

Preparing For Life After High School



Thinking ahead.....

Post secondary options with a focus on college

Burlington High School
School Counselors

2/7/2024

6:30pm

Meet Your BHS Counseling Department

Ms. Lise Bruder



Counselor
A - D

Mrs. Karen Prouty



Counselor
E - K

Mrs. Allie O'Hara



Counselor
L - R



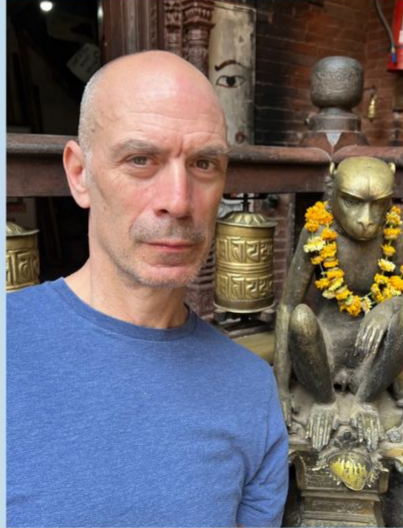
Meet Your BHS Counseling Department

Ms. KasCandra Dougherty



Counselor
S - T

Mr. Tony Settel



Counselor
U - Z + ELL

Ms. Kate Stein



Coordinator
Flexible Pathways



Agenda:

- Opening Remarks
- Post-Secondary Options
- Summer 2024
- Senior Year
- Dual Enrollment & Early College
- Community Service, Internships, and Job Shadows
- Characteristics and Resources for College Search Process, college visits
- College Applications, and Deadlines
- Managing College Costs and VSAC Resources
- SAT/ACT
- Upcoming Events
- Questions



Opening Remarks

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



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-paths
 - What is it? Benefits and drawbacks?
 - Examples of gap year opportunities?
 - [An Introduction to the Gap Year](#)
- Military
- Employment



Summer 2024

- Explore interests
- Seek employment
- Visit schools / programs
- Work on your essay
 - [College Admissions 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 being a teacher Assistant
- Consider Dual Enrollment - high school credit for classes taken at local colleges
- Consider internship/job shadowing opportunities
- Consider employment



Dual Enrollment

Rising juniors and seniors have access to free tuition for TWO college classes.

- Participating colleges: UVM, CCV, Vermont State University, Landmark, Champlain College, & Saint Michael's College
- Students receive high school credit and college credit for successful completion of course
- See what college campus feels like, learn professor's expectations and get a head start on your college degree!
- Summer registration opens February 16.

Contact Kate Stein at kstein@bsdvt.org



Early College 2024-2025

Complete your senior
year of high school with
college courses

Students participate in a full-year alternative to a senior year in high school.

- 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, housing, food, and any other costs associated with this year.
- Students are eligible to play sports at BHS while enrolled in Early College.
- CCV's Early College program application is now open. Priority deadline 5/1/2024.
- Contact Kate Stein at kstein@bsdvt.org



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



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)

Collegescorecard (<https://collegescorecard.ed.gov/>)

Vermont Student Assistance Corporation (vsac.org)

Cappex College Search (<https://www.appily.com/colleges>)

Collegeprowler (niche.com)

Collegeconfidential (collegeconfidential.com)



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
- [Finding Colleges That Fit \(PDF\)](#)
- [College Comparison Chart \(PDF\)](#)
- [How to pick the right college for you](#)



College Visits

- Virtual tours and in person tours
- Official tours, book in advance
- Start off with a visit to some local schools-UVM, St. Michael's, Vermont State University and Champlain College.....
- 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



College Applications: Quick Overview

- Deadlines: Early Action, Early Decision, Regular Decision, Rolling
- What is the CommonApplication?
- 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, if required
(sent directly from the ACT or SAT companies)
 - Application fee waiver
 - FAFSA & Financial Aid application



PSAT, ACT, and SAT

- Many colleges have moved to test optional. (For example, UVM test optional - [Fairtest.org](https://www.fairtest.org) lists test opt. schools
- Free SAT test prep through Kahn Academy. Access via [Collegeboard.org](https://collegeboard.org)
- ACT - Free Test Prep Guide via their website
- Local high schools host the tests. BHS will offer the SAT on site at dtBHS this spring on Friday, March 22, 2024.
- 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 \$55.00/\$60.00
- Fee waivers are available for students receiving free/reduced lunch



ACT vs. SAT

- ACT -

Serious time pressure-moves faster through the questions. Rewards fast reader, doing math in your head; enjoy science (Science section) and using tables, graphs. Covers the following sections: English, math (with calculator), reading, science and optional writing essay

- SAT -

New digital format being offered in March of 2024. Allows more time per section. Covers the following subjects: Reading, writing and language, math (with a calculator and math without a calculator)



ACT vs NEW SAT

What's the Same?

No penalties for guessing
Curriculum-focused content
Score choice
Optional essay

What's Different?

2 Hours 55 Minutes

4 SECTIONS

ACT

36

TOP SCORE

MATH SECTION

1+1=

No Formulas given
Calculator for ALL sections
No Grid-in Answers

TOPICS

Geometry Arithmetic
Algebra Trigonometry

READING SECTION

8% Vocabulary

ENGLISH/Writing SECTION

3% Vocabulary

SCIENCE SECTION

Interpretation of Data
Graphs & Charts



New SAT

1600

TOP SCORE

MATH SECTION

Lots of Formulas given
Calculator for ONE section
Grid-in Answers

1+1=

Some Geometry & Arithmetic
Advanced Algebra
Some Trigonometry
Interpretation of Data

TOPICS

READING/Writing SECTION

17% Vocabulary (Reading Questions)
7% Vocabulary (Writing Questions)
Questions based on Graphs & Charts

SCIENCE SECTION



3 Hours

2 SECTIONS

ACT and SAT (continued)

SAT

Test Dates – Please check the College Board [website](#) for test date information.

Please refer to the College Board website for what to expect when [Taking the SAT](#).

For information about the SAT calculator policy, click [here](#).

To register for the SAT, click [here](#).

ACT

Test Dates – Please check the ACT [website](#) for test date information

For information about the ACT calculator policy, click [here](#).

To register for the ACT, click [here](#).



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 Events

VSAC College and Career Pathways High School Event

- SMC - Thursday, March 14 (school field trip)
- UVM - Saturday, March 23 (family event)



Managing College Costs and VSAC Resources

- **Junior Year**

- Managing College Costs Presentation, date TBA. BHS presentation by VSAC Counselor Soren Dews
- College and Career Pathways-March 14th during school day and March 23rd for families
- College Process Resources <https://www.vsac.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 receive assistance filling out your financial aid forms with a VSAC counselor.
- [Paying For Education](#)
- [Parent guide to paying for college and career training](#)
- [Your Financial Path](#)
- [VSAC FAFSA Filing Help](#) - One on one help from a VSAC counselor



Upcoming Events

College and Career Pathways:

March 14th at ST. Michael's College (school field trip)

March 23rd - in person at the Davis Center or virtual

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

Junior Course Requests Submitted

~During Advisory/February 12-16

~ Junior Meetings with Counselors beginning on February 19th.

Dual Enrollment Summer Registration

CCV Opens 3/4. Classes start May 26th



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!**

