

Post-Secondary Planning Guide

Bishop Neumann Catholic High School

Career Planning
College Selection
Scholarships
Financial Aid

***Information used from Lincoln Public School
Post High School Planning Guide

*Do not look forward in fear to the changes in life;
Rather, look to them with full hope that as they arise,*

*God, whose very own you are,
Will lead you safely through all things;
And when you cannot stand it,
God will carry you in his arms.*

*Do not fear what may happen tomorrow;
The same understanding Father who cares for
You today will take care of you then and every day.*

*He will either shield you from suffering
Or will give you unfailing strength to bear it.*

*Be at peace,
And put aside all anxious thoughts and imaginations.*

Saint Francis de Sales



STUDENT RESPONSIBILITIES

Since the student is the center of all post-high school activities, the student must be responsible for initiating and completing the following tasks:

1. Completing and sending in required registration materials for college entrance examinations.
2. Requesting college applications, transcripts, and related materials.
3. Making appointments with counselors in completing their college applications.
4. Keeping track of important deadlines and other dates.
5. Informing parents of deadlines for applications and for filing FAFSA (Free Application for Federal Student Assistance).
6. Continually reviewing bulletins and newsletters relating to college applications and scholarships.

GOALS FOR HIGH SCHOOL

The UNL Admissions staff and a faculty representative conveyed to juniors that they could and must prepare NOW for college success. The following is an outline of their message to high school students conveying what YOU can yet do in high school to be prepared.

- 1. IMPROVE YOUR STUDY SKILLS**
- 2. DEVELOP AND EXERCISE TIME MANAGEMENT SKILLS**
- 3. IMPROVE YOUR WRITING SKILLS**
- 4. READ, READ, READ**
- 5. LEARN TO READ FASTER AND WITH UNDERSTANDING**
- 6. TAKE THE HARD CLASSES**
- 7. TAKE THE HARD TEACHERS**
- 8. LEARN TO THINK, NOT JUST MEMORIZE**

Each of the above guidelines speaks to every student regardless of your educational and career path after high school. All Bishop Neumann faculty is committed to giving students the opportunity to expand your minds and your options. It is the personal responsibility of each student to focus on the above tasks and develop them to the best of your ability.

**COLLEGE IS ABOUT THINKING.
LEARN TO THINK!**

ACADEMIC PREPARATION FOR COLLEGE

College representatives recognize that a myriad of factors are considered in making the decision to admit a high school senior to their campus as a prospective freshman. **By far, the most important item, regardless of the selectivity of the institution, is a student's high school academic preparation.**

FACTORS IN THE COLLEGE

ADMISSION DECISION

IN ORDER OF IMPORTANCE...

- GRADES IN COLLEGE PREP COURSES
- STRENGTH OF CURRICULUM
- ACT/SAT SCORE
- GRADES IN ALL COURSES
- ESSAYS
- LETTERS OF RECOMMENDATION
- CLASS RANK
- INTERVIEW
- EXTRACURRICULAR ACTIVITIES

ACADEMIC PREPARATION FOR COLLEGE

AVOIDING SENIORITIS

Even if you've done well in school all through high school, this is no time to slack off on your schoolwork. Poor senior year grades can cost you scholarship money, put you on academic probation at your college, or even result in the withdrawal of an offer of admission.

- Make sure you will have all the required classes for high school graduation or college admittance.
- Continue to take challenging courses.
- Stay or get involved in school activities and in volunteering.
- Consider finding an internship in a career field that interests you.

BUILDING GOOD STUDY SKILLS

It's very helpful to start thinking about college and learning good study habits while in high school. The following will help you develop your study skills. Take some time to decide what you're already doing well then pick a few to improve!

- Set aside enough time each day to get schoolwork done.
- Study every day to stay in the habit, even if you don't have any assignments due. Review notes or read.
- Try studying in a variety of quiet spots from day to day. Research shows this improves retention.
- Study the same topic several times, days apart. This also helps you remember it better.
- Take regular study breaks. Teens should break for 10 to 15 minutes after every 45 minutes of studying.
- Stay organized. Binders, folders, and assignment books can keep materials and due dates handy.
- Plan ahead for big assignments or tests. Use a calendar or planner to break projects into smaller tasks and set target dates.
- Study with friends. Students who study together do better than those who always study alone.
- Ask a friend, parent, or guardian to quiz you on topics you're studying.
- Talk with a teacher or school counselor if you're struggling in any subject.

(Taken from *Planning for College – Positive Promotions*)