

# THE EDGE

## THIS ISSUE

Diving Into College Preparation

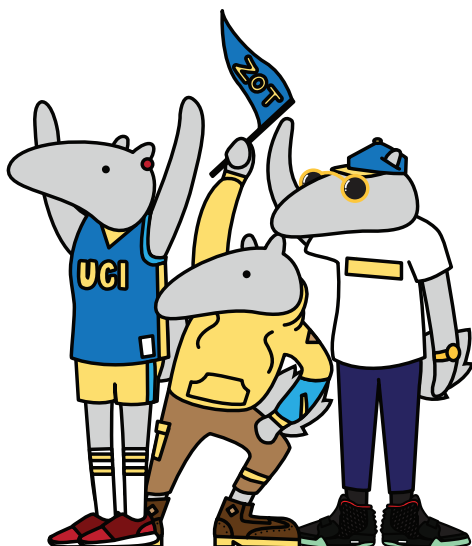


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# WELCOME

Dear Student,

**Fall is here again and with it comes a new school year.** In my house, that means new school supplies, new friends to make and of course, a brand new **EDGE** magazine issue.

Whether you are a freshman just starting to plan your college path or a senior gearing up for the college application season, our team at UCI has packed this issue with timely support and information to help guide you. We know how daunting this process can be but we have helped hundreds of thousands of students like you navigate this journey successfully and come out on the other side. You can do it too. No matter what your background or experience has been in high school, there is a college path available to every student. The Edge will break down the different systems, their requirements, timelines and all the critical information you need, all in one place. If this magazine found its way into your hands, then now is the time to take control of your future. Get informed so you can create the future you desire, take your talents as far as you can go and make your unique impact on the world. College is the first step in creating a future life for yourself without limits, and the future is in your hands. Study hard, follow our instructions and I will see you on campus.

Sincerely,

Stephanie Reyes-Tuccio, Ph.D.

Assistant Vice Chancellor of Educational Partnerships, University of California, Irvine



# GETTING TO KNOW UNIVERSITY EXPECTATIONS: A-G REQUIREMENTS

by Michelle Diaz, Associate Director, P-20 Programs, UC Irvine

## Are you planning on applying to a 4-year university in the Fall of your senior year?

If so, you will need to meet A-G requirements. A-G requirements are courses the UC/CSU universities require you to take to be eligible to apply to a 4-year university in the Fall. To meet A-G requirements, it is recommended that you have taken a minimum of 11 A-G courses by the completion of your 11th-grade year. Given that, it is crucial to do well in A-G courses because the grades you receive in those courses will determine your grade point average (GPA).

Your GPA is a measure that the University of California (UC) and California State University (CSU) use to determine admission. You will have two GPA's on your transcript, a weighted and unweighted GPA. With two GPAs, you might be wondering what is the difference between the two and which GPA will your college application ask you to report? For starters, it is recommended that you use your weighted GPA. The weighted GPA is considered "weighted" because it accounts for additional credits from taking Honors and AP courses. Honors and AP courses will not only give you a higher GPA but will also help increase your competitiveness when applying to college in the Fall.

A-G REQUIREMENTS	
<b>A</b> History/Social Science	2 years, 1 year of world history, Cultures or Historical Geography and 1 year US History, or one semester of U.S. History and one semester of Civics or American Govt
<b>B</b> English	4 years of college preparatory English, composition and literature required
<b>C</b> Mathematics	3 years required, 4 years recommended. Acceptable courses; combinations of Algebra, Geometry, Probability, Statistics, or Trigonometry
<b>D</b> Science Formally known as Lab Science	2 years required, 3 years recommended. 2 years of college prep science: Biology, Chemistry, or Physics. Computer Science, Engineering, & Applied Science courses can be used in area D as an additional science (this would fulfill the recommended 3rd year of science)
<b>E</b> Language other than English	2 years required, 3 years recommended
<b>F</b> Visual and Performing Arts	1 year of college preparatory visual and performing arts required from one of the following disciplines: Dance, Music, Theater, Visual Arts (painting, web/graphic design, film/video, and Inter/multimedia arts)
<b>G</b> College Preparatory Elective	1 year of college prep coursework required. Chosen from courses approved in the A-F subject areas beyond those used to satisfy the requirements of the A-F subjects



# WHICH COLLEGE ROUTE ARE YOU ON?

by Rosy Rizo, Program Coordinator, EAOP, UC Irvine

**Regardless of the stage that you are in throughout your academic journey, if your goal is to obtain a college degree or a rewarding career, you can get there by taking the community college, CSU, UC, or Private Institution route; But how you get there, might look different than others for several reasons.**

High school can be a challenging time for many students. For some, transitioning from middle to high school may come with additional home responsibilities or significant life changes. During these transitions, some students might find their grades declining as academic achievement becomes more rigorous and outside factors pull them away from academics. If you struggle to maintain grades or are unsure of what you want to pursue, beginning at the community college may be the correct route.

Community College allows for a blank slate to improve grades and GPA's and also the opportunity to explore different subjects and major possibilities. Certificate programs are of value and are usually more time- and cost-effective, but that is because students are exposed

to fewer classes, leaving them with only a general knowledge of the subject. On the other hand, associate degree programs usually focus on more in-depth knowledge of a broader range of subjects. Various resources and programs will help students obtain a B.A. or B.S. from a four-year university throughout the transfer process. While every student has a different academic journey, obtaining a college degree can lead to the same opportunity.

While some may choose the community college route, a 4-year university might be the best. As a high school student, if you have a clear idea of a specific field that you want to pursue and have achieved academically throughout your entire high school journey, the 4-year route may be for you! 4-year universities are competitive in looking for students who have excelled academically and meet specific GPA and grade criteria. It is also essential to prioritize how you spend your time in high school because 4-year institutions like the UC intentionally look for students who have excelled academically, taken on leadership opportunities, and given back to their schools and communities. 4-year universities have many opportunities for students wanting to take advantage of them.





At a 4-year university, you can focus on your major from the beginning of your higher education journey.

However, while you think you may know what major you want to pursue, many students end up changing their major because of the diverse concentrations and fields available and the variety of opportunities to learn from professors of diverse backgrounds.

Students who attend a 4-year university have the opportunity to learn and excel under well-renowned professors in specific areas of study. More specifically, at all nine undergraduate UC campuses, research opportunities are abundant as the UC is known for providing research opportunities and experiences in various fields of interest.

Any route that a student takes is a route that will eventually lead to the same goal, just with different experiences. Students can explore the areas they are interested in while also exploring and learning about themselves. Their study, work, and social habits are proven to help them succeed.



-  Community College
-  CSU
-  UC
-  Private





# COMMUNITY COLLEGE AS A VIABLE OPTION TO GET TO THE UC

by Juanita Vasquez, Program Coordinator, Community College Programs, UC Irvine

## Going to a four-year institution immediately after high school is a good option for some students, but others might benefit more from attending a community college.

So why should you attend a community college first instead of attending a UC right after high school? The answer is simple: low-cost (sometimes free) tuition, smaller class sizes, campuses close to home, and the appropriate support to transfer to a four-year institution. One of the most significant differences between community colleges and four-year universities is the cost. If you want to save money or are looking for a more affordable route in higher education, consider attending a community college before transferring to a UC!

This route has long been an option discounted by many students, but it is an excellent pathway to many four-year institutions, including UC Irvine (UCI). One of the advantages to going the community college route to get to the UC is the Transfer Admission Guarantee, also known as TAG. The Transfer Admissions Guarantee (TAG) program offers students from a community college guaranteed admission to six UC campuses. The writing of a TAG contract enables qualified students to be guaranteed admissions one year prior to transfer.

To learn more about TAG visit <https://admission.universityofcalifornia.edu/admission-requirements/transfer-requirements/uc-transfer-programs/transfer-admission-guarantee-tag.html>

Another reason to consider attending a community college is the California College Promise Program. Through the California College Promise Program, first-time college students can receive free tuition for their first two years, if they meet specific criteria. Additionally, under the California College Promise Grant (not to be confused with the former), students that meet residency and income requirements can get their enrollment fees waived.

These two programs are great examples of programs at the CC that are intended to make college affordable for all students and help create an affordable path to complete general education requirements, earn associate degrees, and transfer to a four-year university. So, even if your educational goal is to obtain a bachelor's degree, starting your education at a California community college might be your best choice!





# INTRO TO THE UC SYSTEM

by Jasmine Coley, M.Ed., Program Coordinator, EAOP, UC Irvine

**Choosing a college should be based on your interests and should represent some aspect of you and your goals.** While considering your options for college, consider the unique and ample opportunities the University of California (UC) system offers. The UC system is comprised of 10 universities, with 9 of the campuses offering undergraduate degrees. The UC is ranked the highest among the public universities, and all nine campuses provide a broad range of four-year programs. Whether you are a first-generation student, a STEM leader, or an activist, there is a campus for you and an opportunity to receive a world-class education.

To assist you as you are starting your college exploration journey, we have a comparison quick sheet to help you decide which UC is right for you:



## UC BERKELEY

**LOCATION:** Berkeley, California

**MASCOT:** Oski the Bear

**STUDENT TO FACULTY RATIO:** 18:1

**UNDERGRADUATE MAJORS:** 150

▶ *Known for their social justice advocacy and political engagement*

**ATHLETICS:** Division 1

**ABOUT CAMPUS:** Located in a vibrant college town that's close to downtown Berkeley, and 15 miles from San Francisco.



## UC DAVIS

**LOCATION:** Davis, California

**MASCOT:** Gunrock the Mustang

**STUDENT TO FACULTY RATIO:** 20:1

**UNDERGRADUATE MAJORS:** 102

▶ *If you are interested in Veterinary Medicine and Agriculture, UC Davis is known for their expertise in these majors*

**ABOUT CAMPUS:** One of the top bicycle-friendly universities. Located in a unique college town near downtown Davis, the campus is peaceful and surrounded by nature.



## UC IRVINE

**LOCATION:** Irvine, California

**MASCOT:** Peter the Anteater

**STUDENT TO FACULTY RATIO:** 18:1

**UNDERGRADUATE MAJORS:** 80

▶ *The first public university to create an official Esports program*

▶ *The only campus in the UC system that has the Donald Bren School of Information and Computer Sciences*

**ABOUT CAMPUS:** Located in a unique place, near the beach, and only an hour from LA and San Diego.



## UCLA

**LOCATION:** Los Angeles, California

**MASCOT:** Joe Bruin

**STUDENT TO FACULTY RATIO:** 18:1

**UNDERGRADUATE MAJORS:** 130

- ▶ Includes Biology, Business Economics, Political Science, Psychology, Psychobiology

**ATHLETICS:** Outstanding and competitive sports teams and school spirit



## UC SAN DIEGO

**LOCATION:** La Jolla, California

**MASCOT:** King Triton

**STUDENT TO FACULTY RATIO:** 19:1

**UNDERGRADUATE MAJORS:** 130

- ▶ Majors are divided into seven separate colleges

**ABOUT CAMPUS:** Tight knit community with attentive advisors and inspiring amenities. Close to hiking spots, the beach, downtown, Balboa Park, and Gaslamp Quarters.



## UC MERCED

**LOCATION:** Merced, California

**MASCOT:** Rufus the Bobcat

**STUDENT TO FACULTY RATIO:** 20:1

**UNDERGRADUATE MAJORS:** 24

- ▶ UC Merced is one of the newer UC campuses with about 8,000 students on campus which the public institution a more private feel

**ABOUT CAMPUS:** Located close to downtown Merced and often called the gateway to Yosemite.



## UC SANTA BARBARA

**LOCATION:**

Santa Barbara, California

**MASCOT:** Ole the Gaucho

**STUDENT TO FACULTY RATIO:** 18:1

**UNDERGRADUATE MAJORS:** 90

- ▶ Known for their College of Creative studies, which includes majors such arts, mathematics, computing, sciences and literature.

**ABOUT CAMPUS:** The campus has a beachy feel to it because it's located on the coast of the Pacific Ocean and home to sites for ecological research.



## UC RIVERSIDE

**LOCATION:** Riverside, California

**MASCOT:** Scotty the Highlander

**STUDENT TO FACULTY RATIO:** 21:1

**UNDERGRADUATE MAJORS:** 80

- ▶ Including Management, Psychology, Engineering, Political Science

**ABOUT CAMPUS:** Known for having a diverse campus and demographic. They are the highest elevation campus in the UC system.



## UC SANTA CRUZ

**LOCATION:** Santa Cruz, California

**MASCOT:** Sammy the Slug

**STUDENT TO FACULTY RATIO:** 19:1

**UNDERGRADUATE MAJORS:** 66

- ▶ Includes human biology and business management economics

**ABOUT CAMPUS:** Located between the Pacific Ocean and the redwood forest, so the campus has a forestry and woodsy feel to it, and has smaller class sizes.



# HOW TO STAND OUT IN YOUR PIQ RESPONSES

by Rosy Rizo, Program Coordinator, EAOP, UC Irvine

**Students are nervous when approaching the Personal Insight Questions because of the uncertainty of what to include throughout the responses.** PIQs should be one of the most exciting parts of the application because you can talk about who you are and what you have experienced to make you the incredible student you are today. It allows the opportunity to share to admission readers why YOU are the best student for the UC system academically and personally. PIQs are an opportunity to share your story and shed light on the student and person you are in school, at home, and even within your community.

Within every prompt, the word “YOU” is mentioned at least once within the eight Personal Insight Questions. This is why it is essential to talk about your impact, contribution, and participation in a specific accomplishment or event when responding to prompts. You may have had significant challenges that impacted your academic performance, but your resilience has proven to help you rise above those challenges. On the other hand, you

may have incredible talents, skills, or leadership opportunities that wouldn't be known unless you talk about them in your responses. It is critical to demonstrate the kind of student you will be on their UC campus by using precise details about the events you have participated in throughout high school. Provide examples of your duties and responsibilities throughout a leadership opportunity, volunteer work, or a club on campus. Ensure to describe how you contributed to an organization that made it even better or how you impacted the same person that inspired you to pursue higher education.

While crafting these responses, keep in mind that you are limited to 350 words and need to be able to provide clarity and explicit context in your response. There is no need to hook your audience with figurative and fluffy language to tell a story when you can give the facts and details about your leadership, creativeness, challenges, and academic skills. By providing these precise details, admissions will understand your level of participation and impact throughout a specific opportunity.

1. Describe an example of your leadership experience in which you have positively influenced others, helped resolve disputes or contributed to group efforts over time.
2. Every person has a creative side, and it can be expressed in many ways: problem solving, original and innovative thinking, and artistically, to name a few. Describe how you express your creative side.
3. What would you say is your greatest talent or skill? How have you developed and demonstrated that talent over time?
4. Describe how you have taken advantage of a significant educational opportunity or worked to overcome an educational barrier you have faced.
5. Describe the most significant challenge you have faced and the steps you have taken to overcome this challenge. How has this challenge affected your academic achievement?
6. Think about an academic subject that inspires you. Describe how you have furthered this interest inside and/or outside of the classroom.
7. What have you done to make your school or your community a better place?
8. Beyond what has already been shared in your application, what do you believe makes you stand out as a strong candidate for admissions to the University of California?



# COLLEGE IS FOR UNDOCUMENTED STUDENTS

by Denisse Viera, *Undergraduate Admissions Evaluator, UC Irvine*

## Applying to college can be stressful and overwhelming.

However, this is a time to be excited and celebrate your achievements and the hard work it took to get to this point. The next few months will be hectic, especially after learning about the resources available once you become an undocumented college student.

The first step in the college application is deciding which colleges and universities you want to apply to. One of the most important factors is the support you will receive as an undocumented student. It is exciting to share that California offers some of the best support services for Dreamers. Many service programs are available at California Community Colleges, the California State Universities, and the University of California system.

At every California Community College (CCC), you will have access to UndocuLiaisons; they provide support in reaching your personal, educational, and career goals by connecting you

with the appropriate resource on or off-campus. You can find information about the UndocuLiaisons and the services each CCC campus offers by visiting their website, [www.cccco.edu/Students/Support-Services](http://www.cccco.edu/Students/Support-Services). Within the California State University (CSU) system, you will find that most campuses offer resource centers specifically designed to support undocumented students. For example, you will find the Dream Resource Center at CSU Bakersfield and the Dreamer Success Center at CSU Long Beach. The CSU system has created a list of resources at every campus; it is readily available by searching “Resources for Undocumented Students” on The California State University website. Lastly, if you are considering applying to the University of California (UC), know that the UC system proudly creates safe spaces for undocumented students to access academic, mental health, legal support, and more. Like the CSU system, most UC campuses offer a Dream center; at

UC Irvine, it is known as the UCI Dream Center. UC Davis has the AB540 and Undocumented Student Center, and you'll find the Undocumented Student Program at UC Riverside. To find out more about the undocumented student resources centers at each UC campus visit <https://undoc.universityofcalifornia.edu/>. Along with the well-established resource centers, you can find support in student organizations like Students Empowering Dreams at UC Merced and Rising Immigrant Scholars through Education at UC Berkeley.

As a Dreamer, you will access support programs and organizations at any public institution you pursue in California. Suppose you want to pursue higher education beyond public colleges and universities in California. In that case, you will like to learn if the school/s you are interested in have similar programs to those mentioned above. Remember to do your research and take advantage of the resources available.



# ESSENTIAL GUIDE FOR THE FINANCIAL AID APPLICATIONS

by Rosa G. Lizarraga, Program Coordinator, EAOP, UC Irvine

**As you think about continuing your education after high school, several thoughts may pop up in your head.** College sounds like a great option for me, but how in the world will I pay for it? How do parents help pay for college? Is it wrong to get a loan for college? Are scholarships the only way to pay for college? Well, you've come to the right place because this article will walk you through your financial aid options and the different ways you can fund your college education.

First things first, let's define what financial aid is. Financial Aid is money that is either given or lent to students to help pay for college-related expenses. Two types of financial aid applications will be very important for students when applying to colleges; the Free Application for Federal Student Aid (FAFSA) and the California Dream Act Application (CADAA). Let's see some key differences between these two applications.

TYPE OF APPLICATION	ELIGIBILITY	RECIPIENTS	DEADLINE
<b>FAFSA</b>	<ul style="list-style-type: none"> <li>➔ U.S. Citizen</li> <li>➔ Permanent Resident</li> <li>➔ U.S. National</li> </ul>	<ul style="list-style-type: none"> <li>➔ Eligible for CA State Financial Aid</li> <li>➔ Eligible for Federal Aid</li> <li>➔ Required to input their Social Security Number</li> </ul>	<p><b>March 2, 2023</b></p> <p><i>(to be eligible for both State and Federal aid)</i></p>
<b>CADAA</b>	<ul style="list-style-type: none"> <li>➔ Undocumented Students</li> <li>➔ Students that meet AB 540 criteria</li> </ul>	<ul style="list-style-type: none"> <li>➔ Eligible for CA State Aid <i>(Grants, Scholarships, and Certain Loans)</i></li> <li>➔ NOT required to have DACA</li> <li>➔ NOT required to have a Social Security Number</li> </ul>	<p><b>March 2, 2023</b></p>



When preparing to apply for the FAFSA or the CADAA, you and your parents will need to gather some important forms and documents. Here is a list of some of the most crucial information you'll need when filling out your financial aid applications:

- ➔ W-2 forms and other 2021 records of income
- ➔ 2021 income tax return(s) for parents & student if they have one
- ➔ Record of child support paid
- ➔ Bank statements and records of investments
- ➔ Untaxed income
- ➔ FSA ID to sign electronically (strictly for FAFSA)
- ➔ Social Security Number for Parent & Student (if applicable)
- ➔ Your Alien Registration Number (if applicable)

# FINDING THE RIGHT COLLEGE FOR YOU

by Kimberly Macias, M.S.,  
Sr. Admissions Counselor, Office of Undergraduate Admissions, UC Irvine

Another essential thing to remember when diving into financial aid information is that you may come across new words and terms you may have never heard before. For example, you'll come across words such as; gift aid, non-gift aid, and estimated cost of attendance.

Gift aid is financial aid that does not need to be repaid. Grants and scholarships fall under this category. On the other hand, there is non-gift aid, which can be defined as financial aid that is borrowed and does need to be repaid. Loans and programs such as federal work-study are both considered non-gift aid. Estimated Cost of Attendance is the total amount it will cost you to attend a school during an academic year, which includes; tuition and fees, room and board, books, supplies, transportation, and other personal expenses.

If you decide to attend a UC campus, a great program that could help finance your tuition and fees is the Blue & Gold Opportunity Plan. As a California resident whose total family income is less than \$80,000 a year, and you qualify for financial aid, this plan ensures that you will not have to pay UC's systemwide tuition and fees out of your pocket. To qualify for this program and many others, it is critical that you submit a financial aid application by March 2, 2023, as well as meet any additional requirements listed on the UC Admissions website.

Figuring out the financial aid process can be a very intimidating and overwhelming experience. However, with the help of this essential guide, you will have a better idea of what to expect and how to be better prepared.

## Applying to colleges can be challenging, and choosing the college that is best for you is a difficult decision to make.

The most crucial step in finding a college for you is to see what matters most to you, your identity, what you like, and your goals. Talk to your support network about the different components of your college experience you would like to prioritize and ensure they are available to you at the institutions you apply to. Here are a few points to consider to help find the right college for YOU!

### INSTITUTION TYPE

There are different types of institutions you can apply to, including the California Community Colleges (CCC), the California State University (CSU) system, the University of California (UC) system, and independent and out-of-state schools. Additionally, these institutions may be public or private, which may affect the cost of tuition and fees.

### ACADEMIC PROGRAMS AND MAJORS

Many colleges offer similar programs as majors, while others have particular programs. What type of career do you want to pursue? What is it about the major you are applying to that interests you? Are you looking to get involved in research or internships? Ultimately, you want to ask yourself what major you see as the best fit for your career goals and if it is offered at the institution you are applying. Consider that multiple options of majors can lead to similar career paths.

### LOCATION

Think about where you want to spend your time in college. Do you want to stay close to home? Would you want to experience being further away from home? Do you prefer a coastal area? What type of weather would you like to experience? Are you looking for an urban or rural environment?

### CAMPUS SIZE

When considering the schools you are applying to, consider the campus size not only in terms of its physical layout in terms of enrollment. Do you thrive in a small or large environment? What is the faculty-to-student ratio? In other words, how accessible is faculty on campus? What does the class size look like?

### CAMPUS LIFE

Aside from the institution facts and figures, it is essential to note what campus life is like. Does the campus offer specific support programs or resources for students within your identities? Are there any activities you want to continue taking part in? What does housing look like? What clubs/organizations, sports, or other activities are offered? Do you want to experience education abroad programs?








THERE'S MORE . . .

## FINDING THE RIGHT COLLEGE FOR YOU - ACTIVITY

In deciding where to go to college, you must ease your way into it and get started early.

Here is an activity to put things into perspective. This activity is designed to help you visualize the highlights and shortcomings of each institution you are applying to. It will help you differentiate between the colleges while acknowledging what matters most to you in finding the right fit. Be sure to include all details that make a difference between the different institutions. Feel free to add more columns to showcase all the institutions you are interested in or applying to, and wishing you all the best in navigating this process!

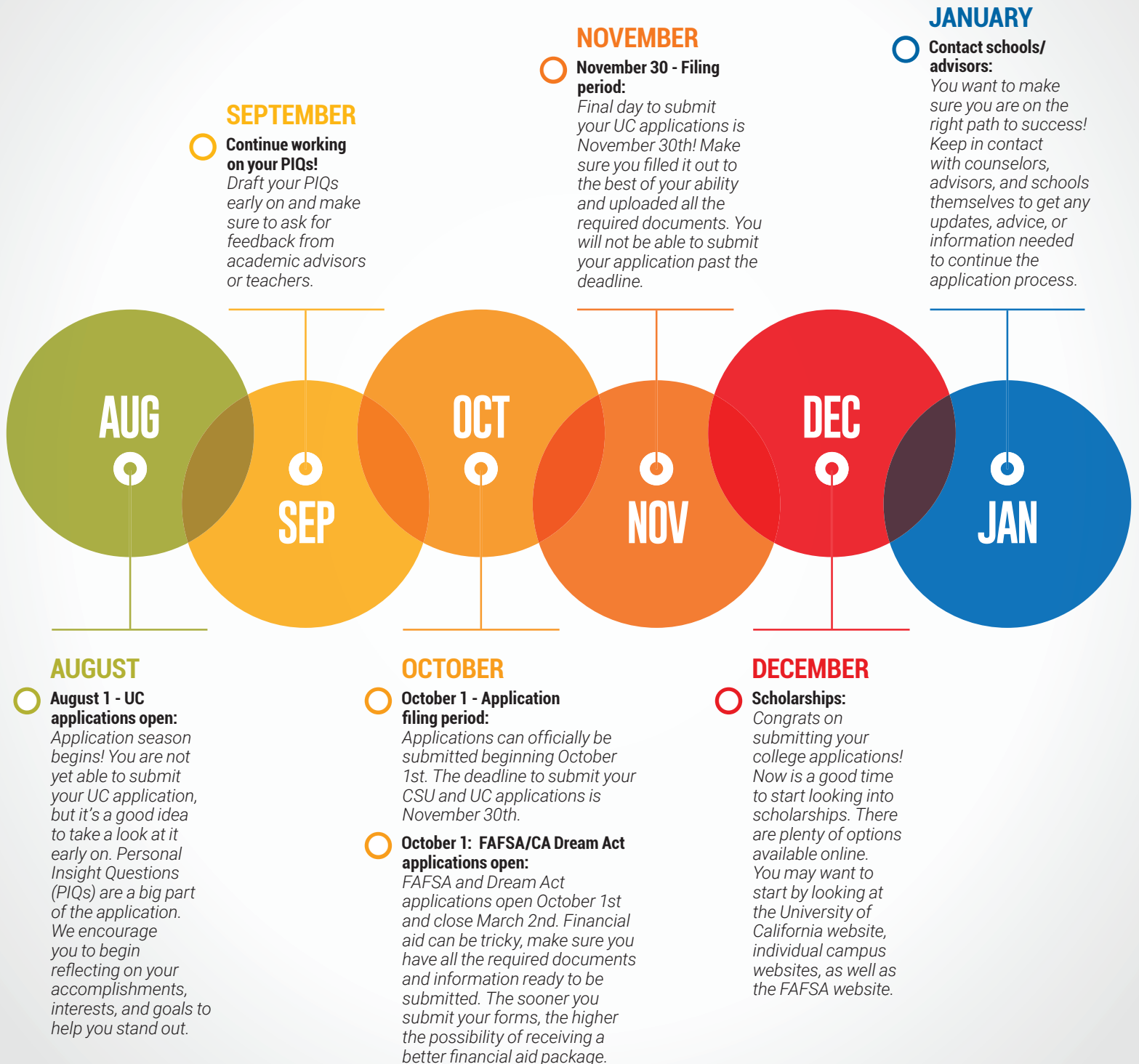


FACTORS TO CONSIDER		COLLEGE A	COLLEGE B
<b>INSTITUTION TYPE</b> 	School System <i>(UC, CSU, CCC, Out of State)</i>		
	Public or private		
	Tuition and fees		
<b>ACADEMIC PROGRAMS</b> 	Major of interest		
	Academic quality		
	Career Services <i>(internships or employment opportunities)</i>		
	Research Opportunities		
<b>LOCATION</b> 	Distance from home		
	Urban, suburban, rural		
	Weather		
<b>CAMPUS SIZE</b> 	Total enrollment		
	Physical size		
	Faculty to Student Ratio		
	Class size		
<b>CAMPUS LIFE</b> 	Housing <i>(type of residence halls, meal plans)</i>		
	Clubs/Organizations <i>(Greek Life, Special Interest, Academic)</i>		
	Athletics		
	Support Programs/Resources		



# 2022-23 COLLEGE TIMELINE

by Natalie Salgado, EAOP Presentation Team, UC Irvine



# COLLEGE APPLICATION COMPARISON

by Maria Guadalupe Rodriguez, Program Support Coordinator, EAOP, UC Irvine

	COMMUNITY COLLEGE	CAL STATE UNIVERSITY	UNIVERSITY OF CALIFORNIA	PRIVATE AND OUT-OF-STATE
COLLEGES	<a href="#">116 Campuses</a>	<a href="#">23 Campuses</a>	<a href="#">9 Campuses</a>	<a href="#">900 and +Colleges</a>
WEBSITE	<a href="https://cccco.edu">https://cccco.edu</a>	<a href="https://calstate.edu">https://calstate.edu</a>	<a href="https://universityofcalifornia.edu">https://universityofcalifornia.edu</a>	<a href="https://commonapp.org">https://commonapp.org</a>
APPLICATION FEE	\$0 per campus	\$70 per campus	\$70 per campus	\$30 - \$75 per campus
APPLICATION	<a href="https://home.cccapply.org/en/">https://home.cccapply.org/en/</a>	<a href="https://calstate.liaisoncas.com/applicant-ux/#/login">https://calstate.liaisoncas.com/applicant-ux/#/login</a>	<a href="https://apply.universityofcalifornia.edu/my-application/login">https://apply.universityofcalifornia.edu/my-application/login</a>	<a href="https://www.commonapp.org/">https://www.commonapp.org/</a>
ADMISSIONS REQUIREMENTS	High School Diploma or the equivalent	Complete "A-G" courses	Complete "A-G" courses	Varies by campus
MINIMUM GPA REQUIREMENT	Not required	2.50 or better	3.00 or better	Varies by campus
ENTRANCE EXAMS	Not required	ACT or SAT not required	ACT or SAT not required	Varies by campus. Some will require the exams, some may require and some may not. Review testing policy of the colleges you apply to.
COLLEGE ESSAY	Not required	College essays are <b>not required</b> for the CSU application, but if applying to the supplemental EOP Application it will require responses to their questions as part of the application.	<a href="#"><i>Personal Insight Questions</i></a>	<a href="#"><i>Personal Essay and College-Specific Questions</i></a>
LETTERS OF RECOMMENDATION	Not required	Letters of recommendation are <b>not required</b> for the CSU application, but if applying to the supplemental EOP Application it will require 2 letters of recommendations.	Letters of recommendation are <b>not required</b> by the UC Application, but some campuses/majors may require recommendations as part of a supplemental application.	Varies by campus. Many colleges will ask for letters of recommendation.
APPLICATION DEADLINES	No deadline, but early application is encourage	<b>November 30, 2022</b>	<b>November 30, 2022</b>	Deadlines <b>vary by type of admissions</b>
STUDENT SUPPORT PROGRAMS	<a href="https://www.cccco.edu/Students/Support-Services">https://www.cccco.edu/Students/Support-Services</a>	<a href="#">Available</a>	<a href="#">Available</a>	Varies by campus
COVID-19 CAMPUS RESPONSE		<a href="#">Available</a>	<a href="#">Available</a>	<a href="#">Available</a>
APPLICATION FEE WAIVERS	Waived	<a href="#">Fee waivers available</a>	<a href="#">Fee waivers available</a>	<a href="#">Fee waivers available</a>
ESTIMATE COST OF ATTENDANCE	Varies by campus	<a href="#">\$5,742</a>	<a href="#">\$38,504</a>	Varies by campus

# EMOTIONAL INTELLIGENCE

by Jenny Woo, Ph.D., UC Irvine, CEO, Mind Brain Emotion

## Our emotions guide the choices that we make in our lives.

They tell us how to live, who to love, and what lights us up. But they can also be unwieldy, distracting, and difficult to manage.

Emotional Intelligence is the ability to understand our own emotions and the emotions of others, and to use that understanding to effectively solve problems and make wiser decisions. In practice, people with high Emotional Intelligence are associated with better physical and mental health, social relationships, and academic performance.

Tapping into your emotional insights will help you stand out in your college applications by highlighting the unique identities, perspectives, experiences, and goals that make you—you! Remember, there is no such thing as the perfect student. Colleges are looking for passionate and compassionate students who are intimately aware of their values and goals in life. Emotional Intelligence will also help you determine the types of college(s) and major(s) that are right for you.

Here's the good news: Emotional Intelligence can be learned, practiced, and improved! Learning practical, actionable strategies to become more aware of, in tune with, and in control of our emotions helps us understand ourselves—and those around us—better.

Here are some essential cards from the 52 Essential Conversations, Relationships, and Coping Skills to help you get started:



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#### THE EDGE

VOLUME 13 | ISSUE 1 | 2022

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#### Design by:

m2dg, inc. [www.m2dg.com](http://www.m2dg.com)

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