

## Prioritize Mental & Emotional Health

- It's ok to not know what you want to do with the rest of your life, this is just planning for the next step
- Try not to listen to others tell you discouraging stories about college, the truth is they don't have all the answers and/or information
- There is a college for everyone, keep yourself open to new experiences and opportunities
- If you feel confused or alone, try talking to a parent, loved one, or counselor for help or advice

## PSAT

- Typically offered on campus in October
- Results come out in December through College Board
- 11 grade PSAT scores can offer certain scholarships such as National Merit
- Free PSAT Test Prep:
  - <https://www.kaptest.com/psat/free/psat-practice>

## Attend & View the Road to College Series with Counselors

- Meets multiple times throughout the year
- Present to Juniors during lunchtime & videos on the website
- Information about the college process and financial aid

## Start a List of Schools of which to Apply

- Pay attention to what programs they offer
- Choose no less than 5 schools to apply
- Be sure to choose safe schools as well as reach schools and leave options open

Make a list spreadsheet of application requirements paying attention to the following:

1. Application deadline
2. Scholarship deadline
3. Audition deadline
4. Portfolio deadline
5. Are test scores required?
6. Are letters of rec required?
7. Is a resume required or optional?

## Start Talking Finances

It's important to have an idea of what finances look like for a realistic expectation of what colleges to focus on

Start by speaking with parents/guardians about what your financial need is and look for schools that will work for you.

## Use Your Summer

Determine how you can use your summers to grow

- Visit campuses
- Create a Common App Account
- Update your resume
- Start your essays
- Create a spreadsheet of schools/deadlines/requirements
- Prepare for auditions
- Prepare for portfolio
- Prepare for interviews

## Elective Waivers for your GPA

- Don't miss out on the opportunity to select an "Elective waiver" to remove up to 2.0 full credits for your GPA
- Our Registrar, Mr. McCommis, will email students and parents about this opportunity each semester and the deadline to request.

## Academics are still Important

- Grades and attendance still matter
- Check grades on Power School weekly
- Check Week at a Glance weekly
- Attend tutorials if needed
- Always check in teacher if you missed a class to see about any missing work or tests

## Stay Involved

- Try a leadership position in a club
- Start mentoring younger students
- Stay committed

- Update your **resume** by writing down your involvement for the last 3 years,

## Course Selection Process

- Every spring students will receive an updated copy of their unofficial transcript
- Students and parents will learn about the courses being offered/ required for the next school year
- Counselors meet with students one on one to discuss graduation requirements and help students choose course requests

## SAT/ ACT

- All HSPVA Juniors will take the SAT on campus the Spring of Junior year and do not need to register
- Students who want to take the ACT can register and sign up at ACT.org
- Students who want to take the SAT more than once can sign up at CollegeBoard.org
  - \*note\* students must use the College Board account they already have from their PSAT and not make a new account

## Ask for Letters of Recommendation

Many colleges will require students to submit two or more letters of recommendation from teachers as part of your college application requirements.

**Before you leave for the summer:**

**Ask two academic teachers and one art teacher if they will commit to writing your letter of recommendation your senior year**

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