



JUNIOR JUMPSTART

College and Career Planning for Students and Parents



HEAD TO OUR SCHOOL COUNSELING WEBSITE TO STAY UP TO DATE:
www.wlake.org/our-schools/westlake-high/counseling

JUNIOR JUMPSTART

CHECKLIST:

 **NOTE:**
STUDENTS MUST LOGIN INTO NAVIANCE
VIA CLASS LINK



Complete SuperMatch

1. Go to the 'Colleges' tab in Naviance.
2. Under 'Colleges' & the 'Find My Fit' select, SuperMatch.
3. Research matches & add to your 'Colleges I'm Thinking About' list.

Career Cluster Finder

1. Click on the "Self Discovery" tab at the top of the page
2. Click "Career Cluster Finder"
3. Scroll to the bottom, and click "Start Assessment"
4. While on the final page of the survey, click on the "results" box on the lower right
5. Explore your list of "Your Top Clusters" which identify career fields that fit you best
6. Click on the plus sign and "Add" each cluster to your list so you can save them to your Naviance profile
7. Take some time to click on each "Career Cluster" and read about the tasks you perform while on the job, salary credentials/training, possible majors, & related careers.
8. Complete Google Survey.

Update Resume

1. Go to 'About Me' in Naviance
2. Select, 'Resume'
3. Update by selecting the red + sign

CONSIDERATIONS FOR JUNIOR YEAR

1. Join the counselors' Google Classroom for the Class of 2023 for quick access to many helpful resources!
2. All WHS juniors take the SAT on **March 2** at no cost. Any additional SAT or ACT testing registration should be planned for during the summer and/or early fall testing dates.
3. Don't miss the **Virtual College Night on March 2** where the WHS counselors are joined by a panel of guest speakers from public, private and community colleges. There is a brief presentation with an overview of the application process followed by a Q&A with college admissions representatives.
4. If students anticipate applying with test scores, it is beneficial to enter their senior year with two sets of test scores for the ACT and/or SAT before they begin the college application process.
5. Go online to collegeboard.org for SAT and actstudent.org for ACT to sign up for the tests. Registration deadlines are about a month before the exam date.
6. Test Prep: Remember, after the PSAT we linked your College Board (PSAT) account to [Khan Academy](https://www.khanacademy.org) for a **free, prescriptive** test-prep guide specific to your academic areas of challenge. Visit the [counseling page](#) for more test prep.
7. **Students considering the Armed Forces should take the ASVAB.** While the ASVAB is required for students who are interested in the military, it does **NOT** bind students in any way to enlisting in the future. However, it does provide students with a thorough understanding of interests, strengths and challenges that can help focus on future career fields. Visit the [ASVAB website](#) for information and test prep.
8. Student athletes who plan to participate in collegiate sports, need to register at the [NCAA Eligibility Center](#) and meet with their school counselor to discuss important eligibility guidelines.
9. Research college choices.
 - Use [Naviance](#) to do **college searches** based on your interests/profile.
 - On your Naviance home page, **register for college rep visits at WHS** in the fall of your junior and senior years. Print your confirmation to use as a pass to come to the counseling office.
 - **Visit college campuses:** Go on the college websites to register for on campus or virtual tours and information sessions. Students get three excused absences each year for college visits.
 - **Use/update your account on Naviance** to keep track of resume information and receive emails about college opportunities from our office. Be sure to enter the colleges '*you are thinking about.*'
 - Important & helpful [College Visit Questions](#)
10. Strive for your academic best:
 - Maintain your grades and improve them if necessary. Your cumulative grade point average (GPA) used in college admissions is determined at the end of your junior year.
 - Consider challenging academic courses for your senior year. The strength of your curriculum continues to rise as a major consideration for most college admissions.
 - Distinguish yourself in some area: athletics, arts, leadership, community service, hobbies, etc. If you haven't gotten involved, it is not too late!

11. Meet individually with your counselor in the spring of junior year to review your college planning:
 - Make time to schedule an appointment with your counselor for a Junior Jumpstart meeting to discuss your course selections for senior year, your ACT/SAT testing, your career/college planning, etc.
12. Letters of Recommendation:
 - Get to know your teachers and think about which teachers you will ask to write a recommendation letter for you, if appropriate. Not all colleges require recommendation letters.
 - We recommend asking a teacher(s) who had you as a student your 11th and/or 12th grade years in one of your core classes.
13. Update your resume
 - Both counselors and teachers reference your resume for **all** post-secondary evaluations.
 - A resume is a document that sums up a job seeker's qualifications for the jobs they're interested in. It's a great way to display where and how you spent your time in high school to colleges and employers.
 - Resumes can be created through **Naviance** → 'About Me' → 'Resume'
 - Only include information from grades 9-12 on your resume
 - Include awards, accomplishments, leadership, extracurriculars, jobs, etc. Start this as early as possible. **This will be instrumental when you start considering what activities you want to share on your college applications.**

In the summer between junior and senior year:

- Reach out to college admissions representatives and schedule tours (even if they're virtual!), do more college searches online, and in August start to view college applications online. Begin to write college application essays. Apply for internships, find a job - if you're able to, try your best to do SOMETHING you can add to your resume. Explore the [Counselors' Corner](#) for tons of opportunities!
- Internships, Pre-College Courses, Camps, Job Openings - whatever you're planning for summer, start [here](#) for all the latest opportunities to make your summer COUNT!
- When you return to school for senior year, you should have selected at least three to five colleges to which you will apply. The number of applications varies for each student based on preferences.
- Complete the *Letter of Rec About Me* survey in **Naviance**. 'About Me' → 'Surveys from Your School' → 'Letter of Rec About Me'. Bullet points are sufficient here, but make sure to share enough information to help your recommender and/or counselor write a strong letter on your behalf. Help us help you!
- The Common Application opens August 1st. Begin working on your application and essay!



GOOD LUCK!

Remember, your counselors understand this is a big process for everyone involved.
We are here to assist both students and parents!



SAY SOMETHING

- steps to starting your college essay -

An admissions director from Kenyon College recently shared 20 writing prompts to help WHS students! The questions are designed to help you develop a better sense of what type of college might work best for you. Additionally, the responses to these questions can provide an excellent foundation for a college essay! The more thorough your answers, the more likely you are to develop an excellent essay (or two!) as well as start a fulfilling and appropriate college search!

1. What are your personal strengths?
2. What are your personal challenges?
3. What are your academic interests?
4. What kind of academic learner are you?
5. What are your academic goals? Professional goals?
6. What type of environment helps you learn best?
7. What has been the most challenging situation you have ever faced? How did you grow from dealing with that situation?
8. Name several ways in which you think you have grown since entering high school?
9. How would your friends describe you? Give 3-4 adjectives. Why did you choose those adjectives (why do you think they would describe you that way)?
10. How would your teachers describe you? Give 3-4 adjectives. Why did you choose those adjectives?
11. How would your parents describe you? Give 3-4 adjectives. Why did you choose those adjectives?
12. How do you want others to see you? Provide 3-4 adjectives. Why did you choose those adjectives?
13. Who do you admire? Why?
14. Who or what type of person brings out the best in you?
15. Who or what type of person inspires you?
16. How do you make a difference in the classroom?
17. How do you contribute to the learning of others?
18. How eager are you to work hard? How deeply do you want to be challenged?
19. How do you want to make connections with others?
20. How do you present your best self?

SENIOR YEAR TIMELINE:

AUGUST

- August 1st: **Common App opens** - begin working!
- Your counselors will present in the English classrooms and cover the college application process by covering essential information and **walking students through how to apply to college**
- Use **Naviance SuperMatch** to complete college searches based on your interests/profile.
- **Visit** college campuses: go to college websites to register for tours and information sessions. Seniors get three excused absences for college visits.
- Begin/continue to **add colleges to “Colleges I’m Applying To” on Naviance**

SEPTEMBER

- **Schedule your Senior Meeting with your school counselor** to discuss your specific future goals.
- The WHS Counseling Office can begin processing applications **after Labor Day**.
- Narrow your college list down to 3 - 8 colleges. This will vary by student - do your research!
- **Request your transcripts at least 10 school days before your first deadline** - it takes time to write counselor evaluations and prepare transcripts. Transcript request forms and a \$3 fee/transcript can be turned into Mrs. Eason in the counseling office.
- Official ACT and/or SAT test scores need to be sent directly from [ACT](#) and [CollegeBoard](#). WHS cannot send official scores. There is a fee for sending test scores and it takes a very real 2-3 weeks to process and send.
- Begin to **fill out applications** either directly through the university website OR through Common App. Finalize your application essay and start working on any supplemental essays.
- Attend College Rep visits at WHS. **Sign up for college visits in Naviance** and print your confirmation to use as a pass to the counseling office. Come prepared with questions!

OCTOBER

- **Schedule an individual appointment with your counselor if you haven’t yet!**
- October 1st- **FAFSA** opens (Free Application for Federal Student Aid). The sooner this is completed, the sooner you may receive financial aid.
- Continue to attend College Rep visits
- **Attend Financial Aid Night** to learn about the FAFSA, how to translate the Financial Aid Letters from colleges, and more!

NOVEMBER

- **Schedule Senior Meeting with your counselor if you haven’t yet!**
- **November 1 is among the first “Early Action” deadlines.** Other Early Action deadlines typically **include November 15 and December 1**, depending on the college. They can be as early as mid-October so make sure to be **paying attention to deadlines!**
- If you plan on applying for an Honors Program at a college, or hope for merit-based scholarships, November 1 is a common deadline for application submission.
- Remember:
 - ◆ **Early Action is nonbinding** — students receive an earlier response to their application but do not have to commit to the college until the normal reply date of May 1.
 - ◆ **Early Decision is binding** — a student who is accepted as an ED applicant **must** attend the college and withdraw all other applications.
 - ◆ [College Term Glossary: Learn the Lingo](#)

DECEMBER

- Continue to complete applications
- Scholarship presentation from the school counseling team
- **Begin searching for regional and national scholarships** (local scholarships are live in the spring)
 - ◆ Commonly used: Naviance, GoingMerry, FastWeb, ScholarshipMonkey, scholarships.com

JANUARY/FEBRUARY

- Continue working on scholarships and completing applications
- **Many colleges have a priority date for financial aid** in January or February. Be aware of these deadlines!

MARCH/APRIL

- Local scholarships are posted to Naviance
- Spring Break is a great time to visit schools and work on scholarship applications!
- Complete local scholarship applications
- Review all your acceptances and financial aid awards.
 - ◆ **Hold on to all financial aid letters so you can report scholarships you were offered in your Exit Survey at the end of your senior year**
- **Complete Senior Exit Survey via Naviance.** This information allows us to send your **FINAL TRANSCRIPT and is mandatory!** This information is used to celebrate **Decision Day** and included in the **Green & White Newspaper's** Senior Feature Magazine.

MAY

- By May 1st, **notify all colleges that have accepted you that you will or will not be enrolling.** Your enrollment deposit must be paid by May 1st to the college you plan to attend.
- **Mandatory Senior Survey** must be completed in Naviance.
- **Commencement Practice** - information will be shared in a senior class meeting.

Be sure to check out the [Senior Tab](#) on the high school website for a one-stop-shop of all the information you'll need as it pertains to your senior year!

FINANCIAL AID:

FAFSA (Free Application for Federal Student Aid)

To apply for federal student aid, such as federal grants, work-study, and loans, you need to complete the Free Application for Federal Student Aid (FAFSA), which opens each year on **October 1st**. In addition, many states and colleges use your FAFSA information to determine your eligibility for state and school aid, and some private financial aid providers may use your FAFSA information to determine whether you qualify for their aid. The FAFSA is used by the US Department of Education to calculate your Expected Family Contribution, or EFC, for college. Your EFC is a dollar amount that reflects how much you can afford to pay for college for the following academic year. The lower your EFC, the more aid you're eligible to receive. Your EFC is determined based on income, assets, and other household information you'll be asked to provide on the FAFSA.

FAFSA Deadlines

College-specific deadline: Usually in February or March, although some are even earlier now that the FAFSA form is available in October.

Federal deadline: The online FAFSA form must be submitted by June 30 each year.

Bottom line: the earlier you complete your FAFSA, the better.

Financial Aid

Money given or loaned to you to help pay for college. Financial aid can come from federal and state governments, colleges, and private organizations.

Scholarships

1. Institutional:

- Merit-Based Scholarships: cumulative GPA, test scores, other criteria depending on school.
- Research major/minor scholarship opportunities
- Be knowledgeable about automatic scholarship consideration OR if an application is required.

2. National:

- Create **ONE THOROUGH** scholarship profile (Going Merry, fastweb, scholarshipmonkey, or scholarships.com) and search for scholarships tailored to your goals & achievements.

3. Regional:

- All regional scholarships will be posted through Naviance. 'Colleges' → 'Scholarships & Money' → 'Scholarship List.'
- Check Naviance regularly as scholarships are posted throughout the year & deadlines vary.

4. Local

- Local scholarships are scholarships you will only be competing against other WHS seniors for. These are typically listed in March on the high school website, and due in April in the counseling office. Winners are announced at the Seniors Awards Night in May.

Financial Aid Tips:

- Check the updated listing of local scholarship opportunities for seniors which is posted through Naviance, typically beginning after winter break.
- Review the financial aid section of the school counseling website under, *College & Career Readiness*
- Contact the colleges' financial aid offices for more information regarding financial aid options at the specific colleges on your list.

The College Admissions Rubric:

Admissions officers use a “rubric” as a guide. Rubrics are not one-size-fits-all and differ from school to school, but most evaluate these core components of an applicant’s profile (in no particular order): For more college admissions information, visit [NACAC](https://www.nacac.org/) (National Association for College Admissions Counseling).

- GPA
- Course Rigor
- Standardized Test Scores (SAT and/or ACT)
- Extracurricular Activities
- Recommendation Letters
- Academic Profile of School
- Essays
- Demonstrated Interest
- Volunteer Work

Military Enlistment Process:

Army, Navy, Air Force, Marine Corps, Coast Guard

1. Must be at least 17 years of age - check with your branch of interest first
2. Must have recruiter <https://www.todaysmilitary.com/contact-a-recruiter>
3. Must pass ASVAB at MEPS testing location (more info below)
4. Must pass MEPS physical exam
5. Meet with enlistment counselor to determine career
6. Must complete oath of enlistment

ASVAB: The Armed Services Vocational Aptitude Battery

- Entrance exam - computer and paper and pencil both available. We will offer the ASVAB at school once during the school year, typically during the winter.
- FIRST: Must meet with recruiter who will conduct interview; may have to do pre-screening test
 - Find a recruiter: <https://www.todaysmilitary.com/contact-a-recruiter>
- 10 tests including: [Test Prep HERE!](#)
 - World Knowledge
 - Paragraph Comprehension
 - Arithmetic Reasoning
 - Mathematics Knowledge

- Scores combined = Armed Forces Qualification Test (AFQT) which determines your eligibility for enlistment in Army, Navy, Air Force, Marine Corps or Coast Guard.
- AFQT scores 1-99 percentile
 - Example: 62 = you scored as well as or better than 62% of the national sample
 - Army minimum- 31
 - Navy minimum- 35
 - Air Force minimum- 39
 - Marine Corps. minimum- 32
 - Coast Guard minimum- 40
- Cleveland testing site:

Military Entrance Processing Station
 20637 Emerald Parkway Drive, Cleveland, OH 44135-6023
 (216) 267-1286 ext. 201
 Other testing sites are also available

Entering the Workforce:

Workforce	vs.	College
May earn a living sooner		May be trained in specific skills that will qualify you for specific jobs
May get an earlier start in the job market		More likely to make more money than someone with a high school diploma
May be sooner prepared for challenges of the real world and gain a sense of independence		Your rank and advancements may occur more quickly
May not have to worry about paying off school loans		May have a better chance of a stable career
May will learn critical skills while being trained on the job		You can take advantage of co-curricular activities such as internships, co-op programs, etc.
May be able to put more thought into your future career		You can develop life skills that are very important, such as decision-making and independent thinking

Ohio's online job matching website which is a gateway to local, regional and state employment. This is a free state service to job seekers. Information on this site includes but is not limited to:

- [Apprenticeship Info](#)
- [Assessments & Training](#)
- [Attend Career Fairs/workshops](#)
- [Budgeting](#)
- [Career Tech Info](#)
- [Create a career plan](#)
- [Create a resume](#)
- [Explore Careers](#)
- [Federal Trade Programs](#)
- [Financial Literacy](#)
- [Interview practice](#)
- [Ohio Jobs and Family Services Programs](#)
- [Scholarship Search](#)
- [Search Jobs](#)

OhioMeansJobs Cuyahoga County

- OhioMeansJobs Cuyahoga County provides a full range of free assistance to job seekers under one roof.
- All services for individual job seekers are **free of charge**.
- The goal is to provide customers with tools and services that allow them to gain full time employment.
- Assistance is also provided to those currently employed who are looking for better employment opportunities and training.

Bureau of Labor Statistics [US Bureau of Labor Statistics](#)

- A federal agency that keeps tabs on labor market growth, working conditions and changing wages and prices as they vary by state and national levels.

WHS SCHOOL COUNSELING TEAM:

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