

College and Career Program for Juniors Class of 2022



Check-in Question

What are you most concerned about when you think about leaving high school?



[Check-in Survey Link](#)

Graduation & Promotion Requirements

100 credits

4 years of English (20 credits)

**4 years of Social Studies
(20 credits)**

3 years of Math (15 credits)

3 years of Science (15 credits)

**2 years Foreign Language
(10 credits)**

4 years of Phys. Ed. (4 credits)

PASS MCAS- TBD

**Community Service Learning –
30 hours by Junior Year - TBD**

**20 credits
to go to
grade 10**

**45 credits
to go to
grade 11**

**70 credits
to go to
grade 12**

**100 credits
to graduate**



College Prep Recommendations



- ★ **English** 4 units
- ★ **Mathematics** 4 units (Alg 1, Geometry, Alg 2 & beyond)
- ★ **Science** 3 units (2 years of lab science)
- ★ **Social Studies** 2 units
- ★ **Foreign Language** 2-3 units (same language)
- ★ **Electives** 2+ units
- ★ **Visual & Performing Arts** 1 unit (newly recommended at some schools)
- ★ **Community service, dual enrollment, clubs & activities, sports, etc.**

*** (units = courses)

Examine Your Options

- Bachelor's Degree
 - Four Year Colleges/Universities
- Associate's Degree
 - Community Colleges or Two Year Colleges
- Technical/ Trade Schools
 - Specific program degrees
- Preparatory Schools or Post-Graduate Programs
- Military
- Employment



Different Academic Degrees



- **Associate Degree**

The **two-year** associate of arts (AA) or associate of science (AS). Some students who earn this degree transfer to a four-year bachelor's program; others use it to go straight to work. Community colleges, career colleges, and some four-year colleges offer associate degrees.

- **Bachelor's Degree**

This degree requires completing a **four- or five-year college program**. Most students earn a bachelor of arts (BA) or bachelor of science degree (BS). You can also study toward a bachelor of fine arts or bachelor of architecture degree.

- **Joint/ 4+ Degree**

Students can earn a bachelor's degree plus a graduate or professional degree in less time if they combine them. A student on this track may apply to a graduate program as an undergraduate and begin the graduate program in their fourth year of college.

- **Graduate Degree**

Graduate degrees are advanced degrees pursued after earning a bachelor's degree. Examples are a master of arts (MA) or master of science (MS). Students generally earn a master's degree after **two years of study**. A doctoral degree (for example, a PhD) requires **four or more years of study**.

Careers that Require...



High School Diploma

- Home Health Aide
- Personal Care Aide
- Landscaper & Groundskeeper
- Flight Attendant
- Taxi Driver
- Exterminator
- Plumber
- And More...

Associate Degree

- Air Traffic Controller
- Audio & Video Equipment Technician
- Human Resources Assistant
- Medical Assistant
- Orthopedic Technician
- Paralegal
- Pastry Chef
- And More...

Bachelor Degree

- Registered Nurse
- Financial Manager
- Human Resources Manager
- Computer Hardware Engineer
- Aerospace Engineer
- Software Developer
- Actuary
- Accountant
- And More...

Masters Degree or Higher

- Social Worker
- Counselors
- Nurse Practitioner
- Computer Software Engineer
- Industrial-Organizational Psychologist
- Clinical Therapist
- Education Administrator
- Epidemiologist
- And More...

2-Year Colleges and Career Education/Trade Schools



- Most 2-year colleges (Associate degree programs) require a minimum of proof of a high school diploma or a GED
- Community Colleges do not require the SAT, but some private 2-year colleges will require SAT/ACT
- Less expensive than four year colleges
- Offer shorter certificate programs
- Prepare for a career
- Transfer to a 4-year college
 - The MassTransfer option is available to students interested in transferring to a Massachusetts public college/university



Community College Programs

Examples of Associate Degrees offered:

- Accounting
- Business
- Computer Science
- Cybersecurity
- Early Childhood Education
- Liberal Arts
- Nursing
- Paralegal Studies
- Physical Therapist Assistant
- Sonography

Examples of Certificate Programs offered:

- Emergency Medical Technician (EMT)
- Exercise Science and Personal Training
- Hotel and Restaurant Management
- Medical Assistant
- Paramedic Education
- Phlebotomy
- Substance Addiction
- Surgical Technology
- Web and Mobile Development



Popular Technical Schools

- Benjamin Franklin Institute of Technology (automotive and computer programs)
- Universal Technical Institute (automotive technology)
- Cosmetology schools – Ali May Academy, Empire, Jupiter, Mansfield, Mass School of Barbering, Toni & Guy
- Culinary Schools – Cambridge School of Culinary Arts, Johnson & Wales University

The Ultimate Guide to becoming a Union Building Trade Apprentice

Mass Building Trades Booklet

- Bricklayers
- Carpenters
- Elevator Constructors
- Ironworkers
- Laborers
- Painters and Allied Trades
- Plasterers and Cement Masons
- Plumbers, Pipefitters and Sprinkler fitters
- Roofers and Waterproofers
- Sheet Metal Workers



Typical 4-Year College Admissions Criteria

- Courses taken and grades achieved
- Grade point average (GPA) and Class Rank
- Admission test results (SAT, ACT, SAT subject tests, TOEFL)
- Counselor/teacher recommendations
- Application questions and essays
- Major/college applied to
- Extracurricular Activities
- Special talents, skills, and interests
- Alumni relationship
- Geographic location
- First generation college applicant



UMass and State University Minimum Admission Standards

- Applicants to any of the Massachusetts public university campuses must meet the following admissions standards:
 - Attain the minimum 17 required academic courses (units)
 - 4 college prep English classes
 - 4 college prep math classes (Algebra 1 and 2, Geometry and beyond)
 - 3+ college prep lab science classes
 - 2+ foreign language classes (in single language)
 - 2+ social studies classes (including US History)
 - 2 courses from the above subjects or from the arts & humanities or computer science
- Attain the minimum required grade point average (GPA) earned in college preparatory courses completed at the time of application
- Submit SAT or ACT score **if needed*
- If an applicant's GPA falls below the required minimum, a sliding scale using the student's GPA and test scores will apply. This scale should be used only when an applicant's GPA falls below the required 3.0 minimum for admission to the state universities or UMass.



What is new with the College Admissions Process?

- Colleges are being flexible -- Understand pass/fail or credit/no credit grades for spring of 2020 and will not be held against students
- Many colleges are offering virtual visits, open houses, and tours
- New Common App Covid optional essay prompt - Community disruptions such as COVID-19 and natural disasters can have deep and long-lasting impacts. If you need it, this space is yours to describe those impacts. Colleges care about the effects on your health and well-being, safety, family circumstances, future plans, and education, including access to reliable technology and quiet study spaces.





Information About the SAT/ ACT

- The SAT or ACT is required of all students planning to apply to a 4-year college or university. **Currently due to the Pandemic, many schools are test optional - please check with individual schools**
- Register for the 4 free Score Reports within 9 days of taking test.
- If applying to a 2-year community college you **may not** have to take the SAT or ACT.
- Students typically take their first SAT or ACT exam in the spring of junior year and take a second in the fall of their senior year.
- SAT website: <https://collegereadiness.collegeboard.org/sat>
- ACT website: <https://www.act.org/>



What has changed with SAT and ACT in Admissions?

- Many colleges were test-optional for 2021- 22 applications -- which means that students can choose to apply without submitting test scores; some have chosen to remain test optional
- Website to find out which schools are test optional: www.fairtest.org
- Make sure to check requirements for each school, as some schools may have other requirements
- SAT is no longer offering SAT Subject tests
- SAT will discontinue the optional SAT Essay after the June 2021 administration
- Check SAT and ACT websites for updated information on testing locations, dates, and cancellations



TOEFL (Test Of English as a Foreign Language) is an assessment used by colleges to gauge your English level skills in relation to the materials presented in college classes.

- The TOEFL iBT® test has 4 sections: Reading, Listening, Speaking, and Writing.
- The total test takes about 3 hours to complete, but you should plan for 3½ hours, allowing 30 minutes for check in.

WHAT DO COLLEGES REQUIRE FOR THE TOEFL?

- If you are a former EL student (especially if you have taken any EL classes in high school), the colleges you are applying to may require the TOEFL or something similar.
- Because in-person testing has been challenging over the last year, colleges have altered their expectations for this test and some have created their own methods for testing or proving English proficiency.
- Please check with each college you are applying to regarding their English Proficiency expectations.

AP Exams

- Testing runs from May 3rd to May 25th, 2021
- It is optional this year
- Offered in person using traditional paper and pencil format.
- Some colleges will accept AP exams scores for college credit – scores that are a 3 or higher



Building a College List

- Research the majors offered at the school – does it offer the major the student is interested in?
- Does the student picture themselves at the school?
- Location - urban/rural/suburban? Close to home? Far away from home?
- Size (small, medium, large, or extra large)
- How many schools should a student apply to?
 - Make sure to include two safety schools, two 50/50 schools, two realistic reaches and a financial safety (state school/community college)



Application options

Early Action is an option for students to apply early to colleges and find out if they are accepted earlier.

Early Decision is a binding agreement that students are required to attend that college if accepted.

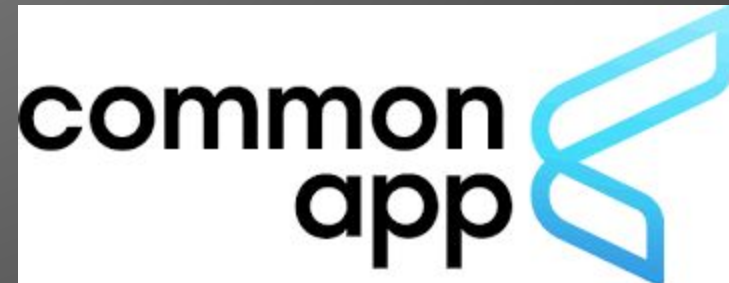
Regular Decision is a traditional application where the deadline is a set date and decisions are sent by April 1.

Rolling Admission has no specific deadline but will have a priority deadline. Once the application is submitted, the decision is made within 4-8 weeks.

Colleges require a **deposit by May 1st**

Common Application

- Over 900 institutions accept the Common Application.
- Students must create a profile and then submit their application and fees online.
- Students must link their Common App and Naviance accounts.
- www.commonapp.org
- There are some schools that do not subscribe to the Common App, therefore you will need to fill out a school-specific application.



Common Application Bootcamp

We are hosting a Common App Bootcamp to help you get started and help navigate the Common App!

Wednesday, March 31, 2021



Fill in the following form, if you'd like to sign-up:

[Common App Bootcamp Sign-up](#)

College Essay

- Can work on during the summer!
- Helps show the personality of the student
- Allow for time for revisions; students should read and re-read
- Make sure it answers the question
- Ask your English teacher to proofread
- Counselor can read for content
- One essay may not work for all schools
- Common App has a choice of seven essay prompts, including topic of your choice
- Schools indicate the length, usually at least 500 words and less than 650.



Financial Aid



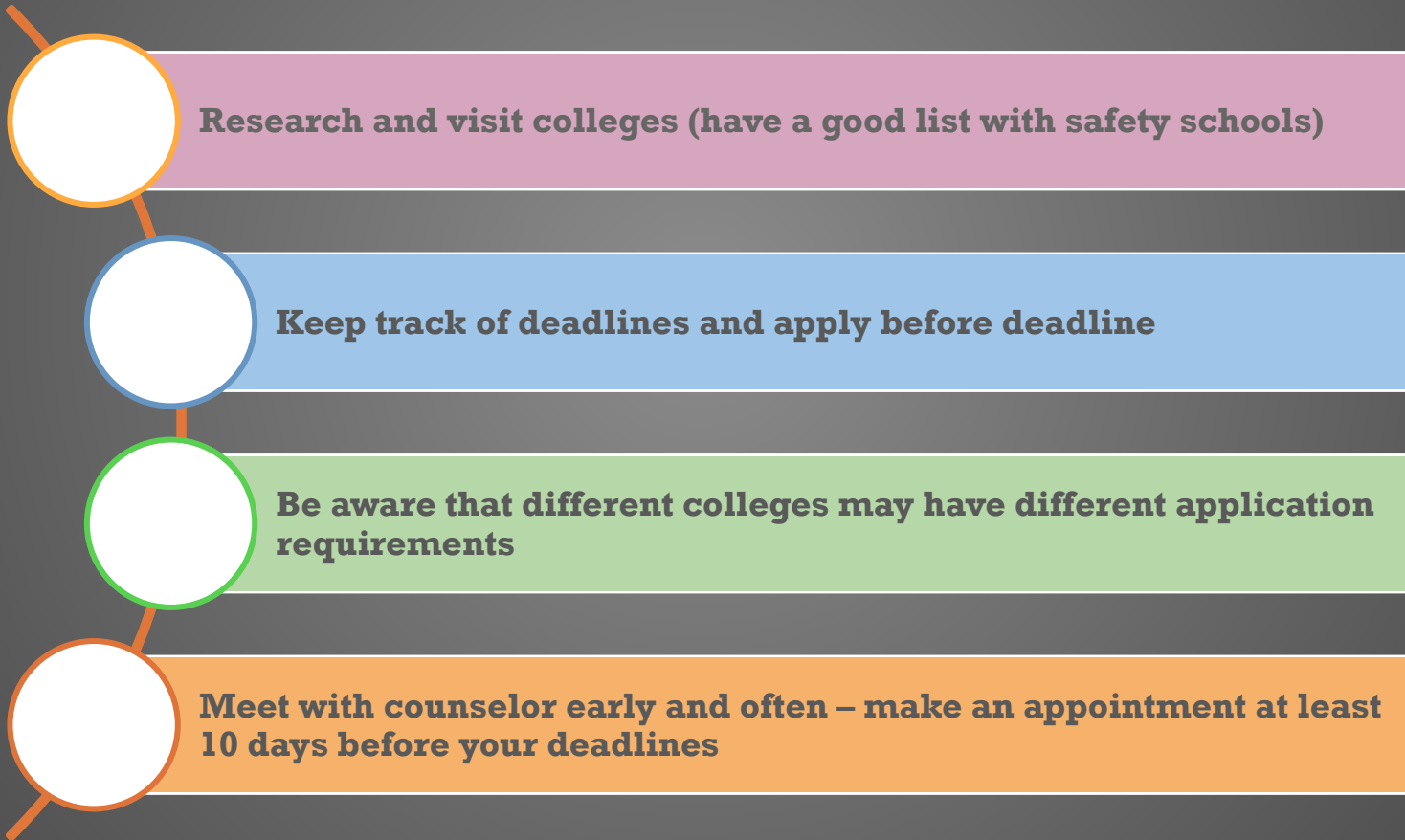
- **College Financing Seminars** - there are many virtual seminars that will be running at the beginning of next year.
- College-bound students must file a **FAFSA**, which is a free application. The FAFSA website is www.fafsa.ed.gov
- **FAFSA filing assistance** takes place virtually with Mr. Wong every year. His scheduling options will be updated at the beginning of next year.
- The **CSS profile** is required by certain private colleges (over 400 colleges require it). It is a fee-based application and can be accessed through College Board.
- The **Net Price Calculator** is a valuable tool that can help with determining possible costs for each, individual college your student may be applying to. <https://collegecost.ed.gov/net-price>



Scholarships

- Scholarships usually start to be posted in around late November and December.
- Any outside scholarships that you find on your own, we will help you get what you may need to apply.
- We will present **Scholarship Information and Procedures** in the fall of your senior year.
- **Never pay** for scholarship opportunities that may come through the regular mail or via email.

Things to Remember



Responsibilities

Your Responsibilities

- ☐ Ask for 2 **teacher** letters of recommendation
- ☐ Ask for a **counselor** letter of recommendation
- ☐ Request transcripts
- ☐ Complete the FERPA section on Common App
- ☐ Match accounts – Common App and Naviance
- ☐ Complete and submit your application by the deadline, including your essay
- ☐ Send out your official test scores (SAT/ACT) through College Board or ACT
- ☐ Submit your FAFSA and/or CSS profile
- ☐ Tell your counselor about ALL applications sent

Counselor Responsibilities

- ☐ Meet with you to collaborate and support
- ☐ Write you a letter of recommendation
- ☐ Assist with reading essay and/or resume
- ☐ Review your transcript
- ☐ Sign off on Common App Fee Waivers
- ☐ Sign off on Early Decision document
- ☐ Send out your transcripts, letters of recommendation, and school reports
- ☐ Offer support with sending out the first application

Find the Right Fit



NQHS Top 10 Accepted to Schools from 2014 - 2020

1. UMass Amherst
2. UMass Boston
3. Boston University
4. Northeastern University
5. UMass Lowell
6. Boston College
7. Bentley University
8. Brandeis University
9. Suffolk University
10. Tufts University





What I can do now?

- **Make an appointment to meet with your counselor – email counselor**
- Research schools and/or careers
- Visit colleges on your own or with your family (virtually)
- Sign-up to take the SAT or ACT in spring of your junior year
- Start developing your college list on Naviance
- Keep up with your grades
- Develop your resume (list of activities and accomplishments)



Tips

- Be organized
- Keep a list of usernames and passwords
- Use an appropriate email address
- Proofread and use appropriate grammar on applications
- Keep copies of materials
- Visit schools (do an official virtual or in-person visit with tour)



Check Google
Classroom regularly

jz2ujys

We are on Social!



Like: nqguidance



Follow: nqhsguidance



Follow: @NQHSguidance

How to connect with my counselor



Mr. Decristofaro

Zoom Office Hours:

Monday-Friday 11:15 AM - 12:00 PM

Monday, Wednesday, Friday: 8:00 - 9:00 AM

Tuesday, Thursday 1:30 PM - 2:30 PM

Zoom Meeting ID: 821 5862 0461

Passcode: 02171

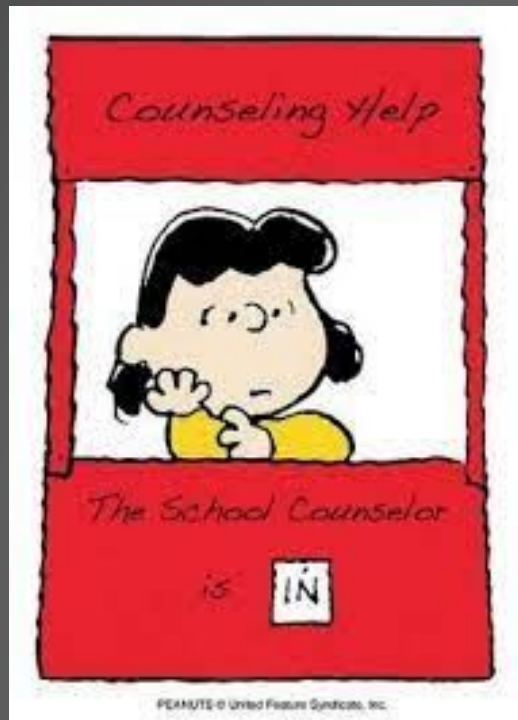
Ms. Xia

[Google Calendar Link](#)

Ms. Hart

Zoom Meeting ID: 856 6066 8376

Passcode: 02171



How to connect with my counselor

Mrs. Nutley

Monday, Wednesday & Friday - 8 AM – 9 AM

Tuesday & Thursday - 1:30 PM – 2:30 PM

Zoom Meeting ID: 961 1796 5666

Passcode 02171

Mrs. Cushman

Wednesday 11:15 AM -12:00 PM

Monday, Wednesday, Friday: 8 AM -9 AM

Tuesday, Thursday 1:30 PM -2:30 PM

Zoom Meeting ID: 949 1872 6798

Passcode: 02171

Mrs. Devlin

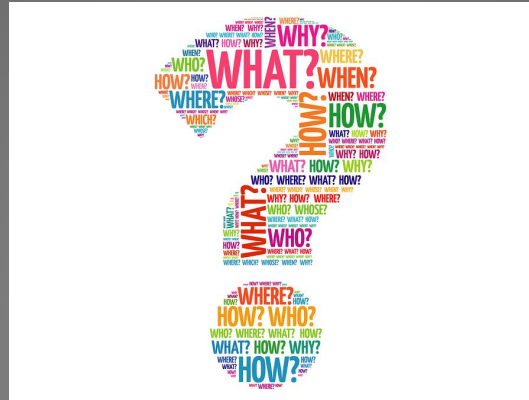
Monday, Wednesday, Friday 8 AM – 9 AM

Tuesday, Thursday - 1:30 PM – 2:30 PM

Zoom Meeting ID: 856 3160 7268

Passcode 02171

Questions?



Let's see how much you learned from our session... Fill out the following survey and depending on how many answers you fill in correctly, you could win a gift card!

[Survey Questions](#)