

What all AMHS students should be doing in preparation for college

FRESHMAN YEAR

- Select the most appropriately challenging curriculum.
- Choose co-curricular activities that are important to you: Fine & Performing Arts, Athletics, Class Officers, School Clubs, Community Service, Scouts, or State Legislative Page Program.
- Examine your personal skills, hobbies, and subject areas in which you excel.
- Make informal visits to colleges when you have an opportunity.
- Take the PSAT 8/9 at AMHS in October. (see the AMHS calendar for the exact date). You will find a preparation booklet “Prepare for the 2017-2018 PSAT 8/9” at www.collegereadiness.collegeboard.org

SOPHOMORE YEAR

- Select the most appropriately challenging curriculum. (A’s and B’s in standard classes are better than C’s in honors classes.)
- Continue participating in co-curricular activities. Look for opportunities for leadership.
- Examine your interests, strengths and weaknesses.
 - Go to **AMHS Family Connection** (TBD)
 - Go to the College Board website and access “My Road” for a personality profiler linked to college majors and careers. Also on the College Board website, click on “Big Future,” a search engine that helps you find colleges, search for careers, and obtain information about paying for college.
- Take the PreACT at AMHS in October. (see the AMHS calendar for the date)
- Attend college fairs:
 - NACAC **Performing and Visual Arts College Fair** in September at Seattle Center.
 - NACAC **National College Fair** in October at the Washington State Convention & Trade Center.
 - PNACAC **Spring College Fair** in April at Seattle University.
- Research military academy requirements if interested.
- Explore summer college programs, workshops, job opportunities and travel.
- Make informal visits to colleges when you have an opportunity.

JUNIOR YEAR

- Continue enrolling in challenging classes.
- Continue participating in co-curricular activities. Examine your interests, strengths and weaknesses. Assume leadership roles.
- Attend the **Fall Senior-Junior Parent College Night in September** (see AMHS calendar for the exact date) with your parents to review the procedures and timeline for submitting college applications.

- Prepare for and take the **PSAT** in October (see the AMHS calendar for the exact date). This test is important in order to be considered for National Merit Recognition. When you receive your results, use “My College Quick Start” on the College Board website to review your PSAT answers and prepare for the SAT.
- Attend college fairs:
 - NACAC **Performing and Visual Arts College Fair** in September at Seattle Center.
 - NACAC **National College Fair** in October at the Washington State Convention & Trade Center.
 - PNACAC **Spring College Fair** in April at Seattle University.
- Continue with your college search. Attend presentations by college representatives at AMHS (information can be found through **AMHS FAMILY CONNECTION**, AMHS daily bulletin, and the AMHS reader board) and local venues. Plan college visits during vacations, extended weekends, Christmas, Mid-Winter or Easter Break.
- Register early for the **SAT** (www.collegeboard.org) and/or **ACT** (www.actstudent.org) to reserve a seat for the spring test dates. (Check if SAT Subject Tests, or ACT Writing Portion are required for specific colleges.) Consider signing up for an SAT and/or ACT Prep class (dates and times can be found on the AMHS website www.am-hs.org).
- Contact the **NCAA Eligibility Center** if interested in playing Division I or Division II athletics. Review the *Guide for the College-Bound Student Athlete* (www.eligibilitycenter.org). Register with the Eligibility Center and have your SAT/ACT scores sent directly. (NCAA code is 9999.) Order your transcript from Parchment to be sent to the Eligibility Center with grades earned through the end of your junior year.
- If you are planning to participate in NAIA athletics, register with the NAIA Eligibility Center (www.playnain.org). Make sure to send your SAT/ACT scores directly to the NAIA (NAIA code is 9876). Order your transcript from Parchment to be sent to the Eligibility Center with grades earned through the end of your junior year.
- Make a list of potential colleges (in **AMHS FAMILY CONNECTION**) and be prepared to discuss colleges with your counselors during your spring course forecasting meeting. Research the cost of attending your listed colleges are interested by utilizing the “Net Price Calculator” which is included on each college website. The “Net Price Calculator” will provide you an approximation of your required “family contribution”.
- In the spring, ask two teachers if they would be willing to write a college letter of recommendation for you in the fall of your senior year. Choose teachers that you think know you best and in whose classes you participated actively and did well academically.
- Attend **Junior-Sophomore Parent College Night** at AMHS in May. (see the AMHS calendar for the date and time)
- Explore summer college programs, workshops, Boy’s or Girl’s State, Business Week, job opportunities, or travel.
- Complete your Senior Profile (in AMHS Family Connection) during the summer. The Senior Profile is required in order to obtain teacher & counselor recommendations for college & scholarship applications. **The deadline for submitting your Senior Profile to your counselor is September 15th of your senior year.**

FALL OF SENIOR YEAR

- Continue enrolling in challenging classes. Colleges look very carefully at the rigor of the senior year courses. Keep your grades up. Many colleges will require you to submit your first semester senior year grades.
- Continue participating in co-curricular activities. Assume leadership roles.
- Submit your **Senior Profile** (In **AMHS Family Connection**) to your counselor by **September 15th**.
- In September, you are welcome to Attend **Fall Senior-Junior Parent College Night**, (see the AMHS calendar for the date and time) with your parents to review the procedures and timeline for submitting college applications.
- Seniors who are planning to play sports at a Division I, II, or III college or an NAIA school should have set up an account with Parchment (www.parchment.com) in the spring of their junior year. If you have not done this yet, see your counselor.
- If you plan to major in performing or visual arts, attend the NACAC **Performing and Visual Arts College Fair** in September at Seattle Center to gather information regarding portfolio submission or auditions as well as scholarships.
- Consider attending the NACAC **National College Fair** in October at the Washington State Convention & Trade Center to meet with colleges and their representatives, especially those that may not be visiting AMHS.
- Make contact with college admission representatives of colleges on your interest list by attending college fairs, meeting with college representatives who visit AMHS or conduct an information session in the Seattle area, or by scheduling visits to colleges of your choice. If you plan to visit colleges on weekdays, choose dates that will have the least impact on your AMHS classes.
- During the fall, meet with your counselor to verify your graduation credits, discuss your college choices, and review the application process. Continue meeting regularly with your counselor for guidance on completing applications, writing essays, and submitting supplemental materials.
- Take or re-take the SAT or ACT. Check to see if colleges on your application list require SAT Subject Tests. Have scores sent directly from College Board or ACT to your colleges.
Please note: All tests should be taken by December to meet college application requirements.
- Determine which financial aid application(s) you will need to submit (CSS Profile &/or FAFSA) and the dates for submission. Get a head start by using *FAFSA4caster* for a preliminary calculation of federal aid eligibility (<http://studentaid.ed.gov>) and the CSS Profile calculator ("Pay for College" @ www.collegeboard.org). Remind your parents to attend the **AMHS College/Financial Aid Night** in September (see the AMHS calendar for the exact date). Check with colleges to see whether you must file a financial aid application to be considered for *merit* awards even if you are not applying for *need-based* aid.
- Decide whether you will apply to any colleges under the Early Action or Early Decision

plans. Make it your goal to complete all of your college applications by **December 1st**.

- If you will be applying to any of the 600+ colleges and universities that use the Common Application, start your application in early September.
- Once you have LINKED Common App to your **AMHS Family Connection** account, you will be able to request teacher letters of recommendation. Teachers will be working on their recommendations while you are completing your part of the application.
- *Remember that teachers and counselors must be given a minimum of two weeks to write a recommendation for you; you are advised to make your request **at least a month before your first college deadline in the fall** because of the volume of recommendations teachers and counselors are writing.*

SPRING OF SENIOR YEAR

- Keep your grades up. Offers of admission from colleges are “conditional” based upon the assumption that your senior year grades will be the same or higher than grades previously earned. Colleges can rescind their offers of admission for academic or behavioral reasons.
- If you have not visited colleges at the top of your list, try to do this before you make a decision. Attend special events hosted by colleges for admitted students.
- You must confirm your intention to enroll at the college of your choice by submitting your admission deposit no later than **May 1st**.