Senior College Presentation

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BHS School Counseling
2022-23

Staying Informed & Connected

- Read emails & the monthly counseling newsletter.

- Check the [Counseling Department website](#) for info. & resources.

- [Application Process Checklist](#)

- [Detailed Guide to the Application Process](#)

Table of Contents

Post High School Options

- Gap Year

- Military (i.e., Enlistment, Service Academy, ROTC)

- Employment

- Further Education/Training

  - Apprenticeships

  - Career or Trade School

  - 2-Year/Community College

  - 4-Year College/University

Finding the Fit

"College is a match to be made, not a prize to be won."

Finding the Fit

- Identify colleges that meet your academic, social, and financial needs:
  - Offer the **course of study** you want to pursue--and provide opportunities to explore if undecided
  - Provide instruction and learning opportunities in a manner that is compatible with **how you like to learn**
  - Is a good match for your level of **ability and preparation**
  - Provides a **community** that feels like home
  - Fits your **financial situation**

Finding the Fit - Resources

- Online Resources to help identify potential fits:
  - [Naviance](#) - *Students have accounts for this College & Career platform. Their username is their school email, and students created their own passwords* **Counselors cannot see students' passwords, so use the "Forgot your password?" tool to reset that information.**
  - [College Board](#) - *Students should have created their own accounts in conjunction with their PSAT/SAT testing.* **Counselors do not have access to the log-in information, so students can use the "Forgot username or password?" tool to retrieve that information.**
  - [Collegexpress](#)

- ***Rugg's Recommendations on the Colleges -*** Ask your School Counselor for a list of colleges recommended for your major(s) of interest.

Finding the Fit - Virtual Tours & College Fairs

- **Most colleges offer online opportunities to interact with them**, including virtual tours, information sessions, and/or 1:1 calls with an admissions counselor. **Visit the *Admissions* page** of a college's website to learn more.

- **Visit these websites for virtual tours of many colleges:**
  - youvisit.com/collegesearch
  - eCampusTours.com
  - campustours.com

- Click **here** to see a list of **virtual opportunities** organized by college.

- Virtual College Fairs
  - **NACAC**
    - October 9: 1-6 p.m.
    - November 6: 1-6 p.m.

Finding the Fit - Virtual College Rep Visits

- Open to **11th and 12th grade students, not parents.**
- Held **after school on Monday through Friday.**
- Visits are 30 minutes in length, with the first session beginning at 2:30 and the last one from 5:30-6.
- **These admission representatives will typically be the first ones to read your application, so make a positive impression!** Be on time, engaged, and professional. We encourage you to ask questions!
- To learn more about these visits, including how to see the list of scheduled visits, how to register, and what kinds of questions you might consider asking, review this presentation.
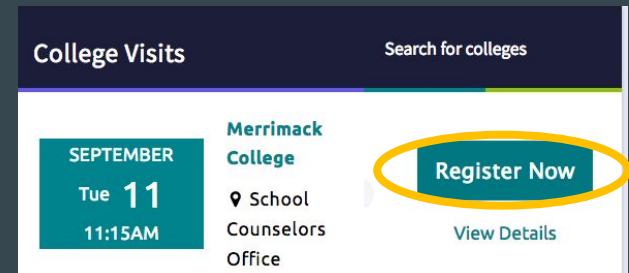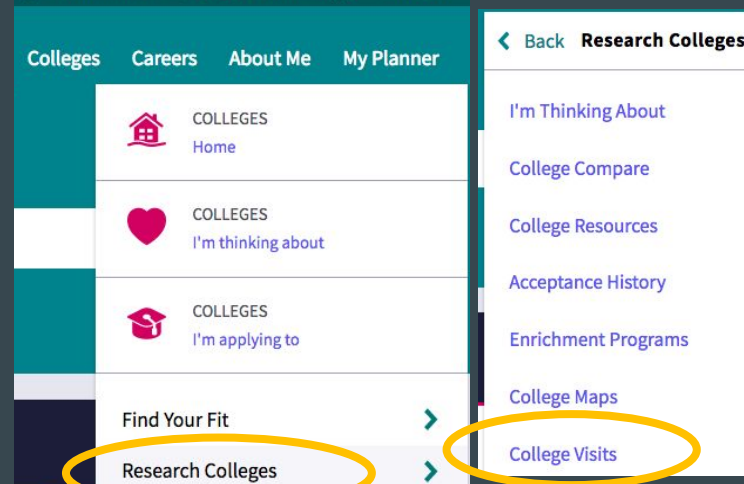
Ways to Make College More Affordable

- **New England Regional Tuition Break Program -** Majors that are not offered by a CT public institution may be eligible for a reduced tuition amount at other New England public schools. Click [here](#) for a list of bachelor's degree programs.

- [**Questbridge**](#) is a college admission and scholarship program through which high-achieving, low-income students can apply for full four-year scholarships.

- **Commuting -** Some students opt to live at home and commute, at least for the first few years. UConn also has regional branches in Waterbury and Stamford.

- **Community College -** Connecticut's *[Pledge to Advance Connecticut (PACT)](#)* allows eligible students to attend community college [for free.](#)

Community College & Transfer Programs

- **Benefits of community college** include allowing students to save money, complete general education courses required at most colleges and universities, and have a more gradual transition to the college experience.

- **CT has transfer programs** that allow students to complete 2 years at a community college and then transfer to a 4-year university to earn a bachelor's degree:

  - [Guaranteed Admission Program](#) (GAP)- Transfer to UConn; 3 Areas of Study: Liberal Arts/Sciences; Ag, Health, & Natural Resources; Business

  - [Connecticut Transfer Ticket Program](#) - Transfer to Western, Southern, Central, or Eastern CT State University; 26 Available Majors

  - [CSCU College of Technology Pathways](#) - Transfer program for students interested in technology or engineering degrees; transfer available to Central, Eastern, Southern, Fairfield, Univ. of Bridgeport, Univ. or Hartford, or UConn

Finalize List of Schools

- Most students apply to 6 - 10 schools on average.
- Aim for a mix of target, reach, and safety schools, with most being **target** schools.
- Safety schools should be institutions students would be happy attending!

Tools to help determine chances for admission:

- View admissions data in Naviance for BHS students who have applied to that school (*Admissions→ Scattergrams*)
- Reach out to the admissions office, speak with a rep during a virtual visit, or consult the school's website to get the most recent admissions data. ("*Freshman profile*")
- Check out collegedata.com for further perspective.
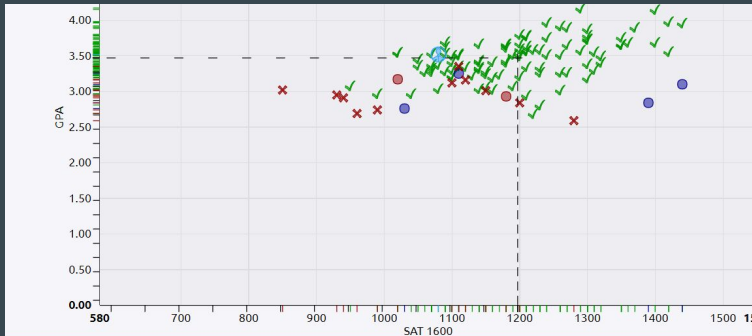
A Last Word about Finding the Fit

- Keep rankings and labels in perspective.
  - Often it's not the school's name/reputation, but how YOU make the most of your education that makes the difference. (*Interesting article:* [*New Study on College Rankings: It's Not Where You Go To School It's What You Do When You Get There*](#))
  - Explore colleges that will provide opportunities to help you maximize your experience (e.g., honors programs, professional partnerships, study abroad programs).

- Consider the big picture (e.g., graduate school, lifestyle after college).

The best place for you will be the place that values you for what you have to offer!

Finalize List of Schools

- Determine which schools you can likely afford:

  - Estimate your Expected Family Contribution using the **FAFSA4caster tool**. This tool is meant to help prepare students and families for completing the FAFSA (Free Application for Federal Student Aid). *In addition to your GPA and test scores, your EFC is the greatest determining factor of how much money a college will give you.*

  - Use the net price calculator on a college's website to estimate how much aid you are likely to receive from that particular college. *Note: These can vary in reliability. Generally, the more questions asked, the more accurate its estimate.*

Application Process

"The goal of your application is to illuminate the skills, qualities, interests, and values you bring with you to college. The question is: How do you show these things?"

-Ethan Sawyer, the "College Essay Guy"

College Admissions

- Most colleges take a **holistic** approach when evaluating applicants and consider many sources of info.:
  - Rigor of Curriculum
  - Grades
  - Admissions Test Scores
  - College Essay
  - Letters of Recommendation
  - Extracurricular Activities & Community Service
  - Supplemental Materials (e.g., interview, audition, portfolio)

- College admission counselors read applications **in context**, keeping in mind opportunities available to students based on their family, school, community, etc.

- **They will read applications keeping in mind how students were affected by the COVID-19 pandemic.** Remember that the people who read applications are also living through this pandemic.

Grades and coursework are the most important factors for college admission.

TABLE 7. PERCENTAGE OF COLLEGES ATTRIBUTING DIFFERENT LEVELS OF IMPORTANCE TO FACTORS IN ADMISSION DECISIONS: FIRST-TIME FRESHMEN, FALL 2017

Factor	N	Considerable Importance	Moderate Importance	Limited Importance	No Importance
Grades in All Courses	220	74.5	15.0	5.5	5.0
Grades in College Prep Courses	220	73.2	16.8	5.9	4.1
Strength of Curriculum	219	62.1	21.9	8.7	7.3
Admission Test Scores (SAT, ACT)	221	45.7	37.1	12.2	5.0
Essay or Writing Sample	220	23.2	33.2	24.1	19.5
Student's Demonstrated Interest	218	16.1	23.9	28.0	32.1
Counselor Recommendation	218	15.1	40.4	26.6	17.9
Teacher Recommendation	219	14.2	40.2	26.5	19.2
Class Rank	220	9.1	29.1	34.1	27.7
Extracurricular Activities	219	6.4	42.9	32.0	18.7
Portfolio	219	6.4	11.9	26.9	54.8
Subject Test Scores (AP, IB)	219	5.5	18.3	35.2	41.1
Interview	219	5.5	16.4	28.3	49.8
Work	217	4.1	28.6	36.9	30.4
State Graduation Exam Scores	218	2.3	8.7	18.8	70.2
SAT II Scores	216	1.9	5.6	14.8	77.8

SOURCE: NACAC Admission Trends Survey, 2018–19.

How to Start the College Application Process

Once you have a list of prospective colleges to which you will apply:

1. Identify application **deadlines** & **admission requirements**.

2. **You may want to consider sorting information using a document or spreadsheet so you can keep track of admission requirements and stay on top of deadlines.** Here are some examples: Template 1, Template 2, Template 3 *(You will be prompted to create your own copy when clicking the template's link)*

3. **Use these BHS resources** to complete all steps in the application process:

   a. BHS College Application Checklist, 2022-2023
   b. Detailed Guide to the College Application Process, 2022-2023
   c. Senior Year Timeline for Applying to College

Identify Application Deadlines

- Some schools offer early application options (Oct - Dec and may have 2 rounds):

  - **Early Decision** (Only 1 School)
    - These agreements are binding. If you are accepted to this school, you are pledging to attend, without regard to financial assistance, and are agreeing to withdraw all other applications.

  - **Early Action** (multiple schools - unless restrictive)
    - This decision is not binding, but allows students to receive notification sooner.

  - **Restrictive/Single-Choice Early Action**
    - Offered by some private schools, this decision is non-binding, but students must agree they will not submit early applications to any other private institutions (although they may apply through regular or rolling admission).

Identify Application Deadlines

- Some schools have **priority** deadlines **(UConn's priority deadline is December 1st)**. These deadlines are typically for scholarship honors program, or special/accelerated program consideration; but students do not receive an admission decision any earlier.

- **Regular Admission** (Jan - March)

  - Decision in the spring or earlier

- **Rolling Admission** - apply early

  - Applications are reviewed as they are received. An admissions decision is made once the committee has reviewed all materials. If students are applying for competitive programs (e.g., Nursing, engineering, business) where there may be a cap on the number, and the school has rolling admission, they should consider applying earlier rather than later!

Identify Admissions Requirements

- Check the Admissions page of the college's website to determine requirements:
  - Application
    - Sometimes often have the option to use the Common Application, Coalition Application, or the college's own application. If applying to at least two schools which use the Common or Coalition Application, it can simplify the application process to use that platform.
  - Fee *(Students enrolled in the Free & Reduced Lunch program can have the fee waived.)*
  - Essay
  - Supplemental Essays
  - SAT/ACT scores
  - Letters of Recommendation
  - Portfolios/Auditions
  - Interview
    - If colleges offer an interview, we encourage students to take advantage of the opportunity to present themselves in person to an admissions counselor or alum!

The College Application Process at BHS

(Posted in Google classroom & on Counseling Website)

- **BHS College Application Checklist, 2022-2023** - This checklist reviews the main steps you need to complete to submit your college applications and all supplementary materials, including documents from BHS. Please note that you must complete steps 1-7 & 10-11 BEFORE requesting transcripts & letters of recommendation (if needed).

- **Detailed Guide to the College Application Process, 2022-2023** - This guide goes in-depth regarding many parts of the college application and admission process. If you have a question about the college application process (e.g., such as decile and how to complete the *Education* section of Common App), check here!

- **Senior Year Timeline for Applying to College** - This timeline will help keep you on track with what you should be doing at different points throughout the year.

Who is responsible for submitting which materials?

Student
- ❏ College Application
- ❏ Application Fee
- ❏ Essay (usually within application)
- ❏ Supplemental Essays/Materials
- ❏ ACT/SAT Scores (if required)
- ❏ FAFSA
- ❏ CSS Profile (if required)
- ❏ Scholarship Applications

School (*through Naviance*)
- ❏ Transcript
- ❏ School Profile
- ❏ Secondary School Report
- ❏ 1st Quarter/Semester Grades (if requested)
- ❏ Counselor Recommendation (if requested)

College/ University

Teacher (*through Naviance*)
- ❏ Recommendation

Students must follow the BHS Checklist and meet deadlines in order to have all school documents submitted on time.

Completing the Common Application

Common Application

- Standardized online application platform
- Used by over 900 colleges and universities
- Students create an account at commonapp.org

Common Application

Common App **Tab** = information that will be sent to all schools

- **Education** → Reference pages 14-15 in the [Detailed Guide](#).
- **Testing** → Only input test scores if you want ALL schools on your list to see them; many will still need official score reports.
- **Activities** → List activities in order of importance; use short, specific phrases.
- **Writing** → Essay
- **Courses & Grades** → Only complete this section if at least one of your colleges requires it.

Common Application

"My Colleges" **Tab** = additional questions/essays unique to each college

- **Questions** → This section may include supplemental essays; make these responses specific to each school. This is a great way to *demonstrate interest!*

- **Recommenders and FERPA** → Invite outside recommenders (NOT BHS teachers & counselors) and complete FERPA (deciding whether to waive right to see letters of recommendation).

- **Review and Submit** → Last step = Apply to each school individually and pay fee electronically.
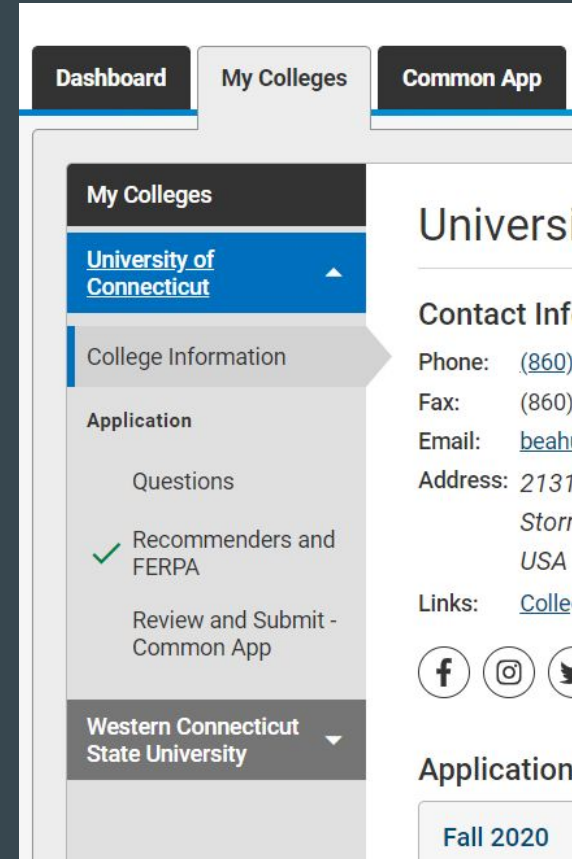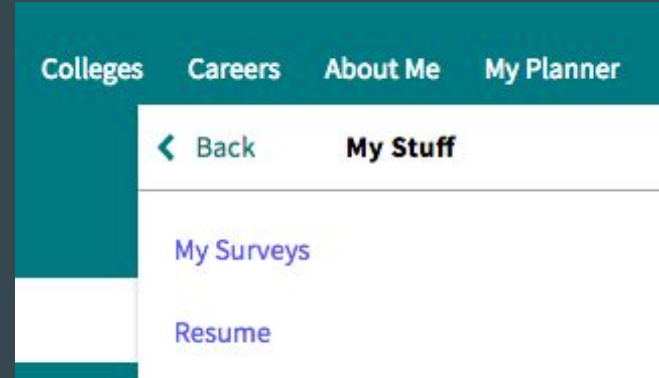
Writing: The College Essay

- Purpose → give colleges more insight into who you are

- Choose a topic that adds something to your application, elaborates on something you want to highlight, or addresses a potential concern of colleges.

- Check out *The College Essay Guy* for brainstorming exercises.

- *What do I want to stick in the admissions counselor's mind?*

- Think of it as a narrative, rather than an academic essay. Use details and description to engage the reader. *Show; don't tell.*

- The student voice should come through clearly in the essay.

- Supplemental Essays → Personalize it to the school, but connect it to yourself. (Student + School = Good Fit)

- Ask one person for feedback.

Writing: The (Optional) COVID Question

- **Prompt:** Community disruptions such as COVID-19 and natural disasters can have deep and long-lasting impacts. If you need it, this space is yours to describe those impacts. Colleges care about the effects on your health and well-being, safety, family circumstances, future plans, and education, including access to reliable technology and quiet study spaces.

- Keep in mind that students and families all over the world were affected by the COVID pandemic.

- **Respond to this prompt if you feel you were affected by the pandemic more than the average student. (E.g., Loss of employment, illness/death, etc.)**

Resume

- Sometimes required, often simply recommended
- Opportunity to elaborate on activities, awards, etc.
- Can edit on Naviance, choose from different templates, and export as PDF or word document
- Counselors will review for letters of rec
- Upload to application or send to admissions counselor
- Bring copy for any admissions interview

Tasks to Complete for BHS to Process Paperwork

*Remember, all of the information on the following slides is outlined in the ==BHS College Application Checklist, 2022-2023==.

Common App vs. Naviance

<u>Common App</u>
Students input information into the application and submit (with fee) directly to the college.

<u>Naviance</u>
Teachers and counselors submit all school documents (e.g., transcripts, letters of rec) directly to the college.

Enter Application Information in Naviance

- Enter colleges you are considering in *Colleges I'm thinking about.*
- Enter colleges you will apply to in *Colleges I'm applying to.*
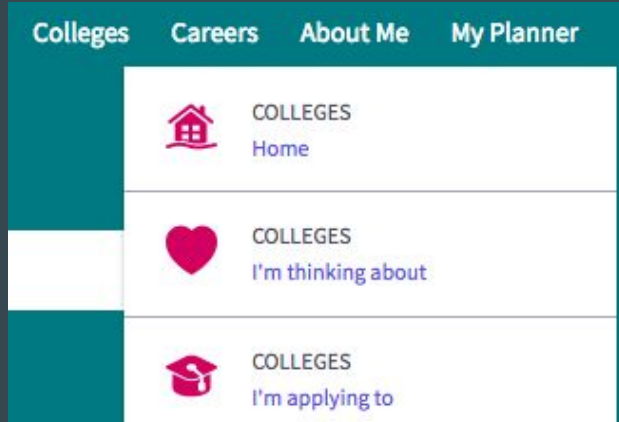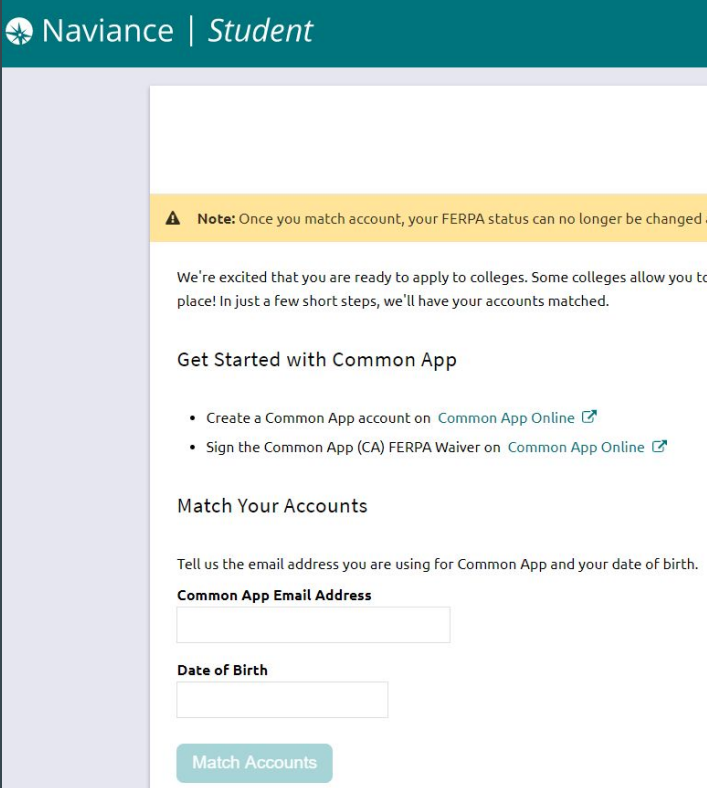
- Check the application type and deadline
- Check the Submission Type → no question marks

College	Type	Deadline	Expected Difficulty*	Transcripts	Office materials	Submission Type ⓘ
Boston University	ED	Early Decision November 1	N/A	no request	Pending	CA
University of California, Berkeley	EA	Early Action -	N/A	no request	Pending	🖥
University of Connecticut	PRI	Priority December 1	N/A	no request	Pending	⁇
Naugatuck Valley Community College	ROLL	Rolling June 1	N/A	no request	Pending	〰
The University of Texas, Austin	RD	Regular Decision December 1	N/A	no request	Pending	🖥

Match Naviance to Common App

- Accounts must be matched before requesting school docs

- Before matching accounts, students must:
  - Make sure all schools are in Naviance and Common App
  - Complete first part of Education section of Common App
  - Complete FERPA
  - Match accounts

Important Deadlines

- Request letters of recommendation and transcripts **AT LEAST 10 SCHOOL DAYS PRIOR TO ANY DEADLINE.**

- Please pay attention to those that fall around holidays.

- The Counseling Department cannot accommodate last-minute applications.

College Application Deadline	Request Due No Later Than
October 15	September 30
November 1	October 17
November 15	October 31
December 1	November 15
December 15	December 1
January 1	December 9
January 15	January 3
February 1	January 18

Teacher Letters of Recommendation

- Be aware of the number of letters a college requires and allows and any other stipulations.
- Most colleges require 0-2 letters. Students should not need to ask more than 2 teachers. <u>Quality over quantity -- more letters are not necessarily better.</u>
- Choose teachers who know you well.
- Talk with your teachers IN PERSON or through a polite, professional email; and submit any materials they require.
- Submit the request in Naviance.
- Follow up with a written note of thanks.

Teacher Letters of Recommendation

- You may select that letters are sent to specific colleges OR all current and future colleges.

- If you click on "Choose specific colleges," you can view the number of letters each college requires/allows.

- Be thoughtful and informed when requesting letters.

- You can include a personal note in your Naviance request. Feel free to include any additional information that may be helpful to the teacher. Or just a thank you. :-)

Letters of recommendation

Add new request

Here you can ask a teacher to write you a letter of recommendation. If you don't have any co of time to write your recommendations!

1. Who would you like to write this recommendation?*

Alessio, Anthony

2. Select which colleges this request is for:*

- ○ Choose **specific** colleges from your *Colleges I'm Applying To* list
- ○ All current and future colleges I add to my *Colleges I'm Applying To* list ⓘ

3. Include a personal note to remind your recommender request:

◉ Choose **specific** colleges from your *Colleges I'm Applying To* list

	Colleges ▲
☐	Boston University 1 required / 2 allowed / 0 requested

Counselor Letters of Recommendation

- Determine if any schools require counselor letters.

- *Students -* Complete the Student Input form on Naviance.

- *Parents -* Complete the Parent Input Form on Naviance.

- Indicate on Transcript Request form you need counselor letter.
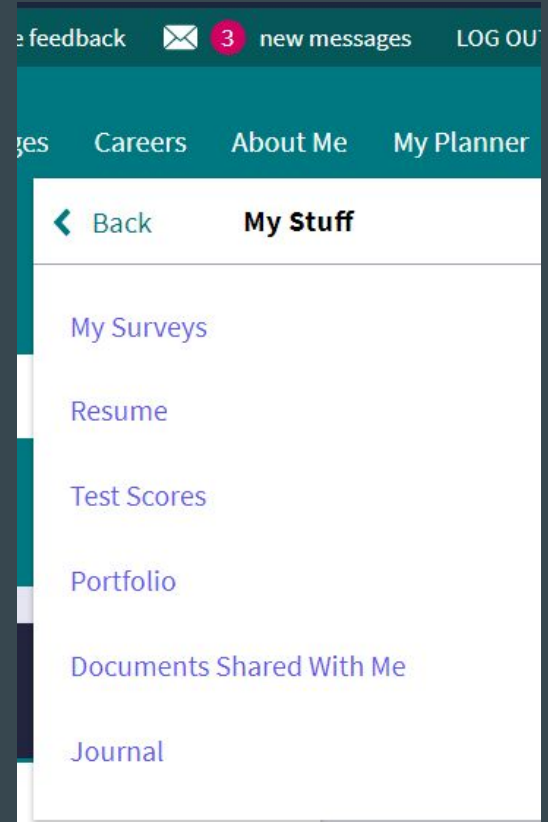
Transcripts and Grades

- Colleges evaluate a student's transcript to see the rigor of the student's curriculum and academic performance. Senior year matters!
- Students should use **this form** to request transcripts
- You can use 1 form to request for multiple schools. You can also submit another form later if you add additional schools.

- The Counseling Department also sends a secondary school report with the transcript that indicates the student's decile ranking.
- Some colleges require/allow students to submit first quarter and/or first semester grades.Those grade reports will be requested at a later time.
- GPAs will not be recalculated until after the 1st semester.

Mrs. Hopcroft emailed all seniors unofficial transcripts last week.
Please review these and let your School Counselor know if you have any questions.

Completing the Application Process

Standardized Testing

- Colleges that require standardized testing will accept either the <u>SAT</u> or the <u>ACT</u>. They do not have a preference.

- *Test optional* means the applicant has the option of submitting standardized test scores for consideration with their application for admission.

- *Test blind* means that scores will not be reviewed for any candidate for admission.

Standardized Testing

Students should check with individual colleges (through their website or by speaking with an Admissions representative) to determine:

- If standardized test scores are needed for admission and/or scholarships

  - FairTest also indicates which colleges are test-optional for admission.

- The average score or middle 50% range for accepted students.

  - If students have the option to submit scores and their scores fall in the average/middle 50% range, most colleges recommend submitting them.

Standardized Testing

Students should check with individual colleges (through their website or by speaking with an Admissions representative) to determine:

- Deadlines for submitting standardized test scores

- How the college prefers to receive scores

  - Some colleges need **official score reports**. Request these through your College Board or ACT account. More colleges are allowing students to **self-report.** This can usually be done through your application or by downloading a score report and sending it to the Admissions Office. Just remember that scores in the Common App will be sent to ALL schools.

Financial Aid

- Financial Aid Night - Wednesday, October 12th @ 7:00pm in the Auditorium
- Financial Aid Applications
  - FAFSA (Free Application for Federal Student Aid)
    - This is the application students and families will complete in order to be considered for grants, loans and work study
    - Use the Federal Student Aid Estimator to estimate your eligibility for federal student aid and use this checklist to prepare the info. needed for FAFSA.
  - CSS Profile
    - This application is required by about 400 private colleges & universities to help them determine eligibility for financial aid.
  - October 1st is when families can begin the FAFSA and CSS Profile.
- More information about financing college is available on the *Financial Aid* section of the School Counseling website.

Financial Aid & Scholarships

When researching colleges, consider asking the following questions to learn more about cost, financial aid, and scholarships. If the information is not on the college's website, reach out to the Financial Aid Office or Admission Office.

- What is the cost of attendance? *All colleges should have a <u>net price calculator</u> tool on their website that estimates how much you can expect to pay.*
- What is the average financial aid package? What is the typical breakdown of loans versus grants? What percentage of students receive college grants?
- What is the average college debt that students leave with?
- What work-study opportunities are there?
- Is this institution need blind or need aware in the admission process? Does this institution meet 100% of demonstrated financial need?
- Does this institution give merit-based scholarships? If so, what factors are considered? Are test scores required for any/all scholarships? What percentage of students get scholarships? What is the average merit award?

Scholarships

- **Colleges & universities -** Many colleges and universities offer **merit-based scholarships**, and usually students are automatically reviewed for these scholarships when they apply.

  - Students should inquire with the prospective colleges on their list about merit-based scholarships, the qualifying criteria (often GPA and maybe test scores), and the process for review.

  - Be aware of any **earlier deadlines** colleges have for scholarship consideration (e.g., UConn's Priority Deadline = December 1).

  - Some colleges offer scholarships for students in specific majors or those admitted into an **Honors Program**. Check the college's website and consider reaching out to the Admissions Office about any additional scholarships and the requirements.

Scholarships

- **National scholarships** - Students can begin searching for national scholarships prior to senior year. The *Scholarships* section of the School Counseling website lists many useful websites and resources.

- **Local scholarships** - Many local scholarships will become available during the spring of senior year. Students can visit the *Scholarships* section of the School Counseling website to see an updated list of local scholarships.

- **Businesses/Organizations Affiliated with Student/Family Member** - Students should inquire with businesses that employ them or family members, as well as any organizations with family affiliations, to learn about potential scholarships.

Other Factors - Support Services

- **Students who currently have a 504 or IEP should consider researching what support services are offered by colleges**. Click [here](#) for more information.

- **All colleges have an office dedicated to support services** (e.g., Support Services, Accessibility Services, Disability Services), but the type and degree of services vary depending on the institution. Some colleges offer more robust support programs for an additional fee.

- Usually colleges will want to meet with students who are seeking support services, and **it is important that students can effectively communicate their learning needs.**

Other Factors - Athletics

- 8 million high school athletes

  - 6% will compete in NCAA sports in college

  - 2% will receive athletic scholarships

  - 0.1% will play professional sports

- If you're interested in playing sports in college, there IS a place for you: Division I, Division II, Division III, Club, Intramurals

- High school and club coaches can be a great resource as they know the student's athletic ability.

- Consider reaching out to coaches beginning sophomore year. *Students* should be the ones to reach out with an appropriate personal email address.

Other Factors - Athletics

- Students should be the ones reaching out to coaches to initiate communication.
- [NCAA Guide for College-Bound Student-Athlete](#)
- In order to be eligible for DI and DII athletics AND to go on official visits, you must register with the NCAA Eligibility Center - www.eligibilitycenter.org.
  - Because Division I and II colleges can give athletic scholarships, the eligibility center is their way to ensure that a student is academically qualified.
- Students can have a maximum of 5 **official** visits (paid for by college).

Reminders for ECE & AP Students

- Courses Offered: AP Biology, AP English Literature, AP US History, Music Appreciation II, Introduction to Human Rights, EMT Training, AP European History.

- ECE online applications due **Thursday, October 6**.

- Students taking an AP course must enroll in courses online by **Friday, October 7**.

- Students should have received information in class from their AP teacher about how to enroll and their join codes.

Ending Thoughts for Parents

- **Encourage students to take ownership of their college application process.**
  - Have students complete college applications on their own, draft their own college essay (before having you review it), and write their own resume. Offer to help when they have questions or read a draft of their essay if they'd like (*Don't be offended if students are hesitant to share their writing with you. :-)*
- **Encourage students to problem solve on their own, self-advocate, and seek out additional resources/support before you step in to assist them.**
  - When students are the ones to reach out to teachers, counselors, and college admission representatives; it speaks volumes about their level of independence, initiative, and readiness for college!
- **Help students keep the process in perspective, and remind them that *where they go* does not determine *who they are!***

Ending Thoughts for Students

- **Senior year matters!** Focus on doing well in your classes and finishing your high school career on a strong and positive note!

- **Stay organized!**
  - Put deadlines and appointments in calendar or phone.
  - Organize your email accounts using folders (one for each college to which you apply, one for financial aid, one for scholarships, etc.).
  - Know your passwords, and bookmark sites you'll use often.

- Be mindful of the way you speak to and communicate with others--both college professionals and your teachers, counselors, and administrators. Present your best self!

Ending Thoughts for Students

- Take the lead on your college search and application process.

  - **YOU** should be the one **reaching out to colleges and school staff** with questions and requests. If you'd like to CC your parents so they're in the loop, that's a great idea too!

  - **YOU** should be the ones **completing your college applications**. There are a few questions about family that might require you to ask your parents, but otherwise it's YOUR responsibility.

    This is your future,

    but we are here to help and support you along the way!