



2025 COLLEGE & CAREER GUIDE

YOUR GO-TO GUIDE
FOR POST HIGH
SCHOOL PLANNING
INFORMATION



PRESENTED BY:
Methacton High School
Counseling Office

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A Note to Parents

The college application process can be both exciting and overwhelming for parents. It is natural to want to be a part, but it is important to support your child rather than direct the process. Here are some positive ways to help support your child in their educational planning:

- Resist the urge to take over. It is easy to get excited, but this is an important rite of passage for your child. Allow them to find their best match.
- Respect your child's choices.
- Listen with an open mind to their ideas about majors and schools.
- Provide helpful, encouraging and constructive feedback.
- Encourage your child to communicate with the colleges directly. They are looking for mature individuals to come to their campus. This will look favorably in the admissions process.
- Do not assume that online blogs or websites are accurate.
- Don't let others form your opinion of a school and let your child form their own impression.
- Help to coordinate college visits.
- Help them utilize materials that help them to organize their college materials.
- Assist your child in research.
- Talk to your child about questions to ask on the visit. Try to allow them to ask as many questions as possible.

Welcome to Methacton High School!

This Post-Secondary Planning Guide was developed by the counseling department as a one stop shop for students and families who are trying to navigate the next steps after high school. The counseling department created a comprehensive list of material that includes college, career, and military information. We encourage all junior and senior families to review and utilize the resources in this packet. We understand that every student has a different path in life, and we are here to support any endeavor.

Good luck and have a great school year!

School Counselor Breakdown for Grades 9-12

Counselor	Student Last Names	Email	Phone Extension
Mr. Peck	A-B	wpeck@methacton.org	25032
Mrs. Henning	C-FP	rhenning@methacton.org	25408
Mrs. Langan	FR-KI	llangan@methacton.org	25029
Mr. Ruminski	KJ-NF	druminski@methacton.org	25028
Ms. Johns	NG-SC	sjohns@methacton.org	25031
Ms. Wells	SD-Z	lwells@methacton.org	25038
Dr. Maffei	Career Counselor	smaffei@methacton.org	25034

Counseling Secretaries:

Ms. Gracie: dgracie@methacton.org

Mrs. Lopez: llopez@methacton.org

Junior Checklist

Item	Details	Links in Virtual Office
Meet with your counselors	Make an appointment with one of the counseling secretaries.	Counselor Split
Start developing a resume	Record all of your accomplishments, activities, and work experiences. This will make completing your college application that much easier.	Naviance → About Me → Resume
Take the PSAT	The PSAT will be offered free to all juniors. Make sure you take this test seriously. It will help prepare you for the SAT/ ACT.	www.collegeboard.org
Create a Collegeboard account.	You will access your PSAT scores through CollegeBoard and sign up for the SATs. Save your password and email.	www.collegeboard.org *remember to sign up using a personal email*
Research and visit colleges	Sign up for in person tours and visit campus while classes are in sessions. We also offer College Rep visits at Methacton in the fall.	Sign up for College Rep Visits
Add to “Colleges I’m Thinking About” Tab	This is a good spot to start creating your college list. Schools can be added and removed.	How to add colleges to the Colleges I’m Thinking About section
Transcript Release Form	This gives us permission to send educational records to colleges. This needs to be completed.	Transcript Release Form
Sign up for a spring SAT or ACT	Students should take the SAT or ACT at least once.	www.collegeboard.org www.actstudent.org
Complete Counselor Brag Sheet	The brag sheet will help counselors write a detailed and informational LOR.	QR resource sheet and virtual office
Important Reminders		
• Use a personal email or set up a new email when using CollegeBoard, Common App, or creating College accounts. • Speak with admissions and ask questions. Schools take note of how much you engage with them. • You should not apply to any schools until you meet with your school counselor in the fall of your senior year. • Scholarships: Continue to check the Virtual Office and Scholarships bulletin board • Start thinking about which teachers you want to write your letter of recommendation. We recommend at least 2 teachers, one from a core class.		

Senior Checklist

Item	Details	Links in Virtual Office
Meet with your counselors	Make an appointment with one of the counseling secretaries.	Counselor Split
College Rep Visits	College Rep Visits are available in the Fall. Students can talk to admissions officers at the colleges.	Sign up for College Rep Visits
Transcript Release Form	This gives us permission to send educational records to colleges. This needs to be completed before we send out transcripts.	Transcript Release Form
Student Brag Sheet	The brag sheet will help counselors write a detailed and informational LOR.	QR resource sheet and virtual office
Add Colleges to “Colleges I’m Applying to”	Students must add all colleges to Naviance. Students must specify how they are applying and when.	How to add colleges into Colleges I’m Applying To section
The Matching Process	Students will match Common App schools through Naviance. Both lists must be the same. This must be done in order for transcripts and LOR to get sent.	How to Match Naviance and the Common App and FERPA
Letters of Recommendation (LOR)	Ask at least 2 teachers for LOR. One from the core subject. Ask in person, then request through Naviance.	How to request Letters for Recommendation
SAT/ACT Scores	We DO NOT send scores to colleges. Students need to request them through Collegeboard.org or ACT.org	ACT College Board
Community Service	Even though it is NOT a requirement for graduation, hours can be a good addition to an application and help with scholarship opportunities.	Community Service Every 30 hours= .25 credits
Transcript Requests	Request transcripts AFTER submitting applications.	How to Request Transcripts
Important Dates		
<u>Sept/ Oct</u> *College Rep Visits *EA/ED Deadlines	<u>November- December</u> *FAFSA Completion Night *EA/ED Deadlines	<u>January- Spring</u> *Mid-year transcript *Local Scholarships
Important Reminders		
• Use a personal email when using Common App, CollegeBoard, or creating College accounts. • The counseling office has 10 office days to send out your transcripts. • Scholarships: Continue to check the Virtual Office and Scholarships bulletin board.		

Naviance

A great career and college readiness tool with lots of features. We use Naviance for sending your transcripts and letters of recommendation to colleges, scholarships, and more. Naviance has great career search tools that can be used to explore careers and find out a lot of detailed information about the careers you look into. Some examples are average salary, things you do in the career on a daily basis, education required, and skills needed.

In the fall of every school year, you can sign up for college rep visits in Naviance. This is when admissions representatives for different colleges come into the school and meet with students who have interest in attending there or just want to find out more. This is important because students can actually meet and ask questions to the admissions representative that will be reviewing their application.

Your counselor will be meeting with you in the spring of your 11th grade year to show you everything you need to know in Naviance. However, if you would like to meet sooner then please reach out and you can meet at an earlier time. There are tutorials on how to navigate Naviance on the School Counseling Virtual Office under, [Naviance Tutorials](#).

SchoolLinks

Starting in the 2025-2026 school year, the counseling department will be introducing SchoolLinks to the underclassmen as a replacement for Naviance. SchoolLinks is another College and Career platform where students can apply to college and explore different careers while keeping everything organized in one profile. The Class of 2027 will be the first to utilize this program for the college application process. More information about the features and program to come.

Virtual Office

We now have a virtual office for the counseling department in the counseling section of the Methacton High School webpage. Just click the icon.

This is a site that has a multitude of different resources for all of our high school students. Some of this include college, career, military, sections for each grade, mental health resources, testing, and more. The link is here- [Virtual Office](#).

Standardized Testing

Standardized test scores help to provide colleges with a means of comparing student abilities nationally and are required by most schools. It is a student's responsibility to research what the test requirements are of the specific schools they are interested in. Since the Pandemic of 2019,

many schools have gone test optional, meaning students have the option to send their scores. There will be no penalty if students don't send their scores. Students need to go to either www.collegeboard.org or www.ACT.org to register for testing and to send their scores directly to colleges through the respective testing agency. PSAT, SAT, ACT and AP scores do not appear on our transcripts. More information can be found on the School Counseling Virtual Office, [College](#).

PSAT/NMSQT

The PSAT/NMSQT is offered each October to all of our 10th and 11th grade students with the cost of the test being covered by Methacton and is taken during their school day. The test is not required, but it does offer students a chance to take a practice form of the SATs and to qualify for the National Merit Scholarship Competition when taken in their junior year. Students who take the PSAT can access a detailed score report on-line at their Collegeboard account and see a comparison to other college bound peers, a breakdown of their scores within each subject and a detailed summary of correct vs. incorrect answers. The PSAT contains four multiple choice sections (two in Reading/Writing/Language, and two in Math (with and without calculators). Each section is scored from 160 – 760 points and a composite score total will be between 320 and 1520. PSAT scores are not seen or considered by colleges. Beginning in the fall of 2023, the PSAT/NMSQT will be offered in a digital platform and will be approximately 2 hours in length (30 min each section). Students who do have an IEP/504 and have it in their SDI's/Accommodations, can take the test in a paper format.

SAT Reasoning Test

The SAT is offered seven times per year (August, October, November, December, March, May and June). Students typically take their first SAT in March and again in May or June of their Junior Year. Some students may wish to take a third exam in August, October or November of their Senior Year. The SAT is changing in March 2024 and will be a digitized format. It will contain two multiple choice portions: one for Reading/Writing and one for Math (allowing calculator). Each section (Reading/Writing and Math) is scored on a scale of 200-800 points for a total score of 400-1600.

ACT

The ACT is offered seven times per year (September, October, December, February, April, June, and July). Students typically take their first ACT in February or April and again in June or July of their Junior Year. Some students may wish to take a third exam in September or October of their senior year. The ACT contains three multiple choice sections in Critical Reading, Math, and Science as well as an optional Writing section. We do not recommend that students take the Writing section unless they are positive that it is required by a school they are considering. Each section is scored on a scale of 1-36 points in each subject. The Composite score is an average of the four sections.

ACT vs. SAT

ACT		SAT
3 hours, 35 min (with optional writing test) 2 hours, 55 mins (w/o writing) +35 -50 minute for administrative tasks/ breaks	LENGTH	2 hours, 14 minutes +30-40 min for administrative tasks/ breaks
4 Sections + optional section English- 45 min Math- 50 min Reading 35 min Science- 35 min Optional Writing- 40 min	STRUCTURE	2 sections Rdng/Writing/Language- 64 min Math (calculator)-- 70 min
Composite score between 1-30. Average score is 19.8.	SCORE	Each section is 200-800. Maximum score is 1600. Average score is 1100.
Reading comprehension Grammar	READING	Reading Comprehension Passage Analysis Grammar
Arithmetic Algebra 1 and 2 Geometry Trigonometry	MATH	Ad. Algebra Data Interpretation Some Arithmetic Some Geometry Some Trigonometry
Analysis Interpretation Evaluation Basic Content Problem Solving	SCIENCE	None
Optional essay 40 minutes Not included in composite score	WRITING	None
Seven times per year – never on same date as SAT Sept/Oct/Dec/Feb/April/June/July	FREQUENCY	Seven times per year – never on same date as ACT Aug/Oct/Nov/Dec/Mar/May/June
\$66.00 (no writing) \$91.00 (with writing) Fee waivers available for eligible students.	COST	\$60.00 Fee waivers available for eligible students.
www.actstudent.org	WEBSITE	www.collegeboard.org

Comparison on SAT and ACT Scores

SAT	ACT
1600	36
1560-1590	35
1520-1550	34
1490-1510	33
1450-1480	32
1420-1440	31
1390-1410	30
1350-1380	29
1310-1340	28
1280-1300	27
1240-1270	26
1200-1230	25
1160-1190	24
1130-1150	23
1110-1120	22
1060-1090	21
1020-1050	20
980-1010	19
940-970	18
900-930	17
860-890	16
810-850	15
760-800	14
720-750	13
630-710	12

SAT	ACT
1600	36
1560-1590	35
1520-1550	34
1490-1510	33
1450-1480	32
1420-1440	31
1390-1410	30
1350-1380	29
1310-1340	28
1280-1300	27
1240-1270	26
1200-1230	25
1160-1190	24
1130-1150	23
1110-1120	22
1060-1090	21
1020-1050	20
980-1010	19
940-970	18
900-930	17
860-890	16
810-850	15
760-800	14
720-750	13
560-620	11

*From the Princeton Review

AP Exams

AP Exams are offered during the first two weeks of May. Students taking an AP course should sign up for the corresponding exam. Each exam is scored from 1-5. A strong score on an exam can enhance your college application and potentially earn you college credit depending on the policies of the college you attend. For more information visit <https://apstudents.collegeboard.org/>.

TOEFL iBT

The TOEFL (Test of English as a Foreign Language) is an internet based test and is for students whose native language is not English (regardless of citizenship or language of instruction). Students should plan to take this test during the summer before their senior year and again in the fall of their senior year if necessary. You can learn more about the test as well as register to take it at www.ets.org/toefl.

Additional Testing Information

Extended Time and Accommodations:

Students with a documented disability (IEP's and 504's) may qualify for accommodations as determined by the testing company. To determine if you qualify for any of these services and to apply, contact your Learning Support teacher or counselor early in your sophomore year.

Canceling Scores

If you do not feel that you performed well on an exam, you may be able to cancel a score on the test day or within a few days of the test. Please contact the testing agency directly for information or to cancel.

Fee Waivers

Students on the Free or Reduced Lunch Program may qualify for fee waivers for testing. Students using these waivers may also qualify for college application waivers in their senior year. Please see your school counselor for complete fee waiver information.

Application Guide

There are a number of different admissions plans that colleges and universities offer to students. The type of plan offered can impact the timing of submission for your application, so it's important to know what plan(s) the colleges you're applying to offer. The possibilities include:

Rolling Admissions:

Schools that use a Rolling Admissions plan generally begin accepting applications early fall, and will make decisions on applicants on an ongoing or rolling basis. Students can improve their chances of acceptance at Rolling Admissions schools by getting their applications in as early in the admissions window as possible. Since these schools fill their incoming spots over the course of a couple of months, the longer you wait to submit your application the less space they have available and the higher the admissions standards become.

Regular Decision:

Students applying Regular Decision are applying with a larger pool of students. The deadline is usually January 1st or January 15th. All application materials must be present in the admissions office before the date set by the school. No decisions will be made on applications until after the deadline has passed. The timing of your submission does not impact your admissions decision, as long as you submit prior to the deadline.

Early Decision (ED):

Colleges and universities that offer an Early Decision option require that these applications be submitted early, usually by November 1 or November 15. Students will receive a decision usually in mid-December or early January. Students can only submit an ED application to one school because it is binding. Students are agreeing in advance that if the school accepts their application, they will withdraw applications from any other schools and attend their ED school. Students are required to submit an ED agreement form, which is essentially a contract signed by the student, parent and counselor. Because these applications are binding, it's crucial that students only apply ED if they are fully confident that this is the right school for them.

Early Action (EA):

Some schools offer an Early Action option, which provides the same benefits as an ED application (early submission date, early notification of admissions decision) without the binding contract. Students have no obligation to attend an EA school, and may submit multiple EA applications.

Restrictive Early Action:

Very few schools offer Restrictive Early Action (REA) plans, but those that do set specific conditions for applicants. Usually, schools that offer REA admissions don't allow students to submit either an ED or EA application to any other school. Be sure you read carefully and follow any restrictions the school places on this program. These applications generally follow a similar timeline as ED and EA, but like with EA applications, students are not obligated to attend if accepted

Platforms to Submit College Applications

Common App:

More than 1,000 schools accept Common App. This program is a time saver when it comes to applying to multiple schools. Instead of filling out x amount of applications through different school websites, students create one application that will get sent to all their colleges. Information that the Common App requires students to fill out: demographics, extracurricular activities, grades, essay (possible supplemental essays), and more. To create an account, go to <https://www.commonapp.org/>.

Directly to the Institution:

Students will apply directly from the college/university's website. Some schools do not use the Common or Coalition App, so students have to apply directly through their admissions website.

Coalition App:

Similar to the Common App, but not as many colleges use the Coalition App. Students still need to create an account and fill out the appropriate information. To create an account, go to <https://www.coalitionforcollegeaccess.org/>.

Transcripts

Transcript:

Colleges and universities will require a transcript during the application process. A transcript is an academic record that contains all classes, grades, and credits from 9th grade to 12th grade. It also contains a student's cumulative weighted and unweighted GPA. In order for colleges to receive an official copy of the transcript, it must get sent by the counselors through Naviance. Students must request either their initial, mid-year, or final transcript on Naviance. Counselors have 10 business days to send out a transcript. This means, students must be aware of deadlines and school requirements.

Transcript Release:

In order for the counseling department to send out transcripts, we need permission from parents and students. Students and parents must complete the transcript release form located on the Methacton High School Counseling Website, [Transcript Release Form](#), or obtain a hard copy from the counseling office and turn it in. Once the transcript release is completed,, the counseling department will be able to send transcripts out to any school that is requested.

Self-Reported Academic Record (SRAR)

Instead of submitting an initial transcript to a college or university through Naviance, some colleges/universities require students to fill out a Self-Reported Academic Record (SRAR). The SRAR is reflective of the transcript, and students are required to input their own grades and classes. Students will access their SRAR through their student portal for the college. It is important to submit the application with enough time to complete the SRAR before the application deadline.

It is very important to input the grades and classes correctly, as it is shown on their transcript. Colleges will receive their final transcript at the end of the year, and if there are discrepancies, admissions has the right to withdraw any acceptance.

Letters of Recommendation

It is important to note how many letters of recommendation (LOR) schools require. Most schools will require two, but some may require none. Students must note which school requires which, because we don't want the wrong letter sent to the wrong school. We recommend getting at least one letter from a core subject (Math, English, Science, History). Students should ask their teachers in person and then request their LOR through Naviance their senior year.

Reminder: Some teachers have caps on the number of letters they write, so it may be wise to ask them sooner rather than later.

The counselors also write each student their own LOR. Each counselor should provide a brag sheet for students to fill out. It is imperative that students fill out their brag sheets completely and with as much detail as possible. This will ensure that the most accurate letter will be written.

Community Colleges

Instead of attending a four year college right away, many students opt to attend a local community college. Community colleges require students to apply online and send in their transcripts. Applications run on a rolling admissions and are free to complete. This option is financially advantageous and after two years their credits can be transferred to another university. Students who take advantage of community colleges can save money, earn credits, and gain valuable college experiences.

Local Community Colleges Include:

Montgomery County Community College: <https://www.mc3.edu/>

Bucks County Community College: <https://www.bucks.edu/>

Trade Schools

Trade schools are a post secondary option for any student looking to go into the trades such as construction, plumbing, electrician, etc. Students apply to their select trade school and have to identify what program they want to go into. Programs can range between 2 to 4 years, and students leave with practical experience, certifications, and networking opportunities.

Trade Schools Include:

Pennsylvania Institute of Technology: <https://www.pit.edu/>

Williamson College of Trades: <https://www.williamson.edu/>

Thaddeus Stevens College of Technology: <https://stevenscollege.edu/>

Pennsylvania College of Technology: <https://www.pct.edu/>

Lansdale School of Business: <https://www.lsb.edu/>

Scholarships

It is never too early to apply for scholarships. Even though more scholarship opportunities open up senior year, students can start applying during their freshman year. During the spring, organizations around the community provide scholarships to ONLY Methacton seniors. These local scholarships are available each year, and it is an additional opportunity for seniors to get money.

Scholarship Resources:

www.collegeboard.org

www.goingmerry.com

<https://www.methacton.org/Page/889>

<https://www.fastweb.com/>

<https://www.niche.com/colleges/scholarships/>

<https://id.naviance.com/>

Financial Aid

Begin researching scholarship opportunities during junior year and be ready for applying throughout your senior year.

Visit www.collegeboard.org. Check whether the colleges to which you are applying use the CSS/Financial Aid PROFILE and register, if applicable.

In September of senior year, apply for a Federal Student Aid ID (FSA ID) at <https://studentaid.gov/fsa-id/create-account>. Keep your ID in a safe place where you can refer to it often. Your parents will also have to create an FSA ID for themselves. The FSA ID connects students to their FAFSA application.

October

1. Work with your parents or guardians to gather the financial documents and materials necessary for filing the Free Application for Federal Student Aid (FAFSA) <https://www.FAFSA.gov>. For the class of 2024, you will use the “prior-prior-year” tax return (i.e. Taxes from 2022).
2. Complete and submit the FAFSA form <http://www.fafsa.ed.gov/> or <https://studentaid.gov/> or 1-800-4-FED-AID) to apply for state, federal, and institutional grants and loans.
3. After you have submitted your FAFSA, you will receive your Student Aid Report (SAR)> Check it for any errors. Return the SAR only if you need to make corrections.
4. Follow the directions in all financial aid correspondence that you receive from the Pennsylvania Higher Education Assistance Agency (PHEAA) or the individual colleges that you apply to in a timely manner.
5. Continue to complete and submit scholarship applications.

March/April

Review and compare the financial aid packages offered in the financial aid award letters sent by the colleges that accepted you.

1. Identify a financial aid contact at each college where you have been accepted. Check in with that person about the status of your financial aid package.
2. Organize all correspondence that you receive regarding financial aid in a safe place.

May/June

1. Work with your parents or guardians to apply for Federal Direct PLUS Loans (Parent Loans for Undergraduate Students) and other private loans, if necessary. If your Federal Direct PLUS application is denied, inform your college’s financial aid office.
2. Double-check with PHEAA to make sure that any grant funds are sent to the correct college.
3. Visit <https://studentaid.gov/> to complete your Loan Entrance Counseling and Master Promissory Note for any federal loans noted on your financial aid letter.
4. Review all bills for tuition, room and board as well as other correspondence from your school’s financial aid office. Follow all directions carefully and meet all deadlines.
5. If you should have any questions concerning financial aid, do not hesitate to contact the Office of Financial Aid at any one of the institutions that you are applying to.

Additional Resources:

www.pheaa.org (Pennsylvania Higher Education Assistance Agency)

<https://studentaid.gov/h/apply-for-aid/fafsa>

www.FinAid.org

www.Scholarships.com

www.educationplanner.org

www.cappex.com

www.fastweb.com

www.studentscholarships.org

www.bigfuture.collegeboard.org

www.blackexcel.org/100minority.htm (minority)

<https://www.purdueglobal.edu/blog/student-life/scholarships-minority-students/>

www.hsf.net (Hispanic Scholarship Fund)

NCAA

Student-Athlete Guide for College Athletics

Many student-athletes aspire to continue their athletic careers in college. This is achieved through a coordinated and collaborative effort between the student, the family, and our counseling and athletic departments. Below are key steps for student-athletes to follow.

- 1) **Understand Eligibility Requirements:** The NCAA has specific eligibility requirements that student-athletes must meet to compete in college. Familiarize yourself with these requirements, including [academic eligibility](#) and [amateurism rules](#). It is also important to understand divisional differences and the varying levels of competition within each division. For more information on each division, click the links below.
 - a) [Division I](#)
 - b) [Division II](#)
 - c) [Division III](#)
- 2) **Create a Recruiting Profile:** Build a profile that includes your academic achievements, athletic accomplishments, and personal information. This should showcase your strengths as an athlete, including stats, highlights, and recommendations from coaches. Many student-athletes use online recruiting platforms to create and share profiles and highlight tapes. For more information on recruitment, refer to this [link](#).
- 3) **Attend Showcases and Camps.** Participate in showcases and camps where college coaches can see you compete. These events serve as a chance to demonstrate your skills

and interact with coaches, who may be interested in recruiting you. It is important to research and choose events that align with your athletic interests and abilities.

- 4) **Reach out to College Coaches:** Show initiative by reaching out to college coaches and expressing your interest in their program. This can include email introductions, phone calls, and setting up meetings or visits. Make sure to tailor your communication to the specific programs you are interested in and be prepared to answer questions about your background and goals. Many college athletic programs have on-line applications.
 - a) [Division I and II Recruiting Calendar](#)
 - b) [Division III Permission to Contact: Self-Release Form](#)

- 5) **Ensure Academic Success:** College athletics are demanding, both physically and academically. It is important to maintain a strong academic record throughout high school, as this will be a major factor in college eligibility and scholarship opportunities. Please note that although Division III schools do not offer athletics scholarships, 75 percent of Division III student-athletes receive some form of merit or need-based financial aid. Also, make sure to research the academic requirements of the schools you are interested in and meet with academic advisors early in the recruiting process.
 - a) [NCAA Educational Resources](#)
 - b) [Scholarships](#)
 - c) [Grade-Point Average](#)
 - d) [Test Scores](#)

- 6) **Be Patient and Persistent:** The college recruiting process can take time and may involve setbacks or rejections. It is important to maintain a positive attitude and continue to work hard towards your athletic and academic goals. Stay persistent in contacting coaches and seeking out opportunities to showcase your skills.

- 7) **Consider all Options:** While playing for a Division I program may be the goal for many athletes, it is important to consider all levels of college athletics, including Division II and III and NAIA programs. These programs can offer great opportunities for student-athletes to compete at the college level, earn scholarships, and pursue their athletic and academic goals.

We encourage all student-athletes interested in competing at the collegiate level to visit our counseling and athletic offices. For more information, download the [“Guide for the College-Bound Athlete”](#) available on the NCAA website.

Career

There are many options for exploring career possibilities and defining goals and interests. Here are some options and resources to help you whether you are defining what you may want to study in higher education or if you are going into the workforce.

- Use Naviance-here you can review your past inventories in the Self Discovery tab to help you understand your personalities and some careers that may be a good fit.
- Visit the [Virtual Bulletin Board](#) for various listings like job postings, summer opportunities and technical & trade information.
- Learn about career clusters and identify courses that make sense for your career interest by reviewing the Career Exploration section of the [Program Planning Guide](#).
- During the summer consider taking advantage of experiences, camps or courses that explore a career area of interest or promote skill development.
- Arrange for a day to “shadow” or have an information interview with a family friend, acquaintance or someone who is currently in a career or field that interests you.
- Find a summer job or internship in an area of interest. Our K-12 Career Counselor can help-contact [Dr. Shab Maffei](#) at SMaffei@methacton.org.
- Participate in our [Mentorship](#) (10th and 11th) or [Pre-Career](#) programs (Gr 12). Not only will you gain valuable experience, but you can also get credit for it! Ask your counselor if you have interest or contact Dr. Maffei at SMaffei@methacton.org.
- Volunteer at a location that will provide you exposure and involvement with potential career areas of interest. At MHS you can receive .25 credits for 30 hours of [Community Service](#). Speak with your counselor for questions. All forms and information is also available online on the MHS website.
- “Self-evaluate interpersonal and intrapersonal skills, establishing targets for improvement.
- Acquire personal skills in areas, including (1) goal setting, (2) time management, (3) communication, (4) decision making, (5) problem solving, (6) intrapersonal (self) communication, (7) workplace ethics, (8) respectfulness, (9) wellness and safety, (10) ability to accept criticism and praise, (11) basic financial literacy, and (12) personal safety.”
- Students can visit the [Virtual Counseling Office Career section](#) for additional information or visit the following links which may be helpful:
Montgomery County CareerLink- <https://www.pacareerlink.pa.gov/jponline/>
Montgomery County CareerLink Apprenticeship search:
<https://www.pacareerlink.pa.gov/jponline/Apprenticeships>
- Careers, Career information and Interest Assessment- <https://www.careeronestop.org/>
O*Net OnLine- www.onetonline.org-Detailed descriptions of the world of work.
Apprenticeship.gov-<https://www.apprenticeship.gov/>- find apprenticeship opportunities.

Career Checklist

Item	Resource	Details
Identify your Interests, Skills, Values, and Personal Preferences	AchieveWorks Intelligences AchieveWorks Learning and Productivity AchieveWorks Personality	Survey results will uncover strengths and growth edges for future career opportunities. **All in Naviance
Identify Careers that match your Interests, Skills, Values, and Personal Preference	Career Cluster Finder Career Interest Profile Strengths Explorer	The surveys will match your interests and strengths to specific career options. **All in Naviance
Identify the Education and Training Requirements, Job Market Outlook, Working Conditions etc.	<u>O*Net OnLine</u> <u>U.S Bureau of Labor Statistics</u>	O*NET OnLine has detailed descriptions of the world of work for use by job seekers, workforce development and HR professionals, students, researchers, and more.
Conduct Informational Interviews and/or Job Shadow with professionals in your chosen areas.	<u>Job Shadowing Worksheet</u> Dr. Maffei, our career counselor, can help you set up these experiences.	Job shadowing can help participants formulate a more realistic impression of whether or not they are truly compatible regarding their individual interests and abilities.
Weigh your Options and Make a Plan	Talk to your family, school counselor, and career counselor about your different options.	

Class and In School Opportunities

9th Grade	10th Grade	11th Grade	12th Grade
- Career job Fairs during Lunch <u>Community Service</u>	- INCubatoredu Entrepreneurship - Entrepreneurship <u>Mentorship Guidelines</u> - Career job Fairs during Lunch <u>Community Service</u>	- INCubatoredu Entrepreneurship - Entrepreneurship <u>Mentorship Guidelines</u> - Career job Fairs during Lunch <u>Community Service</u>	- INCubatoredu Entrepreneurship - Entrepreneurship - Literacy Connections <u>Pre-Career Guidelines</u> - Career job Fairs during Lunch <u>Community Service</u>

Naviance Tasks

9th Grade	10th Grade	11th Grade	12th Grade
- Achieveworks Personality - Future Expos Tasks - Junior Achievement Career Day	- Strength Explorer - PSAT Follow Up Survey - Junior Achievement Career Day PSAT Follow Up Survey	- Career Interest Profiler - Junior Achievement Entrepreneurial Session 1 and 2 - Junior Achievement Career Day	- Senior PSAT Day (Job Shadow/ Community Service/ or College Visit) - Junior Achievement Career Day

Military

The Military can provide many great opportunities for both college-bound and career-bound students. Students should speak with recruiters to see which branch would be the best fit for them and in what capacity. There are many ways that you can participate in the military, whether it's a full career, the Reserves, ROTC or a Service Academy (see page 17). Recruiters can also help you to learn what financial incentives (including college tuition) may be available to you.

Students interested in a military option should register for the ASVAB (Armed Service Vocational Aptitude Battery) during their junior and/or senior year. Typically, Methacton offers the ASVAB once a year, in the spring, or you can register to take the exam through a military recruiter. The test is scored in four areas -- Arithmetic Reasoning, Word Knowledge, Paragraph Comprehension and Mathematics Knowledge and counts towards your Armed Forces Qualifying Test (AFQT) score. The AFQT score determines whether you're qualified to enlist in the U.S. military and what occupations within the military you are eligible for.

Mr. Ruminski is the Military Liaison for the School Counseling Department. Please email Mr. Ruminski, druminski@methacton.org for a list of current Military Contacts. An individual informational session can be set up in the School Counseling Office with a recruiter with parent permission. We advise you to keep your assigned School Counselor informed of any Military interest and contacts. Please visit our [Virtual Office](#) for more details and recruiter information.

- [Practice ASVAB Test](#)
- U.S. Navy
- U.S. Army
- U. S Coast Guard
- U.S. Marines
- US Air Force
- Pennsylvania Army National Guard

Service Academies

The Service Academies offer a great experience, a full tuition scholarship, and many other opportunities. Unlike a normal university, upon graduation, students not only graduate with a degree, but also with a commission as an officer. When considering an academy, it is important not only to consider the four years of study, but also the following commitment to serve in the armed forces. The expectations within the Service Academies are more time intensive and structured than what a typical college student would experience.

Applying to a Service Academy is a more demanding process than applying to a traditional college. Students should begin the application process in the winter or spring of their junior year. At that time, they should complete a Pre-Candidate Questionnaire. Students must next work to obtain the required nomination (with the exception of the Coast Guard Academy).

Although it is only necessary to receive one nomination, all candidates may apply, and are encouraged to apply for all four: his or her own US Representative, two US Senators, and the Vice President. While most applications for nominations are similar, all are unique. Many will require transcripts, SAT scores, letters of recommendation, or other materials. Be sure to request transcripts in a timely manner and thank any official for their nomination.

For students interested in pursuing a service academy, the Summer Seminar program at the respective Academy is a great way to determine if this pursuit is the right choice. The academies offer a weeklong program between junior and senior year that highlights what to expect. The application for the summer program is available December through February.

Your assigned school counselor can support you in this process. Please schedule an appointment to discuss.

- United States Military Academy, West Point, NY
- United States Naval Academy, Annapolis, MD
- United States Air Force Academy, Colorado Springs, Colorado
- United State Coast Guard Academy, New London, Connecticut
- Merchant Marine Academy, Kings Point, NY

Learning Differences and Disabilities

Students with disabilities should be well informed about their rights and responsibilities as well as the responsibilities postsecondary schools have for them. Being well-informed will help ensure that students have a full opportunity to enjoy the benefits of the postsecondary education experience without confusion or delay.

The information in this section, provided by the Office for Civil Rights (OCR) in the U. S. Department of Education, explains the rights and responsibilities of students with disabilities who are preparing to attend postsecondary schools. This helps to explain the obligations of a postsecondary school to provide academic adjustments.

OCR enforces Section 504 of the *Rehabilitation Act of 1973* (Section 504) and Title II of the *Americans with Disabilities Act of 1990* (Title II), which prohibit discrimination on the basis of disability. Practically every school district and postsecondary school in the United States is subject to one or both of these laws, which have similar requirements. You may be familiar with another federal law that applies to the education of students with disabilities—the Individuals with Disabilities Education Act (IDEA). That law is administered by the Office of Special Education Programs in the Office of Special Education and Rehabilitative Services in the U.S. Department of Education.

The IDEA and its individualized education program (IEP) provisions do not apply to postsecondary schools.

Although Section 504 and Title II apply to both school districts and postsecondary schools, the

responsibilities of postsecondary schools differ significantly from those of school districts. Moreover, you will have responsibilities as a postsecondary student that you do not have as a high school student. OCR strongly encourages you to know your responsibilities and those of postsecondary schools under Section 504 and Title II. Doing so will improve your opportunity to succeed as you enter postsecondary education.

The following questions and answers provide more specific information to help you succeed.

As a student with a disability leaving high school and entering postsecondary education, will I see differences in my rights and how they are addressed?

Unlike your high school, your postsecondary school is not required to provide Free and Appropriate Public Education. Rather, your postsecondary school is required to provide appropriate academic adjustments as necessary to ensure that it does not discriminate on the basis of disability. In addition, if your postsecondary school provides housing to nondisabled students, it must provide comparable, convenient, and accessible housing to students with disabilities at the same cost.

May a postsecondary school deny my admission because I have a disability?

No. If you meet the essential requirements for admission, a postsecondary school may not deny your admission simply because you have a disability.

Do I have to inform a postsecondary school that I have a disability?

No. But if you want the school to provide an academic adjustment, you must identify yourself as having a disability. Likewise, you should let the school know about your disability if you want to ensure that you are assigned to accessible facilities. In any event, your disclosure of a disability is always voluntary.

What academic adjustments must a postsecondary school provide?

The appropriate academic adjustment must be determined based on your disability and individual needs. Academic adjustments may include auxiliary aids and services, as well as modifications to academic requirements as necessary to ensure equal educational opportunity. Examples of adjustments are: arranging for priority registration; reducing a course load; substituting one course for another; providing note takers, recording devices, sign language interpreters, extended time for testing, and, if telephones are provided in dorm rooms, a TTY in your dorm room; and equipping school computers with screen-reading, voice recognition, or other adaptive software or hardware.

In providing an academic adjustment, your postsecondary school is not required to lower or substantially modify essential requirements. For example, although your school may be required to provide extended testing time, it is not required to change the substantive content of the test. In addition, your postsecondary school does not have to make adjustments that would fundamentally alter the nature of a service, program, or activity, or that would result in an undue financial or administrative burden. Finally, your post secondary school does not have to provide personal attendants, individually prescribed devices, readers for personal use or study, or other devices or services of a personal nature, such as tutoring and typing.

If I want an academic adjustment, what must I do?

You must inform the school that you have a disability and need an academic adjustment. Unlike your school district, your postsecondary school is not required to identify you as having a disability or to assess your needs.

Your postsecondary school may require you to follow reasonable procedures to request an academic adjustment. You are responsible for knowing and following those procedures. In their publications providing general information, postsecondary schools usually include information on the procedures and contacts for requesting an academic adjustment. Such publications include recruitment materials, catalogs, and student handbooks, and are often available on school websites. Many schools also have staff whose purpose is to assist students with disabilities. If you are unable to locate the procedures, ask a school official, such as an admissions officer or counselor.

When should I request an academic adjustment?

Although you may request an academic adjustment from your postsecondary school at any time, you should request it as early as possible. Some academic adjustments may take more time to provide than others. You should follow your school's procedures to ensure that the school has enough time to review your request and provide an appropriate academic adjustment.

Do I have to prove that I have a disability to obtain an academic adjustment?

Generally, yes. Your school will probably require you to provide documentation showing that you have a current disability and need an academic adjustment.

What documentation should I provide?

Schools may set reasonable standards for documentation. Some schools require more documentation than others. They may require you to provide documentation prepared by an appropriate professional, such as a medical doctor, psychologist, or other qualified diagnostician. The required documentation may include one or more of the following: a diagnosis of your current disability, as well as supporting information, such as the date of the diagnosis, how that diagnosis was reached, and the credentials of the diagnosing professional; information on how your disability affects a major life activity; and information on how the disability affects your academic performance. The documentation should provide enough information for you and your school to decide what is an appropriate academic adjustment.

An individualized education program (IEP) or Section 504 plan, if you have one, may help identify services that have been effective for you. However, this is generally not sufficient documentation because of the differences between postsecondary education and high school education. What you need to meet the new demands of postsecondary education may be different from what worked for you in high school. Also, in some cases, the nature of a disability may change.

If the documentation that you have does not meet the postsecondary school's requirements, a school official should tell you in a timely manner what additional documentation you need to provide. You may need a new evaluation in order to provide the required documentation.

Who has to pay for a new evaluation?

Neither your high school nor your postsecondary school is required to conduct or pay for a new evaluation to document your disability and need for an academic adjustment. You may, therefore, have to pay or find funding to pay an appropriate professional for an evaluation. If you are eligible for services through your state vocational rehabilitation agency, you may qualify for an evaluation at no cost to you. You may locate your state vocational rehabilitation agency at <http://rsa.ed.gov> by clicking on “Info about RSA,” then “People and Offices,” and then “State Agencies/ Contacts.”

Once the school has received the necessary documentation from me, what should I expect?

To determine an appropriate academic adjustment, the school will review your request in light of the essential requirements for the relevant program. It is important to remember that the school is not required to lower or waive essential requirements. If you have requested a specific academic adjustment, the school may offer that academic adjustment, or it may offer an effective alternative. The school may also conduct its own evaluation of your disability and needs at its own expense.

You should expect your school to work with you in an interactive process to identify an appropriate academic adjustment. Unlike the experience you may have had in high school, however, do not expect your postsecondary school to invite your parents to participate in the process or to develop an IEP for you.

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*From the US Department of Education 9/2011:

<http://www2.ed.gov/about/offices/list/ocr/transition.html>.

FAQ's

How do I learn about scholarships?

There are many ways to learn about scholarships. Including but not limited to the MHS School Counseling Virtual Bulletin Board, searches on FASTWEB, on the College Board Website, and Going Merry. There is local scholarship information available through the counseling office in March as well. An individual appointment with your counselor is suggested if you need direction.

What forms do I need to fill out for financial aid?

The two main financial aid forms are the FAFSA (free application for Student Aid) and the CSS Profile. Only private schools will require the CSS Profile. The opening date for the FAFSA form has typically been October 1st or later during the senior year. The FAFSA will also require you to create an FSAID.

How do I get a copy of my transcript?

You can email your school counselor if you need an unofficial copy of your transcript. One is provided to you the first week of school senior year. All copies provided to a student are considered unofficial.

Will I need to self-report my grades to colleges?

Some colleges will require you to self-report your grades. Penn State, University of Pittsburgh and Temple are examples. This process will take approximately 30 minutes and should be done on the specific college website. SARS stands for Self Report of Academic Record. In most cases the SARS must be completed for your application to be considered complete.

How do I get my SAT or ACT scores to colleges?

You are responsible for reporting your SAT's or ACT's to colleges, your school counselor or MHS does not forward your scores. Visit CollegeBoard.org or ACT.org to request those.

Do I need to take an SAT to get into a trade school?

Typically no, however you may be required to take a math placement test.

How do I get my first marking period senior year grades to colleges? What about mid-year grades?

There is a form in the counseling office that will be required to send out your first marking period grades. The forms are typically available in October and transcripts will go out around the third week of November. Regarding mid year grades, all Common App schools will automatically receive a copy. If you are sending transcripts to a non-common app school directions will be provided at that time.

Who will send the final transcript to the college I will be attending?

Your school counselor will send your final transcript to the college you are attending near the end of June after you graduate. Every college will be looking for a final transcript that has your graduation date. You will be communicating your college destination when you complete your required senior survey.

When should I apply to the NCAA Clearinghouse if I want to play sports in college?

You would apply to the NCAA Clearinghouse usually at the end of your junior year or as directed by a college coach.

What are the most popular college destinations for Methacton students?

You can find this information in Naviance. Go to the Colleges tab and click College Maps. Choose Top 20 most popular colleges where our students applied.

What are the most popular trade schools?

Thaddeus Stevens and Penn College of Technology. For other options check the Virtual Bulletin Board or see your school counselor.

How do I get my transcript sent to a college?

You must request all transcripts through Naviance. Refer to your senior classroom presentation resource, see the virtual office or see your counselor.

What is the Common Application?

Website that allows students to complete one application, and essay with the ability to send to multiple schools.

I am considering the Military, who do I speak with?

Mr. Ruminski is our military liaison. You can find him in the counseling office or at druminski@methacton.org.

Will my counselor write a letter of recommendation?

Counselors need to write a letter of recommendation for all Common App schools. Most counselors use a "Brag Sheet" or other document for information needed to write the letter. Please contact your counselor for this information.

How do I get my teacher to help me with a letter of recommendation?

You should speak with your teacher in person about writing you a letter. A formal request must be made in Naviance.

Glossary

ACT: The ACT is an alternative exam to the SAT. The ACT exam includes sections in English, Reading, Mathematics, and Science. Colleges will accept either the SAT Reasoning Test or ACT exam. The student will receive four individual scores (1 is the lowest, 36 is the highest); each subject area as well as a composite score that is the rounded average of the four sub- scores.

AP Exams: Offered every May, these tests are available for any student that has completed a corresponding Advanced Placement course or feels that they have strong knowledge of the subject matter. Depending on the university, credit may be awarded to a student that does well enough on the AP exam. AP exams are scored on a 1 (low) to 5 (high) basis. Most colleges require a score of 3 or above before they will grant credit in a subject.

Class Rank: A numerical rating of a student based on a comparison with the academic performance of their classmates. Methacton does NOT release class rank.

Common Application: The Common Application is accepted by many colleges and was originally designed so that students could apply to multiple schools with one original copy. Although the university may use the Common Application, there may also be supplemental forms required by the individual school. Be sure to check on the university's website for the requirements process.

Deferred: A student may be deferred after applying for Early Action or Early Decision when the college has not decided on their admission. The student is moved to the regular application pool and is no longer bound by any Early Decision agreements.

Dual Enrollment: Programs allow students to be enrolled in two separate, academically related institutions. Generally, it refers to high school students taking college or university courses and simultaneously receiving high school and college credit.

Early Action: Due to volume, some colleges are going to an "Early Action" process. This means that if a student applies by an established early deadline, early notification is promised to the student. The student is under no obligation to attend this university even if acceptance is granted.

Early Admission: In an exceptional case, some colleges will admit a very talented student prior to the completion of the senior year of high school.

Early Decision: The Early Decision process is designed for an exceptional student that is definite about his or her college choice. Early decision candidates must meet an early deadline determined by the college and must sign a binding agreement to withdraw all other applications if accepted and enroll at this college.

FAFSA: The Free Application for Federal Student Aid determines a family's eligibility for various loans, grants and some scholarships.

GPA: Grade Point Average. This is a numerical average for all of your grades by year and throughout high school.

Naviance: A college research database that is subscribed to by Methacton School District.

NCAA: National Collegiate Athletic Association is the governing body for many college athletic programs

NCAA Eligibility Center: The branch of the NCAA that ensures all prospective Division I and II college athletes meet certain criteria. Students must register at www.eligibilitycenter.org

PROFILE: A financial aid form used by some colleges

PSAT: The PSAT is given each October and is available to sophomores and juniors. This test is generally thought of as a preparation for the SAT Reasoning Test. This test may be an indicator of your future performance on the SAT Reasoning Test and may provide information on what areas need to be worked on before the next test date. Students that perform very well on this exam may later be invited to participate in the National Merit Scholarship Competition. With that, these scores are not shared with colleges for purposes of admission.

Regular Decision: The most common admission plan for students. Students apply before the latest date allowed by the college. This date can vary from November through March.

Rolling Admission: In a rolling admission situation, as soon as the file is completed, the university will review the application and send decisions. Applications will continue to be accepted as long as space remains available. An advantage to rolling admission schools is that the decision period is very short.

School Code: 391366

Score Choice: A testing feature for SATs or ACTs where students only report certain test date scores to their colleges.

Wait List: A list of regular decision applicants who, although qualified for admission, are placed “on hold”. Wait list candidates are usually given the opportunity to decide whether or not they wish to wait for a final decision, which usually occurs over several weeks. Wait lists are usually maintained for the shortest possible period.