

What is the Right College for You?

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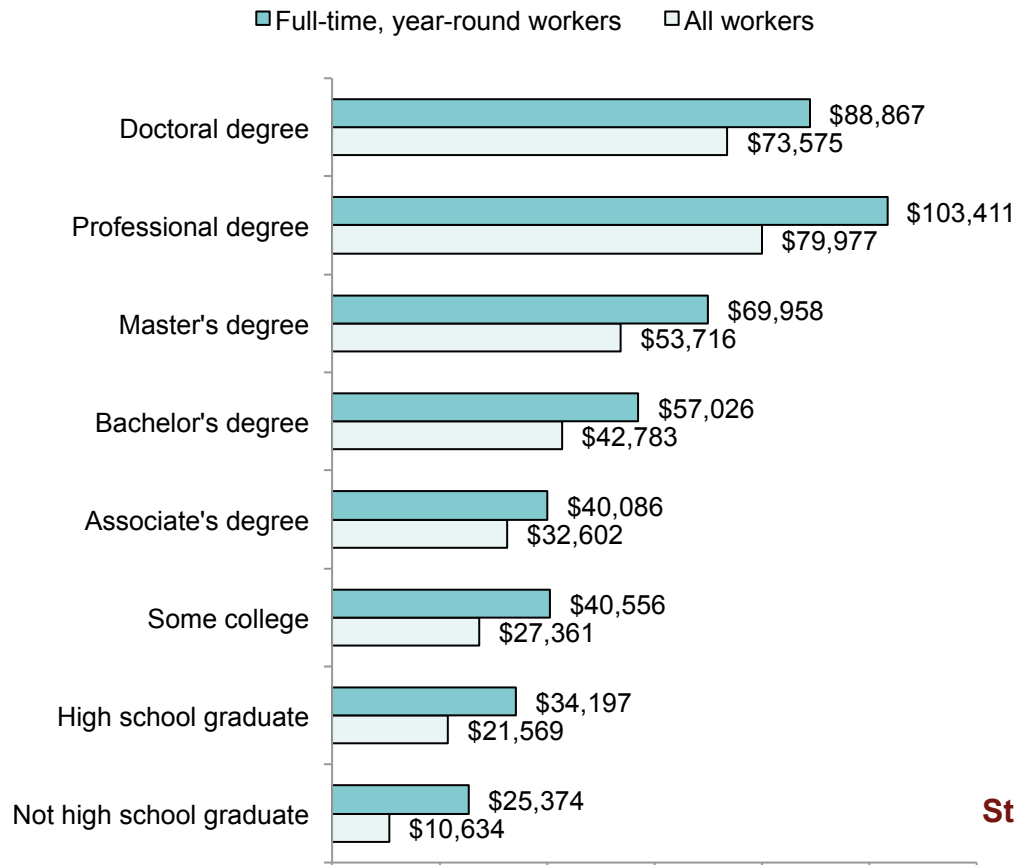


Stanford Prevention Research Center
Stanford University School of Medicine



Education: the Big Payoff

Average Annual Earnings of Workers 25 to 64 Years Old by Educational Attainment, 2006-2008

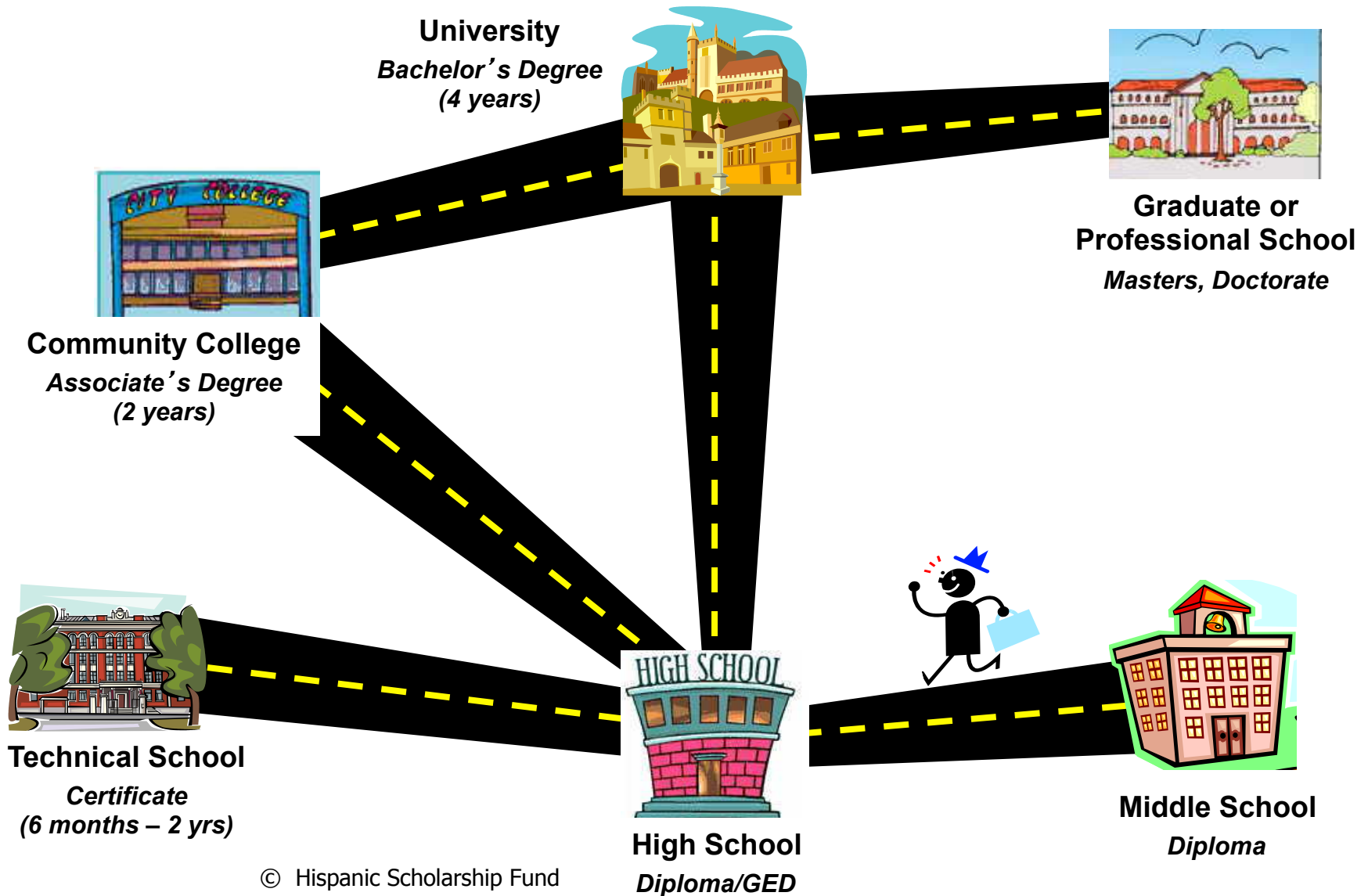


Topics We Will Cover

- Types of colleges
- Choosing the right college
- Exploring the best choices
- Why students drop out
- Resources



What Happens after High School?



College Quiz

- Name four local colleges or universities
- What degree can you earn from a community college?
- What degrees can you earn from a 4-year college?
- Name the 2 kinds of a bachelor's degree

Types of Colleges

- Vocational/technical
- Community colleges (junior colleges)
- California State University (CSU)
- University of California (UC)
- Private colleges/universities

We are surrounded by some of the best colleges/universities in the world!

Vocational/Technical Colleges

(e.g., Heald, Everest, Phoenix, National University)

- Provide specialized training (medical assisting, paralegal, accounting)
- Program length varies
- Receive a certificate, diploma or AA
- Some award a BA or BS
- Most privately owned—check costs, accreditation, graduation rates, job placements!
- Community colleges may offer similar programs at much lower cost

California's System of Higher Education

System	#	Degrees	Admissions
California Community Colleges (junior colleges)	109	2-year Associate of Arts (AA) degrees	Open admission
California State University (CSU)	23	4-year Bachelor of Arts (BA) and Bachelor of Science (BS), some graduate degrees including Master's degrees (MA) and PhD	Admits top 33% of California high school graduating class
University of California (UC)	10	4-year BA and BS degrees, graduate degrees including PhD and professional degrees such as medicine (MD), law (JD), and veterinary science (DVM)	Admits top 12.5% of California's high school graduating class

Community Colleges (AA)

(e.g., DeAnza, Foothill, Canada, Mission, San Jose City)

- 2-year programs
- Can complete first 2 years of coursework (lower-division courses), then transfer to a 4-year college to complete last 2 years (upper-division courses)
- Open enrollment
- Tuition less expensive
- Smaller classes
- No BA or BS awarded
- Gateway to 4-year colleges



California State Universities

(e.g., Cal State San Jose, San Francisco, Monterey Bay, Sacramento, Long Beach, Fullerton)

- 4-year programs – BA, BS
- Many different subjects and majors
- Some offer masters and doctoral degrees
- Students may live on campus but many are commuters
- The largest, most diverse, and one of the most affordable university systems in the country



University of California

(e.g., U.C. Davis, Berkeley, Santa Cruz, UCLA, Santa Barbara, San Diego, Riverside)

- 4-year programs – BA, BS
- Many different subjects and majors
- Research based, MA & PhD degrees
- Most students live on campus or off campus in rentals
- Among US public colleges, half of the UCs rank in the top 10 (with Berkeley, UCLA, and UC San Diego ranking among the highest)



Private Colleges

(e.g., Stanford, U. of Santa Clara, USC, San Francisco U, Loma Linda, Mills, faith-affiliated)

- 4-year programs – BA, BS and graduate degrees.
- Receive no direct subsidy from state school located in.
- Can be exclusive, difficult to get into.
- Often smaller enrollment and smaller classes.
- Offer smaller range of majors, but often have particular academic focus (e.g., liberal or fine arts).
- Often higher number of extra-curricular activities.
- Tuition may be 9-10 x higher than at public institutions.
- May have good financial aid for high achieving students, low-income students, and student athletes.
- Academic standards vary greatly—from prestigious to “cautionary.”



Imagine Yourself at College

It's never too early to:

- Talk with family, friends, college students, teachers, alumni & counselors about their college experiences
- Learn about colleges that interest you
- Participate in college access programs
- Attend college fairs
- Visit local colleges



What is the Right College for You?

- Entrance requirements (GPA, SATs)?
- Classes/majors?
- Cost? Financial aid?
- Small, medium or large?
- Urban, rural? Ethnic diversity?
- Distance from home?
- Campus activities/support?
- Graduation rates? Job internships/placements?



Learn More about Colleges from Others

Ask about other's college experiences:

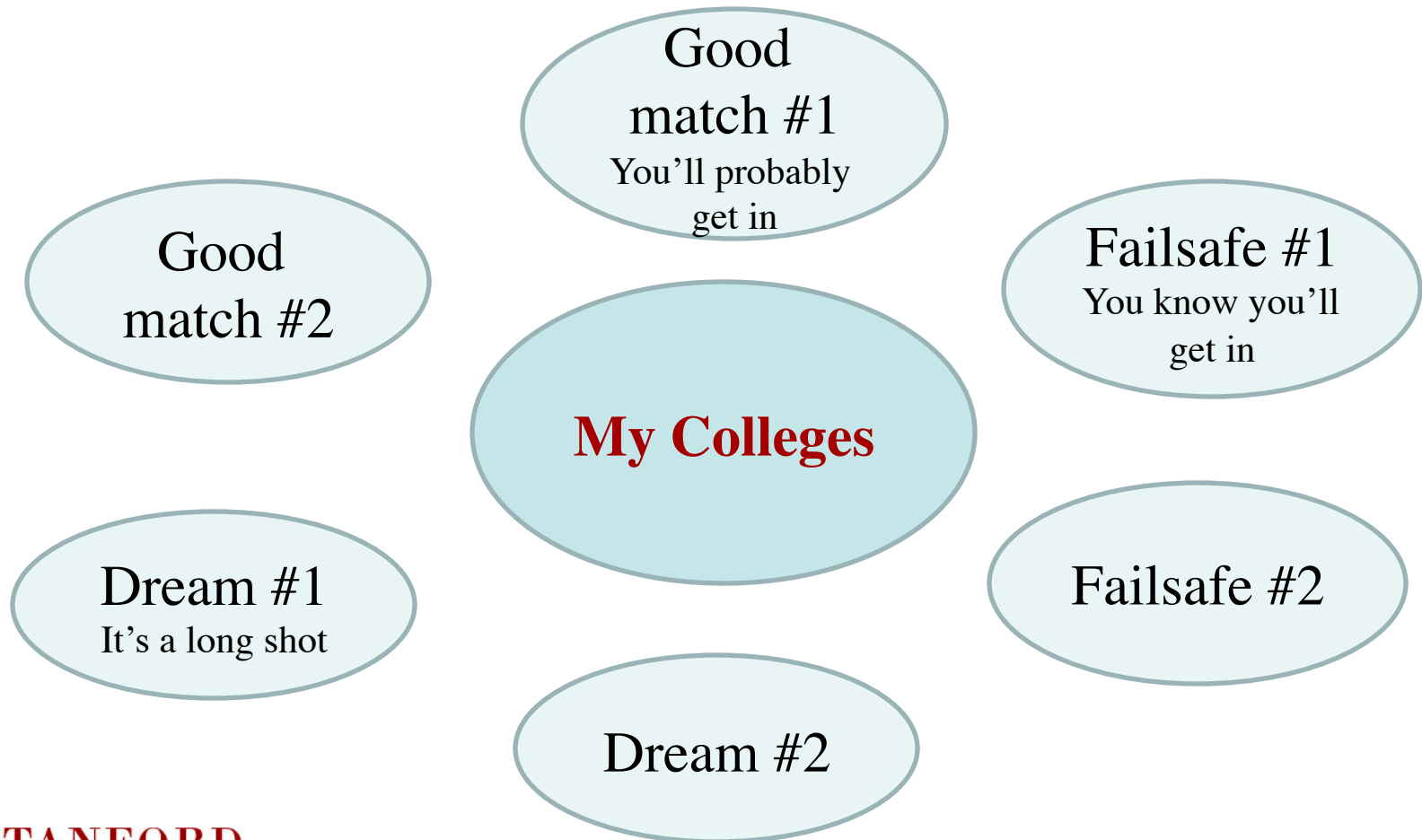
- How did you decide on which college to attend?
- What was your major and why did you choose it?
- What activities did you participate in?
- What was a typical day like for you?
- What was the most challenging about your freshman year?
- How can I best prepare for college?



How Many Colleges to Apply to?

Dream, Good Match, Failsafe

Pick about 6 colleges, each having a different level of difficulty



What Colleges May Ask You to Submit: Your Self Portrait

- Your Profile
 - GPA
 - Rank
 - Test Scores
 - AP, IB, Honors
 - Core Classes
- Your Strengths & Interests
 - Academics
 - Extracurricular Activities
 - Personal Qualities
 - Perspectives
- College Application
 - Basic Information Form
 - High School Transcript
 - SAT or ACT Test Scores
 - SAT Subject Test Scores
 - Letters of Recommendation
 - Essay(s)
 - Interview (if applicable)
 - Audition/Portfolio (if applicable)

Your College Essay: Why Does it Matter?

- Allows you to distinguish yourself
- Personalizes your application
- Shows your accomplishments and goals
- Leaves an impression

A Strong College Essay

- Reflects your life experiences, achievements, and personal characteristics that relate to your commitment to higher education.
- Shows depth of interests/accomplishments by detailing experiences gained in your life.
- Tells a cohesive story—every sentence should contribute to the overall meaning of your essay.
- Distinguishes you from other applicants. Ask yourself, is this is a story only you can tell?
- Shows your enthusiasm, passion and commitment. Be professional and non-judgmental.
- Explains why you are unique and how you will contribute to the college where you are applying.
- Uses appropriate and active-voice verbs.
- Answers essay question clearly.
- Has no typos or grammatical errors.

Reasons Students Drop Out

- Unprepared for higher level academics
- Educational burnout (demanding classes, amount of homework)
- School poor fit for interests, skills, or desired major
- Too much fun, too many extracurricular activities
- Financial problems/not enough financial assistance
- Demands of job, desire for extra money
- Homesick, feeling like don't fit in
- Lack of family or college support and resources
- Personal or family issues (personal stress, relationship ends, family illness)

Here's a Simple Equation

- A college or career school education equals:
 - More money
 - More job opportunities
 - More freedom
- A college education is a long-term investment.
- Plan carefully and you can find the college and funding options that work best for you and put you on the path to success.

Resources

This website gives simple tips on test taking, preparing a college timeline, creating a resume, and learning about a career. See tab on academic toolbox, tip sheets

<http://accesstoachievement.org/>

This website is part of the College Board website--search for colleges based on your preferences (size, location, majors, sports, etc.), look at career options, learn how to finance college, and more.

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

This website includes information on what types of aid there are, who qualifies, and how to get aid.

<http://studentaid.ed.gov>

Good luck!

"When educating the minds of our youth, we must not forget to educate their hearts."

Dalai Lama



Notes
