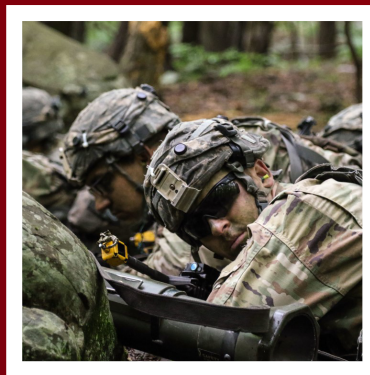




**SERVEWELL™**  
— A C A D E M Y —  
**JOURNAL**



**Junior Year**

## Prepare for SAT/ACT

What are 3 common study strategies for the SAT or ACT?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

Advantages of self-study

1. \_\_\_\_\_

2. \_\_\_\_\_

Disadvantages of self-study

1. \_\_\_\_\_

2. \_\_\_\_\_

Advantages of group-based study

1. \_\_\_\_\_

2. \_\_\_\_\_

Disadvantages of group-based study

1. \_\_\_\_\_

2. \_\_\_\_\_

Advantages of 1-on-1 tutor

1. \_\_\_\_\_

2. \_\_\_\_\_

Disadvantages of 1-on-1 tutor

1. \_\_\_\_\_

2. \_\_\_\_\_

What is the name of the online platform that offers free SAT tutoring?

\_\_\_\_\_

\_\_\_\_\_ (initial here) If I am interested in 1-on-1 tutoring, I will reach out to Phil Black for suggestions on the best programs.

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## Military Service Academies

Draw a line that connects the service academy with its location in the U.S.:

US Naval Academy	King's Point, NY
US Coast Guard Academy	West Point, NY
US Air Force Academy	Annapolis, MD
US Merchant Marine Academy	Colorado Springs, CO
US Military Academy	New London, CT

Approximately how many students attend each service academy (all years):

US Naval Academy	_____
US Military Academy (West Point)	_____
US Air Force Academy	_____
US Coast Guard Academy	_____
US Merchant Marine Academy	_____

Acceptance rates at some service academies have dropped to approximately \_\_\_\_\_ % in recent years.

List 8 benefits of attending a service academy:

- |          |          |
|----------|----------|
| 1. _____ | 5. _____ |
| 2. _____ | 6. _____ |
| 3. _____ | 7. _____ |
| 4. _____ | 8. _____ |

Bonus: Which of the 5 service academies is not considered a "military service academy" because it doesn't have a military-related mission?

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# What to Expect as a Junior

What makes junior year the most academically challenging of high school:

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What are the 3 pillars you should continue to focus on for ROTC and service academies?

What are the 3 elements that make up your academic profile?

1. \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

3. \_\_\_\_\_

Give yourself a letter grade on how well you are performing in these three dimensions (A–F):

Academics \_\_\_\_\_

Athletics \_\_\_\_\_

Leadership \_\_\_\_\_

Why do service academies and ROTC programs value leadership?

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\_\_\_\_\_ (initial here) Yes, I understand that my junior year classes, grades, and standardized tests scores will determine whether I make it through the initial screen for an ROTC scholarship or appointment to a service academy.

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## The ROTC Application (Part II)

In the Navy ROTC application, you are required to write down the Top \_\_\_\_ colleges that you would attend with an ROTC scholarship.

In the Navy ROTC application, what determines the types of majors you have to choose from?

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In the Navy ROTC application, majors are broken down into three Tiers (Tier 1, Tier 2, Tier 3). Rank the 3 Tiers in how technical they are (e.g., most technical, medium level technical, least technical):

Tier 1 \_\_\_\_\_

Tier 2 \_\_\_\_\_

Tier 3 \_\_\_\_\_

- (True or False) For the Navy ROTC program, scholarships are divided equally among all 3 Tiers.
- (True or False) In the Navy ROTC application, it doesn't matter which major you choose because you can always switch majors once you get to college.
- (True or False) In the Navy ROTC application, it can be risky to put a super-selective college as your #1 choice, because if you do not get accepted to that college, you will then move to your #2 choice, which may not have any ROTC spots still available.

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## The Cost of Higher Education

Estimate the approximate total cost, per year, to attend the following colleges and universities (including tuition, room & board, books, travel). Then, multiply each of these numbers by 4 to find the total cost of attendance for a 4-year education (assuming no financial aid or merit scholarships).

Private, liberal arts college or university (e.g., Boston College, Fordham, Harvard, Pepperdine):

\$ \_\_\_\_\_ / year \* 4 = \_\_\_\_\_ (total cost of education)

Public, in-state, college or university (e.g., UCLA, University of Virginia, Texas A&M, Ohio State):

\$ \_\_\_\_\_ / year \* 4 = \_\_\_\_\_ (total cost of education)

Private or public college or university with an ROTC scholarship that pays 100% tuition:

\$ \_\_\_\_\_ / year \* 4 = \_\_\_\_\_ (total cost of education)

Service Academy (e.g., Naval Academy, West Point, Air Force Academy):

\$ \_\_\_\_\_ / year \* 4 = \_\_\_\_\_ (total cost of education)

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## Differences Among ROTC Programs

ROTC programs are offered by which branches of service?

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Navy ROTC programs can be found on approximately \_\_\_\_ college campuses.

Army and Air Force ROTC programs can be found on approximately \_\_\_\_ college campuses.

As it pertains to ROTC, what is the difference between a “host unit” and an “affiliate campus”?

---

Circle the answer:

- Harvard University is a (host unit / affiliate campus).
- MIT is a (host unit / affiliate campus).

List two advantages of attending a college where the ROTC program is a host unit:

1. \_\_\_\_\_
2. \_\_\_\_\_

- (True or False) All ROTC scholarships are created equal among all of the branches. They all pay full tuition at any college or university that has an ROTC on campus.

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## What Goes into a Congressional Nomination Application?

How could you find out the name of the congressperson in charge of your congressional district?

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Circle the best answer:

- A(n) (nomination / appointment) is a pre-screening tool used by service academies to help them make their final decisions about who gets admitted to the service academies.
- A(n) (nomination / appointment) can come from a Vice President, Senator, or Congressional representative.
- (True or False) You must receive an appointment before receiving a nomination to any of the service academies.
- (True or False) The Vice Presidential nomination is the most common nomination source.
- (True or False) Some congressional districts are so competitive that families will move to a less competitive district in a different state in order to compete for a service academy nomination and appointment.

A congressperson typically nominates up to \_\_\_\_\_ candidates per year for each service academy.

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# SERVEWELL™

## — A C A D E M Y —

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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