

Contents

What is Alabama Goes to College?
Cash for College
Did You Know?
How can I pay for college?
Alabama College Application Campaign9
Choosing the Right School
Alabama College and Career Decision Day11
"Not 13th Grade"
Academics
Campus Resources
Campus Life
Professional Development
Safety
Health and Wellness
Managing Money
Connect with Alabama Goes to College
About Alabama Possible
Appendix

What is Alabama Goes to College?



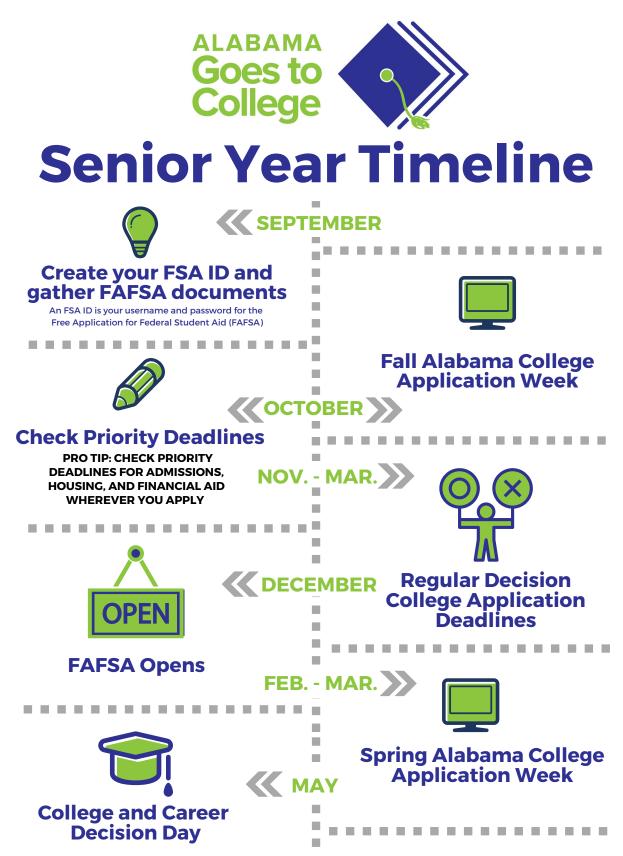
Alabama Goes to College equips

Alabamians with tools and connects them to relationships so that every student can plan for, pursue, and complete valuable postsecondary credentials.

Most career pathways require postsecondary credentials, including technical certificates and academic degrees. Alabama Goes to College provides resources for students and families to explore college and career options, find financial aid opportunities, and successfully transition from high school to college.

College is education after high school that results in the attainment of valuable postsecondary credentials: whether to obtain a two-year degree, a four-year degree, a professional/technical certificate, or industryrecognized credential; enter the military; or pursue a skilled trade.





alabamagoes2college.org | #ALGoes2College #IApplied #Cash4College

Cash for College



Cash for College's goal is for every graduating senior to complete their FAFSA (Free Application for Federal Student Aid) before they graduate from high school so that they can access federal, state, and institutional aid to pay for their education after high school.

The Free Application for Federal Student Aid (FAFSA) is used to determine the amount of financial assistance the government and colleges can offer you to help pay for educational programs after high school.

HELPFUL HINT

Reach out to a financial aid officer at your college if your financial situation changes or



your award does not accurately reflect your financial need. If you need more assistance, you can use platforms such as <u>SwiftStudent.com</u> to help you draft a financial aid appeal letter.



Did You Know?

- When you submit your FAFSA, your financial information will remain confidential.
- You are encouraged to apply for FAFSA regardless of your family's income because many colleges require a FAFSA on file for access to institutional aid.
- Filling out the FAFSA shouldn't take long if you know what to expect, and there are plenty of resources available to help you!
- Federal Student Aid eligibility requirements do not exclude anyone on the basis of ethnicity or age. Citizenship status is not an automatic disqualifier for federal funds. Students should check <u>studentaid.gov</u> for eligibility.
- The FAFSA is not just for student loans it may qualify you for other types of aid, including grants, scholarships, and work study.
- Individual states and schools may have different <u>priority deadlines</u> for submitting your FAFSA. Make sure you are aware of the deadlines for your state and the schools where you are applying.
- The FAFSA form does not ask about your grades or GPA. However, you need to make <u>"satisfactory academic progress"</u> to continue receiving federal student aid, and possibly other institutional scholarships. This means you must earn the required grade point average and complete enough classes (credits, hours, etc.) in a time frame that's acceptable to your school.
- You should fill out the FAFSA as early as possible. The form requires you to list at least one school, but you can list up to 20 schools of your choice – even if you haven't applied or been accepted yet. Also, don't worry – schools won't be able to see what other colleges/universities are listed on your FAFSA.
- You need to fill out the FAFSA for each year you are attending college. However, after you've filled it out the first time, subsequent forms, known as renewals, are simpler and faster to complete.
- You (the student) should have a separate FSA ID (Federal Student Aid Identification) from your parents. Parents will create their own FSA ID.
- Even if you are living on your own without financial support, you likely don't qualify as an "independent" student, as the qualifications are strict. To qualify as an independent on the FAFSA, you must answer "Yes" to one of the questions <u>here</u>.





Did You Know? continued

- As circumstances change, so do financial aid packages. Life changes like starting (or losing) a job, getting divorced, and other factors can influence your eligiblity for aid, so you should continue to apply for aid even if you haven't received aid in the past.
- You can appeal your financial aid package offer, and financial aid officers are oftentimes able to adjust your package to make it more feasible for you to attend your dream school.
- You should only fill out the FAFSA on the official Federal Student Aid website, and there should <u>never</u> be a fee. If it's not the official website or you are charged, this is a fraudulent webpage.
- The Student Aid Index (SAI), previously known as the Expected Family Contribution (EFC), is used as an index to determine your eligibility for aid. Other factors, namely the cost of attendance at your school, impact the amount and type of aid you will receive. You may end up paying less than the SAI calculated on the FAFSA.
- You file the FAFSA for the upcoming school year based on the previous year's tax information. If you haven't filed your taxes yet, you can use tax returns from two years ago to estimate answers to FAFSA questions. Once your taxes are filed, you can correct the information you submitted.
- If you aren't granted as much aid as you need, you still have options. There may be scholarship opportunities, work study, and payment plans that can alleviate the financial burden.
- Federal Student Aid does not award or dispurse your aid; your school does. To find out the status of your aid and when to expect it, you will have to contact your school's financial aid office. Keep in mind that different schools have different timelines for awarding financial aid.
- Some people are selected for verification at random; and some schools verify all students' FAFSA forms. If selected, don't assume you're being accused of doing anything wrong. All you need to do is provide the documentation your school asks for by the school's deadline, or you won't be able to get federal student aid.





How can I pay for college?



There are four main types of financial aid:

GRANTS. Grants are gift aid because you don't have to pay them back. Grants come from federal and state governments and from colleges. Most grants are need-based, which means that they are usually given based on you or your family's financial circumstances.

2

SCHOLARSHIPS. They also do not have to be paid back. Scholarships come from governments, colleges, or private organizations. They may be awarded for academic or athletic ability, interest in a certain subject, or volunteer work. Some scholarships are given based on membership in an ethnic or religious group. Employers may also give scholarships to children of employees. If you have been awarded an institutional scholarship, either academic and/or athletic, find out before the semester begins what is required to maintain eligibility (i.e. having a declared major, your CGPA, the number of credit hours taken, volunteer

- hours completed, etc.)
- <u>JLV College Counseling</u>
- <u>Fastweb</u>
- Goingmerry.com
- Get Schooled
- <u>Cappex.com</u>
- SallieMae.com
- Scholarships.com
- <u>College Counts</u>
- <u>Student Scholarships.org</u>



LOANS. A loan is money borrowed from the government, a bank, or a lending company. Loans must be paid back with an extra charge called interest. The federal government offers low–interest loans to students with financial need. Other lenders charge more interest.



Alabama College Application Campaign



Alabama College Application Campaign is part of a national effort to increase the number of first-generation college students, and students from low-income families, to pursue a college degree or other higher education credentials. The primary purpose of this effort is to help high school seniors navigate the complex college application, and admissions, process and ensure they apply to at least one postsecondary institution. The effort occurs during the school day, with a focus on students who might not otherwise apply to college. The Alabama College Application Campaign (ALCAC) is sponsored by American College Application Campaign (ACAC), Alabama State Department of Education (ALSDE), and Alabama Possible.





CHECKLIST

- Create a balanced list of schools
- Document important deadlines
- Prepare required essays
- **Request letters of recommendation**
- Submit transcript request



Choosing the Right School



Reach, Match, and Safety Schools

- **REACH SCHOOL:** one where your academic credentials (grades, SAT or ACT scores, and class rank) fall in the lower end, or even below, the school's average range for the cohort of students accepted the previous year.
- MATCH SCHOOL: one where your academic credentials fall well within the school's average range for the most recently accepted class.
- **SAFETY SCHOOL:** one where your academic credentials exceed the school's range for the average first-year student.



Source: Encourage

School	Location	Average GPA	Average ACT/SAT	Cost Per Year	Deadlines
		1 			

Alabama College and Career Decision Day



College and Career Decision Day celebrates students committing to pursue their education past high school whether to obtain: a two-year degree, a four-year degree, a certificate, or industry-recognized credential; enter the military; or pursue a skilled trade.

• <u>REACH HIGHER</u> – an initiative by Former First Lady Michelle Obama's effort to inspire every student in the U.S. to take charge of their future by completing their education past high school, whether at a professional training program, a community college, or a four-year college or university.

HELPFUL HINT

Got your financial aid package from your school but need to request a change? Check out <u>FormSwift.com/swift-</u> <u>student</u>, a tool that helps you draft a financial aid appeal letter.

- <u>Better Make Room</u> is about creating a space for all the great things you'll do next, staking a claim, forging a path and lighting the way for others just like you. And it's a lot more fun to get there together. Get a better education, imagine a better future.
- <u>College Signing Day</u> celebrates all students committed to pursuing an education past high school. Whether they plan to attend a community college, a 4-year university, a certificate program, the military, or any other education past high school, College Signing Day shows full support of students making decisions for their future.

Disclaimer: All descriptions are obtained from the original site.

Use the chart below to compare your financial aid offers and make your college decision easier!

College	Cost of Attendance – Grants/Scholarships = Net Cost				
		-	=		
		-	=		
		_	=		
		-	=		

COA – Grants/Scholarships = Net Cost



"Not 13th Grade" ADVICE FOR YOUR FIRST YEAR OF COLLEGE





Academics



+ If you took AP or IB courses in high school, there's a chance you may be exempt from taking some GERs (General Education Requirements that all students are required to take). Also, if you are informed that you are required to take a placement test, ask if your classes will exempt you from taking the test.

The best way to confirm that you have received credit for your honors courses is by speaking with an Academic Advisor/Academic Coach or a representative from the Office of Admissions.

- + Always address faculty members as "Professor ____" or "Dr. ___" unless they specifically tell you otherwise. Since many have earned their doctorate, they are not teachers, so "Mr./Ms." is not appropriate.
- + Go to class and make sure to review your classes' attendance policies. Missing a certain number of class meetings per semester could lower your grade. Attendance is an easy way to keep your GPA high!
- Look into getting your textbook/class materials for free or at a reduced cost your professor may be able to provide free materials or have other resources you can review.
- + Take the initiative and don't settle on just any course...being a student is your job!
 - Take registration seriously popular classes fill up very quickly!
 - If a class is full, you can try emailing the professor directly, expressing interest in their course, or check with the Registrar's Office to see what the process is for a "course override".
 - Devote a good amount of time to researching course offerings, selecting classes that interest you, and building a potential schedule. Make sure you take courses within your major that will apply towards your graduation requirements.
 - Forecast what classes you must take one semester ahead. This way, you will have all the pre-requisites completed.
 - Know your attention span when making your schedule: Monday/Wednesday/Friday classes are usually shorter than Tuesday/Thursday classes.
 - Ask other students about classes and professors they have enjoyed, as well as ones that may have been more challenging. DON'T shy away from challenges. Remember everyone has a personal preference.
 - Coursicle.com a great resource to build potential schedules.
- + Be your own best advocate; because no one knows you as well as you do! If you had an Individualized Educational Plan (IEP) in high school, make sure that you contact the ADA (Americans with Disabilities Act) Compliance Officer. By doing the following, it should set you on the road to establishing any accommodations that you may need to be successful:

- Find out who the ADA Compliance Officer is. They are normally affiliated with a department that provides campus accessibility resources (i.e. know their name, email address, phone number, and office location).
- Inquire with them prior to your arrival to find out what documentation is required, and when.
- Keep a copy of all documentation that is submitted for your records.
- + Before the first day of class, take a walk around campus to all the buildings where your classes will be held (ask for directions if needed). Determine how long it takes to get to each building so that you can arrive on time for class. This will minimize first day jitters or frustration. Write down locations and directions, if needed.
 - **Remember**, you only have one time to make a first impression. So, "to be early is to on time; to be on time is to be late; and to be late is unacceptable."
- + Read through the syllabus and make sure you are aware of assignment deadlines and test dates.
- + Know how to remain disciplined. In college, you will probably have more free time than in high school, or you might have to work more hours to fund your education. So, either way, you will need to practice discipline to fulfill your obligations.
- + Create a schedule for yourself. Professors aren't likely to contact you if you're missing assignments or underperforming. So, it is YOUR responsibility to make sure you're keeping up with the material.
 - Here's a tip! Traditionally, each credit hour equals, a minimum of, two to three hours of study time per week. For example, your English Composition course is a three-credit course. Therefore, the amount of time you spend with your studies outside of the classroom, with this one course, should be between six to nine hours a week. Remember, this is for only one class. If you are taking 15 credit hours during your first semester, you should be studying between 30-45 hours per week to be academically successful. This is why time management is essential!
- + Get into the habit of working ahead.
- + Know the deadline for selecting a major/minor. Take introductory classes in the subjects that interest you (but remember to only enroll in classes that put you closer to graduation. <u>DO NOT</u> overload on electives.) Meet with your academic advisors and your favorite professors if you have questions or doubts about which major to choose.
- + "Office hours" are the hours when you are welcome to visit your professor...not when your professor is busy.
- Create an appropriate email address. Until you receive your college issued email address, it is best to have a personal account where you can receive and send correspondence. You only have once to make a first impression. So, make it a good one. (i.e. first name. last name@gmail.com)
- + Talking about emails, remember when you are communicating with a representative from the college/university, regardless of who they are, make sure you address them professionally and use full sentences. You are not texting a friend. So, make sure you

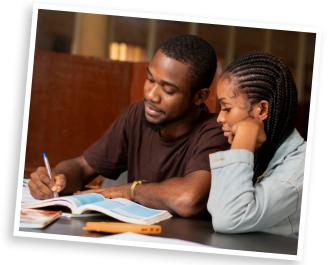
begin the email with a salutation [(Dear Dr. (Last Name)], use punctuation, a proper closing (Thank you or Sincerely), and sign it with your name and student number. Your student number **IS NOT** your social security number. Make sure not to share that. It is also very helpful to include your name in the subject line (i.e. EN 101 paper grade – First Name Last Name #12345).

+ It is important to know how to calculate your grades. It is best to check your grades at midterm. This way you will know where you stand before the final exam, project, and/or paper.

Campus Resources



- + Become familiar with the following departments on your campus (i.e. location of the offices and know their staff):
 - Student Affairs
 - Housing / Residential Life
 - Student Activities
 - Career Services
 - Library
 - Tutorial Services / Writing Center
 - Office of Accessibility (ADA Compliance Officer)
 - Financial Aid
 - Business Office
 - Information Technology
 - Academic Records (Registrar)



Family Education Rights and Privacy Act (FERPA) – a law that protects students' educational records unless authorization is also granted to a particular party.

+ Federal TRIO Programs

- All postsecondary schools are **not** recipients of this grant, but it is worth inquiring if your selected institution is. If you qualify as a participant (i.e. first-generation college student, low-income, students with disabilities, etc.) there may be scholarships available for participants in the program.
- + Academic Advisor(s) / Academic Success Coaches for freshmen
 - Find out how you will be advised on which classes to take.
- + Academic Affairs

- When you choose a major find one faculty member with whom you would like to be their mentee or at least communicate with outside of class (i.e. someone you trust to run ideas by).
- + Office of Campus Safety and Security (find out if the campus has their own police department)
 - Where are they located?
 - Are there blue emergency lights on campus, and where are they located?

Campus Life

- + Get involved: at the beginning of the year, there will be club fairs and general body meetings (GBMs) for all types of clubs and campus organizations; attend the ones that interest you to see if you'd like to join!
 - Campus involvement will not only be personally fulfilling, but also a good addition to your résumé as you apply for internships and jobs.

+ Take advantage of campus resources:

- There are often guest speakers, free events, free food, and other opportunities to have fun and meet people.
- Take advantage of facilities like the dining halls, gym, shuttle buses, and other amenities that will make your life easier.

+ Finding and living with a roommate:

- Know that your roommate doesn't need to be your best friend and may not be. If you have a high school friend or classmate going to the same college, don't opt to room with them – this insulates you from meeting new people, and living with a close friend often results in problems. You can still see your friends without living with them!



- Use social media, and other school resources, to meet other first year students and see if you connect with anyone whom you'd like to room with. You can then note this preference with your school.
- Ideally, your roommate will be someone who you like and can live with, while maintaining a certain degree of separation.
- When you find someone, you think you'd like to live with, talk about your habits, preferences, and other needs. You should live with someone who prefers the same lifestyle and routines that you do, to make sure you are compatible as roommates (examples: what time they sleep/wake up, whether they listen to music out loud in their room, etc.).

- The best roommates know how to communicate with one another.
- Try and live by the *Golden Rule*, "Do onto others, as you would want them to do unto you." Address any problems as soon as they arise. If you need help addressing the situation, a Resident Advisor (RA), or a student mentor who lives in the dorm, may assist in facilitating a positive conversation.
- If the problem(s) persist and cannot be resolved, you may be able to request a change in roommates.

+ Other helpful tips...

- Bring shower shoes! Community bathroom floors are used by many people and are not the most sanitary. Walk barefoot at your own **RISK!**
- When you do laundry in the dorms, make sure you're nearby during the entire laundry cycle. In your absence, it may provide an opportunity for another resident to take them out of the washer or dryer and leave them on the ground or elsewhere. Worse than that, you may have items stolen. So, remain present until your laundry is washed and dried.
- Keep your parents/guardian/family informed of important dates and events going on at the school. Colleges and universities do not have the close contact with families that high schools typically do.

+ Experience college...

- Get to know the city you're in, make new friends, and try new things.
- It's not all about academics! It's also a time for personal growth. This experience will most likely result in establishing lifelong friendships and unforgettable memories.

Professional Development



- + Take advantage of the career center it will likely offer services such as mock interviews, free interview attire, résumé, and cover letter workshops, and more.
 - It's never too early to have a résumé. Start with all the activities you did in high school. If they were impressive enough to get you into college, it's even better on a résumé.
- + Attend career fairs, even if you aren't sure what type of internship or job you want. They can offer great networking opportunities.
- Try to get summer internships or professional experiences – these will help you market yourself when looking for a full-time job.



- + You may find a summer internship during a job fair or through a career center newsletter, so keep your eyes out!
- + Make a good first impression...you only have once to do so. Establish a good relationship with professors for potential professional opportunities/connections (particularly in your field of interest).
- + The career center will likely have advisors for different majors. So, if you're looking for a certain type of job but don't know where to start, meet with the designated person on their staff. They will most likely have ideas, as well as connections to networks and resources.

Safety



- + Be aware of the safety of the surrounding area of your school and the crime rate.
 - Be familiar with <u>The Clery Act</u> and the mandatory annual report (at your chosen college/university) that is mandated by all institutions of higher education.
- + Sign up to receive notifications about safety alerts on and near campus (i.e. email and text).
- + Save all campus emergency phone numbers in your phone upon your arrival.
- + When out, especially at night, walk with a "buddy" do not put yourself in an environment where you are alone and don't know anyone else. There is safety in numbers.
- + Be aware of the dangers of alcohol and drug use, as well as sexual assault. These dangers are especially prevalent during your college years. You need to be aware of how to keep yourself safe.
- + Always take your dorm room keys and keycard (or whatever you need to enter buildings/ your dorm room) wherever you go. It's also best to carry your student ID as well.

Health and Wellness

- + Immunization Requirements find out if they are optional or a requirement for enrolling or to live in campus housing. If it's not required, still discuss it with family members to see if it's a personal preference for you. It's important to weigh your options.
- + College is a different lifestyle than high school, with different routines and habits. It's important to be mindful of the way these changes may impact your health.

+ Manage your mental health:

- If you are experiencing stress, anxiety, depression, or another mental health-related condition, your school will have resources to help you!

- Most schools have a free CAPS (Counseling and Psychological Services) program and other resources to help manage stress and anxiety.
- Consider meditating, exercising, and engaging in other stress relieving activities.
- + The stress that accompanies transitioning into a new phase of life can also affect physical health, including your appetite.
 - Try to maintain healthy patterns and make sure you are eating well.
- + Your sleep schedule will also look different than it did in high school, but one huge perk is that you can probably sleep in later!
 - After you have settled into your routine, consider what changes you need to make (if any) to ensure you are getting around 7-9 hours of uninterrupted sleep most nights. This means, try to unplug when you can (from phone, gaming system, laptop, etc.)
- + Be honest with yourself about how you are enjoying and adapting to college life.
- College is supposed to be a great experience, but it is normal if you take time to adjust. There is no shame in feeling homesick. Use this opportunity to increase on-campus interactions. Take time to connect with new friends on campus who can relate to your current experience.

Managing Money

- + College is a wonderful time of your life but it can also get expensive! However, there are ways you can keep up with the costs and minimize expenses.
- + Try to find a part-time job on campus. If you qualify for student aid, you may be eligible to get a job through a campus work-study program.
- + Many banks, especially ones near campus, may try to convince you to apply for a credit card. This is a bad idea! A debit card is much more well-suited to your needs and general spending habits during college. Make sure not to overdraw an account. This will lead to overdraft charges.
- + Lock your room when you're not in it and hide your valuable items. If it's something of value to you, others will find it valuable as well.
- + Don't leave your money, wallet, computer, phone, or other important items lying around unsupervised. People might steal them, and the school will probably not be able to help you get the items back.

The content in this document, pertaining to Not 13th Grade, has been prepared by Southern Education Leadership Institute 2022 Fellow, Julia Laico and edited by the Alabama Possible Team. The information in this document is intended to assist high school students navigate their first-year in college. For 30 years, Alabama Possible has been transforming conversation around educational attainment and economic opportunities. The organization's mission is to remove barriers to prosperity through education, collaboration and advocacy. For more information on Alabama Possible visit our website: alabamapossible.org and/or email: info@ alabamapossible.org





Connect with Alabama Goes to College



Follow us on social media

@algoes2college



Hashtags

#ALGoes2College #Cash4College #PellYes #FAFSA #IApplied #ReachHigher #CollegeSigningDay #BetterMakeRoom

Alabama Possible Resources

Alabama Goes to College Help Desk: Alabama
 Possible assists college-going students with
 college applications, scholarship searches, filling
 out the FAFSA, and any other college-related
 process. The free Help Desk is open every
 weekday and can be reached by texting or calling
 334-316-6155, sending a Facebook or Instagram
 message to @algoes2college, or emailing
 algoestocollege@alabamapossible.org.



<u>College Survival Guide Video</u>

Alabama Resources

- Alabama State Department of Education (ALSDE) alabamaachieves.org
- Alabama Commission on Higher Education (ACHE) ache.edu
- Alabama Community College System (ACCS) accs.edu

National Resources

- Federal Student Aid <u>studentaid.gov</u>
- Federal Student Aid Financial Aid Toolkit financialaidtoolkit.ed.gov/tk/resources.jsp
- Better Make Room bettermakeroom.org/tools/
- Get Schooled getschooled.com
- JLV College Counseling
- Goingmerry.com
- <u>Cappex.com</u>
- Salliemae.com

About Alabama Possible



History

In 1993, a group of concerned citizens, including Auburn University President Wilford Bailey, Auburn History Professor Emeritus Wayne Flynt, Social Work Pioneer Eulene Hawkins, and Alabama Baptist Convention President Earl Potts, came together to form Alabama Possible, then known as the Alabama Poverty Project. They joined with others across the South to study poverty, publicize their findings, teach undergraduates what they had learned, and mobilize public policy to bring about systems change.

Vision

To ensure all Alabamians have the opportunity to lead prosperous lives.

Mission

To break down barriers to prosperity in Alabama through education, collaboration, and advocacy.

Values

- Equity: All people have the right to prosperous and meaningful lives.
- **Resiliency:** Communities inherently are strong, capable, and in charge of their own futures.
- Partnerships: We work together to maximize limited resources.
- The Golden Rule: We build relationships based on reciprocity, respect, and compassion.

Strategies for Change

Advocating for Prosperity. We promote equitable educational attainment to ensure Alabamians can pursue their education without sacrificing their economic futures.

Educating for a Better Future. We build awareness and support for postsecondary attainment, equipping students with tools and relationships to pursue and complete valuable postsecondary credentials.

Breaking Down Barriers. We break down silos, convene partners across the state, and collaborate with stakeholders to foster equitable, inclusive economic opportunity.

Appendix

- The Free Application for Federal Student Aid (FAFSA) is a free tool for applying for many forms of financial aid including federal grants, scholarships, work-study jobs, and loans. Many colleges and universities also use the FAFSA to award institutional financial aid.
- Approximately <u>56.6 percent</u> of Alabama's students qualify for Pell Grants. For the 2023-24 award year, the maximum Pell Grant is <u>\$7,395</u>. Pell Grants are "gift aid" meaning they do not need to be paid back. They can be used for both academic and technical education at two- and four-year colleges and universities.
- Each year, students and families leave millions of dollars in free grant aid on the table because they do not complete their FAFSA. The <u>National College Attainment Network</u> estimates that Alabama's 2022 high school graduates lost out on \$53,724,400 in Pell Grant aid by not completing the FAFSA.
- <u>92 percent</u> of high school seniors who complete the FAFSA attend college directly from high school.
- FAFSA completion narrows the full-time postsecondary enrollment gap between students of a lower socioeconomic status and students of higher socioeconomic status by about <u>25 percentage points</u>.
- Each additional \$1,000 in grant aid students access increases their postsecondary persistence rates by <u>4 percentage points</u>.



56.6 of Alabama's students qualify for Pell Grants

> 2023-2024 PELL GRANT MAX \$7,395



Alabama's 2022 high school graduates lost out on more than

\$53 million dollars

in Pell Grants

