

FUTURE PATHWAYS: COLLEGE AND CAREER GUIDE



Oregon State University
Open Campus

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SENIOR CHECKLIST

JANUARY - APRIL

01

JANUARY

- Register for selective service
- Start filling out OSAC scholarship application (March 1 deadline)
- Join the facebook group OSAC to receive updates, tips and reminders

03

MARCH

- File taxes if applicable
- Watch for college communications around financial aid, admissions, next steps

02

FEBRUARY

- Continue with Scholarships
- Finish OSAC to meet some early bird deadlines
- ScholarDollars application due (OSU specific)

04

APRIL

- Make housing decisions and fill out survey
- Check and compare award letters
- Pay tuition deposit
- Sign up to attend orientations
- Get transcripts sent or ready to send (counselor)

SENIOR CHECKLIST

MAY - AUGUST

05

MAY

- Make final decisions
- Pay fees for attending
- Submit required documents (immunization, routing numbers, health info etc.)

06

JUNE

- Check on final transcripts being sent
- Double check on Financial Aid especially if there were issues

07

JULY

- Watch for communications and last minute checklist items
- Plan for attending

08

AUGUST

- Make a master document with an essay questions and answers submitted (or photocopy all scholarships submitted)
- Clean up online accounts (Instagram, Facebook, Twitter)
- Sign up to retake SAT/ACT if needed

SENIOR CHECKLIST

SEPTEMBER - DECEMBER

09

SEPTEMBER

- Ask a counselor to help you request a fee waiver for when applying
- List all accomplishments/activities in a document
- Fill out Oregon Promise application (June 1 deadline)
- Confirm with counselors you are on track to graduate

10

OCTOBER

- Complete the FAFSA or ORSAA (Open Oct.1)
- List all accomplishments/activities in a document
- Work on your personal story (something unique that people can remember)
- Request Letters of Recommendations

11

NOVEMBER

- Decide final list of colleges to apply
- Start filling out college applications
- Submit required documents/scores for admissions
- Let counselors know where they will need to send transcripts

12

DECEMBER

- Finish up applications and submit
- Set up tours for colleges or go on a virtual tour
- Make list of scholarships and when they are due
- Start writing essays for scholarships - go over with teachers

HIGH SCHOOL CURRICULUM

UPPERCLASSMEN



COLLEGE ACCESS MENTORING PROGRAM -11TH/12TH

Students will receive one-on-one mentoring to help support them on their journey to postsecondary education. Program can include junior through senior year or seniors only; lasts through the school year and into college.

FUTURE PATHWAYS - 7TH-12TH GRADE

Workshops for families and students that will cover all pertinent information in regards to pursuing an education after high school. This two-hour event can be conducted virtually or in-person; includes introduction and breakout rooms.

Topics include:

Financial Aid and paying for college, choosing the correct college/career path and how to apply, high school requirements for graduation and success in college, and how to build that resume for college admissions (being involved in HS).



OOC HANGOUTS – 12TH GRADE

Conversational college readiness series wherein high school seniors will have the opportunity to meet, hear from, and ask questions to current students attending college. This is a virtual, weekly, one-hour series intended to be built into high school curriculum during school hours.

Topics Can Include:

Types of colleges and degrees, how to finance higher education, applications, housing, jobs, & time management, stress management, general Q&A, etc.



JUNTOS

Culturally-relevant college access curriculum presented in Spanish. Four-week program delivered virtually or in-person depending on district needs.

Includes:

Workshop series, family nights, mentoring, and after-school clubs.

COLLEGE TALK TUESDAYS

Videos and workshops intended to help college-going students prepare and be informed to make decisions and receive support when navigating the process of getting to college. Videos can be accessed at any time for use with students. Virtual workshops will be scheduled ahead of time and topics presented will be discussed when planning the event.

OPEN CAMPUS
HANGOUTS

COLLEGE TALK
TUESDAYS



Oregon State University
Open Campus

LETTERS OF RECOMMENDATION

MAKE A PLAN TO GET LETTERS

Make a plan to get letters

- Identify WHO might be able to write a letter
 1. Teachers, counselors, supervisor/employer, clergy (church), civic leaders, community leaders
 2. Choose someone who will write a personalized letter about you
- Send a Request for Recommendation Letter

Request should include –

1. A note asking them to address the letter “To Whom it May Concern”
2. Please return by _____ &
3. Ask them to address things that are important to you....

Academic and personal qualities, intellectual promise, motivation, maturity, integrity, independence, originality, initiative, enthusiasm, leadership, involvement, community service, & extra curriculars.



What to include for letters.....

- My Story Essay
- Student Resume (list of activities)
- Tips for Writing Letter of Recommendation
- Thank you note

TIPS FOR WRITING

LETTERS OF RECOMMENDATIONS

Components of a Recommendation Letter

- Every recommendation letter should include three key components:
- A paragraph or sentence that explains how you know this person and the duration of your relationship with them.
- An evaluation of the person and their skills/ accomplishments. If possible offer specific examples that illustrate the person's strengths and qualifications. These examples should be brief but detailed.
- A summary that explains why you would recommend this person and to what degree you would recommend them.
- Address the letter "To Whom it May Concern:" unless student specifies otherwise.
- Please save the letter on a transferable device for future reference and make 3 copies to give to student
- For more tips and help in writing a good letter of recommendation check out the resource below:
- <https://www.thoughtco.com/guide-to-writing-recommendation-letters-466071>

Writing the Essay.... My Story

PreWrite

- Introduction, Family, obstacle, community service, life purpose – dreams – goals, conclusion

Thesis Statement

- Write a thesis statement that tells the reader what the essay will be about, and what point you will be making

Rough Draft

- Family - describe family – ethnic background, country origins, number in family, parent's

educational background and occupation

- Obstacles – describe one of your most challenging obstacles, list character qualities and steps to overcome the obstacle, explain how this obstacle will help become successful in the future

Community Service

1. Choose one or two community service projects to focus on, discuss commitment and leadership roles, how did you make a difference?
2. Life Purpose – Dreams and Goals
3. Life purpose statement
4. How and where you will prepare for your life interest and/or vocation?
5. How can you serve and make a difference in the lives of others through your life interest?
6. Conclusion
7. Bring closure with a summary of your thesis statement and the main points. The conclusion should end your essay on an interesting note and discuss the possible future of impact of your life.



TIPS FOR WRITING

LETTERS OF RECOMMENDATIONS

Examples of Essay Prompts

- 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.
 - 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?
 - Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
 - Describe a problem you've solved or a problem you'd like to solve. It can be an intellectual challenge, a research query, an ethical dilemma—anything that is of personal importance, no matter the scale. Explain its significance to you and what steps you took or could be taken to identify a solution.
 - Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
 - 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?
 - 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.
- What have you done for your family or community that you care about the most and why?
 - Describe a personal accomplishment and the strengths and skills you used to achieve it.
 - Describe a significant change or experience that has occurred in your life. How did you respond and what did you learn about yourself?
 - For more help see resource below
 - <https://oregonstudentaid.gov/scholarship-doc/ScholarshipWorkbook.pdf>

Personal Statement Questions: (From OSAC website)

- What are your specific educational plans and career goals and why? What inspires you to achieve them?

COLLEGE HELP ARTICLES

VIDEOS FROM OPEN CAMPUS AND EXTENSION

College Talk Tuesday Recorded Videos



- <https://gateway.oregonstate.edu/college-talk-tuesdays-resource-library>

Future Students



- <https://extension.oregonstate.edu/video/open-campus-future-students>

Futuros Estudiantes

- <https://extension.oregonstate.edu/video/open-campus-futuros-estudiantes>

Scholarships: The Way to Pay for Your College Education



- <https://extension.oregonstate.edu/families-health/youth/scholarships-way-pay-your-college-education>

What Are you Majoring In?



- <https://extension.oregonstate.edu/sites/default/files/documents/9631/annharrisarticle.pdf>

Tips for Choosing the Right School:



- <https://extension.oregonstate.edu/sites/default/files/documents/9631/andreafloresarticle.pdf>

Senior Year: Preparing for College:



- <https://extension.oregonstate.edu/sites/default/files/documents/9631/didgettemccrackenrevisedarticle.pdf>

Planning for College during COVID time:



- https://www.columbiagorgenews.com/news/planning-for-college-in-covid-time/article_7b495d36-18a7-11eb-8eab-cb88e298489c.html

Tips on Applying for Your First Job or Internship



- <https://extension.oregonstate.edu/sites/default/files/documents/9631/emilyhenryarticle.pdf>

FAFSA / ORSAA

Tips



FAFSA vs ORSAA:

- Who files the FAFSA? United States citizens and [eligible noncitizens](#).
- Who files the ORSAA? Oregon residents who have undocumented status, Deferred Action for Childhood Arrivals (DACA) status, and/or Temporary Protected Status (TPS). ORSAA Filers: Add ORSAAHelp@hecc.oregon.gov to your email contacts so that important messages do not go to your Spam/Junk folder.
- Compare and take the quiz to see which one you should fill out [here](#).



Apply For Fafsa/Orsaa As Early As Possible. Applications opened October 1st.

Gather All Documentation You'll Need Before You Fill Out The Application



- Social Security Number (FAFSA only)
- FSA ID (Federal Student Aid ID – FAFSA only)
- Driver's license number (FAFSA only)
- Different email address for student and parent
- Federal income tax information or tax return from 2018 (for yourself (if applicable) and your parents)
- W-2 forms from jobs and all other records of money earned from 2018
- Bank statements and account balances, records of investments, and untaxed income (if applicable)
- Colleges/universities you'll be

attending/interested in attending

- Use the irs data retrieval tool to populate your tax info into the fafsa
- Use your legal name, just as it appears on your social security card.
- Don't forget to list the colleges of your choice, you can add up to ten!
- Don't forget to create an fsa id (Federal Student Aid ID) (parents will need one too)
- The first "F" in FAFSA stands for "Free." Don't get tricked into paying to file the FAFSA – the only official FAFSA website is fafsa.gov.
- Students complete the fafsa with their information, not their parents information
- Don't forget to follow-up with your school's office of financial aid to check on your application
- Links:
 1. [FAFSA \(Free Application for Federal Student Aid\)](#)
 2. [ORSAA](#)
 3. [FAFSA FAQs](#)

FINANCIAL AID / SCHOLARSHIPS

LINKS AND HELP

Financial Aid Resources:

- [FinAid: The Smart Students Guide to Financial Aid](#)
- [College Affordability Guide](#)
- [Online Colleges, Scholarships, and Degree Programs from American Educational Guidance Center](#)
- [Oregon Online Colleges and Universities](#)
- [Resources for Re-Entry and Non-Traditional Students](#)
- [Office of Student Access and Completion](#)
- [Degree Partnership Program Financial Aid Video](#)
- [Understanding the ORSAA handout](#)
- [Entendiendo la ORSAA](#)
- [Préstamos federales para estudiantes: Conceptos básicos para estudiantes](#)
- [Financial Aid Finder Scholarship 101](#)

Scholarship Searches/Databases:

- [Chegg](#)
- [Cappex](#)
- [Career OneStop](#)
- [College Board Scholarship Search](#) (search platform)
- [College Greenlight](#)
- [DO-IT Scholarships](#)
- [FastWeb](#)
- [Financial Aid Finder: Scholarship Search](#)
- [Financial Aid Opportunities for Students with Disabilities](#)
- [Going Merry](#)
- [JLV Scholarship List](#)
- [Niche](#)

- [NCAA Scholarships](#) (athletic scholarships)
- [Multicultural Resource Center Scholarships](#)
- [Oregon CIS Financial Aid Sort](#)
- [Oregon GEAR UP Scholarship Calendar](#)
- [Oregon Goes to College](#)
- [OSAC Scholarship Catalog](#) (database)
- [Scholarships A-Z](#)
- [Scholarships and Financial Aid for Students with Learning Disabilities](#)
- [Scholarships.com](#)
- [United Negro College Fund](#)

Willamette Valley, Salem, Portland-area General Scholarships

- [Act Six](#) (Portland/Salem-area students)
- [Benton Community Foundation](#) (students in Benton County)
- [Grieg Lodge](#) (Multnomah, Clackamas, Columbia, Washington, or Yamhill counties)
- [The Dove Scholarship](#) (Washington County, Clackamas County, or Clark Counties)
- [The Skanner Foundation](#) (community service)

Regional Scholarships:

Central/Eastern/Southern Oregon General Scholarships

- [Bend HS List of Scholarships](#)
- [Cascades East Area Health Education Scholarship](#) (health care career pursuit in rural Oregon)
- [Community counseling solutions scholarship](#) (Morrow, Wheeler, Gilliam, and Grant counties; pursuing psychology, counseling, social work or nursing)

- [Grant and Union County Scholarships](#) (list of Grant/Union County Scholarships)
- [Grant County Futures Scholarship](#)
- [Jefferson Scholarship Program](#)
- [Prairie City School District Scholarships](#)
- [Red and Gena Leonard Scholarship](#) (Arlington, Boardman, Echo, Hermiston, Pendleton, Umatilla, Irrigon, Fossil, Condon, Monument, Ukiah, Stanfield, Heppner, Lone, Pilot Rock, or Spray)
- [Silvies Valley Ranch Scholarship](#) (Grant and Harney Counties; pursuing science, agriculture, wildlife, livestock field)
- [Southern Oregon Latino Scholarship Fund](#)
- [Stewart Scholarship](#) (Grant county)
- [Oregon Music Hall of Fame](#) (pursuing major/minor in music)
- [Oregon National Guard State Tuition Assistance](#) (National Guard Members)
- [Oregon Opportunity Grant](#)
- [Oregon PTA Teacher Education Scholarship](#)
- [Oregon Promise Grant](#)
- [Oregon State Sheriffs' Association](#) (pursuing law enforcement)
- [Oregon Sports Hall of Fame](#) (Student-athletes)
- [Oregon Student Child Care Grant](#) (students with children)
- [Oregon Wheat Foundation](#) (son or daughter of Oregon Wheat League member)

Statewide Scholarships:

- [4-H Scholarships](#) (current 4-H members)
- [Al Forthan Scholarship](#) (families impacted by addiction or poverty)
- [Associated Oregon Loggers Scholarship](#)
- [Black United Fund of Oregon](#)
- [COSA Scholarships](#) (women and Latinx students)
- [Hasson-Newman Memorial Scholarship Fund](#)
- [Harrington Family Foundation Scholarship](#) (emerging leaders)
- [Hispanic Metropolitan Chamber](#) (Hispanic ancestry; minimum 3.0 GPA)
- [Kaiser Permanente](#) (pursuing health care field)
- [Linda C. Eby Scholarship](#)
- [Maps Credit Union](#)
- [OASSA Scholarships](#) (children of OASSA members)
- [Oregon Athletic Coaches Association](#) (athlete children of OACA members)
- [Oregon Chafee Education and Training Grant](#) (current/former foster youth)
- [Oregon Community Foundation](#)
- [Oregon FFA Scholarships](#) (FFA students)
- [Oregon Jewish Community Foundation](#)
- [Oregon Lakes Association](#)
- [Oregon Latino Scholarship Fund](#)
- [OSAC Scholarships](#)
- [OSSA Scholarships](#) (small schools)
- [OSAA/OnPoint Community Credit Union](#) (Varsity student-athletes)
- [OTEC Scholarships](#) (trade school and lineman)
- [Portland Chinese Scholarship Foundation](#) (Chinese ancestry)
- [Seneca Scholarship](#)
- [Sister Adele Scholarship](#) (farmworker families)
- [Sons and Daughters of Oregon Pioneers](#) (current member)
- [Stand for Children](#) (students who have overcome adversity)
- [Teacher Education Scholarship](#) (pursuing teaching at public college)
- [The Ford Family Foundation](#) (includes scholarships for high school seniors, transfer students, single parents, adults over 25 going to school, and children of Roseburg Forest Products Co. employees)

National Scholarships:

- [1-800 Wheelchair Scholarship](#)
- [AAUW Scholarships](#) (for women)
- [AFSA National Scholarship Essay Contest](#)
- [Albert Lee Wright Memorial Migrant Scholarship](#)
- [Alexander Graham Bell Association](#) (students with

hearing loss)

- [Al Forthan Scholarship](#)
- [American Academy of Allergy, Asthma, and Immunology](#)
- [American Council of the Blind](#)
- [Americanism Essay Contest](#)
- [American Legion Oratorical Contest](#)
- [AOPA High School Flight Training Scholarship](#)
- [Association for the Education and Rehabilitation of the Blind and Visually Impaired](#)
- [Baer Reintegration Scholarship](#) (for students with schizophrenia, schizoaffective disorder or bipolar disorder)
- [Better Business Bureau Northwest](#)
- [Blinded Veterans Association](#)
- [Coca-Cola Scholarship](#)
- [College No Essay Scholarship](#)
- [Deceased or Disabled Public Safety Officer Grant](#) (dependents of deceased/disabled public safety officers)
- [Don't Text and Drive Scholarship](#)
- [Driver Education Scholarship](#)
- [Education Northwest](#) (Tribal members in the Northwest pursuing a master's degree in education)
- [El Dabe Ritter Trial Lawyers Scholarship](#) (students that have experienced a challenge)
- [Elks Legacy Scholarship Program](#) (children/grandchildren of Elks)
- [Elks Most Valuable Student Scholarship](#) (leadership/financial need-based)
- [Equitable Excellence Scholarship Program](#)
- [Extreme Terrain Scholarship](#) (Biology or a related degree in Environmental Studies)
- [Foundation for Rural Service](#) (rural students)
- [Gates Millennium Scholarships](#) (outstanding African American, American Indian/Alaska Native, Asian Pacific Islander American, and Hispanic American students)
- [Greenfield Peace Scholarship](#) (essay)
- [Health Resource Center at the National Youth Transitions Center](#)
- [Heisman Scholarship](#) (scholar athletes)
- [The Hispanic Association of Colleges and Universities Scholarships](#)
- [Horatio Alger Association Scholarships](#)
- [Immune Deficiency Foundation](#)
- [Incight](#) (students with disabilities)
- [Korean American Scholarship Foundation Western Regional Chapter](#) (Korean heritage; minimum 3.0 GPA)
- [Lighthouse Guild Scholarships](#) (for students with blindness or vision loss)
- [Live Your Dream Award](#) (for Women – Local, Region, International Levels)
- [LULAC Scholarship Funds](#) (Latinx students)
- [Make the U Scholarship](#)
- [Mente Summit](#) (Latinx males)
- [Mobility International](#)
- [NAACP Scholarships](#) (NAACP members)
- [Northwest Community Credit Union](#) (member of credit union)
- [Pacific Northwest Association for College Admission Counseling Scholarship](#) (attending NW college)
- [Pride Foundation](#) (LGBTQIA+ students)
- [Prudential Scholarship](#) (community service-based)
- [National Center for Learning Disabilities](#)
- [National Eye Institute](#) (students pursuing biomedical, behavioral, social science health)
- [National Federation of the Blind](#)
- [NFPA Student Scholarships](#) (pursuing paralegal degree)
- [The Prudential Spirit of Community Award](#)
- [Rhodes Scholarships at Oxford](#)
- [Roothbert Scholarship Fund](#) (students with spiritual values)
- [Sub Pop Scholarship](#) (art-enthused misfits)
- [Taco Bell Scholarship](#)
- [The Fund for Latino Scholarship](#)
- [The Renaissance Foundation](#) (first in family to go

to college)

- [TheDream.Us National Scholarship](#) (undocumented students)
- [Thurgood Marshall Scholarship Fund](#)
- [Vegetarian Resource Group Scholarship](#) (Vegetarian students)
- [VFW Auxillary Continuing Education Scholarship](#) (spouse or children of member)
- [Voice of Democracy Essay Contest](#)
- [Western Golf Association Scholarship](#) (for caddies)
- [Young American Creative Arts Contest](#)
- [Young Arts Scholarship](#) (visual, literary, or performing artist)

OREGON UNIVERSITY

SCHOLARSHIPS

- [Colleges That Change Lives](#) (Pursuing Reed College, Willamette University or another partner college)
- [Eastern Oregon University Scholarships](#)
- [Linfield Scholarships](#)
- [Oregon Institute of Technology Scholarships](#)
- [Oregon State University Scholarships](#)
- [OSU Scholar Dollars](#)
- [Pacific University Scholarships](#)
- [Portland State University Scholarships](#)
- [Southern Oregon Scholarships](#)
- [University of Oregon Scholarships](#)
- [University of Portland Scholarships](#)
- [Western Oregon University Scholarships](#)
- [Willamette University Scholarships](#)



OREGON COMMUNITY COLLEGE

SCHOLARSHIPS

- [Blue Mountain Community College](#)
- [Central Oregon Community College](#)
- [Chemeketa Community College](#)
- [Clackamas Community College](#)
- [Clatsop Community College](#)
- [Columbia Gorge Community College](#)
- [Klamath Community College](#)
- [Lane Community College](#)
- [Linn-Benton Community College](#)
- [Mt. Hood Community College](#)
- [Oregon Coast Community College](#)
- [Portland Community College](#)
- [Rogue Community College](#)
- [Southwestern Oregon Community College](#)
- [Tillamook Bay Community College](#)
- [Treasure Valley Community College](#)
- [Umpqua Community College](#)



DACAMENTED / UNDOCUMENTED

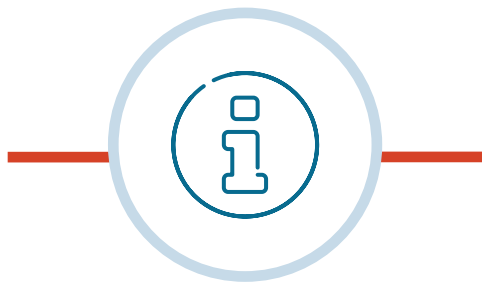
STUDENT LINKS AND HELP

Oregon Resources:

- [Access the Law](#)
- [HB 2787, Tuition Equity](#)
- [Oregon Law Help](#)
- [CAUSA Oregon](#)
- [SOAR Portland](#)
- [Oregon Gear Up](#)
- [Oregon DACA Coalition](#)
- [Oregon ImmigrationResource](#)
- [Pueblo Unido PDX](#)

National Resources:

- [American Civil Liberties Union](#)
- [American Immigration Lawyers Association](#)
- [National Network for Immigrant and Refugee Rights](#)
- [United We Dream](#)
- [National Immigrant Justice Center](#)
- [NAFSAA's Tip Sheet for Undocumented Students](#)



WHERE TO LOOK FOR: PUBLIC UNIVERSITIES

OSU Oregon State University – Corvallis, Oregon

- [OSU Admissions](#)
- [OSU Admissions Advisors](#)
- [OSU Academic Advising](#)
- [OSU Academics](#)
- [OSU Student Programs](#)
- [OSU Campus Life](#)
- [OSU Housing](#)
- [OSU Ecampus Degrees](#)
- [OSU Campus Tour](#)

OSU Cascades – Bend, Oregon

- [OSU Cascades Admissions](#)
- [OSU Cascades Admissions Advisors](#)
- [OSU Cascades Academic Advising](#)
- [OSU Cascades Academics](#)
- [OSU Student Programs](#)
- [OSU Cascades Campus Life](#)
- [OSU Cascades Housing](#)
- [OSU Cascades Campus Tour](#)

WOU Western Oregon University – Monmouth, Oregon

- [WOU Admissions](#)
- [WOU Admissions Advisors](#)
- [WOU Academic Advising](#)
- [WOU Academics](#)
- [WOU Student Programs](#)
- [WOU Housing](#)
- [WOU Campus Life](#)

- [WOU Online Programs/Degrees](#)
- [WOU Campus Tour](#)

PSU Portland State University – Portland, Oregon

- [PSU Admissions](#)
- [PSU Academic Advising](#)
- [PSU Four Years Free](#)
- [PSU Housing & Residence Life](#)
- [PSU Transfer](#)
- [PSU Academics](#)
- [PSU Admissions Counselors](#)
- [PSU Campus Life](#)
- [PSU Student Programs](#)
- [PSU Campus Visit](#)

U of O University of Oregon

- [U of O Admissions](#)
- [U of O Academics](#)
- [U of O Financial Aid & Scholarships](#)
- [U of O Admission Advisors](#)
- [U of O Academic Advising](#)
- [U of O Housing](#)
- [U of O Transfer](#)
- [U of O Student Programs](#)
- [U of O Campus Visit](#)

SOU Southern Oregon University – Ashland, Oregon

- [SOU Admissions](#)
- [SOU Academics](#)
- [SOU Financial Aid & Scholarships](#)

- [SOU Admissions Advisors](#)
- [SOU Academic Advising](#)
- [SOU Housing](#)
- [SOU Transfer](#)
- [SOU Bridge Program](#)
- [SOU Campus Life](#)
- [SOU Online Programs](#)
- [SOU Campus Visit](#)

OIT Oregon Institute of Technology – Klamath Falls, Oregon

- [OIT Admissions](#)
- [OIT Academics](#)
- [OIT Financial Aid & Scholarships](#)
- [OIT Admissions Advisors](#)
- [OIT Academic Advising](#)
- [OIT Housing](#)
- [OIT Transfer](#)
- [OIT Student Programs](#)
- [OIT Campus Life](#)
- [OIT Online Programs/Degrees](#)
- [OIT Campus Visit](#)

EOU Eastern Oregon University – LaGrande, Oregon

- [EOU Admissions](#)
- [EOU Academics](#)
- [EOU Financial Aid & Scholarships](#)
- [EOU Admissions Advisors](#)
- [EOU Academic Advising](#)
- [EOU Housing](#)
- [EOU Majors](#)
- [EOU Transfer](#)
- [EOU Campus Life](#)
- [EOU Student Programs](#)
- [EOU Online Programs/Degrees](#)
- [EOU Campus Visit](#)

WHERE TO LOOK FOR: PRIVATE UNIVERSITIES

Willamette University – Salem, Oregon

- [Willamette University Admissions](#)
- [Willamette University Academics](#)
- [Willamette University Financial Aid & Scholarships](#)
- [Willamette University Admissions Advisors](#)
- [Willamette University Academic Advising](#)
- [Willamette University Housing](#)
- [Willamette University Transfer](#)
- [Willamette University Student Life](#)
- [Willamette Campus Visit](#)

University of Portland

- [University of Portland Admissions](#)
- [University of Portland Academics](#)
- [University of Portland Financial Aid & Scholarships](#)
- [University of Portland Admissions Advisors](#)
- [University of Portland Academic Advising](#)
- [University of Portland Housing](#)
- [University of Portland Transfer](#)
- [University of Portland Student Life](#)
- [University of Portland Campus Visit](#)

Linfield University – McMinnville, Oregon

- [Linfield Admissions](#)
- [Linfield Academics](#)
- [Linfield Financial Aid & Scholarships](#)
- [Linfield Admissions Advisors](#)
- [Linfield Academic Advising](#)
- [Linfield Housing](#)
- [Linfield Transfer](#)

- [Linfield Student Life](#)
- [Linfield Online Programs](#)
- [Linfield Campus Visit](#)

Pacific University – Forest Grove, Oregon

- [Pacific Admissions](#)
- [Pacific Academics](#)
- [Pacific Financial Aid & Scholarships](#)
- [Pacific Admissions Advisors](#)
- [Pacific Academic Advising](#)
- [Pacific Housing](#)
- [Pacific Transfer](#)
- [Pacific Student Life](#)
- [Pacific University Campus Visit](#)

George Fox University – Newberg, Oregon

- [George Fox Admissions](#)
- [George Fox Academics](#)
- [George Fox Financial Aid & Scholarships](#)
- [George Fox Admissions Advisors](#)
- [George Fox Academic Advising](#)
- [George Fox Housing](#)
- [George Fox Transfer](#)
- [George Fox Student Life](#)
- [George Fox Online Programs](#)
- [George Fox Campus Visit](#)

Lewis and Clark University – Portland, Oregon

- [Lewis & Clark Admissions](#)
- [Lewis & Clark Academics](#)

- [Lewis & Clark Financial Aid & Scholarships](#)
- [Lewis & Clark Admissions Advisors](#)
- [Lewis & Clark Academic Advising](#)
- [Lewis & Clark Housing](#)
- [Lewis & Clark Transfer](#)
- [Lewis & Clark Campus Visit](#)
- [Lewis & Clark Student Life](#)
- [Lewis & Clark Online Programs](#)

OHSU

- [OHSU Admissions](#)
- [OHSU Academics](#)
- [OHSU Financial Aid & Scholarships](#)
- [OHSU Admissions Advisors](#)
- [OHSU Academic Advising](#)
- [OHSU Housing](#)
- [OHSU Campus Visit](#)
- [OHSU Student Life](#)

COMMUNITY COLLEGE

HELP AND LINKS

Blue Mountain Community College

- [BMCC Admissions](#)
- [BMCC Academics](#)
- [BMCC Financial Aid & Scholarships](#)
- [BMCC Advising](#)
- [BMCC Student Life](#)
- [BMCC Campus Tour](#)
- [BMCC Transfer Info](#)

COCC Central Oregon Community College

- [COCC Admissions](#)
- [COCC Academics](#)
- [COCC Financial Aid & Scholarships](#)
- [COCC Advising](#)
- [COCC Student Life](#)
- [COCC Housing](#)
- [COCC Campus Tour](#)
- [COCC Transfer Info](#)

Chemeketa Community College

- [Chemeketa Admissions](#)
- [Chemeketa Academics](#)
- [Chemeketa Financial Aid & Scholarships](#)
- [Chemeketa Advising](#)
- [Chemeketa Campus Life](#)
- [Chemeketa Student Programs](#)
- [Chemeketa Campus Tour](#)
- [Chemeketa Transfer Info](#)
- [Chemeketa Online Programs/Degrees](#)

Clackamas Community College

- [Clackamas Admissions](#)
- [Clackamas Academics](#)
- [Clackamas Financial Aid & Scholarships](#)
- [Clackamas Academic Advising](#)
- [Clackamas Campus Life](#)
- [Clackamas Student Programs](#)
- [Clackamas Transfer](#)
- [Clackamas Campus Tour](#)

Clatsop Community College

- [Clatsop Admissions](#)
- [Clatsop Academics](#)
- [Clatsop Financial Aid & Scholarships](#)
- [Clatsop Academic Advising](#)
- [Clatsop Campus Life](#)
- [Clatsop Student Programs](#)
- [Clatsop Transfer](#)

Columbia Gorge Community College

- [CGCC Admissions](#)
- [CGCC Academics](#)
- [CGCC Financial Aid & Scholarships](#)
- [CGCC Academic Advising](#)
- [CGCC Student Programs](#)
- [CGCC Housing](#)
- [CGCC Online Programs/Degrees](#)
- [CGCC Transfer](#)
- [CGCC Campus Tour](#)

Klamath Community College

- [KCC Admissions](#)
- [KCC Academics](#)
- [KCC Financial Aid & Scholarships](#)
- [KCC Academic Advising](#)
- [KCC Student Programs](#)
- [KCC Online Programs/Degrees](#)
- [KCC Transfer](#)
- [KCC Campus Tour](#)

Lane Community College

- [LCC Admissions](#)
- [LCC Academics](#)
- [LCC Financial Aid & Scholarships](#)
- [LCC Academic Advising](#)
- [LCC Student Programs](#)
- [LCC Housing](#)
- [LCC Online Programs/Degrees](#)
- [LCC Transfer](#)
- [LCC Campus Tour](#)

Linn-Benton Community College

- [LBCC Admissions](#)
- [LBCC Academics](#)
- [LBCC Financial Aid & Scholarships](#)
- [LBCC Academic Advising](#)
- [LBCC Student Programs](#)
- [LBCC Housing](#)
- [LBCC Online Programs/Degrees](#)
- [LBCC Transfer](#)
- [LBCC Campus Tour](#)

Mt. Hood Community College

- [MHCC Admissions](#)
- [MHCC Academics](#)
- [MHCC Financial Aid & Scholarships](#)
- [MHCC Academic Advising](#)

- [MHCC Student Programs](#)
- [MHCC Housing](#)
- [MHCC Online Programs/Degrees](#)
- [MHCC Transfer](#)
- [MHCC Campus Tour](#)

Oregon Coast Community College

- [OCCC Admissions](#)
- [OCCC Academics](#)
- [OCCC Financial Aid & Scholarships](#)
- [OCCC Academic Advising](#)
- [OCCC Student Programs](#)
- [OCCC Housing](#)
- [OCCC Online Programs/Degrees](#)
- [OCCC Transfer](#)

Portland Community College

- [PCC Admissions](#)
- [PCC Academics](#)
- [PCC Financial Aid & Scholarships](#)
- [PCC Academic Advising](#)
- [PCC Student Programs](#)
- [PCC Housing](#)
- [PCC Online Programs/Degrees](#)
- [PCC Transfer](#)
- [PCC Campus Tour](#)

Rogue Community College

- [RCC Admissions](#)
- [RCC Academics](#)
- [RCC Financial Aid & Scholarships](#)
- [RCC Academic Advising](#)
- [RCC Student Programs](#)
- [RCC Housing](#)
- [RCC Online Programs/Degrees](#)
- [RCC Transfer](#)
- [RCC Campus Tour](#)

Southwestern Oregon Community College

- [SWOCC Admissions](#)
- [SWOCC Academics](#)
- [SWOCC Financial Aid & Scholarships](#)
- [SWOCC Academic Advising](#)
- [SWOCC Student Programs](#)
- [SWOCC Housing](#)
- [SWOCC Online Programs/Degrees](#)
- [SWOCC Transfer](#)
- [SWOCC Campus Tour](#)

Tillamook Bay Community College

- [TBCC Admissions](#)
- [TBCC Academics](#)
- [TBCC Financial Aid & Scholarships](#)
- [TBCC Academic Advising](#)
- [TBCC Student Programs](#)
- [TBCC Housing](#)
- [TBCC Online Programs/Degrees](#)
- [TBCC Transfer](#)
- [TBCC Campus Tour](#)

Treasure Valley Community College

- [TVCC Admissions](#)
- [TVCC Academics](#)
- [TVCC Financial Aid & Scholarships](#)
- [TVCC Academic Advising](#)
- [TVCC Student Programs](#)
- [TVCC Housing](#)
- [TVCC Online Programs/Degrees](#)
- [TVCC Transfer](#)
- [TVCC Campus Tour](#)

Umpqua Community College

- [UCC Admissions](#)
- [UCC Academics](#)
- [UCC Financial Aid & Scholarships](#)

OUTSIDE ORGANIZATIONS

HELP AND LINKS

- [FederalStudentAid College Preparation Checklist](#)
- [Best Colleges Student Guide to College Planning](#)
- [Plan Universitario para Padres y Estudiantes](#)
- [Oregon Public University Majors and Minors](#)
- [Common App](#) (Explore more than 900 colleges and navigate your application journey)
- [Preparación para la universidad guía y cuaderno de ejercicios](#)
- [BigFuture College Comparison](#)
- [Oregon Goes to College](#)
- [Making Your College Decision Article](#)
- ECMC
- Opportunities guide & workbook
- Resource Guides
- Financial Awareness Basics
- Estimate Your College Costs



Mental Health Resources

- [Safe and Strong Oregon](#)
- [60 Digital Resources for Mental Health](#)
- [133 Mental Health and Learning Resources for Kids and Teens](#)
- [Teenmentalhealth.org](#)

TRANSFER RESOURCES

LINKS

- [How do credits transfer over to OSU?](#)
- [OSU Resources for Transfer Students](#)
- [Transfer Student Requirements for OSU](#)
- [College of Agricultural Sciences Transfer Guides](#)
- [College of Business Transfer Guides](#)
- [College of Education Double Degree Transfer Guide](#)
- [College of Engineering Advising information](#)
- [College of Forestry Transfer Guides](#)
- [College of Liberal Arts Information and Guides](#)
- [College of Pharmacy Transfer Guides](#)
- [College of Public Health and Human Sciences Transfer Guides](#)
- [College of Science Transfer Guides](#)
- [College of Earth, Ocean, and Atmospheric Sciences Transfer Guides](#)
- [OSU Cascades – Transfer Student Information](#)
- [Degree Partnership Program](#)
- [Transfer Tips Part Two: Once you know where you want to transfer](#)

Fill out our [contact form](#) to find out more about/ join one of our programs or have your regional OOC Coordinator reach out to you to find out what support and resources we can offer! **



Transfer Articles and Videos

- [Tips on Transferring from a 2-Year to a 4-Year College](#)
- [Transfer Tips Part One: What to consider while you're still at your community college](#)

CAREER DEVELOPMENT RESOURCES

LINKS

Résumé and Cover Letter Help

- VMock online résumé review tool: [General Public](#); [OSU Students](#)
- [User Guide](#)
- [Career development center's résumé and Cover letter resources](#)

Career Guide

Job and Internship Support

- [Job Search Resources](#)
- [Finding a Job or Internship](#)
- Handshake job portal: [General Public](#); [OSU Students](#)
- Focus2 career and education decision making model: [General Public](#); [OSU Students](#)
- [StandOut Interactive Video Interview Platform](#)
- [GoinGlobal](#) city/country-specific career advice guides, international internships, and job opportunities
- [O*Net](#) occupational info and career paths
- [Buzzfile](#) career database sorted by academic majors
- [Career One Stop](#) database with skills assessments to match to jobs, resources, and career overviews

Career Exploration Prompts

Below you will find questions meant to prompt students' career exploration. It is common for students to not have answers to these questions immediately; these are intentionally difficult questions.

1. What is important to me?
2. What is my dream job? Why?
3. Who has influenced my ideas about my career options?
4. What jobs might I consider as a parallel plan? (Plan B, Plan C, etc.)
5. What career paths can I cross off my list of options?
6. How do I want to be remembered?
7. What impact do I want to make on the world?
8. What topics and ideas spark my curiosity?
9. What do I "geek" over? What could I spend hours doing?
10. What do I have to offer others?
11. What comes naturally to me?
12. How do I like to spend my time?
13. What are my favorite classes, and why?
14. What extracurricular activities do I enjoy? What have I learned about myself from participating in activities?
15. Who do I look up to? What about them inspires or motivates me?
16. What personal qualities do I view as my strengths?
17. What activities make me feel happy or energized?
18. When do I feel most comfortable and at ease?
19. What are the biggest lessons I've learned so far?
20. How do I define success?
21. If I were guaranteed success, what would I do?
22. When have I been most inspired or most motivated?
23. If I had a magic wand, what would I do for a year?
24. What do others ask me for help on?

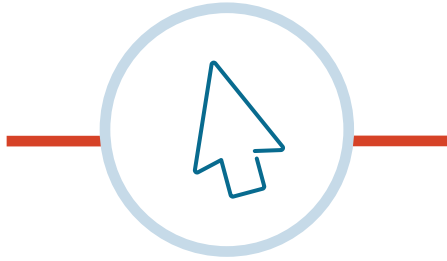
OREGON JOB CORPS SITES

TRAINING OPPORTUNITIES

What is Job Corps:

Job Corps is the nation's largest FREE hands-on education and job training program for young adults.

Job corps benefits include a furnished dorm, books and supplies, childcare allotment, clothing: for career training, food, health & wellness: basic medical care, money: a living allowance.



Who qualifies:

You must qualify as “low income” to be accepted into this free program.

How Do I qualify:

- You get SNAP (supplemental nutrition assistance program) benefits, formerly called food stamps, or are a member of a family getting them.
- You get free or reduced-price lunch benefits at school.
- You get Supplemental Social Security income.
- You are homeless, which includes living in someone else's home due to hardship.
- You are a foster child, or you are waiting to be placed in a foster home.
- You are part of a migratory family that moves a lot for work such as farming or fishing, and you changed schools a lot or traveled 20+ miles to school.

OREGON JOB CORPS SITES

TRAINING OPPORTUNITIES

Job Corps site	On-center Training	Capacity	Facilities
Springdale (Troutdale) https://springdale.jobcorps.gov/	Collision Repair and Refinish Office administration Certified nurse assistant Pharmacy tech Security and protective services	150	Dorms Cafeteria Center store Wellness center Activity/recreation center Gym/fitness center Library
Timberlake (Estacada) https://www.jobcorps.gov/center/timber-lake-job-corps-civilian-conservation-center	Welding Vehicle maintenance and light repair Office administration Carpentry Electrical Painting Culinary arts Forestry conservation and fire fighting	200	Dorms Cafeteria Center store Wellness center Activity/recreation center Gym/fitness center
Angell Job corps Conservation Center (Yahats) https://angell.jobcorps.gov/	Maintenance and light repair Bricklayer Carpentry Painting Plumbing Urban forestry	160	Dorms Cafeteria Center store Wellness center
Wolf Creek (Glide) https://angell.jobcorps.gov/	Welding Carpentry Cement masonry Construction craft laborer Office administration Culinary arts Forestry conservation and firefighting Vehicle maintenance and light repair Certified Nurse Assistant	230	Dorms Cafeteria Center store Wellness center Library
Tongue Point (Astoria) Home Tongue Point Job Corps Center	Welding Building construction technology Carpentry Cement masonry Electrical Glazing Painting Plastering Office Administration Clinical Medical Assistant Dental Assistant	473	Dorms Cafeteria Center store Wellness center Activity/recreation center Gym/fitness center Library