

COLLEGE AND CAREER CENTER RESOURCES

The *College & Career Center* is open from 7:45 a.m. to 4:15 p.m. The following resources are available to help students identify and narrow down post-high school options and opportunities:

a. **Career, college and major exploration software** is available to all Northgate students who took the PSAT this past fall. See the PSAT Score Report for instructions for accessing *My Road* on-line. Other web sites offering free college searches: the College Board, ACT, Peterson's and Princeton Review web sites, www.CollegeView.com and www.xap.com.

b. **GetInsights** (www.getInsights.com) offers a shorter, more student-friendly personality profile than the inventory at *My Road*. Click on the blue button (getInsights), click *Take Your Profile Now*, enter name, e-mail address, etc., then select NHS and enter the coupon code #4396F4. GetInsights is the creation of a local company, and is available to all MUDSD high school students. Students at other MDUSD high schools, or enrolled in other East Bay high school districts, should use their own high school's coupon code.

c. **College Directories**, ranging from the comprehensive but dry and statistical (*Barron's* and *Peterson's*) to the anecdotal (*Insider's Guide*). Don't take the editorial comments in guides written from the student's point of view too seriously. Read them to get a feel for the personality of a college too far away to visit, no more. *Fiske's* guides are among the most objective of the narrative guides that are available for check-out.

d. **Specialized Directories**, including top colleges for science, performing arts, for students with learning differences, two-year colleges, women's colleges, competitive colleges, public ivies, honors programs, etc. *The College Board Book of Majors* is a directory of college majors and special programs (such as co-operative education, study abroad, etc.) Steven Antonoff's *The College Finder* is a book of lists: Colleges with Excellent Writing Programs, Colleges with a Balance of Engineering and Liberal Arts, Colleges with Dress Codes, etc.

e. **Ratings of Programs of Study**. The *College & Career Center* library has a couple of publications that rate majors at different colleges. This is a good place to start if a student is sure about his or her college major, and wants to identify colleges with well-regarded programs. Trade and professional organizations can also help identify accredited and/or recommended programs of study. Consult the Career Briefs (filed in the orange boxes) in the *College & Career Center* or the *National Trade and Professional Association Directory*, available at public libraries, for contact information.

f. **College Catalogs** are a source of detailed information about each college's graduation requirements and programs of study, including course descriptions, and academic policies. This is where one finds out what a college's math or foreign language requirement is, for example, or whether the architecture major has an engineering or aesthetic orientation. College Catalogs can be checked-out overnight. Many college

catalogs can now be accessed on-line at college web sites, usually located under “academic” information, or “publications.”

g. **Miscellaneous** college materials, such as “viewbooks,” will provide you with a better “feel” for a college than the catalog, and often contain valuable information, such as an **admissions’ profile** (statistics about the most recently admitted class). Remember that viewbooks are marketing tools, and portray the college at its very best - usually not the dead of winter!

h. **Applications** can tell you a lot about a college, and what it values in applicants. We do not receive paper applications from all of the colleges that send us catalogs and viewbooks, but most colleges now have web-based applications that can be viewed, downloaded, or printed out.

i. **Financial Aid and Scholarship** information and applications have largely moved to the internet (start at www.finaid.org for links to financial aid applications, aid estimators, and scholarship data bases). However, a **Scholarship List** that includes local scholarship opportunities is compiled and updated once a month starting in October, and is posted in the Library and in 11th and 12th grade English and Social Studies classes. Print resources that can be checked out include: Cassidy’s **The Scholarship Book** (which includes a CD), **The B Student’s Scholarship Guide, Discounts and Deals at the Nation’s Best Colleges** (a guide to merit scholarships and tuition discounts), and **How to Cut Tuition: The Complete College Guide to In-State Tuition** (...it’s all about residency).

j. **Pat Brands** is a certificated school counselor with twenty-five years of experience at the high school and community college levels. She has a limited amount of time to work with students individually, but will be glad to make an appointment with a student during a free or T.A. period, and with a student and/or parents after school. Mrs. Brands is certified to interpret the *Career Assessment Inventory*, which is available to Seniors for a \$10 scoring fee. A similar inventory with a vocational orientation is also available.

Families looking for in-depth career counseling are encouraged to contact the Career Center at John F. Kennedy University in Pleasant Hill (969-3542), or to enroll in DVC’s Counseling 110 - Career Planning class. If taken during the summer, this course can be completed in three weeks. A variety of career and personality assessments are completed during the class, at a very low cost. A new Career and Life Planning class that will transfer to Cal State campuses is being piloted at DVC.