

Finding Your Direction:

A Guide to College & Career Planning For High School Seniors



Hickman High School Guidance Office
573-214-3008

<http://www.columbia.k12.mo.us/hhs/HHS%20Web/Main/index.htm>

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SENIOR YEAR



September

1. Use calendar/planner to stay organized and keep track of important dates.
2. Narrow your college choices; see your school counselor for assistance; see list of college search websites in this packet.
3. Request application materials from schools/programs to which you want to apply. (You can pick up applications in the guidance office for some schools & colleges but most are available online).
4. Register for October 24 ACT and/or November SAT I or SAT II tests. The deadline to register for ACT is September 18. HHS code: 260720
Be sure to check with colleges to determine if you need the SAT, and if so, which subject area tests are needed. Highly selective schools have very specific requirements.
5. Participate in ACT Super Saturday on October 3. Take a practice ACT exam and receive extra help in curricular areas of your choice. Cost is \$10, register in Guidance Office.
6. Students interested in Division I or Division II athletics must select Clearinghouse Code, 9999, for ACT scores to be sent directly to NCAA Clearinghouse. (High Schools can no longer release ACT scores to them).
7. **GET INVOLVED IN YOUR SENIOR YEAR!** If you have not been involved in school or community activities now is the time to build your resume!
8. Focus on your academics and activities!
9. College and military recruiters frequently make visits to our campus in the commons during lunch hours; this is a great opportunity to gather information about different programs and schools.
10. Plan to allocate time for college searches and applications. It is a process that takes time, it can't be done in a few minutes.



October

1. Register for December 12 ACT and/or December SAT I and/or SAT II.
2. Attend the Mid-Missouri Regional College/Technical School Fair on October 5.
3. Ask teachers and/or counselors to complete recommendations for colleges that require them. Make your requests at least 3 weeks in advance of due date.
4. Schedule college campus visits and/or interviews.
5. Begin writing essays required for some applications.
6. Begin scholarship search and applications. Popular free websites are listed in this packet. Many deadlines are in the fall so pay attention to those dates.
Local/popular scholarships are posted on the HHS website via the Guidance link. Scholarships are added as the new information becomes available during the school year, so check it regularly.
7. Register with Fast Web <http://www.fastweb.com/> or other scholarship search websites.
(Fast Web and other websites provide FREE information on scholarships, college search, jobs and internships customized to the INDIVIDUAL student profile. See list of websites on page 9).
8. Have a frank discussion with your parents/guardians about college costs and how much they're planning to contribute, and how to apply for financial aid.
9. Familiarize yourself with deadlines for schools or programs to which you are applying; some deadlines are as early as November 15.



November

1. If you are applying early action or early decision, complete your applications; deadlines are usually between mid-November and December 1. Turn in applications to your counselor or apply online, but make sure all materials are sent completed and on time, with necessary signatures, letters of recommendation if needed, and transcripts and test scores.
2. Give your counselor Secondary School Reports to complete if your application requires them (at least 3 weeks in advance of due date).
3. Continue scholarship search and applications! Many deadlines are in the fall so pay attention to those dates. Local/popular scholarships are posted on the HHS website under the Guidance link. Scholarships are added as the new information becomes available during the school year, so check it regularly.

4. Applications to MU have a December 1 deadline if you are to be considered for automatic scholarships.



December

1. You should try to finish your ACT and/or SAT testing by the end of this month.
2. Turn in completed college applications to Guidance Office for mailing. If you are applying online you still must have a transcript sent from our office. If we are mailing your application please be sure to include a check for application fees if needed.
3. Do not expect counselors or teachers to write recommendations or see that your applications are mailed after school is out for Winter Break. Some applications have January 1 deadlines; remember school is not in session until AFTER January 1.
4. Visit with recruiters if you are planning to join the military after graduation.
5. Visit colleges during Winter Break.
6. Continue scholarship search and applications!
7. Begin to work on your FAFSA (Free Application for Federal Student Aid) so you can complete it as soon as possible after January 1.



January/February

1. Complete and submit your FAFSA as soon as possible. This must be done online. You must register online for a PIN number prior to submitting your information.
2. Give your counselor Mid-Year School Report Forms if required by the institution to which you are applying.
3. If you need to, register for the February 6 or April 10 ACT.
 - Registration deadline is January 5 or March 5, 2010
 - HHS H.S. Code #: 260720
 - If you would like additional help with ACT, be sure to participate in Super Saturday on Feb. 27 here at Hickman. Take a practice ACT exam and receive extra help in curricular areas of your choice. Cost is \$10, register in Guidance Office.



March

1. Complete and submit your housing information.
2. Continue scholarship search and applications.
3. Work on your resume and begin a job hunt if you need to work part time!



April

1. Take the April 10 ACT exam.
2. If you don't take the April ACT, or want to re-take it, register for the June ACT (deadline is May 7) and/or SAT I or II.
3. If you have been going through the college application process you will begin to receive admission decisions. Compare financial aid awards; you can sometimes negotiate a better financial aid package.
4. If you are ready, make a decision and send in your deposit.
5. Arrange summer activities early, including volunteering, an interesting job, internship, or job shadow in a profession that interests you.



May

1. Take AP exams.
2. Request final transcript be sent to chosen college/program.
3. Prepare for final exams, remember colleges will see your final transcript and GPA.
4. Find a summer job.



June—Congratulations, you made it!

(Sample Resume format; there is also a resume builder you can use on Missouri Connections.)

YOUR NAME
YOUR ADDRESS
YOUR PHONE NUMBER
YOUR SOCIAL SECURITY NUMBER

Educational Background

Hickman High School, 1104 N. Providence Rd., Columbia, MO 65203
(If you have attended other high schools also list them with dates you attended.)

College and Career Plans

Basic Educational Statistics

Your *GPA*:

Your *Class Rank*:

Your *Graduation Date*:

Your *ACT/SAT score*:

Academic Achievements

Examples: Honors and AP classes enrolled in; research projects completed; special academic contests, etc.

Awards, Achievements, and Honors

Academic Awards; Leadership Awards; Music Awards; Sports Awards, etc.

Extracurricular Activities

Clubs, Sports, etc.

Religious Activities (if applicable)

Church membership, nursery worker, youth group, etc.

Paid Work Experience

Community Service

Christmas baskets, blood drive, etc.

Post-Secondary Planning Websites

Hickman High School: <http://www.columbia.k12.mo.us/hhs/HHS%20Web/Main/index.htm>

COLLEGE INFORMATION

- **The College Board**- <http://www.collegeboard.com>
- **The National Association of College Admission Counselors (NACAC)** - A good resource to an array of links: <http://www.nacacnet.org/memberportal/>
- **ACT** - Includes test registration and test-prep information: <http://www.act.org>
- **Peterson's** -Links to the companies many resources: <http://www.petersons.com>
- **US News and World Report** -Be wary of the rankings, but there is much to learn at this site. The "school comparison" feature is great: www.usnews.com/sections/rankings
- **Colleges That Change Lives** - Site based on best-selling, highly regarded college advisor, Loren Pope. Insights about some wonderful and sometimes overlooked places: <http://www.ctclonline.com>
- **College View** - A good source for information on all colleges: <http://www.collegeview.com>
- **College Quest - College Search**: www.collegequest.com
- **College Newspapers** - A great way to find out what's really going on at a campus: www.studyworld.com/college_newspapers_online.htm
- **Wisemantech** - An amazing array of useful web links from the counseling staff at Carl Sandburg H.S. in Illinois. If you can't find it here, you probably don't need it: www.wisemantech.com/guidance
- **Student Gateway to the Government** - a multi-purpose site with info. College, careers and the government: <http://www.students.gov/STUGOVWebApp/index.jsp>
- **CollegeNET** - On all-purpose site with a host of useful links and programs: <http://www.students.gov/STUGOVWebApp/index.jsp>
- **Fiske Guide Books** -From the author of the reliable and popular guidebook comes a full array of college admission-related resources: <http://www.fiskeguide.com/index.html>
- **Princeton Review** - Test prep, college search and other college-related info: <http://princetonreview.com>
- **Mapping Your Future** - General info site with 20 variety of information includes a sign-up for monthly e-mail reminders and a newsletter: <http://www.mappingyourfuture.org>

APPLICATION SERVICES

- **The Common Application** - 200+ schools accept it and you should use it. We have the paper copy as well. <http://www.commonapp.org>
- **Princeton Review** - Direct link to on-line applications for 700+ schools: www.princetonreview.com
- **Historically Black Colleges Common Application** - Find applications for 29 different institutions: <http://www.eduinonline.com>

FINANCIAL AID

- **The Financial Aide Information Page** - www.finaid.org
- **Missouri MO\$T Program** - www.missourimost.org
- **Missouri Department of Higher Ed** - www.dhe.mo.gov
- **US Department of Education** - www.ed.gov
- **Hope Scholarship & Lifetime Learning Tax Credits** - www.ed.gov/offices/OPE/PPI/HOPE/index.html
- **The Free Application for Federal Student Aid (FAFSA)** - A must for anyone applying for need-based aid. You can apply on line: <http://www.fafsa.ed.gov>
- **Get your PINs for the web-FAFSA** - www.pin.ed.gov
- **Sallie Mae** - Information about loans and payment options: www.salliemae.com
- **Nellie Mae** - Information about loans and payment options: <http://www.nelliemae.com>

- **How Stuff Works** - Interesting and comprehensive site with loads of details and helpful tools: <http://money.howstuffworks.com/college-financial-aid.htm>
- **Comparing Financial Aid Awards** - A US News and World Report product that provides helpful charts enabling you to line up and compare awards: http://studentaid.ed.gov/students/publications/student_guide/index.html

SCHOLARSHIPS

- www.scholarships.com
- www.fastweb.com
- www.gocollege.com
- www.OfftoCollege.com
- www.collegeanswer.com
- www.embarck.com

Scholarship Scams - A Federal Trade Commission-run site. It is always good to check on what you learn about on the web: www.ftc.gov/bcp/online/edcams/scholarship

SPECIAL INTEREST

- **The National Collegiate Athletic Association (NCAA)** - <http://www.ncaa.org>
- **The National Association of Intercollegiate Athletics (NAIA)** - <http://www.naia.org>
- **Hillel: The Foundation for Jewish Campus Life** - <http://www.hillel.org>
- **Black Excel: The College Help Network** - Designed to help African-American students navigate the college admission process: www.blackexcel.org
- **Historically Black Colleges** - <http://www.blackhighereducation.com>
- **Jesuit Colleges** - <http://www.ajcunet.edu>
- **Macleans** - For those looking into Canadian schools, this is an invaluable resource: www.macleans.ca/universities
- **Canadian Colleges** - A general and very helpful site: <http://uwaterloo.ca/canu>
- AND www.canadianembassy.org/studyincanada
- **American Indian College Fund** - www.collegefund.org
- **Learning Disabilities Association** - www.ldanatl.org
- **Students with Learning Disabilities** - www.ncl.org
- **Association on Higher Education and Disability** - Host of information posted by international, multicultural organization of professionals committed to full participation in higher education for persons with disabilities: <http://www.ahead.org>
- **Children and Adults with ADD** - <http://www.chadd.org>
- **Mindplay** - Special education resources "learning from the RIGHT side of the brain." <http://www.mindplay.com/resource.html>
- **American Association of University Women**- www.aauw.org
- **LD Online** - Interactive learning guide on disabilities for parents, children and educators: <http://www.ldonline.org>
- **Attention Deficit Disorder Association** - Resources on huge array of ADD/ADHD-related issues: www.add.org
- **Missouri College Guidebook for students with learning disabilities** - <http://www.moahead.org/Guidebook/GuidebookIndex.htm>

CAREER INFORMATION

- **ASVAB Career Exploration Program** - Developed by Department of Defense; free, comprehensive career site: <http://www.asvabprogram.com>

- **US Department of Labor** - All the numbers one could possibly hope for in career planning in the Occupational Outlook Handbook: <http://www.bls.gov/k12/index.htm>
- **Department of Commerce** - Gov. Site with host of info on government jobs and other data: <http://www.fedworld.gov>
- **Mapping Your Future** - Multi-lingual tool kit on career planning: <http://mappingyourfuture.org/planyourcareer/>
- **College Job Planning** - www.monster.com
- **Military Career Guide Online** - www.militarycareers.com
- **Career Centers Around the Globe** - Provides links to career development offices at colleges across the country. What services do your colleges offer?: www.careerresource.net/carserv
- **Career & College Information** - www.skill-ed.com
- **Career Key** - An interest inventory program based on Dr. John Holland's work at NC State University: www.careerkey.org/english
- **Internship Programs** - Listings of +7800 programs and 200,000 positions: <http://www.internshipprograms.com/>
- **Missouri Connections**- www.missouriconnections.org

ALTERNATIVE AND YEAR-OFF PROGRAMS

- **Time Out** - Are you looking for options for taking some time off before heading off to school? <http://www.timeoutassociates.com>
- **Study Abroad** - <http://www.studyabroad.com>
- **_AmeriCorps** - National Service Program: <http://www.americorps.org>
- **City Year - National Youth Service Organization** - <http://www.cityyear.org>
- **Dynamy** - An urban experiential education program in Worcester, MA: <http://www.dynamy.org>
- **Gap Year** - A host of travel and work ideas for students prior to heading off to college: <http://www.gapyear.com>
- **Global Routes** - Cultural Exchange and service trips: www.globalroutes.org/college.main.html
- **Earthwatch Institute** - Info on this research, conservation and education organization: <http://earthwatch.org>
- **Eurolingua Institute** - Info on language immersion study abroad programs: <http://www.eurolingua.com>
- **Global Quest Programs** - Innovative study abroad program in Thailand: <http://www.gquest.org>
- **Outward Bound** - Link for adventure-based environmental program: <http://www.outwardbound.org>
- **Taking Off** - Resources for gap year programs all over world: <http://www.takingoff.net>
- **World-Wide Opportunities on Organic Farms** - Dedicated to helping those who would like to volunteer on organic farms internationally: <http://www.woof.org>

MISCELLANEOUS

- **Personality Tests** -Have fun with this quirky site. Interesting way to find out more about YOU: www.2h.com/Tests/personality.phtml
- **_Campus Online Tours** - <http://www.ecampustours.com/careerexploration/default.htm>
- **Greek Life** - Site dedicated to fraternity and sororities: <http://greekpages.com>
- **Selective Services** - www.sss.gov
- **Test Prep Resources** - www.testprep.com

**ACT Registration Information: www.act.org
Hickman Code: 260720**

Test Date	Registration Deadline	(Late Fee Required)
September 12, 2009*	August 7, 2009	August 8 – 21, 2009
October 24, 2009	September 18, 2009	September 19 – October 2, 2009
December 12, 2009	November 6, 2009	November 7 – 20, 2009
February 6, 2010**	January 5, 2010	January 6 – 15, 2010
April 10, 2010	March 5, 2010	March 6 – 19, 2010
June 12, 2010	May 7, 2010	May 8 – 21, 2010

ACT (No Writing)	\$32.00
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Includes reports for you, your high school (if you authorize reporting), and up to four college choices (if valid codes are provided when you register).

ACT Plus Writing	\$47.00
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Includes reports for you, your high school (if you authorize reporting), and up to four college choices (if valid codes are provided when you register). The \$15.00 Writing Test fee is refundable, on written request if you are absent on test day or switch to the ACT (No Writing) before you begin testing

**SAT Registration Information-- CollegeBoard.com
Hickman Code: 260720**

2009-10 Test Dates	Test	Regular Registration Deadline (postmark/submit by)
October 10, 2009	SAT & Subject Tests	September 9, 2009
November 7, 2009	SAT & Subject Tests	October 1, 2009
December 5, 2009	SAT & Subject Tests	October 30, 2009
January 23, 2010	SAT & Subject Tests	December 15, 2009
March 13, 2010	SAT only	February 4, 2010
May 1, 2010	SAT & Subject Tests	March 25, 2010
June 5, 2010	SAT & Subject Tests	April 29, 2010

SAT	\$45
SAT Subject Tests™ Basic registration fee	\$20
Language Tests with Listening (add to basic reg. fee)	add \$20
All other SAT Subject Tests (add per test to basic reg. fee)	add \$9

If you are still in the process of researching a career area, use the following website to help you assess your skills and interest areas.

www.missouriconnections.org

Follow the login instructions below to begin.

Member Login:

- Direct your browser to www.missouriconnections.org
- New users register by clicking on the **NEW USERS** button. Existing members enter your member name and password in the **RETURNING USERS** fields.
- Create a unique member name and password. Be sure to write own your member name and password in the space provided for future reference if needed.

Member name: _____

Password: _____

- Complete the member and optional information.
- Click **REGISTER**.
- Welcome to your Missouri Connections Career Portfolio.

Take an Assessment:

- Enter the appropriate Batch Code for the assessment you plan to take under TAKE AN ASSESSMENT on your Portfolio Home Page:

Career Search with Person Match

Batch Code: I943788JRK

Skills Assessment

Batch Code: S943792RSZ

Super's Work Values Inventory-revised

Batch Code: V943789RRX

- Click **GO**.
- You may now begin taking the assessment. Follow these instructions for each assessment you take.

INFORMATION REGARDING CLASS RANK

The class rank that currently shows on your transcript is based on ALL semester grades you have received since attending high school (grades 9-11). In other words, it is a cumulative effort.

At the end of second semester last year, your class rank was based on the total number of juniors being 628 students.

Below is listed the minimum cumulative grade point average (g.p.a.) you must have earned to be in a certain percentage of your class:

<u>Percentage</u>	<u>Minimum G.P.A.</u>
Top 5%	3.852
Top 10%	3.708
Top 20%	3.462
Top 25%	3.365
Top 50%	2.745

Please note:

This information is based on current class rankings. At the end of first semester of this school year, class rank will be calculated once again. Because the number of students in the senior class will have changed, top percentages will be based on different G.P.A.'s. Likewise, at the end of the school year, class rankings will change once again.

The College Application: Steps in Applying to College

Application Forms

The Guidance Office has some college applications available, mostly for Missouri schools. Most colleges now have their applications online that you can either print out and send in, or complete online. If you desire a hard copy of an application you need to request it from the institution of your choice. You might also use the Common Application, which over 150 colleges use to streamline the application process. Check it out at www.commonapp.org

A Student May Apply to No More Than 10 Schools

Hickman's guideline is that students have a final list of no more than 10 colleges. This maximum allows a varied and competitive list without becoming counterproductive. Between visiting colleges, interviewing, demonstrating interest and spending the time to write a compelling application, students' efforts can be diminished at each individual school by trying to apply to too many. Because students can only attend one college, this guideline requires students and families to make choices earlier about which institutions will be the best match. Lastly, excessive Hickman applications to an institution can adversely affect the chances for all applicants. This guideline helps give each Hickman student the best chance possible for acceptance. If you have questions about this guideline, please contact the Director of Guidance.

When to Apply

The best time to apply is NOW. Colleges have different deadlines for accepting applications. Some schools will close application deadlines by November, while others will accept applications two weeks before classes begin. **Keep in mind that your counselor should have the completed application for processing 3 weeks prior to the application deadline.** Applications with a January 1 deadline must be given to the guidance counselor by December 1 to ensure processing before school closes for the winter break. The following guidelines may help:

1. Apply to selective private schools by December 1. Also, if you are applying to MU and for MU scholarships, the application deadline is December 1 as well.
2. Apply to other colleges and universities before the end of the first semester.
3. BE SURE to check with your college admissions office for specific deadlines.

Test Scores

ACT and/or SAT scores are included as part of your transcript request. A few schools (mostly very selective schools) want scores sent directly from the testing companies. This is done one of two ways:

1. List the code of the college on the test registration form before taking the test.
2. Fill out an Additional Score Report form available in the Guidance Office, or online, and sending it to the testing company. (There is a fee for this service).

Completing and Filing Applications

1. Once you receive an application, fill it in completely and neatly (applying online assists with this aspect).
2. You do not need to type, but be sure to print neatly. Admissions offices are not impressed with sloppy applications.
3. Complete the Transcript Release Form found in the Guidance Office.

4. Provide counselor or teacher recommendation forms to the proper person at least 3 weeks before any deadline. Teacher recommendation forms should also include a stamped, addressed envelope. This is not necessary for counselor recommendations.
5. Bring your completed application form with any application fee (check or money order) to the Guidance Office.

The school will be responsible for mailing applications, recommendations and transcripts if you give the proper amount of advance time.

MU Admission of First-Time College Students **(Regular Admission from High School)**

High School Course Requirements:

- 4 units of English, one of which may be in speech or debate; two units emphasizing composition or writing skills are required
- 4 units of Math, Algebra 1 or Integrated 1 and higher
- 3 units of Science (not including general science; one must be a lab class)
- 3 units of Social Studies
- 2 units of the same foreign language (must complete through second level)
- 1 unit of Fine Art

If your ACT composite score is 24 or higher, or the total of your SAT critical reading and math scores is 1090 or higher, and you have completed the required curriculum, then you meet the requirements for admission to Mizzou.

If your ACT composite score is 17 to 23, or the total of your SAT critical reading and math scores is 800 to 1080, then you must meet the following high school class rank to be admitted to Mizzou.

ACT	SAT	HS Class
	(CR-M)	% Rank
23	1050-1080	48-53
22	1010-1040	54-61
21	970-1000	62-68
20	930-960	69-77
19	890-920	78-85
18	840-880	86-93
17	800-830	94-99

***Remember, application deadline for scholarship consideration at Mizzou is December 1, 2009**

College Visits

Seniors are given excused absences for up to seven college visits. When you return to school, your parent/guardian should be sure to excuse your absence, and you need to bring in verification of your campus visit. A business card from an admissions officer, or some sort of documentation from the college campus is acceptable. Be sure to plan ahead and make up any class work you miss.

It is helpful to visit with college recruiters when they are here on our campus during lunch hours in our commons area. They can often schedule your visit to their campus. Keep an eye on the websites of campuses you plan to visit for special weekend activities geared to high school seniors. It is best to plan visits during the school year so you can get the feel for the school while students are on campus.

ADMISSION POLICIES

College and universities have varying admission practices. Information pertaining to the policy of a school will be found in its publications. Some of the most common practices are:

Early Admission

An exceptional student would terminate his/her high school education after the junior year and enroll in college. Admission is highly selective.

Early Decision

Students who have demonstrated sound academic ability apply for admission to their first choice college during the summer or very early in their senior year. Notification of admission is given usually in December. Restrictive policies vary with each school and must be checked carefully to see if early decision works to the individual's advantage. Students who are accepted under early decision plans have an ethical commitment to attend the school. Only students who are very certain of their first choice school should go early decision.

Early Action

This plan does not require the commitment to attend that early decision does. Some selective colleges are increasing the number of students accepted under early decision and early action, thereby decreasing the number of slots available for regular admission. However, students should be very certain of their plans before attempting early decision or early action.

Rolling Admission

The college will notify the applicant as soon as the application has been processed. Most state colleges and universities fall under this category.

Deferred Admission

Some colleges will also students to wait up to a year before entering.

Open Admission

Students are accepted upon application and only a high school diploma or GED is required for admission. Most community colleges and technical colleges have open admissions.

Deadline Admissions

Specific application deadline and notification dates are established. If the student meets the application deadline (often Jan. 1, or Jan. 15, etc.), the student is then notified of an admission decision by May 1st.

FINANCIAL AID

The primary responsibility for paying a student's educational expenses belongs to the family. However, family finances alone should not determine the choice of a college. Your child should also examine their desire and ability to attend a specific college or other post-secondary program. If you prepare and follow the steps to applying for financial aid, a partnership of parents, student, government and institution can provide a viable financial aid package for most students.

Important Facts to Know About Financial Aid for College

- There are funds available to help all students who demonstrate need. You do not need to be poor to qualify for financial aid for college
- Schools with higher tuition costs are not necessarily more expensive. They sometimes provide the best financial aid.
- The expected family contribution remains the same regardless of the cost of the college. Because expenses at different colleges vary and the amount the family is expected to pay remains the same, you could be eligible for more aid at a higher cost college than at a lower cost college.
- Most financial aid is awarded on the basis of **demonstrated need** =

Cost of attendance *minus* expected family contribution *equals* financial aid.

- **In order to receive financial aid you must ask for it!** This means you must complete the FAFSA (Free Application for Federal Student Aid)* form and other paperwork for scholarship applications. These forms must be completed each year a student wants financial aid.
- FAFSA forms should be filed as soon after January 1st as possible in your senior year. Make sure you are aware of deadlines at the colleges to which you are applying, and contact the financial aid office if you have questions.

- Approximately 6-8 weeks after you submit your FAFSA you will receive a Student Aid Report (SAR). This gives you your eligibility index for federal and state aid. Your SAR will be sent to the colleges you indicate on your FAFSA. Your colleges will notify you of your eligibility and amount of your financial aid package.
- Colleges will differ in the amount of aid offered to you. You are not obligated to attend a college if the financial aid offered is not sufficient to meet your needs. Also, it is possible to negotiate with the financial aid director at the college you want to attend if you feel more explanation would help in determining your financial aid situation.

***Free Application for Federal Student Aid (FAFSA)** is used to analyze the family's financial standing in order to determine the amount the student's family will be expected to contribute toward college costs. The family needs to fill out the FAFSA as soon after January 1 in the senior year as possible. The Guidance Office has hard copies of the FAFSA worksheet, which your child may pick up at any time. Please note however, that all FAFSA applications must be submitted online at www.fafsa.ed.gov. Additional information about the FAFSA can be found at www.finaid.com. ConnectEdu.com also has information that will help you with this process.

Information such as salary, size of family, and number of children in college is used in the evaluation of the financial statement. After your FAFSA is processed your family will be notified of their expected family contribution. The amount of the expected family contribution will be the same for all colleges. The difference between the expected family contribution and the cost of attending college is met by financial aid.

Financial aid is usually offered as a "package". The financial aid package may consist of grants, loans, and student employment.

Federal Financial Aid Programs

There are several sources of financial aid for prospective college-bound students. One starting point is the link: www.studentaid.ed.gov. Here you will find descriptions of federal programs such as:

- Pell Grant
- Federal Supplemental Educational Opportunity Grants (FSEOG)
- Federal Work Study
- Federal Perkins Loan
- Federal Stafford Loan
- Federal Plus

Federal Tax Credits

The HOPE Scholarship Credit and the Lifetime Learning Credit

There are two types of tax credits available to help offset the costs of higher education. Both are adjusted according to your income. The HOPE Scholarship Credit can be claimed for only 2 years per student, the Lifetime Learning Credit may be claimed for an unlimited number of years. For details about these tax credits more information is available at the following website link: <http://www.irs.gov/publications/p970/ch02.html#d0e1317>

IRAs and Other Tax Deductions

Parents and grandparents can create **education IRAs** or **527 College Savings plans**, and make penalty-free deductions from **other IRA's** for higher education expenses for their children, grandchildren, spouses, or themselves. Parents and students can also take a **tax deduction** for interest paid in the first 60 months of repayment on student loans.

Taxpayers should consult a qualified tax specialist for additional information and applicable regulations on any federal and state tax provisions. You can call 1-800-4FED-AID, or consult <http://www.irs.gov/publications/p970/>

Additional Information

A+ Designation

If you are earning you're A+ designation you must remember to arrange a meeting with Ms. Hoff in the Main Office to be sure you have met all program requirements prior to graduation.

NCAA

If you are planning to attend college on an athletic scholarship, or are being recruited as a college athlete, you must register with the NCAA Clearinghouse and follow specific procedures to ensure your eligibility. Register at: www.ncaa.clearinghouse.net

See your counselor or Hickman's Athletic Director, Mr. Mirts in the Main Office for more information as soon as possible.

***One detail to remember for student-athletes regarding ACT and SAT scores:

YOU MUST REQUEST A TEST SCORE BE REPORTED DIRECTLY TO NCAA, THEY NO LONGER ACCEPT TEST SCORE REPORTS FROM YOUR HIGH SCHOOL

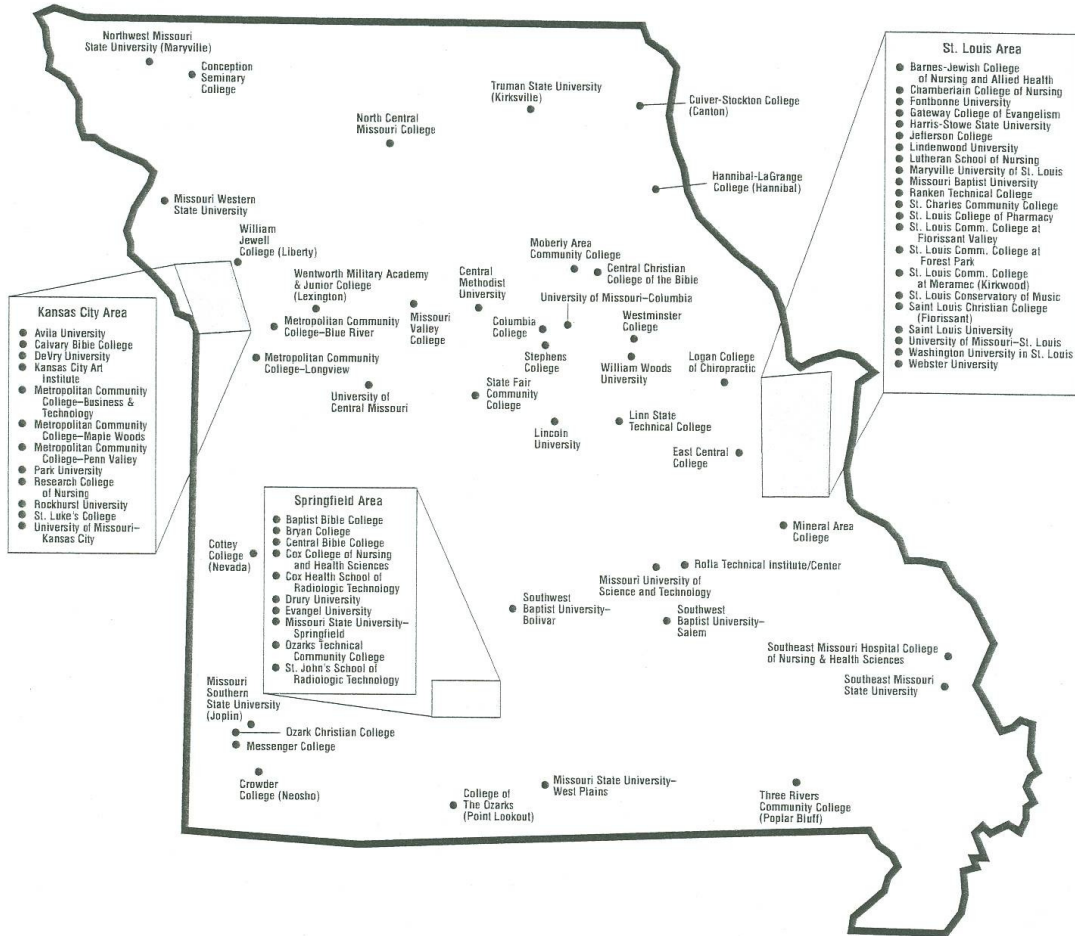
College Planning Guide*

A detailed college planning guide is linked to our website so be sure to check it out!

*adapted from Rockwood School District

Missouri Colleges and Universities

2008-2009



Many area career centers associated with local school districts offer postsecondary opportunities. See your high school counselor about information regarding college level training at an area career center near you.

Compliments of the ACT Midwest Region and the Missouri ACT State Organization



Directory of Missouri Colleges and Universities

Code	Institution Name	Admissions	Website
Colleges Offering 4-Year Degrees			
2278	Avila University	.800-GO-AVILA	www.avila.edu
2283	Baptist Bible College	417-268-6013	www.baptist.edu
2312	Calvary Bible College	.800-326-3960	www.calvary.edu
2268	Central Bible College	.800-831-4222 x1290	www.cbccag.edu
2267	Central Christian College of the Bible	.888-263-3900	www.cccb.edu
2270	Central Methodist University	.660-248-6251	www.centralmethodist.edu
2364	College of the Ozarks	.800-222-0525	www.coto.edu
2276	Columbia College	.800-231-2391 x7352	www.ccis.edu
2280	Conception Seminary College	.660-944-2886	www.conception.edu
2290	Culver-Stockton College	.800-537-1883	www.culver.edu/admissions
2274	DeVry University	.816-941-2810	www.kc.devry.edu
2292	Drury University	.800-922-2274	www.drury.edu
2296	Evangel University	417-865-2811 x7262	www.evangel.edu
2298	Fontbonne University	.314-889-1400	www.fontbonne.edu
2303	Gateway College of Evangelism	.888-838-8858	www.gatewaycollege.net
2320	Hannibal-LaGrange College	.800-HLG-1119	www.hlg.edu
2302	Harris-Stowe State University	.314-340-3300	www.hssu.edu
2277	Kansas City Art Institute	.800-522-5224	www.kcai.edu
2322	Lincoln University	.573-681-5599	www.lincolnu.edu
2324	Lindenwood University	.636-949-4949	www.lindenwood.edu
2318	Logan College of Chiropractic	.800-533-9210	www.logan.edu
2326	Maryville University of St. Louis	.800-MARYVLL	www.maryville.edu
2327	Messenger College	.800-385-8940	www.messengercollege.edu
2323	Missouri Baptist University	.877-434-1115	www.mobap.edu
2304	Missouri Southern State University	.866-818-MSSU	www.mssu.edu
2370	Missouri State University-Springfield	.800-492-7900	www.missouristate.edu
2398	Missouri University of Science and Technology	.800-522-0938	www.mst.edu
2330	Missouri Valley College	.660-831-4114	www.moval.edu
2344	Missouri Western State University	.800-662-7041	www.missouriwestern.edu
2338	Northwest Missouri State University	.800-633-1175	www.nwmissouri.edu
2279	Ozark Christian College	.800-299-4622	www.occ.edu
2340	Park University	.800-745-PARK	www.park.edu
2342	Rockhurst University	.800-842-6776	www.rockhurst.edu
2346	St. Louis College of Pharmacy	.800-278-5267 x8328	www.stlcp.edu
2334	Saint Louis Christian College	.314-837-6777 x8110	www.slcconline.edu
2352	Saint Louis University	.800-SLU-FOR-U	www.slu.edu
2366	Southeast Missouri State University	.573-651-2590	www.semo.edu
2368	Southwest Baptist University-Bolivar	.800-526-5859	www.sbuiv.edu
2362	Southwest Baptist University-Salem	.573-729-7071	www.sbuiv.edu
2374	Stephens College	.800-876-7207	www.stephens.edu
2336	Truman State University	.660-785-4114	www.truman.edu
2272	University of Central Missouri	.800-SAY-UCMO	www.ucmo.edu
2382	University of Missouri-Columbia	.573-882-7786	www.missouri.edu
2380	University of Missouri-Kansas City	.816-235-1111	www.umkc.edu
2383	University of Missouri-St. Louis	.888-GO-2-UMSL	www.umsl.edu
2386	Washington University in St. Louis	.800-638-0700	http://admissions.wustl.edu
2388	Webster University	.800-75-ENROLL	www.webster.edu
2392	Westminster College	.800-475-3361	www.westminster-mo.edu
2394	William Jewell College	.888-2-JEWELL	www.jewell.edu
2396	William Woods University	.573-592-4221	www.thewoods.edu
Public 2-Year and Technical Colleges			
2289	Crowder College	.417-455-5709	www.crowder.edu
2294	East Central College	.636-583-5195 x2221	www.eastcentral.edu
2313	Jefferson College	.636-797-3000 x217	www.jeffco.edu
5105	Linn State Technical College	.800-743-8324	www.linnstate.edu
2288	Metropolitan Community College-Blue River	.816-220-6577	www.mccck.edu
2273	Metropolitan Community College-Business & Technology	.816-482-5200	www.mccck.edu
2307	Metropolitan Community College-Longview	.816-672-2568	www.mccck.edu
2331	Metropolitan Community College-Maple Woods	.816-437-3100	www.mccck.edu
2341	Metropolitan Community College-Penn Valley	.816-759-4623	www.mccck.edu
2306	Mineral Area College	.573-518-2228	www.mineralarea.edu
2401	Missouri State University-West Plains	.417-255-7955	www.wp.missouristate.edu
2332	Moberly Area Community College	.800-622-2070	www.macc.edu
2378	North Central Missouri College	.800-880-6180 x1410	www.ncmissouri.edu
2335	Ozarks Technical Community College	.417-447-7500	www.otc.edu
6693	Rolla Technical Institute/Center	.573-458-0150	www.rolla.k12.mo.us/schools/rtirtc/
2281	St. Charles Community College	.636-922-8237	www.stchas.edu
2297	St. Louis Community College at Florissant Valley	.314-513-4244	www.stlcc.edu/fv
2299	St. Louis Community College at Forest Park (St. Louis)	.314-644-9127	www.stlcc.edu/fp
2328	St. Louis Community College at Meramec (Kirkwood)	.314-984-7601	www.stlcc.edu/mc
2356	State Fair Community College	.660-530-5800	www.sfccmo.edu
2372	Three Rivers Community College	.573-840-9605	www.trcc.edu
Private 2-Year Colleges			
2286	Cotley College	.888-526-8839	www.cotley.edu
5367	Ranken Technical College	.314-371-0233	www.ranken.edu
2390	Wentworth Military Academy & College	.800-962-7682	www.wma.edu
Other Schools			
2266	Bryan College	.800-397-1894	www.bryancollege.com
2351	Cox Health School of Radiologic Technology	.417-269-1073	www.coxhealth.com/schoolseducation/ diagnosticimaging/sdi_rad-tech.htm
2271	St. John's School of Radiologic Technology	.417-820-2982	www.stjohns.com
Schools of Nursing			
2305	Barnes-Jewish College of Nursing and Allied Health	.800-832-9009	www.barnesjewishcollege.edu
2367	Cox College of Nursing and Health Sciences	.866-898-5355	www.coxcollege.edu
2293	Chamberlain College of Nursing	.888-556-8226	www.chamberlain.edu
2310	Lutheran School of Nursing	.314-577-5850	www.nursingschoolmc.com
2347	Research College of Nursing	.816-995-2812	www.researchcollege.edu
2357	Saint Luke's College	.816-932-2367	www.saintlukescollege.edu
2375	Southeast Missouri Hospital College of Nursing & Health Sciences	.573-334-6825 x23	www.southeastmissourihospital.com/college