SENIOR YEAR:

WHAT YOU NEED TO KNOW

STARRING

MS. TOURAN, MS. COVINGTON & DR. SMITH





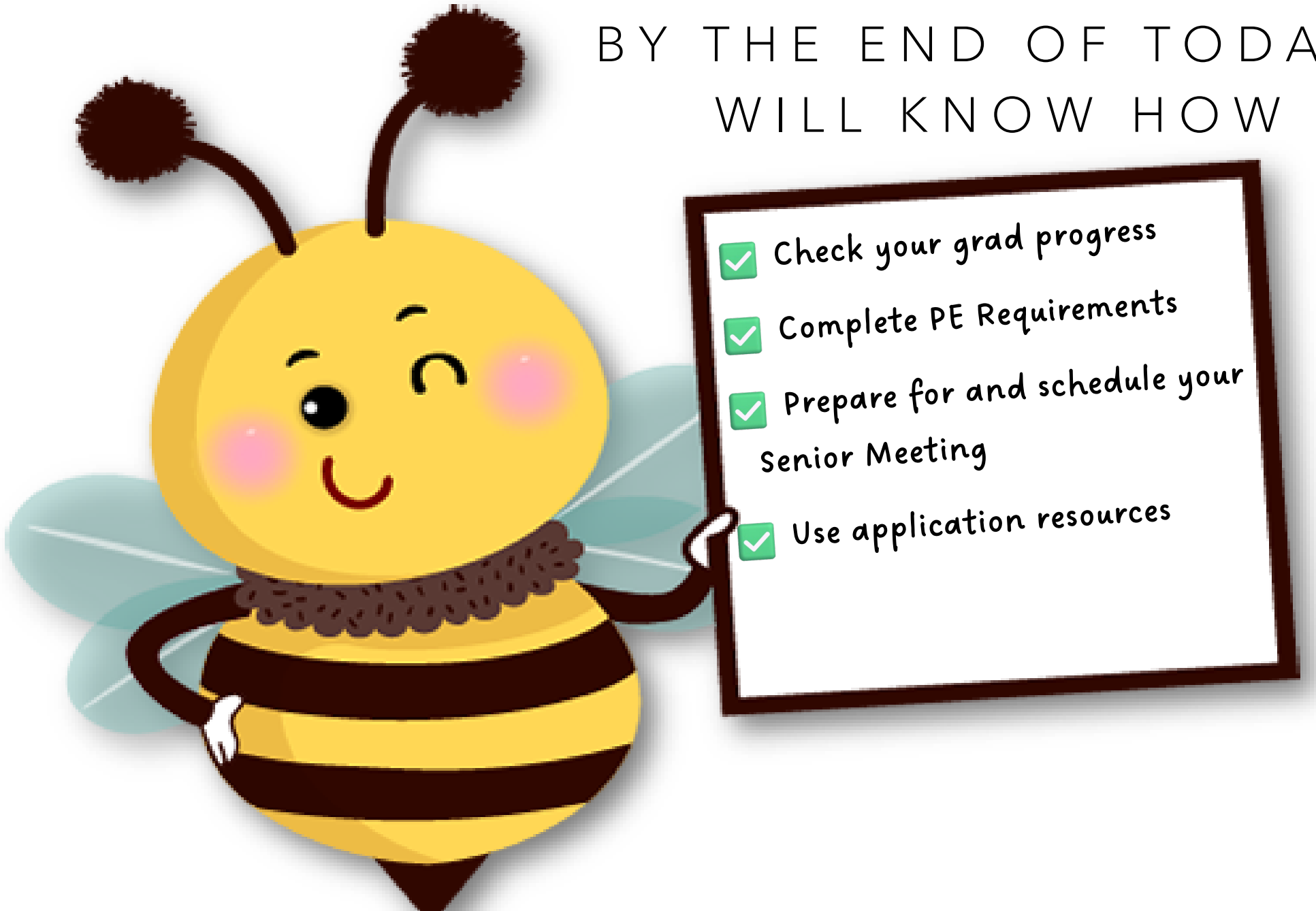


TODAY'S AGENDA

- Graduation Requirements
- PE/Fitness Requirement
- Senior Meetings & Recommendations
- College Applications
- Attendance & Senior Expectations
- Resources & Support
- What You Need To Do Today



BY THE END OF TODAY, YOU WILL KNOW HOW TO:



- ✅ Check your grad progress
- ✅ Complete PE Requirements
- ✅ Prepare for and schedule your Senior Meeting
- ✅ Use application resources



Graduation Requirements

To Graduate, You Need:

- 24 total credits in these specific areas →
- High School & Beyond Plan
- Washington State History (middle school)
- Fitness Assessment + Activity Log
- All district graduation requirements

**Skyward tracks LWSD requirements for all students – does not reflect Tesla STEM*
***To be discussed on future slide…*

Subjects	# of Credits
English	4
Social Studies (w/ Civics)	3
Math	3
Science	3
World Language	2
Fine Art	2 (1 @ STEM)*
CTE	1
Civics	.5
Physical Education (P.E.)	1.5 (0 @ STEM)**
Health	.5
Electives	6+
TOTAL	24

‼ Incomplete online grad reqs, HSBP, or Fitness requirement **= NO senior activities** (Prom, Senior breakfast, etc.)

ARE YOU TAKING GRAD REQ CLASSES OUTSIDE STEM?

You must:

1. Submit Appendix C in Skyward **before you enroll**
2. Wait for approval (Approval/denial can be read through Online Forms History in Skyward)
3. Complete the course
4. Send an **official transcript** to your counselor

Important

- Credit is awarded as Pass (P)
- Outside coursework is **due May 15**

https://tesla.lwsd.org/counseling/online-course-requests





PE/Fitness Requirement

Ms. Covington is point of contact for all things PE

Do I have to complete this?

- **I am a student athlete** → Yes, you must complete this
- **I am a transfer student with 0.5-1 credits of PE on my transcript?** →Yes, you must complete this
- **I am a Tesla STEM senior hoping to graduate** → Yes, you must complete this

Isn't this covered by my Health class?

- **No,** this is a completely separate thing

I thought a waiver = I don't have to do anything?

- **A waiver is NOT the same as doing nothing.**
- You are *waiving the requirement to physically take 3 semesters of PE* in school by completing the following specific district requirements:
  - Pass Fitness Test #1 = waives **0.5 credit**
  - Pass Fitness Test #2 = waives **0.5 credit**
  - Complete Activity Log = waives **0.5 credit**

▶ *https://www.lwsd.org/students-families/students/high-school-guide/physical-education-credit-options*

PE/Fitness Process: How It Works – 4 STEPS

1. SUBMIT APPENDIX E FORMS IN SKYWARD (x3)

✅ Appendix E #1 ✅ Appendix E #2 ✅ Appendix E #3

2. REGISTER FOR THE TESTS (x2)

➔**Want to take the tests at TESLA STEM?** *(Only 2 test dates offered, 1 fall, 1 spring)*

A registration form will be sent to **your *student email/StudentSquare* – check it regularly!**
this is a separate sign up than the one below

➔**Want to take the tests at YOUR HOME HIGH SCHOOL?** *(4-5 test dates offered)*

- After approval of your Appendix E's, you'll get a link to register through ***Skyward/My Messages***
- You will receive additional registration information (e.g., testing room number) approximately 1-2 weeks prior to the test date via email. **Registration closes two weeks before each test date.**

3. TAKE & PASS KNOWLEDGE TESTS #1 & #2 (offered together in one sitting)

Multiple choice digital exams | No physical component | Each passing score waives 0.5 PE credit

▶ Allow ~2 hours studying before taking the tests

STEP 4: SUBMIT ACTIVITY LOG
(DUE ON THE LAST DISTRICT TESTING DATE)

- Complete **80 hours of physical activity** (or one LWSD sports season)
- Hours may be completed **retroactively**
- Must be **verified by a parent/guardian**, coach, or gym manager
- Complete the **district Activity Log form.** The activity log can be found **on page 2 of Appendix E.**
- Upload the completed form **using the district submission link found in Skyward → My Messages**
- Submitting a completed Activity Log **waives the final 0.5 PE credit**

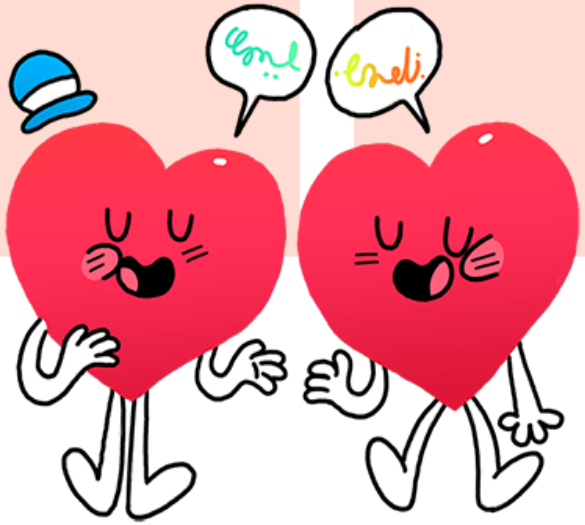
2026-27 LWSD test dates (STEM dates TBD)

- November 18, 2026
- December 9, 2026
- February 3, 2027
- February 24, 2027
- March 24, 2027

Your first testing attempt should happen before the last district testing date. Give yourself the gift of a make-up opportunity – DON'T WAIT

SCHEDULE YOUR SENIOR MEETING

WHAT IS IT?	WHEN TO SCHEDULE?	HOW TO SCHEDULE?	WHERE IS THE SENIOR MEETING FORM?	REQUIRED MATERIALS
• Your last opportunity to tell us how awesome you are/what you want highlighted in your letter of rec • Personalized feedback on college list, app questions, etc.	• AT LEAST 2 weeks before your first COUNSELOR LETTER is due (*not* your first app) • Review admission pages *carefully* - YOUR due date may not be OURS (e.g. UNC, UT – Austin)	• Submit materials via the **Senior Meeting Form** • A ***Bookings link*** will appear in your student email	• On the Senior College Application Procedures webpage	• College Tracking Spreadsheet • Resume • Reference Form • ***Optional:*** *Essays*



- All required materials due 2 days prior to meeting
- Meeting will be cancelled if materials are late.

https://tesla.lwsd.org/counseling/applying-to-college/seniors

SENIOR MEETING & LOR ETIQUETTE

Letters of Recommendation

Professionalism

THANK YOUR RECOMMENDERS

Your teachers spend *many* unpaid evening hours **helping you** to achieve your dreams!

A heartfelt, **handwritten note** is worth more than any gift!

Update your recommenders with your successes!

Schedule Senior Meetings:

- Before school
- After school
- **Health/Civics** period
- During **non-core** classes (electives) if you must

If You *Must* Meet During a Class:

Ask your teacher ***prior*** to scheduling

Missing tests, presentations, or major assignments for a senior meeting = **unexcused absence, no makeups**

FINISH STRONG: ATTENDANCE MATTERS

9 or more days missed in a semester= 10% loss of learning time.

Classroom experience, discussions, group engagement, and support from teachers are impossible to replace.

Showing up consistently is about character, building habits that matter long after graduation, like reliability, responsibility, and following through on commitments (the same qualities employers and colleges look for).

Emergent/Critical	Not Emergent/Critical
Sick (fever, vomiting, severe diarrhea, contagious illnesses [strep, flu, etc.])	Competitions
Chronic health issue management	Vacation
Hospitalization	College applications
Death of a loved one	Studying for any exam
	Tired
	College visits

Chronic absenteeism can affect your grades, course completion, and graduation status, and reflect a component of your overall character. ***If there is a significant change to your academic standing, ability to graduate, or quality of character, the school is tasked with providing colleges updated information.***

Compassion. Curiosity. Gratitude. Grit. Growth Mindset. Perspective-Taking. Purpose. Self-Control.

PERCENTAGE OF COLLEGES ATTRIBUTING DIFFERENT LEVELS OF IMPORTANCE TO FACTORS IN ADMISSION DECISIONS

FIRST-TIME FRESHMEN, FALL 2023

Factor	N	Considerable Importance	Moderate Importance	Limited Importance	No Importance
High school grades in college prep courses	185	76.8	15.1	4.9	3.2
Total high school grades (all courses)	185	74.1	18.9	5.4	1.6
Strength of high school curriculum	185	63.8	22.7	10.3	3.2
Positive character attributes	184	28.3	37.5	18.5	15.8
Essay or writing sample	185	18.9	37.3	26.5	17.3
Student's interest in attending	185	15.7	27.6	25.4	31.4
Counselor recommendation	185	11.9	40	27.6	20.5
Teacher recommendation	185	10.8	40.5	28.1	20.5
Extracurricular activities	185	6.5	44.3	30.8	18.4
High school class rank	183	5.5	22.4	43.2	29
Admission test scores (ACT, SAT)	185	4.9	25.4	38.9	30.8
Portfolio	185	4.9	10.8	24.3	60
Interview	185	4.3	8.6	32.4	54.6
Work	185	2.2	30.8	40	27
State graduation exam scores	185	1.6	6.5	18.4	73.5
AP/IB Test Scores	185	1.1	22.2	25.9	50.8

College Applications: Use the Right Source

Three places answer three different kinds of questions

1

Tesla STEM resources & procedures

- Senior meetings and app drop ins
- Senior College Application Procedures Webpage

2

College admission websites

- Deadlines and required materials
- Testing policies and writing supplements
- Many schools offer videos/webinars/guides on how to fill Common App & create meaningful essays
- Read their missions statement, etc!

3

Application portal

- Enter and submit your information
- Check the applicant portal after submission
- Common App is not first 'secret' test of admissions

When information conflicts, follow the college's current admission website and contact its admission office.

Your application and school documents

Know what you submit and what your counselor sends

YOU SUBMIT

- Application, essays, and activities
- Application fee or fee waiver
- Test scores when required or chosen
- Self-reported courses and grades when required

TESLA STEM COUNSELOR SENDS

- Official high school transcript when accepted or required
- Senior Schedule
- School profile
- Counselor recommendation when required
- Midyear report

Invite your assigned counselor in each application as School Counselor.

STEM APPLICATION DROP INS



WEDNESDAYS!
Early Bird Special
October 14th
October 28th
November 5th

Find Your Fit Webinars On Demand | Lake Washington Schools Foundation (lwsf.org)



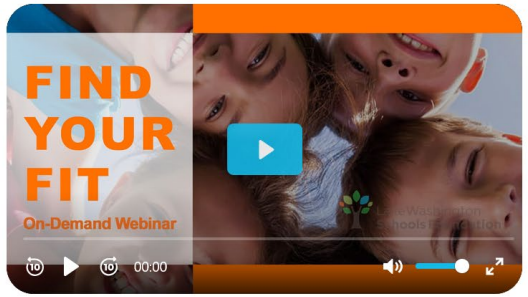
How to Create a Balanced College List, and Why It's So Important (Aug 2026)



How to Complete Your Common Application (Aug 2026)



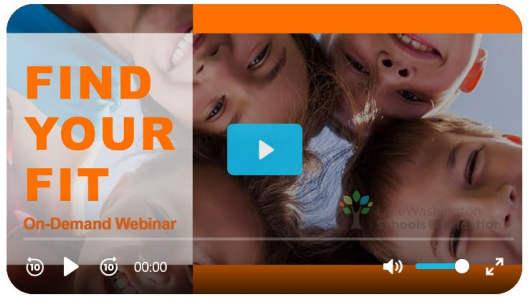
How to Write a College Essay (Aug 2026)



You're Admitted...Now What? (Apr 2026)



Mapping Your High School Journey: Picking Classes in High School (Jan 2026)



Getting it Together: Executive Function for Today's Teens (Nov 2025)



Live walkthrough: Senior Application Procedures

This is the Tesla STEM source for school-specific application steps

1. Senior meeting timeline and required materials
2. Transcripts, School Report, and Midyear Report
3. Application walkthroughs and FAQs
4. Essays, activities, and financial-aid resources

https://tesla.lwsd.org/counseling/applying-to-college/seniors

We'll open this page together now.

Live walkthrough: College Visits

Use visits to learn about fit and ask college-specific questions

FIND	Upcoming colleges and visit times
CHECK	Location, attendance expectations, and visit etiquette
REGISTER	Use SchooLinks for your visit registration
ASK	Bring questions that the college representative can answer

https://tesla.lwsd.org/counseling/applying-to-college/college-visit-calendar

College representatives know their own application. Come curious.

College Visits

- Excellent opportunity to determine if a school is a good fit for you to apply
- Ask college-specific questions
- Demonstrate interest (if they note that)
- Experts on their own application and preferences :)
- Register on SchooLinks!



23 SEP, WED		
	12:30pm	**Johns Hopkins University** Tesla STEM High School 4301 228th Ave NE Redmo...
24 SEP, THU		
	7:30am	**The University of British Columbia - Vancouver** Tesla STEM High School 430...
	2:50pm	**University of Pennsylvania** Tesla STEM High School 4301 228th Ave NE Redm...
25 SEP, FRI		
	11:15am	**University of Minnesota-Twin Cities** Tesla STEM High School 4301 228th Ave ...
28 SEP, MON		
	11:15am	**Washington State University** Tesla STEM High School 4301 228th Ave NE Red...
30 SEP, WED		
	6:30pm	**Right Fit College Webinar**
1 OCT, THU		
	11:15am	**Purdue University-Main Campus** Tesla STEM High School 4301 228th Ave NE...
2 OCT, FRI		
	11:15am	**Arizona State University-Tempe** Tesla STEM High School 4301 228th Ave NE ...
	12:15pm	**Smith College** Tesla STEM High School 4301 228th Ave NE Redmond, WA 980...
5 OCT, MON		
	3pm	**Oregon State University** Tesla STEM High School 4301 228th Ave NE Redmon...

YOUR MUST DOS



Add your school counselor to Common App



Prepare Materials for your Senior Meeting



Schedule Sr Meeting 2 weeks prior to first REQUIRED counselor letter deadline

TEMPERATURE CHECK...

- Check in with your recommender(s)
- Created Common App account, begun filling in
- Had financial talk with family
- Well-balanced college list nearly complete (4 – 10 schools)
- Senior Materials started for Sr Meeting
- Essay draft started

Questions?

What still feels unclear before you leave?

Graduation or PE
Senior meetings or recommendations
Applications or college visits

Personal question? Stay after class or schedule with your counselor.