



Creating your High School Story

Gibbons College Counseling Team

Freshman Class of 2030

Ms. Olsen



Mr. Wright



Ms. Cottle



Ms. Trzesniewski



Ms. Barnes



Ms. Guemple



Advisor

Ms. Doss
Mr. Curatolo
Mr. Argueta
Ms. Qualliotine

Advisor

Ms. Warkentin
Mr. Hawks
Mr. Humpel
Mr. Pakela
Ms. Paolantonio

Advisor

Ms. Custis
Mr. Galloway
Mr. Harrison
Ms. Glass
Mr. Reade

Advisor

Mr. Catterson
Ms. FergusonSands
Ms. Radford
Mr. Griffin

Advisor

Ms. Bradshaw
Mr. Ferguson
Ms. Lowe
Ms. Ward
Ms. Kratzke

Advisor

Ms. Gerden
Mr. Brooker
Ms. Hester
Mr. Lemons
Ms. Mundell

What is the College Counselor's role?

01

College Search

- Assist students with building a college list
- Offer suggestions about "possible fit schools"
- Help them use online tool SC0IR
- Welcome 100+ college reps to campus
- Host a college fair each spring

02

College Application Process

- Application troubleshooting
- College essay help
- Provide support for any/all application platforms, scholarship programs, additional documents, etc.

03

Academic Course Choices

- Offer guidance with choosing classes
- Provide assistance during course scheduling period
- Focus on an appropriately challenging schedule
- Assist NCAA eligibility

04

Student Support

- Help with academic concerns
- Assist in providing Mental and Emotional Health counseling
- Test coordination- PSAT /AP
- Parent and student programming



Counseling Events

9th Grade - Freshman Year

- Student/Parent Freshman Webinar
- Virtual Counselor Conversations (parent only)
- "Paving the Way to College" (student/parent)
- Course Registration
- Financial Aid Webinar
- Ask questions of college counselor as needed (student/parent)

10th Grade - Sophomore Year

- Virtual Counselor Conversation (parent only)
- "Paving the Way to College" (student/parent)
- Course Registration
- Financial Aid Webinar
- End of Year webinar (parent/student)
- Ask questions of college counselor as needed (student/parent)

11th Grade - Junior Year

- "Junior Jumpstart" (student/parent)
- 1:1 Junior Meeting (student/parent)
- Virtual Counselor Conversation (parent only)
- Course Registration
- Financial Aid Webinar
- End of Year Webinar (student/parent)

12th Grade - Senior Year

- Senior College Admissions Forum (student/parent)
- 1:1 Senior Meetings
- College Application Drop-in (student only)
- Virtual Counselor Conversation (parent only)
- Cupcake Day (National College Decision Day)



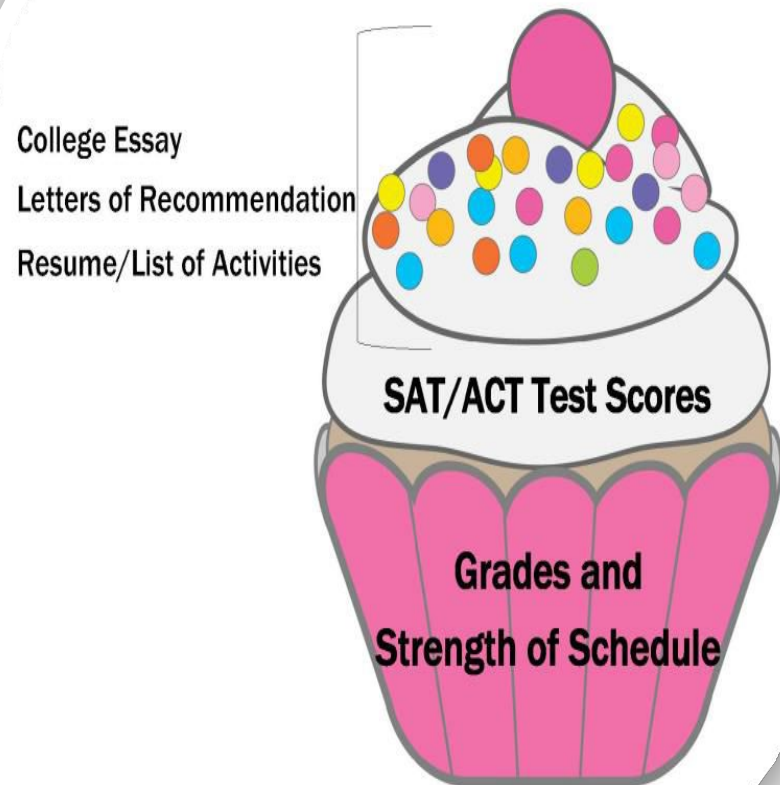
College Planning Timeline

9th Grade - Freshman Year	10th Grade - Sophomore Year	11th Grade - Junior Year	12th Grade - Senior Year
Maintain A/B grades in classes	Meet with your college counselor, stay on track with your courses/college planning. Keep A/B grades	Meet with your college counselor, stay on track with your courses/college planning. Keep A/B grades	Meet with your college counselor, discuss college applications & scholarship search; keep grades strong
Explore SCQIR tools for college and career discovery	Plan for standardized testing PSAT/SAT/ACT	Take PSAT/NMSQT for practice and National Merit Consideration	Retake SAT/ACT, if needed (Fall)
Get active! (community service, school clubs, sports)	Start to discuss good fit colleges/career options; start broad search	Take at least two standardized tests (ACT/SAT)	Begin applying to colleges (most apps open around 8/1)
Take the PSAT	Participate in activities that align with your interests	Attend College Fairs/College Visits (in-person/virtual)	Continue to visit schools
Use your summer to explore jobs, summer programs, careers that interest you	Explore your career options in more detail	In summer, narrow college list & scholarship research, essays, work on Common App	Apply for scholarships
			Choose your school: Notify all colleges your decision by 5/1

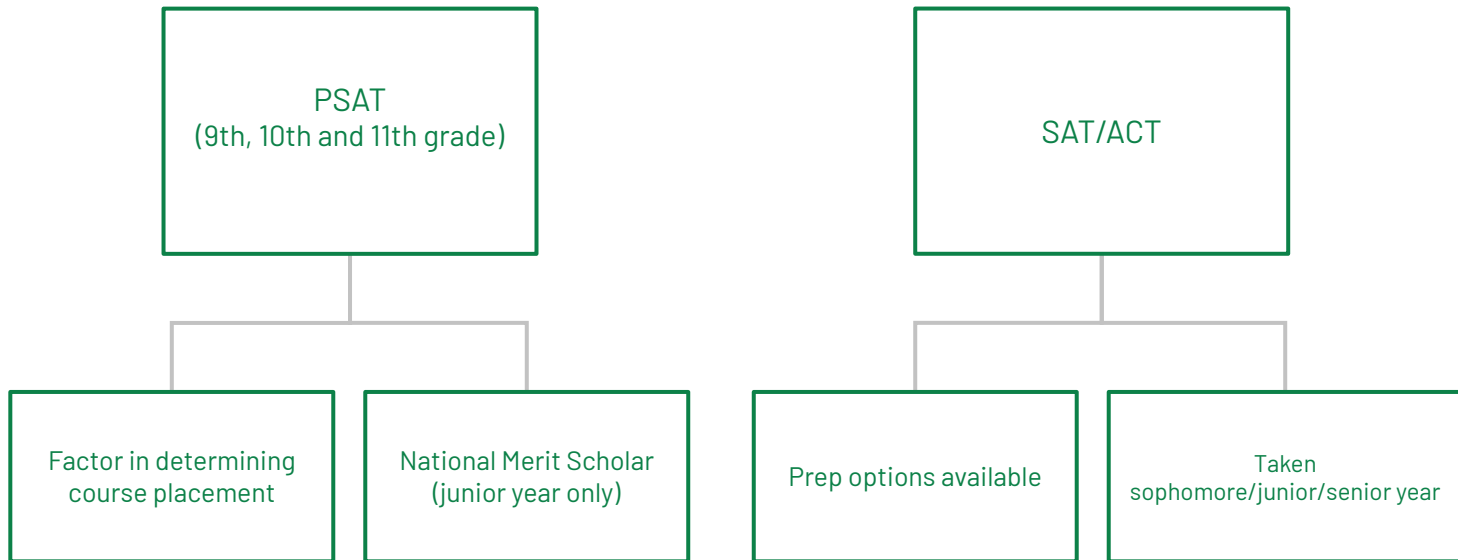
What are colleges looking for?

Grades

- ★ Strive to do your best!
- ★ Challenge yourself by selecting different levels of course rigor
- ★ Weighted vs Unweighted GPA



Standardized Testing



Resources for testing available on College Counseling webpage

PSAT

October 13, 2026 @ 8:30am

What is it?

- ★ Digital Format (will use your laptop)
- ★ Standardized Test & SAT Practice
- ★ Covers Reading/Writing & Vocabulary + Math Skills
- ★ Scores DO NOT go anywhere
- ★ Scores will be used for course placement in some classes next year
- ★ Taken in 9th, 10th, and 11th grade at Gibbons - no need to register, we do it for you

What to expect?

- ★ 2 hours and 14 minutes long + break
 - 64 minutes Reading/Writing (54 questions)
 - 70 minutes Math (44 questions)
- ★ All on laptop through custom app
- ★ Built-in calculator & common formula list used on all math sections
- ★ Bring writing utensil. Scrap paper provided. Can bring own calculator
- ★ Tools to keep time, mark questions, highlight and eliminate multiple choice options

More information at www.collegeboard.org/psat

PSAT/NMSQT®

PSAT Tips:

- ★ You will be able to practice on the app prior to the test (info in advisory)
- ★ Guessing is OK - no penalty for wrong answers
- ★ You may not yet have seen some of the math - it's OK, guess and move on
- ★ On test day, make sure your laptop is charged and updated. Bring laptop and charger with you.
- ★ Make sure you are well rested and eat some breakfast on test day.
- ★ Be on time
- ★ Don't stress - just do your best!



Extracurricular Activities



- ★ **Freshman Year is a Year of Activity Exploration**
- ★ **Quality Over Quantity**
- ★ **Get Involved Inside and Outside of School**
- ★ **Be Intentional**
- ★ **Strive for Authentic Experiences**

Co-Curriculars:

<https://www.cghsnc.org/student-life/co-curricular>

College Counseling Philosophy

★ Explore (SCOIR)

- 2-year, 4-year, private, public

★ Fit

- Academic, Social, Financial

★ Family conversations

★ Open-minded approach



Takeaways

Student Tasks

- ★ Keep up your grades to the best of your ability
- ★ Ask for help - this is not a sign of weakness but a sign of strength
- ★ Go to your teacher's office hours
- ★ Get involved in something, try something new
- ★ Reach out to your counselor when you are choosing classes or have questions.

Parent Tasks

- ★ Keep tabs on your student's academics but do not stalk Powerschool
- ★ Encourage your student to advocate for themselves.
- ★ Encourage your student to get involved but do not stress if they do not right away
- ★ Take your student to see colleges, to start to see what environments they like
- ★ Take advantage of parent opportunities at Gibbons
- ★ Enjoy this time for it goes quickly

Upcoming Events

October 13th - PSAT - 8:30-11:30ish

Students need to be in uniform and bring a charged computer, charger cord, pencil and calculator.

October 21st - College Financial Aid Webinar 6:30-7:30pm

November 10th- Freshman Parent Coffee with the Counselors on Zoom 12-1 pm

January 12th - Paving the Way to College for 9th and 10th grade families - Main Theater 6:30-7:30 pm

January TBD - Freshman Parent Coffee with the Counselors for Course Registration - on Zoom 12-1 pm

February TBD - Course Registration Open House in College Counseling 8am-3pm

April 14th - College Fair - Gibbons Gym - 5-7pm

Questions for the College Counseling Team?

Our website:

<https://www.cghsnc.org/collegecounseling>

Follow us on social media!

Instagram: college_counseling_cghsnc