School & College Counseling

Junior Parent Night 2026

CHRISTIAN BROTHERS ACADEMY

Agenda

- Who We Are
- Academic & Non-Academic Life
- Mental Health Overview
- Basics of the College Admissions Process
- College Admissions Support & Tips
- Upcoming College Admissions Events

Welcome!

Our Counseling Staff

Mr. Patrick Brennan
Last Name: Sc - Z

Mr. David Frick
Last Name: A - D

Mr. Kevin McCaig
Last Name: E - K

Mrs. Rose Leo
Last Name: L - Pl

Ms. Anna Maria Demonte
Last Name: Po - Sa

Mrs. Nicole Johnson - *Freshmen Counselor*

Mrs. Gina Morisano - *Counselor: SEL & Mental Health*

Mr. Bryan Smith - *Licensed Clinical Social Worker (part-time)*

Mrs. Bonnie Stahl - Administrative Assistant

Academic & Non-Academic Life

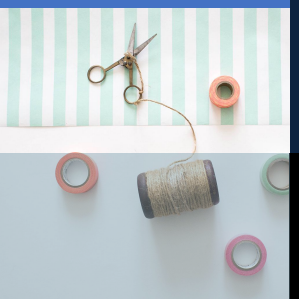
JUNIOR YEAR ACADEMICS

Course Selection

- Counselors will meet with juniors in Semester 2 to discuss their senior year schedule choices
- Using the prerequisite course requirements from last year, Junior students can set academic goals towards elective and higher level courses
- If juniors have a college major in mind, they can explore course offerings as senior that align with their interests

National Honor Society

- The first opportunity to apply is in February of junior year
- The GPA requirement is cumulative average of 92 (as of the end of Semester 1 junior year)
- For questions regarding NHS please contact Mrs. Biloholowski



FOCUS ON GROWTH

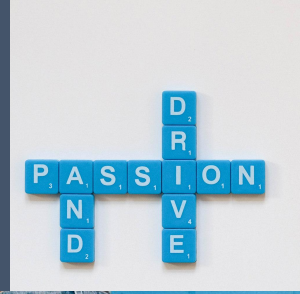
Junior year can be the time when students hit their stride

Positive Academic Progressions & Consistency tell a great story

Being an Involved Community Member

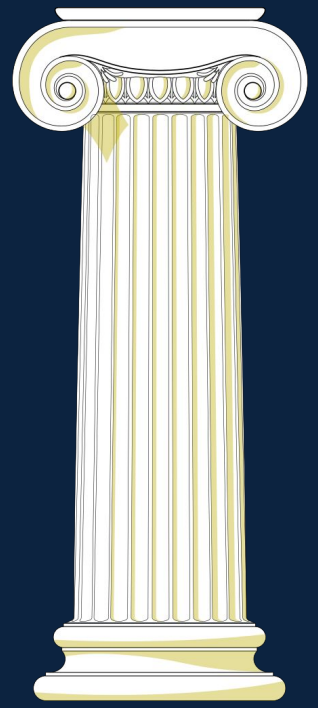
Let's start with ***WHY?***

- ❑ Build YOUR Story
- ❑ Develop leadership
- ❑ Explore interests
- ❑ Give back
- ❑ Learn new skills
- ❑ Become a mentor
- ❑ Prepare for college-consistent & meaningful list

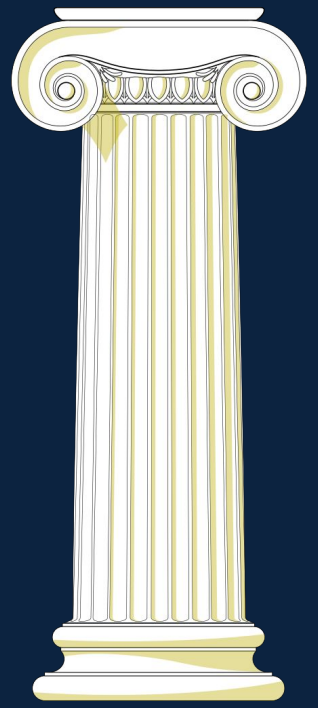


Pillars of Involvement

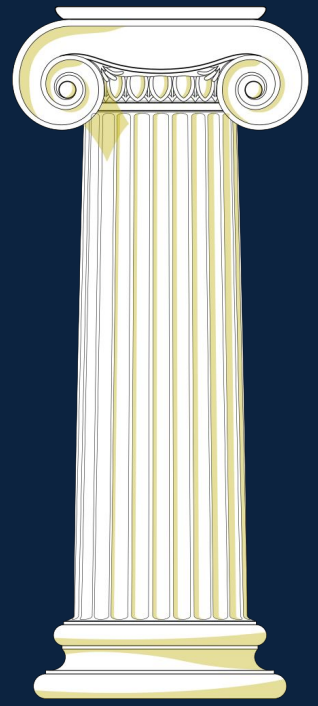
Athletics



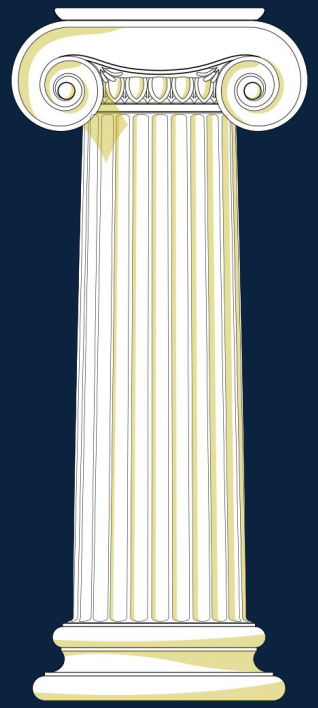
Service



Education/ Extra



Arts



59 CLUB & ACTIVITY OFFERINGS

Mental Health

What are some of the main mental health concerns for teenagers?

- Perfectionism
- Social Media/Screen Time
- Isolation
- Academic Pressure
- Burnout
- Relationships
- Anger

NEWPORT INSTITUTE™

What we are doing at CBA

PROACTIVE & PREVENTATIVE

Individual & Cohort Meetings with Counselors

Lifelines Curriculum Partners

Social Emotional Learning

Psychoeducational Groups

Brothers for Brothers - Mental Health and Wellness Club during Enrichment

Training for CBA Faculty & Coaches

Monmouth County Youth Summit with SPTS

Referral List: Local Providers, Facilities, National/State Hotlines

Mrs. Morisano - Counselor: SEL & Mental Health

Mr. Smith - Licensed Social Worker (part-time)

COMMUNITY WELLNESS PROGRAMS

Week of Respect a statewide initiative that provides meaningful opportunity to strengthen school climate by reinforcing positive behaviors, empathy, and responsible decision-making

Community Wellness Days to expose our school community to strategies and practices for self-care for our mental and physical health with a series of different workshops/activities.

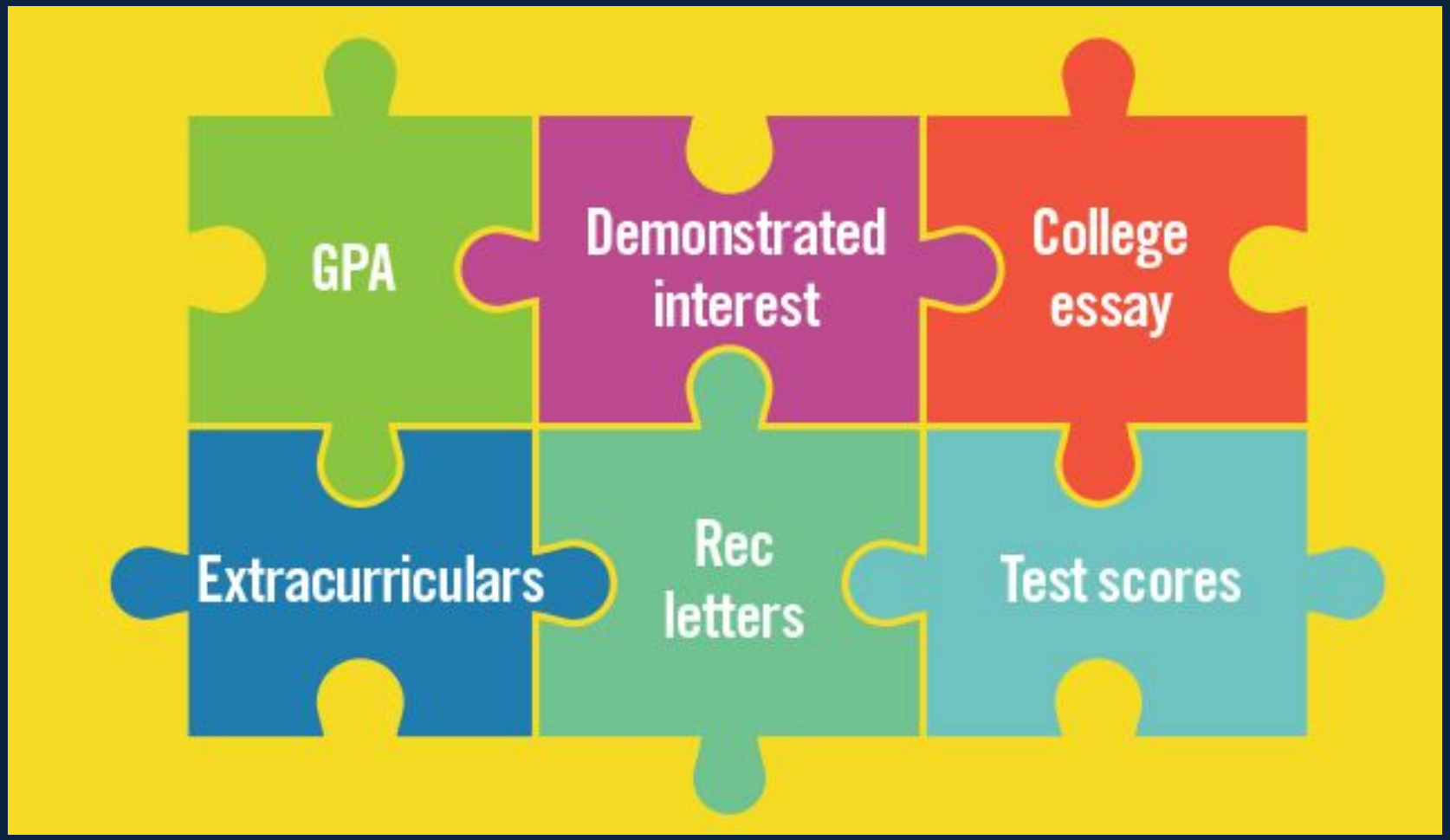
Mental Health Awareness Month. A calendar of various events is shared with the school community for ways to acknowledge and celebrate. Last year included school-wide Digital Detox, Calm Corners, and Outdoor Meditation.

Basics of the College Admissions Process

Admission Options

Admission Plan	What does it mean?	Deadline	Answer By	Decide By
Early Action	Apply to colleges at an earlier deadline to get answers sooner *Can be done at multiple colleges*	October or November	December - February	May 1
Early Decision	Apply and if you get in you are committed to attending ***Can only be done at 1 school***	November	December - February	ED is binding: If you get in, you go
Regular Decision	Traditional college application process	December - February	March - April	May 1
Rolling Admission	Applications are reviewed as they are received	July	6-8 weeks after applying	May 1

Components to the Admission Review Process



STANDARDIZED TESTS

The role of the SAT/ACT has changed significantly in college admissions over the recent years

Understanding the PSAT

The PSAT is scored on a scale of 320-1520

The score report will give the overall score and the score in each section

- The Evidence Based Reading & Writing Section and Math Sections are both scored on a scale of 160-760

The score report will also show percentile rank. This indicates how a student's test score compares to others (nationally) who took the PSAT.

***Students should link their PSAT score to Khan Academy for free specifically tailored test preparation.*

During JUNIOR year your son will have the opportunity to take an official in-school PSAT on October 14.

Test Optional Policies

Test Optional Policies do not require students to send SAT or ACT Scores in order to be considered for admission.

Currently over 1800+ colleges are Test Optional

When is it s good idea to submit a standardized test score?

- If the score is within or above the reported middle 50% of the previous applicant pool

Do colleges assume I have "bad" score if I don't submit?

- No. Many colleges now have freshmen classes where up to 50% of admitted applicants did not submit scores.

The PSAT is now a digital assessment.

All students must download **BLUEBOOK** to their device in preparation for PSAT day.

Should I Submit My Test Scores?

Test Optional Policy

- Student has ability to determine best path
- 1800+ colleges have adopted this policy
- Application review vs. Merit Scholarship review
- May be in student's best interest to apply test optional

Submitting Test Scores

- Test Scores are NOT on your transcript
- Submit OFFICIALLY
- Self-report

ACT®

CollegeBoard SAT®

Niche Processes

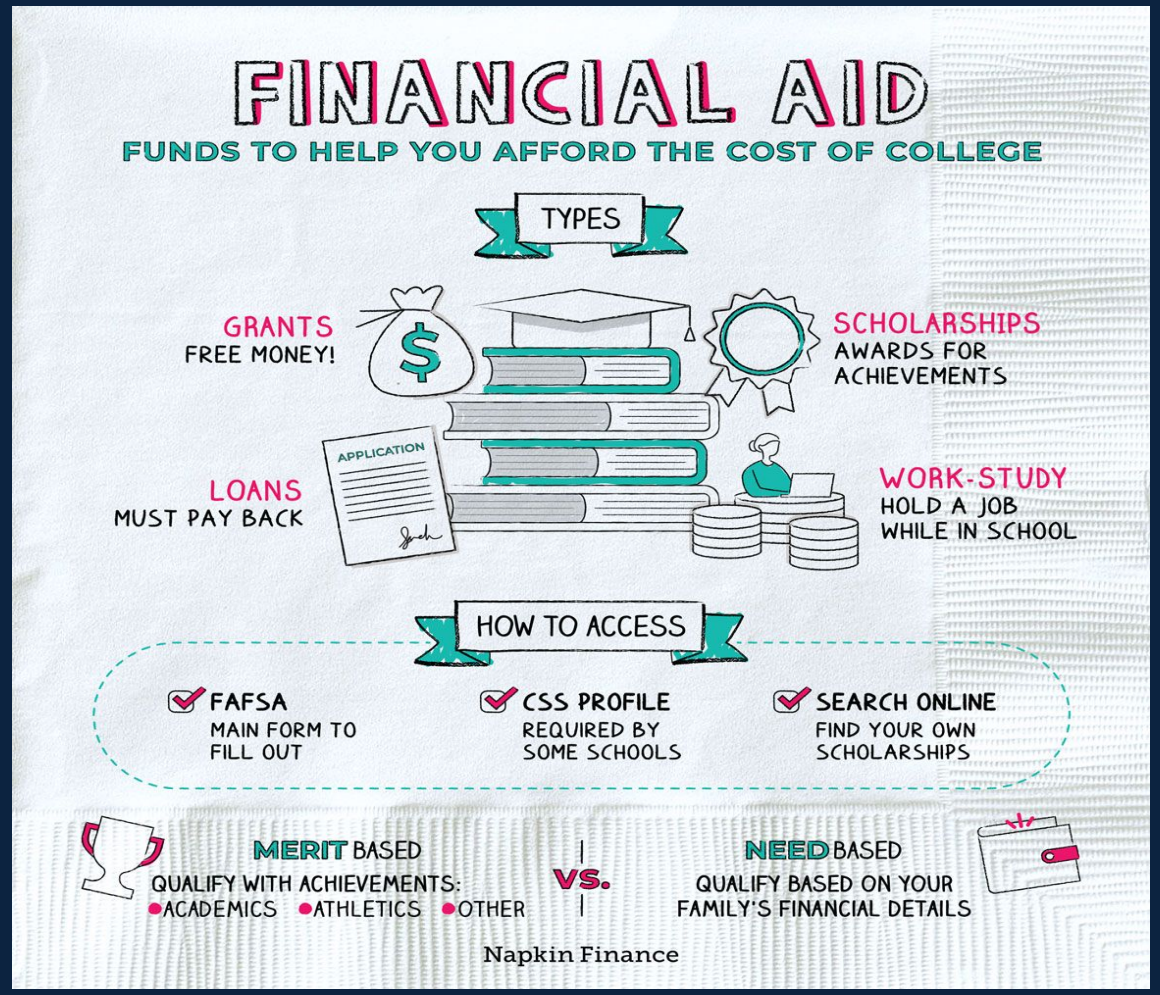
Athletic Recruitment

- Division I or II - must be cleared by NCAA clearinghouse
- Test scores
  - NOT required
  - If sending use clearinghouse code 9999
- Division III

Fine Arts

- Music, Art or Theater
- Audition - could be required
  - part of admission and scholarship review
- Portfolio - could be required
  - part of admission and scholarship review

PAYING FOR COLLEGE



- FAFSA opens on 10/1 of Senior Year
- Utilize the Net Price Calculator
- CSS may be required
- No reason you shouldn't fill out the FAFSA…. unless

CBA Financial Aid Night, Thursday, 10/1

College Admissions Support

Different Roles Defined

Primary Role: *Student*

- Drives the process
- Takes ownership over their college admission process
- Communicates with parents and counselor

Supportive Role: *Parents*

- Sets realistic goals/expectations
- Discusses costs/financial aid
- Facilitates conversations

Guiding Role: *Counselor*

- Develops partnership with student and parents
- Actively listens and shares information / feedback
- Serves as a sounding board

CBA Resources for College Planning

- *Junior College & Career Class*
- *Individual meetings*
- *Junior Parent Meeting*
- *Maia Learning*
- *Mini-College Fairs*
- *College Panel*

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College & Career Planning Class

- *Career Assessments and Search*
- *Review key definitions and terminology*
- *Mock Admissions Review*
- *Explore Visit Options at Colleges*
- *College Rep Presentations on the College Essay*
- *Begin the Common Application (spring)*
    - *College Essay*
    - *Activities List*
    - *Resume*

What Should Students and Parents be doing now?

- Begin searching for colleges
- Schedule visits
  - Campus tour
  - Information session
  - Open house
- Begin identifying the key preferences
- Attend college related events
- Have a financial discussion
- Trust your kid!
- Allow your son to drive the process
- Be supportive and encouraging
- Trust the process
- Be honest
- Set realistic expectations

Utilize the counselors as a resource to help guide the process.

College Admissions Events

College Reps Visiting CBA

- Roughly 100 colleges will visit CBA in the fall
  - Parents can see the calendar of scheduled College Visits in their Maia Account

- Juniors may sign up during a free period or lunch
- Students must sign up for visit on Maia 24 hours in advance
- Mini-Fair with roughly 60 colleges in attendance

******NEW - Per the Student Handbook: Juniors are given 3 EXCUSED absences for <u>in person</u> College Visits (notify Mr. Villeta ahead of time)******

Upcoming Events

Financial Aid Night - October 1, 2026

CBA Mini-Fair - October 16, 2026 (during school)

College Fair at Monmouth U - October 18, 2026

College Athletics Info Night- November 19, 2026

College Kickstart Program - January 26, 2027

Junior Parent Meetings - January, February & March