

Meet the College & Career Counselor

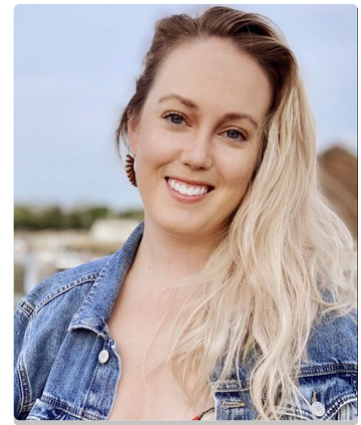
An excited "hello!" from Mrs. Erikson, K002

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'.

Meet Mrs. Erikson!

Hello, students and families! My name is Rachel Erikson, and I am the College & Career Counselor at Framingham High School. Some of you may already know me, but being that many of you are new to thinking about life after high school (or even FHS) I wanted to introduce myself and the **College & Career Center, which now located in K002.**



A Little About Me!

- I am from Westborough, MA!
- You'll rarely see me without a coffee in hand
- I'll never miss a Pats game
- Something I love about FHS is hearing different languages in the hallways
- My favorite book is *Where the Wild Things Are*
- I have a 4-year-old rescue puppy, Oskar, and a 2-year-old cat, Noodles, and am a mama to my 14 month old son, Henrik

Please do not hesitate to contact me with any questions or concerns. I look forward to getting to know you better throughout the school year!

-Mrs. Erikson

Important Information for the Class of 2024

FHS Jumpstart for Juniors Night - Save the Date! (11/30)

The School Counseling Department will be hosting "Jumpstart for Juniors" night on 11/30 at 6:30PM in the FHS Auditorium. No pre-registration necessary, and come one, come all! Translation will be available in Spanish and Portuguese.

We will be discussing the timeline for junior and senior year, the four-year college process, and other pathways such as gap years, trade/vocational programs, military opportunities, and more. There will also be a panel of college representatives to do a very special Q&A from:

- University of Massachusetts, Amherst
- Boston College
- Framingham State University
- Merrimack College
- Mass Bay Community College

We hope to see you there!



FHS Postsecondary Skills Week with Princeton Review

Virtual College Admissions Presentations for Framingham High School Families!

- **Finding YOUR Dream Colleges:** September 12 | online at 7:00pm ([Register HERE!](#))
There is a college out there for everyone, and thousands of colleges across the country. We'll help you define what a dream college means to you so you can find your best fit.
- **SAT, ACT, or Both?:** September 14 | online at 7:00pm ([Register HERE!](#))
We'll review truths and misconceptions, similarities and differences, and strategies that improve scores on both tests.
- **Crafting College Essays That Kick Apps:** October 3 | online at 7:00pm ([Register HERE!](#))
Essays are now, more than ever, a big part of your college application. We'll discuss why they are important, what should go into your process, and how to write your best essays.



Framingham HS Fall 2023 Presentations.pdf

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1.0 MB

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



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.

▶ 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

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 2023 Weekend SAT Dates

Test Dates	Registration Deadlines	Late Registration Deadlines
August 26, 2023	Register by July 28	August 15
October 7, 2023	Register by September 7	September 26
November 4, 2023	Register by October 5	October 24
December 2, 2023	Register by November 2	November 21

FREE
Digital PSAT® & ACT®
Practice Exams
From our friends at Revolution Prep
Digital PSAT: Saturday 9/9/23 @ 12 pm
ACT: Saturday 9/30/23 @ 12 pm

UPCOMING PRACTICE EXAMS FOR FHS STUDENTS

Digital PSAT/NMSQT Practice Exam | FREE

- Saturday, September 16, 2023 | 12:00 PM EDT | Online - [SEE DETAILS + REGISTER](#)

ACT Practice Exam | FREE

- Saturday, September 30, 2023 | 12:00 PM EDT | Online - [SEE DETAILS + REGISTER](#)



Framingham HS Digital PSAT Flyer.pdf

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194.6 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



*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.

Dorothy Erikson (She/Her/Her)

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Framingham High School


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