



Step Up to Your Future

**COMPREHENSIVE COLLEGE
ENTRY PREPARATION
Independent Study**

Workbook Links

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Lesson 1: Self-Assessment

Workbook Links

Personal Self-Assessment Worksheet Links

www.educationplanner.com/careerkey/code/holland_type.asp?sponsor=2859&path=ug.gs.discover

<http://www.missouriwestern.edu/careerdevelopment/cig/>

www.educationplanner.com/careerkey/default.asp?sponsor=2859

http://keirsey.com/4temps/overview_temperaments.asp

<http://keirsey.com/sorter/instruments2.aspx?partid=0>

www.humanmetrics.com/cgi-win/JTypes2.asp

www.personalitytype.com/quiz.asp, www.personalitypathways.com/type_inventory.html

www.mypersonality.info/personality-types

Lesson 2:

College Entry Organizer/ High School Records

Workbook Links

- ▶ Familiarize yourself with the *STEP™ Resource Guide* under Free Online Resources located on this website.

Lesson 3:

Academic Readiness

Workbook Links

Multiple Intelligences Links

MI Identified —

<http://lth3.k12.il.us/rhampton/mi/MIIDENTIFIED.htm>

This website gives an excellent overview of each type of intelligence and possible careers that each intelligence supports.

Multiple Intelligences —

www.bgfl.org/bgfl/custom/resources_ftp/client_ftp/ks3/ict/multiple_int/index.htm

This site is dedicated to testing and exploring multiple intelligence theory.

Multiple Intelligence Assessment—

www.berghuis.co.nz/abiator/lsi/lsiframe.html

This site offers a simple assessment of multiple intelligences.

<http://literacyworks.org/mi/assessment/findyourstrengths.html>

This is another free assessment of multiple intelligences

Multiple Intelligence Inventory —

www.ldrc.ca/projects/miinventory/miinventory.php

This is a slightly more detailed inventory of your multiple intelligences.

Learning Styles Links

Learning Centre —

www.ncistudent.net/StudySkills/LearningSkills/LearningStyle1.htm

This site offers information on learning styles and a learning style questionnaire.

University of South Dakota—

www.usd.edu/trio/tut/ts/stylest.html

This is a short learning styles test.

Online Learning Styles Inventory —

www.berghuis.co.nz/abiator/lsi/lsiframe.html

This site offers two versions of a learning styles test.

Ageless Learner —

<http://agelesslearner.com/assess/learningstyle.html>

Try this chart to help you assess your learning style.

Personal Penn State —

www.personal.psu.edu/bxb11/LSI/LSI.htm

This learning style inventory is easy to take.

Education Planner —

[www.educationplanner.com/education_planner/discovering_article.asp?sponsor=2859&articleName=Learning Styles Quiz](http://www.educationplanner.com/education_planner/discovering_article.asp?sponsor=2859&articleName=Learning_Styles_Quiz)

Education Planner offers a learning styles quiz.

Meta Math —

www.metamath.com/multiple/multiple_choice_questions.html

This is a simple multiple choice learning style survey.

Academic Skills Self-Assessment Links

4 Tests —

www.4tests.com/exams/examdetail.asp?eid=50

This page offers a short mathematics and writing exam.

Test Prep Review —

www.testprepreview.com/teas_practice.htm

This site offers self-assessments in a number of essential academic skills.

www.testprepreview.com/clast_practice.htm

There are more basic academic skill self-assessments on this page.

www.testprepreview.com/act_practice.htm

Scroll down this page to find links for self-tests in a number of math, reading and writing skills.

www.testprepreview.com/sat_practice.htm

Scroll down this page to find more links for self-tests in a number of math, reading and writing skills.

Salisbury University—

www.salisbury.edu/educationspecialties/practice_praxis.html

These practice basic skills tests can help you to assess your own abilities.

College Level Academic Skills Test —

<http://bcs.bedfordstmartins.com/bedhandbook7enew/ch08/clast4.pdf>

This is a practice basic skills test that you can take to find out your strengths and weaknesses.

Lesson 4:

Study Skills

Workbook Links

Study Skills Links

University of Minnesota —

www.d.umn.edu/kmc/student/loon/acad/strat

This University of Minnesota site has self-assessments, tips and record-keeping tools.

Virginia Tech —

www.ucc.vt.edu/stdyhlp.html

Virginia Tech offers online study skills workshops at this site. Begin with the study skills inventory.

How to Study —

www.how-to-study.com/pqr.htm

This comprehensive site covers many study related topics and strategies. The explanations are incredibly simple and straightforward, but the tips are helpful for high school and college students, as well as adults.

Academic Tips —

www.academictips.org/acad/index.html

This site has excellent and concise study tips.

Study Guide Zone —

www.studyguidezone.com/resource_tips.htm

This website offers specific study strategies based on learning style, as well as general study skills and advice on testing.

Learning Style Study Tips —

www.metamath.com/lswb/fourls.htm

This is another site that offers study tips based on learning styles.

Cal Poly University —

<http://sas.calpoly.edu/asc/ssl.html>

This Cal Poly University website has practical plans for improving a number of study skills.

Sites to Promote Academic Success —

www.uni.edu/walsh/linda7.html

This educational website has links to a number of sites that provide support for academic success.

Study Guides and Strategies —

www.studygs.net

This comprehensive study strategy site offers information on a number of study-related topics.

Student-Created Study Skills Site—

www.columbia.edu/cu/augustine/study

This is a helpful study skills site created by students.

George Washington University —

<http://gwired.gwu.edu/counsel/asc>

The George Washington University website offers both long-term tools and last minute advice for studying and academic success.

Education Atlas —

www.educationatlas.com/study-skills.html

This excellent site is frequently updated and offers one page explanations of study techniques and strategies.

Study Skills Guide —

www.csbsju.edu/academicadvising/helplist.htm

This is yet another college website with study skills improvement strategies.

Study Stack —

www.studystack.com

This interactive website enables you to study multiple topics using other students' notes and games or to create your own.

Internet Detective —

www.vts.intute.ac.uk/detective

This is an excellent tutorial focusing on how to use the Internet for research.

Research Skills —

www.vts.intute.ac.uk

This site offers a number of independent study research tutorials focusing on specific subject areas.

Lesson 5:

Financial Aid/Scholarships

Workbook Links

Financial Aid Links

Free Application for Federal Student Aid —

www.fafsa.ed.gov

All students should complete a FAFSA regardless of current or expected financial situation. Options for completing the FAFSA are to complete and submit the online version or to print out and complete a paper form and mail it for processing.

www.pin.ed.gov

The fastest way to submit the FAFSA is with an electronic PIN signature from this website.

www.fafsa4caster.ed.gov

This page provides a tool for estimating your eligibility for federal student aid.

Financial Aid PROFILE —

<http://profileonline.collegeboard.com/index.jsp>

The Financial Aid PROFILE is the second commonly used financial aid form that many colleges require.

Title IV Code Numbers —

www.finaid.org/fafsa/tiv.phtml

The US Department of Education Title IV code numbers for the colleges are listed here.

Students.gov —

www.students.gov/STUGOVWebApp/Public?topicID=13&operation=maintopic

This student-friendly government site has many links, including information on state financial aid.

Maryland State Financial Aid —

www.mhec.state.md.us/financialAid/descriptions.asp

This website provides information on grants, scholarships and other financial aid programs for Maryland.

Financial Aid Need Estimator —

<http://webapps01.act.org/fane/docs/>

This helpful tool from the ACT allows you to estimate the cost of attending college and how much your family may be expected to contribute.

Federal Student Aid —

<http://studentaid.ed.gov>

This is a government site that provides lots of information and links to helpful sites for preparing, choosing, applying to, funding, and attending college..

College is Possible —

www.acenet.edu/Content/NavigationMenu/ProgramsServices/CIP/PayingforCollege/Intro.htm

This website from the American Council on Education is dedicated to assisting students from all walks of life achieve a college education.

American Student Assistance —

www.amsa.com/bor/index.cfm

American Student Assistance is a federally funded, non-profit organization dedicated to making student loans more accessible and manageable for students.

The College Board —

www.collegeboard.com/student/pay/index.html

This site provides a scholarship search, financial aid planner and many great articles.

Sallie Mae —

www.salliema.com

This website offers interactive calculators allowing users to calculate the cost of college, estimate loan payments, etc.

College Tool Kit —

www.collegetoolkit.com

This site has a tool for comparing student loans and many other calculators to assist you with planning for and paying for college.

CollegeView —

www.collegeview.com/financialaid/index.html

This site provides a number of helpful resources for researching and finding financial aid.

GI Bill —

www.gibill.va.gov

The GI Bill provides student aid for education to those who enlist in the military, and is worth learning about.

FinAid —

www.finaid.org

This is a page with links to many financial aid related sites, ranging from institutions to government programs to scholarship scam alerts. This is an excellent site for anyone looking for money to go to school. They also have a section answering questions and providing a variety of financial calculators.

Go College —

www.gocollege.com/financial-aid

This page provides a helpful overview of financial aid with many links.

EFC Worksheets —

www.collegegold.com/financialplan/efcworksheets

This website offers downloadable worksheets to determine your estimated financial contribution.

Residency and Tuition —

www.finaid.org/otheraid/stateresidency.phtml

<http://professionals.collegeboard.com/testing/international/state>

These pages provide helpful information on residency and how it affects the cost of college.

Academic Common Market —

www.sreb.org/page/1304/academic_common_market.html

This program allows students in 16 states to attend out of state schools for in-state prices if the major they want isn't offered in their state.

Income-Based Repayment —

www.ibrinfo.org

This website provides information about Income-Based Repayment of federal student loans.

Scholarship Links

Federal Trade Commission —

www.ftc.gov/bcp/edu/microsites/scholarship/index.shtml

This must-read first step for your scholarship search includes important information on scams.

Maryland Higher Education Commission On-Line Scholarship Search—

www.mhec.state.md.us/RegentScripts/mdwb01Project.exe?CMD=mdwb51RequestApplSearchPage

The State of Maryland offers this free scholarship search page.

United Negro College Fund —

www.uncf.org/forstudents/index.asp

The UNCF has been providing assistance for students since 1985.

ROTC —

www.afrotc.com

The Air Force ROTC website provides information on scholarships and careers.

Jack Kent Cooke Foundation —

www.jackkentcookefoundation.org

Scholarships are awarded with a focus on outstanding students with financial need.

Gates Millennium Scholars —

www.gmsp.org

This program provides assistance to outstanding minority students with financial need.

Donna Reed Foundation —

www.donnareed.org/html/templates/dr_section.php?dr_section=scholar

This foundation offers scholarships for students in acting, vocal and musical theatre programs.

Young Arts Program —

www.youngarts.org/apply

The Young Arts Program offers arts scholarships each year.

Broke Scholar —

www.brokescholar.com

This website offers a useful and informative section on scholarships and a calendar of deadlines.

College Scholarships —

www.collegescholarships.com

This site lists scholarships by region and specific academic categories.

Sallie Mae —

<http://scholarships.salliemae.com>

Sallie Mae is a well known financial institution which provides information on scholarships and a free search.

Fast Aid—

www.fastaid.com/fastap/index.asp

This site is from the authors of “The Scholarship Book”, from Prentice Hall.

Scholarship.com —

www.scholarship.com

This scholarship search site is approved by the National Association for College Admission Counseling.

College Net —

www.collegenet.com/mach25/app

You can search for scholarships based on your personal profile at this website.

Fastweb —

<http://fastweb.com>

On this site, you can enter information about yourself, along with your e-mail address, and FastWeb will locate scholarships that fit your profile.

Scholarships.com —

www.scholarships.com

Not to be confused with scholarship.com, this NACAC approved site provides a free search of a database of scholarships with nearly 3,000 sources.

Fresch Info —

www.freschinfo.com

This free scholarship search service has a database of over 2,000 sources of scholarships, representing approximately 169,000 awards.

Arts Awards —

www.artsawards.org/apply

This website provides information about programs and awards for today's young artists.

College Athletic Scholarships —

www.college-athletic-scholarships.com

This website provides information and resources related to applying for athletic scholarships.

Lesson 6:

Emotional Readiness Introduction

Workbook Links

Emotional Intelligence Links

Emotional Intelligence —

www.businessballs.com/eq.htm

This site offers a brief overview of emotional intelligence theory.

Institute for Health and Human Potential —

www.ihhp.com/testsite.htm

This site offers a free emotional intelligence quiz.

Psychology Test —

www.psychtests.com/cgi-bin/tests/transfer.cgi

This is another emotional intelligence test.

Discovery Health —

http://discoveryhealth.queendom.com/eq_abridged_access.html

This site has an emotional IQ test.

Emotional Quotient Quiz —

www.allthetests.com/eq-tests-emotional-quotient-quizzes.php

This is another free online quiz of emotional intelligence.

Attachment Style —

www.web-research-design.net/cgi-bin/crq/crq.pl

This site offers a free attachment style test.

Spot the Fake Smile —

www.bbc.co.uk/science/humanbody/mind/surveys/smiles/index.shtml

This is an interesting test of your ability to recognize true emotion in others.

Social Intelligence Links

http://en.wikipedia.org/wiki/Social_intelligence

http://socrates.berkeley.edu/~kihlstrm/social_intelligence.htm

http://www.google.com/search?q=social+intelligence&num=10&hl=en&prmd=ivnbl&source=univ&tbs=vid:1&tbo=u&ei=PJi8TIPuKsT58Aa51zKDw&sa=X&oi=video_result_group&ct=title&resnum=8&ved=0CGEQqwQwBw

Lesson 7: College Testing

Workbook Links

College Testing Links

Education Testing Service —

www.ets.org

This website provides information and links for the SAT, PSAT, AP and TOEFL tests.

College Test Practice and Preparation —

www.gocollege.com

This site provides an overview of and tips for taking the major college admissions tests.

www.educationplanner.org/education_planner/preparing_article.asp?spnsor=2859&articleName=Test_Prep

This free test prep page provides tips, sample questions and a practice test that you can download and print out for many standardized test including the ACT, SAT, PSAT and SAT Subject Tests.

www.number2.com

Includes free test preparation tutorials and sample questions for the SAT and ACT.

www.testprepreview.com

This website offers many free online practice tests including the SAT and ACT.

www.petersons.com/college-search/test-prep.aspx

This website offers free study tips and practice tests for the SAT, ACT, PSAT, AP and SAT Subject Tests.

Lesson 8:

General Strategies for College Testing

Workbook Links

- Refer back to the links in the previous lessons.

Lesson 9:

Understand the SAT

Workbook Links

SAT Testing Links

College Board —

www.collegeboard.com

Learn about and register for the SAT online at the College Board.

www.collegeboard.com/testing/sat/skillsmap/overview.html

This page has a self-rating score band range and specific suggestions for improving your skills in math, critical reading and writing.

Test Preview —

www.testprepreview.com/satlinks.htm

This page has links to math, grammar, reading and writing lessons and review for the SAT.

Vocabulary.com —

www.vocabulary.com

This is an excellent site including puzzles and specific ACT/SAT preparation activities for improving your vocabulary.

Verbalearn —

<http://verbalearn.com/sat-vocabulary.html>

This is another excellent site for improving your SAT vocabulary.

Lesson 10:

SAT Sentence Completion Strategies

Workbook Links

SAT Testing Links

SAT Practice and Preparation —

www.proprofs.com/sat/index.shtml

This site offers a free online SAT Exam Study Center.

<http://apps.collegeboard.com/qotd/question.do>

Practice with the official SAT Question of the Day.

www.collegeboard.com/prod_downloads/student/testing/sat/sat-practice-booklet-2009-10.pdf

Download the official SAT Practice Test Booklet.

www.collegeboard.com/student/testing/sat/prep_one/test.html?BannerID=pretest&AffiliateID=PREPCENTER

Take a practice SAT at the official College Board website.

www.majortests.com/sat/index

Free SAT practice without usernames or passwords.

www.testpreppractice.net/SAT/Free-Online-SAT-Practice-Tests.aspx

This website has a number of free SAT practice tests that you can take without needing a password.

www.freesat1prep.com/sat/sat-prep/test_day_tips.php

This page has links that you can follow to practice SAT questions.

www.cliffsnotes.com/Section/SAT-Cram-Plan-Center.id-390675.html

This site contains helpful articles and test practice.

<http://sat.testprep.studyplaces.com/tests>

This site offers a number of practice tests for the SAT.

Lesson 11:

SAT Passage-Based Reading Strategies

Workbook Links

SAT Testing Links

SAT Practice and Preparation —

www.proprofs.com/sat/index.shtml

This site offers a free online SAT Exam Study Center.

<http://apps.collegeboard.com/qotd/question.do>

Practice with the official SAT Question of the Day.

www.collegeboard.com/prod_downloads/student/testing/sat/sat-practice-booklet-2009-10.pdf

Download the official SAT Practice Test Booklet.

www.collegeboard.com/student/testing/sat/prep_one/test.html?BannerID=pretest&AffiliateID=PREPCENTER

Take a practice SAT at the official College Board website.

www.majortests.com/sat/index

Free SAT practice without usernames or passwords.

www.testpreppractice.net/SAT/Free-Online-SAT-Practice-Tests.aspx

This website has a number of free SAT practice tests that you can take without needing a password.

www.freesat1prep.com/sat/sat-prep/test_day_tips.php

This page has links that you can follow to practice SAT questions.

www.cliffsnotes.com/Section/SAT-Cram-Plan-Center.id-390675.html

This site contains helpful articles and test practice.

<http://sat.testprep.studyplaces.com/tests>

This site offers a number of practice tests for the SAT.

Lesson 12:

SAT Writing Section Strategies

Workbook Links

SAT Testing Links

SAT Writing Test Practice —

www.yourdictionary.com/grammar/sat-test-practice-writing-exercises.html

This site provides SAT writing section practice.

www.collegeboard.com/prod_downloads/student/testing/sat/sat-practice-booklet-2009-10.pdf

Download the official SAT Practice Test Booklet.

www.collegeboard.com/student/testing/sat/prep_one/test.html?BannerID=pretest&AffiliateID=PREPCENTER

Take a practice SAT at the official College Board website.

www.collegeboard.com/testing/sat/skillsmap/overview.html

This page has a self-rating score band range and specific suggestions for improving your skills in math, critical reading and writing.

Test Preview —

www.testprepreview.com/satlinks.htm

This page has links to math, grammar, reading and writing lessons and review for the SAT.

SAT Vocabulary —

<http://sat.testprep.studyplaces.com/tests/sat-vocabulary>

This site focusing on improving your vocabulary for the writing section of the SAT.

Lesson 13:

SAT Multiple Choice

Writing Strategies

Workbook Links

SAT Testing Links

SAT Writing Test Practice —

www.yourdictionary.com/grammar/sat-test-practice-writing-exercises.html

This site provides SAT writing section practice.

www.collegeboard.com/prod_downloads/student/testing/sat/sat-practice-booklet-2009-10.pdf

Download the official SAT Practice Test Booklet.

www.collegeboard.com/student/testing/sat/prep_one/test.html?BannerID=pretest&AffiliateID=PREPCENTER

Take a practice SAT at the official College Board website.

www.collegeboard.com/testing/sat/skillsmap/overview.html

This page has a self-rating score band range and specific suggestions for improving your skills in math, critical reading and writing.

Test Preview —

www.testprepreview.com/satlinks.htm

This page has links to math, grammar, reading and writing lessons and review for the SAT.

SAT Vocabulary —

<http://sat.testprep.studyplaces.com/tests/sat-vocabulary>

This site focusing on improving your vocabulary for the writing section of the SAT.

Lesson 14:

SAT Math Strategies

Workbook Links

SAT Testing Links

SAT Practice and Preparation —

www.proprofs.com/sat/index.shtml

This site offers a free online SAT Exam Study Center.

<http://apps.collegeboard.com/qotd/question.do>

Practice with the official SAT Question of the Day.

www.collegeboard.com/prod_downloads/student/testing/sat/sat-practice-booklet-2009-10.pdf

Download the official SAT Practice Test Booklet.

www.collegeboard.com/student/testing/sat/prep_one/test.html?BannerID=pretest&AffiliateID=PREPCENTER

Take a practice SAT at the official College Board website.

www.majortests.com/sat/index

Free SAT practice without usernames or passwords.

www.testpreppractice.net/SAT/Free-Online-SAT-Practice-Tests.aspx

This website has a number of free SAT practice tests that you can take without needing a password.

www.freesat1prep.com/sat/sat-prep/test_day_tips.php

This page has links that you can follow to practice SAT questions.

www.cliffsnotes.com/Section/SAT-Cram-Plan-Center.id-390675.html

This site contains helpful articles and test practice.

<http://sat.testprep.studyplaces.com/tests>

This site offers a number of practice tests for the SAT.

Lesson 15:

Prepare for the ACT

Workbook Links

ACT Testing Links

ACT Website—

www.act.org

This website provides valuable continuing education information. Students can register online for the ACT assessment.

ACT Practice and Preparation —

www.act.org/aap/pdf/preparing.pdf

Download Preparing for the ACT here.

www.actstudent.org/sampletest/index.html

Official ACT test practice is available here.

www.actstudent.org/qotd

This page offers the ACT practice Question of the Day.

www.kaptest.com/College/ACT/Free-Practice-ACT/Free-ACT-Practice/CO_act_practiceACT.html?cid=532145

This page offers Kaplan's free online practice ACT.

www.princetonreview.com/college/free-act-practice-test.aspx

This is a free ACT practice test from the Princeton Review.

<http://testprep.sparknotes.com/testcenter/act>

Sparknotes offers ACT practice tests and preparation tips.

www.powerprep.com/schools/actdemo/aprepstr.htm

This site offers ACT testing strategies.

www.petersons.com/testprep/tips.asp?id=447&sponsor=1&path=ug.pft.act

This site offers tips and strategies for the ACT.

www.cliffsnotes.com/Section/ACT-Cram-Plan-Center.id-390677.html

This site contains helpful articles and test practice.

Test Preview —

www.testprepreview.com/actlinks.htm

This page has links to math, grammar, reading and writing lessons and review for the ACT.

Vocabulary.com —

www.vocabulary.com

This is an excellent site including puzzles and specific ACT/SAT preparation activities for improving your vocabulary.

Verbalearn —

<http://verbalearn.com/act-vocabulary.html>

You need to register for this site, but the basic course is free for improving vocabulary for the ACT and SAT.

Lesson 16:

SAT Subject Tests

Workbook Links

SAT Subject Test Links

College Board —

www.collegeboard.com/student/testing/sat/lc_two/tipsTwo.html

Information and strategies for taking the SAT Subject Tests are available on this page.

www.collegeboard.com/prod_downloads/student/testing/sat/sat-practice-booklet-2009-10.pdf

The official SAT Practice Test Booklet has practice questions for each of the Subject Tests.

College Admissions Requirements —

www.compassprep.com/admissions_req_subjects.aspx

This page has a helpful listing of major universities and colleges that require SAT Subject Tests.

Subject Test Preparation —

www.sparknotes.com/testprep

Overviews and tips for taking the SAT Subject Tests are available on this page.

History Test Practice & Preparation—

www.4tests.com/exams/examdetail.asp?eid=9

This site offers practice history tests.

www.syvum.com/squizzes/history

This website has links to history games to help with learning historic topics and geography.

US History Test Preparation —

www.mrburnett.net/APUSHHistory/APUSHHistory.htm

This AP prep site is also helpful in preparing for the US History Subject Test.

<http://regentsprep.org/Regents/core/questions/topics.cfm?Course=USHG>

This is another helpful site for US History test preparation.

Chemistry Test Practice & Preparation —

<http://chemistrysat.blogspot.com>

This site offers a chemistry question of the day.

www.syvum.com/squizzes/chem/index.htm

This helpful site has links to chemistry activities and quizzes.

Lesson 17:

Logistical Readiness Introduction

Workbook Links

Budgeting Links

Show Me the Future —

<http://showmethefuture.org>

Show Me the Future is a fun computerized game that helps you learn how to budget.

Money Management —

www.ipl.org/div/pf/entry/79903

This website for teenagers has links to teach you about money management.

You Can Deal With It —

<http://youcandealwithit.com>

This website offers tools for budgeting, saving and paying off student loans.

My Money —

www.mymoney.gov

This government site has information on financial planning topics as well as calculators.

Citi —

<http://financialeducation.citigroup.com/citi/financialeducation/curriculum/teens.htm>

Citigroup offers lessons on finance designed for teenagers.

Reality Check —

www.californiarealitycheck.com/personal.asp

This interactive site helps you discover how much money you will actually need to make.

Visual Economics —

www.visualeconomics.com/how-the-average-us-consumer-spends-their-paycheck

This site provides a visual chart of how the average consumer spends annual income.

Multnomah County Library —

www.multcolib.org/homework/perfinhc.html

This website provides many links organized by personal finance topics.

Money Matters 101 —

<http://usatodayeducate.com/wordpress/index.php/independent-living-101>

This USA Today website offers articles and lessons related to money management.

Salary and Income Links

Career One Stop —

www.careeronestop.org/SalariesBenefits/Sal_default.aspx

Salary information listed by occupation is offered on this website.

www.careerinfonet.org/occupations/select_occupation.aspx?next=compare_get_msa&level=&optstatus=&id=1&nodeid=209&stfips=&jobfam=

This page provides information on wages by metropolitan area.

www.careerinfonet.org/select_state.asp?next=wages1&level=&optstatus=&id=1&nodeid=208&soccode=&jobfam=&SOC=

Wages by state are supplied on this page.

College Grad Salary Information —

www.collegegrad.com/salaries

Find salaries and compare the cost of living on this site.

Bureau of Labor and Statistics —

www.bls.gov/bls/wages.htm

This is the Department of Labor site with information on pay and benefits.

Way 2 Go Maryland —

<http://way2gomaryland.org/howmuch>

This page offers information on annual salaries for a number of careers.

Reality Check —

www.californiarealitycheck.com

This site allows you to work out the income you need for the lifestyle you plan and match it with careers that can provide that income. Be aware that the average costs/salaries are for California, but the general information is easily relevant for any state.

Housing Links

City Profile Report —

www.homefair.com/real-estate/city-profile/index.asp

This site enables you to get a city profile with average household costs.

City Data —

www.city-data.com/zips

This site allows you to find data on a specific city including average housing costs.

US Census Bureau —

www.census.gov/hhes/www/housing/ahs/ahs05/ahs05.html

The US Census Bureau has detailed tables with information on owned and rented homes.

www.census.gov/compendia/statab/cats/construction_housing.html

This page provides links to home ownership and housing costs for 2010.

Cost of Home Ownership —

www.visualeconomics.com/the-cost-of-home-ownership

This chart shows the average mortgage rate through 2009.

Average Rent —

www.softwareadvice.com/articles/property-management/how-to-negotiate-your-rent-in-2010-a-10-step-guide-1060310

This site lists the average rent for a number of major US cities.

Finance Calculators —

www.realtor.com/home-finance/financial-calculators/?id=10021

This site offers numerous calculators for comparing loans and predicting monthly payments.

Utilities Links

WhiteFence —

www.whitefence.com

This site enables you to shop for and compare home utilities.

www.whitefenceindex.com/

This page lists averages for utility bills in more than 20 cities.

Consumer Federation of America —

www.consumerfed.org

This site has links for learning more about energy and communications options.

US Census Bureau —

www.census.gov/hhes/www/housing/ahs/05dtchrt/05adtchrt/tab3-13.html

This is an overview of median rates for utilities from 2005.

Utility Cost Savings —

www.psc.state.ga.us/consumer_corner/moneytips.htm

This page has consumer tips for cutting your utility costs.

Utility Connection —

www.utilityconnection.com

This site provides links to information on utilities.

Public Utility Home —

www.publicutilityhome.com

This site provides information on Internet resources for utility consumers.

Insurance Links

www.carinsurance.com/CoverageDefinitions.aspx

This page offers definitions for car insurance terms and coverages.

www.carinsurance.com/Coverage-Calculator.aspx

This is a calculator for determining car insurance.

www.insure.com

This website offers insurance quotes for many types of insurance.

www.insweb.com

This is another helpful website where you can compare insurance plans.

www.mdinsurance.state.md.us/sa/jsp/Mia.jsp

This is the website of the Maryland Insurance Administration, with information for consumers on insurance plans in Maryland.

www.census.gov/hhes/www/hlthins/hlthins.html

The US Census Bureau provides information on health insurance coverage.

www.consumerchoice.com/empower/costofcare/Welcome.do;jsessionid=921MLLGBdQg8f7mvspch977rj8zK7CQm88GIGppLpHSQnhWTvIWg!-593239688!1663866406

This site offers cost estimates for annual healthcare and specific health issues.

www1.subimo.com/cav4/app/bcbsmnggrp/CoverageAdvisor

This page has an out of pocket health cost calculator.

Auto/Transportation Links

www.kbb.com

Kelly Blue Book is one of the main sites for determining the average value and pricing for new and used cars.

www.nadaguides.com

This is another great site for determining fair prices for new and used cars.

www.caranddriver.com

This is a well-known site for information on vehicles, offering an online new car buying guide.

www.bankrate.com/brm/rate/calc_home.asp

Calculators for car loan and home loan payments are provided here.

www.youngmoney.com/calculators

This website has calculators for automobile costs.

www.nhtsa.dot.gov

The National Highway Traffic Safety Administration offers information on recalls, defect and complaints for cars as well as fuel economy.

Lesson 18:

Internet Safety

Workbook Links

Internet Safety Links

Stay Safe Online —

www.staysafeonline.org/content/self-assessment-quiz

www.staysafeonline.org/sites/default/files/resource_documents/What%20Home%20Users%20Can%20Do%202010%20NCSAM%20Letterhead.pdf

This National Cyber Security Alliance site offers a self-assessment and excellent tips.

FTC Identity Theft Site —

www.ftc.gov/bcp/edu/microsites/idtheft

This is the Federal Trade Commission's Identity Theft Site.

Identity Theft Resource Center —

www.idtheftcenter.org/scams/s_intro.shtml

The Identity Theft Resource Center is an excellent site for information on prevention.

On Guard Online —

www.onguardonline.gov

This government site provides tips for protecting your computer and personal information.

FaceBook Safety —

www.allfacebook.com/facebook-places-privacy-2010-08

This page offers information on customizing Facebook privacy setting to protect yourself.

Get Net Wise —

www.getnetwise.org

This website offers information and how-to videos for online safety.

Online Safety —

www.microsoft.com/protect

This website offers tips for staying safe in the online world.

Wired Safety —

www.wiredsafety.org

This is the world's largest online safety and help group.

Lesson 19:

Career Self-Assessment

Workbook Links

Career Self-Assessment Links

www.ioscar.org/tx/wil/wilinstruct.asp

www.iseek.org/sv/Skills

www.ioscar.org/tx/wil/wilinstruct.asp

Additional Career and Skills Assessment Links

www.driveofyourlife.org

This interactive multi-media game takes you through the options for your future.

www.ioscar.org/tx/assessment/samenu.asp

This website has a work importance locator and interest inventory.

www.educationplanner.com/careerkey/default.asp?sponsor=2859

This education planner site offers a free career assessment.

www.cacareerzone.com/index.html

This site offers a number of interactive career assessments.

www.humanmetrics.com/cgi-win/JTypes1.htm

Take a Jung Typology test to determine your personality type and potential occupations.

www.personalitytype.com/quiz.asp

This is a shorter personality type quiz.

www.mypersonality.info/personality-types

This is another online version of the Jung Typology test.

www.keirsey.com/sorter/register.aspx

This is an excellent personality test that can point you toward the right careers.

www.iseek.org/sv/10210.jsp

This page has links to a number of career assessments.

www.careerinfonet.org/skills

This website will help you to self-assess your skills and match them with potential careers.

<http://online.onetcenter.org/skills>

The O*Net Skills search is another helpful tool that helps match your skills with careers.

www.onetcenter.org/tools.html

O*NET® Career Exploration Tools™ help you to explore the transition from school to work.

www.careerpath.com/career-tests/colorcareercounselor.aspx

This career assessment based on color preferences is scientifically based.

www.bbc.co.uk/labuk/experiments/personality

This is a questionnaire that can tell you interesting things about your general personality type.

Lesson 20:

Career Planning

Workbook Links

Education and Career Links

www.bls.gov/emp/ep_table_103.htm

This page offers information on some of the fastest-growing careers including the level of training or education required.

www.acinet.org/acinet/oview1.asp?level=baplus

This page allows you to explore the fastest-growing careers based on the level of training or education required.

www.careeronestop.org/EducationTraining/Plan/Goals.aspx

This page helps you to develop education and training goals for specific careers. You can also follow links to high-growth and highest paying occupations.

www.bls.gov/oco/home.htm

You can find information on the education required for specific careers at the Occupational Outlook Handbook Online.

Career Clusters Links

www.careerclusters.org

This website, created by a multi-state initiative, divides careers into 16 groups to help you focus your search.

http://dese.mo.gov/divcareered/career_clusters.htm

This is a helpful, interactive site focused on the 16 career clusters.

Lesson 21:

Career Exploration

Workbook Links

Career Exploration Links

Get Access Now —

<http://getaccess.westone.wa.gov.au/izone/career-game>

This career game provides an overview of the career planning process.

Career Pathways —

www.iseek.org/sv/10042.jsp

This site offers three grouping levels by which to explore careers.

Work Personality Style —

http://career.ucsb.edu/students/career_planning/CareersByInterests.html

This site lists careers by work personality style.

My Future Careers —

www.myfuture.com/careers

This website allows you to search careers based on field of study, industry, type of work or career/personality traits.

Be What I Want to Be —

<http://bewhاتيwanttobe.com/page.php?topic=1#idontknow>

This Maryland website allows you to find information on area careers and read interviews with local workers.

Kids.gov —

www.kids.gov/6_8/6_8_careers.shtml

This page provides an alphabetical listing of careers with helpful overviews.

www.kids.gov/educators/ed_careers.shtml

This is a listing of links to government sites organized by career types.

Occupational Outlook Handbook Online —

www.bls.gov/oco/home.htm

Use this online government guide to browse through occupations or research specific careers that interest you.

US Department of Labor Employment and Training Administration —

www.doleta.gov/jobseekers

This government website offers information on assessing yourself and exploring careers.

Bureau of Labor and Statistics —

www.bls.gov/k12/index.htm

This interactive government site is great for exploring careers based on your interests.

O*Net™ Online —

www.onetcenter.org

O*Net™ provides interactive occupational information. You can search for occupations using a list of your skills.

www.onetcenter.org/tools.html

This page provides tools for career exploration.

<http://online.onetcenter.org/search/t2>

This is an excellent tool that allows you to search by machines, equipment, tools, or software you are skilled with for potential career matches.

OSCAR —

www.ioscar.org/tx/mainmenu.asp

The OSCAR website offers excellent tools for your career search.

Career Options —

www.actstudent.org/wwm/index.html

This ACT page offers an interactive tool to explore your career options.

www.careerinfonet.org/edutrainng/default.aspx?searchMode=occupation

Explore job families and occupations on this page.

Career Launch —

<http://careerlaunch.net>

This fun site from the Boys & Girls Clubs of America has interactive games and resources for career planning and self-assessment.

College Board Information on Careers —

www.collegeboard.com/student/csearch/majors_careers/index.html

This page has links to a number of articles on choosing a career.

Mapping Your Future —

<http://mappingyourfuture.org/planyourcareer/careership>

Explore your career interests and conduct a career search at this non-profit website.

School to Career —

www.careers.iptv.org/enhanced/1131/ec_careerhome.cfm

Sponsored by Iowa Public Television, this site offers enhanced career information and a searchable database of careers.

Next Step —

www.nextstepmagazine.com/nextstep/career-profiles.aspx

This is a site which has career profiles with video.

Career Apple —

<http://careerapple.com>

This is another site offering career profiles with videos.

Specific Career Links —

www.wisemantech.com/guidance/careerspecific.htm

This site, from a former guidance counselor, provides a number of career-specific links.

<http://jobstar.org/tools/career/spec-car.php>

This is another excellent website with links by career.

Career Games —

www.careergames.com

This fun site helps you to explore career and job search topics.

Outdoor and Environmental Careers —

www.princeton.edu/~oa/jobs/careeroe.html

Princeton University provides this job resource guide.

Careers in Science, Technology, Engineering and Math —

www.usatoday.com/educate/NASA

This career exploration website was developed by USA Today and NASA.

www.careercornerstone.org

This is another site providing information on careers in these fields.

Lesson 22:

College Majors

Workbook Links

College Major Links

College Board Information on College Majors —

www.collegeboard.com/student/csearch/majors_careers/index.html

This page has links to a number of articles on choosing a college major.

www.collegeboard.com/csearch/majors_careers/profiles

This page provides major and career profiles.

ACT Information on College Majors —

www.actstudent.org/majormap/index.html

This page provides a map and overview of college majors.

Major Resource Kits —

www.udel.edu/CSC/mrk.html

This useful University of Delaware website has links for college majors providing sample job titles, an overview of how the major will benefit you and what career paths it may lead to.

College Major and Career Information —

<http://careerservices.rutgers.edu/CareerHandouts.html>

This Rutgers University site offers possible occupations and types of employers for many college majors.

QuintCareers —

www.quintcareers.com/student_jobseeker_guide/choosing_college_major.html

This page has links to help you use the Internet to choose a major.

Online Education Guide —

www.worldwidelearn.com/online-education-guide/index.html

This site offers a guide to college majors and programs, and includes information on entry level jobs and career pathway options.

Common Majors and Careers —

<http://careers.ucsd.edu/majors/contents/main.shtml>

This site from UCSD offers information and links on common majors and related careers.

What Can I Do with a Major? —

www.uncwil.edu/stuaff/career/Majors

This University of North Carolina site lets you click on a major to get an overview, related career titles and major skills. There are also job and internship search links for each major.

Lesson 23:

Initial College Selection

Workbook Links

College Selection Links

Go College —

www.gocollege.com/admissions

This site offers links to match your interests with a college. It will help you to narrow down colleges according to majors, grades, scores, and tuition.

Student Aid 2 —

<http://studentaid2.ed.gov/gotocollege/campustour/alphabetical/M.html>

This page is a tool for getting an overview of colleges in a campus tour format.

Visiting College Websites —

www.collegeboard.com/student/csearch/majors_careers/45101.html

www.collegeboard.com/student/csearch/majors_careers/45103.html

These pages give information and suggestions for getting the most out of a college's website.

College Navigator —

<http://nces.ed.gov/collegenavigator>

This is a government site offering a guided college search and helpful data.

Students.gov —

www.students.gov/STUGOVWebApp/Public?topicID=3&operation=topic

This helpful government site provides a number of links to help you in selecting a college.

Student Aid 2 —

<http://studentaid2.ed.gov/gotocollege/collegefinder>

This government website offers a comprehensive college finder tool.

CityTownInfo —

www.citytowninfo.com/education

This site enables you to search for colleges similar to one you are interested in.

The College Board —

www.collegeboard.com/student/csearch/index.html

Articles about choosing a college and a powerful search engine are provided on this site.

College View —

www.collegeview.com

This site has a searchable database of over 3,000 two and four-year schools.

College Match —

www.nextstepmagazine.com/nextstep/college-search.aspx#main

This page provides a college search by location and major area of interest.

College Bound Network —

www.collegebound.net/college

Search four year and community colleges by state or name to see an overview of each school, quick facts and a link to request more information.

College Surfing —

www.collegesurfing.com/ce/search

This website allows you to search colleges by program of study or career interest.

Ed Ref College Search Directory —

www.edref.com

This site provides a customizable college search tool for finding colleges and universities.

U.S. Universities —

www.utexas.edu/world/univ/state

A state-by-state list of universities and colleges, organized alphabetically with links.

American Universities —

www.clas.ufl.edu/au

This website provides a direct link to the home pages for American Universities that grant bachelor or advanced degrees.

Women's Colleges—

www.college-scholarships.com/women_colleges.htm

This site lists colleges for women with links to each college.

Christian Colleges —

www.naccap.org/whychristiancollege.asp

This website provides information on Christian colleges and how to apply.

Low-Income, First Generation College Students —

www.ed.gov/about/offices/list/ope/trio/index.html

This website provides resources for helping these students to attend college.

Academic Common Market —

www.sreb.org/page/1304/academic_common_market.html

This program allows students in 16 states to attend out of state schools for in-state prices if the major they want isn't offered in their state.

Specialized Schools —

www.education.org

This site has information about schools with programs of study in career fields such as art, business, computers, cooking/culinary, environmental education, and fashion from public and private schools. You can link directly to the schools.

Lesson 24:

Focusing Your College Selection

Workbook Links

- ▶ Refer back to the links in the previous lessons.

Lesson 25: College Visits

Workbook Links

College Visit Links

CollegeBoard —

www.collegeboard.com/student/csearch/college-visits/index.html

Tips are provided for scheduling college visits and how to visit a college virtually if you can't go in person.

Campus Visits —

www.acm.edu/admiss/campusvisits.pdf

This site provides suggested questions to ask while on a college visit.

Talk College —

<http://talk.collegeconfidential.com/visits>

Read reports of student visits and share reports on colleges you visit.

Cost of College Visits —

www.bankrate.com/finance/college-finance/8-ways-to-save-on-college-visits-1.aspx

This article offers tips on how to save money during college visits.

Advice on College Visits —

www.smartcollegevisit.com/about.html

Get tips, tools and advice from others who have made college visits.

Lesson 26:

College Interviews

Workbook Links

College Interview Links

CollegeBoard —

www.collegeboard.com/student/apply/the-application/135.html

The College Board website is an excellent reference for student interviews.

QuintCareers —

www.quintcareers.com/college_interview.html

This website has a helpful article on college interviews.

College Compass —

www.edonline.com/collegecompass/intrvw.htm

This site has another good article on the college interview.

Princeton Review —

www.collegeview.com/articles/CV/application/college_interviews.html

This website offers some helpful tips for your college interview.

Suite 101 —

http://colleges.suite101.com/article.cfm/how_to_prepare_for_a_college_interview

This site has some basic advice for making a positive impression during your interview.

Lesson 27:

College Applications

Workbook Links

College Application Links

Student's Rights and Responsibilities —

www.nacacnet.org/PublicationsResources/Marketplace/student/Pages/RightsandResponsibilities.aspx

This document is a wonderful start to the college admission process.

Applying Early —

www.collegeanswer.com/applying/content/app_applear.jsp

This page explains early admissions options.

Online Applications —

www.collegeanswer.com/applying/online_app/oas_select.jsp

This website offers a tool for finding out if a particular college has an online application.

Common Application —

www.commonapp.org

The Common Application is an online application form for over 400 schools and universities.

Universal Application —

www.universalcollegeapp.com

The Universal Application is a standardized application accepted at over 70 colleges.

Lesson 28:

College Essay Topics

Workbook Links

College Essay Links

Teen Ink Sample College Essays—

www.teenink.com/college_guide/college_essays

CollegeBoard —

www.collegeboard.com/student/apply/essay-skills

Essays That Worked —

<http://www.conncoll.edu/admission/essays.htm>

Discovering Voice —

<http://admissions.tufts.edu/?pid=195&c=132>

Lesson 29:

College Essay Revision

Workbook Links

- Refer back to the links in the previous lessons.

Lesson 30:

Summer Activities

Workbook Links

- ▶ Refer back to the links in the previous lessons.

Lesson 1: College Applications

Workbook Links

www.fastweb.com/college-search/articles/853-common-college-application-mistakes

College Application Links

Student's Rights and Responsibilities —

www.nacacnet.org/PublicationsResources/Marketplace/student/Pages/RightsandResponsibilities.aspx

This document is a wonderful start to the college admission process.

Applying Early —

www.collegeanswer.com/applying/content/app_appear.jsp

This page explains early admissions options.

Online Applications —

www.collegeanswer.com/applying/online_app/oas_select.jsp

This website offers a tool for finding out if a particular college has an online application.

Common Application —

www.commonapp.org

The Common Application is an online application form for over 400 schools and universities.

Universal Application —

www.universalcollegeapp.com

The Universal Application is a standardized application accepted at over 70 colleges.

Lesson 2:

College Essays

Workbook Links

College Essay Links

Teen Ink Sample College Essays—

www.teenink.com/college_guide/college_essays

CollegeBoard —

www.collegeboard.com/student/apply/essay-skills

Essays That Worked —

<http://www.conncoll.edu/admission/essays.htm>

Discovering Voice —

<http://admissions.tufts.edu/?pid=195&c=132>

Lesson 3:

College Entry Organizer and High School Records Update

Workbook Links

- Refer back to the links in the previous lessons.

Lesson 4:

College Testing, Visits and Interviews

Workbook Links

- ▶ Refer back to the links in the previous lessons.

Lesson 5:

Financial Aid and Scholarships

Workbook Links

Financial Aid Links

Free Application for Federal Student Aid —

www.fafsa.ed.gov

All students should complete a FAFSA regardless of current or expected financial situation. Options for completing the FAFSA are to complete and submit the online version or to print out and complete a paper form and mail it for processing.

www.pin.ed.gov

The fastest way to submit the FAFSA is with an electronic PIN signature from this website.

www.fafsa4caster.ed.gov

This page provides a tool for estimating your eligibility for federal student aid.

Financial Aid PROFILE —

<http://profileonline.collegeboard.com/index.jsp>

The Financial Aid PROFILE is the second commonly used financial aid form that many colleges require.

Title IV Code Numbers —

www.finaid.org/fafsa/tiv.phtml

The US Department of Education Title IV code numbers for the colleges are listed here.

Students.gov —

www.students.gov/STUGOVWebApp/Public?topicID=13&operation=maintopic

This student-friendly government site has many links, including information on state financial aid.

Maryland State Financial Aid —

www.mhec.state.md.us/financialAid/descriptions.asp

This website provides information on grants, scholarships and other financial aid programs for Maryland.

Financial Aid Need Estimator —

<http://webapps01.act.org/fane/docs/>

This helpful tool from the ACT allows you to estimate the cost of attending college and how much your family may be expected to contribute.

Federal Student Aid —

<http://studentaid.ed.gov>

This is a government site that provides lots of information and links to helpful sites for preparing, choosing, applying to, funding, and attending college..

College is Possible —

www.acenet.edu/Content/NavigationMenu/ProgramsServices/CIP/PayingforCollege/Intro.htm

This website from the American Council on Education is dedicated to assisting students from all walks of life achieve a college education.

American Student Assistance —

www.amsa.com/bor/index.cfm

American Student Assistance is a federally funded, non-profit organization dedicated to making student loans more accessible and manageable for students.

The College Board —

www.collegeboard.com/student/pay/index.html

This site provides a scholarship search, financial aid planner and many great articles.

Sallie Mae —

www.salliemae.com

This website offers interactive calculators allowing users to calculate the cost of college, estimate loan payments, etc.

College Tool Kit —

www.collegetoolkit.com

This site has a tool for comparing student loans and many other calculators to assist you with planning for and paying for college.

CollegeView —

www.collegeview.com/financialaid/index.html

This site provides a number of helpful resources for researching and finding financial aid.

GI Bill —

www.gibill.va.gov

The GI Bill provides student aid for education to those who enlist in the military, and is worth learning about.

FinAid —

www.finaid.org

This is a page with links to many financial aid related sites, ranging from institutions to government programs to scholarship scam alerts. This is an excellent site for anyone looking for money to go to school. They also have a section answering questions and providing a variety of financial calculators.

Go College —

www.gocollege.com/financial-aid

This page provides a helpful overview of financial aid with many links.

EFC Worksheets —

www.collegegold.com/financialplan/efcworksheets

This website offers downloadable worksheets to determine your estimated financial contribution.

Residency and Tuition —

www.finaid.org/otheraid/stateresidency.phtml

<http://professionals.collegeboard.com/testing/international/state>

These pages provide helpful information on residency and how it affects the cost of college.

Academic Common Market —

www.sreb.org/page/1304/academic_common_market.html

This program allows students in 16 states to attend out of state schools for in-state prices if the major they want isn't offered in their state.

Income-Based Repayment —

www.ibrinfo.org

This website provides information about Income-Based Repayment of federal student loans.

Scholarship Links

Federal Trade Commission —

www.ftc.gov/bcp/edu/microsites/scholarship/index.shtml

This must-read first step for your scholarship search includes important information on scams.

Maryland Higher Education Commission On-Line Scholarship Search—

www.mhec.state.md.us/RegentScripts/mdwb01Project.exe?CMD=mdwb51RequestApplSearchPage

The State of Maryland offers this free scholarship search page.

United Negro College Fund —

www.uncf.org/forstudents/index.asp

The UNCF has been providing assistance for students since 1985.

ROTC —

www.afrotc.com

The Air Force ROTC website provides information on scholarships and careers.

Jack Kent Cooke Foundation —

www.jackkentcookefoundation.org

Scholarships are awarded with a focus on outstanding students with financial need.

Gates Millennium Scholars —

www.gmsp.org

This program provides assistance to outstanding minority students with financial need.

Donna Reed Foundation —

www.donnareed.org/html/templates/dr_section.php?dr_section=scholar

This foundation offers scholarships for students in acting, vocal and musical theatre programs.

Young Arts Program —

www.youngarts.org/apply

The Young Arts Program offers arts scholarships each year.

Broke Scholar —

www.brokescholar.com

This website offers a useful and informative section on scholarships and a calendar of deadlines.

College Scholarships —

www.collegescholarships.com

This site lists scholarships by region and specific academic categories.

Sallie Mae —

<http://scholarships.salliemae.com>

Sallie Mae is a well known financial institution that provides information on scholarships and a free search.

Fast Aid—

www.fastaid.com/fastap/index.asp

This site is from the authors of “The Scholarship Book”, from Prentice Hall.

Scholarship.com —

www.scholarship.com

This scholarship search site is approved by the National Association for College Admission Counseling.

College Net —

www.collegenet.com/mach25/app

You can search for scholarships based on your personal profile at this website.

Fastweb —

<http://fastweb.com>

On this site, you can enter information about yourself, along with your e-mail address, and FastWeb will locate scholarships that fit your profile. You will receive additional emails as other matches are found.

Scholarships.com —

www.scholarships.com

Not to be confused with scholarship.com, this NACAC approved site provides a free search of a database of scholarships with nearly 3,000 sources.

Fresch Info —

www.freschinfo.com

This free scholarship search service has a database of over 2,000 sources of scholarships, representing approximately 169,000 awards.

Arts Awards —

www.artsawards.org

This website provides information about programs and awards for today's young artists.

College Athletic Scholarships —

www.college-athletic-scholarships.com

This website provides information and resources related to applying for athletic scholarships.

Lesson 6:

Student Resumes

Workbook Links

Student Resume Sample Links

<http://workbloom.com/resume/sample/student-college-admissions-01.aspx>

<http://sites.google.com/site/collegeboundcoach/contact-me/college-application-resume-example>

[www.kirkwood.k12.mo.us/parent student/khs/Guidance/RESUME.htm](http://www.kirkwood.k12.mo.us/parent_student/khs/Guidance/RESUME.htm)

Lesson 7:

Cognitive Skills and Academic Readiness

Workbook Links

Reasoning Links

Inductive and Deductive Reasoning —

www.sjsu.edu/depts/itl/graphics/induc/ind-ded.html

This website provides an overview of inductive and deductive reasoning.

Brain Boosters —

<http://school.discoveryeducation.com/brainboosters>

This site offers a number of brain teasers that target your reasoning.

Superkids —

www.superkids.com/aweb/tools/logic

This site offers fun online games involving logic and reasoning.

LSAT Logic Game —

www.west.net/~stewart/lwsample.htm

This page offers an excellent exercise in reasoning and links to additional exercises.

Logic Games —

[www.alpha-score.com/Free LSAT Course/Logic Games/Free LSAT Course Game Intro.html](http://www.alpha-score.com/Free%20LSAT%20Course/Logic%20Games/Free%20LSAT%20Course%20Game%20Intro.html)

This site offers additional logic game exercises.

TSA Oxford —

www.admissionstests.cambridgeassessment.org.uk/ad/tsoxford/Test+Preparation

This practice test focuses on reasoning and problem-solving.

Inductive Reasoning Activities —

www.csun.edu/science/ref/reasoning/inductive_reasoning/inductive_reasoning.html

This website offers an explanation of inductive reasoning and links to practice activities. surprising or important information about college academics.

Attention Links

Concentration —

www.academictips.org/acad/concentration.html

This site has tips for improving your concentration.

Kansas State University —

www.k-state.edu/counseling/topics/career/concentr.html

This Kansas State University website offers techniques for improving concentration.

Improving Concentration —

www.ucc.vt.edu/lynch/ImprovConcentration.htm

The Virginia Tech website offers a tutorial on improving concentration.

Alt Medicine —

<http://altmedicine.about.com/od/optimumhealthessentials/a/Concentration.htm>

Five practical tips are given on this page about improving your concentration.

eHow Articles —

www.ehow.com/how_3823_improve-concentration.html

This page offers a practical strategy for improving your concentration to get work done.

Active Listening —

www.mindtools.com/CommSkill/ActiveListening.htm

This site provides tips for improving your attention while listening.

Games for the Brain —

www.gamesforthebrain.com/game

This fun site offers games involving multiple cognitive skills including attention to detail.

Lost in Migration —

www.lumosity.com/brain-games/attention-games/lost-in-migration

You can sign up for a free account at Luminosity and play this game which is excellent for improving concentration and attention to detail.

Simon Game —

www.thepcmanwebsite.com/media/simon

Simon is a classic game that improves attention and memory.

Memory Links

Self-Assessment —

www.oakton.edu/learn/memsvy.htm

This is a memory self-assessment tool with links to information on memory.

Remembering —

www.ucc.vt.edu/stdysk/remember.html

This Virginia Tech page discusses the two types of memory skills you need to succeed.

Memory Principles —

<http://frank.mtsu.edu/~studskl/mem.html>

This web page lists memory principles and tips for improving your memory.

Mind Tools —

www.mindtools.com/memory.html

This website has memory improvement tools and techniques.

Intelegen, Inc. —

www.web-us.com/memory

This page has links to information and strategies related to improving memory.

The Memory Page —

www.thememorypage.net

This website is dedicated to helping you improve your memory and includes games and tutorials.

The Memory Gym —

www.memorise.org

Exercise your brain and improve your memory with the lessons and exercises on this website.

Simon Game —

www.thepcmanwebsite.com/media/simon

Simon is a classic game that improves memory and attention.

Braingle —

www.braingle.com/mind/memory.php

This site offers memory-building games, strategies and tests.

Memory Matrix —

www.lumosity.com/brain-games/memory-games/memory-matrix

You can sign up for a free account at Luminosity and play this game which is excellent for improving spatial and visual recall.

BBC Human Body and Mind —

www.bbc.co.uk/science/humanbody/mind/surveys/memory

This site provides a memory test and ways to improve your memory.

Simon —

www.freegames.ws/games/kidsgames/simon/simon.htm

This classic game combines memory and sequence.

Sequence —

[www.kongregate.com/games/mindlesslabs/sequence#game instructions](http://www.kongregate.com/games/mindlesslabs/sequence#game_instructions)

This is another online memory and sequence game.

Which Came First? —

<http://web.mit.edu/invent/www/ima/which1.html>

This MIT page offers a game that combines memory and sequencing.

Memory Match —

<http://dsc.discovery.com/fansites/dirtyjobs/games/match/match.html?emc=el&m=447380&l=3&v=670068bf42>

The Discovery Channel offers a fun version of the classic concentration game.

Biography Channel Games —

www.biography.com/games

Trivia games are a good way to exercise long-term memory.

History Channel Games —

www.history.com/games.do

This site offers history trivia games to exercise long-term memory.

Types of Processing —

www.ldinfo.com/process_areas.htm

This website has links to simple explanations of specific types of processing, all of which are intricately related to memory.

Eye Can Learn —

www.eyecanlearn.com

This site provides simple exercises to improve visual processing and memory.

Problem-Solving Links

Study Guides and Strategies —

www.studygs.net/problem

This site provides an overview and strategies for problem-solving and decision-making.

Mind Tools —

www.mindtools.com/pages/article/newTMC_00.htm

This site offers some useful tools and strategies for problem-solving.

Braingle —

www.braingle.com/mind/categories.php?cat=;s=Problem+Solving

This site provides problem-solving exercises.

PedagoNet Problem Solving —

www.pedagonet.com/brain/brainers.html

This site provides a variety of problem-solving brain teasers.

Brain Bashers —

www.brainbashers.com/logic.asp

This site provides problem-solving logic puzzles.

Icebreaker Collection —

www.mwls.co.uk/icebreakers/puzzles.pl

This page has links to some problem-solving puzzles.

The Problem Site —

www.theproblemsite.com/games.asp

This is a site with a wide variety of problem-solving games.

Play Kids Games —

www.playkidsgames.com/problem_solveGames.htm

This site is recommended for adults as well as kids and offers problem-solving games that focus on music, science, geography and more.

Math Playground —

www.mathplayground.com/logicgames.html

This site offers fun math problem-solving games.

Gamequarium —

www.gamequarium.com/problemsolving.html

This is another site with math problem-solving games.

Absurd Math —

www.learningwave.com/abmath

This is a fun site that combines an interactive computer game with math problem-solving.

PuzzleZone —

www.sciencenewsforkids.com/articles/PuzzleZone.asp

This Science News page offers challenging brainteasers.

GameZone —

www.sciencenewsforkids.com/pages/gamezone

This page from Science News offers logic puzzles and games.

Lesson 8:

Emotional Readiness Basics

Workbook Links

Emotional Health Links

Everyone experiences feelings of stress, anxiety and depression at some time in his/her life. It is normal to struggle with emotional issues occasionally, but if you have upsetting symptoms that occur regularly or interfere with daily life, it can indicate serious problems. Symptoms of emotional and psychological disorders can vary greatly, so it is essential to consult with a professional if you think that you or someone you know may need help. These resources can assist you in maintaining and assessing your emotional health.

Family Doctor —

<http://familydoctor.org/online/famdocen/home/articles/589.html>

Family Doctor offers an excellent and brief discussion of emotional health on this page.

Teen Health —

www.teenhealthfx.com/answers/Emotional/index.php

This is a great place to find answers to questions about your emotions and moods. If you are wrestling with a problem, look here for help.

The Human Mind —

www.bbc.co.uk/science/humanbody

This amazing website has many interactive games and activities for learning about your mind and emotions.

APA Health Center —

<http://apahelpcenter.org>

This website from the American Psychological Association is an excellent resource offering brochures, tips and articles.

Web MD —

www.webmd.com/balance

WebMD is an excellent resource for health and balance information. Find out more about stress, anxiety and other emotional, physical and psychological health issues.

Princeton University —

www.princeton.edu/uhs/ih_Q_A_emotional_health.html

This site from Princeton University focuses on adjusting to college life and overall emotional health.

Psychological Stress —

www.nlm.nih.gov/medlineplus/stress.html

This site from the US National Library of Medicine provides links to a number of stress-related articles and resources.

Everyday Health —

www.everydayhealth.com/emotional-health/index.aspx

Everyday Health offers an emotional health center online.

Anxiety Assessment —

www.psych.uncc.edu/pagoolka/StateAnxiety-intro.html

This anxiety assessment may be a helpful tool to assess your state of anxiety.

Depression Self-Screening —

<http://psych.med.nyu.edu/patient-care/depression-screening-test>

This is a self-screening test for symptoms of depression. Keep in mind that only a doctor can truly diagnose depression.

Depression Screening —

www.depression-screening.org/screeningtest/screeningtest.htm

Another confidential depression-screening test is provided on this site.

Psych Central —

<http://psychcentral.com/quizzes>

This site offers a number of psychological self-tests. Just remember that if you suspect you have a psychological disorder, you should see a doctor as soon as possible.

Personal Counseling Issues —

www.wisemantech.com/guidance/personal.htm

This site provides links to a number of issue-specific resources.

Lesson 9:

Emotional Readiness for Relationships and Independence

Emotional Intelligence Links

Emotional Intelligence —

www.businessballs.com/eq.htm

This site offers a brief overview of emotional intelligence theory.

Institute for Health and Human Potential —

www.ihhp.com/testsite.htm

This site offers a free emotional intelligence quiz.

Psychology Test —

www.psychtests.com/cgi-bin/tests/transfer.cgi

This is another emotional intelligence test.

Discovery Health —

http://discoveryhealth.queendom.com/eiq_abridged_access.html

This site has an emotional IQ test.

Emotional Quotient Quiz —

www.allthetests.com/eq-tests-emotional-quotient-quizzes.php

This is another free online quiz of emotional intelligence.

Attachment Style —

www.web-research-design.net/cgi-bin/crq/crq.pl

This site offers a free attachment style test.

Spot the Fake Smile —

www.bbc.co.uk/science/humanbody/mind/surveys/smiles/index.shtml

This is an interesting test of your ability to recognize true emotion in others.

Lesson 10:

Financial Literacy & Avoiding Identity Theft

Workbook Links

Financial Literacy Links

www.handsonbanking.org

This is a great website for learning more about banking and budgeting.

www.visualeconomics.com

This is an excellent site offering articles and informative infographics.

www.fdic.gov/consumers

The FDIC site offers helpful financial information for consumers.

www.investopedia.com/dictionary

This site provides definitions and explanations of investment terms and plans.

www.investopedia.com/university

Investopedia offers a number of helpful free tutorials on investing.

www.youngmoney.com/calculators

This website has a calculator for savings and retirement planning, as well as for automobiles and housing.

Identity Theft Links and Fraud Protection Links

www.ftc.gov/bcp/edu/microsites/idtheft/video/avoid-identity-theft-video.html

www.snopes.com

This site offers a database you can search to verify and identify myths, email hoaxes, computer virus warnings, and more.

www.fraud.org

This site sponsored by the National Consumers League provides information on preventing and fighting fraud.

<http://consumer.gov/ncpw/category/scam-watch>

This government site archives scam watch articles.

www.fbi.gov/majcases/fraud/fraudschemes.htm

This site from the FBI deals with fraud issues.

Lesson 11:

Credit Card Concerns

Workbook Links

Credit Information Links

Credit Card Tools —

www.cardweb.com

This site offers articles and information on credit cards including a glossary and card calculator.

Ready, Set, Credit —

www.in.gov/dfi/2627.htm

This government website provides important information on getting a credit card.

Federal Trade Commission —

www.ftc.gov/credit

This site is an excellent resource for information on credit and loans.

Credit Card Comparison —

www.cardratings.com

This award-winning website compares credit cards and providing information for consumers.

Credit Card Comparison —

www.cardlocator.com

This site listing credit cards and comparing terms and benefits is government-recommended.

Free Credit Report —

www.annualcreditreport.com

This site allows you to order your free annual credit report from each of the three main national credit bureaus.

Credit Bureaus —

www.equifax.com

www.experien.com

www.transunion.com

These are the three major national credit bureaus that record and report your credit history.

Independent Living 101 —

<http://usatodayeducate.com/wordpress/index.php/independent-living-101>

This USA Today website offers articles and lessons related to credit and debit cards.

Lesson 12:

Transition to College

Workbook Links

College Transition Links

College Board —

www.collegeboard.com/student/plan/college-success/index.html

The CollegeBoard offers excellent information on transitioning to college successfully.

Cliff Notes —

www.cliffsnotes.com/WileyCDA/Section/College-Life.id-305412.html

www.cliffsnotes.com/WileyCDA/Section/Get-Organized.id-310988.html

These pages have links to helpful articles on a number of important college life topics.

Mapping Your Future —

<http://mappingyourfuture.org/money>

This website has a number of articles and tools on college budgeting and managing your money.

Princeton University —

www.princeton.edu/uhs/ih_Q_A_emotional_health.html

This site from Princeton University focuses on adjusting to college life.

College Confidential —

www.collegeconfidential.com/college_life

This site offers information and articles on transitioning to college.

College Freshman Tips —

www.college-freshman.com

This site offers tips for freshmen and soon-to-be freshmen.

Staying Safe on Campus —

www.ecampustours.com/campuslife/healthandsafety/safeatcollege.htm

This website provides important tips for staying safe on campus.

University Learning —

www.learningcommons.uoguelph.ca/guides/university_learning

This website provides a helpful guide to university learning.

Lesson 13:

Consider Your Future

Workbook Links

Salary and Income Links

Career One Stop —

www.careeronestop.org/SalariesBenefits/Sal_default.aspx

Salary information listed by occupation is offered on this website.

www.careerinfonet.org/occupations/select_occupation.aspx?next=compare_get_msa&level=&optstatus=&id=1&nodeid=209&stfips=&jobfam=

This page provides information on wages by metropolitan area.

www.careerinfonet.org/select_state.asp?next=wages1&level=&optstatus=&id=1&nodeid=208&soccode=&jobfam=&SOC=

Wages by state are supplied on this page.

College Grad Salary Information —

www.collegegrad.com/salaries

Find salaries and compare the cost of living on this site.

Bureau of Labor and Statistics —

www.bls.gov/bls/wages.htm

This is the Department of Labor site with information on pay and benefits.

Way 2 Go Maryland —

<http://way2gomaryland.org/howmuch>

This page offers information on annual salaries for a number of careers.

Reality Check —

<http://www.californiarealitycheck.com>

This site allows you to work out the income you need for the lifestyle you plan and match it with careers that can provide that income. Be aware that the average costs/salaries are for California, but the general information is easily relevant for any state.

Housing Links

City Profile Report —

www.homefair.com/real-estate/city-profile/index.asp

This site enables you to get a city profile with average household costs.

City Data —

www.city-data.com/zips

This site allows you to find data on a specific city including average housing costs.

US Census Bureau —

www.census.gov/hhes/www/housing/ahs/ahs05/ahs05.html

The US Census Bureau has detailed tables with information on owned and rented homes.

http://www.census.gov/compendia/statab/cats/construction_housing.html

This page provides links to home ownership and housing costs for 2010.

Cost of Home Ownership —

<http://www.visualeconomics.com/the-cost-of-home-ownership>

This chart shows the average mortgage rate through 2009.

Average Rent —

<http://www.softwareadvice.com/articles/property-management/how-to-negotiate-your-rent-in-2010-a-10-step-guide-1060310>

This site lists the average rent for a number of major US cities.

Finance Calculators —

www.realtor.com/home-finance/financial-calculators/?id=10021

This site offers numerous calculators for comparing loans and predicting monthly payments.

Utilities Links

WhiteFence —

www.whitefence.com

This site enables you to shop for and compare home utilities.

www.whitefenceindex.com/

This page lists averages for utility bills in more than 20 cities.

Consumer Federation of America —

www.consumerfed.org

This site has links for learning more about energy and communications options.

US Census Bureau —

www.census.gov/hhes/www/housing/ahs/05dtchrt/05adtchrt/tab3-13.html

This is an overview of median rates for utilities from 2005.

Utility Cost Savings —

www.psc.state.ga.us/consumer_corner/moneytips.htm

This page has consumer tips for cutting your utility costs.

Utility Connection —

www.utilityconnection.com

This site provides links to information on utilities.

Public Utility Home —

www.publicutilityhome.com

This site provides information on Internet resources for utility consumers.

Insurance Links

www.carinsurance.com/CoverageDefinitions.aspx

This page offers definitions for car insurance terms and coverages.

www.carinsurance.com/Coverage-Calculator.aspx

This is a calculator for determining car insurance.

www.insure.com

This website offers insurance quotes for many types of insurance.

www.insweb.com

This is another helpful website where you can compare insurance plans.

www.mdinsurance.state.md.us/sa/jsp/Mia.jsp

This is the website of the Maryland Insurance Administration, with information for consumers on insurance plans in Maryland.

www.census.gov/hhes/www/hlthins/hlthins.html

The US Census Bureau provides information on health insurance coverage.

www.consumerchoice.com/empower/costofcare/Welcome.do;jsessionid=921MLLGBdQg8f7mvspch977rj8zK7CQm88GIGppLpHSQnhWTvIWg!-593239688!1663866406

This site offers cost estimates for annual healthcare and specific health issues.

www1.subimo.com/cav4/app/bcbsmnggrp/CoverageAdvisor

This page has an out of pocket health cost calculator.

Auto/Transportation Links

www.kbb.com

Kelly Blue Book is one of the main sites for determining the average value and pricing for new and used cars.

www.nadaguides.com

This is another great site for determining fair prices for new and used cars.

www.caranddriver.com

This is a well-known site for information on vehicles, offering an online new car buying guide.

www.bankrate.com/brm/rate/calc_home.asp

Calculators for car loan and home loan payments are provided here.

www.youngmoney.com/calculators

This website has calculators for automobile costs.

www.nhtsa.dot.gov

The National Highway Traffic Safety Administration offers information on recalls, defect and complaints for cars as well as fuel economy.

Loan Links

Income-Based Repayment —

www.ibrinfo.org

This website provides information about Income-Based Repayment of federal student loans.

College Board —

<http://apps.collegeboard.com/fincalc/sla.jsp>

The College Board has a student loan calculator.

Finaid —

www.finaid.org/calculators/loanpayments.phtml

This site offers a student loan repayment calculator.

Sallie Mae —

www.collegeanswer.com/financing/lt_financial_planning/ltfp_monthrep.jsp

This is Sallie Mae's loan repayment calculator.

BankRate —

www.bankrate.com

This comprehensive site offers free loan and credit card comparisons as well as calculators.

Children Links

<http://moneycentral.msn.com/articles/family/kids/tlkidscost.asp>

This page provides a chart with the average yearly cost by age for raising a child.

www.csgnetwork.com/childcostcalc.html

This site has a calculator for the cost of raising a child.

www.mdchildcare.org/mdcfc/pdfs/demographics.pdf

This report presents cost information for childcare in Maryland.

Lesson 14:

Making Your Final College Decision

Workbook Links

College Comparison Links

College and University Ranking Sites —

www.library.uiuc.edu/edx/rankings.htm

This is an excellent site developed by the University of Illinois-Urbana Library. A good starting point for ranking and comparing schools is the “Caution and Controversy” link provided here. The site goes on to list national rankings of schools based on student reports, services for the disabled, minorities, activism and other criteria.

US News & World Report’s “America’s Best Colleges” —

<http://colleges.usnews.rankingsandreviews.com/best-colleges>

Each year US News & World Report does a special issue ranking colleges according to a number of criteria and publishes America’s Best Colleges. Find their rankings and informative articles on their website.

Best Value Colleges —

www.usatoday.com/news/education/best-value-colleges.htm?csp=34

This listing of the 100 Best Value Colleges provides important information on how well colleges meet student’s need for financial aid.

College Safety —

www.ope.ed.gov/security

The US Department of Education sponsors this site where you can research campus security at colleges.

College Rating Comparison —

http://talk.collegeconfidential.com/visits/college_rank_summary.html

This site offers ratings based on student surveys.

Kiplinger Magazine’s Best Values in Public Colleges —

www.kiplinger.com/tools/colleges

These rankings are based on cost, quality measures and financial aid.

Ordu Ludus College Ranking

www.ordoludus.com

This website ranks colleges in the categories of academics, tuition and costs, quality of life and athletics.

The Princeton Review —

www.princetonreview.com/college/research/regional

Students can check out the colleges rated “best” by the Princeton Review.

College Board Compare Colleges —

http://collegesearch.collegeboard.com/search/compare_schools.jsp?

This page allows you to select and compare specific colleges.

Times Higher Education —

www.timeshighereducation.co.uk/Rankings2009-Top200.html

This site has a ranking of the top 200 universities worldwide.

Best Graduate Schools —

<http://grad-schools.usnews.rankingsandreviews.com/best-graduate-schools>

US News analyzes graduate programs each year and ranks them on their site.

Lesson 15:

Preparing for College Life

Workbook Links

College Transition Links

College Board —

www.collegeboard.com/student/plan/college-success/index.html

The CollegeBoard offers excellent information on transitioning to college successfully.

Cliff Notes —

www.cliffsnotes.com/WileyCDA/Section/College-Life.id-305412.html

www.cliffsnotes.com/WileyCDA/Section/Get-Organized.id-310988.html

These pages have links to helpful articles on a number of important college life topics.

Mapping Your Future —

<http://mappingyourfuture.org/money>

This website has a number of articles and tools on college budgeting and managing your money.

Princeton University —

www.princeton.edu/uhs/ih_Q_A_emotional_health.html

This site from Princeton University focuses on adjusting to college life.

College Confidential —

www.collegeconfidential.com/college_life

This site offers information and articles on transitioning to college.

College Freshman Tips —

www.college-freshman.com

This site offers tips for freshmen and soon-to-be freshmen.

Staying Safe on Campus —

www.ecampustours.com/campuslife/healthandsafety/safeatcollege.htm

This website provides important tips for staying safe on campus.

University Learning —

www.learningcommons.uoguelph.ca/guides/university_learning

This website provides a helpful guide to university learning.