



JUNIOR CONFERENCE PACKET

-2019-

PLANNING FOR
Post-CHS

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CONSIDERING FIT

The most important factor when looking at schools is considering if they are the right "fit".

What does that mean?

A College that is a good "Fit"= A college that matches a student across several dimensions: intellectual, social, geographical, professional, and financial, to name a few.

---Consider the fact that you are not only going to be there to take classes, for most students it will become their home for at least 10 months of the year!

Dimensions of Fit:

Academic & Testing Admission Fit	Social & Academic Fit	Financial Fit
Determined by the College	Determined by the Student	Determined by the Family
Do your scores and grades fit the school profile?	Does the school have your major? Interests? Social Life?	Be aware of sticker price vs. actual cost

HOW DO YOU KNOW IF IT'S A GOOD FIT? CONSIDER THESE QUESTIONS:

- Does the college offer programs of study that matches my interests?
- Does the college provide a level of academic rigor that matches my aptitude and preparation?
- Does the college provide a style of instruction that matches the way I like to learn?
- Does the college offer a community that feels like home to you?
- Do you feel that the college values you?

BUILDING A HEALTHY LIST

When you begin to select schools, it is important to manage admission expectations by building a healthy list that includes a range of likely, target, and reach schools. About 2-4 schools in each category is appropriate.

What is a likely school?

These are schools where your chances are highly likely or certain for admission. Your standardized test scores are on the high end of what they accept, and you generally meet or exceed their requirements. Sometimes referred to as "safety" schools.

What is a target school?

A school where you meet most of the application criteria. You fall within the acceptable range of standardized test scores, GPA, extracurricular activities and other requirements.

What is a reach school?

A school where you apply knowing that you are on the low end or do not meet some requirements. This may be worthwhile if you have other attributes, experiences or qualities that will allow you to stand out.

TELLING YOUR STORY- Academic Profile in HS

Courses Colleges Need/Look for:

English	4 years
Math	3-4 years. Competitive schools and programs will want to see Pre Calc and/or Calc
Lab Science	3-4 years. Competitive schools and programs will want to see Physics
Social Science	3-4 years
World Language	2-3 years. More competitive schools and programs will want to see 3 or more years
Electives	3 or more from the subjects above

Advanced Placement (AP) Courses- AP courses demonstrate your ability to handle advanced work. Selective colleges view AP courses as a sign of your willingness to accept a challenge and as evidence of your intellectual curiosity.

However, this does NOT mean you must take AP courses to be admitted to a selective college. Take what is appropriate for you!

What Colleges Consider...

While this is a comprehensive list, what schools consider varies by each school and each year. Other factors outside of those listed above are also considered in the review process.

Application	Colleges review the application to evaluate your academic and personal profile. Each school has different application requirements- it is important to adhere to the specifications of each one.
Transcript	The courses you select and the grades you receive are an important part of the college admission process.
Standardized Tests	The SAT or ACT are required by most colleges. The emphasis a college places on these tests varies greatly. More and more schools are <u>not</u> requiring them for admission. A few colleges, <i>the most competitive ones</i> , require or recommend specific Subject Tests.
Letters of Recommendation	Colleges use these as evidence of your potential, character, and academic effort. A small number of schools will not use these in their process.
Essay	Most colleges will require an essay. They use the essay to learn about you and also to sample your ability to express your thoughts in writing.
Out of Classroom Activities	Colleges seek students who demonstrate a commitment to activities outside the classroom. Community service, student gov., athletics, after-school jobs, performing arts, etc... are viewed positively
<i>If applicable...</i> -Interview, Audition or Portfolio	Based on programs you are applying for and the school's requirements you may be able to or required to interview, audition or submit a portfolio. <i>Generally if you are applying to an Arts program</i>

STANDARDIZED TESTING

SAT- Scholastic Aptitude Test. *Provided by the CollegeBoard*

ACT- American College Testing

Which one should I take & how many?

- Go with the test you are stronger with
- Good rule of thumb- take 2-3
- You typically see a significant score increase from test 1 to test 2 & only a marginal increase from test 2 to test 3
 - Avoid overtesting and testing burn out!

When should I test?

Every student is different! Schedule testing around times that work best for student. Spring of Junior year is generally a good start time.

**It is good to wait until you have completed Algebra 2 based on the content of these tests*

Testing Offered:

<u>August</u>	<u>Sept.</u>	<u>October</u>	<u>November</u>	<u>December</u>	<u>February</u>	<u>March</u>	<u>April</u>	<u>May</u>	<u>June</u>	<u>July</u>
SAT	ACT	SAT & ACT	SAT	SAT & ACT	ACT	SAT	ACT	SAT	SAT & ACT	ACT

Essay

A lot of schools have moved away from using the SAT or ACT essay in review, BUT some may require it.

For example, Harvard- March 2018 announced they no longer use it for review. In their research the essay score did not make a difference in terms of success of students once they were at Harvard

Subject Tests

- Subject Tests test you on your knowledge of specific subject areas.
- Schools will either recommend taking them or highly suggest it. If you are able to take these you should in these cases.
- Most often these schools are considered competitive and are looking for academic comprehension in specific areas.

SUPERSCORE- the process by which **some (not all!)** colleges consider your highest section scores across all the dates you took a test, rather than confining your scores to one particular date. This is great for students!

TEST OPTIONAL

- Schools that do not require standardized tests to be taken or submitted as part of their application.
- They choose to value other factors in making an admission decision other than a score.
- In some cases, something else will have to replace the score (i.e. a graded paper) but this is an excellent option for students who feel their standardized test scores are not representative of who they are as students!
- To see schools that are test optional → **Fairtest.org**

Notable Test-Optional Schools: University of Chicago, George Washington University, Loyola University Maryland, Wake Forest University, Bard College, Ithaca College, Marist College, Fairfield University, James Madison University...Over 1,000 schools!

LETTERS OF RECOMMENDATION

Most colleges request 2 letters of recommendation from people who know you in and out of the classroom

Keep in mind, some colleges no longer use letters of recommendation as part of their review

It is the student's responsibility to know which schools require letters of recommendation

Who writes letters:

- School Counselor
- Teachers
- Coaches, Bosses, etc...

Your School Counselor's letter of recommendation will be always be sent along with other school materials

*Students & Parents/Guardians will have to fill out forms providing more info about the student

Factors to consider in choosing a teacher...

- Choose a teacher who knows you as a student, and you have a relationship with
- Doesn't have to be a teacher you got an A in their class
- Best to try and choose a teacher who you have had relatively recently
- Someone who can speak to your strengths determination and work ethic

TASKS & TIMELINE:

- Student: Student Brag Sheet (due 5/1)
- Parent/Guardian: Parent/Guardian Letter of Rec Questionnaire (due 5/1)
- Verbally ask 2 teachers before the end of junior year
 - Follow up with email so you have a receipt of asking
 - Provide teacher with any requested information
 - If a teacher is not comfortable writing for you, respect their decision & consult with your counselor
- Fall of Senior Year--Follow up with teachers
 - Share details about your application process: number of schools, deadlines and letter of rec details
 - The entire Letter of Rec process will be done through Naviance in the Fall

HOW TEACHER LETTERS ADD VALUE

Teachers write from the vantage point of the classroom, using their firsthand knowledge of a student's intellectual curiosity, creative thought, quality of writing, class behavior, and work habits to depict the student as a scholar.

HOW COUNSELOR LETTERS ADD VALUE

Counselors provide a view of an applicant within the context of an entire graduating class and school community, addressing a student's academic achievements, extracurricular accomplishments, and personal interests and goals, without repeating what is in the application.

Tips:

- Teachers and counselors are usually happy to help you as long as you respect their time constraints
- Provide teachers and counselors with deadlines for each recommendation that you are requesting, noting the earliest deadline
- Thank your recommenders! Write thank you letters, let them know where you have decided to attend etc... They devoted their precious time to helping you, it's the least you can do!

COLLEGE VISITS

Visiting a college is a great way to narrow down your college list and also demonstrate interest.

Demonstrated Interest: Some schools will track your engagement with the school in order to confirm your interest in the school. Not all schools do this. This is a good question to ask on campus tours!

Tips:

- Try to connect with an admissions counselor and get their contact info.
 - It is best to see if the school has someone that works with CHS or the NJ region in particular.
- Take advantage of open houses- Spring & Fall
- Utilize School Breaks
- As long as you bring documentation and do not abuse the policy, you will be excused from schools for these visits!
- Summer- great, but keep in mind campus is quieter
- Visit local schools- maybe they aren't your number one schools, but they give good templates for different campus types

2 Dimensions of a visit

FORMAL	INFORMAL
<ul style="list-style-type: none">● Campus Tour● Interview with admission officer● Group info session● Sit in on a class● Talk to a professor● Talk to a coach● Participate in an overnight	<ul style="list-style-type: none">● Eat in the dining hall● Read the student newspaper● Talk to students● Explore the surrounding area<ul style="list-style-type: none">○ Things to do○ Places to eat● Stay in the area overnight

CAN'T MAKE IT TO A COLLEGE? Try a virtual tour!

<https://www.youvisit.com/collegesearch>

<https://www.campustours.com/>

<http://www.ecampustours.com/>

Feel free to use the COLLEGE VISIT TRACKER to organize your thoughts. Touring many campuses can start to be confusing, as a lot of campuses begin to blend together. This tracker will help you keep your thoughts and feelings in order!

FINANCIAL AID 101

Financial Aid Sources:

Federal	State	Institution	Private Organizations
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FAFSA & CSS PROFILE

What are they? An indepth look at a student's financial situation and that of their parents. Schools use this and other factors to decide what financial aid to award a student

When can I start them? October 1 (*suggested to begin close to this date*)

Why should I do them? These forms are the only way to be considered for any financial aid. It is always recommended to fill these out regardless of your financial circumstance. These forms will need to be filled out for every year you are in school.

FAFSA: Free Application for Student Aid	CSS: College Scholarship Service Profile
<p><i>Determines eligibility for financial aid from the federal government</i></p> <ul style="list-style-type: none"> -This form is FREE, be careful of "scams" -Uses Prior-Prior Year (PPY) for reporting 	<p><i>Determines eligibility for private institutional grants, scholarships and loans that come directly from the institution</i></p> <ul style="list-style-type: none"> -Used by over 400 schools, done through the Collegeboard

***Rule of Thumb-**

only send CSS profile to schools that **require** it. The additional data could reduce a student's aid eligibility.

Types of Aid:

GRANTS	SCHOLARSHIPS	LOANS	WORK STUDY
Do not need to be paid back	Do not need to be paid back	Need to be paid back	Paid, part-time work
<p>Based on financial need, when need is high, grant aid tends to be high</p> <p><i>Grants can come from:</i></p> <ul style="list-style-type: none"> -federal -state - institution (need & merit) 	<p>Can be based on need, but more commonly merit based</p> <p><i>Scholarships can come from:</i></p> <ul style="list-style-type: none"> -Institution -Private (community organizations, companies, national scholarships etc...) 	<p><u>Federal Loans</u> -borrowed from government Stafford Loans</p> <p><u>-Subsidized-</u> Based on demonstrated need. US Dept. of Ed pays interest on the loans while in school</p> <p><u>-Unsubsidized-</u> Not based on demonstrated need. Students pay interest</p> <p><u>Parent PLUS Loans-</u> For parents borrow to help pay for students</p> <p><u>Private Loans-</u> If you do not qualify for FL, most often from banks</p>	<ul style="list-style-type: none"> - Usually on campus -Earnings go directly to student-do <u>not</u> come off tuition -Being awarded work study does not guarantee a job, and jobs are not guaranteed year to year

FINANCIAL AID Key Terms:

-SAR- Student Aid Report

Document you receive once completing the FAFSA. Will provide basic info about student's eligibility for federal financial aid

Prior-Prior Year

Way of reporting tax information for the FAFSA. Student's report tax information from a prior-prior tax year (PPY) allowing tax information from two years ago.

-COA- Cost of Attendance

Total amount it will cost student to attend a particular school for one year. Includes: Tuition and fees, housing, food, books, supplies, transportation etc..

The college subtracts your EFC from the COA to calculate your need for financial aid. The higher the COA, the more aid you will be eligible for.

-EFC- Expected Family Contribution

Number that determines students eligibility for federal aid.

Financial aid staff subtract the EFC from students' cost of attendance (COA) to determine their need for federal funding

Low EFC= More financial aid a student is eligible to receive

Financial Need= COA-EFC

-Sticker Price: The total yearly cost of a college education is called its sticker price. This price includes the total cost of yearly tuition, books, room and board, and any fees the campus might charge.

-Net Price: **What you will actually pay to attend.** The net price you pay for a particular college is specific to you because it's based on your personal circumstances and the college's financial aid policies. The financial aid report starts with this sticker price, and then subtracts a student's financial need, scholarships, grants, and other forms of aid from the total, leaving the net price.

Keep an eye out for our Financial Aid Presentation for Seniors in the Fall of Senior Year!

-OTHER OPTIONS-

We acknowledge that while attending College is generally the path student's at CHS take, the following information is being shared for students that are interested in alternative options. If you have an interest in any of the below, please discuss with your counselor or the College & Career Counselor, Mrs. Sleight.

- **COMMUNITY COLLEGE**

Attending a 2-year school is a great option for students-- for some a 4-year school is not the right fit right out of High School. Students can graduate with an Associate's Degree and once completed popular options are to join the workforce or transfer to a College or University to complete a Bachelor's degree.

- **GAP YEAR**

A semester or year of experiential learning, typically taken after high school and prior to career or post-secondary education, in order to deepen one's practical, professional, and personal awareness.

Why Gap Year? Two common reasons for taking a Gap Year are: 1) Burnout from the competitiveness of High School and 2) Wanting to learn more about themselves

Common Gap Year Paths:

- Volunteering/Service
- Career Exploration/ Internship
- Paid Work
- International Travel
- Open Ended

- **VOCATIONAL/ TRADE SCHOOL**

Vocational training offers a practical alternative to traditional postsecondary degrees. Vocational education engages students through contextual learning, and training is focused on building skills specific to an occupation or career field. Examples: Hospitality, Construction, Info Tech, Health Sciences

Other Post- Secondary plans include...

- JOINING THE MILITARY
- JOINING THE WORKFORCE

Other Options Tasks

<input type="checkbox"/> EXPLORE FUTURE CAREER PLANS	What path do I need to get there?
<input type="checkbox"/> UTILIZE ASSESSMENTS IN NAVIANCE	Career Cluster Finder, Career Interest Profiler, etc...
<input type="checkbox"/> RESEARCH OPTIONS	Gap Year, Votech, Community College etc...
<input type="checkbox"/> CONSIDER FINANCIAL ASPECTS	How much will these paths cost?
<input type="checkbox"/> BEGIN BUILDING RESUME IN NAVIANCE	Use Naviance tool to organize yourself

JUNIOR YEAR COLLEGE TASKS

- Brag Sheet- Due 5/1
 - Find on Naviance, under "About Me"

- Senior Parent Questionnaire- Due 5/1
 - Find on Naviance in "Document Resources"

- Explore Colleges
 - Utilize the College's I'm Thinking About List in Naviance
 - Search for schools, narrow your list
 - Identify Likely, Target & Reach schools
 - Consider Financial Aid & Cost
 - Visit campuses!

- Create a Standardized Testing plan
 - Plan out appropriate dates to test
 - Register for tests

- Letters of Recommendation
 - Think of teachers
 - Ask teachers in person
 - Follow up via email to confirm

- Essay(s)
 - Brainstorm
 - Use summer if you have time

- Naviance- Resume
 - Utilize the Resume Tool in the About Me Section as a place to compile activities



FORWARD THINKING...

August **TIMELINE:**

- Create Common Application Account (and any other applications that you may need exp: Coalition App)
- Applications generally open on August 1
- *Use/Create a personal email account for applications etc... *your CHS email account will expire once you graduate*
 - ◆ *Make sure your email address is appropriate! Exp: Ksleight19@gmail.com **not** Surfingislife@gmail.com :)*

September **COLLEGE PLANNING:**

- **SENIOR COLLEGE PLANNING SESSIONS**- In depth session on the process- covering applications, letters of rec, senior Naviance use etc... Takes place during the school day, for all seniors

- SENIOR COLLEGE NIGHT- Evening presentation for students & Families on Senior College Process

Helpful Websites:

NAVIANCE-COLLEGE & CAREER PLANNING: <https://student.naviance.com/chatham>

COLLEGE:

College Selectivity Categorization	https://drive.google.com/file/d/1sMCOEJrq-uBOT3xbd2KTqWSsykwhMyjq/view?usp=sharing
CollegeBoard	http://www.collegeboard.org
NACAC College Guide	https://www.nacacnet.org/globalassets/documents/publications/gcap2018final.pdf
CollegeXpress	http://www.collegeexpress.com
College Navigator	http://www.nces.ed.gov/collegenavigator/
College Data	http://www.collegedata.com

STANDARDIZED TESTING:

Test Optional	http://fairtest.org/
ACT & SAT Concordance Table	https://www.chatham-nj.org/Page/16246
SAT (CollegeBoard) & ACT	https://collegereadiness.collegeboard.org/sat http://www.act.org/

FINANCIAL AID:

US Department of Education	https://studentaid.ed.gov/sa/
Financial Aid Toolkit	https://financialaidtoolkit.ed.gov/tk/
FAFSA	https://studentaid.ed.gov/sa/fafsa
CSS Profile	https://cssprofile.collegeboard.org/
Form Your Future	http://formyourfuture.org/
Financial Aid Research Sheet	https://www2.ed.gov/policy/highered/guid/aid-offer/shoppingsheettemplate20172018.pdf
Financial Aid Comparison	https://www.consumerfinance.gov/paying-for-college/compare-financial-aid-and-college-cost/
Consumer Financial Protection	https://www.consumerfinance.gov/paying-for-college/

CAREER & MAJOR

OTHER OPTIONS

Big Future	https://bigfuture.collegeboard.org/majors-careers	Gap Year	https://www.gapyearassociation.org/
Majors 101	https://collegemajors101.com/	Votech/Trade School	https://www.learnhowtobecome.org/vocational-trade-schools/
Bureau of Labor Statistics	https://www.bls.gov/	County College of Morris	https://www.ccm.edu/
O*NET	https://www.onetonline.org/		

