

Career and College Planning *for Seniors*

Objectives:

Students and parents will be provided with information and materials that will enable them to employ strategies to achieve future career success and satisfaction.

Students and parents will increase their knowledge regarding paths for choosing and applying to post-secondary options.

PA Career Education and Work Standards 13.1.11.B, C, F
ASCA National Standards I.B, II.A



Introductory Questions

Major life events and serious choices such as choosing a career path, applying to college, financial aid, senior prom, and graduation are no longer just theoretical concepts.

Do you find this to be exciting, frightening, or neither/both/other?

“If you fail to plan, then you are planning to fail.”

Do you believe this to be true?

Time to choose your own path!

You are approaching a very important crossroad in your journey through life.

YOU have the ability to make your dreams become a reality.

- Consider what your personal goals are and work towards them. Don't let long term goals be influenced by factors that won't be relevant for much longer.
- Consider what your personal interests and strengths are and use them. Find a career that fits what YOU like to do and are good at.



Hint: Waiting until June to plan for this may not get you the results you want!

"Decision Time" is here.

- Your future satisfaction over your lifetime might rely on timely decisions and quality self-exploration right now during your senior year!
- We would be glad to assist you!
 - **Dr. David Barkovich, Counselor for 11+12: A –Lio**
barkovichd@nhsd.net
 - **Mrs. Deborah Davis, Counselor for 11+12: Lip – Z**
davidd@nhsd.net
 - **Mrs. Daria White, Secretary: Counseling Resource Center (CRC):** whited@nhsd.net

Stay connected!

- Be sure that you are listening to the morning announcements for special reminders and alerts.
- Check your email and the school counseling website regularly as special notices are distributed in that way as well.
- Access everyone in your network that could be a resource for career and college advice.
- *Please ask questions if you don't know something.*

Achieving Your Goals is a **PROCESS.**

When choosing and preparing for different career and college paths, you may be required to complete certain tasks. It's not going to happen all at once, so gear up for the larger process and paperwork and be sure to pay attention to deadlines.



But how do I decide????

- Do what's best for you (not friends, etc.)
 - Take career inventories at www.pacareerzone.org.
 - Consider what classes at NH you like and why.
 - Speak with your network frankly about what YOU want to do.
- Do your homework (career homework that is...)
 - Gather information via college visits to NH, college fairs, visit locations, speak with your network, job shadowing, websites such as www.bigfuture.collegeboard.org.

Get organized!

Keeping track of all of this information can be difficult.

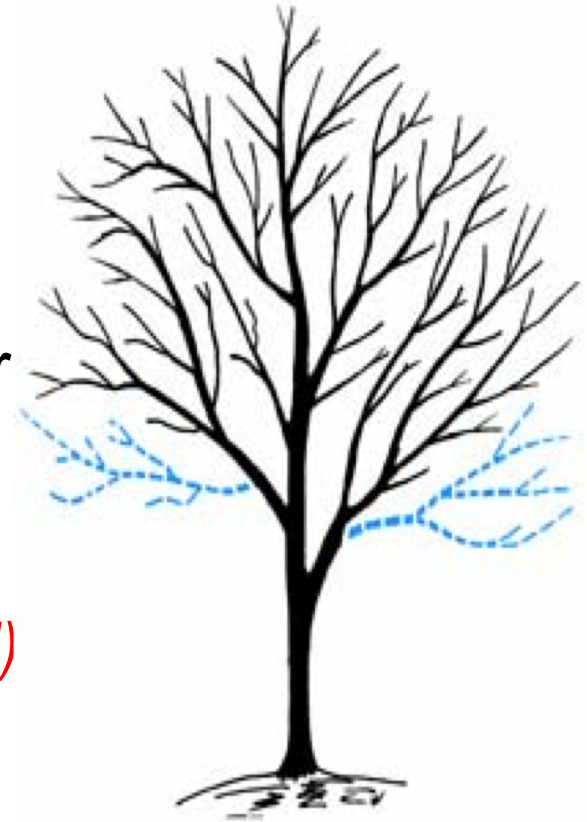
- Take steps to organize/answer your emails, file the important ones, and respond promptly.
- Be sure to open emails from colleges! They can tell and sometimes track if you do!
- You are strongly encouraged to use graphic organizers to assist you with this.
- Please make your parent/guardians aware of how you are organizing yourself. Maybe consider involving them?!?!?

Basic Post-Secondary Choices

After graduation, you will have several basic options to consider, but don't worry: These initial choices "branch out" a great deal.

There is not one path for everyone, so be your own person.

- College/University
- Community college (*Shuttle bus from WV now!*)
- Vocational, technical, or career training
- Armed Services
- Work Force



Hint: These options can intertwine throughout your lifetime!

Important Vocabulary

Degrees Terms

Technical Certificate

Associates Degree: 2 years

Bachelors Degree: 4 years

Masters Degree: 2-3 years

Doctoral/Professional Degree: 3-5 years

Admission Terms

Regular Admission

Rolling Admission

Open Admission

Early Decision

Early Action

***Hint: Make it
your goal to
apply to all of
your schools by
Halloween!***



But how many places do I apply to?

There is not a certain “magic number” you should apply to. Instead, you may wish to consider applying to a variety of schools in terms of selectivity:

- **“Reach” Schools:** You would love to be accepted, but it’s highly competitive. You seem to meet the qualifications though...?
- **“Reasonable” Schools:** You’re pretty sure you meet their qualifications and should be accepted. Chance of scholarships perhaps?
- **“Responsible” Schools:** Your qualifications definitely match what the schools state they are looking for. Chances of scholarship could increase as you look more awesome in comparison?

College/Military Representative Visits

- Over 100 different schools and branches of the military visit the CRC from Sept. to Nov. It's a great time for you to learn more about a particular school.
- ***Sometimes the representative you meet is a member of the school's admission committee!***
- ***Some schools keep track of who attends these visits and consider this in the admission committee!***
- Listen to the announcements and check out the postings in the CRC, in your classrooms, and online.
- You will need your teachers approval to miss class for a college/military representative visit. Please visit the CRC to get a pass BEFORE the time of the visit.

Local Fall College Fair

College fairs are a great opportunity to speak with representatives about their institutions and gain valuable “face time” with admission personnel. There are over 130 institutions scheduled to this upcoming college fair:

North Pittsburgh College Fair

October 8, 2018 6-8pm

La Roche College: Kerr Fitness Center

A scholarship will be randomly awarded to a North Hills senior who attends!

“But seriously, what exactly do I need to do right now?”

- Try your best to determine what path/level of education you wish to pursue. Use all your resources to determine this is best option at this point (Could change in later years!).
- Define the steps that you need to take to reach this goal. Make note of deadlines!! Formulate a list of what each institution requires to complete their application process.
- Begin forwarding all requested information and documents requested to the institutions. Allow time for processing and mailing!

Common Materials Needed For Application

There are several basic application materials that are standard and most institutions will expect to receive:

- Application (most often now completed and submitted online)
- Application fee (sometimes waived if you apply by an early deadline or visit)
- Official High School Transcript
- SAT and/or ACT scores

There may be supplemental materials you will choose or be asked to supply to increase your chances of being admitted:

- Essay - Some provide/require a topic, others may allow you to choose
- Letters of Recommendation - From a teacher, boss, or counselor?
- Resume or list of extra-curricular activities, including any volunteer work
- Awards or certificates of recognition
- Examples of student work such as videos, websites, DVDs, or portfolios.

Electronic Applications

Most institutions use the internet for college applications.

- Could be asked to apply directly through institution's website
- Could be referred to www.commonapp.org (450+ schools): You complete all materials online and then decide where your info should be sent. No need for an envelope or postage.
- Could be asked to ***self-report your transcript***. Certain institutions have the student input grade data themselves. A transcript is not sent until the summer and is verified at this point. Please be accurate!!!
- Be sure to register with the NCAA at www.eligibilitycenter.org if you are interested in being a college athlete.

Requesting Your Transcript

Visit the CRC or the Counseling webpage to obtain a Transcript Request Form.

Over 1500 transcript requests are processed out of our office each year! Because of this volume we require a minimum of five school days for processing. Be aware of your deadlines and plan accordingly!

Letters of Recommendation

- Letters of recommendation from respected individuals that know you well may assist with your admittance to a college or university. Consider asking a teacher, your boss, clergy member, counselor, or another respected person in your network.
- *Letter of Recommendation Information Forms* are located in the CRC. By completing these, you can provide the person who is writing the letter of recommendation with specific and unique information about yourself and your history/activities.

Post-Secondary Admissions Testing

If you have not taken your SAT or ACT tests yet or wish to retake them, pay attention to these registration deadlines!

- **SAT** – www.collegeboard.org
 - Oct. 6 (Late registration is possible until 9/26)
 - **Nov. 3 at NH** (register by 10/5)
- **ACT** – www.actstudent.org
 - **Oct. 27 at NH** (register by 9/28)

For dates after November, visit the testing sites above.

FEE WAIVERS are available for those who qualify (largely determined by enrollment in the Free/Reduced Lunch Program). Visit the CRC.

Score Reporting

- Your SAT and/or ACT scores DO NOT appear on your transcript as they are your private property! However, please include our school to receive your scores when registering (393752) as this can help to link you to resources and opportunities.
- All scores should be directly sent to the colleges and universities of your choice directly from the testing company.
- You can pick 4 institutions to get your scores ***for free at registration***, but fees are charged for more or at a later date.

Other Admission Testing

- ASVAB: Used for placement in the US military.
 - Seniors interested in the military will need to take this!
Can also be used as a career exploration test with no obligation to enlist!
 - Visit the CRC to let us know if you want to take the ASVAB at NH on Wednesday Oct 10 right here at NH during school.
- Union/Trades testing: Entrance to certain programs may require tests that assess math and English as well as technical skills.

Representing Yourself Online

- It is not unusual for colleges to do a search for you on Google, Facebook, Twitter, Instagram and other social media to learn more about who you really are during the admission review.
- Use this as a platform to post positive content!



Hint: Be aware of how you are portrayed online and make sure you represent yourself in a manner that does not hurt your chances of acceptance!

Professional Presence

- Be sure that your email address will not hurt your chances for admission. Many schools ask you to provide this and you do not want a joke to cost you admission. (Example: Indicating an email like sk8ergirlzrawesome@yahoo.com may not send the message that you are a mature young adult who is serious about your studies.)
- You may not wish to use your NH email as this goes away after graduation. Consider establishing an additional email address for such correspondence. Ex. JDoe@gmail.com

Scholarships

Some institutions contact North Hills regarding scholarship opportunities, but most post to websites. Notifications of those that are received will be emailed to NH student email accounts, posted on-line, and made available in the CRC.

- Many can be found with a little research! For example, web resources (fastweb.com, collegeboard.com, www.salliemae.com), parent employers, community/civic organizations
- Make sure to check with financial aid offices for college/university specific scholarship opportunities.

Hint: You may wish to work hard to apply to your schools in the FALL (Sept-Nov) so that you can concentrate on obtaining financial aid and scholarships in the WINTER/SPRING (Jan-May).



Financial Aid Night

North Hills High School wants to provide you with access to the latest financial aid information. Each year, we host a representative from PHEAA to provide expert advice on the process.

Financial Aid Night
Wednesday October 3, 2018
7 PM in the Senior High Auditorium

Note: Male students should register with the Selective Service when they turn 18. You are not eligible for financial aid if not.

Again, don't "Fail To Plan..."

Preparation and organization now are the keys to setting yourself up for future success after high school.

No matter what path you will pursue after graduation, proper planning during your senior year can maximize your chances for being successful in whatever endeavor you choose.

We are very excited to be helping you, not only with completing your final year of high school, but also with assisting you to plan the next part of your journey through life.

Question and Answer Session

We also encourage you to review the resources available online (including the presentation) available on the school counseling website, schedule an appointment with your student's counselor, or visit the Counseling Resource Center to obtain information.

Evening Guidance Series

- Financial Aid Night – October 3, 2018
 - **High School Auditorium High 7pm**
- North Pittsburgh College Fair - October 8, 2018
 - **La Roche College, Kerr Fitness Center 6pm-8pm**
- NCAA: Becoming a College Athlete – November 7, 2018
 - **Middle School LGI Room 7pm**