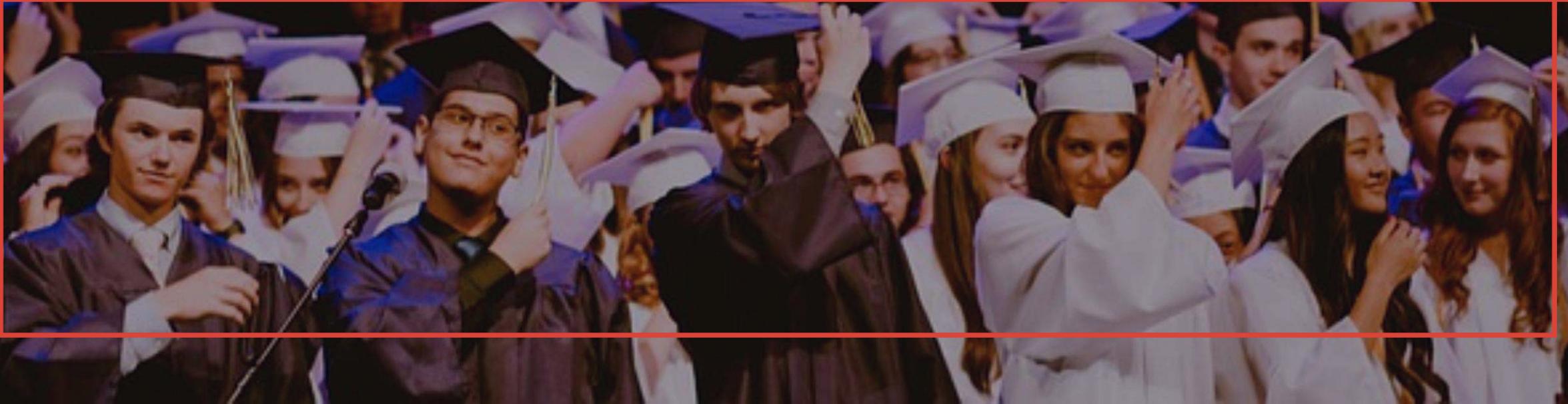


Six Keys to Finding a Good College Fit

MEFA Webinar



ABOUT US

Dr. Sterk, Dr. Poynton, and Dr. Lapan have partnered together to bring research informed practices and data driven strategies to help students and families navigate the college-going process through a robust student workbook and corresponding curriculum.

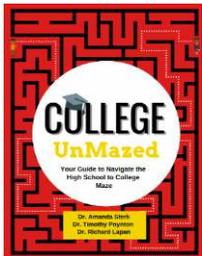


Dr. Timothy
Poynton

Dr. Richard Lapan

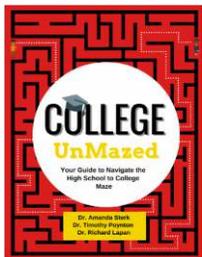
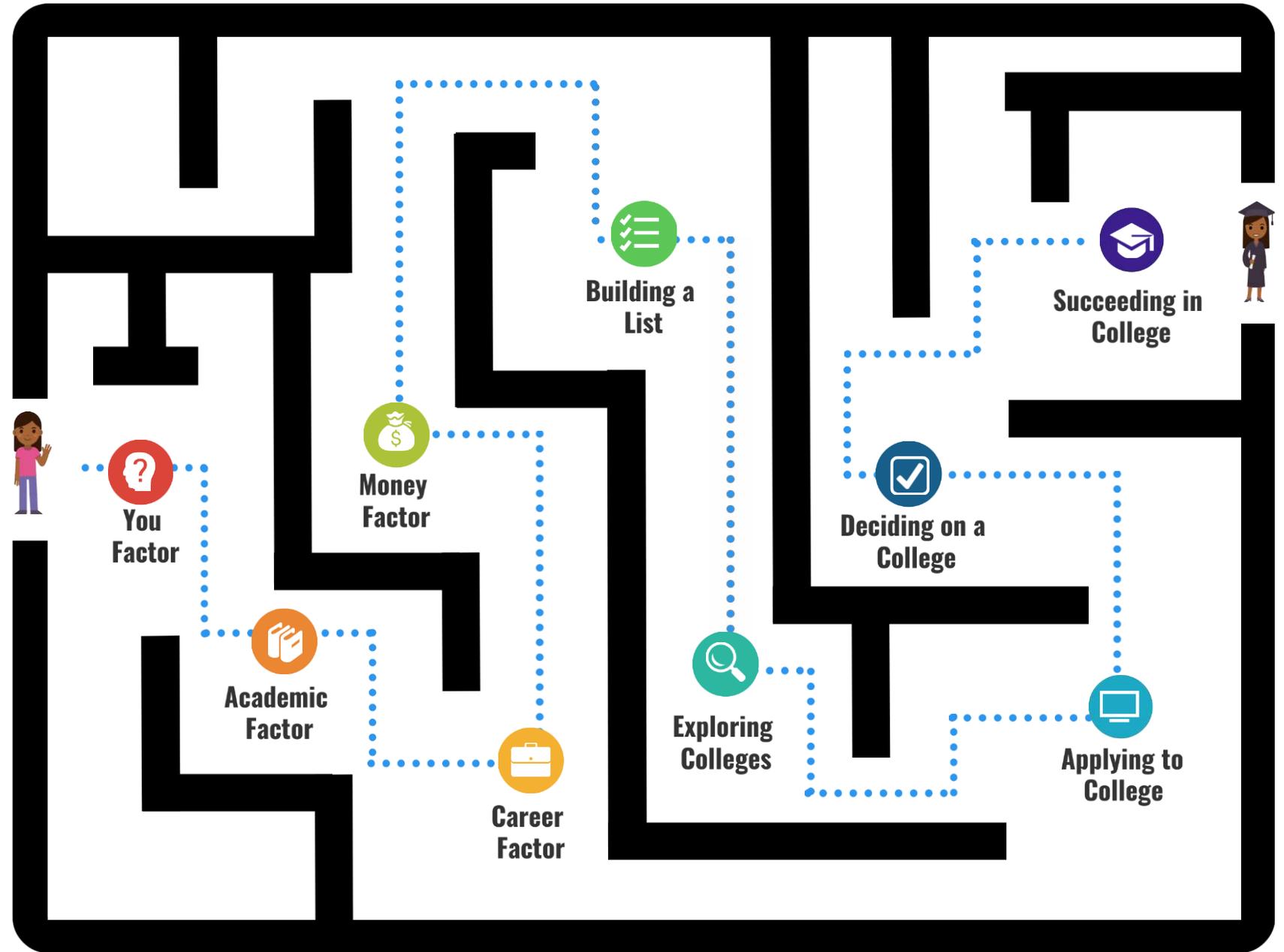


Dr. Amanda Sterk



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COLLEGE UNMAZED



COLLEGE UnMazed®

Your Guide to Navigate the High School to College Maze

SELF & COLLEGE KNOWLEDGE

4 Factors essential for building a set of skills and abilities preparing you to become college and career ready.

YOU FACTOR

8 STRENGTHS

- Agency
- Positive Beliefs
- Effective Goals
- Knowing Yourself
- Becoming a Successful Student
- Character for Workplace Success
- College Knowledge
- College Support Network

ACTIVITIES

- Work Experience
- Community Involvement
- Creative Pursuits
- Major-Specific Activities
- School Clubs & Activities
- Leadership

MONEY FACTOR

MONEY SOURCES

- Institutional
- National
- State
- External
- Gift Aid
- Loans
- Subsidized
- Unsubsidized
- Parent Plus
- Work Study
- External
- Out-of-pocket
- Savings/529

MONEY TERMS

- Award Letter
- EFC/SAI
- FAFSA/CSS Profile
- Cost of Attendance
- Net Price

ACADEMIC FACTOR

PROGRAMS

- Credit-by-Examination
- Dual Enrollment
- Massive Open Online Courses (MOOCs)
- Industry Certification

GRADES

- Recalculated
- Weighted
- Unweighted

TESTING

- Pre-ACT
- PSAT
- ACT
- SAT
- Test Optional

CAREER FACTOR

CAREER SELF KNOWLEDGE

- Interests
- Abilities
- Values

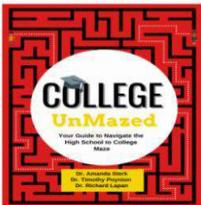
- Realistic
- Investigative
- Artistic
- Social
- Enterprising
- Conventional

DEGREES

- Certificates
- Associate
- Bachelor's
- Master's
- Doctorate

CAREER PATHWAYS

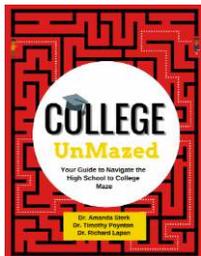
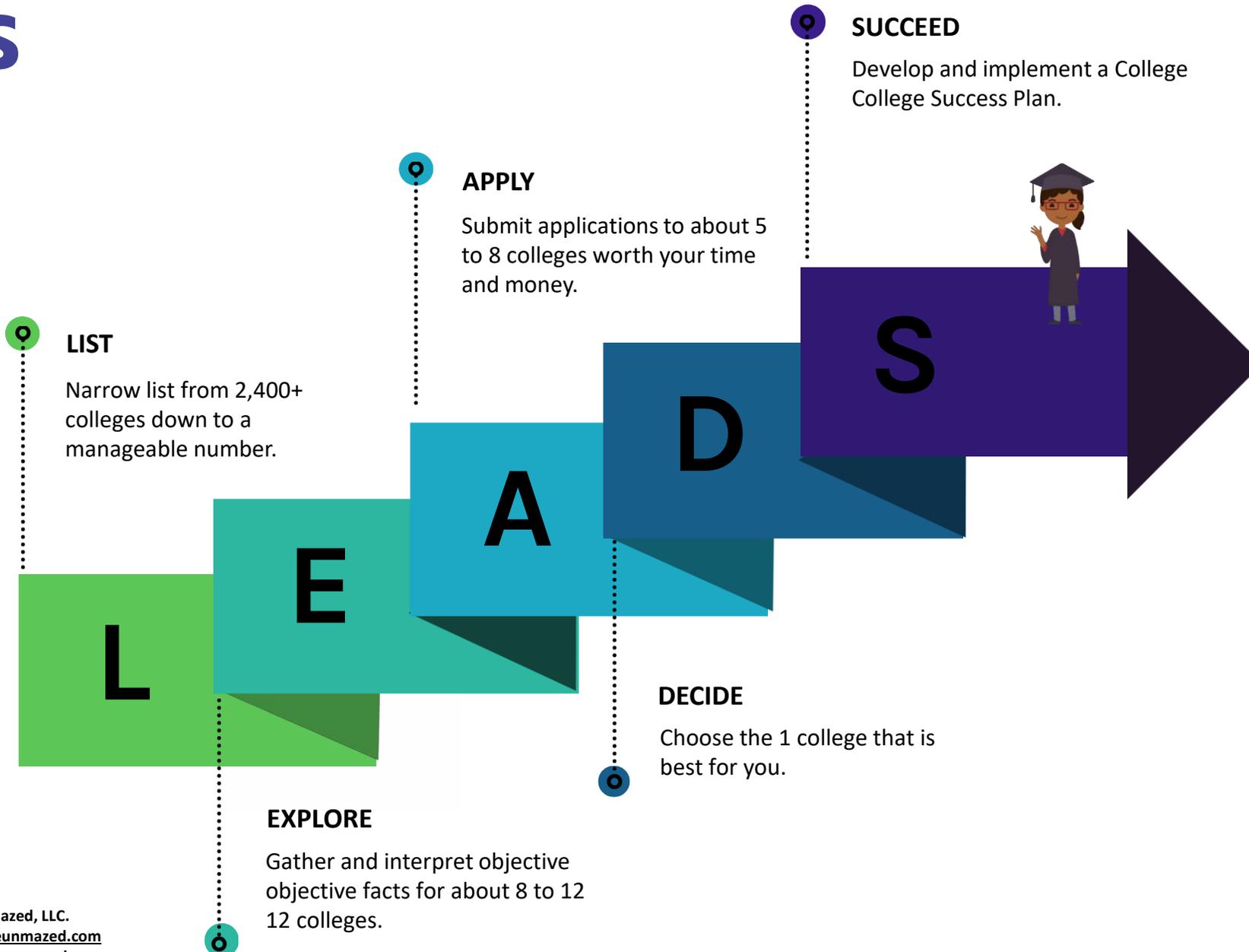
- Agriculture, Food, & Natural Resources
- Architecture & Construction
- Arts, Audio/Video Technology & Communications
- Business, Management & Administration
- Education & Training
- Finance
- Government & Public Administration
- Health Science
- Hospitality & Tourism
- Human Services
- Information Technology
- Law, Public Safety, Corrections & Security
- Manufacturing
- Marketing
- Science, Technology, Engineering & Math
- Transportation, Distribution & Logistics



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LEADS

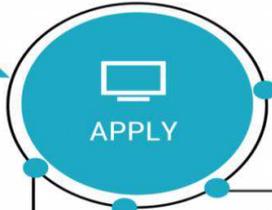


COLLEGE UnMazed®

Your Guide to Navigate the High School to College Maze

LEADS STRATEGY

5 steps to making an informed college decision



- Academic Match
- Career Match
- Financial Match
- Personal Match
- Student Outcomes
- Student Support

6 KEYS

- 2+2
- 4+1/3+2
- Colleges That Change Lives
- Historically Black Colleges & Universities
- Honors
- Internships
- Learning Communities
- Limited Access
- Study Abroad

COLLEGE PROGRAMS

- Eligibility
- Budget
- Financial Aid Office
- Financial Integration
- Academic Integration
- Social Integration
- Orientation/Welcome Activities
- Faculty & Staff
- Advisors
- Learning Resources

COLLEGE SUCCESS PLAN

- Relationships
- Extracurricular
- Comfort/Climate

- Direct Costs
- Indirect Costs
- Self-Help Aid
- Net Price

AWARD LETTERS

- Admit
- Alternative Admissions
- Defer
- Waitlist
- Deny

ADMISSION DECISIONS

INFORMED DECISION

- Create
- Evaluate
- Analyze
- Apply
- Understand
- Remember

- ADMISSION TYPES
- Open Access
- Competitive
- Selective
- Highly Selective

VISITS

- Formal
- Informal
- Fly-ins
- High School Visits
- College Fairs
- Virtual Fairs

ACADEMIC & NON-ACADEMIC FACTORS

- Rigor
- Class Rank
- GPA
- ACT/SAT
- Essay
- Recommendations
- Talent/Ability
- Interview
- Character/Personal
- Extracurriculars
- Volunteer Work
- Work Experience
- Level of Applicant Interest
- First-generation
- Alumni Relation
- Geographical Residence
- State Residency
- Religious Affiliation
- Racial/Ethnic Status

DOCUMENTS

- Résumé
- Essay
- Letters of Recommendation
- ACT/SAT
- Transcript
- FAFSA/CSS Profile

APPLICATIONS

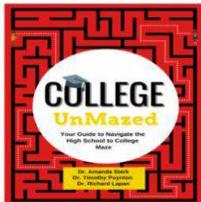
- Common App
- Coalition App
- Institutional

ALTERNATIVE ADMISSIONS

- Support Programs
- Online
- Alternative Programs
- Alternative Term

DEADLINES

- Early Decision
- Early Action
- Priority Deadline
- Regular Decision
- Rolling Admissions

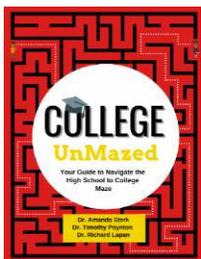
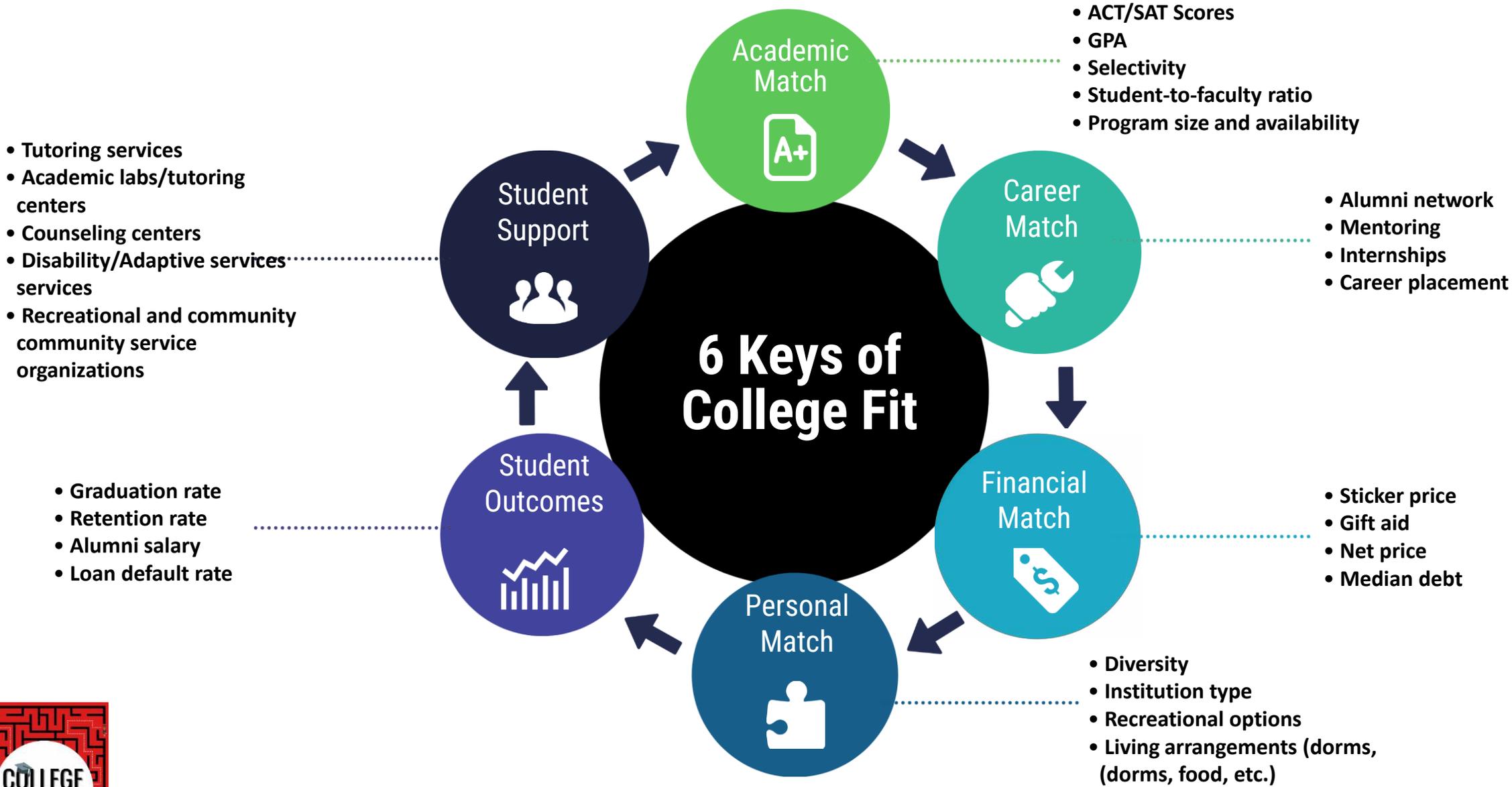


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What is FIT?





Identifying College Fit Priorities



Not all of the Six Keys of College Fit are equally important to every student/family

More formally discussing and assessing what is more and less important is not only helpful, but necessary IMHO:

- For students who are overwhelmed, this gives them focus
- For students who are not fully engaged, this gives them ideas

Identifying College Fit Priorities

- Can be used in any way that makes the most sense for each individual student and your understanding of their needs
 - If ‘everything’ seems important, you might use a more structured approach to ‘force’ distinctions between things that are more and less important



- If you don't have clear ideas about what is important in a college, you might use a less structured approach

Online Card Sort

- <https://www.collegeunmazed.com/mycfponline>
 - Uses H5P, a platform for making engaging content, primarily for education
 - Best done on tablet or larger-sized screen
 - Works fine, just hard to read...

College UnMazed - My College Fit Priorities Card Sort Activity

INSTRUCTIONS: Place each of the 24 Priority cards into one of the columns (Very Important, Somewhat Important, or Not Important). Hovering over a card displays additional information about the priority. You can only rate 5 cards as 'Very Important', but feel free to move them around as much as you like. When you are done, be sure to take a screenshot to save your results. For best experience, complete this activity on a computer-sized screen and place into full-screen mode by clicking on the blue arrows in the upper right.

At the **ideal** college, it is important that...

...there is a specialized mission (e.g., HBCU, religious-affiliated college, single-sex, etc)
Specialized Mission

Very Important (Maximum of 5)

Somewhat Important

Not Important

Want 'real', physical cards? Visit collegeunmazed.com/mycfp



Primary objective of List phase is to identify options that generally fit you without getting overwhelmed and missing any good options. Should ideally have about 10-15 colleges. California has 233 four-year college, Texas 129, Massachusetts 91. Wyoming has 3 four-year colleges.

Personal Match

- Location
- Distance from home
- Size of campus (small, medium, large)
- Sports teams
- Religious affiliation
- Special mission (HBCU, tribal, single sex)

Career Match

- Majors & programs offered

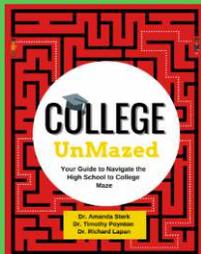
Academic Match

- Online/distance learning options
- Availability of weekend classes
- Credit for life experience
- Available degrees (certificates, Associate, Bachelor's)
- Type of college, 2- or 4-year
- Public or private

Developing a List

1. Career pathways
2. Housing available on or near campus
3. Distance from home
4. School size
5. Varsity athletic teams
6. Institution type
7. Level of award

What is not considered at this stage?
Cost, Chance of Admission



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Name of School
Type name of school here

States (use map for more than 1 state)
No Preference
Alabama
Alaska
Use Map

ZIP Code Miles from

Programs/Majors
0 Items Selected
Browse for Programs

Level of Award
 Certificate Associate's
 Bachelor's Advanced

Institution Type
 Public 4-year
 Private non-profit 2-year
 Private for-profit < 2-year

MORE SEARCH OPTIONS

Tuition & Fees
Maximum State you live in

Undergraduate Student Enrollment
Minimum to Maximum

Housing? Yes

Campus Setting
 Rural Suburban
 Town City

% of Applicants Admitted
Minimum to Maximum

Test Scores – 25th Percentile
SAT Reading/Writing: Min Max
SAT Math: Min Max
ACT Composite: Min Max

Varsity Athletic Teams
 Men Women
No Preference

Extended Learning Opportunities
 Distance learning only
 Weekend/evening
 Credit for life experience

Religious Affiliation
No Preference

Specialized Mission
No Preference

Show Results

Guide Me | Clear Search

Find the right college for you

Guide Me

- » Refine your search with *More Search Options* to select additional search criteria.
- » Build a list of schools using *My Favorites* for side-by-side comparisons.
- » Pinpoint school locations with an *interactive map*.
- » Export search results into a *spreadsheet*.
- » Save your session including search options and favorites.
- » [Add College Navigator](#) to your browser search bar.

College Affordability and Transparency Center

Browse lists of institutions with the highest and lowest tuition & fees and net price. [GO](#)

ADDITIONAL RESOURCES

Preparing for your Education

Find out what you need to do to prepare for education beyond high school. [GO](#)

Financial Aid

Apply for Federal Student Aid on FAFSA. [GO](#)

Postsecondary Education Outcome Measures: ED, DOD, and VA

ED, DOD, and VA have identified a set of potential education outcome measures for Veterans and service members. [GO](#)

Careers

Deciding on a career? Consult the *b/s.gov* Occupational Outlook Handbook. [GO](#)



All 6 Keys considered in Explore; primary objective is to get to about 8-12 colleges you Explore more deeply through visits and further investigation with Six Keys.

Here is where you begin to consider cost and chance of admission.

Academic Match

- ACT/SAT Scores
- GPA
- Selectivity
- Student-to-faculty ratio
- Program size and availability

Career Match

- Alumni network
- Mentoring
- Internships
- Career placement

Personal Match

- Diversity
- Institution type
- Recreational options
- Living arrangements (dorms, food, etc.)

Financial Match

- Sticker price
- Gift aid
- Net price
- Median debt

Student Support

- Tutoring services
- Academic labs/tutoring centers
- Counseling centers
- Disability/Adaptive services
- Recreational and community service organizations

Student Outcomes

- Graduation rate
- Retention rate
- Alumni salary
- Loan default rate

We can better estimate chances of admission if we know how a particular college views the importance of the academic and non-academic factors they consider when making admission decisions

Figure 6.2



**MALLEABLE
NON-ACADEMIC FACTORS**

- Talent/ ability
- Interview
- Character/ personal qualities
- Extracurricular activities
- Volunteer work
- Work experience
- Level of applicant interest

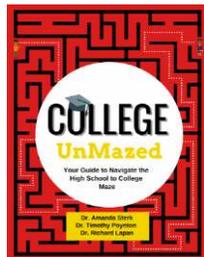
**LESS MALLEABLE NON-
ACADEMIC FACTORS**

- First generation
- Alumni relation
- Geographical residence
- State residency
- Religious affiliation/ commitment
- Racial/ ethnic status



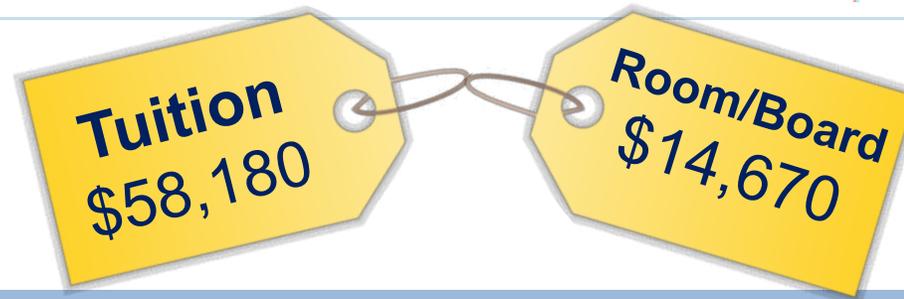
C7 Relative importance of each of the following academic and nonacademic factors in first-time, first-year, degree-seeking (freshman) admission decisions.

C7		Very Important	Important	Considered	Not Considered
C7	Academic				
C7	Rigor of secondary school record	X			
C7	Class rank		X		
C7	Academic GPA	X			
C7	Standardized test scores	X			
C7	Application Essay				X
C7	Recommendation(s)				X
C7	Nonacademic				
C7	Interview				X
C7	Extracurricular activities			X	
C7	Talent/ability			X	
C7	Character/personal qualities				X
C7	First generation				X
C7	Alumni/ae relation				X
C7	Geographical residence				X
C7	State residency				X
C7	Religious affiliation/commitment				X
C7	Racial/ethnic status				X
C7	Volunteer work			X	
C7	Work experience				X
C7	Level of applicant's interest		X		



TYPE OF AID	NUMBER RECEIVING AID	PERCENT RECEIVING AID	TOTAL AMOUNT OF AID RECEIVED	AVERAGE AMOUNT OF AID RECEIVED
Any student financial aid ¹	457	100%	—	—
Grant or scholarship aid	457	100%	\$18,808,097	\$41,156
Federal grants	103	23%	\$600,988	\$5,835
Pell grants	103	23%	\$477,157	\$4,633
Other federal grants	91	20%	\$123,831	\$1,361
State/local government grant or scholarships	63	14%	\$148,550	\$2,358
Institutional grants or scholarships	457	100%	\$18,058,559	\$39,515
Student loan aid	272	60%	\$2,325,668	\$8,550
Federal student loans	264	58%	\$1,340,674	\$5,078
Other student loans	64	14%	\$984,994	\$15,391

70% AVERAGE tuition discount!



You will find this in Financial Aid section of College Navigator

⊖ NET PRICE

AVERAGE NET PRICE FOR FULL-TIME BEGINNING STUDENTS

Full-time beginning undergraduate students who paid the in-state or in-district tuition rate and were awarded grant or scholarship aid from federal, state or local governments, or the institution.

	2021-2022	2022-2023	2023-2024
Average net price	\$22,291	\$22,954	\$22,948

Full-time beginning undergraduate students who paid the in-state or in-district tuition rate and were awarded Title IV aid by income.

AVERAGE NET PRICE BY INCOME	2021-2022	2022-2023	2023-2024
\$0 – \$30,000	\$10,858	\$11,103	\$10,164
\$30,001 – \$48,000	\$11,824	\$13,259	\$10,456
\$48,001 – \$75,000	\$15,768	\$16,738	\$12,932
\$75,001 – \$110,000	\$22,651	\$24,016	\$18,964
\$110,001 and more	\$29,809	\$31,297	\$30,793

Net Price for low-income student at UMA = \$10,164, high income = \$30,793

You will find this in Net Price section of College Navigator

College Data Organizer

Free Download

Updated IPEDS Data

www.collegeunmazed.com/downloads

Characteristic	SUNY at Albany	SUNY Empire State College	Rensselaer Polytechnic Institute	SUNY Cortland	Syracuse University
Student-to-faculty ratio (Explore)	19	18	17	16	15
% admitted (Explore)	57%		57%	52%	69%
% admit who enroll (Explore)	18%		15%	20%	16%
SAT Reading 25th Percentile (Explore)	550		620	550	
SAT Reading 75th Percentile (Explore)	620		720	610	
SAT Math 25th Percentile (Explore)	540		680	550	
SAT Math 75th Percentile (Explore)	630		780	610	
ACT Composite 25th Percentile (Explore)	22		29	22	
ACT Composite 75th Percentile (Explore)	28		34	26	

Academic Match

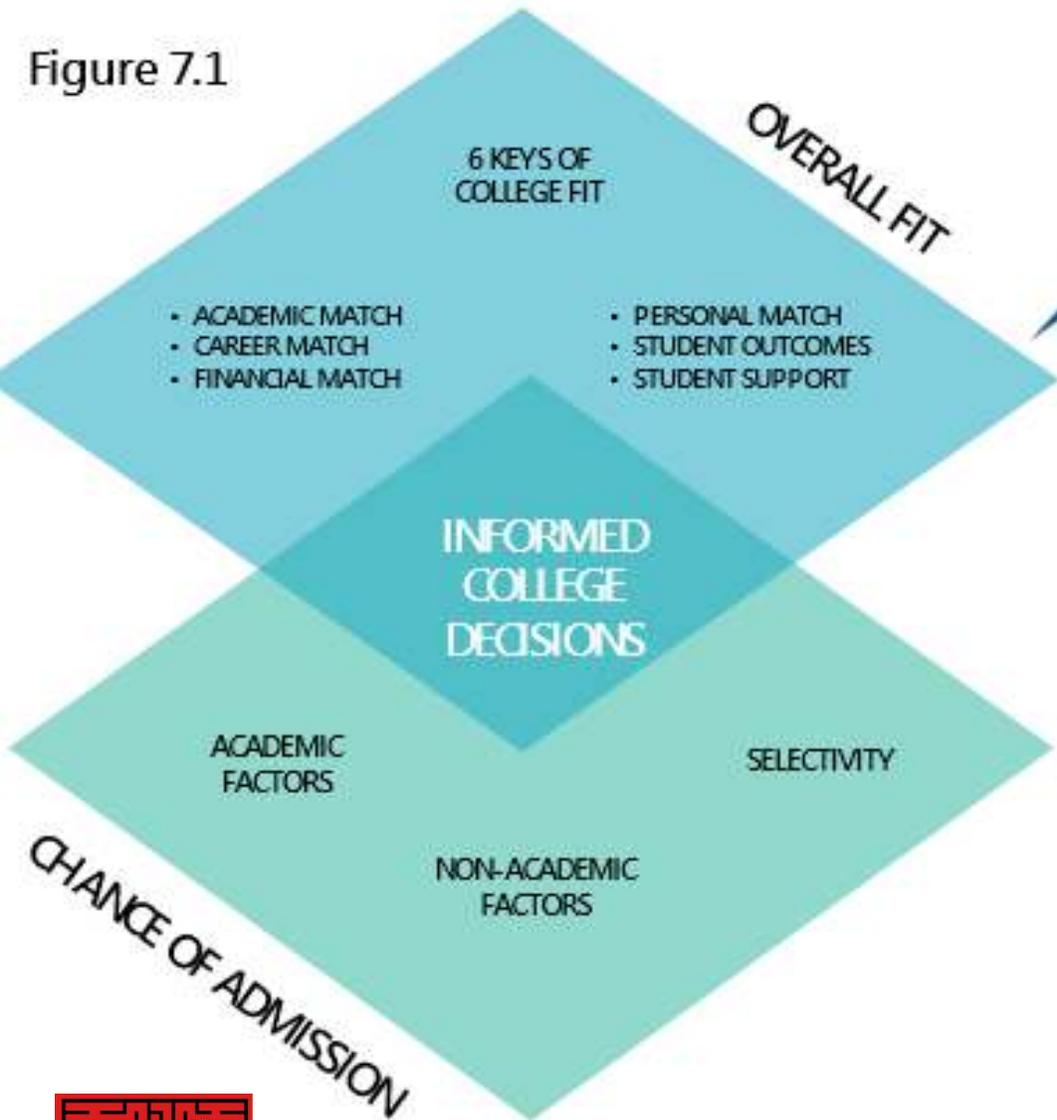
Student Outcomes	SUNY at Albany	SUNY Empire State College	Rensselaer Polytechnic Institute	SUNY Cortland	Syracuse University
Retention rate (Explore)		83%	65%	91%	85%
4 year graduation rate (Explore)		54%	18%	61%	53%
6 year graduation rate (Explore)		64%	25%	86%	71%
Cohort default rate (Explore)		4%	4%	1%	4%

Tuition and fees, in state (Explore)	\$10,160	\$7,630	\$57,012	\$8,677	\$55,926
Tuition and fees, out of state (Explore)	\$27,750	\$17,540	\$57,012	\$18,587	\$55,926
Living arrangement - Room and board, On Campus (Explore)	\$14,620		\$15,954	\$13,100	\$16,356
Living arrangement - Room and board, Off Campus (not with Family) (Explore)	\$9,994	\$11,600		\$13,100	\$16,356
Living arrangement - Other (On Campus) (Explore)	\$1,720		\$1,608	\$2,860	\$1,806
Living arrangement - Other (Off Campus, with family) (Explore)	\$2,050	\$1,226		\$3,260	\$1,806
Living arrangement - Other (Off Campus, not with family) (Explore)	\$2,050	\$2,226		\$2,860	\$1,806
Avg. overall Net Price, from IPEDS (Explore)	\$17,486	\$12,059	\$40,661	\$17,743	\$47,177
Avg. Net Price (income \$0-\$30,000)			\$22,878		\$17,250
Avg. Net Price (income \$30,001-\$48,000)			\$20,738		\$19,737
Avg. Net Price (income \$48,001-\$75,000)			\$29,788		\$23,533
Avg. Net Price (income \$75,001-\$110,000)			\$31,589		\$28,653
Avg. Net Price (income over \$110,000)			\$43,003		\$47,284
% of students receiving institutional aid (Explore)	70%	56%	83%	58%	85%
Avg. amount of institutional aid (Explore)	\$3,860	\$649	\$31,461	\$2,185	\$24,390

Financial Match



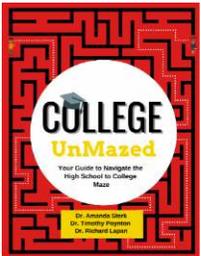
Figure 7.1



~~SAFETY, TARGET REACH~~

Figure 7.5

My Overall Fit by Chance of Admission		Chance of Admission		
		High	Moderate	Low
Overall Fit	Low			
	Moderate			
	High			





Primary objective of Decide phase is to choose which college to attend. You again attend to Six Keys but now more strongly weight Desirability, the emotion-based side of informed college decision making.

1

This college has a **little** of what I want and need to be satisfied and successful

17 or lower = Low Fit

2

This college has **some** of what I want and need to be satisfied and successful

18–23= Moderate Fit

3

This college has **much** of what I want and need to be satisfied and successful

4

This college has **most** of what I want and need to be satisfied and successful

24–30 = High Fit

5

This college has **everything** I want and need to be satisfied and successful

College	Student Outcomes	Academic Match	Personal Match	Career Match	Financial Match	Student Support Services	Total Key Score	Overall Fit

Revisit 6 Keys with additional information such as Award Letters

Figure 8.1

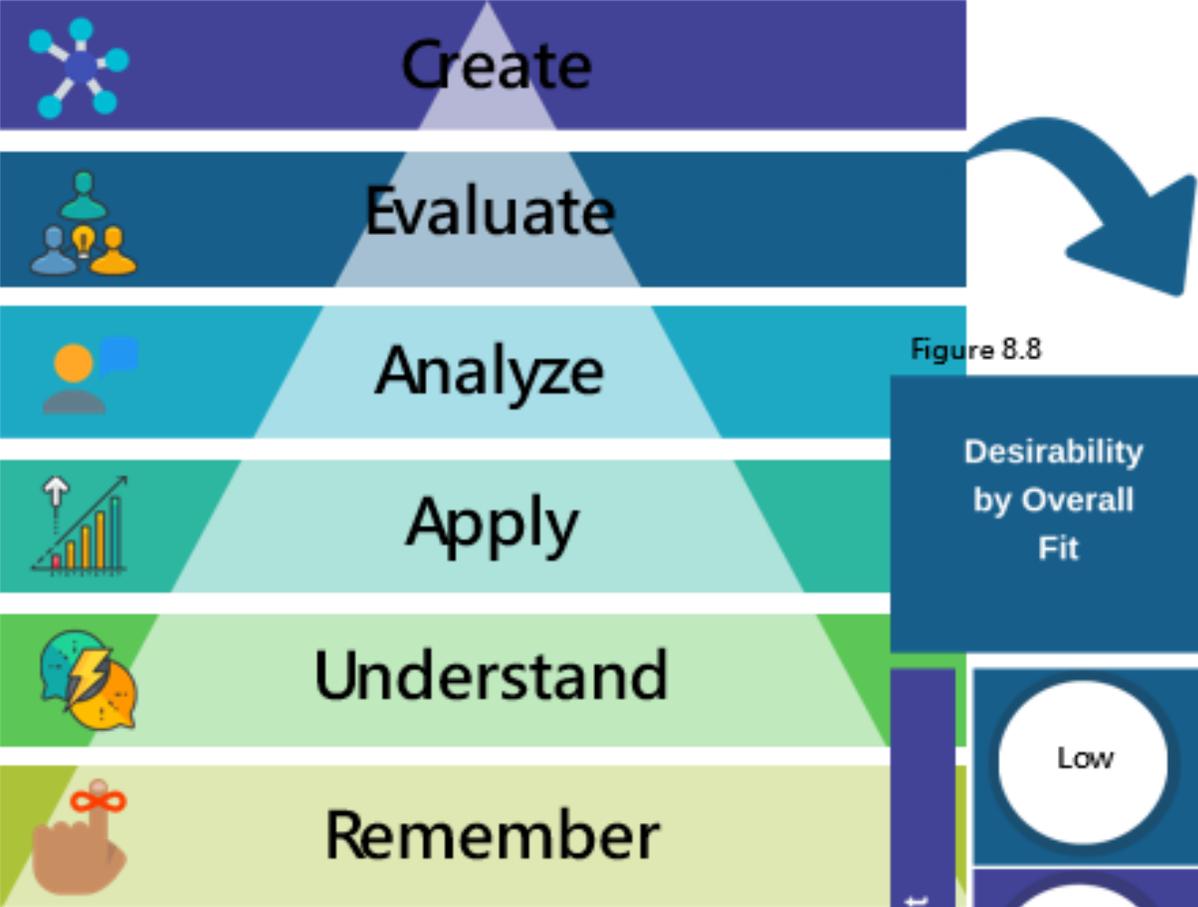
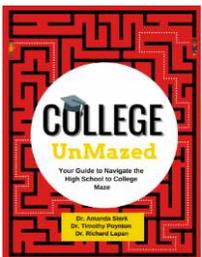
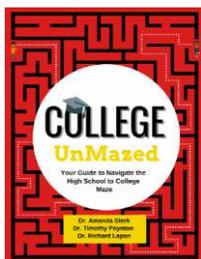
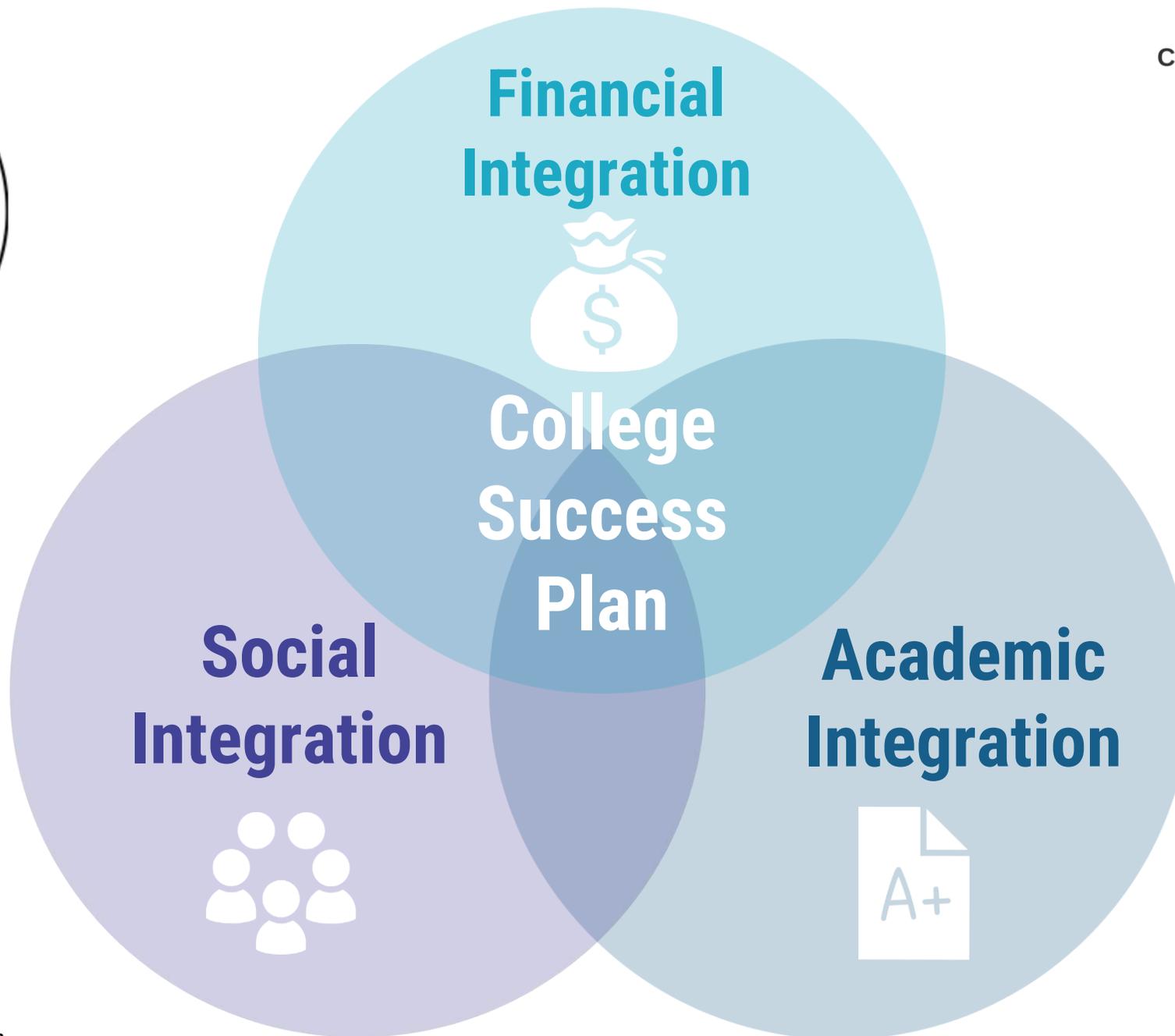
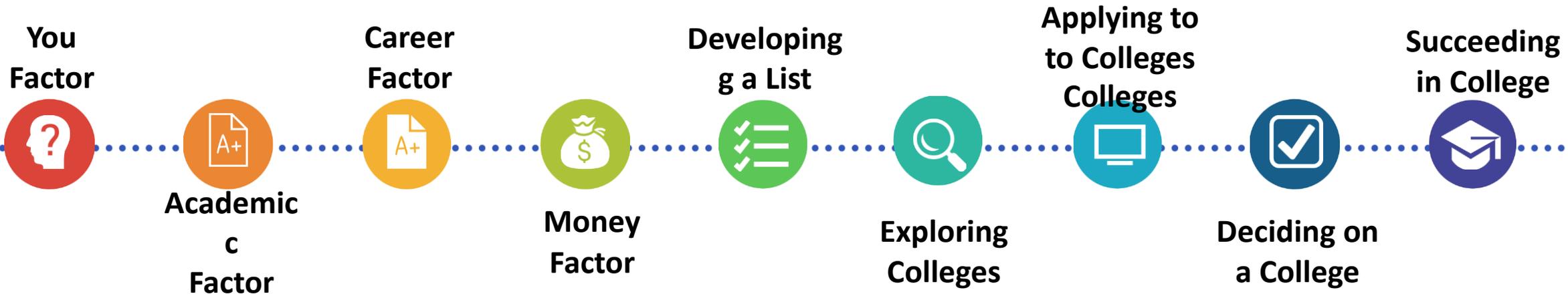


Figure 8.8

		Desirability		
		Low	Moderate	High
Overall Fit	Desirability by Overall Fit	Low	Moderate	High
	Low			
	Moderate			
High				







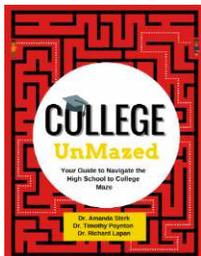
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