Senior Survival Guide

Lenape Valley Regional High School
GUIDANCE DEPARTMENT
973-347-7600
HTTP://COLLEGEFAIR.WIXSITE.COM/LVHS-GUIDANCE

Supervisor of Guidance
Mrs. Rachel Ciottariello

Counselor Assignments
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Administrative Assistants
Ms. Cyndi Bresney ext. 5120
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WHERE ARE YOU IN THIS PROCESS?

Juniors were encouraged to....

• Maintain the rigor of their program- grades and levels
• Continue building their extra-curricular profile
• Research options- participate in visits, websites, fairs
• Participate in entrance exam testing- SAT/ACT
• Write sample application essays in English class

Naviance is a good tool to research colleges and careers.
Naviance Appendix

- Naviance Log-in
  Available from Guidance Department
- Post-Secondary Planning Tools
  - COLLEGE SEARCH
  - CAREER SURVEY
- Process College Applications
  (enter colleges, enter teachers making recommendations, complete FERPA and sync with common app)
USE INFORMATION & VIRTUAL EXPERIENCES TO FINALIZE YOUR POST-SECONDARY CHOICE

To register for virtual fairs, go to [https://www.nacacfairs.org/virtual/](https://www.nacacfairs.org/virtual/)

NACAC Virtual College Fairs are designed from the ground up as mobile experiences that are intuitive, informative, interactive, and fun. Students can create their own schedule to attend Zoom presentations or schedule one-on-one meets with representatives.

Sign up in advance at [virtualcollegefairs.org](http://virtualcollegefairs.org) and start exploring.

- Sept. 13: 12-8 p.m. ET
- Oct. 12: 1-9 p.m. ET
- Oct. 18: 12-8 p.m. ET
- Nov. 8: 2-10 p.m. ET

College and career websites offer virtual tours

Visits- 3 days excused in senior year

Fairs & Rep Visits- are excellent opportunities to find out about post-secondary options. Ask questions regarding majors, costs, activities, and anything else you want to know! CC, military, and technical schools often also send representatives.
DIFFERENT PATHS....

The research done in junior year should inform a student of which path is their best choice ...

Military - contact your recruiter

Apprenticeship - contact YTTW

Vocational School - associate degree and certificate programs

Community College - associate degree and certificate programs

College-bound - associate degrees, bachelors, masters, PhD

The Senior Survival Guide Appendix: Community College, Accommodations, Vocational, and Military is a brief, but informative resource for students whose paths do not immediately lead to a four-year college. Additional information is on the Senior tab of the Guidance website.
Did you know….

• These schools have open enrollment
• Community colleges are significantly less expensive & have certificate/degree options
• Entrance Exams (SAT/ACT are optional) ….  
  College placement exams can be used instead of SAT/ACT (Accuplacer, PARCC, etc.)
• Letters of recommendation are generally not required
• Students must coordinate for transcripts to be issued through the Guidance Department by completing the Transcript Request Form
• Students can pursue financial aid and scholarships for these post-secondary programs
• Those who earn a 2-year Associate Degree with a B-average or better can transfer to a 4-year college and earn a Bachelor Degree in approx. 2 additional years.
• Students who transfer to a 4-year college do not have to provide high school transcripts to the Bachelor Degree institution
• The State of New Jersey offers www.njtransfer.org as a useful resource to coordinate transfer credits

COMMUNITY COLLEGE AND TECHNICAL SCHOOLS

A GOOD VALUE!
College Aim

Directions: It is important to apply to schools of a variety of academic levels. Please complete the form below to compare your college admission statistics to the admission criteria of the schools to which you are applying in order to ensure you have identified appropriate reach, good fit, and safety schools.

Your college admission statistics:

SAT Critical Reading _____________ GPA __________
SAT Math ________________
SAT Writing ________________ ACT composite ________________

Good Fit Schools are school where your admission statistics are comparable to the admission criteria of the school.

1. ____________________________ CR/M, ACT, GPA
2. ____________________________
3. ____________________________

Reach Schools are schools where your admission statistics may be weaker than the admission criteria of the school, but are within a reasonable reach.

1. ____________________________ CR/M, ACT, GPA
2. ____________________________
3. ____________________________

Foundation Schools are schools where your admission statistics are stronger than the admission criteria of the school.

1. ____________________________ CR/M, ACT, GPA
2. ____________________________
3. ____________________________

4-YR COLLEGE BOUND

Be ready to begin the application/enrollment process!

2 Reach
2 Good Fit
2 Foundation
Application process- Use the checklist!

Apply on-line (common app, coalition, or local application)

Essay (Optional, but not really)

Resume

School-based materials –

Authorize Guidance Counselor to send transcript, letters of rec., etc.

SAT/ACT, if required

Issue scores from their website directly to the college

Survival Guide: pages 3-4
HOW & WHEN SHOULD I APPLY?

• Students should aspire to complete applications prior to winter break or earlier!!!!

• Different Application Plans:
  • Regular Decision- submission deadline, all applications considered after deadline
  • Rolling Admissions- open submissions, applications considered continually throughout process
  • Early Action- no commitment, only demonstrating interest
  • Early Decision-making a commitment
  • Restrictive Early Action- each school has their own restrictive terms of application

THE GOLDEN RULE: THE EARLIER, THE BETTER!
• Written permission must be provided to the Guidance Counselor to authorize records be issued to each post-secondary placement using the Transcript Request Form.
• Colleges must be added to Colleges I’m Applying to section of Naviance using directions:
  • Applying to Colleges using the Common App and Coalition directions to sync Common Application and Naviance
  • Applying to Colleges using Local or Private Applications
1. Demographics
2. Grades Each Year
3. Annual GPA and Credits
4. Cumulative GPA and Credits
5. NO RANK SENT
6. Activities
Colleges want to admit students who contribute to the campus atmosphere ... well-rounded students should market themselves! It is good to BRAG!

Extra-curricular activities can be conveyed:

- Activities section of application
- On the high school transcript (school activities)
- On an Activity Resume that is submitted separately (all activities - school and community)
Counselor Recommendation

Parent and student input is welcome for the counselor letter.

Please complete by Mon., September 21, 2020

### Student Profile Form

Please complete this form early in your senior year. Your Guidance Counselor needs the following information in order to write your letter of recommendation for college:

1. What is your plan for after graduation? (Circle one)
   - 4 Year College
   - 2 Year College
   - Trade/Technical School
   - Military
   - Employment

2. Have you conducted a college search? (Circle one) Yes No

3. If Yes, what colleges will you be applying to?

   a. 
   b. 
   c. 
   d. 

4. Planned major in college:

5. Hobbies/Interests:

### Parent “Brag” Sheet

Name of Student: ____________________________

1. What do you consider the outstanding accomplishments of your child the past three or four years? Why did you select these as most important?

2. In what areas has your child shown the most development and growth during the past three or four years?

3. If you had to describe your child using five adjectives, what would they be? (Cheerful, Independent, Patient, etc.)

4. Outside of the academic realm, please describe an incident that best reflects the character of your child.
Teacher Recommendations

- Students should politely **ask and thank** their teachers for recommendations (approximately 2)
- Students can give input to their teachers using the forms
- Provide plenty of time

### Teacher Recommendation

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Teacher Name</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Request for Teacher Recommendation**

**Student Directions:** Students complete and give one form to each teacher who has agreed to write a letter of recommendation with a minimum of three weeks prior to your earliest college application.

**Name of Student:** ____________________________  **Name of Teacher:** ____________________________

**Date of first college application deadline:** ____________

List the courses you have had with this teacher and the final grade you earned: __________________________________________

List any activities in which you have participated that this teacher admires/criticizes: __________________________________________

**Response to the questions below or attach additional sheet for the teacher’s reference.**

1. The college major that I have selected to study is: ____________________________
2. The future career I wish to aspire to is: ____________________________
3. Explain your perception of this teacher’s class that interests you or has made you think differently: ____________________________
4. Explain something that you have accomplished in this teacher’s class that pleased you or made you proud of your accomplishment: ____________________________

**Teacher’s Signature:** ____________________________  **Teacher’s Date:** ____________________________

**Teacher’s Contact Information:** ____________________________

**Teacher’s Email:** ____________________________  **Teacher’s Phone:** ____________________________

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**Teacher Recommendation Verification**

**Client Name:** ____________________________

**Teacher Name:** ____________________________

**Date:** ____________________________

- Remember that I, as your counselor, will also write a personal letter of recommendation.
- Ask the teachers who are writing recommendations for you. This form is only meant to inform your counselor as to who has already agreed to write your recommendations. You should send at least one recommendation from an academic teacher and then may request an additional recommendation from an academic teacher, a coach, an advisor, your boss, etc.

- Complete page 10 of this packet for each teacher from whom you would like to receive a recommendation. Additional copies of page 10 are available in the Guidance Office or on the Guidance website.
- Ask the teacher, and if the teacher is agreeable, write a note of sincere thanks.
- Upon mutual agreement, have your teacher sign below to verify their willingness to complete the letter of recommendation process for you.
- Log into Naviadom, select the tab entitled Colleges, select the link entitled Letters of Recommendation and add these teachers to your account. This will enable the teacher to upload the letter electronically.
- Once you have coordinated recommendations, have collected the verification signatures from your teachers, and have added the teachers to your Naviadom account, please return this form to your counselor.

**COMMENTS FROM:** ____________________________  **Teacher Verification (Sign here):** ____________________________

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**Teacher Verification:**

[Teacher’s Signature]

[Teacher’s Date]
COLLEGE ENTRANCE EXAMS- TAKE AND ISSUE
REGISTER FOR COLLEGE ADMISSION TESTING
ISSUE YOUR OFFICIAL SCORES TO EACH COLLEGE FROM EXAM WEBSITE!

• FREE SCORE REPORTS- Program your account(s) with the names of the colleges to which you are applying before sitting for the test in order to take advantage of your 4 free scores reports.

• SCORE REPORT TIME FRAME- Scores require between 4 and 6 weeks to be available.

• APPLICATIONS- If you are applying to colleges in the meantime, list the date you sat for the test and leave the score blank. This will inform colleges that they should expect to receive additional scores.

• Test Optional Schools- www.fairtest.org, each school is different, please reference the website of the individual college.

• SAT Subject Tests are required by some very prestigious colleges. Look on the admissions page of the college website to determine if any of your schools require the Subject Tests and then register for them on the SAT website.

SAT
http://sat.collegeboard.org/

ACT
http://www.actstudent.org/
ACCOMMODATIONS: IEP & 504 PLANS

Students must apply separately for accommodations to .... Post-Secondary Programs
College Entrance Exams- SAT/ACT

Accommodations will be determined by the organization and are not guaranteed

Students may speak with their case manager regarding accommodations received through an IEP.

Students may speak to their guidance counselor regarding accommodations received through a 504 plan.

Senior Survival Guide

Additional Post-Secondary Options
- Applying for Accommodations in College
- Community College Application Overview
- Trade Colleges
- Apprenticeship Programs
- Military Colleges
- Military Enlistment
For the fortunate student, athletics may be part of the college recruiting process

- Athletes who wish to compete in D1 and D2 college sports must register with the National Clearing House Eligibility Center
- Athletes who wish to compete in D3 or Club college sport do not need to register with NCAA
- The difference - D1 and D2 athletes can receive athletic scholarships
- High School Coaches often assist in this aspect of the recruiting process
$ FINANCIAL AID $

- Information about grants, loans and completing the FAFSA...
  www.HESAA.org
- Speak with Financial Aid Office at the colleges to which you are accepted
- Merit scholarships available from the admissions office of colleges and are updated monthly at
  www.lvhs.org - Guidance tab
- NJ STARS- tuition scholarship to community college for top 15% of high school class with opportunity to continue in NJ STARS II at a 4-year state university.

Financial Aid
Wednesday, September 23, 2020
Details to follow. Please check the Lenape Valley calendar at
www.lvhs.org

HESAA
www.njfafsadays.org

Sussex County Community College offers free FAFSA workshops where families complete the FAFSA with guidance. Students need not attend SCCC.

Survival Guide: pages 5, 26
RESOURCES

Important Websites Document
www.lvhs.org - guidance page
HESAA.org - financial aid and NJ STARS
Monthly Lenape Scholarship Bulletin
National Clearing House Eligibility Center
http://web1.ncaa.org
College Information
www.collegeboard.org
www.cappex.com

IMPORTANT WEBSITES

LENAPAN VALLEY REGIONAL HIGH SCHOOL WEBSITE
www.lvhs.org - Clique en Guidance
This website has information on the Guidance Department posts regularly regarding important announcements for all grades. It also provides links to TAKS/ACT (see below) which holds college search information as well as available scholarships.

SAT INFORMATION
www.collegeboard.com
This website to register for the SAT's online, take practice SAT's as well as college scholarships.
www.khanacademy.com - Visit this website for test preparation.

COLLEGE AND CAREER PLANNING
http://connection.nauvance.com/lenapavalley
This is Lenape Valley Regional High School's official college and career planning website. All students have received a username and password to get them started. This Lenape Valley Guidance department regularly posts scholarships information through Nauvance. Please see your Guidance Counselor if you need further assistance.

SCHOLARSHIP INFORMATION
http://scholarshipconnection.com/lenapavalley
Students have the option of creating a profile on the scholarship website and be emailed about scholarships. Many of these scholarships have links to the application on this website or you can find the paper application in the Guidance Office.

www.cappex.com - This is one of many scholarship search engines. Registration is free and you will receive e-mails regarding scholarships that are personalized to your profile.

FINANCIAL AID HELP
www.hesaa.org - Visit this website for assistance regarding Financial Aid as well as completing the FAFSA form that must be completed to receive financial aid.

www.taskeag.com - Use this website to fill your Free Application for Federal Student Aid. This MUST be filled out to receive financial aid. Applying online is faster and easier than at a state office.

Survival Guide: pages 27-28
Your best resource…
Your Counselor!

Virtual Counselor Appointments Available

Contact your child’s counselor to schedule!

Thank you for coming!
Good Luck!