

What is the Right College for You?

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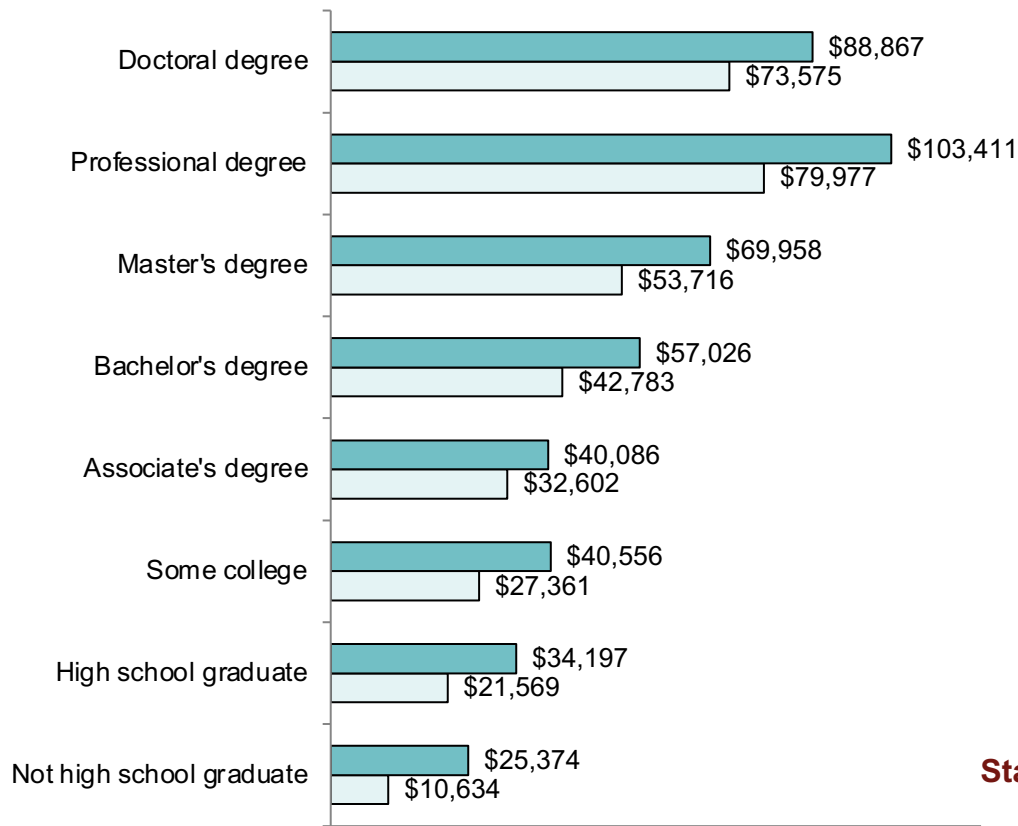
Stanford Prevention Research Center
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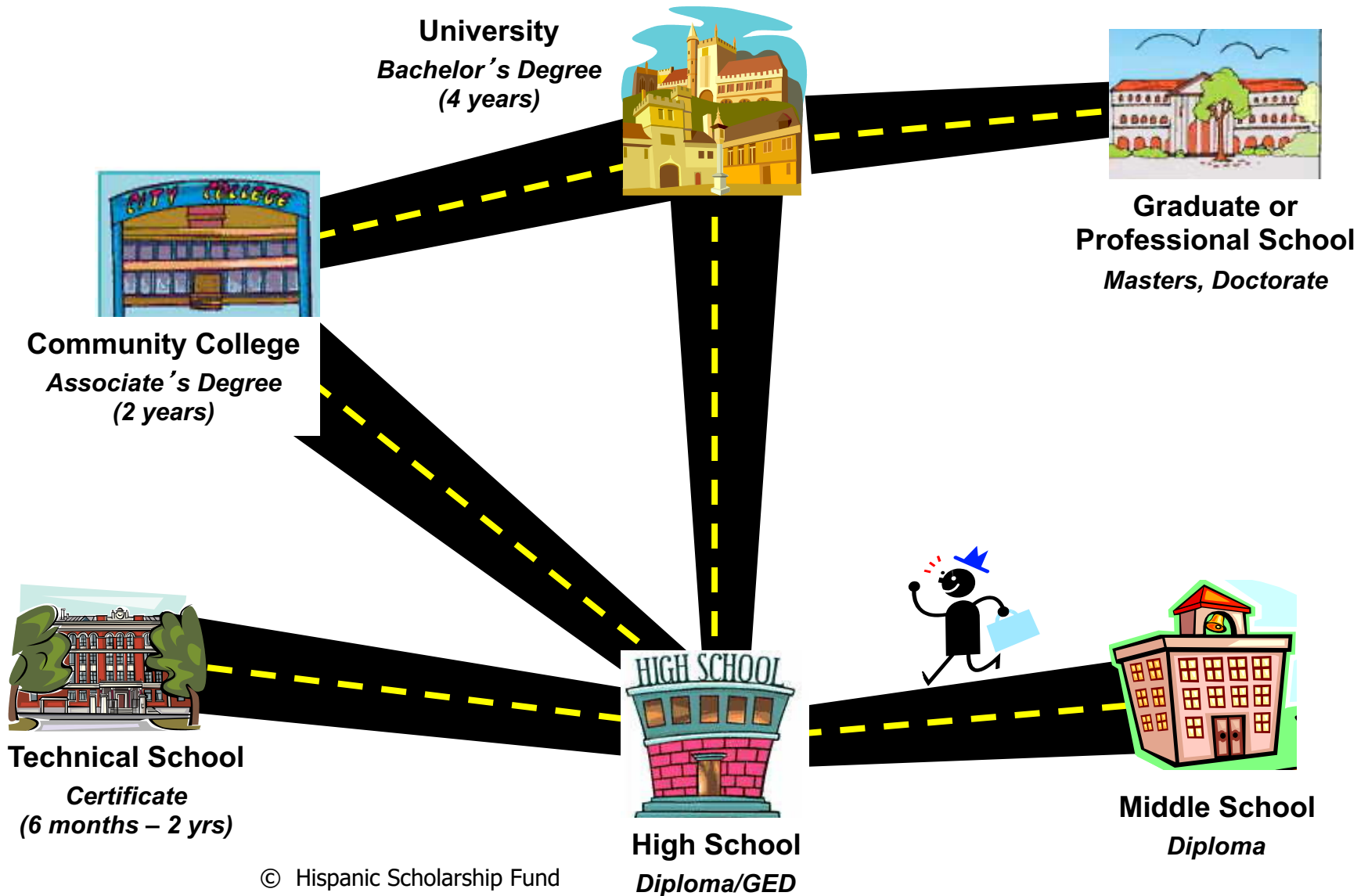
Education: the Big Payoff

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

■ Full-time, year-round workers □ All workers



What Happens after High School?



Types of Colleges

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

In California, we are surrounded by some of the best colleges/universities in the world!

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

Vocational/Technical Colleges

(e.g., Heald, Phoenix, Fresno Trade Schools)

- 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 a much lower cost!**

Community Colleges (AA)

(e.g., DeAnza, Foothill, Mission, San Jose City, Fresno 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—may be free!
- Smaller classes
- Usually no BA or BS awarded
- Gateway to 4-year colleges



California State Universities

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

- 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)



UC acceptance rates—they vary!

Your essays are really important, along with your grades and SATs

Apply to enough UCs—dream, good match, guaranteed schools

UC Rankings	US News Ranking	Location	Acceptance Rate	GPA Range	SAT Range	ACT range
UC Irvine	5 (36)	Irvine	29.0%	3.96-4.26	1280-1510	27-34
UC San Diego	4 (34)	La Jolla	34.3%	4.07-4.29	1310-1520	29-34
UC Berkeley	2 (22)	Berkeley	14.5%	4.12-4.30	1320-1540	29-35
UCLA	1 (20)	Los Angeles	10.8%	4.19-4.32	1350-1550	31-35
UC Davis	6 (38)	Davis	49.0%	3.95-4.25	1230-1490	26-33
UC Merced	8 (93)	Merced	87.6%	3.39-4.00	980-1260	18-27
UC Riverside	7 (83)	Riverside	65.8%	3.7-4.13	1110-1380	21-31
UC Santa Barbara	3 (28)	Santa Barbara	29.2%	4.10-4.29	1290-1510	28-34
UC Santa Cruz	9 (103)	Santa Cruz	58.8%	3.81-4.20	1170-1440	24-32

Berkeley 14.5%
Santa Cruz 58.8%
Merced 87.6%

Private Colleges

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

- 4-year programs – BA, BS and graduate degrees.
- Receive no direct subsidy from state that school is located in.
- Can be exclusive, difficult to get into.
- Often smaller enrollment and smaller classes.
- May have particular academic focus (e.g., liberal or fine arts).
- Tuition may be 9-10 x higher than at public institutions.
- **Often have good financial aid for high achieving students, low-income students, and student athletes—apply to some if you are a good student.**
- 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—see if you like the “feel” of the campus, visit a classroom, talk to students, meet with admissions, diversity programs

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:

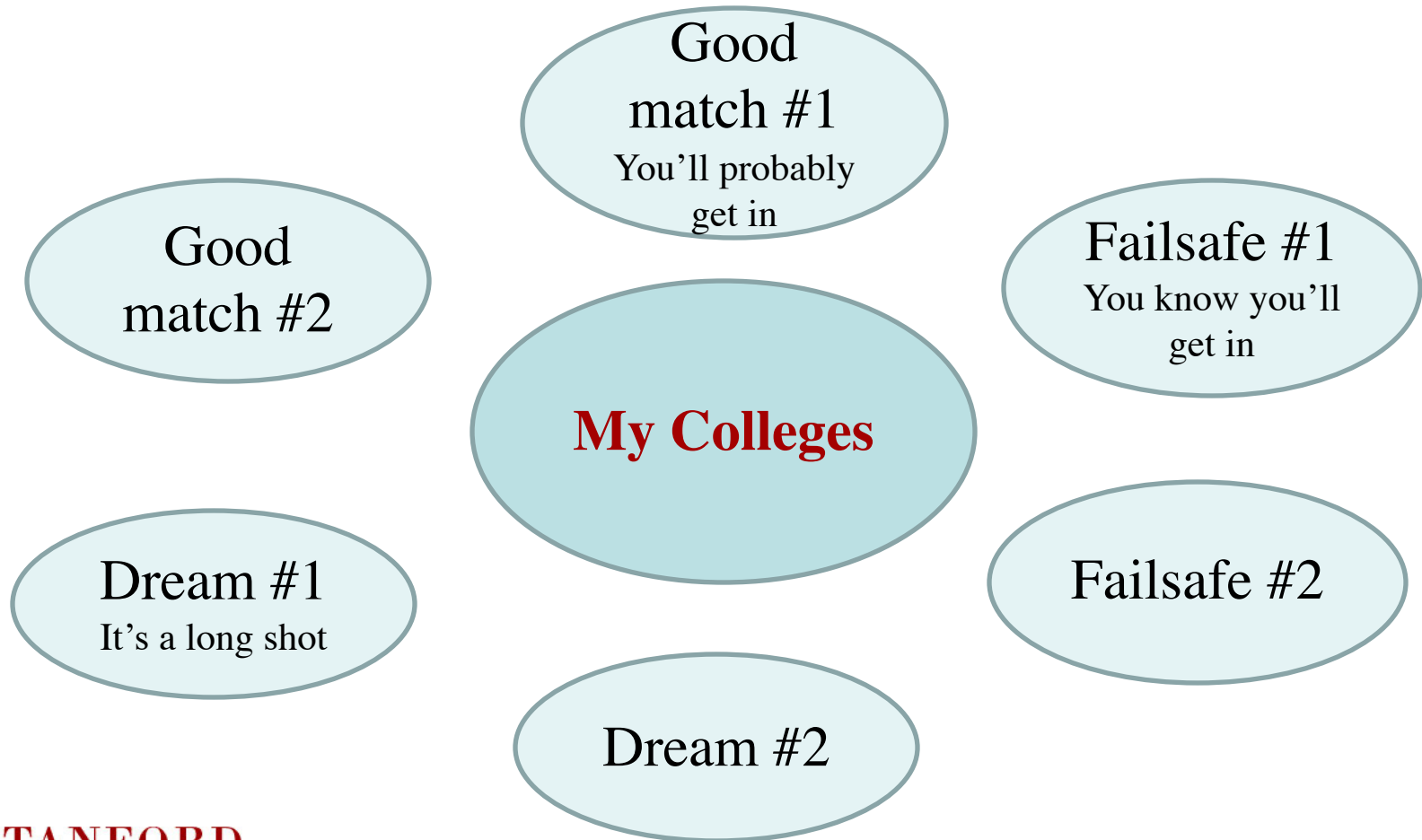
- How did you decide on which college to attend?
- What was your major and why did you choose it?
- What activities did you participate in?
- What was a typical day like for you?
- What was most challenging about your freshman year?
- How can I best prepare for college?



How Many Colleges Should You Apply To?

Dream, Good Match, Failsafe Colleges

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 in your class
 - Test Scores
 - AP, IB, Honors
 - Core Classes
- Your Strengths & Interests
 - Academics
 - Extracurricular Activities
 - Personal Qualities
 - Perspectives
- College Application (these vary)
 - 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, what you have learned, challenges overcome
- Read examples of good essays from other students
- Write many drafts and ask for feedback!

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 (take too many demanding classes at first)
- 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:
 - Chance to do your life work!
 - More job opportunities and money
 - More freedom, flexibility, choices
- 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.

College Quiz

- Name two local community colleges
- Name two Cal State universities
- Name two U.C's—do they all have the same academic entrance requirements?
- What degree can you earn from a community college? From a 4-year college?
- Is it easy to transfer from a community college to a 4 year college if you have done well?
- Do you have to graduate with a lot of debt or too many loans?
- Is college fun? YES! Hardwork? YES

Remember to Believe in Yourself!

- People may tell you that college is not for you or that you may not succeed
- Choose the right college, seek out their resources (tutoring centers, resources for low income and/or students of color, financial aid assistance)
- Talk with your professors and let them know if you need help. Get to know them.
- Be organized and stay ahead in your work!
- **You are smart—if you have been a good student in high school you will do fine in the right college!**

Resources

There are many resources online.

Some show characteristics of a college and its resources.

Others help explain financial aid, scholarships.

Here are two websites:

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>

Believe in Yourself!

**“When I was growing up, I worked
in the fields with my mother.
I didn't know anything about colleges.
I had never heard of Stanford.”**

Jesús Rodríguez, M.D., high school, 1989

Accepted to and graduated from Stanford and then
University of Washington for Medical School

Now a Family Practice Physician, Fresno, CA

I'm originally from Mexico, grew up in Madera, and
returned to the Central Valley after medical school
and training to provide quality medical care to all of
my patients.



Good luck!

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

Dalai Lama



Notes
