



# UNITED STATES MILITARY ACADEMY WEST POINT®

## *Start young to gain admission!*

*We're pleased you're thinking ahead and preparing to be competitive for admission to the United States Military Academy at West Point. You'll need a well-rounded background to be successful, so an early start will give you your best chance.*

There are three areas in which you should prepare in order to be competitive in the admissions process; the first, of course, since USMA is one of the most highly rated colleges in the country, is **ACADEMIC PREPARATION**.

West Point encourages you to take a strong college preparatory academic program if you hope to be competitive for admission. Your high school subjects should include:

- Four years of English, with a strong emphasis on composition, grammar, literature, and speech
- Four years of math: algebra, geometry, intermediate algebra, and trigonometry
- Two years of a foreign language
- Two years of a laboratory science such as chemistry, biology, or physics
- One year of U.S. history
- Courses in geography, government, and economics will be helpful as well, as will precalculus/calculus and basic computing

**PHYSICAL PREPARATION** is the next area you'll need to consider. To prepare for the rigorous West Point military training, physical education, and intercollegiate and intramural athletic programs, you should make sure you have the necessary physical strength and endurance by:

- Participating in vigorous competitive team sports
- Participating in individual sports that require sustained physical effort
- Running regularly; two-mile runs are recommended
- Performing strenuous conditioning exercises – push-ups, pull-ups, and sit-ups

The best way to prepare is to start off slowly and build on your physical accomplishments. For example, with the two-mile run: Start by alternating between running and walking that distance and gradually increase the amount of running. If you start early, you'll be well-prepared to deal with the physical aspects of the West Point challenge.

Check out information about the [Candidate Fitness Assessment](#), which you'll have to take to be admitted.

Since the purpose of West Point is to educate and train young men and women to be officers in the U.S. Army and lead Soldiers, you can understand the importance of the third area: **LEADERSHIP PREPARATION**.

To demonstrate your potential as a leader, you should participate in extracurricular activities during high school that provide valuable leadership experiences and responsibilities. There are countless activities in school and community organizations in which you can be involved, such as class, club, or student government organizations; academic societies, such as the National Honor Society; athletics; public speaking, scouting, or JROTC ... The list goes on and on.

But remember to always seek out leadership positions in the activities you choose, because USMA considers it more valuable for you to achieve distinction in a specific activity than to participate in numerous activities without any evidence of leadership achievement. If you have to work to provide financial assistance for your family, USMA views that experience as a demonstration of your leadership potential, even though it limits participation in other activities.

So now you have a lot to think about and a lot of preparations to consider. We especially want you to know that if you do the things we've recommended, **you'll be well-prepared**, no matter what path in life you choose.

Please look over the USMA and Admissions websites, where you'll find more information.

Yes, it's challenging, but if you have what it takes and you prepare yourself, **West Point just might be the place for you!**