

# Guiding the Way to Higher Education

Families, Counselors, and  
Communities Together

The logo for NAACAC (National Association of Academic Counselors and Advisors) is located in the bottom right corner. It features the letters 'NAACAC' in a bold, blue, sans-serif font. A stylized blue swoosh or arc is positioned behind the letters 'A' and 'C', starting under the 'A' and ending under the 'C', creating a sense of movement and connection.

NAACAC

# ESSENTIAL II

Setting the Stage for Dreams to  
Become Reality

NACAC

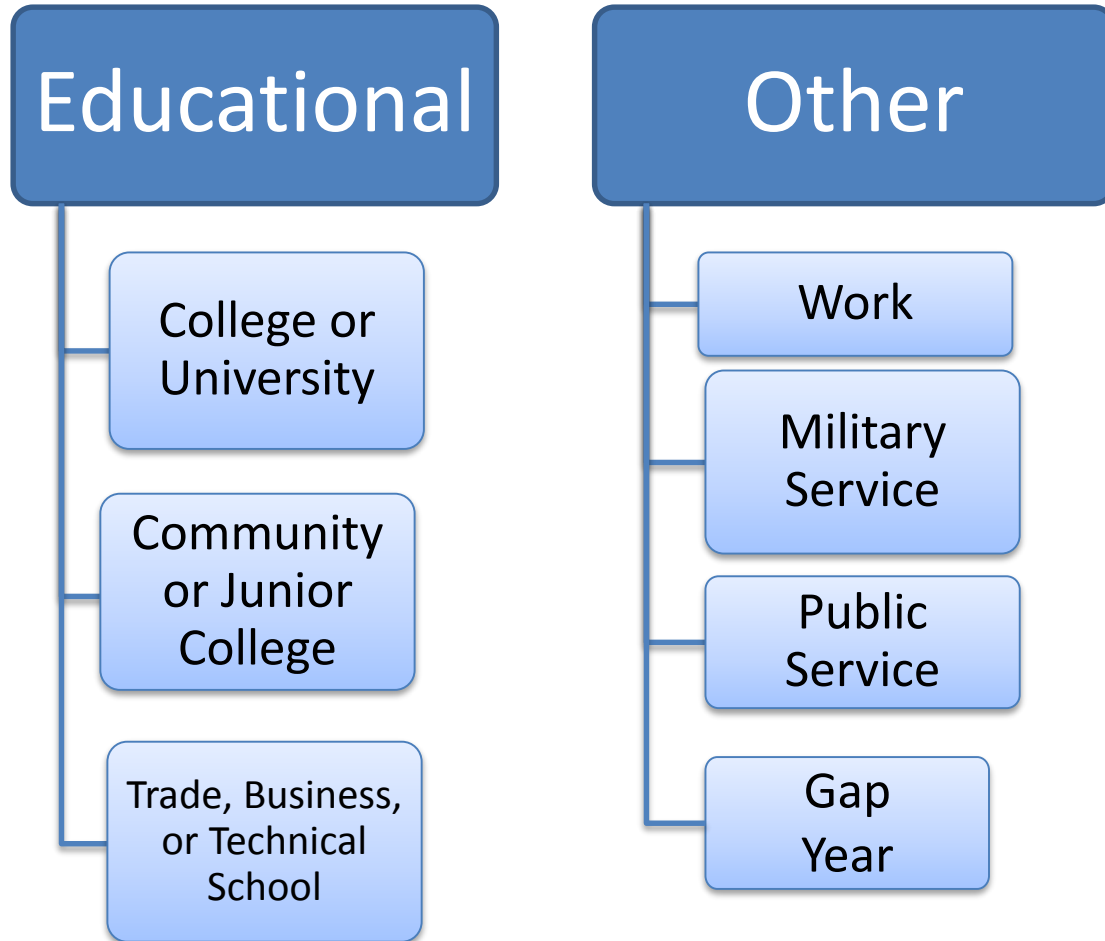
*Waiting too long to plan and develop academic and extracurricular skills and interests may limit college options. Students, guardians and parents, therefore, have much work to do as they evaluate their college interests, determine academic and extracurricular goals, and plan for the costs of college attendance. The hard work though, is not without reward.*



# Questions

1. What are some examples of how you benefited from planning ahead, setting goals (personal or professional), and working hard?
2. How has your family's involvement benefited your student academically or personally?
3. Do you know the academic options (courses) at the middle school that will prepare your student to take challenging high school courses?

# Options After High School



# Educational Opportunities Following High School

Four-year public and private colleges and universities

- bachelor's/baccalaureate degree

Two-year public and private junior and community colleges

- associate's degrees

Technical/vocational/trade schools

- certificate, license

Technical Colleges

- certificate, license, and on-the-job experience

Going to college provides many academic, professional, and personal options.

Taking college courses improves reading, speaking, writing, and computer skills while enhancing critical thinking and problem-solving skills.

## Setting the Stage for College

Attending college increases earning power.

Planning now and working hard are essential and effort now will help ensure success.

# Student Success is a Family Matter



*Family financial status, parents' educational levels or students' grades do not determine student success in college as much as family involvement.*



# Connecting with Your Student at Home

Families can help their student address

academic and personal pressures and changes by:

1. Talking to your student to help him/her become aware of stresses, both academic and personal.
2. Limiting distractions when students' study.  
(monitor TV, phone and internet use)
3. Encouraging time-management skills.
4. Promoting daily physical activity, nutritious meals, and adequate sleep.
5. Monitoring after school activities.

# Connecting with Your Student at Home

6. Clearly state values and acceptable behaviors.
7. Setting healthy limits without being too rigid or strict.
8. Offer perspective and focus when young people feel overwhelmed by physical and emotional changes they are experiencing and help them understand real and perceived pressures.
9. Celebrate your students' academic and extracurricular successes and provide positive involvement by attending school and community events.



Encourage your student to take challenging courses, especially math courses, that will ensure the ability to take math through Algebra II. “Degree completion correlates with high school curriculum, especially math through Algebra II.”

Adelman, C. (2006); CollegeKeys Compact

# Connecting with Your Student at School

- Ensure that middle and high school students take challenging courses
- Expect the school to have learning standards and to encourage family involvement
- Keep in touch with the school rather than waiting for a problem to arise
- Use community resources: after school programs, adult ed classes, libraries, athletic programs, religious organizations
- Expect and ask much of the school, community, and employers
- Celebrate student's academic and extracurricular successes

# The Right Courses for College Begin in Middle School

Generally colleges look for the following courses:

- 4 years of English
- 3-4 years of Math  
Algebra, Geometry,  
Trigonometry,  
Pre-calculus, Calculus
- 2-4 years of Science  
Biology, Chemistry, Physics
- 2-4 years of History
- 2-4 years of the same World language
- Electives in art, music, computer science, physical education, technical education

# The Right Courses for College Begin in Middle School

Taking challenging courses in middle school gives students the opportunity to take more advanced courses in high school and college.



## Create an Academic Portfolio

- Save samples of your student's best work in core academic subjects and in the arts.
- Record completion date and course title on each work.
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- Keep everything in a folder or portfolio, including records of any awards or honors and the dates received.
- Consider creating an electronic portfolio.

## Develop Extracurricular Interests

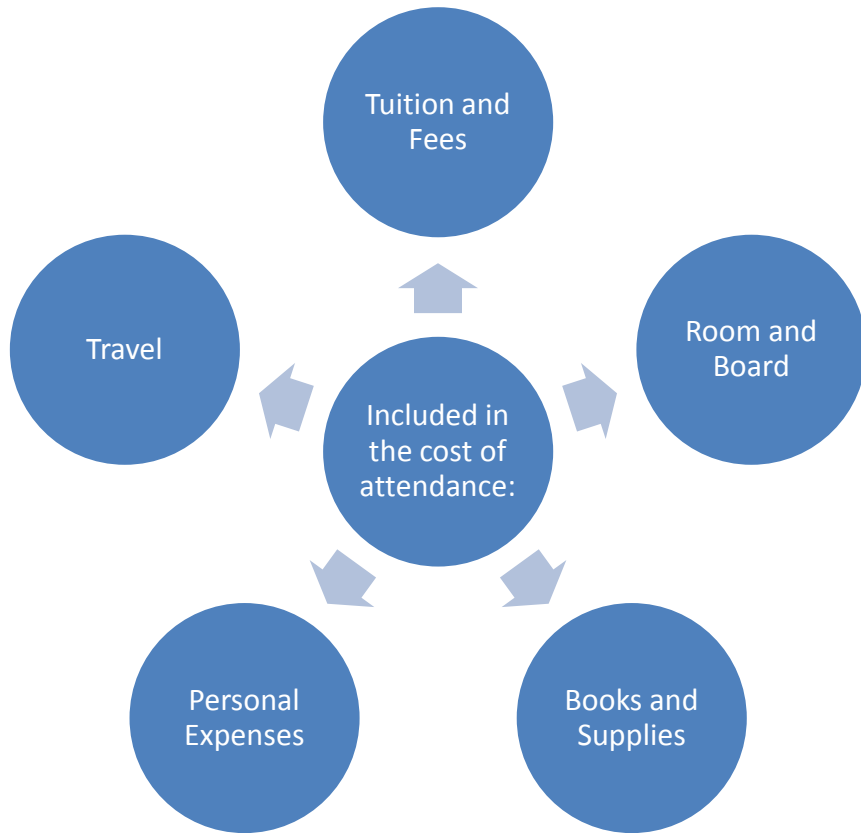
- Extracurricular interests enable students to discover their talents and skills in athletic, artistic, academic, community service, and other areas.
- Extracurricular interests build confidence, create an identity, and encourage students to see the relationship between the classroom and the world around them.



# Develop Extracurricular Interests

- Extracurricular interests enable students to discover their talents and develop their skills.
- Interests can develop in athletic, academic and community service.
- Students can participate in interests at school and community.
- Extracurricular interests build confidence, create an identity and encourage students to see relationships and connections between what they learn in the classroom, their outside activities, and their future employment and leisure activities.
- Help students to learn to work collaboratively and independently.
- Students can share and develop talents and interests by volunteering in their community.
- Students and parents should maintain extracurricular records in middle school and high school.

# How Much Does College Cost?



# How Much Does College Cost?

Compare the Options:

1. Attend a community college for two years, and live at home. Then transfer to a four-year institution.
2. Attend a four-year state college/university and live on campus.
3. Attend a four-year state college/university and live off campus.
4. Attend an independent (private) institution and live on campus.

Sector	Tuition and Fees	Books and Supplies	Room and Board	Transportation	Other Expenses	Total Expenses
Two-Year Public						
Resident	3,347	1,328	**Sample too small to provide meaningful data**			
Commuter	3,347	1,328	7,705	1,735	2,210	16,325
Four-Year Public						
Resident	9,139	1,225	9,804	1,146	2,096	23,410
Commuter	9,139	1,225	9,804	1,146	2,096	23,410
Out-of - State	22,958	1,225	9,804	1,146	2,096	37,229
Four-Year Private						
Resident	31,231	1,244	11,188	1,002	1,607	46,272
Commuter	31,231	1,244	9,804	1,735	1,607	45,621
Source: <i>Annual Survey of Colleges</i> , The College Board, New York, NY						

# How to Pay for College

- *Start Saving Early!*
- Apply for financial aid from the college at the appropriate time.
- Research scholarship opportunities.

# Financing College

**A family's financial need is determined by:**

Total Cost of Attendance (COA)

– Expected Family Contribution (EFC)

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= Financial aid needed

# Financing College

## Types of Aid:

- Grants and Scholarships – gifts of money that do not need to be paid back.
- Loans – money that is available to students and parents and must be paid back, sometimes after the student graduates or leaves college.
- Work Study – provides a part time job during the school year.

# Financing College



*Because families cannot predict with certainty either the future costs of going to college or their available resources, it is important for parents and students to start saving early. Start saving now by putting money each month into a college fund.*