



**SENIOR PARENT NIGHT
SEPTEMBER 16, 2025**

**School Counseling Department
Lyme-Old Lyme High School**

Tracy Lenz

Jo Williams

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Tonight's Agenda

- ❖ **Review Graduation Requirements**
- ❖ **College Admissions Criteria**
- ❖ **Application Process & Procedures**
 - **Admissions Plans**
 - **Forms! Forms! Forms!**
 - **Student Responsibilities**
 - **Deadlines**
 - **School's Responsibilities**



- ❖ **How to Ease the Stress**
- ❖ **Financial Aid Night**
- ❖ **NCAA Clearinghouse**
- ❖ **Web Resources**
- ❖ **Questions**

Graduation Requirements

25 Credits

Status letters sent home in August



Humanities: 10 Credits		Science, Technology, Engineering and Mathematics: 9 Credits	
English	4 Credits	Mathematics	3 Credits
Social Studies	3 Credits: including .5 Civics and 1.0 US History	Science	3 Credits
Fine Arts	1.0 Credit	Science, Technology, Engineering, Mathematics and Business Electives	3 Credits
Humanities Elective	1.0 Credit	Physical Education and Wellness	1 Credit (.25 each yr.)
World Language	1 Credit	Health & Safety Education	1 Credit (.25 each yr.)
		Diploma Mastery Assessment	1 Credit
		Electives	3 Credits

Standardized Testing Requirement:

- ✓ SAT: 480 EBRW and 530 Math
- ✓ Proficiency on NGSS

What they are looking for...

- Challenging curriculum
- Grades that represent strong effort and an upward trend
- Solid scores on Standardized Tests: SAT/ACT
- A well written Common App Essay and college supplemental questions
- Counselor/Teacher recommendations that describe special characteristics

Many are Test Optional

- “Passionate Involvement”
 - High quality community service
 - Work or out of school experience
 - Extracurriculars in school
- Supplementary rec. from an adult who has had significant contact with the student
- Anything special that makes the student stand out: art portfolio, music and drama auditions

Transcript & GPA

- ❖ The **Transcript** is the most important piece of the college admission requirements.
- ❖ Official academic record
- ❖ Shows the levels and final grades from classes taken during grades 9–11 & senior year work in progress.
- ❖ Cumulative, Weighted GPA
- ❖ WE DO NOT RANK.

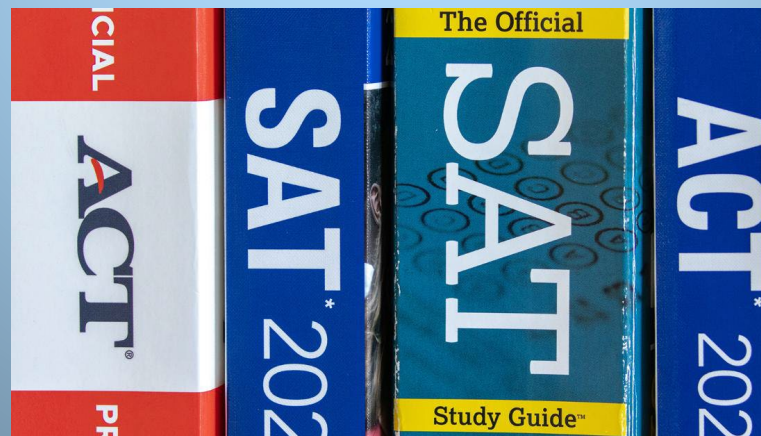


What does Test Optional mean in the Admissions Process?

- Many colleges and universities moved to a **test-optional policy for Standardized Testing (SAT/ACT) during the application process.** Test-optional institutions are making a definitive statement that they will not need test scores to make admission decisions.
- Despite the change in policies, high school students and their parents are asking, **“Does test optional really mean test optional?”**
 - ***YES. But, read the requirements for each school.***
- Some schools will require SAT/ACT scores for the following reasons:
 - **Used for academic placement/advising and sent once admitted**
 - **If the student’s GPA does not meet their standard**
 - **Required for some programs: education, nursing etc.**

TEST OPTIONAL RESOURCES

- **WWW. FAIRTEST.ORG**
- **The college websites are the BEST resource.**



College Admissions Testing

Standardized Test Dates

- SAT/ACT Dates

Send SAT, AP Scores

- College Board

Send ACT Scores

- ACT Student

Fee waivers available to those who meet the requirement guidelines.
Please see your School Counselor for more information.

Students are all in a different place within this process?

Have completed the application and ready to submit it

Know all the schools applying to and have begun the Common App

Have visited a few school but not sure where they fit in their list: reach, match, likely

Have a list of schools but have not visited yet

Have not completed a college search

Important Points to Keep in Mind When Choosing Colleges

- Most students will apply to two-three schools in the Reach category, between four and six in the Match category, and at least two or more in the Likely category.
- The definition of each category varies based on the individual student. What may be a Likely school for one student may well be someone's Reach school.
- Give as much thought and attention to your Match and Likely schools as to your Reach schools.
- Apply only to schools where you believe you would be happy for 4 years, even for Likely schools.

Remember, you are looking for the best match for you!

Understanding Admissions Plans

Rolling Admissions: Applications are reviewed on a continual basis and a decision is made when all information has been received.

Early Decision – Binding: An application plan where a student makes a commitment to attend a college if accepted. Apply by Nov. 1, decision rendered by Jan. 1.

Early Decision II: Another ED opportunity typically due by the regular application deadline: Jan 1, Jan 15.

Early Action: A form of early application which also requires credentials be submitted early; however, students are not committed to enroll.

Early Action II: Another EA opportunity typically due by the regular application deadline: Jan 1, Jan 15

Admissions Plans

the fun continues.....

Early Action Single Choice/Restricted Early Action: A non commitment enrollment option but a student is only allowed to apply to one college under this option. The expectation is that the student doesn't apply to any other schools early action or early decision.

****may apply to other institutions for rolling admission, regular decision, a public school's early action or to international schools.**

Early Notification: This concept is similar to early action, but requires a deposit from the accepted candidate.

Regular Admissions: The deadline for submission of applications ranges from January 1 – April 1. Applicants are notified by April 15 and must reply to the college by about May 1.

Application Process Organization is Key!!



Student Responsibilities:

- **Personally ask teachers to write letters of recommendation.**
 - Request the teachers through Naviance.
 - Give teachers Blue Recommendation Form
- **Submit all required forms to the School Counseling Department.**
- **Request Transcripts through Naviance.**
- **Send SAT scores to the colleges through the official website: www.collegeboard.org (if necessary, you may be able to self report or be test-optional)**
- **Send ACT scores to the colleges through www.actstudent.org. (if necessary)**
- **Complete and Submit application, by the deadline date, which may include:**

Essays

Supplements

Fee

Portfolios

Interviews

Auditions

Common Application Tips

- **This application can be sent to many colleges.**
 - Other colleges may have **their own application**: ie: California schools, Endicott College, Georgetown, International Universities
 - Some schools will use the **Coalition Application** (130 schools)
- **Each college has their own page** on the Common Application for college specific information, questions and possible writing prompts.
- **One essay** for the main Common Application.
- If the college has a **separate supplemental essay section on the Common App**, it needs to be sent in addition to the application, it does not automatically get sent with the application.
- Parents can assist students with the **Family Tab**: parent information and dates and sibling info.
- **Submission of the Common Application will require a credit card.** You need to pay for each application and then send common application to the individual school.

MEET ALL DEADLINES

For BOTH, the Colleges & LOLHS

- **Students must submit all the required materials to their School Counselor and Teachers at least 3 weeks prior to their first college application deadline.**
- **Please use the chart below to ascertain the date the forms and the Naviance Transcript Request MUST be submitted to your School Counselor/Teacher**

College Application Deadline:

October 15, 2025
November 1, 2025
November 15, 2025
December 1, 2025
December 15, 2025
January 1, 2025

Submit Forms to your School Counselor by:

Wednesday, September 24, 2025
Friday, October 10, 2025
Friday, October 24, 2025
Monday, November 3, 2025
Monday, November 17, 2025
Monday, December 1, 2025
(due to holidays)

- While we appreciate and encourage the submission of your materials in advance of the 3-week minimum, please note that we prioritize the processing of all materials including sending the transcript and the counselor letter of recommendation by the student's first application deadline.

School Counseling Dept. **FORMS! FORMS! FORMS!**

- **Purple** Parent Brag Sheet
- **Pink** Educational Records Release Form (FERPA)
- **Blue** Teacher Recommendation Form
- **Green** Counselor Recommendation Information Form
- **Resume**

All necessary forms are available on the School Counseling Website, Class of 2026 Canvas Module and in the School Counseling Department Office.

School Responsibilities:

Teachers:

Upload and send the Teacher Written Evaluation and Forms through Naviance.

School Counseling Department:

Submit through Naviance or Mail a hard copy of:

- Transcript & Classes in Progress
- School Profile
- Secondary School Report Form
- Counselor Recommendation
- 1st Quarter Grades
- Mid Year Transcript
- Final Transcript



1st Quarter Grades



- 1st quarter grades will be sent automatically to all schools to which the student has applied as they are typically part of the application materials.
- BUT, Students can request to NOT SEND their 1st quarter grades.....
 - To individual or all colleges
 - Form will be available in the School Counseling Office at end of 1st quarter.
- **Caution:** if a school requires the 1st quarter grades, they will need to be sent in order to complete the application.
 - Not sending them could jeopardize the application.

‘What’s Happening’ to ease the stress?

- Many seniors are enrolled in the ‘Writing & Communication for the Real World’ class.
- Forms are on the School Counseling Website
 - <https://lolhs.region18.org/counselingguidance>
- Counselors & seniors are meeting about post-secondary options and plans.
- Students can ask English teachers to review/edit college essays.
- In-person College Representative Visits occurring here at LOLHS
- In-person and virtual College Fairs



Naviance Student

- Naviance is an online program used to facilitate and manage the college application process.
- Naviance Student–LOLHS-specific data since 2002.
- Each student has a personal Naviance Account with user name and password.
- Parents also have user names and passwords.
- **LOLHS will submit transcripts and counselor/teacher letters of recommendation electronically using Naviance eDocs.**

What Can Be Accomplished on Naviance Student?

- Complete a college search
- Create a list of colleges you are applying to
- Request transcripts & teacher recommendations
- Track college deadlines
- Access in-school college visits & register
- See SAT/ACT test scores, GPA
- Search for Scholarships
- Track transcript and recommendation status

<https://student.naviance.com/lolhs/>

Naviance Demonstration

<https://student.naviance.com/lolhs/>

The screenshot displays the Naviance website interface. At the top, the Naviance logo is on the left, and navigation links for Home, Self-Discovery, Careers, Colleges (highlighted), and Planner are in the center. On the right, there are icons for a heart, an envelope, a question mark, a user profile (ZZ), and language settings (EN).

The main content area has a dark blue header with the word "Colleges" in white. Below this is a search bar with a magnifying glass icon and the placeholder text "Type a college name". To the right of the search bar is a white button with the text "SEARCH". Below the search bar, the text "MORE COLLEGE SEARCH OPTIONS" is visible.

The page is divided into two columns. The left column has a black header "Find Your Fit" and contains a list of options: SuperMatch® (with a magnifying glass icon), College Match (with a puzzle piece icon), College Events (with a calendar icon), Scattergrams, Advanced College Search, and College Lookup. A "Show less" button is at the bottom of this column.

The right column has a black header "Research Colleges" and contains a list of options: COLLEGES I'm Thinking About (with a heart icon), College Compare, College Resources, Acceptance History, Enrichment Programs, and College Maps. A "Show less" button is at the bottom of this column.

Financial Aid Preview

- **FAFSA:** This form will be available October 1, 2025 and will use your 2024 tax information. This is good news.
 - Access it through [Student Aid. Gov](https://studentaid.gov)

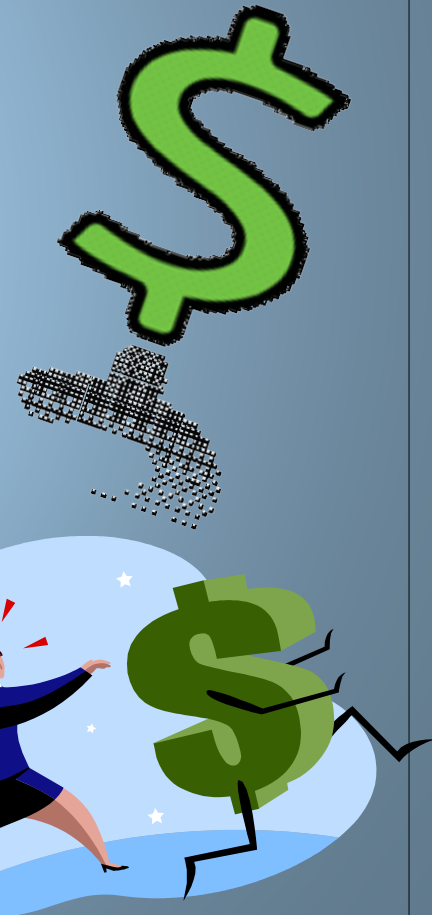
Federal Student Aid (FSA) ID: studentaid.gov/fsa-id/create-account/launch. Both student and parent(s) need an ID.

- **CSS Profile:** access it through www.collegeboard.org
- Investigate all financial aid deadlines and requirements as you proceed through this process.
- Begin paying attention to Merit Scholarships available through the colleges.
- Be proactive and look at the **LOLHS Scholarship Bulletin** as well as on Naviance as the list is longer and sortable.

Financial Aid Night

**Tuesday, October 7, 2025
6:30 pm**

**Jessica Hatfield
Connecticut College
Financial Aid Office**



NCAA Clearinghouse

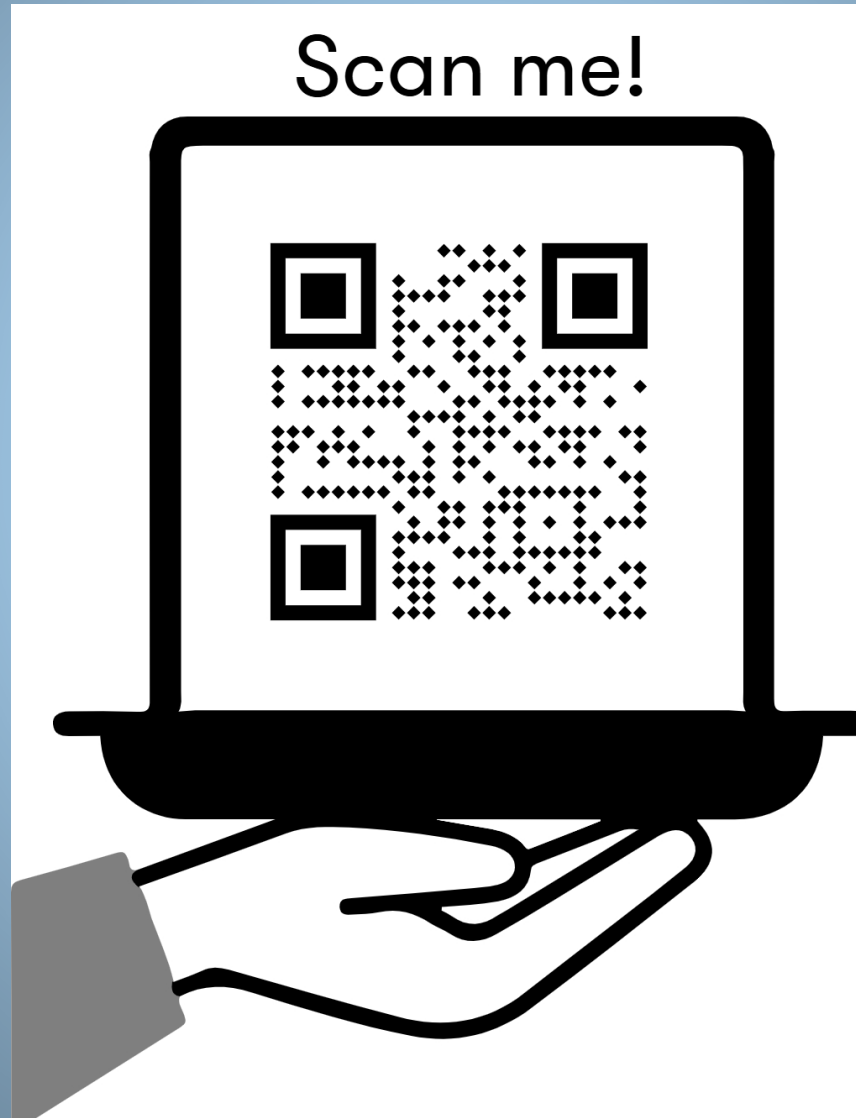
www.eligibilitycenter.org

- **For students interested in Division 1 or 2 athletics in college**
- **Students should check their GPA and course requirements to ensure they have what is required.**
- **Students need to register with the clearinghouse and request their transcript through the on-line system.**
- **Requires that students submit their high school transcript and SAT scores.**
 - **SAT scores must be sent by STUDENT, code 9999**
 - **Transcripts must also be requested through Naviance.**
- **Final Transcripts will be sent from LOLHS by end of June.**
- **Students should call Clearinghouse directly, 319-337-1492, with questions.**

Web Resources

- www.collegeboard.org: SAT Info, CSS Profile, AP
- www.actstudent.org: ACT Info
- www.fairtest.org: list SAT/ACT optional schools
- www.commonapp.org: Common Application
- www.studentaid.gov: FAFSA
- www.BLS.gov: Career Search/Statistics

Senior Parent Night Evaluation



QUESTIONS / COMMENTS:

