

*North Tonawanda High School*

***Juniors!***



# JUNIORS!



## DATES TO REMEMBER

- **College Fairs**  
Check out local college websites for virtual visits and open house dates
- **PSAT Test Date at NTHS**  
October 17, 2020 – (*very important test to take if planning on going to college*)  
See Mrs. Graves in the Career Center for more information
- **SAT Test Dates at NTHS:**  
November 7th, 2020 (deadline to register is October 7th, 2020)  
March 13th, 2021 (deadline to register is February 12th, 2021)  
May 8th, 2021 (deadline to register is April 8th, 2021)  
June 5th, 2021 (deadline to register is May 6th, 2021)
- **Junior College Information Night at NTHS**  
March 4, 2021 6-8 pm (not to be missed!)
- **ACT Test Date at NTHS:**  
Oct 24th, 2020 (deadline to register is September 25th, 2020)  
Feb 6<sup>th</sup>, 2020 (deadline to register is January 8th, 2020)  
April 17<sup>th</sup>, 2020 (deadline to register is March 12<sup>th</sup>, 2020)



**Are you planning on playing sports at the collegiate level?**

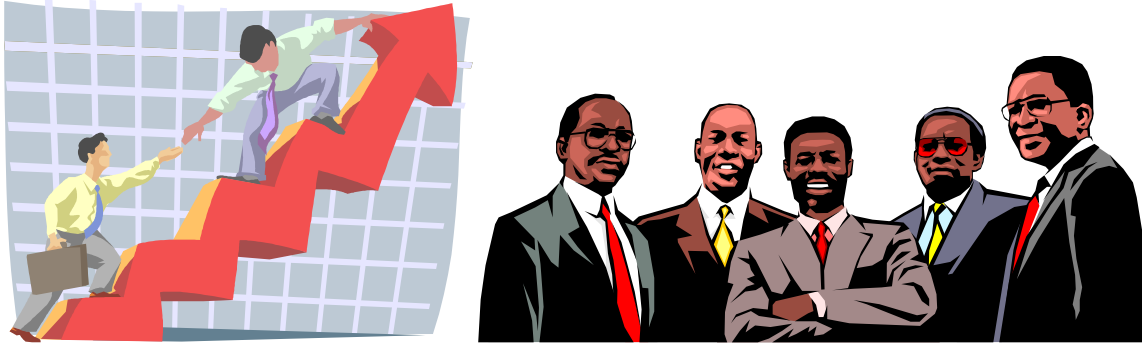
**If so, then read the following!**

High school athletes can gain a huge advantage both in gaining admissions to colleges that might otherwise be out of reach, and in earning possible scholarships. However, there are academic requirements for consideration for an athletic scholarship, and they can change over time. It is becoming harder to qualify, not easier. **You should communicate your interest in playing sports in college to your Coach and Athletic Director. Be sure to register with the NCAA by the end of your junior year** and examine the list of athletic requirements at:

**[www.ncaaclearinghouse.org](http://www.ncaaclearinghouse.org)**



***LET'S START PLANNING THE FUTURE***



The junior year of High School is a pivotal year in a young person's life.

After sixteen years of development under your parents/guardians guidance, students are expected to make decisions that will have ramifications for the rest of your life. It is both an exciting time as well as a nerve-racking experience. Whether you are planning to continue your education at the college level or taking on a job right after you graduate, enjoy the journey towards your final destination. Remember that life is a marathon rather than a sprint. There are no right or wrong answers when planning your future. No choice or decision is etched in stone. Realize that all adults are works in progress, which fosters changes in our career path as we continue to develop. The best thing to do is plan as many options as possible to best assist the unknown changes that life will bring us.

When beginning your college search, there are several factors you should be considering. The colleges and universities are trying to find the "right fit" between institution and student. The student should also be trying to find the "right fit" which is based on several factors.

## Questions To Consider:



1. Do you want a big school with many curriculum options or a small college with a strong liberal arts education? Small town versus a big city?
2. What are the prospective schools' G.P.A. (Grade Point Average) and SAT score requirements? Does this coincide with your performance? Does the prospective school have your likely field of study?
3. Location: Some people want to explore colleges outside of the Western New York area while other students desire to stay closer to home.

## Types of Colleges:

- There is an institution out there for every type of student. Use your parents and guidance staff as a resource when looking for insight. Here is a sampling of what is available.

## Four Year Colleges & Universities:

- Four-year colleges offer a variety of Bachelor of Arts and Bachelor of Science Degree Programs. They may also include postgraduate programs for those interested in furthering their education beyond the four years. SAT or ACT test scores are generally a requirement in order to be considered for admission.

## Community College:

- A great option because of the low cost and the ability to strengthen a student's academic credentials. Many 2-year schools have articulation agreements with 4-year colleges or universities in order to provide a smooth transition into the bachelor program. A continuous open enrollment period is offered.

## Two Year Colleges and Junior Colleges:

- These can be both public (SUNY Agriculture and Technical Schools) and private. The curriculums are diversified in liberal arts courses and tend to be career oriented. Can also be a starting point for a four-year degree.

## Proprietary Schools:

- Career oriented schools that are **for profit**. These institutions provide educational programs dictated by what employers are looking for. A local example is Bryant and Stratton College.

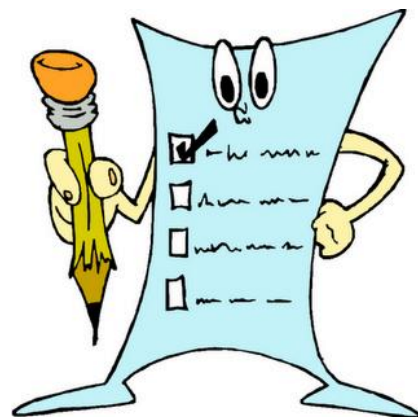




## *MORE QUESTIONS STUDENTS MIGHT ASK WHEN CHOOSING A COLLEGE OR UNIVERSITY.....*

1. What is unique about this school?
2. What is the average class size?
3. What types of students are happiest/most successful at this school?
4. What geographic areas are the students from?
5. What is the percent of minority student population?
6. What is the male/female ratio?
7. What is the percent of student body from public high schools, parochial high schools, or private/prep? High schools?
8. What is the percent of students who graduate within 4-5 years?
9. What are the school criteria for admissions?
10. What is the general requirement for graduation?
11. What is the student/faculty ratio?
12. Is there guaranteed housing for all four years?
13. How many students live on campus?
14. How are roommates selected?
15. What equipment/facilities are available to students?
16. What jobs are available to students?
17. What support services are available for students? Career planning, personal counseling, health care, tutoring, services for disabled students?
18. Are all library facilities available to undergraduates?
19. Does faculty of graduate assistants teach classes?
20. What forms of public transportation re available?
21. How is the academic calendar set up?
22. Are internships or study abroad opportunities available?
23. What are some of the most popular majors offered?
24. What type of financial aid programs is available?
25. Are their certain requirements for certain majors?
26. Do you have a program for honors/academically talented students?
27. What is the campus setting like?
28. What are the costs for tuition? Room and board? Are separate meal plans available?
29. What types of extra-curricular activities are available?
30. Can students have a car on campus?
31. How far away from the campus is the city? Airport? Bus Station?
32. Are freshman required to live in the dorms?
33. Do you have early admissions? Early decisions program?
34. Are there any special programs for minority students?
35. What are the admission requirements?
36. When are the admissions deadlines?
37. Do you require letter of recommendation?
38. What are your retention rates?
39. How easy is it to transfer to the school?
40. Are special (uncommon) majors available? Independent study opportunities?

# Suggestions and ideas to what you should be doing in your junior year



## September

- If planning for college, **register for the October PSAT**. Though not used for college admissions, a high score can qualify a student for a National Merit Scholarship. Practice makes perfect, so taking the practice SAT can only help you get ready for the real thing. It's a good indicator of what you may need to work on before taking the SAT in the spring.
- **Maintain your extra-curricular record**. Admissions officers are looking for a strong commitment to a few activities rather than a student who joins everything and does not make significant contributions to any. Service and leadership count. Remember involvement is important, but achieving **GOOD GRADES** is still at the top of your "to do" list
- **Check out College virtual visits by clicking the link below**  
[https://nt.schoology.com/system/files/attachments/files/m/202009/building/1393630901/COLLEGE\\_Virtual\\_Visits\\_Open\\_Houses\\_2020-2021\\_5f625e062e62d.docx](https://nt.schoology.com/system/files/attachments/files/m/202009/building/1393630901/COLLEGE_Virtual_Visits_Open_Houses_2020-2021_5f625e062e62d.docx)
- Ask concise questions and collect materials. Fill out inquiry/information cards to get on colleges mailing lists. Useful materials to collect are the colleges lead promotional piece (thin glossy publication that highlights important information), and any financial aid scholarship materials. You do not want to overload by taking too much material, which you will never look at.



## October

- **Begin to review materials collected from college fair.** Begin to visit college web sites and take “virtual college online tours”. Visit the North Tonawanda Career Center to research and view videos of perspective schools.
- **Attend any additional college fairs,** especially the National College Fair at the Buffalo Convention Center in March

## November

- **Study! Study! One more time for emphasis, Study.** Your junior year grades are crucial. It is your last chance to build your G.P.A. before your college application goes out next fall. Your grades are one of the criteria that is used when rewarding merit scholarships.
- **Start to research all financing options.** This will include state and federal financial aid programs, merit based college scholarships and individual school scholarships. This information can be extensive and can only be found in a specific college’s catalogue or web site. There are many online scholarship search websites to be examined. Visit the career center for further information.

## December

- PSAT scores should be received shortly. **Make an appointment with your counselor** to process the results and to discuss strategies if necessary to improve your scores for the SAT or ACT.

## January

- **Begin to make your preliminary list** of colleges you’re interested in. You should have 5 to 10 schools on your radar screen that you’re investigating and narrowing down to possibly five for a future visit.
- **Ask your parents for your Social Security #.** If you do not have one contact the closest Social Security office to establish one. This will be necessary for your college applications.

## February

- **Register for the March, May or June SAT** If planning to attend a 4 year college right out of high school. Practice tests are available on-line or at bookstores. Check the NTHS website's School Counseling/Guidance page for helpful links.

## March-June

- **If you plan to take the ACT, register now for the June test date.** Some colleges in the mid-west prefer ACT. Go to your perspective college's web site to see specific requirements.
- **Write, Call, or use the Internet** to request admission literature and financial aid information from the colleges on your list.
- **Continue to study**, and master all of your Regents exams.
- **Attend "College Information Night"** for juniors and their parents at NTHS. A very important evening to help you in your college planning.



## July

- **Visit colleges:** especially open house days, take tours, have interviews and ask questions. Make college visits a family event and involve your parents in the decision making process.

## August

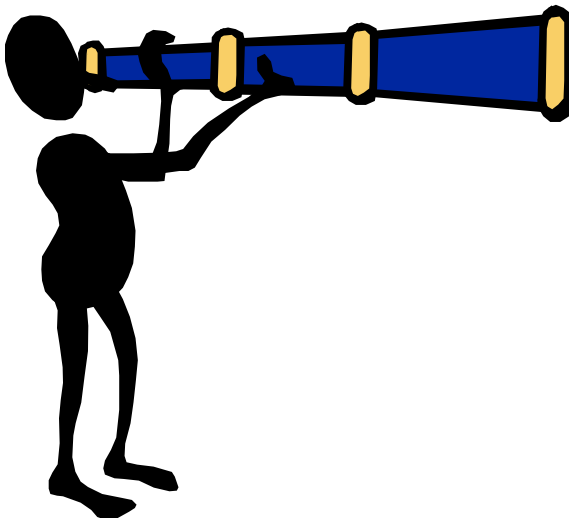
- **Continue to refine** your list of potential colleges and universities.
- **Prepare for the application process:** begin to review the application requirements of colleges you desire to apply to; draft application essays; have a short list of people to ask to write you a recommendation; and assemble appropriate portfolios or audition tapes.
- **Complete the NCAA Initial-Eligibility Clearinghouse Form** sometime during your junior year (the sooner the better) if you hope to play Division I or II sports. Go to [ncaaclearinghouse.net](http://ncaaclearinghouse.net)

Which college should I apply to?

What major should I consider?

How much can I afford?

**If you need help to these answers, then:**



Check out  
these  
websites!

# Excellent web sites to help in planning your future

## College Planning

1. <https://www.salliemae.com/>
2. <https://www.ed.gov/>
3. <https://www.nextstepu.com/>
4. <https://www.petersons.com/>
5. <https://www.collegedata.com/>
6. <https://www.cappex.com/>
7. <https://www.aie.org/>
8. <http://supercollege.com/>
9. <https://www.suny.edu/attend/visit-us/virtual-open-house/> - Open house dates
10. <https://collegestats.org/> - Great website to compare colleges!
11. <https://www.wnycollegeconnection.com/>
12. <https://www.acceptancerate.com/>
13. <https://www.nacacnet.org/>

## Financial Aid Information

1. <https://studentaid.gov/>
2. <https://finaid.org/>
3. <https://studentaid.gov/h/apply-for-aid/fafsa>
4. <https://finaid.org/calculators/>
5. <http://StartHereGetThere.org>
6. <https://lendedu.com/>

## Scholarship Search

1. <https://www.fastweb.com/>
2. <https://www.collegescholarships.com/>
3. <https://www.edvisors.com/>
4. <https://lendedu.com/blog/scholarships/>

## SAT/ACT Resources

1. <https://www.collegeboard.org/>
2. [www.actstudent.org](http://www.actstudent.org)
3. <https://www.khanacademy.org/>
4. <https://www.kaptest.com/>
5. <https://www.4tests.com/>
6. <https://www.vocabulary.com/>
7. <https://www.number2.com/>

## Applying to College

1. <https://www.suny.edu/>
2. <https://corp.collegenet.com/>

## Career Planning

1. <https://www.careerzone.ny.gov>
2. <https://www.careeronestop.org/>
3. <https://www.collegetoolkit.org/>
4. <http://mappingyourfuture.org/>
5. <https://www.onetonline.org/>
6. <https://www.bls.gov/>
7. <https://www.mynextmove.org/>

## Campus Tours

1. <http://www.ecampustours.com/>



## **What kind of career do I want to do?**

**Answer:** To help you figure this out spend some time on the following websites.

If you're totally lost when it comes to deciding on your future career path, start out with this website and take the assessment:

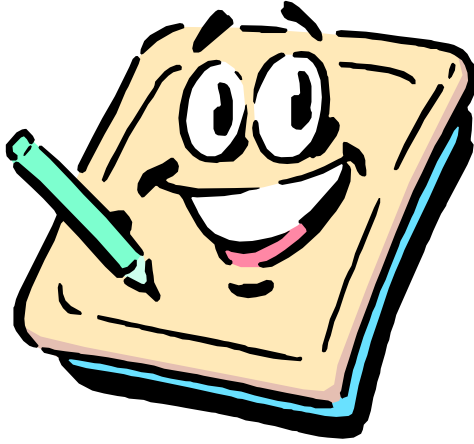
<https://www.mynextmove.org/explore/ip>

More CAREER EXPLORATION sites to help you discover your career journey:

- [www.careeronestop.org](http://www.careeronestop.org)
- <https://www.onetonline.org/>

I understand that research takes time, but it's necessary if you really want to find out some answers to one of the most important questions in your life –

**WHAT DO I REALLY WANT TO DO FOR THE NEXT 30 YEARS OF MY LIFE THAT WILL MAKE ME HAPPY AND SECURE?**



**Sponsored By**

**North Tonawanda High School  
Student Support Center**

**Counselors:**

**Jennifer Kupiec  
Alyssa Hawkins  
David Musielak  
Jennifer Schultz  
Lynn Wright**

**Career Mentor:**

**Lori Graves**