Pascack Valley High School

Junior Post-High School Planning

Kicking off the College Application Process!

TOPICS TO BE COVERED

- Transcripts/Grades/GPA
- Standardized Tests - SAT/ACT
- Letters of Recommendation
- Utilizing Naviance
- Resume/Activities List and Brag Sheet
- Establishing a College List
- Common Application
- College Essay
- College Visits/Fairs/Tours

TRANSCRIPTS, GRADES AND GPA

My High School Transcript: The first thing a college will see

- Your Transcript is your high school academic record
- Includes your final grades for all courses in Grades 9 through 12
- Includes GPA (Grade Point Average) for each year as well as a Cumulative GPA
- Transcripts show the rigor of your coursework and can show trends in

Example of a Transcript

Student Name:

Student ID: Grade: 12   Gender:

State ID:

Birthplace: Date of Birth:
NJ

Parent/Guardian:

Pascack Valley High School

Pascack Valley Regional High School District
200 Piermont Avenue
Hillsdale, NJ 07642

Telephone: (201) 358-7060 Fax: (201) 358-7102
Website: http://www.pascack.org

The e-Learning School District –1:1 Laptop Program

Enter Date: 08/30/2017
Graduation Date: 06/16/2021

Class of: 2021   Guidance Counselor:

Grade: 09 Year: 2017-18

Course Title	Final	Credits
English I	A-	5.000
Culinary Arts I	A	5.000
Geometry Enhanced	C-	5.000
Physical Education/Health 9	A	5.000
Biology	B	6.000
College Prep World History	A	5.000
Honors Spanish II	B-	5.000

Academic GPA: 3.42   **Total Credits:** 36.000

Grade: 10 Year: 2018-19

Course Title	Final	Credits
Financial Literacy	A	2.500
Principles of Business	A-	2.500
English II	A-	5.000
Algebra II/Trig Enhanced	B	5.000
PE/DrEd 10	A	5.000
Chemistry	C+	6.000
Honors United States History I	A-	5.000
Honors Spanish III	B	5.000

Academic GPA: 3.61   **Total Credits:** 36.000

Grade: 11 Year: 2019-20

Course Title	Final	Credits
Honors English III	A	5.000
Pre-Calculus	B+	5.000
Physical Education/Health 11	A+	5.000
Physics	B	6.000
Honors United States History II	A-	5.000
Architecture	A+	5.000
Honors Spanish IV	B	5.000

Academic GPA: 4.06   **Total Credits:** 36.000

Grade: 12 Year: 2020-21

Course Title	Final	Credits
Entrepreneurship		
Honors English IV		
Calculus		
Physical Education/Health 12		
Honors Forensics – Syracuse University		
Honors SUPA Public Affairs		
AP Government & Politics		
Spanish V		

Academic GPA: **Total Credits:** 0.000

Cumulative Weighted GPA: 3.70
Cumulative Unweighted GPA: 3.42
Total Credits: 108.000
Additional Student Information:

Transcript is unofficial unless signed by a school official and embossed with the school seal.

Pascack Valley High School Official Signature: _____ Date: 10/20/2020

STANDARDIZED TESTS:
SAT/ACT

SAT® A CLOSER LOOK

- 154 questions / 3 Hours (plus 50-min essay)
- 1 min 10 seconds per question
- Top Score = 1600 (sum of 2 sections)

- "Real World" Problems, Evidence-Based, Content-Based, Multi-Step Solutions

- Writing: similar to ACT English + Charts & Graphs

- Reading: Greater emphasis on vocabulary, historical texts + charts and graphs

- Math: Heart of Algebra (33%), Problem Solving & Data Analysis (29%), Passport to Advanced Math (28%), Other (10%).
- Features a no-calculator math section
- Features some "grid-in" answer choices

- No "Science" Section

- No Guessing Penalty
- Score Choice
- Optional Essay: Analyze an argument

ACT® A CLOSER LOOK

- 215 questions / 2 Hours 55 min (plus 40-min essay)
- 49 seconds per question.
- Top Score = 36 (average of 4 sections)
- Straightforward questions, longer test, intense time pressure

- English: similar to SAT Writing w/o charts & graphs

- Reading: Lesser emphasis on vocabulary (no charts & graphs)

- Math: Pre-Algebra (23%), Algebra (17%), Intermediate Algebra (15%), Coordinate Geometry (15%), Plane Geometry (23%), Trigonometry (7%).
- Calculator allowed on all math sections
-
- "Science" Section = Charts & Graphs

- No Guessing Penalty
- Score Choice
- Optional Essay: Consider an issue & three perspectives as you make your own argument.

clearchoice
Custom Branded Test Prep Tools

SATs and ACTs

Many schools are continuing to go test optional for 2022. We still recommend taking an exam if you feel safe and comfortable to do so. If you are able to take a test, you and your counselor can determine whether to send scores or not to each individual school when you are ready to apply next year.

Sign up for Exams at:

For SATs, go to www.collegeboard.org

For ACTs, go to www.actstudent.org

Test Optional

At this current time, Fifty-five percent of all bachelor-degree granting schools in the U.S. have already announced that they will not require ACT or SAT standardized exam scores for students entering college of Fall of 2022. The list of colleges going test optional can be viewed by clicking below:

https://fairtest.org/university/optional

SAT with ESSAY or No Essay?

In January of 2021, CollegeBoard announced that the Essay portion of the SAT will be discontinued after the June of 2021

CollegeBoard reported they made this decision to streamline testing.

What should I do if I'm already registered for or was planning to take the optional SAT Essay? You have two options:

1) Continue with taking the SAT with ESSAY

2) Log onto your CollegeBoard account and cancel your registration

collegereadiness.collegeboard.org/sat/register/policies-requirements/changes.

LETTERS
OF
RECOMMENDATION

Letters of Recommendation
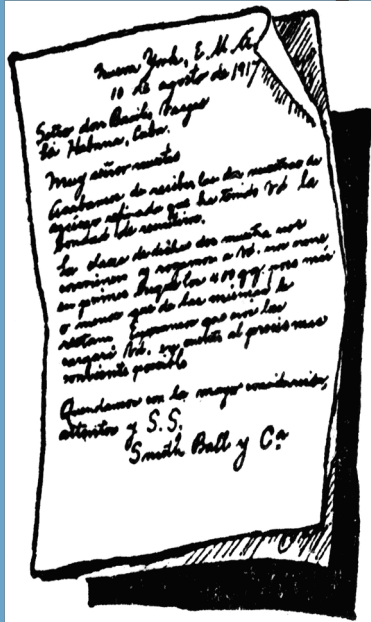
- **How many do I need?**
  - 2 teacher letters are recommended (most also require a counselor recommendation)

Whom to ask?

- Teachers who know you well!
- Two teachers from different disciplines, preferably from your junior year
- Possibly a teacher who taught the discipline you plan on majoring in

- **When should I ask?**
  - Spring - Please ask in person if possible, if not ask over video chat or a very nice email

Teacher Recommendation Procedure

UTILIZING NAVIANCE

*Resume

*Student Brag Sheet

*College Search/List

NAVIANCE

❖ Naviance allows students to:
- ➢ Complete Student Brag Sheet and Resume.
- ➢ Run a college search.
- ➢ Save colleges of interest.
- ➢ Learn information about individual colleges including deadlines, academic programs, extracurricular offerings.
- ➢ View acceptance/denial statistics of PV alumni.
- ➢ See when college reps will be at PV in the fall.
- ➢ Explore career interests and pathways.

❖ Please reach out to your counselor if you need your Naviance password reset.

https://student.naviance.com/pascackvalley

Student Brag Sheet and Resume

Please fill out by the end of June :) Email your counselor to notify them that it is complete. This will allow them to write your recommendation letter!

College Searches

Super Match College Search

Naviance | Student

SuperMatch College Search

About SuperMatch ?

Choose Fit Criteria Location Academics Admission Student Life Diversity Institution Characteristics Cost Athletics Resources

Your Fit Criteria

Saved Searches Choose one ▼   Save Search   Start Over

0 selected criteria

Select Criteria To Start

To refine your results, use the arrows to move your criteria into the "Must Have" and "Nice to Have" boxes.

Must Have

A *Must Have* is anything you absolutely need to be happy and successful.

Nice to Have

A *Nice to Have* is anything that's important to you, but isn't an absolute must have.

How many and what kind of colleges should I apply to?

- Target
- Reach
- Safety

We recommend applying to 8 schools in total

Types of College Admission

- Early Action
- Early Decision (binding)
- Regular Decision
- Rolling Admissions

Researching Colleges of Interest

Each college features a Scattergram with the outcome for past PV students who have applied.

Binghamton University 💗
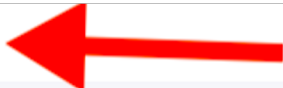
Virtual Tour | Communicate ▾ | Apply Online | Learn More ▾

Overview | Studies | Student Life | **Admissions** | Costs

Comparing Weighted GPA **with** SAT (1600) ▾
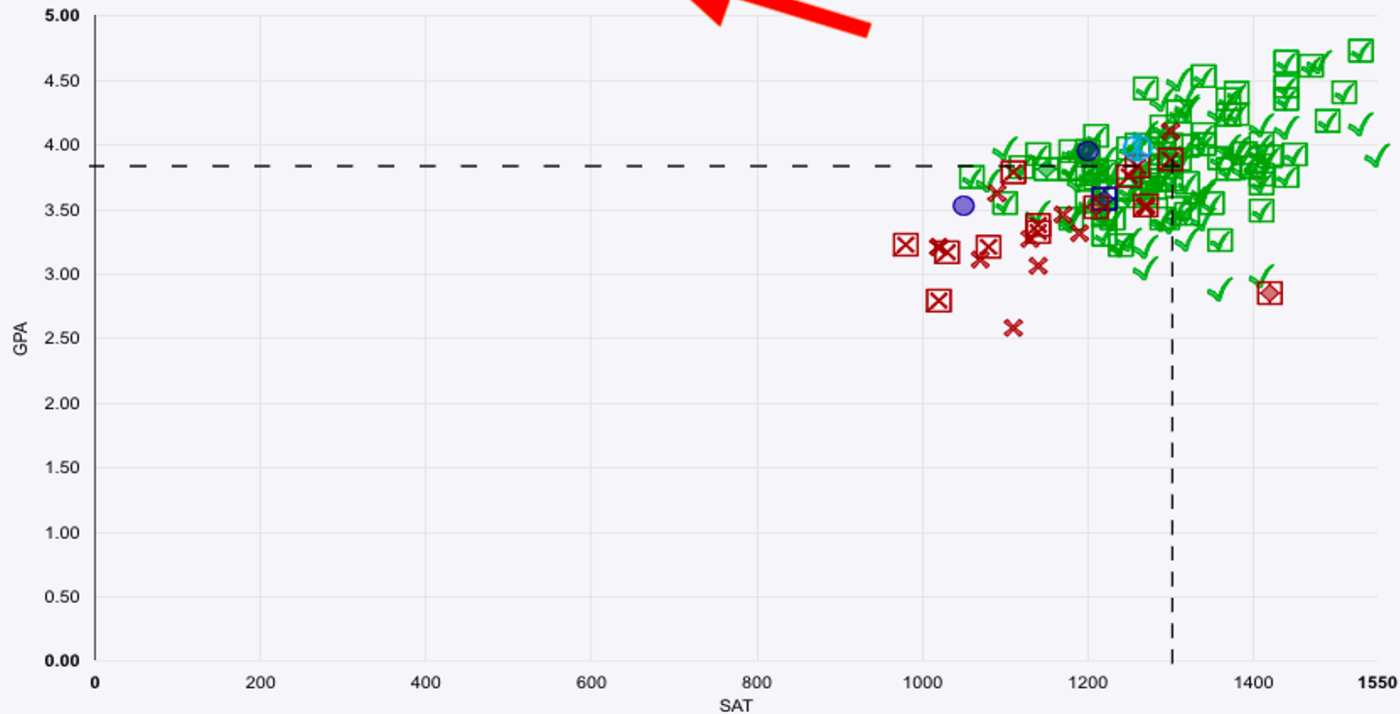
GPA

5.00
4.50
4.00
3.50
3.00
2.50
2.00
1.50
1.00
0.50
0.00

0 | 200 | 400 | 600 | 800 | 1000 | 1200 | 1400 | 1550

SAT

Legend

	Accepted	Waitlisted/Accepted	Waitlisted/Unknown	Waitlisted/Denied	Denied
🔵 You	✔ Regular Decision	🟢 Regular Decision	🟣 Regular Decision	🔴 Regular Decision	✖ Regular Decision
❙ Average GPA	⊘ Early Decision	⊗ Early Decision	⊗ Early Decision	⊗ Early Decision	⊗ Early Decision
— Average Score	☑ Early Action	☒ Early Action	☒ Early Action	☒ Early Action	☒ Early Action

Considering Other Options?

- Naviance is still a resource for future plans other than college. For example: technical schools, the military & trade schools

If a college uses the Common Application, it will be indicated in Naviance.

THE COMMON APPLICATION

The Common Application is your friend!

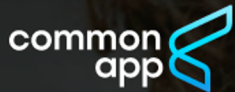- Streamlines the application process

- Over 500 colleges use the Common Application.

- Easier for students, complete ONCE, then send to any participating school you're applying to.

- We recommend using the Common Application *even if* the school offers its own application

- www.commonapp.org

www.commonapp.org

List the colleges in which you plan to apply (if the school accepts the Common App)

Extracurricular Activities (list up to 10)

Dashboard **My Colleges** **Common App** **College Search** **Financial Aid Resources**

Common App

- Profile
- Family
- Education
- Testing
- Activities
- Writing
- Courses & Grades
  0 college(s) require

Activities

Preview

Activities

Reporting activities can help colleges better understand your life outside of the classroom. Examples of activities might include:

- Arts or music
- Clubs
- Community engagement
- Family responsibilities (learn more)
- Hobbies
- Sports
- Work or volunteering
- Other experiences that have been meaningful to you

Do you have any activities that you wish to report? *

- ⦿ Yes
- ○ No

Clear answer

Please list your activities in the order of their importance to you.

Activity 1 ↓

Activity type*

Theater/Drama ✕ ▼

Position/Leadership description
(Max characters: 50)*

Stage Crew - Fall and Spring Productions

Organization Name
(Max characters: 100)

PV Theater

COLLEGE ESSAY

Common App Personal Essay Prompts (Choose 1)

Below is the full set of essay prompts for 2021-2022.

1. 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.

2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?

3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?

4. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?

5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.

6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?

7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

Essay Tips

❑ Write about something important to you
❑ Don't be afraid to use humor/be creative
❑ Use supporting examples
❑ Be vulnerable/authentic
❑ Write several drafts, have a teacher review
❑ Be mindful of word limit (under 650 words/one page)
❑ Be YOU!

COLLEGE FAIRS, VISITS AND TOURS…

OH MY!!! ;)

College Fairs and Tours

- National Association for College Admission Counseling (NACAC) will be sponsoring virtual college fairs this spring https://virtualcollegefairs.org/events

- College Board is also hosting virtual college fairs and panels this spring starting March 7th. https://pages.collegeboard.org/big-future-days

- PVRHSD and Northern Valley Regional HS District will jointly host our annual college fair, virtually on Wednesday, April 28, from 4:00-6:00 pm

College Fairs and Tours cont'd

- Virtual College Tours
http://www.ecampustours.com/default.aspx

- Virtual Campus Tours and In Person Campus Tours - to schedule a Campus Tour, visit the specific college website for more info.

- PV offers virtual College Rep Info Sessions in the Fall with many popular colleges for students to learn more about colleges of interest. Register via Naviance.

NAVIANCE
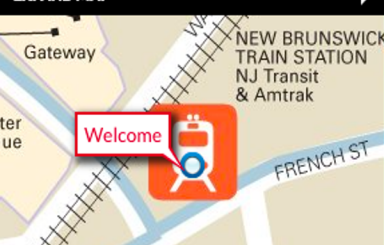
Virtual Campus Tours

Things To Do Now…

- Attend your scheduled Individual Junior Conference with your parent
- Continue to explore colleges or career paths on Naviance
- Visit colleges/tech schools virtually or in person
- Register for SATs/ACTs
- Ask two teachers for recommendation letters by Spring
- Complete both the Parent/Student Brag Sheet
- Work on College essay with English teacher at end of Spring
- Begin Common App on August 1st, 2021

KEEP
CALM
AND
DO
NOW

Thank you for joining us tonight!

We are here to help you, and we are looking forward to working together through this process!