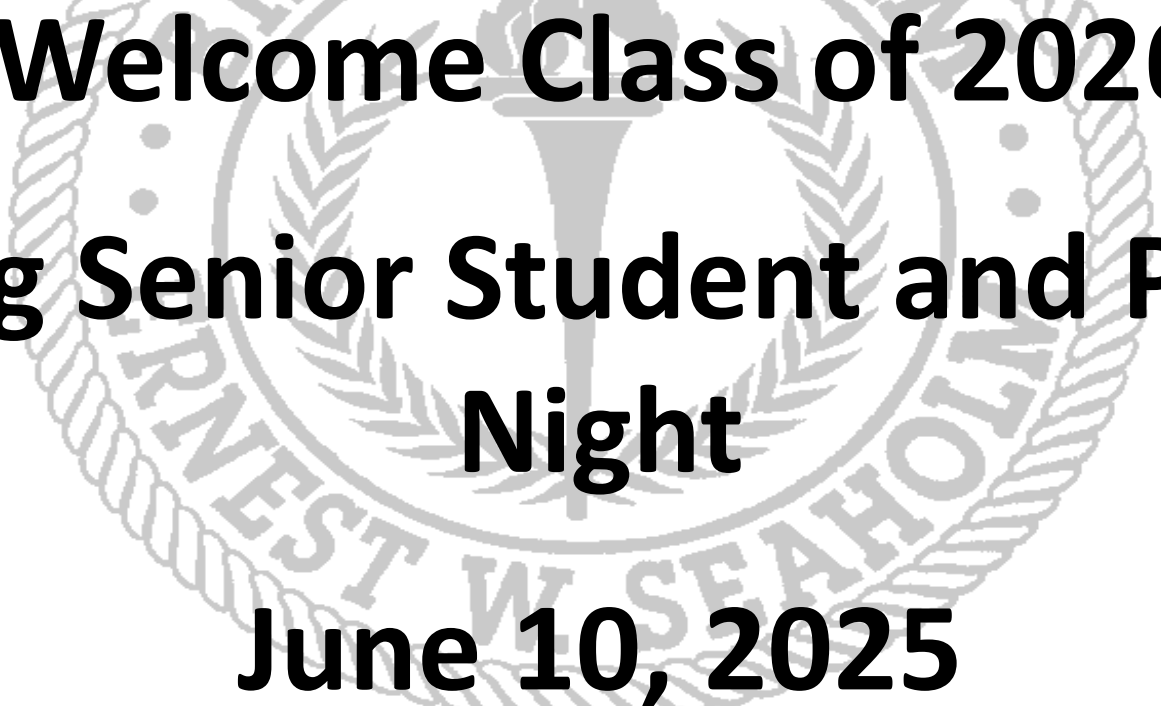


Seaholm High School

The seal of Birmingham-West Seaholm is a circular emblem. It features a central torch with a flame, set against a background of a laurel wreath. The words "BIRMINGHAM" and "WEST SEAHOLM" are inscribed in a circular path around the torch, separated by small dots. The entire seal is rendered in a light gray, semi-transparent style.

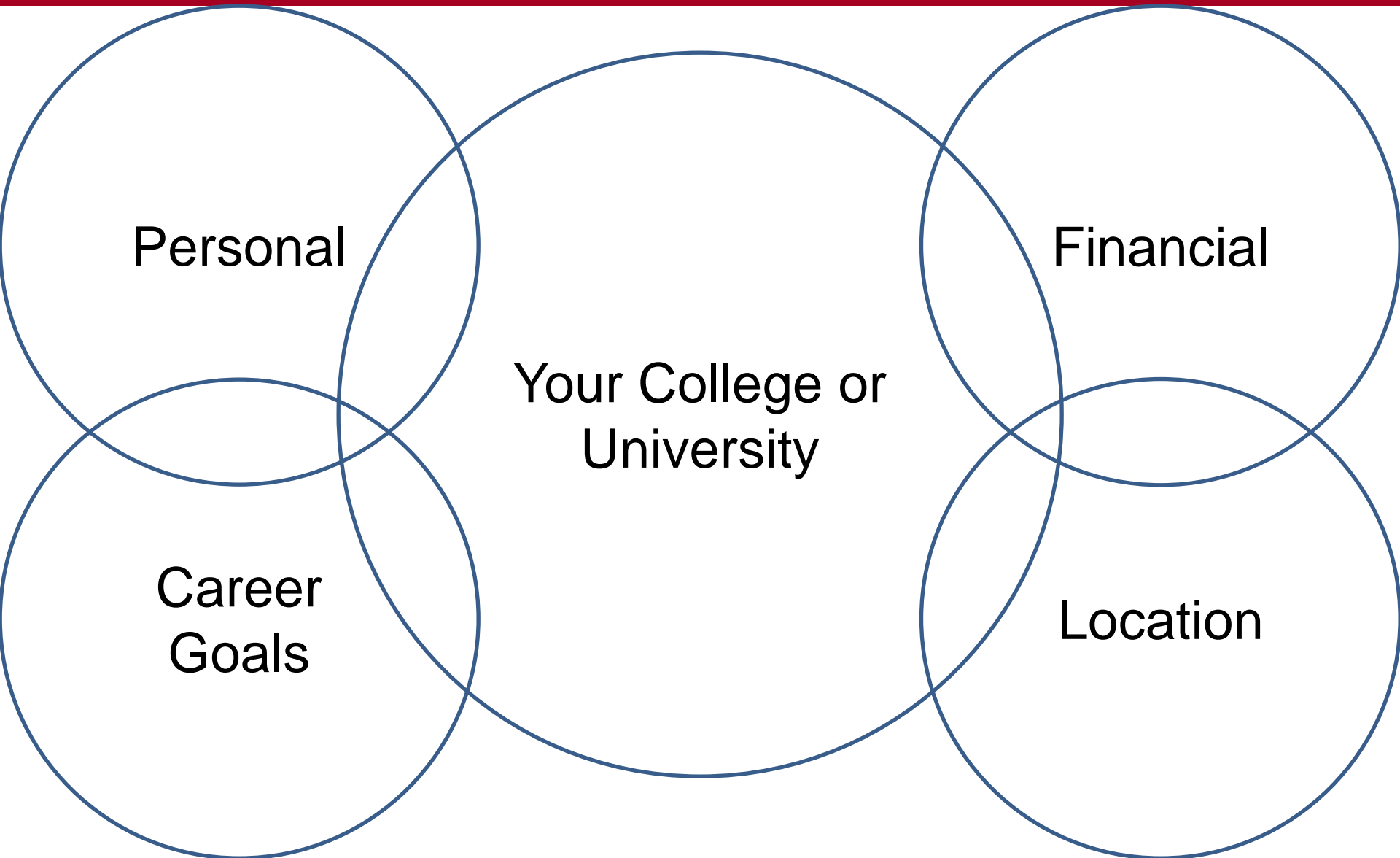
Welcome Class of 2026
Rising Senior Student and Parent
Night
June 10, 2025

Seaholm High School

AGENDA

- Choosing a College
- Review of the college application process and timeline
- Creating a College List
- Admission Requirements
- Testing updates
- Parchment/transcripts
- NCAA & College Athletics
- College Applications
- Essays
- Letter of Recommendations
- Resources
- Questions

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Seaholm High School – College Application Process

Spring

- Secure letter(s) of recommendation
- Attend the June Student and Parent Night
- Work on essays

Summer

- Send transcript through Parchment in July or August
- Continue to refine essays
- Start college applications – most open in August
- Send test scores, if applicable

Fall

- Complete and return Brag Sheet to counselor
- Continue to work on applications and submit

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Creating Your College List

Michigan Association for College Admissions Counselors recommends an average of six colleges on “your list”:

2- safety schools,
2 target schools,
and 2 reach schools.

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Researching Admission Requirements

- The requirements for admission into college can vary depending on which schools you choose.
- The 2025-26 applications available early to mid-August.
- See your counselor for information about waivers and financial assistance



[Request information](#) | [For counselors](#) | [My account](#)

Office of Admissions

[Academics](#) | [Life at MSU](#) | [Cost and aid](#) | [Visit](#) | [Apply](#) | [Admitted](#) | [Contact](#)

[Admissions](#) > [Apply](#) > [First-year applicants](#) > [Admission criteria](#)

First-year admission criteria

Admission to Michigan State University is competitive, but there are no minimum requirements. MSU strongly encourages a college preparatory curriculum in high school. Students are also advised to apply early.

First-year admission is based on:

- Your academic performance in high school
- The strength and quality of your curriculum
- Recent trends in your academic performance
- Your class rank
- Your ACT or SAT results — however, please note that MSU is **test optional** and prospective students have the option to apply to MSU without submitting an ACT or SAT score.
- Your leadership, talents, conduct and diversity of experience

Fall 2023 first-year profile*

- Entering class: 9,371
- High school GPA: 3.8
- Composite ACT: 27
- Total SAT: 1210

*middle 50% of enrolled first-year students

High school preparation

MSU recommends that students include a majority of core academic courses in their schedules each semester throughout high school, including three such courses each semester during their senior year. In addition, MSU encourages students to select honors, Advanced Placement and International Baccalaureate courses when possible.

First-year applicants

[How to apply](#)

[Dates and deadlines](#)

[Admission criteria](#)

[ACT/SAT optional](#)

[Advanced credits](#)

[Apply now](#)

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Testing Data Points

Some schools have continued to be test-optional. **Please refer to the school's website for updated admission information.** Additionally, The National Center for Fair & Open Testing (FairTest) is keeping a database of schools that have moved to test-optional. To learn more, visit <http://www.fairtest.org/university/optional>

Some schools are allowing for other test scores including PSAT, SAT, ACT, IB (BPS does not offer), and AP scores.

ACT VS. SAT

Register or send ACT scores, create an account at <http://www.actstudent.org>

Register or send SAT scores <http://collegeboard.com>

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Your Transcript and Parchment

- Go to www.parchment.com and set up an account
- This should be a student account (NOT a parent account)
- Identify Seaholm as your high school
- Identify CORRECT graduation year – **2026**
- Double-check to make sure that your birthday is correct
- Select colleges to which you are applying

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NCAA/NAIA

- Prospective athletes must set up an account with NCAA Eligibility Center or NAIA (<http://www.ncaa.org/student-athletes/future/how-register>) or PlayNAIA - NAIA - National Association of Intercollegiate Athletics (mynaia.org)
- [Division I Academic Standards](#)
- [Division II Academic Standards](#)

Seaholm High School

College Applications

- 2025-26 applications available early to mid-August
- Read application instructions
 - Applications vary greatly from college to college
- Not all colleges require an essay or letters of recommendation (Grand Valley, CMU)
- No barriers, waivers, and assistance

Seaholm High School

College Application Types

- Common App, Coalition App (Universal, Online)
 - One application used by all member institutions
 - Consortium of colleges & universities
- Some institutions have additional supplements (with essays)
- Applications directly through the college/university
- Applications typically open August 1st

Seaholm High School - Common App Prompts

2025-2026 Common Application Essay Prompts

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

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Essay

- Be authentic; add YOUR voice
- Give your app life beyond the numbers
- Answer the essay prompt
- Beware of repeating information already given in the app
- Writing essays that are so general and vague that anyone could have written them

Seaholm's College Essay Writing 101 Presentation -
<https://www.youtube.com/watch?v=8vBlkCmJCgM&t=74s>

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Letters of Recommendation

- Ask teachers from core academic areas who know you well and can write a positive letter
- Letters will be submitted online to colleges directly
- Follow up with the teacher in the Fall
- Give plenty of notice; write a thank you note
- Counselor letter of rec – please complete the Brag Sheet – link below:
- <https://forms.gle/3HDrB4hLvKknHAdRA>

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College and Career Center Services

- College Search Information & Assistance
- Assistance with Common App and college applications
- Admissions Representative Visits (Virtual & In Person)
- College Prep Programming & College Q&A Sessions
- Scholarship & Financial Aid Information
- Stay Connected - College & Career Center Website & Calendar, Seaholm eNews, and posted info inside and outside of the CCC.

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Helpful Websites/Resources

- College Search
 - www.collegeboard.org
 - www.petersons.com
- Xello - Student log-on through Classlink
- Paying for College
 - [FAFSA](#) – Seaholm's Financial Aid Night is October 22, 2025
 - Merit scholarships www.meritaid.org
 - Scholarships www.finaid.org, www.fastweb.com
- [Seaholm Guidance and Counseling Dept](#)
- [Seaholm College and Career Center](#)
- Seaholm's Summer [FAQs](#)
- [College Checkoff](#)

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Final Thoughts!

- Create/finalize list of extra curricular activities, awards, and community service (grades 9-11)
- Visit colleges/conduct virtual tours
- Attend College Q & As – in August and September
- Attend a planning meeting with your counselor in September
- Attend the College Night in September
- This is a process, you don't have to have all the answers right now.
- Let's work together and have fun!

Seaholm High School

Counseling Breakdown	Contact Info
A-D	Samantha Canfield- 248-203-3758 scanfield@birmingham.k12.mi.us
E-H	Nicole McWilliams - 248-203-3759 nmcwilliams@birmingham.k12.mi.us
I-M	Jenn Vanderveen - 248-203-3760 jvanderveen@birmingham.k12.mi.us
N-S	Mary Golonka - 248-203-3757 mgolonka@birmingham.k12.mi.us
T-Z	TBD
College & Career Specialist	Brenda Guinan Huddy - 248-203-4253 bguinanhuddy@birmingham.k12.mi.us