

**You
Matter.**

We are
here to
help.

Interlake Junior Guidance Lesson

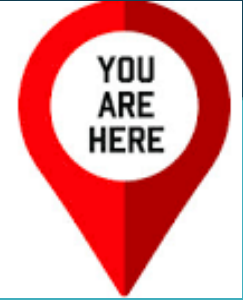
Prepare to
chase YOUR
dreams!

College &
Future
Planning...

Interlake Team



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Today!

January

*Junior Guidance

February

*College Conference
(2/7, 2/8)
*Running Start Info
Session (2/1)

March

*Junior Blitz/Class
Registration
*SAT 3/22

June 2024!



May- June

*Spring Workshop
Sessions



September

*Counselor lesson
*Senior Blitz!
*Drop-in
support



Objectives for Today....

1. Introduction to the College Application Process
2. Understand 5 of the 7 High School and Beyond components
3. Check in about Mental Health



Grit is the Key to Success:



NAVIANCE:

your key to
success

High School & Beyond Plan
Required Components

SuperMatch College Search
Research colleges and add 3+
schools to your list of schools
you are thinking about.

What is the High School & Beyond Plan?

What is it?

A WA State graduation requirement which is used to **guide** your high school experience and **prepare** you for postsecondary / college education or training and career

Revolves around three questions:

- Who am I?
- What can I become?
- How do I become that?

- *Students work with school counselors and advisors to create their own individual plan and postsecondary goals.*
- *Postsecondary aspirations may include four-year colleges or universities, two-year community or technical colleges, apprenticeship programs, industry standard certificate programs, military training, or on-the-job training.*

**High School &
Beyond Plan
Tasks
in Naviance**



Goal by June: *(Required Components)*

- ✓ Four Year Course Plan
- ✓ The Game Plan Survey
- ✓ Career Interest Profiler
- ✓ Resume
- ✓ Graduation Pathway
- ✓ Financial Aid Survey – **12th Grade**
- ✓ Graduation Survey – **June of 12th Grade**

High School & Beyond Plan—Additional Resources



- **Questions?**

Contact Mr. Valdez, Interlake's College & Career Advisor for help.

- College and Career office located in the Library
- College Rep visits and monthly career sessions

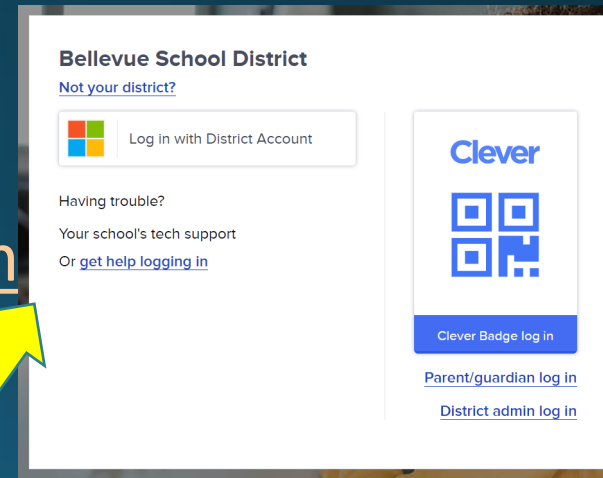
Log into Naviance through Clever

■ Desktop:

1. Click on Clever icon
2. Click “Log in with District Account”
3. Click blue Naviance icon

□ Web:

1. Go to <https://student.naviance.com/interlakehs>
2. Click “Continue with Clever”
3. Click on “Student”
4. Click “Log in with District Account”



Post-High School Options

*See Mr. Valdez our
College and Career
Advisor for more
info!*

**University or
College**
Bachelor's Degrees

**Community
College**
Associates Degrees,
Certifications, some
Bachelor's Degrees

Technical College
Associates or Trade
Degrees

Specialty Schools
Art, Culinary,
Technology etc.

Military

**Trade
Apprenticeships**

**GAP Year
Program**

Job



DEAR FUTURE,
I'M READY



College and your future!

How do you pick your friends?



Finding the Right fit:

What factors should you consider?

Geographic Location: proximity to home, weather and lifestyle

Size and Diversity: student body, average class size, residential life

Academic Opportunities: what and how you will study, does it teach what you want to study?

Personal Opportunities: activities, jobs, internships and friends

Cost: can you afford it?

Shared values: **What** do they stand for? **What** do you stand for?

Student Profile: do YOU have what they want?

More things to consider in choosing where to apply

How much debt will result from each of your choices?

How long will it take to get your degree?

What will be the cost to attend a UC school vs a UW vs a WUE school vs a 2-Year Transfer Program or other?

Do your plans include a Graduate degree? Figure that cost in when selecting your undergraduate program

What are the chances of getting into your desired major?

How much does a school's name actually impact your future plans?

There are 3,000+ schools in the U.S!

Our Seniors
share their
experience and
what they
learned



**HEY
JUNIORS!**

Mid-Lesson Check-in: How are you feeling right now?

Excited/Ready
to take action



Anxious/Stressed



This Photo by Unknown Author is licensed under [CC BY-SA](#)

Calm/Relaxed



Wellness
is
important

You matter

Your wellness matters

Your happiness matters

Your success matters

Advanced Breathing



Focus your gaze on one area



Step 1: Take deep breaths and focus on 3 things you see



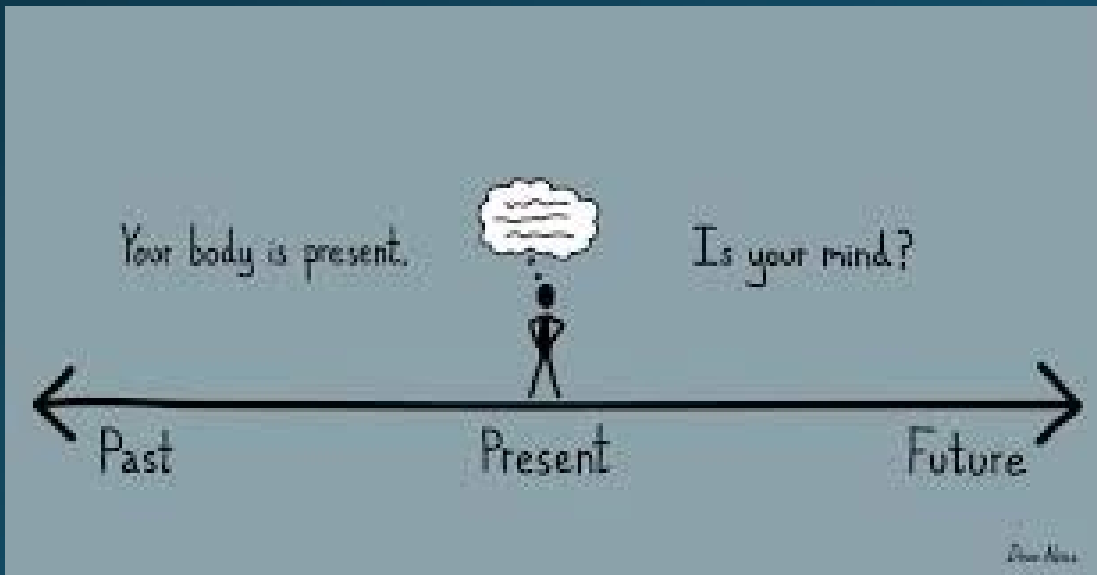
Step 2: Take deep breaths and think about 3 things you hear



Step 3: Take deep breaths and think of 3 things you are physically feeling (e.g. my feet on the ground, my hood on my head)



Repeat steps 1-3 but think of 2 things for each step, then do it again but only think of 1 thing for each step



SuperMatch



Colleges

Find Your Fit

SuperMatch

Use SuperMatch™ to receive a list of best-fit schools based on what you say are important. SuperMatch™ can be used to save searches and return to them later.

Select Criteria that you "Must Have" and would be "Nice to Have"

The screenshot displays the SuperMatch College Search interface. At the top, there is a navigation bar with the title "SuperMatch College Search" and a link for "About SuperMatch". Below this is a menu of search categories: "Choose Fit Criteria", "Location", "Academics", "Admission", "Student Life", "Diversity", "Institution Characteristics", "Cost", "Athletics", and "Resources".

The main content area is titled "Your Fit Criteria". On the right side of this section, there are "Saved Searches" options: "Choose one", "Save Search", and "Start Over".

On the left, a box indicates "0 selected criteria" and features a teal button labeled "Select Criteria To Start". A yellow arrow points to this button. Below the button, text explains: "To refine your results, use the arrows to move your criteria into the 'Must Have' and 'Nice to Have' boxes."

Two large dashed boxes are provided for selection:

- Must Have:** A *Must Have* is anything you absolutely need to be happy and successful.
- Nice to Have:** A *Nice to Have* is anything that's important to you, but isn't an absolute must have.

Below these boxes, a "No Results Yet" message is displayed. At the bottom of the interface, there are several filters: "Fit Score", "Academic Match", and three "Pick what to show" dropdown menus. A search bar at the bottom left is labeled "Search by College Name". A teal button "SELECT CRITERIA TO START" is prominently displayed at the bottom center. On the right, there are status indicators for "0 PINNED", "0 THINKING ABOUT", and "0 APPLYING TO", along with a "MORE" menu and a "Show Me How" icon.

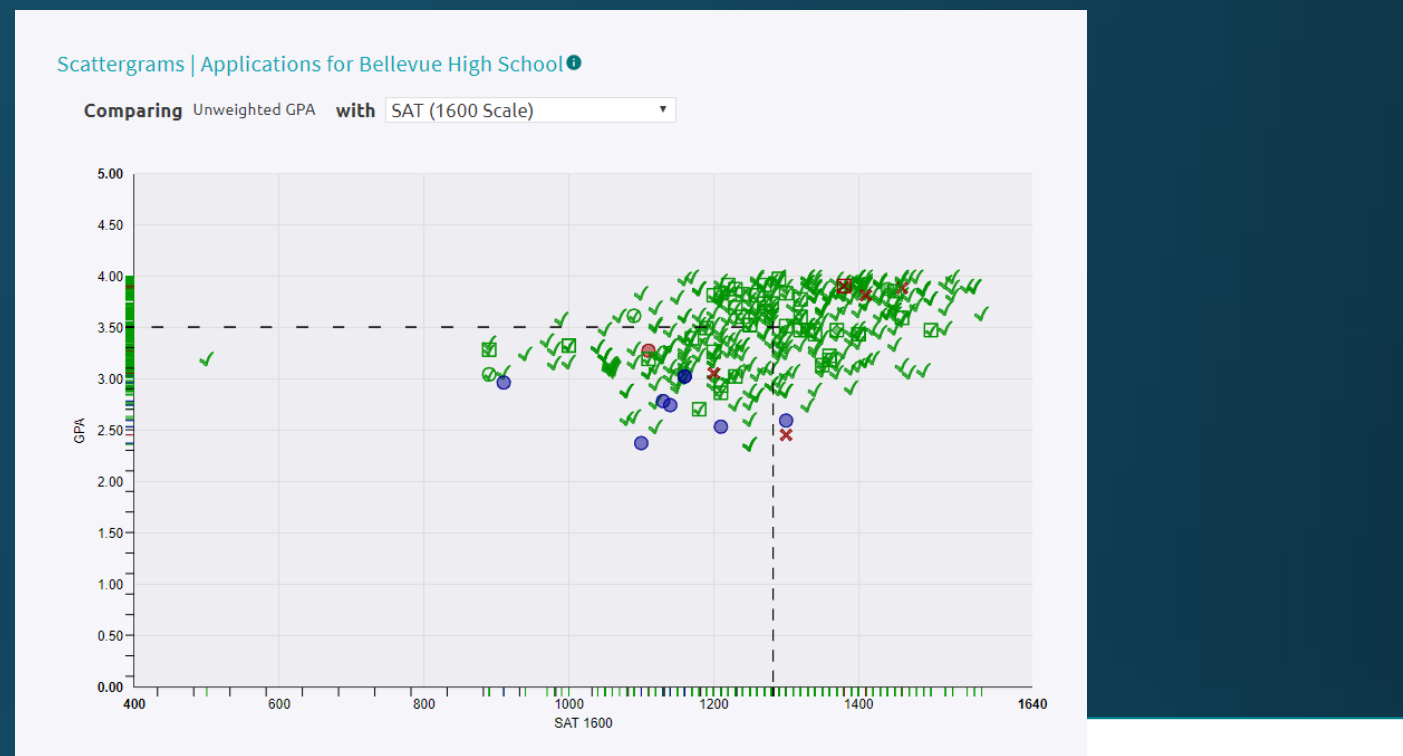
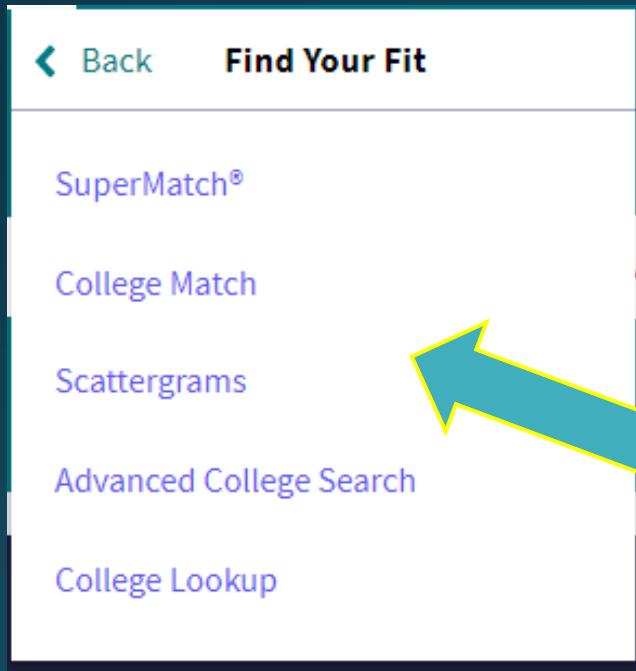
Results will show a **Fit Score** of the percentage that the school matches your **Must Haves** and **Nice to Haves**

Click on the **“Why”** to see what matches your criteria.

Your Results Your results include **11 institutions** with a fit score of 90% or above.

	Fit Score ⓘ	Academic Match ⓘ												
<p>University of San Francisco San Francisco, CA, Large City 4 year, Private nonprofit, Roman Catholic</p> <p>★ PIN TO COMPARE ♡ FAVORITE</p>	<p>100%</p> <p>Why?</p>	<table border="1"> <thead> <tr> <th></th> <th>Average</th> <th>You</th> </tr> </thead> <tbody> <tr> <td>GPA</td> <td>3.62</td> <td>3.2 ⓘ</td> </tr> <tr> <td>SAT</td> <td>1140</td> <td>N/A</td> </tr> <tr> <td>ACT</td> <td>25</td> <td>N/A</td> </tr> </tbody> </table> <p><i>SuperMatch doesn't have sufficient application history for this institution to determine academic match.</i></p>		Average	You	GPA	3.62	3.2 ⓘ	SAT	1140	N/A	ACT	25	N/A
	Average	You												
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<p>Seattle University Seattle, WA, Large City 4 year, Private nonprofit, Roman Catholic</p> <p>★ PIN TO COMPARE ♡ FAVORITE</p>	<p>100%</p> <p>Why?</p>	<table border="1"> <thead> <tr> <th></th> <th>Average</th> <th>You</th> </tr> </thead> <tbody> <tr> <td>GPA</td> <td>3.6</td> <td>3.2 ⓘ</td> </tr> <tr> <td>SAT</td> <td>1180</td> <td>N/A</td> </tr> <tr> <td>ACT</td> <td>26</td> <td>N/A</td> </tr> </tbody> </table> <p><i>SuperMatch doesn't have sufficient application history for this institution to determine academic match.</i></p>		Average	You	GPA	3.6	3.2 ⓘ	SAT	1180	N/A	ACT	26	N/A
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Scattergrams can be viewed to see applicants from your high school



Western Washington University
Bellingham, WA, United States | admissions.wwu.edu

Overview Studies Student Life **Admissions** Costs

EARLY ACTION DEADLINE	APPLICATION FEES	ACCEPTANCE RATE	IMPORTANT POLICIES
November 1 See all deadlines	Freshman Application \$55	85%	No Early Decision Wait List Rolling Notification By Appointment Registration Competitive Admissions

Applications from your high school to Western Washington University

2018	2017	2016
50 Total Applicants in 2018	85 Total Applicants in 2017	69 Total Applicants in 2016
30 Students Accepted 7 Students Enrolled	59 Students Accepted 10 Students Enrolled	31 Students Accepted 4 Students Enrolled

College Application Timeline

*What have you done
so far?*

Spring/Summer of 11th Grade:

- Focus on a successful junior year
- Attend the Virtual College Conference February 9th (on Teams)
- Take the SAT (if you want) March 22nd
- Pick senior classes (think UC Arts requirements/rigor/grad reqs/etc)
- Junior Blitz with counselor
- Research colleges and careers
- Visit colleges (in person/virtual tours)
- Start college essays
- Attend Spring Junior College Application Presentation for info for senior year
- Complete Community Service hours (and enter them in x2Vol)

Upcoming Events

End of first semester January 27th

BSD College Conference: Feb 7th 6:30-8 (In person), Feb 8th (Virtual)

Running Start Info Session – February 1st (1:30pm-2:30pm)

Junior Blitz Individual Appointments - March

SAT March 22nd (option to opt-out)

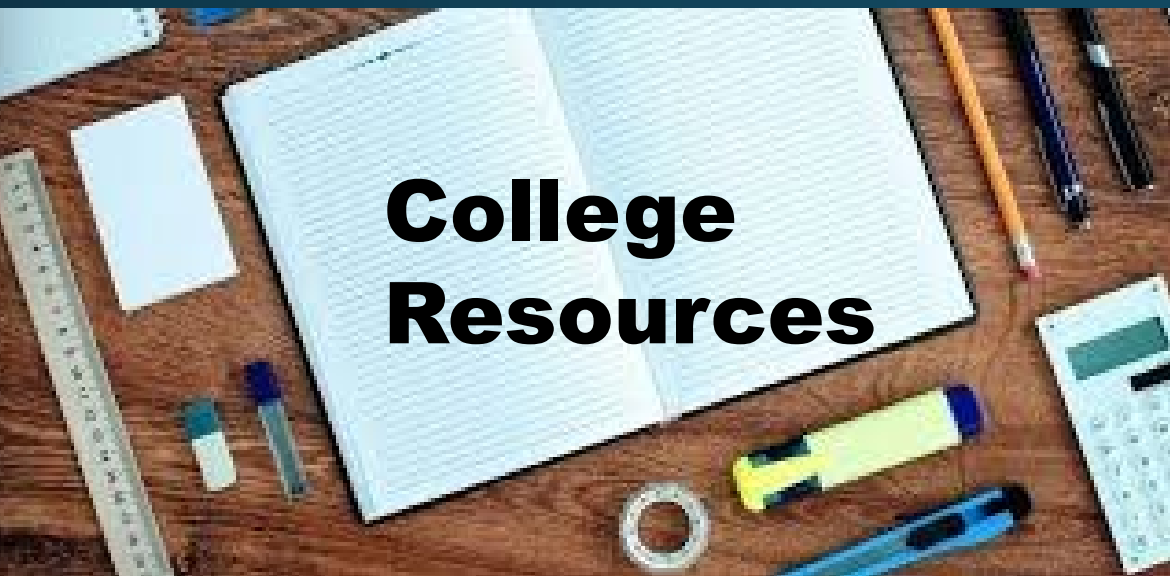


- Naviance
- College and Career Advisor
 - Counselors
 - Your teachers

Videos:

- [How to stay focused](#)
- [Student w/ ADHD shares tips for focus](#)
- [Time Management](#)
- [5 Tips for Managing Time](#)
- [How I beat procrastination](#)
- [Tips for Online Classes](#)
- [Study Habits](#)
- [Digital Organization](#)

College Specific Resources:



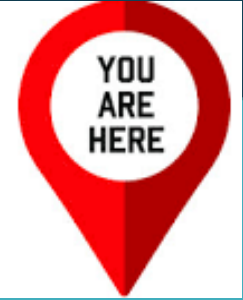
[Interlake High School College Planning \(Link\)](#)

Class of 2024 Teams Channel

(The HOME BASE FOR ALL COLLEGE APPLICATION INFORMATION & SUPPORT)

Videos:

- [College Application Process](#)
- [Finding the Right Fit](#)
- [Letters of Recommendation](#)
- [Financial Aid Workshop](#)
- *Our Counselor Lessons will be sent out with videos to watch on your own if you choose (with counselor supports available for any questions you have)*



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May- June

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Who you are is more important than your test scores and grades



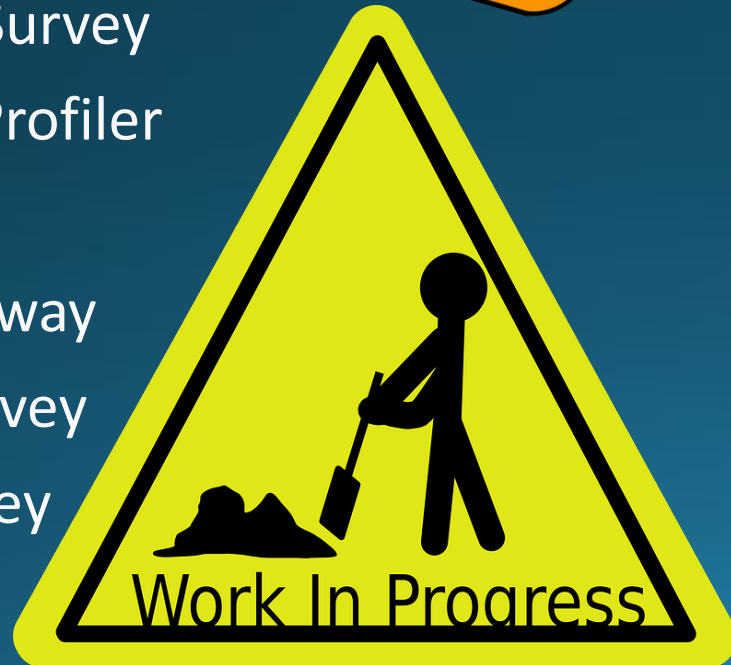
**“I WISH
I KNEW THIS
20 YEARS AGO”**

High School & Beyond Plan

Tasks

Work Time

- ✓ Four Year Course Plan
- ✓ The Game Plan Survey
- ✓ Career Interest Profiler
- ✓ Resume
- ✓ Graduation Pathway
- ✓ Financial Aid Survey
- ✓ Graduation Survey



College Application Timeline

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