SEACOAST COLLEGIATE HIGH SCHOOL

OCTOBER 2025

Newsletter

COLLEGE AND CAREER COUNSELING



Why Talking to a College Rep During a School Visit Can Pay Off

When a college rep visits your high school, think of it as a two-way street: you're "shopping" for the right school, and they're "shopping" for students who might be the right fit. Both sides are making impressions, sharing information, and exploring possibilities.

College reps usually come prepared to give you the scoop on admissions, tuition, financial aid, academics, campus life, and student services. They'll also take questions—so it's a golden opportunity to get answers straight from the source.

If a rep from a school you're genuinely interested in is coming to campus, here's how to make the most of it:

- Arrive early and stay late. Getting there before the session starts and hanging around afterward can give you valuable one-on-one time.
- Show your interest. Some colleges track "demonstrated interest" as part of their admissions process—meeting with a rep counts!
- Build a connection. Creating a personal link with the rep now can help later if you apply; they might even remember your conversation.
- Ask for feedback. If you're comfortable, share your academic background and see if they can give you a quick sense of how you stack up as an applicant.

Bottom line: a rep's visit isn't just another presentation—it's a chance to open doors, ask smart questions, and make yourself memorable. (see below for a list of college rep visits at SCHS - more added weekly)



PLANNING YOUR FUTURE

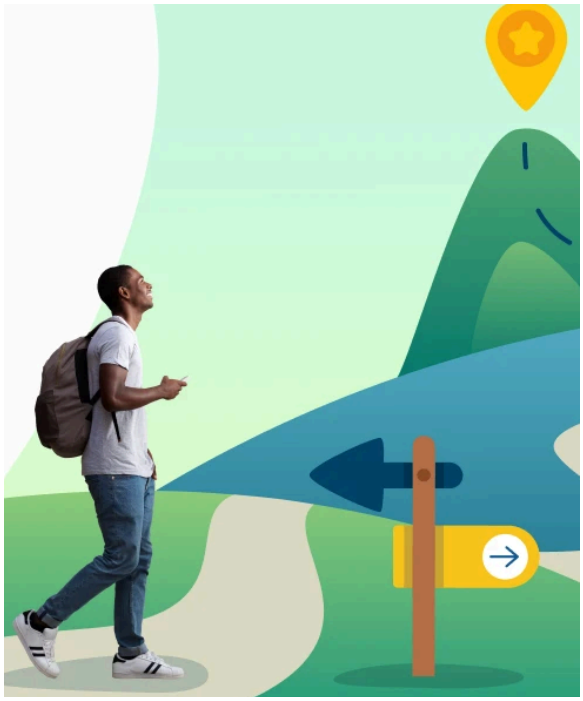
The Seacoast Collegiate High School counselors support students and families through High School and dual enrollment at Northwest Florida State College by fostering academic growth, leadership, and meaningful engagement in school opportunities

Donna Armstrong, Stacey Greenway and Mindy Larson
Your Seacoast Counseling Team

https://www.seasideschools.net/

SEACOAST COLLEGIATE HIGH SCHOOL

newsletter



SAT/ACT TEST PREP AT SEACOAST COLLEGIATE HIGH SCHOOL

The adoption of IXL for SAT/ACT self-study at Seacoast Collegiate represents a meaningful enhancement of our academic support infrastructure. With an easy-to-use, data-driven, flexible online tool, students now have the opportunity to take greater control of their test-preparation journey—and increase their odds of success. We encourage all eligible students to make use of this resource and get ahead today.

IXL

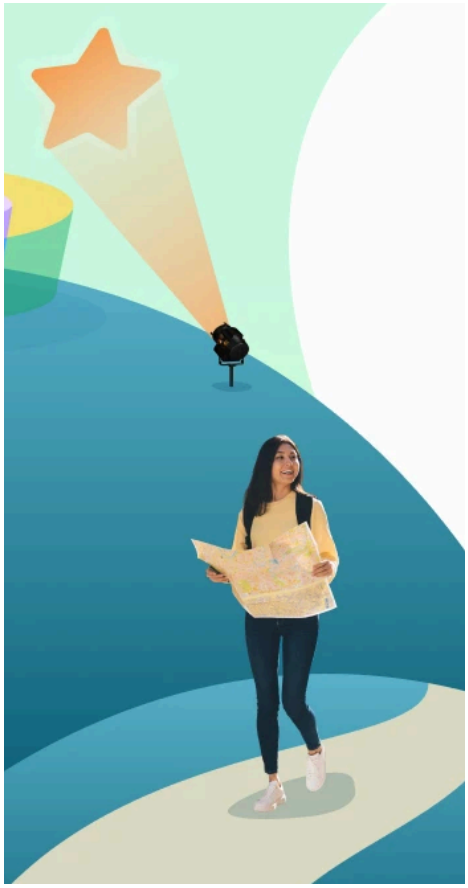
IXL is personalized learning. With a comprehensive K-12 curriculum, individualized guidance, and real-time analytics, IXL meets the unique needs of each learner.

THE ACT TEST

FOR MORE INFORMATION AND FUTURE ACT TEST DATES, CLICK HERE

THE SAT

FOR MORE INFORMATION AND FUTURE SAT TEST DATES, CLICK HERE



Reach out to Mindy Larson if you would like to register for an SAT/ACT self-study account with IXL: larsonm@seasideschools.net

What to do when you are not doing well in high school

- **Visit your teacher early!** Stop by office hours at the beginning of the semester and ask: "This class seems tough—what are the most common mistakes students make, and how can I avoid them?" Teachers love it when you show initiative.
- **Stuck on homework?** Go to office hours or any extra "help sessions" or "study sessions" your teacher offers. Don't wait until you're really behind—get help early!
- **Team up.** Start a study group with classmates. Explaining things to each other really helps it stick.
- **Take "re-do" opportunities.** If your teacher offers retakes or corrections, do them! It's not just about the grade—it's about mastering the material so future lessons make sense.

- **Go beyond the minimum.** For STEM classes, try extra practice problems. You can buy problem-only books or watch online videos (Khan Academy is great!) to reinforce what you're learning.
- **Learn from tests.** Didn't do well? Ask yourself why:
  Did you skip the reading?
  Did you forget to do homework?
  Did you kind of understand but freeze during the test?

  Figure out what went wrong; try a new study strategy
- **Count your study hours**. Be honest—are you spending enough time outside class on homework and review? If not, that might be why you're falling behind



- **Life happens.** If you're dealing with family issues, illness, anxiety, or anything tough, don't go through it alone. Go straight to your guidance counselor—they're there to help.
- **Use your syllabus.** At the start of the semester, read it carefully. Write all due dates and tests in your calendar. Teachers may remind you, but being organized gives you a big advantage.
- **Know your online system.** Make sure you can log in, check class info, and upload assignments correctly.
- **Follow directions!** Always read assignment instructions carefully. Check the rubric to be sure you've covered everything.
- **Ask early.** If you don't understand something, ask your teacher well before the deadline—not the night before it's due.

SEACOAST COLLEGIATE HIGH SCHOOL



UNIVERSITY OF FLORIDA: RANKS IN TOP 100 BEST MEDICAL SCHOOLS IN THE UNITED STATES

Ranked List of the Best Pre-Med Schools

BY: COLLEGEVINE

Are you thinking about a career in medicine? It's never too early to start preparing. The undergraduate college you choose plays a critical role in shaping your path to medical school and beyond. From academic rigor to research opportunities and advising support, your undergraduate experience can have a lasting impact on your success in the field.

See the complete list of top schools for pre-med students.

What is Pre-Med?

Pre-med may sound like a major, but it's actually a college track that is made up of specific courses that you agree to take as prerequisite courses for medical school. Students can major in any field they want, but will have to take all of the required pre-med courses so that they stay on the pre-med track. Most pre-med students choose to major in something related to the medical field, such as biology or chemistry.

If you know that you want to be a medical doctor while you're still in high school, you should look for colleges that will prepare you well for the profession. As you sift through potential colleges, keep in mind that your pre-med experience should ultimately set you up for a bigger goal: med school. An ideal college will have a pre-med track that can guarantee success in these four crucial aspects of a medical school application:



- Getting a high GPA
- Scoring well on the MCAT
- Engaging in meaningful activities and building a strong resume
- Completing the application (including rec letters and essays) and interview, though you should note that these are mostly independent of the undergraduate school you choose

SEACOAST COLLEGIATE HIGH SCHOOL

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HOW TO AFFORD COLLEGE

FAFSA

It's FAFSA Time!

Unlock money for college—don't miss out!

When to File

- FAFSA opens October 1st of senior year for the 2026 - 2027 school year
- File ASAP (and every year while in college)

Why It Matters

- Determines eligibility for grants, loans, and work-study
- Some schools require it for merit scholarships too!

What You'll Need

- 2024 tax return & other financial records
- FSA ID for both student & parent (to sign electronically)

What FAFSA Does

- Calculates your Expected Family Contribution (EFC)
- Colleges use it to figure out your financial aid package

What You Could Get

- Grants (free money!)
- Loans (to pay back later)
- Work-Study (on-campus jobs)

Not a Senior Yet?

Try the Federal Student Aid Estimator at studentaid.gov to see what aid you might qualify for.

Tip: The earlier you file, the better your chances of getting the most aid!

Read More

For assistance with the FAFSA or to speak with a financial aid expert, please join our counseling team and NWFSC financial aid representative on Thursday, November 6th at 3:30PM in SCHS Room 119/120 for a PAYING FOR COLLEGE parent meeting.

Florida Student Scholarship & Grant Programs

BigFuture

SEACOAST COLLEGIATE HIGH SCHOOL



TIPS TO MAKE COLLEGE APPLICATIONS LESS STRESSFUL

Working on college applications doesn't have to be overwhelming. A few simple steps can make the process a lot smoother:

1. **Get your tech ready.**
Before you even start, turn off your pop-up blockers and take a minute to read the instructions. This saves a lot of confusion later.
2. **Don't wait until the last minute.**
Submitting your application the night before the deadline is stressful and risky. That's when servers crash, things time out, and mistakes happen.
3. **Save your work often**.
Applications usually log you out after a while for security reasons. If you step away and haven't saved, you could lose progress. Use the application's own navigation buttons—not your browser's back button—so you don't get logged out or accidentally erase information.
4. **Preview before you submit.**
If you're using the Common App, use the Preview button! Many students are surprised to see their activity descriptions or short answers cut off mid-sentence. Double-check word and character limits!
5. **Know what can and can't be changed.**
Once you've submitted your Common App to a school, that version is locked. But if you're applying to more colleges, you can create an alternate version, make edits, and preview it before submitting again.
6. **Get a second pair of eyes.**
Ask someone you trust to proofread your application. They'll often spot little mistakes you might have missed.
7. **Complete the whole package**.
Submitting your application doesn't just mean pressing "submit." You also need to send any supplements and payments. Forgetting those could leave your file incomplete.
8. **Stay calm about missing documents**.
It's common to get an "incomplete file" notice from a college. That doesn't mean your school counselor dropped the ball—transcripts and other documents can take weeks to be processed. Most of the time, the documents are already on their way or sitting in the admissions office waiting to be filed.
9. **Keep checking your accounts and email**.
Colleges often update your application status online, so log in regularly. Also, check your email (yes, even the spam folder) for requests like scheduling an alumni interview or sending more information.
10. **Don't forget follow-ups.**
If your colleges require official SAT/ACT scores, make sure you've sent them. And if they ask for a midyear report, have your school send it once first-semester grades are in.

★ **Bottom line: Start early, save often, double-check everything, and stay on top of your email. A little organization goes a long way in making this process way less stressful.**

SEACOAST COLLEGIATE HIGH SCHOOL

Planning Ahead

College Representative Visits at Seacoast Collegiate High School

October 27th.	8:00 - 3:00 (1st floor NWFSC)	University of West Florida
October 29th	9:00 - 1:00 (1st floor NWFSC) 1:00 - 2:00 HYDBID - Zoom mtg.	University of Alabama University of Florida
October 29th.	8:00 - 3:00 (1st floor NWFSC)	Troy University

Come see if these schools are a fit for you!

IMPORTANT UPCOMING DATES

NOVEMBER

1 - **Early Application Deadlines:**
- University of North Florida (UNF)
- University of South Florida (USF) - Supporting materials due by Nov. 15
- University of Florida (UF) - Supporting materials due by Nov. 8
- University of Miami - Final Credentials due by Nov. 21
- University of Alabama

3 - **Early Application Deadline:** Florida International University (FIU) - Supporting Documents also due Nov. 3

6 - **PAYING FOR COLLEGE parent meeting** - 3:30PM at SCHS Room 119/120

7 - Registration deadline for December 13th ACT

8 - **SAT** - (Registration deadline - October 24th)

10 - **Early Application Deadline**:Tulane University

15 - **Early Application Deadline**: ROUND 3 - Auburn University

18 - **JUNIOR COLLEGE COUNSELING parent meeting** - 3:30PM at SCHS Room 119/120

21 - Registration deadline for December 6th SAT

Stay tuned for 9th and 10th grade parent coffees - coming in the month of December