

Senior Parent Meeting

September 16, 2026

Meet the Sherando Counseling Staff

The Counselors

- | | |
|-----------------|---------------------------|
| ● Ms. Longoria | A-De |
| ● Ms. Kerns | Di-Je |
| ● Ms. Thompson | Ji-N |
| ● Mrs. Richard | O-Sp |
| ● Mrs. Mungavin | St-Z |
| | |
| ● Mr. Orndorff | Student Support Coach |
| ● Mrs. Conrad | Career Coach |
| ● Mrs. Rudolph | Accountability Specialist |
| ● Ms. Raybuck | Registrar |
| ● Ms. Solomon | Secretary |

Links to SHS School Counseling

School Counseling Google Classroom

Code: a22l5yhz

School Counseling Webpage:

<https://shs.frederickcountyschoolsva.net/families/school-counseling>

How Did We Get Here?

It's hard to believe that your "little ones" are Seniors and planning for the next phase of their lives. But the time is now to take care of lots and lots of details, if you're applying to 2-year or 4-year colleges or even technical/trade schools.

Hurry Up and Wait!!

- Deadlines, deadlines and deadlines- and they mean it!
- Senior year will involve **LOTS OF UNCERTAINTY.**
- Final decisions about options won't be made for many until late next spring and that waiting is **HARD!**
- Don't let that surprise you or make you too stressed, it's **NORMAL.**



Which Training Pathway?

Some careers require degrees, some certificates, and sometimes pathways outside of a traditional college route can make lots of sense for families. Explore all your options!



College, Trade School, Apprenticeships

- Check deadline dates now and be sure to meet them.
- Request transcripts in the appropriate timeline so we can guarantee your transcript will reach the college before the due date.
- Submit Transcript Request Form (yellow) to your school counselor.
- Review the SHS College Application Checklist.
- See or email your counselor with any questions on transcripts.

Military



U.S. AIR FORCE



TODAYSMILITARY.COM

This site provides general information about serving in the military in general and each of the specific branches of the Armed Services. Useful information about eligibility requirements, the ASVAB test, enlisting in the military, and questions to ask a recruiter can be found at TODAYSMILITARY.COM under the JOINING & ELIGIBILITY tab.

CAREERSINTHEMILITARY.COM

Choosing GUIDED EXPLORATION, will provide students the opportunity to explore the types of military careers that match their career interest profile (RAISEC). Choosing ADVANCED SEARCH allows students to search military careers that match their aptitude strength (Math, Verbal, Science/Technology).



ASVAB
CAREER EXPLORATION PROGRAM

Work



- Learn how to develop and begin to develop a professional resumé.
- Begin to create a list of references. Make sure to get permission from the person.
- Use resources:
 - Virginia Employment Commission (VEC)
 - Virginia Workforce Commission
 - Personal Contacts
- Investigate certification or licensure programs to make you more employable
 - Laurel Ridge Workforce Solutions
- Log on to VA Wizard to explore careers using the following site address:
Virginia Wizard

SENIORS PLANNING TO ATTEND LAUREL RIDGE COMMUNITY COLLEGE

- Mrs. Conrad will hold after school workshops during second semester for students interested in attending Laurel Ridge. During this time, she will help the students with the application process, signing up for orientation, and completing the Laurel Ridge Scholarship application.
- Students who have dual enrolled in college already have accounts, but may need to add their social security number.
- Parents should work on completing the FAFSA application beginning in October.

Community College Transfer Agreements- “2+2”

Laurel Ridge Community College is part of the VA Community College system which has transfer agreements with many schools in VA. If you complete your Associate's degree taking the classes they require and getting a certain GPA- you can transfer to a 4 year school and get your Bachelor's Degree.

Each year you do at Laurel Ridge rather than a traditional 4-year college, saves you money. Check out <https://www.vccs.edu/transfer-programs/> for details.

Don't forget, Blue Ridge Community & Technical College in Martinsburg. They have transfer programs into WV schools, as well. <http://www.blueridgectc.edu/>



Choosing the “Right” College Every Person is Different, and That’s OK

Common Mistakes to Avoid When Choosing A College

- **Rushing the process** (it takes time & effort)
- **Waiting too long (it’s not too late, but now is the time)**
- **Being a follower** (that’s where my Bestie is going)
- **Another family member went there**
- **Not visiting** (in person or virtually)
- **Costs** (you won’t know how much it will really cost until you get your financial aid package in the spring)
- **My parents want me to go there**

What If I Can't Go Visit

Virtual College Tours

Visit the school's websites for virtual college tours

Other options include:

<https://campustours.com/> and <https://youvisit.com/collegesearch>

College Admission Counselor School Visits

Watch for details on the announcements and from the School Counseling Office (Google Classroom or webpage)

VA Has Lots of Great Options!

Virginia College Profiler

There are many important factors in choosing a college. How you fit in academically and the cost of attendance (COA) are important considerations. The charts in this section provide some of the information you need to compare colleges on these factors.

MANY COLLEGES HAVE ELIMINATED ACT/SAT TEST REQUIREMENTS. CHECK <https://fairtest.org/test-optional-list-for-a-current-list-of-test-optional-colleges>. ALWAYS VERIFY TEST REQUIREMENTS WITH THE COLLEGE'S ADMISSIONS OFFICE.

Public Universities	Students Enrolled in 2025-2026 Academic Year ¹				Estimated 2026-2027 ² COA before Financial Aid Cost figures are estimated and your actual costs could vary.
	SAT 25th Percentile	SAT 75th Percentile	High School GPA 25th Percentile	High School GPA 75th Percentile	
Christopher Newport University	1070	1280	3.44	4.04	\$31,728
College of William & Mary	1390	1520	4.16	4.51	\$43,666
George Mason University	1180	1360	3.42	3.99	\$29,828
James Madison University	1180	1330	3.60	4.11	\$30,076
Longwood University	1040	1220	3.37	4.03	\$35,740
Norfolk State University	820	998	2.59	3.56	\$23,168
Old Dominion University	1120	1270	3.00	3.89	\$28,682
Radford University	950	1140	3.16	3.88	\$27,950
Richard Bland College	Not available	Not available	Not available	Not available	\$21,700
University of Mary Washington	1184	1340	3.46	4.09	\$31,541
University of Virginia	1410	1510	4.20	4.50	\$36,853
University of Virginia's College at Wise	940	1105	3.41	4.02	\$25,640
Virginia Commonwealth University	1040	1280	3.26	4.02	\$37,654
Virginia Community College System	Not available	Not available	Not available	Not available	\$5,380 ³
Virginia Military Institute	1090	1280	3.21	4.00	\$33,016
Virginia State University	840	1010	2.63	3.44	\$25,551
Virginia Tech	1270	1430	3.89	4.33	\$36,308

¹ Test scores and GPAs were obtained from the State Council of Higher Education for Virginia (SCHEV) website. SAT scores are a combination of the reading, writing and math scores.

² Cost of attendance (COA) provided by each college to the State Council of Higher Education for Virginia (SCHEV). Costs are for full-time students and include in-state tuition, mandatory fees and average on-campus housing and food. The costs shown above do not include all components of the COA, such as non-mandatory fees, program-specific fees, transportation, personal expenses, books and school supplies.

³ Does not include average housing and food costs.

Private Colleges	Students Enrolled in 2025-2026 Academic Year ¹				Estimated 2026-2027 ² COA before Financial Aid Cost figures are estimated and your actual costs could vary.
	SAT 25th Percentile	SAT 75th Percentile	High School GPA 25th Percentile	High School GPA 75th Percentile	
Averett University	955	1143	2.67	3.70	\$40,000
Babson University	Not available	Not available	3.09	3.93	\$54,592
Bluefield University	Not available	Not available	2.45	3.50	\$39,190
Bridgetower College	1020	1200	3.10	4.00	\$35,354
Christendom College	1080	1370	Not available	Not available	\$45,150 ³
Eastern Mennonite University	1090	1330	3.03	3.98	\$60,622
Emory & Henry University	Not available	Not available	Not available	Not available	\$36,840
Ferrum College	Not available	Not available	2.75	3.78	\$45,802
Hampden-Sydney College	1045	1310	3.14	4.00	\$77,228
Hampton University	893	1104	2.80	3.70	\$48,822
Hollins University	1115	1250	3.27	4.00	\$62,870
Liberty University	1060	1320	3.22	3.90	\$41,254
Mary Baldwin University	950	1150	2.56	3.90	\$48,790
Marymount University	Not available	Not available	2.99	3.74	\$60,146
Randolph College	Not available	Not available	3.06	3.95	\$47,650
Randolph Macon College	1000	1220	3.49	4.11	\$67,924
Regent University	980	1240	3.22	4.00	\$32,722 ³
Roanoke College	1120	1290	3.23	4.02	\$58,174
Shenandoah University	1043	1235	3.32	4.07	\$54,640
Southern Virginia University	1020	1240	3.22	3.93	\$37,020
Sweet Briar College	Not available	Not available	3.78	4.00	\$45,660
University of Lynchburg	Not available	Not available	2.93	3.96	\$53,290
University of Richmond	1410	1490	3.71	3.96	\$89,115
Virginia Union University	840	990	2.20	2.99	\$32,020
Washington and Lee University	1430	1530	Not available	Not available	\$21,860

¹ Test scores and GPAs were obtained from the State Council of Higher Education for Virginia (SCHEV) website. SAT scores are a combination of the reading, writing and math scores.

² Cost of attendance (COA) provided by each college to the Council of Independent Colleges in Virginia (CICV). Costs are for full-time students and include in-state tuition, mandatory fees and average on-campus housing and food. The costs shown above do not include all components of the COA, such as non-mandatory fees, program-specific fees, transportation, personal expenses, books and school supplies.

³ Costs shown are from the college's website.

Factors to Consider

- Program of Study
- Do they offer what you think you're interested in- majors and minors?
- Public/Private and In-state/Out-of-State
- School Size and Demographics
 - Small <1000
 - Medium 3-10,000
 - Large 10,000+
- Class Size (student to teacher ratio)
- Supportive Programs (what's the graduation rate, tutoring, etc.)
- Location: City and Neighborhood
- Campus Culture: is the school's personality a good fit for you?
- Distance from Home
- Extracurricular Activities
- Financial Aid, Outside Learning, and Housing Options

Public vs Private

Public colleges fees & tuition are generally the lowest because they receive funds from state taxes. That's why out-of-state tuition is higher than in state.

Private colleges tuition is usually higher, because they don't receive public funding. However, ***private colleges often have more financial aid resources that can make up the difference*** between costs & financial aid.

So until you receive your financial aid offer, you will not know the actual cost TO YOU of a college or university. So if there's a private college that seems like a great fit for you, apply.

How Many Schools Should I Apply To?

Take time to select 5 schools that you think would be a “Good Fit.”

- 1 Reach or “Pie in the Sky” School
- 2-3 Selections that you meet the general profile of recently accepted students
- 1-2 Safety Schools or “Sure Thing”- ones you feel reasonably confident that you could get into.

College Application Process

- Every school has a different process, read carefully
- Paper or electronic (online) process. **DON'T DO IT ON A CELL PHONE.**
- Platforms allow you to apply to multiple schools using stored info
 - Common App.org (nearly 900 schools in all 50 states, (may be eligible for a waiver, if low-income) You fill it out once and can use it for multiple schools.
 - Coalition App (around 150 schools)
- Application Costs vary by school. Some fees waived at certain times or if-low income.



COALITION
FOR COLLEGE

common
app



Types of Admissions

- **Early Decision** is binding and you may not know your financial aid package yet.
Deadlines Oct/Nov
- **Early Action** is for those who have narrowed these schools to their top choices.
This is not binding. Deadlines Oct/Nov
- **Regular Decision** Deadlines Dec/Jan
 - Usually notified early April and must respond/accept by May 1st
- **Rolling Admission**
 - Make decisions throughout the year

Every school is different, so check your school's websites now!

Items that May Be on an Application

- Demographic info (name, address, birth date, parents names, race/ethnicity)
- Activities and/or Sports
- Leadership experiences
- Coursework- classes taken
- Essay- if it's optional do it!
- Personal Statement
- Short Answer Questions

Test Optional Schools

This website provides a list of schools that are currently test optional. Be sure to take a look and see if the schools that you are applying to are on the list.

<https://fairtest.org/university/optional>

Testing Information

- Everyone does better on one (SAT/ACT) than another-ideally take one of each and a second of whichever you do best on. Fee waivers are available for students who are eligible. Be sure to complete the request form located on the school counseling website or email your counselor for information.



[SAT Dates & Deadlines](#)

[ACT Dates & Deadlines](#)

Sending SAT & ACT Scores

If you took or are planning to take an SAT or ACT exam, please know that **SHS DOES NOT SEND YOUR SCORES**. You need to send them directly from ACT or SAT to the college/university or Common App.

When you register to take these entrance tests, you can send scores to 4 schools for FREE- you can request up to 9 days after the test! (Otherwise costs \$15 for SAT and \$20 for ACT)

Transcripts



[How](#) do I get transcripts sent?

Scribbles

1. <https://frederickva.scriborder.com/>
 - a. Register
 - b. Use a non-school email
 - c. Choose recipient
 - d. Send request 15 school days prior to the application deadline.

Laurel Ridge Transcripts: If you've taken Laurel Ridge classes while in high school, you need to request that Laurel Ridge send your college transcript be sent to the schools you're applying to. They use Parchment as well but you must know your Laurel Ridge Student ID number.

If you do not know your Student ID number, please call Admissions/Enrollment Services at 540-868-7110.

<https://laurelridge.edu/request-a-transcript/>

Letters of Recommendation

Check to see what the schools you're applying to ask for:

Some may want/allow multiple letters, some don't accept any, others only want one from a school counselor.

Writing recommendations can be time-consuming and writing a recommendation is a favor. So ask your references early and politely.

Give your references plenty of time and make sure they are aware of deadlines. Ideally a month before earliest deadline, but at least two weeks. Also, be sure to give them a copy of your resume.

Essays

If your college requires essays, they will usually give you a specific question or topic. Don't stray from the question. This is your chance to "tell your story" beyond your numbers- test scores, GPA, etc.

If there is an optional essay, write it!

- Check for spelling & grammar mistakes
- Have someone proofread and give constructive feedback
- Don't exceed the word limit.
- Don't second-guess what you think they want to see in your essay.

FAFSA



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1. **Grants**, such as the Federal Pell grant are “free money” you don’t have to pay repay.
2. **Loans**, such as low interest student loans must be repaid. Payments are typically deferred until 6 months after you stop attending college/graduate.
 - a. Subsidized loans are through the government and you don’t accrue interest until after you graduate.
 - b. Unsubsidized loans start accruing (charging) interest from the time they are borrowed.
3. **Work Study Program** where you’re offers on-campus jobs based on your financial need.
4. **Scholarships- BEWARE OF SCAMS, never pay** for help looking for scholarships.

Mrs. Bucher, Director of Financial Aid at Shenandoah University will present more information on these details in the presentation on Oct. 14th from 6:00-7:00 pm here in the auditorium.

The application opens [redacted] at <https://studentaid.gov/>. Right now, you can create FAFSA IDs for parent and student and be ready to go!

FAFSA Assistance

We will be holding a FAFSA Workshop on **Jan. 19th** in the library from 6:00-7:30 pm. The snow date will be **Jan. 21st**. Shenandoah University's financial aid department will be here to help and assist students and parents with the FAFSA Application.

In addition to this, Laurel Ridge Community College offers 24/7 help with the FAFSA. The financial aid office will help you apply for financial aid no matter where you're applying to school.



<https://laurelridge.edu/financial-aid/get-help-now/>

Scholarships

- [Sherando's Local Scholarship Application](#)
 - The application is for **all seniors** not only for students going directly to a 4 year school.
 - It will be available on the school counseling website and google classroom after January 1st.
 - Students must bring or email a copy of their FAFSA Student Aid Report (SAR) to Ms. Solomon in the school counseling office. Her email is solomona@fcpsk12.net.
- Check School Counseling Website and Google Classroom
- Listen to announcements
- Check with parents' employers, faith community, community organizations.
- Search on your own ie. fastweb.com, collegeboard.org, collegescholarships.org, mynextmove.org
- Colleges will also offer their own scholarships, look closely at their websites to see if there are steps you need to take now.

Fall Scholarships with October 2nd Deadlines

- UVA Jefferson Scholars
- UVA Wallentas Scholarship
 - For first-generation college bound students
- DAR Good Citizen Award
- VaTech Pamplin Leadership Award
- Harry F. Byrd Scholarship



Ms. Solomon (Counseling Secretary) posted the scholarship information in google classroom. It is posted on the school counseling website. The google form is located at the following link: [Fall 2026 Scholarships.](#)

Governor's Early College Scholars Agreement

- Complete requirements for Advanced Studies Diploma
- Earn a B or higher (3.0)
- 15 Transferrable credits (DE or AP)
- Apply and be accepted to a college or university

You get a certificate from the governor.

Forms on website, google classroom, and in the school counseling office, due to your counselor by **Wednesday, September 30th.**

GOVERNOR'S EARLY COLLEGE SCHOLARS AGREEMENT

The responsibilities of each party are outlined herein and the corresponding signature assures acceptance of responsibility of each party.

The student agrees to:

- Earn an Advanced Studies Diploma with a Governor's Seal. To receive a Governor's Seal, students must:
 - Complete the requirements for the Advanced Studies Diploma;
 - Earn a "B" average or higher; and
 - Successfully complete at least one Advanced Placement course (AP), International Baccalaureate (IB), or one college-level course for credit (students who entered 9th grade for the first time in 2003, 2004, or 2005). For students who entered 9th grade for the first time in 2006, students must complete college-level course work that will earn at least nine transferable college credits in Advanced Placement (AP), International Baccalaureate (IB), Cambridge, or dual enrollment courses.
- Earn at least 15 transferable college credits while enrolled in high school. College credits toward completion of this Agreement will be considered earned by:
 - Completing dual enrollment/dual credit courses and earning a "C" or better in the courses
 - Completing advanced placement courses, i.e., AP, IB, or Cambridge **and**
 - Scoring a "3" or higher on the AP examinations **or**
 - Scoring a "4" or higher on any form of the IB examinations **or**
 - Scoring a "D" or better on the Cambridge examinations
 - Earning college credits by passing College Level Examination Program (CLEP) examinations
 - Completing college-level courses and documenting credit awarded
- Apply and be accepted to a college or university.

Student Signature

Date

The parent/guardian agrees to:

- Support and monitor student's academic work and progress in school, particularly as it relates to fulfillment of the requirements for the Governor's *Early College Scholars* Agreement.

I understand that the actual number of transferable college credits awarded depends on the criteria of the admitting college or university.

Parent/Guardian Signature

Date

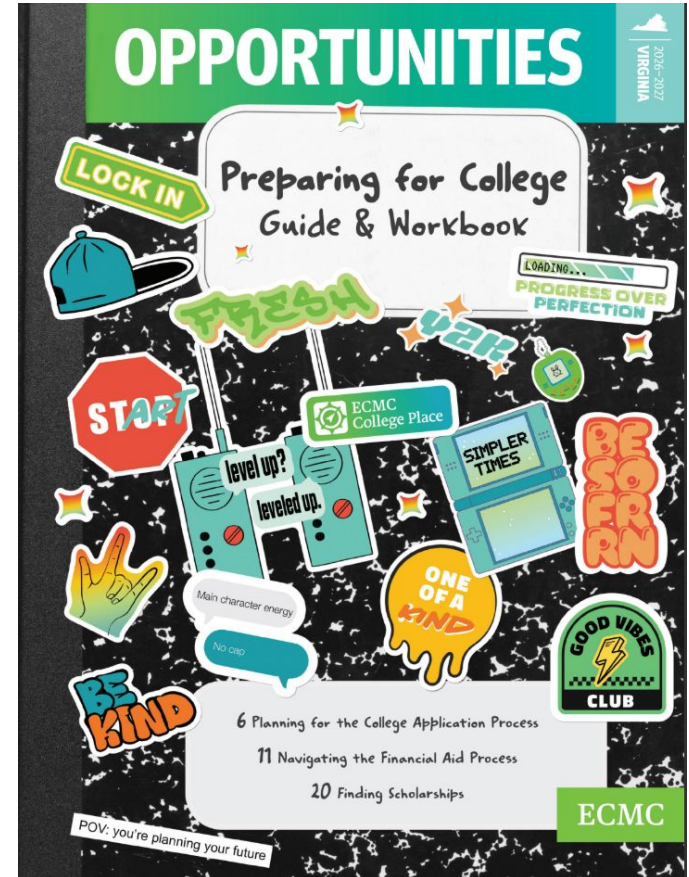
The high school agrees to:

- Provide the student opportunities to access college-level courses and/or advanced placement courses needed to fulfill this agreement.
- Provide the counseling services needed to fulfill the requirements of the Governor's *Early College Scholars* Agreement, including assisting students in developing a program of study.
- Provide the Virginia Department of Education with data regarding participation and completion of the Governor's *Early College Scholars* program.

Links to Opportunities Guidebook

[VA Opportunities Guidebook](#)

[National Opportunities Guidebook](#)





SAVE THE DATE

SENIOR *Expo* **EXPERIENCE**

SEPTEMBER 17, 2026



For 11th and 12th Grade Families



JUNIOR /SENIOR PLANNING NIGHT

WHEN: OCT 6TH 5-9PM AT LRCC

**FASFA SUPPORT, CHECKLISTS, MEET
YOUR OPTIONS, INFO SESSIONS AND
FREE LASAGNA DINNER**

Upcoming Counseling Events

- Military visits every month and college visits
- [College Night at Shenandoah University- Wilkins Athletics & Events Center](#)
 - *Wednesday, Sept. 23rd from 6:00-8:00pm*
 - *Students should register at www.strivefair.com*
- [ASVAB Test](#)
 - *Wednesday, Oct. 28th*
- [Financial Aid Presentation](#)
 - *Wednesday, Oct. 14th at 6:00pm (Auditorium)*
- [FAFSA Workshop](#)
 - *Tuesday, Jan. 19th at 6:00pm (Library)*
 - *Snow Date: Thursday, Jan. 21st*



Stay Informed

- Check the SHS Website and Facebook Page
- Check school counseling google classroom and webpage and read your emails daily!



Sherando High School