

Meet the College & Career Counselor

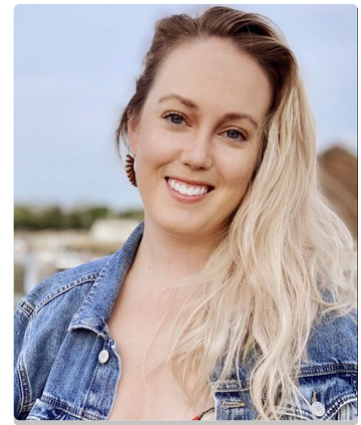
An excited "hello!" from Mrs. Erikson, K002

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'.

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 K002.**



A Little About Me!

- I am from Westborough, MA!
- You'll rarely see me without a coffee in hand
- I'll never miss a Pats game
- Something I love about FHS is hearing different languages in the hallways
- My favorite book is *Where the Wild Things Are*
- I have a 4-year-old rescue puppy, Oskar, and a 2-year-old cat, Noodles, and am a mama to my 14 month old son, Henrik

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

"Drop-in" to the C&CC (K002)!

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!



Important Information for the Class of 2023

FHS fall Senior Events - Save the Dates (9/28 & 11/16)

The School Counseling Dept. will be hosting 2 different informational events for seniors this fall:

Senior Night: The annual Senior Night will take place on **Thursday, September 28th** 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 a variety of college admissions officers will talk about the 2 and 4 year college process and do a Q&A.

Financial Aid & College/Career Night: This diverse event will take place on **Thursday, November 16th** from **6:30-8PM** 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.
- the four year college application process in detail, college expectations, and FHS specific procedures related to applying to four year colleges.
- financial aid and updates to the FAFSA as a result of the FAFSA Simplification Act.

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. 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, you must register and notify your teachers ahead of time.

View dates & schools visiting [here](#).

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!

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

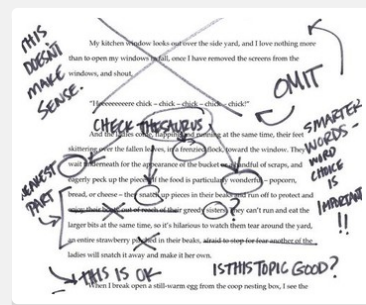
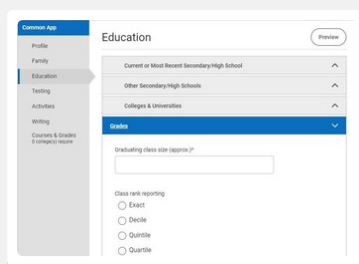
Students apply to as many schools as they'd like, and are not bound to enroll if they are offered admission.

Typical deadline:

January 1st

Typical decision release:

April 1st



Common App EDU Section

Class Size & Rank:

- Class size: **TBD - Available Fri 9/15**
- 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!

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 th 2023	October 15 th 2023
October 11 th 2023	November 1 st 2023
October 24 th 2023	November 15 th 2023
November 6 th 2023	December 1 st 2023
November 21 st 2023	December 15 th 2023
December 4 th 2023	January 1 st 2024
December 15 th 2023	January 15 th 2024
January 4 th 2024	February 1 st 2024
January 25 th 2024	February 15 th 2024
February 2 nd 2024	March 1 st 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.

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.

Upcoming 2023 Weekend SAT Dates

Test Dates	Registration Deadlines	Late Registration Deadlines
August 26, 2023	Register by July 28	August 15
October 7, 2023	Register by September 7	September 26
November 4, 2023	Register by October 5	October 24
December 2, 2023	Register by November 2	November 21

FREE
Digital PSAT® & ACT®
Practice Exams
From our friends at Revolution Prep

Digital PSAT: Saturday 9/9/23 @ 12 pm
ACT: Saturday 9/30/23 @ 12 pm



UPCOMING PRACTICE EXAMS FOR FHS STUDENTS

Digital PSAT/NMSQT Practice Exam | FREE

- Saturday, September 9, 2023 | 12:00 PM EDT | Online - [SEE DETAILS + REGISTER](#)

ACT Practice Exam | FREE

- Saturday, September 30, 2023 | 12:00 PM EDT | Online - [SEE DETAILS + REGISTER](#)

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



Let's
Connect!

Want to get in touch with me?

Mrs. Erikson, College & Career Counselor, K002
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.

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Framingham High School

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