



JUNIOR NEWSLETTER



Bellevue Public Schools

Bellevue East High School

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www.BellevuePublicSchools.org/East

Issue #3

Juniors ... Start Researching Colleges

If you can narrow your choices by the end of your junior year, your senior year will be less stressful. Here's how to get started:

- Review the College Profiles at www.EducationQuest.org for information about Midwest colleges. While you are there, check out their College Funding Estimator and sign up for their *Countdown2College* e-mail service.
- Attend at least one College Fair to get information about the many schools that recruit in our area. Hopefully, you will visit the one **at UNO this Sunday, Oct 30th**, mentioned in the last newsletter. If not, there will be more college fairs next fall.
- Visit the EducationQuest office in Omaha and use their free college search and scholarship search resources or call 402-391-4033 and make an appointment to talk with one of their counselors.
- If you're interested in going to an out-of-state school, check out the Midwest Student Exchange Program at www.mhec.org under Student Access.
- Meet with college representatives who visit our school. They will be most interested in talking to juniors next semester, but you can attend now as well.
- Once you've narrowed your choices, schedule campus visits. Try to visit in the spring of your junior year while college classes are still in session.

CollegeNOW! program offered by Metropolitan Community College

OK! What would you say if you could get started knocking out some of your college general education requirements while you are still a junior in high school? Believe it or not, Metro CC is offering half-priced tuition for high school juniors and seniors. You can choose any entry level classes in subjects like English, Business, History, Math, Psychology, and Sociology that can transfer to most 4-year colleges and count towards your requirements for a bachelor's degree. If you are taking our AP English classes or if you are in our Pre-Calculus class already, the English and Math classes might not help you much, but many of you could benefit from this opportunity for a head start in college. They offer some classes in a handy location over at Bellevue West High School in the evenings and their Winter Quarter runs from December 2nd through February 27th. For questions and to register for classes, call MCC Enrollment Services at 402-457-2400 today! You can also look online at www.mccneb.edu/secondary/collegenow.asp for details and the required application.

Overview of Athletic Choices at the College Level

The world of athletics at the college level is broken down into various athletic associations and each one has its own eligibility rules and recruiting processes. Just to give you a starting point in case you want to make athletics an important part of your college planning, I'll give you a little information about each athletic association and some resources to check out.

NCAA Schools: The biggest and best colleges in the athletic world are regulated by the National Collegiate Athletic Association and they have information posted at www.NCAA.org for your reading pleasure. Here you will find all you need to know about each division, including links to all participating schools. Next, click on the box that says "Eligibility Center - Student-athletes register here" or go directly to www.EligibilityCenter.org. This site is where you must register if you intend to try for athletic scholarships at **NCAA Division I or II** schools. Also, under their Resources tab, you will find a link to their Guide for the College-Bound Student Athlete which should answer most of your questions. It is important that you start this process as a junior so you can be aware of the requirements you must meet by the time you graduate. And remember, they are interested in students who have potential to be future professional athletes at these schools. For **NCAA Division III Schools**, try www.CollegeStudentAthletes.com which is a free search website for students looking to combine sports and academics at a Division III college. The focus at these schools is primarily academic while providing students who have a desire to continue to participate in their sport a place to compete. There are no scholarships that specifically relate to athletics, but a student can earn other awards based on academics or need.

NAIA Schools: These schools regulated by the National Association of Intercollegiate Athletics offer a wide range of athletics without quite as many restrictions on eligibility and recruiting. These will be smaller schools with more focus on education and character building. See www.NAIA.org and click on Membership Services. There you will find lots of details, especially under the tab on the right side that says Attend an NAIA School. You will find a link there to their Guide for the College-Bound Athlete that will fill you in on everything you need to know. You will also have to register at the NAIA Eligibility Center at www.PlayNAIA.org before you can play for these schools. Scholarships are available, but are controlled by each institution's scholarship committee and limited to tuition, mandatory fees, books, room, and board.

Junior or Community Colleges: Here is another option for students who want the opportunity to prove their abilities both athletically and academically. These 2-year colleges regulated by the National Junior College Athletic Association give you a chance to play with a possibility of transferring later to a 4-year college. Students who would find it hard to qualify academically for other levels of schools may still be able to attend at this level. Go to www.NJCAA.org where you click on Today's NJCAA and download their Prospective Student/Athlete Guide or click on the Eligibility Corner to find their detailed eligibility rules. These schools also offer scholarships for athletes within the first two of their three divisions, just like in the NCAA.

US Department of Education Website for You: There is a great website out there offered by the US Department of Education at www.college.gov that you might find helpful. It covers the basics of finding your way to college by covering the topics "why go," "what to do," and "how to pay." Have fun clicking through their roadmap to college and get yourself on the road to success!