

Hello juniors!

We wanted to send you some reminders about important pieces of the college and post-secondary planning processes that you can either start or continue working on now and during the summer. We have found that students who work on their plans for after high school during the spring and summer before senior year are much, much happier and less stressed out seniors!

Please remember that we've covered many of these topics in our webinars and you can watch them here: <https://www.csdvt.org/chs/guidance/presentations.php>

For those of you thinking of employment or military service after high school:

- We recommend doing informational interviews/research about careers to learn more about professions that are out there.
- Contact recruiters to learn more about your options with the military services
- Research apprenticeships on the VT Dept of Labor website here [Apprenticeships](#)

Here are some ways to explore your interests to help with picking college majors and/or careers:

- Take advantage of the **2 free college classes** you get before you graduate through the Vermont Dual Enrollment program. Click [here](#) for more info.
- [Intro to College and Careers at CCV](#) (free course and does not count towards your other 2 free courses....teaches time management, stress management, test taking, note taking, how to find majors, how to pay for college, etc.)
- [Governor's Institute of Vermont](#) has great online summer opportunities
- [UVM Summer Academy](#) has some great options
- We recommend doing informational interviews/research about careers to learn more about professions that are out there.

For those of you thinking of college, here are some parts of the college process for you to work on:

1. Continue virtual college search/tours and narrowing down a list.

- Remember, we recommend your final list includes:
 - 2-3 "safety" schools, 2-3 on "target" and 1-2 "reach" schools
 - ***We recommend a mix of both academic and financial "safety" schools***

- You can do college searches such as SuperMatch in Naviance or [Big Future](#) on the College Board website
 - The College Board has scholarships for doing this search and other steps..
2. Prepare to take or retake the SAT and/or ACT.
- Register for summer/fall testing. Check College Board (www.collegeboard.org) and ACT (www.act.org) websites for testing dates and for regular updates.
 - Continue to check college websites for testing requirements. Some (not all!) colleges are going test optional due to Covid.
 - Practice, practice, practice!
 - This is a great time to practice and prepare for your testing. Practice can raise your scores! Remember, you can use Kahn Academy by linking it to your PSAT results on collegeboard.org and it personalizes your prep based on your performance on the PSAT. Also, you can use test prep books (library or bookstore) or download some SAT/ ACT study apps on your phone and all the links on our [Post-Secondary Planning Worksheet](#). Burnham library is offering FREE practice tests.
3. Start writing your application essay and filling out the Common App!
- Thinking about and starting these steps over the summer will help ease the stress in the fall! Here is a link to the Common App and another link to the essay prompts.
 - [Common Application](#)
4. If you are considering playing college sports at the Division 1 or 2 level, you MUST:
- Register for the NCAA at: [NCAA](#) It would be great to get this process started asap.
5. Visit local colleges VIRTUALLY:
- In addition to touring schools that come up in your searches, you can tour UVM, St. Mike's, SUNY Plattsburgh, NVU, CCV, VTC, Norwich, Champlain, etc. for some closer schools to see what demographics you like. You will learn something new with every college visit!
6. Log onto [raise.me](#) as soon as possible before senior year:
- Enter your accomplishments to become eligible for scholarship money at some colleges (the deadlines are very early fall during your senior year).
 - Here is a link to the Common App and another link to the essay prompts. Here is a link to the Common App and another link to the essay prompts.

7. Attend all Guidance AT's in the fall and visit with college reps when they come to CHS.

Remember:

- Our Counseling website [CHS Counseling site](#) and the Post-Secondary Planning sheet below have a huge amount of resources for you including: college and major searches, test prep resources, GAP year resources, financial aid information, etc.
- [Post-Secondary Planning Sheet](#)

Feel free to contact us if you have any questions or want to chat more about any of this. We are here for you on this wild and exciting ride we call *planning for your future!*

We hope you have a great summer and we look forward to working with you in the fall :).

Mr. Hall, Mrs. Pastore, and Mrs. Moran