

# College & Career Center Newsletter

CLASS OF 2022 | FEBRUARY 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 | 7:00am-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.

Rachel Erikson (She/Her/Hers)

+1 (508)782-7688 | [erikson@framingham.k12.ma.us](mailto:erikson@framingham.k12.ma.us)

115 A Street Framingham, MA 01701



## FHS ON-THE-SPOT WEEK: 3/14-3/17/22

On-The-Spot Admissions Week (March 14th – March 17th) – FHS will be hosting one school per day from 2-3PM from March 14th through March 17th. These on-the-spot meetings will be held in E118 (College & Career Ctr.). Please sign-up for the on-the-spot week using this [GoogleForm](#).

Students are eligible to attend the on-the-spot if they either need to apply to schools, or have applied to one of the schools below but are awaiting a decision.

The following schools will be available for on-the-spot admissions:

- Monday, March 14th: Fisher College
- Tuesday, March 15th: Regis College
- Wednesday, March 16th: UMASS Dartmouth
- Thursday, March 17th: Framingham State University

## SCHOLARSHIPS



February Scholarship Newsletter II.pdf

Download

1.5 MB

### 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](mailto: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 scholarship name as the subject line.**

Please see some reputable public scholarship websites here:

- <https://accessscholarships.com/>
- [www.fastweb.com](http://www.fastweb.com)
- [www.unigo.com](http://www.unigo.com)
- [www.scholarships.com](http://www.scholarships.com)
- <https://bigfuture.collegeboard.org/scholarship-search>
- [www.collegecovered.com](http://www.collegecovered.com)
- <https://www.mometrix.com/blog/scholarships-for-college/>
- [www.collegegreenlight.org](http://www.collegegreenlight.org)
- [www.collegeboard.org](http://www.collegeboard.org)

- <https://universityhq.org/paying-for-college/scholarships/#k12>
- <https://bold.org/scholarships/scholarships-for-high-school-seniors-list/>

#### 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 [incoming students](#)
- Mass Bay scholarships for [merit & athletics](#)

## FINANCIAL AID

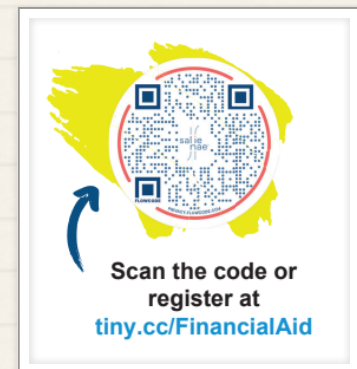
### UNDERSTANDING FINANCIAL AID OFFERS WITH SALLIE MAE

#### Understanding Financial Aid Offers with Sallie Mae:

March 1, 2022 at 6:30pm EST | [Register here!](#)

Getting accepted to college may not feel easy, but when the financial aid offers start coming in and you have to really figure out what it will cost, it can start to feel like college admissions applications were a walk in the park by comparison. Join us and our college expert panelists who will offer their insights and advice on how to read and understand the information included in your financial aid offers so that you can more easily compare schools and determine which college may be the best fit. We will be joined by:

- Erin Wolfe (Associate Director of Financial Aid, Bucknell University)
- Eugene Rogers (Senior Financial Aid Counselor, Molloy College)
- Sage Crary Stachowiak (Director of Financial Aid and Scholarships, Southern Connecticut State University)



### UASPIRE FAFSA WALKTHROUGH EVENT: 3/14 @ 6PM

uAspire will be hosting a virtual FAFSA Walkthrough on Monday, March 14th at 6 pm. Register for the event using the link below.

#### FAFSA Walkthrough

Date: Monday, March 14th, 2022 | Time: 6pm -7pm.

Registration: [Click Here to Register!](#)

## FINANCIAL AID -- FREE FAFSA SUPPORT WITH UASPIRE

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 [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.

**uAspire provides FAFSA assistance to students through a FAFSA Support Help Center.** uAspire is a national nonprofit that ensures that all young people have the financial information and resources necessary to find an affordable path to and through college. As part of this partnership, your schools will receive assistance to help your graduating high school seniors complete their first step in postsecondary education. uAspire currently offers various types of support. These supports include:

- **Advising through text message.** Students can text **(978) 216-5109** to receive individualized support from our advisors. (Zoom and phone calls are available).
- **Individualized Direct Supports for schools.** Students can directly sign up to virtually meet with an advisor over Zoom during the school day. If you are interested in this support please contact Leticia Reyes (E: [LeticiaR@uaspire.org](mailto:LeticiaR@uaspire.org)).

Sign-up for FREE one-on-one FAFSA support [here!](#)

## Overview of the FAFSA



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 [step-by-step directions](#) on linking your Common App and Naviance accounts, please click the link. Each counselor has an individual transcript request form. To find your counselor's transcript request form, scan the QR with their name below:

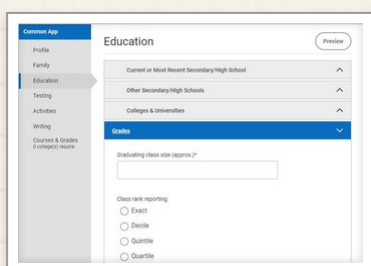
- [Khazai Senior Transcript Request Form](#)
- [Childs Senior Transcript Request Form](#)
- [Jones Senior Transcript Request Form](#)
- [Walcek Senior Transcript Request Form](#)
- [Donovan Senior Transcript Request Form](#)
- [O'Brien Senior Transcript Request Form](#)
- [DeSimone Senior Transcript Request Form](#)
- [Monaco Senior Transcript Request Form](#)
- [Ramirez Senior Transcript Request Form](#)
- [Taylor Senior Transcript Request Form](#)

## 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.

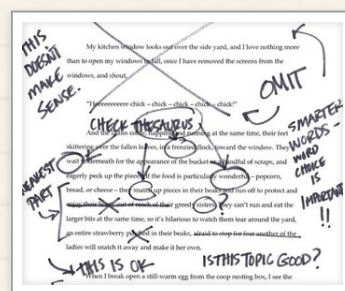


## CLASS OF '22 CA EDU INFO:

- 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 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!](#)

## 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](#).**



2022 Counselor Recommendation Questions.docx

Download

17.3 KB

## 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

Download

532.8 KB

## STRATEGIES FOR FINDING SUCCESS IN COLLEGE ADMISSIONS -- UPCOMING EVENTS

**Title:** College Admissions in 2022 and Beyond...What to Expect

**Date:** February 23rd, 2022

**Time:** 3 pm PT, 6 pm ET and again at 6 pm PT, 9 pm ET: [Registration link](#)

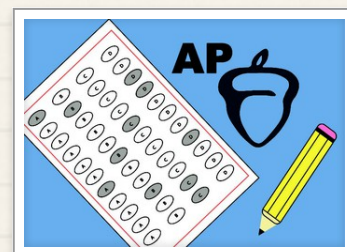
**Overview:** In the webinar, you'll learn how to navigate the college admission process in its current state.

## AP EXAMS

ALL UPDATED AP EXAM INFORMATION FOR 2021-2022 CAN BE FOUND ON THE FHS WEBSITE UNDER 'COLLEGE & CAREER CENTER:' <https://www.framingham.k12.ma.us/Page/9405>

This includes:

- AP Exam info



- Registration / payment directions
- Study materials and upcoming events
- Up-to-date AP Exam Newsletter

## AP EXAM PREP WITH REVOLUTION PREP

**AP practice tests for many of the AP subjects:** Practice is essential for students to understand exactly what they will face on test day and if they need additional support now as they work towards the tests in May. Our Practice AP Tests are live and proctored by one of our professional tutors. We have several times and dates during upcoming Saturdays. Students can easily [register for one or more of the practice tests here](#). View More AP® Practice Tests [here](#).

SUBJECT AP Physics 1: Algebra-Based

Saturday, Feb 26 @9am EST

PRICE \$0

[MORE DETAILS](#)

SUBJECT: AP Biology

DATE: Saturday, Feb 26 @ 9am EST

PRICE: \$0

[MORE DETAILS](#)

SUBJECT: AP Calculus AB

DATE: Saturday, Feb 26 @ 12pm EST

PRICE: \$0

[MORE DETAILS](#)

## STEM OPPORTUNITIES

**MassBay STEM Stories: Start Here. Go Anywhere:** Meet STEM faculty, staff, students, graduates and industry professionals to learn about innovative STEM programs at MassBay, resources and supports for MassBay STEM students and explore exciting career options in the STEM fields. High school students, teachers, administrators, adult learners and community partners are invited to attend one of our virtual STEM Division information Sessions which will be held monthly throughout the Spring semester beginning in February.

- **MassBay STEM Stories: Start Here. Go Anywhere. Session 2**  
Wednesday, March 9th | 9:00 AM EST | Register [here!](#)
- **MassBay STEM Stories: Start Here. Go Anywhere. Session 3**  
Thursday, April 7th | 5:00 PM EST | Register [here!](#)
- **MassBay STEM Stories: Start Here. Go Anywhere. Session 4**  
Friday, May 6th | 12:00 PM EST | Register [here!](#)



# 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

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

[Download](#)

6.6 MB

## 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](mailto:MetrowestCPC@gmail.com) or call 508-215-5600.

## GAP YEAR PROGRAMS & EVENTS

### GAP YEAR SOLUTIONS

[Gap Year Solutions](#) 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 [Planning](#) or Gap Year [Mentoring](#). You can find the full schedule on the [Events](#) page of our website.



## 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

### MTTI IS OFFERING A FREE LIVE VIRTUAL INFORMATION SESSION

#### WHEN

WEDNESDAY, FEB. 23RD, 6PM

#### WHERE

THIS IS AN ONLINE EVENT.

#### MORE INFORMATION

MTTI is offering a [Free Live Virtual Information Session](#). Hear about program offerings, including:

- Admissions Application Process
- Tuition and Financial Aid
- Short-term Training (30 weeks)
- Hands-on Activities
- Employment Assistance and Placement Rates

**\*\*Reservations Required** – to request a ZOOM invite students should:

Email: [rshaw@mtti.edu](mailto:rshaw@mtti.edu)

Subject Line: MTTI Info Session

Body of email: FirstName LastName

High School Name

Program of Interest – programs can be viewed at [www.mtti.edu](http://www.mtti.edu)

Best phone to be contacted



## 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, I want to reach out and schedule some outreach opportunities with your upcoming graduates this February/March. Use the [calendar](#) to schedule a virtual visit.

## 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](mailto: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](mailto: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](mailto:Skuse.Kathryn@jobcorps.org)

All you have to do is simply click the link and book your appointment,

<https://katieskuse.youcanbook.me/>

An advertisement for career training opportunities. It features a man with a beard and a black hoodie sitting at a desk in an office. A large black play button icon is overlaid on his face. The text 'Start your journey today!' is in the top left. The main text reads 'EXCITING CAREER TRAINING OPPORTUNITIES' in large, bold, black letters. At the bottom, it says 'CALL TODAY! 800-733-JOBS' in white text on a blue background.

## 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 ahead of time [here](#).

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

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.

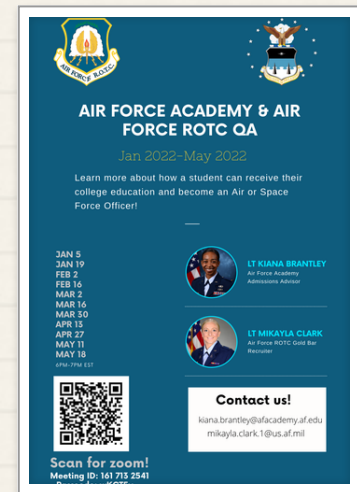
Join via this [Zoom link!](#)

- 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/vJlscOirrD4uG4YPRZOVPP0Yj3xWschW\\_4c/ics?icsToken=98tyKuiurzwrGdaQtBjBel86FaPkbOnF1mRp\\_pptriXKNRBJTTr8Zfp1lbF3J-eE](https://afrotc.zoomgov.com/meeting/vJlscOirrD4uG4YPRZOVPP0Yj3xWschW_4c/ics?icsToken=98tyKuiurzwrGdaQtBjBel86FaPkbOnF1mRp_pptriXKNRBJTTr8Zfp1lbF3J-eE)

- **09 Mar 2022 6PM-7PM EST**- "Prepping for Desired Air/Space Force Job":  
<https://www.signupgenius.com/go/10c0f45aea82ca0fec43-prepping>
- **06 Apr 2022 6PM-7PM EST**- "Freshman Year in Review" (What do you wish you knew going into your freshman year?):  
<https://www.signupgenius.com/go/10c0f45aea82ca0fec43-freshman>



The poster is titled "AIR FORCE ACADEMY & AIR FORCE ROTC QA" for the period "Jan 2022-May 2022". It features the Air Force Academy and ROTC logos at the top. The text encourages students to learn more about college education and becoming an Air or Space Force Officer. A calendar lists 11 sessions from Jan 5 to May 18. Two speakers are highlighted: LT Kiana Brantley, Air Force Academy Administrative Advisor, and LT Mikayla Clark, Air Force ROTC Gold Bar Personnel. A QR code is provided for scanning, and contact information for both speakers is listed at the bottom.

**AIR FORCE ACADEMY & AIR FORCE ROTC QA**  
Jan 2022-May 2022

Learn more about how a student can receive their college education and become an Air or Space Force Officer!

**JAN 5**  
**JAN 19**  
**FEB 2**  
**FEB 16**  
**MAR 2**  
**MAR 16**  
**MAR 30**  
**APR 13**  
**APR 27**  
**MAY 11**  
**MAY 18**  
09:00-10:00

**LT KIANA BRANTLEY**  
Air Force Academy  
Administrative Advisor

**LT MIKAYLA CLARK**  
Air Force ROTC Gold Bar  
Personnel

**Contact us!**  
kiana.brantley@afacademy.af.edu  
mikayla.clark.1@us.af.mil

Scan for zoom!  
Meeting ID: 161 713 2541

# Cadet Panels:

USAFA and AFROTC Cadet Perspectives



Register/ Zoom links

**12 Jan 2022 6 PM- 7 PM EST-** "Cadet Life" (Freshman and Sophomore Year: Balancing Military Training and Academics, USAFA BCT)  
<https://www.signupgenius.com/go/10c0f45a5a82ca0fec43-cadet>

**09 Feb 2022 6 PM- 7 PM EST-** "Cadet Life" (Junior and Senior Year: Cadet Leadership, Extracurriculars/ Student Athlete, AFROTC Field Training)  
<https://www.signupgenius.com/go/10c0f45a5a82ca0fec43-cadet1>

**09 Mar 2022 6 PM- 7 PM EST-** "Prepping for Desired Air/ Space Force Job"  
<https://www.signupgenius.com/go/10c0f45a5a82ca0fec43-prepping>

**06 Apr 2022 6 PM- 7 PM EST-** "Freshman Year End Review" (What do you wish you knew going into your Freshman Year?)  
<https://www.signupgenius.com/go/10c0f45a5a82ca0fec43-freshman>



Direct any questions about event to [kiana.brantley@afacademy.af.edu](mailto:kiana.brantley@afacademy.af.edu)



[www.academyadmissions.com](http://www.academyadmissions.com)

[www.afrotc.com](http://www.afrotc.com)



## FRAMINGHAM HIGH SCHOOL

 Facebook  @FHSFlyers

 115 A Street, Framingham, MA...  (508) 620-4963

 [framingham.k12.ma.us/Domai...](http://framingham.k12.ma.us/Domai...)