

Senior Survival 2026-27

East Stroudsburg High School—South
Compliments of the ESHS-South Guidance
Updated 9/8/26



Introduction

Welcome to your Senior Survival Guide! This resource provides step-by-step instructions to help you navigate college applications, transcript requests, test scores, letters of recommendation, and important deadlines.

Application Checklist – Have this Available to Fill out

Applications!

- ✓ Copy of your transcript or final junior year report card (available on Sapphire) • ✓

ESHS-South CEEB Code: 391150

- ✓ County: Monroe
- ✓ SAT/ACT test dates and future test dates
- ✓ Counselor contact information

- jay-kule@esasd.net Phone extension: 20435
- phillip-kerzner@esasd.net Phone extension: 20431
- alison-north@esasd.net Phone extension: 20432
- joseph-formica@esasd.net Phone extension: 20430
- kate-krammes@esasd.net Phone extension: 20433
- carol-huffman@esasd.net Phone extension: 17831

- ✓ Official school name, address, and phone number

East Stroudsburg High School South
279 North Courtland Street
East Stroudsburg, Pa. 18301
570-424-8471

- ✓ Teacher email addresses (available through your school email directory)
- ✓ GPA & Class Rank (calculated on a 4.0 weighted scale)

It's on your transcript which is in Sapphire! Use your cumulative weighted GPA.

College Application Process

- Complete Applications Online – Submit early; do not wait for test scores, recommendation letters, or transcripts.
- Submit Application Fees – Fees range from \$25–\$75. Fee waivers for qualifying students are available in your College Board account. Attending college visits or speaking with admission reps may lead to free applications.
- Save Login Credentials – Schools may communicate via email or application portal.
- Send Test Scores – SAT, \$15 per score report (collegeboard.org) and ACT (actstudent.org).
- Request Transcripts – Complete the [Parent Waiver-Transcript Release Form](#) (once) and [Transcript Tracking Form](#) for each college.
- Request Letters of Recommendation – Public universities usually do not require letters; private schools may ask for one or more.

To Waive Your Right or Not Waive Your Right

1. By **waiving your right** to access, **you cannot** ask the college to see your file.
 2. By **not waiving your right**, you **HAVE** access to see all the letters of recommendation on file at the college.
- By waiving your right to access, your teachers and counselor have the freedom to write honest evaluations. When college admissions counselors read school reports or teacher evaluations and the student has not waived his/her rights, this can be an unnecessary red flag.

The Common Application

The Common Application (Common App) is a single online college application form used by over 1,100 colleges and universities in the U.S. and abroad. Students can complete one application and submit it to multiple schools. Benefits include reducing paperwork and simplifying the application process. Learn more at commonapp.org.

Pennsylvania State University System (PASSHE) The Pennsylvania State System of Higher Education (PASSHE) consists of public universities across Pennsylvania. One application can often be used for several PASSHE schools. Pennsylvania Western and Commonwealth Universities require one application to apply to three different universities. Universities include:

Pennsylvania Western University (Common Application)

- California University
- Clarion University
- Edinboro University

Commonwealth University

- Bloomsburg University
- Lock Haven University
- Mansfield University

Other PASSHE Universities

- Cheyney University
- East Stroudsburg University
- Indiana University of Pennsylvania
- Kutztown University
- Millersville University
- Shippensburg University
- Slippery Rock University
- West Chester University

Many of these schools also participate in the Common Application.

Types of College Admission

Type	Definition & Details
Early Decision	Binding: if accepted, you must attend. Deadlines: Nov 1–15. Withdraw all other applications if accepted.
Early Action	Non-binding: accepted students may choose whether to attend. Deadlines: Nov–Dec.
Rolling Admissions	Applications reviewed as received; earlier applications have better chances.
Open Admissions	Applications accepted year-round.

Additional Information

1. NCAA Clearinghouse: Division I/II athletes must register at eligibilitycenter.org
2. Scholarships: Available via the ESHS-South Guidance Office newsletter, colleges, CollegeBoard or employers.
3. End-of-Year Transcripts: Sent automatically to the college listed on your Senior Survey in May.