

Family Guide to College



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INTRODUCTION

It is very important to make informed decisions, therefore I hope you will find this guide helpful in learning information about the educational system and colleges and universities.

This guide was written to help families gain knowledge about the educational system in California and the United States. Many families have high aspirations for their children's education but are lacking the information or resources necessary to help their students succeed academically.

It is not the only resource guide available to families. However, as families get more and more brochures and pamphlets from schools, programs, and other institutions, it may become overwhelming. Therefore, I believe that this is a good place to begin when preparing your child for college. This guide is brief, and offers other places to obtain more detailed information about higher education. I hope this guide will help you locate the resources necessary to help your children obtain a college education.

As a graduate student and researcher, I have often encountered students who are often told by counselors that college is not a realistic option and are encouraged to enroll in technical and vocational schools. Although technical schools are viable options, I believe that ultimately, the decision to attend or not attend a college or university belongs to the student. No one has the right to make such an important decision for the student. The earlier and better informed families are, the more choices their students have regarding their future.

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Why Attend College?

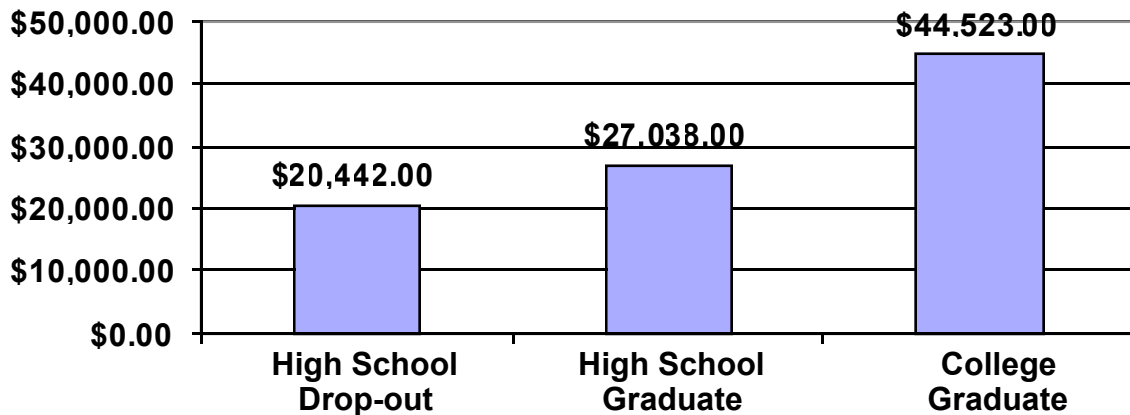
Not all the students need to attend a college or university. There are many options for different careers. For example, if you want to be a mechanic or police officer, college might not be the best choice for you. If you want to be a fashion designer, a technical school that focuses on design may be a better option. But if you want to be a nurse, teacher, doctor or lawyer, college is the most appropriate option.

There are many reasons to obtain a college education.

More job opportunities – Each day, more and more workplaces require their employees to obtain advanced degrees.

More money – A college graduate generally makes more money than those who do not attend college.¹

Annual Salary



¹ *College: Making it Happen A Guide for Middle School Parents and Counselors 2000-2001*, California Education Round Table, Intersegmental Coordinating Committee, Sacramento, CA

Colleges and Universities in California²

There are many options when it comes to colleges and universities in the state of California. For example, there are two-year colleges and four-year universities. It is important to know the differences between the different college systems in order to look get the best education to reach your career goals.

Community Colleges of California (CCC) (2 years)

- The CCC are 2 year colleges that offer a variety of academic and vocational programs designed to help the student obtain an Associates Degree in the Arts and Sciences (A.A. or A.S.) or a vocational certificate.
- To be admitted the student must have graduated from high school or be at least 18 years old.
- It is possible to finish the first two years of education in a community college and then transfer to a four-year college or university.

California State Universities (CSU) (4 years)

- There are 23 California State Universities that offer a basic education to obtain a Bachelor's Degree (B.A. or B.S.) or a more intense graduate education to obtain a Master's Degree.
- The admission requirements include: 1) being a high school graduate in the upper one-third of California high school graduates based on standardized test scores; 2) average grades and grade point average (GPA); 3) completed the high school courses A-G (see page 7) requirements with a GPA of 2.0 (C) or better.
- For more information visit www.csumentor.edu

² *College: Making it Happen A Guide for Middle School Parents and Counselors 2000-2001*, California Education Round Table, Intersegmental Coordinating Committee, Sacramento, CA

Universities of California (UC) (4years)

- There are 10 Universities of California that offer a basic education to obtain a Bachelor's Degree (B.A. or B.S.) and more intense graduate education to obtain a Master's Degree, Doctorate Degree, or a Professional Diploma.
- The admission requirements include 1) being a high school graduate in the top 12.5 percent of California high school graduates; 2) completed the high school courses A-G (see page 7) requirements with a grade point average of 3.3 (B+) or better; 3) having a overall grade point average of 3.0 (B).
- To receive more information visit www.ucop.edu/pathways/

Private Universities (4 years)

- There are approximately 70 private colleges and universities in California with similar admission requirements to those of the CSU and UC education system. Some of these colleges and universities are for women only, others are affiliated with various religions, others focus in the music and arts, and others are very selective.
- Generally these independent colleges and private universities fall under 3 categories: 1) some only accept the most brilliant students in the world; 2) others have similar admission requirements to the UC and CSU; 3) others have very specific requirements that depend on students' specialties in art, music, and technology.
- For more information about these independent colleges and private universities visit www.aiccu.edu

If you still don't know which college or university is BEST for you, US News annually ranks all the accredited universities and colleges in the U.S. You can find the 2003 ranking:

http://www.usnews.com/usnews/edu/college/rankings/rankindex_brief.php

Here's another list of different types of rankings for universities and colleges around the U.S.: <http://www.library.uiuc.edu/edx/rankgen.htm>

How to Prepare Yourself for College ³

To be admitted to a UC, CSU, or some private colleges and universities a student must take the following high school courses:

Courses Necessary for University Admission (Requirements A-G)	Years Required
A. History/ Social Sciences U.S. History, U.S. Government, Civics, World History, Cultures and Geography	Two (2) Years
B. English	Four (4) Years
C. Mathematics: Algebra, Geometry, Intermediate Algebra or higher level mathematics	Three (3) years required; Four (4) years recommended
D. Laboratory Science	Two (2) years required; three (3) years recommended
E. Languages other than English	Two (2) years required; Three (3) years recommended
F. Visual and Performing Arts Dance, Drama, Music, Visual Art	One (1) year
G. College-Preparatory Electives	One (1) year of academic courses in any of the above A-F areas.

To qualify for UC, CSU, and other private colleges and universities the student must take the PSAT, SAT, SATII or ACT exams. It is possible to take any of these exams more than once but is important not to take them too many times. All of these exams are offered various times during the year.

For more information about these exams contact your local high school or visit www.eaop.org and www.collegeboard.com

³ *Futures, Making High School Count!*, California Education Round Table, Intersegmental Coordinating Committee, Sacramento, CA

What Can Parents Do To Help?⁴

Parent involvement has become one of the most important factors in helping students attain a college education.

- Parents can communicate to their children the importance of an education and can motivate them to value school success.
- Parents can ask “How was school today.” And listen.
- Parents can be informed about the classes your children are taking. It is also important to know the names of their teachers and administrators (e.g., principal, counselors).
- Parent can also help their children have enriching educational experiences, such as taking them to the library, to a museum, and to the zoo.
- It is also important that parents be involved in their children’s educational lives. Parents can help their children with homework or monitor that they are completing their homework.
- If your child has difficulties in school, seek help. In the state of California there are many resources that the parents can utilize in order to help their children (See pages 16-17).
- It is very important to understand how to interpret report cards.
- Parents can also volunteer at their children’s schools.
- It is never too late to get involved in your children’s education.

For more information please contact:
Educational Partnership Unit
California Department of Education
P.O. Box 944272
Sacramento, Ca 94244-2720
(916) 657-5342

⁴ *Parents Are Teachers Too*, California Department of Education, Sacramento, 1995

Academic Programs That Help Student Prepare for College⁵

There are many educational programs in middle schools and high schools that can help low-income students reach their academic goals. Find out which programs fit the needs of your child and if they are in available at your school.

AVID

- Offers academic classes inside the schools
- Offers academic tutoring
- Offers motivational activities for the student

*For more information, contact: Mary Catherine Swanson,
San Diego County Office of Education (619) 569-5322*

College Readiness Program

- Helps students in the 6th through 8th grade gain a better understanding of Math and English
- This program was designed for students with few possibilities of attending a university
- This program is associated with the CSU university system

For more information contact, your local intermediate school.

Early Academic Outreach Program (EAOP)

- Helps increase the number of students, from groups that traditionally do not attend a university to attend the UC
- Offers academic assistance, information about the universities, and motivational activities
- EAOP can be found inside of high schools
- This program is associated with the UC system

For more information contact: Ben Tucker, Coordinator, (510) 987-9573

MESA

- Helps students receive their diplomas based on mathematics
- Assists students from underrepresented groups

For more information contact: Micheal Aldaco, Systemwide Director (510) 987-9340

⁵ *College: Making it Happen A Guide for Middle School Parents and Counselors 2000-2001, California Education Round Table, Intersegmental Coordinating Committee, Sacramento, CA*

Tuition Costs for Colleges and Universities

Colleges and universities are not free like public schools. Depending on what type of school the student attends, the cost will vary.

The cost of tuition increases annually and the increase varies depending on whether the student chooses to attend a community college (CCC), a state university like CSU, UC, or a private university. Remember that the prices shown below are for the 2002-2003 school year and that the prices will increase in the next five years before your child is ready to attend a college or university.

Tuition Cost for the 2002-2003 School Year

Institution	Cost of Annual Tuition (Full-Time)
CCC	\$ 308
CSU	\$ 1,885
UC	\$ 2,851
Private	\$27,204

These prices do not include other costs like room and board, transportation, books, supplies, and other personal expenses. We have provided examples of tuition costs for local colleges and universities for a more realistic idea.

Cabrillo College (CCC) ⁶		
<i>School Year (fall and spring semester)</i>		
	If you live with parents	If you live alone
Cost of Tuition	\$308	\$308
Cost of Medical Insurance	24	24
Cost of the Student Center	10	10
Cost of Student Representative	2	2
Cost of Books and Supplies	846	846
Cost of Room and Board	2, 592	8,046
TOTAL	\$3,782	\$9,236

⁶ Manual of Financial Aid 2001-2002, Cabrillo College Financial Aid Office, Aptos, CA

California State University, Monterey Bay (CSU) ⁷		
<i>School Year (fall, winter, and spring quarters)</i>		
	If you live with parents	If you live in the dorms
Cost of Tuition	\$1,885	\$1,885
Cost of Books and Supplies	810	810
Cost of Room and Board	2,376	5,938
TOTAL	\$5,041	\$8,603

University of California, Santa Cruz (UC) ⁸	
<i>School Year (fall, winter, and spring quarters)</i>	
Cost of Tuition	\$ 4,385
Cost of Books and Supplies	1,152
Cost of Room and Board	9,708
TOTAL	\$ 15,245

Stanford (Private University) ⁹	
<i>School Year (fall, winter, and spring quarters)</i>	
Cost of Tuition	\$27,204
Cost of Book and Supplies	1,115
Cost of Room and Board	8,680
TOTAL	\$36,999

⁷ UCSC Financial Aid Office, Santa Cruz, CA

⁸ Cal State Monterey Bay, www.csUMB.edu

⁹ Stanford University, www.stanford.edu

How To Pay for College Tuition and Fees ^{10 11}

To receive financial aid from the federal government it is necessary to complete the *Free Application for Federal Student Aid* (FAFSA).

- This application can be found on the internet, in your local high school, or in your local public library
- FAFSA comes in both English and Spanish

For more information please contact
Federal Student Aid Information Center
P.O. Box 84
Washington, D.C. 20044 1-800-4-FED-AID

- It is necessary to declare the parents' and students' economic information on the FAFSA
- The amount of aid is determined on the basis of economic necessity and various other factors

Types of Financial Aid

Federal Pell Grants

- Do not need to be paid back
- Are only for students who have not yet graduated or obtained professional degrees and licenses
- The amount of aid is determined by economic necessity and the cost of the university

Cal Grants

- Do not need to be paid back
- The amount of aid is determined by economic necessity and the cost of the university

Requirements Include:

- Being a California resident and United States citizen
- Having assisted high school in California
- Must be enrolled at least part-time
- Maintain a satisfactory GPA
- Having a family income that is less than the established limits

¹⁰ *How to Pay for your Education 2002/2003*, United States Department of Education

¹¹ *Manual of Financial Aid 2001-2002*, Cabrillo College Financial Aid Office, Aptos, CA

Federal Work-Study Programs

- Provides part-time jobs for undergraduate students with economic necessity.
- The total amount of aid awarded depends on when the FAFSA was completed, the economic necessity of the student, and the amount of money that is available to the university or college.

Loans

- Money received through a loan must be paid back and depending on the type of loan the interest must also be paid back.
- There are different types of loans.
- Loans should only be taken as a last resort.

Private Scholarships

You can find private scholarships that are based on talents that are academic, athletic, etc. It is important to know that scholarships from private organizations that require you to pay money in order for your child to receive the scholarship are not recommended.

For more information on these precautions please contact www.findaid.org

There are many websites on the internet that can help your child find a scholarship that is right for him/her. There are over 400,000 scholarships on the scholarship search program, FastWeb. Students can apply for these scholarships at www.fastweb.com

To receive more information about economic assistance:
Request the Financial Aid Workbook by calling or writing to:
California Student Aid Commission (916) 526-7282
P.O. Box 419045
Rancho Cordova, CA 95741-9045 www.csac.ca.gov

For example scholarships, please see page 15.

Important Dates

9th Grade

- Exam – PSAT

11th Grade

- Exams – SAT and SAT II or ACT

12th Grade

- Exams – SAT and SAT II or ACT
- Applications for universities – Each university has their own deadlines for admission applications. But generally the deadlines fall between November and December.
- Financial Aid – It is important to send the FAFSA before March 2nd because this can determine how much aid the student receives

Example Financial Aid Package for a Full-time student¹²

Student A Turned in their application before the March 2nd deadline			Student B Did not turn in their application before the March 2nd deadline		
Financial Aid	Fall	Spring	Financial Aid	Fall	Spring
Federal Pell Grant	1,784	1,783	Federal Pell Grant	1,784	1,783
Federal SEOG Grant	200	200	Federal SEOG Grant	0	0
Cal Grant B	776	776	Cal Grant B	0	0
Federal Student Work-Study	2,000	2,000	Federal Student Work-Study	0	0
Semester Totals	\$4,760	\$4,758	Semester Totals	\$1,784	\$1,783
Total for the School Year	\$9,518		Total for the School Year	\$3,567	
See the Difference! \$9,518 instead of \$3,567					

¹² *Manual of Financial Aid 2001-2002*, Cabrillo College Financial Aid Office, Aptos, CA

Examples of Scholarships

Gates Millenium Scholars

Deadline: February 1, 2002

Award: tuition and fees, plus living stipend

Students must be nominated by a principal, teacher, guidance counselor and other professional educators (e.g., CAP director, EAOP coordinator). Must also be African American, Native American, Asian Pacific Islander, or Hispanic American, a U.S. citizen or legal permanent resident, have a G.P.A. of 3.30 or higher, enroll in an accredited college or university as a full-time student in the fall of 2002, have a significant financial need and have demonstrated leadership abilities through participation in community services, extracurricular or other activities.

Contact: Gates Millenium Scholars
P.O. Box 1434
Alexandria, Virginia 22313

<http://www.gmsp.org>

Hispanic College Fund

Apply online: Starting January 10, 2003

Applicable Majors: Business, Computer Science, Engineering or Business-related major.

Offers several scholarships. See website for more information. Eligibility: Must be a U.S. citizen of Hispanic background residing in the fifty states or Puerto Rico. Must be starting as a college freshman, sophomore, junior or senior by Fall 2003. Must plan to enroll as a Full-Time Undergraduate student from the fall of 2003 through the spring of 2004; enrolled in a college or university in the fifty states or Puerto Rico, and be in good academic standing with a cumulative GPA of at least a 3.00 on a 4.00 scale)

Contact

<http://www.hispanicfund.org>

Hispanic Scholarships.com

Sponsored by Daimler Chrysler Corporation, this website offers hundreds of scholarships for Latino students. Check out the website.

<http://www.hispanicscholarship.com/scholarship.asp>

Hispanic Scholarship Fund (HSF)

Deadline October 15, 2002

Applicable Majors All Areas of Study

Award value \$750-\$2750

The Hispanic Scholarship Fund is open to full-time community college, four-year college and graduate school students who are at least half Latino (one parent fully Latino or both parents half Latino). Must be a U.S. citizen or permanent resident, have a minimum 2.7 GPA and have completed a minimum 15 semester credits of undergraduate work from an accredited college in the U.S. or Puerto Rico. The application period is between August 3rd and October 15th each year.

Contact Hispanic Scholarship Fund (HSF)
Selection Committee
One Sansome Street, Suite 1000
San Francisco, CA 94104

<http://www.hsf.net>

Mexican American Grocers Association Scholarships

Deadline: July 31, 2002

Applicable Majors: Business

Award value: Varies

Scholarships for Hispanic college students who are at least college sophomores. Must have 2.5 GPA or above, be U.S. citizen or permanent resident, and demonstrate financial need. Send a self-addressed, stamped envelope to Jackie Solis at above address for further information.

Contact 405 N. San Fernando Rd.
Los Angeles CA 90031

Sam Walton Community Scholarship

Deadline Varies annually

Applicable Majors All Areas of Study

Award value \$1000

Open to high school seniors. This award can be used for first year's tuition, books, or on-campus room and board. Applications are distributed to high school counselors in December or January.

Check out their website:

<http://www.walmartfoundation.org>

Upromise.com (Not a scholarship, but everyone can save money for college)

This program helps families save money for college through everyday purchases you make. This is a free service. American companies give you back money for your child's college when you make purchases. Must be U.S. residents.

<http://www.upromise.com>

Additional Resources in Watsonville

Computer Centers

Enterprise Community Youth Network Computer Center (231 Union St)	(831) 763-4034
Marinovich Community Computer Center (120 Second St)	(831) 763-4039
Ramsay Park Computer Center (1301 Main St)	(831) 728-6086

Counseling

California Youth Crisis Line (24-horas)	(800) 843-5200
County Mental Health	(831) 763-8990
Family Services	(831) 724-7123
Fenix Services (10 Alexander St)	(831) 722-5914
24-hour hotline:	(831) 722-1000
Adolescent substance abuse treatment services, after-school programs, programs for juvenile offenders, and individual and family counseling.	
National Run-Away Hotline	(800) 621-4000
Pajaro Valley Prevention and Student Assistance, Inc.	(831) 728-6445
Psychiatric Emergency Services	(831) 454-4022
Santa Cruz County Mental Health Services	(831) 763-8990
Suicide Prevention Hotline	(831) 458-5300
Youth Services	(831) 728-2226
Youth Crisis Hotline	(800) 448-4663

Educational Programs

High School Equivalency Certificate (GED) Información	(800) 331-6316
Watsonville/Aptos Adult School	(831) 786-2160
ESL, GED, Citizenship, Computer, Art, Vocational classes available	

Employment Opportunities for Youth

Careerworks	(831) 763-8020
Enterprise Community Youth Job Training Program	(831) 763-4033
Hire-A-Youth	(831) 464-6286
Pajaro Valley Unified School District SELPA (294 Green Valley Rd)	(831) 786-2100, ext. 424
Workability and Transition Partnership Programs	
Eligibility: student enrolled in Pajaro Valley schools ages 14-18 with any type of disability including learning disabilities, emotional disturbances, physical, developmental, or mental disabilities. They assist with pre-employment skills such as interviews, completing job applications, job searches, etc.	
Watsonville Youth Build Job Training Program	(831) 763-4033
Workforce Santa Cruz County California EDD	
Youth Employment Opportunity Program (YEOP) (18 W. Beach St)	(831) 763-8700
Youth Employment Opportunity	(831) 763-1029

Food

Food Hotline	(831) 662-0991
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Health

Cabrillo College Clinica Dental	(831) 479-6431
Free and Low-cost Health Insurance	(831) 763-8010
Medi-Cruz	(831) 768-7525
Servicios de Inmunización	(831) 763-8568
Salud para la Gente Medical Clinic	(831) 728-0222
Teens Teaching Aids Prevention	(800) 234-8336

Immigration

Central American Resource Center (415) 824-2330
Santa Cruz County Immigration Project (831) 724-5667
Northern California Coalition for Immigrant Rights (Español) (415) 543-6767
U.S. Immigration and Naturalization Service (800) 375-5283

Youth Services

4-H Youth Program (1432 Freedom Blvd.) (831) 763-8040
Gene Hoularis & Waldo Rodriguez Youth Center (30 Maple Ave) (831) 728-6126
Drop-in Program: games, gym, weight training classes, dances, Monday night movies, field trips
Marinovich Community Center (120 Second St) (831) 728-6167
Drop-In Program: games, gym, sports tournaments, board games, arts & craft and field trips

Ramsay Park Family Center (1301 Main St) (831) 728-6086
Open gym, ping-pong, fooseball, video game arcade, arts & crafts, indoor sports, field trips, weight room, skate park, tennis, salsa aerobics, womens's self-defense workshop, youth dances
Veteran's Memorial Building (215 E. Beach St) (831) 763-4126
Open Gym for basketball and indoor soccer during open gym hours; youth spring soccer league
YMCA (831) 728-9622
Youth Services (24-horas) (241 E. Lake Ave) (831) 728-2226
Provides emergency shelter for youths aged 12-18 years, crisis intervention with youth/family reunification, family and individual counseling, programs for juvenile offenders, clean and sober schools on site, and information on the legal rights of teens.