



# Avoiding the “Senior Slide”

**How to Finish Strong During  
Your Last Year of High School**

# Senior year: It's here!

Get ready for a whole new level of opportunities, future planning ... and, yeah, some stress. It's an exciting and exhausting time, and a lot of seniors are tempted to take it easy and leave the tough stuff for next year. **"The senior slide" could cause problems down the road.**

But don't worry! Things will turn out fine as long as you remember to:

## ✓ **PRIORITIZE**

what you need to do before graduation

## ✓ **DECIDE**

what's the best path for you

## ✓ **"THINK BIG"**

about your life after high school

This book will help you prioritize, explore, and make big decisions about your future.



# Keep life after high school front-and-center

Socrates said,

***“Education is about the kindling of a flame, not the filling of a vessel.”***

OK, maybe we’re starting things off a little heavy by quoting a Greek philosopher. But in avoiding the senior slide, it’s important to remember that senior year is a continued opportunity to keep learning. **The key to that is focus.**

Instead of focusing on the end of high school, focus on the beginning of life after high school.

If you’re headed to college or looking to get a job right away, you should know that there are many factors colleges, universities, and businesses consider when making admissions and hiring decisions:

- High school grade point average
- Class rank
- Whether you’ve taken challenging classes (and remained in them for the whole year)
- College admissions test scores
- Activities, leadership, and involvement
- Your college application and essay
- Your work-ready skills (including “soft skills” - teamwork, motivation, leadership, etc.)



# Finish strong

You may have earned top grades earlier in your high school career and as a result, may be tempted to let your grades slide during your senior year. **Doing this can affect:**

- **Scholarship opportunities**, where your grades and achievements are a big factor.
- **Your GPA**, which colleges use for admission decisions.

**YOUR GPA WILL COUNT IN THE LONG RUN.** Don't let your grades dip just because it's your last year. Focus on taking the right courses, keeping your grades strong, and challenging yourself.

**BUT WHAT ARE THE RIGHT COURSES?** To be ready for college, we at ACT® recommend you take the following between your first and final years of high school:

- 4 years of **English**
- 3 years of **social studies**
- 3 years of **math**  
*(including algebra, geometry, and algebra II)*
- 3 years of **science**  
*(including biology, chemistry, and physics)*

Check your transcript and make sure you're on track. If you're not on track, talk to your counselor about adding the classes you need to your senior year schedule.

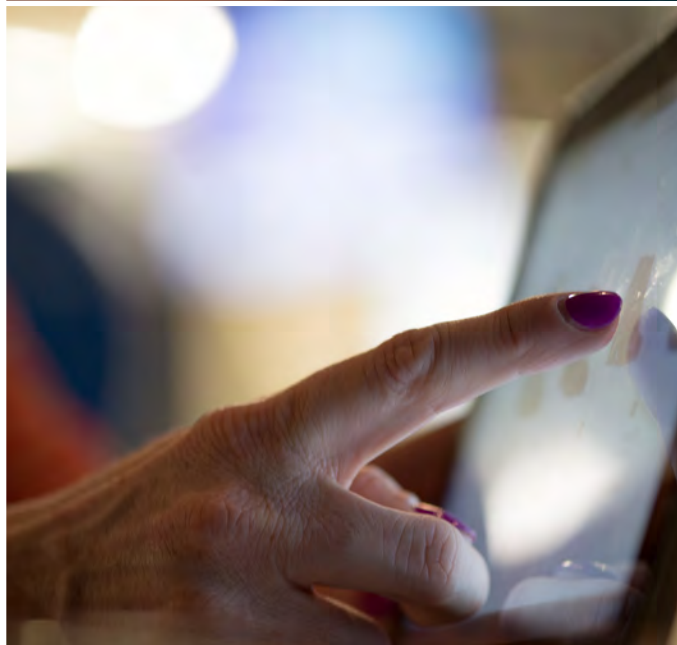


# Challenge yourself

## You can use your senior year to take certain courses that will give you a head start on college.

Some high schools offer college-level and advanced courses that can help you earn college credits. Some can even be taken online or locally, giving you a comfortable and familiar environment for college-level learning. These courses can provide a great transition between high school and college, helping you understand what a college classroom and workload might be like.

**AND BEST OF ALL, SOME SCHOOLS MAY EVEN PAY FOR THESE CLASSES.** That could mean less money for you to pay in tuition fees later.



# Stay active

**Have you participated in sports, arts, and other extracurricular activities during high school?**  
**Have you made time to volunteer in your community?**

What you do outside the classroom can be just as important as getting good grades, whether you're headed to college or getting a job after graduation.

## **GET INVOLVED!** *(OR STAY INVOLVED)*

Many colleges and businesses take your activities into consideration when deciding which students to accept or hire. Most colleges, universities, and businesses look for well-rounded students who can juggle a busy life with their education and/or work.

Adding sports, arts, volunteering, and other activities to your college or work application shows that you're more than a test score or your GPA, and that you'll have a lot to offer the world after graduation.

Plus, activities can open the doors to financial aid opportunities, such as sports or arts scholarships.





# Make a commitment to learning

You might hear your teachers and counselor talking about being **“college and career ready.”** The key to college and career readiness is to keep building your knowledge through your senior year and beyond.

Making a commitment to lifelong learning during your senior year can help guide you after high school. The most successful people are constantly looking to improve themselves. That’s especially important in the working world, where being able to change with the times (*new technology, keeping up with customer demands*) can lead to a long and successful career.

Making the commitment to never stop learning is especially important if you plan to continue education after high school. It can also affect your overall happiness and well being. Let’s talk about taking that next step.



# Get serious about college

## Why college?

Some people move straight from high school into a career. But studies show that:

- People with college degrees or certifications **EARN ABOUT 56% MORE** than those who only have a high school diploma
- **65% OF ALL JOBS** will require education and training beyond high school by the year 2020
- Few jobs requiring only a high school diploma have **PROMOTION** potential

*Sources: US Department of Labor, US Bureau of Labor Statistics, Economic Policy Institute, Center on Education and the Workforce,*

In addition to money, having a college degree or certification opens up more possibilities for your future, including more stable employment, greater benefits, and better career opportunities. **In the long term, any type of education after high school can make your career a little smoother.**





# College considerations

**Maybe you've already started thinking about or planning for college.** Senior year is the time to consider who you are and what you want, and then use this research to explore different college options.

Are you a self-starter, or do you need a little motivation? Do you like being part of a crowd, or would you rather work alone or in a small group? How important is it to be close to family and your current group of friends after graduation? Or do you want a change of scenery and opportunities to meet new people?

The first step is knowing yourself by asking questions like those above, and then exploring college options to determine which ones are best for you.

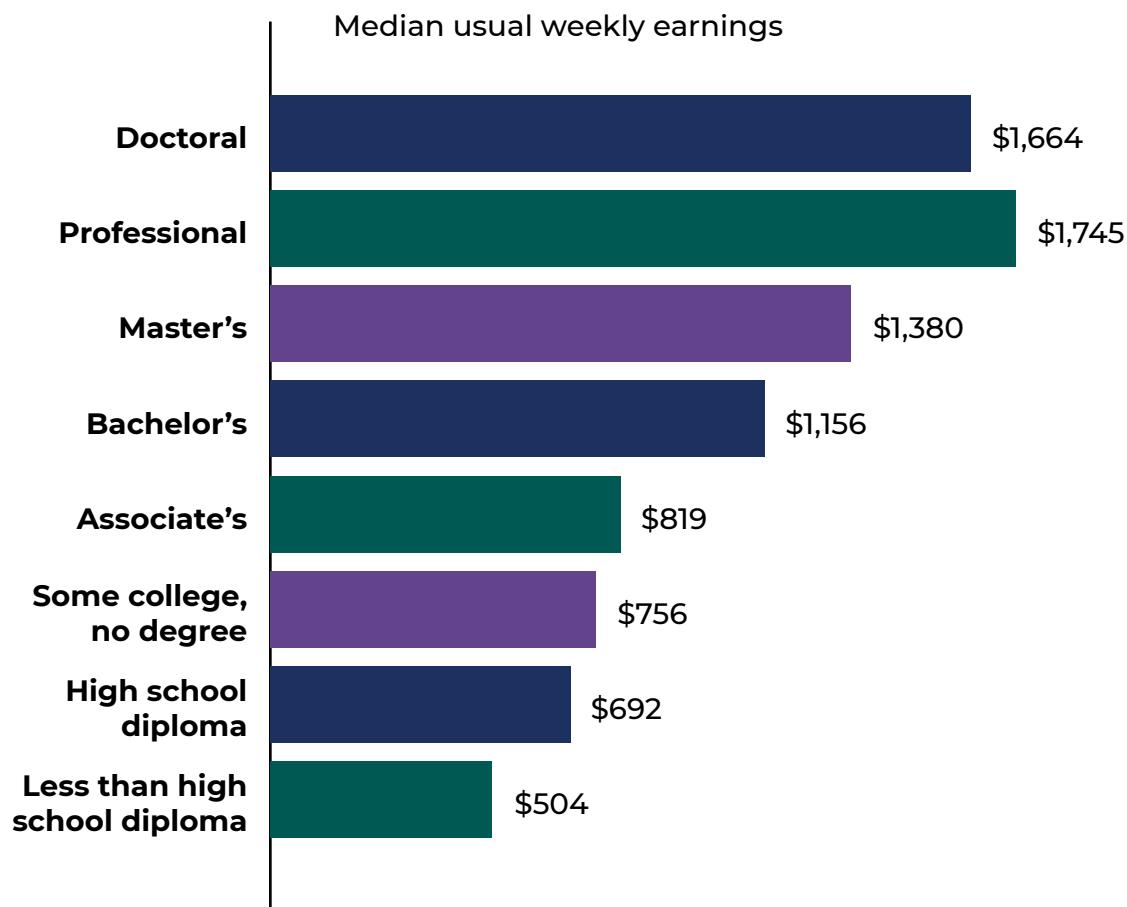
## TYPES OF SCHOOLS

- **COLLEGES** offer academic programs leading to four-year bachelor's degrees
- **COMMUNITY** and **TECHNICAL COLLEGES** offer two-year programs leading to an associate's degree and transfer programs that are similar to freshman and sophomore offerings at four-year colleges and universities
- **UNIVERSITIES** offer four-year and graduate programs in liberal arts, business, engineering, education, medicine, and other fields
- **VOCATIONAL-TECHNICAL** schools offer career-oriented programs that can last from a few months to a few years, awarding a certification or license in a specific field

# Lifetime earnings

**Knowing what kind of career you want can help you decide what level of degree you should earn.** Keep in mind that your degree can and does lead to higher salaries.

## Earnings by educational attainment, 2016



Source: US Bureau of Labor Statistics

# Large vs. small colleges

The kind of education you're looking for—including the experience and major you want—can vary depending on the size of the college or university you want to attend.

**Again, the key is knowing yourself, your needs, and your goals.**

## **LARGER COLLEGES AND UNIVERSITIES** may offer:

- More areas of specialized study
- More courses in each area
- More anonymity
- Greater range of extracurricular activities
- Larger libraries
- More laboratory facilities
- Graduate programs

## **SMALLER COLLEGES AND UNIVERSITIES** may offer:

- A more personal atmosphere
- Small classes, more discussion, and fewer lectures
- A greater chance of participation in athletics, clubs, and leadership positions
- Less distance between students and faculty
- More flexible programs

## **PUBLIC VS. PRIVATE COLLEGES**

If you choose the four-year college route, you'll need to decide between a publicly or privately funded college or university. Private colleges are often smaller, with fewer students, more access to faculty, and better chances of getting into programs and classes. They're also typically more expensive than public colleges, although financial aid can offset those costs.

## **WHICH KIND OF COLLEGE YOU CHOOSE WILL DEPEND ON MANY OTHER FACTORS, AS WELL:**

- Your comfort level  
(*class size, distance from home, etc.*)
- What you can afford
- Which college is the best fit to your program of study



# Researching colleges

You can research different kinds of colleges with lots of different of sources. **The important thing is to gather information from as many sources as possible so you can make an informed decision.**

## THESE RESOURCES CAN HELP:

- **MyACT**  
—A free, mobile, and online resource that helps you explore colleges and careers
- **ACT Student** ([act.org/student](https://act.org/student))
- **College websites**
- **Your school counselor**
- **Family members and friends** who've attended college
- **Professionals** in your field of interest
- **College fairs**
- **College representatives** who visit your school
- **College visits**



# Hit the road—Visit a college

Once you start to narrow down your college choices, it's important to visit campuses so you can get a feel for each college's atmosphere and how you might fit there.

You can start by asking your counselor about any scheduled group college visits for students at your school, or fill out a form on the college's website to schedule a one-on-one visit. Making arrangements in advance lets you talk to as many people as possible.

Try to meet with faculty, coaches, or students involved in your areas of interest—both academic and extracurricular.

**TIMING IS CRUCIAL TO GET AN ACCURATE IMPRESSION OF THE SCHOOL.** For example, if you schedule your visit during summer break or during a busy time like homecoming, you probably won't experience the typical atmosphere at that college.

## CAMPUS VISIT CHECKLIST

- ✓ **MEET** with an admissions counselor
- ✓ **ASK** about admissions requirements (ACT scores, GPA, activities, etc.)
- ✓ **DISCUSS** your chances for success in programs of interest
- ✓ **ASK** how to apply
- ✓ **ASK** about costs, financial aid, and scholarships
- ✓ **MEET** with faculty in your intended major
- ✓ **ASK** about housing and transportation options
- ✓ **ATTEND** or visit a class to get an idea of class size, teaching style, and academic atmosphere
- ✓ **ASK** about the career placement record for graduates in your planned field of study
- ✓ **IDENTIFY** career planning services for undergraduates
- ✓ **TOUR** the campus and check out residence halls, dining options, and libraries
- ✓ **TALK** to students about programs, the campus atmosphere, and the college experience
- ✓ **FIND** out about student activities, campus life, and social activities
- ✓ **MEET** with coaches, music directors, and others

# Other ways to learn after high school

## APPRENTICESHIPS

Becoming an apprentice allows you to earn money while learning about a specialized, highly skilled career, like carpentry, plumbing, electrical work, and even types of engineering. Check [www.dol.gov/featured/apprenticeship](http://www.dol.gov/featured/apprenticeship) for examples.

## INTERNSHIPS AND JOB SHADOWING

Consider contacting local employers during your senior year and ask if they offer internship positions for hands-on experience or opportunities to “shadow” an employee and learn more about day-to-day work. You might even be able to participate in these before graduating high school.

## MILITARY PROGRAMS

The branches of the Armed Services offer specialized training in many fields and teach skills applicable to careers. Serving in the military can not only help you earn money for college, it can offer job and career training.





# Am I ready for college?

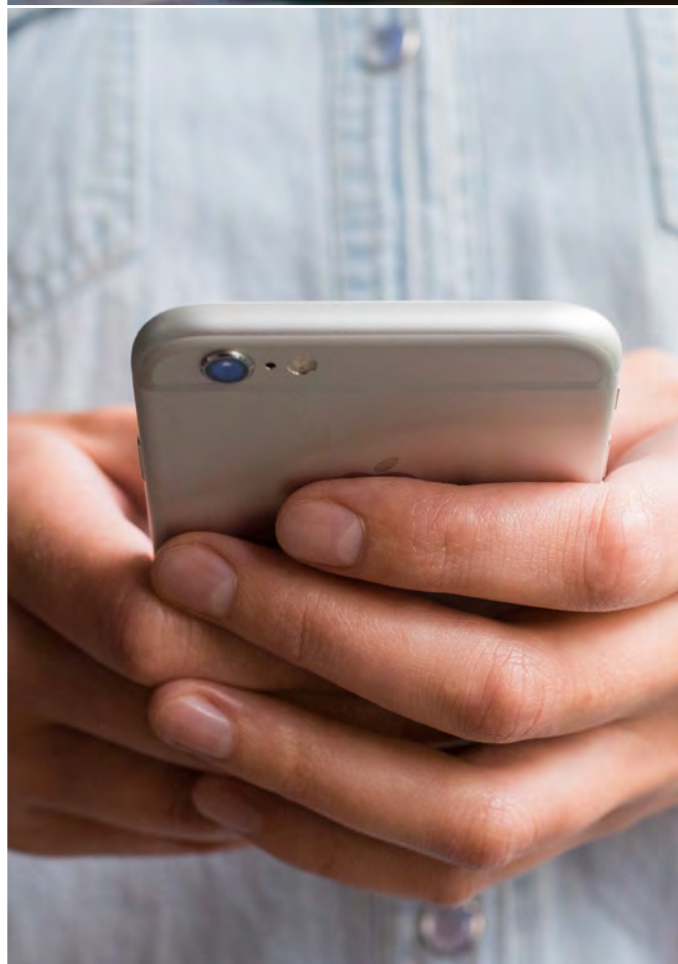
**The best way to figure out if you're ready for college courses is to take a college admissions test.** Most colleges and universities require or recommend that students submit test results as part of the application process.

The ACT® test is the most widely taken college admissions test and is curriculum based—meaning it tests you on what you've learned during high school. It includes four areas—English, math, reading, and science—and it's designed to measure your current level of education in these subjects. The ACT also offers an optional writing test, which is required by some colleges and universities.

Taking a college admissions test is an important step in planning your future after high school. ACT recommends taking the test the first time during junior year so you'll have time to retest, if necessary. But it's not too late to take the test during senior year. Every university and college has its own deadlines, but usually early college application deadlines fall around November and regular application deadlines are typically between January 1 and February 1.

## **AND REMEMBER: YOU CAN SEND YOUR ACT SCORES TO UP TO FOUR COLLEGES FOR FREE.**

Remember to list those colleges when you register to take the test. Also, when you register, consider signing up for the ACT Educational Opportunity Service. This allows colleges, universities, and scholarship agencies to connect with you - and it opens doors to college access and financial aid.



# Retesting: Every point matters

If you took a college admission test during your junior year, are you satisfied with the result? **Will it get you what you need?**

Did you know that improving your score by just a single test point can be worth thousands of dollars in financial aid, or provide greater opportunities for college selection? That's why many students choose to take the ACT more than once, (more than half of 2015 ACT test takers improved their score after retesting).

A typical 2015 test taker received an ACT Composite score of 20. But those who retested had an average Composite score of nearly three points higher than single-testers, according to ACT research.. Here's how that score would compare to the average ACT scores accepted by these colleges for admission, compared to getting a score that's three points higher.

College or university	Average ACT Composite score accepted	Chance of acceptance with ACT Composite score of 20	Chance of acceptance with ACT Composite score of 23
Boise State University	23	70%	80%
Bowling Green State University	22	69%	83%
Central Michigan University	22	59%	73%
New Mexico Military Institute	20	40%	50%
Oregon State University	24	66%	75%
San Jose State University	23	42%	55%
University of Memphis	22	32%	44%
University of Wisconsin - Milwaukee	20	80%	88%
West Virginia University	24	75%	84%

Source: [collegesimply.com](http://collegesimply.com)

## HERE ARE TWO THINGS TO CHECK:

- Whether the colleges or universities at which you're applying have a "cut score," or minimum score requirement, and how they use subject area scores.
- Whether additional financial aid is available for scores higher than the one you earned.

# How college admissions tests are used

**When colleges make admissions decisions, they want to know about the whole student.** They realize you're more than a test score, and that's why they ask for so much information when you apply.

**COLLEGES CONSIDER ALL OF THE FOLLOWING**  
(and maybe more) **WHEN MAKING**  
**ADMISSIONS DECISIONS:**

- Your GPA
- Your class rank
- Activities, volunteering, and other participation
- Your application and essay
- Difficulty of classes you've taken
- Your college admissions test results

Colleges and universities will use test results and these other factors for course placement, advising, career counseling, and scholarship awards decisions. Your test results, just like all the other factors, are very important, so it's important that you do your best.





# How to prepare for college admissions testing

**You may feel nervous when you have to take the ACT test because you feel like a lot is at stake.** But don't worry! Whether you know it or not, you've been preparing for this test since you started high school because it tests you on what you've learned.

To keep test anxiety at a minimum, read up on what the test is about and how best to take it. (See the next page for some test-taking tips that will make the experience go smoother.)

This is another reason to test more than once. You can use your first testing experience as a way to familiarize yourself with the real test and test day procedures. On the second attempt, you'll know what to expect and feel more confident.

There are many free and low-cost test prep tools available. Go to [www.act.org/theact/testprep](http://www.act.org/theact/testprep) for more information.



# 12 tips for taking a college readiness assessment

## 1. The day before the test:

- » Gather everything you need (approved calculator, test ticket, sharpened pencils, photo ID)
- » Check the registration time and location
- » Know how to get there

## 2. Get plenty of sleep the night before the test.

## 3. Wear comfortable clothing and eat a healthy breakfast the day of the test.

## 4. As you get started, take a few deep breaths to calm yourself.

## 5. Keep a positive attitude.

## 6. Listen carefully to instructions and ask questions if you don't understand something.

## 7. Focus your attention entirely on your work.

## 8. Position your answer sheet right next to your test booklet so you can mark answers quickly and accurately.

## 9. Read each question and possible responses completely before answering.

## 10. If you're not sure of the answer, choose the one you think is best and move on. Be sure to answer every question—there's no penalty for guessing.

## 11. Pace yourself and occasionally check the time.

## 12. If you finish before time is up, reread the questions and check your answers.



When you take the ACT, you receive a score report two to eight weeks after the test date. The report is full of information. **Here's how to use it.**

[http://www.act.org/content/act/en/products-and-services/the-act/scores/understanding\\_your\\_scores.html](http://www.act.org/content/act/en/products-and-services/the-act/scores/understanding_your_scores.html)

# How to pay for college

For most students, college costs are a big factor in the planning process. Attending college can be expensive, but it's an excellent investment in your future. **Never let expense stand in the way of a college education.**

Fortunately, there are lots of ways to pay for college—and your performance in high school (good grades and involvement) can make a huge difference in getting free or low-cost financial aid.

Your parents/family may have started a college fund for you, or maybe you've been saving money from part-time or summer jobs, family gifts, and other resources. But it's very likely you're going to need more help. Talk with your family about their ability or willingness to help pay some college costs, and remember that there are many forms of funding available. Never assume that you're ineligible for financial aid; explore all of your options.

## FUNDING SOURCES INCLUDE:

- **Scholarships**—Awards based on merit or need that you don't repay
- **Grants**—Awards based on need that you don't repay
- **Loans**—Funds available through private lending institutions, colleges, and state or federal government that must be repaid
- **Work study programs**—Jobs funded by the school and often related to a student's program of study

Finding sources of funding means researching (*either online or in person*) the aid available at colleges you want to attend, and asking your counselor for tips on scholarships and grants.

**COLLEGE FUNDING IS AVAILABLE.**



# Planning your college costs

Keeping your top-choice college or university in mind, estimate the following costs to figure out how much you'll spend in college:

- Calculate college-related costs (tuition, fees, housing, food, books)
- Calculate other costs related to living on your own (transportation, clothing, laundry, food, entertainment)

**DON'T PANIC** once you've calculated the totals! College, like life, is expensive. But there is financial aid available and many, many ways to stretch how much you spend while you're in college.



# Steps to apply for financial aid

1. **DEVELOP** a financial aid calendar—Deadlines vary, so if you put together a calendar of when applications are due and stick to it, you'll be in a good position to apply for financial help.
2. **APPLY** for financial aid when applying for admission—Many colleges require both an application for admission and for financial aid before your financial aid eligibility can be determined.
3. **SUBMIT** required financial aid forms—File all forms for the colleges you're considering, including the FAFSA (Free Application for Federal Student Aid). Go to [www.fafsa.ed.gov](http://www.fafsa.ed.gov) to fill out the form or request a paper version.

*Note: You only need to complete one FAFSA, which includes a section for you to list colleges that should receive your information. During senior year, complete the FAFSA as early as possible (available on October 1). The FAFSA calculates your Expected Family Contribution (EFC) and determines your eligibility for federal Pell Grants and many state programs.*

4. **APPLY** for scholarships and grants—Ask your counselor about state scholarships, grants, and loan programs. Also look for institutional, community, foundation, and corporation program funds.
5. **KEEP** track of progress—Monitor the information you receive from colleges regarding fees and payment schedules, and include this information in your college planning.



# Financial aid resources

## ACT

More information from ACT on financial aid and where to find it.

[act.org/student](https://act.org/student)

## FAFSA

More about the Free Application for Federal Student Aid.

[fafsa.ed.gov](https://fafsa.ed.gov)

## FINAID

Features a free scholarship search function and information on loans, savings programs, and military aid.

[finaid.org](https://finaid.org)

## STUDENT AID ALLIANCE

Has student success stories, descriptions of aid programs, lobbying tools, and legislative updates.

[studentaidalliance.org](https://studentaidalliance.org)



# Applying for college

After you've taken stock of your future plans and goals; explored and narrowed your college options and financial aid opportunities; and taken a college admission test, it's time to take the next big step: **applying for college.**

Hopefully, you were able to gather some good information about applying for colleges during campus visits. If not, ask your school counselor for help, or look online for application procedures for each college you're considering.

- Ask your counselor or administrator's office for all the forms you need, such as:
  - » Transcripts
  - » Records
  - » Test scores
- If a college asks for references, be sure to identify people who know you well, and get their permission before sharing their contact information. These people could include:
  - » Teachers
  - » Counselors
  - » Principals
  - » Employers
  - » Community leaders

## COLLEGE APPLICATION TIPS

- Be sure to prioritize which college is your first choice, and rank others according to:
  - » Your ability to cover tuition, either yourself or with financial aid
  - » Availability of majors and programs
  - » Likelihood of admission
- Know the application process, deadline, and fee schedule for each school you're considering.
- Complete applications and return them to the admissions offices (either in person or online) as early as possible.
- Keep copies of your records.



# Top college application mistakes

- Misspellings and grammatical errors
- Applying online without submitting or attaching the application and essay
- Forgotten signatures
- Not reading instructions carefully
- Listing extracurricular activities that aren't school-approved activities
- Forgetting to tell your counselor where you applied
- Giving references too little time to submit letters of recommendation
- Using a "funny" or inappropriate email address
- Not checking email regularly
- Letting parents, relatives, or friends fill out the application for you
- Forgetting to use common sense on social media (remember: if strangers can read your posts, admissions officers can, too)



# Choosing a college

Once you've considered everything you want in a career, determined what you can afford, applied for college, and applied for financial aid, **it's time to make the big decision!**

## WHERE WILL YOU GO AFTER HIGH SCHOOL?

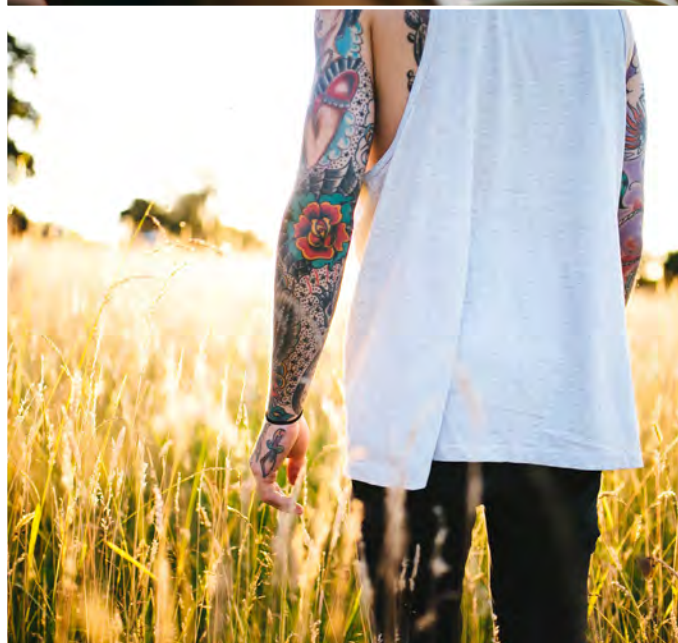
Start watching for letters and emails confirming your acceptance into the colleges to which you applied. Keep track of when each one needs to hear from you to finalize the acceptance so you don't miss a deadline.

You're not in this alone! Selecting a college is usually a family or group decision. Keep communication open with family members, and listen to advice from others—your counselor, other students, and financial aid officers. They all can help with your decision.

## FOLLOW UP WITH COLLEGES

Once you've made a final decision and your acceptance has been confirmed by your college choice, be sure to notify all other colleges to which you've applied that you won't be attending. Often, colleges are holding scholarship money for you, and confirming your choice to go elsewhere can give other students an opportunity.

**CONGRATULATIONS ON MAKING YOUR CHOICE!**





# Exploring options besides college

There are plenty of career opportunities for high school graduates who don't want *(or aren't ready)* to pursue college after high school.

**Here are some tips for finding employment right after you get your diploma.**

- Discuss employment options with your counselor.
- Ask your counselor about vocational or technical programs offered at your high school or through nearby educators.
- If you're already working, look into higher-level jobs with your current employer.
- Look for apprenticeships and other job training opportunities.
- Look at employment websites for opportunities and job requirements.
- Ask to "job shadow" at a local business to get a feel for the environment and expectations in jobs that pique your interest.
- Work with your counselor or the local employment office on developing a cover letter, resume, or personal website to help you apply for jobs.
- Consider getting a professional certification, license, accreditation, or an employability certificate like the ACT WorkKeys National Career Readiness Certificate to boost your job prospects.



# An option to serve

**Another post-high school option is serving in the US Armed Forces.** Here, you can gain real-world job skills and even scholarship opportunities that might lead you to a college path. You can also serve while attending college.

- Stop by your local military recruiters' office or meet with recruiters during their visits to high school.
- Talk to family and friends who have served.
- Evaluate any limitations (physical, mental, emotional) that might prevent you from serving.
- Compare military training opportunities with job positions outside the military.
- Compare benefits, tours of duty, training, and promotion opportunities of various military programs.





# Senior year checklist

## SUMMER

**WHAT TO DO:** Make your summer count. It can be a real growth and planning opportunity, and it can help focus the planning you'll need to do your senior year.

**HOW TO DO IT:** Pursue a summer job that matches your career interests, and earn and save for college. Or look for volunteer or job-shadowing opportunities so you can see your dream career up close or explore ideas of what you might want to do.

## AUGUST

**WHAT TO DO:** Compare the colleges on your list. Have you weighed pros and cons carefully? Which colleges meet your needs?

**HOW TO DO IT:** Continue visiting colleges and college websites. Organize your college choices into a detailed pro/con list. Pay special attention to colleges with the longest "pro" list.

## SEPTEMBER

**WHAT TO DO:** Apply for admission to your top-choice colleges. Do you have all the necessary forms? Be sure to check application deadlines, and put them on your calendar.

**HOW TO DO IT:** Obtain application forms. Observe deadlines. Submit transcripts and test scores (and retest, if necessary, to get your best possible score).

## OCTOBER-FEBRUARY

**WHAT TO DO:** Apply for financial aid. Have you investigated all possible sources of aid? When should you apply?

**HOW TO DO IT:** Talk to your counselor or your top colleges' financial aid offices. Get all the financial aid application forms and watch for deadlines. Complete the FAFSA as soon as possible after October 1.

## FEBRUARY-MAY

**WHAT TO DO:** Make your final decisions. What additional preparation would be helpful? Should you consider summer school? Do you feel comfortable with your final choice?

**HOW TO DO IT:** Check with parents, counselors, and mentors and ask them to help confirm your decision. Then contact your chosen college to confirm and decline other admission offers. Take control of your future!

## MAY-JUNE

**CONGRATS, GRADUATE!**

# One last thing ...

This eBook was designed to give you useful advice, tips, and strategies you can use during senior year to prepare you for life after high school.

The most important tip we can give you is this:  
**be confident!** Having a positive attitude will get you so far in life. If you work hard, that discipline will pay off in college and/or your career!

Your curiosity, hard work, and perseverance will make all the difference.

**CONGRATULATIONS, AND BEST OF LUCK!**



# Connect with us

for updates, strategies, college planning, and more!



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