



Career/College Newsletter for Juniors

September 2026



Welcome to the Career & College Center!

As you begin your last two years of high school, you will be spending more time considering what you want to do after high school and how to get there. This newsletter is a preview of what you need to consider when deciding what path is best for you. My name is Molly Bonnett, and I am your College and Career Coordinator.

I'm here to expose you to your options and help provide you with the tools you need to explore and achieve your goals. I meet with students individually, plan school wide events, and lead small group workshops, site tours, and more. If you'd like to meet or have questions, contact me at mbonnett@flaschools.org or make an appointment.

Appointment



Molly Bonnett- FLAHS Career & College Coordinator



Junior Year: Time to Plan!

Are you going to be Enrolled, Employed, or Enlisted after high school?

This is the time to focus on careers of interest, understand your training and/or education options to meet your potential career goals, and select a path to meet your goals. Take a close look at the many opportunities available September - October with College Knowledge Month & Manufacturing Month!

October - December

- **Step up your career research:** job shadowing is a junior year Ranger Connect requirement. Career conversations and/or site tours can also meet this obligation.

- Attend the [National College Fair](#) in Minneapolis on 10/6. Free for juniors (first 90 to [register](#)).
- Visit colleges of interest. MEA is a great time to visit. Schedule visits by Googling school's name + "Visit".
- Begin to understand admissions requirements.
- Have conversations at home. Who's paying for more education? Do your career goals align with your lifestyle goals?
- October is College and Career Knowledge Month. Watch for events and opportunities throughout the month!

Your Resources (EVENTS):

Career and College Center Calendar (scroll down)

Pass Sign Up: 30 Min College Visit

National College Fair Registration

College Search and Application Process: Family Info Night - 10/12/26

Your Resources (CAREER):

Xello: Career/College Info

Minn State Career Explorations

Career Onestop

Your Resources (COLLEGE):

Niche - College Search

BigFuture- College Search

College Scorecard



Testing: Untangling Recommendations & Requirements

Most students will apply to colleges which are "test optional", meaning a test score is not required as part of the student's application. However, there are benefits to testing: favorable impact an admittance decision, impact on scholarships, and a reduced need for spring of senior year placement tests.

What tests exist?

- **ASVAB** (Nov. 10): Aptitude test that matches student career interests and strengths. This test is required for the military (enlisting). This test is also commonly used as career inventory. Registration will open in October.
- **ACCUPLACER**: Commonly used by community and technical colleges as part of the application process.

- **ACT or SAT:** 4 year college entrance exam that *may* be used. "Test free" schools will not consider a test score; whereas "test optional" schools will.

ACT Test Dates	SAT Test Dates
10/17 (at FLAHS)	10/3
12/12 (at FLAHS)	11/7
2/27	12/5
3/23 (at FLAHS- separate registration available in Dec.)	3/6
4/10	5/1
6/12	6/5
7/10	

Register at act.org or satsuite.collegeboard.org

* The 3/23 ACT will be offered at FLAHS during the school day. Additional registration information will be provided in December. If you would like to take a spring SAT, NOW is the time to register.

If you are planning to take the ACT and/or SAT, you want to have the score you are happy with by October of your senior year.

The ACT and SAT have undergone significant changes. The SAT is now fully digital, just over 2 hours (over an hour shorter), and adaptive (level of difficulty is determined by your answers on previous questions). The ACT is digital at certain testing locations (not FLAHS). Beginning April 2025, the virtual test is shorter, the science section is optional, and students have more time per question.

Several free ACT and SAT practice tests are available online. Just Google free ACT practice test.

College Visits: Your opportunity to meet with an admissions rep at school during a 30 minute visit.

 THURSDAY!	St. Olaf College Visit Thurs., Sept. 17 At 2:00 PM (end of 7th hour) Sign up for a pass: hs.flaschools.org/cccaignup 	 Tuesday!	Dunwoody College of Technology Tues, Sept. 22 @ 9:55AM (end of 3rd hour) Sign up for a pass: hs.flaschools.org/cccaignup 
 Tuesday!	Willamette University Tues, Sept. 22 @ 2:00 PM (end of 7th hour) Sign up for a pass: hs.flaschools.org/cccaignup 	 WEDNESDAY!	Gustavus Adolphus Wed., Sept. 23 At 8:00 AM (end of 1st hour) Sign up for a pass: hs.flaschools.org/cccaignup 
 THURSDAY!	UW River Falls Thurs., Sept. 24 1:05 PM (end of 6th hour) Sign up for a pass: hs.flaschools.org/cccaignup 	 FRIDAY!	University of North Dakota Friday, Sept. 25 9:00 AM (end of 2nd hour) Sign up for a pass: hs.flaschools.org/cccaignup 

This is just the start! There will be many more visits throughout October.

Sign Up for a Pass Excusing You From Class



Paying for College

Avoid sticker shock now! How will you cover your cost of college/training two years from now? If you haven't already, this is the time to have honest conversations at

home about who is paying for what. It's also the time to save. If you are considering the military and/or apprenticeship, free college education may be available to you.



Each college determines how they will distribute these resources.

Action Steps:

- Understand [financial aid terms](#).
- Understand a variety of schools' [Cost of Attendance](#). Google the name of a school + cost of attendance.
- Understand what aid you might receive. Google the name of a schools + net price calculator.
- Understand what aid a specific institution provides. Google "Common Data Set" + school's name. Look at section H.

MN North Star Promise - Free tuition at public MN schools (family AGI <\$80k)



Career in the Trades?

A career in the trades (construction, manufacturing, auto/diesel, etc.) is a great option for many students. Current demand is high, training is often free or affordable, and wages are high. However, understanding how to pursue your career path in the trades can be confusing.

Action Steps:

1. Understand trade-related careers.
2. Understand the training/education you need for a trade of interest.

3. Connect with employers or sponsoring companies through Career Exploration Day, Career Fair, field trips/site tours, job shadowing, family/friend connections, etc.

Your Resources:

[Construction Careers](#)

[Apprenticeship MN](#)



Career Exploring Opportunities

At Forest Lake Area High School, you have a variety of opportunities to gain career-related exposure and experience. These options range from Career Exploration Day information sessions to career field trips to internships to student orgs to other outside opportunities.

Forest Lake Area High School Clubs Activities

- FFA: Agriculture
- DECA: Business
- Investment Club
- HOSA: Healthcare

Search Clubs & Activities

Outside Forest Lake Area High School:

Law Enforcement Explorer Posts

Aviation Explorer Post in Blaine



CREATED BY
Molly Bonnett

Credits:

Created with images by progressman - "Rear view young woman with backpack" • Sensay - "Vintage hotel key with welcome tag on the wooden background" • Wokandapix - "plan objective strategy" • Unknown - "Money Donation Donate" • Free photo on Pixabay" • whyframeshot - "creativity startup business ideas concept with glow light bulb on black background"



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