

Class of 2021

EAOP Senior Advising Sheet



August

→ UC Application and Common Application opens 8/1

→ Register for September 14th ACT by 8/16

- Identify your Safety, Good Chance, and Reach Schools
- Draft college admissions essays

September

→ Register for EAOP Test Prep Sessions

→ Register for October 5th SAT by 9/6

→ Register for October 26th ACT by 9/20

- Receive feedback on college admissions essays
- Create an FSA ID for yourself and for your parent(s)

October

→ Register for EAOP Senior Conference Part I & II

→ CSU Application opens on 10/1

→ FAFSA Application opens on 10/1

→ CA Dream Act Application opens on 10/1

→ School-wide SAT Testing begins 10/11

→ Register for November 2nd SAT by 10/3

- Request letters of recommendation
- Gather parents' 2019 tax forms
- Attend a local Cash 4 College Workshop for assistance with financial aid application.
 - cash4college.csac.ca.gov

November

→ UC & CSU Applications close on 11/30

→ Register for December 7th SAT by 11/8

→ Register for December 14th ACT by 11/8

- Work on CSU EOP Application

December

- Send all SAT and ACT scores through collegeboard.org and act.org

- Create college portal accounts
- Research scholarships
- Submit Private and Out-of-State Applications

January

- Verify that SAT and ACT scores have been received by colleges
- Verify that letters of recommendation have been received by colleges

Helpful Links

College Admissions

- ★ Commonapp.org
- ★ www2.calstate.edu/apply
- ★ Admission.universityofcalifornia.edu

Financial Aid

- ★ studentaid.ed.gov
- ★ Dream.csac.ca.gov
- ★ nacacfacts.org/learn/fee-waiver
- ★ cssprofile.collegeboard.org

SAT & ACT Prep

- ★ actstudent.org/onlineprep
- ★ khanacademy.org

Helpful Tips

- Keep all account log-in info in a safe place
- Create a professional email address to receive only college related information (DO NOT USE SCHOOL EMAIL)
- Check your email including spam inbox regularly.
- Search for important notices or deadlines in your portal accounts for all colleges you apply to
- Register for EAOP events at eaop.ucr.edu



December (Continued)

High School Activities & Awards

When applying for colleges & universities it is important to describe the activities and awards you complete! For the UC application, you will be limited to only 160 characters to describe each of the topics below. Make sure you are descriptive and informative when describing each activity & award!

	Activity	Years Active	Position & Description	Hours per Week	Weeks per Year
Honors & Awards (Honor Roll, Dean's List, etc.)	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			
	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			
	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			
Community Service (Homeless shelter, church activities, public library, etc.)	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			
	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			
	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			
Clubs & Organizations (Key Club, Art Club, etc.)	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			
	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			
	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			
	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			
Athletics (Football, Softball, etc.)	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			
	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			
	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			
Work Experience & Other	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			
	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			
	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			
Educational Programs (EAOP, Upward Bound, etc.)	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			
	★	<input type="checkbox"/> 9th <input type="checkbox"/> 10th <input type="checkbox"/> 11th <input type="checkbox"/> 12th			

personal insight questions: guide for freshman applicants

Getting started

This worksheet is designed to help freshman applicants start the writing process for the personal insight questions in the undergraduate admissions application. Additional hints and suggestions can be found on UC's admissions website at ucal.us/personalquestions.

What are the personal insight questions?

These questions are about getting to know you better — your life experience, interests, ambitions and inspirations. Think of it as your interview with the admissions office. Be open. Be reflective. Find your individual voice and express it.

While this section of the application is just one part we consider when making our admission decision, it helps provide context for the rest of your application.

The basics

- You will have 8 questions to choose from. You must respond to any 4 of the 8 questions.
- Each response is limited to a maximum of 350 words.
- Which questions you choose to answer is entirely up to you: But you should select questions that are most relevant to your experience and that best reflect your individual circumstances.
- All questions are equal: All questions are given equal consideration in the application review process, which means there is no advantage or disadvantage to choosing certain questions over others.

Freshman questions & brainstorm exercise

The following exercises are suggestions to help you get started. Remember, you don't have to answer all eight questions – you only need to answer four. So if some questions aren't the right fit for you, that's OK. The important thing is expressing who are you, what matters to you and what you want to share with UC.

1. Describe an example of your leadership experience in which you have positively influenced others, helped resolve disputes, or contributed to group efforts over time.

How do you define "leader"? List three words that you think describe what a leader is:

- 1.
- 2.
- 3.

Do any of these words apply to you? How? Is there a time in your life when you displayed any of these traits?

2. Every person has a creative side, and it can be expressed in many ways: problem solving, original and innovative thinking, and artistically, to name a few. Describe how you express your creative side.

Can you think of a time your viewpoint was unique compared to others? What was the issue or problem from your perspective? Now think of the same situation from the perspective of another person who was there with you. How was your approach different from that other person's?

Was there ever a problem where your imagination and intuition guided you to the solution?

Do you have a passion for music, theater, visual art, dance, etc.? What have you gained from it that has affected other parts of your life?

3. What would you say is your greatest talent or skill? How have you developed and demonstrated that talent over time?

List three of your talents or skills:

- 1.
- 2.
- 3.

Were these talents or skills the same a few years ago? What changed? What improved?

Which one of the three talents or skills you listed is the most meaningful or important to you and why? Does the talent come naturally or have you worked hard to develop this skill or talent?

personal insight questions: guide for freshman applicants

4. Describe how you have taken advantage of a significant educational opportunity or worked to overcome an educational barrier you have faced.

Feel free to speak about either an opportunity or a barrier. It's OK if you've experienced one and not the other.

educational opportunities:

List any programs or additional classes that have better prepared you for college:

- 1.
- 2.
- 3.

How did you find out about these programs or classes? How did you take what you learned and apply it to your schoolwork or other aspects of your life?

educational barriers:

Have you faced any barriers or challenges related to school and/or your schoolwork? How did you overcome or strive to overcome them? List three personal characteristics or skills you had to call on to overcome this challenge:

- 1.
- 2.
- 3.

5. Describe the most significant challenge you have faced and the steps you have taken to overcome this challenge. How has this challenge affected your academic achievement?

Have you had a difficult experience in your life? How did you get through it? What did you learn going through this experience? If you're currently working your way through a challenge, what are you doing now and does that affect different aspects of your life? For example, ask yourself, "How has my life changed at home, at my school, with my friends, or with my family?"

6. Think about an academic subject that inspires you. Describe how you have furthered this interest inside and/or outside of the classroom.

Think about all of the classes you've taken at school. Now fill in the blank: I would go to [class name] even if I didn't have to.

It doesn't have to be a class in which you've earned good grades – the important thing is you enjoyed the subject and it impacted you in some way.

(#6 continued)

Maybe there's a course you *haven't* taken at school that you wish you did take or are looking forward to taking in college. How have you pursued your interest in that subject outside of school?

7. What have you done to make your school or your community a better place?

Did you contribute to a positive change at your school or in your community? What steps have you taken to accomplish this? Remember, even small changes can have a big impact. Why were you inspired to act? What did you learn from your effort?

8. Beyond what has already been shared in your application, what do you believe makes you stand out as a strong candidate for admissions to the University of California?

From your point of view, what do you feel makes you an excellent choice for UC? Don't be afraid to brag a little. Here are a few lists to help you get started.

What do you value in your life? What's important to you? List three of them here:

- 1.
- 2.
- 3.

What are you passionate about?

- 1.
- 2.
- 3.

When you attend UC, what three things are you most looking forward to?

- 1.
- 2.
- 3.

Does anything overlap? Is there anything from the lists that you want to expand on?

Next steps

As you filled out the worksheet, were there any topics that seemed particularly interesting? You might consider answering those questions as part of your application. But the choice is yours! Take your time in selecting which questions to answer and how to answer them. For more information, visit our website at ucal.us/personalquestions.

Applicant's Name

Social Security No.

Autobiographical Statement

Answer to the following questions will help us determine your motivation and preparation to undertake college work. Please answer as precisely and honestly as possible. Use complete sentences and avoid responses such as "yes" or "no."

32. List any volunteer, extracurricular activities, or work experience in which you are or have been involved in the past two years.

Four horizontal lines for writing the answer to question 32.

33. Why would you like to attend college? Discuss your career and personal goals. Are there any particular circumstances, school experiences, or persons that influenced your preparation or motivation to attend college (e.g., cultural/financial background, family, teachers, schools you attended)? Please explain.

Five horizontal lines for writing the answer to question 33.

34. Briefly discuss your academic background. Did you utilize any additional support at your high school, such as tutoring? Do your grades in high school and/or college reflect your academic ability or potential?

Five horizontal lines for writing the answer to question 34.

35. Briefly describe your family's economic background. Include information about your financial challenges.

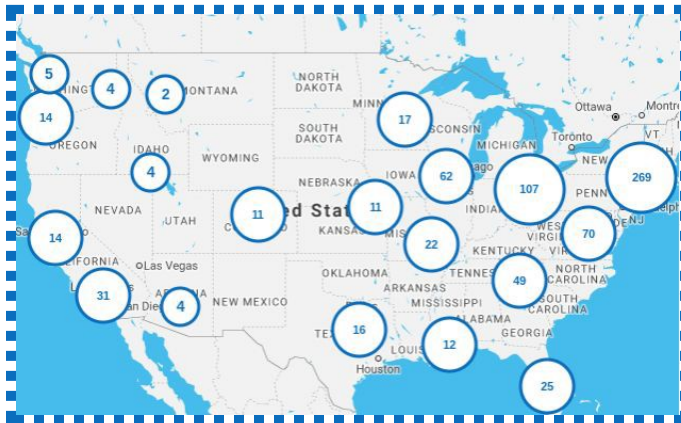
Four horizontal lines for writing the answer to question 35.

36. Please tell us more about yourself. Is there any additional information you would like EOP to consider in determining your admission to the program?

Four horizontal lines for writing the answer to question 36.

I certify the information submitted in connection with my application to EOP is complete and accurate.
Applicant's Signature: _____ Date: _____

Common App Prompt Questions

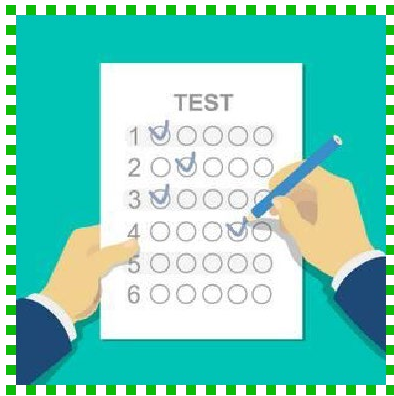


The Common Application is an undergraduate college admission application that applicants may use to apply to any of more than 800 member colleges and universities in 49 states and the District of Columbia, as well as in Canada, China, and many European countries. The Common Application essay prompts provide great flexibility for applicants to tell their unique stories in their own voice.

The 2019-2020 Common Application Essay Prompts are as follows:

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Describe a problem you've solved or a problem you'd like to solve. It can be an intellectual challenge, a research query, an ethical dilemma - anything that is of personal importance, no matter the scale. Explain its significance to you and what steps you took or could be taken to identify a solution.
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

How the SAT Works



SAT Structure		
Component	Time Allotted	Questions
Reading	65minutes	52
Writing & Language	35minutes	44
Math [No Calculator]	25minutes	20
Math [With Calculator]	55minutes	38
Essay (optional)	50minutes	1

How the Exam is Scored:

Section Scores:

You will receive two section scores reported on a scale ranging from 200-800. Your Evidence-Based Reading & Writing Section Score will be composed of both your Reading and Writing test sections. Your Math Section Score will be composed of both math sections.

Total Scores:

You will receive one Total Score which is the sum of your two Section Scores (Evidence-Based Reading & Writing and Math) giving you a scale ranging from 400 to 1600.

Essay Score:

Your essay does not factor into either your Section Scores or your Total Score. It will be reported separately. Your essay is scored by two graders in three traits: Reading, Analysis and Writing. Each grader gives a score of 1-4 for each trait.

- ★ Though the essay is optional, but the UCs require you to take it. UCs will only look at the highest test Score with Essay.

How to Register with an SAT Fee Waiver:

How to get a Fee Waiver:

If you are eligible, you must meet with your high school counselor and they will help you get one. It is really that easy! Check out the website for more information: www.sat.org/fee-waivers

Who is eligible for the Fee Waiver:

To be eligible for the SAT fee waiver, you must meet at least one of the criteria below:

- ★ You are enrolled in or eligible to participate in the federal National School Lunch Program (NSLP)
- ★ You are enrolled in a federal, state, or local program that aids students from low-income families (ex. Federal TRIO programs such as Upward Bound)

What does the Fee Waiver cover:

Remember, you are not only paying for the SAT, you are also paying to send the scores to the schools as well as paying to apply to these schools. This waiver helps with that! It will cover the fees listed below:

- ★ The registrations fee for up the 2 SATs, with or without the Essay.
- ★ The registrations fee for up the 2 SAT Subject Test.
- ★ Student Answer Service or Question-and-Answer Service fees.
- ★ Four score reports, which you need to report to the colleges you apply to.
- ★ Four college application fee waivers (Not all schools accept the SAT Fee Waiver).

How to Register for the SAT

SAT Dates & Registration Deadlines		
Test Date	Regular Deadline	Late Deadline (extra fee)
August 24, 2019	July 26, 2019	August 6, 2019
October 5, 2019	September 6, 2019	September 17, 2019
November 2, 2019	October 3, 2019	October 15, 2019
December 7, 2019	November 8, 2019	November 19, 2019
March 14, 2020	February 14, 2020	February 25, 2020
May 2, 2020	April 3, 2020	April 14, 2020
June 6, 2020	May 8, 2020	May 19, 2020



If you don't have one already, create an account with College Board (sat.org). Be sure to use an email you check often, and be sure to write down your username and password. Once you have your login information, you are ready to register. Set aside 30 minutes to complete the registration, it is a little lengthy. Have your picture ready to upload and your Fee Waiver or form of payment ready to go.

Begin your registration (sat.org/register) and complete the 5 step form online:

- 1) **Update Personal Information:** This is where you fill out personal information about you, your parents, and your school. *Not all information is required. You can choose "I do not wish to answer"*
- 2) **Create Student Profile:** Most of this information is not required to register for your SAT exam. However, filling out the subsections (GPA, Coursework, Activities, and College Plans) will provide you with information about scholarships and colleges and are relevant to your answers.
- 3) **Select Test & Center:** You will agree to Terms & Conditions, choose the Test Date, and choose the School Site you want to take your test at (Note: Your school may not be a location where the SAT is administered. In that case, type in your ZIP code and it will find the school closest to you).
 - a) This section is where you will see the price breakdown for the test. If you are registering before the regular deadline, it will be \$47.50 for your SAT, and \$17 for your Essay. This gives you a grand total of \$64.50 for the exam.
 - b) There is an optional "Student Answer Service" for \$18 that will provide you with a detailed breakdown of your answers, the types of questions, and your essay. This is helpful to have if you wish to practice before you retake the SAT.
 - c) This is a pricey test, but if you have a Fee Waiver, this is the section where you would input your Fee Waiver identification number, your counselor's name, and choose the criteria you meet.
- 4) **Upload a Photo:** Take a photo using your laptop, cell phone, or camera. Make sure that it fulfills the requirements (think of it like a driver's license photo). When you are satisfied with the photo and it fulfills the requirements, upload it!
- 5) **Checkout:** Double check that all the information is correct and make any payments. Check your email to make sure you received a confirmation of your registration.

How to Send SAT Scores to Schools



Remember:

★ **Send SAT/ACT scores to only 1 UC as the scores will be shared with all the campuses to which you applied.**

★ **Send SAT scores using CSU Code: 3594 and they will be shared with all campuses to which you applied. CSU will SUPERSCORE your SAT (combine your highest scores in each section from multiple exam dates).**

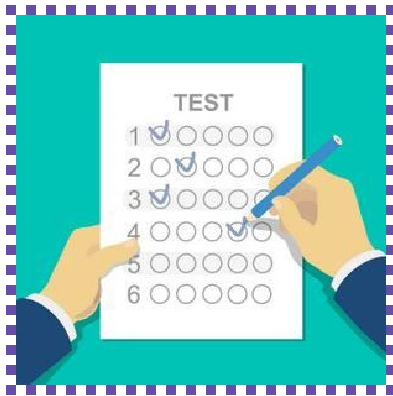
Begin sending your scores by logging into you College Board account (sat.org):

- 1) Step 1: Once you're logged into your account, click the "Send Available Scores Now" button.
- 2) Step 2: Confirm that you want to send the additional reports.
- 3) Step 3: You can search and add schools by school name, city, or code.
- 4) Step 4: Use Score Choice to select the scores you want to send (or not send) in your score reports. To add more schools, click "Add Score Recipients" from the "Build your Score Recipients" screen.
- 5) Step 5: If you used a fee waiver, it will be automatically applied to your cart.
- 6) Step 6: To use Score Choice, click the "Choose Scores" button in the row with the desired recipient from the "Build your Score Recipients" screen. Then, you will be able to uncheck any scores you do not want to include with your free score report. It is recommended to send all scores.
- 7) Step 7: When everything is correct, Check the box to agree to the terms and conditions, and place your order!

More Information on College Entrance Exams:

- ★ Most 4-year colleges and universities require either an ACT or SAT exam score, and EAOP strongly recommends students take one of the exams no later than the spring of their junior year. This will give you time to practice for future exams if you're unhappy with your score . Every eligible student receives a maximum of 2 SAT & ACT Fee Waivers.
- ★ The SAT Fee Waiver covers not only the cost of an entrance exam, but also the cost of four score reports and four college applications from participating universities. Beyond the four free reports, score reports costs about \$12 per school.

How the ACT compares to the SAT



ACT Structure		
Component	Time Allotted	Questions
English	45 minutes	45
Math	60 minutes	60
Reading	35 minutes	40
Science	35 minutes	40
Essay (optional)	100 minutes	1

Key Differences:

The ACT has a science section that is composed of six passages and multiple choice questions following each passage. On the SAT, science passages are included within the Reading and Writing & Language sections.

How the Exam is Scored:

Section Scores:

You will receive four section scores reported on a scale ranging from 1-36. Your correct answers are counted and combined into a composite score.

Composite Scores:

You will receive one Composite Score which is the average of your four Section Scores giving you a scale ranging from 1 to 36.

Essay Score:

Your essay will be reported separately. Your essay is scored by two graders in four categories: Ideas & Development, Analysis & Support, Organization, and Language Use & Conventions. The scores from each grader are added together for a final Essay Score with a scale ranging from 2-12.

- ★ Though the essay is optional, both the UCs require you to take it.

How to Register for an ACT Fee Waiver:

How to get a Fee Waiver:

If you are eligible, you must meet with your counselor and they will help you get one. It is really that easy!

Who is eligible for the Fee Waiver:

To be eligible for the ACT fee waiver, you must meet at least one of the criteria below:

- ★ You are enrolled in or eligible to participate in the federal National School Lunch Program (NSLP)
- ★ You are enrolled in a federal, state, or local program that aids students from low-income families (ex. GEAR UP and Upward Bound)

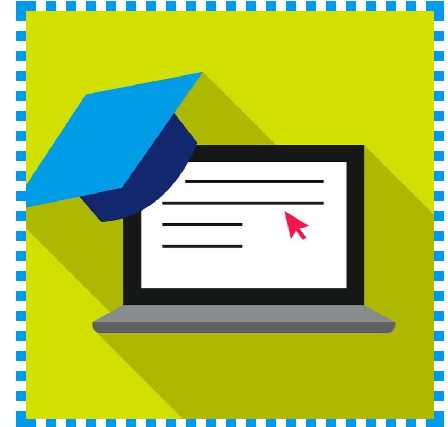
What does the Fee Waiver cover:

Eligible students may receive up to two ACT fee waivers. Remember, you are not only waiving the fee for the ACT, you are also waiving the fee to send your scores to schools as well as the fee to apply to some schools. Your fee waiver will cover all the fees listed below:

- ★ The registration fee for up to 2 ACTs, with or without the Essay.
- ★ Four score reports, which you can use at the time of registration.
- ★ Free access to ACT Kaplan Online Prep Live, including ACT Online Prep
- ★ Access to Request for Waiver or Deferral of College Application Fee form. (Note: It is up to the college/university's discretion to accept or deny the waiver/deferral of the fee)

How to Register for the ACT

ACT Dates & Registration Deadlines		
Test Date	Regular Deadline	Late Deadline (extra fee)
September 14, 2019	August 16, 2019	August 30, 2019
October 26, 2019	September 20, 2019	October 4, 2019
December 14, 2019	November 8, 2019	November 22, 2019
February 8, 2020	January 10, 2020	January 17, 2020
April 4, 2020	February 28, 2020	March 13, 2020
June 13, 2020	May 8, 2020	May 22, 2020
July 18, 2020	June 19, 2020	June 26, 2020



If you don't have one already, create an account with ACT. Be sure to use an email you check often, and be sure to write down your Username and Password. Once you have your login information, you are ready to register.

Begin your registration (act.org) and complete the 7 step form online:

- 1) ***Update Personal Information:* This is where you fill out personal information about you, your parents, and your school. *Not all information is required. You can choose "I do not wish to answer"***
- 2) ***Create Student Profile:* Most of this information is not required to register for your ACT exam. You can use the left navigation panel to skip to "Your Test Section" to continue your exam registration.**
- 3) ***Your Test Selection:* Choose the Test Date and Test Option. There is an optional "Test Information Release" for \$20 that will provide you with a copy of the questions (including the writing prompt), your answers, and the answer key. This is helpful to have if you wish to practice before you retake the ACT. You don't have to upload your photo at this time, however, pay attention to the photo upload deadline and photo requirements.**
- 4) ***Your High School Courses & Grades:* You must select the courses you have taken/plan to take. You may skip the portion asking what grades you received.**
- 5) ***Score Report Choice:* Select the colleges you would like to receive your ACT scores. If you are interested in UCs and/or CS, select only one UC and one CSU. The cost of sending scores to four colleges are included in the registration fee. Additional score reports may be ordered for a fee.**
- 6) ***Select Your Test Center:* Use your zip code to find the closest test center near you.**
- 7) ***Submit:* Review your information for accuracy and make any payments. Check your email to make sure you received a confirmation of your registration.**

How to Send ACT Scores to Schools

Remember:

- ★ **Send ACT score to 1 CSU and release them to all campuses via ACT Scores Manager on CSU Mentor. Do the same when sending ACT scores to UCs.**

Begin sending your scores by logging into your ACT account (act.org):

- 1) **Step 1: Once you're logged into your account, click the "Send Available Scores Now" button.**
- 2) **Step 2: Select the date you want to send the score report (every test date requires a separate report) and you will fill in the code or search for the school you want to send it to (up to 8).**
- 3) **Step 3: You can choose to send a Free Report, Regular Report, or Priority or Rush Reports. Prices vary depending on the report. Be careful with rush reporting, because some schools that only receive scores electronically may not review these types of reports any faster than regular reports.**
- 4) **Step 7: When everything is correct, Check the box to agree to the terms and conditions, and place your order!**



More Information on College Entrance Exams:

- ★ Most 4-year colleges and universities require either an ACT or SAT exam score, and EAOP strongly recommends students take one of the exams no later than spring of your junior year. This will give you time to practice for future exams if you're unhappy with your score. Every eligible student receives a maximum of 2 SAT and ACT Fee Waivers.