

Introduction to Post-High School Planning

April 2021



Staples High School Guidance Department

Post-High School Options

- Apprenticeship Training Programs
- Community Colleges/Two-Year Colleges
- Employment
- Four-Year Colleges & Universities
- Gap Year
- Military
- Post-Graduate Year
- Technical/Vocational Schools

Staples strongly supports students interested in pursuing any of the above pathways.

What Colleges Consider

- High school courses
- Grades
- Standardized test scores
- Personal essay
- Counselor and teacher recommendations
- Work/extracurricular activities/talent
- Personal qualities and character
- Other factors (ex. demonstrated interest, institutional priorities, legacy)

Staples HS Transcript

Student Transcript
Staples High School
 70 North Avenue Westport, CT 06880
 (203) 341 - 1200
 Accreditation: NEASC/CIEB Code: 070920

Student Name: _____
Birth Date: _____
Address: Westport, CT 06880

Student ID: _____
State ID: _____
Gender: 10
Grade: 10

| Course | Grade | Credit | Course | Grade | Credit | Current Year Courses |
|-----------------------------|-------|--------|--------|-------|--------|---------------------------|
| 18-20 Staples High School | A | 0.25 | | | | ENGLISH 2A |
| SOPH. CO-OP. ACTIVITIES | A+ | 0.25 | | | | ADV. JOURNALISM |
| SOPH. TEAM ACTIVITIES | | | | | | GEOMETRY A |
| 18-19 Staples High School | A- | 1.00 | | | | CHEMISTRY B/LAB |
| INTRO. TO JOURNALISM | A- | 0.50 | | | | U.S. HISTORY |
| ALGEBRA 1A | A- | 1.00 | | | | SPANISH 1A |
| BIOLOGY A + LAB | B+ | 1.00 | | | | SOPH. WELLNESS |
| CALCULUS/ TRIGON. A | A- | 1.00 | | | | SOPH. CO-OP. ACTIVITIES |
| SPANISH 2A | A | 1.00 | | | | SOPH. TEAM ACTIVITIES |
| CULTURE 1 | A | 0.50 | | | | SOPH. LIFETIME ACTIVITIES |
| FR. HEALTH | A | 0.25 | | | | |
| FR. MIND & BODY FIT | A | 0.25 | | | | |
| FR. RECREA. | A | 0.25 | | | | |
| FR. AQUATICS | A | 0.25 | | | | |
| 18-19 Bedford Middle School | A- | 0.00 | | | | |
| SPANISH 1 | | | | | | |

Both GPAs are listed

Cumulative GPA and Credit Summary

Unweighted GPA: 3.72
 Weighted GPA: 3.72
 Total Earned Credits: 7.50

Graduation Date: _____

Stephen W. Thomas
 School Official's Signature

03/12/2020
 Date

- Includes final grades and credit in completed courses and list of current courses
- Class of 2023: **Unweighted GPA** and **Weighted GPA** (both include grades in all courses taken at Staples; see chart in Student Handbook, Program of Studies, or School Profile)
- GPAs on transcript are cumulative
- Many colleges recalculate GPA

Staples HS Report Card

| Course | Teacher | Q1 | Q2 | E1 | S1 | Q3 | Q4 | E2 | S2 | Final |
|-------------------------|-------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
| | | Grade | Grade | Grade | Grade | Grade | Grade | Grade | Grade | Grade |
| ENGLISH 9 HONORS | Colletti-Houde, Heather | B+ | A | | A- | | | | | |
| ALGEBRA 1 A | Giuliani, Nicole | B | A | | B+ | | | | | |
| BIOLOGY A + LAB | Wirkus, Heather | A- | A- | | A- | | | | | |
| GLOBAL THEMES HONORS | Ogunkoya, Wole | A- | B+ | | B+ | | | | | |
| SPANISH 2 A | Manoff, Margaret | A+ | A | | A | | | | | |
| TREBLE CHORUS | Rosenberg, Luke | A+ | A+ | | A+ | | | | | |
| FR. HEALTH | Shamas, Kelly | A | | | | | | | A | .25 |
| FR. AQUATICS | Doornweerd, Jeffrey | | A+ | | | | | | A+ | .25 |
| THEATER 1: ACTING FUND. | Roth, David | A- | A | | A- | | | | | |

Quarterly GPAs (Unweighted)

Q1: 3.71 First Honors
 Q2: 3.93 First Honors
 Q3:
 Q4:

Refer to PowerSchool for the cumulative GPAs.

Report Cards reflect unweighted GPAs for each quarter and are NOT cumulative.

PSAT

PSAT 10

- Results available now through College Board account and Naviance
- See email for information about how to interpret results and College Board resources
- Not used in the college admission process

Grade 11 PSAT/NMSQT

- Registration in September
- Test administered in October
- Two scores:
 - Evidence-Based Reading and Writing
 - Mathematics
- Not used in the college admission process

SAT and ACT

- SAT and ACT may be used in admission process; growing number of colleges are test-optional
- All juniors are required to take state administered SAT in the spring during the school day
- SAT and/or ACT generally taken 2-3 times in the spring of junior year/fall of senior year

See email for link to our College Admission Testing Presentation Webinar recording!

Special Considerations

- Athletics
- Visual & Performing Arts
- U.S. Service Academies
- Programs for students with learning differences

See email for links to the recordings and handouts from webinars related to athletics, the arts, and students with learning differences.

The Cost of College

- Family conversation about finances considering full, four-year cost of college
- Use [Net Price Calculators](#) to determine likelihood of receiving financial aid
- Most scholarships/merit aid funded by colleges themselves
- Students are most likely to receive merit aid at colleges where they are in in top 25% of applicants

Junior Year Timeline

October

- PSAT/NMSQT

November/December

- Naviance College Search classroom lesson with school counselors
- Naviance Parent Workshop
- Connections check-ins

January/February

- Post-High School Planning Night for Juniors and Families
- Understanding Financial Aid and Paying for College
- Individual junior family appointments begin

March/April

- State required SAT
- Request teacher recommendations
- Programs for specialized populations (arts, athletics, students with disabilities)

May/June

- Standardized testing
- College Admission Panel
- Post-High School Planning classroom lessons with school counselors
- College essay and application workshop
- Job shadow experience

Senior Year Timeline

First Semester

- College Application Presentation for parents
- College application Connections lessons and workshops with school counselors
- College representative visits
- Financial Aid Application Presentation

Second Semester

- Students work individually with school counselors
- Scholarships
- Transition to college programs for seniors
- Senior Internship

How To Help Foster a Healthy Post-High School Planning Process

- Value your child for who he/she is
- Encourage your child to thrive in appropriately challenging courses
- Help your child choose experiences and activities that are enjoyable – quality NOT quantity
- Be the calming force for your child
- Model appropriate responses and consider stumbling blocks as an opportunity to grow
- Support healthy technology use
- Keep your child's information private

Post-High School Planning Resources

- College Admission Panel - Thursday, May 20 (check email for links to other webinar recordings)
- Naviance
- SHS Guidance - Class of 2023 Schoology class
- SHS Guidance website
- College and Career Center
- Check out our Guidance Library books
- Read your email for important updates and information
- Follow us on social media:

 [stapleshighschool_counseling](https://www.instagram.com/stapleshighschool_counseling)

 [SHS_Counseling1](https://twitter.com/SHS_Counseling1)

Thank you for joining us!



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