

OLD SAYBROOK HIGH SCHOOL

CLASS OF 2019

SENIOR PLANNING GUIDE



Ms. Healy
School Counselor

Mrs. Rowe
School Counselor

CLASS OF 2019



SENIOR YEAR TIMELINE

September 2018



Start senior year off strong academically

- Review your lists of colleges
- Plan college visits and interviews with admissions offices
- Call or get on-line regarding information, applications and campus information sessions and tours
- Remember to send thank you notes to admission representatives if they meet with you or interview you

September 11, 2018

THE COLLEGE APPLICATION PROCESS

Evening Meeting for senior parents and seniors 6:30 p.m., OSHS Auditorium

September 19, 2018

Old Saybrook High School College Fair

Old Saybrook High School Gym, 6:00 – 7:30 p.m.

September 2018

Contact recruit offices if researching Armed Services

See your school counselor if you are interested in taking ASVAB (offered at Westbrook High School in Fall)

September-October

***Be Aware of Deadlines!**

Finalize colleges to apply to with counselor

- Remember always to have quality safety schools
- Apply Early Decision or Early Action (if appropriate)
- Update resume
- Request letters of recommendation from teachers and coaches (remember thank you notes!)
- Review college representative visitation schedule in Naviance
- Work on College Essays

October/November

Submit college applications

Use your NAVIANCE account to request transcript and letters of recommendation prior to your deadlines

October 1, 2018

Free Application for Federal Student Aid (FAFSA) available (see www.fafsa.ed.gov)



October 2, 2018

Financial Aid Night for seniors and parents 6:30 p.m. OSHS Auditorium

October 6, 2018

SAT I or SAT II test date - registration deadline September 8th

October 27, 2018

ACT test date – registration deadline September 28

November 3, 2018

SAT I and II – registration Deadline October 5th

December	Submit completed college applications and continue using your Naviance account - Research scholarship opportunities
December 1, 2018	SAT I or SAT II test date – registration deadline November 2nd
December 8, 2018	ACT test date- registration deadline November 2nd
January	Have you sent all necessary forms and applications for financial aid? Profile, FAFSA and college financial aid forms?
January – May	Local scholarship applications available Check Naviance for scholarship list and check daily announcements
February-March	Decide, which schools you want to revisit (Accepted Student Days)
March-April	Make final decision and send deposit – check deadlines* - Write withdrawal letters to colleges you will not attend - Inform the Guidance Office of any letters of acceptance/denial and your plans - Revisit your schools if necessary
May	Still not sure what you want to do after graduation? Don't wait; come to the Guidance Office for help. - AP Exams - Continue keeping up with academics!
June 2019	Graduation! Have a great summer and good luck!



WHAT ARE YOUR CHANCES FOR ADMISSION?

Narrow your list of possible college choices down, select one or two colleges which fit into the following three categories:

REACH: Presents an admission challenge for you. Your academic qualifications may not exactly match the profile of typical students admitted.

TARGET/REALISTIC: Your academic qualifications closely match the requirements of the school, and those of a typical student they may admit.

SAFETY: Your qualifications exceed the profile of the typical student admitted to the college.

IMPORTANT POINTS TO KEEP IN MIND WHEN CHOOSING COLLEGES

- Give as much thought to your middle and safety schools as your reach schools
- Apply only to schools where you believe you would be happy for four years
- **Visit all schools which make your final list**
- **Remember, you are looking for the best match for you!**

GAINING ADMISSION TO COLLEGE

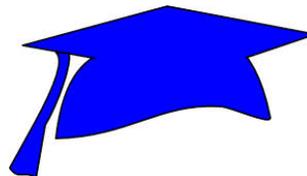
In evaluating the candidates for admission, the college considers the following:

- The student's academic record (transcript) – THE MOST IMPORTANT FACTOR
- Standardized test scores: SAT I, SAT II, ACT
- Letters of recommendation
- Participation in school/community/activities
- Employment
- Interview
- Application essay

College Application Process Quick Reference Guide



1. Make an appointment with your counselor this fall to finalize college choices.
2. To fill out the Common Application, go to **www.commonapp.org** or access the link to the Common Application. Register for a username and ID and keep this information handy as you will need it every time you sign on. We have a Common App help sheet with more details to help you fill out the entire application.
3. **Once you Complete the “Education” section of the Common Application** and add at least one college under the “My Colleges” section. Once you’ve done that, go to “Assign Recommenders” under “My Colleges” to **sign the FERPA waiver**. This is a MUST in order to sync your Common Application to your *Naviance* account.
4. Verbally ask your teachers to write a letter of recommendation. Provide them with the deadline of your earliest application. Note: Some of them will want a copy of your transcript and resume.
5. Log on to your *Naviance* account. It is posted on the high school website under Student/Parent drop down menu. Provide the **same** email address that you used for the Common Application so that these two accounts will sync together.
6. Refer to the **Teacher Recommendation and Transcript Request directions for Naviance** to complete this process. You MUST invite your teachers through *Naviance* in order for them to upload a recommendation for you.
7. You also MUST request transcripts through *Naviance* under the **“Colleges I’m Applying To”** link.
8. It is customary to write a thank you note to each person who writes a recommendation letter for you.
9. If you have **a school that is not a common application school**, you must still list it in *Naviance* account in order to request teacher letters or recommendations and transcripts.
10. Don’t forget to have your ACT or SAT scores sent to schools who want them through your ACT or College Board accounts.
11. The student is responsible for sending their application, fee, essays, standardized test scores and any supplemental materials (i.e. portfolios, etc) to each individual college.
12. OSHS School Counseling office will send student’s transcript, school report form, counselor recommendation, school profile, and senior year courses once the student requests his/her transcript through *Naviance*. Report cards will also be sent through *Naviance* when available after report card night



Common Application Guidelines and Directions

1. Go to www.commonapp.org . You will register here for a username and ID—don't lose this information!
2. Once you have registered with your name, address, password selection, etc, you can start working on the Common Application.
3. After you have logged in to the Common Application website, the first screen that will appear is the **Dashboard**. Read through the welcome message for information and take note of the "help center" that has several frequently asked questions listed on the right-hand side of the screen.
4. Next to the "Dashboard" tab, you will see a tab named **My Colleges**. This is where you will work on the schools you are planning on applying to. To add schools to "My Colleges", use the **College Search** tab at the top of the page, or the link provided on the "My Colleges" page. *You DO NOT need to fill out the entire list of college search criteria to find the school you wish to add. Most will appear by just typing in the school name and hitting the "search" button at the bottom of the page. If you have trouble, try a city or state search. Check the box next to college name and click on ADD button in order to add it to your list. Then press the My Colleges - red button.*
5. The **Common App** tab is the actual application you need to complete. You will work your way down the gray menu on the left hand side of the screen to complete each section. For example, under the first menu item "Profile", you will be asked to fill out information regarding your personal information, address, contact details, demographics, geography, language, citizenship, and if you are submitting a Common App fee waiver. **Be sure to read carefully!**
6. Under the **Education** section, you will need to know the first and last name of your School Counselor as well as their phone number and email. *For "Counselor Title", enter in "School Counselor"*

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Ms. Maureen Healy, 860-395-3178 x4510, mhealy@oldsaybrookschoools.org

7. **Also under Education**, you will need to list all your current year classes, and any honors (including honor roll) that you have earned. **Other info:**
Class rank is Not reported. GPA is weighted. Class size is 114 GPA is on a 100 point scale. Graduation date is: 6/14/2019.
8. Under the **Testing** section, you can choose to self-report any SAT, ACT, etc scores under the "Testing" section. Once you've selected the various tests you are going to submit from the drop-down menu, hit the "Continue" button on the bottom of the page. This will take you to the next section where you can enter in more detail about your SAT, ACT, AP's, etc. (**you still need to send your colleges the official SAT/ACT scores**)
9. Under the **Activity** section, you will be asked 'Do you have any activities that you wish to report?' If you work, play sports, volunteer and or have joined clubs, you should fill this section out. It is limited to 10 activities. Prioritize the ones that you have been a member of the longest, have earned leadership positions in, or that are the most important to you interest-wise.
10. For the **Writing** section, there are three sections to complete, you will be asked to select which of the Common App essay prompts you chose. There will be a box for you to place your essay in. Remember that essays have to be between 250-650 words.
11. **Teacher Recommendations:** You can access the "Assign Recommenders" option under the "My Colleges" tab once you've entered in the colleges you are applying to. Once you hit "Recommenders and FERPA" from the gray menu tabs on the left side of the screen, it will bring you to the FERPA notice that you must fill out and give you space to invite teachers and counselors to write recommendations for you. **You DO NOT need to print offline forms to give to your teachers or counselors.**

12. **Submission of the Common App:** Once you have filled out EVERY section of the Common App you will be able to submit the completed application by choosing the gray menu tab under “My Colleges” called “Review and Submit-Common App”. The submission process is a 3-step sequence and does not end with payment. First, students review a copy of their application. Second, they pay the application fee, and finally, they sign the affirmation and complete submission. Some students are stopping after they pay, but before submitting. Always go back and check the Dashboard for confirmation of your submission status.

13.

Once you've completed the FERPA and Education sections of the Common App, you will need to go into **Naviance** under "Colleges I'm Applying to" to invite your teachers and counselor to recommend for you. You will have to have at least ONE college added before you can MATCH your common application with Naviance.

The College Interview

Purpose: To help the college gather further information about your suitability as a candidate and to help you determine if this college is a good match.

Before the Interview: Evaluate yourself: identify your strengths, interests, weaknesses. Compose a list of questions about this college and its admissions process. Dress comfortably but appropriately.

At the Beginning: Shake hands with the interviewer; look the interviewer directly in the eye; know the interviewer's name-ask him or her to repeat it if you did not hear it the first time; introduce your parents, if they are with you, and then invite them to leave.

The Interview: An interview can last 20 – 45 minutes and can be divided into different parts:

Personal Background: Where you have grown up, your parent's occupation/interests, information about siblings and colleges attended by family members. The purpose is to put you at ease.

Academic Background: Information about Old Saybrook and your curriculum.
Why you have taken certain classes and any academic awards.

Extracurricular: What activities mean the most to you and why?
Have you had any specific roles within an activity?

Academic Interest: What are you interested in studying and how have these interests developed?
What are your future career goals?

College Choice: What are you looking for in a college/university?

Why this school: What brings you to this particular school? How does this school fit into your criteria?

Questions to expect- one or more:

- Tell me about your high school – what kind of environment does it have?
- What has been the most difficult course you have taken during high school?
- Is there a specific teacher or course that has really caught your interest? Can you explain why?
- What has been the most exciting academic project you done in high school? What has been your most significant academic accomplishment?
- Tell me what you have read outside of school lately.
- What has been the most significant personal challenge you have ever faced?
- If I were to visit your school and talk with some of your friends, how would they describe you to me?
- What specific questions can I help you with?

After the Interview: Thank the interviewer, shake hands, say good-bye. Write a thank you note to the person who interviewed you.

MILITARY ENLISTMENT

Students planning to join a branch of the Armed Services upon graduation from high school are encouraged to take the Armed Services Vocational Aptitude Battery (ASVAB). This battery is given at the high school at no cost and with absolutely no student obligation to the military.

When individuals who took the ASVAB as high school seniors seek to enlist in one of the military services within two years of having taken the test, their results from the school testing program will be used to determine job guarantees for the enlistee unless the job he/she is seeking is one of those few which require additional qualifications.

Military enlistees should also be aware of the fact that they are eligible for benefits under the Veteran's Educational Assistance Act, a voluntary program funded by the Veteran's Administration.

US Coast Guard
Plaza at Burr Corners
1131 Tolland Turnpike
Ste R
Manchester, CT 06042
(860) 533-9409

United States Air Force
USAF Recruiting Office
Union Station
New London CT 06320-6373
(860) 442-1707

Navy Recruiting Station
55 Church Street Suite 103
New Haven, CT 06510
203-865-1005

Connecticut Army National Guard
National Guard Armory
249 Bayonet Street
New London CT 06320
860-441-2977

United States Marine Corps
200 Main St.
Middletown CT 06457
(860) 346-3525

United States Army
Recruiting Station
170 Main Street
Middletown CT 06457
(860) 347-3972

United States Army
New London Recruiting Station
78 Howard St.
New London CT 06320
(860) 442-7653

Preparing for College Athletic Programs

If you intend to play on a sports team at the college level, there are several steps that you must take to prepare yourself.

1. Apply for "Certification of Eligibility" from the NCAA. A national clearinghouse has been established to make sure athletes are well prepared for academic success at the college level. This is an important process and poor planning could result in not being approved to play at the college level, especially if you are interested in the Division I and II level.
2. Ask your high school coach if he or she can assess your ability level and let you know which division of sport (I, II, III) that you may qualify for. Your guidance counselor will work closely with you coach in the admissions process once you have been identified as a potential college athlete.
3. Sign up for courses that will fulfill the NCAA eligibility requirement and work hard in them. Quality of course work and grade point average count. Your counselor will help you make these choices.
4. Prepare for you SAT's. There is a minimum SAT score requirement associated with the NCAA eligibility requirements. The Guidance Office can provide you with information on ways to prepare for your SAT. Athletes often have the self-discipline and foresight to know that practice helps performance.

Student Registration Site – www.ncaaclearinghouse.net

Bookmark These College Related Internet Sites

TEST PREP:

www.testprepreview.com
www.kaplan.com
www.collegeboard.com

RESEARCHING COLLEGES:

Choices College Planner
Virtual College Tours
College Express
College View
College Link
U.S. Dept. Of Education
College Board Online
Peterson's
Miscellaneous Sites

www.portfolio.bridges.com
www.campustours.com
www.collegeexpress.com
www.collegeview.com
www.collegelink.com
www.ed.gov
www.collegeboard.com
www.petersons.com
www.edweek.org
www.collegefreshman.com/
www.yahoo.com/education/collegeentrance
www.google.com/options/universities.html



Google's University Searches

APPLYING TO COLLEGE:

The following websites can assist you with the application process. A number of colleges and universities have made their application available via the Internet to make applying more convenient for the student. These applications can be filled out on line and printed.

Common Application Link: <https://www.commonapp.org/>

FINANCIAL AID SITES AND SCHOLARSHIP SEARCH SITES:

Nellie Mae Loans www.nelliemae.org
Federal Aid Form <http://www.fafsa.ed.gov/>
Federal Family Ed Prog. www.salliemae.com or www.cashe.com
Free Scholarship Search www.fastweb.com & www.brokescholar.com
Financial Aid info page www.finaid.org
Student Guide to your Education www.ed.gov
National Assoc. of Student
Financial Aid Admin. www.nasfaa.org
Grants www.yahoo.com/education/grants
Other: www.ed.gov/proginfo/sfa/fye/
www.ed.gov/offices/OPE/Student/hopegd.html
Educational Opportunities in CT www.ctdhe.commnet.ed
Educational Financing Authority www.mefa.org