

Meet the College & Career Counselor

An excited "hello!" from Mrs. Erikson, K018

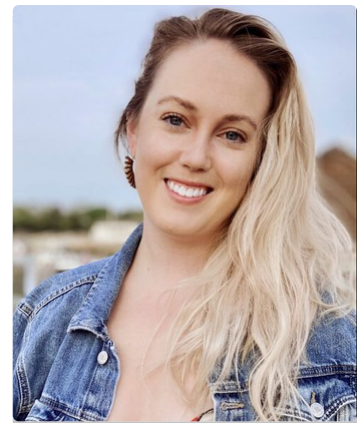
HOW TO TRANSLATE / TRADUCIR / TRADUZIR

- **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'.

Meet Mrs. Erikson!

Hello students and families! My name is Rachel Erikson, and I am the College & Career Counselor at Framingham High School. Some of you may already know me, but being that many of you are new to thinking about life after high school (or even FHS) I wanted to introduce myself and the College & Career Center, which now located in K005.

Please do not hesitate to contact me with any questions or concerns. I look forward to getting to know you better throughout the school year!
-Mrs. Erikson



Important Information for the Class of 2023

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.

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.



College visits will occur between 1-3x per day at either 11 am, 12pm, or 1pm from late September to mid November. College visits are a great way to get to know a college better, have some face time with the person who will be reading your application, and get demonstrated interest (i.e. showing a school how interested you are in them).

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!

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

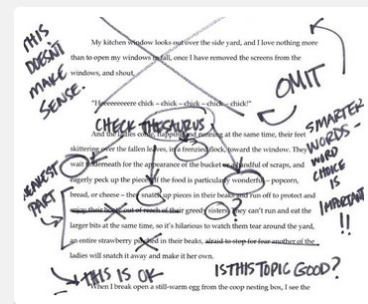
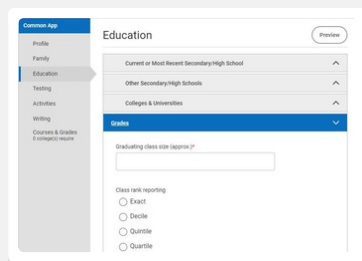
Students apply to as many schools as they'd like, and are not bound to enroll if they are offered admission.

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.

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!

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.

STUDY SKILLS WEEK with the Princeton Review

Welcome back to school! The Princeton Review understands that a new school year means getting back into the swing of homework, essays, and tests. From September 11th to September 15th, we are hosting "Study Skills Week," a series of events dedicated to academic success. Our experts will discuss skills that produce better grades, test strategies for the PSAT and AP Exams, and a look at the upcoming Digital SAT.



- [The Digital SAT: What You Need to Know](#): Sunday, September 11 @ 8PM EST

- [PSAT Strategy Session](#): Monday, September 12 @ 8PM EST
- [Study Skills 101](#): Tuesday, September 13 @ 8PM EST
- [Crafting Your Academic Essay](#): Wednesday, September 14 @ 8PM EST
- [Advanced Placement 101](#): Thursday, September 15 @ 10PM EST

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

NACAC Virtual College Fairs

NACAC will be hosting 3 fall virtual college fairs, where hundreds of schools will be featured. [Register here!](#)

- **September Virtual College Fair** - September 11, 2022 | 1-6PM ET
- **October Virtual College Fair** - October 9, 2022 | 1-6PM ET
- **November Virtual College Fair** - November 6, 2022 | 1-6PM ET

FALL COLLEGE FAIRS 2022
New England Association for College Admission Counseling
Public and Private Colleges & Universities • Technical Institutes • Community Colleges
College Admissions & Financial Aid Information

WORCESTER STATE UNIVERSITY
Sunday, October 2 • 11:00 a.m. - 1:00 p.m.
Wellness Center, Competition Gymnasium

WESTERN NEW ENGLAND UNIVERSITY
Sunday, September 18 • 12:00 - 2:00 p.m. • Alumni Healthful Living Center

SAINT MICHAEL'S COLLEGE
Monday, September 19 • 6:30 - 8:30 p.m. • Tarrant Recreation Center
Tuesday, September 20 • 9:00 - 11:00 a.m. • Tarrant Recreation Center

THE UNIVERSITY OF MAINE AT ORONO
Wednesday, September 21 • 6:30 - 8:30 p.m. • New Balance Field House
Thursday, September 22 • 9:00 - 11:00 a.m. • New Balance Field House

UNIVERSITY OF MASSACHUSETTS - DARTMOUTH
Sunday, September 25 • 12:00 - 2:00 p.m. • Tripp Athletic Center

MOUNT WACHUSETT COMMUNITY COLLEGE
Tuesday, September 27 • 9:00 - 11:00 a.m.
Vietnam Veterans Memorial Fitness Center, Gardner Campus

SOUTHERN NEW HAMPSHIRE UNIVERSITY
Thursday, September 29 • 9:00 - 11:00 a.m. • Athletic Complex

WORCESTER STATE UNIVERSITY
Sunday, October 2 • 11:00 a.m. - 1:00 p.m. • Wellness Center, Competition Gymnasium

UNIVERSITY OF NEW HAVEN
Thursday, October 13 • 9:00 - 11:00 a.m. • Charger Gymnasium

BERKSHIRE COMMUNITY COLLEGE
Thursday, October 20 • 9:00 - 11:00 a.m. • Paterson Field House

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

Other Upcoming Events



Revolution Prep Sept. Webinars.pdf

[Download](#)

204.7 KB

The Real Cost of College w/ Salliemae (9/14 - Virtual)

Paying for college doesn't have to be overwhelming. If college is in your student's future, you'll want them to join this webinar during which we'll show you and your students how to create a workable plan, that's also responsible.

What's the real cost of college? How to save, plan, and pay. [Register Now.](#)

Wednesday, September 14 at 7pm ET | 6pm CT | 5pm MT | 4pm PT

During this live event we'll cover:

- Saving for college – it is never too late!
- How to select a college and how much it will cost
- FAFSA - what, why and how
- Understanding a financial aid offer
- How to find and apply for scholarships and grants – FREE \$\$\$
- Education loan options
- Free tools and resources to make the process easier

Space is limited, so please register early!

Financial Aid Webinar with StudyPoint (9/14 - Virtual)

StudyPoint is hosting a free webinar on Wednesday, September 14th at 8:00pm ET / 5:00pm PT that brings together Financial Aid experts to share their insights on decision-making strategies to lower your overall tuition bill. They'll discuss how and when to tackle financial aid forms and applications; how to maximize your merit-based aid through scholarships and other sources; and the financial factors you should consider when looking at colleges. You can learn more and register at <https://site.studypoint.com/event124>

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

Service Academy Day - 9/24

CONGRESSWOMAN KATHERINE CLARK'S SERVICE ACADEMY DAY

WHAT: An informational session and FAQ panel for students seeking nominations to the Service Academies.

WHO: Meet with from West Point, Naval Academy, Air Force Academy, Coast Guard Academy, and Congresswoman Clark's office

WHEN: Saturday September 24th from 11 AM – 1 PM

WHERE: Malden Senior Center, 7 Washington St, Malden, MA 02148



Service Academy Day - Sat Sept. 24, 22 11am-1pm.pdf

[Download](#)
3.9 MB



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) 700 7100 | r.erikson@msd.edu | 110


115 A Street Framingham, MA 01701



Framingham High School

 Facebook

 @FHSFlyers

 115 A Street, Framingham, MA,...

 (508) 620-4963

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