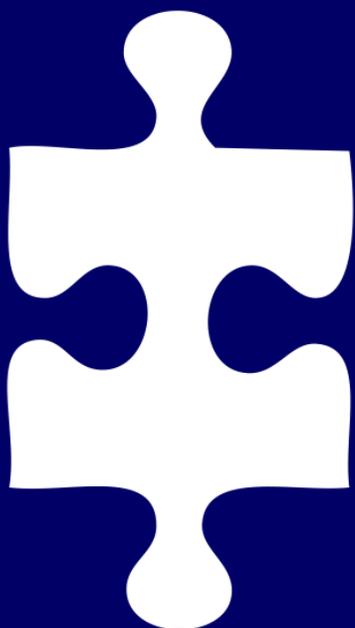


OREGON GEAR UP TOOLKIT



College Fit

exploring options that serve students' academic, social and financial needs & interests

REACHING HIGHER

RIGOR

RELEVANCE

RELATIONSHIPS

RAISING AWARENESS

7 8 9 10 11 12 13+

Parents Community Teachers



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RAISING AWARENESS

Promote early awareness of college preparation, selection, admissions, financial aid and other critical steps for college entry.

REACHING HIGHER

Create a school environment, policies, and teacher expectations that support all students' pursuit of a postsecondary education.



DOWNLOAD PRINT-AND-USE RESOURCES: bit.ly/25xbQT1

Look for the printer icon and green text throughout the toolkit!

- Why College? Box Activity
- College Personality Quiz
- College Fit Game
- Admissions Sorting Game
- College Comparison Scorecard
- Types of Colleges Activity
- Campus Culture Detective Activity

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Sources & More Information

Pathways to College Network, [Maximizing the College Choice Process to Increase Fit & Match for Underserved Students](#)

Get Ready/GEAR UP Minnesota, Presentation - Building College-Going Identity: A Developmental and Equity-Driven Framework for College Match & Fit

Caroline M. Hoxby & Christopher Avery, [The Missing "One-Offs": The Hidden Supply of High-Achieving, Low Income Students](#)

Mandy Savitz-Romer & Suzanne Bouffard, [Ready Willing & Able: A Developmental Approach to College Access & Success](#)

ACT for Youth, [Identity Formation in Adolescence](#)

VIDEOS

Oregon Goes To College, [What is College Fit?](#)

Iowa Student Aid, [What is College? College Fit](#)

WHAT THE RESEARCH SAYS

Where students enroll can be just as important as if they enroll. Students are more likely to complete college if they attend an institution that fits their social, academic and financial needs. Low-income students face several barriers to enrolling in an institution that would be a good fit: late college planning, limited knowledge of college options, limited support in the college choice process and an underestimate of their academic ability as well as capacity to pay for college. High-achieving, low-income students are especially prone to “undermatch” and end up at a less selective institution. Therefore, educators should aim to provide students with resources and information about college options as early as possible, organize campus visits to a variety of types of institutions, and serve as a constant source of guidance and support.



NOTE: Oregon GEAR UP’s definition of “college” is any type of education or training after high school including 4-year degrees, 2-year degrees, certificates, apprenticeships, etc.

FIT = STUDENT’S NEEDS

College fit is the degree to which a college meets a student’s academic, social, financial, and other needs and interests. Fit may be based on a variety of these factors, including location, academic programs, class sizes, graduation and employment rate and support services. Students will encounter a variety of options that meet their needs.

MATCH = COLLEGE’S NEEDS

Match, most broadly, refers to the degree that a student meets a college’s needs or prerequisites. Often, it explicitly refers to institutional selectivity/entrance requirements and students’ academic ability. Those who choose to attend an institution with academic indicators (e.g. test scores) below their own are said to “undermatch”.

THE COLLEGE CHOICE PROCESS

It’s important to understand college fit in the context of the college choice process that culminates with a student enrolling in a college that best serves his or her needs. This toolkit will provide resources and activities to support students through each of these stages.

IDENTITY

GRADES 7-9

Students begin developing their aspirations for education and careers and begin to consider whether they are college material.

SEARCH

GRADES 10-12

Students receive and sort through information about college and financial aid to develop a list of schools that will be a “good fit”.

CHOICE

GRADES 11-12

Students decide whether they will attend college and if so, where. These decisions may be influenced by whether a school is a “good fit”.



COLLEGE-GOING IDENTITY

As students become teens they actively begin developing their sense of identity, trying to answer the question “Who am I?” Educators can help students build a positive, college-going identity.

DEFINE STRENGTHS

Help students explore their identity with exercises about their personal values and strengths.

- [Believing the College Dream](#), *ECMC*
- [Choices and Values](#), *Character Plus*
- [Sparks](#), *Step-It-Up-2-Thrive*
- [Strengths Test](#), *HIGH 5 Test*
- [Conversation Starters: Strengths](#), *Search Institute*

SET GOALS

Encourage students to explore different paths for their future and make a plan to reach their goals.

- [WOOP Goal Setting Worksheet](#), *Character Lab*
- [My Story Project](#), *Oregon GEAR UP*
- [Education Plan & Profile](#), *Oregon Department of Education*

FIND ROLE MODELS

Provide adult and near-peer mentors to serve as role models and examples for students.

- [Alumni & Parent Panel](#), *Oregon Goes To College*
- [Link Crew](#), *The Boomerang Project*
- [Mentoring.org](#)

EXPLORE COLLEGE

Develop a college-going culture in schools and communities and have all adults consistently communicate the expectation of higher education.

► COLLEGE-GOING CULTURE TOOLKIT

Ready-to-use templates and ideas to build a college-going culture in your school.

oregongearup.org/resources/college-going-culture-toolkit

Ensure that students and parents have a balanced set of reasons why a young person would go to college and address fears and barriers of attending.

- [Why College? video](#), *Oregon GEAR UP*
- [Why Go To College?](#) *Oregon Goes To College*
- [Why College? Box Activity](#) 📦

Guide students and parents through basic information about options for postsecondary education, especially the academic requirements for admission and the availability of financial aid.

- [CollegeEd Middle School](#), *College Board*
- [Step By Step: College Awareness 6-8](#), *NACAC*

Provide experiences for students and parents on a variety of college campuses so they can picture themselves as a college student.

► COLLEGE VISITS TOOLKIT

Plan a relevant and engaging field trip with a step-by-step guide and downloadable resources.

oregongearup.org/resource/college-visits-toolkit



COLLEGE SEARCH

Encourage all students to consider their personal preferences and goals for postsecondary education and actively explore a wide variety of colleges.

EXAMINE PREFERENCES

Help students examine what living and learning environments they prefer or need and what is a priority in their college experience.

- [College Personality Quiz](#) 📖
- [College Personality Quiz](#), *U.S. News*
- [Finding Your College Fit](#), *BigFuture*
- [What to Look for in a School](#), *Education Planner*
- [College Fit Game](#) 📖

CONSIDER “MATCH”

Regularly review course requirements and transcripts with students and parents and discuss what postsecondary options will be available to them based on classes, grades and extracurriculars.

- [Taking the Right Classes](#), *Oregon Goes To College*
- [What You Do In High School Matters](#), *BigFuture*
- [Transferring from a 2-Year to a 4-Year College](#), *BigFuture*
- [College Admissions Sorting Game](#) 📖

CONNECT TO CAREERS

Help students explore the education they will need for the careers they are interested in.

- [Oregon Career Information System \(CIS\)](#)
- [Explore Careers](#), *BigFuture*
- [Learn How To Become](#)

EXPLORE COLLEGES

Guide students and parents through options for college, including how to pay for it and the net price of different types of schools.

- [Realizing the College Dream](#), *ECMC*
- [CollegeEd Grades 9/10](#), *College Board*
- [Step By Step: College Awareness 9-11](#), *NACAC*

Ensure that students and parents understand different [types of postsecondary options](#), especially those that may be unfamiliar to them, such as [apprenticeships](#), [career colleges](#), [liberal arts schools](#), [women’s colleges](#), or colleges that [serve specific groups](#) like Historically Black Colleges and Universities or Hispanic-Serving Institutions.

- [Types of Colleges Activity](#) 📖

Have students [research and compare colleges](#) based on their preferences, academic record, connection to future careers and financial needs.

- [College Scorecard](#), *U.S. Department of Education*
- [College Matchmaker](#), *Forbes*
- [College Comparison Scorecard](#) 📖

Take students and parents on field trips to a variety of institution types (community college, 4-year public, 4-year private, vocational) and have them reflect on what they like and dislike for each.

- [Student Campus Visit Checklist](#), *BigFuture*
- [Campus Visit Scorecard](#), *BigFuture*



COLLEGE CHOICE

Help students narrow their college options and support them through the application and transition process, while continuing to voice high expectations for all students.

EXPLORE COLLEGES

Continue sharing information about colleges, the college process and the importance of college fit with students and parents.

- [Realizing the College Dream](#), *ECMC*
- [CollegeEd Grades 11/12](#), *College Board*
- [Step By Step: College Awareness 11-12](#), *NACAC*

Have students narrow their list of colleges to apply to based on their preferences, academic record, connection to future careers and financial need.

- **College Comparison Scorecard**
- [How to Finalize Your College List](#), *BigFuture*
- [Find Colleges](#), *BigFuture*
- [College Scorecard](#), *U.S. Department of Education*
- [College Fit Kit](#), *Cappex*

Bring students to college fairs in your area for them to interact with college admissions representatives. Organize field trips to colleges that your students are planning on applying to and/or attending. Encourage students to reflect on how the school's programs and culture fit their needs and identities.

- [Student College Fair Checklist](#), *BigFuture*
- [Student Campus Visit Checklist](#), *BigFuture*
- [Campus Visit Scorecard](#), *BigFuture*
- **Campus Culture Detective**

SUPPORT THE PROCESS

Support students and parents through the college application process with weekly reminders of key deadlines and tasks and hands-on help completing college and financial aid applications.

Oregon Goes To College

- [It's A Plan: College Checklists](#)
- [College Application Week](#)
- [College Cash Campaign](#)

Help students review financial aid letters and make a final decision on where to attend college. Celebrate seniors' postsecondary plans!

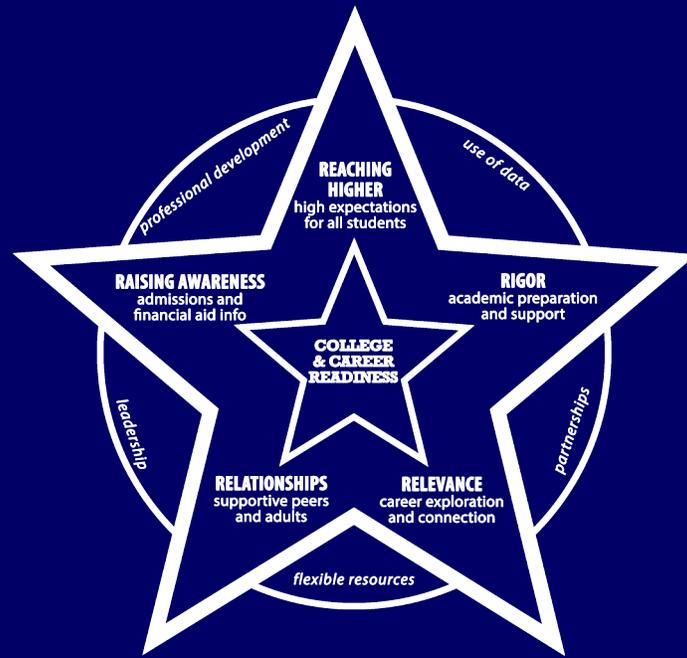
- [You Got Accepted, Now What?](#) *Big Future*
- [Right Fit Quiz](#), *Set To Go*
- [Transferring from a 2-Year to a 4-Year College](#), *BigFuture*
- [Decision Day](#), *Oregon Goes To College*

Address common fears, barriers and challenges that first-year college students face and support students' transition to college.

- [Transition to College Toolkit](#), *Oregon GEAR UP*
- [What to Expect from College](#), *BigFuture*

COLLEGE FIT PLANNING GUIDE

COLLEGE-GOING IDENTITY		COLLEGE SEARCH		COLLEGE CHOICE
GRADES 7-9	GRADES 10-12	GRADES 10-12	GRADES 11-12	
DEFINE STRENGTHS	EXAMINE PREFERENCES	EXPLORE COLLEGES		
SET GOALS	CONSIDER MATCH			
FIND ROLE MODELS	CONNECT TO COLLEGES			SUPPORT THE PROCESS
EXPLORE COLLEGES	EXPLORE COLLEGES			



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COLLEGE. It's not a dream, it's a plan.