



## COLLEGE TO DO LIST:



Please read through the following information carefully and often. This is a checklist of **YOUR** responsibilities as a junior/senior preparing for college. Going to college is a wonderful experience, but also a challenging one where you alone are responsible for your success. In order to prepare you for this, we created this document of items for **YOU** to complete. However, we are here to help! Feel free to stop by either counselor's office before school, after school, or at lunch with questions and concerns. You can also email Mrs. Castanheira at [mcastanheira@metscharterschool.org](mailto:mcastanheira@metscharterschool.org) or Ms. Figueroa at [gfigueroa@metscharterschool.org](mailto:gfigueroa@metscharterschool.org) anytime.

If you haven't already done so:

- Resolve to get the best grades possible** so you can get into the college of your choice and receive scholarships!
- Login to your Naviance Student account often to view updates about important opportunities, research colleges, search for scholarships, and much more...
- Create a **free account on collegeboard.org** and use the many resources found there, including:
  - SAT practice with Khan Academy- there's an app for that! ([khanacademy.org](http://khanacademy.org))
  - Big Future- tailors resources to your needs ([bigfuture.collegeboard.org](http://bigfuture.collegeboard.org))
  - College and Scholarship Searches
  - Career and College Major Exploration
  - Financial Aid Information
  - Opportunity Scholarships- just for using their resources ([opportunity.collegeboard.org](http://opportunity.collegeboard.org))
    - Note: there are also scholarships for taking the June or July ACT ([act.org](http://act.org))
- Review your PSAT/NMSQT Score Report.** Go to [khanacademy.org/sat](http://khanacademy.org/sat) to link your PSAT scores with your CollegeBoard account and start using free, personalized SAT practice with Khan Academy based on your PSAT/NMSQT results. Some important features are:
  - See your PSAT/NMSQT scores and your projected SAT score.
  - Review questions you got wrong—and why.
  - Practice for the SAT with hundreds of practice questions tailored to you
- Research and apply for **scholarships and start saving money.** Some helpful resources are:
  - Scholarship search in Naviance Student
  - Scholarship Search on [bigfuture.collegeboard.org](http://bigfuture.collegeboard.org)
  - [fastweb.com](http://fastweb.com)
  - [mycollegedollars.com](http://mycollegedollars.com)
- Create a **professional email address** (example: [john.doe@gmail.com](mailto:john.doe@gmail.com))
- Keep a list** of all login information (E-mail, CollegeBoard, Naviance, Common App, etc.)
- Get a social security number** (if you don't have one)! You'll need it for your college applications.
- Get involved in METS sports and clubs and volunteer in your community.** You should be keeping track of everything you have done at METS and within the community and keep a log of all community service hours.
- Read** interesting books- no matter what you go to college for, you'll need a good vocabulary and strong reading comprehension skills. Reading is one of the best ways to prep for college entrance exams.

### **Planning for the rest of Junior Year!**

Special circumstances:

- If you are planning to major in the arts, find out about requirements for a portfolio or audition
- If you are considering **military academies or ROTC scholarships**, request and complete a precandidate questionnaire
- If you want to play a sport in college, talk to your coach about eligibility requirements and visit [www.ncaa.org](http://www.ncaa.org) for more information

Starting now, you may also want to:

- Start attending **college fairs and touring college campuses**. College visits are excused absences as long as you have a letter from the college.
- Research colleges, majors, and careers** that interest you and **make a list of the college features** that are important to you. Think about yourself, what you're good at, and what is important to you.
- Start to learn about **financial aid**. Some resources to estimate how much aid you might receive are:
  - FAFSA4caster ([studentaid.ed.gov/fafsa/estimate](http://studentaid.ed.gov/fafsa/estimate))
  - Financial Aid EasyPlanner ([collegeboard.org/pay](http://collegeboard.org/pay))
  - Net Price Calculator ([studentnpc.collegeboard.org](http://studentnpc.collegeboard.org))
  - Individual college websites
- Think about what teachers you will ask to write **letters of recommendation**.

March 2019:

- Register for the SAT or SAT Subject Tests if you want to take them in **May**. The deadline to register is **April 5**. If possible, it is best to take the SAT in June, but May is an alternate date. Also, consider taking the **SAT Subject Tests** in May. You should take them while course material is still fresh in your mind. Fee waivers are available if you qualify for free or reduced lunch.
- Narrow your college list** to a reasonable number. Be sure your list includes "**safety**," "**reach**," and "**probable**" schools. Explore college websites, read their brochures and catalogs, and talk to your family, friends, counselor, and teachers. Remember to reach out to colleges so they can send you information and you can schedule a visit or go to an open house!
- Practice the SAT (and ACT)**. Use the personalized test prep tools at Khan Academy ([khanacademy.org/sat](http://khanacademy.org/sat)), go to [sat.org](http://sat.org) to simulate test day with full-length paper-and-pencil practice tests, or check out SAT/ACT prep books from the library

April 2019:

- Reminder:** the deadline to register for the May SAT or SAT Subject Tests is **April 5**. Keep practicing!
- Register for the **June SAT and/or ACT**. The deadline to register for both the SAT and ACT is **May 3**. Fee waivers are available if you qualify for free or reduced lunch.
- Plan campus visits**. It's best to go when classes are in session. Spring Break is a great opportunity!
- Plan your courses for senior year**. Challenge yourself and make sure you are going to meet the high school course requirements for your top-choice colleges.

May 2019:

- Reminder:** the deadline to register for the June SAT and ACT is **May 3**. Keep practicing!
- Start requesting **letters of recommendation** from teachers in Naviance Student and in person. If you get your requests in early, teachers will have the summer to write you a great letter!
- Complete your **brag sheet** in Naviance Student. It is due **June 1**. Make sure to take your time and put some thought into it because this is how your counselor recommendation will be written.
- Talk to your coach about NCAA requirements if you want to play Division I or II sports in college
- Start looking for a summer job or volunteer work early. The good ones go fast!
- SAT test date: May 4**

June 2019:

- Reminder:** Brag sheet and transcript release form are due **June 1**.
- Register for the SAT or ACT if you want to take them in the summer. The deadline to register for the July ACT is **June 14** and TBD for the August SAT. Fee waivers are available if you qualify.
- Don't forget to make requests to teachers for recommendations before break! You may want to ask them for an email address they check over the summer in case you want to contact them.
- Start asking about **local scholarships** offered by church groups, civic associations, businesses, etc.
- If you are considering military **academies or ROTC scholarships**, make sure preliminary requirements are met before leaving school for the summer.
- SAT test date: June 1**
- ACT test date: June 8**

## Planning for Senior Year!

The summer of 2019:

- Use your May or June **SAT/ACT reports** to help you prepare to take them again in the fall.
- Register for the SAT or ACT if you want to take them in **August (SAT), September (ACT), or October (SAT/ACT)**. Deadlines will be posted on Naviance. Check [sat.org](http://sat.org) or [act.org](http://act.org) for updates. Make sure you send score reports to colleges when you register.
- If you want to play a NCAA Division I or II sport in college, register with the **NCAA Eligibility Center** ([www.ncaa.org/eligibility-center](http://www.ncaa.org/eligibility-center))
- Visit colleges on your list.** Check the website or call ahead for the campus tour schedule.
- Create a **Common App** account and match it to your Naviance account (write down your login info!)
- Begin working on your **college application essays**.
- Write a resume** (accomplishments, activities, work experiences) to help you later with your college apps
- If you're applying to a visual or performing arts program, work on your **portfolio or audition pieces**.
- ACT test date: July 13**
- SAT test date: Tentatively August 24** (registration deadline will probably be late July)

September 2019:

- Register for the SAT or SAT Subject Tests if you want to take them in **November**. Check Naviance or [sat.org](http://sat.org) for deadlines. Make sure you send score reports to colleges when you register.
- Finalize your list of colleges.** Be sure your list includes "safety," "reach," and "probable" schools.
- Start a checklist** of all application requirements, deadlines, fees, etc.
- If you can't afford application fees, **request a fee waiver** from the college(s). You will automatically get some application fee waivers through CollegeBoard if you take the SAT with a fee waiver.
- Hand in your lunch form** to make sure you continue getting fee waivers.
- Set up **campus visits and interviews**. Attend **open houses** at colleges that interest you. College visits are excused absences as long as you have a letter from the college.
- Start gathering what you need to complete the Free Application for Federal Student Aid (FAFSA)**. Visit [fafsa.gov](http://fafsa.gov) for a list of needed documents. The link can be found in Naviance.
- Get FSA IDs for the FAFSA** for both yourself and one of your parents from [www.pin.ed.gov](http://www.pin.ed.gov)
- Keep working on Common App. If you are going to apply under an **Early Decision or Early Action** plan or through **EOF**, get started now. Some colleges have October deadlines and all requests must be made in Naviance Student at least one month before deadlines.

October 2019:

- Register for the SAT, ACT, and/or SAT Subject Tests if you want to take them in **December**. Have scores sent to colleges when you register. Deadlines will be posted on Naviance and [sat.org](http://sat.org).
- Last chance to ask for **letters of recommendation**. Give plenty of notice so that the adults writing them have enough time to write a thoughtful letter. Make the request in Naviance and in person.
- Write your **college essays** if you haven't already and ask your parents and teachers to review them.
- Apply to college** and request documents in Naviance at least one month before deadlines
- Complete your FAFSA** starting October 1. The sooner you submit the better chance you have of getting the aid that you need because funds do run out. You should use your 2018 tax returns.
- If you need to fill out the **CSS/Financial Aid PROFILE** for any of your colleges, you can register on [collegeboard.org](http://collegeboard.org) starting Oct. 1
- Attend **Financial Aid Night** at METS. The date will be announced and posted on Naviance.

November 2019:

- Finish your **application essays** if you haven't already. **Proofread** them rigorously for mistakes.
- Apply to colleges** with rolling admission if you haven't already. Rolling admission is first-come, first-served, so it should be done as early as possible.
- Make sure your test scores will be sent** by the testing agency to each one of your colleges
- Give your school counselor the **proper forms to send transcripts** to your colleges and make requests in Naviance Student at least one month before deadlines

December 2019:

- Try to **wrap up college applications before winter break**. You'll feel great when everything is done!
- If you applied for Early Decision, you should have an answer by Dec. 15**. If you are denied or deferred, submit applications now to other colleges.
- Apply for scholarships** in time to meet application deadlines.
- Contact the financial aid office** at the colleges on your list to see if they require any financial aid forms other than the FAFSA.

January 2020:

- Submit your FAFSA** if you haven't already done so. Some colleges have early financial aid priority dates. Use your 2018 tax returns.
- Submit other financial aid forms** that may be required- such as PROFILE or the college's own forms.
- If you have any **new honors or accomplishments** that were not in your original application, let your colleges know.

February 2020:

- Contact your colleges** to confirm that all application materials have been received
- Correct and **update your Student Aid Report (SAR)** that follows the FAFSA.
- If any **special circumstances** affect your family's financial situation, alert each college's financial aid office as soon as possible
- File income tax returns early**. Some colleges want copies of your family's returns before finalizing financial aid offers.

March 2020:

- Admission decisions will be arriving**. Read everything you receive carefully, as some may require prompt action on your part.
- Revisit colleges** that accepted you if it's hard to make a choice.
- Send copies of your FAFSA** to any scholarship programs that require it as part of their applications.
- Don't get senioritis!** Colleges want to see strong second half grades.

April 2020:

- Carefully compare financial aid award letters** from the colleges that accept you- it might not be clear which is the better offer. If you have questions, contact the college's financial aid office.
- If you don't get enough aid**, consider your options, which include appealing the award.
- Make a final decision**, accept the aid package, and submit the deposit to the college you select before May 1 (the acceptance deadline for most schools).
- Notify other colleges that you won't be attending (so another student can have your spot).

May 2020:

- Reminder: May 1** is the deadline to notify and submit the deposit for the college you selected. Congratulations! This is an exciting day!
- Study hard for final exams**. Most offers of admission are contingent on your final grades.
- Thank everyone** who wrote you recommendations or otherwise helped with your college applications.

June 2020:

- If you plan on competing in Division I or Division II college sports, have your counselor send your final transcript to the **NCAA Eligibility Center**
- Think about your summer job options**. The more money you make, the easier it will be to finance college- and have some spending money during the school year!
- Celebrate** your graduation and have a great summer!!! ☺

## SAT/ACT Information

2019 SAT Dates	Registration Deadline	Late Registration Deadline
May 4	April 5	April 24
June 1	May 3	May 22
August 24 (anticipated)	TBD	TBD
October 5 (anticipated)	TBD	TBD
November 2 (anticipated)	TBD	TBD
December 7 (anticipated)	TBD	TBD

Notes about the SAT:

- Go to [www.sat.org](http://www.sat.org) to register and for more information.
- Cost: \$47.50 for the SAT or \$64.50 for the SAT with Essay per administration (late fee is an additional \$29)
- Fee waivers: Students enrolled in the free and reduced lunch program are eligible for up to two fee waivers for the SAT and up to two waivers for the SAT Subject Tests. Students can receive fee waivers starting with the May SAT in their junior year. Eligible students can register with a fee waiver during the late period for any test date. No late fee will apply.

2019 ACT dates	Registration Deadline	Late Registration Deadline
June 8	May 3	May 20
July 13	June 14	June 24
September 14	TBD	TBD
October 26	TBD	TBD
December 14	TBD	TBD

Notes about the ACT:

- Go to [www.act.org](http://www.act.org) to register and for more information.
- Cost: \$50.50 for ACT (no writing) or \$67 for ACT with writing per administration (late fee is an additional \$30)
- Fee waivers: Students enrolled in the free and reduced lunch program are eligible for up to two fee waivers for the ACT. Students can receive fee waivers starting with the June ACT in their junior year. However, you must pay the late fee if applying late.

### Helpful hints about SAT/ACT:

- The school code for METS is **310613**. Make sure to use it when you register.
- Fee waivers are available if you qualify. If you are eligible for free or reduced lunch or think you may qualify based on other circumstances (e.g. living in federally subsidized public housing), see Mrs. Castanheira for a waiver.
- You should take the SAT at least once at the end of your junior year (June is best, but May is an alternative) and at least once at the beginning of your senior year (August, October, or November). For even better chances for success, also try the ACT at the end of your junior year and/or the beginning of your senior year.
- METS is not an SAT or ACT test site. Register early to ensure a convenient test location.
- All colleges need your scores sent directly from CollegeBoard or ACT. Make sure you are having your scores sent to all of the colleges you are applying to WHEN YOU REGISTER for the test. You may add or edit these requests from your CollegeBoard or ACT accounts for free BEFORE you take the test. There will be a fee if you have to send your scores after you take the test.
- If you receive **testing accommodations**, see Ms. Thoresen for an additional code you will enter when you register for the SAT or ACT so you can receive your accommodations on the test.

## College Application Deadline Information

Students need to submit college applications as well as enter information and request documents in Naviance Student **ONE MONTH BEFORE** the college's set deadline! This means at least one month before any college deadline, you must:

- Submit the application to the college (including the essay and any supplemental forms)
- Match your Common App account in Naviance Student
- Add the college to "colleges I'm applying to" in Naviance Student
  - Mark that you have submitted your application (only after you have)
  - Choose if you applied regular decision, priority, early action, etc.
  - Choose if you're applying via common app or not
  - Request transcripts to be sent to that school
- Add teacher recommendation requests in Naviance Student and speak to the teacher(s) in person (this should be done as early as possible)
- Make sure the counselors have your brag sheet and transcript release form. No documents can be sent to any colleges without these forms!

**\*\*\*EXCEPTION\*\*\*** If the college's deadline is before **January 15**, your requests must be made in Naviance Student no later than **November 30**.

**When you receive an acceptance letter**, please bring it to one of the counselors so we can make a copy to keep for our records. This same procedure also applies to receipt of any **scholarship or grant awards** as we need to keep track of the amounts awarded to M.E.T.S. students for year end statistics.

### Junior Year Deadlines:

- June 1- Brag sheet due in Naviance Student
- June 1- Transcript Release Form due

**Popular college application deadlines for the 2018-2019 school year** (Please note that these deadlines are NOT for the year you are applying, they are only for reference, so it is very important that you keep track of your dates and deadlines. I also included when requests are due based on the policy above.):

- Rutgers University**- December 1 (request due November 1)
- Columbia University**- January 1 (request due November 30)
- New York University**- January 1 (request due November 30)
- Johns Hopkins University**- January 2 (request due November 30)
- Drexel University**- January 15 (request due November 30)
- Stevens Institute of Technology**- January 15 (request due November 30)
- Seton Hall University**- February 1 (request due January 1)
- The College of New Jersey**- February 15 (request due January 15)
- New Jersey Institute of Technology**- March 1 (request due February 1)
- Rowan University**- March 1 (request due February 1)
- Montclair State University**- April 1 (request due March 1)- Note: SAT optional
- Berkeley College**- Rolling (Note: SAT optional, must take ACCUPLACER, does not accept fee waivers)
- Bloomfield College**- Rolling (Note: SAT optional)
- Mercy College**- Rolling (Note: SAT optional, no essay)
- New England College**- Rolling (Note: SAT option, no essay, free application, high acceptance rate)
- New Jersey City University**- Rolling
- Saint Peter's University**- Rolling (Note: free application, SAT optional)
- William Paterson University**- Rolling (Note: fee waivers given at open houses)

**Early Decision vs. Early Action:** If you apply **early decision** to a college, it is a **binding** agreement that you will attend that school if accepted. This is an opportunity for students who KNOW where they want to go to college to get a decision early with slightly better chances of getting accepted in some cases. You can only apply to one school early decision and you should not do this unless you are SURE you want to attend that college. On the other hand, there is no commitment involved in applying **early action**. This is simply a way to show you are interested and to get a decision early.

## The Educational Opportunity Fund (EOF)

The Educational Opportunity Fund (EOF) is a great opportunity for students who qualify financially to receive additional support in New Jersey colleges along with slightly lowered admission criteria in many cases. Below please find the eligibility information from the NJ Department of Education website. The link is also posted in Naviance Student. If you are interested in applying for EOF at any college/university, you should get started early because many deadlines are as early as October.

### Information about Eligibility

The New Jersey Educational Opportunity Fund provides financial assistance and support services (e.g. counseling, tutoring, and developmental course work) to students from educationally and economically disadvantaged backgrounds who attend institutions of higher education in the State of New Jersey. Undergraduate grants range from \$200 annually to \$2,600 annually depending on the type of institution and financial need. These grants are renewable based upon continued eligibility.

Forty-two of New Jersey's community colleges and public and private four-year colleges and universities participate in the EOF program. However, the actual number of available spaces at each college or university is limited. Because EOF is a campus-based program, each campus is responsible for student recruitment, selection, program services, and its own specific criteria for EOF admission and program participation.

### Undergraduate Eligibility:

1. Must demonstrate an educationally and economically disadvantaged background
2. Must be a New Jersey resident 12 consecutive months prior to receiving the award
3. Must apply and be accepted to a participating New Jersey college or university
4. Must meet the academic criteria as set by the institution of choice
5. Must file a Free Application for Federal Student Aid (FAFSA)
6. Gross Income must fall within the criteria shown:

<b>2019-2020 EOF Income Eligibility Scale with Asset Cap Calculation</b>		
<b>Applicants with a Household Size of</b>	<b>Gross Income Not to Exceed</b>	<b>Asset Cap Calculation (Not to exceed*) * = Based on Household Size for ALL Students</b>
1	\$24,280.00	\$4,856.00
2	\$32,920.00	\$6,584.00
3	\$41,560.00	\$8,312.00
4	\$50,200.00	\$10,040.00
5	\$58,840.00	\$11,768.00
6	\$67,480.00	\$13,496.00
7	\$76,120.00	\$15,224.00
8	\$84,760.00	\$16,952.00
***	Add \$8,640 for each additional family member	Add \$1,728 for each additional family member

Students should contact the EOF director at the institution of their interest for additional information.

## METS High School Graduation Requirements

### English:

- English I
- English II or College Equivalent
- English III or College Equivalent
- English IV or College Equivalent

### Mathematics:

- Algebra I
- Geometry
- Algebra II
- Advanced or College Mathematics

### Science:

- Biology
- Chemistry
- Physics
- Science OR Technology Elective

### Social Studies:

- World Civilizations
- US History I
- US History II

### Physical Education:

- Physical Education I
- Physical Education II
- Physical Education III
- Physical Education IV

### Health:

- Health I
- Health II (Driver's Education)
- Health III
- Health IV

### Financial Literacy:

- Financial Literacy A
- Financial Literacy B

### World Language:

- Year 1
- Year 2

### Electives:

- Visual/ Performing Art (5 credits)
- Practical Art (5 credits)

### Additional requirements:

- \_\_\_ Must have at least 120 credits
- \_\_\_ Must take the SAT at least once
- \_\_\_ Must be accepted to a 4-year college
- \_\_\_ Must meet all state testing requirements
- \_\_\_ Must be present at least 90% of possible school days each year



