

# COLLEGE COUNSELING SERVICES & RESOURCES

## PREVIEW TO TESTING EVENING

Sophomore and junior students and their parents learn the purposes and timing of the PSAT, SAT, and ACT.

## ACADEMIC ADVISING

Course selection guidance for specific interests and majors, extracurricular involvement, and time management as it relates to collegiate goals.

## READY, SET, GO

Juniors and their parents learn more about the services the College Counseling team provides and prepare for the college journey they will be starting the second semester of junior year.

## THE COLLEGE PROCESS 11: VOICE AND VISION

A semester-long course taken by all juniors in which students learn about types of colleges, majors, and general education programs; reading and evaluating applications; and the educational choices involved in finding colleges that are a good fit for their individual talents, accomplishments, and learning styles.

## COLLEGE KICKOFF

Junior students and parents hear from seniors and teachers about the college application process. Topics include: testing, letters of recommendation, essays, visiting colleges, and interviewing.

## CIRCLE GROUPS

Seniors lead small group lunchtime discussions with juniors during the spring. The mentoring program promotes a healthy approach to the application process, encouraging juniors to be self-reflective while exploring a range of options and ideas.

## CASE STUDIES EVENING & COLLEGE FAIR

Junior students and parents act as members of a mock admission committee in a simulation led by 45 deans and directors from the country's most selective colleges and universities. Participants learn about the importance of transcripts, letters of recommendation, essays, and testing in the admission process. The evening concludes with a college fair.

## INDIVIDUAL AND FAMILY MEETINGS

Personalized discussions and support for every aspect of the college admission process with students and parents.

## LETTERS OF RECOMMENDATION

Counselors assist students in determining strong and relevant academic, athletic, community service, work, and special talent references.

## COLLEGE OPPORTUNITIES

Students are exposed to scholarship opportunities, special diversity programs, local informational sessions, summer opportunities, and educational programs offered at colleges and universities year-round.

## JUMP START WORKSHOP

A week-long intensive program offered prior to the start of senior year. Through self-reflective exercises and workshops, participants uncover their personal narrative and complete a strong, rough draft essay and résumé by the conclusion of the workshop.

## SENIOR PARENT NIGHT

Parents learn how to support seniors in the college process as well as how the College Counseling team helps families navigate and manage applications and outcomes.

## THE COLLEGE PROCESS 12: YOUR CHOSEN PATH

A semester-long course taken by all seniors to help navigate the college application process. Significant emphasis is placed on application logistics: finalizing recommendations, working on essays and supplemental questions, preparing for interviews and college visits, completing applications, and applying for financial aid and scholarships.

## COLLEGE REPRESENTATIVE VISITS

Admission officers representing more than 75 colleges and universities from the United States and abroad visit the Westridge campus annually. Students meet individually or in small groups with representatives to learn more about institutions as well as the admission process.

## COLLEGE FAIRS

Upper School students connect and learn more about visiting colleges and universities.

## COLLEGE ANALYSIS

Counselors provide guidance toward developing a thoughtful college list with consideration of academic, financial, and personal fit.

## HANDS-ON ESSAY SESSIONS

Individual meetings with college counselors aiding the development, structure, and completion of essays, short answers, and supplementary materials.

## INTERVIEW PREPARATION

Students learn about the interview process in The College Process 12 class and a dedicated workshop. Students practice interviewing both in seminar and individual meetings to prepare for college admission interviews.

## HANDS-ON APPLICATION WORKSHOPS

Sessions on completing the Common Application and the University of California Application are held with the College Counseling team.

## FINANCIAL AID WORKSHOPS

A financial aid expert offers guidance to junior and senior families, including instruction on how to complete the Free Application for Federal Financial Aid (FAFSA) and the CSS Profile. Information on scholarships, grants, and loans is also provided. One-on-one meetings are available for seniors who desire guidance understanding their student aid awards.

## APPLICATION SUPPORT MATERIALS

The College Counseling team coordinates the submission of items such as the secondary school report, counselor and teacher recommendations, school transcript and profile, mid-year report, and final transcript to every college, university, or scholarship requested.

## COLLEGE CONVERSATIONS

Through panel and small group discussions with alumnae, seniors learn about specific colleges and the transition to university life.

## DO DROP IN

Open forum events where juniors and seniors can have any questions related to the college process answered.

## COLLEGE CONNECTIONS

Hosted in partnership with the Alumnae Department, the College Connections Parade and Fair gives families an opportunity to expand their "college knowledge" through conversations with recent alumnae, graduating seniors, and faculty and staff about specific schools and the college process.