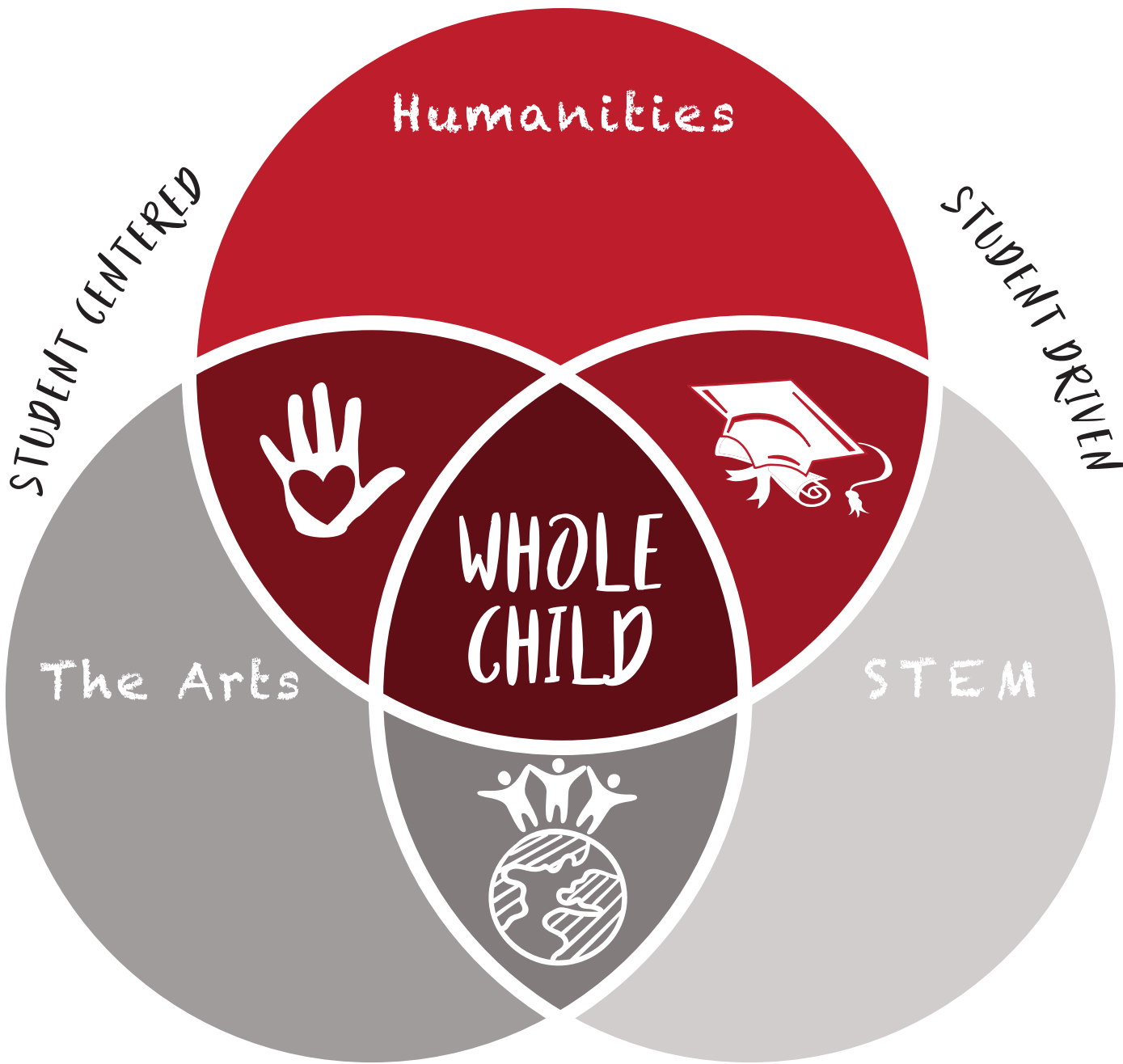


SHS

# Roadmap to College & Career

FORWARD IN EXCELLENCE



OPPORTUNITIES FOR ALL

# COUNSELING THE WHOLE CHILD

In each grade, counselors offer students unique experiences to supporting developmental needs at that level. In addition to grade specific programs, counselors work with students at all grade levels each year to:

- + Ensure understanding of credit and testing requirements for graduation.
- + Promote awareness of school activities and encourage student participation.
- + Identify students in need of academic and emotional support.
- + Develop coping, decision making and goal setting skills.
- + Help students to choose an appropriate blend of academic challenge, and support through individual course selection meetings.
- + Provide direct crisis intervention and management in partnership with the school social worker, school psychologists and administration.
- + Promote college and career readiness through a variety of counselor-run day and evening programs, and provide direct learning opportunities with college admissions counselors and community based professionals.

## Freshman Year

9th grade is a year of transition with new academic and social experiences.

Counseling programs designed to support 9th grade student needs are:

- + Completion of a personalized high school academic plan.
- + Transitional introduction to high school presentation to 8th graders.
- + Orientation to the high school and student support services available.
- + Mental health and suicide prevention education.
- + Individual counselor meeting and 9th grade survey.
- + Stress management and transition support presentations
- + Curriculum night (grades 8-11)

# Sophomore Year

10th grade is a year to develop a greater degree of maturity, confidence, and self-understanding.

Counseling programs designed to support 10th grade student needs are:

- + Introduction to Naviance through the Career Interest Profiler.
- + BOCES Tech Center presentation and tour.
- + Pre-ACT administration.
- + Personal success presentations.
- + Curriculum night (grades 8-11).
- + BOCES Career and College day program.

# Junior Year

11th grade is a year to clarify personal priorities and academic strengths, and begin plans for beyond high school.

Counseling programs designed to support 11th grade student needs are:

- + PSAT and junior testing calendar information
- + Junior college night (open to all grade levels)
- + Individual Junior transition Conferences
- + Financial Aid Night (open to all grade levels)
- + Northern Westchester College Conference
- + Curriculum night (grades 8-11)
- + College essay workshop
- + Pre-Summer Junior College Night

# Senior Year

12th grade is the culmination of 4 years of preparation for college, military, technical school, or employment.

Counseling programs designed to support 12th grade student needs are:

- + Individual Senior college meetings
- + Senior college night
- + Individual Senior college meetings
- + Mock interview night
- + Naviance workshops for parents
- + Alumni presentation to seniors

# 12 RESOURCES FOR PLANNING YOUR FUTURE

- 1 YOUR SCHOOL COUNSELOR, IN PARTNERSHIP WITH OUR COLLEGE AND CAREER OFFICE COUNSELOR, OFFER THE GREATEST COMBINED RESOURCE IN HELPING TO NAVIGATE PLANNING FOR THE NEXT STEPS BEYOND HIGH SCHOOL.
- 2 NAVIANCE FAMILY CONNECTION IS A WEB-BASED RESOURCE DESIGNED TO FACILITATE THE COLLEGE SEARCH AND APPLICATION PROCESS FOR HIGH SCHOOL STUDENTS AND THEIR PARENTS.  
[HTTPS://CONNECTION.NAVIANCE.COM/FC/SIGNIN.PHP?HSID=SOMERS](https://connection.naviance.com/FC/signin.php?hsid=somers)
- 3 ACT OFFERS TESTING RESOURCES AND PRACTICE EXAM QUESTIONS AT [WWW.ACT.ORG](http://www.act.org).
- 4 COLLEGE BOARD OFFERS STUDY RESOURCES FOR THE SAT REASONING AND SUBJECT TESTS, AND FOR ADVANCED PLACEMENT TESTS, TOO.  
[HTTPS://WWW.COLLEGEBOARD.ORG](https://www.collegeboard.org)
- 5 COMMONAPPLICATION.ORG IS USED BY MORE THAN 400 COLLEGES NATIONWIDE; THIS SAVES THE STUDENT TIME, SINCE ONE APPLICATION CAN BE USED FOR MULTIPLE COLLEGES  
[HTTPS://WWW.COMMONAPP.ORG](https://www.commonapp.org).
- 6 THE FREE APPLICATION FOR FEDERAL STUDENT AID (FAFSA) IS REQUIRED IN ORDER TO BE ELIGIBLE FOR GRANTS, SCHOLARSHIPS, LOANS AND WORK-STUDY OPPORTUNITIES.  
[HTTPS://FAFSA.ED.GOV](https://fafsa.ed.gov)
- 7 THE CSS PROFILE IS A FINANCIAL AID APPLICATION AVAILABLE THROUGH THE COLLEGE BOARD THAT IS REQUIRED BY MANY PRIVATE COLLEGES AND UNIVERSITIES.  
[HTTPS://CSSPROFILE.COLLEGEBOARD.ORG/](https://cssprofile.collegeboard.org/)
- 8 FASTWEB.COM OFFERS THOUSANDS OF SCHOLARSHIP OPPORTUNITIES, ARRANGED BY CATEGORY, SUCH AS BY COLLEGE OR MAJOR, FOR HIGH SCHOOL JUNIORS OR HIGH SCHOOL SENIORS, AND MORE.  
[HTTP://WWW.FASTWEB.COM](http://www.fastweb.com)
- 9 THE KNOW GUIDE TO COLLEGES FOR STUDENTS WITH LEARNING DIFFERENCES OFFERS INFORMATION ON PROGRAMS AND COSTS OF COLLEGE SUPPORT PROGRAMS FOR VARIOUS LEARNING DIFFERENCES.
- 10 THE NCAA CLEARINGHOUSE REQUIRES THAT PROSPECTIVE DIVISION I AND II ATHLETES REGISTER FOR ELIGIBILITY CONSIDERATION AT [HTTPS://WEB3.NCAA.ORG/ECWR3/](https://web3.ncaa.org/ecwr3/)
- 11 THE OCCUPATIONAL OUTLOOK HANDBOOK IS AN ONLINE CAREER GUIDANCE RESOURCE THAT PROVIDES INFORMATION ON HUNDREDS OF OCCUPATIONS IN THE UNITED STATES.  
[HTTPS://WWW.BLS.GOV/OOH/](https://www.bls.gov/ooH/)
- 12 REAL WORK MATTERS IS A TRADE AND VOCATIONAL SCHOOL SEARCH SITE.  
[WWW.RWM.ORG](http://www.rwm.org)