

# **Welcome Students & Parents of the Class of 2023!**

**New Vista High School College Planning Night  
for Seniors & Parents**

**Diane Jensen:** Counselor

**Julie Ikler:** Registrar



# Parents...

Here are some words of advice from seniors





**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](http://www.cityyear.org): a branch of AmeriCorps, a youth-oriented, national, civic-service "action tank"-that's like a think tank with feet.
- <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](http://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](http://TeenLife.com): connects teens with summer programs, volunteer opportunities, gap year and study abroad
- A few affordable options: AmeriCorps([www.americorps.gov](http://www.americorps.gov)), Habitat for Humanity ([www.habitat.org](http://www.habitat.org)), WWOOF ([www.woof.org](http://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.
- Search Engines and Resources: <https://www.gooverseas.com/>  
<https://www.transitionsabroad.com/>      <https://www.gooverseas.com/>



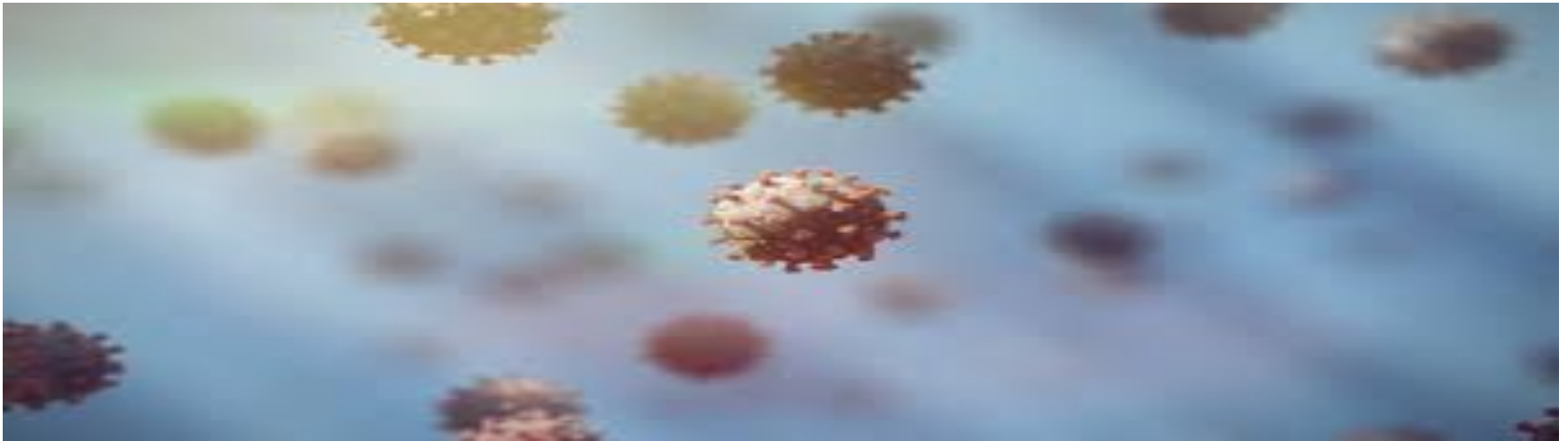




# What we hope doesn't happen...



# COVID has had an an impact on college admissions.



## A few articles

[How College Admissions Have Changed During Covid](#) (Forbes)

[The Pandemic's Impact on College Enrollment](#) (Best Colleges)

[2022 College Admissions Trends and Insights from the Experts](#) (IvyWise)

# A big change...



Test optional, test flexible, and test  
blind admissions

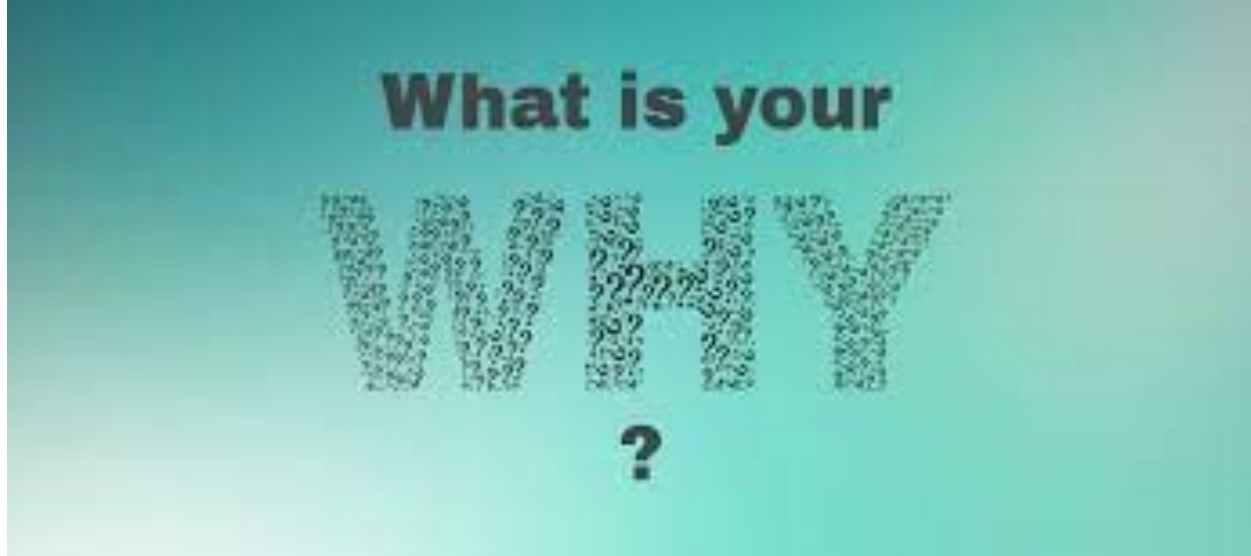
## THINGS TO CONSIDER:

- 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



# THE SEARCH

(heart, soul... and college)

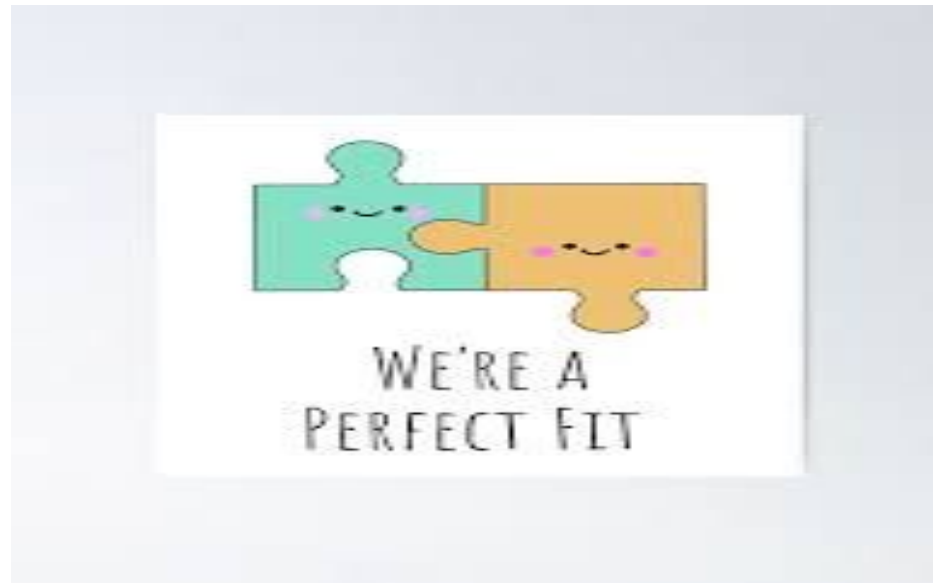


Why do you want to go to college?



# Best fit college will...

- A program to meet your academic needs
- A style of instruction that fits your learning style
- Level of rigor that fits your ability and preparation
- A sense of community that feels like home
- That values what you have to offer





# 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 During My Search?

- ❑ 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 3 & ½ 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's 1 of your must haves  
in choosing a college  
right now?**



**What's 1 of your must not  
haves in choosing  
a college right now?**



# What if I have no clue 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/>
- <https://ctcl.org/>
-



# 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



# 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)

# Things To Know About In-State Colleges

## College Opportunity Fund (COF):

- \$104 per credit hour public. \$52 for private
- Test Optional: HB 20-1407 updates [HERE](#)



## In-State Admissions Requirements

Academic Area	Recommended Number of Units
English	4 Units
*Mathematics	4 Units
Natural Science	3 Units
Social Science	3 Units
World Language	1 Unit
Academic Electives	2 Unit
<b>TOTAL</b>	<b>17 units</b>

## 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](http://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 (Evidenced 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 18 -20 2022





# 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 2023](#)
- [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: 10/4 at 6pm

National Portfolio Day at RMCAD: 10/8 12-4pm

Out of State College Fair at Monarch HS: 9/26 6-8pm

\* Register [HERE](#)

\* Virtual fair and sessions register [HERE](#)

College Visits Week at New Vista: 9/26-2/30

- Some others outside of that time
- Register on Naviance
- If you have the college in your list on Naviance you will automatically be registered
- All grades welcome
- Let Diane know if there's a college you'd like to come



University of Colorado Col	Rensselaer Polytechnic Ins	Rose-Hulman Institute of T	Cornish College of the Arts	Hampshire College [In-pe
Prescott College [In-perso	Colby College [Virtual Visit	Seattle University [In-pers	University of Vermont [In-p	Colorado College [In-pers
	University of Colorado Bou	Merrimack College [In-pers	Chaminade University of H	Miami University, Oxford [
Grand Canyon University-T	Marymount Manhattan Co			Drexel University [In-pers
The American University o	University of New Hampsh			Emerson College [In-pers
Portland State University [				Maryville University of Sa
Wentworth Institute of Tec	Carleton College [In-perso		Berklee College of Music [	Willamette University [In-p
	Hawaii Pacific University [		Hendrix College [In-person	Boston University [In-pers

# 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.

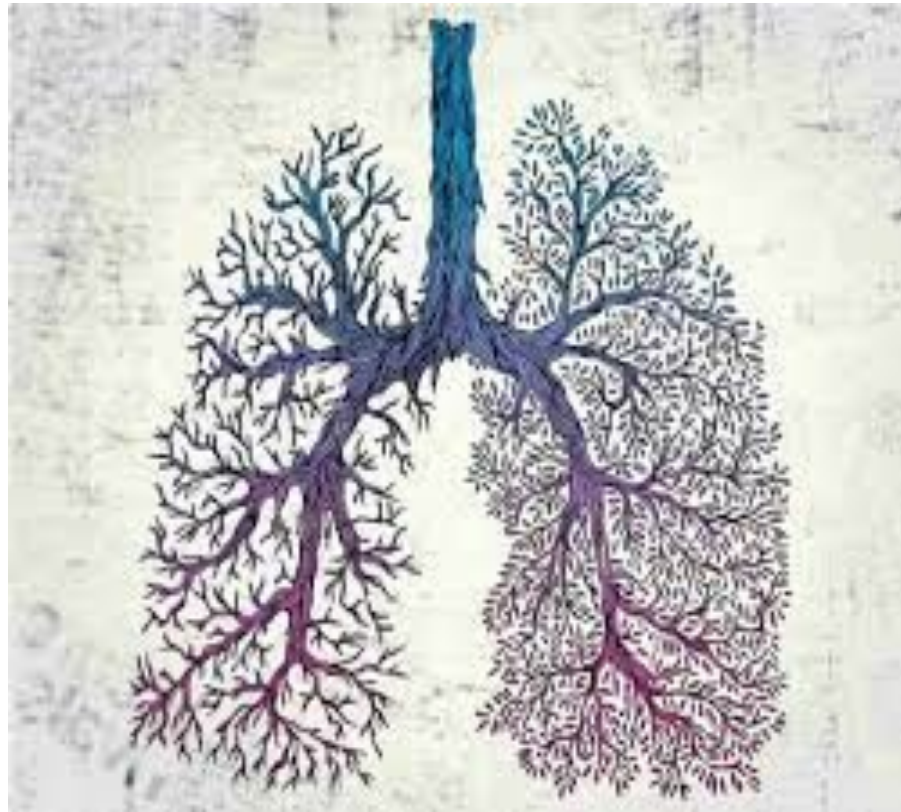
(example)

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

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



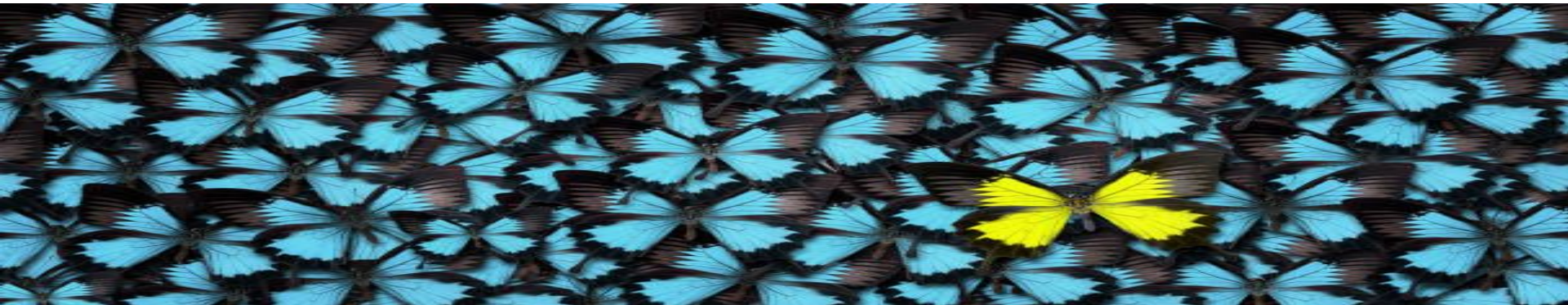
# BREATHE





# Non-traditional = Awesome

- CE's and Independent studies
- Inter/intra personal skills
- Mixed aged classrooms
- College Before Graduation Opportunities
- Strong relationships with adults
- Transcripts are unique
- Topic based classes
- Leadership opportunities (co-teaching, teaching workshops, etc.)
- Culminating Project



# Recommended High School Curriculum at Stanford University

“Our admission process allows—and indeed encourages—the flexibility of a high school to design the most appropriate curricular offerings and opportunities for its students. For some schools, this curriculum includes Advanced Placement, International Baccalaureate or A-Level classes, while other high schools choose to offer equally demanding courses that neither carry a particular designation nor lead to an exam. We hope a school’s curriculum offers students the opportunity to contribute to the learning process and to pursue questions and ideas with energy and curiosity.

We look for thoughtful and highly engaged students who will make a difference at Stanford and in the world beyond. We expect that these students have taken high school course loads of reasonable and appropriate challenge in the context of their schools.

We do not have a preference for any particular curriculum.”

“Our hope is that your curriculum will inspire you to develop your intellectual interests, not suffer from unnecessary stress. The students who thrive at Stanford are those who are genuinely excited about learning, not necessarily those who take every single AP or IB, Honors or Accelerated class just because it has that designation.”



# New Vista High School Profile

- ★ This doc is shared with colleges when we send transcripts and letters of recommendation.
- ★ All high schools have a School Profile, but none are like ours!

View [HERE](#)



[Traditional High School Profile](#)

# 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



# How Do You Know What's Most Important?



# **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	<b>Academic</b>				
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	<b>Nonacademic</b>				
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 Before COVID

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
<b>Academic</b>				
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"/>
<b>Nonacademic</b>				
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"/>



# CU BOULDER 20-21

	Very Important	Important	Considered	Not Considered
<b>Academic</b>				
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 type="checkbox"/>	<input type="checkbox"/>	<input checked="" 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"/>
<b>Nonacademic</b>				
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 type="checkbox"/>	<input checked="" 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

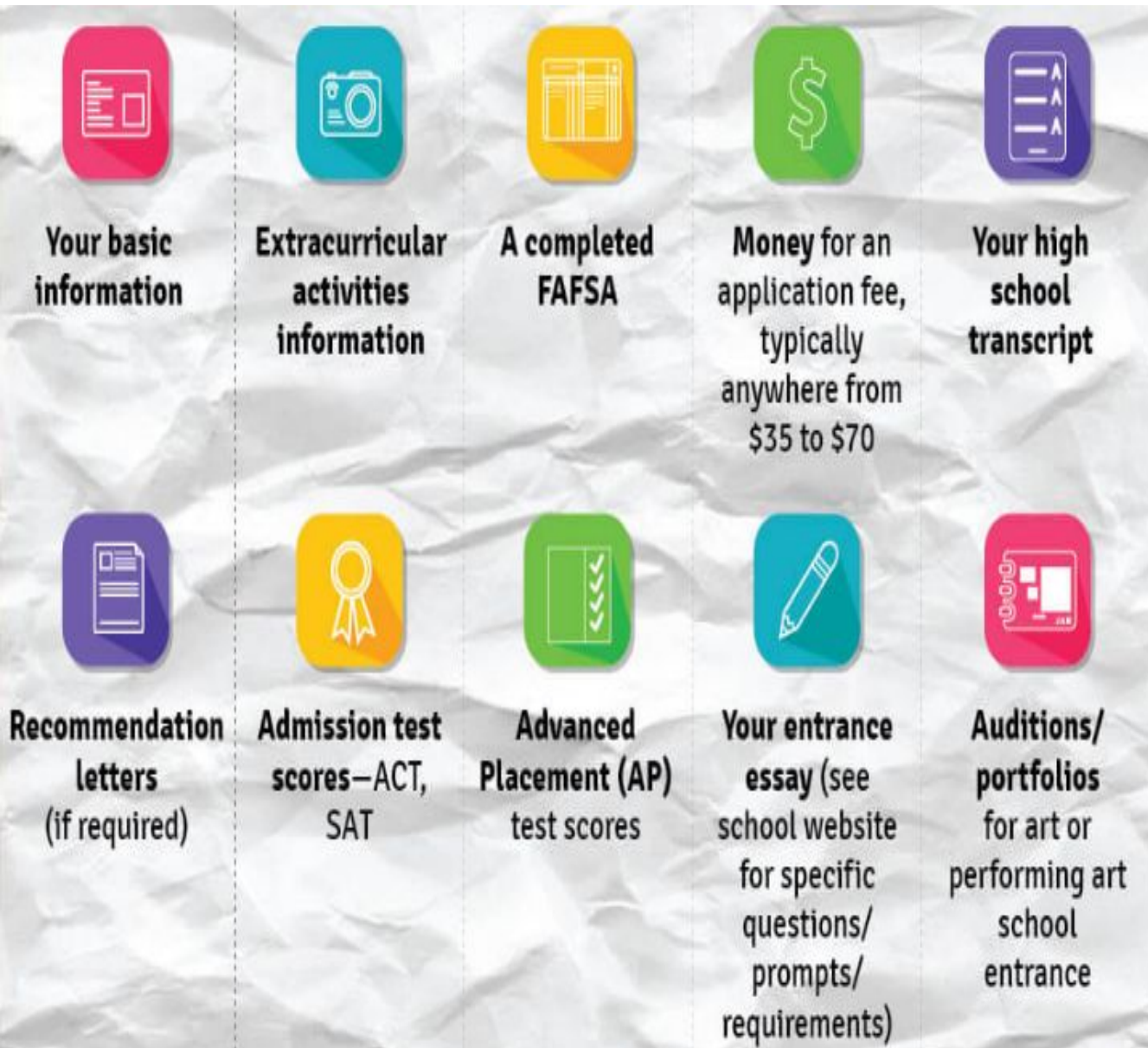
# Different Types of Application Deadlines

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

[early decision vs regular admissions stats](#)

<https://www.bigjeducationalconsulting.com/resources>

# 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

- Go to “Colleges I’m Applying to”
- Search for college and add it.

OR

- If you have colleges in “Colleges I’m Thinking About,” go to that list.
- 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 APPLICATION REQUESTS~~

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/chosen name/not legal name for applications. They usually 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:



# Common App COVID Question

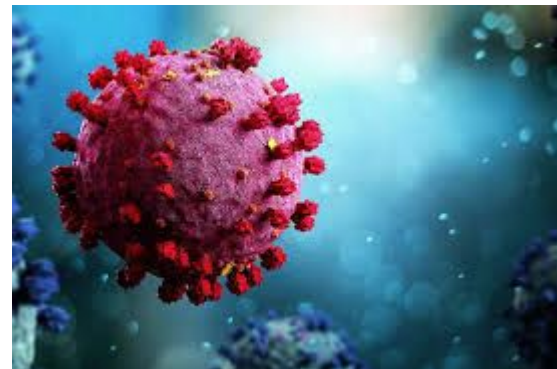
Community disruptions such as COVID-19 and natural disasters can have deep and long-lasting impacts. If you need it, this space is yours to describe those impacts. Colleges care about the effects on your health and well-being, safety, family circumstances, future plans, and education, including access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

# Letters from People Outside of NVHS

FIRST check that college accepts this type of letter. It is usually called “other” recommender

Provide the person with what you want included in the letter (you can use the NV form or just share some bullet points)

There are a few different options for sending the letter:

- The college may have their own form.
- The college may allow the recommender to email it directly to admissions.
- For Common App, you can use the “Other Recommender” (as long as it is NOT a BVSD staff.

When in doubt, contact the  
admissions office.



# 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.



Add Request

Recommendation For ^	Deadline ^	Recommender(s)	Status ⓘ	Cancel Request
----------------------	------------	----------------	----------	----------------



Your recommendation requests will show up here.



Add Request

## 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
- 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 transcript if you apply before Q 2 grades are posted
- Request final transcript at the Counseling Senior Party



# 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/colleges-universities-test-optional-2022-beyond/>





# 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](http://www.bestcollegefit.com)

# Let's Talk...



FIND A COLLEGE

Plan for college ▾

Apply to college ▾

Support your students ▾



Sign in

Create an account

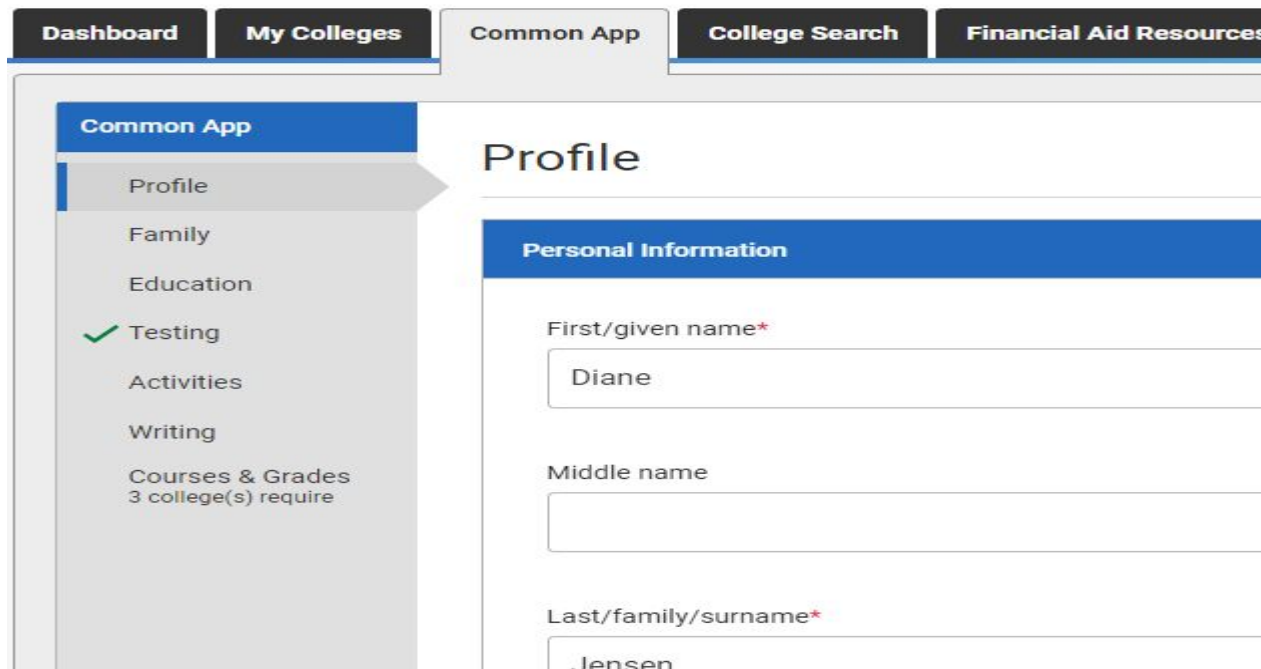
## Your future starts here

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.**

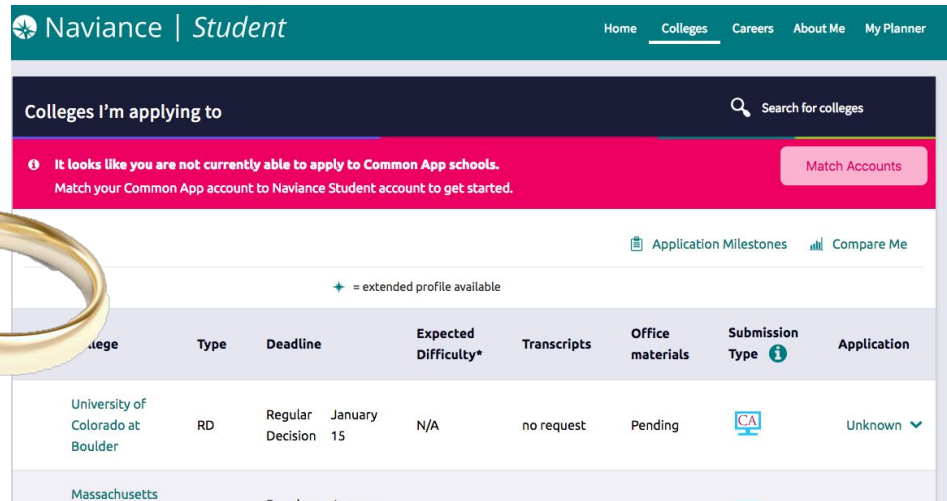
Click on My Colleges. Drop down any college and click on Recommenders and FERPA. Then “Complete Authorization.”

The screenshot displays a web application interface with a top navigation bar and a left sidebar. The top bar contains links: **Dashboard**, **My Colleges**, **Common App**, **College Search**, and **Financial Aid Resources**. The left sidebar, under the **My Colleges** header, lists options for **Colorado State University** (selected), including **College Information**, **Application**, **Questions**, **Recommenders and FERPA** (highlighted with a blue bar), **Review and Submit - Common App**, and a dropdown menu for **Loyola Marymount University** and **Northeastern**. The main content area is titled **Recommenders & FERPA** and features a yellow warning icon followed by the heading **FERPA Release Authorization**. Below this, a message states: "Before you can invite your counselor, teachers, recommenders, parents, or advisors, you must complete the Family Educational Rights and Privacy Act (FERPA) release authorization process." A link [Learn more about FERPA](#) is provided. A prominent blue button labeled **Complete Release Authorization** is centered, and a **Continue** button is in the bottom right corner. Three green arrows from the text above point to the **My Colleges** tab, the **Recommenders and FERPA** sidebar item, and the **Complete Release Authorization** button.

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



THE COMMON APPLICATION  
For Undergraduate College Admission





# “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 blue), and "Planner". Further right are icons for a heart, a plus sign, an envelope, and a profile icon labeled "CL" with "About Me" and a dropdown arrow. A "LOG OUT" button is on the far right. Below the navigation bar is a section titled "Colleges I'm applying to" in white text on a dark background. To the right of this title is a search bar with a magnifying glass icon and the text "Search for colleges". Below this is a large red banner. On the left side of the banner 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 white 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. At the very bottom, centered, is a small star icon followed by the text "= extended profile available".

NAVIANCE  
BY POWERSCHOOL

Home Self-Discovery Careers Colleges Planner

CL About Me LOG OUT

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.

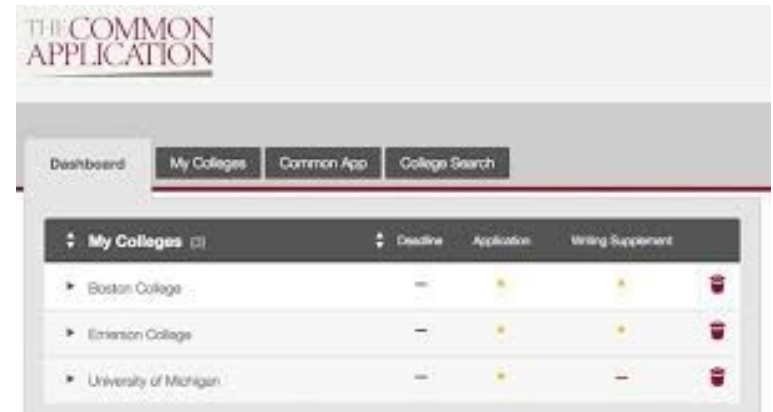
Match Accounts

Application Milestones Compare Me

\* = extended profile available

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

- Class size: 70
- 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



# 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



# SMILE



# Thinking About How to Pay For College?



**Attend NV “Paying for College Night”  
on October 2nd at 6pm**





# Start gathering info for FAFSA

## for parent and student

- Your Social Security Number
- Your Alien Registration Number (if you are not a U.S. citizen)
- Your federal income tax returns, W-2s, and other records of money earned. (Note: You may be able to transfer your federal tax return information into your FAFSA using the IRS Data Retrieval Tool.)
- Bank statements and records of investments (if applicable)
- Records of untaxed income (if applicable)
- An FSA ID to sign electronically. Create [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](#)
- NV [Post Secondary Planning Website](#)
- Seniors: sign up for a senior meeting [HERE](#)
- Use [Senior Timeline](#)
- Check your email regularly



# 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 (not the dinner table)
- Help with scholarship searching



# Students...

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




Your journey is for you to create  
Make it what you want it to be



Magic is believing in  
yourself. If you can  
do that , you can make  
anything happen.

-J.W. Van Goethe





**SO OFTEN**  
we become so  
focused on the  
**FINISH LINE**  
that we fail to  
**ENJOY THE**  
**JOURNEY**



# 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](http://www.wfbc.org)

## **Resources**

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

## **Apprenticeships and Internships**

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





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