

CLASS OF 2027: JUNIOR CONFERENCE PACKET

It's time for your Junior Conference! Let's get ready to discuss your future plans with your family. Your conference will cover the following:

- Transcript Review/Senior schedule
- Standardized testing information (ACT/SAT)
- Resume
- Essays – personal statement and supplemental essays
- Naviance
- Common Application – please create an account on <https://www.commonapp.org/> prior to your conference using a professional personal email address (not your school email).
- Letters of Recommendation
- Anecdotes
- Other postsecondary options (vocational training, service options, employment, etc.)
Please indicate your interest here: _____

ALL items listed below must be submitted PRIOR to scheduling a Junior Conference.

Missing forms will postpone your conference date.

Students must submit completed forms to via email to their counselor.

- ☐ Student Demographics and Family Data Page
- ☐ College Search Criteria Worksheet
- ☐ Student Reflection
- ☐ Parent/Guardian Reflection
- ☐ College Essay Draft/Ideas
- ☐ Activities Resume

Junior Conferences will begin in **February 2026**. Appointments are first-come, first serve. If you have any questions, please contact the Counseling Center at (516)801-5120.

Deadline to submit packet: Friday, March 20, 2026

STUDENT DEMOGRAPHICS AND FAMILY DATA

Student Demographics

Student Name	
School Counselor	
School Email Address	
Personal Email Address	
Cell Phone Number	
Date of Birth	
Place of Birth	
Previous High Schools Attended and Dates	

Family Data

Parent/Guardian 1 Name	
Contact Information (cell/email)	
Occupation/Employer	
College(s) Attended and Degrees	
Parent/Guardian 2 Name	
Contact Information (cell/email)	
Occupation/Employer	
College(s) Attended and Degrees	
Siblings	
Name:	Age/Grade/College:
Name:	Age/Grade/College:
Name:	Age/Grade/College:

COLLEGE SEARCH CRITERIA WORKSHEET

Let's have some fun and research colleges that might be a good fit for you! Things to consider:

- College features, environment, and culture (visit each college's website to learn more)
- View the **scattergrams** on **Naviance** for school-specific statistics (GPA and score ranges)
- Build an evolving list of colleges—realistic schools, reasonable schools, and some reach schools
- Think of **your** fit for the school (your activities, leadership, volunteer work, and academic fit)

Search Criteria

Type/Size

☐ Public ☐ Private ☐ Private Catholic ☐ Private Jewish ☐ Private Secular ☐ Historically Black College	☐ 2 Year School ☐ 4 Year School	☐ Small (less than 2,000) ☐ Medium (2,000-7,499) ☐ Large (7,500-15,000) ☐ Very Large (over 15,000)
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Location

☐ North - New England CT, MA, ME, NH, RI, VT	☐ South AL, FL, GA, KY, LA, MS, NC, SC, TN, VA	☐ Midwest IN, MN, SD, MI, NE, ND, OH, KS, WI, IL, IA, WV, MO
☐ Mid-Atlantic NJ, NY, PA, DE, MD, Wash D.C.	☐ West AK, AZ, CA, CO, HI, ID, MT, OR, UT, WA, WY	☐ New York ☐ SUNY ☐ CUNY

Major(s) Considering:

Career Goal(s):

First-Generation

Are you a first-generation college-bound student?

YES

☐

NO

☐

(Defined as your parent/guardian did not attend/complete a college education. Visit [FirstGenForward](#) for more information)

Athletic Recruit

Are you a potential DI/DII Athletic Recruit for college?

YES

☐

NO

☐

(Visit and register with the [NCAA Eligibility Center](#) for more information)

Financial Aid

Will you be applying for Financial Aid?

YES

☐

NO

☐

(Visit <https://studentaid.gov/h/apply-for-aid/fafsa> and <https://cssprofile.collegeboard.org/> for more information)

Naviance Scattergram and Balanced List Worksheet

My Weighted GPA:	
My SAT:	
My ACT:	
Upcoming registered test dates:	

Use the data in Naviance to complete this chart:

[illegible]

STUDENT REFLECTION

Instructions: Please **TYPE** your responses to the following questions. Please provide specific details as this information may be incorporated into the counselor's letter of recommendation.

1. How would your friends describe you? List 3 adjectives and give a recent example of each.

2. What course(s) (academic and/or elective) have been the most meaningful to you in high school (interesting, challenging, exposed you to new information or way of thinking)? Why?

3. What is your personal motto and why?

4. What are your long-term goals and/or career plans? What steps have you taken so far to pursue these goals/plans?

5. Indicate your most meaningful experience/achievement/leadership role in an extra-curricular or community service activity. Describe your accomplishments in this role.

6. How have you changed/grown as an individual since you first entered high school?

7. What would you want the admissions office to know about you that they could not learn from your school records and/or college application? Possible topics may include your greatest strengths, most unique characteristics, significant family events, personal obstacles, and how you cope and overcome challenges.

PARENT/GUARDIAN REFLECTION

Instructions: Please **TYPE** your responses to the following questions. Please provide specific details as this information may be incorporated into the counselor's letter of recommendation.

1. List 3 adjectives that describe your child and provide recent examples of each.

2. What makes your child unique? Please provide a specific example(s).

3. If you were writing your child's recommendation letter, what key elements would you include? Please provide examples.

4. Are there any unusual circumstances that may have impacted your child's high school experience (negatively or positively)?

5. If your child has an active IEP, 504 Plan, or extenuating circumstance, please indicate if you would like your counselor to disclose this information to colleges as a means to provide context. This can be discussed further at the Junior Conference.

COLLEGE ESSAY DRAFT

Instructions: Please brainstorm some ideas for your College Essay based on the college essay prompts from this year's Common Application. You may also submit a typed essay draft. This is not expected to be your final copy, but rather a creative exercise to help you start this process.

Common App Prompts - <https://www.commonapp.org/apply/essay-prompts>

Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.

The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?

Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?

Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?

Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.

Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?

Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.