

# Top Five High School Tips for Foster Youth

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## 1.) Progress in High School:

- Have I met with my school guidance counselor to make sure I'm taking the right classes?
- Do I have a planner to keep track of deadlines, and do I check my email regularly?
- Do I have a mentor who can check in on my progress, and help me stay on track?
- Do I know the FAFSA deadline for early consideration?
- Am I planning ahead so that I can take the ACT or SAT test more than once?
- Do I know what will be asked on a common application?
- Have I written a draft for my college admission essay and shared with others for feedback? Do I know who I'm planning to ask for recommendation letters?
- Are all of my transcripts and academic records accessible and up-to-date?

## 2.) What if I can't track down my transcripts and academic records?

- **Every Student Succeeds Act (ESSA):** Requires schools and child welfare agencies to abide by specific guidelines and provide resources to ensure improved educational outcomes for children in foster care. Contact: [essa@education.ohio.gov](mailto:essa@education.ohio.gov)
- **Capital Law School's Family and Youth Advocacy Center** provides free legal assistance to foster youth ages 16-24 that includes tracking down transcripts and academic records. Contact: (614) 236-7236 or [fyac@law.capital.edu](mailto:fyac@law.capital.edu)

## 3.) College/Universities I'm Considering:

- Does my list of colleges include schools I can definitely be accepted at, as well as dream colleges, so that no matter what, I have a back-up option?

## 4.) How can I find out about scholarships?

- **The Ohio Department of Higher Education** has information about financial Aid, state Grants and scholarships: 1-800-AFFORD-IT (233-6734).  
Website: <https://www.ohiohighered.org/students/pay-for-college>

## 5.) College Testing:

- **ACT:** Your high school guidance counselor can help you with free registration for up to two ACT tests
- **SAT:** You can apply for free registration for up to two SATs, two SAT Subject Tests, and four college application fee waivers by contacting the College Board's Midwestern Regional Office, (866) 392-4086.