

PLAN YOUR PATH



COLLEGE & CAREER PLANNING GUIDE SEPTEMBER 2021

A SPECIAL PUBLICATION OF

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TOM BAUER, Missoulian

Educators across Montana point to dual enrollment courses (which allow high schoolers to earn college credit while also earning their high school diploma) as an important way to open the gateway to post-secondary education and help more students make the leap to college.

Dual enrollment offers students a head start to their careers

LEE ENTERPRISES

Students considering pursuing higher education after high school graduation can start preparing now through dual enrollment classes.

Dual enrollment allows students to earn college credit through local community colleges at deep savings before setting foot in their first higher education courses.

Orion McKinney, who attended C.M. Russell High School in Great Falls, completed a certificate of applied science degree in welding from Great Falls College-MSU before he'd even graduated from high school.

“In high school I never thought I'd go to college, but then realized I could afford it,” McKinney said.

Dual enrollment, and similar programs, offer students an introduction to rigorous college classes, which can put them on a fast track to their college degrees and future careers.

The programs to earn these credits might also be considered “dual credit,” “pre-college” or “concurrent enrollment.” There are also opportunities to earn college credit through advanced placement classes offered at your school or the international baccalaureate program.

McKinney was able to earn credits through Great Falls College-MSU, a two-year college that offers associate degrees as well as one-year certificates.

His education endeavors were also supported by the Gianforte Trades and Technology Scholarship through Reach Higher Montana.

“This scholarship helped me out a lot,” McKinney said. “It was the biggest thing that paid for my college.”

The scholarship is one of many financial awards offered through Reach Higher Montana, which provides \$1,000 per semester for full-time students and \$500 for part-time. Applicants must reside in Montana, apply each semester and file a FAFSA.

After McKinney earned his degree last spring, he now works for Electric City Roofing at age 19 and uses his background in welding, mechanics and other related areas.

To enroll in dual credit courses check in with a local two-year college in your area, or with your school's guidance counselor. Typically, the period to enlist in fall semester classes is June through early September. For a spring course, look to sign up sometime between November and December.

UM VS. MSU: DECIDING BETWEEN THE FLAGSHIP UNIVERSITIES

LEE ENTERPRISES

If you're interested in going to college it's totally normal not to know which school might be a good fit for you, let alone what degree you'd like to pursue.

Luckily, Montana's two flagship universities offer diverse opportunities for degrees and vibrant communities for you to explore in your college years.

Your parents may have strong opinions on the matter, particularly if they are alumni. The storied rivalry between the two schools is fierce and often life-long, although mostly friendly.

It's commonly said that the University of Montana is the arts school and Montana State University excels in science and math, but there's a lot more to these two institutions than meets the eye.

Which one should you choose? That's up to you.

University of Montana, Missoula

If you're thinking about staying in state, there's a whole range of degrees unique to UM, like pharmacy, law, journalism, speech language pathology, public and community health, physical therapy, social work, dance, theater and forestry.

So, a lot more than just the arts.

Some of those programs, like journalism and forestry, are highly ranked compared to others across the country.

Roughly 42% of undergrads at UM are enrolled as majors or minors in the College of Humanities and Sciences, which offers over 80 degrees and 46 minors.

The most popular programs for undergraduate students are business administration, health and human performance, wildlife biology, elementary education, biology, marketing and sociology, according to the university's data team.

The student population at UM is smaller than MSU. Last fall, UM reported 10,015 total students and has



C. Owen Smithers photo courtesy of Butte Archives

Two Griz fans pose with their mascot before the 1937 Brawl of the Wild game between the University of Montana and Montana State University.

an average class size of 30, with a 13:1 student-to-faculty ratio.

UM offers bachelor's, masters and doctoral degrees and has produced a long line of prestigious Rhodes, Truman, Goldwater and Udall scholars.

Montana State University, Bozeman

The university is among the top 3% of colleges and universities in the nation for its research expenditures, according to its website.

"Because of its high undergraduate profile, MSU undergraduate students get opportunities to do research of national importance on a variety of topics, opportunities that would typically be reserved for graduate students at other universities," the website says.

Given the research opportunities, it's no wonder why nearly a quarter of its students are enrolled with the College of Letters and Science.

Within the college, the most popular programs include ecology, physiological sciences, sociology and anthropology, cell biology and neuroscience, microbiology and immunology, earth sciences and English.

Engineering programs account for over 5,000 of the university's enrolled students, as of last fall. But the business program has higher enrollment than any other single program at MSU.

As the largest university in the state, MSU boasts an enrollment of 16,766 students and an 18:1 student-to-faculty ratio, as of Fall 2020.



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THOM BRIDGE, *Independent Record*
Students move from class to class
on the Montana State University
campus in August of 2020.



TUITION HIKES APPROVED ACROSS MONTANA UNIVERSITY SYSTEM

SKYLAR RISPENS

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The Board of Regents approved in May a variety of tuition hikes over the next two years for both resident and out-of-state students at campuses across the Montana University System.

The biennial tuition plan includes a tuition freeze for resident undergraduate students for the upcoming fiscal year. However, those prices will increase by 3% the following year across all public campuses.

Non-resident undergraduate students can expect a 4% tuition increase at both the University of Montana and Montana State University in fiscal year 2022. The following year the Bozeman campus will move to a 5% tuition hike for non-resident undergraduate students.

Regent Todd Buchanan proposed an amendment to

the biennium budget recommendations to remove the 3% increase to resident undergraduate tuition rates. The amendment was not supported by the other regents and ultimately failed.

“I really believe that our responsibility is to serve the resident students,” Buchanan said. “I truly also believe that non-resident students subsidize the quality of the education on campuses and they’re a market of learners that we treat much differently than our resident students.”

He asked if charging resident students less for tuition would drive enrollment in the future, and if there would be a way to increase tuition for out-of-state students.

Tyler Trevor, deputy commissioner for budget and planning, said non-resident tuition at both of the Montana flagship universities is slightly above the regional average.

The 4% tuition increase for non-resident undergraduate

students in the upcoming fiscal year will bring the cost of a semester to \$26,087 at MSU and \$26,112 at UM.

The following year’s increases for resident undergraduate students will bring tuition prices to \$5,824 at MSU, \$5,515 at UM, \$5,878 at Montana Tech and \$4,620 at MSU-Billings.

Graduate students across Montana’s campuses will also be subject to tuition hikes as well. Montana residents enrolled in graduate programs in Missoula will see a 4.6% increase during fiscal year 2022. UM is the only campus raising tuition for Montanans. Non-resident graduate students will see a 4% increase at MSU and a 5% increase at both UM and MSU-B.

Tuition increases will occur across the board for graduate students the following year, ranging anywhere from 3% to 5% at various campuses.

Buchanan was the only regent to vote in opposition of

the biennium tuition hikes.

Standardized testing

Regents unanimously agreed to no longer require first-time undergraduate students to submit standardized test scores for admission to public four-year campuses.

The admissions policy was paused due to the COVID-19 pandemic’s impact on testing accessibility. Students can still submit a standardized test score for the ACT or SAT on the application for placement and honors scholarship considerations.

There has been a national trend for colleges to move to a “test optional” approach to admissions due to concerns of equity, according to Brock Tessman, deputy commissioner of academic, research and student affairs.

“Standardized tests tend to benefit students who already have a lot of existing advantages,” Tessman said.

More than 900 institutions in the country have already embraced the “test optional” admissions route, Tessman said. Commissioner Clayton Christian added that after a year of operating without the requirement of standardized test scores for admissions he’s seen that “it adds benefit with little harm.”

Student Regent Amy Sexton expressed concerns that this action might cause students with socioeconomic disadvantages to not participate in standardized testing at all, potentially costing them scholarships.

Tessman replied that the Office of Public Instruction, in collaboration with the Montana University System, will continue to administer the ACT to high school juniors for free.

“I think that would capture the group of students that you’re concerned about,” Tessman said. “Now, for students who might score low on that exam, I think that our hope is to reassure them that that’s not how you define your college readiness.”

WHAT IS THE FAFSA AND HOW CAN IT HELP ME?

REACH HIGHER MONTANA

As students begin thinking about college and how they will pay the ever increasing cost of attendance, the FAFSA or Free Application for Federal Student Aid should come to mind. However, many students, and their parents/guardians don't understand the importance and process of FAFSA completion.

So why is the FAFSA so important?

Quite simply, it is the first step in the process of finding loans, grants and scholarships that will help the student pay for their higher education pathways. For students whose parents/guardians have limited or no income, completing the FAFSA opens doors for 'need based' funds. These include the Pell Grant, Work Study opportunities, the Federal Supplemental Opportunity Grant, and many scholarships specifically made available to students who have been deemed eligible for need based funding. Without completing the FAFSA, students who would otherwise qualify for 'need based' opportunities will not be able to apply for them. For those students who do not meet the requirements to qualify for the need based funding programs, the FAFSA application will determine how much federal student loan money the student can qualify for.

But aren't loans a bad option for paying for school?

Loans can be tricky depending on where they come from. Yes, we encourage students to avoid taking loans if they can, but the truth is, many students will need some loans to pay their higher education expenses. In those cases, federal student loans

are the best options available. These loans will either be subsidized or unsubsidized and in many cases, both! Subsidized loans are federally backed loans that will not accrue any interest as long as the student remains in school, making satisfactory academic progress, and up to 6 months after graduation. Unsubsidized loans are also federal loans but will begin accruing interest upon distribution to the student regardless of school enrollment. The benefit to using unsubsidized loans is that the interest rate is traditionally much lower than those offered through other banking establishments. In addition, because they are federally backed loans, the student has multiple options for paying the loans back which include reduced payments, deferred payments for qualifying life events, and in some cases, loan forgiveness after meeting requirements for any number of Federal Loan Forgiveness programs.

So you ask, how does one complete their FAFSA?

This is a great question! Initially the process can seem a bit overwhelming but once you have done it once, the process becomes much simpler. First, the student and one parent will need to create an FSA ID. This is your unique username and password that will allow you to complete a FAFSA, transfer tax data into your FAFSA, and electronically sign your application. The FSA ID can be created by visiting [FSaid.ED.GOV](https://fsaid.ed.gov). You will need to have your social security number, date of birth, your name as it appears on your social security card, a valid email address and a phone number. Please be aware that students should



ANTONIO IBARRA, *Missoulian*

Student orientation for incoming freshmen is held at the University of Montana Campus on Aug 24.

not use their school email as those accounts will be deleted upon graduation from high school. It is also important to know that both the student and parent MUST have unique email addresses as the system will only allow an email to be attached to one FSA ID. Upon entering your information, you will be sent verification codes to your email and telephone number if you used one, to verify and validate your FSA ID. This verification must be completed before your FSA ID becomes active.

Once you have an approved FSA ID, you will go the [FAFSA.gov](https://fafsa.gov) website where you will be able to begin your FAFSA application. If you prefer to complete

the application using an app, the application can be found by searching for the MyStudentAid application on your iPhone or Android device. Once logged into the system you will click 'Start Here'; select the option that describes who you are (parent, student, preparer), and then enter the FSA ID you have created. A lot of the information will already be pre-populated for you as it associated with your FSA ID. You will first have to complete information about the student and verify the prepopulated information is correct. You will then be asked to select schools you

PLEASE SEE FAFSA, Page 7

SCHOLARSHIPS: HOW TO GET THAT MONEY!



REACH HIGHER MONTANA

There are two important things to keep in mind when it comes to scholarships:

YOU are scholarship material. Yes, you! You don't need a 4.0 GPA to earn scholarship money. You just need a good story!

Treat applying for scholarships like a job. It takes work; a lot of work. But the good news is there are LOTS of scholarships out there!

Why we love scholarships:

Scholarships are free money that can put a dent in your education costs. Education is an investment in yourself and your future and the returns you'll see from that investment are priceless. But education comes with a price tag.

No one likes paying full price. When you shop online, do you search for a promo code to apply to your cart before checking out? Think of scholarships as your promo code. You can pay for some or even all of your education with scholarships—it's up to you.

WHERE TO START

Get Organized

There are several components that go into a scholarship application. Before you start your search for free money, gather the following information:

Academic resume—put together a list of sports, extra-curricular activities (clubs, student organizations), volunteer experience, leadership roles, honors/awards

Letters of recommendation (work & academic)

High school transcript

ACT and/or SAT test scores
Record of AP/dual enrollment classes and scores

Search

When it comes to searching for scholarships, our website is a great place to start. We've curated a list of state and local scholarships for Montana students. Our experience working with students and scholarships for many years has shown that students are typically more successful earning local scholarships—there are generally fewer students competing for these awards compared to national scholarships.

There are lots of scholarship tools on the Internet. Be careful—you should never pay money to apply for a scholarship, and you'll want to make sure you understand how your personal information is collected and used by scholarship sites.

The Essay

Scholarships represent different businesses, causes, or people, which means your essay will always vary. Luckily, we work closely with a Montana author who gave us the secret ingredients to writing a winning essay.

Virginia Reeves is an accomplished author who offers the following tips for writing a compelling essay.

Remember, you are telling a story. Winning essays happen because the reader is told a story they can feel, relate to, easily follow along to. Your experiences should be done in a story format because we as people are narratively driven. Elements for a good story:

Theme—what is the central focus of your story?

What are you trying to convey—Triumph? Ambition? Loss? Fear? Survival? Good vs evil?

Plot—This is the sequence of events that keeps the reader engaged in your story. They hang on wanting to know how the story resolves itself.

As a writer, before diving into writing your essay, **outline the series of events** that will occur in your story to ensure your story stays on track.

Characters—One of the characters in your story will likely be you. Your main characters should be someone readers can feel something in common with. They also shouldn't be perfect. The perfect character is unrelatable because no one is perfect. What is relatable are flaws or weaknesses; they humanize us.

Style & tone—Know who your audience is and use words to paint a picture. Give speech direct quotes like "Go away!" instead of something indirect like "She told him to go away!"

Write as you would speak it. If you use fancy, over the top words, it can be distracting to the reader. Be simple and clear so that your writing is easy to understand.

For crafting an unforgettable college or scholarship essay, we recommend reading "Write Your Way In" by Rachel Toor!

The story that you're sharing, have that be unique and specific to you.

Unless specifically directed, scholarship essays are not based on fiction, they're based on stories that shape you as a person. Readers want to know what you have gone through to be changed in one way or another.

Finally, the story should be about how you overcame something. Whatever you conquered shows strength, tenacity, and spirit, all of which are good qualities in a person. Remember, the reader is looking for a recipient who matches the character of their organization, cause or person. Tease out the qualities of them and apply it to your story.

Treat Scholarships like a Job

When it comes to scholarships, applying to one and being done is not a good strategy. It takes work. Think of it as a part-time job, which most high school students do. Let's

FAFSA

From 5

want your FAFSA information to be sent to. You can enter up to 10 so you are encouraged to enter any school you are seriously considering as a higher education potential. The Financial Aid offices of selected schools will receive your Student Aid Report but will not do anything with it unless you submit an official application to their college/university. Schools will have a unique number that can be located by using the search feature on the school selection page. Should you decide to add a different school at a later date, you can log back into the FAFSA website, select returning user, and log into your application to make changes. For the gentlemen who are completing the application for the first time, they will have to state whether or not they have registered for the selective services. If they have not, or if they are within 6 months of their 18th birthday, they should select no and when asked if they want to be registered, say yes. The FAFSA application will submit required information to complete the selective service registry. This is required to be eligible for any FAFSA funds.

When it comes to entering tax information, please remember that under most cases, students are deemed

dependent on their parents until 24 years of age. A series of questions will be asked for the system to determine whether the parent information will be needed. Because tax information can be very difficult to determine, you will be given the opportunity to have your tax information automatically entered into the application using the IRS Data Retrieval Tool. This is the recommended method for entering both parent and student tax information as it will be pulled directly from the IRS and in doing so, will protect your information from being seen by others. Once entered, you will be able to submit your application for review and approval. Both the student and the parent will use their FSA IDs to electronically sign the application and indicate that the information entered is accurate to the best of their knowledge. Remember, no one is bound to any financial terms by completing the application. You will have an opportunity at a later time to accept or decline any aid you are offered.

I have completed my FAFSA application, now what?

Within 2-3 days, the student will receive an email containing his/her Student Aid Report or SAR report. This will show the information entered into the application and the student's EFC or expected family contribution. This number can be anywhere

at a \$2,000 paycheck! That's almost a 200% difference!

There is no secret to earning scholarship money. The recipe is simple: build a strong work and academic resume, write like your education counts on it and make applying for scholarships a part of everyday life.

That's it!

Reach Higher Montana is passionate about helping Montana high school students achieve personal success in education, career, and life.

from 0 to 999999. The lower the number, the higher level need the student has for need based aid. It is this number that will determine the amount of Pell grant, Federal Supplementary Opportunity Grant, and Work Study the student qualifies for. The EFC will also be used by the Financial Aid Office at the college or University the student chooses to attend to determine additional student aid opportunities the student qualifies. In addition, the EFC may be required to be included in any need based scholarship applications the student completes outside of the FAFSA application.

So when does the FAFSA need to be done?

The FAFSA is only good for 1 year and must be resubmitted with updated information for each year the student plans to attend college. The application opens October 1st each year for the following academic year. So

students who plan to start school the fall of 2021 will be able to apply for their FAFSA beginning October 1, 2020. Because need based funding is not unlimited, students are strongly encouraged to complete their FAFSA no later than December 1st. The earlier the student completes the application, the more money will be available should s/he qualify.

In closing, please remember that everyone should complete a FAFSA to maximize the funding opportunities available. There is nothing to lose by filling out the application as the application does not commit the student or parent to accepting the money offered. For help in completing your FAFSA, please contact a Financial Aid Officer at your school of choice or visit FAFSA.gov.

Reach Higher Montana is passionate about helping Montana high school students achieve personal success in education, career, and life.

Money

From 6

say you work 12 hours a week at \$9 an hour. After taxes, you're looking at a paycheck around \$90. Not too shabby. But if you take that same amount of time and compare it to applying to 12 scholarships, which you win two at \$1,000 each, you're looking



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JORDAN HANSEN

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Situated in the high mountains on a rocky outcrop once and forever known as the “Richest Hill,” Montana Technological University continues to be one of the best-value colleges in not only the state, but the nation.

With 14 bachelors programs in its School of Mines and Engineering and 11 in its College of Letters, Sciences and Professional Studies, it is one of the top STEM schools in the country, according to Learn.org.

Montana Tech also has a robust nursing program and was named the top bachelor of science in nursing school in Montana, according to RegisteredNurses.org.

Most Montana Tech graduates find employment soon after leaving the school — the engineering school has a 95% career outcome placement rate.

Overall, Montana Tech was ranked 19th in return on investment by Bestcolleges.com in 2020.

“When students graduate from those programs, they have good opportunities for jobs because those are types of careers that are in demand right now,” Montana Tech chancellor Les Cook said. “It’s kind of a simple one to figure out because we know the world needs more engineers, you need people that actually can figure out how to do things and

make things work.”

It is no secret engineering jobs pay well, which plays in to both the overall value of the university and an enticing tool for recruitment. In 2019, Montana Tech reported a \$65,000 median starting salary for engineering school graduates. It was \$50,200 for letters, science and professional studies graduates.

For a full-time student, tuition and fees is approximately \$7,400 per semester for in-state students and \$22,500 for out-of-state students, according to Montana Tech’s website.

The university is also part of a rich and fascinating history of the town the campus sits in — Butte. A copper mining town, it begins to make sense why it’s considered a “top mining school” by Mining Global.

Originally, the university was called the Montana State School of Mines. It is one of just 14 schools in the country offering a bachelor of science in mining engineering.

Montana Tech has two doctorate programs in its engineering school — one in material science, engineering and was recently approved for another in earth science, engineering, Cook said.

“If you think about Montana Tech with the history we have of mining and geological and petroleum, so responsible use of natural resources and energy and those types of things, earth science engineering was a perfect PhD program for Montanan

Meagan Thompson, *The Montana Standard*

Alex Finch plays the tenor saxophone at the Orediggers’ band booth during the Tech Club Rush day on campus. Finch says the band plays for all home games and will have a Christmas concert during the annual Christmas Stroll in Uptown Butte.

Tech because it takes all those things we’re already known for and basically puts them together in a doctorate program,” Cook said.

Cook emphasized there is also a focus on the environment. The Silver Bow Creek and Butte area is one of the biggest Superfund sites in the country.

“Our restoration ecology program is one that’s getting increasingly popular and its master’s program, but there are very few restoration programs in the world,” Cook said. “And so there are some things that we can do more to differentiate ourselves even more.”

Cook also touted the small class size at Montana Tech as a benefit — it was named the best small college in Montana by Stacker in 2020. In spring of 2021, Montana Tech had 2,208 students across all of its programs, according to data released by the school.

“It’s really a family atmosphere. When you apply to Montana Tech, you become part of the Montana Tech family and we take a lot of pride in that,” Cook said. “If you look at our values in our new strategic plan, the very first value is students are the reason we exist. And they are, that’s what we’re here for.

“If we’re not preparing our students to be successful in their careers and in life, they we’re not doing our job.”

Montana Tech completed work on a new Living Learning Center/Student Success Center, at a cost of about \$24 million, that sits right next to its football field. The Living Learning Center is a dorm, with many options for single occupancy as well as private study rooms and group cooking facilities.

The attached Student Success Center houses student tutoring, academic advising, international programs and enrollment services, as well as the financial aid and business offices.

A updated dining hall was just finished and a \$2 million project for a high-tech nursing simulation center should be finished in October.

“This is a place where hardworking, determined, focused students can be incredibly successful,” Cook said.

Jordan Hansen covers news and local government for the Missoulian. Shout at him on Twitter @jordyhansen or send him an email at Jordan.Hansen@Missoulian.com

ONLINE RESOURCES AND IMPORTANT DATES

Online resources

Reach Higher Montana

While school may look a little different this year, Reach Higher has tips to make the most of online learning. Also, learn how to plan and pay for college and prepare your career path. Reach Higher Montana is a resource for Montana students looking for counseling. They help find early college credit opportunities, scholarships and other financial aid, find colleges, etc. Visit reachhighermontana.org.

FAFSA (Free Application for Federal Student Aid)

A website run by the U.S. Department of Education provides students with access to financial resources. By filling out the free online form, FAFSA matches you with federal student aid resources. studentaid.gov/h/apply-for-aid/fafsa. You must register to get information. If you need financial aid to pay for school, you should complete the FAFSA® form as soon as it becomes available. New forms are most often available Oct. 1 each year.

FastWeb.com

According to their website, they are the “leading online resource in finding scholarships to help you pay for school” with a “database of more than 1.5 million scholarships – \$3.4 billion in funding.” Fastweb can help you find scholarships that are specific to your needs. Also find information on colleges, financial aid and more. Visit fastweb.com.

Scholly

According to their website, Scholly “started as

a personalized scholarship search app” but has become a resource for students “at every stage of their academic journey.” The site provides matching services for scholarships and an editor/personal proofreader for essays, school assignments or blog posts. You must register to get information. Visit myscholly.com.

BigFuture

Find the right college and look for careers using this online resource for students. The site has resources for grants, fellowships, scholarships, financial aid and more. You must register to get information. Visit bigfuture.collegeboard.org.

College Greenlight

Another online resource is College Greenlight, which specializes in helping students find the perfect college. You must register to get information. Visit collegegreenlight.com.

CollegeXpress

This website helps students find colleges, search for scholarships and find articles and advice on “College Admission, College Athletics, Financial Aid, Student Life, Test Prep,” etc. Search for schools by keyword, major, location, interest, and much more; compare your favorites; and connect with hundreds of different colleges. You must register to get information. Visit collegeexpress.com.

Important dates

FAFSA (Free Application for Federal Student Aid)

studentaid.gov/h/apply-for-aid/fafsa

FAFSA forms must be submitted by 11:59 p.m.

Central time (CT) on June 30, 2022. Any corrections or updates must be submitted by 11:59 p.m. CT on Sept. 10, 2022.

For complete list of FAFSA deadlines go to studentaid.gov/apply-for-aid/fafsa/fafsa-deadlines.

ACT national test dates

act.org
 Oct. 23, 2021: Registration deadline Sept. 17, 2021
 Dec. 11, 2022: Registration deadline Nov. 5, 2021
 Feb. 12, 2022: Registration deadline Jan. 7, 2022
 April 2, 2022: Registration deadline Feb. 25, 2022
 June 11, 2022: Registration deadline May 6, 2022
 ACT testing amid COVID-19: act.org/content/act/en/covid-19.html

SAT national test dates

Oct. 2, 2021: Registration

deadline Sept. 3, 2021.

Nov. 6, 2021: Registration deadline Oct. 8, 2021

Dec. 4, 2021: Registration deadline Nov. 4, 2021

March 12, 2022: Registration deadline Feb. 11, 2022

May 7, 2022: Registration deadline April 8, 2022

June 4, 2022: Registration deadline May 5, 2022

SAT-PSAT-related coronavirus updates: pages.collegeboard.org/sat-covid-19-updates

Colleges and universities have their own registration deadlines, so be sure to check on those important dates with those schools that you are interested in attending. There are also different deadlines for local, state, and national scholarships so be aware those dates may be fast approaching.

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Please enjoy the Bobcat Nurse newsletter
www.montana.edu/nursing/engagement/index.html

MONTANA.EDU/NURSING
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Tommy Martino, University of Montana

University of Montana freshmen participate in orientation kickoff on the Oval on Aug. 24, 2021.

UNIVERSITY OF MONTANA: State's most vibrant campus

Every day, University of Montana students work alongside renowned faculty to tackle the big complexities of our time – racism, economic mobility, access to health care, addiction, counseling, climate change, law, policy and gender and women's studies. Through all of this, faculty and staff know your name, your story, goals and passions. Being part of the UM family isn't a marketing tagline. It's real and special and is something that a network of more than 100,000 alumni share.

At UM's inclusive and vibrant campus, the annual Kyiyo Powwow is as a treasured event, as are our home games in Washington Grizzly Stadium. In fact, UM was named a Military Friendly School, a top school for LGBTQ2+ inclusivity and a top university for students with autism in the same year.

UM is nestled alongside the famed

Clark Fork River and at the foot of Mount Sentinel and is routinely ranked as the most beautiful campus in the country. Between classes and labs, UM students often spend their free time hiking, biking, fishing and floating just steps away from their classroom.

In addition to over 200 areas of study, UM students can join any of the 120 student groups and organizations, eat at 19 unique on-campus dining locations or climb 7,000 square feet of climbing surface at the campus recreation center, all while never stepping foot off campus.

With 128 years of rich tradition, UM students celebrate Montana's expansive outdoor heritage with a weekend-long celebration called the Forester's Ball, paint the Hello Walk to celebrate the return of alumni during Homecoming and climb to the top of historic Main

Hall to spike a pumpkin on the eve of Halloween.

UM students reflect Montana – in fact, one-third of our undergraduate population are the first in their family to ever attend college.

UM's ElevateU initiative ensures all students, regardless of major, have access to the career readiness training that employers want. Last year, UM student interns earned more than \$600,000 in wages and contributed more than \$2.6 million in local economic impact.

Home to more than 10,000 students, but with a 13 to 1 student to teacher ratio, the "big, but small" feel provides UM students with the vibrant excitement of a large university with the hands-on benefits of a small college.

It is an exciting time to be a Griz. To learn more please visit umt.edu.

Youth Apprenticeship: What's in it for YOU?

Apprenticeship is a proven education and workforce strategy that combines paid, structured on-the-job training with related, classroom learning.



Students and employers benefit from high-quality youth apprenticeship opportunities:

- **Immediate workforce participation** and retention for employers.
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- **Increase in relevant skills** and innovation for students and employers.
- **Students increase long term earning potential** in high-demand, good-paying jobs, including health care, information technology, and more.
- **Eliminating the choice** between education and earnings after high school graduation.



Montana Youth
Apprenticeship
Partnership

A partnership to increase opportunities for Montana's youth to prepare for in-demand careers through apprenticeship program models.

Learn
more!



MontanaYouthApprenticeship.org





Adrian Sanchez-Gonzalez

MSU students walk to class near Montana Hall on a fall day.

MONTANA STATE UNIVERSITY: Think outside

Montana State University was founded in 1893 on a visionary idea: that every student, regardless of background, has the right to pursue a college education.

Today, MSU is Montana's largest university, boasting over 250 academic programs and 16,250 students, including students from all of Montana's 56 counties.

Undergraduate research

MSU has a large undergraduate population and is a known research hub, boasting \$193 million in research expenditures in 2020-2021 alone. This unique profile means that students can access research opportunities typically reserved for graduate students at other universities. In addition to the lab, you'll find MSU students atop Sacajawea Peak examining

rock formations, in Browning recording Native oral histories, or in Ekalaka uncovering triceratops bones, making the most of hands-on education.

Campus life

MSU students have countless opportunities to make new friends. Students connect with peers through nearly 300 student organizations, while residence halls serve as a home away from home.

MSU boasts several modern, cutting-edge buildings, including its newest residence hall Hyalite Hall and the newly constructed \$20-million American Indian Hall. Opening fall 2021, the new building will serve as a bridge between Native American and other cultures on campus.

MSU traditions

MSU is chock-full of

traditions that help students feel at home, including "Rockin' the M," an annual hike and ceremonious lighting of the iconic "M" above Bozeman to celebrate homecoming weekend. Bobcat fest and the yearly Gold Rush game are also favorite traditions among students.

But perhaps the most important tradition is giving back. MSU students volunteer through opportunities like Service Saturdays, while Engineers without Borders and MSU BreaksAway invite students to address challenges in communities on the other side of the country — and the world.

Student support

SmartyCats Tutoring and the writing and math learning centers help MSU students succeed in the classroom, while programs like Come

Work with Us can help students pay for school. The Freshman 15 guides students to take a full course load, so they can graduate in four years. Advisors are on hand to help identify scholarships and navigate financial aid, and the Allen Yarnell Center For Student Success offers career prepping, financial coaching, study skills coaching, and more.

Think outside

MSU likes to "think outside."

But thinking outside means a lot more than visiting nearby Bridger Bowl. It's an invitation to blaze new trails with discovery, creativity and dynamic thinking — a call to action to redefine what is possible.

To schedule a visit to MSU or take a virtual campus tour, go to montana.edu/visit

CARROLL COLLEGE:

Preparing you for life

Living and learning at Carroll College is about more than simply earning a degree. It's about more than preparing for a career. It's about who you become, and the lives you touch along the way. Here, we engage with one another in ways you simply don't see other places. We inspire one another. We seek out ways to improve life, and lives, all over the world.

At Carroll, it's about the experience we share. Because more than any knowledge gained, it's the time here that makes us who we are in life — now and into the future.

At Carroll College you will...



Photo provided

Find curiosity

There's a shared spirit of togetherness at Carroll that is truly exceptional. We believe in each other, challenge each other, inspire and support each other, every day. We believe in being curious and using that curiosity to push the boundaries of what's possible. We have heart, and you'll feel it the moment you step on campus.

Enjoy experiential learning

The experiences our students and faculty share in the classrooms, labs, and in the field are powerful ones. Together, they pursue knowledge with curiosity and conviction. With creativity and positivity. Because that's what it takes if you want to truly touch lives and bring positive change to the world. We do. And in the process, our students experience the moments that empower them to realize their vision of the life they want to lead.

Experience outdoor adventure

Situated in the west, central Montana, and surrounded by the Rocky Mountains and

The Carroll College campus in Helena.

Lewis and Clark National Forest, Helena is a world-class outdoor recreation destination. You'll find more than 75 miles of hiking and biking trails just minutes from campus, and Helena is in close proximity to the Continental Divide Trail, natural hot springs, Great Divide Ski Area, and the Missouri River. Yellowstone National Park and Glacier National Park are just a few hours away.

Be prepared for life

Like our motto says, *Non scholae, sed vitae* — Not for school, but for life. A Carroll education prepares you for life. While students come to Carroll to earn an education, the intellectual, social, and spiritual endeavors students experience at Carroll, provides them with the skills they need to succeed throughout their lives and to seek the truth along the way. Your education at Carroll College will prepare you for a fulfilling life and career.

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The Montana Western campus in Dillon.

MONTANA WESTERN: 'Experience One' immersion wins big

We'd like to invite you to visit and explore the University of Montana Western, a remarkably different kind of university located in Dillon, Montana, where you can get a world-class education surrounded by everything that makes Montana extraordinary.

Montana Western is unique because we are the only public, four-year institution in the nation that offers Experience One, where taking one course at a time allows our students to engage in authentic, experiential education that can't be replicated under a traditional semester schedule. This structure allows our students and faculty to spend much of their class time with hands-on instruction in the field, lab, community or classroom.

Offering nine certificates, eight associate degrees, 29 bachelor's degrees, and 44 minors, Montana Western offers students the chance to combine their passions with immersive experiences in and out of the classroom. Our 10 academic

departments are Biology, Business and Technology, Environmental Sciences, Education, English, Equine Studies, Health and Human Performance, Fine Arts, Mathematics, and History, Philosophy, and Social Sciences.

In addition to being the only university with Experience One, Montana Western has one-of-a-kind programs including the nation's only four-year degree in Glass with a specialization in Scientific Glassblowing and the country's only B.S. degree in Natural Horsemanship with options in Management, Psychology, Science and Instruction.

An additional benefit to our unique instructional model is our award-winning faculty, who are able to focus on one small group of students at a time. This allows our students to get the most out of their educational experiences and apply them to solving real-world challenges.

With scholarship support from the

Montana Western Foundation, and being connected to the Bulldog Family through UMW Alumni & Friends and a multitude of events and activities, students are sure to make a connection to the vibrant town of Dillon and establish lasting friendships with classmates and members of the community that will last a lifetime.

As the institution with the lowest tuition and fees of any four-year university in the state of Montana, UMW offers an unparalleled value in education.

According to Michael Reid, Chancellor of Montana Western, "The result of this combination of individualized support, experiential learning, and affordability is that students at Montana Western complete what they start. Our focused approach to learning leads to more impactful educational experiences that make the most out of each student's time and dollars spent on completing their degrees."

GALLATIN COLLEGE MSU: Technical, hands-on curriculum

The state of Montana encompasses one of the densest per capita clusters of optics and photonics institutions in the U.S. To meet the ever-growing workforce demands of this local cluster – and of the nation overall – Gallatin College offers an associate of applied science (AAS) degree in photonics and laser technology to develop highly trained photonics and electro-optic technicians.

Located in Bozeman, the college complements the four-year programs at Montana State University and ensures access to workforce

development that promotes a vibrant local economy. Since its inception in the autumn of 2016, the photonics and laser technology program's three cohorts have graduated a total of 24 technicians, and all are working and excelling in the local photonics industry. Companies that have hired graduates from the program include LUMIBIRD, Aurora Innovations, Quantum Composers, FLIR Systems, and Resonon.

Students completing Gallatin College's AAS program in photonics and laser technology will understand the scientific principles of

electronics, photonics, and advanced manufacturing. This includes a focus on AC/DC, solid-state, and digital electronics, as well as the fundamentals of light and lasers, laser systems, associated applications, and advanced-manufacturing techniques.

The training prepares students to become technicians in photonics and electro-optics who are capable of working on products or devices used in manufacturing, communications, defense, homeland security, the medical industry, information technology, energy,

environmental monitoring, lighting, displays, and entertainment.

A large portion of the electronics and photonics curriculum is hands-on. Students spend a majority of their time working in a laboratory environment, applying their theoretical knowledge to master the use of relevant test and measurement equipment to construct and troubleshoot advanced electro-systems.

Graduates of the program will have the ability to excel as technicians in the electronics, optics, laser and photonics support fields.



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Courtesy photo

Helena College offers more than 30 diverse degree and certificate programs on two campuses.

HELENA COLLEGE:

Innovative education, affordable rates

Located centrally in Montana's beautiful capital city, Helena College University of Montana is an excellent choice for students wanting an innovative education, at one of the most affordable tuition rates the state has to offer.

With more than 30 diverse degree and certificate programs on two campuses, students can pursue a variety of career and technical education programs, transfer pathways, and more in Arts, Humanities & Communications; Business; Education; Health Sciences; Industry & Trades; Law & Public Safety; Science; Technology Engineering & Math; and Social Science, Behavioral Sciences & Human Sciences.

Program highlights

The Associate of Science in Registered Nursing Degree Program at Helena College was named No. 1 the nation in 2019 by RNCareers.org.

Communication classes are taught by critically acclaimed author Virginia

Reeves. Her first novel, "Work Like Any Other," was longlisted for the Man Booker Prize and the Center for Fiction's First Novel Prize, and Booklist named it to their Top 10 First Novels of 2016.

The revamped Automotive Technology program has implemented a new apprenticeship model of learning. Students take classes in the mornings and work in a local dealership in the afternoons. These students will graduate in two years with their AAS Degree, eight ASE exams completed, and over 1,000 hours of relevant work experience.

Students pursuing a degree in Machine Tool Technology/Computer Aided Manufacturing attend classes four days per week and have the option to be employed at Boeing or Pioneer Aerostructures for three 12-hour shifts on Friday, Saturday, and Sunday. This offers them the flexibility to work full-time in their field while earning their degree. Boeing will also reimburse the tuition of full-time students/employees.

Education after Helena College

Helena College transfer students earn an average GPA of 3.0 after one semester. Students wanting to pursue a four-year degree can take advantage of the institution's partnerships with other Montana universities. Depending on the program, there are even options to finish a four-year degree without leaving Helena.

Opportunities for high school students

High school students can earn college credit through dual enrollment opportunities. Currently, dual enrollment offers 73 sections of 25 different courses and serves 10 different high schools. Juniors and seniors in high school also have the option to take Helena College courses on campus, online, or during a six-week summer session. Montana's One, Two, Free program makes earning college credit in high school even more affordable by giving students the option to take two classes and earn up to six credits for free.

MONTANA TECH:

Excellence in STEM disciplines

For the past century, Montana Technological University has been recognized for excellence in the science, technology, engineering, and math (STEM) disciplines.

The university provides a transformative student experience by developing leaders and advancing science, engineering, and technology to benefit humanity while meeting the changing needs of society. The university's determined students learn in state-of-the-art facilities and perform hands-on work relevant to today's rapidly evolving industries.

Montana Tech offers four-year degrees, graduate degrees, and several doctoral degrees. Many of the school's engineering programs are unique to the region and are among only a few in the country. The university's south campus, Highlands College, is home to career-ready and transfer programs that help build the workforce needed to shape Montana's future. From certificates and associate degrees to community education and customized training, Highlands offers relevant hands-on professional programs for the essential jobs of tomorrow.

Montana Tech is home to the Montana Bureau of Mines and Geology (MBMG). Its state agency mandate is to collect and publish information on Montana's geology to promote the orderly and responsible development of Montana's energy, groundwater, and mineral resources. The MBMG provides these services to the public and constituents within the private sector and federal, state, and local governments. The MBMG's research faculty closely collaborate with Montana Tech's academic faculty

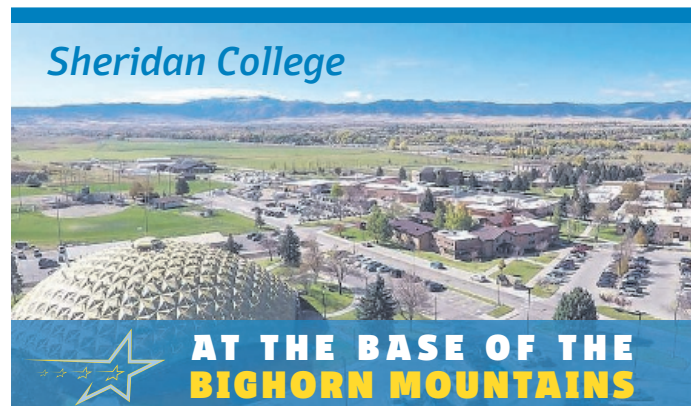


The Montana Tech campus in Butte.

on research and mentoring graduate students.

Tech's campus has undergone many improvements, blending historic architecture with new state-of-the-art facilities. The university recently opened the Student Success/Living Learning Center providing an ideal environment for students to live, learn, gather, and develop lifelong friendships. The recently opened Natural Resource Research Center gives students access to state-of-the-art laboratory facilities.

The Lesar Family Nursing Simulation Center, currently under construction, will allow the Nursing department to increase the intake of students and integrate real-life simulation opportunities throughout the entire nursing curriculum. The campus also houses the Underground Mine Education Center, which remains the only on-campus underground mine in the country.



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**#2 CAREER
OPPORTUNITIES**

#3 AFFORDABILITY



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TOMMY MARTINO, Missoulian

Cameron Siefke, a culinary student from Great Falls, plates a bison burger in the kitchens at Flathead Valley Community College. Senior culinary students run a restaurant where they are responsible for food preparation and presentation, and serving paying guests.



FLATHEAD VALLEY:

An affordable start to education

Flathead Valley Community College is an ideal place to begin the college exploration process. Faculty and staff understand that college is a big investment of time and money and want to help you navigate your academic choices and reach your career aspirations. That's why the school offers an excellent education at an affordable price.

You can start at FVCC and go anywhere. Whether you want to stay in Montana or go out of state, FVCC will customize your plan of study and guide you through the transfer process. Our

academic advisors ensure that transferring students are connected to the best campus resources and advisors at their next institutions.

You can finish all of your general education courses at FVCC, then transfer to any Montana University System college or university with your general education requirements complete.

Save thousands of dollars in tuition and fees.

FVCC's tuition and fees for Montana residents are significantly less than that of in-state tuition and fees at Montana State University and the University of Montana,

saving transfer students nearly \$2,800 over two years. For some students, this means graduating without any debt thanks to FVCC's generous scholarship offerings. Last year, FVCC students were awarded nearly \$1.2 million in need-based and merit-based scholarships.

It's not all about studying

FVCC's Kalispell campus is located just 30 miles from the entrance of Glacier National Park and 12 miles from Flathead Lake. Two local ski resorts, Whitefish Mountain Resort and Blacktail Mountain Ski Area, are short

drives from campus. In addition to outdoor recreation opportunities, students will soon have access to a new multipurpose activity complex with an indoor fitness area and gymnasium when the Paul D. Wachholz College Center opens in 2022.

Want to learn more?

Take our interactive 360-degree tour to get an up-close look at FVCC's Kalispell campus. Explore buildings, labs, learning spaces, student housing apartments and more at your own pace at fvcc.edu/digital-experience.

Surrounding state colleges

NORTH DAKOTA

Bismarck State College: Admissions and Outreach Services, 701-224-5429, BSC. Admissions@bismarckstate.edu

Dakota College at Bottineau: Recruitment and Admission, 701-228-5426, beth.macdonald@dakotacollege.edu

Dickinson State University: Admissions, 701-483-2175, dsu.hawk@dickinsonstate.edu

Lake Region State College: Office of Admissions, 701-662-1514, lrsc.enrollment@lrsc.edu

Mayville State University: Office of Admissions, 701-788-4842, MaSU.admissions@mayvillestate.edu

Minot State University Admissions: 701-858-3350, askmsu@minotstateu.edu

North Dakota State College of Science: Admissions, 701-671-2521, ndscs.admissions@ndscs.edu

North Dakota State University: Office of Admissions, 701-231-8643, ndsu.admission@ndsu.edu

University of Jamestown: Office of Admissions, 800-336-2554, admission@uj.edu

University of Mary: Admissions, 701-355-8030, enroll@umary.edu

University of North Dakota: Office of University Admissions, 701-777-3000, admissions@UND.edu

Valley City State University: Enrollment Services, 701-845-7101, enrollmentservices@vcsu.edu.

Williston State University: Enrollment Services, 701-774-4200, wsc.admission@willistonstate.edu

SOUTH DAKOTA

Augustana College: Admissions, 605-274-5516, admission@augie.edu

Black Hills State University: Office of Admissions, 605-642-6131, admissions@bhsu.edu

Dakota State University: Recruitment, 605-256-5139, admissions@dsu.edu

Dakota Wesleyan University: Admissions, 605-995-2600, admissions@dwu.edu

Lake Area Technical Institute: Admissions Office, 605-882-5284, service.desk@lakeareatech.edu

Mitchell Technical Institute: Admissions, 605-995-3025, admissions@mitchelltech.edu

Mount Marty College: Admissions, 605-886-6777, admissions@mountmarty.edu

Northern State University: NSU Admissions, 605-626-254, admissions@northern.edu

Presentation College: Admissions, 605-225-1634, admit@presentation.edu

South Dakota School of Mines and Technology: Admissions, 877-877-6044, admissions@sdsmt.edu

South Dakota State University: SDSU Admissions, 800-952-3541, sdsu.admissions@sdsu.edu

Southeast Technical University: Admissions, 605-367-6040, admissions@southeasttech.edu

University of Sioux Falls: Admissions, 800-888-1047, admissions@usf.edu

University of South Dakota: Admissions, 605-658-6200, admissions@usd.edu

Western Dakota Technical Institute: Admissions, 605-718-2565, admissions@wdt.edu

WYOMING

Casper College: Enrollment Services, 307-268-2323, enrollmentservices@caspercollege.edu

Central Wyoming College: Admissions Team, 307-855-2115, Admit@cwcc.edu

Gillette/Sheridan College: Sheridan College Admissions, 307-675-0500, admissions@sheridan.edu

Gillette/Sheridan College: Gillette College Admissions, 307-681-6001, GCadmissions@sheridan.edu

Laramie County Community College: Admissions & Enrollment Services, 307-778-1212, admissions@lccc.wy.edu

Northwest College: Admissions Office, 307-754-6101, admissions@nwc.edu

University of Wyoming: Office of Admissions, 307-766-5160, admissions@uwyo.edu

Western Wyoming Community College: Admissions, 307-382-1706, admissions@westernwyoming.edu

Wyoming Catholic College: Admissions, 307-335-4460, admissions@wyomingcatholic.edu

UTAH

Bridgerland Technical College: Enrollment/Registration, 435-753-6780, studentervices@btech.edu

Dixie State University: Admissions, 435-652-7777, admissions@dixie.edu

Mountainland Technical College: Student Services, 801-753-6282, studentservices@mtec.edu

Salt Lake Community College: Enrollment, 801-957-4073, admissions@slcc.edu

Snow College: Student Services, 800-848-3399,

snowcollege@snow.edu

University of Utah: Office of Admissions, 801-581-8761, admissions@utah.edu

Utah State University: Office of Admissions, 800-488-8108, admit@usu.edu

Utah Valley University: Admissions, 801-863-8706, admissions@uvu.edu

Weber State University: Office of Admissions, 801-626-6050, admissions@weber.edu

WASHINGTON

Bellingham Technical College: Admissions, 360-752-8345, admissions@btc.edu

Big Bend Community College: Admissions, 509-793-2061, admissions@bigbend.edu

Central Washington University: Admissions, 509-963-1211, admissions@cwu.edu

Centralia College: Admissions, 360-496-5022, admissions@centralia.edu

Clark College: Admissions, 360-992-2107, enroll@clark.edu

Clover Park Technical College: Admissions, 253-589-5800, admissions@cptc.edu

Columbia Basin College: Student Services, 509-547-0511, records@columbiabasin.edu

Eastern Washington University: Admissions, 509-359-2397, admissions@ewu.edu

Everett Community College: Enrollment Services, 425-388-9219, registration@everettcc.edu

Evergreen State College: Admissions, 360-867-6170, admissions@evergreen.edu

Grays Harbor College: Admissions, 360-532-9020, admissions@ghc.edu

LEE SHULMAN BIERER
Tribune News Service

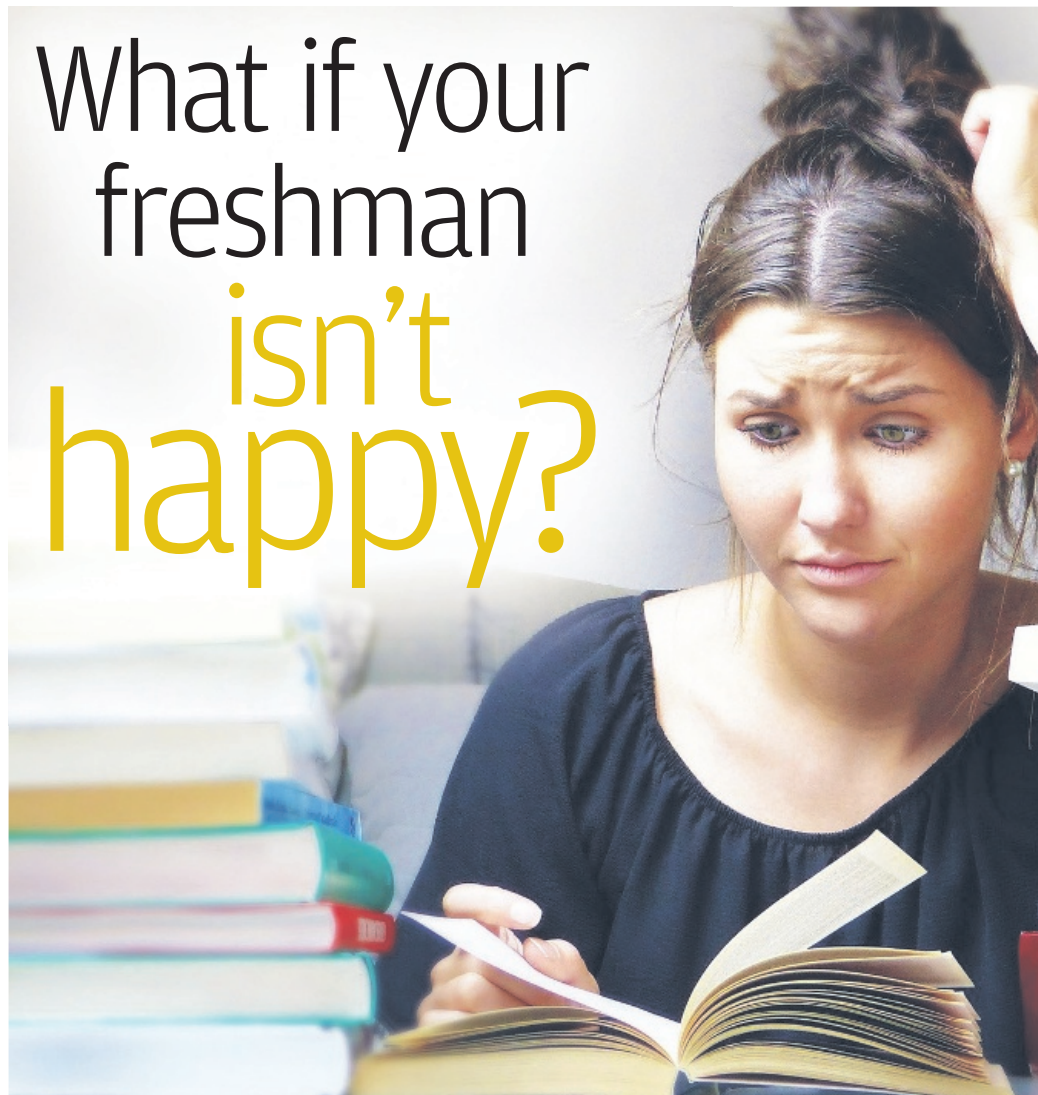
While some college students are living comfortably in their parents' homes, others have been on campus, living in dorms and having a semblance of a traditional college experience. What happens if they're not happy?

Maybe they're unhappy living at home and attending what many refer to as "high school 2.0" entirely on screens, or unhappy with campus life (or lack thereof). Yes, COVID-19 has affected every college student. Many have redefined their priorities. If a student is unhappy, the question is whether to continue, take a gap semester or a gap year, or transfer to a different college altogether.

We send them off with high expectations, but what happens when your freshman is unhappy? Everybody knows that college is supposed to be "the happiest four years of your life." Not too much pressure on an 18-year-old, huh? Is this the time to revert back to being a helicopter parent, hovering over the campus and scooping up your child to bring them home? Probably not.

If the issues are mostly social, the initial feelings of awkwardness usually wear off quickly. Students tend to find a group, whether that means hanging out with students from their high school, fellow residents of their dorm or colleagues from a club they've joined. That's the good news. The bad news is that the latching on, pairing off and formation of "freshmen herds" usually happens quickly, and some students feel left out from the get-go.

If a student is unhappy, it's often more about fitting in socially than worrying about academics. Classes may be bigger and even more boring than in high school, but not being invited out for pizza



What if your freshman isn't happy?

ranks higher in the hierarchy of concerns.

Parents might get a "room-mate from hell" telephone call with a desperate plea to let your student drop out and come home. Most student counseling services advise parents to listen, listen some more and offer constructive suggestions: speaking to a resident adviser, seeking counseling at the university health center, joining new clubs or organizations, or stepping outside their comfort zone by initiating conversations with new people.

Parents need to help students identify what isn't working for them. Is it their roommate, their friends, the social atmosphere, classes, the dorm, the food, the weather? Some students simply made a bad choice and selected a college

that wasn't a good fit for them academically or socially.

There are few things more tortuous than listening to an unhappy child pour his or her heart out on the telephone. If you start receiving those dreaded calls on a nightly basis, it may be time for intervention. However, unless parents are seriously concerned about their student's safety or mental health, the best advice is usually to tough it out at least through the first semester and hopefully through the entire freshman year.

Sometimes, simply telling students that they aren't alone and that most freshmen are going through similar self-doubt is enough to get them through the moment. A friend shared a story about her freshman daughter, who called crying

that she was miserable and wanted to come home. My friend was torn, but she calmed down her daughter, and they agreed to talk more the next day. The mom said she barely slept that night and was dreading the call the following day. She waited and waited, and there was no call. Finally, she tentatively dialed her daughter. To my friend's amusement, her daughter told her she'd had a great evening, loved school and barely remembered the conversation from the day before.

This is when we all need to remember that they have grown up quite a bit, and yes, they are still teenagers.

Lee Shulman Bierer is an independent college adviser based in Charlotte, N.C. Visit her website [College Admissions Strategies](#).

Colleges

From 19

Highline College:
Admissions, 206-592-3242,
registration@highline.edu

**Lake Washington
Institute of Technology:**
Registration & Enrollment
Services, 425-739-8104,
admissions@lwtech.edu

Olympic College:
Admissions, 360-475-7279,
welcome@olympic.edu

Peninsula College:
Admissions, 360-452-9277,
admissions@pencol.edu

**Renton Technical
College:** Admissions & Entry
Services, 425-235-2352 x
5978, enrollmentservices@
rtc.edu

**Shoreline Community
College:** Enrollment
Services, 206-546-4611,
sccadmis@shoreline.edu

**South Puget Sound
Community College:**
Admissions & Outreach, 360-
596-5241, enroll@spscc.edu

**Spokane Community
College:** Admissions, 509-
533-8020, scc.admissions@
scc.spokane.edu

**Tacoma Community
College:** Enrollment
Services, 253-566-5000,
enrollmentservices@
tacomacc.edu

**University of
Washington:** Office of
Admissions, 206-543-9686,
askuwadm@uw.edu

**Washington State
University:** Office of
Enrollment and Recruitment,
888-468-6978, future.
coug@wsu.edu

OREGON

**Blue Mountain
Community College:**
Admissions, 541-278-5759,
admissions@bluecc.edu

**Central Oregon
Community College:**
Admissions, 541-383-7500,
welcome@cocc.edu

**Clackamas Community
College:** Registration, 503-
594-6074, registration@

clackamas.edu
**Columbia Gorge
Community College:**
Admissions, 541-506-6011,
studentservices@cgcc.edu

Corban University:
Admissions, 503-581-8600,
admissions@corban.edu

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**Oregon Coast
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**Oregon Institute of
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Oregon State University:
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Recruitment, 541-956-7217,
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**Southwestern Oregon
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Student Services,

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**Western Oregon
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**College of Southern
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6221, admissions@csi.edu

**College of Western
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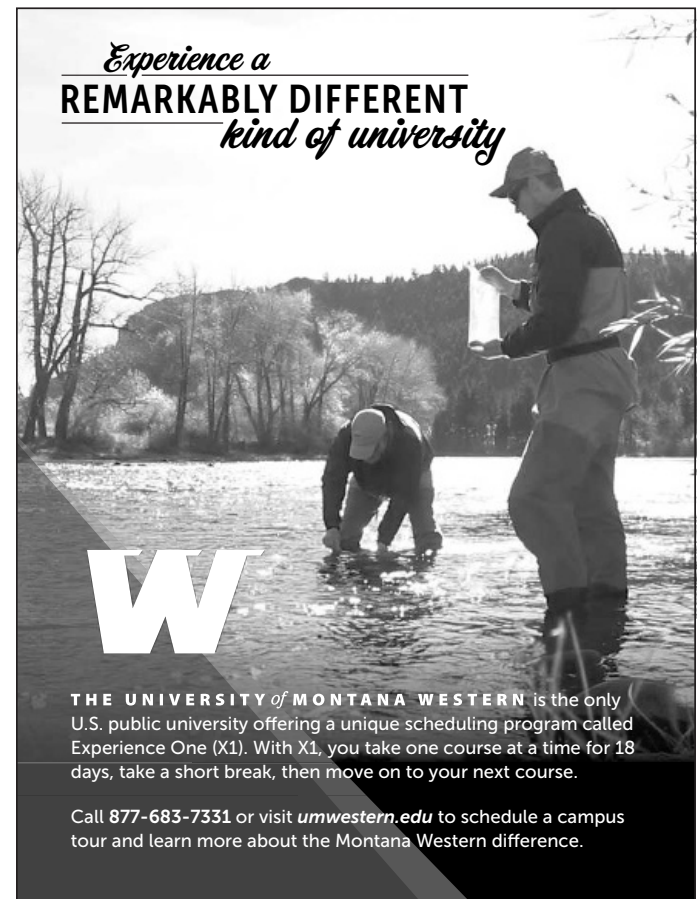
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FRESHMAN SURVIVAL SKILLS

— beyond COVID-19

LEE SHULMAN BIERER

The Charlotte Observer

Don't be one of those college students that ends up on the evening news because they didn't take the pandemic seriously. Listen to the doctors and school administrators about dealing with COVID-19.

Today's column is about dealing with surviving the social and academic pressures of freshman year. While the initial adjustment period is over, there are certainly lots of things freshmen can start doing now to improve their chances of having a successful year.

Most college students compartmentalize their college experiences into two distinct areas: the academic and the social. Here are some tips and suggested strategies for both.

Social

Learn what drives your roommate crazy and don't do it! This often means having a conversation if things aren't progressing as you had hoped. Don't respond childishly with the silent treatment. Air your hurt feelings, your misgivings and your wishes and ask an RA (resident assistant) to get involved, if you believe it is necessary.

Live within a budget. Don't splurge on silly stuff; ask yourself the basic question of whether the purchase is a "want" or a "need." Use coupons and take advantage of student discounts.

Don't believe that "these will be the best four years of your life." Some days will be, but there will be days when you feel overwhelmed, left out and stressed. It's normal for college students, but it's also normal for everyone. College is not a magic bullet. It's a blank canvas where you can create your own experiences.

Don't believe that your college or the local police don't really enforce the underage drinking laws. They do, and the consequences, particularly if it happens more than once, can be severe and expensive.

Academic

Go to class. It's so obvious, but when there's little accountability, you need to be the one who is responsible. It's all too easy to skip a class, especially those 8 a.m. classes. When you do skip, you fall behind and catching up seems almost impossible. Make a commitment to attend every class when you are healthy, whether it's virtual or in person, no excuses.

Don't just assume the work will get done. Since most of your work will be done independently, you'll need to come up with own system that will likely include: carving out specific times to study, finding the right study space, outlining chapters before class, taking good notes in class, reviewing your notes weekly, planning your study schedule so long-term assignments get completed on time and seeking help when needed.

Next semester and thereafter, don't buy fully priced textbooks. Buy used or rent them from chegg.com or www.cheaptextbooks.com. You'll be amazed at how much you can save and if you rent them, you don't have to deal with trying to sell them afterward or packing them up and storing them in your parents' attic. Shop online because you'll pay a premium for the convenience of shopping in your college bookstore.

The best tip I can offer is to strike a healthy balance in every area of your life. That means eating well during the day and laying off the late-night pizza runs, and maintaining as normal a sleep schedule as possible. Your first "job" at college is to get a solid education. This is a time for you to grown, learn, meet new people, share different experiences and become the person you want to be.

Lee Bierer is an independent college adviser based in Charlotte, N.C. Visit her website [College Admissions Strategies](http://CollegeAdmissionsStrategies.com).



UNIVERSITY OF PROVIDENCE: Providing mission-driven education

A private, Roman Catholic liberal-arts university in Great Falls, the University of Providence offers many different majors, minors, certificate programs and concentrations to prepare you for a variety of career paths. The college also aims to guide students to a deeper understanding of the world and what it means to be successful in it.

A park-like setting, the University of Providence occupies a 44-acre campus immediately south of 10th Avenue South in Great Falls. The campus is made up of 14 buildings, including mature trees and 1960's architecture. The size of the campus allows students to

move easily between classes, administrative offices and services, athletic events and university activities.

The campus includes a variety of attractive and comfortable residence halls. First-year students reside in Emilie Hall.

The University also has

several apartment style residences: Argo Hall, Sikora Hall, Sister Rita Mudd Hall, Vancouver Hall, and Wellness House.

The University of Providence serves 480 undergraduates. The student to faculty ratio is 12:1.

About 95% of undergraduate students received some type of financial aid, including federal grants, work-study opportunities and donor provided scholarships.

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WHY IS COLLEGE ADMISSION GETTING MORE COMPETITIVE

LEE SHULMAN BIERER

Tribune News Service

Right now, the angst among high school seniors and their parents is palpable. Almost every parent I speak with says something like, “It wasn’t this stressful when I applied to college. Why is it so much more competitive now?”

There’s no denying that many of us parents wouldn’t be accepted at our own alma maters if we were applying today. Standardized test scores have inched up and acceptance rates have dropped. Why is it so much more difficult to be admitted?

The stats demonstrate just how much more competitive the world of college admissions has become. Stanford rejected almost 96 percent of its applicants, and a large percentage of them had perfect SAT or ACT scores. It’s obviously not enough to be a strong student with great test scores. Those objective characteristics will get you considered, but it is the softer, more subjective items that end up sealing the deal.

Think about it: There is a valedictorian and a salutatorian at every high school in the country. There’s also a newspaper editor and a student government president at every school, and then think about the number of soccer players, cheerleaders, Beta Club members and National Honor Society inductees. It’s difficult for students to set themselves apart.

To be fair, the college admissions panic is really only among the country’s most elite schools; we’re talking about just 50-100 schools when there are 4,000 or so colleges and universities across the country. Nationally, the acceptance rate for undergraduates is 70 percent.

Among the top tier of public and private liberal arts institutions, applications have increased by one-third or more during the last five years. Yet the available spaces have remained constant.

Here are two of the major reasons for the increased competitiveness in college admissions:

1. There are more

students, and many of these students are applying to more schools. Many of today’s college applicants are part of what’s referred to as the “Echo Boom” — kids of Baby Boomers and beyond.

There are just more kids out there. Four years ago, there were 2.5 million high school graduates. This year, according to the Department of Education, there will be 3.6 million graduates. Thirty years ago, half of high school graduates applied to college. Today, due in large part to our increasingly global economy, almost two-thirds of high school graduates are applying to college.

Many students are trying to hedge their bets and are applying to more colleges. In 1975, only 3.2 percent of students applied to seven or more colleges. In 2006, that number was 17.4 percent. And in 2019, many college-bound students decided to hedge their bets and apply to as many schools as possible to secure sufficient offers of admission. In 2015, the Washington Post reported that seniors at a New Jersey high school applied to, on average, 45 colleges each, with one student applying to as many as 70 schools. That’s

crazy, and no guidance counselor would support it, but some families are willing to pay all those application fees to “find out.”

Using the Common Application makes applying to colleges even easier: www.commonapp.org. It’s one application used by 800-plus

colleges across the country. It includes a single essay, it’s filled out online, and students check off the colleges to which they want to send their application. Beware: There are often supplemental essays for many colleges as well. With a keystroke and a credit card, students can spontaneously apply to more and more colleges. And they do.

Let’s end with an encouraging statistic: What percentage of students get into their first-choice school? It’s not 25 percent, not 40 percent. More than 75 percent find that they have many choices, including their first-choice school. Now that’s good news.

Lee Shulman Bierer is an independent college adviser based in Charlotte, N.C. Visit her website CollegeAdmissionsStrategies.com.

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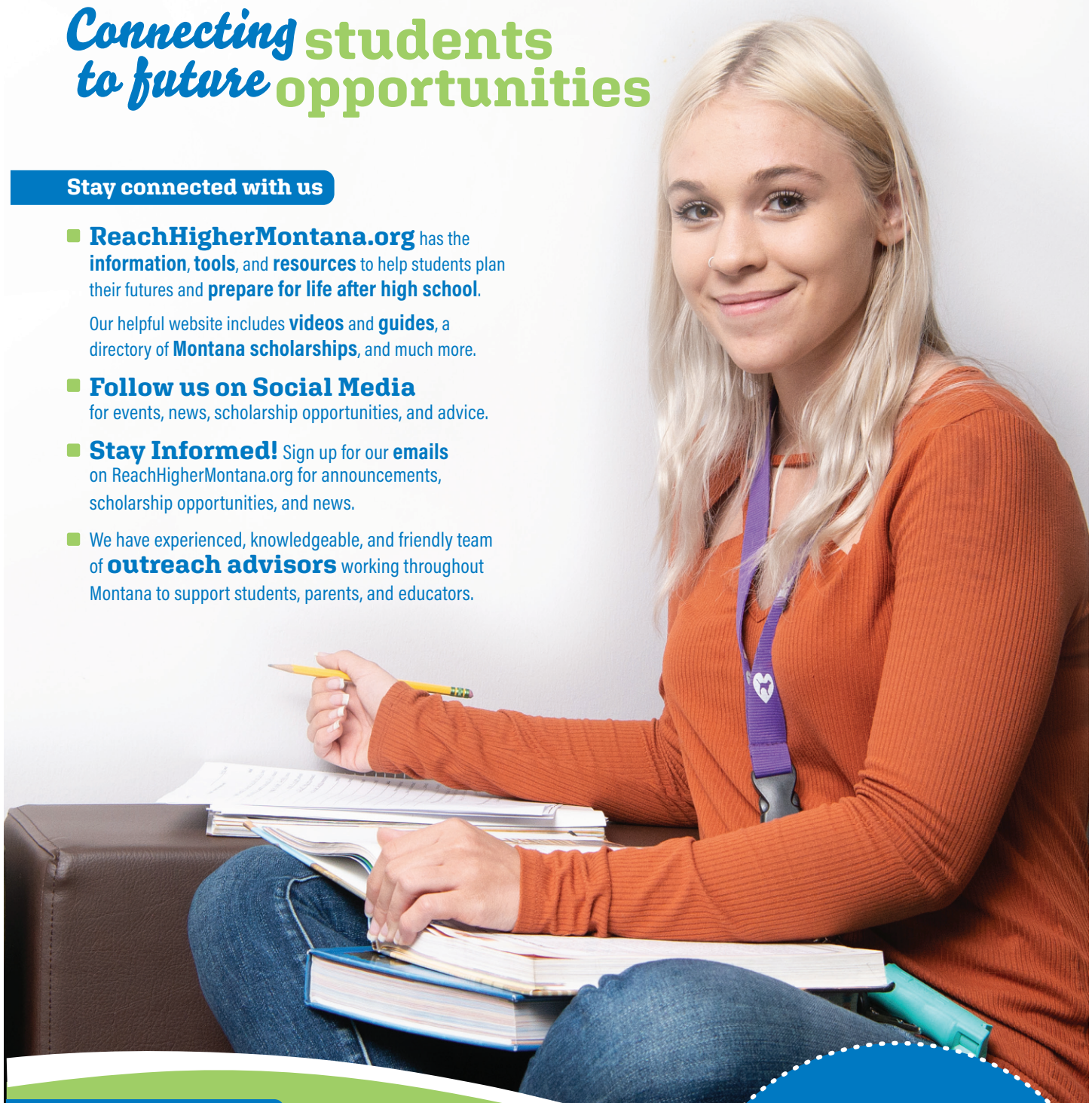
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