

WHERE DO I START? HOW DO I GET THERE?

CHAPTER 1: INTRODUCTION

A. Welcome and Introduction

Over thirty-five years ago, in 1973, I began my career in the field of education as a teacher and counselor in high schools in Ohio. For the next twenty-five years, I worked as a high school guidance counselor, teacher and coach in both public and private settings in Ohio and then in Arizona. I have been certified in both states in the fields of secondary school mathematics, economics, psychology, and guidance and counseling.

In 1998, after twenty-five years as an educator, I started a business called Educational Guidance Services. My goal was to help students with math tutoring, college admission, and test prep needs. Although my business started out slowly, it grew steadily. From the days of traveling an hour round trip to Ahwatukee, AZ from Phoenix to tutor a couple of students one-on-one, I have been blessed to have thousands of students come to my office in central Phoenix to have their college planning and test prep needs met since 2000.

My goal remains the same – to help students in their test preparation and with their college guidance. I endeavor to aid students as best I can as an educational consultant, college planner, and standardized test tutor for the SAT, ACT, PSAT, and SAT Subject Tests. To see a listing of credentials, testimonials, and 95 Arizona client elementary and secondary schools, please visit my website: www.educationalguidanceservices.com.

As mentioned earlier in the Mission Statement, since 2004, thoughts about this book project have always been on my mind. Finally, in December 2009, a comprehensive summary of my research, motivational advice, tips, conversations with students, parents, and college counselors, case studies, college visits, conference notes, and personal experiences during the past thirty-six years has been produced. I find this to be the time to share what I know...to help students and parents and counselors everywhere.

Yes, there are those college planning guidebooks in which authors promote their experience of having researched the college admissions process for 5 years, or books that are written from the perspective of a Duke or Princeton admissions officer. I often wonder, though, how much experience and expertise do- or did- such people really have? Would you want advice strictly from someone who has been an admissions officer for only a few years, those often earliest in his/her professional career, and who is most likely university-specific in his or her perspective?

I would hope you would trust someone who is more experienced – someone who can provide direction from a more universal, as well as personal perspective, and who can give positive advice, encouragement, the most up-to-date information, and some words of wisdom through such a comprehensive resource book as this, as you embark on this college planning journey, whether as a student or a parent.

Ken Krueger's College Planning Guide:
Where Do I Start? How Do I Get There?

This resource guide provides you with information that the average college admissions officer either will not tell you about, or that new admissions officers may not know. The left hand does not always know what the right hand does throughout the college admissions/financial aid processes, since department decisions are often made independently of each other. So what better way is there for **you** to find out what **you** need to know about where to start with **all** aspects of college admissions, including a four-year planning guide, the application process, the financial aid process, college visits, the interview, essay writing, test taking, athletic recruiting, and help with the college decision making process, other than through a qualified resource such as this one written by someone “in the know” and who is independent and experienced...?

You will also find the most up-to-date financial aid information –including the new federal guidelines effective in July 2009, with information about the **NEW FAFSA** available for filing in January 2010. Obama's streamlining of this federal process and the FAFSA form will enable many thousands of students to forge ahead and complete what was a previously cumbersome process, and thus make college a viable option and dream come true. In addition, you will receive the latest information (effective July 1, 2009) about student loan repayment revisions which will affect many struggling, new college graduates.

The great thing about the e-book format of this book is that changes can be made instantly, along with periodic updates, to keep you current with the latest information. The audio book format will be available to you for your listening convenience in January 2010.

B. Personal Insights

Through all of those years, I have worked with thousands of parents whose children have matriculated to colleges from coast to coast, helping guide them through the college admissions, financial aid, and testing processes. Many came to me confused, frustrated, intimidated, and even frightened by this process. My purpose with this book is to quell those fears, frustrations, and confusion. Helping people as a teacher, counselor, and coach has been my mission in Life. Helping people learn how to cope with and maneuver their way through this college planning journey is now my new mission. The questions that need to be answered are the following:
“Where do I start? How do I get there?”

**“Vision is the art of seeing the invisible.”
– Jonathon Swift**

This book is a compilation of first-hand experiences, helpful tips, and sources of information you need to answer these questions. It provides a step-by-step guide for you to understand how to get through the rigorous and tedious processes of college admission, testing, and financial aid. My goal is to empower you with information so you feel that **you** are in control of these processes and not the other way around.

Ken Krueger's College Planning Guide:
Where Do I Start? How Do I Get There?

As a counselor, I have seen, and continue to see, the effects of the stress that high school students experience as they journey through their college admission process. Many students experience "SAT Panic," fearing that their admission to college is based on scoring well on a standardized test. I constantly remind students that scoring well on the SAT guarantees neither admission to their top-choice school, nor success in college. Success in college depends on how hard they work. I remind students to just do their best; that is all anybody can ask of them. Comparing scores with peers is a numbers game that many students play. It is human nature to do that, but scores are personal and should remain confidential. I counsel students: "You are **not** your SAT score - good or bad!" The need to compare, measure, and rank are easy traps to fall into, but to allow a test score to define you, to let it be a measure of your self-worth, is not only senseless, but also erroneous – a huge mistake!

Probably the most stressful period a young person will go through in his or her young life occurs between March of the junior year – the test taking season - and April/May of the senior year - college acceptance/rejection season. I see stressed-out students every day. They make me tired just looking at them. They are on overload – buried with schoolwork, involved (and over-involved) in extracurricular activities including sports, cheer, dance, or theater year-round. Many students even have part-time jobs. They are overwhelmed with testing anxiety and a lack of confidence; they are frustrated and confused; they over-commit themselves; they sometimes shirk responsibilities - they put off writing the college essay, or filling out college applications, miss appointments, miss deadlines... and miss out on reaching their goals as a result...this is not necessary.

Many students lack confidence in their skills in handling the college application, admissions, financial aid, and athletic recruiting process pressure or timelines that go along with them. Such pressure can perhaps very easily be reduced with some effective time management skills, and guidance and reassurance along the way from an experienced professional. That is the whole idea of this book...to help reduce such anxiety and get you through it.

The goal of this book is to ease this challenging time in parents' and young adults' lives. Yes, it is a time for students to make important decisions, to take responsibility of oneself, to wade through forms; a time of introspection and revealing, by essay or interview, one's inner thoughts, feelings, desires, aspirations, and goals in life. Tips and advice to help you through all of this, and more, will be presented throughout this book. There is no need to panic.

Since many students and parents are usually confused about the college planning process they lack both a clear idea of where and how to start the admissions process and/or fail to have, or follow, an organized methodology to get through it; thus their approach, oftentimes, becomes one of being overly anxious, or of being overly nonchalant, and not giving this important process much thought.

Having a sense of perspective about things and carefully planning ahead of time can reduce much of this stress. Remember, even though each person's values and approach may differ, there are very specific milestones or tasks everyone completes in the college process. I tell my students: "Be balanced – you cannot do it all – you don't need to!" The old adage applies here:

Ken Krueger's College Planning Guide:
Where Do I Start? How Do I Get There?

“You can please some of the people all of the time, all of the people some of the time, but you cannot please all the people all the time.”

Adding to this self-induced stress is the waiting it out period – from fall and winter senior year after applications are filed through April and May of that year. Students are faced with receiving either acceptance or rejection letters from colleges. They must make decisions – life-changing decisions. If rejection occurs, as it happens to each of us eventually, students need to know that there is life after rejection, and to move on with a positive attitude. Students should **never** equate their self-worth with a college rejection. Many times colleges reject a student who would be a perfect addition to that school's incoming freshman class, but there is just not enough space for everyone.

Yes, there is hope. However, if per chance your dream school door closes.... another one opens - things happen for a reason. Yet you do still have avenues to pursue if you wish. Many students do not know that they can appeal a rejection from a college, or they do not know how to do it. They do not understand that sometimes college admissions officers make mistakes. Sometimes there is an omission, such as the student's folder missing an important document - the latest seventh semester transcript, or a letter of recommendation. The college then assumes the student is no longer interested because there was no follow-up in sending the necessary document, thus the student's file is closed and the rejection letter is sent. There are steps to take to remedy this! If something occurs with finality regarding one college, remember there are over four thousand colleges nationally and no one single college is the only perfect match for you. There are several perfect matches that you can find if you do your homework in the college process.

In addition to empowering you in this process of college admission through sharing hands-on expertise, information, and tools, another goal of this book is to inform you of current information so you don't fall through the cracks of the college admissions process. Unfortunately, many high school counselors are overloaded, overextended, and overwhelmed. I was once one of them. Through my years of having been both a public and private high school counselor, the concerns we as counselors experienced were always the same – how do we effectively meet the individual needs of all assigned counselees?

One might think that working in a private high school with a smaller caseload would be rather nice and easy. Not true. More is expected of counselors in such a scenario. Not that the same is not expected of counselors in larger public high schools – because it is! Public and private high school counselors are qualified to provide a wealth of information to their students, but please remember that they are human, have time constraints, have other responsibilities, and thus many times are on overload. Recently, in March 2010, several major newspapers, including the New York Times and USA Today, published articles about a newly-released Public Agenda report, **Can I Get a Little Advice Here?** The study, prepared for the Gates Foundation, reports widespread dissatisfaction with the college counseling provided by public school guidance counselors. For more information go to:
<http://www.publicagenda.org/files/pdf/can-i-get-a-little-advice-here.pdf>.

Ken Krueger's College Planning Guide:
Where Do I Start? How Do I Get There?

Some of my public school counselor friends have caseloads of 400 to 500 students. Occasionally, students meet with their counselor their freshman year and then do not see their counselor again until their senior year. It is a two way street here. Students and parents both should develop their advocacy skills within the system by making appointments to meet with the counselor. The high school years must have a plan in place starting **freshman** year! That plan needs to be nurtured, monitored, and shifted as needed to meet the student's ever-changing level of maturity, direction in life, and career goal.

Many students have not been able to build a relationship with their counselor – through no fault of their own. Others have just not taken the time to build this necessary relationship with their counselor because college seems to be “way in the future.” It is important, even critical, to establish a student-counselor relationship. Given that so many counselors are overloaded, this book will complement what they do, but in no way can it replace them. Counselors have invaluable resource information for getting into college, and their role in the process cannot be appreciated enough.

This book will give students, parents, and counselors the necessary background, tools, vocabulary, and most of all, the understanding of the whole process for preparing for college. Counselors can offer this book as an additional guide to their students. It will also demonstrate how parents, students, and counselors can work together with complete assurance that the college admission plan they develop will be the very best plan that fulfills their goals.

Along those lines, there are individuals who believe in paying exorbitant amounts of money to college counselors or consultants outside of the school realm, with the expectation that a highly paid professional can do the best job. These fees can run into thousands of dollars for what you can do by yourself, if you do a little bit of homework with the help of this invaluable resource.

You are about to undertake a journey that will be easier than you ever thought possible!

“In this day and age of possible economic uncertainty and hardship, having a guiding and experienced hand to help give you an edge in the college admissions and financial aid processes can only help make your son or daughter's college dreams and aspirations become even more of a totally satisfying and financially affordable reality.”
– Ken Krueger

In a later chapter, this book will help inform you how college admissions decisions are really made. These decisions are oftentimes made by people who also are on overload, and who also make mistakes sometimes - again because they are human.

You will be shown how to structure a four-year college-planning calendar along with how to get started with this process. This journey will come to fruition sooner than you can imagine. It will be rewarding, and once it all comes together, you, the student, will be in the college where you

Ken Krueger's College Planning Guide:
Where Do I Start? How Do I Get There?

belong - it might **not** be where you *thought* you wanted to go, but, by the grace of God, where you truly belong!

Parents of former counselees and tutoring clients of mine, now come to me with their younger children and say, "Ken, the rules have changed. We've been through this before but we can't do this by ourselves anymore. We need your guidance." These parents and their children need this book to get themselves updated on current testing challenges, today's application requirements, the expectations of college admissions officers, of financing options and regulations, and the do's and do not's of this whole process.

C. College Planning and Information

Using my book, you will gain access to the best online resources, even those that are hard to find. You will read about the many myths and misconceptions regarding admissions and financial aid. You will be given information about how to get the best financial aid package, myriad scholarship opportunities, and how to request a financial re-evaluation opportunity if the initial offer fails to meet your expectations.

**"Many colleges cannot afford to have empty seats in their classrooms,
and they will compete for admission of your son or daughter.
You are in control of this process more than you may know."
– Ken Krueger**

It pays to be coy. "Last year was basically a total (mess). Admissions folks' biggest fear is not filling their class, and we were about 100 students short. Students flaunted their five other offers, even at state schools or schools not in our tier. I was on the phone begging some of our most-sought-after kids to come. I never have to do that, but I wouldn't be surprised if I had to do it again this year." (Admissions officer at an elite Midwestern private university) – Source: Kathleen Kingsbury, The Daily Beast, **Dirty Secrets of College Waitlists** 03/30/09.

You will be warned how to avoid scholarship scams by recognizing their telltale signs.

I will guide you through the process of filling out the forms necessary for admissions and financial aid, including the common application, the Free Application for Federal Student Aid (FAFSA), and the College Scholarship Service's (CSS) PROFILE®.

I will present examples of resumes, and why a resume should be submitted with your applications. Even in a down economy, it is still a buyer's market for students and parents. Importantly, you may be surprised to find out that some colleges are reaching out to students with bigger financial aid packages, even today with college endowments suffering and government funding to colleges declining.

Ken Krueger's College Planning Guide:
Where Do I Start? How Do I Get There?

**“I believe students should take both
the SAT and the ACT. Here's why...”**

-Ken Krueger

You will discover everything needed about college admission tests including the ACT, the SAT I, and SAT Subject Tests. You will be given a timetable for test taking, a guide of which tests to take, instruction as to the differences between the SAT and ACT, how colleges use test scores, and *if-how-and-when* test scores should be sent to colleges. On a side note, there is a new college-board option that is available, as of March 2009, called “Score Choice Option” that deals with the decision of whether or not to submit test scores; this will be discussed later in the book.

You will also find out there a number of schools that do **not** require the SAT or ACT for admissions, and be guided to an online resource regarding these colleges.

You will be given advice about the college visit and interview process: When to make your visits, whom to speak with and when, what questions to ask, as well as the questions you need to be prepared to answer.

Throughout my years as a teacher and counselor, I have read countless essays written by students. I will offer tips for writing effective essays for college admission as well as the SAT/ACT tests. It is important that students use my tips to prepare for the impromptu SAT/ACT test day essay, written in 25-30 minutes, but it is even more important how students prepare to write that stellar college admission essay/personal statement. The preparation actually indicates how well a student presents himself to college admissions personnel. (More about this later.)

**“Through the many years that I was a guidance counselor
in various high schools,
I asked college representatives what they sought
in their prospective college applicants.
This is what they told me they looked for ...”**

-Ken Krueger

(See Chapter 6)

Additional information encompasses testing myths and where your scores can take you. Most importantly, from having read thousands of college applications through the years I have learned how to help you master the entire application process with this step-by-step guide. It provides useful tips about obtaining online applications, deciding whether to use, and how to use, the Common Application form to apply to several colleges, and how to avoid making some very common mistakes when filling out college applications. You will find out that many colleges are going holistic in their admissions approach these days, what that means, and, more importantly, what that may mean to you.

You will read about my “Decathlon of Admissions Criteria,” which tells you what college admissions people really want to see and what really counts in gaining college admission.

Ken Krueger's College Planning Guide:
Where Do I Start? How Do I Get There?

Topics such as early action, early decision, regular action, rolling admissions, and the pros and cons of all of these will be discussed. A glossary of terms used by college admissions and financial aid offices is also supplied.

If you are a recruited athlete, you will discover some tips for getting into your dream school; we will discuss what you need to do to be accepted academically as a recruited athlete. I offer my own personal experience as an athletic grant-in-aid recipient to Duke University. In addition, I will present case studies of the top recruited athletes with whom I am now working for Division I and II acceptance. **Take a look at this PDF document summarizing the latest NCAA freshman eligibility standards.**

<http://www.educationalguidanceservices.com/documents/NCAA.pdf>

I would like to give you a preview of what lies ahead in this book, chapter by chapter. Here is a summary of important information given and questions addressed.

D. Information about the following chapters

CHAPTER 2 – WHERE DO I START?

- Begin with a self-examination to uncover your needs, wants, goals, likes and dislikes.
- What about the cost factor?
- Should it matter now or should I keep my dreams alive, apply, get accepted, and then worry about the "sticker price?"
- Should the cost factor discourage me from applying?
- What if I do not know what my major will be?
- Should not having a specific career even matter at this point?
- How do I figure out what kind of academic program, sports program, academic atmosphere, and social atmosphere will make me most happy?
- What online resources are there to help me get started with my college search?
- How about summer programs - are they important to do and be involved in?

CHAPTER 3 – A FOUR YEAR COLLEGE PLANNING GUIDE

- I just started high school and already I need to think ahead about college? Why?
- What high school courses should I take so I not only graduate but also set myself up for college admission and success?
- What are "core course requirements" and what are they for most colleges?
- Are there more requirements for top-tier schools?
- Why should I strive to develop hobbies, outside interests, participate in school and community service activities, connect with knowledgeable people, and earn the best grades I can?
- What can I do to develop my knowledge of colleges?
- Where can I go for information, who can I talk with, and how do I begin my college planning process?

Ken Krueger's College Planning Guide:
Where Do I Start? How Do I Get There?

- Do I **have** to take standardized tests for college? Don't all colleges require tests for admission?
- What if I have an interest in one of the U.S. Service Academies?
- What does my absolutely "Must Do List" for junior and senior year look like?
- What do I do once I have been accepted to the college of my choice, or not accepted? What do the terms "conditional admission" and "unconditional admission" mean?
- Where can I find information to help me as a recruited athlete?
- What college guidebooks and additional online resources are available to help me with college planning?

CHAPTER 4 – WHICH STANDARDIZED TESTS SHOULD I TAKE AND WHEN?

- What are some of the testing myths regarding standardized tests and the college admission process?
- What are the SAT and ACT tests like? What kind of score do I need for college?
- What is a good score and where will my test scores take me?
- Will colleges let me combine scores from different tests to give them my best score? How will they do that?
- What if I don't do well on a test? Will that hurt my chances for admission?
- Do I have to report all of my scores?
- Do all colleges look at the SAT and the ACT as the "almighty qualifying factor" for admission?
- Do they look at me, the whole person, too?
- Should I take both the SAT and the ACT? Why?
- What are SAT Subject Tests and do I have to take them?
- Do I have to write an essay on test day? How do I prepare for that?
- When should I take the SAT I, ACT, and SAT Subject Tests? How often?
- How important is the PSAT and should I take it? When?
- Is it a good idea to take the SAT and ACT early? Why or why not?
- What if I have a learning disability or need extended time for taking tests?
- Can I cancel my SAT from being scored after I take it?
- What is a testing irregularity? Can I do something if one occurs during my test?

CHAPTER 5 – WHEN AND HOW SHOULD I VISIT COLLEGES AND INTERVIEW?

- Is a college visit recommended or required? How and when should I arrange this?
- What should I make sure that I do on a college visitation?
- How do I arrange for an interview and with whom?
- What is the real purpose of the interview?
- How should I prepare for the interview?
- What should I do or not do during the interview?
- Questions might an interviewer ask?
- Are there questions I should ask an admissions counselor or interviewer?
- Should I have additional questions to ask an interviewer, tour guide, or current student?

CHAPTER 6 – WHAT DO COLLEGES LOOK FOR?

Ken Krueger's College Planning Guide:
Where Do I Start? How Do I Get There?

- What is your "decathlon of academic criteria for admission" all about?
- What factors are important to admissions counselors?
- Which is more important - grades or test scores?
- What personal qualities are important?
- Are high school activities very important? Which ones? Do I have to be involved in a million things?
- How important are teacher and counselor recommendations?
- Do I have to take the harder courses in high school and get lower grades, or can I just take the easier ones and get higher grades?

CHAPTER 7 – HOW DO I APPLY?

- What do I need to do to apply?
- What goes into my admission folder?
- How important is my academic record?
- How important is class rank?
- What if my school does not rank students?
- What does my transcript show?
- Should I apply online or should I mail all of my applications to colleges?
- What are your Top Ten Tips for filling out applications (and common mistakes to avoid)?
- What is the Common Application? Should I use it? Who accepts it?
- How do I fill out the Common Application?
- Can teacher and counselor recommendations really make a difference? Whom should I ask to write them for me?
- Should I create a resume? Why? How do I do that?

CHAPTER 8 – HOW DO I WRITE THE APPLICATION ESSAY/PERSONAL STATEMENT?

- How important is the application essay or personal statement?
- What are colleges looking for in my essay?
- How do I plan for that essay, and when?
- How do I impress and engage the reader?
- What do I need to do and not do when writing my essay?
- Can you show me sample essays - good and not so good?
- How can I evaluate my own essay?

CHAPTER 9 – WHAT DO COLLEGE ADMISSIONS DECISIONS REALLY MEAN?

- Are there differences among colleges in admissions decisions?
- Why do some so-called "great students" not get admitted?
- Is there always logic in college admissions decisions?
- Do some students have built-in or extra-edge advantages? Who and why?
- Does my zip code matter? Can it actually make a difference regarding my acceptance?
- Do colleges really have quotas? What is that all about?
- Can you give me examples of who gets in, who doesn't, and why?
- How can I increase my odds of getting in?
- How can I explore my college choice options?

Ken Krueger's College Planning Guide:
Where Do I Start? How Do I Get There?

- Early action, early decision, or regular action - which way do I go?
- What are the advantages and disadvantages of each? What are the factors to consider here?
- What if I am a "second-thought" kind of person? Should I not go the early admissions route?
- Does my early decision affect my financial aid package? If so, how?

CHAPTER 10 – HOW DO I DECIDE?

- What student/college rights and responsibilities are there regarding the admission process?
- Are there myths and misconceptions about college admission/selection that you can tell me about?
- Help me know that I am in control of this admission process from beginning to end.
- Should I compare colleges side by side?
- Why should I re-visit a college(s) - what can I learn from that?
- What advice can **you** give me to help me decide?
- How do I follow through with colleges after I am accepted?
- How do I play the financial aid card at this point?
- What colleges are considered the "best values in public and private colleges" nationwide?

CHAPTER 11 – PLEASE HELP ME GET FINANCIAL AID!

- What types of financial aid are there?
- What are the differences among need-based aid, non-need based aid, and merit based aid? How do colleges award such aid?
- What is need-blind financial aid?
- Are admissions and financial-aid decisions made separately?
- What are some of the myths about financial aid?
- Gift aid and self-help aid...what is the difference?
- Can you please help me understand all of the financial aid jargon? (50 terms to know)
- What are some of the financial aid process traps to avoid?
- How about state student aid filing deadlines? Do they differ by state?
- What is the difference between a restricted and an unrestricted scholarship?
- How do I go about the financial aid process? Can you help me get through it?
- What financial aid forms do I need and how do I get them?
- How does Obamanomics affect **my** college education picture financially?
- What U.S. government admissions and financial aid websites are there to help me?

CHAPTER 12 – PLEASE TELL ME MORE ABOUT FINANCIAL AID

- How can I afford college right now?
- What are some FAQ's about financial aid?
- Please tell me all about scholarships and grants and how I can find out about them
- How soon should I start looking for these scholarships? Is senior year too late?
- How can I recognize and avoid scholarship scams?
- What Minorities and Women special scholarship opportunities are there?

Ken Krueger's College Planning Guide:
Where Do I Start? How Do I Get There?

- What other financial aid online resources, data bases, and guidebooks do you recommend?
- What financial aid opportunities are available for students with disabilities?
- How do I go about filling out the FAFSA and CSS profile?
- If a college's financial aid package is not acceptable to me, what can I do?
- What are some strategies for getting a better financial aid package?
- Can you help me understand my financial aid package?
- What are college savings programs like Prepaid Tuition and 529 Plans all about?
- What loan programs are best for me to check out?
- Should I take out loans? Why or why not?
- What is the College Cost Reduction and Access Act? (H.R. 2669)
- I am an international student needing application and financial aid information. Can you help me?
- I would like to study abroad. Is there information in your book that can help me?
- Do you have Arizona-specific scholarship information?

CHAPTER 13 – GUIDELINES FOR RECRUITED ATHLETES.

- How do I go about playing sports in college, maybe even as a walk-on?
- How do I know if I am eligible to play college athletics?
- Is there a process that I have to go through to become eligible?
- How do I register with the NCAA Initial Eligibility Clearinghouse? Can you walk me through this process?
- How many NCAA scholarships are there for my sport?
- How do I find and get an athletic scholarship?
- What are the NCAA Division I and II recruiting rules regarding phone calls, contacts, and visits?
- What are the NCAA Freshman Eligibility Standards?
- What are some Q & A's about the Clearinghouse?
- What are Bylaw 14.3 financial aid requirements?
- What does a sample Division I football and basketball recruiting calendar look like?
- What is a National Letter of Intent?
- Can you show me some sample athlete profiles, information sheets, letters to recruiters and athletic resumes?
- What are some experiences that you have had, both personally as a recruited athlete, and with student athletes with whom you currently work?

CHAPTER 14 – TIPS FOR PARENTS AND ADVICE FOR STUDENTS

- How do I avoid "SAT Panic"?
- What mindset should I have as I approach the SAT and ACT on test day?
- What advice do you have for my parents - some do's and do not's?
- How do I handle deferrals, wait lists, or rejection from a college?
- How can I appeal a rejection from a college?
- How can you help me and my parents cope with the increasing stress that students and parents experience as they journey through this college admissions process?

Ken Krueger's College Planning Guide:
Where Do I Start? How Do I Get There?

- What can I do about this anxiety that paralyzes me?
- How do I make the college admissions process rewarding and successful?
- What are your so-called "Life Lessons"?

CHAPTER 15 – GLOSSARY OF TERMS AND RESOURCE BOOKS

CHAPTER 16 – APPENDIX OF ADDENDUMS - APPLICABLE FORMS -
ARTICLES OF INTEREST – COLLEGE PROFILES.