



Post Secondary Planning

Presented by Fitch High School School Counseling Department

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Content of Packet

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- Unofficial Copy of Transcript
- Transcript Release Form
- Junior to Senior year checklist
- Naviance Information
- Resume Sample
- Common App Essay Prompts/ Essay Tips
- SAT/ ACT Dates
- SAT/ACT Comparison Chart
- ASVAB Information
- ASVAB Permission Slip
- Military Information
- College / Financial Aid Terminology
- Financial Aid Information
- CSS PROFILE
- FAFSA
- First Generation Form
- NCAA Clearinghouse information (For students athletes interesting participating Division 1 or 2 sports)



*Don't be nervous!
We are here to help!*

Graduation Requirements

4.0 – English

4.0 – Mathematics

4.0 – Science

(1 credit in Biology and 1 credit in Physical Science)

3.0 – Social Studies

(1 credit in U.S. History/ .5 credit in Civics)

0.5 – Health

1.0 – Physical Education

1.0 – Applied Arts

1.0 – Fine Arts

7.5 – Electives

26 Total Credits

Transcript Request Form

- This form must be filled out by all parents/guardians for your students
- This gives the School Counseling Department permission to send your child's official transcripts to colleges, scholarships, and/or military personnel as requested



Where Do I Start?

- Pick senior year classes (requirements for graduation)
- Make a list of potential schools within Naviance
- Visit schools on your list (*college visit checklist)
- Narrow down your list by senior year
- Request letters of recommendations from teachers and counselors
- Take the SAT, ACT, and/or ASVAB
- Register with NCAA Eligibility Center (playing a Div I or Div II sport in college)
- Create Resume
- Create a Common App account
- Second Annual Senior Prep Day (August 19)
- Discuss a major or career interest

**THIS IS A
MARATHON,
NOT A SPRINT**

Naviance

Help Me Help You Tools

Students need to complete

- Letter of Recommendation Form
- Resume
- Requesting Teachers for Letters of Recommendation
- Adding Schools to “Colleges I’m Thinking About” (Start here)
- Adding Schools to “Colleges I’m Applying to”

Other Resources

- Scholarship Searches
- College Search Tool
- College Representative Sign-up
- College Fair Notices
- Parents can register to receive Naviance emails
Contact Mrs. Allanach - jallanach@groton.k12.ct.us



Exploring Colleges

College Board College Search

The screenshot shows the BigFuture College Search page. At the top, there's a navigation bar with links: Get Started, Find Colleges, Explore Careers, Pay for College, Get In, and Make a Plan. Below this, a breadcrumb trail reads: Home / Find Colleges / College Search. The main heading is "College Search". On the left, there's a sidebar with a "SELECT FILTERS" button and a list of filter categories: Test Scores & Selectivity, Type of School, Location, Campus & Housing, Majors & Learning Environment, Sports & Activities, and Academic Credit. A large green circle in the center contains the text: "You have 3,804 college options. Choose a category on the left to find the right ones for you." To the right of this circle, a pink circle contains the text: "Not sure where to start? Go to College Search Step-by-Step, an interactive guide." At the bottom, there's a footer with links: Welcome!, Sign up, Sign in, Me, My Colleges, and My Plan.

BigFuture Get Started Find Colleges Explore Careers Pay for College Get In Make a Plan

Home / Find Colleges / College Search

College Search

Save Selections Clear All Selections

SELECT FILTERS

- Test Scores & Selectivity
- Type of School
- Location
- Campus & Housing
- Majors & Learning Environment
- Sports & Activities
- Academic Credit

You have 3,804 college options. Choose a category on the left to find the right ones for you.

Not sure where to start? Go to College Search Step-by-Step, an interactive guide.

Welcome! Sign up Sign in Me My Colleges My Plan

Naviance SuperMatch

The screenshot shows the Naviance SuperMatch College Search page. At the top, there's a navigation bar with the heading "SuperMatch College Search" and links: Choose Fit Criteria, Location, Academics, and Admission. Below this, the main heading is "Your Fit Criteria". In the center, there's a box that says "0 selected criteria" and a button "Select Criteria To Start". Below the button, there's text: "To refine your results, use the arrows to move your criteria into the 'Must Have' and 'Nice to Have' boxes." On the right side, there's a dashed rectangular box.

SuperMatch College Search

Choose Fit Criteria Location Academics Admission

Your Fit Criteria

0 selected criteria

Select Criteria To Start

To refine your results, use the arrows to move your criteria into the "Must Have" and "Nice to Have" boxes.

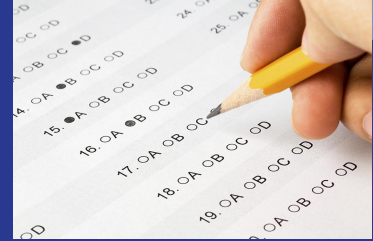
SAT / ACT / ASVAB

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SAT & ACT

- Standardized tests required for some colleges (not all)
- Students do not have to take both but are encouraged to take both
 - Students might score better on one versus the other
- SAT - Reading & Writing, Mathematics, Essay
- ACT - Reading & Writing, Mathematics, Science, Essay
- Some schools are test optional.
 - Meaning: Students do not have to send in their scores to be considered for acceptance
- All students should have created and accessed their CollegeBoard account

****SCHOOL DAY SAT - APRIL 9, 2019****



ASVAB/AFQT: Armed Services Vocational Aptitude Battery/Armed Forces Qualification Test

ASVAB: 10 subtests

- Interest inventory questions for job interest and skills known

AFQT: 4 subtests

- Word Knowledge, Paragraph Comprehension, Mathematics Reasoning and Knowledge
- This composite score is used to see if you qualify to join the armed services

Military - Department of Defense



- Contact a recruiter (Big Y Plaza)
- Sign-up for the ASVAB (April 4, 2019)
- Attend Physical Training (PT) sessions with recruiter
- Gather medical documents
- Active Duty or Reserves Contract
- Medically screened at MEPS (Military Entrance Processing Station)
- Pick MOS (Military Occupational Speciality)
- Sign enlistment contract and swear in
- Graduate High School
- Prepare to ship for Boot Camp/Basic Training
- A permission slip is required to speak to a recruiter in school



Applying to Schools

#1 Rule: Stay Organized!

We suggest students apply to **REACH**, **TARGET**, and **SAFETY** schools

- Know your GPA, Class Rank, and SAT/ACT scores

When are school deadlines?

- Each school has a different application deadline. Some schools have multiple.



Types of Deadlines

- Early Decision - *Binding Contract* Early application deadline in the Fall (Oct 15 - Nov 15)
- Early Action - *Not Binding* Apply early, Find out early (Nov 1 - Dec 15)
- Regular Decision - Standard deadline date (Jan 1 - March 1)
- Rolling Admissions - Colleges make their decision as soon as application packet is complete

**TIME
MANAGEMENT**

The Common Application

- An online application that over 800 colleges and universities accept
 - Fill it out once and add multiple schools
- Juniors can create an account now
- Essay prompts are available ahead of time
 - Junior year/Senior year English classes will work on college essays
- It costs between \$60-\$90 per school to send an application

Website:
Commonapp.org

THE COMMON
APPLICATION

NCAA Eligibility Center

DIVISION I OR II

You need to be certified by the NCAA Eligibility Center to compete at an NCAA Division I or II school. Create a Certification Account and we'll guide you through the process.

You need to create a Certification Account to make official visits to Divisions I and II schools or to sign a National Letter of Intent.

[Create an Account](#)

DIVISION III OR UNDECIDED

Create a Profile Page if you plan to compete at a Division III school or are not yet sure where you want to compete.

You'll get an NCAA ID, and we will send you important reminders as you complete high school.

[Create a Profile Page](#)

Responsibilities

Students & Parents are responsible for:

- Test Scores (SATs/ACTs)
 - 2 weeks prior to submitting application
- Application
- Completing the FAFSA/CSS Profile
- When your student applies to a school they must inform their school counselor either in person or by email that they have sent in their application

School Counselors are responsible for:

- Sending Letters of Recommendation
- Sending Transcripts
- Sending School Profile

Useful Websites

Naviance

www.naviance.com

College Search
Letters of Recommendation
Resume
Scholarships
visit with college reps



The College Board

www.collegeboard.org
<https://cssprofile.collegeboard.org>
<https://bigfuture.collegeboard.org>

SAT Registration
SAT Scores
College Search
Scholarships
Financial Aid



The Common App

www.commonapp.org

Applying to College



FAFSA

www.fafsa.ed.gov

Applying for financial aid





FHS College Fair



Wednesday, MARCH 13, 2019

6:30 - 8:00 PM

OVER 80 Colleges and Universities will be in attendance! Armed Forces Representatives, & Charter Oak Federal Credit Union Staff will be available!! Please email(jallanach@groton.k12.ct.us) or see Mrs. Allanach for a list of colleges attending.

FREE & OPEN TO THE PUBLIC



Questions?



Thank you for joining us!