# COLLEGE PREPARATION CHECKLIST





START HERE GO FURTHER FEDERAL STUDENT AID In order to reach his goal that America will have the highest proportion of college graduates in the world by 2020, President Obama encourages every American to complete at least one year of education beyond high school. This checklist will tell you how to get ready for college—and how the government will help you pay for it.

# HOW TO USE THE CHECKLIST

- Q: Who should use the checklist?
- A: Students (of all ages) who haven't attended college, and parents of students in elementary and secondary school.
- Q: What is the checklist?
- A: A "to do" list, starting with elementary school, to help students prepare academically and financially for education beyond high school. Each section is split into subsections for students and parents, explaining what to do and which publications or websites might be useful to them.
- Q: When should a student or parent refer to the checklist?
- A: At the beginning of every school year, and then more frequently as college approaches.

www.studentaid.ed.gov 1-800-4-FED-AID (TTY: 1-800-730-8913)

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## **GETTING A LATE START?**

## Just decided that you want to go to college, but school starts soon? Too late to do all the checklist items in this document? Here is your "must do" list.

#### If School Starts Next Month

- Apply for financial aid using the *Free Application* for Federal Student Aid (FAFSA<sup>SM</sup>). Turn to "FAFSA Filing Time" on page 22 of this checklist, and follow the steps there to apply for available federal, state, and school funding.
  - Ask the school you plan to attend what other financial help they can offer you: Do they have last-minute scholarships or payment plans available? Can you get a job on campus?
  - Be sure to keep in touch with the school regarding any paperwork you need to turn in.

#### If School Starts Next Week

- Fill out your FAFSA immediately at **www.fafsa.gov**. Use the "Live Help" option on the site, or call the Federal Student Aid Information Center (see back cover of this checklist) for assistance.
- Talk to the financial aid administrator at the school you plan to attend. Ask whether there are other forms you need to complete, and find out how and when you will receive your financial aid.



## WHAT Is Federal Student Aid?

Federal student aid comes from the federal government specifically, the U.S. Department of Education. It's money that helps a student pay for education expenses at a college, career school, or graduate school.

Federal student aid covers such expenses as tuition and fees, room and board, books and supplies, and transportation. Aid also can help pay for a computer and for dependent care.

The three main categories of federal student aid are:

- Grant—Grant money usually doesn't have to be repaid. Most U.S. Department of Education grants are based on the student's financial need.
- Work-study—Work-study money is earned by a student through a job on or near campus while attending school and does not have to be repaid.
- Loan—Loan money must be repaid with interest.

For details about the federal student aid programs, including maximum annual amounts and loan interest rates, visit www.studentaid.ed.gov/funding.

## Why Get a Federal Student Loan?

Federal student loans offer low fixed interest rates; income-based repayment plans; loan forgiveness; and deferment (postponement of repayment) options, including deferment of loan payments when a student returns to school. Generally, repayment of a federal loan does not begin until after the student leaves school. And did you know that a student receiving a federal loan does not need a credit history or a cosigner? Private loans from banks often do not offer such benefits. So if you need to borrow money to pay for college, start with federal student loans.



## WHO Gets Federal Student Aid?

Our most basic eligibility requirements are that you must

- demonstrate financial need (for most programs),
- be a U.S. citizen or an eligible noncitizen,
- · have a valid Social Security number,
- register (if you haven't already) with Selective Service if you're a male between the ages of 18 and 25,
- maintain satisfactory academic progress in college, and
- show you're qualified to obtain a postsecondary education by
  - o having a high school diploma or General Educational Development (GED) certificate;
  - passing an approved ability-to-benefit test (if you don't have a diploma or GED certificate, a school can administer a test to determine whether you can benefit from the education offered at that school);
  - completing six credit hours or equivalent course work toward a degree or certificate;
  - meeting other federally approved standards your state establishes; or
  - completing a high school education in a homeschool setting approved under state law.

For an early estimate of how much federal student aid you might be able to get, use *FAFSA4caster*<sup>std</sup> at www.fafsa4caster.ed.gov.

#### HOW Do You Apply for Federal Student Aid?

Refer to "FAFSA Filing Time" on page 22 of this checklist for a step-by-step guide to filling out the *Free Application for Federal Student Aid.* 

## MORE SOURCES OF STUDENT AID

The U.S. Department of Education is the main source of financial aid for college, but it isn't the only source.

- Visit www.studentaid.ed.gov/othersources to find out about education funding available from other federal agencies.
- Visit www.ed.gov/sgt to find out about money available from state governments.
- Visit a college's website or ask its financial aid office about money the school offers its students.
- Read the rest of this page to learn where to look for scholarships from sources other than those listed above.

## **Finding Scholarships**

Everyone wants free money to help them attend college. There are many types of scholarships (they don't all require that you have outstanding grades!), and they are provided by many different organizations. Each scholarship provider has its own application and its own rules to decide who can get its scholarship. Your job is to find scholarships for which you think you might qualify, and apply by the deadlines.

And remember: There is no "secret" scholarship money out there. You don't need to pay a consultant or join a society just because they say they can help you find scholarships. You can find them yourself and save some money. Free sources of information include:

the U.S. Department of Education's FREE online scholarship search at www.studentaid.ed.gov/scholarship
a high school, Upward Bound, or Talent Search counselor
your library's reference section
foundations, religious or community organizations, local businesses, or civic groups
organizations (including professional associations) related to your field of interest
ethnicity-based organizations
your employer or your parents' (parent's) employers (employer)

# **ELEMENTARY SCHOOL**

## Students

#### To Do:

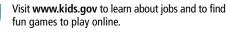


Do your best in school.

Read a lot.

Hase fun learning!

## To Explore:



Check out the Kids' Zone at **www.nces.ed.gov/nceskids** if you like such games as puzzles and math teasers.

## Parents

#### To Do:

Help your kindergartner develop an interest in reading by reading aloud to him or her.

Check your child's homework and follow his or her progress in school by looking at report cards and attending teacher conferences.



Start saving for your child's college education. Learn about the tax advantages of state college savings plans and prepaid tuition plans at www.collegesavings.org.

## To Explore:

Read "Saving Early = Saving Smart!" at www.studentaid.ed.gov/pubs. This handout explains why it's never too early to save money for college and how to use such resources as college savings plans and federal student aid.

Check out *Helping Your Child Become a Reader* at **www.ed.gov/parents** (click on "Helping Your Child") to learn how to create a foundation for learning for children up to age 6. The publication includes activities that make learning experiences out of daily routines and provides a list of resources for parents.

# Junior High or Middle School

## Students

#### To Do:

	Think about college as an important part of your future. Discuss your thoughts and ideas with your family and with people at school.	
	Start saving for college if you haven't already.	
	Take challenging and interesting classes to prepare for high school.	
	Ask your parent or guardian to help you research which high schools or special programs will most benefit your interests.	
	Develop strong study habits.	
	Do your best in school and on standardized tests. If you are having difficulty, don't give up—get help from a teacher, tutor, or mentor.	
	Become involved in school- or community-based activities that let you explore your interests and learn new things.	
	Speak with adults, such as your teacher, school counselor or librarian, relatives, or family friends, who you think have interesting jobs. Ask them, "What do you like about your job?" and "What education did you need for your job?"	
Го Explore:		
	Visit www.studentaid.ed.gov/early to find out	

why you should consider college now and how to pay for it. The website also is available in the form of a workbook called *My Future, My Way: First Steps Toward College*. A PDF version is available at www.studentaid.ed.gov/pubs.

Learn about a wide variety of careers at www.nasa.gov/audience/forstudents/5-8 /career/index.html.

## Parents

#### To Do:

Use *FAFSA4caster* at **www.fafsa4caster.ed.gov** to find out how much federal student aid your child might receive. This information will help you plan ahead.

Continue saving for your child's college education. If you have not opened a savings account, you can find information about tax advantages and links to state plans at **www.collegesavings.org**.

Talk to your child about his or her interests and help match those interests with a college major and career.



Help your child develop good study habits, such as studying at the same time and place every day and having the necessary materials to complete assignments.



Stay in contact with your child's teachers and counselor so that they can let you know about any changes in your child's behavior or schoolwork.

Keep an eye on your child's grades on his or her tests and report cards, and help him or her find tutoring assistance, if necessary.

#### To Explore:

Get tips from the following documents at www.ed.gov/parents (click on "Helping Your Child"):

 Helping Your Child With Homework offers suggestions on assisting your child with successfully completing assignments.

 Helping Your Child Through Early Adolescence addresses issues that parents of 10- to 14-year-olds generally find most challenging.

Browse *Parent Power* at **www.ed.gov/parents** for ideas to help you support your child as he or she transitions into the higher grades.



# HIGH SCHOOL

# **Every Year in High School**

## Students

## To Do:

- Work with one of your parents to estimate your financial aid using *FAFSA4caster* at **www.fafsa4caster.ed.gov**, and continue to save for college.
  - Take challenging classes in core academic subjects. Most colleges require 4 years of English, at least 3 years of social studies (history, civics, geography, economics, etc.), 3 years of mathematics, and 3 years of science, and many require 2 years of a foreign language. Round out your course load with classes in computer science and the arts.
  - Stay involved in school- or community-based activities that interest you or let you explore career interests. Consider working or volunteering. Remember—it's quality (not quantity) that counts.
  - Talk to your school counselor and other mentors about education after high school. Your counselor can answer questions about what classes to take in high school, how to sign up for standardized tests, and where to get money for college.

#### To Explore:

- Check out KnowHow2Go: The Four Steps to College, which suggests some actions you can take as you start thinking about education beyond high school. The online version of the brochure is at www.knowhow2go.org.
- Get answers to common questions about college: Read the "college q&a" at **www.college.gov** (click on the "TOOLS" tab and then "I'm Going Guide").
  - Learn about managing your money in the "Financial Literacy" section of www.studentaid.ed.gov/preparing.

## Parents

#### To Do:

Continue to talk to your child about college plans as if he or she will definitely go to college.



Keep an eye on your child's study habits and grades stay involved.



Encourage your child to take Advanced Placement or other challenging classes.

Add to your child's college savings account regularly.

## To Explore:

Address your concerns about whether your child can or should go to college in the "parents/family" section of **www.college.gov**.



Explore **www.studentaid.ed.gov/parent** for information on academic preparation, homeschooling, financial literacy, saving, and borrowing for college.

Learn from *Help Your Child Improve in Test-Taking* at **www.ed.gov/parents** (click on "Helping Your Child" and then "Archived publications").



## Students

#### To Do:

- Review "Every Year in High School" on page 10 of this checklist.
- Talk to your guidance counselor or teachers about Advanced Placement courses. Find out what courses are available, whether you are eligible, and how to enroll in them.

Start thinking about your career interests. At **www.studentaid.ed.gov/myfsa** you can register with MyFSA and research your career options using the Career Finder.

Make a list of your awards, honors, paid and volunteer work, and extracurricular activities. Consider participating in academic enrichment programs, summer workshops, and camps with specialty focuses such as music, arts, and science.

## To Explore:

Visit www.college.gov for some reasons to consider college and ways you can get help.

## Parents

#### To Do:

- Review "Every Year in High School" on pages 10 and 11 of this checklist.
- Use the College Savings Calculator at www.studentaid.ed.gov/myfsa to determine how much you should be saving to meet college expenses and to find tips on maximizing your savings efforts.

Make sure you are fully aware of the provisions of any college savings accounts you have opened for your child.

## To Explore:

- Visit www.college.gov and click on "parents/family" to learn how to help your child go to college.
- Go to **www.ed.gov/parents** and click on "Parent Power" to access tips for remaining involved in your child's progress.

## Students

#### To Do:

Review "Every Year in High School" on page 10 of this checklist.



Meet with your school counselor or mentor to discuss colleges and their requirements.

Consider taking a practice Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT) or the PLAN exam.

Plan to use your summer wisely: Work, volunteer, or take a summer course (away or at a local college).



Go to career information events.

Log on to your MyFSA account at

www.studentaid.ed.gov/myfsa and try the Career Finder, or look at your career search results again if you used the Career Finder last year (see page 12). Then include the recommended majors as you use the College Matching Wizard on the site to find schools that might be a good fit with your interests and goals.

## To Explore:

Learn the differences between grants, loans, work-study, and scholarships at **www.college.gov** (click on "how to pay").

## Parents

#### To Do:



Review "Every Year in High School" on pages 10 and 11 of this checklist.

Find out whether your child's school has college nights or financial aid nights. Plan to attend those events with your child.

Help your child develop independence by encouraging him or her to take responsibility for balancing homework with any other activities or a part-time job.

## To Explore:

Learn about the standardized tests your child will take during high school: the PSAT/NMSQT, SAT and SAT Subject Tests (see **www.collegeboard.com**), and/or the PLAN exam and the ACT (see **www.act.org**).

Get a brief overview of financial aid from *Do You Need Money for College* at www.studentaid.ed.gov/needmoney.

## Students

To Do:

# All Year

- Review "Every Year in High School" on page 10 of this checklist.
- Explore careers and their earning potential in the Occupational Outlook Handbook at www.bls.gov/oco.
  - Log on to your MyFSA account (see page 12) at www.studentaid.ed.gov/myfsa and look at the information for any colleges you saved if you completed the College Matching Wizard (see page 13) in the past. Try the college search again if you've changed your mind about what you want from a school.
    - Go to college fairs and college-preparation presentations by college representatives.

# Fall

Take the PSAT/NMSQT.\* You must take the test in 11th grade to qualify for scholarships and programs associated with the National Merit Scholarship Program.

# Spring

- Register for and take exams for college admission.<sup>\*</sup> The tests that many colleges require are the SAT, the SAT Subject Tests, and the ACT. Check with the colleges you are interested in to see what tests they require.
- Use **www.studentaid.ed.gov/scholarship** to find scholarships for which you might want to apply. Some deadlines fall as early as the summer between 11th and 12th grades, so prepare now to submit applications soon.

## To Explore:

Visit **www.college.gov** and click on "how to pay" to see how other young people paid for college.

Learn how to avoid scholarship scams and identity theft from *Save Your Money, Save Your Identity* at www.studentaid.ed.gov/lsa.

## Parents

### To Do:



Review "Every Year in High School" on pages 10 and 11 of this checklist.

Take another look at your financial situation, and be sure you're on the right track to pay for college.

Talk to your child about the schools he or she is considering. Ask why those schools appeal to your child, and help him or her clarify goals and priorities.



Attend college fairs with your child, but don't take over the conversation with the college representatives. Just listen, and let your child do the talking.

Take your child to visit college campuses, preferably when classes are in session.

#### To Explore:

Get in-depth information on federal student aid programs at www.studentaid.ed.gov/funding.

Learn about student and parent loans in *Your Federal* Student Loans: Learn the Basics and Manage Your Debt at www.studentaid.ed.gov/repayingpub.

\*REMEMBER: Register for all tests in advance and be sure to give yourself time to prepare appropriately! If you have difficulty paying a registration fee, see your school counselor about getting a fee waiver.

# Summer Before 12th Grade

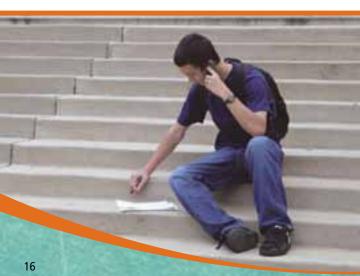
## Students

## To Do:

Narrow down the list of colleges you are considering attending. If you can, visit the schools that interest you.
Contact colleges to request information and applications for admission. Ask about financial aid, admission requirements, and deadlines.
Decide whether you are going to apply under a particular college's early decision or early action program. Be sure to learn about the program deadlines and requirements.
Use the <i>FAFSA4caster</i> financial aid estimator one last time at <b>www.fafsa4caster.ed.gov</b> , and compare the results to the actual costs at the colleges to which you will apply. To supplement any aid <i>FAFSA4caster</i> estimates you might receive, be sure to apply for

scholarships. Your goal is to minimize the amount

of loan funds you borrow.



## To Explore:

Find out what government financial aid you can apply for, and how, in *Do You Need Money for College* at www.studentaid.ed.gov/needmoney.

Be careful when searching for scholarships: Read "Don't Get Scammed on Your Way to College!" at www.studentaid.ed.gov/pubs.

## Parents

#### To Do:

Review your financial situation and make sure your child is looking into or already has applied for scholarships.

Ask your employer whether scholarships are available for employees' children.

Find out whether your child has added any schools to his or her college wish list since the last time you visited colleges, and visit additional campuses if possible.

## To Explore:

Take a closer look at **www.studentaid.ed.gov/funding** to ensure you understand the federal aid programs and upcoming application process.

## Students

To Do:

# All Year

- Review "Every Year in High School" on page 10 of this checklist.
- Work hard all year—second-semester grades can affect scholarship eligibility.

Stay involved in after-school activities, and seek leadership roles if possible.

## Fall

Meet with your school counselor to make sure you are on track to graduate and fulfill college admission requirements.

If you haven't done so already, register for and take such exams as the SAT, SAT Subject Tests, or ACT for college admission.\* Check with the colleges you are interested in to see what tests they require.

Apply to the colleges you have chosen. Prepare your applications carefully. Follow the instructions, and PAY CLOSE ATTENTION TO DEADLINES!

Well before your application deadlines, ask your counselor and teachers to submit required documents (e.g., transcript, letters of recommendation) to the colleges to which you're applying.

\*REMEMBER: Register for all tests in advance and be sure to give yourself time to prepare appropriately! If you have difficulty paying a registration fee, see your school counselor about getting a fee waiver.

# Winter

Encourage your parent(s) to complete income tax forms early. If your parent(s) has (have) not completed tax forms, you can provide estimated information on your federal student aid application, but remember to make any necessary changes later.

As soon as possible after Jan. 1, complete and submit your *Free Application for Federal Student Aid* (FAFSA), along with any other financial aid applications your school(s) of choice may require. You can complete the FAFSA online at **www.fafsa.gov** or on paper, but completing the application online is faster and easier. You should submit your FAFSA by the earliest financial aid deadline of the schools to which you are applying, usually by early February. Refer to "FAFSA Filing Time" on page 22 of this checklist as you go through the application process.

If you have questions about the federal student aid programs or need assistance with the application process, call **1-800-4-FED-AID** (**1-800-433-3243**) or the TTY for the hearing impaired, 1-800-730-8913.

After you submit the FAFSA, you should receive your *Student Aid Report* (SAR) within three days to three weeks. Quickly make any necessary corrections and submit them to the FAFSA processor.

Complete any last scholarship applications.

# Spring

Visit colleges that have invited you to enroll.

Review your college acceptances and compare the colleges' financial aid packages.

Contact a school's financial aid office if you have questions about the aid that school has offered you. In fact, getting to know your financial aid staff early is a good idea no matter what—they can tell you about deadlines, other aid for which you might wish to apply, and important paperwork you might need to submit.

When you decide which school you want to attend, notify that school of your commitment and submit any required financial deposit. Many schools require this notification and deposit by May 1.

#### To Explore:

Refer to Funding Your Education: The Guide to Federal Student Aid at www.studentaid.ed.gov/guide as you work through the FAFSA process.

Make informed decisions about student loans; the following resources are important at this point:

- The "Why Get a Federal Student Loan?" section on page 4 of this checklist
- Your Federal Student Loans: Learn the Basics and Manage Your Debt, especially the sections headed "PREPARE" (including "How are federal student loans different from private loans?") and "RECEIVE" (www.studentaid.ed.gov/repayingpub)

## Parents

#### To Do:

- Review "Every Year in High School" on pages 10 and 11 of this checklist.
  - Work with your child on filling out the FAFSA (see "FAFSA Filing Time" on page 22 of this checklist for specific instructions).

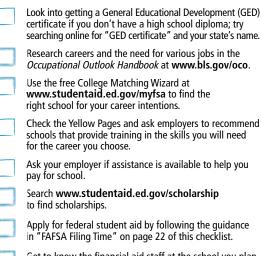
#### To Explore:

Make sure your child's personal information is safe when he or she applies for financial aid. For tips, read "Student Aid and Identity Theft" at www.studentaid.ed.gov/pubs.
Go to <b>www.irs.gov</b> and read <i>IRS Publication 970, Tax Benefits for Education</i> to see how you might benefit from federal income tax credits for education expenses.
Understand the benefits of federal student loans by reading "Why Get a Federal Student Loan?" on page 4 of this checklist.
Help your child learn about the responsibilities involved in accepting a student loan by reviewing <i>Your Federal</i> <i>Student Loans: Learn the Basics and Manage Your Debt</i> (www.studentaid.ed.gov/repayingpub) with him or her.
Look at communications from schools to which your child sent FAFSA information. If a school has offered Federal Direct Loans (also called William D. Ford Federal Direct Loans, Direct Stafford Loans, or Direct PLUS Loans), the <i>Direct Loan Basics for Parents</i> brochure might be useful to you. Find it at www.studentaid.ed.gov/pubs.

## ADULT STUDENTS

#### If you've never been to college, or started but never finished, this section is for you. Need to improve your skills or knowledge? Find a new career path?

#### To Do:



Get to know the financial aid staff at the school you plan to attend; they can help you with aid applications and explain the types of aid available.

#### To Explore:

Ensure that you get your money's worth out of your education by following the tips in these fact sheets at www.studentaid.ed.gov/pubs:

- Choose a Career School Carefully
- Be an Informed Consumer...when it comes to federal student aid

Learn about federal funding for your education at www.studentaid.ed.gov/funding.

Discover why federal student loans are a better option than private loans in "Why Get a Federal Student Loan?" on page 4 of this checklist.



Use Your Federal Student Loans: Learn the Basics and Manage Your Debt at www.studentaid.ed.gov /repayingpub to help you determine which loans to accept and how much to borrow.



Go to **www.irs.gov** and read *IRS Publication 970, Tax Benefits for Education* to see how you might benefit from federal income tax credits for education expenses.

## FAFSA FILING TIME

## Students

You must complete and submit the *Free Application for Federal Student Aid* (FAFSA) to apply for federal student aid—that's government money for college or career school. Financial aid offices use information from the FAFSA to determine whether you are eligible to receive federal grants, loans, or work-study funds. States and schools also use the information from the FAFSA to determine whether you qualify for additional aid. In fact, some schools won't consider a student for the school's merit scholarships until the student has submitted a FAFSA. So be sure to fill out a FAFSA even if you think you won't qualify for federal aid.

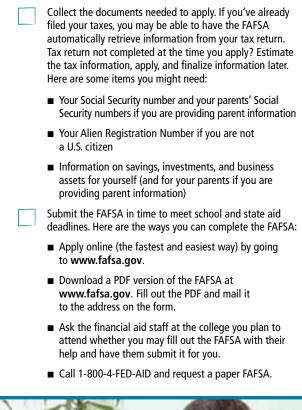
#### DEADLINES

If you want to be considered for aid from your state or college, you must meet its FAFSA deadline. If you plan to go to college in the fall, your state financial aid deadline is probably going to be between March and May; and your college financial aid deadline may be as early as February. The FAFSA site at **www.fafsa.gov** lists many state deadlines and tells you how to find yours if it's not listed. For a college 's FAFSA deadline, check the school 's website or contact its financial aid office.

#### To Do:

Get free information and help from your school counselor, the financial aid office at the college you plan to attend, or the U.S. Department of Education at **www.fafsa.gov** or 1-800-4-FED-AID (1-800-433-3243). Free help is available anytime during the application process. You should never have to pay for help.

Optional: If you think the Social Security Administration might have the wrong name or date of birth for you in its records, go to **www.ssa.gov** to find out how to correct any errors. Your information must be correct before your FAFSA can be processed.





Review your *Student Aid Report* (SAR)—the result of your FAFSA. You will receive your SAR by e-mail or by mail. If necessary, make changes or corrections and submit your SAR for reprocessing. Your complete, correct SAR will contain your Expected Family Contribution (EFC)—the index number used by colleges to determine how much federal student aid you can receive. If you do not receive your SAR within three weeks of submitting your FAFSA, go to **www.fafsa.gov** and log in to check the status of your FAFSA, or you may call 1-800-4-FED-AID.

Your school might request additional information from you. Be sure to respond by any deadlines, or you might not receive federal student aid.

- All applicants: Contact the financial aid office if you have any questions about the aid being offered.
- First-time applicants: Review award letters from schools to compare amounts and types of aid being offered. Decide which school to attend based on a combination of (a) how well the school suits your needs and (b) its affordability after all aid is taken into account.

Keep in touch with the school you've chosen to find out when tuition and fees are due, whether your financial aid will cover those expenses completely, and how much (if any) extra financial aid will come directly to you once your tuition and fees are paid.

- Pay special attention to letters or e-mails from schools, and contact the financial aid office if you do not understand what the school is offering you.
  - Follow all directions on the FAFSA and on any communications from your school.

## Parents

#### To Do:

File taxes as early as possible, but don't delay the FAFSA due to your taxes not being done. It's okay to estimate your financial information on the FAFSA; you just need to finalize it later.



Complete the "Students: To Do" list on pages 22–24 of this checklist with your child. If possible, file the FAFSA online—it's much faster and easier, and your information is safe because it's encrypted (i.e., we use a mathematical formula to scramble the data).



Examine the bill from the school your child chooses and make sure you understand all the fees and how they will be paid (e.g., through scholarships, student loans, etc.).





HAVE QUESTIONS ABOUT FEDERAL STUDENT AID AND WANT TO TALK TO A REAL PERSON?

Call the Federal Student Aid Information Center at 1-800-4-FED-AID (1-800-433-3243) or 1-800-730-8913 (TTY for the hearing impaired). Toll number: 1-319-337-5665.

Many of the publications mentioned in this checklist are available to order or download for free at www.edpubs.gov.

Find detailed federal student aid information at www.studentaid.ed.gov.



START HERE