



LYME-OLD LYME HIGH SCHOOL · SCHOOL COUNSELING

# Junior Parent Night

Planning the road to senior year and beyond

September 29, 2026 @ 6:30 pm



# Tonight's Agenda

**1** Graduation requirements

**2** Post-high school options

**3** Finding a good fit

**4** College fairs & visits

**5** How we help & who does what

**6** What colleges consider

**7** Admissions testing: SAT, ACT & more

**8** Junior year timeline

**9** Senior year course selection

**10** Getting ready for senior year

# Graduation Requirements: 25 Credits

| Humanities: 10 Credits          |                                                  |
|---------------------------------|--------------------------------------------------|
| English                         | 4 Credits                                        |
| Social Studies                  | 3 Credits, including 0.5 Civics and 1 US History |
| Fine Arts                       | 1 Credit                                         |
| Humanities Elective             | 1 Credit                                         |
| World Language                  | 1 Credit                                         |
| Physical Education and Wellness | 1 Credit                                         |
| Health & Safety Education       | 1 Credit                                         |

| Science, Technology, Engineering & Mathematics: 9 Credits |             |
|-----------------------------------------------------------|-------------|
| Mathematics                                               | 3 Credits   |
| Science                                                   | 3 Credits   |
| STEM & Business Electives                                 | 2.5 Credits |
| Personal Finance                                          | 0.5 Credit  |
| Electives                                                 | 3 Credits   |
| Diploma Mastery Assessment: Skills for Success            | 1 Credit    |

**Also required:** proficiency on NGSS Science and SAT scores of EBRW 480 & Math 530. **All can be satisfied with grades of 70+ in English, Math and Science classes.**

# Post-High School Options



## 2- or 4-year college

Associate or bachelor's degree



## Community college

Flexible, free start



## Technical & vocational

Schools and apprenticeships



## Military service

Enlistment or ROTC



## Gap or PG year

Time to grow before the next step



## Employment

Enter the workforce directly

# Finding a Good Fit Takes Research

1

## Search

Use College and Career Search in Naviance

2

## Compare

Match your GPA and SAT scores to past LOLHS applicants' data

3

## Build a list

Balance Reach, Match and, Likely options

## Where to look

- College websites and CollegeBoard.org
- finaid.org for financial aid
- Recruiters & armed services websites
- College forums & social media
- College fairs: virtual or in person
- Campus visits: virtual or in person
- Publications such as the Fiske Guide

# What to Consider in a Search



## Location

Distance from home, state



## Size

Small, mid-size or large



## Type

Kind of college or military branch



## Competitiveness

Admissions selectivity



## Majors

Or career direction



## Cost

Net price and aid



## Opportunities

Internships, study abroad



## Special factors

ROTC, athletics & more

# College Fairs & Campus Visits



## College fairs

Local and national

- Talk with admissions reps and military recruiters
- Gather information and 'show interest' in specific colleges
- Ask about visits and open houses
- Collect business cards; fill out inquiry forms

**See the College Fairs (Fall & Spring) lists on the School Counseling page**



## Campus visits

Tours, info sessions, interviews

- An inside view of life on campus
- Best while school is in session
- Research the college before you go
- Register on the college website for a tour, info session or interview

**Visits show interest in a school, and colleges track it!**

# How We Help Along the Way



## Classroom presentations

Fall & spring: Naviance and college websites



## Naviance training for parents

Junior parents, January 15, 2027



## Family meeting with your counselor

Late January – March



## Future Planning Handbook

Created and updated with each student



## Follow-up meetings

Throughout junior and senior year



## Writing & Communication class

Senior year elective course offerering

*Stay informed through LOLHS newsletters and the School Counseling page on the LOLHS website.*

# A Team Effort



## Student

### Primary responsibility

- Research, compare, prioritize, communicate
- Meet deadlines and work hard



## Parent / Guardian

### Coach & practical limit-setter

- Drive to college fairs and visits
- Help with organization if needed
- Begin the financial aid discussion



## Counselor

### Information & support

- Guide exploration and Naviance searches
- Help identify Reach, Match & Likely schools

# What Colleges Consider

## Core criteria

- Transcript: courses, levels and grades
- Overall weighted GPA (often recalculated)
- SAT or ACT results:
  - requirements vary; many schools are test optional, *fairtest.org* or *the college website* are resources
- Counselor and teacher recommendations
- Application: essay + possible short answers or supplements
- Resume: activities outside the classroom

## Schools may also consider

- Special talents, skills and interests
- Intended major
- Interviews
- Auditions or portfolios, for some majors
- Demonstrated interest:
  - open houses
  - visits
  - opening emails/online tours
  - college rep visits at LOLHS



# Preparing for the SAT & ACT



## SAT preparation

- Practice tests in the Bluebook app on Chromebooks
- School-based prep workshops in February
- Classroom teachers build practice into the curriculum
- Free practice: Khan Academy Digital SAT Prep and College Board SAT Practice
- Prep courses & tutors: see "SAT/ACT Preparatory Opportunities" on the School Counseling page



## The ACT

- Serves the same purpose as the SAT
- Math, English & Reading; Science and Writing are optional
- Scored up to 36

[actstudent.org](https://actstudent.org)

# Testing This Year

## ASVAB

**Oct. 7, 2026 & March 3, 2027**

Military aptitude and career exploration

## PSAT

**October 21, 2026**

Practice for the SAT · digital on Chromebook

## CT School Day SAT

**March 24, 2027**

Taken at LOLHS · digital on Chromebook

## SAT & ACT

**Weekend dates**

Optional extra attempts at testing centers

## NGSS Science

**April 7, 2027**

Next Generation Science Standards

## AP Exams

**May 2027**

For students in Advanced Placement courses

# Junior Year: School-to-Career

## What's available

- ✓ Job shadow experiences
- ✓ Field Experience Program
- ✓ Employment opportunities
- ✓ Career-focused field trips

## Recent job shadows

Real estate

Teaching (K, 5th grade, PE, music)

Esthetician

Law / Supreme Court justice

Speech & language pathologist

Laboratory scientist / chemist

Occupational therapist

Researcher / biologist

Public safety / police officer

Physician

Victim's advocate, CT Judicial Branch

ER nurse

Environmental conservationist

Physical therapist

Dentist

Mechanical engineer

Costume designer

CALLING ALL PARENTS

# Do you have an interesting job?

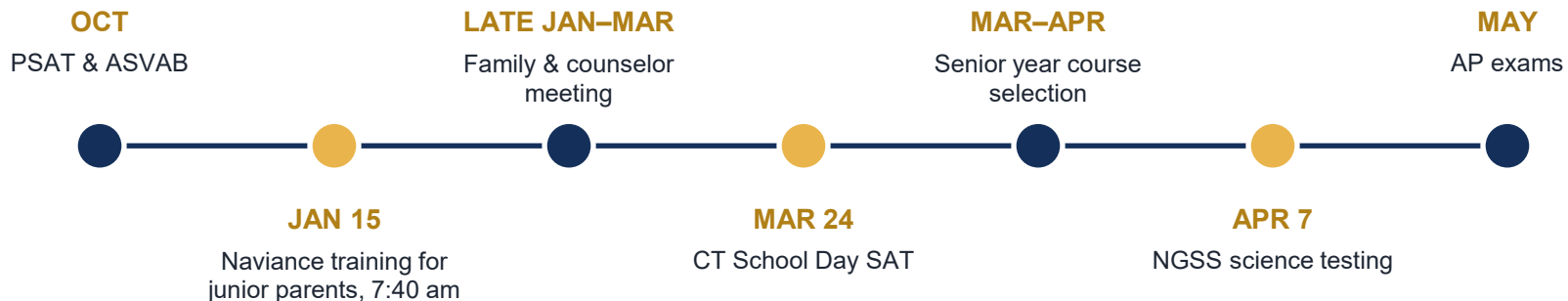
Would you be willing to have a student shadow you?  
Scan the code to let us know.



**Job shadow host sign-up**

## KEY DATES

# Junior Year Timeline



## All year long

- ✓ Research & organize college information
- ✓ Attend college fairs & visits
- ✓ Update your resume
- ✓ Consider a weekend SAT or ACT to boost scores
- ✓ Think about teacher recommendations (spring)



# Choosing Senior Year Courses



## Challenge yourself appropriately

Colleges look for strong effort senior year.



## Stay in all academic areas

It's okay to trade off courses to pursue areas of interest.



## Check major requirements

Some programs (e.g., nursing, engineering) require specific HS courses; some southern states require a 4th year of math & science.



## Pursue a passion

Take advantage of opportunities such as School-to-Career (Mrs. Williams-Kahn).

# Getting Ready for Senior Year

## This spring

- ☐ Study for junior year exams and finish strong
- ☐ Think about which junior year teachers know you best
- ☐ Update your resume

## This summer

- ☐ Keep visiting and researching schools on your list
- ☐ Build a spreadsheet to compare schools
- ☐ Know each college's SAT/ACT policy. Test optional? Will you send scores?

## In August

- ☐ Create a Common App account; save your username and password in your phone
- ☐ Jot down essay ideas based on the Common App prompts

# Road to Graduation & Beyond



Patience &  
persistence



Keep perspective  
and balance



Have fun!



Stay organized



Meet your deadlines



Look to the future

*Don't miss the important moments!*



GRADE 11 CASELOADS ·

# Your School Counseling Team

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