

Lawrence High School

Presents:



**Focus on
YOUR
Future**

Freshman & Sophomore Year

- Take strongest course-load possible
- Begin to develop your resume
- Get involved in extra-curricular activities
- Participate in community service activities
- Get to know your teachers and counselor

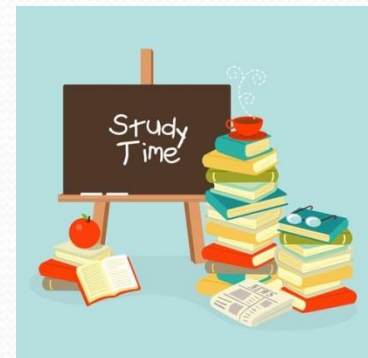


Begin to Develop Your Resume

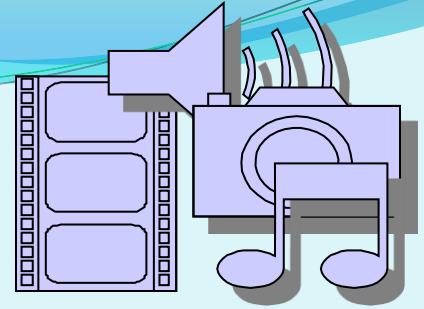
- Involvement in and out of school
 - Clubs & organizations
 - Sports
 - Community service
 - Religious groups
 - Work experience
 - Internships/Summer Experiences
 - Take Leadership Roles

Freshman & Sophomore Year

- Maintain highest grades possible; freshman year counts!
- Develop strong study habits/skills
- Explore career interests
- PSAT's (10th grade)
- SAT Subject Tests, if applicable



Clubs & Activities (examples)



- Marching Band
- Student Government
- Yearbook
- FHA
- Drama/Theater
- African American Club
- Art Club
- Environmental Club
- Hebrew Culture Club
- Key Club
- SADD
- Video Film Making Club
- Lawrencian
- Photo Club
- Stage Crew
- Literary Magazine
- Flag Drill Team
- Supply Club
- DECA
- Model Congress



Interscholastic Athletics

Fall Sports

- Cheerleading
- Cross Country
- Football
- Soccer
- Golf
- Tennis
- Volleyball



Winter Sports

- Basketball
- Bowling
- Wrestling
- Gymnastics
- Winter Track



Spring Sports

- Baseball
- Badminton
- Lacrosse
- Softball
- Tennis
- Track



NEW YORK STATE DIPLOMA REQUIREMENTS

Regents Diploma:

English:	4 credits	1 Regents Exam
Social Studies:	4 credits	2 Regents Exams
Math	3 credits	1 Regents Exam
Science	3 credits	1 Regents Exam
The Arts	1 credit	
Health	$\frac{1}{2}$ credit	
World Language	1 credit	
Physical Ed.	2 credits	
Elective credits		
Total:	22 credits	

NEW YORK STATE DIPLOMA REQUIREMENTS

Advanced Regents Diploma:

• English:	4 credits	1 Regents Exam
• Social Studies:	4 credits	2 Regents Exams
• Math	3 credits	3 Regents Exam
• Science	3 credits	2 Regents Exam
• The Arts	1 credit	
• Health	$\frac{1}{2}$ credit	
• World Language	3 credits	1 FLAC Exam
• Physical Ed.	2 credits	
• Elective credits		
• Total:	22 credits	

Junior Year

- Maintain highest grades possible
- Continue taking challenging courses
- Take PSAT (October)
- Use career inventories to help guide you on a career path
- Explore career options with high school elective courses
- Attend college fairs and visit campuses
- Take SAT, Subject Tests & ACT Exams
- Explore summer programs



Junior Year



- Identify college factors which are important to you & research schools
- Meet with your high school counselor and begin “building your list” of schools and/or career path of interest
- Start researching scholarships
- Share family and/or personal circumstances with guidance counselor
- NCAA Eligibility (if applicable)

Senior Year

- Continue to earn strong grades
- Continue taking challenging courses
- Take SAT & ACT test if applicable
- Ask teachers for letters of Recommendation early
- Complete Senior Resume
- Write College Essay(s)
- Complete College Applications in a *timely fashion*
- *Be sure to Follow-up with Colleges*
- Financial Aid Forms (FAFSA & CSS Profile)
- Complete *any and all* Scholarship Applications
- Attend all informational meetings
- Finalize college choice
- VISIT COLLEGES



Senior Year

- What is SUNY? What is CUNY?
- What is EOP? HEOP? Opportunity Programs?
- Meet with college reps at school, tour college campuses, attend college fairs & programs
- If you are a college-bound athlete, file with the NCAA Clearinghouse
- Consider a summer pre-college program/course and/or do some volunteer work



Factors to Consider when Choosing a College



- Atmosphere – what are the students like, what are the “traditions”, coed, church affiliation, appearance of campus, in state/out of state mix
- Location – distance from home, geographic, urban/rural
- Size – large/small, college vs. university
- Community – where you will also “live for four years
- Support Services
- Cost – tuition, room, board, travel, personal ,books
- Extra-curricular activities
- ***Discuss these factors with your parent/guardian and guidance counselor!***

SAT, ACT and SAT Subject Tests



- www.collegeboard.com
- www.act.org
- **Method Test Prep** (make sure you pick up a flyer):
 - <https://app.methodtestprep.com/lawrencehighschool/signup>

Should I take the SAT, ACT or Both?

Should I take the SAT Subject Tests?

***please note you will register for these exams on your own (of course your counselor will help you!)



How Can Your Guidance Office Help You?

- Individual Student and/or Parent Meetings
- College and Career Planning
- Academic Planning & Transcript Review
- Peer and Family Support
- College/Career Handbook and Related Materials
- Focus on Your Future and Follow-Up
(Thank you for being here tonight!!!)
- Financial Aid Night
 - Fall of senior year and other local programs
- Naviance & Career Cruising
- Scholarship Bulletins
- College Rep. School Day Visits



College and Career Fairs

- National (NACAC) College Fair at Suffolk Community College, Sunday, October 2, 11 AM – 3 PM
- National (NACAC) Performing Arts and Visual Arts Fair at Jacob Javits Center, NYC, Wednesday, October 19, 6 PM – 9 PM
- STEM College and Career Fair at Columbia University, Saturday, October 29, 1 PM – 4 PM
- HOLLER College Program May 15
- And more spring programs and fairs; stay tuned!

Important Resources (see handouts)

- Naviance: www.connection.naviance.com/lawrenceny
(see your counselor for username name and id)
- Career Cruising
- www.careercruising.com
 - Username: Lawrence
 - Password: Careers
- www.scholarships.com
- <http://www.collegeconfidential.com/>
- www.fastweb.com
- www.fairtest.org
- [HTTPS://APP.METHODTESTPREP.COM/LAWRENC
EHIGH SCHOOL/SIGNUP](https://app.methodtestprep.com/lawrencEHIGH SCHOOL/signup)



Factors which may be used in Admissions

- Strength of academic program, including the senior year
- Grades and grade trends
- GPA (in academics)
- Standardized tests
(SAT/ACT/SAT II/AP)
- Recommendations

Factors which may be used in Admissions

- Transcript
- Strength of program (including senior year!)
- Essays
- SAT and/or ACT/test optional
- Teacher and Counselor Recommendations
- Interview (required or informational)
- Extracurricular Activities
- Community Service/Volunteering
- Leadership/Special Talents
- Specific requirements for specific programs (i.e. Engineering, Pharmacy)
- Family Finances (Opportunity Programs)



Conclusion

- Get started early!
- Get Involved
- Research college & career options
- Attend College Planning Conferences & College Info Sessions
- Develop a Plan
- Set up campus visits
- Work closely with your guidance counselor



Conclusion



- Grades Matter: 9, 10, 11 & 12!
- Read newspapers, magazines & books that interest you
- Utilize resources: counselor, teacher, parents, peers, boss, coach, college admissions counselors, etc...
- Be a role model!
- Spend at least one hour away from technology a night
- Keep a journal: goals, thoughts and notes
- Eat well, exercise and sleep!

