

Class of 2023

Post-Secondary Spring Newsletter

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POST-SECONDARY PLANNING PROCESS

It is important to start planning for after high school and the School Counseling Department is here for you. We wanted to share what you should be thinking about and doing over the next couple of months. Please make an appointment with your school counselor if you have questions and to share your plans with them. Additionally, please check out the Canvas modules linked at the bottom of this newsletter for lots of helpful content!

1. Exploration & Planning

- Check out our [Junior Year to Do List!](#)
- It is important to continue thinking about your plans for after high school. Please use [NAVIANCE](#) to do college and career searches.
- Become familiar with the [MassTransfer Program](#) in case that is a good fit.
- Please communicate your plans with your school counselor regardless of if it is college, work, the military, vocational training, a gap year, or otherwise!
- If you are planning on applying to colleges, start making a list of your college choices - you can use [this chart](#) to keep track.
- For more activities around planning, please consult our list! [English](#) [Español](#) [Português](#)

2. Teacher Recommendations

- If you are applying to a 4-year college, you will likely need 1-2 teacher recommendations.

- When choosing which teachers to ask, think about which teachers know you the best. It does not have to be a teacher who teaches the class you are strongest in. It is more important that they can write about what type of student you are.
- Please ask your two teachers BEFORE the end of the year if they would be willing to write you a recommendation. Each teacher has their own process for this!

3. Counselor Recommendations

- Most 4-year schools require a counselor recommendation. This is why it is important for you to communicate your plans with your counselor. They will provide you with further instructions and next steps!

4. Standardized Tests

- It is recommended that students take the ACT or SAT once their junior spring and once their senior fall.
- The test dates for the SAT and ACT can be found on their websites: <https://www.collegeboard.org/> and <https://www.act.org/content/act/en/products-and-services/the-act.html> It is important to register soon for these! If you need a fee waiver, please contact your school counselor or Mrs. Erikson (rerikson@framingham.k12.ma.us).
- Please visit [FairTest.org](https://www.fairtest.org) to review the schools that are in-part or fully test optional.

[Please click here](#) for a lot more information regarding testing, test prep, and FAQs.

5. Common Application

- The Common Application is an application that is used by hundreds of colleges. You can find out if it is used by the colleges you will be applying by checking each college's website.
- The Common Application is 1 application that is then sent to whichever schools you choose. There is one part of the application that gets sent to each school, and then there are supplemental applications depending on the school (all within the Common Application).
- We recommend starting the Common Application over the summer. While the Common Application will become available in August for the Class of 2023, you may start it now and then roll it over.
- The Common Application can be found here: <https://www.commonapp.org/>

**Some schools do NOT use the Common Application. This will be noted on the college's website, and the application that they use will also be listed there.

6. Personal Statement/College Essay

- The college essay/personal statement is an important part of an application, as it shows the colleges who you are and what is important to you.
- The Common Application has essay choices that can be found here: <https://www.commonapp.org/blog/2022-2023-common-app-essay-prompts>
- We recommend getting starting on this essay this spring and summer.

- Make an [appointment](#) with Ms. Erikson for college essay help—whether its picking a topic or editing, we're here for you.
- We encourage you to use the FHS Writing Center for help!

7. Financial Aid

****While you CANNOT start these until October 1st, it is helpful to become familiar with the processes; more information can be [found here](#).**

- The Financial Aid process is separate from the Admissions process.
- Colleges and universities all require the Free Application for Federal Student Aid (FAFSA) in order to apply for aid. This is found here: <https://studentaid.gov/h/apply-for-aid/fafsa>
- Some colleges also require the CSS Profile, which is an additional application: <https://cssprofile.collegeboard.org/>

The Massachusetts Educational Financing Authority is a great resource to learn more: <https://www.mefa.org/>

LOOKING FOR SUPPORT?

Massachusetts Educational Financing Authority Podcast Series

Welcome to MEFA's podcast series. Here you'll find conversations with our experts about every step of planning, saving, and paying for college. You can listen to each podcast right on this page, or through the podcast app on your iPhone or Android. Be sure to subscribe to our series below to find out about new episodes.

[Subscribe on iTunes](#) or

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The MetroWest College Planning Collaborative

[The MetroWest College Planning Collaborative](#) (CPC) is a regional joint college access initiative that was founded by Framingham State University and Mass Bay Community College through the Department of Higher Education's Vision Project. The CPC's mission is to provide the necessary outreach, training, mentoring, and advising to guide youth and non-traditional adult learners in the Metro West region on their desired pathway to higher education.

If you would like to book an appointment, please email MetrowestCPC@gmail.com or call 508-215-5600.

COLLEGE VISITS & FAIRS

Many colleges have virtual campus tours on their websites-- check them out! There are also large scale virtual college fairs happening!

[YouVisit](#) and [CampusTours](#) allow you to search for schools for a virtual tour.

NEACAC COLLEGE FAIRS

Visit <https://www.neacac.org/spring-college-fairs-2022> for more info.

CAREER, TRADE, & TECHNICAL PROGRAMS

LOOKING TO EXPLORE CAREER OPTIONS?

- **O*NET Online:** Explore various careers through multiple tools: <https://www.onetonline.org/find/>
- **Massachusetts Career Information System:** <https://masscis.intocareers.org/loginmain.aspx?SiteType=3&cookieTest=y> Students enter the site by entering Framingham's zip code. There are a number of career assessments as well as multiple ways to explore careers (Reality Check is a favorite!).
- **Explore [Year Up!](#)** Year Up provides training, internships, and career pathways.
- **College Board's Big Future:** This is a tool to explore careers, [click here](#).
- **Keefe At Night** has various training programs and classes to take to further your skills and credentials after high school. [Explore your options here](#).
- **Massachusetts Bay Community College** offers [certificate programs](#) to gain career credentials and technical skills. These are programs that do not require that you matriculate into the college and rather than earning an Associate's Degree, you earn a Certificate in a particular area.
- **Universal Technical Institute:** [Explore their training programs here!](#)
- **[Benjamin Franklin Institute of Technology](#):** Contact Calvin Conyers, Assistant Dean of Admissions and Recruitment; Phone: 617-588-1299 | Email: CConyers@bfit.edu
- **[Explore Job Corps](#):** Job Corps also host two weekly info sessions via Zoom on Tuesdays @ 2pm & Thursdays @ 6:30pm—open to all! **Interested in Job Corps? Contact:** Katie Skuse (Admission Counselor) Skuse.Kathryn@jobcorps.org; All you have to do is simply click the link and book your appointment, <https://katieskuse.youcanbook.me/>

GAP YEAR PROGRAMS & EVENTS

Please note: There are many different ways to take a gap year. Some students take them through programs (these have a big range of price tags), some create their own plan, others work. Please talk to your counselor about these options!

Gap Year Solutions: You can visit their [website](#) to watch recent presentations, and see the schedule of upcoming [events](#).

Want more info? Contact Katherine Stievater at katherine@gapyearsolutions.com

Rustic Pathways: Since 1983 [Rustic Pathways](#) has been operating intentionally designed, transformative student-travel programs with impact at the core of the experience.

Want to see the world now? Explore their new [Flightless Travel Resources](#) with everything from virtual tours and language learning to movie and music playlists to help you explore a country even when you can't travel right now! Explore their travel programs [here](#).

CANVAS MODULES

Please click on the buttons below to check out the Canvas modules on a variety of post-secondary topics.

[Canvas Module #1: The College Application Process](#)

[Canvas Module #2: Standardized Testing](#)

[Canvas Module #3: MassBay](#)

[Canvas Module #4: Military](#)

[Canvas Module #5: Alternative Pathways](#)

Canvas Module #6: FHS Event Documents

Schedule an appointment with your counselor!