

Senior Meeting



Class of 2019

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Career Cruising

- × Career Matchmaker
- × Explore Careers
- × Explore College and Universities
- × Career Portfolio Tool
- × Log in at www.careercruising.com

Username: d230-studentID

Password: MMDDYYYY (birthdate)



Searching online for information about
Illinois colleges & universities?

The following web addresses will give you a list of all colleges and universities in Illinois. Simply click on the desired school and you will be linked to that school's home page.

http://www.illinois.gov/learning/college_university.cfm

<http://u101.com/colleges/Illinois/>

Don't forget to check out www.careercruising.com to check out options, save your searches and more!



POSSIBILITIES TO INVESTIGATE SENIOR YEAR ...

EMPLOYMENT:

- Use community service experience to explore employment possibility
- Check want-ads
- Obtain a part-time job that might develop into a full time job
- Contact potential references
- Develop a resume and have someone review it
- Decide which places you would like to work and send letters of application
- Practice job interview questions
- Send thank-you notes after any interviews

SELECTIVE SERVICE: Almost all male U.S. citizens, and male aliens living in the U.S., who are 18 through 25, are required to register with Selective Service. It's important to know that even though he is registered, a man will not automatically be inducted into the military. In a crisis requiring a draft, men would be called in sequence determined by random lottery number and year of birth. Then, they would be examined for mental, physical and moral fitness by the military before being deferred or exempted from military service or inducted into the Armed Forces.

MILITARY:

Contact recruiters to receive information:

Branch	Web Site(s)	Phone Numbers
US Department of Defense	www.defenselink.mil	
United States Navy	www.navy.mil www.navy.com	Enlisted: (708) 599-6293 Officer: (847) 688-7100
United States Army	www.army.mil www.goarmy.com	(708) 460-2998
United States Marine Corps	www.marines.mil www.marines.com	(708) 873-0740 (800) MARINES
United States Air Force	www.af.mil www.airforce.com	Enlisted/Officer: (815) 730-9131 Health Professions: (312) 922-2923
United States Coast Guard	www.uscg.mil www.gocoastguard.com	(773) 723-8751
US Army National Guard	www.nationalguard.com	

ASVAB

(Armed Services Vocational Aptitude Battery)

The ASVAB Career Exploration Program can help you identify your interests, clarify what is important to you, and better understand your skills and abilities. You may find more information at <http://www.asvabprogram.com>.

What is the ASVAB? The ASVAB, like most aptitude tests, measures your potential. The ASVAB predicts how well you might do in certain military branches and specialties, as well as how well you might perform in certain civilian careers. The test is an indicator only, and not the final word on your military career direction.

So how does the test 'count'? Even though no one passes or fails the ASVAB, your scores are important if you're trying to get into the military. To be eligible to enlist, you must get a minimum percentile score on the ASVAB. The minimum score is different for different military branches-contact your local recruiter to find out what score you need.

The ASVAB Career test will be given at Carl Sandburg High School this fall. Please see Mrs. Hawes in the Guidance Office for more information and to sign up. Information will also be posted in the daily announcements.

THE EIGHT ASVAB TEST AREAS ARE:

- **General Science**
A 25-item test measuring knowledge of life science, earth and space science, and physical science
- **Arithmetic Reasoning**
A 30-item test measuring ability to solve basic arithmetic word problems
- **Word Knowledge**
A 35-item test measuring ability to understand the meaning of words through synonyms
- **Paragraph Comprehension**
A 15-item test measuring ability to obtain information from written material
- **Mathematics Knowledge**
A 25-item test measuring knowledge of mathematical concepts and applications
- **Electronics Information**
A 20-item test measuring knowledge of electrical current, circuits, devices, and electronic systems
- **Auto and Shop Information**
A 25-item test measuring knowledge of automotive maintenance and repair, and wood and metal shop practices
- **Mechanical Comprehension**
A 25-item test measuring knowledge of the principles of mechanical devices, structural support, and properties of materials

http://www.military.com/ASVAB/0..ASVAB_Explained1.html

Taking the ASVAB does not obligate you to the military in any way. A military recruiter may call you to talk more about the military so you can decide whether it is an option that fits YOUR career needs and preferences.

POSSIBILITIES TO INVESTIGATE SENIOR YEAR ...

APPRENTICESHIP:

What is an apprentice? An apprentice is an individual who learns a craft through classroom instruction and on the job training. Classes are taught by men and women who are skilled in that trade, while on-the-job training is overseen by construction employers. Unlike other training programs, most apprentices are paid while developing their skills. As your skill level increase, so will your pay level.

Why choose construction or the trades? The construction industry offers a wide variety of exciting options to men and women. A career in the construction trades will provide excellent wages and benefits, job security, opportunity for advancement and the chance to create something that will last for years to come.

Contact either of the Apprentice Information Centers for information regarding training programs, job descriptions and entrance qualifications.

Apprenticeship Information Center
5608 W. 75th Place
Burbank, IL 60459
(708) 458-0500

Apprenticeship Information Center
14829 S. Dixie Highway
Harvey, IL 60426
(708) 596-2325

→ The following items are *required for application* at the IDES office:

- High school diploma or GED certificate
- The name(s) and address(es) of the high school(s) or vocational school(s) you have attended
- A copy of your birth certificate
- The names, addresses and telephone numbers of 2-3 individuals who serve as your personal references.

You may find additional information at:

www.ides.state.il.us

Illinois Department of Employment Security

www.cisco.org

Construction Industry Service Corporation

College Visits at Sandburg High School

- ❖ *College Representatives* come to Sandburg throughout the fall months to share information, answer questions, and meet YOU! There are also a limited number of visits scheduled in the spring.
- ❖ The list of visits is updated and will soon be posted on the school web page ... go to: www.d230.org/sandburg. Then click on Departments > Guidance > College. The College Visit Calendar is on the right hand side. A list will also be posted on the bulletin board outside of the Guidance office along with other college fair information.

First visits are ...

1. **9/10 4th hour University of Alabama**
2. **9/10 7th hour University of Illinois at Chicago**
3. **9/10 8th hour University of Arizona**

- ❖ *You must sign up for college visits ONLINE!* Click on the "event" on the College Visit Calendar and then sign up through the Google document. REMEMBER
 1. COMMUNICATE with your teacher about missing class for a college visit. YOU ALONE are responsible for what you might miss. Do not talk to them after the event and expect to make something up! You will not be excused from tests or quizzes.
 2. BE PREPARED for your college visit. Research the school before you go and have some questions to ask if you have the opportunity.
 3. EXPLORE OPTIONS for schools to attend. Pick big vs small, public vs private, etc. so that you understand there are many options out there!
 4. SIGN UP BEFORE 8 AM THE DAY OF THE VISIT. Rosters will be run at that time and you will not be excused unless you are on the roster.
- ❖ Also look at the College Visit Calendar online for info on local college fairs outside of school that we are notified about.

Step-by-Step Enrollment Process

Complete Admission Form. Complete an admission form between September and March of your senior year in high school. You can do this online at www.morainevalley.edu. Students still in high school, 16 or older, may be admitted to college classes. An authorization form signed by the appropriate high school official is required.

- **Submit transcripts.** Ask your high school just prior to your graduation to mail your final transcripts to the Records Department, S125, Moraine Valley Community College, 9000 W. College Pkwy, Palos Hills, IL 60465-2478.
- **Complete financial forms.** If you plan to apply for financial aid, complete your FAFSA form when you and/or your parents complete income tax returns. Visit www.fafsa.ed.gov for more information and instructions. Moraine Valley's school code is 007692. If Moraine Valley is one of your school choices on the FAFSA, you will receive a letter or e-mail from the Financial Aid Office approximately two weeks from time of application. The letter and/or e-mail will include instructions regarding what other documentation is needed. Deadlines for aid vary by award program. Students should contact the Financial Aid Office at 708.974.5726 for specific information. Apply as soon as possible and as close to April 15 as you can. Priority deadline for campus-based awards is May 1. All documents must be received in the Financial Aid Office by July 1 to be considered for fall book vouchers.

STEP 2. Take placement exams. Pre-registration and pre-payment are required for placement testing.

Registration for the COMPASS placement test can be done online or in person.

- **Online:** Go to www.morainevalley.edu. Click on MVConnect at the top of the page. Login using your assigned username and password. On the Self-Service menu, click Registration. Select Search, register, and pay for Non-Credit classes. Select Placement Testing in the Topic Code drop-down box and click SUBMIT. Click the box next to the section you would like to register for and click SUBMIT. Continue through remaining screens and submit your payment.
- **In person:** You may choose to register for any scheduled COMPASS/placement test session that will be offered Monday-Friday. Stop by the Registration office (S103) to register. Payment of \$25 is due at the time of registration. Please proceed to the Cashier's Office (S105). Bring your receipt to the Testing Center (B101). A review is available at www.act.org/compass to help you prepare for the placement test(s). In addition, there is a COMPASS review book at the circulation desk in the Moraine Valley library (Building L) and in the Office of Multicultural Student Affairs (Building S, Room S201). The placement exam can be taken twice before registering for classes.

STEP 3. Attend orientation. After placement exams are taken (or ACT scores are submitted-minimum scores of 20), you will be assigned an orientation date. Orientation is mandatory for all new, full-time students. You cannot register until you have attended orientation. At orientation, you will have an opportunity to review your placement test results, as well as receive information on programs and services, educational planning assistance and class scheduling.

STEP 4. Register for classes. You will be ready to register for classes upon completion of the previous steps and will be given an opportunity to register at the end of the orientation.

Factors to Consider ...

... When Choosing a School

Compiled from various sources by the National College Fairs Staff

ADMISSION REQUIREMENTS

- ✓ What high school courses are required? Are entrance tests required? Which ones?
- ✓ What scores are acceptable?
- ✓ Is a certain grade point average or class rank required?
- ✓ Will my activities and school involvement be considered?
- ✓ Is there an essay on the application? Is it read?
- ✓ Is there an early decision or early action plan?
- ✓ On what basis are applicants accepted?
- ✓ Are personal interviews or letters of recommendation required?
- ✓ Do certain majors have special requirements?
- ✓ What percent of applicants are accepted?
- ✓ Can admissions be appealed?
- ✓ What are the application filing dates?

COLLEGE CHARACTERISTICS

- X Where is the college located (city, suburb, small town, or rural setting)?
- X What is the surrounding community like?
- X Is the college public, private, or church affiliated?
- X What is the current student enrollment?
- X What special or unique programs are offered?
- X Does the college have special programs for transfer students?
- X What is the academic calendar (semesters, quarters, and/or interim)?

ACADEMICS

- What is the average class size? Largest? Smallest?
- How many students in last year's freshman class returned for their sophomore year?
- What was the grade point average for the freshman class last year?

- What is the college's procedure for student orientation, class placement, and scheduling? Are classes guaranteed?
- How is a faculty advisor assigned to students?
- What services does the school offer for the student who is undecided about a major?
- How many students complete a degree?
- What are the most popular majors?
- Are students taught by full-time faculty members, graduate assistants, or a combination of both?
- What types of additional services are provided by the school at no additional cost to the student (e.g. tutoring, career and personal counseling, developmental reading and study-skills workshops, job placement)?
- Is there an honors program? What are the qualifications for entry?

FINANCIAL AID

- ⊗ What percent of students receive financial aid based on financial need?
- ⊗ What percent of students receive scholarships based on academic ability?
- ⊗ What would be a typical financial aid package for a freshman?
- ⊗ What percent of those who apply for financial aid receive it?
- ⊗ Will my financial aid be adjusted if my need increases?
- ⊗ What are the financial aid application procedures and deadlines?

- ⊗ When are financial aid applicants notified of their awards?
- ⊗ How long do they have to respond?
- ⊗ Is there a tuition payment plan?
- ⊗ Are there campus jobs available? Are there off-campus jobs as well?

SOCIAL LIFE

- ⊗ What is the average age of the student body?
- ⊗ What is the male-to-female ratio?
- ⊗ What percent of students reside on campus?
- ⊗ Are dorms co-ed or single gender?
- ⊗ Is it a "suitcase college" where all the students leave on weekends?
- ⊗ What are the procedures for selecting a roommate?
- ⊗ What are some of the rules and regulations that govern campus and dormitory life?

STUDENT POPULATION

- Where do the majority of students come from?
- Do most of the students commute or live on campus?
- What types of student activities are there?
- Are sororities and fraternities on campus?
- What athletic programs are available?
- Is the surrounding community supportive of the college?
- Does the college have a campus visitation program?
- Is housing available/guaranteed for freshman?
- Is it available all four years?

COST

- \$ What are the costs for tuition?
 - \$ Room and board? Are there other fees?
 - \$ How much did costs increase from last year to this year?
 - \$ Is there a difference in the costs for in-state and out-of-state students?
 - \$ Are accepted students required to place deposits for tuition and housing? Are these refundable?
 - \$ By when must accepted students decide whether they will attend?
 - \$ Are deposits required each year for returning students?
- When do the bills have to be paid?

School Comparison Worksheet

SCHOOL NAME			
LOCATION • Distance from home			
SIZE • Enrollment • Size of campus			
ENVIRONMENT • Type of school (tech/2yr/4yr) • Religious affiliation			

<ul style="list-style-type: none"> • School setting (urban, rural) • Location & size of nearest city • Male/female ratio 			
ADMISSION REQUIREMENTS <ul style="list-style-type: none"> • Deadline • Tests required • Average test scores • GPA, class rank • Special requirements 			
ACADEMICS <ul style="list-style-type: none"> • Your major/interest offered • Special requirements • Accreditation • Student/faculty ratio • Typical class size 			
SCHOOL EXPENSES <ul style="list-style-type: none"> • Tuition, room & board • Estimated total budget • Application fee, deposits • Equipment/tools 			
FINANCIAL AID <ul style="list-style-type: none"> • Deadline • Required forms • % receiving aid • Scholarships 			
HOUSING <ul style="list-style-type: none"> • Residence hall requirement • Availability • Types and sizes • Food plan 			
FACILITIES <ul style="list-style-type: none"> • Academic • Recreational • Other 			
ACTIVITIES <ul style="list-style-type: none"> • Clubs, organizations • Athletics, intramurals • Other 			
CAMPUS VISITS <ul style="list-style-type: none"> • When • Special populations 			
JOB PLACEMENT <ul style="list-style-type: none"> • % of graduates in your field placed 			
OTHER			

The College Application Process

YOUR COUNSELOR IS HERE TO HELP YOU WITH ANY/ALL OF THIS PROCESS – JUST ASK!

I. Application Form

Go directly to the college or university website and apply online. You may be given the option to download a paper copy to mail in and/or you may need to apply with a paper application in special circumstances. Some colleges use the Common Application and/or the Coalition Application. To apply using the Common Application:

- € Go to www.commonapp.org.
- € Check to see if your schools use the Common Application.
- € Create your account.
- € Fill out the application completely and accurately! It can be very difficult and time consuming to change information that's entered incorrectly...
- € Complete the supplemental applications online as needed.
- € Fill out a Letter of Recommendation Form from the Guidance Office.
- € Give a copy of this form to your chosen teacher recommenders and Guidance Counselor.
- € Enter the names and e-mail addresses of these teachers and your counselor. *Be very careful to check the spelling of the names and e-mail addresses as it can take a lot of time and effort on your part to correct it later.*
- € AFTER submitting your application, go to www.parchment.com to send your transcripts.
- € Send your ACT scores from the ACT website, www.act.org if you have not already sent scores at the time you took the ACT.

When applying online, some of the information you may need includes:

- € Professional style email address (firstname.lastname@blank.com)
- € Social Security Number (optional)
- € List of colleges to which you are applying
- € List of all classes taken and grades earned
- € GPA
- € Class Rank (percentile band)
- € List of activities, leadership positions
- € Community service information
- € Work experience – reference name and number
- € Parents' job titles and employers
- € Siblings' college information
- € Counselor's name, phone, fax, email and address
- € College courses completed on the college campus (not dual credit taken here)
- € Academic honors and awards
- € Common App ID number

II. Application Fee

The average college application fee is between \$25-\$40. Some charge as much as \$75, while others may not have an application fee at all. The fee is usually non-refundable, even if you are not accepted into the school. Sometimes you can obtain a fee waiver through attendance at college fairs or by visiting a specific college.

III. High School Transcript

The majority of the time you will request a transcript be sent directly from your high school to your college. You will send your transcripts through Parchment.com.

- Go to www.parchment.com and click the order transcript button in green. Then select High School Transcript button in yellow.
- Fill in My Parchment Account Information. (You have to option to choose if you want your information to be shared with colleges. If you select that colleges can view your information, you will have to fill out the profile section coming up. It is not necessary to share your information.)
- Complete "my profile" if you selected that you would like colleges to view your information, otherwise you can skip this section and continue.
- Go to the "my transcripts" section to add high school to start requesting and sending transcripts.
- Fill out enrollment information. (When filling out this section be sure you use the exact name that is listed in Skyward. **DO NOT** use your middle name or middle initial. Be careful to use your correct ID number.)
- Your social security number is optional.
- FERPA- you will be asked if you would like to waive access to any records that get sent including recommendation letters. College admission officials expect your letters to be confidential. It is recommended that you waive your rights to access letters of recommendation.
- Sign the transcript release form (use your mouse to sign your name).
- Search colleges and select the college/university you wish to send your transcript to.
- Confirm the destination of the transcript.
- Pay with credit card. Most transcripts only cost \$1.00. Please note that there are some schools that will have an additional cost plus handling fees. Students who receive free books/lunch should notify the registrar, Ms. Stewart, located in the Guidance Office.

IV. Test Scores

At many colleges you will need to submit SAT, SAT Subject Test, or ACT scores. Test scores are a standard way of measuring a student's ability to do college level work. Some of these scores will be included on your transcript, but most colleges require an official score report from the testing agency.

V. Letters of Recommendation

Some colleges will ask you to submit one or more letters of recommendation from a teacher, counselor, or other adult who knows you well. When asking someone to write one of these letters, be sure to ask at least two weeks before you plan to send the letter. There are forms available through your guidance counselor to help you pull this information together.

VI. **Essay**

Your essay often plays a very important role in some colleges' application process. Whether you are writing an autobiographical statement or an essay on a specific topic, take the opportunity to express your individuality in a way that sets you apart from other applicants.

- Keep the reader in mind. It is important to demonstrate...
- A serious intent to pursue a college level education
- A genuine desire to attend a particular college
- An ability to think clearly, logically and abstractly
- An ability to write engaging, thoughtful essays that keep the reader's attention and differentiate the student from other applicants.
- Keep in mind that admissions personnel read up to 50 applications a day.
- Use desirable tones ... words and phrasing are VERY IMPORTANT!!
- READ THE DIRECTIONS!!

VII. **Interview**

Some colleges require or recommend interviews. Make sure you prepare for the interview by researching the college as well as preparing information about yourself.

VIII. **Activities Resume'**

- Activities from your high school years only unless it is a nationally recognized experience
- Be specific – dates, awards, leadership roles
- Do not repeat information listed elsewhere in your application
- List by importance of activity
- Include school, community/volunteer and work activities
- Do not include information about activities you are minimally involved in.
- One page should be sufficient, in a resume' format
- Do NOT include photocopies of certificates, etc. Keep it simple!
- Remember, depth vs. breadth!

Definitions of Admission Options in Higher Education



National Association for
College Admission Counseling

STUDENTS: Which college admission process best suits YOU?

Non-Restrictive Application Plans

REGULAR DECISION

- Definition: Students submit an application by a specified date and receive a decision in a clearly stated period of time.
- Commitment: NON-BINDING

ROLLING ADMISSION

- Definition: Institutions review applications as they are submitted and render admission decisions throughout the admission cycle.
- Commitment: NON-BINDING

EARLY ACTION (EA)

- Definition: Students apply early and receive a decision well in advance of the institution's regular response date.
- Commitment: NON-BINDING

For all three of these, students are not restricted from applying to other institutions and have until May 1 to consider their options and confirm enrollment.

Restrictive Application Plans

EARLY DECISION (ED)

- Definition: Students make a commitment to a first-choice institution where, if admitted they definitely will enroll. The application deadline and decision deadline occur early.
- Commitment: BINDING

RESTRICTIVE EARLY ACTION (REA)

- Definition: Students apply to an institution of preference and receive a decision early. They may be restricted from applying ED or EA or REA to other institutions. If offered enrollment, they have until May 1 to confirm.
- Commitment: NON-BINDING

For these two options, student are responsible for determining and following restrictions.

**Do you wish to participate in Division 1 or Division 2 Athletics
through NCAA or NAIA?**

If you wish to participate in Division I or II athletics, you need to be certified by the Eligibility Center for either of these organizations. You need to qualify academically and you need to be cleared as an amateur student-athlete. You are responsible for achieving and protecting your eligibility status!

GET ELIGIBLE

STAY ELIGIBLE

NCAA Eligibility Center
P.O. Box 7110
Indianapolis, IN 46207
(Check website for specific addresses.)
877.262.1492
Fax: 317.968.5100
www.ncaaclearinghouse.net



NAIA Eligibility Center
P.O. Box 15340
Kansas City, MO 64106
(Check website for specific addresses.)
816.595.8300
Fax: 816.595.8301
www.playnaia.org

PLAYNAIA

Financial Aid & Scholarships

- ✓ Financial Planning Night – November 7th at 7:00 PM in the PAC.
- ✓ Colleges will automatically review application for eligibility but check individual college websites for more specific information.
- ✓ Check out the **Scholarship File** in Guidance.
- ✓ File the FAFSA (Free Application for Federal Student Aid) after October 1 of your senior year in high school. File for state and federal aid through the FAFSA, www.fafsa.ed.gov.
- ✓ Register with scholarship national search engines at the end of junior year and beyond. Complete a self-profile with one or more financial aid search engines. Two examples are www.fastweb.com and www.scholarship.com . These searches will provide the student with matches through email notices.
- ✓ Local scholarships will be made available during mid-February through the Guidance office main desk. They will be due in mid-March.
- ✓ More resources, check out www.collegecountdown.com and www.collegezone.com for financial aid information and options.

TIPS FOR SEARCHING FOR A CAREER

One of the best tools for clarifying your underlying interests, passions, and possible career paths is to sit down and reflect on a series of questions about how you have lived your life thus far. These questions are designed to really make you think and reflect on who you are as a person and what you want to become.

Here are some things to think about

...your favorite activities... What do you love to do in your free time? Try to brainstorm 5-8 activities. Don't count activities you have to do or are doing to make yourself look better to college admissions folks. Identify the activities that you truly enjoy. Once you're done writing them down, look for a theme.

...the skills that come naturally to you... What are the skills that come to you without thought and effort? Are you a math whiz who can easily add and subtract large numbers in your head? Can you hear a foreign language and immediately be able to replicate the inflections? What are some of the things you are a "natural" at? Brainstorm 3-5 of these skills.

...your favorite classes and subjects... Looking back through your school years, what were the classes – or specific subjects – that you enjoyed the most – that inspired you to learn more? These do not need to be the classes in which you received the highest grades; rather, these are the classes that you actively participated in because you loved the course material. Make a list of your favorite classes and subjects and look for some themes.

...your dream jobs and careers... If you could do any job in your life, what would you choose? You may have done this exercise in elementary school, but it's time to do it again; however, you can keep the same ones you chose then and any others that interest you now. The key is to ignore any roadblocks and simply choose dream careers. So, for example, even if you always wanted to be a fighter pilot but are not eligible because of health reasons, still put it on your list. Write down at least five careers that you think you would enjoy.

...the things that energize you... What types of things energize you? Think about people, places, and activities. For example, if you are a diehard competitor who rises to the occasion no matter how tired you are, then competition should be on your list. If visiting the zoo is still something that gets you excited, put it on your list. Try to develop 3-5 examples.

...your lifelong interests... Examine the past 3 years for activities, subjects, or causes that you have been deeply involved with at a personal level. What are some of your long term interests? For example, if you have always loved bicycling, have a poster of Lance Armstrong (or one of his wristbands), ride your bike as often as you can – and for as long as you can remember, put biking on your list. Record your list of interest – and then look for themes and connections.

...areas where you are already perceived as an expert... What are a couple of areas where your friends and family see you as an expert – or at least as someone who is knowledgeable about the issue? Are you the person in your family whom everyone finds when they are having a problem with their computers? Are you an expert on all things related to baseball? Write down as many examples as you can think of where you are an expert.

...values you most cherish... What are the values you hold dear and that help guide how you live your life? Make a list of them. This one may be the toughest for you to tackle, but think about the core values and principles with which you live your life. Typically, these are most influenced by your upbringing and your family's values. This question is critical because you will never be happy or satisfied in a career that does not offer the same values that you possess.

...subject areas you most enjoy reading about... When you are in a bookstore or the library, what are the subjects or the types of books and magazines that you are drawn to? What websites do you visit the most and devote the most time to? These subjects can be related to your classes and schoolwork but should not be ones that you are required to read; rather, these are subjects you enjoy reading for your own pleasure and knowledge. Develop a list of your favorite subjects.

...reviewing your volunteering and community service experiences... What types of volunteering have you done or wish you have done? Again, as you make this list, think about experiences you would participate in even if you were not using them for college applications. What types of community service appeals to you? Look for a theme in terms of the types of organizations, types of people, or types of service you perform.

...examining the majors and prospective career paths of your friends... Make a list of the careers that your closest friends work in (or plan to work in). See anything that really grabs your interest? Write them down. Please note that this examination is not about copying what your friends are doing, but rather, because friendships are formed around common interests and bonds. Examining their plans may provide some insight into your interests.

...types of things you currently do to help people... When your friends or family ask you for help, what are the types of things they ask you to help with? What are the types of things you wish people would ask you to do? If you're still struggling with this one, use this prompt: People I know often ask me for help with... Make a list.

...goals in life you want to achieve... What are some of the big goals you want (or still want) to achieve in life? Do you want to save lives? Make lots of money? Be a movie star? Live in a big house? Save the Earth? Become President? Think big here – and think about the top couple of goals that mean the most to you right now. (Note, of all your answers, these will probably change the most as you move through life.) What types of careers might help you accomplish these goals? Write down answers for both goals and careers.

Finally, it's about putting together all your self-discovery results. Gather your assessments, preliminary research, and answers to the questions and see if you can find a couple of obvious themes running through them. Don't rush this process...contemplate. Make a final list of potential jobs and career paths.

Useful Web Sites

Financial Aid

FAFSA	www.fafsa.ed.gov
FAFSA Forecaster	www.fafsa4caster.ed.gov
Financial Aid Information page	www.finaid.org
Financial Planning	www.collegecountdown.com
Illinois Student Assistance Commission	www.isac.org
The Student Guide	www.studentaid.ed.gov/guide
Finding Your Financial Fit	www.collegecountdown.com

Scholarship Searches

Arab American Institute	www.aaiusa.org/scholarships
College Xpress	www.collegeexpress.com
FastWeb	www.fastweb.com
Hispanic Scholarship Fund	www.hsf.net
Scholarship Scams	www.ftc.gov/bcp/edu/microsites/scholarship/index.shtml
Scholarships.com	www.scholarships.com

College Planning

Career Cruising	www.careercruising.com	
	Username: d230-studentID	Password: MMDDYY (birthdate format)
College Board	www.collegeboard.com	
College Net	www.collegenet.com	
College Search & Student Reviews of Colleges	www.cappex.com	
Colleges That Change Lives	www.ctcl.com	
Common Application	www.commonapp.org	
Community College Search	www.aacc.nche.edu/pages/ccfinder.aspx	
Go College	www.gocollege.com	
Illinois Colleges	http://www2.illinois.gov	
Mapping Your Future	www.mappingyourfuture.org	
My College Guide	www.mycollegeguide.org	
National Association for College Admission Counseling	www.nacac.com	
Peterson's	www.petersons.com	
Princeton Review	www.review.com	
U101 College Search	www.u101.com	

Career Information

Career Cruising	www.careercruising.com	
	Username: district 230	Password: careers
Career Key Interest Assessment	www.careerkey.org	
Employment Guide	www.employmentguide.com	
Occupational Outlook Handbook	www.bls.gov	
Illinois Department of Employment Security	www.ides.state.il.us	

Construction Industry Service Corporation	www.cisco.org
United States Armed Forces	
• US Air Force	www.airforce.com
• US Army	www.army.mil
• US Marines	www.marines.mil
• US Army National Guard	www.nationalguard.com
• US Navy	www.navy.mil
• US Coast Guard	www.uscg.mil

Testing

ACT & Test Prep	www.act.org
SAT & Test Prep	www.collegeboard.com
Schools not requiring standardized test scores ...	www.fairtest.org
Test Prep	www.kaplan.com
Test Prep	www.number2.com

Other Sites of Interest

Association of University Centers on Disabilities	www.aucd.org
Black Excel	www.blackexcel.org
Catholic Colleges Online	www.catholiccollegesonline.org
Council for Christian Colleges & Universities	www.cccu.org
Disability Scholarships	www.disabilityscholarships.com
Jewish Campus Organization	www.hillel.org
Historically Black Colleges & Universities	www.HBCUConnect.com
NAIA Eligibility Center	www.playnaia.org
The Center for Parents Information and Resources (Families of Children with Disabilities)	www.parentcenterhub.org
American Indian Higher Education Consortium	www.aihec.org
NCAA Eligibility Center	web3.ncaa.org/ecwr3/
Study in Canada	www.studyincanada.com

SERVICE LEARNING (Community Service)

In the AV area near the Mezzanine

Hours 7:30 – 1:30

If you are coming to the Service Learning office prior to your Study Hall or between classes **you are to be in the office when the bell rings** or you will be considered tardy.

24 hours For Graduation, Parking & NHS

Graduation - You will *not* receive a transcript until hours are turned in & verified

Parking - Hours must be ***completed & turned in by the last week of your junior year***

NHS – One of the components to NHS is to ***complete & turn in hours by the last week of your sophomore year***

Seniors: Hours are due before Winter Break!!!!

Process

Get Site / Service Project **approved prior to volunteering**

Sign up for special projects in Service Learning Office

Pick up paperwork / project info in Service Learning office (Room C120)

Contact Site (if not advertised in office) & bring paperwork with you to Site/Project

Return completed Service Agreement (front & back) to Service Learning office

Hours will be verified, then posted to your students profile

IF YOU SIGN UP - YOU NEED TO SHOW UP

Check with parents to verify that you will be available & have transportation to site. If you have signed up for a special project & are unable to attend, you must notify the Service Learning office. If there is an emergency on the day of the event you need to contact the site person.

Projects / Sites

Parks, Recreation Departments, Faith Based Organization (**not part of worship service**), Athletic organizations, Police & Fire Departments, Libraries, Elementary Schools, Animal Welfare, Environmental.

Example: Vet – **NO** vs Animal Welfare -**YES**; Doctors' Offices – **NO** vs Hospital - **YES**; Church Daycare - **YES** vs Private Sandbox/KinderCare - **NO** etc. Family business not doing well - **DOES NOT COUNT**. **Hospitals & Nursing Homes - you must go thru volunteer service coordinators only**

Check Hours on Skyward – (Family Access Page-Student Information / End of each Semester

Paperwork does not magically turn itself in. If the site tells you that are turning in the paperwork give it a week then check with me.

SERVICE LEARNING IS YOUR RESPONSIBILITY NOT YOUR PARENTS

Projects will be posted weekly in the Service Learning office and on the board in the commons

Mrs. Kermer

708/671-3172 or nkermer@d230.org

Need time to complete your college applications?

During 2nd hour on all four Tuesdays in September and October, you may come to the new College & Career Center (Next to Guidance) to work on your college applications or application related tasks.

Counselors will be there to help with any questions as you go through this process.

Need help with your application essays?

Information will be coming out soon on workshops during lunch periods for help with essays. This will be put on by the English Department.

