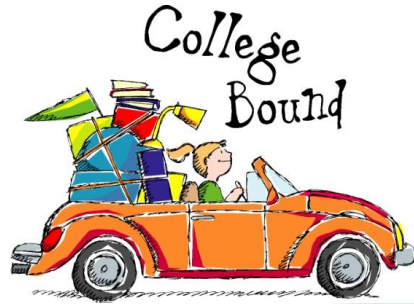
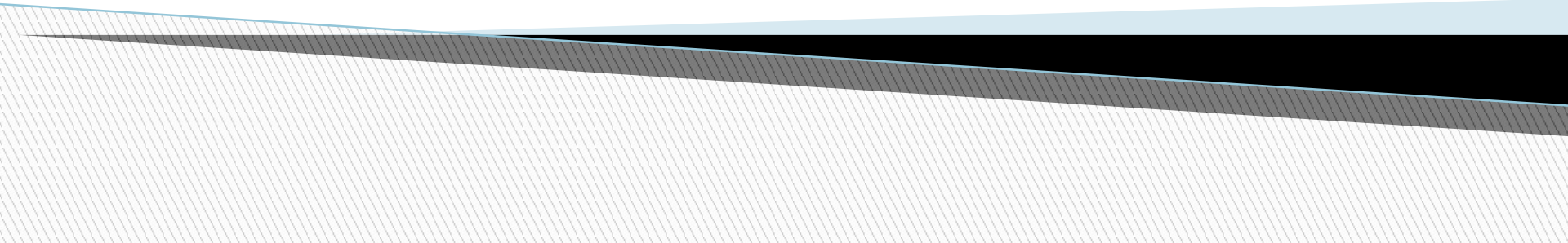


Making Your College Application Stand Out



The Holistic Approach



Holistic Approach

- Academics
- School & community involvement
- First in family to attend college
- Ethnic background
- Where you live
- Interests
- Personal Qualities - Essay
- Field of Study



Academics



- GPA importance
- GPA calculator - <https://gpacalculator.io/cumulative-gpa-calculator/>
- Overcoming a poor grade
- Taking advanced classes (IB, college, honors)

ACT/SAT Standardized Tests

- Importance & Relevance
- ACT vs SAT
- Retakes



Activities

- Sports - school or club
- Clubs
- Scouts
- Church
- Musical instruction or performance
- Work



Internships

- Saturday Academy
- ACE - Architecture, Construction & Engineering
- OHSU Research Internships
- Girls & Boys State
- Summer Camps
- Finding others

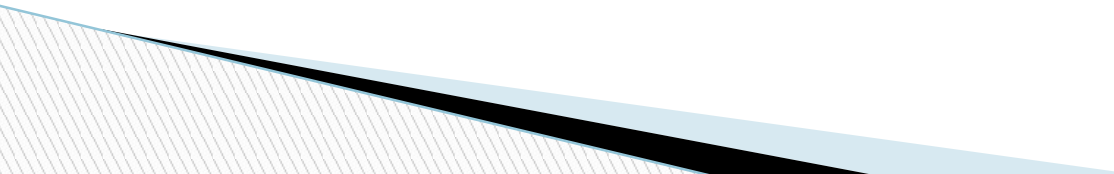


Volunteering

- Interest & Passion
- Field of Study Interest
- Finding opportunities - TuHS CCC website
- Local Opportunities
 - Spruce up the Library - Fri, April 22, 6:00 pm-8:00 pm
 - Tualatin Great Camp
 - Team Tualatin
 - Tualatin Put Down the Roots
 - TuHS Packleader



Tip: Be a leader

- Become an officer in a club
 - Lead a community service project
 - Lead a one time event in a club
 - Class project
- 

Tip: Record Activities & Community Service Now

Example:**Freshman Year**

Track (varsity 400 meter)

Helped at Middle School track meet, April 2019, 4 hours, handed out water

Sophomore Year

Cross Country (Junior varsity)

Track (varsity 400 meter)

Homecoming - October 2019, 2 hours, made posters

Team Tualatin, July 2020, 40 hours, painted park equipment, weeded, planted trees

Junior Year

Packleader - 30 hours, attended training, led incoming freshman

Regatta Run - October 2021, 3 hours, helped set up balloon arch

Tualatin Putting Down Roots - November 2021, 3 hours, planted trees

What if I can't be involved?



- Family responsibilities can count as activities
- Opportunity to explain on college essay

Letters of Recommendation

*Identify 2-3 adults who know you well

- Teacher
- Coach
- Boss
- Club Advisor
- NOT family or friend



*Brag Sheet - “About Me” in Naviance and find “Surveys from your School

*Tips:

- Give adequate time for recommender to write letter
- Give them specifics - academics, specific qualities, challenges or activity involvement
- Thank recommender

Information at Your Fingertips!

Use the TuHS College and Career Website

Tualatin High Website - Counseling - College and Career

- Home page
- Naviance
- Jobs & Volunteering
- To Do Lists
- Past Presentations
- Connecting with the College and Career Center



Upcoming Presentations

April 3	Finding the Best College Fit
April 10	The College Application Process
April 17	Writing a Dynamic College Essay
Apply 24	Paying for College: Scholarships & More
May 1	Decision Day Celebration!



TuHS College and Career Center

Kathy Stallkamp

kstallkamp@ttsd.k12.or.us

503-431-5652

Jennifer Butts

jbutts@ttsd.k12.or.us

503-431-5772

