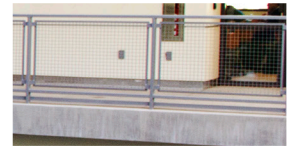


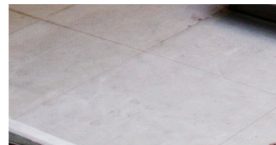
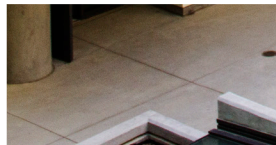
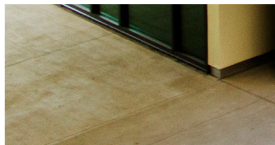
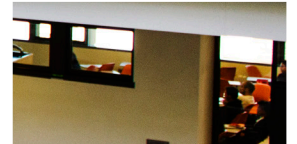
**steps**



**to**



**success**





# STEPS TO SUCCESS

This newsletter is designed to provide high school students and their parents, information about the preparation for applying to college and the essential steps needed in order to make it possible.



## FRESHMAN YEAR

First and foremost, make an appointment and visit with a school counselor to create an academic plan for the each year of high school. Sign up for tutoring and visit with teachers that can provide guidance in subjects that are harder to understand. Freshman year is also a great time to get involved in extra curriculum activities, such as sports, clubs and volunteering opportunities. Although grades are a major factor in the acceptance and denial component, another big part is extra curriculum activities. Colleges strive for a diverse amount of students. That is why it is very important to find an extra curriculum activity the student feels passionate about.

## SOPHOMORE YEAR

**Keeping the Rhythm:** At the beginning of the year, make an appointment with the academic counselor to review the process made during freshman year.

**Time Management:** The students' only obstacle might be learning how to develop good time management skills. Due to studies and activities occupying a sufficient amount of time, it is important to have a weekly schedule that ensures everything gets done, and not at the last minute.

## JUNIOR YEAR

For many, junior year is the most critical year of high school. During this time of year, many students are taking **PSAT** classes to help them prepare for the **SAT**. Along with prepping for the Sat, students are also beginning to visit college campuses and tour. Most high schools have on campus visits from college admission representatives.

## SENIOR YEAR

During the beginning of senior year students should double check with their counselors about their classes, application deadlines, recommendation letters, and lastly, make sure that they have already taken the SAT. During the final months, AP exams will take place as well as the completion for the FAFSA (Free Application for Federal Student Aid). By February the application process for community colleges will begin, following the delivery of the financial aid for the upcoming school year. May 1st is the deadline for decision making on which school will be attended. June consists of graduation and the transition of being a first year college student.

## COMMUNITY SERVICES

Explore opportunities to volunteer at charitable organizations or use this opportunity to explore fields in which you might have an interest to pursue in college. Volunteering offers the rewards of helping others and also offers rich life experiences that can be used as a part of a college application or financial-aid essay. Along with providing good experiences and a good college essay, volunteering opens windows and connections with a variety of organizations. Volunteering with the Boys and Girls Club or volunteering in the hospitals are just two of many opportunities one can cease in the step of finding ones passion.

## ATHLETICS

Colleges appreciate a student who stays committed to a sport, activity or cause throughout their entire high school career. When thinking about college athletics and the requirements, one must deliver certification by the NCAA to be eligible to play in college. NCAA requirements include graduating from high school, receiving and maintaining a cumulative GPA of a 2.0 or higher, completion in the basic core subjects; math, English, science, language and history. Another requirement that is needed in order to play college sports is to take the SAT or ACT and receive a minimum score of 400. Any other questions towards the requirements to be eligible to play visit [NCAA.org](http://NCAA.org)

## CLUBS

Clubs, just like sports offer an opportunity to stay connected and involved with the school, by promoting and recruiting people to join. Clubs allow people to get out of their comfort zone and converse with people that have the same similar interests. Being part of a club contributes to the development of communication skills when organizing meetings and hosting fundraisers. Clubs act as beneficial and profitable in the end by showing colleges one of the many interests had during the student's high school career.



# EXTRA-CURRICULAR ACTIVITIES

Thinking beyond the books is what colleges take into account besides SAT scores and cumulative GPA. Colleges want to see consistency in a sport, clubs or volunteering opportunities.

# DECISION TIME

For some students, leaving home at the age of 18 is the perfect step after graduation. For others, moving away might be the wrong step. Students often have all the basic necessities such as grades, financial aid and scholarships to help them make the transition to university possible. Many other students might not be offered the same financial stability to attend universities, hence getting a four year degree is a two-step process. This two-step process usually starts at a community college for two years, then following two more years at a four year university.

Many times students go off to universities, only to find out that it's not a good fit for them and end up coming back home. In other cases, some students need to stay close to home to work or save up money to attend universities. Others have different circumstances, like hoping to raise their grades before transferring or for personal reasons.

Like many things in life, there are pros and cons when deciding between community college or a university. When considering where to attend college, some of the basic things that need to be taken into consideration is the cost and class size.

**COST:** Attending a community college can save a family tens of thousands of dollars over the first two years of college. The annual tuition for a state resident at a community college is **\$1,104**. The estimated cost per year for a student at a UC school is **29,500 to 33,000**.

**CLASS SIZE:** At community colleges, class sizes are much smaller. The average class size at community colleges are 30 students per classroom, oppose to a UC or CSU that's class size is in the hundreds.

**"YOU DO WHAT YOU CAN, WITH WHAT YOU HAVE, WHERE YOU ARE."**

**- THEODORE ROOSEVELT**

## TRADE SCHOOL

Attending a four year college almost seems automatic. Due to costs of higher education skyrocketing, and no jobs being guaranteed for those with four year diplomas, attendance in trade schools has grown rapidly. Trade school acts as a cheaper and smarter choice if one is going into a specific field (such as cooking, computer programing or tech). Twice the amount of work is done in half the time. College education requires four years in order to receive a bachelor's degree, whereas certification from a trade school requires only two years.





# FINANCIAL AID

College costs can be very dispiriting, but just like most things in life, there is always a way. College costs can be aided by financial aid in forms of grants, scholarships, loans and work-study programs. Financial aid can come from federal, state, institutional or private.

## TYPE OF AID

There are many opportunities for aid outside of scholarships and financial aid. Aid comes from a variety of resources like federal and state governments, the military and employers.

Below are just a few types of aids that can help with the cost of colleges:

### Federal and State Government Aid

- U.S. Government Assistance
- U.S. State Government Assistance
- Employers Tuition Assistance

### School-Controlled Aid

- Tuition Payment Plans
- Financial Aid for Graduate School and Professional Studies

### More Aid Options

- BOGS Fee Waiver
- Domestic Exchange and Study Abroad Programs
- International Students
- Students with disabilities
- Undocumented Students
- Ayuda Financiera Del Estudiante en Español
- Early Awareness Initiatives

## GRANTS AND SCHOLARSHIPS

- Federal Pell Grants: Offered to student who have yet to earn their first bachelor's degree
- TEACH Grants: Offered to students who agree to teach for four years at an elementary or secondary school
- Iraq and Afghanistan Service Grants: Offered to students of parents or guardians that have served after Sept. 11, 2001
- Cal Grant: Offered to anyone going to a UC, CSU or community college in California

For more information on these aids, visit [FinAid.org](http://FinAid.org)

# FAFSA

With knowledge and education comes a price, luckily, there are many scholarship applications and federal student aid programs such as FAFSA (Free Application for Federal Student Aid) that can help.

The Free Application for Federal Student Aid, also known as FAFSA is a form that can be prepared annually by current and prospective college students (undergraduate or graduate) in the United States to determine their eligibility for student financial aid.

Completing and submitting the FAFSA is free and quick, it allows access to the largest source of financial aid that helps pay for college or career school.

FAFSA is also a great way for many state colleges to determine eligibility for state and school aid by referencing the FAFSA data.

**“NEARLY EVERY MAN WHO DEVELOPS AN IDEA WORKS IT UP TO THE POINT WHERE IT LOOKS IMPOSSIBLE, AND THEN HE GETS DISCOURAGED. THAT’S NOT THE PLACE TO BECOME DISCOURAGED.”**

**- THOMAS A. EDISON**

## REQUIREMENTS

Different types of aid have different rules called eligibility criteria. This is set up so that it makes the process of who gets aid more organized and fair. Some of the general eligibility requirements include that you have financial need, are a U.S. citizen or an eligible noncitizen, be enrolled in an eligible degree or certificate program at your college or career school.

## STAYING ELIGIBLE

Once in college or career school, one must make sure to be able to STAY eligible for federal student aid. This can be achieved by keeping grades at or above a “C” average. The most important thing to be mindful of in order to stay eligible for financial aid, is to fill out the Free Application for Federal Student Aid (FAFSA) every year.

## REGAINING ELIGIBILITY

It is possible for a student to lose federal student aid eligibility due to a number of reasons like:

- Default on a federal student loan
- Failure in maintaining satisfactory academic progress
- Conviction of a drug offense

These are just some ways to lose eligibility. The good thing is, it can always be gained back by the following:

- Get out of default to regain aid
- Regain satisfactory academic progress
- Reapply for the following year



# CAREER TECHNICAL EDUCATION

The Career technical educational program, also known as CTE or pathways is a cutting edge and rigorous program that prepares many youth and adults for a wide range of high-wage, high skill and high-demanding careers.

Although the Career Technical educational program is known by many people, there is still the problem of it being latent to some youth and adults. Often times, people go off to college not knowing what CTE is or how it works.

## HOW CTE WORKS FOR THE YOUTH AND ADULTS

- Grants the opportunity to obtain college credit for courses completed in high school
- Prepares students and adults for in-demand careers
- 4 out of 5 CTE graduates earn credentials when seeking post-secondary education after high school.
- 27 percent of people with less than an associate degree, including licenses and certificate, earn more than the average bachelor's recipient.

## BENEFITS OF CTE

- Industry-trained faculty and support staff
- Flexible classes to balance work-school and home schedule
- Save thousands of dollars in tuition compare to other school that can cost over 30 times more
- Designed to improve job skills and marketability
- Exposure to high-paying careers
- Opportunities to visit worksites , participate in internships, and gain an inside look at the world of work

## WHO SHOULD ENROLL IN CTE

- Recent high school graduates
- under-employed and unemployed adults,
- workers looking for career advancement

## CTE BENEFICIAL FOR WHOM

- For parents, it reduces tuition costs and other expenses when students earn tuition free college credits while still being in high school
- Students are more motivated and focused on their future
- For Teachers & Schools, it helps teachers develop more interesting course work which helps lessen disciplinary problems
- For employers, it helps build the numbers of skilled workers
- It helps reduce employer training cost
- For the community, it helps create a healthier economy by workers earning higher wages
- Improved quality of life supported by well-paid residents



# COLLEGE APPLICATION PROCESS

It is important when applying, to be as organized as possible. The best and first thing to do is to make a timeline and take control. Start early and thoroughly study the schools that are of interest.

## CREATE A CALENDAR

Marking the dates for deadlines is a key component to staying organized when filling out college applications.

During sophomore year and junior year, make a lists of possible schools that interest you based on: location, reputation, strengths and fit. The list might start off at 20-40 schools, but as time goes by, the list will shorten to about 10 schools that will help achieve your career.

During the summer before senior year, it is the best time to visit the schools of interest. This can help shorten the list of schools or reinforce a school on your list.

## THE APPLICATION

The application process is although different for every school, they all ask the same common questions: name, address, phone, email, education history, activities and standardized test scores.

All applications contain an essay portion along with short answer questions as an opportunity for students to showcase their personality, passion and way of thinking.

## COMMON APPLICATION

Although there are different applications for different schools, there is the option of the Common Application that can be filled out online that serves roughly around 700 colleges. The CA4 (Common Application) is an easier way to maneuver the application process by sending the same application to the schools of his/her choice, with the exception of filling out different short answer questions for different schools. In the CA4 application, students must answer one of the essay prompts rather than selecting their topic of choice, this makes the essay portion easier for some students.



## ESSAY DO'S AND DON'TS

When writing a college essay, it is important to keep in mind some key factors. Due to numerous amounts of students applying to the same colleges every year, school college boards have devised a system when reading their admission essays. They look for key components to rule in the students, and also rule out.

Below are some key components to remember when writing the admissions essay:

### DO'S

- Make it clear and concise
- Adhere to the word limit
- Provide valuable insight into the students goals, dreams and accomplishments
- Provide examples to support statements

### DON'TS

- Do not wait until the last minute to work on the statement
- Don't use the essay to discuss another person's accomplishments/ achievements

It is important to understand that colleges and universities do not admit or deny student solely on their personal statement, but it does have a part in the acceptance denial process. Colleges have students write essays to gain more insight about the student they might/might not be accepting. That is why it is crucial for a student to give their all in their essay and boast about his/her accomplishments and achievements throughout their educational career.

## REJECTION

It's important to understand that if a college doesn't accept you, it does not mean you aren't good enough. Every year there are students that apply to big name schools and get denied, this is because their denial rate has to be vastly higher than their acceptance rate to keep their reputation. For some colleges, reputation is everything. **DO NOT LET THIS DISCOURAGE YOU.**

For some people, rejection from their dream school is the best thing that could've ever happened to them, because it allowed another window of opportunity to open. A student might find themselves at another university/college they didn't dream of going to, but got accepted to and might turn out loving the school more than anticipated.



# SURVIVING THE FIRST YEAR

Time sure does have wings. One minute it's freshman year, then it's high school graduation and before you know it, it's the first day of college.

College freshmen have to learn to quickly adapt to a more academically difficult course load while also facing domestic responsibilities of cooking, cleaning, shopping, paying bills and doing laundry.

The time management skills adopted during junior year of high school can be put to use throughout the next 4 years of college to help adapt to the new environment. Whether it's through a digital system or a daily planner, find a way to keep track of school projects, deadlines, studying and classes. Keep in mind that when trying to manage the course loads, also find time to exercise and keep the body healthy in order to avoid illnesses or gaining the freshman 15.



## MANAGING STRESS

Whoever said college wasn't stressful lied. Below are some things that can help cope with the stress of exams, friends and life.

- Set aside time for relaxation and sleep. This will help to maintain health and sanity
- Learn conflict resolution skills to help deal with troublesome roommates
- Make sure to ask for help and utilize the resources provided by the school, such as tutors, academic counseling and health and psychiatric services
- Adapt ways on how to cope with stress by exercising or hanging out with a group of friends
- DON'T: result to drugs or drinking to help deal with stress, this might result in depression or becoming homesick
- Don't waste time on social media, this can result in distraction from work that needs to be done

## CAMPUS LIFE

Studies have shown that students who live on campus are more successful in college, receiving higher grade point averages. This is due to students having access to the college campus 24/7, and also the time they save commuting to school every day can be put to use towards studying.

Another benefit to living on campus is the ability to connect with many peers and develop life-long friendships. By living on campus, it provides the student more opportunities to be involved in the school community.

**CARS ON CAMPUS:** A couple of months before starting college, students have to decide which items they are going to take with them to college. Some items that might be considered necessities include a laptop, cellphone, chargers, backpack, clothes, a printer and bed sheets. The one thing that might not be essential the first year might be a car. Many colleges do not allow first year students to take their car with them, reasoning behind this would be to encourage students to fully embrace the campus community. Some also say that not having a car on campus can help make college life a smoother transition.

Another factor to consider about bringing a car to campus, would be if it's going to be used responsibly. Many students who are on their own for the first time might try to test their limits. This includes driving under the influence or under exhausted pretenses.

## OFF CAMPUS LIFE

When making the decision whether or not to live on or off campus, the main thing to consider is COST.

Although living off campus can sometimes be cheaper, apartment rates can sometimes be deceiving. Balancing out the estimated cost for internet, cable and other utilities need to be taken into consideration when making this decision. Cost of food and transportation to campus also needs to be factored in.

While some might think that after graduation, it is their time to move out and start a new life, others might find living at home beneficial. Students will often choose to live at home for the first two years while attending community college, usually to save money for when it is time to apply to a 4-year university.

**CARS OFF CAMPUS:** For some that are attending schools closer distance to home, a car might be an essential factor to transportation. Another form of transportation resource that is provided by many colleges is the bus. East Los Angeles College is one of the many colleges that provides transportation to and from campus. There is a shuttle service provided with various times of departing and arrival to both campuses. If the student does not need transportation from the school, there is also the option of the metro. Having access to the metro TAP card can assist with transportation needs, whether it be to school or other places. The cost of the TAP card is monthly/\$43. For more information please visit [www.metro.net/riding/fares/collegevocational](http://www.metro.net/riding/fares/collegevocational)



S O C I A L  
M E D I A

## STAYING CONNECTED

Being away from home can sometimes be hard, especially if the student is extremely close to their family. One of the many ways to stay connected with friends and family back home, is through social media or through webcam.

Social media acts as a bridge that provides a gateway for friends and family to be kept in the loop of their lives without personally telling them.

College is a wonderful experience. It helps create long lasting friendships, connections and resources that benefit in the long run, and it helps shape the person by the experiences and opportunities that present themselves.

# INTERNSHIPS

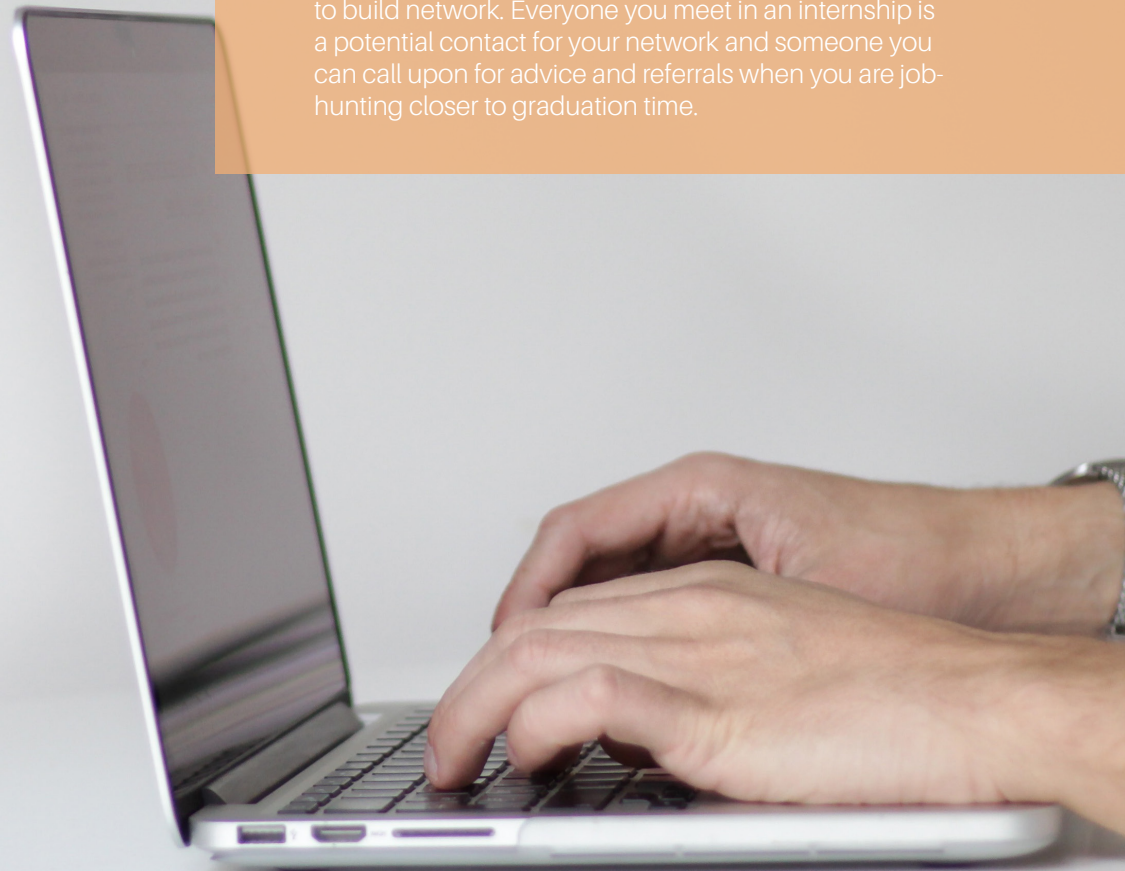
For many people that attend community college for the first two years of their academic career, usually the next step upon completing those 2 years is to move onto a 4 year university. After applying and getting accepted to a 4 year university, the next two-3 years will consist of major based classes. Essentially, during the first two years many students fulfill their general education requirements. The remainder years are designed primarily for the upper division courses that are required to graduate with a bachelor's degree in the major/degree that the student is trying to pursue. During the final year upon receiving a Bachelor's Degree, many schools offer opportunities for students to get involved in internship programs.

Internship programs provide students with knowledge of the professions they believe they might be interested in. In the end, internships prove to be very influential and useful for the student when determining which field of work they chose. For some students, the first internship might not be quite what they expected it, which is why it is highly advised for students to try to do more than one internship, just to see the different types of fields there are. It is extremely important for an individual to do some sort of college internship, to be better acquainted with the field, create strong connections with people and to also help create a strong and concrete resume filled with experience and work ethic to compete with other individuals for jobs later in the future. An example of this would be a marketing major. The marketing major might take an internship in marketing research and discover that it was not what they expected it to be and end up disliking it. Instead of completely giving up on marketing, one might decide to take upon another internship opportunity in the marketing area but just a different field like, public relations. In the end, picking more than one internship might help when deciding which career path to choose.

Although not all schools require senior students to do a number of hours for internships before they graduate, it is still highly suggested. Typically when students graduate from college, one of the main reasons they have for not working is that they cannot find a job. Often times employers disdain new college grads because of their lack of experience. The good thing about interning is that it builds character, knowledge and last but not least, it builds to the resume.

In 2005, NACE reported that employers that hired entry-level candidates with internship experience paid those 6.5 more than those without experience.

Another benefiting factor for internships is being able to build network. Everyone you meet in an internship is a potential contact for your network and someone you can call upon for advice and referrals when you are job-hunting closer to graduation time.



## FURTHER ENHANCING EDUCATION

When the student graduates from receiving his/her BA degree, many students choose to stick with the internship they have been doing hours for in hopes of moving up in the scales of job opportunities. As for others, some might want to further their education by getting their masters and sometimes further than that and get their doctorates.

When deciding whether or not graduate school is the right fit, one must take into consideration that it is fairly different from undergrad. In graduate school, the expectations of going to school is different in the sense that it requires more attention and dedication to the subject material that is intended to study. Benefits of going to grad school and also going to school to receiving a doctorates degree, are personal growth, greater employment opportunities, career advancement, financial reward and greater recognition and credibility.





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