

Class of '25 C&CC Newsletter

An excited "hello!" from Mrs. Erikson, K002

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'.

Postsecondary Resources

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



▶ Early Decision

Students can pick a single school to apply to, under a binding agreement – if they are admitted, they must attend.

Early Decision I

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.

Early Decision II

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.

Typical deadline: **November 1st**

Typical decision release: **December 15th**

▶ Early Action

Students apply earlier in the timeline. They aren't bound to enroll if they're admitted.

Regular Early Action

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.

Single-Choice Early Action

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.

Typical deadline: **November 1st**

Typical decision release: **December 15th**

▶ Regular Decision

Students apply to as many schools as they'd like, and are not bound to enroll if they are offered admission.

Typical deadline:

January 1st

Typical decision release:

April 1st

Upcoming College Fairs

Attending a college fair will allow you to see just how many different types of colleges and universities are out there! Exploring one place with lots of different schools in attendance will help you build and narrow down your college list.

Natick HS Career & Training Fair 3/12/24

Natick High is hosting a CAREER & TRAINING FAIR with Framingham High on March 12th. This event is open to the public.

Framingham Public Schools and Natick Public Schools are collaborating to host our Personal Pathways Career and Training Fair on the evening of March 12th. We are hosting organizations and businesses in order to spread awareness of the wide variety of career and training options available in today's job market. MetroWest students and families are invited to learn about a variety of post-secondary options beyond typical 4-year colleges. Please see the attached flier.



- Vendors from the following sectors will be represented:
- Architecture and Construction & Trades
- Arts A/V Technology and Communications
- Education and Training
- Employment Services
- Health Science
- Hospitality and Tourism
- Human Services
- Law Public Safety and Security
- Military
- Personal Services
- Real Estate
- STEM
- Trade School/Community College

[Download](#)

62.4 KB

METROWEST COLLEGE & CAREER FAIR 3/16/24

METROWEST COLLEGE & CAREER FAIR- Saturday, March 16th from 9:00 – 12:00 PM at Ashland High School. The Annual MetroWest College and Career Fair will take place on Saturday, March 16, 2024 from 9:00 – 12:00 pm at 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 event 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/ACTs. For more information regarding the MetroWest College and Career Fair and a complete listing of participating colleges please go to: <https://mwccf.org>

Copy of MWCCF_Flyer.pdf

[Download](#)

200.9 KB

SERF College Fair - Lincoln Sudbury HS - 3/11-3/16

SERF is hosting their 16th annual College & Gap Year Fair that consists of a series of webinars culminating with an in-person College & Gap Year Fair, held at Lincoln-Sudbury Regional High School. This year the webinars will be held on March 11th-14th in the evening from 7pm-8pm and the in person fair with over 80 College Representatives in attendance will be on Saturday, March 16th from 12pm-3pm. Please see the attached flyer with more information; interested students/parents can also visit our [website](#) to see more information. This fair is FREE to attend! Please visit <https://serfsudbury.org/event-item/serf-college-fair-2024/> for more information and to REGISTER IN ADVANCE.

- **The 2024 SERF College Fair is back: March 11-16, 2024:** This year marks SERF's 16th Annual College Fair, and you won't want to miss out on the valuable resources to explore your post-high school options – seminar speakers, webinars presented by local college counseling experts, and LIVE booths with representatives from colleges and gap year programs.
- Location: Lincoln-Sudbury Regional High School 390 Lincoln Rd, Sudbury
- Date: March 11, 2024 | [REGISTER](#)

SERF Gap Year and College Fair 3.11-16.24.pdf

[Download](#)

368.1 KB

Study in Ireland fair at BC High - 3/19/24

The [Study in Ireland Education Fair](#) on March 19th from 6:00pm to 8:00pm at Boston College High School. Thinking about studying in Ireland for your Bachelor's or Master's degree? Join representatives from nine universities to learn more about our world-renowned academic programs, beautiful campuses and vibrant student life. All are welcome! Representatives from nine universities across Ireland and Northern Ireland will be present at the fair to chat more about our internationally recognized degree programs, diverse campus settings and vibrant student life. This is an excellent opportunity for anyone interested in learning more about the Irish education system and admission in general. Students, families, counselors - all are welcome! Registration and additional info can be found at <http://tinyurl.com/StudyInIrelandBoston319>

Study in Ireland Fair - March 19th.pdf

[Download](#)

2.5 MB

MassBay STEM EXPO - 5/8 (in-person) or 5/5-5/10 (virtual)

- **MBCC STEM EXPO (In Person):** Wednesday, May 8, 2024, 1-2PM - WH Cafeteria
- **MBCC STEM EXPO (Virtual):** Monday, May 5 - Friday, May 10

The STEM EXPO recognizes the creativity and contributions of our students and faculty over the course of the semester in the disciplines of Science, Technology, Engineering, and Mathematics and seeks to foster alliances with secondary schools, higher

education, and private industry in the region. Our exhibition highlights student-developed projects that demonstrate the multi-dimensional skills, problem-solving capabilities and talents of our diverse student body. We hope you will be able to visit the STEM EXPO on campus and virtually to see what our students have accomplished. Throughout the week we invite you to:

- Browse through the STEM EXPO site pages and watch short videos of student projects in the areas of Science, Computer Science, Engineering, and Mathematics.
- Presenters will be checking the page once a day to reply to comments and questions.

Stop by the Wellesley Hills Cafeteria on Wednesday, May 8, from 1-2 PM, to see the student exhibits and chat with the presenters.



MBCC Stem Expo May 8 2024.pdf

[Download](#)

400.8 KB

Summer Programs for HS Students

Summer opportunities provide a stimulating, supportive & safe environment for students during the summer - academic or otherwise! Check them out her.

Standardized Testing Info & Resources

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 accommodations
- TOEFL registration

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

Upcoming SAT/ACT Practice Exams & Webinars

Digital SAT Practice Exams with Revolution Prep

The paper SAT is officially retired, and I know there is some curiosity about the digital SAT that is taking its place. Our friends at Revolution Prep are excited to support us through this transition by offering our students a digital SAT practice exam. The digital SAT experience is designed to accurately reflect the official College Board test in format, user experience, adaptivity, and content. Support your student in being prepared by registering for one (or both) of the practice tests below:

- Digital SAT Practice Exam: [Saturday, February 3, 2024](#) | 9:00 AM EST – Noon EST | Online
- Digital SAT Practice Exam: [Saturday, March 30, 2024](#) | 9:00 AM EST – Noon EST | Online
- Digital SAT Practice Exam: [Saturday, May 11, 2024](#) | 9:00 AM EST – Noon EST | Online



-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

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

Questions? If you have questions or want to learn more about Revolution Prep, you can reach out to David Zimbalist at (617) 640-0744 or by email at david.zimbalist@revolutionprep.com.

Fham Digital SAT Spring 24.pdf.pdf

[Download](#)

288.0 KB

May dSAT Class Flyer.pdf

[Download](#)

263.4 KB

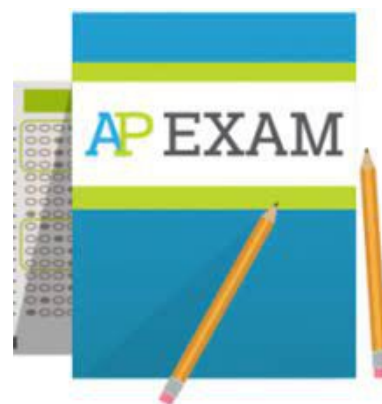
AP Exams

AP Prep with Revolution

Preparing for May AP Exams? *Revolution Prep can help!*

Revolution Test PRep is thrilled to introduce their latest AP Exam prep resources for educators, students, and families. Customize your support options to best fit your school community's needs and elevate your AP Exam preparation journey.

- **Mini-Readiness Quizzes:** Use our 10-min quizzes as a bell-ringer, exit slip, or homework to assess your students' progress towards achieving their target AP Exam score: [View Quizzes](#)
- **Practice Exams:** Choose from multiple dates and times for six free practice exams in popular subject areas to offer to your students and their families: [View Schedule](#)
- **FREE family webinar:** Families can join live or get a recording of our Unlocking the AP Exam webinar to uncover college preferences, recent exam changes, and effective student preparation strategies: [How to register](#)



For a complete overview of our AP exam preparation resources [click here](#).

AP Exam Prep_Family Flyer.pdf

[Download](#)

462.5 KB

Work Permits

- 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 it in to your house/academy office assistant - please include your hair and eye color**

- English: <https://www.mass.gov/doc/youth-employment-permit-application/download>
- Español: <https://www.mass.gov/doc/youth-employment-permit-application-spanishspanol/download>
- Português: <https://www.mass.gov/doc/youth-employment-permit-portuguese/download>

ENGLISH



SPANISH



PORTUGUESE



Other Upcoming Events

Post-Graduation Mental Wellness @ FHS 3.14.24

Please join the FHS PTBO on March 14th for a discussion with Framingham High School, Social Work Dept. Head, Mr. Peter DeSimone, and Social Worker, Mr. Richard Curtiss, about Adolescent Mental Health with a focus on transitioning your teen to life after graduation.

This change, during and leading up to graduation, can be very hard for some teens. This discussion aims to shed some light on this topic for parents and begin the conversation about how they can support and communicate with their teens to help them prepare for life after high school.

Adolescent Mental Health Discussion

PTBO meeting: Thursday March 14th

Time: 7:00PM

Where: FHS

Topic: We will hear from two members of the FHS counseling team, Dept Head for School Social Work; Mr Peter Desimone and School Social Worker; Mr. Richard Curtiss on the topic of Adolescent Mental Health with specific discussion focus on supporting teens through transitioning to life after graduation. General topic discussion with Q & A.

for questions related to this event
pls email fhsptbo@gmail.com



A general discussion will be had with Mr. DeSimone and Mr. Curtiss about what they are seeing at Framingham High School, warning signs of mental readiness, how to best support your teen, with an opportunity for a Q&A. The meeting will be held at 7PM on Thursday March 14. Room A109 @ FHS.

It is an in person meeting but can also be joined via zoom. See link below:

<https://meet.google.com/wtb-kvyr-chp>

DESTINY 2024- Discover Engineering, Science and Technology IN You on 3/21/24



DESTINY 2024- Discover Engineering, Science and Technology IN You: This event is open to the public and will be held on 21 MARCH, @ 6PM, location: Natick Soldier Systems Center, Natick, MA 01760.

- Join U.S Army DEVCOM Soldier Center Soldier Center and U.S. Army Research Institute of Environmental Medicine scientists and engineers and to discover what a career in STEM can hold for you.
- Come see the future of science and technology and learn how these talented women contribute to our national defense and the security of our nation. Learn about where they came from, their educational backgrounds, and how they ended up in fulfilling careers in rewarding STEM professions.
- This is a wonderful opportunity to help in engaging girls in conversations about STEM careers. So, if you know a neighbor, friend, social group, or whomever that has a teenage girl in their family that would be interested, please tell them about DESTINY. With over twenty female scientists and engineers, there are few opportunities where girls will be able to directly interact with professionals that have such a broad variety of life experience.

Register HERE: <https://einvitations.afit.edu/inv/anim.cfm?i=820187&k=0A6342087350>

If you have any questions, please contact the DEVCOM Soldier Center STEM Lead Coordinator, Brady Loomer, at brady.d.loomer.ctr@army.mil or (508) 206-3644.

ROTC Info Session - 3/21/24 @ Norwich University

West Point Admissions will be hosting an Information Meeting @ Norwich University on Thursday, March 21st.

- What: Admissions informational briefing on the cadet experience and application process for West Point and Army ROTC at Norwich University. We will also invite UVM Army ROTC and the US Air Force Academy to attend and brief you on their programs.
- When: 6:00-8:00pm on Thursday, March 21st, 2024
- Where: Norwich University, Mack Hall, Harmon Drive, Northfield, VT 05663
- Who: School Counselors, JROTC Staff, students with an open admissions file, students interested in applying to West Point and ROTC in the future.



This event will be hosted by Norwich University, and Major Simpson - Northeast Regional Commander at West Point Admissions- with attendance from West Point's local Field Force members. Please RSVP: <https://apply.westpoint.edu/register/?id=746db683-9674-4ee2-9a10-abce87b2828f> or using the QR code on the attached flyer.

West Point Admissions Information Meeting @ Norwich University.pdf

[Download](#)

Volunteer & Community Service Opportunities

Project Just Because - Board Positions available!



PJB is the 3rd largest nonprofit in the greater Boston area and is based in Hopkinton, MA. We are dedicated to helping struggling families throughout Massachusetts. We are searching for driven and organized students from different schools for this leadership role. Responsibilities include...

- MANAGING FUNDRAISERS TO RAISE MONEY IN YOUR COMMUNITY
- MONTHLY VOLUNTEERING AT THE PJB BUILDING
- LEADING ANOTHER TEAM OF STUDENT VOLUNTEERS

Students will also receive volunteer hours for their work! If you are interested in applying, fill out this form by March 8th: <https://forms.gle/ZMWP4eRbSwHitR8MA>

PJB is the 3rd largest nonprofit in the greater Boston area and is based in Hopkinton, MA. We are dedicated to helping struggling families throughout Massachusetts.

Contact studentboardpresidents@projectjustbecause.org with any questions. Learn more about PJB at <https://www.projectjustbecause.org/>

PJB Lead Application.pdf

Download

89.1 KB

Youth in Philanthropy

Looking for an exciting way to build leadership skills and engage with future leaders? **Youth in Philanthropy (YIP)** might be just the for you! YIP is a free experiential leadership development program for High School students living or learning in the MetroWest region, and is designed to empower and educate local youth to become our community's next generation of philanthropists.

In Sudbury, our program will kick off on Tuesday, January 16 and will be held at The Sudbury Foundation at 326 Concord Road, Sudbury.

In Wellesley, our program will begin on Thursday, January 18 and will be held at our offices at 3 Eliot St, Natick (right over the Natick/Wellesley line).

Our [application can be found here](#). *We have passed our priority deadline, but we will continue to accept students on a rolling basis until the spaces are filled.



YIP Spring '24.pdf

Download

502.4 KB

Let's
Connect!

Want to get in touch with me?

Mrs. Erikson, College & Career Counselor, K002

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)

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Framingham High School

Email: rerikson@framingham.k12.ma.us

Website: <https://www.framingham.k12.ma.us/domain/3205>

Location: 115 A Street, Framingham, MA, USA

Phone: [\(508\)782-7688](tel:(508)782-7688)

Facebook: [facebook.com/framinghamhighschool](https://www.facebook.com/framinghamhighschool)

Twitter: [@FHSFlyers](https://twitter.com/FHSFlyers)



Rachel Erikson

Rachel is using Smore to create beautiful newsletters