

# Princeton High School

JUNIOR COLLEGE PLANNING NIGHT

February 16, 2022



# 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

- ❖ Year in Review
- ❖ College Admission Trends
- ❖ Postsecondary Options
- ❖ College Planning Tools
- ❖ Exploring Majors & Careers
- ❖ Where Do I Begin My Research?
- ❖ Factors in Admissions
- ❖ Developing a Well-Rounded List
- ❖ Admission Plans
- ❖ Standardized Testing
- ❖ Visits
- ❖ Letters of Recommendation
- ❖ College Essays
- ❖ Extracurricular Activities
- ❖ Athletics
- ❖ Senior Schedule
- ❖ Paying for College



# YEAR IN REVIEW: 2020

- ❖ College Matriculations
- ❖ College Trends
- ❖ What does this mean for the class of 2022 and 2023?

# PHS APPLICATIONS

## Class of 2021

Boston University	75
Brown University	72
Columbia University in the City of New York	86
Cornell University	94
New York University	101
Northeastern University	82
Princeton University	90
Rutgers University-New Brunswick	208
University of Michigan-Ann Arbor	77
University of Pennsylvania	99

## Class of 2022

Boston University	90
Brown University	82
Columbia University in the City of New York	81
Cornell University	98
New York University	103
Northeastern University	117
Princeton University	106
Rutgers University-New Brunswick	175
University of Michigan-Ann Arbor	87
University of Pennsylvania	94



# CURRENT TRENDS IN COLLEGE ADMISSIONS 2022

- ❖ Large application pools will continue to be a new “normal”
- ❖ Admit Rates will remain low at top colleges
- ❖ AP Tests will likely play a bigger role
- ❖ DEI policies are a priority for top colleges
- ❖ Personal essays and supplemental essays will continue to play a significant role

# CURRENT TRENDS IN COLLEGE ADMISSIONS 2022

- ❖ Submitting a high SAT/ACT score can help in most cases
- ❖ Passion projects are important if they relate to the narrative of your story
- ❖ Return of sports and recruitment
- ❖ More efficiency in college admissions process due to technology



# POSTSECONDARY OPTIONS



4-year college



2-year college  
(community college)



Technical school



Apprenticeship

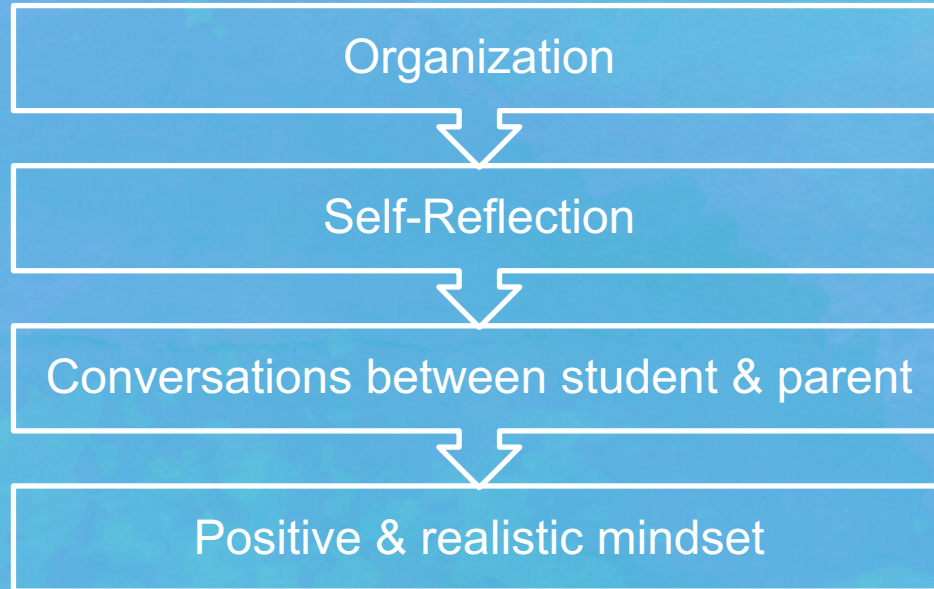


Certification Program



Gap Year

# COLLEGE PLANNING TOOLS





# 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

# WHERE DO I BEGIN MY RESEARCH?

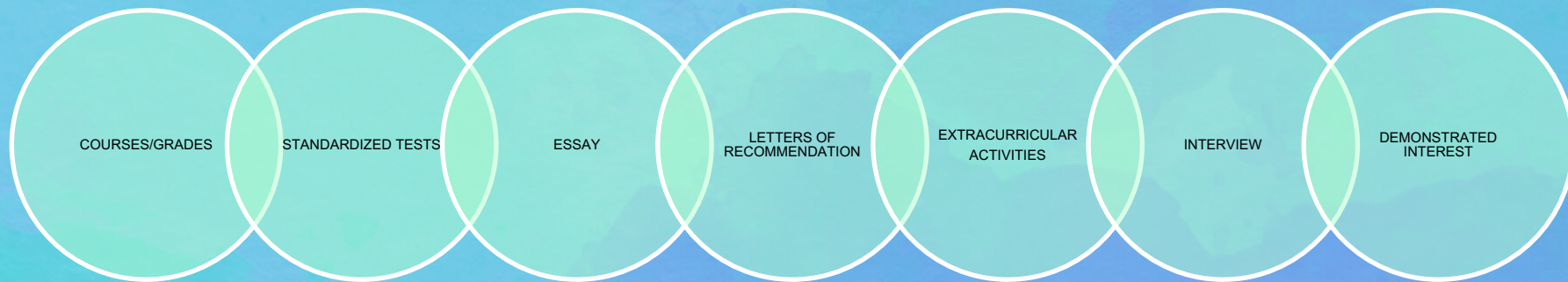
- ❖ Naviance
- ❖ College websites, virtual visits
- ❖ CollegeBoard, Princeton Review, Fiske, Peterson's, Colleges That Change Lives books
- ❖ Familiarize yourself with the college vocabulary  
<https://tinyurl.com/CollegeVocabulary>
- ❖ Talk to people: past grads, counselors
- ❖ CampusReel ([campusreel.org](https://campusreel.org))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



# 8 THINGS YOU CAN DO NOW AS A JUNIOR TO PREP FOR COLLEGE

1. If you haven't had a chance to explore the various modules in Naviance including the Career Interest Profiler (under Careers, Explore Careers and Interests) or Find your Fit (under Colleges), I would encourage you to do so.
2. Finish Junior year with strong grades. When you apply to college in the fall, the second semester of junior year will be the final grades you will report on your application.
3. Visit nearby colleges to get a feel for what size, location, and type of school interests you. (Rutgers, TCNJ, Rider, Temple, NYU are just a few of the colleges in our regional area). Many colleges may not be hosting formal tours, but even an informal visit may provide insight on the community & culture of the college.
4. Visit [campustours.com](http://campustours.com) or [campusreel.org](http://campusreel.org), or [unigo.com](http://unigo.com) to take virtual visits or get crowd sourced videos on what it's like to be on a college campus.
5. Understand what admissions entails. Visit the admissions requirements pages for colleges you may be interested in applying too. If you are applying to specialized programs for music, art or architecture, be sure to take note of portfolio requirements.
6. If you haven't had a chance to write down all of the activities you've been involved with in high school, now is a great time to start. Having this list or resume of extracurriculars will be helpful when you're filling out the activities section of your college applications in the summer.
7. Start thinking about your college essay. The 2022-2023 Common Application prompts have been released. Start brainstorming which prompt you might want to write about.
8. Start working on your student and parent brag sheets so your counselors will be ready to write your letters of recommendations.

# WHAT FACTORS DO COLLEGES CONSIDER FOR ADMISSION?





DEVELOPING A  
WELL-ROUNDED  
COLLEGE LIST

Probable

Target

Reach

FIND YOUR FIT

Academic



Financial



Social

# ADMISSION PLANS

## REGULAR DECISION

- Submitting applications late/fall early winter
- January 1 deadline
- Decision in late March/early April

## ROLLING ADMISSIONS

- No hard deadline
- As soon as they get application they read and decide

## EARLY DECISION

- Binding
- Contract
- Nov. 1
- Decision by end of December
- Only allowed to apply to 1 college

## EARLY ACTION

- Applications due by November 1, 15
- Decisions usually by late December/Early January

## SINGLE CHOICE RESTRICTIVE EARLY ACTION

- Apply earlier
- Decision released early
- November 1 or November 15
- Southern schools October 15
- Not binding
- May not file another EA application-except public school



# 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, Class of 2023 is TBD)
- ❖ 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
- ❖ SAT Subject Test\* (no longer being utilized)
- ❖ AP

# COLLEGE/UNIVERSITY VISITS



## New Jersey Colleges

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



## Social Media/YouTube

## Virtual Visits

[campustours.com](http://campustours.com)  
[campusreel.org](http://campusreel.org)  
[youvisit.com](http://youvisit.com)



Go beyond the script; spend extra time on campus



# LETTERS OF RECOMMENDATION



# WRITING THE COLLEGE ESSAY

Common Application Essay prompt  
for 2022-2023 released

First Draft in spring/summer

Proof Read/Review

Supplemental Essays

“Writing your Story”  
{Presentation-April 2021}





ATHLETICS

CLUBS

*Quality  
over  
Quantity*

## EXTRACURRICULAR ACTIVITIES

*What are  
your  
passions/  
interests?*

SUMMER PROGRAMS

VOLUNTEER

EMPLOYMENT

REGISTER WITH NCAA  
([eligibilitycenter.org](http://eligibilitycenter.org))

PROSPECTIVE STUDENT ATHLETE  
QUESTIONNAIRES

# ATHLETICS

VOLUNTEER

APPROVED COURSE LIST  
ON NCAA ELIGIBILITY SITE



# SENIOR YEAR SCHEDULING

Continue with  
academic rigor



Requirements vs.  
Electives



Check admission  
requirements of college

# PAYING FOR COLLEGE



## Early Estimates

- ❖ Federal Student Aid Estimator
- ❖ Net Price Calculator

## FAFSA

- ❖ Free Application for Federal Student Aid (federal government aid)

## Scholarships

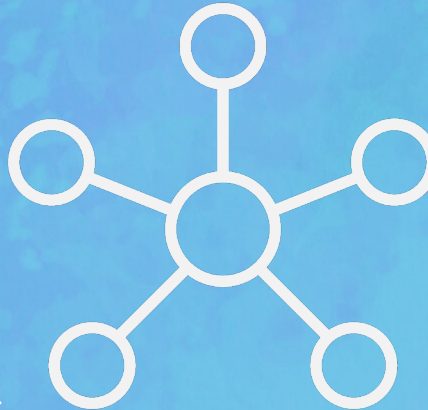
- ❖ Naviance
- ❖ fastweb.com
- ❖ goingmerry.com
- ❖ Collegeboard scholarship search

## Financial Aid Night

- ❖ Usually in October/November

## CSS Profile

- ❖ Institutional funds for private colleges





## JUNIOR YEAR PLANNING CALENDAR

### January-March

- ❖ Complete Naviance career interest profiler
- ❖ Explore colleges on Naviance search tool & start building a college list
- ❖ Complete Junior College Planning Survey
- ❖ Set up an appointment with Mrs. Shah
- ❖ Attend virtual visits
- ❖ Attend Junior College Planning Evening
- ❖ Create a testing plan for ACT/SAT
- ❖ Prepare for challenging senior year classes

### April-June

- ❖ Ask teachers for recommendation letters
- ❖ Attend the college fair (April 2022)
- ❖ Register for the NCAA if considering Division I or II sports
- ❖ Take an ACT or SAT
- ❖ Take AP tests
- ❖ Finish with strong grades
- ❖ Complete student & parent brag sheets

### Summer

- ❖ Work on college essay
- ❖ Update resume/activities
- ❖ Start working on college applications
- ❖ Prepare for interviews
- ❖ Continue with visits (virtual)
- ❖ Get advice from other college students

# COLLEGES & UNIVERSITIES ACROSS THE US



- ❖ Over 4,000 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



# PRINCETON HIGH SCHOOL

## COLLEGE & CAREER PROGRAMMING

### *11<sup>th</sup> and 12<sup>th</sup> GRADE*

Individual  
Meetings

College Planning  
Nights

College Fair

Classroom  
Presentations

College Visits

Junior College  
Panel

### *9<sup>th</sup> and 10<sup>th</sup> GRADE*

Early College  
Planning Night

Naviance  
Assessments

Naviance College  
Exploration Tools

### *ALL GRADES*

Financial Aid  
Night

Career Exploration  
Lessons

# HOMEWORK FOR STUDENTS & PARENTS 😊

## STUDENTS

On Naviance complete:

- ❖ SuperMatch
- ❖ Add college to “College I’m thinking about”
- ❖ Career Interest Profile
- ❖ Check messages on Naviance
- ❖ Check messages on Canvas



## PARENTS

On Naviance complete:

- ❖ Sign up for a Naviance account
- ❖ Check messages on Naviance
- ❖ Check messages on Canvas



# HELPFUL RESOURCES

Logging Into Naviance (under News section): <https://tinyurl.com/LoggingintoNaviance>

The Right Way to Choose a College: [www.tinyurl.com/TheRightWayToChooseACollege](http://www.tinyurl.com/TheRightWayToChooseACollege)

How College is different from High School: <https://tinyurl.com/CollegevsHS>

Care Counts in Crisis: <https://tinyurl.com/CareCountsInCrisis>

Naviance College Search Guide: <https://tinyurl.com/CollegeSearchReferenceGuide>

College Board College Search: <https://bigfuture.collegeboard.org/college-search>

Naviance Exploring Career Interests Guide: <https://tinyurl.com/ExploringCareerInterests>

Do you have any questions?

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# THANKS!

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