

College Recruitment

Girl's CUP Program

July, 2013

Why College:

Opportunities, Options and Money

Whether you are interested in business, science, the arts, technical training or specialized instruction, a college degree can be an important entry point for pursuing a career.

The college experience is, in part, intended and designed to help you make the transition from living at home to making your own way in the world. The path is not without pitfalls, but these are part of a life lesson that incorporates academics, social skills and a growing sense of independence.

A Gateway to a World of Opportunities and Options

- You may certainly find work with a high school degree, but the type of work you can do may be limited. And, the occupations a high school education qualifies you for may have little room for advancement and increased income.
- The connections you make in college can be of major importance throughout your career. Your school colleagues, instructors and counselors may be able to offer access to the type of industry you are interested in and may be willing to help point you to opportunities you may not have considered. Even long after college graduation, you may be able to take advantage of continuing education opportunities and alumni networking events to help expand your career options.
- There are innumerable benefits that transfer into life based on the experiences a student athlete has in college.

http://well.blogs.nytimes.com/2010/02/15/as-girls-become-women-sports-pay-dividends/?_r=0

Choices:

Finding the “Right Fit”

This is probably the first time you can decide where you will spend at least the next two to four years of your life. You can find a variety of resources through your high school guidance counselor and from online resources such as College Board, www.collegeboard.com and College View, www.collegeview.com

As you search for your school you should keep the following factors in mind:

• ***Make the “right” decision for you:***

Just because your best friend’s older sibling went to XYZ University or “everyone” is going to ABC College, doesn’t mean they are the right places for you. As you begin considering your options, remember to take the time to consider places that may not be the right choice for “everyone”, but might be the “right” choice for you.

• ***Visit Area Colleges.***

It’s a good idea to experience several college campuses. It will help you figure out exactly what

you want from your college experience and help you think of questions you may not have thought of previously. For example, College and Universities offer tours, meeting with Admissions, Financial Assistance, professors and those from specific academic departments.

- ***How does the curriculum fit into your possible career choice?***

Some colleges have academic areas that are particular strengths. These may be in liberal arts such as English, Communications and the Arts while other institutions may be more specialized in areas such as science, law or medicine. Although, it is quite possible you may change your mind about your major after you have entered college, you should certainly look at institutions that offer programs in areas in which you are most interested.

- ***Consider the option of a community college:***

A two-year community college can be an excellent way to make the transition from high school to college.

- ***Review admission requirements:***

Many colleges, both public and private institutions, have very specific admission requirements. These include admission tests scores, high school grade point averages, performance in science and math and evidence of involvement in school or community service activities. If a school you are considering has admission requirements that are beyond your reasonable expectations you may want to look at how you improve standardized test scores or grades based upon the time you have left in high school.

- ***Consider the financial aid package:***

Most colleges and universities offer grants and scholarships. Sometimes these are for very specific areas of study. Some differences are prevalent between public and private institutions.

- ***Know the application deadlines:***

Many colleges and universities have specific application deadlines. If you miss the deadline, your application may not be considered.

Some institutions may want you to apply as early as your junior year or at least by the fall of your senior year.

- ***Expand possibilities early in order get specific choices later:***

By doing research on the internet you can expand the possibilities in order to hone in on specifics and your needs.

- ***Consider the intangibles:***

Attending a college or university depends on more than just what it costs. Be sure to consider geography, alliances and affiliations with graduate schools for pre professional programs, the right level of soccer program. Consider the campus life opportunities offered, extracurricular activities and career path as well as academic support planning support.

Standardized Testing

The ABC's of the ACT and SAT

Almost all colleges, including community colleges, require an applicant to have completed some type of college entrance exam before being accepted. The scores of this entrance exam are one factor in deciding whether or not an applicant is accepted into the college.

These entrance testing requirements usually involve the two most common types of college exams: the Scholastic Aptitude Test (SAT) and the American College Test (ACT).

Please click on the following link for some insightful information regarding standardized testing:

<http://www.princetonreview.com/college/3-sat-tips.aspx>

Cost of Higher Education

Your College Experience Should Be Priceless. But, It Shouldn't Break the Bank:

College costs increase an average of eight percent every year at four-year schools. No matter how you plan to pay for your education, the simple fact is that a college education is expensive, but the return on the investment is well worth it.

Average Tuition Charges:

Please click on following link for additional comparisons on cost:

<http://www.usnews.com/education/blogs/the-scholarship-coach/2011/10/27/uncover-the-real-costs-of-public-and-private-colleges>

You can expect the costs of college to increase during the years your youngster is in college. Calculate the expected expenses for a college education by visiting Web sites such as www.collegeboard.com. This calculator incorporates the amount of current tuition, adjust it for expected inflation and the number of years you expect to attend college and give you an indication of the total cost of college tuition. You can also find these calculators on almost all college or university web sites.

Living Expenses

Similar to the tuition fees calculators, you can use an online calculator such as www.partners.financenter.com to help you plan living expenses for a student attending a four-year college or university. This calculator includes several living expense factors beyond tuition expense.

These include:

- Books and other school supplies including notebooks, binders, art supplies and computer supplies.

- Rental fees for an apartment or dormitory (some colleges require students to live on campus for one or two years);
- The cost for food, if it is not included in your dormitory fees
- Entertainment expenses such as cable or satellite television, eating out or going to movies or other off campus entertainment
- The cost for clothing and related expenses such as laundry and personal products
- Insurance for your life, health or car
- Transportation-related expenses such as bus or a car

The Financial Aid Package

Financial aid is intended to “bridge the gap” between college costs and what the family can pay toward those costs. The financial aid administrator evaluates a family’s ability to pay. Each college’s financial aid administrator will use a combination of scholarships, grants, on campus employment and student loans to put together a financial aid award or “package”. The amount of your “package” will depend on several factors.

There are differences between public and private institutions guidelines and regulations for qualifying for and receiving financial aid a number different ways;

- Financial Need
- Academic Merit

Many “recognition” scholarships look at a student’s high school curricular and co-curricular record. Other parts will take into consideration a family’s financial strength as measured by data collected on the Free Application for Federal Student Aid (FAFSA) form. It is possible that a student can receive a combination of “recognition” or need-based scholarships and need-based grants, employment and student loans. **One way to know is to COMPLETE THE FAFSA FORM. There are also need monies offered directly through institutions.**

The process of applying for student financial aid does not have to be a burden. First, begin by reviewing admissions and financial aid material from each school. Second, know the deadline dates for all of your application and financial assistance paperwork. Last, contact each school’s office of financial assistance. The staff are knowledgeable and more than willing to help you answer your individual financial aid questions.

More Money: Grants, Loans, and Scholarships

Focus on Your Academics and Extracurricular Activities (athletics) Your ability to receive a scholarship may depend on several factors including your grade point average (GPA), class standing, SAT or ACT test scores and extracurricular activities. These activities may be school-related or community-related such as volunteer activities.

Start Early! (sophomore year: awareness!)

You should start looking at potential college expenses and the resources available to you as early as your sophomore year of high school. Take advantage of your high school counselors and potential college’s financial

assistance office (FAO) to help in the planning process. There are also specific personnel at colleges and universities in addition to their web site to use as resources.

Please see link for additional information:

<https://www.aplu.org/document.doc?id=4287>

*** For NCAA Division I and Division II institutions athletic monies, athletic grant in aids exist. Division III schools and Ivy League offers no athletic scholarships or athletic grant in aid.

*** NCAA Division I and Division II institutions have capability to combine ("stack") athletic and academic monies if established academic thresholds are met or exceeded.

*** NCAA Division I maximum number of athletics scholarships for women's soccer – 14

*** NCAA Division II maximum number of athletic scholarships – 9.9

Athletic Scholarships: Head Count Versus Equivalency

The NCAA breaks sports into two categories—head count sports and equivalency sports. Students who are offered a scholarship to play a head count sport are being offered a full scholarship, while students who play equivalency sports might receive only a partial scholarship.

Fast Fact

An athlete who receives a scholarship to play a "head count" sport is always given a full-ride scholarship. An athlete who receives a scholarship to play an "equivalency sport" might receive only a partial scholarship.

Head count sports are those sports that generally bring revenues to the school. For men, revenue sports include basketball and Division IA football. For women, head count sports include basketball, tennis, volleyball, and gymnastics.

Any other sport is considered a "non-revenue" or "Olympic" sport, meaning the sport does not produce revenue for the school. Indeed, most non-revenue sports are at least partially funded by football and basketball revenues. In non-revenue sports, coaches typically divvy up their allotment of scholarships using the equivalency method. While head count sports have a set number of scholarships that must be awarded in full to one student, equivalency sports have a set number of scholarships that can be divided among athletes. A head count sport with five available scholarships will award five students five full rides, while an equivalency sport with five available scholarships might offer one student a full scholarship, divide the second scholarship among two students, the third among three students, the fourth among four students, and the fifth among five students. In other words, fifteen students must share the equivalency of five full-ride scholarships.

Equivalency scholarships are generally split so that the more important players receive a higher percentage of the scholarships. For instance, the top-flight softball pitcher might receive 95 percent of one scholarship while the back up outfielder receives only books. Students from out of town also fare better with equivalency sports than local students. Because in-state tuition is not as costly, most coaches in these sports prefer in-state students to pony up for tuition so they can save their resources for high-level out-of-state students.

Differences Between NCAA Division I, II, III

Division I

Division I member institutions have to sponsor at least seven sports for men and seven for women (or six for men and eight for women) with two team sports for each gender. Each playing season has to be represented by each gender as well. There are contest and participant minimums for each sport, as well as scheduling criteria. For sports other than football and basketball, Div. I schools must play 100% of the minimum number of contests against Div. I opponents – anything over the minimum number of games has to be 50% Div. I. Men's and women's basketball teams have to play all but two games against Div. I teams, for men, they must play 1/3 of all their contests in the home arena.

Schools that have football are classified as Div. I-A or I-AA. I-A football schools are usually fairly elaborate programs. Div. I-A teams have to meet minimum attendance requirements (17,000 people in attendance per home game, OR 20,000 average of all football games in the last four years or, 30,000 permanent seats in their stadium and average 17,000 per home game or 20,000 average of all football games in the last four years OR, be in a member conference in which at least six conference members sponsor football or more than half of football schools meet attendance criterion. Div. I-AA teams do not need to meet minimum attendance requirements. Div. I schools must meet minimum financial aid awards for their athletics program, and there are maximum financial aid awards for each sport that a Div. I school cannot exceed.

Division II

Division II institutions have to sponsor at least four sports for men and four for women, with two team sports for each gender, and each playing season represented by each gender. There are contest and participant minimums for each sport, as well as scheduling criteria -- football and men's and women's basketball teams must play at least 50% of their games against Div. II or I-A or I-AA opponents. For sports other than football and basketball there are no scheduling requirements. There are not attendance requirements for football, or arena game requirements for basketball. There are maximum financial aid awards for each sport that a Div. II school must not exceed. Division II teams usually feature a number of local or in-state student-athletes. Many Division II student athletes pay for school through a combination of scholarship money, grants, student loans and employment earnings. Division II athletics programs are financed in the institution's budget like other academic departments on campus. Traditional rivalries with regional institutions dominate schedules of many Division II athletics programs.

Division III

Division III institutions have to sponsor at least five sports for men and five for women, with two team sports for each gender, and each playing season represented by each gender. There are department's spectators. The student-athlete's experience is of paramount concern. Division III athletics encourages participation by maximizing the number and variety of athletics opportunities available to students, placing primary emphasis on regional in-season and conference competition