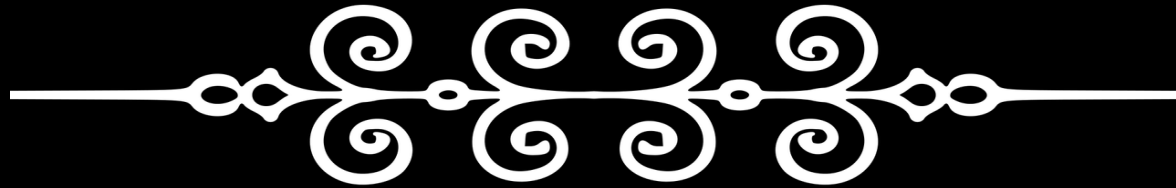


Graduation & Life After High School: A Guide for Parents



Hosted by the RCHS School Counselors

Counselor Introductions:



Hillary Camden

Last Names

A-D



Michelle Kirby

Last Names

E-K



Ashley Bailey

Last Names

L-P



Tyra Little

Last Names

Q-Z

Essential Staff Introductions:

Registrar



Joan Coffey



Collegiate Support



Lisa van Ravenswaay



Work-Based Learning



Robyn Sherman



Essential Staff Introductions:

Mountain Gateway Community College Staff

Career Coach

TBA



Talent Search

Jennifer Bodnar



What type of diploma can my student earn?

Classes	Standard	Advanced
English	4 credits for either diploma - English 9, 10, 11, & 12	
Math	3 credits	4 credits
Science	3 credits	4 credits
Social Studies	3 credits	4 credits
PE/Health	2 credits for either diploma - PE9 & PE10	
World Language	---	3 or 4 credits
Economics & Personal Finance	1 credit for either diploma	
Fine Art & CTE electives	6 (2 must be sequential)	3 or 4 (2 must be sequential)
TOTAL	22 CREDITS	26 CREDITS



Other Diploma Requirements (Regardless of Diploma Type)

PASS 5 SOL's

- 1) **MATH SOL - Typically Algebra I**
 - ALL students MUST take a math SOL in high school
- 2) **SCIENCE SOL - Earth Science or Biology**
 - ALL students MUST take the BIOLOGY SOL
- 3) **HISTORY SOL**
 - World History I, World History II, OR VA/US History
- 4) **READING SOL**
 - Typically given during English 11
- 5) **WRITING SOL**
 - Typically given during English 11

College, Career, and Civic Readiness Indicator (CCCRD)

Complete at least ONE of the following components:

- Take and pass an AP or DE course
- Pass two sequential CTE classes and pass an associated credentialing exam.
- Complete a Work-Based Learning Internship

What does my student's diploma allow them to do after high school?

STANDARD DIPLOMA

- Get a job
- Go to trade school
- Join the military
- Do Mission work
- Take a Gap Year
- Go to a 2 year college or Community College
- Go to a 4 year college or university
(that does not require foreign language experience).

ADVANCED DIPLOMA

- Get a job
- Go to trade school
- Join the military
- Do Mission work
- Take a Gap Year
- Go to a 2 year college or Community College
- Go to a 4 year college or university

Employment

How do we support your student?

- **Opportunities for On the Job Training**
- **Apprenticeships**
- **Co-ops: Part of the CTE classes**
- **Internships: Part of the Work Based Learning program with Mrs. Sherman**
- **Resume building: Part of the English 12 curriculum**
- **Mock Interview Day: Organized by the English Department**

Technical/Vocational/Trade

- Short-term training in a wide variety of career fields
- Some programs are a few weeks while others are up to two years.
- Job-related settings where students receive hands-on training from experienced instructors.

Some career options:

- | | |
|---------------------|-------------------------|
| ● Cosmetology | ● Nurse Aide |
| ● Massage Therapy | ● Automotive Technology |
| ● Medical Assisting | ● Welding |

Military

To Enlist:

- Take the ASVAB (Armed Services Vocational Aptitude Battery) and earn the minimum required score for enlistment
- Pass a physical exam
- Be a high school graduate



**Military recruiters are available by appointment in the Counseling Office.
The ASVAB can be scheduled by contacting a military recruiting office.**

2-year Colleges

Guaranteed Admissions Agreement

- Graduate from one of Virginia's 23 community colleges with an Associates Degree
- Maintain a minimum GPA while obtaining your Associates Degree
- Obtain GUARANTEED admission to more than 30 of the Commonwealth's colleges and universities.

Virginia's Community Colleges Transfer Programs -
<https://www.vccs.edu/transfer-programs/>

Virginia Education Wizard - www.vawizard.org

To apply: Complete an application for admission, send high school transcripts, and take the VPT (Virginia Placement Test) if required.

4-year Colleges & Universities

The Application Process:

- **Application**
 - Common App - www.commonapp.org
- **Essay**
 - Sometimes optional
- **Letters of Recommendation**
 - Students are responsible for asking their teachers and counselors for these.
 - **NOTE: Deadlines may fall on weekends or over breaks when RCHS is not in session. Please plan ahead with requests for Letters of Recommendation and Transcript requests**
- **Transcript**
 - Parchment Account - www.parchment.com
 - If you are applying directly to a school (not through Common App) you will need to request transcripts from Parchment
- **SAT/ACT Scores**
 - Students will be required to send official score reports through CollegeBoard or ACT Student Accounts



Understanding Admissions

EARLY DECISION	EARLY ACTION	REGULAR DECISION	ROLLING ADMISSIONS
BINDING You can do this with ONE College/Univ. If you are accepted, you LEGALLY are expected to attend.	NON-BINDING Apply earlier and find out sooner, but you have to let them know an answer sooner as well.	NON-Binding Most Common - apply to as many as you want. All applicants are notified at the same time.	First come, First served Typically get an answer in 4-6 weeks
Scholarship Deadlines - Don't forget to look for scholarships! Typically available September to May but start looking early! Some big ticket scholarships are available with September, October, and November deadlines			

Parchment



- The **FREE** online service we use to send transcripts
- EVERY student should make an account (use personal email)
- Students can login and request their transcripts be sent to themselves, colleges, the NCAA eligibility center, etc.
- **NOTE:** ALL requests must be approved by the counseling office before any transcripts can be sent. **PLAN IN ADVANCE!**
- If you are applying through Common App, you will not need to request a transcript through Parchment. Your counselor will upload it to Common App for you!

The “Blue Sheet”

Rockbridge County High School Counseling Office
College Application Request Form “Blue Sheet”

STUDENT'S NAME _____ COUNSELOR'S NAME _____ DATE _____

Student's email address: _____ Parent/Guardian email address: _____

This form MUST be completed and signed before the RCHS Counseling Office will release a copy of your transcript. Please list all post-secondary institutions that you intend to apply to in the spreadsheet below and return this form to Ms. van Ravensway. If you need additional space, please use another sheet. You may update this form at any time with Ms. van Ravensway as it is crucial that you notify us of changes in schools or deadlines ASAP! Students are responsible for requesting their own transcripts through their www.parchment.com accounts. If you need assistance, please see Ms. van Ravensway or your school counselor. Additionally, information and tutorials are available on our website. We strongly recommend that students request that a copy be emailed to themselves through Parchment in order to verify the accuracy of their academic record before submitting requests to have it sent to colleges.

College Application Deadline: List below:	Name of the School You Are Applying to:	Are you applying using the Common Application? (Yes or No)	Do you want your counselor to send a letter of recommendation? (Yes or No)	For Counseling Use Only		
				IT	MYT	FT

Disciplinary Report Policy: Many colleges request information from the high school about disciplinary violations and/or academic misconduct. If you have been suspended it will be reported to a requesting college or university. Applicants are expected to notify colleges in the event of changes to their applications, including disciplinary/academic actions that occur after an application is submitted. Likewise, your school counselor is required to report any significant changes to your academic or discipline status between your application date and graduation. By signing below, I acknowledge that I have reviewed the information and policies on this form and permit Rockbridge County High School to release my student's transcript and any additional information, forms, or letters of recommendation for the purposes of college admissions. I understand that it is the student's responsibility to adhere to RCHS deadlines to ensure ample time for completing, processing, and sending required documentation.

Student Signature _____ Parent Signature _____

*Required if student is under 18 years of age

- Due with the **Brag Sheet**
- Gives permission to send the transcript and requires a parent/guardian signature
- A transcript will NOT be sent to a school if it is not listed on the **Blue Sheet**
- It gives us important information regarding deadlines for the college/university as well as what paperwork is needed.
- Fluid document - can be edited any time.
- **NOTE:** ALL requests in Parchment must be approved by the counseling office before any transcripts can be sent. **PLAN IN ADVANCE!**

The “Brag” Sheet

- Many colleges require (or strongly encourage) letters of recommendation from counselors and teachers.
- IF a student needs a letter from their counselor, we require they complete a “BRAG SHEET”
- Guardians - there is a section for you to brag on your kid!
- Brag Sheet & Blue Sheet Deadlines:

- Application is Due in NOVEMBER or earlier —————→ September 20th
- Application is due in DECEMBER OR JANUARY —————→ October 25th
- Application is due in FEBRUARY or later —————→ December 13th

Rockbridge County High School Counseling Office
Recommendation Letter Brag Sheet

D Students must complete this form if requesting a letter of recommendation from their school counselor.
I We would like your letter to be an accurate reflection of your history and abilities; therefore, it is
r important that you answer the questions honestly and with as much detail as possible. Please return
e both this "Brag Sheet" by the following deadlines:
c **Your Forms Are Due By:** **If Your First College Application Deadline Is In...**
t SEPTEMBER 20th **or earlier** **NOVEMBER**
i OCTOBER 25th **or earlier** **DECEMBER or January**
e DECEMBER 13th **or later** **DECEMBER or later**
s Your FERPA form and Blue Sheet, with signatures, are due to Ms. van Ravenswaay asap.

Your Name: _____
Your Email: _____
When is your first college application deadline? _____
Which teacher(s) will be writing additional letters for you? _____

STUDENT SELF-APPRAISAL: (feel free to attach additional pages if you need more space)

1. What major do you plan to pursue and why? If undecided, please describe your academic interests.

2. Describe your career and broader life goals. How do you imagine your life ten years from now?

3. How would you describe yourself? What are your best qualities? What aspects of yourself are you particularly proud of or make you unique? Please list some qualities and describe.

Waiving Right to Access

- This means your student is being asked to give up their ability to see the letter of recommendation that was submitted on their behalf.
- Should they?
 - We **STRONGLY** encourage students to waive their right to seeing the letters
 - College admissions typically place more weight on a letter of recommendation if a student has waived their right to access because the recommendation is more likely to be candid and honest
- *Once a student selects “yes” or “no,” it usually cannot be changed*

Collegiate Sports

- If your student wants to play **DIVISION 1** or **DIVISION 2** sports in college, they must go through the NCAA Eligibility Center.
 - Course requirements during high school - there are specific classes and credit amounts you must earn each year.
 - Certain GPA and SAT/ACT scores (based on a sliding scale)
- The NCAA Clearinghouse is NOT required for **DIVISION 3** schools
- *Adam Haynes is the RCHS NCAA Coordinator*

Timelines

Junior Year:

- PSAT
 - October 12th (8:30am)
- SATs
 - Saturday March 8, 2025 (Register by February 21st)
 - Saturday May 3, 2025 (Register by April 18th)
- *College Visits during the spring and summer of 2025. If you are able to, go visit while students are on campus.*

Timelines

Senior Year:

- Summer to Early Fall
 - Finalize college list - Take note of all requirements or deadlines and start working on the essays for applications
 - Take the SAT/ACT again if needed
 - Turn in your **Blue Sheet** and **Brag Sheet** ASAP
 - Make a Parchment Account and check your transcript
 - Complete any **EARLY ACTION** or **EARLY DECISION** college applications - [Common App](#)
 - Attend the College Fair (September 16) and college rep visits
 - Arrange for letters of recommendation from your counselor and teachers
 - Attend the Career Fair (November 21)
 - **Scholarships - start applying now!**



Senior Year:

Timelines

● Winter

- **FAFSA - FREE** online at www.studentaid.gov
- Look for correspondence from colleges and universities you've applied to
- Keep looking for and applying for scholarships
- Mid-January request your midyear transcripts be sent on Parchment



● Spring

- Visit colleges or universities you've been accepted to
- Turn in any deposits and school-based financial aid forms as needed
- Keep looking for and applying for scholarships
- Look carefully over any financial aid award letters you receive
- Inform your counselor which college or university you are committing to attending
- Request your final transcript be sent via Parchment

If you have taken DUAL ENROLLMENT Classes, have your MGCC transcript sent to your committed college or university.

Weekly Newsletter

Sign up on our website under **Counseling Office Announcements!**

The weekly newsletter includes:

- Available scholarships
- College and Military Visits
 - Job Opportunities
- Summer Opportunities
 - Important Dates
- SAT/ACT information
 - Resources
- And much more!

Upcoming Events:

- **PSAT Registration deadline - September 14th at 3:00pm.**
- **Last day to ADD/DROP DE Classes for MGCC - September 14th**
- **College Fair - Monday, September 16th from 9:00am - 11:00am**
- **SAT Registration Deadline for the November SAT Test -October 18th**
 - **PSAT - Wednesday, October 12th at 8:30am**
 - **SAT - Saturday, November 2nd at 7:00am**
- **Career and Trade Fair - November 21st from 9:00am - 12:00pm**

Counselor Contact Information

A - D Hillary Camden hillary_camden@rockbridge.k12.va.us

E - K Michelle Kirby michelle_kirby@rockbridge.k12.va.us

L - P Ashley Bailey ashley_bailey@rockbridge.k12.va.us

Q - Z Tyra Little tyra_little@rockbridge.k12.va.us