

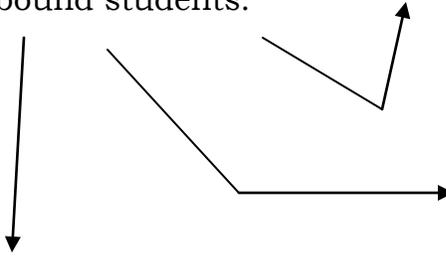
## 11/12 School Counselors

- Mr. Tom Overberger (A-G)
- Mr. Dan Barber (H-O)
- Mrs. Anne Grant (P-Z)



# Senior Newsletter NOVEMBER

Your senior year is in full gear with classes, activities, and college applications. Now that it is November, there will be three groups of college bound students:



**Completers**—These students started their college search early, finalized their list and have already completed their applications. The only thing they have remaining is the waiting game...and keeping grades up. (tips to get through this appear in this newsletter!)

**Procrastinators**—This group may not have even started their applications...some haven't even made or finalized a college list! If this is you, take a second to figure out what has you in this situation. Do you feel you are lacking support? Are you afraid to make a decision? Do you feel pressure to do what your friends are doing? Whatever the reason, you should talk to your parents and counselor to prepare and discuss post high school plans. For some, if you have procrastinated this long, will you do the same with your college classes? Do not feel pressured that you need to go away your first year? You may be best to start out at the local community college to get your feet wet and get a true understanding with the college environment and experience. The worst thing to do is rush a decision or just randomly decide to go to a school. College is a major decision both personally and financially. Do not be impulsive with your decision. You want to put yourself in a situation that ensures your success as you continue your education.

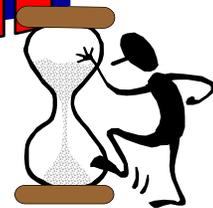
The **Pacers** are the group in the middle that are finalizing their list and applications. These slow but steady students may have started a little later, waited for a college visit, are finishing up essays or have applications with future deadlines (but don't wait too long). They are still on track and should be totally completed with their applications in a few weeks, regardless of application deadlines. This group can turn into either being a completer or procrastinator!



### Graduation Projects

Almost all seniors will present their senior projects in November. Great job seniors!

# College Application Anxiety?!?!



Applications are mailed and here you are sitting and waiting for your response. Rolling admission applications can temper stress because you usually hear a response within 4 – 8 weeks, however, if you applied to a school with a specific deadline, you may not hear back until March or April! So whether a few weeks or a few months, how do you get through the time that it takes to get your decision?

Here are a few tips to hopefully relieve some of the anxiety:

1. I know that it is difficult to do, but BE PATIENT! In a world filled with immediate gratification, this is one process that is not. Enjoy today rather than waiting for tomorrow. Your senior year will go by fast enough, so don't rush it by just to get your decision.
2. Make sure that you have followed all requirements of the application. Did you submit the application and fee? Did you talk to teachers/counselor about recommendations (if needed)? Did you request a transcript through Naviance? Did you request your SAT/ACT scores to be sent to each school through the testing site? Not having everything in order could delay your decision.
3. Each school can only accept a certain number of students. Every year, more and more students are applying to more colleges, making it more difficult to be accepted. For most schools, especially highly selective schools, many students are denied admissions that the school would love to accept. So being denied may be more an issue of too many students and too few spots rather than not being a qualified candidate.
4. Have fun. Do not go through your senior year stressed out. This may be your best year yet. Sit back, relax, and have fun! There are many things to look forward to this year: extracurricular events, homecoming, prom, graduation, and everything in between. If you appropriately researched your college choices, you will be accepted to at least some of your schools. Again, if you appropriately researched, all schools you applied should fit you just right.
5. There are many colleges that have what you need and want. There are many colleges that match who you are. With the right attitude and effort, you can be successful and happy at many colleges. Most importantly, it is what you do when you get there that makes a school a good fit, not the name. Plus, if you don't see yourself at your second, third, fourth choice, then you shouldn't have applied there in the first place!
6. Do you really want to attend a school that does not accept you. Think highly of yourself. If they don't think you will be successful or be a good fit, do you really want to be there???
7. Again, it is not about the name of the school that you attend, it is what you do when you are there. Take advantage of whatever college you attend by getting involved, be active, complete internships, network with professors and others, and strive to get the best grades possible. Studies have shown that your earnings are more influenced by personality traits and work habits rather than the name of the college you attend.



*"Things turn out best for people who make the best of the way things turn out." -  
John Wooden, former UCLA basketball coach*

8. Remember....have fun.....it is your senior year of high school!
9. If you didn't read or believe #8, I will say it again, HAVE FUN....it is your senior year of high school!



# College Planning Time Line

## Senior Year

### August/September

- meet with your counselor as soon as possible to discuss your current college status (**student must be registered in Naviance before meeting with counselor**)
- discuss/decide on early decision/early action strategy
- register for the ACT/SAT I (and/or SAT II) if necessary
- continue to discuss the cost of your education with parents
- visit colleges, if applicable, set up meeting with admissions and/or professors
- meet with admission reps that visit SAHS
- attend college fair at SAHS (date TBD)
- if applicable, visit colleges and set up interviews
- begin and complete admission applications
- be very attentive to application deadlines:
  - it is highly recommended to apply to rolling admission colleges no later than October 31
  - it is highly recommended to apply to specific deadline colleges no later than 1 month before deadline to ensure all materials are received by deadline date
- once applications are complete, request transcript through Naviance
- request teacher/counselor recommendation through Naviance, only if needed (**must complete student profile on Naviance for a recommendation**)
- complete and edit essays (teacher/counselor – proof read)
- make/update personal resume
- check on status of faculty recommendations
- finalize college choices (prefer 4- 8 schools) with parents

### October

- take ACT/SAT I/SAT II
- complete applications/essays
- once applications are complete, request transcript through Naviance
- request teacher/counselor recommendations through Naviance if needed
- Complete FAFSA form (cannot be completed before October 1)
- continue contact with counselor and parents to update strategy/plans

**(Continued on next page)**

# College Planning Time Line

## Senior Year

**(CONTINUED)**

### **November**

- take ACT/SAT I/II, if necessary
- ALL** college applications are strongly recommended to be submitted by Thanksgiving
- If applicable, access CSS Profile online to complete
- Search Naviance for scholarship opportunities

### **December**

- Attend any applicable financial aid nights
- If applicable, access CSS Profile online to complete
- FAFSA – register for PIN number
- Keep parents and counselor informed regarding acceptance/rejection college letters

### **March/April/May**

- Notify guidance with your college decisions (accepted, denied, waitlisted) when received
- Compare financial aid packages from each school you were accepted
- Discuss with your parents your college choice
- Send in deposit to final choice college no later than May 1
- Finish your senior year strong!

### **June**

Graduation!!!