

College Et Career Center Newsletter

CLASS OF 2023 | MARCH 2022

HOW TO TRANSLATE / TRADUCIR / TRADUZIR

- **English:** On a computer/laptop, click "Translate" in the black box. On a mobile phone/tablet click the Accessibility Icon at the bottom of your phone screen and then click 'translate'.
- **Spanish:** Desde una computadora o portátil (laptop), haga clic en "Translate" en el cuadro negro. Desde un teléfono celular o tableta, haga clic en el icono "Accessibility" en la parte inferior de la pantalla y luego haga clic en "Translate".
- **Portuguese:** Em um computador/laptop, clique "Translate" na caixa preta. Em um celular/tablet, clique no ícone de 'Accessibility' na parte de baixo da tela e então clique 'Translate'.

LET'S CONNECT!

Mrs. Erikson's Hours (Room E118)

Monday - Friday | 7:00am-2:00pm

Should a parent/guardian wish to meet with me, I am available by appointment only. Appointments can be made by calling/emailing the phone number and email below.

Rachel Erikson (She/Her/Hers)

+1 (508)782-7688 | rerikson@framingham.k12.ma.us

115 A Street Framingham, MA 01701



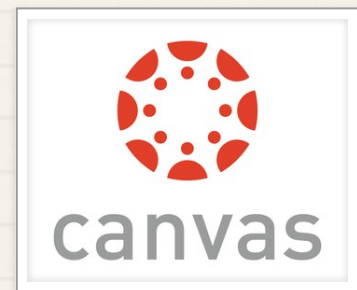
RESEARCHING COLLEGES + RESOURCES

RESEARCHING COLLEGES + POSTSECONDARY OPTIONS

Ms. Erikson has created [Canvas](#) pages to help you explore information and resources related to the college search + application process and answer commonly asked questions.

Check them out below:

- [The College Search](#)
- [Mass Bay Community College](#)
- [Standardized Testing](#)
- [Military](#)
- [Alternative Pathways](#) --> e.g. gap years; trade/apprenticeship programs; internships



LEARNING DIFFERENCES: COLLEGE CONVERSATION

WHEN

THURSDAY, MARCH 17TH, 11AM

WHERE

THIS IS AN ONLINE EVENT.

MORE INFORMATION

Please join us for **Learning Differences: College Conversation** with three premier colleges (**LANDMARK COLLEGE, DEAN COLLEGE & LYNN UNIVERSITY**) that support students with learning differences as they provide updates about college admissions, programs, and their innovative curriculum that will prepare your students for their future careers. During this one-hour session each college's representative will present an overview of their respective college and provide updates on college admissions and their programs. **REGISTER HERE**. The session will be recorded; everyone who registers will receive a copy of the recording.

ANNUAL SUDBURY SERF COLLEGE FAIR: MARCH 13-19

The [Annual SERF College Fair](#) - 14 years strong - encourages and supports high school students from all backgrounds to explore education after graduation. High school students and their families, including those in all of our neighboring communities, are invited to join us for FREE seminars and workshops with experienced college counselors, and for live conversations with college admissions and gap year representatives. Sponsorships of this event contribute to SERF's mission of funding K-12 educational grants that bring innovation and enrichment to all of our community's schools. *See the flyer below for more information.*

- **Online seminars: March 13-18 2022**
- **Live + in-person: March 19, 2022**



2022 Sudbury SERF College Fair.pdf

Download

2.4 MB

STANDARDIZED TESTING INFO & RESOURCES

STANDARDIZED TESTING FAQ

Be sure to look at Ms. Erikson's '[Standardized Testing](#)' Canvas page for detailed information on the following:



- *SAT + ACT registration instructions*
- *SAT + ACT study resources*
- *Fee waiver information*
- *Testing accomodations*
- *TOEFL registration*

Important SAT/ACT Test Day Information:

Make sure you bring what you need for test day! This includes a printed copy of your admissions ticket, a photo ID (a school ID is valid), No.2 pencils, and an approved calculator (the list can be found [here](#)).

Need help registering? Contact Ms. Erikson (rschmid@framingham.k12.ma.us)

What is the Difference Between the SAT/ACT?

There are a few key differences between the SAT and the ACT. ACT scores range between 1-36, and SAT scores range between 800-1600. The ACT allows a calculator to be used for all math sections; the SAT only permits a calculator on some sections (though, both tests focus on arithmetic, Algebra I&II, Geometry, and Trigonometry). ACT does have a science focus, unlike the SAT. *Both the ACT & SAT are accepted by almost all colleges/universities in the U.S.

Should I take the ACT/SAT Combo Practice Test?

Yes! For all the reasons above, you may have a standardized test preference. The only way to find out which one you have is to take a sample of each test. Contact Ms. Erikson for details on how to find an online combo practice test.

Do I Qualify for a Fee Waiver, & Where Do I Get One?

Do you have free/reduced lunch and/or receive any financial assistance? If so, you qualify for a SAT fee waiver! A fee waiver covers the cost of up to two SAT tests and three SAT Subject Tests. If you need an **SAT or ACT fee waiver** please contact Ms. Erikson (rschmid@framingham.k12.ma.us) and she will get you a code and help you register.

How do I Send Schools my ACT/SAT Scores?

Official [SAT/ACT](#) scores must be submitted through their respective websites. **Scores are NOT sent by FHS students' respective colleges.** Four score sends are covered by the registration fee for both the SAT and ACT. Students who qualify for free/reduced lunch get up to eight free score sends.

****While some options are listed below, Framingham High cannot endorse any particular tutors or tutoring companies. We recommend that students/families conduct their own research prior to starting services.*

FREE PRACTICE TESTS

FREE SAT & ACT practice tests with Revolution Prep!

SAT Mock: Saturday, April 2nd @ 9: 00 AM ET

ACT Mock: Saturday, April 9th @ 9: 00 AM ET



RP practice tests dates and registration 21-22.pdf

[Download](#)

308.4 KB

WEEKLY FREE SAT/ACT TESTS WITH STUDYPOINT

Improve Your SAT or ACT Score From Home: Free Virtual Practice Tests Every Week.

[Register here!](#)

SAT (Regular Length) | Saturday, March 12th @ 10:00 AM EST

ACT (Regular Length) | Sunday, March 13th @ 12:00 PM EST

SUMMIT EDUCATIONAL GROUP

TAKE A FREE PRACTICE TEST: Much like a scrimmage or dress rehearsal, taking practice tests under realistic conditions removes the mystery of the test, reduces test anxiety, and increases confidence. Practice tests are a crucial component of any successful test prep program. They provide a starting baseline for test planning and help tutors and students track progress toward their score goals.

Online or in-person (Newton, MA) practice tests. Find dates [here!](#)

FREE WORKSHOPS WITH SAT SIMPLIFIED

- **Tackling the Toughest SAT Math Problems** – December 8th at 6pm
In this workshop we'll go through the most difficult math problems on SAT Practice Test #9. We'll also show students how they can use the same strategies on the problems that they'll encounter on test day -> [Click Here for Details & Registration](#)
- **Getting the Most out of your PSAT Score Report** – December 15th at 6pm
Students can use the information from their SAT (or PSAT) score reports to create a more effective "SAT game plan." We'll teach students how to do this by focusing on 5 of the most common "opportunities for improvement" that we've seen with our students -> [Click Here for Details & Registration](#). [Click Here for our Upcoming Classes!](#)

SAT / ACT PRACTICE WITH SUMMIT EDU GROUP

Whether you have 10th grade students looking for baseline testing, a 7th grader looking to try an SSAT for the first time or an 11th grader wanting to check in on their progress, we have several different options. Families can register for our practice tests by visiting our website here: <https://mytutor.com/free-practice-tests>

- **In Person Proctored Practice Tests:** We continue to run in person test at our three office locations in New Canaan, CT, Newton, MA and White Plains, NY. Strict health and safety measures continue to be in place and families can review our safety guidelines in more detail on our site.
- **Online Proctored Practice Tests via Zoom:** Offered on weekends and select weekdays. Students will receive paper copies of the test in advance and will be provided with a Zoom link.

In addition to our scheduled proctored tests, we also have convenient on-demand options:

- **Test Proctor Videos:** If a student is unable to attend a scheduled practice test in person or over Zoom, they can cue up one of our high quality proctoring videos to ensure that the test is being taken under timed conditions.
- **Digital Testing:** Our digital testing platform has been designed to reflect the current interfaces of official digital tests for the SAT, ACT, SSAT and ISEE. This platform is a great resource for students that are planning on taking their official tests in a digital format so they can be exposed to the look and feel of the test.

EDUCATION STATION TEST PREP

SAT/ACT Six-Week Test Prep Program

Students will receive:

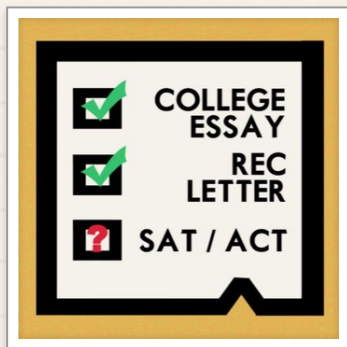
- **24 - Hours of Guided Instruction-** to review essential concepts, testing-specific strategies and problem-solving skills
- **One Complete Student Manual-** includes a curriculum outline, practice problems, homework assignments and more

- **Six Practice Tests-** will be graded and sent back with a breakdown analysis of your results to track progress and focus study efforts

To see upcoming dates/sessions [click here!](#)

Other services offered by Education Station:

- **15- Minute College Essay Review Session**– Do you have a draft of your college essay? Do you want it reviewed by an admissions expert?
- **Academic Profile Review Session**– Meet with our founder, Christine Chapman, who has 26 years of experience working with college-bound students. Christine will review your profile and answer any questions you may have while she helps you develop a personalized map through the college application process.
- **SAT/ACT Baseline Testing**– We offer baseline testing for both the SAT and ACT exam. Students will receive a practice exam and self- administration instructions so they may take the exam at home under real testing conditions. Our tutoring team will review each student's results and offer a recommendation for an exam. Students will receive a score report and a breakdown analysis of their results that highlights areas of opportunity and weakness.



TEST OPTIONAL SCHOOLS

Test optional means that a school does not require SAT or ACT scores as a part of your application.

Over 1,000 colleges and universities are test optional.

Find a complete list at

www.fairtest.org!

THE TOEFL EXAM

The **Test of English as a Foreign Language (TOEFL)** is a standardized test that measures English language ability for non-native speakers who plan to enroll in an English-speaking college/university—the test evaluates listening, reading, writing, and speaking skills in relationship to academic tasks.

Test costs range between \$150-\$225. Unfortunately, no financial aid is offered for the TOEFL test. Fee-based and free prep materials can be found on the [TOEFL website](http://www.toefl.org) or in the College & Career Center (E118). To register and see test dates/locations visit www.toefl.org.

FREE TEST PREP RESOURCES

In addition to Ms. Erikson's [CANVAS](#) pages, here are some other wonderful, free SAT/ACT test prep resources!

SAT Prep

- [Khan Academy](#)
- [College Board](#)
- [Kaplan](#)
- [Union Test Prep](#)
- [Test Prep Review](#)
- [Varsity Tutors](#)
- [PowerScore](#)

ACT Prep

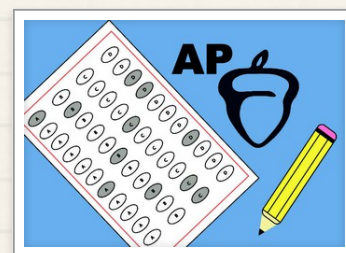
- [ACT website](#)
- [ACT Academy](#)
- [Kaplan](#)
- [Magoosh](#)
- [Union Test Prep](#)
- [McGraw Hill](#)

AP EXAMS

ALL UPDATED AP EXAM INFORMATION FOR 2021-2022 CAN BE FOUND ON THE FHS WEBSITE UNDER 'COLLEGE & CAREER CENTER:' <https://www.framingham.k12.ma.us/Page/9405>

This includes:

- AP Exam info
- Registration / payment directions
- Study materials and upcoming events
- Up-to-date AP Exam Newsletter



SCHOLARSHIPS

HOW DO I APPLY? ↓↓↓↓↓↓

The type of application a scholarship uses is listed at the bottom of the name/description. Please be aware of the directions below for how to submit scholarships:

Scholarships with PRIVATE APPLICATIONS:

Scholarships with private applications should be submitted to the address and/or email indicated on its unique application, which can be found in the newsletter below and/or on [Naviance](#).

Scholarships using the FHS APPLICATION:

Scholarships using the FHS application should be emailed to Mrs. Erikson, College & Career Counselor, at rschmid@framingham.k12.ma.us. Copies of the FHS application can be found on Naviance; the essay topic can be found in the black box at the top of the application.

If a scholarship uses an FHS application, it should be submitted to Ms. Erikson on ONE EMAIL that includes the application and the essay as a PDF ATTACHMENT, with the scholarship name as the subject line.

Please see some reputable public scholarship websites here:

- <https://accessscholarships.com/>
- www.fastweb.com
- www.unigo.com
- www.scholarships.com
- <https://bigfuture.collegeboard.org/scholarship-search>
- www.collegecovered.com
- <https://www.mometrix.com/blog/scholarships-for-college/>
- www.collegegreenlight.org
- www.collegeboard.org
- <https://universityhq.org/paying-for-college/scholarships/#k12>

Scholarships for undocumented students:

- [The Dream U.S.](#) National Scholarship Guide
- The [MALDEF](#) scholarship list/guide

Scholarships for students applying to Mass Bay Community College:

- Mass Bay scholarships for [incoming students](#)
- Mass Bay scholarships for [merit & athletics](#)

STEM OPPORTUNITIES

MassBay STEM Stories: Start Here. Go Anywhere: Meet STEM faculty, staff, students, graduates and industry professionals to learn about innovative STEM programs at MassBay, resources and supports for MassBay STEM students and explore exciting career options in the STEM fields. High school students, teachers, administrators, adult learners and community partners are invited to attend one of our virtual STEM Division information Sessions which will be held monthly throughout the Spring semester beginning in February.

- **MassBay STEM Stories: Start Here. Go Anywhere. Session 2**
Wednesday, March 9th | 9:00 AM EST | Register [here!](#)
- **MassBay STEM Stories: Start Here. Go Anywhere. Session 3**
Thursday, April 7th | 5:00 PM EST | Register [here!](#)
- **MassBay STEM Stories: Start Here. Go Anywhere. Session 4**
Friday, May 6th | 12:00 PM EST | Register [here!](#)

STEM STARTER ACADEMY SUMMER PROGRAM

STEM STARTER ACADEMY SUMMER PROGRAM

- **AUGUST 15-AUGUST 26 | M-F | 9:00 AM-1:00 PM EST | REMOTE**
- **AUGUST 16 & 24 | 3:00-5:00 PM EST | WELLESLEY HILLS**

This FREE two-week math support and student success program is open to new STEM students who will be starting MassBay as a STEM major in the Fall 2022 semester. This is the 7th summer that MassBay has been running this highly successful program. Students take the math placement test at the end of the program and every year more than half of the students move up at least one math class. **Students enrolled in this program are compensated for their time!** [Click here](#) to view our flyer! For more information, please contact us at STEMStarter@massbay.edu.

OTHER POSTSECONDARY RESOURCES AT FHS



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.

DIFFERENT CHOICES: COLLEGE SUPPORT FOR STUDENTS WITH LEARNING DISABILITIES

This is an upcoming program, Different Choices, geared to support students with learning disabilities transition from high school to college or other post high school continuing educational opportunities. Registration is free, but spaces are limited: [Register Here!](#)

JOB, SUMMER AND INTERNSHIP OPPORTUNITIES

AVAILABLE PAID JOBS

Explore up-to-date paid job postings, directions on requesting a job permit, and other resources surrounding the workforce.

AVAILABLE INTERNSHIP OPPORTUNITIES

Explore up-to-date internship postings, directions on how to apply, and other resources surrounding internships.

AVAILABLE LEADERSHIP OPPORTUNITIES

Explore up-to-date leadership opportunities and directions on how to apply.

SUMMER OPPORTUNITIES FOR 2022

Check-out available summer opportunities for summer 2022, here!

WORK PERMIT APPLICATIONS (E118)

If you need a work permit, come by E118 to pick one up or ask any questions. If you have a completed and signed work permit application form please email it to



employmentpermits@framingham.k12.ma.us or drop it off at E118.

- [Employment Permit Application for 14 through 17 Year-Olds](#) (English)
- [Solicitud para un Permiso de Empleo para personas de 14 – 17 años](#) (Spanish)
- [Solicitação de Autorização de Emprego para pessoas com idades entre 14 - 17 anos](#) (Portuguese)



Specialized Career Guidance - Links.pdf

Download

6.6 MB

GAP YEAR PROGRAMS & EVENTS

GAP YEAR SOLUTIONS

[Gap Year Solutions](#) helps students increase college success by helping them have a transformational experience based on life skills and real world learning. We “meet students where they are,” and listen carefully to their interests and goals. We are your Gap Year coach and mentor throughout this process, and customize a combination of internships, work, service and travel into a structured Gap Year plan. We encourage students to embrace this unique opportunity to push the pause button, dream big, be authentic and believe in themselves! Visit their website to start Gap Year [Planning](#) or Gap Year [Mentoring](#). You can find the full schedule on the [Events](#) page of our website.



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 our 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](#).

LOCAL TRADE & TECHNICAL PROGRAMS

YEAR UP!

Year Up's mission is to close the Opportunity Divide by ensuring that young adults gain the skills, experiences, and support that will empower them to reach their potential through careers and higher education. Year Up's job training program is tuition free, and offers access to today's best companies and a proven path to career success. [Learn more here!](#)



As we kick off the Fall recruitment, here are some outreach opportunities for upcoming graduates happening this February/March. Use the [calendar](#) to schedule a virtual visit.

- Monday, March 21 at 3:00 PM: [Meet the Enrollment Staff](#)
- Tuesday, March 22 at 3:00 PM: [A Look at Learning & Development](#)
- Wednesday, March 22 at 3:00 PM: [A Look at Internships](#)
- Thursday, March 22 at 3:00 PM: Interview-Mania Day, check the applicant [portal](#) and sign up for an interview on this day
- Friday, March 22 at 3:00 PM: [A Look At Life after Year Up](#)

THE PETERSON SCHOOL

The Peterson School has been preparing Facilities Operations Personnel for their State License Exams since 1946. Our Engineering, HVAC, Gas Heat, Oil Heat, Electricity, Facilities Maintenance, and Plumbing staff members are all senior licensed instructors holding major operations and management positions in the largest commercial facilities in the New England area. All of the Peterson School instructional staff is approved by the Division of Professional Licensure. Our programs have been researched and carefully designed, and are constantly being modernized and updated to parallel today's new technologies. Learn more [here!](#)



UNIVERSAL TECHNICAL INSTITUTE

Universal Technical Institute (UTI) has relationships with leading manufacturers, aftermarket parts companies and performance shops to help build curriculum. The companies that work with UTI do so for a reason: They trust UTI to train the technicians that they employ. [CHECK OUT OUR PROGRAMS!](#)



Upcoming events:

- [Reach for the Life You've Imagined](#)
- [STEM Demo or Industry Day](#)

Interested in UTI? Contact: Scott Boydston

BENJAMIN FRANKLIN INSTITUTE OF TECHNOLOGY



Our program is Boston's most affordable private accredited Electrical Engineering bachelor's degree. High achieving students can apply directly to the bachelor's program. But we also provide a pathway for students who might not otherwise consider pursuing an engineering degree. Students build their skills with a Certificate in Electronics Technology, then an Associate degree in Mechatronics Engineering Technology before transferring into the junior year of the Electrical Engineering bachelor's program.

Interested in BFIT? Contact Calvin Conyers

Assistant Dean of Admissions and Recruitment | P: 617-588-1299 | Email: CConyers@bfit.edu

JOB CORPS



Job Corps is still actively recruiting the young people in our communities that will benefit the most from our program. Although, times have changed and face to face meetings are still not possible at this time, Job Corps would like to extend an invite to hold a meeting and/or info session with any staff or young person that may be interested in attending 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/>

Start your journey today!

EXCITING CAREER TRAINING OPPORTUNITIES



MILITARY INFORMATION

ASVAB + RECRUITER INFO

There will be two ASVAB exams offered at Framingham High School for the 2021-2022 school year: one in the fall, and one in the spring. Make sure to register ahead of time [here](#).

- **Wednesday, April 13th 2021** at 7:30am in E118

Check out the [Military Canvas module](#) for more information!

AIR FORCE ROTC & AIR FORCE ACADEMY QA SESSIONS

Lt Kiana Brantley and LT Clark are hosting 11 question and answer sessions Jan-May 2022. These are targeted towards parents, guardians and guidance counselors.

Join via this [Zoom link!](#)

- Mar 16, 2022 18:00
- Mar 30, 2022 18:00
- Apr 13, 2022 18:00
- Apr 27, 2022 18:00
- May 11, 2022 18:00
- May 18, 2022 18:00

Please download and import the following iCalendar (.ics) files to your calendar system.

[https://afrotc.zoomgov.com/meeting/vJlscOirrD4uG4YPRZOVPP0Yj3xWschW_4c/ics?
icsToken=98tyKuiurzwrGdaQtBjBel86FaPkbOnF1mRp_pptriXKNRBJTTr8Zfp1lbF3J-J-e](https://afrotc.zoomgov.com/meeting/vJlscOirrD4uG4YPRZOVPP0Yj3xWschW_4c/ics?icsToken=98tyKuiurzwrGdaQtBjBel86FaPkbOnF1mRp_pptriXKNRBJTTr8Zfp1lbF3J-J-e)

AIR FORCE ROTC & AIR FORCE ACADEMY QA
Jan 2022-May 2022

Learn more about how a student can receive their college education and become an Air or Space Force Officer!

JAN 5
JAN 19
FEB 2
FEB 16
MAR 2
MAR 16
MAR 30
APR 13
APR 27
MAY 11
MAY 18
(940-794-1111)

LT KIANA BRANTLEY
Air Force Academy
Administrative Advisor

LT MIKAYLA CLARK
Air Force ROTC Gold Bar
Recruiter

Contact us!
kiana.brantley@afacademy.af.edu
mikayla.clark.1@us.af.mil

Scan for zoom!
Meeting ID: 161 713 2541

- **09 Mar 2022 6PM-7PM EST-** "Prepping for Desired Air/Space Force Job":
<https://www.signupgenius.com/go/10c0f45aea82ca0fec43-prepping>
- **06 Apr 2022 6PM-7PM EST-** "Freshman Year in Review" (What do you wish you knew going into your freshman year?):
<https://www.signupgenius.com/go/10c0f45aea82ca0fec43-freshman>

Cadet Panels:

USAFA and AFROTC Cadet Perspectives



Register/ Zoom links

12 Jan 2022 6 PM- 7 PM EST- "Cadet Life" (Freshman and Sophomore Year: Balancing Military Training and Academics, USAFA BCT)
<https://www.signupgenius.com/go/10c0f45aea82ca0fec43-cadet>

09 Feb 2022 6 PM- 7 PM EST- "Cadet Life" (Junior and Senior Year: Cadet Leadership, Extracurriculars/ Student Athlete, AFROTC Field Training)
<https://www.signupgenius.com/go/10c0f45aea82ca0fec43-cadet>

09 Mar 2022 6 PM- 7 PM EST- "Prepping for Desired Air/ Space Force Job"
<https://www.signupgenius.com/go/10c0f45aea82ca0fec43-prepping>


06 Apr 2022 6 PM- 7 PM EST- "Freshman Year End Review" (What do you wish you knew going into your Freshman Year?)
<https://www.signupgenius.com/go/10c0f45aea82ca0fec43-freshman>



Direct any questions about event to kiana.brantley@afacademy.af.edu

www.academyadmissions.com | www.afrotc.com



FRAMINGHAM HIGH SCHOOL

 Facebook
 @FHSFlyers

 115 A Street, Framingham, MA...
 (508) 620-4963

 framingham.k12.ma.us/Domai...