

Class of 2023

9/27/22 | College & Career Center Newsletter

HOW TO TRANSLATE / TRADUCIR / TRADUZIR

- **English:** On a computer/laptop, click "Translate" in the black box. On a mobile phone/tablet click the Accessibility Icon at the bottom of your phone screen and then click 'translate'.
- **Español:** Desde una computadora o portátil (laptop), haga clic en "Translate" en el cuadro negro. Desde un teléfono celular o tableta, haga clic en el icono "Accessibility" en la parte inferior de la pantalla y luego haga clic en "Translate".
- **Português:** Em um computador/laptop, clique "Translate" na caixa preta. Em um celular/tablet, clique no ícone de 'Accessibility' na parte de baixo da tela e então clique 'Translate'.

FHS fall Senior Events - Save the Dates (9/29, 11/15, 11/17)

This fall, the School Counseling Dept. will be hosting 3 different informational events for seniors.

Senior Night: The annual Senior Night will take place on **Thursday, September 29th** from **6:30-8PM** in the **FHS Auditorium**. During this event the Counseling Dept. will discuss what this year will look like for seniors and their families, and the following college admissions officers will talk about the 2 and 4 year college process and do a Q&A:

- University of Massachusetts, Amherst
- Massachusetts College of Health & Pharmacy (MCPHS)
- Framingham State University
- Mass Bay Community College

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

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

Upcoming FREE webinars with Princeton Review for FHS seniors (10/6, 10/25, 11/17)



Thursday October 6, 2022: High School Academics and Finding your dream college [at 7:00PM Online] - There is a college out there for everyone, and thousands of colleges across the country. This presentation will help students discover what a dream college means for them, and help them find their best fit. Your high school grades will be the most important element on your college applications. Learn what makes high school grades so important, what a good transcript is, and how to improve your grades in this presentation. [REGISTER HERE!](#)

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

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

College Visits

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

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

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



THIS WEEK'S VISITS:

Tuesday (9/27)

- 11am - Simmons College
- 12pm - Rhode Island College
- 1pm - Dickinson College

Wednesday (9/28)

- 11am - University of Toronto
- 12pm - Bryant University
- 1pm - Wentworth Institute of Tech

Thursday (9/29)

- 11am - Trinity College
- 12pm - Boston University
- 1pm - Worcester Polytechnic Institute

Friday (9/30)

- 11am - Bard College @ Simon's Rock

- 12pm - Lasell University
- 1pm - St. Lawrence University

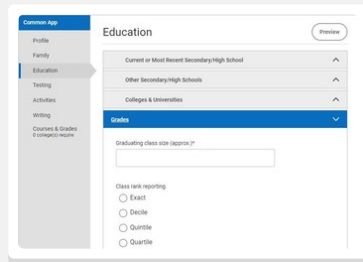
The Common Application

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.

<p>▶ Early Decision</p> <p>Students can pick a single school to apply to, under a binding agreement – if they are admitted, they must attend.</p> <p>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.</p> <p>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.</p> <p>Typical deadline: November 1st Typical decision release: December 15th</p>	<p>▶ Early Action</p> <p>Students apply earlier in the timeline. They aren't bound to enroll if they're admitted.</p> <p>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.</p> <p>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.</p> <p>Typical deadline: November 1st Typical decision release: December 15th</p>	<p>▶ Regular Decision</p> <p>Students apply to as many schools as they'd like, and are not bound to enroll if they are offered admission.</p> <p>Typical deadline: January 1st</p> <p>Typical decision release: April 1st</p>
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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

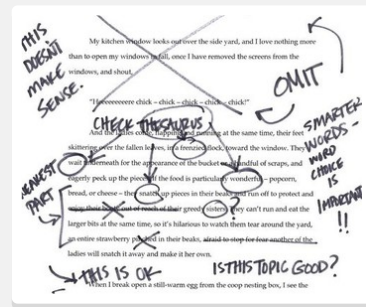
Here are some detailed resources about filling out the FAFSA and CSS Profile, both of which opened on October 1, 2022. The sooner you apply, the better!

- [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

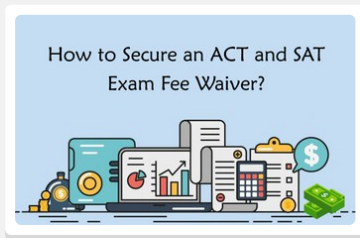
Seniors applying to four-year colleges will most likely need a counselor letter of recommendation. However, they will find out for sure by checking the "application requirements" on the websites of the colleges to which they are applying.

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.

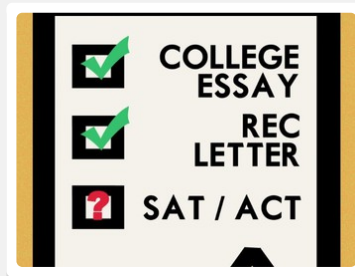
Standardized Testing

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

RESEARCHING COLLEGES + POSTSECONDARY RESOURCES

Ms. Erikson has created Canvas pages to help you explore information and resources related to the college search + application process and answer commonly asked questions. Check them out below:

- [The College Search](#)

- [The College Application Process](#)
- [Mass Bay / community college](#)
- [Standardized Testing](#)
- [Military](#)
- [Alternative Pathways](#) --> e.g. gap years; trade/apprenticeship programs; internships



Upcoming College Fairs

Real Talk: HBCU Edition with College Board

Real Talk events were created to provide Black students and their families with the tools they need to start planning for their future. This fall, we'll connect attendees with Black college reps across the country, financial aid experts with insider tips on finding scholarships, college students who'll give your students a realistic view of campus life, and Black professionals in tech, sports, and entertainment.

We're kicking off the season with **Real Talk: HBCU Edition**. During this two-night event, your students will have a chance to see the many options there are to choose from. There are more than 100 historically Black colleges and universities (HBCUs), so we'll help them compare and find the schools that deserve a spot on their college list. [REGISTER IN ADVANCE HERE!](#)

Night 1 on **Wednesday, September 28, at 7 p.m. ET/4 p.m. PT**, features:

- Claflin University
- Dillard University
- Howard University
- Norfolk State University
- Spelman College

Night 2 on **Thursday, September 29, at 7 p.m. ET/4 p.m. PT**, features:

- Fayetteville State University
- Hampton University
- Morehouse College
- Morgan State University
- Texas Southern University

NACAC Virtual College Fairs

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

- **October Virtual College Fair** - October 9, 2022 | 1-6PM ET [Register here!](#)
- **November Virtual College Fair** - November 6, 2022 | 1-6PM ET [Register here!](#)



NEACAC College Fair @ Worcester State (10/2 from 11 am-1 pm)

Worcester State University will host a **NEACAC** college fair on **Sunday, October 2, 2022 from 11 am to 1 pm** in the **Wellness Center, Competition Gymnasium**. Over 120 colleges and universities will be in attendance

- This event is free and open to the public.
- Ample parking is available on-site
- Campus tours of Worcester State will be offered

Click the PDF below to see the list of schools attending:



Schools Attending NEACAC Fair.pdf

[Download](#)

416.9 KB



October 6th College Fair @ Waltham HS

The College Cooperative is hosting a college fair at Waltham High School! This free college fair is scheduled for **Thursday, October 6th at 6:30pm at Waltham High School**, where a number of local and nationwide college and university representatives will be available to speak with prospective students and families. [Visit here](#) for more information!

Financial Aid

MEFA Webinars

- [Six Keys to Finding a Good College Fit](#) | **Tuesday, October 04, 2022 | 6:30pm - 7:30pm**

This webinar, presented by Dr. Amanda Sterk, Director of Accelerated Programs at Florida Southwestern State College and Dr. Timothy Poynton, Associate Professor at University of Massachusetts Boston, two experienced educators with a passion for helping students realize their full potential, will provide you with a roadmap for the college admissions process. With all the information available, it can be difficult to begin your college search and narrow down what's most important. This webinar will introduce a systematic approach for the college search and information gathering process, as well as explain the six keys to finding a good college fit.

- [FAFSA Festival](#) | **Tuesday, October 25, 2022 | 4:00pm - 8:00pm**

Join us to receive help with your FAFSA. Experts will be available to meet with you one on one in a private break-out room to answer your questions and walk through any components of the application on which you need assistance.

- [Athletics in College Admissions](#) | Tuesday, December 06, 2022 | 6:30pm - 7:30pm
This webinar, presented by Dr. Mike Janicki, Ed.D, School Counselor at Old Rochester Regional High School, will discuss athletics in college admissions. Topics will include sports divisions, eligibility, the college search process, and issue to consider. Live transcription will be available.

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

A promotional graphic for a virtual discussion panel. It features a dark blue background with a white play button icon in the center. To the left, the text reads "College Financing 101: What every college-bound family should know about financial aid and how it works". To the right, the StudyPoint logo is displayed, along with the text "Tonight's session will begin at 8:00 PM ET / 5:00 PM PT". Below this, it says "Please ensure that your computer's volume is turned on, or call (312) 626-5799 and enter Webinar ID: 856 2569 4078". A small inset photo of a woman is visible in the top right corner of the graphic.

Other Upcoming Events

West Point Admissions Information Meeting @ UCONN

Join us to learn about exciting opportunities at West Point, ROTC, and the US Army.

Register in advance [here!](#)

- Wednesday, October 5th, 2022 from 7:00 - 9:00 PM
- University of Connecticut, Gentry Building Room 131
249 Glenbrook Rd, Storrs, CT 06269
- Doors open at 6:30pm - Parking: Please Park at North or South Garages

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

BEHIND THE STANDS: Careers in the Sports and Entertainment Industry

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

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

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

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

MBCC STEM Week

MassBay's STEM Week *STEM Stories: Start Here. Go Anywhere.* | [REGISTER HERE!](#)

Tuesday, October 18, 2022 | 5:00 PM - 6:00 PM EST | Massachusetts STEM Week

This year marks the THIRD year of MassBay's virtual STEM Stories program! Participants 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 are introduced to some exciting career opportunities in the STEM fields. High school students, teachers and administrators are invited to attend. Our program will be presented during STEM week on October 18th. See below for registration links. **Contact [Valerie Kapilow](#)** for more info.

EARLY STEM CAREER PANEL WED. 10/19/22 | 5:00 PM - 6:00 PM VIRTUAL

Come meet STEM professionals who are early in their careers. All are MassBay alums! Learn about their challenges, gain helpful advice, and hear about career paths you may not have considered. Ask questions about industry trends, entering the workforce, transferring and more! All panelists participated in STEM Starter Academy (SSA) while at MassBay. SSA is a statewide grant funded through the Mass. Department of Higher Education which provides resources and supports to STEM students at MassBay. [CLICK HERE TO JOIN THE PROGRAM!](#)

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!



ENGLISH



SPANISH



PORTUGUESE



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
- Wednesday, April 5th 2023 at 7:30am

Let's
Connect!

Want to get in touch with me?

Mrs. Erikson, College & Career Counselor, K018
College & Career Center, Room K005
Monday - Friday | 7:00am-2:15pm




Should a parent/guardian wish to meet with me, I am available by appointment only. Appointments can be made by calling/emailing the phone number and email below.

Rachel Erikson (She/Her/Hers)
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