


The Capitol School's Timeline to Prepare for College

Freshman Year

- The Alabama State Dept. of Education requires a "4 by 4" curriculum with 4 years of English, Math, History and Science. There are other requirements in P.E., Fine Arts, Technology and electives. In addition, The Capitol School recommends 4 years of foreign languages.
- Get involved in your school by joining clubs and playing sports. Write down all of your extra-curricular activities outside of school such as Boy Scouts, Leadership camps, etc.
- Plan ways to contribute 1 hour of service by volunteering each week in the community. Keep a log of all the agencies where you volunteer

Student Volunteer Log					
			Student's Name: _____ (Keep for College applications)		
Date	Agency & How you volunteered?	# of Hours	Date	Agency & How you volunteered?	# of Hours
		Total # of Hours			Total # of Hours

- Work hard to earn good grades. Your yearly GPA is determined by earning 4 points for each A on your May progress report or 3 points for a B or 2 points for a C or 1 point for a D.
- Sign up for the ACT test "question of the day" <http://www.act.org/qotd/>

Sophomore Year

- Schedule with Capitol School's counselor to sign up for COMPASS tests
http://www.sheltonstate.edu/admissions/registration_information/register_for_classes/registration/compass.aspx
You must take the COMPASS test and score 67 or higher in English, 87 or higher in Reading & 46 or higher in Math in order to take UA Early College GATEWAY class.
- You must be age 15, have a 3.0 GPA, and score high enough on the COMPASS tests to apply for Dual Enrollment/Dual Credit and to take the first Early College class, GATEWAY for 2 hours of college credit. <http://uaearlycollege.ua.edu>
- Continue taking high school courses and keep your grades up.
- Keep up with your extracurricular activities by making a list with dates.
- Remain involved in your school & community and document all SERVICE hours.
- Start keeping track of your activities and honors – it can be hard to remember everything you've accomplished if you don't write it down now!
- Attend a college fair in Tuscaloosa or Birmingham and subscribe to online fairs.
- Order the ACT Online Prep for \$19.95 and buy a kitchen timer to spend 20 min. a night practicing your test taking skills.
https://services.act.org/OA_HTML/ibeCCTpItnDspRte.jsp?section=10020&item=70466&sitex=10020:22372:US
- Sign up to take the ACT and/or SAT tests. Use our school code to register:

High School Code

TUSCALOOSA

CAPITOL SCHOOL

012681

<http://www.actstudent.org/regist/dates.html>

<http://sat.collegeboard.org/register/sat-us-dates>

Junior Year

- Continue with challenging course work and keep working hard to get good grades.
- Take one Dual Enrollment class this fall and one during the spring semester. Consider a summer class to be sure you have the minimum of 12 college hours or the “magic” number of 17 hrs. for auto admission by your senior year.
- Take the PSAT test. Some important scholarships are based on this test. (Be sure to sign up for this test early in the fall).
<http://www.collegeboard.com/student/testing/psat/about.html>
- Stay active and try a new sport to stay involved in your school for extracurricular activities like German Day competition and Spanish Day competition.
- Find additional ways to find ways to serve in our community & document them.
- Start researching colleges online and by talking with their representatives and alumni. Set up some college visits within the state during the fall.
- Contact graduates of your high school who attend the colleges you're considering. Ask for their impressions of the colleges.
- Attend another college fair to find out more about different college options.
- Start searching for scholarships.
- Take the ACT and/or the SAT tests again this year.
- Review your course schedule and transcript with Dr. Rountree for your senior year to make sure you have or will have taken courses required by colleges.
- Write, email or call colleges for applications, or check to see if the colleges have online applications OR use the *COMMON APPLICATION*.
- Continue visiting all of the colleges you are seriously considering.
- Decide whether you will take the ACT and/or SAT again and register for the tests.

Senior Year

- Enroll in a minimum of two more college classes this year through Dual Enrollment/Dual Credit programs.
- Begin narrowing your college choices. Try to pick 3 – 5 schools that best meet your educational needs. Start working on applications for these institutions.
- Make a MASTER LIST of all the admissions, financial aid, and testing deadlines that you will need to meet.
- Take the ACT and/or SAT again (if necessary) to make a composite of 30 !
- Before Nov. 1, talk to your teachers and counselor about any necessary letters of recommendation.
- Attend a college fair with your parents.
- Schedule campus visits at the colleges in which you are most interested. Try to visit on a weekday when classes are in session. Many colleges host open houses to provide prospective students and parents with information. Finalize and submit applications for admission to your top college choices.
- As soon as possible in January, your parents should complete an online FAFSA (Free Application for Federal Student Aid). Be sure to include the codes for the colleges you are considering.
- Complete all Capitol School requirements: order a senior brick for the Memory Walk, order a graduation robe, invitations & namecards, and schedule an appointment to have your senior portrait taken by LifeTouch Photographers.
- Evaluate scholarship and financial aid information offered by colleges.
- By May 1, make your final decision based on criteria you feel are important to you and your educational needs.
- Return necessary forms to the college you will attend: housing contracts, medical forms, admission deposits, residence hall/ roommate selection forms. Notify Dr.Rountree and all schools to which you have applied of your college decision.

