



# JUNIOR POST-SECONDARY INFORMATION NIGHT AGENDA

- **Post Secondary Options**
  - Employment, Training Programs, Military, Technical Schools, Community Colleges, Two/Four Year Colleges/Universities
- **Options for Students with Learning Differences**
  - College Prep Programs, Employment Vocational Training, etc.
- **Options for Bilingual Students**
  - ESL classes, Community Colleges with ESL support
- **Military**
  - Army, Navy, Air Force, Marines, Coast Guard
- **How do Colleges Admit Students?**
  - What is included in a College Application
- **High School Course Selection**
  - It's relevance for College Admissions
- **College Exploration**
  - What is important for students to consider when choosing colleges
- **Admissions Plans**
  - What types of application deadlines exist
- **High School to College Calendar**
  - Junior Year (Begin college exploration, Begin resume, College visits, SAT vs ACT)
  - Senior Year (Finalize resume, college essay, recommendation letters)
- **Narrowing your Choices**
  - Reach, Target and Safety Schools
- **The College Application**
  - Naviance
  - Application Types: Common App, Institutional App, Coalition App, SUNY App, CUNY App, Common Black College App
- **Opportunity Programs**
  - EOP/HEOP/SEEK Programs

# AGENDA DE LA NOCHE INFORMACIONAL POST- SECUNDARIA PARA LOS JUNIORS

- **Opciones de post-secundaria**
  - Empleo, Programas de Capacitación, Militar, Escuelas Técnicas, Colegios Comunitarios, Colegios/Universidades de Dos/Cuatro Años
- **Opciones para estudiantes con diferencias de aprendizaje**
  - Programas de preparación para la universidad, capacitación vocacional para el empleo, etc.
- **Opciones para estudiantes bilingües**
  - Clases de ESL, Colegios Comunitarios con apoyo de ESL
- **Militar**
  - Ejército, Armada, Fuerza Aérea, Marines, Guardia Costera
- **¿Cómo admiten estudiantes las universidades?**
  - Qué se incluye en una solicitud de ingreso a la universidad
- **Selección de cursos de secundaria**
  - Es relevante para las admisiones universitarias
- **Exploración Universitaria**
  - Lo que es importante que los estudiantes consideren al elegir universidades
- **Planes de admisión**
  - Qué tipos de plazos de solicitud existen
- **Calendario de la escuela secundaria a la universidad**
  - Junior Year (Comenzar la exploración universitaria, Comenzar currículum, Visitas a la universidad, SAT vs ACT)
  - Último año (Finalizar currículum, ensayo universitario, cartas de recomendación)
- **Reducir sus opciones**
  - Escuelas de alcance, objetivo y seguridad
- **La solicitud de ingreso a la universidad**
  - Naviance - Tipos de aplicaciones: aplicación común, aplicación institucional, aplicación de coalición, aplicación SUNY, Aplicación CUNY, aplicación común de Black College
- **Programas de Oportunidades**
  - Programas EOP/HEOP/SEEK

# College Planning: 11th Grade

Junior year marks a turning point. This is because for most students and families, it's when college planning activities kick into high gear. Here are some things you can do this year to stay on track for college.

## FALL

- Start with you:** Make lists of your abilities, social/cultural preferences, and personal qualities. List things you may want to study and do in college.
- Learn about colleges.** Look at their websites and find colleges at [bigfuture.collegeboard.org/college-search](http://bigfuture.collegeboard.org/college-search). Talk to friends, family members, teachers, and recent grads of your school now in college. List the college features that interest you.
- Resource check:** Visit the counseling office and meet the counselors there. Is there a college night for students and families? When will college representatives visit your school? (Put the dates in your calendar.) Examine catalogs and guides.
- At school, speak to your counselor about taking the PSAT/NMSQT<sup>®</sup>,** which is given in October. If you plan to ask for testing accommodations (because of a disability), be sure the College Board has approved your eligibility.
- Make a file to manage your college search, testing, and application data.** If appropriate (for example, if you're interested in drama, music, art, sports, etc.), start to gather material for a portfolio.
- Estimate your financial aid need.** Financial aid can help you afford college. Use the College Board's *Getting Financial Aid* and the financial aid calculator at [bigfuture.org](http://bigfuture.org) to estimate how much aid you might receive.

## WINTER

- Sign up to take the SAT<sup>®</sup> in the spring.** You can register online or through your school. SAT fee waivers are available to eligible students. To prepare for the SAT, you can access free, personalized SAT practice tools at [satpractice.org](http://satpractice.org), including thousands of interactive questions, video lessons, practice tests, and more.
- Begin a search for financial aid sources.** National sources include the College Board's Scholarship Search and electronic sources. Don't overlook local and state aid sources. (Ask a counselor for help or check your public library.)
- With your family, make an appointment with your counselor** to discuss ways to improve your college-preparation and selection processes.
- Ask a counselor or teacher about taking the SAT Subject Tests<sup>™</sup> in the spring.** You should take them while course material is still fresh in your mind. You can download *The SAT Subject Tests Student Guide*, which offers test-prep advice, from [SATSubjectTests.org](http://SATSubjectTests.org).
- Explore AP<sup>®</sup>.** The Advanced Placement<sup>®</sup> Program helps hundreds of thousands of high school students achieve their college dreams each year. Get the facts at [apstudent.collegeboard.org/exploreap](http://apstudent.collegeboard.org/exploreap). If you're in AP classes, register for the AP Exams given in May.
- Opt in to the College Board Opportunity Scholarships** at [cb.org/opportunity](http://cb.org/opportunity). You can earn scholarships ranging from \$500 to \$2,000 by completing individual college planning steps. Complete all six steps and you'll be eligible for the \$40,000 scholarship.

## SPRING

- Contact your counselor** before leaving school for the summer if you are considering military academies or ROTC scholarships. If you want a four-year ROTC scholarship, you should begin the application process the summer before your senior year.
- Develop a list of 15 or 20 colleges that are of interest to you.** You can find many colleges at which you'll be happy and get a great education. The college search is about exploring who you are and what you want and then finding colleges that will meet your goals.
- Stay open to all the possibilities—don't limit your search.** To find the best college for you, you should apply to colleges of varying selectivity. Selective colleges admit a portion of students who apply. Some colleges are highly selective while others are less selective. Make sure to apply to public, private, in-state, and out-of-state schools so that you have plenty of options from which to choose.
- Take the SAT.** The test is typically offered in March, May, and June. Make sure you start preparing for the test several months in advance using the tools available at [satpractice.org](http://satpractice.org). And remember, if you're not happy with your scores when you get them, you might want to test again in the fall. Many students take the test a second time as seniors, and they usually do better.
- Start to gather documents for financial aid:** Be sure to keep a copy of your tax returns handy. You'll use these to complete the Free Application for Federal Student Aid (FAFSA), which opens on Oct. 1.

## SUMMER

- Register with the National Collegiate Athletic Association (NCAA) Eligibility Center** if you are an athlete planning to continue playing a sport in college ([ncaaclearinghouse.net](http://ncaaclearinghouse.net)).
- Get your FSA ID:** Before you can fill out your FAFSA, you need to get a username and password (also known as an FSA ID).
- Find a full-time or part-time job,** or participate in a summer camp or summer college program.
- Visit colleges.** When planning your campus visits, make sure to allow time to explore each college. While you're there, talk to as many people as possible. These can include college admission staff, professors, and students. Take campus tours and, at colleges you're serious about, make appointments to have interviews with admission counselors.
- Create a résumé—**a record of your academic accomplishments, extracurricular activities, and work experiences since you started high school.
- Download applications.** Go to the website of each college's admission office and either complete the application online or request a paper application from colleges to which you'll apply. Check application dates—large universities may have early dates or rolling admission.
- Visit some local colleges—**large, small, public, and private. A visit to a college campus can help you decide if that college is right for you. Make a plan ahead of time to get the most from your visit. Check out the campus checklist at [bigfuture.org](http://bigfuture.org). Attend college fairs, too.
- Scan local newspapers** to see which civic, cultural, and service organizations in your area award financial aid to graduating seniors. Start a file.

Visit [bigfuture.org](http://bigfuture.org) for more information.

# Plan de acción para la familia: Grado 11

El penúltimo año de la preparatoria (año “junior”) suele ser un momento decisivo. Esto se debe a que es cuando los estudiantes y sus familias realmente inician las actividades para planear el ingreso a la universidad. Estas son algunas cosas que puede hacer este año para ayudar a su hijo o hija y ofrecerle las mejores opciones.

## VERANO

- Consiga información sobre el costo de asistir a la universidad.** Podría sorprenderse de lo accesible que puede llegar a ser la educación superior. Para empezar, lea *Comprender los costos universitarios*.
- Considere las opciones de ayuda financiera disponibles.** Estas incluyen becas, préstamos y programas de trabajo-estudio que ayudarían a pagar los costos de asistir a la universidad. Averigüe más sobre cómo la ayuda financiera puede hacer que la universidad sea accesible.

## OTOÑO

- Asegúrese de que su hijo o hija se reúna con su consejero escolar.** Esta reunión es especialmente importante este año porque su hijo o hija empieza a conocer el proceso de admisión a la universidad. Averigüe más sobre el papel del consejero en la admisión a la universidad.
- Ayude a su hijo o hija a organizarse.** Ayude a su hijo o hija a hacer listas semanales o mensuales de cosas por hacer para estar al día en todo lo que debe tener listo para presentar solicitudes a las universidades. Para más consejos sobre administración, vea *8 maneras de administrar el tiempo*.
- Ayude a su hijo o hija a prepararse para el PSAT/NMSQT® en octubre.** Se trata de un examen preliminar que le sirve como práctica para el SAT® y para evaluar sus habilidades académicas. Los estudiantes que obtienen un buen puntaje en el examen son candidatos para las becas disponibles. Averigüe más sobre el PSAT/NMSQT.
- Anime a su hijo o hija a establecer objetivos para el año escolar.** Trabajar con objetivos específicos ayuda a su hijo o hija en términos de motivación y concentración.

## INVIERNO

- Revisen juntos los resultados PSAT/NMSQT.** El informe del puntaje que obtiene su hijo o hija viene acompañado de un plan gratuito de estudios SAT. Se ingresa en línea y el plan está adaptado con base en su puntaje para ayudarle a trabajar en las materias en las que necesita mejorar. Averigüe más sobre este *plan de estudios SAT personalizado*.
- Ayude a su hijo o hija a prepararse para los exámenes de admisión de las universidades.** Muchos estudiantes presentan exámenes de admisión, como el SAT, durante la primavera para adelantarse en sus planes para asistir a una universidad. Lea qué exámenes necesitará presentar su estudiante de penúltimo año.

## INVIERNO (CONTINUÍA)

- Comenten la posibilidad de tomar cursos de mayor nivel durante el siguiente año.** Presentar cursos de nivel universitario y cursos de honor (avanzados) como *senior* puede ayudar a su hijo o hija a prepararse para el trabajo universitario. Estos también son el tipo de cursos que buscan los encargados de revisar las admisiones a la universidad. Aprenda más sobre las clases avanzadas.
- Anime a su hijo o hija a considerar la opción de presentar los exámenes por asignatura SAT Subject Tests™.** Muchas universidades requieren o recomiendan que se presenten estos exámenes para tener una idea de las habilidades de su hijo o hija en ciertas áreas académicas. En general, se recomienda presentar un SubjectTest justo después de terminar el curso correspondiente. Lea más sobre los SAT SubjectTests.
- Anime a su hijo o hija a inscribirse en un curso AP.** Si su estudiante de Grado 11 presenta el AP u otras clases avanzadas, pídale que hable con sus maestros sobre presentar estos exámenes en mayo. Lea más sobre el Programa AP.

## PRIMAVERA

- Busquen juntos universidades que cumplan con las necesidades de su hijo o hija.** Una vez que tengan una idea de lo que su hijo o hija requiere de una universidad, ayúdelo ingresar estos criterios en la **Búsqueda de universidades** para hacer una lista de las universidades a las que podría mandar una solicitud.
- Ayude a su hijo o hija a investigar sobre becas.** Esta forma de ayuda financiera otorga dinero para la universidad que no debe pagar después. Averigüe más en la **Búsqueda de becas** de College Board.
- Asistan a ferias y eventos de ayuda financiera de las universidades.** Estos eventos le servirán para conocer a representantes de las universidades y obtener respuestas a sus dudas. Su hijo o hija puede hablar con su consejero escolar para identificar los eventos que se llevan a cabo en su localidad. Revise la **Lista de ferias universitarias** para obtener más información.
- Ayude a su hijo o hija a planear actividades para el verano.** El verano es un excelente momento para profundizar en sus intereses y aprender nuevas habilidades —tome en cuenta que las universidades se interesan en estudiantes que realizan actividades significativas durante el verano. Ayude a su hijo o hija a buscar en los **programas de aprendizaje de verano** o a buscar un trabajo o un programa de pasantía.
- Vayan juntos a las universidades.** Organícense para visitar los campus de las universidades que le interesan a su hijo o hija. Use la **Lista de visitas a campus universitarios** para averiguar cómo pueden aprovechar mejor estas experiencias.

Para más información, visite [bigfuture.collegeboard.org](http://bigfuture.collegeboard.org)

## College Application Process 2025-2026

### Things to think about and do in your Junior Year

#### Important codes to write down:

Yonkers High School CEEB Code: 336074

NCAA SAT Code: 9999 (Student Athletes)

#### College Application Deadlines:

Nov 1<sup>st</sup> /15<sup>th</sup>, 12/1<sup>st</sup> and 15<sup>th</sup>, and Jan 1<sup>st</sup> /15<sup>th</sup>

Common Application: Do not upload college specific essay

#### Naviance:

Students can explore these areas of Naviance: Careers & Clusters & Colleges

Students have to link their common application with their Naviance account. (Senior Year)

#### Important Websites:

[www.IBO.Org](http://www.IBO.Org). (Students can check out which colleges accept IB credits)

[www.sat.org/register](http://www.sat.org/register)

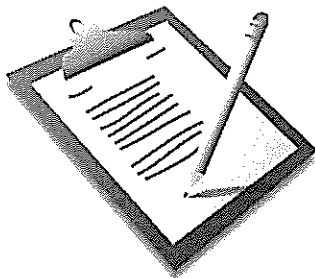
[www.actstudent.org/start](http://www.actstudent.org/start)

[www.fastweb.com](http://www.fastweb.com) (Scholarship search)

[www.commonapp.org](http://www.commonapp.org) (Start exploring now)

[www.bigfuture.org](http://www.bigfuture.org) (Step by Step guide to college planning)

[www.fafsa.ed.gov](http://www.fafsa.ed.gov) (Free Application for Federal Student Aid)



### **THINGS TO DO NOW!!!!**

- Sign up for either May 2025, June 2025 or August 2025 SAT testing. Do not register for OCT Testing.  
(Check with your School Counselor to see if you're eligible for SAT/ACT fee waiver)
- Prepare your Resume and complete your student Brag Sheet.
- Gently approach 2 teachers (only two needed) for recommendation letters.
- Attend local college fairs and plan a college tour.
- Set up your Community Service/Summer Internship Program.
- Take time to review your College Admissions Procedures Booklet (College Choice Process).

# Proceso de Solicitud de Ingreso a la Universidad 2025-2026

## Cosas para pensar y hacer en tu Tercer Año de Bachiller

### Códigos importantes para anotar:

Código CEEB de Yonkers High School: 336074

Código NCAA SAT: 9999 (Estudiantes Atletas)

### Plazos para la Solicitud Universitaria:

Nov 1<sup>ro</sup> /15, 12/1<sup>ro</sup> y 15, y Ene 1<sup>ro</sup> /15

Solicitud Común: No suba ensayos escritos específicos de la universidad

### Naviance:

Los estudiantes pueden explorar estas áreas de Naviance: Carreras & Clústeres & Universidades

Los estudiantes deben vincular su aplicación común con su cuenta Naviance. (Último Año)

### Páginas Web Importantes:

[www.IBO.Org](http://www.IBO.Org). (Estudiantes pueden consultar que universidades aceptan créditos IB)

[www.sat.org/register](http://www.sat.org/register)

[www.actstudent.org/start](http://www.actstudent.org/start)

[www.fastweb.com](http://www.fastweb.com) (Búsqueda de becas)

[www.commonapp.org](http://www.commonapp.org) (Empieza a explorar ahora)

[www.bigfuture.org](http://www.bigfuture.org) (Guía paso a paso para la planificación universitaria)

[www.fafsa.ed.gov](http://www.fafsa.ed.gov) (Solicitud gratuita de ayuda federal para estudiantes)



## **COSAS DE HACER AHORA!!!!**

Inscríbete para el examen SAT de Mayo 2025, Junio 2025, o Agosto 2025. NO te registres para el examen de Octubre .

(Consulte con su consejero escolar para ver si eres elegible para la exención de la tarifa del examen SAT/ACT)

Prepara tu Curriculum y complete tu Hoja de Alarde estudiantil.

Gentilmente acerquese a 2 maestros (solo se necesitan dos) para cartas de recomendación.

Asista a ferias universitarias locales y planifique un recorrido universitario.

Establezca su Programa de Servicio Comunitario/Pasantía de Verano.

Tómese el tiempo para revisar su Folleto de Procedimientos de Admisión a la Universidad (Proceso de Elección de Universidad).



# 2025 SAT Test Dates

<u>Test Date</u>	<u>Registration Date</u>	<u>Late Registration Deadline</u>
May 3, 2025	Apr 18, 2025 <a href="#">Register</a>	April 22, 2025
June 7, 2025	May 22, 2025 <a href="#">Register</a>	May 27, 2025

## Confirmed 2025–26 Test Dates

### Fall 2025

- ✓ August 23, 2025
- ✓ September 13, 2025
- ✓ October 4, 2025
- ✓ November 8, 2025
- ✓ December 6, 2025

### Spring 2026

- ✓ March 14, 2026
- ✓ May 2, 2026
- ✓ June 6, 2026

# ACT DATES

## 2025 National Test Dates Schedule

Test Date	Regular Registration Deadline Late Fee Applies After This Date	Late Registration Deadline	Photo Upload and Standby Deadline
April 5, 2025	February 28	March 16	March 28
June 14, 2025	May 9	May 26	June 6
July 12, 2025*	June 6	June 20	July 4

# The Common App: Everything You Need to Know

The Common App makes it easy to apply to multiple colleges and universities.

**APPLYING TO** college is a tedious and often stressful process for students and their parents. In addition to finishing their last year of high school, teens are also juggling the SAT or ACT, college tours and applications for numerous schools.

The Common Application, which is accepted by nearly 900 schools, including some colleges located outside the U.S., helps streamline one essential part of the admissions process for students.

Through the platform, first-time and transfer applicants can apply to multiple colleges at once. So students only have to fill out details that most schools require, including name, address, parental employment and education and extracurricular activities, one time.

"The idea behind the Common App is to try and reduce the barriers that students face when applying to college," says Jenny Rickard, president and CEO of The Common Application.

Despite its popularity, the Common App may be confusing for some families who are new to the college application process. The guide below can help ease students and parents through the application.

## When Can I Start Working on My College Application Through the Common App?

The new edition of the Common App opens on Aug. 1 every year. However, students can create an account at any time and transfer their information into the new app when it opens.

To start, applicants can go to [commonapp.org](http://commonapp.org) and click on the "Apply Now" button to get details about how to create an account and log in to work on an application through the platform. Students can download the Common App's mobile app to keep track of deadlines, invite recommenders and set reminders.

The summer before senior year of high school is a great time for students to start on their applications, experts say.

"If you aren't going to be out of town or out of the country with no access to the internet, please start your application Aug. 1," says Marissa Warren, a school counselor at Yorktown High School in New York.

Students don't have to submit their applications during the summer. But starting in August gives them the opportunity to review the requirements for schools they're considering, draft essays and get some of the tedious background information completed before they get bogged down with homework and activities, Warren says.

Starting early also allows students to get the help they need at the beginning of the school year, she says.

## **How Long Does It Take to Fill Out an Application?**

The time it takes to fill out an application will vary based on a school's requirements, experts say. However, students need to give themselves at least six weeks to get everything they need for college applications, says Christine Chu, a premier college admissions counselor with IvyWise, an education consulting company based in New York. That's two weeks to fill out any background information and at least a month for other required documents.

In addition to any parental information that's needed – such as employer details and educational background – many schools also require first-year applicants to submit recommendation letters and transcripts. Students need to give teachers and counselors enough time to submit those materials to the Common App before deadlines.

High school counselors encourage students to ask their teachers for recommendation letters before the end of their junior year so educators can work on them during the summer. Seniors who need recommendation letters should ask for them early in the school year, experts say.

## **What Are the Common App Essay Prompts, and Where Can I Find Them?**

The Common App essay prompts for the 2019-2020 school year will be the same as the seven prompts used this year. Applicants have a 650-word limit for essays.

There is some variation among the topics. A few require students to reflect on their experiences and share examples of learning or personal growth. But students also have the option to share an essay on any topic of their choice or simply describe a topic that captivates them.

Applicants can see the essay prompts on the Common App's blog. The organization reviews the prompts every other year.

With seven options, it doesn't matter which prompt is chosen, as long as it's one that allows an applicant to provide insight into his or her identity in ways that aren't reflected in other parts of the application, experts say.

"You never want to echo what's in any of those other pieces," says Bonnie Casson-Deweese, director of college match for KIPP Houston Public Schools. She encourages students to look beyond academics to think about what makes them special. For example, being a high school valedictorian when applying to Harvard University isn't notable because just about everybody who applies is at the top of their class, she says.

Not all schools require students to submit an essay. Some institutions may require students to submit a supplemental essay or additional information. Applicants can see the requirements for all schools on the Common App when they log in to their student accounts or download a PDF from the Common App's website.

Students can also preview supplemental questions for schools before they start their applications through the platform's Applicant Solutions Center.

## **What Should I Do if I Run Into Problems With the Common App?**

Students who have questions about filling out the application can ask their high school counselor and admissions officers at the colleges they're applying to for help, experts say.

The Common App also has a variety of resources to help make the application process easier.

In addition to video tutorials throughout the application, the platform has year-round technical support available 24 hours a day, seven days a week. Students can find answers to frequently asked questions or submit a question in the Applicant Solutions Center. Response times will vary, but the average wait time for a response is 20 minutes, according to Common App representatives.

## **Can I Get Fee Waivers for the Common App?**

The Common App is free to use and 42% of the member schools don't charge application fees, Rickard says. Students who are applying to colleges that have an application fee will have to pay that cost when submitting their applications.

Applicants who qualify for fee waivers – those who meet the standards set by the National Association for College Admission Counseling – will be able to make that known through the application.

"A student only needs to indicate that they have financial hardship once in the application, and that fee waiver can be applied to any school they apply to," Rickard says.

Students who have questions about whether they qualify for fee waivers can reach out to their high school counselors or directly to the colleges that they are applying to, experts say.

## **What Tips Can Make Filling Out the Common App Easier?**

Don't wait until 11:59 p.m. on Jan. 1 to finish applications, experts say. In 2018, 1,270 students submitted applications during that final minute through the Common App. Schools will still accept applications that are a few minutes late, according to Common App representatives, but the stress that comes with fighting against the clock – and the increased potential for typos and other mistakes – isn't worth it.

Besides starting early, experts encourage students to take advantage of the Common App preview that allows students to review their application prior to submission.

Students can also assign advisers who can see parts of an application and the progress they've made.

## **Do I Have to Use the Common App to Apply to College?**

Students are not required to use the Common App. While the platform is popular, it isn't the only one for college applications.

Many schools allow students to apply online through their websites. Some states have application systems that students can or must use in order to apply to schools. For example, Texas has a statewide system for submitting applications, though some Texas schools also accept the Common App.

Some well-known private institutions like the Massachusetts Institute of Technology and Georgetown University in the District of Columbia only accept applications through their school websites. Many competitive colleges and universities, such as Harvard University and Amherst College, accept applications through the Common App.

Other platforms accepted by some schools include the Coalition Application and the Universal College Application. And while there are some exceptions, many schools that use those platforms also use the Common App.

## **Do Colleges Care if I Use the Common App or a Different Platform?**

Colleges that allow students to submit applications through multiple platforms don't have a preference on which one is used, but high school counselors might. The Common App's integration with Naviance, a college and career readiness software provider, makes it easy for counselors to submit documentation for colleges, experts say.

But students should submit one application using the platform that works best for them.

"We want students to use whatever application best fits their life and where they are planning on attending or applying for school," says Heidi Meyer, executive director of admissions at the University of Minnesota—Twin Cities.

## **Updates to the Common App**

The Common App website was updated in July 2019 to include a new design, greater search functionality and more detailed pages on individual colleges, as well as step-by-step application guides for first-year and transfer students.

According to the Common App website, the activities section also has been updated to allow greater flexibility. Per the site, students can now prioritize certain activities to present the "most compelling and accurate personal narrative in the application."

More details on updates to the Common App can be found on the company's website.

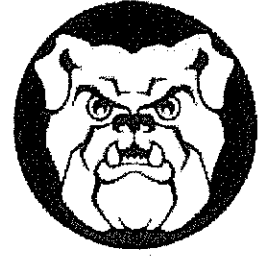
## **Common Application Essay Prompts 2025-2026**

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. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?
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

## **Preguntas comunes de ensayo de la aplicación 2025-2026**

1. Algunos estudiantes tienen antecedentes, identidad, interés o talento que es tan significativo que creen que su aplicación estaría incompleta sin él. Si esto suena como usted, entonces por favor comparta su historia.
2. Las lecciones que tomamos de los obstáculos que encontramos pueden ser fundamentales para el éxito posterior. Cuente un momento en el que se enfrentó a un desafío, un contratiempo o un fracaso. ¿Cómo te afectó y qué aprendiste de la experiencia?
3. Reflexiona sobre un momento en el que cuestionaste o desafiaste una creencia o idea. ¿Qué motivó su pensamiento? ¿Cuál fue el resultado?
4. Reflexiona sobre algo que alguien ha hecho por ti que te ha hecho feliz o agradecido de una manera sorprendente. ¿Cómo te ha afectado o motivado esta gratitud?
5. Discuta un logro, evento o realización que provocó un período de crecimiento personal y una nueva comprensión de sí mismo o de los demás.
6. Describe un tema, idea o concepto que encuentres tan atractivo que te haga perder toda la noción del tiempo. ¿Por qué te cautiva? ¿A qué o a quién recurre cuando quieres aprender más?
7. Comparta un ensayo sobre cualquier tema de su elección. Puede ser uno que ya haya escrito, uno que responda a un mensaje diferente o uno de su propio diseño.





# YONKERS MIDDLE HIGH SCHOOL

Legal Name: \_\_\_\_\_

Preferred name if different from legal name: \_\_\_\_\_

Counselor Name: \_\_\_\_\_

## JUNIOR BRAG SHEET

This information will enable your recommender to be able to write a better, more personal letter of recommendation. This is your chance to brag, so don't be shy!!

1. What are your proudest  
accomplishments?  
Academic?  
Personal?
2. Are there any circumstances in your life that might have had a negative or positive factor on your grades?
3. Give three descriptive adjectives that tell something about you as a person. Explain.
4. What extracurricular activity has been most important to you and why?
5. What job experience has been particularly meaningful? Why?
6. Do you have any special interest or talents?
7. List the books that you have read on your own within the last year.
8. How do you spend your leisure time? (Feel free to include summers)
9. How did you contribute to Yonkers Middle/High School?  
(Sports/activities/community service)
10. What three things would you want a college admissions committee to know about you? Give examples or relate a specific situation to explain.
11. What is your intended major of study? What is your intended career choice?
12. If you had a motto to live by, what would it be and why?

# YONKERS MIDDLE HIGH SCHOOL



Nombre: \_\_\_\_\_

Nombre del consejero(a): \_\_\_\_\_

Nombre Prefeido: \_\_\_\_\_

## JUNIOR BRAG SHEET

Esta información le permitirá a su recomendador poder escribir una carta de recomendación mejor y más personal. Esta es tu oportunidad de presumir, ¡así que no seas tímido!

1. ¿Eres la primera persona en tu familia en asistir a la universidad?
2. ¿Cuáles son sus logros más orgullosos?  
    ¿Académico?  
    ¿Personal?
3. ¿Hay alguna circunstancia en su vida que pueda haber tenido un factor negativo o positivo en sus calificaciones?
4. Dé tres adjetivos descriptivos que digan algo sobre usted como persona. Explicar.
5. ¿Qué actividad extracurricular ha sido más importante para usted y por qué?
6. ¿Qué experiencia laboral ha sido particularmente significativa? ¿por qué?
7. ¿Tiene algún interés o talento especial?
8. Enumere los libros que ha leído en su propio tiempo en el último año.
9. ¿Cómo pasas tu tiempo libre? (Siéntase libre de incluir veranos)
10. ¿Cómo contribuyó a Yonkers Middle/High School? (Deportes/actividades/servicio comunitario)
11. ¿Qué tres cosas querrías que un comité de admisiones de la universidad supiera de ti? Dar ejemplos o relacionar una situación específica para explicar.
12. ¿Cuál es su especialidad de estudio? ¿Cuál es su elección de carrera?
13. Si tuvieras un lema por el que vivir, ¿qué sería y por qué?

## **Sample Resume**

Mary Smith  
123 Rockland Avenue  
Yonkers, New York 10705  
(914) 376-1111  
msmith@yahoo.com

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**ACTIVITIES:** Treasurer of the French Club  
Member of the Peer Facilitators  
Member of Literary Magazine  
News Editor of the school newspaper  
Advertising Manager/Reporter for the Future Business Leaders of America

**ATHLETICS:** Junior Varsity Volleyball  
Varsity Cross Country  
Captain of Varsity Basketball Team

**WORK EXPERIENCE:** Yonkers Tennis Center, Yonkers, N.Y.  
Summer 2007  
Counselor, Tennis Day Camp

Tutor, YMCA, Yonkers, N.Y.  
Summer 2017  
Acted as a one-on-one home tutor teaching math to an eight year old

St. John's Hospital, Yonkers, N.Y.  
September 2018

Childcare provider, Yonkers, N.Y.  
Summer 2017-Present

Piper's Kilt restaurant, Eastchester, N.Y.  
September 2018-Present  
Waiter/Waitress, served food and drinks to patrons

**COMMUNITY SERVICE:** Habitat for Humanity  
2018  
Distributed food at midnight run in Yonkers, N.Y.  
Planted trees, plants, and flowers to help the environment

**HONORS:** National Merit Scholarship Program Letter of Commendation  
Vassar College Book Award, 2018  
National Honor Society, 2015-2018  
High Honor Roll, 2016-2018  
Merit Award in French, 2016, 2017  
First Honors at Iona College Language Competition, 2018  
Art Student of the Month, May 2018

## ***CURRÍCULUM de muestra***

Mary Smith  
123 Rockland Avenue  
Yonkers, New York 10705  
(914) 376-1111  
msmith@yahoo.com

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**Actividades:** Treasurer del Club Francés  
Miembro de los Facilitadores de Pares  
Miembro de Literary Magazine  
Editor de noticias del periódico escolar  
Gerente de Publicidad/Reportero para los Futuros Líderes de Negocios de América

**Atletismo:** Voleibol Junior Varsity  
Varsity Cross Country  
Capitán del Equipo de Baloncesto Varsity

**EXPERIENCIA LABORAL:** Yonkers Tennis Center, Yonkers, N.Y.  
Verano 2007  
Consejero, Campamento del Día del Tenis

Tutor, YMCA, Yonkers, N.Y.  
Verano 2017  
Actuó como un tutor familiar que enseña matemáticas a un niño de ocho años

St. John's Hospital, Yonkers, N.Y.  
septiembre de 2018

Proveedor de cuidado infantil, Yonkers, N.Y.  
Verano 2017-Presente

Piper's Kilt Restaurant, Eastchester, N.Y.  
septiembre 2018-Presente  
Camarero(a), servía comida y bebidas a los clientes

**SERVICIO COMUNITARIO:** Habitat for Humanity  
2018  
Comida distribuida a medianoche en Yonkers, N.Y.  
Plantado árboles, plantas y flores para ayudar al medio ambiente

**HONORES:** Carta de Elogio del Programa Nacional de Becas al Mérito  
Vassar College Premio del Libro, 2018  
National Honor Society, 2015-2018  
High Honor Roll, 2016-2018  
Premio al Mérito en francés, 2016, 2017  
Primeros honores en el Concurso de Idiomas de Iona College, 2018  
Estudiante de Arte del Mes, May 2018

# DIVISION I ACADEMIC REQUIREMENTS

## CORE-COURSE REQUIREMENTS

Complete 16 core courses in the following areas:

<b>ENGLISH</b>	<b>MATH</b> (Algebra I or higher)	<b>NATURAL/ PHYSICAL SCIENCE</b> (Including one year of lab, if offered)	<b>ADDITIONAL</b> (English, math or natural/physical science)	<b>SOCIAL SCIENCE</b>	<b>ADDITIONAL COURSES</b> (Any area listed to the left, foreign language or comparative religion/philosophy)
4 years	3 years	2 years	1 year	2 years	4 years

## FULL QUALIFIER

College-bound student-athletes enrolling at an NCAA Division I school need to meet these academic requirements to practice, compete and receive an athletics scholarship in their first year of full-time enrollment.

- Complete 16 core courses in the appropriate areas.
  - Ten of the 16 core courses must be completed before the seventh semester (senior year) of high school.
  - Seven of the 10 core courses must be in English, math or natural/physical science.
- Earn a core-course GPA of at least 2.300.
- Earn an SAT combined score or ACT sum score matching the core-course GPA on the Division I sliding scale.
- Submit proof of graduation to the Eligibility Center.

## ACADEMIC REDSHIRT

All Division I academic redshirts may receive an athletics scholarship and practice during their first year of full-time enrollment at a Division I school, but may NOT compete.

- Complete 16 core courses in the appropriate areas.
- Earn a core-course GPA of at least 2.000.
- Earn an SAT combined score or ACT sum score matching the core-course GPA on the Division I sliding scale.
- Submit proof of graduation to the Eligibility Center.

## INTERNATIONAL STUDENTS

Please review the international initial-eligibility flyer for information and academic requirements specific to international student-athletes.

For information on Division II, view the Division II academic requirements flyer.



## TEST SCORES

If a student-athlete plans to attend an NCAA Division I college or university, they should use the sliding scale to review the core-course GPA and SAT/ACT score they will need to meet Division I full qualifier standards. When registering for the SAT or ACT, students should use code **9999** to ensure their test scores are sent directly to their Eligibility Center account. More information regarding the impact of COVID-19 and test scores can be found at [on.ncaa.com/COVID19\\_Fall2022](http://on.ncaa.com/COVID19_Fall2022).

An SAT combined score is calculated by adding critical reading and math subscores. An ACT sum score is calculated by adding English, math, reading and science subscores. Students may take the SAT or ACT an unlimited number of times before they enroll full time in college. If a student takes either test more than once, the best subscores from each test are used for their academic certification process.

## CORE-COURSE LIST

Student-athletes should check to see if their high school has a list of NCAA-approved core courses. No core-course list means courses taken from that high school will not count toward NCAA eligibility.

## ONLINE COURSES/ NONTRADITIONAL

Nontraditional courses are classes taught online or through distance learning, hybrid/blended, independent study, individualized instruction, correspondence or similar means.

These types of courses may be acceptable for use in the NCAA initial-eligibility certification process; however, it is important to make sure the nontraditional program has been approved and appears on the high school's list of NCAA-approved core courses.

## BE AHEAD OF THE GAME

If student-athletes want to get ahead of the game, they need to register with the NCAA Eligibility Center during their freshman/9th year.

After college-bound student-athletes complete their sophomore, junior and senior years, it is important for them to ask their counselor at each high school or program they attended to upload their official transcript to their Eligibility Center account.

**Want more information? Visit**  
[ncaa.org/playcollegesports](http://ncaa.org/playcollegesports).

**Follow us:**  @ncaaec  @playcollegesports  @ncaaec

## DIVISION I FULL QUALIFIER SLIDING SCALE

Core GPA	SAT*	ACT Sum*	Core GPA	SAT*	ACT Sum*
3.550	400	37	2.750	810	59
3.525	410	38	2.725	820	60
3.500	430	39	2.700	830	61
3.475	440	40	2.675	840	61
3.450	460	41	2.650	850	62
3.425	470	41	2.625	860	63
3.400	490	42	2.600	860	64
3.375	500	42	2.575	870	65
3.350	520	43	2.550	880	66
3.325	530	44	2.525	890	67
3.300	550	44	2.500	900	68
3.275	560	45	2.475	910	69
3.250	580	46	2.450	920	70
3.225	590	46	2.425	930	70
3.200	600	47	2.400	940	71
3.175	620	47	2.375	950	72
3.150	630	48	2.350	960	73
3.125	650	49	2.325	970	74
3.100	660	49	2.300	980	75
3.075	680	50	2.299	990	76
3.050	690	50	2.275	990	76
3.025	710	51	2.250	1000	77
3.000	720	52	2.225	1010	78
2.975	730	52	2.200	1020	79
2.950	740	53	2.175	1030	80
2.925	750	53	2.150	1040	81
2.900	750	54	2.125	1050	82
2.875	760	55	2.100	1060	83
2.850	770	56	2.075	1070	84
2.825	780	56	2.050	1080	85
2.800	790	57	2.025	1090	86
2.775	800	58	2.000	1100	86

\*Full sliding scale research between the new SAT and ACT is ongoing.

ACADEMIC REDSHIRT



# DIVISION II ACADEMIC REQUIREMENTS

## CORE-COURSE REQUIREMENTS

Complete 16 core courses in the following areas:

<b>ENGLISH</b>	<b>MATH</b> (Algebra I or higher)	<b>NATURAL/ PHYSICAL SCIENCE</b> (Including one year of lab, if offered)	<b>ADDITIONAL</b> (English, math or natural/physical science)	<b>SOCIAL SCIENCE</b>	<b>ADDITIONAL COURSES</b> (Any area listed to the left, foreign language or comparative religion/philosophy)
3 years	2 years	2 years	3 years	2 years	4 years

## FULL QUALIFIER

College-bound student-athletes enrolling at an NCAA Division II school need to meet these academic requirements to practice, compete and receive an athletics scholarship in their first year of full-time enrollment.

- Complete 16 core courses in the appropriate areas.
- Earn a core-course GPA of at least 2.200.
- Earn an SAT combined score or ACT sum score matching the core-course GPA on the Division II full qualifier sliding scale.
- Submit proof of graduation to the Eligibility Center.

## PARTIAL QUALIFIER

College-bound student-athletes that do not meet Division II full qualifier standards will be deemed a partial qualifier. All Division II partial qualifiers may receive an athletics scholarship and practice during their first year of full-time enrollment at a Division II school, but may NOT compete.

## INTERNATIONAL STUDENTS

Please review the international initial-eligibility flyer for information and academic requirements specific to international student-athletes.

For information on Division I, view the Division I academic requirements flyer.



## TEST SCORES

If a student-athlete plans to attend an NCAA Division II college or university, they should use the sliding scale to review the core-course GPA and SAT/ACT score they will need to meet Division II full qualifier standards. When registering for the SAT or ACT, students should use code **9999** to ensure their test scores are sent directly to their Eligibility Center account. More information regarding the impact of COVID-19 and test scores can be found at [on.ncaa.com/COVID19\\_Fall2022](https://on.ncaa.com/COVID19_Fall2022).

A combined SAT score is calculated by adding critical reading and math subscores. An ACT sum score is calculated by adding English, math, reading and science subscores. Students may take the SAT or ACT an unlimited number of times before they enroll full time in college. If a student takes either test more than once, the best subscores from each test are used for their academic certification process.

## CORE-COURSE LIST

Student-athletes should check to see if their high school has a list of NCAA-approved core courses. No core-course list means courses taken from that high school will not count toward NCAA eligibility.

## ONLINE COURSES/ NONTRADITIONAL

Nontraditional courses are classes taught online or through distance learning, hybrid/blended, independent study, individualized instruction, correspondence or similar means.

These types of courses may be acceptable for use in the NCAA initial-eligibility certification process; however, it is important to make sure the nontraditional program has been approved and appears on the high school's list of NCAA-approved core courses.

## BE AHEAD OF THE GAME

If student-athletes want to get ahead of the game, they need to register with the NCAA Eligibility Center during their freshman/9th year.

After college-bound student-athletes complete their sophomore, junior and senior years, it is important for them to ask their counselor at each high school or program they attended to upload their official transcript to their Eligibility Center account.

For more information on Division II, visit [ncaa.org/D2](https://ncaa.org/D2).

**Want more information? Visit**  
[ncaa.org/playcollegesports](https://ncaa.org/playcollegesports).

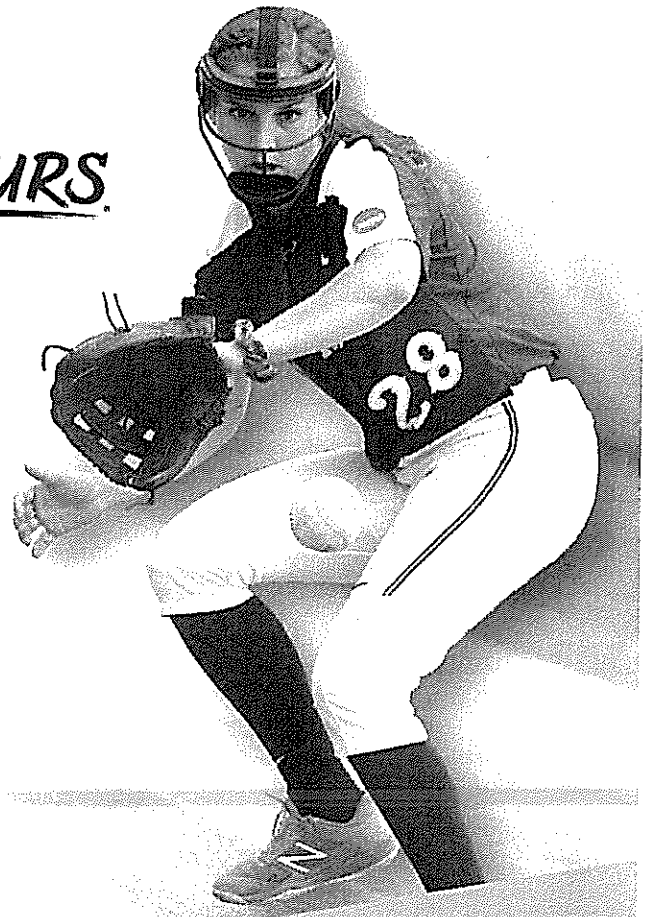
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## DIVISION II FULL QUALIFIER SLIDING SCALE

Core GPA	SAT*	ACT Sum*	Core GPA	SAT*	ACT Sum*
3.300 & above	400	37	2.725	730	52
3.275	410	38	2.700	740	53
3.250	430	39	2.675	750	53
3.225	440	40	2.650	750	54
3.200	460	41	2.625	760	55
3.175	470	41	2.600	770	56
3.150	490	42	2.575	780	56
3.125	500	42	2.550	790	57
3.100	520	43	2.525	800	58
3.075	530	44	2.500	810	59
3.050	550	44	2.475	820	60
3.025	560	45	2.450	830	61
3.000	580	46	2.425	840	61
2.975	590	46	2.400	850	62
2.950	600	47	2.375	860	63
2.925	620	47	2.350	860	64
2.900	630	48	2.325	870	65
2.875	650	49	2.300	880	66
2.850	660	49	2.275	890	67
2.825	680	50	2.250	900	68
2.800	690	50	2.225	910	69
2.775	710	51	2.200	920	70 & above
2.750	720	52			

\*Full sliding scale research between the SAT and ACT is ongoing.

 Division II  
**MAKE IT YOURS.**





## COLLEGES, FINANCIAL AID, AND SCHOLARSHIP WEBSITES

[www.act.org](http://www.act.org)

[www.fastweb.com](http://www.fastweb.com)

[www.bigfuture.collegeboard.org](http://www.bigfuture.collegeboard.org)

[www.finaid.org](http://www.finaid.org)

[www.blackstudentfund.org](http://www.blackstudentfund.org)

[www.gmsp.org](http://www.gmsp.org)

[www.campustours.com](http://www.campustours.com)

[www.grantsandfunding.com](http://www.grantsandfunding.com)

[www.collegeboard.com](http://www.collegeboard.com)

[www.nasfaa.org](http://www.nasfaa.org)

[www.college-insight.org](http://www.college-insight.org)

[www.nces.ed.gov/collegenavigator](http://www.nces.ed.gov/collegenavigator)

[www.collegeconfidential.com](http://www.collegeconfidential.com)

[www.nextstudent.com](http://www.nextstudent.com)

[www.collegescholarships.com](http://www.collegescholarships.com)

[www.niche.com](http://www.niche.com)

[www.collegexpress.com](http://www.collegexpress.com)

[www.petersons.com](http://www.petersons.com)

[www.collegestats.org](http://www.collegestats.org)

[www.salliemae.com](http://www.salliemae.com)

[www.commonapp.org](http://www.commonapp.org)

[www.studentaid.com](http://www.studentaid.com)

[www.cuny.edu](http://www.cuny.edu)

[www.suny.edu](http://www.suny.edu)

[www.embark.com](http://www.embark.com)

[www.unigo.com](http://www.unigo.com)