



The
IDEAL
School
of Manhattan

IDEAL
College Preparation
Program

The IDEAL College and Postsecondary Program



College Weekly Course

For eleventh and twelfth grade students focusing on college and career exploration and research.

- Resources and Research
- Development of goals and self-evaluation
- Curating college lists
- Letters of recommendation
- Interview practice
- Personal statement writing
- Common Application and FAFSA
- Extracurricular resume-building

SCOIR

Through this online resource, network families can discover colleges that align with student interests, understand the cost of attendance, and submit applications. Counselors use SCOIR to monitor student progress.

One network for everyone involved in the college admissions process.

Students

Explore and discover colleges that fit your unique interests.

Parents

Understand the cost of attendance before deciding to apply.



Counselors

Be more impactful guiding students through the college admissions process.

Colleges

Schedule high school visits and receive application documents.



SAT/ACT Preparation Class

We are partnering with Empire Edge to offer a 14-week course to eleventh grade students.

For 17 years, Empire Edge has worked on standardized test preparation with schools such as the Dalton School, East Harlem School, and Young People's Chorus of New York.

Testing timeline

October 10, 2018:

SAT administered to twelfth grade students.
PSAT administered to eleventh grade students.

April 23, 2019:

SAT administered to eleventh grade students.
PSAT 10 administered to tenth grade students.

We encourage families to learn about the ACT and to seek testing opportunities for their students.



College Information Nights:



College Tour: Thursday, November 1

High School students toured Long Island University and Manhattanville College to learn about their programs and experience lunch on campus.

Panel discussion/Q&A: Friday, November 2

Students will reflect on the tours and meet professionals to learn about career pathways. Students will also partake in team-building and leadership exercises.

April 29, 2019

Q&A Panel on the College Process
Featuring college representatives, current students, and financial aid officers.

College Counseling at IDEAL

- Student-centered
- Comprehensive, individualized, supportive
- Encourages students to take ownership
- Promotes and encourages independence and confidence
- Open door policy for students

Summer Activities

Summer should be a time to relax and recharge. It is also an ideal time to explore interests:

- Try out or dive deeply into interests via academic programs or internships
- Live in a different part of the country or travel
- Spend time on a college campus
- Gain independence
- Jobs provide valuable real-life experiences

What Happens When: Ninth Grade

- High school is a time to learn, grow, determine interests, try new things, and make mistakes. Focus should be on exploring interests and being your best selves in and out of the classroom. Show initiative! Be a leader and do what you love
- Use electives such as music, art, drama to show commitment to interests. Hobbies outside of school are important as well
- Focus on schoolwork and doing well in classes.
- This is a year of learning more about yourself to demonstrate independence and decision making skills.
- Keep in mind that in eleventh grade students who will be taking the SAT/ACT may be applying for testing accommodations. Evaluations will need to have been carried out within three years of testing

What Happens When: Tenth Grade

- Focus on schoolwork. Colleges want to see an upward trend in grades
- Concentrate on one to three extracurricular activities
- Use electives to develop and communicate interests
- Take the PSAT 10 in spring and Pre-ACT over summer or early junior year to become familiar with the tests
- Consider a summer program that enriches your extracurricular interests
- Begin to familiarize yourself with the college process and attend local fairs

What Happens When: Eleventh Grade

Fall

- Create a SCOIR account
- Continue involvement with extracurriculars and move into leadership roles
 - Develop a list of activities, jobs, internship, leadership
- Take the PSAT in October and prepare for the spring SAT or ACT
- Start a list of schools, begin researching, and plan to visit schools during breaks

Winter

- Continue touring schools and attending fairs
- Schedule a meeting with the college counselor and start to generate a preliminary list
- Continue SAT/ACT test prep. Sign up for the May/June test if applicable
- Start the Common Application
- Begin to consider who to ask for letters of recommendation

What Happens When: Eleventh Grade (Continued)

Spring

- Visit college campuses during breaks and attend local fairs
- Ask for letters of recommendation
- Begin writing your personal statement. Keep track of any supplemental materials
- Students can take the SAT offered in the spring at IDEAL
- Look for a summer internship/job in an area of interest. Ask counselor for suggestions
- Become familiar with the FAFSA
 - Use Net Price Calculators to understand cost of attendance for specific schools
- Meet with college counselor to solidify a working college list for the summer

Summer

- Work on personal statement, supplement(s), common app, college visits, interviews, take SAT/ACT again if applicable

A Word About Testing...



SAT--out of 1600

- General: Less emphasis on vocabulary; favors readers
- Reading: Harder content, but easier to find answers
- English: Virtually identical to ACT, but fewer questions
- Math: Very little geometry, more difficult algebra
- Science: No science section but some reading passages have charts/graphs
- Optional essay
- Free personalized test prep available on Khan Academy

ACT--out of 36

- General: Requires strong time management: more questions; shorter period of time
- Reading: Less challenging content but harder to finish and harder to find answers
- English: Virtually identical to SAT, but more questions and less time per question
- Math: Greater emphasis on geometry. Includes matrices, algorithms, and deeper math
- Science: Unlike the SAT, there is a science section. Mostly foundational science
- Optional essay

*** Note that there are also test optional schools ***

What Happens When: Twelfth Grade

Fall

- Make sure to READ YOUR EMAILS!
- Meet with counselor to discuss summer, personal priorities, visits and finalize list of 8-10 schools with a range of selectivity or alternative plan
- Draft a timeline of deadlines
- Meet with college representatives, attend fairs, and continue visiting schools
- Take the October SAT or ACT if applicable
- Finalize personal statement and common application
- Complete the FAFSA and/or CSS Profile by early November if applicable
- Complete applications with Nov deadlines if applicable- (ED or EA)
- Request transcript be sent to colleges

What Happens When: 12th Grade (Continued)

December

- Continue working on regular decision applications, usually due in January or February

January

- Be sure that your High School sends your midyear grades
- Check email regularly to monitor application checklists on college websites
- Submit regular decision and/or rolling applications

Spring

- Do not fall into a senior slump! Colleges do request final senior grades
- Once you are accepted, visit the schools you have not seen and revisit
- Decisions are typically due by the beginning of May

Know Yourself and Your Priorities

- Do you want to go?
- Select schools that make sense for who you are, where you will learn best, and where you can get in.
- Common considerations:
 - Finances, Size, Location, Educational Philosophy, Academic program & Majors, Support Services, Campus atmosphere, culture, athletics & activities

How Colleges Evaluate

- Factors that drive admissions decisions
 - Transcript is #1: Demonstrated performance and academic rigor
 - Standardized Testing
 - Essay(s)
 - Extracurricular profile
 - Recommendation Letters
 - Demonstrated Interest
 - All of the above are evaluated within context

Suggested Resources

Reading

- [*The Fiske Guide to Colleges*](#)
- [*Colleges that Change Lives*](#)
- [*Admissions Matters: Less Stress, More Success*](#)

College Fairs & College Search

- www.nacacnet.org
- <https://bigfuture.collegeboard.org/>
- <https://nces.ed.gov/>
- <https://nces.ed.gov/collegenavigator/>

Testing, Financial Aid & Scholarship

- collegeboard.com
- finaid.com
- fastweb.com
- <https://studentaid.ed.gov/sa/fafs>

Test Optional

- <http://fairtest.org/>



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