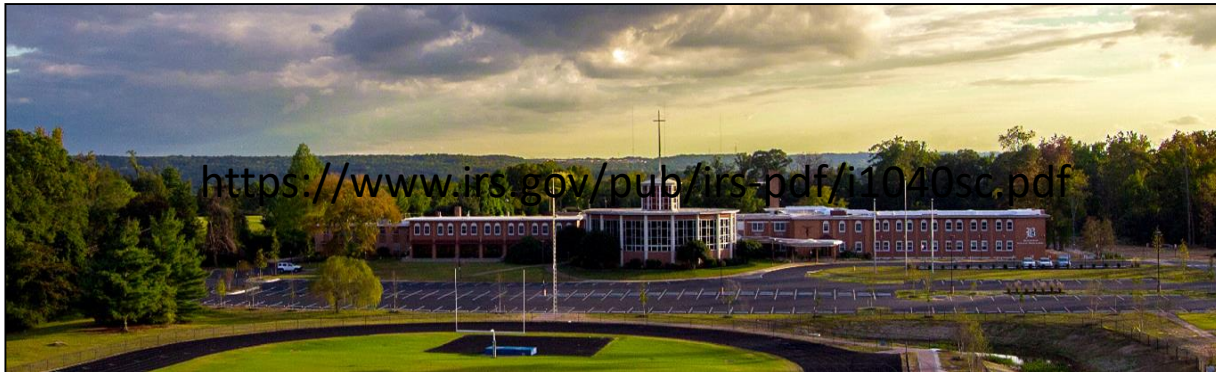




# Junior Year Matters Pathways to College December 5, 2019



**Michele Metcalfe – Dir. of Guidance**



**Please help yourself to a snack, sign in, and pick up handouts.**



# Introduction – Checklist

# Junior Grades

# Senior Schedule

## Career Directions/ Internships

# Testing – SAT/ACT

# College Shopping

# College Funding

## Special Circumstances: NCAA/Military

## Key Dates/Time Frames

## Essays/Resumes/Promoting Accomplishments

## Managing Expectations: Parent/Student Collaboration





# Benedictine College Preparatory



## Introduction

### My Background

Benedictine Teacher (English 9, 11, AP, Foundations, Psych) 2009-2016

Third year as Director of Guidance

Other Administrative Roles:

Department Chair

Dean of Faculty

Other Experiences:

Lawyer for 15 years (VCU and U of R's Law School)

Stay at Home mom for 10 years – 4 kids; St. Mary's

Career Switcher – Community College for Licensing

Graduate courses in School Counseling

Philosophy – Practical Approach to Finding a Good Career Fit/Life-long learner

### Successes of Recent Graduates

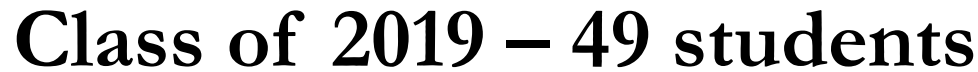
Class of 2018

Class of 2019



# Class of 2018 – 67 students

**About 10% of class playing Division I sports  
and 20% overall playing college sports**



# One student attending Stanford

# One student attending Bowdoin

# One student attending UNC-Chapel Hill

# One student attending West Point

## About 50/50 in state vs out of state





**Students entering work force/other – 6%**

## Approximately 30% playing a sport in college



Junior Year Checklist and Guidelines – A Chronology of Key Topics  
December 2019

Junior Grades Matter – Finish Strong

The Senior Schedule Matters – Smart Selections

Career Directions – Now is the Time to Begin Mapping Out Paths

Career Testing Online – College Board and other Companies Provide This  
Internships/extracurricular experiences  
Jobs  
Mission Trips  
Summer Camps – College Campuses or Other Interests  
Conversations with Adults

Testing Matters – SAT vs ACT – PSAT's Value – See Handout

College Shopping/Campus Visits – Spring Break/School Holidays = Campus Visits

Finding the Right Fit: Location, Size, Culture, Reputation, Price, Retention Rates, Job Placement Rates  
Reach, Safety, Match Schools – See Form  
No substitute for touring  
Resources: Opportunities Booklet; CollegeBoard.org; College Websites; Internet Searches  
Fall College Rep Visits – About 30 to BCP, About 200 at College Fairs

Special Circumstances:

Athletes and the NCAA - Register  
Service Academies and Nominations

Notable Calendar Items

January - Early – Navy (maybe other academies too) summer camp applications open  
January 8<sup>th</sup> (8:00 a.m. and 5:30 p.m.) PSAT Parent Information Meeting  
February – Military Career Presentation  
February – Student Meetings on Schedules/Classroom Visits on College/Career Guidance  
March – Recommended Course Schedules Provided  
April - Thursday, April 23, 2020, 7-9pm - VAIS College Fair at Collegiate  
August – Early – College Application Workshop - BCP  
September – College Information Meetings – Seniors and Senior Parents

College funding – Who Is Paying and How

Savings/Loans – Discuss with planner when to make liquid/Evaluate Loan Options/Student Engagement  
Scholarships – College Board Program  
Scholarships – Local Organizations (TWAB)  
Scholarships – College Web Pages and Internet Sites (TWAB)  
FAFSA – Opens October 1 each year; estimates available now; deferring income

Essays/Resumes/Interviews/Showcasing Self – Can start process now and in classes/Heighten Awareness

Student/Parent Collaboration Hints – Schedule Planning Meetings – Set Deadlines – Staggered Approach



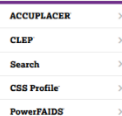
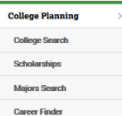
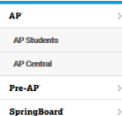
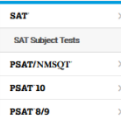
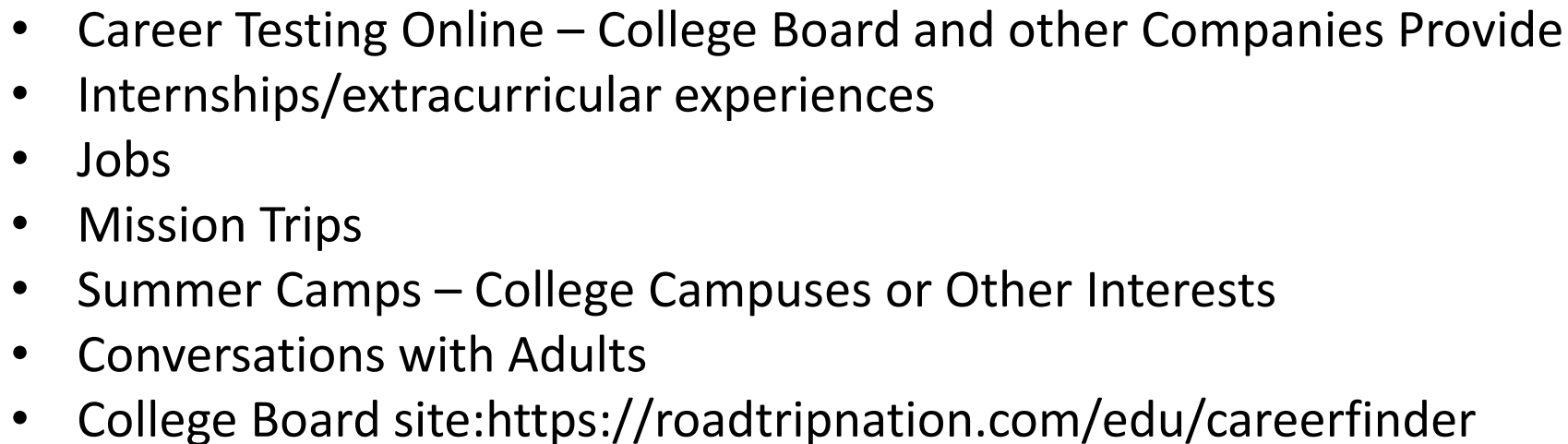


# Benedictine College Preparatory



- **Grades Matter**
- **Senior Schedules Matter**
- **Stamina Matters**
- **Best Predictor of Success is Past Performance**







# How to Identify Potential Occupations/Majors



- Bureau of Labor Statistics

<https://www.bls.gov/ooh/>

College Board website

<https://bigfuture.collegeboard.org/explore-careers> - matches

interest to occupations

- Individual College websites
- Talk to family members, teachers, and friends
- Internships, volunteer work, part-time jobs, clubs, etc.





# Testing Matters – SAT vs ACT – PSAT's Value – See Handout



- Schedule in spring – will have PSAT scores in Dec/Jan
- Parent meeting in January about what they mean and how to improve
- Could take ACT in spring first and SAT as well
- Can take a second time in the fall of senior year– whichever one is better
- No reason to spend a ton on improving score unless it will get you to a an admissions or scholarship breakpoint
- Take practice tests – prepare when scheduled
- Use Kahn Academy to help strengthen weak areas with SAT
- Consider writing portion of SAT and subject tests if Tier I schools targeted



College Shopping/Campus Visits  
Spring Break/School Holidays =  
Campus Visits

- Finding the Right Fit: Location, Size, Culture, Reputation, Price, Retention Rates, Job Placement Rates
- Reach, Safety, Match Schools – See Form
- No substitute for touring
- Resources: Opportunities Booklet; CollegeBoard.org; College Websites; Internet Searches
- Fall College Rep Visits – About 30 to BCP; About 200 at College Fairs

# **PUBLIC UNIVERSITIES**

## **STUDENTS ENROLLED IN 2016-2017 ACADEMIC YEAR<sup>1</sup>**

Test scores and high school grade point averages are provided to show you how your scores compare to those of students who enrolled in selected Virginia colleges. Some students had lower scores and GPAs, while other students had higher scores and GPAs.

## **ESTIMATED 2017-2018<sup>2</sup> COST OF ATTENDANCE BEFORE FINANCIAL AID**

Cost figures are estimated and your actual costs could vary.

	SAT 25 <sup>th</sup> percentile	SAT 75 <sup>th</sup> percentile	High School GPA 25 <sup>th</sup> percentile	High School GPA 75 <sup>th</sup> percentile	
Christopher Newport University	1060	1250	3.52	4.06	\$29,680
College of William & Mary	1250	1470	4.00	4.38	\$37,709
George Mason University	1060	1250	3.41	3.88	\$29,312
James Madison University	1030	1220	3.54	3.98	\$25,764
Longwood University	870	1070	3.15	3.70	\$27,708
Norfolk State University	640	860	2.50	3.20	\$25,897
Old Dominion University	890	1130	2.90	3.60	\$26,074
Radford University	860	1050	2.82	3.47	\$24,111
Richard Bland College	Not available	Not available	Not available	Not available	\$22,310
University of Mary Washington	1010	1217	3.30	3.89	\$27,470
University of Virginia	1240	1460	4.10	4.42	\$29,464
University of Virginia's College at Wise	850	1070	3.02	3.88	\$24,154
Virginia Commonwealth University	980	1200	3.30	3.96	\$31,093
Virginia Community College System	Not available	Not available	Not available	Not available	\$15,393 <sup>3</sup>
Virginia Military Institute	1060	1240	3.31	3.96	\$30,350
Virginia State University	730	900	2.56	3.23	\$22,581
Virginia Tech	1100	1320	3.78	4.21	\$26,260

Test scores and GPAs were obtained from the SCHEV web site. SAT scores are a combination of the critical reading and math scores. Costs were reported by each college to SCHEV and are subject to change. Costs are shown for full-time students and include tuition, fees, room and board, and books.



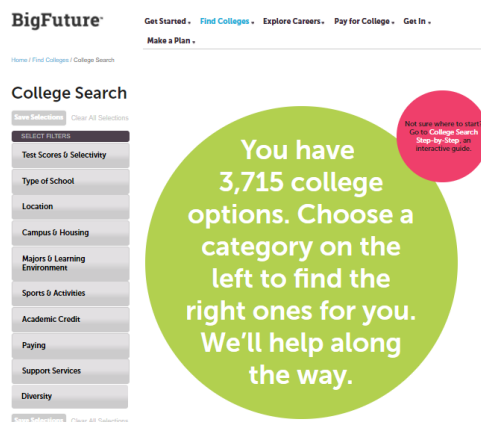
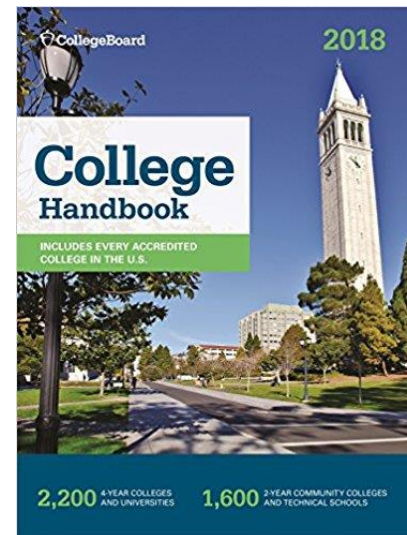
	SAT 25 <sup>th</sup> percentile	SAT 75 <sup>th</sup> percentile	High School GPA 25 <sup>th</sup> percentile	High School GPA 75 <sup>th</sup> percentile	Cost figures are estimated and your actual costs could vary.
Averett University	810	1010	2.78	3.61	\$42,534
Bluefield College	780	1025	2.70	3.69	\$33,642
Bridgewater College	910	1110	3.17	3.87	\$46,260
Christendom College	1070	1330	3.51	3.98	\$35,556 <sup>1</sup>
Eastern Mennonite University	890	1170	3.15	4.00	\$46,800
Emory & Henry College	890	1120	3.19	3.98	\$46,850
Ferrum College	760	945	2.38	3.18	\$44,085
Hampden-Sydney College	1010	1230	3.20	4.00	\$58,252
Hampton University	860	1040	2.91	3.62	\$36,660
Hollins University	1020	1230	3.40	4.00	\$51,405
Jefferson College of Health Sciences	880	1040	3.00	3.75	\$31,270
Liberty University	930	1170	3.07	3.81	\$33,100
Lynchburg College	920	1120	3.06	3.91	\$47,570
Mary Baldwin University	860	1090	3.08	3.91	\$40,495
Marymount University	860	1085	2.95	3.57	\$43,230
Randolph College	900	1150	3.19	3.88	\$51,270
Randolph-Macon College	975	1190	3.34	4.08	\$51,480
Regent University	920	1140	3.11	3.90	\$30,000 <sup>1</sup>
Roanoke College	970	1200	3.13	3.92	\$55,952
Shenandoah University	880	1120	3.40	3.80	\$42,100
Southern Virginia University	920	1140	3.00	3.83	\$22,620
Sweet Briar College	886	1180	3.05	3.97	\$50,055
University of Richmond	1220	1430	Not Available	Not Available	\$62,730
Virginia Union University	700	890	2.40	3.17	\$25,959
Virginia Wesleyan College	850	1060	2.77	3.55	\$45,604
Washington and Lee University	1320	1460	Not Available	Not Available	\$63,280



# Identify Target Colleges

## Resources – Target Colleges:

- <https://bigfuture.collegeboard.org/college-search>
- Specific school websites
- Reference books/conversations
- Guidance Office





# College List



## Top Five Target College Checklist - Fall 2017+

Name

Date \_\_\_\_\_

College Name	Appealing Features ( <u>circle</u> all that apply); Drawbacks ( <u>underline</u> all that apply)	Typical Student Profile for GPA and Testing (mid-range) from admissions page	Type of School (circle one)	Deadline to Apply -	Teacher Rec Needed?	Test Scores Already Sent?	Essay Required?	Financial Aid Outlook?
1.	Location Size Setting Culture Academics Sports	Mid GPA  Mid SAT/ACT	Match  Safety Reach	Date  Type:	YES NO	YES NO	YES NO	Possible  Uncertain Unlikely
2.	Location Size Setting Culture Academics Sports	Mid GPA  Mid SAT/ACT	Match  Safety Reach	Date  Type:	YES NO	YES NO	YES NO	Possible  Uncertain Unlikely
3.	Location Size Setting Culture Academics Sports	Mid GPA  Mid SAT/ACT	Match  Safety Reach	Date  Type:	YES NO	YES NO	YES NO	Possible  Uncertain Unlikely
4.	Location Size Setting Culture Academics Sports	Mid GPA  Mid SAT/ACT	Match  Safety Reach	Date  Type:	YES NO	YES NO	YES NO	Possible  Uncertain Unlikely
5.	Location Size Setting Culture Academics Sports	Mid GPA  Mid SAT/ACT	Match  Safety Reach	Date  Type:	YES NO	YES NO	YES NO	Possible  Uncertain Unlikely

To Do List (complete for all that apply and add others as applicable): Finish Resume by \_\_\_\_\_; Approach \_\_\_\_\_ for a recommendation by \_\_\_\_\_; Do Common App non-essay portion by \_\_\_\_\_; Complete Essay/Short Answer 1 by \_\_\_\_\_; Complete Essay/Short Answer 2 by \_\_\_\_\_; Request BCP Transcript/Provide BCP Guidance Student Report Form for each Colleges by \_\_\_\_\_; Tour \_\_\_\_\_ by \_\_\_\_\_; Tour \_\_\_\_\_ by \_\_\_\_\_ Take ACT on \_\_\_\_\_ Take SAT on \_\_\_\_\_

Other: \_\_\_\_\_



# Special Circumstances Calendar Dates



- Athletes and the NCAA - Register
- Service Academies and Nominations

## Calendar Items

- Now – Make a summer plan for at least one summer experience and look at major options
- January - Early – Navy (maybe other academies too) summer camp applications open
- January 8<sup>th</sup> (8:00 a.m. and 5:30 p.m.) PSAT Parent Information Meeting
- February – Military Career Presentation for students
- February – Student Meetings on Schedules/Classroom Visits on College/Career Guidance
- March – Recommended Course Schedules Provided
- April - Thursday, April 23, 2020, 7-9pm. - VAIS College Fair at Collegiate
- August – Early – College Application Workshop - BCP
- September – College Information Meetings – Seniors and Senior Parents



# College funding – Who Is Paying and How



- Savings/Loans – Discuss with planner when to make liquid/Evaluate Loan Options/Student Engagement
- Scholarships – College Board Program
- Scholarships – Local Organizations (TWAB)
- Scholarships – College Web Pages and Internet Sites (TWAB)
- FAFSA – Opens October 1 each year; estimates available now; deferring income





# Money Matters – How to Pay?



## Resources – Funding: Specific school websites

### BRIDGEWATER COLLEGE NET PRICE CALCULATOR

Academic Year: 2018-2019

Estimated total price of attendance:	\$51,310
a. Estimated tuition and fees	\$35,160
b. Estimated room and meals	\$12,720
c. Estimated books and supplies	\$1,150
d. Estimated other expenses (Personal expenses and transportation)	\$2,280
Estimated total grant aid: (Includes both merit and need based aid)	\$26,400
Estimated net price: (Price of attendance minus grant aid)	\$24,910
Estimated net direct cost: (Tuition & fees and room & meals minus grant aid)	\$21,480

Note: First year students who apply for federal aid can borrow \$5,500 in Stafford loan funds for their first academic year. Parents may also apply to borrow funds from the federal PLUS loan to cover remaining educational expenses.

This estimate applies to a full-time, first time undergraduate student only. The estimate does not represent a final determination, or actual award, of financial assistance or a final net price. It is only an estimate based on price of attendance and financial aid provided to students for the 2018-2019 academic year. Price of attendance and financial aid availability change each year. This estimate shall not be binding on Bridgewater College or any federal or state agency.

In 2017-2018, 99% of our full-time students enrolling for the first time received grant/scholarship aid. Students must complete the Free Application for Federal Student Aid (FAFSA) in order to determine their eligibility for need based federal, state, and institutional grants and scholarships. The FAFSA can be completed at <https://fafsa.ed.gov/>. Our priority filing deadline is March 1 and our school code is 003704.

All full-time students are required to live in College housing except those that meet specific criteria, which can be found on [Bridgewater College's Off-Campus Housing Site](#).

SC Affiliates • About • Office of Admissions • Scholarships • Scholarships for Nonresidents

Financial Aid and Scholarships
Cost and Aid
FAFSA
Grants
Loans
Scholarships
Scholarships for SC Residents
<b>Scholarships for Nonresidents</b>
Departmental Scholarships
Non-Institutional Scholarships
Scholarship Policies
Student Employment
Summer Financial Aid
Exchange Programs
Forms and Resources

#### Scholarships for Nonresidents

The University of South Carolina offers a generous array of scholarships for non-S.C. resident freshmen, which are awarded through the Office of Undergraduate Admissions.

Only one Admissions Merit Award per individual is allowed for nonresidents, with the exception of the Provost Scholars Award (which can be added to any other award listed in this section).

Stamps Scholars Award*
McNair Scholars Award*
Honors Scholars Award*
Provost Scholars Award
Alumni Scholars Award*
Academic Scholar - Elite Award*
Academic Scholar - Excellence Award*
Academic Scholar - Superlative Award*
Academic Scholar - Distinction Award*
Academic Scholar - Merit Award*

Annual value: \$500 • tuition reduction  
Four-year value with tuition reduction: \$27,800  
In 2017, recipients of the Academic Scholar - Merit Award had an average SAT score of 1,293 (66% score of 20) and an average weighted high school GPA of 3.61. Recipients of this award also receive a significant tuition reduction.

\*May not be combined with any other General University scholarships offered by the USC Office of Undergraduate Admissions, except for Provost Scholars Award.

admissions resources  
Top Scholars  
Nov. 15  
November 15, 2017 is the South Carolina Undergraduate and Top Scholar application deadline.

#### Undergraduate Admissions

Visit the general University scholarships page awarded based on your application, make sure you bring up to date with the requirements and deadlines.

Requirements for Freshmen

Note: (Count yourself and your siblings; do not count your parents.)

Parent Income: What is the income of your parent(s)? (required)

- Include income from work, child support, and other sources.
  - If your parent is single, separated, or divorced, include the income for the parent with whom you live.
  - If the parent with whom you live is remarried, include both your parent's income and his/her spouse's income.
- ☐ Between \$0 - \$30,000
  - ☐ Between \$30,001 - \$40,000
  - ☐ Between \$40,001 - \$50,000
  - ☐ Between \$50,001 - \$60,000
  - ☐ Between \$60,001 - \$70,000
  - ☐ Between \$70,001 - \$80,000
  - ☐ Between \$80,001 - \$90,000
  - ☐ Between \$90,001 - \$100,000
  - ☒ Above \$100,001

Student Income: what is your personal income? (required)

- ☒ Between \$0 - \$5,000
- ☐ Between \$5,001 - \$10,000
- ☐ Between \$10,001 - \$30,000
- ☐ Between \$30,001 - \$50,000
- ☐ Above \$50,001

CALCULATE ESTIMATED FINANCIAL AID

### BRIDGEWATER COLLEGE NET PRICE CALCULATOR

Step 1:

Please provide the requested information. Your responses will be used to calculate estimated amounts - this scholarship will grant aid for tuition and fees only. To receive Bridgewater College's 2018-2019 academic year.

Grade Point Average (GPA) (required)

3.5

Did you take the SAT? (required)

Yes

No

If yes, please enter your best score for each component of the test.

Note: If you took the SAT in March 2018 or earlier, please use the SAT Score Converter to convert your old scores to new scores.

Collegiate Reading & Writing

100

Math

100

Did you take the ACT? (required)

Yes

No

CONTINUE



# Money Matters – How to Pay?



## Resources – Funding:

### Virginia financial aid

The Virginia financial aid opportunities included in this section supplement the federal financial aid programs on pages 19-21.

#### Undergraduate students

VIRGINIA FINANCIAL AID

Program	Eligibility	Financial need	Amount	Application contact
Virginia Commonwealth Award	Virginia public colleges	Financial need	Varies based on need, up to tuition/fees	College financial aid office. This program does not have a separate application; complete the FAFSA in conjunction with the application for admission.
Virginia Guaranteed Assistance Program	Virginia public colleges	Financial need	Varies based on need, up to tuition/fees and books. Restricted to 1 yr of award per class level.	College financial aid office. This program does not have a separate application; complete the FAFSA in conjunction with the application for admission.
Virginia Tuition Assistance Grant Program	Participating Virginia private colleges	Financial need	Maximum award: \$3,000 annual award, approximately \$3,000	College financial aid office
Two-Year College Transfer Grant Program	Participating Virginia four-year colleges	Financial need	Complete application degree at Virginia public two-year college, and two-year financial need, and a 3.0 GPA	Four-year college financial aid office
Virginia Military Veterans and Dependents Education Program	Virginia public colleges	Financial need	Dependent or spouse of veteran (active or retired), killed, or on permanent disability in military service	Department of Veterans Services, Box 200, Arlington, VA 22203
Workforce Development Grant	Virginia's community colleges (traditional training time length offering at a later time)	Financial need	Up to 2/3 off the cost of the program	www.alternativetraditional.org/ncig

Program	Eligibility	Financial need	Amount	Application contact
Academic Common Market Scholarship	Participating Southern Regional Education Board member public colleges	Financial need	In-state tuition rate of host institution in changed	State Council of Higher Education for Virginia, www.sche.edu
Academic Common Market Scholarship	Participating Virginia public colleges	Financial need	In-state tuition rate in changed	Home state AC coordinator
Child Care Provider Scholarship Program	Eligible Virginia colleges	Financial need	Varies, lifetime maximum of \$3,000	Virginia Department of Social Services, www.dss.virginia.gov
State Scholarship Program	Virginia Tech students only	Financial need	Up to tuition	Virginia Tech (404-293-4300)
State Scholarship Program	VMU, Virginia Tech, Mary Baldwin College	Financial need	Varies based on available funding	College program office or financial aid office
VCOT Civil Engineering Scholarship Program	VCOT Civil Engineering students only	Financial need	\$3,000 stipend for fall and spring semesters, paid summer internship	VCOT Civil Engineering, www.vcot.org
Virginia National Guard Scholarship	Participating Virginia colleges	Financial need	Varies based on need, up to \$3,000 per year for tuition and fees	Department of Military Affairs, www.dma.virginia.gov

Federal Student Aid  
An OFFICE of the U.S. DEPARTMENT of EDUCATION

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the AMERICAN MIND®

FAFSA®  
Free Application for Federal Student Aid

[Home](#)
[About Us](#)
[FSA ID](#)
[StudentAid.gov](#)
[Help](#)

[English](#)
[Español](#)

## Get help paying for college

Submit a Free Application for Federal Student Aid (FAFSA)

### New to the FAFSA?

**Start A New FAFSA**

### Returning User?

- Make a correction
- Add a school
- View your Student Aid Report (SAR), and more...

**Login**

*Opportunities* magazine

College Board

[https://bigfuture.collegeboa](https://bigfuture.collegeboard.org/pay-for-college)

[rd.org/pay-for-college](https://bigfuture.collegeboard.org/pay-for-college)

Scholarship sites

FAFSA – <https://fafsa.ed.gov/>

Family Finances/Saving

Guidance Office/Newsletter

## BigFuture®

Get Started • Find Colleges • Explore Careers • Pay for College • Get In • Make a Plan

### Financial aid can help you afford college.

There's money out there to help you pay for college. Follow these steps to find it.

[See the 5 steps](#)

How to apply for aid

How to pay for college

Understand college costs

Search for scholarships

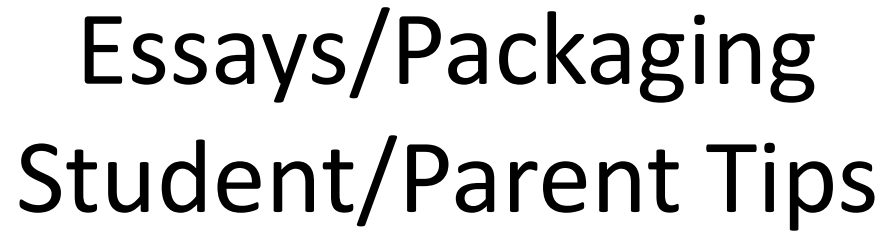
Learn about loans

Get an estimate of your actual college costs:

What should parents know?

Helpful tools and calculators

Not sure where to start?



- Essays/Resumes/Interviews/Showcasing Self – Can start process now and in classes/Heighten Awareness – Do more in summer
- Student/Parent Collaboration Hints – Schedule Planning Meetings – Set Deadlines – Stagger Approach

## Wrap Up: What do they Want?

.....

### Characteristics Colleges Weigh the Most

- Content of the Transcript
- Most rigorous curriculum/workload that can be mastered (A's and B's) in the five core subjects
- Standardized Test Scores
- Extracurricular Activities/Special Talents: athletics, clubs, leadership roles, etc.
- Other: demographics, legacy, etc.





- **Junior grades are very influential**
- **Now is the time to develop a list of potential career directions and target schools – drill down**
- **This spring is the time to visit schools**
- **Decide when to take the ACT or SAT and study for it**
- **Schedule a time to talk to each other – this is a stressful time and a time of transition**
- **Realize there can always be a Plan B and there is a school out there that can be a good fit**





# Questions?