

College & Career Center

College Representative Visits

Military Visits

After Dark

MassHire Job Search Assistance

Early College

Dual Enrollment

Job Fair

College and Career Fair

College Planning Workshops

Career Planning Workshops

MEFA/FAFSA Presentations

Career Speakers

ASVAB Testing

Scholarship Support

FAFSA Completion Events

Grade level parent presentations

On the Spot Admissions

College Application Week

College Week (September)

Trade and Career Days (Spring)

Junior College & Career Workshop Series (May)

Field trips

Drop-In Support

Room: B2035

Welcome Parents/Guardians



Class of 2026 Post-Secondary Planning Kick Off Meeting

Presented by: College & Career Counselors
September 2025

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

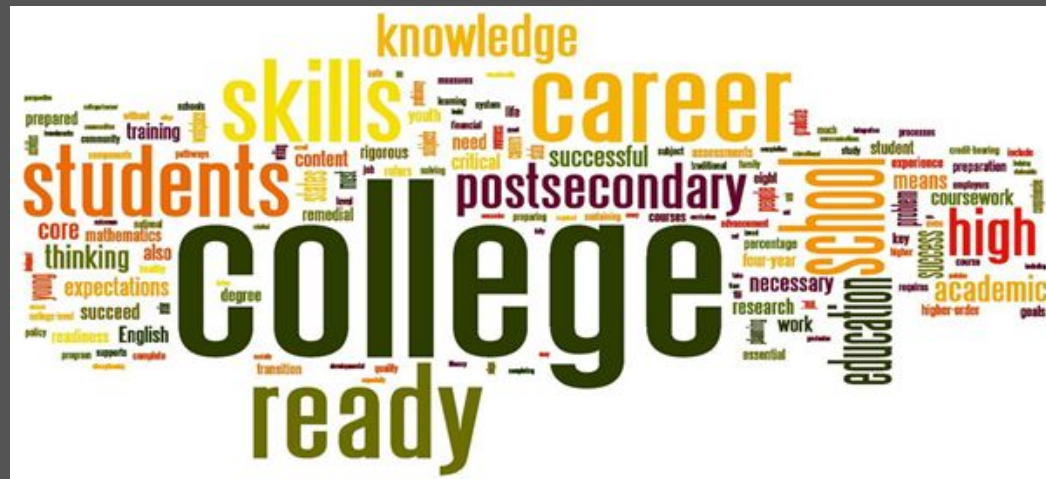
Amber King, C House

Lyndsay Roy, D House

Melanie Crocker, D House

Jessica Le, E House

Madeline Almonte, E House



Students: join and follow the Google Classroom!



COLLEGE & CAREER GOOGLE CLASSROOM CODES

Class of 2026 ukklmt7

Class of 2027 fse7z52

Class of 2028 w5opnstl

Join the College & Career
Google Classrooms for
important updates!

- Scholarship
Announcements
- College & Career
Information Sessions
- [Life After High School
Planning Guide](#)
(resource for all
planning!!)
- Workshops & Events
...and much, much more!

LHS Graduation Requirements

LOWELL HIGH SCHOOL Graduation Road Map (Class of 2026+)										
Student Name							ID#		Anticipated Year of Graduation	
English (20 Credits)	ELA 1A	ELA 1B	ELA 2A	ELA 2B	ELA 3A	ELA 3B	ELA 4A	ELA 4B		
US History, must include Civics (10 Cr.)	US History 1A	US History 1B	US History 2A	US History 2B			World History (5 Credits)			
Math (15 credits)	Algebra 1A	Algebra 1B	Geometry A	Geometry B	Add'l Math	Add'l Math				
Science (15 Credits)	Science	Science	Science	Science	Science	Science				
Health (5 Credits)	Health 1/ROTC/Dance/Band/Show Choir		Health 2/ROTC/Dance/Band/Show Choir							
Physical Education (10 Credits)	PE/ROTC/Dance/Band/Show Choir		PE/ROTC/Dance/Band/Show Choir		PE/ROTC/Dance/Band/Show Choir		PE/ROTC/Dance/Band/Show Choir			
Electives (10 Credits)										
MCAS Scores	English	Math	Science							
EPP Math Requirement (only if needed)	Math (2.5 Credits)		Math (2.5 Credits)		Math (2.5 Credits)		Math (2.5 Credits)			
EPP ELA Requirement (only if needed)	English (2.5 Credits)		English (2.5 Credits)		English (2.5 Credits)		English (2.5 Credits)			
Credits for promotion (Other course requirements apply)	20+ Credits =		40+ Credits =		60+ Credits =					
	Grade 10		Grade 11		Grade 12					

Students need a minimum of 90 credits AND all subject areas filled.

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 Lab 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

What are my options after high school?

- 2 & 4 Year Colleges
- Technical/Trade Programs
- Military
- Employment



Expanded Focus - Why?



Workshops &
programming
offered on all
options

Is there a cost for college?

Yes! College can cost anywhere from FREE to \$100k per year!!! However:

- 1) Massachusetts Community College may be free for you! See <https://masscc.org/freecommunitycollege/> for more information
- 2) Massachusetts state colleges and universities may be TUITION free for you (does not include room and board). See [MASSGrant Plus](#) for more information.
- 3) Some 4 year colleges have committed to covering the cost of college for those who are accepted and meet the financial need. Examples are: [Tufts Tuition Pact](#) and [The Brandeis Commitment](#) just to name two.

**To qualify for any free college students must complete the FAFSA*

The College Landscape: Three Pathways

Path 1

2 Year Colleges /
Community College
= Associate's
Degree

Low Cost or Free

*Some stop their
education with the
associate's degree -
see Path 2 if you want
to continue your
education*

Path 2

2 Years at
Community College
(Associate's
Degree)

AND

2 Years at College
or University =
Bachelor's Degree
Lower Cost as two
years are often 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 / associate's degree with a four year college /
university, students are often able to save money.***

MassTransfer

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 through a program called the Mass Transfer Program.



2 Year Colleges / Community 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 your GPA)



MassEducate

Free Community College is Here.

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

The MassEducate program allows all 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:

<https://masscc.org/freecommunitycollege/>

Note: You still have to complete the [FAFSA](#) or [MASFA](#)!



MIDDLESEX
Community College

MCC College Information & Application
Sessions will be held monthly during lunches
in College & Career Center.

October 14

November 18

December 16

MassGrant Plus

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

- If your family makes up to \$75-85,000 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!



[The Bridgewater Commitment | Free Tuition for Massachusetts Families Earning \\$125,000 or Less](#)



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

**GO
HIGHER!**

[www.mass.edu/
gohigher](http://www.mass.edu/gohigher)

- = Community Colleges
- = State Universities
- ◆ = UMass Campuses

- 1 **Berkshire Community College**, Pittsfield
(413) 499-4660 | www.berkshirecc.edu
- 2 **Mass. College of Liberal Arts**, North Adams
(413) 662-5000 | www.mcla.edu
- 3 **Greenfield Community College**, Greenfield
(413) 775-1000 | www.gcc.mass.edu
- 4 **University of Massachusetts Amherst**
(413) 545-0111 | www.umass.edu
- 5 **Holyoke Community College**, Holyoke
(413) 538-7000 | www.hcc.edu
- 6 **Westfield State University**, Westfield
(413) 572-5300 | www.westfield.ma.edu
- 7 **Springfield Tech. Community College**, Springfield
(413) 781-7822 | www.stcc.edu
- 8 **Mount Wachusett Community College**, Gardner
(978) 632-6600 | www.mwcc.edu
- 9 **Fitchburg State University**, Fitchburg
(978) 345-2151 | www.fitchburgstate.edu
- 10 **Quinsigamond Community College**, Worcester
(508) 853-2300 | www.qcc.edu
- 11 **Worcester State University**, Worcester
(508) 793-8000 | www.worcester.edu
- 12 **University of Mass. Medical School**, Worcester
(508) 856-8989 | www.umassmed.edu

- 13 **Framingham State University**, Framingham
(508) 620-1220 | www.framingham.edu
- 14 **MassBay Community College**, Wellesley Hills
(781) 239-3000 | www.massbay.edu
- 15 **Middlesex Community College**, Bedford
(781) 280-3200 | www.middlesex.mass.edu
- 16 **University of Massachusetts Lowell**
(978) 934-4000 | www.uml.edu
- 17 **Northern Essex Community College**, Haverhill
(978) 556-3000 | www.necc.mass.edu
- 18 **North Shore Community College**, Danvers
(978) 762-4000 | www.northshore.edu
- 19 **Salem State University**, Salem
(978) 542-6000 | www.salemstate.edu

- 20 **Bunker Hill Community College**, Boston
(617) 228-2000 | www.bhcc.mass.edu
- 21 **Roxbury Community College**, Boston
(617) 427-0060 | www.rcc.mass.edu
- 22 **Massachusetts College of Art and Design**, Boston
(617) 879-7000 | www.massart.edu
- 23 **University of Massachusetts Boston**
(617) 287-5000 | www.umb.edu
- 24 **Massasoit Community College**, Brockton
(508) 588-9100 | www.massasoit.mass.edu
- 25 **Bristol Community College**, Fall River
(508) 678-2811 | www.bristolcc.edu

- 26 **University of Massachusetts Dartmouth**
(508) 999-8000 | www.umassd.edu
- 27 **Bridgewater State University**, Bridgewater
(508) 697-1200 | www.bridgew.edu
- 28 **Massachusetts Maritime Academy**, Buzzards Bay
(508) 830-5000 | www.maritime.edu
- 29 **Cape Cod Community College**, West Barnstable
(508) 362-2131 | www.capecod.edu



Tuition Free Colleges for Certain Income Levels (Examples)

[Tufts Tuition Pact](#)

[Affordability | Harvard](#)

[The Quaker Commitment | UPenn](#)

[The Brandeis Commitment](#)

4 Year Colleges / Universities

Bachelor's Degree

What are colleges looking at?

- Strength of classes
- GPA
- Essay
- Letters of recommendation
- SAT/ACT scores (*if* required)

Minimum Requirements:

- 4 years of English
- 4 years of Math
- 3 years of Lab Science
- 2 years of Social Science
- 2 years of the same World Language

Selective Private Colleges (examples: BU and Northeastern) have more rigorous requirements including supplemental essays, interviews and 4 years of all core academic subjects.

Types of College Admission Deadlines

- **Regular Decision:** A set deadline which all materials must be submitted by (Example: 1/1, 1/15)
- **Early Action:** Non-binding early deadline
Often November 1st, if not sooner!
- **Early Decision:** Binding contract early deadline
You *must* attend, if accepted
- **Rolling Admission:** Applications are accepted & decisions are made on a rolling basis (as they come in) - *sooner the better!*

Note: Certain programs/majors (ex. Nursing), as well as scholarships, may have early deadlines.

Finalizing Your College List

REACH

- More selective/competitive colleges, your “dream” schools
- Your GPA/SATs fall at/below the average accepted students
- Acceptance rate is less than 30%
- You have reviewed their Net Cost to attend against your Net Price Calculator / SAI and you would be able to pay for this school

TARGET

- [Your GPA/SATs fit the school's published data on accepted students](#)
- You have reviewed their Net Cost to attend against your Net Price Calculator / SAI and you would be able to pay for this school

LIKELY

- Your GPA/SATs are above the school's published data on accepted students
- Acceptance rate is high (70% or higher chance of acceptance)

**A well-balanced
list typically has
7-12 schools:**

**2-3 Reach
3-5 Target
2-4 Likely**

[College Navigator](#) is
a great tool!

Parts of the College Application

Parts of the College Application: 4 Year Colleges

- [Common Application](#)
- Essay(s)
- Transcripts
- Letters of Recommendation
- SATs/ACTs

Special Considerations:

- If participating in athletics, register for the [NCAA online](#)
- Auditions
- Portfolios
- Interviews

Common Application



- One application for over 1000 schools
- Students need to create an account
- Students add schools to their dashboard on Common App

Watch flex blocks or drop in CCC times for help!

Common Application Student Instructions

This detailed document guide students through each section of the Common App

Common Application

**My Colleges:
College-specific
questions/ essays**

The screenshot shows the Common App dashboard for a practice account. A large grey arrow on the left points to the 'My Colleges' link in the left sidebar. A large grey arrow on the right points to the 'My Common Application' section, which includes a progress bar and links to Profile, Family, Education, Testing, Activities, and Writing. A yellow banner at the top right contains a warning about the practice account. The right sidebar features a 'Help & support' section with a search bar and several FAQ links.

common app

Dashboard

APPLY

- My Common Application
- My Colleges

EXPLORE

- College search
- Direct admissions
- Financial aid

Settings

Sign out

Jennifer Magary
CAID 31024589
Practice account

Good morning

Dashboard

My Common Application

1/6 sections complete

- Profile
- Family
- Education
- Testing
- Activities
- Writing

My Colleges

5 colleges on my list

5 in progress

Show colleges

Deadlines

To set deadlines, go to the application questions for each college on your list and select a term and admission plan.

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

Help & support

Search FAQs

Search takes you to the student solution center

Can I add a college to My colleges?

To add a college to your account:
Select **College search** from th...
[Read full answer](#)

I already submitted, can I change some of my answers?

You can return at any time and change your answer to any question in the My Common...
[Read full answer](#)

How many colleges can I add to My colleges list?

You may add and apply to up to 20 colleges. You may add and remove a college at any time...
[Read full answer](#)

Transcripts

- Your academic record throughout high school, includes your weighted GPA
- Student must request transcripts in Scoir *at least* 2 weeks prior to your deadline
 - Transcripts are sent through Scoir by your School Counselor

[How to Request Transcript on Scoir](#)

Letters of Recommendation (LOR)

- Ask your teachers in person first
- Student must also request letters of recommendation through Scoir
- Student must check college admissions websites for recommendation requirements as they vary school to school
- Please give your teachers and school counselors adequate time to complete your letters (*at least 15 school days / 3 weeks* prior to deadlines)
- We do not recommend asking for letters that will not be needed or used.

SAT/ACT

- Check individual schools to see if they **require** the SAT or ACT (found on their Admissions page)
- Sign up through CollegeBoard for SAT
- Sign up for ACT at actstudent.org
- Send your scores to college directly through CollegeBoard; they do not get sent through Lowell High School
- Assistance is available to help you sign up
 - Talk to your counselor, Trio/Gear Up advisor, or visit the College and Career Center

SAT Fall 2025

- Students are responsible for registering on [College Board](https://collegeboard.org/sat)

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. 23, 2025	Aug. 8, 2025	Aug. 12, 2025
Sept. 13, 2025	Aug. 29, 2025	Sept. 2, 2025 Register
Oct. 4, 2025	Sept. 19, 2025 Register	Sept. 23, 2025
Nov. 8, 2025	Oct. 24, 2025 Register	Oct. 28, 2025
Dec. 6, 2025	Nov. 21, 2025 Register	Nov. 25, 2025

Test (SAT/ACT) Optional

Many, **but not all**, schools are test-optional.

Resource: [Fairtest](#)

The best place you can research what schools are test-optional, what test-optional means for that school, whether or not you should submit scores, etc., is *directly on the college/university website*. For example:

[Boston University's Standardized Test Policy | Admissions](#)

[No Test Option FAQ | Undergraduate Admissions | UMass Lowell](#)

College Application Checklist

College Application Checklist: Senior Year

Scoir

SCOIR

What is Scoir?

- Lowell High School is now using **Scoir**, a modern college and career readiness platform designed to support you as you explore your future.

Whether you're thinking about college, exploring career paths, or just figuring out your next steps, Scoir will help you discover opportunities that match your unique interests and goals.

Scoir replaced Naviance!

LHS is no longer using Naviance.

- It has all the same capabilities as Naviance, *but it's better!*
- Scoir streamlines the process of requesting, processing, sending, and tracking the electronic delivery of application-related documents (from LHS to the colleges/universities)

Scoir Student Log In

1. Log into Clever
2. Scroll all the way down to “More Apps”
3. Select Scoir
4. Sign up
5. You are in, it’s that simple!
6. Start exploring!

Or, log in [here](#) (sign in through Clever)



Scoir Dashboard

Search for
colleges by name

The screenshot shows the Scoir Dashboard interface. At the top left is the Scoir logo. Next to it is a search bar containing the text "Emory University". A large blue arrow points from the text "Search for colleges by name" to this search bar. The top navigation bar includes links for Home, Discover, My Colleges, Inbox (with a red notification badge showing "21"), and Me (with a dropdown arrow). On the far right of the top bar is a green button labeled "Apply with Scoir". The main content area is divided into two columns. The right column features a list of events: "Scholarship Deadline - Boston University", "Application Deadline - Boston University Regular Decision | Sun Jan 4", "Register for Upcoming Events", "Visit from University of Calgary" (with a date and time), "Visit from Endicott College" (with a date and time), and "Visit from Fitchburg State University" (with a date and time). Each event entry includes a university logo and a blue "Register" button. A blue starburst graphic with the text "Register for College Visits to LHS!" is overlaid on the center of the dashboard. The bottom left of the dashboard has a dark blue footer with links for "Connect", "Get the iOS App", "Contact Us", "Help & Support", "Help Center", "Apply with Scoir", and "Common App". At the very bottom is a copyright notice: "© 2025 Scoir, Inc. All rights reserved. Privacy and Legal Policies".

Connect

Get the iOS App

Contact Us

Help & Support

Help Center

Apply with Scoir

Common App

© 2025 Scoir, Inc. All rights reserved. [Privacy and Legal Policies](#)

Register for College Visits to LHS!

College Search

The image shows a screenshot of the Scoir college search website. The interface includes a search bar at the top with the text "Emory University". Below the search bar, there are tabs for "For You", "Colleges", and "2". The "Colleges" tab is selected. On the left side, there are filters for "Business", "4-Year", "United States", "America", and "Large". The main content area displays a list of colleges, including "University of Boston, MA" and "University of Albany, NY". A "Filters" modal is open in the center, showing the "Academic Focus" section with a dropdown menu set to "Business" and a "Show Academic Focuses" button. The "Degrees" section is also visible, with options for "4-Year" (checked) and "2-Year" (unchecked). At the bottom of the modal, there is a "Clear All" button and a "Show 2 Colleges" button. Three large blue arrows with white text are overlaid on the image, indicating the steps: "1. Click Discover" (pointing to the top right), "2. Click Colleges" (pointing to the "Colleges" tab), and "3. Apply Filters" (pointing to the "Filters" modal).

1. Click Discover

2. Click Colleges

3. Apply Filters



Your app list is missing 3 colleges

Top Choices

[Docs](#)
[Sort: Deadline](#)
[Export](#)
[+ Add College](#)


Following (6)

Add a College



American University
Washington, DC



Scoir

Start App



Emory University
Atlanta, GA



Savannah State University
Savannah, GA



Savannah Technical College
Savannah, GA



University of North Carolina
Chapel Hill, NC



West Chester University of...
West Chester, PA

Applying (6)

Add a College



University of Georgia
Athens, GA

Regular Decision **Jan 1**

Other

Pending Acknowledgement



Albany State University
Albany, GA

Rolling

College Website

Pending Acknowledgement



Perimeter College at Geor...
Atlanta, GA

Rolling

College Website

Pending Acknowledgement



Allegheny College

Applied (1)



Where are you enrolling?

Move your choice here.



Mercer University
Macon, GA

Regular Decision **Feb 2**
Outcome **Pending**

Checklist **0/4**
Docs Sent **0/1**








College Website


Not Interested View (5)


Suggested View


Connect Scoir to Common Application



 Home Discover My Colleges Inbox

 T Me







Tracy Smith





Personal Details

Academic OverviewPersonal BioActivities & AchievementsCollege PreferencesCareersDrive

Personal Details


 Download Resume


Tracy Smith

 -
 -
 -
 Sep 5, 2017


Legal Sex: Not specified
Race: Not specified
Ethnicity: Not Specified
Citizenship: Not specified


Parents
[+ Invite a Parent](#)
I will be a first-generation college student.
☐ Yes
☐ No
You are a first-generation student if neither parent or guardian has received a 4-year college degree.

Account

 vrussell
(Primary)
[+ Add Alternative Email](#)

Application ID

 Not Connected
[Connect Common App](#)



Academic Overview

School	Test Scores
--------	-------------

Teacher Letter of Recommendation Requests on Scoir

Review instructions:

[Request Teacher Letter of Recommendation](#)

Teacher Letter of Recommendations need to be assigned on Scoir! *Important Step!*

Once a teacher's recommendation has been completed, students will need to assign which college(s) should receive that teacher's recommendation.

Note: The letter of recommendation needs to be created first before you can assign it.

The screenshot shows the Scoir interface with a search bar at the top. Below the navigation bar, there's a 'Docs' section with a 'Documents' table. The table has columns for Title, College, and Status. It lists 'Early Decision Contract*' and 'Fee Waiver Request'. Below this is a 'Letters of Recommendation' table with columns for Recommender, Type, College, and Status. It lists 'Amanda Johnson' and 'Nicole Teacher'. A '+ New Request' button is visible next to the 'Letters of Recommendation' table.

Title	College	Status
Early Decision Contract*	Rice University	Sign Agreement Download Template
Fee Waiver Request		View Request Form Request & Sign

* Required

Recommender	Type	College	Status
Amanda Johnson	Teacher	General	Created
Nicole Teacher	Teacher	General	Created

Rows per page: 5 - 1-2 of 2

The screenshot shows the 'Manage Recommendation Assignments' modal. It has a 'Recommendation Details' section with 'Created by Amanda Johnson on 8/1/2025'. Below is an 'Assignments' section with a table showing 'Rice University' with a status of '0 of 2 Required, maximum of 2 accepted'. There are 'Cancel' and 'Save' buttons at the bottom.

Recommender	Type	College	Status
Amanda Johnson	Teacher	General	Created
Nicole Teacher	Teacher	General	Created
Evan James	Teacher	General	Requested Aug 1, 2025

Financial Aid

FAFSA (Free Application for Federal Student Aid)

- FREE to complete on studentaid.gov
- Opens October 1st this year - submit as soon as possible after it is open
- All colleges require FAFSA for students to be eligible for grants, loans, (some) scholarships, and work-study



Always check the colleges' financial aid websites for the forms they require and their financial aid deadlines.

CSS Profile

- SOME private colleges/universities will require (in addition to FAFSA)
- Available on collegeboard.org; fees apply

Always check the colleges' financial aid websites for the forms they require and their financial aid deadlines.

Financial Aid Resources

LHS Financial Aid Night: 10/8 6PM-7:30PM

MEFA

[Financial Aid 101 2025-26 - MEFA Webinar \(English\)](#)

[Ayuda Económica para la Universidad 101 2025 - MEFA \(Spanish\)](#)

[FAFSA Fall Festival](#)

Trio/Gear Up Advisor

Going to MCC? Make an in-person appointment at: [Financial Aid Office](#)

Monthly FAFSA Completion Events at LHS

Financial Aid Night

FAFSA & Financial Aid Overview

Presented in English & Spanish

Wednesday, October 8, 2025

6PM-7:30PM

LHS Main Entrance/Main Cafeteria (English presentation)

B2035 (Spanish presentation)

Presented by LHS College & Career Center and MEFA
Massachusetts Educational Financing Authority®



Visit College and Career in B2035
during **Drop in Hours!**

Additional Post-Secondary Plans

**Sign up for the upcoming
Flex Block:**

Not sure of your path
after high school? Come
learn about options!

Community Colleges: Certificate Programs

Community colleges, such as Middlesex Community College and Northern Essex Community College, offer many [certificate programs](#), such as the ones below. *This is a short list of hundreds of programs offered!*

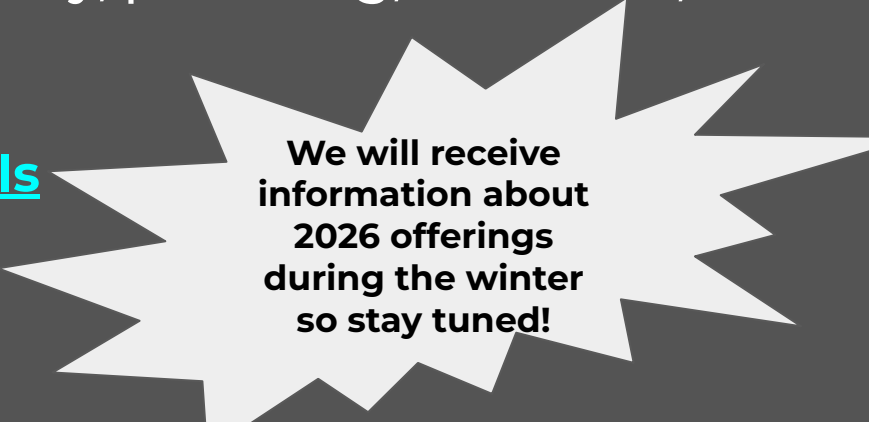
- Dental Assisting
- Medical Assisting
- Hospital Management
- Culinary Arts
- Travel Management
- Medical Coding & Billing... and more!

Trade Schools/Technical Programs

Do you want to go into a trade? Make sure you tell your school counselor in your individual senior meetings!

Our local vocational high schools often offer grant funded (free!) initial training that is 6-8 weeks, full time. In years' past, we have placed students in free training for trades such as welding, carpentry, culinary, plumbing, auto tech, and *more!*

Trade Schools & Technical Schools



**We will receive
information about
2026 offerings
during the winter
so stay tuned!**



47th Annual Merrimack Valley College & Career Fair



105+
College & Career
Representatives

Thursday, October 2nd, 2025

6-8 p.m.

Location:

Lowell High School Main Entrance

Presented by: Lowell High School's College & Career Center

Contact: Darmery Montoya at dmontoya@lowell.k12.ma.us