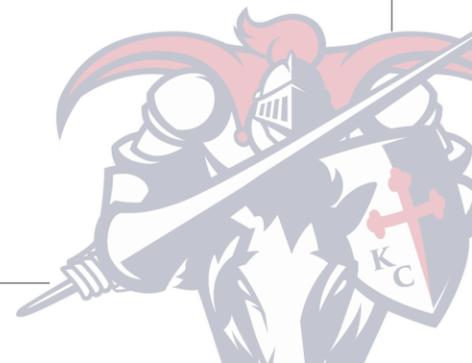




Senior Parent & Student Night

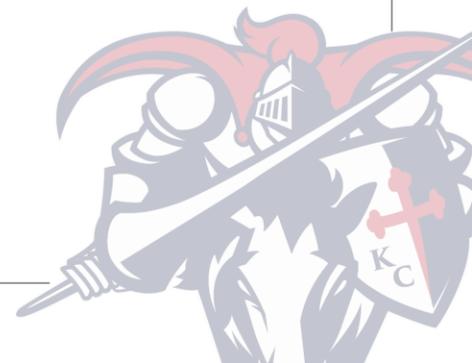
September 4, 2024

Prayer



Evening Agenda

- Welcome & Introductions
- SEL Counseling
 - Types of Support
 - The Path to Graduation
 - Support for Students
- Student Services: Graduation
- College & Career Counseling
 - Review
 - Schoology
 - Student To-Do List
- Q & A



Kennedy Catholic Counseling Center



Assignments

2024-2025 School Year

Social-Emotional Counselors

A-H Laura Breshock

I-N Alvin Lui

O-Z Ralph Springer

St. Teresa Danielle Vosloo, Ed.S.

**International
Students** Alvin Lui

College & Career Counselors

A-L Siobhan McVeigh

M-Z Kelsey Mark

Educational Psychologist/SBIRT

Danielle Vosloo, Ed.S.

SEL Counseling



SEL Counseling Support

Encouragement

Emotional
Support

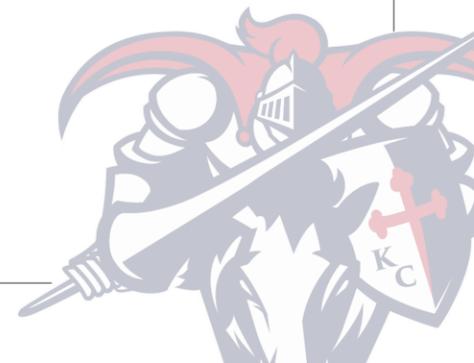
Crisis
Intervention

Grade Checks

Monitor
Attendance

Conflict
Resolution

Resource &
Referral



The Path to Graduation

Parent/Guardian

- It's not quite over just yet
- Stay involved
- Assignment completion
- Grade monitoring
- Social activities
- Communicate with faculty, counselors, and administrators
- Ask for help

Student

- The final grade is not yet on your transcript
- College acceptance does not mean *you're in*
- Complete and submit assignments
- Monitor your grades
- Choices you make this year can impact your entire future
- Communicate with your teachers and counselors
- Ask for help



Senioritis: It's Real

Symptoms

- Tiredness
- Lack of motivation
- Body aches
- Feeling more prone to illness

Results

- Failing grades
- Decreased social activity
- Eliminating extracurricular activities

Overcoming

- Keep organized
- Listen to your body
- Have a support system
- Remember your goals
- Don't sink into stasis

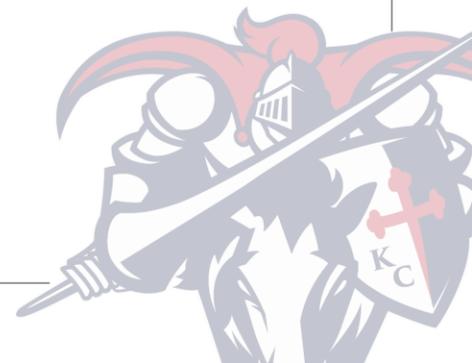


SBIRT and Check Yourself

Screening, Brief Intervention, and Referral to Services

Check Yourself Screener – March 2025

At-risk students are identified and connected with supports



Support for Students

Teacher Office Hours:

7:30am - 7:55am (M - F)

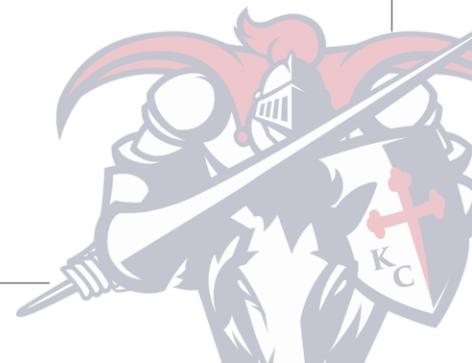
2:30pm - 3:00pm (M - F)

Lancer Academy: Room B227

2:45pm - 3:30pm (M - TH)

Library Hours:

7:30am - 5:00pm (M-F)

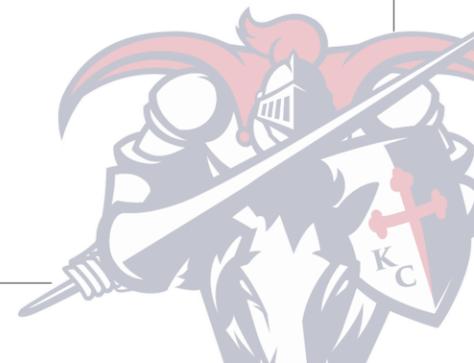


Student Services - Graduation



Graduation

- Preparation – Class meeting at the end of October
 - Gowns, Diplomas, and Announcements will be discussed
 - Watch for information in the E-News regarding ordering
- Graduation Dates:
 - Sr. Awards Reception – Thursday May 29, 2025
 - All recognitions, department awards, honors, and activity awards will be distributed
 - Baccalaureate Mass – Friday May 30, 2025
 - Graduation – Friday May 30, 2025
- Senior Grad Night Party
 - Early Bird Sign Up – Sep 4, 2024, Feb 25, 2025, Mar 1, 2025



Hoo has questions?



Paws...



College & Career Counseling: A Collaborative Plan for Success



Spring Parent & Student Night Review

Post High School Options

- Community College, Trade School, Military Service, Gap Year, College/University

Defining Your Fit

- Finding a school that is the best fit for you
- Graduation and college admission requirements
- Paying for college

College & Career Search Tools

- College Kickstart / College Board BigFuture / Gear UP Washington State
- O*Net – Occupational Information Network
- Going Merry - Scholarships
- NCAA – Eligibility Center for Prospective Athletes

Timeline

- Spring, Summer, Fall



A Timeline of Events for Families

Spring 2024	Summer 2024	Fall 2024
<p>Students participate in training using school provided resources:</p> <p>College Search (College Kickstart, Naviance & Big Future) Scholarship Search (Going Merry) Test Prep (Albert.io) - AP, SAT, ACT</p>	<p>Create an organization system! (Spreadsheets, folders and checklists)</p> <p>Participate in the College Application Workshops</p>	<p>Participate in the College Application Workshops in Community Period</p> <p>Schedule <u>meeting(s)</u> with counselor</p>
<p>Schedule an <u>initial meeting</u> with college counselor</p>	<p>Prepare a list of schools <u>College Kickstart</u>*NEW* (Likely, Target and Reach)</p>	<p>Meet with college reps</p> <p>Attend college fairs</p>
<p>Schedule college visits for spring break, summer, or fall</p>	<p>Start preparing essays, personal statements, and applications</p>	<p>Confirm teacher letters of rec.</p>
<p>Identify teachers for letters of recommendation</p> <p>Attend the Junior Parent College & Career Night</p>	<p>Work, read, travel, volunteer, attend summer program on a college campus or do an internship</p>	<p>Apply for scholarships, FAFSA</p> <p>Set up interviews</p> <p>Meet all deadlines</p>

Schoology **NEW**

Access Code
MNN4-XWMQ-
MJN9W

Kennedy Catholic College and Career Counseling

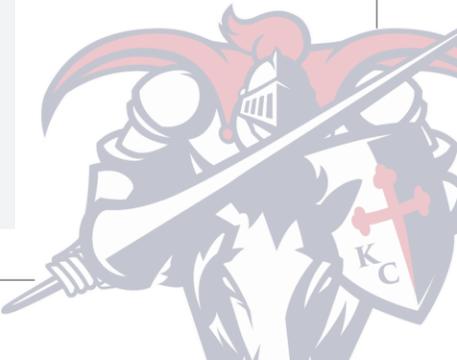
Resources

9 of 9

Meet Your College and Career Counseling Team

Siobhan McVeigh
Director of College and Career Counseling
CaseLoad: Gr. 9-12, Last Names A-L
Email: mcveighs@kennedyhs.org
Phone: 206.957.9715
[Click here to schedule an appointment with Ms. McVeigh.](#)

Kelsey Mark
Associate Director of College and Career Counseling
CaseLoad: Gr. 9-12, Last Names M-Z
Email: markk@kennedyhs.org
Phone: 206.957.9711
[Click here to schedule an appointment with Ms. Mark.](#)



Scheduling an Appointment

Kennedy Catholic College and Career Counseling
Resources

9 of 9

Meet Your College and Career Counseling Team

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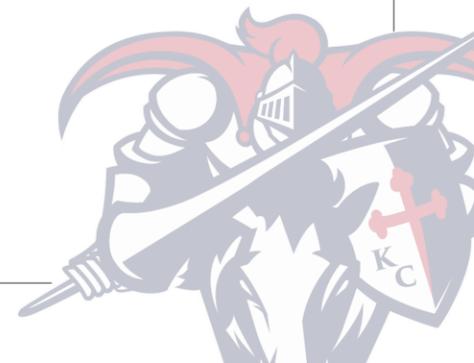
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Caseload: Gr. 9-12, Last Names M-Z
Email: mark@kennedyhs.org
Phone: 286.957.9711
[Click here to schedule an appointment with Ms. Mark.](#)

Added by You - Aug 9, 2024

Make an Appointment with Your Counselor
To set up an appointment with your counselor, please use their Calendly link below. If you do not see a time that works with your schedule, email your counselor directly with alternative times.

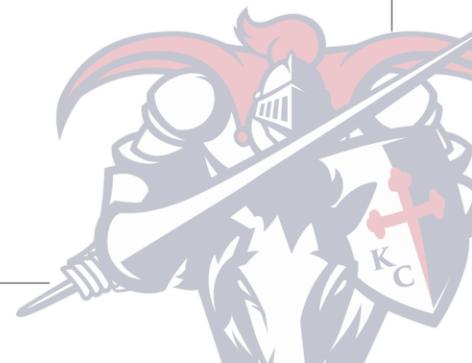
- [Ms. McVeigh's Calendar](#)
- [Ms. Mark's Calendar](#)

Added by You - Aug 9, 2024



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.)
- Overview of College Kickstart
- Letters of Recommendation Requests (Naviance)
- Sending Letters of Recommendation, Transcripts, Mid-Year Reports, NCAA and NAIA
- Scholarships and Financial Aid
- NCAA and NAIA Information



College Visits at KCHS

The screenshot shows the Naviance website interface. At the top, there is a navigation bar with links for Home, Self-Discovery, Careers, Colleges, Planner, and About me. A search bar contains the text "Demo". Below the navigation bar, the "College Visits" section is displayed. On the left, there is a "Quick Links" sidebar with sections for "MORE SEARCH OPTIONS" (including SuperMatch®, Advanced college search, and College lookup) and "MY COLLEGES" (including Upcoming college events, Colleges match, Colleges Visits, Colleges I'm thinking about, and Colleges I'm applying to). The main content area lists five college visits for September:

Month	Date	Time	College Name	Location	Status	Action
SEPTEMBER	Tue 03	03:00PM	Ritsumeikan Asia Pacific University	College, Career and Counseling Office	DEADLINE PASSED	View Details
SEPTEMBER	Thu 05	02:30PM	The George Washington University	College, Career and Counseling Office		Register Now View Details
SEPTEMBER	Tue 10	11:00AM	Chapman University	College, Career and Counseling Office		Register Now View Details
SEPTEMBER	Tue 10	02:30PM	Cornish College of the Arts	College, Career and Counseling Office		Register Now View Details
SEPTEMBER	Fri 13	11:00AM	Willamette University	College, Career and Counseling Office		Register Now View Details

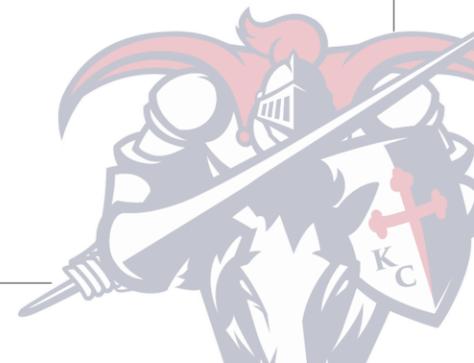
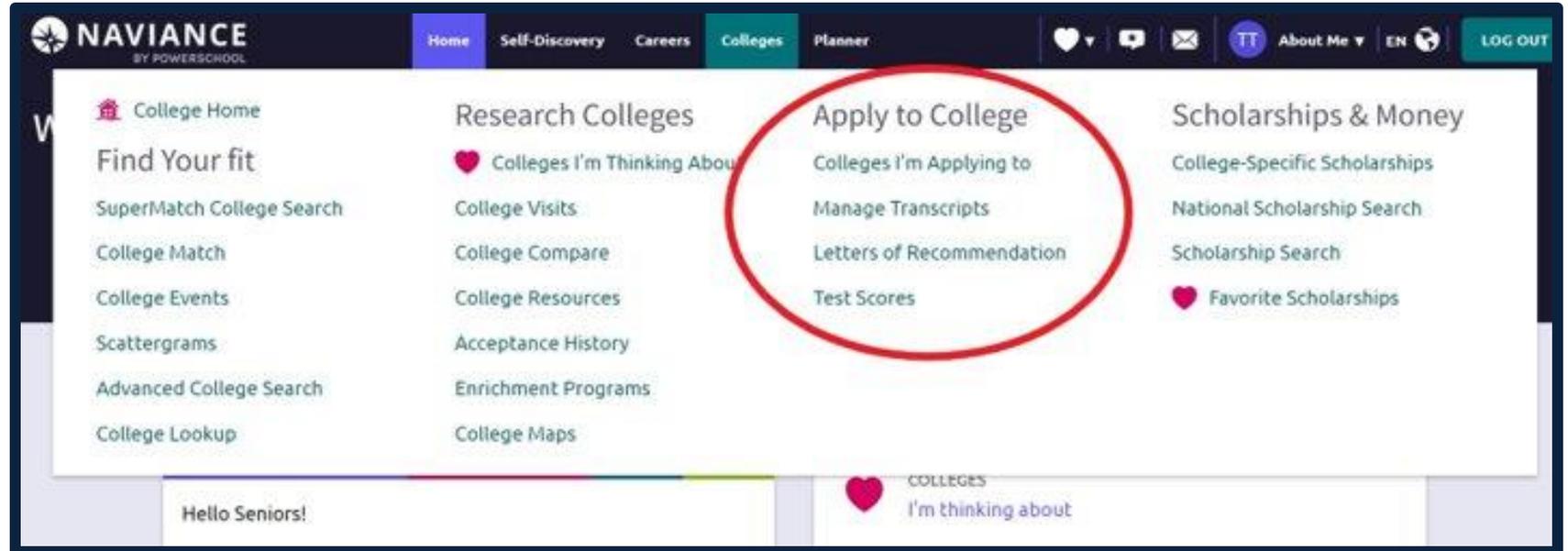
Check Naviance for the most updated list of colleges visiting

TIP: Click the *Register Now* button for colleges you're interested in



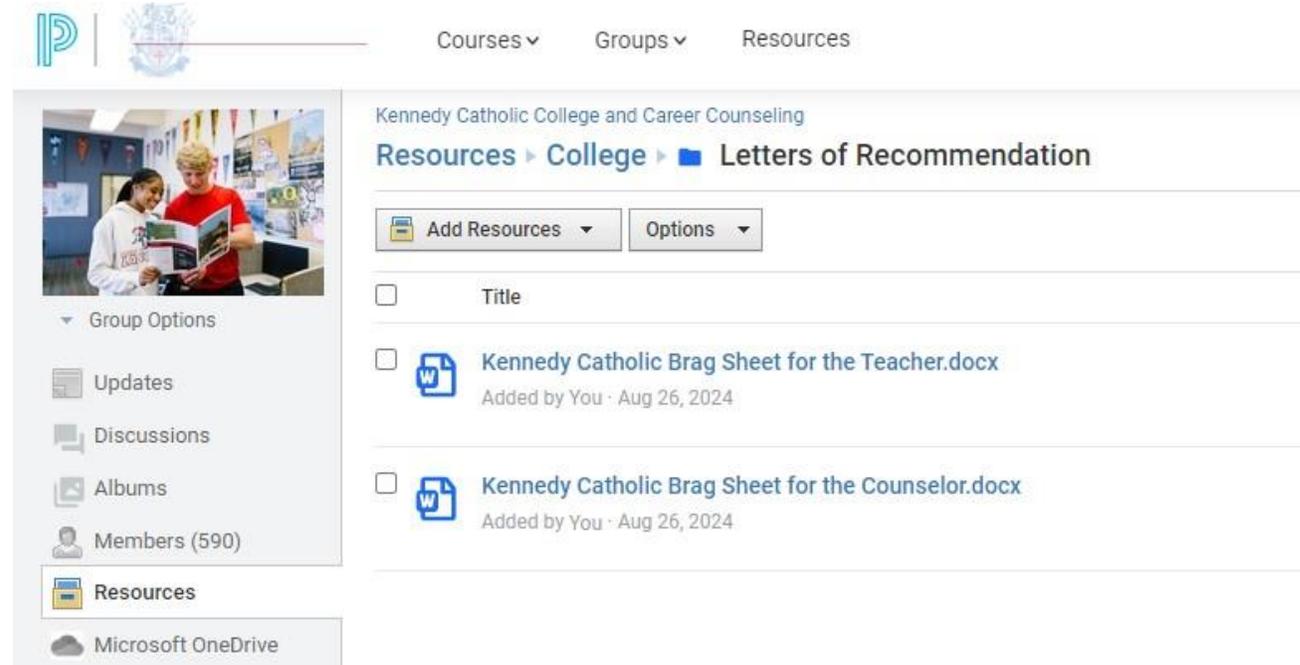
Student To-Do List: Naviance

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



Letters of Recommendation

Ask 1 – 2
teachers for a
LOR & complete
brag sheet
(Kennedy Catholic
Brag Sheets)



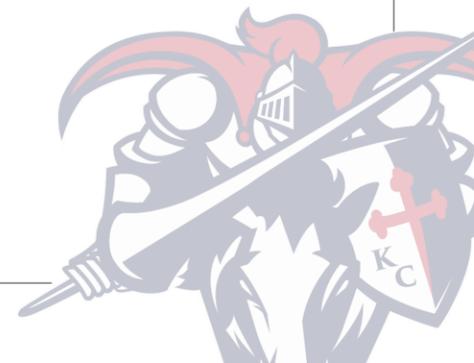
Kennedy Catholic College and Career Counseling

Resources > College > Letters of Recommendation

Add Resources Options

<input type="checkbox"/>	Title
<input type="checkbox"/>	Kennedy Catholic Brag Sheet for the Teacher.docx Added by You · Aug 26, 2024
<input type="checkbox"/>	Kennedy Catholic Brag Sheet for the Counselor.docx Added by You · Aug 26, 2024

TIP: Ask teachers and counselors early!
We recommend one month before the deadline.



College Kickstart

Helps develop a well-rounded list of colleges

Creates a college application timeline

Provides information on how to capitalize on early admission opportunities

Compiles information on required application materials

Delivers customized plan including application deadlines and requirements

Reviews merit and need-based aid opportunities



College Kickstart



SAMPLE STUDENT

Please tell us about yourself

1. Your list of schools

Enter at least 6 schools in rank order

Enter your college name here

Getting started

- Search for colleges by name, nickname, or acronym
- Enter your list of schools, rank ordered by interest
- Enter your academic profile—a GPA or test score will do
- Click on [RUN KICKSTART](#)

What we'll do

- Sanity check your list for balance and odds of success
- Look for ways to improve those odds through early admission
- Recommend an action plan to help you avoid unnecessary effort and cost

Things to keep in mind

- Use College Kickstart for directional guidance, not admission guarantees
- Our approach is driven solely by what can be measured, such as test scores, GPA and published admissions data
- Always work with your counselor or consultant to consider the bigger picture

2. Your profile

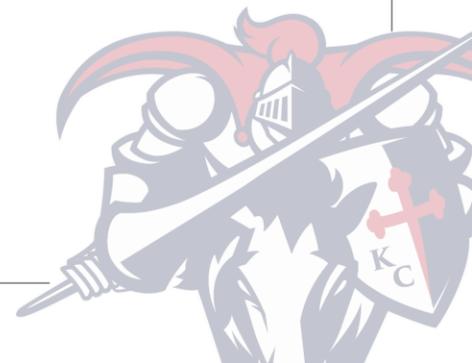
SAT-ERW 600

SAT-M 550

ACT

uGPA 3.75

[RUN KICKSTART](#)



College Kickstart – Requirements View

SAMPLE STUDENT



Your Current Plan - Requirements View

- This plan was produced for Sample Student on 9/4/2024, 11:10:50 AM using a 3.82 unweighted GPA. The report received a grade of A.
- It's easy to add likely, target and reach schools to your list with MixFixer™. Just run Kickstart, go to List Check, and use the **Find Schools** buttons.
- Keep in mind that our recommendations are driven solely by your academic credentials. It is always a good idea to work with your college counselor to consider the bigger picture.

Rank	Institution/Plan	Season	Common App	Standardized Testing	Recommendations	Interviews	Short Answer/Essay Prompts
1	University of Washington ^{HS} Regular Decision	2023-24		Optional *	None	Not offered	2 prompts (1 x 650 words, 1 x 300 words)
2	Seattle University ^{HS} Early Action	2024-25		Optional *	1C, 1T	Not offered	Base + 2 optional (2 x 250 words); 1 prompt for nursing applicants
3	Washington State University ^{HS} Regular Decision	2024-25		Test-Free *	Optional (recommended for GPA < 3.0)	Not offered	Optional
4	Whitman College Regular Decision	2024-25		Optional *	1 C/T	Encouraged	Base only
5	George Washington University Regular Decision	2024-25		Optional except for BA/MD program *	1C, 1T	By invitation for Seven-Year B.A./M.D.	Base + 1 optional (500 words); 1 prompt (500 words) for Cisneros Hispanic Leadership Institute applicants; 2 prompts (2 x 500 words) for University Honors applicants; 1 prompt (500 words) for Seven-Year B.A./M.D. Program applicants
6	Chapman University ^{HS} Early Action	2024-25		Optional *	1T	Optional	Base + 3 prompts (200 words) + 1 optional (200 words) + 10 short takes
7	St. Olaf College Early Action	2024-25		Optional *	1T	Optional	Base + 4 prompts (150 words, 3 x 10 words) + 1 optional (200 words) ³



College Kickstart – Summary View

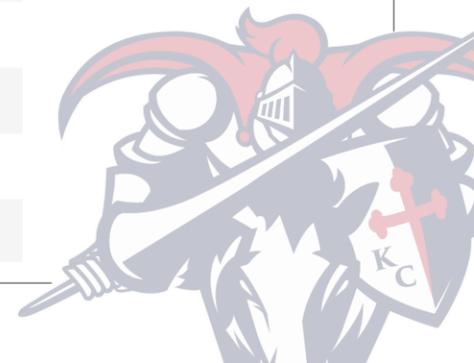
SAMPLE STUDENT



Your Current Plan - Summary View

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- It's easy to add likely, target and reach schools to your list with MixFixer™. Just run Kickstart, go to List Check, and use the **Find Schools** buttons.
- Keep in mind that our recommendations are driven solely by your academic credentials. It is always a good idea to work with your college counselor to consider the bigger picture.

Rank	Institution/Plan	Commitment	Admit Rate	Category	Consider Test-Optional	% Submitted Test	Wave	Due	Notify	Fee	Demonstrated Interest
1	University of Washington ^{HS} <i>Regular Decision</i>		40%	Target	Yes	14-19%	1	11/15	03/15	\$80	Not considered
2	Seattle University ^{HS} <i>Early Action</i>		76%	Target	Yes	24-35%	1	11/15	12/31	\$60	Important
3	Washington State University ^{HS} <i>Regular Decision</i>		61%	Likely	Test-Free	—	1	12/16	12/30	\$70	Not considered
4	Whitman College <i>Regular Decision</i>		51%	Target	Yes	31-42%	2	01/15	03/07	\$50	Considered
5	George Washington University <i>Regular Decision</i>		43%	Target [?]	Yes	30-42%	2	01/05	04/01	\$80	Considered
6	Chapman University ^{HS} <i>Early Action</i>		50%*	Target	Yes	16-24%	1	11/01	02/07	\$70	Considered
7	St. Olaf College <i>Early Action</i>		67%	Target	Yes	36-48%	1	11/01	12/22	\$0	Important
8	Dominican University of California <i>Regular Decision</i>		93%	Likely [?]	Yes	4-6%	1	11/04	12/30	\$0	Not considered
9	Loyola University Chicago <i>Regular Decision</i>		81%	Likely [?]	Yes	38-59%	1	12/01	01/15	\$0	Considered
10	University of California - Los Angeles <i>Regular Decision</i>		9%	Unlikely	Test-Free	—	1	12/02	03/31	\$80	Not considered
11	Georgetown University <i>Restrictive Early Action</i>		10%	Reach [?]	Testing required	—	1	11/01	12/15	\$75	Not considered
12	Johns Hopkins University <i>Regular Decision</i>		6%	Reach	Yes	41-55%	2	01/02	03/21	\$70	Not considered

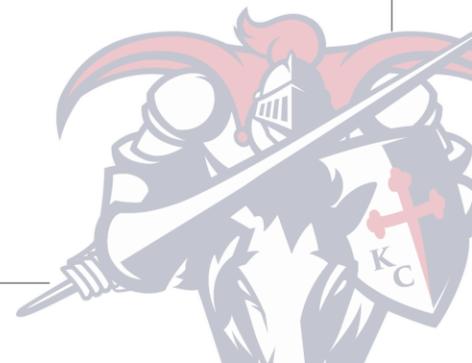


College Applications

Application Components:

- General/personal information
- Educational information
- Family information
- Testing information
- Activities
- Writing/Essays
- School specific questions
- Transcripts
- Letters of recommendation

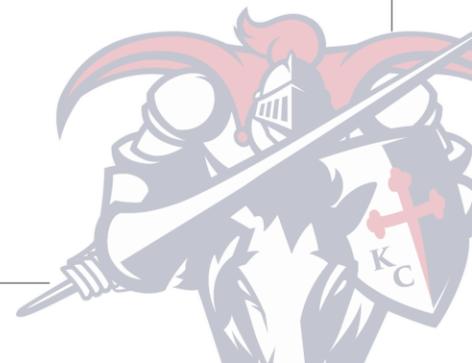
- Common App
- University of California schools
- California State Schools
- Coalition Application
- applySUNY
- ApplyTexas
- School specific applications



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



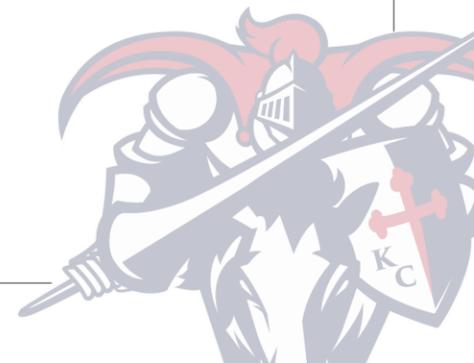
Test Scores

Submit test
scores
(AP, SAT, ACT)



[Fairtest.org](https://www.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 2024 to submit ACT/SAT results before admissions decisions are made.



WAGAP

The Washington Guaranteed Admissions Program guarantees admission to a Washington Public, four-year college or university.

Participating colleges and universities:

- Central Washington University
- Eastern Washington University
- The Evergreen State College
- University of Washington Tacoma
- Washington State University
- Western Washington University

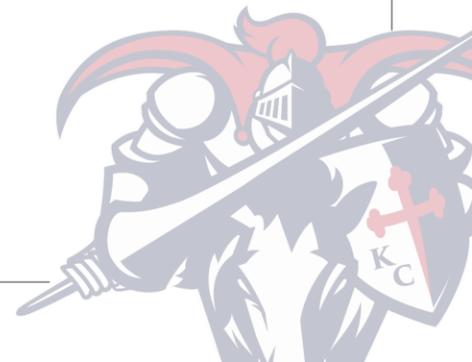
Eligibility

- Earn and maintain a cumulative 3.0 GPA or higher
- Meet the college academic distribution requirements (CADRs)



Financial Aid / Scholarships

Complete the FAFSA &
apply for scholarships

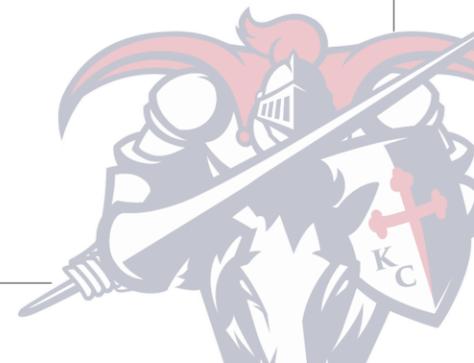


Scholarships – Going Merry

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!

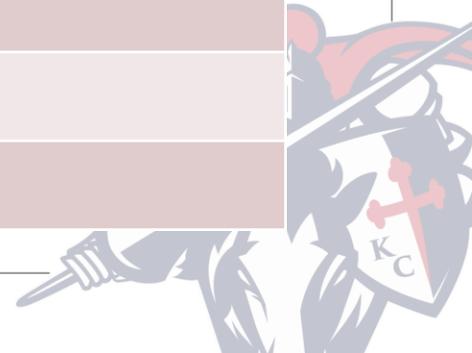
Why I recommend Going Merry above other scholarship sites:

- **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)



Upcoming Events

Event	Date/Time
Appy Hours (application worktime)	Tuesdays & Wednesdays 2:30-3:30pm
WSU Wednesday (Instant Admissions Event)	Wednesday, Sept. 11, 2:30pm
Personal Statement Workshops	Monday, Sept. 16, 2:30pm Thursday, Sept 19, 2:30pm
Activities Workshops	Monday, Sept. 30, 2:30pm Thursday, Oct. 3, 2:30pm
Cal State Application Workshop	Friday, Oct. 18, 10am
Senior College Visit Days	Oct. 9 - 14
Seattle National College Fair	Oct. 25 - 26



Questions?

Thank you all!

