College Et Career Center Newsletter

CLASS OF 2023 | MAY 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 | 7:30am-2:30pm

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.

Lets Connect!

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 <u>Canvas</u> 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



DUAL ENROLLMENT (SUMMER 2022)

FREE SUMMER DUAL ENROLLMENT COURSES WITH MASS BAY CC

Want to take a **FREE** college course this summer and receive college and high school credits? The Massachusetts Commonwealth Dual Enrollment Partnership (CDEP) provides opportunities for Massachusetts high school students to take college-level courses for free and earn credit toward high school completion and their future college degrees. MassBay Community College is offering FREE college-level courses this summer for juniors and seniors only at our identified partner high schools.

Classes will be held remotely from July 11 - August 19, 2022.*

Learn More! Information sessions will be held remotely on:

Register for information sessions here!

- Tuesday, May 17, 2022 | 6:30pm
- Thursday, May 19, 2022 | 4:00pm

Drugs and Society | Remote | Tuesday and Thursdays | 3:30pm - 5:45pm Health Careers Exploration | Remote | Tuesdays | 6:00pm - 9:00pm *(7/26 in person class on MassBay Framingham Campus)

Questions? Contact: Elaine Rosenburg | <u>erosenburg@massbay.edu</u>

<u>Apply here</u> | *Applications due by Friday, May 27, 2022*

Course Descriptions:

- Drugs and Society: Examines drug use, abuse, and regulation from a social and public
 health perspective. Emphasizes the social, economic, political, and legal issues
 concerning drug use and abuse, drug policy, drug enforcement; the impact of drugs on
 individuals, communities, and society.
- Health Careers Exploration: This course will give learners a broad basis of understanding
 of diverse healthcare occupations to make a well-informed decision in pursuit of a selfactualizing career. This course introduces medical terminology, basic anatomy and
 physiology, career pathway exploration and critical soft skills, global healthcare, cultural

diversity in patient care, an introduction to medical administration, and introductory skills of health occupations such as taking and recording vital signs, effective communication, and infection control techniques.

FREE SUMMER DUAL ENROLLMENT COURSES WITH FRAMINGHAM STATE UNIVERSITY

This Summer 2022, Framingham State University will offer 3 courses (5 week courses ea.)! Please find the course description and schedule in the application forms below.

- Cultural Anthropology
- College Composition II (College Writing II)
- Introduction to Statistic



Course application forms:

- Early College Lite students: https://forms.gle/DTn99sde5nFFpxmdA
- Other Framingham HS students: https://forms.gle/7Lo4TwQLmqpa5wGw6

**Please note, there are requirements for students who want to take College Composition II and Intro to Statistics.

- College Composition II: English Writing Placement required; or a grade of C- (1.7) or better in ENGL/ENWR 100 Introduction to College Writing
- Intro to Statistics: Satisfactory score on the mathematics placement examination or student completed algebra in high school



COLLEGE LETTERS OF RECOMMENDATION

COUNSELOR LETTER OF RECOMMENDATION

Juniors applying to four-year colleges next year will most likely need a counselor letter of recommendation. However, they will find out for sure by checking the "application requirements" on the websites of the colleges to which they are applying. In order to write a letter of recommendation, counselors will need to be told in advance that students need a letter. Learn more about transcripts and letters of recommendation on Canvas, here.

TEACHER LETTER(S) OF RECOMMENDATION

Juniors applying to four-year colleges next year will most likely need one to two teacher letters of recommendation. However, they will need to find out the exact number required by checking the "application requirements" on the websites of the colleges to which they are applying. Students should ask teachers for letters of recommendation **IN PERSON**, and they should be teachers from their junior year (e.g. this year). Students should ask:

• One **STEM** teacher (math or science)

**To request a teacher letter of recommendation, please follow the steps listed on the Teacher Recommendation Letter Guide.

STANDARDIZED TESTING INFO & RESOURCES

STANDARDIZED TESTING FAQ

Be sure to look at Ms. Erikson's '<u>Standardized Testing'</u> Canvas page for detailed information on the following:

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



Important SAT/ACT Test Day Information:

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

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 <u>SAT/ACT</u> scores must be submitted through their respective websites. **Scores are <u>NOT</u> 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.

SUMMER SAT AND ACT COLLEGE TESTING SERIES W/REVOLUTION PREP

Taking practice tests for primary, secondary, and college admission exams provides students with a baseline score. Finding out where you stand allows you to compare scores and determine your best fit test.

• SAT Practice Exam | FREE - Saturday, July 16, 2022 | 9:00 AM EDT Online (register here)

Learn test-taking strategies, review content & structure, and hear how to create the best SAT and ACT success plan. Students will take full-length exams with immediate score results.

- SAT 101 Student Event | FREE Tuesday, July 12, 2022 | 6:00 PM EDT Online (register here)
- PSAT 101 Student Event | FREE- Tuesday, September 20, 2022 | 7:00 PM EDT Online (register here)



FHS Summer SAT & ACT Series 2022.pdf





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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!

METHOD TEST PREP: MAY/JUNE POWER & ADVANTAGE CLASSES

<u>June 2022 SAT Power Class All Access Pass</u> (Class Nights can be purchased individually as well)

- Mon May 30th 8:00 pm 10:00 pm ET
- Tue May 31st 8:00 pm 10:00 pm ET
- Wed Jun 1st 8:00 pm 10:00 pm ET
- Thu Jun 2nd 8:00 pm 10:00 pm ET

ADVANTAGE COURSES: 18 Hour Courses for JUNE ACT

Included in the course is three-months of access to Method Test Prep's acclaimed web-based course with 2 full-length SAT practice tests.

- Sun May 15th 1:00 pm 4:00 pm ET
- Sun May 22nd 1:00 pm 4:00 pm ET
- Sun May 29th 1:00 pm 4:00 pm ET
- Sun Jun 5th 1:00 pm 4:00 pm ET

OR

- Mon May 16th 8:00 pm 10:00 pm ET
- Wed May 18th 8:00 pm 10:00 pm ET
- Mon May 23rd 8:00 pm 10:00 pm ET
- Wed May 25th 8:00 pm 10:00 pm ET
- Wed Jun 1st 8:00 pm 10:00 pm ET
- Mon Jun 6th 8:00 pm 10:00 pm ET
- Wed Jun 8th 8:00 pm 10:00 pm ET

OR

- Thu May 12th 8:00 pm 10:00 pm ET
- Tue May 17th 8:00 pm 10:00 pm ET
- Thu May 19th 8:00 pm 10:00 pm ET
- Tue May 24th 8:00 pm 10:00 pm ET
- Thu May 26th 8:00 pm 10:00 pm ET
- Tue May 31st 8:00 pm 10:00 pm ET
- Thu Jun 2nd 8:00 pm 10:00 pm ET
- Tue Jun 7th 8:00 pm 10:00 pm ET
- Thu Jun 9th 8:00 pm 10:00 pm ET

OR 12 Hour Course for JUNE ACT

- Sun May 15th 1:00 pm 4:00 pm ET
- Sun May 22nd 1:00 pm 4:00 pm ET
- Sun May 29th 1:00 pm 4:00 pm ET
- Sun Jun 5th 1:00 pm 4:00 pm ET

AND 18 Hour Courses for JUNE SAT

- Mon May 16th 8:00 pm 10:00 pm ET
- Wed May 18th 8:00 pm 10:00 pm ET
- Mon May 23rd 8:00 pm 10:00 pm ET
- Wed May 25th 8:00 pm 10:00 pm ET
- Wed Jun 1st 8:00 pm 10:00 pm ET

- Thu May 12th 8:00 pm 10:00 pm ET
- Tue May 17th 8:00 pm 10:00 pm ET
- Thu May 19th 8:00 pm 10:00 pm ET
- Tue May 24th 8:00 pm 10:00 pm ET
- Thu May 26th 8:00 pm 10:00 pm ET
- Tue May 31st 8:00 pm 10:00 pm ET
- Thu Jun 2nd 8:00 pm 10:00 pm ET

OR 12 Hour Course for JUNE SAT

- Sun May 15th 1:00 pm 4:00 pm ET
- Sun May 22nd 1:00 pm 4:00 pm ET
- Sun May 29th 1:00 pm 4:00 pm ET

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:

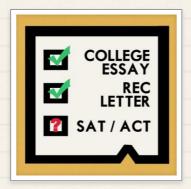
- 24 Hours of Guided Instruction- to review essential concepts, testing-specific strategies and problem-solving skills
- One Complete Student Manual- includes a curriculum outline, practice problems, homework assignments and more
- Six Practice Tests- will be graded and sent back with a breakdown analysis of your results to track progress and focus study efforts

To see uncoming 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.
- <u>SAT/ACT Baseline Testing</u>— 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 Englishspeaking 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 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 <u>CANVAS</u> 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
- · <u>ACT Academy</u>
- · Kaplan
- · Magoosh
- · Union Test Prep
- · McGraw Hill

SCHOLARSHIPS

HOW DO I APPLY? JJJJJJJ

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 <u>scholarship</u> name as the <u>subject line</u>.

Please see some reputable public scholarship websites here:

- https://accessscholarships.com/
- www.fastweb.com
- www.unigo.com
- www.scholarships.com
- https://bigfuture.collegeboard.org/scholraship-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 <u>incoming students</u>
- Mass Bay scholarships for merit & athletics

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.

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



<u>employmentpermits@framingham.k12.ma.us</u> 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



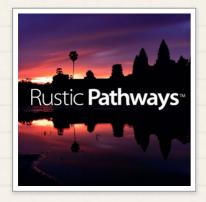
GAP YEAR PROGRAMS & EVENTS

GAP YEAR SOLUTIONS

<u>Gap Year Solutions</u> 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 <u>Planning</u> or Gap Year <u>Mentoring</u>. You can find the full schedule on the <u>Events</u> page of our website.

DISCOVER YEAR

<u>Discover Year</u> integrates practical and interactive education, experiential learning, and skill development into a unique and meaningful year away from formal studies. The program follows a structured approach that blends skills workshops, work, travel, and community service, as well as ongoing mentorship and one-on-one career coaching throughout the year. Learn more on Canvas.



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!

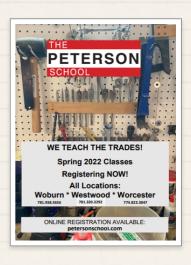
Year Up's mission is to close the Opportunity Divide by ensuring that young adults gain the skills, experiences, and support that will empower them to reach their potential through careers and higher education. Year Up's job training program is tuition free, and offers access to today's best companies 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.



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!





Open House

Thursday, May 12, 2022 2:00 – 5:00pm

Westwood, 350 University Ave. 781-320-3292 Woburn, 25 Montvale Ave. 781-938-5656 Worcester, 705 Plantation St. 774-823-3047



- *Tour our labs & classrooms
- **♦ Meet our instructors**
- Explore education opportunities
- *Register for classes
- ♦Full-time & Part-time class options
- Tuition & Payment Plan Options

We Teach the Trades!

Electrical, Plumbing, Gas Heat, HVAC, Oil Heat and much more.

PETERSONSCHOOL.COM



Peterson School Scholarship '22.pdf



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!



Interested in UTI? Contact: Scott Boydston

Admissions Representative C: 774-571-1781 | sboydston@uti.edu

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: CConvers@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/



MILITARY INFORMATION

ASVAB + RECRUITER INFO

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!**

May 18, 2022 18:00

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

https://afrotc.zoomgov.com/meeting/vJlscOirrD4uG4YPRZOVPP OYj3xWschW_4c/ics?

icsToken=98tyKuiurzwrGdaQtBjBel86FaPkbOnF1mRp_pptriXKNRBjTTr8Zfp1lbF3J-eE





FRAMINGHAM HIGH SCHOOL



💡 115 A Street, Framingham, MA...



😱 framingham.k12.ma.us/Domai...

