

NVTHS Senior Year Guidance Presentation



Class of 2019

Graduation Requirements

- ▶ To earn a diploma from Nashoba Valley Technical High School all students must meet state MCAS requirements and complete the following:
 - English 4 years
 - Mathematics 4 years
 - Science 4 years
 - Social Studies 4 years
 - Physical Education 4 years
 - Technical Program 4 years
- ▶ Community Service: 5 hours per year (total of 20 hours)
- ▶ Payment of Class Dues: \$20 per year (total of \$80)
- ▶ Completion of senior project and senior presentation
- ▶ Attendance

What is your plan for after high school?

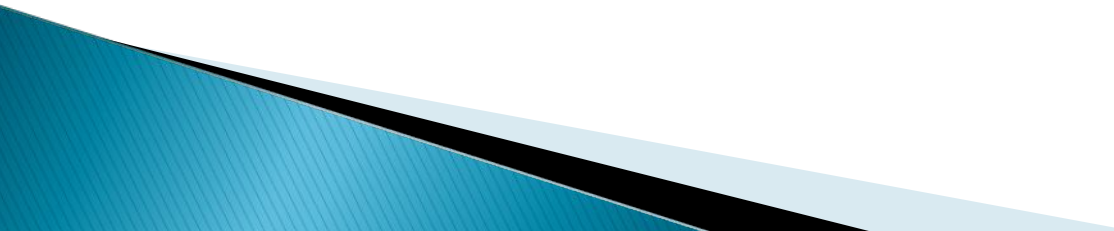
- ▶ **College**
 - 2 year community college
 - 4 year school
 - ▶ **Working**
 - ▶ **Military**
 - ▶ **Post Graduate Program**
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The College Process

- ▶ College Search
- ▶ Applying to College
- ▶ Making a Decision
- ▶ Paying for College

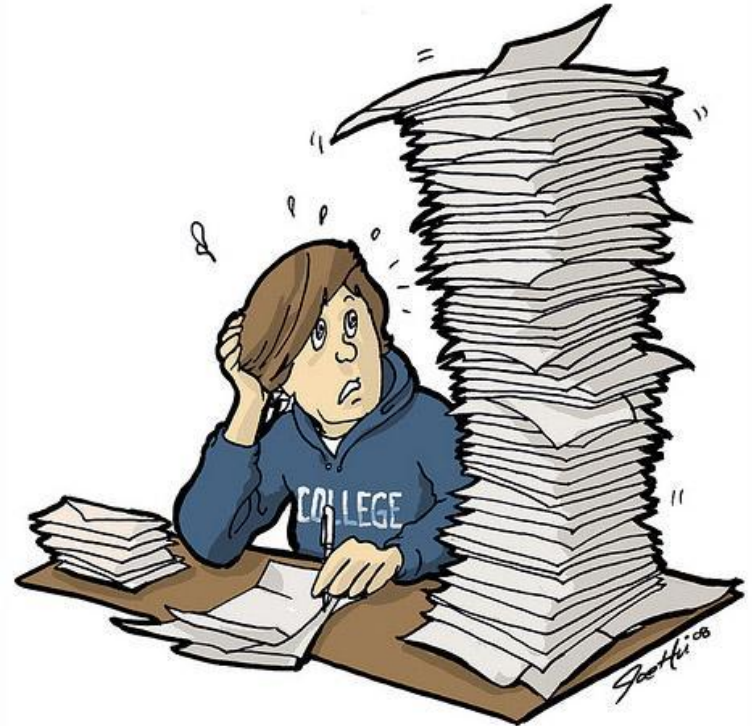


College Search

- ▶ www.collegeboard.org
 - ▶ Filters on the left include selectivity, type of school, location, majors, sports, etc.
 - ▶ Visit schools! (Forms down in Student Service)
 - ▶ Narrow down the search to less than 10 schools including *safety* and *reach* schools
 - ▶ Speak to College Representatives
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Applying to Four Year Colleges

- ▶ SATs
- ▶ Application
- ▶ Resume
- ▶ Recommendations
- ▶ Transcript
- ▶ Essay
- ▶ *Additional Requirements*



Applying to College

▶ SATs

- Take junior and senior year
- Register on www.collegeboard.org (if you are eligible for free or reduced lunch, register with your Guidance Counselor)
- Upcoming Test Dates:
October 6th, November 3rd, December 1st
- Send colleges your test scores
- *STUDY!!!*

SAT vs. ACT

SAT vs. ACT Basics

Your test score can be a key factor determining whether or not you get accepted by the colleges to which you are applying. But before you sign up for the ACT™ or SAT®, you should do a little research to determine which of these two tests will present you in the best possible light.

So How Do I Choose?

Colleges will accept either exam, giving you the opportunity to take both tests—and then use the highest scores to your benefit. Some students may perform significantly better on one test than the other, so you should consider taking both.

The Two Tests Compared		
	SAT®	ACT™
Structure	3 tests + optional essay	4 tests + optional writing test
Number of Questions	154	215
Time per Question	1 minute, 10 seconds	49 seconds
Score Range	Composite 400-1600 (SAT Essay: reported in 3 dimensions, each 2-8)	Composite 1-36 (writing domain scores: 2-12)
Test Length	<p>Reading Test* 65 minutes 52 questions</p> <p>Writing and Language Test* 35 minutes 44 questions</p> <p>Math Test 80 minutes 58 questions.</p> <p>*Part of the Evidence Based Reading and Writing Component</p>	<p>Reading Test 35 minutes 40 questions</p> <p>Writing and Language Test 45 minutes 75 questions</p> <p>Math Test 60 minutes 60 questions.</p> <p>Science Test 35 minutes 40 questions</p>
	No guessing penalty	No guessing penalty

The Common Application

- ▶ The Common Application serves over 525 institutions
www.commonapp.org
- ▶ The website can “time out” so save documents frequently
- ▶ Steps:
 - Complete your profile
 - Choose your colleges
 - Request that your guidance counselor complete the school form
 - Request teachers to complete letters of recommendation (ask them in person first!)

The Common Application

▼ Grades

Class rank reporting
Exact x ▾

Class rank *
⊗ Please complete this required question.
 Class rank

Rank weighting *
Weighted x ▾

Graduating class size (approx.) *
165

Cumulative GPA

GPA scale
100 x ▾

GPA weighting
Weighted x ▾

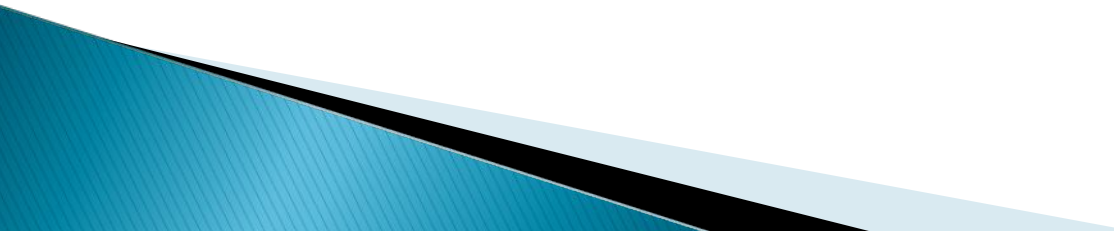
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- ▶ Graduation: June 1, 2019
- ▶ Start Date of NVTHS: September 2015
- ▶ Class Size: 170
- ▶ Class Rank: Exact
- ▶ GPA: Weighted
- ▶ We will update you on your GPA and rank when we meet.

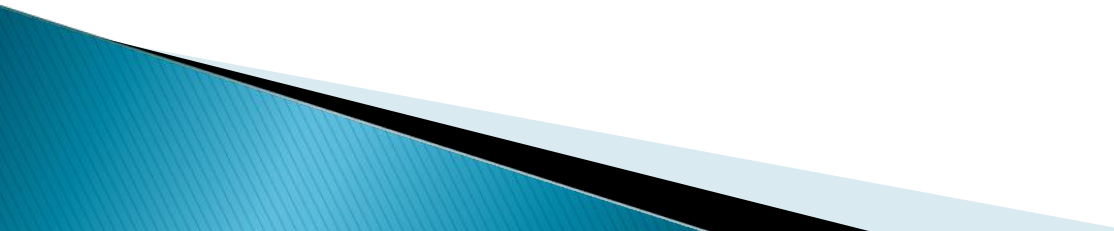
The Common Application

- ▶ Information that you will need for the Common Application
 - CEEB code: 222333
 - Type of School: Public
 - School Address: 100 Littleton Rd, Westford MA 01886
 - Phone Number: 978-692-4711
 - Fax Number: 978-692-0519
 - Current Guidance Counselors:
 - Jessica Lamond (A-F): jlamond@nashobatech.net X11120
 - Aaron Spencer (G-N): aspencer@nashobatech.net X11116
 - Jonathan Nardi-Williams (O-Z) jnardi-williams@nashobatech.net X11119

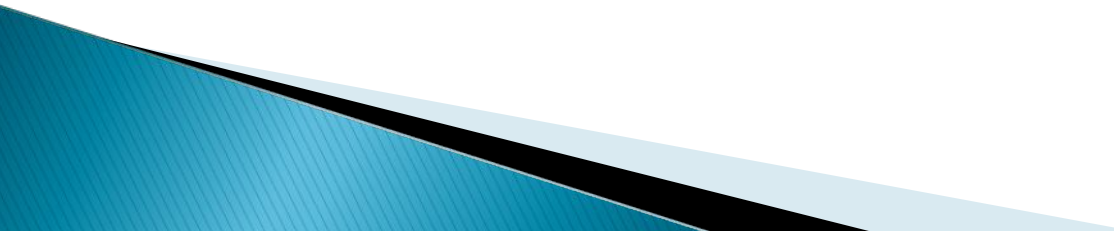
Other Applications

- ▶ If the school that you are applying to does not use the Common Application, check their website for how to apply
 - ▶ Always ask your Guidance Counselor if you need additional help!
 - ▶ Application Fee Waivers are available if you qualified for an SAT fee waiver: See Guidance
 - ▶ Watch your DEADLINES– these are not flexible
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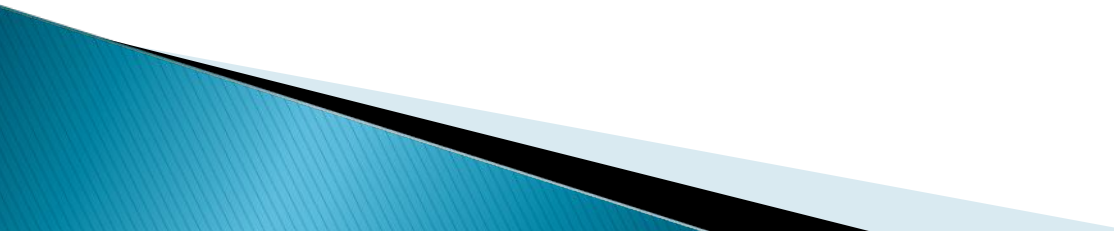
Resume

- ▶ A resume will be needed to give to the person who you are asking to write a recommendation for you
 - ▶ Your resume serves to describe to colleges how great of a student you are
 - ▶ Resumes should include: school activities (clubs, committees, etc), athletic activities, community activities and service, special awards and recognitions, and work experience
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Teacher Recommendations

- ▶ Identify and ask 3 adults (teachers, guidance counselors, coaches, employers) for a recommendation as soon as possible
 - ▶ Provide the teacher with an updated resume and ask them in person to write you a recommendation
 - ▶ On the Common Application, be sure to enter the correct email address for the person writing a recommendation
 - ▶ Write a “thank you” note to show your appreciation
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Transcripts

- ▶ Complete a Transcript Release Form located in Guidance and submit to Ms. Benedict (Student Services Secretary)
 - ▶ List the colleges that you want your transcripts to be sent to
 - ▶ Transcripts are sent multiple times throughout the year: don't slack off just because you have been accepted to college!
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Essays

- ▶ Write about a topic that will make you a desirable applicant to the college
- ▶ Your essay should include:
 - **Introduction:** One paragraph that introduces your essay.
 - **Body:** Several paragraphs explaining the main idea with examples.
 - **Conclusion:** One paragraph that summarizes and ends the essay.
- ▶ Proof read!

Additional Requirements

- ▶ Be sure to check all of the requirements of the application for the schools you are applying to
- ▶ Some schools may have additional requirements that can include:
 - Interview
 - Portfolio (art schools)
 - Sports tapes (recruiting for sports)

Community Colleges (2 years)

- ▶ Community Colleges are a great way to adjust to the college setting
 - ▶ Safety School – they accept students with high school diplomas
 - ▶ They do not require SATs, essays, recommendation letters, etc.
 - ▶ Cheaper option than a four year school
 - ▶ Many students start at a two year school and then transfer to a four year school – MASS Transfer Program
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On The Spot Decision Days

- ▶ Middlesex Community College and Mount Wachusett Community College will be coming to NVTHS for “On The Spot Decision Days” in the fall and spring
- ▶ Sign up in Guidance, Fill out an Application, and Transcript Request Form
- ▶ Middlesex Community College
 - TBD
- ▶ Mount Wachusett Community College
 - TBD

Making a Decision

- ▶ Once you are accepted to colleges, you need to make a decision about where you want to go
- ▶ Some students make their decisions based on financial awards given by the colleges
- ▶ Re-visit colleges if needed
- ▶ Submit your deposit

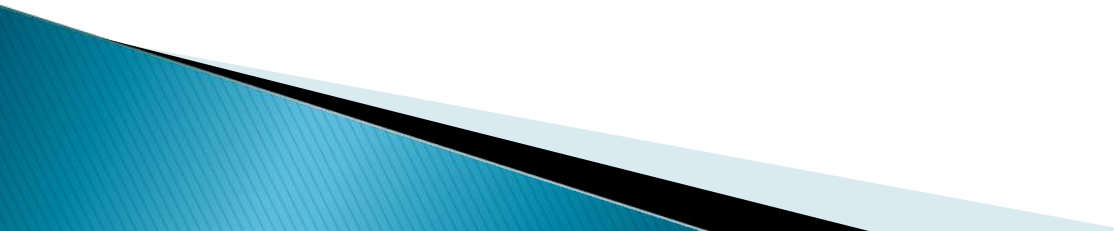


Pay for College

- ▶ Attend the MEFA presentation on November 28th
- ▶ Financial Aid
- ▶ Scholarships
- ▶ You DO NOT pay back scholarships and grants, but you DO pay back loans



Scholarships

- ▶ Use the NVTHS website– Student Services webpage
 - ▶ Internal NVTHS scholarships and outside scholarships
 - ▶ Complete the NVTHS Scholarship Application in January
 - ▶ College Board Scholarship search engine
 - ▶ Check with your parents' employer and your employer to see if there are scholarships offered through the companies
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Entering the Workforce

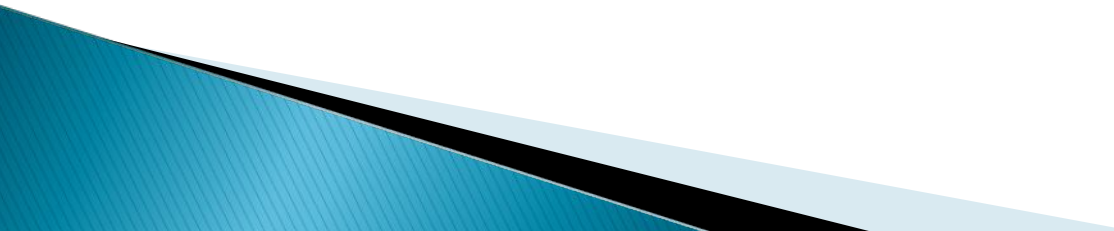
- ▶ Finding a job – use your resources and get your foot in the door through Co-Op (speak to your technical teachers, Ms. Poulin, and Mr. Ricard)
- ▶ Ask adults who know you well to be your references
- ▶ Practice your interview skills
- ▶ A resume will be needed to apply to jobs
 - Resumes should include: job experience, school activities (clubs, committees, etc), athletic activities, community activities and service, special awards

United States Military Service

- If you are interested in the military, do some research – speak to the representatives (don't sign anything until you are sure!)
- Sign up to take the ASVAB to discover what military careers may be most suitable for you.
- ASVAB at NVTHS:
December



Post Graduate Program

- ▶ If you decide after graduation that you want to gain experience in a different technical program, NVTHS offers a Post Graduate Certificate Program.
 - ▶ Students are able to pursue certification in one of our 20 programs. Successful completion of Post Graduate programs will qualify the student to earn state and national certifications.
 - ▶ As a resident of our district, you are able to participate **TUITION-FREE!**
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Additional Questions?

- ▶ We will be meeting with seniors individually to discuss your plans and help you with anything that you need. Feel free to email us or come to Guidance with any questions along the way!
- ▶ Student Services
 - Ms. Lamond: Guidance Counselor, A–F:
jlamond@nashobatech.net
 - Mr. Spencer: Guidance Counselor, G–N:
aspencer@nashobatech.net
 - Mr. Nardi–Williams: Guidance Counselor, O–Z:
jnardi-williams@nashobatech.net
 - Ms. Callahan: Coordinator of Guidance & Admissions
 - Ms. Gilgun: School Psychologist
 - Ms. Benedict: Student Services Secretary