



SERVEWELL™
— A C A D E M Y —
JOURNAL



Sophomore Year

Military Service Academies

Please list the 5 service academies and circle your top choice:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Please list 5 benefits of attending a service academy:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____

Which service academies focus primarily on **waterborne operations**:

Which service academy focuses primarily on **land operations**:

Which service academy focuses primarily on **air and space**:

Approximately how many students are in each **Naval Academy, West Point, and Air Force Academy** class?

Approximately how many students are in each **Coast Guard and Merchant Marine Academy** class?

- (True or False) Many service academies have similar (or lower) acceptance rates than many Ivy League colleges.

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What to Expect as a Sophomore

What makes sophomore year less intimidating than freshman year:

1. _____
2. _____
3. _____

List three things you should expect as a new sophomore in high school:

1. _____
2. _____
3. _____

What are the 3 academic factors that colleges will care most about:

1. _____
2. _____
3. _____

- (True or False) Service academies, ROTC programs, and selective traditional colleges will expect me to take every possible AP, Advanced, or Honors course that my school offers or I will not be a competitive candidate.
- _____ (initial here) Yes, I understand that my sophomore year grades will count toward my GPA that will be sent to colleges. I will not take sophomore year lightly, because I don't want to dig myself into a hole that I can't get out of.

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STEM or Humanities?

What does STEM stand for:

Name a few subjects in the Humanities field of study:

Check the category that you are most interested in right now:

- STEM
- Humanities
- No Preference

List your top two favorite classes this year:

1.

2.

- (True or False) Service academies and ROTC programs are indifferent as to whether you prefer STEM or Humanities. They don't have a preference.
- (True or False) ROTC programs offer more scholarships for students interested in STEM than they do for those interested in the Humanities.
- (True or False) If I don't love STEM, I may as well give up. There are no spots for me at the service academies or ROTC programs.

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What Will Traditional Colleges and Service Academies Expect?

List the 3 most important “academic” factors when it comes to college admissions:

1. _____
2. _____
3. _____

List 3 other factors that service academies and ROTC programs, in particular, also focus on:

1. _____
2. _____
3. _____

Give yourself a letter grade (A, B, C, D, F) for how well you are doing in these dimensions:

- | | |
|----------------------------|--------------------|
| ■ _____ Academics (grades) | ■ _____ Leadership |
| ■ _____ Athletics (sports) | ■ _____ Character |

The Navy Honor Code states that a midshipman shall not:

1. _____
2. _____
3. _____

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ROTC vs Service Academies: The Process

Circle the program that best fits each description (SA = Service Academy):

- (SAs or ROTC) Which admissions process is more streamlined and organized?
 - (SAs or ROTC) Which program has its own, dedicated campuses?
 - (SAs or ROTC) Which program has more structure, military bearing, and rules?
 - (SAs or ROTC) Which program is more similar to a part-time military experience?
 - (SAs or ROTC) Which program requires a congressional nomination?
 - (SAs or ROTC) Which program is national in scope and has no geographical quotas?
 - (SAs or ROTC) Which program asks you to list your top 5 colleges in the application?
 - (SAs or ROTC) Which program has a more extensive fitness test?
 - (SAs or ROTC) Which program requires only one interview?
- _____ (initial here) Despite these differences, service academy and ROTC selection boards like to see students who apply for both programs, because it signals my interest in serving in the military as an officer, no matter what path I take.

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How Does ROTC Work?

ROTC scholarships are offered by which branch(es) of the military:

- Army
- Navy
- Air Force
- Coast Guard
- Merchant Marines

When is the best time to start filling out your ROTC application?

- Sophomore year
 - Junior year
 - Senior year
-
- (True or False) An ROTC scholarship is the equivalent of a full-ride scholarship to a service academy, covering 100% tuition, room & board, book, transportation, etc.
 - (True or False) The Navy has the most generous ROTC scholarships, often covering 100% of tuition.
 - (True or False) If you receive an ROTC scholarship, you can then choose to attend any college or university that has an ROTC unit on their campus.

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ServeWell Academy is a one-of-a-kind, online mentoring program that helps high school students who aspire to attend military service academies and earn ROTC scholarships to college – from freshman year through senior year.

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