

HIFE CPP REQUIREMENTS:

- ◆ Must have a minimum of 2.5 GPA
- ◆ Must attend an accredited institution
- ◆ Must be willing to complete the assigned homework provided by the HIFE Coach

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Summer Plans For High School Students



Summer break is a great time for high school students to begin building their resume to prepare for their college admission process. There are different activities that can help you build an impressive portfolio to stand out among the pack with the college admission office. Here are 4 suggestions for you to consider:

1. Get A Job

Many colleges look for employment on your resume to determine your skills and work ethics. Getting any job will be a

start but try to pursue employment where it will give you an opportunity to demonstrate your leadership skills, communication skills and organization skills. Just be sure to work hard so that you can get a letter of recommendation from your supervisor at the end of the employment term.

2. Volunteer In Your Community

By doing community work, you will gain great work and leadership experience that will be very impressive on your resume. Volunteer opportunities are often found at churches or non-profit organizations throughout your community. Consider organizations like Meals On Wheels or at homeless shelters may be a good start. Also look

into volunteering at nursing homes or senior living centers.

3. Take Summer Classes

Consider taking classes at a local community college. Subjects like mathematics and language is always a plus in helping you prepare for college.

4. Travel

If your budget permits, consider traveling to a foreign place to gain cultural experience to help expand your awareness of different people around the world. Be sure to log your travel activities in a journal to help you remember where you've been.

Always remember to make a difference in your community and have fun!

Message From The Dean - Bob Fulcomer

College searches normally is time consuming for many students during the school year. Students are often bombarded with class assignments and activities which limits their effort in conducting the proper search.

Now is the time to take advantage of this opportunity

to work with your HIFE Coach in getting guidance with your college search.

Set a goal of searching a minimum of 1-2 colleges a day so that you can get a feel of what is available for you for the near future. Be sure to look into the class sizes, geographic area, degrees offered,

entrance requirements, housing availability, as well as activities offered by each college.

By taking these initiatives early, you will be less overwhelmed during your upcoming school year.

GPA vs. SAT Scores: Which Is More Important?



Students who think they're going to slide by in high school with barely-passing grades, but nail the SATs to get into the college of their choice, better think twice.

The National Association for College Admission Counseling (NACAC) finds that there is virtually no difference in college graduation rates among students who did and did not submit standardized test scores. It's a student's high school GPA that can play a role in college success.

The NACAC recently released "[Defining Promise: Optional Standardized Testing Policies in American College and University Admissions](#)," which analyzed colleges with "test optional admission policies," meaning students don't necessarily have to submit their SAT and ACT scores to apply.

Good grades in high school not only matter when applying to college, they're also an indicator of a student's performance in college. The report finds college and university cumulative GPAs closely track students' high school grades, despite major variations in standardized test scores. If a student consistently does well

throughout high school, that is a bigger gauge of their performance in college than comparative SAT and ACT scores, the NACAC reports.

The study looked at the potential outcomes of optional standardized testing policies in admissions offices at 33 public and private colleges and universities based on cumulative GPA and graduation rates of 123,000 students. In the past decade, hundreds of institutions have made admissions testing optional, and the NACAC claims the study is the first major published research to evaluate optional testing policies.

The report concludes the differences between submitters and non-submitters at graduation were "trivial" within .05 of a GPA point, and 0.6 of 1% percent in graduation rates. Elizabeth Heaton, senior director at College Coach, says the debate over GPA vs. SAT scores in the application process will continue.

"People always predict there is predictive value in test scores, but it turns out students are graduating with similar GPAs [to their high-school GPAs]," Heaton says.

"In many cases, students may not be submitting their SAT or ACT scores because they are not as good as their school grades."

She advises students with low test scores weigh their option of going the test-optional route. But also know it may limit choice.

"High test scores and low high-school GPAs mean a student may have the aptitude and capability, but the higher GPA is just a better indicator of how they would fare in college," she says.

That being said, the vast majority of colleges and universities still require students submit their test grades. Every year a handful of schools join the test-optional ranks, according to Heaton, but it's unlikely this will become a nationwide trend anytime soon. "People should be aware that there are options, and if you know your child has test scores aren't close to what they are capable of in the classroom, they should look for schools that have test-optional policies," she says. "But I don't recommend that students not take standardized tests. It just narrows your options."

Source: Kate Rogers/Fox Business

SAT REMINDER:

Most students take the SAT during their junior or senior year of high school. At least half of all students take the SAT twice — in the spring as a junior and in the fall as a senior. Most students improve their score the second time they take the SAT. To register for SAT, simply log-in to: www.sat.collegeboard.org

20 Most Selective Colleges In The U.S.

Here you'll find the 20 most selective colleges and universities in the U.S. These schools accept a lower percentage of applicants than any others. As you read the list, consider these issues:

- I did not include colleges that are essentially free (although many have a service requirement). Nevertheless, College of the Ozarks, Berea, West Point, Cooper Union (no longer free, but still highly discounted), Coast Guard Academy, USAFA, and Annapolis all have extremely low acceptance rates.
- I did not include extremely small places like Deep Springs College and Webb Institute
- I did not include schools with a performance- or portfolio-based admissions process such as Julliard and the Curtis Institute of Music
- Selectivity alone doesn't explain how hard it is to get into a school. Some schools not on this list have students with higher average GPAs and test scores than some schools on the list.

1. Harvard University

Acceptance Rate: 6% (2013)
Location: Cambridge, MA
Enrollment: 28,147 (10,564 undergraduates)
School Type: Private comprehensive university (Ivy League)

2. Stanford University

Acceptance Rate: 6% (2013)

Location: Stanford, CA
Enrollment: 18,519 (7,063 undergraduates)
School Type: Private comprehensive university

3. Yale University

Acceptance Rate: 7% (2013)
Location: New Haven, CT
Enrollment: 11,906 (5,405 undergraduates)
School Type: Private comprehensive university (Ivy League)

4. Princeton University

Acceptance Rate: 7% (2013)
Location: Princeton, NJ
Enrollment: 7,975 (5,327 undergraduates)
School Type: Private comprehensive university (Ivy League)

5. Columbia University

Acceptance Rate: 7% (2013)
Location: New York, NY
Enrollment: 26,471 (7,814 undergraduates)
School Type: Private comprehensive university (Ivy League)

6. MIT (Massachusetts Institute of Technology)

Acceptance Rate: 8% (2013)
Location: Cambridge, MA
Enrollment: 11,189 (4,503 undergraduates)
School Type: Private university with engineering focus

7. University of Chicago

Acceptance Rate: 9% (2013)
Location: Chicago, Illinois
Enrollment: 15,245 (5,618 undergraduates)
School Type: Private comprehensive university

8. Brown University

Acceptance Rate: 9% (2013)
Location: Providence, RI
Enrollment: 8,885 (6,435 undergraduates)
School Type: Private comprehensive university (Ivy League)

9. Dartmouth College

Acceptance Rate: 10% (2013)
Location: Hanover, NH
Enrollment: 6,277 (4,193 undergraduates)
School Type: Private comprehensive university (Ivy League)

10. Caltech (California Institute of Technology)

Acceptance Rate: 11% (2013)
Location: Pasadena, CA
Enrollment: 2,243 (997 undergraduates)
School Type: Small private university with engineering focus

11. University of Pennsylvania

Acceptance Rate: 12% (2013)
Location: Philadelphia, PA
Enrollment: 24,725 (11,678 undergraduates)
School Type: Private comprehensive university (Ivy League)

12. Claremont McKenna College

Acceptance Rate: 12% (2013)
Location: Claremont, CA
Enrollment: 1,295 (1,264 undergraduate)
School Type: Private liberal arts college



HIFE



COLLEGE PLANNING PROGRAM



Tips For Students Desiring To Pursue A Career (cont.)

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13. Vanderbilt University

Acceptance Rate: 13% (2013)
Location: Nashville, TN
Enrollment: 12,710 (6,796 undergraduates)
School Type: Private comprehensive university

14. Duke University

Acceptance Rate: 13% (2013)
Location: Durham, NC
Enrollment: 15,386 (6,655 undergraduates)
School Type: Private comprehensive university

15. Pomona College

Acceptance Rate: 14% (2013)
Location: Claremont, CA
Enrollment: 1,607 (all undergraduate)
School Type: Private liberal arts college

16. Swarthmore College

Acceptance Rate: 14% (2013)
Location: Swarthmore, PA
Enrollment: 1,552 (all undergraduate)
School Type: Private liberal arts college

17. Amherst College

Acceptance Rate: 14% (2013)
Location: Amherst, MA
Enrollment: 1,817 (all undergraduate)
School Type: Private liberal arts college

18. Northwestern University

Acceptance Rate: 15% (2013)
Location: Evanston, IL
Enrollment: 21,215 (9,376 undergraduates)
School Type: Private comprehensive university

19. Bowdoin College

Acceptance Rate: 15% (2013)
Location: Brunswick, ME
Enrollment: 1,839 (all undergraduate)
School Type: Private liberal arts college

20. Washington University in St. Louis

Acceptance Rate: 16% (2013)
Location: St. Louis, MO
Enrollment: 13,952 (7,259 undergraduates)
School Type: Private comprehensive university

Author: Allen Grove

Coach's Corner

How important is your G.P.A. when it comes to college admissions?

Your GPA (grade point average) is a very important factor for admission especially for students who intend on applying at a highly ranked college or university. Your GPA gets calculated in the beginning of 9th grade through 12th grade. It is therefore crucial for 9th graders to start focusing on getting good grades while the classes

they're taking are still fairly easy before they reach the higher grade levels.

GPA has a high level of variability depending on which high school you attend. A 3.5 GPA at a private prep academy in an affluent area may be worth more than a 4.0 in a rural town in the Midwest.

Another issue colleges consider is the "weighted GPA" most high schools offer

for students who take honors or AP courses.

Since there is so much variability from GPA to GPA depending on where you go to high school, college admissions often cannot differentiate the value of a high school student's GPA. Therefore they use SAT or ACT scores as another method to assess the academic ability of a student during the application process.