

# Class of 2023

10/25/22 | 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 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'.

## FHS College & Career Events - Save the Date!

**Alternative Pathways Night:** Alternative Pathways Night will take place on **Tuesday, November 15th** from **6:30-7:30PM** in the **FHS Auditorium**. This event will discuss the process and resources for students interested in trade/vocational programs, gap years, the military, or entering the workforce after high school.

**4-Year College Night:** 4-Year College Night will take place on Thursday, November 17th from **6:30-7:30PM** in the **FHS Auditorium**. This event is the first of its kind at FHS, and will discuss the four year college application process in detail, college expectations, and FHS specific procedures related to applying to four year colleges.

## Upcoming FREE webinars with Princeton Review for FHS seniors (10/13, 10/25, 11/17)

**Tuesday October 25th – Crafting your College Essay [at 7:00PM Online]** - College application essays are now, more than ever, a big part of your college application. In this presentation, we will discuss why these essays are important, what should go into your essay, and how to write the best essay for your application. [REGISTER HERE!](#)



**Thursday November 17th – Test Optional Admissions [at 7:00P Online]** - "Test-Optional" has increasingly been the buzzword in college admissions, but it is still a new concept for students and parents. This event discusses what test-optional admissions means, why schools adopt test-optional policies, and what test-optional admissions means for students. [REGISTER HERE!](#)

## College Visits

Every fall there are ~100 colleges that come to Framingham High School to meet with students; these visits are an important and valuable piece of the college application process. To attend visits, you must register and notify your teachers ahead of time.

To attend visits, **register ahead of time** on [Naviance](#):

1. Log-in to *Naviance*
2. Click 'Colleges' on the top of the page
3. Select '**College Visits**' under *Research Colleges*
4. Explore and register!

### UPCOMING VISITS:

#### Monday (10/24)

- 11am - Umass Dartmouth
- 12pm - Salem State University
- 1pm - American University

#### Tuesday (10/25)

- 11am - Dean College
- 12pm - Saint Anselm College
- 1pm - Brandeis University

#### Wednesday (10/26)

- 11am - Nashua Community College
- 12pm - Southern New Hampshire University
- 1pm - Connecticut College

#### Friday (10/28)

- 11am - Bridgewater State University
- 12pm - High Point University
- 1pm - University of Alabama



## 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

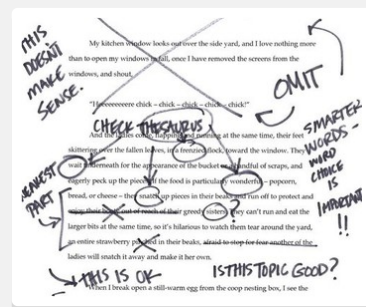
Students apply to as many schools as they'd like, and are not bound to enroll if they are offered admission.

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!](#)

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

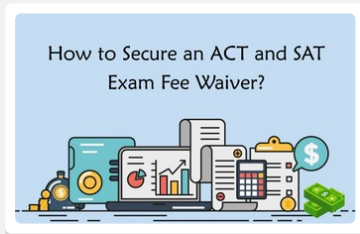
Seniors applying to four-year colleges will most likely need a counselor letter of recommendation. However, they will find out for sure by checking the "application requirements" on the websites of the colleges to which they are applying.

## 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.

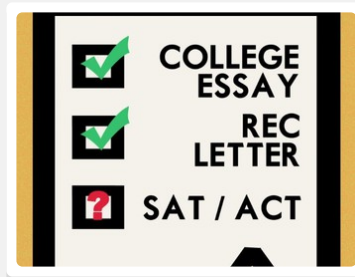
## Standardized Testing

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

## 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

## NACAC Virtual College Fairs

NACAC will be hosting 3 fall virtual college fairs, where hundreds of schools will be featured.

**November Virtual College Fair** - November 6, 2022 | 1-6PM ET [Register here!](#)

## Financial Aid

### MEFA Webinars

- [FAFSA Festival](#) | **Tuesday, October 25, 2022 | 4:00pm - 8:00pm**  
Join us to receive help with your FAFSA. Experts will be available to meet with you one on one in a private break-out room to answer your questions and walk through any components of the application on which you need assistance.
- [Athletics in College Admissions](#) | **Tuesday, December 06, 2022 | 6:30pm - 7:30pm**  
This webinar, presented by Dr. Mike Janicki, Ed.D, School Counselor at Old Rochester Regional High School, will discuss athletics in college admissions. Topics will include sports divisions, eligibility, the college search process, and issue to consider. Live transcription will be available.

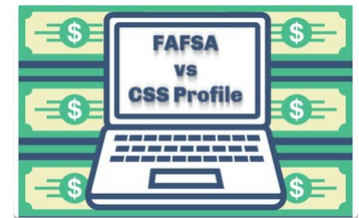


### FAFSA / CSS Walkthrough | 10/26 @ 8PM

Join College Aid Pro for a thrilling walk-through of how to complete the FAFSA & CSS Profile on Oct 26, 2022 08:00 PM EST! [Register Here](#) ahead of time.

You will learn:

1. The 7 critical mistakes to avoid when completing the FAFSA
2. The 7 critical mistakes to avoid when completing the CSS Profile
3. How (and who!) to login/access the FAFSA and CSS Profile
4. How to complete and submit the FAFSA & CSS Profile
5. Who requires the FAFSA and/or CSS Profile and when they are due



### Scholarships w/ SallieMae | 11/2 @7pm

**Scholarships—finding free money for college | Wednesday, November 2 at 7pm ET**

During this session students and families will learn key tips on applying for scholarships, how to create a winning scholarship essay, and more. **Space is limited, so please [register early!](#)**

**Unable to Attend?** If you're unable to attend either of these dates, go ahead and [register](#)—we'll send you a link to the recording so that you don't miss this valuable information.

## Affording College: Fin Aid 101 | 12/7 @ 8pm

Affording College: Financial Aid 101 | Wed, December 7 at 8 pm ET - [REGISTER NOW!](#)

With Scott Wallace-Juedes, Director of Undergraduate Financial Aid at Yale University In this webinar, we'll discuss the FAFSA and CSS profile, estimating cost, scholarships, grants, need-based aid, and other ways to finance your child's education.



## 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](mailto:fafsaday@gmail.com).



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.

- **Monday, November 14 - 6:00-8:00PM - [Register](#)**
- **Thursday, December 15 - 6:00-8:00PM - [Register](#)**
- **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

**College Financing 101:**  
What every college bound family should know about financial aid and how it works

STUDYPOINT

Tonight's session will begin at 8:00 PM ET / 5:00 PM PT

Please ensure that your computer's time is synced on, or:  
Dial (312) 626-6799 and enter Webinar ID: 856 2569 4078

Other Upcoming Events

Behind the Stands - Careers in the Sports & Entertainment Industry @ Gillette Stadium 10/28 with Dean College



**BEHIND THE STANDS: Careers in the Sports and Entertainment Industry**

Join us to learn about careers in the sports and entertainment industry, Dean's Center for Business, Sport and Entertainment Management, and our partnership with the Kraft Sports + Entertainment. [Click here](#) for more information.

Students will hear from representatives from the Kraft Sports + Entertainment, as well as Dean College faculty, staff, and students. The event will highlight careers and the hands on learning experiences for students interested in the following areas: Arts and Entertainment Management, Athletic Coaching and Recreation Management, Communications, Exercise Science, Marketing, Sport Management and

Sports Broadcasting.

**The event will take place on FRIDAY, OCTOBER 28TH, 2022.**

[Register online](#) by 10/26! Registration Closes Wednesday, Oct. 26th at 12PM.

## Army ROTC Nursing Symposium | 11/8 + 11/9

The Army ROTC is hosting an Army Nurse Symposium for HS Seniors that are interested in a career in nursing. We will have several Army nurses, Army Nurse Cadets, and Army healthcare representatives in attendance, along with nurse faculty from Boston area schools of nursing (Northeastern University, Boston College, Simmons University, UMASS Boston, Curry College, and more).

- On November 8th from 9:00 AM until 4:00 PM. November 9th from 9:00 until 2:00 PM. And then from 3:00 PM until 6:00 PM, we will have a presentation for HS seniors interested in the HS National scholarship. For this part, any interested college-bound seniors can attend. For the Nurse symposium, both days will be the same, so students would attend just one day, if interested.
- At Egan Research Center, Room 440, at Northeastern University. The address is 120 Forsyth St, Boston, MA 02115.
- This event is open to High School Juniors and Seniors interested in becoming a Nurse after college and interested in earning a 4 year Army ROTC Scholarship, which pays for tuition and fees (plus more) at almost any college or University with a Nursing School.



Boston - Army Nursing and Healthcare Symposium '22.pdf

[Download](#)  
216.9 KB

## Free, upcoming Revolution Prep webinars

- **The College Admissions Landscape : Now vs. Then** with Shawn Abbott, Wendy Chang, Patrick Gallagher, Sandra Sohne–Johnston, Tamar Adegbile, and Ben Neely on **Wednesday, November 9 at 5 pm PT, 8 pm ET**

A whole lot has been changing in the college admissions landscape. Join our expert panel, composed of Tulane's Dean of Admission and high school counseling professionals who have seen it all and found the right ways to help families adapt.

- **Understanding Athletic Recruiting** with Holly Burks Becker and Jeffrey Durso-Finley, Ed.D on **Wednesday, November 30 at 5 pm PT, 8 pm ET**

In this webinar, college counselors and former Division I athletes give you visibility and transparency into the college admissions and athletic recruiting process in the NESCAC and the Ivy League.

Find more below!



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[Download](#)  
207.9 KB



## College Admissions Landscape (11/9 @ 8pm)

The College Admissions Landscape: Now vs. Then | [Register Here](#)  
Wednesday, November 9th at 5 pm PT / 8 pm ET

Whether it's the short-term changes brought on by COVID, or the decades-long trend of increased interest in the most selective colleges and universities, a lot has been changing in the college admissions landscape. Join our expert panel, composed of Tulane's Dean of Admission and high school counseling professionals who have seen it all and found the right ways to help families adapt.



2022\_Webinar\_The+College+Admissions+Landscape-Now-vs-Then\_Flyer.pdf

[Download](#)  
281.6 KB

## The Peterson School Open House/Career Fair (11/20/22)

The Peterson School Open House / Career Fair: Thursday, November 10, 2022

For over 70 years, Peterson has been a leader in Trade Education. Meet our instructors, tour our labs, and **bring your resume!** Many local companies will be present for you to explore employment opportunities. Raffles, refreshments and giveaways included!

- Westwood (350 University Ave) 2:00-5:00PM
- Woburn (25 Montvale Ave) 1:00-4:00PM
- Worcester (705 Plantation Street) 2:00-5:00PM

**We teach the trades:** *plumbing; electrical; firemen/engineers; HVACR; hoisting; construction supervisor; facilities technician; gas heat; oil heat; fire alarm; waste water; OSHA; locksmith; HVAC controls & energy management; gas fitters; continuing ed*



Peterson School OH&CF 11.20.22.pdf

[Download](#)  
275.9 KB

[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!



## Mass Hire @ FHS

Interested in meeting with our Mass Hire representative? Chrissann Thompson meets with FHS students every Wednesday from 8am-3pm. Make an appointment below!



### Chrissann Thompson | Mass Hire

Youth Career Exploration Coordinator  
Wednesday, 8am-3pm

[Schedule an appointment](#)

E: [cthompson@framingham.k12.ma.us](mailto:cthompson@framingham.k12.ma.us)

## 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

Let's  
Connect!

## 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](mailto:rerikson@framingham.k12.ma.us)  
115 A Street Framingham, MA 01701



## Framingham High School

 Facebook  @FHSFlyers

 115 A Street, Framingham, MA,...  (508) 620-4963  
 [framingham.k12.ma.us/Domai...](http://framingham.k12.ma.us/Domai...)