

Class of 2026





Sammamish High School



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◦

Seniors! We Want to Hear From You!

- Post-High School Plans Survey
- 🎓 Whether you're heading to college, joining the workforce, enlisting in the military, or still figuring it out — we want to know!
-  **Please take 2–3 minutes to complete the survey. Your feedback helps us support you and future students better.**
- <https://forms.office.com/r/LAHpBTJHYx>
-  **Deadline: Today!**
- **Thank you for your input!**

**This time next year, you
will be exactly where you
are supposed to be!**

**Take a
deep
breath!**





Turn & TALK to your partner and share:

One thing you
are worried
about for senior
year?

One thing you
are excited
about for this
year?

Wellness and Planning for
the life after SHS



College Applications &
Post High School Options



Naviance & High School
Beyond Plan



TODAY'S AGENDA



SHS



Counseling Team



**Alicia
Williams**

A-Cr



**Mary Beth
Smith**

Cu-Ji



**Gerardo
Martinez
Escobar**

Jo-Mok



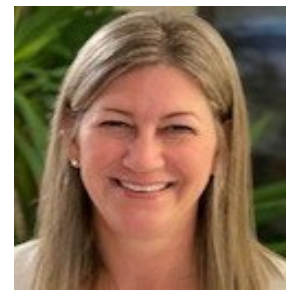
**Steven
Ono**

Mol-Sa



**Melinda
Breeze**

Sc-Z



Jill Follett

**School
Counselor
Intern**

How to reach us:

Email, use Booking Link or Chat us any time! You can find our contact information on the Sammamish High School Website.

COLLEGE & CAREER RESOURCES



Ms. Lopez-Kopp

College & Career
Counselor

- Available Mon-Fri 7:30-3:30 PM
- Ways to reach her:
 - Via email:
lopezk@bsd405.org
 - [Book an Appointment](#)
 - Swing by Room 201

Get Help with:

- Answering Questions
- College Lists
- Application Advice
- Essay Review
- Financial Aid
- HSBP
- Find jobs
- Mock interviews
- WANIC
- And so much more!

SAY Goodbye to senior year stress:

The pathway to a
less stressful
senior year begins
with **YOU!**

Communicate
with your parents
or guardians

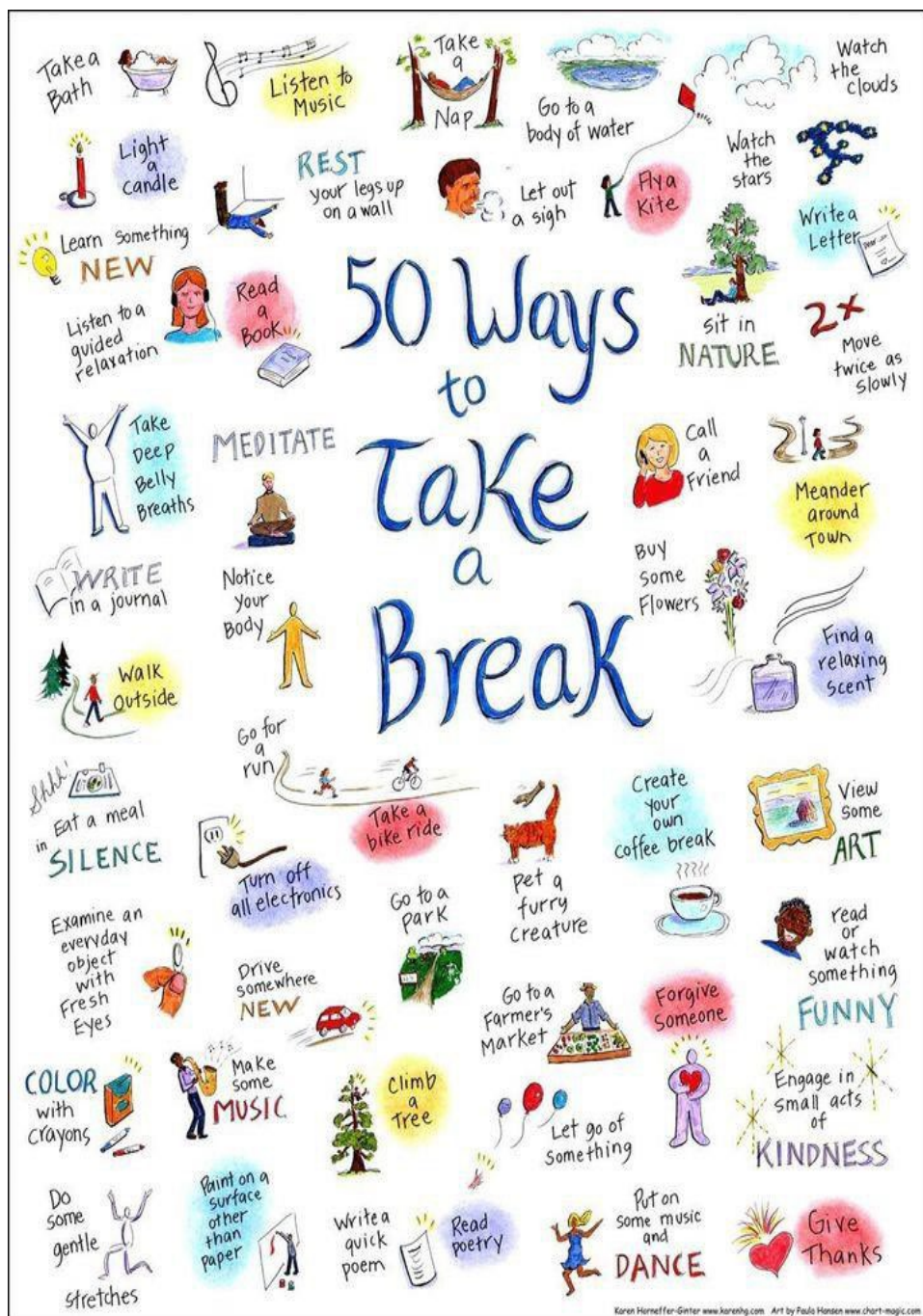
Do not
procrastinate

Use all the
resources
available to you

Ask lots of
questions

Plan your next
move!





- **TEEN LINK: CALL OR TEXT 866.833.6546**
- **REACH OUT TO YOUR SHS SCHOOL COUNSELOR (PUT "URGENT" IN THE EMAIL SUBJECT LINE)**
- **NAMI: 425.885.6264**
- **SUICIDE HOTLINE: 800.273.8255 or call 988**
- **TEXT HOME TO 741741 TO TEXT WITH A CRISIS COUNSELOR**
- **KING COUNTY CRISIS LINE RESOURCES: CALL 211 OR 866.427.4747**
- **VISIT WWW.211.ORG**

Senior Blitz

Counselor Meetings

Starting the week of Sept. 22nd

Meet with your school counselor to go over grad requirements and post high school planning! **This is a required meeting!**

We will cover many topics including:

- 1) Graduation requirements
- 2) College Applications/Planning
- 3) FERPA
- 4) Answer your questions/concerns



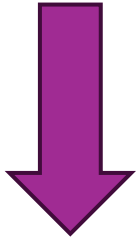


- Don't Forget! Every senior will be scheduled for their Senior Blitz appointment from September 22 to Oct 7th:
 - An Outlook invite will be sent to your email and calendars
 - Students will receive a pass either the day of or day before, depending on the time of their appointment
 - The schedule will also be posted in the hall outside the main office
 - If you need to reschedule, please come talk to Ms. Gemmell in the main office
- Please enter college info into Naviance before the Blitz Meeting if possible!
- Full-time Running Start students will schedule Senior Blitz appointments the second week of October!

Please don't forget!

Check your Outlook calendar now!

TO DO ASAP



FERPA

**FAMILIY
EDUCATIONAL
RIGHTS AND
PRIVACIE
ACT**



Protects the privacy of students

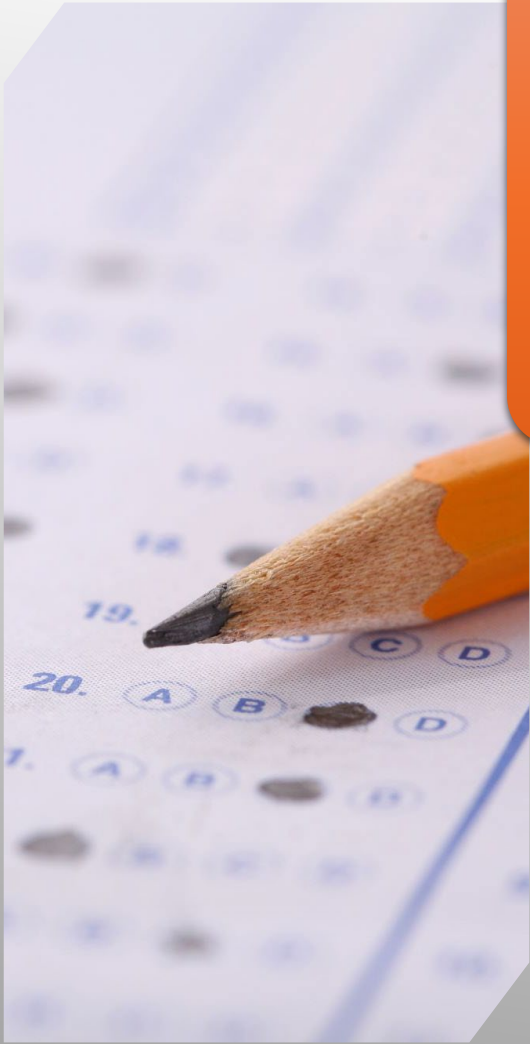


Waive your rights and sign the FERPA to allow your transcripts and letters of recommendation to be sent! No transcripts can be sent without the FERPA!



Email your signed FERPA Waiver to the counseling secretary or drop off in the main office!

Ms. Gemmel emailed the FERPA form to all of you in August



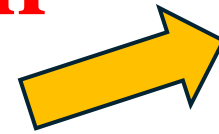
SAT offered to all seniors for a \$52 fee at school on October 8th during Super Wednesday. This is a test that you will need to opt into. Check your email! If you qualify for free or reduced lunch, you might be able to get a FEE waiver.

If you wish to take it another day, you will need to pay and sign up at www.collegeboard.org or the ACT at www.act.org

All Colleges/Universities in WA state are test optional this year!
Even the UW Seattle 😊

**SAT/ACT
UPDATES**

Super Wednesday- October 8 in the library 9am- Noon



*Take
advantage
of Super
Wednesday!*

Get help with college
application essays

Spend the day doing
community service in
the community!

Get help applying
to college

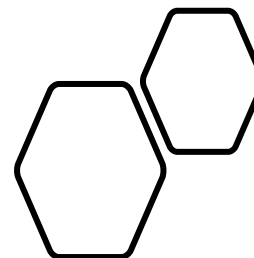
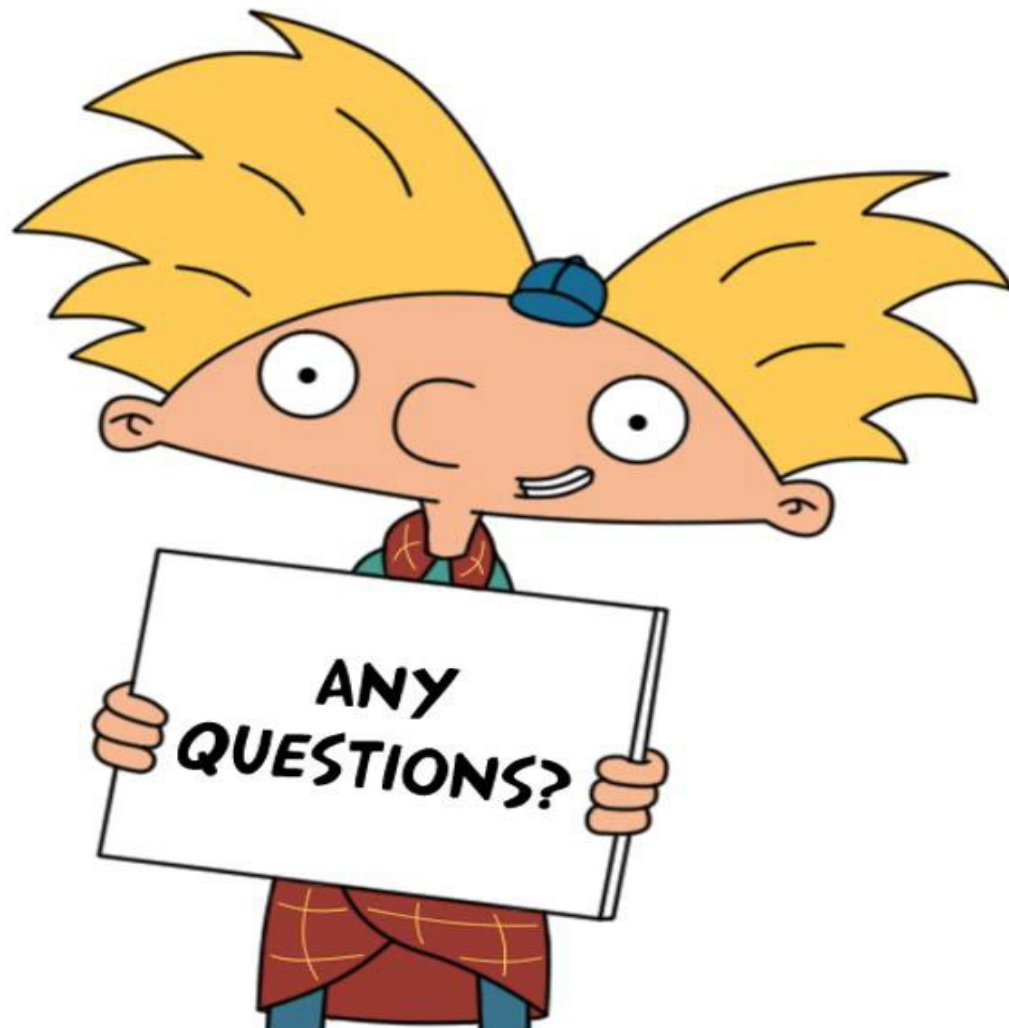
Common Application
Questions

**Work on Job
Applications**

Financial Aid
Questions

Work on HS and
Beyond Plan

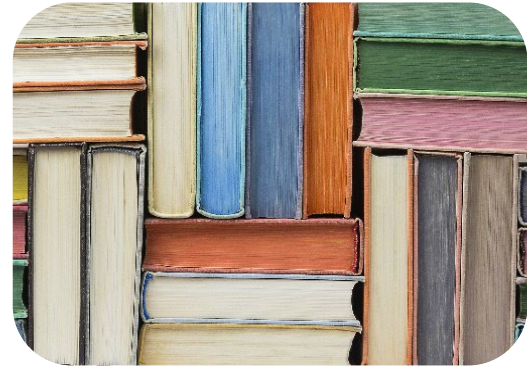
Take the SAT
here at SHS
during the day



Know your Graduation Requirements!



High School and
Beyond Plan



Grad Pathways in
English and Math



Minimum of a 2.0 GPA



40 hours of Community
Service

HIGH SCHOOL & BEYOND PLAN

Complete in Naviance

Career Interest Survey

Resume

Your 4 Year Plan

Senior Survey (May, '26)

Financial Aid Awareness

Graduation Pathway

Your Game Plan Survey

Career Interest Survey



My Planner


Tasks Assigned to Me Goals To-Do List Calendar View

My Tasks

Tasks are assigned to you by your school. They can be pretty important, some of them are even required to graduate! So, make sure to go through them to be sure you're on track.

Filters All **Graduation** Required

Tasks you Need to Work On

 TASK Upload and/or Update Resume
DUE Monday Jul 15, 2024
Assigned by Bellevue School District

GRADUATION

Tasks you've completed

✓ Done Complete Career Interest Profiler
Friday May 31, 2024
Assigned by Deborah Kraft

GRADUATION

✓ Done Complete My Financial Aid Options
Monday Jul 15, 2024
Assigned by Bellevue School District

GRADUATION


✓ Done Complete Game Plan survey
Friday May 31, 2024
Assigned by Deborah Kraft

GRADUATION

Tasks for future grades

You don't need to worry about these tasks today. However, we thought you'd like to take a look ahead at what's coming up in future years of your Success Plan.

12th Grade

 TASK Complete My Graduation Pathways
DUE Friday May 31, 2024
Assigned by Bellevue School District

GRADUATION

Naviance tasks required for Graduation

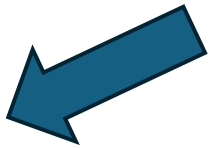
How do I enter my Community Service hours?

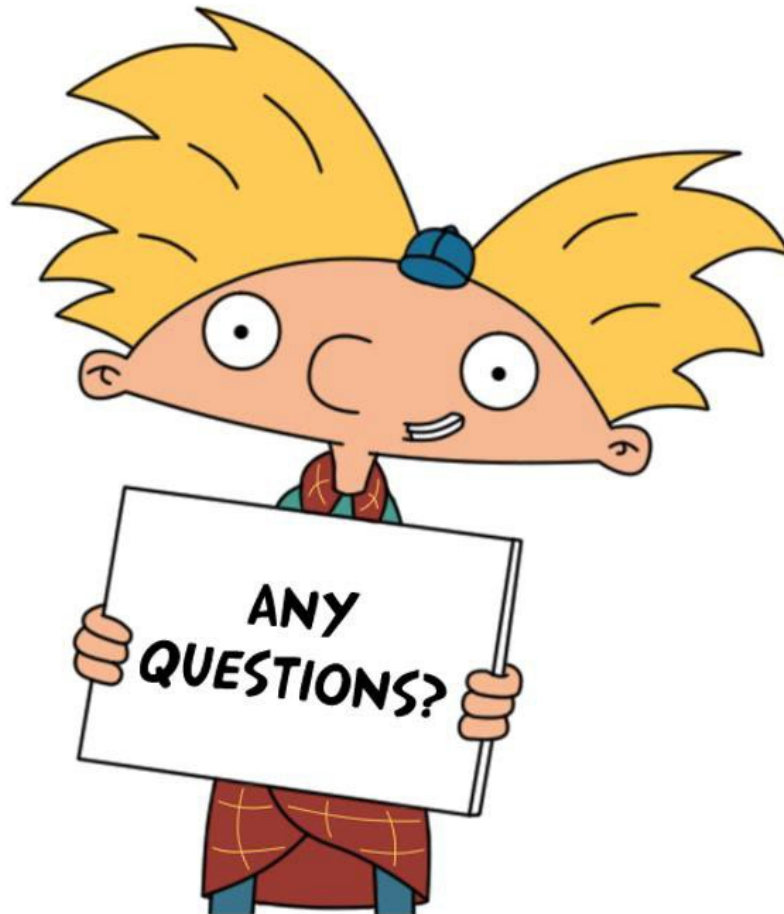
➡ Go to Task Bar
Log into Clever
Find x2VOL
Add hours



Need help finding a place to volunteer?

Go see Ms. Lopez-Kopp in the College & Career Center





What is next?

POST HIGH SCHOOL OPTIONS

See Ms. Lopez Kopp our
College and Career
Advisor for more info!

**University or
College**

Bachelor's
Degrees

**Community
College**

Associates Degrees,
Certifications, some
Bachelor's Degrees

Technical College
Associates or Trade
Degrees

Specialty Schools
Art, Culinary,
Technology etc.

Military

**Trade
Apprentices
hips**

**GAP Year
Program**

Job

College Visits

COMPLETE LIST IN
“NAVIANCE” WHAT’S
NEW”

NEW SCHOOLS ADDED
DAILY

MOST VISITS ARE IN
CAREER CENTER

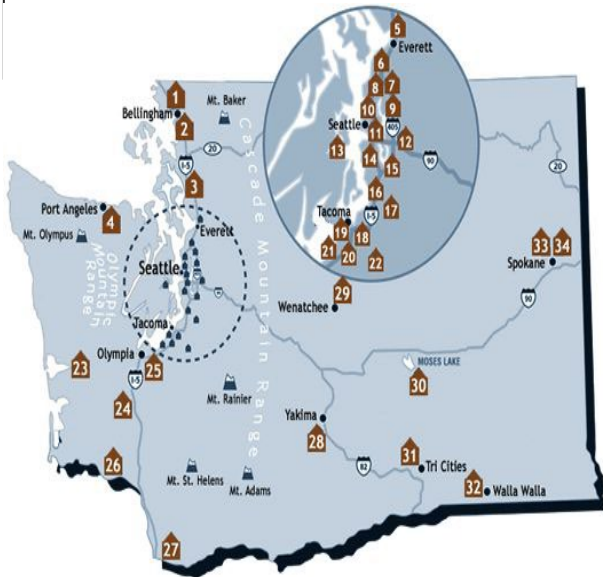
REACH OUT TO: MS.
LOPEZ-KOPP
LOPEZK@BSD405.ORG

MEET YOUR COLLEGE
REP!

Community & Tech Colleges

Choose from 34
Community or
Technical colleges in
WA state.

www.checkoutacollege.com



Go to www.sbctc.edu to research and find the right match. There are 34 C/T options in WA.

After January 1, 2026, fill out the fall application. Check the college's website for **priority deadlines**. Bellevue College priority deadline is in mid May.

Register to take a placement test, if needed (English and math).

Meet with an academic advisor at the college to discuss class and career path.



- Bellevue College is an open admissions institution
- BC is offering a fall application workshop on campus in Nov.- please watch for an invitation!
- BC has a partnership with Eastern WA University and offer 14 bachelor degree programs. These are 4-year degrees
- BC offers an Occupational Life Services and Neurodiversity Navigators program for neurodiverse students
- BC offers on campus housing for students
- BC is a great school to finish the first two years of a 4-year degree and then transfer to a 4-year college or university
- BC is home of the Bulldogs, including 11 men's and women's sports team that have earned regional and national awards

No counselor/teacher letter of recommendation needed for most public colleges. Many are test optional or test blind this year. But most still require essays!

How to apply? Go directly to the college's webpage to see the options!

Most colleges use
www.commonapplication.org

Please be mindful of the deadlines.

Students might want to apply directly to the university if using the GAP program!

4 Year Public Colleges/Universities

PARTICIPATING WAGAP UNIVERSITIES



ELIGIBILITY

- Earn and maintain a cumulative 3.0 GPA or higher
- Make sure you're taking the right classes
- You're in!



**SECURE
YOUR
SPOT**

**TALK TO YOUR SCHOOL
COUNSELOR TODAY**

Apply - Components of a College Application

Essay

Strength of
Curriculum

Extracurricular
Activities

Grades in College
Prep

Grades in All
Courses

Admissions Test
Scores
(SAT/ACT)

Teacher
Recommendatio
n

Counselor
Recommendatio
n

Student's
Demonstrated
Interest

AP/IB Test
Scores

Interview

Class Rank (our
district does not
rank students)

COMMON APP COMPANION



High School Name & Address	Sammamish High School 100 140 th AVE Southeast Bellevue, WA 98005 CEEB Code: 480072
Date of Entry (If you started 9 th grade at a different school, check your transcript)	September 2022
Graduation Date (check "No change in progression" unless this is your 5 th year in high school or you're taking a gap year)	June 2026
Graduating Class Size	348
Class Rank Reporting	Bellevue School District does not rank
Class Rank	Bellevue School District does not rank
Rank Weighting	Unweighted
GPA Reporting Scale	4.0 scale
Cumulative GPA	Noted on the bottom of your transcript
GPA Weighting	Unweighted
Course Scheduling System	Semester
Common App Fee Waiver (" PROFILE " SIDE TAB)	Yes, if you qualify for E/R lunch

Essential
SHS
Information
to fill out
your
Common
Application!
**Look for
this in your
Teams
Channel
and over
email!**

University of Washington Seattle

- UW has two options to apply: Common APP [Common App website](#) or Apply Web [applyweb](#)
- UW has two required essays. Students must all prepare an Activities/Experience statements.
- **No transcripts required or letters of recommendation accepted!**
- **Application timeline for Fall 2026:**
 - November 15, 2025: Application deadline. There is no early decision or early action
 - March 1-15, 2026: Admission notification period
 - If admitted, final transcript will be sent from Sammamish in July 2026. Admission is dependent on a strong senior year. Avoid the dreaded "senioritis!"

University of Washington Bothell

- UW Bothell uses Common App: [Common App website](#).
- UW has two required essays. Students must all prepare an Activities/Experience statements.
- **No transcripts required; NO letters of recommendation accepted!**
- **Application timeline for Fall 2026:**
 - November 15, 2025: Early Application deadline
 - Regular Decision Deadline: January 15, 2026
 - March 2026: Admission notification period for regular Decision, Early Action decisions are made in January 2023
 - If admitted, final transcript will be sent from Sammamish in July 2026. Admission is dependent on a strong senior year. Avoid the dreaded "senioritis!"



Many Private schools use Common Application



COUNSELOR AND TEACHER REC's are required.

Use Naviance to “invite” teachers to write a letter of REC. Speak to teacher in person first!

Counselors don't need to be “invited” but students must submit the Counselor Survey in Naviance. It can be found in Surveys!

You must “match” your Common App and Naviance accounts!

4 Year Private Colleges/Universities



High School Transcripts- SENT via Naviance

Please look at your
StudentVue Documents
for a copy of your
unofficial transcript

Request official
transcripts in Naviance

Unofficial transcripts
can be downloaded from
Synergy

- Many public and
private universities
require students to
send official

Transcripts Includes a
list of all classes taken,
grades and cumulative
GPA

All classes taken or
attempted must show on
the transcript

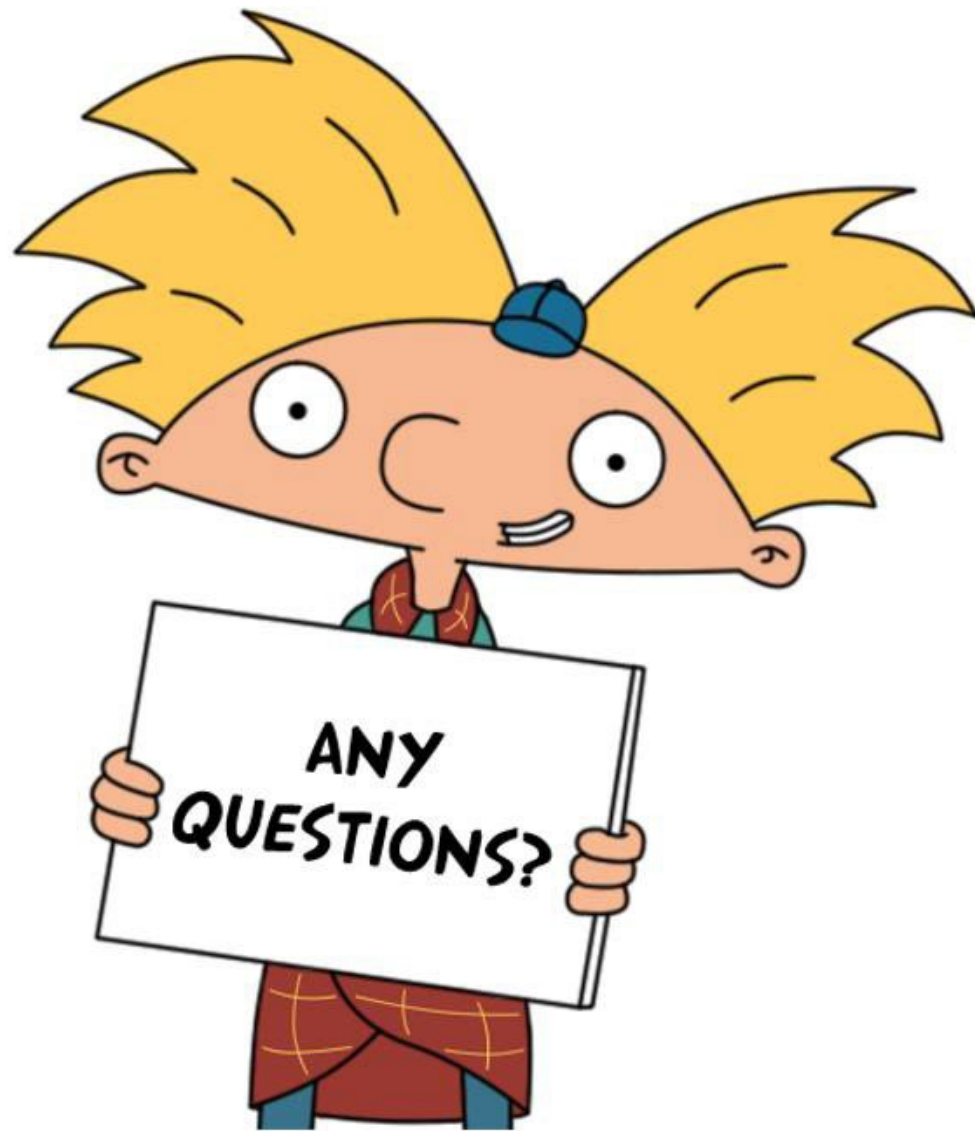
Some classes from
middle school are
automatically added
to the high school
transcript (i.e. Algebra,
Biology, World
Language)

Language credit can be
earned through
competency-based
testing – however some
colleges require that
students have courses
on transcript



FINANCIAL AID & SCHOLARSHIPS

- **FAFSA (FREE APPLICATION FOR FEDERAL STUDENT AID)** OPENS IN DECEMBER
[HTTP://WWW.FAFSA.ED.GOV/](http://www.fafsa.ed.gov/)
- **WASFA (WASHINGTON APPLICATION FOR STATE FINANCIAL AID):** FOR UNDOCUMENTED AND SELECT NONCITIZENS
- **CSS PROFILE (COLLEGE BOARD):** ONLY SOME SCHOOLS WILL REQUIRE
- **WESTERN UNDERGRADUATE EXCHANGE (WUE)**
[HTTP://WUE.WICHE.EDU/](http://wue.wiche.edu/)
- **RESEARCH DIFFERENT TYPES OF AID AVAILABLE AT**
[HTTP://STUDENTAID.ED.GOV](http://studentaid.ed.gov)
- More info coming soon!
- **SCHOLARSHIP LIVE DOC FROM MS. LOPEZ-KOPP'S WEBSITE**



NAVLANCE



APPLICATION MATERIALS

Add schools to your list, request transcripts, school report, and letters of recommendation



RESEARCH

Explore careers, compare colleges, take personality assessments.


SUBJECT	REPORT 1		REPORT 2		REPORT 3		REPORT 4		REPORT 5		TOTAL	AVERAGE
	GRADE	POINTS	GRADE	POINTS	GRADE	POINTS	GRADE	POINTS	GRADE	POINTS		
Mathematics	79	63	82	67	85	68	88	71	90	80	83	83
General Science	82	67	81	66	84	68	87	70	89	72	86	83
Geography	75	60	78	63	80	65	82	67	85	71	80	77
History	85	69	86	70	88	72	90	74	92	76	89	86
Health	88	72	89	73	90	74	91	75	92	76	91	88
Biblical Studies	80	64	81	65	82	66	83	67	84	68	84	69
Art	78	62	79	63	80	64	81	65	82	66	80	65
Physical Education	85	69	86	70	87	71	88	72	89	73	88	72
PUPIL'S AVERAGE											83	83
REMARKS											Promoted to Gr. 5	

HIGH SCHOOL AND BEYOND PLAN & COMMUNITY SERVICE



Career Interest Profiler, Resume, Course Planner, Game Plan, Graduation Pathways, Financial Aid, and Graduation Survey.





“MATCHING” YOUR COMMON APP & NAVIANCE ACCOUNTS

- This will need to be completed to have your transcripts and/or letters of recommendations sent to any Common App schools.
- You do NOT need to match with any other application portals- just common application.
- Students must sign the FERPA waiver in the Common Application
- **Common App Account Matching Video**

Request Transcripts: “Colleges I am applying to”

Colleges I'm applying to									
<div>✓ Your Common App account has been matched. Your FERPA status is not waived. You're ready to apply to colleges using Common App.</div>									
<div><div>Manage Transcripts</div><div>Application Milestones</div><div>Compare Me</div><div></div></div>									
<div>* = extended profile available<div>REQUEST TRANSCRIPTS</div><div>REMOVE</div></div>									
College	Type	Deadline		Expected Difficulty*	Transcripts	Office materials	Submission Type	Application	
<input type="checkbox"/> Seattle University	RD	Regular Decision	January 15	N/A	requested	Pending		Unknown	<div>EDIT</div> <div>MORE</div>
<input type="checkbox"/> University of Washington	RD	Regular Decision	November 15	N/A	requested	Pending		Unknown	<div>EDIT</div> <div>MORE</div>

Step One: Requesting Letter of Rec from Teachers



You will need a Teacher Letter of Rec for some Common App schools!



Ask your teacher in person first!

Apply to Colleges



COLLEGES

I'm applying to

Letters of Recommendation

College Events

Manage Transcripts

Test scores

Video For Reference:

Letters of Rec: Teachers

Requesting Letter of Recommendation from Teachers



Letters of recommendation

Your Requests

You can request new letters of recommendation and track the most recent status of your requests here.

Add Request

Recommendation For ^

Deadline ^

Recommender(s)

Status ⓘ

Cancel Request



Your recommendation requests will show up here.

Add Request

Requesting letter of Rec from your School Counselor

Counselors ONLY send Letter of Rec to some common app schools (NOT UW). We can discuss in your Senior Blitz appointment

Make sure you have submitted your SHS Counselor Letter of Rec Survey/Brag Sheet to your counselor 3 weeks prior to your first deadline.

Counselor letters: focus on student's personal strengths and how she or he has contributed to the school community.

We do not use the coalition application portal. Do not request letters or transcripts in the Coalition

Not every student needs a counselor letter! We will help you decide if you need one!



College App FAQ

What is the Senior class size?

- There are **348** Students in the Senior Class

Are GPA's weighted or unweighted? What is my class rank?

- All GPAs are unweighted, and we do not Rank.

How do we request a letter of recommendation from our counselor?

- Complete the SHS counselor LOR survey in Naviance.

What do I do if I still need help picking colleges?

- Email Ms. Lopez-Kopp at lopezk@bsd405.org

How do I send my SAT/ACT scores (if required)?

Students send scores through College Board or ACT website. Most colleges are test optional for admissions this year

When is my Senior Blitz appointment?

- Check the main office window for the schedule and watch for the pass to come to your classroom!

Your HOMEWORK:



Add colleges to your “Colleges I’m Applying to” list in Naviance



Request official transcripts through Naviance.



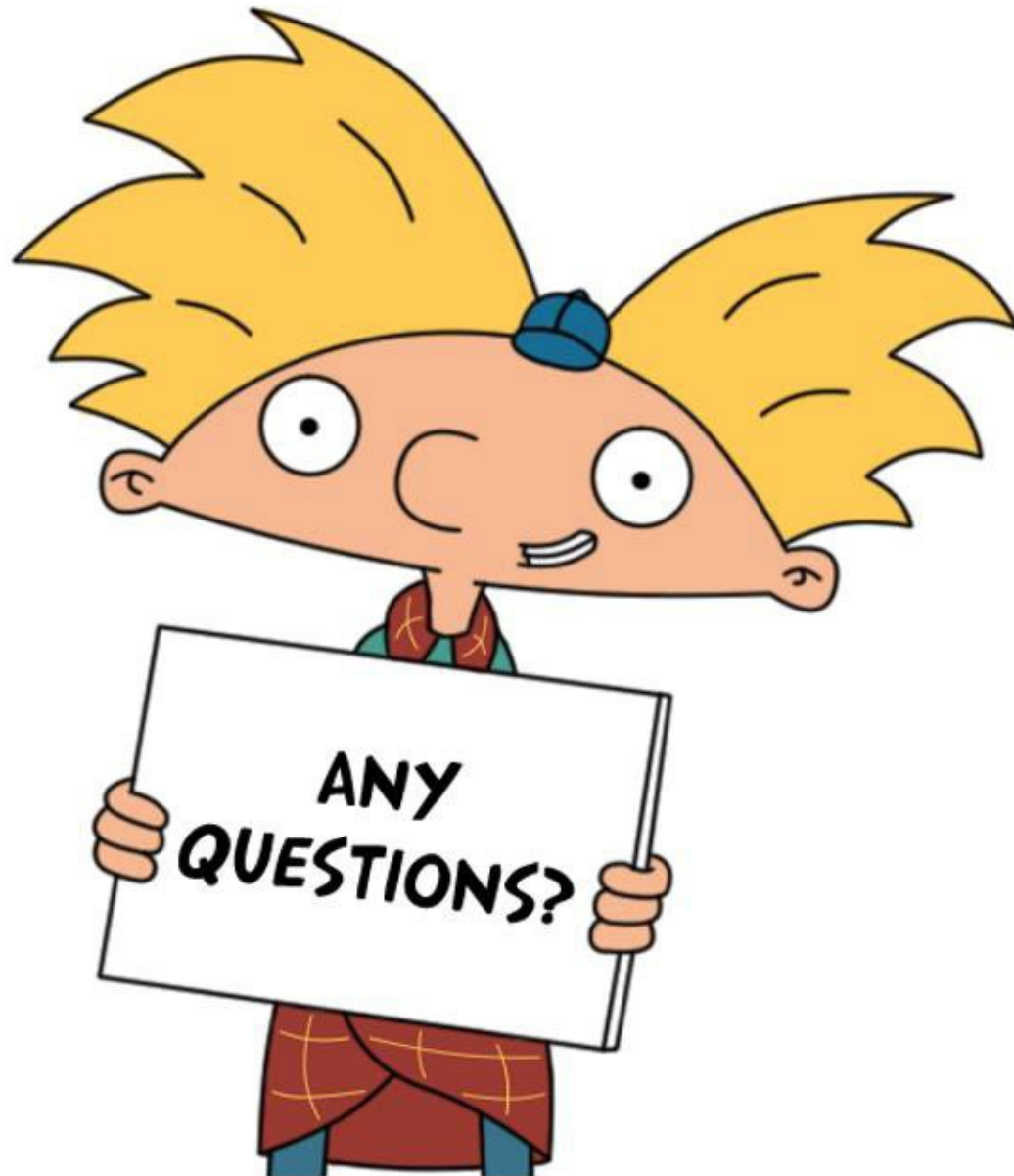
Request letters of rec from teachers & counselors for colleges that require them. (Not UW Campuses or UC Schools)



Send signed FERPA form to counseling Secretary Ms. Gemmel
shscounseling@bsd405.org



Link your Naviance and Common App accounts





FALL SUPPORTS AT SHS



SENIOR GUIDANCE IN GOV/CIVICS
CLASSES

SENIOR BLITZ APPOINTMENTS



COLLEGE CORPS VOLUNTEERS &
WRITING LAB FOR RUNNING
START STUDENTS

FINANCIAL AID SUPPORT



SCHOLARSHIP SUPPORT

COLLEGE VISITS REPS @ SHS



APPLICATION WORKSHOPS
FOR UW,
UC SYSTEM SCHOOLS,
COMMON APP, & BELLEVUE
COLLEGE,
BELLEVUE COLLEGE INFO
SESSION FROM UMOJA
&PUENTE



WEDNESDAY DROP IN SUPPORT

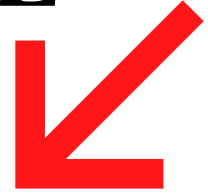
- COUNSELORS WILL BE AVAILABLE EVERY WEDNESDAY IN OCTOBER AFTER SCHOOL UNTIL 1:15 PM
- COME SEE US IN THE COLLEGE & CAREER CENTER (ROOM 201)!

WHAT SHOULD YOU BE DOING NOW?



COLLEGE VISITS

DRAFT/BRAINSTORM
PERSONAL STATEMENTS &
ESSAYS



TALK TO YOUR FAMILY ABOUT
HOW TO PAY FOR COLLEGE



WORK ON COMMUNITY
SERVICE/ACTIVITIES
LIST



TALKING ABOUT HOW TO
PICK A COLLEGE AND/OR
CAREER

TAKE ADVANTAGE OF
NAVIANCE (SUPER MATCH
TOOL & COLLEGES I'M
INTERESTED IN SECTION)

GET INVOLVED IN CLUBS
AND ACTIVITIES

TALK TO COLLEGE
ADMISSIONS REPS





**THANK YOU
SO MUCH!**

**HaPpY SENIOR
YEAR!**

