College Et Career Center Newsletter

CLASS OF 2022 | DECEMBER 2021

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.

Lets Connect!

Rachel Erikson (She/Her/Hers) +1 (508)782-7688 | rerikson@framingham.k12.ma.us 115 A Street Framingham, MA 01701

DUAL ENROLLMENT COURSES - SPRING 2022

DUAL ENROLLMENT VIA MASS BAY I APPLY BY 12/23!

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 spring for juniors and seniors only at our identified partner high schools. Classes will be held remotely after school or fully Online from January 18, 2022 to May 15, 2022. Apply here by December 23rd!

Classes offered:

- Drugs and Society | Tuesdays and Thursdays 3:15-5:00
- Medical Terminology | Hybrid-Some Scheduled Classes-Rest Fully Online
- Marketing | Mondays and Wednesdays 3:15-5:00
- Scripting | Tuesdays and Wednesdays 3:15-4:45
- Nutrition | Courses Fully Online No scheduled class meetings.



CDEP Flyer Spring 2022 12-6-21.pdf



APPLYING TO COLLEGE - PLEASE READ:

 Make sure you double check your deadlines and submit ahead of time (be sure to hit submit in Common App or electronic application). You do not have to wait until school documents are submitted for you to submit your application. You may submit your application when you are done!



- Be sure you have spoken with your counselor.
- Check in with the teachers who are writing your letters of recommendation to make sure they know a) which colleges to which you would like their letters sent b) the deadlines for your colleges.
- If Standardized Test Scores are required, make sure you send your scores from the College Board or ACT website as soon as possible.
- Check the financial aid requirements and deadlines for each of your schools.

***Once you have submitted, make sure you do the following in the days and weeks after your deadlines:

- If your schools have portals, be sure to log in to make sure that your colleges have all the materials they need and that you have a complete application.
- Please be sure to check your email every day. Colleges let students know about missing materials AND admissions decisions using email.
- If you are not able to check in a portal, you can call the admissions offices to make sure that they have a complete file. This should happen a couple of weeks after the deadline, as it takes colleges some time to process all materials.

IN ORDER TO REQUEST A TRANSCRIPT, YOU MUST LINK YOUR NAVIANCE & COMMON APP ACCOUNTS!

For <u>step-by-step directions</u> on linking your Common App and Naviance accounts, please click the link. Each counselor has an individual transcript request form. To find <u>your</u> counselor's transcript request form, scan the QR with their name below:

- Khazai Senior Transcript Request Form
- Childs Senior Transcript Request Form
- Jones Senior Transcript Request Form
- Walcek Senior Transcript Request Form
- Donovan Senior Transcript Request Form
- O'Brien Senior Transcript Request Form
- <u>DeSimone Senior Transcript Request Form</u>
- Monaco Senior Transcript Request Form
- Ramirez Senior Transcript Request Form
- <u>Taylor Senior Transcript Request Form</u>

Important Dates for Requesting Transcripts

Transcript Request Form Due	Application Deadline
October 7th, 2021	November 1st, 2021
October 21st, 2021	November 15th, 2021
November 5th, 2021	December 1st, 2021
November 22nd, 2021	December 15th, 2021
December 3rd, 2021	January 1st, 2022
December 17th, 2021	January 15th, 2022
January 25th 2022	February 15th, 2022

THE COMMON APPLICATION

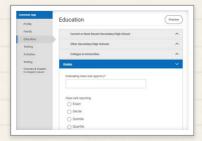
The **COLLEGE APPLICATION** is the backbone of all of the information a college/university needs to know about you to assess if you'd be a good fit for their school. The majority of schools use the **Common Application** as their application portal. Some schools have an application portal built into their website, and other schools use an application portal called the **Coalition** App (similar to the Common App; see schools that use the



Coalition App here). Creating an account on any of these portals is free, but most

colleges/universities have a cost associated with applying. All applications are created and submitted online.

For step-by-step directions about applying to college and FAQs, please visit Ms. Erikson's '<u>The College Application</u>' Canvas page.



CLASS OF '22 CA EDU INFO:

Class size: 514

Class rank reporting: Decile

Decile Rank: Top ____

Rank weighting: Weighted

GPA scale reporting: 4

Cumulative GPA:

GPA weighting: Weighted

THE COLLEGE ESSAY

The college essay is an *extremely* important part of your college application—it is the one part of the application that is in <u>your voice</u>! To get help *starting*, *editing*, or putting your essay into your application early. Make an <u>appointment</u> with Ms. Erikson for college essay help—whether its picking a topic or editing, we're here for you— and make sure to check out the 'Writing YOUR Best College Essay' Canvas page!



WRITING CENTER WEBSITE: Click here to access our brand new writing center website!

LETTERS OF RECOMMENDATION

COUNSELOR LETTER OF RECOMMENDATION

Seniors applying to four-year colleges 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.

Learn more about transcripts and letters of recommendation on Canvas, here.





TEACHER LETTER(S) OF RECOMMENDATION

Seniors applying to four-year colleges 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. To request a teacher letter of recommendation, please follow the steps listed on the Teacher Recommendation Letter Guide. You should always plan to give your teachers a minimum of 10-15 school days notice prior to your first application deadline.



Teacher Recommendation Letter Guide.pdf



FINANCIAL AID



FINANCIAL AID

Here are some detailed resources about filling out the FAFSA and CSS Profile, both of which opened on October 1, 2021. The sooner you apply, the better!

- FAFSA support
- CSS support

Need additional support? Check out upcoming <u>MEFA Events</u>! We offer free informative webinars and virtual community events on a range of topics. To register for an upcoming webinar, click a topic below. To view a recorded webinar, please view our <u>MEFA Videos</u> page.

1/27 FAFSA WALK-THROUGH EVENT

In January uAspire will be hosting a Students FAFSA Walkthrough. Please let your students and families know about our walkthrough. It can be beneficial for students and families to get an overall understanding of the financial aid application. We will discuss some of the best tips when it comes to completing the FAFSA.

• Date: Thursday, January 27th

- **Time:** 6 7pm.
- Link: Registration Link

Students can text (978) 300-8878 to receive assistance from FAFSA experts! We provide students with individualized support and zoom calls can be scheduled with our wonderful advisors. We also have resources for you that can help your students such as FAFSA timelines and how-to videos. If this is something you need, please let us know.

FAFSA SUPPORT WITH UASPIRE

Sign-up for FREE one-on-one FAFSA support here!



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 <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

LEARN WITH LEADERS: HARVARD'S STUDENT AGENCY

Learn with Leaders is excited to share with you the details of unique winter programs by

Harvard Student Agencies (HSA) at Harvard University, that your students can kick start the

New year with! Please find attached the details of all the HSA programs in the brochure below.

Certificates will be provided directly by Harvard Student Agencies at Harvard University.

1. Future Doctors Program by Harvard Student Agencies at Harvard University:

Future Doctors Program seeks to introduce students to the fundamentals of pre-medical studies. The program covers various topics including content modules on genetic inheritance, hormones, immunology, and organic chemistry. It also explores case studies on various diseases, poses medical ethics questions, and offers an opportunity to dissect scientific papers. The program aims to prepare students for a career in medicine by providing an overview of the MCAT process, as well as the chance to hear first-hand about the process from Harvard students.

Providing an extensive overview of pre-med, the program encourages students to think critically and quickly. Each day begins with an in-depth lecture covering an important aspect of the medical field ranging from genetics to organic chemistry. Students then engage in handson activities created to orient them to the realities of working in medicine. The program guides students through topics and higher-order thinking skills necessary to succeed in the medical field.

Duration: 2 weekends (over 9 days)

• Fees: USD 240

• Program Start Date - 22nd January 2022

Mode: Online (Zoom)

• For more details, visit the website. Click here, to apply now!

2. Program in Policy Making and International Relations by Harvard Student Agencies at Harvard University:

The two-weekend program will enable students to explore their **passions in International Relations**, and develop an understanding of the role of nations, international institutions and the relationships between countries. Students will also learn about **careers** in diplomacy, international organizations, trade, NGOs, governments, etc. The **topics to be covered** include political theory and international relations, campaign management, tackling policy conflicts, pitching actionable policy recommendations, and more!

• Duration: 2 weekends (over 9 days)

• Fees: USD 240

• Program Start Date - 22nd January 2022

Mode: Online (Zoom)

• For more details, visit the website. Click here, to apply now!

3. Future Lawyers Program by Harvard Student Agencies at Harvard University:

The Future Lawyers Program with the best from Harvard Student Agencies (HSA) allows students to get their first taste of the complex world of pre-law studies and the American legal system. Beginning with civics lessons and the acquaintance of students with the legal system itself, the program quickly equips students with the skills they need to read, interpret, and incorporate legal cases into their writing. In addition to fostering these pre-legal skills, students will get acquainted with pre-law studies and the Law School Admissions Test, for which they'll be taught strategies to tackle the daunting exam.

• Duration: 2 weekends (Over 9 days)

Fees: USD 240

• Program Start Date - 22nd January 2022

Mode: Online (Zoom)

• For more details, visit the website. Click here, to apply now!

GIRLS WITH IMPACT

Offer for Families – Scholarships Spots for Girls With Impact's Business & Leadership Academy: We're partnering with Girls With Impact to bring you full scholarships to their 10-week mini-MBA program. Girls With Impact is the nation's online live, online business and leadership academy for young women, 14-18. We are able to offer these scholarships courtesy of Eversource. Winter classes start the weeks of January 10th and will fill up, so sign up today.

Register here now. Use the code 'POWERUP' at checkout.



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!

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 accomodations
- 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 both an ACT + SAT 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 or hosted practice test.

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

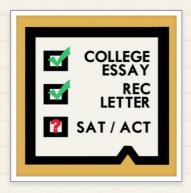
Do you have free/reduced lunch and/or receive any financial assistance? If so, you qualify for a SAT fee waiver! A fee waiver covers the cost of up to two SAT tests and three SAT Subject Tests. If you need an **SAT or ACT fee waiver** please contact Ms. Erikson

(rechmid@frominghom k12 may and sho will get you a gode and halp 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.







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 CACC (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



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

SUMMER OPPORTUNITIES FOR 2022

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

AVAILABLE INTERNSHIP OPPORTUNITIES

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

AVAILABLE PAID JOBS

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

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>.

- 1/11/2022, 7:00PM ET: Summit Free Public Library, Summit, NJ (Register)
- 1/19/2022, 6:30PM PT: Palo Alto City Library, Palo Alto, CA (Register)
- 1/27/2022, 7:00PM CT: Hinsdale Public Library, Hinsdale, IL (Register)

You can find the full schedule on the **Events** page of our website.



RUSTIC PATHWAYS

Since 1983 <u>Rustic Pathways</u> 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 <u>Flightless Travel</u> <u>Resources</u> 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 <u>here</u>.

LOCAL TRADE & TECHNICAL PROGRAMS

STEVENS TRADING DAY 2022

The <u>School of Business at Stevens Institute of Technology</u> invites all high school students that are 16 years or older to participate in **Stevens Trading Day 2022** - a virtual and live trading competition event.

In the first phase of this trading competition which will launch on **February 1, 2022**, students will create a portfolio using **Dow Jones MarketWatch Virtual Stock Exchange**, an easy-to-use trading simulator which provides real time market data, news, and historical pricing information on indexes, listed and OTC securities.

In the second phase of this competition, the 25 students with the top performing portfolios as of **February 28, 2022**, will be invited to our campus in Hoboken, NJ on **Friday, April 1, 2022**, for an exciting live trading competition event in our state-of-the-art <u>Hanlon Financial Systems</u>

<u>Center</u> laboratories. The agenda of the day will include the following:

- Bloomberg 101 Introductory workshop on the key functions of the Bloomberg terminal
- Live Trading Event Compete against the best of the best high school traders for prizes
- Market Insight Discussion Professor George Calhoun, contributor for Forbes magazine,
 will provide color on the state of the financial markets
- Campus Tour and Lunch

If you are a high school student interested in the stock market, please register <u>HERE</u> for Stevens Trading Day 2022.

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

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/



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 <u>ahead of time here</u>.

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

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!**

- Jan 5, 2022 18:00
- Jan 19, 2022 18:00
- Feb 2, 2022 18:00
- Feb 16, 2022 18:00
- Mar 2, 2022 18:00
- 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/vJlscOirrD4uG4YPRZOVPPOYj3xWschW_4c/ics? icsToken=98tyKuiurzwrGdaQtBjBel86FaPkbOnF1mRp_pptriXKNRBjTTr8Zfp1lbF3J-eE



FRAMINGHAM HIGH SCHOOL









🚮 framingham.k12.ma.us/Domai...



