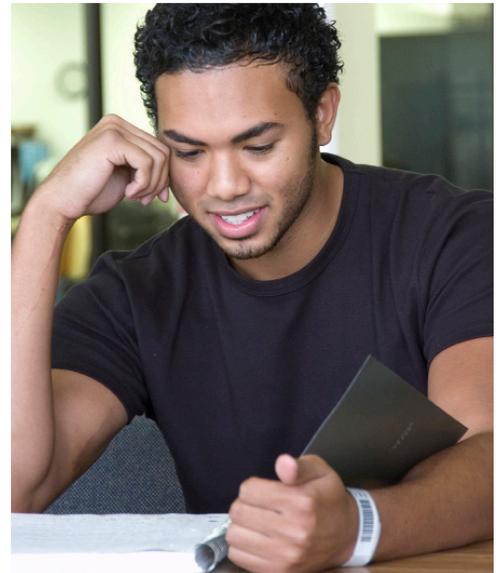




Instructor's Guide for High School Counselors and Teachers 2011 - 2012



Introduction

UCanGo2. Within reach ... within you!

That's the message the Oklahoma College Assistance Program (OCAP), a division of the Oklahoma State Regents for Higher Education, wants high school students to know. No matter the circumstances—rich or poor, straight As or all Cs, first generation or third generation college student, rural or urban—any student with the determination and drive can attend a university, college or technical school and be well on his or her way to a great career.

UCanGo2 aims to assist students, parents and counselors with practical and easy to understand college planning information, which includes the right classes to take, ACT/SAT resources, career exploration, educational programs and paying for school.

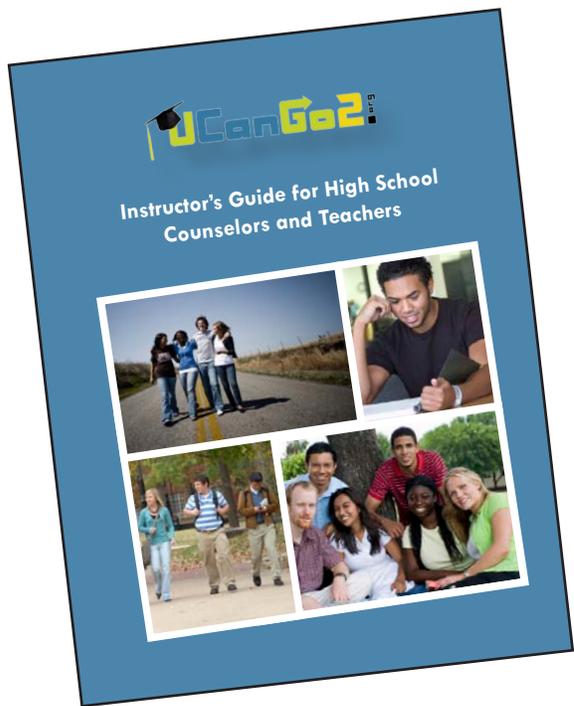
If you need additional information or assistance developing a college-going culture in your school, visit UCanGo2.org or call OCAP at 405.234.4239 or 866.443.7420 (toll free). We're here to help!



OKLAHOMA STATE REGENTS
FOR HIGHER EDUCATION

Improving our future by degrees

Photo provided by the University of Central Oklahoma



Instructor's Guide for High School Counselors and Teachers

Table of Contents

1. Building Value in Higher Education	2
<i>What Do You Want to Be?</i> worksheet (on CD)	
2. Exploring Careers and College Majors	7
<i>Sample Career Plan</i> (on CD)	
<i>Career Quiz</i> worksheet (on CD)	
<i>Developing My Career Plan</i> worksheet (on CD)	
3. Preparing and Planning	13
<i>Tracking My Classes & Achievements</i> worksheet (on CD)	
4. Researching Institutions and Programs	20
<i>Understanding School Types</i> worksheet (on CD)	
<i>Picking a College Decision Tree</i> (on CD)	
<i>Places to Visit on Campus</i> list (on CD)	
<i>Campus Visit Checklist</i> (on CD)	
<i>Getting Answers</i> worksheet (on CD)	
BINGO cards (on CD)	
5. Finding and Getting Financial Aid	28
<i>Federal Student Aid Programs Quiz</i>	33
Additional Resources	36
Glossary (on CD)	



Why Go To College?

Building Value in Higher Education

Setting the Stage

Some of your students have no doubt about going to college. They’ve been raised in a college-going environment from the day they were born. Their major may be undecided, but it’s a given they’ll earn an education.

On the flip side, you probably have students who don’t think they can go to school for numerous reasons, some on the fence about attending and even some who may be 100% against higher education. Understanding where your students are coming from can help you support them as they develop plans for the future.

Goal

This section will help students see the value in obtaining a higher education and address concerns they may have about going to college.

Estimated Time

- 50-55 minutes

Objectives

- Address students’ concerns about continuing their education.
- Build the value of higher education.
- Help students think about their future lifestyle and the role higher education can play.

Materials

- Student workbooks
- Instructor’s guide
- PowerPoint presentation (optional)
- Copies of [Degree vs. On-the-Job Training Chart](#)
- Copies of [What Do You Want to Be? Worksheet](#)

Show Time

Welcome everyone

Welcome students and thank them for taking an interest in their future.

Introduce yourself and any other presenters

Introduce yourself and tell them how a college education has made a difference in your life or in the life of someone you know.

Go Over Instructions For the Day

The following rules should be observed by everyone attending the session.

- There's no such thing as a silly or stupid question.
- Always show respect to the person speaking, whether it's you, another presenter or a student sharing information.
- Stay on topic with questions and answers.
- Don't talk over each other.
- Sensitive and personal questions should wait until after the session.
- Participation and questions are encouraged, but you won't be forced to take part.
- Have fun and learn!

Start With an Ice Breaker

Go around the room and have the students provide one word, beginning with the first letter in their first name, that describes how they feel about attending a university, college or technology center.

For example:

- Jane = joyous
- Nancy = nervous
- Robert = reluctant

Workbook Content

How to handle the student workbook is up to you. You can encourage the students to read the content and fill in the worksheets prior to the class period or during the session. The workbook can be read silently or aloud during class.

To Go or Not To Go: There (Really!) Is No Question

Many students have concerns about attending college. In their workbook, they've been given a space to jot down concerns they have about attending school. Ask a few students to share what they've written.

We've identified six common concerns, but you may think of more. Consider polling your students to determine which of these six they identify with and then verbally go over each concern with the realities provided.

1. **They don't like school.** That's pretty common for many students, but it shouldn't stop them from considering college. Explain that college is completely different than high school. There's a lot more freedom to choose classes, professors and extracurricular activities. When talking about college, use positive terms and focus on what the student can gain (life experience, new friends, a new outlook and perspective.)

2. **They don't have a career plan.** That's no problem! Most college freshmen haven't decided on a major, let alone a career. Describe college as an opportunity to explore likes, dislikes and talents. Encourage students to take a variety of classes and explore different activities. In the process they may learn a lot about themselves.

3. **They think they can't afford school.** College costs in terms of tuition, books and time, but it's a smart investment in their future. Very few people get a full ride or athletic scholarship to college; that's why there's financial aid. Talk to your students about financial aid (need-based, merit-based, grants, scholarships and student loans.) If your students want to further their education there are financial aid options to help them along the way. Consider taking your students to visit your local financial aid office or inviting a financial aid officer to come discuss financial aid with your students and their parents.



- Need-based aid – based on financial need as determined by the information provided on the FAFSA (Free Application for Federal Student Aid).
- Merit-based aid – awarded based on some personal trait, characteristic, talent or interest.
- Grants and scholarships are considered gift aid – these types of financial aid don't typically have to be repaid.
- Federal work-study – students can work through this federal program and earn money for school.
- Student loans – emphasize student loans must be repaid with interest (federal student loan options should be exhausted before considering other types of loans).

4. **They think it would be better to get a job rather than a degree.** Share with your students that in today's working world the majority of jobs require some form of degree or certification beyond a high school diploma. Higher education also increases their chances of making more money and having more job perks (health benefits, retirement options, paid vacation and sick leave).

5. **They may be the first in their family to go to college.** This can be scary and exciting for both students and parents. Students may be torn because they want to better themselves by going to school, but their family may want them to stay at home and work to contribute to the household. It's important to be sensitive about this situation while still encouraging the student to pursue his/her dreams.

6. **They question if they'll fit in.** Students may be afraid of going away to a new place where they don't know anyone and fear they won't fit in. Emphasize no two colleges are created the same. Students have the ability to choose the school that's right for them. Whether they want to be close to home, far away, on a campus of 3,000 or 15,000 students, they have options to make their school experience one they'll really enjoy.

Since each student is unique, this may only scratch the surface of their concerns. Don't be afraid to tell your students that you don't know the answer, but you can help them find answers or consider alternatives.

Lifestyle Choices

Now talk with your students about the role education plays in their future lifestyle. Ask them to take a few moments to complete the [What Do You Want to Be?](#) worksheet on page 6 in their workbook. Once it's completed, ask a few students to share their answers. Poll the class by asking them if they think the student's listed income will provide that student with the lifestyle he or she wants. An example of what a completed worksheet may look like can be found on your supplemental CD.

Help them make sure their education, career and lifestyle goals are realistic. If they want to live in a new house and drive a new car but want a career in nonprofit work or teaching kindergarten, it's important they realize their salary may not afford them their desired lifestyle. Talk about the steps it'll take for them to reach their goals and whether or not those goals are realistic. Help them see how higher education can assist them in reaching their full potential.

What's In It For Me?

No matter where they want to go or what they want to do with their lives, some type of higher education will help your students. Go over a few of the perks they'll receive, if they have a higher education.

- More job security - people with additional training after high school are two to three times more likely to have a job.
- More pay - someone with a college degree earns significantly more each year than someone with only a high school diploma. Pass out the [Degree vs. On-the-Job Training Chart](#) on your supplemental CD to help reinforce the value of higher education.
- More meaningful work - learning a particular skill or trade will help them identify their strengths and plug them into a career they'll enjoy.

Wrap-Up

Whether your students want to be plumbers, beauticians, teachers or lawyers, there's a program designed to help them gain the knowledge and skills to be the best they can be. Higher education is an important tool that enables students to live the life they want to lead.

Review Questions

1. True or false. You could probably live in a three bedroom home and drive a new car on a \$20,000 annual salary.
False
2. Besides more money, name three additional perks higher education can provide you.
More job security, sick/annual leave, more meaningful work, health benefits
3. True or false. If you hate high school, college isn't for you.
False
4. True or false. There are grants, scholarships, work-study and student loans available to help you pay for school.
True

Reflection Questions

These questions are included in the student workbook. You may want to ask volunteers to share their answers.

1. Do you want to get an education after high school? Why or why not?
2. What most excites you about going to college?
3. What's your biggest fear about going to college?

Parent Part

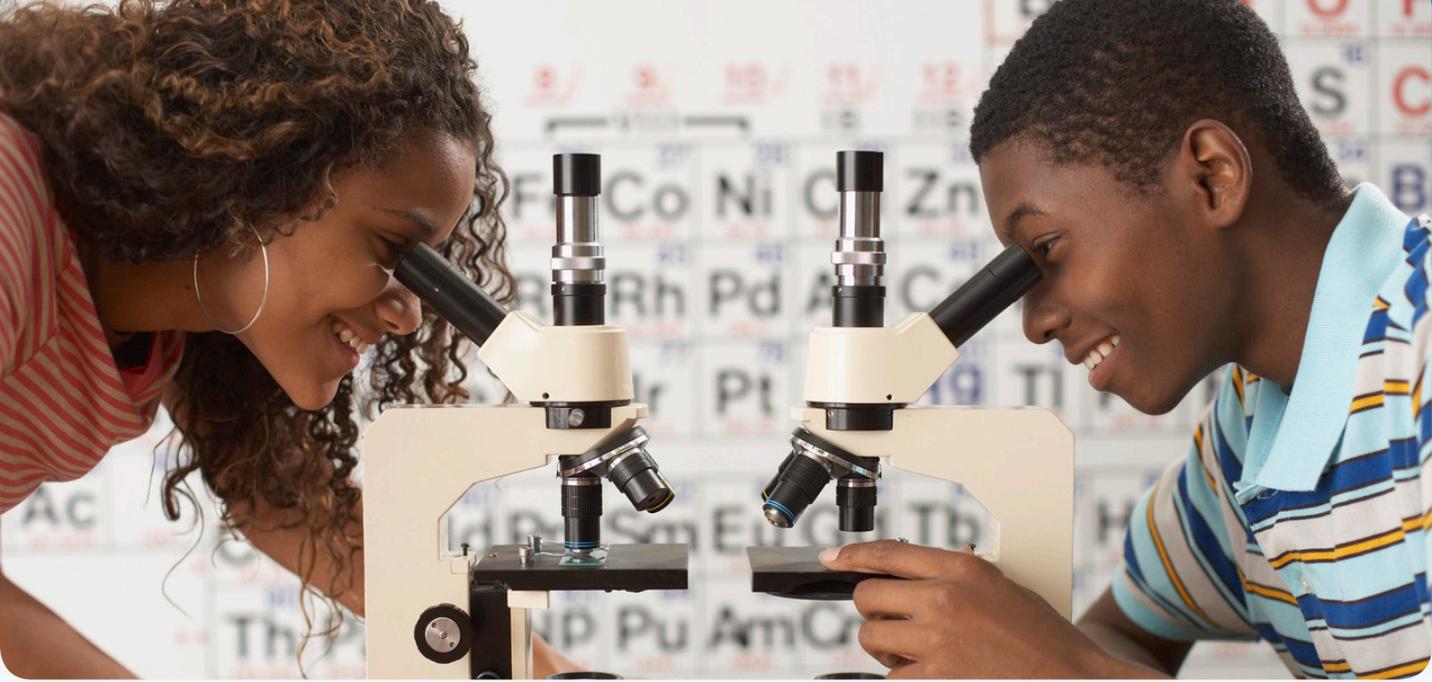
Encourage your students to take the workbook home and do the Parent Part with their parent(s) or guardian. Consider offering them a small prize if they bring the workbook back signed.

Questions and General Wrap-Up

Set aside some time for students to ask questions. Tell them the next session you'll cover will be over careers and majors.



Photo provided by Oklahoma City Community College



What Do I Want To Be?

Exploring Careers and College Majors

Setting the Stage

Some students know what career path they'll choose. They may want to follow in the footsteps of a close family member or they may have excelled in a particular area since early childhood. For others, the process of choosing a profession or major will take more exploration. Deciding what to major in is a big decision.

Goal

This section of the workbook will help students explore their interests, skills and talents, directing them to find potential majors or career matches that make use of their natural abilities.

Estimated Time

- 50-55 minutes

Objectives

- Educate students about the difference between a career and a job.
- Have students investigate their interests and skills.
- Understand how those interests and skills can be the beginning of a plan for continuing education.
- Teach students to develop a career plan and set goals.
- Provide students with information about the most popular jobs in Oklahoma.

Materials Needed

- Student workbooks
- Instructor's guide
- PowerPoint presentation (optional)
- OKcollegestart.org stickers for students
- Copies of [Career Quiz Worksheet](#)
- Copies of [Developing My Career Plan Worksheet](#)

Show Time

Welcome everyone

Welcome students and thank them for taking an interest in their future.

Introduce yourself and any other presenters

Introduce yourself and tell them how a college education has made a difference in your life or in the life of someone you know.

Go over instructions for the day

The following rules should be observed by everyone attending the session.

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- Stay on topic with questions and answers.
- Don't talk over each other.
- Sensitive and personal questions should wait until after the session.
- Participation and questions are encouraged, but you won't be forced to take part.
- Have fun and learn!

Start With an Ice Breaker

Start with yourself and answer the question, "What are you really good at? How could this skill translate to a career choice?" Go around the room and ask everyone to answer.

Workbook Content

How to handle the student workbook is up to you. You can encourage the students to read the content and fill in the worksheets prior to the class period or during the session. The workbook can be read silently or aloud during class.

Career vs. Job

Begin by asking the students if they know what they want to do after high school. Have a few students tell the class their career goals. Some of their answers may include veterinary technician, social worker, accountant, teacher, etc.

Once they've shared, explain the difference between a career and a job. A career is a long-term profession that typically requires educational training. A job is a short-term paid position. They may currently have a job, something that helps them pay for a few expenses. A career, however, allows them to use their unique skills and strengths in a long-term profession.

Investigate Your Interests

Your students have a section in their workbook where they can write down answers to the following questions. Ask a few students to share their lists.

1. What do you like to do?
2. What are your hobbies?
3. What type of school, church, social or sports activities do you enjoy?
4. Do you work after school or on weekends? What do you like most about your job?
5. What would you do for the rest of your life, even if no one paid you?

Consider Your Skills

Your students are also encouraged to take inventory of the skills they've developed through extracurricular activities, part-time jobs or volunteer work. This tool below is included in their workbook to help them list their activities and the skills they learned. Again, you may wish to poll a few students regarding the activities and skills on their list.

Activities	Skills
Example: Yearbook Staff	Graphic design/layout Sales Photography Writing
Industrial Arts	Measurement Welding Electronics

In addition to the chart, have students complete the self-assessment quiz, adapted from The Princeton Review, provided in their workbook on page 10 and on your supplemental CD. Once it's complete, they'll need to visit PrincetonReview.com to access the online test and receive their results. Also, encourage them to check out the [Career Center](http://CareerCenter) section at OKcollegestart.org. Here they can find:

- General career information.
- An in-depth career self-assessment quiz.
- Student-career matching assistant.
- Career lists.
- Links to other career resources.

If you have Internet access, you may want to take them to this website and show them these valuable career planning resources. The quiz on OKcollegestart.org will take about one hour to complete, but the results given to the student are very specific and helpful.

Tell them to keep copies of all self-assessment quizzes they take and encourage them to start a “My future” file and stash the results, along with other information and college-planning resources, in this folder.

Develop a Career Plan

By now, your students may have some specific or general career or major options in mind. Now’s the time to encourage them to create a career plan. This plan will help develop a strategy to accomplish their career goals. Here’s a simple, step-by-step list to get started.

1. **Think about your goal and develop a career plan.** Encourage them to think about some educational goals and develop a plan. Their goal can be a specific goal, like biomedical engineering, or it can be a general field, like engineering, math or science. Tell them not to be discouraged if they don’t have a specific goal in mind. If they have a general area of interest, there are plenty of degrees and career options to choose from.

The following chart of potential degrees and possible careers is provided in the student workbook.

Interest	Possible Degrees/ Certifications	Possible Careers
Animals	Veterinary Technician	Veterinarian, livestock market forecaster, animal industry advertising, animal sanctuary caretaker, zoological curator
Art	Commercial Art	Motion picture title artist, medical or scientific illustrator, cartoonist, graphic designer for books, magazines, product packaging, brochures
Computers	Computer Science	Computer technician or engineer, systems analyst, artificial intelligence specialist, technical writer, special effects (FX) specialist
Math	Mathematics	Accountant, air traffic controller, climate analyst, bank examiner, appraiser, forensic analyst, financial planner, teacher

2. **Determine your next steps.** Your students need to decide what type and level of education they’ll need to reach their career goal. Do they need to attend a four-year university or can they obtain the skills they need at a technology center? Also, extracurricular activities can help students develop skills for potential careers. Encourage your students to take part in activities that will hone their skills. For example, if a student wants to become a child care professional, babysitting is a great way to get experience. And, if a student wants to become a lawyer, the debate team can offer ways to polish persuasive speaking.

3. **Go public.** Use this time to talk to your students about goal setting. Writing down goals is an important step to reaching them. Have the students take time to fill out the [Developing My Career Plan worksheet](#) on page 16 in their workbook. A sample career plan is provided in their workbook on page 15 and on your supplemental CD. Once they’re finished with their career plan, ask a few to share their plan.

Most Popular Jobs in Oklahoma

If your students are still having a hard time deciding on a potential career option, have them review the list of fastest growing occupations in our state. This list is from the Oklahoma Employment Security Commission. Poll your class and ask if anyone is interested in the occupations listed. Also, point out the difference in salary between the jobs requiring training or an associate degree and those requiring a bachelor's degree or higher. This is another opportunity to show your students the difference education makes in their future income.

<i>Requiring postsecondary training or an associate degree</i>		
Occupation	Average Hourly Salary	Average Annual Salary
Veterinary Technologists and Technicians	\$12.06	\$25,100
Medical Equipment Repairers	\$16.50	\$34,300
Heating, Air Conditioning and Refrigeration Mechanics and Installers	\$16.58	\$34,500
Radiation Therapists	\$28.99	\$60,300
Cardiovascular Technologists and Technicians	\$17.71	\$36,800
Surgical Technologists	\$15.65	\$32,600
Respiratory Therapists	\$22.38	\$46,600
Electrical and Electronics Repairers, Powerhouse, Substation and Relay	\$25.88	\$53,800
Security and Fire Alarm Systems Installers	\$13.17	\$27,400
Physical Therapist Assistants	\$20.57	\$42,800

Source: Oklahoma Employment Security Commission

<i>Requiring a bachelor's degree or higher</i>		
Occupation	Average Hourly Salary	Average Annual Salary
Network Systems and Data Communications Analysts	\$27.78	\$57,800
Veterinarians	\$34.97	\$72,700
Personal Financial Advisors	\$21.68	\$45,100
Physicians Assistants	\$37.14	\$77,300
Financial Examiners	\$35.50	\$73,800
Computer Software Engineers, Applications	\$29.71	\$61,800
Cost Estimators	\$23.00	\$47,800
Survey Researchers	\$12.88	\$26,700
Petroleum Engineers	\$46.16	\$96,000
Cartographers and Photogrammetrists	\$21.14	\$44,000

Source: Oklahoma Employment Security Commission

Wrap-Up

Encourage students to spend time thinking about their interests and skills to determine their future major and career. Ask them to complete self-assessment quizzes, like the one found on OKcollegestart.org.

Review Questions

1. True or false: Career assessments are 100% accurate and you should pick the major or career they recommend.
False. Career assessments can provide students with an overview of potential careers, but they can't serve up the perfect match for students.
2. True or false: A career is a short-term paid position with no training or education requirement.
False. A career is a long-term profession that typically requires training and/or educational credentials.
3. Name some extracurricular activities or skills that would be helpful for the following occupations:
 - a. Teacher (*Speech Club, organizational skills, etc.*)
 - b. Artist (*marketing, entrepreneurship, Art Club, etc.*)
 - c. Meteorologist (*Science Club, geography, etc.*)
4. True or false: Once you select a major, your career options are limited.
False. Refer them to the chart of possible majors and careers on page 12 of their student workbook.
5. True or false: In order to truly benefit from creating a career plan, you must have a specific career goal.
False. Even if you only have a general idea of your career goal, you should develop a career plan.

Reflection Question

The following question is included in the student workbook. You may want to ask volunteers to share their answers.

1. Based on your interests and skills, what three careers are you interested in pursuing?

Parent Part

Encourage your students to talk to their parents about their career goals. Build the value of interviewing or shadowing someone in the profession they'd like to explore. Exposure to day-to-day job responsibilities and challenges can help students decide if the career is right for them. You may consider inviting a variety of professionals into the classroom to talk to students about their tasks.

Questions and General Wrap-Up

Set aside some time for students to ask questions. Tell them the next session you'll cover will be about planning and preparing for college.



Photo provided by Southwestern Oklahoma State University

How Do I Get There?

Preparing and Planning

Setting the Stage

Enrolling in the right classes, taking the ACT or SAT and developing good study habits are important steps in planning and preparing for college. In addition, a variety of programs offer high school students the ability to earn college credit. Continue encouraging your students to do all they can while in high school to ensure a successful transition to college.

Goal

This section of the workbook offers tips to assist students as they prepare and plan for college.

Estimated Time

- 50-55 minutes

Objectives

- Explain the importance of taking college prep classes.
- Provide them with resources to track their classes.
- Encourage them to strive for excellence in their coursework.
- Develop good study skills.
- Understand ACT/SAT testing and their importance in college admission.
- Provide information about programs allowing them to earn college credit in high school.
- Explain the benefit of extracurricular activities, including non-school activities like family, church, volunteer work, etc.

Materials Needed

- Student workbooks
- Instructor’s guide
- PowerPoint presentation (optional)
- Copies of *Do You Have a Plan for College?* 11th -12th grade
- [High School Checklists](#)
- Copies of [Tracking My Classes Worksheet](#)

Show Time

Welcome everyone

Welcome students and thank them for taking an interest in their future.

Introduce yourself and any other presenters

Introduce yourself and tell them how a college education has made a difference in your life or in the life of someone you know.

Go over instructions for the day

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- Sensitive and personal questions should wait until after the session.
- Participation and questions are encouraged, but you won’t be forced to take part.
- Have fun and learn!

Start With an Ice Breaker

Have the students pick one item from their pocket, purse, wallet or body (jewelry, belt, etc.) and explain to the class how that item will help them plan and prepare for college. For example:

- An ink pen = helps them practice their admission essay.
- Lipstick = helps them look polished during a job interview so they can save money for school.
- Glasses = helps them see the board so they can take good notes during class.

Workbook Content

How to handle the student workbook is up to you. You can encourage the students to read the content and fill in the worksheets prior to the class period or during the session. The workbook can be read silently or aloud during class.

Introduction

Trying to attend college without the proper preparation and planning is compared to traveling somewhere without a road map or GPS system. Consider sharing a story of a time you were lost or ask a few students to share. Tell them this section of their workbook will help them develop a road map to their future.

Take the Right Classes

If your students plan to attend a public college or university in Oklahoma they must take certain courses in high school. These courses will prepare them for college, and they'll learn valuable skills in case they decide to enter the workforce after graduation.

The following chart is included in their workbook on page 18. It highlights the courses they must take to be college bound in 2012.

Subject	Units Required	Courses
English	4 units	Grammar, composition and literature
Mathematics	3 units	Algebra I, Algebra II, geometry, math analysis, trigonometry, pre-calculus, calculus and Advanced Placement Statistics
Laboratory Science	3 units	Biology, chemistry, physics or any lab science certified by the school district; general science courses don't qualify
History and Citizenship Skills	3 units	Including one unit of American history and two units from the subjects of history, government, geography, economics and/or non-Western culture
Other	2 units	From any of the subjects above or from computer science or foreign language
Total	15 units	Remember - requirements may change and they may be different for private institutions. Always check with your counselor for details.

Some educational institutions recommend students take an extra unit in math, an additional unit in lab science and two units in speech or fine arts (music, art or drama). Encourage your students to use the [Tracking My Classes](#) worksheet on page 22 of their workbook. They'll want to keep track of the classes they take each semester to make sure they're on track with college entrance requirements.

Grades

Explain to your students the importance of earning and keeping good grades. Good grades can result in admission to a better college or being awarded a scholarship.

Getting good grades doesn't happen overnight. It takes planning, attention to detail and lots of study time. Encourage your students to identify three subject areas in which they need improvement. Ask a few students to share. Finding study partners, tutors or just taking extra time to prepare for assignments and exams are great ways to boost their grades.

Use this opportunity to remind students enrolled in Oklahoma's Promise that they must maintain a grade point average (GPA) of 2.5 to remain eligible for the scholarship.

Study, Study, It's Your Buddy!

Good study habits in high school will be good study habits in college. Use the following tips to teach students how to build study skills.

During class

- Listen carefully in class and ask questions if you don't understand.
- Take notes and write clearly.
- Write down assignments and due dates.

At home

- Find a quiet place to study and remove any distractions (TV, radio, cell phone, etc.)
- Get in a routine and study throughout the week, at the same time each day, if possible.
- Organize your desk, papers and supplies.
- Schedule time to study when you're at your best. Waiting until midnight the night before a big exam isn't a good idea.
- Study the most difficult subject first. You'll get it out of the way and be ready to tackle coursework you enjoy or something that comes naturally.

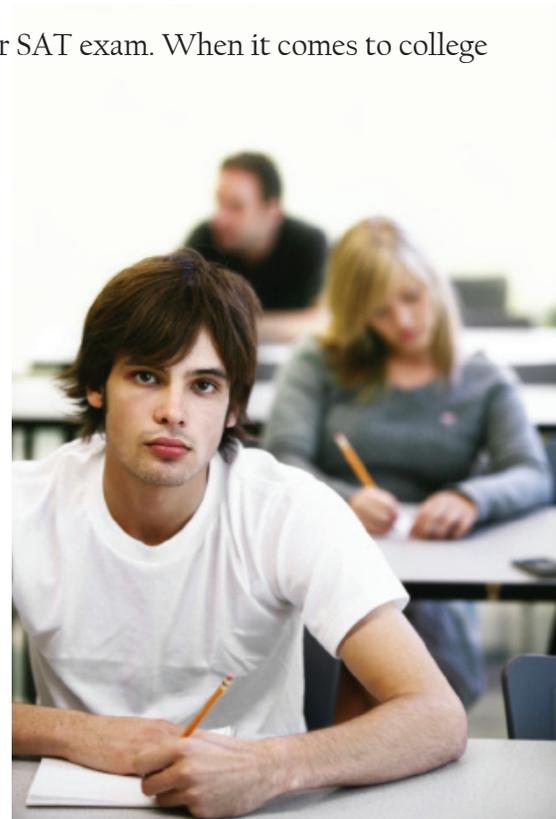
Some experts say to build a habit takes 21 days of repeated behavior. Your students shouldn't get discouraged if it takes a while to be a consistent, studious student.

ACT/SAT Tests

All that study time will come in handy when your students take the ACT and/or SAT exam. When it comes to college admission, these tests play a big role.

Explain to your students what the ACT and SAT tests are.

- ACT
 - » American College Testing
 - » More common in Oklahoma than the SAT
 - » Composed of four sections:
 - English skills
 - Math skills
 - Reading comprehension skills
 - Science reasoning skills
 - Writing (optional)
 - » Scores range from 1 to 36, with 36 being the highest
- SAT
 - » Scholastic Aptitude Test
 - » Composed of three sections:
 - Writing
 - Critical Reading
 - Mathematics
 - » Scores range from 600 to 2400, with 2400 being the highest
 - » Students may also elect to take a pretest, the PSAT, before taking the full exam



Remind your students to take the exams as many times as possible to increase their score. The basic exams are typically \$30 to \$50; however, fee waivers are available. Visit ACTStudent.org/faq/answers/feewaiver.html to learn more. Also, consider visiting the following websites to print off the test locations and dates in your area. Visit ACTStudent.org for the ACT. For the SAT, visit SAT.CollegeBoard.org. Check out OKcollegestart.org to find free practice tests for ACT and SAT.

Give them the next available testing date and place and tell them to write it down in their workbook in the space provided on page 19.

Next, review the ACT and SAT requirements for state schools. Tell your students to call the institution they plan to attend to ask if they prefer the ACT or SAT score, and note that these requirements are subject to change. Visit OKcollegestart.org for the most up-to-date requirements.

- Oklahoma State University, ACT 24 and SAT 1090
- University of Oklahoma, ACT 24 and SAT 1090
- University of Science and Arts of Oklahoma, ACT 24 or SAT 1090
- Most regional universities, ACT 20 and SAT 940
- Community colleges have no minimum requirement, but students should take the ACT.

Also, remind them that although these test scores are important, there are other factors colleges take into consideration when making admission decisions.

Why Wait? Earn College Credit Now!

Through a variety of programs, high school students can earn college credit while still in school. Below are a few options outlined in their student workbook. Bring any specific information you have about local programs to class. More information about the programs below can be found at OKcollegestart.org.

Advanced Placement (AP) Courses

These courses allow students to take college-level coursework in high school. Many Oklahoma colleges and universities award college credit to students who successfully complete these courses and pass the corresponding AP exams.

Concurrent Enrollment

This program allows eligible high school juniors and seniors to take credit-earning college courses, up to six hours per semester. Concurrent enrollment allows students to earn credit at a discounted rate and classes can be transferred to some postsecondary institutions for college credit.

Cooperative Alliance Initiative

The Cooperative Alliance Initiative allows high school juniors and seniors to earn college credit by taking college-level courses taught at technology centers across the state.

Thinking Ahead

In section five, you'll discuss paying for college, but it's important to let students know that there are options they can take advantage of during school.

Oklahoma's Promise

You have to apply for this scholarship program in the 8th, 9th or 10th grade year, be a resident of Oklahoma, complete a specific high school curriculum, achieve at least a 2.5 GPA and abide by certain conduct standards. Family income may not exceed \$50,000 at the time of application, and \$100,000 at the time the student begins college and prior to receiving the scholarship. If you qualify, Oklahoma's Promise will pay resident tuition at a public institution and pay a portion of tuition at private institutions or a portion of tuition for courses at public technology centers that are approved for credit toward an Associate of Applied Science degree at a public college. Need more information? Call 800.858.1840 or visit OKPromise.org.

Oklahoma College Savings Plan

It's never too late to save for college. Consider signing up for a college savings account through Oklahoma's 529 college savings plan or continue to add money to an existing account. It's generally best to keep most savings in the parents' name. Visit OK4Saving.org for more information.

Go the "Extra" Mile with Extracurricular Activities

Tell your students that sports, 4-H, DECA and class government are great hobbies, and their participation in such activities can possibly provide them with an edge in the college admission game! Many schools look for prospective students who are active in their school and community and exhibit leadership qualities.

In the space provided in their workbook on page 21, ask them to answer this question: What community or school involvement are they most proud of? Give them time to put their thoughts on paper and then ask volunteers to share. This section can be used as a springboard when they write their college admission essay.

Wrap-Up

There are many ways students can proactively plan and prepare for their higher education. Let students know you're a resource to them if they need any additional help or information to develop a plan to reach their educational goals. Also encourage them to talk to a trusted friend, teacher or youth pastor about their needs and concerns.

Review Questions

1. True or false. It doesn't matter what classes you take in high school.
False. To attend a public college or university in Oklahoma, you must take the classes outlined on page 18 of the student workbook.
2. How many units of English are required?
4 units.
3. Name three good study habits.
Removing distractions, finding a quiet place, setting a study routine, tackling tough subjects first, avoiding cramming, etc.
4. Which test is more common in Oklahoma, the ACT or the SAT?
ACT.
5. What's the minimum ACT score to be admitted to an Oklahoma public community college?
There are no minimum test requirements, but students should take the ACT.

6. True or false. Concurrent enrollment allows eligible high school juniors and seniors to take credit-earning college courses, up to six hours each semester.

True.

Reflection Questions

The following questions are included in the student workbook. Consider asking volunteers to share their answers.

1. Name three steps you'll take to improve or keep up your grades?
2. Name three steps you'll take to prepare for the ACT or SAT?

Answers may include: find a study buddy, take more detailed notes in class, ask more questions or set aside more time to study.

Parent Part

Encourage your students to share their “needs improvement” list with their parents and ask for help achieving a higher grade.

Questions and General Wrap-Up

Set aside some time for students to ask questions. Tell them the next session you'll cover will be about researching colleges.



Photo provided by the University of Central Oklahoma



Photo provided by Southwestern Oklahoma State University

Where Do I Go?

Researching Institutions and Programs

Setting the Stage

Choosing a path after high school is a stressful, but exciting process for most students. Often, as their counselor, you're their only link to the information they need to make an informed choice. This section contains a lot of information because finding the school that's the best fit for a student is extremely important. Highly encourage your students to visit the [Explore Colleges](#) section on [OKcollegestart.org](#) for more detailed information.

Also, check out the [Counselor Center](#) at [OKcollegestart.org](#) for resources designed to assist you in connecting with your students, organizing your time and data and tracking your students' college planning progress.

Goal

This section of the workbook will take your students through the process of researching and choosing a college or career path that's right for them.

Estimated Time

- 50-55 minutes

Objectives

- Teach students the differences in school types.
- Lead students to consider various school selection factors, like location and size.
- Encourage students to think about their wants and needs when picking a school.

- Help students consider affordability and admission requirements when narrowing down their list of possible schools.
- Discuss how to set up a campus visit and identify places to visit while on campus.
- Provide a list of questions to ask campus officials and students.

Materials Needed

- Student workbooks
- Instructor’s guide
- PowerPoint presentation (optional)
- Bingo cards for ice breaker
- Copies of [Understanding School Types Worksheet](#)
- Copies of [Picking a College Decision Tree](#)
- Copies of [Places to Visit on Campus List](#)
- Copies of [Campus Visit Checklist](#)
- Copies of [Getting Answers Worksheet](#)



Photo provided by the University of Central Oklahoma

Show Time

Welcome everyone

Welcome students and thank them for taking an interest in their future.

Introduce yourself and any other presenters

Introduce yourself and tell them how a college education has made a difference in your life or in the life of someone you know.

Go over instructions for the day

The following rules should be observed by everyone attending the session.

- There’s no such thing as a silly or stupid question.
- Always show respect to the person speaking, whether it’s you, another presenter or a student sharing information.
- Stay on topic with questions and answers.
- Don’t talk over each other.
- Sensitive and personal questions should wait until after the session.
- Participation and questions are encouraged, but you won’t be forced to take part.
- Have fun and learn!

Start With an Ice Breaker

Talking about options after high school can be intimidating for some students. Break the ice by doing a bingo activity. Give each student a bingo card containing multiple statements about going to college. Ask them to walk around the room looking for people who fit a statement listed on the card and write that person’s name in the space provided. Of course, be sure to include the free space. The first person to get a bingo wins!

Workbook Content

How to handle the student workbook is up to you. You can encourage the students to read the content and fill in the worksheets prior to the class period or during the session. The workbook can be read silently or aloud during class.

You're Just Not My Type (of School)

Understanding School Types

There are many types of schools in Oklahoma that offer a wide range of programs. The first step in helping your students succeed after high school is making sure they understand the options available to them.

Remember to speak with value about every type of school and post-graduation opportunity. If you feel students are being unrealistic about their options, talk to them privately about their challenges and offer positive ways to overcome them.

Below are the answers to the vocabulary quiz on page 24 of the student workbook. Give the students a few minutes to write down their answers and then go over the correct answers. Be sure to provide them with examples of each type of school. Remember to point out these terms can be used interchangeably or in conjunction. For example, a school may be public, two-year and a community college.

Answers

D, Private School

Examples: Oklahoma City University, The University of Tulsa, Hillsdale Free Will Baptist College, Saint Gregory's University

Sometimes called “independent schools,” these accredited colleges and universities offer associate, bachelor’s and/or graduate degrees in traditional subject areas. They aren’t supported by state taxes and are considered not-for-profit. The bulk of their revenue comes from tuition, donations and grants.

H, Regional University

Examples: Cameron University, East Central University, Langston University, Rogers State University, University of Central Oklahoma

A university that offers bachelor’s and master’s degrees, and, in some instances, associate or professional degrees. While this type of university primarily focuses on instruction, they’re also responsible for extension and public service and some research. They tend to have mid-sized student populations and campuses.

I, Research University

Examples: Oklahoma State University, University of Oklahoma

Also known as a “comprehensive university,” this type of university grants bachelor’s, graduate and professional degrees and offers a wide variety of courses and degree programs. Along with instruction, these institutions also focus on research, extension and public service. They usually have large student bodies and expansive campuses.

A, Community College

Examples: Carl Albert State College, Connors State College, Redlands Community College, Seminole State College, Tulsa Community College

Also known as a “two-year college,” this type of college grants associate degrees for transfer to four-year institutions or for career preparation. They typically offer flexible class schedules with smaller class sizes and they’re known as open door institutions because performance standards (standardized test scores or combination of class rank and grade point average) aren’t required for admission.

G, Public School

Examples: Southeastern Oklahoma State University, Oklahoma Panhandle State University, University of Oklahoma, Tulsa Community College

Colleges and universities that receive funding from state taxes to pay part of operating costs.

E, Professional or Technical Branch

Example: Oklahoma State University Institute of Technology

Institution that has a special emphasis on education and training in technical fields. Some offer academic courses and programs, but not all institutions offer two-year programs that lead to an associate degree.

L, Two-year College

Examples: Carl Albert State College, Connors State College, Redlands Community College, Seminole State College

An institution that grants associate degrees for transfer to four-year institutions or for career preparation. This type of college usually offers flexible class schedules with smaller class sizes. They are known as open door institutions because performance standards (standardized test scores or combination of class rank and grade point average) are not required for admission.

F, Proprietary School

Examples: Oklahoma School of Photography, Platt College, Spartan College of Aeronautics and Technology, Tulsa Welding School

A privately owned or out-of-state institution offering courses in Oklahoma. This type of school prepares students for direct entry into an occupation or profession.

C, Online School

Examples: Kaplan University, University of Phoenix

This type of school offers degrees, certification or training through the Internet. Many have no actual building or physical location and all communication is done online.

K, Theological School

Examples: Phillips Theological Seminary, Oklahoma Baptist University, Oral Roberts University

A type of private school that incorporates religion into the core curriculum or that focuses on preparing students for religious occupations. This type of institution is usually supported by a specific church body or congregation.

B, Four-year University

Examples: Northwestern Oklahoma State University, Northeastern State University, Oklahoma State University, St. Gregory’s University

Offers bachelor’s degree programs and may also offer master’s, doctoral and professional degrees. Most degree programs take at least four years to complete.

J, Technology Center

Examples: Metro Tech, Moore Norman Technology Center, Caddo-Kiowa Technology Center

A school that prepares students to enter a specialized career, trade or vocation.

Location, Location, Location and Size Up Your School

The next two factors you can help a student consider are the location and size of the school that's best for them. Ask for examples of schools in urban, suburban and rural areas. Also, ask at least one student who wants to attend a large school and one student who wants to attend a small school to explain their reasoning to the class. You may get answers like:

- A large school has more activities for me to choose from.
- A smaller school is closer to home.

I'll Tell You What I Want, What I Really, Really Want!

What Do I Want in a School?

This section is designed to help students compile a list of characteristics that are important to them. They can then use those characteristics to build a list of schools that fit their criteria.

You may wish to poll your students and ask what's most important to them in a school. Here's a list of questions in their student workbook. These questions might help you start some dialogue.

What are my academic needs?

- Do I know what I want to do?
 - » If not, do the schools I'm researching have enough majors or fields of study that interest me?

How far away from home do I want to be?

- Will I need to live at home and commute?
- If I'm able to live on campus, can I afford to drive home each weekend?

Does the school offer extracurricular activities that interest me?

Are the on- and off-campus housing options appealing to me?

- Can I afford the average rent in the area of the school?
- If I need to use public transportation, is the campus on the bus route?

Are there plenty of job opportunities in the area?

Provide your students with tools for researching colleges such as books, course catalogs, Web sites and other resources. If you have Internet access take them to OKcollegestart.org and show them all the features listed under the [Explore Colleges](#) tab. Encourage them to take the lead in deciding what they want out of a college experience.

Ask your students to write down five campus characteristics that are important to them or five schools they're considering and turn the list(s) into you. You can begin recommending schools they have not learned about or may not be familiar with.

Also, use this opportunity to explain the importance of college fairs. Tell your students when the next event will take place and explain what happens and who's involved in these events. To make the most of college fairs, refer to the [College Fair Best Practices List and Worksheet](#) on your supplemental CD.

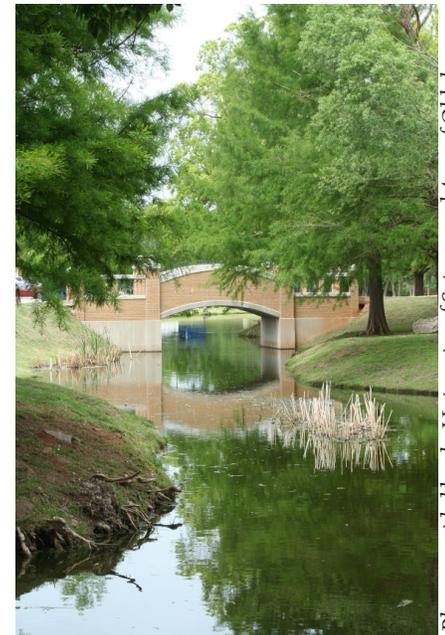


Photo provided by the University of Science and Arts of Oklahoma

Bye, Bye, Bye!

Narrowing it Down

Help your students take their list of potential schools and narrow it down based on affordability and admission requirements.

Affordability

Explain the importance of finding a college that meets their needs and one they can afford. Tell students to take into consideration the cost of tuition, fees, housing, books, travel back home, food and other monthly items. If they can't afford housing, they should consider schools closer to home so they can commute. Students sometimes decide or have to work full-time and go to class so they can afford school. Remind them they'll need time to study and have fun so they don't get burned out on work or school.

Research opportunities in your local community for low-cost education. If your local community college offers free or low-cost tuition to students from your school district, go over the details of these programs.

If speaking with 9th or 10th graders, remember to emphasize Oklahoma's Promise as a great way to pay for college. Sophomore year is a student's last chance to sign up for the program. For full program requirements, refer to the Oklahoma's Promise flyer in your toolkit or visit

OKPromise.org.

Admission Requirements

Have students write down their top three strengths and weaknesses from a college admission point of view. Ask them to highlight their strengths by writing a practice college essay.

Check 'em Out

Setting Up Campus Visits

Encourage your students to plan campus visits, if possible. If your school has an excused absence policy for these types of visits, you may want to explain that policy to the students. Tell students to contact organizers of campus tours at the school they wish to attend. These planned tours are usually led by a student leader. If students can't make a structured campus tour, encourage them to check out local campuses whenever they are on the grounds for athletic events, Upward Bound or TRiO programs, 4-H or FFA events, etc.

Encourage your students to follow the instructions on the front of the [Campus Visit Checklist](#) and have them write down a few questions for workers in the following departments.

- Admission Office
- Financial Aid Office
- Academic Advising
- On-Campus Child Care
- Career Services
- Housing Office

- Parking and Transportation Office
- Student Life Office
- Health Clinic
- Library

I Pick You, Please Pick Me!

Make Your Choices and Apply

Tell your students to be aware of application and financial aid deadlines. Encourage them to call the admission office to make sure they received their application. Let students know they need to make sure their official test scores are being sent to the school(s) they're applying to. Also, let them know you're a resource to them during the application process.

Wrap-Up

Researching schools can be an overwhelming task to some students. Provide them with as many resources as you can and let them know you're available to assist them in the process.

Review Questions

1. How does a four-year school differ from a two-year school?

A four-year school offers bachelor's, master's and doctoral degrees while a two-year school offers associate degrees and certificate training.

2. Name two private schools in Oklahoma.

Bacone College, Mid-America Christian University, Oklahoma City University, Oklahoma Wesleyan University, Oral Roberts University, etc.

3. True or false. Oklahoma State University is a research university.

True.

4. True or false. Schools can only be classified as one type.

False. A regional university is also a four-year, public school.

5. Besides school type, what other factors should you look at when researching a school?

Location, size, affordability and admission requirements.

6. Name at least three offices you should check out on a campus visit.

Admission Office, Financial Aid Office, Academic Advising, On-Campus Child Care, Career Services, Housing Office, Parking and Transportation Office, Student Life Office, Student Union or Common Area, Health Clinic.

Reflection Questions

The following question is included in the student workbook. Consider asking volunteers to share their answers.

1. What type of school (four-year, community college, proprietary school, etc.) do you think is the best fit for you? Why?

Parent Part

Encourage your students to sit down with their parent(s) and talk about their plans for researching schools. Even though the actual research should be the responsibility of the student, they'll want to make sure their parent(s) is part of the decision-making process.

Questions and General Wrap-Up

Set aside some time for students to ask questions. Tell them the next session you'll cover will be about paying for college.



Photo provided Western Oklahoma State College



Photo provided by the University of Oklahoma

How Do I Pay For It?

Finding and Getting Financial Aid

Setting the Stage

Paying for college is an important piece of the preparing for college puzzle. It's important for students and families to understand the financial aid process and know what types of aid are available to them.

Goal

This section will help students learn about school costs and the resources available to help them pay for school.

Estimated Time

- 50-55 minutes

Objectives

- Show students the estimated cost of a higher education.
- Identify various types of federal aid including grants, scholarships, work-study and student loans.
- Educate them about the Free Application for Federal Student Aid (FAFSA).
- Provide scholarship resources.
- Educate them about student loans and responsible borrowing.

Materials Needed

- Student workbooks
- Instructor’s guide
- PowerPoint presentation (optional)
- *Are You Looking for Money?* booklet
- Paper or sticky notes
- Pencils or pens

Show Time

Welcome everyone

Welcome students and thank them for taking an interest in their future.

Introduce yourself and any other presenters

Introduce yourself and tell them how a college education has made a difference in your life or in the life of someone you know.

Go over instructions for the day

The following rules should be observed by everyone attending the session.

- There’s no such thing as a silly or stupid question.
- Always show respect to the person speaking, whether it’s you, another presenter or a student sharing information.
- Stay on topic with questions and answers.
- Don’t talk over each other.
- Sensitive and personal questions should wait until after the session.
- Participation and questions are encouraged, but you won’t be forced to take part.
- Have fun and learn!

Start With an Ice Breaker

To get the audience involved and also to help them understand the magnitude of financial assistance across the country, try this icebreaker. Consider offering pens, pencils or sticky notes to the person with the closest guess to one of the following questions.

What was the total amount of financial aid awarded by OU during the 2010-2011 academic year? (Including undergraduate, graduate and law school assistance.) *Over \$225 million*

Workbook Content

How to handle the student workbook is up to you. You can encourage the students to read the content and fill in the worksheets prior to the class period or during the session. The workbook can be read silently or aloud during class.

College Costs

Begin by asking the students questions:

- Have you started to think about the cost of college?

Photo provided by Rogers State University



- Are you familiar with the costs at the school(s) you'd like to attend? Promote OKcollegestart.org to direct your group to specific Oklahoma school information, including costs and details about the schools.
- Talk to them about the cost of attending school. Have them guess the total cost per year for different types of schools. In 2010-2011, the cost per year ranged from \$2,587 for career technology centers to \$15,369 for a research university. Check out the [Paying for College](#) tab on OKcollegestart.org to find the current academic year's cost at most Oklahoma state schools.

Financial Aid

Remind your students college may be pricey, but getting a higher education is an investment in their future. You may want them to flip back to Section 1 of the student workbook and review the list of perks having a degree or certification can provide.

FAFSA

You'll want to spend some time talking about the FAFSA (Free Application for Federal Student Aid) and why it's important. To be considered for any federal financial aid, they must fill out this form.

The FAFSA information provided in this workbook is minimal. If you'd like to explain the FAFSA to students and parents in more detail, use the [FAFSA Fundamentals](#) tools on your supplemental CD or download them at UCanGo2.org. Students starting college in fall 2012 will need to complete the 2012-13 FAFSA. Contact us after January 1 for resources specific to the 2012-13 application.

Your students should complete the FAFSA as soon as possible after Jan. 1 of their senior year and each year they need aid. Encourage your students to:

- Apply online to save time. Online applications are processed in two to three days; paper applications can take two to three weeks.
- Never pay anyone to help them complete the FAFSA. Remind them the first "F" stands for "free." If they need help they can always contact the FAFSA Help Desk at 1.800.4.FED.AID or any college financial aid office.
- Visit the official FAFSA website, FAFSA.gov.

Explain to your students once they complete and return the FAFSA, they'll get a Student Aid Report (SAR). They should review the SAR to ensure all their information is correct. The information from the SAR will be sent to the school(s) they listed on their FAFSA.

Once all of their application materials are complete, the financial aid office(s) will send them an award letter via regular mail or email to let them know what types of aid they're eligible to receive. Remind them they don't have to accept all funds offered to them.

Types of Financial Aid

Explain to your students there are basically three main types of financial aid:

- Free money (grants and scholarships)
- Earned money
- Loans

Free money

It's always best for your students to go for free money first. Tell your students free money, like grants and scholarships, is sometimes called “gift aid” because they don't have to pay it back. They can get grants and scholarships for a variety of reasons—not just good grades.

Encourage them to check with national companies, local organizations and scholarship Web sites to find available scholarship opportunities. If you know of local scholarships, provide students with that information or post applications or flyers on a bulletin board.

State Aid

Oklahoma provides millions of dollars in free grants and scholarships to qualified students each year. Go over the following programs with your students:

Oklahoma Tuition Aid Grant (OTAG) Program - Awards grants to Oklahoma students who need money to meet part of the cost of attending college. Want to know more? Visit OKcollegestart.org and click on **FAQs** and then **FAQs About Financial Aid**.

Oklahoma's Promise – Pays resident tuition at a public college or an equivalent amount at an eligible private college for Oklahoma students who complete a specific high school curriculum, meet certain GPA standards and stay out of trouble. To participate in this scholarship program, students must enroll in the 8th, 9th, or 10th grade. Visit OKPromise.org for more information, including eligibility requirements.

Academic Scholars Program – Awards scholarships to Oklahoma students who score in the 99.5 percentile on the ACT or SAT exam. It's also given to in-state and out-of-state students who are named National Merit Scholars or Finalists, Presidential Scholars or Institutional Nominees (non-resident participation is limited). Check out OKHigherEd.org/academic-scholars/ to learn more.

Federal Aid

There are several grants awarded by the federal government, most of which are based on financial need. As with all federal aid, they must complete the FAFSA to apply. Direct them to review the *Federal Student Aid Programs 2011 - 12* chart on page 39 of their workbook. Let them know that some of this information may change, but they can find updated information at StudentAid.ed.gov.

Earned Money

Tell your students that earned money is, well, money they earn! The Federal Work-Study Program provides jobs for students with financial need. The program encourages them to work for their school or to perform work related to their major. Like a regular job, they'll work a set schedule and get paid an hourly wage. Your students can apply for this program when they fill out the FAFSA.

Even if your students don't qualify for work-study, encourage them to work during school if they can handle their responsibilities as a student, too. Remind them that any dollar they earn – through work-study or through a regular job – is one less dollar they'll need to borrow to pay for their education.

Loans

Tell your students they may still need to borrow money for school to bridge the gap between free and earned money and college expenses. Remind them a student loan is money they must repay, even if they don't finish their education.

Go over the following borrowing tips with your students.

Turn to federal first. There are two categories of loans: federal student loans and private loans (sometimes called alternative loans). If they have to borrow to pay for school, it's best for them to exhaust all federal loan options before they consider private loans, which can have higher interest rates and fewer flexible repayment options.

Borrow only what you'll need. Tell your students to borrow only what they'll need to cover their school expenses, including basic living expenses for the school term. Remind them many students are offered more loan funds from outside sources than they actually need.

Be salary savvy. Students should think about their future income before borrowing. A good rule of thumb is to make sure their student loan payments won't exceed 8% of their first-year monthly income after graduation.

Don't charge it. Tell your students not to charge school-related expenses to a credit card. Some families think it's easier to put all their college expenses on a credit card to avoid completing financial aid paperwork, but student loans are a cheaper way to pay for an education. The chart below is included in the student workbook and shows how costly credit cards can be if school-related expenses are charged to them.

Student Loan Debt vs. Credit Card Debt						
	\$10,000		\$20,000		\$30,000	
Loan Type	Student Loan	Credit Card	Student Loan	Credit Card	Student Loan	Credit Card
Loan Amount	\$10,000	\$10,000	\$20,000	\$20,000	\$30,000	\$30,000
Interest Rate	3.4%	18%	3.4%	18%	3.4%	18%
Monthly Payment	\$98	\$180	\$197	\$360	\$295	\$541
Total Months	120	120	120	120	120	120
Total Payoff	\$11,810	\$21,622	\$23,620	\$43,244	\$35,431	\$64,867

Chart assumes a 3.4% interest rate for student loans and 18% interest rate for credit cards. Credit card monthly payments are based on what it will take to pay off the card in 120 months (the standard repayment period for federal loans), not minimum balance.

Types of Federal Student Loans

When students apply for financial aid they may be offered a variety of different options. It's important they understand each type of aid they may be awarded. On page 40, the Student Workbook contains a mini quiz over federal student aid programs and provides a chart of these programs on page 41. Go over the answers together and ask them to jot them down in the spaces provided.

Federal Pell Grant

- Grant money that's awarded to students with _____.
- Apply for the Pell Grant by completing the _____.

Federal Supplemental Educational Opportunity Grant (FSEOG)

- Grant money, such as the FSEOG, doesn't have to be _____.

Federal Work-Study

- Eligible students are awarded work-study which provides jobs for them either _____ or _____.

Federal Direct Subsidized Stafford Loans

- These loans are available to eligible students directly from the _____.
- Interest is paid by the _____:
 - o While you're attending _____ at least half-time.
 - o During the six-month grace period following _____ or a drop to half-time enrollment.
 - o During specified loan _____ periods.

Bonus Features!

In addition to the resources highlighted in the workbook, some schools in Oklahoma offer tuition discounts based on where the student attended high school, their GPA, concurrent enrollment in a specific college or technical school, etc.

Listed below are some programs that might be of interest to your students. If they qualify, you may want to contact the program and get more information for your students.

Rose State College (Midwest City, OK) – Rose State offers the Ticket to Rose program. Check out all the details at Rose.edu.

Oklahoma City Community College (Oklahoma City, OK) – Oklahoma City Community College offers the OKC-GO Program. For more information visit OCCC.edu.

Tulsa Community College (Tulsa, OK) – Tulsa Community College offers the Tulsa Achieves Program. Visit the Tulsa Achieves Program at TulsaCC.edu.

Gordon Cooper Technology Center (Shawnee, OK) – Gordon Cooper offers tuition waivers to eligible high school students who meet certain criteria. Check GCTech.org or call them directly.

Eastern Oklahoma County Technology Center (Choctaw, OK) – EOC Tech provides a tuition waiver called the Next Step Scholarship. Visit EOCTech.org for more details.



Visit
UCanGo2.org to:

- Learn more about planning, preparing and paying for college
- Access games and tools to help students prepare for higher education
- Locate financial aid resources, including FAFSA (Free Application for Federal Student Aid) teaching tools
- Download additional resources for:
 - » High school students
 - » High school parents
 - » Middle school counselors
 - » Middle school students
 - » Middle school parents

Have questions about State Regents' programs or preparing for college in general? E-mail...

CounselorInfo@osrhe.edu
college questions answered promptly

Check out these other helpful resources!

OCAP.org

The Oklahoma College Assistance Program's website contains helpful information for prospective and current students, including scholarship and federal student loan resources.

OKhigher.org

The student section of the Oklahoma State Regents for Higher Education's website directs students to various college planning resources, including Oklahoma's Promise and GEAR-UP.

OklahomaMoneyMatters.org

OCAP's financial literacy program, Oklahoma Money Matters, provides families information and tools about budgeting, consumer credit, student loan management and other personal finance topics.

StudentAid.ed.gov

This website features free information from the U.S. Department of Education about preparing and paying for higher education, including the resources about the FAFSA.

MappingYourFuture.org

This site features information about planning, preparing and paying for college, as well as online tools for college and career preparation.

Help students start their plans for college at OKcollegestart.org

OKcollegestart.org is the official source for planning a college education in Oklahoma and offers advanced tools to help Oklahoma students plan, apply and pay for college.

As a guidance and career counselor, OKcollegestart.org can help you:

- Evaluate students' career interests and their choice of possible majors.
- Access links to detailed information about Oklahoma colleges.
- Assist students in assessing their financial aid needs and expected family contribution.
- Guide students to the online Oklahoma's Promise application and tools for finding additional scholarships.
- Send student transcripts to Oklahoma colleges electronically.
- Direct students to practice tests for the ACT.

See for yourself! Join the Counselor Center at OKcollegestart.org.



The Oklahoma State Regents for Higher Education's OK EPAS provides EXPLORE and PLAN testing free to all public and private schools in Oklahoma for 8th and 10th grades. Visit OKhigher.org/EPAS or call 405.225.9156 to learn more.

GEAR UP Materials and Resources

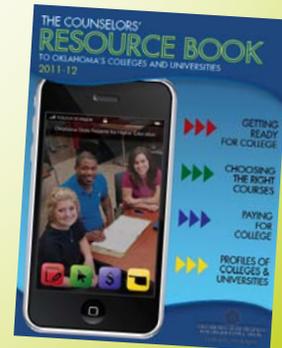


[GEAR UP website, OKhigher.org/GearUp](http://OKhigher.org/GearUp)

Visit the GEAR UP website to find publications and resources to assist families in developing a plan for college. You can order numerous resources in English and Spanish.

The Counselors' Resource Book

Take a look at the *The Counselors' Resource Book to Oklahoma's Colleges and Universities*, formerly known as *The Official Guide to Oklahoma's Colleges and Universities*. You'll find a wealth of information about preparing for higher education and profiles of Oklahoma's colleges and universities. View online at OKhigher.org by clicking on 'Students', then 'Publications'.





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