

Senior Tip Sheet

College Admissions/Military/Going to Work/Financial Aid/Apprenticeship

College Admissions

- It is wise to apply to multiple colleges because admission is not guaranteed.
- Reach College vs. Safety College
- Apply before winter break for all regular admissions processes. Applying early is best practice and be aware of admissions priority deadlines that impact financial aid.
- Applying "Early Decision" Know your deadline. This is a binding agreement and if you apply early decision and are accepted, you will be expected to withdraw all other applications.
- Applying "Early Action" Know your deadline. This is not binding, and you will know if you are accepted sooner.
- Apply how? Use the Common App: commonapp.org or apply electronically at a college web site.
- The Essay: Most 4-year colleges require one essay, but some require two or three. Write well, ask for expert edits and use an essay of choice when ever possible. An essay of choice means you think of a meaningful topic about yourself and do not write an essay from a college's generic prompt.
- The Transcript: This is an official record of your high school education that all colleges require. Some colleges will require a mid-year transcript in addition to the one you send with your application. **Be sure to request transcripts be sent from guidance by December 11 if you want it sent before winter break.
- The Recommendation: Your counselor will write you a letter with your help. You will need to complete a Recommendation Request, Personal Data Sheet and have three teachers submit a reference form. These documents are available in guidance or can be printed from the guidance page.
- SAT/ACT Testing: The best thing you can do is call the admissions offices or check the admissions web sites to verify what, if any, testing is required.

Financial Aid

- All SAHS seniors should apply for federal financial aid by completing a 2025-2026 FAFSA.
- The FAFSA and directions can be found at FAFSA.gov
- The FAFSA can be completed beginning on October 1, 2024.
- The FAFSA requires both your parent's income information and your income information.
- Before you can complete a FAFSA you will need to get a secure ID known as a FSA ID.
- Before you can complete a FAFSA your parent will also need to get a FSA ID.
- You will need a personal email account to complete the FAFSA. DO NOT use school email!!
- Before you fill out the FAFSA, gather your income tax info and your parents' income tax info.
- It is strongly recommended that you and the parent who will be helping you complete a FAFSA attend a free FAFSA webinar. These webinars are hosted by the Finance Authority of Maine (FAME) and you can register for a webinar at famemaine.com.
- Scholarships are also financial aid and SAHS has a lot of local scholarships you can try to get. Use the "available scholarship" link on the guidance web page or check the list posted outside the guidance office. Please check this list weekly because scholarship notifications come randomly, and they all have deadlines.
- Additional places to research scholarship opportunities: famemaine.com, chegg.com, fastweb.com, and collegeboard.org. Parent employers may offer scholarships as well as local churches and organizations.

Military

- The branches of the military: Army, Navy, Air Force, Marines, National Guard and Coast Guard
- If you are interested in enlisting in the military you need to communicate with a recruiter.
- Recruiter contact information is available on-line and local recruiters may contact you unsolicited.
- Military service will provide you with job training, money for college, health care and other benefits.
- Remember if you are a male, you must register for the Selective Service when you turn 18.

Going to Work

- Create a resume and cover letter in preparation for applications.
- Get a list of three or more references to use when applying for a job.
- Practice interview skills and have an interview outfit in your wardrobe.
- Learn the local job market.
- Apply to jobs of interest and be careful to write well and pay attention to the details of the application.
- Use the local Career Center to get help with the above listed items: nkvcareercenter@maine.gov or call 474-4950.
- Regional Employers you may want to investigate:
 - CIANBRO
 - Bangor Savings Bank
 - Skowhegan Savings Bank
 - Hannaford
 - Wal Mart
 - Bath Iron Works
 - Puritan Medical
 - Back Yard Farms
 - T-Mobile
 - Huhtamaki
 - SAPPI
 - Portsmouth Naval Shipyard
 - Berkshire Hathaway
 - Kennebec Lumber
 - Hammond Lumber
 - Carrier Trucking
 - Hight Family Dealerships
 - Redington Fairview General Hospital

Apprenticeship

- Learn while you work with pay and benefits.
- Some of the businesses above offer apprenticeship opportunities as well as some labor unions.
- Some Labor Unions to investigate:
 - *Maine Carpenters Union: https://www.carpenters.org/training_centers/me/
 - *International Brotherhood of Electrical Workers: <http://www.ibew.org/>
 - *Pipefitters Union: <https://local716.org/>
 - *Google/Bing: Maine Apprenticeships

No matter what your need for support is, your guidance counselor will be here for you. The most important thing to remember, if you do need assistance, you need to communicate. If you think of anything that we can support you with, schedule an appointment immediately.