

College and Career
Parent Night
9-11th Grade

Welcome Back!



This meeting will cover:

- ▶ Counselor Contact
- ▶ Graduation Requirements
- ▶ College and Career Activities
- ▶ Preparing for the College Admission Process

Counselor Contact

- ▶ Lydia Kiefer
- ▶ Office: 919-303-2560 ext. 248
- ▶ lkiefer@carychristianschool.org
- ▶ <http://www.carychristianschool.org/college-career-counseling/>
 - ▶ College and Career Handbook

Graduation Requirements

Class of 2018-19

SUBJECT (Credits)	NINTH GRADE	TENTH GRADE	ELEVENTH GRADE	TWELFTH GRADE
English (4)	Classical Literature	Medieval Literature	European Literature	American Literature
Bible (2)		Theology	Apologetics	
Rhetoric (2)	Rhetoric I			Rhetoric II
Foreign Language (3)	Greek I	Greek II	Spanish I	Spanish II
History (4)	Classical History	Medieval History	European History	U.S. History and Government
Math (4)	Geometry	Algebra II	Pre-Calculus or Trigonometry	Calculus or Statistics
Science (4)	Human Physiology	Environmental Biology	Chemistry	Physics

***One Arts Credit, One PE Credit**

Graduation Requirements

Class of 2020 and following

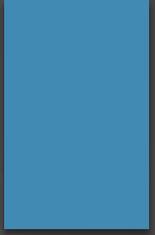
SUBJECT (Credits)	NINTH GRADE	TENTH GRADE	ELEVENTH GRADE	TWELFTH GRADE
English (4)	Classical Literature	Medieval Literature	European Literature	American Literature
Bible (2)		Theology	Apologetics	
Rhetoric (2)	Rhetoric I			Rhetoric II
Foreign Language (3)	Greek I	Greek II	Spanish I	Spanish II
History (4)	Classical History	Medieval History	European History	U.S. History and Government
Math (4)	Geometry	Algebra II	Pre-Calculus or Trigonometry	Calculus or Statistics
Science (4)	Human Physiology	Environmental Biology	Chemistry	Physics

***One Music Credit, One Fine Arts Credit, One PE Credit**

Counseling Calendar



- ▶ PSAT10 (March 6th)- Registration Jan 25th
- ▶ Junior Essay Bootcamp
 - ▶ Wednesdays at 2:30 and 3:30pm, Feb 1st- March 1st
- ▶ AP Exams – Registration in February
- ▶ Junior Individual Meetings – March 20th- 31st



What are colleges really
looking for?

Preparing for the Admissions Process

- ▶ Testing! The PSAT/ACT/SAT
- ▶ GPA
- ▶ Activities
- ▶ Campus Visits

Testing! The PSAT/NMSQT

▶ PSAT (Preliminary Scholastic Aptitude Test)

▶ <http://www.collegeboard.com/student/testing/psat/>

▶ Provides firsthand practice for the SAT

▶ Gives 11th graders a chance to enter National Merit scholarship programs

What is the PSAT 10?

- ▶ The same test as the 11th grade
- ▶ Provides practice for 11th grade PSAT and the SAT
- ▶ Gives students access to score report analysis info and scholarship options
- ▶ Does NOT qualify students for NMSC

Testing! The ACT/SAT

- ▶ SAT (Scholastic Aptitude Test)
 - ▶ <http://sat.collegeboard.org/>
 - ▶ What's New?
 - ▶ Optional subject tests – Check with your desired universities
 - ▶ Register on the College Board website.

Testing! The ACT/SAT

- ▶ ACT (American College Testing)
 - ▶ <http://www.actstudent.org/>
 - ▶ Measures your accumulated knowledge
 - ▶ Five parts: English, mathematics, reading, science, and an optional writing test
 - ▶ Treat the writing test as mandatory!
 - ▶ **ACT results are accepted by all four-year colleges and universities in the US!**
 - ▶ Register on the ACT website.

Study Resources

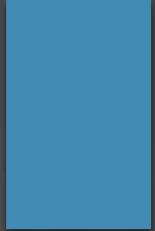


- ▶ Kahn Academy Free SAT Prep
- ▶ Kaplan Free/Paid Events
- ▶ Princeton Review
- ▶ College Tutors in Cary
- ▶ Sylvan in Cary

Should I take both the SAT and ACT?

- ▶ **YES!** Because the tests are different and measure different skills, it is *possible* that a student could vary drastically from one test to the other. It is recommended that you take both tests and then pursue further testing on the one in which you showed the most strength.

When should I test?



▶ Freshman and Sophomore Year:

▶ Should I take the tests?

- ▶ Typically students receive their best scores on the SAT/ACT in the late spring or the summer after their junior year, but early testing will give more time to improve their scores.
- ▶ Each student is unique

How many times should I take the test?

- ▶ This depends on a lot of factors. You need to consider what colleges you are applying to, what you want to study, and what scores make you eligible for scholarships.
- ▶ Students are less likely to improve after taking either test three times
- ▶ **DO NOT** take the test over and over without any conscious effort to improve!

What is “Superscoring”?

- ▶ Superscoring is the practice of taking the highest scores from all of your tests rather than looking at an individual testing date.
- ▶ **ALL** colleges practice superscoring for the old SAT (most for the new)
- ▶ **MOST** colleges practice superscoring for the ACT.

Test Optional



- ▶ A test-optional admissions policy means some applicants can choose not to submit SAT or ACT scores. The rules vary from college to college. You can usually find a college's rules on its website.
 - ▶ Some test-optional colleges require scores if students are out of state or international, are declaring certain majors, or are applying for scholarships from the college.
 - ▶ Some colleges may determine your test-optional eligibility using an index calculated from your GPA and SAT or ACT scores.

Grades and GPA

- ▶ Colleges know that your high school record, not test scores, is the best predictor of college success:
 - ▶ 2014 study involved 123,000 students at 33 colleges and universities of varying types.
 - ▶ Results: Students with low high school grades but high test scores generally receive low college grades, while those with high grades in high school, but low test scores, generally receive high grades in college.
- ▶ Do your personal best in all of your classes!

How Colleges see GPA



Most high schools give students a weighted GPA for honors and AP classes.

Our honors weighting gives students an extra quality point – A= 5, B=4, C=3. If AP credit is applied – A=6, B=5, C=4.

Colleges will ask their applicants for both a weighted and unweighted GPA. Without weighting, A=4, B=3, C=2.

Many colleges will use this unweighted scale to put all potential students on an equal level.



Advanced Placement Courses

- ▶ CCS offers mostly honors classes with a few AP's; honors classes are weighted on a 5.0 scale, AP classes on a 6.0 scale.
 - ▶ AP Biology, AP Physics 1, AP Calculus
- ▶ *But what if I'm not in the AP section, or what about classes that do not have an AP section?*

Extra GPA Weighting



- ▶ Some of our honors coursework is meant to prepare students to take the AP tests, but independent study is encouraged.
- ▶ Students can sign up to take the AP tests in the spring. If a student receives a 3 or above on the AP test in a corresponding class, that class becomes a higher weighted quality point on the transcript, a 6.0 for an A.
- ▶ AP Exams are scored on a scale of 1-5. Colleges get to decide which scores they accept as college credit.

Activities/ Volunteering

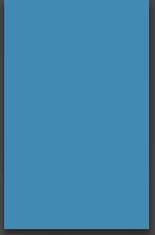
- Seek out activities in your desired field that will give you career-like experiences.
- ▶ Commitment is important.
 - ▶ A lot of activities done for a year or less does not necessarily make for a good resume
 - ▶ Narrow your list of activities to things you plan to stick with through senior year and stay committed

Activities/ Volunteering



- ▶ Look for ways to contribute more to activities you are already involved in.
 - ▶ Leadership roles
- ▶ Don't do something just to make your resume look good.
 - ▶ Ask yourself: What is going to help me to become the person I want to be?

How to pick a college



- ▶ Colleges that change lives
 - ▶ Big Future
 - ▶ Naviance Searches
-
- ▶ Contact Ms. Kiefer for your Naviance login code!

Campus Visits

- ▶ *Visiting campuses is one of the most important things you can do to aid your college search.*
- ▶ **MAKE** time to visit campuses.
 - ▶ Vacations
 - ▶ Family visits
 - ▶ Spring/Fall Break
- Go on official tours, speak to admissions officers, and sit in on classes.
- Demonstrated Interest

Campus Visits



- Visit at a time when the university is in session.
- Take advantage of open house and preview days.
- ▶ You need to visit both big and small schools to get a feel for where you belong.
- ▶ Do not think about cost when visiting a campus!
 - ▶ Though private schools have a more expensive price tag, there are often more scholarships available.

Small to medium sized schools . . .

- ▶ Suggested tour - East:
 - ▶ Barton College
 - ▶ Chowan University
- Suggested tour - West:
 - ▶ Elon University
 - ▶ High Point University
 - ▶ Greensboro College
 - ▶ Guilford College
 - ▶ Montreat College
 - ▶ Mars Hill College
 - ▶ Wake Forest University
 - ▶ Queen's University of Charlotte
- Suggested tour – Close to home:
 - ▶ Campbell University
 - ▶ Meredith University

***Don't
overlook
small-
medium
sized
schools!**

Out of State Small to Medium Sized Schools. . .

- ▶ Anderson University,
 - ▶ Nursing, Interior Design, Education
- ▶ Covenant College
 - ▶ Music, Biblical Studies, Cyber-security
- ▶ Cedarville University
 - ▶ Pre-law, Pre-pharmacy, Worship Music, Nursing
- ▶ Patrick Henry
 - ▶ Government, Economics and Business, Journalism
- Hillsdale College
 - Pre-med, pre-dentistry, Christian Studies
- Texas Christian University, Fort Worth, TX
 - Business, Communications
- Hofstra University, Long Island, NY
 - Health Sciences, Liberal Arts, Nursing
- Mercer University, Mercer, GA
 - Business, Biology, Engineering
- LeTourneau University, Longview, TX
 - Engineering, Aeronautical Science
- Geneva College, Beaver Falls, PA
 - Religious studies, Marketing

Questions for STUDENTS to ask STUDENTS

- ▶ How big are the classes and how many are taught by graduate students rather than professors?
- ▶ Are professors easy to communicate with face to face, not just through email?
- ▶ What is the registration process like each year?
- ▶ Are lots of students involved in sororities/ fraternities or other social clubs?
- ▶ What activities are available on campus? Do lots of students go home on the weekend?
- ▶ Do you like dorm life? What is good/bad about your dorm?
- ▶ What surprised you most about life at this college?

Questions for STUDENTS to ask ADMISSIONS

- ▶ What can I do to increase my chances of admission?
- ▶ Do you use Superscoring for the ACT/SAT?
- ▶ How much weight do you put on GPA and test scores?
- ▶ Do all freshmen have an academic advisor?
- ▶ How friendly is the school to undecided majors?
- ▶ How successful is the school at placing students in jobs after college? Can you give me an example? What kind of job placement services are offered on campus for graduation seniors?
- ▶ What percentage of students graduate within 6 years? What percentage of freshmen return after a year?
- ▶ What percentage of students get scholarships and how do I apply for larger merit-scholarships?

Questions for STUDENTS to ask THEMSELVES

- ▶ How would you like to be described in 10-20 years?
- ▶ What decisions will help you become that person?
- ▶ What are you hoping to get out of your college experience?
- ▶ What do you like or not like about your HS experience?
- ▶ What is most important to you in your life?
- ▶ Is this a college that is going to advance me toward the person that I want to be?
- ▶ Do I see myself having an appropriate level of challenge and social comfort at this college?
- ▶ *Does the atmosphere of the campus, the academic rigor of the programs and the engagement of the people “fit” me?*

Questions for PARENTS to ask ADMISSIONS

- ▶ What is the crime rate on campus? How safe is the school?
- ▶ What is the total cost of a year of school – not just tuition?
- ▶ What payment plans – if any – do you offer?

***Let your student ask as many questions as possible!**

Suggested Reading for Parents and Students

- ▶ *The Gatekeepers: Inside the Admissions Process of a Premier College.* Jacques Steinberg (2003)
- ▶ *Acceptance: A Legendary Guidance Counselor Helps Seven Kids Find the Right Colleges---And Find Themselves* David L. Marcus
- ▶ *Colleges That Change Lives.* Loren Pope
- ▶ *100 Successful College Application Essays* compiled and edited by The Harvard Independent
- ▶ *Where You Go is Not Who You'll Be: An Antidote to the College Admission Mania.* Frank Bruni (2016)
- ▶ *Letting Go: A Parents' Guide to Understanding College Years.* Karen Levin Coburn and Madge Lawrence Treeger (2016)

Consider Christian Colleges

Christian Colleges tend to have
missions that . . .

--support the development of faith and curiosity about
one's beliefs

--encourage the hiring of faculty who are believers and
are interested in the development of students as
Christians

-- focus on preparation to serve God through a spiritual
calling rather than solely on career development

Consider Christian Colleges

The integration of faith and learning allows students to develop a more complete worldview.

- ▶ **Choosing a Christian College is not about protection or running away from “real life”; rather, it is intentionally choosing to run towards God’s calling in your life and living an authentic life of faith.**
- ▶ **Regardless of where you decide to attend school, know that your pursuit of the Lord and His calling in your life should always be your top priority.**

How to Find Authentic Christian Colleges

- **Helpful Organizations:**

- National American Coalition for Christian Admissions Professionals

- (<http://www.naccap.org/>)

- Council for Christian Colleges and Universities

- (<https://www.cccu.org/>)

Dealing with Stress



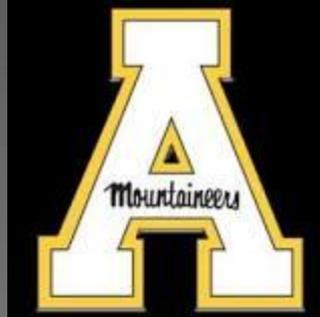
- ▶ Change how you view your coursework.
- ▶ Be the Agenda Master! Schedule your time wisely and set priorities. Make lists. Don't procrastinate.
- ▶ Study smarter rather than harder or longer, "How to Become a Straight A Student" by Cal Newport
- ▶ If you feel overwhelmed, talk to your teachers and your counselor.
- ▶ Know how your body reacts to stress.
- ▶ *Set aside time for play and relaxation.*
- ▶ Ask yourself: Can I do anything about this? If the answer is no, relax. Be content with giving your all.

Don't let the college process control you

- ▶ Perspective: College is the means, not the end
- ▶ Stress, anxiety, feelings of helplessness? These are not good things to live with!



QUESTIONS?



Whether you choose a state school, a private school, or a private Christian school, make sure it is the right fit for you. Explore all options and keep an open mind

