College Resource Guide

“Education is the most powerful tool we can use to change the world.”

SAIL/ASPIRE Agency
Family & Human Services Program
Shirah Stidham
Senior Project 2015
A Big Big Thank You!

Lara Fernandez & Chelsea Donahue- Office Site Supervisors, Andrea Watrud- University of Oregon Site Supervisor, Linda Urness & Karen Wiant-Career Center Site Supervisors
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Check List

All Year

**Senior:**

Name:________________________ GPA:________

_____ Search for scholarships and write essays continuously

_____ Challenge yourself academically

_____ Track work, extracurricular and volunteer activities ALL year

**September**

_____ Create a Senior calendar with important dates, which might include

  ● OSAC: Opens Nov. 1\textsuperscript{st}, Due by March 1\textsuperscript{st}
  ● FAFSA: Opens January 1\textsuperscript{st}, Due by June 1\textsuperscript{st}
  ● UO Application Deadline: Early Action is due Nov.1, Regular is due Jan.15
  ● OSU Application Deadline: Early Decision is due Nov. 1, Regular is due Feb.1

_____ Meet with your high school counselor and career center coordinator periodically

_____ Attend all college nights, financial aid nights, college visits

_____ Send official SAT/ACT test scores to colleges

_____ Lookup early action or decision deadlines for colleges

**October**

_____ Ask for recommendations in advance before you need them

_____ Prepare to apply to at least 3 colleges

_____ Write/revise drafts of college essays

_____ Ask your counselor to send transcripts to colleges
November

Early Decision ends early November (1-15)

Colleges may require test scores and applications before these dates

Complete as many college applications by Thanksgiving as possible/needed

Finalize college choices

OSAC: Opens Nov. 1, Due by March 1.

UO Application Deadline: Early Action is due November 15th, Regular is due January 15th

OSU Application Deadline: Early Action is due November 1st, Regular is due February 1st (all test scores and transcripts by February 15th)

December

Have official SAT/ACT test scores sent to colleges. Last month for test scores to be sent to colleges and scholarships.

Copy and save everything

If colleges want your senior second-semester grades, inform your counselor to send the final transcript when your last classes have been added

January

FAFSA: Opens January 1st, Due by June 1st

Ask counselor to send your 7th (final) transcripts to colleges

February

Keep up with school, scholarships and essays

Monitor your college applications

SAR (Student Aid Report)
SAIL/ASPIRE College Guide

- You should receive your SAR within four weeks after submitting FAFSA
- Review and correct any mistakes on the SAR and return it to the FAFSA processor
- If a college has transmitted your data directly, notify the college of any changes
- If you have waited for more than four weeks, contact FAFSA office at (319) 337-5665

**March**

_____ Keep up with school, scholarships and essays

**April**

_____ Acceptance letters and financial aid offers come in
- Think critically about where you want to attend and let all colleges know whether you accept or decline an offer of admissions

_____ Think about College housing

**May**

_____ Colleges cannot require your deposit or commitment to attend before May 1
_____ Send your deposit to your chosen college/ send notice of rejection to colleges you decided not to attend
_____ Work with your counselor and/or the school to resolve any problems
_____ Re-take examinations, if necessary

**June**

_____ Ask your counselor to send an official final transcript to your college with second semester grades
_____ Notify the college of any private scholarships or grants you will be receiving
_____ Enjoy your graduation and the first steps into the your adult future
_____ Look for college mail. All college communications is through email.
**High School Check List**

**Junior:**

Name:________________________ GPA:________

_____ Start with you

- Think about what you want to study in college.
- Make a list of your skills, abilities, preferences, and personal qualities.

_____ Meet with your high school counselor in early fall

_____ Create a Junior year calendar with important dates

- List important dates of school activities you are involved in, SAT/ACT, and scholarship deadlines.
- Talk with your school counselor about important events.

_____ List jobs, extracurricular and volunteer activities

_____ Do you have an updated resume? Y/N ________

_____ Are you registered in December for the spring SAT/ACT? Y/N __

- Register online at: sat.collegeboard.com.
- SAT/ACT **fee waivers** are available if eligible. See your counselor.
- Study and take the free practice tests available online.

_____ Have you collected materials for your academic portfolio? Y/N__

- Some areas of study (i.e. drama, music, art, sports, etc.) will ask for a portfolio of your past work.

_____ Are you taking challenging courses? Y/N ________?

- Take Advanced Placement Program (AP) or COLLEGE NOW classes.
- Register for the AP Exams given in May.
- Take the CLEP placement tests to earn college credit: see clexp.collegeboard.org.
- Find out how to get COLLEGE NOW credits.

_____ Have you started researching colleges?

- List top 3: _______________________________________________
Start gathering Letters of Reference

• Think about who will write a strong letter on your behalf.
• Get to know your teachers better so they have stronger material on you.

Make a preliminary list of your top college choices

• List your top 5 choices for colleges.
• Visit them during spring break or summer.
• Review what majors are offered: types of financial aid available, housing, and sports.
• Download 3 applications.
• Check application dates – larger colleges may have early dates or rolling admission.
• Begin essays and collect writing samples. Assemble portfolios or audition tapes.

Scholarships! – Start writing your essays

• This is important! The more time and effort you put into, the less you will pay for college.
• Print OSAC essays and draft your practice essays.
• Research scholarships, federal and state aid, and work study programs.
• Visit the Career Center frequently.
• Get feedback from at least two mentors/teachers on your essays.
• Make it a goal to complete one scholarship essay each week.

Save for college

• Put money aside for college, in a bank if possible. Every little bit helps!

Interested in military academies or ROTC scholarships?

• Begin the application process for the four-year ROTC scholarship the summer before your senior year.

Need to improve your SAT/ACT scores?

• Register in April for the May/June SAT.
• Register in April for the June ACT.

Explore summer opportunities

• Look for a job, internships, job shadow, or volunteer opportunities.
• Do something that will help you learn about a future career.
High School Check List

**Sophomore:** Name:________________________ GPA:________

_____  Meet with your high school counselor in early fall

- Check into any prerequisites for advanced level Junior and Senior courses

_____  Create a Sophomore year calendar with important dates

- List important dates of school activities you are involved in, college and scholarship nights

_____  Take challenging courses

- Take Advanced Placement Program (AP) or COLLEGE NOW classes
- Register for the AP Exams given in May

_____  Naviance – complete activities listed

- Explore what this program can offer you
- Fulfill high school graduation requirements

_____  Participate in extracurricular and volunteer activities

- Academics are not everything. Explore your interests in a sport, club, music or drama group, or volunteer at your favorite organization

_____  Track work, extracurricular and volunteer activities ALL year!

- Use the “Activity Chart” to keep track of your activities. This will help you fill out scholarships, applications, resumes, and college applications

_____  Establish and practice strong study habits and note taking skills

- Study skills will help you in both high school and college
- Practice study habits, test and note taking skills, and speed-reading
- Seek out a high academic counselor or mentor if you’re having trouble, don’t wait!

_____  Prepare and register for the PSAT/NMSQT or PLAN

- These are pre-tests to the SAT or ACT exams, which are required to most four-year schools

_____  Create a resume

- Use the blank resume sheet to help decide how to best describe your past accomplishments and
experiences

● You can look at Google resume templates to choose a format you like best
● Refer to your Career Center for assistance

Practice applying for job positions

● Print out job applications and learn how to fill them out
● Learn what qualifications and skill sets are required to apply for jobs
● Learn how to fill out job applications

Research colleges and take campus tours

● Take time to visit colleges in your area, even if you are not interested in attending them
● Attend college fairs and career fairs. These often take place in the fall at your school or in the community
● These fairs present many colleges and job opportunities.
● Bring your resume to hand out, and take advantage of the personal time with admission officers and potential bosses

Are you interested in attending a U.S. military academy?

● If so, request a pre-candidate questionnaire from your counselor or local recruiter

Save for college

● Put money aside for college, in a bank account if possible. Every little bit helps.

Explore summer opportunities and internships!
High School Check List

**Freshman:** Name:________________________ GPA:________

- Meet with your high school counselor in early Fall
  - Your counselor knows how to help you get the most out of your high school career.
  - What are the graduation requirements from your high school and PLAN
  - Take challenging classes and a full schedule.
  - Map out a 4 year course schedule

- Create a Freshman year calendar with important dates
  - Think about what you want to be apart of in high school
  - Find out dates for activities and add them to the calendar

- Naviance – get familiar
  - Explore what this program can offer you

- Get to know yourself
  - List your interests, likes and dislikes, in and out of the classroom
  - Explore what you might like to do with your personality

- Participate in extracurricular activities and/or volunteer activities
  - Colleges, scholarship committees, and future employers want to see you be active in the community.

- Track your work, extracurricular and volunteer activities ALL year!
  - Use the “Activity Chart” to keep track of your activities

- Establish and practice strong study habits and note taking skills
  - Study skills will help you in both high school and college
  - Practice study habits, test and note taking skills, and speed-reading
  - Seek out a high academic counselor or mentor if having trouble, don’t wait!

- Visit the College and Career Center at your high school

- Explore summer opportunities
  - Look for a job, internship or volunteer position that will help you learn about a future career.
  - Explore job shadowing
### SAIL/ASPIRE College Guide

<table>
<thead>
<tr>
<th>ACT</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>· Take PLAN in 10th Grade</td>
<td>· Take PSAT in 10th Grade</td>
</tr>
<tr>
<td>· Apply in early March to test in April. Apply in early May to test in June</td>
<td>· Apply in early April to test in May. Apply in early May to test in June</td>
</tr>
<tr>
<td>· Administered on Saturday’s at Churchill, Sheldon, Marist, South Eugene, and sometimes UO</td>
<td>· Administered on Saturday’s at Churchill, Sheldon, Marist, South Eugene, and sometimes UO</td>
</tr>
<tr>
<td>· Approximately 3 – 4 hours</td>
<td>· Approximately 3 – 4 hours</td>
</tr>
<tr>
<td>· Curriculum based test, with an <em>optional</em> writing section</td>
<td>· Reasoning test, with a <em>mandatory</em> writing section</td>
</tr>
<tr>
<td>· Achievement test, measuring what a student has learned in school</td>
<td>· Aptitude test, testing reasoning and verbal abilities</td>
</tr>
<tr>
<td>· 5 components: English, Mathematics, Reading, Science, and a Writing section</td>
<td>· 3 components: Critical Reasoning, Mathematics, and a Writing section</td>
</tr>
<tr>
<td>· Do the Writing section if required by college(s) you’re applying to</td>
<td>· Optional Test: SAT Subject Tests used to demonstrate you have extra knowledge in particular subjects</td>
</tr>
<tr>
<td>· Score based on the number of correct answers with NO penalty for guessing</td>
<td>· Score based on the number of correct answers WITH penalty for guessing</td>
</tr>
<tr>
<td>· Focus more towards career planning, and has an evaluation form for their interests in various career options</td>
<td>· Focus more towards college’s, financial aid, and more</td>
</tr>
<tr>
<td>· Test companies provide: study tips, practice tests, and give you official “Question of the Day”</td>
<td>· Test companies provide: study tips, practice tests, and give you official “Question of the Day”</td>
</tr>
<tr>
<td>· <a href="http://www.actstudent.org">www.actstudent.org</a></td>
<td>· <a href="http://www.collegeboard.org">www.collegeboard.org</a></td>
</tr>
<tr>
<td>· FEE waiver available if eligible for free-or-reduced lunches Talk to counselor</td>
<td>· FEE waiver available if eligible for free-or-reduced lunches Talk to counselor</td>
</tr>
<tr>
<td>Requirement to attend a University</td>
<td>Requirement to attend a University</td>
</tr>
</tbody>
</table>
Record of Tuition Cost Examples:

University of Oregon

The cost of attendance reflects the amount of money a typical student is projected to need for school-related expenses during the academic year based on residency and degree program. Below is the cost of attendance for undergraduates.

2015–16 Undergraduate Cost of Attendance

<table>
<thead>
<tr>
<th></th>
<th>Residents</th>
<th>Nonresidents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuition and Fees</td>
<td>$10,287</td>
<td>$32,022</td>
</tr>
<tr>
<td></td>
<td>Based on enrollment of 15 credits per term (45 credits per year); does not include matriculation fee (see below)</td>
<td></td>
</tr>
<tr>
<td>On-Campus Housing</td>
<td>$11,430</td>
<td>$11,430</td>
</tr>
<tr>
<td>Standard Double Occupancy Room, with Standard Meal Plan</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Books and Supplies</td>
<td>$1,068</td>
<td>$1,068</td>
</tr>
<tr>
<td></td>
<td>Cost varies depending on requirements for enrolled courses</td>
<td></td>
</tr>
<tr>
<td>Personal Expenses</td>
<td>$2,382</td>
<td>$2,382</td>
</tr>
<tr>
<td></td>
<td>Cost varies depending on personal spending habits</td>
<td></td>
</tr>
<tr>
<td>Estimated Total</td>
<td>$25,167</td>
<td>$46,902</td>
</tr>
</tbody>
</table>

Entering Students

Students beginning their first term at the University of Oregon should add the following:

<table>
<thead>
<tr>
<th></th>
<th>Residents</th>
<th>Nonresidents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Matriculation Fee</td>
<td>$389</td>
<td>$389</td>
</tr>
</tbody>
</table>

Off-Campus Housing
Off-campus housing is estimated to cost $9,930 (monthly costs: housing $737; food $366).

What's Included

The cost of attendance includes the following:

- Estimated tuition and fees
- Books and supplies
- Food and housing
- Personal expenses, such as local transportation, clothing, personal items, laundry, going to a movie, or buying a pizza. We provide this estimate for personal planning purposes only; it does not represent a direct cost of attending the university.

Requests for additional school-related expenses, such as childcare, purchasing a computer, or sole occupancy, are reviewed on a case-by-case basis.

Some costs, such as personal expenses and living expenses for students that live off campus, are difficult to project and vary from student to student. We recommend you create a budget to estimate your costs more precisely.

**Lane Community College Tuition**

2015/2016 Tuition
Effective Summer term, 2015, the tuition rates will be:

Total per credit In-state tuition charges = $99.50
Total per credit non-resident tuition costs = $243.00

Total per credit International student tuition charges = $153 (summer) $233 (fall, winter and spring)

Non-credit: $4.50 per contact hour

The tables below (based on 2015/16 tuition and regular term fees as of Fall, Winter, and Spring) can assist you in calculating the expense of attending credit classes at Lane. Each table includes basic expenses for in-state, non-resident, and International students at varying levels of enrollment during one term at Lane. These figures do not include textbooks, additional fees related to specific classes or programs, or differential fees, so all totals are approximations. For more information on additional fees, contact the related departments.

Residents of Oregon, California, Idaho, Nevada, Washington (based on 2015/2016 tuition)

<table>
<thead>
<tr>
<th># of Credits</th>
<th>In-State Tuition</th>
<th>Technology Fee</th>
<th>Transportation + Student Activity + Health Clinic Fee</th>
<th>Total Minimum Cost per term</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>($99.50/credit)</td>
<td>($5/credit)</td>
<td>($27 + $56 + $12)</td>
<td></td>
</tr>
<tr>
<td>12 = Full Time</td>
<td>$1194</td>
<td>$60</td>
<td>$95</td>
<td>$1349</td>
</tr>
<tr>
<td>9 = 3/4 Time</td>
<td>$895.50</td>
<td>$45</td>
<td>$95</td>
<td>$1035.50</td>
</tr>
<tr>
<td>6 = Half Time</td>
<td>$597</td>
<td>$30</td>
<td>$95</td>
<td>$722</td>
</tr>
</tbody>
</table>

Non-Residents (based on 2015/2016 tuition)
# of Credits | NonResident Tuition ($243/credit) | Technology Fee | Transportation + Student Activity + Health Clinic Fee | Total Minimum Cost per term
---|---|---|---|---
12 = Full Time | $2916 | $60 | $95 | $3071
9 = 3/4 Time | $2187 | $45 | $95 | $2327
6 = Half Time | $1458 | $30 | $95 | $1583

**International Students (based on 2015/2016 tuition)**

# of Credits | International Student Tuition | Technology Fee + International Fee | Transportation + Student Activity + Health Clinic Fee | Total Minimum Cost per term
---|---|---|---|---
12 = Full Time | $2796 | $204 | $95 | $3095

8a.m.–5p.m.: Art & Applied Design Faculty Exhibition
Take a study break and check out the new Learning Commons! Grab a Passport, ...

Skip Footer Links

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*An investment in knowledge always pays the best interest.*

Benjamin Franklin
Financial Aid

FAFSA (Free Application for Federal Student Aid)

Do not start your FAFSA until January 1st, but get it filed as soon as possible afterwards

Grants are distributed on a first-come-first-serve basis.

If you or your parent(s) have not filed FAFSA by January 10th then request assistance if needed.

Who needs to file?

You and your parent(s) need to file. If you are not sure which parent(s) will be required to file with you, ask your counselor.

A rule-of-thumb the parent that should file is the one who provides 50% or more of your living.

Things to bring for both YOU and YOUR PARENT(S):

Ø Social Security cards (if you do not have one, obtain one as soon as possible)
Ø Driver’s License (if applicable)
Ø Final pay stubs for the year
Ø Federal Income Tax Return for last year or this year.
Ø Untaxed income records
Ø Current bank statements
Ø Current business and investment mortgage information, business, and farm records, stock, bond, and other investment records
Ø Alien registration or permanent resident card (if you are not a US citizen)

Or call FAFSA through: 1-800-433-3243 or 319-337-5665

Or e-mail FAFSA through: FederalStateAidCustomerService@ed.gov
Scholarship Tips

Start Research early: The more time you put into researching scholarships, the more options there will be.

Read Eligibility Requirements Carefully: If you have questions about eligibility for a scholarship, contact the scholarships sponsor.

Organize all Scholarship Materials: Create separate sections for EACH scholarship and file by application date. Keep a calendar of when these scholarships are due, and any follow-up appointments.

Many scholarships ask for:

- Transcript
- Standardized test scores
- Financial aid forms (FAFSA)
- Parent’s financial information, including tax returns
- One or more essays
- One or more letters of recommendation
- Proof of eligibility (e.g., membership credentials)
- Interviews or auditions
- Portfolio

Be completely honest: Scholarship sponsors like to see students who have come out of hard circumstances. If they are asking for situations that have affected you, they WANT to know. If you are debating on revealing such information, remember they take such experiences seriously.

Proofread applications carefully: Use the computer’s spell and grammar check. Have a teacher(s) and/or family member(s) read your essays.

Don’t leave items blank: Contact the scholarship sponsor if you’re not sure how to fill out any part of the application.

Follow instructions to the letter: Reach the required length to an essay, not over or under. If they require an essay in Spanish, write it in Spanish. Do not send any supporting material that is not requested.

Make copies of EVERYTHING: If the application material is lost, having copies on hand make it much easier to resend the application quickly.

Double-check the application: If you are reusing materials (recommendations, cover letters, essays, etc.) from another scholarship, carefully check to make sure no incorrect information is left in.

Get Applications in early: Consider using certified mail or request a return receipt to confirm your application made it to its destination.
Oregon Scholarship Sites

**Community College**

- Portland Community College: [https://pcscsscholarships.academicworks.com/?page=1](https://pcscsscholarships.academicworks.com/?page=1)
- Lane Community College: [https://www.lanecc.edu/foundation/scholarships](https://www.lanecc.edu/foundation/scholarships)
- Clackamas Community College: [https://clackamas.academicworks.com/opportunities](https://clackamas.academicworks.com/opportunities)
- Chemeketa Community College: [www.chemeketa.edu/aboutchemeketa/chemeketafoundation/scholarships/scholarshiplist.html](http://www.chemeketa.edu/aboutchemeketa/chemeketafoundation/scholarships/scholarshiplist.html)
- Mt. Hood Community College: [www.mhcc.edu/scholarships](http://www.mhcc.edu/scholarships)
- Central Oregon Community College: [www.cocc.edu/financial-aid/scholarships/](http://www.cocc.edu/financial-aid/scholarships/)
- Rogue Community College: [https://www.roguecc.edu/financial aid/scholarships/](https://www.roguecc.edu/financial aid/scholarships/)
- Linn-Benton Community College: [https://cf.linnbenton.edu/scholarship/](https://cf.linnbenton.edu/scholarship/)
- Southwestern Oregon Community College: [www.socc.edu/scholarships](http://www.socc.edu/scholarships)
- Blue Mountain Community College: [www.bluecc.edu/enrollment-services/financial-aid/pay-for-college/scholarships](http://www.bluecc.edu/enrollment-services/financial-aid/pay-for-college/scholarships)
- Treasure Valley Community College: [www.tvcc.cc/about/foundation/foundation_scholarships.cfm](http://www.tvcc.cc/about/foundation/foundation_scholarships.cfm)
- Umpqua Community College: [www.umpqua.edu/scholarships](http://www.umpqua.edu/scholarships)
- Klamath Community College: [https://www.klamathcc.edu/admissions/financial-aid/scholarships](https://www.klamathcc.edu/admissions/financial-aid/scholarships)
- Oregon Coast Community College: [www.oregoncoastcc.org/scholarships](http://www.oregoncoastcc.org/scholarships)
- Columbia Gorge Community College: [www.cgcc.edu/financial-aid/scholarships](http://www.cgcc.edu/financial-aid/scholarships)
- Tillamook Bay Community College: [www.tbcc.cc.or.us/index.php/getting-started/scholarships](http://www.tbcc.cc.or.us/index.php/getting-started/scholarships)

**Public Universities and Colleges**

- Oregon State University: [https://financialaid.oregonstate.edu/explore_osuscholarships](https://financialaid.oregonstate.edu/explore_osuscholarships)
- University of Oregon: [https://financialaid.uoregon.edu/scholarships_freshmen](https://financialaid.uoregon.edu/scholarships_freshmen)
- Portland State University: [www.pdx.edu/scholarships/home](http://www.pdx.edu/scholarships/home)
- Western Oregon University: [https://www.wou.edu/student/finaid/wou_scholarships.php](https://www.wou.edu/student/finaid/wou_scholarships.php)
- Southern Oregon University: [https://www.eou.edu/fao/scholarships/](https://www.eou.edu/fao/scholarships/)

- Oregon Institute of Technology: [www.oit.edu/college-costs/scholarships](www.oit.edu/college-costs/scholarships)

**Private Universities and Colleges**

- George Fox University: [www.georgefox.edu/college-admissions/scholarships/](www.georgefox.edu/college-admissions/scholarships/)

- Pacific University: [www.pacificu.edu/future-undergraduate/undergraduate-admissions/international/scholarships](www.pacificu.edu/future-undergraduate/undergraduate-admissions/international/scholarships)

- Willamette University: [https://Willamette.edu/offices/finaid/scholarships](https://Willamette.edu/offices/finaid/scholarships)

- Warner Pacific College: [www.warnerpacific.edu/admissions/financialaid/freshmen-scholarships/](www.warnerpacific.edu/admissions/financialaid/freshmen-scholarships/)


- Pioneer Pacific College: [www.pioneerpacific.edu/admissions/financial-aid/](www.pioneerpacific.edu/admissions/financial-aid/)

- University of Western States: [www.uws.edu/admissions/tuition-and-financial-aid/scholarships-uws/](www.uws.edu/admissions/tuition-and-financial-aid/scholarships-uws/)

- Art Institute of Portland: [https://www.artinstitutes.edu/scholarships/high-school/](https://www.artinstitutes.edu/scholarships/high-school/)

- Lewis & Clark College: [https://www.lclark.edu/offices/financial_aid/undergrad/scholarships/](https://www.lclark.edu/offices/financial_aid/undergrad/scholarships/)

- Portland Bible College: [www.portlandbiblecollege.org/future-students/financial-info/](www.portlandbiblecollege.org/future-students/financial-info/)

- Linfield College: [www.linfield.edu/financial-aid/scholarship.html](www.linfield.edu/financial-aid/scholarship.html)

- American College of Health Sciences: [www.achs.edu/scholarship-funding](www.achs.edu/scholarship-funding)


- Corban University: [https://undergrad.corban.edu/financial-aid/grant-scholarships](https://undergrad.corban.edu/financial-aid/grant-scholarships)

- Dove Bible Institute: Unlisted

- Eugene Bible College: Unlisted

- Everest College: [www.everestonline.edu/admissions/institutional-scholarships](www.everestonline.edu/admissions/institutional-scholarships)

- ITT Technical Institute: [www.ittech.edu/fa2.cfm](www.ittech.edu/fa2.cfm)

- Mount Angel Seminary: [www.mountangelabbey.org/admission](www.mountangelabbey.org/admission)


- Northwest University, Salem Campus: [https://salem.northwest.edu/financialaid/](https://salem.northwest.edu/financialaid/)
- Oregon College of Arts and Crafts: [https://www.ocac.edu/admissions/tuition-financial-aid](https://www.ocac.edu/admissions/tuition-financial-aid)
- Oregon College of Oriental Medicine: [www.ocom.edu/scholarships](http://www.ocom.edu/scholarships)
- Pacific Northwest College of Medicine: [www.pnc.edu/admissions/scholarships](http://www.pnc.edu/admissions/scholarships)
- Reed College: [www.reed.edu/financialaid/index.html](http://www.reed.edu/financialaid/index.html)
- University of Phoenix, Oregon Campus: [www.phoenix.edu/tuition_and_financial_options/scholarships/institutional-scholarships.html](http://www.phoenix.edu/tuition_and_financial_options/scholarships/institutional-scholarships.html)
- Western Seminary: [www.westernseminary.edu/admissions/aid/western-grants-scholarships](http://www.westernseminary.edu/admissions/aid/western-grants-scholarships)

**Oregon Scholarships**

**PATHWAY OREGON**

Pathway Oregon ensures that academically qualified, federal Pell Grant–eligible Oregonians will have their tuition and fees paid through a combination of federal, state, and university funds. In addition to financial support, the program provides comprehensive academic support and career guidance.

**Selection Criteria**

- Oregon residency
- Graduation from an Oregon high school in the last two years
- Incoming freshman
- A minimum 3.40 cumulative high school grade point average on a 4.00 scale
- Eligible for a federal Pell Grant as determined by the FAFSA

**How to Apply**

- Submit the University of Oregon [admission application postmarked by January 15.](http://www.uoregon.edu/)
- Submit the Free Application for Federal Student Aid (FAFSA) to the federal processor by February 15.
DIVERSITY EXCELLENCE SCHOLARSHIP

The Diversity Excellence Scholarship (DES) recognizes the academic achievement and potential of students who, through sharing their varied cultural perspectives, will enhance the education of all UO students and the excellence of the University. The University of Oregon offers these tuition-remission scholarships as part of our diversity mission.

Award Information

Annual award amounts for 2015-16 were $6,500 for undergraduate students and $9,000 for graduate students. These are renewable scholarships based on your grade level. The DES selection committee determines the amount and duration of each award.

Eligibility Requirements

- Be a United States citizen or permanent resident. Apply for admissions by January 15.
- Students must be good academic standing.
- Submit the Free Application for Federal Student Aid (FAFSA) to the federal processor no later than February 1st
- All applicants must have a cumulative GPA of 3.00 or greater to be considered.

How to Apply

- Submit the Diversity Excellence Scholarship Application by January 15.
- A letter of recommendation must be submitted no later than January 27.

Complete application includes the following:

- An application for admission to the University submitted by January 15 for incoming freshmen.
- Official transcripts—all applicants’ academic transcripts are part of scholarship consideration.
- Incoming freshmen, transfer students, submit transcripts as part of their applications for admission.
- These documents must be received by the Office of Admissions by January 27
- FAFSA submitted to the federal processor no later than February 1.
- List the UO as one of your first six choices. The school code is 003223.

Selection Criteria

- Past academic performance
- Participation in campus or community activities
- Preference given to students from underrepresented racial/ethnic minorities
- Preference given to first generation of the family to attend college
Trio Program

Student Support Services (SSS) is a federally funded TRIO program, one of two at the University of Oregon. As a college retention program, SSS helps undergraduates meet the rigors of higher education and graduate from UO. The program is designed for students whose socio economic backgrounds, educational records, and personal situations suggest they may experience challenges at the UO that could be alleviated with use of resources offered by SSS.

What are the Benefits of Being an SSS Participant?

**Academic Advising:** Comprehensive and ongoing assistance with course selection and graduation plans, choosing majors and careers, grad school planning and test preparation, negotiating UO systems and decreasing stress

**Academic Support:** Workshops and courses, tutoring for many gen-ed requirements, plus writing, math and study skills assistance

**Financial Assistance:** Grant Aid and scholarships reserved for SSS participants, assistance completing FAFSA forms and scholarship applications, workshops focused on increasing financial literacy with session on budgets, loans and funding options

**Space and Referrals:** Study area with computer and printer, connections to useful resources.

**Eligibility**

Students qualify based on federally defined criteria:

- Neither parent earned a bachelor’s degree
- Family meets low-income qualifications
- A documented disability, as verified by UO Accessible Education Center (for additional information regarding services for student with disabilities, including testing and accommodations, please visit the [AEC](http://example.com)).

Each SSS participant must meet at least one of the above criteria and also be:

- A US citizen or permanent resident
- Admitted and enrolled, or eligible to be enrolled, at UO in the current or next academic term
- Pursuing a first bachelor’s degree
- In need of academic support
- Committed to using academic support to earn a UO degree

**Apply!** Students who are not immediately accepted into SSS are offered other appropriate campus and community resources and connections. For more information:

- Contact TRiOSSS@uoregon.edu or (541) 346-3226
Financial Aid:

www.fafsa.ed.gov - FAFSA

www.studentaid.gov

www.osac.state.or.us - OSAC

Scholarship:

www.fastweb.com- need a log in

www.chegg.com/scholarships - need a log in

www.getcollegefunds.org - OSAC

https://app.oregonstudentaid.gov/Catalog/Default.aspx - list of OSAC Scholarships

Testing:

www.collegeboard.com - SAT/PSAT

www.actstudent.org - ACT

http://www.act.org/products/k-12-act-plan/ - PLAN

https://www.khanacademy.org - Khan Academy

People to Contact:

Holli Johnson – Scholarships
   hollij@uoregon.edu
   541-346-1199

Lara Fernandez – Anything
   laraf@uoregon.edu
   541-346-8378

Cheryl Connolly – OSAC Essays
   Cheryl.a.connolly@state.or.us
Housing:

*Off Campus URL websites to find housing and roommates!*

- [https://offcampushousing.uoregon.edu](https://offcampushousing.uoregon.edu)
- [http://studentlife.uoregon.edu](http://studentlife.uoregon.edu)
- [https://eugene.craigslist.org/search/apa](https://eugene.craigslist.org/search/apa)

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<td>More Privacy</td>
<td>Commuting to Campus</td>
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<td>Bigger Space</td>
<td>No RA, or Other Staff Member to Provide Support.</td>
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<td>Less Restrictions</td>
<td>Budgeting for Monthly Bills</td>
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<td>Teaches Responsibility</td>
<td>Less Connectivity with Campus Culture and Campus Community</td>
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<tr>
<td>Teaches Money Management and Personal Finance Skills.</td>
<td>Getting Stuck with 12 Month Leasing</td>
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<td>Having Meal Plans with Points</td>
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<td>Being Exposed to Study Groups, Students Clubs and Campus Resources</td>
<td>No Kitchen to Cook Personal Foods</td>
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<td>Being Able to Walk or Bike to Classes</td>
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<td>Meeting and Connecting with New Friends in the Dorm Halls or Other Activities</td>
<td>Expensive</td>
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</table>
**Majors/Careers**

“Making the transition to college can make you feel like a small fish in a big pond. 50% - 70% of college students change their major at least once. Don't be discouraged if you are undecided or want to switch majors! Remember a major will limit career options, but will open doors to many possibilities!” -Shirah Stidham

-A career personality assessment or a school academic counselor can help clarify and understand your strengths, weakness and preferences so that you can make more confident decisions.

**Career Center Information:**

University of Oregon: **541-346-3211**  
http://advising.uoregon.edu/

Lane Community College: **541-463-5223**  
careercenter@lanecc.edu

Oregon State University: **541-7374085**  
http://career.oregonstate.edu/our-office

Western University: **503-838-8432**  
slcd@wou.edu

Portland University: **503-725-4005**  
careerconnect@pdx.edu
### Arts, Humanities, & Social Sciences

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### Business

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### Legend

- **M** - Major
- **m** - Minor
- **U** - Undergraduate
- **G** - Graduate
- **-** - Degree offered with a partnering college/university
- **-** - Applied Science degree also offered in this area. Contact an admissions counselor for details.
- **-** - Oregon's public universities offer teaching endorsements in numerous other subjects not listed here. See campus websites or contact an admissions counselor for details.
## SAIL/ASPIRE College Guide

### Undergraduate Programs

<table>
<thead>
<tr>
<th>Program Area</th>
<th>Course Offerings</th>
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<td>Biology</td>
<td>Biomedical/Health Informatics, Clinical Laboratory Science, Communication Disorders &amp; Sciences, Community Health Education, Dental Hygiene, Diagnostic Medical Sonography, Echocardiography, Emergency Medical Services, Exercise Physiology/Sport Science, Gerontology/Aging Services, Health Management &amp; Policy, Health Promotion/fitness Mgmt, Health Sciences/Studies, Human Physiology, Medical Sociology, Nuclear Medicine Technology, Nursing, Nutrition, Physical Education &amp; Health, Polysomnographic Technology, Pre-Pharmacy, Public Health, Radiation Health Physics, Radiologic Science, Respiratory Care, School Health Education, Speech &amp; Hearing Sciences, Sports Injury Care, Vascular Technology</td>
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</table>
Oregon List of Colleges

Community Colleges:
- Lane Community College
- Clackamas Community College
- Mt. Hood Community College
- Rogue Community College
- Southwestern Oregon Community College
- Treasure Valley Community College
- Klamath Community College
- Oregon Coast Community College

Public Universities:
- Oregon State University
- Portland State University
- Southern Oregon University
- Oregon Health & Science University
- University of Oregon
- Western Oregon University
- Eastern Oregon University
- Oregon Institute of Technology

Private Colleges:
- George Fox
- Willamette University
- Concordia University
- University of Western States
- Lewis & Clark College
- Linfield College
- Corban University
- Eugene Bible College
- ITT Technical Institute
- Northwest Christian University
- Oregon College of Arts and Crafts
- Pacific University
- Warner Pacific College
- Pioneer Pacific College
- Art Institute of Portland
- Portland Bible College
- Cascade College
- Dove Bible Institute
- Everest College
- Mount Angel Seminary
- Northwest University Salem Campus
Get Connected On Campus

There are many ways to get connect in college! The biggest secret is to speak up and self-advocate for yourself. Don't be shy or scared. You will be successful if you raise your hand in class, never give, and never settle for less!

The University of Oregon has many different student groups that students can get involved in. Orgsync is a website through the university that has all the student groups to get connected with. Here is the Orgsync link: http://uoregon.orgsync.com/BrowseOrganizations

Types of groups to get connect in college!

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Fraternities and Sororities

Social & cultural fraternities, sororities and social fellowships are student organizations whose primary purpose is the personal development of their members, as distinguished from honorary, professional, departmental and service fraternities.

Some fraternities and sororities are culturally community based. Social/cultural fraternities and sororities may select members according to subjective criteria consistent with the University’s nondiscrimination policies. Unlike most other student organizations, membership in a social/cultural fraternity or sorority is normally a lifetime affiliation, and generally students are not permitted to be initiated into more than one social/cultural fraternity or sorority.
Why Join?
Fraternities, sororities and social fellowships offer the opportunity to come in contact with new people who share similar interests and values and who will become your friends for life. These organizations bring out the best in their members through strong friendships and common goals. Most importantly, fraternities, sororities and social fellowships have an impact on their members’ lives in many ways, offering learning and life experiences through their core values of community service, friendship, leadership and scholarship.

Here is the URL for U of O Greek Life and Student Life!

http://oregonfsl.orgsync.com/  http://studentlife.uoregon.edu/campus-life

Freshman Interest Groups
http://fyp.uoregon.edu/figs/
Choose one of the 50-plus Freshman Interest Groups (FIGs). You’ll satisfy graduation requirements while exploring a subject that intrigues you. A FIG is a group of courses connected by a theme, including a small seminar led by one of the university’s prominent faculty members. Research demonstrates that students who enroll in a FIG achieve greater academic success in their first year.

Writing Lab Feeling perplexed by a writing assignment? Want to get some feedback on your paper before handing it in? You can either drop in or make an appointment. 72 PLC, Mon-Fri, 9:00am-4:00pm.

Math Lab Need occasional help with math? You’ll find tutors available on a free, drop-in basis. No appointment necessary for help with algebra, trigonometry, and calculus. Just stop by room 72 PLC, Mon-Fri, 9:00am-4:00pm, or 154 Straub, Wed, 6-8pm.

Student Support Services (TRiO) SSS provides qualifying students free, comprehensive support, including academic and personal counseling, study skills workshops, and assistance securing financial aid and scholarships.
Don’t Stress.
Do Your Best.
Forget the Rest.