LEADs EXPERIENCE

College Admission Guidebooks

Advocacy

(noun): the act of supporting a cause or proposal, speaking up for oneself; making informed decisions

by Timothy Fields, Senior Associate Dean of Admission

EMORY

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EMORY UNIVERSITY OVERVIEW

Emory University is a nationally ranked, mid-sized, liberal arts and research university in the progressive and global city of Atlanta. At Emory, student success is the priority for us; this is why faculty at our four undergraduate colleges serve as academic advisers, classmates engage as peer mentors, and staff create tailored 1:1 or group programming.

Resources for First-Gen and Low-Income Students

Emory University has been recognized as an institution of higher education with a demonstrated commitment to improving experiences and advancing outcomes of first-gen college students. We uplift, support, and celebrate our first-gen students at Emory.

Flourish at Emory

Emory University offers a dynamic and inspiring community where students thrive in every aspect of their lives. From challenging academics and meaningful community involvement to prioritizing wellbeing, Emory speaks growth and discovery. With a strong focus on shaping future leaders, the university empowers students to find purpose and make a lasting impact in the world—creating an exciting journey of transformation and success.

Atlanta

Atlanta is the business, technology, entertainment, and health care center of the Southeast, giving you many ways to gain experience and have fun. Atlanta's vitality comes from its varied neighborhoods—each with its own vibe and sensibilities. Atlanta is also home to the world's busiest airport—good for getting to break destinations or to that out-of-town internship. In addition, Atlanta is also top-ranked for internships, places to start a career, being dog-friendly, and having one of the largest populations of college students.

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EMORY UNIVERSITY OVERVIEW, CONTINUED

Fast Facts about Emory

3rd
BEST NURSING SCHOOL

140+
MAJORS AND MINORS TO EXPLORE

14%
FIRST-GENERATION COLLEGE STUDENTS (Emory College Enrolled Class of 2028)

13th
Best Business Undergraduate Program

23
Emory College Average Class Size

400+
STUDENT CLUBS, SPORTS TEAMS, AND PERFORMING ARTS GROUPS

32
UNIQUE FIRST LANGUAGES SPOKEN (EMORY COLLEGE ENROLLED CLASS OF 2028)

100%
OF A STUDENT'S FINANCIAL DEMONSTRATED NEED IS MET

25%
Identify as Black/African American, Hispanic/ Latinx, or Native American (Emory College Enrolled Class of 2028)

2
2 ACADEMIC CAMPUSES (Oxford and Atlanta)

0
STUDENT LOANS IN FINANCIAL AID PACKAGES

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ADVOCACY OVERVIEW

Using this Guidebook

The purpose of our *College Admission Guidebooks* is to facilitate navigation of the college application process for all students. It is divided into four individual sections with the understanding that each of you arrive at the college admission process with different needs and concerns.

While created with the intention for students to begin with Leadership and end with Discovery, you can jump around and explore the sections that will best support your needs. We encourage you to familiarize yourself with the topics in every section by reviewing the table of contents. You can then search for keywords, jump between topics, or read each section from cover to cover. The journey is yours! Please click here to access the Leadership, Enrichment, and Discovery sections.

The Advocacy section discusses topics that can help you see yourself as belonging and flourishing as a leader in college. You will learn to:

- ☑ Craft your narrative through essays and interviews
- ☑ Demystify self-care, self-management, and self-advocacy practices
- ☑ Navigate imposter syndrome
- ☑ Seek first-generation college resources in college
- ☑ Prepare to leave home

From Tim

Our office is called the Office of Undergraduate *Admission* for a reason. Our admission committees are seeking reasons to admit students to our first-year class. We can only make that decision, however, based on the information students share with us through their application. It's for this reason that you must advocate for yourself throughout the process, particularly when you have faced hurdles or challenges that need the additional context to be assessed properly.

Use the various parts of the application to share your personal story and craft a narrative that you feel proud of—and more importantly, that you feel is complete. If you are unsure how something will be perceived or whether it should be included at all, speak up for yourself and find ways to clarify the situation through spaces such as "Additional Information," or ask for a meeting with your high school counselor to further discuss. Don't let your fears of asking for help keep you from making informed decisions.

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DEFINING FIRST-GEN COLLEGE

What Does It Mean to Be a First-Gen College Student?

According to the Center for First-Generation Student Success, being a first-gen college student means that "your parents did not *complete* a four-year college or university degree." It also includes the caveat to ask each specific institution the definition they use, as some may only consider students as first-gen college if their parents *did not ever attend* a four-year college or university.

Regardless of the way institutions define the term, being a first-gen college student is just one identity students hold. Because students are human beings, they are multifaceted and have many different identities.

Student identities might include but are not limited to:

- Their role in their family (sister, son, caretaker)
- Their role in school organizations or the community (teammate, captain, leader)
- Their religious or political affiliations, sexual orientation, or geographic affinity
- Their gender identity (cisgender, gender fluid, part of the LGBTQIA+ community)
- Their race or ethnicity (Hispanic, Black, Indigenous)
- Their generational status (first-gen college, first-gen US, legacy)
- Their socioeconomic status (low-income, high-income)

Each facet of your identity makes you who you are. Your lived experiences and personal backgrounds create the narrative of your story.

If you identify as a first-gen college student, you may encounter the barrier of college admission being unfamiliar and unknown. This barrier may intensify if you are also first-gen US, meaning you are the first in your family to be born in the United States. Students who identify as first-gen might be more

likely to feel like they don't belong. These feelings of imposter syndrome are normal when taking risks and doing something new in completely uncharted waters. However, you shouldn't let the feelings of imposter syndrome deter you from achieving your potential.

Despite the challenges, you are a changemaker

Despite the challenges that come with navigating the college application process as a first-gen college student, you are a **changemaker** for your family, your community, and the institutions you attend. First-gen students are resilient, strong, brave, determined, and self-motivated—you have to be. You are paving a path for future generations, and it's something you should be proud of.

Schools want YOU and students like you who are going to add to the diversity and beauty of the student body—you are resourceful, disciplined, creative, and a risk-taker.

As such, institutions also have a responsibility to provide you with resources to thrive on campus as a first-gen college student. Resources might include specific student organizations on campus, peer mentorship opportunities, academic advising, financial support, and more. If (or when) you feel that imposter syndrome popping up, remember that drive and grit within you. Don't let the fear of asking for help keep you stuck. Instead, reach out for help and seek the resources institutions have in place for students. Additional examples of resources can be found on our following pages.

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NAVIGATING IMPOSTER SYNDROME

Navigate Imposter Syndrome and Avoid Undermatching Because of It

Imposter syndrome is a psychological pattern in which many students, especially first-gen and low-income students, doubt their abilities and accomplishments, feel like a fraud, or believe they don't deserve their success. This is very prevalent as students begin college. **It is very important to know if a college or university admits you, you deserve to be at that school—period**. However, in case you are having any doubts as you begin this process, here are a few things that you can do as you transition into a college or university:

- **Celebrate your successes**, both big and small.
- **Promote a growth mindset**, emphasizing that intelligence and abilities can be developed through dedication and effort.
- **Seek mentorship** from professors, older students, or professionals in your field of interest.
- **Acknowledge and accept feelings of self-doubt.** Knowing that imposter syndrome is a common experience can be reassuring, and realize you are not alone in feeling this way.
- **Identify and challenge negative thoughts** and self-critical beliefs.
- **Develop effective study skills** and time management techniques.
- **Visualize yourself succeeding and thriving** in college.
- Remember **adequate sleep, regular exercise, and healthy eating** habits can contribute to overall well-being and confidence.

By implementing these strategies, you can develop greater self-assurance and resilience as you navigate the challenges and opportunities that come with college life. Remember that building confidence is a gradual process, and it's normal to experience occasional self-doubt. Encouraging a growth mindset and seeking ongoing support can make a significant difference in helping you overcome imposter syndrome and thrive in your college journey.

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NAVIGATING IMPOSTER SYNDROME, CONTINUED

Leaders from marginalized backgrounds have the distinct honor of creating opportunity just by existing. For example, by just being in a position of leadership, leaders of color open the doors for younger people of color to think, "I know this path is possible, simply because someone else that looks like me was able to accomplish it." This is extremely powerful, and I do not take it lightly that I can expose students to a pathway that they didn't think existed.

It also is my motivation for excelling. Because I know that I could possibly open the door for people who look like me, I am driven to be the best researcher and teacher. Beyond just existing, I want people to know that a person that looks like them can also flourish in these spaces… spaces that they were previously never invited into.

—Erika V. Hall, Associate Professor
of Organization & Management

FIRST-GEN COLLEGE RESOURCES

Emory University–Specific First-Gen College Resources

Emory University has been recognized as an institution of higher education with a demonstrated commitment to improving experiences and advancing outcomes of first-gen college students. We uplift, support, and celebrate our first-gen students at Emory.

First-Gen Student resources at Emory include, but are not limited to, the following:

Emory First: This program provides information, mentoring, Emory First social support to first-gen college and low-income students in order to address commonly encountered barriers.

Student Organizations

- **Emory First-Gen Low-Income Partnership (FLIP):** This student-run organization built resources on campus for first-gen low-income students, started a textbook and computer lending program, and secured a professional clothing closet.
- **OxFirst:** This is Oxford College's first-gen student organization.

Common First-Gen Resources

First-generation college student resources at institutions might include:

- Student Organizations
- Tutors and Academic Advisers
- Emotional and Social Support Offices
- Psychological and Well-Being Counseling
- Professors and Administrators
- Peer Mentors and Classmates
- Financial Aid Officers
- Career Center Support
- Financial Literacy Support

As you continue your college search, identifying the type of resources available at each institution is paramount in understanding the support you'll have as an undergraduate student.

FIRST-GEN COLLEGE RESOURCES, CONTINUED

- **Emory Quest Scholars Network (EQSN):** One of the largest Quest Scholars Networks in the nation, EQSN focuses on developing a vibrant, supportive, and engaged community of first-gen and low-income (FGLI) students through social events and mentoring programs.

Empowering First Residential Living Community: The Empowering First Community aims to provide an intentional residential and learning experience for first-gen college students, that builds on current resources and opportunities and works in tandem with offices, faculty, and staff who are committed to the success of Emory's diverse first-gen undergraduate student population.

FirstSTEM: This pre-orientation program provides support to natural science and mathematics students who are the first in their families to attend college or are in identity groups underrepresented in STEM fields.

Emory First-Gen Week: Held in conjunction with National First-Gen Day to celebrate first-gen students, this program asks Emory students, faculty, and staff to self-identify as first-gen and increase campus visibility.

Emory First-Gen and Low Income (FGLI) University Committee: Established in 2020, this committee unites faculty, students, and staff supporting FGLI students and includes representatives from all parts of the campus.

External Partnerships

- Matriculate
- QuestBridge
- College Greenlight
- Strive for College

EXPLORING SELF-CARE

Path to Success: Believing in Yourself

Success comes in various paths. It's a personal journey based on your values, goals, and needs. Your vision of success may change and evolve with time. Give yourself grace and when times get tough, continue to pick yourself up again. After all, Confucius said, "Our great glory is not in never falling, but in rising every time we fall."

It won't be easy to pick yourself up when you're feeling down, but believe in yourself, further develop your confidence, and do things that bring you joy. Finding those moments that bring you joy will help anchor you when you might feel overwhelmed. Create spaces and opportunities for you to develop new skill sets or even sharpen existing ones. Try new things that you're curious about and interested in; you never know where your love of learning will take you.

Part of being successful includes identifying activities for self-care, tasks for self-management, and the courage to self-advocate.

Self-care means "taking the time to do things that help you live well and improve both your physical health and

Examples of Self-Care

The National Institute of Health (NIH) recommends the following tips to get started with self-care:

- Get regular exercise
- Eat healthy, regular meals and stay hydrated
- Make sleep a priority
- Try a relaxing activity
- Set goals and priorities
- Practice gratitude
- Focus on positive
- Stay connected

Try these small daily activities for high imact:

- Read a book
- Take a walk
- Play a board game with your family
- Take a nap
- FaceTime a friend
- Talk with a trusted adult or your high school counselor

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EXPLORING SELF-CARE, CONTINUED

mental health." Students, particularly in their senior year of high school while juggling work, school, college applications, and other activities, may not prioritize self-care. However, self-care is not selfish. It's the way your body and brain recover and heal. And it's the way you regenerate energy and the ability to care for yourself and others.

Find what works for you and don't worry if acts of self-care feel a bit unfamiliar at first. Keep at it and it will become a routine that will benefit you for years to come. Learn more about self-care here.

UNDERSTANDING SELF-MANAGEMENT

Examples of Self-Management

The NIH described setting goals and priorities as a tip for self-care. It can also be a part of self-management. Both practices are interconnected. Self-management is "our capability to better manage our thoughts, regulate our emotions, and hold ourselves accountable for our behaviors." It's important to start developing self-management skills to succeed in both your personal and professional life. **Staying in control of your emotions and avoiding procrastination help not only in school, but in all areas of life by reducing stress and impulsive decision-making.**

Stay organized and be accountable

Consider your needs, values, and goals

- What are the areas in your life that are most important to you and motivate and guide your behavior?
- What are your boundaries? When might you say "no" to prioritize your own goals and well-being?
- What needs to be done now? What will you gain if you finish a task now (perhaps free time for a self-care activity tomorrow)?
- Completing your tasks also furthers your ability to believe in yourself. Your self-confidence will grow with every goal you accomplish.

Track your time and tasks

- Using a calendar to plan your time helps keep a balance between productivity and rest.

Are you intentional with the use of your time? Ways to regulate your emotions include:

Finding an outlet to release stress

- Engage in self-care activities (such as the ones listed above).

Pursuing hobbies that enable you to learn a new skill set or sharpen the skills you have

- Examples could include writing in a journal, exercising, or photography seminars.
- Examples could also include watching TEDx talks, listening to podcasts, or reading informative and educational blogs as well as independent, self-initiated learning (such as learning a new language).

Taking the time to reflect on and process your day

- Understand the challenges you faced so you can identify areas where you might need help and prevent yourself from feeling stuck.
- Identify the goals you accomplished to help you reflect on what you did well and your possible areas of strength.
- Some students might enjoy journaling as part of the reflection process, others might prefer going for a run to clear their mind. There is no right or wrong way to process your emotions.

Engaging in conversation with family, friends, or mental health professionals

- Share your thoughts with others. Perhaps that problem you're facing will feel a bit less stressful or overwhelming by the time you process it with others.
- Family, friends, and advocates are your communities of support. They are there to cheer you on and help you as best they can. Remember that you are not alone!

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IMPORTANCE OF SELF-ADVOCACY

Examples of Self-Advocacy

Self-advocacy is "the art of speaking up for oneself, asking questions, and stating your needs." To state your needs and what you want, you'll need to be able to reflect on your values and goals first. Becoming more self-aware is part of being your true, authentic self. Having the courage to speak up for yourself requires a lot of resilience and bravery. It isn't easy, but it will create a long-lasting impact in your life and the lives of those around you who may face similar challenges.

Self-advocacy can help you further develop your creative problem solving and communication skills. "The more you practice articulating your interests, the better you'll be at developing solutions and speaking up for yourself and others."

As you move through the college application process, self-advocating is extremely important. In admission committees, counselors will only be able to make an admission decision based on the information you've provided in your application. If, for example, you have limited extracurricular activities, counselors may wonder whether you will be a good fit for their campus community. However, if you

- ☑ Nominate yourself for positions
- ☑ Raise your hand in class to share your point of view and offer a different perspective
- ☑ Ask questions and seek clarity where you are unsure
- ☑ Express your needs through polite and respectful conversations
- ☑ Educate yourself on the resources and options around you
- ☑ Join groups or organizations that align and champion your values and goals
- ☑ Seek help and support when needed
- ☑ Search for mentors and advocates who believe in you

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IMPORTANCE OF SELF-ADVOCACY, CONTINUED

self-advocate and share in the additional information section on your application that the reason you don't have a lot of extracurricular activities is because you and your family don't own a car and your long commute to and from school prevents you from staying after school to engage in activities, or because you are responsible for picking up and taking care of your siblings directly after school ends, that extra information provides the necessary context for admission counselors to make a better, more informed decision.

Self-advocating doesn't stop once you finish the college application process. It continues as you transition into college, start your first job, and beyond. It's an important practice towards achieving success. **Remember, self-advocating doesn't always mean you'll get what you ask for, but it does empower you to feel confident in your choices and understand next steps.** If for example you nominate yourself for a leadership position at the university's Student Government Association (SGA) but don't win the election, you will still have gained valuable experience and will know what to do differently if you choose to run again.

Developing the practices of self-care, self-management, and self-advocacy will help you succeed in all areas of your life. Start now—you'll thank yourself later.

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LEAVING HOME

Attending College Out of State

It can be both overwhelming and nerve-wracking as well as exciting and thrilling to consider going out of state for college, particularly as a first-gen student, low-income student, or someone who is very close with their family. It's important to recognize that while unfamiliar, it can be possible to go out of state, and **it might even be more affordable than attending a local community college or public in-state school**. When researching colleges, keep in mind that selective institutions with a strong endowment are able to provide robust financial aid packages, including packages that meet 100 percent of demonstrated need. Keep an open mind as you create your list of colleges and consider a mix of both in-state and out-of-state schools.

Tips for Talking with Your Family about Going out of State

If cost is a concern:

- Review the financial aid section in our Enrichment guidebook which discusses terms such as "demonstrated need" and "cost of attendance," and discuss the implications for your family.
- Review financial aid resources such as MyInTuition and Net Price Calculator, which give you a general idea of what your financial aid package might look like at specific institutions.
- Review institution-specific financial aid offerings and/or available merit-scholarships.
- Discuss what your family contributions might be, and as a family decide the types of colleges that might be financially accessible.

If being far away from home is a concern:

- Consider scheduling check-in calls, FaceTime video chats, or weekly updates.
- Consider creating a family group chat to keep everyone updated.
- Review safety measures and campus life resources at the colleges you are applying to.

LEAVING HOME, CONTINUED

If you are responsible for household duties:

- Consider your capacity for continuing these responsibilities while in college and what might need to change. Creating a plan with your family proactively to transition or continue these responsibilities will reduce their source of anxiety.

Duties could include:

- Translation/interpretation services
- Paying household bills
- Tutoring your sibling or family members
- Processing household payments online

Part of this process will require you as the student to do research and get informed so that you can share the knowledge with your family and they in turn can feel a part of your decision-making process. Having open and honest conversations related to financial aid, family, community, and culture will set you up for success in the future.

How to Mentally and Emotionally Prepare to Leave Home

To prepare mentally, emotionally, and socially to leave home, consider the following:

- Schedule time with your family, friends, and advocates to reminisce on good times and to celebrate your new chapter ahead.
- Thank your teachers and school administrators who have been pivotal in your education and ask to keep in touch via email.
- Decide on a few self-care activities to help you decompress when you feel stressed.
- Ensure you're knowledgeable on tasks you'll need to do in college such as laundry and ironing.
- Decide on the items that might be too valuable to take to college or share with a roommate.
- Eat at a local restaurant or visit your favorite spots.
- Bring your favorite nonperishable snack, or a flower or plant that reminds you of home.

Pack items that are meaningful to you and will ground you, such as:

- A photo album of your family and friends
- Your favorite coffee
- Your favorite sweater or blanket
- Board or video games that you play with others
- Your favorite stuffed animal

Consider family traditions or personal routines that you can continue in college such as:

- Watching a recap of your favorite tv show together
- Praying before bed
- Going for a daily morning run

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LEAVING HOME, CONTINUED

Benefits of Living on Campus

You will have a greater chance of staying in school and finishing your degree if you live on campus than if you live off campus or commute from home. Retention, in the context of college, refers to the act of students continuing their enrollment and staying at a particular educational institution for a specific period. It is a critical metric used to assess the effectiveness of an educational institution in keeping students engaged and supporting their academic progress. There are several reasons why on-campus living can positively impact your retention:

Increased Engagement: Living on campus gives you access to campus events, clubs, organizations, and academic resources, leading to you being involved on campus and having a sense of belonging.

Proximity to Academic Resources: Living on campus gives you easy access to academic support services, such as tutoring centers, writing labs, and faculty office hours. This proximity can positively influence your academic performance and contribute to staying in school.

Sense of Community: Living in a college dormitory or residence hall fosters a strong sense of community and connection with other students. This social support network can help you navigate the challenges of the first year and beyond, reducing feelings of isolation and homesickness.

Enhanced Student Support: Many colleges offer residential life programs that provide additional support to on-campus students, including resident advisers, peer mentoring, and organized social activities. This support system can contribute to you having a smoother transition to college life and improved success.

Convenience and Safety: Living on campus can eliminate the stress and time associated with commuting. Additionally, campus housing is often equipped with security measures, providing a safer living environment for you.

Access to Campus Services: On-campus residents are more likely to use campus services, such as counseling centers, health clinics, and career services, which can positively impact your overall well-being and academic success.

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LEAVING HOME, CONTINUED

Build Lasting Connections:
On-campus living forges lasting friendships and networking opportunities, which can help you develop a stronger commitment to the college experience.

While on-campus living can increase retention rates, some students may thrive better in off-campus housing due to factors like family responsibilities, work commitments, and spiritual or personal preferences. Ultimately, the key is to find an environment that aligns with your needs and supports your academic and personal growth.

As a first-gen student, having traveled thousands of miles away from my family in California, I remember feeling anxious and nervous when I arrived at Emory. I quickly learned that I was not alone. Aside from taking advantage of the numerous programs that support first-gen students, I made Emory my home. I did this by joining communities that understood me for who I was. It was nerve-wracking at first but deciding to attend college out of state was one of the best decisions I've made, and it has helped me navigate Guatemala as a Fulbright Scholar. Fulbright gives individuals the opportunity to work and live abroad, where they help local students improve their communication skills in English and serve as cultural ambassadors for the US.

It is normal to feel overwhelmed, but it is important to center yourself in what motivates you and surround yourself with mentors, professors, and friends who support you. We belong and deserve to be at institutions like Emory.

—Wilner Alvarez
Emory University Class of 2022

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DISCOVERING FINANCIAL LITERACY

Why It's Important to Prioritize Financial Well-being Now

It's never too early to practice good money management to set yourself up for success in college. As you review financial aid packages and consider how you will pay for college, learn as much as you can about the fundamentals of finance, including saving, spending, borrowing, repayment, and creditworthiness. The impact of your financial choices now will determine your financial success in the future.

Banking as a College Student

If you're eligible for financial aid and receive a financial aid package, you'll receive any money left over after your school costs are covered as a refund. To receive this refund or get paid for work study, you'll need a checking account. It's a good idea to consider opening a checking and savings account.

Make a Budget or Spending Plan

How do you make your money last? You create a budget. Some steps to consider as you create a budget or spending plan include:

Step 1 – Figure out how much money you have.

Step 2 – What are your necessary expenses?

Step 3 – See how much money is left.

To decide where to bank, consider the following:

☑ Do you want a bank close to campus?

☑ What about an online bank?

☑ What are the ATM fees?

☑ What are the overdraft fees or policies?

☑ Are there account minimums or fees?

☑ Look for accounts tailored to college students. Sites like Nerdwallet or TheCollegeInvestor can help you decide.

Additional spending must come from what's left. What you need versus what you want will help inform your remaining spending habits. Your bank may also have an app to help you track your expenses and create a budget.

Emory-Specific Links

- Office of Financial Aid Financial Literacy Program
- Financial Literacy Program social media
- Financial Literacy Blog includes tips about financial literacy and financial aid at Emory University
- OFA Student Panel promotes financial fluency and wellness
- Crash Course offers free courses aimed at increasing your financial savvy and awareness
- 1-on-1 Appointment with Student Financial Services
- The Food Security Safeguard Program (FSSP) in partnership with Student Case Management and Intervention Services is designed to assist any Emory student with an immediate food security need on the Atlanta campus.

Possible expenses to consider including in your budget

Meals, particularly over breaks and holidays

- Meals outside of the dining hall or provided meal plan
- Many schools have food pantry programs or other support
- College students can also apply for SNAP benefits if needed

Travel expenses

- How much does it cost to get from home to college (and back)?
- How many times do you want to go back home?

Textbooks/Computers

- Can you rent your books? Can you buy them used?
- Does your school offer software or equipment discounts?

Personal or family emergencies

- If you receive a refund from your financial aid package, consider saving a portion for future emergencies.

Interview clothes

- Schools may offer clothes for you to borrow, but it's a good idea to own one set of interview clothes.

GLOSSARY

Key Terms/Vocabulary/Terminology

bachelor's degree. A degree awarded for completing a college academic program of at least four years. These degrees are usually a bachelor of arts (BA) or a bachelor of science (BS).

cost of attendance. The total cost of college for one year as a full-time student. This covers the cost of tuition, room and board, books, transportation, and personal expenses.

CSS Profile. See College Scholarship Search Profile (CSS Profile).

FAFSA (Free Application for Federal Student Aid). A form that allows applicants to apply for financial aid in the form of scholarships, grants, loans, and work-study.

fee waiver. Exemption from having to pay a cost. Students who register to take a standardized test or who submit an application to a college can apply to be relieved of having to pay the associated fee. This request is often granted when a family's income falls below a certain threshold.

financial aid. Scholarships, grants, loans, and work-study programs that allow students to attend college when their families demonstrate a need for additional money to pay for college. Financial aid packages are determined by a family's financial need as measured by their assets, liabilities, and debt-to-income ratio. Some financial aid is also determined by the availability of government funds.

gap year. A period of time when some students choose to take a break from their studies, usually after completing high school.

part-time student. A college student who takes fewer than a full-time schedule of classes, which is usually twelve to sixteen units, or credit hours, per term; part-time status may make students ineligible for financial aid.

Pell Grant. Financial aid from the federal government available to students with significant financial need at many types of colleges and vocational schools.

Student Aid Index (SAI). A formula used to calculate the amount of financial need is calculated for a family and student. *(formerly called "Expected Family Contribution")*

Student Aid Report. Provides basic information about your financial aid eligibility.

tuition. The fee for instruction at a college or vocational school.

work-study. A federally funded program that makes part-time jobs available to students with demonstrated financial need.

CONNECT WITH US

Thank you for reading our *College Admission Guidebooks*. We hope the information provided was helpful as you continue your college application process. To read the other sections please click here.

Ways to keep in touch with LEADs

Visit our website or email us for more information.

Ways to keep in touch with Emory University

Emory offers both in-person and virtual visits. Learn more about how to engage with our office.