

# COLLEGE COUNSELING AT DARIEN HIGH SCHOOL

This Planning Guide is provided to help students and their parents with the post secondary exploration. Your school counselor will help clarify and supplement this information, and will be available to meet with you to help formulate personal plans. We acknowledge that college is not the planned next-step for all Darien High School students; nevertheless, we encourage all students to complete the process during their senior year.

The process kicks off with a special evening meeting for juniors and their parents. The program, usually scheduled in the winter, addresses all aspects of the college application process at Darien High School, including an overview of DHS Guidance policies and procedures for applying to college and an introduction to *Naviance*.

Beginning in the winter of the junior year, each student will schedule an individual family conference regarding the college process. These conferences will last about one class period. The conference will include the following:

- *Transcript and graduation requirements review*
- *Discussion of courses for next year*
- *A review of all test options and results*
- *Discussion of the “Parent Packet” and “Junior Packet” responses*
- *Game plan for identifying and visiting colleges*

In order to have a productive meeting, we ask each student to complete the “Junior Packet” and each parent complete the “Parent Packet” These forms should be returned to the student’s counselor no less than 5 school days prior to the scheduled meeting. The forms are available online through the DHS Guidance website.

Once the forms have been completed and submitted, the student should come to the guidance office to schedule the meeting during his/her free period. Parents should attend these conferences. Though there is only one formal family meeting, you should feel free to schedule less formal meetings with him/her at any time.

# CALENDAR FOR COLLEGE ADMISSIONS

## JUNIOR YEAR

### *AUGUST/SEPTEMBER*

- Register for PSAT/NMSQT
- Obtain dates/places of college fairs
- Have a strong start to the school year

### *OCTOBER*

- Take PSAT
- Study hard!
- Check for local college fairs and evening information programs
- Meet with college representatives during free periods

### *NOVEMBER/DECEMBER*

- Work on Junior packet and prepare to submit to your counselor
- Never too late to join a club or other extra-curricular activity
- Attend evening college planning night hosted by the Guidance Department
- Research colleges/complete college search online

### *JANUARY*

- Make appointment for joint parent/student meeting with guidance counselor (junior packet and parent packet should be submitted 5 school days prior to scheduled meeting).
- Register for spring SAT/ACT and SAT Subject Tests
- Access Naviance
- Develop initial college list
- Study hard!—Semester Exams

### *FEBRUARY*

- Register for April SAT or ACT
- College conferences with student, parent and guidance counselor
- Research interesting and challenging summer courses, jobs or activities—use College & Career Center or Guidance website
- Plan senior year courses—individual meeting with counselor
- Check deadlines for AP tests
- Use vacation time to visit college campuses

### *MARCH/APRIL*

- Spring break is an excellent time to visit college campuses. Use this time to reach some conclusions about which type of school is most appealing to you.
- Take SAT/ACT test
- Consider taking SAT Subject Tests in courses you are finishing this year (check individual college requirements)
- Attend local area college fair
- Visit college campuses over break

### *MAY*

- Identify teachers whom you may ask for recommendations
- Sitting for AP Exams
- Take SAT/ACT or SAT Subject Tests

### *JUNE*

- Consider application essay topics and discuss with English teacher
- Study hard!—Final Exams
- Take SAT/ACT or SAT Subject Tests

### *SUMMER*

- Visit Colleges
- Continue extracurricular and community service activities
- Review for SAT/ACT Tests
- Write rough draft of essay
- Complete common application

# CALENDAR FOR COLLEGE ADMISSIONS SENIOR YEAR

## *AUGUST/SEPTEMBER*

- Register early for the November SAT/ACT and SAT Subject Tests
- Make certain senior courses meet requirements
- Make appointment to see your counselor
- Finalize college list
- Consider deadlines for Early Decision or Early Action applications
- Look online for application materials
- Ask teachers for recommendations
- Work on application essay(s)

## *OCTOBER*

- Take SAT/ACT or SAT Subject Tests
- Review transcript with your counselor
- Complete transcript release forms
- Provide teachers with addressed/stamped envelopes for their recommendations
- Work on college applications—pay attention to availability of merit scholarships/honors programs—particularly at large universities
- Request College Board or ACT to send test scores to all colleges to which you will apply (see collegeboard.com or act.org)
- Pay attention to Early Decision and Early Action deadlines
- Colleges will start applicant file upon receiving any piece of information on a student (i.e. recommendation, transcript, etc.)
- Finalize college list

## *NOVEMBER*

- Deadlines for most Early Decision or Early Action applications
- Stay organized
- Study hard
- Submit transcript release form for each college to which you will apply
- Research sources of private scholarships
- Request College Board or ACT to send test scores to all colleges to which you will apply (see collegeboard.com or act.org)
- Fill out CSS Profile (financial aid form) for those colleges that require it (see collegeboard.com for list)

## *DECEMBER*

- Take SAT/ACT or SAT Subject Tests
- Finish all applications and essays—review with counselor, parent or teacher
- Be aware of application deadlines
- Request College Board or ACT to send test scores to all colleges to which you will apply (see collegeboard.com or act.org)
- Continue to visit college campuses

## *JANUARY*

- Deadlines for submitting most applications and financial aid forms, including FAFSA (see fafsa.ed.gov)
- Take final SAT test
- Semester grades are automatically sent to the colleges to which you have applied

## *FEBRUARY*

- Take final ACT test
- Investigate and apply for private outside scholarships
- Submit final financial aid forms to colleges (FAFSA, etc.)
- Check deadlines for AP tests

## *MARCH*

- Continue to explore college as thoroughly as possible
- College acceptances and rejections begin to arrive

## *APRIL*

- Attended Open House programs for accepted students, if possible
- Review your college responses and aid offers with parents and counselor
- Make final decision—send deposit May 1
- Notify your counselor of college admission decisions

## *MAY*

- Students should reply to their offers of admission by submitting the required tuition deposit. **STUDENTS MAY NOT SUBMIT DEPOSITS TO MORE THAN ONE SCHOOL.**
- AP Exams
- Notify your counselor of college admission decisions
- Sign final transcript release

## *JUNE*

- **GRADUATION!**

# DHS GUIDANCE POLICIES

## 1. *The Junior Packet*

It is a much more efficient use of time if the Junior Packet is completed prior to any college conferences or processing of college applications. The packet (including both student and parent segments) should be turned in at least 5 school days prior to the date of the scheduled college conference.

## 2. *Letter of Recommendation*

School Counselors write letters of recommendation for each senior. They are written based upon the counselor's knowledge of the student, the Junior Packet and your academic records. These letters are not released to students or parents. They are a confidential communication between Darien High School and the colleges.

## 3. *Test Scores*

Darien High School does not report scores from ACT, SAT or SAT Subject Tests on the transcript. It is the student's responsibility to have official scores sent to each college or scholarship clearinghouse directly from the testing organization.

## 4. *College Notifications*

Contrary to popular opinion, the DHS guidance office does not hear from each college regarding their admissions decisions. In order to have a clear picture of this year's college results, we would appreciate student assistance. At the conclusion of your application process, please stop by the guidance office to inform your counselor of the colleges' decisions.

# STANDARDIZED TESTING

Standardized tests are one important factor in the admissions processes of most colleges and universities. Over the past few years, a growing number of colleges have begun to consider these test scores less, or eliminated them as a requirement altogether (for a list of colleges no longer requiring standardized tests, visit [www.fairtest.org](http://www.fairtest.org)). At most colleges, however, testing still plays a role in the admissions process.

**BE ADVISED:** You should register for ACTs and SATs long before the deadline. Students registering close to the registration deadline often find themselves taking the test at another school. Darien High School does not have any control over test center assignments.

## **SAT Reasoning Test**

Students typically take the SAT in the spring of their junior year and the fall of their senior year. How many times a given student takes the test depends on each individual's level of satisfaction with their scores. Score reports are sent directly from the College Board to colleges and universities at the request of the student. Students can choose which test date's scores they want sent from the College Board, however most colleges will consider the student's best individual sub-scores (Critical Reading, Mathematics and Writing), even if they are from different test administration dates. Please note that Darien High School does not report standardized test scores on the transcript.

## **SAT Subject Tests**

Subject Tests (formerly SAT II: Subject Tests) are designed to measure your knowledge and skills in particular subject areas, as well as your ability to apply that knowledge. Students take the Subject Tests to demonstrate to colleges their mastery of specific subjects like English, history, mathematics, science, and foreign language. The tests are independent of any particular textbook or method of instruction. The tests' content evolves to reflect current trends in high school curricula, but the types of questions change little from year to year.

Some highly selective colleges require the Subject Tests for admission and others use it for course placement after students have been admitted. Some colleges specify the Subject Tests they require for admission or placement; others allow applicants to choose which tests to take.

Most students take Subject Tests toward the end of their junior year or at the beginning of their senior year. Some of the Subject Tests can be taken in the early high school years. For example, a student who is performing well in BSCS Biology could take the Biology Subject Test at the end of freshman year. As with SATs, score reports are sent directly from the College Board to colleges and universities at the request of the student.

## **Preparing for SAT Tests**

Students can become familiar with the SAT by taking the PSAT in October of both the sophomore and junior years. The College Board has extensive information online regarding preparing for their tests. Since the subject tests are curriculum-based, students should take these tests after reviewing for a final exam in the particular subject area. More specific information, including practice questions and subject test study guides are available at [collegeboard.com](http://collegeboard.com). We hesitate to review or recommend the many books and computer programs available since these resources are continually changing.

Students should consult with their guidance counselor for additional assistance in test preparation.

## **ACT**

The ACT is an alternative to the SAT and is universally accepted for college admission. The ACT is curriculum-based, so questions on the ACT are directly related to what students have learned in high school courses in English, mathematics, reading and science. There is also an optional writing subtest that includes an essay. An increasing number of colleges are requiring students who submit ACT scores to take the optional writing test.

Students may take the ACT as often as they wish but only once per national test date. Many students take the test twice, once as a junior and again as a senior. Darien High School is a test center for the ACT.

ACT score reports are NOT cumulative. Students are able to select the particular scores for an individual test administration to send to colleges. It is the student's responsibility to send scores to the colleges to which they apply. DHS does not report ACT scores on the transcript.

Many Colleges are accepting ACT scores in place of SAT Subject Tests. Students should check with individual colleges for requirements.

## Comparing SAT and ACT scores

Below is a table that compares ACT composite scores with combined total SAT scores. This information is also available on the ACT and College Board websites.

<b>Concordance between ACT Composite Score and Sum of SAT Critical Reading and Mathematics Scores</b>		
<b>SAT CR+M (Score Range)</b>	<b>ACT Composite Score</b>	<b>SAT CR+M (Single Score)</b>
1600	<b>36</b>	1600
1540–1590	<b>35</b>	1560
1490–1530	<b>34</b>	1510
1440–1480	<b>33</b>	1460
1400–1430	<b>32</b>	1420
1360–1390	<b>31</b>	1380
1330–1350	<b>30</b>	1340
1290–1320	<b>29</b>	1300
1250–1280	<b>28</b>	1260
1210–1240	<b>27</b>	1220
1170–1200	<b>26</b>	1190
1130–1160	<b>25</b>	1150
1090–1120	<b>24</b>	1110
1050–1080	<b>23</b>	1070
1020–1040	<b>22</b>	1030
980–1010	<b>21</b>	990
940–970	<b>20</b>	950
900–930	<b>19</b>	910
860–890	<b>18</b>	870
820–850	<b>17</b>	830
770–810	<b>16</b>	790
720–760	<b>15</b>	740
670–710	<b>14</b>	690
620–660	<b>13</b>	640
560–610	<b>12</b>	590
510–550	<b>11</b>	530

## **Non-Standard Testing**

Students who receive accommodations for testing in classes at Darien High School, either through an Individualized Education Plan (IEP) or through a Section 504 Plan (504), may be eligible for accommodations on the ACT or College Board Tests (including PSAT or AP). Students who believe they may qualify for an accommodation should contact their counselor for more information. Requests for accommodations must be submitted, along with documentation from a student's IEP or 504.

The College Board's process requires students to request accommodations a minimum of eight weeks prior to testing. However, students may request an accommodation as early as the freshman year. If approved, students may use the accommodation(s) for any and all College Board tests as long as they are students at Darien High School and documentation of the disability is current (usually no more than five years old).

The ACT process requires students to submit a registration form for testing along with a request for accommodations. The ACT will not act on requests for accommodations until a student submits a test registration folder. A request for accommodations and registration packet needs to be submitted at least eight weeks prior to the test day. A student who has been approved for accommodations from one testing company will not necessarily be approved by the other.

## **Advanced Placement Exams (APs)**

The Advanced Placement program is administered by the College Board. The program consists of courses, taught as part of the DHS curriculum and culminating with national exams administered in May. Although the exams were not designed for use in the college admissions process, they can be used to demonstrate student proficiency and achievement in a particular subject. It is also possible for students to earn college credit, or advanced standing in college subjects.

AP exams are administered at DHS each May, according to the two-week national schedule created by the College Board. Students who take an AP exam are excused from classes on the day of the exam.

Most AP exams at DHS are taken by juniors and seniors. Students enrolled in AP classes are expected to sit for the exam in that subject, but it is also possible for students to sit for AP exams in subjects that they have not taken, or in a subject not offered at DHS.

Students taking AP courses will find that most teachers provide review sessions prior to the exams. These review sessions often are scheduled outside of the regular school day, in the evenings and on the weekends.

It is the student's responsibility to have their AP scores sent to colleges.

### **STANDARDIZED TESTING ADVICE FOR FRESHMEN**

1. Freshmen in BSCS Biology should discuss with their respective teachers the merits of sitting for a Biology Subject Test
2. Others who *might consider* testing include those who are fluent in a foreign language, and those who are advanced in mathematics (having completed Geometry and Algebra II by the end of freshman year). These students should consider taking the Subject Test in the foreign language, or in Math Level I in June of the Freshman year.

### **STANDARDIZED TESTING ADVICE FOR SOPHOMORES**

1. All sophomores have the option to sit for the PSAT in the fall. Sophomores should be aware that this is truly a practice test—scores from the PSAT in grade 10 are not reported to college, or even to the National Merit Corporation.
2. Some sophomores will be prepared to take one or more Subject Tests in June. Sophomores sometimes take a foreign language, or the Math Level I/II test.
3. Classroom teachers and counselors will help students to decide which tests, if any, are appropriate to take at the end of sophomore year.

### **STANDARDIZED TESTING ADVICE FOR JUNIORS**

1. All juniors have the option to take the PSAT in October. Students register for the PSAT in the guidance department. The PSAT is a practice test, so results are not reported to colleges, and they are not reported on the transcript. Students who earn high scores on the PSAT will be considered for National Merit Scholarship recognition.
2. Students should consider taking the ACT or SAT during the spring of junior year. Each student should plan ahead to determine which date suits him/her best. Some students may choose to take the ACT or SAT twice in the spring. Students must register for the ACT or SAT themselves. The best way is to go to the ACT or SAT website, although registration forms are available in the guidance office.
3. Some juniors will take SAT Subject Tests in June. It is possible to take up to three (hour long) Subject Tests on a single day. Some colleges will accept ACT scores in lieu of Subject Tests. Students should check with individual colleges to determine how many (if any) Subject Tests are required. Students should also check with their subject area teachers and guidance counselor for further advice on which tests to take.
4. Students enrolled in AP classes should plan to take the AP exam in May. Typical AP courses for juniors include US History, Chemistry, Spanish, French and some math exams. AP exams are also available in other subjects. They are not required for college admissions, and are usually used for placement once students have been admitted to college.

### **STANDARDIZED TESTING ADVICE FOR SENIORS**

1. Some seniors will retake the ACT or SAT in the fall. Scores from the October administration will be available for colleges to review for early decision or early action. Scores from the November and December administrations may also be available for early deadlines (check the individual colleges to confirm).

2. Seniors may take or retake Subject Tests in October, November or December. Counselors are available to discuss with each student which additional tests to take.

## **THE APPLICATION**

By the fall of senior year you should have completed most of your research, and narrowed your list to 6 – 9 colleges. You should have taken the ACT or SAT in the spring of junior year, or registered for the ACT or SAT for the fall of senior year. Now it is time to begin submitting applications.

### **THE COMPONENTS OF THE APPLICATION PROCESS**

There are many pieces that make up a completed college application. It may seem overwhelming to consider them all at once. Below is an explanation of each component of the application, and its role in the process:

#### **1. The Application**

Students may apply to colleges by one of two methods; online or paper application. You may apply online through the university's website, download the paper version of a university application through their website, or download the Common Application at [www.commonapp.org](http://www.commonapp.org). The Common Application website includes a list of colleges that accept the Common App. If your college is not listed, you should choose one of the other options. It does not matter which application you choose to file, as colleges will consider all of them equally.

If you choose to use the Common Application, you need to fill it out only once, and print a new copy for each college. Be sure to fill out all of the information requested accurately, and neatly. Some schools will also have a supplemental portion to the Common App. Follow instructions completely. This will be the first impression you make on the application reader.

Make sure you are aware of (and honor) application deadlines. This may mean mailing applications in well ahead of the deadline. Be sure you sign each application form, include a check, and ensure that you are sending the correct checks to the correct colleges.

Keep a copy of your applications.

#### **2. The Essay**

Most colleges require one essay, though some require more and a few do not require an essay. It is important to write an essay in your own voice and demonstrate your personality.

#### **3. The Secondary School Report (NACAC) Form**

You can pick up a copy of the Secondary School Report form (also known as the NACAC Form) in the Guidance Office. This form must be submitted to the guidance secretary no later than 30 days prior to each deadline. You will need to

fill out a separate form for each deadline category for which you are applying (i.e. one for early decision, one for early action, one for regular decision).

#### **4. The Teacher Recommendation**

Applications usually require 2 teacher recommendations, in addition to the recommendation that your counselor will write. There are usually teacher recommendation forms included with the application.

You should choose teachers of different subjects who have taught you recently (between grades 10 – 12) and who know you well as a student. Teachers will write a single recommendation on your behalf, keep it on file, and send one to each college you request. You should speak with your teachers well in advance of the application deadlines (they do have the option of saying “no”). Once you have teachers lined up, you must give them the forms at least one month prior to the deadline. Include a stamped, addressed envelope for each college.

Be courteous in this process—give the teachers as much advance notice as possible. This will allow them to write a thoughtful, thorough recommendation. It is also expected that you will inform your recommending teachers of the results of your application. A thank you note is a nice touch as well.

#### **5. The Transcript**

You must submit a “Transcript Release Form” for each college to which you apply. These forms are to be submitted to the guidance secretary a minimum of 30 days prior to the application deadline. The guidance counselor will send a transcript (which includes courses and grades from grade 9 – 12) to your college choices, along with a school profile, the NACAC form, and the counselor recommendation.

#### **6. Test Scores**

SAT and ACT scores are NOT reported on the DHS transcript. Be sure to arrange for your scores to be sent by the College Board or the ACT, directly to each college to which you plan to apply. You can do this when you register for the tests, or you may do so later.

You should arrange for your scores to be sent when you take your FINAL test. If you send your scores in June of junior year, your scores from October and November will not be sent unless you send them again. Keep a list of the colleges to which you have sent your scores

The School Code for Darien High School is **070-145**

#### **7. The Interview**

About 150 colleges visit Darien High School each fall. It is in your best interest to attend these meetings when a college on your list is visiting. A list of upcoming visits is available through Naviance.

You can also request an interview on campus or through a local alumni interviewer. In either case, the notes from the interview will become part of your application file.

## **ADMISSIONS TIMELINES**

There are four primary types of admissions deadlines. Some require a commitment from the student and others do not. Deadlines range from October to May, depending on the college or the application process. Each is outlined below.

### **A. Regular Decision**

Under Regular Decision, the university sets an application deadline (typically between January 1 and March 15), and replies to all applicants at the same time, roughly the middle of March. At that point, students are generally granted until May 1 to decide which university they will attend. The applicant pool in Regular Decision tends to be larger.

### **B. Rolling Admissions**

Under Rolling Admissions, the university admissions office makes decisions on applications as they are submitted and notifies students of their decisions on a “rolling” basis. Students may apply as early as September, and may hear within one month of submitting the application. Students are typically allowed until May 1 to decide which university they will attend.

### **C. Early Action**

When a student applies through an Early Action (EA) process, the student must submit the application for an early deadline (usually between November 1 to December 15). This allows students the opportunity to hear earlier, and to decide whether they want to submit more applications under RD plans. The student usually allowed until May 1 to decide which university they will attend.

Some universities subscribe to a plan called *Early Action Single Choice*. Students applying under this type of plan follow the same procedure, but are subject to restrictions imposed by the university.

### **D. Early Decision**

The most restrictive process is called Early Decision (ED). Under ED, students make a commitment to the university to which they apply that they will attend if accepted. The deadline is typically November 1 or 15, usually followed by a decision in mid December. Students may not apply to more than one university under ED plans and in some cases (see individual colleges for details), students may not be allowed to submit EA applications either.

The benefit of ED plans is that students complete their process as early as December. The downside is that students must make all of their decisions

early in the process, and are “locked in” to that university if they are admitted.

A number of colleges have created nuances to the ED process, including Early Decision 2, which is also binding, but may have a later deadline.

# **THE CAMPUS VISIT**

Visiting college campuses, though time consuming, is one of the most valuable experiences in helping you to evaluate a university. Through a visit, you will learn more about the college you are considering. Remember, whatever college you choose will be your home for the next four years, so be sure to do your research. Campus visits provide “real life” experiences you cannot get from reading a brochure.

## **BEFORE YOUR VISIT**

- Do your research
- Review mail received from the college you are visiting
- Visit your College and Career Center to learn more about the college.
- Check out the college’s web site.
- Speak with current student or alums.
- Create a list of questions that you need answered.

## **YOUR TRIP**

- If you are visiting more than one college per day schedule wisely.
- Make appointments through the Admission Office.
- Meet with a student tour guide who can walk you around campus and tell you about their experience.
- Take notes and pictures to remember what you liked about the campus.
- Talk with professors or coaches on campus and try to sit in on a class.
- Always follow up conversations with a thank you note.

## **MAKE THE MOST OF IT**

- Make your connections count on campus by collecting business cards or writing down names of the people you meet.
- Meet the admission counselor who will visit Darien in the fall, or the person who will review the applications from DHS.
- Get email addresses of students you meet for future questions.

## **ENJOY!**

- Follow up visits with thank you letters or emails to the people that were helpful.
- Email your admissions counselor expressing your gratitude and continued interest.
- Make sure your visits are when classes are in session so that you can experience the college as it would be in the fall or spring semesters.
- Speak with your Counselor about your college visit experiences.

### **QUESTIONS FOR THE ADMISSIONS COUNSELOR:**

- What type of student is happiest here?
- What do kids do on the weekends?
- What do you look for in an applicant?
- What do students do after graduation?

### **QUESTIONS FOR THE TOUR GUIDE:**

- What is your major and how did you choose it?
- What do kids do on the weekends?
- Do you always get the classes you want?
- Why did you choose to come here?
- What is the biggest downside to attending here?
- Where is the best place to live on campus?

### **THE INTERVIEW**

Colleges go about the process of interviewing students in many different ways. Some colleges no longer offer interviews, as they cannot possibly interview all of the students who request the opportunity to do so. Others may conduct interviews through alumni in the local area. Admissions Counselors may interview students on or off-campus, and on-campus interviewers may be employees or current students at the university. Regardless, the questions will be somewhat similar. Bringing a copy of your resume and/or transcript may help create conversation. It is important to be relaxed, comfortable and yourself but to always show the interviewer that you are serious about the process and highly interested in their school. In the past year, Darien High School students have been asked the following questions during interviews:

Who is your favorite musical artist?

How would you describe yourself?

What is your most significant achievement?

What made you decide to apply to our school?

What do you think you will contribute to student life?

What would you change about your high school?

How will you transition your extracurricular endeavors to college?

If you could have dinner with anyone, who would it be?

Where do you see yourself after college?

How do you think you can strengthen our college community?

**9/28/2010**

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# **SPECIALIZED PROGRAMS**

Specialized majors and programs (Art, Athletics, Music, Theater, and Service Academies) may require portfolios, auditions, or other specific steps in the process. If you have a special talent, pursue that interest with each college. This is not the time to be modest. If the admissions community doesn't know about your talent, they can't possibly react to it.

## **ADVICE TO THE COLLEGE BOUND STUDENT ATHLETE**

The process of becoming a recruited college student-athlete is complicated. It takes a great deal of time and organization. Remember, athletics can be a significant enhancement to your application. Recruited athletes, though not guaranteed admission, have an extra variable in their favor in the application process. The same characteristics that have made you an athletic success can lead to success in the recruitment process: Be aggressive, plan well, be organized.

Keep in mind that in the application process, you are a student first and an athlete after that.

- You should first and foremost follow the regular selection process for all students. You cannot rely on coaches to “fast-track” your application, nor can you count on them to submit your application for you.
- Athletics will assist you in the process only AFTER you have applied.
- Keep in mind that if you do not make the team at DHS, you will want to have the regular application process started.

There are different divisions, and different conferences at play in this process.

- NCAA Division I
- NCAA Division II
- NCAA Division III (non-scholarship)
- Ivy League
- New England Small College Athletic Conference (NESCAC)

The National Collegiate Athletic Association (NCAA) serves as a regulator of college athletics. There is a wealth of information available at [www.ncaa.org](http://www.ncaa.org), including:

- Which colleges sponsor which sports
- Eligibility rules
- The process for determining initial eligibility
- Recruiting rules
- FAQ'S

Student-athletes are required to file with the NCAA Clearinghouse to determine their college eligibility. Students should file during their junior year.

# FINANCIAL AID

Financial aid is financial assistance for students enrolled in eligible programs at participating schools to cover school expenses, including tuition, fees, room, board, books, supplies and transportation. Aid typically comes from three sources: the state, the federal government and the college.

The three most common types of Federal aid (government sponsored programs) are grants, loans, and work-study. Much of federal aid is based on the financial need of the family.

**Grants** are a type of financial aid that does not have to be repaid. Generally, the grant amount is based on need, cost of attendance, and enrollment status.

**Loans** are borrowed money that must be repaid with interest. Maximum loan amounts depend on the student's year in school. Parents may also borrow to pay education expenses for dependent undergraduate students up to their cost of attendance minus other estimated financial assistance.

**Work-study** lets you earn money while enrolled in school to help pay for education expenses.

In order to qualify for financial aid, students and parents must complete the Free Application for Federal Student Aid (FAFSA), which is available at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). The FAFSA must be completed in a brief window, between January 1 and February 15 of the senior year.

In addition to federal aid, students may qualify for aid from individual colleges and universities. In addition to loans and work study, colleges offer aid in the form of Grants (described above) and Scholarships. **Scholarships** are similar to grants in that they are “free money”—you are not required to repay them. Scholarships are granted not on the basis of financial need, but rather based on achievement or merit.

Some colleges require more information than is collected on the FAFSA. Most of these colleges require students to complete the CSS Profile ([profileonline.collegeboard.com](http://profileonline.collegeboard.com)). There is a fee (per college) to submit the profile, but unlike the FAFSA, the Profile can be submitted early in the process, once the student has a final list of colleges.

## IMPORTANT NUMBERS

Guidance Office telephone number	655-3981
Guidance Office fax number	655-3864
DHS Code for SAT or ACT	070-145
DHS Test Center Code for SAT	07-180

### School Counselors

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