

WELCOME TO COLLEGE READINESS DAY!

THE ASTROS
FOUNDATION



GAME PLAN

- Introductions
- Benefits of College
- Getting in to College
- Paying for College
- NCAA Eligibility Center
- Resources
- Q & A



INTRODUCTIONS

INTRODUCTIONS

Please share the following in the chat:



1. Your name
2. Your grade level
3. Finish the sentence. Today, I hope to learn....

INTRODUCTIONS

- Jamie El-Aazami
- Astros Youth Academy Instructor
- Educator
- Played softball at Wagner College

Contact: UYA@Astros.com



INTRODUCTIONS

Do you feel ready to go to college? Why?



Please share in the chat.

BENEFITS OF COLLEGE

BENEFITS OF COLLEGE

What do you think is the biggest benefit of going to college?



Please share in the chat.

BENEFITS OF COLLEGE



- Money
- Career, job, and internship opportunities
- Job security & satisfaction
- Networking prospects
- Personal growth and relationships
- Athletic career
- Good benefits
- Benefit of future families

BENEFITS OF COLLEGE

Why do you want to go to college?



Please share in the chat.

BENEFITS OF COLLEGE

Coaches Corner:



**How did your college experience
enhance your life?**

GETTING IN TO COLLEGE

GETTING IN TO COLLEGE

1. Application
2. GPA
3. ACT/SAT
4. Courses
5. Extracurricular activities
6. Class rank
7. Personal Resume
8. Recommendation Letters
9. Social Media



GETTING INTO COLLEGE

Application

- Apply
- Texas Common App
(ApplyTexas)
- Common App
- Market yourself



GETTING INTO COLLEGE

GPA

- Grade Point Average
- GPA determines your class rank
- Colleges use GPAs to compare you to other applicants
- Scholarship opportunities



GETTING INTO COLLEGE

GPA

A typical GPA is usually a number that goes up to 4.0, but may be higher on a weighted scale. For example, some schools have a weighted scale of a 5.0.

GPA Scale Example:

4.0 = A (90-100)

3.0 = B (80-89)

2.0 = C (74-79)

1.0 = D (70-74)

0.0 = F (0-69)

Weighted GPA Scale Example

5.0 = A (90-100)

4.0 = B (80-89)

3.0 = C (74-79)

2.0 = D (70-74)

0.0 = F (0-69)

Advanced classes only

GETTING INTO COLLEGE

What is John Doe's GPA for this Report Card? *(Hint)*

GPA

John Doe's Report Card

AP Algebra	- 85
English	- 85
PE	- 92
Biology	- 73
AP US History	- 90
Art	- 70
Culinary Arts	- 100

1. Convert the number grades to the GPA 4.0 scale. Thus, if John has an 85, he would get 3 points as determined by the scale above. Advanced (AP/Pre-AP) classes get an extra point i.e. An A in an advanced class is worth 5 points.

2. Add all of those numbers together.

3. Divide that number by 7 (because there are 7 classes).

GPA Scale

Example:

4.0 = A (90-100)

3.0 = B (80-89)

2.0 = C (74-79)

1.0 = D (70-74)

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Weighted GPA
Scale Example

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4.0 = B (80-89)

3.0 = C (74-79)

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0.0 = F (0-69)

Advanced classes
only

Please calculate. When prompted, please share in the chat.

GETTING INTO COLLEGE

GPA

John Doe's Report Card

AP Algebra	- 85	- 4
English	- 85	- 3
PE	- 92	- 4
Biology	- 73	- 1
AP US History	- 90	- 5
Art	- 70	- 1
Culinary Arts	- 100	- 4

$$22 / 7 = \mathbf{3.14}$$

What is John Doe's GPA for this Report Card?(Hint)

1. Convert the number grades to the GPA 4.0 scale. Thus, if John has an 85, he would get 3 points as determined by the scale above. Advanced (AP/Pre-AP) classes get an extra point i.e. An A in an advanced class is worth 5 points.

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Advanced classes
only

GETTING INTO COLLEGE

ACT/SAT

- Many colleges require scores from the ACT or SAT tests as a part of the admissions process
- Purpose of the ACT/SAT test is to measure a student's readiness for college
- Provides colleges with one common data point that can be used to compare all applicants
- The importance of ACT/SAT scores in the college application process varies from school to school.
- The higher you score on the ACT/SAT, the more options for attending and paying for college will be available to you.
- Most high school students take the ACT, SAT, or both during the spring of their junior year or fall of their senior year.
- Most colleges and universities will accept scores from either the SAT or ACT,
- The best way to decide if taking the SAT, ACT, or both tests is right for you is to take a timed full-length practice test of each type



GETTING INTO COLLEGE

ACT

ACT Length	2 hrs, 55 minutes (plus 40 minutes if taking ACT with writing)
ACT Sections	<ul style="list-style-type: none">• English• Math• Reading• Science• Writing (optional)
Cost	US without Writing: \$50.50 USD US with Writing: \$67.00 USD
Max. Score	36
Avg. Score	21

GETTING INTO COLLEGE

SAT

SAT Length	3 hours (plus 50 minutes if taking optional Essay)
SAT Sections	<ul style="list-style-type: none">• Math• Evidence-Based Reading and Writing• Essay (optional)
SAT Cost	\$46 (\$60 if taking SAT with Essay)
Highest SAT Score	1600
Average SAT Score	1060

GETTING INTO COLLEGE

Courses

- Take the proper courses that match your academic ability, interests, and ultimately your college admissions goals.
- Colleges are placing an emphasis on course rigor because they want to ensure that students are prepared to handle a college course load
- Colleges look at course rigor in the context of the high school itself, which is where strength of school comes in
- NCAA Eligibility Center has required courses

How to plan your high school courses to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

9TH
GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

10TH
GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

11TH
GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

12TH
GRADE

(1) English
(1) Math
(1) Science
(1) Social Science
and/or additional

4 CORE COURSES

GETTING INTO COLLEGE

Extracurricular activities

- Help college admission officers see the full picture of you
- Your activities are a reflection of you and what you care about.
- Consider showcasing:
 - Academic Activity
 - Community Service Activity
 - Personality Activity



GETTING INTO COLLEGE

Class rank

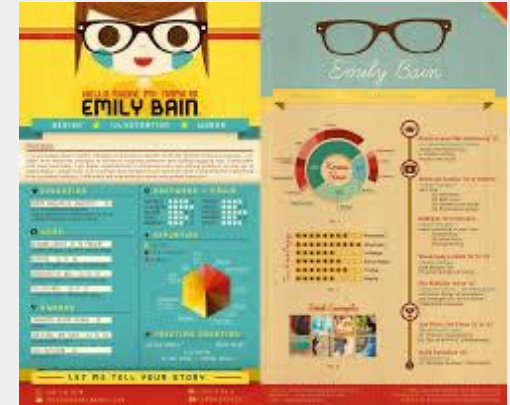


- Allows college admissions officers to evaluate how students performed in relation to their classmates
- Class rank is evaluated multiple times throughout a student's high school career
- Weighted class rank is more commonly used since it takes into account the rigor of a student's transcript*
- Some schools only give out vaguer ranks, such as "top 10%" or "top 25%" of the graduating class

GETTING INTO COLLEGE

Personal Resume

- Gives colleges a snapshot of your accomplishments, extracurriculars, hobbies, and work history
- Useful tool for prepping for a college interview or to give to the teachers who are writing your letters of recommendation
- What to include:
 - Heading with your name, address, and e-mail
 - High school information with your graduation date, GPA (weighted), class rank, and SAT/ACT scores
 - Academic awards, publications, honors, and other achievements
 - Coursework (summer programs, college courses, or other specialized workshops that do not appear on your high school transcript)
 - Extracurricular activities
 - Community service
 - Work experience
 - Hobbies
 - Special skills (e.g. foreign language fluency or HTML expertise)



GETTING INTO COLLEGE

Recommendation Letters

- Colleges often ask for two or three recommendation letters
- Colleges value recommendations because they:
 - ◆ Reveal things about you that grades and test scores can't
 - ◆ Provide personal opinions of your character
 - ◆ Show who is willing to speak on your behalf
- Make sure to give your references ample time
- Choose one of your teachers from junior year or a current teacher who has known you for a while
- Give them the information they need to provide specific examples of your work
- Make sure your references know the deadlines for each college
- Give your references addressed and stamped envelopes for each college that requested a recommendation



GETTING INTO COLLEGE

Social Media

- College Admissions Officers Are Reading Your Tweets!
- Social media is a powerful platform to present your unique personality and interests to colleges, coaches, and other gatekeepers for jobs and internships
- Tips
 - Watch your name
 - Google yourself
 - Curate your online photo libraries
 - Check your privacy settings
 - Market yourself
 - Athletics, academics, etc.



GETTING INTO COLLEGE

Based off of what you just learned, what are somethings that you will do in order to increase your chances of getting into college?



Please share in the chat.

BENEFITS OF COLLEGE

Coaches Corner:



In regards to preparing for college, what is something that you know now that you wish you had known as a high school student?

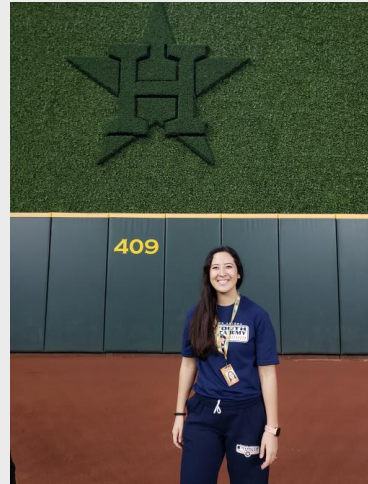
BENEFITS OF COLLEGE

Coaches Corner:

In regards to preparing for college, what is something that you know now that you wish you had known as a high school student?

“Refund checks- Apply for as many scholarships as possible- scholarships = FREE money! You WILL have more expenses than just tuition and fees- if you are awarded more scholarship money than needed to cover your total expenses from the college, the college will refund the remaining balance and issue a 'refund check' to you. This money can assist with books (textbooks and digital access codes are way more expensive than you could possibly imagine), supplemental food (when you're starving and the cafeteria is closed), flights home for the holidays, etc.”

– Coach Jenny Tracy



PAYING FOR COLLEGE

PAYING FOR COLLEGE

- Grants (FAFSA)
- Scholarships
 - ◆ Athletic
 - ◆ Academic
 - ◆ Other
- Military Student Aid
- Work Study
- Student Loans



PAYING FOR COLLEGE

FAFSA



- FAFSA - Free Application for Federal Student Aid
- The U.S. Department of Education's office of Federal Student Aid provides more than \$120 billion in financial aid to help pay for college or career school each year
- FAFSA opens on October 1 (senior year)

BENEFITS OF COLLEGE

Coaches Corner:



Finish the sentence. If you want to get recruited to play a sport in college you better....

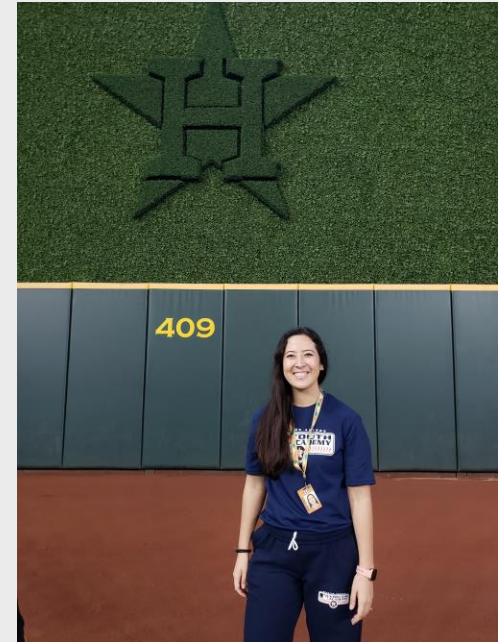
BENEFITS OF COLLEGE

Coaches Corner:

Finish the sentence. If you want to get recruited to play a sport in college you better....

“Focus on your grades! If you have a strong GPA and SAT score, you are a more attractive recruit. There are a limited number of athletic scholarships allowed per NCAA DI team; there are usually far more scholastic scholarships available! Coaches like leveraging scholastic scholarships to help fund talented athletes, instead of solely relying on their pool of athletic scholarships.”

– Coach Jenny Tracy

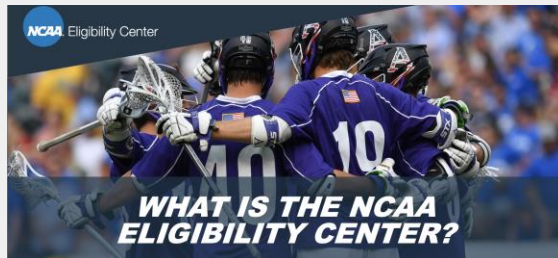


NCAA ELIGIBILITY CENTER

NCAA ELIGIBILITY CENTER

NCAA Eligibility Center

- NCAA – National Collegiate Athletic Association is dedicated to providing a pathway to opportunity for college athletics
- There are over 480,00 student-athletes across 19,500 teams competing in NCAA sports over 1,100 colleges and universities
- NCAA Divisions I and II schools provide more than \$2.7 billion in athletics scholarships annually to more than 150,000 student-athletes
- Only about 2% of student-athletes compete in college athletics
- NCAA Eligibility Center is a unit within the NCAA responsible for evaluating and certifying you for collegiate competition at DI and DII schools



NCAA ELIGIBILITY CENTER

CERTIFICATION ACCOUNT



You must be certified by the NCAA Eligibility Center to compete at a Division I or II school.



The registration fee for domestic students is \$90. The fee for international students is \$150.



Before you take official visits or sign an NLI, you must have a complete Certification account.

PROFILE PAGE ACCOUNT



You are interested in a Division III school or are not sure in which division you want to compete.



There is no registration fee to create a Profile Page account.



Transition to a Certification account at any time you wish to pursue a Division I or II path.

NCAA ELIGIBILITY CENTER

WHAT IS A CORE COURSE?



- ▶ NCAA core courses are:
 - ▶ On your school's list of NCAA-approved core courses.
 - ▶ Taught at or above the high school's regular academic level.
 - ▶ Taught by a qualified instructor.
 - ▶ Considered four-year college preparatory.

NCAA ELIGIBILITY CENTER

EXAMPLE SCHEDULE

How to plan your high school course to meet the 16 core-course requirement:

$$4 \times 4 = 16$$

9TH GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

10TH GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

11TH GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

12TH GRADE

- (1) English
- (1) Math
- (1) Science
- (1) Social Science and/or additional

4 CORE COURSES

NCAA ELIGIBILITY CENTER

DIVISION I: ALTERNATIVE STANDARDS

► Four possible academic certification outcomes for student-athletes:

- Early Academic Qualifier.
- Qualifier.
- Academic Redshirt.
- Nonqualifier.



Test Scores

Standardized test scores are excluded from NCAA initial-eligibility criteria for students who initially enroll full time in an NCAA school during the 2021-22 academic year.

However, colleges and/or scholarship programs may still require test scores.

DIVISION I FULL QUALIFIER SLIDING SCALE			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
3.550	400	400	37
3.525	410	410	38
3.500	430	420	39

DIVISION I FULL QUALIFIER SLIDING SCALE			
Core GPA	New SAT*	Old SAT (Prior to 3/2016)	ACT Sum
2.750	810	720	59
2.725	820	730	60
2.700	830	740	61

NCAA ELIGIBILITY CENTER

NCAA Eligibility Center

DIVISION I QUALIFIER 2021-22



Athletics Aid



Practice



Compete



Meet core-course progression before starting the 7th semester.

Note: Students certified based solely on international credentials are exempt from core-course progression.



Complete 16 core-course units in the required subject areas.



Earn a core-course GPA ≥ 2.3 in the required subject areas.



Submit proof of graduation to the Eligibility Center.

SUBJECT AREAS



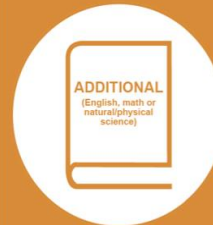
4 Years



3 Years



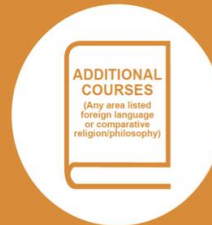
2 Years



1 Year



2 Years



4 Years

NCAA ELIGIBILITY CENTER

HIGH SCHOOL TIMELINE

9TH GRADE/YEAR

Plan

- *Start planning now!* Take the right courses and earn the best grades you can.
- Review your country's academic guidelines in the [Guide to International Academic Standards](#) for course titles approved in your country.
- Sign up for a free Profile Page at [eligibilitycenter.org](#) for information on NCAA requirements.

11TH GRADE/YEAR

Study

- Check with your school to make sure you are on track to graduate [on time](#).
- Take the ACT or SAT, and submit your scores to the NCAA Eligibility Center using code **9999**.
- Ask your school to [submit](#) your official transcript.

10TH GRADE/YEAR

Register

- Register for a Certification Account or free Profile Page with the NCAA Eligibility Center at [eligibilitycenter.org](#).
- Monitor your Eligibility Center account for next steps.
- If you fall behind on courses, don't take shortcuts to catch up. Use the [Division I and Division II worksheets](#) to plan accordingly and monitor your progress toward meeting NCAA initial-eligibility requirements.

12TH GRADE/FINAL YEAR

Graduate

- Take the ACT or SAT again, if necessary, and submit your scores to the NCAA Eligibility Center using code **9999**.
- Beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees), [request your final amateurism certification](#) in your NCAA Eligibility Center account at [eligibilitycenter.org](#).

Reminder: Only students on an NCAA Division I or II school's institutional request list will receive a certification.

- After you graduate, ask your school to [submit](#) your final official transcript and proof of graduation to the NCAA Eligibility Center.

NCAA ELIGIBILITY CENTER

PROACTIVE STUDENT ACTIONS

- ▶ If you want to play sports in college, you must:
 - ▶ Share your NCAA ID with schools recruiting you.
 - ▶ Apply to schools of your choosing to be accepted.
 - ▶ Request final amateurism certification before you enroll full time in college.
 - Starting April 1 (Fall).
 - Starting Oct. 1 (Winter/Spring).
 - ▶ Ask your counselor to submit your final transcript with proof of graduation.
- ▶ Know that considerations are given to students with documented [education-impacting disabilities](#).

NCAA ELIGIBILITY CENTER

RESOURCES

- ▶ Review our [COVID-19 FAQ](#).
- ▶ Visit our websites:
 - ▶ ncaa.org/playcollegesports.
 - ▶ eligibilitycenter.org.
- ▶ Visit nationalletter.org to learn about the NLI.
- ▶ Download our resources:
 - ▶ [Guide for the College-Bound Student-Athlete](#).
 - ▶ [Initial-Eligibility Brochure](#).
 - ▶ [DI Academic Requirements](#).
 - ▶ [DII Academic Requirements](#).

SOCIAL MEDIA



Follow the EC
on Instagram



Follow the EC
on Twitter



Like the EC
on Facebook

“What if I still have questions?”

- ▶ You and your family can call:
877-262-1492.

BENEFITS OF COLLEGE

Coaches Corner:



**Finish the sentence. You will know
which college or university is the best
fit for you when...**

RESOURCES

RESOURCES

College Board



<https://www.collegeboard.org>
Academic, Financial, and College
Application Resource

Khan Academy



<https://www.khanacademy.org>
Academic Resource

Common App



<https://www.commonapp.org>
College Application Resource

Apply Texas



<https://www.applytexas.org>
College Application Resource

Career One Step



<https://www.careeronestop.org>
Career Resource

Federal Student Aid



<https://studentaid.gov>
Financial Resource

NCAA



<http://www.ncaa.org>
Student Athlete Resource

Texas Reality Check



<https://texasrealitycheck.com>
Career and Financial Resource

RESOURCES

Counselor

- What tests do you offer for me to learn about my interests and abilities?
- What resources are available for me to prepare for the SAT/ACT?
- Is there a major or career that fits my interests and abilities?
- Can you help me to ensure I meet all NCAA requirements?
- Do you know of any scholarships that I can apply for?
- Can you review my college resume?
- What GPA and SAT/ACT requirements does [college] have?
- When are the college or career fairs?
- Can you help me pick a college?
- Can you help me fill out my college application? FAFSA form?

Q & A

THANK YOU!