

Welcome Students & Parents of the Class of 2022!

New Vista High School College Planning Night
for Seniors & Parents

Diane Jensen: Counselor

Julie Ikler: Registrar



Parents...

Here are some words of advice from your children





TALK
ABOUT IT

Where are you headed?

So many options...

- Vocational or Technical College
- Military
- Job/Career
- Gap Year
- ???
- College/University



Gap Year

- Taking a break from formal education to travel, volunteer, intern, or work
- Leading US colleges and universities, and notably Harvard University, openly support a gap year for admitted freshman.
 - For more info from Harvard go [HERE](#)
- Consider pros and cons FOR YOU
- Be productive
- Can you take college classes? Check with the college.
- Consider applying to college anyway!



Deferment: Different colleges have different rules but most
allow this

Scholarship Deferment: Not likely 😞. But you should always ask.

Gap Year Resources

- www.cityyear.org: a branch of AmeriCorps, a youth-oriented, national, civic-service "action tank"-that's like a think tank with feet.
- <http://greenvolunteers.com> : a self-proclaimed "world guide and information network to voluntary work in nature conservation."
- <http://www.dynamy.org/>: a not-for-profit experiential educational organization that offers an internship year mixing work, independent living, structure, and coaching.
- www.transitionsabroad.com: a resource for teen travelers, seekers of short-term international work, budget travel, language study, and expatriates.
- <http://www.wheretherebedragons.com/>: Gap year programs. Office located in Boulder.
- TeenLife.com: connects teens with summer programs, volunteer opportunities, gap year and study abroad
- A few affordable options: AmeriCorps(www.americorps.gov), Habitat for Humanity (www.habitat.org), WWOOF (www.woof.org); <http://www.workaway.info>: a database of families, individuals or organizations in different countries who are looking for volunteer help in a huge range of fields.



What we hope doesn't happen...



COVID is having an impact.
Watch the below video to find
out more.

College Admissions in the Era of COVID 19

A big change...



Test optional, test flexible, and test blind admissions

THINGS TO CONSIDER:

- More competitive admissions
- More holistic admissions
- Experts suggest submitting test scores if yours fall in the top 25% of admissions data
- Some colleges still use test scores for scholarship consideration and admissions into honors programs

Rescinding Offers

On average colleges rescind 10 offers a year.

They investigate MANY more than that.

WHY?

- Drop in grades senior year
- Not doing what you said you would
- Disciplinary action
- Inappropriate social media posts





THE SEARCH

(heart, soul... and college)

A few word to remember as you search for colleges...

College is a match to be made, not a prize to be won. The ideal pairs a student with the school that best fulfills that student's academic, social and aspirational needs.

The best fit is where a student will thrive and be happy.



— DEB SHAVER, Dean of Admission,

What Do I Need to Know About Myself?

- ❑ G.P.A.
- ❑ SAT/ACT Scores
- ❑ Extra-curricular activities
- ❑ Chances of acceptance
- ❑ Financial Resources
- ❑ Special talents
- ❑ Learning style/personality type

And...

- ❑ Your criteria (what you can't live without, as well as what you can't live with)



Criteria to Consider

- Public, private,
- 2 year, 4 year, certificate, specialized
- degrees offered
- location (rural or urban setting)/distance from home
- size of the student population (from small at 1,000 to large at 35,000+)
- majors/minors
- student body (diversity, gender, socioeconomics, etc.)
- Values around inclusivity/equity
- social life (Greek organizations, sports, clubs, etc., “suitcase school”)
- costs (tuition, room and board, financial aid)
- campus resources (labs, libraries, gym, etc.)
- disability services
- graduation rate/attrition rate/retention rate
- school climate: liberal/conservative

- safety (campus, community)
- religious affiliation
- housing options (dorms, apartments, living at home)
- realistic entry expectations (based on typical student admitted)
- clubs/athletics
- study abroad programs
- Aesthetics
- school calendar (semester, 4-1-4, year round)
- Support services: advising, career, counseling, health
- ability to transfer to a 4 year university
- weather
- teacher assistants versus full-time qualified faculty
- faculty contact (office hours)
- degree of pressure to excel
- Internship programs
- Class size
- Success of graduates pursuing graduate studies and employment

ACADEMIC CALENDARS

- Semester
- Quarter (year-round)- usually take fewer classes per quarter to allow time for internships/work
- Block- Immersive learning.
Focus on 1 course for about 4 weeks, then have about a week off.
- 4-1-4/4-4-1/January Term: 2 long terms and 1 short intensive term usually focused on 1 course (sometimes includes travel)

UNIQUE PROGRAMS

- Accelerated programs
- Coop Education (work and school)
- Double major
- Internships
- Semester at sea
- Study abroad
- United Nations semester
- Urban semester
- College Consortiums
- Student designed major

What is a self-designed major? These majors are organized around a theme, not a single subject area. Instead of majoring in Spanish, history or literature, for example, you can major in Latin American studies and take classes in all three areas as well as political science, economics, anthropology and more.

A FEW EXAMPLES

Agroforestry, Cultural Ecology, Draft Animal Power Systems, Ecological Building, Equine Studies in Childhood Education, Farm & Nature Education, Human Ecology, Land-based Entrepreneurship, Sustainable Building & Design, Wilderness Therapy and Addictions



What if I have no clue to what to major in?

- **Talk to people.**
- Talk to working professionals in careers that interest you
- Talk to other students in degree programs that interest you
- Talk with a career advisor or guidance counselor
- Try out classes in different subject areas when possible
- Follow your interests
- Ask yourself what would you do if you could do anything
- **Know that you're not alone**

Around 50% of
students are
undecided when
entering college



Liberal Arts Colleges

- Gives the student an opportunity to explore a variety of academic disciplines rather than following a specific rubric of courses that train them for a specific career.
- Similar to NV- focuses on critical thinking, interdisciplinary studies, inter/intra-personal skills, communication, and a well rounded education.



STEM/LIBERAL ARTS SCHOOLS

Public Liberal Arts Colleges

The Council of Public Liberal Arts Colleges or COPLAC is a consortium of 26 public colleges and universities in 24 states and one Canadian province.

Northeast

- Eastern Connecticut State University
- Keene State College - New Hampshire
- Massachusetts College of Liberal Arts
- St. Mary's College of Maryland
- Ramapo College of New Jersey - New Jersey
- State University of New York at Geneseo
- University of Maine at Farmington- Maine

South

- Shepherd University- West Virginia
- Georgia College & State University - Georgia
- Henderson State University - Arkansas
- New College of Florida- Florida
- University of Mary Washington - Virginia
- University of Montevallo - Alabama
- University of North Carolina at Asheville
- University of Virginia's College at Wise
- College of Charleston - South Carolina

Midwest

- University of Minnesota Morris - Minnesota
- Truman State University - Missouri
- University of Wisconsin-Superior - Wisconsin
- University of Illinois at Springfield - Illinois

Southwest

- Fort Lewis College - Colorado
- Midwestern State University - Texas
- University of Science and Arts of Oklahoma

Northwest

- The Evergreen State College - Washington
- Sonoma State University- California
- Southern Oregon University - Oregon

Canada

- University of Alberta, Augustana Campus



Out of the Box Colleges

Hampshire, Sierra Nevada, College of the Atlantic, The New School, Brown University, Bennington, Harvey Mudd, Evergreen, Amherst, Bard, Sarah Lawrence College, Antioch College, Quest University: Canada, Global College, Kenyon, Kalamazoo, Knox, New College in Florida, Naropa, Colorado College, Burlington College, Goddard College, Green Mountain College, Grinnell College, Kalamazoo College, Manhattanville College, Marlboro, Oberlin, Prescott, Soka, Sterling College, Unity College, University of Redlands, University of Rochester, Warren Wilson, Western Washington University: Fairhaven, Wheaton College, Eugene Lang, Watson, and many more!

- <http://www.educationrevolution.org/>
- <https://www.bestcolleges.com/features/best-colleges-for-non-traditional-students/>
- <https://www.collegexpress.com/lists/list/the-most-innovative-college-academic-programs/238/>

Arts Focused Colleges

- Focus specifically on art/music/theater, etc.
Many do not offer traditional coursework
- Faculty of an art focused school will consist of professionals who have real-world experience and who may be recognized names in the field.
- Small size and small classes
- Networking opportunities
- Surrounded by like-minded people who share your passion for the arts.
- Access to state of the art equipment and studio space
- Sometimes credits do not transfer
- Can be very expensive

**If you are considering an art focused college, attend [National Portfolio Day](#).



Community College

Pros

- Everyone gets in!
- Only use ACT/SAT for class placement or Accuplacer
- Save money on tuition
- Complete your basic requirements
- Time to define your major
- Boost your GPA
- Great for nontraditional students
- Career focused majors
- “Test the waters”
- Small class sizes
- Flexible schedule
- Age diversity



Cons

- Often lack of campus life
- Limited curriculum
- Less interaction among students
- Less campus resources
- Many part time students
- Mostly in-state students
- Limited activities/sports
- No on-campus housing
(Though most Junior Colleges have housing and sports: La Junta and Otero)

Consider In-State Options

More than 40 2 and 4 year colleges in Colorado

College In Colorado: www.collegeincolorado.org

College Opportunity Fund (COF):

- \$85 per credit hour in the past, now \$40



Test Optional: HB 20-1407 is a temporary “test optional” bill in effect for the fall 2021 admissions cycle for the state of Colorado.



GPA and Test Score Ranges of Admitted First-Time Freshmen - Fall 2020 Data

Colorado Public Four-Year Colleges and Universities

The data below reflect the middle 50% ranges of students admitted at each institution - 25% had above and 25% had below these ranges. These are NOT requirements, but a guide to each institution's standards.

Both ACT & SAT are accepted by Colorado public institutions. Please refer to the online College Admission Guidelines tool for more information on admission criteria: coadmissiontool.org

Institution	High School GPA	ACT~	SAT~*
	Mid-50% GPA range of admitted students (4.0 scale - Includes weighted GPAs)	Mid-50% ACT range of admitted students (composite scores)	Taken March 2016 & After Mid-50% SAT range of admitted students (Evidence Based Reading & Writing + Math)
Adams State University	2.88 - 3.78	17 - 23	910 - 1100
Colorado Mesa University	3.28 - 3.92	20 - 26	1020 - 1200
Colorado School of Mines	3.78 - 4.00**	29 - 33	1320 - 1470
Colorado State University Fort Collins	3.41 - 4.00	23 - 30	1090 - 1290
Colorado State University Global	2.39 - 3.39	16 - 22	930 - 1150
Colorado State University Pueblo	2.95 - 3.81	18 - 24	930 - 1110
Fort Lewis College	2.97 - 3.80	17 - 23	970 - 1180
Metropolitan State University of Denver	2.72 - 3.58	17 - 23	900 - 1100
University of Colorado Boulder	3.52 - 4.00	26 - 32	1180 - 1380
University of Colorado Colorado Springs	3.16 - 3.92	21 - 27	1010 - 1210
University of Colorado Denver	3.27 - 3.99	21 - 28	1020 - 1240
University of Northern Colorado	3.18 - 3.94	20 - 27	1000 - 1190
Western Colorado University	3.12 - 3.93	20 - 27	1010 - 1200

Colorado Free Application Day is October 19 -21 2021



So many places to search...

Click [HERE](#) for way too many websites

Some of my favorite books:

- [The College Finder by Steven R. Antonoff](#) (this one is awesome, but hard to get the newest version and weirdly expensive. Can find some of the same info [HERE](#))
- [Fiske's Guide to College 2022](#)
- [The Best Value Colleges](#)
- [K & W Guide to Colleges for Students With Learning Disabilities](#)
- [Best 387 Colleges](#)
- [Rugg's Recommendations on Colleges](#)

Attend Fairs and Events

Paying for College Night at New Vista: 9/22 at 6pm
(virtual)

In-State College Fair: October 14, 2021, 6:00 – 7:00
PM at Broomfield High School

The National Catholic College Admission Virtual
Fair: [HERE](#)


Colleges That Change Lives Recorded Event [HERE](#)

Colorado's 2021 Virtual College Fair

(hosted by StriveScan)



in partnership with the Northern Colorado College Fair
and Southern Colorado College Fair present:



Tuesday, Sept. 28th

Virtual College Panels on Financial Aid,
Essay Writing, Scholarships and More!
5:00 pm - 7:45 pm



Wednesday, Sept. 29th

Virtual College Fair
5:00 pm - 7:45 pm



Thursday, Sept. 30th

Virtual College Fair
5:00 pm - 7:45 pm

- Sessions are free for ALL Colorado students, but registration is required!
- These virtual presentations give you the opportunity to hear directly from college admissions officers from over 200 colleges!
- Student registration begins September 14th at:



CollegeFairsDenver.org

REGISTER [HERE](https://CollegeFairsDenver.org)



IN-STATE COLLEGE FAIR



Thursday, October 14 | 6 - 7 pm
Broomfield High School | Eagle Gym

Register NOW from your mobile device:
<https://coloradocouncil.swoogo.com/registration>

Sponsored by:
COLORADO COUNCIL on High School/College Relations

<https://coloradocouncil.swoogo.com/registration/begin>

Attend Virtual College Visits at New Vista

- College Visits Week: Oct. 4th - 8th
- Some others outside of that time
- Register on Naviance
- If you have the college in your list on Naviance you will automatically be registered
- There will be a calendar on Naviance soon(ish)
- All grades welcome
- Let Diane know if there's a college you'd like to come



Finalizing your List of Colleges

How many? There's no perfect number, but some experts recommend the following:

2-3 ... you're in

2-3... you're qualified, but the competition's fierce

2-3... you're reaching, but who knows?

TIPS

Create a spreadsheet to compare colleges side by side.

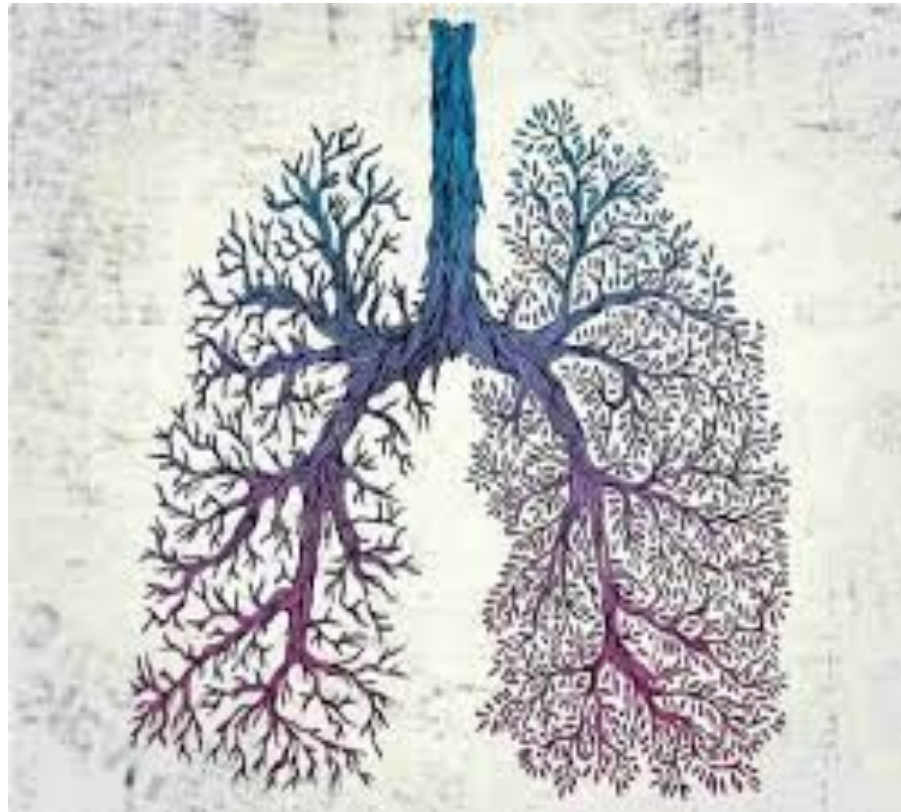
(example)

Keep costs in mind – make sure you have affordable options w/o scholarships

YOU CHOOSE THEM... JUST AS MUCH
AS THEY CHOOSE YOU!



BREATHE



Understanding Applications



What Are Colleges Looking For

- Grades
- Rigor of coursework
- Test Scores (SAT, ACT, Subject Tests)
- Application information
- Strong essays
- Leadership
- Strong letters of Recommendation
- Passion, and commitment to that passion
- Interviews
- Activities
- Authenticity
- Demonstrated Interest
- Growth
- Strong Junior Year/ 1st Semester Senior Year



New Vista Profile

New Vista School Profile



Most Amazing Tool Ever! (Thanks College Essay Guy)

1. Google: “Common Data Set” + college name
2. Scroll Down to “C7”
3. Mind Blown



Lewis and Clark

C7 Relative importance of each of the following academic and nonacademic factors in first-time, first-year, degree-seeking (freshman) admission decisions.

C7		Very Important	Important	Considered	Not Considered
C7	Academic				
C7	Rigor of secondary school record	X			
C7	Class rank			X	
C7	Academic GPA	X			
C7	Standardized test scores		X		
C7	Application Essay		X		
C7	Recommendation(s)		X		
C7	Nonacademic				
C7	Interview			X	
C7	Extracurricular activities		X		
C7	Talent/ability		X		
C7	Character/personal qualities		X		
C7	First generation			X	
C7	Alumni/ae relation			X	
C7	Geographical residence			X	
C7	State residency				X
C7	Religious affiliation/commitment				X
C7	Racial/ethnic status			X	
C7	Volunteer work		X		
C7	Work experience		X		
C7	Level of applicant's interest			X	

CU Boulder

C7. Relative importance of each of the following academic and nonacademic factors in your first-time, first-year, degree-seeking (freshman) admission decisions.

	Very Important	Important	Considered	Not Considered
Academic				
Rigor of secondary school record	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Class rank	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Academic GPA	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Standardized test scores	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Application Essay	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recommendation	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Nonacademic				
Interview	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Extracurricular activities	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Talent/ability	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Character/personal qualities	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
First generation	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Alumni/ae relation	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Geographical residence	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
State residency	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Religious affiliation/commitment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Racial/ethnic status	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Volunteer work	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Work experience	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Level of applicant's interest	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

College Application Types

- Common Application



- Universal College Application



- Coalition Application



T H E C O A L I T I O N

- College Specific Application

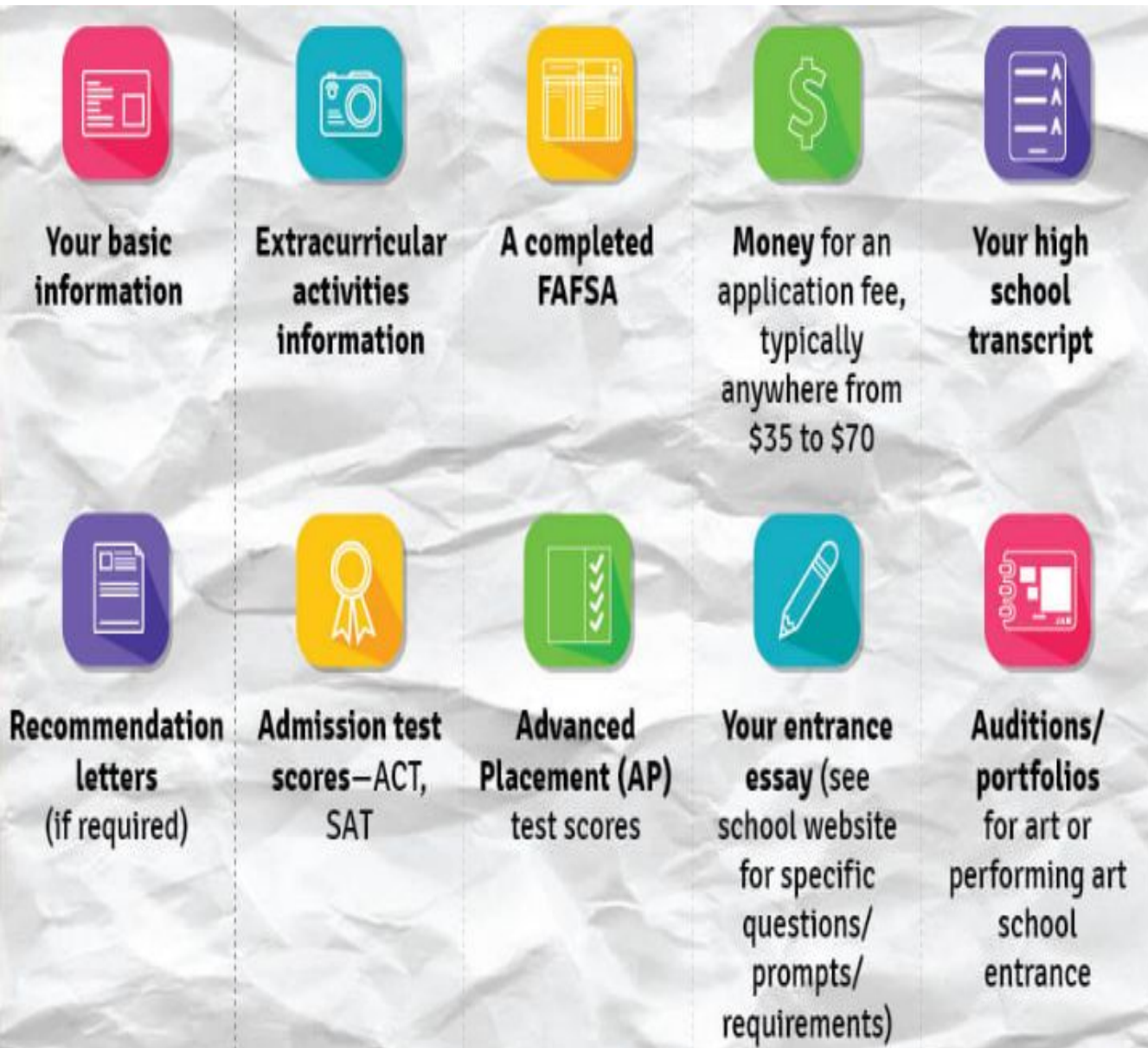
Different Types of Application Deadlines

<u>Non-Restrictive Application Plans</u>			<u>Restrictive Application Plans</u>	
Regular Decision	Rolling Admission	Early Action (EA)	Early Decision (ED)	Restrictive Early Action (REA)
<u>DEFINITION:</u> Students submit an application by a specified date and receive a decision in a clearly stated period of time.	<u>DEFINITION:</u> Institutions review applications as they are submitted and render admission decisions throughout the admission cycle.	<u>DEFINITION:</u> Students apply early and receive a decision well in advance of the institution's regular response date.	<u>DEFINITION:</u> Students make a commitment to a first-choice institution where, if admitted they definitely will enroll. The application deadline and decision deadline occur early.	<u>DEFINITION:</u> Students apply to an institution of preference and receive a decision early. They may be restricted from applying ED or EA or REA to other institutions. If offered enrollment, they have until May 1 to confirm.
<u>COMMITMENT:</u> NON-BINDING	<u>COMMITMENT:</u> NON-BINDING	<u>COMMITMENT:</u> NON-BINDING	<u>COMMITMENT:</u> BINDING	<u>COMMITMENT:</u> NON-BINDING

***[early decision vs regular admissions stats](#)

[A little more info on this](#)

What You'll Need to Apply



- **Honors/awards**
- **Leadership positions**
- **Explanation of Disciplinary Infractions**
- **Preparation for an interview**

Examples of College Entrance Requirements

Colorado Public Colleges

- 4 years of Language Arts
- 3 years of Social Studies
- 4 years of Mathematics
- 3 years of Science
- 2 years of World Language

Harvard

- 4 years of English, with extensive practice in writing;
- 4 years of math
- 4 years of science: biology, chemistry, physics, and an advanced course in one of these subjects
- 3 years of history, including American and European history
- 4 years of one foreign language

Pratt Institute

- 4 years of English
- 3-4 years of Math
- 1 year of Social Studies
- 2 years of Science
- No World Language

Evergreen State University

- 4 years of English
- 3 years of Mathematics
- 3 years of history and social sciences
- 2 years of a foreign language
- 2 years of lab sciences
- 1 year of creative arts or academic elective

NOTE: 2 New Vista credits = 1 year or 1 unit




ALWAYS START WITH NAVIANCE

Access through Class Link



Adding Colleges

1. Search for a college
2. Once it comes up, click on the  to add to “Colleges I’m Thinking About”
3. Go to “Colleges I’m Thinking About.”
Check boxes and click “Move to Application List”

DEADLINE

Make sure you
choose your
application
deadline and
what type of
application you
will use.

Click “Add
Applications”

STEP 1 — STEP 2
Add Applications Request Transcripts

Smith College

Which application deadline do you prefer?

Early Decision November 15

How will you submit your application?

I'm not sure yet

☐ I've already sent my application

Add Applications

~~ADD AND REQUEST~~

Sometimes they ask if you want to connect with them.



STRETCH





**APPLY
NOW**

Some of the mistakes we see
students make?



- Missing deadlines for financial aid, scholarships, auditions, or portfolios
- Missing deadlines for CA State and UC colleges
- Families do not discuss finances honestly
- Safety/You're in schools are not options where students would be happy
- Students have difficulty limiting outside voices. Lose themselves in the process. (College choice, essay, etc.)
- Using nickname or not their legal name for applications. They can give you a spot for preferred name
- Use an inappropriate email address
- Not changing college name on essay

The Application Process

Students are responsible for:

- ❑ Online application and application fee
- ❑ Essay
- ❑ Recommendation Letters from teachers & advisors (counselors)
- ❑ Sending your test scores from ACT and SAT
- ❑ \$2 for each Official Transcript Requested from NV

New Vista is responsible for sending:

- Transcript
- Secondary School Reports/Counselor reports
- Letters of recommendation electronically



The College Essay

the living, breathing part of your application



Why do colleges require essays?

To show what makes you different from all the other qualified applicants

To shed light on your values, contributions, opinions, and talents

To see your voice and personality

To fill the holes that the test scores, transcripts, and application did not show. (Essays should show new information)

To see your writing ability and your command of the basics of good writing

GET CREATIVE

- Create a story
- Show don't tell
- Create a strong opening paragraph
- Make them feel what you feel
- Appeal to their senses
- Capture their heart
- Hook them in from the first sentence

Opening Lines from Stanford

Admission Essays

- I change my name each time I place an order at Starbucks.
- When I was in the eighth grade I couldn't read.
- I have old hands.
- This was the first time thoughts of death ever cross my mind.
- The spaghetti burbled and slushed around the pan, and as I stirred it, the noises it gave off began to sound increasingly like bodily functions.
- I had never seen anyone get so excited about mitochondria.

Essay Question Examples

- Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story. (Common App)
- Every person has a creative side, and it can be expressed in many ways: problem solving, original and innovative thinking, and artistically, to name a few. Describe how you express your creative side. (UCs)
- Please complete the following, and have a little fun doing so (no more than 300 characters each):
 - I am empowered by people who...
 - I value my community because ...
 - I want to better my world by... (Carleton)
- “What song should we be listening to while reading your application and why? (Chapman University)”
- You are required to spend the next year in either the past or the future. To what year would you travel and why? (University of Richmond)

Use the College Essay Guy

Meet Ethan Sawyer



Try these exercises before starting your essay

- 1) Essence Objects Exercise:
- 2) Values Exercise:
- 3) Feelings and Needs Exercise:

Additional Resource to help with Brainstorming:

100 Brave and Interesting Questions

12 Sample College Essays that have Worked:



New Common App COVID Question

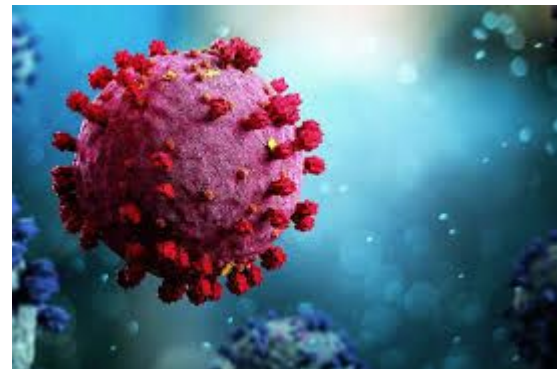
Community disruptions such as COVID-19 and natural disasters can have deep and long-lasting impacts. If you need it, this space is yours to describe those impacts. Colleges care about the effects on your health and well-being, safety, family circumstances, future plans, and education, including access to reliable technology and quiet study spaces.

Do you wish to share anything on this topic? Y/N

Please use this space to describe how these events have impacted you.

The question will be optional and will appear in the Additional Information section of the application. The response length will be limited to 250 words.

[Tips from the College Essay Guy](#)



Letters of Recommendation



THINGS TO KNOW ABOUT LETTERS OF RECOMMENDATION

- Follow directions about who and how many
- Choose recommenders that can speak to different strengths.
 - For example, an LA or SS teacher and a Math or Science teacher.
- Your counselor rec is written by your advisor
- You can also use a CE mentor, coach, or employer only if the college allows.
- Start early. Though 3 weeks is the standard turnaround time, giving your recommenders longer is preferred
- Teachers cap how many letters they will write
- Show gratitude

How to Request a Letter of Recommendation at NV

FIRST STEP:

Ask your recommender in person

SECOND STEP:

Fill out the Letter of Rec Request Form found [HERE](#) with as much detail as possible, rename it, and email it to your recommender



THIRD STEP: Request on Naviance

ICE
SCHOOL

HomeSelf-DiscoveryCareersCollegesPlanner

♥ Demo

✕

✉

DJ A

, Demo Jensen!

Search for Colleges

Type a college name

SEARCH

EnglishGo

No Welcome Message is available at this time.

Read more

My Favorites

♥ COLLEGES
I'm thinking about

🎓 COLLEGES
I'm applying to

♥ CAREERS AND CLUSTERS
I'm thinking about

Important To-Dos and Tasks

What's New

Click on “Colleges” and then “Letters of Recommendation”

NCE
SCHOOL

Home Self-Discovery Careers **Colleges** Planner

♥ Demo ▼ ★ ✉ DJ About N

College Home

Find Your fit

SuperMatch College Search

College Match

College Events

Advanced College Search

College Lookup

Research Colleges

♥ Colleges I'm Thinking About

College Visits

College Compare

College Resources

Acceptance History

Enrichment Programs

College Maps

Apply to College

Colleges I'm Applying to

Manage Transcripts

Letters of Recommendation

Test Scores

Scholarships & Money

Scholarships I'm Applying To

Scholarship List

National Scholarship Search

No Welcome Message is available at this time.

♥ COLLEGES
I'm thinking about

Click on “Add Request”

Letters of recommendation

Your Requests

You can request new letters of recommendation and track the most recent status of your requests here.



Recommendation For ^	Deadline ^	Recommender(s)	Status ⓘ	Cancel Request
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Your recommendation requests will show up here.



Add new request

Here you can ask a teacher to write you a letter of recommendation. If you don't have any colleges in your list yet, you may still make a request. Make sure you give your teachers plenty of time to write your recommendations!

Cancel

Submit Request

1. Choose your teacher from the drop down box.

1. Who would you like to write this recommendation?*

Select A Teacher ▼

2. Select which colleges you want this letter to go to.

2. Select which colleges this request is for:*

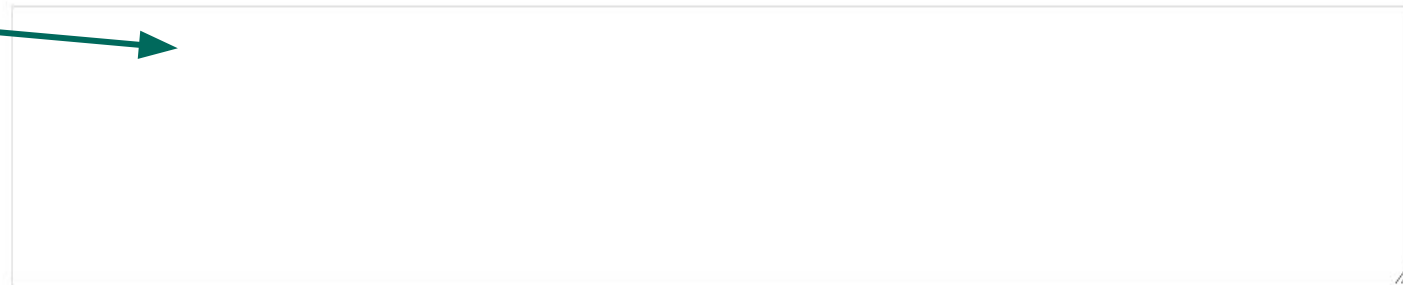
☐ Choose **specific** colleges from your *Colleges I'm Applying To* list

Looks like you don't have colleges in your *Colleges I'm Applying To* list yet. Click [here](#) to add.

☐ All current and future colleges I add to my *Colleges I'm Applying To* list ⓘ

3. Write a nice note to your recommender. You should have filled out what you want them to include on the form, so no need to include that here.

3. Include a personal note to remind your recommender about your great qualities and any specifics about your request:



3000 characters remaining

Cancel

Submit Request

REQUESTING TRANSCRIPTS

- Request transcripts by filling out this Transcript Request Form. NOT ON NAVIANCE
- SAT scores **will NOT be** on your transcript
- Transcripts cost \$2 each. Pay on Revtrack
- You must give Julie 15 working days
- Julie will send transcripts electronically through Naviance.
- Letters of rec must be uploaded to Naviance before Julie submits transcripts
- Request Mid year and Final transcripts



Standardized Testing

You must order from Collegeboard or ACT to be sent to colleges.

Take or Retake SAT: <https://www.collegeboard.org/>

Take or Retake ACT: <https://www.act.org/>

Test Optional/Test Blind Colleges



- <https://www.fairtest.org/university/optional>
- <https://www.insight-education.net/list-test-optional-colleges-2021/>

Additional Admissions Requirements

- Auditions/CDs for performers-
Watch for deadlines and plan ahead!
- Portfolios for artists/architects/photographers
- Interviews: Campus, phone/skype, alumni
- Resume



A few words of wisdom...

“Whenever there are irregularities relating to a student’s academic program and/or performance, admission officers will look for explanations. Without an explanation, they will draw their own conclusions. Keep in mind that admission officers are, by their very nature, cynical. An unexplained change in schools for the senior year will be viewed as highly irregular, perhaps even as a “red flag.” Left to draw their own conclusions, admission officers could conclude that the change was the result of a discipline issue, an infraction of school rules/policies or a calculated decision by the student to pursue a course of less resistance academically. While I seriously doubt that any of these explanations would apply to your son, I hope you see my point. He cannot risk those assumptions.”

Peter of www.bestcollegefit.com

Let's Talk...



FIND A COLLEGE

Plan for college ▾

Apply to college ▾

Support your students ▾



Sign in

Create an account

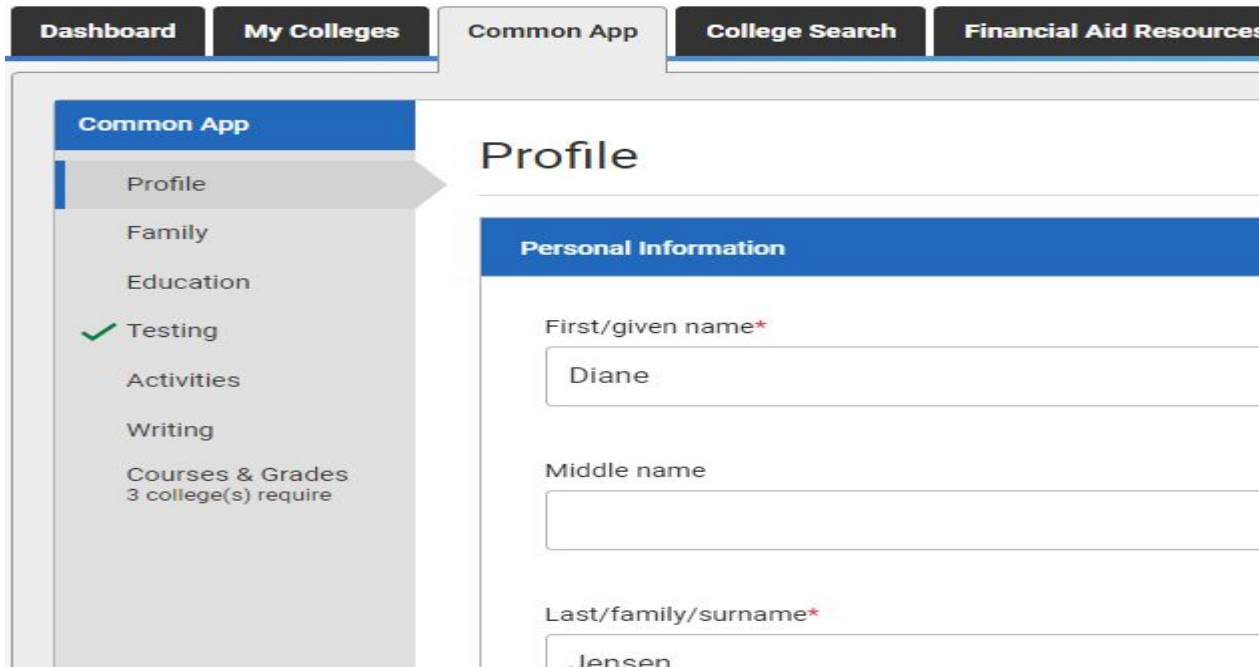
Your future starts here

Apply to college for the first time or transfer to complete your degree. Navigate your entire college application journey with Common App.

Start your application

**Click on “Start Application.” Then create an account
and begin working on the “Common App”**

**Once you complete the “Education” section, you can do the steps to match
your CA with Naviance so your Letters of Rec and Transcripts can be sent.
You can finish the rest later.**



The screenshot shows the Common App interface. At the top, there are navigation tabs: Dashboard, My Colleges, Common App (selected), College Search, and Financial Aid Resources. On the left, a sidebar menu lists various sections: Common App, Profile, Family, Education, Testing (marked with a green checkmark), Activities, Writing, and Courses & Grades (with a note '3 college(s) require'). The main content area is titled 'Profile' and features a 'Personal Information' section. This section contains three input fields: 'First/given name*' with the value 'Diane', 'Middle name' (empty), and 'Last/family/surname*' with the value '.lensen'.

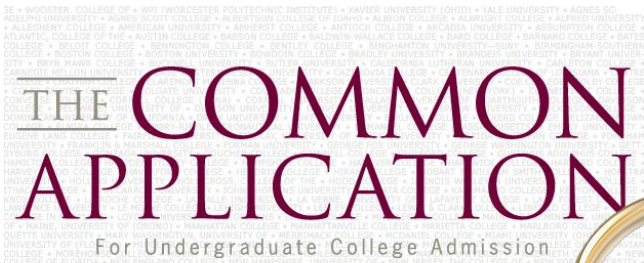
**You will need to NICELY check with your advisor at a good
time for them, on what your senior year schedule is if you do
not know.**

Click on My Colleges. Drop down any college and click on Recommenders and FERPA. Then “Complete Authorization.”

The screenshot shows a web application interface with a top navigation bar containing 'Dashboard', 'My Colleges', 'Common App', 'College Search', and 'Financial Aid Resources'. Below this, a left sidebar under the 'My Colleges' header lists 'Colorado State University', 'College Information', 'Application', 'Questions', 'Recommenders and FERPA', 'Review and Submit - Common App', 'Loyola Marymount University', and 'Northeastern'. The 'Recommenders and FERPA' item is highlighted. The main content area is titled 'Recommenders & FERPA' and features a yellow warning icon followed by the heading 'FERPA Release Authorization'. Below this heading is a paragraph explaining the requirement to complete the FERPA release authorization process before inviting counselors, teachers, recommenders, parents, or advisors. A link 'Learn more about FERPA' is provided. A large blue button labeled 'Complete Release Authorization' is prominently displayed. In the bottom right corner, there is a blue button labeled 'Continue'.

Read and follow the steps to complete FERPA. Then “waive your rights” to see your LOR

Common Application & Naviance



Naviance | Student

HomeCollegesCareersAbout MeMy Planner

Colleges I'm applying to

Search for colleges

It looks like you are not currently able to apply to Common App schools. Match your Common App account to Naviance Student account to get started.

Match Accounts

Application MilestonesCompare Me

+ = extended profile available

College	Type	Deadline	Expected Difficulty*	Transcripts	Office materials	Submission Type	Application
University of Colorado at Boulder	RD	Regular Decision 15	N/A	no request	Pending		Unknown
Massachusetts							

“Match” your Common App and Naviance

Login to Naviance→Colleges→ Colleges I’m applying to.

You’ll see a big **RED** bar at the top of your screen.

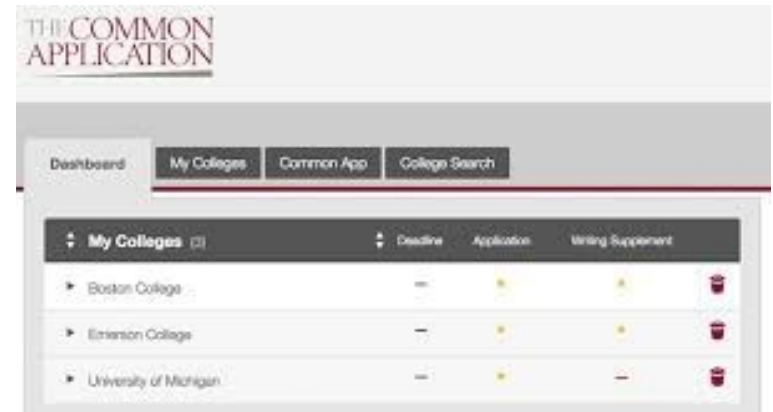
Click “Match Accounts” and follow the steps.

If you do it correctly the red bar will turn green. You may have to log out and back in to see it.

The screenshot shows the Naviance website interface. At the top is a dark navigation bar with the Naviance logo (a star icon and the text "NAVIANCE BY POWERSCHOOL") on the left. To its right are links: Home, Self-Discovery, Careers, Colleges (highlighted in purple), and Planner. Further right are icons for a heart, a plus sign, an envelope, and a profile icon labeled "CL" next to "About Me" with a dropdown arrow. A green "LOG OUT" button is on the far right. Below the navigation bar is a dark blue header area with the text "Colleges I'm applying to" on the left and a search bar with a magnifying glass icon and the text "Search for colleges" on the right. A large red banner spans the width of the page below the header. On the left side of the banner, there is an information icon (i) followed by the text: "It looks like you are not currently able to apply to Common App schools. Match your Common App account to Naviance Student account to get started." On the right side of the banner is a light pink button with the text "Match Accounts". At the bottom of the page, there are two links: "Application Milestones" with a clipboard icon and "Compare Me" with a bar chart icon. A small legend at the bottom center states: "★ = extended profile available".

Random things you'll need to know to complete your Common App

- Class size: 73
- Parent info: occupation, level of education, divorce date if applicable
- Month and year you started NVHS
- List activities in order of importance and estimate hours per week and weeks per year
- If and when you took college classes
- Your senior year schedule



SMILE



Thinking About How to Pay For College?



**Attend NV “Paying for College Night” on
September 22nd at 6pm (virtual)**



RSVP [HERE](#)

A few other great resources...

- <https://www.compassprep.com/blog/>
- <http://collegeresults.org/>
- <https://www.collegexpress.com/home>
- <https://www.essayhell.com/>
- <https://roadtripnation.com/>
- <https://grownandflown.com/> (for parents)
- NVHS Counselor's Corner
(COMING SOON. SOONER WITH HELP)
- Seniors: sign up for a senior meeting [HERE](#)



Last minute advice for parents

- Nudges are good
- Helicopters, drill sergeants, and lawn mowers -- not so much
- Make sure not all conversations are about college
- Make a dedicated time for check-ins
- Help with scholarship searching
- Let it be your student's process

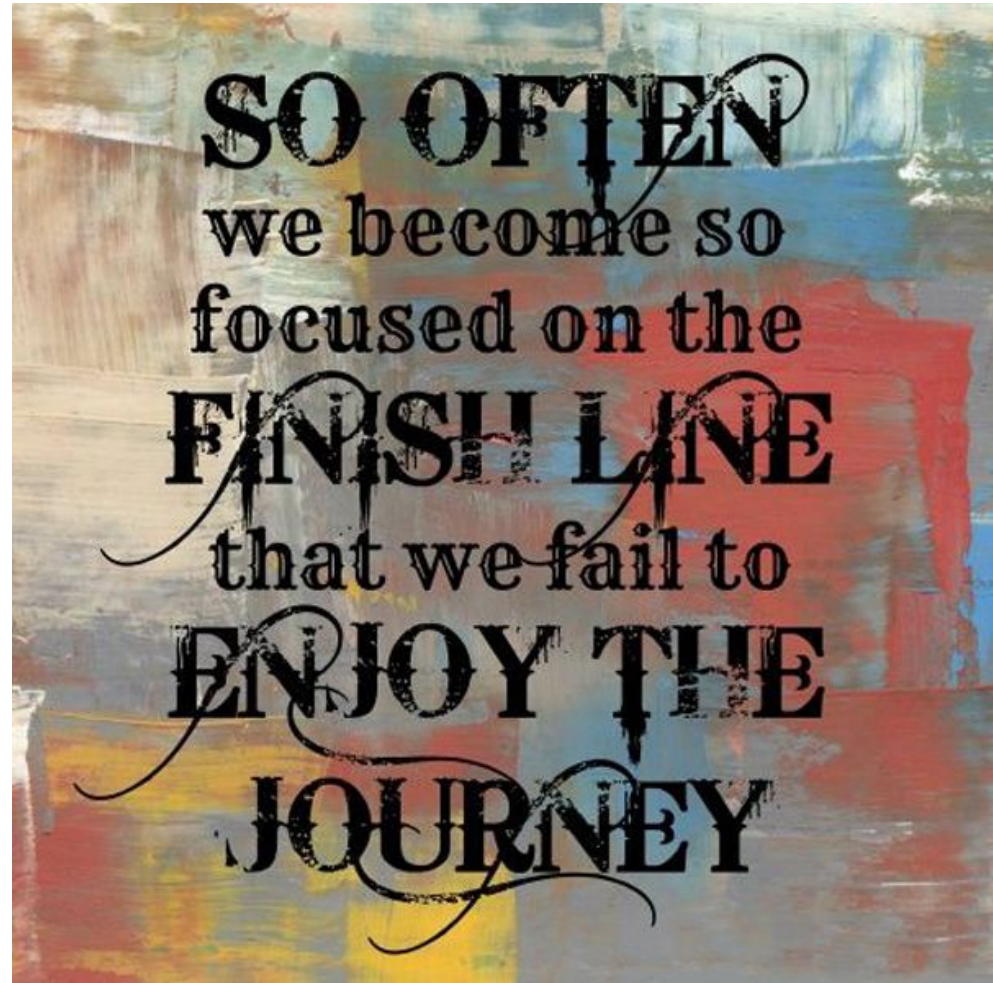


Students...

Here are some words from a few parents before you head off into your future.



- Relax
- Work Hard
- Enjoy
- Be Balanced
- Make Memories 😊



Senior Year Time Line



September

- ❏ Researching colleges to find your best fits
- ❏ Check on deadlines (including auditions and financial aid/scholarships)
- ❏ Decide on your decision plan (when will you apply)
- ❏ Gather all application materials
- ❏ Begin/continue working on essays
- ❏ Prepare for requesting your teachers' letters of recs (Must request at least 3 weeks before 1st deadline)
- ❏ Prepare for SAT/ACT if you plan to test/retest

September (cont.)

- ❏ Attend virtual campus tours and events
- ❏ Attend Colorado Virtual College Fair Sept 28, 29 & 30 (and other events)
- ❏ Make sure social media is a positive representation of you
- ❏ Outline your financial aid plan
- ❏ Prepare documents for FAFSA (and CSS Profile if applicable)
- ❏ Research and apply for scholarships

October/November

- ❑ Continue steps from September
- ❑ Finalize college list
- ❑ Submit early /action decision application, if desired
- ❑ Take SAT or ACT if you choose to
- ❑ Ask for Letters of Rec if you haven't yet
- ❑ Write thank you notes to recommenders
- ❑ Request transcripts
- ❑ Polish your application essays
- ❑ Ensure official SAT and/or ACT score reports are sent to early application schools
- ❑ Complete the CSS Profile Form if your colleges require it for financial aid
- ❑ Complete your Free Application for Federal Student Aid (FAFSA) at www.fafsa.ed.gov.

December/ January

- ❑ Submit regular decision applications
- ❑ Keep searching and applying for scholarships
- ❑ Receive response on early applications
- ❑ Start 3rd quarter strong and keep it up

March/April

- ❑ Celebrate! (hopefully)
- ❑ Compare financial aid offers

May

- ❑ Commit to your college by May 1
- ❑ GRADUATE!!

RESOURCES ON OTHER PATHWAYS



Technical Institutes/Focused Colleges

- Course work focuses on skills for the workforce
- Typically award a certificate, diploma, or associate's degree.
- Offers internship experiences
- Usually offer job placement services
- Credits usually DO NOT transfer
- Includes a strong element of hands-on training
- May be part of community and junior colleges, and sometimes four-year colleges and universities
- Check for accreditation: Ensures that an institution has been evaluated and meets set standards of quality
(<http://www.chea.org/>)
- Examples: computer technology, business administration, culinary arts, electronics, medical assisting, legal assisting, automotive technology, massage therapy, and cosmetology.



Need More info?

General info:

<http://www2.ed.gov/students/prep/college/consumerinfo/choosing.html>

Search for accreditation: <https://ope.ed.gov/dapip/#/home>

Vocational Information Center: <http://www.khake.com/>

Colorado Private Trade Schools:

<http://www.trade-school.org/directory/colorado>

Certificate Programs and Career Training Schools:

<http://www.campusexplorer.com/certificate-programs/>

Military

- **Five branches:** Army, Marine Corps, Navy, Air Force and Coast Guard
- **2 types of duty:** active duty (full-time soldiers and sailors) and reserve & guard forces (usually work a civilian job, but can be called to full-time military duty)
- **Recruiting office:** 3055 Walnut St, Boulder, 303-442-1751
- **ROTC (Reserve Officer Training Corps):** Take classes in college to learn combat techniques, military tactics, and leadership training. Military pays for all or part of your education if you serve as an officer after graduation. (Freshman and sophomore can participate without obligation to join the Army.)

What are some benefits of joining the military?

- **Steady Income:** Paid twice a month, on the 1st & 15th, every month, based on your pay grade & service requirements.
- **Advancement:** Promoted based on job knowledge, performance, time in pay grade & service requirements.
- **Paid vacation:** Earn 2.5 days paid vacation per month for a total of 30 days each year.
- **Training:** Choose your career path based on aptitude, physical abilities, security clearance, motivation and determination.
- **Health Care:** While on active duty, receive complete medical and dental care at no cost.
- **Life Insurance:** While serving on active duty members can select inexpensive term life insurance.
- **Tax Advantage:** Only basic monthly pay is subject to Federal or State income tax.
- **GI Bill:** The Montgomery GI Bill will help pay for college education or vocational training.
- **Tuition Assistance:** While in the Reserves or Guard, you may continue your education, and may be helped in defraying the cost of college-accredited courses. Additionally, if you are in the National Guard some states offer substantial benefits such as free tuition to state colleges or universities.
- **Additional Benefits:** There are exchange and commissary privileges, temporary lodging expenses, travel, Veterans Administration home loans and more.



Tips

- Start looking now
- Network like crazy
- Create a resume and get feedback
- Do mock interviews
- Be professional and confident
- Dress appropriately
- Visit Workforce Boulder
www.wfbc.org

Resources

- <http://www.bls.gov/ooh/>
- www.snagajob.com
- www.coolworks.com
- www.monster.com/
- <https://www.colorado.gov/cdle>
- <https://jobs.livecareer.com/>

Apprenticeships and Internships

- www.doleta.gov/oa
- www.internweb.com/
- <http://www.goabroad.com/intern-abroad>



How To Turn Anxiety into Your Superpower

Monday, September 20, 6-7.30pm
With Avani G. Dilger, LPC, CAS, ADS

Learn the latest science behind stress and anxiety. We will discuss and practice strategies that you can use in your daily life to manage stress and anxiety in productive ways. These strategies will change how you can deal with stress as a parent and how to support your kids with anxiety. We will teach techniques that will support you in your self-care and personal life to stay balanced and resilient. Please share this with people you know. Everyone is invited

ZOOM LINK [HERE](#)



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