

Junior Night

Planning for your future. Understanding your options.

Welcome & Introductions

- ▶ Missy Jewell, Principal
- ▶ Jordan Ashman, School Counselor A-L
- ▶ Marjorie McKinery, School Counselor M-Z
- ▶ Jen Rudolph, Director, Pre College Opportunity Programs, Cornell University

- ▶ Cell phones on vibrate
- ▶ Ask questions as they come up

Purpose & Goals

- ▶ Gather information
- ▶ Understand your options
- ▶ Begin to create a plan to chart your process
- ▶ Ultimately: preparing for your life and career path



This presentation contains a LOT of information! While it may feel overwhelming, know that you have time on your side and people to support you.

Presentation on school website - [green underlined](#) Hyperlinks to websites

Biggest Piece of Advice: make decisions when you have to decide. Until you **MUST** decide you should be focused on exploration, gathering information & creating options for yourself.

Overview of the evening

- ▶ Where we've been & where we're going...
- ▶ What are your options?
- ▶ What should you be taking into consideration?
 - ▶ How to explore your options.
 - ▶ Questions to ask yourself.
- ▶ Preparing for your future career
 - ▶ Job exploration
 - ▶ Military Service
 - ▶ College
- ▶ More Tips & Advice
- ▶ Q & A

Where we've been & where we're going...

- ▶ Where are we now? Fall of Junior Year

- ▶ Getting your



- ▶ Explore and begin to narrow your focus.

- ▶ Where we've been : Transcript Review

Class Rank: in a class of 67
Weighted GPA: 89.00
Unweighted GPA: 86.07
Credits Earned: 22.50
Counselor: Caryn Baxtel

Graduation Date:

Diploma Type:

Courses				
Spencer-Van Etten Middle School			*College Economics/Macro/ACE	74 0.50
SCHOOLYEAR: 2012-2013	Grade: 8		*College English/ACE	(86) -
Course Title	FA CR		*College Govt/Amer Federal Govt/ACE	-
*Acc. Earth Science	81 1.00		*College Personal Finance/ACE	(93) -
French I	93 1.00		Global Studies Regents January	-
Regents Algebra	87 1.00		Phys Ed 11/12	(98) -
	CREDITS : 3.00		Physics Regents January	-
Spencer-Van Etten High School			*Senior Band	(100) -
SCHOOLYEAR: 2013-2014	Grade: 9			CREDITS : 0.50
Course Title	FA CR			OVERALL CREDITS: 22.50
*Acc Geometry	70 1.00		Testing Information	
*English 9 Honors	77 1.00		ACT Scores	
*French II	83 1.00		Date	Read Eng Math Sci Comp Writ
*Global I Honors	86 1.00		09/16	19 17 17 18 18 6
Health	86 0.50		SAT Scores	
*Living Environ Honors	82 1.00		Date	Math Reading/Writing
Physical Education	98 0.50		10/16	420 450
*Senior Band	100 1.00		Date	Exam
	CREDITS : 7.00		05/16	Score
Spencer-Van Etten High School			05/16 AP Language and Composition	3
SCHOOLYEAR: 2014-2015	Grade: 10		05/16 AP U.S. History	2
Course Title	FA CR		State Testing Information	
*Algebra 2/Trig	70 1.00		Date	Exam
*English 10 Honors	84 1.00		12-13	Score
*French III	90 1.00		06/13	Regents Earth Sciences (last administered January 2001)
*Global II Honors	87 1.00		06/13	Regents Examination in Integrated Algebra
Physical Education	98 0.50		06/13	Regents Physical Setting/Earth Science
*Regents Chemistry	72 1.00		06/14	Regents Living Environment
*Senior Band	100 1.00		08/14	Regents Examination in Geometry
	CREDITS : 6.50		06/15	Regents Global History and Geography
Spencer-Van Etten High School			06/15	Regents Physical Setting/Chemistry
SCHOOLYEAR: 2015-2016	Grade: 11		01/16	Regents Examination in Algebra 2/Trigonometry
Course Title	FA CR		15-16	PSAT - Math
*ACE French IV	88 1.00		15-16	PSAT - Reading/Writing
*AP English Language & Composition	89 1.00		06/16	Regents Common Core Examination in English Language Arts
*AP US History	95 1.00		06/16	Regents Physical Setting/Physics
Phys Ed 11/12	95 0.50		06/16	Regents U.S. History and Government
*Physics	77 1.00			
*Senior Band	100 1.00			
	CREDITS : 5.50			
Spencer-Van Etten High School				
SCHOOLYEAR: 2016-2017	Grade: 12			
Course Title	FA CR			
Business Law	(90) -			
*College Biology/ACE	(84) -			

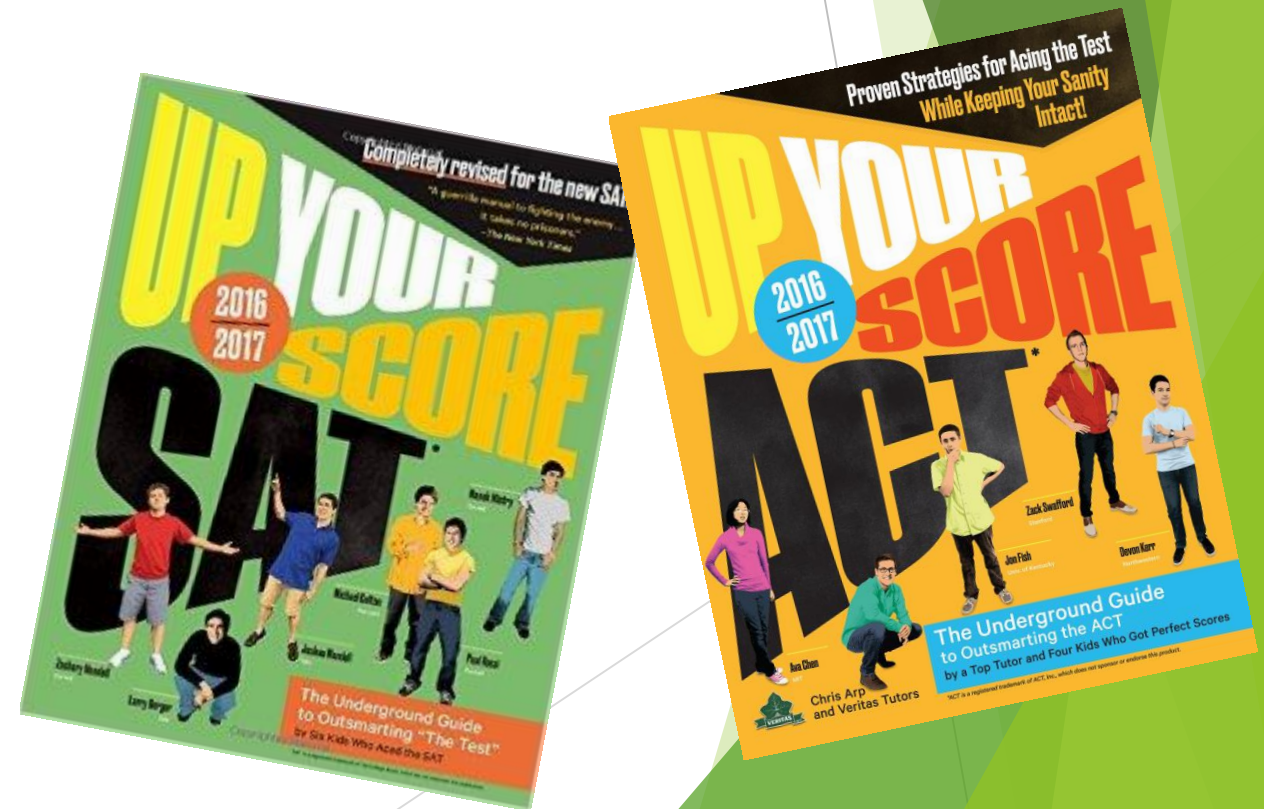
Course Code Keys:
 ACE = College Course AP = Advanced Placement MED = Medically Excused * = Weighted Course
Exam Codes:
 ABS = Absent UNS = Unscoreable EX = Exempt
Notes:
 Course Grades appearing in (Parenthesis) are not yet final course grades, but are "In Progress" grades.

To Do:

- ▶ Choose a test: SAT / ACT
 - ▶ SAT : Reading / Critical Thinking / Math / Writing ~ Optional
 - ▶ Subject Tests
 - ▶ ACT : Reading / Critical Thinking / Math / Science
- ▶ Register Online
 - ▶ Fee waivers available for families with limited income
 - ▶ Free / Reduced Price Lunch Eligible
 - ▶ Take in May / June
 - ▶ Retake (if necessary) August / October of Senior Year
- ▶ DO take the test! Create the OPTION!

Testing Information

- ▶ SAT Dates:
 - ▶ March 10th TEST = February 9th Registration Deadline
 - ▶ May 5th TEST = April 6th Registration Deadline
 - ▶ June 2nd TEST = May 3rd Registration Deadline
- ▶ ACT Dates:
 - ▶ April 14th TEST = March 9th Registration Deadline
 - ▶ June 10th TEST = May 5th Registration Deadline
- ▶ Study Resources: Online, Books, Study Groups
 - ▶ Be truthful & mindful in your plans to prepare
 - ▶ Build it into your routine / schedule
 - ▶ www.khanacademy.org/test-prep/sat



Exploring Your Options

What will you do after you graduate?

- ▶ Get a Job
- ▶ Join the military
- ▶ Go to College
- ▶ Take a “Gap Year”

What to consider:

- ▶ Long Term Goals: What type of life do you want to create for yourself?
 - ▶ What is important to you?
 - ▶ Family? Adventure? Financial Security? Time? Material Things? Service to Others?
- ▶ Short Term Goals: What are your current priorities & needs?
 - ▶ Now → April 2019
 - ▶ These will change / fluctuate. Know what they are, keep updating & evaluating.
 - ▶ Family circumstances, health, financial considerations, opportunities, etc

To Do:

- ▶ Long term goal evaluation:
 - ▶ Imagine yourself at 30, 50, 75 years old: where do you want to be in your life?
 - ▶ Brainstorm your goals
 - ▶ Define your values
 - ▶ Leave room for them to change & grow
- ▶ Short term goal evaluation:
 - ▶ Map out the next 14 months: how do you want to wrap up your high school career?
 - ▶ Brainstorm your “to do” list : have to & want to
 - ▶ Define your priorities
- ▶ Work your process : How do you process?
 - ▶ Write? Talk? Draw?
 - ▶ Revisit and refine often

Ultimate Goal: Preparing for life & your career path.

- ▶ How do you choose what you want to do for a job/career?
 - ▶ Consider: How do you want to spend your time?
 - ▶ Days / Weeks / Years
 - ▶ Do you want to do the same thing for decades?
 - ▶ Do you want to grow in your career path / create opportunities to change jobs / get promoted?
 - ▶ Punch a clock? Work until the job is done?
 - ▶ Consider : What type of work do you enjoy?
 - ▶ Working with people? Alone? Sitting inside? Moving outside? Making decisions? Doing what's asked?
 - ▶ Consider : What education / training is needed?
 - ▶ Consider : What will the demand be for this type of job?
 - ▶ Consider : Financial Outlook / Earning Potential

Use information
from your long
term goal
reflection!

Unemployment rate in 2014	Level of education completed	Mean (average) earnings in 2014
9.0%	Less than a high school diploma	\$30,108
6.0%	High school graduate, no college	\$43,056
6.0%	Some college, no degree	\$48,984
4.3%	Occupational program (career school)	\$48,152
4.6%	Associate degree (academic program)	\$52,364
3.5%	Bachelor's degree	\$74,308
2.8%	Master's degree	\$88,036
2.1%	Doctoral degree (e.g., Ph.D.)	\$105,456
1.9%	Professional degree (e.g., M.D., J.D.)	\$124,904

Source: Bureau of Labor Statistics, Current Population Survey, unpublished tables, 2015

Career Exploration Resources

- ▶ Many online sites!
 - ▶ [StudentAid.gov/careersearch](https://studentaid.gov/careersearch)
 - ▶ [NY State Career Zone](#)
 - ▶ [O*NET](#)
 - ▶ [Naviance](#)
- ▶ Job Shadow → Mrs. Ott @ SVE HS each Thursday
- ▶ Talk to people you know / Talk to people that know YOU!

Getting to that job...

- ▶ Go directly to work after graduation
 - ▶ Young, able bodied now → think 20 years from now
 - ▶ Consider benefits / retirement options
 - ▶ Health insurance
 - ▶ Other perks (company car, child care assistance, education /training programs, etc)
 - ▶ Retirement accounts or pensions?
- ▶ Get training or education
 - ▶ Military
 - ▶ Talk to local recruiter
 - ▶ Talk to someone you know / a friend knows - hear their story
 - ▶ Fully understand your commitment / expectations
 - ▶ How will your experience prepare you for your future career / life

College : Basics

▶ Types of Colleges:

- ▶ 2 Year / 4 Year
- ▶ Public / Private / Career (Technical/Vocational)
- ▶ International

▶ Types of Degrees:

- ▶ Certificate
- ▶ Associates (Arts / Science)
- ▶ Bachelors (BA / BS)
- ▶ Masters (MA / MS)
- ▶ Doctoral (PhD)
- ▶ Professional Degree (MD, JD)

Majors / Minors

- ▶ Direct Training
 - ▶ Turbine Mechanic, Teaching Certificate, Nursing Degree
- ▶ Indirect Preparation
 - ▶ Human Development, English, Graphic Design
- ▶ Pre Professional Programs
 - ▶ Pre Medicine, Pre Law, Pre Veterinary Studies
 - ▶ Prepare for advance study
- ▶ Your choice in major can or can not lead you directly to your career/job
- ▶ May require additional education / training (ex. NY State Teacher)
- ▶ Side note: your resume & experience is also very important

What are colleges looking for?

- ▶ Your application review:
 - ▶ Academic Transcript
 - ▶ GPA
 - ▶ Class Rank
 - ▶ Course Load / Academic Rigor
 - ▶ SAT / ACT Test Scores
 - ▶ Letters of Recommendation
 - ▶ Essay / Supplemental Required Writings
 - ▶ Activities / Involvement / Resume
 - ▶ Community Service (icing on the cake!)
- ▶ Certain Major / Program Requirements
 - ▶ Ex. Nursing major may require 75 in chemistry, etc.

How do you choose a college?



▶ Academic Programs (Majors / Minors)

- ▶ At least 3 you're interested in
- ▶ Competitiveness
- ▶ Requirements for entry
- ▶ Space in the program / # cap

▶ Activities / Opportunities

- ▶ Most schools have the broad range of basics, some are very unique
 - ▶ Study Abroad
 - ▶ Internship Programs
 - ▶ Athletics
 - ▶ Clubs
 - ▶ Specialty Mission (service, sustainability, etc.)
 - ▶ Specialty Programs
 - ▶ Honors
 - ▶ Higher / Educational Opportunity Programs

How do you choose a college?

▶ Location

- ▶ Close to home? Live at home?
- ▶ Far away? Drive? Fly? Train?
- ▶ City / Suburb / Rural / International

▶ Size

▶ Campus / College

- ▶ Small < 2,000
- ▶ Medium 2,001 - 15,000
- ▶ Large > 15,001
- ▶ (Xtra Large > 30,000+)

▶ Course / Program

- ▶ Classes with 150 + students vs. classes with 15 students
- ▶ Faculty to Student Ratio

How do you choose a college?

- ▶ Cost
 - ▶ At first = last thing to consider
 - ▶ At decision time = one of the most important considerations
- ▶ Considerations about the cost of college:
 - ▶ Cost of Attendance
 - ▶ Tuition, Room & Board, Fees
 - ▶ Books, Transportation, Spending Money, etc.
 - ▶ [Net Price Calculator](#)
 - ▶ Sticker Price: Private vs. Public Colleges & Community College vs. 4 Year College
 - ▶ Do not make decisions based on the sticker price!
 - ▶ Always apply - create the OPTION - wait to decide until you have complete information

Quick Points on Financing College

- ▶ All Students fill out the **FREE** Application for Federal Student Aid ([FAFSA](#))
 - ▶ Use 2016 Taxes - be sure to keep a copy handy!
 - ▶ Application Open October 1 of Senior Year
 - ▶ Option to “auto fill” info from IRS website
- ▶ All NY State Students fill out the Tuition Assistance Program ([TAP](#)) Application
 - ▶ Button at end of FAFSA → TAP Application will “auto fill”
- ▶ These two applications will tell you how much grant aid & loan aid you are eligible for from the US Gov’t & State Gov’t.
 - ▶ Grants = “Free” money you don’t (typically) have to pay back
 - ▶ Some grants come with stipulations: required work, required gpa, etc.
 - ▶ Loans = money you borrow & have to pay back
 - ▶ Subsidized: interest does not begin to accrue until you’re done with your schooling
 - ▶ Unsubsidized: interest begins accruing as soon as you get it / use it
 - ▶ Work-Study: Money you get from a job you apply for / work while at college

Quick Points on Financing College

- ▶ College Scholarship Service Profile ([CSS Profile](#))
- ▶ Other College Requirements / Program Requirements
 - ▶ Thoroughly review your college's Financial Aid Webpage
 - ▶ Applying to special programs - may require additional info / separate submission
- ▶ Begin Scholarship Search NOW!
- ▶ After you apply to the college & submit your FAFSA, TAP, CSS Profile, etc
 - ▶ Receive your Financial Aid Package
 - ▶ Can include Grants, Loans, Scholarships
 - ▶ Be SURE to understand it - ASK for help!
 - ▶ Your Aid package can be appealed!
 - ▶ Follow up is important!
 - ▶ May be asked for verification
 - ▶ Keep up with your email / mail



Scholarships, Scholarships, Scholarships

- Local
 - High School
 - Family Connections
 - Local Business/Banks
- College Based
 - Can be found on college websites
 - Major Specific
- National

www.fastweb.com www.collegenet.com

Researching Colleges : Resources & Tips

- ▶ Tons of online sites:
 - ▶ [Naviance](#)
 - ▶ [College Board](#)
- ▶ Go to the college website

- ▶ Create a comparison chart / matrix
 - ▶ Things that are important to you
 - ▶ How do they compare

- ▶ Track dates / Deadlines
 - ▶ Admissions, Financial Aid, Additional Documents, Specialty Programs
 - ▶ Create your own timeline

- ▶ Stay Organized!

Researching Colleges : Tips

- ▶ Junior Year: 10 colleges you're interested in
 - ▶ Reach
 - ▶ Target
 - ▶ Safe
- ▶ If you can → GO **Academically & Financially**
 - ▶ Definitely visit before you deposit / enroll
- ▶ Begin your applications during the summer
 - ▶ Common Application
 - ▶ SUNY Application
- ▶ Start a draft of your essay(s) - get them edited / reviewed!
- ▶ Start of Senior Year: 4-6 colleges you'll apply to
 - ▶ Fee waivers available for families with limited income
 - ▶ Talk with Ms. McKinery or Mr. Ashman
 - ▶ Talk to teachers that can / will be a good recommender for you
 - ▶ Follow up early and often!

Final thoughts & advice

- ▶ Embrace the unknown! Discover FACTS.
- ▶ Don't paralyze your process with fear: of failure, of the unknown, of fear...
- ▶ Start NOW!
 - ▶ Update your resume, identify recommenders, look at essay prompts
 - ▶ Research options, talk about your process / thoughts
- ▶ REMEMBER: Create OPTIONS, keep your doors and windows OPEN.
 - ▶ Know when you have to make decisions & delay the decisions until then
 - ▶ LOTS will change as you move through this process
- ▶ Take this process & your Senior Year seriously.
- ▶ Ask for the help you need!

Questions?!

