

A top-down view of art supplies on a dark grey or black surface. In the upper left, a metal tin holds a variety of colored pencils, some with erasers. To its right, several more pencils are scattered. In the lower right, a hand holds a single pencil. The background is a solid dark color.

*Welcome Senior
Families!*

Senior College Night
Colchester High School
2023-2024

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



- A-Fen → Bob Hall
- Fer-Perr → Julie Pastore
- Pers-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
We recommend taking the ACT/SAT and.....
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 going test optional this year, 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 (email Ms. Moran if you want a template)
- 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).

*Net price calculator

- 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

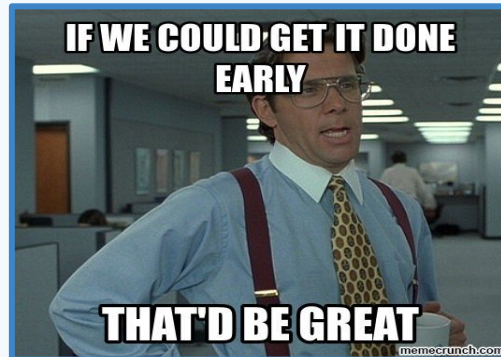
*We will be discussing this again in January

- Get your college essay(s) in shape. Edit and gather feedback from teachers and/or school counselors.



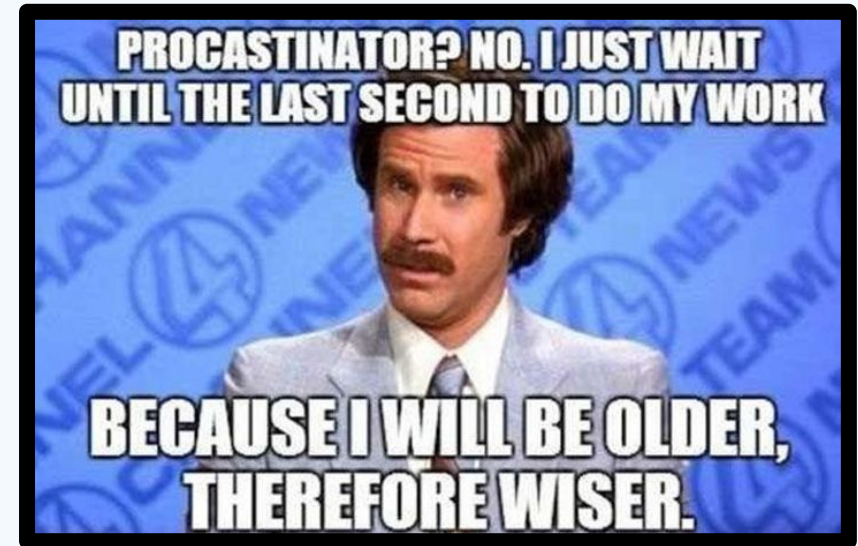
October

- 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.
- 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 or 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.

December

- 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.
**December opening date is a change from last year.*
- You can start filling out the FAFSA after December 1. The sooner the better.



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.
- 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 Dont's 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 3rd and 4th 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 photograph of a lush, green forest. In the foreground, a wooden boardwalk made of dark planks leads from the bottom center towards the middle ground, flanked by dense ferns and other foliage. Tall, moss-covered tree trunks are visible on either side of the path. The background is a thick canopy of green trees and branches. The overall lighting is soft and dappled, typical of a forest interior.

What is the Common Application?

How can it help to make the application process easier?

The logo for The Common Application, featuring the words "THE COMMON APPLICATION" in a serif font, with "THE" in a smaller size and "COMMON" and "APPLICATION" in a larger size. The text is dark red and is underlined with a thin horizontal line.

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



A scenic photograph of Mount Fuji, a snow-capped mountain, centered in the background. The sky is a clear, vibrant blue. In the foreground, several branches of cherry blossoms with pink and white flowers are visible, framing the mountain. The word "Naviance" is written in white, sans-serif font, underlined, and centered over the image.

Naviance

Naviance

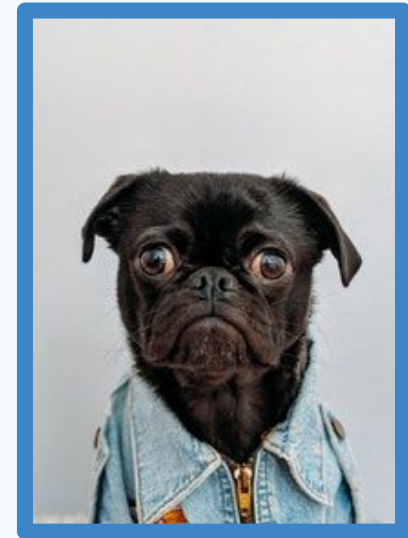
- Naviance is a web-based resource for students and guardians that encourages and supports post high school career and college planning.
- Naviance is specific to our school.
- **Naviance will be the interface that students will be using for the college application process for most, if not all schools.**
- 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 TBD



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.



2023 Annual NEACAC College Fair

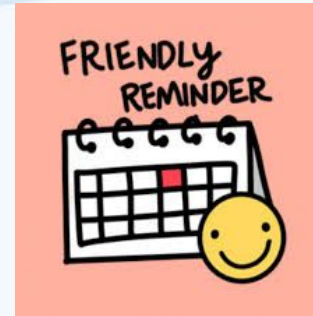
Saint Michael's College	Thursday, September 21st (2 sessions)	9am	12pm	Tarrant Recreation Center	Colchester, VT
		6pm	8pm		



**New England Association
for College Admission Counseling**

Opening Doors to Higher Education in New England

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

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Phone: 802.264.5710

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



Julie Pastore

School Counselor

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



Katie Moran

School Counselor

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



Patty Ward

Guidance Registrar

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INFORMATION

Resources and R

Make sure to che

Approved "Counseling

and

**Disclaim

by the s

essarily endorsed

Don't forget to
use the
Counseling
Page on the
CHS website!

ACADEMIC PLANNING

ACADEMIC SUPPORTS

COLLEGE & CAREER CENTER

FINANCIAL AID

MEET OUR STAFF

MENTAL HEALTH & WELLNESS

PRESENTATIONS

REGISTRAR

