



# 2022-2023 Senior Guide

## Iowa Edition

**Access the 2022-2023 TeamMates Central Office Scholarship Application Online**

Available at [www.teammates.org](http://www.teammates.org)  
Under the "Mentoring" tab, click "Scholarships"

*Application Opens: **October 1st, 2022***

*Deadline: **January 20<sup>th</sup>, 2023***

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## PURPOSE

The purpose of this guide is to define what post-secondary education is, highlight the benefits of furthering your education, provide guidance on the post-secondary admission process, and share information about financing your education. Throughout this guide, you will find links and QR codes to various resources that can assist you in your pursuit of post-secondary education.

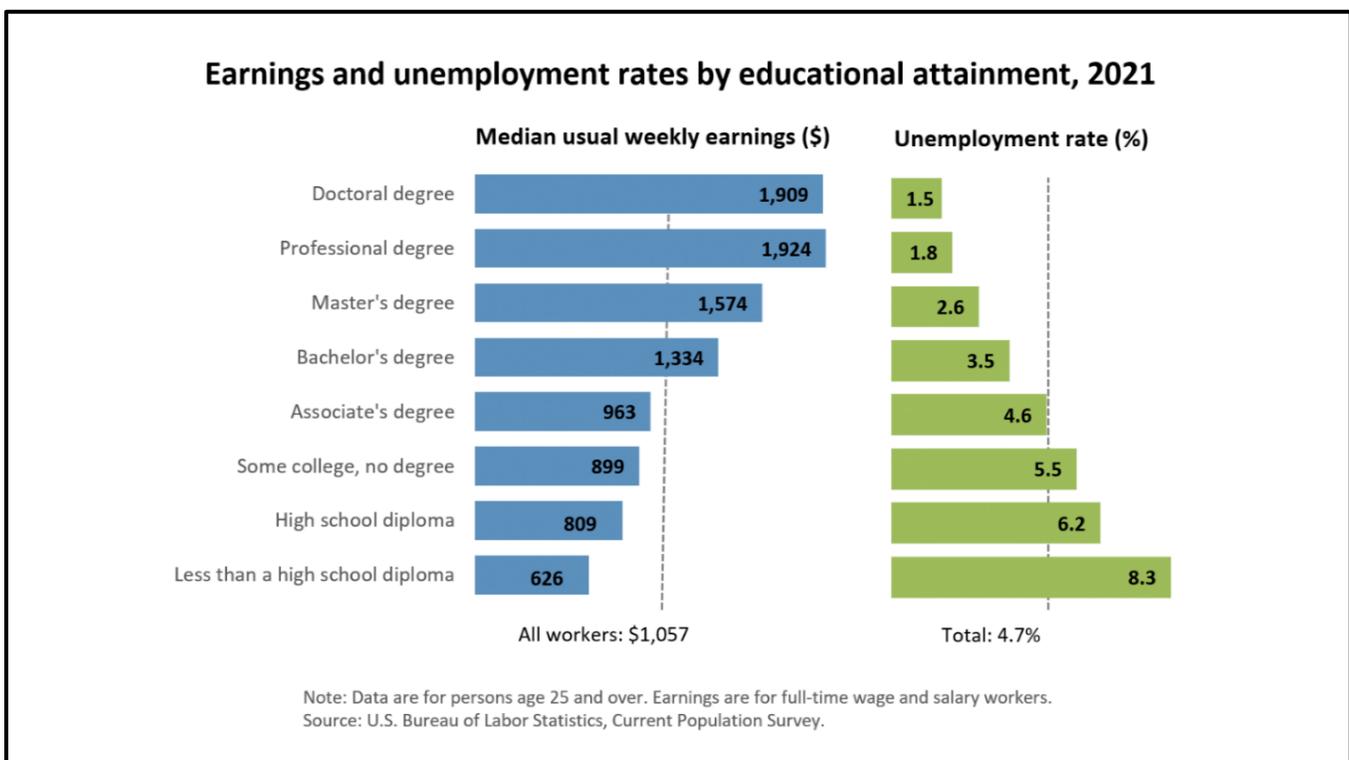
## WHAT IS "POST-SECONDARY EDUCATION"?

Post-secondary education is any additional education or training after high school that is needed to attain a career that fits your interests and talents. Institutions of post-secondary education include not only four-year colleges and universities but also two-year community colleges, 12-18 month programs, cosmetology, trade, and military schools. At the end of a prescribed course of study or program, a degree or certificate is awarded.

Examples of post-secondary education include:

- **4-year Bachelor's Degree** (Briar Cliff University, University of Northern Iowa, University of Iowa, Iowa State University, etc.)
- **2-year Associate's Degree** (Community Colleges (CC) such as Hawkeye CC, Iowa Western CC, Western Iowa Tech CC, etc.)
- **Certification** (cosmetology, computer technology, welding, auto mechanics, etc.)
- **Military** (Army, Navy, Air Force, Marines, National Guard, Military Reserves, etc.)

In the U.S., more education/training equates to being more likely to be employed and to higher income. Here's a look at the average weekly earnings and unemployment rates in respect to the different education levels:



## Trade Schools

### Quick Facts

- Definition: A post-secondary institution that provides training for specific occupations.
- May also be referred to as a technical or vocational school.
- The length of time to complete a trade school program is typically less than that of a four-year college or university program.
- Some example trade school occupations: electrician, mechanic, machinist, pharmacy technician, dental hygienist, cosmetologist.
- The average cost of a trade school degree or certificate is typically much less than a traditional associate's or bachelor's degree.
- Due to demand in the U.S., the job outlook for many trade school occupations is promising.

Source: [The Simple Dollar: Why You Should Consider Trade School Instead of College?](#)

## Military Opportunities

### Federal Military Academies

- A post-secondary institution that provides individuals with an education while also preparing them for the military.
- The government will pay the full cost of the degree.
- Upon completion of training, a period of military service is required of graduates.
- Students may choose to apply one of the five academies: U.S. Military Academy, U.S. Naval Academy, U.S. Air Force Academy, U.S. Merchant Marine Academy, U.S. Coast Guard Academy

### Military Colleges

- A post-secondary institution that allows students to complete military leadership training (Reserve Officer Training Corps (ROTC) program) while pursuing a traditional degree.

Source: [The Best Schools: Attend a Military Academy](#)

### National Guard

- The purpose of the National Guard is to protect a designated territory (such as a state), but it may also assist in addressing federal issues.
- It consists of the Army National Guard and the Air National Guard.

### Military Reserves

- The purpose of the Military Reserves is to support active-duty forces during conflict or declared war
- They fall under the authority of the active-duty branches of military.

Source: [Military.com: National Guard and Military Reserves Explained](#)

Below, you will find some resources to learn more about educational and career opportunities offered by various branches of the military. It is also recommended to speak with a recruiter and/or your school counselor to learn more.

### U.S. Department of Defense QR Code



### Military Reservist QR Code



## PLANNING FOR POST-SECONDARY EDUCATION: WHERE DO I GET STARTED?

This section provides suggestions to help you get started right away this fall with the post-secondary education planning process. We have also provided guidance on some key steps that will put you in the best position to be admitted into post-secondary institutions and receive financial aid for your education.

### **Key Steps to Plan for Post-Secondary Education**

1. **Create a personal e-mail account.** You will primarily receive communication from any institutions or scholarships that you have applied to via email. You want to be sure you have created a professional email address. It is suggested to use some variation of your name and possibly numbers (refer to examples below). Email addresses that are unprofessional look unfavorably upon you. It is also recommended to only use one email address for all post-secondary communication to keep this information organized!
  - a. Good examples: joesmith@gmail.com; joesmith2022@yahoo.com; jsmith@gmail.com; jsmith22@yahoo.com
  - b. Bad examples: lgotswag2022@hotmail.com; prettyprincess@gmail.com
2. **Aim for a cumulative GPA of 2.50 or higher.** Your cumulative GPA is one important factor when considering you for admission to post-secondary institutions and for scholarships. Many scholarships require a minimum cumulative GPA of 2.50 to be considered. High schools also use students' cumulative GPAs when determining class rank.
3. **Research post-secondary institutions and complete the application process.** To find the post-secondary institution that will be the best fit for you, take time to research various institutions. Consider factors such as educational programs offered, admissions requirements, cost, financial aid, and environment when doing your research. Ideally, visit institutions that you are interested in to get a strong sense of what they can offer you. Each post-secondary institution that you want to apply to will have its own specific admissions and scholarship application process. Pay attention to the requirements of the process and deadlines by which you must submit your application materials. ***Note: Some institutions will waive the application fee for students who meet financial need criteria.***
4. **Take the ACT Exam.** Many four-year colleges require that you take the ACT, and students can receive scholarships based on their ACT score. You will find upcoming ACT test dates in the chart on the following page. You can take the ACT as many times as you would like, and colleges will accept your highest score. The cost of the test is \$60, or \$85 if you add the writing portion. ***Note: Waivers may be available through your school counselor's office if you cannot afford to pay for the test, and you can use up to two waivers per academic year to take the ACT free of charge.*** To sign up for the exam and access test prep resources, visit [www.actstudent.org](http://www.actstudent.org), scan the QR code below, or speak with your school counselor.

### **ACT Products & Services**

#### **QR Code**



## 2022-2023 Test Dates (National)

| Test Date          | Regular Registration Deadline | Late Registration Deadline<br>Late Fee Applies | Standby Deadline<br>Photo Upload Deadline |
|--------------------|-------------------------------|--|---|
| September 10, 2022 | August 5                      | August 19                                      | September 2                               |
| October 22, 2022   | September 16                  | September 30                                   | October 14                                |
| December 10, 2022  | November 4                    | November 11                                    | December 2                                |
| February 11, 2023  | January 6                     | January 20                                     | February 3                                |
| April 15, 2023     | March 10                      | March 24                                       | April 7                                   |
| June 10, 2023      | May 5                         | May 19   | June 2                                    |
| July 15, 2023*     | June 16                       | June 23  | July 7                                    |

\*No test centers are scheduled in New York for the July test date. See [Non-Saturday Testing](#)

Source: [ACT: The ACT Test](#)

5. **Draft your personal statement/essay.** Many college and scholarship applications request students to submit a personal statement. Your personal statement is an essay that gives you an opportunity to describe your family background, challenges you have faced, college goals, and career aspirations amongst other topics. The personal statement also allows you to convey why it's important for you to be considered for admission to a college or for a particular scholarship. Some applications will ask you to respond to specific essay questions. If this is the case, you will likely have to modify your personal statement or create new essay responses to adequately answer the questions.

Below you will find QR codes to resources that provide guidance on how to write a strong personal statement.

**Vanderbilt Howto:  
Personal Essay QR Code**



**MyFuture Writing a  
College Essay QR Code**



**Popular College App  
Essay Topics QR Code**



6. **Request references and letters of recommendation.** A reference is someone who knows you well and can speak highly of you. A reference can be a teacher, school counselor, coach, etc. This person should be able to write a detailed letter of recommendation about you, explaining why you should be considered for admission or a scholarship.

When applying for colleges and scholarships, you may be asked to provide up to three letters of recommendation. These letters should be written by a reference who can speak to your strengths, skills, personality, work ethic, accomplishments, future goals, career aspirations, potential, and other important factors. In the letter, your reference should also explain how you would benefit from attending college or earning a scholarship. Sometimes these letters can be the determining factor as to whether a student gets into a particular college or receives a scholarship.

Letters of recommendation are valued by colleges and scholarship committees because they:

- Reveal positive attributes that grades and test scores cannot.
- Provide personal opinions of your character, motivation, and potential.

**The steps below detail the process for requesting letters of recommendation from your references:**

1. Identify who you will request to write letters of recommendation.
2. Ask these references if they are willing to write a letter of recommendation for you. This should be done at least four weeks before your deadline. Your references should be given plenty of time to write you a quality letter. Remember, they are doing you a favor by writing a letter for you so please be respectful of their time. Also, remember to provide them with the exact date the letter of recommendation needs to be submitted by.
3. If these individuals agree to write a letter, provide them with any specific instructions and relevant details they should know about the scholarship or college you are applying to. Also, offer to provide them with additional information about yourself if needed. Below are some points that may be helpful to your reference so they can write the best possible letter on your behalf. If you have compiled this information in an activities resume, then you can provide them a copy of that.

The following is helpful information to share with your references to aid them in writing a letter of recommendation for you:

- Strengths, skills, and talents
  - Personality, motivation, work ethic, and potential
  - Accomplishments
  - Future goals and career interests/aspirations
  - Any other relevant information
4. Politely remind your references five to seven days before the deadline that the deadline is approaching. It may be most convenient to send this reminder via email, but you can determine whether there is a better way to communicate with your references.
  5. Within a week after the deadline, please be sure to send a thank you card or letter to each of your references for the time and effort they took to write you a letter.

## COLLEGE PLANNING RESOURCES

### Iowa College Access Network (ICAN)

ICAN has served the educational community and the students of Iowa since 1998. ICAN's mission is to empower Iowans to achieve lifelong success through education, training, and informed decision-making. ICAN helps nearly **800,000** students, parents and education professionals prepare for college each year.

Planning for a career and college, filing for financial aid and mastering your financial situation can be confusing and intimidating. For that reason, ICAN's team of Student Success Advisors work directly with Iowa students and their families. Whether at one of **ten ICAN locations**, a career and college access program in an individual community or school, or a virtual appointment through Zoom, ICAN's team of experts are here for every Iowan. All ICAN programs and services are offered without charge. Below you will find links and a QR code to helpful resources provided by ICAN.

**ICAN Home Page:** <https://www.icansucceed.org/>

**ICAN Financial Guide Link:** [bit.ly/3Pxxw0sE](https://bit.ly/3Pxxw0sE)

**Scheduling an Appointment with an ICAN Student Success Advisor:** <https://www.icansucceed.org/about-ican/ican-locations>

### ICAN Scholarship Database



### Future Ready Iowa Last-Dollar Scholarship

A state-funded program for Iowans who:

- Are recent high school graduates enrolling in an eligible program full-time **OR** recent high school graduates who are enrolling in an eligible program part-time and are employed in an approved work-based learning program **OR** adult learners (20 and older) starting an eligible program at least part-time
- Have applied for all other available aid
- Plan to earn a credential for a high-demand job

This program, as the name implies, is intended to cover any remaining gap between federal and state grants/scholarships and tuition and qualified fees. Credentials include postsecondary certificates, diplomas, and associate degrees.

Eligible Students: NEW HIGH SCHOOL GRADUATES who enroll in a qualified program of study full-time or enroll in an eligible program part-time along with an approved work-based learning program following high school graduation, apply for all other available state and federal grants and scholarships, and meet ongoing requirements (scan the QR code below to view ongoing requirements).

## **Last-Dollar Scholarship Ongoing Requirements**



Eligible Schools: Iowa community colleges or accredited private colleges in Iowa that offer qualified programs of study and that agree to provide student services (including orientation and academic and career advising) and to facilitate the assignment of a volunteer mentor if a student requests one.

Eligible Programs: Because this list is based on job demand, it might change from year to year. Students whose programs are removed from the list will still be eligible for the Last-Dollar Scholarship until they complete their credentials or leave school, as long as they meet all other eligibility criteria.

### **Iowa Tuition Grant**

Iowa Tuition Grants are awarded to Iowa residents enrolled at one of Iowa's eligible private colleges and universities.

#### Award Amounts and Limits

The Award Amount for the 2022-23 School year is \$7500 if you have an EFC # at 15000 or below

#### Eligibility Criteria

- Iowa resident
- Undergraduate enrollment in an associate's or bachelor's degree
- Enrolled at an eligible Iowa private college or university
- FAFSA submitted by July 1
- Have an eligible Expected Family Contribution (EFC) on the FAFSA

### **All Iowa Opportunity Scholarship**

The All Iowa Opportunity Scholarship (AIOS) is a state-funded scholarship program for Iowa students who attend an eligible Iowa college/university.

#### Award Amounts and Limits

- The amount of the AIOS adjusts each year; for reference, the maximum value for the 2021-2022 school year was \$4,772.
- Students who are first-time recipients of the AIOS in the 2022-2023 school year can receive the scholarship for up to eight semesters (full-time), or up to 16 semesters for part-time.

#### Priority for Awards

- Students who age out of Iowa's foster care system, age out of the State Training School, and students adopted from Iowa's foster care system after age 16
- Children of deceased public safety workers ([including peace officers, police, firefighters, sheriffs, deputy sheriffs, and correctional officers](#))
- Students who participated in certain federal TRIO programs while in high school (Upward Bound, Talent Search, Educational Opportunity Center)

- Students who graduated from alternative high schools or alternative high school programs
- Students who participated in a Federal GEAR UP Grant program in Iowa

### Eligibility Criteria

Generally, high school seniors who graduated in 2022 or will graduate with the class of 2023 are eligible for the All Iowa Opportunity Scholarship if they meet the following criteria:

- Iowa resident
- Attending an eligible Iowa college or university
- Must have graduated from an eligible Iowa high school or completed a high school equivalency diploma within the last 2 years
- Be a first-time college freshman in the fall 2023 or spring 2024 semesters (unless you are renewing your scholarship award)
- Must be continuously enrolled in college and continuously receiving a scholarship disbursement to renew a scholarship
- Enroll for at least 3 semester hours (or the trimester or quarter equivalent) in a program leading to an undergraduate degree, diploma or certificate
- Complete the Free Application for Federal Student Aid (FAFSA) and Iowa Financial Aid Application by March 1
- Have an eligible Expected Family Contribution (EFC) on the 2022-23 FAFSA. (For reference, the eligible EFC range in 2021-22 was \$0-\$9,543.)

### **Iowa Scholarships and Grants**



### **Iowa Financial Aid Application**



## **WAYS TO PAY FOR POST-SECONDARY EDUCATION**

There are several resources that may be available to assist students in paying for some or all of their post-secondary education:

1. **Grants** – Grants are funds provided by the U.S Department of Education to assist students with financial need in paying for post-secondary education. Grants may come from a college, the state, or the federal government. Eligibility for grants is determined after students complete and file the **Free Application for Federal Student Aid (FAFSA)**. More information about the FAFSA is provided below. Students are usually awarded grants based on financial need and DO NOT have to pay back these funds.
2. **Scholarships** – Scholarships are funds provided by post-secondary institutions or other organizations to assist students in paying for post-secondary education. Scholarships are often awarded based on academics, financial need, involvement, athletics, and/or other factors. Students must complete specific application requirements for each respective scholarship. Students DO NOT have to pay back scholarship funds. *Note: If there are any scholarships that you have that your college’s financial aid office is unaware of, you must report those scholarships so that it can be determined if and how that will affect your overall financial aid package.*

Reminder: TeamMates Mentees are strongly encouraged to apply for TeamMates scholarships offered through the Central Office and through individual college partnerships. Local chapter scholarships may also be available to mentees. To find out about chapter scholarship opportunities, mentees should talk to their local Program Coordinator or a TeamMates post-secondary staff member.

3. **Work-Study Programs** – Work-Study is a federally funded program that provides students with a part-time job on campus. Eligibility for work-study is determined after filing of the FAFSA. Work-study may be offered as part of a student’s overall financial aid package.

Some of the benefits of a work-study job include:

- Flexible scheduling around students’ class schedule
- Possible opportunity to use part of their paid work shift to study if all job responsibilities are completed for the day
- Opportunity for a student to gain work experience that they can list on their resume
- Opportunity to work with and learn from professionals in a specific, campus department

4. **Federal Student Loans** – Federal student loans are provided by the federal government to assist students in paying for their post-secondary education. Eligibility for loans is determined after the filing of the FAFSA. Students DO have to pay back loans. There are different types of loans available, such as unsubsidized and subsidized.

If you are intending to borrow a loan, you should complete your Student Loan Entrance Counseling Requirement and Master Promissory Note. Information for both can be found by scanning the QR codes below.

**FAFSA Entrance  
Counseling QR Code**



**FAFSA MPN  
QR Code**



### **Free Application for Federal Student Aid (FAFSA)**

The Free Application for Federal Student Aid (FAFSA) must be completed to apply for federal and state financial aid. Many colleges also use the FAFSA to determine what financial aid the college can award you. Be aware of the deadline when you must submit your FAFSA by (each college can establish its own deadline). Once the FAFSA is open (October 1<sup>st</sup>), students are encouraged to complete it as soon as possible as financial aid is awarded on a first-come, first-serve basis. Students should complete the FAFSA each year they’re enrolled in college. For detailed guidance on completing the FAFSA, please scan the QR codes below.

**Filling Out Your FAFSA  
QR Code**



**FAFSA Form**



ICAN Student Success Advisors are available to assist with the FAFSA. Visit the ICAN website to schedule an appointment.

## Scholarships

A scholarship is a fund provided by a post-secondary institution or organization designed to assist a student in paying for part or all of their post-secondary education. Most scholarships are paid directly to the post-secondary institution the student attends rather than being issued directly to the student. Scholarships DO NOT have to be repaid by the student. Often students don't believe they are eligible to earn scholarships, so they don't apply. It is very likely that students are eligible for some scholarship funds. Completing a scholarship application does not take much time, and it could potentially be very beneficial, so students are strongly encouraged to apply.

Scholarships are often awarded to students based on the following factors:

1. Academics and/or Involvement – These scholarships are based on students' academic achievement and involvement in extracurricular activities and community service.
2. Financial Need – These scholarships are based on students' financial need. Federal scholarships and many private scholarships will require students to have completed their FAFSA to be considered.
3. Student-Specific – These scholarships are based on student-specific factors such as gender, race, religion, family and medical history. Minority scholarships are the most common type within this category.
4. Career-Specific – These scholarships are awarded to students who plan to pursue a specific field of study.
5. College-Specific – These scholarships are awarded to highly qualified students that meet specified criteria. Often, students' academic and personal achievement are considered for these scholarships.

The table below lists common criteria considered in the awarding of scholarships. Please keep in mind that each scholarship will have its own specific criteria.

|                         |                                 |                           |                          |
|-------------------------|---------------------------------|---------------------------|--------------------------|
| <i>GPA</i>              | <i>Financial Need</i>           | <i>Ethnicity</i>          | <i>ACT/SAT Score</i>     |
| <i>Field of Study</i>   | <i>First-Generation Student</i> | <i>Talents</i>            | <i>Community Service</i> |
| <i>Employer</i>         | <i>Leadership</i>               | <i>College Choice</i>     | <i>Activities</i>        |
| <i>Military Service</i> | <i>Disability</i>               | <i>State of Residence</i> | <i>Gender</i>            |



**Overview:** TeamMates+ is a post-secondary mentoring program created specifically to support students pursuing post-secondary education.

**Mission:** To positively impact the world by inspiring post-secondary youth to reach their full potential through mentoring.

**Vision:** To provide post-secondary students with the support and guidance they need to achieve their academic, career, and life goals through mentoring.

#### **TeamMates+ Mentor Expectations**

- Contact your mentee twice a month (one face-to-face meeting in-person or virtually; one text, email, or phone communication)
- Support and encourage your mentee with resources and personal experiences as they explore their talents and career path.
- Become an advocate of their potential and have a genuine interest in how they are doing.
- Assist them in developing their career readiness skills.

#### **TeamMates+ Mentee Expectations**

- Be in contact with your mentor twice a month (one face-to-face meeting in-person or virtually; one text, email, or phone communication)
- Let your mentor know how they can help support you with school, relationships, time management, career planning, etc.
- Allow your mentor to advocate for your potential in and outside of school.
- Respond and be honest!

#### **How to Sign Up**

- During your senior year, you will receive an email with the application link to sign up to participate in TeamMates+.
- On the application, please indicate if you want to continue with your current mentor or be matched with a new mentor.

#### **More Information**

- Visit [www.teammates.org](http://www.teammates.org) for more information about TeamMates+.
- Scan the QR code below to hear a testimonial video of post-secondary mentoring.

#### **TeamMates+ Testimonial**

