

College Visit Checklist

To help you find the right college, fill out one of these forms each time you visit a school.

College Name

City

State

Size

Tuition

Room & Board

Financial Aid Options

Admissions Contact

Name

Email

Phone

To-Do Checklist

- | | |
|---|--|
| <input type="checkbox"/> Talk to professors | <input type="checkbox"/> Talk to students |
| <input type="checkbox"/> Visit the library | <input type="checkbox"/> Visit student housing |
| <input type="checkbox"/> Tour campus | <input type="checkbox"/> Read bulletin boards |
| <input type="checkbox"/> Sit in on a class | <input type="checkbox"/> Check out recreational facilities |
| <input type="checkbox"/> Eat at a cafeteria | <input type="checkbox"/> Check out student activities |
| <input type="checkbox"/> Talk to admissions office | <input type="checkbox"/> Tour the city around campus |
| <input type="checkbox"/> Read the college newspaper | <input type="checkbox"/> Eat at an off-campus student hang-out |
| <input type="checkbox"/> Check out computer labs | <input type="checkbox"/> Picture yourself living here |

Rate It

On a scale of 1-5, five being the best, rate the following:

People _____

Social life _____

Classrooms _____

Residence Halls _____

Town _____

Campus _____

Food _____

Ask a Student

What is the best part about this college?

What is the worst part?

What is a typical day like?

What do the students do on the weekends?

How are classes structured?

Why did you choose this college?

The best part about my visit

The worst part about my visit

Cappex Fit Fact: Weather on the day of a college visit can affect your impression of a school. Don't let the rain keep you from a school you like. Now, find out which colleges want you at Cappex.com. It's free and easy!

What Kind of Helicopter Are You?

Parent Quiz. The term “helicopter parents” typically refers to parents who are intensely involved in their child’s college search. But other types of helicopter parents exist, too. Answer these questions to see which kind of helicopter you might be.

1. Your child has an interview with the admissions dean at a potential college. You:

- A. Offer to ask sample interview questions and help with transportation.
- B. Sit next to your child during the interview and answer questions.
- C. Tell stories from your college days.
- D. Ride up to campus and take in a football game during the interview.

2. The deadline for the college application essay is approaching. You:

- A. Offer to proofread for spelling and grammar.
- B. Write the essay.
- C. Proofread, adding in a few paragraphs of your own because you are familiar with both the college and your child.
- D. Point out that there are pencils in the desk drawer.

3. The best college for your child is:

- A. Whichever school offers my child a chance to succeed in a comfortable yet challenging environment.
- B. Harvard.
- C. My alma mater.
- D. Whichever, as long as we can afford it.

4. When do you think it is best to call the counselor at your school:

- A. When the process appears to be stalled and deadlines are approaching.
- B. Daily.
- C. Whenever they suggest schools I don’t approve of.
- D. I need the counselor’s name.

5. Discussions about paying for college include:

- A. You provide your student with need-to-know information about expected family contributions and cost constraints, but allow your student to make final decisions.
- B. You plan to complete the financial aid and scholarship applications without your child’s knowledge.
- C. Your child has no say in this process. You are the only voice to be heard or followed.
- D. You change the topic every time your child asks about family involvement in paying for college.

6. When college information arrives in the mail what do you do?

- A. Place it with other college mail on the child’s desk.
- B. See which schools look promising, look them up online, request applications.
- C. Sort it, dropping unknown or unwanted colleges in the trash.
- D. Drop it on the kitchen table.

7. Should you call the college president’s office to discuss your student’s application?

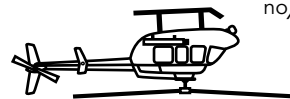
- A. No.
- B. Calls should be frequent.
- C. I donate money to the alumni club. I can talk to the president if I want.
- D. What application?

8. What college search activities have you scheduled for your child?

- A. Low pressure chats about what my child needs, what we can afford and what might be a good fit.
- B. A 12-state, 54-school summer road trip. We’ll hit Harvard twice.
- C. A tour of your former dorm.
- D. Watching college football on Saturdays.

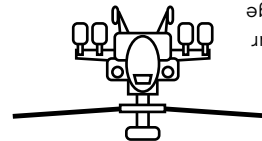
Your helicopter type:

If you answered mostly A’s: Kiowa Recon Helicopter.



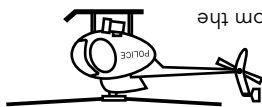
You play a supporting role providing information about the road ahead. You scout out potential pitfalls, and make sure your child is prepared for what lies ahead. You provide prep materials, deadline reminders and encouragement.

If you answered mostly B’s: Apache Helicopter.



Aggressive and forceful, your actions can cause collateral damage that can negatively impact your child’s college search. It’s good to be involved, but you need to give your child some space and let him or her take charge of the college search. Your child should write his or her own essay, ask questions on college tours and be the only one to interview with the college. Do not call the college and ask to speak to the president.

If you answered mostly C’s: Police Chopper.



You enforce your college views on your child. You lay down the law making demands about where your child can apply and what’s best. Have you thrown away brochures from schools because they’re not on your list? Painted your living room the colors of your alma mater? The best college for you may not be the best for your child. Let your student’s needs and desires dictate the college search.

If you answered mostly D’s: Air Ambulance.



You’re only around in life threatening situations. During the college search your child will need your help and guidance. Get involved. If you don’t know where to start, start small. Talk with your child about what he or she enjoys about high school, and what he or she might want to do afterwards.

What Sets You Apart?

Fill this out before you begin your college search to get an idea of your accomplishments and what you want out of college. Bring this to your counselor to start a discussion.

Name

GPA

SAT Score

ACT Score

My Academic Strengths Are

- Science Math English Foreign Language History Technology Fine Arts

How would your best friends describe you?

What adjectives would you say best describe you?

What in-school activities do you enjoy most?

What activities do you enjoy least?

What out-of-school activities do you participate in? Volunteer work?

Which talents make you stand out?

Prior to graduation I hope to accomplish ...

After high school I hope to accomplish ...

Cappex Fit Fact: Don't panic. Seventy percent of colleges accept 70 percent of their applicants. Kick-start your college search today at Cappex.com. It's free and easy!

College Application Checklist

College

Address

Admissions Contact

Name

Email

Phone

Application deadline

Pre-application

- Researched school online
- Discussed with parents
- Discussed with counselor
- Visited campus

School Type

Check one:

- Safety
- Likely
- Reach

Application Fee

\$

Date You Sent Application

Financial Aid/Scholarships

Form

FAFSA

College financial aid application

(other) _____

Deadline

Completed

Cost Box

Tuition

Room & Board +

Financial aid -

Total \$

Additional Information

- Portfolio (if required)
- Supplemental
- Housing forms

Application Materials

- Application proofread by you
- Application proofread by someone else
- Cover letter/personal statement

Essay/Personal Statement

- Written
- Proofread
- Proofed again
- Transcript sent
- Test scores sent
- Copy of application made and filed

Letters of Recommendation

Requested From

Date

Sent?

College Web Site Password

Cappex Fit Fact: Put your name and College Application ID number (if applicable) on every page of application materials you send. Don't miss out on colleges that want you. Go to Cappex.com now to get your college matches. It's free and easy!

Apply

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What Kind of Student Are You?

Prepare

Grades
and Test
Scores

High	1	2
Low	3	4
	Low	High

Standout Factor

Directions

Make your mark on the chart where you think you fit based on your grades and Standout Factor. Your Standout Factor could be a number of things, and it may help you get into college. Standout students have something that separates them from the pack. Many high school students play soccer and are on the yearbook staff. Fewer high school students have a Standout Factor activity like starting and running a business or charity. Your Standout Factor may be who you are. For example, there are fewer male nursing students and female engineering students than their counterparts.

If you are in...

Box 1: Many college doors will be open to you based solely on your grades and test scores. Smaller schools and state schools may have college scholarships designed for students like you. However, if you want to attend a competitive college you will need to find a way to stand out. There are thousands of high schools in this country, and each one has a top-ranked student. Many more thousands of students take AP classes and make mostly A's. What makes you different?

Box 3: Many colleges, even small state schools, have minimum GPA and test score requirements. If your grades trend upward toward the end of high school you might convince a school that your GPA is permanently on the rise. Taking a test-prep class or retaking the SAT and ACT may improve your scores. You may also consider attending a 2-year community college before attending a 4-year school. Community colleges will allow you to save money, earn credit and re-start your academic history. When you apply as a transfer student, colleges will be more interested in your recent grades rather than your high school GPA. If your grades and test scores remain low, try to increase your Standout Factor. If it's high enough you might catch a college's attention.

Box 2: You've got the grades and the X-factor that may make you attractive to the most competitive colleges. However, the competition can be fierce. Re-examine your interests and activities and see if they really separate you from the pack. You will also be an attractive student to state colleges and less competitive institutions. Competitive schools might accept you, but state schools might pay your way.

Box 4: There's good news and bad news here. The good news is you've got something that will make you attractive or stand out to colleges. The cold hard reality, though, is many colleges have minimum GPA and test score requirements. So even if you have a unique activity and bring diversity to campus you might not be able to get in. If you show that you finished high school with an upward-trending GPA, a college might bend their requirements. Others will not be so understanding. Seek extra help from teachers. Take a test prep class. If you increase your GPA enough, you could be in line for competitive schools or scholarship offers. Some colleges may be willing to bend entrance requirements for the right student.

Cappex Fit Fact: Eighty-eight percent of high school students go to college in their home state. Go to Cappex.com now to get your college matches. It's free and easy!



Choosing Your Team

Getting into college is a team effort. You are the captain of your application team, but you will need to surround yourself with individuals who can help make your college application shine. Like any ace squadron, your team needs members with different skills. Your team should include:

Counselors

They should bring: College information. Counselors are great sources of information, and can open your eyes to college possibilities. Don't be afraid to pick their brains about potential schools and if you might be a good fit. Nobody knows more than your counselor.

Family Members

They should bring: Support and guidance. The best thing your parents can do is help you complete your application, make sure you hit deadlines and offer the encouragement you need during this stressful time. They should also support you in your college decision.

They should avoid: Running your college search. The right school for mom and dad may not be the right place for you. Also, your parents should not be attending your college interview, calling professors or writing your essays. They may want to help, but these actions could hurt your chances of being admitted.

Friends

They should bring: Support. Applying to college can be stressful. Lean on your friends for support, understanding and stress relief because they're probably going through the same process. They can help you check applications and essays for errors, or just be there for a coffee run when you get bleary-eyed from writing your essay. Be cautious of turning too much of your search over to friends.

They should avoid: Running your college search. The best college for your best friend may not be a good fit for you. Keep your college search about you.

References

They should bring: The ability to positively speak not just about your accomplishments, but about your passions and potential. These can be teachers or other adults who know you well. A reference might be someone you worked with on a volunteer project, an employer or church leader. They should be willing to contact a potential college on your behalf. Most colleges require letters of recommendation from at least one teacher so it pays to be in good standing. Do you have a class you like or a teacher that is particularly engaging? A good relationship with a teacher can lead to a good recommendation, and this can help open college doors for you.

My Team

School/College Counselor

References

Friends & Family

Don't forget: Send thank-you notes to everyone on your team!

Cappex Fit Fact: Get to know your teachers. If you know your teachers they will be better equipped to write your recommendations. Now, find out which colleges want you at Cappex.com. It's free and easy!



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College search made simple.

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Your Standout Factor

There are more than 26,000 high schools in the U.S. That means there are 26,000 football captains, 26,000 prom queens, 26,000 valedictorians and 26,000 yearbook editors. If you want to stand out to a college, you've got to really stand out.

There is a very powerful way to differentiate you from other students applying to college: Ensure you have a Standout Factor.

The most interesting Standout Factors are activities that are typically dominated by adults, or noteworthy tasks that no other high school student does. Either way, a Standout Factor will help you differentiate yourself from other applicants.

How to Increase Your Standout Factor

It's simple. Do something that you wouldn't normally consider doing. Standout Factors are not run-of-the-mill activities. Participating on your school's yearbook staff, for example, is not a Standout Factor. In fact, every high school yearbook in the world is put together by students. It is a good learning experience, but it won't necessarily help you stand out.

Managing the yearbook staff will help you stand out because it shows leadership. But, taking it further will give you a true Standout Factor. Running a yearbook business will easily help you stand out from the crowd. Few high school students, if any, own yearbook production companies.

How to tell if it's a Standout Factor

If other high school students do it, it's not a Standout Factor. Also, the more positive impact your standout activity has on others, the better.

Examples of Standout Factors

- Restore antique instruments
- Hike the Appalachian Trail
- Discover and name a new comet
- Volunteer at a medical clinic in an African village
- Breed a special strain of flower and name it after your grandmother
- Make a movie and convince real theaters to show it
- Invent something
- Start a real business with customers and employees
- Help run a political campaign
- Become a TV or radio personality

My Current Activities:

_____	_____
_____	_____
_____	_____

Possible Standout Factors:

_____	_____
_____	_____

Cappex Fit Fact: Go for big impact with your Standout Factor. Make an impact in your community. Go to Cappex.com now to get your college matches. It's free and easy!



Simplify your college and scholarship search with Cappex.com.

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The screenshot shows the profile page for Chaminade University of Honolulu. It includes a navigation menu with links for Profile, Will I Get In?, Scholarships, and Reviews. The main content area is titled 'Profile' and contains a 'Quick Facts' section with details like address (3140 Waiialae Avenue, Honolulu, HI 96816-1578), phone number (808) 739-8340, and website (www.chaminade.edu). It also lists enrollment statistics (2,685 total, 1,769 full-time, 916 part-time) and religious affiliation (Roman Catholic). A satellite map of the campus is visible. On the right, there is a 'Your Fit Score' gauge showing a 'Good Fit - 78%' and a 'Connect With This School' section.

Get profiles and reviews of 3,000 colleges.

Enhanced profiles include:

- campus videos
- student reviews
- detailed majors
- admission stats
- tuition and financial aid details
- and more!

The screenshot shows the 'Will I get in?' calculator interface. It features a progress bar with 'Lower', 'Medium', and 'Higher' markers. The text indicates that the user is a 'great candidate' for admission. Below the progress bar are buttons for 'How to read this', 'Send My Profile To This College', and 'Invite a Friend'. At the bottom, there are links for 'Debug Info', 'How We Get These Numbers', and 'Feedback'.

Discover your admission chances with the **What Are My Chances® Calculator**.

This unique Cappex tool instantly lets you know your chances of getting into any college.

Get your college matches. See which colleges are interested in you in the Cappex College Center.

Access tips and tools to help your college search. Checklists to keep you organized, insightful videos, college lists, and articles to help answer your college questions.

Find \$11 billion in merit scholarships from thousands of colleges, and instantly get your scholarship matches.

It's all in one place. Cappex.com.

Get started at **www.cappex.com** today!

Choosing Your College Priorities

Regardless of how prestigious a college is or how much it costs, college success is all about finding the right college fit. It won't matter if your parents graduated from there, or if all of your high school friends plan to enroll there in the fall, if the college isn't a good fit for you. This means finding a college that offers what you need in terms of academics, location, campus and social life. If these factors don't fit you then little else will matter.

The chart below contains many college fit factors. Select the five that are the most important to you. What do you need most to be comfortable and succeed? Then, select five that are the least important to you. These are factors that, for you, don't matter as much if your other needs are met. Prioritizing what matters to you will help you add or eliminate potential schools from your college search.

Location	Academics
Distance from home Weather Off-campus setting Geography: beaches, mountains, etc.	Majors offered Academic reputation Teaching style Classes outside your major Class size
Campus	Social Life
Size Atmosphere Dorms Diversity Cost (tuition, room, board, fees) Financial aid	Clubs, sports and recreational opportunities Art scene Greek life Sports Going to college with friends from high school

What is most important to me in a college?

What is least important to me in a college?

Cappex Fit Fact: Get to know your high school teachers. If you know your teachers, they will be better equipped to write your recommendations. Now, find out which colleges want you at Cappex.com. It's free and easy!



Speak the Language: College Admissions

If you're not familiar with the college admissions process, it probably seems like it has a language all its own. To help you learn the lingo, here are definitions of some of the college admission terms you're likely to come across.

Acceptance Rate: The percentage of applicants a college accepts for admission.

Accreditation: Certification that a college meets the standards of a state, regional or national association.

Candidates Reply Date Agreement (CRDA): This agreement, sponsored by the National Association for College Admission Counseling, states that in order to allow students to consider all their college options, students have until May 1 to accept any college's offer of admission.

Common/Universal Application: Standardized application forms accepted by many colleges. After you fill out the Common or Universal application, you can send it to any college that accepts it as the institution's own application.

Competitive College: A college with a rigorous, highly selective admissions process. Competitive colleges typically admit fewer than 25 percent of applicants.

Deferred Admission: A student's option to defer an offer of admission for up to two years.

Personal Statement: Sometimes referred to as a college application essay. Personal statements are essays that give admissions officers insights into your character, personality and motivation.

Reach School: A college where admission might be a stretch for you, based on the average GPA and test scores of accepted students and the college's overall admission requirements.

Retention Rate: The percentage of students who return to a college for their sophomore year. An indicator of student satisfaction.

Safety School: A college where, based on the average GPA and test scores of accepted students, you have a high likelihood of being admitted.

Student-Faculty Ratio: The number of students at a college compared to the number of faculty. Some colleges see this as an indicator of class size and professor accessibility, but a lower ratio doesn't guarantee either. For a true indication of class size and professor accessibility, speak with students and professors at a college.

Supplemental Material: Items you include with your college application to provide more information about your talents, experiences and goals. Materials could include work samples, additional essays, newspaper clippings, music CDs or art slides. Verify if a college welcomes (or requests) these materials before sending.

Transcript: An official record of classes you have taken and the grades you received. Usually you must provide a high school transcript with your college application.

Waitlist: A list of students a college may eventually decide to admit if space becomes available.

Yield: The percentage of accepted students who go on to enroll at a college. Competitive colleges have high yield rates.

Cappex Fit Fact: More than half of all students enrolling said a "very important reason" for going to college was "to find my purpose in life." Go to Cappex.com today to see which colleges match your fit factors. It's free and easy!



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Speak the Language: Financial Assistance

When it comes to money, you don't need any misunderstandings. To help you navigate the waters of paying for college, here is a list of commonly used terms and what they mean.

Award Letter: Official notification of the type and amount of financial aid a college is offering you.

Demonstrated Need: The difference between what your family can contribute toward college expenses and the actual cost of attending college.

Expected Family Contribution (EFC): How much money you and your family are expected to contribute toward college expenses. EFC is based on your FAFSA application and a calculation by the federal government.

Free Application for Federal Student Aid (FAFSA): The federal application every student must submit in order to be eligible for federal financial aid. For more information and to complete the FAFSA visit www.fafsa.ed.gov.

Grants: Money for college that does not have to be repaid. Most grants are need-based and are awarded by the state or federal government.

Institutional Aid (or Campus-Based Aid): Financial assistance given by a college, typically either need-based or merit-based aid.

Loans: Money given to a student that must be paid back. There are several types of loans, including low to zero interest student loans given out by the federal government, like the Perkins and Stafford loans. These are the best options, since you don't have to pay back the money until you graduate. Private loans, offered through banks and credit unions, typically have higher interest rates.

Merit Aid: Financial aid awarded to you from a college based on your individual achievements and talents. For a full listing of what's available, visit www.meritaid.com.

Need-Based Aid: Financial aid given based on the ability of you and your family to pay for college.

Scholarship: Money for college that does not have to be paid back. Usually awarded based on specific criteria, such as your academic performance, extracurricular activities, ethnic heritage or religious affiliation. Scholarships may be awarded by colleges, private groups or states.

Student Aid Report (SAR): After you file the Free Application for Federal Student Aid (FAFSA), you will receive a SAR stating your EFC (expected family contribution) and eligibility for financial aid. This report is also sent to the colleges you indicate on the FAFSA.

Student Loan: Financial aid that must be repaid. Student loan programs are available through the federal government and private lenders.

Work-Study: Financial aid given in exchange for work (typically at a job on campus). To qualify for the Federal Work Study (FWS) program, you must complete the FAFSA.

Cappex Fit Fact: There is more than \$11 billion in merit scholarships available to students. Many of these scholarships are renewable each year. Go to MeritAid.com today, and find out which scholarships fit you *before* you apply.



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Your Application: Now and Then

For freshmen - juniors

Fill out the information on the left as you are now, as if you were applying to college today.

Think about what type of college you might want to attend. What are your college goals? Think about this and then fill in the information on the right as you want to be by your senior year, when you will send out your college applications.

Compare the two sides. What do you need to do now to get where you want to be tomorrow?

	As you are now	As you want to be when you apply
GPA:		
Academic honors or awards:		
Activities: Extracurricular, personal, volunteer, school: <i>Do you plan to participate in any of these in college?</i>		
Sports: <i>What sports do you play now? Do you want to play varsity sports in college? Club and intramural sports?</i>		
Art/music/theater: <i>Do you want to continue to study the arts in college? What does your portfolio include?</i>		
Awards and honors from your activities:		
Work experience: <i>What job experience might help you learn about future majors or careers?</i>		
What are the first words teachers might use to describe you:		

If you don't have all the answers now that's OK. You've got some exploring to do. Use this time to explore your interests. If you like something, stick with it! Keep this sheet and use it to set goals.

Cappex Fit Fact: There are more than 26,000 high schools in the United States. That means there are 26,000 football captains, 26,000 prom queens and 26,000 valedictorians. If you want to stand out to a college you've got to really stand out. Kick-start your college search today at Cappex.com. It's free and easy!

10 things you need to know about Merit Aid Scholarships

- 1. \$11 billion** in merit aid scholarships is available from colleges.
- 2. Nearly all colleges offer merit aid scholarships.** Both private and state colleges across the country offer merit aid.
- 3. Good odds.** On average, one in four undergraduates receives merit aid scholarships.
- 4. Not just for “A” students.** Students with a variety of GPAs may qualify. Many awards emphasize leadership or school involvement.
- 5. The average merit scholarship award is \$5,000.** And hundreds of thousands of students receive awards each year.
- 6. Many awards can be renewed year after year.** Sometimes the overall cost of attending a college can be reduced by 50 percent or more.
- 7. Put many colleges in reach.** Schools you may have thought were too expensive can be affordable with merit-based scholarships.
- 8. Now they are easy to find on MeritAid.com,** the Web’s first comprehensive directory of merit-based scholarships, with awards from thousands of colleges. MeritAid.com is powered by Cappex.
- 9. Don’t wait until you apply to colleges.** Start looking now. MeritAid.com lets you find available merit aid scholarships before you apply.
- 10. Visit MeritAid.com today.** Nobody makes it easier to find merit scholarships and the colleges that offer them. Find your merit match today!

Cappex Fit Fact: You might be surprised how many different types of merit scholarships are offered by colleges. The University of Wyoming offers a scholarship only available to former Girl Scouts, and, at Ball State University, The David Letterman Telecommunications Scholarships reward student creativity rather than grades. Go to MeritAid.com to find your merit scholarship matches today!



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