



Junior Parent Meeting

November 6th, 2025

Self Exploration - Individual Goals - Preparing for the Future

Charlie Cipriano & Liz Saporito
School Counselors

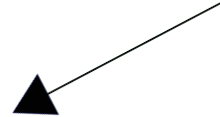
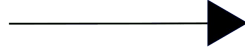
Seth Busching
Dir. of School Counseling and Student Wellness K-12

Tonight's Topics:

- ◎ **Junior Year Timeline**
- ◎ **Beginning the Post-Secondary Process**
- ◎ **Managing Your Future**
- ◎ **Important Dates / Info**
- ◎ **Q&A**

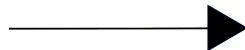


What matters most (and what doesn't matter so much)



[Dale & Krueger \(2002, 2011\)](#)

[Suqin Ge, Elliott Isaac &
Amalia Miller, 2018](#)



Who your child **is** will
always matter more than
where they go.



School Counseling Curriculum

9th Grade Curriculum:

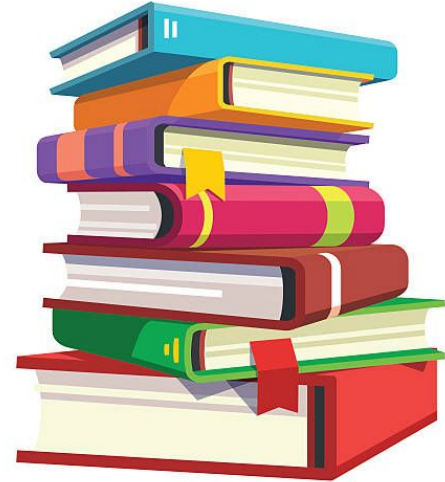
- Transition/School Climate
- Citizenship
- Community

10th Grade Curriculum

- Insight, Reflection, Vision, and Self Exploration

11th Grade Curriculum

- Self Exploration and Identity building



junior year timeline>



Nov/Dec

- 11/6- Junior Parent Presentation
- PSAT Scores Released online through College Board
- End of Marking Period 1 - Review progress & goals

January

- Junior Post Secondary Meetings (college & career) Window 1
- Financial Planning Night - January 14th (snowdate 1/15)
- January 30 end of Marking Period 2 (end of Semester 1)

February

- Semester 2 begins
- Managing Your Future-college/career curriculum
- February 11th - RHS Course Catalog Night
- If ready, begin to research and visit colleges, both online and in person
- Individual Course Selection Meetings
- ACT Exam

March

- Individual course selection meetings begin for Juniors
- Continue college research and college visits
- Mock Interview Nights: March 24th & 26th
- SAT Exam

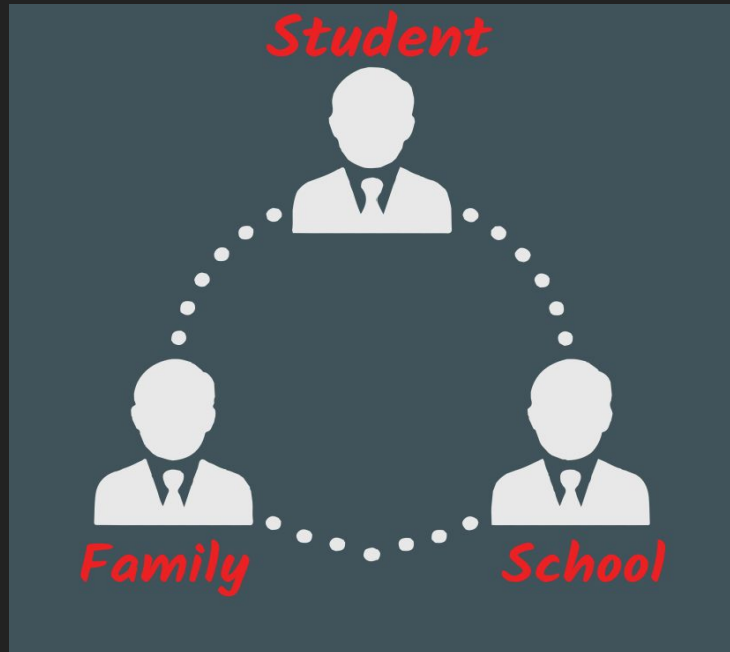
April

- Junior Post Secondary Meetings resume (college & career) - Window 2
- Rising Senior Parent Presentation (Part 2) TBD
- End of Marking Period 3 - April 17
- ACT Exam

May/ June

- 5/4 - 5/15 AP Exams
- MYF - Ask teachers for letters of recommendation
- Complete Common Application
- End of June: RHS Finals and Regents Exams 6/17-6/26
- End of School Year (6 semester transcript)
- SAT/ACT Exams

Team Approach





- Junior grades are the last 2 semesters of your 6 semester transcript
- Think about your rigor of classes for next year

- Join activities, volunteer, jobs, participate in pre-college programs, for athletes build your highlight tapes, non- athletes build your portfolios
- We create one in MYF in the spring



- Participate in events at school: make memories
- Explore who you are and where you want to go



Parent's Role

How can you support your child during this process?
Where should you start?





MAKING
CARING
COMMON
PROJECT



“As a parent, you have a vital role to play in ensuring that the admissions process reinforces important values and motivates your children to undertake activities that will allow them and others to thrive as adults.”

CONVERSATION STARTERS:



MAKING
CARING
COMMON
PROJECT

- *What is important to you in a college academically and socially?*
- *What do you NOT want?*
- *What values do you want your college to stand for?*
- *What other factors, such as location, are important to you? How will you know if a college is a good fit for you?*
- *How do you feel as you go through the college application process? What pressures do you feel and where do those pressures originate?*
- *What messages are you getting from me about the college admissions process?*
- *How involved do you want me, your parent, to be in the college admissions process? What role would you like me to play?*



Postsecondary Options

- ❖ Four Year Colleges
- ❖ Two Year Colleges
- ❖ Military
- ❖ Gap Year
- ❖ Employment
- ❖ Other....

The College/Career Search

Naviance:

[Naviance](#)

- ★ Your child has access and you will get access in late January
- ★ Naviance shares RHS stats and references our grades and test scores by college rather than national stats
- ★ Application data specific to Rye High School
- ★ Students and parents can do college searches and save schools to their list

Collegeboard:

- ★ Big Future allows you to type in criteria to narrow down schools that might interest you
- ★ Similar search tool to Naviance: Big Future
- ★ If your child is logged into their account, they can save schools
- ★ Available to general public

Niche:

- ★ Can do college searches, breaking down similar criteria
- ★ Allows you to compare colleges
- ★ Allows you to see student reviews
- ★ Available to general public



Let's explore Naviance!

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

College Search

Criteria:

- Location
- Major
- Size
- Campus setting



Other tools:

- Road Trip Nation
- Career Cluster Finder
- Career Interest Profiler

College Application Components

**Transcript
(Grades & Rigor)**

**Recommendation Letters:
Teachers & School Counselor**

**HS School
Profile**

**Resume/ Extracurricular
Activities**

**Standardized Tests: ACT/SAT
Scores**

**Senior Year
Course List
and Midyear
Grades**

**Personal Statement
(college essay)**

Supplemental Essays:
Check with each individual college
for any required supplements



HOLISTIC REVIEW



Standardized Testing

- ❖ PSAT/NMSQT
- ❖ SAT
- ❖ ACT
- ❖ Test Blind Colleges
- ❖ Test Optional Colleges (Median 50%)



The PSAT/NMSQT

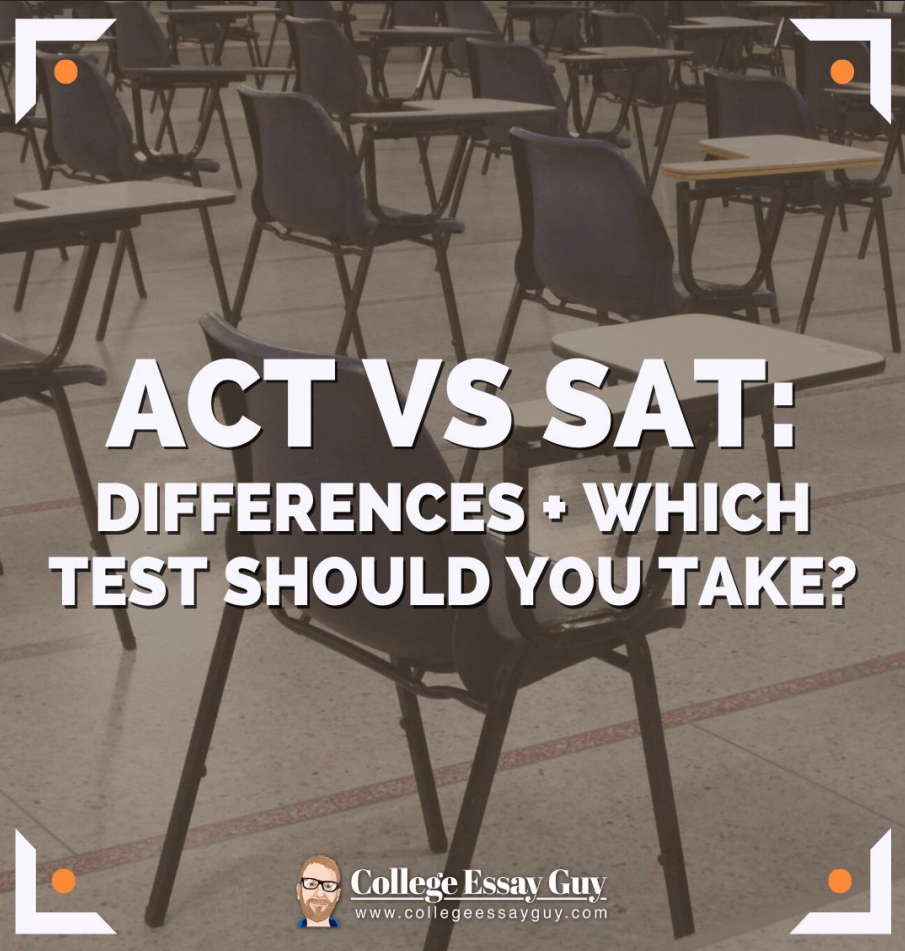
- ❖ The Preliminary SAT / National Merit Scholarship Qualifying Test
- ❖ Exam administered by the College Board. This year's junior class had the opportunity to sit for the exam on October 15th.
- ❖ Results align with the scoring format of the SAT. Scores will be released to students online through the College Board in starting in November.



Understanding Standardized Testing

- ❖ **ACT - American College Testing - www.act.org**
 - English, Math, Reading, Science, Writing (optional & will not affect composite score)
 - Scoring scale 1-36 for Each Section and Overall Composite Score
- ❖ **SAT - College Board - www.collegeboard.org**
 - Evidence Based Reading/Writing & Math
 - Scoring scale 200-800 (per section)
 - 1600 highest combined score
- ❖ **Test Optional Institutions**
 - Currently 1,800+ accredited 4yr colleges & universities with test optional policies for fall 2026 incoming class - www.fairtest.org
- ❖ **Superscoring**
 - Policy differs between institutions - check with individual colleges and universities
- ❖ **TOEFL**
 - Test of English as a Foreign Language
 - May be required by some colleges for international students





ACT VS SAT: DIFFERENCES + WHICH TEST SHOULD YOU TAKE?



College Essay Guy
www.collegeessayguy.com

Standardized Testing

- ❖ When deciding whether to take the SAT or ACT—consider your child's individual strengths and weaknesses
- ❖ They can take both tests and choose which highlights their strengths the best.
- ❖ Whichever option they choose, make sure they prepare!



SAT®**Registration Deadline****Deadline for Changes, Regular Cancellation,
and Late Registration******Aug. 23, 2025**

Aug. 8, 2025

Aug. 12, 2025

Sept. 13, 2025

Aug. 29, 2025

Sept. 2, 2025

Oct. 4, 2025

Sept. 19, 2025

Sept. 23, 2025

Nov. 8, 2025

Oct. 24, 2025

Oct. 28, 2025

Dec. 6, 2025

Nov. 21, 2025

Nov. 25, 2025

Register**March 14, 2026**

Feb. 27, 2026

March 3, 2026

Register**May 2, 2026**

Apr. 17, 2026

April 21, 2026

Register**June 6, 2026**

May 22, 2026

May 26, 2026

Register

ACT

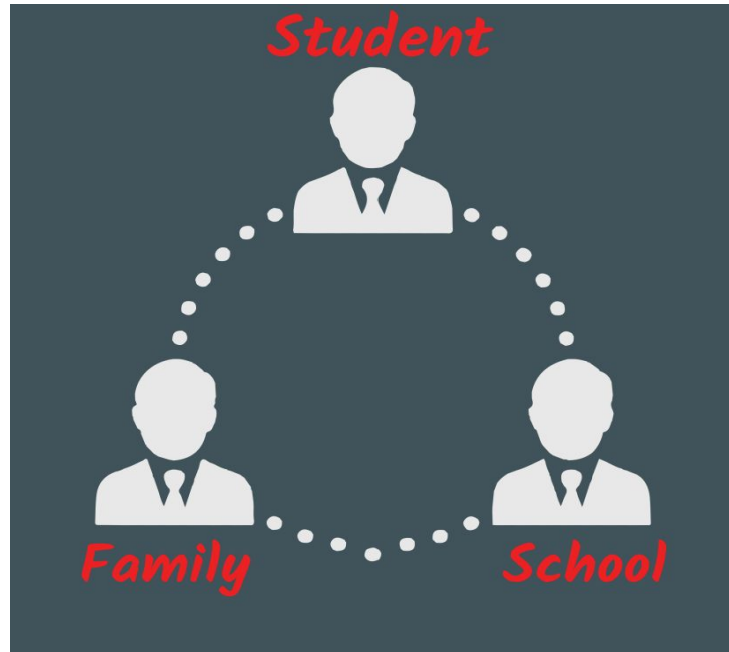
2026 National Test Dates Schedule

Test Date	Regular Registration Deadline Late Fee Applies After This Date	Late Registration Deadline	Photo Upload and Standby Deadline
September 6, 2025	August 1	August 19	August 29
October 18, 2025	September 12	September 30	October 10
December 13, 2025	November 7	November 24	December 5
February 14, 2026	January 9	January 23	February 6
April 11, 2026	March 6	March 24	April 3
June 13, 2026	May 8	May 29	June 5
July 11, 2026*	June 5	June 24	July 3

*No test centers are scheduled in New York for the July test date.

September: Science Optional (online and paper testing)

School's Role



Junior Year Curriculum Managing Your Future

Adolescence = Identity Formation

- ❖ Junior Year School Counseling Curriculum - Semester 2
- ❖ Focus on Individual Journey
- ❖ Preparing Students “ Life Beyond School”



MYF is our compass guiding our way and our approach when we talk with our students in class and individual meetings.

Who are you and what is important to you? What are your strengths and interests? What is your goal? How can we help you get there?



Junior Year Curriculum Units

Values Assessment

Who am I?

What are my hopes and goals?

Self Reflection

What are my personal values?

Do my values align with my future goals?

Resume

Focus on strengths, skills, leadership, involvement and engagement

What are you proud to showcase?

Interview Skills

Communicating who I am to others in a professional manner.

Mock Interviews Nights (March 24th and 26th)

Finding the Right Fit

What are you looking for in a college?

What is the college looking for in you?



Junior Year Curriculum Units

Reflective Writing- Essay

Looking at the
Common App Essay
prompts

Starting to
brainstorm essay
ideas

Digital Citizenship

What does it mean to be
a good digital citizen?

What do you want your
digital footprint to say
about you?

Letters of Rec from Teachers & School Counselors

Building relationships &
understanding the process

Two academic teachers

Common Application

Putting it all together

Filling out the common
application section

End objectives: Students will be able to better understand who they are, their hopes and goals, and ways to share that thinking in planning for their lives after high school. A majority of their application completed.



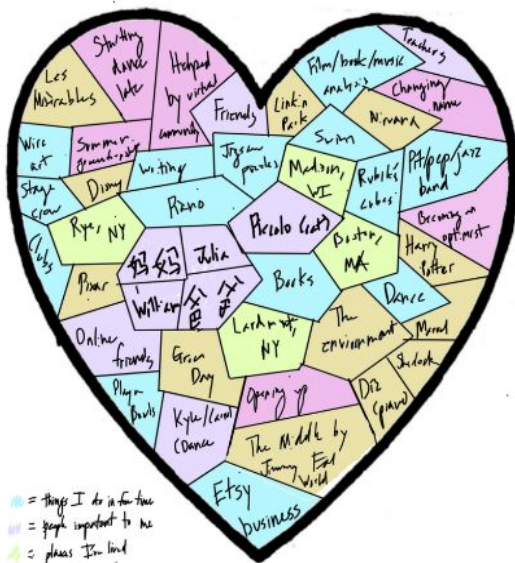
For the Student: Who Am I?

Values Assessment and Heart Mapping

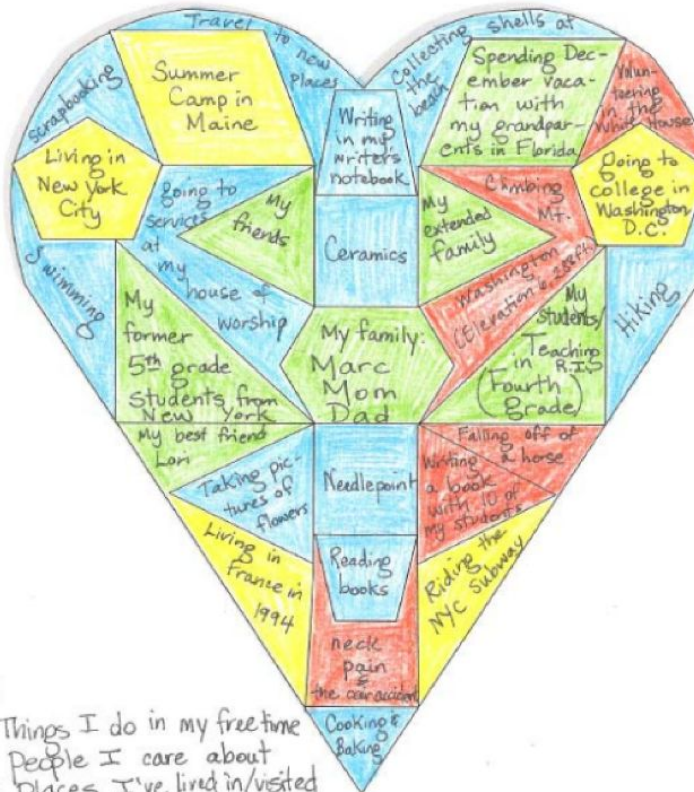
- ❖ It's important to know who you are in order to figure out where you're going.
- ❖ Juniors begin class by identifying defining moments or experiences in their lives so far.
- ❖ Our identity is a combination of our experiences and the impact they have on us.



Heart Mapping: Writing from the Heart (Example)



- blue = things I do in free time
- purple = people important to me
- green = places I've lived
- pink = significant events
- yellow = things important to me



Key:

- = Things I do in my freetime
- = People I care about
- = Places I've lived in/visited
- = Defining Moments

Values Assessment

Starting Points: Values



What Matters to You Most?

- | | | |
|---------------------------------------|--|--|
| ☐ Honesty | ☐ Originality | ☐ Art |
| ☐ Courage | ☐ Revolution | ☐ Dependability |
| ☐ Creativity | ☐ Pride | *Gratitude |
| ☐ Hard Work | ☐ Community | *Knowledge |
| ☐ Learning | ☐ Individuality | *Optimism |
| ☐ Friendship | ☐ Kindness | *Honor |
| ☐ Laughter | ☐ Compassion | |
| ☐ Athleticism | ☐ History | |
| ☐ Family | ☐ Faith | |
| ☐ Independence | ☐ Style | |
| ☐ Truth | ☐ Curiosity | |

Let's sort them!

Now that you've started to think about what matters to you, you're ready to start sorting your own set of Values. Remember, if you don't see a particular VALUE that matters to you, feel free to write it on one of the blank spots.

Then, sort each VALUE into 1 of 4 categories:

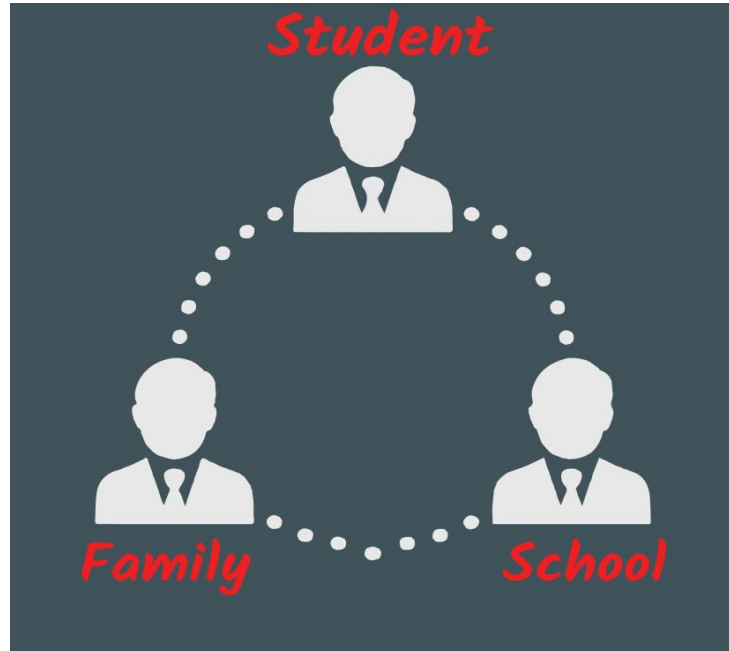
- Most Important
- Really Important
- Kind of Important
- Not Important

Keep in mind, there are no right or wrong answers here. In fact, the same person might sort their VALUES differently at different moments in their life. Your ranking list continues to change and evolve over time—as you do, too! Keep going until all your VALUES have been sorted.

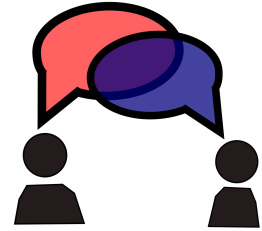
Now...let's rank! List your top 3 values in order of importance to you:

1. Family
2. Gratitude
3. Curiosity

Bringing it all Together



Individual Junior Meetings



Individual Meetings with your child's school counselor

- ❖ Window One- January 2026 and continued after course selection April 2026
- ❖ Parent and Child attends
- ❖ Reflection and Planning - Junior Meeting Agenda
 - Families will receive a copy of your child's current academic transcript
 - NY State graduation requirements will be reviewed
 - Testing plan - SAT/ACT/Test Optional/AP Exams
 - You and your child's School Counselor will work together to develop a list of colleges and/or post secondary plans
- ❖ Explore!
 - Have fun exploring the opportunities that are available for your child
 - Visit colleges, attend online college webinars, talk about interests, future goals, possible majors, passions, etc.



Other Resources

- ❖ College visits, websites, emails
- ❖ College and Career Fair at the Westchester County Center
 - Spring of Junior Year and Fall of Senior Year
 - Opportunity to talk with college admissions counselor
- ❖ Over 100 colleges visit Rye HS each fall
 - Senior students only
 - Mini information session with college admissions counselor
- ❖ Local College Programming/Regional Receptions/webinars
- ❖ Military Academies visit Rye HS each fall
- ❖ RHS students who attend BOCES attend vocational career fair at BOCES each year
- ❖ [Summer Internships](#)



Financial Planning Night

When: January 14, 2026 (snow date 1/15)

Who: Katie Brett, Senior Asst. Director of Outreach & Student Support at Yale University's financial office

For: Junior and Sophomore parents to help you plan ahead and consider your options

Topics Discussed:

- FAFSA
- CSS Profile
- Scholarships



We meet again in April

- ❖ There is another Parent Night in April 2026
- ❖ We will go through the steps of the application process
 - How to create a balanced list (Reach/Target/Likely)
 - How to apply (Common App, Types of applications)
 - When to apply (different deadlines)
 - Recommendation letters
 - Transcripts
- ❖ College search continued
- ❖ Common data sets
- ❖ Financial Planning



Q & A