

## Conestoga HS's Sophomore Springboard - Key Components of an Application

- *Academic record*
  - rigor
  - grades
  - test scores
  - growth over time (trends)
- *Letters of Recommendation*
  - Counselors, teachers, possible supplemental letters
  - Choose those who know you the best, not necessarily those who gave you the best grade
- *Extracurriculars*
  - family obligations
  - work responsibilities
  - athletics
  - music
  - clubs/competition teams
  - arts
  - personal hobbies
  - service/volunteer
  - research
  - internships
- *Essays* (nothing is optional)

### What do they want in a student?

- Students who can excel and contribute in the classroom
- Students who will contribute to their college community/surrounding community
- Students who make an impact and engage on multiple fronts

### Colleges are trying to build an engaged community of learners and citizens. Some questions to answer through the various components of your application...

- How have you engaged in the classroom? How have you collaborated with others around academic content?
- How have you engaged in topics beyond the classroom? How have you applied classroom knowledge in a real-world setting?
- What are your opinions and perspectives? What interests you and why?
- How have you made an impact and taken initiative beyond the classroom, in your current communities?

Food for Thought - Your application needs to represent you beyond the transcript. What are you going to offer your community beyond grades and test scores?

Source: You Tube/ Johns Hopkin's Admissions Tips: How We Review Application