

THE GET INTO COLLEGE HIGH SCHOOL PROGRAM

A PROGRAM FOR TEENS
WHO WANT TO GET INTO
COLLEGE SUCCESSFULLY



with *Andi Frimmer*
The "Get Your Kid Into College Lady"

Prep4CollegeNow

THE GET INTO COLLEGE HIGH SCHOOL PROGRAM

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Let's get started!

THE GET INTO COLLEGE
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What To Do In 9th Grade

THE GET INTO COLLEGE HIGH SCHOOL PROGRAM

9th Grade

Meet your high school guidance counselor at the beginning of the school year.

Your counselor is ready and willing to help you make sense of your college and career options. As soon as you can, set up a meeting to talk about your plans for high school and the future.

Take the right classes.

When you start high school, you need to **make sure you're taking a college-prep curriculum.**

Talk to your counselor to ensure that you're on a college prep track. In many schools, the math or foreign language class you take in your freshman year of high school will determine what level you're able to reach when you're a senior in high school.



Colleges will evaluate you

based on the classes you've taken. If you have any aspirations of attending a top college, the most selective schools want to see that you're challenging yourself and taking some of the hardest classes that are offered at your school. You don't have to take every single honors or AP class, but **to get into the top schools, you should demonstrate that you can do well in the most difficult classes.** I do recommend taking honors or AP classes in the subjects you're best at and the subjects you're considering studying in college.

Develop the skills and habits that will allow you to continue to be successful academically. You will need excellent time-management, organizational and study skills to succeed in high school and college.

Your counselor may have a list of ways to help you in each of these areas and more.

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9th Grade cont.

Work on your reading skills. Many high school students don't realize their full potential due to a lack of reading and writing skills. Basic reading and writing skills lead to better grades and retention of knowledge in other subjects. Not only will you be a better student, you'll become a smarter, more articulate person. **Read, read, read.** Fiction, non-fiction, news, history, poetry; whatever it is, it will improve your cognitive and analytical thinking.

Work on your writing skills. To develop stronger writing skills, sit down with teachers and get specific feedback on your papers and/or essays. You may also want to enroll in a writing course or workshop. Even if you think you are a good academic writer, there is always room for improvement.

Get involved in extra-curricular activities both in school and outside of school. Make the effort to get involved with groups, clubs, or teams that interest you. These activities are fun and make you a well-rounded student. Most successful students are involved in many different activities, but you want to find an interest that you are truly passionate about and will give 100% to. College admissions officers like students who have a dedicated endeavor. The more you can get involved, the more you will learn and grow as a young adult.



GIVE A HELPING HAND

Get involved in community service activities. Research groups in your local community that coincide with your areas of interest and get involved. Help the environment, build houses with Habitat for Humanity, feed the homeless, help at-risk elementary school students – **choose a service project that excites you and stick with it throughout high school.** Not only will this help develop a life-long passion but it will allow you and your family to get involved together and bond over a common goal.

9th Grade cont.

Build your credentials. Keep track of academic and extracurricular awards, community service achievements, and anything else you participate in, so it'll be easier to remember later. It'll come in handy when you want to highlight your accomplishments—such as when you're filling out college applications or creating a resume.

Use your summer wisely. Use your summers to do something worthwhile. It can be almost anything, such as travel abroad or a road trip to cultural or historic sites. You might even consider getting a job or volunteer in your community. Maybe you want to start a group, club or special project with friends. Whatever it is, think about how it will contribute to your experience as a young adult. Or select summer activities that are tailored to a specific academic or career interest – such as computer coding, cooking classes, the environment - anything that builds character and adds to personal growth. Just remember to see it through.

Start learning about college. Look at the college information available in your counselor's office and school and public libraries. Use the Internet to check out college websites and social media. View college profiles. You may even want to start a list of colleges that might interest you.

Foreign language is a basic requirement for high school and college admissions, but it can also be used to strengthen your academic record. With some exceptions, most colleges have a high school foreign language requirement of two years. But it is always recommended to study more. **A third or fourth year in one language will add a huge boost to your college application.** If you study two or three different languages, your high school requirements will be fulfilled, but you will be hurting your chances to get into a good school. Admissions officers are looking for proficiency and commitment. Pick your language carefully and stick with it.

RESOURCES

prep4collegenow.com

bigfuture.collegeboard.org/find-colleges

www.whatcareerisrightforme.com

www.teamtechnology.co.uk/careers/what-career-is-right-for-me.html



THE GET INTO COLLEGE
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Ramping Up In 10th Grade

10 Keys To A Successful Year Of Preparation

THE GET INTO COLLEGE HIGH SCHOOL PROGRAM

10th Grade

Take charge of your study skills. By now, you are not a stranger to class exams, pop quizzes, or standardized tests. However, the coursework is growing in difficulty and you're expected to keep-up with weekly reading and study on your own. It's up to you to take charge when you don't understand something – by meeting with your teacher during study hours, assembling peer study groups outside of the classroom or getting privately tutored if struggling in a class. Your grades are important, and your study habits are the foundation of your success.

Developing excellent reading comprehension skills is key to success in 10th grade. Reading comprehension is a core component of college entrance exams like the ACT and SAT. Both have critical reading sections, which will test your ability to retain and understand written English while simultaneously examining your vocabulary. What's the best way to sharpen your comprehension skills? Read. Read as much as you can.

Superior time management skills are key to success in 10th grade. You are now old enough to oversee your own time schedule. You are responsible for managing your own school workload by keeping track of exam dates and assignment deadlines. It's easy to fall victim to procrastination. To avoid this, I recommend making a daily to-do list and sticking to it. The better you are at time management now, the more prepared you'll be for college in the future. Using technology (phone or Google calendars) with text or email reminders can be great tools.

Continue to be involved in extra-curricular and community service activities. Continue to take part in the activities that interest you both in school and in your community. Work towards leadership positions in the groups you like best.



10th Grade

Meet with your school counselor regularly to ensure that you're fulfilling your academic obligations. You should be enrolled in courses that satisfy college requirements and challenge you. If you're not feeling stimulated by your current courses, talk to your school counselor or teachers about advanced options.

Start your college search. Decide what factors are important to you and find colleges that matches your criteria. Attend college fairs and read the material you get from all types of schools—you may see something you like.

Begin learning about the college admissions process. The college admission process is multi-faceted. Explore information provided by your high school counselor, online websites and advice from independent college admission counselors. Contact colleges that appeal to you. Write to schools and ask for more information about their academic requirements and any programs or activities that you're interested in. It's especially important to start this process now if you think you want to attend a military academy.

Take SAT subject tests if the material in the exam is covered by your high school course curriculum. These national admission tests are required by certain colleges to showcase your interest and achievement in a specific subject.

Summer planning: Continue summer activities that are tailored to a specific academic or career interest – also consider getting a summer job. Finding steady summer work will look good to prospective colleges and employers. Putting the money you earn away for college will also help you get a head start on a personal savings plan. It also allows for you to cover unexpected expenses during college.



SUMMER JOB IDEAS

<https://www.thebalance.com/jobs-for-14-and-15-year-olds-2062241>

<https://www.thebalance.com/list-of-good-first-job-ideas-for-teens-2062235>

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11th Grade

The Critical Steps And
Strategies For Getting Into College

THE GET INTO COLLEGE HIGH SCHOOL PROGRAM

11th Grade

Junior year marks a turning point. This is because for most students and families, it's when college planning activities kick into high gear. Start with you. Make a list of your abilities, personal qualities, things you may want to study in college and career goals.

Take academically challenging courses. The classes you take will greatly influence your college options. You can look at college websites to view their requirements for admission. Colleges will evaluate you based on the classes you've taken. Colleges, especially selective colleges, want to see that you're challenging yourself and are taking some of the hardest classes that are offered at your school. You don't have to take every honors or AP class, but to get into elite schools, you should demonstrate that you can do well in the most difficult classes. Take honors or AP classes in classes that apply directly to the college major you are considering studying in college.

Prepare for and take standardized tests. Ideally, you'll be able to finish your standardized tests for college by the end of your junior year. That will free up time in your senior year to focus on your college applications, schoolwork, and extra-curricular activities. I recommend taking the SAT/ACT for the first time in the fall of your junior year, and, if you don't do as well as you'd like, you can retake the test in the winter, and then if necessary, in late spring. If you haven't done any preparation for the SAT/ACT before your junior year, you can spend the fall studying and then take the test in the winter and spring. However, if you wait to take the SAT/ACT until late spring, you will have less time to retake it if you don't get your target score on your first attempt. Also, if you're interested in qualifying for a National Merit Scholarship, you should take the PSAT NMSQT in your junior year.

TIPS FROM A STRAIGHT A STUDENT

1. Eat breakfast
2. Get a good night's rest before tests
3. Be prepared for class
4. Make a study schedule
5. Don't procrastinate
6. Take breaks
7. Put forth your best effort
8. Don't waste time
9. Choose the best classes for you
10. Do all offered extra-credit work
11. Organization is key
12. Constantly review information
13. Ask for help
14. Put homework first
15. Relax



11th Grade

Your junior year grades are the most important for college admissions. They're the last full academic year grades colleges will see before they make admissions decisions; colleges may not even get to see your first semester senior year grades, especially if you choose to apply early. If you didn't do as well as you wanted academically in your freshman or sophomore year, you can use your junior year to demonstrate your improvement and show that you're capable of succeeding in college. If you don't do as well as you'd like in your junior year, it doesn't necessarily mean that your college dreams are shattered, though. You can make up for lower grades with higher test scores and exceptional achievements in your extracurricular activities. Additionally, if there's some extenuating circumstance that causes a dip in your junior year grades, you can explain the situation on your college application.

Stay or get involved in extra-curricular activities. Other than your grades and test scores, your extracurricular activities probably have the biggest influence on the quality of your college applications. Colleges want their students to have exceptional achievements outside of the classroom, and they're looking for individuals who use their leisure time to pursue their passions. Colleges prefer to see a sustained commitment to your activities, so if you participated in extra-curricular activities in your first two years of high school, you should try to stick with those activities, if possible. If you were part of a club, try to get a leadership position in that club. If you wrote for the newspaper, maybe you can become an editor. It's more impressive to show growth and accomplishments in the same activities than it is to start doing a bunch of activities in your junior year. Colleges want to see commitment and demonstrable achievement.



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11th Grade

Learn about colleges. Look at their websites, talk to friends, family members, teachers, and recent grads of your school, now in college. List the college features that interest you. Consult with an independent college admission counselor to create a list of potential colleges that meet your academic and career goals.

Narrow down your initial list of colleges and visit as many as possible during your spring or summer break. Your independent college admission counselor can ensure that your list is well-balanced, meaning, that it's comprised of colleges where you exceed the published admission criteria (safety schools), fall within the range of the published admission criteria (target schools), and meet some — but not all — of the published admission criteria (reach schools). Ultimately, the most important thing about your list is that you'd be happy to attend each and every school on it.



SAT subject tests should be taken at the end of your junior year. Assuming you do some basic preparation and take the tests right after you finish related courses, you should do very well. For example, if you take the SAT Subject Test in Chemistry in May or June while you are completing AP Chemistry, you shouldn't have too much difficulty with that subject test if you're doing well in your AP Chemistry class.

AP tests should be taken in the spring. Often, if you're taking an AP class, you'll be required or strongly encouraged to take the AP test for that class. Doing well on AP tests demonstrates your readiness to do college-level work, and you can receive college credit by passing AP tests.

11th Grade

Secure at least one 11th grade teacher as a recommender for your college applications. Talk to an 11th grade teacher while you're still in 11th grade and ask him or her to write your letter of recommendation next year. If you need to provide an art portfolio, a video production tape or an audition piece (live or video) for your college apps, the summer is the perfect time to get these prepped and ready to go. Prepare an Arts Resume listing all advanced training you have received or productions in which you have been involved (such as junior theater, dance classes/competitions or art classes/awards). Be sure to share things that will enhance your admissions application.

Plan your 12th grade high school schedule. Use your 12th grade academic schedule to take AP and Honors courses in your selected field of choice. If you are great in science and math, take AP classes in those subjects while creating the right balance between what will challenge you and what will enable you to be successful. Make meaningful summer plans that balance your achievements with some relaxation. Reward yourself by taking time to relax and rejuvenate – while also partaking in a meaningful activity. Intern at a local company that specializes in your preferred field of study. Volunteer in your community. Get a part-time job. Or if you're an athlete, consider a summer camp in your sport. These activities will signal college admission officers that you care about your future.

VOLUNTEER OPTIONS

<https://lionsheartservice.org/lh2/>

<https://www.nps.gov/subjects/youthprograms/index.htm>

<https://www.voa.org/action-team>

<https://www.volunteermatch.org/search?l=National%20City,%20CA,%20USA>

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12th Grade

Knowing All Your Options

THE GET INTO COLLEGE HIGH SCHOOL PROGRAM

12th Grade

Finish and submit all your college applications. Once you're confident that every detail has been taken care of, submit your application online. Follow-up by submitting your official ACT or SAT scores and have your high school guidance counselor send your official mid-year transcript to the colleges that require it. You want all supporting documentation and portfolios in before the beginning of winter, so the colleges can make a decision on your application based on a complete application file. If you are missing supporting documentation and fail to send it in, your application will not be considered.

Continue making campus visits.

Campus visits are important to the decision-making process. If you have not yet visited the top colleges you're considering, you should make it a priority and go visit. Fall is an especially good time to visit a college since classes are in session, you can sit in on a class and get a true feel of the campus environment. If you cannot visit a school, look online for virtual tours or forums where you can discuss questions with current and former students.

Complete your college essays the college essay is an important part of the application process. Have a teacher or parent proofread your essay for mistakes and to provide feedback. Take the ACT/SAT one final time if necessary you've done the practice tests, and now it's time for the real thing. Whatever test it is, make sure to request online or via mail that your results get sent to the schools of your choice. Gather your letters of recommendation. If you haven't requested them already, now's the time to start approaching teachers and counselors for recommendation letters or follow-up with those you already requested them from. Most colleges now require letters of recommendation as part of the application process, and they can prove very influential.



12th Grade

Meet with your high school counselor to make certain you are on track for graduation. Continue to find and apply for private scholarships – winning several smaller awards can be the difference in affording (and therefore attending) your favorite college. It is normal to feel anxious and somewhat overwhelmed by the thought of going away to college. Speak to your parents about your apprehensions, and if needed, speak with a licensed therapist about your fears. Facing and overcoming them before leaving home will help with your adjustment to college life.

Acceptance letters will be arriving this month. Keep a look out for them arriving in your inbox (a few may arrive by mail). Congratulations! You have been accepted to multiple colleges. Plan on visiting the top three colleges to which you received acceptance letters. It is imperative you revisit the campuses before making your final decision. Create a list of questions and chart the answers for each school. Get a “feel” for where you think you belong – this will help you when making your final decision.

Pick the college you will be attending. Send in the enrollment and housing forms, along with a deposit no later than May 1st. Notify all colleges of your final decision. If you want to take a gap year, let your selected college know your plans. Complete all necessary forms. A spot will be held for you for the following fall semester. Note that some colleges use their own discretion for deadlines based on the number of incoming freshman.

Once you’ve made your college decision, start writing a “to do list” of items that require attention (housing form, orientation, registering for classes, placement tests, etc.). If you do not plan to enroll in a four-year college next year, explore admission opportunities at a community, vocational, or career/technical college. There are a wealth of opportunities out there for those who want to take a different route.



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12th Grade

Summer after senior year participate in any summer orientation programs for incoming freshmen. It is also a good idea to double check you have student health insurance and a student health directive in case of any emergencies.

Mark your calendar to keep track of deadlines. Your senior year is going to be a busy one. There are ACT and SAT tests to take, college fairs and financial-aid seminars to attend and multiple deadlines to monitor. Stay organized by marking your calendar in advance with important dates like each college's application deadline, ACT/SAT test dates and scholarship deadlines.



Make a final list of your top college choices. You researched. You visited. You evaluated. And now is the time for you to finalize your college list. Settle on eight to 12 prospective college choices. It's OK to include schools you think are going to be a challenge to get into; just make sure to also include some schools you think you can get into easily. Each college website will have an application and research to find out how generous the college is with financial aid. Don't forget about the fees associated with each application; this may alter the number you fill out.

Contact colleges to make sure they received your application. Make sure that each college received the necessary materials: tests scores, transcripts, application form and recommendations. You may either call or email the admissions office.

If you have not already done so, File Your Free Application for Federal Student Aid (FAFSA). The FAFSA is a very important document in the financial-aid process. If you would like to receive any federal financial aid, fill yours out and submit it as soon as possible after October 1. You can do this online at www.fafsa.org

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12th Grade

Submit midyear grade reports. Some colleges request that you send your senior year first semester grades as part of the application process. Have your counselor send these out to the schools that require them.

Consider entering early decision or early action. Submitting early decision or early action to a college allows you to find out if you have been accepted to a school earlier than regular admission notifications. Knowing earlier, however, requires submitting earlier, so get started on Early Decision or Early Action applications right away; most deadlines tend to fall in November.

File the CSS PROFILE if required. The CSS PROFILE is another common financial-aid form and is required by select colleges. Determine if the schools you are applying to require it, and if so, file online at www.profileonline.collegeboard.com.

Get a summer job. It's a great way to get a taste of the working world, add a line onto your resume and earn some pocket money for the upcoming year. Have your final transcript sent to your chosen school. It's time to start planning and prepping for college! You'll likely have lots of forms to wade through, some with hard deadlines. Make sure you read everything carefully. Register for your school's orientation program. The events and activities provide a great transition into college



life and ensure you'll see some friendly faces around campus. Roommates are usually assigned. Make a point of reaching out and introducing yourself before arriving on campus. Gauge each other's sensibilities and discuss personal habits. Learning about your roommate before school starts minimizes anxiety and problems. Furnishing your dorm room can be FUN! While your school will obviously provide the basics (bed, dresser, etc.), there's plenty you'll need to bring. Carefully review the list provided by your school and talk with your roommate about décor. Decide what you are bringing with you to campus and what items you will purchase upon your arrival.

Meet Andi

My entire career has been dedicated to helping students achieve. I have been applying my knowledge of the intricacies of college admission to help students navigate the complicated admission process and achieve multiple admissions to the colleges of their choice.

While working with students at my former tutoring center, parents frequently asked questions and sought advice regarding college admission. As I became more involved in helping each student, I realized I wanted to help families full time, with college admission. Prep4CollegeNow was born out of this desire.

This desire continues today. I have developed a sub-specialty in helping special needs children gain college admission. I also advocate for children and families helping ensure each child receives a fair and public education as required under state and federal laws.

Visit our website for more information, educational blogs and to learn about the programs we offer teen that help them achieve their goals of attending college.



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