

Junior

— Find the Fit —

October
Eagle Day

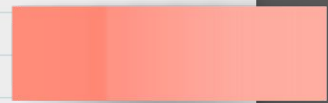
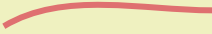


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A graphic of a spiral-bound notebook with a white page and a red cover. The spiral binding is at the top. On the left side, there are two overlapping sticky notes: a yellow one on top and a pink one below it. In the center of the page, the number '01' is displayed in a bold, black font, enclosed within a light green circular arrow that loops around the number. Below this, the title 'How to Choose Colleges' is written in a bold, dark red font.

01

How to Choose Colleges

A yellow sticky note is positioned in the top right corner of the slide, tilted slightly. It contains the text "Finding the Right Fit!" in a bold, red, sans-serif font.

**Finding the
Right Fit!**

Although there is no magic formula for choosing a college, you can start by asking yourself some questions that will help you. The next few slides will be a college search step-by-step guide.

As you are thinking about what kind of college you want to attend, keep in mind that you do have a lot of options. You aren't limited to a community college or even a college in the state.

Begin by considering these questions:

- Do I want to go to a 2-year or a 4-year college?
- Am I limiting my choices by focusing on whether a college is public or private?

Kinds of Colleges

- At a 2-year college, students can earn an associate's degree. At a 4-year college, students can earn a bachelor's degree.
- Many students exclude private colleges because they think they're more expensive, but that's not always the case. Financial aid can make private colleges as affordable as public colleges. And private colleges are not always more selective.

Is the kind of college important
to you?

If so, what kind of college are
you interested in?

Location

Many students begin their college search by setting a limit on how far away from home they want to be. This may be an easy way to narrow down your options.

Keep your mind open and think about these questions:

- How close to home do I want to be? Close enough for meals and laundry, to visit on weekends, or to only come home on breaks?
- Do I want to stick to a setting I'm used to or try something new?
- If I look a little farther- a few more miles or another half hour away- what other opportunities open up to me?
- Am I staying close because I think it will be less expensive?

Is location important to you?

**If so, how far from home do you
want to be?**

Campus Setting

Many students say that campus size and feel is a big part of making their final choice. Whether or not you have a mental image of what college life should be like, visiting a college and talking to students is a great way to get to know a campus.

But first, consider these questions:

- Do I see myself at a college with lots of students or in a smaller community?
- Do I want to be at a college where students stay on campus most of the time? Do I want to live in a dorm?
- Do I want to be around lots of different people or people with similar interests to mine?
- Do I want to be at a school where sports are a big deal? Or one that's known for its activism? Or for its hard-working students?

Is a campus feel important to you?

If so, what size school are you
thinking about?

Small (less than 2,000)

Medium (2,000-15,000)

Large (more than 15,000)

Cost

For many families, cost is a BIG concern- we get it! But it doesn't have to be such a big hurdle. College is so affordable nowadays thanks to financial aid.

Here are a few things to consider:

- Do I have the facts about what colleges will cost?
- Will I qualify for financial aid?
- Am I eligible for scholarships?

You should never rule out any college early because of price. All students should apply for aid, whether or not they think they will qualify. Most students get financial aid from the state, government or the college itself. Certain characteristics/accomplishments will qualify students for scholarships.

How important is cost in your
college search?

Majors

A college major is the subject area that you will spend the most of your time studying. This year is the time to really think about what you would like to do for a future career.

These questions can help you think about majors that may interest you:

- What are my favorite school subjects? What do I like doing when I'm not in class?
- Do I want to take classes in many different subjects or focus mainly on one subject?
- What do I want to do after college and which majors can help me get there?

How important is a major in your
college search?

Learning Environment

College is about learning! So you definitely need to think about your ideal learning environment. Don't get stuck on a college's reputation, rank or selectivity. What's valuable is how well a college's academic style fits you.

Consider the following:

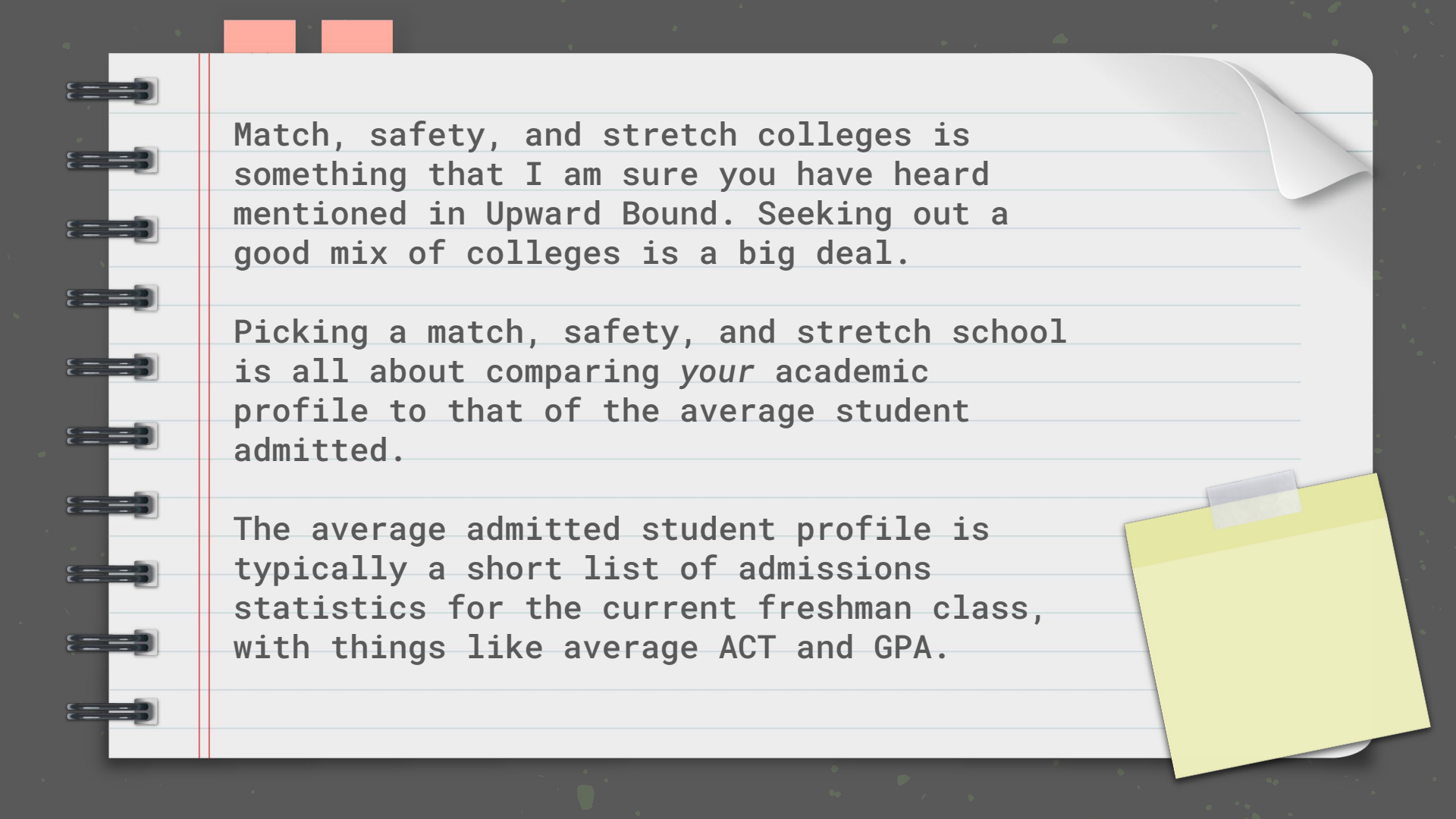
- Do I learn best when I'm academically comfortable or academically challenged?
- Do I prefer to be part of small group discussions or to listen to lectures? How much interaction do I want with my professors?
- What sort of balance am I looking for between studying and having a social life?
- Do I want to choose most of my classes myself, or do I prefer more structure?

How important is the learning environment?

A graphic of a spiral-bound notebook with a white page and a red cover. The spiral binding is at the top. On the left side, there are two overlapping rectangular tabs, one yellow and one light red. In the center of the page, the number '02' is displayed in a bold, dark grey font, enclosed within a light green circular arrow graphic that suggests a cycle or refresh action.

02


Safety, Match & Stretch



Match, safety, and stretch colleges is something that I am sure you have heard mentioned in Upward Bound. Seeking out a good mix of colleges is a big deal.

Picking a match, safety, and stretch school is all about comparing *your* academic profile to that of the average student admitted.

The average admitted student profile is typically a short list of admissions statistics for the current freshman class, with things like average ACT and GPA.



Defining each school

Safety



A safety school is one where you're almost positive you would be admitted based on your ACT score and GPA. Your GPA and test scores will be notably higher than the average admitted student.

Match



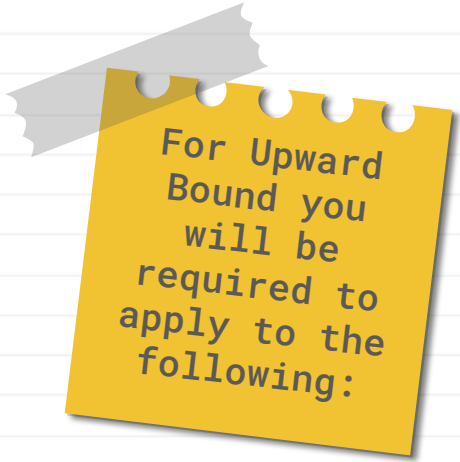
A match school is one where you feel reasonably certain you'd be admitted because of your GPA and test scores are similar to the average admitted student.



Stretch

If getting in and paying for college weren't an issue, where would you want to attend? A stretch school is a college where your academic credentials fall in the lower end, or even below, the school's average range. Stretch schools may be long shots, but they should still be possible. Don't let the sticker price scare you off! Financial need, academic strength, and a college's desire to have you on campus can influence your financial aid award and make the cost of attendance more manageable.

Picking Your Choices



1

Safety

2

Match

1

Stretch

A graphic of a spiral-bound notebook with a white page and a red cover. The spiral binding is at the top. On the left side, there are two overlapping sticky tabs, one yellow and one pink. In the center of the page, the number '03' is displayed in a bold, black font, enclosed within a light green circular arrow graphic. Below this, the text 'College Search Sheets' is written in a bold, dark red font.

03

College Search Sheets

College Search Sheets

The My College Search sheet allows you to look at various colleges side by side as well as look at some of the factors personal to you. You are going to pick around four schools that you are interested in and use the sheet to compare them.

Information included:

- undergraduate enrollment
- typical test scores (ACT)
- average GPA of admitted freshmen
- if it offers your major
- the sticker price (includes all college costs-tuition, room/board, fees, books, transportation and personal expenses)
- the net price (estimated average cost for a family with your income)
- and graduation rates

It also asks for you to think about your preference in school size and location, your test scores (ACT), your GPA, major that you are interested in, family income, how many years you expect to be in school, and what you find important in deciding a school you are interested in.

My College Search

Start by filling in key information about yourself. Then collect information about the schools you are considering.

National Average Graduation Rates

4-Year College (Bachelor's degree)	Community College (Associate's degree)
4-year: 36%	2-year: 28%
6-year: 59%	3-year: 31%



PERSONAL INFORMATION							
My Preference for Location and Size	Total SAT Score	Total ACT Score	High School GPA	Major(s) of Interest to Me	Family Income	Number of Years I Expect to Graduate	What's Important to Me?

COLLEGES OF INTEREST											
College City, State, Website Campus Support Contact	Undergraduate Enrollment (# of students) (% of minority students)	Middle 50% of Test Scores		Average GPA of Admitted Students	Has My Major? (Yes or No)	Sticker Price (Tuition, Housing, Food, Fees, Books)	Estimated Average Cost (Net Price)	4-Year College Graduation Rate 4-year: 6-year:	Community College Graduation Rate 2-year: 3-year:	Fit Assessment	Type of School for Me
		SAT Total Middle Range	ACT Composite Middle Range								
1.										<input type="checkbox"/> Not a Good Fit <input type="checkbox"/> An OK Fit <input type="checkbox"/> A Great Fit	<input type="checkbox"/> Safety <input type="checkbox"/> Match <input type="checkbox"/> Stretch <input type="checkbox"/> Don't Know
2.										<input type="checkbox"/> Not a Good Fit <input type="checkbox"/> An OK Fit <input type="checkbox"/> A Great Fit	<input type="checkbox"/> Safety <input type="checkbox"/> Match <input type="checkbox"/> Stretch <input type="checkbox"/> Don't Know
3.										<input type="checkbox"/> Not a Good Fit <input type="checkbox"/> An OK Fit <input type="checkbox"/> A Great Fit	<input type="checkbox"/> Safety <input type="checkbox"/> Match <input type="checkbox"/> Stretch <input type="checkbox"/> Don't Know
4.										<input type="checkbox"/> Not a Good Fit <input type="checkbox"/> An OK Fit <input type="checkbox"/> A Great Fit	<input type="checkbox"/> Safety <input type="checkbox"/> Match <input type="checkbox"/> Stretch <input type="checkbox"/> Don't Know
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6.										<input type="checkbox"/> Not a Good Fit <input type="checkbox"/> An OK Fit <input type="checkbox"/> A Great Fit	<input type="checkbox"/> Safety <input type="checkbox"/> Match <input type="checkbox"/> Stretch <input type="checkbox"/> Don't Know
7.										<input type="checkbox"/> Not a Good Fit <input type="checkbox"/> An OK Fit <input type="checkbox"/> A Great Fit	<input type="checkbox"/> Safety <input type="checkbox"/> Match <input type="checkbox"/> Stretch <input type="checkbox"/> Don't Know

Finalize Your College List Apply to four or more schools – that includes 1 safety, 2 match, and 1 stretch school.

A graphic of a spiral-bound notebook with a white page and a red cover. The spiral binding is at the top. On the left side, there are two overlapping rectangular tabs, one yellow and one light red. In the center of the page, the number '04' is displayed in a bold, black font, enclosed within a light green circular arrow graphic. Below the number, the words 'Safety Scavenger Hunt' are written in a bold, red, sans-serif font.

04

**Safety
Scavenger Hunt**



REMEMBER

A safety school (sometimes called a “backup school”) is a college that you know you will be accepted to. It is close to home so you will be able to attend classes and it is a low cost option.

Generally (although it doesn't always have to be) this is a community college. Grainger and Hawkins students typically use either- Northeast State or Walters State while Morgan and Scott typically use either Roane State or Pellissippi State.



TENNESSEE Promise

A majority of students choose a safety college based on if it is a TN Promise eligible institution.

High school seniors in Tennessee may apply for the TN Promise scholarship, which will provide two years of tuition-free attendance at a community in the state. This is a last-dollar scholarship, meaning that it will cover the cost of tuition and mandatory fees not met by federal or state aid. As part of the program, students are partnered with a mentor who will help them through the college application process, and complete the community service requirement.

Tennessee Community Colleges

Chattanooga State
Community College

Motlow State
Community College

Southwest
Tennessee
Community College

Cleveland State
Community College

Nashville State
Community College

Volunteer State
Community College

Columbia State
Community College

Northeast State
Community College

Walters State
Community College

Dyersburg State
Community College

Pellissippi State
Community College

Jackson State
Community College

Roane State
Community College

Tennessee Promise at Four-Year Institutions

In order to use the Tennessee Promise scholarship at a four-year college or university, students must enroll in an associate degree program at that school- not a bachelor's degree program.

At a four-year institution, the Tennessee Promise scholarship will not be last-dollar, meaning it will not cover all tuition and fees. The amount of funding you will receive will be based on the average amount of tuition and fees at a community college, which is estimated to be \$4,200. As a last-dollar scholarship, Tennessee Promise will provide whatever amount remains after your Pell, Hope, and TSAA funds are applied. For example, if you were to receive \$3,000 in HOPE funds, but no other federal or state financial aid, Tennessee Promise would provide \$1,200 to cover the remaining amount that you could apply toward tuition and fees at a four-year school.

Tennessee Private Colleges with Eligible Two-Year Programs

Baptist College of Health Sciences

Freed-Hardeman University

Lincoln Memorial University

Bethel University

John A. Gupton College

Martin Methodist College

Bryan College

Johnson University

South College

Carson Newman University

King University

Trevecca Nazarene University

Cumberland University

Lane College

Tusculum University

Fisk University

LeMoyne-Owen College

Welch College

Tennessee Public Universities with Eligible Two-Year Programs

Austin Peay State
University

Tennessee State
University

Tuition Free!

There are other four-year institutions that have begun to offer their own tuition-free scholarships. These could possibly be a safety for you depending on your GPA and ACT score.

East Tennessee State University

Tennessee Tech University

Tusculum University

University of Tennessee

Safety Scavenger Hunt

Think about what school you would like to consider to be your safety. *If you are still unsure, you can ask your teacher and we will help you.*

Once you have chosen the college, we are going to find answers to a couple of important questions.

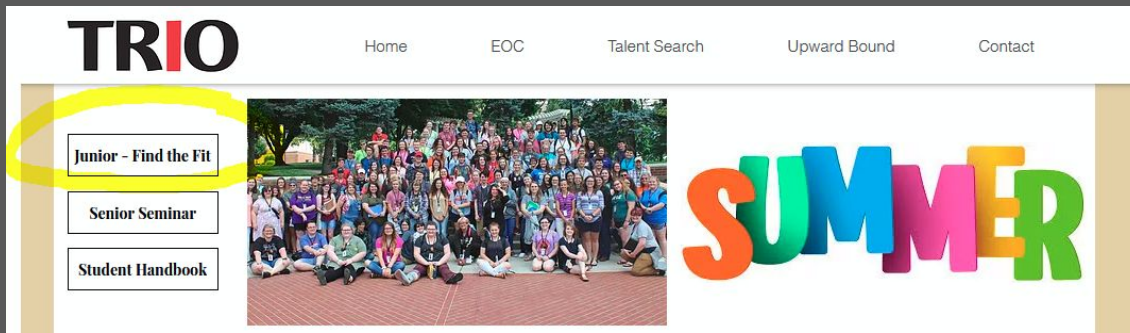
The questions you see will all be based on the Four Factors of Fit: Academic Match, Affordability, Institutional Offerings, and Personal Preference.

Answering these questions will help lead you to finding the right fit college just for you.

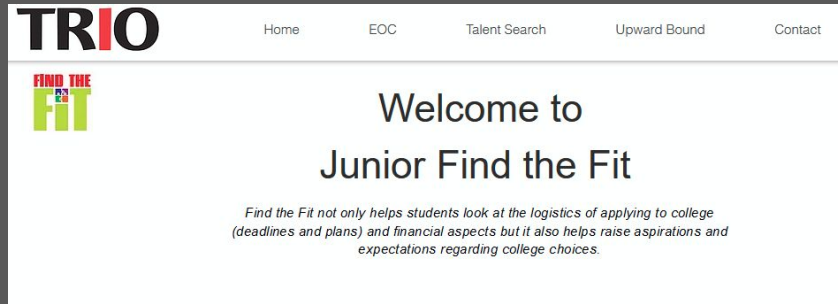
<https://forms.gle/PqzWR4jb1AKn9nop8>



Ready
Set
GO!



If you were
not here for
September
Eagle Day



Please visit the Junior Find the Fit page on the website. You will need to look over the lesson for September and click the link to answer the “Map to Success” questions.

<https://www.trio-dcea.org/ubfindthefit>



05

**Scholarship
Time**

Zombie Apocalypse

Directions:

1. Create an account.
2. Once account is created, go to search at top of page and type in Zombie scholarship.
3. Click on "Zombie Apocalypse Scholarship".
4. Hit "Apply".
5. Fill out the application and your 250 word essay.
6. Click that you have read and agreed to the terms.
7. Hit "Submit Application".

<https://www.unigo.com/scholarships/weird/weird-scholarships/zombie-apocalypse-scholarship>

