

LYME-OLD LYME HIGH SCHOOL

SENIOR PARENT NIGHT

Class of 2027 · School Counseling Department

Tuesday, September 15, 2026

- **Moheba Sayed** *Director of School Counseling*
- **Jo Williams** *School Counselor*
- **Christie Williams-Kahn** *School Counselor*
- **Tiffany Martin** *Administrative Assistant, School Counseling*

TONIGHT

Tonight's Agenda

- 01 Graduation Requirements
- 02 What Colleges Are Looking For
- 03 Transcripts, GPA & Testing
- 04 Understanding Admissions Plans
- 05 The Application Process
- 06 Key Deadlines
- 07 Forms, Forms, Forms!
- 08 Student & School Responsibilities
- 09 Easing the Stress & Naviance
- 10 Financial Aid & Financial Aid Night
- 11 NCAA Clearinghouse & Web Resources
- 12 Questions

THE BASICS

Graduation Requirements

25 CREDITS TO GRADUATE · Status letters mailed home in June

HUMANITIES — 10 CREDITS	
English	4 credits
Social Studies	3 credits (incl. .5 Civics, 1.0 US History)
Fine Arts	1 credit
Humanities Elective	1 credit
World Language	1 credit

STEM & BUSINESS — 9 CREDITS	
Mathematics	3 credits
Science	3 credits
STEM / Business Electives	3 credits
PE & Wellness	1 credit (.25/yr)
Health & Safety Education	1 credit (.25/yr)
Diploma Mastery Assessment	1 credit
Electives	3 credits

STANDARDIZED TESTING REQUIREMENT

✓ SAT 480 EBRW / 530 Math

✓ Proficiency on the NGSS science assessment

FAFSA Completion or Waiver – Class of 2027+

What Colleges Are Looking For

01

A Challenging Curriculum

Course rigor matters — colleges want to see you push yourself.

02

Grades With an Upward Trend

Strong effort and improvement over time count.

03

Solid Standardized Test Scores

SAT/ACT — many schools are now test-optional.

04

Passionate Involvement

Community service, work experience, and extracurriculars.

05

A Strong Main Essay

Your Common App essay, in your own authentic voice.

06

Thoughtful Supplemental Essays

Each school's own short-answer questions.

07

Meaningful Recommendations

From counselors, teachers, and adults who know you well.

08

What Makes You Stand Out

Art portfolios, music or drama auditions, unique talents.

Transcript & GPA

The transcript is the single most important piece of the college admissions review.

- ☒ Your transcript is your official academic record.
- ☒ Shows final grades from grades 9–11, plus senior-year work in progress.
- ☒ GPA is cumulative and weighted.
- ☒ LOLHS does not rank students.

What Does “Test-Optional” Really Mean?

Many colleges and universities have moved to test-optional admissions for the SAT/ACT — meaning they don't require scores to make a decision.

YES.

Test-optional really does mean optional — but always read each school's specific policy.

Some schools will still ask for scores when:

- ☒ Used for academic placement/advising once you're admitted
- ☒ Your GPA falls below the school's standard benchmark
- ☒ Required for specific programs (e.g. nursing, education)

Best resources: fairtest.org and each college's own admissions website.

College Admissions Testing

FEE WAIVERS

Available to students who meet the eligibility guidelines. See your School Counselor for details.

SENDING YOUR SCORES

SAT / AP → collegeboard.org ACT → actstudent.org

Upcoming SAT Test Dates (Fall 2026)

Test Date	Regular Registration By	Late Registration By
Saturday, October 3, 2026	Friday, September 18, 2026	Tuesday, September 22, 2026
Saturday, November 7, 2026	Friday, October 23, 2026	Tuesday, October 27, 2026
Saturday, December 5, 2026	Friday, November 20, 2026	Tuesday, November 24, 2026

Every Student's Path Looks Different

The road to college is paved with organization. Students are all in a different place in this process — build a balanced list across three categories:



REACH

2–3 schools

Admission is a stretch based on your academic profile.



MATCH

4–6 schools

Your profile lines up well with the typical admit.



LIKELY

2+ schools

You'd very likely be admitted — but you'd still be happy to attend.

Give your Match and Likely schools the same care as your Reach schools — and only apply where you'd be happy to spend four years.

Understanding Admissions Plans



Rolling Admissions

Applications are reviewed continuously; a decision is made once your file is complete.

Early Decision (Binding)

You commit to attend if admitted. Typically apply by Nov. 1, decision by Jan. 1.

Early Decision II

A second binding round, usually due around the regular deadline (Jan. 1 / Jan. 15).

Early Action

Apply early and hear back early — with no commitment to enroll.

Early Action II

A second EA round, usually due around the regular deadline (Jan. 1 / Jan. 15).

Admissions Plans — More Options

Early Action Single-Choice / Restricted EA

You may apply to only one school under this plan. You generally shouldn't apply EA/ED elsewhere — though rolling, regular decision, a public school's EA, and international schools are usually still fine. Confirm with that college.

Regular Admissions

Application deadlines typically range Jan. 1 – Apr. 1. Applicants are notified by Apr. 15 and must reply to the college by about May 1.

Student Responsibilities

- ✓ Personally ask teachers for letters of recommendation, then request them through Naviance and give them the Blue Teacher Recommendation form.
- ✓ Submit all required forms to the School Counseling Department.
- ✓ Request transcripts through Naviance.
- ✓ Send SAT scores to colleges via collegeboard.org, and ACT scores via actstudent.org (if required — you may be able to self-report or the school may be test-optional).
- ✓ Complete and submit each application by its deadline — essays, portfolios, supplements, interviews, application fees, and auditions as required.

Common Application Tips

- ✓ One Common App can be sent to many colleges — but some schools use their own application, and some accept the Coalition Application instead.
- ✓ Each college has its own page on the Common App with school-specific questions and writing prompts.
- ✓ You'll write one main essay for the Common App itself.
- ✓ If a college has a supplemental essay section, it must be completed and sent in addition — it is not sent automatically with the main application.
- ✓ The Family Tab lets parents add parent, sibling, and household information.
- ✓ Submitting the Common App requires a credit card — you pay a fee for each individual school you send it to.

Meet All Deadlines

Submit all required materials to your School Counselor and Teachers at least 3 weeks before your first college application deadline.

College Application Deadline	Submit Forms to Your Counselor By
Thursday, October 15, 2026	Friday, September 25, 2026
Sunday, November 1, 2026	Friday, October 9, 2026
Sunday, November 15, 2026	Friday, October 23, 2026
Tuesday, December 1, 2026	Monday, November 2, 2026
Tuesday, December 15, 2026	Monday, November 16, 2026
Friday, January 1, 2027	Friday, December 4, 2026

We prioritize processing materials received by the 3-week minimum in time for each deadline.

Forms, Forms, Forms



Purple

Parent Brag Sheet



Pink

Educational Records Consent & Release (FERPA)



Blue

Teacher Recommendation Request Form



Green

Counselor Recommendation Information Form

Plus: a current Resume.

All forms are available on the School Counseling website, in the Class of 2027 Canvas module, and in the School Counseling Department office.

School & Teacher Responsibilities



TEACHERS

Upload and send the Teacher Written Evaluation and related forms through Naviance.



SCHOOL COUNSELING DEPARTMENT

Submits, through Naviance or by mail:

- ✓ Transcript & classes in progress
- ✓ School profile
- ✓ Secondary school report form
- ✓ Counselor recommendation
- ✓ 1st quarter grades
- ✓ Mid-year transcript
- ✓ Final transcript

First-Quarter Grades

- ✓ 1st-quarter grades are sent automatically to every college a student has applied to, since they're typically part of the application materials.
- ✓ Students can request NOT to send 1st-quarter grades — to individual colleges or all of them. The opt-out form is available in the School Counseling office at the end of the first quarter.
- ✓ Caution: if a school requires 1st-quarter grades, they must be sent to complete the application. Withholding them could jeopardize that application.

What's Happening to Ease the Stress

- ✓ Many seniors are enrolled in Writing & Communication for the Real World, which supports the application-writing process.
- ✓ Forms are posted on the School Counseling website: lolhs.region18.org/counselingguidance
- ✓ Counselors are meeting individually with seniors about post-secondary options and plans.
- ✓ Students can ask their English teachers to review and edit college essays.
- ✓ In-person college representative visits are happening right here at LOLHS.
- ✓ In-person and virtual college fairs are available throughout the fall.

Naviance Student

- ✓ An online program that helps manage every step of the college application process.
- ✓ Holds LOLHS-specific data going back to 2002.
- ✓ Every student — and every parent — has a personal Naviance login.
- ✓ LOLHS submits transcripts and counselor/teacher letters of recommendation electronically through Naviance eDocs.

What You Can Do in Naviance

- ✓ Complete a college search
- ✓ Create your college application list
- ✓ Request transcripts & teacher recommendations
- ✓ Track college deadlines
- ✓ Register for in-school college visits
- ✓ View SAT/ACT scores & GPA
- ✓ Search for scholarships
- ✓ Track transcript & recommendation status

Log in anytime: student.naviance.com/lolhs

Financial Aid Preview



FAFSA

Opens October 1, 2026 for the 2027–2028 award year, using your **2025 tax information** (pulled automatically via the IRS data exchange).

Access it at studentaid.gov. Both student and parent(s) need their own FSA ID — create one at studentaid.gov/fsa-id.



CSS PROFILE & BEYOND



CSS Profile **Opens Oct. 1, 2026** — access via collegeboard.org



Track each college's own aid deadlines and requirements



Watch for Merit Scholarships offered directly by colleges



Check the LOLHS Scholarship Bulletin and Naviance's sortable scholarship list

SAVE THE DATE

Financial Aid Night

Tuesday, October 6, 2026 · 6:30 PM

Guest Speaker

Jessica Hatfield

Connecticut College, Financial Aid Office

NCAA Clearinghouse

eligibilitycenter.org — for students interested in Division 1 or 2 athletics in college.

- ✓ Check your GPA and course requirements to be sure you meet what's required.
- ✓ Register with the Clearinghouse and request your transcript through its online system.
- ✓ You'll need to submit your high school transcript and SAT scores — SAT scores must be sent directly by the student using code 9999.
- ✓ Transcripts must also be requested through Naviance. Final transcripts are sent from LOLHS by the end of June.

Questions? Call the NCAA Clearinghouse directly at 319-337-1492.

BOOKMARK THESE

Web Resources



collegeboard.org

SAT info, CSS Profile, AP scores



actstudent.org

ACT info & score reports



fairtest.org

List of SAT/ACT-optional schools



commonapp.org

The Common Application



studentaid.gov

FAFSA & federal financial aid



bls.gov

Career search & labor statistics

KEEP THIS PAGE

Your Resources, Anytime



Scan for the School Counseling webpage

School Counseling: lolhs.region18.org/counselingguidance

Naviance: student.naviance.com/lolhs

YOUR STUDENT'S COUNSELOR (GRADE 12, BY LAST NAME)

A–D

Moheba Sayed, Director of School Counseling

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E–N

Jo Williams, School Counselor

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O–Z

Christie Williams-Kahn, School Counselor

860-434-2255 x1009 · williamskahnc@region18.org

School Counseling Administrative Assistant: Tiffany Martin · 860-434-2255 x1006

Questions?

Comments and follow-up questions are always welcome — reach out anytime.

School Counseling Department · 860-434-2255 · lolhs.region18.org/counselingguidance