

# REALMS



HIGH SCHOOL

*- leaders of change -*



## Post Graduation Planning Handbook

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## Let's Get Started!

Be organized. Strong organization and good, positive thoughtful planning is the key. Realms and your family will assist you with determining what colleges to review, identify your chances for admission at each school and how to most effectively present yourself in your applications.

Familiarize yourself with college websites, search websites, application websites, etc. Many of these are listed in this guide on the Resources page for easy access.

Input all important dates on the Planning Calendar provided in this guide and on your phone calendar, and set reminders a few days prior to the due date.

Be sure your cell phone voicemail message and social media is appropriate for colleges and scholarship organizations to view and hear. They may be calling you and reviewing your social media.

If you have a very clever/creative first email address, it's time to evolve it into something a bit more serious ([yourname19@gmail.com](mailto:yourname19@gmail.com)). Or create an email just for all of your college-related communications.

Memorize your Social Security Number. It's only 9 digits. And, you will be asked for it all. the. time.

## Choosing Schools

You will work with your STC Manager (School to College/Career Manager), your crew teacher, and your family to identify, research and prepare a school list. We will use a couple websites and a college characteristic sorting activity to help narrow your thoughts and identify what college characteristics are most important to you. Choosing colleges can be quite confusing, but with some personal knowledge and reflection, with helpful guidelines, you will be able to make the appropriate selections for yourself. It is Realms' hope that you approach the college search process with an open mind and a positive attitude. You will work with Jen and discuss your strengths, weaknesses, needs, wants, and dreams to sort through the general college characteristics to identify what are most important to you. We use those as our guide to creating a preliminary college list. We will begin this process in February of your junior year and continue through the spring.

We will be using a program called Corsava to help navigate through all these choices. Some of the characteristics we will sort through are: College type, location, size, culture/environment, housing, academic programs available, competition, student body, faculty, extracurriculars, cost

One of the best ways to try out a campus is to do a campus visit/tour. Seeing the campus first hand allows you to make your own judgement about best fit for yourself. It also provides a context for comparison with other schools. Colleges want you to visit. Check out their website, email them, or call them for a tour. Interested in a specific major, ask about seeing a class or meeting a student or professor in that major. Be on time, dressed appropriately and do not visit more than 2 schools in a day.

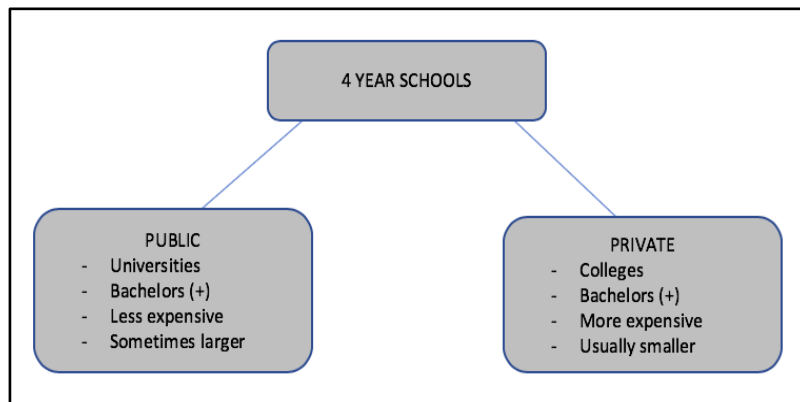
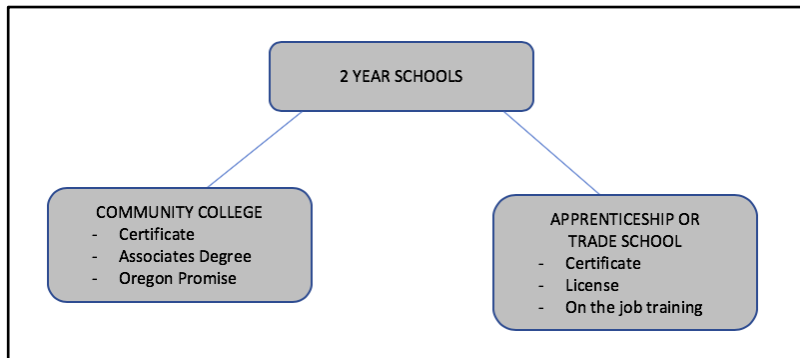
Ideally you should aim to identify between 5 and 10 schools that meet your characteristics and goals. You should have your final list compiled in September of your senior year. It should be organized into levels of application based on your GPA (Safety, Match, Reach).

## RECOMMENDED AMOUNT AND TYPE OF COLLEGES TO APPLY TO BASED ON GPA

<p><b>GPA up to 2.0</b>  <u>1 SCHOOL</u>            1 Community College                              OR            1 Four-Year School                              OR            1 Apprenticeship/Trade/Military Program</p>	<p><b>GPA 2.0 to 2.5</b>  <u>2 SCHOOLS</u>            Safety: 1 Community College            Match: 1 Affordable Four-Year School                              OR                              1 Apprenticeship/Trade Program</p>
<p><b>GPA 2.5 to 3.5</b>  <u>4 SCHOOLS</u>            Safety: 1 Community College            Match: 2 Affordable Four-Year Schools            Reach: 1 Four-Year School</p>	<p><b>GPA 3.5 and up</b>  <u>5 SCHOOLS</u>            Safety: 1 Community College            Match: 3 Affordable Four-Year Schools            Reach :1 Four-Year School</p>

<p><b>SAFETY SCHOOL</b> - A school you know you will get in, without a doubt, it's a sure thing.</p>
<p><b>MATCH SCHOOL</b> - A school that you will probably get into, with a small amount of doubt.</p>
<p><b>REACH SCHOOL</b> - A school that is a stretch for you and your grades/scores/portfolio, and you may not get in, but you would like to go to if accepted.</p>

### Types of Schools



## What are schools looking for

- Data driven schools: test scores, transcripts, GPA, accept 75% or more of their applicants
- Holistic schools: who you are and how do you fit into their school, accept much less of their applicants
- Grades & rigor: look mainly at GPA, core classes, not electives, Honors, AP
  - Look at all 4 years, looking for improvement year to year
- CA State Schools require 1 full year of the same visual, performing art, and music
  - Ex: Art 1 1.0 credit, Art 2 1.0 credit, Ceramics 1 and 2 1.0 credit
- Test scores
- Extracurricular activities
  - Where you spend your time outside of school (work, volunteering, reading, organized group of friends engaged in a shared activity, sports, clubs, art, music, summer academic camps, etc.
  - Collaborating with others, taking the lead
  - Showing responsibility and commitment: babysitting; working
- Recommendations
- Essays
- Uniqueness
- College visits/ Virtual Tours - visit schools and get on their email list

<b>Oregon Public Universities Admissions Chart</b>			
<b>College</b>	<b>Admission Standards</b>	<b>Deadline</b>	<b>Tuition</b>
Eastern Oregon University Application Fee: \$50	GPA: 2.75 Test Optional	Rolling, Early Action: February	\$19,000
Oregon Institute of Technology Application Fee: \$50	GPA: 3.00 Test Optional	Rolling Priority: March	\$20,000
Oregon State University Application Fee: \$30	GPA: 3.00 Test Optional Insight Resume	February 1 Early Action: November	\$22,000
Portland State University Application Fee: \$50	GPA: 3.00 Test Optional	Rolling Priority: February	\$26,000
Southern Oregon University Application Fee: \$60	GPA: 2.75 Test Optional	Rolling Priority: February	\$19,000
University of Oregon Application Fee: \$65	GPA: 2.75 Test Optional	Rolling Early Action: November	\$24,000
Western Oregon University Application Fee: \$60	GPA: 3.00 (prefers 3.4) Test Optional	Rolling	\$20,000

## Military

For students wishing to go straight from high school into the military, a call to one of our local recruiters is the best place to start. Meetings can be held and set up in their recruiting offices or at school. Juniors or Seniors who are interested in the Oregon National Guard and who are at least 17 years old can enroll in the Oregon National Guard Oregon Plan and accrue high school credits through the programs. The ROTC (Reserve Officer Training Core) is offered at some colleges and is designed as officer training while students are going to college. Once selected for a ROTC Program, you will most likely be offered either a full or partial scholarship. The ROTC Department at the school you plan to attend will have the detailed information about post-college commitments. The Academies offer students a very prestigious education, one that is filled with rigor and regimen. The admission processes are arduous, but worth it, if it's the right route for you.

## Trade School

If you want to advance your skills and education but are unsure if a traditional four-year college is for you, you may want to consider a trade school. Attending a vocational school can be an excellent option for those who want to get the necessary training to secure a good job quickly. A trade school, sometimes referred to as a vocational school, technical school, or vocational college, is a post-secondary institution that's designed to give students the technical skills to prepare them for a specific occupation. Program lengths vary, but typically, they can range from anywhere from eight months to two years. Unlike a four-year college, you don't graduate from a trade school with a bachelor's degree. Usually, upon completion of the program, you'll receive a diploma or trade certificate acknowledging you successfully finished. For some programs you can earn an associate degree, which is the degree you get from a two-year college.

Examples of skilled trade professions: electrician, dental hygienist, plumber, paralegal, nurse, graphic designer, welder, computer technician, aircraft mechanic, automotive mechanic, cosmetologist, chef, massage therapist, pharmacy technician

## Gap Year

A gap year is a semester or year of experiential learning, typically taken after high school and prior to career or post-secondary education, in order to deepen your practical, professional, and personal awareness. Some of the most common gap year plans fit the following profile, with an emphasis on experiential education and challenging comfort zones / sacrifice. Intentional gap years can benefit you in some profound ways: Providing clarity and purpose, you will have a better grasp on what they want to study; Improving earnings and business potential with a global background that is tested in the real world; and Improving academic outcomes such as GPA, time-to-graduation, and leadership.

4 main reasons students take a gap year:

- Volunteer/Service: to emphasize empathy, hardship and the interdependence of us all
- Career Exploration/Internship: to understand what your major might be like in the real world
- Paid Work: for increased ownership, improved career ambition and financial literacy
- Free Radical: allowing some space to explore the unknown

## Application Process

Sometimes the application process can be overwhelming, because each college has unique deadlines and requirements. At Realms, the students are responsible to send the applications (including essay, portfolio and supplemental information). Realms is responsible for sending all supporting documents (transcripts, school profile, and recommendations).

STUDENT SENDS	REALMS SENDS	TEACHER SENDS
Completed application (many times online)	Transcripts via Parchment	Teacher recommendation
Supplemental documents	School profile	
Essay	Counselor, principal letters of recommendation	
Application fee (online with credit card or fee waiver form)		
Activities list, portfolio, work samples		
Standardized test scores (ACT, SAT)		
Request to Parchment to send transcript		

## Applications

### Common Application

- Great time saver
- Over 700 colleges subscribe to the Common App and agree to review them in the same manner
- Complete the Common App once and submit it to every school you wish to apply to
- A broad and diverse group of college and universities - public, private, large, small, religious, and secular - ranging in geographical locations from across the US to 14 countries around the world.
- OSU and U of O
- Common App colleges look at the applicant more holistically versus just looking at GPA and test scores
- Maximum colleges you can apply to through Common App is 20
- Available August 1 going into your senior year
- Has 5 essays
- Print a copy of your application for your records

### Coalition Application

- 140 colleges subscribe to the Coalition App and agree to review them in the same manner
- Committed to providing accessibility to lower-income students
- Print a copy of your application for your records

### Other Online Applications

- Application specific for an individual school

- Print a copy of your application for your records

### Application Tips

- Most college applications open August 1, before your senior year
- Complete your application online if possible, but print it out to preview and proof it before you hit submit.
- If the college has a “Part 1”, which is a biographical sketch and an attached application fee, you must send it. At that point, the college considers you an applicant.
- Before you hit submit, print out a copy for your records.
- Be sure to include payment and print out a confirmation of your payment submission.
- Realms is happy to review your application before you hit submit.
- EARLY ACTION: application deadline November 1, student will hear by the end of the calendar year, not binding, many students do this
- EARLY DECISION: can only apply to 1 school, binding

### Letters of Recommendation

In the fall of your senior year, select 2 teachers who know you well to write your teacher recommendations. We recommend you ask your Crew teacher and 1 other teacher. You will supply each teacher with a complete list of your colleges with application dates. Teachers are usually invited to submit a letter of recommendation via the students’ college application. Students will submit their teachers’ and/or counselor’s names, titles and email addresses, then the Common App sends an email with a link for the recommendation.

### Essays (Applications and Scholarships)

- Questions are formatted in a way that demands self-reflection. This is difficult for the student who is under time pressure. Do not wait to write your essays until the last minute.
- Start early so you have time for proofing and editing; summer before your senior year is ideal
- Realms is happy to review your essays with you.
- Most essays should be 300-500 words in length (1-page single spaced or 2 pages double spaced).
- Supplemental essays are 150-350 word in length
- Personal essay for the Common App is 650 words in length max.
- Pay attention to the specific guidelines and follow exactly.
- Write in your own words, using examples from your own experiences. Be honest.
- Avoid familiar quotations or definitions.
- Be careful with humor.
- USE SPELL CHECK! And check the grammar. PROOFREAD! This is different from spell checking. HINT: Have someone read your essay out loud to you. Read your essay out loud to yourself.
- Avoid writing about events or issues that are common experiences, such as winning the big game.
- Avoid the laundry list approach.
- Stay away from writing about the ACT or SAT or the application process.
- Be free with format. Be careful with dialogue.
- Accentuate the positive - even painful experiences lead to growth and discovery.
- Be yourself, begin with free writing, play around with different ideas and formats.
- If you write about an activity or experience, focus on what it means to you rather than the plain facts of your performance.
- Read the topic question(s) carefully and be sure to respond to the question asked. Reviewers can often tell if you use an essay written for a different purpose.



## Sample Essay Questions

- What are your goals and values?
- What are your academic interests and aspirations?
- What are your intellectual interests?
- What are your main interests and extracurricular activities?
- Who are your friends? What makes a good friend?
- What type of environment allows you to thrive?
- What do you value in your personal relationships?
- What are your values (ex: honesty, adventure, friendship, etc.)?

## OSAC Scholarship Writing Prompts

- What are your specific educational plans and career goals and why? What inspires you to achieve them?
- What have you done for your family or community that you care about the most and why?
- Describe a personal accomplishment and the strengths and skills you used to achieve it.
- Describe a significant change or experience that has occurred in your life. How did you respond and what did you learn about yourself?

## Standardized Testing

It is essential to take the standardized tests offered by Realms. Not only might it help with college admissions, but it can also help you pass your Essential Skills requirement for graduation, and make you eligible for scholarships. Many colleges are switching to Test-Optional policies for admission. The National Center for Fair and Open Testing website lists these schools. Be aware that some specific schools (ie: University of California) or majors (ie: engineering) require or highly recommend the SAT Subject Tests.

### Score Choice or Superscore

Score Choice: allows students choose which scores they want to send to colleges. ACT has always been a Score Choice. The SAT has some fine print.

- Not all schools allow the score choice of the SAT, check school website or call to find out
- Students can only choose between different SAT test dates, not from different SAT test sections

Super Score: the college will look at all SAT test scores sent to them and combine the highest Math and Reading for your highest score for admission

Students can send their test scores to 14 schools for free on the test registration. At this point you don't know what score you will receive, since you haven't taken the test yet. It is best to send scores to your safety schools. It is recommended to not send scores to your favorite choice school until you know your results, then send once you know the scores are good.

## Realms High School Code is 380111.

### PSAT

- Offered to Juniors at Realms
- Sign up by June 1 of sophomore year
- Test is in October every year
- You must take the PSAT if you are interested in or think you will qualify for Merit Aid

## ACT

- Administered for free in BLSD in spring each year for all juniors
- Offered throughout the year at COCC
- Scored up to 36
- 18-21 is an average score, and passes your Essential Skills for graduation
- DO NOT list schools that you are interested in on your registration. Wait to send your scores yourself after you see your results to be sure they are what you want first.

## SAT

- Offered throughout the year at Bend High
- Scored up to 1600
- Around 800 is an average score
- DO NOT list schools that you are interested in on your registration. Wait to send your scores yourself after you see your results to be sure they are what you want first.

### Comparing the ACT versus the SAT – Which is right for you?

#### SAT

#### ACT

<b>Why Take It</b>	Colleges use SAT scores for admissions and merit-based scholarships.	Colleges use ACT scores for admissions and merit-based scholarships.
<b>Test Structure</b>	Reading, Writing & Language, Math, Essay (Optional)	English, Math, Reading, Science Reasoning, Essay (Optional)
<b>Length</b>	<ul style="list-style-type: none"><li>• 3 hours (without essay)</li><li>• 3 hours, 50 minutes (with essay)</li></ul>	<ul style="list-style-type: none"><li>• 2 hours, 55 minutes (without essay)</li><li>• 3 hours, 40 minutes (with essay)</li></ul>
<b>Reading</b>	5 reading passages	4 reading passages
<b>Science</b>	None	1 science section testing your critical thinking skills
<b>Math</b>	Arithmetic, Algebra I & II, Geometry, Trigonometry and Data Analysis	Arithmetic, Algebra I & II, Geometry, Trigonometry, and Probability & Statistics
<b>Calculator Policy</b>	Some math sections <b>don't allow</b> you to <b>use a calculator</b> .	You can <b>use a calculator on all math</b> questions.
<b>Essays</b>	Optional. The essay will test your comprehension of a source text.	Optional. The essay will test how well you evaluate and analyze complex issues.
<b>How It's Scored</b>	Scored on a scale of 400–1600	Scored on a scale of 1–36

## Financial Aid

As college education continues to rise, families are looking for help to defray the total cost of attendance. Every college is different. Most colleges award their funds through need-based financial aid programs, while some award funds based on merit.

### Need-Based Aid

The family is the first resource and is responsible for contributing toward the education of the student to the degree that they are able. The amount a family can contribute will vary greatly (from \$0 to the total cost) and will be determined individually. Your ability to pay is determined by your families' taxes of the prior year on the FAFSA (Free Application for Federal Student Aid) and the CSS Profile (College Scholarship Services) - less common. All colleges require the FAFSA and many private colleges require the CSS Profile. You and your guardian need to complete the FAFSA and possibly the CSS Profile online.

When considering Cost of Attendance or Sticker Price, independent and private schools look like they are more expensive on face value, but that doesn't always end up being the case in the end. It's best to wait for all aid before your final comparison. Oftentimes, a private school can be less expensive than a public school as they have more merit scholarships/awards to offer students.

### FAFSA Tips

- Opens October 1
- Fill it out every year you are in college
- Student and guardian need their own FSA ID# and login
- Money is 1st come, 1st serve
- Applying to start college in 2021, you will need your 2019 tax returns
- Divorced parents - use the parent you spend more than 50% time with; if equal, then use the parent with less income
- When filling out the FAFSA, it's divided into 2 sections: parents and students. Student income is weighted the highest. Students are expected to contribute 50% of their income and 20% of their assets. Parents' income and assets are assessed on a progressive scale, like taxes. The assessment for parent income can range up to 40%, and up to 5.64% for parent assets. With this in mind, it might be best to keep as much of the student's accounts (savings, 529, etc.) in their parents' names since they are assessed at a much lower rate.
- Total cost of attendance: books, tuition, clothes, room, board, etc.
- Tuition: cost of the classes
- Get your FSA ID#
- Completing the FAFSA is free
- Students indicate up to 10 schools that they want to receive the information
- If applying to more than 10 schools, once FAFSA is submitted to the first 10 schools, log back in to FAFSA account and add additional schools and re-send so recent adds will receive the information
- If interested in the Oregon Promise, you must list at least 1 Oregon community college
- After the process is complete, you will receive a Student Aid Report (SAR) to check for accuracy.

## CSS Tips

- Some private schools require the CSS Profile
- 25\$ initial registration fee required, which includes sending your information to 1 school. The cost for each additional school is 18\$.

## Oregon Promise

- Covers tuition for 90 credits at an Oregon community college.
- Must complete the FAFSA and list at least 1 Oregon community college.
- Must start community college within 6 months of graduating high school.
- Must be an Oregon resident for at least 12 months.
- Must have a GPA of 2.5 or higher.
- Deadline to complete the application is June 1 at 5pm PST.
- Students can be dual enrolled in a community college and university (ex: COCC and OSU Cascades) and still receive the Oregon Promise.
- The amount awarded changes each dependent on the state's resources.

## Merit Aid

Merit awards are generally quite competitive. They are given without regard for need or gift aid and you do not pay it back. It works like a scholarship, but it's direct from a school. It typically is given to students with extremely high GPAs. This awards a student with a financial award for a special talent, academic strength, or strong test scores. Not all schools offer merit aid. Some awards are often called Dean's Scholarship, Presidential Scholarship, or Trustee Scholarship. Athletics scholarships are given only for Division I and II schools.

OSU Merit Aid Distribution Chart			
ACT Score	SAT Score	GPA	Merit Award
Below 27	Below 1340	3.7 - 4.0	\$1,500/year
Above 27	Above 1340	3.6 - 3.75	\$3,000/year
Above 27	Above 1340	3.75 - 4.0	\$6,000/year

## WUE

Another merit aid option for students who want to study out of state is the Western Undergraduate Exchange (pronounced WOO-EEE). This is a group of public universities in several western states that offer discounts to out-of-state tuition to students who reside in one of these western states. Oregon is included in these states. Generally, with the WUE, students pay 150% of the school's in-state tuition. This saves a lot over 4 years, compared to paying out-of-state tuition. WUE schools have certain academic criteria to qualify for WUE aid.

## WUE Tips

- Check to see if the school you are interested in is a WUE school
- Over 160 WUE universities
- Both 2 year and 4 years colleges
- Some WUE schools exclude some majors for WUE students because they are in high demand. Double check that the major you're interested in is included in the school's WUE.

- Most WUE schools have extra admission criteria.
- Students apply directly to the school they are interested in and indicate on their application that they are interested in the WUE.
- Many schools have early application deadlines for WUE applications.

## Scholarships

Scholarships are a great way to help offset the cost of college. Scholarships do not just fall into a student's lap. You will need to spend time researching, finding and applying for these funds. Many times you can reuse much of your applications and essays for multiple scholarships.

## Bend Schools Scholarships

BLS D has a Scholarship spreadsheet that College/Career staff updates. Students can access this spreadsheet as part of their research and applications. This spreadsheet is a large list of individual scholarships from foundations, companies, organizations, etc.

- BLS D Scholarship List (also linked on the Realms website)
- Access the spreadsheet on a computer. Make your own copy of it and save it to your Google Drive. Then you can edit it as much as you want. Delete those you are not interested in. Then you will be left with a manageable list to apply to.
- Start scholarship searching early. End of your junior year and over the summer is best.
- Pay attention to the requirements, and due dates.
- Be sure you qualify before you apply.
- Be sure to add all deadlines to your College Calendar Planner in this guide.

## OSAC

The Office of Student Access and and Completion is a national leader in private and public partnerships of scholarships. OSAC offers a bank of 400+ scholarship opportunities available to students in an online catalog. With just 1 application, students can apply to many, many scholarships. Most awards can be used at any college or university that participate in Title IV federal student aid programs.

## OSAC Tips

- OSAC applications open in November.
- Early bird deadline is February 15.
- Final deadline is March 1.
- You must be an Oregon resident and be a graduating high school senior.
- Create a login and password
- Then begin the application.
- OSAC saves all your information so you do not have to complete the application all at once.
- Students will need their Social Security Number, names of colleges being considered, and personal contact information.
- Students will complete 4 Personal Statements (approximately 150 words each). These are listed in the Essay Section of this document.
- Students will need to complete an Activities Chart. This is basically your resume.
- Students must also submit their Transcript.

## Other Financing Means

### Loans

- Must repay
- You have a choice in accepting a loan or not
- Subsidized: you can pay back later
- Unsubsidized: accrues interest right away, you pay back right away

### Work Study

- Offered through each individual school
- Student needs to seek out
- All schools are different. Work on campus for school, get a small paycheck because some goes directly to school for tuition and attendance.

### Grants

- Based on need
- Gift aid
- Do not pay back

## Merit Scholarships at Oregon Public Universities

These scholarships are awarded to incoming freshmen and given for all 4 years, as long as the student meets a minimum college GPA. This chart is based on 2010-2000 awards. These scholarships are determined by having the required GPA AND standardized test score.

### OREGON STATE UNIVERSITY

Scholarship	GPA	SAT	ACT	Award Amount
Presidential	3.85 - 4.0	1360	29	\$10,000 (competitive)
Academic Excellence Scholarships	3.75 - 4.0	> or = 1300	> or = 27	\$6,000 (automatic)
	3.75 - 4.0	< 1300	< or = 27	\$3,000 (automatic)
	3.60-3.74	> or = 1300	> or = 27	\$3,000 (automatic)
	3.60-3.74	< 1300	< or = 27	\$2,000 (automatic)
	3.4-3.59	N/A		\$1,000 (automatic)

### OREGON TECH

Scholarship	GPA	SAT	ACT	Award Amount
Winston Purvine	3.76 +	1180	24	\$2,000
Jesse Crabtree	3.51 - 3.75	1140	23	\$1,500
Fred Foulon	3.26 - 3.50	1110	22	\$1,000
Jim Owens	3.00 - 3.25	1080	21	\$500

### SOUTHERN OREGON UNIVERSITY

Scholarship	GPA	SAT	ACT	Award Amount
Raider Scholar	3.75+	1350	29	\$4,000 (competitive)
Laurels	3.55	1230	25	\$2,500
Churchill	3.35	1000	19	\$2,000

### UNIVERSITY OF OREGON

Scholarship	GPA	SAT	ACT	Award Amount
Presidential	3.85	1300	28	\$9,000 (competitive)
Summit	3.8	1250	26	\$6,000 (automatic)
Apex	3.6	1220	25	\$3,000 (automatic)

### WESTERN OREGON UNIVERSITY

Scholarship	GPA	SAT	ACT	Award Amount
Presidential	3.8	1270	27	\$5,500
Provost	3.5	1230	26	\$2,500
Deans	3.5	N/A		\$1,000

For merit scholarship information at Eastern Oregon University and Portland State University consult their websites.

## General EL Education and Realms High School Information

- Handy for applications, essays, interviews and more

### Realms and EL Education

At Realms High School, our mission is to ignite the passion, build the academic skills, and foster the character our students need to be leaders of change now and into their futures.

Realms High School is an EL Education school and believes strongly in the importance of tightly connecting academics and character together with real world learning opportunities so that students have opportunities to practice making a better world. Our tagline “*Leaders of Change*” drives all of our curriculum and school structures. Social justice and environmental stewardship are central themes running through much of our academically rigorous curriculum. In order to bring this “Leaders of Change” vision to life, we will consistently use the following principles as our guides: Critical Thinking, Leadership, Growth Mindset, Collaboration, Independent Learner, Empathy, and Joy/Creativity. Through our work with EL Education we structure everything we do around three equally important “dimensions of student achievement”: Mastery of Knowledge and Skills, High Quality Work, and Character. At Realms High School, our central mission is to prepare students to be “Leaders of Change” and in EL Education schools the overarching mission is “Contribute to a Better World”. Mastering rigorous academic content and producing high quality work is in service of a bigger mission... becoming a person who can and does *make a difference*.

### Expeditions

Learning expeditions are a long term, interdisciplinary, in-depth units of curriculum offering real-world connections that inspire students toward higher levels of academic achievement. Learning expeditions make standards come alive for students and involve them in original research, critical thinking, and problem solving, and a dual emphasis on building both academic *and* character skills. All learning expeditions explicitly focus on building literacy skills, particularly in reading and writing nonfiction text and writing from evidence. Expeditions also include opportunities for focused fieldwork outside the classroom, and usually culminate in a final product in which students must demonstrate and apply the academic skills gained during the expedition across multiple academic disciplines. Finally, at Realms High School, each learning expedition is built on one or two compelling “guiding questions” that invite students to investigate topics connected to social justice, equity and environmental stewardship. Culminating student products is often geared towards making a difference in our local community, helping make good on our promise that students at Realms High School are *leaders of change*. Learning expeditions feature active and innovative teaching practices. Our classrooms are alive with discovery, inquiry, critical thinking, problem-solving and collaboration. **Teachers talk less. Students talk and think more.**

### Crew

At Realms High, school culture is planned for, developed, and sustained through practices that bring the community together, promote shared understandings, and encourage all community members **to become crew, not passengers**. Students at Realms HS are known well and supported by adults, and Crew is a class intentionally structured to build and accomplish this strong community of learners. Crew is a required class that runs all 4 years that a student is enrolled at Realms High School. Crew shows up on a student's transcript as an elective class called Leadership. The structure of crew allows for relationship building, academic progress monitoring, and character development. Crew meets 4 days per week and crew sizes are typically smaller than in our academic classes.

There are three strands that run through the Crew Curriculum at Realms High School. The three strands receive varying amounts of attention and coverage based on grade level needs of students: Relationships & Community, Habits of Scholarship & Success, and College & Career.

### Intensives

Intensives are week long, single topic, “deep dive” courses with smaller groups of students where we have the opportunity to explore topics that are not offered in our regular schedule of classes. At Realms HS we end each trimester one week early and use that week to launch into Intensives. These classes typically yield .25 elective credit and require strong participation and the completion of any related assignments. Classes are taught by both Realms staff members and other community experts.



## Website Resources

Corsava	<a href="http://corsava.com">corsava.com</a>
Big Future	<a href="http://bigfuture.collegeboard.org">bigfuture.collegeboard.org</a>
Oregon CIS	<a href="http://oregoncis.uoregon.edu/">oregoncis.uoregon.edu/</a>
College Navigator	<a href="http://nces.ed.gov/collegenavigator/">nces.ed.gov/collegenavigator/</a>
College Raptor	<a href="http://collegeraptor.com">collegeraptor.com</a>
National Center for Fair and Open Testing	<a href="http://fairtest.org">fairtest.org</a>
Common Application	<a href="http://commonapp.org">commonapp.org</a>
Coalition Application	<a href="http://mycoalition.org">mycoalition.org</a>
WUE	<a href="http://wiche.edu/wue">wiche.edu/wue</a>
OSAC	<a href="http://Oregonstudentaid.gov">Oregonstudentaid.gov</a>
Oregon Promise	<a href="http://Oregonstudentaid.gov">Oregonstudentaid.gov</a>
Student Aid Estimate	<a href="http://studentaid.ed.gov/sa/fafsa/estimate">studentaid.ed.gov/sa/fafsa/estimate</a>
Planning to Pay for College	<a href="http://savingforcollege.com">savingforcollege.com</a>
FSA ID	<a href="http://studentaid.gov/fsaid">studentaid.gov/fsaid</a>
FAFSA	<a href="http://fafsa.ed.gov">fafsa.ed.gov</a>
CSS Profile	<a href="http://cssprofile.collegeboard.org">cssprofile.collegeboard.org</a>
ACT	<a href="http://act.org">act.org</a>
SAT	<a href="http://collegereadiness.collegeboard.org/sat">collegereadiness.collegeboard.org/sat</a>
Scholarship search	<a href="http://fastweb.org">fastweb.org</a>
Scholarship search	<a href="http://scholarapps.com">scholarapps.com</a>
Oregon GearUp Scholarships	<a href="http://oregongearup.org/calendar/scholarship">oregongearup.org/calendar/scholarship</a>
Bend Schools Scholarship list (or follow the link on RHS website)	<a href="https://docs.google.com/spreadsheets/d/1_kD3C59PoHqt0vX26uzgSPjt0GHEMv5dPpUw9z7MwSA/edit?ts=5e59482e#gid=0">https://docs.google.com/spreadsheets/d/1_kD3C59PoHqt0vX26uzgSPjt0GHEMv5dPpUw9z7MwSA/edit?ts=5e59482e#gid=0</a>
Air Force	<a href="http://www.airforce.com/">www.airforce.com/</a>
Army	<a href="http://www.army.mil/">www.army.mil/</a>
Coast Guard	<a href="http://www.uscg.mil/">www.uscg.mil/</a>
Marines	<a href="http://www.marines.com/">www.marines.com/</a>
Navy	<a href="http://www.navy.com/">www.navy.com/</a>
National Guard	<a href="http://www.nationalguard.com/">www.nationalguard.com/</a>
National Guard Oregon Plan	<a href="http://docs.wixstatic.com/ugd/d9f8bf_f34f1e96f76a450c8edb983c7c8a861e.pdf">docs.wixstatic.com/ugd/d9f8bf_f34f1e96f76a450c8edb983c7c8a861e.pdf</a>
COCC - Trades Programs	<a href="http://www.cocc.edu/programs/special-curriculum/career-pathways/default.aspx">www.cocc.edu/programs/special-curriculum/career-pathways/default.aspx</a>
Oregon Apprenticeships	<a href="http://www.oregon.gov/boli/atd/pages/a_statewideopportunities.aspx">www.oregon.gov/boli/atd/pages/a_statewideopportunities.aspx</a>
NW Line VOLT Training	<a href="http://nwlinejatc.com/pre-apprenticeships/">nwlinejatc.com/pre-apprenticeships/</a>
High Desert Apprenticeships	<a href="http://www.highdesertapprenticeship.com/">www.highdesertapprenticeship.com/</a>
Apprenti	<a href="http://apprenticareers.org/">apprenticareers.org/</a>
GAP Year Association	<a href="http://www.gapyearassociation.org/">www.gapyearassociation.org/</a>
Gap Year Resource	<a href="http://www.gapyear.com/">www.gapyear.com/</a>

## STUDENT 2 YEAR PLANNING CHECKLIST

You will work with your STC Manager (School to College/Career Manager), your crew teacher, and your family to identify, research and prepare your post graduation plans. We will start all or most of the following items in crew. Some may be assignments, some may be tasks that will need to be completed or discussed as a family.

<b>Junior Year</b>	
<b>Fall</b>	
	Join your College & Career Google Classroom.
	Register and take the PSAT. Needed for merit scholarships.
	Continue to complete your CRLEs (Graduation Requirements - Leader of Change).
	Attend the College Fair.
	Artists...Prepare for the National Portfolio Day.
	Attend college representative presentations.
	Meet with Jen regarding a job shadow.
	Attend COCC Junior Preview Day.
<b>Winter</b>	
	Artists...Attend the National Portfolio Day in Portland.
	Consider prepping for the ACT or SAT.
	Continue to complete your CRLEs (Graduation Requirements - Leader of Change).
	Participate in a job shadow and career opportunities.
	Complete the Corsava College Sort.
	Create an initial college list using College Raptor.
	Register for the ACT or SAT if needed.
	Attend the Oregon Public Universities Event at RHS.
<b>Spring</b>	
	Take the ACT at RHS.
	Review and evaluate your college list to narrow down.
	Take the ASVAB Test if interested in the Military.
	Visit colleges on your college list.

	Attend OSU Cascades Junior Preview Day.
	Research scholarships.
	Create your FAFSA ID.
	Begin your OSAC application and essay.
	Register with Parchment.
	Begin filling out your Preliminary School List to get organized (in this handbook).
<b>Summer</b>	
	Visit colleges on your college list.
	Volunteer or work for more items for your resume and applications.
	Refine your list to final if needed.
	Obtain your ACT test scores. Register with ACT to send your scores to colleges.

<b>Senior Year</b>	
<b>Fall</b>	
	Join your College & Career Google Classroom.
	Determine private, out-of state and WUE college admission deadlines and requirements. Add to calendar and chart.
	Begin applications.
	Attend College Application Workshops (COCC, OSU & Common App).
	Complete the FAFSA (RHS FAFSA Family Evening Event).
	Determine OR public college admission deadlines and requirements. Add to the Calendar and Application Deadline Checklist (in the handbook).
	Request letters of recommendation from teachers, counselors and employers. Be sure to provide them with your list of colleges and application due dates.
	November: window to apply to California schools for Early Action/Early Decision.
	Research and apply to scholarships through BLSD list and OSAC.
	Complete your OSAC and Oregon Promise application.
	Use Parchment to send your transcript to colleges you applied to.

<b>Winter</b>	
	December deadline for applying to military academies and add you the Calendar and Application Deadline Checklist (in the handbook).
	Apply for scholarships - many scholarship deadlines (12/1-3/1 for many Oregon state colleges).
	Admission college deadlines
	Take the ASVAB military test (results are good for 2 years).
	January 1: FAFSA filing
	February 15: Early Bird OSAC deadline
	Follow up with college applications - do schools have everything they need from you.
<b>Spring</b>	
	Start receiving college acceptance, waitlist and denial letters.
	March 1: Deadline for OSAC scholarship applications.
	Complete local scholarship applications.
	Use Parchment to end Trimester 1 and 2 grades to colleges.
	Sign up for COCC and other school placement tests
	Compare college acceptance letters and financial aid packages.
	Decide which school you will attend.
	Notify all schools with a yes or no.
	May 1: National College Decision Day

# Leaders of Change - Plan For Graduation

Student Name: \_\_\_\_\_

Student #: \_\_\_\_\_

Career Related Learning Targets	Staff Initials
I can explore and prepare for post-graduation goals.	
I can demonstrate job seeking skills.	
I can observe, interact, and contribute in a professional setting.	
I can apply academic and personal knowledge and technical skills in a career setting.	
I can develop career goals and plans for post-graduation studies.	
I can prepare for and demonstrate academic proficiency.	
I can research careers and educational options to develop a plan to achieve my post-graduation goals.	

**THIS MUST BE COMPLETED BEFORE YOU ARE ELIGIBLE TO GRADUATE.**

ACTIVITY	STUDENT INITIALS	REALMS STAFF SIGNATURE	DATE SIGNED
<b>Build and update resume.</b>			
<b>Register with parchment.com in order to send your transcripts.</b>			
<b>Complete your 4 year Education Profile for graduation.</b>			
<b>Apply to at least 1 post secondary school/education and complete the FAFSA.</b>			
<b>Complete your Career Related Learning Experiences by participating in and documenting at least 2 of the following:</b>			
● Career Fair with worksheet			
● Business Visit with reflection			
● Paid job with packet and pay stubs (0.5 credit)			
● Unpaid internship with packet (0.5 credit)			
● Job shadow (possible packet for 0.5 credit)			
● Career professional presentation with reflection			
● Career rotation with packet (0.5 credit)			
● Volunteering with packet (0.5 credit)			
● Field based investigations and/or travel study			
<b>Complete your Passages Presentation.</b>			
WILL include creating and presenting a PowerPoint, Video, or Visual Display			

Student Signature: \_\_\_\_\_ Realms Staff Signature: \_\_\_\_\_

ACTIVITY	9	10	11	12
<b>Build &amp; Update Resume</b>	✓	✓	✓	✓
<b>Service/Leadership to School (6 hrs during 9th-10th)</b>	✓	✓		
<b>Service/Leadership to Community (12 hrs during 9th-10th)</b>	✓	✓		
<b>Register with parchment.com to send your transcripts.</b>				✓
<b>Complete 4 year Education document for Graduation.</b>	✓	✓	✓	✓
<b>Apply to at least 1 post secondary school/education and complete the FAFSA.</b>				✓
<b>Complete your Career Related Learning Experiences by participating in and documenting at least 2 of the following:</b>				
• Career Fair with worksheet		✓		
• Business Visit with reflection		✓		
• Paid job with packet and pay stubs (0.5 credit)		✓	✓	✓
• Unpaid internship with packet (0.5 credit)				✓
• Job shadow (possible packet for 0.5 credit)			✓	
• Career professional presentation with reflection		✓	✓	
• Career rotation with packet (0.5 credit)		✓	✓	✓
• Volunteering with packet (0.5 credit)	✓	✓	✓	✓
• Field based investigations and/or travel study			✓	✓
<b>Standardized Testing</b>				
• ACT Prep & Completion			✓	
• SBAC Prep & Completion			✓	
<b>Essential Skills Math, Writing, Read (transcript or StudentVue)</b>	✓	✓	✓	✓
<b>Complete your Passages Presentation.</b>				
WILL include creating and presenting a PowerPoint, Video, or Visual Display				✓

### **Service/Leadership to School (6 hrs during 9th-10th)**

This 6 hour requirement can be fulfilled by participating in a variety of different activities at Realms High School. Some possibilities could include Leadership Club, Yearbook, Kitchen Ninjas, Green Team, organizing and starting a new club, lunch clean up crew, volunteering at Realms HS info nights, volunteering to routinely help a teacher/staff member, participating as a TA and more to be added.

### **Service/Leadership to Community (12 hrs during 9th-10th)**

This 12 hour requirement can be fulfilled by participating in Better World Day as a part of your class at Realms High School in May each year. Students who take on experiences like Camp Tamarack or My Future My

Choice can also use these hours here. Students may also document additional service/leadership in the community beyond the required 12 hours. Volunteering at a local non-profit, with proper documentation, will fulfill this requirement.

## Your Log-Ins

Website: CIS			
URL: <a href="http://oregoncis.uoregon.edu/">oregoncis.uoregon.edu/</a>			
Login		Password	
Notes:			

Website: ACT			
URL: <a href="https://www.act.org/">https://www.act.org/</a>			
Login		Password	
Notes:			

Website: Corsava			
URL: <a href="https://www.corsava.com/">https://www.corsava.com/</a>			
Login		Password	
Notes:			

Website: College Raptor			
URL: <a href="https://www.collegeraptor.com/">https://www.collegeraptor.com/</a>			

Login		Password	
Notes:			

Website: FSA ID			
URL: <a href="https://studentaid.gov/h/apply-for-aid/fafsa">https://studentaid.gov/h/apply-for-aid/fafsa</a>			
Login		Password	
Notes:			

Website: OSAC			
URL: <a href="https://app.oregonstudentaid.gov/">https://app.oregonstudentaid.gov/</a>			
Login		Password	
Notes:			

Website: Parchment			
URL: <a href="https://www.parchment.com/">https://www.parchment.com/</a>			
Login		Password	
Notes:			

Website:			
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URL:			
Login		Password	
Notes:			

Website:			
URL:			
Login		Password	
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Website:			
URL:			
Login		Password	
Notes:			

Website:			
URL:			
Login		Password	
Notes:			







SCHOOL							
COST							
FAFSA AID							
APP. DEADLINE							
APPLIED (DATE, HOW)							
ESSAY(S)							
LETTERS OF RECOMMENDATION (#, WHO)							
TRANSCRIPT SENT (DATE, HOW)							
ACT/SAT SENT (DATE, HOW)							
SCHOOL SPECIFIC SCHOLARSHIPS DEADLINE							
SCHOLARSHIP APPLIED (DATE, HOW)							

# SCHOOL APPLICATION PLANNING CALENDAR

\* Be sure to enter the days of the month for the current year before you add specific deadlines or dates to remember.

MAY - Junior year						

JUNE - Junior Year						

JULY - Junior Year


AUGUST - Junior Year




SEPTEMBER - Senior Year


OCTOBER - Senior Year


NOVEMBER - Senior Year


DECEMBER - Senior Year


JANUARY - Senior Year


FEBRUARY - Senior Year


MARCH - Senior Year


APRIL - Senior Year


MAY - Senior Year

MAY - Senior Year						