

**What's ahead  
and how do we  
get there?**

# Parenting: The Hardest Job You'll Ever Have



Culmination of an educational journey through public school

An unknown future

Inherently stressful

How can we build our students' sense of agency and resilience through a time of uncertainty?



# Pause and Reflect...

**Think about your goals and vision for your student's post-high school experience.**

## Questions to Consider

- What are your hopes, goals, or expectations for your child and their post-secondary experience?
- In which kind of environment/campus do you think your child would thrive as a student and individual?
- **Are there geographic, financial, or other constraints that should be addressed with your child at the outset of this process?**
- How do you envision being involved in the process?

# Post-Secondary Options

- 4-year College
- 2-year College/Community College
- Gap Year
- Work/Employment
- Vocational/Technical School
- Military
- Specialized/Post-Grad Education



# The Team

Student

Parent/Caregiver

Counselor

# Roles & Responsibilities

## COUNSELORS

**Provide support and coaching on the following topics:**

- Timeline
- Developing a balanced list
- Utilizing tools and resources to research options
- Scoir
- Application completion
- Essay Review
- Financial Aid process & Scholarships

## STUDENTS

- Lead the process & sets the pace
- Schedule meetings with counselors
- Engage in research (Scoir, college fairs, college tours/rep visits)
- Continue to do their best academic work
- Communicate & seek assistance from counselors
- Complete 'Student Information Sheet'
- Send testing to colleges, if required

## PARENTS

- Offer perspective and support without judgment
- Provide insights on the options and limitations on distance, cost
- Help your student stay organized and on top of deadlines
- Communicate openly in a way that works for you and your student
- Share any questions or concerns with the counselor
- Complete Financial Aid Applications
- Submit 'Parent/Caregiver Information Sheet'

# Standardized Testing

- **SAT** – Scholastic Assessment Test([www.collegeboard.com](http://www.collegeboard.com))
- **ACT** - American College Testing ([www.actstudent.org](http://www.actstudent.org))
- **TOEFL** – Test of English as a Foreign Language ([www.ets.org/toefl](http://www.ets.org/toefl))
  - For students whose first language is not English
- ★ ***Fee waivers or Fee-reduction vouchers** are available for all tests above. Eligible students should speak with their school counselor.*
- **ASVAB** - Armed Services Vocational Aptitude Battery ([www.officialasvab.com](http://www.officialasvab.com))
  - multiple-aptitude battery that measures developed abilities and helps predict future academic and occupational success in the military. Other vocational/technical programs administer as placement test.
- **Test Optional/Flexible Schools** (<http://www.fairtest.org/university/optional>)
  - Check individual colleges & university website on exactly how test scores are used at their particular institution.

# **Junior Year Timeline**

January - June 2023



# JANUARY-FEBRUARY 2023

## Seminar - late Jan 2023

### Individual Meetings with Counselor

#### Senior Course Registration

- Balanced course load
- Take challenging courses in subject areas in which you are passionate

#### Review 'Self-Assessment'

- What is guiding criteria for their post-secondary search/plan?

#### Discuss summer plans (job, academic enrichment, internships)

- Quality vs. Quantity
- Extension of 'research process'

### Independent Student Work

- Log onto & Explore Scoir
- Register for March SAT or April ACT
- Research challenging and interesting summer courses, jobs, internships
- Maintain focus on current coursework and extracurricular activities

# MARCH-APRIL, 2023

## Independent Student Work

- Research & Apply for summer programs
- Create a resume
- Register for SAT or ACT
- Research colleges & begin to create list
- Attend college fairs & open houses
- Plan college visits over April break

## Meeting with Counselors (April 2023)

- Develop/review preliminary list of colleges
- Discuss summer plans & provide support with applications, etc.
- Review resume
- Check-in about testing -- when are you taking SAT/ACT?

# MAY-JUNE, 2023

## Student Checklist

- Deadline to register for June SAT or ACT
- Ask 2 academic teachers for college recommendation letters
- Continue seeking & applying for summer jobs, programs, internships, volunteer work

## Parent/Caregiver Checklist

- Review SAT/ACT registration deadlines with student
- Check-in about summer plans (job, internship, program, community service)
- Schedule a family meeting to review preliminary college list, etc.
- Complete Parent/Caregiver Information Sheet

# Resources

- [College & Career Center Website](#)
- [College Planning Guide](#)
- **Beginning the week of Feb 1st -**  
Individual Student Meetings with School &  
College/Career Counselors
- College Rep Virtual Visits
- College Websites/Instagram
- [MEFA](#)
- Scoir- Career & College Tool



# ❖ What if my child isn't matching my urgency?

## Questions to Ask

- What are my goals and values with respect to my education?
- What do I want from college? (experiences, courses, etc.)
- Why do I want to go to college?
- How do I learn? What kind of learning environment am I looking for?
- What kinds of people do I want in my learning environment?
- What balance of academic, social life, and activities do I prefer?
- How involved do I want my parents/guardians in the process?

Questions???