

Princeton High School

EARLY COLLEGE PLANNING NIGHT
9TH AND 10TH GRADE

December 7, 2020



LET'S START WITH GRATITUDE

Research shows that gratitude can:

- ◊ Help you make friends
- ◊ Improve your physical health
- ◊ Improve your psychological health
- ◊ Enhance empathy and reduces aggression
- ◊ Improve your sleep
- ◊ Increase in mental strength

<https://positivepsychology.com/gratitude-exercises/>

WELCOME & INTRODUCTIONS


- ❖ Dana Karas, Supervisor of Counseling K-12
- ❖ School Counselors:
 - ❖ Tom Filippone
 - ❖ Corinne Santarpia
 - ❖ Paul Song
 - ❖ Rebecca McEvoy
 - ❖ Adam Rothschild
 - ❖ Reyhan Garcia
 - ❖ Meghan Brennan
- ❖ Nipurna Shah, College & Career Counselor
- ❖ Diana Lygas, Dean of Students
- ❖ Dr. Andrea Dinan, Service Learning Director
- ❖ Michelle Simborski, Student Assistance Counselor

AGENDA

- ❖ Why Plan Early?
- ❖ Timeline for Freshman and Sophomores
- ❖ What factors colleges consider for applications?
- ❖ 4-year course planning
- ❖ Standardized Testing
- ❖ Extracurricular Activities
- ❖ Summer Plans
- ❖ Searching & Visiting
- ❖ Exploring careers and colleges
- ❖ Paying for College

WHAT IS HIGH SCHOOL?



The background is a solid teal color with a subtle, darker blue abstract pattern on the left side. Thin, light green geometric lines are drawn across the image, forming a series of connected triangles and polygons, some of which are partially cut off by the edges of the frame.

“Success is liking yourself, liking what you do, and liking how you do it.”

– Maya Angelou

WHY PLAN EARLY?

- ❖ Helps develop a roadmap through high school
- ❖ Gives an insight into the admission and application process
- ❖ Allows time to research and visit postsecondary options
- ❖ Build relationships with teachers, counselors, staff
- ❖ Early planning = less stress in senior year

EARLY PLANNING TOOLS

- ❖ Organization
- ❖ Who am I?
- ❖ An open dialogue between: the student, parents, counselor
- ❖ A positive and realistic mindset

9TH GRADE TIMELINE

- ❖ Meet with your school counselor
- ❖ Create a 4-year plan
- ❖ Get involved and brainstorm what you might be interested in outside the classroom
- ❖ Explore careers and majors
- ❖ Discuss college finances
- ❖ Explore summer opportunities
- ❖ Start documenting your activities/involvement/accomplishment in a resume

10TH GRADE TIMELINE

- ❖ Meet with your school counselor
- ❖ Update your 4-year plan
- ❖ Evaluate activities, stay involved
- ❖ Continue to explore careers and majors
- ❖ Read, Read, Read
- ❖ Explore summer opportunities
- ❖ Plan a college visit
- ❖ Continue to document activities, leadership, volunteer

POSTSECONDARY OPTIONS

- ❖ 4-year college
- ❖ 2-year college (community college)
- ❖ Technical School
- ❖ Apprenticeship
- ❖ Certification Programs

WHAT FACTORS DO COLLEGES CONSIDER FOR ADMISSION?

- ❖ Grades and your GPA
- ❖ Strength of curriculum
- ❖ Standardized Testing**
- ❖ Extracurricular Activities
- ❖ Personal Essays/Writing

Grades in
academics
+ strength of
curriculum
=
Most
important
factors in
college
admissions

4-YEAR COURSE PLANNING

- ❖ Rigor is different for each student
- ❖ Strive to take core academic classes all four years
- ❖ Transcript should lean toward academic major, if known
- ❖ Progress through academic levels if applicable and create a balance in your schedule
- ❖ Adjust, modify, reflect, rethink based on what's right for you!

4-YEAR COURSE PLANNING CONT'D

- ❖ PHS Scheduling begins approximately in February
- ❖ Review the Program of Studies (POS) to get familiar with course offerings
- ❖ Familiarize yourself with the prerequisite requirements of a course in the POS before signing up
- ❖ Talk to other students, teachers, or counselors to understand the rigor of an AP or accelerated course
- ❖ Balance, Balance, Balance is important!

4-YEAR COURSE PLANNING CONT'D

STANDARDIZED TESTING



Entrance exam for colleges administered by the ACT organization

- ❖ Either test is widely accepted for college admissions
- ❖ Many colleges/universities have gone test optional for this year (class of 2022)
- ❖ Applications are being reviewed holistically with focus on qualitative information instead of testing (letters of recommendation, essays, activities)
- ❖ fairtest.org provides a list of all test optional schools



Entrance exam for colleges administered by the College Board

*Test Administered
by College Board*

- ❖ PSAT
- ❖ SAT
- ❖ AP

ATHLETICS

CLUBS

*Quality
over
Quantity*

EXTRACURRICULAR ACTIVITIES

*What are
your
passions/i
nterests?*

SUMMER PROGRAMS

VOLUNTEER

EMPLOYMENT

WHAT TO DO IN THE SUMMER?

- ❖ Take some time to relax, rejuvenate and breath
- ❖ Think about participating in a meaningful activity
 - ❖ Work-paid or unpaid
 - ❖ Volunteer (dosomething.org)
 - ❖ Take a course (financial literacy),
 - ❖ Free online classes called MOOC's--Coursera, Khan Academy, edX)
 - ❖ Create your own project
- ❖ Many colleges offer summer programs on campus
 - ❖ Attending a program on a college campus does not mean a student has a greater chance of admission
 - ❖ The benefit is the experience gained
 - ❖ Look for programs in your area of academic interest

WHERE DO I BEGIN MY RESEARCH?

- ❖ Naviance
- ❖ College websites, virtual visits
- ❖ CollegeBoard, Princeton Review, Fiske, Peterson's, Colleges That Change Lives books
- ❖ Familiarize yourself with the college vocabulary:
(<https://www.nacacfairs.org/learn/prep/useful-college-admission-terms/>)
- ❖ Talk to people: past grads, counselors
- ❖ CampusReel (campusreel.org)
- ❖ College Scorecard-US Dept. of Education
(<https://collegescorecard.ed.gov/>)

NEW JERSEY COLLEGE/UNIVERSITY VISITS



New Jersey Colleges

NJ has a broad range of different colleges including: large research, technical, liberal arts



Stevens Institute of Technology

Research university, private, technical



The College of New Jersey (TCNJ)

Small public liberal arts university

Rutgers University

New Jersey's state university, large public research university



EXPLORING MAJOR & CAREERS

Naviance

- ❖ Career cluster finder
- ❖ Career Interest Profiler Assessment

College Board Major & Career Search

- ❖ <https://bigfuture.collegeboard.org/majors-careers>

Occupational Outlook Handbook

- ❖ US Bureau of Labor Statistic
- ❖ <https://www.bls.gov/ooh/>

Shadow/Intern /Volunteer

- ❖ provides practical experience in a potential field of interest

PAYING FOR COLLEGE



Early Estimates

- ❖ Federal Student Aid Estimator:
<https://studentaid.gov/aid-estimator/>
- ❖ Net Price Calculator

FAFSA

- ❖ Free Application for Federal Student Aid: <https://studentaid.gov/>

Scholarships

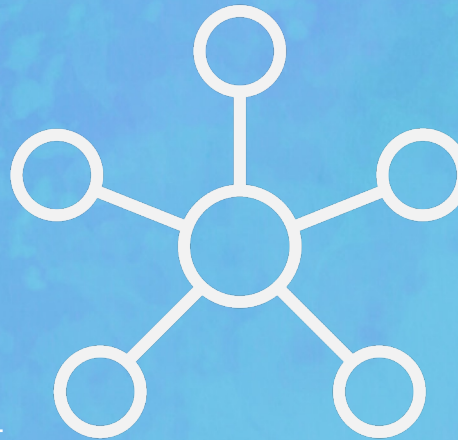
- ❖ Naviance
- ❖ fastweb.com
- ❖ goingmerry.com

CSS Profile

- ❖ Institutional funds for private colleges

Financial Aid Night

- ❖ Usually in October/November



COLLEGES & UNIVERSITIES ACROSS THE US



- ❖ Over 4,00 degree granting colleges/universities
- ❖ Over 1,500 2-year colleges
- ❖ Keep an open mind
- ❖ Find the right fit
 - ❖ Academic fit
 - ❖ Social/Environment fit
 - ❖ Financial fit

HOMework FOR STUDENTS & PARENTS 😊

STUDENTS

On Naviance complete:

- ❖ Learning Styles Inventory
- ❖ Strengths Explorer
- ❖ Career Interest Profile
- ❖ Check messages on Naviance/Canvas



PARENTS

On Naviance complete:

- ❖ Have your child add you to Naviance for a parent account
- ❖ Check messages on Naviance/Canvas

HELPFUL RESOURCES

Accessing Naviance: <https://tinyurl.com/AccessNaviance>

How College is Different From High School: <https://tinyurl.com/CollegeversusHighSchool>

The Right Way to Choose a College (WSJ Article): <https://tinyurl.com/ChooseACollege>

PHS Program of Studies: <https://tinyurl.com/PHSPOS>

Questions?

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THANKS!

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