

PORTLAND, OREGON



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12 SHEETS

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FIND YOUR COLLEGE FIT NOTEBOOK



“HAVE YOU VISITED ANY COLLEGES YET?”
“WHERE ARE YOU APPLYING?”
“ARE YOU PLANNING TO STAY CLOSE TO HOME OR GO OUT OF STATE?”
WHAT DO YOU WANT TO STUDY?”



➤ **The lead-up to college can feel like a never-ending series of questions—and you probably have a few of your own, like, “How do I find a school where I’ll actually thrive?”**

To help you out, we’ve broken down the college search process into simple steps so you can clear the clutter and build major momentum. Inside, you’ll find tips to help you map out your must-haves. Along the way, you’ll get a glimpse of what we’re all about too.

So, take your time, explore, and have fun with it. We’ve even tucked in a few games. While there are certainly correct answers to the puzzles, just remember that there are no wrong answers when it comes to finding your college fit. There’s only what’s right for you.

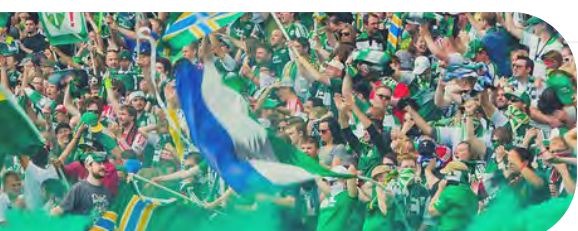
UP

Ready to see how far you can go at UP?



✦ **Our admissions counselors are here to help! Scan the code to connect.**

STEP 1: PICK YOUR TOP LOCATIONS



The quickest way to narrow down your options? Zero in on where you do—and don't!—want to live. In the city or the country? Do you thrive in the heat or melt? Think about what you want to do when you're not in class—how close do you want to be to the beach, the slopes, or places to go for a fun night out?

You'll get the best of all worlds at University of Portland—a beautiful campus in a quiet neighborhood just minutes from pro sports and music venues, food carts, shopping, and miles of hiking and biking trails. You'll also be near countless opportunities for internships, clinical experiences, and other hands-on learning opportunities. Oregon's spectacular coast and snowy Mt. Hood are both just 90 minutes away—and frequent excursions for our Outdoor Pursuits recreation program.

Prompt: What types of things do you want to try that you've never done before?



Smith Rock



Sauvie Island



Mt. Hood

Scan the code on Page 6 to get the answers

GUESS THE PHRASE



- AT



+ LOTS!

WORD SCRAMBLE

- verir
- knighi
- uflbf
- herascer
- hetipsnrnsi
- nvoniantoi
- bclus
- oercsc
- sinoidvi1



Can you change the word 'smart' to 'sport' in just six steps? You can only change one letter at a time, and no rearranging!

Did you know...?

UP has 16 Division 1 athletic teams competing in the West Coast Conference. A record-setting 233 UP student-athletes made the Commissioner's Honor Roll for the 2025-26 academic year.



STEP 2: EXPLORE ACADEMICS

College search platforms and school websites are a great starting point. As you explore, check for stats on class sizes and opportunities to put learning into practice, from undergraduate research to high-impact internships. Not sure what to study? Look for typical classes and career outcomes in majors and minors that spark your curiosity.

At UP, you'll be directly admitted to your program, no waiting or reapplying required. You'll also get hands-on experience and dedicated faculty ready to mentor you. Whether you join the College of Arts & Sciences or one of our four professional schools, you'll gain the experience and support to launch the future you want.

Tip: If you're interested in majoring in STEM programs like engineering, check for prerequisites and aim to take them in high school.

What's the Magic Number?

Your dorm room number is a three-digit palindrome number. The sum and product of its digits are square numbers, and their sum is also a square number.

What is your room number?

UP electrical engineering professor Aziz Inan is famous for his palindromic number puzzles, but you don't have to break your brain figuring this one out.

Scan to watch him solve it and get the answers to the rest of puzzles!



STEP 3: PICTURE YOURSELF ON CAMPUS

Where do you see yourself truly thriving? Do you crave small-classroom connections or want to blend in with the crowd? Are you looking for ways to engage in faith or service? Consider demographics, affinity clubs, and extracurriculars where you can grow your skills alongside your social network. Search colleges on social media to find posts and day-in-the-life-vlogs describing what it's really like on campus.

Here at UP, you'll be part of a close-knit community all driving toward a brighter future. Take the lead in more than 100 student clubs spanning academic, cultural, and environmental pursuits. Dive into action by cheering on—or competing for—one of our 16 NCAA Division I or intramural teams. No matter where your interests lie, you'll find endless opportunities to grow.



We made you a mix tape!



Scan the code to hear our UP-themed Spotify playlist



STEP 4: UNDERSTAND COSTS

Private schools can seem a lot pricier than your state’s public university. But before you rule anything out, remember that most private schools offer merit and/or institutional aid that can make them comparable in price—and sometimes more affordable! Keep in mind generative AI tools are not reliable for predicting financial aid offers, especially for private colleges. Once you’ve identified schools you like, use the school’s net price calculator to find out what costs are likely to look like for you.

As a Catholic, Holy Cross university, UP is committed to putting the costs of our premier education within reach. More than 99% of first-year students receive some form of financial aid, whether through merit scholarships or institutional grants.

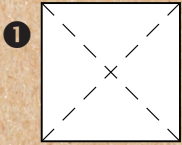
Calculate your
potential costs
at UP



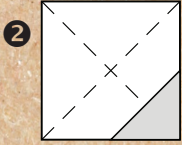
Prompt: “What are your top-10 college must-haves?”
(Think: small classes, big sporting events, or easy access to the outdoors)



Fold Diagonally
With the side shown here facing down, fold the square in half corner-to-corner, then unfold. Repeat for the other diagonal. You'll have an X crease.



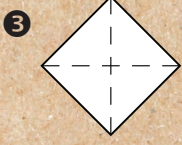
Fold Corners to Center
Fold all four corners in to meet at the center point.



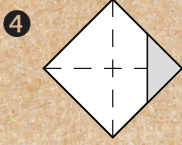
2a. Result



Flip It Over
Turn the paper over so the folds are face-down.



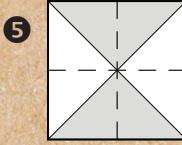
Fold Corners to Center Again
Repeat step 2, folding the four new corners into the middle.



4a. Result

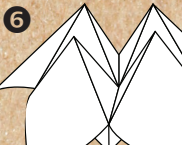


Crease Both Ways
Fold the square in half top-to-bottom, crease, and unfold. Do the same left-to-right.



Fold and unfold in both directions

Pop & Play
Flip it over, slip your thumbs and index fingers under the four flaps, and push the center inward to pop it into its 3D pinwheel shape.



STEP 5: SEE YOUR FUTURE HERE AT UP!

Follow the folding instructions and discover the possibilities



ROSE

2 ROTC detachments

1 river next to campus

You will learn how to taxidermy duck feet as part of your biomechanics research with Dr. Glenna Clifton (and get published!)

10 Residence Halls

WALLY

15 Average class size

3 indoor basketball courts

ANCHOR

6 miles to downtown

You will debate whether the Pilot House quesadillas or food cart smashburgers are the superior brain food. (UP ❤️ food)

14 Study abroad programs

BELL TOWER

16 DI sports teams

You'll join *The Beacon*, become a celebrity sports journalist, and earn an honorary PhD (but ESPN's Malika Andrews '17 did it first)

You will fly to South Korea to pitch your startup while UP foots the bill. (UP's Entrepreneur Scholars program is epic.)

You'll wear a kilt, wave a purple smoke bomb, and scream until hoarse at a DI soccer match. (Pilot games are a whole vibe.)

You will accidentally find the hidden Holy Cross dining room and end up lunching with the president. (Don't worry, he's nice.)

Nike will hire you to photograph Hoop Summit '26 and your pics will be seen by millions. (Way to go Evan G. '28!)

You will discover your talent for costuming at the Shipstad Haunted House and get paid to outfit the spring musical. (A legit campus job.)



NEXT STEPS

Once you've made a list of schools you're interested in, it's time to dig a little deeper.

- 1 Check out colleges on social media where you can find real time updates on what's happening on campus!
- 2 Look for opportunities to talk with current students during online info sessions and campus tours.
- 3 Keep a list of any questions that come up. No question is too small!
- 4 Reach out to the admissions counselor assigned to your area. They can answer questions, connect you with current students and faculty, and help you make the most informed decision possible.
- 5 Remember to have fun! The road to college is your first real chance to design your own future, so bring your curiosity and have fun exploring the possibilities!





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**COME VISIT US
ON THE BLUFF!**



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