

College Et Career Center Newsletter

CLASS OF 2022 | APRIL 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 | rerikson@framingham.k12.ma.us

115 A Street Framingham, MA 01701



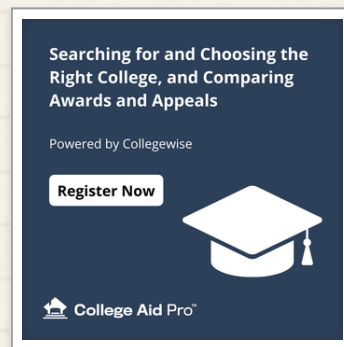
UPCOMING EVENTS

4/13: APPEALING FOR MORE AID & CHOOSING THE
RIGHT COLLEGE

Families deserve support throughout the college planning process. From finding the right school for your college-bound student, to understanding how to analyze financial aid award letters, to appealing for more financial aid to make their dreams a reality, we're here to help. [Register here!](#)

Join Matt Carpenter & RPI Admission counselor Abby Van Geldern:

1. Ways to search for colleges that are a good fit for college-bound students – financially, and otherwise.
2. How to analyze and compare colleges with your student to get a better understanding of what they value, and where they'll thrive.
3. How to compare financial aid award letters with your high school senior.
4. The art of writing a compelling appeal letter to the college of your choice to secure more financial aid.
5. And more!

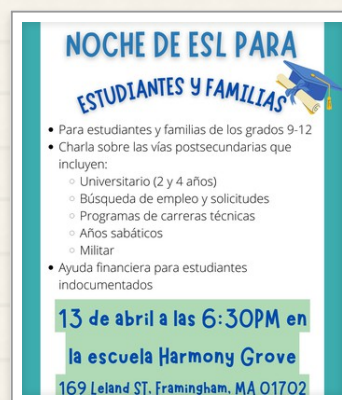


ESL NIGHT AT HARMONY GROVE | 4/13 @ 6:30PM

Framingham High School will be hosting an ESL Night at Harmony Grove Elementary School on April 13th from 6:30-8PM. This event is open to students grades 9-12 and their families. Translation will be available in both Spanish and Portuguese. We will discuss the postsecondary process and pathways including:

- College (2 and 4 year)
- Job search and applications
- Trade programs
- Gap years
- Military
- Financial aid for undocumented students

Please see the flyers below for more information!



SUPPORT FOR CAREGIVERS: NAVIGATING THE TRANSITION PROCESS

Support for Caregivers: Navigating the Transition Process: Thursdays 7:00 - 8:00 PM (6 weekly meetings) March 24-April 28 | [Register here](#)

If you are the parent or caregiver of a child with an IEP that is at least 14 years old, your child's school is developing a transition plan for them. The planning process should involve the input of you and your child. Preparing your child to become more independent can be a very stressful process. This free, virtual support group will bring together a small group of 6-8 parents and caregivers that are going through this process. The goal of the group is to provide education and support. Each week will focus on a different topic. Resources on that topic will be provided before each meeting. The resources will be discussed during the meeting but it is not necessary to have reviewed the material in advance. This group will be facilitated by Ellen Rose. Ellen is a graduate student at Framingham State University in the Counseling Psychology Program. She is the Graduate Assistant at the Chris Walsh Center for Educators and Families of MetroWest. She is also the parent of two adult children with disabilities.



Chris Walsh Center
for Educators and
Families of MetroWest

What happens after graduation?
That is a big question!
But you don't have to answer it alone!

Support for Caregivers

Navigating the Transition Process

Join us at the Chris Walsh Center as we bring together a small group of 6-8 parents and caregivers for a six week virtual support group.

**Dates: Thursday, March 24, 2022 -
Thursday, April 28, 2022**

Time: 7:00 pm - 8:00 pm

Register at: <https://bit.ly/CWCSupport>



chriswalshcenter.org chriswalshcenter@framingham.edu

SCHOLARSHIPS



April 2022 Scholarship Newsletter II.pdf

[Download](#)

1.2 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 handed in to Mrs. Erikson, College & Career Counselor, in E118. 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
- 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://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

UASPIRE FAFSA WALKTHROUGH EVENT: 4/13 & 5/3 @ 6:30PM

uAspire will be hosting a virtual FAFSA Walkthrough on the following dates:

- Wednesday, April 13 at 6:30 PM
- Tuesday, May 3 at 6:30 PM

Students can register for one of the following session dates ([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).

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:

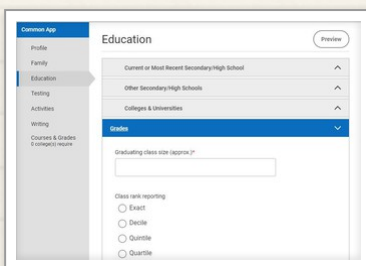
- [Khazai Senior Transcript Request Form](#)
- [Childs Senior Transcript Request Form](#)
- [Jones Senior Transcript Request Form](#)
- [Walcek Senior Transcript Request Form](#)
- [Donovan Senior Transcript Request Form](#)
- [O'Brien Senior Transcript Request Form](#)
- [DeSimone Senior Transcript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

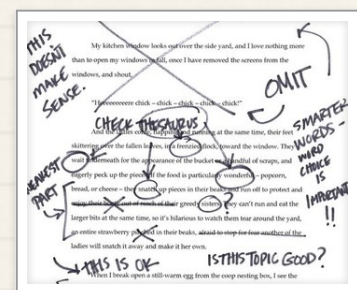


CLASS OF '22 CA EDU INFO:

- 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.

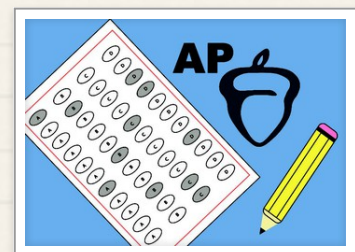


Teacher Recommendation Letter Guide.pdf

Download
532.8 KB

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](#).

STEM OPPORTUNITIES

SUMMER 2022: PRE-COLLEGE ARTIFICIAL INTELLIGENCE PROGRAM BY MIT GRADUATES

Summer 2022: Pre-College Artificial Intelligence Program by MIT Graduates

[Inspirit AI](#) is a live online 25-hour summer program that prepares students across disciplines for an AI-driven future, guiding them to build socially impactful projects in domains like law, medicine, astronomy, fine arts, and more! Students learn in small-group classrooms with curriculum suitable for both complete beginners and advanced coders. Applications for Summer 2022 programs are due April 30th. The brochure can be found [here](#) and applications may be submitted [here](#). Feel free to contact our program coordinator Aidan at arg2198@columbia.edu with any questions.

OUTBREAK: A PUBLIC HEALTH EXPERIENCE

Outbreak: A Public Health Experience: Outbreak! 2022 will be held on Mondays, Wednesdays, and Fridays from 9:00am to 1:00pm July 18th to July 29th, virtually, through the Public Health Museum in Tewksbury, Massachusetts. Some optional programming, including virtual visits with university schools of public health, will occur outside of the required 9-1 time frame. This is a free program open to high school sophomores, juniors, and seniors interested in learning about a variety of public health topics and careers. This interactive experience will have additional opportunities for students to expand their interests in person through optional tours and events.

Please complete the application below. A notification will be sent to the email address provided. A current, personal gmail address is a required part of the application. If you do not currently have a personal gmail account, you can [create one here](#).



MASSBAY STEM STORIES

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 4**

Friday, May 6th | 12:00 PM EST | Register [here!](#)

STEM SUMMER ACADEMY SUMMER PROGRAM

STEM STARTER ACADEMY SUMMER PROGRAM

- **AUGUST 15-AUGUST 26 | M-F | 9:00 AM-1:00 PM EST | REMOTE**
- **AUGUST 16 & 24 | 3:00-5:00 PM EST | WELLESLEY HILLS**

This FREE two-week math support and student success program is open to new STEM students who will be starting MassBay as a STEM major in the Fall 2022 semester. This is the 7th summer that MassBay has been running this highly successful program. Students take the math placement test at the end of the program and every year more than half of the students move up at least one math class. **Students enrolled in this program are compensated for their time!** [Click here](#) to view our flyer! For more information, please contact us at STEMStarter@massbay.edu.

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.

2021-2022 INTERNSHIP OPPORTUNITIES

Explore up-to-date internship postings, directions on how to apply, and other resources surrounding internships.

2021-2022 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 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 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.

DISCOVER YEAR

[Discover Year](#) integrates practical and interactive education, experiential learning, and skill development into a unique and meaningful year away from formal studies. The program follows a structured approach that blends skills workshops, work, travel, and community service, as well as ongoing mentorship and one-on-one career coaching throughout the year. Learn more on [Canvas](#).

Join us for our Spring Open House on May 5, 2022; 7:00-9:00PM EST

Three locations to choose from: [Register here!](#)

- in-person (Ottawa)
- in-person (Boston)
- online (Zoom from your couch!)

Here is what you can expect:

- Meet and Greet: Meet Discover Year students, alumni, parents and staff
- Discover Year 101: The what, how, where and when of a purposeful gap year
- Student/ parent Q&A: Hear what our students, alumni and parents have to say about their experiences at Discover Year



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

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!](#)



THE PETERSON SCHOOL

The Peterson School has been preparing Facilities Operations Personnel for their State License Exams since 1946. Our Engineering, HVAC, Gas Heat, Oil Heat, Electricity, Facilities Maintenance, and Plumbing staff members are all senior licensed instructors holding major operations and management positions in the largest commercial facilities in the New England area. All of the Peterson School instructional staff is approved by the Division of Professional Licensure. Our programs have been researched and carefully designed, and are constantly being modernized and updated to parallel today's new technologies. Learn more [here!](#)



THE
PETERSON
SCHOOL

Open House

Thursday, May 12, 2022
2:00 – 5:00pm

Westwood, 350 University Ave. 781-320-3292
Woburn, 25 Montvale Ave. 781-938-5656
Worcester, 705 Plantation St. 774-823-3047



We Teach the Trades!

Electrical, Plumbing, Gas Heat, HVAC, Oil Heat and much more.

PETERSONSCHOOL.COM



Peterson School Scholarship '22.pdf

[Download](#)

129.1 KB

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

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.



Benjamin Franklin Institute of Technology is hosting a series of free programs designed to help high school students in grades 9-12 explore three fast-growing technology fields this spring: virtual reality, biotechnology, and renewable energy technology. Students will do fun, hands-on projects as they learn about the college and career options for each field. Space is limited.

- **Virtual Reality Boot Camp (10 students):** April 2- May 14 (Saturdays), 8am-3pm. Students will complete their own VR project. Participants earn 3 college credits.
- **Renewable Energy Technology Boot Camp (20 students):** April 16-May 14 (Saturdays), 2022, 8am-3pm. Students will build small-scale, fully operational models of energy harvesting systems. Participants earn 2 college credits, plus a \$75 stipend.
- **Biotechnology Workshop (10 students):** April 20-22, 2022 (Wed-Fri), 9am-3:30pm. Students will conduct lab experiments, plus take a site visit to a biotech company. Participants receive a \$100 stipend.

Interested in BFIT? Contact Calvin Conyers

Assistant Dean of Admissions and Recruitment | P: 617-588-1299 | Email: 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

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

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

Start your journey today!

EXCITING CAREER TRAINING OPPORTUNITIES



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!](#)

- 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)

**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
1800-733-1121

LT KIANA BRANTLEY
Air Force Academy
Administrative Advisor

LT MIKAYLA CLARK
Air Force ROTC Gold Bar
Recruiter



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

Scan for zoom!
Meeting ID: 161 713 2541



FRAMINGHAM HIGH SCHOOL

 Facebook  @FHSFlyers

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

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

