

Oyster Bay High School

# College Guide

# 2022-2023

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Everything you need to know about the  
college admissions process



OBHS Counseling Center



[www.obenschools.org](http://www.obenschools.org)

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Oyster Bay, NY

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Ms. Sharon Lasher  
Principal

Mr. Robert Locastro  
Assistant Principal

Mr. John Pardue  
Assistant Principal

# Oyster Bay High School

## Counseling Office

516-624-6526

### School Counselors

Melissa Argaman, Director of Guidance  
[margaman@obenschools.org](mailto:margaman@obenschools.org)

Deanna Cali, School Counselor, 7 -12  
[dcali@obenschools.org](mailto:dcali@obenschools.org)

Rebecca Lieberman, School Counselor, 7-12  
[rlieberman@obenschools.org](mailto:rlieberman@obenschools.org)

Kayla Pollenz, School Counselor, 7-12  
[kpollenz@obenschools.org](mailto:kpollenz@obenschools.org)

Danielle Urtheil, School Counselor 7-12  
[durtheil@obenschools.org](mailto:durtheil@obenschools.org)

Lisa Lowe, School Counselor, 3-6  
[llowe@obenschools.org](mailto:llowe@obenschools.org)

### Office Support Staff

Stacie Ganios  
[aganios@obenschools.org](mailto:aganios@obenschools.org)

Cathy Petrone  
[cpetrone@obenschools.org](mailto:cpetrone@obenschools.org)

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*This planning guide has been prepared to help you navigate through everything from PSAT to NCAA and every acronym in between! You have a lot of resources at your disposal, so remember to use them. Your school counselor is an expert on these topics and can walk you through the college research and application process. Be sure to contact your counselor to discuss your college plans.*

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# Terms to Know

**ACT:** Like the SAT, the ACT is a nationally administered, standardized paper-and-pencil test that helps colleges evaluate candidates. Most colleges now accept your ACT or SAT scores interchangeably. This means that you have the opportunity to decide on which test you'll perform better. In many cases, students prepare for and take both exams

**Common Application:** Also known as the Common App, this application allows students to apply to any of nearly 700 partnering colleges & universities by using just one application. Find it at [www.commonapp.org](http://www.commonapp.org)

**CSS Profile:** This financial aid supplemental application is only used by some schools & is used for non-federal financial aid. Students should only fill it out if required by the school they are applying to. It costs \$25 for 1 college & \$16 per additional college.

**Demonstrated Interest:** Showing the college that you are interested in attending their school by opening emails, visiting campus, connecting with college reps, etc.

**E.A. (Early Action):** A non-binding application that allows students to apply at an early date, resulting in an early admission decision.

**E.D. (Early Decision):** A "BINDING" application that allows students to apply early to ONE college or university with a guarantee that the student will attend if accepted. This is not recommended in most cases!

**FAFSA (Free Application for Federal Student Aid):** Students must fill out this document if they would like to receive student financial aid in the form of loans, grants & some scholarships. It can be filed as early as October 1 of senior year. Find it at [www.fafsa.gov](http://www.fafsa.gov)

**On-Site Admissions** Colleges come to OBHS to meet with students and admit them to their school that very day.

**SAT :** The Scholastic Achievement Test is a nationally administered test that helps colleges evaluate candidates. All colleges accept this test or the ACT as part of the admissions decision process.

# College Planning Timeline

## 9th Grade

- ❑ **Create a four-year high school plan.** Think about what interests you and what classes you would like to take. Try to challenge yourself.
- ❑ **Meet with your School Counselor.** Your counselor knows how to help you get the most out of high school. Discuss your goals and post-high school plans with them.
- ❑ **Get involved!** What you do outside the classroom is important. Explore the various sports, clubs and volunteer opportunities available to you. Colleges want to see that you have a sustained commitment to the activities that are important to you.
- ❑ **Work hard.** Every grade you earn will be on your transcript, so work hard and do your best.
- ❑ **Start a resume.** Keep track of all of your accomplishments and involvement throughout high school. Use the Naviance Resume Builder to help you.
- ❑ **Take assessments on Naviance.** Your counselor will be helping you to use Naviance to explore your interests, strengths & weaknesses, and colleges of interest.
- ❑ **Attend College Information Night.** Every January, the Counseling Center presents new and updated information regarding college admissions. Attend each year to help you and your family stay on track in your planning.
- ❑ **Explore summer opportunities.** Look for a job, internship or volunteer position that will help you learn more about a field of interest.
- ❑ **Create a testing plan.** Start to think about the SAT & ACT. Talk to your counselor about your plans so they can advise you on when you should start to prepare and take standardized tests.
- ❑ **Research scholarships.** While the biggest scholarships usually come from the colleges themselves, some smaller private scholarships are available to all high school students.
- ❑ **Tour College Campuses.** Visit colleges to get an idea of what type of campus you are interested in.

# College Planning Timeline

## 10th Grade

### Fall

- ❑ **Meet with your School Counselor.** Your counselor knows how to help you get the most out of high school. Discuss your goals and post-high school plans with them.
- ❑ **Get involved!** What you do outside the classroom is important. Explore the various sports, clubs and volunteer opportunities available to you. Colleges want to see that you have a sustained commitment to the activities that are important to you.
- ❑ **Work hard.** Every grade you earn will be on your transcript, so work hard and do your best.
- ❑ **Start a resume.** Keep track of all of your accomplishments and involvement throughout high school. Use the Naviance Resume Builder to help you.
- ❑ **Take the PSAT & Practice ACT.** In October of sophomore year, you will take the PSAT exam. It will provide you with valuable feedback on your college readiness and help you prepare for the SAT.

### Winter

- ❑ **Take assessments on Naviance.** Your counselor will be helping you to use Naviance to explore your interests, strengths & weaknesses, and colleges of interest.
- ❑ **Attend College Information Night.** Every January, the Counseling Center presents new and updated information regarding college admissions. Attend each year to help you and your family stay on track in your planning.
- ❑ **Explore summer opportunities.** Look for a job, internship or volunteer position that will help you learn more about a field of interest.

### Spring & Summer

- ❑ **Create a testing plan.** Start to think about the SAT & ACT. Talk to your counselor about your plans so they can advise you on when you should start to prepare and take standardized tests.
- ❑ **Research scholarships.** While the biggest scholarships usually come from the colleges themselves, some smaller private scholarships are available to all high school students.
- ❑ **Tour College Campuses.** Visit colleges to get an idea of what type of campus you are interested in.
- ❑ **Register for SAT or ACT Prep Course.** Summer is a great time to start preparing for standardized tests. There are tips & tricks to help you master standardized tests. The more you practice, the better your scores will be.
- ❑ **Register to take the SAT or ACT.** See the testing calendar on page 13 to see when the exams are offered. Ideally, you should complete your standardized tests by end of junior year.

# College Planning Timeline

## 11th Grade

### Fall

- Continue to work hard.** Your GPA will be finalized at the end of junior year!
- Update your resume.** Use the Naviance Resume Builder to help you.
- Take the PSAT/NMSQT.** In October of junior year, you will take the PSAT/NMSQT (National Merit Scholarship Qualifying Test.) If you score in the top percentile of the country, you could qualify for scholarships through National Merit.
- Register for an ACT or SAT Prep Course.** If you have not already taken a course, do it now! There are tips & tricks to help you master standardized tests. The more you practice, the better your scores will be.
- Register to take the SAT or ACT.** See the testing calendar on page 13 to see when the exams are offered. Ideally, you should complete your standardized tests by end of junior year. You must register yourself on their websites: [www.act.org](http://www.act.org) or [www.collegeboard.org](http://www.collegeboard.org)
- Attend College Fairs.** Meet the college admissions representatives and create relationships with the colleges you are interested in. Remember that these individuals are likely to be the one reading your applications next fall!
- Ask about Fee Waivers** Fee waivers are available for those who qualify for AP exams costs, SATs, ACTs & college applications, so ask your counselor if you qualify.
- Tour College Campuses.** Visit colleges that you are interested in by attending Open Houses and tours throughout the year. Be sure to meet the admissions counselors.

### Winter

- Attend College Information Night** Usually held in January
- Schedule a family meeting with your school counselor.** Starting in January, your counselor will schedule individual time to meet with you and your family to discuss the college admissions process.
- Create a college List.** Using Naviance, complete a search and save schools to your “Colleges I am Thinking About” list.
- Research scholarships.** Check out the Scholarship Bulletin which is posted on Naviance & the Counseling Center website.

### Spring

- Finalize your resume.** You will need your resume for college applications, scholarships and letters of recommendation.
- Brag Sheet and Letters of Recommendation.** Complete your Brag Sheet and give it to your counselor so they can write the best letter of recommendation for you. Make sure you ask 2 teachers if they would be willing to write a letter for you.
- Start to think about your college essay.** Plan out what topic you want to write about. Get a rough draft started
- Create a Common Application account.** Create your account & be sure to write down your password and username. After August 1, you can start to complete your applications.



# College Planning Timeline

## 12th Grade

### *August - January*

- ❑ **Be aware of deadlines!** Deadlines are important & Early Action or Early Decision can come up quickly (usually around 11/1)
- ❑ **Finalize your College List** Be sure to include “reach”, “good fit,” and “likely” schools!
- ❑ **Register for a final SAT or ACT.** If you have not taken standardized tests yet or you still want to improve your scores, register to take these exams again.
- ❑ **Work on Common Application & other applications**
- ❑ **Meet with your School Counselor** Review senior courses, final college list & application procedures to make sure you are on track.
- ❑ **Keep up your grades!** Mid-year reports will be sent at the end of January so colleges will see your grades senior year.
- ❑ **Attend College Fairs.** Meet the college admissions representatives and create relationships with the colleges you are interested in. Remember that these individuals are likely to be the one reading your applications!
- ❑ **Meet with College Reps** The Counseling Center will be hosting reps from various colleges throughout the fall so check out the website or Naviance for more information.
- ❑ **Tour college campuses.** Visit colleges that you are interested in by attending Open Houses and tours. Be sure to meet the admissions counselors while you are there, since they will likely be reading your applications.
- ❑ **Ask about fee waivers** Fee waivers are available for those who qualify for AP exams costs, SATs, ACTs & college applications so ask your counselor if you qualify.
- ❑ **Complete the FAFSA** The Free Application for Federal Student Aid is available online after October 1 and should be completed before January 1 for most aid available. Go to [www.fafsa.gov](http://www.fafsa.gov) to complete the form.
- ❑ **Finalize your college essay** Most schools require an essay & it can be an important part of your application.
- ❑ **Check in with teachers about Recommendation Letters.** Letters need to be uploaded by your teachers into Naviance. Make sure they are aware of your deadlines!
- ❑ **Research scholarships.** Check out the Scholarship Bulletin which is posted on Naviance & the Counseling Center website.
- ❑ **Finalize & submit applications**
- ❑ **Send SAT &/or ACT scores to colleges** These must be sent directly to colleges from the testing agencies for a fee.
- ❑ **Fill out a Golden Ticket Form.** This form is used to let your counselor know that you have applied & that your records need to be sent to colleges. Submit it 2 weeks prior to deadlines!

# College Planning Timeline

## 12th Grade

### *February - June*

- ❑ **Track Application Results.** Let your counselor know the outcome of the schools you applied to so they can update Naviance and help you with your final decision.
- ❑ **Tour college campuses.** Visiting a campus is the best way to help you determine the school that is right for you.
- ❑ **Thank your teachers** for writing your letters of recommendation. A nice note is always appreciated.
- ❑ **Research scholarships.** Check out the Scholarship Bulletin which is posted on Naviance & the Counseling Center website.
- ❑ **Follow up if “Waitlisted”** Let the admissions office know what you have been accomplishing senior year and make sure they know how strongly you want to attend their school.
- ❑ **Commit to a school!** May 1 is National Decision Day which means that is when you have to commit to a school, if you have not already done so.
- ❑ **Have Final Transcripts sent to your college** Let your counselor know where you are attending next year so that they can send your transcript after graduation. This will be required before you can enroll in courses at your college.
- ❑ **Enjoy your senior year!**

## How Many Schools Should I Apply to?

Typically, we recommend students apply to approximately 8-10 schools with 2-3 schools from each of the following categories:

- **2-3 Likely Schools:** A “Likely” school is a school where the student’s chance of admittance, based on GPA and standardized testing scores, is high. This means that a “Likely” school typically admits students with a profile comparable to yours.
- **2-3 Target Schools:** A “Target” school is a school where the student’s chance of admittance, based on GPA and standardized testing scores, is 50%. This means that a “Target” school sometimes admits and sometimes denies students with a profile comparable to yours.
- **2-3 Reach Schools:** A “Reach” school is a school where a student’s chance of admittance, based usually on GPA and standardized testing scores alone, is low. Typically a “Reach” school denies students with a profile comparable to yours.

## Starting Your College Search

There are a lot of great resources available to help you begin your college search. Check out these resources and speak to your counselor for more information.

- [Naviance](#) (Compare yourself to OBHS students who applied to schools you are interested in!)
- [CollegeBoard Big Future](#) (College search engine)
- [Peterson’s College Search](#) (College search engine)
- [The Princeton Review College Education Search](#) (College search engine)
- [Niche](#) (College reviews by students and alumni)
- [Unigo](#) (College reviews, videos, and photos from students)

# Factors to Consider When Choosing a College

## Academics

- What is the average freshman class size?
- Does the school offer your major?
- What are the most popular/strongest majors?
- Does the college have any core curriculum requirements?
- Are there any unique programs (honors, study abroad, etc.)?
- What additional services are provided by the school? (Tutoring, career counseling, etc.)
- Is there a program for students with disabilities?

## Admissions Policies

- What is the average GPA, SAT/ACT score of admitted students?
- Is there a test-optional option?
- Do they offer Early Admissions?
- Are there special requirements for certain majors?
- What is the criteria for accepting college credits from HS courses?
- Do they accept AP credits?
- Are certain programs more difficult to get into than others?

## About the College

- Where is the college located?
- What is the surrounding community like?
- How many students are enrolled?

## Campus Life

- Do students tend to stay on campus on weekends or go home?
- Are there fraternities or sororities on campus?
- What types of activities are available?
- What athletic programs are offered?
- What are the housing options?

## College Costs

- What is the cost of tuition? Room and board? Other fees?
- Is there a different price for in-state vs. out-of-state students?
- What scholarships are available?

## Financial Aid

- What percentage of students receive need based financial aid?
- What are the financial aid deadlines?
- Are there merit scholarships offered?
- Are campus jobs available?
- What forms does the school require? FAFSA, CSS profile, etc



## What Do Colleges Look For?

- **Rigor of Courses** Colleges want to see students taking courses that challenge them while allowing them to succeed.
- **G.P.A.** It is important to do your best in your classes, but remember that slightly lower grades in rigorous courses is still preferred over all A's in less challenging courses.
- **SAT/ACT Scores** You should prepare before taking standardized tests so you can showcase your ability
- **Letters of Recommendation** Choose a teacher who can speak to your work ethic, values and strengths
- **Resume of Involvement** Quality is always more important than quantity so focus on what you are passionate about over all else. Remember to include jobs, internships, volunteer work and/or summer experiences
- **College Essay** A well-written essay that provides insight into the student's unique personality can make a big difference. Start early and make sure to have others look it over (parents, teachers, counselor, etc.)

## Common App Essay Prompts

This is the full set of Common App essay prompts for 2022-2023.

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

# Standardized Tests

Every student should take the PSAT exam and a practice ACT exam to see which they perform better on. The PSAT will be administered to all students at Oyster Bay High School in 10th & 11th grades. Students can take a free practice ACT online at [www.act.org](http://www.act.org). Students should meet with their counselor at the end of 10th grade to create a personalized testing schedule that best fits their personal goals for college admissions.

Students must register for standardized exams on each test's websites as listed below. Remember to register EARLY for these tests to increase your chances of getting the testing site you want. When registering, students will upload a digital photo for identification purposes. On the day of the exam, students must bring a valid form of ID, as well as a copy of their admission ticket. Students should also bring an approved calculator, two number 2 pencils, and a pen.

## SAT CALENDAR 2022-2023

Register at [www.collegeboard.org](http://www.collegeboard.org)

The Oyster Bay HS Code is 334-385

◆ Denotes that the test will be offered at Oyster Bay High School.

## ACT CALENDAR 2022-2023

Register at [www.act.org](http://www.act.org)

The Oyster Bay HS Code is 334-385

◆ Denotes that the test will be offered at Oyster Bay High School.

TEST DATE	REGISTRATION DEADLINE
August 28, 2022	July 30, 2022
◆ October 1, 2022 ◆	September 2, 2022
◆ November 5, 2022 ◆	October 7, 2022
◆ December 3, 2022 ◆	November 3, 2022
◆ March 1, 2023 ◆	February 10, 2023
◆ May 6, 2023 ◆	April 7, 2023
◆ June 3, 2023 ◆	May 4, 2023

TEST DATE	REGISTRATION DEADLINE
◆ September 10, 2022 ◆	August 5, 2022
◆ October 22, 2022 ◆	September 16, 2022
◆ December 10, 2022 ◆	November 4, 2022
◆ February 11, 2023 ◆	January 6, 2023
◆ April 15, 2023 ◆	March 5, 2023
June 10, 2023	May 5, 2023
July 15, 2023	June 16, 2023

# What is Superscoring?

A student's superscore is the total of their highest scores on each section of the ACT or SAT exam. Many colleges will calculate a student's superscore to give them the best possible score for admissions. This is why students should take standardized tests at least 2-3 times.

## *EXAMPLE OF SAT SUPERSCORING*

	<b>March 2021</b>	<b>May 2021</b>	<b>October 2021</b>	<b>Superscore</b>
<b>Reading &amp; Writing</b>	600	630	610	630
<b>Math</b>	640	620	670	670
<b>Total</b>	1240	1230	1270	1300

## *EXAMPLE OF ACT SUPERSCORING*

	<b>February 2021</b>	<b>June 2021</b>	<b>September 2021</b>	<b>Superscore</b>
<b>English</b>	28	30	29	30
<b>Math</b>	32	30	33	33
<b>Reading</b>	33	32	28	33
<b>Science</b>	27	30	28	30
<b>Composite</b>	30	30	29	32

# THE SAT

# VS

# THE ACT

- Fewer Geometry Questions
- More Time per Question
- No-calculator Math Section

## KEY Differences

- Lots of Geometry
- Faster Paced
- Tough Science Section



Overall Time

## TIMING & SCORING

Overall Time



Reading	65m	200 - 800 points
Writing	35m	
Math (No Calculator)	25m	200 - 800 points
Math (Calculator)	55m	

1-36	35m	Reading
1-36	45m	English
1-36	60m	Math
1-36	35m	Science

Total Points | 400 - 1600

1 - 36 | Total Points

Time per Question



Reading



Writing



Math



Reading



English



Math



Science



# Test Preparation

There are many ways students can prepare for their SAT and/or ACT. Some methods include a prep course, private tutoring, review books, or taking exams from previous years. Some free online practice methods for both exams can be found on the OBEN Counseling Center webpage.



Method Test Prep is an online SAT and ACT test preparation program. Students are presented with a simple checklist that is composed of 15 minute tasks. Students can watch video explanations of how to solve commonly asked SAT and ACT questions. Students can also listen to a professional tutor explain the concepts and questions that they are struggling with, without reading through pages of intimidating text. Students get immediate feedback on every question. Each student's performance is tracked and strengths and weaknesses are clearly indicated. In this way, students know what they need to work on in order to improve their scores. Method Test Prep also offers students the opportunity to take test prep classes at Oyster Bay High School.



Khan Academy offers free online test prep for the SAT. This includes:

- Practice tests and more: 7 official full-length practice tests, plus study and test-taking tips
- A tailored practice plan: We'll import your PSAT/NMSQT results and pinpoint your areas for practice
- Interactive practice: Thousands of practice questions, video lessons, and hints.
- Instant feedback: Get constant feedback and progress so you know where you stand.

# Why College Visits Are So Important

When it comes to deciding what school is right for you, there is no better way than a campus visit. Having the chance to see the actual campus in person does more than just allow you to see the buildings & campus layout. It also allows you to experience the atmosphere of the school and meet students and faculty.

Colleges offer tours and “Open Houses” where they invite prospective students to visit and learn about their school. Check the school’s website for more information on how to schedule your visit.

<b>College Visit Do’s and Don’ts</b>	
<b><i>DO</i></b>	<b><i>DON’T</i></b>
<ul style="list-style-type: none"><li>• Schedule a visit online or by calling admissions</li></ul>	<ul style="list-style-type: none"><li>• Show up for a tour unannounced</li></ul>
<ul style="list-style-type: none"><li>• Have a list of questions</li></ul>	<ul style="list-style-type: none"><li>• Prejudge a college before visiting</li></ul>
<ul style="list-style-type: none"><li>• Talk to students on campus</li></ul>	<ul style="list-style-type: none"><li>• Rush to leave the campus</li></ul>
<ul style="list-style-type: none"><li>• Check out the surrounding community</li></ul>	<ul style="list-style-type: none"><li>• Focus on a school’s name brand &amp; prestige over the fit &amp; feel for you</li></ul>



# College Visits to OBHS

Throughout the fall, college admissions representatives will be visiting OBHS to meet with students. Getting to know an admissions representative can be a great way to build a relationship and show “demonstrated interest.” Remember, these are usually the people reading your applications!

A list of college visits can be found on the Counseling Center website and Naviance. In addition, students will receive emails and morning announcements will be made.



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# College Fairs

Throughout the year, there are multiple college fairs being held across Long Island or virtually. These fairs are usually very large and crowded so it is important to be prepared before you attend. Follow these tips to help:

- Find out which colleges will be in attendance and map a route to visit.
- Know your GPA and test scores before you go since many will ask. This will also help you to narrow down your list of schools based on chances of acceptance.
- Get the name and contact information of representatives for schools you are extremely interested in. Send them a follow up email thanking them and asking any questions you may still have.

***Check the Counseling website for upcoming College Fairs!***

# QUESTIONS TO ASK College Reps

## PROGRAM

- Does this university offer [program of study/major]?
- Which program(s) are you known for? Which programs are most popular?
- Does this university offer any special or unique programs?
- How do freshmen choose their classes?
- What would students say the academic pressure and workload is like?
- What are the professors like and are they easy to meet with outside of class?

## LOCATION

- Is the campus in a Rural/Suburban/Urban area?
- How long does it take to reach the nearest downtown district?
- What can you tell me about the campus environment?
- Is there public transportation available for students? Is it free or at a cost?
- What is the climate like?

## ADMISSIONS

- What are the general admissions requirements for an [American High School Diploma/IB Diploma] student?
- Do you have Early Decision or Early Action deadlines?
- Is an SAT/ACT score required? If so, what is a typical score for admission?
- Do all programs have the same admission requirements?
- Do you offer college credit for IB/AP exams? If so, what score is needed?
- What is your acceptance rate?
- Do admission officers use a holistic admissions process or is admissions based mainly on test scores and GPA?

## **COST**

- What financial aid and/or scholarships are available?
- What is the average amount of a financial aid package awarded to [international/in-state/out-of-state] students at the university?
- When are the scholarship application deadlines?
- What are the other costs in addition to tuition? What is the total cost of attendance?

## **EXTRAS**

- What do students like most about attending your university?
- Is [name of club/sport/activity] available at your university?
- Are there internship or co-op opportunities for all students?
- What percent of students live in school housing? Is it required to live on-campus?
- Is there a fitness or recreation center?
- What kind of restaurants and activities are near campus?
- What are the most popular clubs/sports/activities at your school?

## **SERVICES / SUPPORT**

- Does your school have a disability and/or learning support services department?
- What types of tutoring support are available? Do they cost money?
- Is there a career center and/or job placement help for students?
- Will I have an academic advisor? What type of support do they offer?
- Is there a counseling center? Does it cost money?

## **OTHER QUESTIONS:**

# Application Types



## Common Application

[www.commonapp.org](http://www.commonapp.org)

An online application system that is accepted by hundreds of colleges across the country. Allows students to fill out one application which is then submitted to numerous colleges.

## SUNY Application

[www.suny.edu](http://www.suny.edu)

An online application system specifically for State University of New York Schools. Most campuses are on the Common Application so students may not need to use this application.



## CUNY Application

[www.cuny.edu/apply](http://www.cuny.edu/apply)

An online application system specifically for City University of New York Schools which are in NY City.

## Coalition for College Access Application

[www.coalitionforcollegeaccess.org](http://www.coalitionforcollegeaccess.org)

An online application system that allows students to apply to member/participating schools.

# OBHS Application Procedures

No college application is complete until the School Counselor sends the required documents to the college you have applied to. These documents include your transcript, letters of recommendation and certain forms. In order for your counselor to know that these documents need to be sent, you are required to complete a **“Golden Ticket.”** This form must be completed for each and every college you apply to and handed into the Counseling Center at least 2 weeks prior to any deadlines. Your counselor will then send out all required documents to the colleges you have filled out forms for.

**College Application Checklist**

**Student/Parents:** This form must be completed and handed in to the counseling center two (2) weeks before the application due date in order to be processed.

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**Type of Application: (Please Check One)** Application Deadline: \_\_\_\_\_  
 Common Application  On-Line College's Application  
 Early Decision/ Early Action  Regular Decision  Rolling  Priority or Fast App

Student Name: \_\_\_\_\_

Name of College: \_\_\_\_\_

Items	Yes	No	Not Required	Comments
Early Decision Agreement completed on-time				
Submitted College Application				
Sent Official Test Scores Directly from College Board or ACT				
Teachers Writing Your Letter of Recommendations:	1. _____ 2. _____			

**Student Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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**Office Use Only**

Items	Yes	No	Not Required	Comments
Official Transcript				
Teacher Recommendations				
Counselor's Recommendation				
Secondary School Report				
Sent Via E-Docs				

Date Material Sent Out: \_\_\_\_\_

# Teacher Recommendation Form

Typically, colleges ask for 2 letters of recommendation from teachers that can speak to your motivation, drive and work ethic. You should ask 2 teachers in spring of Junior year.



Oyster Bay High School  
Counseling Center

**TEACHER RECOMMENDATION INFORMATION PROFILE**  
(This form **MUST** be given to the selected teacher during the Spring of your Junior year)

Student's Name: \_\_\_\_\_ Date: \_\_\_\_\_

Name of Teacher: \_\_\_\_\_ Counselor: \_\_\_\_\_

**Directions for the Student.** Please answer all of the following questions in order for your teacher to write a more detailed letter of recommendation on your behalf. Give the teacher this form.

**Directions for the Teacher.** The attached information is for your use. You might find this helpful in writing a more focused recommendation for this student, specifically regarding his/her work in your class.

What course(s) did you have with this teacher?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

Give specific example(s) of what you did to contribute to this class:

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Discuss a class project or assignment of which you were especially proud. What did you learn from this project/assignment? What did you find interesting in this class and why? (Please use the back of this sheet if you need more space)

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# NCAA- College Athletics

## ONE OPPORTUNITY. LIMITLESS POSSIBILITIES.

If you want to compete in NCAA sports, you need to register with the NCAA Eligibility Center at [eligibilitycenter.org](https://eligibilitycenter.org). Plan to register before year nine of secondary school. Visit [on.ncaa.com/RegChecklist](https://on.ncaa.com/RegChecklist) to help guide you through the registration process.

### INTERNATIONAL ACADEMIC REQUIREMENTS

To study and compete at a Division I or II school, you must earn 16 NCAA-approved **core-course credits**, earn a corresponding test score\* that matches your **core-course grade-point average** (GPA), and submit your final transcript with proof of graduation to the Eligibility Center.

### ALREADY A STUDENT IN UNIVERSITY?

Visit [on.ncaa.com/Transfer](https://on.ncaa.com/Transfer) for transfer eligibility requirements.

## DIVISION I

Earn 16 NCAA-approved core-course credits in the following areas:

<b>ENGLISH/ NATIVE LANGUAGE</b>	<b>MATH</b> (Algebra I or higher)	<b>SCIENCE</b>	<b>ADDITIONAL</b> (English/native language, math or science)	<b>SOCIAL SCIENCE</b>	<b>ADDITIONAL COURSES</b> (Any area listed to the left, world language or nondoctrinal religion/ philosophy)
<b>4 credits</b>	<b>3 credits</b>	<b>2 credits</b>	<b>1 credit</b>	<b>2 credits</b>	<b>4 credits</b>

## DIVISION II

Earn 16 NCAA-approved core-course credits in the following areas:

<b>ENGLISH/ NATIVE LANGUAGE</b>	<b>MATH</b> (Algebra I or higher)	<b>SCIENCE</b>	<b>ADDITIONAL</b> (English/native language, math or science)	<b>SOCIAL SCIENCE</b>	<b>ADDITIONAL COURSES</b> (Any area listed to the left, world language or nondoctrinal religion/ philosophy)
<b>3 credits</b>	<b>2 credits</b>	<b>2 credits</b>	<b>3 credits</b>	<b>2 credits</b>	<b>4 credits</b>

### GRADE-POINT AVERAGE

The Eligibility Center calculates your **core-course GPA** based on the grades you earn in NCAA-approved core courses.

- » Division I requires a minimum 2.3 core-course GPA.
- » Division II requires a minimum 2.2 core-course GPA.

For more information on GPA conversions for your country, see the [Guide to International Academic Standards for Athletics Eligibility](#) or visit [ncaa.org/countries](https://ncaa.org/countries).

## DIVISION III

While **Division III schools** set their own admissions and academic requirements, **international student-athletes** (first-year students and transfers) who initially enroll full time at a Division III school on or after Aug. 1, 2023, are required to complete an **Amateurism-Only Certification account**. Contact the Division III school you plan to attend for more information about academic requirements.

\*More information regarding the impact of COVID-19 and test scores can be found at [on.ncaa.com/COVID19\\_Spring2023](https://on.ncaa.com/COVID19_Spring2023).

# NCAA- College Athletics

## YEAR 9 REGISTER

- » *Start planning now!* Register for a free Profile Page account at [eligibilitycenter.org](https://eligibilitycenter.org) for information on NCAA initial-eligibility requirements.
- » Review your country's academic guidelines in the [Guide to International Academic Standards for Athletics Eligibility](#) for NCAA-approved course titles.

## YEAR 10 PLAN

- » If you are being actively recruited by an NCAA school and have a Profile Page account, **transition** it to the right **Certification account**.
- » Monitor the **task list** in your Eligibility Center account for next steps.
- » When each school year ends, **submit** your **official transcripts** from years nine and 10 in your native language, and include a certified line-by-line English translation.
- » Use the **Division I and II worksheets** to plan accordingly and monitor your progress toward meeting NCAA initial-eligibility requirements.

## YEAR 11 STUDY

- » Ensure your **sports participation** information is correct in your Eligibility Center account.
- » Check with your school or program to make sure you are on track to complete the required number of NCAA-approved **core courses** and graduate on time with your class.
- » Take the **SAT/ACT** and submit your scores to the Eligibility Center using code **9999**.\*
- » When each school year ends, **submit** your **official transcripts** from years nine and up in your native language, and include a certified line-by-line English translation.

## YEAR 12 GRADUATE

- » **Request your final amateurism certification** beginning April 1 (fall enrollees) or Oct. 1 (winter/spring enrollees) in your Eligibility Center account at [eligibilitycenter.org](https://eligibilitycenter.org).
- » Take the **SAT/ACT** again, if necessary, and submit your scores to the Eligibility Center using code **9999**.\*
- » Complete your final NCAA-approved **core courses** as you prepare for graduation.
- » After you graduate, **submit** your final **official transcripts** and proof of high school graduation from years nine and up in your native language, and include a certified line-by-line English translation.

*\*More information regarding the impact of COVID-19 and test scores can be found at [on.ncaa.com/COVID19\\_Spring2023](https://on.ncaa.com/COVID19_Spring2023).*

### PROOF OF GRADUATION

For more information on acceptable proof of graduation and grading scales for GPA purposes, please refer to your country's specific academic guidelines in the following resources:

[Guide to International Academic Standards for Athletics Eligibility](#)

[Country-Specific International Webpages](#)

### FOR MORE INFORMATION

[ncaa.org/playcollegesports](https://ncaa.org/playcollegesports)

[eligibilitycenter.org](https://eligibilitycenter.org)

[ncaa.org/international](https://ncaa.org/international)

[Document Submission Guidelines](#)

[Frequently Asked Questions](#)

### CONTACT THE NCAA ELIGIBILITY CENTER

International (including Quebec):

[ncaa.org/contactInternational](https://ncaa.org/contactInternational)

[@ncaaec](#) [@playcollegesports](#) [@ncaaec](#)



# How to Apply for Federal Student Financial Aid

Financial aid comes primarily from the federal and state governments and your college.

**Federal aid includes Pell Grants, Work-Study, Supplemental Educational Opportunity Grants, and federal student loans.**

## Before You Apply

### Get Your FSA ID

- Both you and a parent need Federal Student Aid Identification Numbers (FSA IDs) to complete and electronically sign your FAFSA and other federal student aid documents.
- Get it before you sit down to do the FAFSA.
- Visit [studentaid.gov](http://studentaid.gov) and click "Create Account."

### Gather these Materials

- Student's driver's license
- Student's Social Security number
- For both student and parents:
  - Income tax returns from two years ago
  - Records of other untaxed income, such as child support received, IRA/pension deductions, veteran's benefits, or military allowances
- Email address

### Get an Idea of Your Eligibility

Go to [studentaid.gov](http://studentaid.gov) to complete the online FAFSA4caster to see an estimate of your federal aid eligibility.

- Use the IRS Data Retrieval Tool through the online FAFSA to connect directly to the Internal Revenue Service for your tax data. Easy and efficient!
- If you completed a FAFSA in the previous year, you will receive a notice to go to your renewal FAFSA.

## Important Reminders

- Find out the financial aid deadlines at your college, and be sure to meet them.
- Apply for financial aid every year. Financial aid programs change and your situation may change. Any change may affect your eligibility.
- Don't pay for financial aid information that you can get for free — see your counselor or college advisor, or visit [hesc.ny.gov/myths](http://hesc.ny.gov/myths).
- Attend financial aid workshops to learn more about financial aid programs and completing applications. Check with your high school counselor and visit [StartHereGetThere.org](http://StartHereGetThere.org) in the fall for dates and locations.

**You must complete the FAFSA each year. File early to meet deadlines!**

## Complete the FAFSA — Available Oct. 1

### Go to [hesc.ny.gov](http://hesc.ny.gov)

- Visit "Pay/Apply for Aid – Start Here" at [hesc.ny.gov](http://hesc.ny.gov) for step-by-step assistance in completing the FAFSA.
- Follow the link to the FAFSA application and complete online.



**Higher Education Services Corporation**



## Apply for the New York State Tuition Assistance Program (TAP)

- If you are a New York State resident and include a New York school on your FAFSA, you should also apply for New York State aid online by using the New York State resident link on the FAFSA Submission Confirmation page.
- Complete and review the application information, change any incorrect items, complete any missing items, then submit the form.
- If you are a New York State resident and have listed a New York school on the FAFSA, but did NOT complete a TAP application online, you will automatically receive a notice from HESC reminding you to do so.
- If you have received a renewal FAFSA and have not completed the TAP application, you will receive notification from HESC directing you on the next step of the application process.
- You must apply for TAP and complete or renew the FAFSA every year.
- You can check the status of your TAP grant at [hesc.ny.gov](http://hesc.ny.gov).

Check [hesc.ny.gov](http://hesc.ny.gov) for the latest information about completing your FAFSA and TAP applications.

## What's Next?

- Shortly after filing your FAFSA, you will receive an email notice that your FAFSA has been processed and your Student Aid Report (SAR) is available for review. You access your SAR by logging on to [studentaid.gov](http://studentaid.gov) with your FSA ID. If corrections are needed, follow the instructions carefully and correct any missing or inaccurate information.
- If you have applied for TAP, you will receive an email regarding your TAP application status.
- Be sure to respond to any questions or requests for more information by the deadline indicated or you could lose your eligibility for financial aid.
- Your college financial aid office will provide you an award letter detailing the estimated aid you are eligible to receive based on your application. Accept or decline the offer of aid by the deadline. Supply any additional documents requested.
- If you decide to take a Federal Direct Student Loan, you must complete a master promissory note (MPN). Follow the instructions on your college award letter.



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Kathy Hochul, Governor



# How to Apply for TAP and Other NYS Student Financial Aid

Financial aid comes primarily from the federal government, state government and/or your college. **A complete list of New York State financial aid programs is found at [hesc.ny.gov/pay](https://hesc.ny.gov/pay).**

## TAP

The New York State Tuition Assistance Program (TAP) provides tuition awards to eligible students attending a college or university located in New York State.

Because TAP is a grant, it does not have to be paid back.

### To be Eligible for TAP You Must

- Meet eligibility requirements as a NYS resident or qualify under the NYS DREAM Act
- Meet family income limits of \$80,000 or less
- Pursue an undergraduate degree at an approved postsecondary institution in NYS

### Award Amount

- Up to \$5,665 annually, as determined by factors including:
  - Family net taxable income
  - Tuition charged by your college
  - Other family members enrolled in college

Visit [hesc.ny.gov/TAP](https://hesc.ny.gov/TAP) for full eligibility details and to estimate your TAP award.

### How to Apply

- From the FAFSA, follow the direct link to the TAP application
- Visit [hesc.ny.gov/tapapp](https://hesc.ny.gov/tapapp) for application deadlines and a link to the application

*If you qualify under the NYS DREAM Act, apply at [hesc.ny.gov/dream](https://hesc.ny.gov/dream).*

## Excelsior Scholarship

The Excelsior Scholarship, in combination with other student financial aid, allows eligible New York State students to attend a SUNY or CUNY college tuition-free.

### To be Eligible for the Excelsior Scholarship You Must

- Meet eligibility requirements as a NYS resident or qualify under the NYS DREAM Act
- Meet family income limits of \$125,000 or less
- Pursue an undergraduate degree at SUNY or CUNY college
- Be enrolled in at least 12 credits per term and complete 30 credits each year successively
- Be on track to complete an Associate's degree in two consecutive years or Bachelor's degree in four consecutive years
- Agree to live in NYS for the length of time the award was received

Visit [hesc.ny.gov/excelsior](https://hesc.ny.gov/excelsior) for full eligibility details.

### Award Amount

- Up to \$5,500 annually

### How to Apply

- Visit [hesc.ny.gov/excelsior](https://hesc.ny.gov/excelsior) for application deadlines and a link to the application

*If you qualify under the NYS DREAM Act, apply at [hesc.ny.gov/dream](https://hesc.ny.gov/dream).*



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## Enhanced Tuition Awards

The Enhanced Tuition Awards program provides tuition awards to students attending a participating private college located in New York State.

### To be Eligible for Enhanced Tuition Awards You Must

- Meet eligibility requirements as a NYS resident or qualify under the NYS DREAM Act
- Meet family income limits of \$125,000 or less
- Pursue an undergraduate degree at a participating private college located in NYS
- Be enrolled in at least 12 credits per term and complete 30 credits each year successively
- Be on track to complete an Associate's degree in two consecutive years or Bachelor's degree in four consecutive years
- After completing your degree, you must live in NYS for the length of time the award was received

Visit [hesc.ny.gov/eta](http://hesc.ny.gov/eta) for full eligibility details.

### Award Amount

- Up to \$6,000 annually through the combination of your TAP award, ETA award and a match from your private college

### How to Apply

- Visit [hesc.ny.gov/eta](http://hesc.ny.gov/eta) for application deadlines and a link to the application

*If you qualify under the NYS DREAM Act, apply at [hesc.ny.gov/dream](http://hesc.ny.gov/dream).*

## STEM Scholarship

The NYS Science, Technology, Engineering and Mathematics (STEM) Incentive Program provides tuition awards to students attending a public or private college or university located in New York State.

### To be Eligible for the Excelsior Scholarship You Must

- Meet eligibility requirements as a NYS resident or qualify under the NYS DREAM Act
- Be ranked in the top 10 percent of your high school graduating class
- Pursue an undergraduate degree in STEM at an approved postsecondary institution located in New York State
- Maintain a cumulative grade point average of 2.5 or higher
- Agree to live and work in NYS in an approved STEM occupation for five years after college

Visit [hesc.ny.gov/STEM](http://hesc.ny.gov/STEM) for full eligibility details.

### Award Amount

- Up to the annual SUNY resident undergraduate tuition rate

### How to Apply

- Visit [hesc.ny.gov/STEM](http://hesc.ny.gov/STEM) for application deadlines and a link to the application

*If you qualify under the NYS DREAM Act, apply at [hesc.ny.gov/dream](http://hesc.ny.gov/dream).*

## After Applying, What's Next?

- Check your email and HESC account frequently for updates regarding your application status
- Respond to any questions or requests for additional information by the deadline indicated

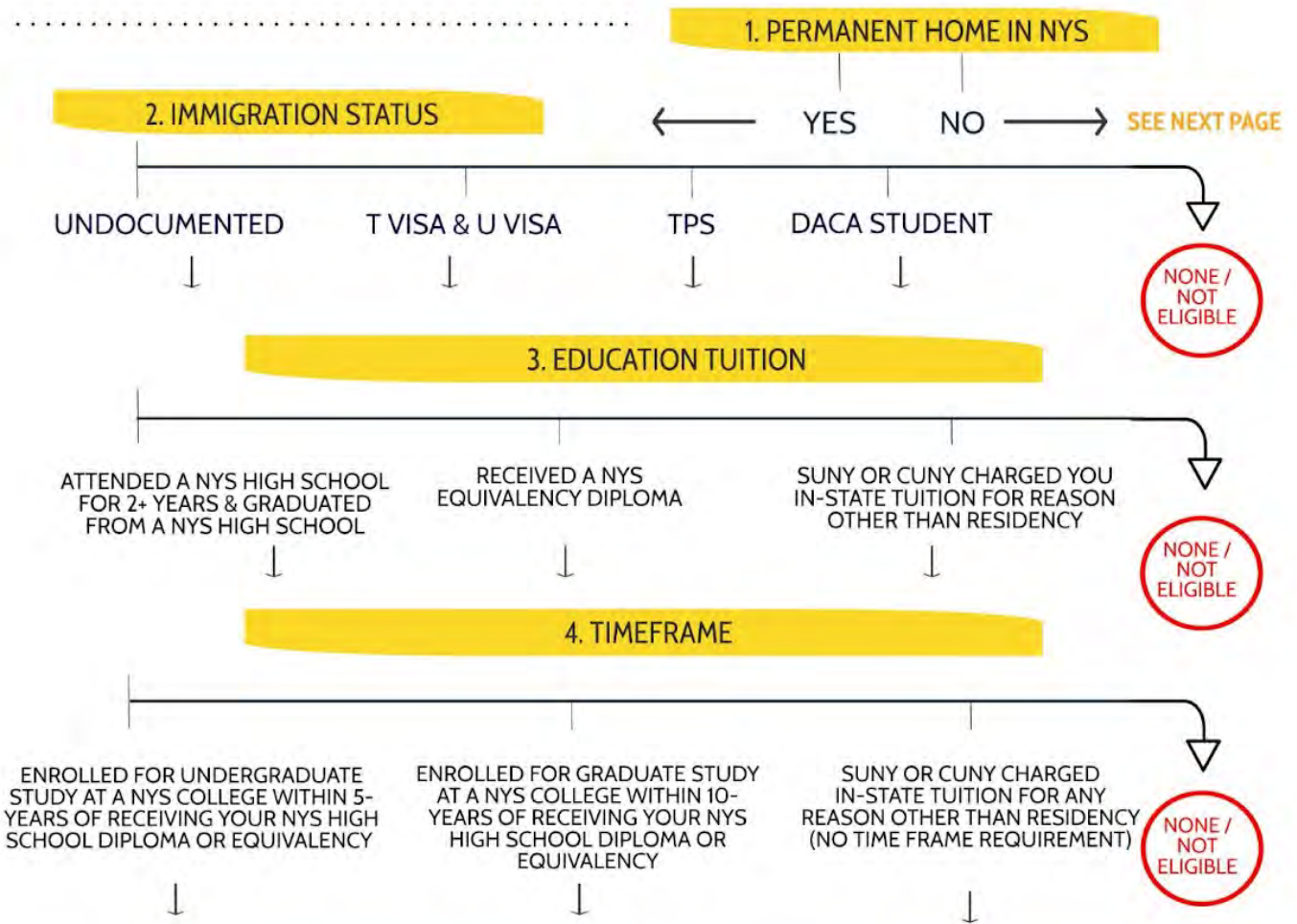


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Kathy Hochul, Governor

# The José Peralta NYS DREAM Act

## Eligibility Flow Chart



**YOU ARE ELIGIBLE FOR STATE AID THROUGH NYS DREAM ACT  
APPLY AT:**

**[HESC.NY.GOV/DREAM/](https://HESC.NY.GOV/DREAM/)**

# Map of SUNY Campuses

SUNY campuses are located across New York State in urban, suburban, and rural areas. From Long Island to Buffalo, from Plattsburgh to Binghamton and everywhere in-between you'll find a SUNY campus.

Once you find a campus or campuses of interest, click on the campus name to visit a campus's profile page and explore all that each campus offers.







# ADMISSIONS INFORMATION SUMMARY - 2022

For more information call our toll-free number at 800-342-3811 or visit us on the web at [suny.edu/attend](http://suny.edu/attend)

Campus Name (by campus type)	Undergraduate Enrollment	2020	2020	H.S. GPA	Early Decision (ED) or Early Action (EA)	Early Admission	EOP Program	English Language Options	Joint Admissions	Teaching Certificate	Honors Program	Time Shortened Degree	ROTC
		SAT Scores** (combined)	ACT Scores (composite)										
<b>University Centers and Doctoral Degree Granting Institutions</b>													
Albany	12,654	1130-1300	23-29	90-96	EA	Yes	Yes	Yes	Yes	Grad level	Yes	Yes	A*, AF*
Binghamton	14,307	1300-1450	29-33	93-98	EA	Yes	Yes	Yes	Yes	Grad level	Yes	No	A*, AF*
University at Buffalo***+	21,469	1150-1330	24-30	92-97	EA	Yes	Yes	Yes	Yes	Grad level	Yes	No	A*
Stony Brook***+	17,977	1250-1340	27-33	92-97	No	No	Yes	Yes	Yes	Yes	Yes	No	A*
SUNY Polytechnic Institute	2,200	1130-1300	26-32	89-93	EA	No	Yes	No	Yes	No	No	No	A*, AF*
NYS Ceramics at Alfred University	423	1000-1160	20-27	83-92	EA	Yes	Yes	No	No	Yes	Yes	No	A
College of Optometry	Graduate and Professional Degrees Only				No	No	No	No	Yes	No	No	No	
Cornell University:													
Agriculture & Life Sciences+	3,590	1370-1530	31-35	--	ED	Yes	Yes	No	No	No	Yes	No	A, AF,M,N
Human Ecology	1,397	1445-1540	33-35	--	ED	Yes	Yes	No	No	No	Yes	No	A, AF,M,N
Veterinary Medicine	Graduate Level Only				No	No	No	No	No	No	No	No	
Industrial & Labor Relations	986	1390-1520	31-34	--	ED	Yes	Yes	No	No	No	No	No	A, AF,M,N
Environmental Science & Forestry	1,600	1120-1310	23-28	91-97	EA	Yes	Yes	No	No	No	Yes	No	A*, AF*
SUNY Downstate Health Sciences Univ	141	--	--	--	No	No	Yes	No	No	No	No	No	
Upstate Medical University (Syracuse)+	195	--	--	--	No	No	Yes	No	Yes	No	No	No	
<b>University Colleges</b>													
Brockport	6,250	1080-1200	21-26	87-94	No	Yes	Yes	No	Yes	Yes	Yes	Yes	A, AF*,N*
Buffalo State+	6,147	920-1130	18-28	80-90	No	Yes	Yes	Yes	Yes	Yes	Yes	No	A*
Cortland	5,905	1100-1230	24-26	88-95	EA	Yes	Yes	No	Yes	Yes	Yes	No	A*, AF*
Empire State College+	7,926	--	--	--	No	No	Yes	No	Yes	Grad Level	No	Yes	
Fredonia+	3,552	1030-1220	21-26	80-93	No	No	Yes	Yes	Yes	Yes	Yes	Yes	
Geneseo	4,239	1170-1320	25-30	90-96	EA	No	Yes	Yes	Yes	Yes	Yes	No	A*, AF*
New Paltz	6,256	1130-1280	24-29	90-95	EA	No	Yes	Yes	Yes	Yes	Yes	Yes	A*
Old Westbury+	4,033	1000-1130	19-23	83-92	EA	Yes	Yes	No	Yes	Yes	Yes	Yes	A*, AF*
Oneonta	5,000	1070-1220	22-27	87-94	EA	Yes	Yes	Yes	Yes	Yes	Yes	No	
Oswego	6,904	1050-1240	21-27	87-95	EA	Yes	Yes	Yes	Yes	Yes	Yes	Yes	A*, AF*
Plattsburgh	4,738	1020-1170	21-26	84-93	No	No	Yes	Yes	No	Yes	Yes	Yes	
Potsdam+	2,352	--	--	85-93	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	A*, AF*
Purchase	3,400	--	--	87-90	EA	No	Yes	Yes	No	No	No	No	
<b>Colleges of Technology</b>													
Alfred State + Baccalaureate only	3,414 1,685	940-1150 990-1220	19-25 21-27	81-91 84-93	No	Yes	Yes	Yes	Yes	No	Yes	Yes	A*
Canton+ Baccalaureate only	2,858 2,174	920-1130 970-1150	17-23 18-23	81-91 82-92	No	Yes	Yes	No	Yes	No	Yes	Yes	A*, AF*
Cobleskill Baccalaureate only	1,827 1,411	870-1060 930-1070	18-22 21-25	86-91 88-92	No	Yes	Yes	Yes	Yes	No	Yes	Yes	
Delhi Baccalaureate only	2,400 1,300	920-1100 970-1130	19-23 19-25	79-88 82-90	No	Yes	Yes	No	No	No	Yes	No	
Farmingdale State	9,348	990-1150	19-24	85-93	No	No	Yes	No	Yes	No	Yes	No	A*, AF*
Maritime College	1,540	1170-1220	22-26	86-93	ED	No	Yes	No	Yes	No	No	No	A*,CG,M,N
Morrisville State Baccalaureate only	1,749 589	850-1060 860-1050	18-23 17-22	77-87 79-88	No	Yes	Yes	No	No	No	No	No	A*

Abbreviations: A = Army, AF = Air Force, CG = Coast Guard, M = Marines, N = Navy

\* Cross-registration (offered at neighboring institutions).

\*\* The SAT ranges above represent combined evidence-based reading and writing and math scores. (The maximum possible total is 1600.)

\*\*\* Enrollment includes Health Science Centers.

+ Contains 2021 data.

OVER >>

# NYS Graduation Requirements

<b>LOCAL DIPLOMA *</b>	
Required Courses	Credits
English	4
Social Studies	4
Math	3
Science	3
World Language	1
Health	0.5
Music/Art	1
Physical Ed.	2
Electives	3.5
<b>Total</b>	<b>22</b>

<b>5 Required Exams Score of 55+ on each</b>
English Language Arts Regents
Algebra Regents
1 History Regents (Global or US)
1 Science Regents
1 Pathway Exam

\* Classified Students with Compensatory Safety Net option

<b>REGENTS DIPLOMA</b>	
Required Courses	Credits
English	4
Social Studies	4
Math	3
Science	3
World Language	1
Health	0.5
Music/Art	1
Physical Ed.	2
Electives	3.5
<b>Total</b>	<b>22</b>

<b>5 Required Exams Score of 65+ on each</b>
English Language Arts Regents
Algebra Regents
1 History Regents (Global or US)
1 Science Regents
1 Pathway Exam

**Regents with Honors**  
Average of 90% or above on all 5 exams

<b>ADVANCED REGENTS DIPLOMA</b>	
Required Courses	Credits
English	4
Social Studies	4
Math	3
Science	3
World Language	3
Health	0.5
Music/Art	1
Physical Ed.	2
Electives	1.5
<b>Total</b>	<b>22</b>

<b>9 Required Exams Score of 65+ on each</b>
English Language Arts
Algebra, Geometry and Algebra 2
Global Studies Regents
U.S. History Regents
Two Science Regents
Foreign Language Checkpoint B Exam

**Advanced Regents with Honors**  
Average of 90% or above on all 9 exams