

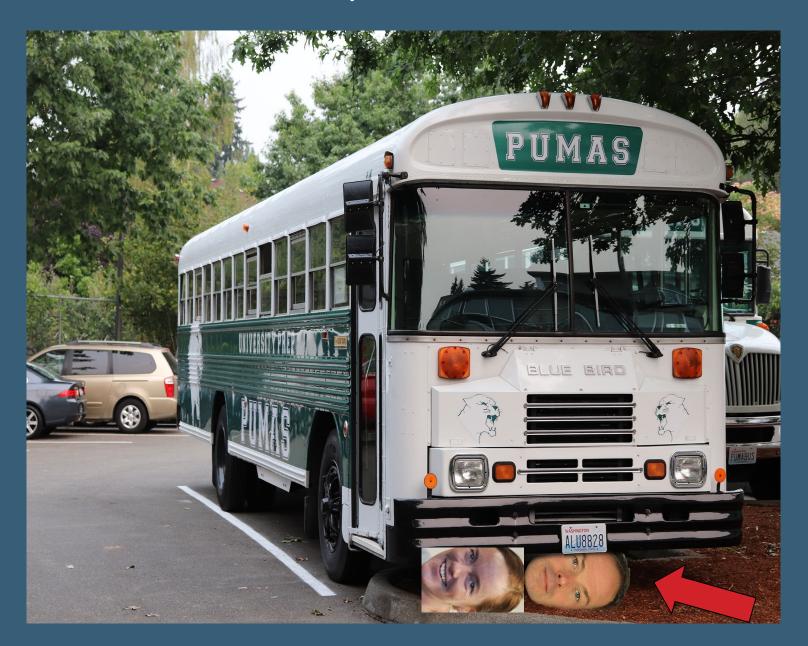


#### SENIOR PARENT COLLEGE NIGHT

Wednesday, September 11th, 2019



#### If Needed: Throw Kelly & Britten Under the Puma Bus



# What kind of adult would you like your son/daughter to be?

Honest when it costs you something up front to be so.

Kind even when it isn't expected.

Able to enjoy the humor inherent to every aspect of life.

Brave enough to make big mistakes.

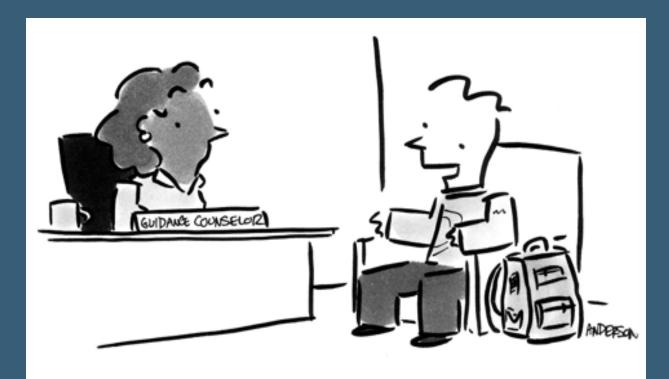
Smart enough to learn from those mistake.

Passionate about people and ideas.

Grateful for small things.

Good, even when no one is watching.

Forgiving of others, but, especially of himself.



"I want to show my colleges I'm well-rounded, so I wrote a poem in Spanish about how chess club has made me a better quarterback."



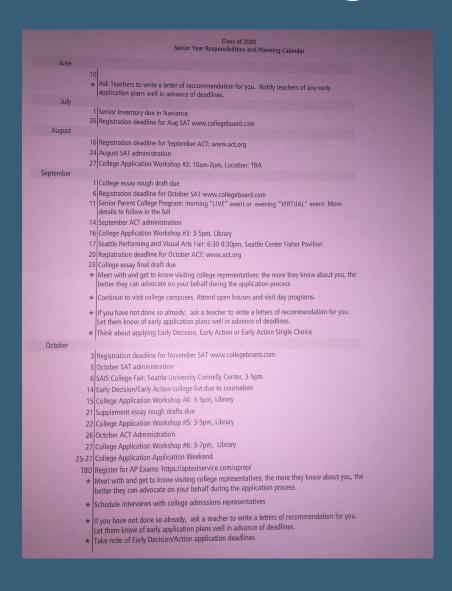
### What's in your College Packet?

- Senior Year College Application Tasks Calendar
- College Handbook
- Copy of your Student's Transcript

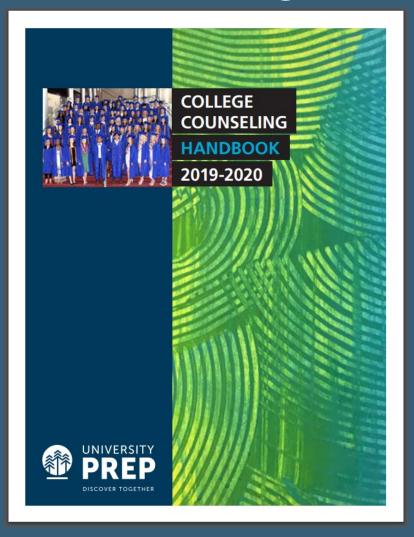




### Senior Year Planning Calendar



## Hot off the press: 2019-2020 College Counseling Handbook



## Table of Contents

#### **CONTENTS**

ANATOMY OF A CANDIDATE	4
COLLEGE SEARCH	5
SCOIR—A Dynamic New Online College	
Counseling Tool	5
SCOIR Student	5
SCOIR Parent	6
Naviance: Getting Started with Family Conne	ection 6
Colleges	6
Careers	6
About Me	7
My Planner	
Book Recommendations: The College Search	
Process	
College Visit	
College Visit Checklist	10
JUNIOR AND SENIOR YEARS	
Junior Year	
Senior Year	11
THE COLLEGE APPLICATION	
Application Options	
Applying to the University of California Syste	
Glossary of College-Related Terms	
Applying to International Schools	15
Applying to the University of Washington	
Applying to the University of Washington Applying to Canadian Schools	16
Applying to the University of Washington	16
Applying to the University of Washington Applying to Canadian Schools	16 16
Applying to the University of Washington Applying to Canadian Schools Teacher Recommendations	16 16
Applying to the University of Washington Applying to Canadian Schools Teacher Recommendations THE COLLEGE ESSAY	16 16 <b>16</b> 18-21
Applying to the University of Washington Applying to Canadian Schools Teacher Recommendations  THE COLLEGE ESSAY Sample Essays	16161618-21
Applying to the University of Washington Applying to Canadian Schools Teacher Recommendations  THE COLLEGE ESSAY Sample Essays SUPPLEMENTS	161618-2122
Applying to the University of Washington Applying to Canadian Schools Teacher Recommendations  THE COLLEGE ESSAY Sample Essays  SUPPLEMENTS THE COLLEGE INTERVIEW	161618-212223
Applying to the University of Washington Applying to Canadian Schools Teacher Recommendations  THE COLLEGE ESSAY Sample Essays  SUPPLEMENTS THE COLLEGE INTERVIEW Why an Interview?	161618-212223
Applying to the University of Washington Applying to Canadian Schools Teacher Recommendations  THE COLLEGE ESSAY Sample Essays  SUPPLEMENTS THE COLLEGE INTERVIEW Why an Interview? Preparing for the Interview	161618-21222323
Applying to the University of Washington Applying to Canadian Schools Teacher Recommendations  THE COLLEGE ESSAY Sample Essays  SUPPLEMENTS  THE COLLEGE INTERVIEW Why an Interview? Preparing for the Interview The Interview	161618-212223232324

ESUME	24
Why a Resume?	.24
Resume Examples	-28
TANDARDIZED TESTING	29
The PSAT	29
The SAT	29
The ACT	29
The Advanced Placement Tests (AP)	29
Important Note Regarding Standardized Testing .	29
Test-Optional Colleges	30
ATHLETICS	30
Athletics and College Admission	
ESOURCES FOR STUDENTS	21
Learning Services	
African American Students	
Artistic Students	
Hispanic/Latino Students	
Jewish Students	34
LGBT Students	34
Muslim Students	35
Native American Students	35
Students with Learning Needs	35
Service Academies	36
INANCIAL AID	37
Steps in the Financial Aid Process	
Financing College	.41
Types of Scholarships	.41
Where to Find Scholarships	42
Additional Financing Options	42
Glossary of Financial Aid Terms	43
MAKING A FINAL DECISION	44
Wait List	44
Making a Final Decision Worksheet	45
Final College Decision Worksheet	46
Book Recommendations: Transitioning from	
High School to College	47

Front Cover Art: Hand-Made Book Cover: Ruth L., Grade 9

### Check out our website!



Middle School

Upper School

College Placement

College Web Links

For College Reps

Naviance

#### **COLLEGE COUNSELING**

When I visited my daughter at college, I saw a young woman able to handle whatever comes her way, who knows where to turn for support, and how to move forward. Thank you, UPrep." Parent of a recent UPrep alumna

core of every interaction in UPrep's College Counseling Office. What many descri the busiest office on campus is frequented by juniors and seniors seeking individu college counseling, parents looking for resources to assist their students in the co planning process, and young alumni excitedly reconnecting with the college

When I visited my daughter at college, I saw a young woman able to handle whatever comes her way, who knows where to turn for support, and how to move forward. Thank you, UPrep." Parent of a recent UPrep

Helping students reach the next stage of their development - adulthood - is at the core of every interaction in UPrep's College Counseling Office. What many describe as the busiest office on campus is frequented by juniors and seniors seeking individual college counseling, parents looking for resources to assist their students in the college planning process, and young alumni excitedly reconnecting with the college counseling staff.

The bottom line is that the College Counseling Office expertly demystifies the college process for our students and their families while simultaneously ensuring that they fare extremely well in their search and selection process. College information nights for juniors and seniors, more than 200 visits from college admissions officers from around Helping students reach the next stage of their development – adulthood – is at tl the country and the world, and expert administration of standardized tests simply add to the many services the office provides.

The results of our students' college admissions results speak volumes about who we are as a school:

- Over the past 5 years, our students have matriculated at 130 different colleges in 33 states and 5 foreign countries. At the 40 colleges that generated the most applications (6 or more UPrep applicants), our Pumas acceptance rate was 60% whereas the overall national acceptance rate was
- · Our diverse student body finds collegiate homes at a robust range of institutions, from Stanford to Syracuse, and from the University of Chicago to
- Although we celebrate our students' college outcomes, what we rejoice in the most is the lives of distinction our Pumas lead post-college. In employment ranging from medicine to the legal field and from education to global affairs, our alumni are forces for good and excellence in their chosen professions

#### College Counseling at

Learn more about our program



#### **Useful Links:**

College Admissions FAQ

College Admission Landscape at UPrep

College Process Overview and Timeline

College Handbook 2019-2020

Gap Years & Spring Admission

Junior Night College Presentation Fall

Junior Parent College Night Winter 2019

Senior Night College Presentation Fall

Senior College Transition Program Spring 2019

Summer Opportunities Handout

AP Registration

# It's "Amnesty Week" in the College Counseling Office

Parent Questionnaire (past due)

We love to meet with you!

www.calendly.com/kherrington -- for Kelly

www.calendly.com/bnelson-3 -- for Britten

# What We Have Been Working On With Your Student

- Senior Inventory (past due)
- Teacher Recommendations
- Essay Drafts (past due)
- Resume (examples in college handbook)
- Common Application
- Signing up to meet with admissions counselors visiting UPrep (sign up in Naviance)
- The UW Application (due November 15<sup>th</sup>)
- Sending SAT and ACT scores directly to colleges

# Colleges are Visiting: You can Access the College Visit List in Naviance

MY COLLEGES  Colleges match	SEPTEMBER  Mon 16  09:00AM	Wheaton College MA  ♥ College Counseling Office	View Details
Colleges Visits  COLLEGE RESEARCH	SEPTEMBER Mon <b>16</b> 09:45AM	Worcester Polytechnic Institute  ♥ College Counseling Office	View Details
College resources  Acceptance history	SEPTEMBER  Mon <b>16</b> 10:35AM	Dartmouth College  ♥ Not Specified	View Details
College match  College Compare  Enrichment Programs	SEPTEMBER Mon <b>16</b> 10:35AM	Northeastern University  ♥ College Counseling Office	View Details
	SEPTEMBER Mon <b>16</b> 01:45PM	Durham University  ▼ College Counseling Office	View Details
	SEPTEMBER Tue <b>17</b> 07:55AM	Willamette University  ♥ College Counseling Office	View Details

# KEY DATES: Seattle Area Independent Schools College Fair



Annie Wright School

The Bush School

Charles Wright Academy

Eastside Prep

Forest Ridge School

The Northwest School

The Overlake School

Seattle Academy

University Prep

Rainier Scholars

## Sunday, October 6

3-5pm: SAIS College
 Fair at Seattle
 University

## SAIS Fair: Sunday, October 14<sup>th</sup> Breakout Sessions! More Info to Follow.







College Financial Planning
Standardized Testing
Women's Colleges 101

#### **KEY DATES:**

## Performing & Visual Arts College Fair



Seattle Performing & Visual Arts College Fair Tuesday, September 17, 2019 6:30 – 8:30 pm Fisher Pavilion at Seattle Center 305 Harrison Street Seattle, WA 98109

# KEY DATES: Four More (Optional) Application Workshops!

Monday, September 16, 3-5pm Tuesday, October 15, 3-5pm Tuesday, October 22, 3-5pm Sunday, October 27, 3-7pm

#### Seniors: Don't forget! There are FOUR MORE upcoming application completion workshops!

Our goal is for you to have your applications completed before Thanksgiving so you can enjoy your holiday (we want to enjoy ours, too). If you're applying early (EA or ED), we recommend getting your applications finished before Halloween!

#### Workshops #3, #4, #5: Afterschool Specials

Monday, September 16, Tuesday, October 15, and Tuesday, October 22:

after school, 3pm to 5pm in the U Prep Library

We know many of you have athletic practice and can't join us — no big deal.

But if you can make it, we'd love to see you there!

(Final) Workshop #6: Get it All Done Sunday

Sunday, October 27: 3pm to 7pm in the U Prep Library

Complete your University of California applications (due November 30)
Complete your University of Washington application (due November 15)
We'll provide pizza!

Get. It. Done.

\* Common Application Completion \* Sending SAT and ACT scores \* Finalizing Essays & Supplements \*

Working on non-common applications

# How do students inform the College Office of their final college lists?

- Hand in a printed list, which student's sign, from their "Schools I'm Applying To" page in Naviance.
- Please remember that we automatically send a copy of a student's transcript with all secondary school reports.
- Please remember that we automatically send a seventhsemester (mid-year) transcript as well to all colleges.

# Deadlines to Notify the College Office About Early and Regular Decision Applications!

Early Admission Policies:
Monday, October 14<sup>th</sup>
Regular Decision:
Monday, December 2<sup>nd</sup>

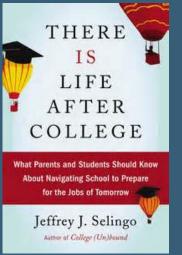


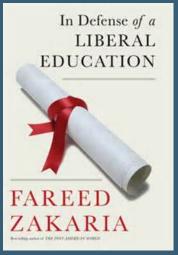
College Transition Night Wednesday, March 11<sup>th</sup>

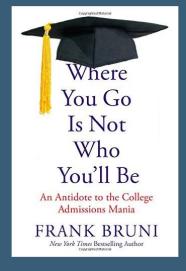
(This is for both students and parents)

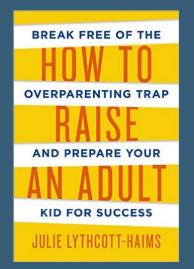
### **Parting Thoughts**

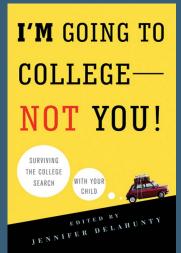
- Try to feel buoyed by the variety of options ... rather than oppressed by competition.
- Keep the application process in context.
- "Bend but don't break; stretch but don't snap"
- We are in this together.
- Details and deadlines are important.
- Ask questions and meet with Kelly and Britten.











## A Special Thank You To:

Our 12<sup>th</sup> Grade Parent Reps:

Kelly Arron, Marc Colando, Sheryl Hudson