

NQHS College Planning for Seniors & Parents/Guardians

September 23, 2021 6 - 8 p.m.

Agenda & College Admission Process

- Recommendations for College Bound Students
- Updates
- Naviance
- College List
- College Acceptances
- Common App
- Essay
- Recommendations, Transcript & Resume
- Financial Aid



Freshman & Sophomore Year

Freshman SOPHOMORE Junior SENIOR

- Choose the correct courses
- Keep up with your grades
- GET INVOLVED! Join extracurricular activities and/or sports
- Guidance lesson on Exploring Careers and Colleges, and introduction to Naviance website in grade 10
- Start thinking about careers take assessments on Naviance
- Optional take the PSAT in your sophomore year
- Start building your resume add accomplishments, activities, community service, and awards to your resume
- Develop your relationships with teachers and your counselor

Junior Year

- Take the PSAT in October of your junior year to prepare for the SAT in the Spring
- Visit colleges virtually or in-person if available and/or attend in-person/ virtual college fairs
- Attend the QPS College Fair (TBA Spring 2022)
- Sign up to take the SAT and/or ACT in spring of your junior year
- Use Naviance to research and start developing your college list
- Make an appointment with your counselor to discuss your plans
- Keep up with your grades and continue to develop your resume
- Guidance lesson on post-graduate planning and introduction to the Common Application



PSAT

- PSAT/NMSQT will be held on Saturday, October 16 at 7:45 at NQHS
- Recommended for juniors; sophomores, as well as select freshmen
- Juniors taking the test will be eligible to enter the National Merit Scholarship (NMSQT) which is based off your performance on the PSAT exam
- Registration for the PSATs will be through a Google Form
- Payment will be cash only. The cost of the test is \$30. If you are on free/reduced lunch the cost of the test will be \$10 available for juniors only
- Payment for the test can be done at Open House on Tuesday, September 28. We will also take payments in school at other dates/times before and after school those dates/times will be emailed out soon.

Updates

Updates on the College Admissions Process

- Colleges are flexible with grades pass/fail or credit/no credit grades for 2019-2020 school year will be accepted by colleges and not held against students
- Many colleges are offering virtual visits and open houses, as well as in person tours
- Student Support will still offer in-person college representative meetings to seniors through Naviance
- Many college fairs have virtual options



Updates on SAT and ACT in Admissions

- Currently, QHS & NQHS are scheduled to have the SAT on Oct. 2.
- Many colleges are continuing to be test-optional which means that students can choose to apply without submitting test scores - talk with counselor to decide if you should send your scores
- Website to find out which schools are test optional: <u>www.fairtest.org</u>
- Make sure to check requirements for each school, as some schools still may require tests
- Check SAT and ACT websites for updated information on testing locations, dates and to keep up on cancellations:
 - www.collegeboard.org (For SAT)
 - www.act.org (for ACT)



Test Date	Registration Deadline	Late Registration Deadline
Oct. 2, 2021	Sept. 3, 2021	Sept. 21, 2021
Nov. 6, 2021	Oct. 8, 2021	Oct. 26, 2021
Dec. 4, 2021	Nov. 4, 2021	Nov. 23, 2021
March 12, 2022	Feb. 11, 2022	March 1, 2022
May 7, 2022	April 8, 2022	April 26, 2022
June 4, 2022	May 5, 2022	May 25, 2022



Test Date	Registration Deadline	Late Registration Deadline
Oct. 23, 2021	Sept. 27, 2021	Oct. 1, 2021
Dec. 11, 2021	Nov. 5, 2021	Nov. 19, 2021
Feb. 12, 2022	Jan. 7, 2022	Jan. 21, 2022
April 2, 2022	Feb. 25, 2022	March 11, 2022
June 11, 2022	May 6, 2022	May 20, 2022
July 16, 2022	June 17, 2022	June 24, 2022

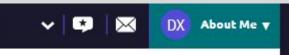
Naviance





Using Naviance:

- Research colleges and add to your list
- Use Scattergrams, Super Match, & Compare Me!
- Move "Colleges I am Thinking About" (under College Home screen) to "Colleges I am Applying To"
- Build resume (*under About Me*)
- Click on the "Show me how" icon to learn more
- Request Transcript, confirm with counselor



Documents and Notes

Resume

Goals

Portfolio

Journal

Test Scores

Documents Shared with Me

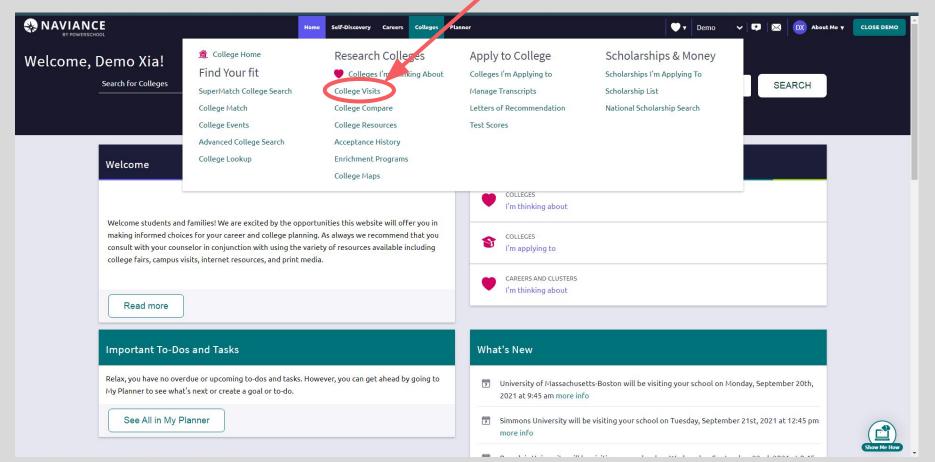
Surveys

Surveys from Your School

Game Plan Survey

Graduation Survey

There are many great resources on Naviance, make sure to check out other functions too!



Naviance College Representative Visits Sign-Up

Login to Naviance Student. Only for Seniors

- Navigate to Colleges > Research Colleges > College Visits or go to Colleges Home and find the College Visits card
- Click Sign Up to sign up
- Click the Sign Me Up button

How to attend visit:

- Pick up pass from Student Support on the morning of visit
- Show teacher your pass

Schedule - MWF Trophy Room @ 9:45am & T/TH Student Support Conference Room @ 12:45



Scheduled College Visits

Roxbury Community College

University of New England

Manage your College Visits in RepVisits.

College	Representative	Date	Time	Registrations	Registration Status	
University of Massachusetts-Boston	Michael O'Keefe	Mon September 20, 2021	9:45 AM	13 (20 max)	Open	view
Simmons University	Victoria Kwong	Tue September 21, 2021	12:45 PM	6 (20 max)	Open	view
Brandeis University	Jing Benavot	Wed September 22, 2021	9:45 AM	6 (20 max)	Open	view
Westfield State University	Caitlin Hughes	Thu September 23, 2021	12:45 PM	(20 max)	Open	view
University of Miami	Margot Boren	Fri September 24, 2021	9:45 AM	2 (20 max)	Open	view
College of the Holy Cross	Elizabeth Goodman	Mon September 27, 2021	9:45 AM	(20 max)	Open	view
Bryant University	Amanda Caron	Tue September 28, 2021	12:45 PM	2 (20 max)	Open	view
Eastern Nazarene College	Megan Kindt	Wed September 29, 2021	9:45 AM	(20 max)	Open	view
University of Massachusetts-Amherst	Suhilah Booker	Thu September 30, 2021	12:45 PM	15 (20 max)	Open	view
Assumption University	Anastasia Hagerstrom	Fri October 1, 2021	9:45 AM	1 (20 max)	Open	view
Lasell University	Monica Gallego Rude	Mon October 4, 2021	9:45 AM	(20 max)	Open	view
Pace University, Westchester Campus	Michael Boller	Tue October 5, 2021	12:45 PM	(20 max)	Open	view
University of Maine	Taylor Emhart	Wed October 6, 2021	9:45 AM	1 (20 max)	Open	view
Merrimack College	Jasmine Garver	Thu October 7, 2021	12:45 PM	1 (20 max)	Open	view
Southern New Hampshire University	Jackie Tremblay	Fri October 8, 2021	9:45 AM	(20 max)	Open	view
University of New Hampshire-Main Campus	Taylor Gallagher	Tue October 12, 2021	12:45 PM	1 (20 max)	Open	view
The University of Alabama	Kelsey Noble	Wed October 13, 2021	9:45 AM	1 (20 max)	Open	view
Bentley University	Elizabeth Zec	Thu October 14, 2021	12:45 PM	2 (20 max)	Open	view
Curry College	Caisie Wynot	Fri October 15, 2021	9:45 AM	(20 max)	Open	view
Wentworth Institute of Technology	Pete Nelson	Mon October 18, 2021	9:45 AM	1 (20 max)	Open	view
Massachusetts College of Pharmacy and Health Sciences	Hannah Maki	Tue October 19, 2021	12:45 PM	9 (20 max)	Open	view
Emmanuel College	Olivia Foderaro	Wed October 20, 2021	9:45 AM	1 (20 max)	Open	view
Saint Anselm College	Lee Joyce	Thu October 21, 2021	12:45 PM	(20 max)	Open	view
University of Connecticut	Caitlin Robertson	Fri October 22, 2021	9:45 AM	2 (30 max)	Open	view

Mon October 25, 2021

Tue October 26, 2021

9:45 AM

(20 max)

12:45 PM (20 max)

Open

Open

view

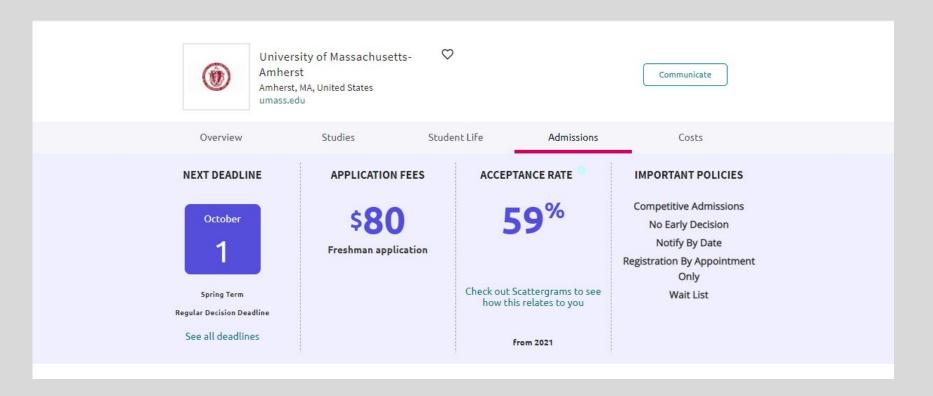
view

Aneesa Nichols

Matt Reid



Admissions Information



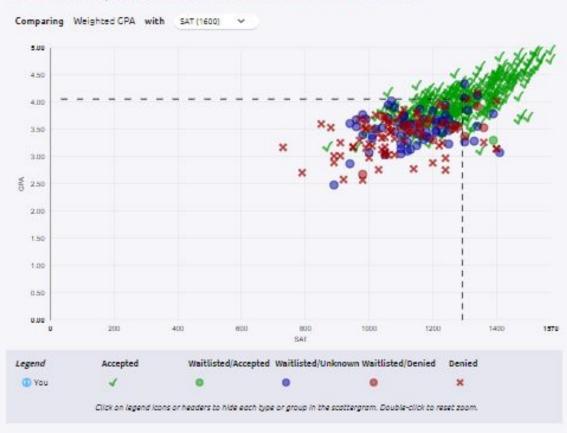


Scattergrams

Example:

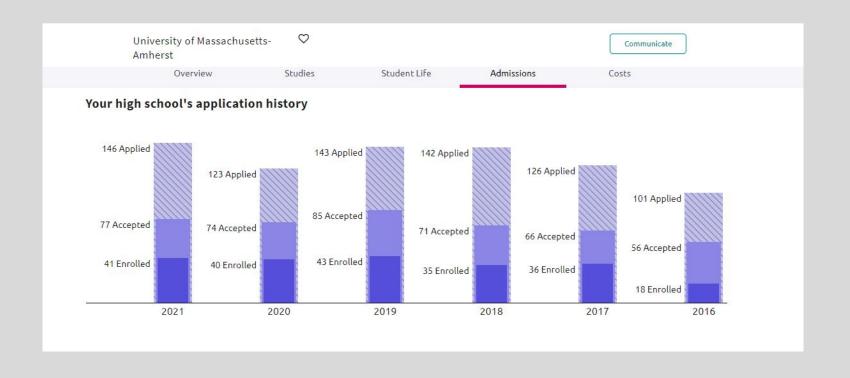
UMass Amherst





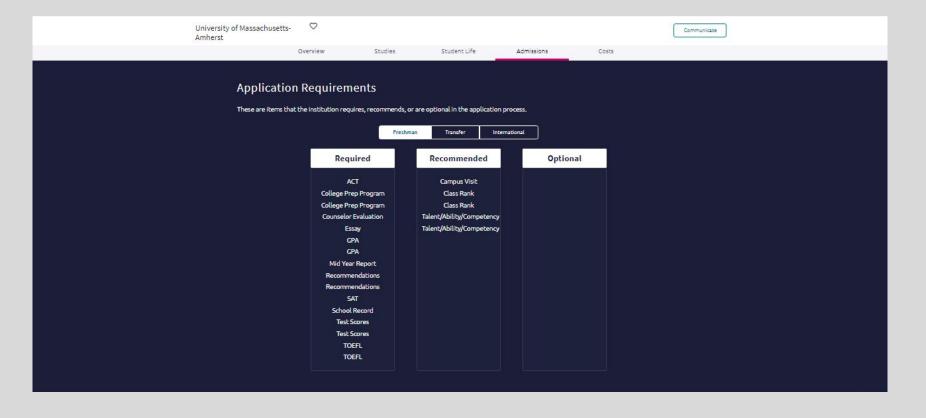


UMass Amherst Application History





Application Requirements



College List

How to **CHOOSE YOUR** OLLEGE

in 9 simple steps







answer some basic questions about the type of school you want to go to 2 year or 4 year? private or public?

decide how much money you can spend and how much money it would cost

research on how good the department of your interest or major is







apply and see where you get accepted

visit the campus to see how you like the campus and location

see how the extracurricular departments are that you are interested in







how friendly are the people? do you feel welcome?

look into the housing. is this someplace you would want to live? trust your gut instinct, which school feels right?

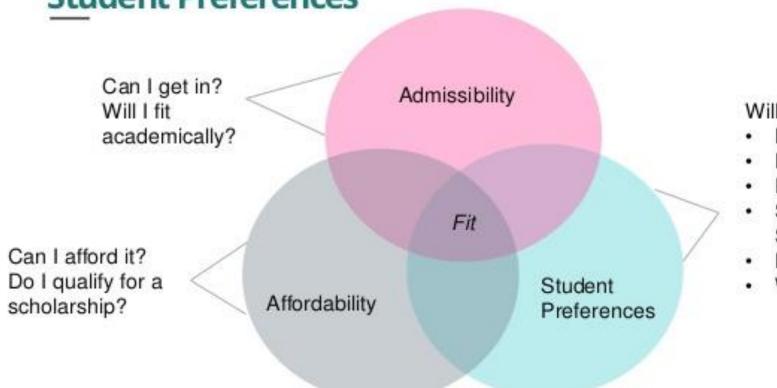
brought to you by:



Developing a college list



Venn Diagram: Admissibility, Affordability, and Student Preferences



Will I like it?

- Majors
- Location
- Extracurriculars
- Support Services
- Housing
- Weather

HOBSONS)

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





How many schools should a student apply to?

Every list should include:

- Two safety schools
- Two 50/50 schools
- Two realistic reaches
- A financial safety school: (state school/community college)



College Acceptances

How are college acceptances decided?



Typical 4-Year College Admission Criteria:

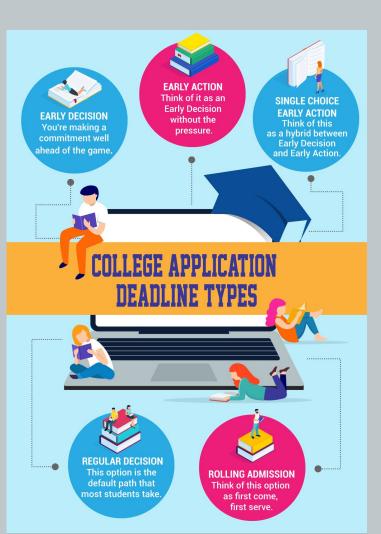
- Official transcript-courses taken, levels and grades received
- GPA
- Class rank
- Standardized test results (SAT, ACT, TOEFL, etc.)*Many test optional this year
- Counselor recommendation letter
- Teacher recommendation letter (2 only)
- Application questions & essay
- Extracurricular activities
- First generation applicants

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 & humaniti or computer science





Application Deadline Types

Regular Decision

• Usually January 1 or later. Find out in March or April

Early Action

• Usually November 1 or November 15 deadline. Find out before the holidays

Early Decision

by mid-December • Binding - Agree to attend college if accepted

Rolling Decision

• Application usually due November 1; decision

- Typically has a priority date (March or later)
- Decisions are made as they receive applications

Common App



- 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



How to fill out the Common App

- **Create an account** you can do this now/ only requires basic information
- Add schools to your list use the "College Search" tab to browse and add colleges to your "My Colleges" list/dashboard
- Understand the colleges specific requirements each school is unique and their requirements are too. Make note if any application fees, deadlines, required tests, recommendations, etc.

Gather your Common App information

- Copy of high school transcript
- Extracurricular activities both inside and outside of school
- Test scores and Test dates (SAT, SAT Subject Tests, AP Exams, ACT) if available
- Parent or Legal Guardian information (educational background, occupational information, employer information, etc.)



How does my Common App get to the College?

- When you submit, the systems combine your responses from the Common App and college specific questions, as well as any supplements, into one form.
- Your counselor, teachers, and other recommenders complete their reports and evaluations separately. At our school, we link to Naviance for your forms to be sent to Common App.
- As recommenders submit their forms, they will be sent to Common App and then to the college to be added to your application.

APP







FERPA

Family Educational Rights & Privacy Act

- FERPA (Family Educational Rights and Privacy Act) is a law that protects the privacy of your education records.
- Completing the FERPA Release Authorization will grant your high school permission to send those records on your behalf.
- The release authorization asks you two questions about your education records under FERPA:
 - First, you must grant your high school(s) permission to release all requested records.
 - Second, you will be asked to waive or not to waive your right to review recommendations and other forms. Waiving your rights lets colleges know that you don't plan to read your recommendations. This helps reassure colleges that the letters are candid and truthful.



Early College High School Program

- Early College High School is a new program where 10th 11th and 12th grade students have the opportunity to earn college credits while still in high school.
- The ECHS program is a cohort-based program that will provide students with support in and outside of the classroom that will better position them for their transition to college.
- Students who enroll in this program earn between 6 and 9 college credits each year of high school from Quincy College.
- The program has an application process and Mrs. Cushman is the current School Counselor for all ECHS students.



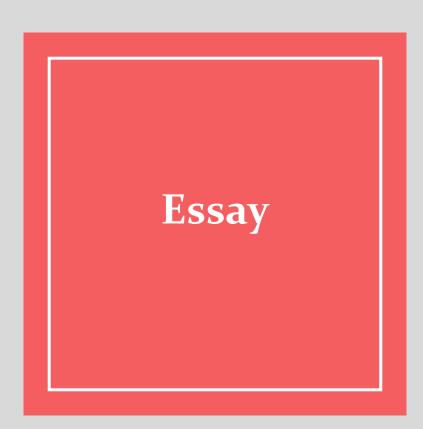
Dual Enrollment

Dual Enrollment is a partnership that Quincy Public School participates in which provides 10th, 11th and 12th grade high school students the opportunity to earn college credit from Quincy College. The cost is \$250 per course and registration information will be sent to all students and families who are eligible.

The following honors level courses are Dual Enrollment:

- Accounting 1
- Statistics
- Chemistry
- Physics
- Public Speaking
- Pre-calculus

- Anatomy & Physiology
- Psychology
- Design & Visual Communications 1
- Design & Visual Communications 2
- Marketing
- Microsoft Office



College Essay

- Helps show the personality of the student
- 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



College Essay Do's and Don'ts



Do's

- Show your personality
- Make sure the essay is about YOU!
- Brainstorm your ideas
- Revise, revise, revise
- Make sure you address the prompt
- Have a teacher proofread
- Ask for help
- Start early!

Don'ts

- Repeat your resume
- Wait until the last minute
- Use the essay as a diary entry
- Have any spelling or grammatical errors
- Have your essay focus too much on other individuals

College Essay Additional Information

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. For more information, check out our COVID-19 FAQ.

Do you wish to share anything on th	is topic?*
○ Yes	
○ No	
Clear answer	

Do you wish to provide details of circumstances or qualifications not reflected in the application?*	
○ Yes	
○ No	
Clear answer	

College Essay Brainstorming



Common Application Essay Prompts

- 1. Some students have a background, identity, interest, or talent so meaningful they believe their application would be incomplete without it. If this sounds like you, please share your story.
- 2. The lessons we take from obstacles we encounter can be fundamental to later success.

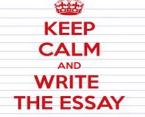
 Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
- 3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
- 4. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?

Common Application Essay Prompts Cont'd...

5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.

6. Describe a topic, idea, or concept you find so engaging it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?

7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.



Transcripts,
Recommendations,
& Resume

Transcripts

- Request transcripts on Naviance through the Transcript Request
 Form Survey
- Meet with counselor to send transcripts
- First quarter transcripts available by early December
- Remember to check your transcript for accuracy
- Transcript requests must be made AT LEAST 10 DAYS PRIOR to admission deadline!
- Last day to request transcripts for a Jan 1st deadline is December 10th (Counselors are not available during the December break)

Recommendations

- You are only allowed to ask 2 teachers for recommendations
- Think carefully about who you will ask
- You must provide a resume and/or Teacher Recommendation Request form to teacher (available in Naviance Documents Library and on Google classroom)
- Give teachers at least 2-3 weeks to write a letter
- Recommendations are needed for scholarships, and college
- Ask your counselor to write one; fill out NQHS Recommendation Request Sheet or survey on Naviance

What is on a Resume?

Personal Info

Name, phone number, email address

Volunteer

History Where did you

volunteer? What did you do?

Education

High school name and year you attended, your GPA

Extracurricular

Sports

How long did you participate?
Leadership position?

Work History

Company, job title, your responsibilities

Skills/Awards

Other language? Competition? Recognition?

Things to Include in a High School Resume



Important Aspects of a Resume

- ★ Formating/Spelling /Grammar/Punctuation
- ★ Using High School Career Only
- **★** Not Using Complete Sentences
- ★ Using Strong Action Verbs https://youtu.be/BxPy_-cl4mY



Jackie Gold, High School Student

550 Carter Notch Rd, Jackson, 03846, United States, (603) 248-3288, jackiegold@gmail.com

PROFILE	Resourceful and dedicated High School student with excellent analytical skills and a demonstrated commitment to providing great customer service. Strong organizational abilities with proven successes managing multiple academic projects and volunteering events. Well-rounded and professional team player dedicated to continuing academic pursuits at a collegiate level.				
EDUCATION					
Aug 2014 — May 2017	High Honors, Callaway High School			Jackson	
	3.92 GPA Academic High Honor Roll 2 Presidential Award for Academ		6		
EXTRA-CURRICULAR	RACTIVITIES			9	
2017 — Present	Science Honor Society, Callav	vay High Scho	ol	Jackson	
Aug 2016 — May 2017	Volunteer, Cascades Humane Society			Jackson	
	Performed various administrat Served as a support for the ent Monistored & observed animal Created online pet profiles for Collected and recorded adopti	ire office staff, s for signs of illnes potential adopter	s & reported symptoms to superiors.		
2015 — Present	National Honors Society, Callaway High School			Jackson	
	Participated in several volunteer activities, including: • Built a house for Habitat for Humanity - Gollered supplies Severpot Community Services • Organized food drive & fundraiser for Cascades Humane Society				
EMPLOYMENT HISTO	RY				
Sep 2015 — Present	Sales Associate, PetSmart			Jackson	
	Fed animals and made sure they had access to fresh water at all times. Answered customer questions and reported issues in person or by phone. Helped customers select products that best fit the needs of their pet. Keps the selling floor clean and maintained neat and orderly product displays. Maintained accurate work logs. Recognized for my reliability and zero absence work record.				
SKILLS	Excellent Customer Service Skills	Experienced	Advanced Computer System	Experiences	
	Strong Organizational Skills	Experienced	Skills		
HOBBIES	Competitive Diving, Travel			-	
REFERENCES	Dr. Ellen Johnson from Calla	way High Scho	ool		
	johnson@callawayedia.org · 603-348	-2920			
	Reese McGahay from PetSma	rt			
	rose@petsmartwa.com - 603-293-22	71			

Financial Aid

Financial Aid

- College-bound students must file a <u>FAFSA</u>, which is a free application. The FAFSA website is www.fafsa.ed.gov
- The FAFSA application and CSS profile open on October 1, 2021
- The <u>CSS profile</u> 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 <u>Net Price Calculator</u> is a valuable tool that can help with determining possible costs for each, individual college you may be applying to (https://collegecost.ed.gov/net-price)



Financial Aid Help

- Massachusetts Educational Financing Authority
 FAFSA Webinar
- <u>FAFSA website</u>
- <u>Massachusetts FAFSA Day</u>

Financial Aid help with Mr. Wong

- In-person once a month on Wednesdays-10/6, 11/3, 12/1,1/5, 2/2, 3/2 from 10:30 - 2:30
 - Sign-up in Student Support Services
- Meetings on other Wednesdays will be held virtually.
 - Sign-up through Google calendar coming soon



State and National Scholarships

- Use Naviance to search for national scholarships
- <u>John and Abigail Adams Scholarship</u> a state award that is based on MCAS exam results
- Stanley Z. Koplik Certificate of Mastery Awards is a state award that is based on AP and SAT exam results
- Never pay for scholarship opportunities that may come through the regular mail or via email.
- Some helpful links to help search for National Scholarships are:
 Going Merry: https://www.goingmerry.com/
 College Board: https://bigfuture.collegeboard.org/scholarship-search

How to apply for NQHS Local Scholarships

- We will have the application open in December and due February 28, 2022
- The application Google Form must be done online, and you must also submit a resume via email to Mrs. Devlin
- The completed application and resume will make you eligible for over 75 local scholarships
- Mr. Ford, the Assistant Principals and some members of the NQHS staff make up the committee that determines the recipients of the local scholarships
- We will be holding a Scholarship Ceremony on June 3, 2022

COLLEGE ADMISSIONS PROCESS



Admission Review

The college's admission team reviews all necessary documents, discusses the student based on their admission criteria.

Accepted

The college notifies the student through the school's online admission portal, via email, or through a mailed letter. Some colleges release all decisions at the same time (UF & FSU), others as applications comes in.

Scholarship & Program Review

Because of a student's academic standing, they may ask the student to apply to specific programs (Honors, International, etc.) or for additional scholarships. There may be an essay or interview process.

Award Letter

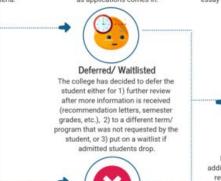
After acceptance, the student will receive an award letter that details the provided financial aid package (including loans and grants), institutional scholarships, and some given state scholarships. The student may accept to deny any part of the award letter.

Decision Day

The student must provide their decision to their college by May 1st or sooner. Before deciding, it is important to visit the campus one more time, and talk to the financial aid office and program of interest to ensure the student's needs are being met.

Housing & Orientation

Once the spot is accepted, there will be some additional documents to provide to the college. Official transcripts should be sent from the high school and any acceleration program they used. He/she will also be selecting housing (if applicable) and an orientation time.



Denied

The college admission team decides the student's application does not meet their criteria so they deny admission. If a student feels this is a good fit, a student may seek alternative paths to the college, such as a transfer status.



Application Review

If a student feels like there is additional information that should be reviewed, he/she may ask for an application review. Information to be provided may be a personal statement, recommendation letter, and school information.

Checklist

- Make an appointment with counselor through email or sign login sheet outside office meet early & often
- ☐ Make your college list: Add COLLEGES "I'm Applying To" on Naviance
- ☐ Complete "Teacher Recommendation Request Form" - ask 2 teachers only
 - When asking for a recommendation, give them at least 2 -3 weeks to write it and remember to write thank you notes!
- Complete "NQHS Recommendation Request sheet or Naviance survey

- Fill out Transcript Request on
 Naviance at least 10 days before
 deadline and meet with counselor to
 send transcripts & recommendations
- Fill out Common App and/or specific school application
- Complete the FERPA section on the Common Application
- ☐ Match Common App to Naviance
 - Pay attention to deadlines Apply before the deadline
- Be aware that different colleges may have different application requirements

Check out Student Support Google Classrooms & We are on Social Media!



@nqhsstudentsuppport



@nqhsstudentsupport



NQHS Guidance



Class of 2022 – jz2ujys Class of 2023 – ansi4ba Class of 2024 – sjyv5kc Class of 2025 – 03pjink Thank you!