## Welcome Parents/Guardians of Juniors!

Kick off to College Planning

Class of 2026 Presented: January 2025

Est. 183.

## Meet the Counselors

Heather Brunner, College & Career Jennifer Magary, College & Career Dianne McCarthy, College & Career

Erica Stolpinski, B House Kurt McPhee, B House

Rhonda Devost, C House Amber King, C House

Lyndsay Roy, D House Melanie Crocker, D House

Jessica Le, E House Madeline Monahan, E House



## What are my options after high school?

Today's focus

2 & 4 Year Colleges
 Jechnical/Trade Programs
 Certificate Programs
 Military
 Employment

There will be other events to explore these options!

## **Junior Year Timeline**

#### Most Important: Moniter GPA; Do well in your classes & keep your grades up!

Review Junior Year Class Schedule: Challenge Yourself!

Get Involved with Activities & Community Service

Take PSATs

Plan for SATs, ACTs, or TOEFL

Research 4 Year College Admissions Standards

Attend LHS College Fair & College Visits in College & Career Center

Perform College Search Select Challenging Classes for Senior Year (Early College, Dual Enrollment, AP)

Develop Testing Schedule (SATs, ACT, TOEFL); Register & Prepare for Spring Standardized Tests

Talk with Family about College; Attend Junior Night for Students & Families

Begin building College List & Add to "Colleges I'm Thinking About" (Naviance)

Attend College Visits & Info Sessions (In Person when possible & Virtual)

WINTER

Visit Colleges & Attend College Fairs

Continue Researching Colleges & Refine List

Take SATs, ACT, or TOEFL

Talk to Teachers & Guidance Counselor about Letters of Recommendation

Begin College Essay(s)

Research Scholarships & Financial Aid (MEFA)

Update Resume

Determine Early Action/Decision Interest

Apply for Summer Jobs, Internships, College Programs

Register with NCAA (Student Athletes)

SPRING

Visit College Campuses

Stay busy! Work, Intern, Volunteer, Attend a Summer College Program

Create Common Application Account on/after August 1; Begin Common App

> Finalize College Essay(s)

Update College List in Naviance ("Colleges I'm Applying To") & Common Application

Review Admissions Requirements & Deadlines for colleges get organized!

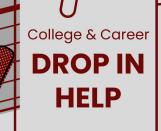
Register / Plan / Study for SATS, ACTs, TOEFL in late summer/early fall

SUMMER

FALL

## What's Happening Right Now...

- Drop Ins at College & Career Center (Ongoing)
- Junior School Counseling Classroom Lessons (took place earlier this month)
- PSAT Results are in!
- Set Up a SAT Testing Schedule; Register for SATs
- College & Career Workshops/Flex Blocks
   Throughout the Year



MONDAY: PER 1 TUESDAY: PER 2 WEDNESDAY: PER 3 THURSDAY: PERS 4-6

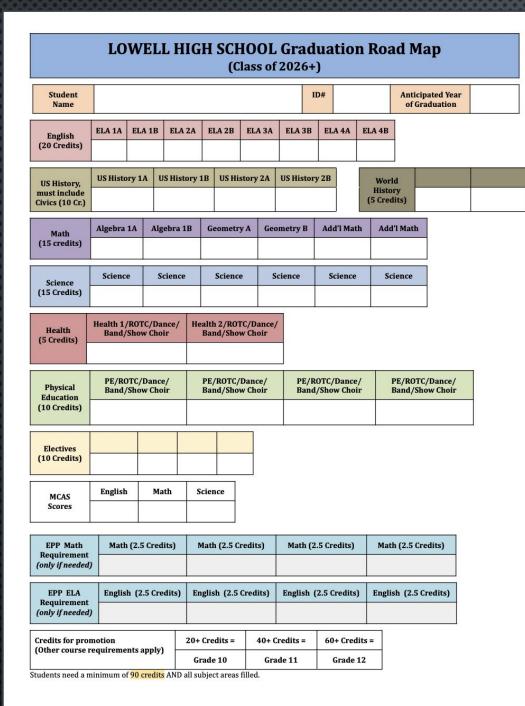
Come get help with all things related to career and college exploration (must have pass from teacher)

College & Career Center

## Upcoming Events

- Individual meeting with school counselor
- Course Selection for Senior Year
- Spring Field Trips to Colleges
- College Info Sessions in College & Career Center (Spring & Fall)
- Junior School Counseling Spring Classroom Lessons
- College & Career Center's Junior Workshop Series with College Representatives (June)

Students should keep an eye on CCC Google Classroom for Announcements, Events, Scholarship Opportunities & More!



LHS GRADUATION REQUIREMENTS Are you on track?

- 20 credits in English
- 10 credits in U.S. History
- 5 credits in World History
- 15 credits in Mathematics (Including Algebra & Geometry)
- 15 credits in Natural or Physical Science
- 15 credits Wellness:
  - 10 credits Physical Education or Equivalent\*
  - 5 credits Health (A and B) or Equivalent\*
  - \*AFJROTC, Dance, Show Choir or Band may be substituted each year for this requirement
- 90 total credits needed to earn a LHS diploma

#### Massachusetts State University Requirements

#### ≻English - 4 courses

- Math 4 courses (Algebra I & II and Geometry or Trigonometry, or comparable coursework) including mathematics during the final year of high school
- Science 3 courses (must be lab sciences)
   Social Sciences/History 2 courses (including 1 course in US History)
   World Language 2 courses (same language)
   Electives 2 courses (from the above subjects or Arts/Humanities or Computer Sciences)



For more information: Undergraduate Admissions Standards for the Massachusetts State University System and the University of Massachusetts - Reference Guide 2019

## The College Landscape - Three Pathways

Path 2

#### Path 1

2 Year Colleges Community College = Associate's Degree Low Cost or Free

Some stop their education with the associates degree - see Path 2 if you want to continue your education 2 Years at Community College (Associate's Degree) **AND** 2 Years at College or University = Bachelor's Degree Lower Cost as two

years are free

#### Path 3

4 Year Colleges / Universities = Bachelor's Degree Higher Cost, sometimes reduced by Financial Aid

2 years at a MA community college can be free for Massachusetts Residents. By combining the community college and Associate's degree with a four year college / university, students are able to save money.

## 2 Year Colleges: Associate's Degree





 Any student with a high school diploma or GED can attend
 Generally, no GPA requirement or SATs (check specific program) \*\*For example: Health programs will have additional requirements\*\*
 Quick application process
 Transcript required
 May need to take placement exam (depending on GPA)
 Once you have completed your Associate's Degree (2 year degree) at a Massachusetts Community College, you can then transfer to a 4 year college to complete your Bachelor's Degree: Mass Transfer Program.



## <u>MassEducate</u>

#### Free Community College is Here.

No matter your age or income: community college is now free in Massachusetts!

The MassEducate program allows eligible Massachusetts residents who have not yet earned a bachelor's degree to attend a Massachusetts community college for **free**.

For eligibility requirements and more information: <u>https://masscc.org/freecommunitycollege/</u>

Note: You still have to complete financial aid applications (FAFSA)!

## 4 Year Colleges/Universities: Bachelor's Degree

#### What are they looking for?

- → Transcript
  - Strength of classes (Quality/rigor)
  - Academic Performance/ Grades & GPA
- → Essay(s)
- → Letters of recommendation
- → Extracurricular activities / How a student spends time outside of class (sports, clubs, family responsibilities, job, volunteer work)
- → Demonstrated Interest
- → SAT/ACT scores (depending on school's testing policy)
- → Some majors (e.g. architecture, music) might require additional components: portfolios, auditions, etc.

#### Highly Selective Private Colleges (examples: BU, Northeastern, Harvard) will have more rigorous requirements including, for example: supplemental essays, interviews, 4+ years of all core academics.

## CELEGENavigator

## College Navigator BU EXAMPLE

Undergraduate application fee (2023-2024):			\$8
INDERGRADUATE ADMISSIONS FALL 2023			
	TOTAL	MALE	FEMALI
Number of applicants	80,495	32,176	48,31
Percent admitted	11%	12%	109
Percent admitted who enrolled	36%	34%	389
ADMISSIONS CONSIDERATIONS	REQUIRED TO BE CONSIDERED	NOT REQUIRED, BUT CONSIDERED	NOT CONSIDERE
Secondary school GPA	Х		
Secondary school rank		X	
Secondary school record	X		
Completion of college-preparatory program	Х		
Recommendations	Х		
Formal demonstration of competencies			d
Work experience		х	
Personal statement or essay	X		
Legacy status	Not applicable		
ADMISSION TEST SCORES	REQUIRED TO BE CONSIDERED	NOT REQUIRED, BUT CONSIDERED (TEST OPTIONAL)	NOT CONSIDERE (TEST BLIND
SAT / ACT		Х	
Other Test (Wonderlic,WISC-III,etc)			
English Proficiency Test	Х		
FEST SCORES: FALL 2023 (ENROLLED FIRST-TIME STUDE)	NTS)		
STUDENTS SUBMITTING SCORES		NUMBER	PERCEN
SAT		892	289
ACT		311	109
TEST SCORES	25TH PERCENTILE*	50TH PERCENTILE** (MEDIAN)	75T PERCENTILE*
SAT Evidence-Based Reading and Writing	680	710	74
SAT Math	720	760	78
ACT Composite	32	33	3
ACT English	33	35	3
	29	31	3
ACT Math			

## MassGrant Plus

MASSGrant Plus makes public four-year colleges and universities in Massachusetts more affordable

- If your family makes up to \$85,000 per year before taxes, MASSGrant Plus covers the full cost of your tuition and fees.
- If your family makes between \$85,000 and \$100,000 per year before taxes: the costs for tuition and fees will be reduced by up to half.

For more information: MASSGrant Plus

Note: You still have to complete financial aid applications!



#### Discover your community colleges, state universities & UMass campuses



(508) 678-2811 | www.bristolcc.edu

(508) 362-2131 | www.capecod.edu

(508) 856-8989 | www.umassmed.edu

(978) 542-6000 | www.salemstate.edu

## **SNI ENROLL NOW**

#### MAIN TYPES OF ADMISSION APPLICATIONS

EARLY DECISION, FALL DEADLINE - BINDING
 EARLY ACTION, FALL DEADLINE
 REGULAR DECISION
 ROLLING ADMISSION
 OPEN ADMISSIONS/ENROLLMENT

#### **IMPORTANT NOTES:**

- SOME MAJORS, LIKE NURSING, HAVE EARLY DEADLINES.
- AT SOME SCHOOLS, YOU HAVE TO APPLY BY A CERTAIN DATE IN ORDER TO BE CONSIDERED FOR SCHOLARSHIPS.
- DO YOUR RESEARCH

## **Building a Balanced College List**

#### Safety/Likely/Probable (2-4)

- Strong chance of getting into these college
- Student's GPA, standardized test scores and other admissions qualifiers are well above the school's published data on accepted students
- Acceptance rate is high

#### Target (3-5)

- Fair chance of getting into these colleges
- Student's GPA, standardized test scores and other admissions qualifiers fit/match with the average student admitted

#### Reach (2-3)

- These colleges may be difficult to get into, but you should still apply and give it your best shot!
- More selective/competitive colleges; your dream schools
- Student's GPA, standardized test scores and other admissions qualifiers are slightly below than the average student accepted, but not so much lower they do not think they could be accepted

\*\*Any college that accepts less than 30% of students would be considered a reach for any student\*\*

#### \*Account for your budget through this process as well. Run the Net Price Calculators on the college websites\*

A balanced list typically has 7-12 schools: 2-4 Safety 3-5 Target 2-3 Reach With thousands of colleges to choose from, figuring out which ones should go on your college list is quite a daunting task.

## "What are the best colleges for me?"

There is **no substitution for first-hand experience** and a **meaningful, engaging college visit** can help you to find the college that is the right fit for you.

## **College Visits**

- Book college visits early book <u>NOW</u> for Feb & April vacation!
- Visit colleges while they are in session
- Speak with students about their experience
- Attend College Virtual Fairs/info sessions
- There will be some college field trips this spring sponsored by College & Career Center as well



## Standardized Testing Policies (ACT/SAT)

More than 80% of schools will not require applicants to submit SAT/ACT scores for **fall 2025** admissions: <u>ACT/SAT Optional List for Fall 2025 - Fairtest</u>

#### Test-Optional Policy (Current for students applying Fall 2025)

Some examples include:

<u>Columbia</u> <u>UML</u> <u>UMass Amherst</u> <u>MCPHS</u>

#### **Tests Required**

Some examples include:

<u>MIT</u> Caltech Harvard Brown Dartmouth Georgetown And more!

Test-Flexible Policy: <u>Yale</u>

## 2,100 +

Accredited, Bachelor's Degree Granting Colleges & Universities with ACT/SAT Optional or Test-Free Admission Policies for Students Seeking to Enroll in Fall 2025 or Beyond

2,015+ ACT/SAT Optional institutions

Test-Free Institutions

## **Standardized Testing Policies**

Some schools require SATs or ACTs. Some specific programs at otherwise test-optional schools, require SATs. **Do your research!** 

The most important point is that policies vary widely and are constantly changing. Students need to read each college's policy carefully so they fully understand what they need to do to qualify for admission, scholarships, financial aid, etc.

### SAT TEST DATES 2025 SATs Are Digital!

Students are responsible for registering for SATs on <u>www.collegeboard.org</u>

At this time, registration is open for all students for the entire 2024–25 testing year.

Fee Waivers are available for eligible students. Students should speak with their guidance counselors or College & Career Center Counselors.



#### August 2024–June 2025 Test Dates

These test dates and deadlines apply to all students-U.S. and international-taking the SAT:

SAT Test Date*	Registration Deadline	Deadline for Changes, Regular Cancellation, and Late Registration**
Aug 24, 2024	Aug 9, 2024	Aug 13, 2024
Oct 5, 2024	Sept 20, 2024	Sept 24, 2024
Nov 2, 2024	Oct 18, 2024	Oct 22, 2024
Dec 7, 2024	Nov 22, 2024	Nov 26, 2024
Mar 8, 2025	Feb 21, 2025	Feb 25, 2025
May 3, 2025	Apr 18, 2025	April 22, 2025
June 7, 2025	May 22, 2025	May 27, 2025

#### Confirmed 2025-26 Test Dates

Fall 2025	Spring 2026		
✓ August 23, 2025	<ul> <li>March 14, 2026</li> </ul>		
<ul> <li>September 13, 2025</li> </ul>	✓ May 2, 2026		
<ul> <li>October 4, 2025</li> </ul>	✓ June 6, 2026		
<ul> <li>November 8, 2025</li> </ul>			
✓ December 6, 2025			

#### Free SAT Test Prep & Resources

- Bluebook (app) practice test
- Khan Academy's SAT Course Challenge for both <u>Digital SAT Reading and Writing</u> and <u>Digital SAT Math</u>
- Official Digital SAT® Prep | Khan Academy
- Free SAT Tutoring with <u>Schoolhouse</u>: 4-week SAT Bootcamps
  - If you're scoring in the 400-690 SAT score range in either Math or R&W, you can join these virtual bootcamps to develop your SAT skills with a certified peer tutor.
  - <u>Click here</u> to sign up!
- Build Your Study Plan SAT Suite | College Board
- How to Use the Student Question Bank SAT Suite | College Board
- Parent/Caregiver Guide: Preparing Your Student for the SAT

#### **COMMON APPLICATION** commonapp.org My Colleges Tab:College-s pecific Welcome, Jennifer! questions/ Practice Applicant Practice account FAQs 20 Sign Out CAID 31024589 essays jmagary@lowell.k12.ma.us

Each section of the **Common App needs** to be completely & accurately filled out

common app **College Search Financial Aid** Dashboard My Colleges Common App Q Need help? Common App Profile Preview Profile Need Help? Please use the link below to Family Personal Information V look for an answer to your question. Answers to most Education questions can be found in Testing Legal first/given name\* Read more Jennifer Activities Writing Section -Writing the College Essay Would you like to share a different first name that people call you? Courses & Grades 0 college(s) require Yes () No Clear answer My first name\* You can update how we use this name in your communication preferences Middle name

#### Letters of Recommendation

- Students are told to ask their teachers in person first
- Student must also request letters of recommendation
   through Naviance
- Check college admission website for recommendation requirements
- Consider teachers in your intended field of study
- Please give teachers and school counselors adequate time to complete your letters (at least 15 school days prior to deadlines)

## Financial Aid

 FAFSA (ALL SCHOOLS REQUIRE!) <u>HTTPS://STUDENTAID.GOV/H/APPLY-FOR-AID/FAFSA</u>
 CSS PROFILE (SOME SCHOOLS REQUIRE!) <u>HTTPS://CSSPROFILE.COLLEGEBOARD.ORG/</u>

Great Resource!

www.mefa.org

SCHOLARSHIPS



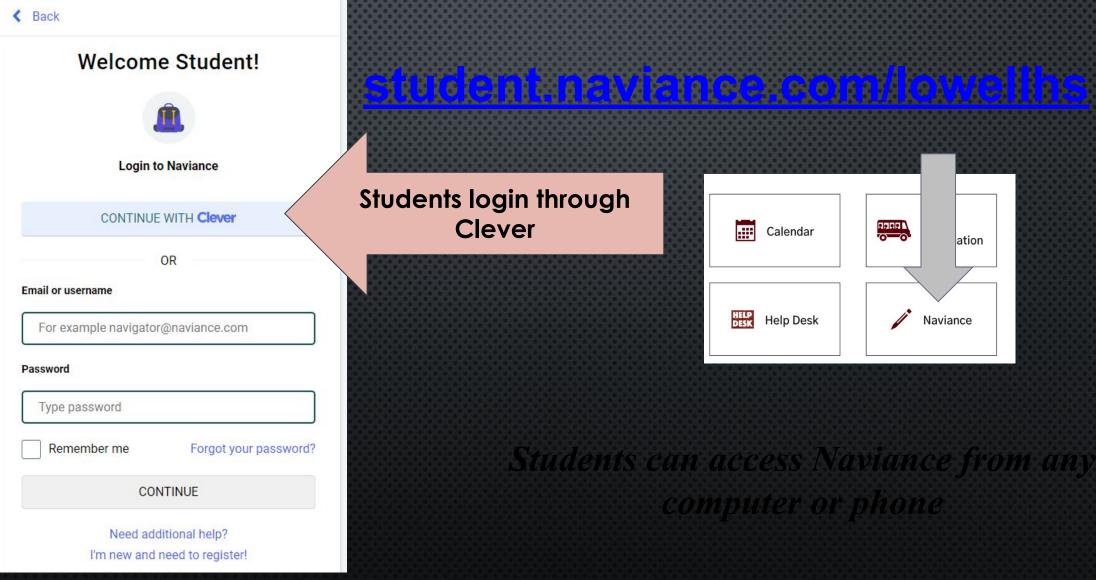
## Are you a student athlete planning to play sports at the college level?

You have to familiarize yourself with the process: <u>Student-Athletes - NCAA.org</u>

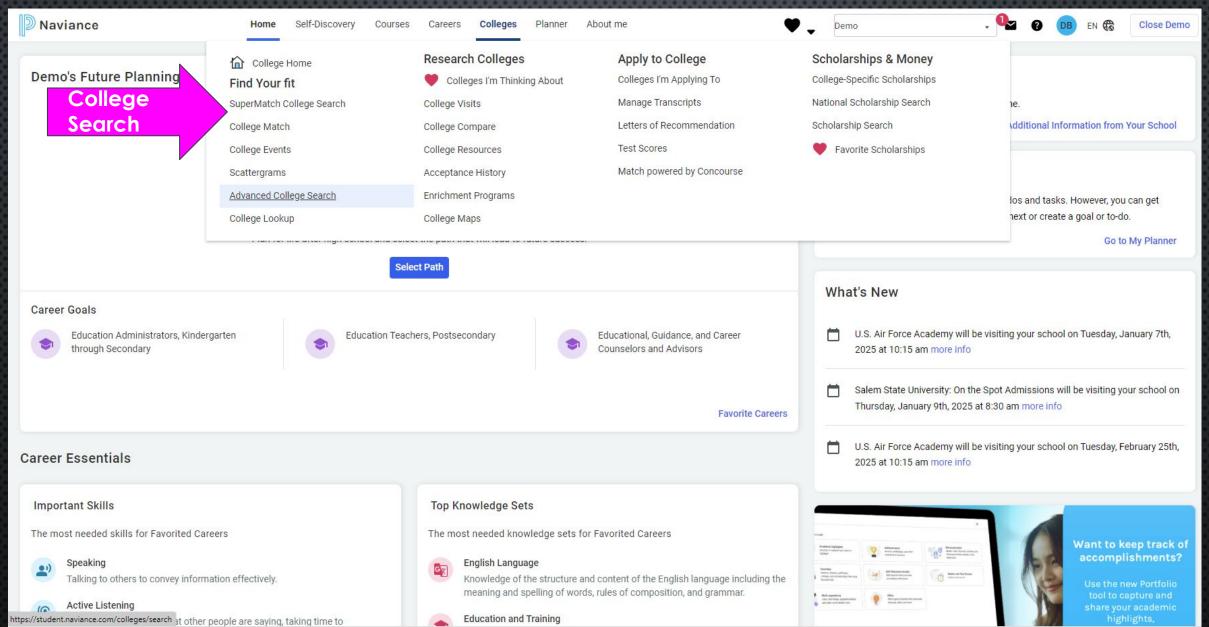
#### Read: GUIDE FOR THE COLLEGE-BOUND STUDENT-ATHLETE

Creating a NCAA account is the first step, you should do this as soon as possible at <u>NCAA Eligibility Center</u>

#### NAVIANCE COLLEGE AND CAREER READINESS TOOL



## Naviance



Naviance	Home Self-Discovery Courses Careers Colleges Planner About me	P _ Demo - 🖬 🖗 ট 🔀 Close Demo
SuperMatch College Search		About SuperMatch 🧿
HI Choose Fit Criteria Location Academics Admission Student Life	Diversity Institution Characteristics Cost Athletics Resources Groups Choo	se Fit Criteria
Your Fit Criteria		Saved Searches Choose one  Save Search Search
5 selected criteria To refine your results, use the arrows to move your criteria into the "Must Have" and "Nice to Have" boxes.	Must Have         X Location [3]       X Major [47]         X Campus Surroundings [3]       X Institution Type         X Acceptance Rate [2]	<b>Nice to Have</b> A <i>Nice to Have</i> is anything that's important to you, but isn't an absolute must have.

Your Results Your results include 16 institutions that are both an academic match and also match all the criteria selected above.

	Fit Score 🕚	Academic Match 0	Highlights 💙	Cost 🗸	Pick what to show 💙
Wellesley, MA, Suburb near Large City         4 year, Private nonprofit, Not Applicable         * PIN TO COMPARE         ⑦ FAVORITE	Why?	Average You GPA N/A N/A0 SAT 1405 N/A ACT 32 N/A To determine if you're an academic metro for this institution cafter your CPA and/or standardized test scores.	No Highlights Available	Tuition & Fees \$58,120 Room & Board \$17,772	Customize what you see here—Choose a category above
Clark University Worcester, MA, Small City 4 year, Private nonprofit PIN TO COMPARE FAVORITE	UD %	Average You GPA 3.66 N/A0 SAT N/A N/A ACT N/A N/A To determine it/you're an accessmic metro for this ans/or standard/tad teat scores.	Photos/Videos on Profile Program Spotlights Virtual Tour	Tuition & Fees \$49,950 Room & Board \$10,150	Customize what you see here—Choose a category above
College of the Holy Cross Worcester, MA, Small City 4 year, Private nonprofit, Roman Catholic PIN TO COMPARE VORITE	UOS Why?	Average You GPA N/A N/A0 SAT 1360 N/A ACT N/A N/A To determine if you're an academic metch for this	Photos/Videos on Profile	Tuition & Fees \$49,980 Room & Board \$13,690	Customize what you see here—Choose a category above

Search by College Name

🧕 PINNED 🔻 🧑 INTERESTED IN YOU 🕕 THINKING ABOUT 🔞 APPLYING TO 🛛 MORE 🕴

College Search Input "Fit" Criteria	SUPERN	MATCH CC	OLLEGE SEA	ARCH		
SuperMatch Colleg- Search					About SuperMatch	
HI Choose Fit Criteria Location Academics Admission Student Life	Diversity Institution Characteri	stics Cost Athletics Resources Group	25			
Your Fit Criteria					Saved Searches Choose one 👻 Save Search Start Over	
3 selected criteria To refine your results, use the arrows to move your criteria into the "Must Have" and "Nice to Have" boxes.	Must Have X Location [5] → X Major [47] → X Campus Surroundings [3] →			Nice to Have A Nice to Have is anything that's important to you, but isn't an absolute must have.		
Your Results Your results include 60 institutions that are both an academic matc	on and also match all the criteria selected a	above.				
	Fit Score 8	Academic Match 🚯	Highlights 🛩	Cost 🛩	Pick what to show 💙	
Northeastern University Boston, MA, Large City 4 year, Private nonprofit, Not Applicable PIN TO COMPARE FAVORITE	Why?	Average     You       GPA     N/A     N/A0       SAT     1420     N/A       ACT     33     N/A       To determine (fyour trial expected) and/or standard/time display.     And the standard standard standard standard standard/taxt	Photos/Videos on Profile Virtual Tour	Tuition & Fees \$54,360 Room & Board \$17,480	Customize what you see here—Choose a category above	
Assumption University Worcester, MA, Small City 4 year, Private nonprofit, Roman Catholic PIN TO COMPARE FAVORITE	Why?	Average You GPA 3.5 N/A0 SAT N/A N/A ACT N/A N/A To determine if you're an accessmic metod for this instrution catar your CPA and/or standard/tad text scores.	Photos/Videos on Profile Virtual Tour	Tuition & Fees \$43,178 Room & Board \$13,590	Customize what you see hereChoose a category above	
Boston University Boston, MA, Large City 4 year, Private nonprofit, Not Applicable PIN TO COMPARE FAVORITE	100% Why?	Average You GPA 3.8 N/A0 SAT 1468 N/A ACT N/A N/A To determine if you're an academic metch for this instruction, caracterio CRA	Photos/Videos on Profile Virtual Tour	Tuition & Fees \$56,854 Room & Board \$16,640	Customize what you see here-Choose a category above	



AVERAGE NET PRICE GRADUATION RATE		ACCEPTANCE RATE	NEXT DEADLINE	
\$11,525	<b>44</b> %	71%	February	
Family Income \$0 - \$30k More about Cost & Aid	4 Year 6 Year More about learning environment	Check out Scattergrams to see how this relates to you	Fall 2024 Term Regular Decision Deadline	
from 2023	from 2023	from 2023	See all deadlines	

#### Get to know the college

Learn more about University of Massachusetts-Lowell.

Search by College Name

## **Course Selection**

- Make sure you are meeting admissions requirements
- Schedule should be academically rigorous
- Choose electives that support your interests and intended major
- Consider special programming we offer at LHS
   Internships, AP classes, Early College Courses

## Early College/Dual Enrollment



#### Early College & Dual Enrollment -

Based on academic measures and teacher recommendations, students are eligible to take enriching college-level courses while enrolled in high school, earn real college credit, and get an early start on their post-secondary education and career—at no cost to them or their families. Since the fall of 2024, students have been able to experience these courses at the LHS campus or, for seniors, on the Middlesex Community College Campus.

## Early College Independence



**Early College Independence:** Seniors Only: take 4 classes at LHS then head over to MCC to take classes ON CAMPUS

Only students who have taken an Early College class are eligible

#### Life After High School Handbook

#### Life After High School Handbook

# Thank you for coming!