

Introduction to Post-High School Planning

April 14, 2022



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)

Graduation Requirements

Subject	Total # of Credits
Humanities <ul style="list-style-type: none"> English (4.0), Social Studies (3.0), Visual and Performing Arts (1.0), Open Humanities (1.0) 	9.0
STEAM <ul style="list-style-type: none"> Math (3.0), Science (3.0), Open STEAM (3.0) 	9.0
World Languages	2.0
Health (1.0) and Physical Education (1.5)	2.5
Mastery-Based Diploma Assessment	1.0
Additional Credits	2.5
Total Minimum Credits Required	26.0

Staples HS Transcript

Both GPAs are listed

Quarterly GPA and Credit Summary
 Unweighted GPA: 3.72
 Weighted GPA: 3.72
 Total Number Credits: 1.00

- Includes final grades and credit in completed courses and list of current courses
- Unweighted GPA and Weighted GPA** (both include grades in all courses taken at Staples; see Student Handbook, Program of Studies, or School Profile)
- GPAs on transcript are cumulative
- Updated transcript emailed 2/11/2022 to all sophomores
- 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 I HONORS	Colbeth-House, Heather	B+	A		A-					
ALGEBRA I A	Glisken, Nicole	B	A		B+					
BIOLOGY A + LAB	Witkus, Heather	A-	A-		A					
GLOBAL THEMES HONORS	Ogunyinka, 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 I: ACTING FUND.	Roth, David	A-	A		A-					

Quarterly GPAs (Unweighted)
 Q1: 3.74 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 through student's College Board account and Naviance
- Look for email from SHS Guidance with information about how to interpret results and College Board resources
- Not used in the college admission process or National Merit Scholarship qualification

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

*College Admission Testing Presentation
April 27, 2022 6:30 p.m.*

Special Considerations

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

Check email for links to recent SHS Guidance webinar recordings and handouts.

The Cost of College

- Family conversation about finances considering full, four-year cost of college
- Use Net Price Calculators on college websites 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

Grades 9 & 10 Post-High School Planning Activities

- AchieveWorks Personality
- Career Interest Profiler
- Post-high school planning interest questionnaire (see “Career Interest Profiler Follow-Up Survey”)
- Resume Builder

All available through your child’s Naviance account

Junior Year Timeline

October

- PSAT/NMSQT

November/December

- Navigating the College Search webinar
- Naviance college search 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) held in alternating years

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 Night



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 they are
- 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 Testing Presentation - Wed., April 27
- College Admission Panel - Tues., May 17
- Spark Your Future! career exploration webinar series and other webinar recordings
- Naviance
- SHS Guidance - Class of 2024 Schoology page
- SHS Guidance website
- College and Career Center
- Check out our Guidance Library books
- Staples Resilience Project articles and emails
- Read your email for important updates and information
- Follow us on social media:
 -  [stapleshighschool_counseling](#)
 -  [SHS_Counseling1](#)

Thank you for joining us!



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