How do I prepare myself academically for college

- Refine your writing skills and language skills
- Get ahead in computer science
- Refresh your math knowledge
- Learn how to effectively communicate
- Train your brain to think critically

How do I prepare myself physically and emotionally for college

- Exercise regularly
- Set a routine for breaks and sleep
- Don’t get used to partying every weekend
- Don’t get Senioritis, keep up with your grades
Have a Plan to go to College

**Junior High School**
- Think of 8th grade as Pre-High School
- Develop good study habits
- Take AVID as an elective
- Join TRIO Talent Search, Gear Up or other Pre-College programs offered at your school or in the community
- Go on a college tour
- Take Career Inventory Test to determine career strengths and interest
- Prepare for PSAT

**High School**

**Freshman**
1. Take more rigorous courses, AP/IB and Dual Credit

**Sophomore**
2. Begin taking High School CTE's (Career and Technical Education Courses) in respective endorsement cluster.

**Junior**
3. Stay in AVID

**Senior**
4. Visit 2-3 Colleges per academic year
5. Prepare for SAT/ACT test beginning 10th grade.
6. Keep an organized binder with current college information such as tuition cost, housing, scholarships, academic requirements. Update binder annually.
7. By your Fall semester of your senior year you should have your top three choices narrowed down.
8. Remember “Early Decision” gives you the best chance at receiving Merit Scholarship and Need scholarships.
WHAT QUESTIONS SHOULD I ASK BEFORE GOING TO COLLEGE????

- CAN THIS SCHOOL MEET MY EDUCATIONAL GOALS?
- DO I FIT THE PERSONALITY OF THE STUDENT BODY?
- Will this school give credit for AP test or Dual Credit Courses taken in high school?
- Are there scholarships available at this school?
- If I qualify for financial aid, will the school let me use it to pay my tuition and fees, or will I have to pay up front possibly with an emergency loan and then get reimbursed when my aid arrives?
- Does this college have advisors who will help me schedule classes correctly so that I can meet my goals as quickly as I want?
- Does this school require freshman to live off campus?
HOW WILL I PAY FOR COLLEGE

Scholarships

- Merit – Earned Academically
- Need Based – Low Income/ 1st Gen
- Athletic – Sports
- Extra-Curricular and Organization Affiliations

Grants

- FAFSA - Federal Financial Aid – Pell Grant and Work Study, FSEOG – Need based
- Undergraduate Grant
- TASFA - Texas Equalization Grant (TPEG), Texas Higher Education Grant (TEACH)

Loans

- Federal Student Loans
  - Subsidized
  - Unsubsidized
  - Direct Plus Loans
  - Parent Plus Loans

Private Loans

Work

529 Plan – College Saving Account
### What will it cost to go to college

<table>
<thead>
<tr>
<th>College name</th>
<th>Tuition and fees</th>
<th>Total cost of attendance (on campus)</th>
<th>% low income</th>
<th>% of graduates with debt</th>
<th>Average debt of graduates</th>
<th>Bachelor's degree recipients</th>
</tr>
</thead>
<tbody>
<tr>
<td>California State University-Sacramento</td>
<td>$6,620</td>
<td>$23,746</td>
<td>51%</td>
<td>42%</td>
<td>$4,551</td>
<td>5,514</td>
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<tr>
<td>Humboldt State University</td>
<td>$7,135</td>
<td>$23,391</td>
<td>50%</td>
<td>78%</td>
<td>$22,262</td>
<td>1,505</td>
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<tr>
<td>Ferris State University</td>
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<td>$22,094</td>
<td>40%</td>
<td>81%</td>
<td>$37,325</td>
<td>2,364</td>
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<tr>
<td>Wayne State University</td>
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<td>$22,265</td>
<td>42%</td>
<td>60%</td>
<td>$23,136</td>
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<tr>
<td>Harvey Mudd College</td>
<td>$44,442</td>
<td>$60,613</td>
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<td>58%</td>
<td>$28,255</td>
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<tr>
<td>California Institute of Technology</td>
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<td>$56,382</td>
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<tr>
<td>Rice University</td>
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<tr>
<td>Trinity University</td>
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<td>15%</td>
<td>44%</td>
<td>$38,540</td>
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</table>
How do I prepare for my move to college

1. CHORES – DO SOME HOUSEWORK.
2. STAY AWAY FROM HOME FOR A FEW NIGHTS IF YOU HAVEN’T ALREADY.
3. START DOING YOUR LAUNDRY. WASH DRY, FOLD...
4. COOK. GET COMFORTABLE IN THE KITCHEN...
5. WAKE UP ON YOUR OWN.
6. TAKE CHARGE OF YOUR OWN TIME.
7. MANAGE YOUR MONEY.
8. GO GROCERY SHOPPING
9. MAKE SURE YOU HAVE CAR INSURANCE, RENTERS INSURANCE AND HEALTH INSURANCE.