



# Planning for College Workshop

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# College Admissions is Like?

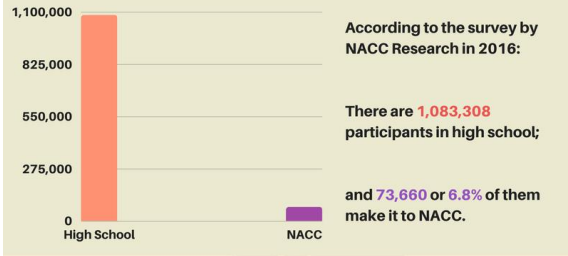






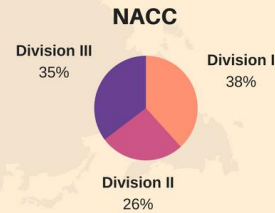
# Only **Few** Can Go Pro

Source: <http://www.ncaa.org/about/resources/research/football>



NACC has 3 divisions. Among the 73,660 NACC participants:

- 38% compete in division I
- 35% compete in division II
- 26% compete in division III

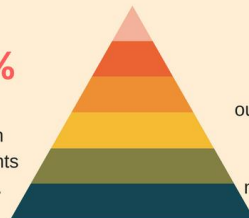


*\*D-I is the highest level.*



**0.023%**

In 2016, only 0.102% of high school participants made it to Pro.



**251**

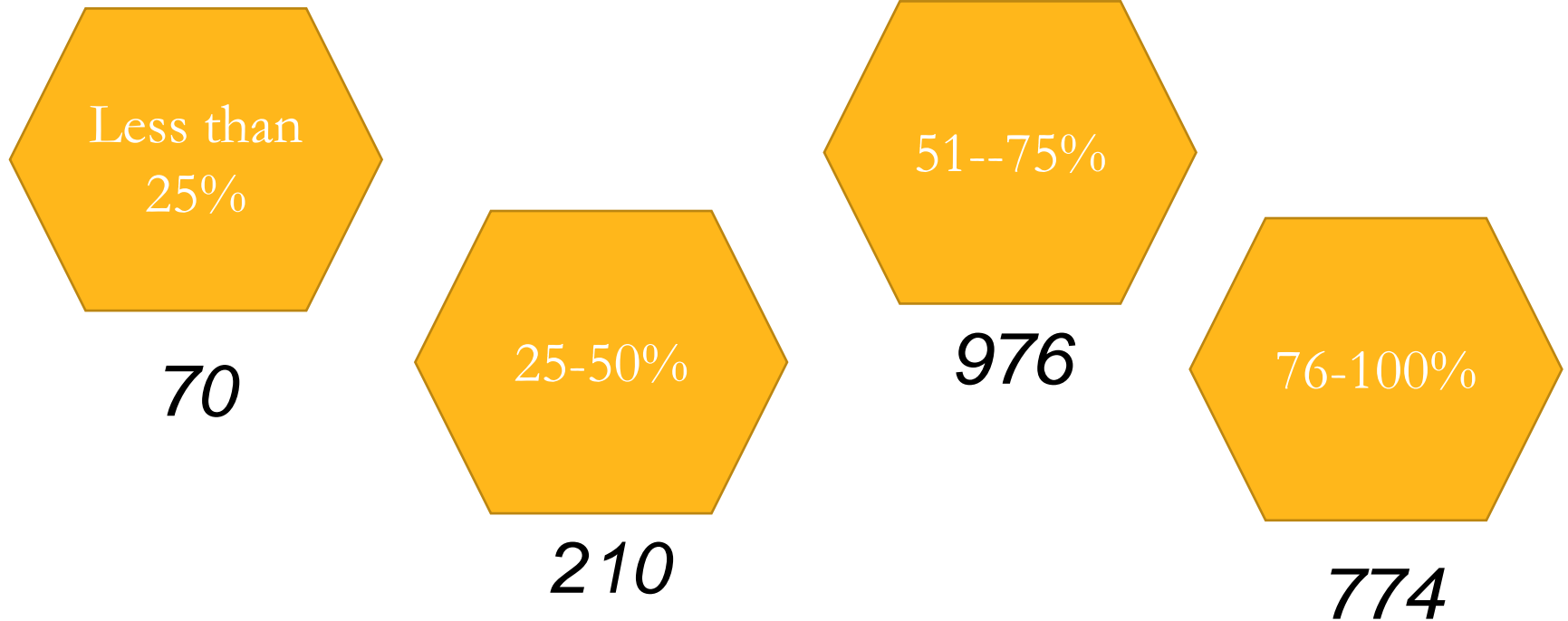
out of 1,083,308 high school Participants made it to Pro

# “A Path for Everyone”

- 2- or 4-year
- Public or Private
- In-State or Out-of-State
- eSports, Business, nursing program
- Basketball or Football school
- My mother attended
- I like their Instagram
- Affordability



# How Many Are Admitted?



- 4-Year Colleges/Universities Only;
- U.S. Schools Only;
- Approximately 2,030 institutions.



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What is the average  
acceptance rate to a 4-year  
institution?

73%

# Timing is Everything!

- It all begins in the 9<sup>th</sup> grade;
- Junior year – why is it important?
- What about my senior grades?
- Senior year: applying in the fall versus applying in the spring. What's the difference?





## Non-Restrictive Application Plans

### Regular Decision

Submit an application by a specified deadline and receive a decision by a designated date

**Non-Binding!**

### Rolling Admission

Submit when ready. Schools review application as they "roll-in". They make admission decisions throughout the admissions cycle

**Non-Binding!**

### Early Action(EA)

Apply early and receive a decision well in advance of the school's regular response date

**Non-Binding!**

You are not restricted from applying to other institutions and have until May 1 to consider your options and confirm enrollment.

## Restrictive Application Plans

### Restrictive Early

Apply to a school and receive a decision early. You may be a restricted from applying ED, EA, or REA to other schools. If offered, you have until May 1 to confirm

**Non-Binding!**

### Early Decision

Make a commitment to a first-choice school where, if admitted, you will definitely enroll. The application decision deadline occur early.

**Binding!**

You are responsible for following all restrictions

# But I am just a sophomore...

- Research testing (PSAT, PLAN, ACT, SAT, **FairTest.org**).
- Update your file of important documents and notes (resume, community service, awards, honors).
- Research Colleges/Universities and plan a visit – even if it is virtual!
- Watch virtual tours! See if College's will allow you to sit in on a virtual classroom experience.
- Find out about Honors, AP, IB courses offered at your high school.
- Continue extracurricular activities and investigate leadership opportunities.
- Continue to meet with your school/college counselor at least once a year.



**“College is a match to be made, not a prize to be won.”**

It is not about admission; it is about graduation and beyond.

# Dear Families...

“We are applying to...”

“We are majoring in...”

“We are writing our essay on...”

“Our list of colleges”

“We are visiting”

“When I signed into OUR application portal”

“We’ve decided the best college for US is...”





SIPRESS

*"We've been thinking a lot about what we want to do with your life."*

# How Do Colleges Make Admission Decisions?

# *“Focus on the whole pie, not just a slice!”*

	<b>N</b>	<b>Considerable Importance</b>	<b>Moderate Importance</b>	<b>Limited Importance</b>	<b>No Importance</b>
High school grades in college prep courses	185	76.8	15.1	4.9	3.2
Total high school grades (all courses)	185	74.1	18.9	5.4	1.6
Strength of high school curriculum	185	63.8	22.7	10.3	3.2
Positive character attributes	184	28.3	37.5	18.5	15.8
Essay or writing sample	185	18.9	37.3	26.5	17.3
Student's interest in attending	185	15.7	27.6	25.4	31.4
Counselor recommendation	185	11.9	40.0	27.6	20.5
Teacher recommendation	185	10.8	40.5	28.1	20.5
Extracurricular activities	185	6.5	44.3	30.8	18.4
High school class rank	183	5.5	22.4	43.2	29.0
Admission test scores (ACT, SAT)	185	4.9	25.4	38.9	30.8
Portfolio	185	4.9	10.8	24.3	60.0
Interview	185	4.3	8.6	32.4	54.6
Work	185	2.2	30.8	40.0	27.0
State graduation exam scores	185	1.6	6.5	18.4	73.5
Subject test scores (AP, IB)	185	1.1	22.2	25.9	50.8

# Criteria Types

## Objective Criteria

- Academic course selection (9-12)
- Overall academic performance
- Senior course in progress
- Test Scores (ACT and/or SAT)
- Test-Optional
- Application volume at the schools to which you are applying

## Subjective Criteria

- Extracurricular activities
- Essay(s)
  - No such thing as **OPTIONAL**
- Recommendation letter(s)
- Interview
- Campus Visit



# Social Media?...

- "A 2023 study conducted by Kaplan found that 67% of admissions officers “believe that checking out applicants’ social media posts on apps like Facebook, Instagram, YouTube, TikTok, X, and Threads to learn more about them is “fair game” to help them make decisions about who gets in.” "

– Forbes *How Your Social Media Accounts Can Affect Your Ivy League Applications, September 2024*



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# An Admission Simulation

- If you have taken an exceptionally strong academic program (AP, IB, honors, dual enrollment, etc.), move up **four** spaces.
- If your grades increasingly improved over the course of your high school years, move up **two** spaces.
- If you direct the choir at your church, move up one space.

- If your SAT score is in the top 10% of the college's accepted pool, move up **three** spaces.
- Because you did not give enough time to your teachers/counselors, your letters of recommendation arrived in the admission office after the application deadline, move down **five** spaces.
- You applied to several schools but forgot to change the name in each essay when you applied, move down **four** spaces.



- If you had a positive interview while visiting campus, move up **one** space.
- Your SAT score is in the middle 50% range of the college's accepted pool, move up **two** spaces.
- If you did not write the optional essay, move down **five** spaces.

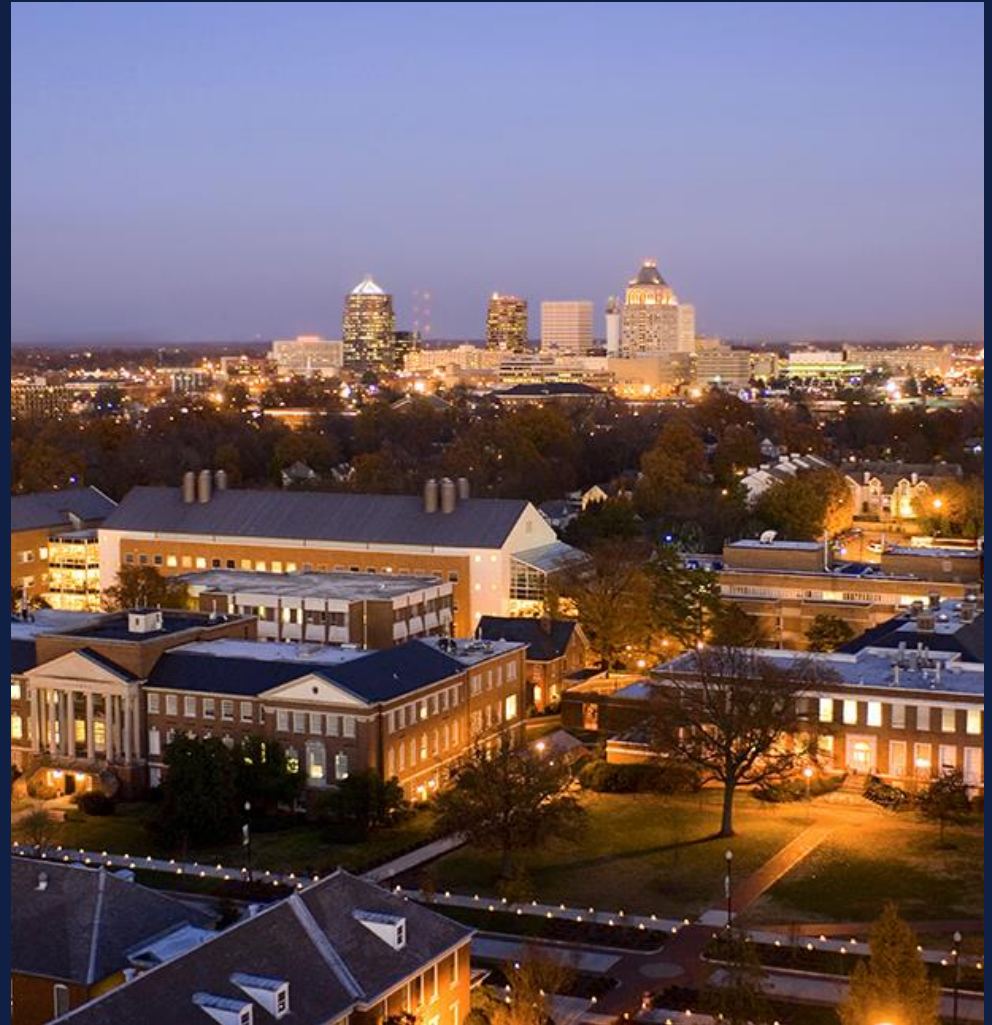
- If you decided not to take a core course as a senior and instead received an early release from school, move down **two** spaces.
- If you are an Eagle Scout, Gold Award winner or participated in extracurricular activities (athletics, drama, music), move up **one** space.

- If you got a “D” in an academic course at the end of your junior year, move down **three** spaces.
- If you wrote a letter to the college admission officer and explained the extenuating circumstances surrounding a grade of “D”, move up **one** space.
- You have participated in community service activities since 8<sup>th</sup> grade, move up **one** space.

- You dropped a course in your senior year without telling your colleges, move down **three** spaces.
- If you missed the application deadline, **move down 25 spaces**.
- If you plagiarized an American history paper and got caught, **sit down**, you're out of the competition entirely.

# In Summary...

- No matter your skills, talents or abilities or interests – there are good colleges for you!
- “College is a match to be made not a prize to be won.”
- Most important year – junior year
- Do research and do it early
- Be honest (with yourself and others)
- Use school/college counseling office
- Visit (virtually as well!)



And remember...

...sometimes you just need to take a chance and know that anything is possible.





## The “BEST”...

“... the “best” college is the one that will challenge you appropriately, open your eyes to new ways of thinking, and help you develop and broaden your talents as you take your place in the world ahead.”

- Willard Dix





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Questions?

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