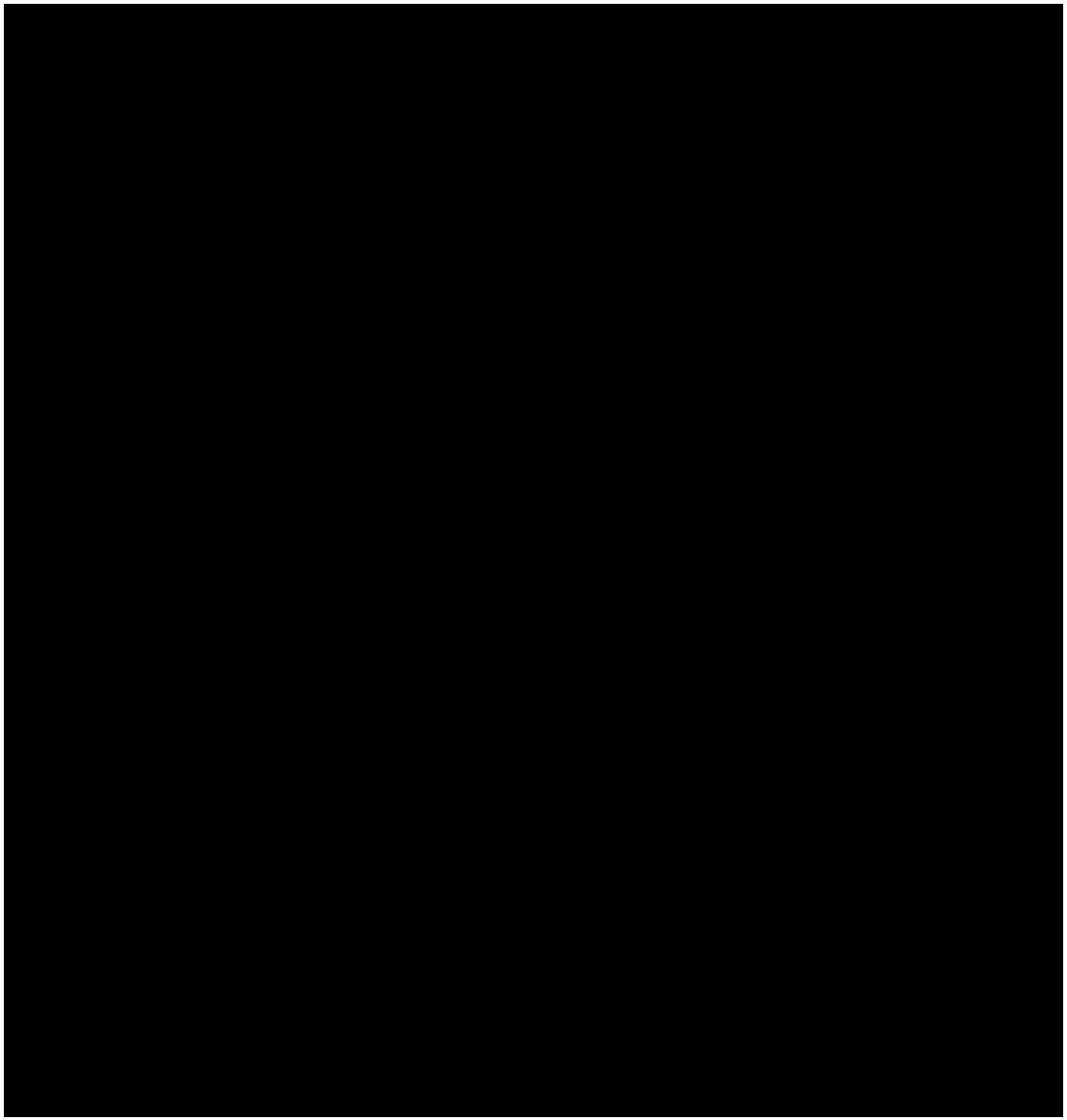
Senior Year

The Joy of Parenting a Senior

Objectives

- To become aware of helpful resources
- To identify the senior year dynamics
- To share some insights
- To answer your questions

Who's Ready?



- Who
  - Change Agents
- What
  - Process / Paperwork
- Where
- When
  - Timelines
- How
  - Online
  - Paper
- Why
  - Career / Major



Nuts and Bolts

What do I need?
Where do I start?

- Transcripts
  - Transcript Request
- Recommendation Letters
  - Self-Assessment
- Applications
  - Common App
  - Early Action/Decision
- Naviance
- Finances
  - Scholarship Searches
  - FAFSA



Nuts and Bolts

What do I need?
Where do I start?

A great place to start!

School Counseling Web Site



Liberty High School

About | Counseling | Academics | Extracurriculars | Resources

About Us | Resources and Support | Testing & Assessment | Forms

HOME › COUNSELING › RESOURCES AND SUPPORT

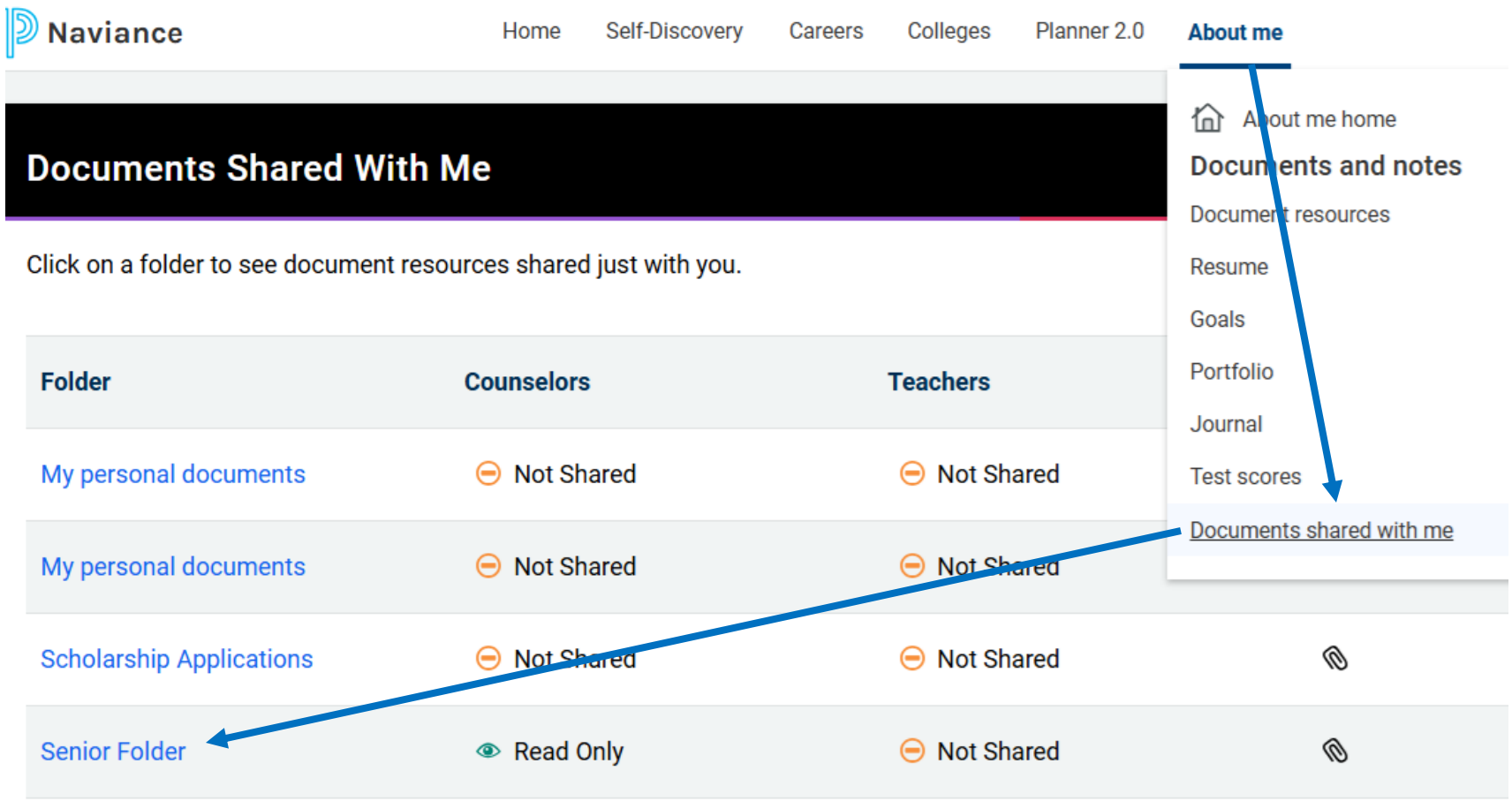
Resources and Support

SENIOR RESOURCES FOR CLASS OF 2027

JOY OF PARENTING A SENIOR PRESENTATION

Presented by Liberty High School Counselors - Thursday, August 27, 2026, at 5:00 pm in the Media Center.

Naviance Resources



Naviance Resources

(Senior Folder)

Name	Description
LHS Naviance College App (How To Guide).pdf	LHS Naviance College Application Process
LHS.School Profile 26-27.pdf	LHS PROFILE 2026-2027
Self Assessment.docx	Senior Self Assessment
Dos and Don\'ts on application essays.docx	Do and Do Not on application essays
CampusVisitChecklist.pdf	Campus Visit Checklist
bfbf-infographic-external-partners (2).pdf	New FAFSA Information
what-expect-after-fafsa.jpg	What to expect after FAFSA
financial-aid-process.jpeg	Financial Aid Process
getting-a-loan.pdf	Getting a student loan graphic

College Check List

- ☐ Create Common Application (CA) Account
- ☐ Add Colleges to your CA account
- ☐ Match your CA account with Naviance
- ☐ Complete Letter of Recommendation Brag Sheet
  (Self-Assessment)
- ☐ Request Letters of Recommendation from teachers
- ☐ Complete Applications in CA
- ☐ Request Transcripts in Naviance as needed for
  applications / scholarships
- ☐ Submit Applications
- ☐ Complete the FAFSA for Financial Aid
  (usually opens in October)
- ☐ Research and apply for Scholarships
  (Check Naviance often)
- ☐ As needed: Complete STARS (self-reported transcript)
- ☐ As needed: Submit SAT / ACT scores

Mixed Emotion

- Transitions

The beginning of the last stage of letting go



Drawing Comparison

The Toddler

- Separation Anxiety
- Developmental Milestones
- Unpredictable & uncharacteristic behaviors

The Senior

- Asserting Independence
- Periods of regression
- Unpredictable & uncharacteristic behaviors

Emotional Landscape

Students

- Anxiety
- Life decisions
- Relationship Stresses
- Change

Parents

- Anxiety
- Pride & excitement
- Relationship Stresses
- Financial Pressure

Major decisions

- Significant Financial Commitment
- Mind numbing details, procedures, & deadlines
- Time pressure for students amid pinnacle senior year expectations
- Time pressure for parents in their own profession entering “the age of mastery.”

"People do live through this. "

"It will be ok!"

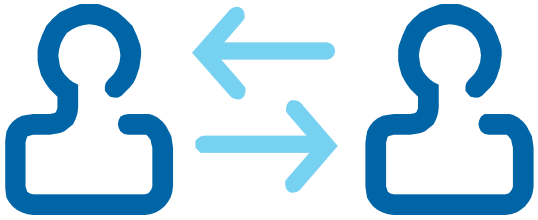
"Most of what is so atypical has been experienced by other parents who will be only too willing to relate what becomes (in time) funny stories."

Parent Quotes

Share

One of the big issues to be grappled with is how to share the responsibility for and authority over the college decision making process and workload involved.

- You're an adult now; start acting like one.
- Don't worry about it dear, I will call admissions and take care of everything for you.



"It is not a static process. We keep handing them rope and reeling it back again when we need to."

"Really, the essays and getting them done in time probably caused more stress than anything. Find a way to motivate the kids to get them done in a timely fashion."

"The more the student is able to do independently (with support) the more confident they will be approaching their freshman year of college."



...more Quotes

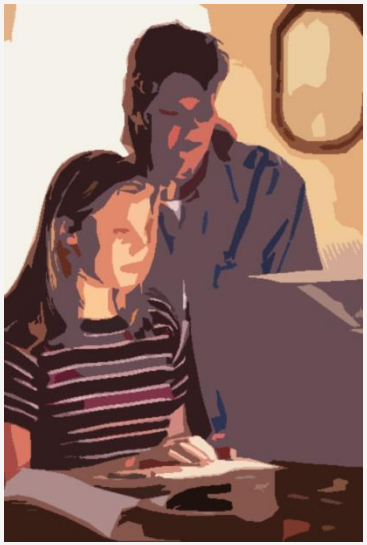
Counselor Speak

- When encountering resistance, ask questions to determine source
  - Is it related to the task that needs to be done or is it a reaction to the transition from child to adult?
  - Identified emotions are easier to manage.
- Help your student "bracket" as a stress management technique.
  - What is the immediate task / concern?

Counselor Speak

- Cognitive distortion
  - Students feel they must make the perfect choice or something catastrophic will happen.
  - Remind them when the choices are between several good options
- Internalizing
  - When monitoring progress, try to express confidence in your child's innate ability. Otherwise, the message can be "Time for your independence, but I don't trust your judgment."

…a few more Quotes



"Use your network of social resources and school mentors to help your students when you are concerned. Remember to take care of your own emotional needs through this process"

"The process does not end with the acceptance letter. Keep monitoring deadlines for immunizations, financial aid, placement tests, housing contracts, etc. Lots of stress can be averted if you show up to college with the right Ethernet cable."



Shared Insights

Buyers and Sellers

- Buyers
  - Admit on average about 66%
  - When offered - about 25% students accept
  - Financial aid - about 30% given is merit based

- Sellers – represent 10% of all four-year colleges
  - Admit just 20% of applicants
  - When offered - nearly 45% students accept
  - Financial aid - 7% given is merit based

Virginia Tech / University of Va.

- Virginia Tech
  - Accepts about 54% of applicants (31k/57k)
  - Spends 81% of its aid without regard to financial need

- University of Virginia
  - Accepts 12% of applicants (10k/82k)
  - Spends about 7% of aid dollars on merit scholarships

Virginia Tech / University of Va.

Both have high graduation rates

According to the Education Department's College Scorecard...

- *After 10 years graduates earn nearly identical average salaries.*

Who, Where, Why

- Who is completing tasks?
  - Driver vs. Passenger
  - The word for our seniors - Delegate
- Where to apply
  - In or Out of State
  - Big vs Small
- Why apply to those schools?
  - For the sticker?

What's Happening

- Senior conferences
- Priority deadlines
- Transcript requests
- Letters of recommendation

Resources

https://nextgenadmit.com/university-profiles

https://issuu.com/usnewsandworldreport/docs/u.s._news_world_report_best_colleges_2026

Questions?

Thank you for taking the time to come in today.