

College and Career Packet

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Volunteer Hours Log



Student Name: _____

Date	Agency Name/Place	Activities Done	Hours	Supervisor Signature

Total Hours:

Schalmont High School Counseling Center



Student Name:

Community Service/Volunteering	Description	School Years
		9 10 11 12
		9 10 11 12
		9 10 11 12
		9 10 11 12
		9 10 11 12
		9 10 11 12

Clubs	Description	School Years
		9 10 11 12
		9 10 11 12
		9 10 11 12
		9 10 11 12
		9 10 11 12

Athletics	Description	School Years
		9 10 11 12
		9 10 11 12
		9 10 11 12
		9 10 11 12
		9 10 11 12

Employment	Description	School Years
		9 10 11 12
		9 10 11 12
		9 10 11 12

Awards and Honors	Description	School Years
		9 10 11 12
		9 10 11 12
		9 10 11 12
		9 10 11 12
		9 10 11 12
		9 10 11 12

Leadership Experience	Description	School Years
		9 10 11 12
		9 10 11 12
		9 10 11 12
		9 10 11 12
		9 10 11 12

Additional Experiences	Description	School Years
		9 10 11 12
		9 10 11 12
		9 10 11 12
		9 10 11 12

Arts/Performing	Description	School Years
		9 10 11 12
		9 10 11 12
		9 10 11 12
		9 10 11 12

Notes:



HIGH SCHOOL COLLEGE PLANNING TIMELINE



Get to know your School Counselor!
You'll be meeting with them every year to determine classes and college/career planning.

Get your working papers in the Counseling Office!

Explore CTE options at Votech.

Keep track of all clubs, athletics, and extracurricular activities you're involved in to start building your resume. You can use the "High School Activity Sheet".

Register for the PSAT. Schalmont usually has 70-80 tests given for free. Registration is usually at the start of October. Parent/guardians will be notified through email and on our website.

Apply for available Junior Awards.

Complete College Research Paper in English classes. Your School Counselor will also come into class to go over the college search process.

Optional - Register to SAT Prep classes through the Continuing Education program at Schalmont.

Go on college tours! Visit different campuses. Start to come up with a list of colleges to apply to, 10-15 for now. We'll narrow down later!

Decide if you'll be applying to any colleges for Early Action or Early Decision program.

Be ready to ask for letters or recommendations. Give them plenty of time! Remember to write them thank you cards later!

Your School Counselor will be going into classes to go over the college application process.

File FAFSA on October 1st.

Acceptances start to come in! Reach out to financial aid offices if you have questions about the packages you're offered. **Most colleges will require a decision by May 1st.**

9TH - 10TH GRADE

FALL 11TH GRADE

WINTER 11TH GRADE

SPRING 11TH GRADE

SUMMER INTO 12TH GRADE

FALL 12TH GRADE

SPRING 12TH GRADE

Get involved!

It's important to be involved with at least one thing, whether it's through school or in the community! Work on getting volunteer hours. Remember, to apply for National Honor Society later you'll need 60 volunteer hours!

Become familiar with college search engines **CollegeBoard**, **College Niche**, **Princeton Review**, and **SUNY.edu**.

Create and account and save interested colleges to later refer back to. Right now focus only on **Location** - Stay in New York? Close to home? **Major** - What to study. **Cost** - How much are you willing to pay?

Attend College Fairs! Schalmont typically offers one through CASDA.

Earn the best grades you can! It's important to get off to a good start. Take classes that will challenge you, but don't over-do it!

Attend Financial Aid presentation at Schalmont. Begin to consider how college will be paid for. Familiarize yourself with some important terms! Check out the our Counseling Centers website for resources!

Continue to keep track of leadership, work, extracurricular, and volunteer activities to build your resume!

Meet with your School Counselor to discuss post high school plans, scheduling for 12th grade. **Parents are encouraged to attend!** Be prepared with any questions!

Register for the SAT and/or ACT at Collegeboard.org and act.org. Schalmont is not a testing site. Have a list of colleges where you'd like your scores sent ready.

Register through NCAA Clearinghouse if you're planning on playing sports in college.

Continue working hard in school! Stay involved in extracurricular activities.

Begin applying for scholarships! The Counseling Center website and class Schoology page will begin posting for the upcoming year. Apply to anything that's relevant, every dollar counts!

Narrow down your list of schools to apply to. We recommend no more than 8!

Finalize your resume to prepare for college applications.

Create your account for Common App and SUNY App. Start applying to colleges! Pay close attention to deadlines!!

Retake SAT and ACT if needed!

Continue to apply for scholarships! Check the Counseling website and Schoology regularly!

Please reach out to your School Counselor and with questions along the way! The Counseling Center website has many resources and key websites linked to it. Students should also get in the habit of checking your class Schoology page.

VISIT OUR WEBSITE FOR MORE

[HTTPS://WWW.SCHALMONT.ORG/HIGH-SCHOOL-COUNSELING-CENTER/](https://www.schalmont.org/high-school-counseling-center/)

Choosing a Career

It's okay if you're still figuring out what you see yourself doing! Here are some things to consider.

- What is the difference between a job and a career?
 - Job - no benefits, *not sustainable*, high school job
 - Career - Benefits, paid time off, long term, has growth
- What are your interests?
 - Understanding your strengths, personality
 - What do you enjoy doing?
- How important is money to you?
 - The number of years in college does not always mean more \$\$!
- What do you want your work week to look like?
 - Work from home?
 - Long days, longer weekends?
 - Flexible hours/days?
- What does the job growth look like?
 - Use occupational outlook. This website uses data and predicts how the field will grow in the future. - <https://www.bls.gov/ooh/>
- Where do you want to live?

Unsure What to Major in?

- Start at a 2-year/Community College
 - The first 2 years at college are almost the same classes no matter where you go, this is because you must take general education classes.
 - Start at a 2-year college/Community College and transfer to complete your final 2 years at a 4-year college to earn your Bachelor's Degree.
 - This may also save you money as you are figuring it out!
- If you start at a 4-year college, you might not have to declare a major right away. Use this time to take a variety of classes.
- If you are in between majors, make sure you pick a college that has all those majors available.
 - Ex: Torn between Business and Criminal Justice? A college like SUNY Albany has both, you can change your major while there and take classes in both.
- Resources that break down careers based on majors:
 - <https://www.myplan.com/majors/what-to-do-with-a-major.php>
 - <https://collegetotal.com/college-majors/>

What are the Differences Between Different Degrees?

Associate's Degree

- Traditionally completed at a 2-year college like a Community College.
 - Popular for students looking to save money or who are unsure of what to major in.
- Many jobs only require an Associate's Degree!
- Examples of local Community Colleges are Schenectady Community College, Hudson Valley Community College, and Fulton Montgomery Community College
 - All Community Colleges in New York and part of the SUNY system
- Transferring from a 2-year college/Community College to a SUNY College usually accepts more credits. Private colleges sometimes are picky with which credits they accept.
- Many 2 year colleges/Community Colleges have agreements with other 4 colleges that they will accept students and easily transfer them into their programs.
- Students may choose to complete 2 years at Community College then transfer to a 4-year college to complete their last 2 years and earn a Bachelor's Degree.

Bachelor's Degree

- Traditionally completed in 4 years.
- Some examples of local 4 year colleges are SUNY Albany, Siena, St. Rose, and Union.

Master's Degree

- Traditionally completed after graduating from a 4-year college or university with a Bachelor's degree.
- Usually 2 - 3 years
- Students usually apply in their senior year of college.

Your Full Name

Your Cell #

Your nonSchalmont and professional email address

Your home address

EDUCATION:

Schalmont High School, Schenectady NY

Expected June 2023

Advanced Regents Diploma

GPA 3.6

Honors:

Honor Roll - 2020 - 2021

National Honor

National English Honor Society - Winter 2021 - Present

WORK EXPERIENCE:

Poppy's Ice cream, Seasonal Server, Schenectady, NY

Spring 2021 - Fall 2021

- Managed the registered and counted money at the end of the day.
- Assisted in food preparation and storage.
- Promoted the brand and offered positive customer service.

LEADERSHIP EXPERIENCE:

Class of 2023 Treasurer, Schalmont High School, NY

Fall 2020 - Present

- Request and deposit checks and cash in to the class funds,
- Communicate with Class Advisors and School Faculty Treasurer about the funds available.
- Attend and assist in organizing all class sponsored events.

Key Club Vice President, Schalmont High School, NY

Fall 2019 - Spring 2020

- Participated and ran all volunteering events through the club.
- Put together regular bi-weekly meetings and communicated with members.
- Assisted with donors and supported their recovery during the Blood Drives.

EXTRA CURRICULAR ACTIVITIES:

Environmental Club, Schalmont High School, NY

Fall 2019 - Present

Black Hawks Travel Soccer Team, Rotterdam, NY

Spring 2019 - Present

Varsity Soccer, Schalmont High School, NY

Fall

2020, 2021

Junior Varsity Soccer, Schalmont High School, NY

Fall 2019

Volunteer Experience

Technical School Information

- If you are interested in attending college for a technical skill there are many options available!
 - There are search engines to help narrow down your search.
 - <https://www.trade-schools.net/search>
 - <https://www.rwm.org/>
- Our local CTE (BOCES) sites also offer programs for students interested in continuing their education in their interested skill.
 - <https://www.capitalregionboces.org/career-technical-education/>
- Search engines like Niche and Collegeboard can also be used to look up specific programs.
- Local technical schools include:
 - Paul Mitchell - Beauty School
 - Modern School of Welding - Schenectady
 - Capital Region Welders
 - Lincoln Technical School
 - UA Local 7 Apprenticeship Programs - Welding, HVAC, Electrical, Plumbing, and Construction
- Depending on which field you are going into, you should look into local Labor Unions:
 - Sheet Metal Worker Union 83
 - IronWorker 12
 - IBEW Local 236 - Electrical
- If you attend CTE (BOCES) they also may have recommendations and connections!

College Search Websites

All the websites below offer a variety of search engines to gather information on Colleges and Universities. They offer a quick snapshot of what the college has to offer between majors, location, cost, and campus activities. These websites are a great place to start gathering information!

College Board, www.collegeboard.org

- Provides a search engine for private and public colleges. College Board gives quick information all in one place. It is recommended to use College Board as your main source of information and place to start.

SUNY (State University of New York), www.suny.edu

- A complete list of SUNY, public colleges in New York State and all of their majors and programs.

CUNY (City College of New York), www.cuny.edu

- A complete list of CUNY, public colleges in New York City and all of their majors and programs.

Niche, www.niche.com/colleges/search/best-colleges

- A search engine for private and public colleges. Offers ratings based on student perspective. A cool feature is it shows a diagram predicting your change of acceptance.

The Princeton Review, www.princetonreview.com/college-search

- A search engine for private and public colleges. You may have to create an account to access some of their information.

College Stats, collegestats.org

- Provides data on private, public, and vocational colleges. Ranks colleges based on acceptance rate, price, location, retention rate, and graduation rate.

College Comparision Sheet									
---------------------------	--	--	--	--	--	--	--	--	--

List all of the things that are important to you when looking at colleges in the Critical Data row (across). List the colleges that you'd like to learn more about in the row (below).

[illegible]

What Should I Ask Colleges?

- How important is the high school senior year?
- What high school average and rank are desirable for admission?
- Do you require SAT/and or ACT?
- What SAT/ACT scores are desirable for admission?
- How important is participation in high school and community activities?
- Do you give AP credit, SUPA, College level classes, etc.?
- Is financial aid available and how do you go about applying for grants, scholarships, loans, work-study programs?
- What is the total cost of room and board, and tuition?
- How many freshmen are tripled in their dorm rooms?
- How much is needed for fees, books, personal expenses?
- What are the strong departments in the school?
- What is the average class size?
- What courses are required of all freshmen?
- How many courses do most freshmen take?
- What percentage of applicants are accepted into graduate school? Medical school? Law school?
- How important are fraternities and sororities on your campus?
- Do you have a study abroad program?
- What other schools are you near?
- Are freshmen allowed to have cars on campus?
- Ask about housing, meals, visitation, etc.
- Are weekend activities available on campus?
- Do you have an inter-collegiate athletic program?
- Means of travel – bus, train, airport
- From what geographic areas do most students come?
- Do you have any special programs which would provide remedial and/or tutorial help?
- How do you address safety issues on campus?
- How many students roughly commute to class?
- Do you have remote options?

What Factors Are Important to College Admissions Officers?

Course Selection – College admissions officers look very carefully at your course selection during high school. They are looking for students who have taken advantage of challenging courses when given the opportunity. Senior year schedules should remain challenging and will be evaluated by college admissions.

Academic Achievement - Grades are important, and colleges will look closely at your transcript to assess your success in the courses in which you enrolled. Some consideration will be given to the rigor of your course load in assessing your success. While improvement in the senior year is helpful, it will not remove the burden of a poor record for the first three years.

Test Scores - The SAT or the ACT is required at some colleges. You do not have to take both. More colleges are becoming test optional, this means you can send your scores if you would like to. If you did well and good about your score you may want to include them.

Extracurricular contributions to school and community - The emphasis here is on quality, not quantity. Talent and genuine contributions to a team, club, or organization are very important. You should be involved with at least *one* activity outside of school. This could include clubs, sports, music, a job, or volunteer work.

Recommendations – You will ask individual teachers, your school counselor or coaches to write a recommendation on your behalf. Most often, your school counselor will be asked to also write a recommendation on your behalf which summarizes your high school experience. Colleges are interested in how those who have taught you and know you well evaluate you as a student and as a person. Be considerate of your teachers and give them ample time to prepare a good letter of recommendation. It is always helpful to give them a resume of your experiences in and out of school. Please make sure write thank you notes to everyone who provided a recommendation for you.

Application Essay – Colleges look closely at the part of the application that you complete, particularly at the quality of the essay. Make sure you took the time to proofread your essay, have someone else check it over!

HOW TO VISIT A COLLEGE CAMPUS – CHECKLIST

Probably the best way to see if you'll "fit in" at a college is to visit it in person. Make a copy of this checklist and bring it with you, so you don't forget to see everything you should. Some general tips: 1. go with your parents/guardians, 2. visit the campus when classes are in session, so you can sit in on a couple and speak with students and faculty, and 3. allow 3-5 hours per campus.

College: _____

Date of visit: _____

Accommodations: _____

Tour time/place: _____

Contact/Phone: _____

Directions attached? • Yes • No

Parking permit needed? • Yes • No

Places to visit and/or look for information:

- ☐ Student center/hangouts
- ☐ Library
- ☐ Classrooms
- ☐ Bulletin boards on campus
- ☐ Admissions office
- ☐ Dining facility
- ☐ Dorms
- ☐ Career placement office
- ☐ Bookstore
- ☐ Off-campus stores
- ☐ The local community
- ☐ School/community papers
- ☐ Events calendar
- ☐ Campus map
- ☐ Places of worship
- ☐ Health center

My overall reaction to this college:

- ☐ Better than before I visited
- ☐ About the same as before I visited
- ☐ Not as good as before I visited

Academic items to evaluate:

- ☐ Classes – quality
- ☐ Classes – size
- ☐ Pressure
- ☐ Competition
- ☐ Work load
- ☐ Freshman orientation programs
- ☐ Academic advisors for students
- ☐ Transfer credit

Housing items to evaluate:

- ☐ Dorms:
- ☐ Quality
- ☐ Neighborhood
- ☐ Security
- ☐ Noise level
- ☐ Off campus:

- ☐ Quality
- ☐ Neighborhood
- ☐ Security
- ☐ Noise level
- ☐ Laundry
- ☐ Kitchen
- ☐ Bathrooms
- ☐ Student Parking
- ☐ Shuttles

Eating items to evaluate:

- ☐ Dining hall:
- ☐ Quality of food
- ☐ cleanliness
- ☐ nutrition
- ☐ variety
- ☐ Local restaurants
- ☐ Liquor on campus
- ☐ Special diet availability

Facilities to evaluate:

- ☐ Health center
- ☐ Special services
- ☐ Student center
- ☐ Concert hall
- ☐ Lecture Centers
- ☐ Classroom size, lighting and condition

- ☐ Fraternity/sorority houses
- ☐ Counseling services
- ☐ Placement office
- ☐ Disability access/facilities

Sports items to evaluate:

- ☐ Gym(s)
- ☐ Exercise Classes
- ☐ Pool
- ☐ Track(s) – indoor and/or outdoor
- ☐ Stadium
- ☐ Skating/Hockey Rink
- ☐ Open spaces for jogging, Frisbee, etc.
- ☐ Tennis courts
- ☐ Intramural sports
- ☐ Intercollegiate sports

Community/Area to evaluate:

- ☐ Overall impression
- ☐ Cleanliness
- ☐ Presence of crime
- ☐ Local entertainment
- ☐ Shopping
- ☐ Activities/entertainment
- ☐ Relationship with college
- ☐ Transportation to/from campus
- ☐ Unusual weather conditions
- ☐ Other colleges nearby

Library Items to evaluate:

- ☐ Size
- ☐ Hours
- ☐ Study rooms/areas
- ☐ Comfort/lighting

Computer facilities evaluation:

- ☐ Number of PC's
- ☐ Hours accessible
- ☐ Software available
- ☐ Down time
- ☐ Knowledgeable assistance
- ☐ Number of printers
- ☐ Network availability
- ☐ Fees for computer/printer use

Impression of students:

- ☐ Academic attitudes
- ☐ Backgrounds/Diverse
- ☐ Results from conversations

Impressions of faculty:

- ☐ Accessible
- ☐ Teaching styles
- ☐ Dedication
- ☐ Openness

Notes:



Admissions Information Summary – 2021

For more information call our toll-free number at 800-342-3811 or visit us on the web at www.suny.edu/attend

Campus Name (by campus type)	Undergraduate Enrollment	2020 SAT Scores** (combined) <i>Scores reflect middle 50%</i>	2020 ACT Scores (composite)	H.S. GPA	Early Decision (ED) or Early Action (EA)	Early Admission	EOP Program	English Language Options	Joint Admissions	Teaching Certificate	Honors Program	Time Shortened Degree	ROTC
University Centers and Doctoral Degree Granting Institutions													
Albany+	13,182	1130-1300	23-29	89-95	EA	Yes	Yes	Yes	Yes	Grad level	Yes	Yes	A*, AF*
Binghamton+	14,333	1300-1450	29-33	93-98	EA	Yes	Yes	Yes	Yes	Grad level	Yes	No	A*, AF*
University at Buffalo***+	22,307	1150-1330	24-30	90-97	EA	Yes	Yes	Yes	Yes	Grad level	Yes	No	A*
Stony Brook***	18,010	1250-1340	27-33	92-97	No	No	Yes	Yes	Yes	Yes	Yes	No	A*
SUNY Polytechnic Institute	2,100	1130-1300	26-32	85-98	EA	No	Yes	No	Yes	No	No	No	A*, AF*
NYS Ceramics at Alfred University	528	1000-1160	20-27	83-92	EA	Yes	Yes	No	No	Yes*	Yes	No	A
College of Optometry	Graduate and Professional Degrees Only				No	No	No	No	Yes	No	No	No	
Cornell University:								Yes					
Agriculture & Life Sciences+	3,591	1370-1530	31-35	--	ED	Yes	Yes	No	No	No	Yes	No	A, AF,M,N
Human Ecology+	1,181	1445-1540	33-35	--	ED	Yes	Yes	No	No	No	Yes	No	A, AF,M,N
Veterinary Medicine	Graduate Level Only				No	No	No	No	No	No	No	No	
Industrial & Labor Relations	986	1390-1520	31-34	--	ED	Yes	Yes	No	No	No	No	No	A, AF,M,N
Environmental Science & Forestry	1,742	1120-1310	23-28	91-97	ED	Yes	Yes	Yes*	No	No	Yes	Yes	A*, AF*
SUNY Downstate Health Sciences Univ+	187	--	--	--	No	No	Yes	No	No	No	No	No	
Upstate Medical University (Syracuse)+	205	--	--	--	No	No	Yes	No	Yes	No	No	No	
University Colleges													
Brockport+	6,289	1080-1200	21-26	87-94	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	A, AF*,N*
Buffalo State+	7,309	920-1130	18-28	80-88	No	Yes	Yes	Yes	Yes	Yes	Yes	No	A*
Cortland+	6,256	1100-1230	24-26	88-94	EA	Yes	Yes	No	Yes	Yes	Yes	No	A*, AF*
Fredonia	4,226	1030-1220	21-26	84-94	No	No	Yes	Yes	Yes	Yes	Yes	Yes	
Geneseo	5,124	1170-1320	25-30	90-96	ED	No	Yes	Yes	Yes	Yes	Yes	No	A*, AF*
New Paltz+	6,597	1130-1280	24-29	90-95	EA	No	Yes	Yes	Yes	Yes	Yes	Yes	A*
Old Westbury	4,347	1000-1130	19-23	83-91	EA	Yes	Yes	No	Yes	Yes	Yes	Yes	A*, AF*
Oneonta	5,600	1070-1220	22-27	87-93	EA	Yes	Yes	Yes	Yes	Yes	No	Yes	
Oswego+	6,673	1050-1240	21-27	87-95	EA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	A*, AF*
Plattsburgh+	4,680	1020-1170	21-26	85-94	No	No	Yes	Yes	No	Yes	Yes	Yes	
Potsdam+	2,842	--	--	85-93	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	A*, AF*
Purchase+	3,600	--	--	87-90	EA	No	Yes	Yes	No	No	No	No	
Empire State College+	9,145	--	--	--	No	No	Yes	No	Yes	Grad Level	No	Yes	
Colleges of Technology													
Alfred State + Baccalaureate only	3,667 1,732	940-1150 990-1220	19-25 21-27	80-90 83-92	No	Yes	Yes	Yes	Yes	No	Yes	Yes	A*
Canton+ Baccalaureate only	3,122 2,063	920-1130 970-1150	17-23 18-23	80-90 82-91	No	Yes	Yes	No	Yes	No	Yes	Yes	A*, AF*
Cobleskill+ Baccalaureate only	2,079 1,526	870-1060 930-1070	18-22 21-25	81-90 82-91	No	Yes	Yes	Yes	Yes	No	Yes	Yes	A*
Delhi Baccalaureate only	2,800 1,480	920-1100 970-1130	19-23 19-25	79-88 82-90	No	Yes	Yes	No	No	No	Yes	No	
Farmingdale State+	9,948	990-1150	19-24	84-91	No	No	Yes	No	Yes	No	Yes	No	A*, AF*
Maritime College	1,780	1170-1220	22-26	86-93	ED	No	Yes	No	Yes	No	No	No	A*,CG,M,N
Morrisville State Baccalaureate only	1,615 630	850-1060 860-1050	18-23 17-22	79-83 81-84	No	Yes	Yes	No	No	No	No	No	A*

Abbreviations: A = Army, AF = Air Force, CG = Coast Guard, M = Marines, N = Navy

* Cross-registration (offered at neighboring institutions)

** The SAT ranges above represent combined evidence-based reading and writing and math scores. (The maximum possible total is 1600.)

*** Enrollment includes Health Science Centers.

+ Contains 2020 data.



Division Sports at The State University of New York

NCAA Division I

Albany

Baseball (M)
Basketball (M,W)
Cross Country (M,W)
Field Hockey (W)
Football (M)
Golf (W)
Lacrosse (M,W)
Soccer (M,W)
Softball (W)
Track (Indoor/Outdoor) (M,W)
Volleyball (W)

Binghamton

Baseball (M)
Basketball (M,W)
Cross Country (M,W)
Golf (M)
Lacrosse (M,W)
Soccer (M,W)
Softball (W)
Swimming/Diving (M,W)
Tennis (M,W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (W)
Wrestling (M)

University at Buffalo

Basketball (M,W)
Cross Country (M,W)
Football (M)
Soccer (W)
Softball (W)
Swimming/Diving (W)
Tennis (M,W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (W)
Wrestling (M)

NYS Colleges at Cornell University

Baseball (M)
Basketball (M,W)
Cross Country (M,W)
Fencing (M,W)
Field Hockey (W)
Football (M)
Golf (M,W)
Ice Hockey (M,W)
Lacrosse (M,W)
Rowing (M,W)
Soccer (M,W)
Softball (W)
Squash (M,W)
Swimming/Diving (M,W)
Tennis (M,W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (W)
Wrestling (M)

Stony Brook

Baseball (M)
Basketball (M,W)
Cross Country (M,W)
Football (M)
Lacrosse (M,W)
Soccer (M,W)

Stony Brook (continued)

Softball (W)
Swimming/Diving (W)
Tennis (W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (W)

NCAA Division III

Alfred State

Baseball (M)
Basketball (M,W)
Cross Country (M,W)
Football (M)
Soccer (M,W)
Softball (W)
Swimming/Diving (M,W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (W)
Wrestling (M)

Brockport

Baseball (M)
Basketball (M,W)
Cross Country (M,W)
Field Hockey (W)
Football (M)
Gymnastics (W)
Ice Hockey (M)
Lacrosse (M,W)
Soccer (M,W)
Softball (W)
Swimming/Diving (M,W)
Tennis (W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (W)
Wrestling (M)

Buffalo State

Basketball (M,W)
Cross Country (M,W)
Football (M)
Ice Hockey (M,W)
Lacrosse (W)
Soccer (M,W)
Softball (W)
Swimming/Diving (M,W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (W)

NYS Ceramics at Alfred University

Basketball (M,W)
Cross Country (M,W)
Football (M)
Lacrosse (M,W)
Skiing (M,W)
Soccer (M,W)
Softball (W)
Swimming/Diving (M,W)
Tennis (M,W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (W)

Canton

Baseball (M)
Basketball (M,W)
Cross Country (M,W)
Golf (M,W)
Ice Hockey (M,W)
Lacrosse (M,W)
Soccer (M,W)
Softball (W)
Volleyball (W)

Cobleskill

Baseball (M)
Basketball (M,W)
Cross Country (M,W)
Golf (M,W)
Lacrosse (M)
Soccer (M,W)
Softball (W)
Swimming/Diving (M,W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (W)

Cortland

Baseball (M)
Basketball (M,W)
Cross Country (M,W)
Field Hockey (W)
Football (M)
Golf (W)
Gymnastics (W)
Ice Hockey (M,W)
Lacrosse (M,W)
Soccer (M,W)
Softball (W)
Swimming/Diving (M,W)
Tennis (W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (W)
Wrestling (M)

Delhi

Basketball (M,W)
Cross Country (M,W)
Golf (M,W)
Lacrosse (M)
Soccer (M,W)
Softball (W)
Swimming/Diving (M,W)
Tennis (M,W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (W)

Farmingdale

Baseball (M)
Basketball (M,W)
Cross Country (M,W)
Golf (M)
Lacrosse (M,W)
Soccer (M,W)
Softball (W)
Tennis (M,W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (W)

Fredonia

Baseball (M)
Basketball (M,W)
Cross Country (M,W)
Ice Hockey (M)
Lacrosse (W)
Soccer (M,W)
Softball (W)
Swimming/Diving (M,W)
Tennis (W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (W)

Geneseo

Basketball (M,W)
Cross Country (M,W)
Field Hockey (W)
Golf (W)
Ice Hockey (M)
Lacrosse (M,W)
Soccer (M,W)
Softball (W)
Swimming/Diving (M,W)
Tennis (W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (W)

Maritime

Baseball (M)
Basketball (M,W)
Crew (M,W)
Cross Country (M,W)
Football (M)
Lacrosse (M,W)
Soccer (M,W)
Swimming/Diving (M,W)
Volleyball (W)

Morrisville

Basketball (M,W)
Cross Country (M,W)
Field Hockey (W)
Football (M)
Ice Hockey (M,W)
Lacrosse (M,W)
Soccer (M,W)
Softball (W)
Volleyball (W)

New Paltz

Baseball (M)
Basketball (M,W)
Cross Country (M,W)
Field Hockey (W)
Lacrosse (M,W)
Soccer (M,W)
Softball (W)
Swimming (M,W)
Tennis (W)
Volleyball (M,W)

Old Westbury

Baseball (M)
Basketball (M,W)
Cross Country (M,W)
Golf (M)
Lacrosse (W)
Soccer (M,W)
Softball (W)
Swimming (M,W)
Volleyball (W)

Oneonta

Baseball (M)
Basketball (M,W)
Cross Country (M,W)
Field Hockey (W)
Lacrosse (M,W)
Soccer (M,W)
Softball (W)
Swimming/Diving (M,W)
Tennis (M,W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (W)
Wrestling (M)

Oswego

Baseball (M)
Basketball (M,W)
Cross Country (M,W) Field Hockey (W)
Golf (M)
Ice Hockey (M,W)
Lacrosse (M,W)
Soccer (M,W)
Softball (W)
Swimming/Diving (M,W)
Tennis (M,W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (W)
Wrestling (M)

Plattsburgh

Baseball (M)
Basketball (M,W)
Cross Country (M,W)
Ice Hockey (M,W)
Lacrosse (M,W)
Soccer (M,W)
Softball (W)
Tennis (W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (W)

Potsdam

Basketball (M,W)
Cross Country (M,W)
Ice Hockey (M,W)
Lacrosse (M,W)
Soccer (M,W)
Softball (W)
Swimming/Diving (M,W)
Track & Field (Indoor/Outdoor) (M,W)
Volleyball (M,W)

Purchase

Baseball (M)
Basketball (M,W)
Cross Country (M,W) Golf (M)
Lacrosse (M,W)
Soccer (M,W)
Softball (W)
Swimming (M,W)
Tennis (M,W)
Volleyball (M,W)

SUNY Polytechnic Institute

Baseball (M)
Basketball (M,W)
Cross Country (M,W) Lacrosse (M,W)
Soccer (M,W)
Softball (W)
Volleyball (M,W)

USCAA

Environmental Science and Forestry

Basketball (M)
Cross Country (M,W)
Golf (M,W)
Soccer (M,W)
Track (Indoor/Outdoor) (M,W)

NOTE: Purchase College participates in the Men's and Women's North Eastern Athletic Conferences.



Community College Admissions Information Summary - 2021

For more information call our toll-free number at 800-342-3811 or visit us on the web at www.suny.edu/attend

Campus Name	Enrollment		Honors Program	Phi Theta Kappa	ASC Participating Campus	Student-Only Housing	EOP	Study Abroad	English Language Options	ROTC	Telephone Number	Web Address
	(Full-time)	(Part-time)										
Adirondack+	1,501	1,493	No	Yes	Yes	On Campus**	Yes	Yes	No	No	518.743.2264	www.sunyacc.edu
Broome	2,975	3,145	Yes	No	Yes	On Campus	Yes	No	Yes	No	607.778.5001	www.sunybroome.edu
Cayuga+	1,006	1,900	Yes	Yes	Yes	Off Campus**	No	Yes	No	No	866.598.8883	www.cayuga-cc.edu
Clinton+	367	693	Yes	Yes	Yes	Off Campus**	No	No	Yes	No	518.562.4170	www.clinton.edu
Columbia-Greene+	439	1,006	Yes	Yes	Yes		No	No	No	No	518.828.4181	www.sunycgcc.edu
Corning+	1,493	2,570	Yes	Yes	Yes	On Campus**	No	No	No	No	607.962.9151	www.corning-cc.edu
Dutchess+	3,015	5,019	Yes	Yes	Yes	On Campus**	Yes	Yes	Yes	Yes*	845.431.8018	www.sunydutchess.edu
Erie+	5,059	3,305	Yes	No	Yes	Off Campus**	Yes	Yes	Yes	No	716.851.1456	www.ecc.edu
FIT+	6,966	993	Yes	No	Yes	On Campus**	Yes	Yes	Yes	No	212.217.3760	www.fitnyc.edu
Finger Lakes	2,095	3,459	Yes	Yes	Yes	On Campus**	Yes	Yes	Yes	Yes*	585.785.1279	www.flcc.edu
Fulton-Montgomery	997	1,301	No	Yes	Yes	On Campus**	Yes	Yes	Yes	No	518.736.3622	www.fmcc.edu
Genesee+	1,740	2,995	Yes	Yes	Yes	On Campus	Yes	Yes	Yes	Yes*	585.345.6800	www.genesee.edu
Herkimer	1,200	1,100	Yes	Yes	Yes	On Campus**	No	No	Yes	Yes*	315.574.4028	www.herkimer.edu
Hudson Valley+	4,545	4,389	No	Yes	Yes	Off Campus*	Yes	Yes	Yes	Yes*	518.629.7309	www.hvcc.edu
Jamestown+	1,654	1,776	Yes	Yes	Yes	On Campus	No	Yes	Yes	Yes*	716.499.6925	www.sunyjcc.edu
Jefferson+	1,431	1,227	Yes	Yes	Yes	On Campus	Yes	No	No	No	315.786.2437	www.sunyjefferson.edu
Mohawk Valley+	2,532	3,173	Yes	Yes	Yes	On Campus**	Yes	No	Yes	Yes*	315.792.5354	www.mvcc.edu
Monroe+	5,493	4,668	Yes	Yes	Yes	On Campus	Yes	Yes	Yes	Yes*	585.292.2200	www.monroecc.edu
Nassau+	7,594	6,270	Yes	Yes	No	Off Campus*	Yes	Yes	Yes	No	516.572.7345	www.ncc.edu
Niagara+	2,353	1,993	Yes	Yes	Yes	On Campus**	Yes	Yes	No	No	716.614.6200	www.niagaracc.suny.edu
North Country+	652	950	No	Yes	Yes	On Campus**	No	No	Yes	Yes*	888.TRY.NCCC	www.nccc.edu
Onondaga+	3,612	4,933	Yes	Yes	Yes	On Campus**	Yes	Yes	Yes	Yes*	315.498.2221	www.sunyocc.edu
Orange+	2,481	3,381	Yes	Yes	Yes		Yes	No	Yes	No	845.341.4030	www.sunyorange.edu
Rockland	3,013	3,396	Yes	Yes	No		No	Yes	Yes	No	845.574.4224	www.sunyrockland.edu
Schenectady+	1,227	2,788	No	Yes	Yes	Off Campus**	Yes	Yes	No	No	518.381.1366	www.sunysccc.edu
Suffolk+	11,112	11,467	Yes	Yes	No		Yes	Yes	Yes	No	631.451.4000	www.sunysuffolk.edu
Sullivan+	704	956	No	Yes	Yes	On Campus**	No	No	No	No	800.577.5243	www.sunysullivan.edu
Tompkins Cortland+	1,203	3,570	No	Yes	Yes	On Campus**	No	Yes	Yes	No	607.844.6580	www.tompkinscortland.edu
Ulster+	1,125	1,964	Yes	Yes	Yes		Yes	No	Yes	No	845.687.5022	www.sunyulster.edu
Westchester+	5,019	5,053	Yes	Yes	No		Yes	Yes	Yes	No	914.606.6735	www.sunywcc.edu

* With neighboring institutions

** Run by Campus Foundation, Dormitory Corporation or Privately Owned

+ Contains 2020 Data



Division Sports at SUNY Community Colleges

NJCAA

Division I, II, & III

Adirondack

Baseball (M) Division III
Basketball (M,W) Division III
Golf (M,W)
Lacrosse (M) Division III
Soccer (M,W) Division III
Softball (W) Division III
Volleyball (W) Division III

Broome

Baseball (M) Division III
Basketball (M,W) Division III
Cross Country (M,W) Division III
Esports (M,W) Division III
Soccer (M,W) Division III
Softball (W) Division III
Tennis (M,W)
Volleyball (W) Division III

Cayuga

Baseball (M) Division III
Basketball (M,W) Division III
Lacrosse (M,W)
Soccer (M,W) Division III
Softball (W) Division III
Volleyball (W) Division III

Clinton

Basketball (M,W) Division III
Cross Country (M,W) Division III
Soccer (M,W) Division III

Columbia-Greene

Baseball (M) Division III
Basketball Division III (M,W)
Esports (M,W)
Soccer (W) Division III
Softball (W)

Corning

Baseball (M) Division III
Basketball (M,W) Division III
Bowling (M,W)
Esports (M,W) Division III
Soccer (M,W) Division III
Softball (W)
Volleyball (W)

Dutchess

Baseball (M) Division II
Basketball (M,W) Division III
Esports (M,W)
Soccer (M,W) Division III
Softball (W) Division III
Volleyball (W) Division III

Erie

Baseball (M) Division III
Basketball (M,W) Division III
Bowling (M,W)
Cross Country (M,W) Division III
Football (M)
Ice Hockey (M)
Soccer (M,W) Division III
Softball (W)
Swimming/Diving (M,W)
Volleyball (W) Division III

Fashion Institute of Technology

Cross Country (M,W) Division III
Soccer (W) Division III
Swimming/Diving (M,W)
Tennis (M,W) Division III
Track & Field (Outdoor) (M,W)

Division III
Volleyball (W) Division III

Finger Lakes

Baseball (M) Division III
Basketball (M,W) Division III
Cross Country (M,W) Division III
Esports (M,W) Division III
Lacrosse (M,W) Division III
Soccer (M,W) Division III
Softball (W) Division III
Track & Field (M,W) Division III
Volleyball (W) Division III

Fulton-Montgomery

Baseball (M) Division III
Basketball (M,W) Division III
Bowling (M,W) Division III
Cross Country (M,W) Division III
Golf (M,W) Division III
Soccer (M,W) Division III
Softball (W) Division III
Volleyball (W) Division III

Genesee

Baseball (M) Division III
Basketball (M,W) Division III
Lacrosse (M,W) Division III
Soccer (M,W) Division III
Softball (W) Division III
Swimming/Diving (M,W) Division III
Volleyball (W) Division III

Herkimer

Baseball (M) Division III
Basketball (M,W) Division III
Bowling (M,W) Division III
Cross Country (M,W) Division III
Esports (M,W)
Golf (M,W) Division III
Lacrosse (M) Division III
Soccer (M,W) Division III
Softball (W) Division III
Swimming/Diving (M,W) Division III
Tennis (W) Division III
Track & Field (Outdoor) (M,W) Division III
Volleyball (W) Division III

Hudson Valley

Baseball (M) Division III
Basketball (M,W) Division III
Bowling (M,W)
Cross Country (M,W) Division III
Esports (M,W)
Football (M)
Golf (M,W)
Lacrosse (M)
Soccer (M,W) Division III
Softball (W) Division III
Tennis (W) Division III
Track & Field (Outdoor) (M,W) Division III
Volleyball (W) Division III

Jamestown

Baseball (M) Division III
Basketball (M,W) Division II
Cross Country (M,W) Division III
Esports (M,W)
Golf (M,W) Division III
Soccer (M,W) Division III
Softball (W) Division III
Swimming/Diving (M,W)
Volleyball (W) Division III
Wrestling (M) Division III

Jefferson

Baseball (M) Division III
Basketball (M,W) Division III

Cross Country (M,W) Division III
Golf (M,W) Division III
Lacrosse (M,W) Division III
Soccer (M,W) Division III
Softball (W) Division III
Volleyball (W) Division III

Mohawk Valley

Baseball (M) Division III
Basketball (M,W) Division III
Bowling (M,W) Division III
Cross Country (M,W) Division III
Golf (M,W) Division III
Lacrosse (M) Division III
Soccer (M,W) Division III
Softball (W) Division III
Tennis (M,W) Division III
Track & Field (Outdoor) (M,W)
Division III
Volleyball (W) Division III

Monroe

Baseball (M) Division II
Basketball (M,W) Division II
Lacrosse (M,W) Division III
Soccer (M,W) Division I
Softball (W) Division III
Swimming (M,W) Division III
Volleyball (W) Division III

Nassau

Baseball (M) Division III
Basketball (M,W) Division III
Cross Country (M,W) Division III
Football (M) Division I
Golf (M,W) Division III
Lacrosse (M) Division I
Soccer (M,W) Division III
Softball (W) Division III
Tennis (M,W) Division III
Track & Field (Indoor/Outdoor) (M,W)
Division III
Volleyball (M,W) Division II
Wrestling (M,W) Division I

Niagara

Baseball (M) Division III
Basketball (M,W) Division II
Golf (M,W)
Soccer (M,W)
Softball (W) Division III
Volleyball (W)
Wrestling (M) Division I

North Country

Basketball (M,W) Division III
Lacrosse (W) Division III
Soccer (M,W) Division III
Volleyball (W) Division III

Onondaga

Baseball (M) Division III
Basketball (M,W) Division III
Cross Country (M,W) Division III
Golf (M,W) Division III
Lacrosse (M,W) Division III
Soccer (M,W) Division III
Softball (W) Division III
Tennis (M,W) Division III
Track & Field (Outdoor) (M,W)
Division III
Volleyball (W) Division III

Orange

Baseball (M) Division II
Basketball (M,W) Division II
Cross Country (M,W) Division III
Golf (M) Division III

Soccer (M) Division III
Softball (W) Division II
Volleyball (W) Division III

Rockland

Baseball (M) Division II
Basketball (M,W) Division III
Golf (M,W) Division III
Soccer (M) Division III
Volleyball (W) Division III

Schenectady

Baseball (M) Division III
Basketball (M,W) Division III
Bowling (M,W) Division III

Suffolk

Baseball (M) Division III
Basketball (M,W) Division III
Bowling (M,W) Division III
Cross Country (M,W) Division III
Golf (M) Division III
Lacrosse (M) Division III
Soccer (M,W) Division III
Softball (W)
Tennis (M,W)
Track & Field (Outdoor) (M,W)
Division III
Volleyball (W)

Sullivan

Baseball (M) Division II
Basketball (M,W) Division III
Cross Country (M,W) Division III
Esports (M,W)
Golf (M,W) Division III
Track & Field (Outdoor) (M,W)
Volleyball Division III (M)
Wrestling (M) Division III

Tompkins Cortland

Baseball (M) Division III
Basketball (M,W) Division III
Cross Country (M,W) Division III
Golf (M,W)
Lacrosse (M) Division III
Soccer (M,W) Division III
Softball (W)
Volleyball (W) Division III

Ulster

Baseball (M) Division II
Basketball (M,W) Division II
Cross Country (M,W) Division III
Golf (M,W) Division III
Soccer (M,W) Division II
Track & Field (M,W) Division III
Volleyball (W) Division II
Wrestling (M) Division III

Westchester

Baseball (M) Division II
Basketball (M,W) Division II
Bowling (M,W) Division I
Cross Country (M,W) Division III
Esports (M,W) Division III
Golf (M,W) Division III
Soccer (M) Division III
Softball (W) Division III
Track & Field (Outdoor) (M,W) Division III
Volleyball (W) Division III



Honors Programs Information Summary - 2021

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Campus Name (by campus type)	Undergraduate Enrollment	Honors Freshman Enrollment	Total Honors Enrollment	2020 SAT Scores (combined) <small>Scores reflect middle 50%</small>	2020 ACT Scores (composite) <small>Scores reflect middle 50%</small>	H.S. GPA	Scholar- ships	Contact	Telephone	Email
University Centers and Doctoral Degree Granting Institutions										
Albany+	13,182	280	900	1240-1400	26-31	94-98	Yes	James Curley	518.442.5435	honors@albany.edu
Binghamton+	14,333	100	410	1500-1540	34-35	97-100	Yes	Stephen Ortiz	607.777.3583	sortiz@binghamton.edu
University at Buffalo**+	22,307	349	1,366	1340-1470	29-33	95-99	Yes	Tim Matthews	716.645.3020	trm7@buffalo.edu
Stony Brook**	18,010	450	1,800	1380-1520	31-35	95-99	Yes	Judith Berhannan	631.632.6872	judith.burke-berhannan@stonybrook.edu
NYS Ceramics at Alfred University	528	34	35	1180-1330	25-30	82-99	Yes	Juliana Gray	607.871.2256	gray@alfred.edu
Environmental Science & Forestry	1,742	25	43	1380-1450	31-33	96-99	Yes	Stewart Diemont	315.470.4707	sdiemont@esf.edu
University Colleges										
Brockport+	6,289	82	299	1260-1320	26-29	93-97	Yes	Austin Busch	585.395.5400	honors@brockport.edu
Buffalo State+	7,309	140	550	1130-1280	22-28	91-95	Yes	Amy McMillan	716.878.3093	honors@buffalostate.edu
Cortland+	6,256	28	105	1300-1420	32-35	96-98	Yes	Frank Rossi	607.753.4827	honors@cortland.edu
Fredonia	4,226	124	427	1200-1340	26-30	93-98	Yes	Natalie Gerber	716.673.3855	natalie.gerber@fredonia.edu
Geneseo	5,124	39	134	1390-1460	29-34	96-99	Yes	Lisa Meyer	585.245.6207	meyer@geneseo.edu
New Paltz+	6,597	40	320	1260-1330	28-33	93-99	Yes	Patricia Sullivan	845.257.3456	sullivap@newpaltz.edu
Old Westbury	4,347	36	176	1180-1300	25-28	93-96	Yes	Anthony DeLuca	516.876.3177	delucaa@oldwestbury.edu
Oswego+	6,673	95	230	1290-1380	27-30	96-100	Yes	Casey Raymond	315.312.2699	casey.raymond@oswego.edu
Plattsburgh+	4,680	53	336	1200-1320	24-29	93-98	Yes	Tracie Guzzio	518.564.2415	guzziotc@plattsburgh.edu
Potsdam+	2,842	42	262	--	--	96-100	Yes	Thomas Baker	315.267.2900	bakertn@potsdam.edu
Colleges of Technology										
Alfred State+	3,667	10	30	1080-1300	23-26	86-92	No	Janice Stafford	607.587.4799	staffojl@alfredstate.edu
Canton+	3,122	45	124	1010-1170	19-27	91-95	No	Kelly Peterson	315.386.7544	dehautk@canton.edu
Cobleskill+	2,079	21	41	1220-1450	--	91-99	Yes	Mary Rooney	518.255.5562	rooneymm@cobleskill.edu
Delhi	2,800	10	30	--	--	90-92	Yes	Shelly Jones	607.746.4313	jonesmc@delhi.edu
Farmingdale+	9,948	--	--	--	--	--	Yes	Erwin Cabrera	934.420.5419	cabrere@farmingdale.edu
Community Colleges										
Broome+	6,120	25	50	--	--	92-98	Yes	Maureen Kollar	607.778.5648	kollarmk@sunybroome.edu
Cayuga+	2,906	--	71	--	--	85	Yes	Sheila Myers	315.255.1743	sheila.myers@cayuga-cc.edu
Clinton+	1,060	5	15	--	--	90	No	Angela Barnaby	518.562.4271	angela.barnaby@clinton.edu
Columbia-Greene+	1,445	--	27	--	--	85	Yes	Michael Phippen	518.828.4181 x3236	hippen@sunycgcc.edu
Corning+	4,063	--	--	--	--	--	Yes	Matthew Skerritt	607.962.9538	mskerritt@corning-cc.edu
Dutchess+	8,034	20	37	--	--	91-95	No	Werner Steger	845.431.8522	steger@sunydutchess.edu
Erie+	8,364	41	41	--	--	--	No	Vanessa Haddad	716.851.1616	haddad@ecc.edu
Fashion Institute of Technology+	7,959	40	180	1220-1340	29-31	90-96	Yes	Yasemin Levine	212.217.4590	yasemin_levine@fitnyc.edu
Finger Lakes+	5,554	24	58	--	--	85	Yes	Trista Merrill	585.785.1357	trista.merrill@fllcc.edu
Genesee+	4,735	--	--	--	--	--	Yes	Garth Swanson	585.345.6800	gpswanson@genesee.edu
Herkimer	2,300	16	28	--	--	88	No	Jennifer Herzog	315.866.0300	herzogja@herkimer.edu
Hudson Valley+	8,934	28	56	1050-1150	--	88-90	Yes	Heather Chase	518.629.7191	h.chase@hvcc.edu
Jamestown+	3,430	44	75	--	--	93-100	No	Lisa Cooper	716.338.1045	lisacooper@mail.sunyjcc.edu
Jefferson+	2,658	12	36	1250	27	91-96	Yes	Joshua Canale	315.777.2427	jcanale@sunyjefferson.edu
Mohawk Valley+	5,705	20	35	--	--	--	Yes	Erica Brindisi	315.731.5733	ebrindisi@mvcc.edu
Monroe+	10,161	22	113	--	--	--	Yes	Thomas Blake	585.292.3351	tblake@monroecc.edu
Nassau+	13,864	100	400	--	--	89	No	Elizabeth Hynes-Musnisky	516.572.7194	honorsprogram@ncc.edu
Niagara+	4,346	19	36	1090	--	87-90	No	Pamela Lange	716.614.6877	plange@niagaracc.suny.edu
Onondaga+	8,545	22	62	--	--	90-99	Yes	Jacqueline Barstow	315.498.2490	j.a.barstow2@sunyocc.edu
Orange+	5,862	37	86	--	--	89-94	Yes	Maynard Schmidt	845.341.4205	maynardschmidt@sunyorange.edu
Rockland+	6,409	91	324	1100-1200	24-27	88-92	Yes	Katherine Lynch	845.574.4743	klynch8@sunyrockland.edu
Suffolk+	22,579	223	555	1100	24	85	Yes	Albin Cofone	631.451.4335	cofonea@sunysuffolk.edu
Sullivan+	1,660	12	25	--	--	87-90	Yes	Gabriel Rikard	845.434.5750 x4394	grikard@sunysullivan.edu
Tompkins Cortland+	4,773	--	36	--	--	--	No	Karen Pastorello	607.844.8222 x4425	pastork@tompskinscortland.edu
Ulster+	3,089	20	35	--	--	88	Yes	Jennifer Kaufman	845.688.1593	kaufmanj@sunyulster.edu
Westchester+	10,072	--	165	--	--	--	Yes	Mira Sakrajda	914.606.6772	mira.sakrajda@sunywcc.edu

Additional SUNY campuses may offer Honors Programs. Contact campuses for information.

* The SAT ranges above represent combined evidence-based reading and writing and math scores. (The maximum possible total is 1600.)

** Enrollment includes Health Science Centers.

+ Contains 2020 data.



Educational Opportunity Program (EOP) Information Summary - 2021

For more information call our toll-free number at 800-342-3811 or visit us on the web at www.suny.edu/attend

Campus Name (by campus type)	Undergraduate Enrollment	EOP Freshman Enrollment	2021 Planned Total EOP Enrollment	2020 SAT* Scores (Combined) <small>(Scores reflect middle 50%)</small>	2020 ACT Scores (Composite)	High School GPA	Accepts SUNY EOP Fin Info Form	Summer Program
University Centers and Doctoral Degree Granting Institutions								
Albany+	13,182	163	760	990-1070	18-20	83-89	Yes	Yes
Binghamton+	14,133	137	585	1080-1170	21-24	87-91	Yes	Yes
University at Buffalo**+	22,307	135	702	960-1040	14-20	84-89	Yes	Yes
Stony Brook**	18,010	151	673	1050-1150	20-24	86-90	No	Yes
SUNY Polytechnic Institute	2,100	18	68	950-1020	--	79-87	Yes	Yes
NYS Ceramics at Alfred University+	528	0	2	800-900	18-21	72-82	Yes	Yes
NYS Colleges at Cornell University		30	109	1140-1250	--	90-96	No	Yes
Environmental Science & Forestry+	1,742	6	42	1070-1260	--	84-90	No	Yes
University Colleges								
Brockport+	6,289	69	312	900-980	18-19	80-85	Yes	Yes
Buffalo State+	7,309	186	760	870-1000	15-18	77-85	Yes	Yes
Cortland+	6,256	21	123	940-1030	15-19	82-88	Yes	Yes
Fredonia+	4,226	30	130	840-980	--	75-85	Yes	Yes
Geneseo	5,124	30	125	970-1080	17-24	84-90	Yes	Yes
New Paltz+	6,597	150	505	910-1040	--	78-82	Yes	Yes
Old Westbury+	4,347	51	290	820-950	14-17	76-81	Yes	Yes
Oneonta	5,600	49	205	890-990	16-20	81-84	Yes	Yes
Oswego+	6,673	100	318	880-980	--	80-84	Yes	Yes
Plattsburgh+	4,680	75	239	880-1000	17-19	77-85	Yes	Yes
Potsdam+	2,842	20	125	--	--	78-84	Yes	Yes
Purchase+	3,600	37	172	--	--	79-82	Yes	Yes
Empire State+	9,145						No	Yes
Colleges of Technology								
Alfred State+	3,667	24	102	880-1070	--	77-83	Yes	Yes
Canton+	3,122	28	140	810-930	--	73-76	Yes	Yes
Cobleskill+	2,079	55	112	830-930	--	73-76	Yes	Yes
Delhi	2,800	19	150	870-940	--	78-83	Yes	Yes
Farmingdale+	9,948	24	118	910-980	--	76-85	Yes	Yes
Maritime	1,780	11	66	930-1070	--	81-85	Yes	Yes
Morrisville	1,615	27	163	800-950	--	73-77	Yes	Yes
Community Colleges								
Adirondack+	2,994	40	80	--	--	70-84	Yes	Yes
Broome+	6,120	32	83	--	--	75-83	Yes	Yes
Dutchess+	8,034	60	119	--	--	74-84	Yes	Yes
Erie+	8,364	15	200	--	--	77-88	Yes	Yes
Fashion Institute of Technology+	7,959	61	240	--	--	78-82	Yes	Yes
Finger Lakes+	5,554	20	110	--	--	70-84	Yes	Yes
Fulton-Montgomery	2,298	40	60	--	--	72-83	Yes	Yes
Genesee+	4,735	60	90	--	--	70-83	Yes	Yes
Hudson Valley+	8,934	45	119	--	--	75-86	No	Yes
Jefferson+	2,658	28	80	--	--	73-81	Yes	Yes
Mohawk Valley+	5,705	45	90	--	--	76-82	Yes	Yes
Monroe+	10,161	50	214	--	--	78-84	Yes	Yes
Nassau+	13,864	44	120	--	--	76-82	No	Yes
Niagara+	4,346	22	70	--	--	74-80	Yes	Yes
Onondaga+	8,545	53	225	--	--	75-78	Yes	Yes
Orange+	5,862	31	70	--	--	77-84	No	Yes
Schenectady+	4,015	25	80	--	--	72-84	Yes	Yes
Suffolk+	22,579	32	145	--	--	72-80	No	Yes
Ulster+	3,089	11	125	--	--	77-81	Yes	Yes
Westchester+	10,072	30	133	--	--	75-85	No	Yes

EOP is also available at SUNY Downstate Health Sciences University and Upstate Medical University.

* The SAT ranges above represent combined evidence-based reading & writing and math scores. (The maximum possible total is 1600.)

** Enrollment includes Health Science Centers.

+ EOP enrollment and/or academic profile contains 2020 Data.



Educational Opportunity Program

NEW YORK STATE RESIDENTS ONLY

What is it?

The State University of New York's Educational Opportunity Program provides access, academic support and financial aid to students who show promise for succeeding in college but who may not otherwise be offered admission. Available to first-time, full-time, matriculated students, the program supports students throughout their college careers within the University.

Support Services

Educational Opportunity Program students receive both academic and financial support. Academic support services may include: personal counseling, academic advisement, tutoring, skill development workshops, supplemental instruction and mentoring. As part of the student's overall financial aid package, the Educational Opportunity Program provides modest financial aid to alleviate non-tuition expenses (e.g., books, supplies, etc.).

Campus Participation

The Educational Opportunity Program is available at all SUNY campuses with the exception of: Cayuga County, Clinton, Columbia-Greene, Corning, Herkimer County, Jamestown, North Country, Rockland, Sullivan County and Tompkins Cortland Community Colleges.

Fee Waiver

Students submitting applications for EOP consideration may qualify for application fee waivers for their first seven campus choices. If the applicant does not meet both academic and economic eligibility guidelines or, if the campus does not operate an Educational Opportunity Program, the student will be billed for the fee.

Who is eligible?

To be eligible for admission to the Educational Opportunity Program a student must: 1) be a New York State resident for 12 months prior to enrollment; 2) require alternate admissions consideration; and 3) qualify as economically disadvantaged according to the guidelines indicated. In selecting students for the program, priority is given to applicants from historically disadvantaged backgrounds. Admission is subject to program capacity.

To be eligible for the program as a transfer, a student must have been enrolled in the EOP, CD/SEEK, HEOP or a similar program at his or her previous college. If the previous college did not have EOP or a similar program, the student may receive consideration for transfer eligibility and should notify the college to which he or she is transferring.

Academic Eligibility

Academic eligibility will vary by campus. To view the EOP freshman profile for each campus, visit www.suny.edu/eop-academics.

Financial Eligibility

The table to the right lists financial guidelines for Educational Opportunity Program eligibility. To be determined economically disadvantaged, a student's household income must not exceed the amount shown for its size, or the student's circumstances must conform to one of the exceptions indicated. Eligibility guidelines may be adjusted slightly each year.

NOTE: Applicants who are deemed ineligible for EOP may still qualify for admission and financial aid through other admissions processes.

EOP Income Guidelines 2022-23

Household Size (including head of household)	Total Annual Income
1	\$23,828
2	32,227
3	40,626
4	49,025
5	57,424
6	65,823
7	74,222
8	82,621*

*Plus \$8,399 for each additional household member in excess of eight.

Exceptions to Income Guidelines

- › The student's family is the recipient of Family Assistance or Safety Net payments through the New York State Office of Temporary and Disability Assistance; or through a county Department of Social Services; or Family Day Care payments through the New York State Office of Children and Family Assistance;
- › The student is in foster care as established by the court;
- › The student is a ward of the court or county.

Registering for the SAT/ACT

- Make sure you register ahead of time!
 - Plan on taking either test in the spring of your 11th grade year!
- Register for the SAT at [Collegeboard.org](https://collegeboard.org), \$50 to take.
- Register for the ACT at act.org, \$60 (no writing), \$85 (with writing).
- Schalmont School Code - **335122**.
- Colleges will accept either SAT or ACT, you do not need to take both.
 - Pay attention if colleges you are applying to are *test optional*.
 - Most 2-year and trade colleges do not require the SAT or ACT.
- Fee Waivers are available if you qualify for free/reduced lunch - See your School Counselor.
- *Schalmont adds your SAT/ACT scores to your transcript if you bring us your scores. You do not have to indicate at the test date send them to us. Once your scores are added to your transcript we **can not** remove them.*

What to Bring to the SAT/ACT

- #2 Pencils (not mechanical), soft erasers, a non-graphing calculator, and a photo ID.
- Know Schalmont's school code **335122**
- Know the colleges you would like your scores sent to and their school codes!
 - Ex: UAlbany's school code is 2532

Practicing for the SAT/ACT

- The best way to prepare for the SAT/ACT is to take practice tests.
- Review classes are available through Schalmont Continuing Education.
- College Board offers online practice tests - collegeboard.org.
- Khan University offers practice online - khanacademy.org.
- Capital District Consulting offers in person SAT practice.

Scoring for the SAT/ACT

- If you take the SAT more than once Colleges will "Super Score" your final score. This means they combine the highest scores.
 - It is not recommended that you take the SAT or the ACT more than twice maximum, data shows it does not improve your score by much.
- Meet with your School Counselor to go over your scores.

SAT	ACT
Total score: 400–1600	English, reading, science, and math are scored 1 - 36.
Evidence-Based Reading and Writing Section: 200–800	The composite score is an average of all 4 sections 1 - 36
Math Section: 200–800	You are told how many questions right and wrong

ACT & SAT Dates for 2021-22

IMPORTANT DATES FOR JUNIORS & SENIORS

SCHALMONT SCHOOL CODE is 335122 - use for SAT, ACT, college applications and financial aid

TEST	TEST DATE	REGISTRATION DATE
ACT	September 11, 2021	August 6, 2021
ACT	October 23, 2021	September 17, 2021
ACT	December 11, 2021	November 5, 2021
ACT	February 12, 2022	January 7, 2022
ACT	April 2, 2022	February 25, 2022
ACT	June 11, 2022	May 6, 2022
SAT	October 2, 2021	September 3, 2021
SAT	November 6, 2021	October 8, 2021
SAT	December 4, 2021	November 4, 2021
SAT	March 12, 2022	February 11, 2022
SAT	May 7, 2022	April 8, 2022
SAT	June 4, 2022	May 5, 2022

ACT & SAT encourage you to apply on-line.

ACT web site – www.act.org cost \$60.00 + essay is \$85 total

SAT web site – www.collegeboard.com cost \$50

The SAT and/or ACT are acceptable standardized tests by all two and four year public and private colleges. Schalmont High School **is not** a testing center for SAT or ACT programs.

SAT TEST CENTERS	CODE NUMBER	ACT TEST CENTERS	CODE NUMBER
Bishop Gibbons High School	33-846	Schenectady High School	181460
Schenectady High School	33-848	Guilderland High School	180440
Niskayuna High School	33-850	Ballston Spa High School	183650
Scotia Glenville High School	33-852	Amsterdam High School	196240 (June only)
Guilderland High School	33-468		

NCAA ELIGIBILITY - If you want to play a sport in college, list 9999 to send your scores to the NCAA clearinghouse.

NOTE: NOT ALL TEST CENTERS ADMINISTER THE ABOVE TESTS ON ALL TEST DATES. CONSULT YOUR TESTING MATERIALS FOR TEST CENTERS AND DATES.

FEE WAIVERS - *Special forms can be obtained from the student's counselor to waive a test fee if the student's family income falls within certain economic guidelines.*

IDENTIFICATION: STUDENTS MUST HAVE A PHOTO ID (DRIVERS LICENSE OR SCHOOL ID)

Junior Scholarship Form

Every year Schalmont has Private Colleges and Universities reach out and offer scholarships to current 11th grade students. If a student applies for the scholarship and is selected by the College/University, the student will be awarded with a scholarship if they decide to attend that College/University and usually will waive all application fees. Please select the College/Universities below that you would be interested in applying and attending.

Your Name:_____

Possible Majors:_____

List activities you are involved in and/or outside of school:

Please check the colleges you are interested in applying to:

- RPI
- Clarkson
- Wells
- Russell Sage College
- Wells College
- University of Rochester
- RIT
- Wilkes University
- St. Michaels
- Elmira
- Cazenovia
- St. Bonaventura

Please Return to the Counseling Office by February 25th, 2022

NCAA Clearinghouse

- If you would like to play for a Division 1, 2 or 3 college you will have to create a free profile on the NCAA Clearinghouse website.
 - Eligibilitycenter.org
- This is where colleges will see the courses you have taken and get your information. You must be cleared in order to play.

Division 1 and 2

- If a college is recruiting you, the College/University's compliance office will let you know if you are eligible to play.
- You will need to complete a profile and send and/or attach a transcript.
- Classes that are NCAA typically wants you to take in high school are:
 - English: English 1-4, American Literature, creative writing
 - Math: Algebra 1-3, Geometry, statistics
 - Natural of physical science: biology, chemistry, physics
 - Social science: American History, civics, government
 - Additional: comparative religion, Spanish 1-4

Division 3

- Division 3 athletes **do not** earn athletic scholarships, they can earn scholarships based on academics and other factors the school considers.
- Seasons are shorter and the travel is less than Division 1 or 2.
- Students must meet academic requirements created by the College or University that they are applying to, unlike the ones

Club and Intramural Sports

- Colleges and Universities offer ways for students to participate in team sports without the commitment of being on the college D1, 2 or 3 team.
- Club teams travel together to compete against other school's club teams within their league
- Intramural sports are usually run through the college on a weekly or monthly basis. You may have to sign up with a team or you attend when you are available.

SUNY APP vs. Common APP

- Through both of these apps you are able to apply to multiple campuses through one application.
- You will apply to *most* colleges and universities through either the SUNY APP or the Common APP.
 - Some private colleges will have their own portals that they use, this would be indicated on their website if they use their own portal.
- The SUNY APP is *only* for SUNY colleges, you can however apply to SUNY colleges through both the SUNY and Common App.
- If you would like to see the questions asked before starting your application see the SUNY paper application attached to this packet.

What You Will Need to Apply

- **Time** - you can not rush through this process! Please **do not** wait until the last minute, start your application early.
- Your most recent High School Transcript.
- A list of your activities, work, and responsibilities.
- SAT and/or ACT scores.
- Academic honors and achievements.
- A writing supplement - this is your admissions essay.
- Letter of recommendations from your School Counselor, and teacher(s) or other advisors.
 - Please make sure to give recommenders plenty of time to write their letters! You should ask the summer before your senior year. Make sure to thank them as well!
- Parent/Legal Guardian info.

Application Fee Waivers

- If you qualify for free or reduced lunch here at Schalmont, you may be eligible for an Application Fee Waiver.
- SUNY and Private Colleges all have their own fee waiver qualifications
- See your School Counselor to get a fee waiver!



Think First. Type Second. This worksheet allows you to read and complete questions before entering your information online. This is a good time for you to check with your school counselor or college advisor regarding any question or answer of which you may be unsure. The questions are listed in the same order that they appear in **applySUNY**, but after you are online you may be able to skip some questions based on your answers to earlier questions. You may also wish to print the complete instructions at www.suny.edu/appinstructions.

Create an Account

Student Name: _____ / _____ / _____
FIRST MIDDLE LAST SUFFIX
(I.E. JR., III)

Date of Birth: _____

E-mail Address: _____
(A UNIQUE EMAIL ADDRESS IS NEEDED TO ACCESS APPLYSUNY)

Password: _____
(8-16 CHARACTERS, INCLUDING ONE NUMBER, ONE LOWERCASE CHARACTER, ONE UPPERCASE CHARACTER AND ONE SYMBOL)

Start Tab: Education Plans Section

- Will you be a freshman or transfer student? ☐ Freshman ☐ Transfer
- Are you applying for full-time or part-time study? ☐ Full-time ☐ Part-time
- Are you an Adult Learner? ☐ Yes ☐ No
- Are you applying for the Educational Opportunity Program? ☐ Yes ☐ No

Profile Tab: Personal Information Section

Preferred Name: _____
(NICKNAME)

Former Last Name: _____

Former First Name: _____

U.S. Social Security Number: _____

Date of Birth: _____

Legal Sex: ☐ Male ☐ Female

Gender: ☐ Male ☐ Female ☐ Non-binary ☐ Other: _____

Pronouns: ☐ He/Him ☐ She/Her ☐ They/Them ☐ Other: _____

Profile Tab: Address Section

Permanent Home Mailing Address: _____
COUNTRY

ADDRESS LINE 1 _____

ADDRESS LINE 2 _____

CITY _____ / STATE/TERRITORY _____ / ZIP CODE
(U.S. ONLY)

PROVINCE (OUTSIDE U.S.) _____

POSTAL CODE (OUTSIDE U.S.) _____

Temporary Mailing
Address:

DATE AFTER WHICH MAIL SHOULD BE SENT TO YOUR PERMANENT ADDRESS

ADDRESS LINE 1

ADDRESS LINE 2

CITY

STATE/TERRITORY

ZIP CODE (U.S. ONLY)

PROVINCE (OUTSIDE U.S.)

POSTAL CODE (OUTSIDE U.S.)

COUNTRY (OUTSIDE U.S.)

Profile Tab: Contact Details Section

Home Phone Number:

COUNTRY DIALING CODE

AREA/CITY CODE

NUMBER

Mobile Phone Number:

COUNTRY DIALING CODE

AREA/CITY CODE

NUMBER

Would you like to receive important text messages?

☐ Yes

☐ No

Profile Tab: Citizenship Section

Are you a U.S. Citizen?

☐ Yes

☐ No

City and Country of Birth:

CITY

COUNTRY

Country of Citizenship:

Are you a permanent resident of the U.S.?

☐ Yes

☐ No

If yes, please provide your alien registration number:

If you are not a permanent resident, have you applied
for permanent resident status?

☐ Yes

☐ No

If you are not a permanent resident, indicate your
visa type and expiration date:

VISA TYPE

EXPIRATION DATE (MM/YYYY)

How many years have you been in the U.S.?

Date latest Test of English as a Foreign Language
(TOEFL) was or will be taken:

(MM/YYYY)

Profile Tab: Residency Section

Are you a New York State resident?

☐ Yes

☐ No

If yes, what is your New York State county of residence?

If yes, but for less than one year, how many months?

Profile Tab: Demographics Section

Does one or both of the following apply to you: you are or were in foster care at any time after the age of thirteen; you are an orphan who was not adopted before the age of thirteen? ☐ Yes ☐ No

Military/Veteran Status:

☐ Active Duty Military ☐ Spouse of Active Duty Military

☐ Dependent Child of Active Duty Military

☐ Veteran ☐ Spouse of Veteran ☐ Dependent Child of Veteran

☐ National Guard or Active Reserve ☐ Spouse of National Guard or Active Reserve

☐ Dependent Child of National Guard or Active Reserve

Are you Hispanic/Latino?

☐ Yes ☐ No

If Hispanic/Latino, is your background:

☐ Central American ☐ Cuban ☐ Dominican ☐ Mexican ☐ Puerto Rican

☐ South American ☐ Other

All applicants, please indicate your race
(select one or more):

☐ American Indian or Alaskan Native ☐ Asian ☐ Black or African American

☐ Native Hawaiian or Other Pacific Islander ☐ White

Is English your native language?

☐ Yes ☐ No

Have you been dismissed, expelled and/or suspended from a college for disciplinary reasons? ☐ Yes ☐ No If yes, give the appropriate date(s) of each incident, explain the circumstances and reflect on what you have learned from the experience. You may use up to 400 words.

Family Tab: Household Information Section

Family Income (total household income last year):

Size of Household (including applicant):

With whom do you make your permanent home?

- ☐ Parent 1 ☐ Both Parents ☐ Other
☐ Parent 2 ☐ Legal Guardian ☐ Ward of the Court/State

Parent 1:

*(Repeat for additional parent,
or legal guardian, if applicable)*

FIRST NAME _____ LAST NAME _____ SUFFIX (I.E. JR., III) _____

EMAIL ADDRESS _____

PHONE NUMBER _____

ADDRESS LINE 1 _____

ADDRESS LINE 2 _____

CITY _____ STATE/TERRITORY _____ ZIP (U.S. ONLY) _____

PROVINCE (OUTSIDE U.S.) _____ POSTAL CODE (OUTSIDE U.S.) _____ COUNTRY (OUTSIDE U.S.) _____

What is the highest level of education obtained by Parent 1?

- ☐ Less than a high school diploma ☐ High School diploma (or equivalent)
☐ Some college, no degree ☐ Associate degree ☐ Bachelor's degree or higher

What is the highest level of education obtained by Parent 2?

- ☐ Less than a high school diploma ☐ High School diploma (or equivalent)
☐ Some college, no degree ☐ Associate degree ☐ Bachelor's degree or higher

Family Tab: Alumni Information Section

First Alumnus/a:

(Repeat for additional alumni)

ALUMNUS/A LAST NAME _____ ALUMNUS/A FIRST NAME _____

RELATIONSHIP TO YOU _____

GRADUATION YEAR _____ SUNY CAMPUS _____

Education Tab: High School Section

High School CEEB Code:

High School Name and Address:

Counselor:

FIRST NAME _____ LAST NAME _____

Counselor Email:

If you attended a New York City public high school, provide your NYC DOE OSIS Number:

Indicate your Secondary Education Status:

- ☐ Graduated ☐ Withdrew ☐ Completed NY high school equivalency diploma
☐ Will Graduate ☐ Home Schooled ☐ Completed non-NY high school equivalency diploma

Date of High School graduation, withdrawal or completion of a high school equivalency diploma:

MM/YYYY _____

Did you attend a New York State high school for two or more years?

- ☐ Yes ☐ No

What college credits have you received or do you expect to receive before you graduate?

- ☐ Advanced Placement (AP) ☐ College Level Examination Program (CLEP)
☐ International Baccalaureate (IB) ☐ Course taken at a college before graduation
☐ Other ☐ College course taught in high school

Education Tab: Senior Year Courses Section

List your academic senior year courses. (Required)

[illegible]

Indicate one of the following levels for each course:

- Regular/Standard
- Regents-New York only
- Advanced Placement (AP)
- Honors
- College
- Career and Technical/BOCES
- International Baccalaureate (IB)

Education Tab: Standardized Tests

SAT Scores. Please enter up to three sets of scores:

Test Date (mm/yyyy)	Evidence-based Reading and Writing/ Critical Reading	Math	Essay/ Writing
_____	_____	_____	_____
_____	_____	_____	_____

Date test will be re-taken, if applicable (mm/yyyy): _____

Academics Tab: ACT Scores Section

ACT Scores. Please enter up to two sets of scores:

Test Date (mm/yyyy)	English	Math	Reading	Science	Composite	Writing (if applicable)

Date test will be re-taken, if applicable (mm/yyyy): _____

Education Tab: Academic Distinctions Section

Academic Distinctions. Please check all that apply, based on information available at time of application:

- ☐ Valedictorian ☐ Salutatorian ☐ National Merit Semi-Finalist/Finalist ☐ Intel Competition Semi-Finalist/Finalist
☐ National Achievement ☐ National Hispanic Scholars

Education Tab: Honors/Awards Section

List any awards or special recognition you have received for academic, work or volunteer activities. List the grades in which you achieved each honor/award. You will be able to enter up to **5** honors/awards online.

Honors/Awards Description	Recognition Level (School, State/Regional, National, International)	Grades Achieved (9,10,11,12, Post High School)

Activities Tab

List any primary extracurricular activities (student government, volunteer/community service, academic clubs, varsity athletics or other activity) you have participated in during high school and note any leadership roles you have held. You will be able to enter up to 8 activities online.

Activity Type	Description	Grades Achieved (9,10,11,12, Post High School)	Leadership Position	Timeframe (During School year, During School Break, All year)	Will Pursue in College? (Yes/No)

Education Tab: Transfer History Section

Do you or will you hold an associate degree from a New York State public college prior to enrollment?

☐ Yes

☐ No

If yes, indicate the New York State public college where the degree was or will be earned:

If yes, indicate the degree type:

☐ AA

☐ AS

☐ AAS

☐ AOS

If yes, date the associate degree was or will be earned:

MM/YYYY

Type of college you last attended:

☐ SUNY

☐ CUNY

☐ Outside United States

☐ NYS Private 4-yr

☐ Non-NYS Public 4-yr

☐ Non-NYS Private 4-yr

☐ NYS Private 2-yr

☐ Non-NYS Public 2-yr

☐ Non-NYS Private 2-yr

Indicate the total number of credits you expect to earn from all colleges before enrolling:

Are you or were you previously enrolled in EOP, College Discovery, HEOP or SEEK?

☐ Yes

☐ No

If you are transferring to complete a cooperative program, indicate the previous curriculum:

Do you or will you hold a bachelor's degree prior to enrollment?

☐ Yes

☐ No

Education Tab: Previous Colleges Section

Transfer College:

(Repeat for additional colleges)

COLLEGE NAME

COLLEGE ADDRESS

DATE ENTERED (MM/YYYY)

DATE LEFT (MM/YYYY)

TOTAL CREDITS

GPA

Work Experience Tab

List your work experience (part-time, summer and volunteer). Indicate dates and hours per week. You will be able to enter up to **6** work experiences online.

Description	Employer/Organization	Start Date	End Date	Average Hours/Week

Writing Tab: Essay Section

Write an essay (250-650 words) on one of the topics listed below. (Required by some campuses. See www.suny.edu/attend/apply-to-suny/how-to-apply for a complete list)

(Aligned to 2021-22 Common Application topics.)

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Describe a problem you've solved or a problem you'd like to solve. It can be an intellectual challenge, a research query, an ethical dilemma—anything that is of personal importance, no matter the scale. Explain its significance to you and what steps you took or could be taken to identify a solution.
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

Essays Tab: Personal Statement Section

Please provide additional information (up to 250 words) that will help us better understand your academic performance. You may also use this space to explain any chronological gaps in your academic history (e.g. a period of time after high school graduation before applying to college).

Campus Selections Tab

First Campus:

(Repeat for additional colleges)

☐ Fall 20____ ☐ Spring 20____ ☐ Summer 20 ____

SEMESTER YOU WISH TO ENROLL

CAMPUS NAME

☐ Yes ☐ No

ARE YOU APPLYING FOR EOP AT THIS CAMPUS?

MAJOR

☐ Yes ☐ No

ARE YOU APPLYING FOR EARLY ACTION?

☐ Yes ☐ No

ARE YOU APPLYING FOR EARLY DECISION?

☐ Yes ☐ No

DO YOU WISH CAMPUS HOUSING?

IF APPLYING TO THIS CAMPUS AGAIN, WHEN DID YOU FIRST APPLY?

☐ Yes ☐ No

DO YOU WISH TO HAVE YOUR STANDARDIZED TEST SCORES CONSIDERED AS PART OF THE ADMISSION PROCESS?

Select Payment Type

Once you have completed all questions, you will be asked to pay your application processing fees. You will be charged an application fee for each campus you select. The quickest way to have your application processed is to submit payment via credit card or debit card online. You may also elect to mail-in your payment or to request a fee waiver. Your application will not be processed until full payment or authorized fee waiver request is received.

[illegible]

Early Action vs Early Decision

- Early Action
 - Early action plans are non-binding — students receive an early response to their application but do not have to commit to the college until the normal reply date of May 1.
 - Applications are usually due around November/December.
 - Students receive a decision earlier than they would normally, in January/February.
- Early Decision
 - Early decision plans are binding — a student who is accepted as an ED applicant **must** attend the college.
 - Applications are usually due in November
 - This does not give you the opportunity to compare financial aid packages from different colleges.
 - You can only apply for one early decision application.

Who and Why should you apply to Early Action or Early Decision?

- Has researched colleges extensively.
- If you are absolutely sure that the college is the first choice.
- Meets or exceeds the admission profile for the college for SAT scores, GPA and class rank.
- Has an academic record that has been consistently solid over time.

Paying For College

Important Definitions:

FAFSA: Must be completed **annually** to qualify for any state or federal aid. Forms open up October 1st for the upcoming school year. Become familiar with this!!

<https://studentaid.gov/h/apply-for-aid/fafsa>

Loans: Money given by the government or private lenders that **must be repaid** with interest.

Scholarships: Money that does **not** have to be repaid.

Defer: Some federal loans let you defer — or delay — paying the loan back until after you graduate.

Grants: Money given to students demonstrating financial need. Does **not** need to be repaid.

Work Study: Programs, usually through the college offering students the opportunity to work to assist in paying for school. Usually have very flexible hours!

- Must complete FAFSA

Interest rate: The interest rate is the cost of borrowing money, and is usually a percentage of the loan that is added to the amount you borrow. The higher your interest rate, the more you'll owe over time.

Need-based: Aid that is need-based is awarded to students who are determined to have financial need; that is, the amount they are able to pay for college is less than the cost of attending the college. The federal government offers need-based loans to students. Eligibility for these loans is determined by the Free Application for Federal Student Aid (FAFSA).

Subsidized: Some federal loans are subsidized, which means the government pays the interest on the loan while you're in college. Learn more about the rules for subsidized loans on ed.gov.

Federal Pell Grant: The Pell Grant is the largest federal grant program offered to undergraduates and is designed to assist students from low-income households. A Federal Pell Grant, unlike a loan, does not have to be repaid, except under certain circumstances. To qualify for a Pell Grant, a student must demonstrate financial need through FAFSA.

Excelsior Scholarship: Scholarship given to qualifying NYS residents attending SUNY, CUNY, and Community Colleges covering the cost of tuition. See below for more information.

EOP/HEOP: Higher Education Opportunity Program (HEOP) provides a broad range of services to New York State residents who, because of educational and economic circumstances, would otherwise be unable to attend a postsecondary educational institution. Students must complete FAFSA in order to receive support and reach out to the HEOP office at the college/university.

Students are provided with:

- Academic support services, tutoring, counseling support, and summer programs
- Tuition assistance
- Supplemental financial assistance
- Support to enable them to successfully graduate

How to Complete the FAFSA® Form

1 Create a username and password (FSA ID).

If you are a dependent student, your parent will also need to create a username and password (FSA ID).

2 Begin the FAFSA® form and create a save key. This will allow you to save your FAFSA® form and access it later if needed.

3 Complete the student demographics section, including entering your name and birthdate.

If you've completed the FAFSA® form before, this information will auto-populate.

4 List the schools you want your FAFSA® information sent to. Even if you haven't applied or been accepted yet, make sure you include all the schools you are considering.

7 Provide your and your parent(s) financial information.

You will use your 2020 tax return for the 2022-23 FAFSA® form. Tip: Using the IRS Data Retrieval Tool can help make this step simpler.

8 Sign your FAFSA® form!

If you're a dependent student, have your parent sign your FAFSA® form as well. Once signed, submit your form.

6 If you were determined to be a dependent student, complete the parent demographics section.

5 Answer the series of questions to determine your dependency status. The dependency guidelines are set by Congress and are different from those used by the Internal Revenue Service (IRS).

Scholarships

Most scholarships become available the summer into 12th grade and will continue to be posted until graduation! Apply for as many scholarships as possible that you fit the description for! List are just a few of places where scholarships are available. Pay careful attention to deadlines when applying. Ask your School Counselor for help!

Schalmont High School Counseling, College and Career Center website.

This should be the first place you look! New scholarships are posted weekly, get into the habit of looking for updates. Most are local scholarships, this means that only Schalmont or local students are applying to them. Winners of these scholarships are announced during the Senior Awards Ceremony in June.

Your local Credit Union or Bank.

Many Credit Unions offer scholarships for their members or their members' children. They are usually very generous!

CollegeExpress - Absolutely Scholarships

A nationwide scholarship database that will notify you of scholarships that you fit the requirements for.

Fast Web

A nationwide scholarship database.

FinAid

A nationwide scholarship database.

Go Merry

A nationwide scholarship database. They also have an Instagram account that students can follow for updates!

Raise Me

A nationwide scholarship database. They have scholarships available even for 9th grader students!

Financial Aid Office at the College/University where you will be attending

Some colleges offer scholarships annually given from donors and alumni. Once accepted, check to see if your College/University does this!

Your Employer or Your Parents' Employers

Your parents/guardians employers may offer scholarships for children of their employees.

Your Local Library

If you are a member they may have more resources!

Types of Loans

The federal and state governments, colleges and private organizations all provide college loans to students and parents. Below is an overview of the types of loans that are available.

Need-Based Loans

Federal Perkins Loans may be awarded by colleges to students with the highest need.

Federal Direct Subsidized Loans are interest-free while you're in college and have a borrowing limit that increases for each year of school you complete.

Non-Need-Based Loans

Federal Direct Unsubsidized Loans charge interest, but allow you to add the interest fees to the amount you borrow until after graduation. However, doing this means you'll actually end up owing more.

Federal Direct PLUS Loans allow parents (or graduate students) to borrow the total cost of college, minus any financial aid received.

State Loans

Private Loans

In general, private loans are not subsidized or need-based. They also often require a cosigner — someone who promises to repay the money if the student fails to do so. The interest rates of private loans vary:

- Banks and other financial institutions usually have the highest interest rates.
- Some colleges offer loans with relatively low interest rates.
- Keep in mind that it's important to understand all the terms of any loan before you accept it. Some private loans might offer relatively low interest rates, but their other terms might not be as favorable as those of a federal loan. For example, federal loans generally offer flexible terms — if you don't have a job or become disabled, you might be able to adjust your payments — while private loans may not be as flexible.
- Sallie Mae, Earnest, Ufi, SoFi, Discover are all examples of Private Loans

Excelsior Scholarship

- Only covers tuition, *not* room and board.
- Must be a resident of NYS
- Must have graduated from high school in the United States, earned a high school equivalency diploma.
- Must have a combined federal adjusted gross income of \$125,000 or less.
- Must be pursuing an undergraduate degree at a SUNY or CUNY college, including community colleges and the statutory colleges at Cornell University and Alfred University.
- Enrolled in at least 12 credits per term and successfully complete at least 30 credits each year.
- Must live in NYS for the same length of time the scholarship was received after graduation.

Helpful Websites

<https://studentaid.gov/h/apply-for-aid/fafsa>

- Complete the FAFSA Application here!

<https://studentaid.gov/>

<https://finaid.org/>

- Explains different terms for paying

- Offers calculators to plan out payments and costs

<https://college-insight.org/>

- Breaks down paying for college based on specific circumstances, colleges, and States