

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

FHS Guidance Presentation: Sept. 22, 2022
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 I and/or ACT, and SAT II Subject Tests if required

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:



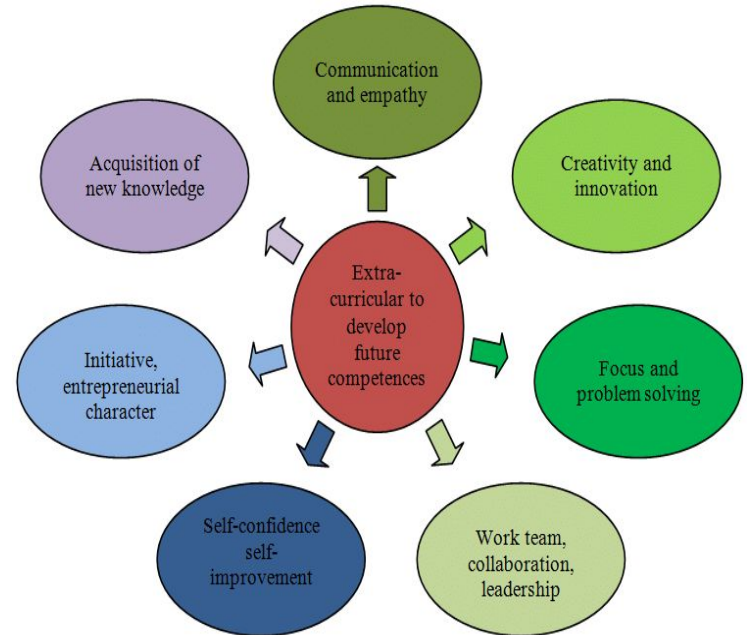
Grades/Class Rigor!

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: [PSAT 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
- SAT SUBJECT TESTS
- ACT
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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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Upcoming Events/Important Dates

- **09/16** (10:30am to 12:00pm) and **09/23** (8:15am to 9:45am) Farmingdale High School is proudly hosting our very own College Fair from 10:30am to 12:00pm in the commons area
- **10/6** FHS Financial Aid Workshop will be held for 11th and 12th grade families at 7:00pm in the high school auditorium
- **10/6** Long Island Fall College Fair Expo 5:30pm to 8:30pm
<https://www.collegefairguide.com/long-island-fall-college-expo>
- **10/12/22 PSAT and PSAT 8/9** administered at FHS
- **01/12/23 at 6pm-** Junior Parents College Admissions Overview- FHS
- **01/19/22 at 6:00pm-** Understanding the PSAT Results Workshop for Parents and Students

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!!!!!!

