



Welcome to
Junior College Night
Part 1
2021-2022

This presentation will have a strong college focus, as it's a complicated process, but there are many postsecondary options available. 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Mostly withdrawn and isolated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](#)



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
- 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.

Research Colleges and Majors

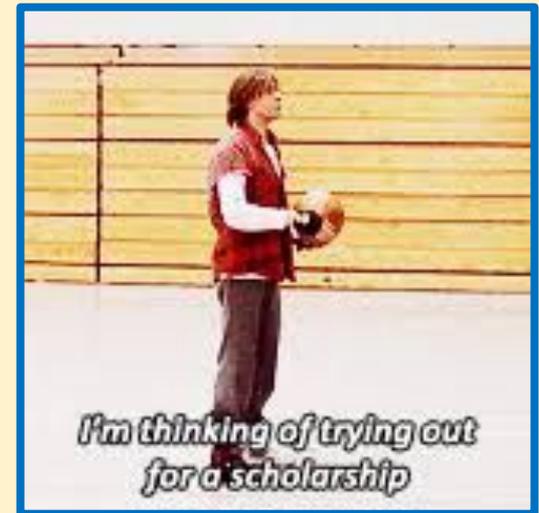
- Naviance
- Info from colleges
- TIPS class

College Pathways Conference 2022

- Virtual Event: March 5- Register via [VSAC](#) website

CVU College Fair

- TBD



Scholarships

- Start researching scholarships- check out our website and Naviance

Stay Involved

- Extra-curricular activities, community service opportunities, and employment
- www.unitedwaynwvt.org (opportunities for students under 18).

Summer after Junior Year

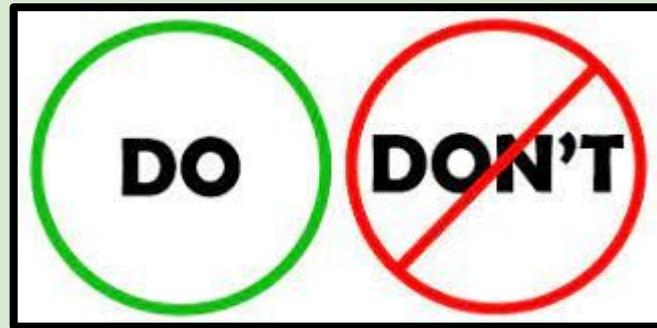


- Narrow list of schools to about **5-7** and put aside money for application fees.
- **Visit** schools
- Start identifying teachers, employers, coaches, advisors and other adults who you plan to ask to write **letters of recommendation** for you. (2-3 letters)
- Start Common App Essay
- Find out **SAT/ACT** 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 and 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...

DON'T SKIP AT



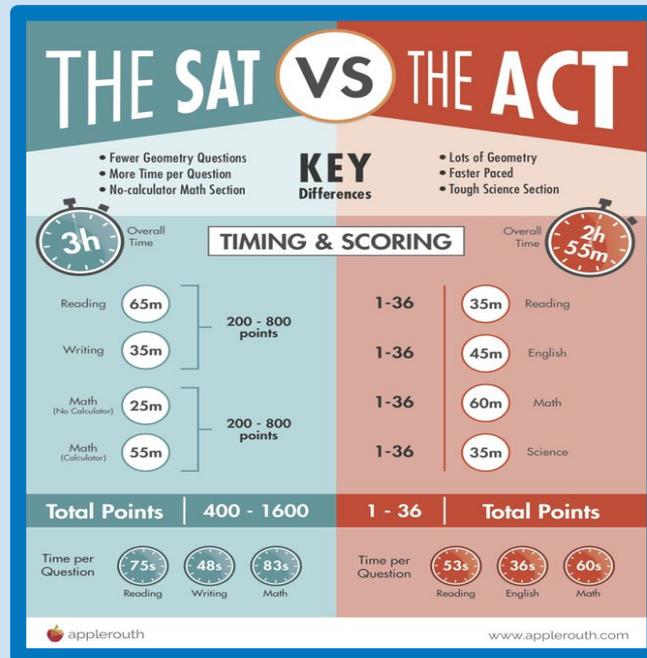
Testing, Testing, 1,2,3...



College Entrance Exams

SAT & ACT

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



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, NECAP, SBAC, etc.)

Testing Changes

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



2022 SAT SIGN UP ONLINE!

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

MAY 7 TEST CENTERS

REGISTER BY APRIL 8

- SOUTH BURLINGTON
- ESSEX
- BFA ST ALBANS
- RICE
- MILTON

JUNE 4 TEST CENTERS

REGISTER BY MAY 5

- ESSEX
- SOUTH BURLINGTON
- PLATTSBURGH

ACT 2022 SIGN UP ONLINE- [ACT.ORG](https://act.org)

April 2 Test Centers

reg by 2/25

- CHS
- South Burlington
- CVU
- MMU

June 11 Test Centers

Req. by 5/6

- Essex
- CVU

July 16 Test Centers

Req. by 6 /17

- 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

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 4th 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.”
- Pop quiz- What's the significance this number:
3.8

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:

Here's what we normally say..

- 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.
- 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.)

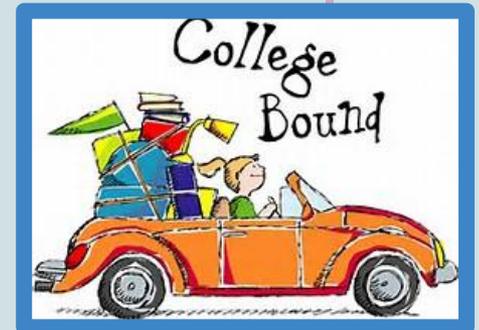
Visit the campus Placement Office/Student Services

- 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**?

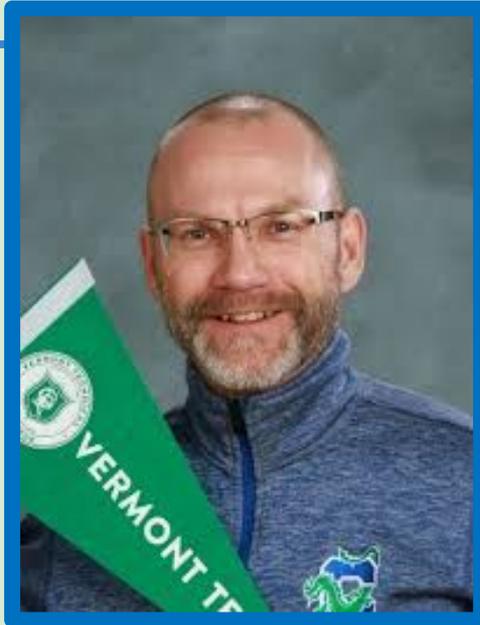


Important Questions to Ask

- 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 Guidance 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)

2 – 3

GOOD-FIT SCHOOLS

i.e.: Your credentials match the average student admitted

1-2 REACH SCHOOLS

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

College Admission Options

- Early Decision-- BINDING
- **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**

What is ROTC?

Gap Years

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
- Dynami 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

SENIOR YEAR PLANNING

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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

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TESTING

Mei-Ling Correll Tr....pdf

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Show all

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Friendly Reminder!
Final College Night:

February 10th 6:30-8pm via Zoom