



Welcome!

Adam Ryland

aryland@stfrederickhigh.org



*“Best College Prep
in Ouachita
Parish”*





Graduation &
Baccalaureate **May
13th**

Becky has left
Graduate Sales:
in good hands with
Jostens (already has
copy of diploma, etc
– will schedule a
meeting this fall)

Cap & Gown
pictures during
midterms (Tannehill
will organize)



College-Bound FAQ

- ▣ What are credit hours?
- ▣ How many hours do I need in college?
- ▣ When should I apply?
- ▣ How do you “CLEP” a class?
- ▣ How much does TOPS pay?
- ▣ What is FAFSA?
- ▣ How do I sign up for the dorm?
- ▣ Should I declare a major?

College Applications

Applying for College

Factors to consider:

- ▣ Affordability
- ▣ Degree programs
- ▣ Size of student body
- ▣ Campus culture
- ▣ Location

Materials needed:

- ▣ Transcript
- ▣ Test scores (ACT/SAT)
- ▣ College credits
- ▣ Letters of recommendation
- ▣ Application essay

Virtual and Personal Visits

- College visits are **excused** absences (count towards total)
- Virtual visits can tell you a lot
 - Cost and entrance requirements
 - Degree plans
 - Housing and on-campus activities
- College visits come in two varieties:
 - Personal - can be tailored to your plans
 - Group - meet other students, pep rally atmosphere
- Check websites for “incoming freshmen”

Some Examples

■ Virtual tours and videos

■ Campus tours and events

- Louisiana Tech - Time Out For Tech - Nov 1st 9:30 am
- UL Lafayette - Preview Days - throughout the fall
- U of Arkansas - Razorback Reveal - Sep 20th
- LSU - Kickoff LSU
- ULM - Browse on the Bayou - Nov 1st
- Mississippi State - Preview Days - three in the fall

What's required?

- Undergraduate Admissions (example: LSU)
- Common App (over 1100 schools)
 - Walkthrough video
- Applications through the university only
- Letters of recommendation
 - Counselor, teachers, personal
- Application essays (common app)
- Honors College - Why Honors?



Should I Declare a Major"

YES

- ▣ You are certain what comes next (i.e. graduate school)
- ▣ You have examined the curriculum and feel ready for the required coursework

NO

- ▣ You are unsure about your professional goals
- ▣ You want to start with basics that will apply to any degree program

Be aware that some scholarships and dorms are college-specific

Housing?

Most schools have a housing policy for incoming freshmen.

- ▣ Exceptions for residency (i.e. 30-70 mile radius)
- ▣ Meal plans
- ▣ Declining balance

Housing apps begin **after acceptance** and **require a deposit**

- ▣ Some are quite early (i.e. Tech is in October, so is Miss St)
- ▣ “Good” dorms are claimed early
- ▣ Pros and cons to having roommate already selected

Scholarships

How do I apply for scholarships?

- **FAFSA** is your friend (*opens October 1st, 2025*)
 - Free Application for Federal Student Aid
 - Uses last tax year information
 - Grants, loans, and work study
 - YouTube Channel

- **TOPS** is also your friend (if going in state)
 - Taylor Opportunity Program for Students
 - Min TOPS core GPA 2.5 + ACT Comp no lower than 20
 - Do NOT have to fill out both

SFHS and TOPS

CARROLL HIGH SCHOOL	PUBLIC	58	8	13.8%
CLAIBORNE CHRISTIAN SCHOOL (CG	NONPUBLIC	15	4	26.7%
NEVILLE HIGH SCHOOL	PUBLIC	162	33	20.4%
OUACHITA CHRISTIAN SCHOOL (CC)	NONPUBLIC	43	7	16.3%
OUACHITA PARISH HIGH SCHOOL	PUBLIC	172	32	18.6%
QUESTTECH LEARNING	NONPUBLIC	3	0	0.0%
RICHWOOD HIGH SCHOOL	PUBLIC	26	2	7.7%
RIVER OAKS SCHOOL	NONPUBLIC	12	2	16.7%
ST. FREDERICK HIGH SCHOOL (C)	NONPUBLIC	30	14	46.7%
STERLINGTON HIGH SCHOOL	PUBLIC	77	22	28.6%
WEST MONROE HIGH SCHOOL	PUBLIC	280	86	30.7%
WEST OUACHITA HIGH SCHOOL	PUBLIC	137	38	27.7%
WOSSMAN HIGH SCHOOL	PUBLIC	116	18	15.5%
SubTotal		1131	266	23.5%

TOPS amounts

“**House Bill 77** by Rep. Chris Turner, R-Ruston, creates the TOPS Excellence award, which is available to any student with a **3.5 grade point average and a score of 31 or higher on the ACT** or an equivalent score on a similar exam. The scholarship will provide tuition and fees at the Louisiana public university the student chooses or \$12,000, whichever is less.”

TOPS Award Amounts for 2025-2026 (pdf)

Varies by school:

- LSU = 7500-8200
- ULM = 5700-6500

Scholarships?

■ Through Testing Organizations

- College Board
- ACT



■ Through the university of your choice

- University websites (LSU)
- Scholarship Portals (LSU)
- Degree websites (LSU)
- Non-resident (Arkansas)



Scholarships

Through the state:

- LOSFA (Louisiana Office of Student Financial Assistance)



Through free and/or subscription sites:

- Student Scholarships
- Fastweb (Top 25)
- Scholarships.com
- Scholarships360
- College Grants Database



Scholarships?

There are also scholarships available specifically for **incoming freshmen** (based on GPA and ACT):

- University of Louisiana at Monroe
- Louisiana Tech University



College Credits

What are college credits?

College credits (hours) are different than HS credits.

- Most classes are counted as **three hours** - based on the amount of time you spend in that class each week
- Freshman seminar (and other “first-year experience” classes) and labs are typically counted as **one hour**
- Typically you need **30 hours per year** to advance and at least **120 hours total** to graduate
- Each major has its own required curriculum, which can be found on the department’s website

What courses do I need for my major?

Each major has its own required curriculum, which can be found on the department's website:



Example: LSU

- Graphic Design
- Pre-Medicine



Example: ULM

- Construction Management
- Nursing

Dual Enrollment

How do I know which credits transfer?

Most dual enrollment classes are “General Education Requirement” courses, or courses that most majors require:

- English 101/102
- College Algebra and Trigonometry
- Social Sciences & Histories

You can check these equivalencies through the degree program and through the Registrar

- Ex. LSU
- Ex. U of A
- Ex. Louisiana Tech

Placement Tests

What is AP?

- AP stands for **Advanced Placement**
- Coursework is college preparatory
- AP designation on transcript
- AP exams are scored on a scale of 0-5
- AP exams are taken during the first two weeks of May:
 - AP exam 2026 schedule



FAQ's

Can St. Fred's students take as many AP exams as students at other area high schools?

★ **YES, absolutely**

How much do these exams cost?

★ **Exams cost \$100 each**

AP Exams and Credit

- ★ Public schools receive funding for every student enrolled in an AP or DE course
- ★ As a result, enrollment numbers are significantly higher than pass rates
- ★ Only those students passing the exams receive AP credit on the transcript
- ★ AP credit in college is determined by the university
 - LSU
 - Auburn
 - Tulane

Advanced Placement

SF students can take the following AP/DE courses, for either DE credit or AP credit :

- ▣ AP English Language and Composition
- ▣ AP United States History
- ▣ AP World History: Modern
- ▣ AP Precalculus
- ▣ AP Physics
- ▣ AP Chemistry
- ▣ AP Biology
- ▣ AP Psychology
- ▣ AP Art History
- ▣ AP Spanish Language and Culture

How do I sign up?

1. Students receive advising in the Spring about available courses for the following Fall
2. Students/parents indicate interest in AP
3. St. Fred's creates courses through AP
4. Students create a College Board account
5. Students follow the AP Action Plan for School Year
 - a. Join class section
 - b. Log into AP Classroom
 - c. Register and pay for exams

What is CLEP?

College-Level Examination Program® (CLEP)

- ☒ Cost-effective
- ☒ Multiple-choice exams
- ☒ Shorter than the ACT
- ☒ Can take at test center or at home
- ☒ Large variety of subjects
- ☒ Colleges determine scores needed and credits earned

Other Ways to Earn Credit

Credits earned through standardized tests:

- ▣ Louisiana Tech - Testing
- ▣ ULM Credit Policy
- ▣ LSU Early Credit

On-campus Placement Tests:

- ▣ LSU Placement/Credit
- ▣ UL Lafayette Placement & Testing

Standardized Tests



- ▣ In-house state testing for ACT (Fall & Spring)
- ▣ ACT Prep as an elective
 - Test strategies
 - English and Reading
 - Math and Science
- ▣ ACT-style questions in most core classes
- ▣ ACT Boot Camp on campus prior to October testing
- ▣ MyACT Account

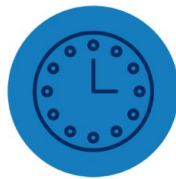
Changes announced in July 2024

TEST YOUR WAY. MORE TIME, LESS PRESSURE.



Shorter Test, Fewer Questions

Think clearly, stay focused throughout, and be done before you know it.



More Time Per Question

Get your best score when you feel less pressure to answer every question quickly.



Optional Science and Writing

Choose if you want to show off your strengths with optional science and writing sections.



Test on Paper or Computer

Boost your confidence and performance by testing the way you are most familiar.

Changes effective in Sept 2025

- The test will be shorter, running about two hours
- Science will be optional, like the writing
- Composite will be based on English, Reading, and Math
- Scores will still be 0-36



2025 | 2026

ACT My Answer Key: October, April, and June

Test Dates	Regular Registration Deadline	Late Registration Deadline	Photo Upload and Standby Deadline
September 6, 2025	August 1	August 19	August 29
October 18, 2025	September 12	September 30	October 10
December 13, 2025	November 7	November 24	December 5
February 14, 2026	January 9	January 23	February 6
April 11, 2026	March 6	March 24	April 3
June 13, 2026	May 8	May 29	June 5
July 11, 2026*	June 5	June 24	July 3



ACT[®]



Sharing your scores!

- Identify your high school **191-835**
- Share scores with up four institutions for free *when you register for a test:*
 - ULM - 1598
 - TECH - 1588
 - **TOPS - 1595**
 - LSU - 1590
- Later, it will cost \$19 per date per report!

BE A
WARRIOR.



Thanks!



Any questions?

You can find me at aryland@stfrederickhigh.org