

Highland Regional High School's

Post High School Planning Night



Welcome
Parents and Students

“Where Inspiring Excellence is our Standard and Student Achievement is the Result”

Highland Counseling Department

Director: Art Alessandroni

	Counseling Department	
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DJ Gore	4041	Cl-Go
Tiffany Strauss	4040	Gr-Las
Carey Speziali	4022	Law-Pate
Ashley Yandach	4039	Patt-Te
Lauren McElroy	4043	Th-Z; Career Exploration Counselor
Jan Vizoco	4011	Student Assistance Coordinator
Abigail Altman	4030	Mental Health Assistance Counselor
Donna Buono	4037	Counseling Secretary
Susan McNamara	4036	Counseling Secretary

Welcome Four College Representatives

- **Immaculata University**
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Welcome Four College Representatives

- **Rider University**
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Welcome Four College Representatives

- **Stockton University**
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Welcome Two Year Colleges

- **Camden County College**
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- **Rowan College of South Jersey**
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Welcome Trade School Representatives

- **Camden County Technical School**

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- **Finishing Trades Institute**

- Dennis McDonough
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- **Pennco Tech**

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- **Rizzieri Aveda School**

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Welcome Military Representatives

- **US Army**
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What to focus on...Freshman Year

What should you do?

- Get Involved!
- Utilize tutoring and extra help when necessary.
- Create goals for the next four years.
- Plan course selections for the next school year.
- Talk to parents about goals/discuss courses for next year.
- Potential Division I & II athletes- visit www.eligibilitycenter.org for eligibility information. Register and complete amateurism certification.

What we do for you:

- Freshman groups are conducted with counselors.
- Counselors visit Freshman Seminar classes to advise/assist with transition to high school.
- One-on-one scheduling in February for the following school year.
- Introduce *Naviance*.
- Alumni Day.

What to focus on... Sophomore Year

What should you do?

- Maintain/increase academic rigor of courses. Be aware of the prerequisites for Honors/AP NOW!
- Join more clubs and activities, become a mentor.
- Prepare for invitation to join the NHS (minimum 3.5 GPA, two school activities).

What we do for you:

- Administer the PSAT in October for free.
- Inform/encourage students to attend virtual college fairs to gather information about college programs.
- ***Naviance activities:*** create resume, career interest profiler.

What to focus on...Junior Year

What should you do?

- Continue to maintain the best grades possible.
- Continue and/or increase extra-curricular involvement
- Discuss plans as a family.
- Attend Career Day at Highland on April 6th.
- Attend college fairs and visit campuses – Spring break.



- Research College Information
 - Take Notes! Use something to keep track of information.
 - What do colleges consider when evaluating applicants?
 - What do they offer that interests you?
 - Are there internship/co-op opportunities?
 - Cost of attendance.
 - Location from home.

Junior Year Continued...

- Prepare and register to take the SAT or ACT in the Spring.
- Keep student Resume up to date in Naviance.
- Begin a “Colleges I’m Thinking About” list in Naviance.
- Athletes- visit www.eligibilitycenter.org for eligibility information. Register and complete initial amateurism certification.

What we do for you:

- Keeps students apprised of college fairs and other specialty opportunities.
- Administer the SAT on March 2nd for students to take for free. Additionally, students who receive free/reduced lunch are eligible for two College Board fee waivers.
- Encourage students to utilize Naviance to research colleges, create a “Colleges I’m Thinking About” list, sign up for rep visits.
- **We will be offering scheduled meetings with students and their parent/guardian to have an initial post high school planning session and to plan their courses for senior year.**

SAT and Preparation Resources

Highland will be administering a school day SAT Test in March **FREE for ALL Juniors.**

Highland is a test site center for the **May** and **June** SAT administration.

The following are options to help prepare:

College Board - www.collegeboard.org (search practice for Free prep).

Khan Academy – Offers free SAT preparation at www.khanacademy.org.

Verita's Prep- <https://www.veritasprep.com/>

Prepfactory- <https://www.prepfactory.com/>

Senior Year



What should you do?

- Maintain strong academic schedule, grades.
- Complete campus visits when possible.
- Finalize list of colleges in Naviance.
 - Move schools from College I'm Thinking About to College I'm Applying To.
- Be organized, know your deadlines!!
- Request Letters of Recommendation - In person and with a Naviance request. (give a **minimum** of 14 days notice)
- **KEEP COUNSELOR IN THE LOOP!**
- Meet ALL deadlines....EARLY!
- Continue scholarship searches – these take time and effort.
- Athletes- visit www.eligibilitycenter.org for eligibility information. You should already be registered.

Senior Year Continued...

What we do for you:

- Notify students of: Financial Aid Night, final college fair opportunities, Alumni Day, Decision Day.
- Encourage to take one last SAT/ACT. (Fall).
- Assist with management and submission of applications and supporting materials: transcripts, recommendation letters, fee waivers.
- Submit transcripts to NCAA for determination of athletic eligibility.

What Are Post-Secondary Institutions Looking For?

(The minimum)

In general, most 4-year colleges require the following:

- 4 years of English
- 3-4 years of History/Social Science
- 3-4 years of Mathematics (Algebra 1, 2 & Geometry)
- 3-4 years of Laboratory Science
- 2 years (minimum) of World Language
- Standardized test scores-SAT or ACT
 - Many colleges are using a Test-Optional Policy this year.
- Participation in extracurricular activities (Sports, Clubs and other Activities)

Understanding Admission Factors

- Quality and rigor of your coursework up to/including senior year
- Academic performance/GPA
- Standardized test scores (SAT and/or ACT) Again, many are test optional this year.
- Work/extra-curricular activities
- Counselor/teacher recommendations
- Student essay/writing sample
- Interview and/or portfolio if required (Music, Drama, Art, Performing Arts)

Please note: Even if the SAT is not required for admission into the institution, it may be needed for placement and/or various scholarship opportunities.

Application Process

- Each college has its own criteria and process.
- Check deadlines!!!! (I cannot stress this enough).
- Obtain letters of recommendation early.
 - Ask teachers in person and follow up with Naviance request. Give teachers a *minimum* of two-weeks notice.
 - Be sure your Naviance resume is current so teachers can access it for reference.
 - Follow-up with a thank you. (email or note).
- Apply early to be considered for school based scholarships/merit based aid (Before winter break is ideal).

College Admission Lingo

- Common Application & Coalition Application
- Early Decision (I & II) = BINDING!
- Early Action = non-binding
- Rolling Admission
- Wait-listed/Deferred admission

Financial Aid & Scholarships

- Monthly scholarship bulletin.
- Become familiar with www.fafsa.ed.gov (Application period begins October 1st of senior year.)
- CSS - College Scholarship Service
 - The CSS profile is required by many colleges and universities to determine your eligibility for non-government financial aid, such as the institution's own grants, loans and scholarships.
 - Schools that require the CSS profile will have deadline dates available to you on the application and on their website.
- Grant & Scholarship vs. Loan
 - Grants and scholarships don't need to be paid back.
 - Loans must be paid back plus interest.

EOF Program

- Must apply and be accepted to a participating New Jersey college or university and complete the separate EOF application
- Must file a Free Application for Federal Student Aid (FAFSA)
- Must demonstrate an educationally and economically disadvantaged background
- Must be a New Jersey resident 12 consecutive months prior to receiving the award
- Must meet the academic criteria as set by the institution of choice

NCAA

Potential Div. I-II

student-athletes

- Visit www.eligibilitycenter.org.
- Freshman are encouraged to register and complete their initial application when meeting with their counselor during scheduling.
- See your counselors and coaches for more details as Division I and II **DO** have specific differences when it pertains to the number of “core courses” a student **MUST** have.
- GPA/SAT scores also have a sliding scale to determine scholarships/eligibility.

College & Career Resources

- Your child's School Counselor, Career Counselor, Counseling Director, Teachers & Coaches.
- Career Day at Highland on April 6th for all Junior students.
- [Counseling Websites](#)
- [Naviance – College Planning & Career Interest Profiler.](#)
- The College Board (www.collegeboard.org).
- Individual College & University Websites.



**Thank you for coming to
Highland's Post High School
Planning Night!**



**Please complete the survey
by scanning the QR code!**