

**SANFORD H. CALHOUN HIGH
SCHOOL
SCHOOL COUNSELING DEPARTMENT
JANUARY 12, 2023**

***Post-Secondary Planning for Juniors
Class of 2024***



Welcome!

- Ms. Nicole Hollings – Principal
- Ms. Danielle Amato - Assistant Principal

** ENL Students

Counselor Breakdown 2022-2023

Counselor	11th Grade Breakdown	Email
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B. Peterson	Seaman-Zuniga	BPeterson@Bellmore-Merrick.k12.ny.us

Program Purpose & Goal

To present an overview of the post-secondary planning process



Academic Record & Senior Year Course Selection

- Academic Record - Your high school transcript tells a story about you and colleges want to see what you have taken and done well in the most challenging courses available to you
- Senior Year - Keep it strong! Senior grades matter!
- Electives - Take courses related to your possible major



Standardized Testing Policies

Score Reporting Options:

- SAT (www.collegeboard.com)
- ACT (www.act.org)
- Test Optional

*Speak with each school you visit to confirm how/if scores are used



Recommendation Letters

Teacher Letter of Recommendation

- You will need 1-2 letters of recommendation from teachers. Colleges usually prefer teachers from core subject areas. Ask teachers who you feel know you the best and who can speak to your strengths as a student.
- Ask your teachers if they are willing to write you recommendation after AP exams.

Counselor Letter of Recommendation

- Students will need to fill out a student brag sheet
- Students will need to hand out an activity resume
- Parents will need to fill out a parent brag sheet



The College Essay

- Write about something that is important to you
- Start early and write several drafts
- Keep the story focused
- Write in your own “voice” and style
- Colleges want to learn about growth
- The essay should not be about your resume, recommendations and high school transcript, it should be about “Who You Are”
- Be aware of school that requires supplemental essays



Activity Resume

Why colleges think Extracurricular activities are important:

- Allows students to explore and focus their interests - helps them find their passion
- Demonstrates commitment - depth vs. breadth
- Shows initiative and leadership
- Gives students an outlet outside of the classroom



Demonstrating 'Interest'

Some schools say demonstrated interest is of considerable importance in their admissions decision

- **Measured by:**
 - Campus visits
 - How many of their emails did you open & how quickly?
 - Do you follow them on social media?
 - Did you attend school visits (virtual or in person)?



Next Steps . . .

Things to be working on now:

- Expect an email from your counselor in the coming week with information on how to schedule your junior planning conference
- Research summer opportunities (jobs, internships, volunteer work, virtual classes/workshops, research opportunities)
- Start your college research
- Go on college websites and attend virtual campus tours
- Prepare for standardized tests and create a Testing Schedule
- Register for the SAT or ACT



Essential Online Resource

- Our counseling & wellness website is where you can keep track of the college process timeline and stay up to date with the latest news. You will also have access to all of this information under the College and 12th Grade tabs. Using our website, you will also find SAT/ACT info, financial aid info, our scholarship bulletin and more!

www.calscwc.weebly.com



College Planning Guide

The screenshot shows the website header for Bellmore-Merrick Central High School District. The navigation bar includes links for District, Board of Education, Schools, Curriculum, Parents/Students, Staff, Resources, Library, and Calendars. A dropdown menu is open under 'Parents/Students', listing various resources such as 'Adult Continuing Education', 'BMCHSD Reopening and Continuity of Learning', 'Classlink - Students', 'Code of Conduct', 'Community Parent Center', 'Course Catalog 22-23', 'District Summer Mailing', 'Emergency Planning', 'ESSA Funded Programs', 'Food Services', 'Infinite Campus Portal Login', 'Middle School After-School Program', 'Nurse Information', 'Post Secondary Planning Guide', 'Records Request for Former Students', 'School Closings/Delays', 'Student Email', 'Summer School', and 'Chromebook Initiative'. A red arrow points to the 'Post Secondary Planning Guide' link. The main content area features a 'Coronavirus Update' banner and a photo of students at a 'North Pole' event with the text 'Bellmore-Merrick Partners With Lions for Polar Express...'. Other photos show students in a kitchen and a display of toys.

- Download the College Planning Guide on the Bellmore-Merrick Website



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