

College & Career Prep

Matanzas High School Counseling Department



SCHOOL COUNSELING TEAM

SCHOOL COUNSELORS

- Ms. Terri Anderson A - G
- Ms. Yasmin Cuevas H - Ka & AICE program
- Ms. Tammy Stuve Ke - Ro
- Ms. Kay Feist Ru - Z & ACCESS program
- Dr. Heidi Fitzgerald Intervention programs

GUIDANCE DEPARTMENT SUPPORT STAFF

- Ms. Anna Baker Graduation Coach
- Ms. Wanda Pittman Guidance Secretary
- Ms. Angela Coates MIS Specialist
- Ms. Tammy Freeman MIS Specialist
- Ms. Kathy Ryan Registrar
- Ms. Holly Keck Guidance Clerk (ESE/Registration)
- JL Mendel Guidance Clerk (MTSS/Testing)

* Counselor caseload designation is subject to change.*

Agenda

- Look at college admissions factors
- Discuss how to prepare for college and career throughout high school with a focus in 12th grade

Understanding Admissions Factors

What do colleges consider?

- Primary Considerations
 - Quality and rigor of academic classes
 - Academic performance and grades
 - Test Scores (Ex. PSAT, ACT, SAT)
- Other Considerations
 - Extracurricular activities
 - Community involvement and leadership
 - Recommendation letters
 - Essays/Personal statements
 - Demonstrated interest

Throughout High School

- **Academic Success**

- Use a planning tool, calendar or app to stay organized
- Review Skyward/Schoology once per week with your parents
- Carve out time at home to study and complete assignments and homework
- Participate in the most challenging classes that you can be successful in
- Work hard and strive for good grades
- Participate in [tutoring opportunities](#) and ask for help when needed

Throughout High School

- **Get involved**

- Explore your interests, develop your skills and show colleges that you can commit to something and follow through with it
 - MHS Pirates website - [list of clubs and activities](#) and [sports and athletic program](#) information
 - Visit the Junior Chamber of Commerce site for [Internship, job shadowing](#) or paid work opportunities
 - Join a club, like Community Problem Solvers, DECA, Mu Alpha Theta or SGA that participates in Individual and/or [team competitions](#)

- **Log work or community service hours**

- Visit flaglervolunteer.org for community service opportunities
- Record your hours on the [MHS log sheet](#) and turn in to the Guidance Secretary, in the Upper Spot (keep a copy of your log sheets!)
- 100 community service or work hours needed for the top Bright Futures award

Throughout High School

- **Research Scholarships**

- Utilize scholarship search engines, such as [Big Future](#), [FloridaShines](#), Xello, [Fastweb](#), [Raiseme](#), or [ROTC Scholarships](#)
- **Other potential opportunities** - community business, parents employers, your local church or community group (Ex. Girl or Boy Scouts of America)
- [Award Spring Application](#) - Senior local scholarships available in Fall of student's senior year through the [Flagler County Education Foundation](#)

- **Research Financial Aid**

- Financial Aid can cover the difference of what a college costs and what the family can afford to pay
 - 3 Main Types
 - Loans that need to be repaid
 - Grants and scholarships that don't need to be repaid
 - Work study programs that allow students to earn money and build skills while in college

Throughout High School

- **Research colleges and career pathways**
 - Take a career interest inventory - [O*Net Interest Profiler](#)
 - See the [Occupational Outlook Handbook](#) or get the CareerInfo App to research info about pay, career outlook, required skills, education, etc
 - College/Career research resources and search engines such as [My Next Move](#), [Big Future](#) and Xello
 - Participate in field trips for college tours and career exploration
 - Join MHS clubs and organizations
 - **Example - DECA** - A club that **prepares emerging leaders and entrepreneurs for careers** in marketing, hospitality, entrepreneurship, finance, and business administration
 - DECA Sponsor - Ms. Julie Davis (Rm. 5-202)

Throughout High School

- **Interested in a skilled trade? Research career training and certificate programs**
 - [Flagler Technical College](#) - provides workforce preparedness, and students develop marketable skills through hands on work experiences with industry professionals
 - **Programs:** AC refrigeration, and heating tech; (CDL); Early Childhood Ed; Electrician; EMT; Facials Speciality; Heavy Equipment Operations Program; Medical Assisting; Nursing Assistant (CNA); Phlebotomy
 - [Daytona State College - School of Workforce Training](#) - Offers short term skilled trades training to assist students in quickly accessing the workforce (May include part time work while in school)
 - **Programs:** Auto service, collision and repair; Building trades; Machining; Electrical Apprentice (Union/Non Union); Heating ventilation, air, refrigeration; Plumbers and Pipefitters (Union); Welding

Throughout High School

- **Study for exams**

- **PSAT** - Perfect way to study for the SAT, become familiar with the test format, and question types
- **SAT** (11th & 12th) - Taking the SAT provides a measure of a student's college readiness and most colleges use the SAT as one of the factors in determining student admission
- **ACT** (11th & 12th) - The ACT is another type of curriculum-based test and career planning tool that can help colleges know if a student is college ready
- **Practice**
 - PSAT and SAT practice - [College Board](#) and [Khan Academy](#)
 - ACT practice is available through [ACT Test Prep](#) and [Kaplan](#)

Throughout High School

- **Save for tuition and expenses**
 - Consider a 529 or [Florida Prepaid](#) College Savings Plan
 - **Look marketable for scholarships** - Maintain good grades, study for solid SAT/ACT scores, be engaged in activities, and obtain community service hours
 - **Award Spring Senior Local Scholarships**
 - AICE and dual enrollment credit
 - Paid work/part time or summer jobs
 - ROTC programs

11th Grade

- **College Fairs**

- Time saving opportunities for students to gather info from a number of colleges in one convenient location or platform
 - Get info on admissions requirements, campus life, majors, staff to student ratio, scholarships/financial aid, etc
 - **Flagler Schools College & Career Fair** - Typically in September
 - **National Association for College Admissions Counseling (NACAC)** - [National College Fair](#) - Typically in October

11th Grade

- **College Tours**

- Explore campuses and get a better sense of campus life
- Meet current and fellow prospective students, explore the community beyond the campus
- Get answers to important questions
 - class size, tuition, scholarships & fin aid, etc
- Book college tours and visits through college website
- [Florida Shines Virtual Tours](#)
- Take notes while on the visit/tour and create a list of pros and cons, so you can review later

11th Grade

- **Make a college list (likely, target and reach schools)**
 - **Likely (2-3)** - Good chance of admission based on college acceptance rate and your academic profile
 - **Benefits** - Merit scholarships and admission into honors colleges
 - **Target (3-5)** - About a 50% chance of admission based on acceptance rate and your profile
 - **Tip** - Colleges typically have higher acceptance rates for [early decision](#) because they know those students will attend if admitted
 - **Reach (1-3)** - Chance of admission is low and/or college has a low acceptance rate
 - **Tip** - Students may place too many reach schools on their lists because of name or ranking (Only apply to reach schools that would be a good fit, the student would love to attend and is excited about)

11th Grade

- **SAT/ACT**
 - Neither the SAT nor the ACT is harder than the other, but try both tests and continue to take the exam that's a better fit for you
 - Most colleges accept both SAT or ACT scores and do not prefer one test over the other (check your college's admissions requirements)
 - Study Resources
 - [College Board SAT Practice and Preparation](#)
 - [ACT Test Prep](#)
 - See the College Board [Fee Waiver Eligibility page](#) for more information

11th Grade

- **Armed Services Vocational Aptitude Battery (ASVAB)**
 - Timed, multi-aptitude test that measures ability and helps predict success in career areas
 - Taking the ASVAB is not a commitment to be in the military, but can help with your decision and provide financial opportunities
 - Offered at MHS in fall/spring, students can sign up to test with the Guidance Secretary or with First Sergeant Caraballo in Rm. 5-210
 - Schedule to take the ASVAB through a military recruiter for any other dates outside of school
 - Study resources
 - [ASVAB Practice Tests](#)
 - [ASVAB Sample Questions & Other Info](#)
 - [ASVAB Career Exploration Program](#)

11th Grade

- **College Essay or Personal Statement**
 - Demonstrates who you are and why you deserve to be admitted to the college
 - Xello College Planning
 - Big Future - [Ultimate Guide to Writing Your College Essay](#)
- Think about individuals to request recommendation letters from
 - **Good candidates**
 - Adults who can validate your hard work and dedication in school, a job, extracurricular activities, leadership/community/volunteer work
 - Teacher, mentor, coach, faith community leader, supervisor, community leader
 - **Ex.** You've been in the culinary program for 2-3 years and are planning on a career in the field. The culinary instructor could provide information that highlights your strengths as well as describe real life examples of your personality and character
- **Create or update your resume** - Xello, [Big Future](#), Google, etc
- **Search** - [Anatomy of a High School Resume](#)

12th Grade (Fall)

- **Narrow your list of colleges to between 5-8**
 - Applying to college can be a lot of work and can be emotionally taxing, plus application fees can quickly add up
 - You don't want to apply to too many schools, but you don't want too few on the list
- **College Timeline List/Calendar**
 - Create an application process timeline or calendar that includes deadlines for
 - College applications
 - Tests, fees, registration and test dates
 - Financial Aid and scholarship applications
 - Official transcripts
 - Recommendation letters (if needed)
- **Apply to your colleges**
 - Students generally apply to their colleges between August and prior to Thanksgiving Break - Check your college's admissions deadlines/important dates!
 - You must INVITE your counselor/teachers to Common App - be sure to spell email addresses correctly!

12th Grade (Fall)

- **Take the SAT and/or ACT again**
 - The additional coursework you completed and study time since your last exam attempt may boost your performance
 - Send your scores to your colleges directly through [College Board](#) or [ACT sites](#)
 - Most colleges accept [superscores](#), but not all do
 - Check with each college for their [superscore policy](#)
- **October - December Financial Aid**
 - Oct 1st - Complete the Florida Financial Aid Application (**FFAA**)
 - Dec. 1st - Free Application for Federal Aid (**FAFSA**)
- **Request Recommendation Letters** (if needed)
 - Send a formal letter of request including (position or role you're applying for, how/when the letter should be submitted)
 - Provide your updated resume and/or [Common App Brag Sheet](#)
 - Follow up with a polite reminder a week or 2 before the due date
 - Say thank you and update your recommenders with the good news

12th Grade (Fall -Winter)

- **Official Transcript**

- Visit the Guidance Secretary, in the Upper Spot, to complete an official transcript request form
 - Have college admissions addresses on hand
 - Be mindful of college admissions deadlines and consider time it will take for transcript processing and mailing
 - Mail transcript yourself priority mail if needed!

12th Grade (Spring)

- **College Timeline List/Calendar**

- Continue to follow your timeline list/calendar of events, activities, important dates and deadlines
- Inform your colleges of your acceptance or rejection by the deadline outlined
- Send in the enrollment deposit after you receive the admission letter
- Follow up with housing offers or call the college if you have questions

- **Finish your year strong**

- Colleges will want to know what you accomplished in between the time you applied and were accepted, and will follow up on if you completed what you said you would
- Take your AICE, AP or other applicable course exams

LEGAL NAME:

(386) 447-1575

DISTRICT: SCHOOL: N999 FL NON-PUBLIC OR OUT OF STADISTRICT: SCHOOL: 0600 FLORIDA VIRTUAL SCHOOL FLE
 YEAR: 2021-2022 GRADE LEVEL: 11 YEAR: 2022-2023 GRADE LEVEL: 12

T	COURSE#	COURSE TITLE	AREA	FLAG	R	C	N	ATT./EARN	T	COURSE#	COURSE TITLE	AREA	FLAG	R	C	N	ATT./EARN	
1	1001370	ENG 3	EN	A	Z	N	0.50	0.50	1	0708350	SPANISH 2	FL	9	C	Z	Y	0.50	0.50
1	2102335	ECON FIN LIT	EC	A	Z	N	0.50	0.50	1	0708350	SPANISH 2	FL	9	B	Z	Y	0.50	0.50
2	1001370	ENG 3	EN	B	Z	N	0.50	0.50	CREDIT, TERM: 7.50 7.50									
2	2106310	US GOVT	AG	B	Z	N	0.50	0.50										
3	0104340	DRAW 1	PF	A	Z	N	1.00	1.00	GPA QTY PTS									
3	0708340	SPANISH 1	FL	9	A	Z	N	1.00	1.00	DISTRICT-TERM: 3.1333 23.50			CUM: 3.1887 84.50					
3	1206310	GEO	GE	9	A	Z	N	1.00	1.00	STATE-TERM: 3.1333 23.50			CUM: 3.1887 84.50					
3	1302330	BAND 4	PF	A	Z	N	1.00	1.00	2022-2023 ANNUAL DAYS-PRESENT: 175 ABSENT: 1									
3	2002400	INTEG SCI 1	EQ	C	Z	N	1.00	1.00	SUMMER TERMS DAYS-PRESENT: 0 ABSENT: 0									
3	2003600	PRINC TECH 1	EQ	A	Z	N	1.00	1.00	ACADEMICALLY PROMOTED									
CREDIT, TERM: 8.00 8.00																		

DISTRICT-TERM:	GPA	QTY	PTS	CUM:	GPA	QTY	PTS
DISTRICT-TERM:	3.6250	29.00		CUM:	3.2105	61.00	
STATE-TERM:	3.6250	29.00		CUM:	3.2105	61.00	

2021-2022 ANNUAL DAYS-PRESENT: 0 ABSENT: 0
 SUMMER TERMS DAYS-PRESENT: 0 ABSENT: 0

Term 1 - First Semester - Half Credit .5

Term 2 - Second Semester - Half Credit .5

DISTRICT: 18 SCHOOL: 0090 MATANZAS HIGH SCHOOL
 YEAR: 2022-2023 GRADE LEVEL: 12

T	COURSE#	COURSE TITLE	AREA	FLAG	R	C	N	ATT./EARN
3	1001405	ENG 4: FL COLL PR	EN	B	Z	N	1.00	1.00
3	1200330	ALG 2	MA	C	Z	N	1.00	1.00
3	1207350	MATH COLL LIB ART	MA	A	Z	N	1.00	1.00
3	1302310	BAND 2	PF	A	Z	N	1.00	1.00
3	1700300	T.ASSISTANT 1	EL	A	Z	N	1.00	1.00
3	2003310	PHY SCI	EQ	B	Z	N	1.00	1.00

DISTRICT: 18 SCHOOL: 7006 FLAGLER VIRTUAL INSTRUCTION
 YEAR: 2022-2023 GRADE LEVEL: 12

T	COURSE#	COURSE TITLE	AREA	FLAG	R	C	N	ATT./EARN
1	1700380	CAR RES & DEC MKG	EL	C	Z	Y	0.50	0.50

LEGAL NAME:

CREDITS
YOU'VE
EARNED

CREDITS
YOU STILL
NEED

(386) 447-1575

***** C U M U L A T I V E S U M M A R Y *****
 * AS OF: 09/21/2020 *
 * GRADUATION OPTION: 4-YR STANDARD *
 * YEAR ENTERED NINTH GRADE: 20172018 *

DISTRICT CLASS RANK EFFECTIVE DATE: 09/21/2020
 CLASS RANK, NUMERICAL POSITION: 142 Rank
 CLASS RANK, PERCENTILE: 70 %ile
 CLASS RANK, TOTAL NUMBER IN CLASS: 464 Class size

SUBJECT AREA	TOTAL TO DATE	TOTAL NEEDED	TOTAL WAIVED	TOTAL REMAIN
ENGLISH (EN)	4.00	4.00	0.00	0.00
ALGEBRA I (A1)	1.00	1.00	0.00	0.00
GEOMETRY (GE)	1.00	1.00	0.00	0.00
MATHEMATICS (MA)	1.00	2.00	0.00	1.00
BIOLOGY (BI)	1.00	1.00	0.00	0.00
SCIENCE (EQ/SC)	2.00	2.00	0.00	0.00
U.S. HISTORY (AH)	0.50	1.00	0.00	0.50
WORLD HISTORY (WH)	1.00	1.00	0.00	0.00
ECONOMICS (EC)	0.00	0.50	0.00	0.50
U.S. GOVERNMENT (AG)	0.50	0.50	0.00	0.00
PRACTICAL ARTS/ (PA/				
PERFORM FINE ART (PF)	5.00	1.00	0.00	0.00
PHYSICAL ED (PE)	1.00	1.00	0.00	0.00
FOREIGN LANGUAGE (FL)	2.00	0.00	0.00	0.00
LANGUAGE ARTS (LA)	0.00	0.00	0.00	0.00
SOCIAL STUDIES (SS)	0.00	0.00	0.00	0.00
ELECTIVE (EL)	1.50	8.00	0.00	0.50
ESE (EX)	0.00	0.00	0.00	0.00
COMPUTER ED (CE)	0.00	0.00	0.00	0.00
LIFE MGMT SKILLS (LM)	0.00	0.00	0.00	0.00
HALF SC HALF VO (SV)	0.00	0.00	0.00	0.00
CREDITS, CUMULATIVE:	21.50	24.00	00.00	02.50

DATE PASSED ASSESSMENT TEST FOR GRADUATION PURPOSES
 ENGLISH/LANGUAGE ARTS: 05/01/2019 FSA ELA
 MATHEMATICS/ALGEBRA 1: 04/16/2018 FSA ALG
 ENG/LANGUAGE ARTS ASSESSMENT REQUIREMENT MET: YES
 ALGEBRA I ASSESSMENT REQUIREMENT MET: YES
 BIOLOGY ASSESSMENT PASSED
 GEOMETRY ASSESSMENT PASSED
 FLORIDA POSTSEC INST WORLD LANGUAGE ROMT MET
 ONLINE COURSE EXEMPT: 7 REQUIREMENT MET: NO
 DISTRICT COMMUNITY SERVICE ROMT MET: NO HRS: 0037

CSH'S ARE NOT REQUIRED FOR GRADUATION. CSH'S ARE NEEDED FOR BRIGHT FUTURES and OTHER SCHOLARSHIPS

Grade Point Average (GPA)

Unweighted

4.0 scale with no extra points for Honors, Advanced Placement, AICE, or Dual Enrollment

Weighted

Honors 5.0 scale, Advanced Placement, AICE and Dual Enrollment are on a 6.0 scale

DISTRICT	GPA	QTY	PTS	STATE	GPA	QTY	PTS
3.7907	81.50	3.0930	66.50				

 +CERTIFIED BY: _____+
 +SIGNATURE _____+
 +DATE: _____+

WEIGHTED GPA

UNWEIGHTED GPA