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Solutions team members have flexible working hours, which vary from week to week depending on individual schedules, events and college campus travel.

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**Explore Solutions Holiday Schedule:
December 19-January 2 Closed**

The Solutions Team will be enjoying the holidays with their families. Thank you.

Solutions Mock ACT

Sunday, January 13, 2019 - 9:30-1:30

We encourage all juniors to sign up for our Mock ACT test. The deadline to register is January 2nd. You must be registered in order for Solutions to receive test materials for test day. There are only 80 spaces. This is a real ACT test and will be administered like a real test sitting. Materials and scoring are provided by Compass Education Group. They are handling the registration and confirmation emails, so check your spam if you don't receive a confirmation after you sign up. We will use this ACT score for our junior family meetings to discuss which test is best for the student. If you have already taken a real ACT, it is not necessary to sign up for this.

Although we do not charge for the test, we are asking that your family donate a new small folding umbrella (one that would fit in a backpack) and/or a new fleece blanket. The donations will go to the Youth Assistance Coalition that helps homeless youth. If you would like to drop your donation off early, email Maureen.

Mock ACT

Sunday, January 13, 9:30-1:30
Radisson Hotel Rancho Bernardo
11520 West Bernardo Court
San Diego, CA 92127

Please arrive at 9:00 am with a calculator, pencil and your donation.

[Register here for the Mock ACT.](#)

ACT Calculator Policy:

The ACT has policies about which calculators are permissible for the official test. Some people have been asking, so here is the information. <http://www.act.org/content/dam/act/unsecured/documents/ACT-calculator-policy.pdf>. We do not expect you to purchase a new calculator for this mock test, but wanted to share this information.

Instructions for Junior Family Meetings:

We are very excited to begin our 45-minute Junior Family Meetings starting Saturday, January 19. To maximize effectiveness of this meeting please bring required items to the meeting.

1. Unofficial transcript - not a report card - that includes first semester grades, first trimester grades or at least one quarter/block set of grades.

We require an **unofficial transcript** that includes the student's first round of grades. It is important for our team to get a sense of your student's academic trend from grade 9 to the first grading period of the junior year. To accommodate the requirement for an unofficial transcript, families should sign up for their family meeting based on the student's high school academic schedule (semester, trimester or block) and the availability of your student's unofficial transcript. The unofficial transcript can be obtained from your counselor or the registrar.

2. Expected Family Contribution (EFC).

Please use the EFC calculator link below to determine your EFC (expected family contribution) before the meeting *and bring your results* so that we can discuss your family financial profile. All information is confidential.

FAFSA4caster link [here](#).

Make sure to click the **FAFSA4caster** link on this screen.

3. Test Scores - Last but not least, please

bring a printout of your PSAT and/or Mock ACT and any official SAT or ACT scores that you have.

The meeting will last for 45 minutes with at least 2 staff members present and will be held at Maureen Roadman's residence, 13708 Freeport Rd. San Diego, CA 92129 Sign up with your STUDENT'S NAME using our Signup Genius Link. <https://www.signupgenius.com/go/30E0D48AFAAA29A3FE3-2019>

Key Information

Action Items

What you need to know

Solutions Mock ACT Donation Request:

We do not charge for the Mock ACT test, but we are asking that your family donate a new small folding umbrella (one that would fit in a backpack) and/or a new fleece blanket. The donations will go to the Youth Assistance Coalition that helps homeless youth.

Here are a few ideas:

[Compact Folding Umbrella on Amazon \\$15.95](#) or

[Compact Travel Umbrella on Amazon \\$20.95](#)

[Flannel Fleece Luxury Blanket on Amazon \\$16.99](#)

Costco currently has beautiful fleece blankets 60" X 70" for \$9.99



Of course you are welcome to choose your own folding umbrella or fleece blanket.

High School Course Requirements:

As you continue your research on college to build your college list, we encourage you to check on the high school course requirements for those colleges you might be considering. A great resource to check this information is "[College Board Big Future](#)" college search.

Search for a specific college by name

- Click the "Applying" tab

- Check "High School Course Requirements"

Some colleges require or recommend more courses than our California State A-G requirements. Knowing the requirements of colleges you are considering will arm you with information as you request your high courses for next year.

Explore Solutions Website Login:

Junior log in:

UN: juniors PW: ES20junior18

There is fantastic information posted in our members only section of our website. You can look over past Solutions Scholars Session PowerPoint presentations and notes, along with excellent articles, past newsletters and announcements of upcoming events.

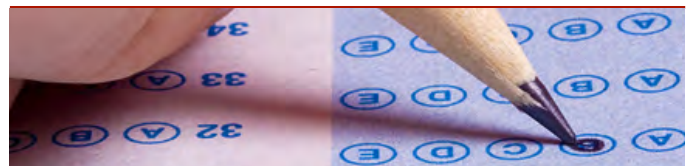
Work hard in your classes. Junior year is an important academic year for college applications. Junior Grades matter. Please continue to push the envelope and do as well as possible. Ask for help on campus if you need it.

What you can be doing now

School Break Plans:

Your school break is a great time to relax and unwind, but it also gives you some time to explore and research colleges.

- Sort through all those college brochures you have been receiving. Keep the ones of interest and toss the rest. Develop some type of filing or sorting system to keep those brochures you want.
- If you find colleges you are interested in, go on their website and "register as an interested student" or "send me more information". This ensures you are on the college's mailing list. It shows demonstrated interest. UC, CSU and some highly selective colleges don't offer the mailing list option.
- Explore a college's website. Here is a terrific video on how to research a college and where to find the specific information on a college's website. <https://www.youtube.com/watch?v=xW9BSLhcevw> This is an often overlooked resource.
- Career Cruising: Use Career Cruising to explore careers and research majors and colleges. Save your work.
UN: bestfit4u PW: solutions
- We encourage you to visit the 5 local colleges here in San Diego, even if you are not necessarily considering them. They are great examples of large public universities, medium sized public university, small private college and medium sized private college. The chance to learn the difference between the UC and CSU university systems and the private college experience is time well-spent. If you can visit San Diego State, UCSD, Cal State San Marcos, USD, and Point Loma Nazarene. This can assist in our discussion at our Junior Family Meetings as to what type of college you might be interested in.
- If you are planning any college visits during the upcoming holidays, see the attached visit handout. If you have been in contact with the admissions representative, then make sure to let them know you will be visiting. Some of the admissions representatives are based on campus and others are based here in California. We understand many colleges are closed for winter break, but even a "drive-by" or walk around campus can be helpful.



TESTING:

ACT - April 13: Register by March 8. Register [here](#).

SAT - March 9 : Register by February 8. Register [here](#).

We suggest registering after our Junior Family Meeting, so we can discuss options with you.

What's Happening?

Save the Date

Community Events

Open to the public - not hosted by Solutions

Explore Solutions Events

Open to the public

Explore Solutions Events

Not open to the public - Solutions families only

Explore Solutions Mock ACT

Sunday, January 13, 9:30-1:30

Radisson Hotel Rancho Bernardo

11520 West Bernardo Court

San Diego, CA 92127

Please arrive at 9:00 am with a calculator, pencil and your donation.

[Register here for the Mock ACT.](#)

January - March

Our team will be meeting with families and while we will not have any general sessions we will be available to answer email questions.



Reminders

Take your extracurricular activities to the next level.

Quality not quantity is important. Explore options at your school and in the community.

Awards you have to pay for:

Please beware if your student has received an award, certificate, or commendation for recognition, BUT you have to send a fee to receive this honor. These are not legitimate!

For profit companies selling their services:

Know that there are many companies offering local presentations, calling you or appearing at local college fairs to sell their services. These can be financial, FAFSA, life insurance, home loan refi, applications, or admissions. Many are guaranteeing results and there is some bad advice being offered. We will cover much of what they are offering for your enrollment fee. Let Solutions help you vet these companies.

Email Etiquette for college correspondence:

- An appropriate business-like email using your first and last name.
- A clear direct subject line stating your purpose.
- Use professional salutations. Dear Mr. ___
- Introduce or re-introduce yourself. Include where you may have met the college counselor.
- Use your full name in the signature. Including your high school helps. Use your name as it appears on your transcript.
- Use proper grammar, correct capitalization, punctuation and spelling. No texting type language. Be professional not familiar.
- Proof-read your message.
- Double check that you have the correct recipient and email address.
- Be polite and not demanding.
- Always respond to an email that someone has personally taken the time to send to you, even if it is just to say thank you. They need to know you received it. Your email is a reflection of you.
- Understand that colleges have programs that track if you open their emails. If you are interested in a college open and read their email. Respond if it is requested.

Term of the week...

What is an impacted or capped major or program? An impacted or capped major is a major for which more fully qualified students apply for than the college can accommodate given the available spaces. This can result in higher admission standards, inability to get required classes, delayed graduation time and/or having to choose an alternate major. Many CSU and UC campuses have impacted/capped majors or programs.

Money Matters

SCHOLARSHIP SPOTLIGHT

Private Scholarships:

It is important to understand how private scholarships work. A private scholarship is awarded by a business, organization, or club. It is typically a one time dollar award and is often sent directly to your college. A private scholarship will usually not pay for college or bridge huge gaps in financial aid.

Understand that some colleges will actually **REDUCE** your need-based financial aid package if you receive a private scholarship. It depends on the college. To learn about the policy at the colleges you are considering, go to their website and put "policy on outside scholarships" in the search bar and you will typically find that information.

Private scholarships are great resources for those families with high EFCs and NO financial need. These scholarships can then be helpful to defray college costs. Families with significant financial need should apply to colleges that will award generous institutional aid to assist them.

If you are interested in applying for private scholarships there are many websites like Fastweb, Niche, Cappex, Scholarships, etc. I really like this website. It is called [JLV College Counseling](#). She offers scholarships in many categories and sends out a weekly and monthly list of scholarships if you sign up. You will not receive hundreds of emails and she doesn't sell your information. We recommend this site.

It is also important to research the local private scholarships that may be offered in your community. The information on these scholarships is often available in your high school counseling center or on your school's Naviance website.

Local private scholarships are much more lucrative and worthwhile, since there are usually many less applicants and therefore less competition. Sometimes local scholarships have only a few applicants.

If you apply for private scholarships, keep a log of submitted applications and your essay (if any) should you be called in for an interview.

What Does College Actually Cost?

It's no secret that college can be expensive. While tuition is generally the largest cost associated with higher education, it certainly isn't the only one. Tuition can range from in-state tuition and fees at a California State University (\$5,472-\$9,432) or UC campus (\$12,630-\$14,068) to private tuition of \$40,000+. Here is a rundown of five college expenses, and tips to help you keep them to a minimum.

Housing

For most college students, housing costs are the biggest expense after tuition. The average student pays between \$7,500 and \$10,000 per year on housing. If your school requires you to live in a dorm, keep costs down by choosing one of the lower-cost housing options. If you can live off-campus, split the monthly rent between several roommates, find an apartment off-campus, or if you are within commuting distance of the college, consider living at home. Another option to lower costs in years 2-4, is to be a Resident Advisor in the dorms which often offers at least free room and sometimes includes food too. Be sure to check with your college about their housing policies.

Textbooks And Other Supplies

Today's students spend an average of \$1,200 each school year on books and other supplies. You may be able to reduce this expense by buying used textbooks, ordering textbooks online, or by using digital versions of textbooks whenever possible. Certain majors may require lab fees and other specialized materials.

Food

Meal plans can run from \$2,500-\$6,000 per year. Most schools offer flexible meal plan options that may save you money. If you have access to a kitchen, cut back on food costs by buying groceries and cooking your own meals rather than always eating in restaurants or the school's dining hall. You may also split the cost of discount bulk-food store membership with a roommate to save on essentials.

Parking Fees and Travel

If you take your car to college, you'll likely have to buy a parking pass. The annual cost of college parking passes varies from school to school, so do your research beforehand so that you know what to expect. Some schools charge as much as \$1,000 per year for parking. Having a car on campus will also include car maintenance and gas. To cut the costs of parking (and gas) consider using public transportation, walking, or riding a bike. Be aware of travel costs to and from your college campus for several trips per year too. How far is campus from the airport and how do you get there? Is there a shuttle or bus system? Many private colleges include travel costs in their financial aid packages to help families.

Tuition

According to the New York Times, the overall cost of tuition and fees has risen nearly 560% over the past three decades. You can help offset the cost of attendance by applying to the most generous colleges and applying for institutional scholarships. Many colleges are rewarding accepted students with merit scholarships of \$10,000-\$30,000+ per year for four years. Filling out a FAFSA will determine if you are eligible for need-based aid, grants, work-study programs and federal loans. Be sure you fill out all the required forms which may include the CSS Profile or Institutional forms.

As you are applying and considering colleges, it is important to consider ALL costs in the total cost of attendance. Do your research and be an informed consumer.

SPOTLIGHTS

College



University of Colorado, Colorado Springs

Public university
Colorado Springs, CO
www.uccs.edu/admissions.html

Undergraduate student enrollment: 12,422

College location: suburban

Distance from nearest airport: Colorado Springs Airport, 18 miles

Average accepted GPA and test scores: 3.3 GPA, 1140 SAT, 22 ACT

Acceptance rate: 93%

Application deadlines: Rolling

Merit scholarships/Need-based aid: Scholarship application opens on December 1, with a deadline for most scholarships of March 1. All UCCS scholarships listed at the following link: <https://www.uccs.edu/finaid/types-of-aid/scholarships/scholarship-search.html>. WUE Award worth \$6,210 off non-resident tuition. Nursing excluded. Limited need-based aid for out-of-state students.

Most popular, new or unique majors: Popular and unique majors: Bachelor of Innovation, Soccer Management, Exercise Science, PGA Golf Management, Nursing, Film Studies, Criminal Justice, Game Design, Data Analytics and Systems Engineering, Communication-new emphasis in Online Communication, Biology. Colleges and Schools of: Nursing & Health Science; Business & Administration; Education; Engineering & Applied Science; Letters, Arts & Science and Public Affairs.

Student Life: NCAA Division II – 16 teams. Greek Life available. A few popular activities include Ski and Ride Club, Asian Pacific Islander Student Union, Student Government Association.

Total Cost of Attendance 2018-2019: \$32,513 with WUE Award

What is unique or makes your school stand out? Designated by the CU Board of Regents as the growth campus of the University of Colorado System, UCCS is located one hour south of the capital city of Denver, with inspirational views of Pikes Peak. UCCS offers 37 bachelor's degrees, 19 masters, and five doctoral degrees with hands-on learning and engaged professors and students.

California Admission Representative:

Vanessa Ea
Regional Associate Director of Admissions
vea@uccs.edu

Guess the College

- Small private residential liberal arts college.
- 115 acre wooded campus on the Mississippi River in Illinois.
- Part of the Quad Cities, population 400,000, 165 miles from Chicago.
- 25 Division III sports.
- Over 200 student groups including Greek Life.
- 86% of students volunteer every year and 25% of student participate in music or theatre (majors and non-majors).
- Every student receives a \$2,000 stipend to fund a learning experience such as study abroad, an internship, or research with a professor.
- 98% of students are employed, in graduate school or in service (Peace Corps, etc.) after graduation.
- All classes taught by professors, no teaching assistants.
- Average class size 18.
- Over 60 majors plus a Geology Major with an on-campus teaching museum.
- Generous academic merit aid and additional stacking scholarships for music, theater, and art.
- Fly-in credit of up to \$475 for a senior to visit campus.

Answer: Augustana College

Resources for Additional Reading:

- [Life After the PSAT](#)
- [Find the Right College as an Average Student](#)
- [Identify Success Programs at Your Top-Choice College](#)
- [Financial Aid: the Sibling Factor](#)
- [Expected Family Contribution - Ten Things to Know](#)