

Take charge of your life!

It's up to you...

Counselors

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Sprague High School Graduation Requirements

Course Name	Credits 2009
LANGUAGE ARTS/ENGLISH: (9-12)	2.0
Writing	1.0
<i>Note: Newspaper, Yearbook, Speech Team, Reading/Writing Enrichment are elective credit</i>	
MATHEMATICS: (Grades 9-12)	2.0
SOCIAL SCIENCE: (Recommended)	
20th Century Studies I or Honors World History (9)	1.0
American Government or AP American Government (10)	0.5
Sophomore Economics or Honors Sophomore Economics (10)	0.5
20th Century Studies II or AP US. History (11)	1.0
<i>Note: Psychology, Exp. Psychology, and Sociology are elective credit</i>	
SCIENCE (Grades 9-12)	2.0
<i>Note: One credit may be satisfied by completing the following courses outside the regular Science curriculum: Horticulture I and II.</i>	
WELLNESS I (9 th grade)	0.5
WELLNESS II (11 th grade)	0.5
PHYSICAL EDUCATION	
Personal Fitness (9 th grade)	0.5
P.E. Elective (10-12 grade)	0.5
FINE ARTS/APPLIED ARTS/FOREIGN LANGUAGE (Grades 9-12)	1.0
<i>(Any courses in: Art, Technology Education, Family & Consumer Studies, Drama, Foreign Language, Music, Newspaper, or Yearbook.)</i>	
ELECTIVES (Grades 9-12)	9.0
TOTAL (minimum requirements)	22.0

CAREER RELATED LEARNING STANDARDS

All graduates must meet the following Career Related Learning Standards:

- Develop an education plan and build an education profile
- Demonstrate extended application through a collection of evidence
- Demonstrate career-related knowledge and skills: personal management, teamwork, communication, problem solving, employment foundations, and career development
- Participate in career related learning experiences as outlined in the education plan

No proficiency requirements for the class of 2009.

Requirements

OUS Requirements

Course	Credits	Remarks
English	4	Includes study of accepted English language, literature, speaking, and listening, and writing with emphasis on frequent practice in writing expository pros during all four years. Grade C or better.
Mathematics	3	Complete coursework through Algebra II with a strong recommendation to take 4 years of math. Grade C or better.
Science	2	Shall include 2 credits each in two fields of college preparatory science such as biology, chemistry, physics, or earth and physical science (one recommended as laboratory science.) Grade C or better
Social Science	3	1 credit of U.S. History, 1 credit of global studies, and 1 credit of government/sophomore economics is recommended. Grade C or better.
Second Language	2	Shall include two consecutive years of study in the same second language. If students begin a foreign language in middle school, at least one full year must be taken at the high school level. Grade C or better.

Community College Requirements:

Oregon community colleges require that students have a high school diploma or GED. With permission, underage students can take classes at Chemeketa while still attending Sprague. Neither the ACT or SAT is required for entry; however, a placement exam is required of all students, with a minimum score required to begin college-level classes.

Career/Technical Training Requirements:

Technical schools are those that offer specific training in a skill, but do not necessarily offer a degree. Requirements vary for entrance. Most require a high school diploma and some require the ACT and SAT. Talk with a representative from the school for accurate information.

Military Academy:

Most academies require the same coursework and level of achievement as selective universities. It is important to meet with a recruiter **early** in your **JUNIOR** year of high school to begin the process.

What are my options?

Types of schools

There are about 2,600 four-year colleges in the United States. There are 17 community colleges and over 60 different career/technical schools in Oregon alone. The choices are many, so how do you decide? Your decision is based on your career goals and what education is necessary to achieve those goals. Keep in mind that 85% of today's careers require education/training beyond high school and that 20% require a four-year college degree.

Private Four-Year College

Generally, private colleges and universities are smaller and more expensive than public ones. Often, students receive more individual attention and have smaller class size. Private colleges are traditionally more generous with financial aid, and do not have as many governmental adherences to dispensing funds.

Public Four-Year College

Public colleges are larger than private colleges. They therefore can offer a wide variety of majors, and because they are tax-supported, they are generally less expensive than private colleges. (Out of state tuitions are generally much higher than in state.)

Community College

Community colleges, such as Chemeketa, offer many programs to fit the needs of the community. Students can take individual classes of interest, or enter a two-year Associate's Degree program. In order to save costs, many students attend community colleges for one or two years, then transfer and graduate with a Bachelor's Degree from a four-year college. Any student with a high school diploma or a GED can attend. While an assessment or placement test is required, the ACT or SAT is not required for admission.

Career/Technical Schools

Career and technical schools offer short-term training programs in specific skills. Some programs last a few weeks and others may take up to two years to complete. Costs vary greatly in regard to programs. Most schools are excellent. However, remember that they are private institutions with the goal of making a profit. Be sure to investigate the school thoroughly before sending a check.

How do I keep this information straight?

File folders—have a folder for each option you're considering. "College search" might be one label, or "Career Options" might be another one. At the least, have a big box to put everything into, so you know where it is when you need it.

Calendar—deadlines come up fast. Mark your calendar for deadlines having to do with test registration, student aid, scholarship and school applications, and other important dates.

Career Information System (CIS)—is a place to start your exploration of colleges, financial aid, and majors.

Some major myths about college selection

Myth #1: I need to decide on my career before I can choose a college. It's important to have goals and be aware of your interests, but you limit yourself drastically if you try to choose a specific career too early. The average college student changes majors two or three times in the course of four years of college. For the time being, make use of the career exploration programs available through the Career Center and your path will eventually become clear.

Myth# 2: We can only afford a low-priced school. Students often rule out some colleges because the total cost of tuition, room, and board appears to be more than the family can afford. This is rarely the case when all sources of financial aid in order to attract students from all income levels.

College Campus Visits

What happens during a visit?

1. Plan ahead. Make an appointment with the admissions office before going and ask about campus open house events.

2. Allow plenty of time while you're there. If need be, arrange an overnight stay.

- Campus tours—some require an appointment. Call first
- Meet with an admissions counselor—usually required 2 weeks notice. Meet with the financial aid office to get information on scholarships and other sources of aid.
- Attend classes—arrange through admissions
- Meeting with faculty and coaches—this cannot be done at the last-minute! Arrange the meetings through the admissions and athletic departments.
- Overnight stay in residence halls—requires advance notice; but is an excellent way to really get the “feeling” of the place.
- Special visitor open houses or weekends—these are major events put on by the colleges, bringing together all the campus resources for you to access. Sometimes, airfare will be partially paid, with a possible full refund of airfare if you enroll.
- Personal time to look around—do some exploring on your own. Check out all of the facilities: dining halls, gym, library, etc. Go to the department of your interest area and see if you can talk to one of the professors about the program.
- Talk with students informally on campus. They will give you an honest, realistic student's point of view about the college.

When should I make my visit? Begin college visits during your sophomore year. Make sure students are still in session to get the full feel of the campus. Be aware of dates when students are in final exams (not a good time to go.)

Selecting a School

READ everything available: the student newspaper, senior newsletter, the parent newsletter, bulletin board information, announcements, college catalogs, and reference books in the library and the Career Center.

ATTEND representatives from many colleges will be available at Sprague to talk to students and parents in the fall of the senior year. Dates and times will be announced and posted on the Beyond Sprague bulletin board.

CONSULT with your counselor and Beyond Sprague volunteers.

VISIT some college campuses that seem interesting to you. Many schools have an open house date's check in the Career Center or arrange a visit when it is convenient for you to miss school. The Beyond Sprague volunteers can help makes arrangements for groups of students to visit a campus. Read the section on "How to Get the Most from a Campus Visit."

TALK to faculty members. We have a wide range of academic backgrounds on our staff. These people have volunteered to discuss their schools with interested students. Simply contact these people and arrange a convenient time. Recent graduates from Sprague are willing to answer questions-check in the Career Center for specific names and colleges they are attending.

WRITE to colleges. You can also have CIS write a letter for you. To request information from a college, address a postal card to:

Director of Admissions
Name of School
City, State, Zip

The addresses of all schools are available in the Career Center.

School Selection Checklist

In deciding about the type of school, that is, right for you, there are two basic sets of characteristics to be considered.

First, there is the factual information, such as: programs of study, type of institution, entrance requirements, costs, degree requirements, housing, financial aid, student services, size and location.

Secondly, there are those characteristics that are more difficult to consider because they include the "feel" or atmosphere of the campus. This is especially important because no one school can appeal to all people. Because this element in your decision-making process is so personal and individual, it can best be considered by visiting the campus and/or talking with people from the college or school itself.

Type of Institution

- Public two-year college
- Independent two-year college
- Public four-year college or university
- Independent four-year college or university
- Private trade and vocational school

Geographic Location

- An urban environment
- A rural environment
- Within 50 miles of home
- Located in a large city - over 500,000
- Located in a medium city - 50,000 to 500,000
- Located in a small city or town - 10,000 to 50,000
- Located in a very small town - less than 10,000
- Within the state of Oregon
- Out of the state of Oregon

Size of Total Enrollment

- Very small - under 1,000
- Small - 1,000 to 4,999
- Medium - 5,000 to 9,999
- Large - 10,000 to 20,000
- Very large - over 20,000

Student Body

- Men only
- Women only
- Coeducational (men and women)

Housing

- Dormitories for men only
- Dormitories for women only
- Coed dormitories available (men and women in the same building)
- Freshmen may choose their own housing
- Freshmen required living on campus or in college-approved housing
- Fraternities or sororities
- Apartment and/or houses readily available
- Live at home and commute

Cost (Tuition, fees, room, board, and transportation annually)

- Under \$1,000
- \$1,000 - \$2,000
- \$3,000 - \$10,000
- \$10,000 or over
- Other

Programs of Study

- Agricultural and Natural Resources
- Architecture
- Biological Sciences
- Business and Management
- Communications
- Computers and Information Services
- Economics
- Education
- Engineering

- ___ Engineering and Technology
- ___ Fine and Applied Arts
- ___ Foreign Language
- ___ Health Services
- ___ Home Economics
- ___ Interdisciplinary Studies
- ___ Letters (English, Philosophy, Speech)
- ___ Mathematics
- ___ Physical Sciences
- ___ Psychology
- ___ Public Affairs and Services
- ___ Social Sciences
- ___ Undecided

What should I ask when I get to the college? What should I ask representatives who visit Sprague?

The following are sample questions to ask an admissions counselor, a visiting representative, or a student on campus:

- What is unique about your institution?
- What type of student is happiest there?
- What type of student is most successful there?
- What percent of classes are taught by professors? By teaching assistants?
- What are the most popular majors and why?
- How much college credit can I earn from my AP courses and tests?
- What is most important in getting accepted to your college?
- What is the level of difficulty for admissions?
- How large are the classes, specifically the freshman classes?
- How easy is it for freshman to get the classes they want?
- How many freshman return their sophomore year?
- How easily can I access a computer?
- What kind of academic support is there for students?
- How tough is it to earn a degree in four years?
- How much do you have to student?
- Which facilities are best? And worst?
- What are the residence halls like?
- What is the food like?
- What is the city/town/surrounding area like?
- What do students do in their free time?
- What do you like best about the college? Like least?

What are colleges looking for?

Colleges want well-rounded students who will be successful at their institution. Meaning, they want students who will not only show up for their freshman year, but who will do well academically, get involved with the campus, add value to their campus through diversity and talents, and most importantly, **graduate from their college!** Colleges are looking for these attributes in their applicants:

A strong academic record

Students who will thrive in the campus setting

Interesting people

Talented students

Students who are serious about their studies

Students who have contributed to something “outside” themselves, like sports, volunteering, or other involvement

Selective colleges will be looking for an excellent academic record in the most challenging courses available to you

GPA and SAT/ACT scores

Tips on getting accepted

- Always clarify circumstances that explain poor scores or grades without apologizing
- An improving record of grades, if your first years were shaky, show your commitment
- Plan a budget for applying. Application fees range from \$10 to \$75
- Determine deadlines. Mark them on your calendar and stay on top of them
- Begin early in getting together materials
 - Special note: If you need letters of recommendations, start early! Give your recommending parties a deadline of two weeks before you really need the letters. Many students have not received their deserved benefits because letters of recommendations have not arrived on time or have not arrived at all
- Order your required transcripts early from the counseling office secretary or the Registrar, located in the Guidance Center, to ensure you have them before the deadline. You will send one transcript with your application and another one after first semester grades are posted.
- Spend quality time on your essay. Your essay may indeed be THE deciding factor of whether you're admitted. Colleges want to know you as a person, not as a number!
- Many schools have on-line applications, many of which will waive the application fee if you apply on-line.
- Request applications by phone, letter or email to the school. You can also use the Common application, found at www.commonapp.org for many schools.
- Make a copy of everything you send in your application packet.
- If paying the application fee is a hardship, contact the school directly to inquire about application fee waivers.

Letters of recommendations for colleges and scholarships

Make sure your counselor gets to know you...

- Pick up the Request for Recommendation form in the Career Center or Counselor Center.
- Fill out the form and give one to each person from whom you're requesting a letter. Be sure to choose a counselor, coach, teacher, advisor, or a family friend who knows you well. Follow directions, if they ask for a letter from teacher, counselor, or administrator.
- Allow **2 to 3 weeks** for them to write the letter.

Application Terms:

Application Deadline: Most colleges have a specific date by which applications must be at the college. In some cases the colleges will state that the application must be post marked by that date.

Online applications:

Common Application

www.commonapp.org

CollegeNet

www.collegenet.com

Princeton Review

www.embark.com

Candidate Notification Date: Colleges will tell you in their literature the date they will let you know of their decision.

Candidate's Reply Date: This is the date by which you must decide and convey to the college of your decision to attend. It is courteous to the other colleges to let them know that you are not attending.

Early Admission: A small number of colleges have early action policies. This means that you may apply early, be admitted perhaps before winter break of your senior year, but not be obligated to let them know of your decision before May 1.

Rolling Admission: Some colleges have a policy where as soon as they have your application and supporting documents, the college will make a decision with in a few weeks or a month.

Regular Admission: Requires application materials to be submitted no later than the specified deadline date printed on the application form, after January or February. Admission responses are usually received March 15th to April 15th.

Wait List: If a college places you on the wait list, it means that you are a strong candidate, but that they did not have room for all of their candidates. A wait list means you may still have a chance.

SAT/ACT Testing

Admissions Test

Almost all four-year colleges and universities require incoming freshman to take college entrance examinations as a way of verifying students' readiness to enter college. Colleges and universities are quick to point out that grades and the rigor of courses taken in high school are the best indicators of preparedness and those examinations are used more as supplemental information. Good scores can help in gaining entrance in to highly selective schools and in scholarship competitions. Scores can also be important for athletic participation in NCAA Division I and II.

Most colleges will accept either SAT I or ACT scores. However, some will only accept **one** test score. Be sure to check with the college you are considering about which test they prefer.

How to register—it is best to register online. You will need Sprague's High School code—381-043.

SAT

www.collegeboard.com

Test Date

October 4, 2008
November 1, 2008
December 6, 2008
January 24, 2009
March 14, 2009
May 2, 2009
June 6, 2009

Registration Deadlines

September 9, 2008
September 26, 2008
November 5, 2008
December 26, 2008
February 10, 2009
March 31, 2009
May 5, 2009

SAT I—\$45.00 for reasoning test
SAT II—\$20.00 for subject test

ACT

www.act.org

Test Date

September 13, 2008
October 25, 2008
December 13, 2008
February 7, 2009
April 4, 2009
June 13, 2009

Registration Deadlines

August 12, 2008
September 19, 2008
November 7, 2008
January 6, 2009
February 27, 2009
May 8, 2009

ACT—assessment \$31.00
ACT—plus writing \$46.00

What's the difference between the SAT and ACT?

The *American College Test (ACT)* is content-based, meaning you will be tested more on what you've learned in your classes. The ACT tests in the subjects of English, Reading, Math, and Science Reasoning, with a composite score as well.

The *Scholastic Assessment Test (SAT)* test in the areas of Math, Critical Reading and Writing.

What is the SAT II?

SAT II tests on specific topics, such as a foreign language. Some colleges require SAT II tests for specific majors. Check with the college to which you are applying to find out what the requirements are.

When should I test?

It is recommended that you take both the SAT and the ACT the spring of your junior year. This serves to find out which test is better for you and to find out if you need to make improvements and test again your senior year. Seniors need to test in the fall to meet application deadlines.

Where do I test?

You will pick either West Salem High School or McKay High School as the testing center. Chemeketa Community College is the local testing center for the ACT.

How do I study for these tests? Both test websites offer testing hints and study tips. There are a number of books available at any bookstore, offering test preparation as well. The Career Center has some resources that can be checked out. Two helpful websites are: <http://kaplan.com/> and <http://collegeboard.com>. The best way to do well on the tests is to practice.

CIS offers the chance to take three complete tests and receive feedback about your performance. Go into "My Career Portfolio and click on the Peterson's link. Also, see your counselor for other resources.

IMPORTANT NOTE: Use only number 2 pencils for the essay section of the SAT. **Do not use pens.** Pen cannot be read by the computer that scans the answer sheets into the database.



Financial Aid & Scholarships

Financial Aid—is money that is given, earned, or loaned to help students pay for their education. The majority of financial aid comes from the government and from the colleges.

There are four forms of financial aid:

1. **Grants:** money that is given to the student, usually because of financial need
2. **Scholarships:** money that is awarded because of exceptional academic achievement, an outstanding talent or skill, and/or financial need
3. **Work Study:** money the student earns by working at a college job, usually 10-15 hours a week.
4. **Loans:** borrowed money that must be repaid

Need- Based financial aid: Need-based financial aid is money that goes to families who do not have sufficient financial resources to pay for college. When determining eligibility for need-based financial aid, the family's financial situation is the only thing that is considered; a student's academic record is not a factor.

Merit-Based financial aid: Students are awarded merit-based financial aid based on outstanding abilities, talents, and accomplishments, or ties to an organization such as a service club or labor union. When awarding merit-based aid, the financial situation of the family is usually not considered.

Some financial aid awards consider both merit and need.

Students should never assume that a particular college is financially out of reach for them. Affordability should be determined only after applying for financial aid and examining each college's financial aid package.

The Free Application for Federal Student Assistance (FAFSA)

- Every student and his/her family should fill out the **FAFSA** regardless of income
- The **FAFSA** is the most important form to complete to receive financial assistance for your education
- The **FAFSA** should be completed as soon after **January 1st** as possible. If you need to, use estimates to complete the form.

Filling out the FAFSA is much like filling out a tax form. It asks parents and students for information about income, assets, debts, etc. for the previous year.

1. Get your PIN number. Both you and your parent/guardian need a PIN in order to sign your FAFSA on line. Go to: www.pin.ed.gov. **Do this in October or November.**
2. Once the government assigns your PIN's you can then fill out the FAFSA at: www.fafsa.ed.gov. Be prepared to know to which schools you would like the information sent. Even if you are only considering one school, include it to receive your information.
3. You will receive your Student Aid Report (SAR) via email about one week after you complete your FAFSA. Be sure to review the information and correct any errors. You can access your account and make changes as necessary, especially after receiving your tax information.
4. The SAR will state what your **Estimated Family Contribution (EFC)** is. This is the amounts schools will expect the family to contribute towards expenses the following year. The college will then try to make up the difference between the EFC and the cost of attendance through what is available through financial aid. Excellent sources for financial aid information are:
www.ed.gov/prog_info/ is the online version of Funding Your Education
www.studentaid.ed.gov is a site for a plethora of student funding information
1-800-4-FED-AID (1-800-730-8319 for TDD) is the number to speak to a financial aid representative.
5. Each school listed on your FAFSA will receive your information. With that information, the individual colleges then compile your **Financial Aid Package**.
6. The schools may have their own financial aid/scholarship forms they want you to complete.
7. Each school will contact you if they need further information to determine your financial aid package.

The Profile—is a one-page needs analysis form which provides colleges and scholarship programs with additional information on a family's financial situation. Information from the PROFILE is used in awarding nonfederal student aid funds. The College Scholarship Service (CCS) provides the PROFILE. Colleges that require the PROFILE will list it in their application requirements. The two ways to get the PROFILE are:

- 1.) go to www.collegeboard.com
- 2.) call the CCS at 1-800-778-6888

Scholarships

Scholarships are based on merit or need. Three basic rules apply to scholarships:

1. The more local, the better
2. The more specific as to how you meet the eligibility criteria, the better
3. Many scholarships can be used for community colleges or career schools

Academic: Most academic scholarships are awarded to students who have a specific GPA and SAT/ACT score. **While these factors are important, most scholarships are awarded to students who are also involved in school and community activities. Scholarship committees look for depth of commitment in activities** (four years in band, or three year as a volunteer) **and evidence of leadership traits** (organizer of an event, class official).

Minority: Schools want a diverse student body; therefore, they often offer scholarships in order to increase their diversity. Check libraries and bookstores for resources on minority scholarships. The Big Book of Minority Opportunities is one resource, as well as two websites:

www.blackexcel.org and www.rspfunding.com

Athletic: Sports can be valuable assets to students, if they have highly sought-after talent. Basic information on athletic scholarships can be found at the associations' websites. Be sure to contact your athletic director and/or counselor early in your junior year to access the right procedure for sports scholarship opportunities.

National Collegiate Athletic Association (**NCAA**), over 950 member colleges Division I and Division II colleges can offer athletic scholarships; Division III (mostly smaller, private colleges) cannot. There are very specific requirements for the NCAA Clearinghouse.

Go to: www.ncaa.org

National Association of Intercollegiate Athletics (**NAIA**), over 300 member colleges can offer full or partial scholarships. Go to www.naim.org

National Junior Collegiate Athletics Association (**NJCAA**) with 500 junior colleges NJCAA Division I and Division II colleges can offer scholarships, Division III cannot. There are

No academic eligibility requirements for junior colleges. Go to: www.njcaa.org

Talent: You must understand that talent scholarships are awarded to students who have a truly outstanding talent, as the competition for such scholarships is fierce. Students with the goal of attaining a talent scholarship should develop a professional-looking resume, documenting performances, awards, etc. Check with your individual colleges for their specific talent scholarship guidelines.

Local: The Career Center lists all of the local scholarships that are sent to the high schools. Check with the Career Center at least once a week, *from the beginning of school all the way through May* for local scholarship opportunities.

- Colleges award most of the scholarships and private colleges generally award more scholarships than public schools
- A one-year scholarship is for one year only, while a renewable scholarship can become a four-year scholarship.
- Outside scholarships must be reported to the school's financial aid office.
- CIS—click on **Financial Aid Sort** answer the questions; you will then get a list of scholarships to apply for.

Other Sources of Aid

The Military: The United States military is the nation's single largest employer. It offers training and employment in over 2,000 job specialties, 75% of which have civilian counterparts. The following numbers and websites will get you started:

Army	1-800-USA-ARMY	www.goarmy.com
Navy	1-800-USA-NAVY	www.navy.com
Air Force	1-800-423-USAF	www.airforce.com
Marines	1-800-MARINES	www.marines.com

The Montgomery G I Bill: Enlistees on active duty can take \$100 of their pay each month and contribute up to \$1,200 into a college fund. If an enlistee puts \$1,200 into the fund, he/she will receive over \$20,00 to pay for education.

Military Academics: If you qualify, you can receive full tuition and fees to a four-year college, plus a stipend. Academy graduates enter the military as officers for a specific number of years after graduating.

Tuition Assistance: Active-duty enlistees can attend area colleges with up to 75% of the tuition paid by the government.

National Guard and Army Reserves: For the most up-to-date information, talk to a recruiter.

Tax Incentives: The "Hope Scholarship" Tax Credit and the Lifetime Learning Credit are both tax deductions for college costs. Go to the following websites for more information: www.ed.gov/updates/97918tax.html and www.irs.gov

AmeriCorps: AmeriCorps is a national service program. Participants are paid minimum wage, and they receive an education award that can be used to pay for college. Workers help communities with their education, public safety, human services and environmental needs. You earn minimum wage while working, and an award of \$4,725 for each full-time year of service.

Western Undergraduate Exchange Program (WUE): This program may be the best-kept secret in considering colleges! Through WUE, students in western states may enroll in many two-year and four-year college programs at a reduced tuition level: 150% of the institution's regular resident tuition. WUE tuition is considerably less than nonresident tuition. Go to www.wiche.edu.

Web Pages

Higher Education Search Sites:

College Board	www.collegeboard.com
College Net	www.collegenet.com
College View	www.collegeview.com
Princeton Review	www.princetonreview.com

Financial Aid Sites:

FAFSA (Free Application for Student Assistance) (DO NOT go to “fafsa.com”. It is NOT the official website.)	www.fafsa.ed.gov
US Department of Education	www.ed.gov/studentaid
CIS	www.oregoncis.uoregon.edu/webcis

Click on **Financial Aid Sort** answer the questions; you will then get a list of scholarships

Scholarship Opportunities and Search Sites:

Fast Web	www.fastweb.com
Oregon Students Assistance Commission	www.osac.state.or.us
GoCollege	www.gocollege.com
College Net	www.collegenet.com
Financial Aid	www.finaid.com

Standardized Test Registration

College Board (SAT)	www.collegeboard.com
ACT	www.act.org

Testing Preparation (Free):

Oakwood Publishing	www.testinfo.net/sat.htm
No 2	www.number2.com
CIS	www.oregoncis.uoregon.edu/webcis

Click on “My Career Planning Portfolio” then click on Peterson's Practice Tests

Regional and Unique College Organizations:

Association of Independent California Colleges	www.aiccu.edu
Association of Universities of Canada	www.aucc.edu
Oregon University System	www.ous.edu
University of California	www.ucopedu/pathways

College Athletics Information:

NCAA	www.ncaa.org
NAIA	www.naia.org

What Career do I want to pursue?

First off, it is not imperative you know exactly what you want to study if you're attending a four-year college. By taking courses that interest you and accessing career exploration resources, your direction will eventually become clear.

Community colleges also offer a wide range of classes for exploration, as well as skilled trade program, and two year vocational programs.

Sprague High School subscribes to the following Internet site specifically designed for you to explore your personal career options, college majors, and other pertinent information to help you figure out what suits you best.

Career and College Exploration And Programs of Study Exploration

1. Web address: www.oregoncis.uoregon.edu
2. Log-in with User Name: lastname_firstname
3. Pass word: student ID number #

Be sure to check the Career Center web page on the Sprague's home page, for announcements, college visits, deadline dates, and scholarship information.

www.sprague.wvi.com