About College Sunday......

Sacramento offers many wonderful college fairs throughout the year and we want you to visit as many as you can. Each has something interesting to offer. **College Sunday, however, is not a college fair.** Rather, College Sunday is a conference that brings the area’s leading college consultants, counselors, and admissions experts together, in small, hour-long classroom settings to answer questions like:

- What do I really need to know about financial aid? What are common pitfalls and how do I avoid them?
- Public vs. Private? Large vs. Small? How do I find out what meets my needs and where do I start?
- What are the highly selective colleges really looking for?
- What do student athletes need to know about the National Collegiate Athletic Association?
- Which tests, SAT or ACT, make the most sense for me?
- What do I need to know now to avoid some of the most common stressors in the application process?
- Where do I get practical, specific feedback on my essay?

Come to College Sunday to:

- Become more fully informed about opportunities you may have overlooked.
- Learn how to navigate the admissions process more efficiently and strategically.
- Become a more knowledgeable consumer of information targeted to college-bound students.

Agenda for the Day:

**MORNING**

8:30 am - 9:25 am
Check-in & Complimentary Coffee (Mira Loma Quad)

9:30 am - 11:25 am
Keynote Morning Speakers
Jill Yoshikawa of Creative Marbles Consultancy will present “Why isn’t College Admissions Like When I Applied?” followed by Lynette Mathews of The College Planning Center who will present a Financial Aid Overview (cafeteria).

11:30 am - 12:25 pm
Lunch Break
Feel free to visit college advisors, consultants & admissions representatives in quad area.

**AFTERNOON WORKSHOPS**

There is a choice of any 3 of the successive workshops sessions shown on the backside of this form.

12:30 pm – 1:25 pm: Session A
1:30 pm – 2:25 pm: Session B
2:30 pm – 3:25 pm: Session C

Registration Contact:
For Registration and Scheduling issues, please contact Ann Nakamura at: annnakamura@comcast.net

College Sunday is made available to the families of our community by parent volunteers of Mira Loma HS. To those parents, we’d like to say Thank You!

College application season is just around the corner for many of you, and for others, you can never start planning too early. So be prepared by attending College Sunday 2015!

All Middle & High School Students and Parents are invited to attend

September 13, 2015
8:30 AM – 3:30 PM

Mira Loma High School
4000 Edison Avenue
Sacramento, CA 95821

Register Now as space is Limited!
Select up to three workshops, one in each session. Please use a separate form for each person attending.

<table>
<thead>
<tr>
<th>Workshops (In alphabetical order)</th>
<th>Session A 1:30</th>
<th>Session B 2:30</th>
<th>Session C 3:30</th>
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</thead>
<tbody>
<tr>
<td><strong>ACT vs. SAT</strong>: Learn key differences and similarities of the ACT and SAT and how to score higher on these exams. This workshop will cover test content, testing formats, and maximizing testing efficiency. Leave with a study plan for success. Presenter: Katherine Plommer, Kaplan Pre-College/Test Prep</td>
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<td><strong>College Admissions</strong>: Understanding the current college admissions landscape and navigating the admissions process can be a complex task for just about anyone. This workshop will offer a deeper understanding of what colleges are looking for in their applicant pools and how you can research and prepare for those schools in which you intend to apply. Presenter: Lynette Mathews, The College Planning Center (or representative)</td>
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<td><strong>The CSU &amp; UC College Systems</strong>: With 23 campuses and over 400,000 students, the California State University system offers a high quality education in one of the most diverse and affordable systems in the country. Learn more about these incredible schools found in your own backyard. Presenter: Donna Sakabu, Admissions Journey College Consulting</td>
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<td><strong>FAFSA and CSS Profile</strong>: Accurate completion of the Free Application for Federal Student Aid (FAFSA) and the lengthier College Scholarship Service (CSS) Profile are required by all students seeking financial aid from the federal government, state, and/or postsecondary institutions. Don’t miss this opportunity to learn more about these important forms. Presenter: Marilyn van Loben Sels, CollegeGPS</td>
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<td><strong>Finding The Best College Match</strong>: There are more than 4,000 degree-granting colleges in the United States – how do you decide which one is the right fit? How do you decide where to start? This workshop will give you tools to clarify your priorities and make the right decision! Presenter: Donna Sakabu, Admissions Journey College Consulting</td>
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<td><strong>Highly Selective Colleges</strong>: Interested in attending one of the country's top-ranked colleges? Wish to learn Who are the applicants they accept? This presentation will provide an inside look at the admissions process. Presenter: Lynette Mathews, The College Planning Center (or representative)</td>
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<td><strong>Out of State Public Colleges</strong>: Out of State Public Colleges welcome students from all over, often at a very affordable price through reciprocal agreements with neighboring states. Learn more about what they can offer your student. Presenter: Donna Sakabu, Admissions Journey College Consulting</td>
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<td><strong>New SAT</strong>: Gain a better understanding of the New SAT by attending this workshop. Changes in test content, math, vocabulary and scoring will be reviewed as well as various test taking strategies. Presenter: Katherine Plommer, Kaplan Pre-College/Test Prep</td>
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<td><strong>Pathways to Anywhere</strong>: Community College. Did you know the surest way to get into many top UCs and CSUs is to go to one of California's Community Colleges for two years, meet requirements and be guaranteed admission? Information will cover the community college system options as well as transfer process to CSU and UC systems. Presenter: Jeri Marshall, Outreach Specialist and Adjunct Faculty, American River College</td>
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<td><strong>Planning Ahead: Admissions 101 for Freshmen and Sophomores</strong>: Investing $80,000 to $200,000 in a college education requires serious consideration, starting as soon as possible. This workshop will help freshman and sophomore students and their parents to focus their plans and simplify the complexities of researching college options. Presenter: Jill Yoshikawa, Creative Marbles Consultancy</td>
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<td><strong>Reducing Stress in the Application Process</strong>: Is the thought of choosing the best university for you and your family making you anxious? Don’t let stress derail your planning! Learn how to reduce the stress associated with the high-pressure of competitive high school programs and take some of the anxiety out of the college application process. Presenter: Marilyn van Loben Sels, CollegeGPS</td>
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<td><strong>Student Athlete Recruitment</strong>: Thinking about playing a sport in college? Learn how to be recruited, the impact of recruitment on the admissions process, the various NCAA divisions, assessing ability, and possible scholarship opportunities. Presenter: Lynette Mathews, The College Planning Center (or representative)</td>
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<td><strong>Small Liberal Arts Colleges</strong>: The smaller setting at liberal arts colleges offers the intimate, high-quality education that many students thrive on. What do these private colleges offer, how do you win admission and what makes it all affordable? Presenter: Marilyn van Loben Sels, CollegeGPS</td>
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<td><strong>Tackling the College Essay</strong>: This workshop will help seniors and their families understand how college admissions officers evaluate the college essay, and the complexities of crafting competitive autobiographical essays. Presenter: Jill Yoshikawa, Creative Marbles Consultancy</td>
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Mail this entire form, with your payment to:
Mira Loma IBPO, PO Box 1901
Carmichael, CA 95609

Or drop this form & payment off at:
Mira Loma High School’s Counseling Office
Attention: College Sunday

For event information and online registration:
http://www.123signup.com/register?id=pzvmh

Please print clearly! We will e-mail you your schedule, registration confirmation receipt, and other event information. If you do not have an email, we will contact you so that you can arrange to pick up your receipt and other information on the morning of the event.

Cost: $25 per attendee before September 5th; $30 after.

Lunch sandwiches prepared by Dugout Deli (turkey, roast beef or vegetarian) can be purchased for an additional $6.

Name: ________________________________
Email: ________________________________
Phone: ________________________________

Payment enclosed (with lunch $31, registration only $25):

$ __________ Check Number: __________

(make payable to Mira Loma IBPO)

Lunch (circle one): $6
Turkey
Roast Beef
Vegetarian