

# Senior Handbook



# Lewiston High School

## Credit Check

Credit															
Reading	1														
Speech	1														
English 9	1	2													
English 10	1	2													
English 11	1	2													
English 12	1	2													
Health	1														
Technology	1														
PE	1	2	3												
Humanities	1	2													
Career & Technical Education	1	2													
Social Science	1														
Economics	1														
US History	1	2													
10th US History	1														
10th W History	1														
US Government	1	2													
Math (Alg 1, Geom, Sr. Math)	1	2	3	4	5	6									
Science	1	2	3	4	5	6									
Electives	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
ISAT Proficiency															
ACT/SAT															
Senior Project															
Biology or Chem EOC															
Civics Assessment															

**9<sup>th</sup> Grade:**

Rank:  
GPA:  
# of Credits Earned:  
# of Credits Remaining:

**10<sup>th</sup> Grade:**

Rank:  
GPA:  
# of Credits Earned:  
# of Credits Remaining:

**11<sup>th</sup> Grade:**

Rank:  
GPA:  
# of Credits Earned:  
# of Credits Remaining:

**12<sup>th</sup> Grade:**

Rank:  
GPA:  
# of Credits Earned:  
# of Credits Remaining:

Idaho College Application Week was October 25<sup>th</sup> – 29<sup>th</sup>. During this week, the counselors assisted students with college applications, scholarship forms, and FAFSA. If you need additional assistance, we are happy to help before or after school and during lunches in the Counseling Center conference room....stop by!!!

State of Idaho information for career, college, and scholarships <https://www.idaho.gov/education/colleges-universities/>

## IMPORTANT DATES FOR SENIORS

### FALL

- Review and **note your college applications deadlines** and submit!!! Stop by the counseling center and have our registrar **send your transcript** to the colleges to which you apply.
- **Check SAT scores** with your counselor to find out if you need to retake the SAT or ACT for college admission.
- **Update your resume.**
- Request **letters of recommendation** (teachers, counselor, employer, advisor, coach, etc.).
- **Talk to industries, college and military representatives.**
- Make a **college visit** – several colleges have organized Fall and Spring visits.
- Begin **networking** with employers, job shadow, and volunteer!
- Register with [NCAA](#) or [NAIA](#) clearinghouse if playing college sports. Go over eligibility with counselor.

### WINTER

- **Apply for an FSA ID** and ask one parent to do the same at <https://studentaid.ed.gov/sa/fafsa/filling-out/fsaid>.
- **Submit FAFSA beginning October 1<sup>st</sup> and** by your college's priority deadline at [www.fafsa.ed.gov](http://www.fafsa.ed.gov). **A FAFSA should be submitted for every student no matter parent's income level.**
- **Attend a Financial Aid Night** at the high school to learn more about financial aid opportunities. (November 4<sup>th</sup> or February 12<sup>th</sup>)
- See the Registrar (middle of counseling center) to send your 7<sup>th</sup> semester transcript.
- **Verify with colleges your application file is complete.**
- Continue **looking for scholarship and financial aid opportunities**. Check out the scholarship shelves in the counseling center and pick up a copy of the Bengal Green! Note deadlines.

### SPRING

- **Attend a Preview or Advising Day** at the college of your choice and register for fall classes. Sign up for housing and a meal plan, if applicable.
- **CHECK COLLEGE EMAIL FREQUENTLY**
- Respond in writing or online to **accept or decline the financial aid offer** from the college you will be attending.
- Notify counseling center of scholarships you have been awarded.
- See the Registrar to sign up to have your final transcript sent to the college you have chosen to attend. You must also send official transcripts from any college from which you have earned dual credits while in high school. Do this by contacting the Registrar at the college through which the dual credits were earned.

### Priority Deadlines:

University of Idaho-December 1st (application, transcript, FAFSA)

Boise State University-February 15th (application, application fee, transcript, FAFSA, scholarship forms)

Lewis-Clark State College-March 1<sup>st</sup> (application, transcript, FAFSA, scholarship forms)

## **Post-Secondary Planning**

### **Whether your plans are college (1 yr. 2 yr. or 4 yr.), military, apprenticeship or working:**

- Take challenging beneficial course work
- Maintain good grades
- Participate in extracurricular activities
- Engage in conversations about your future with friends, parents, teachers and counselor

### **College Applications:**

- ✓ Obtain a copy of your transcript and resume.
- ✓ Allow ample time (weeks) to prepare your application. Request letters of recommendation and allow the people you ask ample time to complete (two weeks minimum).
- ✓ Check your information for grammar and spelling.
- ✓ Request that official high school transcripts, ACT and/or SAT results be sent to the colleges of your choice from the registrar.
- ✓ Make a follow-up call to the college to make sure that they received your application and that your file is complete.

### **Military:**

- ✓ Take the ASVAB
- ✓ Visit with a recruiter

### **Working:**

- ✓ Take classes that will teach you skills and employability
- ✓ Make connections with community and businesses (volunteer, job shadow)
- ✓ Develop a resume
- ✓ Get involved in clubs, school and community organizations, and extra-curricular activities

## **The Campus Visit: is your ultimate research task**

It's important to get a true feel of the campus vibe to see if the college is a good fit for you. Be sure to make the most of it by asking questions and keeping track of what you learn.

- ☺ Take part in a group information session at the admission office
- ☺ Interview with an admission officer – go prepared with questions. Refer to your junior book handbook
- ☺ Pick up financial aid forms
- ☺ Sit in on a college classes that interest you
- ☺ Meet a professor who teaches a subject that interests you
- ☺ Talk to students about what they think of their classes and professors
- ☺ Get names and business cards of the people you meet so you can contact them later if you have questions, make sure you take something to write with during your visit.
- ☺ Explore Campus – dorms, dining hall, fitness center, library, career center, bookstore
- ☺ Check out campus media – newspaper, bulletin boards, schools website, etc

### **Choosing the College that is Right for You**

**As you continue your research, use the following list as a guide to work through the details of what you want out of a college:**

- ☺ Type of School
- ☺ Size of school
- ☺ Location
- ☺ Academic programs
- ☺ Activities
- ☺ Financial aid
- ☺ Campus Visits

**College Entrance Exams (ACT/SAT)** – these tests measure skills and help colleges evaluate how ready you are for college level work, some colleges may require SAT Subjects as well (the schools admission office can tell you if these are needed)

- ☺ **Check with the college to see what scores you need for admission!!!**
- ☺ **The best way to prepare**
  - Work hard both inside and outside the classroom. Take challenging courses, study hard, and read and write as much as you can.
  - Do your best on the PSAT.
  - Use Kahn Academy ([www.khanacademy.org](http://www.khanacademy.org)) and the testing organization websites to practice.

## **FINANCIAL AID**

Three types of financial aid for students entering college or postsecondary training.

### **FAFSA**

1. Obtain a FSA ID at [fsaid.ed.gov](http://fsaid.ed.gov). Your FSA ID can be used from year to year. Your parents will also need their own FSA ID.
2. Submit the FAFSA online at <http://www.fafsa.ed.gov> as soon as possible AFTER October 1<sup>st</sup>. you will need the following documents to fill out the FAFSA
  - a) Social Security # (parent and student)
  - b) Driver's Licence # (student)
  - c) Prior Year Tax Return
  - d) Records of untaxed income
  - e) Information on cash; savings and checking account balances; investments, including stocks, bonds and real estate but not including your home, business and farm assets
3. When you receive the Student Aid Report (SAR) by mail or electronically READ IT CAREFULLY.
4. Each school will tell you whether you are eligible for financial aid. If so, they also will explain how much grant, loan or work study money they can offer you.

**Financial Aid Night ~ October 20<sup>th</sup> from 5:00-8:00 pm in the LHS Library**

### **Scholarships**

1. Check with your high school counselor and other sources about local, regional and national scholarships. Some require formal applications including essays or speeches. Many of these "outside" scholarships have deadlines in the fall or early spring.
2. Apply early for scholarships. Do not apply for a scholarship if you do not meet the requirements. Proofread carefully for spelling and grammar mistakes. Keep a copy of the letters you send and the application forms that you fill out. Refer to them the next time you request information or apply for a scholarship.
3. Check out the counseling website for an updated Bengal Green every other week. This document lists all of the scholarships that are currently offered through the high school.
4. Look at financial aid websites (pick up).
5. Check out information on the Western Undergraduate Exchange program. Certain out-of-state colleges offer reduced out-of-state tuition costs. Visit the website for more information: <http://wiche.edu/sep/wue>.

### **Educational Institution**

1. Email or call the financial aid office at each school in which you have an interest. Ask about financial aid possibilities and obtain their financial aid application, if necessary.
2. Tell each school what you will or will not accept in their financial aid package.

## SCHOLARSHIP ESSAY TIPS

### DO

- **Start early.** Leave plenty of time to revise, reword and rewrite.
- **Read the directions** carefully and answer the question as directly as possible. Follow word limits exactly. Express yourself briefly and clearly.
- Tell the **truth, and speak positively.** Negatives tend to turn people off.
- Focus on an aspect of yourself that will **show your best side.** You might have overcome some adversity, worked through a difficult project, or profited from a specific incident. A narrow focus is more interesting than broad-based generalizations.
- Feel **comfortable in expressing anxieties.** Everybody has them and it's good to know that an applicant can see their own and express them.
- **Tie yourself to the college.** Be specific about what this particular school can do for you.
- Write about your greatest **assets and achievements.** You should be proud of them!

### DO NOT

- **Repeat** information given elsewhere on your application. The committee has already seen it and it looks as if you have nothing better to say.
- **Write on general, impersonal topics,** like the nuclear arms race or the importance of good management in business. The college wants to know about you.
- Use the personal **statement to excuse your shortcomings.** It will give them additional attention.
- Use **clichés or go to extremes**—too witty, too opinionated or too intellectual.

### COMMON TOPICS

1. Experience or person that has influenced your life and why?
2. What sets you apart from others to deserve this award?
3. What's your career choice and why?
4. What contributions do you expect to contribute to society?
5. Personal statement about yourself. If they are going to give you money, they want to get to know you.



# Scholarship Database Resource List

Below is a list of free scholarship databases. Remember that you should never have to pay a fee for any legitimate scholarship application.

**Before using national scholarship databases, SENIORS should do the following:**

- Complete college applications
- Complete scholarship applications for the colleges to which you applied
- Complete scholarships on the Bengal Green (available December-April in the counseling center)

**Raise Me** - <https://www.raise.me/>

Earn micro-scholarships from colleges for your achievements as early as 9<sup>th</sup> grade

**Unigo** - <https://www.unigo.com>

Unigo has plenty to offer beyond just scholarships, including jobs, internships, college profiles and rankings, articles and a textbook store. When it comes to scholarships, the site offers both profile-based matching as well as easy-to-browse categories.

**Fastweb** - <http://www.fastweb.com/college-scholarships>

Fastweb, a subsidiary of Monster, hosts more than 1.5 million scholarships that amount to more than \$3.4 billion dollars. You have to fill out a profile to get started but the profile helps match you with scholarships most likely to suit your needs.

**Cappex** - <http://www.fastweb.com/college-scholarships>

Cappex sets itself apart with its “What Are My Chances” tool, which attempts to calculate the odds that you’ll get into a certain college before you apply.

**Chegg** - <https://www.chegg.com/scholarships>

Features a “top scholarship picks this week” category, which highlights opportunities you may have otherwise missed.

**The College Board** - <https://bigfuture.collegeboard.org/scholarship-search>

The College Board offers much more than an extensive list of scholarships, it also has test prep, articles and college search tools, among others.

**Scholarships.com** - <https://www.scholarships.com>

Scholarships.com is one of the largest databases and is updated daily. You can browse by category, but must set up an account.

**Scholarship Monkey** - <http://www.scholarshipmonkey.com>

Scholarship Monkey offers three search options: personalized search, search by keyword and lists of scholarships. Results from any of these searches can then be further filtered by college, but unfortunately not by any other criteria.

**College-Universities.com** - <http://www.college-universities.com>

Search for online universities and scholarships.

**Million Dollar Scholar** - [www.MillionDollarScholar.com](http://www.MillionDollarScholar.com)

**Scholarship Junkies** - [www.scholarshipjunkies.com](http://www.scholarshipjunkies.com)

Where “Scholarship Junkies” from across the country are willing to work with students virtually to help students make applications as competitive as possible.

**Mobile Apps** -

-Scholarshiptrac

-Scholly

-The scholarship system



# Best Ways to Stay in the Loop

- Check the Bulletin
  - Can be accessed through Parent Portal
- Join the Counseling Center Facebook group
  - Lewiston High School Counseling Center
- Join the Senior Google Classroom
  - Class Code: ru6ez3v
- Senior Remind Group
  - @ghkagb

**Military ~ ASVAB test will be given in March 2022**

**Recruiters will be visiting each month. Please see Ms. Willmore in the Career Counseling Center for the schedule.**

# JOBSCAPE - a Career Search Tool

**Explore Idaho's landscape of opportunity and growth.**

JobScape is an easy-to-use tool to help job seekers and students make informed career and educational decisions through access to education, career and labor market information specific to Idaho.

You don't need an account, there's no log-in, just go to:

<https://labor.idaho.gov/JobScape/>

**Come to the Idaho Department of Labor if you want help to:**

- Find a job
- Connect to Apprenticeships or other on-the-job learning opportunities
- Assist with short term training programs

**Idaho Department of Labor  
1158 Idaho Street / Lewiston, ID 83544**