PENN STATE

NEW STUDENT-ATHLETE GUIDE

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PRE-PENN STATE ADMISSIONS

Make sure to begin your admissions process to Penn State as soon as possible. If you have questions regarding admission to Penn State, contact the Athletics Compliance Office.

Dates to Remember
- Deadline to submit a complete application and test scores: November 1
- For Fall Enrollees: those students who submit a complete application, including a Self-Reported Academic Record (SRAR) and test scores, by November 1 will have the best chance of admission to their first choice campus and/or major.
- For more information on dates and deadlines please refer here.

How to Apply to Penn State
- Create a MyPennState Profile
- Start and complete the application in MyPennState
  - While you can create a MyPennState profile at any time, the application for admission becomes available on the following dates:
    - Spring Admission: June 1
    - Fall/Summer Admission: August 1
  - After completing profile information, you will need to provide your academic history by completing and submitting a SELF-Reported Academic Record (SRAR).The SRAR will include all of your high school coursework from grades 9-11 and grade 12 in progress schedule. More about the SRAR can be found here.
- Submit your application
  - The application requires a nonrefundable application fee of $65 for domestic students and $75 for international students. Be sure to complete the last step after "Summary and Review," which finalizes payment of your fee, and be certain it is successfully submitted. Application will not be complete without the SRAR and additional materials. Once the application is submitted, you can verify its completion by accessing your MyPennState profile.
- Submit any required additional materials
  - SAT: Log into your account at www.collegeboard.org. Make sure to use 2660 as the SAT code to send your test scores to the correct location.
  - ACT: Log into your account at www.act.org. Make sure to use 3656 as the ACT code to send your test scores to the correct location.
- Check your application status in MyPennState
- Receive your admission decision

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After you have received your acceptance letter from Penn State University, make sure to follow the steps below. Any questions you may have regarding admission should be forwarded to Andy Banse (atb14@psu.edu) in the Athletics Compliance Office. Use the Student-Athlete Checklist attached to this packet and the Accepted Students Checklist provided on Penn State's website as an additional resource.

1. **Accept your offer of admittance via your MyPennState profile and pay your acceptance fee online**
2. **Submit housing and meal plan information**
3. **Take ALEKS Assessment**
4. **Select new Student Orientation (NSO) date**
5. **Update New Student Account/Pre-NSO Homework**
   All student-athletes are strongly encouraged to set up "Rapid Refund" (a.k.a. direct deposit) to receive scholarship overages and any financial aid reimbursements from grants or loans. This is the safest and fastest way to receive any funds you are owed by the University. Rapid Refund can be set to go to any United States financial institution. To set up Rapid Refund, visit LionPath.
6. **Student Immunization Form**
   For all information regarding required record of immunizations, please refer to University Health Services website. Remember: physical exams are required for all student-athletes.
7. **Sports Medicine Forms**
8. **Citizen Status Verification Form**
9. **Residency Form**
10. **Proof of Graduation**
    Penn State requires a final high school transcript no later than July 15. Please send Official Documentation here.

FINANCIAL AID

If there are any questions regarding your athletic grant-in-aid, please contact Todd Moss (rtm6@psu.edu) in the Athletics Compliance Office.

What is covered by athletic scholarships?
At Penn State, full athletic scholarships will cover tuition and fees, room, a meal plan, books and other expenses up to the cost of attendance.
For partial scholarship student-athletes, athletic financial aid is based on the terms of your grant-in-aid agreement. These terms could include a percentage of a full grant-in-aid, elements of a grant-in-aid (e.g., tuition, fees, etc.), or a set dollar amount.

When will athletic aid be posted to your account?
In the middle of July, the Penn State Board of Trustees sets the tuition and fee charges for the upcoming academic year. Once the charges are established, the Department of Intercollegiate Athletics will work to post the appropriate athletic funding to student-athlete accounts. It can take up to the start of classes for your aid to appear on your account. Don't panic— your classes will not be cancelled for non-payment. Once athletic aid has posted, student-athletes are expected to pay the remaining balance or set up a payment plan to avoid any late fees.

Free Application for Federal Student Aid (FAFSA)
FAFSA information can be found at fafsa.ed.gov. The provided website will allow you to fill out an application for free. Access to FAFSA will be available after mid-October. Penn State's recommended filing date is mid-February; however, you may still submit your completed application after that date. You will receive notification regarding your aid in March. Additional information is accessible on the Office of Student Aid's website.

Important note: International students are not eligible for federal student aid.

The U.S. Department of Education uses FAFSA to determine if a student is eligible for federal financial aid. Depending on a student's expected family contribution, he or she can receive up to $6,000 in Federal Pell Grant in addition to a subsidized or unsubsidized loan. It is required to complete a FAFSA application before each academic year.

Important note: If you are planning on attending summer classes and receive Federal Pell Grant aid, you must complete the 2019-2020 FAFSA. Additionally, you will need to complete the 2020-2021 FAFSA application for the 2020-2021 academic year.

Before beginning your FAFSA
The following documents will be needed to complete your FAFSA application:
• Social Security Number
• Most recent federal income tax returns, W-2 as well as any other records of earned monetary gain
• Bank statements or records of investment (if applicable)
• Records of untaxed income (if applicable)
• A FSA ID to sign forms electronically

Important note: If you are a dependent student, you will need to provide the same requested information asked of you for your parents. To make the process as easy as possible, make sure to have all of the requested information prior to beginning the application. The FAFSA application process may take up to an hour to complete.

Creating a FSA ID

In order to sign documents electronically while completing a FAFSA application, you must have a FSA ID. Additionally, an FSA ID allows students and parents to access the information that is located on the FSA websites.

Make sure to keep your username and password in a safe place. The FSA ID will be used each time you need to access a FSA website as well as completing each FAFSA application.

Click here to create your FSA ID.

Frequently Asked Questions about FAFSA application completion

- When should the FAFSA application be complete?
  - Recommended filing date is mid-February.
- Do I need to complete a FAFSA application for each year?
  - Yes. Since the FAFSA is based on you and/or parent's tax information, you must update the FAFSA each year to reflect any changes.
- What steps do I need to take after completing the FAFSA application and sending it to Penn State University?
  - Penn State normally receives your FAFSA information within 7-10 days. Once received, the Office of Student Aid will follow up with you for additional information when necessary.

- What other, if any, information will be requested of me by Penn State?
  - If students are selected for verification, the Office of Student Aid will require the student and parent to complete a form verifying the information they supplied on the FAFSA is accurate. More information can be found at studentaid.psu.edu.

Outside Scholarships

Scholarships that are awarded outside of Penn State from organizations such as high schools, community endowments, or service organizations are subject to review to determine if the awards are permissible under NCAA bylaws.

Awards that are from established and continuing programs are permissible provided:

- The recipient's choice of institution is not restricted by the donor of the aid;
- There is no direct connection between the donor and the institution;
- The aid is not provided by an outside sports team or organization that conducts a competitive sports program to an individual who is or has been a member of that team or organization. (Example: student played for an AAU team and was awarded a scholarship for being the team most valuable player).

HOUSING AND MEAL PLANS

If any questions regarding housing arise, please contact David Rasmussen (dlr268@psu.edu) in the Athletics Compliance Office.

On-campus housing

All of the information regarding on-campus housing can be found here. Once you have logged into eLiving portal (by using your Penn State username and password) you will have access to several options listed on the left side of the screen. There, you will find links to request and, when applicable, accept housing contracts.

On-campus housing billing information

The rates for on-campus housing can be found here.

Housing Timeline

Important dates can be found here.

Meal Plans

The campus meal plan is designed for students living on campus. There are three levels to choose from. Each time you visit dining commons, campus restaurants or an on-campus convenience store, you can simply swipe your id+ card to purchase a meal, snack or beverage. To purchase a meal plan:

- Choose a level that is best for you.
  - You can adjust your meal plan amount if you need to in the future.
- Go to eLiving to purchase a campus meal plan. It will be charged to your student bursar account.
- Funds will be put into your account.
- Use your id+ card to make on-campus purchases.
- After making a purchase, funds will be deducted from your account and the remaining balance will be displayed on the register's screen.

The meal plan has two costs:

- Base cost: This is paid up front for the entire semester and covers non-food costs such as operating the dining commons (i.e. labor, supplies, maintenance, and utilities).
- Dining dollars: This is the amount that can be spent for purchases. Each time you make a purchase, funds will be deducted from your account. The meal plan offers huge savings compared to paying with cash.

Specific rates can be found here.

LionCash+ versus Meal Plans

Each Penn State student has an id+ card with which their meal plan will be placed upon and is what they will swipe each time they go to a dining facility. This Penn State ID card can also hold LionCash+, which is a debit card system with no minimum balance and can be used to pay for other items on campus as well as many locations in the State College Area. The amount of LionCash+ you have on your id+ card is completely up to you and more can be deposited at any time. Further information on LionCash+ can be found here.

SPORTS MEDICINE

If there are any questions regarding the medical services provided, please contact your teams Athletic Trainer.

Explanation of Medical Care

Intercollegiate athletics provides student-athletes with medical care and treatment for any illness or injury received during the academic year while practicing for or participating in intercollegiate athletic activities and voluntary physical activities under the supervision of and in accordance with NCAA rules and regulations that will prepare the student-athlete for competition.

Online pre-participation medical forms and administration forms

Once a student athlete has received a "paid accepted" status, a member of the athletic training staff will send an email notification with step-by-step instructions on how to register in the system, and how to access the on-line medical and administration forms that need to be completed prior to arrival on campus. These forms must be completed **in FULL** for the student-athlete to register for their pre-participation physical.

The pre-participation physical exam is required before you can:

- Participate in any organized workouts with their team
- Workout with a member of the strength and conditioning staff
- Utilize any on-campus athletic facility

You must upload **ALL** insurance information and expiration dates to your profile page and must include the follow insurance information:

- Medical insurance with copy of current card
- Dental insurance with copy of current card if available
- Prescription insurance with copy of current card if available
- Vision insurance with copy of current card if available
- Any secondary insurance policy with copy of current card

New Student-Athlete Mass Physicals

Penn State holds new student-athlete mass physicals approximately 3 times a year. The first will be offered prior to start of summer session II, the second prior to or at the beginning of fall semester and the third prior to or at the start of spring semester. These mass physicals are required for all new student-athletes. A comprehensive evaluation of each new student athlete will occur at these physicals including:

- Baseline Vitals: height, weight, blood pressure
- EKG/nurse intake
- Primary care MD exam
- Orthopedic exam
- Lab work
- Vision
- Dental screen and mouth guard mold
- Nutrition consult with Sports Nutritionist
- Mental Health screen
- X-ray (if needed after ortho exam)
- Foot management scan for orthotics if needed
- Drug Testing
- Concussion Baseline testing

Student-Athlete Handbook Explanation of ICA Medical Policy and Procedure:

A detailed explanation of medical billing, payment, and insurance policy as well as NCAA permissible medical coverage is listed in the Penn State Student Athlete Handbook. To access please follow the link: http://www.gopsusports.com/compliance/current-student-athletes.html

The following information is available in the handbook concerning ICA Medical Policy and Procedure:

- Explanation of Medical Care
- ICA Sports Medicine
- Second Options
- Emergency Care
- Medical Billing, Payment and Insurance
- Nutrition and supplements
- Weight Control, eating disorders, weight control policy
- Concussion Policy and Procedure

PARKING

Due to limited on-campus parking availability, freshmen students are not allowed to have an automobile on campus.

PRE-SCHEDULE & SUMMER PROGRAMMING

LEAP

The Learning Edge Academic Program (LEAP) is for incoming first-year students accepted to the University Park campus. The program, which runs during Summer Session II, combines small, cohort-based courses with out-of-class programming and peer-mentoring to help students successfully transition to Penn State. Each student enrolls in two linked courses that make up a LEAP Pride and each pride is assigned an upper-class mentor who plans programming and helps support LEAP students throughout the summer program. Registration is required for this program however, LEAP is not a requirement for any incoming first-year student-athletes.

Summer Bridge

The Summer Bridge Program is an immersion program designed to help new student athletes adapt to the college environment by learning to balance academics and sports the summer before their first semester at PSU. The program includes daytime and evening activities. **Full participation in all aspects of the program is required of all incoming student athletes that wish to take classes the summer prior to the first full-time semester**. Some of the components of the program include:

- Enrollment in 3-6 Credit Hours towards Graduation
- Academic Enrichment Seminars
- Student-Athlete Welfare & Development Positive Transition Seminars
- Academic Assessments

NCAA REQUIRED INFORMATION

In order for you to compete for Penn State University, the NCAA requires that you complete the following steps. Any questions relating to NCAA Eligibility should be directed to David Rasmussen (dlr268@psu.edu) of the Athletics Compliance Office.

NCAA Academic Certification
In order to be certified, all student-athletes must send their transcripts and test scores to the NCAA Eligibility Center.

Transcripts
Your high school needs to send sealed final transcripts to:
    NCAA
    NCAA Eligibility Center
    P.O. Box 7136
    Indianapolis, IN 46206
        OR
    NCAA Overnight
    NCAA Eligibility Center
    1802 Alonzo Watford Sr. Dr.
    Indianapolis, IN 46202

Test Scores
SAT: Sign into your account at www.collegeboard.org. Test scores should be sent to the NCAA using the code 9999.
ACT: Sign into your account at www.act.org. Test scores should be sent to the NCAA using the code 9999.

NCAA Amateurism Certification
Prior to enrollment to Penn State, incoming student-athletes must request Final Amateurism Certification from the NCAA. This is done through the NCAA Eligibility Center, beginning April 1. A helpful resource to access, regarding how to apply for Final Amateurism Certification can be found here.
Important note: The NCAA may have follow-up questions regarding your amateurism. If any questions do arise, you will be contacted by the NCAA through the email address you provided to the NCAA Eligibility Center. It is imperative to regularly check your email until receipt of your final amateurism certification. Please be sure to contact David Rasmussen (dlr268@psu.edu) if you are contacted by the NCAA, with follow-up questions, regarding your final amateurism eligibility.

NCAA REQUIRED INFORMATION

ALEKS Math Assessment

Every incoming Penn State student must complete the ALEKS Math Assessment in order to assess readiness for math and chemistry courses. This test will indicate which math and chemistry courses you are able to enroll in when you start your time at Penn State. The examination will ask up to 30 questions and should take 2-3 hours to complete. You have 48 hours to complete the assessment once you start it. The ALEKS Math Assessment should be taken individually and with full honesty about your knowledge for math and chemistry courses.

In order to be scheduled for a New Student Orientation date you must complete this exam, therefore it is highly suggested you complete this examination as soon as possible.

- Spring Semester Access: November 1
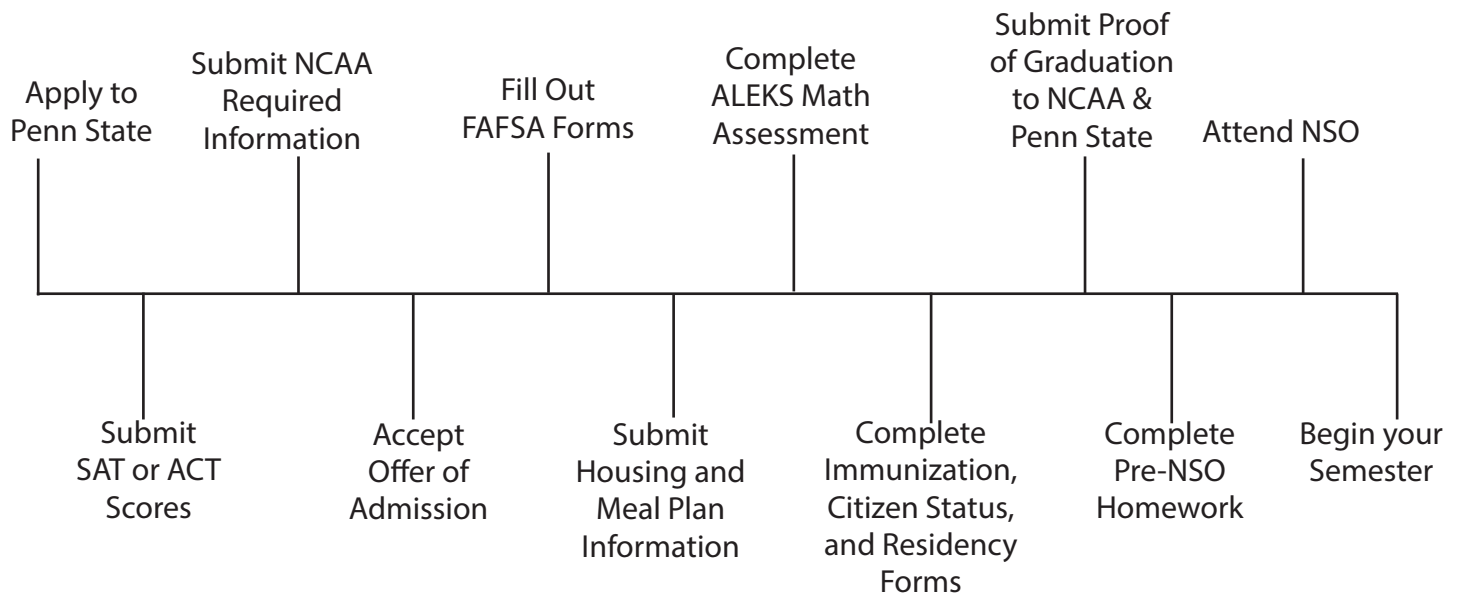- Summer/Fall Access: March 1

Further details about the ALEKS Math Assessment can be found here.

New Student Orientation (NSO)

New Student Orientation (NSO) is a mandatory program for incoming Penn State students. It consists of a two day program introducing you to campus life, informational sessions, visits to your academic college, and scheduling of your courses. In order to be scheduled for NSO the ALEKS Math Assessment must be completed.

Further details about New Student Orientation can be found here.

SUGGESTED TIMELINE

Apply to Penn State

Submit NCAA Required Information

Fill Out FAFSA Forms

Complete ALEKS Math Assessment

Submit Proof of Graduation to NCAA & Penn State

Attend NSO

Submit SAT or ACT Scores

Accept Offer of Admission

Submit Housing and Meal Plan Information

Complete Immunization, Citizen Status, and Residency Forms

Complete Pre-NSO Homework

Begin your Semester

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Athletics Compliance Office Contacts

The Athletics Compliance Office is located in 157 BJC and can be reached at 814-863-8048. Please feel free to contact any of the listed individuals with any questions regarding the information provided.

Matt Stolberg
Associate Athletic Director for Compliance
mas908@psu.edu

Todd Moss
Financial Aid Coordinator
rtm6@psu.edu

Andy Banse
Assistant Athletic Director for Athletics Compliance
atb14@psu.edu

Frank Yeboah
Compliance Coordinator
fyz5078@psu.edu

Monica Moss
Director of Compliance
mli11@psu.edu

Elaine Packer
Athletics Compliance Staff Assistant
edp1@psu.edu

Morgan Academic Center for Student-Athletes

The Morgan Academic Center is located in the Greenburg Complex on McKean Road and can be reached at 814-865-0407. Please feel free to contact any of the listed individuals with any questions regarding the information provided.

Russ Mushinsky
Director of Morgan Academic Center
rxm45@psu.edu

Mark Hinish
Associate Director, Learning Services & Facilities
mah1@psu.edu

Kellynn Wilson
Associate Director, Student-Athlete Development
& Education
kaw56@psu.edu

Todd Kulka
Assistant Director, Football Academic
Support Services
tok100@psu.edu

Jim Weaver
Associate Director, Counseling,
Eligibility & Compliance
jxw38@psu.edu

Student-Athlete Welfare & Development

The Student-Athlete Welfare and Development Office is located in the Greenburg Complex on McKean Road. Please feel free to contact any of the listed individuals with any questions regarding the information provided.

Keith Embray
Assistant Athletic Director for Student-Athlete Welfare
& Development
Office: 814-863-7040
kwe2@psu.edu

Liz Johnson
Director of Student-Athlete Welfare & Development
Office: 814-865-1261
etj11@psu.edu

Helpful Links
- Office of Student Aid: studentaid.psu.edu
- Office of the Bursar: bursar.psu.edu
- Office of the Registrar: registrar.psu.edu
- Morgan Academic Center: morgancenter.psu.edu
- Penn State Athletics Compliance: gopsusports.com/compliance
- Housing, Food Services and Residence Life: hfs.psu.edu