

Class of 2023

1/13/23 | 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 ícono "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'.

College Prep Webinars with Princeton Review 1/17-1/19

Getting back into gear after winter break is tough for many students at Framingham High School. The Princeton Review wants to help get your students back into the swing of things with our Study Skills Week. From January 17th to 19th, our expert instructors will help students learn about writing essays, studying for tests, and getting the grades that help in college admissions.

- **Tuesday, January 17, 2023 @ 8PM ET**
[High School Academics and College Admissions](#)
- **Wednesday, January 18, 2023 @ 8PM ET**
[Crafting Your Academic Essays](#)
- **Wednesday, January 18, 2023 @ 10PM ET**
[Study Skills 101](#)
- **Thursday, January 19, 2023 @ 8PM ET**
[AP Strategy Session](#)

On-The-Spot Admissions Week - SIGN UP NOW!

Framingham High School will be hosting an On-The-Spot Admissions event for the following schools. The event will take place at Framingham High School on From Monday (2/6) - Wednesday (2/8) from 1:30PM - 3PM in the College & Career Ctr. (K005).

MONDAY, FEBRUARY 6th:



**ON-THE-SPOT
ADMISSIONS**

- Fisher College
- Regis College

TUESDAY, FEBRUARY 7th:

- Southern New Hampshire State University
- Dean College
- University of MA - Dartmouth

WEDNESDAY, FEBRUARY 8th:

- Framingham State University (Framingham, MA)
- Salem State University

Please fill out this [GOOGLE FORM](#) to register!

1/25 Cybersecurity Info Session

Cybersecurity Programs Information Session with Mass Bay:

January 25, 2023 at 10:00AM | E period in the Auditorium, [Students Sign up here](#)

Come to hear about the exciting work in cybersecurity. Cybersecurity analysts keep data secure in every field – health care, education, retail, financial, social media, everywhere.

There are thousands of open cybersecurity jobs so this is a career with job security and great salaries.

Talk to current MassBay students about their classes and why they chose a career in cybersecurity.

See the attached flyer for more details!



1.25.23 CyberSecurity Presentation Flyer.pdf

Download

254.3 KB

EARN FREE COLLEGE CREDITS WHILE IN HIGH SCHOOL?

Motivated high school students can get a head start and save money by earning college credit for FREE, while attending high school.

Classes are open to Sophomores, Juniors, and Seniors (Freshmen can participate with the approval from the Principal)

Course offered

- Quantitative Reasoning
- Introduction to Statistics
- Introduction to Biological Science with Lab
- Biological Perspectives on Environmental Issues
- Literature and Social Justice
- Introduction to Sociology



Spring 2023
Dual Enrollment
Courses

**Click here to
read the course
information and
to register**

Metrowestcpc.org

metrowestcpc@gmail.com

508-215-5600

MetroWest

C P C College
Planning
Collaborative
Your Pathway to a Higher Education

The application form is open until Jan 20th, 2023:

<https://forms.gle/QCC2vbUY3DtU3Mhf9>

Youth in Philanthropy (YIP) - Now Registering!

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.

FOUNDATION
FOR METROWEST

YOUTH IN
PHILANTHROPY

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 '[The College Application](#)' Canvas page.

▶ 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

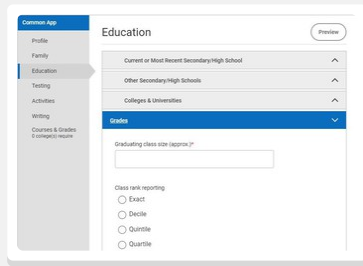
Students apply to as many schools as they'd like, and are not bound to enroll if they are offered admission.

Typical deadline:

January 1st

Typical decision release:

April 1st



Common App EDU Section

Class Size & Rank:

- Class size: 540
- Class rank reporting: Decile
- Decile Rank: Top ____
- Rank weighting: Weighted
- GPA scale reporting: 4
- Cumulative GPA:
- GPA weighting: Weighted

Course Codes:

- U - N/A
- CP - College Prep
- ACP - Advanced
- Honors - Honors
- AP - AP



Financial Aid

Here are some detailed resources about filling out the FAFSA and CSS Profile, both of which opened on October 1, 2022. The sooner you apply, the better!

- [FAFSA support](#)
- [CSS support](#)

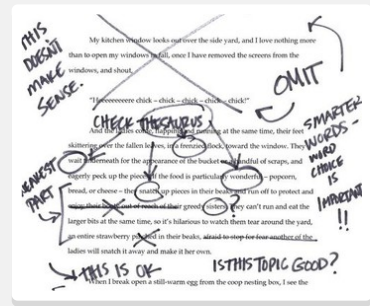
Need additional support?

Check out upcoming [MEFA Events!](#)

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 [MEFA Videos](#) page.



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 your voice! To get help *starting, editing,* or putting your essay into your application early. Make an [appointment](#) 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!](#)

Transcript Requests & Letters 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 15 school days notice prior to your first application deadline.

Transcript Request Form instructions

Important Dates for Requesting Transcripts

Transcript Request Form Due	Application Deadline
October 7th, 2022	November 1st, 2022
October 11th, 2022	November 15th, 2022
November 3rd, 2022	December 1st, 2022
November 21st, 2022	December 15th, 2022
December 5th, 2023	January 1st, 2023
December 16th, 2023	January 15th, 2023
January 25th 2023	February 15th, 2023

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.

Teacher Letter(s) of Recommendation

4-year college apps likely need 1-2 teacher LOR (check LOR requirements on the website of each college). Plan to give your teachers a minimum of 15 school days notice prior to your first application deadline.

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 - Feb 19](#)- Sunday, February 19, 2023 1:00 PM - 6:00 PM (EST) [More Info](#)
- [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](#)

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



Scholarships



January 2023 Scholarship Newsletter.pdf

[Download](#)
485.0 KB

In addition to the Scholarship Newsletter, all scholarships are also listed on [Naviance](#). To access scholarships on Naviance, follow the directions below:

1. Log-in to www.naviance.com [zip code is 01701] → sign-in using your 'Students and Families' account
1. Click 'Colleges' in the top right corner of your home page
2. On the 'Colleges' drop-down tab, click 'Scholarships and Money'
3. Select "local and regional scholarships" at the top left of the new page
4. Explore and apply!

How do I submit scholarships?

Directions for how to submit scholarships can be found at the top of the scholarship newsletter.

- Some scholarships are submitted online
- Some scholarships are submitted to Ms. Erikson (K018/ rschmid@framingham.k12.ma.us)
- Some scholarships are emailed/mailed to a private party

Where else can I find scholarships?

Additional scholarships can be found at the following:

- www.fastweb.com
- www.unigo.com
- www.scholarships.com
- <https://bigfuture.collegeboard.org/scholarship-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>
- <https://www.ai-camp.org/free-lesson>

FAFSA & MEFA Events

Financial Appeals with College Aid Pro - 1/18 @12pm EST

College Appeals with CollegeAid Pro: “We got accepted to our top choice, but we can’t afford it. Is it possible to get more money?” The short answer is Yes! However, there is a method to this madness. Please join us next week, **January 18th @12ET**, for our 1st in a series of discussions on the most pressing college- related topics. [REGISTER HERE!](#) We will discuss:

- How to identify good/bad appeal candidates
- What are reasonable expectations to set?
- Who should initiate the appeal? Parent student, both?
- Where should we appeal? Admissions, Financial Aid, both?
- Shareable templates for successful appeals

Virtual FAFSA Days

Get FREE Help Applying for College Financial Aid!

FAFSA Day is a non-profit, volunteer driven program providing free assistance to students and families seeking to complete the FAFSA (*Free Application for Federal Student Aid*).

If you have questions about completing the FAFSA, please call us weekdays at (800) 449-6332 (9:00 am – 4:00pm) or email fafsaday@gmail.com.



Join Us Live Webinar

How to Advise Families On Appealing to Colleges for More Money

January 18th @12pm EST

[REGISTER NOW!](#)

The graphic features a blue house icon, a photo of a man and a woman, and a green 'REGISTER NOW!' button with a white arrow.



The goal of the FAFSA Day is to help students complete the 2023-2024 FAFSA application as they apply for college. Financial aid professionals from colleges and organizations across Massachusetts are ready and available to answer questions and walk you and your family through the application process. Below are scheduled **FAFSA Day online** events held on ZOOM, where an advisor will meet with you personally in a breakout room. Their personal attention, along with their knowledge and experience, are here to help you check-off the FAFSA from your college application to-do list.

- **Sunday, January 22 - 6:00-8:00PM - [Register](#)**
- **Monday, February 20 - 6:00-8:00PM - [Register](#)**

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.

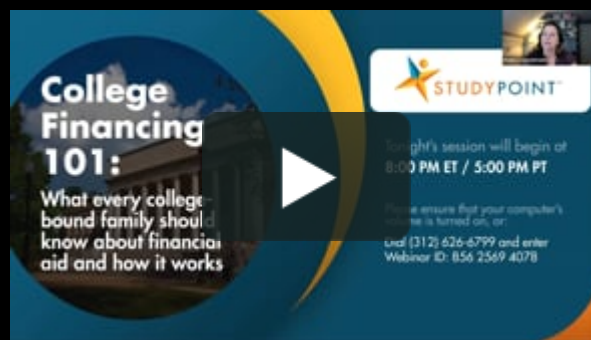


OUR COLLEGE PLANNING EXPERTS CAN HELP FAMILIES:

- ✓ 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

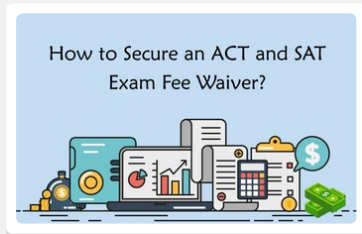
CLICK TO VIEW FULL WEBINAR

StudyPoint Virtual Discussion Panel: College Financing 101



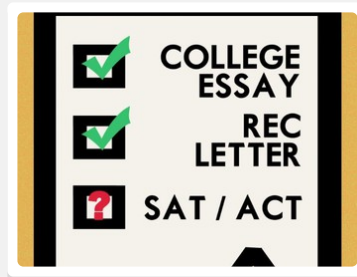
Standardized Testing

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



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!



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.

Other Upcoming Events

[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 2022 at 7:30am -- CLOSED
- Wednesday, April 5th 2023 at 7:30am -- [REGISTER 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


115 A Street Framingham, MA 01701



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 Facebook

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 (508) 620-4963

 framingham.k12.ma.us/Domai...