

9th-11th Graders "What Should I Be Doing Right Now?"
Deidre Cuffee-Gray College and Career Advisor
Amherst Regional High School
11/13/2019

Icebreaker -

What is post-secondary education/college for?
What is post-secondary education/college?

Introduction

www.corsava.com - deep values exercise in pairs or triads.
Fist of Four - large group

Grades 9-11

In the Classroom

9th

Get the best grades in the toughest classes...
Colleges look at students in the context of the schools that they attend
Plan your high school classes based on interest/abilities and career interests
College Ready Skills
Develop time management and study skills

10th

Stay focused on keeping grades up--this year's grades are important to college admissions officers.
If school offers higher-level (honors or AP) classes, challenge yourself academically by taking one a higher-level (honors or AP) class or two (honors or AP classes), in areas that you're interested in.

11th

Keep grades up. Junior year grades are the last ones some schools will see before making an admissions decision.
Continue challenging yourself academically with higher level AP or honors classes.
Request recommendations during spring of senior year (11th)

Outside of the Classroom

9th

Explore and engage with extracurricular activities (e.g., clubs, sports, community service, fine and performing;
Create an Activity Log
arts, work, and other in-or out-of-school activities) that align with your values and strengths
Strive for
 Consistency
 Depth

10th

Deepen involvement, or

Take on a leadership role in the activities you've already been doing. Or step outside your comfort zone and try something new.

Update your Activity Log

11th

Stay consistent with non-academic extracurricular activities *if your values and priorities haven't changed*.

If they have, try something new.

Continue to look for ways to explore and deepen your interests in these activities. Try a leadership role if you haven't already.

Continue to update your activity log.

Athletes

9th

Familiarize yourself with the NCAA and NAIA athletic recruiting requirements

10th

If you think you may play Division I or II sports in college:

Register for the National Collegiate Athletic Association (NCAA) Clearinghouse.

Register for the National Association of Intercollegiate Athletes (NAIA) Eligibility Center.

Familiarize yourself with National Collegiate Athletic Association (NCAA) requirements. Then double-check that all of your courses are NCAA-approved. Not all high school classes count towards their requirements.

Let your high school counselor know you're considering college athletics.

11th

Double-check that your classes meet the NCAA Clearinghouse requirements

Complete online athletic recruitment forms for each college you're considering. You'll find these on the college's website under "athletics."

Once you've completed the online recruitment forms, make your sports resume and recruitment videos. Spread out your correspondence with coaches by sending the resumes and video a few weeks after you complete the online forms.

Send your sports resume and video to college coaches and fill out the athletic recruitment surveys on the college websites.

Fine and Performing Arts

10th

Sign up for Performing & Visual Arts College Fairs.

Create an admissions requirements spreadsheet for fine and performing arts programs.

You most likely need to create a portfolio and audition materials, so spend junior year working on pieces.

11th

Explore how the audition and portfolio process works for college admission.

Build your portfolios and audition videos.

Engage with Your School Counselor -

9th

Meet with your school counselor to explore clubs, classes, and discuss course selection. Start building a relationship with them by doing this regularly. (Within existing Advisory Curriculum)

10th

Meet with your school counselor at least once a year to discuss course selection. Continue building this relationship by asking lots of questions about new courses and suggestions for ways to develop your interests.

11th

Schedule a meeting with your school counselor to discuss the colleges you are interested in. Tell them about your college preferences and ask for their suggestions of colleges that might be a good fit for you. Continue to develop your relationship with your counselor.

Attend College and Career Counselor events - be attentive during College Planning Advisory

Meet with College and Career Counselor - Junior College Planning Meeting

Explore the Future

9th

Personality Assessments

Do the Values Exercise (College Essay Guy) to determine what's important to you.

Take a personality assessment to learn more about your strengths, challenges, and communication and learning style.

10th

Read more about possible college majors and careers to better plan out your high school classes.

Do the Values Exercise to see if your ever-evolving self has new priorities. If they've changed, assess whether you want to change your current activities so they align with your values.

11th

Start your college search by attending a local college fair and a few college admission rep presentations at your high school.

Explore Colleges

10th

Attend a local college fair.

Visit a college or two locally or while you're on vacation.

Take a virtual or VR tour.

Read more about possible college majors and careers to better plan out your high school classes.

11th

Explore your college interests by sorting the college criteria on (Naviance, College Board, www.Corsava.com, YouScience or Do What You Are, etc.). Then use those preferences to searches for a few college matches.

Start a preliminary list of colleges to visit using the results of your college match searches. Have a family meeting to block out dates for college visits throughout junior year.

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Begin saving colleges in Naviance - "College I'm Thinking About"

Explore College Financing

9th

Parents: Start exploring how to pay for college.

Students: Colleges expect students to pay for their educations (\$2,000-\$4,000)

10th

Parents: Continue researching how to pay for college and set up a college budget.

Students: Colleges expect students to pay for their educations (\$2,000-\$4,000)

11th

Net Price Calculator for colleges of interest

Attend Financial Aid Night in November

Parents: Continue researching how to pay for college and set up a college budget.

Students: Colleges expect students to pay for their educations (\$2,000-\$4,000)

College Entrance Exams

10th

College Board's PSAT: Take the October PSAT as a sophomore.

If you're taking an AP class this year, consider sitting for the AP exam (May) and the correlating SAT Subject Test (May or June).

If you're taking a Pre-calculus or Calculus class in Sophomore year, consider taking the Math 2 SAT Subject Test in May or June.

On the fence about which tests to take and when? Check in with your teacher in that subject for some wise counsel.

At the end of the school year, take a practice ACT and SAT to determine which test may be better for you, then set up a testing timeline.

Summer reading: Continue expanding your vocabulary and your world.

Continue exploring your interests during the summer. This could be through a job, internship, volunteer experience, or self-designed project.

11th

Take the PSAT/NSMQT in October. This test qualifies students for the National Merit Scholarship.

Stay on track with your ACT/SAT testing timeline and study schedule.

Select testing dates. Most likely your first ACT or SAT will take place between April & June.

Take the AP/IB exams in May.

For highly selective colleges, you may have to take two to three SAT Subject Tests. May or June is likely the best time to schedule these one-hour tests.

Summer Enrichment

9th

Plan a summer experience that helps you explore a passion or interest

Summer reading: Expand your vocabulary and your world

10th

Summer reading: Continue expanding your vocabulary and your world.

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Continue exploring your interests during the summer. This could be through a job, internship, volunteer experience, or self-designed project.

11th

Participate in summer experiences (research, reading, internships, fun stuff).

Refine and finalize your college list. Be sure it reflects a balance of admission probabilities (likely, possible, and reach schools).

Research the type of applications required for each school on your list, as these vary.

Write your Common Application personal statement (Use the Writing Center)

Complete the Common Application.

Visit more colleges.

Research the admission requirements and deadlines for schools on your list and create a spreadsheet to organize information. Research to see if an interview is offered or required at each school.

Create a scholarship spreadsheet to list deadlines and requirements.

Websites

College Match Tools

- Naviance - SuperMatch College Search, you have a Family Connection/Naviance account at your school
- Big Future - <https://bigfuture.collegeboard.org/find-colleges/how-to-find-your-college-fit/college-search-step-by-step>
- Unigo - <https://www.unigo.com/college-match>

Online College Fairs

- <http://www.gotocollegefairs.com/>

Virtual Tour Websites

- <https://www.youvisit.com/collegesearch/>
- <https://www.campustours.com/>
- <http://www.ecampustours.com>

Diversity Fly-In Programs -

travel vouchers for college visits for First Gen and Students with Financial Need

<http://blog.collegegreenlight.com/blog/college-fly-in-and-diversity-programs/>

First Generation College Resources

[I'm First](#) - Check out video stories from first-gen students, read student blogs and discover colleges that have special programs to support their first-gen students. We feature YouTube video testimonials from first-gen students and graduates from across the country.

[College Greenlight](#) - We connect first generation and underrepresented students to caring colleges, generous scholarships, and life-changing counselors and mentors.

College Guide Books & Websites

- Should I apply RD or ED? (And the chart that shows acceptance rates)
 - o [Podcast Episode with Jennie Kent and Jeff Levy](#)
 - o [The PDF Resource with RD/EA acceptance rates by school](#)

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- Fiske Guide - <https://www.collegecountdown.com/promotions/fiske-interactive-online.html>
- College Data, www.collegedata.com
- Unigo - <https://www.unigo.com/colleges>
- Niche - <https://www.niche.com/colleges/search/best-colleges/>
- The College Finder: Choose The Right School That's Right For You by Steven R. Antonoff, Ph.D.
- The Best 300+ Colleges by The Princeton Review
- The Insider's Guide to the Colleges by The Yale Daily News
- [Demonstrated Interest: A Brief and Practical How-To Guide](#)
- Looking Beyond the Ivy League: Finding the College That's Right for You Paperback – by Loren Pope
- Colleges That Change Lives: 40 Schools That Will Change the Way You Think About Colleges

Financial Aid & College Affordability Tools

- Which Schools are Most Generous with Merit Aid (US Students)
 - o [Podcast Episode with Jeff Levy](#)
 - o [PDF Version of the Resource](#)
- Which Schools are Most Generous with Merit Aid (International Students)
 - o [Podcast Episode with Jennie Kent](#)
 - o [PDF Version of the Resource](#)
- Big Future Pay For College Tools & Calculators:
<https://bigfuture.collegeboard.org/pay-for-college/tools-calculators>
- Free Application for Financial Student Aid (FAFSA): <https://fafsa.ed.gov/>
- CSS Profile: <https://student.collegeboard.org/css-financial-aid-profile>

Scholarships Search Websites

- Fastweb - <http://www.fastweb.com>
- Cappex - <https://www.cappex.com/scholarships>
- Raise.Me - <https://www.raise.me/>
- Big Future - bigfuture.collegeboard.org/scholarship-search
- MyScholly - <https://myscholly.com/>

Timelines

[College Essay Timeline](#) - from collegeessayguy.com

[9th/10th Timeline](#) - collegeboard.com

[11thTimeline](#) - collegeboard.com