

Roosevelt High School
Career Center Workbook
2021 - 2022



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Furthermore, the information provided in this workbook is a guide for students to assist in the complicated process of the college admissions and other career processes and should only be considered one of many tools that a student should use while going through this process. Using the information in this workbook will not afford students any special consideration, guaranteed acceptance at University of Washington or other institution, higher financial aid awards or higher test scores. .

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University of Washington Dream Project Contribution

RHS wants to recognize the University of Washington Dream Project for their contribution and support to make this Career Center workbook happen for our RHS students!

UW Dream Project

The UW Dream Project is a community engagement and leadership education program that connects UW undergraduate students with local middle and high school students to support post-secondary planning and college access.

Mission

Due to historical and institutional racism, the U.S. education system does not support every student equally. Students of color and low-income students are less likely to receive the support and resources to prepare for their futures. Neither race nor socioeconomic status should predict any outcome. Through mentorship, we support students in navigating complex systems such as the workforce, financial aid, and college admissions. Our goal is to empower students with the tools and information to make and enact a plan for their futures.

College & Career Readiness Assistants (CCRAs) Program

At RHS we have CCRA interns who support local middle and high schools in district and school identified college & career readiness initiatives. CCRAs are UW undergraduate students who are selected and trained by UW Dream Project staff. CCRAs work 10-12 hours per week at their assigned site school and are jointly supervised by the school placement site's RHS Career Center and Dream Project's Manager of Community Relations. The CCRA intern term is one academic year (Sep – June).

Resources:

[About UW Dream Project](#)

[College and Career Readiness Assistant Internship](#)



About Roosevelt High School

Roosevelt High School is a comprehensive high school with over 1650 students. The strength of our program lies within the students, staff, and community who all strive to do excellent work and support the success of all of our students. Whether it is academics, arts, activities or athletics, there is something for everyone.

A highlight of Roosevelt High School's academic program is the wide variety of Advanced Placement or College in the High School courses offered in each of our core academic areas including all of our 10th-grade students taking AP Human Geography and all students taking AP Language in their 11th or 12th-grade year.

Some of our arts programs have received national recognition and our student newspaper and yearbook put out excellent publications each year. The athletic programs participate in the King County 3A League and most programs include students from all grade levels.

As we focus on the achievement of all of our students, we look inward towards what we are doing in the classroom and outward to what types of support we can provide. Support for math, reading, and writing are available 4 days a week through our homework center, University of Washington Pipeline Tutors, and Teachers. We provide supplemental reading support for some students through a Read 180 program and our Academic Intervention Specialist provides case management for some of our most struggling students.

Our Mission

Roosevelt High School's mission is to help all students build a strong educational foundation for success in life. We trust in each other, believe in ourselves and achieve individual and collective excellence. We create our future together. Each of us. Every day.

Mission Tagline: *Trust, Believe, Achieve. Creating our future together. Each of us, Every Day.*

Our Vision

Excellent programs in academics, activities, and athletics prepare Roosevelt students with the skills to pursue post-high school education, to enter the world of work, and to be responsible citizens. Students actively learn to live in a diverse world and to treat others with dignity and courtesy.

Our Values

Rider PRIDE (Passion, Respect, Integrity, Determination, Excellence)

About RHS Career Center

RHS Career Center's mission statement is to assist 9th - 12th-grade students and provide resources to navigate, advance, and achieve their post-high school career and educational goals. RHS Career Center provides the following services:

- Four Year College Information
- Two Year College Information
- Technical/Vocational
- Career Exploration
- Apprenticeship
- Military
- Internships
- Volunteering Opportunities
- Job Search Assistance
- SAT/ACT
- Scholarships/Financial Aid Info/Workshops
- Field Trips
- College Visits/Fairs/Tours
- Career Fairs
- Job Shadow
- Guest Speakers
- Tech Prep Information
- Information Session and Workshops

If you would like to utilize any resources above and want more information, please visit the Career Center!

Career Center Specialist:

Edward Rho

Roosevelt High School

ewrho@seattleschools.org



@rhscareers



[RHS Career Center Website](#)

Exploring Careers and Colleges

Explore your interests! Learn about yourself - What you're good at and what to take.
Resources you can utilize and discover!

- ☐ [Cappex](#)
- ☐ [Career Connect Washington](#)
- ☐ [Career Builder](#)
- ☐ [Career Explorer](#)
- ☐ [Career Key](#)
- ☐ [Career One Stop](#)
- ☐ [College Board's BigFuture](#)
- ☐ [College & Career Compass Washington](#)
- ☐ [College Navigator](#)
- ☐ [College Insight](#)
- ☐ [Gear Up](#)
- ☐ [My Majors](#)
- ☐ [Naviance](#)
- ☐ [O*NET](#)
- ☐ [WCAN \(Washington College Access Network\)](#)
- ☐ [WSAC \(Washington College and Career Compass\)](#)
- ☐ [Washington Career Paths](#)
- ☐ [Washington Career Bridge](#)
- ☐ [Washington Occupational Information System](#)
- ☐ [Washington State Community and Technical College](#)

*** Notes:**

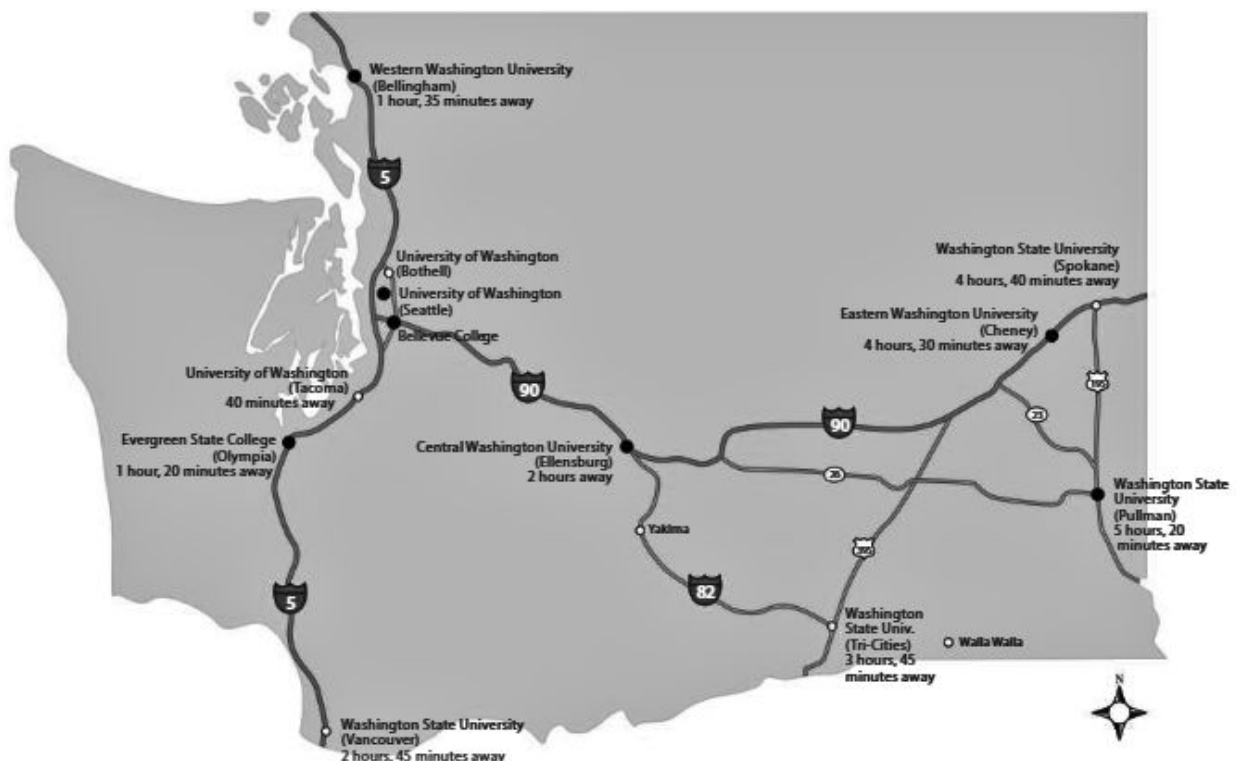
Four-Year College or University: Location

WA Public Universities

There are 6 Universities in Washington State:

- University of Washington
 - ◆ Seattle *
 - ◆ Bothell
 - ◆ Tacoma
- Western Washington University
- Central Washington University
- Eastern Washington University
- Washington State University
 - ◆ Spokane *
 - ◆ Tri-Cities
 - ◆ Vancouver
- Evergreen State College

Public Universities tuition fees are usually lower: in-state tuition fees a lot lower than out of state tuition fees.



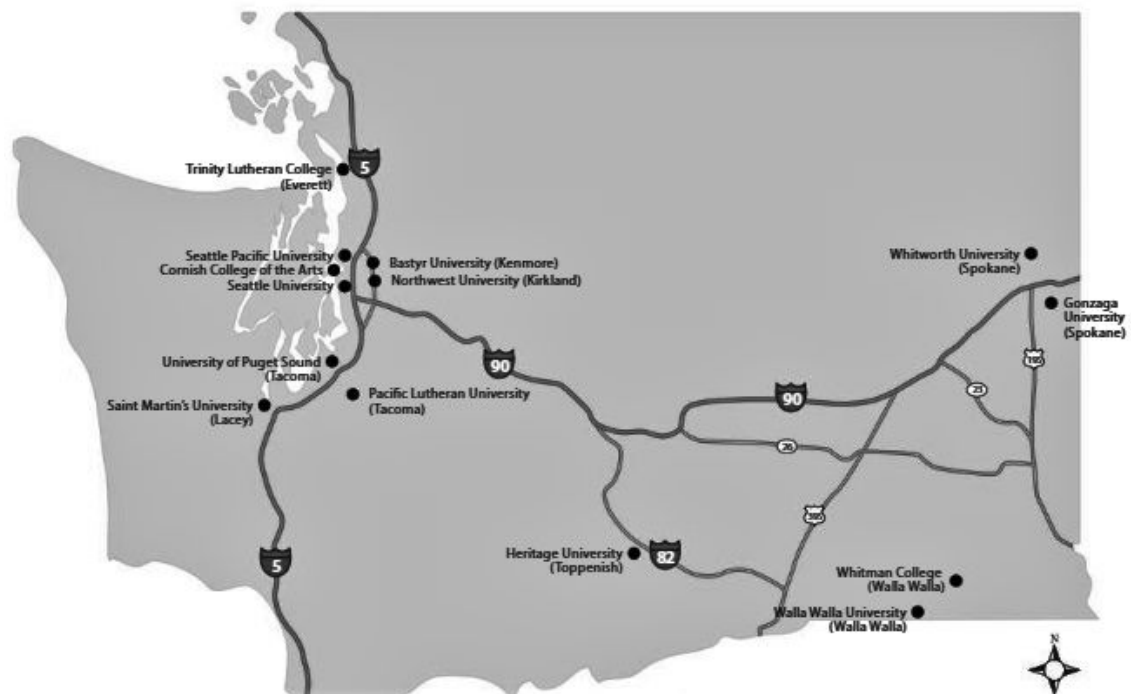
Four-Year College or University: Location

WA Private Universities

There are **14** Private Universities in Washington State:







- Bastyr University
- Cornish College of the Arts
- Gonzaga University
- Heritage University
- Northwest University
- Pacific Lutheran University
- Saint Martin's University
- Seattle University
- Seattle Pacific University
- Trinity University
- University of Puget Sound
- Walla Walla University
- Whitman University
- Whitworth University





* Private Universities may have a very high tuition fees, but often have large endowment and financial aid support. *



Four-Year College or University: College Academic Distribution Requirements

Requirements to graduate High School and requirements for eligibility for a 4-year college or university are NOT the same. Colleges utilize the CADR, which stands for “College Academic Distribution Requirements”, to ensure students are meeting the requirement to be eligible.

	Minimum CADRs
Math	 Must complete Algebra 2 or Integrated 3
English	 Only one ESL/ELL year will count
*Science	 Must include 2 lab sciences. <ul style="list-style-type: none"> • 1 credit must be earned in Biology, Chemistry, or Physics • 1 credit must be earned in an Algebra-based science course • 1 credit - does not have to be a lab-based science. Eg., astronomy, physical science, environmental science, geological science, genetics, astronomy, physiology, or marine science.
Senior Year Math-Based Quantitative Course	 <ul style="list-style-type: none"> • Quantitative Course: eg. Statistics, Advanced level of applied Math, or Math-based career and technical course • Algebra-based science course: eg. Chemistry, Physics, or other science courses that incorporate knowledge of algebra • AP Computer Science A • College mathematic
Social Studies	
Health & Fitness	

Career and Technical Education	
Arts	
Foreign/World Language	 Must complete through year 2 or higher of the same language
Electives	 UW & WWU specify that ½ credit of this requirement must be fine, visual, performing arts; the other ½ credit is either arts or other academic.
Other	*Note that these are minimum requirements to be considered at public colleges in Washington state and do not guarantee admission. Also, remember that community colleges have no minimum requirements.

Resources:

- [CADRs \(College Academic Distribution Requirements\)](#)
- [Requirements to Graduate High School and requirements for eligibility for a 4-year college are different.](#)

Notes:

Four-Year College or University:**CADR Worksheet**

To ensure you meet the CADR Requirements, please ensure to have a copy of your **unofficial transcript** and start inputting all your classes that count towards CADR requirements below.

Mathematics

3 years required (6 semesters) Must complete algebra 1, geometry, algebra 2, or integrated courses that include introductory trigonometry, mathematical functions, and calculus. Algebra from 8th grade counts if the second year is completed in high school.

Year	Course Title	Grade	Credits

Science

3 years required (6 semesters). One year includes 1 lab sciences: Biology, Chemistry, or Physics. An additional year can be lab designated by the district. Refer back to the chart!

Year	Course Title	Grade	Credits

--	--	--	--

Senior Year Quantitative Course

1-year (2 semesters) The intent is to require that students take meaningful math during their senior year. Either take 1 credit of Quantitative course, Algebra-based science course, AP computer science course A, or College math! Refer back to the chart if you need examples.

Year	Course Title	Grade	Credit

World Language

2-years (4 semesters) of study in a single World Language. Eg. Japanese 1 and Japanese 2 will meet the CADR requirements.

Year	Course Title	Grade	Credits

English/Language Arts

3 of the 4-years (8 semesters) must be college preparatory composition or literature. One of the four credits eg. drama as literature, public speaking, debate, journalistic writing, business English or English as a Second Language (ESL) will meet the requirements.

Year	Course Title	Grade	Credits

Social Studies

3-years required (6 semesters) courses that count toward CADR requirements include: Government, American Studies, World History, Geography, Philosophy, Political Science, and Sociology.

Year	Course Title	Grade	Credits

Art & Electives

1 year required (2 semesters) This could be visual, literary, or performing art.

Year	Course Title	Grade	Credits

Four-Year College or University:**Identify “Dream, Target, & Safety”**

It’s stressful finding colleges that best suit your interest in your college list. Include schools that fall into the following three categories: Dream, Target, and Safety. But how many institutions should you apply? Recommend starting with 6 institutions.

Dream

Identify your Dream institution(s): the institution(s) with a very competitive acceptance rate and difficult to be admitted.

☐ 1

Deadline:

☐ 2

Deadline:

Solid

Identify your Target institution(s): the institution(s) that are competitive, but have confidence to be admitted.

☐ 1

Deadline:

☐ 2

Deadline:

Safety

Identify Safety institution(s): the institution(s) you know you will be accepted to based on the acceptance rate, your grades/scores, and application process.

☐ 1

Deadline:

☐ 2

Deadline:

Four-Year College or University: Application

Types of College

Once you list your Dream, Target, and Safety Institutions, it's time for you to apply for admissions.

There are 3 different types of College Application:

- ☐ **Common App**
- ☐ **Coalition App**
- ☐ **Own App** (Visit the actual admissions website to complete the application
Eg. Washington State University)

Ensure you know what application platform the institutions are utilizing. Steps are provided on how to fill out the application

Steps for Coalition/Common App:

- ☐ Create an account using an email address that you check regularly
- ☐ Search for colleges you plan on applying to and add them to your college list
- ☐ Gather materials
 - ☐ Copy of transcript with courses and grades
 - ☐ List of extracurricular activities, work, and family responsibilities
 - ☐ Parent information (occupation, employment status, education level)
 - ☐ Academic honors and test scores (if applicable)
- ☐ Complete your profile
 - ☐ Coalition: Personal Info | Contact Info | Demographic Info | Citizenship Info | Family Info | High School Info | College Info | 9th-11th Grade Coursework | 12th Grade Coursework | College Coursework | SAT/ACT | Additional Tests | Fee Waiver | Honors & Distinctions | Activities/Experience
- ☐ Write your personal statement(s) for the writing prompts
 - ☐ Common App or Coalition Essay (may be optional or required)
 - ☐ College-specific essays and questions
- ☐ Optional: invite and assign recommenders
- ☐ Review application, pay the application fee (or use fee waiver), and submit

Four-Year College or University: Types of College Admission Deadline Terms

When looking at the application deadlines, you see a lot of terms like: “early decision,” “regular decision,” and “rolling admission” can really get complicated when to submit the application. Here are the major types of College Admission Deadline Terms

- ❑ **Rolling Admission** — First-come, first-served decisions. Apply as soon as possible and you will receive a decision early. **(NON-BINDING)**

- ❑ **Regular Admission** — This is a Default application deadline. Typically, you will be receiving their decisions in March or April and will need to respond by May to be enrolled in the institution. **(NON-BINDING)**

- ❑ **Early Decision** — Deadline in the Fall of your Senior year. This deadline is similar to Early Action, but the difference: Early Decision is “Binding.” Meaning, you apply for Early Decision and you are admitted, then you must attend that institution. **(BINDING)**

- ❑ **Early Action or Restrictive Early Action** — Opposite than Early Decision. Early Action is “Non-Binding.” Meaning, you apply early in your senior year and if you’re admitted, you have time to make a decision whether you want to enroll or not in the institution. **(NON-BINDING)**

Notes:

The personal statement is your opportunity to share the Admissions YOU. Which contains: your personality, character, hardships, priorities, why you want to attend the institution and/or your future career goals.

5 Types of College App Essays

- ❑ The “Describe Yourself” essay → “Some students have a background, identity, interest, or talent so meaningful they believe their application would be incomplete without it. If this sounds like you, please share your story.”
- ❑ The “Explain Why You Want to Attend” essay
- ❑ The “Discuss an Issue” essay → “Describe a topic, idea, or concept you find so engaging it makes you lose track of time. Why does it captivate you? What or who do you turn to when you want to learn more?”
- ❑ The “Write About a Personal Experience” essay → “Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.”
- ❑ “Special Circumstances” (optional essay for you to write about something you wish the college would know about you, explaining how you overcame hardships)

Personal Statements **DO’s** and **DON’Ts**

Do’s	Don’ts
<ul style="list-style-type: none"> ❑ DO start the writing process early ❑ DO show your voice and personality ❑ DO make sure you actually answer the prompt and stay on topic ❑ DO include supporting details, examples, and anecdotes ❑ DO be specific with your language 	<ul style="list-style-type: none"> ❑ DON’T make your essay your resume ❑ DON’T use common clichés or phrases ❑ DON’T forget to write about yourself ❑ DON’T go outside the word limit

The personal statement is one of the most important parts of the college admission process. Colleges want to know more about you, especially who you are beyond your grades and test scores.

There are a lot of College prompts, so ensure to copy the prompts and place them a draft. Starting right now/during the summer, spend some time thinking and organizing your story.

Input the Prompt:

If the prompt asks:

“Tell a story from your life, describing an experience that either demonstrates your character or helped to shape it” (University of Washington Seattle).

START BRAINSTORMING!

Topic Sentence or Main Idea:

Paragraph 1:

Paragraph 2:

Paragraph 3:

Conclusion:

College Essay Tips:

- ☐ Begin with a brainstorming session: think of experiences that are important to you and have shaped you in some way.
- ☐ Start by talking through the prompt out loud, put your thoughts on paper
 - ☐ What qualities do you want to focus on?
 - ☐ What are some accomplishments you are most proud of?
 - ☐ What is one thing that you want to share about you?
- ☐ Choose a topic/prompt that will highlight you; share your personal story and thoughts and be creative with it.

After You have written the draft, ask yourself:

- ☐ Did you answer the prompt question(s)?
- ☐ Does this statement describe YOU and point out your best qualities?
- ☐ Did you discuss how this experience transformed you?
- ☐ Did you discuss how this event relates to college or your future?
- ☐ Any significant hardships in your life? Did you describe them?

Peer Review:

- ☐ Please have at least 4 staff or peers review your essay.
- ☐ Make sure to proofread and edit-- read your essay out loud, get someone else to read it, print out a rough copy, and mark with a pen-- make sure it flows and is well-organized.
- ☐ Writer's block? Take a break and come back to it later!
 - ☐ What is the takeaway message of your essay? What do you want them to know about you?
 - ☐ What makes you (and your essay) distinctly unique?
 - ☐ Did you answer the prompt? Double-check!

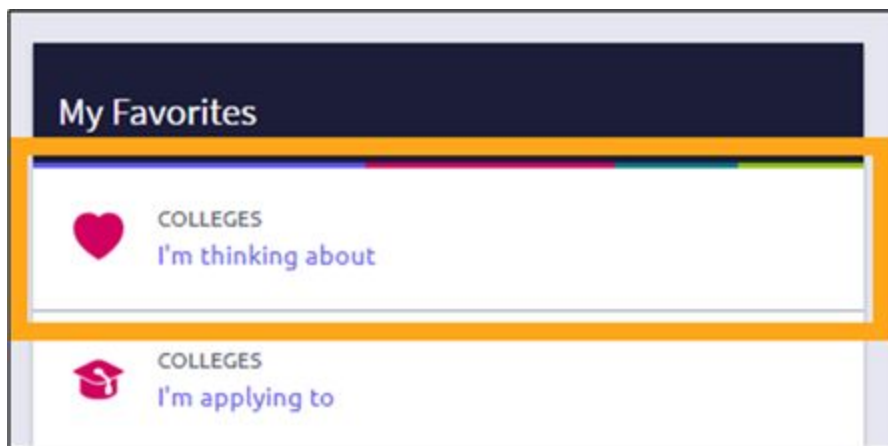
Four-Year College or University:

Requesting Transcript Through Naviance

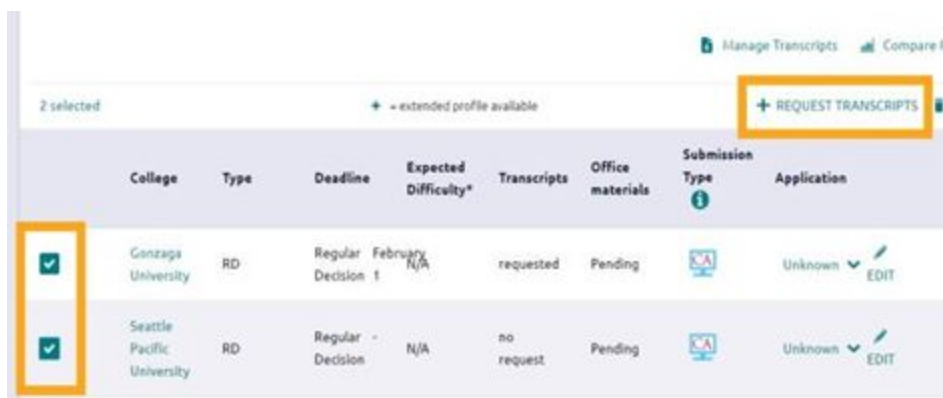
All public and private institutions require students' official transcript with your college application.

Follow the steps below to request a transcript in Naviance. Remember – you will do this only for NON-Common Application schools (Coalition App or College Own Application). A counselor will submit transcripts for Common Application Schools.

1. From the Naviance home page, scroll down to the My Favorites section. Click, COLLEGES: I'm thinking about it.



2. Check the boxes next to each school you would like to request transcripts for. Click REQUEST TRANSCRIPTS.



3. On the next page, review the request. Click, Request and Finish.

What type of transcript are you requesting?

☒ Initial

☒ Mid year

☒ Final

What additional materials, if any, do you want included?

☐ Unofficial SAT Scores

☐ Unofficial ACT Scores

Where are you sending the transcript/s?

☒ Gonzaga University ☒ Seattle Pacific University

Request and Finish

4. Look for the green confirmation box to ensure the request was sent.



Four-Year College or University:

Letter of Recommendation (LOR)

Not all colleges require LOR. Ensure to check the college application about the number of LORs you need (if any) and other additional applications they may want your recommenders to complete.

Whom should I ask?

- ☐ Individuals who you know well and how long the individuals have known you can speak with your academics, service-learning, involvement, leadership roles, and personal growth.
- ☐ Example:
 - ☐ Teachers
 - ☐ Counselors
 - ☐ Career Center
 - ☐ Couches
 - ☐ Volunteer Coordinator
 - ☐ Employer
 - ☐ And etc.

When should I ask?

- ☐ Ask the individual who'll write your LOR 4 weeks prior to the college deadlines.
 - ☐ For eg. If you're applying to meet a November 1st early action or early decision deadline, then you should ask your teachers by October 1st. If your deadline is November 15, then ask by October 15th. You get the idea.
 - ☐ If your deadlines are a regular decision, then they might be around January 1st or January 15th. In this situation, you could ask by the time December rolls around. However, consider everything that goes on in December.
 - ☐ For regular decision deadlines, suggest asking by mid-November at the latest, to take into account the busy schedule and vacation days in the winter months.

***Notes:**

Four-Year College or University:

College Visits/College Fairs/Campus Tours

College tours allow students to ask questions, meet other prospective students and understand the college on a deeper level. How you feel about schools once you visit in person may affect the direction your college search and application process takes. College visits help you to refine your search. Roosevelt has College Visits during Fall Quarter and to register please follow the directions below.

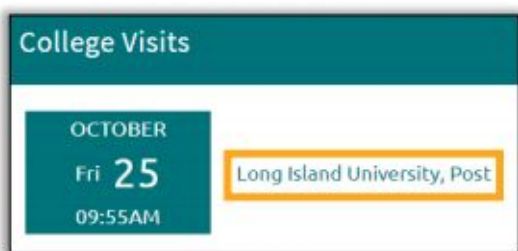
To Register For College Visit through Naviance

1) From the Naviance homepage, click Colleges.



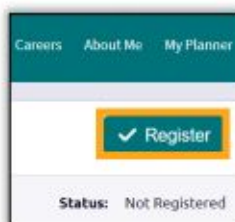
2) Click Home.

3) Scroll down to the College Visits section.



4) Click on the name of the school you want to register for.

5) Click Register

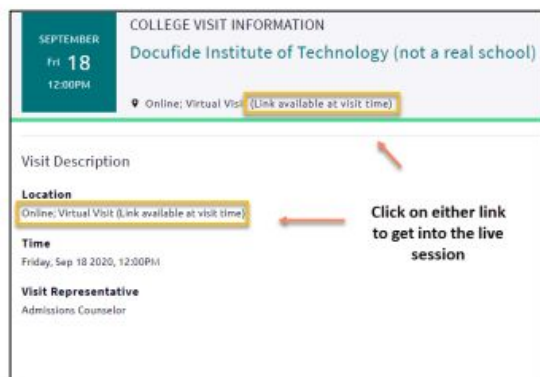


To Attend the College Visits

1) Follow the above steps and open a college visit that you have registered for

2) Click on the link to login to the college visit—links are made available 15 minutes before the session

3) If it's an in person visit - please attend Room 108, Career Center Room.



Four-Year College or University: Test

SAT & ACT

SAT

Stands for Scholastic Aptitude Test. This is one of the college entrance exams accepted by the majority of colleges and universities. This test includes lots of "critical thinking based" with vocabulary, math, and writing. The test is offered every year and you are able to take it more than once. We recommend Juniors to take their first SAT in Spring and then another in the fall of Senior year if needed (You are able to take as many as you want till you are satisfied with your score).

<https://www.collegeboard.org/>

ACT

Stands for American College Test. This is also a college entrance exam accepted widely by colleges and universities. The ACT is a "content-based" that includes Reading, Science, Trigonometry, and Grammar. The exam is also offered every year. Again, just like the SAT, We recommend Juniors to take their ACT in Spring and Fall in your Senior year if needed. (You are able to take as many as you want till you are satisfied with your score).

<https://www.act.org/content/act/en.html>

Why is this important?

These tests are required for Senior students who are interested in applying to a 4-year university and must be done/sent to the university before December 31st of Senior year.

Where can I register for the test?

Test dates and registration are available online. Please click the link for the SAT at College Board and for the ACT at ACT Student.

Free Test Practice?

No Worries! Please click the links below and start practicing both the SAT and ACT!

- ☐ [March 2 Success](#)
- ☐ [Khan Academy](#)

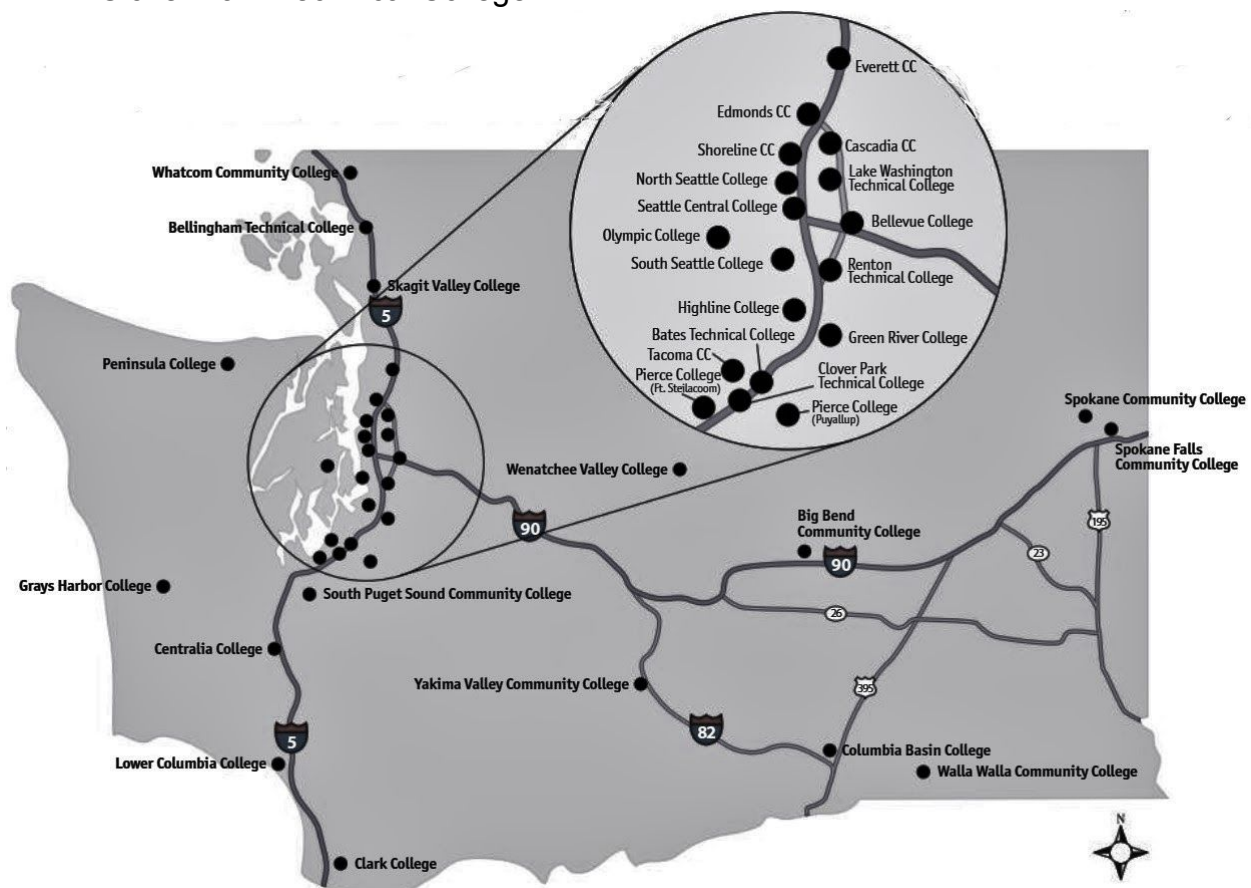
*** Due to the impact of COVID-19 on student's ability to take standardized tests, many colleges are no longer requiring SAT/ACT scores as part of their admission requirements. Many schools are now test-optional, so students may still send scores if they choose to and believe it would strengthen their application. For the most up-to-date information on each school's testing policy, check the school's website. ***

2-Year College or Community College & Technical College: WA Location

Here are some 2-Year and Technical Colleges in Washington State.

Some highlights:

- Seattle Colleges (North, South, Central)
- Bellevue College
- Olympic College
- Green River College
- Highline College
- Pierce College
- South Puget Sound Community College
- Edmonds Community College
- Shoreline Community College
- Everett Community College
- Tacoma Community College
- Lake Washington Technical College
- Renton Technical College
- Bates Technical College
- Clover Park Technical College



Sometimes 4-year college or university is not for everyone. Here is a list of benefits for attending a 2-year college than a 4-year college.

❑ **General:**

- ❑ Publicly funded 2-year colleges that allow students to obtain an Associate Degree. This gives graduates certification to apply for jobs that require some but not a full four years of college education.
- ❑ After you earn your Associate's degree, you can transfer to a four-year university as a junior; your Associate's can count as the first two years of your four-year Bachelor's degree.
- ❑ Many local colleges that have been called "community colleges" in the past are now offering 4-year degrees.

❑ **Academic benefits:**

- ❑ Open enrollment
- ❑ Flexible schedule (evening classes, online options, etc.)
- ❑ Small class sizes
- ❑ You can earn the same credits as you would at a 4-year college/university
- ❑ Gives students a fresh start on their GPA

❑ **Financial benefits:**

- ❑ Tuition amount is lower compared to 4-year universities: ~\$4,000 per year
- ❑ Affordable option for students paying out of pocket
- ❑ Financial aid is also available

❑ **Direct Transfer Agreement:**

- ❑ Most 4-year universities and colleges in Washington (except UW-Seattle) will automatically accept you as a transfer student if you meet minimum requirements, such a certain GPA and number of credits. You have priority consideration in admissions. This means that you automatically know that you can be accepted to a 4-year school.
- ❑ [Tips on Transferring from a 2-Year to a 4-Year College](#)
- ❑ [UW Equivalency Guide for Washington Community and Technical Colleges](#)

❑ **Start Next Quarter**

- Tool for financial aid and training for the workforce
- <http://www.startnextquarter.org/>
- College to career pathway tool: <http://seattlecolleges.edu/collegetocareer/>

What's the process like in 2-year college or community college?

- ☐ Explore your options
- ☐ Learn more about Washington's community college system:
www.CheckOutACollege.com
- ☐ Apply online or in-person
- ☐ Like the common App, most Washington community colleges use the same online application: www.public.ctc.edu/ApplicantWebClient/Applicant
- ☐ Submit a financial aid application
- ☐ Submit your FAFSA or WASFA to community colleges the same way as four-year colleges.
- ☐ Many community colleges also have their own financial aid forms in addition to the FAFSA or WASFA, so check with each school's financial aid office. If you do not turn in these additional forms, you can miss out on free money.
- ☐ Determine course placement options
- ☐ Varies by community college
- ☐ Many local colleges are now accepting one or more of the following:
- ☐ High school transcripts
- ☐ SAT/ACT scores
- ☐ Advanced Placement (AP) test scores
- ☐ International Baccalaureate (IB) test scores
- ☐ Accuplacer test: placement test that will determine your ability levels in English and math
- ☐ Schedule an advising appointment
- ☐ Focus on your education. Plan out your community college experience to ease the transfer to a 4-year school if that is your goal.
- ☐ Enroll for classes and pay tuition

Say if I attend a 2 year college and I want to transfer, how do I do that?

- ☐ Talk with your Academic Advisor
- ☐ Talk with a Transfer Advisor at the 4-year college to which you plan to transfer.
- ☐ Prepare for your 4-year major while at your community college
- ☐ Learn about Direct Transfer
- ☐ Equivalency Guide
- ☐ Determine when you want to transfer and apply

Running Start

Running Start is an opportunity for high school juniors and seniors to enroll in college courses tuition free (cost of transportation and books and materials are still the responsibility of the student). Students earn both high school and college credit for taking college courses. Students need to take a college level English subject placement test to demonstrate that they are ready for college level work. Assessments and necessary scores to participate in running start vary by school but all test on reading and writing. This assessment costs \$20 but the fee can be waived for students who qualify for free lunch.

- ❑ [Bellevue College Running Start](#)
- ❑ [Green River College Running Start](#)
- ❑ [Highline College Running Start](#)
- ❑ [North Seattle College Running Start](#)
- ❑ [Pierce College Running Start](#)
- ❑ [Renton Technical College Running Start](#)
- ❑ [Shoreline Community College Running Start](#)
- ❑ [South Seattle College Running Start](#)
- ❑ [Seattle Central College](#)

Practice Tests

[Basic Math and English Skills](#)

Direct Transfer Agreement:

Most 4-year universities and colleges in Washington (except UW-Seattle) will automatically accept you as a transfer student if you meet minimum requirements, such as a certain GPA and number of credits. You have priority consideration in admissions. This means that you automatically know that you can be accepted to a 4-year school.

- ❑ [Tips on Transferring from a 2-Year to a 4-Year College](#)
- ❑ [UW Equivalency Guide for Washington Community and Technical Colleges](#)

CTE Dual Enrollment Programs: Tech prep at Seattle Colleges

Start in high school, finish college degree

<https://www.sbctc.edu/colleges-staff/programs-services/cte-dual-credit/>

Seattle Skills Center

About the Skills Center

The Seattle Skills Center is committed to delivering advanced career and technical education for high school juniors and seniors motivated to enter the workforce AND prepare for college and careers. Courses offer high school credit, industry recognized certification, advanced learning, and college credit.

Programs are distributed throughout the city, not in a single building or location. Seattle Skills Center programs are located within Seattle Public Schools' high schools and community-based sites.

Each program offers one- and two- year course offerings. A student that completes one year with the skills centers earns 3 full high school graduation credits. Several programs offer math and lab science graduation requirements as well.

Reasons to apply to Seattle Skills Center:

- ☐ "Try out" a career field for free.
- ☐ Learn from industry professionals.
- ☐ Earn 1.5 high school credits per a semester (3 credits per year)
- ☐ Earn college credit for free, in many cases.
- ☐ Earn industry certification, when relevant.
- ☐ Receive free transportation if the class is taught at another school.
- ☐ Increase confidence, interpersonal skills and leadership skills.
- ☐ Increase likelihood of graduating. (Skills Center participants graduate at a higher rate than non-participants.)

Courses they offer:

- ☐ Construction Trades
- ☐ Health Science / Medical Assisting
- ☐ Nursing Assistant
- ☐ Maritime Vessel Operations
- ☐ Aerospace Science & Technology: Advanced Manufacturing
- ☐ Culinary Arts
- ☐ Teaching Academy / Careers in Education
- ☐ Video Game Animation and Programming
- ☐ Media Arts
- ☐ Automotive Technology
- ☐ Firefighting & Emergency Medical Services

More Info:

https://skillscenter.seattleschools.org/about/about_skills_center

Vocational OR Technical schools:

How to Apply?

- ❑ Provide an education that prepares students for specific careers from a craft or trade to a professional occupation.
- ❑ I.e. Culinary schools, schools of criminal justice, schools of art and design, etc.
- ❑ Applicants must be 18 years of age and have an interest in their chosen program of study.
- ❑ Many nationally accredited vocational schools are for-profit, and you should check if credits earned at your school of interest can transfer to other colleges before applying.
- ❑ Vocational Schools Database: www.rwm.org
- ❑ College to career pathway tool: <http://seattlecolleges.edu/collegetocareer/>
- ❑ Web Admissions Center
- ❑ To apply for Washington State Community & Technical colleges
<https://www.public.ctc.edu/ApplicantWebClient/Applicant/AppWelcome.aspx>

Apprenticeships

Construction Apprenticeship

Are you looking for a career instead of a minimum-wage job? Have you ever considered working in construction? If you are interested, then you're in the right place! Every day the City of Seattle needs trained professionals to build structures like you. Building structures include:

- Ironworkers
- Cement Masons
- Pipe Fitters
- Sheet Metal Workers
- Carpenters
- Heavy Equipment Operators
- Painters
- Laborers
- and more in the Guidebook



The [Guidebook](#) is outlined to assist you to get started down the pathway in becoming one of the skilled professional trades with a high-paying job. Please read all the great opportunities of each apprenticeship trades. Each trades provide you an overview of their duties/tasks, qualifications, hourly wages/benefits, and apprenticeship training office contact information to register for the Apprenticeship course.

AJAC Youth Apprenticeship Program

The Aerospace Joint Apprenticeship Committee Youth Program is designed for high school juniors and seniors to develop career-ready skills in the aerospace and advanced manufacturing industries. These apprenticeship programs combine:

- 2,000 hours paid on-the-job training at an AJAC employer
- 15 College Credit
- 2 High School Credits towards graduation
- Journey-level certification card
- OSHA-10 Certification
- Short-Term for Local College Certification



For more information, please visit the Career Center or visit the [AJAC website](#) for more apprenticeship programs.

IAM/Boeing Apprenticeship Program

Do you like to work at Boeing? Like to make \$30 per hour as an entry-level apprentice? The Boeing Apprenticeship program offers a variety of full-time trades that are represented by the International Association of Machinist and Aerospace Workers. Programs are 8,000 or 10,000 hours in length with off-hour classroom training. Wages will increase at \$40 per hour or above as an apprentice graduate.

For more information please visit the Career Center.



***Notes:**

Military

The United States Military offers an incredible range of career fields, training, benefits, and more opportunities. Here are the steps to apply!

Process for applying:

- ❑ Step 1: Contact the Recruiter
 - ❑ Recruiters will answer questions about qualifications for applying, life in the military, and benefits you would receive. You will also be informed with a variety of career choices and educational opportunities.
- ❑ Step 2: Share with your Parents or Guardians
 - ❑ Ensure to discuss military options with your parents before you apply.
- ❑ Step 3: Application
 - ❑ Recruiters will assist you fill out the application process.
- ❑ Step 4: Get Processed
 - ❑ Visit the Military Entrance Processing Station (MEPS) and take various examinations:
 - ❑ Physical – discuss medical conditions, take blood, hearing, visual, and physical tests.
 - ❑ ASVAB – an aptitude test to determine your strength
 - ❑ Pre-Enlistment Interview – choose a career path and answer background questions.
- ❑ Step 5: Take the Oath of Enlistment
 - ❑ Once you choose your career path, you are ready to take an Oath of Enlistment or Enlistment Celebration.
- ❑ Step 6: Get Ready for Basic Training
 - ❑ You will now head off to Basic Training to learn to become a Marine, Airman, Seaman, or Soldier.

Requirements

In order to apply to any branch in the military, you must:

- Be between 17 and 27 of age
- Be a U.S Citizen or a legal permanent resident
- Have a high school diploma



Marine Corps



Army



Air Force



Navy



Coast Guard

Military:

ROTC (Reserve Officer Training Corps)

The Reserve Officer Training Corps (ROTC) is a college program offered at more than 1,700 colleges and universities across the United States that prepares young adults to become officers in the U.S. Military.

In exchange for a paid college education and a guaranteed post-college career, participants, or cadets, commit to serve in the Military after graduation.

How to Apply:

- ☐ Pick a University with an ROTC Program
- ☐ Apply online at the corresponding website or reach out to the ROTC program at the institution
 - ☐ Air Force: www.afrotc.com
 - ☐ Army: www.goarmy.com/rotc
 - ☐ Navy/Marines: www.nrotc.navy.mil

You must be accepted to the school to attend

Requirements:

- ☐ Motivating personality
- ☐ Strong Grades (minimum GPA varies from different branch)
- ☐ Meet the SAT/ACT score
- ☐ Good moral character
- ☐ Mentally and physically fit

What do they expect of you in college?

- ☐ 1st and 2nd year take two military courses, including Leadership Lab
- ☐ Junior Summer - Field Training
- ☐ Years 3 & 4 - professional officers course

Military Service Requirements:

- ☐ No obligation for the first year of college
- ☐ Upon completion of your degree, receive a commission as 2nd Lieutenant
- ☐ 4-year activity obligation
- ☐ Part-time reserve/guard option

Financial Aid

You can apply for financial aid from the federal or state government using the **FAFSA** (Free Application for Federal Student Aid) or the **WASFA** (Washington Application for State Financial Aid). They can provide many different types of aid that include:

Grants	need-based money that you DON'T have to pay back
Scholarships	merit-based money that you DON'T have to pay back
Loans	money that you borrow and REPAY over time with interest added
Work-Study	special jobs for a student where your wages go to pay for school costs (usually on campus)

How does FAFSA work?

The Federal government calculates how much you and your family are expected to pay for your college education. Please look at the demonstration below:

Cost Of Attendance	\$ 19,138	← This is about how much it would cost to go to college, Including Tuition, cost of books, rent, food, etc
Estimated Family Contribution (Subtract) -	\$ 3,261	← The government figures how much money your family can give you for your education. This is called the assessed family contribution. You can get an estimate of yours at www.finaid.org
Your "Financial Need" =	\$ 15,877	← This is the sum that schools should offer you in financial aid

To be considered for financial aid, **you should submit the FAFSA by the soonest priority date** of the colleges to which you are applying to. Every college's date is different, check with each one.

Submitting the FAFSA (for U.S. citizens)

Fill out the FAFSA and send it to all your colleges:

1. Begin to fill out the FAFSA right when the FAFSA application is open on **October 1st** of your senior year. “**The earlier you submit your application, the more aid you’ll receive.**”
2. Go to <https://studentaid.gov/h/apply-for-aid/fafsa>
3. Apply for FAFSA PIN and write it down in a safe place.
4. List all the schools to which you have applied to or will apply to.
5. Discuss family finances and gather important documents and information input the application:
 - **Social Security Number** (Or Alien Registration or Permanent Resident Card
 - Your Driver License ID.)
 - Parents **W-2 Forms**.
 - Your **Family’s Income tax returns** (1040 or 1040EZ, etc.) - *unless you're a student in foster care.*
 - Your income tax returns.
 - **Untaxed income records.**
 - Current **bank statements** for you and your family.
 - **Business and Investment records** of your family (such as stocks and bonds, farm records, mortgages etc.)
6. Submit the FAFSA by the soonest priority date of your different colleges. **We recommend submitting it before December 1st.**

Are you Eligible For Federal Financial Aid?

If you **are not a U.S. citizen** you must be one of the following in order to be eligible to submit the FAFSA.

- US permanent resident with an Alien Registration Receipt Card (Green Card)
- Conditional Permanent resident
- Other eligible non citizens with an Arrival departure record from the INS showing any one of the following designation “Refugee”, “Asylum Granted”, “Indefinite Parole”, “Humanitarian Parole” or “Cuban Haitian Entrant”.

If you need directions, please visit: <https://www.youtube.com/watch?v=Y8nfk5ApcQ4>
(For Undocumented Students)

HB 1079

In 2003, Washington state legislators passed a law called HB 1079 which says that individuals who are not U.S. citizens or permanent residents have the ability to attend any public 2-year, 4-year, or technical college and pay in-state tuition if they meet the following criteria:

- ☐ Earn a **high school diploma or equivalent (GED)** from a **Washington State high school**
 - ☐ **Live in Washington State** for **three years prior** to receiving a high school diploma or GED
 - ☐ **Live continually in Washington** since earning the high school diploma or GED
 - ☐ **Meet college or university admission requirements** expected of all other students.
 - ☐ **Print and fill out the Washington State Affidavit**, certifying that you meet the criteria listed above, and send it to all the public colleges that you are applying to in Washington State:
-
- ☐ <http://www.wsac.wa.gov/sites/default/files/Residency.Affidavit.pdf>

This process is confidential and you can always speak with an admissions counselor to make sure you are filling out your forms and applications correctly.

DACA

Deferred Action for Childhood Arrivals

This program has allowed undocumented individuals who arrived as children to apply for protection from deportation and a 2-year work permit.

In September 2017, DACA was discontinued and no new applications will be accepted. People with DACA status keep their status until it expires, but can be renewed.

- ☐ <https://www.nilc.org/issues/daca/daca-termination-faq/>
- ☐ [Side by Side: Provisions of the 2010 and 2017 Dream Acts and DACA](#)
- ☐ <https://mydocumentedlife.org/>

WASFA (Washington Student Financial Aid)

Since the REAL Hope Act of 2014, undocumented students in Washington have been eligible to apply for state financial aid through the WASFA. This means students can receive up to **~\$9,300/year of State Need Grant**, as well as scholarships.

Eligibility Requirements:

Eligible for HB 1079 or have an unexpired DACA

Submitting the WASFA:

1. Determine your eligibility to complete the WASFA by answering some basic questions at: readysetgrad.org/WASFA
2. Once you Determine that you are eligible, **make an account**
3. Once on the “**School Selection**” screen, you will first select your anticipated class year (freshman, sophomore, junior, current senior)
4. You may **select from the schools** listed by clicking on your desired school, then clicking the “**Add**” button to add to the list of “**My Schools.**” you may add as many schools as you like.
5. Student Information, you may select “**other**” for “**Student Citizenship.**”
6. On both parents and students “**Annual Income and Expenses**” page, you may enter 0 (zero) for any questions that do not apply or you are unsure about.
7. Additional School Specific Questions page you will want to click on or hover over the view the entire question. Please note you only have to meet one of the residency options listed:
 - a. Option A- Have or will graduate from high school
 - b. Option B- Have or will obtain a GED.
8. Upon **completion**, the payment section should read **\$0.00**.

***Notes:**

Submitted the FAFSA! What's the Next Step?

After you submit, you are probably wondering, “what is the next step?” Here are the steps below:

- ❑ You submitted your FAFSA to the U.S. Department of Education and will process your application within 3-5 days. If you submitted a paper FAFSA, your application will be processed within 7-10 days.
- ❑ Once your application is processed, you will receive a copy of your Student Aid Report (SAR), which summarizes the information you provided on your FAFSA. Review your SAR and make sure all of the information is complete and accurate.
- ❑ If there is any missing or incorrect information, then you should complete or correct your FAFSA as soon as possible.
- ❑ Your SAR will include your Expected Family Contribution (EFC). The EFC determines your eligibility for a Federal Pell Grant, and the college uses the EFC to assess your eligibility for other federal and nonfederal student aid.
- ❑ Once your FAFSA is processed by Federal Student Aid, your SAR is sent to the colleges that you listed on your FAFSA. Each college will use the information on your SAR to determine your eligibility for federal and nonfederal student aid. The colleges you listed are responsible for creating your award package and disbursing your financial aid. However, listing a college on your FAFSA is generally not sufficient to receive aid at that college, as most colleges do not create award packages for every applicant who lists the college on a FAFSA.
- ❑ Contact the financial aid office at the college you plan to attend to find out if there are additional requirements for receiving financial aid and to learn more about the process of applying for aid at that college.

***Notes:**

How to Read the Award Letter

So how do you figure out what a college actually costs? There are four components you need to consider:

- Financial aid that you don't have to pay back, **such as scholarships, grants, and work-study.**
- Financial aid that you do need to pay back, such as federal loans.
- What's left after accounting for the above three items — that's the amount you'll need to pay out of pocket or pay with private student loans.

Here is a better way to look at it!

Grants	need-based money that you DON'T have to pay back (eg. State and Federal Grants)
Scholarships	merit-based money that you DON'T have to pay back
Loans	money that you borrow and REPAY over time with interest added
Work-Study	special jobs for a student where your wages go to pay for school costs (usually on campus)

Understanding Loans

- **The interest rate** determines how much money is added to the original amount you borrowed each month or year.).
 - The lower the interest rate, the less expensive it is to repay the loan over time.
 - Typically, government loans tend to have lower interest rates compared to private loans.
 - The interest rates for government loans are fixed (will not change over time) while private loans tend to have rates that could increase over time (making it more expensive).
- **Direct Subsidized Loans** are loans made to eligible undergraduate students who demonstrate financial need to help cover the costs of higher education at a college or career school.

- The government pays the interest while you are in college.
- For most subsidized loans you do not have to make payments on the loan until you leave school (i.e., graduate or withdraw).
- If you qualify for one, it is always best to borrow a subsidized loan before an unsubsidized loan
- **Direct Unsubsidized Loans** are loans made to eligible undergraduate, graduate, and professional students, but in this case, the student does not have to demonstrate financial need to be eligible for the loan.
 - Interest gets added to the amount of money you borrowed as soon as you borrow the money.
 - Typically required to make annual interest payments on the loan.
 - \$5,500 to \$12,500 per year in Direct Subsidized Loans and Direct Unsubsidized Loans depending on certain factors, including your year in college.
- The **Federal Perkins Loan Program** is a school-based loan program for undergraduates and graduate students with exceptional financial need. Under this program, the school is a lender.
 - Up to \$5,500 per year in Perkins Loans depending on your financial need, the amount of other aid you receive, and the availability of funds at your college or career school.
- Federal **Perkins** loans, federal **subsidized Stafford** loans, federal **unsubsidized Stafford** loans, and federal **parent PLUS** loans are all examples of federal/government-supported loans. These are typically awarded to students with financial need. These typically have lower interest rates than private loans, but maybe comparable to loans offered directly by a college.
- The difference between student and [parent loans](#) is **who is legally responsible to repay the loan**.
 - If you accept a student loan, you have the financial responsibility to repay that loan and its interest
 - If you accept a parent loan, your parents are legally tied to that loan and its repayment.
 - Avoid the Direct (Parent) PLUS loan as it can have disastrous consequences, especially for low-income families:
 - High-interest rate (currently fixed at 6.31% for the 2016-2017 academic year) that starts accruing with the first disbursement
 - A loan origination fee (4.272% of the total loan amount)
 - Less-friendly repayment terms

- Stringent credit check
 - It may appear in your financial aid package but you may later learn your parents do not qualify
- **Private loans** can be made through banks, colleges, and private organizations. You can always contact your potential colleges to ask about what private loans they would recommend to help supplement your financial aid package. Typically, loans from banks will have significantly higher interest rates compared to federal loans. Most private loans are not subsidized and start gaining interest as soon as you borrow the money.

Sample 1:

Total Aid Offered					
<u>Awards</u>	<u>Summer</u>	<u>Autumn</u>	<u>Winter</u>	<u>Spring</u>	<u>Total</u>
FEDERAL PELL GRANT	\$0	\$1,910	\$1,910	\$1,910	\$5,730
STATE NEED GRANT	\$0	\$3,478	\$3,478	\$3,478	\$10,434
FEDERAL SUPPLEMENTAL GRANT	\$0	\$0	\$0	\$0	\$0
FEDERAL PERKINS STUDENT LOAN	\$0	\$0	\$0	\$0	\$0
FED DIRECT SUB STAFFORD LOAN	\$0	\$0	\$0	\$0	\$0
FED DIRECT UNSUB STAFFORD LOAN	\$0	\$0	\$0	\$0	\$0
FEDERAL DIRECT PARENT LOAN	\$0	\$0	\$0	\$0	\$0
COSTCO DIVERSITY SCHOLAR	\$0	\$3,334	\$3,333	\$3,333	\$10,000

Assumptions: Your award is based on the following assumptions:
 Your awards are based on your status as a resident, undergrad student who is dependent, and not living with parents.
 The total budget covers attendance for 3 quarters: Autumn, Winter, Spring.

Resources: Based on the information you provided, we calculated your resources as
 expected parent's contribution: \$0
 EOP \$1,000
 Total Resources: \$1,000

Summary of Financial Aid Eligibility and Award:

<u>Total Budget</u>	<u>Less Total Resources</u>	<u>Equal Need</u>	<u>Total Aid Offered</u>	<u>UNMET Need</u>
\$27,164	\$1,000	\$26,164	\$26,164	\$0

*Notes:

Sample 2:

Total Aid Offered					
Awards	Summer	Autumn	Winter	Spring	Total
FEDERAL PELL GRANT	\$0	\$1,860	\$1,860	\$1,860	\$5,580
STATE NEED GRANT	\$0	\$3,623	\$3,623	\$3,622	\$10,868
FEDERAL SUPPLEMENTAL GRANT	\$0	\$70	\$70	\$70	\$210
UNDERGRAD TUITION EXEMPTION	\$0	\$51	\$50	\$50	\$151
FED DIRECT SUB STAFFORD LOAN	\$0	\$1,834	\$1,833	\$1,833	\$5,500
FED DIRECT UNSUB STAFFORD LOAN	\$0	\$0	\$0	\$0	\$0
FEDERAL DIRECT PARENT LOAN	\$0	\$0	\$0	\$0	\$0

Assumptions: Your award is based on the following assumptions:
Your awards are based on your status as a resident, undergrad student who is dependent, and not living with parents.
The total budget covers attendance for 3 quarters: Autumn, Winter, Spring.

Resources: Based on the information you provided, we calculated your resources as

expected parent's contribution:	\$0
expected student contribution:	\$160
Total Resources:	\$160

Summary of Financial Aid Eligibility and Award:

Total Budget	Less Total Resources	Equal Need	Total Aid Offered	UNMET Need
\$27,164	\$160	\$27,004	\$22,309	\$4,695


For more resources:

- ❑ <https://studentloans.gov/myDirectLoan/index.action>
- ❑ [Award Letter Comparison Tool](#)
- ❑ [Advanced Award Letter Comparison Tool](#)
- ❑ [How to Read Your Financial Aid Award Letter - Nitro](#)

***Notes:**

Accepting/rejecting financial aid

■ Your financial aid letter might look something like this...



OFFICE OF STUDENT FINANCIAL AID
UNIVERSITY OF WASHINGTON
105 SCHMITZ HALL, BOX 355880
SEATTLE, WA 98195-5880
(206) 543-6101

**** NOTICE OF PRELIMINARY AWARD ****

YOU ARE A HUSKY PROMISE STUDENT, AND YOUR GRANTS AND SCHOLARSHIPS ARE AT LEAST ENOUGH TO FUND YOUR TUITION. ELIGIBILITY INFORMATION IS AT WWW.HUSKYPROMISE.WASHINGTON.EDU

IMA HUSKY
1234 UNIVERSITY AVE. NE
SEATTLE WA 98105

PAGE 1 OF 1
AWARD YEAR 2000-2001
AWARD PERIOD AUT WIN SPR

AWARD DATE 3/22/2000
REPLY DATE 5/01/2000

STUDENT NO. 0834462
SOC. SEC. NO. 321-44-0987

I. We are pleased to offer for your acceptance the financial aid described below. This offer is based on the information you provided on the FAFSA and the information we have received from the Department of Education. You must accept or reject this offer by the date printed above. CAREFULLY READ BOTH SIDES OF THIS LETTER.

AWARDS	AUTUMN	WINTER	SPRING	TOTAL	ACCEPT	REJECT
STATE NEED GRANT/LEAP	1209	1289	1289	3867	<input type="checkbox"/>	<input type="checkbox"/>
FEDERAL SUPPLEMENTAL GRANT	33	33	34	100	<input type="checkbox"/>	<input type="checkbox"/>
UNDERGRAD TUITION EXEMPTION	1368	1368	1368	4104	<input type="checkbox"/>	<input type="checkbox"/>
FED DIRECT SUB STAFFORD LOAN	1033	1033	1030	752	<input type="checkbox"/>	<input type="checkbox"/>
FEDERAL PELL GRANT	586	586	588	1760	<input type="checkbox"/>	<input type="checkbox"/>
FEDERAL WORK STUDY	963	963	963	2889	<input type="checkbox"/>	<input type="checkbox"/>

II. ASSUMPTIONS: Your award is based on the following assumptions:
ATTENDING 3 QTRS; LIVING AWAY FROM HOME.
Comments: This award is based on estimated tuition. You can accept aid and get more information.

III. RESOURCES: Based on the information you provided, we calculated your resources as follows: Total resources: \$ 2,526
PARENT'S CONTRIBUTION: \$ 2,506; STD CONTRIB: \$ 20.

IV. SUMMARY OF FINANCIAL AID ELIGIBILITY AND AWARD:

TOTAL BUDGET	LESS TOTAL RESOURCES	EQUALS NEED	TOTAL AID OFFERED	UNMET NEED
\$18,342	- \$ 2,526	\$15,816	\$ 15,816	NONE

V. OTHER RESOURCES: List any funds you will receive for the period of this award (unless already shown in Section III, above). Include scholarships, TA or RA positions, Research, graduate fellowships, loans, gifts from parents (self-supporting students), and any other awards. Include benefits from federal and state programs such as veterans' vocational rehabilitation, etc. If you are not receiving additional funds, write "none".

VI. CERTIFICATION: (Must be signed)
I UNDERSTAND AND AGREE to the conditions of this award. I understand that I must maintain satisfactory academic progress to continue receiving aid. I certify that the above Social Security Number is correct. I agree to repay any defaulted loan, and have not borrowed in excess of the loan limits under Title IV of the Higher Education Act of 1965.

X Student Signature _____ Date _____

ORIGINAL

This sample award letter was generated based on the actual award letters sent by the University of Washington Office of Student Financial Aid. The information in the letter is fictitious, but is representative of an actual student's award. Financial aid award letters from other schools will look different but will contain similar information.

College Bound

The College Bound Scholarship program is an early commitment of state financial aid to eligible students who sign up in middle school and fulfill the scholarship pledge. College Bound promises tuition (at public institution rates) and a small book allowance for some income-eligible students who meet the following **eligibility requirements**:

- ☐ You must have signed up for the scholarship as early as 7th but by the end of 8th grade (June 30).
- ☐ Apply for financial aid by the beginning of the senior year of high school
- ☐ Family must meet the [income requirements](#) or receive basic food/TANF benefits
- ☐ Students in foster care are eligible
- ☐ Youth placed in foster care between 7th grade and age 21 are automatically enrolled in College Bound via a data-sharing agreement between Washington Student Achievement Council (WSAC) and the Department of Social and Health Services (DSHS)

The Pledge:

- ☐ Graduate from a Washington State high school or home school with a cumulative 2.0 GPA or higher.
- ☐ Not be convicted of a felony.
- ☐ Apply to an eligible college and submit the Free Application for Federal Student Aid (FAFSA) or Washington Application for State Financial Aid (WASFA) as soon after October 1 as possible in your senior year of high school.
- ☐ Be a US citizen or eligible non-citizen.
- ☐ Be “income eligible” as determined by their college and with the information from their FAFSA/WASFA
- ☐ Be accepted to an eligible college and begin attending within one year of high school graduation (www.readysetgrad.org/eligible-institutions)

What it covers:

- ☐ [Amounts vary](#) per student depending on the school they attend and other states financial aid they receive
- ☐ College Bound Scholarship will combine with other states financial aid to cover tuition, some fees, and a small book allowance
- ☐ Students will receive their scholarship through their college as part of a financial aid package
- ☐ Can be used at any of Washington’s two or four-year public colleges, an approved independent college or university, or a private career school that participates in the Washington State Need Grant program

- ❑ <https://wsac.wa.gov/sites/default/files/FAQ.CollegeBound.pdf>

Qualifying College Bound students are eligible for full tuition at select private institutes.

- ❑ [Seattle Pacific University Falcon Bound](#): incoming freshmen must have either an SAT score of 1220+, ACT score of 25+, or an unweighted GPA of 3.0 or higher
- ❑ [253 PLU Bound](#): incoming freshmen must have a 3.30 or higher weighted cumulative GPA
- ❑ [Whitworth Bound](#): incoming freshmen must have a 3.50 or higher weighted cumulative GPA

WUE (Western Undergraduate Exchange)

Through the WUE agreements, students in western states can enroll in many two-year and four-year college programs at a reduced tuition cost. Instead of paying out-state tuition, students pay 1.5 times the cost of in-state tuition.

- ❑ 16 member states and territories, through which 160+ participating public colleges and universities provide steep nonresident tuition savings for Western students
 - ❑ Alaska
 - ❑ Arizona
 - ❑ California
 - ❑ Colorado
 - ❑ Hawaii
 - ❑ Idaho
 - ❑ Montana
 - ❑ Nevada
 - ❑ New Mexico
 - ❑ North Dakota
 - ❑ Oregon
 - ❑ South Dakota
 - ❑ Utah
 - ❑ Washington
 - ❑ Wyoming
- ❑ Consult the website at wue.wiche.edu to find out which schools' program are offered under this agreement

Here are some Colleges that are offered under this agreement (Washington) :

- ❑ Central Washington University
- ❑ Eastern Washington University
- ❑ Evergreen State College
- ❑ Spokane Community College
- ❑ Spokane Falls Community College
- ❑ Washington State University - Everett WA
- ❑ Washington State University - Tri-Cities
- ❑ Washington State University - Vancouver
- ❑ Washington State University - Pullman WA
- ❑ Western Washington University

Seattle Promise offers FREE two-year college tuition to all Seattle Public high school graduates regardless of grade point average (GPA), income, or country of birth with more than 130 programs and three colleges to choose from (North Seattle, South Seattle, and Seattle Central College).

Please contact Francisco Ramos, Seattle Promise Outreach Specialist, at RHS to provide you more information about this great opportunity.

- ❑ Email: Francisco.ramos@seattlecolleges.edu
- ❑ Work cell (call and text): 206-661-1216

Seattle Promise Milestone will help you get your requirements completed on time!



Scholarship

A sum of money given to a student for the purpose of paying at least part of the cost of college. Scholarships can be awarded to students based on academic achievement, financial need, or on many other factors. Scholarships and grants do not have to be repaid.

Dream Project Scholarship List: <https://tinyurl.com/DPScholarships2020>

Renewable Scholarship

A scholarship that can be awarded for multiple years. Called “renewable” because there is usually a minimum requirement (such as GPA) that must be met in order for the scholarship to be provided in future years.

Merit Aid

Money offered to a student based on a specific talent, such as academics, athletics, etc.

Need-based Aid

Money offered to a student based on the financial status of the family

Applying for scholarships

1. Find a scholarship that fits you
 - a. [RHS School Counselor Scholarship Bulletin](#)
 - b. [Seattle Public School Scholarship Bulletin](#)

More Resources:

- www.theWashBoard.org
 - www.fastweb.com
 - www.scholarships.com
 - www.scholarshipjunkies.com
 - bigfuture.collegeboard.org/scholarship-search
 - <https://www.collegesuccessfoundation.org/wa/home>
 - <https://waopportunityscholarship.org/scholarship-supports/scholarship/>
2. [Make a list of the different pieces needed to complete the scholarship application](#) (i.e. letters of recommendation, transcripts, financial information)
 3. Read profiles of past winners, commonly found on the scholarship website. Try to find common characteristics that match yours.

4. Write your essay. Try using your college admission essay as a starting point.
5. Fill out the application.
6. Make a copy for your records.
7. Submit before the deadline.
8. If you get the scholarship, you MUST notify your college's financial aid office. This will change your financial aid package, usually replacing loans with scholarships.

Scholarships for Undocumented Students

- [Beyond HB 1079](#)
Provides a list of Washington State Scholarships and National Scholarships for undocumented students.
- [Que Llaveva Café Scholarship](#)
The “Que Llaveva Café” Scholarship aims to support the dreams, hopes and aspirations of college-bound undocumented students so that they can earn their college education and allow for all of their hard work and sacrifice to persevere. Applicants are evaluated on their personal story, involvement in extracurricular activities, and future academic potential.
- [Leadership 1000 Scholarship](#)
The Leadership 1000 Scholarship is a scholarship program funded by individuals, foundations, or businesses and provides college scholarships to deserving students who need assistance to attend an eligible four-year college or university in Washington State. A Leadership 1000 Scholarship can be customized around a general set of requirements requested by the donor. Scholarships awarded will range from \$2,500 to \$5,000. Some scholarships will be for one year only while others will be renewable for up to three additional years.
- [Princeton Prize in Race Relations](#)
The Princeton Prize in Race Relations is offered to high school students who can demonstrate that they have helped create harmony and understanding among people of a different race—cash prizes up to \$1000 are awarded.
- [Golden Door Scholars](#)
Applicants must be eligible for DACA. Award is full tuition, room, and board for a 4-year degree. Students may be high school seniors or recent graduates.

- [Frank Kazmierczak Memorial Migrant Scholarship](#)
Must have a recent history of migration for agricultural employment, have teaching as a career goal, demonstrate scholastic achievement, and have financial need.

[Resources for Undocumented Students for COVID-19](#)

WA State Opportunity Scholarship

The Washington State Opportunity Scholarship (WSOS) gives scholarships of up to \$22,500 to students who want to study science, technology, engineering, math, or health care. It also offers mentorship, networking and support to help you make it through college and find a job. This year WSOS will accept at least 1,850 scholars from across Washington.

To be selected as an Opportunity Scholar you must:

- Plan to get an eligible 4-year degree in STEM or health care (even if you start in a 2-year program)
- Enroll in an eligible Washington state college or university beginning in the fall of 2019
- Be a Washington state resident and have earned your high school diploma in Washington

Not sure if you should apply? [Listen to Citlaly](#) (video).

Don't wait! Visit the WSOS website to see if you are [eligible](#) and [apply](#). If you have any questions about this opportunity, please contact awards@waopportunityscholarship.org.

***Notes:**

Workforce: Resume

Are you looking for a job or paid internship, but you need assistance on writing a resume. Here are some tips to prepare your resume:

- ☐ **Simple is best** (standard layout and traditional font)
- ☐ **1-page max** (2 pages for people with extensive professional experience)
- ☐ Be as concise as possible (use bullet points under each section to highlight key responsibilities and accomplishments)
- ☐ **Contact Information:** name, address, email, phone number
- ☐ **Education:** school, awards & honors, GPA, extracurricular activities (provide only relevant information)
- ☐ **Experience:** include both volunteer and work experience (reverse chronological - list most recent position at the top)
 - ☐ Avoid 'responsibilities,' instead, make your descriptions powerful by starting each one with a verb. Below is a list to get you started.
- ☐ **Skills (optional):** list any languages you can speak or technical capabilities (e.g. Microsoft Office)

Workforce: Cover Letter

Many jobs request a cover letter. The cover letter is your first opportunity to engage a prospective employer. It provides the employer with other important information not necessarily present in the resume, like what your personality is like and how your experience and skills match the specific job. Here are some tips on writing a cover letter.

- ☐ Have a general template that you can customize for each application
- ☐ Include key terms and phrases from the job description
- ☐ Don't repeat information from the resume (offer new information or go into more depth)
- ☐ Who are you? (academic background, long-term aspirations)
- ☐ Why are you applying to this specific position? (how you heard about the job, relevance to your present interests and/or future goals)
- ☐ How are you qualified for this position? (elaborate on your skills and experiences with specific examples)
- ☐ Why should we hire you? (emphasize how the company will benefit from your unique strengths)

ACTION VERBS FOR RESUME WRITING

Action verbs are a great way to start bullet points on your resume, particularly in your descriptions of jobs, internships, projects and similar experiences. We have provided a list of verbs to get you started. Select the action words that most accurately reflect your skills and experience to craft precise and powerful bullet point phrases.

ANALYTICAL & FINANCIAL

Accelerated
Adjusted
Administered
Allocated
Analyzed
Appraised
Assessed
Audited
Balanced
Budgeted
Calculated
Clarified
Collected
Compared
Computed
Conserved
Controlled
Decreased
Determined
Developed
Estimated
Evaluated
Examined
Experimented
Explored
Extracted
Forecast
Formulated
Gathered
Identified
Interpreted
Interviewed
Investigated
Managed
Marketed
Maximized
Measured
Minimized
Organized
Planned
Prepared
Programmed
Projected
Proved
Purchased

Reconciled
Reduced
Researched
Retrieved
Screened
Searched
Solved
Specified
Studied
Summarized
Surveyed
Systematized
Tested
Validated

CREATIVE
Combined
Composed
Conceptualized
Condensed
Constructed
Created
Designed
Developed
Devised
Edited
Entertained
Established
Formulated
Illustrated
Initiated
Integrated
Introduced
Modeled
Originated
Performed
Photographed
Revised
Revitalized
Shaped

INTERPERSONAL

Adapted
Advised
Advocated
Answered

Assessed
Coached
Collaborated
Contributed
Cooperated
Counseled
Demonstrated
Enabled
Encouraged
Ensured
Expedited
Facilitated
Focused
Furthered
Guided
Initiated
Interacted
Intervened
Listened
Mediated
Mobilized
Moderated
Motivated
Negotiated
Provided
Referred
Rehabilitated
Represented
Resolved
Simplified
Supplied
Supported
Volunteered

LEADERSHIP

Accomplished
Advanced
Administered
Appointed
Approved
Assigned
Attained
Authorized
Chaired
Completed
Coordinated

Decided
Delegated
Developed
Directed
Diversified
Enforced
Enhanced
Established
Founded
Generated
Headed
Implemented
Improved
Incorporated
Increased
Initiated
Inspected
Instituted
Integrated
Introduced
Led
Managed
Mobilized
Motivated
Organized
Oversaw
Planned
Presided
Prioritized
Produced
Recommended
Recruited
Reorganized
Replaced
Represented
Reviewed
Revitalized
Secured
Selected
Solidified
Stimulated
Streamlined
Strengthened
Supervised
Sustained
Unified

COMMUNICATION

Addressed
Advertised
Arbitrated
Articulated
Authored
Clarified
Collaborated
Communicated
Composed
Consulted
Contacted
Conveyed
Convinced
Corresponded
Debated
Defined
Demonstrated
Described
Developed
Directed
Discussed
Drafted
Edited
Explained
Expressed
Familiarized
Formulated
Illustrated
Incorporated
Informed
Interpreted
Interviewed
Marketed
Mediated
Moderated
Outlined
Participated
Persuaded
Presented
Promoted
Proposed
Publicized
Published
Reconciled
Recruited
Referred
Reinforced
Reported
Responded

Solicited
Specified
Spoke
Summarized
Synthesized
Translated
Wrote

ORGANIZATION

Approved
Arranged
Catalogued
Centralized
Chartered
Classified
Collected
Compiled
Coordinated
Corrected
Corresponded
Distributed
Edited
Expedited
Executed
Filed
Generated
Implemented
Incorporated
Logged
Maintained
Monitored
Obtained
Operated
Ordered
Organized
Planned
Prepared
Processed
Provided
Recorded
Registered
Reserved
Responded
Restructured
Reviewed
Scheduled
Screened
Set up
Submitted
Supplied

Standardized
Synthesized
Systematized
Updated
Unified
Validated
Verified

MARKETING

Accelerated
Achieved
Attained
Completed
Conceived
Delivered
Earned
Exceeded
Expanded
Generated
Increased
Improved
Launched
Led
Marketed
Maximized
Minimized
Promoted
Resolved
Restored
Saved
Shaped
Succeeded
Surpassed
Transformed
Won

TEACHING

Adapted
Advised
Appraised
Coached
Communicated
Conducted
Coordinated
Critiqued
Developed
Educated
Enabled
Encouraged
Evaluated

Facilitated
Focused
Guided
Individualized
Informed
Instructed
Motivated
Simulated
Stimulated
Taught
Tested
Trained
Tutored

TECHNICAL

Adapted
Applied
Assembled
Automated
Built
Calculated
Computed
Conserved
Constructed
Controlled
Converted
Designed
Developed
Diagnosed
Drafted
Engineered
Inspected
Installed
Maintained
Manufactured
Measured
Monitored
Operated
Overhauled
Programmed
Regulated
Remodeled
Repaired
Restored
Specialized
Standardized
Upgraded
Utilized

Resume Sample

Jaewook No

000 St. Seattle WA, 98105

Phone: 555-555-555

Email adsad@gmail.com:

Objective Statement

Detail oriented student with excellent organizational and written/verbal communication skills, seeking an entry level pharmacy assistant role to develop experience and further my education in pursuing the pharmacy career pathway.

Skills

- Fluent in Cantonese
- Communication
- Organization
- Time Management
- Adaptability
- Attention to details
- Positivity
- Self Motivation
- Work Ethic
- Microsoft/Google Software

Work Experience

Team Read November, 2019 - January 2020

- Tutored twice a week, two hours, in Reading to 5 students, aged nine to ten.
- Interpreted for students who needed translation services.
- Created instructional material that is relative to students' development skills.

Northwest Harvest Food Bank Volunteer July 2019 - August 2019

- Assisted guests' questions and advised on merchandise selection.
- Ensured removal of all spoiled food for guest safety.
- Serviced guests with over 200+ fresh meals each day.
- Managed inventory with quantity and quality of food on shelves.

Summer Camp Volunteer July, 2018 - August 2018

- Supervised 20 camp program participants aged six - seven.
- Assisted staff with additional tasks; eg. set up and clean-up from all activities.
- Interacted with students to ensure a positive learning environment.

Education

The Roosevelt High, Seattle WA, 09/2017 - Current

- Will obtain a High School diploma in June 2021

Seattle Central College, Seattle WA, 09/2019 - Current

Certifications

WA Pharmacy Assistant Licence

09/18/2020 - 11/18/2021

Cover Letter Sample

Jaewook No

000 St. Seattle WA, 98105

Phone: 555-555-555

Email adsad@gmail.com

Today's Date

Hiring Manager's Name

341 Company Address

Seattle, WA, 98105

(xxx)xxx-xxxx

hiring.manager@gmail.com

Dear [Hiring Manager's Name],

My name is Jaewook No, and I am a senior at Roosevelt High School interested in becoming a skilled professional in graphic design. I saw [Target Company's] internship opening and think I would be the most qualified and driven high school student for the High School Summer Internship position.

As an eager student and graphic designer, I have supervised Yearbook Club design campaigns and formatted page layouts for the Roosevelt High School Paper while managing AP Art, Intro to Graphic Design, and Computer Applications coursework with a 3.6 GPA. I am also a member of the National Honors Society and the National Art Education System. To further assure you of my qualifications, I have included 3 accomplishments from my resume:

- Created a Yearbook logo designed to incorporate school mascot and colors; opted to use coated paper in 2016, which improved photo quality and increased profits by 5%.
- Procured advertising for school paper, saving organization 25% in costs.
- Edited and curated photos used for school paper; increasing readership by 15%.

I admire [Target Company's] acceptance of and willingness to promote avant-garde artists and their diverse styles in their major ad campaigns. This has inspired me to pursue graphic design as a career and taught me to believe in my creative ideas, no matter how strange or daring they may seem.

I am thrilled at the opportunity of learning under [Target Company's] graphic design team and would like to schedule an interview as soon as possible. Please contact me at [Phone] or via email at [Email] should you select my application. Thank you for your time and consideration; I look forward to hearing from you.

Sincerely,

[Signature]

Jaewook No

Workforce: Job Interview

- ❑ Star Method: Situation, Task, Action, Result
- ❑ Always provide examples to back up your statements
- ❑ Always relate your answers to the position you are applying for
- ❑ Every interview is different!
- ❑ Different formats: in-person vs. phone vs. video call
- ❑ Different sizes: individual vs. group interview
- ❑ Different levels of formality: informal vs. formal interviews
- ❑ Different lengths of time: short (10 minutes) vs. long (1 hour)
- ❑ Be punctual! (arrive 10~15 minutes early)
- ❑ Send a thank-you note (letter or email) after the interview

Tips:

- ❑ Have questions prepared for the interviewer (demonstrates your interest in the position and that you have done your research on the company)
- ❑ Compile a list of significant experiences to use as examples (leadership, flexibility, communication, teamwork, problem-solving)
- ❑ Practicing is key! (utilize online resources on common interview questions and sign up for mock interviews if available)
- ❑ Tell me about yourself: present → past → future
- ❑ Strengths and weaknesses: avoid cliches and end on positive note of how you have improved your weakness

*Notes:

Resources for Students with Disabilities

By law, institutions of higher education must make reasonable accommodations for students with both visible and invisible disabilities. There are also a number of higher education programs that can support students with intellectual disabilities.

Establishing Accommodations at Any Postsecondary Institution

- ❑ Research the colleges you plan to apply to and establish which office/program can support you by making accommodations for you, given your disability.
- ❑ Most institutions will require or prefer to review your K-12 **Individualized Education Plan (IEP) or 504 Plan**. This will be a baseline for establishing services and accommodations. It is important to reach out to your chosen college **early** to start those conversations.
- ❑ **Accommodations** that may be made for you, depending on your disability and other factors: changes in the length of time permitted for the completion of degree requirements, substitution of specific courses required for the completion of degree requirements, adaptation of the manner in which specific courses are conducted, reduced course loads, extended time on tests, note-takers, readers, recording devices, sign language interpreters, screen-readers, voice recognition and other adaptive software or hardware for computers, and other devices designed to ensure the participation of students with impaired sensory, manual or speaking skills in an institution's programs and activities.

Postsecondary Programs Designed for Students with Intellectual Disabilities

- ❑ Think College! is an online resource guide that can help you search for programs and institutions all across the US that can best support your postsecondary plans if you have an intellectual disability: www.thinkcollege.net/
- ❑ Highline College's ACHIEVE program is a comprehensive post-secondary transition program that includes credit and non-credit classes, intensive advising, involvement in campus life, community-based internships, and job placement services. achieve.highline.edu/
- ❑ Bellevue College's Autism Spectrum Navigators program offers individualized access services for Bellevue College students who have an Autism Spectrum Condition: www.bellevuecollege.edu/autismspectrumnavigators/

***Notes:**

Gap Year

What is it?

A Gap Year is a period of time where you take a break from formal Education. this could be something that provides personal growth through travel community service or internships.

Is it a Good or Bad?

People used to think that taking a gap year is a negative thing. In the past you took a gap year if you had to retake exams or had problems between finishing school and starting higher education and then starting a career. But now, universities positively encourage a gap year, and employers are happy to give jobs to students who take a gap year.

A year route between school or college in higher education or employment, or between higher education and a job, can give your young people useful learning experiences, help them become pick up new skills and make them more independent. Employers and universities want to see evidence of Enterprise, maturity and commitment both and outside for what education.

When?

You can take at a different time, for example, by someone who wants to break up their degree course or to do something different before a postgraduate course.

Young people in formal education usually take a gap year when they are about 18 years old, before going to University.

Where?

This could be teaching, voluntary work, or internships overseas. Most importantly gap-year activities for young people looking for adventure and exploring include: surfing in Hawaii, waking boarding Italy, kitesurfing Egypt or bungee jumping in New Zealand.

Resources:

- ☐ [USA Gap Year Fairs](#)
- ☐ [Gap Year Association](#)
- ☐ [Go Overseas](#)
- ☐ [Teen Life](#)
- ☐ [Go Abroad](#)
- ☐ [Gap Yearly](#)
- ☐ [Travel Access Project](#)

Summer Programs

Summer is literally around the corner, college and hiring managers at the job site are looking for students with a variety of experiences that need to look good on your resume and college application! Here are some great opportunities to look into in the Pacific Northwest!

ACADEMIC PROGRAMS

Communications

Creative writing, screenwriting, storytelling

<http://www.summer-camp.uw.edu>

Weekday High School Internship (KUOW)

<https://www.kuow.org/summer>

General Academic Enrichment

Bellevue College summer programs

<https://www.bellevuecollege.edu/highschool/>

Bush School

<http://www.bush.edu/>

Lakeside School

<https://www.lakesideschool.org/summer/summer>

Liddane Tutoring

www.liddanetutoring.com

Summer Writing Clinic

www.movingwordsclinic.com

Washington State University summer programs

<https://summer.wsu.edu/>

Western Washington University summer programs

<http://www.wvu.edu/ee/youth/>

Washington Business Week (at WWU, CWU, GU & PLU)

www.wbw.org

University of Washington

www.summer.washington.edu

UW K-12 -- Comprehensive searchable database providing information about resources available at the UW, including internships, courses, professional development opportunities, workshops and more

<http://www.pce.uw.edu/>

Health Care

Nurse Camp – Multicare Health Systems

<http://www.multicare.org/nurse-camp/>

Washington Business Week Health Care Pathway (PLU, Gonzaga)

www.wbw.org

University of Washington's Harborview Injury Prevention and Research Center: Insight

<https://hiprc.org/training/high-school/insight-hs/>

Languages

FIUTS Language & Culture Institute – Seattle

<https://www.fiuts.org/slcj>

University of Washington foreign language programs

<https://www.uwhs.uw.edu/>

Washington Academy of Languages

www.wal.org

One World Now

<https://oneworldnow.org/>

French: Alliance Française of Seattle

www.afseattle.org

French language camp at Canoe Island

www.canoeisland.org

Spanish: Volunteering/Internships at Casa Latina

<http://www.casa-latina.org/get-involved/volunteer>

Math, Science, & Research

Camp BIOMed

<http://www.nwabr.org/campbiomed>

Data Analysis Academy

<https://dataanalysisacademy.org>

Fred Hutchinson Cancer Research Center

<http://www.fredhutch.org/en/careers/internship-opportunities/high-school-internship.html>

Pacific Science Center discovery corps program

<https://www.pacificsciencecenter.org/discovery-corps/>

Pathways to Science (search engine)

<http://www.pathwaystoscience.org/index.aspx>

State of WA Ecology Youth Group

<http://www.ecy.wa.gov/programs/swfa/eyc/>

Summer Institute for Mathematics

<http://www.math.washington.edu/~simuw/thisyear/overview.html>

University of Washington School of Pharmacy

<https://sop.washington.edu/pharmd/step-summer-program/>

Technology & Computers

Digi Pen Institute of Technology (Redmond)

<https://projectfun.digipen.edu/pre-college-program/>

Id Tech summer computer camps (residential or day camps)

<http://www.internaldrive.com/locations/wa-summer-camps-washington-computer-camps/>

Microsoft

<https://careers.microsoft.com/careers/en/us/highschoolintern.aspx>

UW Computer Programming courses

<http://www.summer-camp.uw.edu>

ART PROGRAMS

Cornish College of the Arts

www.cornish.edu/summer/

Experience Music Project teen workshop

www.empmuseum.org/camps

Gage Academy of Art

<https://www.gageacademy.org/>

Pilchuk Glass School

www.pilchuck.com

Seattle Art Museum teen workshop

www.seattleartmuseum.org/teens

Seattle Children's Theatre high school intern program

<http://www.sct.org/School/Summer-Season>

Seattle Film Institute

<http://www.seattlefilmstitute.com/content/teen-filmmakers-program>

Seattle Theatre Group

www.stgprepresents.org/education

Seattle Shakespeare Company

www.seattleshakes.org

Youth Theater Northwest

<http://www.youththeatre.org/>

ATHLETIC PROGRAMS

Many public and private organizations offer summer sports camps or jobs. Participation in traditional camps can lead to summer job opportunities as a camp counselor, coach, referee, or umpires; you could also create your own sports camp for neighborhood kids.

Seattle Parks & Recreation

www.cityofseattle.net/parks

Bellevue Parks & Recreation

http://www.bellevuewa.gov/recreation_events_intro.htm

Tennis

<http://www.seattle.gov/parks/athletics/tennisct.htm>

Pools (lifeguards and wading attendants)

<http://www.seattle.gov/parks/pools.asp>

Lifeguard training

<http://www.seattle.gov/parks/Aquatics/LTT.htm>

Boating

<http://www.seattle.gov/parks/boats/default.htm>

Golf

<http://www.seattle.gov/parks/athletics/golfcrse.htm>

Boys & Girls Club

<http://www.positiveplace.org>

Bike touring

<http://bikeworks.org/youth-programs/summer-camps-tours/>

CYO summer camps

<https://cyo.camp/>

Rain City Fencing Center

<http://www.raincityfencing.com/>

Referee/Umpire training (ages 15+) *

<http://woa-officials.com/pages/>

Sky Hawks camp counselors/coaches (age 17+)

<http://www.skyhawks.com/page/company/jobs/>

Special Olympics of Washington summer games volunteer

<http://www.specialolympicswashington.org/sowa/volunteer>

UW Sports Camps

<https://gohuskies.com/sports/2013/4/18/208228730.aspx>

YMCA of Seattle-day camps at local branches

http://ykids.seattleyymca.org/find-a-camp?utm_source=mmem&utm_medium=feature&utm_content=summerlineup&utm_campaign=summercamp2014

Entrepreneurial Camps

http://kidshealth.org/teen/school_jobs/

Sports Facilities:

Youth soccer instructors, referees, and customer service representatives

Arena Sports

<http://www.arenasports.net/about-us>

Starfire Sports

<http://www.starfiresports.com/about/employment-opportunities/>

Professional Teams

Seattle Mariners seasonal employment and internships

http://seattle.mariners.mlb.com/mlb/help/jobs.jsp?c_id=sea

Seattle Storm

<http://www.wnba.com/storm/contact/employment.html>

Seattle Sounders FC Seattle Academy & camps

<http://www.soundersfc.com/academy>

GOVERNMENT: CITY, COUNTY & STATE:

Check local branches of community centers, and parks and recreation divisions as well!

Bellevue

<https://bellevuewa.gov/city-government/departments/parks/connections>

Kirkland

<http://www.ci.kirkland.wa.us/jobs.htm>

Mercer Island

<http://www.mercergov.org/>

Sammamish

www.ci.sammamish.wa.us

Seattle parks

<http://www.seattle.gov/PARKS/jobs/default.htm>

Seattle community centers

<http://www.seattle.gov/parks/centers.asp>

Seattle pools

<http://www.seattle.gov/Parks/aquatics/employment.htm>

King County Parks and Recreation

<http://www.kingcounty.gov/recreation/parks/volunteer.aspx>

Washington State Dept. of Ecology Youth Corps

<http://www.ecy.wa.gov/programs/swfa/eyc/>

Washington Legislative Youth Advisory

<http://lyac.leg.wa.gov/>

WA State Senate Page Program

<http://www.leg.wa.gov/Senate/Administration/PageProgram/Pages/default.aspx>

WA State House Page Program

<http://www.leg.wa.gov/House/Pages/HousePageProgram.aspx>

INTERNSHIPS

Fred Hutchinson Cancer Research Center

<http://www.fredhutch.org/en/careers/internship-opportunities/high-school-internship.html>

Microsoft high school intern program

<https://careers.microsoft.com/?rg=us>

Pacific Science Center Discovery Corps internships

<https://www.pacificsciencecenter.org/discovery-corps/>

Seattle Aquarium internship

<http://www.seattleaquarium.org/internships>

Seattle Children's Theatre high school intern program

<http://www.sct.org/School/Interns-Assistants>

Teens in Public Service non-profits, paid internships

www.teensinpublicservice.org/

Youth Force Teen

<http://www.teenjobs.org/>

Youth Theater Northwest internships

<http://www.youththeatre.org>

LEADERSHIPS:

Bank of America student leadership program

www.bankofamerica.com/studentleaders

Camp Fire USA

<http://www.campfire-usa.org>

Islandwood nature leadership camp

<https://islandwood.org/>

Seattle Audubon nature camp jr. naturalist

<http://www.seattleaudubon.org/sas/default.aspx>

Washington Business Week leadership programs

<http://www.wbw.org>

YMCA Camps and Leadership Development Institute

http://www.seattleyymca.org/Locations/Orkila/Pages/Employment_O.aspx

YMCA Bold (boys) and Passages Northwest (girls)

<http://ymcaleadership.com/gold/>

OUTDOOR EXPERIENCES:

Advanced bike touring

<http://bikeworks.org/youth-programs/>

Earth Corps (Seattle based)

www.earthcorps.org

Ecology Youth Corp

www.ecy.wa.gov/programs/swfa/eye/nwro/html

Islandwood nature leadership camp
<http://islandwood.org/>
Mountains to Sound Greenway
<http://www.mtsgreenway.org/>
National Park Service -- Mount Rainier
<http://rainiervolunteers.blogspot.com/>
NW School of Wooden Boats
www.nwboatschool.org
Olympic Park Institute advanced field research
<https://naturebridge.org/>
Outward Bound programs in the Northwest
www.outwardbound.org/
Rite of Passage
<http://riteofpassagejourneys.org/>
Salish Sea expeditions
www.salish.org
Seattle Audubon teen program
<https://www.seattleaudubon.org>
Streams, Lakes and Wetlands
http://www.ci.bellevue.wa.us/stream_team.htm
Student Conservation Association
<http://www.thesca.org/wa>
Summer Youth sea camp (Port Townsend)
www.woodenboat.org
Washington Trails Association
www.wta.org
Wilderness Awareness School (Duvall)
www.wildernessawareness.org

VOLUNTEER PROGRAMS:

Local/Seattle City of Seattle teen volunteer website
www.seattle.gov/teen/civic/getinvolved.htm
Parent Map -- list of volunteer opportunities
<http://www.parentmap.com/search?gsearch=teen%20volunteers>
United Way
<https://www.uwkc.org/>
Volunteer Match
<https://www.volunteermatch.org/>
Family Works Food Bank and Family Center

www.familyworksseattle.org

Fred Hutchinson Cancer Research Center

<http://www.fhcrc.org/science/education/hs/internship/>

Lifelong Aids Alliance

www.lifelongaidsalliance.org

Little Bit Therapeutic Riding Center

<http://www.littlebit.org/>

Northwest Harvest

<http://www.northwestharvest.org/>

Operation Sack Lunch

<https://www.oslserves.org/>

Pacific Science Center Discovery Corps volunteer program

<https://www.pacificsciencecenter.org/discovery-corps/>

Sea fair - Seattle's summer celebration

<http://www.seafair.com/>

Seattle Aquarium high school volunteer program

www.seattleaquarium.org

Seattle Children's Hospital

<http://www.seattlechildrens.org/ways-to-help/volunteer/>

Seattle Public Libraries

<http://www.spl.org/audiences/teens>

Solid Ground

<https://www.solid-ground.org/get-involved/volunteer/>

Special Olympics of Washington

<http://www.specialolympicswashington.org/sowa/volunteer>

Teen Link

<http://www.866teenlink.org/>

Treehouse

<http://www.treehouseforkids.org/>

UW Medicine teen volunteer program

<https://www.uwmedicine.org/volunteering>

UW -- Harborview Hospital teen volunteer program

<https://www.uwmedicine.org/volunteering/volunteer-faq-harborview>

Woodland Park Zoo Corps teen volunteer program

<https://www.zoo.org/volunteer>

VOLUNTEER PROGRAMS: National Organizations

American Cancer Society

http://www.cancer.org/docroot/com/com_0.asp

American Red Cross teen intern

<http://www.redcross.org/en/volunteertime>

AMIGOS programs in Latin America

<https://amigosinternational.org/>

Bureau of Land Management volunteers

www.blm.gov/volunteer

Corporation for National and Community Service

www.volunteermatch.org

Department of Veterans' Affairs

<https://www.volunteer.va.gov/apps/VolunteerNow/default.asp>

Earth Corps

www.earthcorps.org

Food Lifeline (Feeding America)

<http://www.foodlifeline.org/help/volunteer/Volunteer.html>

Habitat for Humanity

<http://www.habitat.org/cd/local/affiliate.aspx?zip=98115>

Learn & Serve: Corporation for National Community Service

www.nationalservice.gov

4-H Council

www.fourhcouncil.edu/getinvolved

Park Service

www.nps.gov/volunteer

Salvation Army

www.salvationarmyusa.org

Special Olympics

<http://www.specialolympicswashington.org/sowa/volunteer>

Student Conservation Association

<https://www.thesca.org/>

US Fish and Wildlife

www.fws.gov/volunteers/

***Notes**

