

# SENIOR GUIDANCE CLASS OF 2024

This PowerPoint is available on the  
Interlake Counseling page and in  
the Class of 2024 Teams Channel-  
Counselor Corner





# TODAY'S AGENDA

- 1. Welcome to Senior Year!**
- 2. Stress Management**
- 3. What do you want to do after you graduate?**
- 4. College Applications**
- 5. Important upcoming dates & Senior Blitz appointment with your counselor**

PRE-TEST:  
NEARPOD

join.nearpod.com:  
S8RY9

or

[https://forms.office.com  
/r/jeTtMBTK6d](https://forms.office.com/r/jeTtMBTK6d)

# QUESTION SHARE-OUT

Most likely your question  
will be covered

Add them to the board  
just in case...





## Interlake Counseling & Student Services Team

Elizabeth Galvan (A-Con)  
Carri McDermott (Coo-Hi)  
Alyssa Flaherty (Hi-Lon)  
Maya Vergien (Lop-Pari)  
Chelsea Kearns (Park-Su)  
Scott Marcum (Sw-Z)  
Janice Lin (Secretary)  
Loma Rockwell (Registrar)  
Jose Valdez (College and Career Advisor)  
Ruth Rosas (MHAT Counselor)  
Abby Asplund (MHAT Counselor)

## Interlake High School Counseling Resources



Ms. Lin



Ms. Galvan

Ms. Flaherty



Ms. Vergien

Mr. Marcum



Ms. Kearns

Ms. McDermott



Ms. Rockwell



Ms. Rosas



Ms. Asplund



Mr. Valdez



# COLLEGE AND CAREER ADVISOR MR. VALDEZ

Mr. Valdez can help with:

- Answering Questions
- College Lists
- Application Advice
- Essay Review
- High School & Beyond Plan
- Financial Aid questions

Available Mon-Fri

Flexible hours based on  
student availability

[valdezjo@bsd405.org](mailto:valdezjo@bsd405.org) or  
find Jose Valdez on Teams!



# TIPS FOR MANAGING SENIOR STRESS

- Let your parents know how you're really feeling—don't shut them out.
- Practice time management skills. Be mindful!
- Pace yourself. Don't let little things become big things.
- Take time out of your busy schedule to relax.
- Get regular exercise, eat well, get plenty of rest.
- Stay positive.
- Remove the expectation of perfection.
- Talk to a counselor or mental health professional
- We have resources for you at Interlake. Ask your school counselor!



# Managing Senior Stress:

## Starting the week of Sept. 25<sup>th</sup>

Meet with your school counselor to go over grad requirements and post high school planning! **This is a required meeting!**

We will cover many topics including:

1. Graduation requirements
2. College Applications/Planning
3. Answer your questions/concerns

## IHS Senior Blitz appointments

Look for your appointment time on the Counseling Office window near the main entrance (across from the Main Office).

You will receive a pass to come to your appointment!





# Managing Senior Stress:

## Super Wednesday

College Application help  
with Teachers and  
Counselors:

9 am – 12 pm

Library

## Wednesday Workshops

See calendar invites to  
drop-in with the counselors  
for college app and  
postsecondary plan  
questions:

October 4

October 25

November 8



# 2 MINUTES TO SKETCH OR WRITE ABOUT PASSIONS, DREAMS, SKILLS...

The pathway to a less stressful senior year begins with **YOU!**

Ask yourself:  
What do I enjoy doing other than schoolwork?  
What am I passionate about?

The better you know yourself, the better your chances of combating the pressure to pick the right journey for yourself

What do you value?  
Your future and your values should connect

Define yourself, pursue your own path and be bold enough to set your own realistic expectations

Contact our College & Career Advisor, Jose Valdez, (Library) for career exploration and various assessments

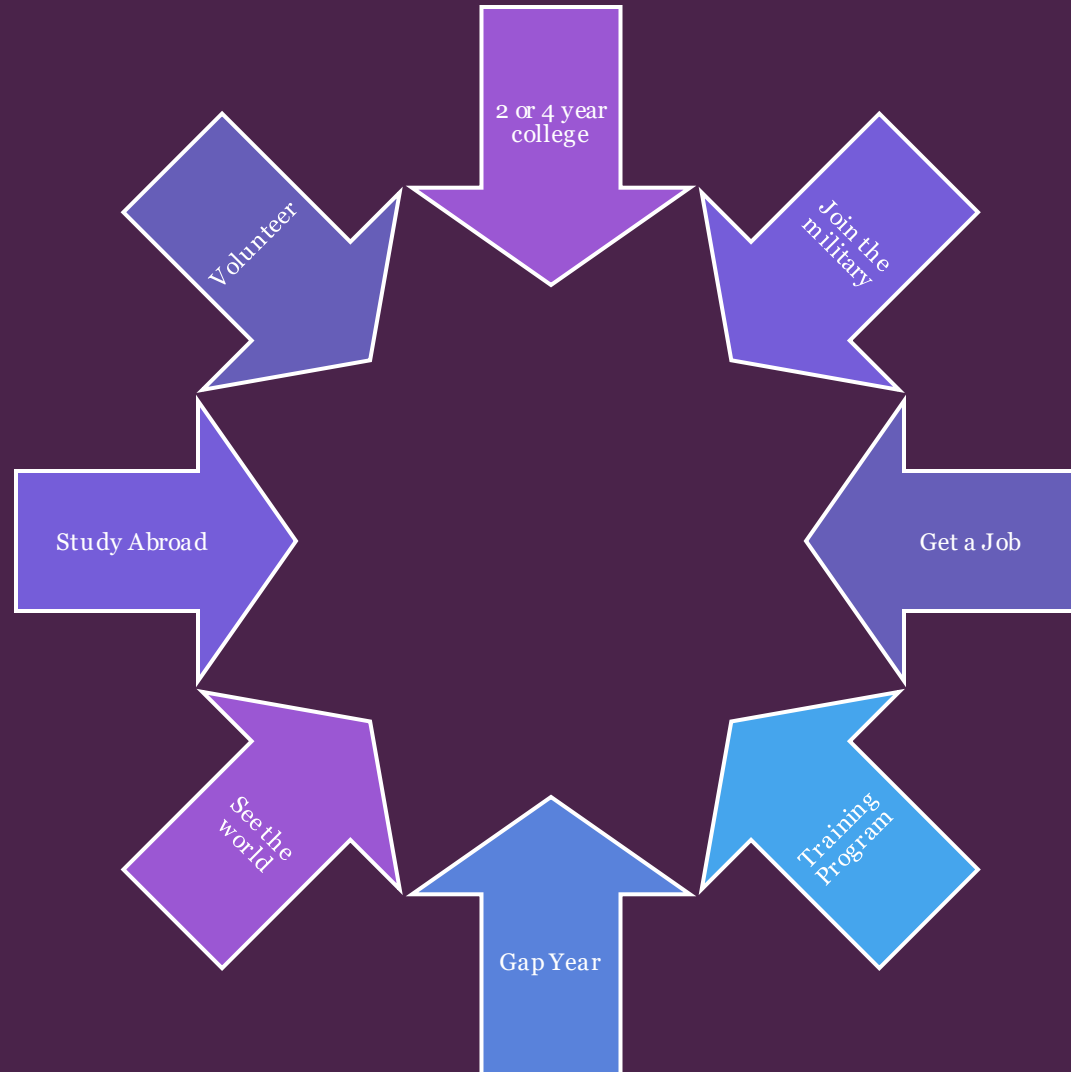


# WHAT COULD LIFE BE AFTER HIGH SCHOOL?

Group share out:

Instead of a 4 year college, what are some other options for things you could pursue after high school?

# LIFE AFTER HIGH SCHOOL: DID WE COVER IT ALL?





# ADDITIONAL FUTURE OPTIONS

## Trade School/Apprenticeships

- Vocational education to learn technical skills in a specific area
- i.e., Lake Washington Technical College

## Military

- See College & Career Advisor you have questions
- Take the ASVAB Test

## Employment

- Update your resume in Naviance

## Gap Year

- Break between high school and college
- We recommend to applying to schools now and defer your acceptance

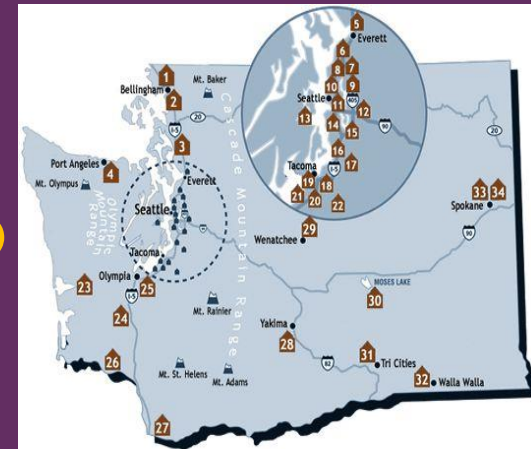
34 Community or Technical colleges in WA state.

[sbctc.edu](http://sbctc.edu)

Fill out specific CC applications in early spring. Transfer to a 4-year college after earning an AA degree.

No SAT or ACT needed. May need to take a Math and English placement exam.

# 2 YEAR COLLEGES



# BELLEVUE COLLEGE

Bellevue College is an open admissions institution

Bellevue College has a partnership with Eastern WA University and offers 14 bachelor degree programs

Bellevue College offers an Occupational Life Services and Neurodiversity Navigators program for neurodiverse students

Bellevue College offers on campus housing for students

# SENIOR YEAR TIMELINE FOR 4-YEAR COLLEGE (ABRIDGED)

Sept.

Update Naviance  
Complete FERPA and  
send to IHS  
Start Applications  
Check into your  
colleges testing  
requirements  
Complete Counselor  
brag sheet (if needed)  
Ask Teachers for  
Letters of Rec  
Verify type of  
Application (Common  
App/Coalition/College  
Website)

Oct.

Work on  
Application  
Edit Essay  
Complete  
Naviance tasks  
Mid-October:  
Some art  
portfolios due

Nov.

Early Decision /  
Early Action  
applications due  
November 15 is  
UW Seattle  
Deadline  
Start looking for  
scholarships

Dec.–Jan.

FAFSA/WASFA  
available on-line  
Regular  
applications due  
Apply for  
scholarships

Apr.

Colleges notify  
students of  
decisions  
Apply for  
scholarships



# 4 YEAR PUBLIC COLLEGES

**NO counselor/teacher letter of recommendation needed for most colleges. Most test optional or test blind.**

For most public schools, you can access the **ONLINE APPLICATION** through the college website or Common App. Please be mindful of deadlines.

Public college **Honors Programs** are a great way to get a “private college education at a public college cost”. May require separate application.

Tuition difference: Public schools have lower cost per semester/quarter.

# WAYS TO RESEARCH

Naviance and  
Scattergrams

Make an  
appointment with  
Mr. Valdez  
(Library)

College Visits at  
Interlake

College Visits on  
College Campus

Lists you may not  
have thought of:  
[collegexpress.com](http://collegexpress.com),  
[ctcl.org](http://ctcl.org), etc.

Big Future on  
College Board

Talking with  
Interlake alum



# College Visits

COMPLETE LIST IN  
“NAVIANCE” WHAT’S NEW”

NEW SCHOOLS ADDED  
DAILY

MOST VISITS ARE IN CAREER  
CENTER or MAIN ENTRANCE

REACH OUT TO: MR. VALDEZ:  
[valdezja@bsd405.org](mailto:valdezja@bsd405.org)

MEET YOUR COLLEGE REP!

# WHAT DO YOU ALREADY KNOW?

Turn to your neighbor and share two questions that you have about the admissions process!





# WHAT IS THE AVERAGE ACCEPTANCE RATE AT 4-YEAR COLLEGES?

A) 22%

B) 85%

C) 67%

D) 8%

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# IHS CLASS OF 2023: COLLEGE DESTINATIONS

University of Washington--Seattle	96
Bellevue College	41
University of Washington--Bothell	21
University of CA system	13
Western Washington University	8
Washington State University	6
Seattle University	6
Central Washington University	1
University of Michigan	5
Carnegie Mellon	5
University of Illinois	4
Brown University	4
University of Arizona	3
USC	3
Emory	3
Oregon State	3
Montana State	3
Stanford	3
MIT	2
Washington University, STL	2
University of North Dakota	2



# GUARANTEED ADMISSIONS PROGRAM (GAP)

The **GAP** program works with the following colleges:

WSU

WWU

EWU

CWU

Evergreen State

UW Tacoma (new for 2024 grads)

**BSD student requirements:**

3.0 minimum GPA

Meet CADR (academic college requirements)

Apply to the institutions

More information may be found [here!](#)



# COMPONENTS OF THE APPLICATION

The application  
(essay, short answer,  
resume, class history)

Scores  
(if applicable)

Letters of  
recommendation  
(for some colleges)

Transcript

Fee  
waivers

FERPA  
waiver

Portfolio  
(if applicable)



## HOW DO I ACTUALLY APPLY?

### Common Application

- Links to Naviance to track transcripts and letters
- “Match” Comm App to Naviance
- Common App vs Coalition? **Choose Common App!**

### Coalition Application

- DOES NOT LINK TO NAVIANCE for tracking, choose “Direct to Institution” in Naviance for these schools

### College-Specific Application UC schools

- Aka Direct to Institution
- Other schools may have their own online applications

# UNIVERSITY OF WASHINGTON SEATTLE

Two ways to apply!

-Common App

-ApplyWeb



**No transcripts required or letters of recommendation accepted!**

**Fee: \$80 Seattle; \$60 Bothell**

**Application timeline for Autumn 2024:**

- November 15, 2023 Application deadline
- March 1-15, 2024 Admission notification period
- If admitted, final transcript will be sent from Interlake in July 2024. Admission is dependent on a strong senior year. Avoid the dreaded "senioritis!"

## University of Washington Bothell

Common Application is the only way to apply! [apply.commonapp.org](https://apply.commonapp.org)

-November 15<sup>th</sup> is the early action deadline

-January 15<sup>th</sup> is the regular admission deadline

# COLLEGE-SPECIFIC RESEARCH

Have general questions? CALL or EMAIL THE ADMISSIONS OFFICE

Have questions about how to pay for tuition? CALL THE FINANCIAL AID OFFICE

IHS Counselors are like general practitioners. We have a little information about a lot of schools, but are not the gatekeepers of all info about every college!



# APPLICATION TIPS: DOCUMENTS

ALL documents will be sent through Naviance

We **do not** send materials through Common application!

We **do not** send materials through Coalition!

We **do not** send materials through SendEDU or Scribble!

Students can use any means that work to apply to colleges, but school documents like transcripts, school reports and letters of rec will be sent through Naviance by their counselor.

Common App and Naviance accounts must be matched (see later slide)



# FERPA

## FAMILY EDUCATIONAL RIGHTS AND PRIVACY ACT



Protects the privacy  
of students



Waive your rights and sign  
the FERPA to allow your  
transcripts and letters of  
recommendation to be sent



Email your signed FERPA  
Waiver to the Counseling  
Secretary Janice Lin

[linja@bsd405.org](mailto:linja@bsd405.org)



**Initial:**

Sign  
Here

\_\_\_\_\_ I have fully read and understood the FERPA Release Authorization explanation above.

I authorize every school that I (my child) have/has attended to release all requested records and recommendations to colleges to which I am applying for admission. I also authorize employees at these colleges to confidentially contact my (my child's) current and former schools should they have questions about the information submitted on my behalf.

**Please select one:**

Sign  
Here

\_\_\_\_\_ I waive my right to review all recommendations and supporting documents submitted by me (my child) or on my (child's) behalf.

\_\_\_\_\_ I DO NOT waive my (child's) right to review all recommendations and supporting documents submitted by me (my child's) or on my (child's) behalf.

**Initial:**

Sign  
Here

\_\_\_\_\_ I understand that my (child's) waiver or no waiver selection above pertains to all colleges to which I (my child) apply/applies.

# FERPA EXAMPLE

FERPA WAS EMAILED TO EVERY SENIOR-  
CHECK YOUR EMAIL!

# NAME SOME TYPES OF ADMISSION (DECISION)

Regular Decision

Early Action

Early Decision

Restrictive Early Action

Rolling Admission

# REGULAR DECISION

Most colleges have a regular decision deadline—many colleges offer early options and also have a regular decision date.

January 1<sup>st</sup> is a common regular decision date for private schools. Using college websites/applications make a spreadsheet of deadlines to stay organized.

UW is Nov. 15<sup>th</sup>

UC is Nov. 30<sup>th</sup>

# EARLY DECISION & EARLY ACTION

## Early Decision

- Apply to one ED school
- Binding - If accepted, you must enroll (legal contract)
- Difficult to compare financial aid packages and scholarships
- Increases chances of admission for strong students

## Early Action

- Can apply to more than one school
- Acceptance is non-binding
- Easier to compare different financial aid and scholarship packages
- May increase chances & admission decisions are made earlier

# RESTRICTIVE EARLY ACTION

Varies a bit by school. Some colleges allow for early action that is restricted to that school. It is not considered ED because they do not require a commitment to enroll. (ex: Stanford, Harvard, Yale, etc.).

# ROLLING ADMISSION

Colleges with rolling admission evaluate applications as they are received versus waiting to evaluate all applications after a hard deadline.





# REQUESTING OFFICIAL TRANSCRIPTS

- ▶ Most public and private colleges require that an official transcript be sent during the application process
- ▶ Some *exceptions include the UW Seattle, Cal State school and the University of California schools*
- ▶ Order transcripts through Naviance for each school
- ▶ Download and save unofficial transcripts from Student Vue (Documents tab)
- ▶ No transcript fees

## Colleges I'm Applying To

Search for Colleges

✔ You have matched your Common app account using the name

CA match email: Common App ID.

✔ FERPA completed



Manage Transcripts Application Milestones Compare Me

✦ = extended profile available

College	App Type	Deadline	Expected Difficulty*	Transcripts	Office Materials	Submission Type	Application
✦ Drexel University	Regular Decision - Fall (September, 2024)	Jan 15	N/A	No request	Pending	CA	Unknown
✦ Duke University	Early Decision - Fall 2024	Nov 1	N/A	No request	Pending	CA	Unknown
✦ Emory University	Early Decision - Fall 2024	Nov 1	N/A	No request	Pending	CA	Unknown
✦ Pace University, New York City Campus	Regular Decision - Fall (September)	Feb 15	N/A	No request	Pending	CA	Unknown



**REQUESTING  
TRANSCRIPTS  
USING NAVIANCE**

- Naviance Student Homepage →
- Colleges Tab →
- Colleges I'm Applying To →
- Manage Transcripts
- Request Initial transcript

# NAVIANCE

## *YOUR COLLEGE PROCESS BESTIE*

Request	Request	Complete	Log	Research
Request transcript	Request Letters of Rec	Complete High School & Beyond Plan	Log Volunteer Hours using X2VOL (careers / experiential learning)	Prepare college app list and research colleges



# “MATCHING” YOUR COMMON APP & NAVIANCE ACCOUNTS

- This will need to be complete in order to have your transcripts and/or letters of recommendations sent to any Common App schools.

- [Common App Account Matching Video](#)



# LETTERS OF RECOMMENDATION

## Counselors

Yes, we will write you a letter, and we have a process (keep in mind we each write over 50 letters on average)

- FERPA waiver
- Letter of Recommendation Brag Sheet on Naviance
- 3 Teacher Feedback forms
- Resume on Naviance

## Teachers

- Check with teachers now!
- Each teacher has a different process
- Invite teachers through Naviance AFTER they've said yes in person
  - Do **NOT** invite teachers via Common App
- Be sure to thank the recommender for writing a letter for you!
- Do not invite more than 2 teachers to write a letter for you
- Ideally you want at least 1 letter to be from a CORE subject area

## Step One:

Home Self-Discovery Courses Careers **Colleges** Planner

**Research Colleges**

- Colleges I'm Thinking About
- College Visits
- College Compare
- College Resources
- Acceptance History
- Enrichment Programs
- College Maps

**Apply to College**

- Colleges I'm Applying to
- Manage Transcripts
- Letters of Recommendation
- Test Scores

- Most private schools require a teacher letter of rec.
- Ask the teacher in person. Make sure you get a yes before inviting them online.
- Invite them to submit a letter of recommendation through Naviance on the “Apply to College” section of Naviance.

## REQUESTING LETTERS OF RECOMMENDATION FROM TEACHERS

## Step Two:

### Letters of recommendation

### Your Requests

You can request new letters of recommendation and track the most recent status of your requests here.



Add Request

Recommendation For ^	Deadline ^	Recommender(s)	Status ⓘ	Cancel Request
Drexel University 1 required/ 5 allowed/ 2 requested	Jan 15 2024	Emma Cook Angela Galvin	In Progress Requested	✕ ✕
Duke University 2 required/ 3 allowed/ 2 requested	Nov 01 2023	Emma Cook Angela Galvin	In Progress Requested	✕ ✕
Emory University 2 required/ 3 allowed/ 2 requested	Nov 01 2023	Emma Cook Angela Galvin	In Progress Requested	✕ ✕
Pace University, New York City Campus 1 required/ 2 allowed/ 2 requested	Feb 15 2024	Emma Cook Angela Galvin	In Progress Requested	✕ ✕

# REQUESTING LETTERS OF RECOMMENDATION FROM TEACHERS



# COUNSELOR LETTER OF REC BRAG SHEET DEADLINES

- \* Late packets may result in LORs submitted after the college application due date or transcript-only, sent without a letter.

College Application Deadline	Brag Sheet Due
October 15	September 25
November 1	October 6
November 15	October 13
November 30 / December 1	November 3
December 15	November 10
January 1 or later	November 17

# FAQ?

What is the Senior class size?

- There are 388 Students in the Senior Class

Are GPA's weighted or unweighted? What is my class rank?

- All GPA's are unweighted and we do not rank

How do we request a letter of recommendation from our counselor?

- Complete the Brag Sheet Survey in Naviance

What do I do if I still need help picking colleges?

- Make an appointment with College/Career Advisor Mr. Valdez in the library

How do I send my SAT/ACT scores (if required)?

- Students send scores through College Board or ACT website

When is my Senior Blitz appointment?

- Check the schedule on the Counseling Office window

# THINGS TO COMPLETE:



Add colleges to your “Colleges I’m Applying to” list in Naviance



Order official transcripts through Naviance



Request letters of rec from counselor by following the process listed earlier (and in the presentation in the Counselor Corner Team)



Request letters of rec from teachers for private and Common App schools



Get your electronic FERPA signed by your parents and emailed to Ms. Lin at [linja@bsd405.org](mailto:linja@bsd405.org)



Link your Naviance and Common App accounts

# WHERE ARE YOU IN THIS PROCESS?

Write down some things you've already done to plan for your future

OR

Write down some steps you need to take



## NAME A TYPE OF FINANCIAL AID

**Grants:** Money you are granted (given) that you don't have to pay back.

**Loans:** Money you borrow (usually from the federal or state government) that you do have to pay back.

**Scholarships:** Money you are given based on achievement (athletic, academic, extracurricular, etc.). Some scholarships may take your family financial situation into consideration; others (merit scholarships) may not.

*Many students receive a combination of these things.*



# FINANCIAL AID & SCHOLARSHIPS

**FAFSA** (Free Application for Federal Student Aid) Remember to turn in your FAFSA in December (date TBD).  
<http://www.fafsa.ed.gov/>

**WASFA** (Washington Application for State Financial Aid): for undocumented and select noncitizens

**CSS Profile** (College Board): Only some schools will require

**Western Undergraduate Exchange (WUE)** <http://wue.wiche.edu/>

**Research** different types of aid available at <http://studentaid.ed.gov>

Mr. Valdez is a GREAT resource for aid questions! Family appointments welcome.



## FAFSA & WASFA

**FAFSA**: opening date has changed from Oct. 1 to sometime in December. Date TBD!

**WASFA**: follows FAFSA's timeline.

**College Deadlines**: colleges create their own deadlines for financial aid; “priority deadlines” should be noted for better chance of aid

**Which one should you apply to?**

- FAFSA: US Citizen or Green Card holder (usually)
- WASFA: Undocumented individuals and select non-citizens

*If unsure, start with the [WASFA website](#) and they will give you a “quiz” to figure out which option is appropriate*





# SCHOLARSHIP INFO

[Washboard.org](http://Washboard.org) Database of scholarships for students from the state of Washington

[Scholarshipfinder](http://Scholarshipfinder) US Dept. of Labor free search tool

[Collegeboard Scholarship Search](http://Collegeboard)

You can learn about scholarships in several ways, including contacting the **financial aid office** at the college you plan to attend and checking information online. But be careful. Make sure scholarship information and offers you receive are legitimate; and remember that you don't have to pay to find scholarships or other financial aid. Check out our information on how to [avoid scams](#).

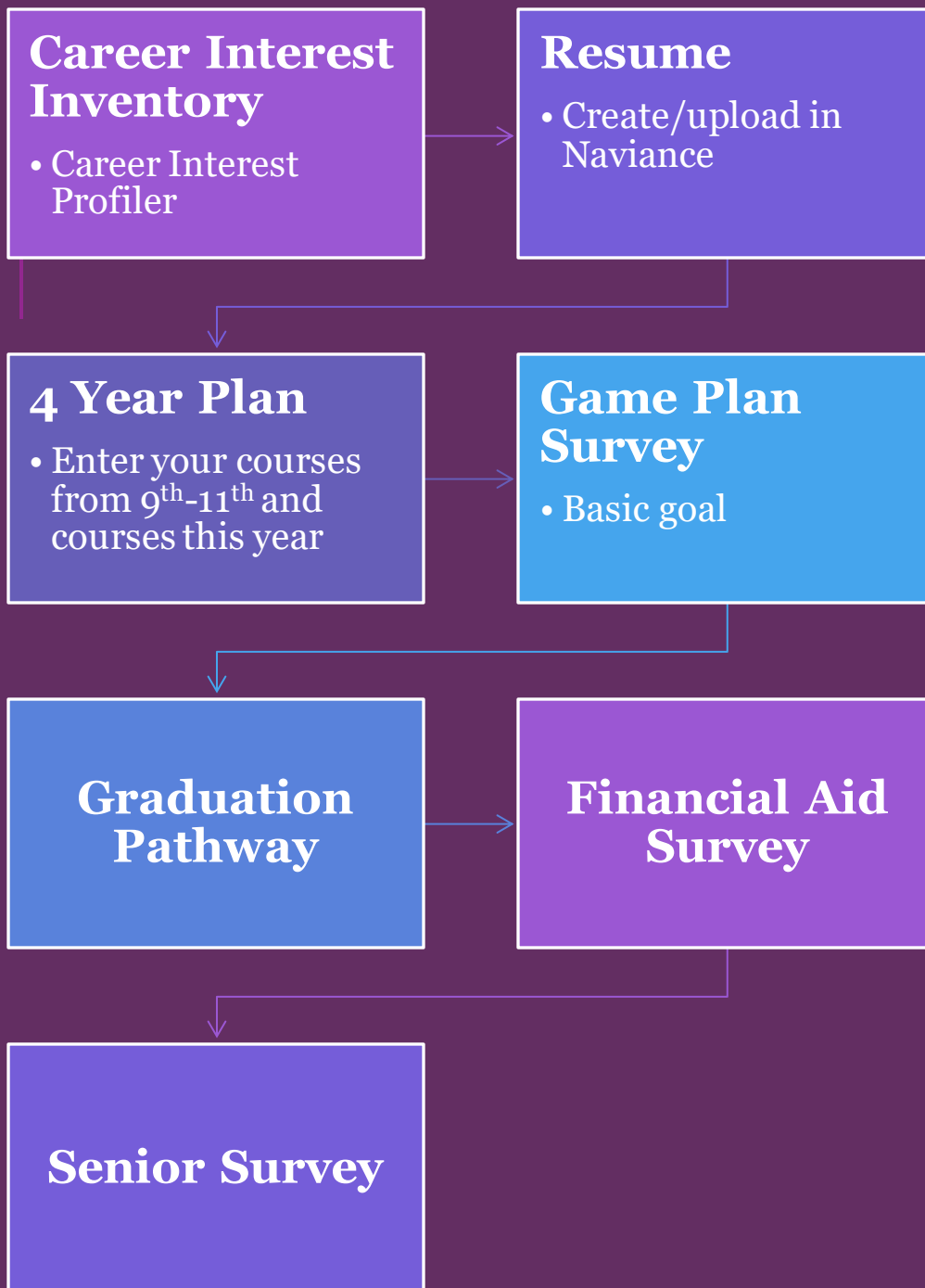


## **FINANCIAL AID RESOURCE**

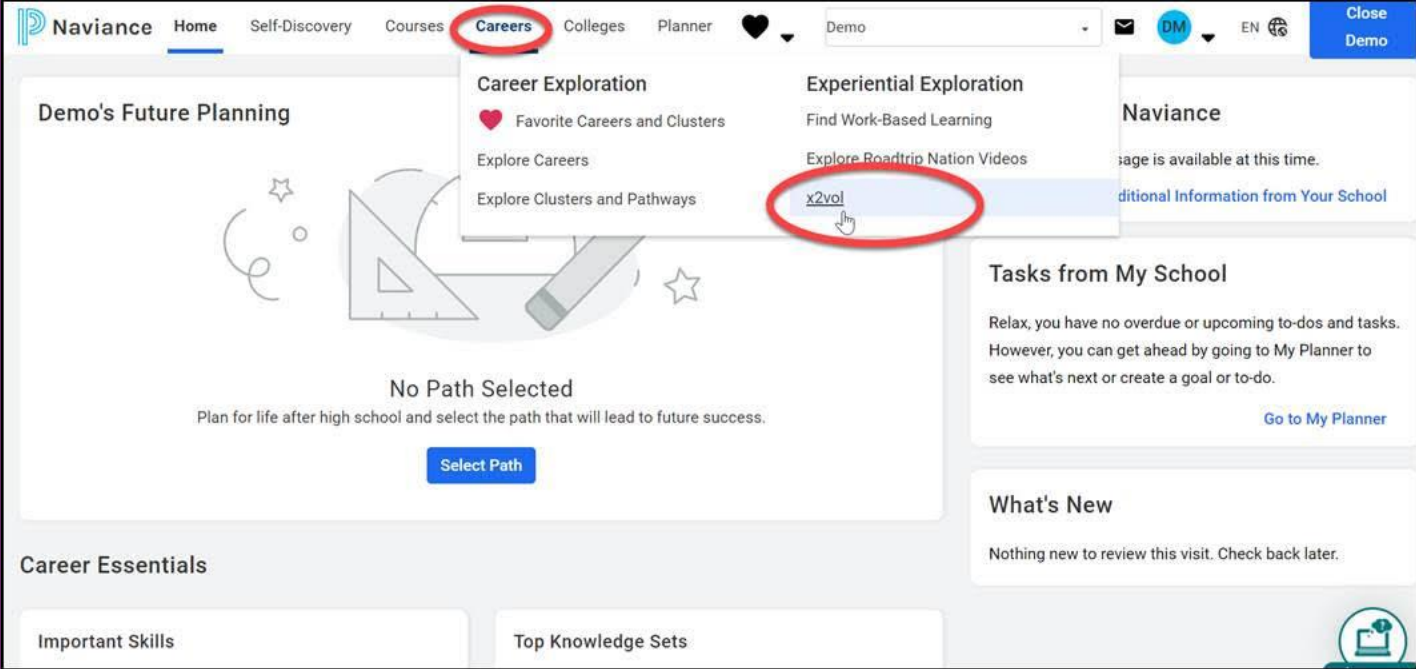
## College Aid Pro

College planning software focused on what a student and/or family can afford to pay. Helps compare cost of different colleges. Option for free account, plus an upgrade for more detail.

# HIGH SCHOOL AND BEYOND PLAN



# FIND X2VOL IN NAVIANCE STUDENT



## My Planner


Tasks Assigned to Me   Goals   To-Do List   Calendar View

### My Tasks

Tasks are assigned to you by your school. They can be pretty important, some of them are even required to graduate! So, make sure to go through them to be sure you're on track.

Filters   All   **Graduation**   Required

### Tasks you Need to Work On


 **TASK**   Upload and/or Update Resume  
DUE   Monday Jul 15, 2024  
Assigned by Bellevue School District

GRADUATION

### Tasks for future grades

You don't need to worry about these tasks today. However, we thought you'd like to take a look ahead at what's coming up in future years of your Success Plan.

12th Grade

 **TASK**   Complete My Graduation Pathways  
DUE   Friday May 31, 2024  
Assigned by Bellevue School District

GRADUATION

### Tasks you've completed

✓ **Done**   Complete Career Interest Profiler  
Friday May 31, 2024  
Assigned by Deborah Kraft

GRADUATION

✓ **Done**   Complete My Financial Aid Options  
Monday Jul 15, 2024  
Assigned by Bellevue School District

GRADUATION

✓ **Done**   Complete Game Plan survey  
Friday May 31, 2024  
Assigned by Deborah Kraft

GRADUATION

POST-TEST:  
NEARPOD

join.nearpod.com:  
S8RY9

or

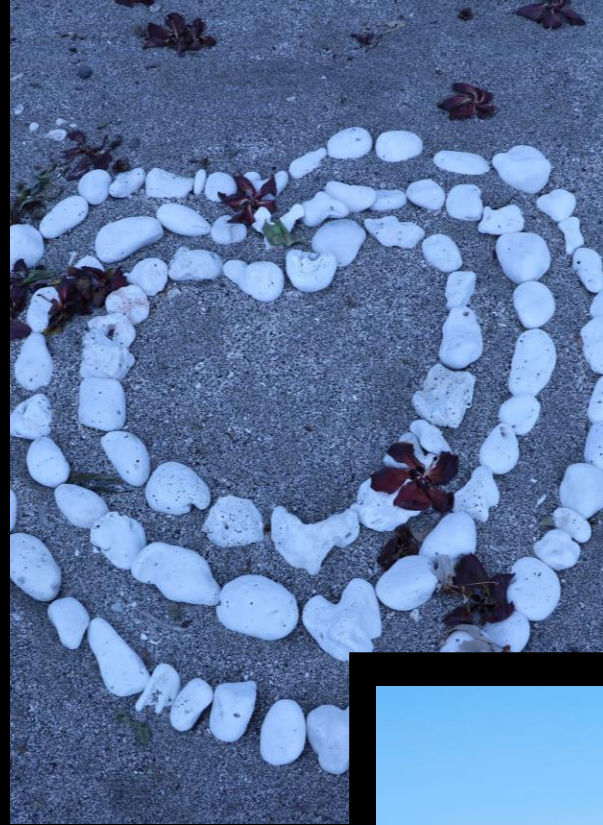
[https://forms.office.com  
/r/r7pGVCjKDe](https://forms.office.com/r/r7pGVCjKDe)



# YOUR HEALTH MATTERS!

We know this can feel like  
*a lot*  
and we are here for you.

*Reachout*  
to your counselor  
if you are struggling.





# MENTAL HEALTH RESOURCES

**Teen Link:** call or text  
teenlink.org  
866.833.6546

Reach out to your **IHS  
School Counselor** or  
**MHAT**

**NAMI:** 425.885.6264

**Suicide Hotline:** 988  
800.273.8255

**Youth Eastside Services:**  
425-747-4937

Text **HOME** to 741741 to text  
with a crisis counselor

**King County Crisis Line  
resources:**

- Call 211 or 866.427.4747
- Visit [www.211.org](http://www.211.org)
- Text: 877.211.9274