



Senior Letter 2019-20

Dear Senior Student and Parent/s:

I hope you had a restful and productive summer. As your high school counselor I am here to guide you through the numerous events and deadlines associated with the senior year. For your planning purposes, this letter provides you with college transition information. Additionally, a handout, *Senior Dates to Remember*, is enclosed; this handout highlights many other important U-Prep senior-related events and activities.

U-Prep prepares its graduates for the highest possible post-secondary endeavor, but leaves the choice regarding post-secondary plans to students and families. Historically, most all U-Prep graduates have successfully transitioned to a college or university of their choice while a small number have transitioned either to a technical school or a military service school. All are engaged in furthering their post-secondary education. Whatever the interests, your hard work combined with support from your family and school staff has positioned you with multiple post-secondary choices. Further, financing a post-secondary experience does not need to result in unreasonable debt as you will continue to learn about this year. There are options!

The senior year is the capstone of your K-12 education. It is a time to continue meeting new challenges, while maintaining a strong work ethic; U-Prep seniors finish strong and see their commitments through to graduation and beyond. As a step in the process, all seniors are encouraged to enroll in math their senior year. Research indicates a higher percentage of students graduate from college on time if they are prepared for college level math. Further, recent updated California admissions requirements indicate students must show they are **ready for college level coursework** in math (and English) prior to enrollment; seniors not enrolled in a math class are putting themselves in academic jeopardy!

One of our goals at U-Prep is to provide seniors an engaging and meaningful year. We encourage seniors to continue to invest in the school community and culture because they are our leaders on campus and their presence is valued. Volunteer/community service, and working part-time are some of the opportunities seniors may learn more about the world around them while seeking independence.

To meet high school graduation requirements, all seniors are required to attend **Senior Transition**. This program occurs during the regular school day. It is designed to assist seniors with college admissions processes, such as financial aid and scholarships. Senior Transition starts Monday, September 9, 2019.

Parents: You are the best advocate for your student. The anticipation related to your student's attendance at college is both exciting and challenging. The **college application process** involves multiple key deadlines, which explains the importance of keeping the communication open and educating oneself about the details associated with the process. If you haven't done so yet, please explore college options with your son/daughter; our online **Naviance** program is an excellent source for this purpose. Schedule a college tour and establish communication with college admissions counselors. Please also plan to attend U-Prep's **Senior Information Night on September 23** and **Financial Aid Night on October 3**. Both of these events will be held in the Marr Auditorium at 6:00 PM.

College Options is an excellent local resource for families. Their primary function is to support preparation for and access to post-secondary educational opportunities in the North State. They provide free programs and services to help

families make informed decisions. They also provide assistance with college applications and – for interested families – the federal student aid application (FAFSA). Please plan to attend the Annual College Information Fair COLLEGE QUEST sponsored by College Options and its partners. It is scheduled on Thursday, September 12 from 5:00-7:30pm at Simpson University Gymnasium. This is a free community event. College Quest will feature booths from regional colleges and universities. Admissions staff will be available to provide students with admissions information.

How many colleges/universities should you apply to? It is recommended that students apply up to eight schools. Applying to several schools provides more opportunities for admission and financial aid considerations. Each campus determines the financial aid package based on the federal student aid application (FAFSA) and their local resources. The information below may help determine how many colleges you should apply to:

- Dream Schools: This may be the long shot. You would love to attend this school. Make sure you meet the admissions requirements before applying.
- Possible Schools: These are the schools that you feel you have a good chance of getting accepted. There is real potential, but no guarantee.
- Safety Schools: This is the 'sure thing'. You should choose a few schools where acceptance isn't a concern. This is just in case the others don't work out.
- Community College: Keep this option open.

Below are some helpful websites to assist you in the college admissions process.

<http://www.uprep.net>

Student Support-> Guidance and Counseling Center

Naviance: <http://student.naviance.com/univprep>

Naviance is a comprehensive college and career readiness solution that helps align student strengths and interests to post-secondary goals, and improve student outcomes. Students will have access to career assessments, resume building, college searches, scholarship opportunities, and more.

Shasta College <http://www.shastacollege.edu/>

Shasta Community College (SCC) applications are available in November (2019). Students apply online and there is no application fee. SCC will visit U-Prep early spring to meet with students individually. Seniors are exempt from taking the math and/or English assessment with qualified scores/grades; this will be evaluated at the meeting. After completing the online orientation, assessments or meeting the exemption and completing an educational plan with a counselor, seniors will receive a "Shasta/Northstate Promise" registration date. SCC does not require students to take the SAT or ACT as part of the application process.

Shasta College students will be eligible to receive their first two years of college tuition free! The Shasta College Promise Program allows for two years of free tuition for California Community College students. To qualify for the program, first-time Shasta College students who are California residents need to apply for financial aid, register for 12 units or more and complete a new student orientation and education plan at the college.

CSU System <http://www.calstate.edu/>

The California State University System has 23 campuses. Cal State Apply is an online resource designed to help students and families learn about the CSU system, research campuses, apply for admission, and inquire about financial aid information. A CSU application is completed and submitted online. Each campus will charge a \$55 application fee. You

may use one application to apply to as many CSU campuses of your choice. The fall 2020 admission filing period is October 1 through November 30, 2019. It's important to save your work as you go and take your time completing the application.

The CSU application does not require an essay component. There may be additional requirements for some CSU's depending on the major. Students must pass the A-G admission requirements, take the SAT or ACT, and have a minimum GPA of a 2.0. Please read the CSU admission requirements at the above website.

UC System <http://www.ucop.edu/pathways/>

The University of California system has 10 campuses. UC Pathways is an online resource designed to help students and families learn about the UC system, research campuses, apply for admission, inquire about financial aid information, and learn how the UC evaluates applications. The UC application is completed and submitted online. Each campus will charge a \$70 application fee. You may use one application to apply to as many UC campuses of your choice. The fall 2020 application is currently available for students to access and work on. The application submission period is November 1 through November 30, 2019. It's important to save your work as you go and take your time completing the application.

The "personal insight" questions are required of all UC applicants. You will have 8 questions to choose from. Students must respond to only 4 of the 8 questions. Each response is limited to a maximum of 350 words. Which questions you choose to answer is entirely up to you: But, you should select questions that are most relevant to your experience and that best reflect your individual circumstances. Students must pass the A-G admission requirements, take the SAT or ACT, and have a minimum GPA of a 3.0. Please read the UC admission requirements and personal insight questions at the above website.

Common Application <https://www.commonapp.org>

The Common Application is used by most private colleges/universities for undergraduate admissions. A list of private schools using the Common Application is available on the above website. With Common App you only need to use one system to apply to multiple colleges and universities. There are two main parts you fill out: a set of common questions and each college's own specific questions. Each campus will charge an application fee. Some private schools waive the application fee if you apply online (please see their admissions website).

SAT <http://sat.collegeboard.org/home>

The College Board website is where students register for the SAT. The SAT essay section is **optional** now. It's strongly recommended that students register for the SAT **with essay**. This website also provides comprehensive information and a helpful action plan for seniors and parents. Students applying for admission at a four year university/college must take the SAT or ACT. SAT scores are submitted online from the SAT registration website to the college/s of choice using a credit/debit card.

SAT Subject Tests <http://sat.collegeboard.org/home>

These are tests in specific subject areas taken separately from the SAT to help determine college acceptance (please check the admissions website). Since fall 2012, the UC System no longer requires two SAT Subject Tests as part of the admissions requirement; however, for competitive campuses and majors, it's recommended students take at least two SAT Subject Tests in related subject areas. Most private colleges require at least two SAT Subject Tests. SAT Subject Test scores are submitted online from the SAT registration website to the college/s of choice using a credit/debit card.

ACT <http://www.actstudent.org>

The ACT website is where students register for the ACT. This website also provides helpful college exploration information. Important note: The ACT writing section is **optional**. It's strongly recommended that students take the **optional** writing section. One of the leading college acceptance indicators is how well a student writes. If you choose to take the writing component, you must **select** the optional writing test when you register. ACT test scores are submitted online from the ACT registration website to the college/s of choice using a credit/debit card.

FAFSA Form <http://www.fafsa.ed.gov/>

The Free Application for Federal Student Aid (FAFSA) form is used to determine your eligibility for financial aid and is absolutely necessary should you be seeking financial aid to help fund college tuition. Financial aid consists of four basic types: Grants, Employment Programs (work study), Loans, and Scholarships. The first three types are need-based financial aid; scholarships may or may not be need-based. To be eligible for federal student aid, a student must:

- Be a citizen or an eligible non-citizen;
- Be enrolled in a degree or certificated program at a college, occupational or career school or approved by the US Dept. of Ed;
- Have a high school diploma or GED; and,
- Have a valid social security number and register with the US Selective Service, if required.

The FAFSA form is submitted online on or after **October 1st, 2019**. Students will be required to report income information from an earlier tax year. For example, on the 2020–21 FAFSA, students (and parents, as appropriate) will report their 2018 income information. Learn more at our Financial Aid Night, October 3rd. Aid is determined on a variety of factors including family income, size of family and date submitted. The online FAFSA form is signed electronically so a parent and the student must register for a FSA ID. This serves as an electronic signature. You may apply for your FSA ID at <https://fsaid.ed.gov/npas/index.htm>.

Cal Grant <http://www.csac.ca.gov>

Cal Grant awards are state funded monetary grants given to students to help pay for college expenses. The awards do not have to be paid back and are based on family size, income, GPA and other factors. To determine eligibility for Cal Grant, a GPA Verification Form must be submitted by October 1, 2019. U-Prep's Counseling Center will electronically submit students' Cal Grant Verification Form with their GPA to the California Student Aid Commission. Cal Grant uses student and parent information from the FAFSA form as part of the eligibility process so the FAFSA form must be completed and submitted online by March 2, 2019. Using the website above, you may select the link on parents' income and asset ceilings to inquire about potential eligibility.

Letters of Recommendation & Official Transcripts

Students requesting letters of recommendation, official transcripts, or Common Application counselor and teacher reports, must complete a Letter of Recommendation Form available in the Counseling Center or at www.uprep.net under College Info. The request should be submitted to Mrs. Mason or the teacher/s of choice at least 2-3 weeks in advance.

Here's to a wonderful senior year! Remember, DEADLINES are very important. See you at U-Prep's Senior Information Night on September 23rd and our Financial Aid Night on October 3rd. Thank you for supporting your senior through this exciting and life-changing year. Please see the "Senior Dates to Remember" handout enclosed.

Sincerely,
Kristen Mason
High School Counselor



Senior Dates to Remember

- Senior Portraits September 4th-6th 2019
 - (Rm. 210) 7:50 AM-3:15 PM
- College Quest Information Night (Simpson University) September 12th 2019
- U-Prep's Senior Information Night September 23rd 2019
 - (Marr) 6:00-7:00 PM

- CSU Admission Website Submission Oct. 1st-Nov. 30th 2019
- FAFSA Open For Submission Opens October 1st 2019
- Deadline to Submit Cal Grant GPA verification form October 1st 2019
 - U-Prep counseling center will submit
- Financial Aid Night October 3rd 2019
 - Presented by College Options (Marr) 6:00-7:30 PM

- UC Admission Website Submission November 1st-30th 2019

- Yearbook Grad Ad Deadline January 20th 2020
 - Informal and/or childhood photo

- Senior Exit Presentations March 30th 2020
- Senior Rummage Sale Spring (TBA)
- Senior/Junior Prom April 18th 2020

- AP Testing May 4th-15th 2020
- Senior Breakfast and Awards Ceremony May 18th 2020
- Senior Trip May (TBA)

- Senior Graduation Practice May 29th 2020 8:00 AM
- Senior Graduation Ceremony May 29th 2020 8:00 PM
- Sober Grad (Following graduation) May 29th 2020

Ultimate Graduation Company will be in the lobby taking orders at U-Prep the evening of Senior Information Night and Financial Aid Night starting at 5:30 PM. Please plan ahead and order your graduation announcements, cap, gown, tassel and more with Ultimate Graduation Company.



Sign up for important updates from Mrs. Mason.

Get information for **Senior Parents- Class of 2020** right on your phone—not on handouts.

Pick a way to receive messages for **Senior Parents- Class of 2020**:

A If you have a smartphone, get push notifications.

On your iPhone or Android phone, open your web browser and go to the following link:

rmd.at/2738787

Follow the instructions to sign up for Remind. You'll be prompted to download the mobile app.



B If you don't have a smartphone, get text notifications.

Text the message [@2738787](https://t.me/@2738787) to the number **81010**.

If you're having trouble with **81010**, try texting [@2738787](https://t.me/@2738787) to (530) 924-0621.

* Standard text message rates apply.



Don't have a mobile phone? Go to rmd.at/2738787 on a desktop computer to sign up for email notifications.

College Entrance Exams 2019-20



ACT 2019-2020 Test Dates (to register, go to www.actstudent.org)

Test Date	Registration Deadline	Late Registration (Late Fee Required)	Test Centers (test center codes below)
September 14, 2019	August 16, 2019	August 17-30, 2019	CVHS, PVHS, TLHS, YHS
October 26, 2019	September 20, 2019	Sept. 21- Oct. 4, 2019	CVHS, FRHS, HCHS, MSHS, PVHS, RBHS, OIT, YHS, THS
December 14, 2019	November 8, 2019	November 9-22, 2019	CVHS, PVHS, YHS
February 8, 2020	January 10, 2020	January 11-17, 2020	CVHS, PVHS, TLHS, YHS
April 4, 2020	February 28, 2020	Feb. 29- March 13, 2020	CVHS, FRHS, HCHS, PVHS, YHS, OIT, MHS, THS
June 13, 2020	May 8, 2020	May 9-22, 2020	CVHS, MSHS, PVHS

(Test Centers may change or be added—check website and register early!)

ACT Test Center Locations and Code

CVHS: Central Valley High School (Shasta Lake City), code is **209440** or **209441** (Sunday ONLY)

FRHS: Fall River High School (McArthur), code is **188070**

HCHS: Happy Camp High School, code is **203920**

MSHS: Mt. Shasta High School, code is **218570**

PVHS: Pleasant Valley High School, code is **164590**

RBHS: Red Bluff High School, code is **185150**

TLHS: Tulelake High School, code is **164260**

YHS: Yreka High School, code is **223710**

OIT: Oregon Institute of Technology, code is **034840**

MHS: Modoc High School, code is **171380**

THS: Trinity High School, code is **199940**

*Note: Sunday test dates for the ACT are available if you cannot test on Saturday for religious reasons. Go to the website for details.

SAT 2019-20 Test Dates (to register, go to www.collegeboard.org)

Test Dates	Test	U.S. Registration Deadlines		Test Centers (Test center codes below)
		Regular	Late (late fee applies)	
August 24, 2019	SAT & Subject Tests	July 26, 2019	August 6, 2019	AHS, CVHS, HCHS, PVHS
October 5, 2019	SAT & Subject Tests	Sept. 6, 2019	Sept. 24, 2019	AHS, CVHS, ETHS, MSHS, MHS, MZHS, PVHS, RBHS, THS, YHS
November 2, 2019	SAT & Subject Tests	Oct. 3, 2019	Oct. 22, 2019	CVHS, EHS, FRHS, HCHS, MSHS, MZHS, PVHS, YHS
December 7, 2019	SAT & Subject Tests	Nov. 8, 2019	Nov. 26, 2019	CVHS, ETHS, MHS, MZHS, PVHS, YHS
March 14, 2020	SAT & Subject Tests	Feb. 14, 2020	March 3, 2020	CVHS, EHS, ETHS, MZHS, PVHS, YHS
May 2, 2020	SAT & Subject Tests	April 3, 2020	April 21, 2020	CUHS, CVHS, ETHS, EHS, FRHS, HCHS, MSHS, MHS, PVHS, RBHS, THS, YHS
June 6, 2020	SAT & Subject Tests	May 8, 2020	May 27, 2020	AHS, CVHS, MSHS, MZHS, PVHS

(Test Centers may change or be added—check the website and register early!)

SAT Test Center Locations and Codes:

AHS: Anderson High School, code is **05-111**

CSHS: Chico Sr. High School, code is **05-191**

CUHS: Corning Union High School, code is **05-218**

CVHS: Central Valley High School, code is **05-728**

ETHS: Enterprise High School, code is **05-743**

EHS: Etna High School, code is **05-240**

FRHS: Fall River High School, code is **05-466**

HCHS: Happy Camp High School, code is **05-297**

MSHS: Mt. Shasta High School, code is **05-490**

MZHS: Mazama High School (OR), code is **38-235**

MHS: Modoc High School, code is **05-103**

PVHS: Pleasant Valley High School, code is **05-192**

RBHS: Red Bluff High School, code is **05-592**

THS: Trinity High School, code is **05-874**

YHS: Yreka High School, code is **05-889**

	ACT	SAT
Purpose	Assessment Test: measures what you know (like a cumulative final)	Evidence-Based Test: measures your ability based on the latest research on the skills colleges value most.
Content	<p>English: grammar, punctuation, sentence structure, style</p> <p>Math: algebra; coordinate and plane geometry; trigonometry (only 4 out of 60 questions)</p> <p>Reading Comprehension: arts, literature, social studies</p> <p>Science: reasoning questions based on reading passages</p> <p>Writing (optional): 30 minute student-written essay (required for UCs and some private colleges)</p>	<p>Evidence-Based Reading: measures skill in reading and comprehending texts across a wide range of genres, purposes, subjects and complexities (multiple choice)</p> <p>Math: measures algebra, problem solving and data analysis and advanced math (calculator portion and no-calculator portion. Multiple choice and student produced responses)</p> <p>Evidence-Based Writing: measures knowledge and skills in revising and editing tests widely varied in purpose, subject, and complexity (multiple choice and passages)</p>
Length of exam	3 hours + 40-minute essay (optional)	3 hours + 50-minute essay (optional)
How questions appear	No order of difficulty	In order of difficulty
Scoring method	Scores based on number of right answers only. <i>No penalty for wrong answers</i>	Scores based on number of right answers only. <i>No penalty for wrong answers</i>
Scoring	1 – 36 for each subject, averaged together for a composite score	400-1600 each for Critical Reading, Math and Writing (Essay is reported in 3 dimensions, each 2-8)
Practice Test	PLAN: taken typically in fall of sophomore year	PSAT: taken typically in fall of junior year
Best time to take the real test	BEST: Spring of Junior year 2 nd Best: Early fall of Senior year	BEST: Spring of Junior year 2 nd Best: Early fall of Senior year
When you should register	At least 4 weeks before the test date	At least 6 weeks before the test date
Should you prepare for the test?	ABSOLUTELY	ABSOLUTELY
How to prepare	Free sample test from high school Counseling Center; on-line help from website below; test prep books for purchase	Free sample test from high school Counseling Center; on-line help from website below; free mobile app, free Khan Academy
Cost (fee waivers available)	\$50.50 for ACT (no writing) \$67.00 for ACT (with writing) <u>Late Registration:</u> add \$30.00	\$49.50 for SAT (no essay) \$64.50 for ACT (with essay) <u>Late Registration:</u> add \$30.00
For more information	ACT www.actstudent.org (319) 337-1270	CollegeBoard www.collegeboard.com (866) 630-9305

College Quest 2019 College Fair

A Free Event at Simpson University
September 12, 2019 5:00-7:30pm

40+ Colleges &
Universities

Career Pathway
Information

Military Service
Information

Career Exploration
Workshops:
2 Sessions

Financial Aid
Workshops:
2 Sessions

Workshop
Sessions:
5:30 & 6:45pm



Sponsors of College Quest 2019

College OPTIONS ✓ The McConnell Foundation ✓ Shasta Union High School District ✓ Reach Higher Shasta
Merchants Bank of Commerce ✓ Redding Electric Utility ✓ Shasta College ✓ Golden Valley Bank
Dignity Health ✓ Shasta Regional Community Foundation ✓ Institute of Technology
Results Radio ✓ Redding Chamber of Commerce ✓ Dutch Bros



California public high schools are required to submit a Cal Grant high school Grade Point Average (GPA) for all graduating seniors, unless the student or parent has opted out of the submission process. Students who do not opt out will have their GPA submitted to the Commission to be considered for a Cal Grant award. If you do not want U-Prep to report a GPA, please complete the attached form and return it to the counseling center by September 20, 2019.

“A Cal Grant is money for college you do not have to pay back. To qualify, you must apply for the Free Application for Federal Student Aid (FAFSA) or California Dream Act Application (CADAA) by March 2nd, 2020 (senior year) and meet the eligibility and financial requirements as well as any minimum GPA requirements. Cal Grants can be used at any University of California, California State University or California Community College, as well as qualifying independent and career colleges or technical schools in California. There are three kinds of Cal Grants – A, B and C – but you do not have to figure out which one to apply for. Your eligibility will be based on your FAFSA or CADAA responses, your verified Cal Grant GPA, the type of California colleges you list on your FAFSA and whether you are a recent high school graduate.”

After September 20, 2019, the information for all students, excluding those who opt-out, will be submitted electronically to the California Student Aid Commission for Cal Grant consideration.

For further information please visit the Cal Grant Website at:
<http://www.calgrants.org>

Cal Grant GPA Opt-Out Form

In order to be considered for a Cal Grant, California public high schools and charter schools are required to submit a high school Grade Point Average (GPA) to the California Student Aid Commission by October 1 for all graduating seniors, unless the student or parent has opted out. California Education Code section 69432.9 requires the school district or charter school, to notify all grade 11 pupils and their parent/guardian (if under the age of 18), in writing and no later than January 1 of a pupil's grade 11 academic year, that the pupil will be deemed a Cal Grant applicant unless the pupil has opted out prior to the date below (as specified by the high school). Students who do not opt out will have their GPA submitted to the Commission to be considered for a Cal Grant award.

If you **do not** want your school to report a GPA, please complete this form and **return it to your high school counselor** by

GPA's will be submitted to the Commission starting

STUDENT INFORMATION

1. Please print your LAST NAME

2. Please print your FIRST NAME and MIDDLE INITIAL

3. Please print your MAILING ADDRESS

Number and Street

City

State

ZIP

4. Please print your DATE OF BIRTH (MM DD YYYY)

5. Please print your EMAIL ADDRESS

By signing this form, I am electing **not** to have my school report my high school Cal Grant GPA information to the California Student Aid Commission for use in the Cal Grant application process.

Student Signature

Student Phone Number

Date

The student named on this form is under the age of 18. I am the parent or legal guardian of the above named minor, and I **do not** authorize the release of his/her high school GPA information to the California Student Aid Commission for use in the Cal Grant application process.

Parent/Legal Guardian Signature

Parent Phone Number

Date

Print Parent Name

Parent email address

Instructions

1. Student Last Name: Enter student last name as it appears/will appear on the student's FAFSA or Dream Act Application.

2. Student First Name: Enter student first name as it appears/will appear on the student's FAFSA or Dream Act Application.

3. Permanent Mailing Address: Enter the student's permanent mailing address, street address, city, state and zip code.

4. Student's Date of Birth: Enter student's date of birth. For example, June 25, 1999 should be entered as 06 25 1999.

5. Student's E-Mail Address: Enter the student's e-mail address as it appears/will appear on the FAFSA or Dream Act Application.

----- STUDENT AND PARENT CERTIFICATION -----

Student's Phone #: Enter the student phone number as it appears/will appear on the FAFSA or Dream Act Application.

Parent Phone #: Enter the parent phone number as it appears/will appear on the FAFSA or Dream Act Application.

Print Parent Name: Please print parent's full name as it appears/will appear on the FAFSA or Dream Act Application.

Parent E-Mail Address: Enter the parent e-mail address as it appears/will appear on the FAFSA or Dream Act Application.

----- FOR SCHOOL USE ONLY -----

Note: As requested by the student and/or parent, please do NOT submit this student's GPA to the California Student Aid Commission.