

*Welcome to*  
**Junior College Night**  
**Part 1**  
**2024-2025**

**This presentation will have a strong college focus, as it's a complicated process, but there are many postsecondary options available beyond college. Feel free to contact us for more details. These include, but not limited to:**

- **Gap year**
- **Apprenticeships**
- **Military**

**We'll go over the basics towards the end of our presentation (if time allows).**

# Is my child ready for college??

## Families and Students Need to Assess Student Readiness

### READINESS

Clear sense of self (decision-making, maturity, takes initiative)

Eagerness/interest in getting involved

Healthy social life

Steady academic performance in high school

### RE-ASSESS READINESS

Mostly withdrawn and isolated

Relies heavily on family for structure, support, and advocacy

Difficulty with conflict and ability to cope with failure, disappointment, life challenges

May not take initiative or seek support resources

For example: The student should be the one making a common app account, calling colleges to ask questions etc. Please let your child take the lead on this.

# And, It's Okay to Wait...

## **COLLEGE LIFE CAN BE CHALLENGING, ESPECIALLY IF:**

Recently changed or been placed on medications within past year

Experienced a significant loss or traumatic event or attempted suicide within the last 6 months

Cannot independently advocate for themselves, especially if they experience particular challenges such as anxiety or depression

Unable or unwilling to receive accommodations for a disability

Difficulty in high school establishing consistent and/or strong social networks

Involved in repeated or serious drug/alcohol incidents in high school

Assumes college is a place to get away from past "demons" and/or believes "it will all be different in college"

Not interested in college as a place to be challenged, learn or grow - just views it as the automatic next step

Unwilling or unable to proactively engage with support services/offices on campus

## Video from UVM Admissions Breakfast

\*One of the speakers says “sons or daughters” when referring to high school graduates going off to college. We know that not all high school graduates identify as “sons” or “daughters.” Please excuse the binary language.

[College Readiness Clip](#)



# 1:1 appointments

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- What we've heard in from students.
  - Surveys- looking for more 1:1 time
- Students take the reigns!



# College Timeline

## Highlights for Spring of Junior Year

Sign up for SAT/ACT tests (More info in a few slides!!!)

- Pay attention to registration **deadlines**
- Identify 4 schools to send scores to for free when you take the test (consider impact on test optional schools)
- Jr. year SAT/ACT will help you study for Sr. year SAT/ACT. Consider early application deadlines.
- SAT/ACT test waivers and 4 application **fee waivers** available for students with free/reduced lunch. (See your counselor)

# College Timeline

## Highlights for Spring of Junior Year

### Careful selection of your senior year courses

- Think graduation requirements and colleges you are pursuing
- Strong senior year course load is key!

### Considering D1 or D2 athletics?

- Understand NCAA eligibility requirements
- Be careful which English classes you choose for next year. Some are not NCAA approved.
- \*Program of studies



## Research Colleges and Majors

- Naviance
- Info from colleges
- TIPS class



## Scholarships

- Start researching scholarships- check out our website and Naviance

## Stay Involved

- Extra-curricular activities, community service opportunities, and employment
- [www.unitedwaynwvt.org](http://www.unitedwaynwvt.org) (opportunities for students under 18)
- Be a “main character”

# Great ways to save money on college/training

[UVM- Catamount Promise](#)- a family income of \$75,000 or less the opportunity to attend UVM **tuition free**.

[Vermont State Colleges](#)- Free tuition for student/family adjusted family income of \$50,000 or less

[CCV- Vermont Tuition Advantage](#)- Vermonters are eligible for a 50% tuition discount in certain CCV programs

[802 Opportunity Scholarship](#)- a family income of \$75,000 or less the opportunity to attend CCV **tuition free**.

[VSAC Forgivable loans](#) for Education, Nursing, Trades, Workforce Development

[NEBHE Tuition Break](#): Certain out of state programs get significantly reduced tuition

[Advancement Grant](#)-VSAC funding help for short-term training in a non-degree program

[www.raise.me](http://www.raise.me) (you can do this from grades 9-11, and beginning of grade 12)

[College Board Opportunities Scholarships](#)

# College Pathways Conference

## What is College & Career Pathways?

On **Saturday, March 8, 2025**, families are invited to join us in person at the University of Vermont (UVM) Davis Center or online via Zoom to take part in live workshops, discover free resources, and connect with local experts to help prepare for education or training after high school.

## High school events:

We will also be offering four events for high schools around the state:

- Thursday, March 20, 9:00 am–2:00 pm at Saint Michael's College

\*Pick up a permission slip in  
The School Counseling Office

# Summer after Junior Year



- Narrow list of schools to about **5-7** and put aside money for application fees.
- **Visit** schools
- Start identifying teachers, employers, coaches, advisors and other adults who you plan to ask to write **letters of recommendation** for you. (2-3 letters)
- Start Common App Essay
- Find out **SAT/ACT** tests administration fall dates. **Don't miss the registration deadlines!** Usually tests are in September and October with reg. deadlines during the summer ([www.act.org](http://www.act.org) and [www.collegeboard.org](http://www.collegeboard.org)).
- **Put our Senior College Night and VSAC Financial Aid nights on your calendar**

# Important heads up

What we've learned from senior surveys  
and experience:

## DON'T SKIP AT

\*  
the tale of Ms. Moran's unfortunate  
college admissions call



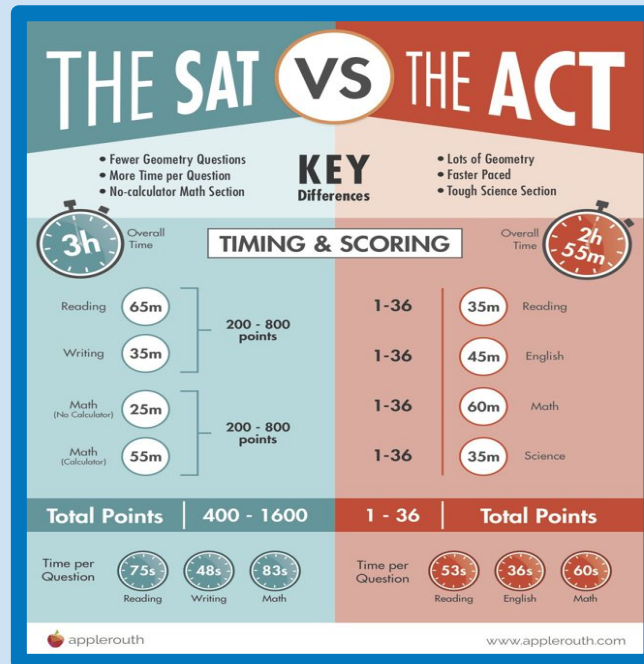
**Testing, Testing, 1,2,3...**



# College Entrance Exams

## SAT & ACT

- Almost all schools accept either the SAT or ACT.
- Check with specific colleges/universities to confirm. Many are test optional...however.....



## 2024 Out-of-State Freshman Automatic Merit Scholarships

Scholarship	Test Score*	GPA	Yearly Value
Presidential	32-36 ACT or 1420-1600 SAT	3.50+	\$28,000
UA Scholar	30-31 ACT or 1360-1410 SAT	3.50+	\$24,000
Foundation in Excellence	29 ACT or 1330-1350 SAT	3.50+	\$15,000
Collegiate	28 ACT or 1300-1320 SAT	3.50+	\$10,000
Capstone	27 ACT or 1260-1290 SAT	3.50+	\$8,000
Crimson Legends	25-26 ACT or 1200-1250 SAT	3.50+	\$6,000

\*Composite or Total Test Score

<https://afford.ua.edu/scholarships/out-of-state-freshman/>



# UNIVERSITY OF MISSISSIPPI...“OLE MISS”

## 2024-2025 Non-Resident (NR) Freshmen

### Academic Merit

### Academic Merit NR

### Scholarship

ACT	SAT	GPA	TOTAL	Non-Resident fee specific	Total
25	1200-1220	3.0	\$1,500	\$2,000	\$3,500
26	1230-1250	3.0	\$1,900	\$3,100	\$5,000
27	1260-1290	3.0	\$2,250	\$3,750	\$6,000
28	1300-1320	3.0	\$3,000	\$6,500	\$9,500
29	1330-1350	3.0	\$3,500	\$6,500	\$10,000
30	1360-1380	3.0	\$4,500	\$7,500	\$12,000
31	1390-1410	3.0	\$5,500	\$10,000	\$15,500
32	1420-1440	3.0	\$7,500	\$17,568	\$25,068
33+	1450+	3.0	\$9,252	\$17,568	\$26,820

*ACT: writing section not included*

*SAT: combined reading and math scores only*

*Superscores accepted for both ACT & SAT*

*Yearly total listed renewable for up to four years*

# Testing Recommendations

- Take several practice tests of each to decide which is best for you (VSAC Resource library, bookstores, outside agencies).
- Unless one score is consistently much higher than the other, we suggest you take (officially) both tests at least once in the spring of your junior year.
- Repeat at least the test you did the best on in the fall of your senior year.
- Plan, plan plan.... (SAT, ACT, AP, finals, sports, prom, etc.)

# Testing Changes

- The SAT Subject Tests are no longer!
- The SAT Essay is no longer!



# 2025 SAT SIGN UP ONLINE!

[COLLEGEBOARD.ORG](https://collegeboard.org)

## MAY 3 TEST CENTERS

REGISTER BY APRIL 18

- SB
- RICE
- ESSEX
- MILTON

## JUNE 7 TEST CENTERS

REGISTER BY MAY 22

- ESSEX
- PLATSBURGH

# ACT 2025 SIGN UP ONLINE- [ACT.ORG](https://act.org)

April 5 Test Centers  
reg by 2/28

- CVU

June 14 Test Centers  
Req. by 5/9

- Essex
- CVU

July 12 Test Centers  
Reg. by 6 /6

- CVU

# Finally...



- College trend - test optional
- Remember that test scores are only one factor college admissions consider in an applicant.
- They also consider rigor of courses, grades, essays, recommendations, & extra curricular activities.
- There are many test optional schools. These can be found at [www.fairtest.org](http://www.fairtest.org)

PLANNING COURSES FOR...

SENIOR YEAR



# What colleges look for in your Senior Year Schedule

- Remember that most often the outstanding factor colleges are looking for is **course rigor**.
- In other words are you continuing to **challenge yourself** and taking the highest possible course sequence?





## More to consider...

- Is the level of math you selected challenging?
- Have you considered taking a 4<sup>th</sup> year of a lab science – i.e. full year of Physics or Chemistry?
- Are you continuing in your World Language?
- What about Dual Enrollment or VHS courses?
- Is your schedule full?



## Recommended Course of Study for Admission to Four Year Colleges

4 Years of English

3 Years of Laboratory Science

4 Years of Mathematics (Including Algebra II/Trig)

3.5 Years of Social Studies

3 Years of the same World Language



## Recommended Course of Study for Admission to *Highly Competitive* Colleges

4 Years of English

3-4 Years of Laboratory Science

4 Years of Mathematics (Including Calculus)

4 Years of Social Studies

4 Years of the same World Language



The  
UNIVERSITY  
of VERMONT

DEPARTMENT OF ADMISSIONS & FINANCIAL AID

January 11, 2002

Denise Demers, Guidance Counselor  
Colchester High School  
PO Box 900  
Laker Ln.  
Colchester, VT 05446

Dear Denise,

I hope your new year is off to a good start. At the University of Vermont, we're extremely busy as the year begins, but I want to take a moment to provide you with some information that may help you counsel your college-bound students.

As you know, the University's leadership has focused its attention on enhancing the quality of undergraduate life at UVM and on enrolling those students most able to benefit from a rigorous academic experience. Initiatives such as the Green & Gold Scholarship and expansion of the Vermont Scholars Program have succeeded in attracting more strong Vermont students to the University. While the University of Vermont undergraduate applicant pool has been holding steady for a number of years at about 8,000 applications, this year I am witnessing a dramatic change in that trend. We received a significant increase in Early Action and Early Decision applications and that gain appears to be holding for the regular pool as well. Of course, we haven't yet reached our January 15 deadline, and it takes several weeks before we are certain of the final results. Nevertheless, I thought it was important for you to know that application volume from both Vermont and Out-of-State students seems to have increased significantly.

In December, UVM responded to this trend by being more conservative than usual with early decisions, something you may have noticed with our decisions for your Early Action and Early Decision candidates. Should the application volume increase hold, it is likely that we will offer admission to students with somewhat stronger academic records than you have seen in recent years. The university continues to examine all applicant records comprehensively to ensure that the entire student background is considered when gauging a student's potential for success at UVM, but in this climate it may behoove some of your students to consider submitting an extra one or two college applications to ensure that they have plenty of options as they complete their planning for the fall.

We will keep you abreast of the UVM enrollment picture as it evolves. In the meantime, you may find this an opportune moment to remind your younger students to challenge themselves academically throughout their high school years to enhance their chances of admission to their state's University. I wish you the best of luck with this busy season.

Sincerely,

Donald M. Honeman  
Director of Admissions and Financial Aid

Donald M. Honeman  
330 Waterman Building, Burlington, VT 05405-0160, Telephone (802) 656-8793, Fax (802) 656-4076  
E-mail: Donald.Honeman@uvm.edu

Equal Opportunity / Affirmative Action Employer

- Significantly increased volume and more conservation decisions
- Admitting students with stronger academic records-senior grades.
- “A lightweight or unchallenging course load in senior year can be the basis for a decision to deny admission to an applicant.”

# A note about class rigor

- Rigorous course loads are important BUT so is knowing your own limitations.
- Run your own race, not your friend's race!



COLLEGE

VISITS



# Getting The Most Out Of Your Visit:

- Try to visit when **classes are in session**.
  - Ask to sit in on a class.
- If you are traveling, ask if the school will let you stay overnight in a dorm room. They may do this for you, but not your parents.
  - At least ask to see the housing options.
  - How many students per room, etc?
- Ask for a meal voucher. **Test the food!**

# Maximizing Your Visit (cont.)

- **Take the campus tour.** More than likely they will have a student give you a guided tour.
- Youvisit.com for schools you can't physically get to
- Whether or not you get a tour guide, **talk to students** you meet.
  - Do they like the classes, professors, etc.?
  - Did they start there or transfer in?
  - Why did they decide to go there?
  - Are they happy there?



# Maximizing Your Visit (cont.)

Visit all of the **campus resources** and find out hours of availability at the following:

- Library/Computer support/wifi
- Tutor/Support Center
- Gym
- Student Center
  - What activities are there?





# Maximizing Your Visit (cont.)

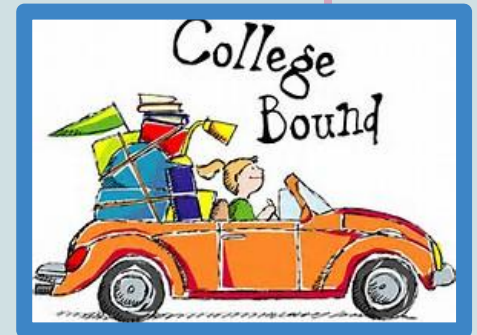
## Visit the campus Placement Office/Student Services

- How many graduates are placed each year?
- How many are placed in their major?
- Which companies are recruiting students from your campus?



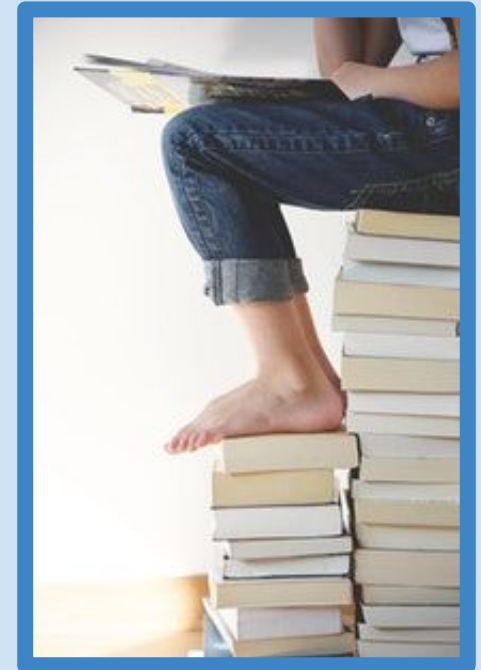
# Important Questions to Ask

- What percentage of students **live on campus**?
- Do first years need to live on campus?
- Can first years have a **car**?
- What about **parking**?
- Do they have a **study abroad program**?
- Is there an **honors program**?
- Ask for **campus security** statistics.



# Important Questions to Ask

- How many **students** are in **your major**?
- What is the **retention rate**?
  - That is, how many first year students come back?
- What is the **student/teacher ratio**?
- What percentage of classes are **taught by professors**? (The rest are most likely taught by graduate assistants.)
- What **percentage** of students in your major are **placed in their field**?



# Important Questions to Ask

- What are the opportunities for **undergraduate research**?
- Are **internships** available?
- What **extracurricular activities** are available on campus?



Uncle Bob's helpful hints to maintain family harmony...and sanity



# CHS School Counseling Recommended Application Plan

## 2 SAFETY SCHOOLS

i.e.: Your credentials are higher than the average student admitted (try to find at least 1 financial safety school as well)



## 1-2 REACH SCHOOLS

i.e.: Your credentials are lower than the average incoming student (or volume of applicants is HUGE)

2-3 GOOD-FIT SCHOOLS  
i.e.: Your credentials match the average student admitted

Where do you fall? Check out:


- Common data set
- Freshman profile
- Collegeboard
- Naviance



# College Admission Options

- Early Decision-- BINDING
  - ◆ “The engagement ring of the admissions process”- Sam Prouty (Middlebury College Director of Admissions)
  
- **EARLY ACTION**--  
**NON-BINDING (the new regular decision deadline)**
  
- Regular Admission – Regular 😊
  
- Rolling Admission – First come first served





# *What is the Common Application?*

*More details to come...*



# Apprenticeships

## VT Sponsors

- ★ Electrical
- ★ Line Maintenance
- ★ Childcare
- ★ Plumbing

It's not uncommon to be offered a full time job at the company where you completed an apprenticeship

- Water Systems Operation
- Machinist
- Diesel Mechanic
- Insurance Associate
- Corrections Officer
- Carpentry
- Police Officer
- HVAC
- Sheet Metal Worker
- Tool and Die Maker
- Stone Mason
- And MORE!

The background of the slide is a close-up, slightly blurred image of the American flag, showing the stars and stripes in detail. The flag is draped, creating soft folds and shadows.

# MILITARY

1. Army
2. Navy
3. Coast Guard
4. Marines
5. Airforce
6. Space Force

**What is ROTC?**

# Gap Years

The screenshot shows a web browser window displaying the Colchester High School website. The browser's address bar shows the URL [csdvt.org/chs/guidance/college-and-career-center.php](http://csdvt.org/chs/guidance/college-and-career-center.php). The website's navigation menu includes links for ABOUT, ACADEMICS, ACTIVITIES, COUNSELING, RESOURCES, DIRECTORY, and SCHOOLS. The 'COLLEGE CENTER' dropdown menu is open, highlighting the 'GAP YEAR/ 13TH YEAR' option. Below this option, a list of programs is displayed, including Affordablecollegesonline, Americorps, TABS, City Year, Cross-Cultural Solutions, Dynamy Internship Year, Experiment in International Living, Gap Year - Constructive Time Out, Interim Programs, International Volunteer Headquarters, The Maine School of Science and Mathematics, NOLS, Outward Bound, Semester at Sea, Student Conservation Association, "Taking Off", and Volunteers for Peace. To the right of the dropdown menu, a blue sidebar contains a message about the PLP Board and a disclaimer. Below the sidebar, a vertical stack of navigation buttons includes ACADEMIC PLANNING, ACADEMIC SUPPORTS, COLLEGE & CAREER CENTER, FINANCIAL AID, MEET OUR STAFF, MENTAL HEALTH & WELL BEING, PRESENTATIONS, and REGISTRAR. The Windows taskbar at the bottom shows the search bar, task view, and system tray with the time 9:02 AM on 12/10/2019.

My Drive - Google Drive | Postsecondary presentation - Go | Start Page | CHS Guidance

csdvt.org/chs/guidance/college-and-career-center.php

Apps | gmail | CHS | CommonApp | GoalView | Advancement Cour... | Naviance | PSchool | Safe Schools | spot | CEA | noteCounselorweb | SAT to ACT | anxiety

**COLCHESTER HIGH SCHOOL**

ABOUT - ACADEMICS - ACTIVITIES - COUNSELING - RESOURCES - DIRECTORY SCHOOLS -

**COLLEGE CENTER**

**GAP YEAR/ 13TH YEAR**

- Affordablecollegesonline - VOLUNTEERING & INTERNSHIPS ABROAD
- Americorps - Experiential Options
- The Association of Boarding Schools (TABS)
- City Year - A year of full-time, rigorous community service, leadership development, and civic engagement
- Cross-Cultural Solutions - International Community Service, Internships, Volunteer Opportunities
- Dynamy Internship Year - Experiential Options
- Experiment in International Living
- Gap Year - Constructive Time Out
- Interim Programs - Experiential Options - Independent gap-year counseling organization
- International Volunteer Headquarters - The world' leading volunteer travel organization with over 10 years experience in providing impactful and affordable volunteer abroad programs
- The Maine School of Science and Mathematics
- NOLS - National Outdoor Leadership School
- Outward Bound - Outdoor Education Programs
- Semester at Sea
- Student Conservation Association - Experiential Options
- "Taking Off" - Program Works Closely With Student to Develop Plan Which Maximizes Individual's Time and Experience
- Volunteers for Peace - Affordable Adventures Abroad

resources and updates.

Don't forget to regularly check the PLP Board for job, volunteer, and leadership opportunities.

**\*\*Disclaimer: These opportunities are not necessarily endorsed by the school, but are available in the community.**

**ACADEMIC PLANNING**

**ACADEMIC SUPPORTS**

**COLLEGE & CAREER CENTER**

**FINANCIAL AID**

**MEET OUR STAFF**

**MENTAL HEALTH & WELL BEING**

**PRESENTATIONS**

**REGISTRAR**

Type here to search

Desktop 9:02 AM 12/10/2019

# MANY MORE HELPFUL RESOURCES!!!

(including [Post-Secondary Planning Worksheet](#))

CHS Guidance

csdvt.org/chs/guidance/college-and-career-center.php

COLCHESTER HIGH SCHOOL

ABOUT - ACADEMICS - ACTIVITIES - COUNSELING - RESOURCES - DIRECTORY SCHOOLS - COVID-19 INFO

**COLLEGE AND CAREER CENTER**

Welcome to the College and Career Center  
Here you will find documents related to career planning and the college application process. The School Counselors are always available to meet with students and families to help with the post-secondary planning process.

Post-Secondary Planning Worksheet

College Application Checklist

Junior Meeting to-do list

**CAREER CORNER**

CAREERS IN THE MILITARY

COLLEGE CENTER

GAP YEAR/ 13TH YEAR

SENIOR YEAR PLANNING

**INFORMATION**

**Resources and Reminders**  
Make sure to check out the new and improved "Counseling Page" on the CHS website for more resources and updates.

Don't forget to regularly check the PLP Board for job, volunteer, and leadership opportunities.

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ACADEMIC PLANNING

ACADEMIC SUPPORTS

COLLEGE & CAREER CENTER

FINANCIAL AID

MEET OUR STAFF

MENTAL HEALTH & WELLNESS

PRESENTATIONS

REGISTRAR

TESTING

Mei-Ling Correll Tr....pdf

Mei-Ling Correll Tr....pdf

Show all

Type here to search

21°F

6:04 PM 1/27/2022



Friendly Reminder!  
Admissions Panel  
(final junior college night):

February 13, 6:30-8pm