

Preparing For Life After High School



Thinking ahead.....

Post secondary options with a focus on college

Burlington High School
School Counselors

1/18/2023

6:30pm

Agenda

- Welcome/Opening Remarks
- Post-Secondary Options
- Summer 2022
- Senior Year
- Community Service, Internships, and Job Shadows
- Characteristics and Resources for College Search Process
- College Applications and Deadlines
- Dual Enrollment/Early College
- Admissions Tests
- Managing College Costs and VSAC Resources
- Upcoming Events
- Questions



Welcome and Opening Remarks

- Welcome and Introductions
- The Journey
- Where are you and what do you already have?
 - Academics
 - Activism
 - Athletics
 - Artistry



Post- Secondary Options

- 2- and 4-year colleges (including technical colleges)
- Apprenticeships, certification programs
<https://labor.vermont.gov/workforce-development/job-training-education-and-apprenticeship/apprenticeship>
- Gap Year
www.gooverseas.com/gap-year
www.vsac.org/plan/college-career-pathways
 - What is it? Benefits and drawbacks?
 - Examples of gap year opportunities?
- Military: next steps
- Work: support available



Summer 2023

- Explore interests
- Visit schools / programs
- Work on your essay
- Contact teachers you want letters of recommendation from
- Fill out “Letter of Recommendation Request” and Surveys in Naviance to provide letter writers with personal information and anecdotes that reveal the true you
- Consider enrolling in a Dual-Enrollment course



Senior Year

- Minimum of 5 classes each semester
- Maintain or increase the rigor of your program of studies - look for new or continued challenges and areas to expand or explore interests
- Consider Dual Enrollment - high school credit for classes taken at local colleges
- Consider internship/job shadowing opportunities over the summer or next year



Community Service, Internship & Job Shadow

Community Service:

40 Hour - Graduation Requirement
(10 hrs per year)

Students encouraged to seek out opportunities and non-profits that could help them pursue or explore new interests

Internships & Job Shadows:

Opportunity to learn about yourself, explore possible career interests, majors,

Great opportunities over breaks, summer, etc



College Search Characteristics

- Geographic location, setting (urban, suburban, small town, rural)
- Size of campus and student enrollment
- Admission requirements- average GPA, test scores or test optional, selectivity
- Majors and programs - Ruggs Guide
- Costs, tuition, room & board, fees, expenses, financial aid
- Type of school (2 or 4 year), religious affiliation, male/female/co-ed, Canadian
- Housing opportunities
- Athletics (intramural, club, NCAA Division), clubs, activities, Greek life



Search Resources

- Naviance (naviance.com)
 - Naviance Family Connection - career and personality inventories
 - Review in depth career information, scholarships
 - Manage College Applications, request letters of rec. and transcripts
 - Student account and parent account
- BigFuture (bigfuture.collegeboard.org)
- Vermont Student Assistance Corporation (vsac.org)
- Collegeprowler (niche.com)
- Collegeconfidential (collegeconfidential.com)
- Many more...students and parents have favorites!



College Visits

- Plan on virtual tours
- Start off with some local schools-UVM, St. Michael's, Champlain,...
- Official tours, book in advance
- Don't forget how close we are to Canadian schools!
- Admission info sessions, open houses
- Interview with admission counselor
- If traveling, check out a school in the area
- October, December, February, April, summer breaks
- Seeing campus with students



College Applications: Quick Overview

- Deadlines: Early Action, Early Decision, Regular Decision, Rolling
- What are the Common & Coalition Applications?
- Components of the Application:
 - Personal information
 - Activities, work, service, internships, job shadows, honors, awards
 - Essay(s) - summer start
 - Teacher and other recommendations - summer start
 - Naviance: Official Transcripts and Teacher Recommendations are requested and sent electronically through this program
 - Test Scores
(sent directly from the ACT or SAT companies)
***Many schools are test optional**
 - Application fee waiver
 - FAFSA & Financial Aid application



Dual Enrollment

- **Dual Enrollment** Every rising junior and senior has access to TWO free college classes.
 - Participating colleges; UVM, CCV, VTC, Landmark, Champlain College, & Saint Michael's College
 - Students receive 1 high school credit and 3 or 4 college credits for successful completion (transferable)
 - See what college campus feels like, learn professor's expectations and get a head start on your college degree!
 - Summer registration opens in mid-February.
- Contact Kate Stein at kstein@bsdvt.org



Early College

- Early College- complete your senior year of high school on a college campus
 - Earn up to 30+ college credits for FREE!
 - CCV's Early College program application is now open. Priority deadline May 1st, 2023 and final deadline August 10, 2023
 - Students must enroll in courses full-time for both the fall and spring semesters
 - Courses must satisfy high school graduation requirements so that students graduate from high school at the end of the spring semester
 - Students pay for textbooks, lab fees, materials fees, and any other costs associated (Financial Assistance is available)
 - Students are eligible to play sports at BHS while enrolled in Early College.
- Contact Kate Stein at kstein@bsdvt.org



Burlington City and Lake

With...

Signe Daly



Who can come to BTC?

BTC is for any student in our region in 10th-12th grade.

If you are ready for a meaningful, hands-on and challenging education, come learn with us.



Schedule

Half-day programs, so you can attend classes at both BTC and at your sending school

Morning (for first year students): 9:35-11:47 AM

Afternoon (for second year students): 12:09-2:21 PM

- Advanced Manufacturing, Innovation & Design
- Auto Body Repair
- Auto Tech
- Aviation & Aerospace Tech
- Design & Illustration
- Digital Media Lab
- Educational Training & Leadership
- Health Science Academy
- Introduction to Healthcare
- Homeland Security & Criminal Justice

Interested in applying?

BHS Visit Day is Friday, Feb 3rd
Evening Information Sessions:

- Tuesday, Feb 21
- Wednesday, Feb 22
- Thursday, Feb 23

Apply soon! Applications are due no later than Friday, March 10th

Talk to your school counselor

PSAT, ACT, and SAT

- Many colleges have moved to test optional
- Students can Take ACT and/or SAT
- ACT at BHS - April 18, 2023
- Tests are given on Saturday mornings
 - Sign up for the test on-line at the ACT or SAT websites
 - Sign up early to insure a spot
- Tests cost approximately \$60.00
- Fee waivers are available for students receiving free/reduced lunch



ACT vs. SAT

- ACT - Content-based test. Meant to test skills learned in school.
 - Serious time pressure. Rewards fast reader, doing math in your head; enjoy science and using tables, graphs
- SAT - Reasoning test. Combine info and analyze real-world problems; like doing math by hand; don't like science
 - Good at analyzing texts in English class. You like informational graphics. Answer questions using data from charts and graphics.



ACT and SAT (continued)

- Local high schools host the tests*
- SAT is offered on: 3/11 (Rice and SB), 5/6 (Rice, SB and Essex), 6/3 (SB and Essex).
- ACT is offered on: 4/18/23 @BHS
- Free SAT test prep through Kahn Academy. Access via [Collegeboard.org](https://collegeboard.org)
- ACT - Free Test Prep Guide via their website
- Not all colleges require these tests
UVM test optional [Fairtest.org](https://www.fairtest.org) lists test opt. schools
- SAT Subject tests have been discontinued



Talk it Over:

- Individual conversations with school counselors
- Ask family and friends how they chose their colleges
- Talk to teachers, coaches, neighbors or mentors about their college decisions
- Interview a person in a field or career in which you have an interest; how did they get there?
- Local College Fairs St. Michaels?



Managing College Costs and VSAC Resources

- **Junior Year**

- Managing College Costs Presentation, date TBA. BHS presentation by VSAC Counselor Soren Dews, virtual options available on vsac.org
- College and Career Pathways event March 18, 2023
- College Process Resources <https://www.vvac.org/i-am/a-high-school-student>
- VSAC Talent Search Program (TS) for students who will be first-generation college students. TS provides extra support with the college process.

- **Senior Year**

- FAFSA Forms Night at BHS to get help filling out your financial aid forms with a VSAC counselor.
- VSAC FAFSA Fridays one-on-one appointments with a VSAC counselor



Upcoming Events

College and Career Pathways March 18,
2023

<https://www.vsac.org/plan/college-career-pathways>

Managing College Costs Presentation

Date TBA

Junior Course Requests Submitted

~ Tentative February 8-16, 2023

~ Junior Meetings with Counselors ongoing in February

Dual Enrollment Summer Registration

kstein@bsdvt.org



Final Thoughts

- The grades you earn in high school and the rigor of your courses are among the most important factors considered in the application. Do your best during your junior and senior years!
- Have fun with the search process. It is the start of an exciting transition. Try to not compare yourself with others and don't catch their anxiety. It is your personal journey!



Questions?

**Thank You
for Attending
this
Presentation!**

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