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October 2022

10th & 11th grade students -
Check with your school for date it
expects to administer the PSAT

Attend college fairs and meetings

Meet with college reps

Seniors - Continue work on col-
lege applications; complete Early
Decision/Early Action applications

Complete CSS Profile if required
by colleges

FAFSA available October 1st

November 2022

Seniors – File Early Decision/
Early Action applications

Work on remaining college
applications

Check College Board and ACT
websites for testing opportunities
in your area if you still wish to take
an SAT or ACT exam

How Much Should You Disclose?

Students often worry about calling attention to anything that is a negative on a college application, but just because you ignore something doesn't mean admission officers won't notice it. They might see that your math scores on the SAT and your grades in Algebra and Pre-Calculus are low. But you won't be in the room to explain that despite the fact that math has always been a struggle and you have such anxiety about math that you freeze on tests, you pushed yourself to take a fourth year of math because you didn't want to avoid difficult courses. If you don't tell them, admission officers won't know that you stayed up past midnight studying each night and went to the teacher after school for help every week, and that earning a C+ was actually an accomplishment.

That doesn't mean you share everything about yourself in a college application. There is no reason to write about how your recent break-up with your boyfriend left you devastated and you couldn't concentrate on testing and that is why your scores are so low. If you were treated for an eating disorder two years ago, that information does not need to be included in your college application, unless there was a dramatic drop in grades during that time. If that was the case, you would want to emphasize the fact that since you were treated, your grades have been strong and you have been healthy. Whenever you consider disclosing personal information, think about how the information you provide will help admission officers understand your application.

Students often wonder if it's in their interest to disclose a learning disability. There are differences of opinion about this, but

disclosure will enable an admission officer to look at your academic record in context. If you were diagnosed with a learning disability later in high school, and your grades improved after you received needed accommodations, you want admission officers to understand that your early grades were not due to lack of motivation. If you have developed compensatory strategies and learned excellent time management skills that have enabled you to be successful in high school, admission officers will respect that and understand that you are prepared for college. It is possible that disclosing a learning disability could negatively impact your application at some schools, but if that happens, is that really a school you want to attend?

There are some things you must disclose. Many college applications ask if you have been found responsible for a disciplinary violation in high school or convicted of a crime, and you are required to answer those questions. You will then need to write an explanation of what happened and what you learned from the experience. Depending on the severity of the offense, it may not sink your application. Admission officers are likely to be more forgiving of a school prank that resulted in a day-long suspension than they are of academic dishonesty.

Whenever you disclose something that could be damaging to your application, you want to report the information in a straightforward way, without trying to make excuses. Then you need to provide a positive way to view the information, by discussing how you have grown as a result of the experience, so that the reader comes away with an appreciation for your strengths as well as an understanding of your weakness.

Career Paths for Kinesiology Majors

- Aerobics Instructor
- Athletic Coach
- Athletic Director
- Athletic Trainer
- Chiropractor
- Corporate Wellness Coordinator
- Community Health Worker
- Dietician
- Ergonomist
- Exercise Physiologist
- Fitness Instructor
- Gym or Club Manager
- Health Services Manager
- Kinesiologist
- Massage Therapist
- Medical Writer
- Occupational Therapist
- Osteopathic Physician
- Personal Trainer
- Physical Therapist
- Physiologist
- Public Health Educator
- Prosthetist
- Research Scientist
- Sports Medicine Physician
- Strength & Conditioning Coach

These careers are applicable to a bachelor's degree in kinesiology because of the skills and competencies it can teach you. Some of them however, require additional education, training and/or experience.

Focus on Majors: Kinesiology

For active people interested in a science career, a major in kinesiology may be a perfect fit. Kinesiology is the study of human movement, from the molecular workings of muscular control to the process of recovery from massive sports injuries. The study encompasses diverse populations, reaching the elderly, the disabled, and the inactive as well as the relatively fit and the professionally athletic.

Kinesiology majors begin by building a strong foundation in the sciences. Biology, physiology, and anatomy are core to the understanding of kinesiology. Most programs require students to first meet the general education requirements for the college before getting into any kinesiology-specific courses. Once done with the basics, expect the major to be filled with courses such as “Exercise, Nutrition, and Behavior” and “Movement Injuries: Prevention and Care.”

Kinesiology is a multifaceted study with physiological, psychological, and mechanical aspects to it. The physiological side of the major covers how the body reacts and adapts to movement and exercise over time. The psychological aspect introduces students to the mental and emotional factors that influence a person's willingness to exercise. It also covers the psychological benefits of physical activity. Finally, the mechanical part of the major delves into the actual functionality of movement, how your muscular and skeletal systems work together to produce motion.

As a kinesiology major, you will have both lab and lecture style courses. While lectures will provide you with important knowledge to draw upon, labs will offer a chance to apply what you've learned to real-world problems. With this combination of styles, you will develop key skills needed for jobs in the field.

A kinesiology major can lead to a wide range of jobs and career options. With just a bachelor's degree, you can become a personal trainer, fitness instructor, exer-

cise physiologist, athletic coach, athletic trainer, strength and conditioning coach.

Personal trainers work one-on-one with clients to create fitness plans that meet the client's personal goals and capabilities. Personal trainers may operate independently or as a part of a gym. You actually only need an associate degree for this, but the extra two years would only increase your validity as an expert! Fitness instructors are similar to personal trainers, but instead of working individually with clients, instructors teach larger classes, also in gym-like or studio environments. Majoring in kinesiology would allow you to help attendees reach their maximum potential without injuring themselves as you would have a deeper understanding than most about proper body alignment.

If your interests move into the realm of health, you may find a path as an exercise physiologist. Exercise physiologists create personalized exercise plans for patients in order to help them meet health needs, such as improved cardiovascular health or increased flexibility. In this career, you may work privately, but you also may work at hospitals, physical therapy offices, clinics, fitness centers, rehabilitation facilities, doctor's offices, and even university athletic offices.

If you have a passion for sports, team building and education, you may want to become an athletic coach. Also typically at schools, you can work as an athletic trainer, helping athletes treat injuries. In this role, you would work under a physician, attend team practices and events, perform first aid duties as needed, and act as a liaison between patients, the physician, and other staff. If neither of these quite fit your desires, you may want to become a strength and conditioning coach. In this job, you work under a head coach specifically on creating programs to increase the power of your athletes. This may be your calling if you like sports but are more into weight and agility training as a specialty.

Financial Matters: It's Time for the FAFSA



The FAFSA (Free Application for Federal Student Aid) is the primary form used by colleges to determine eligibility for need-based aid. A small number of colleges will not even consider an applicant for merit aid unless that student has first submitted a FAFSA. The FAFSA should be filed as soon as possible after October 1st of the student's senior year of high school, and then yearly while attending college. The FAFSA

collects basic information about both the students' and their parents' incomes and assets, and uses this information to determine an *expected family contribution* (EFC). The EFC is the amount that the student and family is expected to contribute towards that individual's college expenses during the next academic year. The difference between the EFC and the *total cost of attendance* at your college of choice is known as *demonstrated need*. Colleges use this information to prepare a customized financial aid package for each admitted student who qualifies for financial aid.

The package may include both grants and loans, as well as self-help such as work-study opportunities. **Only some**

colleges guarantee to meet 100% of demonstrated need, so financial aid may not cover all of your expenses at a particular college.

Complete the FAFSA online at <https://studentaid.gov>. You'll need your 2021 tax return and other financial records noted on the site. You'll also want to apply for a Federal Student Aid ID (FSAID) for both student and a parent so you can sign your form electronically.

Families of underclassmen as well as current seniors can get an early estimate of eligibility for aid by completing the Federal Student Aid Estimator available at the same site noted above. This tool will also provide information about other sources of financial aid for college.

Avoiding College Application Mistakes

When you are working on college applications, a few basic steps can make the process go more smoothly. Disable your pop-up blockers and read the instructions before starting an application. Don't wait until the day before the deadline, as you will be more likely to rush and make careless mistakes, and an error on your birth date or social security number could cause problems in processing your application. In addition to increasing the likelihood of making mistakes, waiting until the day before a deadline means possible delays in submitting the application as servers can become overloaded when thousands of students are trying to submit applications at the same time.

Most applications time out for security, so don't forget to save your work if you are going to take a break from the application. Be sure to use the application's navigation buttons as you move through it, or you could lose information that has not yet been saved. If you accidentally use your browser's back button when looking at an application, you could find yourself logged out of the application.

The Common Application has a Preview button that enables you to see how the application will look when printed. Many students are surprised to find that their short answer and activity descriptions are cut off in mid-sentence. You may need to rework your answers so that you conform to the word or character limits.

Once you have submitted the Common Application to a college, you cannot change it or resubmit it. But if you are applying to additional Common Application schools, you can create an alternate version of the application. You can edit your answers and preview the new version before submitting the application to other colleges.

Having someone proofread the application can help you catch any mistakes before it goes to a college. Remember that completing the application means submitting the application, any required supplement and payment.

One of the most stressful parts of the post-application period is when students are notified by an admission

office that their file is incomplete. Please do not accuse the hard-working counselors or support staff at your high school of not sending your transcript. It can take several weeks for admission offices to add documents to an applicant's file, and many colleges send these "incomplete file" notifications automatically. The documents are almost always either at the college or on the way.

Many colleges enable students to check the status of an application by logging into their account. Be sure to do that, and also check your e-mail regularly so that you don't miss any important communication, such as a request to schedule an alumni interview.

Don't forget to follow up with any additional requirements. If you will be sending SAT or ACT test scores, be sure to have an official copy sent if the college requires this. For colleges that require a midyear report, be sure to have your high school send that at the end of the first semester.

Should You Apply Early Action?

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What is Early Action (EA)? Early Action allows students to apply and receive an admission decision earlier in senior year. Unlike Early Decision, Early Action is not a binding agreement. If you're admitted in the EA round, you can still apply to other colleges and will have until May 1 to make your final decision. The most common EA deadlines fall in November and December, although a few schools have slightly earlier or later EA deadlines. EA applicants typically receive their admission decision six to eight weeks after the EA deadline.

Will I have better chances of being admitted if I apply Early Action? It depends. At some colleges, there's not much difference in the admission rates between students who apply EA and those who apply in the regular decision round. At many EA colleges, however, the percentage admitted in the EA round is higher than in the regular decision round. If you would be a solid candidate in the regular decision round, and are able to prepare a strong application by the EA deadline, you may have slightly higher chances if you apply in the EA round at these colleges. However, students who need more time to bring up their grades or test scores, or to finish their applications, may find that they'll have a better chance

of admission by waiting to apply in the regular decision round.

How does applying Early Action affect financial aid? Students will typically receive the same need-based financial aid package when they apply Early Action that they would if they applied during the regular admissions cycle. Unlike when you've received an Early Decision acceptance to which you must commit, when you've been admitted through Early Action, your family will still be able to compare financial aid offers from any other colleges that admit you before you make your final decision about where to attend.

Can a student apply to different colleges using both ED and EA? You may only apply Early Decision to one college at a time. If you apply to a college in the ED1 round and are denied or deferred, you may apply in the ED2 round at another college. A student applying ED can usually apply Early Action to other colleges. However, some colleges have Early Action restrictions that prohibit students from applying under Early Decision or Early Action elsewhere. Because each college has its own rules, the best bet is to carefully review each college's instructions before applying early to more than one college.