



One-on-One
College Consulting

Fitting *YOU* for Success

HOW STUDENT-ATHLETES FIND THEIR BEST COLLEGE FIT

Presented by:

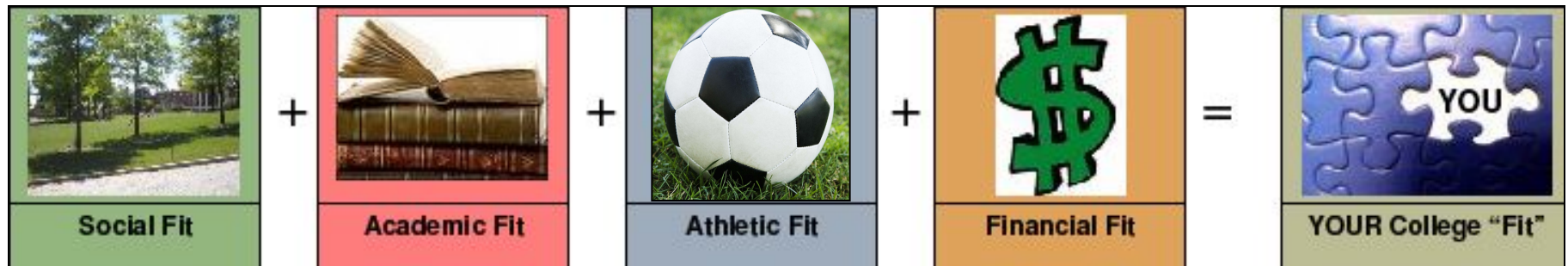
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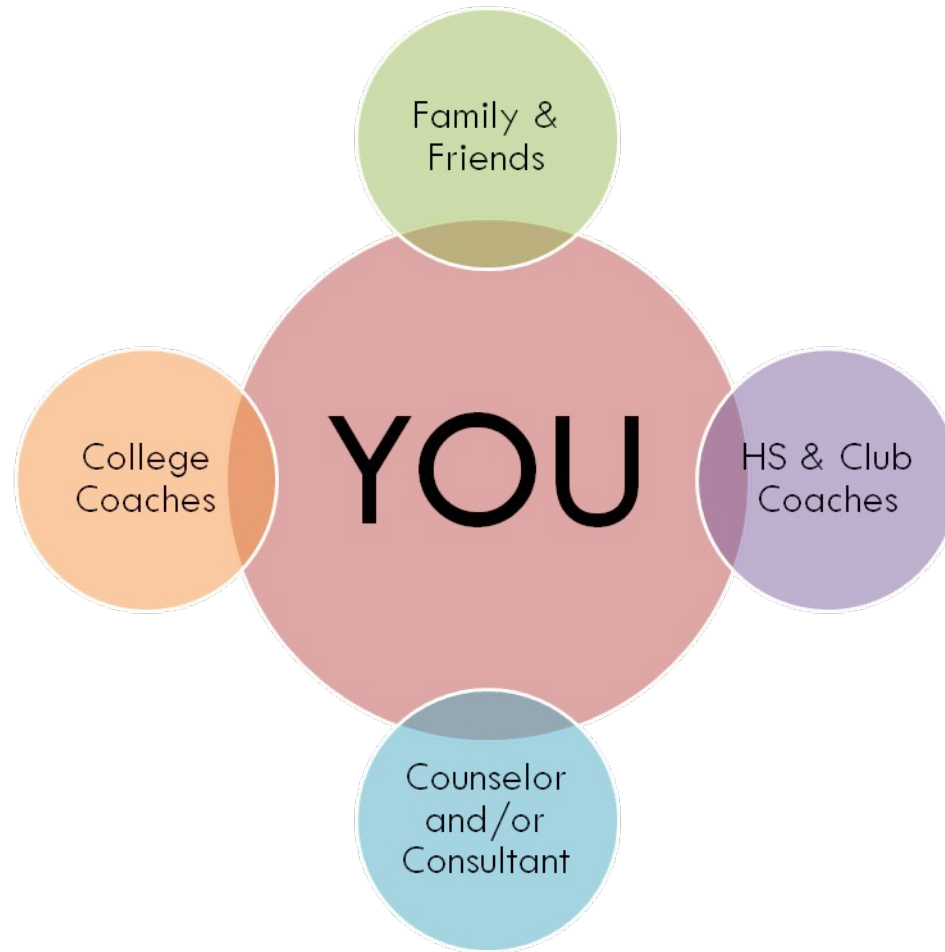
www.oneononecollegeconsulting.com

Factors to Consider in College “Fit”

The Key To Your College Search Is To Find
The ‘Best Fit’ Schools for YOU!



Understanding Your Role in the College Admissions Process



Finding Your College “Fit”

- ❑ Academic
- ❑ Social
- ❑ Financial
- ❑ Athletic

Identify Your Personality Type

How we interact with the world and where we direct our energy

(E) Extraversion _____ | _____ Introversion (I)

The kind of information we naturally notice and remember

(S) Sensing _____ | _____ Intuition (N)

How we make decisions

(T) Thinking _____ | _____ Feeling (F)

Whether we prefer to live in a more structured or in a more spontaneous way

(J) Judging _____ | _____ Perceiving (P)

Factors to Consider in Academic “Fit”



- Career Research - One-on-One Videos
(Job-shadows, Volunteer Work)
- Academic Majors
(Specific Coursework)
- Your Learning “Style”
- Academic Climate
(Competitive vs. Collaborative)

Factors to Consider in Social “Fit”



- Social “feel” of Campus
(Student Body)
- Location/Setting
- Size
- School Spirit
- College Visit Checklist

Factors to Consider in Financial “Fit”

- 3 Kinds of Financial Aid:
 - Merit/Academic
 - Need-based Aid
 - Athletic Aid
- Net-Price Calculators (ex. [Providence](#))
- Finance vs. Freedom

Factors to Consider in Athletic “Fit”



Conduct a Successful College Search

Utilize Effective Self-Marketing Techniques

Understand Athletic Admissions Procedures

[NCAA Rules/Requirements for Your Sport](#)

Target Your Best ‘Fit’ Colleges

<https://web3.ncaa.org/directory/>

NCAA Eligibility/Rules

- Register with NCAA Eligibility Center - Gr. 11
- Core-courses (DI and DII)
- You are responsible for making sure your courses are approved
- Academic Transcript
- SAT/ACT scores
- Amateurism Status
- Research the NCAA Recruiting Periods for each Division (I, II, III) in your sport
- Understand the NCAA rules for each Division/Sport

College Admissions Timeline

- **Naturally accelerated; never too early to begin your research**
- **Grade 9:** Review academic record, discuss standardized testing, plan summer activities
- **Grade 10:** Ideal time to start researching and visiting colleges and contacting college coaches
- **Grade 11:** Take SAT and/or ACT, Register with NCAA (for DI or DII only), Continue contact with coaches and begin receiving feedback
- **Grade 12:** Submit college application(s) in fall, Sign National Letter of Intent (DI or DII only)

How to Make Yourself Stand Out

- Athletic Profile (website)
- Skills Video
- Research college before contacting coach
- Gain exposure at tournaments/showcases
- Attend summer camps of schools on target list
- Highlight your unique value
- Cultivate your relationships with college coaches –
Be genuine

Questions to Ask College Coaches

For All Divisions (I, II, III):

- Have you seen me play in person?
- Where do I stand in the recruiting process with you?
- What is the off-season commitment like?
- What type of academic support programs are there for athletes?
- Can I come for a visit? Unofficial or Official Visit?

For Scholarship (Divisions I & II)

- Are athletic scholarships available?
- Are you recruiting me as a scholarship player or as a walk-on?
- If I am a walk-on, what does that exactly mean?
- Are there any academic programs not open to athletes due to time constraints?

College Coaches Look For Players Who Are:

- Smart (Your GPA, standardized test scores, and strength of schedule are key)
- Hard-working
- Athletic (Do you have the capability of being an impact player at the DI, DII, or DIII level?)
- Team-oriented
- Unselfish
- Confident
- Good overall people

Remember: The better you do academically, the more opportunities will arise athletically!

Using Your Sport as Leverage

- Being an athlete makes you special
- Sports should ENHANCE your college experience, not hinder it
- Use your sport as a tool to gain admission to the best possible academic 'fit' school you can
- Challenge yourself – set goals
- Start early and take the time to find your best match schools – Have Fun – You are Worth It!

Finding Your College Fit

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To schedule a free consult, go to:

<https://one-on-one.as.me/free-consult>



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