



BHS JUNIOR PARENT NIGHT PRESENTATION

**YOUR GUIDE TO PLANNING YOUR
FUTURE!**

**BHS Counseling Department
2025- 2026**

OUR PURPOSE & PROMISE

We understand what a challenging time this is for both you and your child! Trying to navigate the college application process and beginning to make decisions about what to do after high school is an intimidating process.

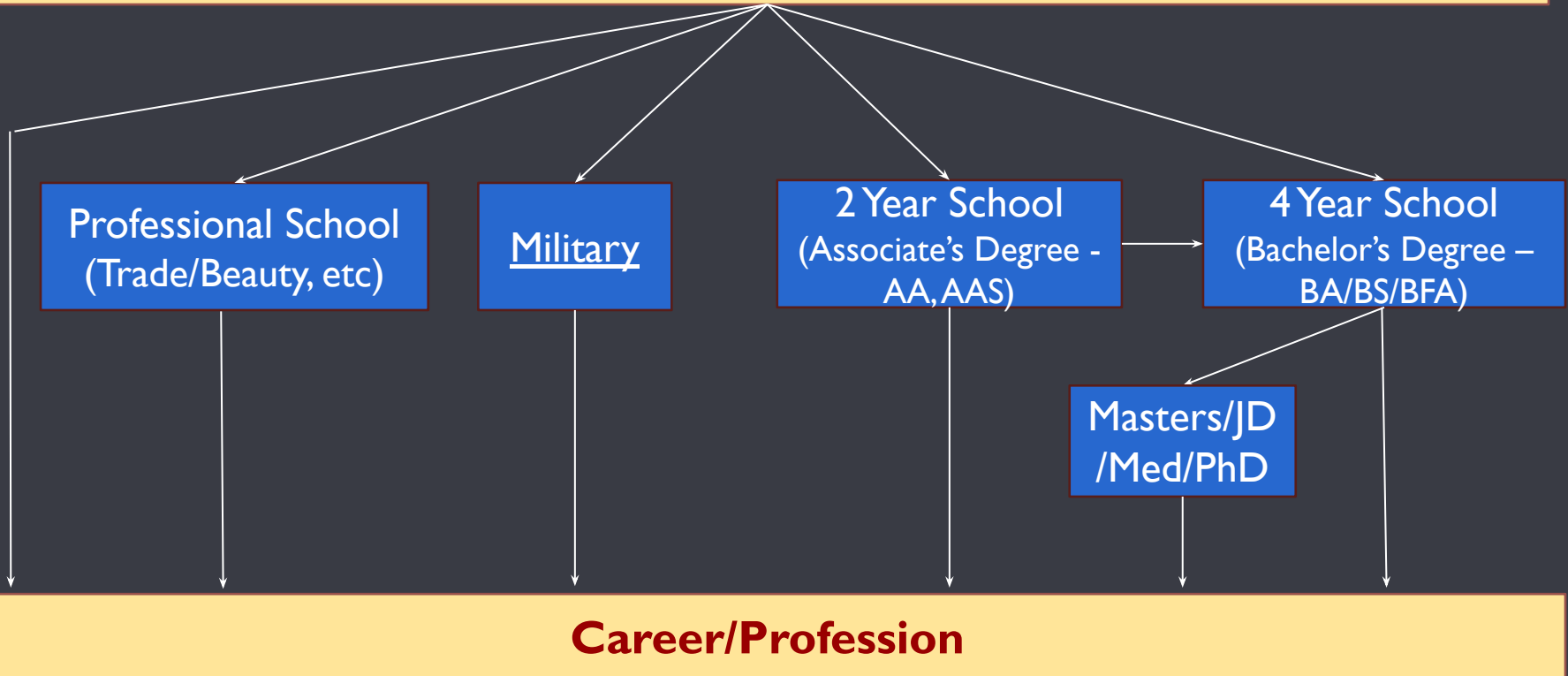
Now is the time to begin planning for your future, whether it be applying to college, trade school, the military, planning for the workforce, etc. There are so many options!

We will focus on the process of applying to college, but also answer some of your lingering questions, so you can best navigate the process of planning for after high school!

We can do this, together! - Your BHS Counselors

WHAT POST-SECONDARY PATH IS RIGHT FOR ME?

High School



TRADE, VOCATIONS AND MILITARY

- > These schools offer students educational opportunities in specific career fields.
- > A career/technical school equips students with job-specific technical skills, core academic skills in order to function in the workplace and in routine daily activities, and employability skills (such as critical thinking and responsibility) that are essential in any career area.
- > Joining the military can be an exciting and life-changing experience. There are a lot of reasons young men and women across the United States show an interest. Some have a multigenerational respect for the military and want to serve like their older relatives did. Others want job security and the benefits that come along with being in the military. Whatever the reason, joining the military can create a great foundation for future personal growth.

TRADE, VOCATIONAL AND MILITARY INSTITUTIONS

BERGEN COUNTY TECHNICAL SCHOOLS

ADULT & CONTINUING EDUCATION (TRAINING PROGRAMS AND APPRENTICESHIP)

BERKELEY COLLEGE (ASSOCIATE'S, BACHELOR'S, MASTER'S, CERTIFICATE)

LINCOLN TECH (TRAINING PROGRAMS)

EASTWICK COLLEGE (ASSOCIATE'S, BACHELOR'S, AND CERTIFICATE)

PARISIAN BEAUTY ACADEMY PAUL MITCHELL

PARTNER SCHOOL (TRAINING PROGRAMS)

UNIVERSAL TECHNICAL INSTITUTE (UTI) (TRAINING PROGRAMS)

U.S. Army

Army National Guard

U.S. Air Force

Navy

Marines

United States Coast Guard

Space Force

WHAT SHOULD STUDENTS CONSIDER WHEN MAKING A LIST OF SCHOOLS?

- > Geography
- > Size
- > Cost/Financial Aid/Merit Scholarships
- > Urban/Suburban/Rural
- > Areas of Interest/Majors
- > Private/Public/Religious Affiliation
- > Availability of special programs
- > Athletics/Greek system/Extracurriculars
- > Support for learning differences
- > SAT/ACT requirements or test optional (certain programs)
- > Accelerated degree programs
 - Example: MSU 4 +1 MBA

FINDING THE FIT!!

- Finding the right college match is critical. Everyone is different!
- Students should make an honest assessment of their strengths and weaknesses.
- Where do students fit as an applicant? (GPA, standardized test scores, portfolio of activities)
- Use SCOIR, college guides, college websites, YouTube, and [BigFuture from Collegeboard](#)



Your College Search Starts Here

SCOIR is an online platform that connects students, families, high schools and colleges for a streamlined and user friendly admissions experience.

We will explore SCOIR'S features, each year of high school, together. You will use SCOIR for career and self exploration. As you begin the college search process, SCOIR will help you navigate the college selection and application process and facilitate the sending of academic transcripts and letters of recommendation in senior year.

All students have access to Scoir through Clever

SNEAK PEEK OF SCOIR

Scoir sign in

Scoir about “Me” Personal details that need to be complete:

- Personal details
- Add Parent email address
- Add Alternative Email address
- FERPA and Waiver of Rights
- My Colleges (List of colleges to follow, applying and applied)
- Personal Bio - Consider adding the following information
 - ★ Intended major
 - ★ Specialized programs - example, STEM, Health program, Capstone, etc
 - ★ Goals/aspirations
 - ★ Strengths/Weaknesses
 - ★ Describe yourself - example, outgoing, fun, serious, hard worker, friendly, go getter, etc
 - ★ Is there anything about your background (family, crisis, interest, etc) that has had a significant impact on your personal or academic life?
 - ★ Awards/ accomplishments
- Activities & Achievements
 - ★ Work experience
 - ★ Athletics
 - ★ Community services
 - ★ Clubs and activities

COMPONENTS OF A COLLEGE APPLICATION

- Grades/Transcript
- Rigor of Courses
 - Honors Courses, Advanced placement, Dual-Enrollment
- Standardized testing
 - SAT/ACT (*optional*)
- Essay(s)
- Letters of Recommendation
- Résumé/Activities and Achievements
- Demonstrated interest

THREE LEVELS OF SELECTIVITY:

There are three categories to keep in mind when deciding on colleges to apply to:

REACH

Schools that students apply to where they do not meet at least one of the admissions criteria

TARGET

Schools that students apply to where they meet all of the admissions criteria

SAFETY

Schools that students apply to where they far exceed the minimum admissions criteria



A universal digital application accepted by over 500 US colleges.

Fill out ONCE, then send to any participating school your child is applying to.

We recommend using the common application even if the school supplies its own.

[Commonapp.org](https://www.commonapp.org) – Create account in August

SNEAK PEEK OF COMMON APP

Common App Sign In

Common App

- Create account with personal email address (NOT THE SCHOOL EMAIL)
- First year student
- Applying as a first year student 2027-2028
- Common App Tab
 - Six fields to be filled out
- Free Common App Workshop at BHS in August
 - Dates TBD

My Colleges Tab

- College list
- College specific questions
- Submit application



COLLEGE FAIRS & TOURS

- > All colleges have tours in person. Many still offer virtual tours as well
- > You can also check out **virtual tours** at [YouVisit](#) or [CampusTours](#).
- > Bergenfield High School College Fair February 25, 2026 7-9 pm
- > Local college fairs in the area - Check your counselor's Google Classroom
- > [Northern NJ National College Fair](#) - March 4, 2026 at New Jersey Convention and Exhibition Center in Edison 9-12pm and 5:30-8:30pm
- > Bergen County NJ College Fair- March 18, 2026 at Ramapo College in Mahwah, 5:30PM - 8:30PM

BHS LUNCH VISITS WITH COLLEGES/UNIVERSITIES

The BHS Counseling Department offers in-person college rep visits during lunch. These visits are hosted by the admissions representative from the college. The assigned representatives are typically the admissions counselors that will be evaluating your applications.

More information to follow on how to sign up for those visits on Scoir in the Fall.

The logo for SCOIR, featuring the word "SCOIR" in a bold, blue, sans-serif font. The letter "O" is stylized with a circular arrow around it, suggesting a search or cycle.

Your College Search Starts Here

PREPARING FOR YOUR JUNIOR CONFERENCE

SCOIR

- Build your Scoir profile (i.e. personal bio and activities & achievements)
- Create professional email
- Build your college preferences and follow 2 or more colleges
- Think about 2 teachers to ask for recommendations
- Start Essay (end of May, in English class)

THE TRANSCRIPT

- > Courses and final grades
- > Weighted GPA: includes AP/Honors bonus points
- > Unweighted GPA: no bonus points
- > Colleges will evaluate you based on your cumulative GPA from 9th grade until the end of junior year
- > Senior year courses are important: CHALLENGE YOURSELF!
- > Colleges may ask for your senior year grades and will ask for your final transcript - no room for senioritis!

IMPROVEMENT SPEAKS WONDERS!!

STANDARDIZED TESTING

SATs

School day SAT will be given on Wednesday, March 25th

Virtual testing for everyone:

The digital SAT is composed of two sections: Reading and Writing and Math. Students have 64 minutes to complete the Reading and Writing section and 70 minutes to complete the Math section for a total of 2 hours and 14 minutes.

Each section is divided into 2 equal length modules, and there is a 10-minute break between the Reading and Writing section and the Math section. The first module of each section contains a broad mix of easy, medium, and hard questions. Based on how students perform on the first module, the second module of questions will either be more difficult or less difficult. Registration for this test is not required.

For future test dates sign up through collegeboard.

****Testing fee waivers available****

ACTs

4 SECTIONS:

- English
- Reading
- Math
- Science
- Writing optional, but highly recommended

Students should sign up at

www.actstudent.org

TEST PREP OPTIONS

In Person **Free** Option:

BHS is currently offering SAT preparatory sessions designed specifically for our upcoming SAT School Day. Our SAT Prep Program will be offered free to our students. Registration will be honored on a first come/first serve basis with priority given to junior students.

Prep sessions dates TBA

Virtual Option:

Click on the links below for support:

- > Khan Academy
- > CollegeBoard
- You can also download the Daily Practice app, which will prompt you to complete 1 SAT prep question each day.

WHAT IS TEST OPTIONAL?

It is **YOUR** choice whether or not to send your standardized test scores to a college.

If a school or program has a test-optional admissions process, each applicant gets to choose whether or not to submit their ACT or SAT scores.

In other words, submitting your test scores is not a requirement for admissions.

For a complete list of schools that are test optional, click [here](#).

TEACHER LETTERS OF RECOMMENDATION

Most colleges require 2 teacher letters of recommendation.

Students must ask two teachers in person and make the official request through Scoir. Must be requested by October 1st of senior year.

Should be from 2 teachers they had as an instructor, (not a coach or an outside reference). If they want a coach or outside reference that would be an extra letter.

Student MUST communicate with their teacher(s) about this regularly.

What teachers need:

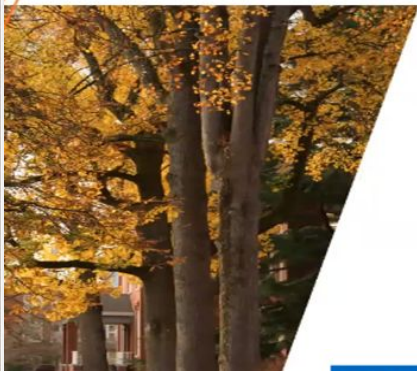
- > Your teacher will let you know what they need from you by having you fill out their LOR form or you can
- > Fill out the teacher brag sheet on Scoir

PROSPECTIVE COLLEGE ATHLETES

To ensure you are eligible for Division I or II, please visit the
NCAA Eligibility Center



ELIGIBILITY CENTER



NCAA ELIGIBILITY CENTER

- » **Who are we?** A unit within the NCAA.
- » **What do we provide?** Certification of college-bound student-athletes for collegiate competition.
- » **What do we review?**
 - Academic requirements.
 - Amateurism requirements.

REMEMBER

If you have questions, contact the Eligibility Center.
Your actions may impact your future NCAA eligibility.

- » College-bound student-athlete support line.
 - 877-262-1492.
 - > Monday-Friday.
 - > 9 a.m. to 5 p.m. Eastern time.

IMPORTANT DATES/EVENTS

> DATES TO REMEMBER

- SAT SCHOOL DAY on March 25, 2026
- Course selection assembly on January 8, 2026
- BHS College Fair on February 26, 2026 from 7-9 pm

> JUNIOR SCHEDULING/CONFERENCES

- Each student will meet with their counselor for a junior conference/scheduling for 26-27 school year.
- Conferences will begin in January.
- Please look out for email correspondence regarding your appointment date and time
- Parents are invited to attend

COUNSELOR INFORMATION

Your school counselor is available to answer any questions you may have.

Ms. Farmer - rfarmer@bergenfield.org

Ms. LaPorta - llaporta@bergenfield.org

Mrs. Massey - dlmassey@bergenfield.org

Mrs. Yoskowitz - myoskowitz@bergenfield.org

Mr. Cajes - gcajes@bergenfield.org

ANY QUESTIONS OR CONCERNS?

