

# CLASS OF 2024

3/10/23 | COLLEGE & CAREER CENTER NEWSLETTER

## 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'.
- **Español:** 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".
- **Português:** 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'.

## YOUTH IN PHILANTHROPY (YIP) - NOW REGISTERING!

FOUNDATION  
FOR METROWEST

YOUTH IN  
PHILANTHROPY

Youth in Philanthropy (YIP) is an experiential leadership development program designed to empower and educate local youth to become our community's next generation of philanthropists—those who give their time, talent and treasure for the common good. We are currently enrolling students in the Nashoba Brooks, Fenn, Sudbury and Wellesley YIP programs. If you would like to learn more about these or any of our other YIP programs, please contact us at [yip@foundationformetrowest.org](mailto:yip@foundationformetrowest.org).

SIGN UP HERE! <https://foundationformetrowest.wufoo.com/forms/kqbknrk0e4djcl/>

## RESEARCHING COLLEGES + POSTSECONDARY RESOURCES

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



<p><b>▶ Early Decision</b></p> <p>Students can pick a single school to apply to, under a binding agreement – if they are admitted, they must attend.</p> <p><b>Early Decision I</b></p> <p>This is the main attempt for students to apply ED to a given school – and usually has the most advantage for students in terms of admit rates.</p> <p><b>Early Decision II</b></p> <p>For students who aren't admitted in the first ED wave, some schools offer another round –there isn't usually as much advantage in admit rates here, but still better than regular admission.</p> <p>Typical deadline: <b>November 1st</b> Typical decision release: <b>December 15th</b></p>	<p><b>▶ Early Action</b></p> <p>Students apply earlier in the timeline. They aren't bound to enroll if they're admitted.</p> <p><b>Regular Early Action</b></p> <p>Students apply earlier in the cycle, to as many schools as they'd like. There's a slight advantage to admit rate, and students also get the benefit of learning the decisions earlier in the process.</p> <p><b>Single-Choice Early Action</b></p> <p>Students apply earlier in the cycle, but for these schools, they are only allowed to apply to a single school. There's a slight advantage to admit rate.</p> <p>Typical deadline: <b>November 1st</b> Typical decision release: <b>December 15th</b></p>	<p><b>▶ Regular Decision</b></p> <p>Students apply to as many schools as they'd like, and are not bound to enroll if they are offered admission.</p> <p>Typical deadline: <b>January 1st</b></p> <p>Typical decision release: <b>April 1st</b></p>
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## COLLEGE FAIRS

### NACAC NATIONAL COLLEGE FAIR (3/14) @ THE RHODE ISLAND CONVENTION CTR.

NACAC has an upcoming National College Fair on Tuesday, March 14 that will take place at the Rhode Island Convention Center. This is a great opportunity for students to connect face-to-face with representatives from hundreds of colleges and universities. All high school students, transfer students, and families are welcome to [register for this complimentary event!](#) If you have any questions, please contact [collegefairs@nacacnet.org](mailto:collegefairs@nacacnet.org).

- **Date and Time:** Tuesday, March 14 from 5:30pm - 8:30pm ET
- **Location:** Rhode Island Convention Center, 1 Sabin Street, Providence, RI 02903
- **Exhibitors:** [View the list of colleges and universities exhibiting at this event.](#)
- [Register now and meet face-to-face with representatives from colleges and universities this weekend.](#)

### GAP YEAR SOLUTIONS WEBINAR: MARCH 15TH AT 7PM - WELLESLEY FREE

# LIBRARY

Wellesley Free Library on Wednesday, March 15th at 7:00PM: Curious about Gap Years? Ever wondered if taking a Gap Year is right for you? The Gap Year option continues to grow. Students are embracing the opportunity to step off the traditional academic track and engage in experiences which increase confidence, independence, maturity and college readiness. Join Katherine Stievater, Founder of Gap Year Solutions, for a presentation and Q&A about the benefits of Gap time, and how to plan a transformational and purposeful Gap Year on any budget. **Registration Link:** <https://wellesleyfreelibrary.libcal.com/event/9764004>

## METROWEST COLLEGE FAIR - 3/18 9AM-12PM



The *MetroWest College and Career Fair* will take place on **Saturday, March 18, 2023** from **9:00am–12:00pm** at the Ashland High School located at 65 E. Union Street in Ashland, MA.

The college and career fair is free and open to the public. The fair will give students and parents from MetroWest area high schools the opportunity to speak with representatives from over 100 colleges, universities and gap-year options, as well as provide students with an opportunity to engage with professionals from over 50 unique careers. In addition, there will be ongoing speakers to discuss topics such as the college application process, financial aid and SAT/ACT's.

## SERF COLLEGE FAIR @ LINCOLN SUDBURY HS: MARCH 13TH-18TH



The Sudbury Education Resource Fund (SERF) extends its welcome to your high school students to participate in the 2023 SERF College Fair this March 13 - 18th. The attached flyer gives an initial overview, and [this link](#) takes you to the event landing page. The event continues to be free of charge, and registrations are just needed to participate in/access the webinars. Attached is a new flyer highlighting the free webinar series as a part of the 15th Annual SERF College and Gap Year Fair week. Registration provides access to the webinars, including on demand access for those who aren't able to participate live. This link is the attachment to the flyer for registration: <https://serfsudbury.org/serf-college-fair-2023/attendees/2023-college-fai...nar-registration/>.

## MARCH 29TH 6-8PM SPRING COLLEGE

# FAIR AT WESTWOOD HIGH SCHOOL

## March 29th 6-8PM spring college fair at Westwood High School

To give us a better sense of the number of people who plan to attend, and to receive event reminders, please register in advance [here](#). **WHAT SCHOOLS WILL BE THERE?** You may view a list of attending schools [here](#). Please check back as we update the list weekly. Please email Emily Manz at [emanz@tec-coop.org](mailto:emanz@tec-coop.org) with any additional questions.

## NACAC BOSTON & VIRTUAL NATIONAL COLLEGE FAIRS



### Upcoming Boston In-Person College Fairs -- Learn More [HERE!](#)

- [Boston National College Fair - Session 1 of 3](#)  
Tuesday, May 2, 2023 9:00 AM - 12:00 PM (EDT) ([More Info](#))
- [Boston National College Fair - Session 2 of 3](#)  
Tuesday, May 2, 2023 6:00 PM - 8:30 PM (EDT) ([More Info](#))
- [Boston National College Fair - Session 3 of 3](#)  
Wednesday, May 3, 2023 9:00 AM - 12:00 PM (EDT) ([More Info](#))

### Upcoming Virtual College Fairs:

- [Virtual College Fair - Mar 19](#)- Sunday, March 19, 2023 1:00 PM - 6:00 PM (EDT) [More Info](#)
- [Virtual College Fair - Apr 23](#)- Sunday, April 23, 2023 1:00 PM - 6:00 PM (EDT) [More Info](#)

# 2023 Spring In-Person & Virtual College Fairs

## Spring In-Person College Fairs

### Cleveland

Sunday, February 5

### Pittsburgh

Wednesday, February 8 &  
Thursday, February 9

### Columbus

Saturday, February 11

### Long Island

Saturday, March 4

### Miami

Sunday, March 5

### New Jersey (Edison, NJ)

Wednesday, March 8

### Rochester

Sunday, March 12 &  
Monday, March 13

### Providence

Tuesday, March 14

### Buffalo

Wednesday March 15 &  
Thursday, March 16

### Charlotte

Sunday, March 19

### Atlanta\*

Wednesday, March 22

### Hartford

Thursday, March 30 &  
Friday, March 31

### Metro Detroit

Tuesday, April 18

### Montgomery County (MD)

Tuesday, April 18 &  
Wednesday, April 19

### New York City\*

Sunday, April 23

### Inland Empire (CA)

Tuesday, April 25

### Greater Los Angeles\*

Thursday, April 27 &  
Friday, April 28

### Vancouver (BC, Canada)

Saturday, April 29

### Boston\*

Tuesday, May 2 &  
Wednesday, May 3

## Spring Virtual College Fairs

### February Virtual College Fair

February 19

### March Virtual College Fair

March 19

### April Virtual College Fair

April 23

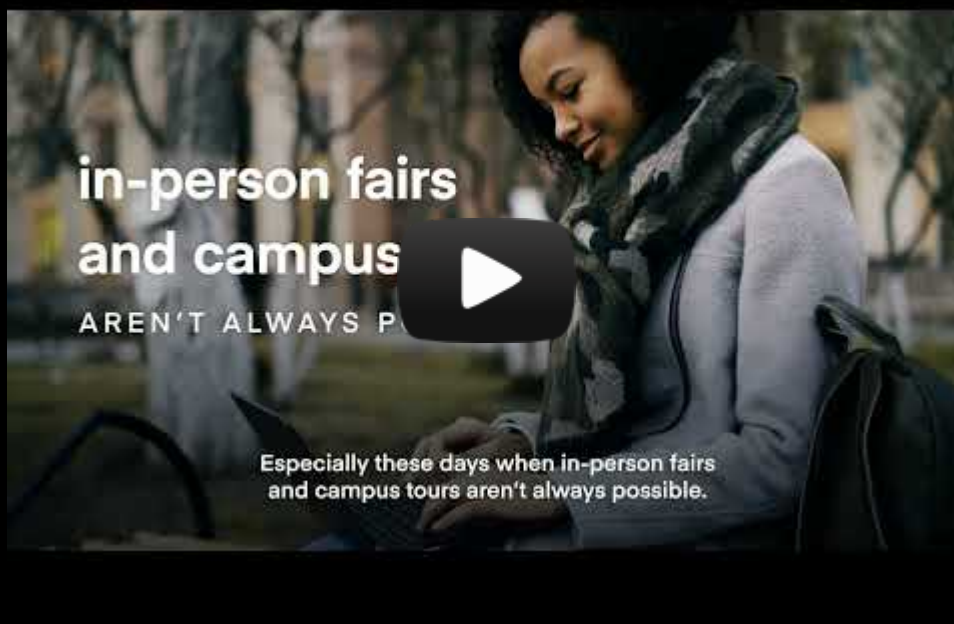


Connect with hundreds of colleges and universities in one place!

\*Colleges and Universities offering STEM and Performing and Visual Arts programs will be invited to these fairs and will be designated by separate areas in the exhibit hall.

**REGISTER NOW!**  
[nacacattend.org/fairs](https://nacacattend.org/fairs)

NACAC Virtual Fairs Welcome



## VIRTUAL SUMMER PROGRAMS FAIR - 4/13 @ 6PM

Please invite your students to join us on **April 13th** at 6:00 pm ET for our **Virtual Summer Programs Fair!** Can't make it? Don't sweat it! Sign up now and we'll send you recordings of all the presentations after the event. You can also view the previous 2023 Summer Fair recordings by clicking [HERE](#).



## STANDARDIZED TESTING

Be sure to look at Ms. Erikson's 'Standardized Testing' Canvas page for detailed information about, SAT + ACT registration instructions, SAT + ACT study resources, fee waiver information, testing accommodations, & TOEFL registration

## CRACKING THE TEST WEEK WITH PRINCETON REVIEW - 3/12-3/16

Now is when juniors are planning their college application process and looking at what they need to do. **The Princeton Review** is hosting *Cracking the Test Week* to help students plan

their standardized testing. From March 12th to March 16th, our experts will discuss ideal test prep timelines, strategies for all kinds of tests, and what to expect from the new Digital SAT.

- [SAT, ACT, or Both?](#): Sunday, March 12, 2023 @ 8PM ET
- [Study Skills 101](#): Monday, March 13, 2023 @ 8PM ET
- [ACT Strategy Session](#): Monday, March 13, 2023 @ 10PM ET
- [SAT Strategy Session](#): Tuesday, March 14, 2023 @ 8PM ET
- [The Digital SAT](#): Tuesday, March 14, 2023 @ 10PM ET
- [Advanced Placement 101](#): Wednesday, March 15, 2023 @ 8PM ET
- [The Digital SAT](#): Thursday, March 16, 2023 @ 8PM ET

## UPCOMING FREE PRACTICE SAT / ACT TESTS FOR FHS STUDENTS

Our friends at Revolution Prep are offering Framingham High students a practice SAT and ACT. Practice tests are a great first step for students to identify how they want to tackle preparing for the real thing.

- **SAT Practice Exam**: Saturday, April 1, 2023 | 9:00am | Live Online
- **ACT Practice Exam**: Saturday, April 8, 2023 | 9:00am | Live Online

**Step 1:** Register here: <https://www.revolutionprep.com/partners/673>

**Step 2:** Schedule a free 30-minute score report review with a Revolution Prep testing expert to help you interpret the results and develop a customized plan to prepare. Please schedule this appointment for the few days after the exam. You can pre-schedule this Score Report Review here: [www.revolutionprep.com/david-zimbalist](http://www.revolutionprep.com/david-zimbalist)

**Step 3:** Attend the mock exam and get your results immediately with Revolution Prep's mobile scoring app!

**Questions?** If you have additional questions or want to learn more about Revolution Prep, you can reach out to **Revolution Prep** at **(800) 878-1850** or by email at [newengland@revolutionprep.com](mailto:newengland@revolutionprep.com).

## PRINCETON REVIEW STRATEGY SESSIONS

*Princeton Review will be holding free strategy sessions for FHS students.*

After students have taken an SAT practice test, or even the real thing, they may still not really know what it takes to succeed on the test, or even how to begin working on improving their scores. In the SAT Strategy Session presentation, Princeton Review gives students some simple, basic strategies that will make sure they score higher next time. This is an excellent follow-up program to a practice SAT or first SAT exam.

Click the links to [register](#) for the different dates for the SAT Strategy Sessions:

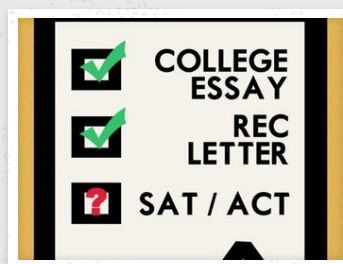
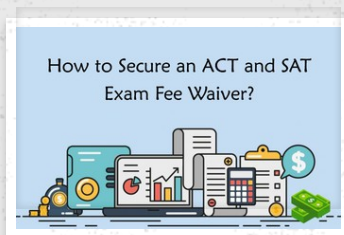
- **Tuesday, April 25, 2023 at 7:00PM**

Register here: <https://secure.princetonreview.com/event?PSOId=511761>

- **Tuesday, May 16, 2023 at 7:00PM**

## ONLINE SAT/ACT PRACTICE TESTS WITH STUDYPOINT

**Improve Your SAT or ACT Score From Home Free Virtual Practice Tests Every Week!** Students who are looking to get a head start on preparing for the SAT or ACT should also check out our free virtual SAT and ACT practice tests. [Click here](#) to view our practice test dates and register.



### SAT FEE WAIVERS

*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. It will also cover submitting college applications through the Common Application. If you need an SAT or ACT fee waiver please contact school counselor.

### TEST OPTIONAL COLLEGES

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](http://www.fairtest.org)!

### TOEFL EXAMS

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. 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), on [Canvas](#), or in the College & Career Center (K007). To register and see test dates/locations visit [www.toefl.org](http://www.toefl.org).

## FINANCIAL AID



# UNDERSTANDING FINANCIAL AID MINI WORKSHOPS

- **Webinar #1:** Lowering the Expected Family Contribution (EFC) helps you qualify for more grants and scholarships for college. Unfortunately, even though there are hundreds of ways to lower the EFC, most people just don't know how. [CLICK HERE](#) to download the recording.
- **Webinar #2:** The Importance of an Education: Does a College Education Pay Off? [CLICK HERE](#) to download the recording.
- **Webinar #3:** Beating the High Cost of College. [CLICK HERE](#) to download the recording.
- **Webinar #4:** FAFSA: How much aid is available? [CLICK HERE](#) to download the recording.
- **Webinar #5:** Calculating the EFC: 4 factors that determine your EFC. [CLICK HERE](#) to download the recording.



## OUR COLLEGE PLANNING EXPERTS CAN HELP FAMILIES:

- ✓ Obtain More Grants & Scholarships
- ✓ Pay For College Without Going Broke
- ✓ Understand the Financial Aid Process
- ✓ Analyze Schools and Financial Aid Awards
- ✓ Complete the FAFSA and CSS Profile Accurately & On Time
- ✓ Feel Totally Secure About The Next Step — & Beyond

[CLICK TO VIEW FULL WEBINAR](#)

## StudyPoint Virtual Discussion Panel: College Financing 101

A promotional graphic for a virtual discussion panel. It features a dark blue background with a white play button icon in the center. On the left, the text reads "College Financing 101: What every college bound family should know about financial aid and how it works". On the right, the StudyPoint logo is displayed, along with the text: "Tonight's session will begin at 8:00 PM ET / 5:00 PM PT. Please ensure that your computer's time is synced on, or: Call (312) 626-6799 and enter Webinar ID: 856 2569 4078". A small inset photo of a woman is visible in the top right corner of the graphic.

# CLICK HERE FOR JOB & SERVICE OPPORTUNITIES

## NEED A WORK PERMIT?



- 1) Take a form from your house/academy or access work permits online using the QR code below
- 2) Your employer should fill out the "Promise of Employment" Section
- 3) On page two, you can skip the "Physician's Certificate of Health" section if you are older than 15. If not, your doctor must fill it out.
- 4) Your parents/guardians need to fill out/sign #4
- 5) You sign #5
- 6) When all that is filled out, **please hand your house/academy office assistant - please include your hair and eye color**

We will try our best to process it by the end of the day!



## MILITARY INFORMATION

### ASVAB + RECRUITER INFO

Check out the [Military Canvas module](#) for more information and to find the local recruiter for the following branches:

- [U.S. Army & Army Reserves](#) | [Army National Guard](#)
- [U.S. Air Force](#) | [Air National Guard](#)
- [U.S. Coast Guard](#)
- [U.S. Marine Corps](#)
- [U.S. Navy](#)



**Upcoming ASVAB tests at FHS-** There will be two ASVAB tests scheduled at the high school (one in the fall and one in the spring) for students interested in the military. Please find the dates/times below.

- Wednesday, November 30th at 7:30am -- CLOSED.
- Wednesday, April 5th 2023 at 7:30am -- [REGISTER HERE!](#)

## OTHER UPCOMING EVENTS

### COLLEGE ADMISSIONS TIPS WITH SALLIEMAE - 3/22 @ 7PM

When your students are getting ready for their higher education journey—whether it's a 2- or 4-year college, career training, or something else altogether—it can be difficult to know where to start. During this virtual event we'll demystify the admissions process for students and families, and help them feel more prepared for the college application process.

During this virtual event we'll demystify the admissions process, and you'll gain valuable insights directly from admission professionals. Topics will include:

- Importance of high school academic choices
- To take the ACT/SAT, or not
- Applying to colleges
- Essays and letters of recommendation
- Campus visits: in-person and virtual
- Your online presence

Space is limited, so please [register](#) early!

### MBCC EMT & PARAMEDIC OPEN HOUSE - 4/5/23

Join us for information about our EMS programs, including observing a simulated emergency (with a debrief), and a hands-on, interactive tour of our EMS and simulation labs: visit CPR stations, meet simulators and standardized patients, interact with equipment that is used in real world settings. You will meet our faculty and will be able to submit your admissions application on-the-spot.

**Wednesday, April 5th, 2023:**

- 1:30-3:30pm - [register here](#)
- 6:00-8:00pm - [register here](#)

For more information contact Admissions at 781-239-2500.



## UNLOCKING THE AP EXAM WITH REVOLUTION PREP - 3/16

**Unlocking the AP Exams:** As more colleges and universities move toward test optional admission, AP course grades and exam scores are becoming more important in the application process. Colleges and universities are exploring other areas of student ability as an indicator of their future success at their institutions. In this webinar, we'll dive into the foundation of APs and how they affect your application as well as what to expect and how to prepare during an AP exam.

- Wednesday, March 16th at 6pm EST - [register now!](#)

## MPDE DIVERSITY CAREER FAIR - 3/18 9AM-1PM

The MPDE is holding the Diversity Career Fair on March 18th in Cambridge, and FHS students and families are welcome to attend!

- Saturday March 18, 2023
- 9:00 AM - 1:00 PM
- Cambridge Street Upper School:
- 850 Cambridge St, Cambridge, MA 02141

Register here! <https://forms.gle/3WCY8LZ5HWQa7x1n8>

## DANFORTH ART MUSEUM - STUDENT ASSISTANTS NEEDED (APPS DUE 3/31)

Danforth Assistants serve the art school by helping with overall program facilitation during Summer Arts, our highly popular summer program for children, as well as school vacation week workshops which take place year-round. Assisting at the school includes working directly with children, providing support for teachers, preparation of materials and studio spaces, organization of supplies, and various administrative tasks. Danforth Assistants serve the museum by providing tours of the exhibitions to children during Summer Arts and providing support during public programming such as Drop Into Art and other events. Placement in the Danforth Assistantship Program provides a modest stipend of \$200 upon successful participation in the program as outlined below. Danforth Assistants receive valuable mentorship in all areas of their supportive roles at both the art school and museum.

Applications are accepted until March 31, 2023. All selected applicants will require an interview. Please email (preferred) this completed application, along with any other references/ current resume to [nfournier1@framingham.edu](mailto:nfournier1@framingham.edu) with the following word in the subject title: "Assistantship Application". Or, mail to us, Danforth Art School, Attention: Noelle Fournier, PO Box 1901, 100 State Street, Framingham, MA 01701. Learn more and [APPLY here!](#)



## WANT TO GET IN TOUCH WITH ME?

Mrs. Erikson, College & Career Counselor, K018  
College & Career Center, Room K005  
Monday - Friday | 7:00am-2:15pm



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](mailto:rerikson@framingham.k12.ma.us)  
115 A Street Framingham, MA 01701



## FRAMINGHAM HIGH SCHOOL

 Facebook  @FHSFlyers

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

 [framingham.k12.ma.us/Dom...](http://framingham.k12.ma.us/Dom...)