

# YOUR SENIOR YEAR CLASS OF 2025



# Today We Will Talk About:

Wellness & Managing Stress

Post High School Options

The Application Process

Naviance & HSBP

Senior Blitz

Upcoming Events & Dates





# Today's Main Points

1. There are **MANY pathways** to reach your goal. (You can still go to medical school by starting at Bellevue College)
2. It is **not too late** to plan your next step.
3. There are **MANY people and resources** to help you reach your goal.



# NHS Counseling Team

**Mr. Kravanh (A-Cho)**



**Ms. Erickson (Chu-Hof)**



**Ms. Suh (Hog-Li)**



**Ms. Maxfield (Lia-Pa)**



**Ms. Schulz (Pe-To)**



**Ms. Bosone (Tr-Z)**



**Ms. Huynh – Counseling Secretary**



# FABIAN RIOS

## COLLEGE & CAREER ADVISOR

SCHEDULE AN APPOINTMENT:  
[RIOSF@BSD405.ORG](mailto:RIOSF@BSD405.ORG)

### Mr. Rios helps with:

- Financial Aid questions
- High School & Beyond Plan
- Exploring post high school options
- Essay review
- College lists
- Application support
- Resources
- WANIC course registration
- Workshops & college visits



# Senior Wellness!

## Senior Year Challenges

- Applications – acceptance, rejection
- Fear of saying good-bye to high school life
- Keeping up with academic demands
- Unsure of the future
- Burn out

## Counseling and Wellness Center

- Place to destress during the day
- Meet with counselor
- MHAT/YES counselor referrals
- Mindfulness activities
- Build skills for life after high school
- Virtual Wellness page on website

# Tips for Managing Senior Year



- 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. Ask your school counselor

# Managing Senior Year: Help is Out There!

**Senior Blitz!** Starting September 19th through October

**Financial Aid Workshop** – Date TBD in November

**FAFSA/WASFA support** – Date TBD

**Application Help** - Email Mr. Rios for appointment

**College App Workshop** – Super Wednesday, Oct 9<sup>th</sup>

- Essay help with English Teachers
- Application help from Counselors and volunteers



# Managing Senior Year: Senior Blitz

The background of the slide features a faded image of two students, a young woman on the left and a young man on the right, sitting at a table and engaged in conversation. The woman is looking towards the man, and the man is looking back at her. They appear to be in a casual setting, possibly a library or a study area, with a window visible in the background.

1 on 1 meeting with  
your Counselor for  
graduation and  
college

You will receive a  
pass inviting you to  
your blitz  
appointment

Running Start  
students, please  
contact your  
counselor



# Super Wednesday: SAT or Application & Essay Help

**Counselors, Mr. Rios, and English teachers will be available on Wednesday October 9<sup>th</sup> from 8:30-11:00am in the library for help on:**

- Personal Essay
- Naviance
- Letters of Recommendation
- Common App/Coalition
- Q&A

# Post High School Options

Trade School &  
Apprenticeships

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

Service

Update your resume, explore options, interest/aptitude test

Military

Mr. Rios will help; Take the **ASVAB Test Newport HS** - Thursday, Nov 21 @ 8:30 am in the library ([Register here](#) by 11/19 )

Employment

Update your resume in Naviance, interest/aptitude test

Gap Year

Break between high school and college

We recommend applying to schools now and defer your acceptance

# Not Sure?

- \* Super Match & Scattergrams in **Naviance**
- \* Go to the **College Rep Visits** at NHS (see Senior Teams)
- \* See **“What’s New”** in Naviance
- \* Review your **interest/career tests** in Naviance
- \* Talk to your **School Counselor or Mr. Rios**
- \* Campus **visits**, in person or virtual
- \* Get a **part time job**, volunteer, or find an internship to **explore interests**
- \* Speak with your mentors, family, friends, and teachers



## 2 Year Community & Tech Colleges



Let's say:

...You know you want to be an airplane mechanic, but you are not sure where to look?

Go to [www.sbctc.edu](http://www.sbctc.edu) to research and find the right match. There are 34 C/T options in WA

Apply after January 1, 2024, for fall. Check the college website for **priority deadlines**. BC's priority deadline is in mid-May

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

No SAT/ACT or World Language needed

Meet with an academic advisor at the college to discuss career path, degree options, and classes

Many offer Bachelors degrees

# Senior Year Timeline for 4-year College (abridged)

Sept.

Update Naviance

Complete FERPA for NHS &  
Common App

Start Applications

SAT/ACT needed?

Complete Counselor LOR  
packet (if needed)

Ask Teachers for LOR

Verify type of Application  
(Common App/Coalition/College  
Website)

Oct.

Work on  
Application

Edit Essay

Complete  
Naviance tasks

Some art  
portfolios due

Nov.

Early Decision /  
Early Action  
applications due

November 15 UW  
Seattle Deadline

Apply for  
scholarships

Dec.–Jan.

FAFSA/WASFA  
available on-line

Regular  
applications due

Apply for  
scholarships

Apr.

Colleges notify  
students of  
decisions

Apply for  
scholarships

**What is the  
average  
acceptance  
rate at 4-year  
colleges?**

---

A) 22%

---

B) 85%

---

C) 73%

---

D) 8%

What is the  
average  
acceptance  
rate at 4-year  
colleges?

---

A) 22%

---

B) 85%

---

C) 73%

---

D) 8%



# Guaranteed Admissions Program (GAP)

The GAP program works with the following colleges:

- WSU
- WWU
- EWU
- CWU
- Evergreen State
- UW Tacoma
- St. Martins
- PLU (Needs 3.30 GPA)

BSD student requirements:

- 3.0 minimum GPA
- Meet CADR's (academic college requirements)
- Apply to the institutions

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

# **Early Decision VS Early Action**

## **Early Decision**

- May apply to only 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

# Components of the application



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



Scores (if applicable – NOT required by all)



Letters of recommendation (for some private colleges)



Transcript



Application Fee (or fee waivers)



FERPA waiver (to share your records)



Portfolio (if applicable)

## What about ACT/SAT?

**\*SAT - free for seniors**  
**Oct 9 (Super Wednesday)**

**\*Use Microsoft form to**  
**opt in for SAT testing**

---

All Washington **public** universities are test optional. Does your college need it?? Check college websites to find out

---

If needed, order ACT/SAT scores directly from the testing agencies. BSD does not send test scores to colleges

---

Can send FREE reports to 4 colleges when you sign up at the test. Reports are free if you used a Fee Waiver for the test



# 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!**

## College-Specific Application (i.e. UC schools)

- Aka “Direct to Institution” in Naviance
- Colleges may have their own online applications; Coalition/Scoir, Slate, or others





## UW Seattle Reminders

- ❑ Apply now via: Common App or ApplyWeb
- ❑ **No transcripts or letters of recommendation** accepted (unless applying to UW Honors Program or specifically requested by UW)
- ❑ **Take your time** with your application. Applying early won't give you an advantage. Focus on strong senior year, essays & activities
- ❑ **Deadline: Nov 15<sup>th</sup>**
- ❑ Admission notifications between March 1<sup>st</sup> – 15<sup>th</sup>

# Transcript Check

## Look For:

- ✓ **Teacher Grade Change?**
- ✓ **Retook a class?**
  - ☐ Make sure it is listed
  - ☐ Find original class and see if it has ZERO credit
- ✓ **Original Credit class Online?**
  - ☐ It should be listed with credit but no grade
- ✓ **Previous School? – check for accuracy**

**Make a note of any errors on your transcript and email errors to your counselor**



**NOTE:** High School and Beyond Plan will be “met” in spring

# Transcripts



- **Official Transcripts**
  - Request Official **“Initial”** Transcripts in Naviance (“Colleges I’m Applying To”)
  - If your college requires paper transcripts – you need to order from Ms. Huynh in the Counseling Center
- **Unofficial transcripts are in StudentVue in the documents section**

# Letters of Recommendation

## Counselors

Yes, we will write you a letter, and we have a process (keep in mind we each write over 40 letters on average)

**Letter of Recommendation Packet on website**

- Colleges list with deadlines
- FERPA waiver
- Counselor questionnaire
- 3 Teacher Feedback forms
- Family Brag sheet

## Teachers

- Check with teachers now!
- Each teacher has a different process
- Invite teachers through **Naviance**
- 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
- Ideally you want at least 1 letter to be from a CORE subject area



## Letter of Rec Packet Deadlines

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

College Application Deadline	Letter of Rec Packet Due
October 15	September 19
November 1	October 3
November 15	October 14
November 30 / December 1	November 4
December 15	November 11
January 1 or later	November 23



## 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 [huynhm@bsd405.org](mailto:huynhm@bsd405.org)

Sign FERPA on CommonApp AND the online BSD form

We cannot send your transcripts & LORs without it



- ✓ **Professional and error free** application
- ✓ Use a **professional email address**
- ✓ **Social Media** - Be aware that your social networking pages may be accessed
- ✓ What makes you **different, unique and amazing?**  
Remember, 90% of applicants are great students (grades, test scores)
- ✓ Use your **legal name that matches your transcript** (and SAT)
- ✓ **Answer the prompt(s)**
- ✓ Choose **recommenders who know you**
- ✓ **Review** before submitting
- ✓ **Fee Waivers** - If you are a F/R lunch student- see your counselor for Fee Waivers for applications

\*\*\*Questions? Connect with your counselor

# Things You Can Do Now:

Request letters of rec from teachers for private and Common App schools (typically from at least one Core subject area)

Begin filling out the Counselor Letter of Recommendation packet, if needed by your college

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

Beginning Dec. 1, fill out the FAFSA or WASFA for financial aid



**NAVIANCE**

# Naviance Things To Do

Add

- Add "Colleges I'm Applying To"

Request

- Request transcripts for colleges

Invite

- Invite Teacher recommenders

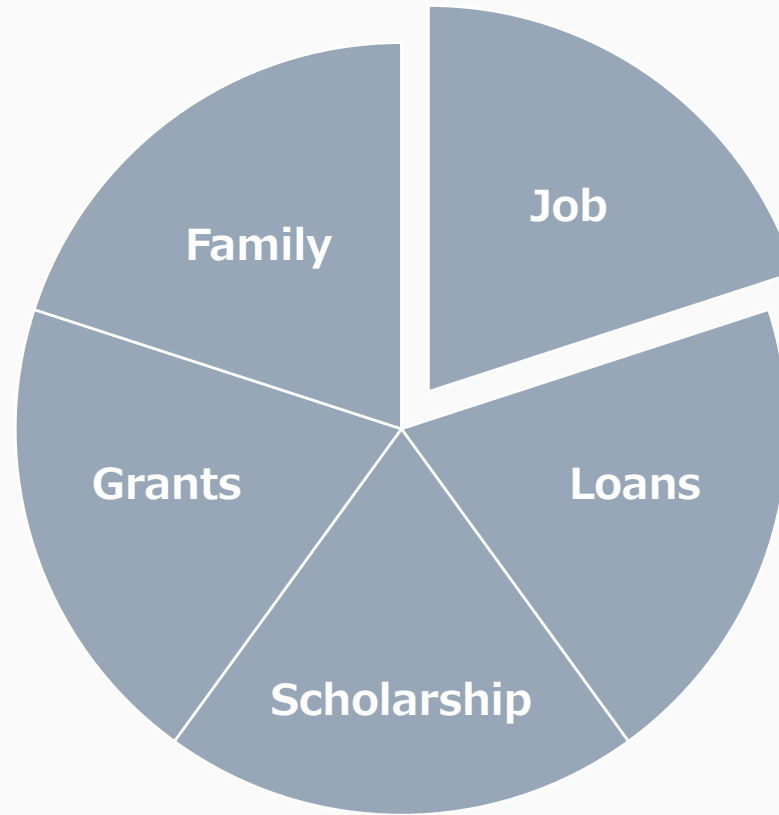
Match

- Match Naviance to CommonApp

Sign

- Sign CommonApp FERPA (when Matching)

**How are  
you going  
to pay for  
college?**





# Financial Aid & Scholarships



FAFSA (Free Application for Federal Student Aid) – (Dec 1)

<http://www.fafsa.ed.gov/>

CSS Profile (College Board): Some schools will require (usually private)

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

Western Undergraduate Exchange (WUE)

<http://wue.wiche.edu/>

Washington State Financial Aid Calculator

<https://portal.wsac.wa.gov/a/aid-calculator/>

Research different types of aid available at

<http://studentaid.ed.gov>

Go to Financial Aid Night – date TBD in November

Newport Counseling Website -

<https://newporthigh.bsd405.org/counseling>

Link to Resources:

<https://newporthigh.bsd405.org/counseling/scholarships>

# College Visits

**NACAC College Fair – Friday, October 25 & Saturday, October 26:** Seattle (WA)

<https://www.nacacattend.org/24Seattle>

**National Portfolio Day** –Several dates available  
[nationalportfolioday.org](http://nationalportfolioday.org)

❑ Many visits are in person, see details in Senior Teams, emails from Naviance

❑ Don't see a school you are interested in? Email: Mr. Rios

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

# F A Q

What is the Senior class size?

- There are 475 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?

- Fill out LOR packet and give to counselor  
<https://newporthigh.bsd405.org/counseling/college-and-career-center/applying-to-college>

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

- Email Mr. Rios to set meeting - [Riosf@bsd405.org](mailto:Riosf@bsd405.org)

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

- Students order score reports directly from College Board and/or ACT website

When is my Senior Blitz appointment?

- Starting September 19th: Look out for an invitation or contact your counselor to set up an appointment

# “Colleges I’m Applying To”

**1**

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

College Home

**Find Your fit**

- SuperMatch College Search
- College Events
- Scattergrams
- Advanced College Search
- College Lookup

**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

**2**

Match Accounts

Manage Transcripts Application Milestones Compare Me

+ Request Transcripts Remove

**3**

STEP 1 Add Application STEP 2 Request Transcript

**Which college are you applying to?**

The Evergreen State College, Olympia, WA

Colleges already in your application list would be unavailable for selection.

**App Type**

Rolling - Fall 2025 term - Deadline Jul 20

**I'll submit my application**

Direct to the institution

Are you planning to submit your SAT or ACT scores to be considered during the admission review process?

Yes

I've submitted my application

Add Application **ADD AND REQUEST TRANSCRIPT**

# Teacher Letters of Rec – Inviting via Naviance

[Home](#)

[Self-Discovery](#)


[Courses](#)

[Careers](#)

[Colleges](#)

[Planner](#)

[About me](#)

 College Home

Find Your fit

SuperMatch College Search


College Events

Scattergrams

Advanced College Search

College Lookup

Research Colleges

 Colleges I'm Thinking About

College Visits

College Compare

College Resources

Acceptance

Enrichment

College M

Apply to College

Colleges I'm Applying To

Manage Transcripts

Letters of Recommendation

Test Scores

Letters of recommendation

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?\*

Select A Teacher

2. Select the recommendation request type:\*

<input type="checkbox"/> Select All	Colleges ^	Due ^
<input type="checkbox"/>	Seattle University 1 required / 3 allowed / 0 requested	Nov 15 2023
<input type="checkbox"/>	University of Washington-Seattle Campus 0 required / 0 allowed / 0 requested <i>This college does not accept Letters of Recommendation</i>	Sep 01 2022

\*Teacher must be BSD employee

→

→



**NAVIANCE**

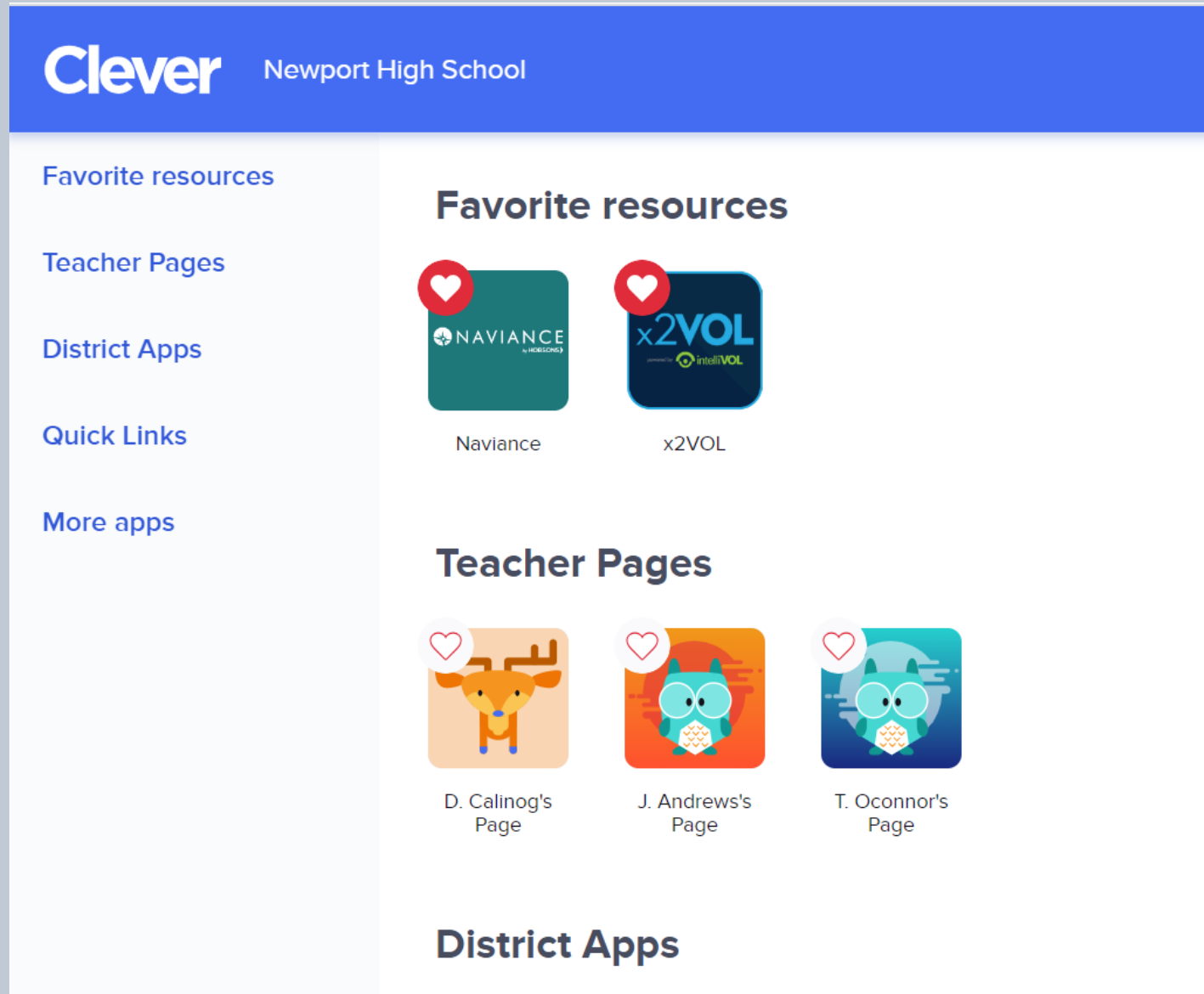
**Questions about how to use  
Naviance for college applications?**

**Better seeing it on video? Check out  
the college application video series**

**Follow this link for tutorials:**

**<https://bit.ly/3c0AJ3b>**

# Find x2VOL in Your Laptop's Clever App







## 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 goals



## Graduation Pathway



## Financial Aid Survey



## Senior Survey

In May

# High School and Beyond Plan

# Naviance tasks required for Graduation




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   | <a href="#">Finalize My Graduation Pathways</a><br>DUE Saturday May 31, 2025<br>Assigned by Maria Frieboes  | GRADUATION |
|  TASK   | <a href="#">Community Service</a><br>DUE Tuesday Jul 15, 2025<br>Assigned by Maria Frieboes                 | GRADUATION |
|  TASK | <a href="#">Complete My Financial Aid Options</a><br>DUE Tuesday Jul 15, 2025<br>Assigned by Maria Frieboes | GRADUATION |

### Tasks you've completed

- |        |   |            |
|--------|---|------------|
| ✓ Done | <a href="#">Resume</a><br>Saturday May 31, 2025<br>Assigned by Maria Frieboes                           | GRADUATION |
| ✓ Done | <a href="#">Revisit My Graduation Pathways</a><br>Monday Jul 15, 2024<br>Assigned by Maria Frieboes     | GRADUATION |
| ✓ Done | <a href="#">Game Plan survey</a><br>Tuesday Jul 15, 2025<br>Assigned by Maria Frieboes                  | GRADUATION |
| ✓ Done | <a href="#">Complete Career Interest Profiler</a><br>Tuesday Jul 15, 2025<br>Assigned by Maria Frieboes | GRADUATION |
| ✓ Done | <a href="#">Create 4 year course plan</a><br>Tuesday Jul 15, 2025                                       | GRADUATION |

WHAT IS THE MOST  
HELPFUL ADVICE YOU  
HAVE RECEIVED ABOUT  
SENIOR YEAR?

Instead of “to-do lists” we need “to-be lists”. The question isn’t what do we want to do, it’s who we want to be.  
— *Jay Shetty*



# **Your Health Matters!**

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

**Reach out to your  
counselor if you need  
help or are struggling.**



# Resources

**Teen Link: call or text 866.833.6546**

**Reach out to your BHS 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**





THANK YOU  
FOR BEING  
HERE!

Questions???

