

# Sayreville War Memorial High School Guidance Department



## Junior College/Career Planning Program

Counselor Contacts	Email Address	Grades 9-11
Ms. Chupka	<a href="mailto:Carly.Chupka@SayrevilleK12.net">Carly.Chupka@SayrevilleK12.net</a>	A-Bre
Ms. Schnorbus	<a href="mailto:Paula.Schnorbus@SayrevilleK12.net">Paula.Schnorbus@SayrevilleK12.net</a>	Bri-Dub
Mr. Schlaline	<a href="mailto:Joseph.Schlaline@Sayrevillek12.net">Joseph.Schlaline@Sayrevillek12.net</a>	Duc-Hr
Mr. Osaze Morris	<a href="mailto:Osaze.Morris@SayrevilleK12.net">Osaze.Morris@SayrevilleK12.net</a>	Hu-Loo
Mrs. Gibson	<a href="mailto:Kimberly.Gibson@SayrevilleK12.net">Kimberly.Gibson@SayrevilleK12.net</a>	Lop-Naq
Mr. Michael Velardi	<a href="mailto:Michael.Velardi@Sayrevillek12.net">Michael.Velardi@Sayrevillek12.net</a>	Nar-Qu
Mrs. Antonietta Calcagno	<a href="mailto:Antonietta.Calcagno@Sayrevillek12.net">Antonietta.Calcagno@Sayrevillek12.net</a>	R-Sim
Mr. Haresh Kapadia	<a href="mailto:Haresh.Kapadia@Sayrevillek12.net">Haresh.Kapadia@Sayrevillek12.net</a>	Sing-Z
Mrs. Sicola, Director	<a href="mailto:Donna.Sicola@sayrevillek12.net">Donna.Sicola@sayrevillek12.net</a>	
High School Guidance Office	732-525-5280 Fax 732-316-9307	



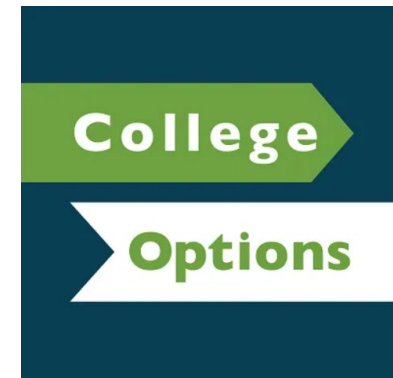
# Know Your Options

## **“Two-Year” Colleges:**

- Certification program or associate’s degree program in a variety of vocational and technical fields. Option to transfer to four-year college.

## **“Four-Year” Colleges:**

- Students enroll to earn a bachelor’s degree.



## **Applied Technology Centers - Vocational/Technical/Business Schools:**

- There are many private schools offering training in a variety of fields, such as computers, cosmetology, technicians, etc.

## **Apprenticeship:**

- Structured on-the-job training
- Instructional coursework by an approved provider

## Know Your Options Continued

### **EMPLOYMENT**

- If you are planning to go directly into a job after high school, you will want to consider what types of jobs you may enjoy, as well as assess the skills you have already developed.

### **ROTC:**

- Two and four year programs for military training are offered at selected colleges.

### **MILITARY:**

- Army, Navy, Air Force, Marines, National Guard, Coast Guard: For more information about careers and futures in the Armed Forces speak with a recruiter.

### **Armed Services Academies:**

- U.S. Air Force Academy, U.S. Coast Guard Academy, West Point, U.S. Naval Academy, U.S. Merchant Marine Academy.

You must start this process in the spring of your junior year by completing a Pre-Candidate questionnaire.




Choose the characteristics that you consider important in your college search:

- Two-year vs. four-year option
- Setting: urban, suburban, rural
- Location: distance from home
- Size of school
- Academic environment: majors offered, class size, faculty, facilities
- Extracurriculars: social activities, clubs, intramural sports, campus events
- Cost and financial aid





Use available  to gather information about colleges and narrow down your list:

- Naviance: <https://student.naviance.com/swmhs>
- College Board: [www.collegeboard.org](http://www.collegeboard.org)
  - [bigfuture.org](http://bigfuture.org)
  - Colleges' admissions websites
- Campus visits/Open Houses  
All schools are offering virtual visits and open houses and most are starting to offer in-person visits again
- Meet with college reps at SWMHS: September through December (sign up in Naviance)
- Meet with your School Counselor
- Attend Counselor Workshop Series April through June 2025 (summer workshops are also available, see slide 23)



# Components of the College Application

- High School Transcript
- Application
- Essay
- Letters of Recommendation
- Standardized Test Scores

Colleges also may consider:

- Demonstrated Interest
- Interview
- Activities/community service
- Supplemental Essay
- Financial Aid forms (for need based decision schools)

School of Record

School Name:

Student Information

# HIGH SCHOOL TRANSCRIPT

Home Address:

School Address:

(Grades 9-12)

## High School Transcript

School Telephone:

Graduation Date:

Total Credits: 26.0

Class Rank

113 of 400

Cumulative GPA: 3.5

Percentile

71.75%

District:

- Lists final grades for all courses student had in high school

Mo/Yr	Course Title	Grade	Credits Earned	Grade Level	Mo/Yr	Course Title	Final Grade	Credits Earned	Grade Level		
COURSE STUDY					COURSE STUDY						
06/08	English 1	B 82	1	09	06/10	English 11	B 81	1	11		
06/08	Business Math	B 84	1	09	06/10	Geometry	C 75	1	11		
06/08	Geography	C 79	1	09	06/10	Intro Physics/Chem	B 86	1	11		
06/08	Language Arts	A 92	1	09	06/10	Football	A 92	1	11		
06/08	Fashion Industry	A 98	1	09	06/10	Computer Applications	B 86	1	11		
06/08	Culinary Skills	B 85	1	09	06/10	Dance/Drill Team	A 100	1	11		
06/08	Elementary	B 83	1	09	06/11	U.S. History	A 96	1	11		
Total Credits 7		GPA: 3.49		Cumulative Credits 7.0		Total Credits 7.0		GPA: 3.52		Cumulative Credits 21.0	
COURSE STUDY					COURSE STUDY						
06/09	English 10	A 91	1	10	05/11	French 1	B 88	1	12		
06/09	Algebra I	A 92	1	10	05/11	U.S. Government	B 82	0.5	12		
06/09	World History	A 92	1	10	05/11	Economics	B 81	0.5	12		
06/09	BCIS	A 94	1	10	05/11	Math Models	C 70	1	12		
06/09	Biology/Lab	B 84	1	10	05/11	English	B 87	1	12		
06/09	Dance	A 100	1	10	05/11	Ethics	A 96	0.5	12		
06/09	Speech 101	A 94	0.50	10	05/11	Dance/Drill Team	A 100	1	12		
06/09	Health	A 98	0.50	10							
Total Credits 7		GPA: 3.69		Cumulative Credits 14.0		Total Credits 5		GPA: 3.17		Cumulative Credits 26	

- Cumulative, weighted GPA
- Class rank-- Initial September of Senior year
- Final class rank February of Senior year
- Rigor of courses is important.





# Application

THE COMMON APPLICATION

- Use the application on the college's website, the Common App, or Coalition App if it is accepted by the college
- Common App ([www.commonapp.org](http://www.commonapp.org)) is a single application that is accepted at more than 1,000 colleges in the US; additional supplemental essays for some colleges may be required
- Coalition Application
- Early Decision Vs. Early Action
- Fee Waivers



# The Common Application

[www.commonapp.org](http://www.commonapp.org)



- More than 1,000 colleges and universities nationwide use the **Common Application**.
- If you are applying to more than one participating school, you can use the **Common Application**. Complete the application only once and then pay each college's application fee separately.
- You don't have to complete two different applications!

# The Coalition Application

[www.coalitionforcollegeaccess.org/](http://www.coalitionforcollegeaccess.org/)



- The Coalition for College is a diverse group of more than **150** distinguished colleges and universities across the U.S. that is committed to making college a reality for all high school students through its set of free, online college planning tools that helps them learn about, prepare for, and apply to college.

# Early Decision (ED)

This is a **binding decision**. If a student is offered admission under ED, he/she must withdraw all other applications.

ED should only be used if a student has a very strong preference for the first choice college.

Deadline is usually mid-October/November with the

decision received by the end of December

Pro: Admission rates can be higher for ED students

Con: Financial Aid: you will not be able to compare

financial aid packages from several universities

Not every college offers Early Decision



# Early Action (EA):

- Same timeline as Early Decision, but the **decision is non-binding.**
- Students have until May 1<sup>st</sup> to make their final decision.
- Not every college offers an EA option



# Essay

- **Sample essay questions can be found by previewing applications.**
- **Have two to three different people read and give feedback on your essay (including at least one English teacher).**
- **College admission officers look to the essay for evidence that a student can write well. They also want to know something about the personality of the student.**
- **Avoid essentially writing your resume in paragraph form. It's better to develop one small event, person, place, feeling, or idea with a lot of narrative and specifics. You want to stand out!**
- **Be yourself and be sincere.**
- **You are able to view The Common App essay prompts on [commonapp.org](https://www.commonapp.org).**

# Letters of Recommendation



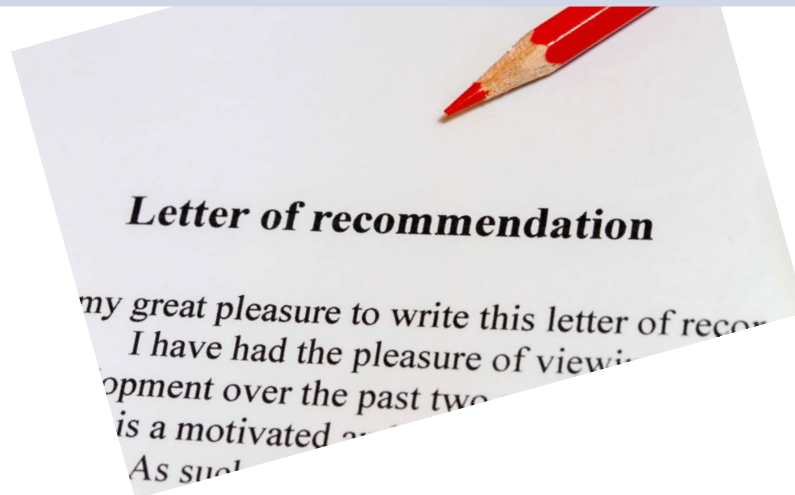
Should be from two teachers in academic subjects who have witnessed your work ethic.



Ask teachers in late spring of junior year or early autumn of senior year.



Can include a supplementary letter from a coach, work, volunteer supervisor, or club advisor.



# Standardized Test Scores

- SAT: [sat.collegeboard.com](http://sat.collegeboard.com)
- ACTs: [www.act.org](http://www.act.org)

***Registration for both tests is ONLINE***

- Sayreville War Memorial High School CEEB code: 311355
- Test Fee Waivers (For those on Free and Reduced lunch) Contact your school counselor to receive a fee waiver, if applicable.





# Financial Aid

- The FAFSA is now required for graduation!
- Access the site and create your FSA ID (takes three days) [www.fafsa.gov](http://www.fafsa.gov).
- It is recommended that all students and parents complete the application as soon as it opens (usually in early December) of your senior year. Students not planning to attend a secondary school need to complete the FAFSA waiver for graduation (on the HS Counseling webpage.)
- CSS Profile is required for some private universities [profileonline.collegeboard.com](http://profileonline.collegeboard.com).
- NJ HESAA is a good resource for parents: [www.njhesaa.org](http://www.njhesaa.org).

\*\*You are eligible to transfer your FAFSA® information into New Jersey's state student aid application. Use the "Start your state application" link on the FAFSA confirmation page to transfer your information.

**Note:** This feature is only displayed once on the confirmation page after submitting your FAFSA form. Use the HESAA website to return to the state aid application.

- NJSTARS: if funds are available, the top 15% of
- the class is eligible for free tuition to Middlesex
- County College [www.NJSTARS.net](http://www.NJSTARS.net).



# SCHOLARSHIPS

- Some colleges have a priority deadline for merit scholarship consideration.
- Never pay a fee to have your scholarship application processed.
- Resources:
  - Naviance emails (Review your Naviance-related emails for scholarship and other announcements from all high school counselors)
  - District website

Scholarship

- Websites:

- [--www.scholarships.com](http://www.scholarships.com)
- [--www.fastweb.com](http://www.fastweb.com)
- [--petersons.com](http://petersons.com)
- [--collegeboard.com](http://collegeboard.com)



- Students who want to play NCAA sports at a Division I or II school need to register for a Certification Account with the NCAA Eligibility center. The fee to register is approx. \$90.
- [www.ncaaeligibilitycenter.com](http://www.ncaaeligibilitycenter.com)
- See your counselor with any questions about NCAA-approved courses prior to your senior year.

# Counselor's Role



Provide	Provide resources
Assist	Assist with application process
Meet	Meet with seniors throughout process
Help	Help guide the process for student/family
Advocate	Advocate for student's best interests
Provide	Provide letter of recommendation
Liaise	Liaise between school and college

# Parent/Guardians' Role



PARENT/GUARDIAN

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Discuss/listen

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Support student and high school

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Attend college visits, college fairs, monitor your child's application process and grades

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Use Naviance/Family Connection Tools/OnCourse Parent Portal

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Become informed about the college application process.

Deep involvement in a few activities is better than casual

involvement in many activities

Challenge yourself! Take the most challenging course load you can senior year while still maintaining strong grades

Stay organized!

- Create a folder for each college's materials
- Create a spreadsheet listing each college's deadline and application requirements

Be aware of your deadlines!

Complete all applications by winter break of your senior year

# Junior To-Do List

Begin to research colleges. Create a primary list. Find schools that match your GPA and test scores. Add the schools to your Naviance account under "Colleges I am Thinking About."

Visit a variety of schools – different sizes, different locations, and different levels of admission difficulty. Schedule visits during spring break, weekends and the summer. All schools are offering virtual visits/information sessions and open-houses and most have in-person visits again.

Develop a strong, academically based senior schedule and earn the best grades possible.

Register for Spring SAT and/or ACT.

Attend college fairs and visit school websites for further information.

## Junior To-Do List

- Identify one or two teachers and ask them before the school year ends if they would be willing to write you a letter of recommendation.
- Read and review college planning materials provided by the Counseling Department.
- Attend Counselor Workshop Series (see next slide)
- Make sure you have joined your individual counselor's Google Classroom and the Guidance Google Classroom.
- Athletes should register with the NCAA Eligibility Center.



# Open Houses at New Jersey Colleges and Universities

Check college websites for more information and *to register*.

*It is best to visit an open house at the time it begins, if possible, so you don't miss any special programming.*

<a href="#"><u>Bloomfield College at Montclair</u></a>	Monday, February 17 at 9 a.m.
<a href="#"><u>Brookdale Community College</u></a>	Sunday, April 6, 1 p.m. – 3:30 p.m.
<a href="#"><u>Caldwell University</u></a>	Monday, May 26, 2025
<a href="#"><u>Centenary University</u></a>	Saturday, March 22, 2025
<a href="#"><u>Farleigh Dickinson University</u></a>	Florham Sunday, May 3, Metropolitan Monday, May 4
<a href="#"><u>Felician University</u></a>	Sunday, March 9, 2025
<a href="#"><u>Georgian Court University</u></a>	Saturday, Feb. 22, 12:30 p.m - 4:30 p.m.
<a href="#"><u>Kean University</u></a>	TBD
<a href="#"><u>Middlesex College</u></a>	Sunday, April 27, 10 a.m. – 1 p.m.
<a href="#"><u>Monmouth University</u></a>	Info. Sessions – Saturday, March 1 and Saturday, April 19
<a href="#"><u>Montclair University</u></a>	Sunday, February 23, 2025

<a href="#"><u>New Jersey City University (NJCU)</u></a>	TBD
<a href="#"><u>New Jersey Institute of Technology (NJIT)</u></a>	Sunday, February 16, 2025
<a href="#"><u>Princeton University</u></a>	Campus tours available Jan - May
<a href="#"><u>Ramapo College</u></a>	Sunday, April 27, 9:15 a.m. -1:00 p.m
<a href="#"><u>Rider University</u></a>	Sunday, April 27, 10 a.m. – 1 p.m.
<a href="#"><u>Rowan University</u></a>	Sunday, March 9, 2025 Sunday, April 6, 2025
<a href="#"><u>St. Elizabeth University</u></a>	Sunday, February 22 at 9:30 a.m. – 12:30 p.m.
<a href="#"><u>Stevens Institute of Technology</u></a>	TBD
<a href="#"><u>Seton Hall University</u></a>	Sunday, February 16, 2025 Sunday, April 27, 2025
<a href="#"><u>Stockton University</u></a>	Saturday, March 23 11 a.m.
<a href="#"><u>The College of New Jersey (TCNJ)</u></a>	Sunday, March 9, 2025 Saturday, April 12, 2025
<a href="#"><u>William Paterson University</u></a>	Saturday, April 26, 10 a.m.

# College and Career Planning Workshop Series

Presented by the SWMHS Guidance Department

Students in the Class of 2026 are invited to sign up for one or several workshops to get a head start on your college and career planning.

Topics include:

- Naviance Basics
- Searching for schools
- The application process including Common Application
- Essay writing

Join the Google Classroom and watch for the dates to be posted soon!  
Class Code: 4f2vwi2

Upcoming College Fair – registration information TBD



**COLLEGEFAIRSUSA.COM**  
Career Council Inc.  
National Hispanic College Fairs Inc.®



**Proudly Presents**  
**a COLLEGE FAIR at**



**East Brunswick Magnet High School**

**112 Rues Ln, East Brunswick, NJ 08816**

**Wednesday, MARCH 5, 2025**

**6:00PM-8:00PM**