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**ICAN®**

Succeed. In **Education. In Career. In Life.**

[www.ICANSUCCEED.ORG](http://www.ICANSUCCEED.ORG)
Receive Career and College Planning Assistance

- Get one-on-one assistance with planning for high school, college, career and financial aid, including the FAFSA (Free Application for Federal Student Aid) form* from a Student Success Advisor at an ICAN location near you.

- Attend a presentation on transitioning to high school, college and career planning, financial aid, financial literacy and making a successful college transition. Visit ICANsucceed.org/events.

- Register online for college and career planning information through the Career and College Corner blog and the ICAN Tip of the Week video series. Visit ICANsucceed.org/signup.

- Review the ICAN Scholarship Database at www.ICANsucceed.org/scholarships.

- Se habla español — Services are available in Spanish. Para mas informacion, visita www.ICANsucceed.org/espanol.

- Most ICAN programs and services are offered without charge to students and schools.

ICAN Student Success Centers

To provide personalized service and help more students succeed, ICAN has 10 locations throughout Iowa.

To schedule an appointment, visit ICANsucceed.org/apt or call (877) 272-4692.

Central Iowa - Ankeny
Des Moines (2)

East Central Iowa - Hiawatha
Coralville

Eastern Iowa - Davenport

Northeast Iowa - Waterloo

Northwest Iowa - Orange City
Sioux City

Southwest Iowa - Council Bluffs

Follow ICAN

* The FAFSA is free and may be completed without professional assistance via paper or electronic forms provided by the U.S. Department of Education at www.fafsa.gov.
College & Career Planning Guide

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Ninety percent of the fastest growing careers require post-secondary training or education. ICAN® empowers Iowans to achieve lifelong success through education, training, and informed decision-making.

ICAN supports Future Ready Iowa, an initiative to build Iowa’s talent pipeline. Education and training beyond high school is the new minimum to earn a living wage. Careers today and in the future require advanced knowledge and/or technical skills. The goal of Future Ready Iowa is for 70 percent of Iowa’s workforce to have education or training beyond high school by 2025.

To fulfill its mission ICAN relies on donations. Generous financial support from people and companies ensure that the work to build Iowa’s future workforce and empower young people to fulfill their dreams is carried out. To make a gift, please visit www.ICANsucceed.org/give to make an online contribution, or you can contact the development team at (877) 272-4692, or by email development@ICANsucceed.org.
Set Your Goals

Career planning is an ongoing process – one that benefits from the help and support of others. Think about long-term goals and whether you need to build certain skills, gain experience, or create a financial plan. Not having goals could increase your educational costs and the time you spend in training. Work with your parents, school counselor, and teachers to formalize your path for the future.

Find Your Path

Exploring careers before you select an education or training path enables you to find the best option that fits your career interests and goals. It does you no good to attend a four-year school if the career that most interests you only requires a two-year degree. College is expensive, especially if you begin college without a plan, or you begin college heading down the wrong path.

Now imagine the right path. Imagine every class and every activity you pursue as a building block for your future, and imagine knowing how those building blocks fit together and which ones are the right fit **BEFORE** you take the class.

Step 1 - Career Assessments

The key to a long and happy career is finding one that matches your interests and values. Therefore, career planning is simply getting to know yourself. Career assessments can help you:

- Identify your strengths, values, and areas of interest.
- Match your results to career pathways or industries.
- Link career pathways to specific careers and salary expectations.
- Link careers to education and training requirements.
- List education requirements that will lead to potential college majors.
- Help narrow your list of potential colleges to those that fit your interest area and price range.
ACT Profile - Career Exploration Made Easy

ICAN utilizes ACT Profile, a free and easy tool featuring three short assessments. In 10-15 minutes the profile creates a Career Map identifying the career categories that best fit your answers. You can see an example below. Visit ACTprofile.org or contact ICAN at (877) 272-4692 to get started.

ACT Profile - Career Map
The Career Map organizes your results by color-coding each category.

- Categories in blue fit one assessment.
- Categories in red fit two or more assessments.
- Categories in grey do not fit your assessments.

You can learn more about each category by clicking the colored dot and reading through the list of potential careers.

ACT Profile - Major Map
Use the Major Map to explore college majors and find majors that fit your interests.

- Career Pathway results list education and training requirements which can help identify potential college majors.
- Use the Major Map to find colleges that offer those majors and programs.
- Career Pathways also list starting salaries, which can be used to set your budget for your college education.
Learn about career paths in nursing, medicine, pharmacy, nutrition, physical therapy, and health science.

Learn about career paths in education and training, human services, hospitality and tourism, government and public administration, law, public safety, corrections, and security.

Learn about career paths in arts, audio/visual technology, graphic design, communications, and information technology.

Learn about career paths in agriculture, natural resources, horticulture, food production, and the environment.

Learn about career paths in architecture and construction, manufacturing, STEM, transportation, distribution, and logistics.

Learn about career paths in business, finance, marketing, management, and administration.

Course Selection Based on Career Pathways

Assessments identify career pathways or clusters for you to explore through coursework and field experiences. There are 16 career pathways organized into 6 career clusters. Opportunities in high school can help you explore your pathways and rule out careers and majors that don’t fit long before you reach college, saving you time and money.

Agriculture, Food, & Natural Resources

Learn about career paths in agriculture, natural resources, horticulture, food production, and the environment.

Applied Sciences, Technology, Engineering, & Mathematics

Learn about career paths in architecture and construction, manufacturing, STEM, transportation, distribution, and logistics.

Business, Finance, Marketing, & Management

Learn about career paths in business, finance, marketing, management, and administration.

Health Sciences

Learn about career paths in nursing, medicine, pharmacy, nutrition, physical therapy, and health science.

Human Services

Learn about career paths in education and training, human services, hospitality and tourism, government and public administration, law, public safety, corrections, and security.

Information Systems

Learn about career paths in arts, audio/visual technology, graphic design, communications, and information technology.
Try It Out - Job Shadows and Internships

Picking a career is a big and often overwhelming decision for students because of the vast array of options offered. About 80%* of students in the United States change their majors at least once; and this indecision often costs time and money. One way to avoid additional semesters and student loans is to try out a few different interest areas BEFORE picking a career. Consider these options:

- Participate in career days and mentoring programs at your school
- Volunteer or intern at local organizations and businesses. Look for volunteer information at www.volunteeriowa.org and www.volunteermatch.com
- Shadow different professionals to learn about their jobs. Find job shadowing resources and information at www.internships.com
- Work part-time to gain experience and build skills in your chosen career
- Participate in extracurricular activities, especially those that offer leadership opportunities
- Talk to professionals in specific careers to learn more

Use these opportunities and your high school classes to enhance the skills that will make you an ideal job candidate and prospective student:

- Communications skills
- A strong work ethic
- The ability to work as part of a team
- Initiative, or the drive to start projects on your own
- Leadership experience
- Relevant work experience
Growing Industries with Growing Opportunities

In 2019, Iowa ranked as the **number one place to find a job** in the United States*, proving there are endless opportunities for students looking for their future career. Iowa has a robust mix of industries, providing diverse choices for Iowa students as they plan their future.

**Did you know?**

- Iowa is known as the hub for ag-tech and animal health research.
- Iowa ranks second nationally for wind energy installation.
- Iowa is a leader in the finance and insurance industries.
- Iowa has three of the top 10 cities to work in tech for 2019 with Cedar Rapids (4th), Davenport (5th), and Des Moines (6th.)
- Health care is one of the fastest growing segments of Iowa’s economy and is the largest employment sector in the state.
- 90% of Iowa’s exports are from the advanced manufacturing sector. With continued growth projected in more than 6,000 companies in Iowa, careers in advanced manufacturing are on the rise.

Advanced Manufacturing Career Pathways

Manufacturing is planning, managing, and performing the processing of materials into intermediate or final products and related professional and technical support activities such as production planning and control, maintenance and manufacturing/process engineering. The manufacturing career cluster is divided into six distinct pathways. These six pathways have over 96 different careers or occupations. Here are samples of top careers in manufacturing. For a complete list, visit [careertech.org/manufacturing](http://careertech.org/manufacturing).

**Production Pathway**

- **CNC Machining.** Computerized Numerical Control (CNC) Machining is a method used to perform a wide range of manufacturing tasks, which are all carried out by computerized devices.
- **Sheet Metal Worker.** Sheet metal workers fabricate or install products that are made from thin metal sheets, including ducts used in heating and air conditioning systems.
Welder. Welders primary duty is joining metal parts together. They work on metal components with various building or construction industries. Examples: pipelines, bridges, power-plants, or refineries.

Manufacturing Production Process Development Pathway

- **Design Engineer.** Design Engineers study, research, and develop ideas for new products and the systems used to make them. They also modify existing products or processes to increase efficiency or improve performance.

- **Engineering Technician.** Engineering technicians help solve technical problems in research and development, manufacturing, sales, construction, inspection, and maintenance by using science, technology, engineering, and mathematics (STEM) principles.

Maintenance, Installation and Repair Pathway

- **Computer Maintenance Technician.** Computer Maintenance Technicians oversee daily computer performance, provide technical support and install new software for users. Activities include running diagnostics, responding to inquiries, resolving issues and installing updates.

- **Plumbers, Pipefitters, and Steamfitters.** Plumbers, pipefitters, and steamfitters install and repair pipes that carry liquids or gases to, within, and from businesses, homes, and factories.

Quality Assurance Pathway

- **Inspector.** Quality Assurance Inspectors ensure that the products manufactured by their employers meet industry and federal standards. Individuals may work on a production line or test items in a controlled laboratory setting.

- **Quality Engineer.** Quality Engineers are responsible for making sure that engineering and manufacturing processes are performed correctly using the right tools, materials, and processes. An important part of the job involves designing the company’s quality standards and testing processes against those criteria.

Logistics and Inventory Control Pathway

- **Logistician.** Logisticians oversee activities that include purchasing, transportation, inventory, and warehousing. Individuals operate software programs designed to manage logistical functions like procurement, inventory management, and other supply chain planning and management systems.

Health, Safety and Environmental Assurance Pathway

- **Environmental Engineer.** Environmental Engineers use the principles of engineering, soil science, biology, and chemistry to develop solutions to environmental problems. Activities include efforts to improve recycling, waste disposal, public health, and water and air pollution control.

- **Health and Safety Engineer.** Health and Safety engineers develop procedures and design systems to protect people from illness and injury and property from damage. Individuals make sure that chemicals, machinery, software, furniture, and other products will not cause harm to people or damage to property.
Align Your Courses With Your Career Pathway

Academic preparation depends on your path forward. Use your career pathway to guide your four-year plan of courses and update your plan each year.

College-bound - there are three key components considered for admission:
- High school grade point average (GPA.)
- ACT or SAT composite score.
- Number of core subject-area courses completed in high school (pg 11.)

You should also review college admission course requirements. Your district may not require foreign language to graduate, but most four-year schools have a foreign language admission requirement. Also take a look at college credit courses such as AP or PSEO.

Headed toward a career-training program or apprenticeship - you should:
- Supplement your required courses with career and technical education courses such as Intro to ACE, Engineering Concepts, Construction Technology, or Health Science. Pick classes that fit your pathway.
- Investigate Career Academy programs at your local community college for hands-on learning and career prep experience.

Whether you are planning for hands-on training, a community college program, or a four-year degree, certain steps remain the same.
- Challenge yourself with tougher courses — it’s better to take harder classes than achieve high grades in easier ones.
- Follow your pathway recommendations for high school courses. You’ll gain experience and learn more about the fit of your potential future career.
- Go beyond high school graduation requirements.
- Participate in extracurricular activities, volunteer or work part-time.
<table>
<thead>
<tr>
<th>Subject Area</th>
<th>Optimum Years</th>
<th>Recommendation Reasoning</th>
<th>Sample Courses</th>
</tr>
</thead>
<tbody>
<tr>
<td>English/Language Arts</td>
<td>4 years</td>
<td>Emphasis on communication skills of writing, reading and listening, and the analysis and interpretation of literature. In addition, courses in journalism and media literacy will be valuable.</td>
<td>Advanced Composition, Speech, Communication, Journalism</td>
</tr>
<tr>
<td>Math</td>
<td>4 years</td>
<td>One course each year of high school. While advanced courses like calculus and statistics are good, it’s more important that you gain a complete understanding of advanced algebra and trigonometry.</td>
<td>Algebra, Geometry, Trigonometry, Calculus, Statistics</td>
</tr>
<tr>
<td>Science</td>
<td>4 years</td>
<td>One course each year of high school. To be well prepared, take at least one year of biology, chemistry and physics.</td>
<td>Biology, Earth Science, Chemistry, Physics (with Lab)</td>
</tr>
<tr>
<td>Social Studies</td>
<td>3 – 4 years</td>
<td>Three years is essential but four is better. Take at least one year each of US and world history. Additional courses in anthropology, economics, political science, psychology, and sociology provide an important understanding of political, social and economic institutions.</td>
<td>Geography, U.S. History, Government, Economics</td>
</tr>
<tr>
<td>Foreign Language</td>
<td>4 years</td>
<td>By taking foreign language during all four years of high school, you’ll go beyond the basic skills and begin to use the language and reinforce your fluency. Four years is recommended for optimum preparation for college-level academics, however many colleges will accept two years for admission and graduation requirements.</td>
<td>Any one language</td>
</tr>
<tr>
<td>Electives</td>
<td>2 – 3 years</td>
<td>Courses in the fine and performing arts, computers or technology will help round out your high school experience. Follow your interests and remember to choose courses with high academic standards.</td>
<td>Fine Arts, Performing Arts, Computer Science, Technology</td>
</tr>
</tbody>
</table>

*Source: Iowa Board of Regents: http://www.regents.iowa.gov/Admissions/Building_Your_Future.pdf*

**Be Prepared - A Lot Can Change From Year to Year**

The optimum preparation chart is the recommendations for courses that best prepare students for college-level academics. While high schools may not require four years of each subject to graduate, if you are college-bound, or headed to a career that is heavy in math or science, take the fourth year. Studies show taking a year off can lead to remedial courses at the college-level and can make the transition into college much more difficult.
Understand Your Grade Point Average

Understanding your grade point average (GPA) will help you be more successful. Your GPA is calculated by assigning a point value to each grade you receive at the end of the quarter, trimester, or semester.

Traditionally, GPA is calculated on an unweighted scale. Unweighted GPA is measured on a scale of 0 to 4.0. It doesn’t take the difficulty of a student’s coursework into account. A weighted GPA on the other hand, takes into account course difficulty rather than providing the same letter grade to GPA conversion for every student. Usually, weighted GPA is measured on a scale of 0 to 5.0. An A in an Honors or AP class may translate into a 5.0 weighted GPA, while an A in a low level class will give you a 4.0 weighted GPA. Improve and maintain your GPA by:

- **Studying hard.** Ask for tutoring if your grades begin to slip.
- **Improve your attendance.** Try to avoid missing tests, homework, or projects. If you do miss something, schedule a make-up time right away.
- **Prepare for class.** Know what’s expected of you. Some classes may come easy and others you’ll have to study more than you’ve ever have before. Find the study patterns that work best for you. Get into the habit of taking notes during class and completing all homework assignments. Also find a quiet spot to review before tests and make review sessions a habit.

Take Entrance or Placement Exams

Exams like the ACT®, SAT®, or ACCUPLACER help with admission and placement in courses required for your program of study. Your scores may also be used to determine the amount of merit-based financial aid provided, so it’s important to do your best.

The ACT® is an achievement test, measuring what a student has learned in school. The test is made up of five components: English, Mathematics, Reading, Science and an optional Writing Test. To learn more visit [www.actstudent.org](http://www.actstudent.org).

The SAT® is an aptitude test which measures reasoning and verbal abilities. The SAT® includes a Reading Test, a Writing and Language Test, and a Math Test. The SAT® also features an optional essay component, which some colleges will require. To learn more visit [http://sat.collegeboard.org](http://sat.collegeboard.org).

College-bound students should take either the ACT® or SAT® test during junior year, and then plan a second test date before **Nov. 1** of senior year. Community colleges and apprenticeship programs may not require entrance exams, but you might need to take a placement test. Even if the ACT® or SAT® is not required for admission, scores may be required for scholarships.
Practice Makes Perfect
Take advantage of practice exams online or in your counseling office or library. If you really want to get ahead take the PreACT® test or the PSAT/NMSQT®. Both tests give a good indication of how a student will score on the ACT® or SAT® and what areas they should focus on prior to the formal exam. For more information visit www.act.org/aspire or www.collegereadiness.collegeboard/ting/psat-nmsqt-psat-10.

PreACT® measures current academic development, helping to highlight areas to focus on before taking the ACT®, PSAT/NMSQT® stands for the Preliminary SAT/National Merit Scholarship Qualifying Test which provides firsthand practice for the SAT®. The PSAT/NMSQT® is given once per year. The 2019 primary date is October 16. The Saturday date is October 19. In 2020, the anticipated test dates are October 14 and 17.

Find Your RAI Score
Iowa’s three Regent universities assign a Regent Admission Index (RAI) score to determine admission. In addition to required courses for admission, you must receive a minimum of 245 on the RAI to be automatically admitted to one of these universities. Private colleges don’t use the RAI, but they typically consider the same factors for admission, so your RAI score can be a good indicator for admission. Community colleges don’t have specific admission requirements, but the RAI factors are usually considered for scholarships. Use this chart to find your score or visit www.regents.iowa.gov/RAI.

<table>
<thead>
<tr>
<th>Element</th>
<th>Your Statistics</th>
<th>RAI Score Totals</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACT or SAT Composite Score</td>
<td>__________</td>
<td>x 3 = __________</td>
</tr>
<tr>
<td>High School GPA</td>
<td>__________</td>
<td>x 30 = __________</td>
</tr>
<tr>
<td>Number of RAI-approved courses</td>
<td>__________</td>
<td>x 5 = __________</td>
</tr>
<tr>
<td>Completed in High School</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Add All Element Scores Together for RAI Score = __________
Education & Training After High School

68% of jobs in Iowa now require education and training beyond high school.*

To be competitive students need to plan for the education and training identified by their career pathway. Every pathway has options that allow for less than a year of training (Diploma or Certificate), a year or two, all the way through a four-year degree and beyond. Students should consider the careers they are interested in and find the education or training solution that meets the career qualifications.

**Apprenticeship**
A paid job that provides on-the-job training in a highly skilled career. Typically someone new to the field learns the skills needed through training by a master craftsman, who is an expert in their field. They share skills and knowledge to help the apprentice become an expert.

**Nine Month Certificate/One Year Diploma**
Full-time programs designed to provide core skills and knowledge needed to work in a specific professional field or enhance a current profession.

**Two Year Degree (Associate’s Degree)**
Generally earned at a community college, a two year degree can focus on liberal arts (general education) as a step towards transferring to a four year college OR a two year degree can focus on specific career training that leads directly into employment. To explore career-training certificate and degree options throughout Iowa, visit [www.curricunet.com/iowa_doe](http://www.curricunet.com/iowa_doe). CurricUNET is a search engine that provides program and course listings for every community college in Iowa. Search by college or program to see the variety of career-oriented programs available in Iowa.

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* “Iowa: Education and Workforce Trends Through 2025” Georgetown University Center for Education and the Workforce (2015)
Consider a Transfer

Do you want to go to a four-year college or a community college? Maybe you’d prefer a vocational or technical school. Depending on your circumstances, it might be best for you to start at one type of school and transfer to another to complete your degree.

To make your transfer as smooth as possible, it’s best to plan ahead. Talk to advisors at both institutions to ensure your classes will transfer and that credits will be accepted and are in line with the degree requirements of the transfer school. For information about transferring in Iowa visit the websites listed below.

- Transfer to an Iowa private school - [www.iowaprivatecolleges.org](http://www.iowaprivatecolleges.org)
- Transfer to a Regent university - [www.transferiniowa.org](http://www.transferiniowa.org)
Is Education/Training Beyond High School Worth It?

Does a degree or credential really make that big of a difference? Is it worth the money spent and potential debt undertaken to earn additional education and training after high school? According to experts in economics, education, and community development, the answer is, **Yes, it’s worth it.** Education and training beyond high school has never been more valuable. Here are a few reasons:

- **2.1%** unemployment rate for college graduates.*
- **98%** more income per hour than people without degrees.**
- **74%** say a post high school education/training provides students not only with the skills needed for their first job, but also benefits and skills for their entire career, along with intangible benefits such as the ability to pursue a passion or contribute to society. **
- **$37,010** average annual income of a high school graduate.***
- **$50,000** average annual salary of an apprenticeship program graduate.****
- **$53,700** average annual salary of an Associate’s degree holder.***
- **$74,290** average annual salary of a Bachelor’s degree holder.***

Return on Investment Tools

Education and training beyond high school is an investment in your future, and like any investment, it’s important to do as much research as possible before you make your decision.

Each career has its own job prospects, earning potential, and maximum suggested student loan debt. Consider using a Return on College Investment Tool to explore jobs held by people who graduated with a degree in your potential major. Visit [studentloan.org/ROCItool](http://studentloan.org/ROCItool) to get started.

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Education is Essential. A Four-Year Degree is Not.

Four years of college isn’t for everyone, and the job market isn’t set up for everyone to need a four-year degree. In fact, most careers in areas such as advanced manufacturing, health care, and the building and construction trades require education beyond high school but not a four-year degree. These areas make up the largest part of the labor market, accounting for 40% of job growth with an estimated 2.5 million jobs added in 2017**. Trade jobs account for 56% of Iowa’s labor market,* and 52% of job openings in Iowa* between now and 2024 will be in areas requiring less than a four-year degree. The United States has a skills gap, meaning there are more job opportunities than there are skilled labor to fill them.

One of these jobs can be yours. Earn the skills you need through specific career and industry training - from on-the-job training and apprenticeships, to career-focused certificate and degree programs at a community college or career training center.

Earn As You Learn

The Iowa Building and Construction Trades Registered Apprenticeship Programs are overseen by the U.S. Department of Labor, Bureau of Apprenticeship and Training, and are “Earn and Learn” programs that combine on-the-job training with structured learning at no cost to students. While individual programs and trades vary, in many cases an apprentice student would spend time with experienced professionals on real job sites working and learning the trade. When not on a job, students are in classes. Both on-site and classroom experience provides a paycheck, and while exact figures vary by profession, the average apprentice makes about half of a journeyman’s hourly wage with salary increases every six months, along with health care benefits and the opportunity to enroll in a pension program. Most programs also guarantee a job within the union upon completion of the registered apprenticeship program.

In addition to experience, a paycheck, and a job guarantee, many apprentice program classes and training can be applied to an associate’s or bachelor’s degree. For transfer credit specifics, talk to your local union representative about how programs can be transferred for college credit and to which colleges the transfer credits are accepted. Visit ICANsucceed.org/careertraining for details.

Building Trades Registered Apprenticeships

**Boilermakers.** Boilermakers build and repair steam and hot water boilers that are used in a wide variety of commercial and industrial settings.

**Bricklayers.** Bricklayers build walls, partitions, arches, fireplaces, chimneys and other structures from bricks, blocks, structural tile and other pre-made materials. Specialty areas include bricklayers, terrazzo workers, pointers, cleaners and caulkers, stonemasons, tile and marble setters, tile and marble finishers.

**Carpenters.** Carpenters construct, erect, install and repair commercial and residential structures and fixtures of wood, plywood and wallboard. They erect framework in buildings, including sub-flooring, partitions and rafters, and install molding, wood paneling, cabinets, windows, doors and hardware as well as building forms for concrete work, building stairs and laying floors.

**Electricians.** Electricians plan, install, maintain and test electrical circuitry and appliances for heating, lighting, communications and power, as well as in air conditioning and refrigeration systems in homes, commercial buildings and factories.

**Elevator Constructors.** Complete installation, service and maintenance of all residential, commercial and industrial elevators, escalators, moving walks or any other form of people-moving and vertical transportation systems.

**Glaziers.** Glaziers cut and install all types and sizes of glass such as plate glass, custom glass, window glass, obscure glass, mirrors, leaded glass panels and curtain wall. They also fit and install aluminum entrances, sidelights and show windows, as well as plastic and porcelain panels in metal and wood frames.

**Insulators.** Insulators install insulation in both industrial and commercial mechanical systems, such as piping, boilers, duct work, storage tanks and equipment for the purpose of energy savings and burn protection, and to control system heat transfer and condensation.

**Ironworkers.** Ironworkers erect structural steel, install reinforcing steel, metal floor and roof decking, and assemble and install decorative curtain wall. They also move heavy machinery and assemble pre-engineered buildings.
**Laborers.** Work by Construction Craft Laborers can include construction, remodeling and demolition of buildings, dams, bridges, airports, streets, sewers, and tunnels. A laborer may do placement of asphalt and concrete, assist brick masons, carpenters, and plaster masons, earth compaction, pavement breaking, landscaping, pipe laying, cleanup, flagging environmental remediation, cutting/burning steel, rigging, & sandblasting.

**Linemen.** As a lineman, you’ll be involved in the construction and maintenance of overhead and underground power lines. You’ll learn the skills needed to work on substations and switchyards, as well as distribution and transmission circuits up to 500,000 volts.

**Millwrights.** Millwrights are construction mechanics who install and maintain conveyance systems and large machinery for factories and shops.

**Operating Engineers.** Operating Engineers operate and maintain heavy construction equipment such as cranes, backhoes, loaders, scrapers and bulldozers for use in the construction of buildings, factories, roads, dams, power plants and bridges.

**Painters & Drywall Finishers.** Residential, industrial and commercial painters prepare surfaces and apply paint to walls and moldings, indoors and out. Industrial work may include bridges, tanks, powerhouses, sandblasting and spray painting. Commercial work can involve painting/brush and roll, and wall covering.

**Plasterers & Cement Masons.** Plasterers mix and apply coats of standard and decorative plasters, inside and out. Cement masons smooth/finish exposed concrete surfaces on walls, floors, steps, sidewalks, driveways and roads.

**Plumbers & Steamfitters.** Plumbers design, install and maintain sanitary, storm, water supply and gas service lines, plumbing fixtures and mechanical equipment. Steamfitters install and service pipes and measuring devices in water and steam-pressure systems, air-conditioning and refrigeration systems, and power and fuel facilities.

**Roofers & Waterproofers.** Install roofs on structures in a variety of materials, including shingles, slate and tile, hot tar, rubber, plastics and composites.

**Sheet Metal Workers.** Sheet Metal Workers build products from sheets of steel, aluminum, copper and other metals, and install the finished products. They are responsible for heating, air conditioning and ventilation of commercial buildings and homes. They also design and fabricate fascia, flashing, awnings, gutters and metal roofs, as well as kitchen equipment and exhaust systems.
<table>
<thead>
<tr>
<th>Trade</th>
<th>Business Agent/Manager</th>
<th>Apprenticeship Coordinator</th>
<th>Hourly Wage</th>
<th>Total Wage Package*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boilermakers Local 83</td>
<td>Tom Dye (816) 276-1225 <a href="mailto:tom@bml83.org">tom@bml83.org</a></td>
<td>Tom Burgess (816) 526-8300</td>
<td>$37.91</td>
<td>$67.29</td>
</tr>
<tr>
<td>Kansas City, MO</td>
<td>Ray Lemke (515) 557-0551 <a href="mailto:rlemkebac3ia@gmail.com">rlemkebac3ia@gmail.com</a></td>
<td>Chris Busch (319) 721-6145 <a href="mailto:cbuschisstt@gmail.com">cbuschisstt@gmail.com</a></td>
<td>$31.04</td>
<td>$44.70</td>
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<td>Bricklayers &amp; Allied Craftworkers 3</td>
<td>Ray Lemke (515) 557-0551 <a href="mailto:rlemkebac3ia@gmail.com">rlemkebac3ia@gmail.com</a></td>
<td>Chris Busch (319) 721-6145 <a href="mailto:cbuschisstt@gmail.com">cbuschisstt@gmail.com</a></td>
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<td>Bricklayers and Masonry - Omaha, NE</td>
<td>Bruce Longton - (402) 558-5665 - <a href="https://bacllocal15.org">https://bacllocal15.org</a></td>
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<td>Pat Loeffler (319) 560-3554 <a href="mailto:ploefller@ncsrcc.org">ploefller@ncsrcc.org</a></td>
<td>Five Rivers Carpenters JATC</td>
<td>$27.18</td>
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<td>Des Moines</td>
<td>Royce Peterson (319) 325-4836 <a href="mailto:rpeterson1@ncsrcc.org">rpeterson1@ncsrcc.org</a></td>
<td>John DeLany (319) 365-9519 <a href="mailto:johndelany@5riverscarpenters.com">johndelany@5riverscarpenters.com</a></td>
<td>$28.10</td>
<td>$47.83</td>
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<td>Bricklayers &amp; Allied Craftworkers 3</td>
<td>Blake Wikoff (515) 371-8902 <a href="mailto:bwikoff@ncsrcc.org">bwikoff@ncsrcc.org</a></td>
<td>Brittini Kircher (651) 888-1629 <a href="mailto:brittini@uniontraining.org">brittini@uniontraining.org</a></td>
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<td>Cement Masons Local 561</td>
<td>Earl Agan (515) 266-1668 <a href="mailto:opcmia21@netscape.net">opcmia21@netscape.net</a></td>
<td>Earl Agan (515) 266-1668 <a href="mailto:aganjr.earl@aol.com">aganjr.earl@aol.com</a></td>
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<tr>
<td>Electricians Local 405</td>
<td>Bill Hanes (319) 396-8241</td>
<td>Mike Carson (319) 654-9238 <a href="mailto:mikecarson@crejatc.org">mikecarson@crejatc.org</a></td>
<td>$35.32</td>
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<tr>
<td>Electricians #347</td>
<td>Patrick Wells (515) 243-1924 <a href="mailto:phwells@ibewlu347.org">phwells@ibewlu347.org</a></td>
<td>Steve Hansen (515) 224-4349 <a href="mailto:shansen@dmelejatc.org">shansen@dmelejatc.org</a></td>
<td>$35.99</td>
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<tr>
<td>Electrical - Omaha Joint Apprenticeship Training</td>
<td>Ed Karnish (402) 331-3103 - <a href="mailto:kevinw@electriciansjatc.org">kevinw@electriciansjatc.org</a></td>
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<td>Electrical - Sioux City JATC</td>
<td>Rick Moon - (712) 274-6474 - <a href="mailto:scjatc@witcc.edu">scjatc@witcc.edu</a></td>
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<td>Elevator Constructors #28 - Omaha</td>
<td>Derek Molyneux (315) 366-0569 <a href="mailto:derekmolyneux81@gmail.com">derekmolyneux81@gmail.com</a></td>
<td>Howard Baker (515) 322-5009 <a href="mailto:HABaker063@gmail.com">HABaker063@gmail.com</a></td>
<td>$29.76</td>
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<td>Des Moines</td>
<td>Howard Baker (515) 322-5009 <a href="mailto:HABaker063@gmail.com">HABaker063@gmail.com</a></td>
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<tr>
<td>Heat &amp; Frost Insulators &amp; Allied Workers Local 81 - Cedar Rapids</td>
<td>J.D. Fitch (515) 710-9689 <a href="mailto:JDFitch81@gmail.com">JDFitch81@gmail.com</a></td>
<td>Howard Baker (515) 322-5009 <a href="mailto:HABaker063@gmail.com">HABaker063@gmail.com</a></td>
<td>$22.71</td>
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<tr>
<td>Des Moines</td>
<td>Paul Miller (563) 785-4622</td>
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<td>Heat &amp; Frost Insulators Local 39</td>
<td>John Hanson (402) 333-0276 <a href="mailto:insulators39@netzero.com">insulators39@netzero.com</a></td>
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<td>Heat &amp; Frost Insulators #74 Des Moines</td>
<td>Mark Selby (618) 401-0907 <a href="mailto:mselby@insulators.org">mselby@insulators.org</a></td>
<td>Jeremy Heimbaugh (515) 202-6903 <a href="mailto:moughley04@aol.com">moughley04@aol.com</a></td>
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<tr>
<td>Des Moines</td>
<td>Seth Gorman (319) 365-8675 <a href="mailto:sgorman@lwlu89.com">sgorman@lwlu89.com</a></td>
<td></td>
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<tr>
<td>Ironworkers Local 89</td>
<td>Troy Sauter (319) 365-8675 <a href="mailto:tsauter@lwlu89.com">tsauter@lwlu89.com</a></td>
<td>Seth Gorman (319) 365-8675 <a href="mailto:sgorman@lwlu89.com">sgorman@lwlu89.com</a></td>
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<tr>
<td>Cedar Rapids</td>
<td>James Wat (515) 262-9366 <a href="mailto:jamesiw67@hotmail.com">jamesiw67@hotmail.com</a></td>
<td>Joe Derby (515) 262-9366 <a href="mailto:joeiw67@hotmail.com">joeiw67@hotmail.com</a></td>
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<tr>
<td>Ironworkers Local 21- Omaha, NE</td>
<td>Bill Fuller</td>
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<tr>
<td>Des Moines</td>
<td>Danny Hemminger II <a href="mailto:dhemminger@local43.org">dhemminger@local43.org</a></td>
<td>Lynn Pickard (515) 238-5216</td>
<td>$20.00-</td>
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* Total wage Package is inclusive of total benefits paid in addition to the hourly wage.
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<th>Trade</th>
<th>Business Agent/Manager</th>
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<th>Hourly Wage</th>
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<td>Laborers #177 Des Moines</td>
<td>Mike Weckman (515) 265-6131 <a href="mailto:mweckman82@gmail.com">mweckman82@gmail.com</a></td>
<td>Lynn Pickard (515) 270-6965</td>
<td>$15.30-22.95</td>
<td>$35.36</td>
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<tr>
<td>Laborers - Omaha, NE</td>
<td>Doug Sea - (402) 573-7878</td>
<td></td>
<td>$13.94</td>
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<tr>
<td>Millwright Local 2158 Bettendorf</td>
<td>Derek McClain (319) 777-8901</td>
<td>Dan Ketchum (563) 332-3595</td>
<td>$29.60</td>
<td>$54.08</td>
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<tr>
<td>Millwright - Papillion, NE</td>
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<tr>
<td>Operating Engineering Local 234 Cedar Rapids</td>
<td>Jason Copple (712) 577-3046 <a href="mailto:jason@local234.com">jason@local234.com</a></td>
<td>Ryan Hollinrake (641) 942-7112</td>
<td>$28.10-39.10</td>
<td>$42.65-54.10</td>
</tr>
<tr>
<td>Operating Engineering Local 234 Des Moines</td>
<td>Jason Copple (712) 577-3046 <a href="mailto:jason@local234.com">jason@local234.com</a></td>
<td>Ryan Hollinrake (641) 942-7112</td>
<td>$27.12</td>
<td>$42.53</td>
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<tr>
<td>Operating Engineers - Omaha, NE</td>
<td>Gary Niedbalski - (407) 571-4939 - <a href="mailto:garyn@iuoe571.org">garyn@iuoe571.org</a></td>
<td></td>
<td>$30.17</td>
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</tr>
<tr>
<td>Painters &amp; Drywall Finishers Local 447 - Cedar Rapids</td>
<td>Derek Molyneux (319) 320-8988 <a href="mailto:derekmolyneux81@gmail.com">derekmolyneux81@gmail.com</a></td>
<td>Howard Baker (515) 322-5009 <a href="mailto:HABaker063@gmail.com">HABaker063@gmail.com</a></td>
<td>$24.25</td>
<td>$34.24</td>
</tr>
<tr>
<td>Painters &amp; Allied Trades #246 Des Moines</td>
<td>Jason D. Knight (515) 289-0482 <a href="mailto:jknight@ecity.net">jknight@ecity.net</a></td>
<td>Howard Baker (515) 322-5009 <a href="mailto:HABaker063@gmail.com">HABaker063@gmail.com</a></td>
<td>$26.19</td>
<td>$38.95</td>
</tr>
<tr>
<td>Painters Local 502/676 Quad Cities</td>
<td>Robert Roe (563) 508-1406 <a href="mailto:bobroedc81@outlook.com">bobroedc81@outlook.com</a></td>
<td>Howard Baker (515) 322-5009 <a href="mailto:HABaker063@gmail.com">HABaker063@gmail.com</a></td>
<td>$28.42</td>
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<tr>
<td>Painter &amp; Allied Trades Omaha, NE &amp; Sioux City</td>
<td>Brian Hilton - (402) 556-9373 - <a href="mailto:bhilton@uniondc91.org">bhilton@uniondc91.org</a></td>
<td></td>
<td>$16.63-17.70</td>
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<tr>
<td>Plasters &amp; Cement Masons #21 Des Moines</td>
<td>Earl Agan (515) 266-1688 <a href="mailto:aganjr.earl@aol.com">aganjr.earl@aol.com</a></td>
<td>Earl Agan (515) 266-1688 <a href="mailto:aganjr.earl@aol.com">aganjr.earl@aol.com</a></td>
<td>$25.67</td>
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<tr>
<td>Plasters &amp; Cement Masons Local 538 - Omaha, NE</td>
<td>(617) 202-2719</td>
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<td>$22.95</td>
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<tr>
<td>Plumbers &amp; Pipefitters Local 125 Cedar Rapids</td>
<td>Jerry Hobart (319) 270-1350 <a href="mailto:lu125bm@uanet.org">lu125bm@uanet.org</a></td>
<td>Chip Davis (319) 362-9259 <a href="mailto:chip.davis@local125.com">chip.davis@local125.com</a></td>
<td>$38.14</td>
<td>$56.47</td>
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<tr>
<td>Plumbers &amp; Steamfitters #33 Des Moines</td>
<td>Andy Roberts (515) 243-3244 <a href="mailto:aroberts@ualocal33.org">aroberts@ualocal33.org</a></td>
<td>Eric Smith (515) 244-1346 <a href="mailto:esmith@ualocal33.org">esmith@ualocal33.org</a></td>
<td>$33.65</td>
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<td>Plumbers Local #16 - Omaha, NE</td>
<td>Robert Woodard - (402) 734-6274 - <a href="http://www.plumberslocal16.org">www.plumberslocal16.org</a></td>
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<tr>
<td>Roofers &amp; Waterproofers Local 182 Marion</td>
<td>Bob Rowe <a href="mailto:bob@rooferslocal182.com">bob@rooferslocal182.com</a></td>
<td>Bill Barnes <a href="mailto:bill@rooferslocal182.com">bill@rooferslocal182.com</a></td>
<td>$25.14</td>
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<tr>
<td>Roofers #142 Des Moines &amp; Sioux City</td>
<td>Ray Slack (515) 244-7017 <a href="mailto:ray@rooferslocal142.com">ray@rooferslocal142.com</a></td>
<td>Blake Fleming (515) 943-6629 <a href="mailto:blake@rooferslocal142.com">blake@rooferslocal142.com</a></td>
<td>$26.54</td>
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<tr>
<td>Sheet Metal Workers Local 263 Cedar Rapids</td>
<td>Randy Sconyers <a href="mailto:randysconyers@smart263.org">randysconyers@smart263.org</a></td>
<td>Mike McCullough (319) 533-1389 <a href="mailto:mikemccullough@smart263.org">mikemccullough@smart263.org</a></td>
<td>$34.47</td>
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<tr>
<td>Sheet Metal Workers #45 Des Moines &amp; Sioux City</td>
<td>Andy Bredson (515) 229-9518 <a href="mailto:andybmsmw45@yahoo.com">andybmsmw45@yahoo.com</a></td>
<td>Mike Cox <a href="mailto:mikecsmw45@yahoo.com">mikecsmw45@yahoo.com</a></td>
<td>$31.99</td>
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<tr>
<td>Sheet Metal - Omaha</td>
<td>(402) 330-3636 - <a href="mailto:smw3traincoord@gwestoffice.net">smw3traincoord@gwestoffice.net</a></td>
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<tr>
<td>Sprinklerfitters Local 669 Dis. 23 Omaha, NE</td>
<td>Paul Cunningham (402) 960-8424</td>
<td>Paul Cunningham (402) 960-8424</td>
<td>$32.41</td>
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<tr>
<td>Teamsters Local 238 - Cedar Rapids</td>
<td>Rod Walton - <a href="mailto:rwalton@iowalabor.com">rwalton@iowalabor.com</a></td>
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<td>Teamsters Local #554- Omaha, NE</td>
<td>(402) 331-0550 - <a href="mailto:davelyn@local554.org">davelyn@local554.org</a></td>
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For More Information
Learn more about career training and registered apprenticeship programs at ICANsucceed.org/careertraining.
# Iowa Postsecondary Institutions at a Glance

Please note:

- **Type** indicates whether the institution is a community college; business, health profession or technical institution; private college or university; or public university. (Some schools are classified as more than one type.)

- Tuition/fees and room/board costs are those reported for the 2019 – 2020 academic year. Costs are based on full-time attendance. Community college tuition is per credit hour; additional fees may apply. Campus housing and/or meal plans are not available at all colleges, but aid may be available for these off-campus costs. For actual costs based on your program of study and housing options, contact the school. Other fees and costs not listed include those for books, transportation, entertainment, telephone and other personal expenses.

- The financial aid priority date is the date the Free Application for Federal Student Aid (FAFSA) should be received at the processing center. If you apply after the priority date, you might miss out on some sources of aid. All dates listed are as of July 1, 2019.

## College/University Type Phone Number & Website Tuition & Fees Room & Board School Code Financial Aid Priority Date

<table>
<thead>
<tr>
<th>College/University</th>
<th>Type</th>
<th>Phone Number &amp; Website</th>
<th>Tuition &amp; Fees</th>
<th>Room &amp; Board</th>
<th>School Code</th>
<th>Financial Aid Priority Date</th>
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<td>Allen College</td>
<td>★</td>
<td>(319) 226-2514 <a href="http://www.allencollege.edu">www.allencollege.edu</a></td>
<td>$19,052</td>
<td>$7,280</td>
<td>030691</td>
<td>March 1</td>
</tr>
<tr>
<td>Briar Cliff University</td>
<td>■</td>
<td>(712) 279-5200 <a href="http://www.briarcliff.edu">www.briarcliff.edu</a></td>
<td>$31,094*</td>
<td>$9,020*</td>
<td>001846</td>
<td>March 1</td>
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<tr>
<td>Buena Vista University</td>
<td>■</td>
<td>800) 383-9600 <a href="http://www.bvu.edu">www.bvu.edu</a></td>
<td>$35,194</td>
<td>$9,872</td>
<td>001847</td>
<td>April 1</td>
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<tr>
<td>Central College</td>
<td>■</td>
<td>(877) 462-3687 <a href="http://www.central.edu">www.central.edu</a></td>
<td>$38,600</td>
<td>$10,280</td>
<td>001850</td>
<td>January 15</td>
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<tr>
<td>Clarke University</td>
<td>■</td>
<td>(888) 825-2753 <a href="http://www.clarke.edu">www.clarke.edu</a></td>
<td>$34,670</td>
<td>$10,000</td>
<td>001852</td>
<td>April 15</td>
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<td>Clinton Community College</td>
<td>▲</td>
<td>(563) 244-7000 <a href="http://www.eicc.edu">www.eicc.edu</a></td>
<td>$168/credit hr</td>
<td>Varies</td>
<td>001853</td>
<td>March 1</td>
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<tr>
<td>Coe College</td>
<td>■</td>
<td>(877) 225-5263 <a href="http://www.coe.edu">www.coe.edu</a></td>
<td>$45,580</td>
<td>$9,820</td>
<td>001854</td>
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<td>Cornell College</td>
<td>■</td>
<td>(319) 895-4334 <a href="http://www.cornellcollege.edu">www.cornellcollege.edu</a></td>
<td>$43,976</td>
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<td>001856</td>
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* Costs are for the 2018-2019 academic year.

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<td>Des Moines Area Community College</td>
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<td>(800) 362-2127 <a href="http://www.dmac.edu">www.dmac.edu</a></td>
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<td>Varies**</td>
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<td>Divine Word College</td>
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<td>(563) 876-3353 <a href="http://www.dwci.edu">www.dwci.edu</a></td>
<td>$13,260</td>
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<td>001858</td>
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<td>Dordt University</td>
<td>◆</td>
<td>(800) 343-6738 <a href="http://www.dordt.edu">www.dordt.edu</a></td>
<td>$30,870*</td>
<td>$9,590*</td>
<td>001859</td>
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<tr>
<td>Drake University</td>
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<td>(800) 44-DRAKE <a href="http://www.drake.edu">www.drake.edu</a></td>
<td>$42,840</td>
<td>$10,848</td>
<td>001860</td>
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<tr>
<td>Ellsworth Community College</td>
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<td>(800) 322-9235 <a href="http://www.ellsworthcollege.com">www.ellsworthcollege.com</a></td>
<td>$199/credit hr</td>
<td>$3780</td>
<td>001862</td>
<td>March 1</td>
</tr>
<tr>
<td>Emmaus Bible College</td>
<td>◆</td>
<td>(800) 397-2425 <a href="http://www.emmaus.edu">www.emmaus.edu</a></td>
<td>$18,950</td>
<td>$8,750</td>
<td>016487</td>
<td>July 1</td>
</tr>
<tr>
<td>Faith Baptist Bible College</td>
<td>◆</td>
<td>(515) 964-0601 <a href="http://www.faith.edu">www.faith.edu</a></td>
<td>$17,298</td>
<td>$6,970</td>
<td>007121</td>
<td>January 15</td>
</tr>
<tr>
<td>Graceland University</td>
<td>◆</td>
<td>(641) 784-5000 <a href="http://www.graceland.edu">www.graceland.edu</a></td>
<td>$30,420</td>
<td>$9,100</td>
<td>001866</td>
<td>February 1</td>
</tr>
<tr>
<td>Grand View University</td>
<td>◆</td>
<td>(515) 263-2800 <a href="http://www.grandview.edu">www.grandview.edu</a></td>
<td>$28,678</td>
<td>$9,336</td>
<td>001867</td>
<td>January 15</td>
</tr>
<tr>
<td>Grinnell College</td>
<td>◆</td>
<td>(641) 269-4000 <a href="http://www.grinnell.edu">www.grinnell.edu</a></td>
<td>$54,354</td>
<td>$13,292</td>
<td>001868</td>
<td>January 15</td>
</tr>
<tr>
<td>Hawkeye Community College</td>
<td>▲</td>
<td>(319) 296-2320 <a href="http://www.hawkeyecollege.edu">www.hawkeyecollege.edu</a></td>
<td>$195.50/credit hr</td>
<td>$8,217</td>
<td>004595</td>
<td>July 1</td>
</tr>
<tr>
<td>Indian Hills Community College</td>
<td>▲</td>
<td>(800) 726-2585 <a href="http://www.indianhills.edu">www.indianhills.edu</a></td>
<td>$180/credit hr</td>
<td>$5,115</td>
<td>Centerville 008298</td>
<td>July 1</td>
</tr>
<tr>
<td>Indian Hills Community College</td>
<td>▲</td>
<td>(800) 726-2585 <a href="http://www.indianhills.edu">www.indianhills.edu</a></td>
<td>$180/credit hr</td>
<td>$5,115</td>
<td>Ottumwa 008298</td>
<td>July 1</td>
</tr>
<tr>
<td>Iowa Central Community College</td>
<td>▲</td>
<td>(800) 362-2793 <a href="http://www.iowacentral.edu">www.iowacentral.edu</a></td>
<td>$5,700</td>
<td>$6,900</td>
<td>004597</td>
<td>March 1</td>
</tr>
<tr>
<td>Iowa Lakes Community College</td>
<td>▲</td>
<td>(800) 521-5054 <a href="http://www.iowalakes.edu">www.iowalakes.edu</a></td>
<td>$183/credit hr</td>
<td>$6,340</td>
<td>001864</td>
<td>July 1</td>
</tr>
<tr>
<td>Iowa State University</td>
<td>●</td>
<td>(800) 262-3810 <a href="http://www.iastate.edu">www.iastate.edu</a></td>
<td>$9,320</td>
<td>$9,149</td>
<td>001869</td>
<td>December 1</td>
</tr>
<tr>
<td>Iowa Wesleyan University</td>
<td>◆</td>
<td>(800) 582-2383 <a href="http://www.iw.edu">www.iw.edu</a></td>
<td>$30,530</td>
<td>$10,865</td>
<td>001871</td>
<td>April 1</td>
</tr>
<tr>
<td>Iowa Western Community College</td>
<td>▲</td>
<td>(800) 432-5852 <a href="http://www.iwcc.edu">www.iwcc.edu</a></td>
<td>$195/credit hr</td>
<td>$4,325/sem</td>
<td>004598</td>
<td>July 1</td>
</tr>
<tr>
<td>Kirkwood Community College</td>
<td>▲</td>
<td>(319) 398-5517 <a href="http://www.kirkwood.edu">www.kirkwood.edu</a></td>
<td>$176/credit hr</td>
<td>Varies**</td>
<td>004076</td>
<td>March 15</td>
</tr>
<tr>
<td>Loras College</td>
<td>◆</td>
<td>(800) 245-6727 <a href="http://www.loras.edu">www.loras.edu</a></td>
<td>$33,500</td>
<td>$8,425</td>
<td>001873</td>
<td>March 1</td>
</tr>
</tbody>
</table>

* Costs are for the 2018-2019 academic year.  ** Check with the college for room and board options.

(continued)
** Iowa Postsecondary Institutions at a Glance (cont.) **

<table>
<thead>
<tr>
<th>College/University</th>
<th>Type</th>
<th>Phone Number &amp; Website</th>
<th>Tuition &amp; Fees</th>
<th>Room &amp; Board</th>
<th>School Code</th>
<th>Financial Aid Priority Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Luther College</td>
<td>□</td>
<td>(563) 387-1287 <a href="http://www.luther.edu">www.luther.edu</a></td>
<td>$43,500</td>
<td>$9,760</td>
<td>001874</td>
<td>February 1</td>
</tr>
<tr>
<td>Maharishi University of Management</td>
<td>□</td>
<td>(800) 369-6480 <a href="http://www.mum.edu">www.mum.edu</a></td>
<td>$16,530</td>
<td>$7,400</td>
<td>011113</td>
<td>July 1</td>
</tr>
<tr>
<td>Marshalltown Community College</td>
<td>▲</td>
<td>(866) 622-4748 <a href="http://www.iavalley.edu/mcc">www.iavalley.edu/mcc</a></td>
<td>$199/credit hr</td>
<td>$7,490</td>
<td>001875</td>
<td>March 1</td>
</tr>
<tr>
<td>Mercy College of Health Sciences</td>
<td>□</td>
<td>(515) 643-6715 <a href="http://www.mchs.edu">www.mchs.edu</a></td>
<td>18,150</td>
<td>Varies**</td>
<td>006273</td>
<td>July 1</td>
</tr>
<tr>
<td>Mercy/St. Luke’s School of Radiologic Technology</td>
<td>□</td>
<td>(319) 369-7097 <a href="https://www.mercycare.org/employment/school-of-radiologic-technology/">https://www.mercycare.org/employment/school-of-radiologic-technology/</a></td>
<td>$3,750</td>
<td>Varies**</td>
<td>14918</td>
<td>First Friday In June</td>
</tr>
<tr>
<td>Morningside College</td>
<td>□</td>
<td>(712) 274-5511 <a href="http://www.morningside.edu">www.morningside.edu</a></td>
<td>$42,720</td>
<td>$9,840</td>
<td>001879</td>
<td>December 1</td>
</tr>
<tr>
<td>Mount Mercy University</td>
<td>□</td>
<td>(800) 248-4504 <a href="http://www.mtmercy.edu">www.mtmercy.edu</a></td>
<td>$33,862</td>
<td>$9,915</td>
<td>001880</td>
<td>February 1</td>
</tr>
<tr>
<td>Muscatine Community College</td>
<td>▲</td>
<td>(800) 462-3255 <a href="http://www.eicc.edu">www.eicc.edu</a></td>
<td>$168/credit hr</td>
<td>$4,500</td>
<td>001880</td>
<td>February 1</td>
</tr>
<tr>
<td>North Iowa Area Community College</td>
<td>▲</td>
<td>(888) 466-4222 <a href="http://www.niacc.edu">www.niacc.edu</a></td>
<td>$186.75/credit hr</td>
<td>$7,342</td>
<td>001877</td>
<td>March 1</td>
</tr>
<tr>
<td>Northeast Iowa Community College</td>
<td>▲</td>
<td>(800) 728-2256 <a href="http://www.nicc.edu">www.nicc.edu</a></td>
<td>$198/credit hr</td>
<td>$5,832</td>
<td>Calmar 004587</td>
<td>March 1</td>
</tr>
<tr>
<td>Northwest Iowa Community College</td>
<td>▲</td>
<td>(800) 728-7367 <a href="http://www.nicc.edu">www.nicc.edu</a></td>
<td>$198/credit hr</td>
<td>$5,832</td>
<td>Peosta 012634</td>
<td>July 1</td>
</tr>
<tr>
<td>Northwestern College</td>
<td>□</td>
<td>(712) 707-7000 <a href="http://www.nwciowa.edu">www.nwciowa.edu</a></td>
<td>$32,300</td>
<td>$9,600</td>
<td>001883</td>
<td>July 1</td>
</tr>
<tr>
<td>Palmer College of Chiropractic</td>
<td>□</td>
<td>(800) 722-2586 <a href="http://www.palmer.edu">www.palmer.edu</a></td>
<td>$11,998 (trimester)</td>
<td>Varies**</td>
<td>012300</td>
<td>April 30</td>
</tr>
<tr>
<td>Scott Community College</td>
<td>▲</td>
<td>(800) 462-3255 <a href="http://www.eicc.edu">www.eicc.edu</a></td>
<td>$168/credit hr</td>
<td>Varies**</td>
<td>004074</td>
<td>March 1</td>
</tr>
<tr>
<td>Simpson College</td>
<td>□</td>
<td>(800) 362-2454 <a href="http://www.simpson.edu">www.simpson.edu</a></td>
<td>$40,666</td>
<td>$8,820</td>
<td>001887</td>
<td>April 1</td>
</tr>
</tbody>
</table>

** Check with the college for room and board options. (continued)
<table>
<thead>
<tr>
<th>College/University</th>
<th>Type</th>
<th>Phone Number &amp; Website</th>
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<th>Room &amp; Board</th>
<th>School Code</th>
<th>Financial Aid Priority Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Southeastern Community College</td>
<td>▲</td>
<td>(800) 828-7322 <a href="http://www.scciowa.edu">www.scciowa.edu</a></td>
<td>$186/credit hr</td>
<td>$8,600</td>
<td>004603</td>
<td>March 1</td>
</tr>
<tr>
<td>Southwestern Community College</td>
<td>▲</td>
<td>(800) 247-4023 <a href="http://www.swcciowa.edu">www.swcciowa.edu</a></td>
<td>$190/credit hr</td>
<td>$6,610 trad/ $7,660 apt</td>
<td>001857</td>
<td>March 1</td>
</tr>
<tr>
<td>St. Ambrose University</td>
<td>■</td>
<td>(563) 333-6000 <a href="http://www.sau.edu">www.sau.edu</a></td>
<td>$31,532</td>
<td>$11,950 (Varies)**</td>
<td>001889</td>
<td>July 1</td>
</tr>
<tr>
<td>St. Luke’s College</td>
<td>●</td>
<td>(712) 279-3149 <a href="http://www.stlukescollege.edu">www.stlukescollege.edu</a></td>
<td>$17,190</td>
<td>No campus housing</td>
<td>007291</td>
<td>March 1</td>
</tr>
<tr>
<td>University of Dubuque</td>
<td>■</td>
<td>(563) 589-3000 <a href="http://www.dbq.edu">www.dbq.edu</a></td>
<td>$35,570</td>
<td>$10,210</td>
<td>001891</td>
<td>July 1</td>
</tr>
<tr>
<td>University of Iowa</td>
<td>●</td>
<td>(319) 335-3847 <a href="http://www.uiowa.edu">www.uiowa.edu</a></td>
<td>$9,830</td>
<td>$11,400</td>
<td>001892</td>
<td>December 1</td>
</tr>
<tr>
<td>University of Northern Iowa</td>
<td>●</td>
<td>(319) 273-2281 <a href="http://www.uni.edu">www.uni.edu</a></td>
<td>$8,938</td>
<td>$9,160</td>
<td>001890</td>
<td>January 15</td>
</tr>
<tr>
<td>Upper Iowa University</td>
<td>■</td>
<td>(800) 553-4150 <a href="http://www.uiu.edu">www.uiu.edu</a></td>
<td>$30,450</td>
<td>$8,454</td>
<td>001893</td>
<td>March 1</td>
</tr>
<tr>
<td>Waldorf University</td>
<td>■</td>
<td>(800) 292-1903 <a href="http://www.waldorf.edu">www.waldorf.edu</a></td>
<td>$21,196</td>
<td>$7,618</td>
<td>001895</td>
<td>March 1</td>
</tr>
<tr>
<td>Wartburg College</td>
<td>■</td>
<td>(800) 372-2085 <a href="http://www.wartburg.edu">www.wartburg.edu</a></td>
<td>$43,930</td>
<td>$9,280</td>
<td>001896</td>
<td>March 1</td>
</tr>
<tr>
<td>Wartburg Theological Seminary</td>
<td>■</td>
<td>(563) 589-0200 <a href="http://www.wartburgseminary.edu">www.wartburgseminary.edu</a></td>
<td>$17,900</td>
<td>$11,350</td>
<td>001897</td>
<td>N/A</td>
</tr>
<tr>
<td>Western Iowa Tech Community College</td>
<td>▲</td>
<td>(800) 352-4649 <a href="http://www.witcc.edu">www.witcc.edu</a></td>
<td>$182/credit hr</td>
<td>$6,290</td>
<td>004590</td>
<td>March 1</td>
</tr>
<tr>
<td>William Penn University</td>
<td>■</td>
<td>(800) 779-7366 <a href="http://www.wmpenn.edu">www.wmpenn.edu</a></td>
<td>$26,100</td>
<td>$7,072</td>
<td>001900</td>
<td>April 15</td>
</tr>
</tbody>
</table>

** Check with the college for room and board options.
## Other Iowa Postsecondary Institutions

The following schools offer a variety of programs with different deadlines and fees. Schools may or may not offer federal financial aid. Please contact the school directly for more information.

<table>
<thead>
<tr>
<th>College/University</th>
<th>Type</th>
<th>School Code</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>American College of Hairstyling</td>
<td>🌟</td>
<td>007658</td>
<td>(515) 244-0971 <a href="http://www.americancollegeofhair.com">www.americancollegeofhair.com</a></td>
</tr>
<tr>
<td>American Hair Academy</td>
<td>🌟</td>
<td>016167</td>
<td>(319) 219-6248 <a href="http://www.americanhairacademy.com">www.americanhairacademy.com</a></td>
</tr>
<tr>
<td>Aveda Institute of Des Moines</td>
<td>🌟</td>
<td>042033</td>
<td>(515) 224-5244 <a href="http://www.avedainstitutedesmoines.com">www.avedainstitutedesmoines.com</a></td>
</tr>
<tr>
<td>Capri College*</td>
<td>🌟</td>
<td>Varies by Location</td>
<td>(800) 397-0612 <a href="http://www.capricollege.com">www.capricollege.com</a></td>
</tr>
<tr>
<td>Carlson College of Massage Therapy</td>
<td>🌟</td>
<td>037203</td>
<td>(319) 462-3402 <a href="http://www.carlsoncollege.com">www.carlsoncollege.com</a></td>
</tr>
<tr>
<td>EQ School of Hair Design</td>
<td>🌟</td>
<td>007611</td>
<td>(712) 328-2613 <a href="http://www.eqschool.net">www.eqschool.net</a></td>
</tr>
<tr>
<td>Faust Institute of Cosmetology</td>
<td>🌟</td>
<td>015973</td>
<td>(712) 732-6570 <a href="http://www.faustinstitute.com">www.faustinstitute.com</a></td>
</tr>
<tr>
<td>Hamilton Technical College</td>
<td>🌟</td>
<td>012064</td>
<td>(563) 386-3570 <a href="http://www.hamiltontechcollege.edu">www.hamiltontechcollege.edu</a></td>
</tr>
<tr>
<td>Iowa Methodist Medical Center School</td>
<td>🌟</td>
<td>006267</td>
<td>(515) 241-6880 <a href="http://www.unitypoint.org/desmoines/radtech.aspx">www.unitypoint.org/desmoines/radtech.aspx</a></td>
</tr>
<tr>
<td>Iowa School of Beauty*</td>
<td>🌟</td>
<td>Varies by Location</td>
<td>(515) 278-9939 <a href="http://www.iowaschoolofbeauty.com">www.iowaschoolofbeauty.com</a></td>
</tr>
<tr>
<td>LaJames College of Hairstyling</td>
<td>🌟</td>
<td>007659</td>
<td>(641) 424-2161 <a href="http://www.lajames.com">www.lajames.com</a></td>
</tr>
<tr>
<td>LaJames International College of Hairstyling*</td>
<td>🌟</td>
<td>Varies by Location</td>
<td>(888) 880-2106 <a href="http://www.lijic.edu">www.lijic.edu</a></td>
</tr>
<tr>
<td>PCI Academy</td>
<td>🌟</td>
<td>015245</td>
<td>(800) 956-3781 <a href="http://www.PCI-Academy.com">www.PCI-Academy.com</a></td>
</tr>
<tr>
<td>Ross College</td>
<td>🌟</td>
<td>E01451</td>
<td>(563) 344-1500 <a href="http://www.rosseeucation.edu">www.rosseeucation.edu</a></td>
</tr>
<tr>
<td>The Salon Professional Academy (Cedar Falls)</td>
<td>🌟</td>
<td>007941</td>
<td>(319) 260-9995 <a href="http://www.tspacedarfalls.com">www.tspacedarfalls.com</a></td>
</tr>
</tbody>
</table>

* School has more than one location. Please check with school for additional sites and contact information.
Narrow Your List

Review the factors important to you and make a list of five to ten programs that match your preferences. Attend career and college fairs and speak with representatives visiting your school. By the fall of your senior year, try to narrow the list to five options that help you meet your career pathway goals. There are many factors to consider such as:

- **Career Pathway Requirements and Recommendations**
  - Does the college offer the program you need for your pathway or career?
  - Is it strong in that academic area?
  - If you’re undecided, are there a variety of majors/programs offered that interest you?
  - Is there a wait list or specific requirement for the program you are interested in?
  - What options do you have while you are waiting to be admitted?

- **Cost and Financial Aid Availability**
  - What’s the total cost of education or training program?
  - How much financial aid is offered?

- **Class Size and Focus**
  - Do you need specialized training for a hands-on career?
  - How much individual attention do you want from instructors or professors?
  - Do you prefer to be part of large groups or small groups?

- **Career Placement and Graduation Rates**
  - Do graduates completing the program find careers in their field?
  - How many individuals complete the program?

- **Location**
  - How far away from home do you want to go? Do you want to live in a big city or small town?

- **Life Outside the Classroom**
  - What types of social and athletic events take place?
  - Are fraternities and sororities, clubs or organizations available?

- **Facilities**
  - Are the student facilities, such as the library, athletic center, and health center adequate?

- **Living Accommodations**
  - Do most students live on or off campus?
  - What housing options are available?

- **Safety**
  - Be responsible and aware of your surroundings. Always lock your room, gym lockers and cars.
Make Campus and Program Visits

Visits allow you to get an up-close look and experience a feel for life on campus. The best time for a campus visit is during the spring of your junior year. Being on campus gives you the opportunity to know if the college is the right fit in a way brochures and websites cannot. If a visit isn’t possible, attend college fairs, talk to alumni, or take a virtual tour. Career training and apprenticeship programs provide information sessions and facility tours that will give you insight into your choice of program.

Make a list of questions to ask — and things to observe — during your visits. Download a checklist from the Resource Zone at ICANsucceed.org/materials.

- Use file folders to store your notes, brochures, maps and other materials.
- Take pictures and videos to help you remember details.
- Schedule appointments with an admission counselor, a financial aid officer, and a faculty member from your program of study.

Begin Your Search for Scholarships

Visit ICANsucceed.org/scholarships, to find free scholarship resources including a virtual presentation of the scholarship process and the ICAN scholarship database. Here are some free, trusted sites to get your started.

- www.raise.me
- www.iowacollegeaid.gov
- www.finaid.org
- www.goingmerry.com
- www.scholarships.com
- www.fastweb.com
- www.schoolsoup.com
- www.scholarshippoints.com
- www.studentscholarshipsearch.com
- http://colleges.niche.com/scholarships
- www.supercollge.com
- www.scholarshipmastery.com

Raise.Me

Raise.Me is a scholarship program that allows students in 9th-12th grade to earn money toward college. By taking part in college planning activities, taking certain courses, and attending events, a student can earn money for college. Currently 150 colleges nationwide are part of Raise.Me including Briar Cliff University, Buena Vista University, Cornell College, Drake University, Grinnell College, Luther College, the University of Iowa, and the University of Northern Iowa. Visit www.Raise.Me for more details.

Inter-Collegiate Athletics

The governing bodies for college athletics, such as the NCAA and the NAIA, have specific requirements that must be met by prospective student athletes in order to compete at the college level. Visit www.ncaa.org or www.naia.org for more details.
Be Active and Get Involved

High school offers you the opportunity to get involved in extracurricular activities and community service, which can be a lot of fun, and give you a feel for future careers. Be active in school and community groups, sports, and other activities. You’ll have a good time and gain experience and skills you can’t get in the classroom. You can:

- **Build skills.** Skills like leadership, teamwork, organization, and time management, will help you in any career or future endeavor.

- **Improve your interpersonal abilities.** You’ll work with all sorts of personalities throughout your life, and experience is the only way to learn success.

- **Find the career you love.** You might discover that you love to write articles or raise funds through one of your extracurricular activities.

- **Make friends.** Find activities and work opportunities that allow you to meet new people and have new experiences.

Create an Activities Resume

A list of your activities each year of high school is useful for scholarship and admission applications. You can also add jobs, volunteer positions, skills, and achievements. Build an activities resume using the template in the ICAN Resource Zone - visit ICANsucceed.org/materials.
By the beginning of your senior year, start filling out admission applications for at least three to five colleges or training programs you’re interested in attending. Include at least one college you know will admit you (safety school.)

**Be Thorough**

Each year, colleges receive thousands of applications. Make sure yours stands out for the right reasons. Fill in all the blanks, and read all the information and instructions. Some admission offices view the application as a test to see how detail-oriented you are and how well you follow instructions. Remember to highlight the things colleges are looking for most — good grades, the appropriate classes, and involvement in activities and your community.

**Apply On Time**

Being early doesn’t just make a good impression; it also gives the admission office time to thoroughly review your application, let you know about any missing information, and approve you for early admission.

Apply by each school’s application deadline (contact the college or visit the school’s website.) For contact information check the chart on pages 22 – 25. Plan to file your application no later than **Nov. 1** of your senior year, allowing you additional time to apply for housing and scholarships.

**About Admission Applications**

Most schools offer both online and paper college admission application forms. In addition, more than 400 U.S. colleges accept the Common Application, a standard form available from counselors and online at [www.commonapp.org](http://www.commonapp.org). Check in advance with the schools you’re applying to for their requirements.
Here’s the information generally asked for on an admission application:

- **Admission Application Fee**
  - This may or may not apply, depending on the school. When applicable it is generally non-refundable.

- **Official High School Transcript**
  - Ask your high school counselor or registrar to send your official transcript to the colleges you’re applying to.

- **Biographical Information**
  - You’ll need to supply your basic personal information, such as your name, address, social security number, and birth date. Make sure the information provided is accurate as it will be matched with your financial aid applications.

- **Test Score(s)**
  - Most four-year colleges require that you submit your ACT® and/or SAT® test scores.
  - Test scores are not required at most community colleges, but they do accept them. Contact the school to determine its requirements.

- **Letters of Recommendation**
  - Some colleges want letters of recommendation from adults who know you well.
  - Ask for letters at the beginning of your senior year.

- **Essay**
  - Some colleges require an essay. It can play an important role in the admission process.

**Note:** Colleges may check Facebook, Twitter, Instagram, or other social networking sites to observe your behavior and create a more defined image of you as a potential student. What first impression does your social media profile portray?
Write a Winning Essay

If the college you’d like to attend asks for an essay as part of the admission application, be ready to submit a well-thought-out, clearly written paper. You may be able to choose your own topic, or the application may give you a writing prompt. Follow any directions given for the essay. Scholarships generally require essays as well. Use these tips to help you write on any topic.

- Start by brainstorming ideas.
- Put your ideas into a logical order in an outline.
- Develop a theme and make sure all your points support that theme.
- Use vivid examples to create images rather than just reciting a story.
- Carefully review and edit your draft, and have others give you feedback.

For more information on how to write application essays, visit ICANsucceed.org/essays.

Ace the Interview

While many colleges don’t require a formal on-campus interview for admission, some do. If a school you apply to requires an interview, be ready. Treat it like a job interview. This is your chance to show first-hand how great you are. Ask questions to show you’re interested in attending the school.

Consider practicing your interview skills. Eye contact and good posture can be just as impactful as your answers. And remember, how you say something is just as important as what you say. Speak clearly and cut out the ums, uhs, and likes.

After You Apply

Keep working hard in school — colleges will want to see your final transcripts after graduation. Search for scholarships and continue to earn money to help pay for college expenses. Soon enough, each college or university you applied to will begin to send you acceptance, denial, or wait-list letters.

Handling Denial

It’s not the end of the world if you end up attending your second choice, your third choice or even your “safety” school. No matter which institution you attend, you’ll still learn a great deal, experience new things, and prepare for a better future. Make the most of it!
Make an Informed Decision

You’ll start to receive acceptance letters as early as October and financial aid packages between December and April of your senior year. Follow these guidelines for your decision-making process:

1. Make sure you’ve filled out and submitted all applications for financial aid, scholarships, and housing. You should submit a housing application to every school you are considering. Deposits are generally refunded if you do not attend.

2. Review and compare college financial aid packages. When they arrive consider what each college is offering and how it fits with your educational goals and ability to pay. Remember that different types of aid have different requirements; think about repayment, interest, and the cost over your entire college career when you compare financial aid packages. ICAN can help - schedule an advising session at ICANsucceed.org/apt or call (877) 272-4692.

3. Even with financial aid, you may have college expenses that you can’t cover with your savings, earnings or parent contributions. If that’s the case you may have to consider other options:
   - **Develop an In-School Budget.** Download a budget template at ICANsucceed.org/materials.
   - **Payment Plan.** Talk to the financial aid office about making your payment in installments.
   - **Consider a Part-Time Job.** Many students work through college to help cover expenses, taking a job through campus work-study or at a local business close to campus.
   - **Rethink Your Plan.** You may need to be creative in cutting costs or consider a less expensive school. You can also start at a community college and transfer later.
   - **Borrow Wisely and Borrow Only What You Need.** Student loans are intended to help you with college costs, not pay for a lifestyle. When you consider borrowing remember to consider your life after college. Estimating the total you’ll borrow over the course of your education will help you estimate what your monthly loan payment will be after graduation and, more importantly, if you can afford that payment with all of your other responsibilities.

   For example, if you borrow **$80,000** in student loans your monthly payment will be around **$800** for **10 years** after graduation.

   You shouldn’t borrow more than the starting salary for the career you intend to pursue after college. For example, if your expected starting salary is **$35,000**, you shouldn’t borrow more than **$35,000** for your entire degree. This would give you an estimated monthly payment of **$350** for **10 years** following graduation.

4. Once you’ve decided on a college, submit any necessary paperwork ahead of the deadline. Contact the other colleges on your list immediately to notify them that you won’t be attending.
Pay  For  
College

Understand the Costs
Make sure you understand all the costs associated with each school. **Cost of Attendance (COA)** typically includes both direct and indirect costs, though only the direct costs are billed by the school.

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<thead>
<tr>
<th>Type of Expense</th>
<th>Examples</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Direct Costs</td>
<td>Tuition and fees</td>
<td>Typically billed by school</td>
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<tr>
<td></td>
<td>Room and board</td>
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<tr>
<td>Indirect Costs</td>
<td>Books and supplies</td>
<td>Estimated costs</td>
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<td></td>
<td>Transportation</td>
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<td>Personal expenses</td>
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Each institution is required to have a **Net Price Calculator** available on its website to help students calculate an estimated net price for attendance based on their individual circumstances. You can find a link for each Iowa college at ICANsucceed.org/npc. While paying for college can be a challenge, financial aid is available. You may qualify for aid based on your talents, academic, special abilities, or financial need.

Realities of Financial Aid
According to the study *How America Saves for College 2015*, nearly **two-thirds** of non-college saving parents aren’t saving for college because they believe their children will earn enough financial aid/scholarships to cover the cost of paying for college. However, scholarships and grants don’t typically cover the full cost. Undergraduate students reported receiving scholarships and grants to cover about one-third or **31%** of the total average cost of one year of a college education ($20,882).

Talk to your parents about paying for college and formulate a plan that will cover the college costs left after scholarships and grants are applied. Some options include work more, cut spending, consider a different college or live at home and commute to campus. See page 33 for ideas and tips.
Search for Scholarships

Scholarships are highly prized by students — for good reason. You don’t need to repay the money, and enough scholarships are available that you should be able to find some for which you qualify.

- Start early in your junior year of high school and continue searching for scholarships throughout your final year of college. Be aware of deadlines! Visit page 28 for a list of free scholarship sites.
- Never pay for a scholarship search service — you can locate the same information online for free.
- Learn all about the scholarship process by viewing the ICAN virtual scholarship presentation at ICANsucceed.org/virtualpresentations.

File the FAFSA

To be eligible for financial aid from the federal government, and many types of aid from the state and colleges, you need to file the Free Application for Federal Student Aid (FAFSA) during your senior year.

- To complete the form visit www.fafsa.gov, call (800) 433-3243, or visit an ICAN location. Visit ICANsucceed.org/apt or call (877) 272-4692 to schedule an appointment.
- Complete the FAFSA after Oct. 1 of your senior year and each additional year you want to receive financial aid. Submit it by the school’s priority date (see pages 22 – 26).

Understand College Costs & Financial Need

Upon submission of the FAFSA, you will be given an EFC (Expected Family Contribution). This estimate will help the college determine how much financial need you and your family have. Your financial need is what the school will try to meet in the award package. It is important to understand this is an estimate and is NOT how much you will be billed by the school.

Your financial need is determined by subtracting your EFC from the school’s Cost of Attendance (COA). Your financial need will differ from school to school based on the Cost of Attendance (COA).

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<th>College A</th>
<th>College B</th>
<th>College C</th>
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<tbody>
<tr>
<td>COA</td>
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<td>= Financial Need</td>
<td>$30,000</td>
<td>$6,000</td>
<td>$0</td>
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Manage Your Time

Good time management skills will keep your stress level down throughout high school — and life. Use a planner or organizer to help you set goals and balance school with activities and fun.

- **Use it daily.** Immediately write down assignments, projects, due dates, and tests for each subject.
- **Include everything.** Activities, meetings, and practices reduce your available time; write them down so you can plan accordingly. Block off study time for upcoming tests.
- **Create a system.** Color-coding by subject or priority allows you to take in information at a glance. Label items A. Due Tomorrow; B. Items Due this Week; C. Items Due in 2-4 weeks; D. Items Due in a Month.
- **Plan backward.** Work back from due dates by writing down which parts of large projects you’ll take care of each day. Don’t forget to build in time for meetings or handle unexpected delays.
- **Check it twice.** Look at your list before you leave school to make sure you have everything you need. Cross or check off each assignment when you finish it.
- **Add notes for home.** Write down reminders for new supplies or materials you need, as well as information for your parents.
- **Prioritize.** Do the assignments due tomorrow first. For longer-term projects, try to fit chunks into the time you have available — study for a quiz in the half-hour before dinner, and spend two hours after dinner working on a paper.

Avoid Senioritis

As graduation approaches, keep working hard. Don’t let senioritis keep you from earning scholarships or college admission. Slacking off your senior year can damage your admission and scholarship chances.
Using Social Media Responsibly
Social media sites are useful Internet tools to keep in touch with friends and family, and can be utilized to meet new people with similar interests. When used responsibly, these sites can be a positive and beneficial resource. Irresponsible behavior can be detrimental, putting yourself and your future at risk.

- **Assume EVERYONE has access to your profile.** Don’t discuss things you wouldn’t want parents, teachers, future employers, and law enforcement to know about. Set your profile to “private” to gain as much control as possible over who has access to your information.

- **Use Discretion.** Your friends may think a photo of you acting silly at a party is funny, but how will the rest of the community feel? Your parents, college officials, and potential employers might not be as amused. Also, remember that when your friends take your picture it may end up on their profile; be aware of how you pose for pictures.

- **Assume the worst.** Don’t put anything online that you wouldn’t want people to know and don’t add people as “friends” unless you know them in real life. Your “friends” have access to everything you post and once they have it, you can’t take it away.

There are also social predators that utilize social media to find you. What information on your profile identifies who you are, where you hang out, your age, and where you live? Your real friends know how to find you, don’t post this personal information online.

- **You are responsible for your content.** You are the only one in charge of your profile and you can be held responsible for inappropriate content. Schools across the country are revising policies to allow disciplinary action for online behavior - so behave.

- **Be Appropriate.** Make sure your email address is appropriate and that your voice message doesn’t send the wrong signals to college officials or potential employers who may contact you.

Consider Work-Study
Many students find they can manage a part-time job during the academic year. If you’re considering a job while in college, check out work-study programs.

- Work-study jobs are typically on campus and may help you gain experience.
- Work-study employers may offer flexible scheduling around classes.
- Money earned in work-study jobs can be used for living expenses and other indirect costs. When you visit the campus during orientation, pursue any openings.
Often parents are unsure of how to help their student plan for the future. While most of a student’s success depends upon their own decision-making, there are things parents can do to help them be successful in high school and beyond.

**Time Management & Everyday Life**

Little things are often overlooked as skills needing to be taught, and students find themselves without a clue when they are on their own. Give your student some added responsibility around the house and teach some life lessons along the way.

- **Laundry and Cooking.** Surprising as it may be, many college students only realize once they’ve left home that they don’t know how to do laundry or cook anything outside of a frozen dinner.

- **Time Management.** Every student should know how to use a personal calendar, whether on their phone or on paper, by the time they graduate. Tracking appointments, class schedules, extra-curricular activities, and understanding bill due dates are all part of being a responsible and independent adult.

- **Prioritize.** Not every student has the best sense of how to prioritize commitments and responsibilities. What comes first? When is it OK to say No? Make sure your student knows how to determine what’s important and what can be saved for another day.

**Character Education or “People Skills”**

Your teen may know their way around social media apps and every tablet and phone on the market, but to be successful in the workplace they will need more than just their tech savviness. Can your student treat other people with respect? Can they pull their own weight on a project? Can they take initiative and work independently?

- **Handshake.** You only get one chance to make a first impression and in the business world part of that first impression is a good handshake. Make sure your student knows how to give a firm, but gentle handshake.
Eye Contact and Posture. You can tell a lot about someone before they say a word through non-verbal communication. Make sure your student has good posture and is comfortable making eye contact with people while having a conversation. Fidgeting, slouching, and staring at the floor while talking are all distractions that could undermine their true abilities and talents in the workplace.

Public Speaking. Not everyone is made to be a professional public speaker. However, at some point in our lives, everyone has to talk to a group or present an idea. Work with your student to ensure they have some public speaking abilities. Practice eye contact, breathing, and speaking slowly by reading aloud or practicing speeches in front of a mirror. Encourage your student to take a public speaking class. It will help with communication skills, boost self-confidence, and help them overcome any fear of presenting in front of their peers.

The individual who is articulate, well-dressed, and professional, with the ability to present themselves and their ideas to a group of people can be the one who rises above the competition.

Money Management - Lessons to Learn from Parents/Guardians

Additional life skills parents should help students understand before they head off on their own include:

- **Balance a checkbook.** Owning and maintaining a checking and savings account is a life skill that lays the foundation for larger financial lessons. Teach them with a register or utilize an online budgeting app like mint.com.

- **Stick to a budget.** Empower your student by giving them money management lessons such as a cell phone or clothing budget. Let them participate in family financial discussions so they see how you make your monthly family budget work.

- **Explain how credit works.** You only get one chance to have a clean credit report. Make sure your student gets off on the right foot when it comes to building and maintaining good credit. If you aren’t sure how to teach them about credit, check with your local bank or credit union to inquire about a teen or family money management course.

- **Interest rates and loans.** Many individuals fail to understand how interest rates work until after they’ve had a loan or two. Make sure your student learns about interest rates, good and bad, and how loans for things like college, cars, and houses work.

Parents Reminder Service

Receive monthly emails that support and guide you as you help prepare your student for life after high school. Visit [SP3.org](http://SP3.org) to register for the Student Planning Pointers for Parents (SP3) program.
ICAN® does not endorse the product, service or advice of any outside institution or entity. Students should exhaust all other financial options before borrowing and compare several loan products to obtain the best rate. Students should consider many options in pursuing higher education and find the right fit for their life situation and career aspirations.