

COLD SPRING HARBOR HIGH SCHOOL College Kick-Off:

Grade 11 Steps for Successful College Planning

Presented by: CSH Counseling Center
December 8, 2021





AGENDA

1. Exploring College Options: The Right Fit

- ❖ What are you looking for and what are colleges looking for

2. Components of the Application

- ❖ Putting it all together

3. Steps and Timeline

- ❖ What to do when

4. Resources

- ❖ Who, what and where



COLLEGES ATTENDED by CSH GRADUATES

2021

Amherst College
Auburn University
Bates College
Binghamton University
Boston College
Bucknell University
Chapman University
Coastal Carolina University
College of Charleston
Cornell University
CUNY City College
Drexel University
Duke University
Elon University
Endicott College
Fairfield University
Florida Atlantic University
Franklin and Marshall College
George Washington University
Georgetown University
Hamilton College
Indiana University
Ithaca College
Middlebury College
New York University

Northeastern University
Ohio State University
Pennsylvania College of Technology
Pennsylvania State University
Pratt Institute
Providence College
Purdue University
Roanoke College
Saint John Fisher College
Sarah Lawrence College
Southern Methodist University
Stevens Institute of Technology
Stony Brook University
Suffolk County Community College
SUNY Albany
SUNY Buffalo State
SUNY at New Paltz
SUNY College at Geneseo
Syracuse University
The New School
Tompkins Cortland Community College
Tufts University
Tulane University of Louisiana
U.S. Naval Academy
Utica College

University of:

Arizona
Buffalo
California: Berkeley, San Diego,
Santa Barbara
Chicago
Colorado
Connecticut
Delaware
Florida
Illinois
Maryland
Miami
Michigan
North Carolina
Notre Dame
Pennsylvania
Rhode Island
Richmond
South Carolina
Southern California
Tampa
Texas
Virginia
Wisconsin
Villanova University
Washington University in St Louis
Yale University



Junior College Planning

Every student in grade 11 will participate in classroom sessions with counselors prior to individual planning sessions with counselor and parents

Counselor Classroom Sessions

Part I and II (December)

Introduction to the college exploration process

- ☐ Qualities to consider when exploring college options
- ☐ Things students/families should consider
- ☐ How colleges evaluate students
- ☐ Planning for college testing

Counselor Classroom Sessions

Part III (early January)

Putting it all together

- ☐ College majors, interests, and extracurriculars
- ☐ Development of a college list
- ☐ The Junior Bio and next steps



Junior Bio & Junior Conference



Junior Bio completion is *required* before a Junior Conference can be scheduled with your counselor

Junior Bio

- **Provides** detailed information about the student so the counselor can...
 - **Help** the student identify potential colleges
 - **Educate** the student on majors/concentrations
 - **Write** the student's letter of recommendation

Junior Conference

- **Individualized** meeting for student and parents to discuss how the college application process applies directly to you. We discuss many topics, some of which include:
 - College **entrance exam** schedule
 - College **majors, interests, and extracurriculars**
 - Feedback from the completed **Junior Bio**
 - Personal approach to **selecting colleges**
 - Development of a **college list**

****Your Junior Bio must be completed by March 1 to guarantee a Spring Junior Conference with your counselor****

Understanding College Clusters



All (except one) are
very large state
schools

Mostly in the Midwest

Spirited college towns

Strong academic
reputation



Small New England
schools

Liberal Arts

DIII Athletics

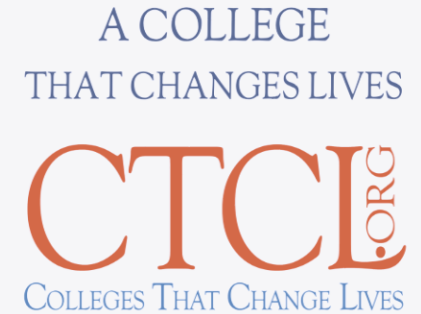
Often referred to as,
"Baby Ivy"



Strong academic
reputation

Very high 4-year
Graduation Rate

Meets almost all
demonstrated
financial need



"Hidden Gems"

Smaller in size

Liberal arts

Academic focus on
undergraduate
students

THE EVOLUTION OF YOUR COLLEGE LIST

Your GPA and test scores are...

2-3
Schools

Likely

...well above their criteria
(60%-100% Acceptance Rate)

3-5
Schools

Target

...at or around their criteria
(30-60% Acceptance Rate)

3-4
Schools

Reach

...below their criteria
(5%-30% Acceptance Rate)

REACH schools also include highly selective schools where **ALL** applicants meet the standard criteria (e.g. Harvard, MIT, Duke, etc.)

STUDENTS: WHICH COLLEGE ADMISSION PROCESS BEST *SUITS* YOU?

Regular Decision

DEFINITION:

Students submit an application by a specified date and receive a decision in a clearly stated period of time.

COMMITMENT:

NON-BINDING

Rolling Admission

DEFINITION:

Institutions review applications as they are submitted and render admission decisions throughout the admission cycle.

COMMITMENT:

NON-BINDING

Early Action (EA)

DEFINITION:

Students apply early and receive a decision well in advance of the institution's regular response date.

COMMITMENT:

NON-BINDING

Early Decision (ED)

DEFINITION:

Students make a commitment to a first-choice institution where, if admitted they definitely will enroll and withdraw all other applications. The application deadline and decision deadline occur early.

COMMITMENT:

BINDING

Restrictive Early Action (REA)

DEFINITION:

Students apply to an institution of preference and receive a decision early. They may be restricted from applying ED or EA or REA to other institutions. If offered enrollment, they have until May 1 to confirm.

COMMITMENT:

NON-BINDING

Students are not restricted from applying to other institutions and have until May 1 to consider their options and confirm enrollment.

Students are responsible for determining and following restrictions.



UNDERGRADUATE ADMISSIONS

Colleges will prioritize these elements differently, but most schools are considering the following for admission:

- *Courses taken and grades earned*
- Grades in specific courses
- Course rigor
- Weighted and Unweighted GPA
- SAT/ACT Scores
- Leadership qualities, extracurriculars, and special interests
- Community engagement
- Letters of recommendation
- College essay
- Demonstrated interest
- Audition (if applicable)
- Interview (only some colleges conduct interviews)

Components of the Application

- ❖ High School Transcript
- ❖ Letters of Recommendation
 - ❖ Counselor Letter
 - ❖ Two (2) Teachers
- ❖ Personal Statement/Essay
- ❖ Activity Resume
- ❖ Standardized Testing



How Do Colleges Review Transcripts?

❖ Courses Taken

- ❖ Level of Rigor
- ❖ Courses Taken vs. Offered
- ❖ Senior Year Course Selections

❖ Grades Earned

- ❖ Individual course grades vs. GPA
- ❖ Academic Growth
- ❖ Three-year cumulative GPA
- ❖ Mid-Year Grades (senior year)

❖ Trends

- ❖ Consistent Achievement?
- ❖ Upward Trend?
 - ❖ Increased Rigor/Increased Performance



Sample Transcript



Courses taken

Final grades earned

Credit earned

Honor societies

Weighted and unweighted GPA

Course		Grade	Credit Earned	Profile																																												
Year: 2017 - 2018				MARKING SYSTEM: Marks for all subjects, except pass/fail and Physical Education courses are used in computing a student's cumulative grade point average at the end of the 11th grade or in the event that a student repeats a course, only the higher grade is used in calculating the student's average. All Honors and Advanced Placement courses are weighted by multiplying the letter grade equivalent by a 1.1 factor. Accelerated/Enriched courses are not weighted.																																												
BIOLOGY REGENTS ACCELERATED		A-	1.00																																													
FRENCH 1		A-	1.00																																													
Credits Earned:		2.00																																														
Year: 2018 - 2019																																																
ALGEBRA I REGENTS		B+	1.00	<table><tr><th>Letter Grade</th><th>Numerical Equivalent</th><th>Grade Point Range</th></tr><tr><td>A</td><td>93-100</td><td>3.8-4.0</td></tr><tr><td>A-</td><td>90-92</td><td>3.5-3.7</td></tr><tr><td>B+</td><td>87-89</td><td>3.2-3.4</td></tr><tr><td>B</td><td>83-86</td><td>2.8-3.1</td></tr><tr><td>B-</td><td>80-82</td><td>2.5-2.7</td></tr><tr><td>C+</td><td>77-79</td><td>2.2-2.4</td></tr><tr><td>C</td><td>73-76</td><td>1.8-2.1</td></tr><tr><td>C-</td><td>70-72</td><td>1.5-1.7</td></tr><tr><td>D+</td><td>67-69</td><td>1.2-1.4</td></tr><tr><td>D</td><td>65-66</td><td>1.0-1.1</td></tr><tr><td>F</td><td>Below 65</td><td>0</td></tr></table>			Letter Grade	Numerical Equivalent	Grade Point Range	A	93-100	3.8-4.0	A-	90-92	3.5-3.7	B+	87-89	3.2-3.4	B	83-86	2.8-3.1	B-	80-82	2.5-2.7	C+	77-79	2.2-2.4	C	73-76	1.8-2.1	C-	70-72	1.5-1.7	D+	67-69	1.2-1.4	D	65-66	1.0-1.1	F	Below 65	0						
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ENGLISH 9 REGENTS		A	1.00																																													
FRENCH 2 HONORS		B+	1.00																																													
GLOBAL HISTORY & GEOGRAPHY I REGENTS		A	1.00																																													
MYSTERIES IN HISTORY		A	0.50																																													
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AP US GOVERNMENT AND POLITICS			0.00																																													
INTRO TO COLLEGE ENGLISH: NEWS			0.00																																													
INTRODUCTION TO COLLEGE ENGLISH FALL			0.00																																													
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PRECALCULUS			0.00																																													
WIND ENSEMBLE 9-12			0.00																																													
Credits Earned:		0.00																																														
Total Credits Earned:		23.50																																														

Regents exam scores

LETTERS OF RECOMMENDATION

Counselor Letter of Recommendation

- ❖ Summary of the school years
 - ❖ Academic overview
 - ❖ Activities and interests
 - ❖ Strengths and achievements
 - ❖ Presents the whole student

Teacher Letters of Recommendation

Two (2) Teacher Letters

- ❖ Summary of the classroom experience
 - ❖ Approach to the content
 - ❖ Attitude toward learning
 - ❖ Response to challenging material
 - ❖ Engagement in learning

THE COLLEGE ESSAY

- *SHOW*, don't TELL
- Start early and revise/rewrite
- Be authentic; use your own voice
- What do you want the reader to feel or learn about you?
- Will the reader know you better from your essay?



Common App Essay Prompts for 2021-2022

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

ACTIVITIES RESUME

How do you like to spend your time?

- ❖ Explore interests and develop talents
- ❖ Dedicate time to a cause
- ❖ Develop leadership skills
- ❖ Follow a passion
- ❖ Clubs, athletics, community service, family responsibilities, work, music/the arts, research, summer...



List according to level of importance to you



COLLEGE TESTING

WHEN?

- ❖ PSAT: Grades 10/11 (October)
- ❖ SAT and ACT: Grades 11 (Winter/Spring)/12 (Fall)

HOW?

- ❖ SAT: www.collegeboard.org
- ❖ ACT: www.actstudent.org

WHICH TEST(S)?

- ❖ Practice tests available
 - ❖ Free and accessible: Methodize (through Castle Learning account)

TEST OPTIONAL - COLLEGES?

- ❖ Many colleges are test optional
- ❖ Some colleges are test blind

www.fairtest.org

PSAT/NMSQT (National Merit Scholarship Qualifying Test)

SCORES AVAILABLE 12/7 – Score reports for students who took the October 2021 PSAT were released to students on Tuesday, December 7. Unique access codes were emailed to students. Students can also access their scores online via <https://studentscores.collegeboard.org>. If a student did not provide an email address on their PSAT answer sheet, or if the email address they provided is incorrect, they will not receive an email with their access code. Counselors can assist.

Offered at CSH to 10th and 11th Grade Students

◆ Only 11th grade students are eligible to participate in National Merit Scholarship Qualifying Test

Assess: Reading/Writing and Math (Score range: 320-1520)

◆ SAT score range: 400-1600 ◆ ACT score range: 1-36

Results provide insight into strengths and weakness

National Merit Scholarship Program

Nationally recognized program that identifies highest performing PSAT test takers

Must take exam in 11th Grade

Could lead to meaningful recognition or scholarship

SAT and ACT

- ◆ All colleges accept either SAT or ACT exam
- ◆ Many colleges are now test optional (some “test-flexible” and some “test-blind”)
www.fairtest.org
- ◆ SAT – www.collegeboard.org
Assess Evidence-based reading and writing, and math (Essay discontinued)
Each section out of 800 points
Often considered strategy based
- ◆ ACT – www.actstudent.org
Assess Math, English, Reading, Science, and Writing (Essay optional)
Each section out of 36 points, with a composite score representing the average of the four sections (Writing is excluded and scaled 2-12 points)
Often considered content based

SAT CALENDAR

Register at <http://collegeboard.org> – The Cold Spring Harbor code is: **331437**.

Information for students with disabilities: <http://sat.collegeboard.org/register/for-student-with-disabilities>.

TEST DATE	REGISTRATION DEADLINE*
August 28, 2021	July 30, 2021 Late registration August 17, 2021
October 2, 2021 (CSH)	September 3, 2021
November 6, 2021	October 8, 2021
December 4, 2021	November 4, 2021
March 12, 2022	February 11, 2022
May 7, 2022	April 8, 2022
June 4, 2022 (CSH)	May 5, 2022

ACT CALENDAR

Register at <http://www.actstudent.org/> - the Cold Spring Harbor code is: **331437**.

Information for students with disabilities: <http://www.actstudent.org/regist/disab/>.

TEST DATE	REGISTRATION DEADLINE*
September 11, 2021 (CSH)	August 6, 2021
October 23, 2021	September 17, 2021
December 11, 2021	November 5, 2021
February 12, 2022	January 7, 2022
April 2, 2022 (CSH)	February 25, 2022
June 11, 2022	May 6, 2022
July 16, 2022 (Not in NYS)	June 17, 2022

*Also denotes **least expensive** registration deadline.

TEST PREPARATION

Many available options



Methodize

- ◆ Available to all CSH HS students
- ◆ Sign in using Castle Learning Account
- ◆ Flexible: Use when time allows
- ◆ Diagnostic assessments for both SAT and ACT
- ◆ Practice tests for both SAT and ACT
- ◆ Systematic preparation program for both SAT and ACT



Full-length Tests

Get prepared for the ACT by taking one of our full-length tests. You will be timed and receive a score just like the real test.

[Get Started](#) ➔



Evaluation Tests

The evaluation tests are abridged versions of the test sections. After completing them, you will receive estimated section scores.

[Get Started](#) ➔



Resources

Browse all of the course resources including review packets, study guides, and helpful videos.

[Get Started](#) ➔



Vocabulary Builder

Improve your vocabulary by taking our vocabulary quiz. View words that you missed and work towards mastering them.

[Get Started](#) ➔



DEMONSTRATED INTEREST

As colleges receive more and more applications, many factor *demonstrated interest* into their admission decisions

How do colleges measure *demonstrated interest*?

- ❖ Did you meet with college rep who visited the high school?
- ❖ Did you interact with college rep at college fair?
- ❖ Did you visit the college (within 5 hours)?
- ❖ Have you accessed their correspondence (e.g., opened email messages?)
- ❖ Do you follow/engage with the college/rep on social media?
- ❖ Did you (student) contact the college rep with specific questions?





NAVIANCE

Provides college and career information

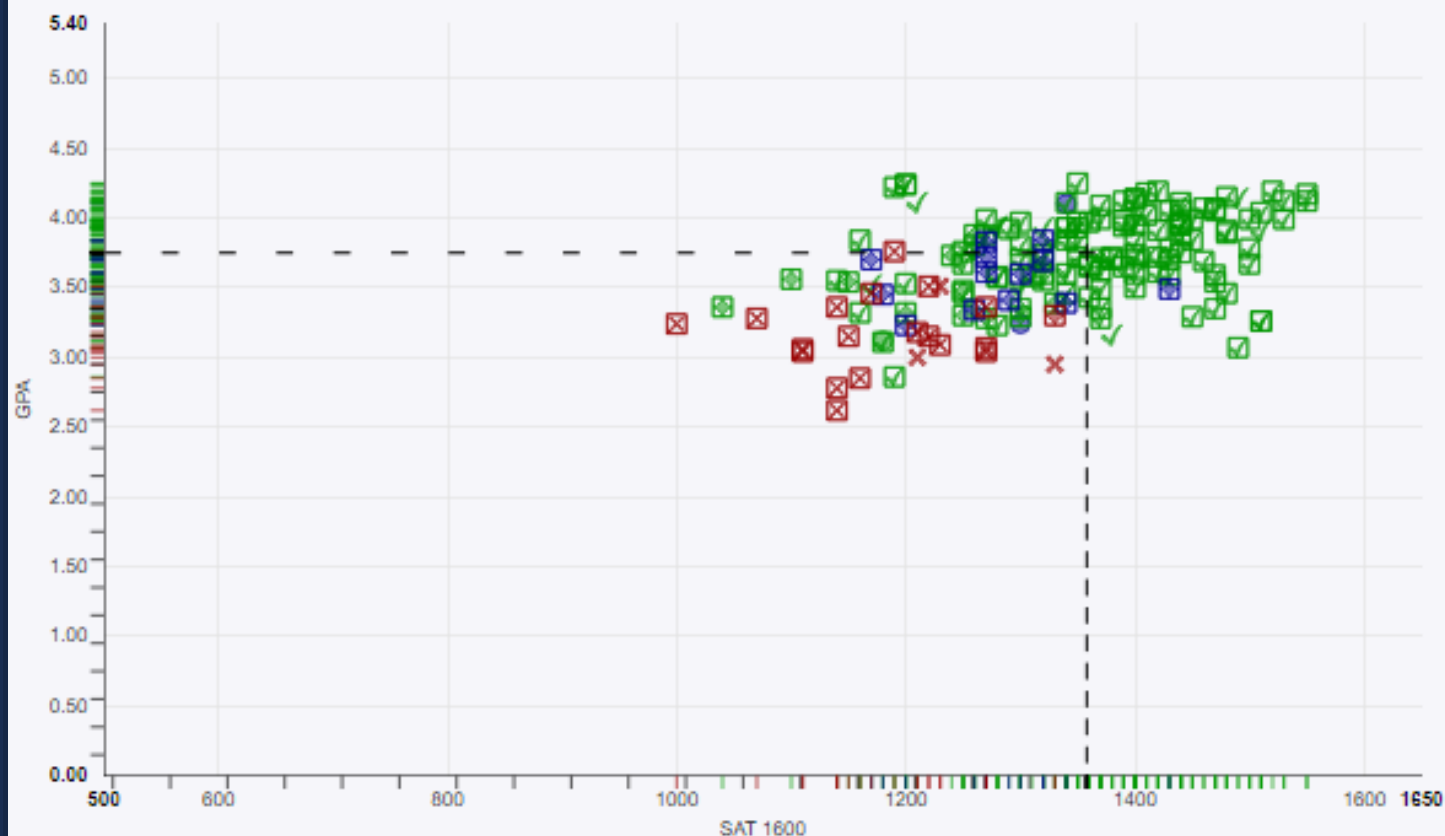
- Learn about careers
- Explore interests
- Explore colleges
- View comparison data for colleges
- Manage college application material
- View scholarship information

Allows for CSH Counseling Center to communicate easily. Email messages often sent through Naviance



Scattergrams | Applications for Cold Spring Harbor High School ¹

Comparing Weighted GPA with SAT (1600 Scale) ▼



Legend

● You

— Average GPA

| Average Score

Accepted

✓ Regular Decision

✓ Early Decision

✓ Early Action

Waitlisted/Accepted

● Regular Decision

● Early Decision

● Early Action

Waitlisted/Unknown

● Regular Decision

● Early Decision

● Early Action

Waitlisted/Denied

● Regular Decision

● Early Decision

● Early Action

Denied

✗ Regular Decision

✗ Early Decision

✗ Early Action

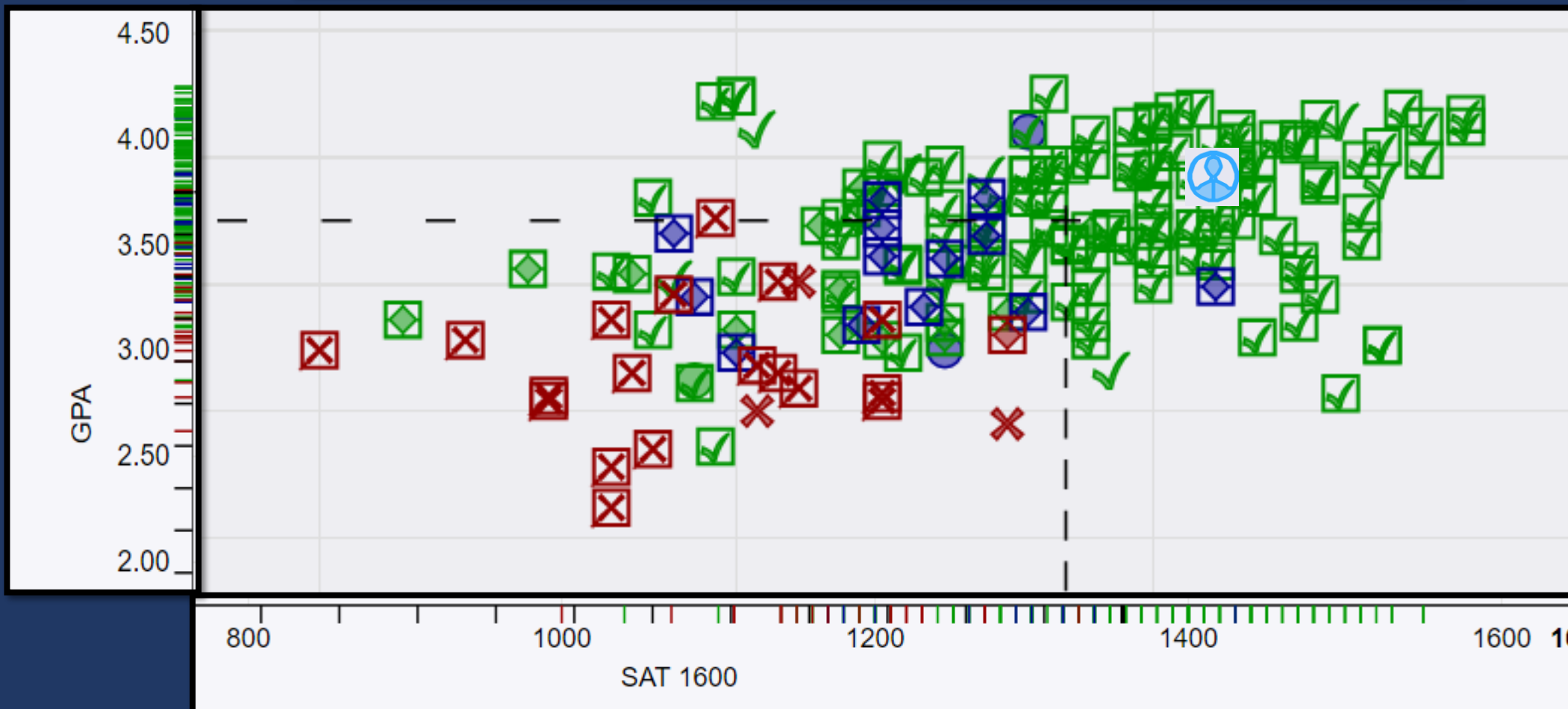
Click on legend icons or headers to hide each type or group in the scattergram. Doubleclick to reset zoom.



Legend
 You
 — Average GPA
 | Average Score

Accepted	Waitlisted/Accepted	Waitlisted/Unknown	Waitlisted/Denied	Denied
✓	●	●	●	✗
Regular Decision	Regular Decision	Regular Decision	Regular Decision	Regular Decision
✓ Early Decision	● Early Decision	● Early Decision	● Early Decision	✗ Early Decision
✓ Early Action	■ Early Action	■ Early Action	■ Early Action	✗ Early Action

Click on legend icons or headers to hide each type or group in the scattergram. Doubleclick to reset zoom.



Let's take a quick look at NAVIANCE

<https://succeed.naviance.com/main/dashboards/dashboard.php>

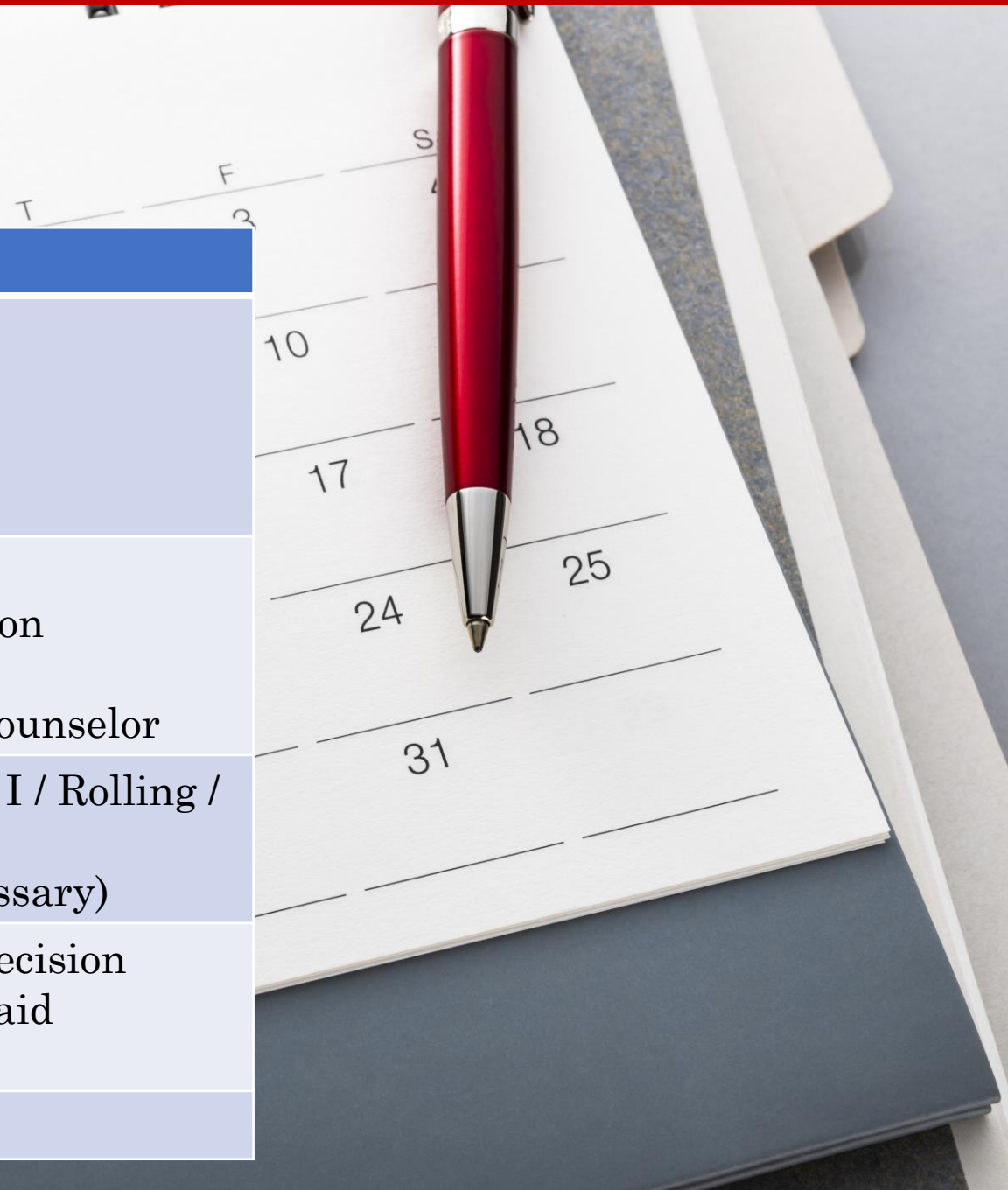
11th Grade Timeline

When	What
December 8	College Kickoff Night Event
December-February	Classroom Sessions: Counselors present Course Requests – Senior year matters!
Winter-Spring 11 th Grade	SATs/ACTs
February Break	College Visits – either live or virtual
March-May	Junior Conferences with Counselor (must have completed Junior Bio)
March 1	Junior Bio Deadline for Spring Junior Conference
April Break	College Visits – either live or virtual
May-June	Consider retaking SATs/ACTs
June	Ask teachers for Letters of Rec
Summer	<ul style="list-style-type: none">• Visit Colleges – either live or virtual• Draft Essay and Supplemental Essays for each college• Draft Resume (optional)• Refine college list• Work on CommonApp

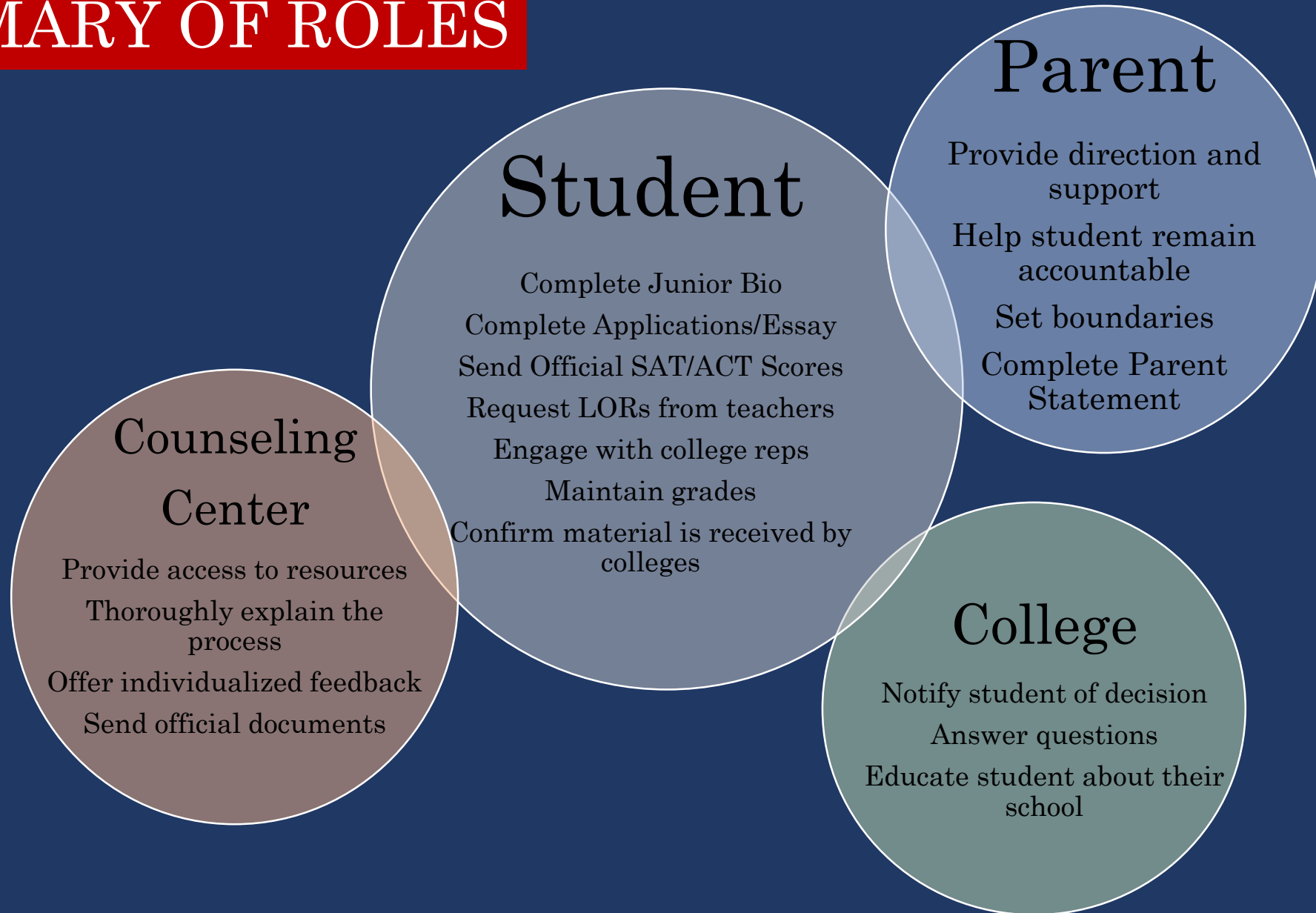


12th Grade Timeline

When	What
Summer 2022	<ul style="list-style-type: none">• Visit Colleges• Draft Essay• Draft Resume (optional)• Refine college list• Work on CommonApp
September 2022	<ul style="list-style-type: none">• Complete Applications• Attend 12th Grade College Application Workshop• Attend College App Meeting with Counselor
September-November 2022	<ul style="list-style-type: none">• Apply Early Action / Early Decision I / Rolling / Priority• Final re-takes for SAT/ACT (if necessary)
January – April 2023	<ul style="list-style-type: none">• Apply Early Decision II / Regular Decision• Application decisions and financial aid packages arrive
May 1, 2023	National Decision Day (deposits due)



STAKEHOLDERS: SUMMARY OF ROLES



Honor Rolls & Societies



- **Honor Roll (3.00 GPA) /High Honor Roll (3.66 GPA)**
- **National Honor Society – Ms. Segura / Ms. Georgiou**
 - 20 hours per year – community service
- **Tri-M Music Honor Society – Mr. Chiarello**
- **National French and Spanish Honor Society – Ms. Rivadeneyra**
- **Speech & Debate Honor Society – Ms. Glynn / Dr. Andrews**
- **International Thespian Honor Society – Mr. Beja**
- **Art Honor Society – Ms. Oswald**

SEE YOUR TEACHER FOR FURTHER QUESTIONS OR DETAILS!!!



Collegiate Athletics

- Core Course GPA – helps you track your NCAA GPA
[Clearinghousecalculator.org](https://clearinghousecalculator.org)
- NCAA Eligibility Center online
- *Standardized test scores – waiver for 2021-2022 and 2022-2023*
(Grades and SAT/ACT scores matter – but COVID waiver in place)
- Understand the recruiting process for your sport
- Talk to your coaches and counselor
- Register with the NCAA at the conclusion of 11th Grade

RESOURCES



ACT®

NAVIANCE

Counseling Center



FairTest

The National Center for Fair and Open Testing



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LOREN POPE

AUTHOR OF LOOKING BEYOND THE IVY LEAGUE

HILARY MASELL OSWALD

THANK YOU FOR ATTENDING!
QUESTIONS???

Mona Hecht
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