

# Class of '24 C&CC Newsletter

An excited "hello!" from Mrs. Erikson, K002

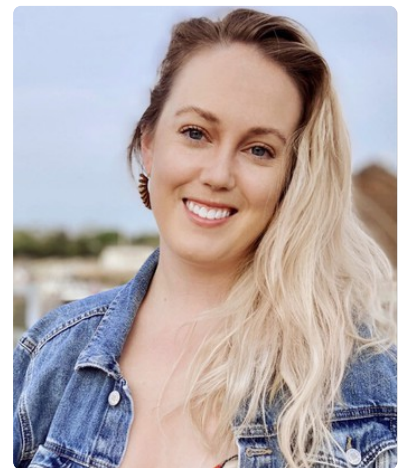
## HOW TO TRANSLATE / TRADUCIR / TRADUZIR

- **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'.

## Drop-In to C&CC (K002) & Meet Mrs. Erikson!

**Hello, students and families!** My name is Rachel Erikson, and I am the College & Career Counselor at Framingham High School.

The College & Career Center (K002) will operate as a **drop-in space** (no appointment necessary!) for seniors to use during study/priv periods. Come with friends, questions, and an open mind for exploring your future. I look forward to working with you this year!



## Post-Graduation Mental Wellness @ FHS 3.14.24

Please join the FHS PTBO on March 14th for a discussion with Framingham High School, Social Work Dept. Head, Mr. Peter DeSimone, and Social Worker, Mr. Richard Curtiss, about Adolescent Mental Health with a focus on transitioning your teen to life after graduation.

This change, during and leading up to graduation, can be very hard for some teens. This discussion aims to shed some light on this topic for parents and begin the conversation about how they can support and communicate with their teens to help them prepare for life after high school.

### Adolescent Mental Health Discussion

**PTBO meeting:** Thursday March 14th

**Time:** 7:00PM

**Where:** FHS

**Topic:** We will hear from two members of the FHS counseling team, Dept Head for School Social Work; Mr Peter Desimone and School Social Worker; Mr. Richard Curtiss on the topic of Adolescent Mental Health with specific discussion focus on supporting teens through transitioning to life after graduation. General topic discussion with Q & A.

for questions related to this event  
pls email [fhsptbo@gmail.com](mailto:fhsptbo@gmail.com)



A general discussion will be had with Mr. DeSimone and Mr. Curtiss about what they are seeing at Framingham High School, warning signs of mental readiness, how to best support your teen, with an opportunity for a Q&A. The meeting will be held at 7PM on Thursday March 14. Room A109 @ FHS. It is an in person meeting but can also be joined via zoom. See link below:

<https://meet.google.com/wtb-kvyr-chp>

## College Process

### 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

Attending a college fair will allow you to see just how many different types of colleges and universities are out there! Exploring one place with lots of different schools in attendance will help you build and narrow down your college list.

### 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.

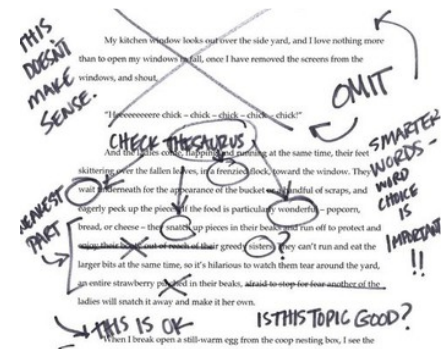
Typical deadline:

**January 1st**

Typical decision release:

**April 1st**

The image shows a screenshot of the Common App 'Education' section. On the left is a navigation menu with options: Profile, Family, Education (selected), Testing, Activities, Writing, and Courses & Grades. The main content area is titled 'Education' and has a 'Preview' button. It lists three categories of schools: 'Current or Most Recent Secondary/High School' (with an upward arrow), 'Other Secondary/High Schools' (with an upward arrow), and 'Colleges & Universities' (with a downward arrow). Below this is a 'Grades' section with a dropdown menu and a text input field for 'Graduating class size (approx)'. At the bottom, there is a 'Class rank reporting' section with radio buttons for 'Exact', 'Decile', 'Quintile', and 'Quartile'.



## Common App EDU Section

### Class Size & Rank:

- Class size: **553**
- 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 opens in December 2023. 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.

Meet 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!

## 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
September 20 <sup>th</sup> 2023	October 15 <sup>th</sup> 2023
October 11 <sup>th</sup> 2023	November 1 <sup>st</sup> 2023
October 24 <sup>th</sup> 2023	November 15 <sup>th</sup> 2023
November 6 <sup>th</sup> 2023	December 1 <sup>st</sup> 2023
November 21 <sup>st</sup> 2023	December 15 <sup>th</sup> 2023
December 4 <sup>th</sup> 2023	January 1 <sup>st</sup> 2024
December 15 <sup>th</sup> 2023	January 15 <sup>th</sup> 2024
January 4 <sup>th</sup> 2024	February 1 <sup>st</sup> 2024
January 25 <sup>th</sup> 2024	February 15 <sup>th</sup> 2024
February 2 <sup>nd</sup> 2024	March 1 <sup>st</sup> 2024

## 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.

## Financial Aid & Scholarships

## FAFSA & Fin Aid

## March 2024 Scholarship newsletter.pdf

Download

374.5 KB

## Scholarship Applications - How To.pdf

Download

1.7 MB

### "Financial Aid Offer" Webinar - 3/12 - with uAspire

Figuring out what college will cost and choosing a college based on notoriously confusing financial aid offers can be difficult for students and families. To ensure you have the tools and knowledge to support them, we're hosting a **free webinar on comparing financial aid offers to make informed decisions about college**.

You'll be able to:

- Use [uAspire's College Cost Calculator](#) to **accurately compare college costs**
- **Explain financial aid offer jargon** in student-friendly terms
- Identify **best practices for review** and common ways offers can be confusing

Make sure you're prepared to serve your students by [reserving your spot](#) for the Financial Aid Offer webinar on Tuesday, March 12, at 2 p.m. ET.



### uAspire FAFSA Walkthroughs

The Department of Elementary and Secondary Education along with uAspire have partnered to provide **FREE** FAFSA support. uAspire is here to help you and your students navigate the FAFSA changes happening this year. uAspire is a national nonprofit whose singular focus is on college affordability and removing financial barriers so that every student has an equitable opportunity to attain a postsecondary degree. Get an overview of the FAFSA, the application required by all colleges nationwide in order to receive federal financial aid. We'll walk you through the new Better FAFSA available in December 2023 for 2024-25.



### **OTHER WEBINARS & EVENTS HOSTED BY UASPIRE:**

**[Next Steps post-FAFSA](#)**: April 2, 2024 at 4:00-5:00 pm -ET

**[Financial Aid Offer](#)**: April 24, 2024 at 5:00-6:00 pm -ET

**[Summer Steps](#)**: May 21, 2024 at 5:00-6:00 pm -ET

Here are some detailed resources about filling out the FAFSA and CSS Profile, both of which open in December 2023. The sooner you apply, the better!

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



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.

OR view these awesome videos by College Aid Pro:

- [How to complete the 2024-2025 CSS Profile, a line-by-line guide](#)
- [What is IDOC and how do I complete it?](#)
- [CSS Profile & FAFSA Verification](#)
- [How does the Supreme Court decision on Affirmative Action affect college admissions?](#)
- [What FAFSA mistakes to avoid?](#)

## Standardized Testing

### Standardized Testing Info & Resources

Be sure to look at Ms. Erikson's '[Standardized Testing](#)' Canvas page for detailed information on the following:

- SAT + ACT registration instructions
- SAT + ACT study resources
- Fee waiver information
- Testing accommodations
- TOEFL registration

***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 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](http://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 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](http://www.toefl.org).

## AP Exams

### AP Prep with Revolution

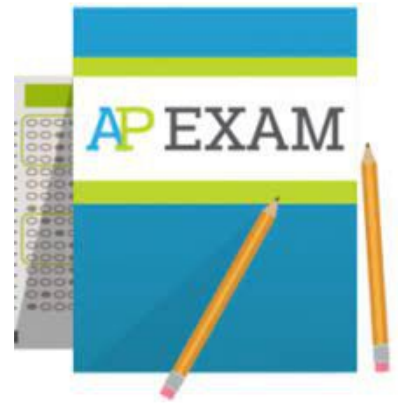
**Preparing for May AP Exams? *Revolution Prep can help!***

Revolution Test Prep is thrilled to introduce their latest AP Exam prep resources for educators, students, and families. Customize your support options to best fit your school community's needs and elevate your AP Exam preparation journey.

- **Mini-Readiness Quizzes:** Use our 10-min quizzes as a bell-ringer, exit slip, or homework to assess your students' progress towards achieving their target AP Exam score. [View Quizzes](#)

- **Practice Exams:** Choose from multiple dates and times for six free practice exams in popular subject areas to offer to your students and their families: [View Schedule](#)
- **FREE family webinar:** Families can join live or get a recording of our Unlocking the AP Exam webinar to uncover college preferences, recent exam changes, and effective student preparation strategies: [How to register](#)

For a complete overview of our AP exam preparation resources [click here](#).



### AP Exam Prep\_Family Flyer.pdf

[Download](#)

462.5 KB

## Work Permits

- 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 it in to your house/academy office assistant - please include your hair and eye color**

- English: <https://www.mass.gov/doc/youth-employment-permit-application/download>
- Español: <https://www.mass.gov/doc/youth-employment-permit-application-spanishspanol/download>
- Português: <https://www.mass.gov/doc/youth-employment-permit-portuguese/download>

ENGLISH



SPANISH



PORTUGUESE



# Other Upcoming Events

## Natick HS Career & Training Fair 3/12/24

*Natick High is hosting a CAREER & TRAINING FAIR with Framingham High on March 12th. This event is open to the public.*



Framingham Public Schools and Natick Public Schools are collaborating to host our Personal Pathways Career and Training Fair on the evening of March 12th. We are hosting organizations and businesses in order to spread awareness of the wide variety of career and training options available in today's job market. MetroWest students and families are invited to learn about a variety of post-secondary options beyond typical 4-year colleges. Please see the attached flier.

- Vendors from the following sectors will be represented:
- Architecture and Construction & Trades
- Arts A/V Technology and Communications
- Education and Training
- Employment Services
- Health Science
- Hospitality and Tourism
- Human Services
- Law Public Safety and Security
- Military
- Personal Services
- Real Estate
- STEM
- Trade School/Community College

### Personal Pathways Career and Training Fair 3\_12\_24.pdf

[Download](#)

62.4 KB

## SERF College Fair - Lincoln Sudbury HS - 3/11-3/16

SERF is hosting their 16th annual College & Gap Year Fair that consists of a series of webinars culminating with an in-person College & Gap Year Fair, held at Lincoln-Sudbury Regional High School. This year the webinars will be held on March 11th-14th in the evening from 7pm-8pm and the in person fair with over 80 College Representatives in attendance will be on Saturday, March 16th from 12pm-3pm. Please see the attached flyer with more information; interested students/parents can also visit our [website](#) to see more information. This fair is FREE to attend! Please visit <https://serfsudbury.org/event-item/serf-college-fair-2024/> for more information and to REGISTER IN ADVANCE.

- **The 2024 SERF College Fair is back: March 11-16, 2024:** This year marks SERF's 16th Annual College Fair, and you won't want to miss out on the valuable resources to explore your post-



high school options – seminar speakers, webinars presented by local college counseling experts, and LIVE booths with representatives from colleges and gap year programs.

- Location: Lincoln-Sudbury Regional High School 390 Lincoln Rd, Sudbury
- Date: March 11, 2024 | [REGISTER](#)

### SERF Gap Year and College Fair 3.11-16.24.pdf

[Download](#)

368.1 KB

## A Second Chance. Earn Your Diploma & College Credits.

Begin a new chapter. Designed for students aged 16-21, QCC's Gateway to College program is for students who have disengaged from their high school, dropped out, or may be at risk of not graduating.

Earn your high school diploma and college credits at the same time.

QCC's Gateway program may be for you if you have:

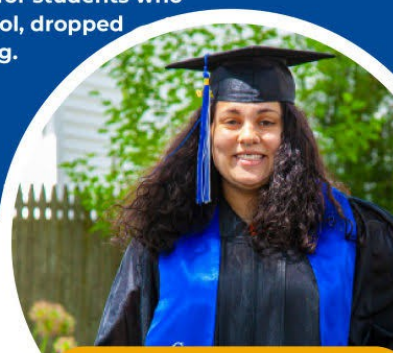
- The ability to read at the appropriate grade level
- A genuine desire to finish high school
- Are committed to making a change

Gateway to College students benefit from a group of peers and instructors working toward a common purpose.

Register for an Info Session to get started on Fall 2024 enrollment!

Questions? Email [gtc@qcc.mass.edu](mailto:gtc@qcc.mass.edu)

[QCC.edu/Gateway](https://qcc.edu/Gateway)



### GTC Info Sessions

- February 20 @ 3:00pm
- February 27 @ 6:00pm\*
- March 18 @ 6:00pm\*
- March 25 @ 3:30pm
- April 16 @ 3:00pm
- April 30 @ 6:00pm\*
- May 13 @ 3:00pm
- May 20 @ 6:00pm\*
- June 20 @ 4:00pm

\*Zoom meeting

Interested students **MUST** attend an information session in order to apply to the GTC program.



### GTC Info Session Flyer for FA24 Enrollment.pdf

[Download](#)

818.4 KB

### ROTC Info Session - 3/21/24 @ Norwich University

West Point Admissions will be hosting an Information Meeting @ Norwich University on Thursday, March 21st.

- What: Admissions informational briefing on the cadet experience and application process for West Point and Army



ROTC at Norwich University. We will also invite UVM Army ROTC and the US Air Force Academy to attend and brief you on their programs.

- When: 6:00-8:00pm on Thursday, March 21st, 2024
- Where: Norwich University, Mack Hall, Harmon Drive, Northfield, VT 05663
- Who: School Counselors, JROTC Staff, students with an open admissions file, students interested in applying to West Point and ROTC in the future.

This event will be hosted by Norwich University, and Major Simpson - Northeast Regional Commander at West Point Admissions- with attendance from West Point's local Field Force members. Please RSVP: <https://apply.westpoint.edu/register/?id=746db683-9674-4ee2-9a10-abce87b2828f> or using the QR code on the attached flyer.

### West Point Admissions Information Meeting @ Norwich University.pdf

Download

1.2 MB

### MassBay STEM EXPO - 5/8 (in-person) or 5/5-5/10 (virtual)

- **MBCC STEM EXPO (In Person): Wednesday, May 8, 2024, 1-2PM - WH Cafeteria**
- **MBCC STEM EXPO (Virtual): Monday, May 5 - Friday, May 10**

The STEM EXPO recognizes the creativity and contributions of our students and faculty over the course of the semester in the disciplines of Science, Technology, Engineering, and Mathematics and seeks to foster alliances with secondary schools, higher education, and private industry in the region. Our exhibition highlights student-developed projects that demonstrate the multi-dimensional skills, problem-solving capabilities and talents of our diverse student body. We hope you will be able to visit the STEM EXPO on campus and virtually to see what our students have accomplished. Throughout the week we invite you to:

- Browse through the STEM EXPO site pages and watch short videos of student projects in the areas of Science, Computer Science, Engineering, and Mathematics.
- Presenters will be checking the page once a day to reply to comments and questions.

Stop by the Wellesley Hills Cafeteria on Wednesday, May 8, from 1-2 PM, to see the student exhibits and chat with the presenters.



### MBCC Stem Expo May 8 2024.pdf

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400.8 KB

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**Volunteer & Community Service Opportunities**

## Project Just Because - Board Positions available!

PJB is the 3rd largest nonprofit in the greater Boston area and is based in Hopkinton, MA. We are dedicated to helping struggling families throughout Massachusetts. We are searching for driven and organized students from different schools for this leadership role. Responsibilities include...

- MANAGING FUNDRAISERS TO RAISE MONEY IN YOUR COMMUNITY
- MONTHLY VOLUNTEERING AT THE PJB BUILDING
- LEADING ANOTHER TEAM OF STUDENT VOLUNTEERS

Students will also receive volunteer hours for their work! If you are interested in applying, fill out this form by March 8th: <https://forms.gle/ZMWP4eRbSwHitR8MA>

PJB is the 3rd largest nonprofit in the greater Boston area and is based in Hopkinton, MA. We are dedicated to helping struggling families throughout Massachusetts.

Contact [studentboardpresidents@projectjustbecause.org](mailto:studentboardpresidents@projectjustbecause.org) with any questions. Learn more about PJB at <https://www.projectjustbecause.org/>

### PJB Lead Application.pdf

Download

89.1 KB

## Youth in Philanthropy

Looking for an exciting way to build leadership skills and engage with future leaders? **Youth in Philanthropy (YIP)** might be just the for you! YIP is a free experiential leadership development program for High School students living or learning in the MetroWest region, and is designed to empower and educate local youth to become our community's next generation of philanthropists.

In Sudbury, our program will kick off on Tuesday, January 16 and will be held at The Sudbury Foundation at 326 Concord Road, Sudbury.

In Wellesley, our program will begin on Thursday, January 18 and will be held at our offices at 3 Eliot St, Natick (right over the Natick/Wellesley line).

Our [application can be found here](#). \*We have passed our priority deadline, but we will continue to accept students on a rolling basis until the spaces are filled.



### YIP Spring '24.pdf

Download

502.4 KB

## Want to get in touch with me?

Mrs. Erikson, College & Career Counselor, K002

Monday - Friday | 7:00am-2:15pm

Let's  
Connect!

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**

**Email:** [rerikson@framingham.k12.ma.us](mailto:rerikson@framingham.k12.ma.us)

**Website:** <https://www.framingham.k12.ma.us/domain/3205>

**Location:** 115 A Street, Framingham, MA, USA

**Phone:** [\(508\)782-7688](tel:(508)782-7688)

**Facebook:** [facebook.com/framinghamhighschool](https://www.facebook.com/framinghamhighschool)

**Twitter:** [@FHSFlyers](https://twitter.com/FHSFlyers)



**Rachel Erikson**

Rachel is using Smore to create beautiful newsletters