

# Jumpstart to College & Career Planning Night for Juniors



November 30, 2023  
6:30 - 8 PM

# Tonight's Agenda

1. What steps have you **ALREADY** taken toward future planning?
2. What should you be doing **MOVING FORWARD?**
3. Panel introductions & POA
4. Question & Answer



# MEET YOUR SCHOOL COUNSELORS!

## Gold House - D102



Mrs. Khazai  
Last Name:  
A - Cam



Mr. Childs  
Last Name:  
Campo - De Oliveira

## Green House - C209



Ms. Jones  
Last Name:  
De P - Gen



Mr. Walcek  
Last Name:  
Geo - Law

## Welcome Academy - A200



Ms. Trayers  
Last Name:  
H-Z



Ms. McIntosh-Case  
Last Name:  
A- G

## Blue House - D109



Ms. Donovan  
Last Name:  
Le - Mon



Mr. Burrill  
Last Name:  
Mont - P

## Silver House - E205



Mrs. DeSimone  
Last Name:  
Q - Silva



Ms. Monaco  
Last Name:  
Silve - Z

## SSA + CACC - K005



Ms. Borr  
SSA Counselor



Mrs. Erikson  
College & Career  
Counselor

# Future Planning

## March 2023: Course Selection (Academic Planning): Meeting with School Counselor

### February – March 2023

- Each Class of 2025 student had an individual, twenty minute appointment with their school counselor.

### Purpose:

- Discuss course selections for the 2023-2024 school year
- Ensure that courses are geared toward meeting FHS graduation requirements as well as toward each student's post-secondary goals
- Answer any questions students have about their academic plan.

**These meetings will occur again this upcoming spring for '24-25!**

# First Half of Junior Year: EXPLORATION

There are **MANY** paths to a happy and successful life and career!

- Two or Four Year College
- Technical School/Professional License
- Work
- Military
- Gap/Interim Year



# First Half of Junior Year: EXPLORATION

## Important Factors to Consider

- Financial needs, fit and outcome
- Many great programs– affordable Certificate, Associate's, Bachelor's and Master's degree programs– all within the MA State College system!

**MassTransfer** - <http://www.mass.edu/masstransfer/>

- 2 + 2 Transfer Options!
- Any community college → Attend any state university or UMASS after two years

# First & Second Half of Junior Year: EXPLORATION

## Naviance lesson (~February '24)

- Naviance lessons with school counselors will occur in the spring semester
- Students will learn how to research career pathways and specific colleges
- Students will start to build their college list and/or other applications for after high school

## Mini Lessons on College Process (~May '24)

- Students will continue to research schools and build college lists + engage in the application process

# EXPLORATION ON NAVIANCE

## College Search Tools:

**College Lookup:** search the database for quick facts about colleges and universities.

**College Compare:** compare average GPAs and test scores for accepted students from FHS at up to ten colleges.

**Scattergrams:** graph that shows SAT scores and GPAs of FHS applicants (without names) and indicates whether the student was admitted, wait listed, or denied.

## Features Regularly Updated:

**College Visits:** for seniors to see when College Admissions Representatives or Professional Organizations are visiting FHS.

**Scholarship List:** this section contains information for seniors about every scholarship of which FHS has been made aware.

The screenshot shows the Naviance website interface with several sections and annotations:

- Navigation:** "careers" and "about me" tabs at the top.
- my colleges:** A section with links for "colleges I'm thinking about" and "colleges I'm applying to". To the right, a box titled "Upcoming college visits" contains the text "No upcoming visits." This box is circled in blue.
- college research:** A section with links for "SuperMatch™ college search", "college compare", "college lookup", and "college search". To the right, a list of links includes "college resources", "college maps", "scattergrams", "acceptance history", and "enrichment programs". The "college maps" and "scattergrams" links are circled in blue.
- scholarships & money:** A section with links for "scholarship match" and "scholarship list". The "scholarship list" link is circled in blue.

Three orange arrows point from the text descriptions on the left to the corresponding links in the screenshot: one from "College Lookup" to "college lookup", one from "College Compare" to "college compare", and one from "Scholarship List" to "scholarship list".



# EXPLORATION ON NAVIANCE

## CAREERS TAB

***Do What You Are:*** This is a helpful personality assessment of strengths, areas of growth, and career ideas based on the Myers-Brigg Personality Types. This inventory should take about 30 minutes.

***Career Interest Profiler:*** This is a tool that can help you discover the types of work activities and careers that match your interests. Interest profiler has 180 questions about work activities that people do at their jobs.



# Second Half of Junior Year: 4 YEAR COLLEGE PATH



## Digital SAT & ACT

We recommend taking the D-SAT or ACT as follows:

- Round 1 during May/June of Junior Year
- Round 2 (if needed) during August – December of Senior Year

·To register and for more information:

- SAT: [www.collegeboard.org](http://www.collegeboard.org)
- ACT: [www.act.org](http://www.act.org)

**\*\*If you believe you qualify for a fee waiver, please see the college & career counselor or your school counselor\*\***

## TOEFL

May be recommended for some students who learned a first language other than English.

- Should be taken during fall of senior year
- For more information and to register: <http://www.ets.org/toefl>

# Second Half of Junior Year: 4 YEAR COLLEGE PATH

Students applying to 4-Year Colleges will likely need at least 1 teacher letter or recommendation and a school counselor letter of recommendation.

You should ask for letters of recommendation between April – June of junior year.

## Teacher Recommendation(s)

- You will likely need 1-2 teacher letters
- We recommend asking teachers from junior year.
- 1 STEM / 1 humanities

## School Counselor Recommendation

- In order to request a counselor letter of recommendation, you will complete the “Student Interview Packet.”
- You will schedule an appointment to go over the packet with your counselor.

# Second Half of Junior Year: 4 YEAR COLLEGE PATH

## Summer Break

### Start your college essay

- Choose the topic wisely.
- Proofread, proofread, proofread!
- Ask 1-2 trusted adult(s) for help with editing.
- When you return to school, use the FHS Writing Center (E207) for proofreading.

### Continue the College/Career Search!

- Visit campuses, job shadow, get an [internship](#)!
- Use [NAVIANCE](#)
- Use [CANVAS](#)
- Use [COMMON APP](#) (launches 8/1/24 for '24-25 applications)

### Compile a list of colleges/programs to which you want to apply

- Should be a balance of 'safety,' 'target,' and 'reach' schools (use the Naviance scattergrams)
- Once you've compiled a list, check each college's admissions website to find out their specific application requirements.

# Utilize Your School Counselor + C&CC

**A lot of students wait until the last second to discuss their plans  
→ don't be that person!**

- Unless you tell them, your counselor won't know what your plans are for after high school
- Have a meeting about post-high school plans with your counselor before you leave for the summer
- Start getting familiar with the College & Career Center (K002)

**There are lots of resources at the high school → use them!**

1. Counseling offices
2. College & Career Center
3. Canvas
4. Writing Center
5. Dual Enrollment
6. Clubs & extracurricular activities

# Second Half of Junior Year: TRY THINGS OUT

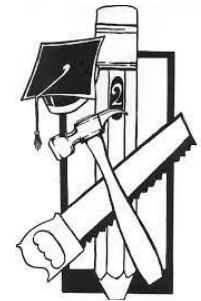


Continue to reflect on what you see yourself doing after graduation.  
**Research, research, research!!!**

- Explore your options, for example:
  - 2 Year College/Associate's Degree
    - Look into programs available at Massachusetts [Community Colleges](#) (\*See hand-out in the [Night Events](#) folder).
    - Consider the [MassTransfer](#) or Commonwealth Commitment Program
  - Local Post Graduate Programs
  - FSU at MassBay Program
  - [GAP Year](#) Programs
  - [Military](#)
  - Apprenticeship
  - Talk to FHS Career Service Specialist about job shadowing or [internship](#)



Internship



# Support: FHS College & Career Center

## Ongoing Services

- One-on-one appointments during the school day
- Standardized testing preparation events and webinars
- Dual Enrollment opportunities and support for students signing up for these courses
- Regular updates to the Scholarship Database (accessible to seniors on Naviance)
- ASVAB exams (November + April annually)

**During Semester 1, the focus of the College and Career Center is providing services for seniors.**

**During Semester 2 (February 2024 – June 2025), services for juniors are planned to include:**

- One-on-one appointments during the school day (as possible)
- Access to the College & Career Center / Mass Hire
- Naviance classroom lessons

**Next Fall & Winter, as seniors, you will have access to:**

- ~100 college admissions representative visits to FHS
- Lunchtime + other workshops throughout the year
- On-the-Spot Admissions events at FHS
- Post-secondary & financial aid events + information events

# ADDITIONAL RESOURCES

## **The School Counseling Department Website**

<http://www.framingham.k12.ma.us/fhsguidance.cfm>

- ❖ Counselor contact information
- ❖ Links to newsletters, college visit sign-ups, and college/career resources
- ❖ Information about upcoming events

## **College & Career Center (C&CC) in K002:**

### **Schedule an appointment via YouBookMe with Ms. Erikson**

<https://fhscollegecareercenter.youcanbook.me/>

### **College & Career Center Canvas pages**

<https://framinghamk12.instructure.com/courses/41490>

### **Newsletters from the School Counseling & the C&CC**

~Weekly emails from Ms. Erikson with ongoing events & resources

<https://www.framingham.k12.ma.us/domain/281>





## PLEASE WELCOME

- ▶ **Lisa Slavin | Mass Bay Community College**  
*Associate Vice President for Enrollment Management*
- ▶ **Rachel Bukoski | University of Massachusetts - Amherst**  
*Assistant Director of Undergraduate Admissions*
- ▶ **Jenna Saade (FHS '19) | Framingham State University**  
*Admissions Counselor, Undergraduate Admissions*
- ▶ **Benjamin Trapanick | Framingham State University**  
*Office of Family Engagement; Division of Academic Advancement*
- ▶ **Susan Migliorisi | Boston College**  
*Associate Director, Office of Undergraduate Admissions*
- ▶ **Katie Brown | Merrimack College**  
*Senior Admissions Counselor, Office of Undergraduate Admissions*

# QUESTIONS?



THANK YOU FOR ATTENDING!