



Jericho High School

Navigating the Road to College & Post Secondary Planning

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Agenda

- Graduation Requirements
- Components of a College Application
- Naviance
- Creating a College List
- Students with Special Needs
- Student Athlete / Recruiting Process
- Types of College Applications
- Individual College Meetings
- Next Steps

Graduation Requirements

<u>COURSES</u>	<u>CREDITS</u>
ENGLISH	4.0
SOCIAL STUDIES	4.0
MATH	3.0
SCIENCE	3.0
HEALTH	0.5
ART/MUSIC	1.0
WORLD LANGUAGE	1.0
ELECTIVES	3.5
<u>PHYSICAL EDUCATION</u>	<u>2.0</u>
TOTAL Credits	22.0

Regents Exam Requirements

Regents Diploma - a score of 65 or better is required on these Regents exams:

English Language Arts (ELA)
Mathematics (any)
Global History
US History/Gov't
Science (any)
Language other than English (FLACS A)

Regents Diploma with Advanced Designation - a score of 65 or better is required on these Regents exams:

English Language Arts (ELA)
Mathematics (All three) (Algebra, Geometry, Algebra II)
Global History
US History/Gov't
Science (One physical and one life science)
Language other than English (Checkpoint B)

Components of a College Application

- High School Transcript
- Standardized Testing
- Letters of Recommendation
 - Counselor Letter of Recommendation
 - (2) Teacher Letters of Recommendation
 - Outside Letter of Recommendation (Coach, Club Advisor, Internship, etc.)
- Personal Statement / Essay
- Activity Resume

Academic Record & Senior Year Course Selection

- **Academic Record** - Your high school transcript tells a story about you. Colleges want to see that you have taken and done well in the most challenging courses available to you and that your academic record has improved from year to year.
- **Senior Year - KEEP IT STRONG**
 - Colleges look for a rigorous/challenging program
 - Senior grades matter!
- **Required**
 - 6 Classes including English and Social Studies, plus Physical Education
- **Highly Recommended**
 - Continue math, science and world language
- **Electives**
 - Explore interests, show passion, demonstrate specialty
 - Take courses related to your possible college major
- **COURSE INFORMATION NIGHT**: Thursday, January 9, 2025
- **COLLEGE MAJORS NIGHT**: Tuesday, January 7th @ 7pm via Zoom
 - Ask your current teacher(s) and counselor for suggestions

Letters of Recommendation

Teacher Letter of Recommendation

- You will need 1-2 letters of recommendation from teachers. Colleges usually prefer teachers from core academic subject areas. Ask teachers who you feel know you the best and who can speak to your strengths as a student.
- Some teachers will ask you to fill out a Teacher Brag Sheet, while others may ask for a resume.
- Ask your teachers if they are willing to write your recommendation after AP Exams.

Counselor Letter of Recommendation

- Students will need to fill out a **Student Brag Sheet**, **Resume** and parents will fill out a **Parent Brag Sheet** - in Naviance.

Additional Letters of Recommendation

- Coach, club advisor, mentor, research professor, employer, etc

College Essay

Tips for Writing your College Essay

- Write about something that is important to you
- Start early and write several drafts
- Keep the story focused on a discrete moment in time
- *Show* rather than *tell*. Give examples and illustrate your topic to help bring it to life
- Write in your own “voice” and style
- Focus on the positive aspects of the story, topic, event, etc. that you are writing about
- Imagine how the person reading your essay will feel
- Colleges want to learn about growth
- Reflect on the topics you’re writing about instead of recounting all the details
- The essay should not be about your resume, recommendations, and high school transcripts, it should be about Who You Are

College Essay Prompts from Common App

These are the 2024-2025 Common App Essay Prompts. We will update you if they change for 2025-2026:

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. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?
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.

Activity Resume

Why Colleges think Extracurricular Activities are Important:

- Allows students to Explore and Focus their Interests - helps them find their passion
- Demonstrates an Area of Specialization (Show your talents)
- Demonstrates Commitment - Depth vs. Breadth
- Shows Initiative and Leadership
- Gives students an outlet outside of the classroom

Activities to be included on the Activity Resume:

- Clubs, Community Services, Athletics, Work, Summer, Cultural, Music
 - RECORD INFORMATION USING ACTIVITY WORKSHEET AND/OR NAVIANCE

**Colleges are aware that the pandemic has affected student's ability to continue many of their extra-curricular activities. Be prepared to "show" what you did, detailing how you found other ways to help others, or describing what family obligations you confronted during this challenging time.

Standardized Testing

- Due to the pandemic many colleges have continued to be Test Optional. Some colleges will be test optional for the class of 2026.
- If you *can* take SATs or ACTs, ideally you would take most in junior year.
- Check your PSAT score and log on to [collegeboard](#) to identify your strengths and weaknesses.
- Method Test Prep - free online tutoring for SAT & ACT (Found in Canvas- Click on a Subject and Method Test Prep will appear on the left-hand side).
- Register and Prepare for SAT
 - <http://sat.collegeboard.org/register/sat-dates>
 - <https://collegereadiness.collegeboard.org/sat?navId=gh-nsat>
- Register and Prepare for ACT
 - <http://www.actstudent.org/regist/dates.html>
 - <http://www.actstudent.org/testprep/>
- Applying test-optional
 - Check websites for requirements
 - <https://fairtest.org/test-optional-list/>

Demonstrating Interest

*Some schools say **demonstrated interest** is of considerable importance in their admissions decision.*

Measured by:

- College Visits and Campus Visits
- How many of their emails did you open and how quickly?
- Do you follow them on social media?
- Did you show up when an admissions representative visited your high school?
- How did you answer their supplemental questions on the Common App?

Demonstrated interest is one method of controlling the yield number, so too is Early Admissions.

Naviance Access via Canvas

Jericho High School-2024-2025 School Year

- [Home](#)
- [Assignments](#)
- [Pages](#)
- [Files](#)
- [Syllabus](#)
- [Modules](#)
- [Collaborations](#)
- [ConnectED](#)
- [Big Ideas](#)
- [Google Drive](#)
- [Discovery Education](#)
- [GradeCam](#)
- [Naviance](#) 
- [Badges](#)
- [Method Test Prep](#)

Naviance

TO DO by **June 1st**

Naviance or via Counseling Center Website:

- Junior Conference Survey (in Naviance Only)
- Student Brag Sheet
- Parent Brag Sheet
- Resume

Explore Careers in Naviance

- Take a Career Assessment (Strengths Explorer, Do What You Are)

Colleges

- Research colleges based on size, location, percent accepted, major, etc.
- Research college admission statistics for Jericho High School via Naviance
- Add colleges to your Colleges I'm Thinking About list via Naviance

Creating a College List

When creating a list of Colleges to Think About, consider what is important to you:

- Academic programs
- Location
- Selectivity
- Size and diversity of student body
- Campus life –athletics, activities, housing
- Graduation and retention rates
- Affordability and Cost

Creating a College List, cont'd

3-4 Likely Schools – Schools that appear on your list of highly desirable schools that you are relatively certain will accept you AND that you can definitely afford to attend.

3-4 Target Schools – Schools on your list that are “likely” to accept you based on your academic profile. Target schools are never a certainty as academic profiles change each year based on the strength of the applicant pool (and the volume of applications domestically and internationally)..

2-3 Reach Schools – Schools that “may” accept you, but based on your academic profile, do not fall into your list of target schools. Acceptance to these schools may be based on factors other than academic profile and are therefore never considered a certainty even for those students whose academic profile meet or exceed the profile of that particular school.

Students with Special Needs

IEP/504

- Post Secondary Goals will be discussed in the Junior Conference
- College Support Programs & Transition Services
- Most college campuses have a dedicated staff to help students receive resources and assistance they need to succeed in their educational journey and the different types of services will be discussed on an individual basis

Student Athlete / Recruiting Process

- NCAA - DIV. I & II
- REGISTER WITH NCAA ELIGIBILITY CENTER BY THE END OF JUNIOR YEAR
- DEVELOP ATHLETIC RESUME
- CONTACT COACHES OF PROSPECTIVE UNIVERSITIES
- ACADEMIC / ATHLETIC MATCH

Types of College Applications

COMMON APPLICATION

www.commonapp.org

COALITION APPLICATION

www.coalitionforcollegeaccess.org

COLLEGE-SPECIFIC APPLICATION

- Georgetown
- UC Schools
- MIT

STATE UNIVERSITY OF NEW YORK

(SUNY)

www.suny.edu

CITY UNIVERSITY OF NEW YORK

(CUNY)

www.cuny.edu

Individual College Meetings - Junior Conference

- STUDENT/PARENT(s) are encouraged to schedule a Junior Conference beginning February 10, 2025
- TOPICS:
 - SENIOR YEAR SCHEDULE
 - SUMMER PLANS
 - STANDARDIZED TESTING PLAN
 - REVIEW EXTRACURRICULAR ACTIVITIES
 - TEACHER LETTERS OF RECOMMENDATION PROCESS
 - PRELIMINARY COLLEGE LIST
- EMAIL COUNSELOR FOR AN APPOINTMENT AND YOUR AVAILABILITY

Next Steps...

Things to be working on now...

- Make an appointment with your counselor for your Junior Conference beginning February 10.
- Research summer opportunities (jobs, internships, volunteer work, virtual classes/workshops, research opportunities)
- Complete a college search on Naviance and save colleges to your list of “Colleges I am Thinking About” (click the heart <3 next to a college to add to this list)
- Research college websites and attend virtual campus tours
- Prepare for standardized tests and create a Testing Schedule
- Register for the SAT or ACT
- Start visiting colleges

Spring 2025...

- Complete the Student Brag Sheet, Parent Brag Sheet and Resume
- Request letters of recommendation from 2 teachers
- Create your Common Application account
- Work on your college essay