

Junior College Night

February 11, 2025



Counselor Locations:

Ms. Conrad: Choral Room

Mrs. Leder: Library

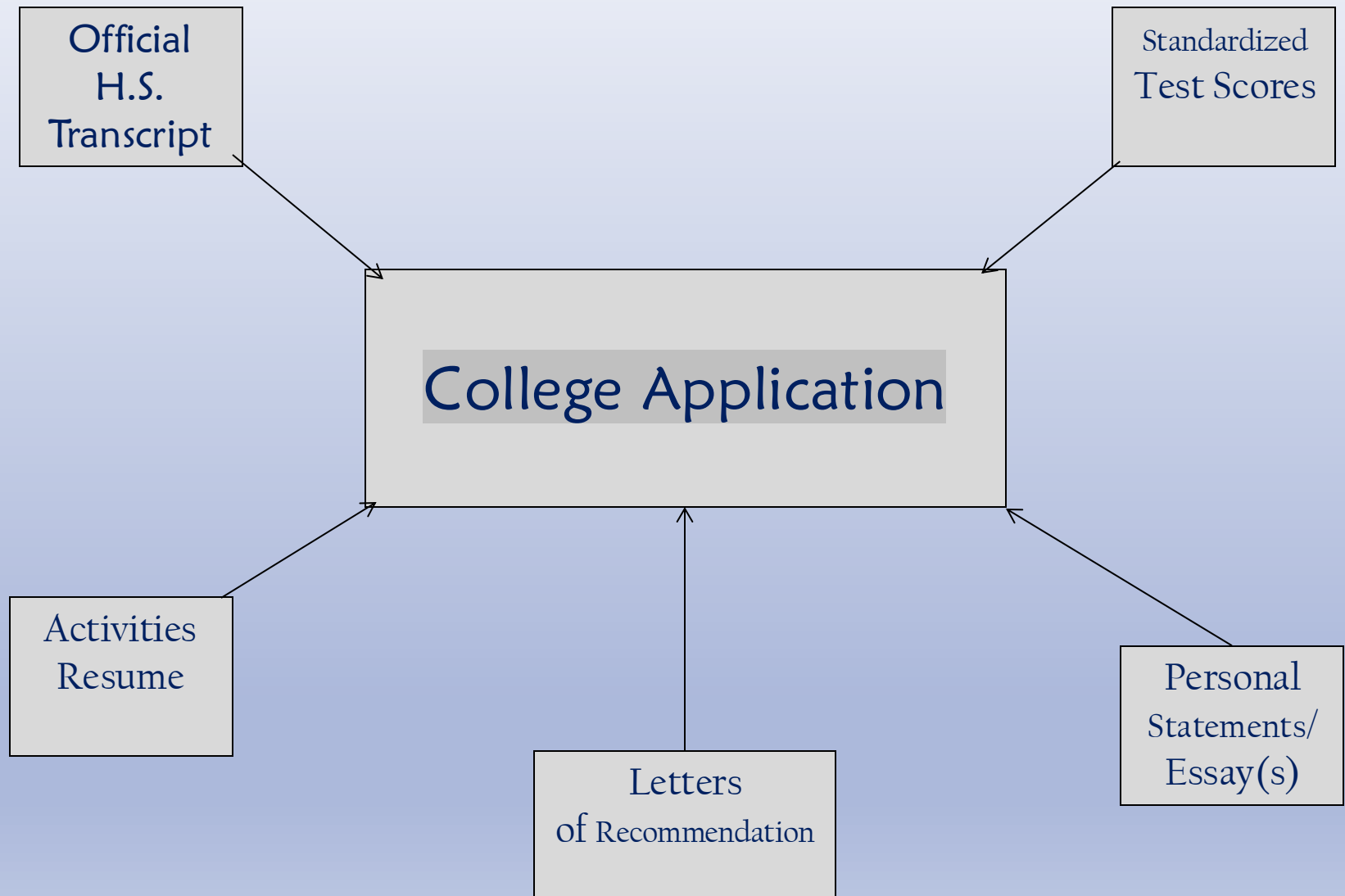
Mrs. Murphy: Band Room

Mrs. Rotella: Yoga Room

Ms. Rubenstein: Little Theatre

Components of a College Application:

p.9 in Guide



High School Transcript

What colleges look for...

p.9 in Guide

- Three-year cumulative weighted and/or unweighted Grade Point Average
- Academic growth over entire high school career
- Level of rigor in course disciplines
- Consistency in grades
- Senior-year course selections
- Mid-year senior grades
- Final Grade Point Average upon graduation

Deeper Look...

- Today onward, you can be a superstar! End this year on a high note, don't leave any points on the table. Choose coursework that aligns with the scope of study as well as the rigor expected of applicants at your chosen schools.
- If you're struggling in a course, meet with your teacher, attend extra help and research online resources.
- Consider how your senior year coursework and grades can either reinforce your sense of purpose and illustrate your growth OR tell a story of someone who's "taking it easy" or succumbing to Senioritis.
- Remember that your acceptances are conditional. If you drop/add/level down after submission or acceptance, a revised transcript will be sent.

SAT vs ACT:

p.10-12 in Guide

- Create a testing plan, register and prepare. .
- Many colleges have continued to be Test Optional. It is your responsibility to check with the colleges you are interested in to see what their testing policy is for 25-26.
- Know the middle 50% range of submitted scores at your schools, that will help you determine if you are submitting scores if they have an optional policy.
- Students are responsible for sending scores to school. You must order a score report from ACT or College Board well in advance of your deadlines.
- As of April 2025, the Digital version of ACT the Science component is optional. This will be available in paper version as of September 2025. The SAT is now fully digital
- SAT/ACT Twilight workshops: Email your counselor to sign up!!

SAT/ACT PREP (CYCLE 3)
3/3, 3/5, 3/10, 3/17, 3/19, 3/24, 3/26, 3/31

SAT/ACT PREP (CYCLE 4)
5/5, 5/7, 5/12, 5/14, 5/19, 5/21, 6/2, 6/4



Letters of Recommendation

p. 13 in Guide

- School Counselor:

Letter written highlights overall high school career. Students and parents are encouraged to share any personal information deemed significant to their lives and its impact on high school career.

- School Teacher(s):

Letter written highlights the student during the duration of the course and in the context of their class. Think of who you have been and what your teacher could share about you. How would they describe you? What would you want them to say?

- Ask your teacher(s) in person this spring. You will provide them with thoughtfully completed teacher recommendation forms and after August first, you will invite them via Naviance.
- Students are encouraged to sign the FERPA, waiving access to recommendation letters. College admissions representatives deem these letters more credible in the admissions process and most teachers will not write a letter without a waived FERPA.

Understanding the Brag Sheet...

- Counselor Letter: I am the person who speaks to your colleges. Take the time to think about the parts of you that you wish for me to share.
- Student and Parent Brag Sheets: Your opportunity to open up, tell me something personal. Share a quirk, experience or talent and who you are within the context of your family or friend group. What have you learned about yourself?
- Let's discuss that thing you want them to know but don't want to devote your entire personal essay to (Obstacle, setback, challenges or extenuating circumstances).
- Brag sheets are found on the PPS Page of the school website, they are in a google form link for each counselor and should be submitted no later than September 15th
- These should be turned in at least 15 business days prior to your first deadline. [PPS College Forms/ Brag Sheets](#)

Personal Essay

p.14 in Guide

- Essay provides opportunity for student voice and creativity. What do you want the Admissions Officer to know about you. What makes you unique
- Writing piece must be an engaging and authentic narrative – this requires a very different approach that takes time and practice.
- Essay MUST be proofread!!
- Before starting, read samples of online
- Watch for supplemental essays on the common application and/or if you are applying to special programs.
- Note: Attend College Essay Workshops in the Spring
- Check out The College Essay Guy... he has fantastic resources for writing personal essays!



College Essay Guy
www.collegeessayguy.com

Supplemental Essays

- Not all schools have them, some have multiple!
- It is important to look at the applications when they open and budget time wisely so you can be sure to have them done in time.
- They are typically more specific and have fewer words/characters allowed anywhere from 100 words to 650!
- These should be new information that is not already represented elsewhere in your application/essay

Example:

- If I could travel anywhere, I would go to...*
- The most interesting fact I ever learned from research was...*
- In addition to my major, my academic interests include...*
- My favorite thing about last Friday was...*
- Something you might not know about me is... *

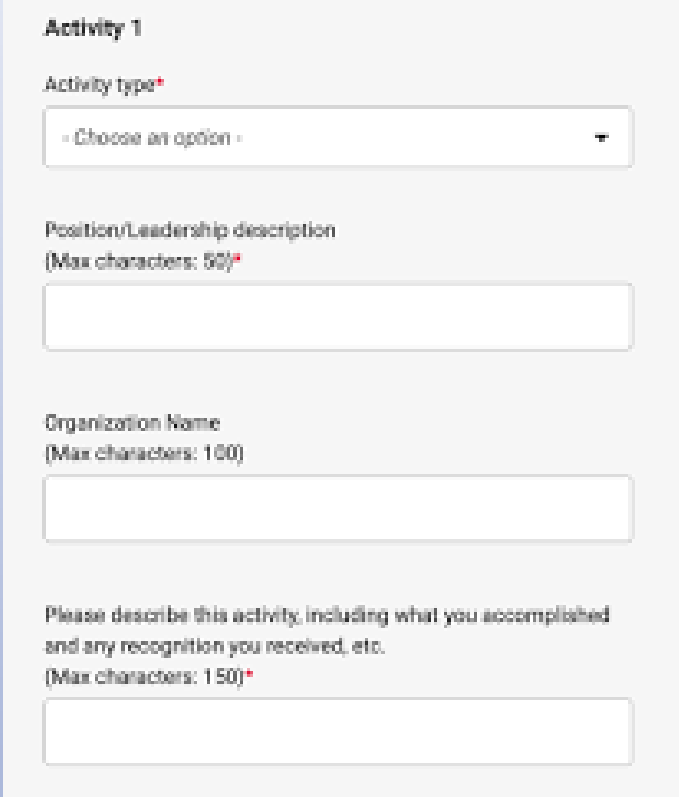
Extracurricular Resume

p.15 in Guide

Activities to include:

- Community Service
- Athletics/Musical Talents, etc.
- Awards and Recognitions
- Religious obligations
- Family/Personal responsibilities
- Work/Summer Experiences
- Educational Programs
- Leadership

* It is important to emphasize QUALITY, not quantity.



The image shows a digital form for an extracurricular resume, specifically for 'Activity 1'. The form is light gray with white input fields. It includes a dropdown menu for 'Activity type', a text box for 'Position/Leadership description' (50 character limit), a text box for 'Organization Name' (100 character limit), and a larger text box for a detailed description (150 character limit). Red asterisks indicate required fields.

Activity 1

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)*

Factors that Influence College Choice:

p.6 in Guide

- Geographic Location:
- Size of student body: Small 500-2K, Medium 2K-5K, Large 5K-10K, Very Large 10K +
- Academic Profile: Reach, Target and Safe
- Cost: Tuition, Room and Board, Fees
 - Scholarship Offerings, Merit, In State Tuition Vs Out of State Public Vs Private
- Curriculum and Academic Offerings
 - Majors, Internships, Study Abroad, Career Placement
- Reputation
 - Rankings, Selectivity, Competitiveness, Rumor Mill
- Control and Support
 - Public vs. Private, Religious Affiliation
- Special Programs
 - Athletics, Art, Music, LD Programs, etc.

Platforms to Know:

- **Naviance:** Teacher requests for letters of recommendation, colleges you are applying to must be listed in here.
- **Common App:** Can apply to up to 20 schools within one application
- **SUNY Application:** Can be used to apply only to SUNY Schools
- **CUNY First:** Separate platform that must be used for applying to City of NY schools
- **Coalition:** Rarely used but can be helpful if applying to more than 20 schools.
- **FAFSA:** Government forms required by many schools in order to qualify for financial assistance
- **CSS Profile:** some private schools also require this financial profile to help determine financial package.
- **SRAR:** Self Reported Academic Record: Some schools (larger schools typically) require students to enter their transcript individually and send to schools after submitting your application.

College Navigator

[Nces.ed.gov/collegenavigator](https://nces.ed.gov/collegenavigator)



Search Engine containing comprehensive data reported directly by individual colleges to US Government.

Data reflects Fall 2023 stats:

- ✓ Admissions information
- ✓ Enrollment
- ✓ Tuition and fees
- ✓ Financial Aid
- ✓ Athletic info
- ✓ Accreditation

Dates to Remember

- Individual Appointments: March 11th through April.
Please call 516-792-4123 for appointment. These are booked for two periods
- March 19th: College Essay Workshop and the Do's and Don't of the Admissions Process
- April 1st: College Expo at Hofstra University
- Late May/Early June: Common App Workshop
- August 1st is the date the Common App opens up for applications for the 25-26 season.
- September 15th: Brag sheets due to counselor!
- Financial Aid night will be in the Fall of 2025

Things to Do:

- ✓ Start thinking about what teachers you will ask for recommendations, we suggest 2 from junior year.
- ✓ Complete the Parent/Student Brag sheet before the end of the school year
- ✓ Start researching as a family the schools you are interested in. Create a spreadsheet with data that is important to you to consider
- ✓ Make your ACT/SAT testing plan. Visit ACT.org or Collegeboard.org to register
- ✓ Call the PPS office to schedule your Junior College Meeting
- ✓ Have a family discussion about finances and expectations for college costs