



Army and Navy Academy College Counseling Handbook

College Counseling Office

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PREFACE

It's here! The time has come for you to start thinking seriously about your post-secondary education. It's a bit scary but very exciting at the same time. With organization, time management and patience, you will get through this process. This Guidebook will be an invaluable resource for you in the coming months, as it utilizes the strengths and unique aspects of the Academy to help use to your benefit.

Use it!
Read it!
It will be your friend.

This Guidebook includes specific information on:

- The college search
- Essential websites
- College entrance testing
- The college application process
- Financial aid
- Senior issues and follow through
- Additional post secondary options

Some sections are designed to raise questions about individual priorities and to offer general guidance concerning adequate high school preparation. Other areas provide information about resources available for further research. Finally, the concluding section suggests alternatives for the Cadet who chooses not to continue directly on to college at the conclusion of his high school career.

This guidebook is meant to provide initial information or raise general questions that are most useful when supplemented by the individual guidance of your counselor. Cadets and parents are encouraged to contact counselors any time they need assistance with post-secondary planning. Parents are also encouraged to stay in contact with their Cadet's counselors.

A series of mandatory evening meetings for Juniors and Seniors will also provide an overview of the post-secondary planning process as well as specific information on testing, interviews, essay-writing, financial aid, and College Counseling Office resources and materials.

We hope you will find this variety of resources useful as you plan your educational opportunities for after high school. As always, we look forward to assisting you in any way possible.

Kindly,

The Counseling Department

INFORMATION YOU WILL NEED

When you fill out your college applications, you will find that they ask for specific information about your school. Before asking your counselor, please check below to see if it is here:

Our high school SAT and ACT code (CEEB) is **050470**

School Phone: 760-729-2385

School Fax: 760-434-1890

School Website: www.armyandnavyacademy.org

School Address: 2605 Carlsbad Blvd.
Carlsbad, CA 92018

Registrar: Ms. Tammy Clark - tclark@armyandnavyacademy.org or 760-547-5191

CLASS OF 2021 INFORMATION

- 52 Seniors
- School Does Not Rank
- GPA Scale: 4

SCHOOL COUNSELOR INFORMATION

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THE COLLEGE SEARCH

The following factors must be considered before beginning your college search:

- What are.....
 - Your interests?
 - Abilities?
 - Goals?
 - Expectations?

- You should review:
 - Your coursework, extracurricular activities, or community service that you have found most interesting throughout your high school years
 - Academic records, standardized testing, special awards, and feedback from teachers, coaches, club advisors, and other adults
 - Career interest inventories and other information in the College Counseling Office may be useful in considering personal and career goals

WHAT ARE YOU LOOKING FOR IN A COLLEGE?

- **Type of Institution:** two or four year, coed or non-coed
- **Geographic Location:** region, state, distance from home
- **Weather:** cold winters, seasonal, nice all year
- **Majors Offered/Curriculum:** liberal arts, technical, business
- **Setting:** urban, rural, suburban
- **Size of Institution:** small, medium, large, very large
- **Selectivity:** very difficult, moderately difficult, open
- **Cost:** tuition, room and board, books, fees, travel, financial aid
- **Diversity:** race, religion, national, international, age
- **Extracurricular Activities:** sports, entertainment, culture, religious, educational
- **Housing:** on/off campus, coed, single sex, special interest, size of room, food, meal plans, rules, roommates
- **Facilities:** buildings, architecture, libraries, student unions, classrooms, lecture halls, labs, recreational/athletic offerings, stores, laundry, handicapped access
- **Specialized Programs:** programs and services for students with learning differences, physical challenges, or who have English as a second language

COLLEGE ADMISSIONS POLICIES

The following are the most common application choices you may encounter during the college admissions process. Given the variety of plans and the subtle differences between them, you should read each college's literature carefully.

REGULAR APPLICATION DEADLINE AND THE CANDIDATE'S REPLY DATE

- Many colleges establish an application deadline by which all applications must be received. You are then notified of the college's decisions at a uniform response date, typically on or before **April 1st**.
- For most colleges, **May 1st** is the date by which accepted applicants must indicate their intention to enroll. By use of a common reply date, you may evaluate all notices of admission and financial aid awards before deciding on any one college.

EARLY DECISION

- Many colleges offer this plan to applicants who are sure they want to attend the college. *This college should clearly be the applicant's first choice.* Traditionally, the deadline for early decision applicants has been November 1st or 15th. Colleges then render a decision by mid-December

**You may only apply to ONE college under this program.
If you are admitted you must attend this college!**

EARLY ACTION

- This program is similar to early decision, except that you may apply to more than one college under this program. Early action is NOT binding.

RESTRICTED EARLY ACTION

- You may not apply Early Action to any other college. Admission under this program is not binding.

ROLLING ADMISSIONS

- Under this program a college considers your application as soon as all the required credentials have been received.
- Notification of acceptance or rejection is mailed as soon as a decision is made.
- Colleges that follow this practice may make their admissions decisions continuously over several months, in contrast to the practice of other colleges who accumulate their applications until a deadline date and then announce all their decisions at the same time.

APPLICATION DECISIONS

DEFERRED

- Students who apply Early Action or Early Decision may be deferred to the regular applicant pool instead of being admitted or denied. Students will be notified if this occurs.

WAITLISTED

- Students who are not admitted may be placed on a waitlist. These students have met admission requirements but will only be offered a space in the class if space becomes available. This decision may be shared by the college after May 1st. (See page 19 for more information)

COLLEGE REPRESENTATIVES VISITING OUR SCHOOL

The Counseling Office hosts college admissions representatives who visit the Academy to speak with Cadets and staff. Sign-ups for these visits can be made in the Counseling Office.

- College Admission representatives will be available to meet with Cadets in small groups in the Library. This is an opportunity for the visiting representative to "sell" their school's programs, and it offers a chance for Cadets to ask questions.
- The meetings with college admissions personnel are not intended to replace a personal interview or campus visit, but should allow Cadets the opportunity to gain a general impression of a college, ask specific questions about programs, activities or admissions at that college, or gather written information about the institution.
- **To do:** Develop a few specific questions to ask the representative, such as special academic interests, particular sports, support services available, or financial aid procedures, average class size, can you choose your roommate?
- You should also be open-minded about schools that might not have been on your original list but which seem interesting.

VISITING A COLLEGE CAMPUS

- A personal visit to colleges is often the most useful step in helping students and their parents decide whether or not to apply to a particular school.
- Visits during the regular academic year provide a more accurate view of the academic and social life of a campus, but families often make use of summer vacation to visit several schools that are at a distance. By starting early, the process will feel much less stressful.
- Where possible, avoid the distortions of registration, final exams and special campus events such as homecomings or festivals.
- Several high school holidays allow students who visit colleges to minimize the disruption to their own academic program.
- Harvard Model Congress offers a chance to visit several schools in Boston as well.

HOW DO YOU MAKE ARRANGEMENTS FOR A CAMPUS VISIT?

- Many schools offer online registration for campus tours.
- You can also email or call the admissions office two or three weeks in advance and make arrangements for a personal interview and/or a tour of campus facilities.

COLLEGE ENTRANCE EXAMS

Cadets planning to attend college after graduation must take either the SAT or ACT.

THE SAT

- The SAT is a 3 hour aptitude exam (plus 50 minutes for the optional essay) that measures:
 - Ability to critically reason
 - Apply mathematical concepts
 - Write
- SAT is required by most four year colleges. Registration can be completed independently online or with help from your counselor in the Counseling Office.

SAT SUBJECT TESTS

- Subject Tests are highly recommended by many private colleges and the University of California system. Check the specific requirements for the colleges to which you are applying.
 - It is the Cadet's responsibility to check with each college and learn the requirements. It is not advisable to rely on books published by outside sources for this information.
- SAT Subject Tests take one hour for each subject.
- Students can take a maximum of three tests on a given test date. Cadets should confer with their counselor to determine if and when to take a specific test.
 - For example: Cadets should plan to take the Math 2 test after they have taken Algebra 2.
- SAT Subject Tests are offered in Literature, Mathematics Level 2, Biology, Chemistry, Physics, US History, World History, French, German, Modern Hebrew, Italian, Latin, Spanish
- Language with Listening Subject Tests: Chinese, French, German, Japanese, Korean, and Spanish.
 - Language with Listening Exams are offered in November **ONLY**.
 - Language with Listening Exams require a CD-player which can be checked out in the Counseling Office.

THE ACT

- The ACT, another standardized college admissions test, is administered by the American College Testing Service. The ACT is an achievement test composed of:
 - Four 35-50 minute sections in:
 - English usage
 - Mathematics usage
 - Social Studies reasoning
 - Natural Sciences reasoning
 - Writing test
- The main difference between the ACT and the SAT is that the ACT is an achievement test which is a yardstick of *both reasoning ability and knowledge of specific subject matter covered in classes*. It also contains a science portion, which the SAT does not. If Cadets need more information about the ACT, they should go to www.act.org or check with their counselor.

SENDING YOUR SCORES

It is the Cadet's responsibility to send his test scores to EACH college that requires them.

- **Before Scores are Released:** you may indicate four colleges to send your scores to for free either on test day or up to nine days after the exam is taken.
- **After Scores are Released:** you may login to CollegeBoard and send your scores after they are available. This costs \$12 per college plus any rush shipping fees if you wait until the last minute.

ADVANCED PLACEMENT (AP) TESTS

The Advanced Placement Test (AP Test) allows current high school students to demonstrate college level proficiency achieved in demanding high school course work. A student does not need to be enrolled in a specifically designated AP course to take the exam in that subject, but it is expected that advanced study in a demanding curriculum will be necessary to perform well on Advanced Placement exams. If you wish to take an AP exam for a class you are not enrolled in, you will need approval from your counselor and the Dean of Academics.

The AP exam is not required as part of the college admissions process, and many students who choose to take AP exams do so in May of their junior or senior year, well after admissions decisions are made.

College policies vary in how AP scores are used. It is the Cadet's responsibility to check with the college they plan to attend to determine the college's policy on AP scores. High scores on AP exams may permit Cadets to be exempted from certain college courses, may provide credit for some college coursework, or may provide access into honors or other specialized programs.

TOEFL - TEST OF ENGLISH AS A FOREIGN LANGUAGE

The purpose of the TOEFL test is to evaluate the English proficiency of students whose native language is not English. Cadets should check the college websites to see if this test is necessary for their particular circumstances. Many schools will waive the English Proficiency Requirement for students who have been studying in the United States for more than three years. It is important to check these requirements to determine whether or not you will need to take the TOEFL or submit other documentation of your English proficiency.

TOEFL website: <https://www.ets.org/toefl>

NAVIANCE

School counselors will use Naviance to assist students in every aspect of the planning process. Counselors, Cadets and parents will have the ability to work collaboratively to plan courses, identify appropriate college choices, notify of submitted applications to colleges and ensure all aspects of the career planning process are completed in a timely and thorough manner.

Cadets and parents can access the Naviance website by using the code that is sent to their email address by Family Connection. If you have not received this email, please contact your counselor. Cadets can use this tool to be an active participant in the exploration and planning of their career. With access, Cadets can:

- Research college options
- Research scholarship options
- Communicate with counselors
- Request letters of recommendation
- Request transcript sends
- Create an electronic portfolio or resume
- Take inventories to increase self awareness
- Research career opportunities

Parents have access to the portfolio that has been completed by their Cadet. By utilizing this access, parents will be better prepared to support their Cadet in the career planning process. The Family Connection was designed to serve the needs of the Cadets and parents while giving the counselor a tool to ensure the Cadet has met his goals in planning for the future.

For more information about Family Connection and how Cadets and parents can access this service, contact your Cadet's counselor.

REQUESTING A LETTER OF RECOMMENDATION ON NAVIANCE

- On Naviance, follow the following steps:
 - Click "Colleges" → "Apply to College" → "Letters of Recommendation"
 - Click "Add Request" → "Select a Teacher" → Choose either all colleges on your list or a specific college to send this teacher's letter to → Submit Request

REQUESTING A TRANSCRIPT ON NAVIANCE

- On Naviance, follow the following steps:
 - Click "Colleges" → "Apply to College" → "Manage Transcripts"
 - Add request for specific colleges who are requesting your transcript be sent
- **Note:** Counselors will automatically send the initial copy of your transcript once a college is added to your "Colleges I'm Applying to List" and will follow up with a mid-year transcript and report in January or as soon as semester one grades are posted your senior year. There is no need to submit a transcript request UNLESS a college specifically reaches out to you asking for a copy. Consult your Counselor if you have questions about this.

THE COLLEGE APPLICATION PROCESS: PUTTING IT TOGETHER

In addition to the Cadet's portion of the application, colleges and universities require a number of supplemental pieces of information which, taken together, form a Cadet's "transcript package". **This transcript package is collected by and sent from the Counseling Office directly to each college to which a student is applying.** A Cadet's transcript package can include:

1. **Official Transcript of High School Courses***: one is sent by your counselor after the application is complete, and an updated mid-year transcript is sent as soon as first semester grades are posted.
2. **Counselor Recommendation**: only if the college or university to which you are applying to requires one. You must ask your counselor to write you one with at least two weeks notice and provide them with a copy of your brag sheet.
3. **Two Teacher Recommendations****: although college requirements vary with respect to teacher recommendations, it is suggested that Cadets get at least two core academic teacher references. Colleges prefer recommendations from teachers of courses taken in the junior or senior years. Because teacher recommendations take a great deal of time to write, Cadets should not ask more than two academic teachers to write them a reference unless a college accepts more than two letters. If a Cadet feels that he may need more than two references, he should talk to his college counselor. Once a Cadet identifies those teachers he wishes to ask, he should do the following:
 - a. Ask each teacher face-to-face and provide them with a copy of your Brag Sheet (can be found in the counseling office).
 - b. Be sure that you ask at least two weeks before the deadline.
 - c. Submit a formal request on Naviance for the letter to be submitted (see page 15).
4. **Optional Character Reference**: this can be submitted by someone who knows the Cadet outside of school such as a coach, activity advisor, or employer. This can be helpful in presenting you from a different point of view. This will need to be mailed or emailed by the person who wrote the letter and cannot be submitted via Naviance.
5. **School Profile**: this is a descriptive profile of Army and Navy Academy and will be submitted with your package.

WHAT THE CADET IS RESPONSIBLE FOR SUBMITTING

There are some things that the Counseling Department cannot submit on behalf of Cadets. Please make sure that these steps are completed:

1. **The Application:** Cadets are required to submit the application and pay the fee either on their own or with the support of their Counselor.
2. **Test Scores:** The Counseling Office cannot submit official test scores for Cadets. They are required to send scores officially through either CollegeBoard or ACT. Please see page 13 for details.
3. **Personal Statement and/or Essay:** On the Common Application, this sometimes needs to be submitted separate from the application. Please make sure this step is completed so that your essays can be included in your evaluation.
4. **Activities Worksheet or Resume:** this can sometimes be added to your Common Application.
5. **Any Additional Documents Requested via Email:** If there are materials missing from your application, colleges will reach out to you, often via email, to request these documents be submitted. They will not reach out to your counselor directly. It is the Cadet's responsibility to communicate needs to their counselor if they need something sent. **Your counselor does not have the ability to view missing materials on your applications.**

*The University of California and California State Schools do not require an official transcript when submitting applications, unless they email and request one. You will need to send an official transcript in June to the school you have chosen to attend.

**Teacher Letters are not accepted by University of California or California State Schools.

THE COLLEGE ESSAY OR PERSONAL STATEMENT

WHAT UC'S ARE LOOKING FOR

The [Personal Insight Questions](#) require you to answer four out of eight prompts. The PIQS offer you an opportunity to provide a context for the rest of the information in your application. You are allowed a maximum of 350 words per response.

The application process involves comparing your application to those of other highly qualified and competitive students. Other applicants may have similar accomplishments to yours, such as serving in student governance, playing on sports teams, chairing committees or traveling abroad. Providing details and examples of your personal experience can help you stand out from the crowd. Your statement can also be very successful if it elaborates on the insights you gained, or on the way your outlook, activities, commitment or goals have been shaped and influenced.

Composing a personal statement can be intimidating, so we encourage you to begin well before the deadline in order to take pressure off yourself and improve the quality of the final draft. Read the application instructions carefully. Make a list of ideas. Then write a first attempt, leave it for a day or two, and return to make revisions. Read each draft aloud to catch misspellings or awkward or inappropriate wording. When you prepare your final draft, correct grammar and spelling.

We recommend creating the personal statement in a Google Doc (and share it with your counselor), then pasting it into the application when you are ready to submit. Use the word count feature to be sure that you are writing the appropriate length.

DO:

- Write it yourself.
- Write it about yourself.
- Provide any relevant information about yourself that you don't think is captured elsewhere in the application.
- Write about experiences, accomplishments, etc. that occurred during or after high school
- Provide specific examples of your accomplishments or activities in which you've participated.
- Keep your statement focused.
- Have your statement checked by a teacher, counselor, or other adult for spelling, grammar, and clarity.
- Answer the question.

DO NOT:

- Skim the instructions in the application.
- Not write about recent events.
- Reiterate information listed elsewhere in the application.
- List accomplishments without explanation or detail.
- Use gimmicky writing techniques such as poems.
- Use cliches.
- Write more about an inspirational person than yourself.
- Ramble or have unfocused thoughts.
- Be overly humorous, self-deprecating, or glorifying.

COMMON APP PERSONAL ESSAY AND SUPPLEMENTAL QUESTIONS

Applicants must respond to [one of the eight prompts](#). The maximum number of words is 650, and we suggest your response be no less than 250 words.

In addition to the personal essay, most schools will ask that you answer supplemental questions. These may be short answers or anywhere from one to three short essays. If these are marked as optional, we always suggest that you do them anyways. These can only help you and give colleges more information about why you are a qualified candidate.

If you are struggling to think of something to write about, [The College Essay Guy](#) is a great resource.

RECOMMENDERS AND FERPA SECTION

In order for the Counseling Office to send your letters of recommendation via Naviance, you must fill out the “Recommenders and FERPA” section of the Common App.

When you create an account on the Common App, you must first indicate what high school you attend. Once this information has been saved, you’ll need to fill out the “Recommenders and FERPA” section which can be found under “My Colleges”. Once you do this for one school, it will apply to all of the others on your list. Afterwards, you should log into your Naviance account. There will be a notification that you need to connect your Naviance and Common App accounts. Follow the instructions to do so. If you have trouble with this, contact your counselor.

ROTC - GENERAL ELIGIBILITY REQUIREMENTS

The Reserve Officer Training Corps (ROTC) is a college program offered at more than 1,700 colleges and universities across the United States that prepares young adults to become officers in the U.S. Military. In exchange for a paid college education and a guaranteed post-college career, participants, or cadets, commit to serve in the Military after graduation. Each Service branch has its own take on ROTC.

Army ROTC

Army ROTC is one of the most demanding and successful leadership programs in the country. The training a student receives in Army ROTC provides leadership development, military skills and career training. Courses take place both in the classroom and in the field, and are mixed with normal academic studies. Additional summer programs, such as Jump School, may also be attended. Upon completion, an Army ROTC graduate is commissioned as an officer in the Army.

Navy and Marine Corps ROTC

As the single largest source of Navy officers, the Navy ROTC program plays an important role in preparing young adults for leadership and management positions in the increasingly technical Navy. Offered at 77 leading colleges and universities throughout the United States, Navy ROTC offers a mixture of military training and normal academic study. Courses take place both in the classroom and in the field. Upon completion, an NROTC graduate is commissioned as an officer and has the ability to choose an officer career in surface warfare, naval aviation, submarine warfare or special warfare.

Aspiring Marine Corps officers can also participate in Navy ROTC. The ROTC academic curriculum for a Marine Corps–option student requires classes in national security policy and the history of American military affairs, in addition to the regular academic requirements for the student's degree.

Air Force ROTC

The Air Force ROTC mission is to produce leaders for the Air Force and build better citizens for America. The program is offered at more than 1,100 college and university campuses throughout the United States.

Air Force ROTC offers a four-year program and a three-year program, both based on Air Force requirements and led by active-duty Air Force officers. Courses are a mix of normal college classes and the Air Force ROTC curriculum, which covers everything from leadership studies to combat technique. Upon completion, a student enters the Air Force as an officer.

AN APPLICANT FOR ROTC PROGRAMS MUST:

1. Be a U.S. citizen
2. Be 17 years old
3. Be a high school graduate or possess an equivalency certificate
4. Meet Physical standards
5. Have no medical issues preventing you from serving
6. Achieve qualifying scores on the SAT or the ACT
7. Agree to accept a commission and serve after college graduation

APPLYING TO A SERVICE ACADEMY

Service Academies have become a very popular option for our Cadets, but it should be noted that this is a **very competitive and laborious** process. The application should be started during the Spring semester of Junior year.

The application process for each Service Academy will vary, and we encourage you to closely follow the instructions provided by each institution by clicking the links below. General guidelines and protocols are provided here.

SERVICE ACADEMY OPTIONS

- United States Military Academy ([USMA](#)) - West Point, New York
- United States Naval Academy ([USNA](#)) - Annapolis, Maryland
- United States Air Force Academy ([USAFA](#)) - Colorado Springs, Colorado
- United States Merchant Marine Academy ([USMMA](#)) - Kings Point, New York
- United States Coast Guard Academy ([USCGA](#)) - New London, Connecticut

SERVICE ACADEMY QUICK FACTS

- The U.S. Coast Guard Academy is the only service academy that does not require a congressional nomination.
- A nomination does NOT guarantee an appointment. All appointment offers are generally made by May.
- The academies provide a four-year university education and a commission as an officer in the military upon graduation.
- All of the military academies are highly competitive and tuition-free to those admitted. The Air Force even pays their students a stipend.
- Each academy supplies expertly trained troops to the armed services because they require a minimum nine-year commitment to the military--meaning at least five years of active-duty after graduating.

ELIGIBILITY REQUIREMENTS

- A United States Citizen
- At least 17 years of age and must not have passed 23rd birthday on July 1st of year of entry
- Unmarried
- Not pregnant and no dependents

APPLYING FOR A NOMINATION

Applying for a nomination is a crucial step in the application process. This is essentially an entire application in itself, and this will generally have a deadline around the end of October. Nominations can be given by:

- Congressional Nomination
 - The Vice President
 - [U.S. Senators](#)
 - [U.S. Representatives](#)
- Presidential Nomination
 - Sons and Daughters of “Career Military Personnel”
 - Sons and Daughters of Deceased or Disabled Armed Forces Veterans
 - Children of Medal of Honor recipients
- JROTC Unit Nomination

TEST SCORES AND TRANSCRIPTS

Just as you would with regular college applications, you will need to request that an official SAT or ACT score report be sent to the institution along with an official copy of your transcript. This should be requested as soon as possible to prevent delays.

MEDICAL EXAMINATION

Because attending a service academy will be physically challenging, it is important that you are cleared by undergoing a medical examination. The Department of Defense Medical Examination Review Board (DoDMERB) will reach out to you to schedule your examination, and will notify you of your status approximately one month after it is completed. You may be asked to schedule follow up appointments or provide further information. If you have a disqualifying medical condition, you will be automatically considered for a waiver if you receive a Conditional Offer of Appointment.

FITNESS ASSESSMENT

You will also need to complete a fitness assessment to ensure that you are able to meet the physical demands of the program. The test consists of a one-mile run, a 'shuttle' run, a kneeling basketball throw, abdominal crunches, push-ups, and pull-ups. These can be administered by a physical education teacher, a team coach, a current JROTC instructor, a commissioned officer, or a Blue and Gold officer (BGO).

INTERVIEW

One of the final steps of the application is the interview, which is typically completed by an Officer from the service academy. These Officers are a great resource for our Cadets and Counselors and frequently visit ANA to meet with and interview Cadets.

CADETS WITH LEARNING DIFFERENCES

Cadets with identified learning differences may want to investigate the programs and services that are specifically designed to meet their post-secondary educational needs. Within a four-year college there are often special support services necessary for the student to succeed in regular classes. These programs also frequently provide non-credit courses which help the student identify her or his learning style and develop appropriate compensatory skills. There is often a separate admissions process to enter a Learning Differences program.

Even in colleges with programs for those with learning differences, individuals without learning differences may take advantage of tutorial or other support services. Cadets with documented learning differences may request appropriate modifications such as extended time testing and taping of lectures.

As Cadets explore post-secondary options, they should raise questions about the availability of support services, the presence of trained learning specialists, and the provision for classroom modification, if necessary. In most instances, Cadets should indicate in the application process the nature of the learning services they have received in high school, and the nature of accommodations that will be necessary in college, if any. If the school has a special learning support program, the student should also be in contact with the director of that program during the admissions process. Colleges that have a program for Cadets with learning differences frequently require professional assessments that document and identify the specific learning disability of the student who is applying.

SAT/ACT APPROVED ACCOMMODATIONS

Cadets with documented hearing, learning, physical or visual differences which might impact their performance on college entrance examinations such as the SAT/ACT can receive special accommodations for testing. These accommodations, for eligible Cadets only, can include additional time to take the tests, large type test booklets and answers sheets, a sign-language interpreter or a reader. These accommodations are available during specific periods of the academic year and do not cover all regularly scheduled test dates.

To be eligible for these special accommodations, a Cadet needs documentation which provides independent verification of the existence and nature of the difference signed by an appropriate licensed or certified professional. In either case, to qualify for modifications, a student also needs to be currently receiving in school those modifications for instruction and assessment that they would receive on the SAT and ACT program tests. The SAT/ACT company will review all materials and determine which, if any, accommodations they will allow. Information about non-standard admissions testing is available from Catie Morgan.

STUDENT ATHLETES

Athletics is an area of special talent that can make a difference in the college admissions and financial aid process. At most colleges, athletics are regulated by the rules established by the NCAA (National Collegiate Athletic Association).

The NCAA has instituted several rule changes in the last several years. We strongly suggest that student athletes do the following:

- Inform your high school coach that you are interested in playing that sport in college. Work with the coach and ask if he will contact college coaches on your behalf. Give them a copy of your athletic resume. Also, provide college coaches with 2 films, one 'game film' and one where your play is highlighted.
- Meet with your counselor to ensure that you are enrolled in the right classes and on track and NCAA eligible.
- Obtain a copy of the NCAA Guide for the College-Bound Student-Athlete online at: http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf. This is the best place to start to familiarize yourself with the rules, philosophy, and organization of the NCAA.
- To be eligible to participate at the Division I or II level, Cadets must be certified as eligible by the NCAA Clearinghouse. Learn more at the website: <https://web3.ncaa.org/ecwr3/>
- Immediately after pre-registering with the Eligibility Center, you must:
 - Request an official copy of your ANA transcript be sent to the Clearinghouse by our Registrar, Mrs. Tammy Clark.
 - Request official transcripts be sent from any other high school(s) you may have attended before coming to ANA.
 - Have any and all SAT and/or ACT scores sent to the Clearinghouse. The Clearinghouse code is 9999.
- When visiting colleges, be sure that you have read the NCAA Guidelines which will inform you of the rules regarding contacting college coaches.

SECOND SEMESTER SENIOR YEAR: YES, IT IS IMPORTANT!

ACADEMIC PERFORMANCE

Admissions decisions are also contingent on the successful completion of all course work, and admissions officers reserve the right to question poor second semester performance and, in some cases, to reverse an admissions decision already made.

DOUBLE DEPOSITING

Each year some seniors have a difficult time making up their minds about which college to enroll in after they have been accepted. In order to have more time to make a decision they send deposits to more than one college on or after May 1st. This is called "double depositing" and is unethical practice.

Should the colleges involved determine that a student has "double-deposited," admission may be jeopardized. It is an acceptable practice to deposit at one school and maintain your name on a waitlist at another. However, indicating to two schools that you will be attending by sending deposits to both should not be considered.

ADMISSIONS INTERVIEW

Anticipating what questions might be asked during a college interview and being prepared to answer them is highly recommended. Always be prepared to answer the "WHY" that goes with each of these questions.

- How are you unique?
- What do you do best?
- What is the last book you read?
- Who is your favorite author?
- What are your best traits?
- What is your favorite subject?
- What hardships have you endured to get you to where you are now?
- What books NOT required by school have you read recently?
- Where do you picture yourself ten years from now?
- What person has influenced you most?
- What are your faults?
- What do you consider to be your greatest asset?
- What is your intended major?

TIPS BEFORE GOING TO AN INTERVIEW

- Do your homework and read up on the college! The interviewer may ask you what makes the college good for you and why you want to go there.
- Dress to impress. Dress appropriately (senior whites cleaned and pressed) and be on time. The interviewer will remember you!
- Review your resume before your interview... clubs, sports, and awards. Be ready for questions. Have a copy of your resume in a folder to give to the interview. They will be impressed with your organizational skills.
- Get name and title of interviewer for thank you email and follow up.
- Start with your "least difficult to get into" schools and "least desired" for good interview practice.
- Prepare answers to anticipated questions.
- Prepare questions to ask the interviewer.
- Don't offer up negative information.

WHAT IS AN ALUMNI ADMISSIONS INTERVIEW?

- Some colleges do not give personal interviews to applicants but do offer the option of an alumni interview.
- Colleges are increasingly utilizing alumni in the college admissions process.
- Many Ivy League schools utilize this system.

In other cases, on campus interviews are encouraged, but a student may be unable to arrange a visit. In such cases, the alumni interview may be requested, and is a good alternative. These interviews are arranged through the college admissions office and are often conducted at a public place.

WAITLIST FAQs

SHOULD I ASK TO REMAIN ACTIVE ON THE WAITLIST?

Only if you are seriously interested in attending that college. If so, then you should indicate that by informing them in writing or however indicated as soon as possible. If you definitely will attend if admitted, tell the college that.

WHEN WILL I LEARN IF I WILL BE ADMITTED FROM THE WAITLIST?

The very earliest you can expect to hear from colleges is late April, but usually not until after the first week of May. Most colleges will finalize the status of cadets by June 1st. Occasionally colleges will extend to students the opportunity to remain on a wait list throughout the summer.

SHOULD I CALL THE COLLEGE?

No. Colleges will only ask you to indicate your position in writing. Until the first week or so of May, colleges rarely have any information that will be helpful to you as you try to calculate your chances.

WHAT ARE MY CHANCES?

Until early May this is an impossible question for even the colleges to answer. Quite simply, they do not know. Colleges must wait to hear from all of the students to whom they have extended an offer of admission. Those students have until May 1 to respond. Often those responses, mailed on April 30, do not arrive until May 3rd or 4th.

HOW MANY APPLICANTS USUALLY END UP ON THE WAITLIST?

Usually quite a few. For even a small school 300-500 is not unusual. Remember, not everybody who is offered a position on a wait list will wait to be considered. The initial number placed on a waitlist usually "melts down" quite significantly.

HOW CAN I FIND OUT WHAT MY "RANK" IS ON THE WAITLIST?

Colleges will not rank their waitlist until after they have heard from admitted candidates (May 1st).

WHAT CAN I DO TO IMPROVE MY CHANCES?

Provide the school with any new pertinent information since your last written and/or online communication with them; for instance, a promotion or award or a semester grade change. If your transcript since the mid-year, 1st semester transcript is especially good, sending it along to the colleges may help. If you've taken on responsibilities, or in any other way distinguished yourself since you initially applied, don't hesitate to let the colleges know.

SHOULD I TRY TO SET UP ANOTHER INTERVIEW?

Colleges rarely permit second interviews, particularly before May 1st. If you happen to be in the area it doesn't hurt to stop by "just to check on things", and to say hello. A major investment of time and money to visit a college where you have been placed on a wait list is probably not worth the effort.

WHAT SHOULD I DO WHILE I WAIT?

It's best to assume you are not going to get in off the waitlist. Statistics clearly indicate the chances are quite a bit less than 50/50. The most important thing for you to do at this time is to focus on the options you do have and make an informed, rational decision regarding those options.

SHOULD I MAKE AN ENROLLMENT DEPOSIT AT MY SECOND CHOICE COLLEGE?

YES! Unfortunately this fee is normally not refundable, but it is important for you to guarantee that you have a place in a college next year. Make your deposit before May 1st.

FINANCIAL AID: SOURCES AND PROGRAMS

Financial aid programs are designed to assist those who, without such assistance, would be unable to meet the costs of a post-secondary education. Financial aid comes from several different sources:

- Federal and State Government
- Colleges and Universities
- Local Private Organizations and Scholarship Programs
- Banks

In general, eligibility for financial aid is based on need. Some financial assistance is awarded not on the basis of need, but for scholastic excellence, athletics, or other specialized talents. Much of the financial aid awarded, however, is need-based. Need will vary by college according to the cost of attending the school and how much the student/family is expected to contribute to the student's education. Need is not a set dollar amount.

The student/family's expected contribution (EFC) is an amount determined by a formula established by Congress that indicates how much of a cadet's family's financial resources should be available to pay for school. Visit the www.finaid.org website to calculate your families EFC. Student/family financial information is collected in two ways:

1. The Free Application for Federal Student Aid (FAFSA)
2. The CSS Profile (College Scholarship Service) – private schools only

While the FAFSA is used to apply for most federal and state aid, the CSS Profile is the form used by many institutions (private) to dispense their own funds. Colleges may also require students to fill out financial aid forms specific to their given institution. In determining the financial aid package, private colleges are not bound by the analysis of need presented in the FAFSA.

It is highly recommended to register and complete the CSS Profile by mid October. This is especially important for students applying for early decision or early admission. The organizations and colleges that are to receive the results must be identified on the form or through a written request at a later date. The code numbers you will need to file these forms are available on the respective websites. The FAFSA is available after October 1st. One may apply on-line for both forms. PIN 's (Personal Identification Numbers) are required for online filing. The FAFSA form requires that BOTH the parent and student have their own individual PIN.

FAFSA: <https://studentaid.gov/>

CSS Profile: <https://cssprofile.collegeboard.org/>

A student eligible for aid will likely be offered a financial aid package composed of the following components: self aid (loans and work study), and gift aid (grants and scholarships which do not have to be repaid). Some schools vary the proportion of each kind of aid based on the student's academic performance or other factors. Some common financial aid programs are listed below.

STAFFORD LOANS (FFELS AND DIRECT LOANS)

Loans are insured by State and Federal governments and must be repaid.

FEDERAL WORK-STUDY PROGRAM

Federal Work-Study (FWS) provides part-time jobs for undergraduate students with financial need. The program encourages community service work and work related to the recipient's course of study. Wages must equal at least the current federal minimum wage but might be higher, depending on the type of work you do and the skills required.

PERKINS LOAN

This federal loan program, administered by the individual colleges, provides low-interest educational loans for qualified students who are enrolled at least half-time.

PELL GRANTS

A Federal Pell Grant does not have to be repaid. Pell Grants are awarded usually only to undergraduate students who have not earned a bachelor's or a professional degree. Pell Grants are considered a foundation of federal financial aid, to which aid from other federal and nonfederal sources might be added. These federal grants, awarded to eligible full and part-time undergraduate cadets, are based on financial need.

PLUS LOAN (PARENT LOAN FOR UNDERGRADUATE STUDENTS)

Parents can borrow a PLUS Loan to help pay your education expenses if you are a dependent undergraduate student enrolled at least 1/2 time in an eligible program at an eligible school. PLUS Loans are available through the Federal Family Education Loan (FFEL) Program and the William D. Ford Federal Direct Loan (Direct Loan) Program. Your parents can get either loan, but not both, for you during the same enrollment period.

SUPPLEMENTAL EDUCATIONAL OPPORTUNITY GRANT PROGRAM (SEOG)

These federal grants are offered to students with exceptional need.

ADDITIONAL POST-SECONDARY OPTIONS

COMMUNITY COLLEGE

Some students may not be ready to attend a 4-year university for a variety of reasons. Whether this decision is financial, wanting to stay close to home, or not having the grades to get into the university of their choice, community college is a great place to start. Most community colleges will offer some sort of transfer program that will allow you to complete many of your prerequisite credits and then transfer to the local university. This is a great way to save money and get yourself on track academically to be eligible for the university that you want to attend. This also may be a good option for students who are interested in certain Certificate Programs that will allow them to enter the workforce more quickly.

For information on California Community Colleges: <https://www.cccapply.org/en/>

JOINING THE MILITARY

Many students have a passion for the military and may choose to enlist rather than immediately attend a 4-year university. There are many resources on campus for information and more can be found online at <https://www.usa.gov/join-military>

If students are interested in the military, it is suggested that they take the ASVAB (Armed Services Vocational Aptitude Battery) which is offered on campus every fall. This test provides valuable information that helps students make informed post-secondary decisions based on their skills and interests, and is also used for enlistment. For more information: <https://www.asvabprogram.com/>

DEFERRED ADMISSIONS

In a process called deferred admissions, students can apply to college in the fall of their senior year and in the spring ask permission of the college they wish to attend to defer their admission for one year. Admission can also be deferred until the following January. In other words, students wanting to pursue this option can maintain their acceptance to a college but not begin until a year or six months later. A student and a family who are considering this option should discuss the idea with the student's counselor.

ESSENTIAL WEBSITES

Naviance

<https://student.naviance.com/armyandnavy>

CollegeBoard College Search

<https://bigfuture.collegeboard.org/college-search>

The Common Application

<https://www.commonapp.org/>

University of California (UC) Application

<https://apply.universityofcalifornia.edu/>

California State University (CSU) Application

<https://www2.calstate.edu/apply>

Information on California Colleges

<http://www.californiacolleges.edu/>

ACT

<http://www.act.org/>

CollegeBoard - SAT/AP

<https://www.collegeboard.org/>

Scholarship Search

<https://www.fastweb.com/>

FAFSA - Free Application for Federal Student Aid

<https://studentaid.gov/>