



Welcome to
Junior College Night
Part 1
2025-2026

This presentation will have a strong college focus, as it's a complicated process, but there are many postsecondary options available beyond college. Feel free to contact us for more details. These include, but not limited to:

- Workforce
- 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Mostly withdrawn and isolated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.

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](#)



1:1 appointments

- What we've heard in from students.
 - Surveys- looking for more 1:1 time
- Students take the reigns!



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 (consider impact on test optional schools)
- Jr. year SAT/ACT will help you study for Sr. year SAT/ACT. Consider early application deadlines.
- SAT/ACT test waivers and 4 application **fee waivers** available for students with free/reduced lunch. (See your counselor)

College Timeline

Highlights for Spring of Junior Year

Careful selection of your senior year courses

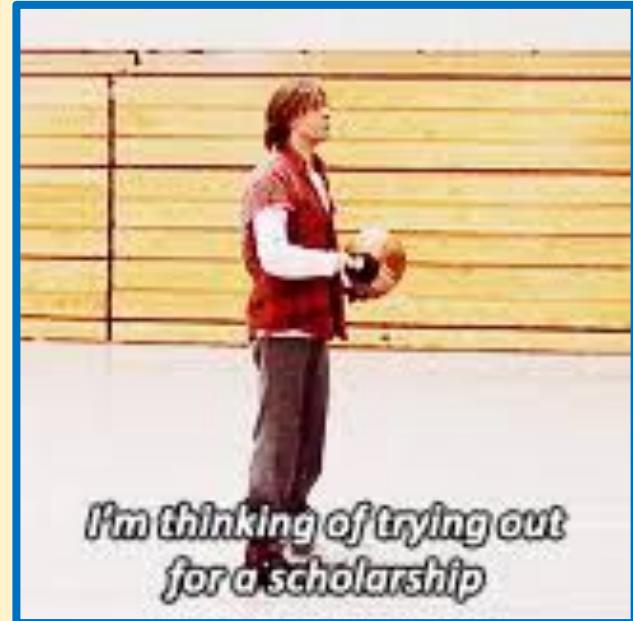
- Think graduation requirements and colleges you are pursuing
- Strong senior year course load is key!

Considering D1 or D2 athletics?

- Understand NCAA eligibility requirements
- Be careful which English classes you choose for next year. Some are not NCAA approved.
- *Program of studies

Research Colleges and Majors

- College visits (more slides to come)
- TIPS class



Scholarships

- Start researching scholarships- check out our website

Stay Involved

- Extra-curricular activities, community service opportunities, and employment
- www.unitedwaynwvt.org (opportunities for students under 18)
- Be a “main character”

Financial conversations at home

- These conversations are tough, but important to have before next year.
- What can your family actually afford?
- Use net price calculators on college websites to get an idea of cost.



Great ways to save money on college/training

[UVM- Catamount Promise](#)- a family income of \$100,000 or less the opportunity to attend UVM **tuition free**.

[Vermont State Colleges](#)- Free tuition for student/family adjusted family income of \$50,000 or less

[CCV- Vermont Tuition Advantage](#)- Vermonters are eligible for a 50% tuition discount in certain CCV programs

[802 Opportunity Scholarship](#)- a family income of \$100,000 or less the opportunity to attend CCV **tuition free**.

[VSAC Forgivable loans](#) for Education, Nursing, Trades, Workforce Development

[NEBHE Tuition Break](#): Certain out of state programs get significantly reduced tuition

[Advancement Grant](#)-VSAC funding help for short-term training in a non-degree program

[www.raise.me](#) (you can do this from grades 9-11, and beginning of grade 12)

[College Board Opportunities Scholarships](#)

College Pathways Conference 2026

On **Saturday, March 14, 2026**, families are invited to join us in person at the University of Vermont (UVM) Davis Center or online via Zoom to take part in live workshops, discover free resources, and connect with local experts to help prepare for education or training after high school.

High school events:

We will also be offering four events for high schools around the state:

Thursday, March 19, 9:00 am–2:00 pm at Saint Michael's College

*permission slip sent out via
parentsquare

Summer after Junior Year



- Narrow 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 **SAT/ACT** tests administration fall dates. **Don't miss the registration deadlines!** Usually tests are in September and October with reg. deadlines during the summer (www.act.org and 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
and experience:

DON'T SKIP AT

* the tale of Ms. Moran's unfortunate
college admissions call



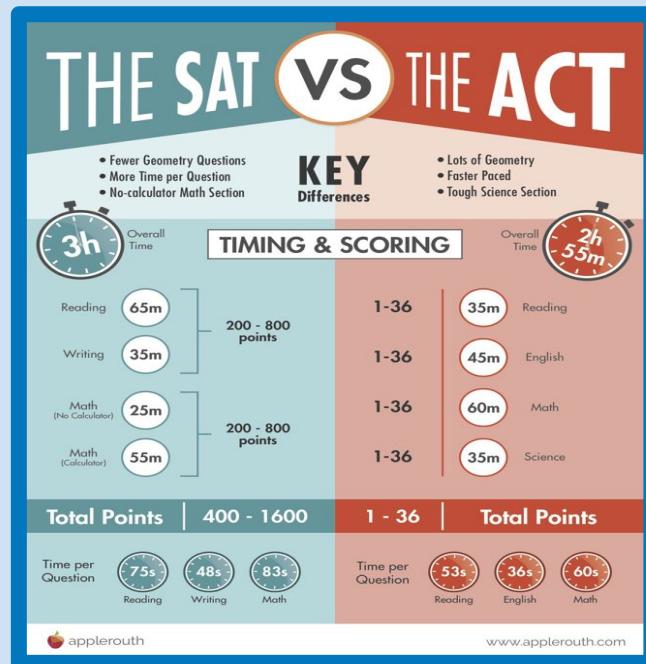
Testing, Testing, 1,2,3...



College Entrance Exams

SAT & ACT

- Almost all schools accept either the SAT or ACT.
- Check with specific colleges/universities to confirm. Many are test optional...however.....



Auburn University- Alabama (in state and out of state)

Scholarship	Min. HS GPA	Min. ACT Score	Est. Award/Year
Spirit of Auburn Presidential Excellence Award	4.0	35–36	Full Tuition & Fees
Spirit of Auburn Presidential Scholarship	3.5–3.9 9	35–36	~\$11,500
Spirit of Auburn Presidential Scholarship	3.5	33–34	~\$11,500
Spirit of Auburn Founders Scholarship	3.5	30–32	~\$9,000
Spirit of Auburn University Scholarship	3.5	28–29	~\$5,000

Scholarship	Min. HS GPA	Min. ACT	Est. Award/Year
Academic Presidential Scholarship	3.5	35–36	~\$17,000
Academic Presidential Scholarship	3.5	33–34	~\$15,000
Academic Heritage Scholarship	3.5	31–32	~\$11,000
Academic Charter Scholarship	3.5	29–30	~\$7,000

University of Mississippi Merit Scholarship Chart

ACT	SAT	GPA	Base Merit Award	With 3.5 GPA Bonus	Total w/ Bonus
25	1200–1220	3.0	\$1,500	\$2,000	\$3,500
26	1230–1250	3.0	\$1,900	\$3,100	\$5,000
27	1260–1290	3.0	\$2,250	\$3,750	\$6,000
28	1300–1320	3.0	\$3,000	\$6,500	\$9,500
29	1330–1350	3.0	\$3,500	\$6,500	\$10,000
30	1360–1380	3.0	\$4,500	\$7,500	\$12,000
31	1390–1410	3.0	\$5,500	\$10,000	\$15,500
32	1420–1440	3.0	\$7,500	\$20,160	\$27,660
33+	1450+	3.0	\$9,990	\$20,160	\$30,150

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, sports, prom, etc.)

2026 SAT SIGN UP ONLINE!

COLLEGEBOARD.ORG

MAY 2 TEST CENTERS

REGISTER BY APRIL 26

- ESSEX
- SB
- RICE
- PLATTSBURGH

JUNE 6 TEST CENTERS

REGISTER BY MAY 22

- ESSEX
- MILTON
- PLATTSBURGH

ACT 2026 SIGN UP ONLINE- ACT.ORG

April 11 Test Centers

- CVU
- Northcountry

June 14 Test Centers

- CVU

July 12 Test Centers

- CVU

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, grades, essays, recommendations, & extra curricular activities.
- There are many test optional schools. These can be found at 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 4th 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

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:

- 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.
- Youvisit.com for schools you can't physically get to
- 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:

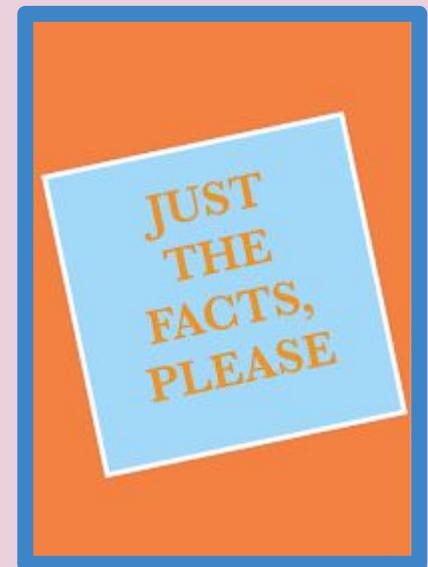
- Library/Computer support/wifi
- Tutor/Support Center
- Gym
- Student Center
 - What activities are there?



Maximizing Your Visit (cont.)

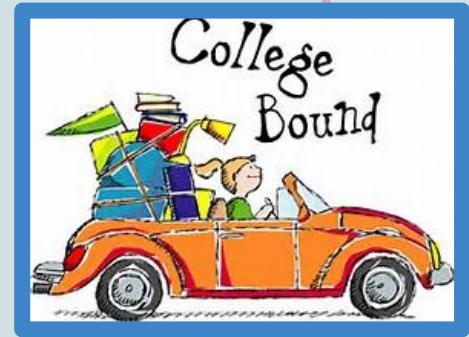
Visit the campus Placement Office/Student Services

- 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 School Counseling Recommended Application Plan

2 SAFETY SCHOOLS

i.e.: Your credentials are higher then the average student admitted (try to find at least 1 financial safety school as well)



1 - 2 REACH SCHOOLS

i.e.: Your credentials are lower than the average incoming student (or volume of applicants is HUGE)

Where do you fall? Check out:

- Common data set
- Freshman profile
- Collegeboard
- Naviance



2 – 3 GOOD-FIT SCHOOLS

i.e.: Your credentials match the average student admitted

College Admission Options

- Early Decision-- BINDING
 - ◆ “The engagement ring of the admissions process”- Sam Prouty (Middlebury College Director of Admissions)
- 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!

A close-up, high-angle shot of the stars and stripes of an American flag. The stars are white on a dark blue background, and the stripes are red and white. The fabric texture is visible.

MILITARY

1. Army
2. Navy
3. Coast Guard
4. Marines
5. Airforce
6. Space Force

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
- Dynamy 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's 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

PRESOLUTIONS

REGISTRATION

SENIOR YEAR PLANNING

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MANY MORE HELPFUL RESOURCES!!!

(including Post-Secondary Planning Worksheet)

CHS Guidance x + csdvt.org/chs/guidance/college-and-career-center.php

COLCHESTER HIGH SCHOOL

COLLEGE AND CAREER CENTER

Welcome to the College and Career Center. Here you will find documents related to career planning and the college application process. The School Counselors are always available to meet with students and families to help with the post-secondary planning process.

[Post-Secondary Planning Worksheet](#)

[College Application Checklist](#)

[Junior Meeting to-do list](#)

CAREER CORNER

[CAREERS IN THE MILITARY](#)

[COLLEGE CENTER](#)

[GAP YEAR/ 13TH YEAR](#)

[SENIOR YEAR PLANNING](#)

****Post-Secondary Planning Worksheet****

INFORMATION

Resources and Reminders
Make sure to check out the new and improved "Counseling Page" on the CHS website for more resources and updates.

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REGISTRAR

TESTING

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Friendly Reminder!
Admissions Panel
(final junior college night):

February 12, 6:30-8pm