### **Huntington High School Counseling Center**



College Bound Student Night

11th Grade Parent & Student Night

Tuesday, January 14, 2025 Huntington High School

### Agenda

- 1. Introductions Dr. Ricky Papandrea
- 2. College & Career Center Overview Mrs. Bernadette Walsh
- 3. Princeton Review SAT & ACT Preparation Ms. Elyssa Cooke
- 4. The College Admissions Process Ms. Laurie Wax and Ms. Kate Anderson
- 5. Counselor Breakout Sessions



### The College & Career Center

### Mrs. Bernadette Walsh, School Counselor

College & Career Center - Room 120

- The College and Career Office is dedicated to supporting students and families throughout the process of planning for their future beyond high school.
- We offer personalized guidance to help students explore a wide range of post-secondary options, including college, vocational schools, apprenticeships, and careers.



### **Princeton Review**

### Ms. Elyssa Cooke, Partnership Specialist, Long Island

- Expert-led SAT/ACT prep courses and tutoring.
- Proven test-taking strategies and practice exams.
- Personalized study plans and progress tracking.
- Extensive online resources and tools.









# College Admissions Process Huntington High School 1/14/2025

**SUNY Oswego & Pennsylvania State University** 





### **Kate Anderson- SUNY Oswego**



### Laurie Wax- Penn State University





20 Campuses throughout Pennsylvania

275 Majors - 12 Academic Colleges

Tier 1 Research Institution

1200 Student Clubs & Organizations

775,000 Active Alumni













### Finding the Best Fit School

### Factors to consider when selecting a college

- ▶ Good Academic Fit
- ► Type of School (Public, Private, Religious Affiliation)
- Distance from home
- Geographic Setting (Rural, Suburban, Urban)
- ▶ Size Small, Medium, Large
- ▶ Programs of Study/Majors
- Campus Life/Culture: Athletics, Activities, Residential Life
- Cost/Scholarship Opportunities
- ► Ethnic and Geographic Diversity
- Co-ops/Internships, Honors College, Study Abroad
- ► Support Services, Career Services

### Factors Colleges Consider

- High School Transcript
- ACT/SAT Scores/Test Optional
- College Essay
- Letters of Recommendation
- Extracurricular Activities
- Special Talents
- Demonstrated Interest
- And Maybe: Legacy, Ability to Pay

### <u>Application Elements</u>

High School Transcript



GPA – Weighted, Unweighted, Recalculated – Grading Systems Vary



Rigor of Coursework – IB, AP, Honors



Focus on Core Courses, Subject Specific Grades, Major Prerequisites, State Requirements



Performance and Course Selection all four years is important – even Senior year!

### <u>Application</u> <u>Elements</u>

## Standardized Tests (SAT, ACT)



How important are they?



Which test should you take?



How many times should you take a test?



"Superscoring"



**Test-Optional Schools** 

## Application Elements The College Essay Telling your story

### Do:

- Consider the essay prompt and be sure to answer the question
- Stay within the word limit
- Use your own voice and highlight achievements and passions
- ▶ Be positive about yourself and others; don't be offensive or show bias
- Explain anything that is not common knowledge
- Proofread, spell check, and read your draft out loud

#### Don't:

- Rely on a Thesaurus; it's not about using big words
- ▶ Wait until the last minute or use Chat GPT to write your essay
- ► Write about obstacles/flaws you have NOT overcome or learned from
- ► Forget about Supplemental Essays

### Supplemental Essays

Some colleges have a supplement to the Common Application and ask for an additional essay-or essays! The prompts may be similar to those on the Common Application, or they may be very different.

The essay questions may be unique and designed so that the reader can gain insight into your thought processes. The same essay rules apply.

A common supplemental essay question is "Why this college?" Demonstrate why you are a great fit for this school.

Do your research. Go to the website. If possible, visit campus, speak to current students or alumni. Discuss specific academic programs and activities you would take advantage of at that college.

### **Application Elements**

### **Letters of Recommendation**



Choose carefully who writes your letter(s)



Give them plenty of time & make their job as easy as possible



Don't send too many (or too few) letters



Thank the people who helped you!

## Extracurricular Activities: Think Quality over Quantity



WHO ARE YOU IN YOUR COMMUNITY? LEADERSHIP ROLES CLUBS AND ORGANIZATIONS

COMMUNITY SERVICE

SPORTS AND/OR PERFORMING ARTS AND OTHER SPECIAL TALENTS

**EMPLOYMENT** 



FAMILY RESPONSIBILITIES



**RESUME** 

### **Demonstrating Interest**

Some colleges track interest and others do not. Ask an admissions representative from the specific college you are interested in if they do, but it never hurts to show you are interested!

Ways to demonstrate interest, in-person and/or virtually:

- Visit campus or attend virtual events/tours
- Join the mailing list
- Stop by table at a college fair or visit virtual college fair booth
- Meet the admissions counselor when they "visit" your school
- Email the admissions counselor for your area
- Read the emails that are sent to you from that college
- Sign up for an interview if they are offered

## Be Aware of Application Plans

- Early Action
- Early Decision (ED)
- Early Decision II (ED II)
  - Regular Decision
  - Rolling Decisions

**Pro Tip:** Consider creating an email address just for your college search and keep a notebook or spreadsheet with passwords, deadlines, requirements, etc.



### **Questions?**

Laurie Wax Penn State University lwax@psu.edu

Kate Anderson SUNY Oswego kate.anderson@oswego.edu

### **Counselor Breakout Sessions**

| Counselor     | Room       |
|---------------|------------|
| Dr. Ali       | 109        |
| Mrs. Alvayero | 110        |
| Ms. Bonilla   | 116        |
| Mrs. Brunoni  | Auditorium |
| Ms. Hernandez | 140        |
| Mr. Lashin    | Library A  |
| Mrs. Spillane | Library C  |

