Junior Career and College Readiness Program

- Welcome
- Requirements
- Career and College Binder
- Important Information & Tips
- Available Resources
Career and College Readiness pre-test

**Naviance** login instructions:

- Go to: [Connection.naviance.com/nqhs](http://Connection.naviance.com/nqhs)
- Enter username (usually email address) and password
- Click on the “**ABOUT ME**” tab
- Click on “**DDM Junior pre-test**”
- Begin assessment
Scheduling

- Scheduling for senior courses starts Monday, March 17
- Course Selection will be done on Aspen X2
- Teachers will make online course recommendations
- Students and families will review and ACCEPT the recommendations or add a comment for the counselor with the course they would prefer
- Your guidance counselor will meet with you to review your choices
NQHS Graduation Requirements

<table>
<thead>
<tr>
<th>Course</th>
<th>NQHS</th>
<th>4 Year College</th>
</tr>
</thead>
<tbody>
<tr>
<td>English</td>
<td>4</td>
<td>4</td>
</tr>
<tr>
<td>Social Studies</td>
<td>4</td>
<td>2</td>
</tr>
<tr>
<td>Math</td>
<td>3</td>
<td>3 – 4 (Alg 1, Geo, Alg 2)</td>
</tr>
<tr>
<td>Science</td>
<td>3</td>
<td>3 (2 years lab science)</td>
</tr>
<tr>
<td>Foreign Language</td>
<td>2</td>
<td>2 – 3 (Same language)</td>
</tr>
<tr>
<td>Physical Education</td>
<td>4</td>
<td>-</td>
</tr>
</tbody>
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*Must pass MCAS to graduate from high school
ELA: 240 +
Math: 240 +
Science: 220+

**For questions regarding community service requirements see Ms. Ginty in the Gymnasium
Post-Graduate Planning

- Explore your options:
  - 4 Year College/University
  - 2 Year College
  - Technical/Trade School
  - Prep School/Post-Graduate Programs
  - Military
  - Workforce
2-Year Colleges and Career Education/Trade Schools

- Most 2-year colleges (Associate Degree) require a minimum of a high school diploma or a GED
- Some do not require SAT/ACT scores
- Less expensive than four-year colleges
- Prepare you for transferring to a 4-year college
- Offer short-term (9 mo to 2 yrs) certificate programs
- Assist you in preparing for a career
UMass and State University
Minimum Admission Standards

Freshman Applicants to any of the UMass or State University schools must meet the following admissions standards:

• Have the 16 required academic courses (units).
• Have the minimum required grade point average (GPA) earned in *college preparatory courses* completed at the time of application.
• Submit an SAT or ACT score (SAT scores are waived if you receive Chapter 766 services/special education).
• For freshman applicants with GPAs below 3.0, admissions uses a sliding scale with SAT scores.
Upcoming Field Trips for Juniors

- Universal Technical Institute (UTI) on Wednesday March 12th
- Rhode Island College on Friday April 11th
- UMass Lowell on Friday May 2nd
- Ben Franklin Institute- Wednesday April 16th

- Students can only attend one field trip.
- Students will take a campus tour, attend an information session and eat lunch on campus.
- Sign up on Naviance and get the permission slip from Mrs. Donovan.
Binder Time!
What tests do I need to take?

**ACT/SAT** is required for most 4 year colleges/universities and some 2 year colleges

Test dates (deadlines):
- **ACT**: April 12 (March 7); June 14 (May 9)
- **SAT**: May 3 (April 4); June 7 (May 9)

The **SAT Subject Tests** should be taken by any student who expects to apply to a **4-year selective private** college or university. (*UMass and State Universities do not require the SAT Subject Tests. If you take ACT with Writing you will not need Subject Tests*)

**TOEFL** may be required for students whose first language is not English

**How to Prepare:**
- Online sources or test websites
- Prep courses → *SAT Prep Winter School Course*
- Prep Books (Available for purchase or at the local library)
- Registration information and study guides are accessible on-line
Checklists and Calendars

- Research colleges and post-graduate options
- Ask two teachers for letters of recommendation
- Make an appointment with your Guidance Counselor junior year to discuss options
- Meet early & often with your counselor senior year
- Register for the SAT/ACT/TOEFL
- Visit colleges during April and Summer vacation
- Attend local Career and College Fairs
  - QPS College Fair – October 2014 @ QHS
Applying Early Action or Early Decision

- **Early Action**
  - Application usually due Nov. 1; decision by mid-December
  - Non-binding
  - “Restrictive Early Action” → only apply to one school early

- **Early Decision**
  - Application usually due Nov. 1; decision by mid-December
  - Binding → Agree to attend College if accepted
College Application Essay

- Start brainstorming Essay topics now
- Ask an English teacher to proofread
- Sign up with the guidance secretary for one-on-one help with an essay tutor
Letters of Recommendation

- Ask two teachers/advisors from Junior or Senior Year EARLY
- Fill out Recommendation Request Form for your counselor and teachers
- Some teachers require a resume
- Remember to give them a Thank You note afterwards
Resume Writing Tips

- Keep it to one page
- Include academic achievements, work and volunteer experiences, extracurricular activities, and any special skills or accomplishments since 9th grade
- Need help? Ask Mrs. Courtney in the Career Center
Interviewing Tips

- Prepare and practice – See College Interview Questions sheet in binder
- Dress to Impress!
- Remember to send a Thank You note afterwards
- Interviews are optional, not required, for many colleges
- On-The-Spot interviews with some local colleges offered throughout senior year
  - Receive an admissions decision on that day!
Financial Aid and Scholarships

- FAFSA (After January 1\textsuperscript{st})
- CSS Profile
- Scholarships applications will be posted in the Guidance Office and on Naviance during your senior year
My College Applications

• Each college/university is unique!
• Make sure you keep track of each individual admissions requirements (Essays, Standardized Tests, Letters of Recommendations)
• Take special note of 2 year vs 4 year college admission requirements
Typical 4 Year College Admission Criteria

- Courses taken and grades achieved
- Grade point average (GPA)
- Rank-in-class
- Standardized Test Scores (ACT/SAT/TOEFL)
- Counselor & teacher recommendations
- Application questions and essays
- Major/college applied to
- Extracurricular Activities (Sports & Clubs)
- Community Service
- Personal interview
- Special talents, skills, and interests
- Ethnic status
- Alumni relationship
- Geographic location
Helpful Resources

- Colleges & Careers
  - Naviance  [www.connection.naviance.com/nqhs](http://www.connection.naviance.com/nqhs)
  - Media Center
  - Local library
  - Big Future  [https://bigfuture.collegeboard.org](https://bigfuture.collegeboard.org)
  - Career Center  (room 216 with Mrs. Courtney)
  - MA Career Information System  [www.masscis.intocareers.org](http://www.masscis.intocareers.org)

- Financial Aid
  - ASA College Planning  in the Boston Public Library at Copley Square
  - FAFSA  [www.fafsa.ed.gov](http://www.fafsa.ed.gov)
Now What?

- Explore ALL of your options
- Discuss plans with your family
- Talk to your Guidance Counselor!
- Log on to and explore Naviance: www.connection.naviance.com/nqhs
- Ask LOTS of questions
Career and College Readiness post-test

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