

## ABCD Study: University of Minnesota

---

### Post-Secondary Education & Career Resources

Thank you for participating in the ABCD Study! Here are some resources we give to all of our participants.

---

#### **COLLEGE & UNIVERSITY RESOURCES**

##### *General Higher Education Information*

###### **Minnesota Office of Higher Education**

*Learn about planning for a higher education and financial information*

- Website: <https://www.ohe.state.mn.us/>
- Explore Minnesota colleges and career schools
  - <https://www.ohe.state.mn.us/mPg.cfm?pageID=64>
- See scholarships offered by Minnesota institutions
  - <http://www.ohe.state.mn.us/sPages/scholarshipsAll.cfm>

###### **Life After Now**

*Life After Now is a podcast where students can listen to everyone from current college students to experts discuss higher education*

- Website: <https://www.lifeafternowpodcast.mn.gov/>
- You can find the podcast on [Apple Podcasts](#), [Spotify](#), [Google Podcasts](#), [Stitcher](#), [Breaker](#) or [Pocket Casts](#)

##### *College Planning Resources*

###### **College Planning Workbook**

*Keep track of information for applying to colleges and scholarships and compare where you want to go*

- Link: [https://docs.google.com/spreadsheets/d/1f6QX-rsFqRtustaWlsuxSBAyJw9WXf\\_5yZP7NKgs90A/copy](https://docs.google.com/spreadsheets/d/1f6QX-rsFqRtustaWlsuxSBAyJw9WXf_5yZP7NKgs90A/copy)

###### **Get Schooled**

*A national non-profit organization dedicated to helping young people get to college and find first jobs*

- Website: <https://getschooled.com/journey/get-to-college/>
- Ofrece recursos en Español
  - <https://getschooled.com/journey/get-to-college/recursos-en-espanol-resources-in-spanish/>

###### **Education Planner**

*A one-stop career and college planning website*

- Website: <http://www.educationplanner.org/index.html>

###### **Achieve Twin Cities**

*Provides Minneapolis and Saint Paul public school students with career and post-secondary planning guidance and resources*

- Website: <https://www.achievetwincities.org/>

## ABCD Study: University of Minnesota

---

### Post-Secondary Education & Career Resources

#### College Possible

*Starting in a student's junior year of high school and continuing on through college, students are connected with our coaches to help them learn to navigate college preparation and persistence*

- Website: <https://collegepossible.org/>
  - Find the application [here](#)
- The program begins during a student's junior year, so apply early!

#### Project Success

*Provides Admission Chats, College Conversations podcast, and other free resources, and offers college tours and workshops for students at partnering Minneapolis Public Schools*

- Website: <https://www.projectsuccess.org/>
  - Admission Chats can be found [here](#)
  - Current College Connect and College Success workshops can be found [here](#)
  - Other college and career resources can be found [here](#)
- The College Conversations podcast explores various college, career, and life-skills topics with Minneapolis Public School students and experts
  - Podcasts can be found on [Spotify](#), [Apple Podcasts](#), or on the Project Success [website](#)
  - Each podcast episode also has a webpage dedicated to additional resources

### Finding Colleges

#### US News College Ranking

*Expert advice, rankings, and data to help you find the best college for you*

- Website: <https://www.usnews.com/best-colleges>

#### College Board Search Tool

*Offers personalized recommendations and access to PSAT/NMSQT, SAT, and AP scores, and more*

- Find the right college for you using the [online search tool](#)

#### College Confidential

*Free college planning and guidance*

- Website: <https://www.collegeconfidential.com/colleges/>

### Financial Aid

#### Federal Student Aid

*Free Application for Federal Student Aid (FAFSA)*

- Website: <https://studentaid.gov/>

#### Minnesota Office of Higher Education

*Information and resources about financial aid and paying for college*

- Website: <http://www.ohe.state.mn.us/mPg.cfm?pageID=888>

## ABCD Study: University of Minnesota

---

### Post-Secondary Education & Career Resources

#### Minnesota State Grant

*Helps low- to moderate- income families pay for educational expenses at eligible Minnesota schools*

- Website: <https://www.ohe.state.mn.us/mPg.cfm?pageID=138>
  - Eligible institutions: <https://www.ohe.state.mn.us/sPages/stateGrantSchools.cfm>
  - If you have questions, email [info.ohe@state.mn.us](mailto:info.ohe@state.mn.us)
- To apply, complete the [Free Application for Federal Student Aid \(FAFSA\)](#)
  - Must be a Minnesota resident
  - Must reapply every year to qualify
- Undocumented students can apply for a Minnesota State Grant by completing the [MN Dream Act application](#)

#### Federal Pell Grant

*Federally funded grant to assist low-income families with academic expenses*

- Informational websites
  - Minnesota: <https://www.ohe.state.mn.us/mPg.cfm?PageID=139>
    - Additional information for Minnesota residents
  - Federal: <https://studentaid.gov/understand-aid/types/grants/pell>
- Eligibility
  - Students with family incomes up to \$65,000 may be eligible for Pell Grants, but most Pell awards go to students with family incomes below \$30,000
  - There is no charge to apply for a Federal Pell Grant
  - Additional eligibility considerations can be found here: <https://www.ohe.state.mn.us/mPg.cfm?pageID=182>
- To apply, complete the [Free Application for Federal Student Aid \(FAFSA\)](#)
  - Must reapply every year to qualify

#### College Scholarship Service (CSS) Profile

*The CSS PROFILE is required by many private colleges and universities to determine your eligibility for non-government financial aid, such as the institution's own grants, loans, and scholarships*

- Website: <https://cssprofile.collegeboard.org/>
- Participating institutions: <https://profile.collegeboard.org/profile/ppi/participatingInstitutions.aspx>
- Learn how to apply: [https://www.proprofs.com/training/course/?title=css-profile-overview\\_610a8b71a66f7](https://www.proprofs.com/training/course/?title=css-profile-overview_610a8b71a66f7)
- Fee waivers: <https://cssprofile.collegeboard.org/fee-waivers>
  - Domestic undergraduate students may submit CSS Profile for free if:
    - Family adjusted gross income is under \$100,000
    - The student qualified for an SAT fee waiver
    - The student is an orphan or ward of the court under the age of 24
  - CSS Profile for noncustodial parents of domestic undergraduate students is free to submit for noncustodial parents whose family adjusted gross income is up to \$100,000

## ABCD Study: University of Minnesota

---

### Post-Secondary Education & Career Resources

#### Scholarships

##### Wallin Education Partners

*Works to enable college and career success for Minnesota students with financial need through scholarships, comprehensive advising support, and collaboration with our educational, business, and philanthropic partners*

- Website: <http://wallinpartners.org/>
  - There is a 2-year program for students attending a partnering community college
  - There is a 4-year program for students attending an eligible university

##### Page Education Foundation

*The Page Grant is awarded to students of color who graduate from a Minnesota high school, attend a 2- or 4-year program at a Minnesota post-secondary institution, and agree to complete a service to children project*

- Website: <https://www.page-ed.org/>
- New Application: <https://www.page-ed.org/apply/new-applicants/>
  - Grants range from \$1,500 to \$2,500
  - Applications are due by April 1<sup>st</sup>

##### LeadMN

*Offers 11 different scholarships to Minnesota students for 2-year, 4-year, and technical programs*

- Website: <https://www.leadmn.org/scholarships>

##### Scholarship America

*Allows students to browse national and state-specific scholarships and awards the American Scholarship Dream Award to students who have overcome hardship and completed a year of post-secondary education*

- Website: <https://scholarshipamerica.org/students/browse-scholarships/>
- Information on the Dream Award: <https://scholarshipamerica.org/students/browse-scholarships/apply-for-the-dream-award/>

#### Work College Consortium

*Work colleges are four-year, degree granting, liberal arts institutions that engage students in the purposeful integration of work, service, and learning*

- Website: <https://workcolleges.org/>
- Member colleges: <https://workcolleges.org/colleges>
- At work colleges, all students work, typically 8-15 hours per week, and their work is used to reduce the cost of attendance

#### Federal Work-Study

*Provides part-time jobs for undergraduate and graduate students with financial need, allowing them to earn money to help pay education expenses*

- Website: <https://studentaid.gov/understand-aid/types/work-study>

### Post-Secondary Education & Career Resources

#### Applications

##### College Board Applying 101

Answers to FAQs about applying to college

- Website: <https://bigfuture.collegeboard.org/plan-for-college/applying-to-college>

##### Multi-Institution Application Programs

Some programs allow you to apply to many different schools through them. You still have to pay the fee for each application, but the application process is streamlined to be more convenient.

- **Common App**  
You can apply to around 900 schools through the Common App
  - Website: <https://www.commonapp.org/>
- **Universal College Application**  
You can apply to around 800 schools through the Universal College Application
  - Website: <https://www.universalcollegeapp.com/>
- **Coalition for College**  
You can apply to around 150 schools through the Coalition for College
  - Website: <https://www.coalitionforcollegeaccess.org/>

##### Apply Directly Through the Institute

Most institutions will tell you how to apply somewhere on their website

- University of Minnesota: <https://umntc.mycollegeapplication.org/Login.aspx>

##### College Essay Guy

Ethan Sawyer is a nationally recognized college essay expert and the author of the Amazon bestsellers *College Essay Essentials* and *College Admission Essentials*. Through his blog, *College Essay Guy*, he provides some free and some paid resources for college applications. If you are unable to afford the paid resources, you can apply to pay-what-you-can.

- Free resources
  - <https://www.collegeessayguy.com/free-resources>
- You can also watch past seminars at the College Essay Guy YouTube channel
  - <https://www.youtube.com/channel/UCh3V2VU1UcZEDr6E3ztsFkA>
- Podcasts
  - In the podcasts, experts in fields such as admissions, financial aid, test prep, and more are interviewed, and their advice is distilled into practical steps for students
  - You can listen on iTunes, Android, Stitcher, or the website
    - Website: <https://www.collegeessayguy.com/podcast>

## ABCD Study: University of Minnesota

---

### Post-Secondary Education & Career Resources

#### **University of Minnesota – Twin Cities**

##### **Admissions**

*Curiosity is what drives us to discover*

- Admissions main webpage: <https://admissions.tc.umn.edu/>
- College Planning Page: <https://admissions.tc.umn.edu/college-planning-tips-students-and-families>
- Parent and Family Resources: <https://admissions.tc.umn.edu/family-counselor-info/parent-family-resources>
- ACT / SAT Information: <https://admissions.tc.umn.edu/admissions/freshman-admission/act-sat-information>

##### **Finances**

*One-stop financial services*

- Website: <https://onestop.umn.edu/finances>
- Net Price Calculator: <https://admissions.tc.umn.edu/cost-aid/cost-aid-scholarships/net-price-calculator>

##### **Minnesota Cooperative Admissions Program**

*The University of Minnesota – Twin Cities has teamed up with seven public two-year campuses around Minnesota to guarantee admission to UMN with the completion of a two-year degree at one of the public colleges*

- Website: <https://admissions.tc.umn.edu/mncap-minnesota-cooperative-admissions-program>
- MNCAP Admissions Guarantee Form: <https://admit.umn.edu/register/MNCAPForm>
- Note: Some programs or majors have more requirements

##### **Midwestern Student Exchange Program**

*If you are a Minnesota resident, you may qualify for reduced tuition at institutions in Illinois, Indiana, Kansas, Michigan, Missouri, Nebraska, and Wisconsin. Institutions agree to charge no more than 150% of in-state tuition. All enrollment decisions are made at the discretion of the receiving campus and campuses may set specific admission requirements.*

- Websites:
  - Midwestern Student Exchange Program: <https://msep.mhec.org/>
  - Information for Minnesota students: <http://www.ohe.state.mn.us/mPg.cfm?pageID=126>

##### **Reciprocity**

*Minnesota has agreements with Wisconsin, North Dakota, and South Dakota to provide lower tuition for Minnesota residents to attend public universities in those states*

- Website: <http://www.ohe.state.mn.us/mPg.cfm?pageID=97>
- Application
  - Online: <https://www.ohe.state.mn.us/ssl/reciprocity2022/index.cfm>
  - Paper: <http://www.ohe.state.mn.us/mPg.cfm?pageID=1288>

### Post-Secondary Education & Career Resources

#### Articles

##### **“Here’s Every College That Offers 100% Financial Aid”**

*Explains what “demonstrated financial need” means and lists schools that cover 100% of demonstrated financial need with and without loans*

- Link: <https://blog.prepscholar.com/colleges-that-offer-complete-financial-aid>
- Article by Mary Ann Barge, MA

##### **Articles in US News Education**

*US News Education provides rankings, tools, and advice for students and their families*

- General Website: <https://www.usnews.com/education>
- “15 Colleges with Affordable Out-of-State Tuition”  
*Provides US News Ranking, out-of-state tuition and fees, and undergraduate enrollment of the 15 colleges with the most affordable out-of-state tuition*
  - Article by Travis Mitchell and Josh Moody
  - Link: <https://www.usnews.com/education/best-colleges/slideshows/10-colleges-with-affordable-out-of-state-tuition>
- “Understanding Financial Aid for College: A Guide”  
*A guide on what financial aid is, the types of financial aid, how schools award financial aid, and more*
  - Article by Farran Powell, Emma Kerr, and Sarah Wood
  - Link: <https://www.usnews.com/education/best-colleges/paying-for-college/articles/an-ultimate-guide-to-understanding-college-financial-aid>
- “10 Sites to Kick Off Your Scholarship Search”  
*10 places for students to start their search for scholarships*
  - Article by Deborah Ziff Soriano
  - Link: <https://www.usnews.com/education/best-colleges/paying-for-college/articles/2017-09-14/10-sites-to-kick-off-your-scholarship-search>

##### **Articles from College Confidential**

*College Confidential is a free platform that provides advice for students applying to colleges on everything from choosing a college to financial aid*

- General Website: <https://www.collegeconfidential.com/>
- “HS Student Reveal Their Top 5 Favorite College Search Apps”  
*The article lists the top 5 college search apps according to high school students and some of the reasons why they liked the apps*
  - Article by Torrey Kim
  - Link: <https://www.collegeconfidential.com/articles/hs-students-reveal-their-5-favorite-college-search-apps/>

### Post-Secondary Education & Career Resources

- “What is Parents’ Role in the College Process?”  
*This article discusses when parents should support their teens in the college application process and when parents should step aside*
  - Article by Cynthia Clumeck Muchnick, MA and Jenn Curtis, MSW
  - Link: <https://www.collegeconfidential.com/articles/parents-role-in-college-admissions-process/>
- “5 FAFSA Tips for Applicants with Divorced Parents”  
*This article provides easy to understand interpretations of the FAFSA rules to answer commonly asked questions about filling out the FAFSA for students with divorced parents*
  - Article by Torrey Kim
  - Link: <https://www.collegeconfidential.com/articles/fafsa-divorced-parents/>
- “4 Mistakes to Avoid When Creating Your College List”  
*This article lists four common mistakes when making a college list to help students make a list of colleges that they are excited to apply to and attend*
  - Article by Joy Bullen
  - Link: <https://www.collegeconfidential.com/articles/mistakes-to-avoid-when-creating-college-list/>

### Books

#### Books from The Princeton Review

*The Princeton Review is a college admissions service company that offers advice on college prep, applications, testing, and more. You can find many of their books at the Hennepin County Library.*

- **The Best 387 Colleges**  
*Provides detailed profiles and rankings of colleges in dozens of categories along with information and application tips.*
  - Book by Robert Franek
  - [Available on Amazon \(2022\)](#)
  - Available at the Hennepin County Library (2021)
- **Paying for College, 2022: Everything You Need to Maximize Financial Aid and Afford College**  
*Annual guidebook with line-by-line instructions to filling out the FAFSA and consumer friendly advice for minimizing college costs*
  - Book by Kalman Chany
  - [Available on Amazon \(2022\)](#)
  - Available as an e-book at the Hennepin County Library (2022)
- **The Best Value Colleges: 200 Schools with Exceptional ROI for your Tuition Investment**  
*Offers profiles for 200 picks of top-value schools based on 40+ data points*
  - Book by Robert Franek
  - [Available on Amazon \(2019\)](#)
  - Available at the Hennepin County Library (2019)



### Post-Secondary Education & Career Resources

- **Fiske Guide to College 2023**  
*Shares profiles of 320 colleges including information from students and guides for prospective students to focus on important factors when choosing colleges*
  - Book by Edward Fiske
  - [Available for pre-order on Amazon](#)
  - Pre-ordered at the Hennepin County Library
- **Colleges Worth Your Money: A Guide to What America's Top Schools Can Do for You**  
*Provides profiles of 200 top colleges and data and commentary on each college's merit and need-based aid awards, average student debt, and starting salary outcomes*
  - Book by Andrew Belasco
  - [Available on Amazon \(2023\)](#)
  - Available at the Hennepin County Library (2022)

### CAREER AND TECHNICAL EDUCATION

#### Overview

- Trade schools, also called career schools, vocational schools, or technical schools, teach students curriculum based on a specific skilled trade
- Apprenticeships are learning a skill or trade on the job, and you can start earning money right away
- Trade school students and apprentices typically need to have at least graduated high school or have the equivalent of a high school education, like a GED, although there are some apprentice programs that may allow students to start learning the trade while still in high school

#### Apprenticeships

##### **Minnesota Department of Labor and Industry**

*Provides information about occupations and employers hiring apprentices, answers questions, and offers support, but does not supply apprenticeships*

- Website: <https://www.dli.mn.gov/business/workforce/be-apprentice>
- Registered apprenticeship employers and programs:  
<https://secure.doli.state.mn.us/apprenticeshipsponsor/>
  - Provides location, occupation, and contact information of registered apprenticeship programs and employers

##### **Minnesota State CareerWise**

*Information about what an apprenticeship is and the options for apprenticeships in Minnesota*

- Website: <https://careerwise.minnstate.edu/education/apprenticeships.html>
- Registered Apprenticeship
  - One of the options for apprenticeships in Minnesota
  - Includes structured, on-the-job training in a skill or trade
  - Provides information about finding and applying to programs and what a program might entail
  - Link: <https://careerwise.minnstate.edu/education/registered-apprenticeship.html>

## ABCD Study: University of Minnesota

---

### Post-Secondary Education & Career Resources

#### **Apprenticeship.gov**

*Provides information about apprenticeship programs nationally*

- Website: <https://www.apprenticeship.gov/>
- Apprenticeship finder
  - <https://www.apprenticeship.gov/apprenticeship-job-finder>

#### **Licensed Minnesota Career Schools**

*Institutions approved to offer postsecondary education below the associate degree level in Minnesota. Includes some out-of-state institutions providing online components.*

- Website: <https://www.ohe.state.mn.us/sPages/141Insts.cfm>

#### **Career One Stop**

*Find training programs, colleges, and universities in your area*

- **Website:** <https://www.careeronestop.org/FindTraining/find-training.aspx>
  - Must enter either program or college you want to find information about in key words

#### **JobCorps**

*Career technical training and education program for low-income or at-risk young people*

- **Website:** <https://www.jobcorps.gov/>
- **Phone number:** 1-800-733-5627

#### **Minnesota State**

*37 state colleges and universities in Minnesota with 3,885 academic programs including specialized and occupational training*

- Website: <https://www.minnstate.edu/>
- Search programs, campuses, and courses: <https://www.minnstate.edu/campusesprograms/index.html>

### **JOBS & INTERNSHIPS**

#### **Career Planning**

##### **My Next Move**

*Allows individuals to browse career paths and information about specific jobs such as what is done in a job, the skills and abilities needed, the training needed, job outlook, and more*

- Website: <https://www.mynextmove.org/>
- The O\*NET Interest Profiler helps you decide what kinds of careers you might want to explore: <https://www.mynextmove.org/explore/ip>

### Post-Secondary Education & Career Resources

#### Internships

##### Genesys Works

*Actively expanding career pathways and opportunities for youth from underserved communities while filling critical talent gaps by providing training, support, and internships to young people who have big career aspirations, but little to no access to the networks needed to help them achieve their dreams*

- Website: <https://genesysworks.org/>
  - Twin Cities location: <https://genesysworks.org/twin-cities/about-us/>
- Note: This program starts the summer before senior year with training and an internship, as well as college application advising during senior year

##### Step Up

*The Step Up program through Achieve Twin Cities is for Minneapolis youth ages 14-21. You will receive work readiness training and then participate in either a paid internship or paid career exploration program during the summer.*

- Website: <https://re-stage-achievempls.pantheonsite.io/stepup>

#### Job Hunting

##### Indeed

*Indeed is 100% free for job seekers and does not require an account. Job postings are listed for every industry, experience level, and workstyles (full-time, part-time, remote, etc.).*

- Website: <https://www.indeed.com/>

##### Glassdoor

*Search active job listings and be emailed curated lists of job opportunities. Each job listing includes information about the position, company, and how to apply, as well as anonymous reviews of the company and salary and benefits.*

- Website: <https://www.glassdoor.com/index.htm>
  - You need an account to access the job listings posted
    - Information on the types of accounts available can be found [on their website](#)

##### Monster

*Monster provides free job listings for all levels of experience and workstyles (full-time, part-time, remote, etc.). Some of the job listings require an account to apply and some listings provide links to other websites to apply.*

- Website: <https://www.monster.com/>

##### “30 Great Jobs for High School Graduates”

*This article provides a list of jobs for high school graduates, including the average national salary, expected job growth by 2030, and primary duties. Some of the jobs provide training on the job and others may require trade school or certifications.*

- Article by Indeed Editorial Team
- Link: <https://www.indeed.com/career-advice/finding-a-job/jobs-for-high-school-graduates>

### Post-Secondary Education & Career Resources

#### Job Applications

##### **“18 Résumé Writing Tips to Help You Stand Out”**

*This article gives 18 tips with explanations for how to make your resume stand out*

- Article by Allison Pohle
- Link: <https://www.wsj.com/articles/18-resume-writing-tips-to-get-you-noticed-11605107446>

##### **“Writing a High School Resume that Stands Out”**

*This article gives tips about how to create a well written resume and provides links to further information about each part of the resume*

- Article by ASVAB Career Exploration Program
- Link: <https://www.asvabprogram.com/media-center-article/64>

##### **“How to Write a Cover Letter”**

*This article goes over the key Do’s and Don’ts of writing a cover letter*

- Article by Amy Gallo
- Link: <https://hbr.org/2014/02/how-to-write-a-cover-letter>

##### **“How to Write an Entry Level Cover Letter (With Examples)”**

*This article explains what a cover letter is and how to write one with minimal experience*

- Article by Indeed Editorial Team
- Link: <https://www.indeed.com/career-advice/resumes-cover-letters/how-to-write-an-entry-level-cover-letter-with-examples>
- Note: The Indeed Editorial Team has also written an article with the same information for students with little to no work experience
  - Link: <https://www.indeed.com/career-advice/resumes-cover-letters/sample-cover-letter-for-high-school-student-with-no-work-experience>

##### **“How to Write a Cover Letter in 2022: A Beginners Guide”**

*This article explains what a cover letter is, why it is important, and gives a step-by-step walk through of how to write a good cover letter with examples*

- Article by Andrei Kurtuy
- Link: <https://novoresume.com/career-blog/how-to-write-a-cover-letter-guide>
- Note: Kurtuy also wrote an article on the 11 most common mistakes made when writing a cover letter
  - Link: <https://novoresume.com/career-blog/cover-letter-mistakes>

#### Job Interviews

##### **“How to Prepare for a Behavioral Interview”**

*This article explains what a behavioral interview is and how to prepare yourself for the interview*

- Article by Indeed Editorial Team
- Link: <https://www.indeed.com/career-advice/interviewing/how-to-prepare-for-a-behavioral-interview>

### Post-Secondary Education & Career Resources

#### **“21 Job Interview Tips: How to Make a Great Impression”**

*This article gives 21 tips on what to do before, during, and after a job interview to make the best impression you can*

- Article by Indeed Editorial Team
- Link: <https://www.indeed.com/career-advice/interviewing/job-interview-tips-how-to-make-a-great-impresion>

#### **US Department of Labor Interview Tips**

*Tips to prepare for, during, and after a job interview*

- Link: <https://www.dol.gov/general/jobs/interview-tips>

### **Books**

#### **Resume 101: How to Write an Effective Resume, LinkedIn Profile, and Cover Letter”**

*Provides information on how to write resumes and cover letters, answer questions in job interviews, and navigate job sites like Indeed, LinkedIn, Glassdoor and more*

- Book by Steven Mostyn
- [Available on Amazon](#)
- Available at the Hennepin County Library

#### **“Bound-for-career Guidebook: A Student Guide to Career Exploration, Decision Making, and the Job Search”**

*An informative walk through of careers starting from exploration to maintenance and growth, including education and job search*

- Book by Frank Burtnett
- [Available on Amazon \(2021\)](#)
- Available at the Hennepin County Library (2021)
  - eBook and hard copy available