Junior Year Post-Secondary Planning Guide 2017-2018



North Haven High School School Counseling Department

TABLE OF CONTENTS

Junior Year Planning Calendar	3
Post-High School Options	4-5
Getting Started	6
How to Choose a College	7
Colleges I'm Thinking About	8
Admissions Criteria	9
Categories of College Admissions	10
Hints for College Visits	11
Interviews	12
The Resume	13
Standardized Testing	14
Additional Test Information	15
Student Athletes	16
Financial Aid	17
Military Options	18-19
Useful Websites	20
Before Summer BreakYour "to do" list	21
Notes	22



JUNIOR YEAR PLANNING CALENDAR

The timeframe for the items below are a guideline. Many items may be accomplished at various times depending on personal progress and goals.

		1	
December	January	February	Warch
-Junior post-high school activity with your counselor begin	 -Use Naviance to search for schools based on your educational goals, 	-Visit colleges	 -Work on creating a list of colleges to visit. Narrow down to 10-15 schools
-Use PSAT results to develop range of colleges	needs, and preferences -Add colleges to 'Colleges I'm Thinking About' in Naviance -Review Program of	-Complete Course Request/Selection process -Register for the May	-Visit colleges and plan to attend upcoming Open Houses
	-Review Program of Studies to enroll in clas- ses that meet your post- secondary goals	SAT if desired -Junior post-secondary planning meetings begin	-Take School Day SAT
			-Attend College Fairs
April	Мау	June	Summer
-Visit colleges during April break	 Identify teachers whom you may ask for recom- mendations 	-Arrange for college visits and/or interviews during the summer	-Update Resume on Naviance
-Attend college fairs	-AP exams	9	-Begin to outline possible college essays
	urday (must register on		-Brainstorm Essay
	collegenoal a.o.g)		-Create Common Application account at commonapp.org

POST HIGH SCHOOL OPTIONS



Below are some of the most common avenues that students take after graduation from high school.

FOUR-YEAR COLLEGE OR UNIVERSITY

Description: Offers a full four-year program, including a general education requirement in addition to a major course of study. The emphasis is on broad intellectual development.

Degrees: Bachelor's degree. Many also offer graduate programs (master's, doctorate, and professional degrees).

Benefits: Generally provides an extensive and stable intellectual community for students. Broader curriculum encourages and accommodates a variety of interests. Housing is usually provided and numerous activities provide for a sense of community. Degrees can be valuable in the job market.

Things to consider: Depending on the school you choose, a four-year school can be expensive. The course of study is lengthy and it is easy to lose motivation. Courses may or may not prepare you to enter a career. Entrance requirements must be met both for the individual school as well as the specific major studied.

TWO-YEAR OR COMMUNITY COLLEGE

Description: Offers certificate and two-year study programs. Often better suited to serve part-time students and evening students. Frequently offers specialized job training in many areas.

Degrees: Associate's degree in most areas requiring two years of study and a certificate for programs requiring less study.

Benefits: Can provide a good transition from high school to a four-year college. Cost can be more affordable than at a four-year college. Students can save money by fulfilling general education requirements before transferring to a four-year college.

Things To Consider: Requires close planning to insure that credits earned will transfer to four-year colleges. Community colleges usually do not have campus housing and sometimes lack a sense of community. Junior colleges with housing can cost as much as some four-year colleges. Most professors will be part-time.

VOCATIONAL TRAINING SCHOOL

Description: Offers a more focused and practically oriented learning experience (examples; paralegal, automotive, cosmetology, computer repairs).

Degrees conferred: Varies depending on the field but usually a certificate indicating mastery of the training course.

Benefits: Offers a concentrated curriculum in preparation for a specific career. Most programs are shorter in length. Vocational training schools offer an excellent opportunity to gain practical experience to prepare

MILITARY

Description: Full-time and part-time opportunity to learn and earn while performing a service to your country.

Degree conferred: Various branches of the military provide opportunities to learn traditional as well as high tech skills in numerous areas. Many branches provide members a chance to earn college credits and/or a college degree.

Things to consider: Military lifestyle is not for everyone. There is always a risk of going to combat. Health requirements must be met for entrance. Time commitments.

EMPLOYMENT:

Description: Varies with interest, abilities, aptitude and future goals.

Degree conferred: None but on-the-job training and apprenticeships do exist in a variety of areas.

Benefits: Immediate earnings and employment training.

Things to consider: Availability of jobs that match your interest, aptitude and future goals, as well as future job markets.

INTERIM YEAR (also referred to as a 'GAP' year)

Description: Structured programs for graduated seniors.

Degree: None

Benefits: Travel, Career Exploration, Volunteerism

Things to Consider: Cost & time of program; college admissions can be deferred; it would be important if choosing this avenue to participate in the college process and defer admissions.



GETTING STARTED

1. Identify the Decision to be Made

Before you begin gathering information, it is important that you have a clear understanding of what it is you are trying to decide. Think about what you want to achieve and state that as your goal. Some decisions you might be facing could include:

- 1. What do I want to do after graduation?
- 2. What will I do to prepare for the next phase of my life?
- 3. What are my short-term and long-term goals?
- 4. Where do I want to be in five years and what is the best way to get there?

2. Know Yourself (Self-Assessment)

Your journey of self-knowledge will never end, but to get started, use an interest inventory and other assessments available on Naviance (My Personality Type, My Learning Style, Career Interest Profiler).

Questions you may want to ask yourself are:

- 1) What can I do best?
- 2) What are my strengths and weaknesses?
- 3) What am I interested in doing?
- 4) What activities have I enjoyed the most?
- 5) What kind of school/job settings would I enjoy?
- 6) What satisfactions do I seek in a career?
- 7) In what ways must I be challenged and rewarded on the job?
- 8) What do I feel passionate about?
- 9) What makes you feel energized or connected?

3. Identify Options

- 1. Post-Secondary Education
- 2. Military
- 3. Workforce
- 4. Apprenticeships and Internships
- 5. Self-employment and Entrepreneurship
- 6. Other





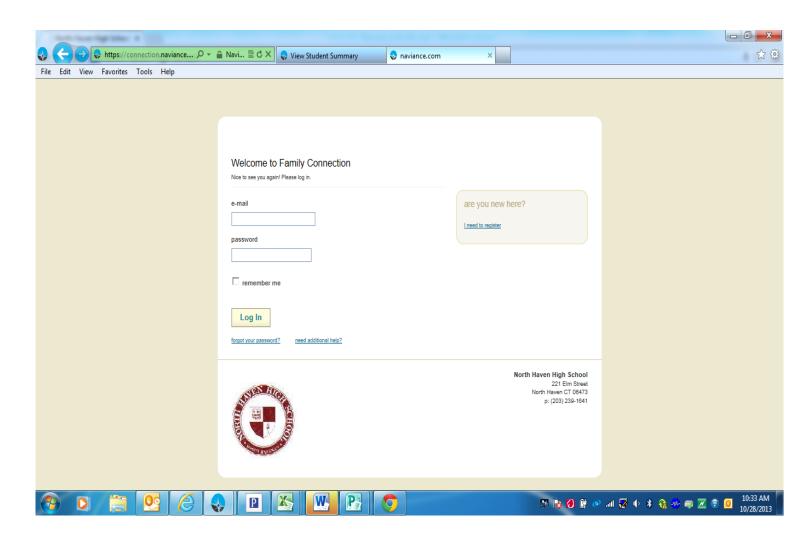
HOW TO CHOOSE A COLLEGE

Naviance is a web-based tool that provides students and parents up-to-date information on college, career planning, and scholarship information.

Website: https://connection.naviance.com/family-connection/auth/login?hsid=northhavenhs

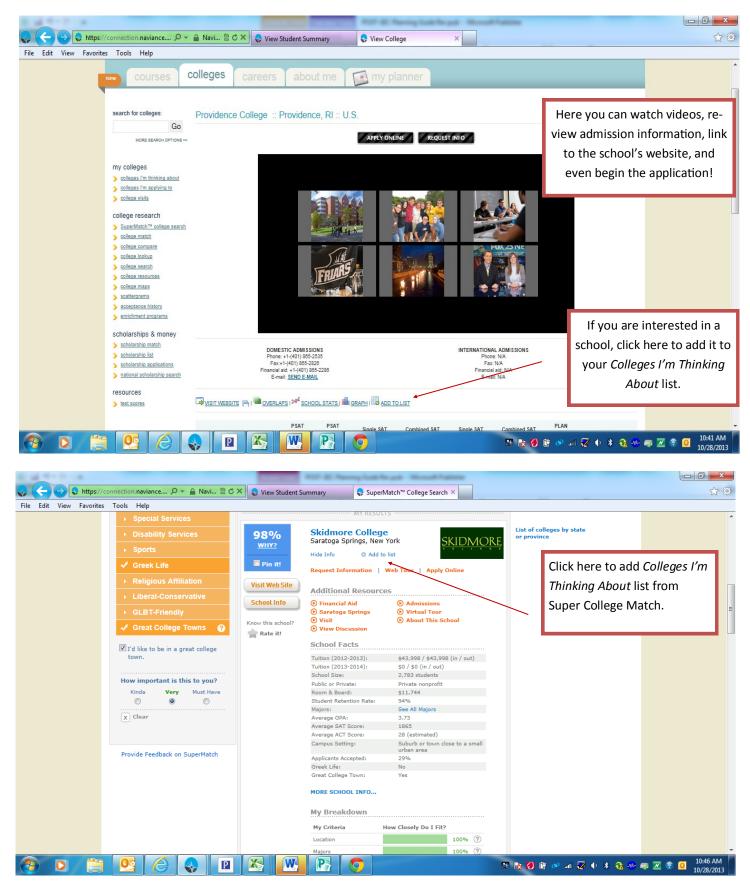
Functions to explore in Naviance:

- ⇒ College Search
- ⇒ College Lookup
- ⇒ Super College Match
- ⇒ My Colleges (add colleges to 'Colleges I'm Thinking About')



COLLEGES I'M THINKING ABOUT

Add colleges to your 'Colleges I'm Thinking About' list by clicking "Add to List"



ADMISSIONS CRITERIA

Both **subjective** and **objective** processes take place as an application is reviewed for admission. The **subjective** process deals with opinions made by the admission counselor based on the applicant's personal qualities, essay, activities, interview, and recommendations. Some colleges, particularly selective private ones, rely heavily on this process as a tool to build their freshmen class.

The **objective** process deals with an applicant's academic history, transcript, and SAT scores. Less interpretation is required making it a less time intensive process. The differences in processes explain why an applicant might be rejected at a large university and be selected to a smaller more selective college.

Generally, an admission counselor is looking for the following:

- 1) Academic Achievement
- 2) Standardized Test Results
- 3) Recommendations
- 4) Essay
- 5) Activities, Honors, Recognition
- 6) Interview

Selectivity of Admission

In choosing a college, you will want to consider the following factors:

The **program of studies offered** - accounting, physical therapy, engineering

The **location** of the college - northeast, south, urban, rural

The **type** of school - university, college, technical

The size of school - small, medium, large

The **student body** - co-educational, all men, all women

The **cost** - tuition, room/board, fees

Social life, athletic/club activities

Percentage of students living on campus

College Courses

Colleges

Super College Match or

College Search in

Naviance can help!!!

<u>TIP</u>: Early in the college selection process have a frank discussion with your parents regarding the amount of money they are able and/or willing to contribute to your college education.

CATEGORIES OF COLLEGE ADMISSIONS

Regular Decision

Applications will be accepted by the college up until the stated application deadline. All applications will then be reviewed. Decisions will be mailed to all students at the same time, usually in late March or early April, but no later than April 15th.

Early Decision

Some students are so sure of their first choice college early in the senior year that they apply for what is known as Early Decision. Students electing this plan agree to withdraw any other application they may have submitted, if the first choice college informs them that they have been accepted for Early Decision. This is a **binding** agreement to attend if accepted. Such may occur as early as November of the senior year. Depending on the date of notification and deadlines of other colleges of interest, students sometimes do not need to submit any other application when applying to their first choice school through the Early Decision program.

Early Action

Many colleges offer a plan known as Early Action. This differs from Early Decision because students are not committed to enrollment. They have until the customary Candidates' Reply Date (May 1st) to indicate their intention. For the most part, students may apply under Early Action to as many colleges as they choose. There are some colleges with restrictions. Students need to check each school's policies.

Rolling Admissions

Some colleges indicate decisions as soon as they have evaluated a student's credentials and they are complete. These decisions are made at any time during the year, usually by February. In most cases they do not require a response until May 1st, and no commitment to attend is expected until that date.

Wait List

Students who are qualified for admission but whose credentials are not as strong as others in the applicant pool, may be placed on the Wait List. This means that they might be offered a place after the May 1st Candidates Reply Date. The college then knows how many students plan to enroll. Some years colleges never resort to their Wait List because the original number of accepted and accepting students meets their quota for the fall. As more and more qualified applicants are applying to colleges, the use of the Wait List appears to be increasing. **Make sure you have one or more well researched safety schools on your list.**



HINTS FOR COLLEGE VISITS



Arrange for a college visit at least two or three weeks in advance. This may be done by calling the admissions office. Students should specify the desire to stay overnight, visit with students, or attend classes. We recommend a tour first. Then at a later date a longer visit if it is a college you are seriously considering.

View the college website for pertinent visiting information.

It is true that a campus visit makes the selection process somewhat simpler and wiser. Some of the things students should look for on these occasions:

- Do the college students seem to be happy? How do they treat visitors? What is their attitude about study? Does the student body represent a healthy cross-section of society?
- What security measures are in place?
- Is the college located in an area where one's particular needs for theater, museums, shopping, cultural events, the out-of-doors, recreation can be met?
- Are the buildings in good shape? Are the grounds well kept? Are new facilities planned?
- Are faculty and staff members approachable and available?
- Is the overall spirit friendly, but purposeful?
- Is the library well-used, well-staffed, well-equipped with convenient hours for student use?
- Are the signs and notices posted on campus an indication of an alive, open and responsive community?
 What is going on? What is being done? Who is coming there to speak or to perform?
- Are counseling services provided for academic and emotional support?
- What is the percentage of students who remain on campus on the weekends?
- Is there an orientation for freshmen? Does it include Decision-Making Skills, Coping with Stress, Substance Abuse on campus and an introduction to all college support services?
- Bring a camera.
- Grab the student newspaper.
- Eat in the cafeteria.



INTERVIEWS

Interviews can be characterized as serious, but friendly and informal. They serve a dual purpose. It is your job to find out more about the college, and it is the interviewer's job to find out more about you. <u>It gives you the opportunity to reveal your personal strengths that are not really transmitted through the other parts of the admissions process. Show your personality and make a POSITIVE impression.</u>

Sample questions **YOU should ask:**

- How many credits do students usually take?
- Can I study abroad?
- How accessible is the faculty?
- What is your career placement/graduate enrollment history?
- What are the most popular activities on the weekends?

Sample questions YOU might be asked:

- How did you first hear about our college?
- What are your career goals - long-range and short-range?
- What might you be interested in as a future profession?
- What are your strengths and weaknesses?
- Which one of your activities has given you the most satisfaction?
- If you had high school to do over again, would you do anything different?
- Where do you see yourself in four years?
- What is the most significant contribution you have made to your school?
- What books or articles have made a lasting impression on your way of thinking? Have you read deeply into any one author or field?
- What will be the "good life" for you 20 years from now?
- Why should we accept you at our college?

AFTER the interview:

Promptly follow up your interview with a thank you letter/email to your interviewer.





Use NAVIANCE to create your resume!!!!!

THE RESUME

In the fall of senior year, you will be asked to finalize a copy of your resume on **Naviance.** This resume will be used by counselors and teachers when they write letters of recommendation for you. You may also send it to colleges as part of your application packet. Furthermore, it is a good idea to have a copy available (along with a copy of your transcript) during college interviews. We encourage you to start working on it now!

What Should be Included?

- Your name and address.
- Information about your high school years: activities, accomplishments, interests including things done outside of school

Other "Do's"

- Include an objective if you possibly can
- Check spelling
- Pay attention to neatness and format
- Be descriptive, but also concise
- Make every effort to keep resume to one page
- Use a printer that is dark enough to make legible copies



Some "Don'ts": Common Resume Mistakes to AVOID

Personal Information

Data such as age, weight, height, personal appearance, etc., isn't recommended, so leave personal information out.

Exaggeration

Avoid overblown descriptions and titles; use "grocery clerk" rather than "supervisor of non-organic produce."

Little or No Extracurricular Activities

Don't choose a category if you have nothing to put in it; ex. Awards - none. If you do a little something see if it can be added to another category or group.

Vague Descriptions

Start each sentence with an action verb that describes your duty; ex. Assisted shift manager with scheduling station assignments and food production. Don't say "worked counter".

Spelling Mistakes

Proofread your resume carefully; don't rely solely on a spell check program.

Unfocused Objective

If you have an objective it is okay to let the college know on your resume, but make sure it says what you mean. While at college if you plan to pursue a career in Sports Management and you desire to play on the soccer team, say it in the objective. If you don't have a specific focus, don't use an objective.

STANDARDIZED TESTING

Features	New SAT	ACT
Widely accepted	Almost all U.S. colleges	Almost all U.S. colleges
Major redesign	2017 SAT is based on the latest research on the skills colleges value most.	No recent significant revisions.
Tests the vocabulary you'll use	Yes	Yes
Everyday math formulas provided	Yes	No
Essay is optional	Yes	Yes
Penalty for guessing	No	No
Cost	\$60 (\$46 without essay)	\$62.50 (\$46 without essay)
Free Practice		
Resources	New SAT	ACT
Free daily practice questions	Yes, the free mobile app, Daily Practice for the New SAT.	Yes
Free comprehensive test practice	Yes, through Khan Academy*, with over 4,000 questions and video lessons.	No
Free, downloadable practice tests	Yes	No
Mobile app that instantly scores paper tests	Yes, Daily Practice for the New SAT.	No

Scoring

The New SAT will have a total score ranging from 400 to 1600 for the combination of the two sections.

The SAT Subject Tests

These are subject tests that measure knowledge or skills in a particular subject. Each test is one hour, and many subjects are offered. Not all colleges require the SAT Subject Tests, and some don't even consider the scores. Those that do will generally want two or three in different subject areas and will probably weigh them equally to the SAT Reasoning Test. Take the SAT Subject Tests whenever you peak in that particular subject. For instance, if you've taken AP Biology, take the Biology test that May or June.

Visit https://sat.collegeboard.org/about-tests/sat-subject-tests for more info.



ADDITIONAL TEST INFORMATION

<u>TOEFL</u> (Test of English as a Foreign Language) - visit www.ets.org/toefl to learn more if English is not your primary language. (TOEFL may be taken on line in the US.)

Prepping for the Tests

www.collegeboard.com (this is also where you register)

www.actstudent.org - online registration and prep for ACT

www.testprep.com - by Stanford Testing Systems

www.Number2.com - free SAT coaching

www.cavhs.org and www.uccp.org (free prep)

www.revolutionprep.com - a relatively new class program

www.princetonreview.com - a popular service - test prep and more

www.kaplan.com - another popular service for test prep

www.ivywest.com - another popular service for test prep

www.testu.com - free coaching for SAT

www.ets.org - Sample questions



National Test Dates

North Haven High School CEEB CODE: 070570

SAT I & II

May 5, 2018 Register by April 6, 2018 [Offered at NHHS]

June 2, 2018 Register by May 3, 2018

AMERICAN COLLEGE TEST/ACT

June 9, 2018 Register by May 4, 2018

Local High Schools that Offer ACT: East Haven High School, Choate Rosemary Hall, Hillhouse

ADVANCED PLACEMENT EXAM SCHEDULE

May 7, 2018	Chemistry/Psychology
May 8, 2018	Physics 1: Algebra-Based
May 9, 2018	English Literature
May 10, 2018	U.S. Government & Politics/Environmental Science
May 11, 2018	U.S. History/Computer Sci Principles/Studio Art Portfolios Due
May 14, 2018	Biology
May 15, 2018	Calculus AB/Computer Science A
May 16, 2018	English Language
May 17, 2018	Statistics



STUDENT ATHLETES

NCAA Division I or II Eligibility: Students wishing to play Division I or II athletics must file online with the NCAA Eligibility Center at: www.eligibilitycenter.org.

Additional information about NCAA Eligibility can be found in our Program of Studies.

Telephone: Eligibility Center customer service representatives are available from 8 a.m. to 6 p.m., Monday through Friday. Toll free: 877-262-1492

SAT scores must be sent directly from College Board to the NCAA Eligibility Center. The NCAA code is: 9999

Division I	Division II
16 Core Courses	16 Core Courses
4 years of English	3 years of English
3 years of mathematics (Algebra I or higher)	2 years of mathematics (Algebra I or higher)
2 years of natural/physical science (1 year of lab if offered by high school)	2 years of natural/physical science (1 year of lab if offered by high school)
1 year additional English, mathematics or natural/physical science	3 years of additional English, mathematics or natural/physical science
2 years of social science	2 years of social science
4 years of additional courses (from any area above, foreign language or comparative religion/philosophy)	4 years of additional courses (from any area above, foreign language or comparative religion/philosophy)



HOW MUCH DOES YOUR FAMILY HAVE TO CONTRIBUTE?

You can figure out approximately how much you and your parents will be expected to pay, according to federal rules, by completing the Family Contribution Worksheet and the Student's Expected Contribution Worksheet. Refer to the financial aid services and scholarships search pages at http://www.collegeboard.com. The worksheets ask for the same kind of information about your family and financial situation as you will be asked for on your financial aid applications.

Remember that these are just model forms. Later, you'll complete your college's form, the FAFSA, and possibly a **CSS PROFILE** form. More about this will be discussed at North Haven High School's Financial Aid Night in the Fall.

How to Apply for Financial Aid

You will apply for financial aid in your Senior Year beginning in January. The financial aid application process may differ from college to college. Different colleges require different forms and have different deadlines. You must find out what the specific requirements and deadlines are for each college to which you will be applying. The time to learn about the financial aid process is the same time you are investigating the admission process.

In order to apply for federal financial aid, your family must complete the Free Application for Federal Student Aid **(FAFSA)**. The preferred method of applying is online at <u>www.fafsa.ed.gov</u>. or by calling 1-800-4FED-AID (1-800-433-3243).

Some colleges and private scholarship programs also require applicants to complete the **CSS PROFILE** from the College Scholarship Service. Both the **FAFSA** and **CSS PROFILE** must be completed and forwarded using the Internet. The **CSS PROFILE** can be found online at *http://student.collegeboard.org/css-financial-aid-profile*.

Business/Organization Aid

Many local, state and national businesses and organizations award scholarships to graduating seniors. Information we receive about them is passed on to seniors via Naviance. Make sure your email is updated in your Naviance profile to receive these messages. A list of scholarships can also be found on our website at. Hard copies are also available in the School Counseling Department.

Some of the scholarships require information received from filing the FAFSA.

WEB SCHOLARSHIP REGISTRATION

Fast Web – If you have Web access and you are looking for scholarships, before the end of your junior year register for scholarships via FAST WEB!! (www.fastweb.com). This will send hundreds of free scholarship opportunities to your email.

Scholly App - Will use your information to match scholarships



MILITARY OPTIONS

- 1. Recruiting officers of all branches of the Armed Services visit the high school regularly. If you are interested, speak with your counselor to set up an appointment. You can also seek additional information by visiting the Career Center or recruiting offices in your area.
- 2. Students should consider learning about specific abilities that they have by taking the **Armed Services Vocational Aptitude Battery (ASVAB).** This test is administered by appointment during the school year by military personnel in each high school. There is no cost to either the student or school district, nor does taking the test obligate the student to enlist.
- 3. For the student with the goal of college or university education, the military services offer several options to consider. These include:
 - A) The United States Service Academies
 (Annapolis, West Point, Coast Guard, Air Force, Merchant Marine)
 - B) ROTC Reserve Officers Training Corps
 - C) National Guard
 - D) Simultaneous Membership Program
 - E) Enlistment with delayed college study



Service Academies and ROTC Scholarship Programs

While all juniors should begin exploring possible educational programs following graduation, those interested in the Service Academies and the R.O.T.C. scholarship programs must begin as soon as possible to insure that they receive full consideration.

<u>The first step</u> in securing an appointment to one of the academies is to write or e-mail and ask for a Pre-Candidate Questionnaire. Addresses follow:

Admissions Office Admissions Office

U.S. Military Academy U.S. Air Force Academy

West Point, NY 10996 U.S.A.F. Academy, CO 80840

http://www.usma.edu http://www.usafa.af.mil

Admissions Office Admissions Office

U. S. Naval Academy Merchant Marine Academy
Annapolis, MD 21402 Kings Point, NY 10024

http://www.usna.edu http://www.usmma.edu



<u>The second step</u> is to write to each of your Senators and your Congressman and ask that they consider you as one of

their nominees. In this letter you should indicate your first, second, third and fourth choices for academies as well as:

Name, address and telephone number

Date of birth

Social Security number

High school name and year of graduation

Name of your parents

The Coast Guard Academy has an admissions procedure similar to other highly competitive colleges. <u>There is no nomination process involved.</u> Write directly for an application:

Admissions Office
U.S. Coast Guard Academy
New London, CT 06320
http://www.cga.edu

R.O.T.C. scholarship programs involve a competitive application process as well. In addition to the written application, candidates must undergo a physical examination, formal interview and a physical abilities test. The first step in the process is to write for an application:

Air Force ROTC/RRUF	Army ROTC	Navy ROTC
Maxwell Air Force Base	Box 9000	Box 3060
Alabama 361112-6663	Clifton, NJ 07015	Hyattsville,MD 20784

NOTE: Some Congressmen/Senators host a workshop in the fall regarding nominations to service academies.



WEBSITES TO UTILIZE IN THE POST-SECONDARY PROCESS

SAT

ACT

College Admission/Information Websites

https://connection.naviance.com/northhavenhs

College Search

Naviance

Website bigfuture.collegeboard.com http://northhavenhigh.ct.nhh.schoolinsites.com/?PageName='Guidance'

NCAA

U.S. Dept. of Education

Test Optional Schools

www.fairtest.org

www.ncaa.org

www.ed.gov/index.jsp

N.E. Regional Student Program

Common Application

http://www.nebhe.org/

www.commonapp.org

www.collegeboard.org

www.actstudent.org



Career Websites

Net Price Calculator

http://nces.ed.gov/ipeds/netpricecalculator/

http://student.collegeboard.org/css-financial-aid-profile

FAFSA

Financial Aid Information Page

www.finaid.com

www.FAFSA.ed.gov

Financial Aid Websites

CSS Profile

Naviance https://connection.naviance.com/family-connection/auth/login/?hsid=northhavenhs

The Occupational Outlook Handbook

Military Careers

www.bls.gov/oco

www.militarycareers.com

20

BEFORE SCHOOL ENDS

- Conduct a college search using Naviance: SuperMatch or College Search
- Add colleges to "Colleges I'm Thinking About" in Naviance.
 Make sure to include Safety, Target, and Reach schools.
- Sign-up for the SATs. See packet for Testing Information and be aware of deadlines.
- Visit colleges before the end of the year.
- Update your resume in Naviance.
- Determine which two (2) teachers you will ask for a recommendation when we return in September.
- Look into Summer Programs, Employment Opportunities, or Volunteer Work.
- Attend College Fairs

Southern CT College Fair—Webster Bank Arena April 4, 2018 4:00 PM-8:00 PM

Connecticut Convention Center, Hartford, CT March 28, 2018 6:30 PM-8:30 PM

Choate Rosemary Hall, Wallingford, CT April 16, 2018 7:00 PM (tentative)

 If you would like to receive updates from the School Counseling Department via Facebook, 'Like' us—NHHS School Counseling Department or follow us on Twitter and Instagram @NHHS_Counseling

SUMMER

- Continue to Visit Colleges.
- If there are schools you are definitely applying to, check their application deadlines.
- Register for the SAT/SATII or ACT. The SAT is offered at NHHS in October.
- Create an account at Commonapp.org in August and begin completing the application
- Brainstorm essay.
- Visiting colleges, making decisions, and working on your applications over the summer will reduce stress when school begins in the Fall and will allow you to better meet application deadlines!

Your GOAL is to have a list of colleges that you will be applying to in the fall

NOTES