



JUNIOR NEWSLETTER



Bellevue Public Schools

Bellevue East High School

October 29, 2009

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 visited the one at UNO on Oct 25th that was 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 talk to 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! Well, 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 November 30th through February 26th. For questions and to register for classes, call MCC's Bellevue Center at 827-8508 today! They are also planning an information session in the Bellevue West Cafeteria on November 5th from 6:30 to 7:30 pm. You can also look online at www.mccneb.edu/secondary/collegenow.asp for details.

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. Most importantly, they provide you a link in the top menu to a page for prospective NCAA students at www.NCAAStudent.org where you can download a copy of their Guide for the College-Bound Student Athlete. **NCAA Division I and II** schools can offer scholarship support to athletes and require you to register through the NCAA Eligibility Center at www.EligibilityCenter.org before you are considered for their programs. 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 that 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 Member 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. Scholarships are available, but controlled by each institution's scholarship committee and limited to tuition, mandatory fees, books, room, and board. Also, within Member Services, you can click on Learn About Our Members to find a complete list of participating schools.

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. The eligibility rules are spelled out at www.NJCAA.org where you click on Today's NJCAA and then find the Eligibility Corner. These schools also offer scholarships for athletes within the first two of their three divisions, just like in the NCAA.

Huntington Learning Center Essay Contest: This private tutoring agency in Papillion is inviting any junior to submit a short 300-word essay that could lead to a free ACT Exam Prep Program. This one-on-one training on test content and strategies would normally cost you quite a bit of money, so this essay could really pay off for you. Not only would the winner get the preparation program for free, but that could lead to you raising your ACT score enough to qualify for better scholarships for college. We do not normally recommend spending a lot of money doing test preparation, but if you can win their help for free, maybe it is worth a try. If you want to take a shot at this essay contest, stop by the counseling office to pick up a sheet with the instructions and the theme for the essay. **The deadline for your entry to be received is December 1st**, so don't wait too long to get started.

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!