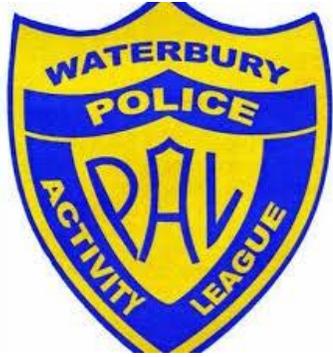


About Waterbury Police Activity League



Waterbury PAL is a not-for-profit organization which promotes partnerships between youth, law enforcement and the community through educational, athletic, and recreational programs designed to encourage team building and foster positive relationships. The PAL Center offers a safe environment, supports working families and helps students achieve by giving them opportunities right now. **NO child** is ever turned away as a result of family income.

Waterbury PAL programs include:

Athletics: Baseball/Softball/T-Ball, Basketball, Cheerleading, Flag Football, Gardening, Golf, Soccer, Special Olympics Unified Sports, Swimming, Tang So Do Karate, PAL Park

Arts & Enrichment: Holiday Chorus, Holiday Parties, Summer Camp

Academics & Employment: Homework Haven, Summer Youth Employment in wide range of job readiness activities including wood working, gardening, landscaping, culinary, tutoring and other work-related training programs, and internships for high-school students.

Helping Kids Achieve Their Full Potential

Waterbury PAL is dedicated to helping kids achieve their full potential. **Nationally in pursuit of higher education, only 8% of high-achieving, low-income students who have the academic records and test scores to succeed at the most selective colleges and universities ever even apply for admission.** Waterbury PAL seeks to help our high-performing students to achieve their full potential by linking them with the resources that can make a difference in their educational aspirations and throughout their lives.

This college planning guide was written by two Waterbury youth, educated in Waterbury Public Schools, who now attend Ivy League Universities – Christian Milian and Daiana Lilo. They want to share important information to guide students through the college planning process, in the 2018-2019 school year. Waterbury PAL is glad to support their effort.



Christian Milian, Kennedy High Graduate at Yale University

“My name is Christian Milian and I am a rising sophomore at Yale University. I have attended Waterbury public schools all my life, from Hopeville to West Side to Kennedy. As of now, I plan to major in Molecular, Cellular, and Developmental Biology. I am involved in many activities around campus including a nonprofit called Matriculate through which I am currently mentoring two rising high school seniors during their college application journey. I am a student from a low-income background and know how difficult it may be for students who have the ability but not the resources to make that next leap into a four-year college that is truly fit for them, especially if there is a financial struggle.

“I would like to work as a research geneticist for a while in order to aid in the discovery of new treatments that can be used to help those who are affected by mental disability. I would also like to create a non-profit which aids students from low-income backgrounds, such as Matriculate, get the support they need to navigate through the college application process.

“I would say that peer to peer counseling works wonders even if a student feels prepared to apply to college. What we see very often from students who are ready to apply is that they do not feel as if their skills are up to par with what top-tier universities want. Simply having proper support works in boosting the self-confidence of high-achieving students so that they begin to look at opportunities outside of their comfort zone, such as the Ivies.”

More about Christian:



Christian participated in school, team sport and extracurricular activities and clubs, as well as worked while in high school. He was a [Taft School - Waterbury Public Schools Global Leadership Institute \(GLI\) Scholar](#). He had a [Summer Internship](#) with Waterbury Health Department/ Brass City Harvest, and [co-authored a video](#) about it: <https://vimeo.com/137430279>

More about Daiana:

Daiana participated in school and extracurricular activities, clubs and community service. She was a [Waterbury PAL Tomorrows Leaders Intern](#) at Waterbury Health Department for three years. She [co-founded the local grassroots group](#) Tomorrows Leaders Today and the Waterbury-centric website/social media: www.notbabyfat.org / [FB@itsnotjustbabyfat](https://www.facebook.com/itsnotjustbabyfat)

Daiana Lilo, Career Academy Grad at Harvard University

“My name is Daiana Lilo and I am an upcoming freshman at Harvard University. I immigrated to Waterbury at the age of 1 and have lived here since then. I was in the Waterbury Public School System all my life, starting with Wendell Cross Elementary School, then Wallace Middle School, and finally Waterbury Career Academy High School. I graduated as valedictorian from my high school this past June. I am entering Harvard with the hopes of majoring in government, specifically American Politics. I also hope to go to law school and become a political activist in the future, with a focus on immigrant rights.

“I was a first generation, low-income student who worried about the financial hardships that college might bring. I know how difficult the college process could be to students who are low income, first generation, or both. Thankfully I was able to use many resources that helped ease the stress of applying to college and even finding colleges that would help me financially.

“I want to reach out to juniors and seniors who will be applying to college, knowing that peer discussion and advice can be one of the most helpful aspects in the application process. I want to let students know that they have access to many resources to help them find the college that is right for them, and they are never alone in finding them.

“Use every opportunity given, while also never being afraid to ask for help. High-achieving students have so many options available to them, even if they come from low- income backgrounds. There are many schools that provide 100 percent need-based financial aid to those who need it, including the Ivy League schools and many prestigious liberal arts schools. High-achieving students should expand their horizons and look at these schools.”



PHOTOGRAPHS:

Pg. 1: Mayor Neil O’Leary, reorganizer of Waterbury Police Activity League, meet with Daiana Lilo, and Waterbury Police Chief / Waterbury PAL President Fred Spagnolo at Waterbury City Hall.

Pg. 2: Christian Milian at Yale University in New Haven, CT.

Pg. 2: Daiana Lilo at Harvard University in Cambridge, MA.



Important Resources for the College Planning Process

INTERNSHIPS: *Internships are a valuable opportunity to explore possible career paths. Internships are also a great way to obtain mentors, college/scholarship/job recommenders, as well as possible content for college application essays.*

- **Taft School – Waterbury Public Schools Global Leadership Institute:** *Must apply at beginning of sophomore year of high school*
- **Waterbury Police Activity League**

COLLEGE ADVISING & AFFORDABILITY: *Finding the best fitting college depends upon individual goals and preferences, but it is important to know that many colleges are affordable for students with lower family incomes. Be sure to use the Financial Aid Calculators that are posted on most college websites.*

- BigFuture College Search by CollegeBoard - <https://bigfuture.collegeboard.org/college-search>
- College Greenlight - <https://www.collegegreenlight.com/>
- CollegePoint - <https://www.collegepoint.info/>
- College's That Change Lives - <https://ctcl.org/>
- Fly-In Programs List - <http://blog.collegegreenlight.com/blog/college-fly-in-and-diversity-programs/>
- I'm First! - <https://imfirst.org/colleges/>
- Matriculate advising for low-income students - <http://www.matriculate.org/>
- 100 Percent Need-Based Schools - <http://blog.collegegreenlight.com/blog/colleges-that-meet-100-of-student-financial-need/>
- Questbridge - <https://www.questbridge.org/high-school-students/national-college-match>
- QuestBridge Partner Schools - <https://www.questbridge.org/college-partners>
- ScholarMatcher - <http://scholarmatcher.scholarmatch.org/>

TEST OPTIONS:

- ACT vs. SAT - <http://blog.collegegreenlight.com/blog/the-act-vs-new-sat-whats-the-difference/#sthash.IKnoRnZv.dpbs>
- ACT to SAT converter - <https://blog.prepscholar.com/act-to-sat-conversion>
- SAT Khan Academy Prep - <https://www.khanacademy.org/sat>
- Test Optional Schools - <http://www.fairtest.org/university/optional>

SCHOLARSHIPS:

- American Savings Bank Robert T. Kenney Scholarship - <http://www.asfdn.org/scholarships.php>
- Coca-Cola Foundation Scholarship - <https://www.coca-colascholarsfoundation.org/>
- Connecticut Community Foundation - <https://conncf.org/apply-for-scholarships/>
- The Dream Scholarships - <http://www.thedream.us/>
- Jack Kent Cooke Scholarship - <http://www.jkcf.org/scholarship-programs/college-scholarship/>
- Gates Scholarship - <https://www.thegatesscholarship.org/scholarship>
- Gates Millennium Scholarship - <http://gmshp.org/>
- One Thousand Dreams Scholarship Fund (women students) - <https://www.growyourgiving.org/scholarships/1000-dreams-scholarship-fund>
- Robertson Scholarship (at Duke and UNC) - <https://robertsonscholars.org/>
- Scholly App – available on the App Store



College Planning Timeline

JUNIOR YEAR/FALL & WINTER:

- Stay on track with your grades and extracurriculars and remember that colleges like to see leadership roles!
- Develop a high school resume to help you to organize your education, experience, activities and skills.
- Start a list of colleges – Identify 15-20 schools that you are interested in and that may be a good fit for you.
- Go to college fairs and speak with college reps. Always have at least one intelligent question ready to ask.
- Register for the SAT, ACT and/or Subject Tests and Study. If you think you have studied enough, study more.
- Develop a list of potential recommenders including teachers, coaches, bosses, mentors. Make sure they know you well and will be able to recommend you without reservation.
- Know your family's resources and use the financial aid calculators on college websites to explore the possibility of financial aid. Also gather financial aid information from colleges, from your college counselor, etc.

JUNIOR YEAR/SPRING & SUMMER:

- Begin to narrow your list of colleges to 8-10 schools for best fit/likely affordability.
- Search for scholarships online, so that you are ready to apply within deadlines.
- Apply for summer employment and/or internship.
- Visit your top five colleges for a tour, interview with admissions, appointment with the financial aid office, etc.
- Develop ideas for your college application essays and how they promote your uniqueness as an applicant.
- Decide if you will apply Early Decision (which is binding) or Early Action (non-binding) to a school that allows it.

SENIOR YEAR/FALL:

- Meet with your guidance counselor at high school.
- Visit schools and talk with professors and students there.
- Finalize your college list, including reach, target and safety schools.
- Apply online for financial aid via BOTH the FAFSA and the CSS PROFILE – plus additional info per college.

FAFSA, the Federal Application for Federal Student Aid, determines the type of financial need applicants have. An Expected Family Contribution (EFC) is provided to students so they may have some sense of the contribution their families will have to make; low-income students typically have an EFC of \$ 0. FAFSA can help students get a Pell Grant which is free governmental assistance that does not need to be repaid. Complete online at: <https://fafsa.ed.gov/>

The CSS Profile, the CollegeBoard College Scholarship Service Profile, is a way for private colleges to provide aid to students, often in the form of grants and scholarships. A CSS Profile fee waiver can be provided to students with reported income of \$45,000 or less, or who have been provided an SAT fee waiver, as well as an orphan/ward of the court. The fee waiver covers up to six schools. Without a fee waiver, students need to pay \$25 for the first school or scholarship program the application will be sent to and \$16 for every other school after the first initial school. Complete online at: <https://cssprofile.collegeboard.org/>

SENIOR YEAR/WINTER:

- Send your mid-year grade reports.

SENIOR YEAR/SPRING:

- Watch for mailed or emailed notifications from colleges.
- Compare financial aid and scholarship packages.
- If you are waitlisted, check out your options before proceeding.
- Make one more campus visit to the schools that you are considering.
- Notify all schools of your intent by May 1.

