



COLLEGE
COUNSELING
NEWSLETTER

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Frederica
Academy

Frederica Academy's College Counseling Center seeks to foster students' academic, intellectual, and personal growth while helping them find a college that matches their academic talents and fits their interests well.



September:
Common
Application
Month

Let the journey begin! Now that everyone has a Common App account, it's time to complete the application and college-specific questions. My office is officially open for business, so come see me to work on your application!



Unless you have a September 15th application deadline, this month you should be working diligently on your Common App application. You can find much of the information you will need for the application on SCOIR (test scores, AP scores, GPA) and on your transcript. Complete all sections except "Activities," "Honors," and "Writing." Once your essay and resume are ready, meet with me to create these sections on your application.

Your priority right now is to complete both your resume and your Common App essay.



Common App Essay

If we are still editing your essay, continue to revise it. Click "Turn In" when you want me to review it. Essays must be completed and ready by September 26th. Your grade for the Common App Essay in Mr. Brown's class cannot be amended after this date.



Resume

A few tips to remember about resumes:

- If the activity is ongoing, use present tense verbs.
- Order activities in descending order with most important at the top.

Resumes must be edited and complete by September 2nd.

Do NOT submit an application before I have reviewed it!

IMPORTANT DATES

Senior College Night: Wednesday, September 3rd 6:00pm Sapp Hall

ACT Test Date: Saturday, September 6th

FA Drop/Add Deadline: Tuesday, September 9th

Auburn EA I Application Submission Date: Friday, September 12th

October 4th SAT Registration Deadline: Friday, September 19th

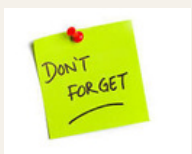
Common App FINAL DRAFT Essay Deadline: Friday, September 26th

SAT Test Date: Saturday, October 4th

AP Exam Opt Out Deadline 1: Thursday, October 9th

October 15th Application Submission Deadline: Monday, October 13th

College Financial Aid Night: Wednesday, October 22nd 6:00pm Shuman
Conference Room (RSVP requested. Link on "Important Links" Page)



Send Official Score Reports to schools that require them
ASAP! Please see your school list for schools.

A FINAL NOTE

I have something to admit. My guilty pleasure is watching a movie that I've seen a hundred times before. I don't begin the process with a title in mind; rather, I scroll through old school television stations and settle in to watch *Fletch*, *Harry Potter*, *Caddyshack*, or whatever else I can find. If I am particularly stressed, though, I gravitate towards disaster movies. I find something oddly comforting about people fighting zombies (*World War Z*) or approaching some kind of apocalyptic future (*The Day After Tomorrow*) that makes my troubles seem so much more manageable.

Recently, I stumbled across *Twister*, not the recent film with Glen Powell, but the original one with Helen Hunt and Bill Paxton, which is about a couple of storm chasers who follow strong tornados that wreak havoc across the midwest. There was something so sinister about the tornados, as if they had a personal vendetta against Hunt's character. What could her character have done to incur the wrath of Mother Nature? But, the tornado wasn't evil. The winds were not personal. And, they were not something that Hunt and Paxton could ever control or change. They were just an unfortunate confluence of natural forces. After a short Bill Nye video, I learned that tornadoes are a result of warm, moist air near the ground colliding with cool, dry air in the sky. This creates a wind shear that forces the air to spin horizontally, creating the funnel that Hunt and Paxton obsessively chase. Their goal was to predict where the tornado might strike next. Spoiler alert, we never know if they succeed, but we do see them resolving the one thing that they can control, which is the conflict between them.

As I watched the credits, I thought about my world in college counseling and the pressure that is colliding with many of my students and families right now. You're feeling the pressure of college applications, senior classes, and social obligations. You're receiving a barrage of emails, texts, and questions about colleges, majors, and careers. You have homework, quizzes, projects due and application deadlines looming. You talk to your friends about the colleges to which they're applying and watch Tik Toks about the experiences of others. You get advice—both solicited and unsolicited—from your neighbor's cousin's best friend's boss who knew about a girl who got into all the Ivies with a 13 on her ACT. All of it starts to swirl around you, pushing and pulling you in different directions, leaving you exhausted and untethered, overwhelmed and confused as you've gotten sucked into the vortex of stress and senior year and conclude that you will never go to college, your own personal tornado.

But, listen closely. Like the movie, the winds will stop. The pressures will ease.

And, **YOU WILL GO TO THE COLLEGE OF BEST FIT.**

Similar to *Twister's* tornados, none of this is personal. Your teachers don't have a vendetta. Colleges aren't sinister. Even the well-intentioned advice isn't given as a personal attack to illustrate your deficiencies. You can't control them just as Helen Hunt couldn't control or even predict the weather. What you can control is how you respond to it. You can choose to react with emotion, get pulled into the vortex, and succumb to the stress, or you can choose to tune out the noise and the wind and focus on what is in front of you, despite the chaos around you. You can seek to control what is in your power: your actions, your work, and your worth. Much like Helen Hunt and Bill Paxton, as the winds and dust begin to settle, you will find yourself exactly where you need to be.

IMPORTANT LINKS



College Counseling
Senior Meeting
Notes



College
Financial Aid Night
RSVP



College Visit
Absence Form
