



COLLEGE PLANNING FOR JUNIORS & THEIR FAMILIES

Part I • MIDDLEBOROUGH HIGH SCHOOL • Winter 2025



<https://mhs.middleboro.k12.ma.us/about-our-schools/counseling-department/departments-welcome>



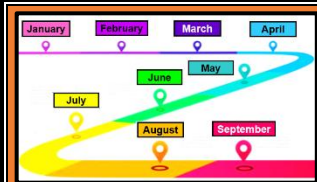
@Sachem_Guidance



@mhscounseling1

Where to Begin





Junior Timeline

January:

- **It All Starts Now!!!**

01/03/25
01/08/25

Deadline to register for the 02/08/25 ACT.
College Planning for Juniors & Their Families - Where to Begin workshop 6:00pm MHS Auditorium.

February:

- GPA's will be posted on Scoir.
- Investigate the different types of SAT preparation options.
- Log onto your Scoir account, do a college search and begin to develop a list of colleges that you would like to find out more about.
- **KEEP YOUR GRADES UP!**

02/08/25
02/16/25
02/21/25
02/28/25

ACT Administered. *MHS is not a test site.*
Virtual National College Fair, 1:00pm-6:00pm. Register at: www.nacacattend.org/25virtualfeb16/sign-in
Deadline to register for the 03/08/25 SAT. *MHS is not a test site.*
Deadline to register for the 04/05/25 ACT. *MHS is not a test site*

March:

- Continue researching colleges on your list.
- Go to www.collegeboard.com and register for the May 4, 2024 SAT. [Recommended]
- **KEEP YOUR GRADES UP!**

03/08/25
03/23/25
03/27/25

03/28/25

SAT Administered. *MHS is not a test site*
Virtual National College Fair, 1:00pm-6:00pm. Register at: www.nacacattend.org/25VirtualMar23
National College Fair, Boston Convention & Exhibition Center, 9:00am-12:00pm & 6:00pm-8:30pm.
Register at: www.nacacattend.org/25boston/begin
National College Fair, Boston Convention & Exhibition Center, 9:00am-12:00pm.
Register at: www.nacacattend.org/25boston/begin

April:

- Set up college tours with the admissions offices for April vacation.
- Begin to narrow down your college list
- Send a "Thank You" note to the people who took the time to interview/show you around campus.
- **KEEP YOUR GRADES UP!**

04/03/25

04/05/25
04/16/25

04/18/25
04/27/25

National College Fair, Rhode Island Convention Center, 5:30pm-7:30pm.
Register at: www.nacacattend.org/25providence/begin
ACT administered (*MHS is not at test site*).
College Planning for Juniors & Their Families – What You Should Be Doing Over the Summer
6:00pm in the MHS Black Box Theatre.
Deadline to register for the 05/03/25 SAT (*MHS is a test site*). [Recommended]
Virtual National College Fair, 1:00pm-6:00pm.
Register at: www.nacacattend.org/25virtualapr27/sign-in

May:

- Continue to research colleges on Scoir.
- Continue to narrow down your college list.
- **KEEP YOUR GRADES UP!**

05/03/25
05/09/25
05/22/25
05/29/25

SAT Administered (*MHS is a test site*). [Recommended]
Deadline to Register for the 06/14/25 ACT (*MHS is not a test site*).
Deadline to register for the 06/07/25 SAT (**Recommended if you did not register for the 05/03/25 SAT**).
Regional College Fair, Bridgewater State University, Tinsley Center, 9:00am-12:00pm.

June:

- Ask a core academic teacher if they would be willing to write a letter or recommendation on your behalf for college.
- Ask your School Counselor any final questions before you leave for the summer.
- **KEEP YOUR GRADES UP!**

06/06/25
06/07/25
06/14/25

Deadline to Register for the 07/12/25 ACT (*MHS is not a test site*).
SAT Administered (*MHS is not a test site*).
ACT Administered (*MHS is not a test site*).

LOOKING AHEAD









CLASS of 2026

COLLEGE PLANNING WORKSHOP - Part I

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Your School Counseling Staff

<u>Staff Member</u>	<u>Student's Last Name</u>	<u>Phone Ext</u>	<u>Email</u>
 Mrs. Amy B. Beirne School Counselor	A-Dea	3110	abeirne@middleboro.k12.ma.us
 Mrs. Colleen E. Breton School Counselor	Dem-Jo	3221	cbreton@middleboro.k12.ma.us
 Mr. Andrew R. Swiderski School Counselor	Ju-Ph	3133	aswiderski@middleboro.k12.ma.us
 Mr. Stephen E. Goldman School Counselor	Pi-Z	3111	sgoldman@middleboro.k12.ma.us
 Mrs. Tammy C. Miller School to Career Counselor	Sr Internships Early College	3124	millert@middleboro.k12.ma.us
 Mrs. Gretchen Ponte Administrative Assistant		3109	gponte@middleboro.k12.ma.us

A Word from the School Counseling Department



Your school counselor is here to advise you during the college planning process. Our job is not to choose your colleges or to get you admitted, but to direct you in the exploration of possibilities, to help you make more knowledgeable choices, and to help guide you through the application process.

We can bring facts about you and your background to the college's attention. Your job is to help your school counselor highlight your unique qualities, personal strengths, and special circumstances.

Remember, in most cases, you are looking to make a four-year commitment. Be yourself! Don't try to be what you think the colleges want you to be! Choose your college because it is the right one for you and you are right for it!

Where to Begin



In this workshop, we will discuss:

1. Scoir - Our career/college search software Program
2. College Appraisal
3. Matching of Self and School

Before you start your college search, you first need to determine where you are in the process. A helpful way to begin this is to utilize the tools in the **PrinciplesYou** and the **Career Interest Assessments** in Scoir. The *PrinciplesYou* and *Career Interest Assessments* help students uncover and understand their natural abilities.

In addition, the checklists below are very important in helping you to be more organized in making thoughtful and thorough decisions about your potential colleges.




By mid-April you should have:

- ☐ Attended the *College Planning Workshop for Juniors & Their Families-Where to Begin*, on January 8, 2025.
- ☐ Registered for either the May or June SAT Reasoning Test.
- ☐ Some students may want to register to take the April or June ACT test.
- ☐ Developed a list of colleges that interest you and might be a good fit.
- ☐ Made plans to visit one of the College Fairs held in our area.
- ☐ Scheduled college visits for February and April vacation.
- ☐ Developed a strong senior year course schedule with your School Counselor.

Knowledge you should have:

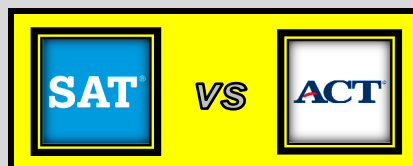
- ☐ Reasons for going to college.
- ☐ An accurate appraisal of your academic standing (GPA), your extracurricular activities and your personal values. A good place to start would be to complete the *Activities Sheet*, located at the bottom of your *Profile* page in Scoir. Remember, it is never too late to get involved in extra-curricular activities.
- ☐ A priority list for choosing a college (size, location, cost, etc.).
- ☐ A solid understanding of what colleges consider when making admissions decisions.
- ☐ A realistic view of your admissions and financial standing.

Pay special attention to:

- ☐ SAT & ACT registration deadlines and test dates.
- ☐ The School Counseling Department "College Planning Workshop" dates.
- ☐ Your school issued email for announcements, for important dates & deadlines.
- ☐ The School Counseling social media sites:
 -  <https://mhs.middleboro.k12.ma.us/about-our-schools/counseling-department/department-welcome>
 -  @Sachem_Guidance
 -  @mhscounseling1
- ☐ School Counseling Department monthly newsletter (***Sachem Counseling Scoop***)

Testing Information

There are two types of college entrance exams available for high school students to take -- the ACT®, which is offered through American College Testing and the SAT®, which is offered through the College Board. It is important to note that you do not need to take both. The SAT is the better known of the two in our region of the country and is the one that most Middleborough High School students choose to take.



Colleges do not prefer one test over the other, so the choice is up to you!

Both ACT and SAT scores are used for college admissions and merit-based scholarships. The SAT and ACT generally test the same types of content. The biggest differences are that the ACT has a Science Test, and there's one SAT Math Section for which you cannot use a calculator. Explore both exams to decide which test is right for you.

	SAT	ACT
Why Take It	Colleges use SAT scores for admissions and merit-based scholarships.	Colleges use ACT scores for admissions and merit-based scholarships.
Test Structure	<ul style="list-style-type: none"> • Reading • Writing & Language • Math • Essay (Optional) 	<ul style="list-style-type: none"> • English • Math • Reading • Science Reasoning • Essay (Optional)
Length	<ul style="list-style-type: none"> • 3 hours (without essay) • 3 hours, 50 minutes (with essay) 	<ul style="list-style-type: none"> • 2 hours, 55 minutes (without essay) • 3 hours, 40 minutes (with essay)
Reading	5 reading passages	4 reading passages
Science	None	1 science section testing your critical thinking skills (not your specific science knowledge)
Math	Covers: <ul style="list-style-type: none"> • Arithmetic • Algebra I & II • Geometry, Trigonometry & Data Analysis 	Covers: <ul style="list-style-type: none"> • Arithmetic • Algebra I & II • Geometry & Trigonometry
Calculator Policy	Some math questions don't allow you to use a calculator.	You can use a calculator on all math questions.
Essays	Optional. The essay will test your comprehension of a source text.	Optional. The essay will test how well you evaluate and analyze complex issues.
How It's Scored	Scored on a scale of 400–1600	Scored on a scale of 1–36

So When Do I Take These Tests?



We strongly recommend taking your first SAT on May 3, 2025!

It is recommended that you take the SAT twice, once in the Spring of your junior year and again in either October or November of your senior year (*depending on your earliest application deadline*). **We do not recommend that you wait until December of your senior year to take your first SAT!**



Most of our students take the SAT. You may choose to take both the SAT and the ACT, but both are not required, as colleges/universities will accept either test.

If you have taken the SAT twice and are not satisfied with your scores, it is recommended that you switch and take an ACT.

timeline

2022	2023	2024	2025	2026
<u>Freshmen</u>	<u>Sophomore</u>	<u>Junior</u>	<u>Senior</u>	
PSAT 8/9 (optional)	PSAT (optional)	PSAT/NMSQT (fall) SAT (spring)	SAT (summer/fall) and/or ACT (summer/fall)	



The ACT is an achievement-based test that coincides with the general curriculum. It is not an aptitude or an IQ test. Instead, the questions on the ACT are directly related to what you have learned in your high school courses of English, mathematics, and science. It consists of up to 5 sections: English, mathematics, reading, science, and an optional writing test. **Students should take the writing section.** Most colleges and universities recognize the ACT as being comparable to the SAT.

Test Dates & Deadlines

Test Date	Registration Deadline	Late Registration Deadline
02/08/25	01/03/25	01/20/25
04/04/25	02/28/25	03/16/25
06/14/25	05/09/25	05/26/25
07/12/25	06/06/25	06/20/25

MHS is not a test center for the ACT

- ▶ You must register with a credit card online at www.actstudent.org.
- ▶ Registration for the ACT Test is \$65.00 without the writing and \$90.00 with the writing.
- ▶ If you receive free or reduced lunch, see your School Counselor for a fee waiver.
- ▶ There is an additional fee of \$38.00 to register late, try to avoid this.

SAT®

The SAT is a measure of the critical thinking skills. It assesses how well you analyze and solve problems--these are skills you have learned in school will need in college. Each section of the SAT is scored on a scale of 200-800 with 500 being considered an average score. It is administered seven times a year.

You should take the SAT twice (one in junior year and one in senior year).

We strongly recommend taking your first SAT on May 3, 2025!

Test Dates & Deadlines

Test Date	Registration Deadline	Late Registration Deadline
03/08/25	02/21/25	02/25/25
*05/03/25	04/18/25	04/22/25
06/07/25	05/22/25	05/27/25

- ▶ You must register with a credit card online at www.collegeboard.com.
- ▶ Registration for the SAT is \$68.00.
- ▶ If you receive free or reduced lunch, see your School Counselor for a fee waiver.
- ▶ There is an additional fee of \$34.00 to register late try to avoid this.

* = *MHS is a test site on this date*

CEEB Code



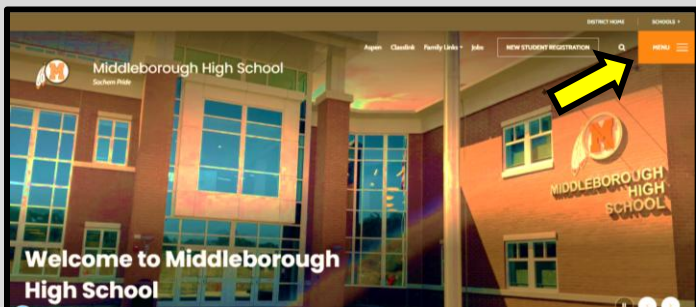
The CEEB (*College Entrance Examination Board*) code is a unique number assigned to every high school and college. You will need to provide this code when registering to take the SAT and/or the ACT.

Middleborough High School's CEEB Code is:

221405



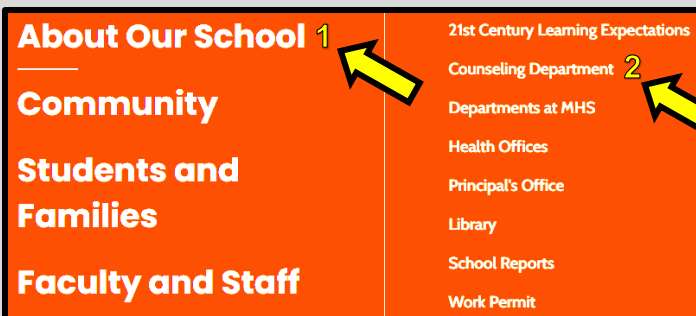
School Counseling Website



Visit the Middleborough High School website at:

www.middleboro.k12.ma.us/mhs

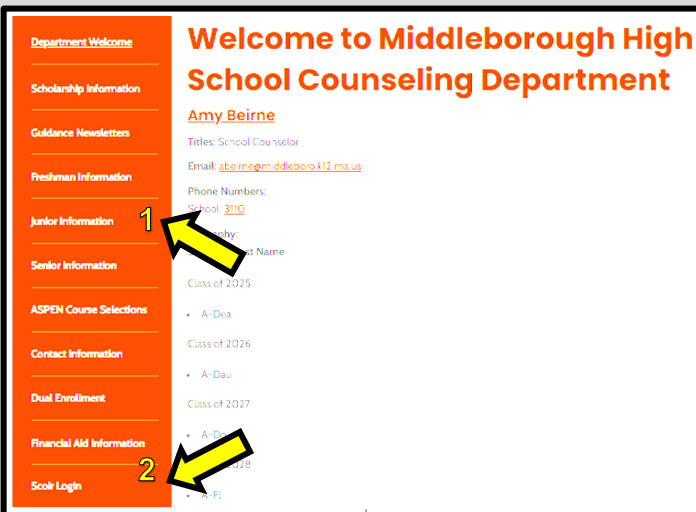
Click on: Menu



Click on:

1 About our School

2 Counseling Department



View the following information:

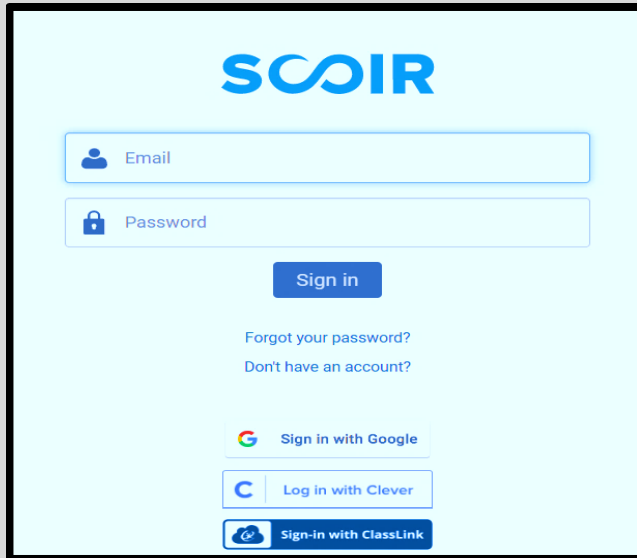
1 Junior Information

2 Direct link to Scoir



Scoir

Our College/Career Management Program

A screenshot of the Scoir login interface. At the top is the 'SCOIR' logo in blue. Below it are two input fields: 'Email' with a person icon and 'Password' with a lock icon. A blue 'Sign in' button is centered below the fields. Underneath the button are two links: 'Forgot your password?' and 'Don't have an account?'. At the bottom are three social login options: 'Sign in with Google' (with the Google logo), 'Log in with Clever' (with the Clever logo), and 'Sign-in with ClassLink' (with the ClassLink logo).

Scoir is a customized, secure website that supports post-secondary, college and career planning. It is designed to assist students and their parents/guardians in making informed decisions about college opportunities and career choices. Every MHS student has their own personalized Scoir account.

It's important that you become familiar with this program. You will have to use it throughout the college search & application process.

You can log on to Scoir through the School Counseling Department website or the link below:

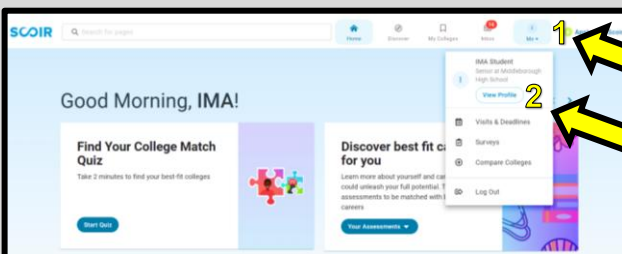
<https://app.scoir.com/signin>



Activities Sheet

MIDDLEBOROUGH HIGH SCHOOL ACTIVITIES SHEET				
Name: _____		Year of Graduation: _____		
Activity	Office or Position Held	Years	Honors or Awards	
Athletics				
		9	10	11 12
Music & Drama (Band, Chorus, School Plays or Musicals, Crew, etc.)				
School Publications (School Newspaper, Literary Magazine, Yearbook)				
Student Government/Class Offices (Student Council, Class Officers, Committees)				
Honors (National Honor Society, Book Awards, etc.)				
Clubs or other Programs				
Community Service (NHS Tutoring, Outside Agencies, Hospitals, Schools, Athletic Programs, etc.)				
Organization	Description of Volunteer Service	Hours Per Week	Length of Service	
Work Experience				
Employer	Position - Job Description	Hours Per Week	Length of Employment (month - month)	

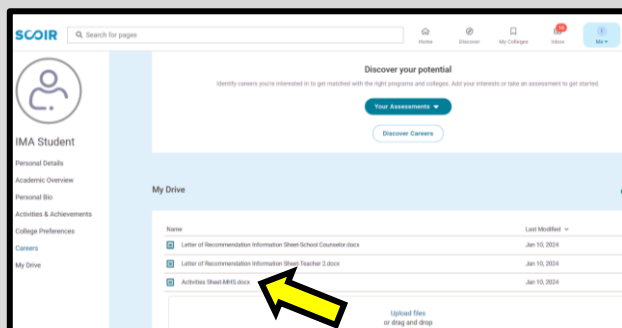
The Activities Sheet is where you will list all of your extra-curricular activities (both in and out of school), primarily from grades 9-12. If you have been involved in long-term activities from a young age such as dance, horseback riding, piano or Boys/Girl Scouts just to name a few, you should also list those activities. Avoid listing activities that you did once or twice in middle school and did not continue in high school. On the next page is a sample of some of the things you should be including on your Activities Sheet.



You can find the Activities Sheet in your Scoir account by clicking on:

- 1 The **Me** tab
- 2 ...and then **View Profile**.

Next, scroll down to the bottom of the page to find the Activities Sheet



Click on the **Activities Sheet** and begin.

After completing the Activities Sheet, save the document, outside of Scoir, as a Word Document to either a flash drive or on your school issued device. **Do not save it in Google!** It will change the formatting.

To save on your school issued device:
Click on **Save As**

Click **OK** through the prompts

When viewing **File Explorer**, choose **This PC** and locate your Student Computer file name (Example: 26LastNameFirstInitial) and click **Save**.

What to List on Your Activities Sheet

Athletics



Baseball	Gymnastics	Swimming & Diving
Basketball	Ice Hockey	Tennis
Cheerleading	Indoor Track	Track & Field
Cross Country	Lacrosse	Unified Basketball
Field Hockey	Majorette	Unified Track & Field
Football	Soccer	Volleyball
Golf	Softball	Wrestling

Clubs



Anime Club	Game Club	Sachem Supporters
Book Club	Gender & Sexuality Alliance	Speech & Theatre Workshop
Creative Writing Club	Key Club	Start Strong
Chess Club	Mathematics Team	Yearbook (<i>Timaron</i>)
Dungeons & Dragons Club	Pizza Club	Youth Environmental Service Society (<i>YESS</i>)
	Sachem Buddies	

Honor Societies



International Thespian Society (<i>Theatre</i>)	Science National Honor Society
Mu Alpha Theta National Honor Society (<i>Mathematics</i>)	Silver M Honor Society
National English Honor Society	Sociedad Honoraria Hispánica (<i>Spanish</i>)
National High School Slavic Honor Society (<i>Russian</i>)	Société Honoraire de Français (<i>French</i>)
National Honor Society	Tri-M Music Honor Society
Rho Kappa National Social Studies Honor Society	

Student Government



Class Council

School Council

Student Council

Outside of School



Babysitting	Dance	Soccer Club/Town
Baseball Club/Town	Field Hockey Club/Town	Softball Club/Town
Basketball Club/Town	Flag Football Club/Town	Special Olympics
Boy/Girl Scouts	Golf Club/Town	Swimming Club/Town
Boxing	Horseback Riding/Equestrian	Tennis Club/Town
Cheerleading Club/ Town	Ice Hockey Club/Town	Track & Field Club/Town
Church/Mosque/Temple Involvement	Lacrosse Club/Town	Ultimate Frisbee
Community Service/Volunteer Work	Martial Arts	Volleyball Club/Town
	Part-Time Work	

Matching Self to School

COLLEGE ADMISSIONS SELECTOR

New England Colleges Categorized by Barron's Guide to Colleges

Most Competitive

Grades:	A to A-	Rank:	Top 10%
SAT Combined:	1400-1600	ACT Composite:	32-36
Even top students encounter a great deal of competition for admission to colleges in this category			
Colleges include:	Amherst College, Bates College, Boston College, Bowdoin College, Brandeis University, Brown University, Colby College, College of the Holy Cross, Connecticut College, Dartmouth College, Harvard University, M.I.T., Tufts University, Yale University		

Highly Competitive

Grades:	A- to B+	Rank:	Top 10 to 25%
SAT Combined:	1240-1380	ACT Composite:	28-31
Colleges include:	Babson College, Bentley University, Boston University+, Bryant University, Clark University, Emerson College, Northeastern University+, Providence College, Stonehill College, Trinity College, University of Connecticut, Wheaton College, Worcester Polytechnic Institute+		

Very Competitive

Grades:	B+ to B	Rank:	Top 25 to 40%
SAT Combined:	1140-1240	ACT Composite:	24-27
Colleges include:	Fairfield University+, Quinnipiac University, Salve Regina University, St. Michael's College, University of Massachusetts/Amherst, University of Massachusetts/Dartmouth, University of New Hampshire, University of Vermont		

Competitive

Grades:	B to C+	Rank:	Top 40 to 65%
SAT Combined:	1000-1150	ACT Composite:	21-23
Colleges include:	Assumption College, Bridgewater State College, Champlain College, Curry College, Emmanuel College, Endicott College, Fitchburg State College, Framingham State College, Johnson & Wales University, Keene State College, Lasell College, Mass College of Liberal Arts, Mass Maritime Academy, Merrimack College, Plymouth State University, Merrimack College, Regis University, Roger Williams University, Southern New Hampshire University, St. Anselm College, Suffolk University, University of Hartford, University of Maine, University of Massachusetts/Lowell, University of Massachusetts/Boston, University of Rhode Island, Wentworth Institute of Technology, Westfield State College, Wheelock College, Western New England University+, Worcester State University		

Less Competitive

Grades:	C+ to D	Rank:	Top 65 to 85%
SAT Combined:	1000+	ACT Composite:	17-20
Colleges include:	American International College, Anna Maria College, Becker College, Dean College Mt. Ida College, Nichols College, Regis College, Rhode Island College, Salem State University, Southern Vermont College		

Noncompetitive

Requirement:	High School Diploma		
Colleges include:	Bristol Community College, Bunker Hill Community College, Cape Cod Community College, Mass Bay Community College, Massasoit Community College		

Next Steps

It is now time to seriously begin your college search. What colleges and universities are a good fit for you? There are many ways to do a college search. The easiest way is to use a computer program for that purpose.

- I. Scoir is the primary software program that the School Counseling Department utilizes for the college search and application process. With your password to this program, you may complete a college search from any location. This program will simplify your search by asking you to input some information about your personal preferences for a college. For example, size of college, geographic location and majors offered might be criteria that are important to you. After you input your personal preferences, the search program will develop a potential list based on your criteria. Be sure to add potential colleges to your **Following** list. After the initial search is completed and you've added your potential schools to the *following* section, Scoir can provide you with more detailed information about each college and university that you're interested in.

Remember, your list is a work in progress; it will change during the coming months as you research and visit various colleges.

As your list changes, continue to update your list on Scoir. As you search, remember to be realistic in your search, adding a combination of schools to your list (reach, realistic, and safety.)

Realistic:	<i>More than a 50% chance of admittance.</i>
Reach/Stretch:	<i>Less than a 50% chance of admittance.</i>
Safety/Back-Up:	<i>Without a doubt, no questions asked, you have beyond what the college is looking for.</i>

- II. If you're looking for additional resources for search purposes, the following are recommended sites to use:

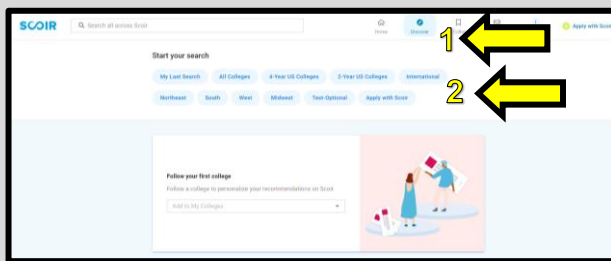
College Board at: <https://bigfuture.collegeboard.org/college-search/filters>
The Princeton Review at: <https://www.princetonreview.com/college-search>
Peterson's at: <https://www.petersons.com/search/college?q=psychology>

- III. If after the workshop you are unclear or have questions about how to perform a college search, please stop by to see your School Counselor for some assistance in completing an online college search. School Counselors will be following up with students to check in on their progress.

A WORD TO THE WISE....ORGANIZE!!!

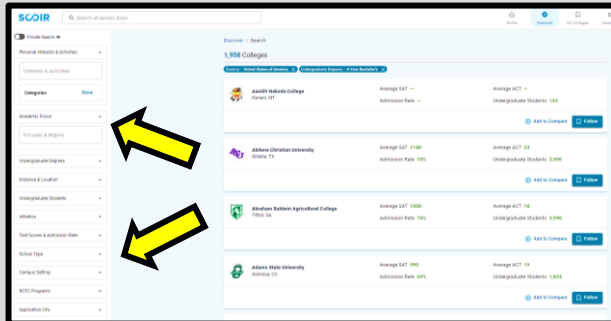
Start a file folder for each college that interests you. Keep copies of any correspondence you have with the school as well as application forms and financial information you have received.

The College Search



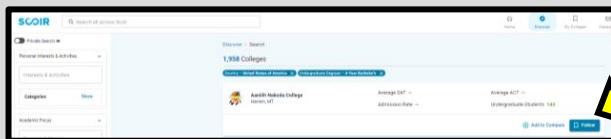
1 Click on the **Discover** tab.

2 Click on the type of search you want to do.

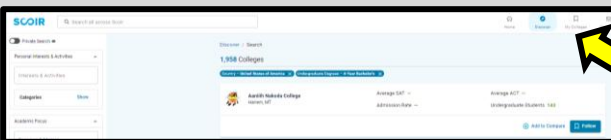


Begin selecting the criteria for your search.

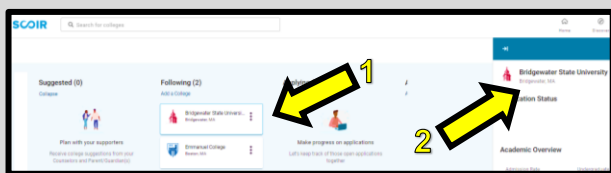
(Do not get too specific when answering some of these questions. For example, you should not check off every activity, club and sport you are interested in. Only check off the things that are most important and a "must do". Checking too many boxes will yield you a low number of matching schools.)



Click on **Follow** if you are interested in learning more about the school.



Click on **My Colleges**.



1 Click on the school to learn more about them.

2 Click on the school when it pops up on the right.



Click on the different links to see if the school is a good fit for you.

1 Virtual Tour

2 Overview

3 Academics

4 Admissions

5 Cost & Aid

6 Student Life

Tips for Visiting Colleges

A campus visit is a MUST – Nothing else can give you a sense of the campus and what it will be like to go there!

- ✓ You can go online or call the Admissions Office ahead of time to find out the tour schedule and reserve a spot if necessary.
- ✓ Meet with an admissions counselor, if possible.
- ✓ Take a student-led campus tour offered by the Admissions Office – this will give you a chance to talk with a current student.
- ✓ Remember – don't let the personality of the tour guide dominate or influence your impression of the college.
- ✓ Have questions ready – prepare a list of your own questions and some from your parents too!
- ✓ Read the information boards, campus newspaper and other publications. What bands are coming to campus? What comedians? What speakers? What political groups are active? What functions or activities are popular? What seem to be the vocalized issues on campus right now?
- ✓ Sit in the student union or commons – have a drink and simply look around you. Does the atmosphere seem appealing to you? Do the people there seem friendly and happy?
- ✓ Sit in on a class if you can – it can be a very valuable experience.
- ✓ Be sure to check out sports or other major areas of interest to you while you are on the campus. If you want to talk with a coach or a department chair, be sure to call ahead and schedule an appointment.
- ✓ If visiting the college requires significant travel, you might consider having an admissions interview while on your visit. If you're unable to travel to the campus, admissions representatives will try to schedule interviews with potential candidates when they are in the Boston area or colleges will have alumni in the area to interview potential candidates

Speak with students and ask some of these questions:

- ▶ How many hours a week do you study? Is that typical of students here?
- ▶ Are campus jobs readily available?
- ▶ Are faculty members interested in students and accessible outside of class?
- ▶ Do many students go home on weekends? Do you?
- ▶ How do you like the food?
- ▶ Is it possible to study in your residence hall room?
- ▶ What's the library like as a place to study?
- ▶ What do you like most about this college? What do you like least?
- ▶ How easy is it to get the courses you want?
- ▶ Do you feel safe walking around on campus? At night? Is there a bus or shuttle service?

Questions to Ask

Admissions

- ▶ Which standardized test scores do you require? If your college is test optional, what other criteria do you consider?
- ▶ What are the most popular majors offered?
- ▶ What are the accepted GPA and SAT/ACT scores for the more competitive majors?
- ▶ If you're applying undecided, are there majors that are more difficult to transfer into? If so, which majors?
- ▶ Are interviews required? Who interviews prospective students?

Classroom

- ▶ What is the average class size?
- ▶ How accessible are the professors outside of class?
- ▶ Will a professor or graduate student teach my courses?
- ▶ What student services are offered (tutoring, career, counseling, study workshops)?
- ▶ Is the campus wireless?

Housing

- ▶ What type of housing is available?
- ▶ Is student housing guaranteed for all four years?
- ▶ How are roommates matched?
- ▶ Is this the residence hall where freshmen live?

Student Life

- ▶ What special interest groups, activities, fraternities/sororities are available?
- ▶ What is it like on campus on the weekends?
- ▶ Are there any programs offered to help students adjust to college life?
- ▶ Are intramural, club and varsity sports offered?
- ▶ How are the athletic facilities?
- ▶ What types of meal plans are available?
- ▶ Is the food good?

Just the Facts

- ▶ What is your school known for?
- ▶ What are the recent graduates doing now?
- ▶ What is the freshman retention rate?
- ▶ How safe is the campus and surrounding neighborhoods?
- ▶ Can freshmen have cars on campus?

Get on Mail/Email Lists

Now that you have what you feel is a good college list to begin working with, it is time to get your name and address on their mailing/email lists so that their latest information will be sent directly to you. Getting on those mailing lists is now easier than ever!

- I. Pull up a college website on your computer. Go to their "Admissions" section. Usually you will find an inquiry form to complete and submit online. You're done!
- II. You might want to participate in one of the College Fairs this spring with your potential list of colleges. Approximately 500 colleges and universities will be represented over the course of these fairs. You can speak with admissions representatives from specific colleges and sign up on their mail/email lists.



The Big Don'ts

College Admissions Officers Reveal What Bugs Them Most

By Lee Shulman Bierer

Parents and students behaving badly.

Imagine yourself on the other side of the College Admissions desk.

It's not so glorious apparently, or at least you need to be thick-skinned and good-natured. Joseph Connolly, a school counselor at New Oxford High School in New Oxford, Pa., wanted to know the pet peeves of admissions officers.

He sent out a request to members of the National Association for College Admissions Counselors and was deluged with responses. Apparently, college admissions officers were waiting for an opportunity to unload their hidden humor and their frustrations.

The following are actual accounts of students and parents behaving badly. The responses fall into several areas:

Communication

- The E-mail address is silly, stupid, or offensive such as crazysexycheerleader@____.com.
- Sending e-mails that use Instant Messaging or texting shorthand "im w8ing 4 some1 2 call me."
- Cell phone voice-mail messages with 30 seconds of a student's favorite rap song.
- Answering a cell phone during an interview.
- Leaving a message with just a first name and no telephone number, "Hi, this is Suzie, please call me back."
- Chewing gum during an interview.
- Misrepresenting the breadth and depth of activities. Not being able to respond to a follow-up question such as "What did you do as part of your involvement in ____?"
- Yawning or acting distracted during a one-on-one interview. Nervous habits like hair-twirling, foot-tapping or "ums," "likes" and "you knows" make a bad situation worse.
- Not responding to e-mails from the admissions office.

Not doing your homework

- Declaring in an interview that you want to major in marine biology or some other major that the college doesn't even offer.
- Not proofing the entire application — spell check will allow typos such as "Their is no substitute for human proofreading."
- Worse yet is the very common case of sending the heartfelt essay of "Why I want to attend (small private college)" to (big state university).

Gimmick overkills

- Baking goodies: giant cakes of the campus mascot, cookies in the school colors, pizzas with mushroom messages of "please accept me."
- Creating life-sized sculptures with the figure holding an acceptance letter.
- Delivering one sneaker — the old "one foot in the door" gimmick.

Overzealous parents

- The very common comment "WE are in the process of completing applications."
- Parents attending interviews, and worse yet, speaking for their children.
- Thinking that because Granddad played golf with a member of the board of trustees, Junior should be accepted.

Campus visits

- Inappropriate clothing: Don't wear high heels for a campus tour or expose too much skin.
- Wearing college paraphernalia from another college to an interview.
- Sitting in on a class and acting disrespectfully, i.e. texting, talking on a cell phone, falling asleep, not paying attention, or asking silly questions.

Essays

- Writing a "boilerplate essay" and multi-purposing it for many schools without regard to the specific prompt.
- Not fully answering the essay prompt. Especially the "why" part of the question.
- Not identifying which essay choice they are responding to.
- Writing about something they were great at in the seventh grade and haven't pursued since then.
- Using over worn clichés and generic statements that anyone could have written.
- Responding to the "Why this college?" essay without specific examples about why the college is a good fit.

Bierer is an independent college adviser based in Charlotte

Mark Your Calendars

COLLEGE FAIRS



February 16, 2025	Virtual National College Fair	1:00pm-6:00pm
	Register at: www.nacacattend.org/25virtualfeb16/sign-in	
March 19, 2025	The Great Northeast Career & College Fair	5:30pm-7:00pm
	Middleborough High School, Gymnasium	
March 23, 2025	Virtual National College Fair	1:00pm-6:00pm
	Register at: www.nacacattend.org/25VirtualMar23	
March 27, 2025	National College Fair	Session 1 9:00am-12:00pm
March 27, 2025	National College Fair	Session 2 6:00pm-8:30pm
March 28, 2025	National College Fair	Session 3 9:00am-12:00pm
	Boston Convention & Exhibition Center 415 Summer Street, Boston, MA 02210	
	Register at: www.nacacattend.org/25boston/begin	
April 3, 2025	National College Fair	5:30pm-7:30pm
	Rhode Island Convention Center 1 Sabin St, Providence, RI 02903	
	Register at: www.nacacattend.org/25providence/begin	
April 27, 2025	Virtual National College Fair	1:00pm-6:00pm
	Register at: www.nacacattend.org/25virtualapr27/sign-in	
May 29, 2025	Regional College Fair	9:00am-12:00pm
	Bridgewater State University, Tinsley Center	



PART II

COLLEGE PLANNING FOR JUNIORS & THEIR FAMILIES

What You Should Be Doing Over The Summer

Wednesday, April 16, 2025 at 6:00pm

This workshop picks up where we left off in January. We will review what you should have already completed to date and inform you of what you should be completing over the summer.



COLLEGE APPLICATION BOOT CAMP

Summer 2025

School Counselors and English teachers will work with students on setting up their Common Application accounts, entering information, completing forms and writing their college essay.



PART III

COLLEGE PLANNING FOR SENIORS & THEIR FAMILIES

The Nuts & Bolts of Applying to College

September 2025



Financial Aid Workshops

Fall 2025 / Winter 2026



Scholarship Information Night

February 2026

Sample Forms



MIDDLEBOROUGH HIGH SCHOOL

ACTIVITIES SHEET

Name: Ima B. Student

Year of Graduation: 2025

Activity	Office or Position Held	√ Years				Honors or Awards
		9	10	11	12	
Athletics						
Soccer	Defense; Captain, 12	X	X	X	X	MVP 11, 12; League All-Star 12
Basketball	Forward		X	X	X	
Track & Field	400m, Shot-put			X	X	Most Improved Player, 11

Music & Drama (Band, Chorus, School Plays or Musicals, Crew, etc.)						
South Pacific	Lead Actress				X	
Little Shop of Horrors	Chorus			X		
Oklahoma!	Back Stage Crew		X			

School Publications (School Newspaper, Literary Magazine, Yearbook)						
Yearbook	Photographer 11 Editor in Chief 12			X	X	

Student Government/Class Offices (Student Council, Class Officers, Committees)						
Student Council	Member 10; Treasurer 11; Vice President 12		X	X	X	
Class Steering Committee	Member	X				

Honors (National Honor Society, Book Awards, etc.)						
National Honor Society	Member, Vice President 12			X	X	
Tri-M Music Honor Society	Member				X	

Clubs or other Programs						
Key Club	Member 11, 12			X	X	
Math Team	Member 10, 12		X		X	
Anime Club	Member 9	X				
GSA	Member 10, 12; Secretary 11		X	X	X	

Community Service (NHS Tutoring, Outside Agencies, Hospitals, Schools, Athletic Programs, etc.)			
Organization	Description of Volunteer Service	Hours	Length Service
My Brother's Keeper Food Drive	Deliver food to homeless shelters	3 hrs x 2x/yr	4 years
Relay for Life	Fundraised/Captained team for the American Cancer Society	24 hrs x 1x/yr	3 years
Girl Scouts of America	Coordinated Annual Blood Drive	15 hrs x 2x/yr	2 years
NHS Tutoring	Tutored students in Algebra & Geometry	1 hr/wk	1 year

Work Experience			
Employer	Position - Job Description	Hours Per Week	Length Employment (mm/dd/yy - mm/dd/yy)
3 Different Families	Babysitter	6-10 hrs	09/16-Present
Stop & Shop	Cashier	25 hrs	12/17/23- 08/19/24

Glossary of Terms

Academic Reference -- a letter of reference written by a teacher in one of the core subject areas of math, science, English, foreign language or social sciences.

ACT (American College Testing) -- a college entrance test that measures English, math, reading and science reasoning, with an optional writing section.

Admissions Counselor -- a member of the college admissions office staff that advises and interviews prospective students.

AP (Advanced Placement) -- college level courses offered to sophomore junior and senior year students. Students are required to take an AP exam after completing the required course and may be eligible to receive college credit at the college they attend.

Barron's -- the name of a publisher that indexes American colleges according to degree of admissions competitiveness.

CEEB Code -- Middleborough's code is 221405. The College Entrance Examination Board maintains a numbered registry of high schools, colleges, college majors, scholarship programs and test centers

Class Rank -- a numerical designation of where a specific student stands in relation to the total number of students in their class as determined by GPA (i.e. 85 out of 170)

College Board -- a not for profit membership association whose mission is to connect students to college success and opportunity. College Board produces the PSAT 8/9, PSAT/NMSQT, SAT Reasoning and AP exams and the CSS/Financial Aid Profile.

Common Application -- an internet based application that is utilized by over 1,000 member colleges and universities.

CSS Profile -- a financial aid form that is completed in the senior year and required by some private colleges and universities. Accessed through the College Board. There is a charge to submit this form to colleges.

Early Action -- an application made to a college under an early deadline. It is non-binding, meaning if accepted the student is not bound to attend and may apply to other colleges if desired.

Early Decision -- an application made to a college under an early deadline. A student may only apply to one college under early decision. If accepted, the student must immediately withdraw all other applications and is legally bound to attend that college.

FAFSA (Free Application for Federal Student Aid) -- A financial aid form that is required by most colleges and universities. It is accessed through the government's website at www.fafsa.ed.gov. There is no charge to submit this form to colleges.

Financial Aid -- There are several different types of financial aid:

- **Pell Grants** -- Federal funds that are free money. They do not have to be repaid
- **PLUS Loans** -- Federal funds that are repaid by the parent
- **Stafford Student Loans** -- Federal funds that need to be repaid by the student
- **Work Study** -- money that the student earns while being employed on campus

GED (General Education Development) -- See HiSET.

GPA (Grade Point Average) -- a quantitative average of a student's grades and course levels over their high school career.

Guidance Counselor -- See School Counselor.

HiSET (formerly known as the GED) -- By taking the HiSET® exam, you can earn a state-issued high school equivalency credential which you can use to advance your career, join the military, begin a training program or continue your education. The HiSET exam is the fastest-growing high school equivalency test.

John & Abigail Adams Scholarship – an award of free tuition to a Massachusetts public college or university based on MCAS scores.

Kaplan – a for profit test preparation company. www.kaplan.com

Letter of Recommendation Info Sheet-School Counselor – an informational form completed by the student providing background information and career interests to assist their School Counselor write a letter of recommendation. Available on Scoir at the bottom of the Profile page.

Letter of Recommendation Info Sheet-Teacher -- an informational form completed by the student providing background information and career interests to help their teacher write a letter of recommendation. Available on Scoir at the bottom of the Profile page.

Mid-Year Report Form -- a part of the Common Application that the student completes. When mid-year grades become available, the guidance counselor then provides an update to the requested colleges that the student has applied to.

NCAA Eligibility Center – an initial eligibility clearinghouse in which student athletes must register if they desire to play college sports at the Division I or II level. www.ncaaclearinghouse.net

Petersons – an internet and print based college exploration and test preparation service. www.petersons.com

Plan – an assessment tool produced by the American College Testing Company (ACT) that is given to sophomores to help student's measure current academic development and allows them to explore career and training options.

Princeton Review -- an internet and print based college exploration and test preparation service. www.princetonreview.com

PSAT (Preliminary Scholastic Assessment Test) – a College Board assessment that MHS offers to juniors that estimates future SAT results. The score report is helpful in identifying areas that may need further practice. Taken in the junior year, it is the qualifying exam for the National Merit Scholarship Program.

SAT Reasoning Test – A college entrance test that measures evidence based reading & writing and mathematics, with and optional easy section.

School Counselor – a professional school staff member who assists students with their academic, social & emotional needs and advises high school students on post-secondary plans.

School Report – a form required by colleges in the admissions package. The student completes basic information on their applications and then the Guidance Counselor completes the evaluative information on the student.

School Profile – a document produced by individual high schools that accompanies a transcript. The school profile provides an overview of the community demographics, graduation requirements, mean SAT scores, explanation and determination of class rank and course of study offered.

Scoir – a customized, secure website that supports post-secondary, college and career planning. It is designed to assist students and their parents/guardians in making informed decisions about college opportunities and career choices. Every MHS student has their own personalized Scoir account.

Stanley Z. Koplik Certificate of Mastery – an award of a tuition waiver to all Massachusetts public colleges, universities and community colleges (with the exception of Mass College of Art) based on MCAS performance and additional requirements as outlined in the program materials. If a student is eligible, they will be notified in the spring of their junior year.

TOEFL (Test of English as a Foreign Language) -- An internet based exam required by many colleges as an admissions requirement for students who do not speak English as their primary language. Information available through www.ets.org

Transcript – an official document summarizing the classes taken and grades received from grades 9 through 12.

Notes