



Junior College Counseling at Trinity Prep

"Selective college admissions is a significantly formative event. That is, students learn many things about themselves and society during the college admission process; their attitudes and behaviors are shaped in significant ways. The process affords students the opportunity to confront fundamental social values and choices . . . and to learn about essential social institutions and society."

**Source: The Education Conservancy (www.educationconservancy.org)*

Studenthood and College Fit

Selection of a college requires a student to confidently analyze a variety of factors and personal preferences as he/she considers a myriad of choices in the pursuit of the best college fit. Trinity Prep's junior college counseling program is designed to assist students and parents - through good counsel and individualized support - in the selection of a college that will best match individual preferences.

Key components of the junior year program include:

- continuing self-analysis and more detailed investigation of colleges;
- completing various surveys, research, college essays and standardized testing;
- taking a close look at college applications and working on the initial steps for their completion.

All of these contribute to an exciting and enlightening college search and selection process, concluding with several "ideal" colleges matched to a student's needs and interests, schools where a student can create an atmosphere for success and happiness.

The College Search

A major key to a student's successful college search process is to know that both his/her counselor and parents will be encouraging and supportive through all phases of the search and selection. Years of working with juniors and their families have shown us that with patience and understanding, each student's search will conclude on a successful note in the senior year.

Naturally, the focus for each junior should be on a strong academic performance - for many students, the strongest in their high school careers - and on being invested in candid self analysis. These are linked to researching appropriate college choices as well as on communicating fully with his/her counselor and parents.



STEP ONE: One of the most important steps is for the student to know himself/herself. Under the guidance of the college counselors, juniors will build on self-analysis and college discovery activities from the freshman and sophomore years as they review their goals, abilities, needs, and preferences as a firm foundation for the college search. **Resources:** Juniors will be asked to complete several Naviance/Family Connection surveys and activities that focus on personality type, career exploration, and future plans. Students should also use ACT, College Board, and MyRoad web resources. Junior parents will also be asked to provide important information via Naviance/Family Connection online surveys.

STEP TWO: A junior's next step will center on researching and investigating colleges and universities, and the Naviance/Family Connection website (<https://connection.naviance.com/family-connection/auth/login/?hsid=trinityprep>) is a critical part of this process. Juniors and their parents should regularly access their accounts as they gather information about schools and consider appropriate choices. A Quicklink to Naviance can be found on the Trinity Prep website welcome page.

STEP THREE: Additionally, Trinity Prep provides a wide range of opportunities to aid each student in connecting with colleges that are the "right" fit. We suggest that each junior attend at least five (5) of our on-campus visits by college representatives; the visit schedule is posted on the Naviance/Family Connection site and publicized in the TPS daily announcements. Juniors and seniors are encouraged to sign up for these college meetings through their Naviance accounts, and they must have a teacher's permission to miss class for a meeting. This must be arranged at least 24 hours in advance of a meeting.

Juniors can make additional contacts and/or gather information through the following:

- the fall TPS College Night open to all TPS students and their parents;
- the spring Central Florida College Fair on the UCF campus, co-sponsored by the TPS College Counselors;
- Internet websites for various colleges and universities;
- publications in the College Resource Room (SRC 601).

HINT: Use a college comparison checklist to help weigh advantages and disadvantages among schools. We provide a sample checklist in our college handbook.

Getting Admitted to College

The most important factor in a college's review of an applicant is his/her high school academic performance, and the transcript is the official document that contains this information and is submitted to colleges in the senior year.

Colleges take note of your grades in core classes (as well as in all classes), the difficulty of your course selection, any trends in grades, and, in some cases, your grade point averages (unweighted and weighted).

The transcript is assessed with the aid of the School Profile, a document that describes our school, explains our grading policies and curriculum, and contains a cross section of summary testing and matriculation information.

Academic History

We encourage students to take the most challenging curriculum that is appropriate to their capabilities and with the goal of achieving success. College counselors are happy to consult with each student about his/her academic schedule. Trinity Prep provides an opportunity for each student to be challenged through its course offerings, but it is up to the student to do well.

Testing

Another important factor in the college admission review process is standardized testing. We suggest the following schedule for testing is best both for juniors and for counselors:

- PSAT - October
 - SAT - January
 - ACT Plus Writing - February or April
 - SAT Subject Tests - May or June
 - Repeat the SAT and the ACT Plus Writing - June
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- Trinity Prep registers each student for the PSAT. The school also registers students taking Advanced Placement courses for the appropriate exams. Students/parents are responsible for the student's SAT, SAT Subject Tests, and ACT Plus Writing registrations. Use www.collegeboard.org for the SAT and Subject Tests and www.actstudent.org for the ACT Plus Writing. It is most important to register well before the registration deadline.
 - Results of standardized testing will be used by many colleges and universities to validate your transcript and to project future academic success in your freshmen year of college. Remember, some colleges do not require standardized testing as part of the college application process, and you can investigate these on the Fair Test website (<http://www.fairtest.org/>) and consult with your college counselor regarding colleges that are test score optional.
 - **ADDITIONAL FACTORS:** Other college admission review factors may include a personal essay, involvement in extracurricular activities, various recommendations, and an interview. Students work on college essays and résumés during junior year, and students are encouraged to devote time in the summer and early in the senior year to polish these documents. Counselors advise juniors regarding teacher recommendations, and students are asked to complete these requests in the spring of the junior year.
 - **HINT:** Make positive impressions on your junior teachers; set goals in your classes and reach them.

The College List

In selecting colleges students are encouraged to first consider their own preferences, aptitudes, talents, and interests and then to research colleges for good matches. Remember to seek help from your counselor, but don't forget to ask for aid from your parents, teachers, friends, and college alumni. Being admitted to the college that is the right fit also includes the development of a sound list of colleges. The list may be lengthy during the junior year for investigation purposes, and students will gather information through the school year and summer.

Each student should leave for summer vacation with 10 to 15 schools of interest and narrow the list in the senior year to approximately six (6) to nine (9) colleges, all of which should be good matches and have a range of selectivity.

The list should include:

- One or two schools where most of the applicants either have records and scores better than yours or are classified as highly selective. Your chance of acceptance is 25% or less. These are called "**REACH**" schools.
- Two to four schools where your background and achievement record compare favorably with other applicants. Your chance of acceptance is at least 50%. These are called "**COMPETITIVE**" schools.
- Two schools, including one for cost, where your abilities and record are stronger than those of the majority of the applicants. Your chance of acceptance is at least 90%. These are called "**SAFETY**" schools.

Suggestions

Parents, we can use your help in the college process.

- Encourage your child to research schools; act as a sounding board during the research and visit process.
- Ask your child to create a personal timetable of junior-year college activities he or she can meet.
- Review our weekly College Counseling emails and updates with your junior.
- Consult with your college counselor if you have any concerns or questions.

Students, make time throughout the year for important college activities.

- Be aware of the published deadlines for the various college application components.
- Spend quality time on your college essays in junior year; writing well and writing often contributes to greater ease with this part of the college application process.
- Begin thinking about two junior year teachers who could be your teacher recommenders. During the second semester, you will receive instructions on completing the Naviance/Family Connection recommendation request forms.
- Devote time to the Naviance autobiographical narrative you complete this year; provide details in the narrative and candidly share your impressions. The narrative will form the basis of your counselor recommendation letter.
- Begin your search for scholarships; www.fastweb.com , <https://bigfuture.collegeboard.org/pay-for-college> , and colleges' financial aid website links are great resources.
- If you plan to participate in Division I or II college sports, complete your NCAA eligibility registration (www.eligibilitycenter.org). Check with your TPS coach and/or the TPS Assistant Athletic Director for more information regarding collegiate athletics as well as for information about the NCAA eligibility process.

Summer Before Senior Year

College admission officers look for students to be active during summer vacation. Students could be employed, attend summer school, travel, participate in athletic ventures, and/or volunteer in the community. Summer is a great time to try something new! Be sure to schedule "down" time to relax and recharge.

We also strongly suggest that each student:

- begin his/her college applications in earnest - by accessing electronic applications and revising college essays - to make the senior workload more manageable;
- visit colleges; register - as needed - for the September ACT Plus Writing and/or October SAT in the senior year.

Source:

***College Admissions: What Are Students Learning?." The Education Conservancy, 30 April 2008*
<<http://www.educationconservancy.org/research.html>>.

Counselor Contacts Junior Year

If you have questions in the fall concerning Junior College Counseling programs, please contact Lester Johnson who is coordinating the Trinity Prep Junior College Counseling Programming (johnsonl@trinityprep.org), 321.282.2575.

The College Counselor Match Process will take place in late fall of the junior year, and we anticipate mailing information/instructions to each family in mid to late October. Juniors and counselors will be matched in time for the November Junior College Day Program.

Once the counselor match process is finalized, you and your family will work with that counselor for the remainder of the junior year and senior year.

TPS College Counselors (for the Match Process)

Dr. Stephanie Dyrden, drydens@trinityprep.org, 321.282.2563

Lester Johnson, johnsonl@trinityprep.org, 321.282.2575

Daphne Olsen, olsend@trinityprep.org, 321.282.2601

Academic questions should be directed to

Patrick Mulloy, Director of Curriculum, at mulloyp@trinityprep.org or 321.282.2513

Personal counseling issues can be directed to

Chris Hempsted, Guidance Counselor, at hempstedc@trinityprep.org or 321.282.2541

Junior College Counseling Calendar

Summer

- Standardized testing recommendations and unofficial Trinity transcript mailed home.

August

- Class Day activities** (topics include academics, extra-curriculars/leadership, and the college process including a Naviance/Family Connection refresher)

- Check the Naviance list of **college meetings** -- continually updated in the fall -- and sign up for meetings of interest.

- Get caught up on recommended Naviance/Family Connection surveys (from spring sophomore college counseling program -- **Naviance College Search**).

- Establish a **Common Application account** and post info on Naviance/Family Connection journal tab, and begin work on your practice Common Application; instructions provided during Class Day.

September

- Continue to check the Naviance list of **college meetings on the TPS campus** and sign up for meetings of interest.
- Attend a **minimum of five meetings** with college representatives on campus during the fall, beginning in September.
- Use the **Naviance/Family Connection resources** to research colleges as a follow up to the meetings you attend.
- Create/update your resume through the **Junior Resume Workshops** in English class -- one copy due in your junior English class and one to the College Counseling Office.

October

- Continue to check the Naviance list of **college meetings on the TPS campus** and sign up for meetings of interest.
- Attend the **TPS College Night Program** and bring a parent.
- Attend area college fairs (**NACAC College Fair** at UCF, and the Valencia and Seminole Fairs).
- Use the **Naviance/Family Connection resources** to research colleges as a follow up to the college meetings you attend or to your participation in one of the college fairs.
- Take the **PSAT** administered at Trinity Prep.
- TPS Counselor-Junior Match Process** begins with informational mailing sent to junior families.
- College Essays** are introduced through the Junior College Essay Workshops in English classes.

November

- Continue to check the Naviance list of **college meetings on the TPS campus** and sign up for meetings of interest.
- Continue to use the **Naviance/Family Connection resources** to research colleges as preparation for and follow up to the meetings you attend.
- Polish and complete a **long college essay** (Common Application prompt) and turn in to your English teacher.
- Attend the **Junior College Day “Kickoff Program”** in mid-November with a parent; the program is mandatory for juniors.
- Counselor-Junior Match Process** concludes, and matches announced.

December

- Continue to check the Naviance list of **college meetings on the TPS campus** and sign up for meetings of interest. Meetings conclude this month.
- Continue to use the **Naviance/Family Connection resources** to research colleges as preparation for and follow up to the meetings you attend.
- Register for the **January SAT**.
- PSAT results** are distributed via a junior family mailing.
- Work on your practice **Common Application** and make plans to attend the lunch Common App Workshop.

NOTE to PARENTS: Parents should complete **Naviance Parent Form I** and make plans to attend the **December Brown Bag Lunch** with the TPS College Counselors.

January

- Complete the Common Application** online; print and submit a copy to College Counseling. (Due at the beginning of the second semester)
- Juniors should contact their college counselors to arrange for an **individual meeting**; these begin in January.
- Continue to use the **Naviance/Family Connection resources** to research colleges in preparation for your individual meeting with your counselor.
- Attend the **Junior Naviance Workshop** (through your junior history class) and complete the assigned **Naviance surveys**.
- Register for the **February ACT Plus Writing**.
- Research colleges** and consider college visits to be taken during Winter Break and Spring Break.
- Attend your **Pizza Lunch** (small group session) with your college counselor.
- Take the **SAT**.
- Unofficial student transcript** mailed home.
- Begin making **summer plans** -- academic program, internship, job, volunteer position -- so that you don't miss important application deadlines.
- Athletes can begin completing their NCAA Eligibility registration(prospective Division I and II athletes) at www.eligibilitycenter.org .

NOTE to PARENTS: Please wait until the end of January to contact Mrs. Rolek at rolekr@trinityprep.org to schedule a spring family meeting (includes the junior, a parent and the college counselor). Information will be provided during the first semester explaining the dates to begin contacting Mrs. Rolek as well as suggestions to prepare for your family meeting.

February

•**Junior family meetings** begin (the junior, a parent, and the college counselor); scheduling of family meetings also continues.

(**NOTE:** Juniors must have an individual meeting with their counselors PRIOR to the family meeting.)

•Take the **ACT Plus Writing exam**.

•Attend the **Central Florida College Fair** -- co-hosted by Trinity Prep -- on the UCF campus.

•Continue to use the **Naviance/Family Connection resources** to research colleges in preparation for your meetings with your counselor as well as for any college visits you might be planning over school breaks.

•Complete your **Thinking II Narrative** with detail PRIOR to your family meeting (REQUIRED) as well as other Naviance surveys.

•Continue making **summer plans** -- academic program, internship, job, volunteer position -- so that you don't miss important application deadlines.

NOTE to PARENTS: Parents should complete the **Naviance Parent Form II prior by February 1**; we welcome and value your insights about your junior.

March

•Register for the **April ACT Plus Writing and May SAT or Subject Tests**.

•Begin the confirmation process for a **Teacher Recommendation Request** with at least one junior year academic teacher (two are often required);instructions will be provided during a special Workshop in Junior English.

•Junior's **Naviance Thinking About Me Part II-Narrative** needs to be completed this month!

•**Individual and family meetings** continue for juniors and their families; additional athletic meetings will be scheduled to include TPS/club coaches.

•College Essay Workshops on public university essays will take place in junior English classes, and a **second college essay** will be due in junior English.

•Continue your **college research, spring college testing**, and making **summer plans** (to include completing any required applications).

•**Polish your resume** and resubmit it to your college counselor.

April

- Observe the spring deadline for completing your **Teacher Recommendation Requests** with two junior year academic teachers.
- Take the **ACT Plus Writing** if you missed the February exam.
- Register for the **June SAT or Subject Tests**.
- Attend your **family meeting** and any scheduled athletic meetings (junior, a parent, college counselor, and TPS/club coach).
- Continue **researching colleges** and consider/confirm your **summer plans**.

May

- Register for the **June ACT Plus Writing**.
- Take the **SAT or Subject Tests**.
- AP Exams** are given on campus this month.
- Athletes should have completed their **NCAA Eligibility registrations** (prospective Division I and II athletes) at www.eligibilitycenter.org .
- Check with **teacher recommenders** about materials they will need to write your letters. Be sure to meet any **SPRING DEADLINES** they set.
- Attend your **family meeting** and any scheduled athletic meetings (junior, a parent, college counselor, and TPS/club coach).
- Continue **researching colleges** and consider/confirm your **summer plans**.

June

- Take SAT and ACT Plus Writing tests.
- RELAX and RECHARGE!**
- Summer can be a good time for college visits.

Contact Junior College Counseling Coordinator Lester Johnson, johnsonl@trinityprep.org, 321-282-2575, for more information.