The ACCESS College Foundation will help you go to college by...

- Inspiring hope that you CAN go to college
- Supporting you in meeting requirements
- Guiding you through the paperwork
- Assisting you with finding the money

Mission Statement:
To provide educational pathways leading to certification or college degree attainment and career opportunities for students, particularly those who may not have otherwise have access.
Message from the President

Dear Students, Parents and Members of the Community:

Now in our 34th school year, ACCESS College Foundation is proud to serve our local public schools in our efforts to make higher education accessible to all. As a nationally recognized not-for-profit college access and success program, we are proud of the strong partnerships we have forged within our community. Over the past 33 years, we have been able to assist 75,000 students with enrolling in college.

We are making this comprehensive digital publication available to help our students and their families with every aspect of the college admissions and financial aid processes. We see this College Prep Handbook as an essential tool that helps thousands of students each year to pursue their dreams of higher education. This is especially true when the Handbook is used in addition to the virtual one-on-one services of our trained ACCESS Advisors in the 31 public high schools of Chesapeake, Franklin, Norfolk, Northampton, Portsmouth, Suffolk, and Virginia Beach.

Now more than ever, education and training beyond high school is fundamentally important for our students, families and our community. Please communicate with the ACCESS Advisor in your high school who can help you make your educational dreams come true.

Best wishes!

Sincerely,

Bonnie B. Sutton
President and CEO
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Where Am I Going? .................................................... 15
What Tests Do I Take? .................................................. 33
How Do I Apply? .......................................................... 43
How Will I Pay? ............................................................ 55
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- Located in Farmville (South-Central VA)
- Medium: about 5,000 residential students (freshman + transfer)
- Medians: 3.21-3.93 GPA (weighted or unweighted through junior year), 980-1160 SAT (Evidence Based Reading + Math); 19-25 ACT
- Division I athletics
- Admissions deadline: Early Decision: Binding, Nursing only 11/2; Early Action: Nursing/Honors/Merit 12/1; Priority 3/1
- Financial aid deadline: 3/01
- Federal School Code: 003719

NNoorrffoollk  SSttaattee  UUnniivveerrssiittyy
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- Located in Norfolk; Historically Black University,
- Medium: about 5,616 students
- Medians: 2.3 GPA, 880 SAT(Critical Reading + Math), 17 ACT
- DNIMAS Scholarship for students interested in studying Physics, Computer Science, Biology, Chemistry and Applied Mathematics – Requires 3.3 GPA, 1200 SAT, 23 ACT
- Division I-AA athletics (MEAC Conference)
- Admissions priority deadline: 5/1 but has Rolling Admissions after deadline; DNIMAS: 12/15
- Financial aid priority deadline: 5/31
- Federal School Code: 003765

OOldd  DDoommiioonn  UUnniivveerrssiittyy
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- Located in Norfolk
- Large: about 25,000 students
- Medians: 3.3 GPA, 1050-1150 SAT (Critical Reading + Math), 20-25 ACT
- Division I athletics; Football team reinstated in 2009 and Volleyball
- Admissions deadline: Regular Decision: 02/01 then Rolling; Early Action (scholarship consideration): 12/1
- Financial aid deadline: 02/15
- Federal School Code: 003728

RRaaddffoorrdd  UUnniivveerrssiittyy
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- Located in Radford (Southwest VA)
- Medium: about 9,300 students; residential campus
- Middle 50%: 2.9-3.5 GPA, Middle 50%: 970-1130 SAT, 17-23 ACT
- Division I athletics
- Admissions deadline: Regular Decision: 2/01; Early Action: 12/1
- Financial aid deadline: 12/1
- Federal School Code: 003732

UUnniivveerrssiittyy  ooff  MMaarryy  WWaasshhiinnggttoonn
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wwwwwwwwwwwwwwwwww..uummwwwwwwww..eedduu
- Located in Fredericksburg (halfway between Richmond and Washington, DC)
- Medium: about 4,400 students; residential campus
- Medians: 3.2-3.6 GPA, 1100-1250 SAT(Critical Reading + Math), 23-28 ACT
- The oldest and most intensive historic preservation program for undergraduate students in the country
- Division III athletics
- Admissions deadline: Regular Decision: 02/01; Early Decision: 11/1; Early Action: 11/15
- Financial aid deadline: 2/01; Online Scholarship Deadline: 5/01
- Federal School Code: 003746
# Checklist for Your Junior Year

## September
- Review your high school coursework and activity plans, keeping in mind that colleges look for the following:
  a. Challenging coursework
  b. Strong GPA
  c. Involvement in extracurricular activities
  d. Volunteer work
- Make an appointment to see your Access Advisor. Pick up a Fee Waiver and Student Release form.
- Put together a list of 10 colleges that you would like to attend. Plan to apply 3-5 schools.
- Discuss your college options with your parents/guardians, high school counselor, and Access Advisor.
- Study and register for the PSAT (Preliminary Scholastic Aptitude Test) to be eligible for the National Merit Scholarship.
- Obtain dates and locations of college fairs and “parent nights” in your local area.
- Return Fee Waiver Application and student Release form to your Access Advisor.

## October
- Take the PSAT/NMSQT (Remember your calculator).
- Connect your College Board account with Khan Academy to better prepare for the official SAT.
- Attend college fairs and financial aid/parent nights.

## November
- Start a habit of reading an international news story from a daily newspaper. This will enhance your vocabulary and reading comprehension skills for the SAT/ACT.
- Begin using Khan Academy to practice for the SAT. It can also help with a class you may be struggling in and all for free.
- Think about registering for the AP exams, make sure to make note of the registration deadline.

## December
- Your PSAT/NMSQT score report should arrive.
- Plan to take the SAT. You may also take the ACT.
- Check with the colleges that you are applying to and find out specific testing requirements.
- Ask your Access Advisor about registration deadlines and fee waivers/fee payments.

## January
- Go through the college/university catalogs and visit the websites of the 3-5 schools that interest you the most.
- Begin setting up college visits for March and April to view campuses you are interested in.
- Visit the websites of 3-5 schools that interest you the most to find out more about them.
- Plan a visit. Open houses are GREAT but department visits are also eye opening.
- Begin building your resume so you can begin to ask for recommendations. Everyone you ask for a recommendation should be given a resume so they can write about you outside of class or school.

## February
- Register and study for the SAT and/or ACT exams
- Start seriously investigating private scholarships and other student aid programs. Check with counselors and your Access Advisor. Use Scholarship websites to review scholarships available for you.
<table>
<thead>
<tr>
<th>SEPTEMBER</th>
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<tbody>
<tr>
<td>❑ Make an appointment to see your Access Advisor.</td>
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<tr>
<td>❑ Continue investigating scholarships, grants, and student aid programs</td>
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<tr>
<td>❑ Register and study for the SAT and/or ACT exams</td>
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<tr>
<td>❑ Visit the colleges you selected in January. During your visits, make sure you meet with an admissions representative and a financial aid officer to find out what types of aid are available.</td>
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<tr>
<th>APRIL</th>
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<tr>
<td>❑ Consider taking the Advanced Placement (AP) exams while information is still fresh in your mind.</td>
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<tr>
<td>❑ Follow-up with any colleges; plan on an overnight visit and/or interview if possible.</td>
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<tr>
<td>❑ Research volunteer opportunities for the summer</td>
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<td>❑ Ask teacher to begin writing recommendations for college and scholarship applications.</td>
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<tr>
<th>MAY</th>
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<tr>
<td>❑ Access strongly advises you to take the SAT and/or the ACT exams in May or June of your Junior year. Please see the schedules on pages 38 and 41</td>
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<td>❑ Be aware of the remaining test dates and registration deadlines for the SAT and ACT. Plan on taking them again in the fall of your Senior year.</td>
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<tr>
<td>❑ Follow-up with the AP exams. They are given in high schools from early to mid-May.</td>
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<tr>
<td>❑ Inquire about Advanced Placement (AP) or summer college courses that may be available to you.</td>
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<tr>
<th>JUNE</th>
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<td>❑ Continue compiling information to find out which organizations award scholarships to graduating Seniors. You may have to apply for some during the summer after your Junior year.</td>
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<td>❑ Read a variety of books and magazines and review your math skills over the summer. This will help you prepare for the SAT/ACT.</td>
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<td>❑ Obtain a summer job that might be related to your career interests, and save money for college if possible.</td>
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<td>❑ If you travel this summer, consider scheduling a college visit as well.</td>
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WHO AM I?

Colleges and scholarship programs will want to know about my grade point average, school activities, awards and honors, community involvement and employment.
In this section, you will find:

- **Personal Profile**
- **Activity Record**
- **Instructions for an Activity Résumé and Samples**

This will help you develop and organize personal information required for college and scholarship applications.
My Personal Profile

Filling this out will assist you in completing the application process more efficiently. You can also give copies to people writing letters of recommendation for you.

Name: ___________________________ Phone number: __________________

Address: _________________________ E-mail address: __________________

High school counselor: ______________ Phone number: ______________

Colleges I’m applying to: ___________________________________________

_________________________________________________________________

High School GPA: __________

SCORES

SAT Reasoning: M: __ CR: __ W: __ SAT Subject: __ AP: __

SAT Reasoning: M: __ CR: __ W: __ SAT Subject: __ AP: __

ACT: Composite Score: __ ACT: Composite Score: __

HIGH SCHOOL COURSES (attach transcript). List favorite courses and why they interest you.

______________________________________________________________

______________________________________________________________

______________________________________________________________

PERSONAL INFORMATION Are you the first member of your family to attend college? Did you have an extraordinary childhood? Do you have an unusual hobby? What makes you stand out in the college applicant pool? What is most interesting about you (besides awards, activities)?

______________________________________________________________

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<tr>
<th>ACTIVITY</th>
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<th>Awards/Honors</th>
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INSTRUCTIONS FOR ACTIVITY RÉSUMÉ

• The purpose of including the Activity Résumé in your college application is to show the admissions officer that you are a well-rounded person with many talents.

• The Activity Résumé should be concise and show whether you held any leadership positions, or how many hours you devoted to the activity.

• The Activity Résumé should not be longer than one page, 12 pt. font.

Athletes should include a section with special skills and statistics:

Example:

**Varsity Football:** 9, 10, 11, 12
**Height:** 6’0” **Weight:** 190
**Position played:** Field goal kicker
  • 85% from inside the 30-yard line
  • Longest field goal 36 yards
  • 70% punts land inside the 20-yard line
**Honors and Awards:** Co-captain senior year; Nominated for All-District and All-State; named “Best Team Player”

Artists should include a section with special skills and performances or exhibitions.

Example:

**Drama student:** 9, 10
**Governor’s Magnet School Theatre Program:** 11, 12
**Shows:** Wizard of Oz as Dorothy, 9
  • Guys and Dolls, Stage Manager, 10
  • West Side Story, Sound Technician, 11
  • South Pacific as Nellie, 12
**Skills:** Certified in stage combat and make-up
**Honors and Awards:** One-act play competition, 1st place, 9

Example:

**Art student:** 9, 10
**Governor’s Magnet School Art Program:** 11, 12
**Media specialties:** Pen and ink, ceramics, metal sculpture
**Exhibitions:** Olde Towne Gallery, Seawall
**Art Festival Honors & Awards:** 2nd place Student Gallery, 12
SAMPLE ACTIVITY RÉSUMÉ #1

Personal Information

John Q. Student
123 Education Lane
Schoolhouse, VA 12345

School Activities

French Club: 9, 10, 11
National Honor Society: 10, 11, 12 (President 12)
Varsity Tennis Team: 9, 10, 11, 12 (Co-captain 11, 12)
Chrome: 11, 12

Awards and Honors

Science Fair, 1st Place Environmental Category: 9
Nominated for Boys’ State: 11
Outstanding Social Studies Student: 12
Voted “Most Likely to Succeed” by Senior Class

Community Involvement

Church Youth Group:
• Served meals at soup kitchen once a month
• Taught Vacation Bible School every summer
• Participated in church softball team
• Sang in youth choir

Charitable Organization:
• Volunteered 50 hours of labor

Employment

Papa John’s delivery, 20 hours/week: 12
Sample Résumé #2

Jane Student
2061 Edgewater Road, Apt 2B • Norfolk, VA 22222 • PHONE (757) 222-2222
samplestudent@hotmail.com

EDUCATION

2019-2023 City High School South Hampton Roads
• Grades 9-12
• College Prep Curriculum
• 8 Honors course; 3 AP courses

GPA AND CLASS RANK

• 3.34 GPA through junior year of high school
• Ranked 42 out of 414 graduating seniors

EXTRACURRICULAR ACTIVITIES

• List athletics, varsity or intramural
• List clubs, with office held
• List summer camps
• List volunteer work
• List church activities

WORK EXPERIENCE

(list most recent first in reverse order)

June-August ’21 PetSmart Virginia Beach, VA
Cashier
• Customer Service

June-August ’20 Food Lion Norfolk, VA
Grocery Bagger
• Customer Service

AWARDS, SKILLS AND CERTIFICATIONS

• List computer skills
• List computer software
• List any awards & recognitions
• List certifications like: Red Cross CPR, Swimming, Babysitting
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WHERE AM I GOING?

I can’t wait too late to decide! Most colleges have admission application deadlines. The next few pages show deadlines for admission and financial aid applications for colleges in Virginia.
In this section, you will find:

- Quick Reference Guide to Colleges and Universities in Virginia
- Information about Out-of-State Options

This will help you select the college that best fits you.
Quick Reference Guide to Colleges and Community Colleges in Virginia

SAT and ACT scores listed are the averages unless otherwise indicated. The scores are based on the combined Critical Reading and Math scores on the SAT. Be sure to visit the colleges’ website for more information.

Admission is based on many factors.

Do not rule out a school if your GPA and Scores are not an exact match.

4-Year Virginia Public Colleges and Universities

Christopher Newport University - www.cnu.edu
- Located in Newport News
- Medium: about 5,100 students
- Medians: 3.3-4.3 GPA, 1130-1300 SAT (Critical Reading + Math), 24-28 ACT; Test Optional
- Division III athletics
- Admissions deadline: Regular Decision: 2/01; Early Action (non-binding): 12/1; Early Decision (binding): 11/15
- Financial aid deadline: Regular 02/15; Priority 12/15
- Federal School Code: 003706

William & Mary - www.wm.edu
- Located in Williamsburg
- Medium: about 8,400 students; 6,000 undergraduate
- Middle 50% - 4.0-4.4 GPA, Middle 50% - 1300-1490 SAT (Critical Reading + Math), 30-34 ACT; Test Optional
- William & Mary Promise for VA students from low-income backgrounds
- Division I athletics
- Admissions deadline: Early Decision I: 11/01; Early Decision II and Regular Decision: 01/01
- All students considered for scholarships with application submission
- Financial aid deadline: 3/01
- Federal School Code: 003705

George Mason University - www.gmu.edu
- Located in Fairfax, 16 miles west of Washington, DC
- 36,000 total students (25,000 Undergraduates)
- Medians: 3.30-3.90 GPA, 1100-1220 SAT (Critical Reading + Math), 23-29 ACT; Test Optional
- Lots of opportunities for internships/work experience in the DC area
- Committed to Diversity and Inclusion
- Division I athletics
- Admissions deadline: Regular Decision: 02/01; Early Action: 11/01; Scholarship and Honors College: 11/01
- Financial aid deadline: 01/15
- Federal School Code: 003749

James Madison University - www.jmu.edu
- Located in Harrisonburg, about 3½ hour drive from Norfolk
- Large: about 20,000 students; 16:1 Student Faculty Ratio
- Medians: 3.0 GPA in Core classes, 1150-1310 SAT (Critical Reading + Math), 24-30 ACT; Test Optional
- Unique Major: Integrated Science and Technology (ISAT)
- Division I athletics; Football: Division I-AA
- Admissions deadline: Regular Decision: 1/15; Early Action: 11/1
- Financial aid deadline: 3/01; Priority: 10/1
- Federal School Code: 003721
Longwood University - www.longwood.edu
- Located in Farmville (South-Central VA)
- Medium: about 4,400 students; residential campus
- Medians: 3.2 GPA, 1010-1160 SAT (Critical Reading + Math); 19-25 ACT, Test Optional
- Division I athletics
- Admissions deadline: Regular Admission 3/01; Early Action 12/1; School of Nursing 12/1; Priority Scholarship 12/1
- Financial aid deadline: 3/01
- Federal School Code: 003719

Norfolk State University - www.nsu.edu
- Located in Norfolk, Historically Black University,
- Medium: about 6,000 students; mostly commuter students
- Medians: 3.25 GPA, 980 SAT (Critical Reading + Math), 19 ACT
- DNIMAS Scholarship for students interested in studying Physics, Computer Science, Biology, Chemistry and Applied Mathematics – Requires 3.3 GPA, 1200 SAT, 23 ACT
- Division I-AA athletics (MEAC Conference)
- Admissions priority deadline: 5/1 but has Rolling Admissions after deadline; DNIMAS: 12/15; VCAN: 03/01
- Financial aid priority deadline: 03/01
- Federal School Code: 003765

Old Dominion University - www.odu.edu
- Located in Norfolk
- Large: about 25,000 students
- Medians: 3.36 GPA, 1124 SAT (Critical Reading + Math), 22.6 ACT, Test Optional
- Division I athletics
- Admissions deadline: Regular Decision: 02/01 then Rolling; Early Action (scholarship consideration): 12/1
- Financial aid deadline: 01/01
- Federal School Code: 003728

Radford University - www.radford.edu
- Located in Radford (Southwest VA)
- Medium: about 11,600 students; with about 36% being first generation
- Medians: 2.9-3.6 GPA, 940-1130 SAT (Critical Reading + Math), 17-23 ACT
- Division I athletics
- Admissions deadline: Regular Decision: 2/01; Early Action: 12/1; Rolling admissions until full
- Financial aid deadline: 01/15
- Federal School Code: 003732

University of Mary Washington - www.umw.edu
- Located in Fredericksburg (halfway between Richmond and Washington, DC)
- Medium: about 4,000 students; residential campus
- Medians: 3.2-3.6 GPA, 1100-1280 SAT (Critical Reading + Math), 23-28 ACT; Test Optional
- The oldest and most intensive historic preservation program for undergraduate students in the country
- Division III athletics
- Admissions deadline: Regular Decision: 02/01; Early Decision: 11/1; Early Action: 11/15
- Financial aid deadline: 2/01; Online Scholarship Deadline: 5/15
- Federal School Code: 003746
University of Virginia - www.virginia.edu
- Located in Charlottesville (Central VA)
- Medium: about 18,000 students; residential campus
- Holistic approach for admissions
- Medians: 1390-1530 SAT (Critical Reading + Math), 32-35 ACT; Test Optional
- Division I athletics (ACC Conference)
- Admissions deadline: Regular Decision: 1/01; Early Decision & Early Action: 11/01
- Financial aid deadline: 2/01, Early Decision 11/15, Early Action 12/01 *must also complete the College Board CSS PROFILE
- Federal School Code: 003745

University of Virginia – College at Wise - www.uvawise.edu
- Located in Wise (Southwest VA)
- Formerly known as Clinch Valley College; branch of UVA
- Medium: about 2,000 students; residential campus
- Medians: 2.4 GPA, 900 SAT (Critical Reading + Math), 19 ACT, Test Optional
- Division II athletics
- Admissions deadline: Rolling; Early Action: 12/01
- Financial aid deadline: 2/15
- Federal School Code: 003747

Virginia Commonwealth University - www.vcu.edu
- Located in downtown Richmond
- Large: about 29,417 students
- Medians: 3.4-4.06 GPA, 1160-1250 SAT (Critical Reading + Math), 21-26 ACT
- Strong programs in the visual and performing arts, humanities and sciences, health sciences and social work
- Division I athletics
- Admissions deadline: Regular Decision: 1/15; 11/15 guaranteed admission to School of Medicine or Health Sciences Program, Scholarship Consideration: 11/01
- Financial aid deadline: 02/01
- Federal School Code: 003735

Virginia Military Institute - www.vmi.edu
- Located in Lexington (Western Central VA)
- Small: about 1,700 students; residential campus
- Medians: 3.5 GPA, 1200 SAT (Critical Reading + Math), 26 ACT; Test Optional
- Strong programs in Liberal Arts
- Division I athletics
- Admissions deadline: Rolling; Priority Regular Decision: 2/01; Early Decision: 11/15
- Financial aid deadline: 3/01
- Federal School Code: 003753

Virginia Polytechnic Institute & State University - www.vt.edu
- Located in Blacksburg (Southwest VA)
- Large: about 37,000 students (30,000 undergraduate)
- Medians: 4.15 GPA, 1300 SAT (Critical Reading + Math), 28 ACT
- Division I athletics
- Admissions deadline: Early Action: 12/01; Regular Decision: 1/15; Early Decision (Binding): 11/1
- Financial aid deadline: 03/01; If wanting to be considered for scholarships 1/22 then both scholarship and FAFSA applications need to be completed
- Federal School Code: 003754
Virginia State University - www.vsu.edu
- Historically Black University located in Petersburg
- Medium: about 4,000 students; 17:1 Student to faculty ratio
- Medians: Average 3.0 GPA, 970 SAT, 18 ACT
- Division II athletics
- Admissions deadline: Regular Decision: 5/1
- Financial aid deadline: 3/31 Priority
- Federal School Code: 003764

4-Year Virginia Private Colleges and Universities

Averett University - www.averett.edu
- Located in Danville (central VA near VA/NC border)
- Small: about 1,500 students; 14:1 Student Faculty Ratio
- Medians: 3.18 GPA, 930 SAT (Critical Reading + Math), 20 ACT, Test Optional
- Division III athletics
- Admissions deadline: Rolling
- Financial aid deadline: 3/01
- Federal School Code: 003702

Bluefield College - www.bluefield.edu
- Located in Bluefield (Southwest VA near VA/WV border)
- Small: about 1,200 students; residential campus
- Minimum 2.0 GPA, Minimum 970 SAT (Critical Reading + Math), Minimum 18 ACT
- NAIA Division I athletics
- Admissions deadline: Rolling
- Financial aid deadline: 03/15
- Federal School Code: 003703

Bridgewater College - www.bridgewater.edu
- Located in Bridgewater (Northwest VA, near JMU)
- Small: about 1,400 students
- Medians: Average 3.5 GPA, 1050 SAT (Critical Reading + Math), 21 ACT
- Most popular majors: Biology, Business, Psychology, Education, Health and Exercise Science
- Division III athletics
- Admissions deadline: Rolling
- Financial aid deadline: 03/01
- Federal School Code: 003704

Christendom College - www.christendom.edu
- Located in Front Royal, Virginia
- Catholic, liberal arts college
- Small: about 550 students
- Medians: 3.70 GPA, 1300 SAT (Critical Reading + Math), 26 ACT
- Conducts Mass twice daily
- Admission Deadline: Regular Decision: 3/01; Early Action 12/01
- Financial Aid deadline: 4/01
Eastern Mennonite University - www.emu.edu

- Located in Harrisonburg (near JMU & Bridgewater)
- Small: 10:1 student to faculty ratio, about 1,000 undergraduate students
- Medians: 3.7 GPA, Test Blind
- Strong Education, Nursing, Business, Pre-professional health programs
- Museum of Natural History, Arboretum and campus garden exists on campus
- Unique Major: Peacebuilding, Global Development/Studies, Photography and Environmental Science
- Division III athletics (Old Dominion Athletic Conference)
- Admissions deadline: Rolling
- Financial aid deadline: 3/01 Scholarship Consideration Deadline: 01/30
- Federal School Code: 003708

Emory & Henry College - www.ehc.edu

- Located in Emory (Southwest VA)
- Small: about 1,300 students
- Average GPA 3.62, Test Optional
- Unique Major: Equine Studies; Unique Program: Semester-a-Trail
- Division II athletics
- Admissions deadline: Regular Decision: 4/1 but also rolling; Early Action: 11/15 and 1/15
- Financial aid deadline: 3/01
- Federal School Code: 003709

Ferrum College - www.ferrum.edu

- Located in Ferrum (Southwest VA)
- Small: about 1,200 students; 13:1 Student Faculty Ratio
- Medians: Minimum 2.0 GPA, Test Optional
- Division III athletics
- Admissions deadline: Rolling
- Financial aid deadline: 02/01
- Federal School Code: 003703

Hampden-Sydney College - www.hsc.edu

- Located in Hampden-Sydney (Central VA)
- Small: about 1,000 students
- Medians: 3.4 GPA, 1150 SAT (Critical Reading + Math), 23-24 ACT
- All male college
- 10th oldest college
- Division III athletics
- Admissions deadline: Regular Decision: 02/01; Early Decision: 11/01; Early Action: 10/15 and 12/01
- Financial aid deadline: 02/01
- Federal School Code: 003713

Hampton University - www.hamptonu.edu

- Historically Black University, located in Hampton
- Medium: about 4,300 students
- Medians: 3.4 GPA, 1050 SAT (Critical Read + Math), 22 ACT -52 Undergraduate Programs
- Division I athletics
- Admissions deadline: Regular Decision: 3/01; Early Action: 11/01
- Financial aid deadline: Priority: 2/15
- Federal School Code: 003714
Hollins University - www.hollins.edu
- Located in Roanoke
- Small: about 800 students
- All female college
- Medians: 3.7 GPA, 1200 SAT (Critical Reading + Math), 27ACT; Now test optional permanently
- Creative Writing program, Art, Political Science, Business
- Division III athletics (including Equestrian Riding)
- Admissions deadline: Regular Decision: 02/01; Early Decision: 11/01; Early Action: 11/15
- Financial aid deadline: 02/15 (File before December 31st to receive a $500 FAFSA Filer Grant)
- Federal School Code: 003715

Liberty University - www.liberty.edu
- Located in Lynchburg (Central VA)
- Large: 15,000 students; residential campus
- Medians: 3.15-3.83 GPA, 1020-1220 SAT (Critical Reading + Math), 20-27 ACT
- Christian academic community
- Division I athletics
- Admissions deadline: Rolling
- Financial aid deadline: 01/15
- Federal School Code: 010392

Lynchburg College - www.lynchburg.edu
- Located in Lynchburg (Central VA)
- Small: about 2,000 students’ undergraduate students
- Medians: 3.3 GPA, Test Optional
- Division III athletics
- Admissions deadline: Rolling; Early Decision 11/15
- Financial aid deadline: Priority Deadline 11/01
- Federal School Code: 003720

Mary Baldwin College - www.marybaldwin.edu
- Located in Staunton (Western VA)
- Small: about 1000 students; residential campus
- Medians: Minimum 2.6 GPA, 960-1140 SAT (Critical Reading + Math), 17 ACT, Test Optional
- 2017 Co-Ed Programs began
- Division III athletics
- Admissions deadline: Rolling
- Financial aid deadline: No Deadline due to Rolling Admissions
- Federal School Code: 003723

Marymount University - www.marymount.edu
- Located in Arlington (Northern VA)
- Small: about 2,350 students
- Medians: 3.23 GPA, 100% test blind, no longer requiring test scores
- Division III athletics
- Admissions deadline: 03/01, Rolling
- Financial aid deadline: 03/01
- Federal School Code: 003724
Randolph College - www.randolphcollege.edu
- Located in Lynchburg (Central VA)
- Founded as Randolph-Macon Woman’s College in 1891
- Medians: 3.3 GPA, 1080 SAT (Critical Reading + Math), 23 ACT; Test Optional
- Writing Requirement in every discipline
- Division III Athletics
- Admissions deadline: Regular Decision: 03/01; Early Action: 11/15
- Financial aid deadline: Rolling filing status; preferred by 03/01
- Federal School Code: 003734

Randolph- Macon College - www.rmc.edu
- Located in Ashland (North of Richmond)
- Small: about 1,400 students
- GPA 3.75, 1170 SAT (Critical Reading + Math), 26 ACT; Test Optional
- Major in Engineering, Bachelor of Science in Nursing
- Division III Athletics
- Admissions deadline: Regular Decision: 03/01; Early Action: 11/15 and to be considered for highest scholarship amounts; Early Decision 11/01
- Financial aid deadline: 03/01
- Federal School Code: 003733

Regent University - www.regent.edu
- Located in Virginia Beach
- About 11,000 students (Online & On-Campus), residential housing
- Medians: 3.34 GPA, 980-1210 SAT (Critical Reading + Math), 23-29 ACT
- Top 5 majors include: Psychology, Biblical/Theological Studies, Christian Ministry, Business, and Cybersecurity. Other popular majors include Government/Law, Education, Communication, and Biophysical Sciences. Intramural sports and study abroad opportunities are available
- Admissions deadline: Rolling
- D1 Varsity Sports in the NCCAA: basketball, soccer, track, volleyball, and cross country
- Financial aid deadline: 07/31
- Federal School Code: 030913

Roanoke College - www.roanoke.edu
- Located in Salem (Southwest VA)
- Medium: about 2,000 students, residential housing available
- Medians: 3.6 GPA, 1160 SAT (Critical Reading + Math), 24 ACT
- Community service encouraged
- 19 Division III men’s and women’s athletics
- Admissions deadline: Regular Decision: Rolling; Early Decision: 11/15, Early Action 10/17
- Financial aid deadline: 03/01 *Requests to submit FAFSA as close to 10/01 as possible
- Federal School Code: 003736

Shenandoah University - www.su.edu
- Located in Winchester (Northwest VA)
- Medium: about 2,093 students
- Medians: 3.18-3.96 GPA, Test Blind, Test scores no longer needed
- Conservatory of Music, Theater and Dance; Strong Health Professions
- Division III Athletics
- Admissions deadline: Regular Decision: Rolling
- Financial aid deadline: No Priority deadline; students can submit FAFSA up until July 31st
- Federal School Code: 003737
University of Richmond - www.richmond.edu
- Located in Richmond
- Medium: about 3,000 students
- Medians: 3.6-3.96 Core GPA, 1340-1480 SAT (Critical Reading + Math), 31-33 ACT
- Offers Leadership Studies program, the only one of its kind in the country
- Robins School of Business is one of the top 15 undergraduate business programs in the country
- Division I athletics
- Admissions deadline: Regular Decision: 01/01; Early Decision: 01/01
- Financial aid deadline: Regular admission: 02/01; Early Action: 11/15
- Federal School Code: 003746

Virginia Union University - www.vuu.edu
- Historically Black University located in Richmond
- Small: about 1,700 students
- Medians: 2.73 GPA, 800 SAT (Critical Reading + Math), 16-17 ACT
- City of Richmond, VA. Union Police Training Academy and Criminal Justice Program
- Division II athletics
- Admissions deadline: Rolling Admissions
- Financial aid deadline: Priority: 03/31
- Federal School Code: 003766

Virginia Wesleyan University - www.vwu.edu
- Located in Virginia Beach
- Small: about 1,600 students
- Medians: 3.3 GPA, 1150 SAT (Critical Reading + Math), 22 ACT
- Emphasis on internships and undergraduate research opportunities
- Division III athletics
- Admissions deadline: Rolling
- Financial aid deadline: Rolling
- Federal School Code: 003767

Washington and Lee University - www.wlu.edu
- Located in Lexington (Western VA)
- Small: about 1,850 students
- Medians: Middle 50% of class, 1420-1510 SAT (Critical Reading + Math); Middle 50% of class, ACT 32-35, Test Optional for 2022-2023
- 10% of each class receives full Johnson Scholarship covering tuition, room and board, and additional expenses
- Data Science; Entrepreneurship; Law, Justice and Society; Poverty and Human Capabilit Studies; and Southern Race Relations, Culture and Politics
- Shepherd Program for the Interdisciplinary Study of Poverty and Human Capability integrates academic study and learning through service and reflection
- Internship programs in DC and Manhattan, plus study abroad in over 40 countries
- Division III athletics
- Admissions deadline: Regular: 1/01; Early Decision: 11/01 and 01/01
- Financial aid deadline: Early Decision I & Merit Scholarship: 12/01; Early Decision II: 01/15; Regular Decision: 02/15
- Federal School Code: 003768
2-Year Virginia Public Colleges and Universities

Blue Ridge Community College - www.blueridge.edu
- Located in Weyers Cave (in the Central Shenandoah Valley)
- Medium: about 4,200 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College may be admitted.
- May be exempt from placement test based on a 460/Reading and Writing, and 510/Math SAT score or a 15/English, 15/Writing, and 19/Math ACT score within the last five years. Offers multiple measures for placement.
- Popular programs include Aviation Maintenance Technology and Veterinary Technology
- Intramural sports available
- Admissions deadline: Rolling
- Financial aid deadline: 03/15
- Federal School Code: 006819

Bright Point Community College - www.jtcc.edu
- Located in Weyers Cave (in the Central Shenandoah Valley)
- Medium: about 4,200 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College may be admitted.
- May be exempt from placement test based on a 460/Reading and Writing, and 510/Math SAT score or a 15/English, 15/Writing, and 19/Math ACT score within the last two years. More “Direct Enrollment” placement based on GPA-moving away from testing-based placement for students within a 6 year window of high school graduation.
- Popular programs include Aviation Maintenance Technology and Veterinary Technology
- Intramural sports available
- Admissions deadline: Rolling
- Financial aid deadline: 03/15
- Federal School Code: 006819

Central Virginia Community College - www.centralvirginia.edu
- Located in Lynchburg, VA
- Medium: about 4,400 students
- Any person who as a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College may be admitted.
- Direct Enrollment SurveyPopular programs include Air Conditioning and Refrigeration, Paralegal studies, and Police Science
- Intramural sports available
- Admissions deadline: Rolling
- Financial aid deadline: Priority: 03/15
- Federal School Code: 004988

Dabney S. Lancaster Community College - www.dslcc.edu
- Located in Clifton Forge
- Small: about 1,200 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- May be exempt from placement test based on a 480/Reading and Writing, and 530/Math SAT score or a 18/English, 18/Writing, and 22/Math ACT score within the last two years.
- Guaranteed Admission Agreements to various nursing programs (and other programs)
- No application fee to apply
- Popular programs include Business Management & Operations, and Natural Resources
- Conservation
- Intramural basketball available
- Admissions deadline: Rolling
- Financial aid deadline: Priority: 03/01
- Federal School Code: 004996
Danville Community College - www.danville.edu

- Located in Danville, VA (45 miles from Greensboro, NC)
- Medium: about 4,800 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- Direct Enrollment Survey
- Popular programs include Business Management & Operations, Allied Health Professions, and Dental Assisting
- No application fee to apply
- Club level baseball (Men only)
- Financial aid deadline: Priority: 03/15
- Admissions deadline: Priority: 05/18
- Federal School Code: 003758

Eastern Shore Community College - es.vcc.edu

- Located in Melfa, VA (on the Eastern Shore, about 60 miles from Norfolk)
- Small: about 750 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- Direct Enrollment Survey
- No sports available
- Popular programs include Air Conditioning and Refrigeration, Business Management, and Early Childhood Ed
- No application fee to apply
- Admissions deadline: Rolling
- Financial aid deadline: Priority: 05/01
- Federal School Code: 003748

Germanna Community College - www.germanna.edu

- Located in Locust Grove, VA (about 30 minutes West of Fredericksburg)
- Medium Sized: about 7,000 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- Multiple measures and informed self-placement to determine a student’s readiness for college level English and Math courses.
- Popular programs include a competitive Nursing program, Accounting, and American Sign Language
- Intramural flag football, soccer, dodgeball, basketball and a variety of other organizations
- Admissions deadline: Rolling
- Financial aid deadline: Priority: 04/01
- Federal School Code: 003748

Lord Fairfax Community College - www.lfcc.edu

- Located in Middletown, VA
- Medium: about 7,600 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- 4 campuses located in Middletown, Luray, and Warrenton, Virginia
- May be exempt from placement test based on a 460/Reading and Writing, and 510/Math SAT score or a 15/English, 15/Writing, and 19/Math ACT score within the last two years.
- Popular programs include Accounting, Surgical Technology, and Web Design
- Club sports available
- Admissions deadline: Rolling
- Financial aid deadline: Priority: 06/01
- Federal School Code: 008659
Mountain Empire Community College - www.mecc.edu
- Located in Big Stone Gap, VA
- Small: about 2,700 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- May be exempt from placement test based on a 480/Reading and Writing, and 530/Math SAT score or a 18/English, 18/Writing, and 22/Math ACT score within the last two years.
- Popular programs include Welding, Respiratory Care Therapy, and Industrial Production Technology
- Intramural sports available (flag football and basketball)
- Admissions deadline: Rolling
- Financial aid deadline: Priority: 05/01
- Federal School Code: 009629

New River Community College - www.nr.edu
- Located in Dublin, VA
- Medium: about 4,500 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- Direct Enrollment based on GPA and highest level of Math and English taken in High SchoolPopular programs include Accounting, Business Administration, and Drafting/Design Technologies CAD/CADD
- Intramural sports available
- Admissions deadline: Rolling
- Financial aid deadline: 04/15
- Federal School Code: 005223

Northern Virginia Community College - www.nvcc.edu
- Located in Annandale, VA
- Large: about 52,100 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- May be exempt from placement test based on a 480/Reading, and Writing, and 510/Math SAT score or a 18/English, 18/Writing, and 19/Math ACT score within the last two years. Updated to Direct Enrollment system based on GPA
- 6 campuses in Alexandria, Annandale, Loudoun County, Manassas, Springfield and Woodbridge
- Popular programs include Accounting, Biological and Physical Sciences, and Criminal Justice
- Intramural sports
- Admissions deadline: Rolling
- Financial aid deadline: Priority of 3/01 for new students
- Federal School Code: 003727

Patrick Henry Community College - www.patrickhenry.edu
- Located in Martinsville, VA
- Small: about 2,900 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- Direct Enrollment Placement
- Mobile Digital learning program
- Popular programs include Accounting, Business Operations Support, Nursing, General Studies and Culinary Arts
- Intercollegiate and intramural sports
- Admissions deadline: Rolling
- Financial aid deadline: 06/01
- Federal School Code: 003751
Camp Community College - www.pdc.edu
- Located in Franklin, VA
- Small: about 1,500 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- May be exempt from placement test based on a 480/Reading and Writing, and 530/Math SAT score or a 18/English, 18/Writing, and 22/Math ACT score within the last two years.
- Popular programs include Electrician, Pharmacy Technician, and Industrial Production Technology
- Admissions deadline: Rolling
- Financial aid deadline: 06/01
- Federal School Code: 009159

Piedmont Virginia Community College - www.pvcc.edu
- Located in Charlottesville, VA
- Medium: about 5,400 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- Most PVCC students do not need to take placement tests. If you graduated from High School longer than 6 years ago, then informed self-placement guides are available to help determine your courses.
- Distance learning partnership with Old Dominion University; “Direct Enrollment System” Based on GPA
- Popular programs include Computer Science, Diagnostic Medical Sonography, and Multimedia Design
- Intramural and club sports
- Admissions deadline: Rolling
- Financial aid deadline: 05/01
- Federal School Code: 009928

Rappahannock Community College
- Located in Glenns, VA
- Medium: about 3,600 students
- 6 campuses across the Middle Peninsula and Northern Neck Regions of Virginia
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- May be exempt from placement test based on a 480/Reading and Writing, and 530/Math SAT score or 18 English, 18/Writing, and 22/Math ACT score within the last two years.
- Popular programs include Criminal Justice/Law Enforcement Admin, Electrical Electronics, and Culinary Arts
- Intramural sports
- Admissions deadline: Rolling
- Financial aid deadline: 04/15
- Federal School Code: 009160

Reynolds Community College - www.reynolds.edu
- Located in Richmond, VA
- Medium: about 10,100 students
- 3 campuses throughout Richmond, VA
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- Direct Enrollment Survey
- Popular programs include Automotive Mechanics Technology, Biological and Physical Sciences, and Business Administration. Direct enrollment System based on GPA with 6 years of high school graduation - not test or placement test based.
- Various intramural sports and tournaments (pool, soccer, etc.)
- Admissions deadline: Rolling
- Financial aid deadline: 04/15
- Federal School Code: 003759
Richard Bland College - www.rbc.edu
- Located in Petersburg, VA
- Small: about 2,400 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- Multiple measures and informed self-placement to determine a student’s readiness for college level English and Math courses.
- Applicants are evaluated based on high school courses, grades, and extracurricular activities. High school work should normally include four (4) units of English, three (3) units of mathematics (preferred courses: Algebra I, Geometry, Algebra II or advanced math courses), two (2) units of history or government and two (2) units of science. Two (2) units of foreign language are preferred but not required.
- Distance learning partnership with Old Dominion University
- Intramural and club sports
- Admissions deadline: Rolling
- Financial aid deadline: 03/01
- Federal School Code: 003707

Southside Virginia Community College - www.southside.edu
- Located in Virginia (70 miles South of Richmond)
- Medium Sized: about 4,400 students
- 7 campuses in Alberta, Blackstone, Chase City, Emporia, Keysville, South Boston, and South Hill, Virginia
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- Direct Enrollment Survey
- Popular programs include Nursing, Funeral Services, and Agribusiness
- Intramural sports: Men’s Basketball and Women’s Fast Pitch Softball
- Admissions deadline: Rolling
- Financial aid deadline: 06/01
- Federal School Code: 008661

Southwest Virginia Community College - www.sw.edu
- Located in Richlands, VA (45 miles from Bluefield and Bristol)
- Small: about 2,600 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- Direct Enrollment Survey
- No sports; about 20 clubs and organizations
- Popular programs include Allied Health Professions, Emergency Medical Services, and Business Management
- Admissions deadline: Rolling
- Financial aid deadline: 05/30
- Federal School Code: 007260

Virginia Peninsula Community College - www.tncc.edu
- Located in Hampton, VA
- Medium: about 13,000 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- Direct Enrollment Survey. Advisors are available to assist anyone not comfortable in choosing their classes. Popular programs include new Dental Hygiene program; SIFE program; Teacher Prep Program; William & Mary Co-Enrollment
- Intramural and club sports available
- Extensive evening or early morning classes available
- Admissions deadline: Rolling
- Financial aid deadline: Priority: 05/01
- Federal School Code: 006871
### Tidewater Community College - www.tcc.edu
- Four campuses across Hampton Roads (Norfolk, Portsmouth, Virginia Beach, and Chesapeake)
- Large: about 26,000 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- Multiple measures and informed self-placement to determine a student's readiness for college level English and Math courses.
- Intercollegiate and Club athletics available; Over 40 clubs and organizations; Switching to Direct Enrollment Program
- Popular programs in Nursing, Automotive Analysis & Repair, and Truck Driving
- On-site childcare
- Admissions deadline: Rolling
- Financial aid deadline: Priority 03/01
- Federal School Code: 003712

### Virginia Highlands Community College - www.vhcc.edu
- Located in Abingdon, VA
- Small: about 2,400 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- May be exempt from placement test based on a 460/Reading and Writing, and 510/Math SAT score or a 18/English, 18/Writing, and 19/Math ACT score within the last two years
- Popular programs include Dental Assisting, Diesel Mechanics, and Hotel/Motel Management
- Intramural and club sports available
- Unique facilities include a greenhouse and regional artisan center
- Admissions deadline: Rolling
- Financial aid deadline: 05/01
- Federal School Code: 007260

### Virginia Western Community College - www.virginiawestern.edu
- Located in Roanoke, VA
- Medium: about 12,000 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- Placement tests may be required if you are pursuing a degree or certificate or if you plan to take a class with an English or Math prerequisite. If any of the following apply to you, speak with a New Student Advisor before completing placement exams. You graduated high school in the last five years with a 2.7 GPA, you have completed college-level English or Math at another institution, you have completed the SAT, ACT, or Virginia GED in the last five years, or you are a veteran or an active-duty military.
- Popular programs include Design & Visual Communications, Dental Hygiene, and Radiation Oncology
- Intramural and club sports available
- Unique facilities include a community arboretum, dental hygiene clinic, and a center for science and health professions
- Admissions deadline: Rolling
- Financial aid deadline: 07/01
- Federal School Code: 003760

### Wytheville Community College - www.wcc.vccs.edu
- Located in Wytheville, VA (74 miles from Roanoke, VA)
- Medium: about 3,350 students
- Any person who has a high school diploma or the equivalent, or who is 18 years of age and able to benefit from a program at the College, may be admitted.
- May be exempt from placement test based on a 480/Reading and Writing, and 530/Math SAT score or a 18/English, 18/Writing, and 22/Math ACT score within the last two years
- Intramural and intercollegiate sports available
- Popular programs include Construction Technology, Precision Metal Work, and Residential Design and Estimating
- Variety of student support resources including “Safe Space,” an academic resource center, and a career center
- Admissions deadline: Rolling
- Financial aid deadline: Priority: 05/01
- Federal School Code: 003761
What about Colleges and Universities Outside Virginia?

What are My Out-of-State Options?

Out-of-state colleges are certainly an option to consider, but keep in mind that out-of-state colleges often have higher tuition costs. You may have to pay out-of-state tuition (a higher tuition rate) unless you or your parents have established and maintained residency (domicile) in that state. Out-of-state tuition is most often an issue when you enroll at an out-of-state public college or university. Private colleges do not usually charge higher tuition to out-of-state students. Check the College Board website at www.collegeboard.com and click on “College Search” to obtain access to college matchmaker and get a list of colleges that meet your needs.

What are My International Options?

Study abroad is an often overlooked option. There are international colleges and universities that have costs that are lower than going to colleges and universities in the United States. Federal financial aid grants and loans can be used to attend college abroad at colleges that meet federal qualifications. Scholarships can be used to study abroad. For more information on special program opportunities and general information on colleges and universities, visit www.petersons.com.

Are there Ways to Pay In-State Tuition at an Out-of-State College?

There are ways to pay in-state tuition at colleges outside Virginia through the Academic Common Market. The Academic Common Market is an organization of colleges in sixteen states that allows students to attend college out of their home state at in-state tuition rates. There is a catch, however. You must be studying a subject not available at a college in your home state. For more information about the Academic Common Market, visit the Southern Regional Education Board website at www.sreb.org.

Are there Other Issues to Consider?

There are many issues other than tuition to consider. Those issues include:

- Is my major offered at the college?
- Will transportation to and from home on weekends or breaks take a lot of time or money?
- Will I be comfortable in the culture or that part of the country?
- Am I ready to be that far from home?
Longwood University -- Longwood.edu
- Located in Farmville (South-Central VA)
- Medium: about 5,000 residential students (freshman + transfer)
- Medians: 3.21-3.93 GPA (weighted or unweighted through junior year), 980-1160 SAT (Evidence Based Reading + Math); 19-25 ACT
- Division I athletics
- Admissions deadline: Early Decision: Binding, Nursing only 11/2; Early Action: Nursing/Honors/Merit 12/1; Priority 3/1
- Financial aid deadline: 3/01
- Federal School Code: 003719

Norfolk State University -- Norfolk.edu
- Located in Norfolk; Historically Black University
- Medium: about 5,616 students
- Medians: 2.3 GPA, 880 SAT(Critical Reading + Math), 17 ACT
- DNIMAS Scholarship for students interested in studying Physics, Computer Science, Biology, Chemistry and Applied Mathematics – Requires 3.3 GPA, 1200 SAT, 23 ACT
- Division I-AA athletics (MEAC Conference)
- Admissions priority deadline: 5/1 but has Rolling Admissions after deadline; DNIMAS: 12/15
- Financial aid priority deadline: 5/31
- Federal School Code: 003765

Old Dominion University -- Old Dominion.edu
- Located in Norfolk
- Large: about 25,000 students
- Medians: 3.3 GPA, 1050-1150 SAT (Critical Reading + Math), 20-25 ACT
- Division I athletics; Football team reinstated in 2009 and Volleyball
- Admissions deadline: Regular Decision: 02/01 then Rolling; Early Action (scholarship consideration): 12/1
- Financial aid deadline: 02/15
- Federal School Code: 003728

Radford University -- Radford.edu
- Located in Radford (Southwest VA)
- Medium: about 9,300 students; residential campus
- Middle 50%: 2.9-3.5 GPA, Middle 50%: 970-1130 SAT, 17-23 ACT
- Division I athletics
- Admissions deadline: Regular Decision: 2/01; Early Action: 12/1
- Financial aid deadline: 12/1
- Federal School Code: 003732

University of Mary Washington -- UMW.edu
- Located in Fredericksburg (halfway between Richmond and Washington, DC)
- Medium: about 4,400 students; residential campus
- Medians: 3.2-3.6 GPA, 1100-1250 SAT(Critical Reading + Math), 23-28 ACT
- The oldest and most intensive historic preservation program for undergraduate students in the country
- Division III athletics
- Admissions deadline: Regular Decision: 02/01; Early Decision: 11/1; Early Action: 11/15
- Financial aid deadline: 2/01; Online Scholarship Deadline: 5/01
- Federal School Code: 003746
WHAT TESTS DO I TAKE?

What are the deadlines?
How do I register?
How do I prepare?
In this section, you will find:

- Information about College Entrance Tests
- College Entrance Testing Schedules
- Online Registration Instructions

This will help you decide which test is right for you.
College Entrance Tests

PSAT/NMSQT | CollegeBoard.org

PSAT/NMSQT stands for Preliminary Scholastic Apptitude Test and the National Merit Scholarship Qualifying Test. It is a standardized test that helps you “rehearse” for the SAT Reasoning Test and Subject Tests. It also gives you an opportunity to qualify for the National Merit Scholarship Corporations’s scholarship programs. Additionally, you will receive pamphlets, catalogs, and brochures from colleges interested in students testing within your range. The following skills are measured:

- Critical reading
- Math problem solving
- Writing

Taking this test will give you feedback about your strengths and weaknesses in skill necessary for successful college study. You can then focus your preparation on weaker areas. The PSAT/NMSQT should be taken during your junior year, as the National Merit Scholarship Corporation uses these scores to determine eligibility for their scholarship programs. If you take the test earlier in your high school career, do not be discouraged by a low score since it is a junior-level test.

The SAT Reasoning Test | CollegeBoard.org

The SAT includes sections: Evidence-Based Reading, and Writing.

The test focuses on the knowledge, skills and understandings that research has identified as most important for college and career readiness and success with a greater emphasis on the meaning of words in extended contexts and on how word choice shapes meaning, tone, and impact. There is no penalty for guessing, the test only scores the questions answered.

Students taking the SAT tests are scored by the sum of the two sections on a scale of 400-1600 up to a maximum score of 1600.
To ACT or to SAT...That is the Question!
What is the difference between the ACT and the SAT?

The ACT and SAT are both college entrance tests; however, there are some significant differences:

- The ACT is a content-based test and measures what you have learned in school. The ACT tests your knowledge of English, math, reading and science. The ACT has an optional writing test. The ACT is a three hour test scored based upon the number of correct answers. There is no penalty for guessing on the ACT. ACT tests are scored on a scale of 1-36 points each with the overall maximum possible composite score (not including the essay) of 36.

- The SAT is a higher-level logical and reasoning skill test. The SAT is a three hour test with an optional fifty minutes to complete the essay portion.
  - The SAT widely uses words and phrases found in texts in many different subjects as well as the evidence-based reading and essay ask you to interpret, synthesize, and use evidence found in a wide range of sources.
  - Throughout the SAT, you will be asked questions grounded in the real world, directly related to work performed in college and career. It also asks you to apply reading, writing, language, math knowledge, and skills to answer questions in science, history, and social contexts.
  - When taking the SAT, you will be asked to read a passage from the U.S. founding documents or the flobal conversation it inspired. The U.S. founding documents can include the Declaration of Independence, the Bill of Rights, and the Federalist papers.
  - Reported scores now include subscores and cross-test scores. With these additional scores, the SAT is better at highlighting your strengths and showing colleges that you have been building the skills and knowledge you need for college and career. The SAT tests are scored by the sum of the two sections on a scale of 400-1600 up to a maximum score of 1600.

So go ahead and give your best answer to every question—there’s no advantage to leaving them blank. The SAT test is set-up where you simply earn points for the questions you answer correctly. Practice tests are also available online so you can simulate test day and figure out how to focus your SAT study.

Most colleges accept either test; however, both tests request general information about you. Both tests are used to make admissions decisions, talent identification, academic advising and awarding scholarships.

Which Test Should I Choose?
- Look at the website for the college(s) you may attend. Note whether they require the SAT or ACT.
- Go on the website for both tests and look at sample questions to determine which test is compatible with your strengths. Your ACCESS Advisor can discuss this with you further.

What Do the Tests Cost?
- The ACT is $60.00 for the basic test and $85.00 if you also take the writing test.
- The SAT is $55.00 for the basic test.

If you have difficulty paying the test fees, see your Access Advisor to determine whether you are eligible for fee waivers or fee payments.
**2022-2023 SAT Testing Schedule**

**Registration Deadlines**

<table>
<thead>
<tr>
<th>Regular</th>
<th>Jul. 29</th>
<th>Sept. 2</th>
<th>Oct. 7</th>
<th>Nov. 3</th>
<th>Feb. 10</th>
<th>Apr. 7</th>
<th>May 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Late-Online/Phone</td>
<td>Aug. 16</td>
<td>Sept. 20</td>
<td>Oct. 26</td>
<td>Nov. 22</td>
<td>Mar. 1</td>
<td>Apr. 25</td>
<td>May 23</td>
</tr>
</tbody>
</table>

**Test Dates**

<table>
<thead>
<tr>
<th>Test Dates</th>
<th>Aug. 27</th>
<th>Oct. 1</th>
<th>Nov. 6</th>
<th>Dec. 3</th>
<th>Mar. 12</th>
<th>May 6</th>
<th>Jun. 3</th>
</tr>
</thead>
</table>

**Score Release Dates**

| Location     | CEEB Code | Location     | CEEB Code | Location     | CEEB Code | Location     | CEEB Code | Location     | CEEB Code | Location     | CEEB Code | Location     | CEEB Code | Location     | CEEB Code | Location     | CEEB Code | Location     | CEEB Code | Location     | CEEB Code | Location     | CEEB Code | Location     | CEEB Code |
|--------------|-----------|--------------|-----------|--------------|-----------|--------------|-----------|--------------|-----------|--------------|-----------|--------------|-----------|--------------|-----------|--------------|-----------|--------------|-----------|--------------|-----------|--------------|-----------|--------------|-----------|--------------|-----------|
| Bayside (VB) | 47055     | Catholic High (VB) | 47719     | First Colonial (VB) | 47720     | Green Run (VB) | 47725     | Princess Anne (VB) | 47730     | Granby (N) | 47495     | NSU (N) | 47497     | ODU (N) | 47505     | Deep Creek (C) | 47210     | Grassfield (C) | 47357     | Great Bridge (C) | 47215     | Churchland (P) | 47540     | King's Fork (S) | 47686     | Lakeland (S) | 47678     |
|              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |
|              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |
|              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |
|              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |
|              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |
|              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |              |           |

**Location Codes**

- VB = Virginia Beach
- N = Norfolk
- P = Portsmouth
- C = Chesapeake
- S = Suffolk

**SAT**

<table>
<thead>
<tr>
<th>Service</th>
<th>Fee</th>
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</thead>
<tbody>
<tr>
<td>SAT</td>
<td>$60.00</td>
</tr>
<tr>
<td>Change Registration</td>
<td>$25.00</td>
</tr>
<tr>
<td>Cancel Registration</td>
<td>$25.00</td>
</tr>
<tr>
<td>Late Cancel Registration</td>
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<tr>
<td>Late Registration</td>
<td>$30.00</td>
</tr>
<tr>
<td>Waitlist Fee</td>
<td>$53.00</td>
</tr>
</tbody>
</table>

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Register for the SAT Online

If you have an e-mail address and a credit card, you can register online!

If you are registering with a fee waiver, please see your ACCESS Advisor for more information. You will need a credit card to register online.

Create an online account
1. Go to http://collegeboard.org
2. Click on SAT
3. Click on Register Now
4. Click on Sign Up
5. You will be asked to complete your first name, last name, date of birth, social security number and e-mail.
6. You will then create a Username and Password
7. Continue using the same account throughout your college selection process.
8. Use your online account to register for the SAT Reasoning TestChoose which test, what date, and which test center you want
9. Select a photo that you would like to have placed on your registration ticket
10. Choose colleges to receive your score reports (the first four reports are free)
11. Print your admission ticket

Once you have an online account, you can:
• View your scores once they become available
• See and print your essay results
• Get help finding, applying, and paying for college
• Receive e-mail reminders

Please be sure to include your High School Code (CEEB Code) listed on the reverse side of this page. If you do not include this when you register, your scores will not be sent to your high school and will not be included on your high school transcript.
High School (CEEB) Codes

CHESAPEAKE
- Deep Creek High School 411750
- Grassfield High School 470469
- Great Bridge High School 471590
- Hickory High School 470462
- Indian River High School 470477
- Oscar F. Smith High School 472125
- Western Branch High School 470479

NORFOLK
- Booker T. Washington High School 4715870
- Grandby High School 471586
- Lake Taylor High School 471598
- Maury High School 471600
- Norview High School 471620

NORTHAMPTON COUNTY
- Northampton High School 470737

PORTSMOUTH
- Churchland High School 470620
- I.C. Norcom High School 471755
- Manor High School 471758

SUFFOLK
- Lakeland High School 472208
- Nansemond River High School 472211
- Kings Fork High School 472204

VIRGINIA BEACH
- Bayside High School 472285
- Green Run High School 472296
- Floyd E. Kellam High School 472287
- Frank W. Cox High School 472289
- First Colonial High School 472290
- Kempsville High School 472293
- Landstown High School 472273
- Ocean Lakes High School 472308
- Princess Anne High School 471315
- Salem High School 472306
- Tallwood High School 472309
## 2022-2023 ACT Testing Schedule

### Registration Deadlines

<table>
<thead>
<tr>
<th>Regular</th>
<th>Aug. 5</th>
<th>Sep. 16</th>
<th>Nov. 4</th>
<th>Jan. 6</th>
<th>Mar. 10</th>
<th>May 5</th>
<th>Jun. 16</th>
</tr>
</thead>
<tbody>
<tr>
<td>Late-Online/Phone</td>
<td>Aug. 19</td>
<td>Sep. 30</td>
<td>Nov. 11</td>
<td>Jan. 20</td>
<td>Mar. 24</td>
<td>May 19</td>
<td>Jun. 23</td>
</tr>
</tbody>
</table>

### Test Dates

<table>
<thead>
<tr>
<th>Test Dates</th>
<th>Sep. 10</th>
<th>Oct. 22</th>
<th>Dec. 10</th>
<th>Feb. 11</th>
<th>Apr. 15</th>
<th>Jun. 10</th>
<th>July 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Score Release Dates</td>
<td>Sep. 21</td>
<td>Nov. 9</td>
<td>Nov. 9</td>
<td>Mar. 1</td>
<td>Apr. 15</td>
<td>Jun. 21</td>
<td>July 26</td>
</tr>
</tbody>
</table>

### Location

<table>
<thead>
<tr>
<th>Location</th>
<th>Code</th>
<th>Location Code</th>
<th>Location Code</th>
<th>Location Code</th>
<th>Location Code</th>
<th>Location Code</th>
<th>Location Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deep Creek (C)</td>
<td>156820</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Oscar Smith (C)</td>
<td>160740</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Booker T Washington (N)</td>
<td>208310</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Northampton High (E)</td>
<td>200940</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>First Colonial (VB)</td>
<td>202100</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
<tr>
<td>Princess Anne (VB)</td>
<td>224940</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>

**VB = Virginia Beach; N = Norfolk; C = Chesapeake; E = Eastville**

*Please be aware that test centers may be experiencing closures or reduced capacity due to COVID-19 limitations. For current information about your test center, go to test center cancellations for updates.*

### Fees

<table>
<thead>
<tr>
<th>Fee Description</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>Full ACT TEST (no writing)</td>
<td>$63.00</td>
</tr>
<tr>
<td>Full ACT (with writing)</td>
<td>$88.00</td>
</tr>
<tr>
<td>Test Option Change Fee</td>
<td>$25.00</td>
</tr>
<tr>
<td>Late Registration</td>
<td>$36.00</td>
</tr>
<tr>
<td>Standby Testing</td>
<td>$63.00</td>
</tr>
<tr>
<td>Test Date Change Fee</td>
<td>$40.00</td>
</tr>
</tbody>
</table>
Register for the ACT Online

You will need a credit card to register for the ACT Online. If you are eligible for a fee waiver, please see your Access Advisor.

- Go to www.act.org
- Click on Register
- Click on GO
- Click on The ACT Test: Sign in or Register
- Click Create Account
- You will be asked if you have registered for the ACT previously and you will be asked if you have taken the ACT previously.
- You will be asked to complete your first name, last name, date of birth, social security number and e-mail.
- You will then create a User ID and Password.
- Follow the instructions to complete your demographic information.
- Find your high school code listed on the opposite page of this handbook or use the search tool.
- Select Register Now.
- You will be prompted to submit a photo of yourself for identification purposes.
- After payment has been made be sure to print out the confirmation and admission ticket
HOW DO I APPLY?

How do I prepare?
Do I apply online?
Is an essay required?
In this section, you will find:

- Questions to Ask When Visiting Campuses
- Application Organizer and Options
- Tips for the Admissions Essay
- College Recommendation Request Form and Instructions

This will help you understand the difference between your college choices and guide you throughout the application process.
## College Fact Sheet

**Name of College:** __________________________

<table>
<thead>
<tr>
<th><strong>Location</strong></th>
<th><strong>Comments</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Region</td>
<td></td>
</tr>
<tr>
<td>Setting (urban, suburban, rural)</td>
<td></td>
</tr>
<tr>
<td>Distance from home</td>
<td></td>
</tr>
</tbody>
</table>

### Academics

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>My desired major available?</td>
<td></td>
</tr>
<tr>
<td>Class size and student/faculty ratio</td>
<td></td>
</tr>
</tbody>
</table>

### Campus Life

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Size of student body</td>
<td></td>
</tr>
<tr>
<td>Diversity of student body</td>
<td></td>
</tr>
<tr>
<td>Student attitudes about the school</td>
<td></td>
</tr>
<tr>
<td>Social life</td>
<td></td>
</tr>
<tr>
<td>Extracurricular activities</td>
<td></td>
</tr>
<tr>
<td>Housing options</td>
<td></td>
</tr>
<tr>
<td>Atmosphere</td>
<td></td>
</tr>
</tbody>
</table>

### Costs

Cost of attendance (Tuition, Fees, Room, Board, Books, Personal, Transportation)

### Career Preparation

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Range of internships</td>
<td></td>
</tr>
<tr>
<td>Quality of career services</td>
<td></td>
</tr>
</tbody>
</table>

### Other Factors


Admissions Application Organizer

Use this organizer to check what’s done, what needs to be done, and when it has to happen. Note the deadlines for applications and financial aid forms.

<table>
<thead>
<tr>
<th>COLLEGE NAMES:</th>
</tr>
</thead>
<tbody>
<tr>
<td>APPLICATIONS</td>
</tr>
<tr>
<td>Application deadline</td>
</tr>
<tr>
<td>Application form completed</td>
</tr>
<tr>
<td>Essays completed</td>
</tr>
<tr>
<td>Date application sent</td>
</tr>
<tr>
<td>RECOMMENDATIONS</td>
</tr>
<tr>
<td>Gave to:</td>
</tr>
<tr>
<td>Gave to:</td>
</tr>
<tr>
<td>Gave to:</td>
</tr>
<tr>
<td>TRANSCRIPTS</td>
</tr>
<tr>
<td>Gave transcript request form to counselor</td>
</tr>
<tr>
<td>Form mailed</td>
</tr>
<tr>
<td>Gave midyear report to counselor</td>
</tr>
<tr>
<td>Form mailed</td>
</tr>
<tr>
<td>TEST SCORES</td>
</tr>
<tr>
<td>Requested that score reports be sent</td>
</tr>
<tr>
<td>SAT I</td>
</tr>
<tr>
<td>SAT II</td>
</tr>
<tr>
<td>ACT</td>
</tr>
<tr>
<td>AP Exams</td>
</tr>
<tr>
<td>FINANCIAL AID FORMS</td>
</tr>
<tr>
<td>Financial aid application deadline</td>
</tr>
<tr>
<td>FAFSA form submitted</td>
</tr>
<tr>
<td>Completed CSS Profile (if required)</td>
</tr>
<tr>
<td>Other college forms (if required)</td>
</tr>
</tbody>
</table>
When Should I Apply?

Application Options

There are four types of college admission application options. (Not all schools offer all four options. Carefully check each college’s deadlines and admission options.)

1. **Regular Decision:** This is the most common type. Usually the application is due between January and March. (To be considered for merit scholarships, however, you should apply by December 1st to most schools.) The Admissions decision is usually mailed in April, and the enrollment contract is due back by May 1st.

2. **Rolling Admissions:** There is not a hard and fast deadline for applications to be submitted, and there is no specific date for Admissions decisions to go out. The college accepts and reviews applications on a “rolling, first-come, first-served” basis throughout your senior year.

3. **Early Action:** This plan is similar in timing to Early Decision (see below), but it is not financially “binding.” Many students who are organized and ready with their completed applications in the fall of their senior year may choose Early Action because it allows them to hear back from Admissions before the winter holidays. Usually the enrollment contract is due back by May 1st.

4. **Early Decision:** This plan is used by many colleges for students who have a clear-cut first choice. Under Early Decision, a student who applies by the deadline usually between November 1st and December 1st will receive an Admissions decision before Christmas break. Do not apply to other schools if you are applying early decision because you are financially committed to go if you are accepted. **Access does not recommend this option unless you are positive that this school is your first choice.**
Will I Get In?

Diversify your options.

ACCESS recommends:
➢ that you apply to at least three to five colleges.
➢ that you apply to at least one college in each of the categories below.

1. The Long Shot—the Reach School
Your grades and test scores put you in the bottom 25th percentile of students in that school. You should not apply to this category of school “just to see if you can get in.” Be sure to communicate to an admissions officer or in writing that this school is a perfect fit for you.

2. The Target School—Acceptance is Likely
Your grades and scores place you in the middle 50th percentile of the school’s students. You are a good match for the majority of students here, and this is one of your favorite colleges you have considered. It is a good idea to let the admissions staff know this is one of your top choices.

3. The Safety School
Your credentials clearly place you in the top 10th percentile of the college’s applicant pool. However, you should never have an arrogant attitude with an admissions officer from this school by letting them know this is your “safety.” Remember that a safety school may offer you a competitive financial aid or scholarship package or participation in the honors program.

Remember: Do not apply to a school unless you would really consider enrolling. There are almost 3,000 colleges and universities out there. Do your research and you should have no trouble finding good matches for your interests and your credentials.
Domicile Status Matters!

College admissions applications have questions for parents and students to answer that relate to the residency status of students and their parents. Each state has a different domicile law. It is often true that students who are classified as out-of-state students at a college pay a higher tuition rate than those classified as in-state. When a college considers information regarding residency and tuition, they are making domicile decisions. If you disagree with a domicile decision, it is best to appeal it with your college admissions officer or the office of the registrar.

What Determines my Domicile Status?

Many factors are considered, such as:

- Where I live.
- Where my parents live.
- Whether my parents claim domicile in a state other than the state in which they live.
- Whether my parents pay state income taxes to the state in which they live.
- Whether my parents pay state income taxes to a state other than the state in which they live.
- Where my parents are registered to vote and licensed to drive.
- Where I am registered to vote and licensed to drive.
- Whether I am self-supporting.

Special Note for Military Families:

To encourage members of the U.S. military to establish Virginia domicile, the one year of continuous domicile is not required for U.S. military members or for dependent spouses and children claiming domicile through the military member. To initiate payment of Virginia income taxes, military members should contact their military pay offices. The spouse of a military member may qualify for in-state tuition by establishing Virginia domicile, by claiming dependency on the military member who has established Virginia domicile, or through the military provision [Section 23-7.4(E) of the Code of Virginia]. Non-resident military members may be considered for a reduced tuition rate. If you, your spouse, or parent is a member of the military, contact the institution you are interested in attending for more information.

Remember: Domicile questions are best answered by staff in the admissions office or registrar office at the college I wish to attend.
The Admissions Essay
Express yourself.

Step 1: Brainstorm a Topic

From brainstorming, you may find a subject you had not considered. Even if an essay is not required, it is a good idea to show the admissions committee another side of you. Consider the following points:

- What are your accomplishments? (The best essay may be on something that seemed trite at the time, but had a big impact on you, like learning to ride a bike!)
- Do you have a skill—big or small—that distinguishes you from the masses?
- Have you ever taken the unpopular stand on an issue? What did you learn?
- What book, movie or work of art opened your eyes to something new?
- What struggle in your life opened your eyes to something new?
- How have you handled success or defeat of a major challenge?
- Of everything in the world, what would you most like to being doing right now?
- Who, of everyone living or dead, would you most like to be with right now?
- How would your friends describe your strongest personality traits?
- What are some little known things about you?

Step 2: Write the Essay

The most important thing is to write in your own voice. Don’t use vocabulary and style that feels stiff and formal or else it will read stiff and formal.

- Answer the question
- Be original
- Be yourself
- Don’t use words too big for you
- Avoid clichés
- Use imagery and clear, vivid prose
- Spend the most time on your introduction!
- Use good transitions between paragraphs
- A good conclusion is critical
- Be concise (2 pages at the most!!)
- Double space with 12 point font
- Put name and social security # on corner of each page
- Proofread, proofread, proofread
- Give your draft to others to critique
- Revise, revise, revise
How to Request a Teacher Recommendation

- Teacher recommendations are very important in college admissions and scholarship processes.
- An excellent teacher recommendation can help overcome any areas of weakness.
- The most effective teacher recommendation is one that will highlight your strengths and abilities.

Who to Ask?
1. Teachers (ask more than one) who know you the best and with whom you have the most positive relationships.
2. Teachers who are willing to write a recommendation for you.
3. Teachers who have known you in high school (do not go as far back as middle school teachers).

What to Ask?
1. Ask your teacher to write a letter of recommendation for you for the specific purpose of the letter (scholarship application, admissions application).
2. Ask your teacher to submit the letter by the due date and tell your teacher if the letter is to be on school letterhead or on a specific form. If the letter is to be on a form, provide the form when you ask for the letter.
3. If you would like to use the letter for multiple applications, ask the teacher to write a “To Whom it May Concern” recommendation for your file.

When to Ask?
1. Ask at least two weeks prior to the due date of a recommendation.
2. Make your requests in April of your junior year or beginning of senior year, if possible.

How to Ask;
1. Ask your teacher if he feels comfortable writing a recommendation for you and if he has time.
2. Be organized. Fill in information first. Clarify which form goes with which recommendation. Provide a résumé and your activity list.
3. Provide information regarding any financial hardships that you have faced so that the teacher can indicate that you are especially deserving of a scholarship.
4. If the teacher must mail the recommendation, provide a stamped, addressed envelope. Ask your teacher to keep the letter on file and to provide a copy to your guidance counselor and ACCESS advisor.
5. Follow up with a thank you note. Send the thank you note immediately after the teacher agrees to write the letter. The thank you note will serve as a reminder.
College Recommendation Request Form

Dear ______________________________:

I am requesting that you write a letter of recommendation for me. I have provided the information listed below for your use. (Please return your letter of recommendation to me in a sealed envelope with your signature across the seal.)

Name: ______________________________

GPA: _______ Highest SAT/ACT Scores: __________________________

List of college(s) or scholarships for which this recommendation is to be used

____________________________________________________________________________________

____________________________________________________________________________________

List of school and/or outside activities (the ones that I have been most involved with)
1. ________________________________________________________________________________
2. ________________________________________________________________________________
3. ________________________________________________________________________________

List of leadership positions held plus responsibilities and/or any awards (academic, extra-curricular, or volunteer work)
1. ________________________________________________________________________________
2. ________________________________________________________________________________
3. ________________________________________________________________________________

List of jobs held during high school / length of time at each job / hours worked per week
1. ________________________________________________________________________________
2. ________________________________________________________________________________
3. ________________________________________________________________________________

Two things about me that make me stand out and that I would want a college admissions officer to know about me...
1. ________________________________________________________________________________
2. ________________________________________________________________________________

My college major and career goals are:
___________________________________________________________________________________
___________________________________________________________________________________

Thank you!

__________________________

Signature
There are resources to help pay for college.

My parent(s) and I need to go to the Financial Aid Night at my high school:

Date: ___________________________
Time: ___________________________
HOW WILL I PAY?

There are resources to help pay for college.

My parent(s) and I need to go to the Financial Aid Night at my high school:

Date: __________________________

Time: __________________________
In this section, you will find:

- The Components of College Costs
- Scholarship Information
- Ultimate Money Skills

This will help you understand college costs and find resources to help pay for college.
The Components of College Costs

The cost to attend college, which is often referred to as the cost of attendance, includes direct and indirect expenses.

The direct expenses are those fixed costs that are billed by the college. They include:
- tuition and fees
- room and board

The indirect costs do not show up on the college bill but are taken into consideration when looking at the overall cost to attend college. They include:
- books and supplies
- travel
- personal expenses

If you live at home, or off-campus, room and board costs will become indirect costs.

Tuition and Fees

Tuition and fees charged by a particular college depend on many factors, but the most significant factor is the type of college.
- At public institutions, tuition and fees are generally the lowest because they receive most of their funding from the state.
- Most four-year and two-year public colleges charge higher tuition for nonresidents than for legal residents of the state in which the college is located. This out-of-state tuition often makes the cost of attending a public institution as high as the cost of attending many private institutions.
- Tuition at private colleges usually is much higher than public institutions. However, private institutions often have more financial aid resources that can help you make up the difference between costs and financial aid.
- Tuition at proprietary or for-profit institutions (such as trade and technical colleges) usually set tuition at levels that ensure they recover all their operating costs and make a profit.

The greater your overall expenses, the greater the possibility of your demonstrating need for financial aid. Whether you are looking at public, private, or proprietary colleges, additional fees may be charged for services, such as student activities, technology fees, or the health center.

Books and Supplies

Every college student must purchase textbooks, and other supplies.
- The amount you spend for books and supplies will vary only slightly by type of institution, but generally is related to the curriculum or courses selected.
- In some academic fields, you will spend more on books than in others.
- Some fields require specific uniforms and equipment that must be purchased.
**Room and Board**

Room and board means basic living expenses for food and housing.
- Colleges with on-campus housing typically charge you on a semester basis for room and board, excluding holiday and vacation periods.
- The room and board charge is built into your student expense budget.
- Most colleges offer a choice of meal plans for students.

If you plan to live at home, you generally are assumed to have somewhat lower expenses than on-campus students because you do not have to pay for housing. However, you or your parents still will need to factor in the cost of your food and other normal living expenses. These costs are usually built into commuter student expense budgets for financial aid purposes. Take these costs into account in your planning.

**Personal Expenses**

Regardless of the type of institution you choose to attend, you will have some personal expenses for things such as clothing, laundry, toiletries, recreation, medical insurance and care, and perhaps, incidental furnishings for your dormitory room.

**Transportation**

All students spend money for travel.
- For financial aid purposes, colleges often budget students for two round-trips home per year by the least expensive means of travel possible.
- Commuter students will also have travel expenses, whether using public transportation or a private car to get to and from the college several days a week. These costs are often built into commuter student expense budgets by colleges for financial aid purposes.

**Total Student Budget**

Add all five components, plus these possible additional costs:
- Allowance for dependent care;
- Loan fees;
- Costs related to disability;
- Allowance for rental/purchase of a personal computer;
- Reasonable cost for eligible study abroad programs.
<table>
<thead>
<tr>
<th>TYPE</th>
<th>AMOUNT</th>
<th>INFORMATION</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>GRANTS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Federal Grants</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pell Grant</td>
<td>$695-$6,495</td>
<td>For EFCs &lt;$6,201</td>
</tr>
<tr>
<td>FSEOG (Federal Supplemental Educational Opportunity Grant)</td>
<td>$100-$4,000</td>
<td>For low EFCs; Pell eligible.</td>
</tr>
<tr>
<td><strong>STATE GRANTS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>VGAP (Virginia Guaranteed Assistance Program)</td>
<td>Up to total cost of tuition, fees, books</td>
<td>Must have a 2.5+ High School GPA</td>
</tr>
<tr>
<td>VTAG (Virginia Tuition Assistance Grant)</td>
<td>$4,000</td>
<td>For any VA resident attending a qualifying private college or university in Virginia</td>
</tr>
<tr>
<td>CSAP (College Scholarship Assistance Program)</td>
<td>$400-$5,0000</td>
<td>EFC must be less than 1/2 of COA</td>
</tr>
<tr>
<td>Commonwealth Award</td>
<td>Up to total cost of tuition &amp; fees.</td>
<td>Lowest EFCs receive priority</td>
</tr>
<tr>
<td><strong>LOANS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Subsidized Loans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stafford Loans:</td>
<td>$3,500 (Fresh. Yr.)</td>
<td>• Interest rate varies currently 6.8%</td>
</tr>
<tr>
<td>Depending on the college.</td>
<td>$4,500 (Soph. Yr.)</td>
<td>• Begins accruing when repayment begins—6 months after you leave school</td>
</tr>
<tr>
<td>Stafford loans are processed through a bank, lender or directly with the college.</td>
<td>$5,500 (Jr/Sr Yr.)</td>
<td>• Interest can be deferred longer for graduate study</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Loan fee of up to 4%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 10-30 years to repay</td>
</tr>
<tr>
<td>Unsubsidized Loans</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stafford</td>
<td>COA minus all other Financial Aid sources</td>
<td>• Interest rate varies, currently 6.54%</td>
</tr>
<tr>
<td>Borrowed from bank/lender</td>
<td></td>
<td>• Repayment begins—6 months after you leave school</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 10-30 years to repay</td>
</tr>
<tr>
<td>PLUS Loan</td>
<td>COA minus all other Financial Aid sources</td>
<td>• Interest rate varies, currently 7.54%</td>
</tr>
<tr>
<td>Borrowed from bank/lender</td>
<td></td>
<td>• Repayment begins—within 60 days of first disbursement</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• 10-30 years to repay</td>
</tr>
<tr>
<td>Federal Work Study</td>
<td>At least minimum wage, usually more underwritten by govt.</td>
<td>Paid community service or work related to your course of study; employer is college or local non-profit.</td>
</tr>
</tbody>
</table>
Scholarship and Financial Aid Organizer

Use this organizer to check what’s done, what needs to be done, and when it has to happen. Note the deadlines for applications and financial aid forms.

<table>
<thead>
<tr>
<th>SCHOLARSHIP NAMES:</th>
</tr>
</thead>
<tbody>
<tr>
<td>APPLICATIONS</td>
</tr>
<tr>
<td>Application deadline</td>
</tr>
<tr>
<td>Application form completed</td>
</tr>
<tr>
<td>Essays completed</td>
</tr>
<tr>
<td>Date application sent</td>
</tr>
<tr>
<td>RECOMMENDATIONS</td>
</tr>
<tr>
<td>Gave to:</td>
</tr>
<tr>
<td>Gave to:</td>
</tr>
<tr>
<td>Gave to:</td>
</tr>
<tr>
<td>TRANSCRIPTS</td>
</tr>
<tr>
<td>Gave transcript request form to counselor</td>
</tr>
<tr>
<td>Form mailed</td>
</tr>
<tr>
<td>Gave midyear report to counselor</td>
</tr>
<tr>
<td>Form mailed</td>
</tr>
<tr>
<td>TEST SCORES</td>
</tr>
<tr>
<td>Requested that score reports be sent</td>
</tr>
<tr>
<td>SAT I</td>
</tr>
<tr>
<td>ACT</td>
</tr>
<tr>
<td>AP Exams</td>
</tr>
<tr>
<td>FINANCIAL AID FORMS</td>
</tr>
<tr>
<td>Financial aid application deadline</td>
</tr>
<tr>
<td>FAFSA form submitted</td>
</tr>
<tr>
<td>Completed CSS Profile (if required)</td>
</tr>
<tr>
<td>Other college forms (if required)</td>
</tr>
</tbody>
</table>

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How to Apply for Scholarships

Five Easy Steps

Step One: Start Early
- If possible, start the research process early in your junior year or beginning of senior year of high school.
- Always remember that you will be applying for scholarships about a year before you will actually receive the aid.
- Get good grades – they will only help you and put you above the next applicant.

Step Two: Prepare Yourself
- Often scholarships are awarded to students who are involved in activities both in school and out of school. Well-rounded students have the best chance of receiving scholarships.
- Many clubs and organizations have scholarships associated with them. Doing your research in the beginning may help you obtain more scholarships.

Step Three: Do Research
- Figure out what makes you a special individual. This may include such things as academics, volunteer work, athletics, or your family background.
- Consider unique circumstances or conditions that might make you eligible for aid such as being a foster child, having asthma, being a single parent, or having a disability.
- Scholarship opportunities can be found in many places including financial aid offices, libraries, local civic organizations, your (or your parents’) employer, local businesses, your high school guidance office, the internet, and your Access Advisor.

Step Four: Send Away for Applications and Information
- After you collect all of the information about the scholarships for which you are interested in applying, you will need to contact each organization.
- Many organizations will require that you contact them through the mail to request applications and other pertinent information. Some organizations will give potential applicants their phone numbers and e-mail addresses to expedite the request for information.
- Give the organization ample time to send you the necessary paperwork. Be aware of all deadlines associated with applying.

Step Five: Apply
- Once you receive the application and understand all of the information that you are expected to send to the organization, you will need to apply for the scholarship.
- Many organizations require information such as a completed application, an essay, recommendations, and/or a resume from each applicant. Make sure you have given yourself plenty of time to gather all of the required information.
- Most scholarships will have deadlines for applying. You may want to keep a calendar with all of the deadlines listed so that you do not let any expire. Make a copy for your own records.
- Before you send in your completed application, make sure to double check the spelling and grammar. Nothing looks worse on a scholarship application than a common spelling error.
- Remember that the application process takes time, and it could be months before you are notified of any awards. Be aware that the organization will not send any follow-up correspondence if you do not receive the award.
- Always put your best effort into each application. Be neat and organized- first impressions count!
Protect Yourself from Scholarship Scams

Securing and paying for college can be a great burden and cause stress in families. Some companies prey upon the stress the financial aid search can cause, by offering services for a fee that can be obtained free of charge. ACCESS College Foundation can help you navigate through the warning signs of scams.

Basic Rules of Thumb:
- You should not have to pay money to get money.
- You should never give your credit card number or checking account information to an organization that you do not know.
- Scholarship services do not come with a “money back guarantee”.
- Legitimate scholarship foundations do not charge an application fee.
- If it sounds too good to be true, it just might be.

Fees  Be wary of anything that has an application fee attached to it even if the fee is a very low one. Do not believe that the fee is used to cover administrative costs or to ensure that serious applicants are considered. Legitimate companies do not require fees. Do not pay for scholarship searches that can easily be accessible from the library or from any of the sites listed on page 65 in this handbook.

On your behalf  You must submit your own applications and supplemental materials. There is no way to avoid doing this. Valid scholarships are looking for students that best meet criteria. No scholarship simply hands out money for just applying; you must do the leg work.

Requests for information  You should not give out account information or credit card information. Calling you to request the information or to request additional information such as a social security number is most likely a scam. Hang Up! If you provide this information, they can use it to steal your identity and apply for credit in your name.

Pressure  If you feel pressured by having to “respond now” or you are urged to act quickly, it may be a scam. Carefully consider each offer and take your time to research first.

For more information about scholarship scams, visit http://www.ftc.gov/bcp/edu/microsites/scholarship

If you are not sure, ask your ACCESS Advisor and he/she can direct you to safe places to search for scholarships.
Scholarship and Financial Aid Websites
Check out these college planning sites!

Visit the ACCESS College Foundation website for more links at www.accesscollege.org

Local/State
- www.hamptonroadscf.org
- www.schev.edu
- www.tbaonline.org
- www.vbschools.com/scholarship
- www.vasfaa.org
- www.vawizard.org
- www.gibill.va.gov
- Jobs.virginia.gov

National
- www.collegeboard.com
- www.bigfuture.org
- www.collegeloancorp.com
- www.studentaidfafsa.ed.gov
- www.fastweb.com
- www.schoolsoup.com
- www.fastaid.com Scholarships-Finaid
- www.finaid.org
- www.gocollege.com
- www.gmisp.org (Gates Millennium Scholarship)
- www.nasfaa.org
- www.petersons.com
- www.salliemae.com
- www.scholarships.com
- www.studentaid.ed.gov
- www.uncf.org (United Negro College Fund)
- www.cappex.com
- www.goingmerry.com/
- www.scholarshipowl.com/
- www.moolahspot.com

Access Advisors encourage students to create a folder or a separate email account for the use of national scholarship searching. You will receive advertisements and many notifications from national websites. ACCESS does not want you to miss an important college email by having everything fed into one email.
Longwood University
- Located in Farmville (South-Central VA)
- Medium: about 5,000 residential students (freshman + transfer)
- Medians: 3.21-3.93 GPA (weighted or unweighted through junior year), 980-1160 SAT (Evidence Based Reading + Math); 19-25 ACT
- Division I athletics
- Admissions deadline: Early Decision: Binding, Nursing only 11/2; Early Action: Nursing/Honors/Merit 12/1; Priority 3/1
- Financial aid deadline: 3/01
- Federal School Code: 003719

Norfolk State University
- Located in Norfolk; Historically Black University,
- Medium: about 5,616 students
- Medians: 2.3 GPA, 880 SAT(Critical Reading + Math), 17 ACT
- DNIMAS Scholarship for students interested in studying Physics, Computer Science, Biology, Chemistry and Applied Mathematics – Requires 3.3 GPA, 1200 SAT, 23 ACT
- Division I-AA athletics (MEAC Conference)
- Admissions priority deadline: 5/1 but has Rolling Admissions after deadline; DNIMAS: 12/15
- Financial aid priority deadline: 5/31
- Federal School Code: 003765

Old Dominion University
- Located in Norfolk
- Large: about 25,000 students
- Medians: 3.3 GPA, 1050-1150 SAT (Critical Reading + Math), 20-25 ACT
- Division I athletics; Football team reinstated in 2009 and Volleyball
- Admissions deadline: Regular Decision: 02/01 then Rolling; Early Action (scholarship consideration): 12/1
- Financial aid deadline: 02/15
- Federal School Code: 003728

Radford University
- Located in Radford (Southwest VA)
- Medium: about 9,300 students; residential campus
- Middle 50%: 2.9-3.5 GPA, Middle 50%: 970-1130 SAT, 17-23 ACT
- Division I athletics
- Admissions deadline: Regular Decision: 2/01; Early Action: 12/1
- Financial aid deadline: 12/1
- Federal School Code: 003732

University of Mary Washington
- Located in Fredericksburg (halfway between Richmond and Washington, DC)
- Medium: about 4,400 students; residential campus
- Medians: 3.2-3.6 GPA, 1100-1250 SAT(Critical Reading + Math), 23-28 ACT
- The oldest and most intensive historic preservation program for undergraduate students in the country
- Division III athletics
- Admissions deadline: Regular Decision: 02/01; Early Decision: 11/1; Early Action: 11/15
- Financial aid deadline: 2/01; Online Scholarship Deadline: 5/01
- Federal School Code: 003746
LLoonnggwwoooodd  UUnniivveerrssiittyy
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