

*Welcome to*  
**Junior College Night**  
**Part 1**  
**2020-2021**

**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Mostly withdrawn and isolated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.

GIVE A MAN A  
**FISH**  
AND FEED  
HIM FOR A DAY  
TEACH HIM TO FISH  
AND FEED HIM  
FOR A LIFETIME



# 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
- 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)

### 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 2021

- Webpage and live workshops on Tuesdays nights starting in March.
- Go to VSAC webpage in March

## CVU College Fair

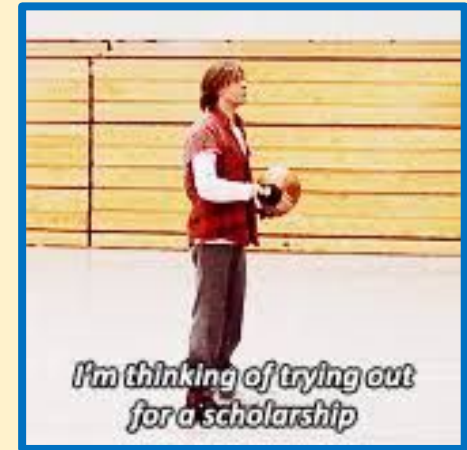
- TBD

## Scholarships

- Start researching scholarships

## Stay Involved

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





# Summer after Junior Year



- Narrow your 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 when the **SAT/ACT** tests will be administered in the fall so you **don't miss the registration deadlines**. Usually tests in September and October with deadlines during the summer, so watch websites for those dates ([www.act.org](http://www.act.org) and [www.collegeboard.org](http://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 or  
Wednesday Webinars!**

**(recorded and on CHS website- counseling)**

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

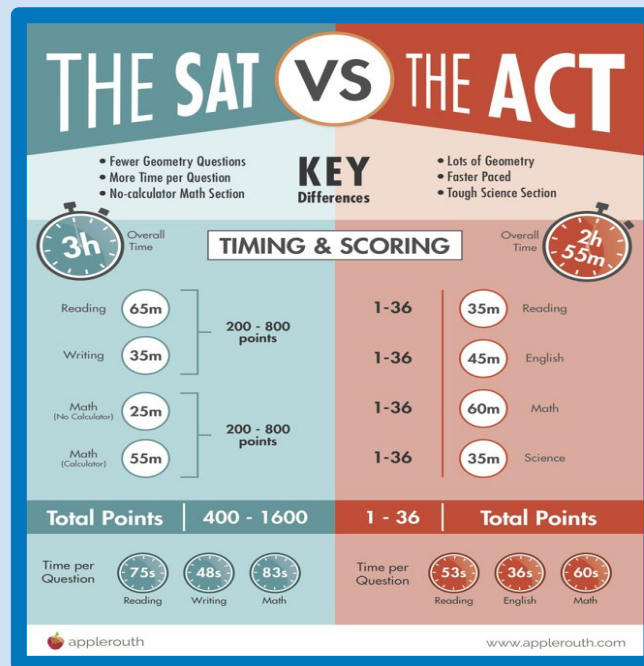




# College Entrance Exams

## SAT & ACT

- Almost all schools accept either the SAT or ACT. It is best to take both tests with essay until June 2021.
- Check with specific colleges/universities to confirm



# 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 Essay will be no longer after June 2021!





# 2021 SAT

- Check [Collegboard.com](https://collegboard.com) for dates and locations
- Sign up online via [collegeboard.org](https://collegeboard.org)
- Current test dates: *March 13, May 8th, and June 5th*
  - ◆ Everything is TBD, as you know...pandemic

# ACT 2021

**Saturday, April 17 at CHS** (first day of spring break)

- CHS JUNIORS ONLY - Do NOT share code with students outside CHS. All students from other schools will be turned away at the door
- Sign up online - [act.org](http://act.org)
- Use unlisted code: **213650**
- Students need their own transportation to and from school
- ACT offers fee waivers...see your counselor asap (before registering)
  - Current alternate scheduled test dates: June 12th and July 17 (not CHS)
    - Test center availability TBD

# 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 taken, grades, essays, recommendations, & extra curricular activities.
- There are many test optional schools. These can be found at [www.fairtest.org](http://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 4<sup>th</sup> 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.

- AP exams

- “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 of these Numbers: 3.7 and 1275

# 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.)

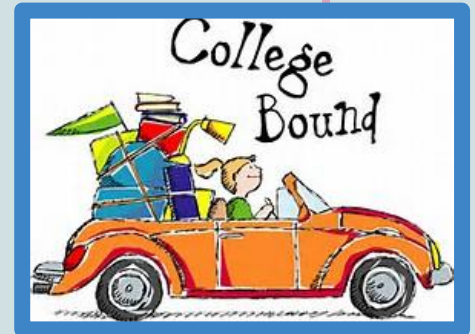
## Visit the campus Placement Office/Student Services

- 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

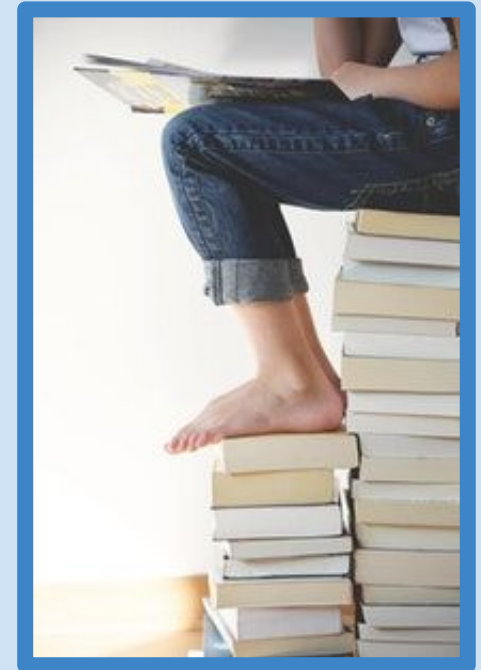
- What percentage of students **live on campus**?
- Do first years need to live on campus?
- Can first years have a **car**?
- What about **parking**?
- Do they have a **study abroad program**?
- Is there an **honors program**?
- Ask for **campus security** statistics.





# 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

Type here to search | Desktop | 9:02 AM 12/10/2019

# MANY MORE HELPFUL RESOURCES!!!

The screenshot shows the Colchester High School Guidance website. The browser tabs include 'CHS Guidance', 'Junior College Night 2020.ppt', and 'My Drive - Google Drive'. The address bar shows 'csdvt.org/chs/guidance/guidance.php'. The website header features the school logo and navigation links: ABOUT, ACADEMICS, ACTIVITIES, COUNSELING, RESOURCES, DIRECTORY, and SCHOOLS. A search icon is also present. A navigation menu is overlaid on the right side of the page, listing various resources: ACADemic PLANNING, ACADemic SUPPORTS, COLLEGE & CAREER CENTER, FINANCIAL AID, MEET OUR STAFF, MENTAL HEALTH & WELL BEING, PRESENTATIONS, REGISTRAR, and TESTING. The background of the website features a signpost with 'COUNSELING' and 'SUPPORT' signs. At the bottom right, there is a 'Family Connection powered by NAVIANCE' logo. The Windows taskbar at the bottom shows the search bar, taskbar icons, and system tray with the time 10:37 AM and date 1/9/2020.

School Counselor	School Counselor	School Counselor	Guidance Registrar
Robert.Hall @colchestersd.org Phone: 802.264.5710	Julie.Pastore @colchestersd.org Phone: 802.264.5712	Katherine.Moran @colchestersd.org Phone: 802.264.5709	Patty.Ward @colchestersd.org Phone: 802.264.5713 Fax: 802.264.5757
Grade 9 - A-Con Grade 10 - A-H Grade 11 - A-Con Grade 12 - A-Ca	Grade 9 - Coo-Lev Grade 10 - I-Pe Grade 11 - Coo-La Grade 12 - Ce-Mar	Grade 9 - Li-Z Grade 10 - Pf-Z Grade 11 - Le-Z Grade 12 - Mas-Z	

- ACADemic PLANNING
- ACADemic SUPPORTS
- COLLEGE & CAREER CENTER
- FINANCIAL AID
- MEET OUR STAFF
- MENTAL HEALTH & WELL BEING
- PRESENTATIONS
- REGISTRAR
- TESTING

Family Connection  
powered by NAVIANCE



Friendly Reminder!  
Final College Night:

February 11th 6:30-8pm via Zoom