

LENAPE HIGH SCHOOL

COUNSELING CENTER

SENIOR MEETING

NAME _____

DATE _____

9th: _____

10th: _____

11th: _____

12th: _____

TOTAL _____

REQUIREMENTS FOR GRADUATION

- _____ 20 – English
- _____ 20 – PE/Health
- _____ 15 – Math
- _____ 15 – Science
- _____ 10 – World Lang.
- _____ 10 – US History
- _____ 5 – World Cultures
- _____ 5 – Visual/Perf. Arts
- _____ 5 – Career/Tech Ed
- _____ 2.5 – Financial Lit
- _____ 32.5 – Other Elective

Minimum: 130 Total Credits

12th GRADE COURSES

1. English 4
2. World Cultures
3. Physical Education/Health 4
- 4.
- 5.
- 6.
- 7.
- 8.

Testing:

LA _____

MATH _____

Join the
Senior's Counseling Updates
Google Classroom = **5tmjs5m**
Wellness Center
@LenapeWellness

CURRENT POST-HIGH SCHOOL PLANS

College: _____ 4 year: _____ 2 year: _____ Military: _____

Employment: _____ Other Training: _____

Career area(s) of interest: _____

- Schools under consideration: 1. _____ 2. _____ 3. _____
4. _____ 5. _____ 6. _____ 7. _____
8. _____ 9. _____ 10. _____

Student Signature _____ Counselor's Signature _____

Keep this page for your records

Recommendation Letters

All college forms, recommendation letters, and transcripts will be sent electronically through Naviance. Please follow this process carefully, using the following steps in sequential order.

Note: Please give your teachers at least 2 weeks (minimum!) to write a letter before your admissions deadline.

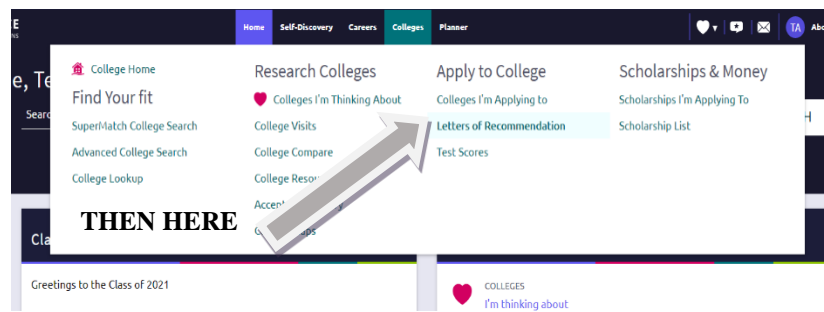
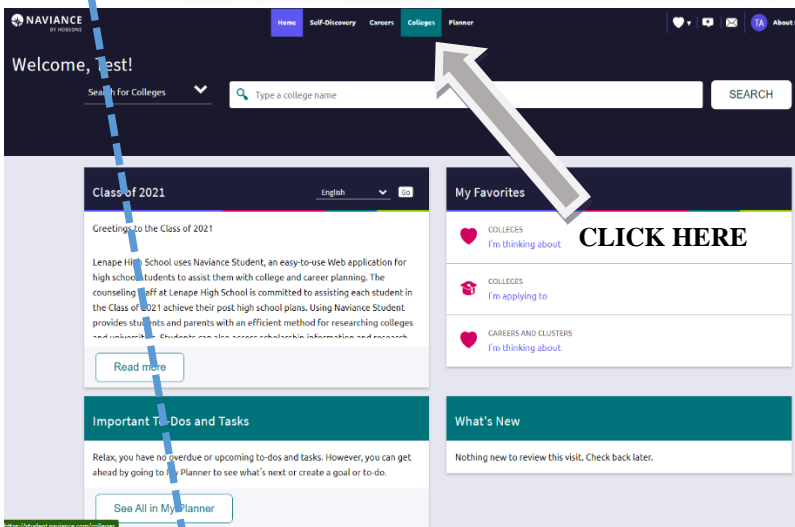
Part 1: How to request a letter of recommendation via Naviance

1. Log into your Naviance student account by going to the Lenape home page and clicking the "Naviance" icon, which is an A+. On the next page, click the link for Lenape High School. Or type: student.naviance.com/lenapehs
2. From your home page, click "Colleges." Then on the drop down menu, click "Apply to College." After that arrow, you will be able to click "Letters of Recommendation"
3. Click "Add request" button.
4. On the next page, click the drop down arrow next to "Select a teacher." Find the teacher's name, click it.
5. Click button next to "All current and future colleges I add to my *Colleges I'm Applying To* list"
6. In the comments box, teachers may ask you to put some info in there. Be sure to thank the teacher at the end. Also, it's a good idea to include your first deadline so the teacher knows when he/she needs to complete the letter.
7. Finish up by clicking the "Submit Request" at the bottom of the page. Once you hit that button, the teacher will receive an email with your request. Under the "Status" column, you will initially see the word "Requested." After the teacher has uploaded the letter, you will see the status changed to "Submitted". It may not show up right away.

Counselor Recommendation Letters

Counselors will write a letter and fill out the Common Application form electronically. Please fill out the "Recommendation information for [Counselor's name]," on Naviance under the About Me Tab, then click Surveys. Once that's completed, I'll write a letter of recommendation for you. You don't have to answer every question in depth. Please don't write paragraphs – bullet points are just fine!

Check out the next page for what your screen will look like when you request a letter from a teacher



Add new request

Here you can ask a teacher to write you a letter of recommendation. Make sure you give your teachers plenty of time to write your recommendations!

Cancel Submit Request

1. Who would you like to write this recommendation?*

Account, Teacher

2. Select the recommendation request type:*

General request
Select this if you are ready to request a recommendation without selecting a specific college

Specific request
Select this if you are requesting a recommendation for specific colleges from your Colleges I'm Applying To list

Looks like you don't have colleges in your *Colleges I'm Applying To* list yet. Click [here](#) to add.

Sometimes a teacher won't be able to write you a letter of rec. They may have too many to write, it could be a busy time of year for them, or they could be dealing with things outside of school. Don't be discouraged if this happens!

3. Include a personal note to remind your recommender about your great qualities and any specifics about your request:

[Empty text box for personal note]

3000 characters remaining

Part 2: Applying Online to Colleges

A. Common App info and how to match with Naviance

1. You will apply to all CA colleges online. If the school is a Common Application school, you MUST use the Common Application in order for us to send the documents electronically, if it is not a Common Application school, please apply using the online application via the school's website. Common application school or not, the process to request letters of rec and transcripts is exactly the same!

*****While it is preferable that you use the Common Application, if a Common Application college has given you the opportunity to complete a "special" free application (waiving the application fee), you can complete that, however you MUST indicate this on the transcript request form, in this case we cannot send your documents electronically and we must mail them.*****

Visit www.commonapp.org

- Register with Common Application
 - Create a username and a password and WRITE IT DOWN.

COMMON APP USERNAME: _____

COMMON APP PASSWORD: _____

Matching the common application to Naviance (if you don't do this, we can't send your info along):

1. Go to www.commonapp.org

2. If you have already registered for the Common Application, log in to your account. If you have not registered with the Common Application, click "Create An Account," on the Common Application home page. Complete the registration process for the Common Application. Be sure to follow the directions for picking a password.
3. Before you can match your Naviance account with the Common Application, you will need to **complete the FERPA waiver**. Before you can complete the FERPA waiver, you will need to **complete the education section** of the Common Application. Make sure you are logged into the Common Application. Click the "College Search" tab. Type in a college that you might apply to under "school or city name," then click "search." Click the box next to the college and then click "Add." If you click the "Dashboard" tab or the "My Colleges" tab, you will see this college listed.
4. Now click the "Common App tab" and then click the "education tab" and complete the education section. Once you have completed at least one question in the education section, click the "My Colleges Tab" and then click the "Assign Recommenders and FERPA" tab. You will see the FERPA Release Authorization. Read the statement and submit your choice to waive or not waive your right to see your letters or recommendations.
5. Now you can **match your Naviance Account with the Common Application**. Log in to your Naviance account and click "Colleges" and "Colleges I am applying to." In the box labeled Common App Email Address, enter your Common Application email and click "Match." Your Naviance account is now synced with the Common Application.

B. Coalition information (if using Coalition)

1. Go to mycoalition.org/app and create account
 - a. In the section where it asks to submit letters of recommendation and transcripts, do not request that they be submitted through Coalition.
 - b. We will send all of your info via Naviance
2. Fill out application as directed, write essay, submit, and pay the application fee

Check your college's admissions requirements to see if they still require SAT or ACT scores for admission to your school or program.

Part 3: Sending SAT/ACT Scores:

Standardized Test scores must be sent to colleges directly from the testing agency. Go to College Board (SAT's) www.collegeboard.org/SAT and (ACT's) www.act.org to have your scores sent.

Part 4: Requesting a Transcript

- Teacher letters must be completed when you are requesting transcripts. This means that all of your teacher letters of rec must be uploaded to Naviance for you us to send your transcript/letters. You cannot complete this step without having the letters uploaded first.

1. After you have applied online to your colleges, and you see that your teacher's letters of recommendations have been uploaded to Naviance, only then is it time to submit a transcript request form. Ms. Kosienski is our Registrar who is in charge of transcripts. (Ms. Kosienski's office is near MaryJane's desk).

You must complete a Transcript Request Form (online via Google Doc) for each college that you be applying to and submit. For example, if you are applying to 6 colleges, you will fill out 6 Transcript Request Forms. You must fill out the transcript request form 2 WEEKS BEFORE the college application deadline.

One exception to this is Rutgers. Rutgers does not require a transcript being sent, but rather you completing their Self Report Academic Record (SRAR). You can also use Coalition for Rutgers. Other schools with a similar process include, but are not limited to, Pittsburgh, Florida State, and South Carolina. Penn State may be different this year – they now accept the Common App.

3. Once your transcript request forms have been submitted, your Counselor will electronically transmit your transcript, School Profile, teacher letter of recommendations/forms and Counselor letter of recommendation/forms to the colleges where you have applied.

Here's how you submit a transcript request form:

- From the Lenape home page, scroll down to find the link where it says "Transcript Requests" OR go on the Counseling Department page (or type in <https://www.lrhsd.org/Domain/1281> straight to your address bar)
- Click Current Students
 - Fill out Google Doc. Page by page it will be:
 1. Basic info
 2. Transcript action (to college vs. other, e.g. NCAA)
 3. College information including Application type (e.g. Early Action), How you are applying (e.g. Common App), College name, and deadline
 4. Address of institution
 5. Letters of recommendation requirement
 6. Recommendations information. Confirm they're submitted in Naviance!
 7. Confirm that you'll send your SAT/ACT scores separately (if applicable)

College Information

Application Type

Early Decision

Early Action

Regular Decision

Rolling Admission

Priority Decision

Mid-year Transcript

Clear selection

I am applying...

Common App

School App (online)

Coalition App

Clear selection

College Name *

Princeton University

Deadline for transcript to be sent to the college/university? *

Date

11/01/2020

Recommendations Information

Who is the first teacher that you have asked to complete a recommendation?
(Full name: First and Last) *

Mr. Jones

(Optional) Who is the second teacher that you have asked to complete a recommendation? (Full Name: First and Last)

Mrs. Smith

I confirm I have checked Naviance and the teacher(s) recommendation are "In Progress" or "Complete" *

I confirm

Financial Aid Info:

- You can now submit the FAFSA starting October 1 (fafsa.ed.gov)
- The first step in gaining any kind of financial aid is to fill out the **FAFSA** (Free Application for Federal Student Aid). Your parent(s)/guardian will help with this as it requires a lot of tax documentation, and does take quite a bit of time. Check your school's deadline for filing the FAFSA, but plan to have it done around February 15 at the latest for priority access to government aid.
 - About two to four weeks after submitting the FAFSA, you'll receive a **Student Aid Report**. It summarizes the information you reported on the FAFSA and tells you your **Expected Family Contribution** -- how much you'll be expected to pay for your education.
 - Financial aid administrators at the colleges where you've applied will use your EFC to determine how much aid you'll get. You'll receive a financial aid award letter that tells you the amount of aid you'll receive for the school year and in what form: loan, grant/scholarship, or campus-based program. The letter will tell you what steps you need to take next.
- You also might be required to fill out the **CSS/Financial Aid PROFILE**. You will be able to discover fairly quickly on your school's website whether you need to fill out this additional profile.

Note: If you're applying to a New Jersey school, you must fill out the HESAA portion at the end of the FAFSA

Be on the lookout for
Financial Aid night info

Institutional Financial Aid and Scholarships:

- Students should be aware that many colleges/universities offer their own scholarships, grants, and merit aid. When applying, students should look into institutional scholarships and how to apply. Check the schools website and inquire with any school reps that you interact with.
- Check Naviance and see Mr. Jacobs in the counseling center for more national & local scholarships
- Every school has a "Net Price Calculator." Use this tool to get an idea of how much that school would cost for you, although it is not exact. CollegeRaptor has a decent Net Price calculator too. You only have to complete the information 1 time

*HESAA

*FAFSA

Scholarships:

Naviance

CollegeBoard

FastWeb

UniGo

Scholly (App & website)

Scholarships.com

Scholar Snapp

Going Merry

Raise Me

Financial Aid Websites

www.hesaa.org

fafsa.ed.gov

Website:

Scholarship list, Scholarship match

bigfuture.collegeboard.org/scholarship-search

fastweb.com

Unigo.com

myscholly.com

scholarships.com

ScholarSnapp.org

GoingMerry.com

Raise.me

FAFSA

Federal Student Aid

An office of the U.S. Department of Education

bigfuture
by The College Board

 **SCHOLLY**

UNIGO

raise.me

September

- Have senior interview with counselor to make sure everything (credits, courses) is in order to graduate.
- Finish making college visits or visit colleges a second time.
- Sign up for SAT/SAT Subject Tests-watch for deadlines!
 - Know which schools want specific SAT subject tests, e.g. UPenn
- Check for early decision/action deadlines
- Check local scholarship information-(Naviance/see Mr. Jacobs in counseling center)
- Begin working on applications & essays

October

- File the FAFSA online as soon as possible after October 1st-best time to file is early (<http://www.fafsa.ed.gov/index.htm>).
- Use the FAFSA worksheet online as reference- (<http://www.fafsa.ed.gov/fotw1112/pdf/fafsaws12c.pdf>).
- Check on status of letters of recommendations
- Continue to check on local scholarships
- Work on applications and essays


November

- Continue to work on applications-please have December 1 deadline apps submitted electronically by Thanksgiving break.
- Secure letters of recommendations
- Make sure official SAT/ACT scores are sent to the colleges you have applied to.

December

- Get January 1 deadline applications in 2 weeks before Christmas break!
- Continue to check on local scholarships.
- Apply for as many scholarships as you can over break. \$500 here, \$250 there adds up!
 - Write essays separately (MS Word or Google Docs) then copy and paste into scholarship page. Many scholarships use similar prompts, so after you've written a bunch, you may be able to simply tweak some of your essays to fit the question.

January

- Submit any additional applications.
- Submit mid-year grades, midyear report for  at the end of the first semester

Feb/March/April/May/June

- Meet all deadlines & Continue to check on local scholarships

College Searching

Naviance/College Searches



- College Raptor, also for *Net Price Calculator*
- College Scorecard (Collegescorecard.ed.gov)
- Naviance-College Search, Career Exploration, Practice SAT Tests



- ❖ Go to connection.naviance.com/lenapehs
- ❖ email: studentID@lrstudents.org password: student ID # (or maybe lenape1)
- ❖ College Search-Create a list based on admission difficulty, location, athletics, majors.



- College Navigator (nces.ed.gov/collegenavigator)
- Princeton Review (princetonreview.com/college-search)
- Peterson's (petersons.com/college-search.aspx)
- College Data (collegedata.com/en/explore-colleges/college-search/)



- ➔ You should have a list of 4-6 school, including 1-2 safe schools, 2-3 good match schools and 1-2 one reach schools.
- ➔ Think about major, location, size, setting (rural/urban/suburban), extra-curricular activities. (see next page)
- ➔ Realistic evaluation of each college's admission requirements (grades, standardized test scores, required high school courses) – check Naviance Graph for students who have applied to each college from LHS to see where you might fit.



CollegeBoard, where you also register for the SAT, has a big college search tool as well, called "Big Future" <https://bigfuture.collegeboard.org/college-search>

Use the "Admissions" Tab when viewing a College's statistics in Naviance

College Visits

- A college visit is an excused absence with a note from the Post-secondary institution with date. (**allowed 3 per year**)
- *Check with each school to see if they are allowing visits. You will likely have to do a virtual visit with the college.*

First – What is really important to me in this decision?

I. My major?



II. The school's location?

1. rural / suburban / urban, close to a city/far away from a town

III. How far from home?



IV. The school's size?

1. How big is a "big school"?
2. How small is a "small school"?

V. Extra – curricular activities?

1. Sports? Clubs? Student Government?

VI. Fraternities / Sororities?



VII. Other...? (e.g. Transferability within and out of a school)

Second –

I. Narrow your list of potential schools.

II. We recommend 4-6 schools on average

III. Most people subscribe to the idea of:



1. "Reach" school(s) – generally one or two of these
2. "Safety" school(s) – generally one or two of these
3. "Target" or "Match" schools – the MAJORITY of your selections



IV. How does the school "feel" when I am on campus? Can I imagine myself here? Do the students look happy? **THERE IS STILL TIME TO VISIT SCHOOLS YOU ARE CONSIDERING!**

Third –

- I. Make your decision based on the best information you can get.
- II. Talk to your counselor, your teachers and the admissions staff at the college if you have questions. See if you can meet a professor, assistant dean, or dean of a specific major.
- III. Visit and/or re-visit schools to make your final decisions.
- IV. Relax and trust yourself and your instincts about a school. Use our decision making guide to put both your heart and your head at ease

There is a place for using both your heart  and your  head during the process of deciding where to attend college. Sometimes, every school you visit will feel like the perfect fit, and that's OK!

DEFINITIONS OF ADMISSION OPTIONS IN HIGHER EDUCATION



National Association for
College Admission Counseling
Guiding the way to higher education

STUDENTS: WHICH COLLEGE ADMISSION PROCESS BEST SUITS YOU?

Non-Restrictive Application Plans

Regular Decision

DEFINITION:

Students submit an application by a specified date and receive a decision in a clearly stated period of time.

COMMITMENT:

NON-BINDING

Rolling Admission

DEFINITION:

Institutions review applications as they are submitted and render admission decisions throughout the admission cycle.

COMMITMENT:

NON-BINDING

Early Action (EA)

DEFINITION:

Students apply early and receive a decision well in advance of the institution's regular response date.

COMMITMENT:

NON-BINDING

Restrictive Application Plans

Early Decision (ED)

DEFINITION:

Students make a commitment to a first-choice institution where, if admitted they definitely will enroll. The application deadline and decision deadline occur early.

COMMITMENT:

BINDING

Restrictive Early Action (REA)

DEFINITION:

Students apply to an institution of preference and receive a decision early. They may be restricted from applying ED or EA or REA to other institutions. If offered enrollment, they have until May 1 to confirm.

COMMITMENT:

NON-BINDING

Students are not restricted from applying to other institutions and have until May 1 to consider their options and confirm enrollment.

Students are responsible for determining and following restrictions.

Campus Visit Score Card

Copy 'n' carry
this score
card for each
college you
visit!

College Name: _____

Date of Visit: _____

Visit Checklist

Here are some ways to round out your visit. The main thing is to explore and get a sense of what it would be like to attend.

- Take a campus tour.
- Take pictures.
- Eat in the cafeteria.
- Pick up an application.
- Pick up financial aid forms.
- Look at bulletin boards for day-to-day life.
- Check out a real dorm room.
- Read student newspapers.
- Sit in on a class or two.
- Talk to a professor in a subject of interest.
- Talk to a coach in your sport.
- Walk around town.
- Go to a campus event—game, concert.
- Ask current students what they love/hate about the college.

Contacts

Write down the names of anyone you want to remember or contact later—admissions and financial aid staff, professors, coaches, or students.

name: _____

contact: _____

name: _____

contact: _____

name: _____

contact: _____

name: _____

contact: _____

name: _____

contact: _____

Campus Ratings

Rate these areas from 1 (low) to 5 (high). Jot down your impressions—things you like or don't like, things you want to remember.

Campus

① ② ③ ④ ⑤

Dorms

① ② ③ ④ ⑤

Classes/Academics

① ② ③ ④ ⑤

Library

① ② ③ ④ ⑤

Food

① ② ③ ④ ⑤

Fitness Center

① ② ③ ④ ⑤

Social Life

① ② ③ ④ ⑤

Overall Feel

① ② ③ ④ ⑤

Other Notes: Can you picture yourself here?



College Search Online

- Get maps and directions.
- Create a college list and save these campus notes online.
- Look up the latest college info.
- See if you're on track to get in.
- Compare colleges side by side.
- Get deadline reminders.
- Find more college matches.

bigfuture.org/college-search

Contact: Mr. Jesse Pappler
jpappler@burlcoschools.org
bcit.cc/Domain/582

Burlington County Institute of Technology

Career Technical and Trade Education



- Advanced Manufacturing & Fabrication
- Allied Health Occupations
 - Basic Life Support (BLS)/CPR
 - Certified Homemaker Home Health Aide for CNA Applicants
 - Certified Nurse Aide
 - Dental
 - Electrocardiography (ECG)
 - Medical Assistant Program
 - Patient Care Technician Program
 - Pharmacy Technician
 - Phlebotomy
 - Practical Nursing
 - TABE (LPN) Testing
- Animal Care
 - Pet Grooming
 - Veterinary Assisting
- Apprenticeship Programs
 - Electrical
 - Plumbing
- Automotive/Diesel & Small Engine Technology
 - Automotive
 - Diesel Technology
 - ETEP
 - State Inspector
- Building Trades
 - Carpentry
 - Electrical
 - Home Repair
 - HVAC
 - Plumbing
- Commercial Truck Driving (CDL)
 - Class A
 - Class B
- Cosmetology
- Digital Accounting
 - Accounting Fundamentals
 - Certified Digital Accountant Exam
 - QuickBooks Basics
 - QuickBooks Intermediate
- Water / Wastewater Management
- Welding Technology

Two BCIT campuses: Medford and Westampton

College Alternatives:

Peace Corps: PeaceCorps.gov

AmeriCorps: ationalservice.gov/programs/ Americorps

Job/employment websites

Monster.com | indeed.com | ziprecruiter.com | careerbuilder.com

Trade/apprenticeship/union

dol.gov/apprenticeship | liuna.org | ibew.org | ua.org | teamster.org | cwa-union.org | uaw.org

Want a degree, but still want a career working with your hands? Check out:

- Williamson College of the Trades (FREE TUITION) – Media, PA
 - williamson.edu
 - Associate Degrees & Certificate programs
- American College of the Building Arts (for profit) – Charleston, SC
 - americancollegeofthebuildingarts.com
 - Bachelor Degrees
- Penn College – Williamsport, PA (out of state tuition)
 - pct.edu
 - Bachelor and Associate degrees
- Thaddeus Stevens College of Technology (tuition based)- Lancaster, PA
 - stevenscollege.edu

Associate degrees and Certificate programs

Military

Army.mil | Navy.mil | Marines.mil | AF.mil | USCG.mil | NationalGuard.mil



WILLIAMSON
COLLEGE of the TRADES
Founded 1888



Pennsylvania
College of Technology
A Penn State Affiliate



Thinking Military?

About the ASVAB: The ASVAB is a multiple-choice test of nine sections: General Science, Arithmetic Reasoning, Word Knowledge, Paragraph Comprehension, Auto & Shop, Mathematics Knowledge, Mechanical Comprehension, Electronics Information, and Assembling Objects

Test	Description	Domain
General Science (GS)	Knowledge of physical and biological sciences	Science/Technical
Arithmetic Reasoning (AR)	Ability to solve arithmetic word problems	Math
Word Knowledge (WK)	Ability to select the correct meaning of a word presented in context and to identify best synonym for a given word	Verbal
Paragraph Comprehension (PC)	Ability to obtain information from written passages	Verbal
Mathematics Knowledge (MK)	Knowledge of high school mathematics principles	Math
Electronics Information (EI)	Knowledge of electricity and electronics	Science/Technical
Auto Information (AI)/ Shop Information (SI)	Knowledge of tools, automobile, and shop terminology and practices	Science/Technical
Mechanical Comprehension (MC)	Knowledge of mechanical and physical principles	Science/Technical
Assembling Objects (AO)	Ability to determine how an object will look when its parts are put together	Spatial



Branch	Requirements	ASVAB Passing Score
Air Force	US Citizen Age 17-27, pass ASVAB, HS Diploma	36
Army	US Citizen Age 17-34 pass ASVAB, HS Diploma	31 (50+ For Bonus)
Coast Guard	US Citizen Age 17-39 pass ASVAB, HS Diploma	40
Marines	US Citizen Age 17-29 pass ASVAB, HS Diploma	32
National Guard	US Citizen Age 17-35 pass ASVAB, HS Diploma	32
Navy	US Citizen Age 17-34 pass ASVAB, HS Diploma	35

Not sure what to do or where to go after Lenape? Consider RCBC: You can go for 2 years or even 4!

RCBC STUDENT PROFILE FALL 2016

THIS DATA REFLECTS THE FALL 2016 SEMESTER

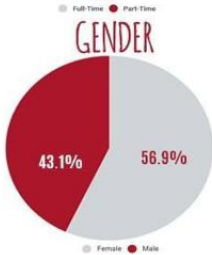
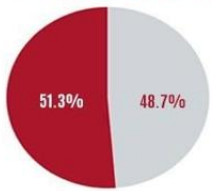
TOTAL STUDENT CREDIT HOURS: 85,849
CREDIT COURSE ENROLLMENT: 8,586

FULL-TIME STUDENTS: 4,178
PART-TIME STUDENTS: 4,408

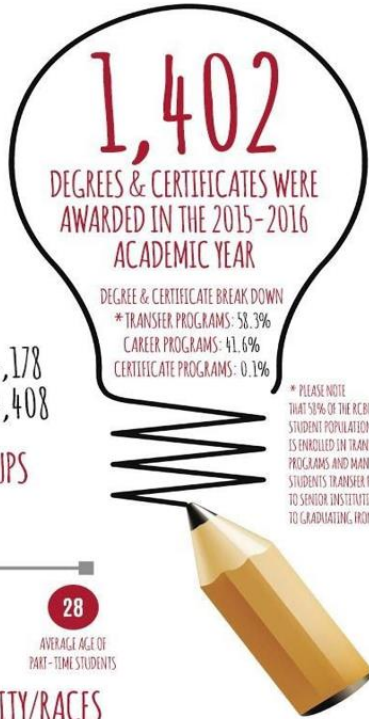
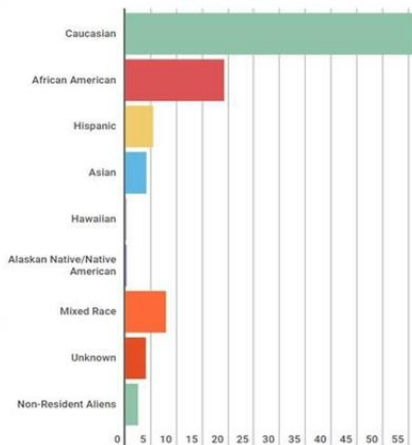
CREDIT ENROLLMENT PRIMARY GROUPS
FULL-TIME STUDENTS AGED 17-24 YEARS OLD AND ADULT LEARNERS AGED 25 OR OLDER. MANY OF WHOM ATTEND PART-TIME, IN BOTH DEGREE AND NON-DEGREE SEEKING PROGRAMS.

STUDENT AGE:
24 OVERALL AVERAGE AGE
20 AVERAGE AGE OF FULL-TIME STUDENTS
28 AVERAGE AGE OF PART-TIME STUDENTS

ATTENDANCE STATUS



ETHNICITY/RACES



85.2%
ARE BURLINGTON COUNTY RESIDENTS

21.9%
OF BURLINGTON COUNTY HIGH SCHOOL GRADUATES ATTENDED RCBC IN FALL '16



3+1= More 4 You!

How does it work?

Take 75% of your courses at RCBC and finish your degree through Rowan University

Earn Your Associate Degree in
Complete your associate degree which counts as your freshman and sophomore year.

Continue at RCBC in Mt Laurel
Take your junior-year courses with RCBC's faculty and RCBC's lowest in-the-state tuition and fees.

Transfer to Rowan University
Take your senior-year courses with Rowan University faculty in Mount Laurel or online for a 15% discount off of Rowan University's tuition and fees.

Save a Lot of Money
Earn an associate degree from RCBC and a bachelor's degree from Rowan University and save around \$75,000!

Please note: Total tuition is determined by the selected program. RCBC.edu/3plus1

3+1 Majors Offered

- Biology
- Computing and Informatics
- Criminal Justice (Law & Justice)
- General Studies
- Liberal Studies
- Nursing
- Psychology
- More coming soon!

RCBC Dates for this year:

Information session: Fall 2021

Accuplacer: Winter 2022

Registration/Campus Visit: Spring 2022

Students need to sign up for all three activities.

The green book to sign up in the front of the counseling center will be available for sign ups soon!

If you are struggling with anything at all, please talk to me – I can help! Note: This is not a complete list of resources available.

Additional Counseling Resources

Resource	Name and Address	Phone Number
Emotional, Depression, Drugs, Alcohol, Family, Eating Disorders, Sexuality, Gender	Princeton House Behavioral Health 351 New Albany Rd Moorestown, NJ 08057	(856) 779-2300
Substance Abuse, Psychiatric Services for Adolescents	High Focus 53 Haddonfield Rd. Suite 330 Cherry Hill, NJ 08002	(856) 306-8086
Emotional/Depression, Family	Family Support Organization of Burl. County 774 Eayrestown Road Lumberton, NJ 08048	(609) 265-8838
Emotional, Depression, Drugs, Alcohol, Family, Eating Disorders	Hampton Behavioral Health Center 650 Rancocas Road Westhampton, NJ 08060	(609) 267-7000
Drugs/Alcohol	SODAT 60 High Street Mt. Holly, NJ 08060	(609) 265-7884
Emotional, Depression, Drugs, Alcohol, Family, Eating Disorders, Sexuality, Gender	Healthmark Counseling, LLC 101 Route 130 South Cinnaminson, NJ 08077	(856) 829-3385
Eating Disorders	Renfrew Center 8945 Ridge Avenue Philadelphia, PA 19128	(800) 736-3739

Some Helpful Websites:

Name	About	Web Address
2NDFLOOR	Confidential and anonymous helpline for New Jersey's youth and young adults to help find solutions to the problems that teens face. Available 24/7 365 days a year.	2ndfloor.org 888-222-2228
Shatter Proof	Shatterproof is a bold, new national organization committed to protecting our children from addiction to alcohol or other drugs and ending the stigma and suffering of those affected by this disease.	http://www.shatterproof.org/
Club Drug Information	Website maintained by the National Institute on Drug Abuse with information and links for teens and parents.	http://www.clubdrugs.org
Narcotics Anonymous	Website for a community based association for recovering drug addicts.	http://www.na.org
Al-Anon/Alateen	Help for families of alcoholics.	http://www.al-anon.org
Alcoholics Anonymous	Fellowship of people endeavoring to stay sober and help others reach sobriety. Information about the association and meeting locations.	http://www.aa.org
Substance Abuse and Mental Health Services Administration	Agency with information about substance abuse and mental illness.	http://www.samhsa.gov
National Institute on Alcohol and Alcoholism	Referral information, information pamphlets, research and databases.	http://www.niaaa.nih.gov
National Institute on Drug Abuse	Articles, statistics, trends, treatment and prevention information about an array of addictions.	http://www.nida.nih.gov
The Partnership for a Drug-Free America	The Partnership for a Drug-Free America is a nonprofit organization that unites parents, renowned scientists and communications professionals to help families raise healthy children.	http://www.drugfree.org
Step UP!	Step UP! is a prosocial behavior and bystander intervention program that educates students to be proactive in helping others.	http://stepupprogram.org/

THE SHORT OF IT:

What you need to do:	What you DON'T need to do:
Complete Application for the college (via Common App, Coalition, School, etc.)	<i>Additional information such as school or common app reports. We send through Naviance</i>
Write essays for application	
Submit application and pay fee for before deadline	
Send your SAT or ACT scores to the colleges you are applying to	<i>Uploading official scores to application</i>
Request letters of recommendation from Teachers, first in person then on Naviance	<i>Submitting/uploading Teacher letters of recommendation. We send through Naviance</i>
Complete Counselor survey on Naviance	<i>Submitting/uploading Counselor letter of recommendation. We send through Naviance</i>
Submit transcript request forms	<i>Uploading transcripts onto Common App, Coalition, etc. We send through Naviance</i>
Complete the FAFSA with your parents. The sooner the better! Don't forget the HESAA if you're going to college in New Jersey	