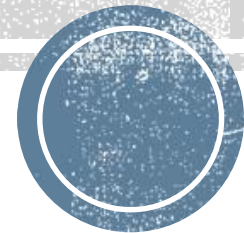


# Marine Science Magnet High School

Junior Parent Night  
Post-Secondary Planning

March 29, 2021  
6:00pm



# School Counseling Department

Erica Mastronardi



*Guyot & Forshaw Advisories*

Anna Scott



*DeRosa & Sedensky Advisories*



# Tonight's Agenda

- Graduation Requirements
- GPA & Transcript
- Standardized Testing
- Naviance
- Post-Secondary Options
- College Planning Information
- Timeline
- Junior Meetings



# Graduation Requirements

- 4 English Credits
- 1 Humanities Elective
  - In the area of Social Studies, English, or Additional Spanish Credit
- 4 Math Credits
- 3 Marine Studies & Aquaculture Credits
  - Marine Studies I & II (.5 credits each), Marine Science & an Aquaculture Related Course
- 5 Science Credits
  - Integrated Science & Environmental Science (.5 credits each), Biology, Chemistry, and two other Science Electives
- 3 Social Studies Credits
  - Civics
  - World Maritime History
  - US History
- 1 Spanish Credit\*



\*MSMHS only requires one year of a language, but at least 2 years/credits of the same World Language are typically required for admission to most 4-year colleges.

25 Credits Total



# Grades & GPA

- GPA = Grade Point Average
- **Cumulative GPA:** every final year grade you've earned in high school
- We only update GPA's at the end of each year because they only consist of final year grades and all of our courses are full year courses
- Starts freshman year and continues until end of senior year. However, if you apply to college, the college will only see your GPA from freshman year until end of junior year.

Letter	Numerical Equivalent	GPA Equivalent	Honors Weighting	AP/ECE Weighting
A+	97-100	4.3	4.52	4.73
A	93-96	4.0	4.20	4.40
A-	90-92	3.7	3.89	4.07
B+	87-89	3.3	3.47	3.63
B	83-86	3.0	3.15	3.30
B-	80-82	2.7	2.84	2.97
C+	77-79	2.3	2.42	2.53
C	73-76	2.0	2.10	2.20
C-	70-72	1.7	1.79	1.87
D	65-69	1.0	1.05	1.10
F	50-64	0.0	0.0	0.0

Higher level classes have more weight to them  
(AP, ECE, Honors)



# MSMHS Transcript



- The MSMHS transcript displays final grades of all completed courses. Courses in progress are also listed on the transcript, without a grade. The transcript also contains a student's overall cumulative. The GPA is weighted and calculated on a 4.30 scale.
- Through the end of junior year, the GPA is calculated based on final grades for completed courses. Courses in progress are also listed on the transcript, without a grade. Since all courses at MSMHS are a full year, a student's GPA will not be recalculated until after graduation. However, we do send colleges your quarter 1 and quarter 2 final grades in mid-January. MSMHS does not assign class rank (with the exception of valedictorian and salutatorian).





Marine Science Magnet High School  
 130 Shennecossett Road  
 Groton, CT 06340  
 860-446-9380  
 www.marinesciencemagnet.org



TRANSCRIPT OF ACADEMIC RECORDS

2013-2014 Marine Science Magnet High School Grade 9				2015-2016 Marine Science Magnet High School Grade 11			
COURSE	CREDIT	GRADE	GRDPT	COURSE	CREDIT	GRADE	GRDPT
PE, Health & Safety I	0.50	P	NA	Humanities Safety	0.25	P	NA
Humanities	0.25	P	NA	PE, Health & Safety	0.50	P	NA
Fine Arts Experience	0.50	P	NA	Marine Technology	1.00	A	4.00
Marine Studies I	0.50	A	2.00	ECE Marine Science	1.00	A-	4.07
Integrated Science I	0.50	A	2.00	AP/ECE English Language & Composition	1.00	B	3.30
Biology	1.00	A	4.00	AP/ECE Environmental Science	1.00	B	3.30
Civics & Environmental Stewardship	1.00	A	4.00	Spanish III	1.00	B	3.00
Spanish I	1.00	A	4.00	AP/ECE US History	1.00	A-	4.07
English I	1.00	A	4.00	Pre-Calculus Honors	1.00	A-	3.89
Geometry	1.00	A	4.00				

2014-2015 Marine Science Magnet High School Grade 10				2016-2017 Marine Science Magnet High School Grade 12			
COURSE	CREDIT	GRADE	GRDPT	COURSE	CREDIT	GRADE	GRDPT
PE, Health & Safety II	0.50	P	NA	Humanities	0.25		
Humanities	0.25	P	NA	Capstone Graduation Portfolio	1.00		
Fine Arts Experience	0.50	P	NA	Psychology	1.00		
Marine Studies II	0.50	B+	1.65	AP/ECE English Literature & Composition	1.00		
Integrated Science II Honors	0.50	A-	1.95	AP/ECE Biology	2.00		
World Maritime History ECE	1.00	A-	4.07	AP Human Geography	1.00		
English II Honors	1.00	A-	3.89	AP Statistics	1.00		
Algebra II Honors	1.00	B+	3.47				
Chemistry	1.00	A	4.00				
Spanish II	1.00	A-	3.70				

Total Credits Earned: 21.25  
 Cumulative GPA: 3.81/4.3

School Official's Signature \_\_\_\_\_ Date \_\_\_\_\_

# What the MSMHS Transcript includes

- GPA
- Credits
- Level of Rigor in your completed courses
- The final grades for all courses
- The Grade Points Earned

The transcript does not include SAT, ACT, or AP scores

\*\*Students who have taken ECE credits also receive a UConn transcript. Can be found on student's UConn account.





# MARINE SCIENCE MAGNET HIGH SCHOOL

## 2020-2021 MSMHS Profile

130 Shennecossett Road Groton, CT 06340 860.446.9380 (fax) 860.446.9381  
CEEB CODE: 070252 www.msmhs.com



**Tara Amatrudo**  
*Principal*

**Colleen Hardison**  
*Assistant Principal*

**Erica Mastronardi**  
*School Counselor*

**Anna Scott**  
*School Counselor*

### School and Community

MSMHS, established in 2011, is a 9-12, public magnet school operated by LEARN with 271 students who are accepted through an open, non-merit based, blind lottery that currently draws from 32 different middle schools. In 2018, MSMHS was awarded the CT State Department of Education School of Distinction Award for the Highest Overall Performance for a state record 5th time. MSMHS has ranked tops in the state amongst all public high schools on state standardized exams: Science CAPT (1st in '17) and SAT ELA (1st in '18). MSMHS has been recognized by US News & World Report as a 2018 Gold Medal High School, by Washington Post as the 2nd most challenging private or public high school in Connecticut and Newsweek ranked MSMHS as one of the top 500 high schools in the nation. In August 2016, MSMHS received full accreditation with the New England Association of Schools and Colleges (NEASC). MSMHS offers an extensive array of marine science themed programs and opportunities, as well as academically rigorous college preparatory opportunities that meet the needs of all students. Freshmen are heterogeneously placed in college-prep only courses with the exemption of AP Government for the class of 2023. Sophomore year, advanced levels of study are offered in Honors Algebra II and ECE Advanced Writing, ECE World Maritime History, and AP Environmental Science. Junior year, students enroll in AP and UConn Early College Experience (ECE) courses. Students must take foundational science courses that prepare them for AP and ECE science courses offered junior and senior year. Students participate in CIAC athletic programs at their sending district's high school.

### MSMHS Highlights

- 99% of all MSMHS graduates have gone on to a two/four year college/university. 75% - four-year, 25% - two-year
- MSMHS offers 19 AP and ECE courses in: American Studies\*, AP Art History, AP Biology, AP Calculus AB\*, AP Calculus BC, AP Chemistry, AP Computer Science Principles, AP English Language\*, AP English Literature\*, AP Environmental Science\*, Horticulture & Design\*, Marine Science\*, Maritime History\*, AP Microeconomics, AP Psychology, Sea Around Us\*, AP Spanish Language\*, AP Statistics, AP US History (\*UConn credit)
- MSMHS received the DOE School of Distinction Award for Overall Performance in 2013, 2014, 2015, 2017, & 2018
- National Merit Scholarship Winner & 5 Semi-finalists since '16
- MSMHS awarded a Gold Medal by US News & World Report
- ConnCAN ranked MSMHS #1 high school in CT
- #2 overall most challenging private or public school in CT by Washington Post's Jay Matthews 2019 National Challenge Index
- Named a US News & World Report Gold Medal High School
- 5th Most Challenging Public HS in CT by Washington Post

### MSMHS Core Values and Beliefs Statement

MSMHS is a safe, respectful and nurturing environment. The MSMHS Family believes that *effort creates ability* and that *all students can succeed*. Our learning community is committed to innovative instruction that promotes effort and ensures academic rigor through a curriculum responsive to our diverse student body. Furthermore, the MSMHS community collaborates with all members to prepare students for post-secondary education by supporting the personal, academic, and career goals of every student. MSMHS inspires students to develop the mindset and character needed to be active stewards of the ocean and contributing citizens in a global community.

### Graduation Requirements: Total 25 credits

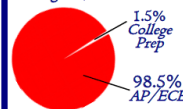
English	4.0	Aquaculture	1.0
Social Studies	3.0	PE/Health	2.0
Mathematics	4.0	Senior Portfolio	1.0
Science	5.0	Spanish	1.0
Marine Science	2.0	Arts/Electives	2.0

### Grade Point Average/Class Rank

Students are not ranked except for valedictorian and salutatorian. GPA is measured each semester and weighted according to the chart below:

Letter	Points	GPA	Honors	AP/ECE
A+	97-100	4.3	4.52	4.73
A	93-96	4.0	4.20	4.40
A-	90-92	3.7	3.89	4.07
B+	87-89	3.3	3.47	3.63
B	83-86	3.0	3.15	3.30
B-	80-82	2.7	2.84	2.97
C+	77-79	2.3	2.42	2.53
C	73-76	2.0	2.10	2.20
C-	70-72	1.7	1.79	1.87
D	65-69	1.0	1.05	1.1
F	Below 65	0.0	0.0	0.0

### Class of 2020 Students Taking AP/ECE Courses



### 2019 AP Test Score Distribution

Biology, Calculus AB, Chemistry, Computer Science Principles, English Literature, Microeconomics, Environmental Science, Human Geography, Physics, Spanish Lang, Psychology, Statistics, US History

	5	4	3	2	1
	15	72	100	78	30

AP courses are available to juniors and seniors. In May 2019, 131 students took a total of 295 AP exams in 13 AP subjects. Moreover, 63.4% of students of scores were 3 or higher. All AP students are required to take AP exams.

### MSMHS STANDARDIZED TEST SCORE REPORT

Rankings are amongst all of the 208 Public High Schools in Connecticut

### 2019 ELA SAT Rankings

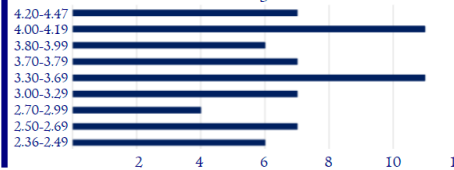
#	School	Goal %
1	Darien HS	93%
2	Ridgefield HS	92.6%
3	Staples HS - Westport	92.5%
4	Wilton HS	92%
5	Joel Barlow HS - Region 9	91.3%
6	Marine Science Magnet HS	90.5%

### Class of 2020 SAT Rankings

SAT Section	Score AVG	State AVG	CT Rank
Language Arts	593	516	6th
Mathematics	556	503	29th

### Class 2021 Weighted Cumulative GPA

Total # Students: 68 Highest GPA: 4.47



## What is included?

- Courses offered at MSMHS
- Rigor of school
- Success of MSMHS
- GPA ranges of senior class & highest GPA

# MSMHS School Profile

The School Profile is a comprehensive document describing MSMHS statistics, our grading system, and course offerings. The profile is updated each fall and, along with your transcript, is sent to colleges by your school counselor.





# SAT & ACT

- Gives colleges an indication of potential success at the post-secondary level and provides a way to assess current academic level - compares students in addition to GPA
- Sign ups for both are done through the testing agency (except when the SAT is being taken at MSMHS)
  - SAT= Collegeboard.org
  - ACT= actstudent.org
- Students will need to send an official test score from the testing agency directly to colleges & scholarships that require it.
- Most schools went test optional this year and many are continuing to be test optional next year as well.
- Most (if not all) colleges expect both the SAT & ACT
- Many colleges will accept “*super-scoring*”- combine highest Reading and Math scores from different sittings



## Important dates to remember:

SAT School Day test @ MSMHS will be held on April 28<sup>th</sup>!

The class of 2022 will take another school day SAT in October of their senior year!



# SAT VS. ACT



## SAT

- 4 Sections: Reading, Writing and Language, Math No Calculator, & Math Calculator
  - No longer offering an optional essay section
  - No longer offering SAT subject tests
- **Total Score Range: 400-1600**
- The Evidence-Based Reading and Writing (EBRW) and Math sections each use a scale of **200-800** and are combined for a total score.

## ACT

- 4 Sections: English, Reading, Math, & Science
  - Optional Writing Test W/ Essay (Additional Fee)
    - **Note:** Some college require this part of the test
- **Total Score** is between 1-36
- Each section uses a scale of **1-36**. Your total score is the **average** of your four section scores.
- The optional Writing section uses a **scale of 2-12** and does not count a toward your final score.



# AP & ECE

## Advanced Placement (AP)

- Colleges like to see these classes on a student's transcript
- Scores can be sent to colleges (after the student has been accepted) for college credit consideration
  - This is the responsibility of the student to send directly from their collegeboard account.
- Students need to score at least a 3 or 4 in order to receive credit

## Early College Experience (ECE)

- Colleges like to see these classes on a student's transcript
- Student's taking ECE classes will also have a UConn transcript
- Their UConn transcript can be sent to colleges (after the student has been accepted) for college credit consideration (which saves \$\$\$)
  - This is the responsibility of the student to send directly from their UConn Student Admin account.



# Naviance



- All students at MSMHS have a Naviance account. It has been used in advisory throughout the last 3 years.
- Creates a secure way for counselors and teachers to submit required documents.
- Ability to link Common App and Naviance
- Creates a document tracking system for students- they can see what they have requested, and what has been submitted.
- Database for college research.
- Resources for discovering student strengths, career interests, and college matching.
- Announcements on main page tailored to each grade level
- College list keeper
- Resume Builder
- Scholarship searching
- & more





# Naviance: Career Exploration



Under the Careers tab at the top right...

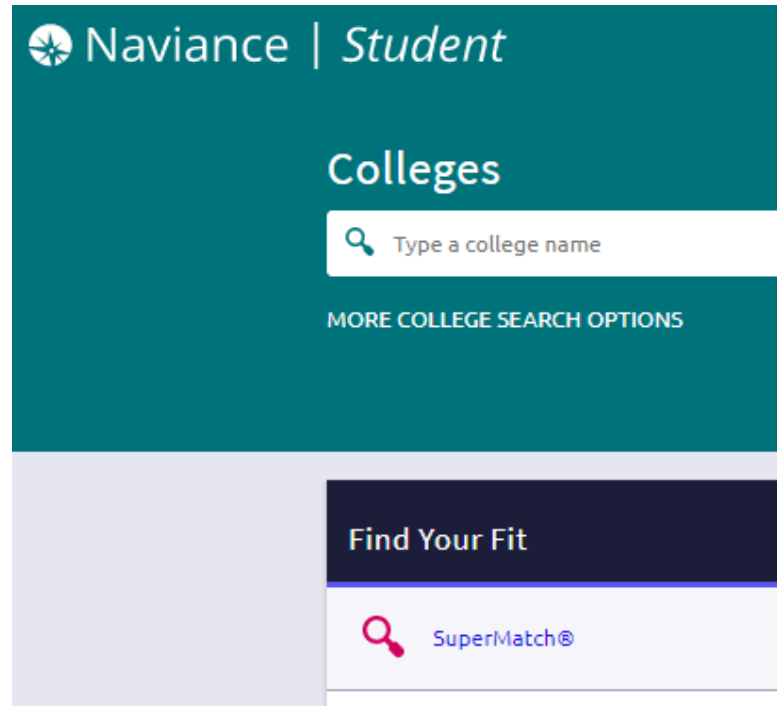
- Explore Careers and Interests
  - Career clusters
  - Explore careers
  - Explore career clusters
- Roadtrip Nation - has taken 52 road trips and interviewed 984 leaders creating over 8,000 videos on struggle, triumph, and self-discovery that have been broken down into 48 themes and 29 interests
- ▶ Career Assessments
  - ▶ Career cluster finder
  - ▶ Strengths Explorer
  - ▶ Do What You Are
  - ▶ Career interest profiler
  - ▶ MI (Multiple Intelligences) Advantage



# Naviance: College Searching



- Naviance Super Match
- Choose fit criteria based on:
  - Location
  - Academics
  - Admission
  - Student Life
  - Diversity
  - Institution Characteristics
  - Cost
  - Athletics
  - Resources

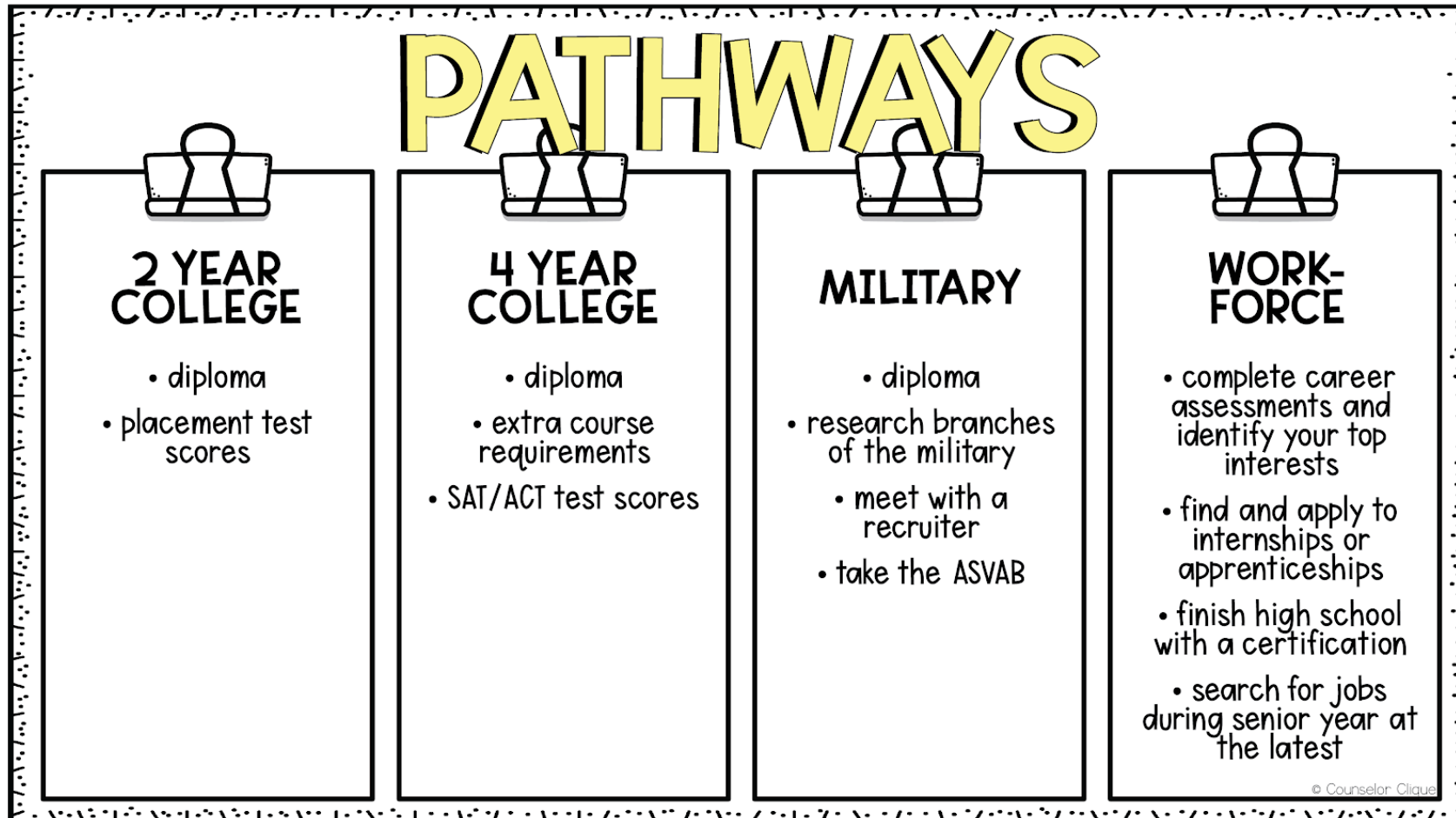


- Students should select what they would like to have in a future college and then run the search to see their Fit Score!

\*\*\*Super Match is not an exact science - it is just one of many tools to help guide students in their search. Students should always reference the college admissions websites to view statistics of the most recently admitted class of students and compare their academic profile.\*\*\*



# Post-Secondary Pathways



# Community College

- There are 12 community colleges in CT w/ Three Rivers being the closest.
- The process for applying is different than 4-year colleges: *You do not need to send test scores, recommendation letters or an essay. Test scores, though, can sometimes be used in place of placement test.*
- The Connecticut State Colleges & Universities are committed to streamlining the transfer process and assisting students in the selection of appropriate courses in their particular field of study.
- **Career training.** Students training for a specific career can take technical classes and earn a certificate or Associate of Applied Science (AAS) degree.
- **Transfer programs.** Students planning to transfer to a four-year college or university can take their general academic requirements, such as English and math, at a community college. Many community colleges have articulation agreements with four-year colleges and universities that outline how specific credits transfer.
- **Associate Degrees.** Associate of Arts (AA) or Associate of Science (AS) degree
- **Workforce Education.** Non-credit classes to advance job skills or for personal enrichment





# Trade & Technical Schools

- A number of privately-owned schools provide vocational training. These schools help students develop skills for a specific career.
- Areas of specialization include automotive, culinary, plumbing, electrical, cosmetology, and medical and technical training.
- The Connecticut Technical College System offers a wide range of career-oriented courses. Primarily for commuters, none of Connecticut's Community or Technical Colleges offer campus housing.
- An example of a technical school that MSMHS students have applied to in the past is Lincoln Technical Institute which has a few different locations including New Britain, Shelton, and East Windsor.



# TAKING A GAP YEAR

1

Apply like you normally would and then ask for a deferment for a year.

(You'll want to check on financial aid and scholarships to make sure they can be used the following year, too.)

2

Wait and apply later.

3

Research Gap Year Programs or community based programs.

4

Consider what is best for YOU. Sometimes it can be challenging to go back to school once you take time off.



# Types of Gap Years



- **School-sponsored programs:**

- The first place to look when searching for gap year programs is the college or university your student plans to attend.
- Some colleges (primarily elite private institutions) have their own programs which are partially or fully funded. For example:
  - American University's Gap Year Program, designed for business and politics students, combines college courses with an internship.
  - The University of North Carolina, Chapel Hill offers scholarships through their highly selective Global Gap Year Fellowship.

- **Internships and fellowships:**

- Internships have almost become a necessity as college students prep for the job market, and are a part of many college major requirements. For those unsure what they want to study, a gap year is a way to “try on” a job or field before committing to a major.
- Recognizing that internships can be tough to find, some schools, such as Bryn Mawr College in Pennsylvania, provide students with a list of suggestions for gap year programs and/or post-graduate fellowships.



# Types of Gap Years

- **Service/volunteer programs:**

- AmeriCorps and City Year are government-sponsored volunteer organizations that not only provide service opportunities, but also a possible education award to be used toward college tuition.
- Volunteering has the obvious benefit of making the world a better place, but also often provides students with interpersonal skills and hands-on experience that will certainly prove useful later in life.

- **Adventure/outdoor programs**

- National Outdoor Leadership School and Outward Bound both offer gap year options. Students in these programs gain real-life experience as well as confidence and leadership skills. Students pursuing any discipline can benefit from the self-discovery and interpersonal skills gained; some will discover unexpected career opportunities.





# U.S. Service Academies & ROTC

## U.S. Service Academies

- There are five US Service Academies: *The United States Military Academy, The United States Naval Academy, The United States Coast Guard Academy, The United States Air Force Academy, and The United States Merchant Marine Academy*
- Some of the most competitive colleges in the nation
- All tuition, fees, room, and board is paid in exchange for five years of active duty upon graduation.

## ROTC

- Reserve Officer Training Corps
- A college program offered at thousands of colleges and universities across the United States that prepares young adults to become officers in the U.S. Military.
- To students who qualify, the ROTC programs offer scholarships that cover the cost of their education. In exchange, there is an expectation that students fulfill active duty services in their chosen branch of the Armed Forces.



# College: Where do I begin?



*It's all about fit!*

Academic Fit  
Location Fit  
Financial Fit  
Social Fit



# Academic Fit

*What kind of academic environment am I looking for?*

- **Majors.** The institution has the major or majors you are considering. If you are considering two majors, it is best to consider colleges that offers both.
- **Class size.** Some students enjoy large lecture halls, while others need a small classroom with regular discussion. Whatever style is best for the student is what they should be looking for in a college.
- **Academic resources.** If students know they will need extra tutoring, advising, or late study sessions in the library, students should be looking for colleges that can offer these options. For students who require accommodations, it is important to research the resources colleges have to offer them and even reach out to the offices on campus that handle accommodations. While all colleges will do their best to work with students who need accommodations, some may do it better than others.



# Location Fit

- Where?
  - Urban, Suburban, Rural
- How will I get there?
  - Planes, bus, train, shuttle, car
- Weather
  - Four seasons, snow, sun
- Other things to consider:
  - Access to shopping, groceries, movies, relatives, etc.



# Financial Fit



- **True cost of attendance.** Sticker price of colleges can be very deceiving when most offer financial aid. Before discounting a college because of a high price tag, students should look into the financial aid options available at each college. All colleges are required to have net price calculators on their website for students to get an idea about the financial aid they may qualify for if they were to attend.
- **Affordability.** When students are starting to build their college list, parents and students should talk about what the family can realistically afford to help pay for the cost of college. This is the time families should learn more about the FAFSA and the Expected Family Contribution (EFC). While many colleges will try to meet the full need of students, most families will still need to pay some of the cost out of pocket.



# Social Fit

- **Student activities.** If you have a specific student organization or activity you are looking for at a college, make sure they have the activity. If they do not have the activity and you're up for the challenge, students can look into what it would take to start the activity or organization on campus.
- **Diversity.** If diversity is important to you, look into the diversity of the campus. Sometimes colleges look more diverse in their marketing publications than they really are, so it would be worth finding the institution's statistics.
- **Weekend activities.** For students who will be living on campus and plan to stay on the weekends, weekend activities can be especially important. Some campuses are very active on weekends, while others are not.





# **FIT is IMPORTANT!**

- Finding colleges that are a good fit is very important. College is a place students will be spending at least four years of their lives and the time will be a lot more enjoyable if students find a place that is a good fit.
- Students who are happy at their colleges will do better academically than a student is unhappy with the college they are attending.
- Just because a college has name recognition or prestige does not mean it will be the right place for the student. Instead, students should consider looking at all colleges, even lesser known colleges, if they offer everything they are looking for in a college.



# Creating a Balanced List of Colleges

- **3 Safety Schools**

- You're almost positive you would be admitted based on your academic profile. Your GPA and test scores will be notably higher than the average admitted student.

- **3 Target Schools**

- You feel reasonably certain you'd be admitted because your GPA and test scores are similar to the average admitted student.

- **3 Reach Schools**

- Your academic profile puts you at the lower end of the admitted student spectrum - or perhaps even below. It's less likely that you'll be admitted. However, a reach school should still be within the realm of possibility. If your academic profile is lightyears away from the average admitted student, it's generally not worth your time or money to apply.

- **1 Wild Card School - 1-10% chance of being accepted**

*With at least 3 Financially Fit schools. Ideally, one of the Financially Fit schools will also be a safety school.*

*Students should love and be happy attending ALL schools on their list.*

*This requires time & research!*



# The Importance of Having a Balanced List

- Most students initially put a bunch of super-selective schools on their list and not enough schools that are easier to get into.
- It is SO important that students also list schools that they know they can get into and that they like. It will relieve so much stress throughout this process.
- We tend to see two types of students go through this process:
  1. Students who are stressed because they are placing all their happiness in a chance at getting into a school that has less than a ten percent acceptance rate
  2. Students who are not super stressed because, even though they may be applying to schools with a less than ten percent acceptance rate, they have a number of schools on their list where they could be happy and where they have at least a 60% chance of acceptance.

*Be the second type. All it takes is an open mind and a little research!*



# Most Important Factors in College Admissions

- **GRADES IN COLLEGE PREP COURSES**: Most colleges will consider a student's grade in college prep courses the strongest sign of your ability to do well in college. If you perform well in your AP courses, it suggests that you have the ability to take on the college workload. Even if you struggled early in your high school career, *colleges will look favorably upon strong improvement in subsequent years.*
- **STRENGTH OF CURRICULUM**: Colleges look for students who take challenging courses if they are available to them and how well you perform in each class.
- **ADMISSION TEST SCORES**: Your SAT and/or ACT scores usually count highly if the college requires them.
- **GRADES IN ALL COURSES**: Your overall GPA also serves as an indicator of your academic success in high school. Colleges may look at your transcript to get an idea of how you performed in your classes.



# The Next Most Important Factors

- **EXTRACURRICULAR COMMITMENT**: Colleges pay attention to your involvement in extracurricular activities. But what counts most to colleges is how long and how deeply you have been committed to one or two of those interests.
- **LETTERS OF RECOMMENDATION**: Many colleges require recommendation letters from your teachers and high school counselor. Other colleges may require additional letters from individuals who know you well and can provide insight into your academic abilities, character, and personality.
- **ESSAY OR WRITING SAMPLE**: Many colleges will ask you to submit an essay or personal statement and some will require you to answer additional questions with shorter essays. Here is your opportunity to put your personality into your application. A well-written essay can tip a decision in your favor and a poorly written one can do the opposite.
- **DEMONSTRATED INTEREST**: Going on a college visit, talking with admission officers, or doing an enthusiastic interview can call attention to how much you really want to attend. Applying for an early decision may also make a good impression.



# Do All Colleges Use the Same Criteria?



- Colleges don't all consider the same factors when deciding whether or not to admit prospective students.
- Liberal arts colleges, which encourage students to study broadly, may give factors such as essays and demonstrated interest considerable weight.
- Highly selective colleges attract thousands of outstanding students. These colleges typically look to the "moderately important" factors to make their decisions.
- At very large universities, some admission decisions may be made solely based on GPA and test scores.



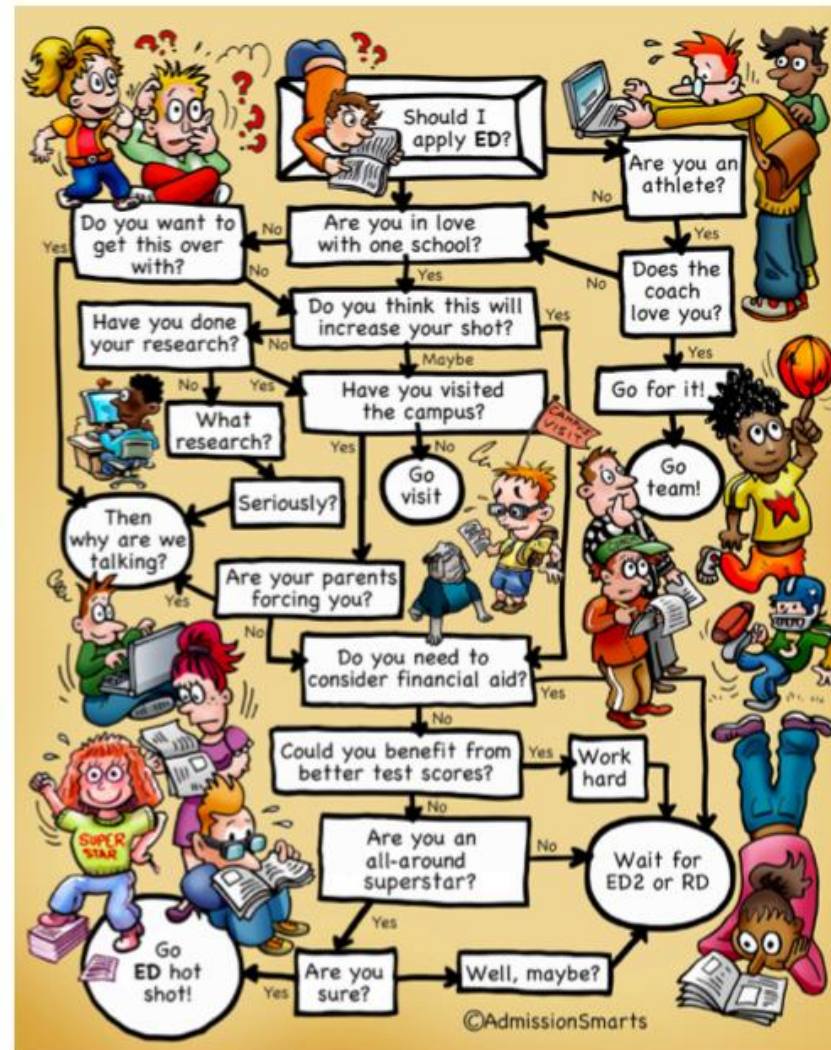


# Types of Admission Plans

Which College Admission Program Is A Fit For You?				
Non-Restrictive Application Plans			Restrictive Application Plans	
<b>Regular Decision</b>	<b>Rolling Admission</b>	<b>Early Action(EA)</b>	<b>Restrictive Early</b>	<b>Early Decision</b>
Submit an application by a specified deadline and receive a decision by a designated date	Submit when ready. Schools review application as they "roll-in". They make admission decisions throughout the admissions cycle	Apply early and receive a decision well in advance of the school's regular response date	Apply to a school and receive a decision early. You may be a restricted from applying ED, EA, or REA to other schools. If offered, you have until May 1 to confirm	Make a commitment to a first-choice school where, if admitted, you will definitely enroll. The application decision deadline occur early.
<b>Non-Binding!</b>	<b>Non-Binding!</b>	<b>Non-Binding!</b>	<b>Non-Binding!</b>	<b>Binding!</b>
You are not restricted from applying to other institutions and have until May 1 to consider your options and confirm enrollment.			You are responsible for following all restrictions	



# Should I Apply Early Decision?



# Should I Apply Early Action?

- Applying EA may or may not increase your chances of admission, but it can't hurt unless you need: more time to write a really great application, higher test scores, or to count senior year grades. If you need more time to do these things, you may want to apply Regular Decision.
- Getting an early acceptance in your senior year reduces stress and may shorten your college list. The downside? You may get bad news earlier in your senior year before you get any good news. This can be important feedback, however, since you may have overestimated your chances of being admitted to the colleges on your list. Accept it as a reality check and adjust your college list accordingly. Also, know that you may be accepted in, say, December but have to wait until March for your financial aid award.



# Early Decision & Regular Decision Acceptance Rates

Early Decision and Regular Decision Acceptance Rates - Class of 2023 (August, 2020)						
© Compiled by Jennie Kent and Jeff Levy						
Institution	ED Acceptance Rate	RD Acceptance Rate	Percent of Class Filled from ED	ED to RD Acceptance Ratio	Additional Admission Plans	Source
Agnes Scott College	80.0%	64.6%	5.4%	1.2	EA, EA II	CDS 2019-2020
Albany College of Pharmacy & Health Sciences					EA	
Allegheny College	17.9%	62.9%	3.0%	0.3	ED II, EA	CDS 2019-2020
American University	84.7%	33.4%	47.5%	2.5	ED II	CDS 2019-2020
Amherst College	35.9%	10.0%	39.6%	3.6		CDS 2019-2020
Antioch College		81.7%			ED II	CDS 2019-2020
Assumption College					EA, EA II	
Augustana College (Illinois)	90.1%	56.2%	10.8%	1.6	EA	CDS 2019-2020
Austin College	100.0%	51.1%	3.7%	2.0	EA, EA II	CDS 2019-2020
Babson College					ED II, EA	data request denied
Bard College	88.9%	64.5%	8.3%	1.4	ED II, EA, EA II	CDS 2019-2020
Barnard College	23.9%	9.9%	46.8%	2.4		CDS 2019-2020
Bates College	42.4%	8.7%	70.3%	4.9	ED II	CDS 2019-2020
Baylor University	87.6%	44.6%	14.8%	2.0	ED II, EA	CDS 2019-2020
Becker College					ED II, EA, EA II	data request denied
Beloit College	56.3%	62.1%	3.5%	0.9	EA, EA II	CDS 2019-2020
Bennington College	50.8%	61.2%	17.3%	0.8	ED II, EA	CDS 2019-2020
Bentley University					ED II	
Birmingham-Southern College					EA	
Boston College					ED II	
Boston University	30.0%	18.0%	46.3%	1.7	ED II	CDS 2019-2020
Bowdoin College	22.6%	7.2%	50.3%	3.1	ED II	CDS 2019-2020
Brandeis University	37.3%	29.2%	41.1%	1.3	ED II	CDS 2019-2020
Bridgewater College						CDS 2019-2020
Brown University	18.2%	5.7%	46.3%	3.2		CDS 2019-2020

[Acceptance Rates Spreadsheet](#)



# Demonstrated Interest

- Be mindful of any colleges that track a student's demonstrated interest in the admission process, and if you cannot visit campus, take advantage of other opportunities to learn about the college.
- Some ways that colleges track interest:
  - College Rep Visits
  - Campus visits you make and campus info sessions/tours you attend (in person or virtual)
  - Whether you apply early (early action or early decision)
  - Any "Why Us?" essay reflecting enthusiasm and thoughtful research on how that particular school fits your interests
  - Speaking with alumni or students who may share information about your interest with the admission office
  - An interview with admission reps or alumni (if available)
  - Attendance at an overnight program (if available)
  - Any contact with admission reps





# Words of Wisdom from an Admission Officer



*Reon Sines-Sheoff, Director of International Admissions at College of Wooster*

“This is an interesting time in higher education. Technology has encouraged students to apply to a larger number of colleges and at the same time, more colleges now use technology to track students’ demonstrated interest. Colleges know that students may have applied to ten or fifteen schools- so how do they figure out if the student is really interested in them? An admission officer sitting at their computer can see if a student has been opening our emails, responding to them, or skipping them. When they read an application, they can easily find out whether a student has completed an interview, attended a high school visit with an admission officer from our school, or has reached out with questions...”





“...And many schools ask “Why are you interested in \_\_\_\_\_ college/university?” This is an important response. Students who know something about the college or have connected with it in some way (even by looking at the program website for their academic interest and mentioning a great program we have) can really add another dimension to their applications and stand out from the crowd. I work with international students and they often ask if there is a penalty if they can’t visit campus or if they’re not able to meet me on the road; my answer is certainly not! Easy and free ways to connect include virtual interviews, emailing an admission officer to express interest and ask good questions (questions that are not easily found online), or even simply writing back to say thank you when you receive an email from your admission officer. Engaging in any way you can certainly brings rewards!”

- *“College Admission Essentials” By Ethan Sawyer*



# Letters of Recommendation

- Letters of recommendation help round out an applicant profile. They provide insight into what you are like as a student and person from the perspective of someone who has worked closely with you during your high school career. The experiences that your school counselor and teachers have had with you can help to paint a better overall picture of your accomplishments, potential, and character.
- Counselor LOR Describes:
  - The student's abilities in context, over time- how do they fit within the school's overall demographics, curriculum, test scores?
  - Special circumstances beyond the classroom that impacts the student
  - Their personality & character
- Teacher LOR Describes:
  - The impact this student has on the classroom
  - The “mind” of the student
  - The student's personality, work ethic, and social conduct



# Letters of Recommendation (Cont.)

- Students will need to ask 2 teachers for letters of recommendation
- Students should ask teachers that they have a good relationship with. Try to get a recommendation from a subject that pertains to your major, if possible.
- Students are advised to ask teachers before the end of their junior year, but they should not ask later than 3 weeks before their first deadline.
- **How to Ask:**
  - Schedule a brief meeting with your recommender in advance or wait until all the students have left the classroom at the end of the day.
    - Ask in person. If students cannot see their teacher in person, ask to set up a meeting virtually. Email is last resort.
  - If they say yes, provide teacher a hard copy of your resume and filled out teacher letter of rec questionnaire OR email them both of these items later that day.
  - After the meeting (same day!), write the recommender a follow up email thanking them for their time & for writing you a LOR (& include the above mentioned documents if needed).



# Letters of Recommendation (Cont.)

- You may likely need a letter of recommendation from your school counselor, so please make sure you ask for one. Students will need to fill out a different “Counselor Questionnaire” for them, as well as their resume.
- Students are NOT responsible for sending their letters of recommendation to the schools you apply to. Teachers will upload their letter to Naviance and their school counselor will submit it (along with some of their other application materials)
- These same letters of recommendation can be used for any scholarships you apply to.
- School policy prevents students & families from reading the Letters of Recommendation. Colleges will also ask students to waive their rights to view the letters.

*Don't forget to write a Thank You note!*



- Be aware that there are multiple platforms used for college applications. Only apply to the college through ONE portal.
- Benefits of the “Common App” Type Application
  - Students complete one application that can be sent to any number of participating colleges (specific colleges may require a supplemental application).
  - This allows students to spend less time on the busywork of applying for admission, and more time on what's really important: college research, visits, essay writing, and senior year coursework.



## College Application Platforms

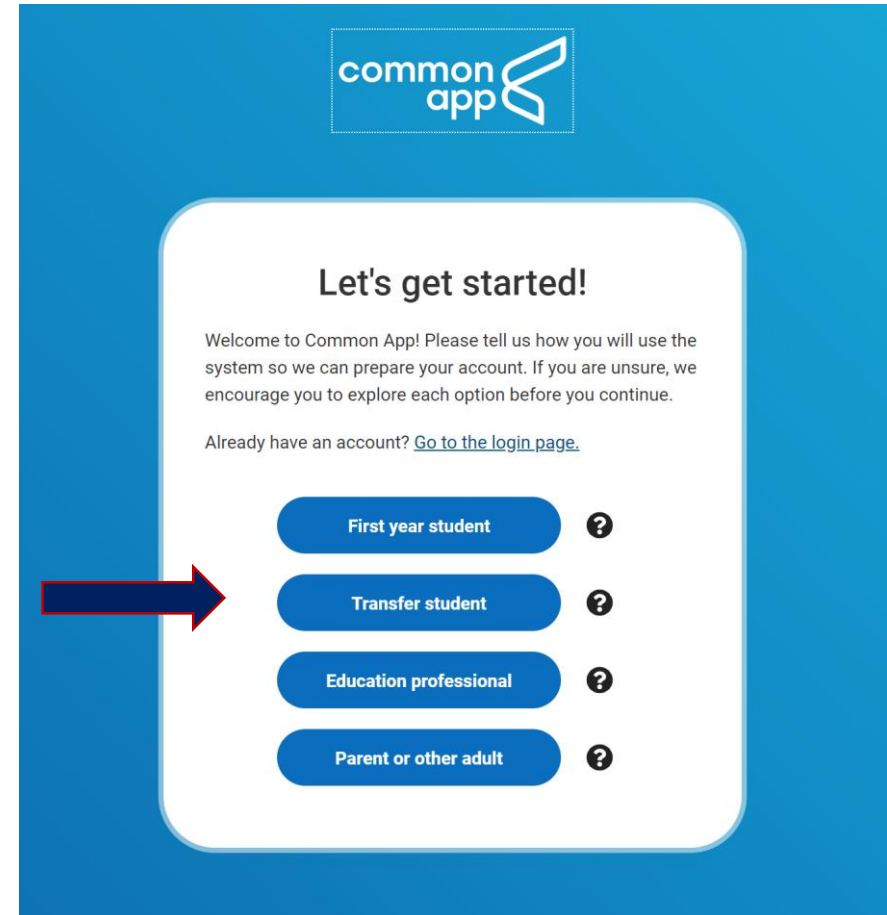
- Apply directly on college website
- Common Application
- Coalition Application



# Common Application

- We recommend that students utilize the Common App as it's the platform accepted by over 900 colleges and universities.
- Now is the perfect time for current high school juniors to start on their Common Applications. While the Common Application doesn't officially open until August 1st, students can still create accounts, input basic information, and get started on their personal statements.
- Remember that your account will roll-over, so there's no harm in getting a head start on this process.

[www.commonapp.org](http://www.commonapp.org)





# Personal Statement



## ESSAY DOs

*Write in the voice of a teenager.* This is what the colleges expect and want.

*Answer the question.* Write an essay that explicitly addresses the question asked.

*Conform to guidelines, including length.*

*Write about a topic you care about,* not simply one that “sounds impressive.” It will not come across as sincere.

*Describe feelings* as well as actions. Be thoughtful and reflective.

*Use examples, anecdotes, and/or specific details.*

*Share your essay with your school counselor* prior to submission in a timely manner.

## ESSAY DON'Ts

*Don't use gimmicks.* Gimmicks are risky and often not appreciated.

*Don't write about what you think admission officers want to hear.*

*Don't just write about where you have been or what you have done.* Reflect on what your experiences say about you as a person.

*Don't complain about your circumstances or make excuses.* It is acceptable to write about a challenge or obstacle. However, what is important to your reader is how you were shaped by the experience in a positive manner.

*Don't submit an essay that contains any individual college's name.* Proofread carefully.

- 650 Word Essay
- It is the content of the essay and how you organize and support your thoughts that are most important.
- Your essay should serve as a reflection of who you are and provide evidence of your personality and experiences that are not reflected in other parts of your application.



# Common App essay prompts for 2021-22

- Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
- 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?
- Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
- 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?
- Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
- Describe a topic, idea, or concept you find so engaging that 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?
- 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.





# Supplemental Essays

*We all know the personal statement is a huge part of the college application, but how important are those extra supplemental essays?*

- College admissions officers report that supplemental essays play an increasingly important role in the college application process.
- These essays help to determine how much the applicant knows about and wants to go to the school & allows colleges to ask specific questions of the applicant that the general application and prompts do not cover.
- **Here's something you might not know...colleges sometimes like to hide their supplements.** These essays can be sneaky little devils and they aren't always found in the writing section. Sometimes they call them questions — — with 250 word answers :) Be sure to check the different sections of the Common App for where they might be



# Activities List

- Includes: sports, jobs, internships, community service, clubs, choir, student government, fine arts performances, summer activities, volunteer work, political activism, and unstructured activities like cooking, robotics, family responsibilities, collecting vinyl records, etc.
- In the common app: Allowed 150 characters per entry
- It's not about # of activities listed. It's better to show significant involvement, leadership, and personal growth in fewer activities.
- Think about the order in which activities are listed. It is giving admission officers a window into your time priorities.



**Students should look to get involved this summer with an internship, volunteer work, clubs, etc.!**



# College Visits

- Some colleges are hosting in-person visits - may limit # of people that can attend per family due to COVID-19 precautions
- Most colleges have virtual visits available for students to “attend” at a specific day/time
- Register ahead of time with the college - contact their Admissions Office.
- Student should research the college and come prepared with questions to ask the reps!
- College visits are considered an excused absence. Just show “proof” of your college visit to Mrs. Alvarez.
- NACAC is offering virtual college fairs - <https://virtualcollegefairs.org/events>



# NCAA-Athletics

**Prospective Division I & II student athletes must register  
no later than June of their junior year**

**[www.eligibilitycenter.org](http://www.eligibilitycenter.org)**

- Access the registration materials by going to [www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)
  - [Registration Checklist](#)
- Review the NCAA academic/course requirements as they might differ from graduation requirements!

Check out the link below and the NCAA website for more information!

**[Guide For The College Bound Student-Athlete](#)**

- ▶ Minimum Requirements for Division I [Full Qualifier]
  - 2.3 GPA in NCAA core courses ([www.2point3.org](http://www.2point3.org))
  - 980 SAT (Reading & Math)
  - 75 ACT (sum score)
  - 16 Academic/Carnegie units, 10 prior to 7<sup>th</sup> semester
- ▶ Minimum Requirements for Division II [Full Qualifier]
  - 2.2 GPA in NCAA core courses
  - 920 SAT (Reading & Math)
  - 70 ACT (sum score)
  - 16 Academic/Carnegie units





# Students With Learning Differences

- **High schools** are required by law to follow accommodations and modifications specifically as they are written in the student 504 or IEP plan
- **Colleges** (and individual professors) have the choice to decide which accommodations they follow as it relates to their course.
- The STUDENT should contact the Office of Disabilities (the name might vary at every school) at the program they are attending to give them their plan.
- Make an appointment with professors!
- **Comprehensive/Structured** - programs that offer extensive support to students with disabilities; a student's disability may be considered and given special consideration during the admission process
  - **Examples:**
    - Adelphi, NY
    - Curry, MA
    - Hofstra, NY
    - Landmark, VT
    - Mitchell, CT
    - UConn, CT

***\*\*Please refer to the College Planning Guide for a full list of programs and other important information on services at the college level \*\****



# Scholarships

- Institutional Scholarships
  - Search the college's financial aid page for information/deadlines - check specific departments within the college. When applying to colleges, be sure to apply by any scholarship priority deadlines.
  - May be based on academic merit (grades, test scores), athletic ability, special skills/talents (performing/visual arts, etc.)
  - [Merit Scholarship List](#)
- Local Scholarships
  - May be specific to professional or religious organizations that the student or parent may be a member of
  - Counselors typically begin to receive these in February of senior year.
- National Scholarships
  - Scholarship programs that elicit large numbers of students applying - Coca Cola, Hispanic Scholarship Fund, Quest Bridge, Gates Foundation, Jack Kent Cooke Foundation
- Use the Scholarship link on Naviance to research and explore options
- Other Websites: [Big Future](#), [Broke Scholar](#), [Career One Stop](#), [Student Scholarships](#), [Unigo](#)



# Financial Aid



- **Free Application for Federal Aid (FAFSA):**
  - All information is available in Spanish as well as English. The FAFSA website explains how to complete the FAFSA and provides answers to frequently asked questions (FAQs). Found at [www.FAFSA.ed.gov](http://www.FAFSA.ed.gov)
  - *Required by ALL colleges if you want to be considered for financial assistance*
  - *Start applying as early as October 1<sup>st</sup> of senior year!*
- **The CSS / Financial Aid PROFILE:**
  - An INSTITUTIONAL financial aid form required by some colleges. The CSS / Financial Aid PROFILE is found at [www.profileonline.collegeboard.org](http://www.profileonline.collegeboard.org)
  - Application also opens on October 1<sup>st</sup> of Senior Year



# Timeline

## March & April

- Create a spreadsheet to keep track of all post-secondary related passwords
  - Naviance, Collegeboard, Common Application, FAFSA, ACT, etc.
- Complete the following Naviance assessments/activities (*Must be done before your Junior Meeting*):
  - Do What You Are
  - Career Interest Profiler
  - College SuperMatch
- For prospective Division I or II student-athletes, register with NCAA
- Use Naviance and Collegeboard to research information about colleges
- Visit colleges/college websites
  - *If you can't visit in person, many colleges are providing opportunities to virtually visit. Go to each college's website to find information about virtual visits.*
- Participate in your scheduled Junior Post-Secondary Planning Meeting
- Begin or continue creating a list of colleges you are thinking about applying to.
  - *This list should be on the longer side and should have a variety of schools that fall in all three categories: safety, target, reach*
  - *Make sure to add these schools into your "Colleges I'm Thinking About List" on Naviance*
- Take state-required SAT (*April 28<sup>th</sup>*)- this is an in school test, no fees for testing on this test date



# Timeline (Cont.)



## May/June

- Register for and take the SAT or ACT, as needed, through the Collegeboard or ACT websites
- Take AP Exams (if applicable)
- Ask two teachers to write you letters of recommendations and complete the LOR form for each teacher. *(Students will be briefed on the process of how to do this, and given forms during your Junior Meeting)*
- Begin to brainstorm topics for your college essay

## Continue to:

- Use Naviance and Collegeboard to research information about colleges
- Visit colleges/college websites
- Work on updating list of colleges you are thinking about applying to
  - *This list should be on the longer side and should have a variety of schools that fall in all three categories: safety, target, reach.*
  - *Make sure to add these schools into your “Colleges I’m Thinking About List” on Naviance*



# Timeline (Cont.)



## Summer

- Participate in activities, internships, volunteer opportunities, sports, etc.
- Review your social media for appropriate content
- Write your 650 word college essay
- It's a good idea to write a few essay drafts using different topics
- Narrow down your long college list of good match schools to a *shorter list* of best match schools, with varying degrees of admission difficulty
  - *Update this list in Naviance under College's I'm Thinking About*
- Continue college visits (in person or virtually)
- Create an activities list & update and/or create resume
- Develop a portfolio, if applicable (*Usually only needed if you want to major in visual arts*)
- Create a Common Application Account
  - Review application requirements & deadlines for schools you are definitely applying to





# Junior Planning Meeting

- Mandatory Post Secondary Individual Planning Meetings for students (*Parents are invited to attend virtually*).
- Are being scheduled for April & May
- Students will join in person during their study hall or after school if they don't have a study hall. Fully remote students will join virtually.
- Mrs. Alvarez has started to schedule these meetings so you may have already received an email with your child's meeting date & time.
- Your student's counselor will send the zoom link to your email when the date gets closer.
- Students must complete the following Assessments/Activities on Naviance **BEFORE** their Junior Meeting:
  - Do What You Are
  - Career Interest Profiler
  - College SuperMatch



# Junior Planning Meeting

## Overview of Junior Meeting Content

- Transcript/Graduation Credit Review
- Review Do What You Are results in Naviance
- Review Career Interest Profiler in Naviance
- Review College SuperMatch in Naviance
- Strengths/ Blind Spots Discussion
- Safety/Target/Reach Schools
- Resume Overview
- Requesting letters of Recommendation
- College Application Timeline



# HOW CAN PARENTS HELP?

## Listen and Encourage

- Be open-minded
- Be realistic
- Be aware of your students' emotional needs  
(maybe post-secondary plans are not dinner table talk every night!)

## Ask for Help

- Your counselor is here to help (have your student set up an appointment)
- Ask your family, friends, or others about their college experiences

## Facilitate Your Students' Independence

- Encourage THEM to set up meetings: including emailing their school counselor or college admissions representative, pick up the phone to ask questions to college admissions counselors, College Board®, or ACT®
- Don't be their secretary! Let them balance their deadlines, their search process, etc.
  - Help them move from dependence to independence.  
It will be time to launch before you know it!

# Questions?

Please feel free to email or call me with any questions!

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