



*Welcome Senior  
Families!*

Senior College Night  
Colchester High School  
2022-2023



Who is my senior's counselor?  
Your last name begins with...



- A-Con → Bob Hall
- Coo-Lez → Julie Pastore
- Li-Z → Katie Moran



# The Arc of Glory

## Learning Targets

### College Timeline, Common App, Colleges in Naviance

I can..

Set up common  
app

Enter key details  
into C.A.

Add colleges to  
C.A.

Have the pink  
form &  
application  
Checklist

### More Common App I can..

Complete and  
sign the FERPA  
release in C.A

Add colleges to  
my Naviance  
Account

Identify HOW I  
am applying in  
Naviance  
i.e. C.A. or Direct  
to Institution

### Linking Naviance & Common App. Sending Transcripts

I can..

Officially request  
transcripts

Choose the  
accurate "type" of  
application for  
each school. ED, EA,  
or Rolling

Link C.A and  
Naviance

### Letters of Recommendation

I can..

Follow the  
appropriate process  
to request teacher  
letters of  
recommendation

Follow the  
appropriate process  
to request  
counselor letters of  
recommendation

### FAFSA & paying for college

I can (identify)..

Where and how to  
start the FAFSA

Where and how to  
start the VT state  
grant

Start finding \$ for  
college using  
scholarship tools  
like the fastweb,  
CHS website, &  
Naviance

### VSAC and Local Scholarships

I can..

Identify multiple  
resources I can  
use to apply for  
scholarships

Describe how to  
apply for VSAC  
scholarships

Identify at least  
1 scholarship I  
am eligible for in  
the VSAC booklet

### Graduation Tasks

I can..

Take the  
graduation  
Survey on  
Naviance

Request final  
transcript on  
naviance

Take the CHS  
exit survey on  
Naviance



# What we've covered/ will cover this fall

## COLLEGE APPLICATION CHECKLIST

- The TRANSCRIPT RELEASE FORM aka the pink form. (Must be handed in **at least 3-4 wks before deadlines**).
- Linking Common Application and Naviance Accounts.
- ALL the schools you are applying to via The Common Application are listed in **BOTH** Naviance (under "colleges I'm applying to") **AND** in Common App.
- "Request Transcripts" on Naviance for EACH college **at least 3 wks before deadline**.
- Officially requesting SAT/ACT scores be sent to colleges (if required) **at least 4 wks before deadline**.
- Requesting Teacher Letters of Recommendation in person & on Naviance **at least 3-4 wks before deadline**.
- Requesting Counselor Letter of Recommendation (if need/want one) **at least 3-4 wks before deadline**.
- Importance of finishing ALL sections & proofreading Common Application and/or other Applications.
- Introduction to the Free Application for Federal Student Aid aka The FAFSA, The VT State Grant, (and if necessary The CSS Profile).
- Applying for Scholarships

# Important Heads up

What We've Learned from Senior Surveys...

- Attend our AT presentations
- Individual appointments



- It's important to remember to request materials (letters of rec, transcript, SAT/ACT scores) **3-4 weeks before deadline.**

# Beyond Our AT Lessons

## How can your counselor help?

- Students are always welcome to make one-on-one appointments with their counselors to discuss applying
- Email us with questions
- i.e. We can ramp it up or slow it down as needed individually





# Senior Timeline

What your senior will need to do and when

# SAT and ACT



Testing is tricky and confusing right now

In addition:

- Your best best is to look at the testing websites as well as college admissions pages regularly for information
  - collegeboard.org
  - act.org
- Communication with admissions reps is key to understanding what is required to apply. **Students** rather than guardians should be making these calls and sending these emails. Colleges take note of who calls/emails.
- Many colleges are trending towards test optional, but not all
  - Some programs still require testing i.e. nursing
  - Student's responsibility to identify if testing required for application



# September

- Create an account with the Common Application if any of the schools you apply to are using the Common Application. Begin to fill out if not fully complete.
- Link/match your Common Application account to your Naviance account.
- Fill out applications from colleges and universities that do not use the Common Application.

\*Watch out for the...



## More to do in September...

- Make appointments to meet with your school counselor to discuss post-secondary plans.
- Request letters of recommendation.
- Continue campus visits and interviews (if college allows).
- Create a chart of deadlines. Be particularly mindful of early decision or early action deadlines.
- Work on college essays.- In Seminar Class, Cindy Barnes in the library, Humanities teachers
- Don't forget, you **NEED** to keep your grades up



# October

- Narrow your list of colleges you are applying to (roughly 6–8). This list should consist of schools that are reach, good fit, and safety schools (financial safety schools as well).
- Take advantage of college fairs, campus tours, and virtual tours.
- Complete your applications for early decision or early action deadlines.

## October continued...

- Research financial aid and scholarships.
  - Naviance
  - CHS website
  - Local organizations
  - Parent/guardian employers

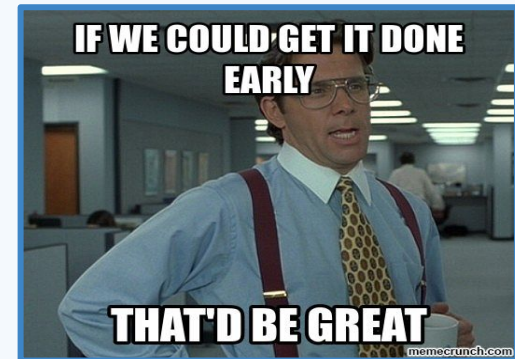
\*We will be discussing this again in January

- Get your college essay(s) in shape. Edit and gather feedback from family teachers, and/or counselors.
- Keep track of all application components: application, test scores, letters of recommendation, deadlines, and financial aid material. **An incomplete application can ruin your chances of admission.**



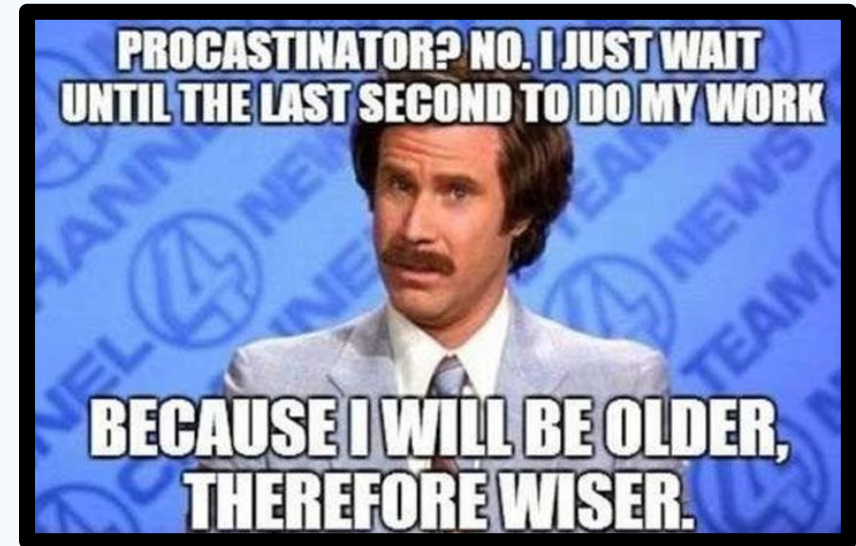
# October

- Submit the FAFSA (Free Application for Federal Student Aid). The deadlines for filing the FAFSA depends on the college so check with each college for specific deadlines.
- You can start filling out the FAFSA after Oct 1. The sooner the better.
- Check housing deadlines. It's rare, but sometimes housing deadlines come early-during the application process, rather than after you are accepted, which is more of the norm. (Utah example)



# November

- **DON'T** let your grades slide. It's easy to get distracted from school work while working on applications so keep your eye on the prize! Senior slump can be disastrous for your admission chances (and Latin Honors status for graduation)!



## November continued...

- Make sure you've submitted all of your application materials to the colleges if you are applying early decision, early action, or preferred. *Your materials should be submitted as soon as you are ready. No need to wait for recommendations or transcripts.*
- Finalize your application essay(s).
- Make sure to give a "thank you" card/note to any teacher, coach, employer, counselor, etc. who wrote you a letter of recommendation. ★ ★ ★

# December – January



- Complete and submit your applications for regular admissions.
- Make sure you had your **OFFICIAL** test scores sent to all the colleges that require them. ([collegeboard.org](http://collegeboard.org) or [actstudent.org](http://actstudent.org)). This can take **3-4 weeks** so plan ahead!!!
- Confirm that your letters of recommendation have been sent. You are responsible for making sure these were sent.
- If you are accepted to a school through early decision, be sure to follow directions carefully. Submit required forms and notify the other schools to which you applied of your decision.



## More to do through December–January...

- Continue to keep track of all deadlines and application components. This includes deadlines for scholarships as well.
- Apply for scholarships well in advance of the deadlines.



# Ongoing Monthly Tasks

- Strengthen your academic record. Stay focused on your grades.
- Research Scholarships.
- Try to assume leadership positions in an extracurricular activity.
- Try something new!



# Be mindful of your social media accounts

What would a college admissions counselor think if they saw your social media accounts?



# 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

**Watch later:** [WebMD - 5 Signs your teen is ready for college](#) (WebMD & Jed Foundation)

[WebMD Video](#)

# 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

# What Colleges Cannot Do

## **Cannot replace parents**

- Daily supervision, follow-up and support
- Student support and engagement is voluntary and self-directed

## **Cannot be psychic**

- Students need to explicitly ask for accommodations, appointments, social connections

## **Cannot offer long-term mental health therapy**

- Counseling scope is limited to short-term, goal-orientated therapy

## **Cannot be a residential treatment facility (e.g. long-term intensive care)**

## **Cannot widely share students' achievements and challenges**

- Responsibility of the student to share that information



College Admissions Options

# Early Action

- You can get an admissions decision earlier than the regular notification date. (UVM Early Action deadline is Nov. 1, Jan. 15 is regular)
- However, Early Action is usually not binding.
  - You may apply to other colleges.
  - You do not have to commit to a college to which you have applied Early Action.
  - You have a longer period to notify the college of your decision.





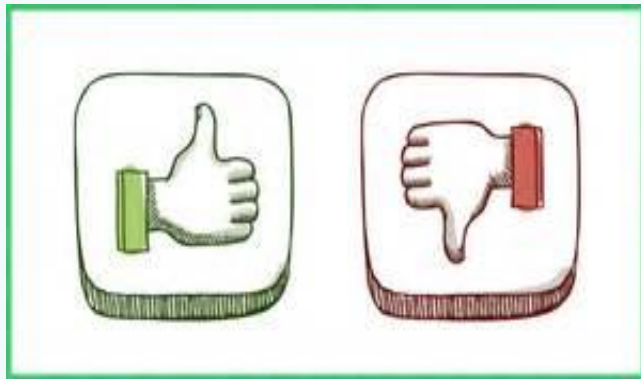
# Early Decision

- Allows you to apply early, usually November, to get an admission decision well in advance of the regular admission notification date.
- *However*, Early Decision plans are **binding**.
  - That is, you agree to attend that college if they accept you and offer you an adequate financial aid package.
  - You can apply Early Decision to only one college.
  - You must withdraw all your other applications if you are accepted Early Decision.

# Pros and Cons of Applying Early Decision

## Pros

- Bypass regular spring notification deadline.
- Smaller pool
- Reduce time waiting for a decision.



## Cons

- Must make serious decision before exploring all options.
- Can only apply ED to one school.
- May not have time or opportunity to compare financial aid packages.

# ETHICS: Do's and Don'ts of Applying Early Decision

## DO

- Withdraw all applications upon being accepted.
- Request a release from your contract only if the college is unable to work out appropriate financial aid.
- Take your ED decision seriously.
- Discuss the cost of the college before applying.
- Attend the college that accepts you.

## DON'T DO

- Apply to ED programs at more than one college.
- Have your counselor send transcripts to more than one ED school or to any other schools once you are admitted.
- Try to get out of an ED acceptance because you've changed your mind.
- State an intended major you don't plan on pursuing because you think it might help you get admitted.



# Regular Admission

- Deadlines vary by school.
- January 1, January 15, February 15 are *typically* regular admissions deadlines.
- UVM regular admissions deadline is January 15. St. Mike's regular admission deadline is February 1.
- Admissions decision notification is usually mid to late March.

# Rolling Admission

- No set application deadline.
- However, once a program is full admission is closed.
- So, do not delay your application even with Rolling Admission.



# What to Do if You're Waitlisted



- You are put on a waiting list if you meet the admissions requirements, but the school has already reached its acceptance target.
- You will be admitted only if space becomes available.
- Do not wait. Contact the admissions office and make your case why you are a good fit for the school. If this is your first choice, you can guarantee that you will accept admission if it is offered.

# What to Do if You're Waitlisted Continued...

- Keep your grades up. You may be re-evaluated based on 3<sup>rd</sup> and 4<sup>th</sup> quarter grades.
- Request another (or a first) interview.
- Prepare to attend another school. Colleges do not pull from the waitlist until after the May 1 decision deadline. Therefore, you will need to commit to attending another school. If you are admitted from the waitlist and choose to attend, you will lose the deposit you made to your backup school and be required to send a deposit to the new school.



## Open Admissions



### Community College of Vermont (CCV): fully-accredited open admissions college

- Free application online- takes less than 10 minutes.
- Over 48% of CCV graduates continue their education beyond an associate degree.
- Flexible scheduling, small classes, advising, and affordability.

### Vermont State Colleges Direct Admissions Program

- Earn an associate degree then transfer to a 4-year institution to complete a bachelor degree.
- Guaranteed transfer admission to Castleton University, Northern Vermont University, or VTC.
- Students follow a course map that ensures every class taken applies to *both* their bachelor's and CCV associate degree. Direct Admissions students complete two degrees while maximizing their time and savings at CCV.
- <https://www.vsc.edu/direct-admissions>.



A lush green forest with a wooden boardwalk path leading through the trees. The path is made of dark wooden planks and is surrounded by dense foliage, including ferns and moss-covered tree trunks. The lighting is soft and natural, highlighting the vibrant green colors of the forest.

# What is the Common Application?

How can it help to make the application process easier?

## THE COMMON APPLICATION

- The Common Application is a not-for-profit organization that serves students and member institutions by providing an admission application – **online**– that students may submit to over 900 member schools.
- Fill out **ONE** application online and send to colleges. Less time doing busy work, more time on college research, essays, visits.

# Local Colleges that accept the Common Application:

- ▶ UVM and all VT state schools
- ▶ Champlain College
- ▶ Saint Michael's College
- ▶ Middlebury
- ▶ UNH
- ▶ All SUNY Schools



# Naviance



# Naviance

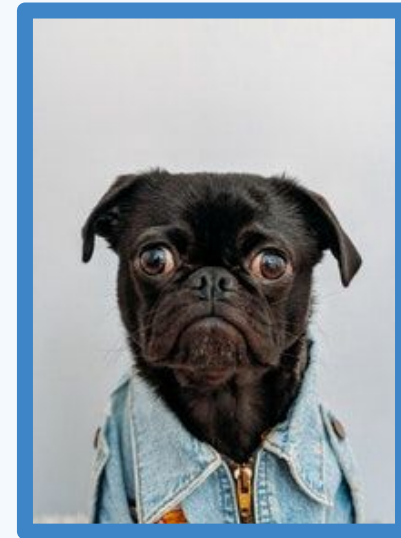
- Naviance is a web-based resource for students and parents that encourages and supports post high school career and college planning.
- Naviance is specific to our school.
- **Naviance will be the interface that students will be using for the college application process for most, if not all schools.**
- *You may* have to reset your password when you go on this year



# How do Students Use Naviance?...

## POST-SECONDARY PLANNING

- Learning Styles Inventory
- Interest Inventory
- Personality Inventory
- Write Resume
- Course, college, and career planning
- Scholarships and aid opportunities



## How do Students Use Naviance? Continued...

- College selection research
- College Major Research
- College Profile Exploration
- National scholarships
- Other financial aid opportunities
- Sending recommendations and transcripts (as well as school profile)



## ADDITIONAL REMINDERS:

- VSAC Financial Aid Night–Thursday Sept. 29th 6:30–8



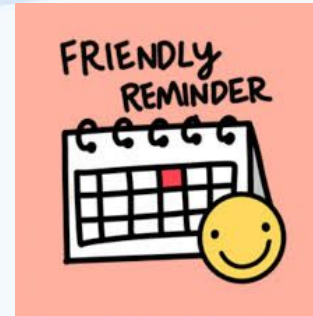


## ADDITIONAL REMINDERS (CONTINUED...)

- College representatives are REGULARLY “visiting” CHS. Sometimes they even offer fee waivers. Check Naviance for schools coming to visit and make sure to sign up for the ones you are interested in.



## ADDITIONAL REMINDERS:



- [New England Tuition Break](#)
- Schedule once a week meetings at home between students and parents- very helpful so everyone knows what to expect and when to expect it
- Net Price Calculator- on each college's website to estimate money
- Use our [Post Secondary Planning Worksheet](#)
- You can get [College Board Scholarships](#)



## MEET OUR STAFF



**Bob Hall**

School Counselor

Robert.Hall  
@colchestersd.org  
Phone: 802.264.5710

Grade 9 - A-Fen  
Grade 10 - A-Con  
Grade 11 - A-H  
Grade 12 - A-Con



**Julie Pastore**

School Counselor

Julie.Pastore  
@colchestersd.org  
Phone: 802.264.5712

Grade 9 - Fer-Perr  
Grade 10 - Coo-Lez  
Grade 11 - I-Pe  
Grade 12 - Coo-La



**Katie Moran**

School Counselor

Katherine.Moran  
@colchestersd.org  
Phone: 802.264.5709

Grade 9 - Pet-Z  
Grade 10 - Li-Z  
Grade 11 - Pf-Z  
Grade 12 - Le-Z



**Patty Ward**

Guidance Registrar

Patty.Ward  
@colchestersd.org  
Phone: 802.264.5713  
Fax: 802.264.5757

## INFORMATION

Resources and R  
Make sure to che

\*\*Disclaimer  
by the s

## ACADEMIC PLANNING

## ACADEMIC SUPPORTS

## COLLEGE & CAREER CENTER

## FINANCIAL AID

## MEET OUR STAFF

## MENTAL HEALTH & WELLNESS

## PRESENTATIONS

## REGISTRAR

