

## **COLLEGE 101 (with a military twist)**

Updated: Nov 2017

(These are general notes and not a complete list of all programs that are offered or all the steps necessary to complete applications, etc...– but still a great place to start. Comments and suggestions always welcome on how to improve this info for future students. Please email Susan Hardy at [giacomohardy@hotmail.com](mailto:giacomohardy@hotmail.com).)

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### **SERVICE ACADEMIES (Starting early....):**

**CHECK THEM OUT BEFORE APPLYING!! - FOR ALL ACADEMIES – juniors – apply to their summer programs!**

**Juniors – apply to USAFA Summer Seminar – (application only open Dec 1 – Jan 15)**

<https://www.academyadmissions.com/admissions/outreach-programs/summer-seminar/>

**Juniors – apply to USNA Summer Seminar – (application opens Jan 03 –**

<https://www.usna.edu/Admissions/Programs/NASS/index.php>  
<https://www.usna.edu/Admissions/Programs/NASS/Brochure.pdf>

**Juniors – apply to USMA Summer Leaders Experience – (application opens in January)**

<https://www.westpoint.edu/Admissions/SitePages/Summer.aspx>

**For rising 9<sup>th</sup>, rising 10<sup>th</sup> and rising 11<sup>th</sup> – you can apply to USNA Summer STEM Program**

<https://www.usna.edu/Admissions/Programs/STEM/index.php>

**For USAFA – join “Future Falcons” starting in 6<sup>th</sup> grade (outreach program to help you prepare for eventual possible application to USAFA.**

<https://www.academyadmissions.com/admissions/outreach-programs/are-you-ready-for-the-academy/>

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**SERVICE ACADEMIES**

**USAFA – United States Air Force Academy-Colorado Springs, CO**

-pre-lim applications open 01 Mar (junior year)

-West/Region 5 Admissions Rep (719) 333-3805//HQ USAFA/RRS, 2304 Cadet Dr, Ste 2300, USAF Academy, CO 80840-5025

<http://www.academyadmissions.com/admissions/advice-to-applicants/all-applicants/>

<http://www.academyadmissions.com/admissions/the-application-process/admissions-cycle/>

Instructions to Precandidates (how to fill out Precandidate Questionnaire (PCQ))

<https://aloweb.usafa.edu/candidatekit/CK/Forms/WebPCQ2021.pdf>

--Nominations (same for USMA/USNA) – Presidential (see p8 of PCQ); Vice President (see link p4); Senators (each can have 5 attend at one time), US Rep (can nominate up to 10 at one time) – see p4 for links to both; Honor military schools and Air Force ROTC (Each honor unit may nominate five students to compete for vacancies –NJRTOC honor units also qualify. Capt Rabun has the form.)

**USCGA – United States Coast Guard Academy – New London, CT**

-Apply Early August (no nomination required)

--Early Action (non-binding) – apply by 15 October/hear by 24 Dec

--Regular Action – apply by 15 Jan/hear by 01 Apr

<http://www.uscga.edu/admissions2.aspx?id=2252>

Our point of contact is Marvi Rivera

Rank: Lieutenant Junior Grade (LTJG), U.S. Coast Guard Reserves

Title: Outreach Officer

Specialty: Marine Safety, Port Security

Education: B.S., Criminal Justice

M.A., Human Resources and Leadership Management

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**USMA – United States Military Academy – West Point, NY**

-Far West Admissions Team

--Captain Mark Boychak, 845-938-5719, mark.boychak@usma.edu

--Captain Ariana Mankus, 845-938-5741, Ariana.Mankus@usma.edu

<http://www.usma.edu/admissions/Shared%20Documents/Admissions%20Timeline.pdf>

**USMMA - Merchant Marine Academy - Kings Point, NY**  
(516) 726-5644 or [admissions@usmma.edu](mailto:admissions@usmma.edu)

(Note – USMMA has billed and unbilled costs – see attached)  
<https://www.usmma.edu/admissions/financial-aid/cost-attendance>

<https://www.usmma.edu/admissions/admissions-a-to-z>

**USNA - UNITED STATES NAVAL ACADEMY - Annapolis, MD**

**-Pre-lim applications open 01 Apr (junior year)**

Local Blue & Gold Officer - Captain John Funk, [johnfunk84@gmail.com](mailto:johnfunk84@gmail.com) (if not Captain Funk, then when you submit your application, you will have a Blue & Gold officer assigned to you).

<http://www.usna.edu/Admissions/Steps-for-Admission/General-Advice-for-Grades-9-12.php>

<http://www.usna.edu/Admissions/Steps-for-Admission/>

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**ROTC PROGRAMS:**

Interesting reading - <http://www.bestcolleges.com/resources/rotc-programs/>

-There is not a one-size-fits-all for ROTC scholarships. Please take the time to look at each of the different ROTC Scholarship programs – Air Force, Army, Marine Corps (part of Navy program) and Navy ROTC. Links are provided below. There are also opportunities for funded ROTC nursing programs. Most ROTC programs also have special scholarships if you attend a minority serving institution (HBC – historically black college or HSS – Hispanic serving schools). Programs can vary from 2, 3 and 4 year scholarships and different ROTC programs have different requirements for what major you can study.

-Generally, ROTC programs cover tuition and school fees but not room and board. (However, different colleges and universities might offer room and board or other stipends to ROTC students. You will need to check with individual schools. FYI - the army seems to list which schools might offer room and board assistance on their website.)

-Please also check each ROTC program for the specific amount of time (service commitment) you have to give back to the military in exchange for them paying your tuition (this is true of the academies as well.).

-Please also look at:

**AIR FORCE ROTC: 866-423-7682**

<https://www.afrotc.com/scholarships/application>

-At over 1,100 colleges and universities throughout the US

<https://www.afrotc.com/locator>

**ARMY ROTC:**

SDSU/Mil Sci Dept, 55000 Campanile Dr., SD, CA 92182

Mr. Vasquez, SDSU Army ROTC – 619-594-1236 or -4943

(they can help with your application and set up your scholarship interview)

<http://www.goarmy.com/rotc/service-commitment.html>

-2 year, 3 year and 4 year scholarships

<http://www.goarmy.com/rotc/scholarships.html>

<http://www.goarmy.com/rotc/high-school-students/four-year-scholarship.html>

<http://www.goarmy.com/rotc/courses-and-colleges.html>

**COAST GUARD** – College Student Pre-Commissioning Initiative (last 2 years of college scholarship program for students attending a minority serving institution):

<http://www.gocoastguard.com/active-duty-careers/officer-opportunities/programs/college-student-pre-commissioning-initiative>

**MARINE CORPS ROTC:** *Regular scholarship (same list of schools as NROTC)/Fredrick C. Branch (17 HBC/HSI)/Pedro de Valle (3 schools – SDSU, Cal State San Marcos and Univ of New Mexico)*

**Local office** –w/858-675-4930. This office coordinates nominations for the Frederick C. Branch and Pedro de Valle Scholarships and also does the interviews and PT testing (on specific dates – so need to get on their calendar).

**NAVY ROTC:** *San Diego NROTC Recruiting Office, 9955 Pomerado Rd, San Diego, CA 92131 is at the Miramar Marine Corps Recruiting center (on the right side of highway 15 as you are going north – NOT on the Miramar base).*

Chief Little – 714-404-3554

FC1 Bond – 760-403-4245

FAX – 1-858-537-8047

PO Lewis – 619-694-7344, [Charles.J.Lewis2@navy.mil](mailto:Charles.J.Lewis2@navy.mil) (he does all the paperwork/scheduling interviews)

NROTC Technical help desk (with getting into online application 1-850-452-1001 #1 then #4)

-application

<http://www.nrotc.navy.mil/apply.html>

-schools locator

[http://www.nrotc.navy.mil/colleges\\_nrotc\\_unitsXP3.html](http://www.nrotc.navy.mil/colleges_nrotc_unitsXP3.html)

## **MARITIME COLLEGES**

**MARITIME COLLEGES** - this is just a sample of some of the options – please contact each school for the cost of the school/financial aid available

Cal Maritime – Vallejo, CA

<https://www.csum.edu/web/admissions/first-time-freshmen>

Maine Maritime -

<http://mainemaritime.edu/admissions/undergraduate-admissions/first-time-freshman/>

Massachusetts Maritime –

<https://www.maritime.edu/freshman-applicant-admissions-standards>

SUNY (New York) Maritime -

<http://www.sunymaritime.edu/Admissions/Freshmen>

## **PHYSICAL FITNESS TESTS**

***PREPARE... PREPARE... PREPARE!***

**USAFA, USMA and USNA – they all use the Candidate Fitness Assessment (CFA)//ROTC programs use their own physical fitness tests (usually only timed runs, push-ups and sit-ups)**

**(This CFA example is taken from the USAFA application). TAKE NOTE** - “A low overall score or a poor score in an individual event may be disqualifying. If the first CFA test entered into our system is disqualifying we will request a second test as long as your first test was taken on or before January 31st . If both tests are disqualifying we will close your file. After January 31st you may only be able to test once. If you submit your first CFA after January 31st and it is disqualifying, your file will be closed.”

Other Advice – “In order to qualify for admission to the Service Academies, you must take the CFA. You should remember that your score is a combination of your best efforts on each of the six events. Strive for excellence and the highest possible score. You should strive to meet or exceed the average scores listed in Table 2. Do not take the test if you are ill, have a recent injury or if you are having inclement weather (too hot, too cold, too windy, rainy, snowy, etc.). Please reschedule your test as long as it isn't the last day to take it. Plan accordingly and don't wait until the last minute to do this important piece of the application. Any or all of the events mentioned above have kept candidates from testing and completing their application. You cannot skip an event. Your examination may be administered by any physical education teacher, Service Academy Liaison Officer or AFJROTC Instructor. Any active duty commissioned officer may administer the CFA for service members. It is your responsibility to arrange for a qualified person to conduct your examination.”

### **CFA MAX SCORES (and AVG):**

|   | BBall Throw | Pull-Ups | Shuttle Run | Mod Sit-Ups | Push-Ups | 1 mile     |
|---|-------------|----------|-------------|-------------|----------|------------|
| M | 102(69)     | 18(12)   | 7.8(8.1)    | 95(81)      | 75(62)   | 5:20(6:29) |
| F | 66(42)      | 7(2)     | 8.6(9.4)    | 95(78)      | 50(41)   | 6:00(7:30) |

(2 minutes each event with 3 minute rest between events-events are done in order shown above.)

(See USAFA PCQ instructions for detailed instructions for each event.)

AFROTC – uses Physical Fitness Assessment (PFA) – only their own.

AROTC – uses PFA – only their own – Push-ups (1 min); Curl-ups (1 min) and 1 mile run.

NROTC AFA – crunches in 2 minutes, push-ups in 2 minutes and 1 mile run.

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To help you pick a school that you have a good chance of being accepted to, you need to understand what the “middle 50” is and how you can see if you are above, below or right in the “middle 50” for a school, program, scholarship, etc... (p.s. Naviance/Family Connection has a great online tool to help you see where your GPA and SAT or ACT scores put you relative to other kids from your high school that have applied to the college/university that you are interested in.) The stats below are for Cal State San Marcos (public), SDSU (public state school), UCSD (public university) and USD (private university).

**Example – how to understand “Freshman Statistics” or “the middle 50” – these stats show what ACT or SAT scores for the middle 50% of freshman (does not scores for the top 25% and not the bottom 25% of freshman). Are your scores in the ‘middle 50’ for the program or school that you would like to attend? How can you get there?**

|                 | <i>CSU San Marcos</i> | <i>SDSU</i>     | <i>UCSD</i>     | <i>USD</i>      |
|-----------------|-----------------------|-----------------|-----------------|-----------------|
| GPA             | 3.31                  | 3.67 (wtd)      | 4.0(unwtd)      | 3.85 (unwtd)    |
| SAT Math        | 430-540               | 510-620         | 590-750         | 560-660         |
| SAT Reading     | not listed            | 490-600         | 560-690         | 540-650         |
| SAT Writing     | 430-520               | 480-590         | 550-670         | 550-650         |
| ACT             | not listed            | 23-28<br>Avg 25 | 26-31<br>avg 28 | 26-30<br>avg 28 |
| Acceptance rate | 73%                   | 35%             | 36%             | 51%             |

**OTHER PROGRAMS TO CONSIDER- For those military families that qualify:**

**911 GI BILL**

[http://www.benefits.va.gov/gibill/post911\\_gibill.asp](http://www.benefits.va.gov/gibill/post911_gibill.asp)

-Look at those schools that have the Yellow Ribbon Program (matching funds to make up some or all of the difference in tuition between what the 911 GI BILL pays and actual tuition for that school).

[http://www.benefits.va.gov/gibill/yellow\\_ribbon.asp](http://www.benefits.va.gov/gibill/yellow_ribbon.asp)

[http://www.benefits.va.gov/gibill/docs/factsheets/2012\\_yellow\\_ribbon\\_student\\_faqs.pdf](http://www.benefits.va.gov/gibill/docs/factsheets/2012_yellow_ribbon_student_faqs.pdf)

[http://www.benefits.va.gov/GIBILL/yellow\\_ribbon/yrp\\_list\\_2016.asp](http://www.benefits.va.gov/GIBILL/yellow_ribbon/yrp_list_2016.asp)

College Comparison Tool:

<https://www.vets.gov/gi-bill-comparison-tool>

**CALVETS** – The College Tuition Fee Waiver for Veteran Dependents benefit waives mandatory system-wide tuition and fees at any State of California Community College, California State University, or University of California campus. This program does not cover the expense of books, parking or room and board. There are four plans under which dependents of veterans may be eligible.

***-Please look carefully at the eligibility requirements and how to access these benefits.***

<https://www.calvet.ca.gov/VetServices/Pages/College-Fee-Waiver.aspx>

**b. Other scholarships that you can apply for** – research, research, research – start with our guidance counselors and online. Note – you can start early - some scholarships are geared toward high school juniors. Keep track of deadlines!

## **-TIMELINES-**

**LAST SAT or ACT (both with writing) to use on Academy/ROTC applications is December of your senior year - DO NOT LET THAT BE YOUR FIRST TEST!!!!**

### **FRESHMAN YEAR (and SOPHOMORE and JUNIOR YEAR):**

Why you want to shoot for the top (grades and SAT/ACT scores)...

<http://blog.prepscholar.com/79-colleges-with-full-ride-scholarships>

Keep track of your community service hours...

<http://blog.prepscholar.com/community-service-scholarships-complete-list>

-Be a good student/try your best in all of your classes. Be a good teammate. Pursue your passion or start to figure out what your passion might be. Learn and practice good leadership.

-Take the PSAT whenever it is offered.

-Start SAT VOCAB OF THE DAY (keep it up all through high school)

-If you want to apply to an Academy or ROTC program, get physically fit and stay fit all four years (look at the physical fitness test requirements for each program and start working to max those tests).

--Look at the links to the websites for specific information/steps to do at each grade level in high school.

-Take a SKILLS AND INTEREST INVENTORY

--Research possible college majors based on your skills and interests (books are in NJROTC room)

-Use Family Connection/Naviance (or the one your school uses) to help find colleges that fit your skills/interests/possible major, etc...

**NOTE – Family Connection/Naviance will be a critical tool for you as a Junior (spring semester) and all Senior Year.** It is the website you use to request letters of recommendation from your guidance counselor and your teachers. It also helps you track all of your college applications.

-Once you narrow down possible majors/schools (five different target schools would give you a nice cross section to start working with), you can work backwards to figure out:

--The “middle 50%” for those schools and majors (doesn’t guarantee you will be accepted by that school, but you probably have a better chance than a school where your GPA/SAT or ACT scores are below the “middle 50%” of that school and/or major).

-Check the target schools entrance requirements (what classes do they want you to take in high school) against your four-year high school plan. Do they match up? If not, how can you change your overall high school classes plan to meet those requirements?

### **SOPHOMORE YEAR:**

-If you didn't do the above as a Freshman, please go through the steps above your Sophomore year.

-Be a good student/try your best in all of your classes. Be a good teammate. Pursue your passion or start to figure out what your passion might be. Learn and practice good leadership.

-All year – work on your SAT and ACT prep. (Remember – most Academies and ROTC programs want to see you take all sections of these tests – including the writing section.)

-Apply for summer programs (as applicable) at the academies or other colleges you are interested in?

### **JUNIOR YEAR:**

-If you didn't do the above as a Freshman or Sophomore, please go through the steps above your Junior year.

-Be a good student/try your best in all of your classes. Be a good teammate. Pursue your passion or start to figure out what your passion might be.

-**Throughout the year: Take (and possibly retake) SAT/ACT** – look at what qualifying scores you need and/or the “middle 50%” of schools you would like to apply to.  
PRACTICE>>>PRACTICE>>>PRACTICE

-**STARTING IN NOVEMBER, check application dates for summer program applications** and the “open application date” for the Service Academies and ROTC programs.

--If you want to apply to USAFA, USMA, USMMA or USNA: Applications generally open in the spring (please see each academies website for specifics).

---**Apply for nominations** (Presidential nomination if a parent served in the military, NJROTC nomination– Captain has XX nominations when Islander is an Honor Company). Also apply for Congressional and Senatorial nominations. (Look up rules for each.)

--If you want to apply to an ROTC program – applications open in the spring – see each website for specifics (the application opening date can change from year to year.)

-**Before school lets out for the summer, request your letters of recommendation for Academy and ROTC programs.** (You will need to wait until the fall semester of your Senior Year to request your letters of recommendation for civilian schools you apply to.)

---Schedule and take (max the test if you can) any required physical fitness tests.

---Submit official high school transcripts and SAT/ACT scores as required.

-Over the summer – work on your application essays (use old prompts to get you started) – these need a lot of time to develop and a lot of editing.

### **SENIOR YEAR:**

-RETAKE THE ACT and/or SAT IF NECESSARY (make sure you make the reporting cutoff dates for the schools/programs/scholarships you are applying to).

-BE ORGANIZED. GET YOUR COLLEGE APPLICATIONS SUBMITTED AS EARLY AS POSSIBLE.

-RESEARCH AND APPLY FOR SCHOLARSHIPS – every dollar helps...

-REQUEST YOUR LETTERS OF REFERENCE (through Naviance) AS EARLY AS POSSIBLE FROM YOUR TEACHERS. REQUEST TRANSCRIPTS TO BE SENT AS REQUIRED.

-KEEP TRACK OF ALL OF YOUR PROGRAM, COLLEGE, AND SCHOLARSHIP DEADLINES.

-Bottom Line – it is a lot of work, but it doesn't have to be stressful... START EARLY!

## **OTHER IMPORTANT INFO TO HAVE INFO AT YOUR FINGERTIPS**

<http://chs.coronadousd.net/static/media/uploads/Coronado%20High%20School/Student-ParentHandbook2015-2016.doc> Oh5FWIL.pdf

FROM THE CHS Student and Parent Handbook:

p.39

**COLLEGE / CAREER FAMILY CONNECTION** Family Connection is a comprehensive web site used to provide information regarding courses, colleges and careers. Student/parents may: • Research colleges • Sign up for college visits • Take Personality type assessments • Complete career interest inventories • Create and update 4 year plan • Request transcripts • Learn about summer and volunteer opportunities Family Connection may be accessed through <http://connection.naviance.com/coronadoca>. The Family Connection Access Code is the same as the student's id.

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COLLEGE PLANNING FOR STUDENTS AND PARENTS

### **GRADES 9 and 10**

Create a four-year high school plan (from CHS COURSES OFFERED – SEE PAGE 13 OF THE HANDBOOK)

- Know what classes are required for graduation and for college.
- Learn about honors, Advanced Placement and the University of California A-G required courses.

Take the PSAT • The PSAT will be administered at CHS in October. All 9th, 10th, and 11th grade students take this exam.

Begin to think about different careers

- Identify interests - likes and dislikes – not just academics but in all areas.
- Develop a career goal. This will change often, but it is the process that counts! Discuss career options with others, such as your teachers, counselor, parents and professionals within the community.

Get involved in extracurricular, volunteer or school activities

- Take part in a club, sport and/or volunteer activity. These activities help build your resumé, but more importantly enrich your high school experience.

Meet with your counselor

- Make certain you visit your counselor to discuss current and post high school plans. They can help you with many questions including information about colleges, graduation requirements and choosing majors.

Save for College

- Save for college and investigate financial aid programs and saving plans.

Attend college and career fairs

- Check Family Connection for updated info. on fairs in the San Diego area. This is a great opportunity to start gathering information about colleges and careers.

Tour college campuses

- Visit the local colleges first! San Diego State, UC San Diego, Point Loma Nazarene and The University of San Diego are all very different colleges and can give you a perspective in searching for colleges/universities.

### **GRADE 11 – FALL**

Meet college representatives

Check the schedule posted on Family Connection and attend lunch meetings at CHS with visiting college representatives.

Start with your interests.

- Make lists of your abilities, social cultural preferences and personal qualities. List things you want to study and do in college. Take the “game plan” survey on Family Connection to narrow down some college options.

Get involved in extracurricular, volunteer or school activities.

- Take part in a club, sport and/or volunteer activity. These activities help build your resumé, but more importantly enrich your high school experience.

Learn about colleges.

- List colleges’ features that interest you. Talk to your parents, teachers, counselor and recent graduates of CHS now in college. Use the “college search” on Family Connection to explore colleges.

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Take the PSAT/NMSQT● The PSAT will be administered at CHS in October. All 9th, 10th, and 11th grade students take this exam.

Meet with college representatives at CHS.

- These visits are extremely helpful. This is your chance to talk to college representatives from all over the country. Please see the “visit schedule” on Family Connection for a list of visit dates and times.

Save for College.

- Save for college and investigate financial aid programs and savings plans.

### **GRADE 11 – SPRING**

Take the SAT/ACT

- Sign up for the SAT Reasoning and Subject tests and/or the ACT with writing in the spring of your junior year and again in the fall of your senior year. Download practice books from [www.collegeboard.com](http://www.collegeboard.com) or [www.act.org](http://www.act.org).

Tour college campuses.

- Visit the local colleges first! San Diego State, UC San Diego, Point Loma Nazarene and The University of San Diego are all very different colleges and can give you a new perspective on what you are looking for in a college. Colleges come in all different sizes, shapes and colors...so get an idea of what attracts you to a university.

Find out about ROTC Scholarships and Military Academies.

- If you are considering military academies or ROTC scholarships you should begin the process now!

D/F grades must be remediated.

- Any grades/marks of D/F must be remediated. Colleges require all academic course grades to be a C or better.

## **GRADE 12**

### **AUGUST/SEPTEMBER:**

- **Start essays, college apps., and complete CSS PROFILE**
- **Request Teacher/Counselor recommendations (DO THIS EARLY!!!!)**
- **Search for scholarships and at a minimum - apply for local scholarships.**
- **Register for SAT/ACT and any required SAT Subject tests (do this early to get your scores before the cutoff dates of the schools, scholarships or programs you are applying to)**
- **Develop a list of 5 - 10 colleges (SHOULD START THIS YOUR JUNIOR YEAR>>>)**
- Create a **calendar of due dates.**
- Athletes intending to play a sport in college should **register with the NCAA** Eligibility Center at [www.eligibilitycenter.org](http://www.eligibilitycenter.org).
- **Send SAT/ACT** scores to each college that requires them.
- **Request transcripts** (through Naviance) be sent for those colleges that require them.

### **Meet early action/decision deadlines.**

- Submit FAFSA (Free Application for Federal Student Aid) with your parents.

### **AS NEEDED:**

- Send transcripts/mid-year reports
- Submit any additional financial aid forms including Cal Grant GPA verification form.

NOTE - Colleges may rescind their offer of acceptance/admissions if second semester grades decline.

- Read admissions decision letters and financial aid awards to help you decide where to attend.
- Take community College placement exams.

### **By May 1**

- **Accept offer of admission from one college/university (usually have to pay a fee to hold your spot)**

June 15

- Request a final high school transcript to be sent to the college/university you plan to attend.