

Planning for Your Future

Fairfield Ludlowe High School
Junior Planning Meeting



High School Counselors

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- There are colleges for everyone who wants to go.
 - You and the colleges are both looking for the *right fit*.



Post-High School Options

- College – 2 year Associates Degree
- College - 4 year Bachelors Degree
- Technical or Trade School
- Internship
- Gap Year
- Military
- Employment

Finding the colleges that are right for YOU

Variables to consider...

- *Type of school*
 - 2-year, 4-year, community college, specialty
- *Location*
 - What state or part of the country
 - How far from home
 - Urban, suburban, or rural
- *Size of school*
- *Academic Program*
 - Majors and Degrees offered
- *Special programs or requirements*
 - Athletics
 - ROTC
 - Co-op programs
 - Learning disability support
- *Athletics- Div. I, II, III (NCAA Clearinghouse)*
- *Cost of Tuition, Room, and Board*
- *Competitiveness- Can you get in?*



Preparing for a College Search

Know Yourself

- Values
- Ambitions
- Achievements
- Academic Strengths
- Interests
- Your Standout Talents



Choosing Your College Priorities

What is important to you?

- Location
- Academics
- Size
- Campus Appeal
- Social Life
- Total Cost
 - Including aid



Words of Wisdom

If you don't have a major, it's OK.

More than half of new college students say a very important reason for going to college is "to find my purpose in life."



How will colleges assess me as a candidate? What are they looking for?

	Considerable	Moderate	Limited	None
Grades in college prep	79.9%	14.4%	2.9%	2.7%
Strength of curriculum	63.8	23.9	8.0	4.3
Admission test scores	58.5	30.9	8.0	2.7
Grades in all courses	51.6	40.1	6.1	2.1
Essay or writing sample	25.8	37.9	19.9	16.4
Class rank	23.4	43.8	23.4	9.4
Demonstrated interest	22.0	30.3	23.9	23.9
Counselor recommendation	21.1	40.4	28.1	10.4
Teacher recommendation	20.8	40.0	28.6	10.5
Interview	10.8	23.7	35.8	29.8
Subject test scores (AP, IB)	6.8	32.2	34.9	26.2
Extracurricular activities	6.5	45.7	32.8	15.1
SAT II scores	6.2	13.8	28.2	51.8
State graduation exam scores	4.4	13.7	28.7	53.3
Work	1.9	24.2	46.8	27.2

How will colleges assess me as a candidate? What are they looking for?

□ *Academic*

Rigor of course load

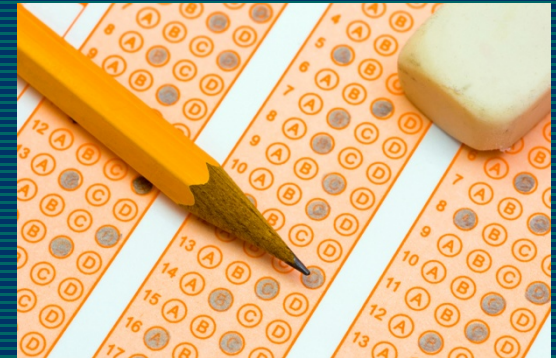
Grades

Standardized Testing

SAT I: Reasoning Test

SAT II: Subject Tests

ACT



Did you know that some colleges are test optional?

<http://www.fairtest.org/university/optional>

Comparison of SAT and ACT

SAT	ACT
Penalty for wrong answers	No penalty for wrong answers
Students choose to send	Students choose to send
SAT more Analytical	ACT more content, curriculum based
Math up to Algebra II	Includes Trigonometry
Hidden experimental section	Identified experimental section
Essay is mandatory	Essay is optional but recommended
Essay: Take a side and defend	Essay: Consider both sides
3 hours and 45 minutes	3 hours without essay

SAT vs. ACT

how do the scores compare?

□ <http://www.act.org/aap/concordance/>

How will colleges assess me as a candidate? What are they looking for?

□ *Personal*

The College Essay
Recommendations
Extracurricular Activities
Special Talents
Job Experience
The Interview



Re: Extra-curriculars

“Once we’re comfortable with a student’s academic credentials, we want someone who will be a constructive, rather than disruptive member of our community, socially, culturally and interpersonally.”

Dean of Admissions at Duke University

Admissions officers at the top 50 colleges in the US were asked:
What are the top markers of “good citizenship?”

In order of importance:

1. **Founder role, innovating a new idea or project**
2. **President or other leadership role**
3. **Number of hours involved**
4. **Reputable organization**
5. **Awards or recognition**



The Essay: Write What You Know

- ❑ Your essay need not be unique
An admissions office will gladly read 100 essays about a student's mother-as long as it is well written!
- ❑ Topic must be meaningful-something you are passionate about, personal examples of motivation behind an activity, talent or event.
- ❑ What if the reader doesn't care about my topic? SO WHAT? You can still write exceptionally well about a subject they would not otherwise be interested in! Your passion, knowledge and enthusiasm will make it interesting!

It must be about YOU

- There are SO many things about you a college will find interesting! A potential topic could be in your list of extra-curricular activities.

Have you ever:

Lived in a different country?

Raised an orphaned cow?

Overcome a fear?

Taught someone something?

Volunteered to do something no one had thought of?



DON'T

- ❑ Write your essay about writing your essay
- ❑ Use obscenity
- ❑ Try too hard to use big words
- ❑ Send poems
- ❑ Send screenplays or stage plays
- ❑ Obsess about word limits
- ❑ Use goofy fonts or pictures
- ❑ Use gimmicks unless it is VERY well done!



ANSWER THE QUESTION



- Ex. Write about someone who has influenced you.

Some students spend so much time describing their coach, but never get around to answering how they have influenced you and made you a better person.

The BIG Secret!

Would your English teacher or counselor know whose essay they are reading if no name was on it?

Will the reader hear your voice?
That is the challenge!!

And...PROOFREAD!!!!!!

Counseling Center Resources

- High School Counselors
 - Appointments with students and parents
- Naviance
 - Reference Books
 - Princeton Review
 - Rugg's Recommendations...
- College and Career Center
 - Alice Gorman

Action Plan for the Spring

- ❑ Keep Junior year grades up
- ❑ Choose a challenging and full senior year course load
- ❑ Make an appointment with your counselor
- ❑ Prepare for Admissions Testing (ACT/SAT) and SAT Subject tests
- ❑ Register for and take the SAT I and II and/or ACT
- ❑ Research and visit colleges (use Naviance)
- ❑ Ask two teachers, who know you well, if they would be willing to write a letter of recommendation for you



Choosing Senior Year Courses

The Age Old Question...

Is it better to get an A in College Prep, a B in Honors or a C in AP??

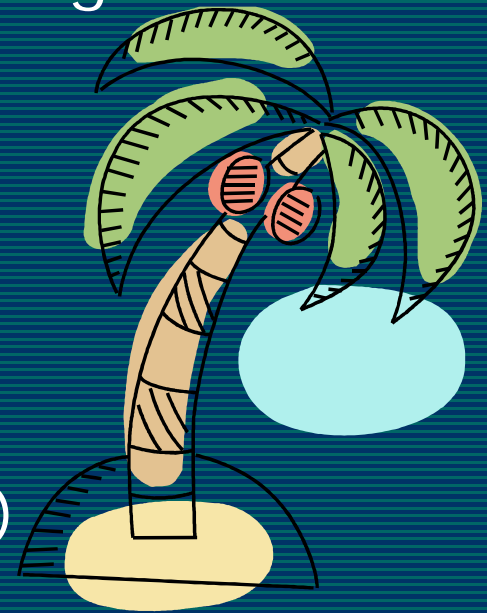
Listen to teacher recommendations!

Work with your counselor to create a balanced schedule.

Challenge yourself where appropriate.

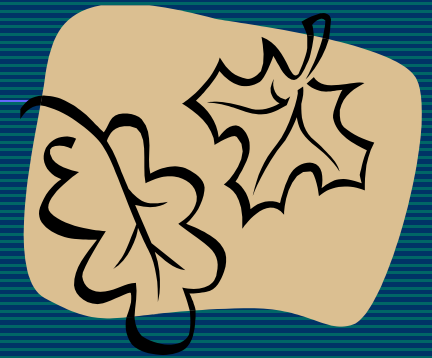
Action Plan for the Summer

- ❑ Finalize College list (mix of safety, target and reach schools)
(MORE research and MORE visits)
- ❑ Interviews (if offered)
- ❑ Essays
- ❑ Resume (optional)
- ❑ Applications (www.commonapp.org)
- ❑ Portfolio for artists and athletes
- ❑ Get part time job, rest, relax, swim and read



Action Plan for Fall of Senior Year

Applying to college



- Finalize list of Colleges
- Meet with your Counselor
- Consider Re-taking the SAT or ACT
- Teacher Rec Packets to Teachers
- "Send my Scores" Release test scores on collegeboard.com or actstudent.org to colleges
- Submit Applications
- Attend College Rep Visits at FLHS
- Begin the Scholarship and Financial Aid Process
- MAINTAIN good grades! 1st Quarter is VERY important!

Working with your parents!



- Maintain Perspective
- Think broadly
- Communicate
- Take the lead-let your parents know you are organized and "on the ball"
- Be supportive-Your parents are also dealing with letting you go

Oh, the Places You'll Go!

You have brains in your head.

You have feet in your shoes.

You can steer yourself any direction you choose.

You're on your own. And you know what you know. And *YOU* are the guy who'll decide where to go.

Dr. Seuss

