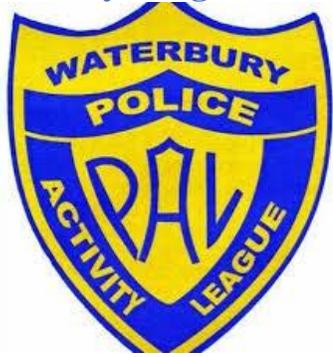


## About Waterbury Police Activity League



Waterbury PAL is a not-for-profit organization which promotes partnerships between youth, law enforcement and the community through educational, athletic, and recreational programs designed to encourage team building and foster positive relationships. The PAL Center offers a safe environment, supports working families and helps students achieve by giving them opportunities right now. **NO child** is ever turned away as a result of family income. Waterbury PAL programs include:

**Athletics:** Baseball/Softball/T-Ball, Basketball, Cheerleading, Flag Football, Gardening, Golf, Soccer, Special Olympics Unified Sports, Swimming, Tang So Do Karate, PAL Park  
**Arts & Enrichment:** Holiday Chorus, Holiday Parties, Summer Camp

**Academics & Employment:** Homework Haven, Summer Youth Employment in wide range of job readiness activities including wood working, gardening, landscaping, culinary, tutoring and other work-related training programs, and internships for high-school students.

## Helping Kids Achieve Their Full Potential

Waterbury PAL is dedicated to helping students achieve their full potential. **Nationally in pursuit of higher education, only 8% of high-achieving, low-income students who have the academic records and test scores to succeed at the most selective colleges and universities ever even apply for admission.** Waterbury PAL seeks to help our high-performing students to achieve their full potential by linking them with the resources that can make a difference in their educational aspirations and throughout their lives.



*This college planning guide is the second version of a guide that was originally written by two Waterbury youth, educated in Waterbury Public Schools, who now attend Ivy League Universities – Christian Milian and Daiana Lilo. It contains important information to guide students through the college planning process, in the 2019-2020 school year. Waterbury PAL is glad to support their effort.*

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## The Purpose of the College Planner

This planner is meant to serve as a base for students who wish to attain a traditional college experience. College is not the only route towards success but rather one of many trajectories one can take to achieve what they want. We urge students who do not wish to attend college to pursue their dreams through other avenues such as vocational or certification programs.

We saw the need for a resource that consolidated a lot of the information that counselors, educators, or mentors may provide. Utilize this planner as much or as little as you would like. Not every program or scholarship within this planner will meet the needs of every student. The programs and scholarships listed below are also not the only ones of their kind out there, they are simply the ones which we were able to collect for students at this present moment. The hope is that this planner will be updated to increase resources for students on a yearly basis.

## Important Resources for the College Planning Process

**INTERNSHIPS:** *Internships are a valuable opportunity to explore possible career paths. Internships are also a great way to obtain mentors, college/scholarship/job recommenders, as well as possible content for college application essays.*

- **Taft School – Waterbury Public Schools Global Leadership Institute:** *Must apply at beginning of sophomore year of high school*
  - A leadership development program that commences sophomore year and ends after the summer prior to your senior year of high school.

Many organizations around Waterbury and CT as a whole will typically need individuals to support in the work that they do over the summer. Do not be afraid to reach out to non-profit organizations such as PAL to connect with an internship opportunity over the summer.

**COLLEGE ADVISING & AFFORDABILITY:** *Finding the best fitting college depends upon individual goals and preferences, but it is important to know that many colleges are affordable for students with lower family incomes. Be sure to use the Financial Aid Calculators that are posted on most college websites.*

- BigFuture College Search by CollegeBoard - <https://bigfuture.collegeboard.org/college-search>
  - A resource created by CollegeBoard (the creators of the SAT and SAT Subject Tests) to guide students as they find a college that is the best fit for them academically, financially, and socially.
- College Greenlight - <https://www.collegegreenlight.com/>
  - A resource created for underrepresented collegebound students. The resource allows students to research the academic, social, and financial fit of universities while also providing a list of scholarships that a student can apply to.
- CollegePoint - <https://www.collegepoint.info/>
  - Provides free virtual advising to high-achieving, low-income students. Includes personalized application and financial aid support.
- Colleges That Change Lives - <https://ctcl.org/>
  - Provides students from underrepresented backgrounds with the means through which they may attend select universities through scholarship.
- Fly-In Programs List - <http://blog.collegegreenlight.com/blog/college-fly-in-and-diversity-programs/>
  - Provides programs sponsored by colleges to get students on campus and engaged with the university prior to sending a college application.
- I'm First! - <https://imfirst.org/colleges/>



- Provides a network through which students who are the first in their family to attend college can learn about initiatives at universities for first-gen students, hear stories of first-gen students, and get free mentoring to receive guidance through the admissions process.
- Matriculate - <http://www.matriculate.org/>
  - Provides free virtual advising to high-achieving, low-income students. Includes personalized application and financial aid support.
- 100 Percent Need-Based Schools - <http://blog.collegegreenlight.com/blog/colleges-that-meet-100-of-student-financial-need/>
  - A list of schools that will provide all the financial aid that will meet the financial limitations of a student.
- Questbridge - <https://www.questbridge.org/high-school-students/national-college-match>
  - Connects high-achieving, low-income students to leading colleges to help increase the number of low-income students attending the best colleges nationwide.
- QuestBridge Partner Schools - <https://www.questbridge.org/college-partners>
  - A list of all schools Questbridge partners with to provide students with the opportunity of attending a top college for free.
- ScholarMatcher - <http://scholarmatcher.scholarmatch.org/>
  - Provides free in-person and online support to first-gen students applying to college during high school. Also provides 1:1 advising, mentoring, and scholarship support for free during college.
- LEDA (Leadership Enterprise for a Diverse America) - <https://ledascholars.org/>
  - Provides students from under-resourced backgrounds with college guidance, test preparation, and writing instruction. Includes a seven-week summer institute for free to provide students with the support they need to be effective leaders and apply to college. Students **must apply as juniors**.

### TEST OPTIONS:

- SAT Subject Test - <https://collegereadiness.collegeboard.org/sat-subject-tests>
- ACT vs. SAT - <http://blog.collegegreenlight.com/blog/the-act-vs-new-sat-whats-the-difference/#sthash.IKnoRnZv.dpbs>
- ACT to SAT converter - <https://blog.prepscholar.com/act-to-sat-conversion>
- SAT Khan Academy Prep - <https://www.khanacademy.org/sat>
- Test Optional Schools - <http://www.fairtest.org/university/optional>

Waivers for the ACT and SAT are available to low-income students. ACT fee waivers can be used twice to take the test free on two separate occasions. SAT fee waivers can be used twice to take the SAT twice for free or to take.

### SCHOLARSHIPS:

- American Savings Bank Robert T. Kenney Scholarship - <http://www.asfdn.org/scholarships.php>
- Coca-Cola Foundation Scholarship - <https://www.coca-colascholarsfoundation.org/>
- Connecticut Community Foundation - <https://connccf.org/apply-for-scholarships/>
- The Dream Scholarships - <http://www.thedream.us/>
- Jack Kent Cooke Scholarship - <http://www.jkcf.org/scholarship-programs/college-scholarship/>
- Gates Scholarship - <https://www.thegatesscholarship.org/scholarship>
- Gates Millennium Scholarship - <http://gmmp.org/>
- One Thousand Dreams Scholarship Fund (women students) - <https://www.growyourgiving.org/scholarships/1000-dreams-scholarship-fund>
- Robertson Scholarship (at Duke and UNC) - <https://robertsonscholars.org/>



- STEM Scholarships for students of color and other resources - [https://docs.google.com/spreadsheets/d/1V\\_pvhqWliwqLhAVcXikxAEuJPD4mwwgI9LEgOnzN-zM/edit#gid=1417047090](https://docs.google.com/spreadsheets/d/1V_pvhqWliwqLhAVcXikxAEuJPD4mwwgI9LEgOnzN-zM/edit#gid=1417047090)
- Latino Resources Scholarship Fund - <http://latinoresources.org/network-resources/>
- The Steven Phillips Memorial Scholarship Fund - <https://phillips-scholarship.org/new-applicants/steps-to-apply/>
- MALDEF Scholarship Resource Guide for Latinx students - <https://www.maldef.org/resources/scholarship-resources/>
- Scholly App – available on the App Store

## College Planning Timeline

### JUNIOR YEAR/FALL & WINTER:

- Stay on track with your grades and extracurriculars.
- Develop a high school resume to help you organize your education, experience, activities and skills.
- Start a list of colleges – Identify 15-20 schools that you are interested in and that may be a good fit for you.
- Go to college fairs and speak with college reps. Ask questions here that you would not find answers to on the school’s website. This will allow for good conversation and allow representatives to remember you.
- Register for the SAT, ACT and/or Subject Tests and study. If constant studying does not help to increase your score, vary study methods. You may need to only focus on studying some sections rather than others or may need a different setting to study in.
- Develop a list of potential recommenders including teachers, coaches, bosses, mentors. Make sure they know you well and will be able to recommend you without reservation. Ideally you want to have two academic recommendations, one community recommendation, and a counselor recommendation ready to send out as needed.
- Know your family’s resources and use the financial aid calculators on college websites to explore the possibility of financial aid. Also gather financial aid information from colleges, from your college counselor, etc.

### JUNIOR YEAR/SPRING & SUMMER:

- Begin to narrow your list of colleges to 8-10 schools for best fit/likely affordability.
- Search for scholarships online, so that you are ready to apply within deadlines.
- Apply for summer employment and/or internship.
- Visit your top five colleges for a tour, interview with admissions, appointment with the financial aid office, etc.
- Create a “professional” email account to complete everything for the college application process. Ideally it should be formatted as “firstname.lastname@\_\_\_” and not something like “sk8erguy@hotmail.com.”
- Start the Common Application (opens on August 1 every year). Basic information should be input during the summer to relieve logistical stress.
- Develop ideas for your main college application essay on the Common Application. Essay topics typically do not vary from year to year so you can look up prompts from the previous year to work on.
- Email your potential recommenders to allow them to have time to complete recommendations before everyone begins to ask in the fall.
- Research and begin to apply for fly-in programs. Some deadlines are as early as August 1!

### SENIOR YEAR/FALL:

- Check your email regularly to make sure that you see contact from colleges.
- Meet with your guidance counselor at your high school.
- Visit schools and talk with professors and students there.
- Finalize your college list, including reach, target and safety schools.



- Apply online for financial aid via BOTH the FAFSA and the CSS PROFILE – plus additional info per college.

**FAFSA, the Federal Application for Federal Student Aid**, determines the type of financial need applicants have. An Expected Family Contribution (EFC) is provided to students so they may have some sense of the contribution their families will have to make; low-income students typically have an EFC of \$0. FAFSA can help students get a Pell Grant which is free governmental assistance that does not need to be repaid. Complete online at: <https://fafsa.ed.gov/>

**The CSS Profile, the CollegeBoard College Scholarship Service Profile**, is a way for private colleges to provide aid to students, often in the form of grants and scholarships. A CSS Profile fee waiver can be provided to students with reported income of \$45,000 or less, or who have been provided an SAT fee waiver, as well as an orphan/ward of the court. The fee waiver covers up to six schools. Without a fee waiver, students need to pay \$25 for the first school or scholarship program the application will be sent to and \$16 for every other school after the first initial school. Complete online at: <https://cssprofile.collegeboard.org/>

### **SENIOR YEAR/WINTER:**

- When you begin to receive decisions for schools you have gained admissions to, ask about admitted student days. Also ask if funding is available for these days to cover travel. Colleges sometimes are willing to work with students on an individual basis to get them on campus.
- Send your mid-year grade reports.

### **SENIOR YEAR/SPRING:**

- Watch for more mailed or emailed notifications from colleges.
- Compare financial aid and scholarship packages.
- If you are waitlisted, check out your options before proceeding.
- Make one more campus visit to the schools that you are heavily considering.
- Notify all schools of your intent by May 1.

### **WAYS TO APPLY**

- **Rolling Admission** allows students to apply at any point during the college application period and receive their decision quickly. Applying to these schools earlier during the application period can allow for better chances of getting into a school. This form of application is nonbinding which means a student does not have to attend the school if accepted.
- **Priority Admissions** allows students to apply during an earlier application timeframe (usually September through December). Students who apply within this timeframe will be considered over students who apply during the regular application window. This form of application is nonbinding which means a student does not have to attend the school if accepted.
- **Early Decision** allows students to apply to a school early and have the potential of attending their top school. Typically, top students will apply with this method of application meaning those with the top test scores and highest GPAs. Applying Early Decision will help show a school that they are your top choice. This form of application is binding which means that you must attend the school if accepted and you can apply to only one school with this method of application.
- **Early Action** allows students to apply to a school early (usually by November) and receive a decision early (usually by mid-December). Unlike priority admission, this form of application does not mean that your application will be considered over those that are sent during the regular application period but it helps establish high interest in the school. This form of application is nonbinding which means a student does not have to attend the school if accepted.



- **Restrictive Early/Single Choice Early Action** allows students to apply to a school early (usually by November) and receive a decision early (usually by mid-December). If you apply to a school through this method, you cannot apply to another school through Early Action or Early Decision. This form of application is nonbinding which means a student does not have to attend the school if accepted.
- **Early Decision II** allows students to apply to a school usually by January 1 and receive a decision by mid-February. If you apply to a school through Early Decision II it is likely because of a rejection from an Early Decision school meaning that you are free from a binding application. This form of application is binding which means that you must attend the school if accepted and you can apply to only one school with this method of application.
- **Regular Decision** is defined as the decision made by a school during its regular application period. This form of application is nonbinding which means a student does not have to attend the school if accepted. Regular application periods will vary from school to school.

## COLLEGE PLANNER 2019-2020 CONTRIBUTORS

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