



College Planning for Juniors & Their Families

Where to Begin

**Presented by the
Middleborough High School
School Counseling Department**

College Planning Workshop - Part 1

Timeline

Checklist

Testing Information

Scoir

College Search

Sample Forms

JUNIOR TIMELINE

January

1/21/26 College Planning for Juniors & Their Families - Part I - Where to Begin

February

2/1 February Virtual College Fair 1-6 pm

Register here: <https://www.nacacattend.org/26VirtualFeb1>

2/27 Deadline to register for the March 14th SAT (MHS is not a test site)

In February: GPA's will be posted on Scoir, Log into your Scoir account to complete a college search and develop a list of colleges to explore.

March

3/6 Deadline to register for the 4/11 ACT (MHS is not a test site)

3/14 SAT Administered (MHS is not a test site)

3/15 March Virtual College Fair 1-6pm

Register here: <https://www.nacacattend.org/26VirtualMar15>

April

4/11 ACT Administered (MHS is not a test site)

4/15 College Planning for Juniors Part II (tentative date)

4/17 Deadline to register for May 2nd SAT at MHS (MHS is a test site)

4/19 Virtual College Fair 1-6pm

Register at: <https://www.nacacattend.org/26VirtualApr19>

4/28/26 Boston National College Fair 8:30am-12:30pm

May

5/2 SAT Administered (MHS is a test site and this is recommended to take)

5/4 AP Exams Begin (end 5/15)

5/8 Deadline to register for the 6/3 ACT

5/22 Deadline to register for June 6th SAT

June

6/6 SAT Administered (MHS is not a test site)

6/9 Credit for Life Fair at MHS

6/13 ACT Administered (MHS is not a test site)

In June: Register for MHS College Bootcamp that is offered in August

Ask a core academic teacher if they are willing to write you a letter of recommendation

Ask your School Counselor any final questions before you leave for the summer

CLASS OF 2027

COLLEGE PLANNING WORKSHOP

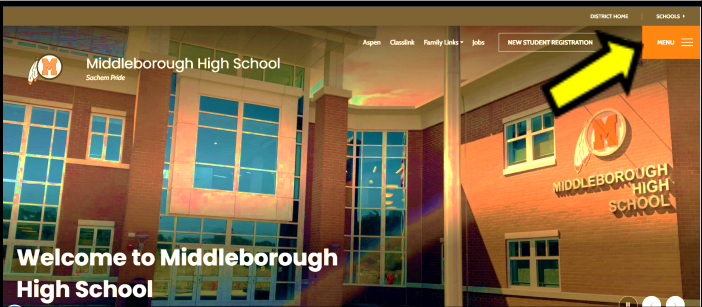
Part I - Where to Begin

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SCHOOL COUNSELING WEBSITE



Middleborough High School website at:
www.middleboro.k12.ma.us/mhs

Click on: Menu



Click on:

- 1 About our School
- 2 Counseling Department

WHERE TO BEGIN



In this workshop, we will discuss:

1. Scoir - The MHS Career/College search software program
2. College Appraisal
3. Matching yourself to a school

Before you start your college search, you first need to determine where you are in the process. A helpful way to begin this is to utilize the tools in the ***PrinciplesYou*** and the ***Career Interest Assessments*** in Scoir. The *PrinciplesYou* and *Career Interest Assessments* help students uncover and understand their natural abilities.

Checklist

The checklists below are very important in helping you to be more organized in making thoughtful and thorough decisions about your potential colleges.

By mid-April:

- ☐ Register for either the May or June SAT Reasoning Test
- ☐ Some students may want to register to take the April or June ACT test
- ☐ Develop a list of colleges that interest you and might be a good fit
- ☐ Plan to visit one of the College Fairs held in our area
- ☐ Schedule college visits for February and April vacation
- ☐ Develop a strong senior year course schedule with your School Counselor

Knowledge you should have:

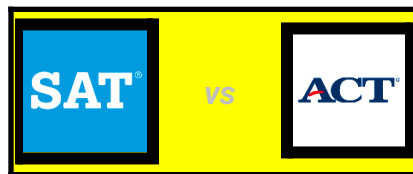
- ☐ Reasons for going to college
- ☐ An accurate appraisal of your academic standing (GPA), your extracurricular activities and your personal values. A good place to start would be to complete the *Activities Sheet*, located in your assigned google classroom. It's never too late to get involved in extra-curricular activities!
- ☐ A priority list for choosing a college (size, location, cost, etc.)
- ☐ A solid understanding of what colleges consider when making admissions decisions
- ☐ A realistic view of your admissions and financial standing

Pay special attention to:

- ☐ SAT & ACT registration deadlines and test dates
- ☐ School Counseling Department "College Planning Workshop" dates
- ☐ Your school issued email for announcements, for important dates & deadlines
- ☐ Assigned google classroom for post-secondary planning help
- ☐ School Counseling social media sites:
 -  <https://mhs.middleboro.k12.ma.us/about-our-schools/counseling-department/department-welcome>
 -  @Sachem_Guidance
 -  @mhscounseling1

TESTING INFORMATION

There are two types of college entrance exams available for high school students to take – the ACT®, which is offered through American College Testing and the SAT®, which is offered through the College Board. It is important to note that you do not need to take both. The SAT is the better known of the two in our region of the country and is the one that most Middleborough High School students choose to take.



Colleges do not prefer one test over the other

Both ACT and SAT scores are used for college admissions and merit-based scholarships. The SAT and ACT generally test the same types of content. The biggest differences are that the ACT has a Science Test, and there's one SAT Math Section for which you cannot use a calculator. Explore both exams to decide which test is right for you.

	SAT	ACT
Why Take It	Colleges use SAT scores for admissions and merit-based scholarships.	Colleges use ACT scores for admissions and merit-based scholarships.
Test Structure	• Reading • Writing & Language • Math • Essay (Optional)	• English • Math • Reading • Science Reasoning • Essay (Optional)
Length	• 2 hours 14 minutes	• 2 hours, 55 minutes (without essay) • 3 hours, 40 minutes (with essay)
Reading	5 reading passages	4 reading passages
Science	None	1 science section testing your critical thinking skills (not your specific science knowledge)
Math	Covers: • Arithmetic • Algebra I & II • Geometry, Trigonometry & Data Analysis	Covers: • Arithmetic • Algebra I & II • Geometry & Trigonometry
Calculator Policy	Some math questions don't allow you to use a calculator.	You can use a calculator on all math questions.
Essays	The essay portion was removed in 2021.	Optional. The essay will test how well you evaluate and analyze complex issues.
How It's Scored	Scored on a scale of 400–1600	Scored on a scale of 1–36



We strongly recommend taking your first SAT on May 2, 2026!

It is recommended that you take the SAT twice, once in the Spring of your junior year and again in September-November of your senior year (*depending on your earliest application deadline*). ***We do not recommend that you wait until December of your senior year to take your first SAT!***



Most of our students take the SAT. You may choose to take both the SAT and the ACT, but both are not required, as colleges/universities will accept either test.

If you have taken the SAT twice and are not satisfied with your scores, it is recommended that you switch and take an ACT.

timeline

2023	2024	2025	2026	2027
<u>Freshman</u>	<u>Sophomore</u>	<u>Junior</u>	<u>Senior</u>	
	PSAT/NMSQT (fall) (optional)	PSAT/NMSQT (fall) SAT (spring)	SAT (summer/fall) and/or ACT (summer/fall)	



The ACT is an achievement-based test that coincides with the general curriculum. It is not an aptitude or an IQ test. Instead, the questions on the ACT are directly related to what you have learned in your high school courses of English, mathematics, and science. It consists of up to 5 sections: English, mathematics, reading, science, and an optional writing test. **Students should take the writing section.** Most colleges and universities recognize the ACT as being comparable to the SAT.

Test Dates & Deadlines

Test Date	Registration Deadline	Late Registration Deadline
02/14/26	01/09/26	01/23/26
04/11/26	03/06/2026	03/24/2026
06/13/26	05/08/26	05/29/2026
07/11/26	06/05/26	06/24/26

MHS is not a test center for the ACT

- ▶ You must register with a credit card online at **www.actstudent.org**.
- ▶ Registration for the ACT Test is \$68.00 without the science and writing, \$73 with the science, and \$97 for all 5 topics
- ▶ If you receive free or reduced lunch, see your School Counselor for a fee waiver.
- ▶ There is an additional fee of \$38.00 to register late, try to avoid this.

SAT



The SAT is a measure of the critical thinking skills. It assesses how well you analyze and solve problems--these are skills you have learned in school and will need in college. Each section of the SAT is scored on a scale of 200-800 with 500 being considered an average score.

You should take the SAT twice (one in junior year and one in senior year).

We strongly recommend taking your first SAT on May 2, 2026!

Test Dates & Deadlines

Test Date	Registration Deadline	Late Registration Deadline
03/14/26	02/27/26	03/03/2026
*05/02/26	04/17/26	04/21/26
06/06/26	05/22/26	05/26/26

- ▶ You must register with a credit card online at www.collegeboard.com.
- ▶ Registration for the SAT is \$68.00.
- ▶ If you receive free or reduced lunch, see your School Counselor for a fee waiver.
- ▶ There is an additional fee of \$34.00 to register late try to avoid this.

* = MHS is a test site on this date

Additional Testing Information

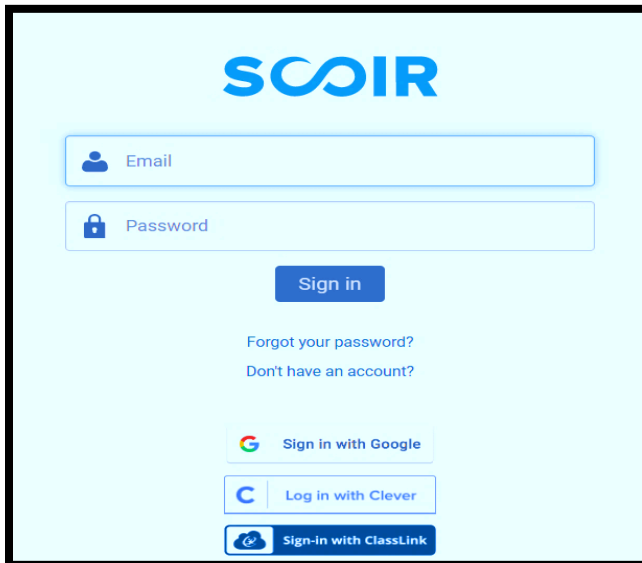
The CEEB (*College Entrance Examination Board*) code is a unique number assigned to every high school and college. You will need to provide this code when registering to take the SAT and/or the ACT.

Middleborough High School's CEEB Code is:

221405

SCOIR

MHS College/Career Management Program



Scoir is a customized, secure website that supports post-secondary, college and career planning. It is designed to assist students and their parents/guardians in making informed decisions about college opportunities and career choices. Every MHS student has their own personalized Scoir account.

It's important that you become familiar with this program. You will have to use it for the college application process.

You can log on to Scoir through the School Counseling Department website, through the 2027 Google Classroom or the link below:

<https://app.scoir.com/signin>

NEXT STEPS

It is now time to seriously begin your college search. What colleges and universities are a good fit for you? There are many ways to do a college search. Use a computer program for that purpose such as Scoir, BigFuture on College Board, and Princeton Review.

In Scoir, you may complete a college search by simply entering information about your personal preferences for a college. For example, size of college, geographic location and majors offered might be criteria that are important to you. After you input your personal preferences, the search program will develop a potential list based on your criteria. **Add potential colleges to your "Following" list.**

After the initial search is completed and you've added your potential schools to the *following* section, Scoir can provide you with more detailed information about each college and university that you're interested in.

Your list is a work in progress; it will change as you research and visit various colleges.

As your list changes, continue to update it on Scoir. As you search, remember to be realistic in your search, adding a combination of schools to your list (reach, realistic, and safety.)

Realistic:	<i>More than a 50% chance of admittance.</i>
Reach/Stretch:	<i>Less than a 50% chance of admittance.</i>
Safety/Back-Up:	<i>Without a doubt, no questions asked, you have beyond what the college is looking for.</i>

If you're looking for additional resources for search purposes, the following are recommended sites to use:

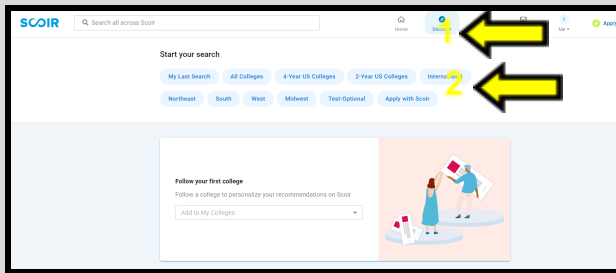
College Board at: <https://bigfuture.collegeboard.org/college-search/filters>

The Princeton Review at: <https://www.princetonreview.com/college-search>

Helpful Hint

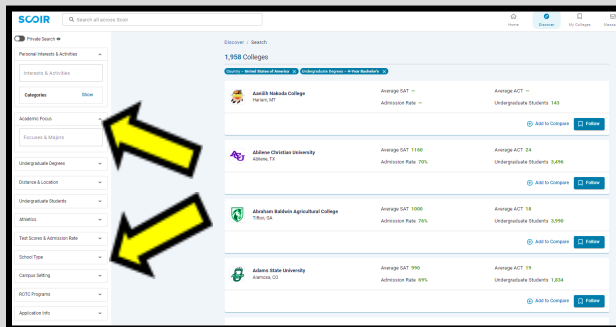
Keep copies of any correspondence you have with the school as well as application forms and financial information you have received.

The College Search on Scoir



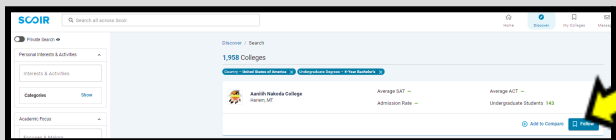
Click on the **Discover** tab.

Click on the type of search you want to do.

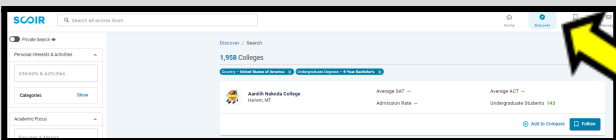


Begin selecting the criteria for your search.

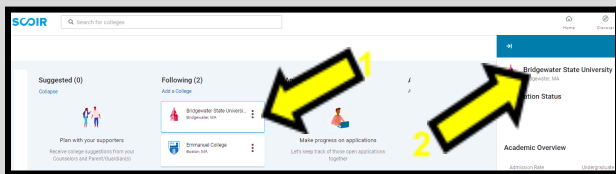
(Do not get too specific when answering some of these questions. For example, you should not check off every activity, club and sport you are interested in. Only check off the things that are most important and a “must do”. Checking too many boxes will yield you a low number of matching schools.)



Click on **Follow** if you are interested in learning more about the school.

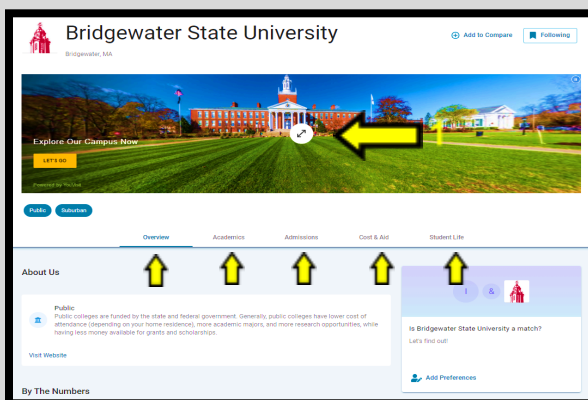


Click on **My Colleges**.



Click on the school to learn more about them.

2 Click on the school when it pops up on Click the right.



Click on the different links to see if the school is a good fit for you.

Virtual Tour
Overview
Academics
Admissions
Cost & Aid
Student Life

ACTIVITIES SHEET

[illegible]

The Activities Sheet is where you will list all of your extracurricular activities (both in and out of school), primarily from grades 9-12.

If you have been involved in long-term activities from a young age such as dance, horseback riding, piano or Boys/Girl Scouts just to name a few, you should also list those activities.

You can find the Activities Sheet in the 2027 College Planning Google Classroom.*

*You will receive access to the google classroom in May 2026.

Instructions

- Go to the 2027 College Planning google classroom
- Click on "Classwork"
- Scroll down to the "Forms to Complete" section
- Click on "Student Activities Sheet"
- Make a copy
- Type into fields
- Once completed, click "Share" to share with your School Counselor

Important to note: Please do not submit your Activities Sheet until August at the earliest as you will be adding information prior to that.

What to List on Your Activities Sheet

Here is a sample of some items you can include (it is important to note to not use acronyms or abbreviations):

Athletics

- Any sport you played while attending MHS
- Any town/club/rec sport you played during your high school years

Clubs

- Any MHS sponsored Clubs
- Any community club such as 4-H, Boy/Girl Scouts, etc.

Community Service

- Include any MHS community service
- Outside community service activities/volunteer work - include name of organization and what you did

Honor Societies

- Include any Honor Societies you have been inducted to. You can find a complete list of Honor Societies on the Student Handbook or the handout available in the School Counseling office

Music & Drama

- Band, Concert Choir, Speech & Theatre Workshop, Productions, etc.

Student Government/Class Offices

- Student/School Council member/officer, Committees, Class Officer positions

Work Experience

- Any paid work experience you have, including but not limited to babysitting, part-time work, etc.

Sample Activities Sheet



MIDDLEBOROUGH HIGH SCHOOL

Name: Ima B. Student

Year of Graduation: 2025

Activity	Office or Position Held	√ Years				Honors or Awards
		9	10	11	12	
Athletics						
Soccer	Defense; Captain, 12	X	X	X	X	MVP 11, 12; League All-Star 12
Basketball	Forward		X	X	X	
Track & Field	400m, Shot-put			X	X	Most Improved Player, 11

Clubs or other Programs						
Key Club	Member 11, 12			X	X	
Math Team	Member 10, 12		X		X	
Anime Club	Member 9	X				
GSA	Member 10, 12; Secretary 11		X	X	X	

Honors (National Honor Society, Book Awards, etc.)						
National Honor Society	Member, Vice President 12			X	X	
Tri-M Music Honor Society	Member				X	

Music & Drama (Band, Chorus, School Plays or Musicals, Crew, etc.)						
South Pacific	Lead Actress				X	
Little Shop of Horrors	Chorus			X		
Oklahoma!	Back Stage Crew		X			

School Publications (School Newspaper, Literary Magazine, Yearbook)						
Yearbook	Photographer 11 Editor in Chief 12			X	X	

Student Government/Class Offices (Student Council, Class Officers, Committees)						
Student Council	Member 10: Treasurer 11; Vice President 12		X	X	X	
Class Steering Committee	Member	X				

Community Service (NHS Tutoring, Outside Agencies, Hospitals, Schools, Athletic Programs, etc.)			
Organization	Description of Volunteer Service	Hours	Length Service
My Brother's Keeper Food Drive	Deliver food to homeless shelters	3 hrs x 2x/yr	4 years
Relay for Life	Fundraised/Captained team for the American Cancer Society	24 hrs x 1x/yr	3 years
Girl Scouts of America	Coordinated Annual Blood Drive	15 hrs x 2x/yr	2 years
NHS Tutoring	Tutored students in Algebra & Geometry	1 hr/wk	1 year

Work Experience			
Employer	Position - Job Description	Hours Per Week	Length Employment (mm/dd/yy - mm/dd/yy)
3 Different Families	Babysitter	6-10 hrs	09/16-Present
Stop & Shop	Cashier	25 hrs	12/17/23- 08/19/24

TIPS FOR VISITING COLLEGES

***A campus visit is a MUST
preferably when students are there***

You can go online or call the Admissions Office ahead of time to find out the tour schedule and reserve a spot if necessary.

Meet with an admissions counselor, if possible.

Take a student-led campus tour offered by the Admissions Office – this will give you a chance to talk with a current student.

Have questions ready – prepare a list of your own questions and some from your parents too!

Sit in on a class if you can – it can be a very valuable experience.

Be sure to check out sports or other major areas of interest to you while you are on the campus. If you want to talk with a coach or a department chair, be sure to call ahead and schedule an appointment.

If visiting the college requires significant travel, you might consider having an admissions interview while on your visit. If you're unable to travel to the campus, admissions representatives will try to schedule interviews virtually.

Speak with students and ask some of these questions:

- ▶ How many hours a week do you study? Is that typical of students here?
- ▶ Are campus jobs readily available?
- ▶ Are faculty members invested in students' success and accessible outside of class?
- ▶ Do many students go home on weekends? Do you?
- ▶ What's the library like as a place to study?
- ▶ What do you like most about this college? What do you like least?
- ▶ How easy is it to get the courses you want?
- ▶ Do you feel safe walking around on campus? At night? Is there a bus or shuttle service?

QUESTIONS TO ASK

Admissions

- ▶ Which standardized test scores do you require? If your college is test optional, what other criteria do you consider?
- ▶ What are the accepted GPA and SAT/ACT scores for the more competitive majors?
- ▶ If you're applying undecided, are there majors that are more difficult to transfer into? If so, which majors?
- ▶ Are interviews required? Who interviews prospective students?

Classroom

- ▶ What is the average class size?
- ▶ How accessible are the professors outside of class?
- ▶ What student services are offered (tutoring, career, counseling)?

Housing

- ▶ What type of housing is available?
- ▶ Is student housing guaranteed for all four years?
- ▶ How are roommates matched?
- ▶ Is this the residence hall where freshmen live?

Student Life

- ▶ What special interest groups, activities, fraternities/sororities are available?
- ▶ What is it like on campus on the weekends?
- ▶ Are there any programs offered to help students adjust to college life?
- ▶ Are intramural, club and varsity sports offered?
- ▶ What types of meal plans are available?
- ▶ Is the food good?

Just the Facts

- ▶ What is your school known for?
- ▶ What are the recent graduates doing now?
- ▶ What is the freshman retention rate?
- ▶ How safe is the campus and surrounding neighborhoods?
- ▶ Can freshmen have cars on campus?

UPCOMING EVENTS TO PAY ATTENTION TO

COLLEGE FAIRS

February 1, 2026	Virtual National College Fair Register at: www.nacacattend.org	1:00pm-6:00pm
March 15, 2026	Virtual National College Fair Register at: www.nacacattend.org	1:00pm-6:00pm
April 19, 2026	Virtual National College Fair Register at: www.nacacattend.org	1:00pm-6:00pm
April 27, 2026	National College Fair	Session 1 5:30pm-8:30pm
April 28, 2026	National College Fair Hynes Convention Center 900 Boylston Street, Boston, MA 02115 Register at: www.nacacattend.org/26boston/begin	Session 2 8:30am-12:30pm
April 29, 2026	National College Fair Rhode Island Convention Center 1 Sabin Street, Providence, RI 02903 Register at: www.nacacattend.org/26providence/begin	5:30pm-7:30pm
TBD	Regional College Fair	

College Planning for Juniors & Their Families

Part II - What You Should Be Doing Over The Summer

April 2026

This workshop picks up where we left off in January. We will review what you should have already completed to date and inform you of what you should be completing over the summer.

College Application Boot Camp

Summer 2026

School Counselors and English teachers will work with students on setting up their Common Application accounts, entering information, completing forms and writing their college essay.

College Planning for Seniors & Their Families

The Nuts & Bolts of Applying to College

September 2026

Financial Aid Workshops

Fall 2026 / Winter 2027

Scholarship Information Night

February 2027

GLOSSARY OF TERMS

Academic Reference -- a letter of reference written by a teacher in one of the core subject areas of math, science, English, foreign language or social sciences.

ACT (American College Testing) -- a college entrance test that measures English, math, reading and science reasoning, with an optional writing section.

Admissions Counselor -- a member of the college admissions office staff that advises and interviews prospective students.

AP (Advanced Placement) -- college level courses offered to sophomore junior and senior year students. Students are required to take an AP exam after completing the required course and may be eligible to receive college credit at the college they attend.

Barron's -- the name of a publisher that indexes American colleges according to degree of admissions competitiveness.

CEEB Code -- Middleborough's code is 221405. The College Entrance Examination Board maintains a numbered registry of high schools, colleges, college majors, scholarship programs and test centers

Class Rank -- a numerical designation of where a specific student stands in relation to the total number of students in their class as determined by GPA (i.e. 85 out of 170)

College Board -- a not for profit membership association whose mission is to connect students to college success and opportunity. College Board produces the PSAT 8/9, PSAT/NMSQT, SAT Reasoning and AP exams and the CSS/Financial Aid Profile.

Common Application -- an internet based application that is utilized by over 1,000 member colleges and universities.

CSS Profile -- a financial aid form that is completed in the senior year and required by some private colleges and universities. Accessed through the College Board. There is a charge to submit this form to colleges.

Early Action -- an application made to a college under an early deadline. It is non-binding, meaning if accepted the student is not bound to attend and may apply to other colleges if desired.

Early Decision -- an application made to a college under an early deadline. A student may only apply to one college under early decision. If accepted, the student must immediately withdraw all other applications and is legally bound to attend that college.

FAFSA (Free Application for Federal Student Aid) -- A financial aid form that is required by most colleges and universities. It is accessed through the government's website at www.fafsa.ed.gov. There is no charge to submit this form to colleges.

Financial Aid -- There are several different types of financial aid:

- **Pell Grants** -- Federal funds that are free money. They do not have to be repaid
- **PLUS Loans** -- Federal funds that are repaid by the parent
- **Stafford Student Loans** -- Federal funds that need to be repaid by the student
- **Work Study** -- money that the student earns while being employed on campus

GED (General Education Development) -- See HiSET.

GPA (Grade Point Average) -- a quantitative average of a student's grades and course levels over their high school career.

HiSET (formerly known as the GED) -- By taking the HiSET® exam, you can earn a state-issued high school equivalency credential which you can use to advance your career, join the military, begin a training program or continue your education. The HiSET exam is the fastest-growing high school equivalency test.

John & Abigail Adams Scholarship – an award of free tuition to a Massachusetts public college or university based on MCAS scores.

Kaplan – a for profit test preparation company. www.kaplan.com

Letter of Recommendation Info Sheet-School Counselor – an informational form completed by the student providing background information and career interests to assist their School Counselor write a letter of recommendation. Available on Scoir at the bottom of the Profile page.

Letter of Recommendation Info Sheet-Teacher -- an informational form completed by the student providing background information and career interests to help their teacher write a letter of recommendation. Available on Scoir at the bottom of the Profile page.

Mid-Year Report Form -- a part of the Common Application that the student completes. When mid-year grades become available, the guidance counselor then provides an update to the requested colleges that the student has applied to.

NCAA Eligibility Center – an initial eligibility clearinghouse in which student athletes must register if they desire to play college sports at the Division I or II level. www.ncaaclearinghouse.net

Plan – an assessment tool produced by the American College Testing Company (ACT) that is given to sophomores to help student's measure current academic development and allows them to explore career and training options.

Princeton Review -- an internet and print based college exploration and test preparation service. www.princetonreview.com

PSAT (Preliminary Scholastic Assessment Test) -- a College Board assessment that MHS offers to juniors that estimates future SAT results. The score report is helpful in identifying areas that may need further practice. Taken in the junior year, it is the qualifying exam for the National Merit Scholarship Program.

SAT Reasoning Test – A college entrance test that measures evidence based reading & writing and mathematics, with and optional easy section.

School Counselor – a professional school staff member who assists students with their academic, social & emotional needs and advises high school students on post-secondary plans.

School Report – a form required by colleges in the admissions package. The student completes basic information on their applications and then the Guidance Counselor completes the evaluative information on the student.

School Profile – a document produced by individual high schools that accompanies a transcript. The school profile provides an overview of the community demographics, graduation requirements, mean SAT scores, explanation and determination of class rank and course of study offered.

Scoir – a customized, secure website that supports post-secondary, college and career planning. It is designed to assist students and their parents/guardians in making informed decisions about college opportunities and career choices. Every MHS student has their own personalized Scoir account.

Stanley Z. Koplik Certificate of Mastery – an award of a tuition waiver to all Massachusetts public colleges, universities and community colleges (with the exception of Mass College of Art) based on MCAS performance and additional requirements as outlined in the program materials. If a student is eligible, they will be notified in the spring of their junior year.

TOEFL (Test of English as a Foreign Language) -- An internet based exam required by many colleges as an admissions requirement for students who do not speak English as their primary language. Information available through www.ets.org

Transcript – an official document summarizing the classes taken and grades received from grades 9 through 12.