



Rising Senior Parent Meeting
April 9, 2026
“Final Approach”

Self Exploration - Individual Goals - Preparing for the Future

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Welcome

- I. Timelines:** Junior and Senior Years
- II. College Search:** Tips and Tools
 - A. Finding Your Fit:** Likely / Match / Reach
 - 1. Naviance
 - 2. Common Data Set
 - B. College Visits**
- III. Application Process**
 - A. Deadlines:** ED1/EA/ERA/ED2/RD/Rolling
 - B. Responsibilities:** Student and School
 - C. Exams:** SAT / ACT
- IV. What's Next?**
- V. Q&A**



College App Timeline Overview

Feb - April '26	Research schools and plan visits
May '26	Students speak with teachers regarding letters of recommendation, continue research / visits
June - July '26	Begin draft on Common App (in MYF class), continue research / visits, draft list of reach/target/safety schools with list of <u>all</u> deadlines
August '26	Begin updating supplementals on Common App, continue updating resume and college essays, continue to research colleges, SAT/ACT (if needed) <u>RHS does not submit application materials in August</u>
September '26	Attend Senior Assembly, schedule Senior Meeting with school counselor, attend College Rep Visits, notify teachers regarding application deadlines for letters of recommendation, retake SAT/ACT (if needed), RHS begins accepting Blue Sheets September 8, 2026
October '26	EA/ED application deadlines begin , attend Senior Meeting, attend College Rep Visits, retake SAT/ACT (if needed), FAFSA form may be available (check online) 
November '26	Continue submitting applications, attend College Rep Visits, check college portals, retake SAT (if needed), notify RHS school counselor if Q1 report card has been requested by prospective college <u>RHS only submits Q1 report cards that have been requested by a college</u>
December '26	RD/ED2 application deadlines begin , check college portals
January '27	Submit any additional RD applications, check college portals
February '27	Submit any additional rolling applications, check college portals <u>RHS submits mid-year grade reports automatically</u>
March '27	Submit any additional rolling applications, check college portals
April '27	Check college portals, review financials, make decision
May - June '27	Decision Day May 1 , notify school counselor regarding <u>all</u> outcomes, monitor portals for waitlist offers (if applicable)
July '27	<u>RHS submits final transcript to attending college</u>

This is a general guide. Every deadline is school dependent. Make sure to keep lists of all individual college deadlines.

junior year timeline>



Nov/Dec

- 11/6- Junior Parent Presentation
- PSAT Scores Released online through College Board
- End of Marking Period 1 - Review progress & goals

January

- Junior Post Secondary Meetings (college & career) Window 1
- Financial Planning Night - January 14th (snowdate 1/15)
- January 30 end of Marking Period 2 (end of Semester 1)

February

- Semester 2 begins
- Managing Your Future-college/career curriculum
- February 11th - RHS Course Catalog Night
- If ready, begin to research and visit colleges, both online and in person
- Individual Course Selection Meetings
- ACT Exam

March

- Individual course selection meetings begin for Juniors
- Continue college research and college visits
- Mock Interview Nights: March 24th & 26th
- SAT Exam

April

- Junior Post Secondary Meetings resume (college & career) - Window 2; April 20-30
- Rising Senior Parent Presentation (Part 2) April 9th
- End of Marking Period 3 - April 17
- ACT Exam

May/ June

- 5/4 - 5/15 AP Exams
- MYF - Ask teachers for letters of recommendation
- Complete Common Application
- End of June: RHS Finals and Regents Exams 6/9-6/26
- End of School Year (6 semester transcript)
- SAT/ACT Exams

What's been done since November?

- ◉ Window One- Junior Meetings (January 7-January 31st)
- ◉ Course Request Meetings with teachers and counselors
- ◉ Managing Your Future Units 1-4
 - Who am I? (Heart Map and Values)
 - Who am I? (Autobiographical)
 - Resume
 - Interviews
- ◉ Mock Interview Nights



Junior Year Curriculum- Managing Your Future

Reflect on whats important to you and your values

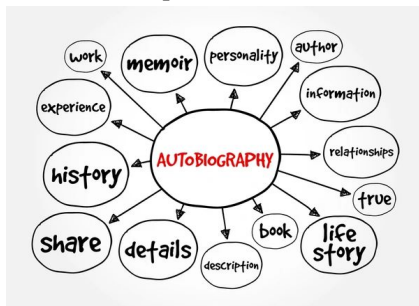
- Heart map
- ValuesAssesment

Heart Mapping: Writing from the Heart (Example)



Think about post secondary options

- Autobiographical
- Search Tools
- Naviance college/career search
- Self Exploration tools



Prepare

- Resume- highlight accomplishments and all that you do



Practice

- Mock Interviews



Research

- What to look for in college and careers
- Creating balanced lists of reach, target and likely colleges
- Academics Matches
- Institution Fits
- Scattergrams



How do I Research Colleges & Careers?

01

[Video:Where do I start looking for colleges?](#)

02

Are there characteristics in your Heart Map & Values Assessment that you want from your college experience?

03

Where do you envision yourself as a college student? Do you imagine a particular region, campus size, or specific program type?

04

Where is the best place to find information about colleges?

05

What factors does an admissions office or employer consider valuable to their institution/company?

06

How can you best demonstrate to a college/employer that you can benefit their institution/company?



20 Questions to Guide Your College Search

Campus Community

1. How many students attend? What is the student to Faculty Ratio?
2. How would students describe the campus environment?
3. What programs clubs or groups are popular? How easy is it to get involved?
4. What is there to do nearby? Is transportation available?

Opportunities & Outcomes

1. What research or study abroad options are there?
2. How does the college support job placement?
3. What is the graduation rate? Do alumni pursue advanced degrees?
4. Who are the leading employers or advanced degree programs for graduates?

Student Life

1. Is housing guaranteed for students? What options are there?
2. How is the food on campus? Can my dietary needs be met?
3. Are there varsity and club sports? What extracurricular activities are offered?
4. What do students do for fun on the weekends?

Academics

1. Does this college offer my intended major or interest area?
2. What are the strengths of this school? Are there any unique offerings?
3. What resources are available for academic and personal support?
4. What high school classes would set me up for success here?

Personal Reflection

1. Can I see myself going to school here? Will I feel a sense of belonging?
2. Will I thrive here? Academically, socially, and professionally?
3. What is the cost of attendance? Will I need to apply for financial aid?
4. Will this school provide me with the opportunities I am seeking for?

Reliable Research Tools

College Websites

- It is important to get information straight from the college admissions offices!

Naviance

- Naviance contains data that is specific to RHS students adding context that cannot be found anywhere else.

Common Data Set

- Federally mandated institutional research report required of all colleges. Section C provides admissions data at each college. To access the Common Data Set Google the name of any college followed by "Common Data Set".

[Fairtest.org](https://www.fairtest.org)

- Running list of colleges that are test optional

[Road Trip Nation](#) & Career Tools in Naviance

- Find info on different career paths, required degrees and profiles of leaders in industry.

[Naviance Career Cluster](#)

Current Student Perspectives

- Talk to tour guides and other students on campus. Online resources such as Niche and more



Naviance - SuperMatch College Search

1. Log into your Naviance Account
2. Select “Colleges”->”SuperMatch College Search”

- **Location** - Enter states where you are interested in attending college or check a region. Make a selection in the “Campus Surroundings” section.
- **Academics** - Select a degree type, enter any majors you think sound interesting

- **Admission** - Enter your current GPA (review [College Board GPA conversion chart](#)). Enter ACT/SAT scores
- **Student Life, Diversity** - Indicate any preferences you have
- **Institution Characteristics** - Select the options that align with your interests

- **Cost, Athletics, Resources, College Groups**- Make selections according to your individual needs.
- Review your results
 - Focus on your “Academic Match”. The “Fit Score” does not give an accurate depiction of the likelihood that you will be admitted.

Finding the Right Academic Fit

- ***“Likely” / “Safety”***: are colleges/universities where a student’s academic credentials exceed those reported for incoming freshman, Ex. GPA, Standardized Tests (if applicable), higher acceptance %
- ***“Match” / “Target”***: are colleges/universities where a student’s academic credentials match the average reported for incoming freshman. EX. GPA, Standardized Tests (if applicable)
- ***“Reach” / “Aspirations”***: are colleges/ universities where a student’s academic credentials fall below the averages reported for incoming freshman. Ex. GPA, Standardized Tests, less than 10% acceptance rate



Finding the Right Academic Fit / Creating a Balanced List

Reach

Target

Likely

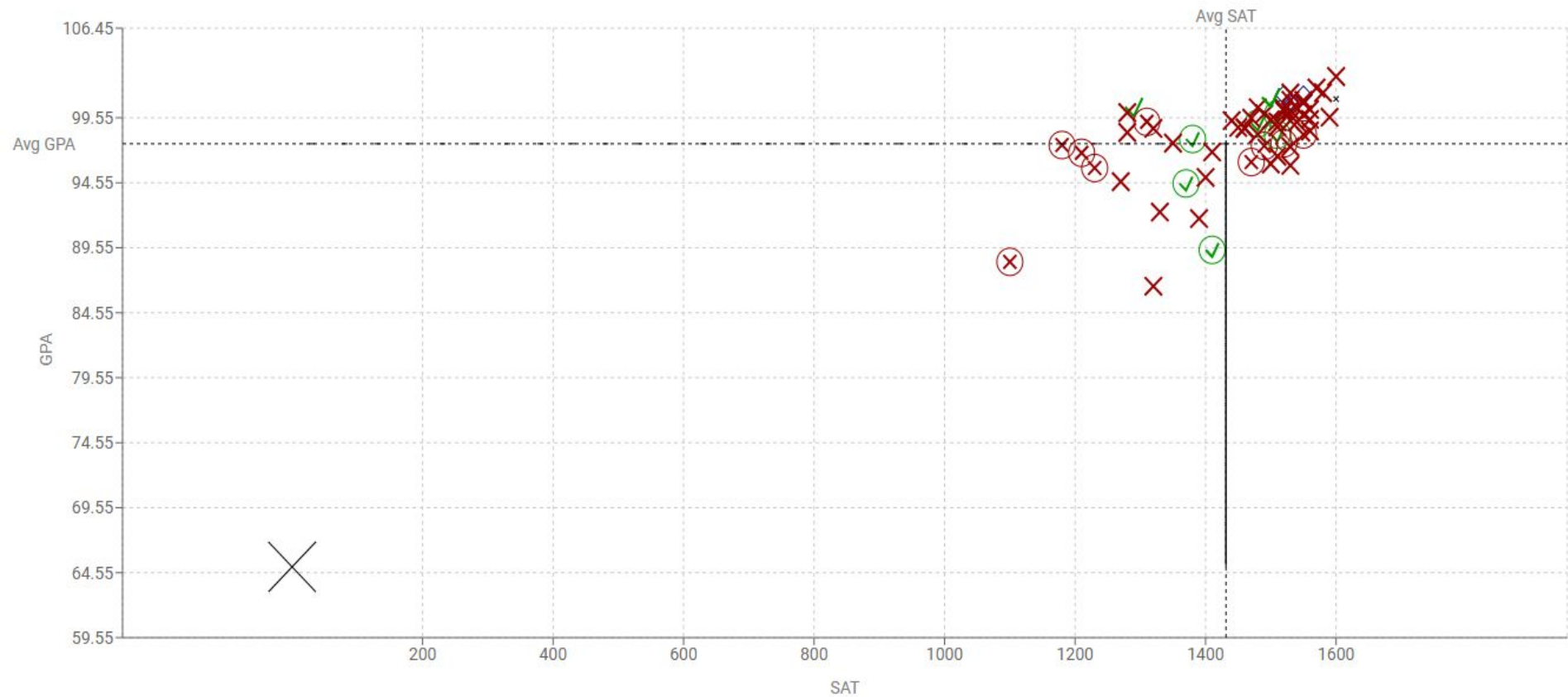
4-5 Colleges/Universities in each of these categories

Academic Matches are subjective, and admission is not guaranteed

Tips: Review Scattergrams from Naviance as they have RHS specific data



Naviance School #1



Naviance School #1

Your high school's application history



Your high school's applications, acceptances, and enrollments

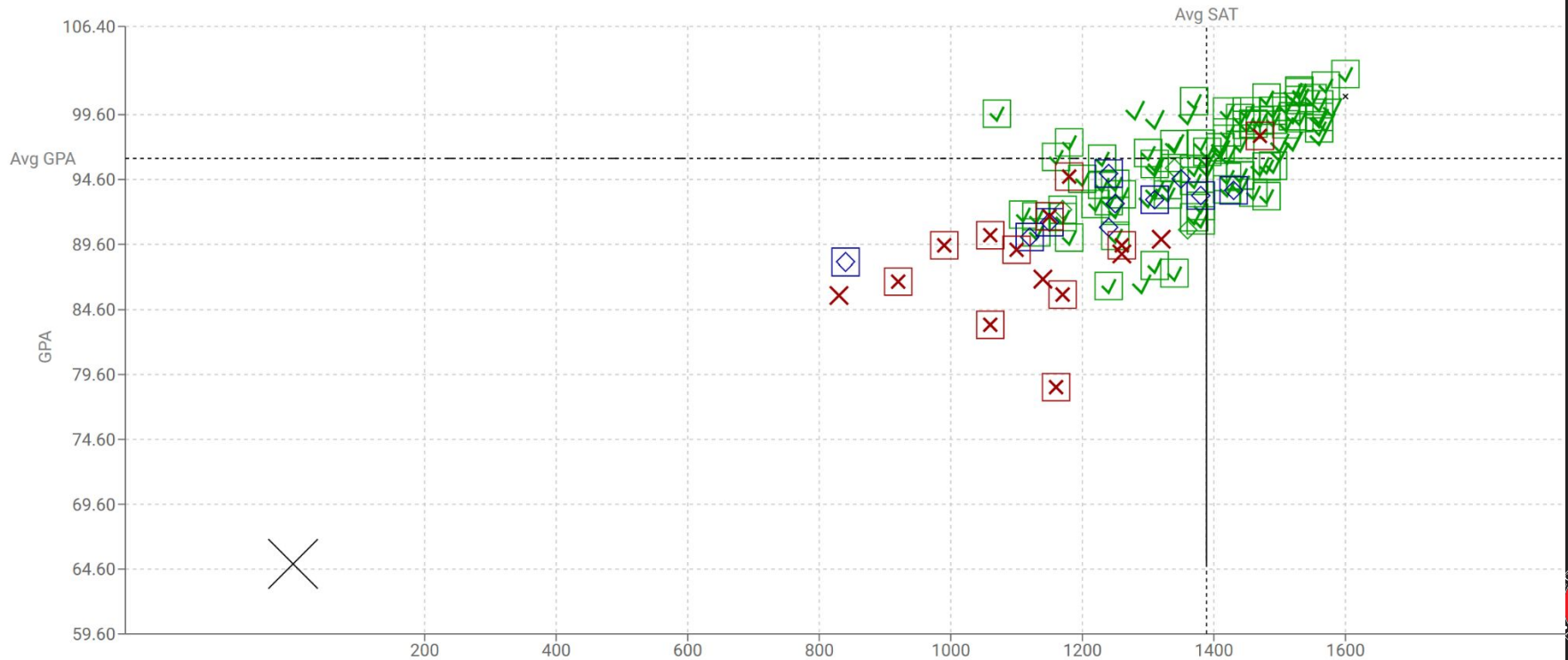
	Applied	Accepted	Enrolled
2025	15	-	-
2024	17	3	3
2023	11	-	-
2022	18	3	-
2021	24	-	-

Naviance School #2

Comparing Weighted GPA with SAT (1600) and ☐ Applied test optional

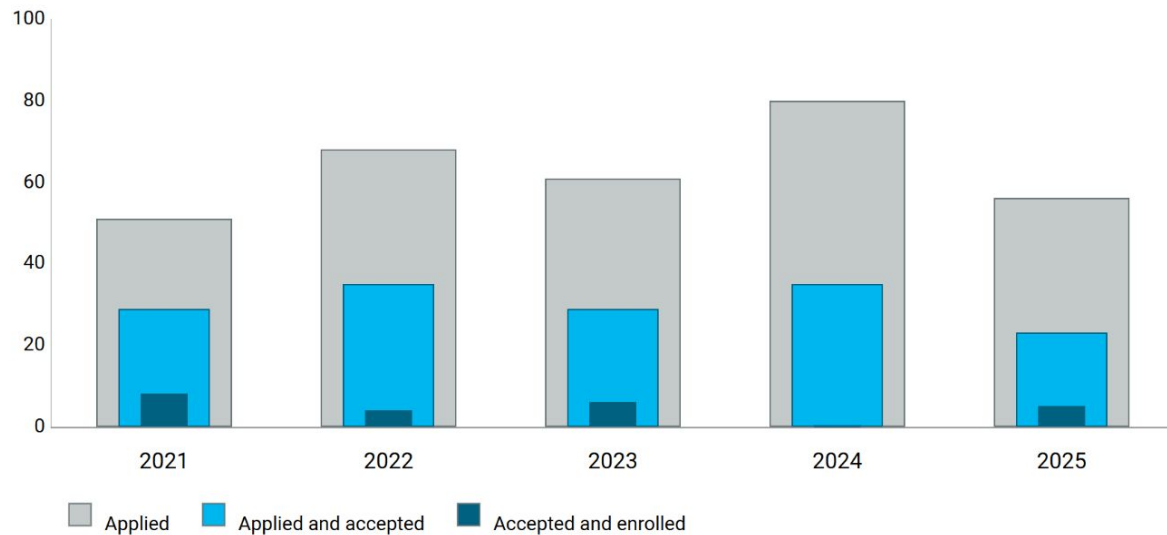


Reset V



Naviance School #2

Your high school's application history



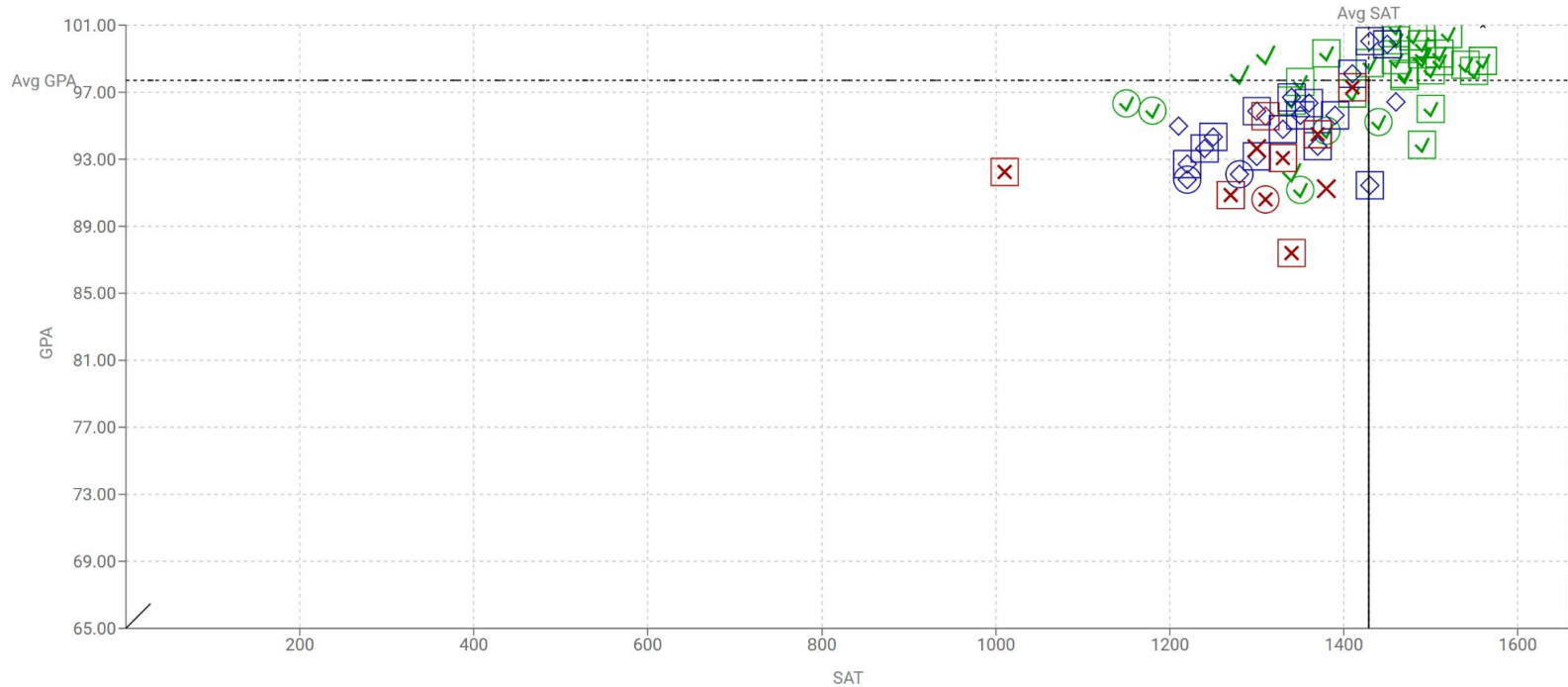
Your high school's applications, acceptances, and enrollments

	Applied	Accepted	Enrolled
2025	56	23	5
2024	80	35	-
2023	61	29	6
2022	68	35	4
2021	51	29	8



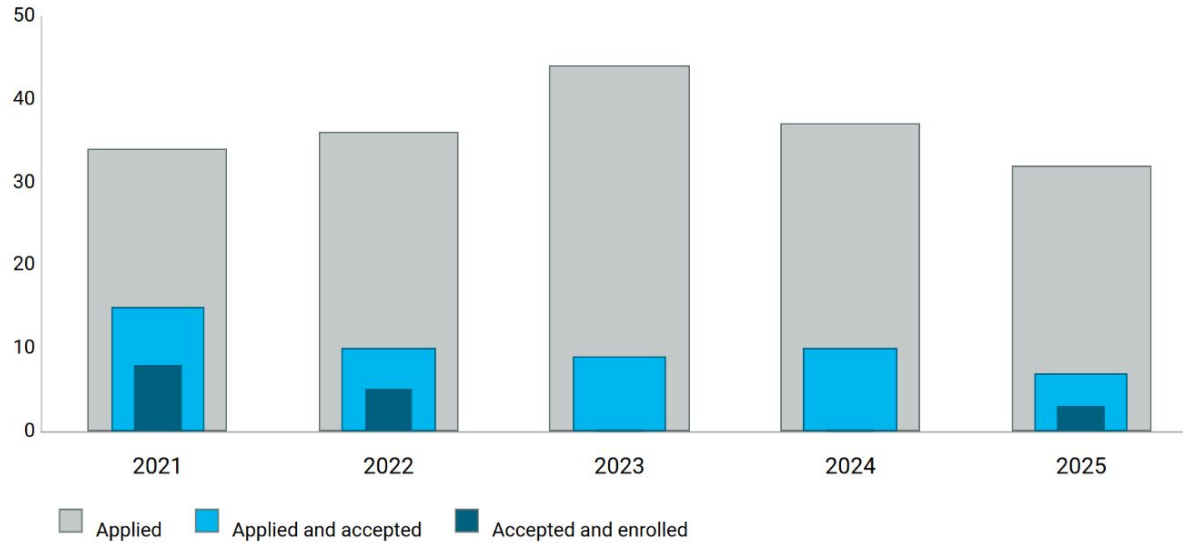
Naviance School #3

Comparing Weighted GPA with SAT (1600) and ☐ Applied test optional



Naviance School #3

Your high school's application history



Your high school's applications, acceptances, and enrollments

	Applied	Accepted	Enrolled
2025	32	7	3
2024	37	10	-
2023	44	9	-
2022	36	10	5
2021	34	15	8

What are they looking for in you?

HOLISTIC REVIEW



Common Data Set

C7

Relative importance of each of the following academic and nonacademic factors in your first-time, first-year, degree-seeking general (not including programs with specific criteria) admissions decisions.

Academic	Very Important	Important	Considered	Not Considered
Rigor of secondary school record	X			
Class rank			X	
Academic GPA	X			
Standardized test scores			X	
Application Essay	X			
Recommendation(s)	X			
Nonacademic	Very Important	Important	Considered	Not Considered
Interview		X		
Extracurricular activities		X		
Talent/ability		X		
Character/personal qualities		X		
First generation			X	
Alumni/ae relation			X	
Geographical residence			X	
State residency				X
Religious affiliation/commitment				X
Volunteer work		X		
Work experience		X		
Level of applicant's interest	X			

Please provide additional information if the importance of any specific academic or nonacademic factors differ by academic program.



Common Data Set #2

C7

Relative importance of each of the following academic and nonacademic factors in your first-time, first-year, degree-seeking general (not including programs with specific criteria) admissions decisions.

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Application Essay	X			
Recommendation(s)	X			
Nonacademic	Very Important	Important	Considered	Not Considered
Interview				
Extracurricular activities	X			
Talent/ability	X			
Character/personal qualities	X			
First generation		X		
Alumni/ae relation			X	
Geographical residence			X	
State residency			X	
Religious affiliation/commitment		X		
Volunteer work	X			
Work experience			X	
Level of applicant's interest				

Please provide additional information if the importance of any specific academic or nonacademic factors differ by academic program.



College Visits

When to visit?

- Junior and Senior Year
- During School Vacations, Weekends, Summer Break
- Virtual and/or in person
- College webinars online

How to Plan Your Visits:

- Utilize Naviance data
- Consult college admissions websites for scheduled tours and information sessions.
- Register with the admissions office, don't show up unannounced.
- Use college list that is discussed with your child's school counselor during individual junior meeting.

What to Look for on Campus:

- Academic Experiences
- Student Activities
- Energy on Campus
- Environment and Surroundings
- Academic Support Services
- Wellness Programs & Services



Guidelines for Admissions Deadlines

Application Track	Typical Submission Deadlines	General Decision Notifications	Deposit Deadlines (to secure seat in the class, different than housing deposit)	Notes
Early Action (EA)	October 15, November 1 - November 15	Mid-December/End of January	May 1	➤ Non-Binding, See description below
Single Choice & Restrictive Early Action (REA)	November 1 - November 15	Mid December/Late January	May 1	➤ Non-Binding, See description below
Early Decision I (EDI)	November 1 - November 15	Mid/Late December	College will communicate this deadline upon ED I acceptance	❖ Binding application plan
Early Decision II (EDII)	Mid-December/mid January	Sometime in February	March 1	❖ Binding application plan
Regular Decision	Early to mid January	On or around April 1	May 1	
Rolling Admission	No concrete deadlines prior to the spring	Released by the school approximately 4-6 weeks after individual applications are submitted and complete	May 1	

➤ **Early Decision I & Early Decision II** application plans are "binding." Students who choose to apply through either plan are engaging in a contract with the college. Should a student be admitted through one of these plans they are committed to attending said college and withdrawing all other applications. Students may only have one active Early Decision at a time.

➤ **Single Choice & Restrictive Early Action (REA)** prohibits students from applying to any other college through Early Decision I. There may also be restrictions on where you can apply Early Action. Please refer to each individual college website for exact details. Read carefully!

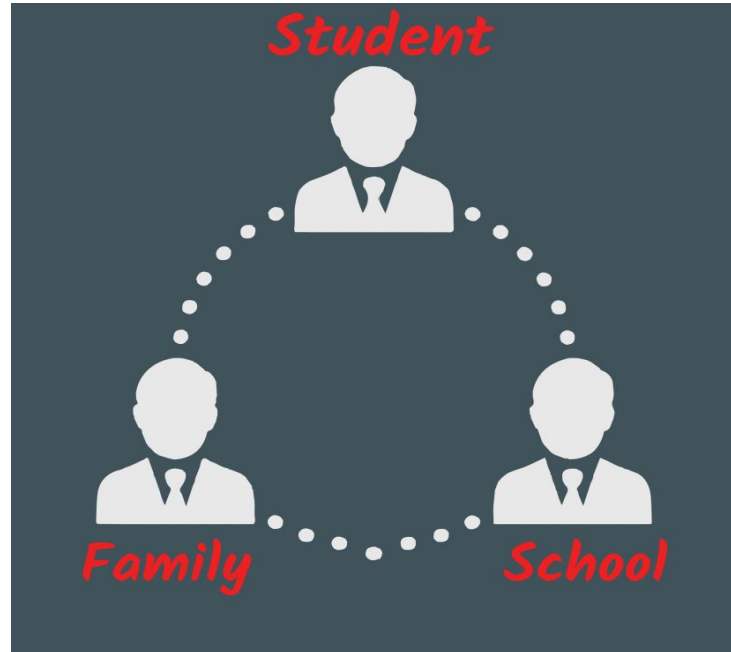


Parts of the Application

- The application itself (typically Common Application)
 - This includes your child's essay and often supplemental essays for some schools
- Application fee
- Transcript
- School Profile
- Counselor Recommendation Letter
- Teacher Recommendation Letter
- Standardized test scores (SAT/ACT/AP)- if applicable



Roles and Responsibilities



Roles and Responsibilities

The Student

- All components of application (required supplements, and payment via Common App or other application)
- If submitting test scores, SAT and/or ACT official score reports (for those colleges requiring score reports)
- **BLUE SHEET** to School Counselor
- Self Reporting Academic Grades (STARS)

RHS

- Official Transcript
- School Profile
- School Counselor Recommendation
- Teacher Recommendations
- Any forms required by colleges
- Midyear Grades (mid February)



ACT/ SAT/ AP Exams

- Check each individual college's requirements
- Review ACT, SAT, or AP score report on the appropriate website (ACT or College Board)
- **RHS does not report standardized test scores or AP Exam scores** - students can self-report test scores on their application or send an official score report from the testing agency
- Please note: Official AP score reports only need to be sent to the college in which you enroll



SAT Test Date*	Registration Deadline	Deadline for Changes, Regular Cancellation, and Late Registration**
Aug. 23, 2025	Aug. 8, 2025	Aug. 12, 2025
Sept. 13, 2025	Aug. 29, 2025	Sept. 2, 2025
Oct. 4, 2025	Sept. 19, 2025	Sept. 23, 2025
Nov. 8, 2025	Oct. 24, 2025	Oct. 28, 2025
Dec. 6, 2025	Nov. 21, 2025	Nov. 25, 2025
March 14, 2026	Feb. 27, 2026	March 3, 2026
May 2, 2026	Apr. 17, 2026 Register	April 21, 2026
June 6, 2026	May 22, 2026 Register	May 26, 2026

ACT

2026 National Test Dates Schedule

Test Date	Regular Registration Deadline Late Fee Applies After This Date	Late Registration Deadline	Photo Upload and Standby Deadline
September 6, 2025	August 1	August 19	August 29
October 18, 2025	September 12	September 30	October 10
December 13, 2025	November 7	November 24	December 5
February 14, 2026	January 9	January 23	February 6
April 11, 2026	March 6	March 24	April 3
June 13, 2026	May 8	May 29	June 5
July 11, 2026*	June 5	June 24	July 3

*No test centers are scheduled in New York for the July test date.

September: Science Optional (online and paper testing)

COLLEGE APPLICATION BLUE SHEET *

* THIS FORM MUST BE SUBMITTED FOR EVERY COLLEGE APPLICATION
SUBMITTED BY STUDENT

STUDENT: _____ DATE: _____

COMMON APP EMAIL ADDRESS: _____

College Name: _____

College address: _____

TYPE OF APPLICATION

DEADLINE

ED AGREEMENT SENT

☐ Early Decision

☐ Early Action

☐ Rolling

☐ Regular

☐ Priority

HOW DID YOU APPLY? SELECT ONE:

☐ Common Application (make sure you have completed FERPA release on Common App)

☐ College's On-Line App

☐ Coalition App

Whom have you asked to write your teacher recommendations? List in order of preference
(Used for colleges that accept only one teacher recommendation).

1. _____ 2. _____

Student is responsible for having official test scores sent from
CollegeBoard or ACT(www.collegeboard.org or www.actstudent.org)

Scores have been sent to this college: ☐ YES ☐ NO ☐ TEST OPTIONAL

Student signature: _____

Application complete: _____ Date: _____

Counselor initials

8/10/23

RHS Blue Sheet Policy

- Students are required to submit their application **TWO WEEKS prior to the college's published application deadline.**
- Blue Sheets must be submitted to counselor immediately after a student has submitted their college application
- One Blue Sheet must be completed for each application (5 college applications = 5 Blue Sheets)
- Blue Sheets must be submitted in person by students
- **Your application is not complete until a blue sheet is turned in**
- RHS will not be accepting Blue Sheets until September 8th, 2026



Before we get ahead of ourselves, let's
remember to take a deep breath and
remember what we can control, today
and in the upcoming months!



Upcoming MYF Units

- Teacher recommendations (May 2026)
- Common App final product
- Essay drafts from common app prompts

Over the Summer students can work on finalizing their essay, can begin supplementals and school specific questions after Common App rollover on August 1st



Individual Junior Meetings



Individual Meetings with your child's school counselor

- ❖ Window Two- April 20th-30th, 2026
- ❖ Parent and Child attends
- ❖ Reflection and Planning - Junior Meeting Agenda
 - Families will receive a copy of your child's current academic transcript
 - NY State graduation requirements will be reviewed
 - Testing plan - SAT/ACT/Test Optional/AP Exams
 - You and your child's School Counselor will work together to develop a list of colleges and/or post secondary plans
- ❖ Explore!
 - Have fun exploring the opportunities that are available for your child
 - Visit colleges, attend online college webinars, talk about interests, future goals, possible majors, passions, etc.



What's next

End of Junior Year:

- AP exams and Regents
- Take standardized test if you have not already done so
- Do all of the managing your future assignments
- Schedule Junior meeting if you have not done so 4/20-4/30
- Continue your college search and visits

Upcoming Summer:

- Think about if you are going to retake SAT/ACT and prepare
- Visit colleges
- Continue with research and fine tune your list
- Polish college essay and brainstorm supplements
- Common App rolls over on Aug 1st, so you can start working on your applications

Fall of senior year:

- Senior meeting with your school counselor
- Have a balanced list
- Finalize Essay and Supplemental Essays
- Fill out applications two weeks before a deadline & submit
- Fill out the Blue Sheets and bring them to the school counseling office 2 weeks before deadline



Q & A