!

Graduate students are students working towards a variety of postgraduate degrees. For example, you could complete any of the following graduate degrees:

- M.A. (Master of Arts) in Political Science
- Ph.D. in Psychology
- M.D. (Doctor of Medicine, the abbreviation of the Latin title, *Medicinae Doctor*) in order to become a doctor
- J.D. (Juris Doctor) in law school in order to become a lawyer.

You must have a bachelor's degree to attend a graduate program.

3. How many undergraduate students attend these schools?

School #1

School #2

4. How many graduate students attend these schools?

School #1

School #2

Cost of Tuition

5. Please indicate the cost of tuition at these schools.

College / University #1	Full-time (One Semester)	Full-time (One Academic Year)
In-State Tuition		
Out-of-State Tuition		

College / University #2	Full-time (One Semester)	Full-time (One Academic Year)
In-State Tuition		
Out-of-State Tuition		

Housing

6. Do these schools have dorms on campus in which students live?

School #1: Yes No

School #2: Yes No

7. If yes, how much does it cost to live in a dorm for one academic year (fall and spring) at these schools?

College / University #1	College / University #2
Cost of Dorm Room for One Academic Year	Cost of Dorm Room for One Academic Year
Single (one person to a room):	Single (one person to a room):
Double (two people to a room):	Double (two people to a room):
Suite (two+ rooms that share a bathroom):	Suite (two+ rooms that share a bathroom):
Cost for On-Campus Apartments (if available) for One Academic Year	Cost for On-Campus Apartments (if available) for One Academic Year
Studio / One bedroom:	Studio / One bedroom:
Two bedrooms:	Two bedrooms:
Three or more bedrooms:	Three or more bedrooms:

8. Many students choose to live off-campus while going to college. Do the schools you are researching allow freshmen to live off-campus?

School #1: Yes No

School #2: Yes No

9. How much would it cost per month to rent an apartment off campus? If the college does not provide this information, look online showing prices in that area and give an approximate amount (ex: newspaper, Craigslist.org, etc.)

Off-Campus Apartments	Cost per Month (School #1)
Studio	
Two bedrooms	
Three+ bedrooms	
Off-Campus Apartments	Cost per Month (School #2)
Studio	
Two bedrooms	
Three+ bedrooms	

10. Based on the above information, where do you think you would live for your first year? Please explain your answer.
School #1 **School #2**

11. Will you need to pay to park a car on-campus? What does a student parking permit cost for an academic year?
School #1 **School #2**

Meal Plans

12. List the different meal plans available at these schools. Please include the cost of each plan.
School #1 **School #2**

13. Based on this information, which meal plan would you choose? Please explain your answer.
School #1 **School #2**

14. Given the information you have gathered in the last few sections, estimate how much it would cost to attend these schools for one academic year? Your estimation should be the totals for all costs at each college you researched.
School #1 **School #2**

Financial Aid

(Amended from "Apply for Financial Aid". <http://www.actstudent.org/finaid/apply.html>)

Most people need financial assistance to pay for college. Because there is so much need for financial assistance, and funds are limited, the federal government has set policies to measure your financial need to pay for college. Most financial aid is based on your need. Need-based financial aid can come from the federal government and state government.

"Need-based" means that your family's financial resources, measured by a formula set by the federal government, are not sufficient to cover your educational costs. This formula looks at your family's income and assets to determine its Expected Family Contribution (EFC) toward the cost of college. The federal government determines your EFC each year after you fill out and submit the Free Application for Federal Student Aid (FAFSA).

The federal government's definition of financial need compares your income and savings to the cost of the college you plan to attend. *For example, if you choose to attend a local community college, your financial need may be small, while if you choose to attend a higher priced college, your financial need may be large.*

Once you determine your financial need, the college you plan to attend will help you identify sources of financial aid to meet your need. If you apply for assistance early, college staff may be more successful in finding financial aid.

Most financial aid packages include a variety of types of aid, including:

- A. **Scholarships:** based on a variety of requirements, such as your grades, gender, major, etc. You do not need to pay back this money.
- B. **Grants:** similar to scholarships but can be awarded by a variety of requirements, such as the state you live in or based on your income, such as Pell grants. You do not need to pay back this money.
- C. **Loans:** money that you will borrow and need to pay back at a variety of interest rates.
 - *Subsidized Stafford Loans:* loans managed by the federal government. Interest does not build up while you are in school, and tends to be low. Students can borrow amounts based on their year in college. Students have many options for repayment, such as a grace period after graduation, loan payments based on income, loan forgiveness (you won't need to pay back) based on your profession, military service, etc.
 - *Unsubsidized Stafford Loans:* loans managed by the federal government. Interest does build up while you are in school, but tend to be low. Students can borrow amounts based on their year in college. Students have many options for repayment, such as a grace period after graduation, loan payments based on income, loan forgiveness (you won't need to pay back) based on your profession, military service, etc.
 - *Private loans:* loans managed by private companies (such as banks). Interest rates vary and can be quite high. Companies often lend out large amounts to students. Students often have limited options to repay these loans. Private loans can be quite risky, and we advise you to avoid them as much as possible.

*For more information on the differences between federal and private loans, look at the Department of Education's website:
<http://federalstudentaid.ed.gov/federalaidfirst/>*

- D. **Work Study:** money awarded to students to work on-campus. The university receives this money as a part of your financial aid package, and you receive the funds as your paycheck.

15. What types of financial aid are available to students who attend these schools? (Pell grants, scholarships, etc)

School #1

School #2

16. What is the college's (priority) deadline to apply for financial aid? List the deadline for the coming school year.

School #1

School #2

17. Do these schools offer scholarships for its students? Please list the scholarships that are available at the college for first-year students and the deadlines.

School #1

School #2

Step 4

Reflect on the results of your research, and circle the correct answer for each question.

School #1:

Does this school offer a major area of study in which you are interested?	yes	no
Does the size of the school meet your needs?	yes	no
Is there adequate financial assistance available to meet your needs?	yes	no
Do the housing options meet your needs?	yes	no
Are there enough student support services offered to meet your needs?	yes	no
Are there clubs and/or organizations that are of interest to you?	yes	no
Is this school close enough (or far away enough) from home?	yes	no
Is the geography of the area to your liking?	yes	no
Are the typical weather conditions of the area acceptable?	yes	no
<u>Does this school meet your needs?</u>	yes	no

School #2:

Does this school offer a major area of study in which you are interested?	yes	no
Does the size of the school meet your needs?	yes	no
Is there adequate financial assistance available to meet your needs?	yes	no
Do the housing options meet your needs?	yes	no
Are there enough student support services offered to meet your needs?	yes	no
Are there clubs and/or organizations that are of interest to you?	yes	no
Is this school close enough (or far away enough) from home?	yes	no
Is the geography of the area to your liking?	yes	no
Are the typical weather conditions of the area acceptable?	yes	no
<u>Does this school meet your needs?</u>	yes	no

At this time, which school would you rather attend and why?

JUNIOR PORTFOLIO MID-MONTH CHECK-IN SHEET November / Unit 9 • College Exploration I/II

Student Name: _____

Directions: To obtain full credit complete this check-in sheet of your unit work.

- It is advisable that you take time to think of what portfolio work you need to complete between now and the day your portfolio is due, and get to work on it!
- Please circle the appropriate response and answer in complete sentences where asked.
- **Site Sponsor must sign Check – In Sheet by due date on the 1st page of your portfolio unit.** This is typically 1 week before your portfolio visit.

1. What parts of the unit have you completed?
 - a) all of it
 - b) half or more
 - c) very little of it
 - d) none of it

2. What parts of the unit do you still need to complete?

3. What part of this unit, if any, are you having difficulties with? Why?

4. What type of help do you need, if any, in order to complete unit by the due date?

FOR SITE SPONSOR TO COMPLETE:

Unit at least ½ complete: Y N

Site Sponsor Signature _____ Date _____

Scholarship Essay Question

It is now time for you to begin preparing for the many scholarship essays you will have to write during your senior year! Remember that scholarship essays are similar to admission essays required by some universities. Practicing these essays benefits both!

Limit your essay to 2 paragraphs. Your essay must be typed.

Note: Essays not typed will result in an immediate \$10 deduction from your portfolio stipend!

What are your dreams of the future? When you look back on your life in 30 years, what would it take for you to consider your life successful? What people, things, and accomplishments do you need?

