

Competitive College Admissions: What You Need to Know Now

©Ellen Fithian, M.D., Ph.D.
Hampton Roads Educational Consulting, LLC
www.hredconsulting.com

What Do Colleges Look At?

Academic Achievements:

- Rigor of Course Work
- Grades, GPA, Class Rank
- Standardized Test Scores

Personal Qualities/Extracurricular Achievements

- Counselor & Teacher Recommendations
- Extracurricular Activities
- Student Essay

The Common Application

Available at www.commonapp.org
Review it with your son or daughter.

Sample Extracurricular Spreadsheet

Activity	Years of Participation	Hours/week	Weeks/year	Award/Recognition
Athletics				
Soccer	9	12	13	Team Captain
Arts (Music, dance, theater, visual arts)				
Student Government				
Community Service				

To Subscribe to *College Planning Minutes*, my monthly electronic newsletter:

Go to my website, www.hredconsulting.com, and send me a quick e-mail asking to subscribe and letting me know you're a PreAdmission parent.