

College Planning Agenda:

This **session is designed** to give you an understanding of the following topics:



College Admissions Testing



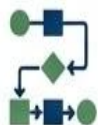
Campus Visits/Tours



College Fairs



Using Naviance in the College
Selections & Application
Process



College Admissions Process



Letters of Recommendations



Resumes



Financial Aid & Scholarships



NCAA Resources for the College
Bound Student



Social Media



Questions

FACTORS IN COLLEGE ADMISSION



ACADEMIC PROFILE

- High School Transcript, Class Rank & GPA (Starts 9th Grade)
- Rigor of Academic Program
- Admission Requirements vs. Intended Major Requirements



TESTING & ASSESSMENT

- SAT or ACT Scores (Check for Test Optional)



PERSONAL ASSETS

- Resume with School & Community Activities, Achievements
- Letters of Recommendation(s)
- Personal Essay or Statement
- Interview, Audition or Portfolio (Optional or Required)

COLLEGE ADMISSIONS TESTING



PSAT's

The PSAT/NMSQT is taking place at O'Neill on Wednesday, October 15, 2025 for 10th & 11th graders. The PSAT/NMSQT for the 2026-2027 school year is TBD. More information to come! [Click Here](#)



SAT's

Dates of Exams at O'Neill:
Saturday, May 2nd, 2026;
Saturday, October 3rd, 2026;
Saturday, May 1st, 2027.

[Click Here](#)



ACT's

This exam is not being offered at O'Neill.
Upcoming dates: 04/11/26, 06/13/26,
09/19/26, 10/17/26, 12/12/26, 2/27/27,
04/10/27, 06/12/27.

*07/11/26 & 07/10/2027 - there are no testing locations in NY.

[Click Here](#)



- Students who think they may qualify for a fee waiver or testing accommodations (like extended time) should see their counselor ASAP.



- Take preliminary tests such as the PSAT/NMSQT for practice. CollegeBoard has partnered with the Khan Academy® to create [Official SAT Practice](#).

COLLEGE VISITS



“A campus visit can be a big help — and sometimes a tiebreaker — when you’re deciding on which college to attend.”



Students Speak: How Campus Visits Helped Me Choose

“A visit to a college campus can help you decide if that college is right for you. Find out how to make the most of your time there and Get tips on what to look for and questions to ask while you’re there.”



Review College Websites for information on their College Campus Visits

[NACAC Virtual College Fair Link](#)

[OCCA College Fair Link](#)

[JIO College Fair Link](#)

FACTORS IN CHOOSING THE RIGHT COLLEGE



Consider **academic programs** and **majors** offered.

TYPE OF COLLEGES:



Community College
(2-year programs)



Public Universities (state-funded)
vs Private College & Universities



Technical & Vocational Schools



Location & Culture

Look at location, size,
and campus culture.



Costs & Financial Aid

Evaluate costs and
financial aid options.



Graduation & Career

Research graduation rates
and career outcomes.



Extracurriculars

Think about extracurricular
activities and opportunities.



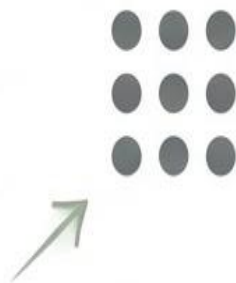
What factors are most important to you in choosing a college?

Naviance Student

Students may use Naviance to explore and make decisions about colleges and careers.

Step 1:

Please sign into your school GMAIL Account. At the top right of the screen, please click on the waffle icon (below):



Step 2:

After clicking the waffle, scroll down to the Naviance SSO Student icon (below):



Career Planning

Is an essential step in discovering interests and exploring career possibilities. It also helps to:



1. Maximize Electives: Use high school electives to explore areas that pique your curiosity and align with potential careers.



2. Discover Your Interests: Reflect on the activities, hobbies, and classes you enjoy most; they could guide you to fulfilling career paths.



3. Stay Motivated and Focused: Understanding careers that match your interests can boost academic achievement and inspire a sense of purpose.



4. Choose the Right Major: Selecting a major before choosing a college ensures alignment between your interests and strengths, helping you make informed decisions.

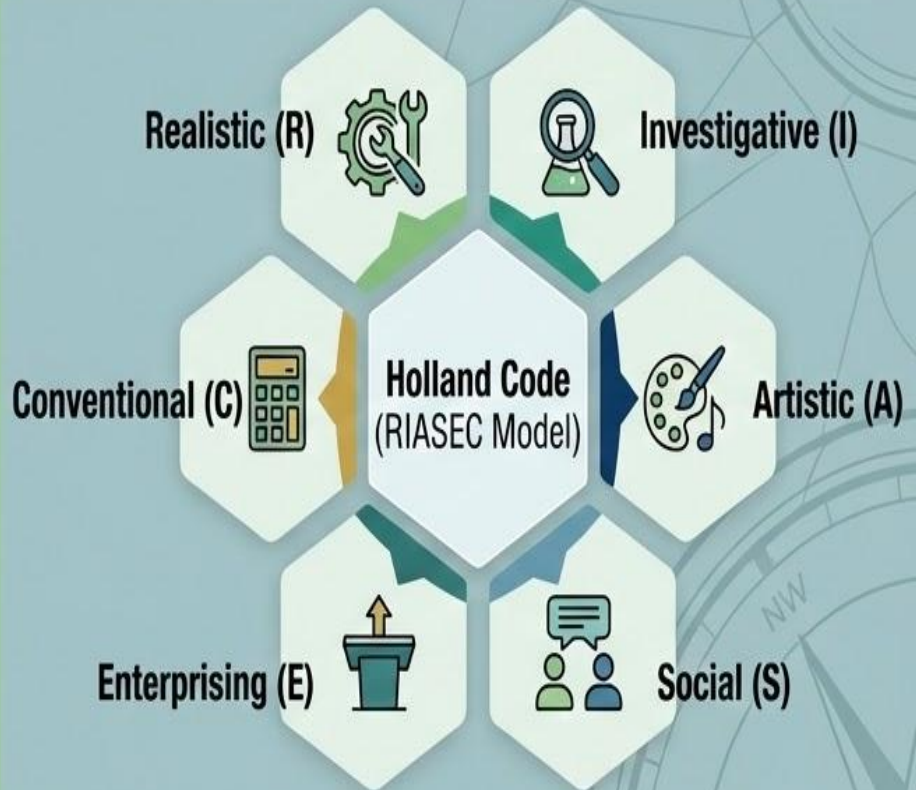
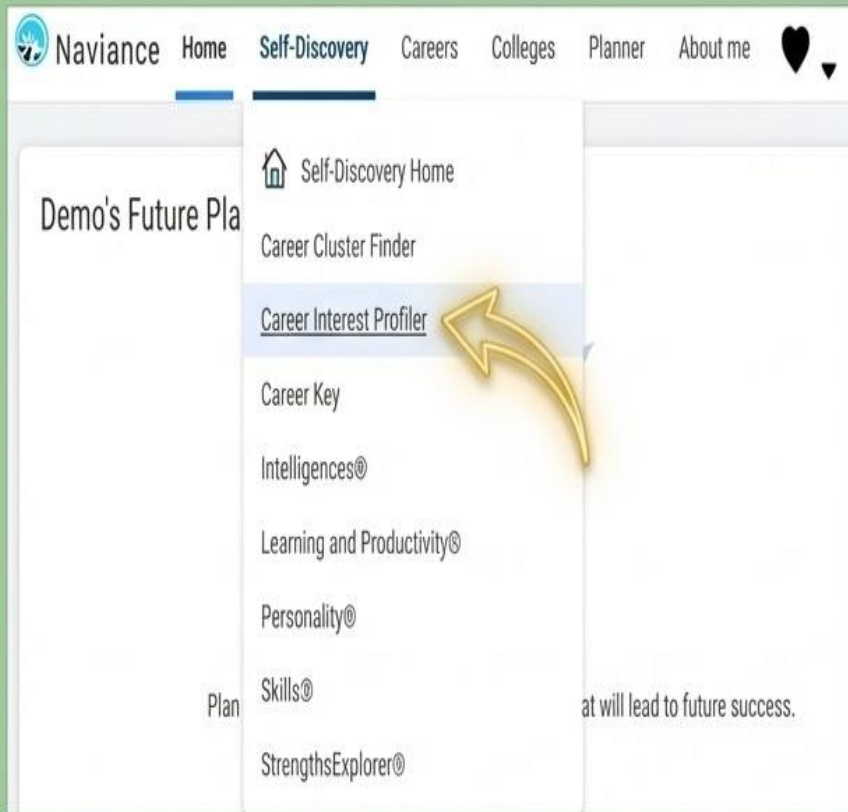


5. Adapt to Change: Career planning encourages flexibility, allowing you to adjust as your interests or goals evolve over time; high school is a time for exploration.

Career Interest Profiler



Self Discovery Tab > Click on **Career Interest Profiler** > Start Assessment



How it Works:



Plan to spend about **15 minutes** on this assessment.

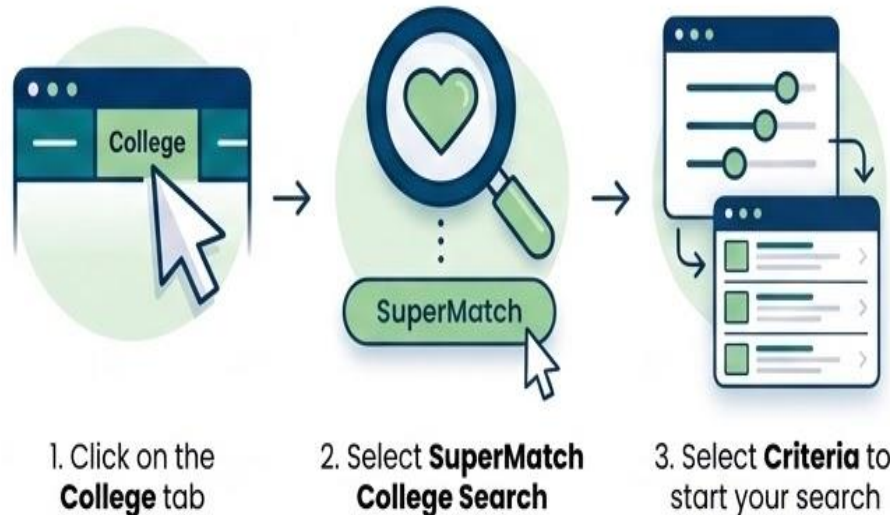


Answering **60** questions about your interests.

Complete your College Search

The SuperMatch™ college search tool within Naviance makes it easier to discover colleges that are a match with your academic profile and fit your preferences for the ideal college experience. Use this powerful tool to confidently create your college list.

How to Begin Your College Search in Naviance



College Admissions Process: Applying to College

Be mindful of your deadlines! There are three different types:



- ✓ 1. Early Decision
- ✓ 2. Early Action
- ✓ 3. Regular Decision

? Rolling Admission ~ What does that mean?



Be Sure not to use your school email for college applications.

Applying to College: Where to Find Applications



- CA Common App
- College Website
- SUNY SUNY Website
- CUNY CUNY Website

Colleges continue to report that **Grades** in High School and the **Strength, Rigor** of the Courses taken are of Considerable Importance in the Admission decision.

The College Admissions Essay

Here are the Essay Prompts for Common App 2025-26



1. 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.



2. 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



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



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



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



6. 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 then you want to learn more?



7. 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



"Challenges and circumstances": Sometimes a student's application and achievements may circumstances. If you're comfortable sharing, this information can help, it can help colleges better understand. Please describe the challenges or circumstances and how they have impacted you.

[Click Here](#) for

Tips to write an effective college essay.

Guidance Counselor Recommendation



Essential for Your Application

Required by many colleges & the **Common App**. A key part of your admissions process.



Juniors: Take Action

Submit the **Guidance Counselor Recommendation Request Form** & your **Resume** to your counselor.



Deadline: At least **TWO WEEKS** prior to your college application deadline.

Teacher Letters of Recommendation

Requesting a Teacher Letter of Recommendation in Naviance:



Colleges



Letters of Rec.

1 On the Colleges Tab, select **Letters of Recommendation**.



2 Click **Add Request**.



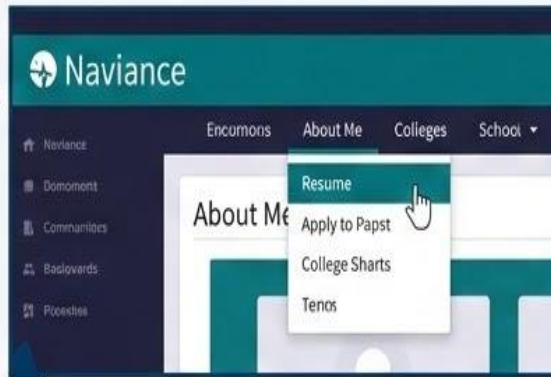
3 Select a **teacher** from the list.



CRITICAL STEP: Choose '**All Colleges, General Request**'.
This allows your guidance counselor to send the letter to **ANY college** you apply to.

For Resume Writing Tips
Click here > [Anatomy of A
High School Resume](#)

BUILDING YOUR RESUME



To use Naviance to build a Resume, once in your account, click on the **About Me** tab and from the Drop Down Menu Select **Resume**



EDUCATION:

Name of school
City and state
Years/grades attended
Special training.



EXPERIENCE:

Work experience
(part-time jobs,
community service,
religious activities,
volunteer work).



ACTIVITIES/AWARDS:

Involvement in special
projects, athletic
involvement, honor
societies, artistic/musical
abilities, honor roll, elected
positions, competitive
awards, scholarships.



REFERENCES:

Available upon request
(unless required by
college).

Financing College



Explore financial planning tools and sources of aid through **Federal Student Aid**, **NYS HESC**, and **CollegeBoard's BigFuture Scholarships**.

Click here > [Federal Student Aid](#) & [NYS HESC](#)



Local **scholarship opportunities** will be available in the Fall for rising seniors.

College Bound Student Athletes: NCAA



- Registering with the NCAA Eligibility Center is a crucial first step for Division I or Division II.
- Ensures you meet amateurism requirements.
- Confirms academic and athletic preparedness for college-level coursework.

[CLICK HERE](#)

Start your journey today—visit the [NCAA Eligibility Center](#)



Also, check out our school's [athletic web page](#) under "[Playing Sports in College](#)" for additional resources and guidance. [CLICK HERE](#)

Military Options



ROTC Scholarships

- [Army](#) [Click Here](#)
- [Air Force](#) [Click Here](#)
- [Navy](#) [Click Here](#)



Academy Options

- [U.S. Military Academy](#) (Army),
West Point, New York [Click Here](#)
- [U.S. Naval Academy](#),
Annapolis, Maryland [Click Here](#)
- [U.S. Air Force Academy](#), [Click Here](#)
Colorado Springs, Colorado
- [U.S. Merchant Marine Academy](#),
Kings Point, New York [Click Here](#)
- [U.S. Coast Guard Academy](#),
New London, Connecticut [Click Here](#)



Enlistment Options

- [Army](#) [Click Here](#)
- [Air Force](#) [Click Here](#)
- [Marines](#) [Click Here](#)
- [Navy](#) [Click Here](#)
- [Coast Guard](#) [Click Here](#)

Check Your Social Media Presence

Think Before You Post



T rue



H elpful



I nspiring



N ecessary



K ind



- Be mindful of your online presence - colleges and employers may search your name.



- Avoid oversharing and think before posting; once something is online, it may be impossible to remove. Consider how your posts could be misinterpreted.



- Protect your privacy by securing your profile and updating passwords regularly.

QUESTIONS?



Email your Guidance Counselor with any Questions they are happy to answer them.



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