



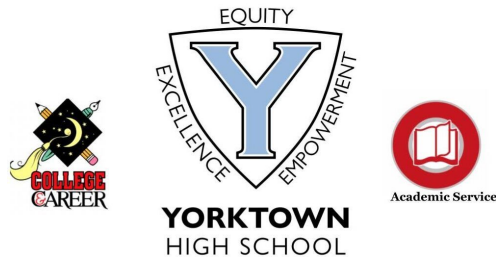
Junior Night

Post Secondary Planning for the Class of 2026

Ms. Kroeger



Ms. Daniels



Counseling

Meet your School Counselors

Ms. Panzenhagen



Ms. Rochard



Mr. Espinoza





TONIGHT

- Post High School Options
- Career and College Search
- Admission Paths
- Testing
- Transcripts and Rec Letters
- FAQs for Admission Reps

Meet our Admissions Panel



Emma Pace
Assistant Director of Admission
Butler University



Morgan Cahill
Admissions Counselor
George Mason University



Brooke Willett
Senior Admissions Counselor
University of Vermont



Justine Worthington
Senior Assistant Director
The George Washington University

Post-Secondary Options

- College/University
 - Community College (2-year)
 - University (4-year/graduate)
 - Military Service
-
- Trade School/Apprenticeship Programs
 - NOVA
 - Shipbuilding
 - Gap Year
 - Working

Community College

NOVA (Northern Virginia Community College)

- Career Certificates (WorkForce)
- Associates Degrees
- Uniform Certificate of General Studies (UCGS)

Military & ROTC

- High School Diploma
- Commitment of 4-6 years
- Armed Service Vocational Aptitude Test required
- Must be at least 17 years of age and pass medical screening
- ROTC programs at many colleges

Trade Schools & Apprenticeships

- The Apprentice School/Huntington Ingalls
- Baltimore-DC Metro Building and Construction Trades
- Naval Sea Systems Command
- NOVA Community College programs

Gap Year

- Teaching
- Volunteering
- Work/Study
- Online Programs

Resources: www.gooverseas.com
www.gapyearassociation.org

Directly To Work



Virginia Workforce Connection (VAWC)



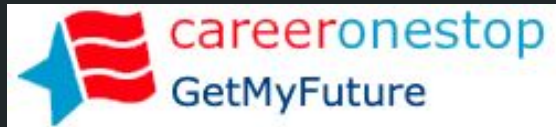
Department Of
Labor And Industry



College/Career Search Tools



- Self-Discovery
- Explore Careers
- SuperMatch
- Scattergrams
- Advanced Searches



College Admission Paths

- Early Decision (binding)
- Early Action (non-binding)
- Regular Decision
- Rolling- no specific deadline,
decisions are made continuously

College testing info & updates as of now

- If you haven't taken the SAT/ACT and want to, remember to register. This is done separate from counseling, we have no ability to register you for SAT/ ACT. You do this on the College Board or ACT website.
- Some schools are **test optional**, which means schools will consider SAT or ACT test scores if they are submitted, but will only consider other factors if the score is not submitted.
- Occasionally schools are **test blind**, which means that do not consider scores at all in the admissions process.



NEXT SAT TEST DATES	REGISTRATION DEADLINES
MAY 3, 2025	APRIL 18, 2025
JUNE 7, 2025	MAY 27, 2025
AUG 23, SEPT 13, OCT 4	



NEXT ACT TEST DATES	REGISTRATION DEADLINES
JUNE 14, 2025	MAY 9, 2025
JULY 12, 2025	JUNE 6, 2025
SEPT 6, 2025	AUG 1, 2025

Transcripts

Southern Assoc. for Schools & Colleges***		D+	BELOW AVG	1.5	2.5
		D	BELOW AVG	1	2
		E	FAILURE	0	0

SS-: Summer School Courses

☐ No ☒ Yes

SAT Highest Combined Score:	ACT Composite Score:
Please use test scores provided by student from testing organization.	

- Juniors will receive a copy of their transcript from their counselor when they meet for academic advising
- You can also review all of your grades in StudentVue→Course History
- If you retook a class at any point during high school, the original class and grade remains on the transcript, but GPA is recalculated
- If you want middle school grades removed from your transcript, you must do that before summer break
 - Counselors cannot calculate hypothetical GPAs!
- Your transcript will have your official SAT/ACT scores on it. You can remove them with the form found on our website

Recommendation Letters



- Many colleges require a counselor letter of recommendation and/or a teacher recommendation
- Insight Sheets are required in order for your counselor to write a recommendation letter- submit to your counselor via email or share as a google document by the end of the school year!
- Parents can also complete an insight sheet.
- Students should consider asking two teachers they want to ask for a recommendation from and make that request before the summer. Please complete the classroom insight sheet for teachers.

Where can I find the Counseling Forms?

Home » Counseling Department

Counseling Department



Welcome to Counseling!

Vision Statements :

To empower all students to become successful emotionally, socially, and academically.

Mission Statement:

Building off of our diverse community, we believe that we need to educate the whole student and help all students become lifelong learners and citizens in the global community. We believe in working as a team to help equitably meet all

COUNSELING DEPARTMENT

COUNSELING SERVICES

Forms

Calendar of Events

COLLEGE & CAREER SERVICES

Where can I find the Counseling Forms?



- [YHS academic planning form](#)– This document can be used in yearly planning with your student. Counselor may use this, the graduation checklist \ or the Naviance Planner in their conversations
- [Graduation Checklist](#)– use this form to confirm you have credits you need to graduate, or you're at least well on your way!

Junior Forms:

- [11th Grade College Planning Checklist](#)– Month by month checklist to prepare for the college admissions process

Senior Forms:

*The **Insight** * forms will be used as a tool see what is not evident to the average person, it stresses accuracy and goes beyond what is obvious or superficial.*

- [Parent Insight Form](#) *(Fillable Word Doc) or [PDF](#) Parents are strongly encouraged to fill out and return this form to their student's counselor via email. Doing so assists the counselor in writing a stronger recommendation letter with a more personalized tone. You will need to email this form to your student's counselor before recommendations are requested.
- [Student Insight Form](#) *(Fillable Word Doc), [Google Doc](#) or [PDF](#) – Students are required to fill out and turn in this form to their counselor to have a recommendation letter written for colleges. Information will assist them in highlighting your extracurricular activities, interests and career goals to complete your college application. Students need to email this form to their counselor when they request a recommendation letter. *(Students only can access google doc when logged into their browser with APS Login)*
- [Classroom Insight Form](#) *(Fillable Word Doc) or [PDF](#) Use this form after speaking directly to the teacher who has agreed to write your recommendation. Fill it out and send it to the teacher completing the recommendation. Then, add teacher requests into your Naviance Account.
- [REQUEST recommendation letter & Transcript for college applications from Counseling](#)
- **Transcript Requests** for **FORMER** students; obtain their transcript through [Parchment](#) for a small fee.
- [Activities Sheet](#)– YHS students can use this sample to create their own.
- [Elimination of Middle School Grades Form](#)– this form is due by **June 15 of Junior year**.
- [Standardized Test Score Removal Form](#)

Forms

Calendar of Events

COLLEGE & CAREER SERVICES

ACADEMIC PLANNING



Substance Abuse Prevention

To Do:

- ❑ Begin researching your future career and colleges- we will discuss this in more detail tonight!
- ❑ Prepare and Register for SAT/ACT if you plan to take it
- ❑ Complete your counselor insight form and share with your counselor by the end of the school year
- ❑ Speak with teachers for recommendations and complete the “Classroom Insight Form”
- ❑ Submit form to remove middle school grades by **June 1st**.
- ❑ Complete the form to remove your SAT/ACT scores from your transcript if you don't want it displayed
- ❑ Next week, students will review this information with counselors and receive a copy of the junior checklist, middle school grade removal form, and SAT/ACT score removal form



Questions for Admission Reps

1. How should students start their college search?



Questions for Admission Reps

2. How to find a school that is a good academic, social, and financial “fit?”



Questions for Admission Reps

3. How does a student decide which admission path is best (Early Decision, Early Action, Regular Decision)? Does applying early increase the likelihood of acceptance?



Questions for Admission Reps

4. What are the most important factors that you consider when evaluating applicants?



Questions for Admission Reps

5. What are you looking for in a counselor LoR vs. a teacher LoR?



Questions for Admission Reps

6. What role does the essay/personal statement play in admissions decisions?



Questions for Admission Reps

7. How many AP classes should a student take in high school?



Questions for Admission Reps

8. What's the best way to support my student through the college application process?



Questions for Admission Reps

9. What's your view of a senior taking a "flex period" (free period) vs. taking a class that may not be academic?



Junior Night

THANK YOU FOR JOINING US