

# COLLEGE COUNSELING SERVICES & RESOURCES

## ACADEMIC ADVISING

Course selection for specific interests and majors, extracurricular involvement, and time management.

## PREVIEW TO TESTING EVENING

An event to better acquaint sophomore and junior students and their parents with the purposes and timing behind the PSAT, SAT, SAT Subject Tests, and the ACT.

## THE COLLEGE PROCESS 11: VOICE AND VISION

A semester-long course taken by all juniors in which students learn about the educational choices involved in finding colleges that are a good fit for their individual talents, accomplishments, and learning styles; types of colleges, majors, and general education programs; and, reading and evaluating applications.

## COLLEGE KICKOFF

Junior students and parents hear from second-semester seniors and parents about highlights of the college application process. Topics include: testing, letters of recommendation, essays, visiting colleges, and interviewing.

## CIRCLE GROUPS

Seniors lead small-group, lunchtime discussions with juniors during the spring. By providing peer mentors, the program promotes a healthy approach to the application process, encouraging juniors to be self-reflective while exploring a range of options and ideas.

## CASE STUDIES EVENING & COLLEGE FAIR

Students and parents are invited to act as members of a mock admission committee in a simulation led by 45 deans and directors from the country's most selective colleges and universities. Participants learn firsthand about the importance of the transcript, letters of recommendation, essays, and testing in the admission process. The evening concludes with a college fair.

## INDIVIDUAL AND FAMILY MEETINGS

Personalized discussions and support for every aspect of the college admission process with students and parents.

## LETTERS OF RECOMMENDATION

Counselors assist students in determining strong and relevant academic, athletic, community service, work, and special talent references.

## COLLEGE OPPORTUNITIES

Exposure to scholarship opportunities, special diversity programs, local informational sessions, summer opportunities, and educational programs offered at colleges and universities year-round.

## JUMP START WORKSHOP

A week-long intensive program offered prior to the start of senior year. Through self-reflective exercises, as well as essay and résumé workshops, participants uncover their personal narrative and have a strong, rough draft essay and a completed résumé at the conclusion of the workshop.

## SENIOR PARENT NIGHT

A parents-only event to learn how to support your senior in the college process, as well as how the College Counseling Team helps families navigate and manage applications and outcomes.

## THE COLLEGE PROCESS 12: YOUR CHOSEN PATH

A semester-long course taken by all seniors that helps students navigate the college application process. Significant emphasis is placed on application logistics: finalizing recommendations, working on essays and short-answer questions, preparing for interviews and college visits, completing applications, and applying for financial aid and scholarships.

## COLLEGE REPRESENTATIVE VISITS

Admission officers representing more than 130 colleges and universities from the United States and abroad visit the Westridge campus annually. Students meet individually or in small groups with representatives to learn more about their institutions as well as their admission process.

## COLLEGE ANALYSIS

Guidance toward developing a thoughtful prospective college list taking into consideration academic, financial, and personal fit.

## HANDS-ON ESSAY SESSIONS

Individual meetings with college counselors and teachers to assist in the development, structure, and completion of essays, short answers, and supplementary materials.

## INTERVIEW PREPARATION

Students learn about the interview process in The College Process 12 class and in a dedicated workshop. They

practice interviewing both in seminar and in individual meetings to prepare for college admission interviews.

## HANDS-ON APPLICATION WORKSHOPS

The College Counseling team leads sessions on completing the Common Application and the University of California Application.

## FINANCIAL AID WORKSHOPS

Instruction and guidance offered by a college financial aid expert on how to navigate the process by completing the Free Application for Federal Financial Aid (FAFSA) as well as the CSS Profile. Information on scholarships, grants, and loans is also provided throughout the year.

## APPLICATION SUPPORT MATERIALS

The College Counseling team coordinates the submission of items such as the secondary school report, counselor and teacher recommendations, school transcript and profile, mid-year report, and final transcript to every college, university, or scholarship requested.

## COLLEGE CONVERSATIONS

Seniors speak with members from the most recently graduated class who return to campus during Homecoming to discuss their transition to college at their respective schools.

## DO DROP INN

No question is too big or small at our regularly scheduled online community gatherings. Here, students and their parents ask questions of the College Counseling Team regarding the college application process, and receive immediate answers. Stay for the entire hour, or just "drop in" to get all of your questions answered in this fun and casual format.

## COLLEGE CONNECTIONS

Hosted in partnership with Alumnae Affairs, the College Connections Parade and Fair gives families an opportunity to talk to recent alumnae about their college or university. Current seniors are also present to talk about their college process and outcome. Additionally, Westridge faculty, staff, and administrators are on hand to help expand students' "college knowledge" in a fun-filled atmosphere.

## NEXT STEPS

Workshops for seniors and their parents to provide instruction and conversation starters on topics that are often an afterthought in the college process. This three-part series includes conversations with deans of students and directors of admission from colleges and universities regarding navigating new friendships, accessing resources, and adjusting to living on your own. Other sessions cover topics such as laundry, healthy living, and finances.