

Class of 2023

3/10/23 | 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 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'.

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

SIGN UP HERE! <https://foundationformetrowest.wufoo.com/forms/kqbknrk0e4djcl/>

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

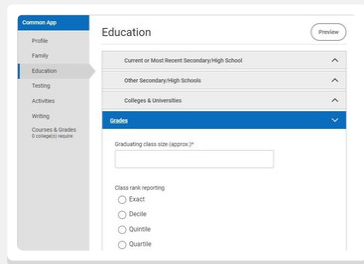
Students apply to as many schools as they'd like, and are not bound to enroll if they are offered admission.

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](#)

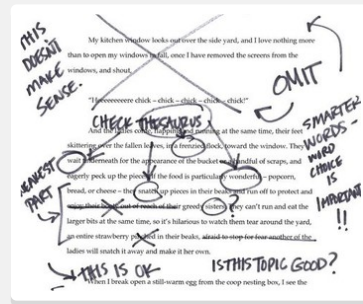
Need additional support?

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.

Upcoming Fairs

SERF College Fair @ Lincoln Sudbury HS: March 13th-18th

The Sudbury Education Resource Fund (SERF) extends its welcome to your high school students to participate in the 2023 SERF College Fair this March 13 - 18th. The attached flyer gives an initial overview, and [this link](#) takes you to the event landing page. The event continues to be free of charge, and registrations are just needed to participate in/access the webinars. Attached is a new flyer highlighting the free webinar series as a part of the 15th Annual SERF College and Gap Year Fair week.

Registration provides access to the webinars, including on demand access for those who aren't able to participate live. This link is the attachment to the flyer for registration: <https://serfsudbury.org/serf-college-fair-2023/attendees/2023-college-fai...nar-registration/>.



Gap Year Solutions Webinar: March 15th at 7PM – Wellesley Free Library

Wellesley Free Library on Wednesday, March 15th at 7:00PM: Curious about Gap Years? Ever wondered if taking a Gap Year is right for you? The Gap Year option continues to grow. Students are embracing the opportunity to step off the traditional academic track and engage in experiences which increase confidence, independence, maturity and college readiness. Join Katherine Stievater, Founder of Gap Year Solutions, for a presentation and Q&A about the benefits of Gap time, and how to plan a transformational and purposeful Gap Year on any budget.

Registration Link: <https://wellesleyfreelibrary.libcal.com/event/9764004>

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 - 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

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

The acceptances are rolling in! Student's are receiving financial aid award letters. Invite your families to join our CAP experts, Matt Carpenter and Peg Keough, as they will offer all the tips and tricks on understanding the award letters and putting together a successful appeal. **We'll also discuss how MyCAP users can be entered into our \$1,000 'No Essay' Scholarship!** *Even if you can't make it live, just register and you will receive the recording and slide deck.*

In this webinar you will discover:



1. Did you get a good deal?
2. Who, What, Where and How to appeal?
3. What are realistic expectations?
4. Does it ever make sense NOT to appeal?
5. **How to leverage MyCAP's new award reader and analyzer!**

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.



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.



uAspire FAFSA walkthrough.pdf

[Download](#)

1.1 MB

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

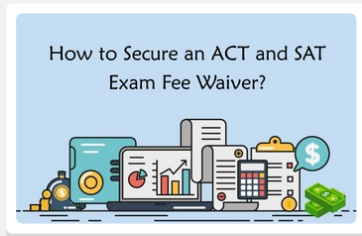
STUDYPOINT

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

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

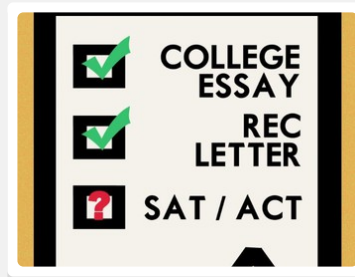
Standardized Testing

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

Other Upcoming Events

MBCC EMT & Paramedic Open House - 4/5/23

Join us for information about our EMS programs, including observing a simulated emergency (with a debrief), and a hands-on, interactive tour of our EMS and simulation labs: visit CPR stations, meet simulators and standardized patients, interact with equipment that is used in real world settings. You will meet our faculty and will be able to submit your admissions application on-the-spot.

Wednesday, April 5th, 2023:

- 1:30-3:30pm - [register here](#)
- 6:00-8:00pm - [register here](#)

For more information contact Admissions at 781-239-2500.



Unlocking the AP Exam with Revolution Prep - 3/16

Unlocking the AP Exams: As more colleges and universities move toward test optional admission, AP course grades and exam scores are becoming more important in the application process. Colleges and universities are exploring other areas of student ability as an indicator of their future success at their institutions. In this webinar, we'll dive into the foundation of APs and how they affect your application as well as what to expect and how to prepare during an AP exam.

- Wednesday, March 16th at 6pm EST - [register now!](#)

MPDE Diversity Career Fair - 3/18 9am-1pm

The MPDE is holding the Diversity Career Fair on March 18th in Cambridge, and FHS students and families are welcome to attend!

- Saturday March 18, 2023
- 9:00 AM - 1:00 PM
- Cambridge Street Upper School:
- 850 Cambridge St, Cambridge, MA 02141

Register here! <https://forms.gle/3WCY8LZ5HWQa7x1n8>

Discover Gap Years - 3/17 @ 7pm: Wellesley Library

Wellesley Free Library on Wednesday, March 15th at 7:00PM: Curious about Gap Years? Ever wondered if taking a Gap Year is right for you? The Gap Year option continues to grow. Students are embracing the opportunity to step off the traditional academic track and engage in experiences which increase confidence, independence, maturity and college readiness. Join Katherine Stievater, Founder of Gap Year Solutions, for a presentation and Q&A about the benefits of Gap time, and how to plan a transformational and purposeful Gap Year on any budget. **Registration Link:**

<https://wellesleyfreelibrary.libcal.com/event/9764004>

Danforth Art Museum - Student Assistants Needed (apps due 3/31)

Danforth Assistants serve the art school by helping with overall program facilitation during Summer Arts, our highly popular summer program for children, as well as school vacation week workshops which take place year-round. Assisting at the school includes working directly with children, providing support for teachers, preparation of materials and studio spaces, organization of supplies, and various administrative tasks. Danforth Assistants serve the museum by providing tours of the exhibitions to children during Summer Arts and providing support during public programming such as Drop Into Art and other events. Placement in the Danforth Assistantship Program provides a modest stipend of \$200 upon successful participation in the program as outlined below. Danforth Assistants receive valuable mentorship in all areas of their supportive roles at both the art school and museum.

Applications are accepted until March 31, 2023. All selected applicants will require an interview. Please email (preferred) this completed application, along with any other references/ current resume to nfournier1@framingham.edu with the following word in the subject title: "Assistantship Application".

Or, mail to us, Danforth Art School, Attention: Noelle Fournier, PO Box 1901, 100 State Street, Framingham, MA 01701. Learn more and [APPLY here!](#)

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



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




Framingham High School

 Facebook  @FHSFlyers

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