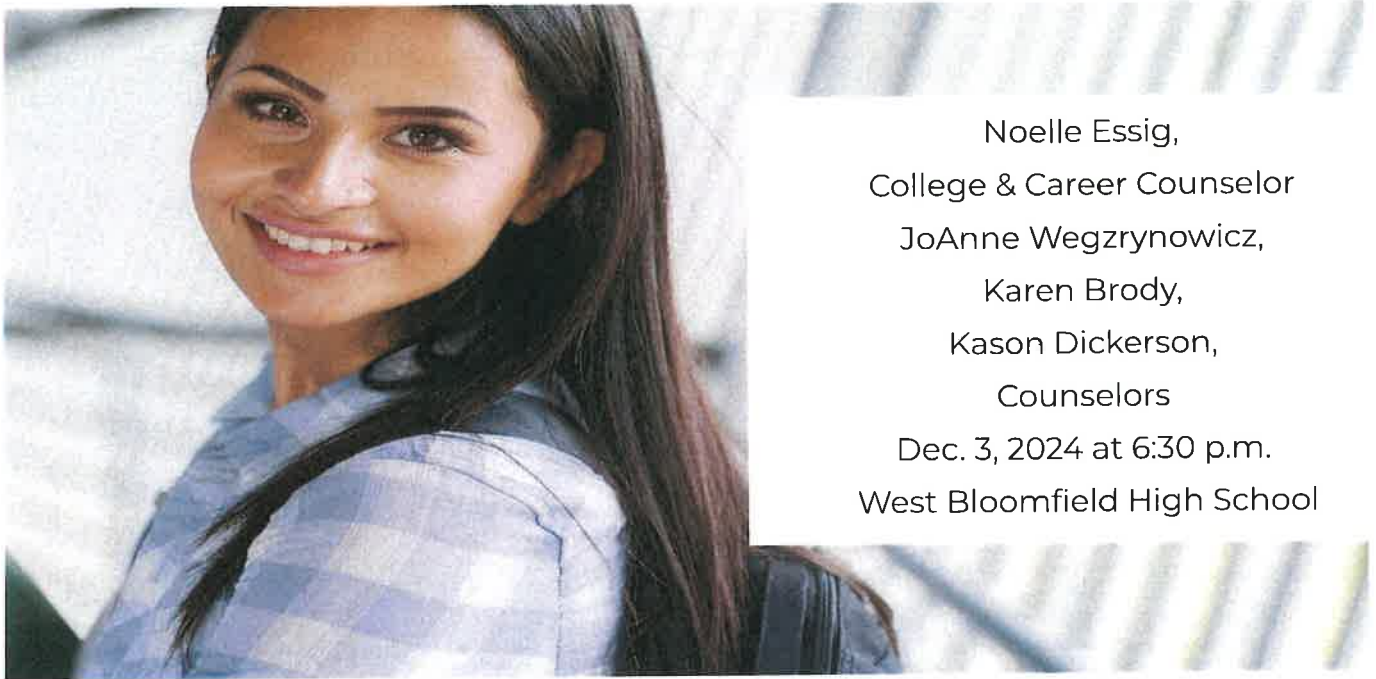


Class of 2026 Junior Parent Night

PREPARING FOR COLLEGE



Noelle Essig,
College & Career Counselor
JoAnne Wegzynowicz,
Karen Brody,
Kason Dickerson,
Counselors

Dec. 3, 2024 at 6:30 p.m.
West Bloomfield High School



QR Code to Sign In
Select Essig as Counselor



QR Code for Slides

College and Career Center Senior Resources

Mrs. Noelle Essig, MA, WBHS College and Career Counselor

Sign in Sheet for
College and Career Center Events



College Rep Visit Sign-Up Sheet



Appointment with
Mrs. Essig or Counselor



College Application Process



Senior Year College App Checklist



College List Spreadsheet
Keep organized!



Sending Transcripts
Creating your Parchment Account



Common App Essay Prompts



Scholarship Spreadsheet
Stay organized!



College Board Big Future
College Search Tool



FAFSA Information Guide
Mrs. Essig's document



Counselor Connection Newsletter



Common App Website



Mrs. Essig's College Prep Videos



ACT/SAT Test Prep Advice



RESUME AND	ACTIVITIES SECTION	RESOURCES
Resume Template to Use 	Where to Start Resumes Presentation 	Sample Resumes 
Resume & Common App Activities Section Action Words 	How to fill out the Activities Section in CA - Video 	Activities Section Template 
80 Examples of Activities Section for the Common App 	REMINDER TO UPLOAD YOUR RESUME INTO XELLO. THIS IS A GRADUATION REQUIREMENT.	Brag Sheet for Letters of Rec 
	OTHER TOOLS	
MI Student Aid MISSG Student Portal Michigan Achievement Scholarship Tuition Incentive Program (TIP) Community College Guarantee 	Common Data Set A tool to see Admissions Data for each college and determine your chance of admission. Google the name of the college with the words "Common Data Set."	Student Loan Repayment Calculator 
FAFSA Form Typically opens October 1st of senior year 	Net Price Calculator A tool used to estimate your expected cost of attendance at a particular college. Google the name of the college with the words "Net Price Calculator."	College and Career Center in Canvas Scholarship List College App Info Fee Waivers and so much more!



College Planning Checklist - Preparing for the Senior Year



Use this checklist to help you prepare for your senior year.

Academics

Select 4 to 5 solid academic courses for your senior year. Colleges want to see that you are prepared. Select a solid schedule for your senior year.

Take advantage of our electives! WB has a 7 hour day. Fill your two electives with options that help you explore career possibilities.

Focus on your classwork, finish strong junior year and have a solid year in your classes. This is the last set of grades a college has to review. If grades didn't go well in 9th and 10th grade, this is a chance to show an upward trend.

Consider AP or honors courses as appropriate. Colleges look at senior year courses!

Testing

Many colleges no longer require an ACT or SAT for admission but instead allow you to decide if you would like to provide a score. This is called "test-optional." However, we still find that many of these colleges are using test scores when awarding scholarships. To keep all options open, it may be to your advantage to have a score available. Please research the colleges you are interested in and see what their testing requirements are for your class.

Khan Academy is a wonderful free SAT prep service. College Board also has test prep for free. Mrs. Essig also has free test prep books you can check out for 2 weeks at a time.

Develop your testing plan. Test dates are national test dates so you should map out a testing plan. Look over the dates and register for the dates that work for you. Register early so you don't have to drive long distances the morning of the test. WB typically offers a "school day" test for the SAT in April for juniors. This is a graduation requirement.

Review the ACT/SAT Section in the WBHS College and Career Center Canvas page for more detailed information about testing.

Extracurriculars

Create a resume of your extracurricular activities- clubs, athletics, work experience and volunteer hours.

Does this list adequately represent you as an applicant? If not, use this time to add to your resume.

Keep in mind, that the Common App only has 10 spaces for all of these experiences. It's better to have depth to your involvement than a long list of activities without much contribution. Is your list solid?

Consider taking on a leadership role in one of your activities. Job shadow in careers of interest.

Keep track of how many hours you participate in each activity.

Career Exploration

Spend some time in Xello. The link to this free Career Exploration tool can be found in PowerSchool. Explore career possibilities.

Examine career forecasts, projected job needs and salaries. [Occupational Outlook BLL](#) [Fastest Growing Job List](#)

Career Search Tools: [Career One Stop](#) - Career Search Tool

[O-Net Online](#) - Career Search Tool

[My Next Move](#) - Career Search/Info

[College Board's Career Finder](#) - Sometimes costs \$

[16 Personalities](#) - Personality Assessment Tool

[Holland Inventory](#) - Personality Assessment Tool

[What Should I Major In](#) - Search Tool

[Career Key](#) - Search Tool

Set up a job shadow in careers of interest and talk to others currently in that field.

Letters of Recommendation

Consider whom you might ask to write a letter of rec for you if you need one. If you can't easily identify who this person would be, start networking that relationship.

Some colleges will require a counselor letter of rec. Have you spent time interacting with your counselor so they know you and your goals?

Look over a few college applications to see if you need a LOR. MSU= no, U of M = yes.

Essays

Explore the internet for some sample college essays. Start brainstorming essay topics.

Review different college applications to see what essays might be needed.

Create rough drafts and various versions of possible essays.

Seek feedback from others about your rough draft & topic. Does the essay reflect the story you'd like to tell?

Check out the [College Essay Guy](#) for valuable essay insight.

Check out essay books from the College and Career Center.

Scholarships

- Check college website for merit and need based scholarships. What GPA &/or test scores do you need for automatic scholarships? You have time to make improvements.
- Check college website for additional scholarship opportunities and deadlines.
- Check the College and Career Center Canvas page and Counselor Connection for scholarships.
- Watch Mrs. Essig's presentation on scholarships.

Financial Aid Prep

- Attend Virtual Junior Parent FAFSA Webinar in the spring.
- Financial Aid Resources:
 - [Financing Education Beyond High School Presentation Outline](#)
 - [FSA ID and FAFSA Worksheet](#)
 - [Federal Student Aid](#)
 - [State of Michigan Aid](#)
- Submit FAFSA (Typically after Oct 1st of senior year)
- Attend FAFSA help sessions in senior year if needed
- Estimate your cost of attendance by searching for the Net Price Calculator at the colleges you are considering.

College Exploration

- Create a potential college list and examine course requirements on their website.
- Use the [Big Future College Search Tool](#) in College Board to help you expand your list.
- Schedule on campus tours and appointments with colleges of interest.
- Check email often for upcoming events & opportunities.
- Stay open minded, consider colleges where your stats are above their average admit to pursue merit scholarships.
- Attend College Rep visits in WB's College & Career Center.
- Make appointment with school counselor &/or Mrs. Essig for help.
- Attend College Prep Events in College and Career Center.
- Plan to attend WB's On Site Admissions Day in October of senior year.
- If considering D1 or DII athletics, register w/ NCAA Eligibility Center.
- Explore your chances for admission by searching for the college's Common Data Set. Look in Section C.
- Explore College and Career Center Canvas pages for information.

Special Programs

- If applying to special admit programs, be sure to check website for application process and deadlines (Ex. art, music, direct admit business, direct admit medical programs)
- Review the applications and see what weaknesses you might have in your application. Use the junior year and summer to fill those voids.

Application Prep

- Create a professional email address for college related activities and check email often.
- Review application options for the colleges you are interested in. Online, Common App, Coalition App or Common Black College App.
- Examine application deadlines and the process.
- Learn the difference between Early Action, Early Decision, Rolling Admission and Restrictive Early Action.
- Create a list that includes a variety of schools - Safety, Match, Reach. Don't have a list filled with all reach schools.

Ask

- We are here to help! Ask us for help at any stage!

[illegible]

Action Verbs to Use on Your Resume

Spruce up your resume with a few action verbs and phrases that will catch the recruiter's eye. Thanks to the University of Colorado for this amazing list! <https://www.colorado.edu/career/job-searching/resumes-and-cover-letters/resumes/action-verbs-use-your-resume>

When you created or wrote something... Acted, Adapted, Combined, Composed, Conceptualized, Condensed, Created, Customized, Designed, Developed, Devised, Directed, Displayed, Entertained, Established, Fashioned, Formulated, Founded, Illustrated, Initiated, Instituted, Integrated, Introduced, Invented, Modeled, Modified, Originated, Performed, Photographed, Planned, Revised, Revitalized, Shaped, Solved.

When you were a research machine... Analyzed, Clarified, Collected, Compared, Conducted, Critiqued, Detected, Determined, Diagnosed, Evaluated, Examined, Experimented, Explored, Extracted, Formulated, Gathered, Identified, Inspected, Interpreted, Interviewed, Invented, Investigated, Located, Measured, Organized, Researched, Reviewed, Searched, Solved, Summarized, Surveyed, Systematized.

When you managed a project or group... Accomplished, Administered, Advanced, Analyzed, Appointed, Approved, Assigned, Attained, Authorized, Chaired, Considered, Consolidated, Contracted, Controlled, Converted, Coordinated, Decided, Delegated, Developed, Directed, Eliminated, Emphasized, Enforced, Enhanced, Established, Executed, Generated, Handled, Headed, Hired, Hosted, Improved, Incorporated, Increased, Initiated, Inspected, Instituted, Led, Managed, Merged, Motivated, Navigated, Organized, Originated, Overhauled, Oversaw, Planned, Presided, Prioritized, Produced, Recommended, Reorganized, Replaced, Restored, Reviewed, Scheduled, Secured, Selected, Streamlined, Strengthened, Supervised, Terminated.

When numbers and figures are your thing... Administered, Adjusted, Allocated, Analyzed, Appraised, Assessed, Audited, Balanced, Budgeted, Calculated, Computed, Conserved, Controlled, Corrected, Decreased, Determined, Developed, Estimated, Forecasted, Managed, Marketed, Measured, Netted, Planned, Prepared, Programmed, Projected, Qualified, Reconciled, Reduced, Researched, Retrieved.

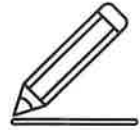
When you creatively brought an idea to life... Acted, Adapted, Combined, Composed, Conceptualized, Condensed, Created, Customized, Designed, Developed, Devised, Directed, Displayed, Entertained, Established, Fashioned, Formulated, Founded, Illustrated, Initiated, Invented, Modeled, Modified, Originated, Performed, Photographed, Planned, Revised, Revitalized, Shaped, Solved.

When you helped with a project... Adapted, Advocated, Aided, Answered, Arranged, Assessed, Assisted, Clarified, Coached, Collaborated, Contributed, Cooperated, Counseled, Demonstrated, Diagnosed, Educated, Encouraged, Ensured, Expedited, Facilitated, Familiarized, Furthered, Guided, Helped, Insured, Intervened, Motivated, Prevented, Provided, Referred, Rehabilitated, Represented, Resolved, Simplified, Supplied, Supported, Volunteered.

When you needed to explain technical expertise... Adapted, Applied, Assembled, Built, Calculated, Computed, Conserved, Constructed, Converted, Debugged, Designed, Determined, Developed, Engineered, Fabricated, Fortified, Installed, Maintained, Operated, Overhauled, Printed, Programmed, Rectified, Regulated, Remodeled, Repaired, Replaced, Restored, Solved, Specialized, Standardized, Studied, Upgraded, Utilized.

When you were the teacher... Adapted, Advised, Clarified, Coached, Communicated, Conducted, Coordinated, Critiqued, Developed, Enabled, Encouraged, Evaluated, Explained, Facilitated, Focused, Guided, Individualized, Informed, Installed, Instructed, Motivated, Persuaded, Simulated, Stimulated, Taught, Tested, Trained, Transmitted, Tutored.

And More Action Verbs



Absorbed	Contributed	Granted	Pooled	Showed
Accelerated	Controlled	Guided	Practiced	Simplified
Accentuated	Cooperated	Handled	Prepared	Skilled
Accomplished	Coordinated	Helped	Presented	Specialized
Achieved	Created	Hosted	Prevailed	Sponsored
Adhered to	Critiqued	Implemented	Produced	Streamlined
Administered	Delegated	Increased	Programmed	Strengthened
Adopted	Demonstrated	Indicated	Progressed	Stressed
Advanced	Derived	Influenced	Projected	Succeeded
Announced	Designated	Initiated	Promoted	Supervised
Applied	Designed	Innovated	Prompted	Supported
Appraised	Detected	Instituted	Proposed	Surpassed
Apprehended	Developed	Integrated	Provided	Sustained
Assessed	Devised	Invested	Pursued	Synchronized
Assigned	Directed	Investigated	Qualified	Synthesized
Assimilated	Discharged	Justified	Quantified	Taught
Assisted	Dispatched	Listed	Quoted	Trained
Assumed	Displayed	Logged	Reacted	Transacted
Attained	Earned	Made	Recommended	Translated
Attracted	Effected	Maintained	Recovered	Triumphed
Authorized	Efficient	Managed	Refine	Troubleshoot
Balanced	Emphasized	Mapped	Regulated	Tutored
Bargained	Employed	Mastered	Reinstated	Uncovered
Beneficial	Empowered	Measured	Rejected	Understood
Benefited	Enforced	Mentored	Remained	Undertook
Bolstered	Engineered	Merited	Represented	Unified
Boosted	Enhanced	Mobilized	Resisted	United
Budgeted	Enriched	Modeled	Resolved	Updated
Built	Established	Multiplied	Restored	Upgraded
Carried out	Exceeded	Negotiated	Resumed	Used
Caused	Excelled	Observed	Retained	Utilized
Charted	Exercised	Obtained	Revamp	Validated
Checked	Exerted	Operated	Revealed	Ventured
Closed	Exhibited	Organized	Revived	Verified
Collaborated	Expedited	Originated	Saved	Viewed
Combined	Featured	Outlined	Scheduled	Withstood
Commanded	Financed	Oversaw	Schemed	Witnessed
Commissioned	Forecasted	Participated	Screened	
Complied	Formed	Performed	Secured	
Conducted	Formulated	Persisted	Segmented	
Constructed	Fulfilled	Planned	Seized	
Continued	Generated	Pointed out	Shared	

THE ACTIVITIES SECTION

<https://www.commandeducation.com/resource/common-app-activities-list/>

Is the Activities List important for college admissions?

Yes! While your grades and possibly standardized test scores make up the foundation of your college application, your activities, personal statement and extracurriculars will allow you to stand out amongst the sea of applicants and could tip an application in your favor. Thus, demonstrating a strong hook through your Activities List is very important. Additionally, college admissions officers will view your extracurricular involvement as a good indicator of how well you might function as a member of your future college community, and afterwards, how you might perform in the real world, since commitment to your activities will allow you to demonstrate time management skills, drive and commitment, and a genuine interest in the world around you.

Quality vs. Quantity

Quality is always more important than quantity when it comes to the activities you choose to add to your Activities List. Juniors and seniors can often fall into the trap of signing up for many clubs at their school—but this strategy could end up backfiring by making an application seem disingenuous. Having two to three meaningful extracurricular involvements is always better than ten activities that have no meaning to you at all. Admissions officers see thousands of applications every season, and they can easily identify resume fillers. This is not to say that you can't join a new club as a junior or senior, you definitely can! The club should just serve to complement the hook you have been working to develop throughout your high school career.

Before Filling Out the Activities List

You'll want to begin this process by compiling a list of all the activities that you have been involved in throughout high school. You will also want to jot down the years you've been involved in the activity in terms of grade levels. Activities that you can include on this list are: sports, community service, employment, religious activities (such as teaching Sunday school), internships (paid or unpaid), arts, hobbies (for example, biking or stacking competitions), school clubs, academic competitions, and basically anything else that you spend time doing outside of school. Remember to include non-formalized activities if they have been meaningful to you, such as small projects you've been working on to improve your programming abilities, the hours you've poured into learning a new language on Duolingo, or the works of art you might be painting for your own enjoyment. If you spend a lot of time with your family, perhaps you take care of an ailing member, that absolutely counts as well and shows a great deal of responsibility.

Take Your Time and Do This Part with Intention

Although students can often overlook or rush the Activities List, taking time to write an accurate, thoughtful, and well-ordered Activities List is essential for strategically framing your application and communicating your personal story. An outstanding Activities List should invariably help admissions officers grasp who you are, what is important to you, and how you have spent your time learning and serving others in your community during high school. Investing time and effort into this important component of the Common App will truly increase the quality of your college applications, while also being a satisfying exercise in looking back at your accomplishments and growth over the past three years!

Helpful Resources

How to fill out the
Activities Section in CA - Video



Activities Section Template



Activities Section
Examples and Explanation



Resume & Common App Activities
Section Action Words



80 Examples of Activities Section
for the Common App



- You can list up to 10 activities. List them in order of significance.
- You have limited characters. Make use of EVERY character.
- Do not assume the reader knows everything about that activity.
- You do not have to use complete sentences.
- Use variety in your action verbs. Use the word bank if needed.

Activity

↑

×

Activity type*

- Choose an option -

Position/Leadership description
(Max characters: 50)*

Organization Name
(Max characters: 100)

Please describe this activity, including what you accomplished
and any recognition you received, etc.
(Max characters: 150)*

Participation grade levels*

☐ 9

☐ 10

☐ 11

☐ 12

☐ Post-graduate

Timing of participation*

☐ During school year

☐ During school break

☐ All year

Hours spent per week*

Weeks spent per year*

I intend to participate in a similar activity in college.*

☐ Yes

☐ No

Clear answer



Letter of Recommendation Brag Sheet

Use the questions below as a guide to assist your recommender in writing their letter of recommendation for you. Please be as specific as possible in your responses to help them create an accurate representation of you. If a question doesn't apply, feel free to delete it or add another if needed. Adjust this guide as you see fit.

Student Name:

Today's Date:

Date Letter is Due:

Email Address / Phone # :

Counselor's Name:

Names of teachers you are asking to write a letter of recommendation:

Cumulative GPA:

SAT/ACT Scores (if applying with scores):

List the colleges you are applying to:

QUESTIONS:

What are your career plans (if undecided, it is okay)?

What draws you to this career path?

What majors are you considering in college?

What are your academic strengths?

What are your personal strengths?

What did you write about in your college essay?

What are some of the things you want a college admission/scholarship committee to know about you?

What are some specific things that you hope your recommender will discuss in this letter?

What are three adjectives that you could use to describe yourself?

Concerning your GPA and/or test scores, do you feel they reflect your true ability? Why or why not?

Something that your recommender might not know about you is...

Is there a difficult challenge or special circumstance that you have encountered that you would like your recommender to keep in mind when writing the recommendation?

What adversity or obstacles have you overcome? What has been the most difficult part of high school?

What are you most proud of?

What do you think makes you stand out the most?

What experience(s) helped/forced you to grow the most as a student?

What do you want college reps to take away from your application?

How does your identity (race, gender, sexual orientation, etc.) play into who you are?

Any hidden talents or things I would be surprised to learn about you?

Tell your recommender about when you feel you were at your best.

Is there anything you would like me to specifically talk about in the letter?

Additional information that might be helpful:

ACTIVITIES AND EXPERIENCE: The next section helps your recommender understand your experience.

You can attach a resume or answer the questions below:

What activities (both school-related and nonschool-related) are you involved in?:

What job experiences have you had? Please list the places of employment and the roles that you filled while employed.

What leadership roles do you have or have had in the past? What would you say is your style of leadership?

TEACHER SECTION: If giving this brag sheet to a teacher:

What I remember most about your class...

A unit or lesson in your class that stood out to me is....



PLEASE NOTE THAT YOU CAN ADD AND DELETE QUESTIONS AS NEEDED. THIS IS YOUR BRAG SHEET, SO BRAG!!

Use this QR Code for the digital copy.

Common App Essay Prompts

The essay demonstrates your ability to write clearly and concisely on a selected topic and helps you distinguish yourself in your own voice. What do you want the readers of your application to know about you apart from courses, grades, and test scores? Choose the option that best helps you answer that question and write an essay of no more than 650 words, using the prompt to inspire and structure your response. Use the full range if you need it, but don't feel obligated to do so. (The application won't accept a response shorter than 250 words.)

Essay Prompts	List experiences you could write about for this question.
1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.	
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?	
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?	
4. Describe a problem you've solved or a problem you'd like to solve. It can be an intellectual challenge, a research query, an ethical dilemma—anything that is of personal importance, no matter the scale. Explain its significance to you and what steps you took or could be taken to identify a solution.	
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.	
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?	
7. *Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.	

Class of 2026 Junior Parent Night



PAYING FOR COLLEGE



Wed., March 12, 2025

8:00 p.m.

Virtual Meeting



QR Code to Register

We are hosting a Paying for College presentation to help students and families learn about the financial aid process. As a public service, a representative from Oakland University will deliver the presentation, but the information shared is able to be used at any school a student attends. Please register using this link:

<https://apply.oakland.edu/register/?id=39930417-d364-4ccc-8235-76ef55725598>

If you are unable to join the presentation on the date scheduled, you can always access any of the virtual presentations or watch the recorded version on the [Financial Aid Events website](https://oakland.edu/financialevnts) for students and families (oakland.edu/financialevnts).