



SOPHOMORE

RIDGE READY GUIDE

**INFORMATION FOR COLLEGE &
CAREER PLANNING**



HOW TO GET STARTED...

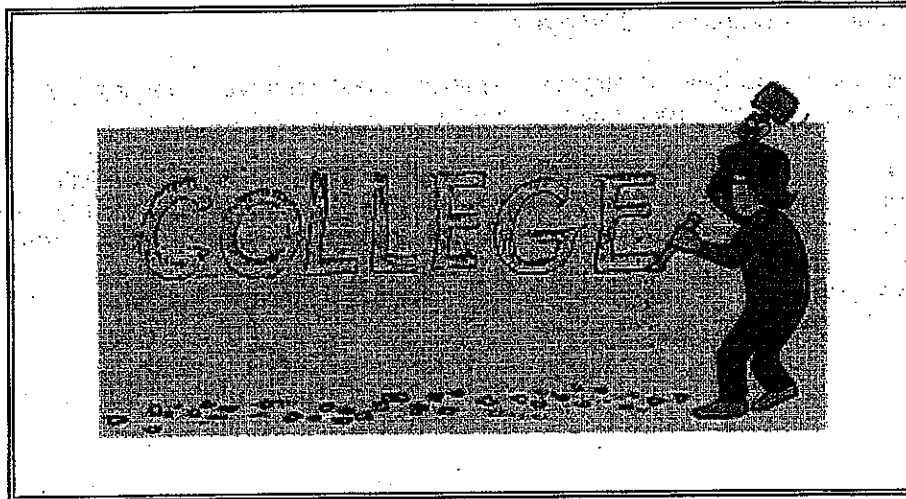
Sophomore year is an opportunity to explore your interests. Getting involved in school activities such as sports, clubs, music, and challenging courses will allow you to look at your skills and interests and inventory possible areas for future planning.

There are several questions to ask yourself when exploring your future options:

1. *What are my academic strengths?*
2. *What activities do I like doing outside of class?*
3. *Are there any careers or job opportunities that interest me?*
4. *What do my PLAN scores tell me?*
5. *Are my grades in line with my post graduate goals?*

Sophomore year is one to continue gathering data about oneself and the opportunities available. Taking the most rigorous academic course load possible for the student is a way to collect information about future academic performance.

Plan now to be Ridge Ready!



SOPHOMORE PLANNING CHECKLIST

Fall Semester

- Sign up to take the **PLAN Test** given in October. The PLAN is an excellent evaluative instrument of college-bound sophomores which gives predictor scores for the ACT.
- Be sure that your first semester grades are a reflection of your ability. **Do your best.**
- Begin to keep records of awards, activities, work experience, volunteer experience, sports, or clubs. **Start your Academic/Activities Profile**
- Meet with your counselor to develop an understanding of Graduation and College Requirements.
- Attend college night programs if you need more information about school such as:
In-State College Fair at Rocky Mountain High School
Out-of-State College Fair at Poudre High School
District Financial Aid and College Night at CSU
Check for specific dates and times on FRHS website.

Spring Semester

- Visit a nearby college and take a tour.
- Join a club if you haven't already. Colleges and employers look for depth of involvement and prospects who have diverse interests and experiences.
- Plan a meaningful summer activity. Consider volunteer work or activities related to an extra-curricular activity like softball, soccer, dance, theatre, etc. You may also pursue summer camps, workshops, and travel experiences.
- Review your high school plan with your counselor to make sure that the next two years will meet your needs.



EXPLORE



Get the Naviance Connection!

<http://connection.naviance.com/fossilridge>

This online resource has everything you need to document your college search from college applications, scholarships, college search and transcript requests.

Ask your counselor for your password to get started

College Opportunity Fund

www.collegeincolorado.org

This is a free website to help you with the college planning process including: personality tests, ACT/SAT practice tests, college planning and fairs. It also is your link to the The College Opportunity Fund stipend for instate colleges.

MORE USEFUL WEBSITES.....

COLLEGE INFORMATION

www.collegeboard.com
www.petersons.com
www.nacac.com/p&s.html
www.campustours.com
www.collegeanswer.com



STANDARDIZED TESTS

www.act.org
www.collegeboard.com

FINANCIAL AID

www.fafsa.ed.gov
www.finaid.org



SCHOLARSHIPS

www.fastweb.com
www.studentscholarshipsearch.com
www.wiredscholar.com

ACADEMIES

www.defenselink.mil/faq/pis/20.html

MILITARIES

www.usmilitary.com



SAMPLE NATIONAL COLLEGE AND UNIVERSITIES ADMISSION GUIDELINES

We encourage every Fossil Ridge High School student to begin planning for post high school opportunities. To assist our students and parents, we have outlined college admission criteria representing a continuum from the most selective institutions to in-state colleges with more liberal admissions policies. These requirements are based on the Colorado Commission on Higher Education Admissions Standards Policy. Additional information can be found at www.state.co.us.com

Highly Selective Colleges or Universities

(Stanford, Harvard, Yale, Duke, Pomona, University of North Carolina, University of Chicago, University of California Berkley, Rice, etc.)

Minimum of 200 academic course credits (9th – 12th) to include:

English	40 credits	Class Rank	Top 5% - 10% of class
Math	40 credits	GPA	3.7 or above
Science	30 credits	SAT I	Combined above 1360
Social Studies	30 credits	SAT II	Test scores required
Foreign Language (Same Language)	30 credits		A.P. Courses are required

Selective Colleges or Universities

(CU, CSU, University of Michigan, Colorado College, School of Mines, Boston College, University of Arizona, etc.)

Minimum of 180 academic course credits (9th – 12th) to include:

English	40 credits	Class Rank	Top 25% of class
Math	40 credits	GPA	3.2 or above
Science	30 credits	SAT I	Combined above 1160
Social Studies	30 credits	ACT	Composite 23+
Foreign Language (Same Language)	20 credits		

In State Colleges or Universities

(Fort Lewis College, Western State, Mesa, University of Southern Colorado, etc.)

Minimum of 120-150 academic course credits (9th – 12th) to include:

English	40 credits	Class Rank	Top 50% of class
Math	30 credits	GPA	2.3 or above
Science	30 credits	ACT	Composite 18+
Social Studies	30 credits		

NOTE: Admission requirements to colleges and universities vary greatly. Students should seek information from the colleges or universities they are interested in attending to determine the exact requirements. In addition, college information web sites can help you in determining admission requirements.

Attention College Bound Students!!!

The Colorado Commission of Higher Education (CCHE) has created a Precollegiate Curriculum that will first impact the graduating class of 2008 and the class of 2010. To gain admission to any four-year public institution in Colorado, student graduation in 2008 must demonstrate successful completion of the following course-work:

2008-2009 Grads Must Have:

English	4 credits
Math (Algebra 1 level and higher)	3 credits
Natural Sciences (2 credits must be lab based)	3 credits
Social Sciences (at least 2 credit of U. S. or World History)	3 credits
Academic Electives (see note below)	2 credits
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TOTAL	15 credits

2010 And Beyond Grads Must Have:

English	4 credits
Math (Algebra 1 level and higher)	4 credits
Natural Sciences (2 credits must be lab based)	3 credits
Social Sciences (at least 1 credit of U.S. or World History)	3 credits
Foreign Language (must be same language)	2 credits
Academics Electives (see below)	2 credits
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TOTAL	18 credits

For examples of acceptable pre-collegiate course, academic electives and answer to frequently asked question, go to www.state.co.us/cche/academic/admissions.html. Click on "precollegiate curriculum requirement" (this requires Acrobat Reader) and click on [Guide to Courses](#). You can check to see if your courses meet the requirement by clicking on [College Entry Level Expectations](#). This will connect you with the CCHE policies.

It is important to note that admissions officers at these institutions will continue to give preference to students who have demonstrated competence in a rigorous course of study over student who attain a good grade point average by taking less demanding courses.

**Please be aware that these requirements may differ slightly from Fossil Ridge High School graduation requirements.*

WHAT TESTS DO I NEED TO TAKE?

TESTING SUCCESS

SENIOR YEAR

Take/Retake the **ACT/SAT** to improve your scores for college & scholarship applications.

SAT?

JUNIOR YEAR

Take the **PSAT** in the fall. This is the practice SAT and it may also qualify you for the National Merit Scholarships. As a Junior you will take the state **ACT** in April.

PSAT?

PLAN?

SOPHOMORE YEAR

Take the **PLAN** test in the fall of your sophomore year. It is the practice ACT and given at your school. It will give you a good baseline for how you may do on the ACT.

ACT?

www.act.org for ACT/PLAN testing help and information
www.collegeboard.com for SAT/PSAT

PLEASE NOTE: This test schedule is strongly recommended, however, a student's test schedule may vary from student to student.

PREPARING FOR COLLEGE: IT'S NEVER TOO SOON!

FRESHMAN YEAR: PLAN FOR THE FUTURE

- Register for courses in academic areas (English, math, science, social studies & foreign language) required for college entrance.
- Do well academically! Remember, ninth grade sets the stage for your academic performance through high school and provides the first set of grades that college admission's offers will see on your transcript.
- Explore your extracurricular opportunities and begin to get involved. Join clubs, participate in school activities and volunteer for service organizations that match your interests.

SOPHOMORE YEAR: BEGIN TO BROADEN YOUR EXPERIENCES

- Become involved and committed to a community service organization or project.
- Deepen your involvement in several extracurricular activities to broaden your experience and help you build relationships with other students and with faculty.
- Meet with your guidance counselor and make sure you're on target with the right courses.
- Register for the PLAN test, which will help identify academic career interests. Take a practice SAT-Preliminary scholastic Aptitude Test (PSAT).

JUNIOR YEAR: TESTS AND INQUIRE

- Take on leadership roles in extracurricular and community service activities, or take the initiative to create your own organization or project.
- Enter the PSAT/NMSQT competition. Top scorers often qualify for college scholarships.
- Create a tentative list of colleges for consideration, and contact them to request information or get on their mailing lists to receive information about the school.
- Attend college fairs and workshops and review college catalogs and guides.
- Take ACT/SAT. Remember that you can take these exams more than once and many students improve their scores the second and even third time around.
- Take the SAT II Test if required by colleges on your list.
- Visit college campuses and take campus tours during summer break (or sooner).
- Carefully consider various summer job and volunteer work opportunities.
- Search for and prepare to apply for scholarships (summer prior to senior year).

SENIOR YEAR: APPLY, VISIT AND CONFIRM

- Continue involvement and leadership in extracurricular activities and community service.
- Take/retake ACT/SAT or SAT II tests if you would like to improve your score.
- Narrow college choices to three-to-four colleges, including a "back-up" school in case top choices do not work out. (Attending college fairs/workshops can be helpful in this process)
- Send for admissions applications or download the necessary forms online, apply for admission and establish relationships with admissions counselors at the schools to which you apply. **During the application process:**

Prepare a personal essay.

Contact teachers/counselors about writing letters of recommendation.

Fill out a FAFSA form (available in January).

Apply for scholarships (each has its own deadline).

Consider admission offers, and confirm your intent to enroll.

Take Advanced Placement Tests.

Request that a final transcript be mailed to your college of choice.

HOW TO ACE YOUR COLLEGE AND SCHOLARSHIP APPLICATIONS...

College and scholarship selection committees review thousands of applications each year from qualified applicants. Below are some ways to ensure your application stands out so selection committees don't pass it by.

Academics

Obviously, academics are a critical part of all college and scholarship selection processes. Here are a few things to keep in mind:

- Keep a strong academic record- Grades aren't everything, but they do matter.
- Take a college preparatory curriculum in high school- AP, IB and honors courses (if offered by your school) are a great way to prepare for your future goals. If your school does not offer these courses, take the most challenging ones available to you or seek opportunities to obtain credits through local colleges.
- Take four years of the core subjects- English, science, math and social studies.
- Take the ACT & SAT-Plan ahead, study, practice and take them twice to potentially improve your score.

Community Service

Community service often stands out as the weakest area for high school students. However, it plays a crucial role in selection processes, as it shows you have a sense of responsibility, commitment, and interest outside of the classroom. When describing your community service activities, remember to include:

- The depth of your participation- Explain your roles and responsibilities.
- The length of your commitment- Was it a one time event, or has it become a regular part of your schedule?
- Leadership or initiative- Committees want to pick people who will be leaders on their campuses; so, describe how you initiated a project or led a group.
- Be specific and detailed in your description to ensure selection committees understand EXACTLY what you did!

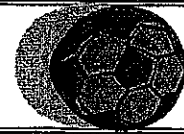
Extracurricular Activities

The extracurricular category is your chance to tell selection committees about all of the amazing things you've been involved in. With the exception of academics and community service, nearly everything else you spend your time doing can fall under this category. You'll want to:

- Consider your involvement with the arts, athletics, school clubs, organizations, civic groups, paid work experiences, internships, special summer programs, hobbies and special interests.
- Describe the depth of your participation- What did you do? Give details.
- What was the length of your commitment? How much time did you spend each week with the activity? How many weeks per year were you involved?
- What leadership or initiative did you exhibit? Were you the team captain? Did you revolutionize the filing system?
- And again, be SPECIFIC and DETAILED when describing your involvement on an application.



NCAA ELIGIBILITY CENTER



If you are planning to enroll in college as a freshman and you wish to participate in Division I or II athletics, you must be certified by the NCAA Initial-Eligibility Clearinghouse. The NCAA charges \$50 for certification. Before FRHS transcripts will be sent to the NCAA, all students must contact/meet Diane Campbell in the Career Center at 488-6332.

**STUDENTS MUST REGISTER ON LINE AT:
<https://web1.ncaa.org>**

To be certified by the Clearinghouse, you must:

- **Graduate from high school:** You should apply during spring of your junior year if you are sure you wish to participate in athletics as a freshman. The Clearinghouse will issue a preliminary certification report when you have all your materials submitted.
- **Earn at least a 2.0 GPA:** in a core curriculum of at least 16 academic courses which were successfully completed during grades 9-12. Only courses that satisfy NCAA definition of a core course can be used to calculate your NCAA GPA. No special values are allowed for + or - grades. The chart below shows what your core courses must include at a minimum.

DIVISION I 2005-2007

14 CORE COURSES:

- 4 years of English
- 2 years of mathematics (Algebra I or higher)
- 2 years of natural/physical science (1 yr. of lab if offered by high school)
- 1 year of additional English, mathematics, natural/physical science
- 2 years of social science
- 3 years of additional courses (from any area above, foreign language or non-doctrinal religion/philosophy)

DIVISION I 2008 and after

16 CORE COURSES:

- 4 years of English
- 3 years of mathematics (Algebra I or higher)
- 2 years of natural/physical science (1 yr. of lab if offered by high school)
- 1 year of additional English, mathematics, natural/physical science
- 2 years of social science
- 4 years of additional courses (from any area above, foreign language or non-doctrinal religion/philosophy)

DIVISION II 2005 and after

14 CORE COURSES:

- 3 years of English
- 2 years of mathematics (Algebra I or higher)
- 2 years of natural/physical science (1 yr. of lab if offered by high school)
- 2 years of additional English, mathematics, natural/physical science
- 2 years of social science
- 3 years of additional courses (from any area above, foreign language or non-doctrinal religion/philosophy)

**This is a sample resume that you will be creating in your advisory class.
Remember to update your resume throughout High School with activities and work
experience.**

SARA N. LEPTOR
325 Springfield Way
Fort Collins, CO 80525

Home: (970) 377-0000 Cell: (970) 481-0000
email: sleptor@psdschools.org

OBJECTIVE To gain practical work experience, leading to a career in business management.

EDUCATION **Fossil Ridge High School**
5400 Ziegler Road, Fort Collins, CO 80528
Diploma in 2006 GPA: 3.2 out of 4.0
Courses Related to Objective: Advisory, Business Law, Psychology

EXPERIENCE **Burger King**
1648 N. College Avenue, Fort Collins, CO 80521
May 2003 – Present
Crew Member Supervisor: Bob Jones (970) 555-2121
Duties: Accurately take orders and prepare food for customers. Handle money, customer inquiries and occasional maintenance.

The Smith Family
310 Fred Hawk Drive, Fort Collins, CO 80526
July 2002 – April 2003
Babysitter Supervisor: Jane Smith (970) 555-5678
Duties: Prepared meals, provided educational and recreational activities for children, and performed light housework duties.

VOLUNTEER **First Church of Fort Collins**
123 Downtown Street, Fort Collins, CO 80524
November, 2001 to Present
Office Assistant Supervisor: Pastor Ray Downing (970) 555-1111
Duties: Organize files, type letters, sort mail, and run errands.

PERSONAL **Interests:** skiing, kayaking, photography, technology
Qualities: reliable, punctual, determined, enthusiastic, good work ethic
Activities: FRHS Varsity basketball, member of 4H (shooting events, rabbits), Secretary of FRHS Helping Hands Club