

# Helping Your Athletes Prepare for College – Fall Activities



## Presented by: Connecticut Student Loan Foundation – Title Sponsor of CHSCA

Have you noticed the trees? The deep hues of red, yellow, and orange have started to appear along with the occasional falling brown leaf — indicating that fall has arrived. With fall comes the excitement of back to school and... FALL SPORTS!

Getting ready for the start of the season is hard work. By now, you and your athletes have undoubtedly put in countless hours of time to training and practice. Your athletes are getting to know each other on and off the field. They are also learning about the rules and expectations you have established for them as members of your team. And, surprisingly to many student athletes, these expectations expand far beyond the playing field.

The role of a high school coach has many dimensions. The job is not always easy and the responsibilities are many, but the rewards both on and off the field can be great. For many student athletes, you are not simply the coach — you are a teacher, a mentor, a counselor, and more. You teach them about the sport and the importance of time management, you mentor and challenge them to achieve athletically and academically, and you counsel them about countless issues, which may even include college opportunity and selection.

For many student athletes, sports can play an important role in college choice and selection. Students may even come to you for advice or suggestions. Obtaining the right information to offer college planning advice and support is not always easy. There are, however, many resources available to assist you and your student athletes. The 2007 CHSCA Winter Newsletter article, *Promoting College Access and Planning — Coaches Can Help!*, outlines free college planning resources and tools to help your athletes prepare for college. The article can be accessed online at [www.cthssports.com](http://www.cthssports.com).

There are specific activities related to college planning that you can encourage your student athletes to address or participate in this fall. Fall is a very important and busy time of year for college planning. Here are a few activities that you can encourage your student athletes to participate. These activities can help promote and improve their college success. For a full list of college planning activities for the fall, visit

the College Planning Section of the CSLF website at [www.cslf.com](http://www.cslf.com) and click Planning for College. A list of College Planner Guides will be available for you and your athletes to access.

## FALL ACTIVITIES FOR SENIOR ATHLETES:

- Meet with your school counselor about your college plans. Make sure you ask how your school processes your application materials.
- Look at your transcript to be sure it is accurate.
- Narrow down your list of potential colleges.
- Make sure you have the applications from the colleges that interest you.
- Use a checklist to track dates, application fees, and deadlines.
- Ask your coaches, teachers, counselors, or employers, about using them as a reference.
- Work on college essays.
- Consider Early Decision and/or Early Action programs. Are they for you?
- Attend college fairs, open houses, and speak with college representatives.
- Take campus tours.
- Interview with college admissions counselors.

## FALL ACTIVITIES FOR JUNIOR ATHLETES:

- Meet with your school counselor about your courses. Are you meeting college admission requirements?
- Consider taking more challenging courses such as honors or Advanced Placement courses.
- Register for the PSAT/NSMQT tests. Remember, it's great practice for the SAT Reasoning Test.
- Review your PSAT Score Report for tips on preparing for the SAT Reasoning Test that you will soon be taking. There is a fee for taking the PSAT. If the cost is prohibitive for you, please ask your counselor for a *Fee Waiver*.
- Attend college fairs.
- Visit a variety of college campuses to see which ones suit you.
- Continue your research – visit college Web sites and take a virtual tour.
- Meet with college representatives who visit your school.
- Be sure your courses meet NCAA Eligibility requirements.
- Continue researching scholarship opportunities.
- Attend a college financial aid information session.

## FALL ACTIVITIES FOR SOPHOMORE ATHLETES:

- Meet with your school counselor to discuss taking a career interest or aptitude survey to help find out which careers might be a good fit for you.
- Enroll in a challenging college preparatory program and working hard to get excellent grades.
- Take advantage of any career exploration programs available at your school.
- Discuss taking the PSAT, a preparation test for the SAT Reasoning Test, with your counselor.
- If you have taken the PSAT, be sure to review your *Score Report*.
- Research scholarship opportunities.
- Be sure your courses meet NCAA Eligibility requirements.
- Make a list of colleges that interest you – talk with upperclassmen on the team about the colleges they are interested in and why.

## FALL ACTIVITIES FOR FRESHMAN ATHLETES:

- Get to know your school counselor and talk about your plans for college and be sure you are taking the right courses that will prepare you for college.
- Take challenging courses to build strong skills in language, mathematics, and science.
- Set high goals for getting good grades.
- Be sure your courses meet NCAA Eligibility requirements.
- Visit college Web sites, get encouraged about the possibilities.

The bullets above provide a few of the important activities that your athletes should be addressing this fall to prepare for college. By encouraging and promoting your student athletes to address these activities, you can help to better their chances of attending college. Remember to visit [www.cslf.com](http://www.cslf.com) for a full list of recommended college planning activities, and feel free to direct your student athletes and their parents to CSLF's toll-free college planning hotline at 1-866-752-6443 for personalized college planning counseling or assistance.

**About CSLF:** For more than 40 years, the Connecticut Student Loan Foundation (CSLF) has been helping Connecticut families plan for and pursue a higher education. CSLF provides free college planning and financial aid application assistance, debt management and default prevention services, and tools and information to help families plan and pay for college. Susie Mae, CSLF's lending division, provides fee-free and reduced rate federal loans along with convenient and affordable alternative loans, which help families reduce their higher education costs. **CSLF is a proud to be the title sponsor of the Connecticut High School Coaches Association.**