



JUANITA HIGH SCHOOL

Post High School
Planning Handbook



2023-2024

JHS COUNSELING STATEMENT



Planning for life after high school can be a big task for both students and families. This handbook will walk you through the important things you will need to know when planning for that next step. Within those next steps you will find live links that will take you to additional resources.

The JHS Counseling Team is very proud of our students for not only making it through high school but also taking the time to think and plan out their next steps. No matter which path our students choose we want to make sure that it is a path that will bring joy, pride, success and positivity into the world!



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COLLEGE AND CAREER CENTER

They are your one stop shop for information on and help with:

- College applications
- Financial aid applications
- Scholarships
- Job searches
- Apprenticeships
- Military
- Resume building
- Career exploration
- Volunteer connections

Check out the College & Career Center on Teams or email the JHS College & Career Center Specialist with any questions.

COLLEGE AND CAREER EXPLORATION



Login into Xello and go to Explore Options, then choose Career, to learn more about various careers and how to plan for them.

Find salary information, skills and training required, and find video interviews with real people in the career field.

- Washington Career Bridge - Explore careers, view job trends and search educational programs.
- College & Career Compass - Identify educational pathways that can lead to promising careers and a brighter future.
- CareerOneStop - Explore careers, education needed, and how to find jobs.



TWO YEAR & TECHNICAL COLLEGES

If you're wanting to stay local, save money, or you only need a 2-year degree or the job you want, there are incredible 2-year schools in our area.

LWTech they have degrees in dental hygiene, behavioral healthcare, occupational therapy assistant, machinery and so much more

Cascadia degrees in mobile application development, sustainable practices, pre-nursing and more

Bellevue College degrees in accounting, interior design, information systems technology, Health care informatics and more

Seattle Colleges degrees in respiratory care, Health care services management, IT networking, and more



FOUR YEAR COLLEGES & UNIVERSITIES

Corsava:

Use a tool such as Corsava to identify your "must haves", "would be nice", and "no ways".



Search Engines:

Use Search Engines and Lists to Find Schools

[Big_Future](#)

[Xello](#)

[College Xpress](#)

[Niche](#)

[College Navigator](#)



Campus Visits:

Visit Campuses In Person or via
Virtual Tours:

[YouTube](#)

[YOUiversity](#)

[Campus Reel](#)

CCC's "Live Wednesday's"



Tips for Applying to a Four Year College

Letters of Rec: Pick someone you know well and that knows you well. You want someone who can speak to your academic strengths. Often times applications will ask for a counselor letter, but having a teacher write one gives the college a better sense of who you are as a student!

Transcripts: If you use CommonApp for applications transcripts will be directly uploaded. If not you will want to request a transcript through our website.

Class Size/Rank/Other: A School Profile will be updated and uploaded to our website when we return in the Fall. It will have all that information



DEFINITIONS OF ADMISSION OPTIONS IN HIGHER EDUCATION

STUDENTS: WHICH COLLEGE ADMISSION PROCESS BEST *SUITS* YOU?

Regular Decision

DEFINITION:

Students submit an application by a specified date and receive a decision in a clearly stated period of time.

COMMITMENT:

NON-BINDING

Rolling Admission

DEFINITION:

Institutions review applications as they are submitted and render admission decisions throughout the admission cycle.

COMMITMENT:

NON-BINDING

Early Action (EA)

DEFINITION:

Students apply early and receive a decision well in advance of the institution's regular response date.

COMMITMENT:

NON-BINDING

Early Decision (ED)

DEFINITION:

Students make a commitment to a first-choice institution where, if admitted they definitely will enroll and withdraw all other applications. The application deadline and decision deadline occur early.

COMMITMENT:

BINDING

Restrictive Early Action (REA)

DEFINITION:

Students apply to an institution of preference and receive a decision early. They may be restricted from applying ED or EA or REA to other institutions. If offered enrollment, they have until May 1 to confirm.

COMMITMENT:

NON-BINDING

Students are not restricted from applying to other institutions and have until May 1 to consider their options and confirm enrollment.

Students are responsible for determining and following restrictions.



MILITARY

The United States Military includes the Army, Navy, Air Force, Marines, Coast Guard, Reserves and National Guard. Some members work in occupations specific to the military, such as fighter pilots or infantrymen, while others work in occupations that also exist in the civilian workplace, such as nurses, doctors, and lawyers. The Military offers both Enlisted and Officer routes. Both routes offer ways to serve your country and get a college degree, and/or training in exchange for a required period of service.

- www.asvabprogram.com
- www.marines.com
- www.navy.com
- www.goarmy.com
- www.airforce.com
- www.nationalguard.com
- www.gocoastguard.com



APPRENTICESHIPS

Apprenticeships offer a combination of on-the-job training and classroom instruction under the supervision of a journey-level craft person or trade professional. Workers earn a paycheck while learning the practical and theoretical aspects of a highly skilled occupation.

Links:

- [How to Apply for an Apprenticeship](#)
- [Construction Center of Excellence Program](#)
- [LNI Apprenticeship Search](#)
- [Aerospace and Advanced Manufacturing Resources](#)
- [Pre-Apprenticeship Information](#)
- [Parents Guide to Apprenticeship](#)
- [PSE Apprenticeships](#)
- [Apprenticeship Guidebook](#)



SENIOR YEAR TIMELINE

SUMMER BEFORE SENIOR YEAR

- ☐ Be active; get a job, internship, or volunteer to boost your resume.
- ☐ Go online to request college view books, application forms, scholarship information, and financial aid information from your selected college list.(Make sure all applications are dated for the appropriate filing year as a new freshman.)
- ☐ Visit the campuses of your top college choices.
- ☐ Gather application materials from colleges.
- ☐ Start brainstorming on admission essays.
- ☐ Start your list of colleges. By the end of summer, you should have narrowed your list down to 10-12.
- ☐ Common Application – Many colleges use the Common Application, found online. You can register a Common App account and become familiar with it over summer.
- ☐ Register for the SAT or ACT (check to see if the schools you're applying to are moving to test-optional)
- ☐ Visit College Campuses that you're interested in. (Virtual visit sare available too!)





SENIOR YEAR TIMELINE

FALL OF YOUR SENIOR YEAR

- ☐ Take charge in your extracurricular activities and continue to demonstrate leadership.
- ☐ If you have not already, make sure you are registered to take either the SAT or ACT and study for the tests. (Check to see if the schools you're applying to are moving to test-optional)
- ☐ Check out the SAT/ACT Test Prep in Xello
You can also check out SAT/ACT prep books in the College & Career Center
- ☐ Finalize your college list. Narrow your list of colleges to between 5 and 10.
- ☐ Begin your college applications.
- ☐ Meet with a counselor about your post-secondary choices.
- ☐ If you plan to get in the workforce immediately or want to obtain technical trade skills, check in with your counselor and the College & Career Center to learn about your resources.
- ☐ Attend virtual college visits and don't be afraid to contact college representatives for more information.





SENIOR YEAR TIMELINE

JANUARY-FEBRUARY

- ☐ Apply to any additional colleges you're still considering.
- ☐ Continue to keep up your grades as you wait to hear decisions from schools.
- ☐ After receiving your first semester grades, request an official transcript and mail it to the colleges you've applied to.
- ☐ Kick scholarship search into full gear. Use College & Career Center resources!

MARCH

- ☐ Watch your mail between March 1 and April 1 for acceptance notifications from 4-year colleges and universities. Compare financial aid awards you receive. Don't be afraid to negotiate your award with the financial aid department of the college.

Ask the CCC for more info.

APRIL

- ☐ Visit colleges to which you've been accepted to if you still need help making a decision.

- ☐ Keep an eye out for financial aid award letters around April and consider appealing if you have not been awarded a fair amount by a particular college



SENIOR YEAR TIMELINE

MAY

- ☐ Decide on a college and send the Enrollment Confirmation Form no later than May 1.
- ☐ Make final decision by May 1 and let your counselor know which college you're planning on attending.
- ☐ If you have won any scholarships, please indicate the amount and name of your award and give this information to the College & Career Center.
- ☐ Thank you letters: make sure that you take the time to write thank you letters to those who wrote letters of recommendation and those who helped you with this process (teachers, parents, coaches, counselors, etc).

JUNE & SUMMER BEFORE COLLEGE

☐ GRADUATION: CONGRATS!

☐ As part of your senior checkout, you must let the Counseling Office know where to send your final transcript. This means you must let them know which college to send it to!

☐ Housing: if you're living on campus, make sure that you know where you'll be living the fall. Check your college email to stay in the know!

☐ Register for classes: as soon as you can, start registering for classes. Talk with an advisor and see which classes are going to be the best for you!

☐ Roommate: if you're living on campus, make sure to contact your future roommate and connect!





FINANCIAL AID

Everyone should apply for financial aid, regardless of what your plans are for next year.

FAFSA

Everybody should apply for Financial Aid (FAFSA) on December 1st. Filling out your college applications and filling out the FAFSA (Free Application for Federal Student Aid) go hand- in-hand. Financial aid is funding to help you pay for college, such as scholarships, grants, loans and work-study. Everyone applying to college (4-year, community, or technical) should apply for Financial Aid, regardless of your family's income. If you are undocumented, talk to your counselor about filling out the WASFA, which is state financial aid for undocumented students.



SCHOLARSHIPS

There are many private scholarships available. Start early by creating an account with WashBoard where you can find hundreds of scholarships matched just for you! Apply for as many as you can and get money to help you pay for college.

WashBoard website:


<https://washboard.wsac.wa.gov/login.aspx>

Western Undergraduate Exchange (WUE)

While this may not exactly be the traditional idea of financial aid, it can help significantly reduce the cost of tuition if you qualify and are applying to a participating school.

College & Career Center (CCC)

The CCC has an extensive list of scholarships available to our students. Local, regional and national level scholarships can be found on the CCC Teams Page.



SAT and ACT

THE SAT

VS

THE ACT

- Fewer Geometry Questions
- More Time per Question
- No-calculator Math Section

KEY Differences

- Lots of Geometry
- Faster Paced
- Tough Science Section



Overall Time

TIMING & SCORING

Overall Time



Reading

65m

Writing

35m

Math
(No Calculator)

25m

Math
(Calculator)

55m

200 - 800
points

200 - 800
points

Total Points

400 - 1600

Time per
Question



Reading



Writing



Math

1-36

1-36

1-36

1-36

35m

Reading

45m

English

60m

Math

35m

Science

1 - 36

Total Points

Time per
Question



Reading



English



Math



TEST PREP

Methodize through Xello

Methodize offers 25 hours of preparation through practice exams and quizzes which concentrate on Math as well as English. It is both free as well as very comprehensive. Methodize can be found by visiting the [XELLO](#) site



High School and Beyond Plan

Identification of your career goals using a career interest inventory. (About Me- Xello)

Identification of your educational goals. (4 Year Course Planner-Xello)

A course plan that meets state and local graduation requirements, aligns with your career and educational goals, and documents your chosen graduation pathway(s).

Evidence you received information about state and federal financial aid options. (Xello and College & Career Center)

A current résumé or activity log. (Xello & English class)

*Stay current on your interests and skills and update in Xello as needed. Courses should be planned and taken with your goals and interests in mind. High School is preparing you for work life, college life and more. Let's plan it together!



GRADUATION PATHWAYS

In addition to passing your courses and earning 24 credits, you must complete a graduation pathway as shown below:

Smarter Balance Assessment (SBA)


Students meeting this graduation pathway need to earn at least the following scores on the high school English Language Arts (ELA) and math Smarter Balanced Assessment (SBA) of:

- Score on ELA - 2548
- Score on math - 2595

ACT / SAT / AP / Cambridge Exams

Students may use scores on college admissions (ACT, ACT with Writing, SAT, SAT with Essay), and specified Advanced Placement (AP) or Cambridge tests, to show they possess the knowledge and skills expected of high school graduates.

site.



GRADUATION PATHWAYS-CTE

WANIC

Dental Careers (3)	Art & Animation 1 (3)
Health Science Careers (3)	Art& Animation 2 (3)
Medical Careers (3)	Music & Sound Design 1 (3)
Automotive Tech 1 (3)	Music & Sound Design 2 (3)
Automotive Tech 2 (3)	Fire & EMS 1 (3)
Video Game Programming 1 (3)	Fire & EMS 2 (3) Data
Video Game Programming 2 (3)	Analytics & Visualization (3)
Game Design (3)	

Business & Marketing

Business & Marketing Foundations
(1)
Microsoft Office Specialist I (.5)
Personal Finance (.5)
Retail Operations (1)
Business & Marketing Management
(1)
AP Computer Science Principals (1)
AP Computer Science A (1)
Leadership Development (1)
Leadership Project Management(1)
AP Statistics (1)

Skilled Arts

Photography 1A (.5)
Photography 1B (.5)
Photography 2A (.5)
Photography 2B (.5)
Digital Design I (.5)
Technical Theater (1)
Yearbook I (1)

STEM

Architecture & Engineering
I (1)
·Architecture &
Engineering II (1)
Engineering & Computer
Science (.5)
Material Sciencel (1)
Material Sciencell (1)

Human Services

ASL I (1)
ASL II (1)
Child Development I (.5)
Psychology (.5)
AP Psychology (1)
Teacher Academy (1)
Food Science (.5)
·Culinary Arts I (.5)
·Culinary Arts II (.5)