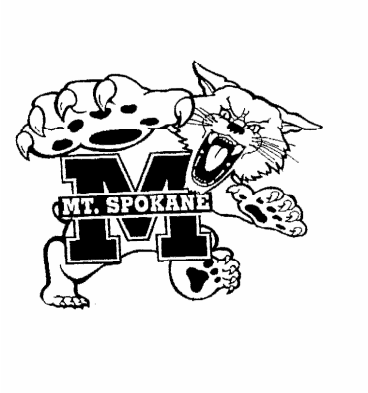
Cat Tracks

To the Future



2009-2010
PLANNING GUIDE
FOR
POST-HIGH SCHOOL
EDUCATION

Presented by Mt. Spokane Student Services

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2009 – 2010

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WHY SHOULD I GET MORE EDUCATION OR TRAINING?

Job Skill Level Changes 1950-2000

1950		1991		2000	
Unskilled	60%	Skilled	45%	Skilled	65%
Skilled	20%	Unskilled	35%	Professional	20%
Professional	20%	Professional	20%	Unskilled	15%

Dear Student,

The great majority of new jobs created between now and 2010 will require skills beyond high school. About 20% of those new jobs will require four-year professional degrees, while only 15% will be unskilled jobs. As you can see, the days of graduating from high school and entering the work force without skills have all but gone.

With the huge investment of time and money required for the necessary education and training to enter the job market, it is extremely important that you plan appropriately for your future. Success in life is not random. It's a matter of self-awareness and careful planning. One of the most important things that you probably already know is that your success begins with you. It starts with knowing yourself. It involves pinpointing your interests and connecting them to careers. It involves knowing what skills you'll need for the career you want, and planning ways to get those skills.

This guide is one source to help you develop your plan for success. It is designed to help you identify the resources and people that will help you make the transition from high school to future education and training. Post-high school planning is unique for each individual, and as long as you have a plan underway you are headed for success.

This Post-High School Planning Guide can serve as a valuable resource for you as you plan for your future. Use it as you create "Cat Tracks to your Future."

Mt. Spokane Counselors:

Rob Renner, Class of 2010
Jamie Goodman, Class of 2011
Josh Cowart, Class of 2012
Melissa Allen, Class of 2013

STUDENT ACTIVITIES AND DATES FOR 2009-2010

SAT/ACT Test Dates	See pg. 10
Secure a FAFSA Pin Number www.fafsa.ed.gov	Sept.
Fall Open House/Post High School Planning	Oct.5
PSAT/ASSETT/ASVAB Testing	Oct. 14
School Picture Retakes	Oct.27
Fall Progress Reports	Oct. 16
Senior Bus Picture/Class Meeting	Oct. 19 (9:30 am.)
National College Fair	Oct. 22 (Convention Center)
Leadership Camp	TBA
Senior Pictures Due	Oct. 30
Out-of-State College Applications	Nov. 1 (Check Colleges)
Send In College Applications	Dec. 1
Winter Progress Reports	Dec.11
Colleges Begin Processing FAFSAs	Jan. 1
College Application Deadlines	Jan. 15 – Mar. 15 (Check Colleges)
End of 1st Semester	Jan. 29
Early Spring Progress Reports	Mar. 12
WASL Testing	Mar.16 –18, April 13 -15
Wash. College Planning Day (juniors)	Mar. 25 (SFCC)
Senior Culminating Presentations	April 13 -15
Student-Led-Conferences	April 13 -15
Spring Progress Reports	May 3
AP Exams	May 3-14
Senior Prom	May 22
Senior Awards Night	May 18 (6:30 pm.)
Senior Finals	June 8-9
Senior Silverwood Trip	June 10 (10:00 am)
Graduation Rehearsal	June 11 (8”00 am. Arena)
Graduation Breakfast	June 11 (Whitworth College – 10:00 am.)
Graduation	June 11 (5:00 pm. Gonzaga/ McCarthey Ctr.)
Final Exams	June 14-17
Last Day Of School	June 18

POST HIGH SCHOOL PREPARATION CHECKLIST

Freshman/Sophomores:

_____ Take strong academic courses
_____ Get involved in school and community activities
_____ Have parents attend the post **H.S. Planning Night/Open House on Oct. 5.**
_____ Consider taking the PSAT (for practice) as a sophomore. **(Oct. 14)**
_____ Complete a four-year planning sheet for your class schedule
_____ Actively participate in Advisory, Portfolio activities.
_____ Become familiar with College, Technical School, Apprenticeship, and Military Entrance Requirements.

Juniors:

_____ Continue taking challenging courses
_____ Stay involved in activities and leadership positions
_____ Have parents attend the post **H.S. Planning Night/Open House on Oct. 5**
_____ Attend college visitations in the Career Center
_____ Take the **PSAT, ASVAB on Oct. 14**
_____ Begin developing a list of potential Colleges, Technical Schools, Apprenticeships, or Military options.
_____ Attend the National College Fair **October 22.**
_____ Check the admission data of colleges, Technical Schools, Apprenticeships, or Military options you have interest in attending
_____ Attend the Washington College Planning Day **March 25.**
_____ Take the **SAT or ACT** in the spring
_____ Students interested in attending competitive colleges should check for SAT Subject Tests requirements
_____ Spend time gathering information about colleges, technical schools, apprenticeships, or military options you are interested in attending
_____ If interested in a Military Academy, begin the process. (p.19)
_____ Familiarize yourself with the admission applications and scholarship processes.
_____ Schedule college and school visitations for the summer.

Seniors:

_____ Continue taking challenging academic courses
_____ Stay involved in community, school, and leadership activities
_____ Secure a Pin Number www.fafsa.ed.gov
_____ Consider retaking the **SAT or ACT**, or taking as an alternate admission test.
_____ If interested in a military option, schedule the **ASVAB**.
_____ Students interested in attending competitive colleges should check for SAT Subject Tests requirements
_____ Investigate and apply for appropriate scholarships (p. 13-14 Post H.S. Booklet, College/Career Center)
_____ Complete and distribute Recommendation Forms to appropriate adults. (p. 11)
_____ Attend college and technical/ trade school visitations in the Career Center
_____ Attend **Post H.S. Planning Night/Open House** with parents on **Oct. 5**
_____ Check early admissions decision deadlines
_____ Contact individual colleges and technical schools for admissions, financial aid, and scholarship information
_____ Send *out-of-state* college applications in early (**November 1**)
_____ Attend the National College Fair **October 22.**
_____ Mid-December is the deadline for Military Academy applications
_____ Send in your **college and technical school applications** (**Dec.1**)
_____ Submit your **FAFSA** (Financial Aid Form) electronically (**January 1**)
_____ **FAFSA** priority **deadline February 15.**
_____ Stay on top of admissions deadlines **January 15** to **March 1** (check individual institutions)
_____ Make sure you meet Financial Aid deadlines **February 15** to **March 1** (check colleges)
_____ Make an appointment for the **ASSET** Test if you are attending SFCC or SCC.
_____ Scholarship deadlines vary (check individual institutions and scholarships)

JUNIOR & SENIOR YEAR TIMELINE

Juniors		Seniors
Attend College, Technical/Trade School Visitations (Career Center)	**September**	**Scholarship Search (all year)** Continue taking Challenging Courses Attend College, Technical/Trade School Visitations (Career Center)
Post H.S. Planning Night (Oct. 5) Attend College Visitations (Career Center) Take PSAT, ASVAB Oct. 14	**October**	Secure a Pin Number www.fafsa.ed.gov Post H.S. Planning Night (Oct. 5) Take/Retake SAT or ACT Distribute Recommendation Forms
National College Fair Oct. 22 If interested in a Military Academy, begin the process. (p.19)	**November**	Early Decision Deadlines? National College Fair Oct. 22 Send in Out-of-State Applications Contact Individual Colleges, Technical Or Trade School (Financial Aid/Scholarships)
	December	Deadline for Military Academy Applications Send in College, Technical/Trade School Applications
	January	College Letters of Recommendation Military interested? Take the ASVAB
	February	Submit FAFSA College App. Deadlines (Jan. 15-March 1) Financial Aid Priority Deadline Feb. 15
Wash. College Planning Day Mar.25 Take SAT or ACT Tests	**March**	Become familiar with Apprenticeship options (p.18A) Begin to narrow College, Technical/Trade School Choices
Prepare Data Sheet for Letters of Recommendation	**April**	Evaluate Financial Aid/Acceptance Packages Send in Deposit
Begin Planning for College, Technical/Trade Schools Over the Summer (visitations)	**May**	Attending community college? Schedule an ASSET test.
	June	Request Final Transcript to be Sent to College

FOUR-YEAR COLLEGE ADMISSION REQUIREMENTS

As college admissions continues to become more and more competitive, it is strongly recommended that college bound students take a highly rigorous course schedule through all four years of high school. Consult with your Mt. Spokane counselor for further information.

Recommended course work for four-year college bound:

4 Years English
4 Years Math
3-4 Years Science
3 Years Social Studies
2-3 Years World Language
1 Year Fine or Performing Arts or other academic elective
*Mt. Spokane High School's **Honors** and **AP** programs provide the most rigorous college preparation.

Minimum High School Course Requirements:

4 Years *English*
3 Years *Math* (including Algebra, Geometry, Algebra II/Trig)
2/3 Years *Science* (some out-of-state, private colleges and WWU require three years with Chemistry or Physics)
3 Years *Social Studies*
2 Years *World Language* (some out-of-state or private strongly recommend three years
1 Year *Fine* or *Performing Arts* or other academic elective
Requirements may vary in out of state schools

College Admission Data:

4 Year Public College Freshman Averages:
SAT: 1567 Comp. ACT: 23.1 GPA: 3.3

4 Year Private College Freshman Minimums:
GPA: 3.0 SAT: 1050 E/M

2009 Individual College Freshmen Class Profiles: (Average or Middle 50%)

College:	GPA:	SAT:	ACT:
CWU	3.7	1430 comp.	27
EWU	3.2	977 E/M	21
Evergreen	3.12	1130 E/M	
UofW	3.59-3.9	1770 Comp.	24-29
WSU	3.48	1120 E/M	21-26
WWU	3.5	1120 E/M	21-26
GU	3.6	1176 E/M	26
PLU	3.6	1100 E/M	24
SPU	3.6	1700 Comp.	25
Whitworth	3.72	2100 Comp.	
BYU	3.8	1800 Comp.	28
Stanford	3.8-4.0	2850 Comp.	(90% are in the top10% of their class)

Community Colleges:

Community colleges have an open enrollment policy. Students with a high school diploma will be accepted. However, various specialty programs within the college may require certain courses or test scores to enter.
Students entering SFCC/SCC must take the **ASSET or Compass Test** for placement.

* Many programs at the community college require that entering students demonstrate college level proficiency in both English and math (Alg. II/Trig). If not, students will be required to pay for and complete remedial course-work through the community college.

Selecting a college is a very individual choice. Spend time thinking about the various aspects of a college that might be important to you. Consider things like location, size, curriculum, campus life, and costs.

"Early Decisions" usually need to be made in **November.** Standard applications usually are processed beginning in **December**. Some technical programs at the community college can fill a year in advance.
Deadlines range from January 15 to March 1.

APPLYING TO A COLLEGE:

- Access individual college web pages and apply on-line.
- Request that Mt. Spokane High School's College/Career Center send your admission test scores and transcript.
- If you choose to complete a hard copy application (Mt. Spokane's College/Career Center) submit it to Mt. Spokane's College/Career Center to be sent to the college along with admission test scores and transcript.

WASHINGTON FOUR-YEAR COLLEGES

Central Washington University
400 E 8th Ave
Ellensburg, WA 98926-7463
(509) 936-3001
www.cwu.edu

Cornish College of the Arts
710 E. Roy Street
Seattle, WA 98102
(296) 726-ARTS
www.cornish.edu

Eastern Wash. University
526 5th St. MS 148
Cheney, WA 99004-2341
(888) 740-1914
www.ewu.edu

Evergreen State College
2700 Evergreen Parkwy NW
Olympia, WA 98505
(360) 866-6000 Ex. 6170
www.evergreen.edu

Gonzaga University
502 E. Boone Ave.
Spokane, WA 99258-0102
(509) 323-6572
www.gonzaga.edu

Heritage College
3240 Fort Rd
Toppenish, WA 98948
(509) 856-2244
www.heritage.edu

Lutheran Bible Institute
4221 228th Ave SE
Issaquah, WA 99029-9299
(800) 843-5659
www.lbi.edu

Northwest Indian College
2522 Kwina Rd
Bellingham, WA 98226
(360) 676-2772 Ex. 270
www.nwic.edu

Pacific Lutheran University
Tacoma, WA 98447
(800) 274-6758
www.plu.edu

Saint Martin's College
5300 Pacific Ave. SE
Lacey, WA 98503-1297
(360) 491-4700
www.stmartin.edu

Seattle University
900 Broadway
Seattle, WA 98122-4340
(800) 426-7123
www.seattleu.edu

University of Puget Sound
1500 N. Warner
Tacoma, WA 98416
(800) 396-7192
www.ups.edu

University of Washington
Office of Admissions
1400 NE Campus Parkway
Seattle, WA 98195
(206) 543-8696
www.washington.edu

Walla Walla College
204 S. College Ave.
College Place, WA 99324
(800) 543-8900
www.wwc.edu

Washington State University
Office of Admissions
370 Lighty Stu. Svs. Bldg
Pullman, WA 99164
1-888-468-6978
www.wsu.edu

Western Wash. University
Bellingham, WA 98225-9009
(360) 650-3440
www.wwu.edu

Whitman College
345 Boyer Ave
(509) 527-5176
www.whitman.edu

Whitworth College
300 W. Hawthorne
Spokane, WA 99251
(509) 466-3213
www.whitworth.edu

ADMISSION TO HIGHLY COMPETITIVE COLLEGES

Generally, the most competitive colleges in the U.S. are those that admit fewer than 20% of freshmen applicants each year. These colleges include the "Ivy League" schools of the northeast (Yale, Harvard, Princeton, Columbia, Dartmouth, Cornell, University of Pennsylvania and Brown) as well as other elite colleges across the country (Stanford, Northwestern, Notre Dame, etc.).

Most colleges in this category admit only those students who graduate near the top of their classes and score well on admissions exams. Students are also expected to have taken the most challenging classes available at their schools, to be involved in a variety of activities and to be contributing members of their communities.

Highest consideration is paid to the high school transcript, then to test scores, letters of recommendation, the student application and the admissions essay. The evaluation of a candidate's application is thorough and involves many factors including personal qualities, adversities overcome, ability to take advantage of opportunities and resources and record of community service. The admissions process may include a personal interview or the requirement of specific SAT II subject tests in addition to an ACT or SAT score. Some schools encourage an "early decision" commitment to attend in which the student agrees to accept an offer prior to December 15 and withdraws application to all other schools.

In general, highly competitive colleges set earlier application deadlines than other schools. Students need to start the application process at the beginning of their senior year by collecting letters of recommendation and requesting application materials. The following are some specific examples of admissions data for these prestigious colleges:

Recommended Academic Preparation

English – four years, with emphasis on writing and literature. (Honors, Adv. Placement)
Mathematics – four years in progression through pre-calculus, or AP calculus.
History/Social Studies – three or more years, including American History. Emphasis should be given to the writing of essays. (Honors, AP U.S. History, AP Government)
Science – three to four years of laboratory science. (AP Biology, Chemistry, or Physics)
Foreign Language – three or four years of one foreign language is preferable.
Fine Arts – some study of art and music is preferable.
Advanced Placement & Honors Courses - highly recommended.

POST H.S. ADMISSIONS AND PLACEMENT TESTS:
Mt. Spokane High School Code = 480-687

PSAT:
This is the Preliminary Scholastic Aptitude Test or practice test for the SAT. For juniors, it is also the qualifying test for the National Merit Scholarship Program. The PSAT is given in October at Mt. Spokane H.S. The cost is approximately $14.

SAT I:

The Scholastic Aptitude Test is a college admission test put out by the College Board. It is given several times year on Saturdays at various schools. The test takes about three hours and measures verbal reasoning, math reasoning, and writing. The scores range from 400 to 1600. SAT scores are also needed for most scholarship applications. The cost is $45.00.

SAT II:

These are specific subject tests such as English, history, math, French, etc. There are approximately 150 colleges in the U.S. (usually private or highly competitive institutions) that require subject tests for admission and placement. The cost is approximately $45. (The SAT I and SAT II must be taken on separate days.)

ACT:

The American College Test is another college admission test. Although it is recommended by many mid-western colleges, most colleges will accept it for admissions. The ACT measures English, math, reading, and science reasoning. The scores range from 0 to 36. The composite score is an average of the four tests. (Although not as popular as the SAT, some students score higher on the ACT.) The cost is $32 or $47 with Writing.

ASSET/Compass:

This is a placement test given by many community colleges. It measures English, math, and reading skills. Scores range from 23 to 55. The cost is $12.50. (SFCC/SCC requires it for admission.)* One of these tests is also required for Running Start Students. Call for a testing appointment: SFCC – 533-3527 SCC – 533-7074

ASVAB:

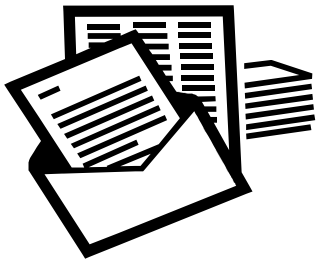
Students serious about exploring opportunities in the military should take the ASVAB (Armed Services Vocational Aptitude Battery). The ASVAB is a ten-part, three hour test which identifies a student's aptitudes and strengths. The different branches of the military use the results for career and training placement. Students may take the ASVAB to help them identify their vocational aptitudes. Taking the ASVAB in no way obligates a student to the military. It is given, free of charge, each spring at Mt. Spokane H.S. (Oct. 14) 9:00 a.m.

College Admissions Test Dates:

SAT		ACT	
Test Date	**Registration Deadline**	**Test Date**	**Registration Deadline**
Oct. 19, 2009	Sept. 9, 2009	Sept. 12, 2009	Aug. 7, 2009
Nov. 7, 2009	Oct. 1, 2009	Oct. 24, 2009	Sept. 18, 2009
Dec. 5, 2009	Oct. 30, 2009	Dec. 12, 2009	Nov. 6, 2009
Jan. 23, 2010	Dec. 15, 2009	Feb. 6, 2010	Jan. 5, 2010
March 13, 2010	Feb. 4, 2010	April 10, 2010	March 5, 2010
May 1, 2010	March 25, 2010	June 12, 2010	May 7, 2010
June 5, 2010	April 29, 2010		

- **FEE WAIVERS:** SAT and ACT fee waivers are available through your counselor. Students who qualify for test fee waivers may be eligible for three college application fee waivers.

LETTERS OF RECOMMENDATION & THE ADMISSIONS ESSAY



Letters of Recommendation:

Letters of recommendation are a very important part of your college admissions and scholarship application process. It is important that the letters reflect your attitude, character, personal traits, value system, and areas of strength. Make sure that you take the appropriate steps in preparing for your letters of recommendation.

- Know scholarship/college application deadlines and give an individual at least two weeks to write a recommendation.
- Give the individual information about the scholarships and criteria to be considered for evaluation.
- Provide the individual with a completed **Letter of Recommendation Information Sheet** (College/Career Center)
- Include a self-addressed stamped envelope.
- Check with the individual and make sure the recommendation was written and sent.

The Admissions Essay/Personal Statement:

Writing quality essays can give you an edge as you apply to very competitive colleges. You will want to show that you are a unique, intriguing individual that is worthy of admission. Solid preparation and planning will help. Make sure that you pick up "*The Admissions Essay*" packet form the Career Center. This packet will guide you through this challenging process.

- Through our Advisory program and junior and senior English classes, MSHS assists every student in writing their college admission essay.

College Annual Costs:

Washington Public 4-Year Colleges and Universities

(Estimates for 2009-2010)

App Fees	Tuition & Fees	Room &Board	Books	Trans & Personal	Totals
$35-$55	$5,500-$8,500	$7,000-$9,500	$820-$920	$2,700-$3,500	$17,000-$23,000

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Washington Independent 4-Year Colleges and Universities

App Fee	Tuition & Fees	Room &Board	Books	Trans & Personal	Total
$35-$45	$20,000-$30,500	$4,000-$7,500	$850-$1,800	$700-$3,000	$30,000-$43,000

Community Colleges of Spokane & North Idaho

Institution	App Fee	Tuition & Fees	Room & Board (max)	Books	Trans & Personal	Total
SCC/SFCC	$15	$2,600	Not Available	$894	$2,820	$6,500
North Idaho College	$25	$4,000	$5,400	$600	$2,000	$12,000

Selected Out of State Colleges & Universities

Institution	App Fee	Tuition & Fees	Room & Board (max)	Books	Trans & Personal	Total
BYU	$25	$4,250	$5,790	$1,300	$3,280	$14,700
U of Idaho	$40	$14,600	$5,642	$1,336	$3,664	$22,000
U of Montana	$30	$15,500	$6,680	$ 800	$2,500	$25,000
U of Oregon	$50	$23,700	$8,600	$ 900	$2,376	$35,000
U of Portland	$50	$30,800	$7,400	$ 700	$1,600	$45,000
Stanford University	$75	$37,400	$11,500	$1,260	$1,875	$52,000

* **Please check individual Institution web pages for current information.**

FINANCIAL AID

Three Groups of Financial Aid

1. **Work-Study** – student employment
2. **Loans** – must be repaid, usually at a lower, subsidized rate
3. **Grants and Scholarships** – need not be repaid

Loans and Work Study Programs are arranged by the financial aid office at the college the student attends. Whether a student gets a loan, a work study program, or a combination of the two depends on the school and the student's needs.

Grants usually come from two sources, federal and state. These are known as the Pell Grant and State Supplemental Grant respectively. Grants are usually awarded according to family financial need. However, the determination of financial need is based on more factors than income.

Scholarships come in a variety of forms. Academic scholarships are generally given to those with a 3.5 GPA and above in college prep classes. However, there are a number of scholarships given in specific areas where course of study may be more important than grade point. The College/Career Center receives information on a number of scholarships throughout the year. As scholarships become available they are announced in the bulletin and posted on the Mt. Spokane H.S. webpage (student services), and posted on the College/Career Center's Scholarship file.

Common Questions about Scholarships:

1. *What is the deadline for most scholarships?* Deadlines vary, depending on the scholarship. However, very few will ever be after May 1st of the senior year.
2. *How much money will I get from a scholarship?* Some will cover total costs; e.g., tuition, room and board and miscellaneous expenses. Some could be as little as $25.00
3. *If I don't get a scholarship and don't qualify on need, then what?* There are loans available specifically for going to school. See your Career Center or counselor, or a college financial aid person can give you more information on this.
4. *Where do I find information about scholarships?*
   A. Listen to the daily bulletin and check the scholarship board at the College/ Career Center.
   B. Talk to college representatives when they visit.
   C. Check with every organization to which you belong—church, employer, clubs, etc.
   D. If you or your parents are handicapped, disabled, a minority, or have an unusual situation, check with the Career Center for scholarships in these areas.
   E. Use the resources in the College/Career Center.
   F. Use a electronic web search such as fastweb.com (see pages 23-24)

How to Apply for Financial Aid

Access the FAFSA at www.fafsa.ed.gov and create a student and parent PIN or obtain a FAFSA from Student Services. The information needed for the FAFSA is derived from the previous year's income tax form. The FAFSA is submitted electronically or mailed AFTER JANUARY 1 to be processed. Some private schools may require an additional form called the CSS Financial Aid Profile. Check with the college if they need this form. This process takes four weeks; the results are sent to the colleges designated by the student on the FAFSA form. The college, in turn, reviews the information and determines the financial eligibility of the students. (see chart on p. 16)

It is extremely important that you send in your FAFSA as soon as possible after January 1 because many sources of financial aid are distributed on a first come, first served basis. Therefore, it is recommended that you use estimates for the up-coming year's income. You can correct these estimates at a later date.

NOTES: Financial Aid officers at colleges DO NOT recommend students do a paid scholarship search. The scholarships and sources of financial aid gained from this search can usually be found at the Career Center, the public library or the college the student wishes to attend. College financial aid officers can give you the information you need on all aid that applies at their school, including scholarships.

FINANCIAL AID

The costs of attending a post-secondary institute can be substantial. Whether you attend a vocational or technical school, two-year community college or four-year college, you will want to get all the financial help you can to meet the increasing costs. The Federal Application For Financial Student Aid (FAFSA) is the largest source for college financial assistance.
*The flow chart below speaks to the recommend electronic process. Hard copy forms are available through our College/Career Center.

Financial Aid Flow Chart

By Fall of Senior Year:

Fill in a draft copy of the FAFSA – available online at www.fafsa.ed.gov

Make sure you also create a student and parent PIN number through their link for future use.

Fill out a family contribution worksheet.

By November 15th:

Organize copies of last federal tax return and recent pay stubs for FAFSA income data.

November 15th – December 31st:

Complete your FAFSA worksheet electronically, using your PIN at www.fafsa.ed.gov. Complete any other financial aid forms as required by individual colleges.

January 2nd:

Submit your FAFSA electronically to processor!

Late January: (3-4 weeks after FAFSA is mailed)

Receive Student Aid Report (SAR). Review for errors or changes. Make copies to send to college(s).

Send a signed copy to each college being considered.

Before May 1st:
(Some two-year colleges take longer)

Receive initial offer of financial aid. After receiving initial aid offer:

- Review to see if it will meet your needs.
- If adequate, sign and return offer to college.
- If inadequate, sign and return offer to college with a new special circumstances letter explaining how this offer will leave you short to meet costs.
- CONTINUE TO NEGOTIATE IF NECESSARY!!

NCAA DIVISION I & II
FRESHMAN ELIGIBILITY STANDARDS

All student athletes must register with the NCAA Initial Eligibility Clearinghouse.

Potential NCAA scholarship athletes must meet certain criteria in order to be eligible. It is the student's responsibility to obtain the information through Student Services and follow the appropriate curriculum. Clearinghouse Release forms are available to seniors in the Career Center. Qualifying Mt. Spokane courses are indicated with "NCAA Core" throughout Mt. Spokane High School's Curriculum Guide.

In order to register with the clearinghouse, you must complete the registration process found at www.ncaaclearinghouse.net (also available at www.ncaa.org). You may also complete the student release form and mail or fax the top (white) copy of the form with the $30 registration fee. Give the yellow and pink copies to Chris Pelton in MSHS Student Services and they will be sent along with official copies of your transcript to the clearinghouse.

Students completing the web application should print a copy of their completed registration form give copy #1 and #2 to Chris Pelton in MSHS Student Services who will use the copies to send official transcripts to the clearinghouse. Students who have qualified for an ACT or SAT fee-waiver may also be eligible for a clearinghouse fee waiver. See your counselor for more information.

Core Requirements:

Student must graduate from high school and have completed 16 core courses as listed below and have a core-course GPA of at least 2.0. All core-courses are listed in the curriculum guide. For more information consult the clearinghouse web site or see your counselor.

English…….……	4 years
Mathematics……	3 years
(Algebra 1 or higher)	
Natural or Physical Science……	2 years
Additional Courses…….	1 year
In English, mathematics or natural	
or physical science	
Social Science……..……	2 years
Additional Academic Courses……..…	4 years
i.e., world language, science, math	
Total Core Units.....……...….. 16	

There is currently a ruling by the NCAA in effect that credits taken in the junior high for high school credit are not eligible to meet core requirements.

Website: www.ncaa.org/cbsa

VOCATIONAL/TECHNICAL EDUCATION

Mt. Spokane High School
A variety of vocational and technical programs are offered through Mt. Spokane High School. Students have the opportunity to learn valuable skills through classes in Family and Consumer Science, Business Education, Industrial Technology, and The Spokane Skills Center.

Available courses include:

- Architectural Drafting
- Career Focus
- Materials Processing
- Marketing/DECA
- Family/Consumer Science
-

Skills Center:

- Automotive Technology/Maintenance
- Clinical & Scientific Investigations
- Collision Repair
- Computer Game Programming, Web Development & Database Admin.
- Construction Technology
- Cosmetology
- Culinary Arts & Hospitality
- Medical & Nursing Careers
- Multimedia Graphis and Printing Production
- Veterinary Tech. Assistant

Washington Voc/Tech Colleges

Bates Technical College
1101 S. Yakima Ave
Tacoma, WA 98405
(235) 596-1524
www.bates.edu

Bellingham Technical College
3028 Lindberg Ave
Bellingham, WA 98225
(360) 738-0221
www.beltc.ctc.edu

Clover Park Technical College
4500 Steilacoom Blvd. S.W.
Tacoma, WA 98499-4098
(235) 5998-5678
www.cptc.ctc.edu/cptc

Spokane
Technical programs at private technical schools and the community colleges are some of the most overlooked resources. Specialized training in these programs can provide students with marketable skills. Below are samples of the more than 100 technical programs.

- Air Conditioning, Refrigeration & Heating
- Automotive Technology
- Biomedical Equipment Technician
- Civil Engineering Technology
- Computer Integrated Manufacturing
- Dental Assisting
- Electronics Technical Engineering
- Fashion Merchandising
- Fluid Power Technology
- Graphic Design
- Health Record Clerk
- Legal Secretary
- Mechanical Engineering Technology
- Medical Records Technology
- Medical Secretary
- Nursing
- Orthotic-Prosthetic Technic
- Hospitality and Culinary Arts
- Medical and Nursing Careers
- Pre-Law Enforcement Academy
- Radio/TV Broadcasting
- Welding Technology

Lake Washington Technical College
11605 132nd Ave. NE
Kirkland, WA 98034
(425) 739-8105
www.lwtc.ctc.edu

Renton Technical College
3000 NE Fourth St.
Renton, WA 98056
(425) 235-5840
www.renton-tc.ctc.edu

Washington Community Colleges and Technical Schools

Bellevue Community College
3000 Landersholm Circle S.E.
Bellevue, WA 98007
Telephone: (425) 641-2222
www.bcc.ctc.edu

Big Bend Community College
7662 Chanute Street
Moses Lake, WA 98837
Telephone: (509) 762-5351
www.bbcc.ctc/edu

Centralia College
600 West Locust
Centralia, WA 98531
Telephone: (360) 736-9391
www.centralia.ctc.edu

Clark College
1800 E. McLoughlin Blvd.
Vancouver, WA 98663
Telephone: (360) 992-2107
www.clark.edu

Columbia Basin College
2600 North 20th Avenue
Pasco, WA 99301
Telephone: (509) 547-0511
www.cbc2.org

Edmonds Community College
20000 68th Avenue West
Lynnwood, WA 98036
Telephone: (425) 640-1459
www.edcc.edu

Everett Community College
801 Wetmore Avenue
Everett, WA 98201
Telephone: (425) 388-9219
www.evcc.ctc.edu

Grays Harbor College
1620 Edward P. Smith Dr.
Aberdeen, WA 98520
Telephone: (360) 538-4026
www.ghc.ctc.edu

Green River Community College
12401 S.E. 320th Street
Auburn, WA 98092
Telephone: (253) 833-9111
www.greenriver.ctc.edu

Highline Community College
2400 South 240th Street
Des Moines, WA 98198-9800
Telephone: (206) 878-3710
www.highline.ctc.edu

Lower Lower Columbia College
1600 Maple Street
Longview, WA 98632-0310
Telephone: (360) 577-2311
http://lcc.ctc.edu

North Seattle Community College
9600 College Way North
Seattle, WA 98103
Telephone: (206) 527-3664
http://nsccux.sccd.ctc.edu

Olympic College
1600 Chester Street
Bremerton, WA 98337-1699
Telephone: (360) 475-7200
www.oc.ctc.edu

Peninsula College
1502 E. Lauridsen Blvd.
Port Angeles, WA 98362
Telephone: (360) 452-9277
www.pc.ctc.edu

Pierce College
9401 Farwest Drive S.W.
Lakewood, WA 98498-1999
Telephone: (253) 964-6501
www.pierce.ctc.edu

Seattle Central Community College
1701 Broadway
Seattle, WA 98122
Telephone: (206) 587-5450
http://edison.sccd.ctc.edu

Shoreline Community College
16101 Greenwood Ave. North
Seattle, WA 98133
Telephone: (206) 546-4101
www.shoreline.ctc.edu

Skagit Valley College
2405 East College Way
Mount Vernon, WA 98273
Telephone: (360) 416-7600
www.svc.ctc.edu

South Puget Sound Community College
2011 Mottman Rd. S.W.
Olympia, WA 98512
Telephone: (360) 754-7711
ext. 241
www.spscc.ctc.edu

South Seattle Community College
6000 16th Avenue S.W.
Seattle, WA 98106-1499
Telephone: (206) 764-5300
www.sccd.ctc.edu/south

Spokane Community College
1810 North Greene St.
Spokane, WA 99217-5399
Telephone: (509) 533-7007
www.scc.spokane.cc.wa.us

Spokane Falls Community College
3410 W. Fort George Wright Dr.
Spokane, WA 99224-5288
Telephone: (509) 533-3500
www.sfcc.spokane.cc.wa.us

Tacoma Community College
6501 S. 19th St.
Tacoma, WA 98466
Telephone: (253) 566-5001
www.tacoma.ctc.edu

Walla Walla Community College
500 Tausick Way
Walla Walla, WA 99362
Telephone: (509) 527-4283
www.wallawalla.cc

Wenatchee Valley Community College
1300 Fifth St.
Wenatchee, WA 98801-1799
Telephone: (509) 664-2563
http://.wvc.ctc.edu

Whatcom Community College
237 W. Kellogg Rd.
Bellingham, WA 98226
Telephone: (360) 676-2170
www.whatcom.ctc.edu

Yakima Valley Community College
P. O. Box 22520
Yakima, WA 98908-2520
Telephone: (509) 574-4712
www.yvcc.cc.wa.us

Idaho Colleges

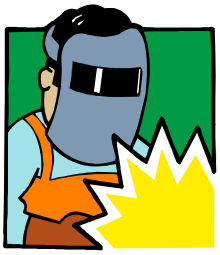
North Idaho College
1000 W. Garden Ave.
Coeur d'Alene, ID 83814
Telephone: (208) 769-3300
www.nic.edu

Apprenticeship Programs

Apprenticeship training is used in a wide variety of industries and occupations. Each program is administered by a training committee made up of employee and employer representatives and is registered with the Washington State Apprenticeship and Training Council. The committee determines specific entrance requirements, screens applicants and monitors the training of the apprentice.

Apprenticeship terms range from one to five years, depending upon the occupation involved. To master a particular trade, an apprentice must learn each skill and perfect those skills to the speed and accuracy required on the job. This training is accomplished by working with an experienced person in the trade called a journeyman. This journeyman helps the apprentice master the many individual skills involved in a trade. In addition to this, a fixed number of hours of schooling is also required of the apprentice. **Apprentices generally begin at 40% to 60% of the journeyman's wages. This goes up each year until they reach journeyman level.**

Among the many jobs that can be apprenticed in the State of Washington are:



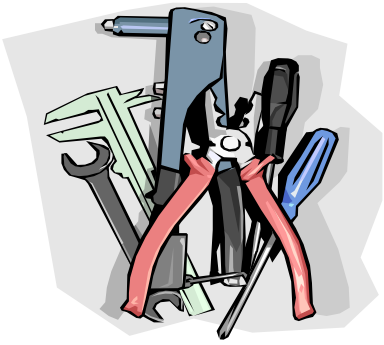
Electrician (construction)	Operating Engineers
Carpenter (residential)	Glaziers
Carpenter and Cabinetmakers	Plumbers
Ironworkers	Sheet Metal Workers
Machinists	

Information on other apprenticeship jobs can be obtained from:

Department of Labor and Industries 3901 E. Main Spokane, WA 99220 Telephone: (509) 456-2923	Spokane Community College Apprenticeship and Journeyman Training Center 2110 N. Fancher Way Spokane WA 99212-1366

To Become an Apprentice:

Contact the Department of Labor and Industries and they will direct you to the people who handle training for that particular job. Usually you will be required to take a test and in some cases, a physical exam. If you meet the qualifications, you will be interviewed by an apprenticeship training committee. If selected for training, your name will be placed on a list with others according to the committee's evaluation. When work becomes available, you will be called. *(It should be noted that in some occupations as few as four or five people may be selected each year to begin the apprenticeship program; therefore, students who have prepared themselves in that area are more likely to be rated higher by the Apprenticeship Training Committee.)*



Military Careers

In general, the military is divided into two areas: Active and Reserved. **Active Military Duty** means that your job, your way of making a living, is doing a job as part of the military. You are an "active" member of the military at all times until your term of enlistment is over. **Reserve Military Duty** means that after a short period of active military training (usually less than six months), you return to civilian life and do your regular civilian job. However, most services require that for one weekend a month and for two weeks in the summer, you return to the military to perform your military job. During this time, you will get paid the same amount as regular military for the time you spend.

Within those two areas all military personnel are classified as either enlisted or officer. With a few exceptions, the difference between the two is a matter of degree, a college degree to be exact.

Officers: To be a commissioned officer in any military branch you must have a four-year college degree and go through some type of officer training; e.g., Officer Candidate School, ROTC, Military Academy.

Officer Candidate School: Any person with a four-year college degree can join the military as an enlisted person, and once in the military they can apply to be sent to Officer Candidate School. This military school will train the enlistee in the leadership skills necessary to become an officer.

ROTC: (Reserved Officers Training Corp) Some version of this exists for the four main branches of the military services. These branches are the Army, Navy, Air Force and Marines. Students take ROTC in college. Most four-year colleges offer training for one of the four branches. In addition to his/her regular studies, a student takes courses in military science. During the summer, they must also participate in extra training. At the end of four years, the student receives his/her degree in their chosen major and is also commissioned as an officer in the branch of the military that he/she has been training. The college graduate must then serve in the military as either an active or reserve officer. Pay for the beginning officers is usually equivalent to a beginning salary in civilian jobs for most college grads. The four branches of the military offer ROTC scholarships to the graduating high school students and first and second year college students. These scholarships typically cover most college tuition costs and expenses for the books and supplies. They also pay students $100 per month to use for personal expenses. Usually the only cost for the student is room and board.

Applications for these scholarships are available in the Career Center. Students should consult with their counselor if interested.

Military Academy: These are four-year colleges that specialize in training military officers. There are four in the United States.

Army	U. S. Military Academy Westpoint, NY www.usma.edu
Navy & Marines	U. S. Naval Academy Annapolis, MD www.nada.navy.mil
Air Force	U. S. Air Force Academy Colorado Springs, CO www.usafa.af.mil
Coast Guard	U. S. Coast Guard Academy New London, CT www.cga.edu/uscga.html

Students commonly attend these directly after high school. In addition to a military education, these students also receive a degree in liberal arts or engineering discipline.

Application: Since these schools are very selective, and because all costs are paid by the military, receiving an "appointment" to one of these academies is very difficult. Selection is usually made on the following factors:

1. Writing for an application from all the academies.
2. Writing a letter to their Congressman requesting an appointment.
3. Taking the SAT or ACT.
4. Taking an inventory of all their activities. (This would be similar to a résumé).
5. Meeting with their high school counselor to assist in the above.

Enlisted: To become an enlisted member of the Armed Forces, it is necessary in most cases to have a high school diploma or a quarter of college. Students can enlist as young as 17 years of age with a parent's permission. Upon satisfactory completion of a physical and having received qualifying scores on the Armed Forces Vocational Aptitude Battery (ASVAB) test, the student is given a choice of fields of training and/or location of station that he or she desires. When that training area or location opens up, they are given a departure date. Length of enlistment varies from two to four years, depending on the branch of the military.

Starting pay is approximately $10,000 per year including room and board.

Money for College: Almost all of the services have several variations of the old "GI Bill." Those in the service can get anywhere from $14,000 to $40,000 depending on the branch of service and the type of job held. Students interested in the "College Fund" should check each branch of the service for opportunities. Reserve components of the military also have money for those going to college while in the reserves.

This type of aid allows the student to continue his/her education without the major interruption of a full-time military commitment.

U.S. Army
920 W. Riverside
Spokane, WA
353-2938
www.goarmy.com

U.S. Navy
11522 E. Sprague Ave.
Spokane, WA
924-6289
www.navyjobs.com

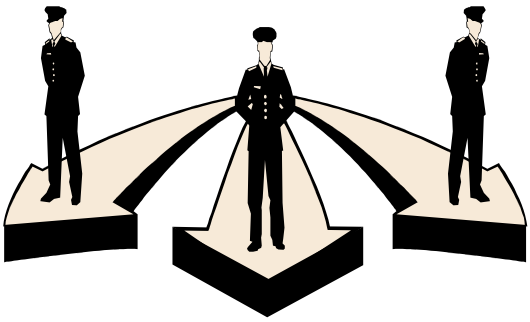
U.S. Air Force
516 E. Francis
Spokane, WA
483-8388
www.airforce.com

U.S. Marines
N. 2929 Monroe Ave.
Spokane, WA
926-2710
www.hqmc.usmc.mil/recruit.htm

U.S. Coast Guard
E. 11516-A Sprague
Spokane, WA
927-0993
www.dot.gov/dotinfo/uscg/hq/ascg/uscga.htm

Washington Air National Guard
E. 27 Augusta Avenue
Spokane, WA
326-6592
www.goang.af.mil

Army National Guard
N. 1615 Division
Spokane, WA
456-7080
www.1800goguard.com



Web Resources

College:

www.ewu.edu	EWU	www.washington.edu	UW
www.gonzaga.edu	Gonzaga	www.cwu.edu	CWU
www.whitworth.edu	Whitworth	www.wwu.edu	WWU
www.wsu.edu	WSU	http://ccs.Spokane.cc.wa.us	SCC/SFCC

www.aacc.nche.edu American Association of Community Colleges. Lists community colleges in the United States.

www.review.com The Princeton Review. Primarily about admissions testing, also includes information on colleges.

www.petersons.com/ugrad Peterson's Education and Career Center. Variety of information.

www.usnews.com/usnews/edu US News Online. Lots of information including college rankings, financial aid and a career center.

www.embark.com Embark (College Edge). Helps you explore careers, majors and colleges.

www.usa.cx.bridges.com A valuable career exploration and planning resource. It features self assessments, career planning tools and educational resources. (See Student Services for user name and password.)

www.collegenet.com College Net. Links to college search, scholarship search and financial aid.

www.campustours.com Take a tour of one of many college campuses.

www.adventuresineducation.org Adventures in Education. College planning information.

www.gocollege.com Go College. College and scholarship searches, SAT/ACT practice tests.

http://collegenews.com College News Online. College student newspapers.

www.wiche.edu WUE (Western Undergraduate Exchange). A program with western states for reduced tuition.

Financial Aid:

studentaid.ed.gov Federal Student Aid for Students

www.fafsa.ed.gov Federal Assistance for Financial Aid (FAFSA and Pin Numbers)

www.finaid.org The Financial Aid Information Page. Links to other financial aid information.

www.salliemae.com Sallie Mae. Great source of financial aid information.

www.easi.ed.gov Project EASI. Gives information on applying for student aid, receiving financial aid and repaying student loans.

www.wfaa.org This is the Washington Financial Aid Association. This professional organization's aim is to promote higher education through the availability, support and administration of student financial assistance programs.

www.irs.gov/individuals/students Information on taxes for students

Scholarships:

www.collegeboard.org College Board Online. National association of schools, colleges and other educational organizations with links to scholarship searches, online SAT registration, college board test dates, college search information and more.

www.rams.com/srn Scholarship Resource Network. Scholarship and financial aid information and links.

www.fastweb.com FASTWEB. Billed as the Internet's largest free scholarship search.

Web.studentservices.com Student Services. Database of more than 180,000 scholarships, grants, fellowships and loans.

www.kaplan.com National Merit Scholarships. This site lists a variety of scholarships.

www.collegeplan.org/cpnow/bhs/bhsnews.htm College Planning Network. Includes the Pacific Northwest Scholarship Search and Beyond High School Newsletter.

www.freschinfo.com The Free Scholarship Information Service. Receive free newsletter, Scholarship Advice'99, search scholarship database and links to other scholarship sites.

www.ed.gov/directloan information on direct student loans.

www.ncaa.org/eligibility/cbsa Sports Scholarship Info. Produced by the NCAA (National Collegiate Athletic Association) with ins and outs of applying for sports' scholarships.

Testing:

www.syndicate.com Syndicate helps you learn vocabulary for the SAT. Also links to the Bard Notebook, which helps students write better essays and term papers.

www.powerprep.com College Power Prep. This site is designed primarily to sell exam preparation products; however, it includes a free SAT diagnostic test to help you determine your weak points.

www.collegeboard.org/sat/html/students/indx001.html The SAT program online. Lots of SAT information.

www.testprepcom/wwmain.sat.html Web Ware for the SAT. This free service from the Stanford Testing Systems helps you diagnose your weak areas and has online SAT math and verbal lessons.

www.act.org ACT Assessment. ACT information about the ACT college entrance test.

www.ets.org/body.html ETS Net. Educational Testing Service Network has information on practice tests, financial aid and careers.