

The
H

0

0
Initiative

0
S





What Is Our Mission?

Mission:

Helping Our People Excel

Vision:

The vision of the HOPE initiative is to assist low-income and first-generation high school students in attaining higher education. The HOPE Initiative serves to inspire and support emerging visionary leaders to positively engage our community.

As low income, first generation college students ourselves we noticed a lack of mentors in our schools that had gone through the same obstacles we were about to face. Realizing that need we founded the HOPE Initiative with the support of Trinity Lutheran College. We believe strongly in the potential of students in our community and desire to provide them with tools to foster that potential.

**Bello Dondja, Darwin Paet, Christian Paige, Misael Salmeron
HOPE Initiative Founders**



Participant Information

This book belongs to:

Name

Phone

**If found please bring to:
Trinity Lutheran College
2802 Wetmore Avenue
Everett, WA
98201**

Lead Information

My High School Lead(s)

Name	Name
E-mail	E-mail
Phone	Phone

My Hope Project Mentor(s)

Name	Name
E-mail	E-mail
Phone	Phone

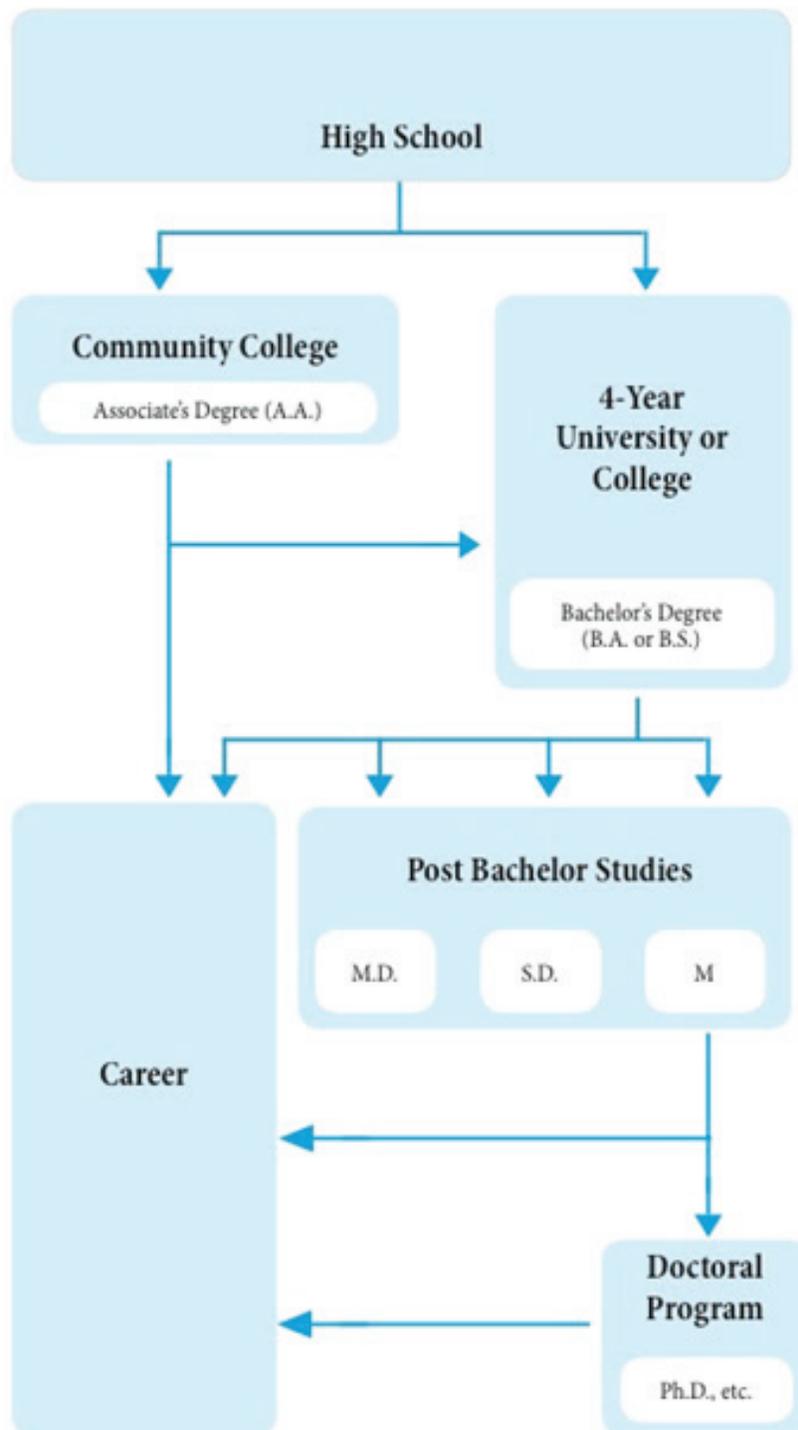
Hope Project Contact Information

Web: tlc.edu
E-mail: Info@TLC.edu
Phone: 1.800.843.5659 | 425.249.4800
Fax: 425.249.4801 fax

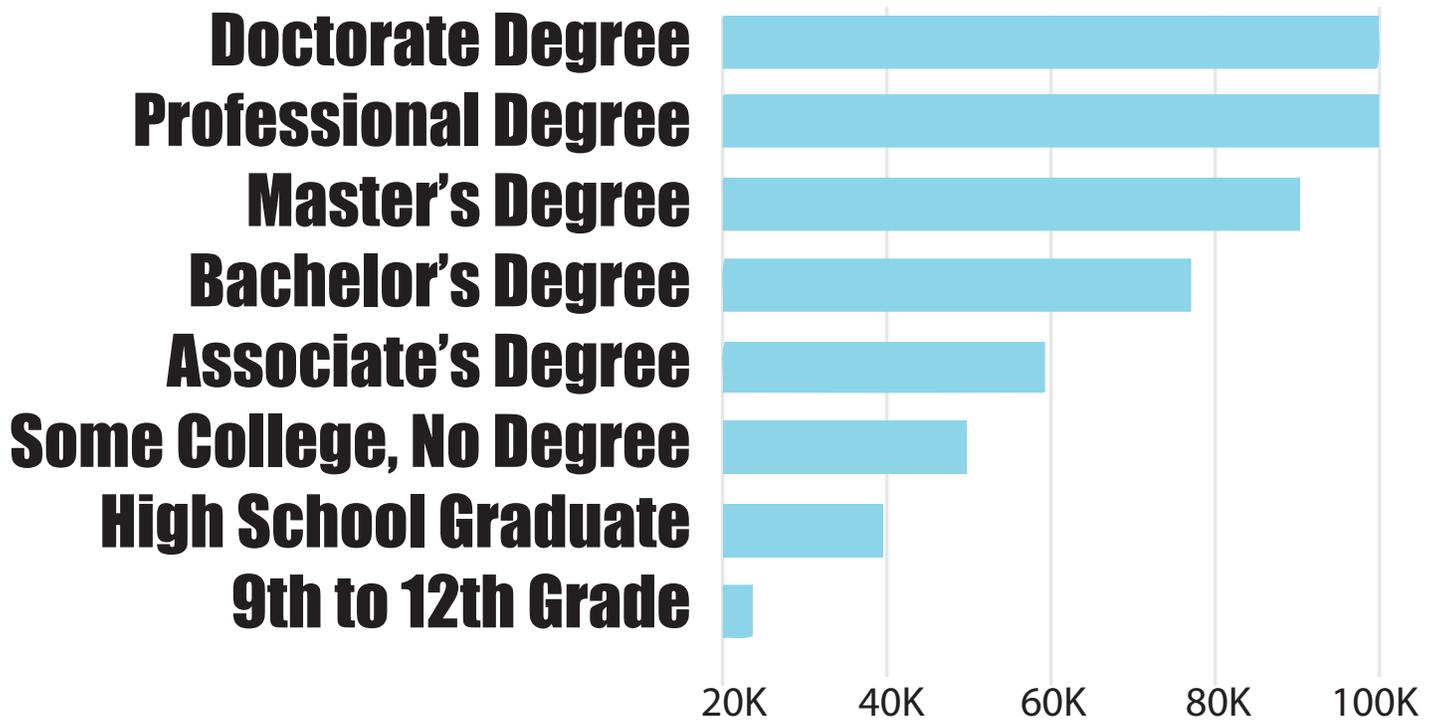
Workbook Usage Instructions

- 1. Bring it with you to every scheduled meeting or event**
- 2. Include every interaction with your mentor**
- 3. Organize all your college preparation work**
- 4. Include copies of your applications, essays, and other college materials**
- 5. Use it as a reference guide as you work towards your college goals**
- 6. Use it as a guide to what's coming next in your progress**

Higher Education Process



Household Income Based on Educational Attainment



*Research conducted by Washington State Board for Community and Technical Colleges.

How to Track

Example	College Name: <i>Trinity Lutheran College</i>	To do:
	Why is this a good fit for you? <i>The small school environment that is unique to Trinity is exactly the type of environment in which I will be able to grow and learn at my greatest potential.</i>	<i>-Call admissions office. -Apply online -Send in test scores</i>
1	College Name:	To do:
	Why is this a good fit for you?	
2	College Name:	To do:
	Why is this a good fit for you?	
3	College Name:	To do:
	Why is this a good fit for you?	
4	College Name:	To do:
	Why is this a good fit for you?	
5	College Name:	To do:
	Why is this a good fit for you?	

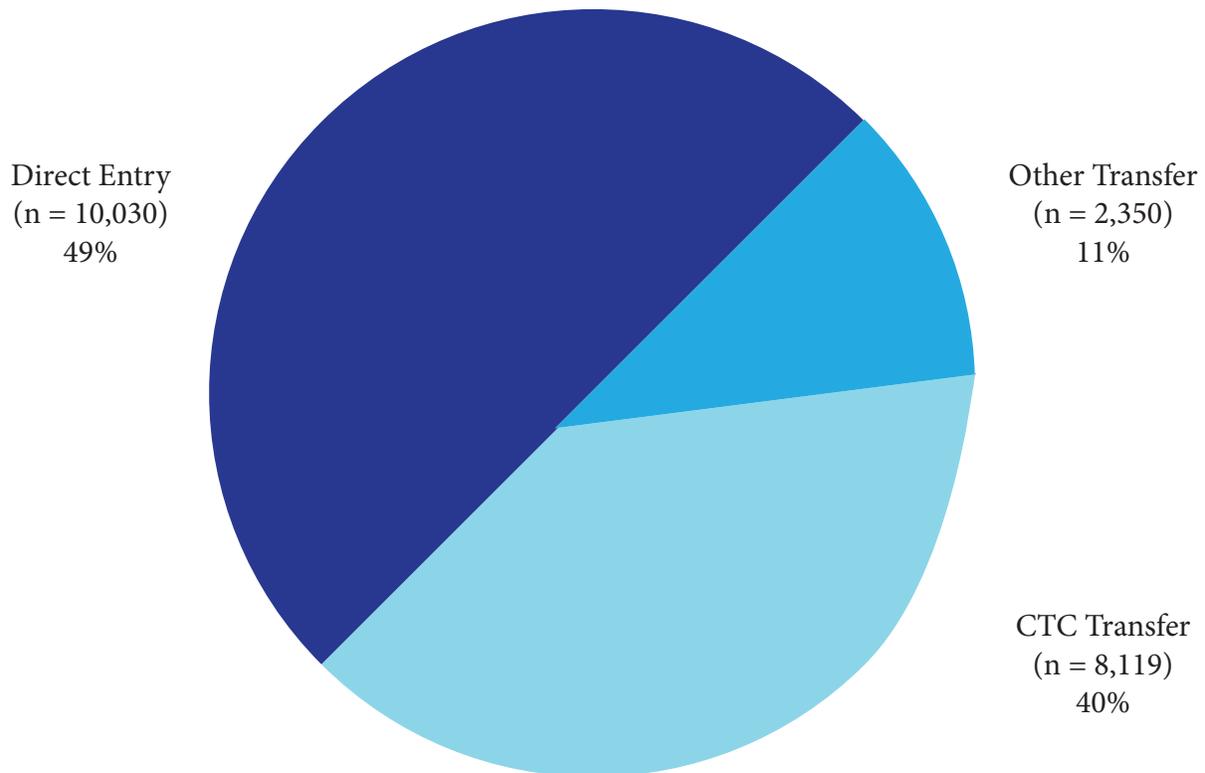
Your Progress

Week	Accomplishments	To Do	Notes
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			

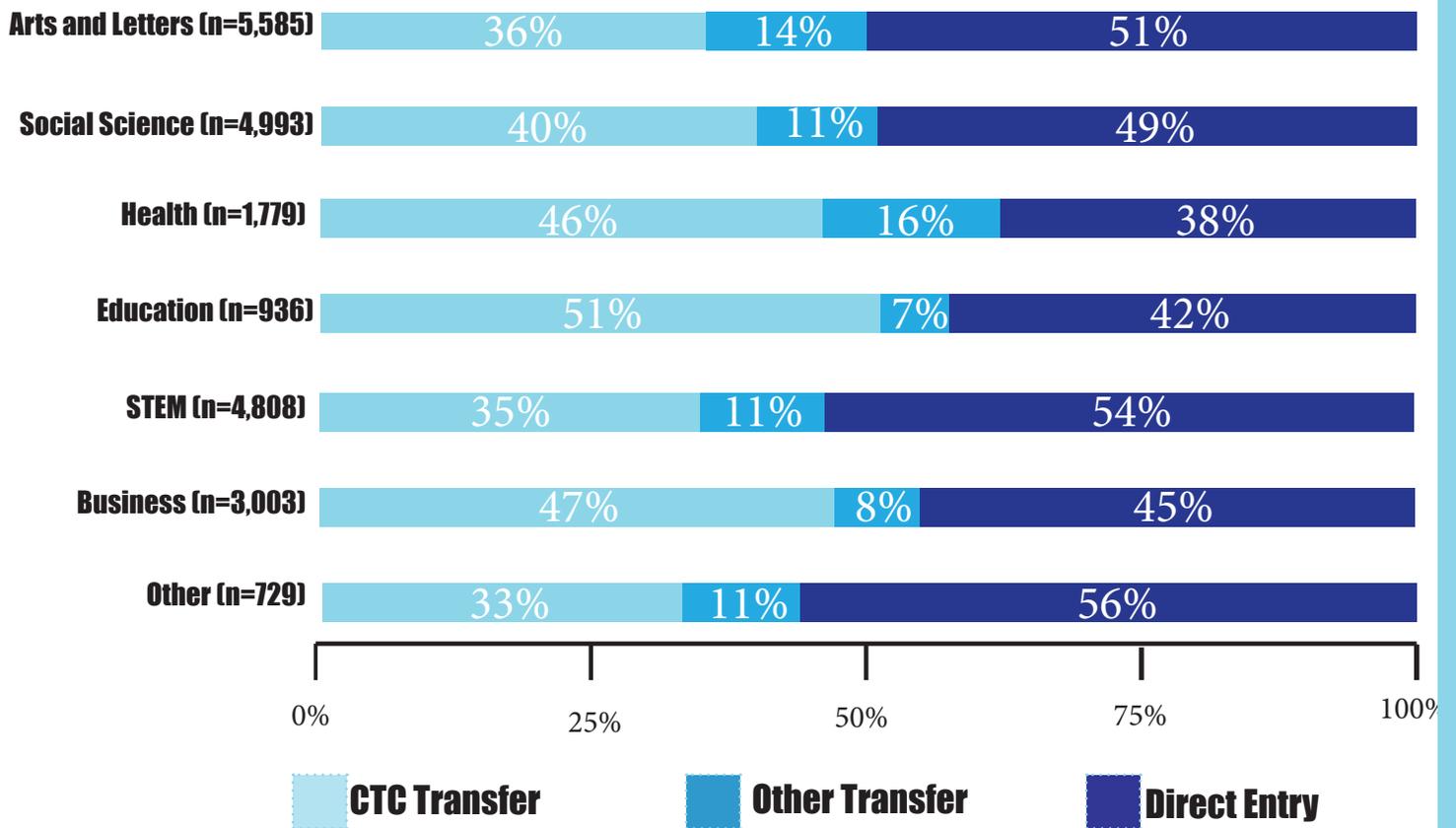
Community and Technical College to a Four Year College

A typical misconception that exists among high school students is that going to a community or technical college after graduation is a setback. But in reality, that is not the case. For many students, going into a community or technical college after graduation is the best route they can take. The Washington State Board for Community and Technical Colleges conducted a study where they examine direct entry, community and technical college (CTC) transfers, and other transfers, to see how they performed in a four year college as well as many other aspects. Below are some graphs and data that reflect how transferring from a community college to a four year university is not a setback, and how in some fields transfer students outperform direct entry students.

Type of Student



*Research conducted by Washington State Board for Community and Technical Colleges.



*Research conducted by Washington State Board for Community and Technical Colleges.

Checklist	Dream College	Choice 2	Choice 3	Notes
Application				
Request info/application forms Regular application deadline Early application deadline				
Grades				
Request high school transcript Request midyear grade reports				
Test Scores				
Send SAT scores Send ACT scores Send AP scores				
Letter of Recommendation				
Request recommendations Send thank-you notes				
Essays				
Write essay(s) Proof essay(s) for spelling and grammar Have two people read essay(s)				
Interviews				
Interview at college Alumni interview Send thank-you note(s) to interviewer(s)				
Send and Track Application				
Make copies of all application materials Apply online Include application fee				
Financial Aid				
Priority financial aid deadline Regular financial aid deadline Complete FAFSA online				
Post Application				
Receive admission letter Receive financial aid award letter Send deposit and final transcript				

Your Personal Statement

Starting your personal statement:

The admission essay is a big determining factor in your acceptance to college. When writing your essay, you need to be compelling, interesting and grammatically correct. Also, focus on a few things. First, explain anything outside of the ordinary that can be found in your application (disciplinary actions, grade trend, absence count etc.). Second, understand that counselors are looking to see if you can write at the college level. Thirdly, ensure that you are authentic and your personality is shown in your writing. Be sure to be open and transparent because you only get one attempt at a first impression!

Here are a couple of examples of real college essay prompts:

Trinity Lutheran College

Describe your background and the cultural influences that have shaped who you are today. (Cultural influences may include where you are from, your family, your ethnic background, your life experiences, etc.)

University of Washington

Tell us a story from your life, describing an experience that either demonstrates your character or helped to shape it.

In writing these essays you will realize that majority of them are asking similar questions. They want to know how you have been shaped by your past, how you respond to adversity, and how your background influences your current goals and mentality. Make sure that your essay is proofread, checked for content, and is tailored to the institution's question. Remember, this is your first impression so be sure to make the most of the opportunity.

Brainstorming Questions

- What makes you or your family unique?
- Have you faced any challenges or overcome any obstacles that have made you stronger? If so, what were they?
- What experiences outside of school have influenced your life?
- What skills do you have (leadership, speaking, writing, etc.)?
- What book has influenced you most? Why?
- What impact do you want to make on your community or the world?
- What was it like growing up in your town and going to your high school?
- Who in your life has influenced you? How? Why?
- Has your race, ethnicity, culture, politics, or religion affected you in positive or negative ways? How?
- Have you struggled due to socioeconomic status, physical ability or household situation? How?

Topics

Let's practice. Choose a few topics or situations that you can base your personal statement on:

- 1)
- 2)
- 3)
- 4)
- 5)

Discuss these options with a teacher, community member, or a HOPE initiative mentor.

Outline

Put it all together. Introduce your main idea, introduce paragraphs that support the opening, and conclude by summarizing and restating your main points

Topic or main idea
Paragraph 1
Paragraph 2
Paragraph 3
Conclusion

Organize your personal statement

After you've written your draft, ask:

- Did you answer the question(s) posed in the essay prompt in the application?
- Does this statement describe YOU and point out your best qualities?
- Did you discuss how this experience has transformed you?
- Did you discuss how this event relates to college or your future?
- If you have experienced significant hardships in your life, did you describe them in your essay?

Applying For Financial Aid (FAFSA.GOV)

Step 1

- **Discuss family finances**
- **gather important documents and info:**
 - **Social Security number or Alien Registration or Permanent Resident Card**
 - **Drivers License Number**
 - **W-2 Forms**
 - **Family income tax returns**
 - **Untaxed income Records**
 - **Current bank statement for you and your family**
 - **Business and investment records for your family (Stocks, Bonds, Mortgage etc)**

Step 2

- **Fill out the FAFSA which is available January 1st of your Senior Year**
- **List all of the schools to which you have applied or will apply**
- **Submit the FAFSA by the earliest priority date of your selected colleges**

Step 3

- **Follow up with the Financial Aid offices regarding additional paperwork**
- **Accept or Deny aid packages**

2014 - 2015 ACT/SAT Dates

ACT Dates

Test Dates	Registration Deadline	Late Registration Dealine
November 24, 2015	September 18, 2015	October 2, 2015
December 12, 2015	November 6, 2015	November 20, 2015
February 6, 2016	January 8, 2015	January 15, 2016
April 9, 2016	March 4, 2016	March 18, 2016
June 11, 2016	May 6, 2016	May 20, 2016

SAT Dates

Test Dates	Registration Deadline	Late Registration Deadline
November 7, 2015	October 9, 2015	October 27, 2015
December 5, 2015	November 5, 2015	November 23, 2015
January 23, 2015	December 28, 2015	January 12, 2015
March 5, 2016	February 5, 2016	February 23, 2015
May 7, 2016	April 8, 2016	April 26, 2016
June 4, 2016	May 5, 2016	May 25, 2016

Preparing For College

Junior Year

- Meet with your college/career counselor at least once a year
- Take challenging courses e.g. AP, IB
- Keep your grades up
- Join an academic club
- Register for the ACT/SAT. You should be academically ready to take it by spring. If not, take it early in your senior year.
- Talk with your parents and high school counselor about colleges that interest you
- Visit colleges and talk with college students
- List and compare colleges
- Investigate scholarship opportunities
- Build your scholarship resume (community service, volunteer, honor roll, etc.)
- Prepare a list of questions to ask on campus visits

Senior Year

August - December

- Sign up for the ACT /SAT (if you didn't take it as a junior, if you are not satisfied with your score)
- Begin your college essays
- Visit with your school counselor to make sure you are on track to graduate and fulfill college admission requirements
- Keep working hard all year - second semester grades can affect scholarship eligibility
- Ask for personal references from teachers, school counselors, or employers early in the year or at least one month before application deadlines. Follow your school's procedure for requesting recommendations.
- Visit with admissions counselors who come to your high school
- Attend college fairs
- Begin your college essays
- Avoid common college application mistakes (ask for help and let other revise your applications).
- Find out if you qualify for scholarships at each college you have applied to
- Start the financial aid process
- See your school counselor for help finding financial aid and scholarships

January – May

- If you need it, get help completing the FAFSA (application opens Jan. 1 - complete as soon as possible).
- Ask your guidance office in January to send first semester transcripts to schools where you applied. In May, they will need to send final transcripts to the college you will attend.
- Visit colleges that have been admitted to
- Compare financial aid packages between schools - make sure you are looking at the total cost for you and not the total in financial aid awards!
- Decide which college to attend, and notify the school of your decision
- Accept your financial aid package
- Keep track of and observe deadlines for sending in all required fees, paperwork and financial aid
- Notify schools you will not attend of your decision
- Continue to look for scholarship opportunities
- Watch the mail for your Student Aid Report (SAR)—it should arrive four weeks after the FAFSA is filed

Notes:

Notes:

Notes:

