



Class of 2025

**Sammamish
High School**

TODAY'S AGENDA

Wellness and Planning for
the life after SHS

A light orange arrow pointing downwards, indicating a sequence from the first item to the second.

College Applications &
Post High School Options

A light orange arrow pointing downwards, indicating a sequence from the second item to the third.

Naviance & High School
Beyond Plan

Naviance

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

Log Out

Quick Links

INTERESTING THINGS ABOUT ME

[Resume](#)

[Game plan](#)

[Documents](#)

[Journal](#)

My Surveys

Filter by

All progress

12th Grade Counselor Lesson P...
NOT STARTED

12th Grade Counselor Lesson P...
NOT STARTED

My Graduation Pathways
NOT STARTED

SHS Counselor Letter of Recom...
NOT STARTED

PRE SURVEY IN NAVIANCE

WELCOME to your Senior Year!

FROM YOUR Senior SUPPORT TEAM!

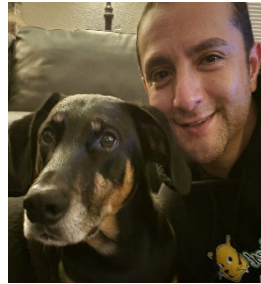
How to reach us:
Email us any time! You can find our contact information on the Sammamish High School Website.



**Ms. Williams
A-C**



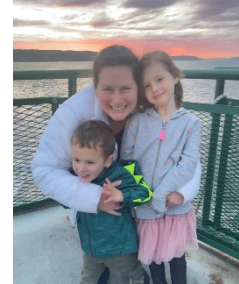
**Ms. Williams-
Pagaran
D-Jan**



**Mr.
Martinez
Escobar
Jar-Mi**



**Ms.
Anderson
Mo-Sal**



**Ms. Breeze
Sam-Z**



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

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
 - [Book an Appointment](#)
 - Swing by Room 201

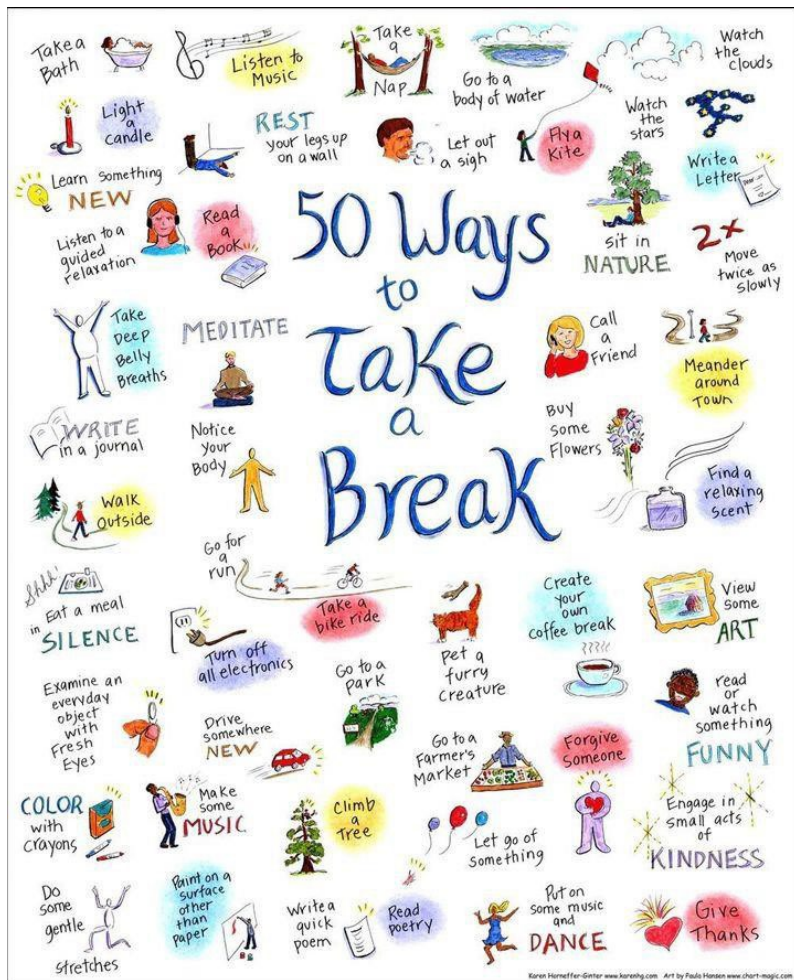
Get Help with:

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

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
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

Meet all deadlines!



Goodbye to Senior Year stress:

Senior Blitz: Starting the week of Sept. 23th

- ▶ 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 25th-October 6th :
 - ▶ 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!

To DO for
every Senior!

FERPA

FAMILY Educational Rights and Privacy Act

Waiving your right lets colleges know that you do not intend to read your recommendations, which helps reassure colleges that the letters are candid and truthful. Some recommenders may decline to write a letter for you if you do not waive your rights.



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!

SAT/ACT UPDATES

SAT scores can be used to meet the WA state graduation pathway in English or Math

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

SAT: Seniors need to OPT IN if they would like to participate in the Digital SAT on October 9th, 2024.

[Here is the link for Seniors to OPT](#)

[IN](#). Testing will be in the Sammamish gym and will start promptly at 8:00AM on the 9th.

If you wish to take it another day, you will need to pay and sign up at www.collegeboard.org or the ACT at www.act.org



Wednesday October 16, 2023
1:30-3:30 pm in the Library

Take
advantage of
the extra help!

Get help with
college
application
essays

Get help with
resume or
activity list

Get help
applying to
college

Common Application
Questions

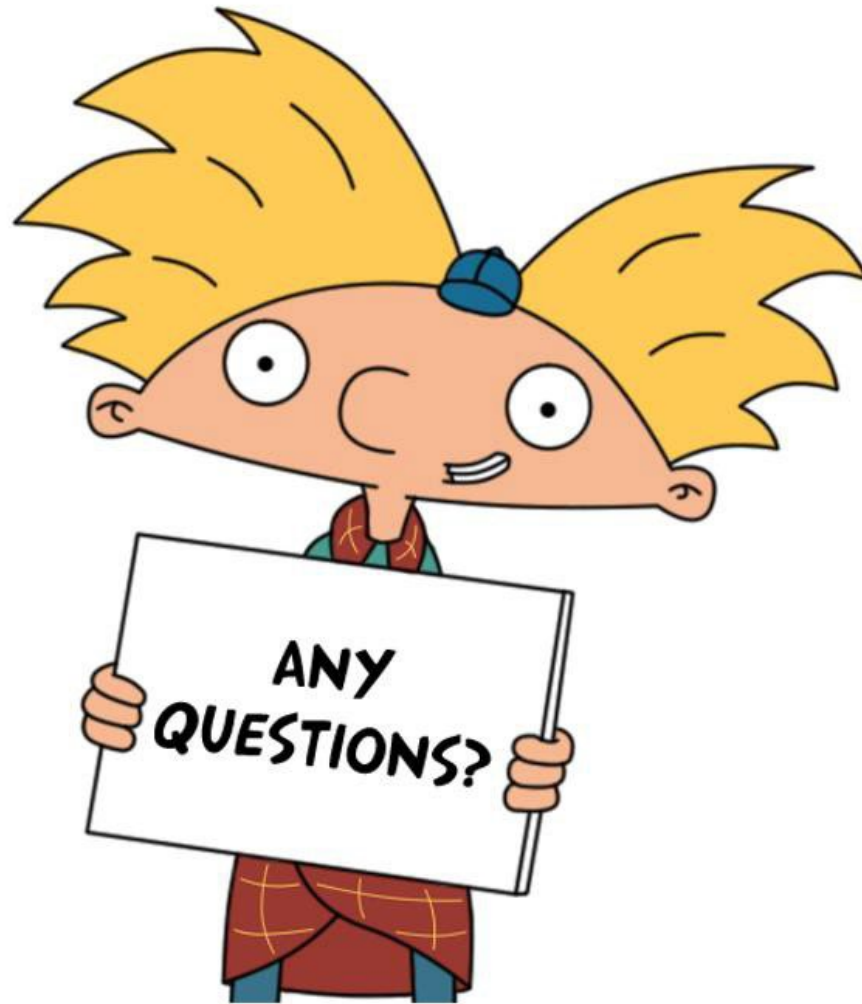
**Work on Job
Applications**

Financial Aid
Questions

Work on HS
and Beyond
Plan

Letter of
Recommendation
help?

We will also schedule a last-minute
drop-in help time for the UW
application in November!



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 School &
Apprenticeships**

**GAP Year
Program**

**Job or
Volunteer
work**



College Visits

COMPLETE LIST IN
“NAVIANCE” WHAT’S NEW”

NEW SCHOOLS ADDED DAILY

MOST VISITS ARE IN CAREER
CENTER

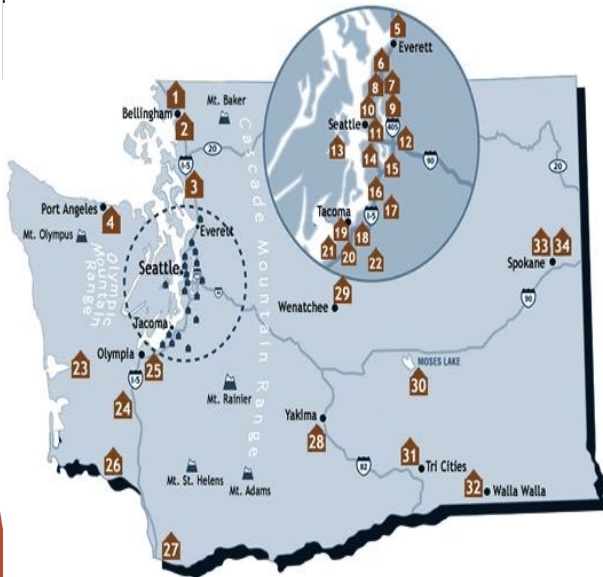
REACH OUT TO: MS. LOPEZ-
KOPP LOPEZK@BSD405.ORG

MEET YOUR COLLEGE REP!

Community & Technical Colleges

Choose from 34
Community or
Technical colleges in
WA state.

www.checkoutacollege.com



Go to www.sbctc.edu to research and find the right match. There are 33 C/T options in WA.

After January 1, 2025 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. No required GPA or test scores
- ▶ Bellevue College has a partnership with Eastern WA University and offer 14 bachelor degree programs. These are 4-year degrees. They also have a partnership with UW Bothell.
- ▶ Bellevue College offers an Occupational Life Services and Neurodiversity Navigators program for neurodiverse students
- ▶ Bellevue College offers on campus housing for students. We have housing for up to 400 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

Bellevue College is offering a fall application **Open House on October 19th, 2024**



Discovery Day

Saturday, October 19, 2024
10 a.m. to 2 p.m.

3000 Landerholm Circle SE, Bellevue, WA

Student Success Center (U-Building)



SIGN UP:

bellevuecollege.edu/discovery

Whether you're planning to start classes this winter, spring, or beyond—discover what Bellevue College has to offer you!

- **Plan Ahead:** Our quarter system allows you to start your education when the time is right for you.
- **Flexible Enrollment:** Take advantage of our open access policy and enroll in the quarter that fits your life. Meet with advisors, learn about financial aid, and map out your academic plan.
- **Preview Your Future:** Get a sneak peek into our wide range of programs—from career-focused degrees to transfer pathways.

This fall, take the first step towards shaping your future!

- **Tour our campus**
- **Explore our Student Success Center**
- **Join our information sessions**

15 Bachelor's Degrees

9 Academic/Transfer Associate Degrees

23 Professional/Technical Degrees

55 Baccalaureate Certificates

15 Associate Certificates

Arts and Humanities • Health Science, Education, and Wellness Institute • School of Business & Technology • Science • Social Science



Bellevue College does not discriminate on the basis of race, color, national origin, language, ethnicity, religion, veteran status, sex, sexual orientation, including gender identity or expression, disability, or age in its programs and activities. Please see policy 4150 at bellevuecollege.edu/policies. The following people have been designated to handle inquiries regarding non-discrimination policies: Title IX Coordinator, 425-564-2641, Office C227, and EEOC/504 Compliance Officer, 425-564-2178, Office B126.

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 in the US.

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

Please be mindful of the deadlines. Please check admission requirements in common application.

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

4 Year Public Colleges/Universities¹



Get to know **WAGAP**

The Washington Guaranteed Admissions Program (WAGAP) guarantees your admission to a Washington public, four-year college or university:

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

Eligibility is simple:

- ✓ Earn and maintain a cumulative 3.0 GPA or higher
- ✓ Meet the college academic distribution requirements (CADRs)
- ✓ You're in!

Talk to your guidance counselor about WAGAP today!

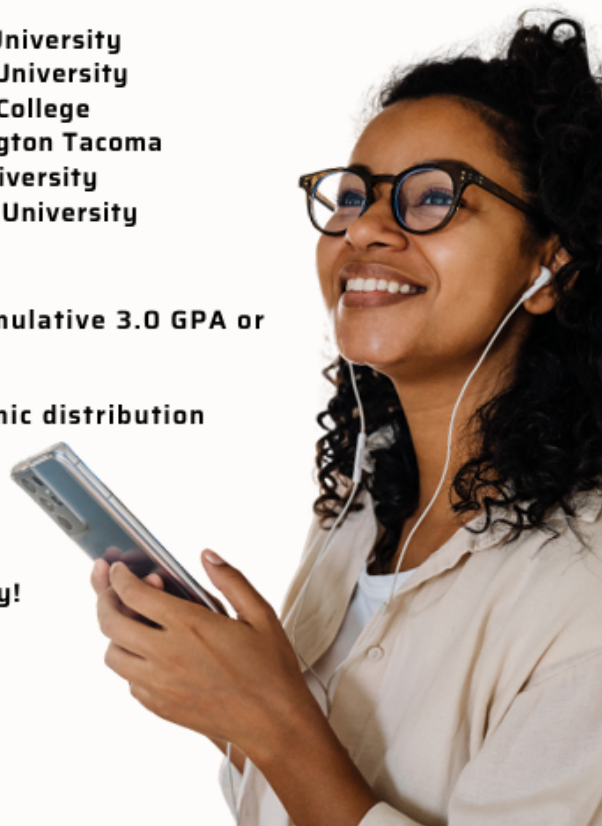


Connect with us @thewagap

WASHINGTON
Guaranteed
Admissions
Program



<https://bit.ly/WaGap>



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 th AVE Southeast Bellevue, WA 98005 CEEB Code: 480072
Date of Entry (If you started 9 th grade at a different school, contact us)	September 2021
Graduation Date (check "No change in progression" unless this is your 5 th year in high school or you're taking a gap year)	June 2025
Graduating Class Size	350
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 ("PROFILE" SIDE TAB)	Yes, if you qualify for F/R lunch

Essential
SHS
Information
to fill out
your
Common
Application
CommonAppCo
mpanion

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 2025:**
 - November 15, 2024: Application deadline. There is no early decision or early action
 - March 1-15, 2025: Admission notification period
 - If admitted, final transcript will be sent from Sammamish in July 2025. 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 2025:**
 - November 15, 2024: Early Application deadline
 - Regular Decision Deadline: January 15, 2025
 - March 2025: 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 2025. 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!

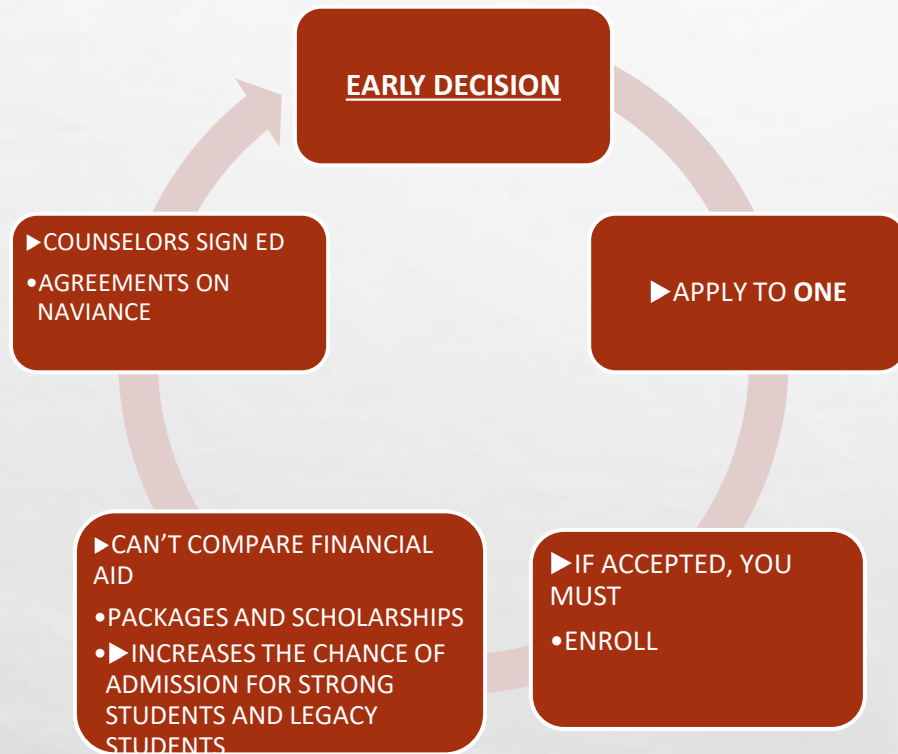


You must “match” your Common App and Naviance accounts!

4 Year Private Colleges/Universities

7

APPLY EARLY DECISION OR EARLY ACTION?



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

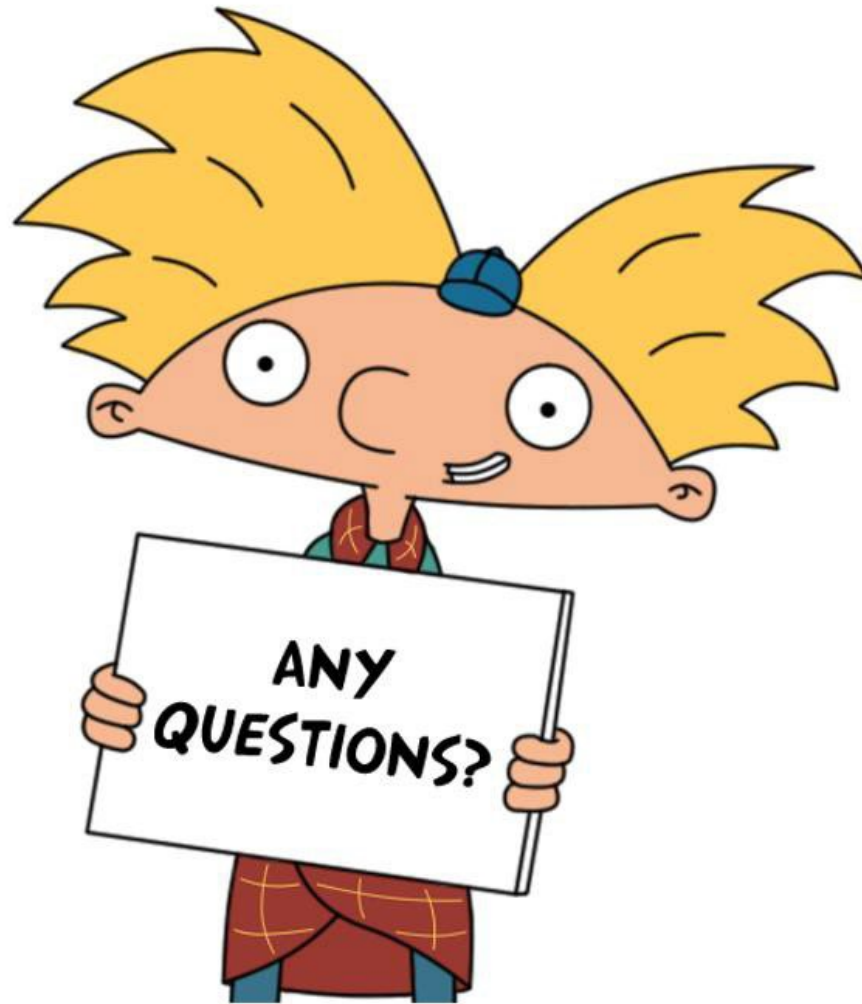
Some classes from middle
school are automatically
added to the high school
transcript (i.e. Algebra,
Biology, World Language)

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



FINANCIAL AID & SCHOLARSHIPS

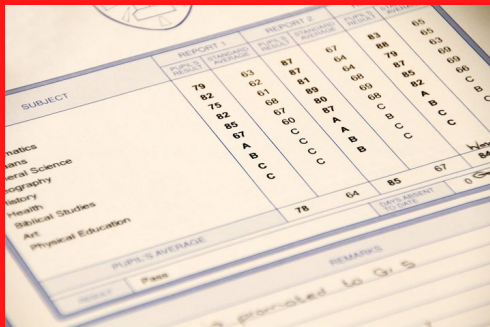
- **FAFSA** (FREE APPLICATION FOR FEDERAL STUDENT AID) OPENS IN DECEMBER
[HTTP://WWW.FAFSA.ED.GOV/](http://www.fafsa.ed.gov/)
- **WASFA** (WASHINGTON APPLICATION FOR STATE FINANCIAL AID): FOR UNDOCUMENTED AND SELECT NONCITIZENS
- **CSS PROFILE** (COLLEGE BOARD): ONLY SOME SCHOOLS WILL REQUIRE
- **WESTERN 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- TO DO's

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	88	65
General Science	82	67	87	67	89	67
Geography	75	61	88	68	85	64
History	82	67	88	68	85	64
Health	85	68	88	68	85	64
Biblical Studies	85	68	88	68	85	64
Art	85	68	88	68	85	64
Physical Education	85	68	88	68	85	64
PUPIL'S AVERAGE		78		64		67




RESEARCH

Explore careers, compare colleges, take personality assessments.

HIGH SCHOOL AND BEYOND PLAN

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

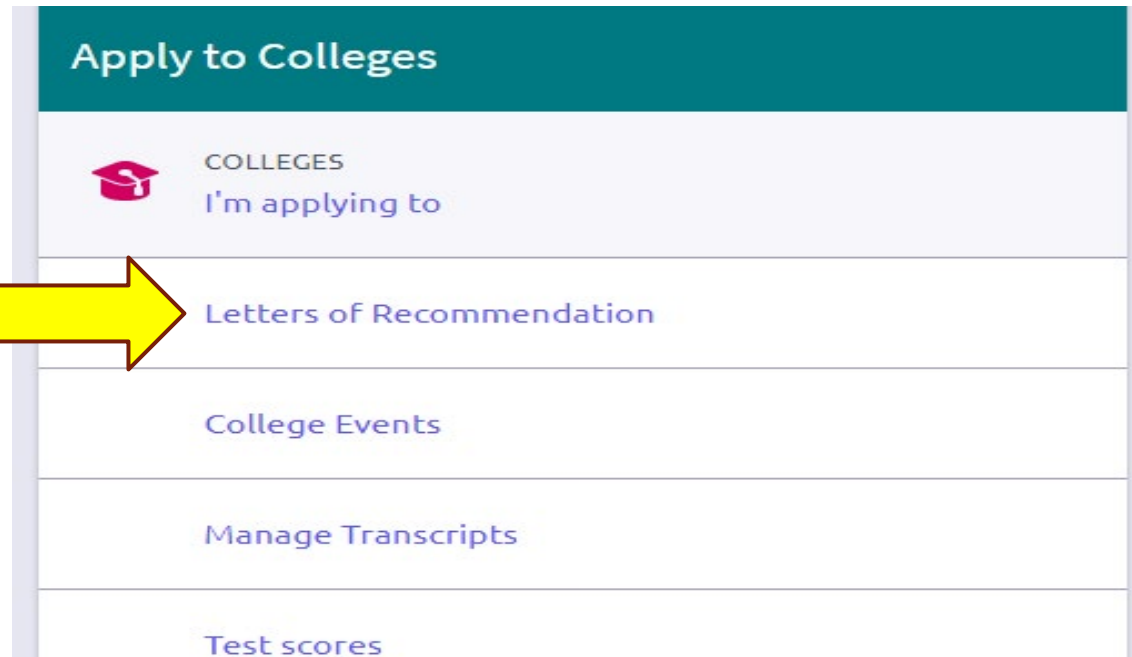
* = extended profile available

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

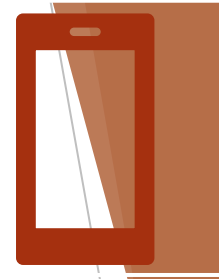
Link to **VIDEO REQUESTING TRANSCRIPTS USING NAVIANCE**

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. Also, your Resume must be complete in Naviance

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 **350** 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

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, check your outlook calendar 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.



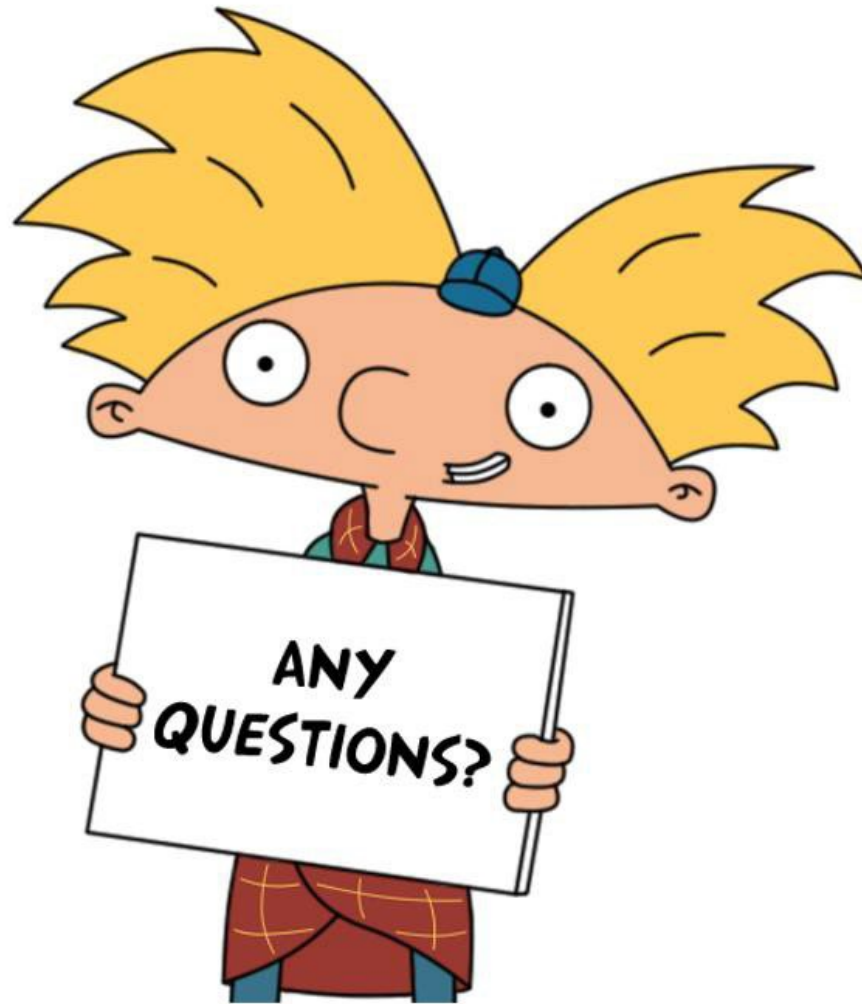
Request letters of rec from teachers & counselors for colleges that require them. (Not UW Campuses)



Send signed FERPA form to counseling Secretary Ms. Gemmel
shscounseling@bsd405.org



Link your Naviance and Common App accounts



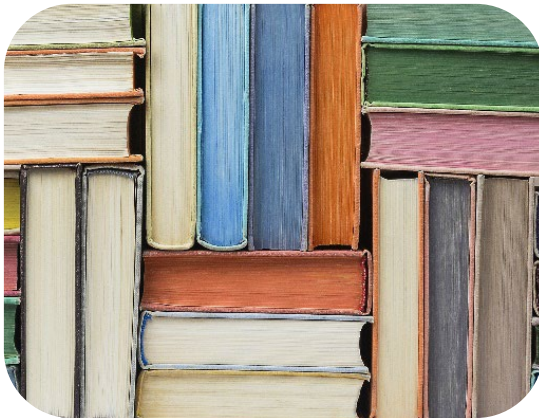
Graduation Requirements!



High School and
Beyond Plan



Community
Service



Grad Pathways in
English and Math



GPA

Career Interest Inventory

- Career Interest Profiler

Resume

- Create/upload in Naviance

4 Year Plan

- Enter your courses from 9th-11th 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

Enter Community Service hours!

Find x2VOL in Clever!

- ▶ Students must earn forty (40) hours of Community Service as one of their graduation requirements. Students may begin to earn these hours once they complete their eight (8th) grade year. The hours may be earned all at one time, or in any manner that meets the student's schedule, during his/her high school years, but must be completed prior to the student's participation in a commencement ceremony and the granting of a diploma.
- ▶ Community Service is any volunteer service that is done for a non-profit agency or organization. A **nonprofit** designation and tax-exempt status are given only to **organizations** that further charitable, cruelty-prevention, educational, literary, public safety, religious, or scientific causes or purposes. Examples of **nonprofit organizations** include hospitals, universities, national charities, churches, and foundations. School service is also included. All students will record their community service hours in x2vol which is found in Clever.
- ▶ Check the daily bulletin and the SHS College and Career Advisor webpage for ideas under "Events & Opportunities": [Events and Opportunities](#)
- ▶ All hours should be entered prior to May 15th!

World Language Competency Testing, Credits and Seal of Biliteracy

- ▶ Do you have students who speak, read, and write in another language? They can earn up to 4 high school credits and the Seal of Biliteracy.
- ▶ SHS/IS/BDD/BP @ SHS library
Test date: 1/29/25 Registration closes: 1/19/25
- ▶ All Schools @ SHS Library
Test date: 3/19/25 Registration closes: 3/9/25
- ▶ **Students must register themselves using their school email and laptop.** Counselors can guide them, but each student can only register once. *This is a change from previous years when counselors registered students with their own email address.*



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



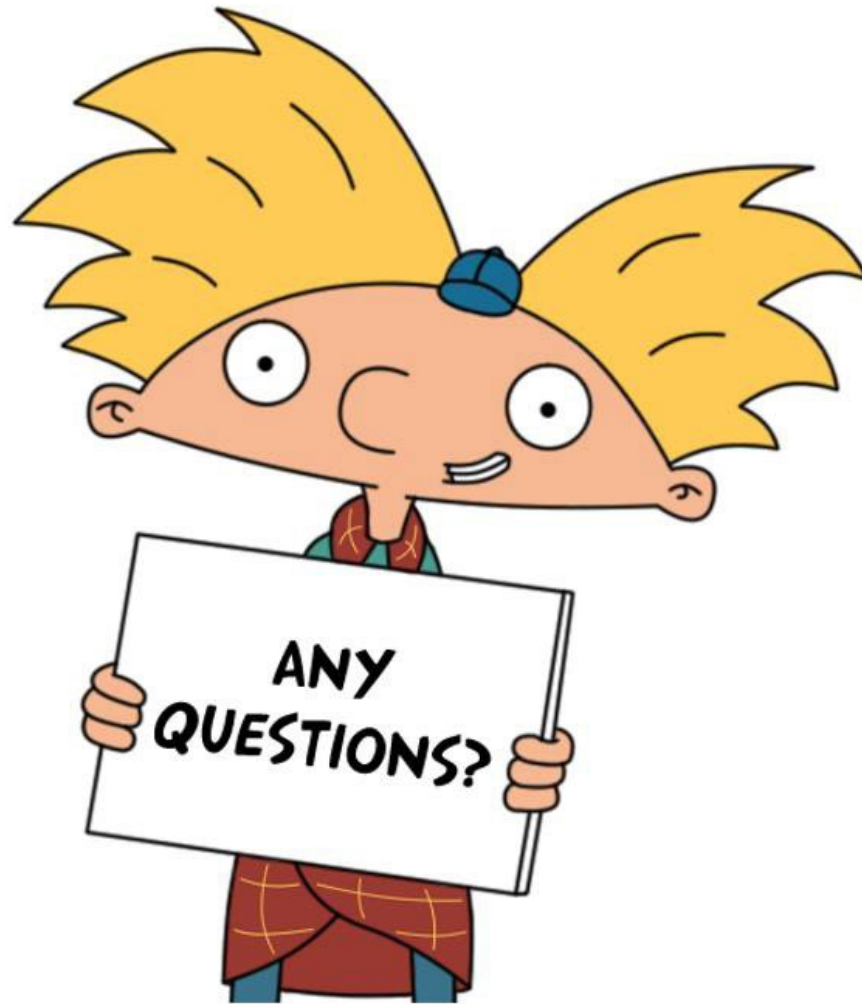
DRAFT/BRAINSTORM PERSONAL
STATEMENTS & ESSAYS





WORK ON COMMUNITY
SERVICE/ACTIVITIES LIST



TALK ABOUT HOW TO PAY FOR
COLLEGE

TALK TO COLLEGE
ADMISSIONS REPS



Self-Discovery Courses Careers Colleges Planner **About me**    

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POST SURVEY IN NAVIANCE