

College & Career Resources: Helping Your Child Create a Plan Grades 9, 10 & 11

FHS Guidance Presentation: Sept. 19th, 2023
Presented by Mrs. Carla Stillwell, Assistant Principal

Tonight's Agenda



- Factors Colleges Consider for Admission
- GPA, Transcript, Rigor
- Extra-Curricular Activities
- College Entrance Exams
- Grade Level Timelines



Grades....GPA.....Rigor.....Transcript..... AP's, IB's, Honors... What does it all mean?

When it comes to college applications, the most important elements have remained the same for the last 10+ years. Research by the National Association for College Admissions Counseling ([NACAC](#)) shows that colleges weight the following factors most heavily:

- **overall GPA-** A student's grade point average (GPA) is fairly self-explanatory: the higher the GPA, the better.
- grades in college preparatory coursework (e.g., AP and Honors courses)
- strength of curriculum (i.e., course rigor)

Why does curriculum strength matter? It indicates two important qualities to college admissions officers:

- the student actively seeks out academic challenges
- the student succeeds in these rigorous courses by getting good grades



Factors that Colleges Consider when Reviewing a Potential Student

GRADES (most important!)

- Transcript- Final grades from all classes taken during your high school career, and sometimes your
- Regents' exam scores.
- The strength of your course load- colleges want to see that you have been challenging yourself.

SCORES

- Scores from the SAT and/or ACT

INTERVIEW PERFORMANCE

- Some colleges may request an interview with an admissions representative, local alumni or a liaison from the community. Most are just a formality/courtesy. Notes are added to the application package.

DEMONSTRATED INTEREST

- This is documented interest that the student has shown in the college (campus visitation, e-mail correspondence, etc.).



Factors that Colleges Consider when Reviewing a Potential Student

RECOMMENDATIONS

- Two academic teachers.
- One from your school counselor.

EXTRACURRICULAR ACTIVITIES

- Sports, clubs, and other activities.

SPECIAL TALENTS

- Brag about yourself! Tell them about any talents you have.

THE ESSAY



What should I be doing now to get ready for college admissions and college applications?

No matter what grade level your child is in..... These are the two most important areas to focus on:



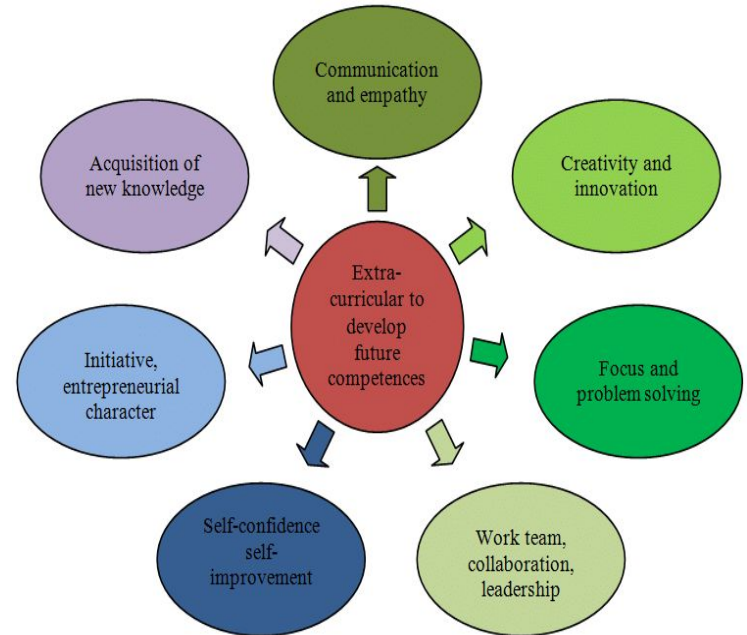
Grades/Class Rigor!

Get Involved!



Develop Extracurricular Interests

- Extracurricular interests enable students to discover their talents and skills in athletic, artistic, academic, community service, and other areas.
- Extracurricular interests build confidence, create an identity, and encourage students to see the relationship between the classroom and the world around them.





College Planning by Grade Level: 11th grade



- Make a list of your abilities and preferences.
- Start thinking about what you want to study in college.
- Go through FHS curriculum guide to see if we offer electives and courses to confirm your interest.
- Learn about colleges. Look into websites, scheduling visits and start taking inventory about what you like and what you don't like (ex. Urban vs Rural setting).
- Visit the Guidance Office to familiarize yourself with the resources available to you.
- Take the PSAT. Link here: [2023 PSAT 8/9-PSAT/NMSQT Registration Form](#)
- Create a college specific email and digital file to stay organized.
- Estimate your financial aid need; speak as a family about what is affordable.
- Sign up for SAT's or ACT's for the Spring through Collegeboard.org or ACT. org.
- Never too early to look into scholarships!
- Have a Post-Secondary Conference with your School Counselor
- Develop a list of 15-20 colleges that are of interest to you.
- Get involved in internships and extra curricular activities
- Schedule college visits!



College Planning by Grade Level: 9th and 10th Grade



- Create a four year high school plan- think about course selection, rigor, aligning electives with careers and interests.
- Every grade that is posted on your transcript counts- make sure that you do the best you can academically as it all gets factored into your GPA.
- Continuously meet with your School Counselor- the more they know you the more they can guide you through this process based on you!
- Get involved in extracurricular activities- it is not about how many activities you do, rather it is the level of involvement and demonstrating commitment that colleges are looking for.
- Never too early to look into scholarships and saving for colleges
- Explore Summer Programs- Look for a job, internship or volunteer position that will help you learn about a field of interest.





College Entrance Exams

- PSAT
- SAT
- ACT

How to get college credit while at FHS?

- Advanced Placement courses and exams
- Dual Enrollment courses



Dual Enrollment
COLLEGE READY



Test Optional is an Option

- More and more four-year colleges and universities do not use the SAT or ACT to admit substantial numbers of bachelor-degree applicants.
- See the searchable database of schools:
<http://www.fairtest.org/university/optional>

How School Counselors Help

- Provide a series of activities designed to: Learn about the student (we start in 9th grade with individual student meetings)
- Help students learn about themselves
 - **Explore interests, aptitudes and potential careers**
- Monitor achievement and progress in the classroom
- Identify individual learning concerns and find solutions
- Provide a series of workshops designed to help students explore postsecondary options.
- Review PSAT results and create a standardized testing timeline
- Conduct workshops for 11th graders in the winter of junior year to start the college search process
- Individual spring college meetings with juniors & families



A Touch of Financial Aid

What types of financial aid are out there?

- Need-based Grants
- Merit Scholarships
- Parent and student loans
- Work study-funding for on-campus jobs



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Strategies for Success Parent Tips!



- Get familiar with our website: [FHS Guidance Page](#)
- Check your students' grades and attendance regularly through the Parent Portal
- Regular Attendance is crucial to student success
- Enroll in Schoology for each Class of ... where counselors share updates about a wide-range of opportunities (i.e. enrichment programs, college visits, scholarships and internships etc.)
- Make sure to enroll in ParentSquare for announcement and information
- Take advantage of this time to go on College visits both in person and virtual options are available
- Utilize Naviance to explore college entrance requirements as well as college application requirements/deadlines
- Have honest conversations with your child about what the family's expectations are regarding post-secondary attendance

Upcoming Events/Important Dates

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- **09/22** (8:15am to 9:45am) Farmingdale High School is proudly hosting our very own College Fair in the commons area
 - **10/1** SUNY will host a fall SUNY College Fair at Farmingdale State College!
 - Students can register now at www.suny.edu/fairs.
 - **10/3/23** Long Island Fall College Fair Expo at Adelphi University 5:30pm to 8:30pm
<https://www.collegefairguide.com/long-island-fall-college-expo>
 - **10/10/23** FHS Financial Aid Workshop will be held for 11th and 12th grade families at 7:00pm in the high school auditorium
 - **10/18/22 PSAT and PSAT 8/9** administered at FHS
 - **01/11/24 at 6pm-** Junior Parents College Admissions Overview- FHS

FARMINGDALE

Thank you for attending!

Our Guidance office is always here to support you and your child in the pursuit of their passions and educational or vocational goals!

Have a great evening.

Go Dalers!!!!!!

