

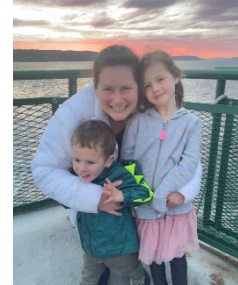
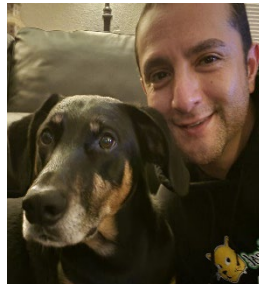
A wide-angle photograph of Sammamish High School. The building is a large, modern structure with red brick walls and large glass windows. A central courtyard with green grass and young trees is in the middle ground. Students are walking on the sidewalks. In the foreground, there are rows of empty metal bike racks. The sky is blue with scattered white clouds.

# Class of 2024

## Sammamish High School

# WELCOME to your Senior Year!

## FROM YOUR Senior SUPPORT TEAM!



## SHS Counseling Team

**Ms. Williams**  
A-Dc

**Ms. Williams-  
Pagaran**  
De-Ji

**Mr.  
Martinez  
Escobar**  
Jo-Mol

**Ms.  
Anderson**  
Mom-Sanc

**Ms. Breeze**  
Sand-Z

**Ms. Lopez-  
Kopp**  
College &  
Career  
Counselor

**How to reach us:**  
**Email or Chat us any time! You can find our contact information  
on the Sammamish High School Website.**

# COLLEGE & CAREER RESOURCES



Ms. Lopez-Kopp

College & Career Counselor

- Available Mon-Fri 7:30-3:30 PM
- Ways to reach her:
  - Via email: [lopezk@bsd405.org](mailto:lopezk@bsd405.org)
  - [Book an Appointment](#)
  - Swing by Room 201

Get Help with:

- Answering Questions
- College Lists
- Application Advice
- Essay Review
- Financial Aid
- HSBP
- Find jobs
- Mock interviews
- WANIC
- And so much more!

# TODAY'S AGENDA

Wellness and Planning for  
the life after SHS

A light orange arrow pointing downwards, indicating the flow from the first agenda item to the second.

College Applications &  
Post High School Options

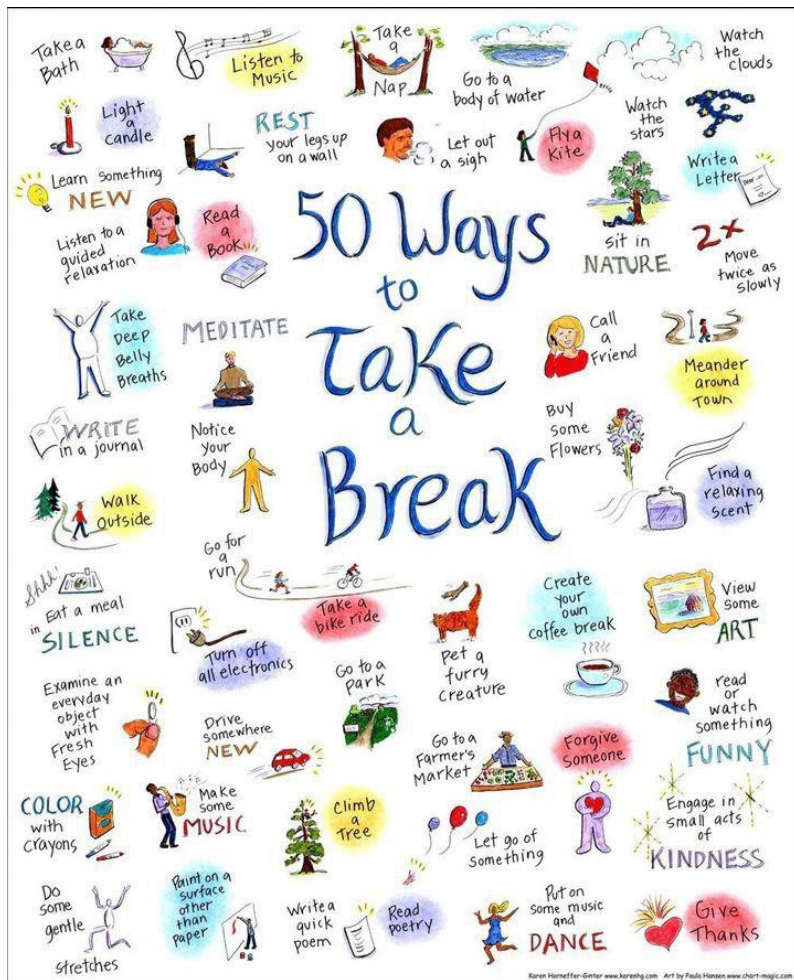
A light orange arrow pointing downwards, indicating the flow from the second agenda item to the third.

Naviance & High School  
Beyond Plan

This time next year, you will be  
exactly where you are supposed  
to be!

Take a deep  
breath!





- **TEEN LINK: CALL OR TEXT 866.833.6546**
- **REACH OUT TO YOUR SHS SCHOOL COUNSELOR (PUT “URGENT” IN THE EMAIL SUBJECT LINE)**
- **NAMI: 425.885.6264**
- **SUICIDE HOTLINE: 800.273.8255**
- **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**

# Goodbye to senior year stress:

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

Communicate with your parents or guardians

Do not procrastinate

Use all the resources available to you

Ask lots of questions

Plan your next move!



# Goodbye to Senior Year 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





# Senior Blitz

- ▶ Don't Forget! Every senior will be scheduled for their Senior Blitz appointment from September 25<sup>th</sup>-October 6<sup>th</sup> :
  - ▶ An Outlook invite will be sent to your email and calendars
  - ▶ Students will receive a pass either the day of or day before, depending on the time of their appointment
  - ▶ The schedule will also be posted in the hall outside the main office
  - ▶ If you need to reschedule, please come talk to Ms. Gemmell in the main office
- ▶ Please enter college info into Naviance before the Blitz Meeting if possible!
- ▶ Full-time Running Start students will schedule Senior Blitz appointments the second week of October!

# Super Wednesday- Wednesday October 11, 2023

*Take  
advantage of  
Super  
Wednesday!*

Get help with college  
application essays

Spend the day doing  
community service in the  
community!

Get help applying to  
college

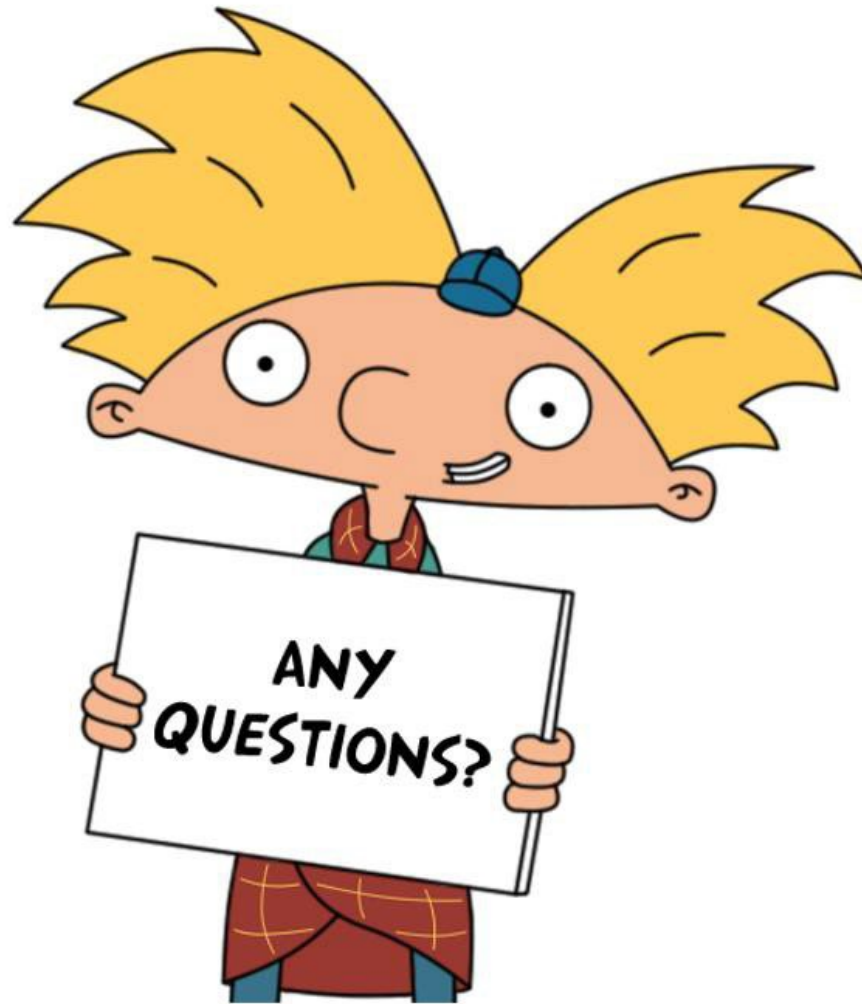
Common Application  
Questions

**Work on Job  
Applications**

Financial Aid  
Questions

Work on HS  
and Beyond  
Plan

Take the SAT  
here at SHS  
during the day



# What is next?

## POST HIGH SCHOOL OPTIONS

*See Ms. Lopez Kopp 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  
Apprentices  
hips**

**GAP Year  
Program**

**Job**



# College Visits

COMPLETE LIST IN  
“NAVIANCE” WHAT’S NEW”

NEW SCHOOLS ADDED DAILY

MOST VISITS ARE IN CAREER  
CENTER

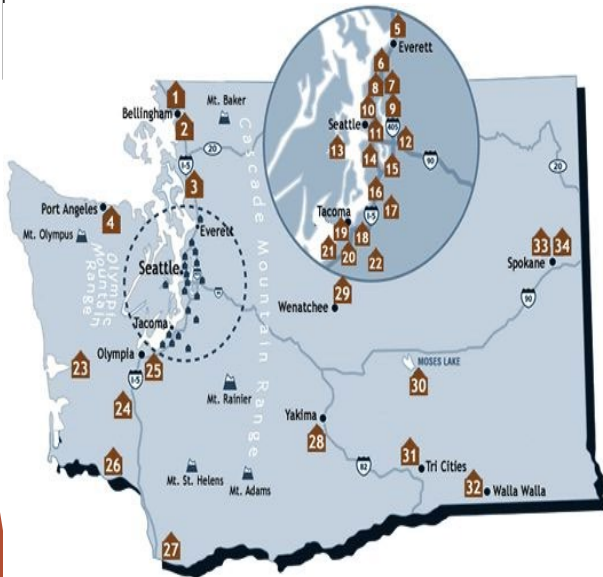
REACH OUT TO: MS. LOPEZ-  
KOPP [LOPEZK@BSD405.ORG](mailto:LOPEZK@BSD405.ORG)

MEET YOUR COLLEGE REP!

# Community & Tech Colleges

Choose from 34  
Community or  
Technical colleges in  
WA state.

[www.checkoutacollege.com](http://www.checkoutacollege.com)



Go to [www.sbctc.edu](http://www.sbctc.edu) to research and find the right match. There are 33 C/T options in WA.

After January 1, 2024, fill out the fall application. Check the college's website for **priority deadlines**. Bellevue College priority deadline is in mid May.

Register to take a placement test, if needed (English and math).

Meet with an academic advisor at the college to discuss class and career path.



- ▶ Bellevue College is an open admissions institution
- ▶ Bellevue College is offering a fall application workshop on campus in Nov.- please watch for an invitation!
- ▶ Bellevue College has a partnership with Eastern WA University and offer 14 bachelor degree programs. These are 4-year degrees
- ▶ Bellevue College offers an Occupational Life Services and Neurodiversity Navigators program for neurodiverse students
- ▶ Bellevue College offers on campus housing for students
- ▶ Bellevue College is a great school to finish the first two years of a 4-year degree and then transfer to a 4-year college or university
- ▶ Bellevue College is home of the Bulldogs, including 11 men's and women's sports team that have earned regional and national awards

Trade School/Apprenticeship: Vocational Education to learn technical skills



Military Service/technical training



Employment



Gap Year/Service Year/Defer



Make an appointment with our amazing College/Career Advisor Ms. Vanessa Lopez-Kopp



# Other Options after SHS!

**No counselor/teacher letter of recommendation needed for most public colleges. Many are test optional or test blind this year. But most still require essays!**



How to apply? Go directly to the college's webpage to see the options!

Most colleges use [www.commonapplication.org](http://www.commonapplication.org)

Please be mindful of the deadlines.

Students might want to apply directly to the university if using the GAP program!

# 4 Year Public Colleges/Universities<sup>7</sup>

# Get admitted. Guaranteed.

With the Guaranteed Admissions Program, you're just steps away from admission to a Washington public four-year college or university.

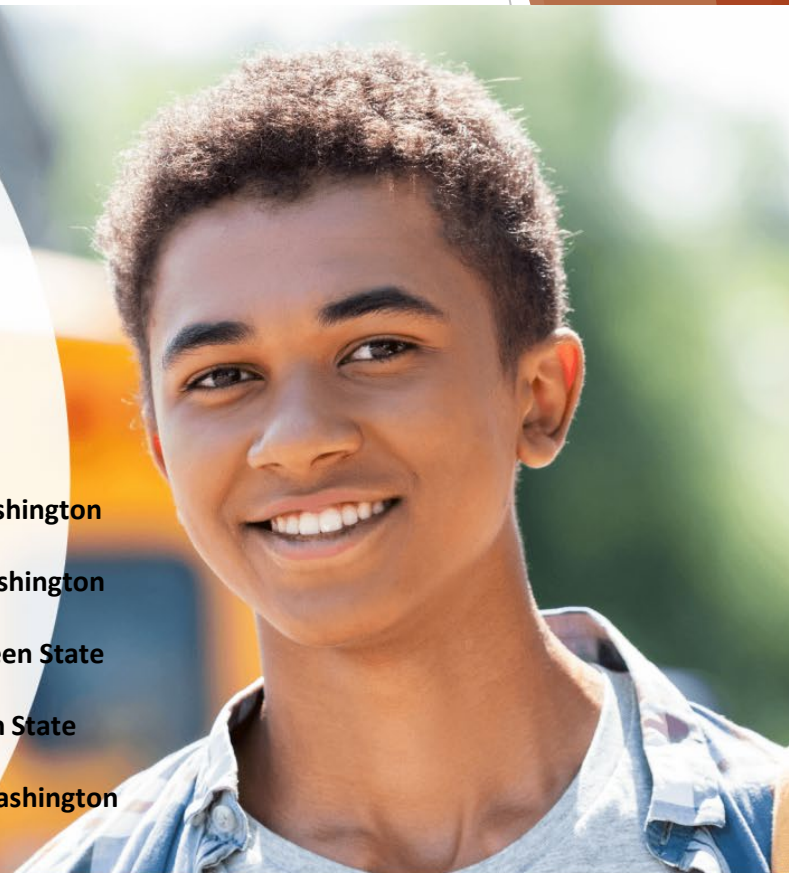
All you need to do is:

1. Complete and submit your application
2. Submit your high school transcript
3. You're in!

Talk to your advisor today or visit <https://bit.ly/WaGap> to learn more.



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



# Apply - Components of a College Application

Essay	Strength of Curriculum	Extracurricular Activities	Grades in College Prep
Grades in All Courses	Admissions Test Scores (SAT/ACT)	Teacher Recommendation	Counselor Recommendation
Student's Demonstrated Interest	AP/IB Test Scores	Interview	Class Rank (our district does not rank students)



## Build Your College List- We will go over this Senior Blitz this September/October

- 3 categories of colleges:
  - Reach (below 25% acceptance rate)
  - Moderate or Target (between 25-75%)
  - Likely (above 75%; you know you are getting in)
    - Based on student profile and college profile: GPA, course rigor, test scores
- Research using Naviance
  - Super Match
  - College Match
  - College Board

# COMMON APP COMPANION



COMMON APP TOP TAB > EDUCATION SIDE TAB	
High School Name & Address	Sammamish High School 100 140 <sup>th</sup> AVE Southeast Bellevue, WA 98005 CEEB Code: 480072
Date of Entry (If you started 9 <sup>th</sup> grade at a different school, contact us)	September 2020
Graduation Date (check "No change in progression" unless this is your 5 <sup>th</sup> year in high school or you're taking a gap year)	June 2024
Graduating Class Size	325
Class Rank Reporting	Bellevue School District does not rank
Class Rank	Bellevue School District does not rank
Rank Weighting	Unweighted
GPA Reporting Scale	4.0 scale
Cumulative GPA	Listed on your transcript
GPA Weighting	Unweighted
Course Scheduling System	Semester
Common App Fee Waiver (" <b>PROFILE</b> " SIDE TAB) (this is how I pay for your applications. Otherwise, you'll have to)	Yes, if you qualify for F/R lunch

Essential  
SHS  
Information  
to fill out  
your  
Common  
Application

Common-App-  
Companion-SHS-  
Class-of-2024

# University of Washington Seattle

- UW has two options to apply: Common APP [Common App website](#) or Apply Web [applyweb](#)
- UW has two required essays. Students must all prepare an Activities/Experience statements.
- **No transcripts required or letters of recommendation accepted!**
- **Application timeline for Fall 2024:**
  - November 15, 2023: Application deadline. There is no early decision or early action
  - March 1-15, 2024: Admission notification period
  - If admitted, final transcript will be sent from Sammamish in July 2024. Admission is dependent on a strong senior year. Avoid the dreaded "senioritis!"

# University of Washington Bothell



- UW Bothell uses Common App: [Common App website](#).
- UW has two required essays. Students must all prepare an Activities/Experience statements.
- **No transcripts required; NO letters of recommendation accepted!**
- **Application timeline for Fall 2024:**
  - November 15, 2023: Early Application deadline
  - Regular Decision Deadline: January 15, 2024
  - March 2024: Admission notification period for regular Decision, Early Action decisions are made in January 2023
  - If admitted, final transcript will be sent from Sammamish in July 2024. Admission is dependent on a strong senior year. Avoid the dreaded "senioritis!"


Many Private schools use Common Application




COUNSELOR AND TEACHER REC's are required.



Use Naviance to “invite” teachers to write a letter of REC. Speak to teacher in person first!



Counselors don't need to be “invited” but students must submit the Counselor Survey in Naviance. It can be found in Surveys!



You must “match” your Common App and Naviance accounts!

# 4 Year Private Colleges/Universities<sup>3</sup>

# APPLY EARLY DECISION OR EARLY ACTION?

## EARLY DECISION

- ▶ COUNSELORS SIGN ED
- AGREEMENTS ON NAVIANCE

▶ APPLY TO ONE

- ▶ CAN'T COMPARE FINANCIAL AID
- PACKAGES AND SCHOLARSHIPS
- INCREASES THE CHANCE OF ADMISSION FOR STRONG STUDENTS AND LEGACY STUDENTS

- ▶ IF ACCEPTED, YOU MUST
- ENROLL

## EARLY ACTION

- ▶ CAN APPLY TO MULTIPLE SCHOOLS
- ▶ ACCEPTANCE IS NON-BINDING
- ▶ EASIER TO COMPARE DIFFERENT FINANCIAL AID AND SCHOLARSHIP PACKAGES
- ▶ MAY INCREASE CHANCES AND ADMISSION DECISIONS ARE MADE EASIER.



# High School Transcripts- SENT via Naviance

Please look at your  
StudentVue Documents for a  
copy of your unofficial  
transcript

Request official transcripts in  
Naviance

Unofficial transcripts can be  
downloaded from Synergy

- Many public and private universities require students to send official transcripts (except for UW, UC Schools, and Cal Sate schools).

Transcripts Includes a list of  
all classes taken, grades and  
cumulative GPA

All classes taken or  
attempted must show on the  
transcript

Some classes from middle  
school are automatically  
added to the high school  
transcript (i.e. Algebra,  
Biology, World Language)

Language credit can be  
earned through competency-  
based testing – however  
some colleges require that  
students have courses on  
transcript



# SAT/ACT UPDATES

SAT offered to all seniors for free at school on October 11<sup>th</sup> during Super Wednesday. This is a test that you will need to opt into.

If you wish to take it another day, you will need to pay and sign up at [www.Collegeboard.org](http://www.collegeboard.org) or the ACT at [www.act.org](http://www.act.org)

All Colleges/Universities in WA state are test optional this year!

# Required!

## FERPA

F**FAMILY**  
E**EDUCATIONAL**  
R**RIGHTS AND**  
P**PRIVACY**  
A**CT**



Protects the privacy of students



Waive your rights and sign the FERPA to allow your transcripts and letters of recommendation to be sent! No transcripts can be sent without the FERPA!

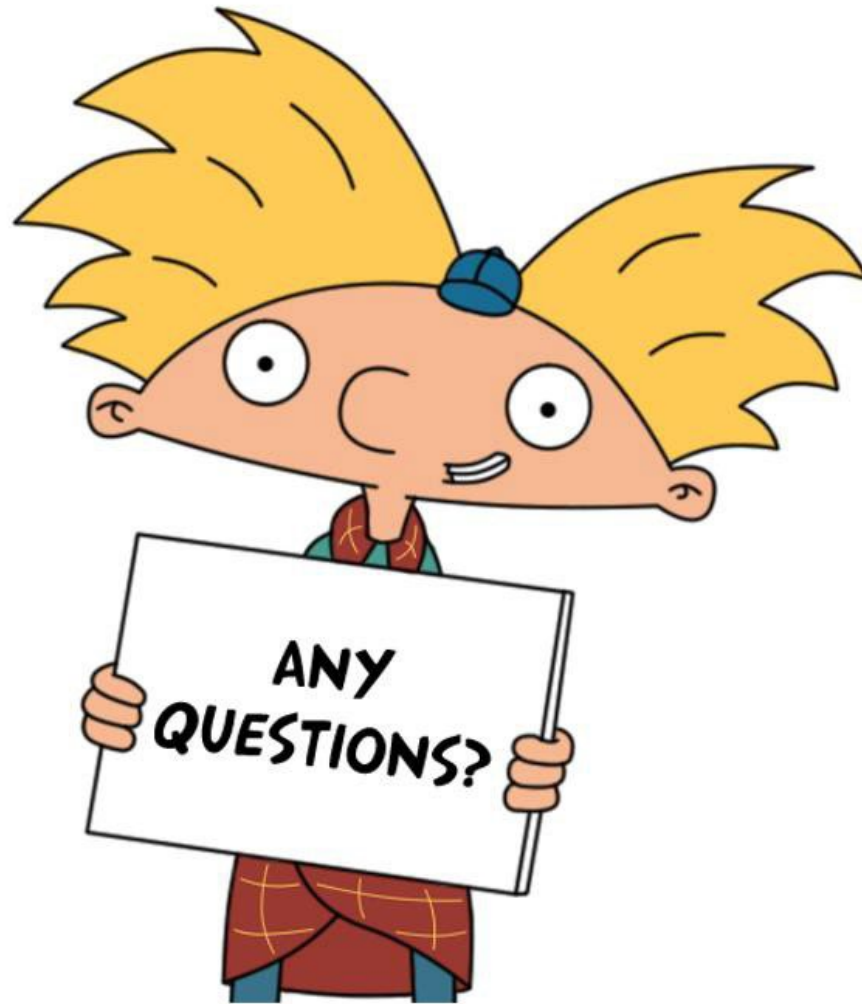


Email your signed FERPA Waiver to the counseling secretary or drop off in the main office!



# FINANCIAL AID & SCHOLARSHIPS

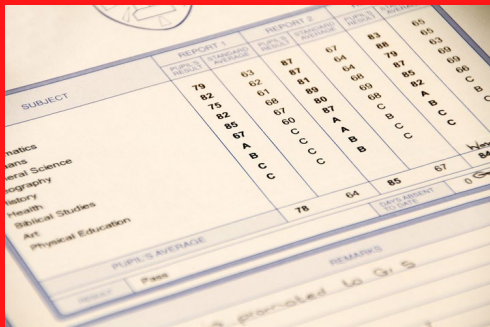
- **FAFSA** (FREE APPLICATION FOR FEDERAL STUDENT AID) OPENS IN DECEMBER  
[HTTP://WWW.FAFSA.ED.GOV/](http://www.fafsa.ed.gov/)
- **WASFA** (WASHINGTON APPLICATION FOR STATE FINANCIAL AID): FOR UNDOCUMENTED AND SELECT NONCITIZENS
- **CSS PROFILE** (COLLEGE BOARD): ONLY SOME SCHOOLS WILL REQUIRE
- **WESTERN UNDERGRADUATE EXCHANGE (WUE)**  
[HTTP://WUE.WICHE.EDU/](http://wue.wiche.edu/)
- **RESEARCH** DIFFERENT TYPES OF AID AVAILABLE AT  
[HTTP://STUDENTAID.ED.GOV](http://studentaid.ed.gov)
- More info coming soon!
- **SCHOLARSHIP LIVE DOC** FROM MS. LOPEZ-KOPP'S WEBSITE



# NAVIANCE

## APPLICATION MATERIALS

Add schools to your list, request transcripts, school report, and letters of recommendation



SUBJECT	REPORT 1		REPORT 2		TOTAL	AVERAGE
	GRADE	POINTS	GRADE	POINTS		
Mathematics	79	63	87	67	83	65
General Science	82	67	87	67	87	67
Geography	75	61	88	67	80	64
History	82	67	88	67	88	67
Health	85	67	88	67	88	67
Biblical Studies	85	67	88	67	88	67
Art	85	67	88	67	88	67
Physical Education	85	67	88	67	88	67
PUPIL'S AVERAGE		78		64		67



## RESEARCH


Explore careers, compare colleges, take personality assessments.



## HIGH SCHOOL AND BEYOND PLAN & COMMUNITY SERVICE

Career Interest Profiler, Resume, Course Planner, Game Plan, Graduation Pathways, Financial Aid, and Graduation Survey.





## “MATCHING” YOUR COMMON APP & NAVIANCE ACCOUNTS

- ▶ This will need to be completed to have your transcripts and/or letters of recommendations sent to any Common App schools.
- ▶ You do NOT need to match with any other application portals- just common application.
- ▶ Students must sign the FERPA waiver in the Common Application
- ▶ [Common App Account Matching Video](#)

# Request Transcripts: Colleges I am applying to”

Colleges I'm applying to

Search for colleges

✓ Your Common App account has been matched.  
Your FERPA status is not waived. You're ready to apply to colleges using Common App.

Manage Transcripts

Application Milestones

Compare Me

+

\* = extended profile available

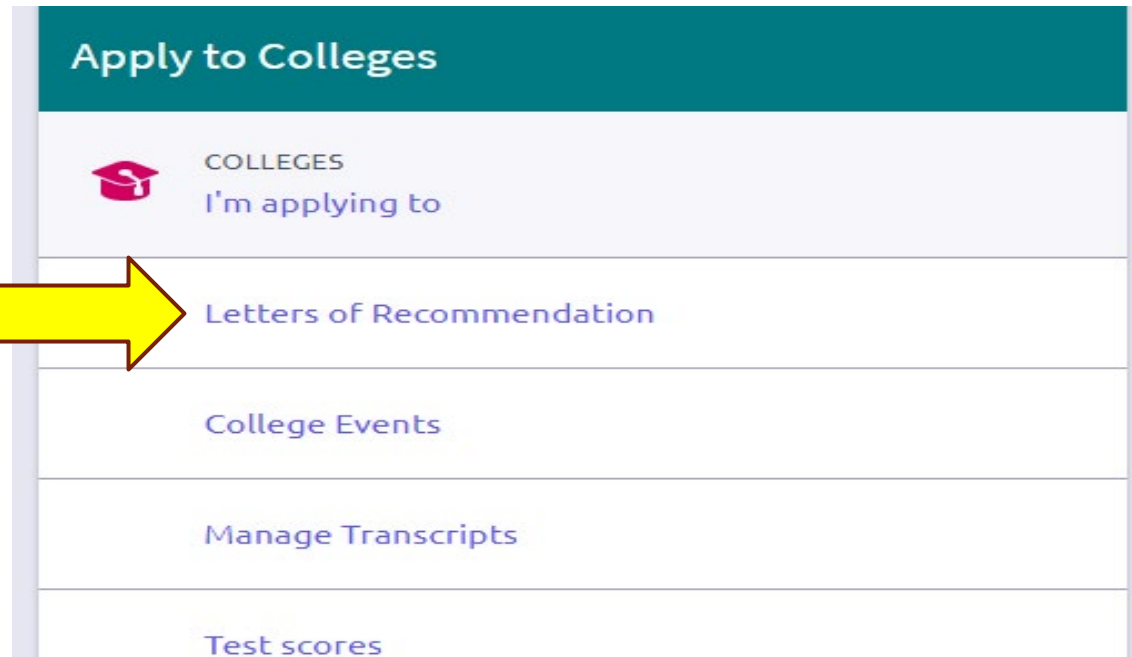
+ REQUEST TRANSCRIPTS

REMOVE

	College	Type	Deadline	Expected Difficulty*	Transcripts	Office materials	Submission Type	Application		
<input type="checkbox"/>	Seattle University	RD	Regular Decision January 15	N/A	requested	Pending	CA	Unknown	EDIT	MORE
<input type="checkbox"/>	University of Washington	RD	Regular Decision November 15	N/A	requested	Pending		Unknown	EDIT	MORE

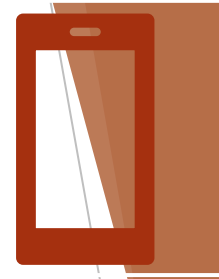
Link to **VIDEO REQUESTING TRANSCRIPTS USING NAVIANCE**

# *Step One: Requesting Letter of Rec from Teachers*



Video For Reference:

[Letters of Rec: Teachers](#)



You will need a Teacher Letter of Rec for some Common App schools!



Ask your teacher in person first!

# Requesting Letter of Recommendation from Teachers

## 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



Your recommendation requests will show up here.

Add Request

# Requesting letter of Rec from your School Counselor

Counselors ONLY send Letter of Rec to some common app schools (NOT UW). We can discuss in your Senior Blitz appointment

Make sure you have submitted your SHS Counselor Letter of Rec Survey/Brag Sheet to your counselor 3 weeks prior to your first deadline.

Counselor letters: focus on student's personal strengths and how she or he has contributed to the school community.

We do not use the coalition application portal. Do not request letters or transcripts in the Coalition

Not every student needs a counselor letter! We will help you decide if you need one!



NAVIANCE

# FAQ

What is the Senior class size?

- There are **325** Students in the Senior Class

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

- **All GPAs are unweighted, and we do not Rank.**

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

- Complete the SHS counselor LOR survey in Naviance.

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

- Email Ms. Lopez-Kopp at [lopezk@bsd405.org](mailto:lopezk@bsd405.org)

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

- Students send scores through College Board or ACT website. Most colleges are test optional for admissions this year

When is my Senior Blitz appointment?

- Check the main office window for the schedule and watch for the pass to come to your classroom!

# THINGS TO COMPLETE:



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



Request official transcripts through Naviance.



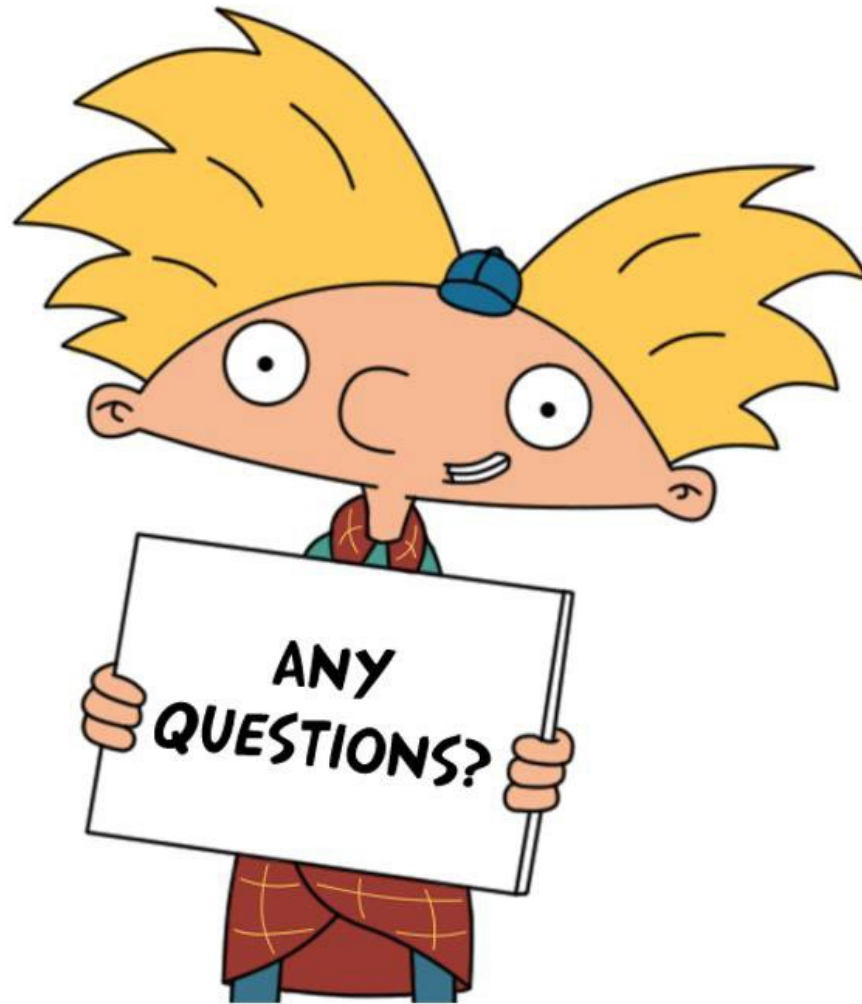
Request letters of rec from teachers & counselors for colleges that require them. (Not UW Campuses)



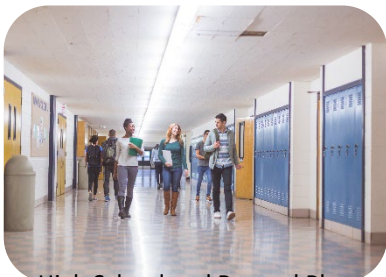
Send signed FERPA form to counseling Secretary Ms. Gemmel  
[shscounseling@bsd405.org](mailto:shscounseling@bsd405.org)



Link your Naviance and Common App accounts



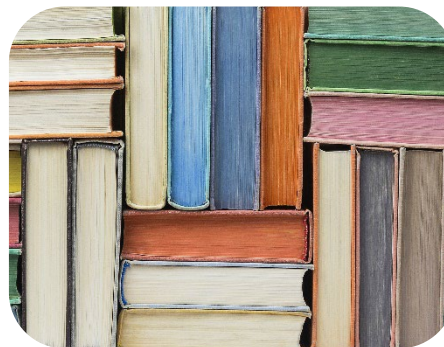
# Graduation Requirements!



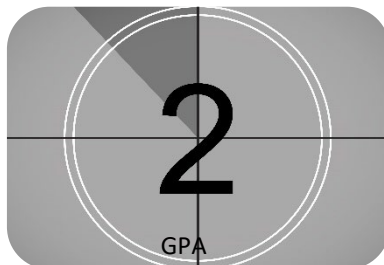
High School and Beyond Plan



Community Service



Grad Pathways in English and Math



## Career Interest Inventory

- Career Interest Profiler

## Resume

- Create/upload in Naviance

## 4 Year Plan

- Enter your courses from 9<sup>th</sup>-11<sup>th</sup> and courses this year

## Game Plan Survey

- Basic goal

## Graduation Pathway

## Financial Aid Survey

## BSD Grad Survey (Spring)

# HIGH SCHOOL AND BEYOND PLAN

# Naviance tasks required for Graduation

## 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 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

### 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.

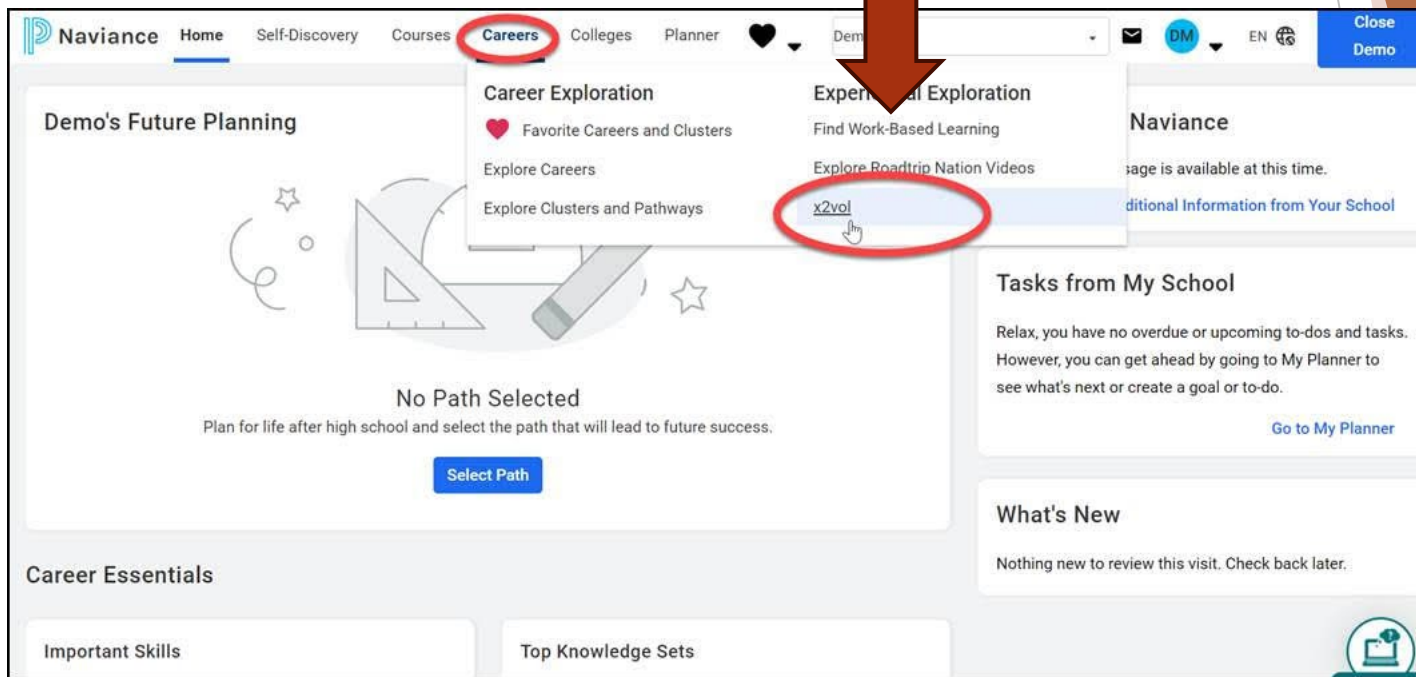
12th Grade

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

GRADUATION

# How do I enter my Community Service hours?

Find x2VOL in Naviance Student!



The screenshot displays the Naviance Student web application interface. The top navigation bar includes links for Home, Self-Discovery, Courses, **Careers**, Colleges, and Planner. The 'Careers' link is circled in red. A dropdown menu is open under 'Careers', showing options: Career Exploration, Favorite Careers and Clusters, Explore Careers, Explore Clusters and Pathways, Experiential Exploration, Find Work-Based Learning, Explore Roadtrip Nation Videos, and **x2vol**. The 'x2vol' option is circled in red, and a red arrow points to it from above. The main content area features a 'Demo's Future Planning' section with a 'No Path Selected' message and a 'Select Path' button. On the right, there are sections for 'Tasks from My School' and 'What's New'. The bottom of the page shows 'Career Essentials' with 'Important Skills' and 'Top Knowledge Sets' sections.



# WEDNESDAY DROP IN SUPPORT

- COUNSELORS WILL BE AVAILABLE EVERY WEDNESDAY IN OCTOBER AFTER SCHOOL UNTIL 1:15 PM
- *COME SEE US IN THE COLLEGE & CAREER CENTER (ROOM 201)!*



# WHAT SHOULD YOU BE DOING NOW?



COLLEGE VISITS

TAKE ADVANTAGE OF NAVIANCE  
(SUPER MATCH TOOL & COLLEGES  
I'M INTERESTED IN SECTION)



TALKING ABOUT HOW TO PICK A  
COLLEGE AND/OR CAREER

GET INVOLVED IN CLUBS AND  
ACTIVITIES



DRAFT/BRAINSTORM PERSONAL  
STATEMENTS & ESSAYS

WORK ON COMMUNITY  
SERVICE/ACTIVITIES LIST



TALK ABOUT HOW TO PAY FOR  
COLLEGE

TALK TO COLLEGE  
ADMISSIONS REPS



# FALL SUPPORTS AT SHS



SENIOR GUIDANCE IN GOV/CIVICS  
CLASSES

SENIOR BLITZ APPOINTMENTS



COLLEGE CORPS VOLUNTEERS &  
WRITING LAB FOR RUNNING  
START STUDENTS

FINANCIAL AID SUPPORT



SCHOLARSHIP SUPPORT

COLLEGE VISITS REPS @ SHS



APPLICATION WORKSHOPS  
FOR UW,  
UC SYSTEM SCHOOLS,  
COMMON APP, & BELLEVUE  
COLLEGE,  
BELLEVUE COLLEGE INFO  
SESSION FROM UMOJA  
&PUENTE