



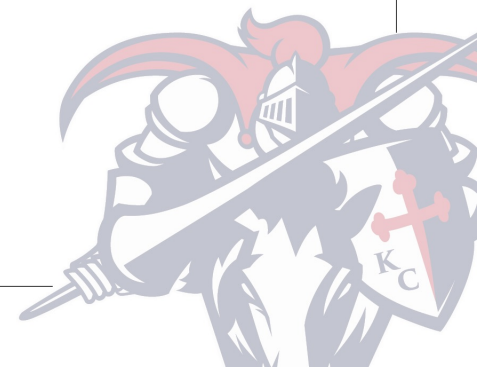
Class of 2023 College Information Night

September 14, 2022

Evening Agenda

Prayer

- Welcome & Introductions – Meet your KC Counseling Department
- College & Career Counseling - A Collaborative Plan for Success
 - College Counselor To-Do List
 - Student To-Do List
 - What is the Role of the Parent?
- SEL Counselor Support
- SBIRT Screener



Counseling Department

SEL Counselors

A-D
Laura Breshock
breshockl@kennedyhs.org

E-M
Diana Soto
sotod@kennedyhs.org

N-Z & International Students
Ralph Springer
springerr@kennedyhs.org

N-Z & International Students
Alvin Lui
Luia@kennedyhs.org
(Fridays only)

College Counselors

A-L
Siobhan McVeigh
mcveighs@kennedyhs.org

M-Z
Kerry Clark
clarkk@kennedyhs.org

A-Z Career Specialist
Laura Breshock
breshockl@kennedyhs.org

Social Workers

Susan Tiffany
A-Z
tiffanys@kennedyhs.org

Alyson Soma
MSW Intern
somaa@kennedyhs.org

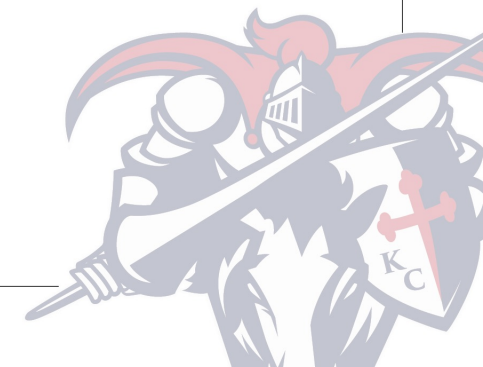
College & Career Counseling: A Collaborative Plan for Success



Support All Post-High School Options

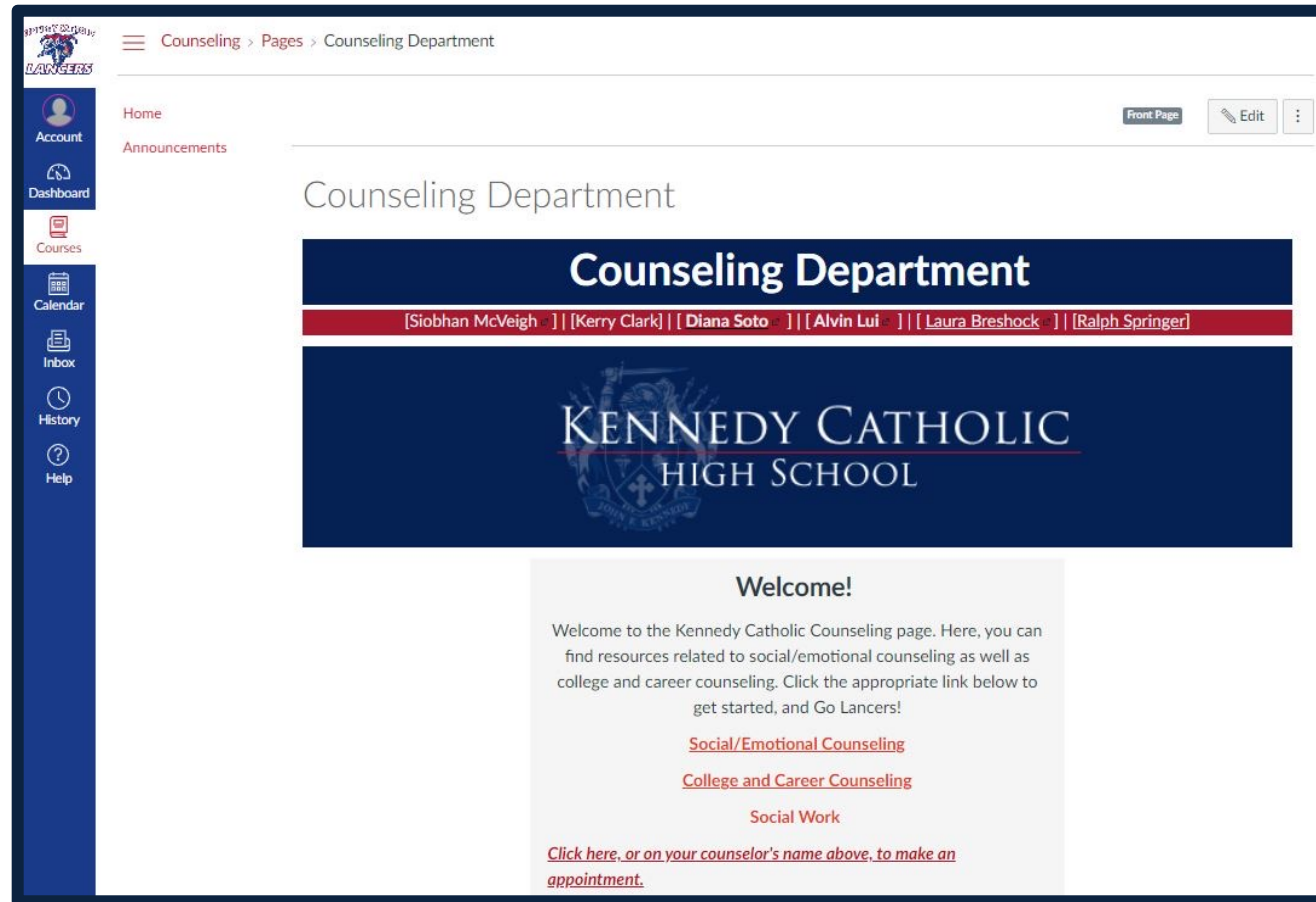
Support your
personal journey

- Two-year community college
- Four-year college
- Technical / Trade
 - [Washington State Board for Community & Technical Colleges](#)
- Gap year
- Military
 - Speak with recruiters at school visits or through ROTC programs at universities
 - Contact local recruiters through each branch's website (Army, Navy, Marine Corps, Air Force, Coast Guard)



Canvas

Provide
Comprehensive
Resources on
Canvas



The screenshot shows the Canvas LMS interface for the Counseling Department. The top navigation bar includes a hamburger menu, the breadcrumb "Counseling > Pages > Counseling Department", and buttons for "Front Page", "Edit", and a three-dot menu. A left sidebar contains icons for Account, Dashboard, Courses, Calendar, Inbox, History, and Help. The main content area is titled "Counseling Department" and features a banner with the department name and a list of staff members: [Siobhan McVeigh], [Kerry Clark], [Diana Soto], [Alvin Lui], [Laura Breshock], and [Ralph Springer]. Below the banner is a "Welcome!" section with a paragraph of text and three links: "Social/Emotional Counseling", "College and Career Counseling", and "Social Work". At the bottom of the welcome section is a link that says "Click here, or on your counselor's name above, to make an appointment."

Counseling > Pages > Counseling Department

Home Announcements

Counseling Department

[Siobhan McVeigh] [Kerry Clark] [Diana Soto] [Alvin Lui] [Laura Breshock] [Ralph Springer]

KENNEDY CATHOLIC
HIGH SCHOOL

Welcome!

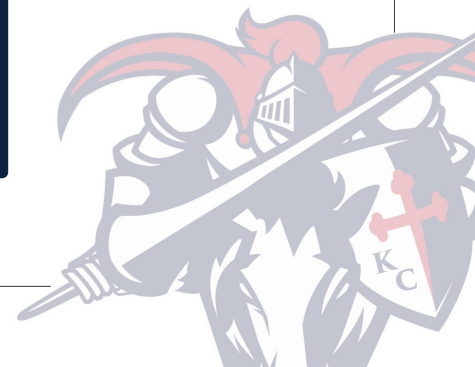
Welcome to the Kennedy Catholic Counseling page. Here, you can find resources related to social/emotional counseling as well as college and career counseling. Click the appropriate link below to get started, and Go Lancers!

[Social/Emotional Counseling](#)

[College and Career Counseling](#)

[Social Work](#)

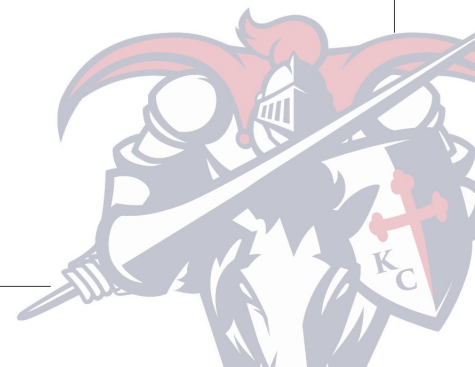
[Click here, or on your counselor's name above, to make an appointment.](#)



Workshops

Offer essay support
in English classes
and afterschool
workshops

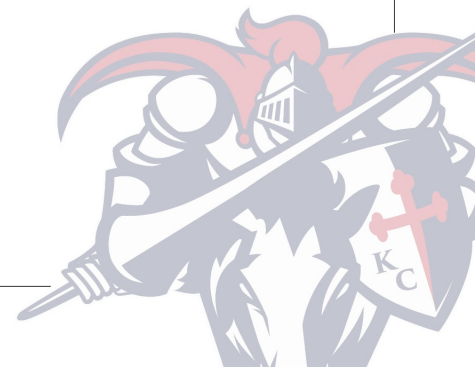
Lead application /
financial aid
workshops
(afterschool &
Community Period)



College Applications

Complete college applications
(Common App, UC, CSU, etc.)

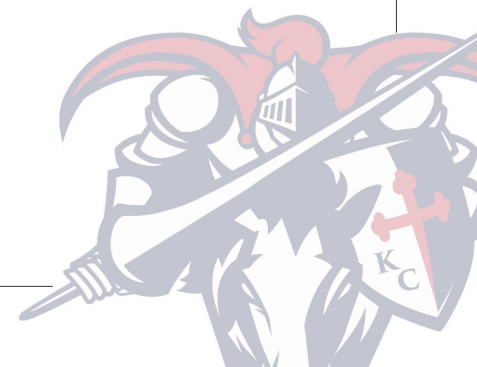
- National average is 5-8 apps
- Quality versus quantity
- Include safety, 50/50 and reach schools
- It's recommended to apply to two "safe" schools that you'd like to attend
- EA when possible



College Application & Essay

Set aside dedicated
time to complete
applications / essays

- Common App Personal Statement Essay Prompts
- University of California (UCs) - Personal Insight Questions
- School-Specific Supplemental Essays



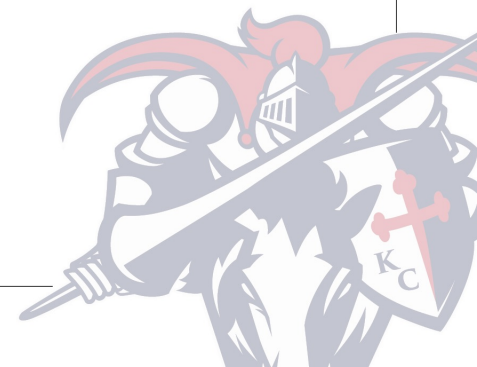
Test Scores

Submit test
scores
(AP, SAT, ACT)









Fairtest.org - What is a Test Optional College?

This list includes bachelor degree granting institution that do not require all or most recent U.S. high school graduates applying for fall 2023 to submit ACT/SAT results before admissions decisions are made.



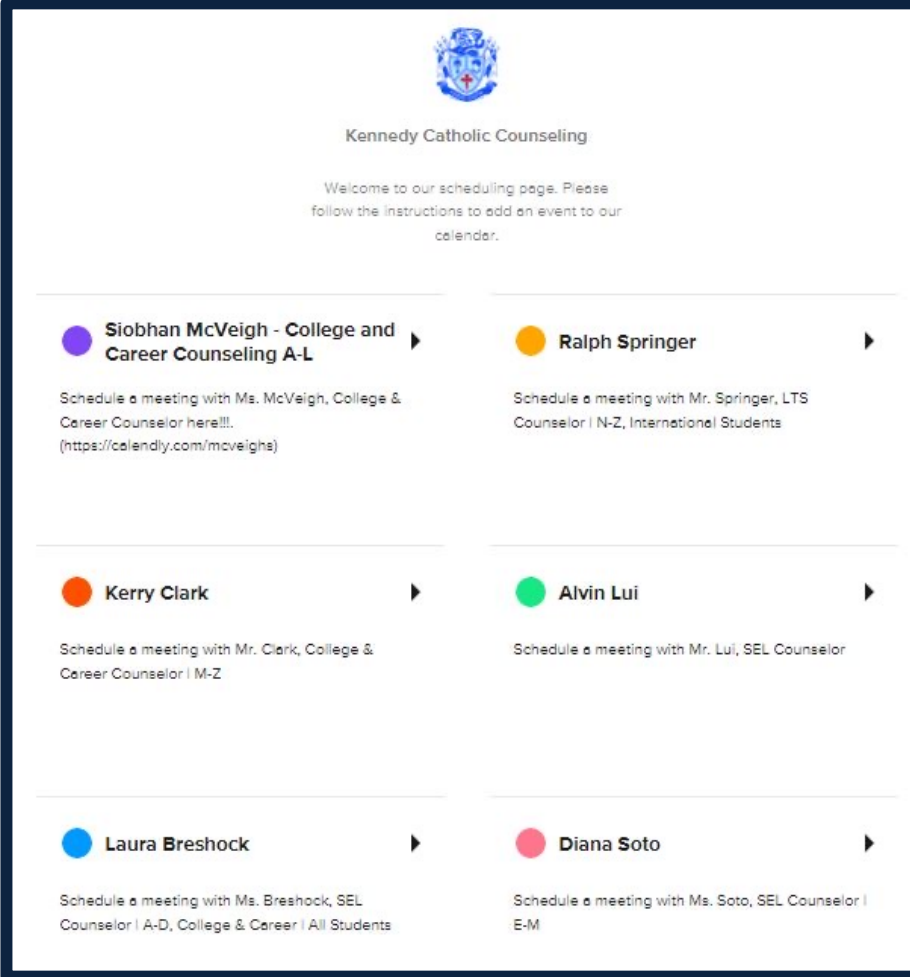
Application Deadlines

College	App Type 	Deadline	Expected Difficulty*	Transcripts	Office materials	Submission Type
* Bellevue College	Regular Decision - Fall 2022	Apr 3	N/A	no request	Pending	
* California Polytechnic State University-San Luis Obispo	Regular Decision	Nov 30	N/A	no request	Initial materials submitted	
University of California-Berkeley	Regular Decision	Nov 30	N/A	no request	Initial materials submitted	
* Seattle University	Early Action - Fall Quarter	Nov 15	N/A	no request	Pending	
Washington State University	Regular Decision - Fall 2023 - Fall 2022	Jan 29	N/A	no request	Pending	



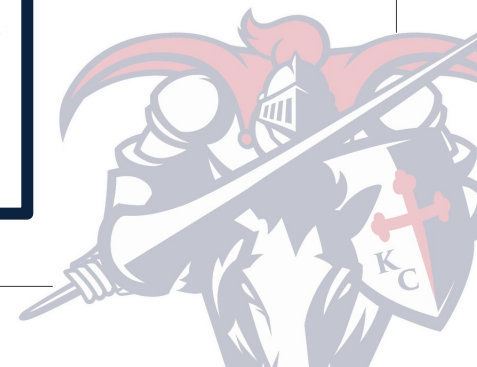
Student To-Do List

Make an appointment with
your college counselor



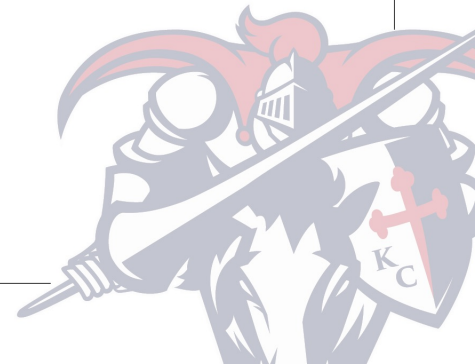
The screenshot shows the Kennedy Catholic Counseling scheduling page. At the top is the school's crest and the title "Kennedy Catholic Counseling". Below this is a welcome message: "Welcome to our scheduling page. Please follow the instructions to add an event to our calendar." The page lists six counselors in a two-column grid. Each entry includes a colored circle, the counselor's name, a right-pointing arrow, and a link to schedule a meeting. The counselors are: Siobhan McVeigh (purple), Ralph Springer (yellow), Kerry Clark (orange), Alvin Lui (green), Laura Breshock (blue), and Diana Soto (pink).

Counselor	Meeting Link
Siobhan McVeigh - College and Career Counseling A-L	Schedule a meeting with Ms. McVeigh, College & Career Counselor here!!!! (https://calendly.com/mcveighs)
Ralph Springer	Schedule a meeting with Mr. Springer, LTS Counselor N-Z, International Students
Kerry Clark	Schedule a meeting with Mr. Clark, College & Career Counselor M-Z
Alvin Lui	Schedule a meeting with Mr. Lui, SEL Counselor
Laura Breshock	Schedule a meeting with Ms. Breshock, SEL Counselor A-D, College & Career All Students
Diana Soto	Schedule a meeting with Ms. Soto, SEL Counselor E-M



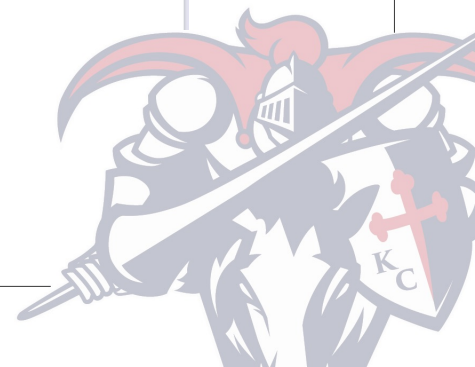
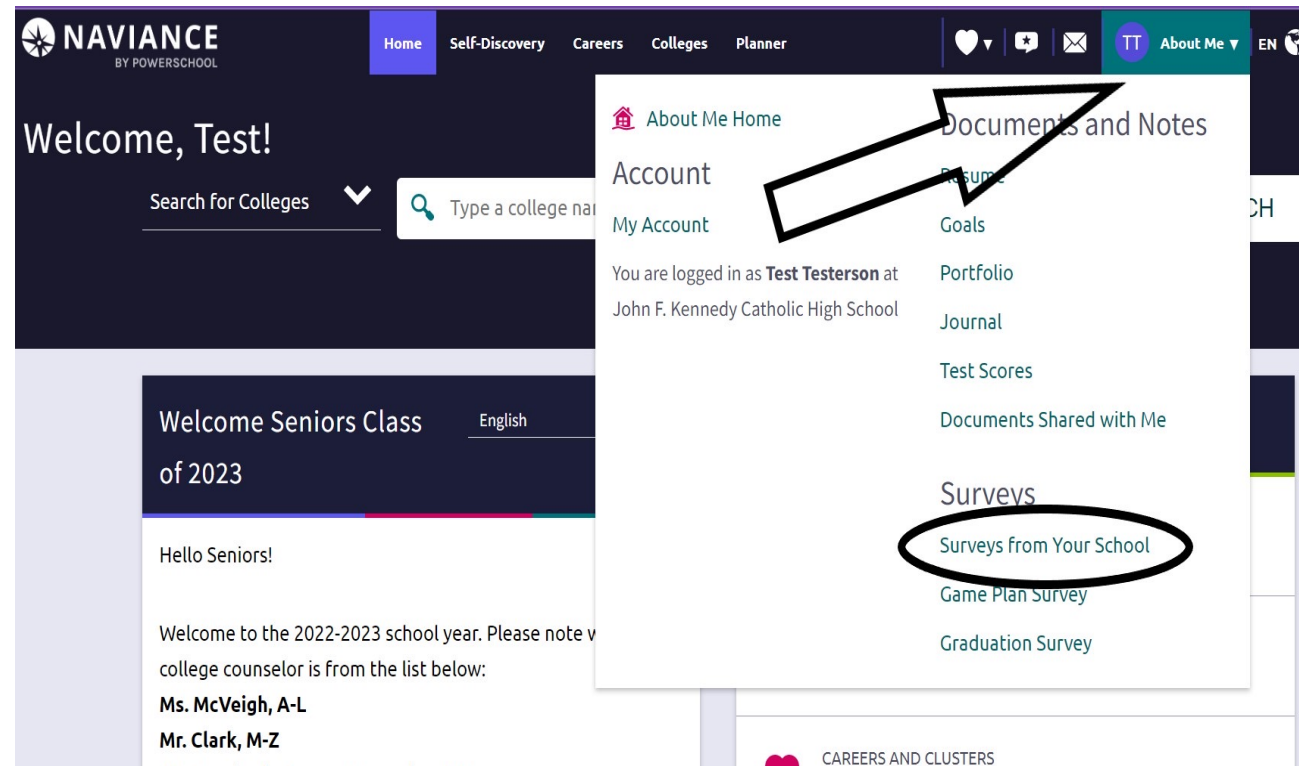
Senior Meetings with Your Counselor

- Post-High School Plans
- College Application Plan
- Testing (SAT/ACT) vs Test Optional
- List Building (Naviance) and Application Completion (Common App, Coalition, UC, etc.)
- Letters of Recommendation Requests (Naviance)
- Sending Letters of Recommendation, Transcripts, Mid-Year Reports, NCAA and NAIA
- Scholarships and Financial Aid
- NCAA and NAIA Information



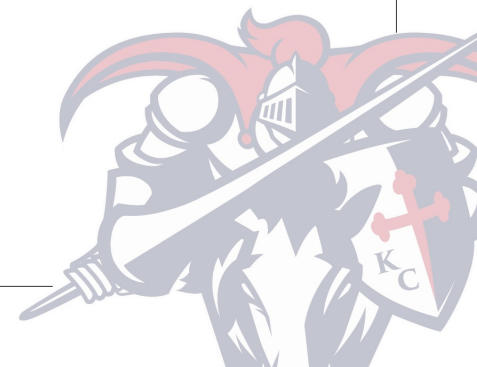
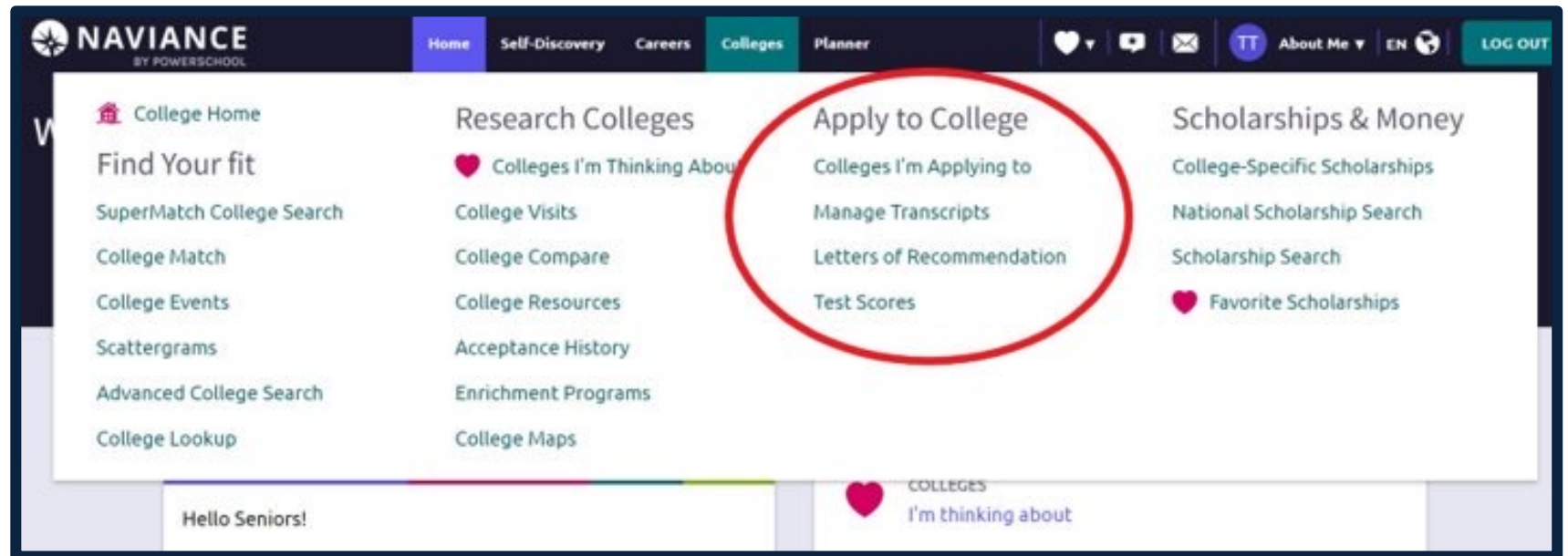
Letters of Recommendation

Ask 1 – 2 teachers
for a LOR &
complete brag sheet



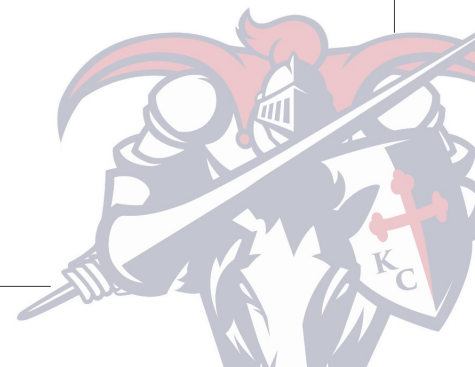
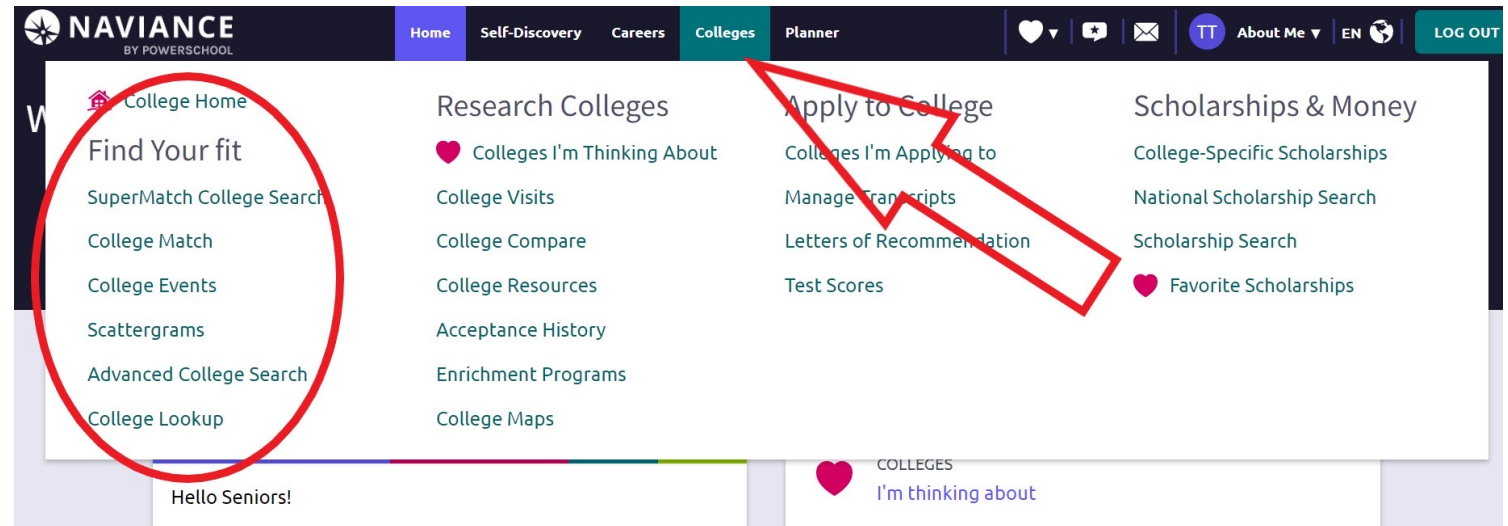
Naviance

Keep your
Naviance
account updated
(colleges,
deadlines, etc.)




Research


Do your research:
College websites,
Naviance Super Match
College Search, news
articles, etc.



College Match

[Home](#) [Self-Discovery](#) [Careers](#) [Colleges](#) [Planner](#)



University of Washington-Seattle 
Campus
Seattle, WA, United States
washington.edu

[Virtual Tour](#) [Communicate](#) [Apply Online](#) [Learn More](#)

Overview


Studies

Student Life

Admissions

Costs

Spotlights



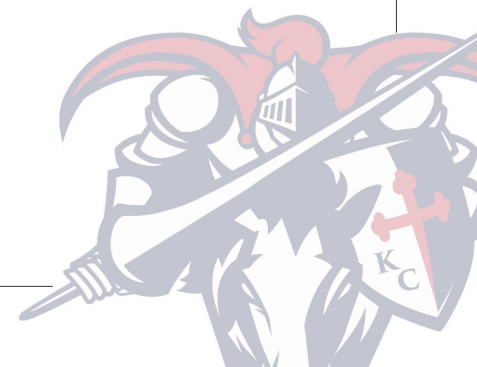
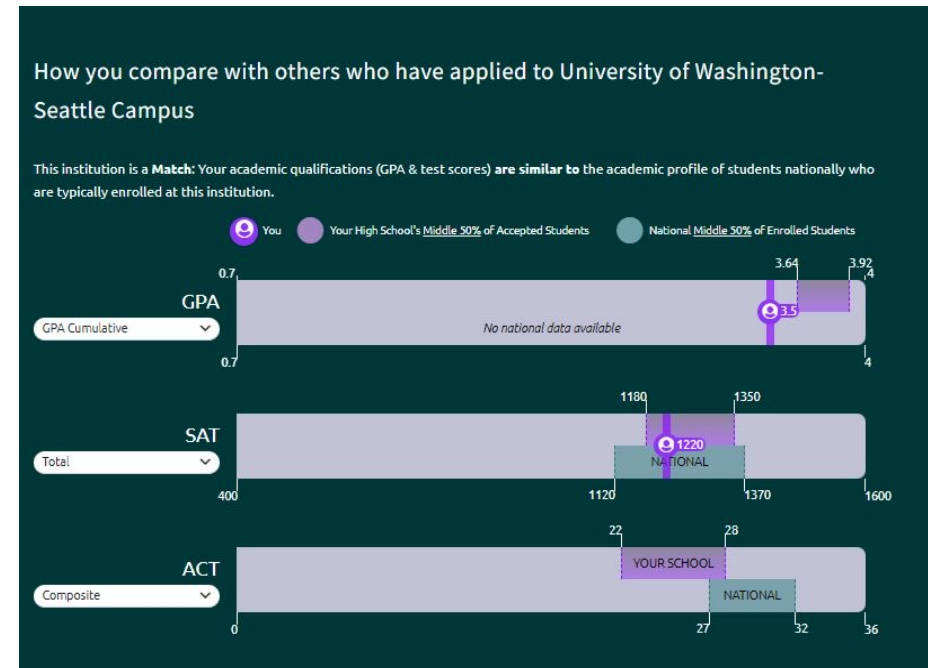
AVERAGE NET PRICE
\$5,194
Family Income
\$0 - \$30k
More about Cost & Aid
from 2022

GRADUATION RATE
67%
4 Year 6 Year
More about learning environment
from 2022

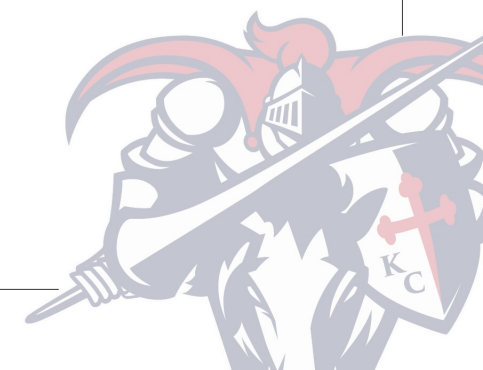
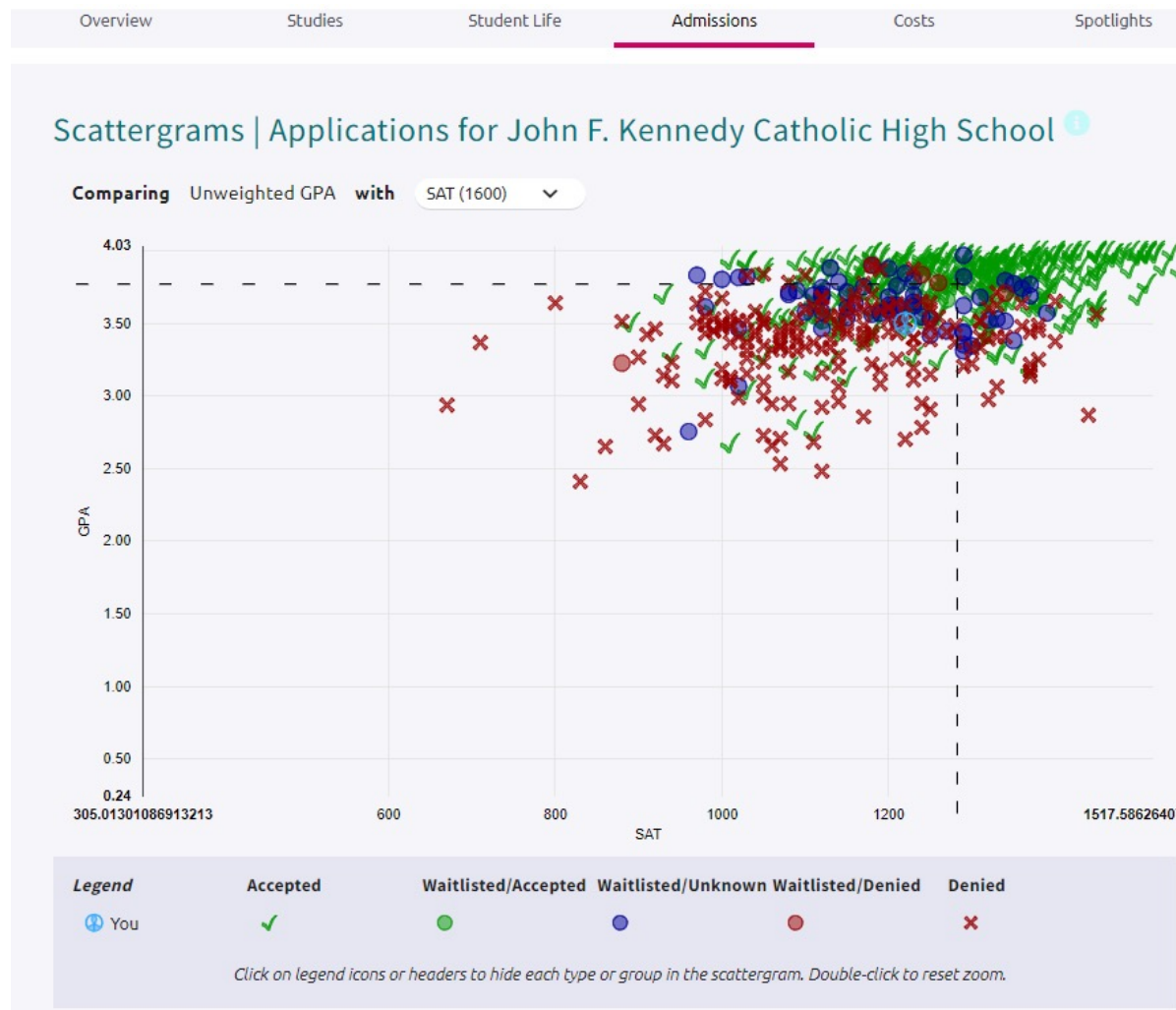
ACCEPTANCE RATE
48%
Check out Scattergrams to see how this relates to you
from 2022

COLLEGE OVERLAPS
10
See other colleges that applicants to this school also applied to

NEXT DEADLINE
November 15
Fall - Application Deadline
See all deadlines

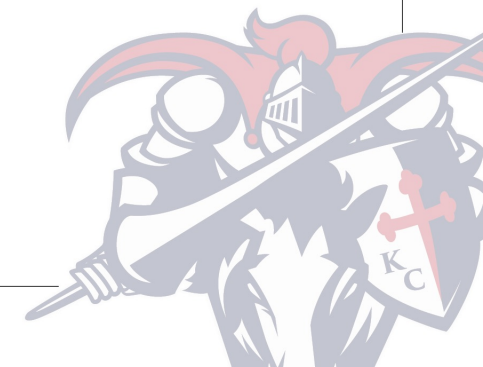
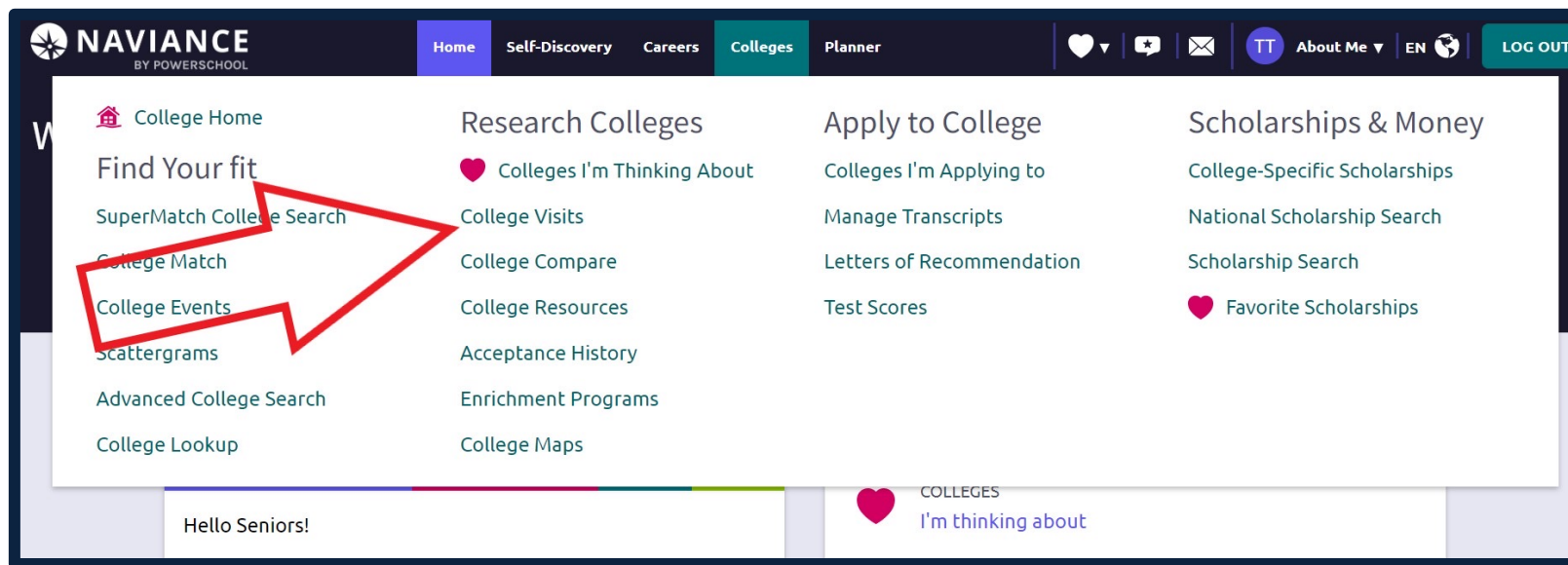


Scattergram



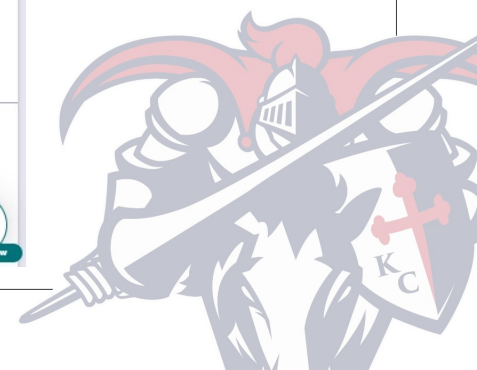
College Visits

Connect
students with
regional
admission reps



College Visits

College Visits			
		Search for colleges	
SEPTEMBER Wed 14 11:10AM	Washington State University College, Career and Counseling Office	View Details	
SEPTEMBER Wed 14 12:40PM	Central Washington University College, Career and Counseling Office	View Details	
SEPTEMBER Thu 15 12:40PM	The Catholic University of America College, Career and Counseling Office	View Details	
SEPTEMBER Thu 15 02:40PM	Marquette University College, Career and Counseling Office	View Details	
SEPTEMBER Mon 19 12:40PM	University of Portland College, Career and Counseling Office	View Details	
SEPTEMBER Mon 19 02:40PM	Linfield University College, Career and Counseling Office	View Details	



What is your role as a parent at this stage in the process?

Moral support and guidance but let them take charge

Assist student with application questions for financial aid (FAFSA, CSS)

Have an honest talk about \$

Limit your college talk— 20 mins/week?

Complete the Parent Survey in Naviance

Use us as go-between



Why is FAFSA so important?

1.) Some colleges and universities rely on the data from your FAFSA to determine how much money to give for merit and financial scholarships.

2.) By not filling out, you are telling each college – you want to pay full price!

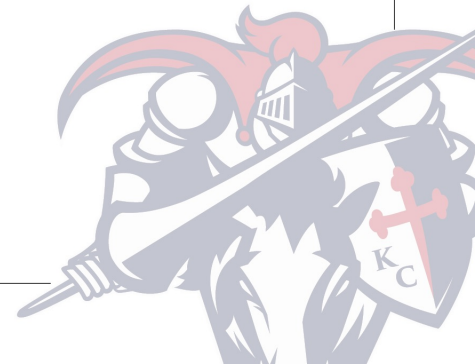
3.) FAFSA opens October 1, 2021 – fafsa.ed.gov

4.) Apply! Even if you don't feel like you will qualify for aid.



Financial Aid / Scholarships

Complete the FAFSA &
apply for scholarships

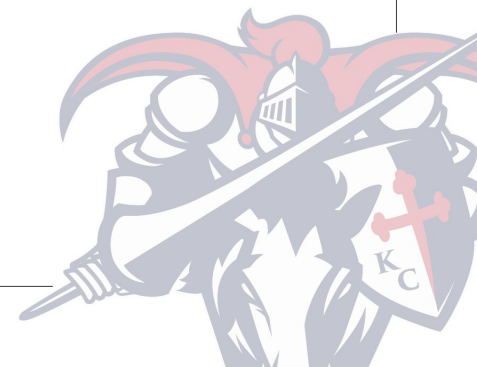


Scholarships – Going Merry

Scholarships and grants are helpful ways to fund your college education. They provide you with free money that can go towards tuition or other educational expenses. Kennedy seniors have been invited to sign up for **Going Merry** (<https://www.goingmerry.com>) -- it's free!

Why I recommend Going Merry above other scholarship sites:

- **Scholarship bundles:** One application / essay prompt
- **Vetted scholarships:** Updated and accurate
- **Personal matching:** Background, academics, interests, etc.
- **Clear organization:** Create favorites, get deadline reminders, save drafts, updates on scholarships
- **Direct, auto-filled applications:** Apply directly on the site (with forms helpfully pre-filled)



FAFSA - Going Merry

Seniors can also submit the FAFSA® through Going Merry, using their more user-friendly version of the government form, which they call “the FAFSA® Made Easier.”

- This FAFSA Made Easier form is **completely FREE** for you to use.
- This FAFSA Made Easier form **replaces** the government version. (You do not need to fill it out on the government website, *only* on Going Merry.)
- Going Merry has **strict security protocols**, including encryption of all information and safe storage of your personal data. They do NOT sell your data to third parties.

Find more information [here](#).

The graphic is a rectangular poster with a pink top half and a green bottom half. The title "The FAFSA® Made Easier" is in white text on the pink background. Below the title, on the green background, is a paragraph: "A step-by-step tool that helps you fill out the FAFSA® (correctly and easily), in less than an hour." To the right of this text are two overlapping circles. The top circle is white and contains an illustration of a person with dark hair in a bun, wearing a red and white shirt, sitting at a desk with a laptop. The bottom circle is light green and contains an illustration of a brown squirrel. Below the squirrel is the "goingmerry" logo, which consists of a green circular arrow icon and the text "goingmerry". At the bottom of the green section, the text "Sign up for Going Merry - then go to: app.goingmerry.com/fafsa" is written in white.

The FAFSA® Made Easier

A step-by-step tool that helps you fill out the FAFSA® (correctly and easily), in less than an hour.



Sign up for Going Merry - then go to:
app.goingmerry.com/fafsa

SEL Counselor Support



SEL Counselor Support-

What Parents Need to Know

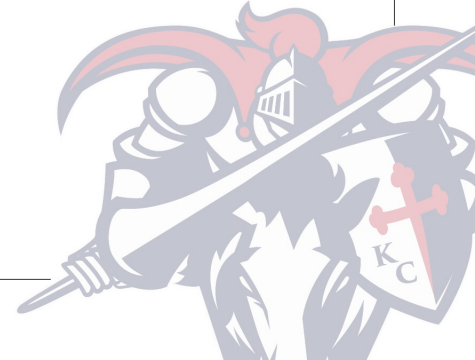
- Senior year can be a tough transition year-even though most students are looking forward to life post-Kennedy, most are also worried about the change
- Student mental health continues to be an issue post-Covid
- We are here to support your student if they are experiencing difficulties balancing schoolwork, sports, relationships, work and other outside activities
- You can reach out to us if you are concerned with any changes in your student -personality, affect, academics
- Please loop us in if there is a situation that could be difficult for your student to navigate such as a death in the family, divorce, upcoming surgery, romantic break-up, extended illness



SEL Counselor Support-

What Students Need to Know

- We continue to be here to support you
- We can only help you if you tell us what is going on
- You can schedule an appointment using our Calendly links
- We will be offering some groups throughout the year such as Mindfulness, Study Skills, Wellness, and Grief
- Senioritis is real-we can help!
- These months go by very fast-so do your best to be present and enjoy your Senior year



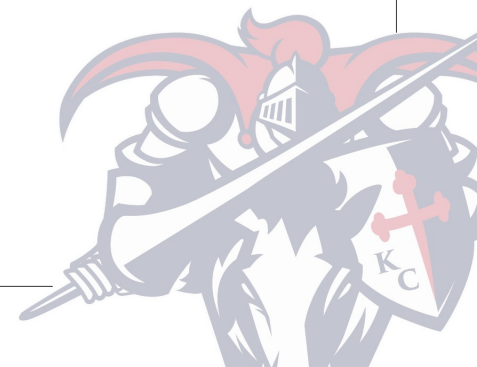
School Social Worker



School Social Worker – SEL Support

Role of the School Social Worker

- Support students who may need more intensive social emotional support
- Coordinate care with outside services providers
- Partner with caregivers and families to support their student's success
- Students connected with social worker through referral



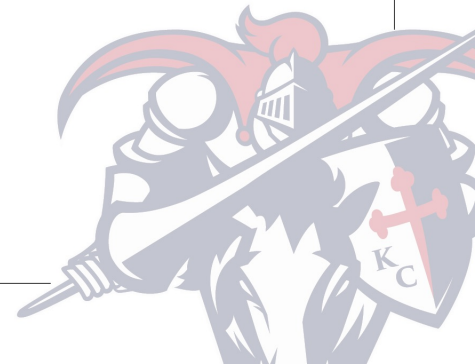
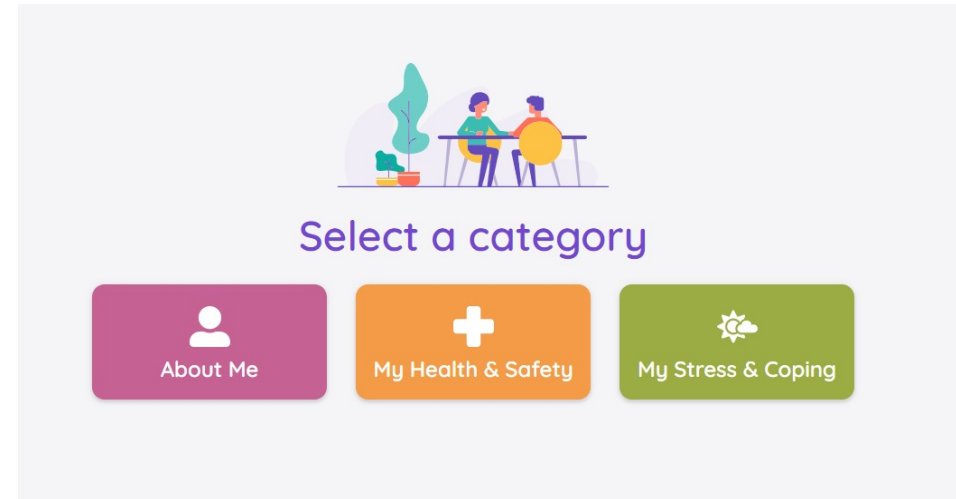
SBIRT & Check Yourself Screener



SBIRT & *Check Yourself* Screener

***Check Yourself* Screener**

- Voluntary, opt-out option for caregivers and students
- Confidential, information is kept secure
- Help students think about:
 - Personal & Family Strengths
 - Gender & Sexuality
 - Mental Health & Substance Use



SBIRT & *Check Yourself* Screener

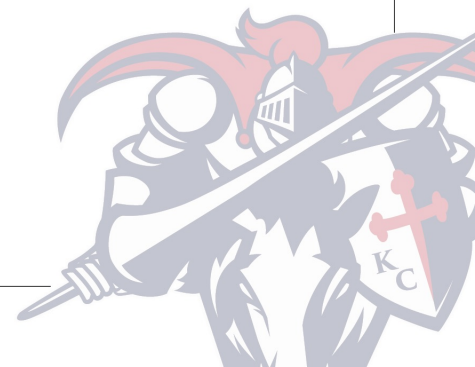
SBIRT = Screening, Brief Intervention, Referral To (services)

- Provides a snapshot of a student's immediate needs
- Focuses on prevention and brief intervention



King County

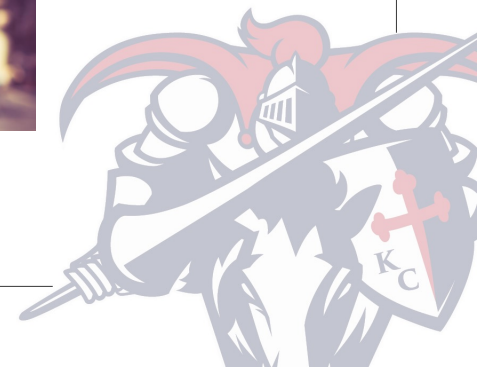
Best Starts for
KIDS



SBIRT & *Check Yourself* Screener

Overall Goals

- Provide needed support and services
- Overcome identified challenges and barriers
- Promote student success at school, at home, and in the community

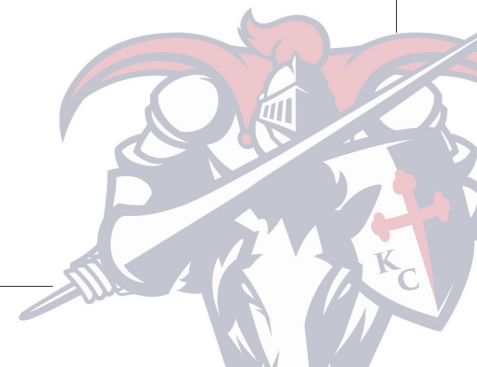


Student Services - Graduation



Graduation

- Preparation – deadline November 18, 2022
 - Gowns
 - Diplomas
 - Announcements – Herff Jones or on your own
- Graduation
 - Sr. Awards Reception – June 1, 2023
 - Baccalaureate Mass – June 2, 2023
 - Graduation – June 2, 2023
- Graduation Party
 - Early Bird Sign Up – Friday September 16th



Questions?

Thank you all!

Contact Info

College:

Ms. McVeigh (A-L last names) mcveighs@kennedyhs.org

Mr. Clark (M-Z last names) clarkk@kennedyhs.org

Career:

Ms. Breshock breshockl@kennedyhs.org

Social/Emotional:

Ms. Breshock (A-D last names) breshockl@kennedyhs.org

Ms. Soto (E-M last names) sotod@kennedyhs.org

Mr. Springer (N-Z last names) springerr@kennedyhs.org

Mr. Lui (on leave until January) luia@kennedyhs.org

