



Pascack Hills High School

POST-SECONDARY PLANNING PROGRAM

Presented by:

Dr. Sean Struncis, District Supervisor of Guidance Services

Mr. Steven Casamento, School Counselor

Mrs. Marin Donnelly, School Counselor

Mrs. Cristina Schneider, School Counselor

Ms. Alexa Petzold, School Counselor



Overview of the Process



- Evaluating the Transcript
- SATs vs. ACTs
- Letters of Recommendation
- Utilizing Naviance to its fullest
- How to Apply
- The College Essay
- College Visits
- Timeline
- Next Steps



Your High School Transcript

What is it? & Why is it important?

- The transcript is a record of every class a student has taken throughout high school
- It shows:
 - The final grade earned in each class
 - Each year's GPA
 - Cumulative GPA
- The transcript is the first thing that a college admissions officer will review when evaluating your application.

Your High School Transcript

What do colleges examine on your transcript?

- Your grades
- Whether or not you have challenged yourself through your coursework
- Trends or outliers in your performance
 - Consistency vs inconsistency
 - Progression
 - Do courses reflect your future goals?

Student Name: Justin Bieber		
Student ID: 11111111	Grade: 12	Gender: M
State ID: 2222222222		
Birthplace: NJ		Date of Birth: 1/1/2011
Parent/Guardian: Mr. & Mrs. Bieber		



Pascack Hills High School

Pascack Valley Regional High School District
225 W. Grand Avenue
Montvale, NJ 07645

Telephone: (201) 358-7020

Fax: (201) 358-0840

Website: <http://www.pascack.org>

[The e-Learning School District – 1:1 Laptop Program]

Class of: 2021

Guidance Counselor: Schneider, Cristina

Enter Date: 08/30/2017

Graduation Date: 06/16/2021

Grade: 09 Year: 2017-18		
Course Title	Final	Credits
Online Financial Literacy	P	2.500
English I	A	5.000
Concert Choir	A	5.000
Algebra I Enhanced	A	5.000
Physical Education/Health 9	A	5.000
Biology	B+	6.000
College Prep World History	B+	5.000
Honors French II	C+	5.000
Academic G.P.A.: 3.64 Total Credits: 38.500		
Grade: 11 Year: 2019-20		
Course Title	Final	Credits
AP English Language and Composition	A-	5.000
Chamber Choir	A	5.000
Algebra II/Trig Enhanced	A-	5.000
Physical Education/Health 11	A+	5.000
Physics	A-	6.000
Honors United States History II	A-	5.000
Honors French IV	A-	5.000
Academic G.P.A.: 4.22 Total Credits: 36.000		
Cumulative Weighted GPA: 4.05		
Cumulative Unweighted GPA: 3.68		
Total Credits: 110.500		
Additional Student Information:		
NHS member		

Grade: 10 Year: 2018-19		
Course Title	Final	Credits
Chamber Choir	A-	5.000
Honors English II	A-	5.000
Geometry Enhanced	B	5.000
Physical Education/Driver Ed 10	A	5.000
Chemistry	B+	6.000
United States History I	A-	5.000
Honors French III	B+	5.000
Academic G.P.A.: 3.79 Total Credits: 36.000		
Grade: 12 Year: 2020-21		
Course Title	Final	Credits
AP English Literature and Composition		
AP Music Theory		
AP Statistics		
Physical Education/Health 12		
Earth's Natural Disasters		
Astronomy		
Honors Psychology - Ramapo College		
AP French		
Academic G.P.A.: Total Credits: 0.000		

Transcript is unofficial unless signed by a school official and embossed with the school seal.

Pascack Hills High School Official Signature: _____ Date: 03/08/2021

WHEN WE SEND YOUR OFFICIAL TRANSCRIPT, WE ALSO SEND...

- **All Letters of Recommendation**
- **The PHHS School Profile**
 - **This is a demographic record of the student population, all classes that are offered at PH, our grading scale, and other pertinent information that is usually required by college admissions**
 - **PHHS School Profile 2020-2021**

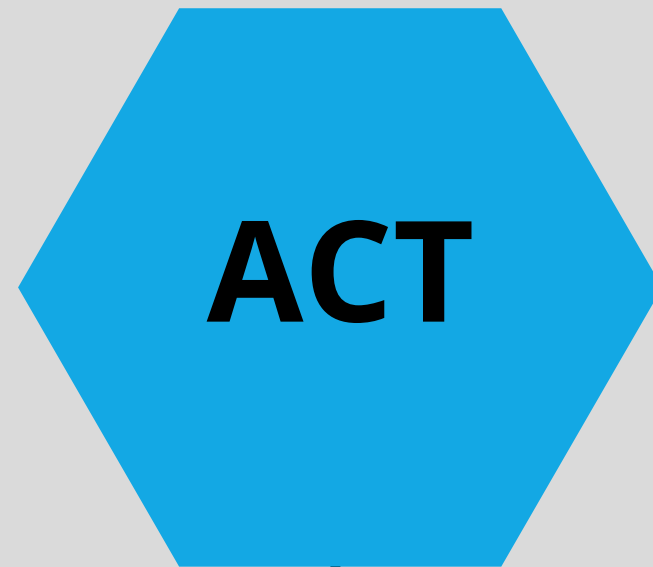
WHAT IS NOT INCLUDED ON THE TRANSCRIPT?

- 1. Standardized Test Scores**
- 2. Discipline record**
- 3. Attendance record**
- 4. Extracurricular activities**
- 5. Community service**
- 6. Class rank (We do not rank)**

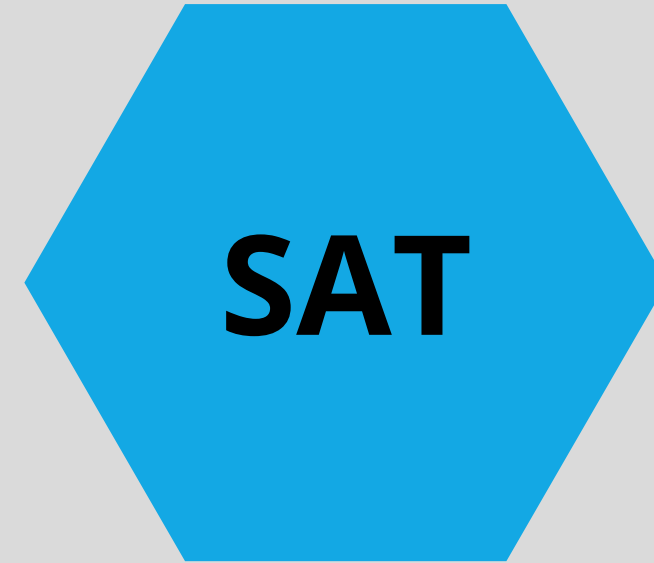
ACT vs. SAT - How do these tests compare?

	SAT	ACT
Test Structure	Reading, Writing & Language, Math, Essay (Optional)	English, Math, Reading, Science Reasoning, Essay (Optional)
Timing	3 hours (without essay) 3 hours 50 minutes (with essay)	2 hours 55 minutes (without essay) 3 hours 40 minutes (with essay)
Reading	5 reading passages	4 reading passages
Science	None	1 science section testing your critical thinking skills
Math	Arithmetic, Algebra I & II, Geometry, Trigonometry and Data Analysis	Arithmetic, Algebra I & II, Geometry, Trigonometry and Probability & Statistics
Calculator Policy	Calculator and NO calculator sections	A calculator is allowed on all math questions
Essay	Optional *June is the last test date the essay will be offered	Optional
Scoring	Scored on a scale of 400-1600	Scored on a scale of 1-36

How to Register For the ACT or SAT



www.actstudent.org



www.collegeboard.org

If you feel safe and comfortable testing, we recommend you sit for an exam. However, many schools have already announced that they will remain test optional during the 2021-2022 admissions cycle.

Test- Optional/ Test- Flexible

What does this mean?

Test-Optional means you can apply without submitting a test score. In this case, the admissions office will evaluate your application based on the information provided. You will *not* be penalized if you do not include a score as part of your application.

***More than
half U.S.
Colleges and
Universities
are already
test-optional
for Fall 2022
Applicants***

Test-Flexible means a school allows alternate test scores to be considered in lieu of a SAT or ACT score. Examples include PSAT or AP scores.

To view a list of test-optional schools, visit www.fairtest.org

LETTERS OF RECOMMENDATION

HOW MANY DO I NEED?

- 2 letters of recommendation are recommended
- Most schools also require a counselor letter

WHOM SHOULD I ASK?

- Teachers who know you well
- Preferably junior year
- Teachers from different subjects
- Teachers whom you have had for multiple years
- Teachers who taught you in the subject you plan to major in

WHEN SHOULD I ASK?

- Spring of junior year- Please make sure to ask your teacher in person!
- If circumstances do not allow for that conversation to take place, a google meet would be an appropriate alternative

Steps to add teachers on Naviance

1. Click the "Colleges" tab in the top right corner
2. Next click "Colleges Home" from the drop-down menu
3. Scroll down to the "Apply to College" section and click "Letters of Recommendation"



Letters of recommendation

Add new request

Here you can ask a teacher to write you a letter of recommendation. If you don't have any colleges in your list yet, you may still make a request. Make sure you give your teachers plenty of time to write your recommendations!

Cancel

Submit Request

1. Who would you like to write this recommendation?*

Select A Teacher



2. Select which colleges this request is for:*

☒ All current and future colleges I add to my *Colleges I'm Applying To* list ⓘ

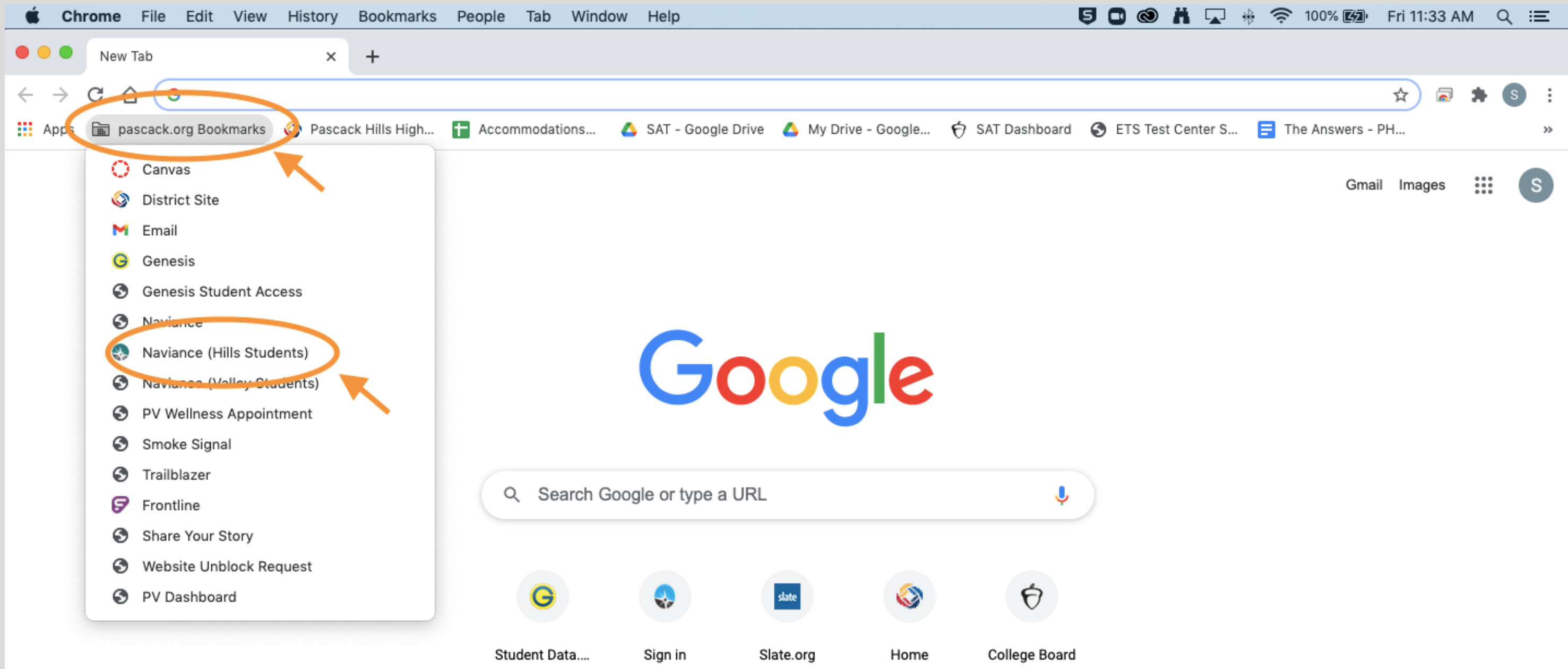
*Select only if you have no preference for which teachers will meet the recommendation requirements for each college

☐ Choose **specific** colleges from your *Colleges I'm Applying To* list

3. Include a personal note to remind your recommender about your great qualities and any specifics about your request:



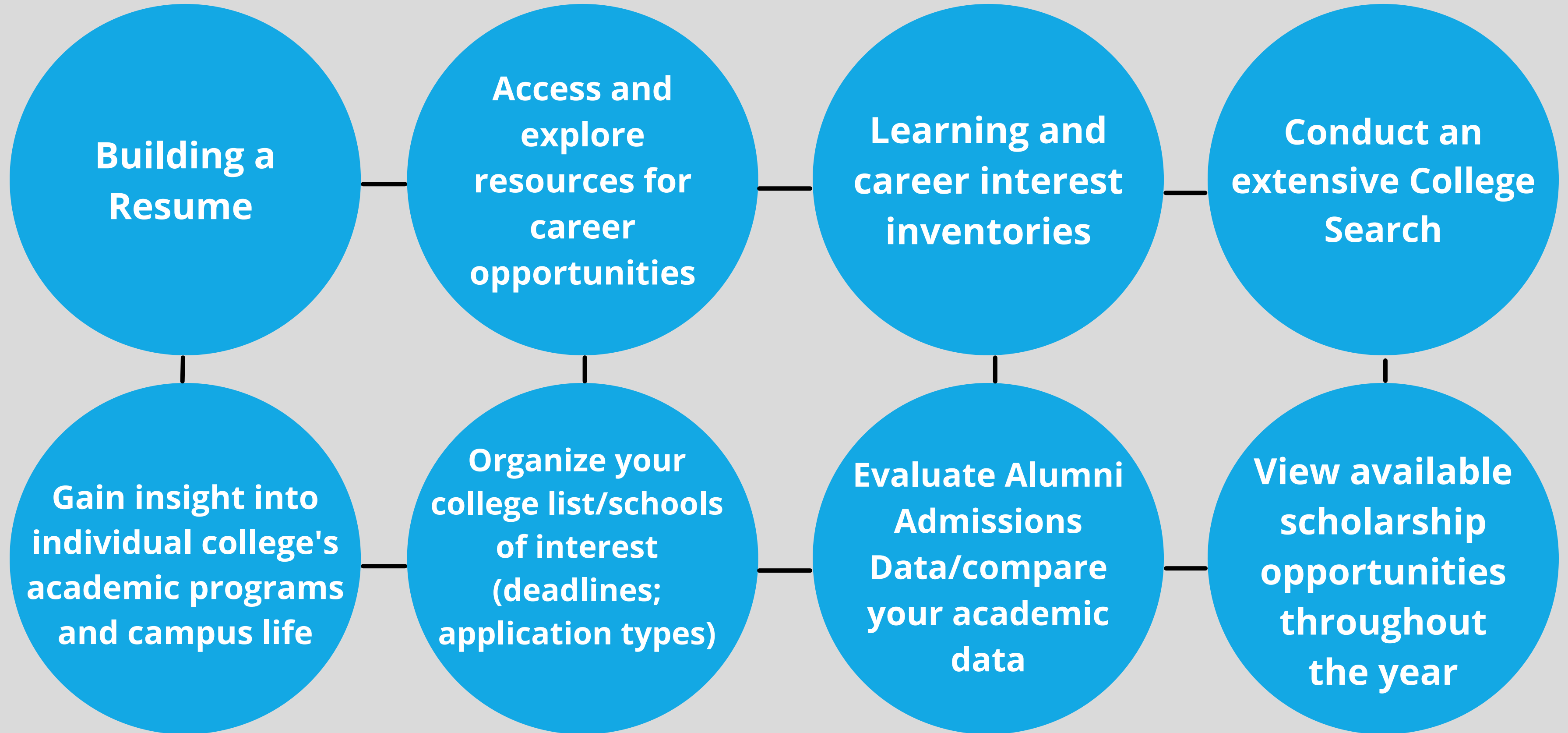
NAVIANCE



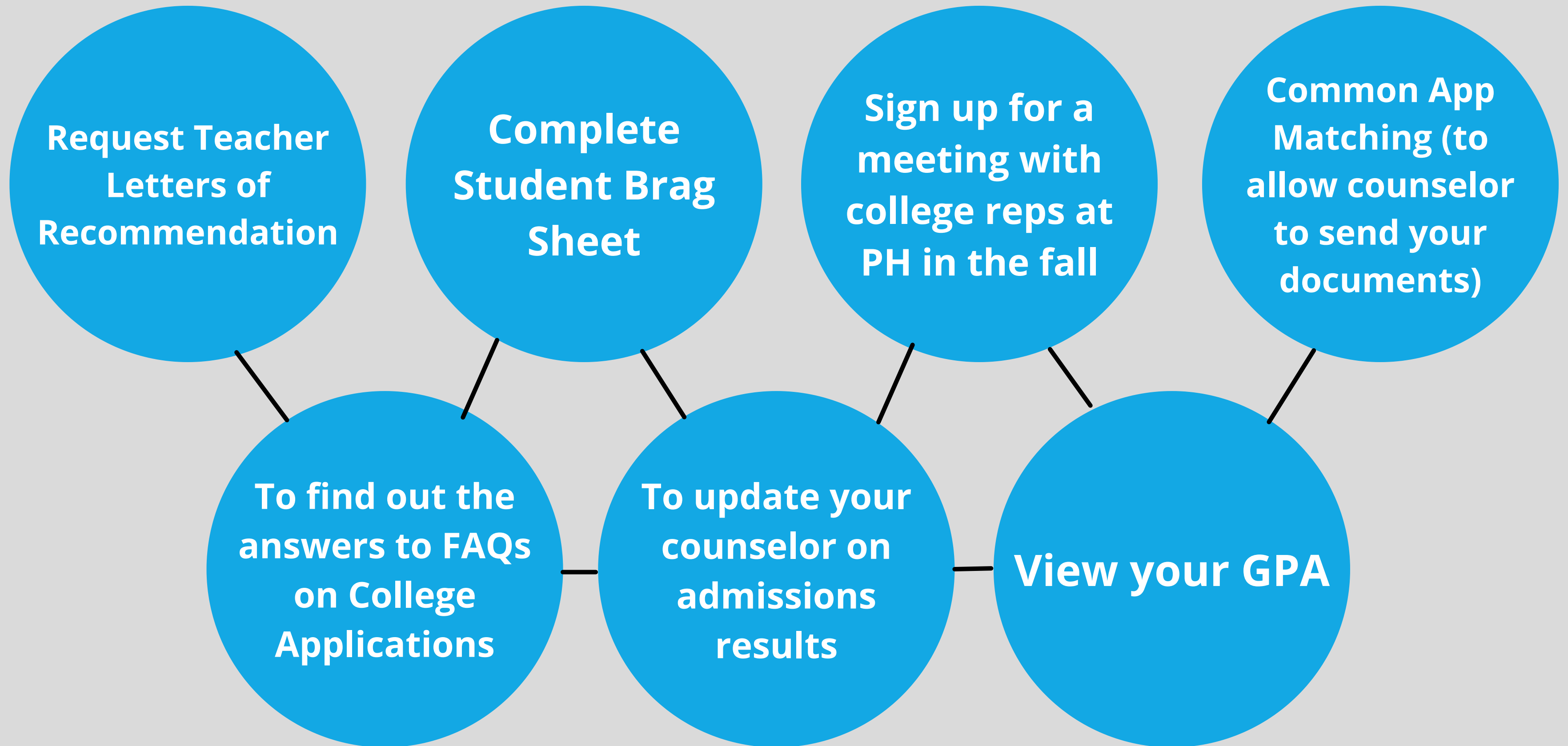
<https://student.naviance.com/phhs>

Please reach out to your counselor if you need your password reset!

What **CAN** I Use Naviance For?



What ***WILL*** I Use **Naviance** For?



STUDENT BRAG SHEET AND RESUME

Welcome, Doug!

Search for Colleges

Type a college name

Back

My Stuff

My Surveys

Resume

Test Scores

Portfolio

Documents Shared With Me

Journal

Student Brag Sheet

Welcome Message for Seniors

Welcome to Pascack Hills's Family Connection, part of the Naviance Succeed Counseling Service!

Family Connection is a program that allows students and parents to keep track of the college application process, research colleges, compare personal academic data with previous applicants from Valley, and much, much more! Feel free to explore all the program has to offer. You can contact the guidance office if you have any questions.

Seniors, please see the below video for matching your Common Application account with your Naviance/Family Connection Account, as well as signing the Common Application FERPA Waiver:

My Favorites

COLLEGES

I'm thinking about

COLLEGES

I'm applying to

CAREERS AND CLUSTERS

I'm thinking about



HOW TO START A COLLEGE SEARCH

Welcome, Doug!

Search for Colleges 

 Type a college name

 Back Find Your Fit

SuperMatch®

College Match

College Events

Scattergrams

Advanced College Search

College Lookup

Welcome Message for Seniors

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My Favorites



COLLEGES
I'm thinking about



COLLEGES
I'm applying to



CAREERS AND CLUSTERS
I'm thinking about



Show Me How

SUPERMATCH COLLEGE SEARCH

SuperMatch College Search

About SuperMatch 

 Choose Fit Criteria

- Location
- Academics
- Admission
- Student Life
- Diversity
- Institution Characteristics
- Cost
- Athletics
- Resources

Your Fit Criteria

Saved Searches Choose one 

Save Search

Start Over

0 selected criteria

Select Criteria To Start

To refine your results, use the arrows to move your criteria into the "Must Have" and "Nice to Have" boxes.

Must Have

A *Must Have* is anything you absolutely need to be happy and successful.

Nice to Have

A *Nice to Have* is anything that's important to you, but isn't an absolute must have.

 Search by College Name

WHICH APPLICATION DOES MY SCHOOL USE?

SuperMatch®

Advanced college search

College lookup

MY COLLEGES

Upcoming college events

Colleges match

Colleges Visits

Colleges I'm thinking about

Colleges I'm applying to

Letters of recommendation



Colleges I'm thinking about

Search for colleges

Add Colleges to List

Compare Me

UPDATE INTEREST


REMOVE

= extended profile available

	College	Delivery type	Added By	Expected Difficulty*	Application Deadlines	Interest
	"CA" Stand for Common App					
<input type="checkbox"/>	Adelphi University		Student	N/A	Multiple Deadlines	N/A MORE
<input type="checkbox"/>	Georgetown University		Student	N/A	Multiple Deadlines	N/A MORE
	Blank Screen can mean School specific application, or the Coalition Application					
<input type="checkbox"/>	James Madison University		Student	N/A	Multiple Deadlines	N/A MORE
<input type="checkbox"/>	University of Maryland-College Park		Student	N/A	Multiple Deadlines	N/A MORE
<input type="checkbox"/>					Multiple	



RESEARCHING SPECIFIC SCHOOLS

University of Miami 

Virtual Tour

Communicate 

Apply Online

Learn More 

Overview

Studies

Student Life

Admissions

Costs



AVERAGE NET PRICE 

\$26,911

Family Income

\$0 - \$30k 

[More about Cost & Aid](#)

from 2020

GRADUATION RATE 

71%

4 Year

6 Year

[More about learning environment](#)

from 2020

ACCEPTANCE RATE 


32%

[Check out Scattergrams to see how this relates to you](#)

from 2020

COLLEGE OVERLAPS

10

[See other colleges that applicants to this school also applied to](#) 

EARLY DECISION DEADLINE

November

1

[See all deadlines](#) 



Search by College Name

92

INTERESTED IN YOU

8

THINKING ABOUT

3

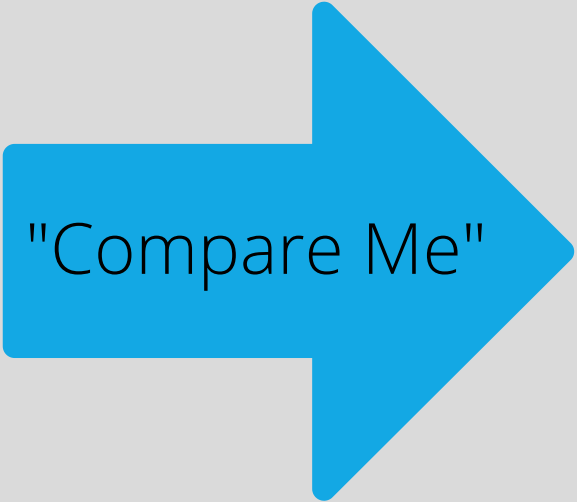
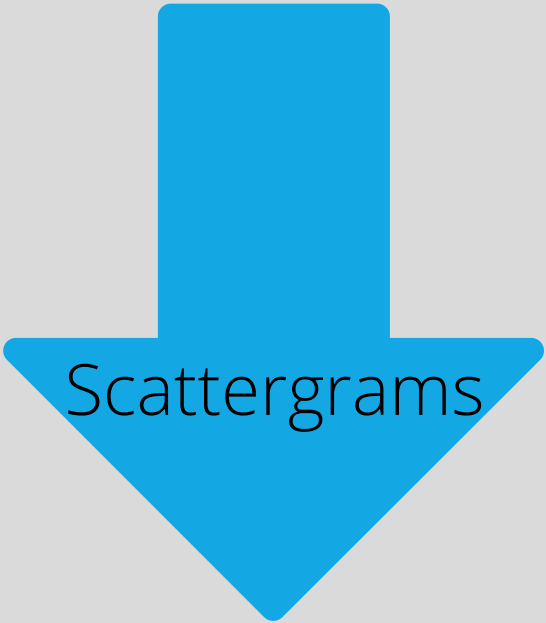
APPLYING TO

MORE 

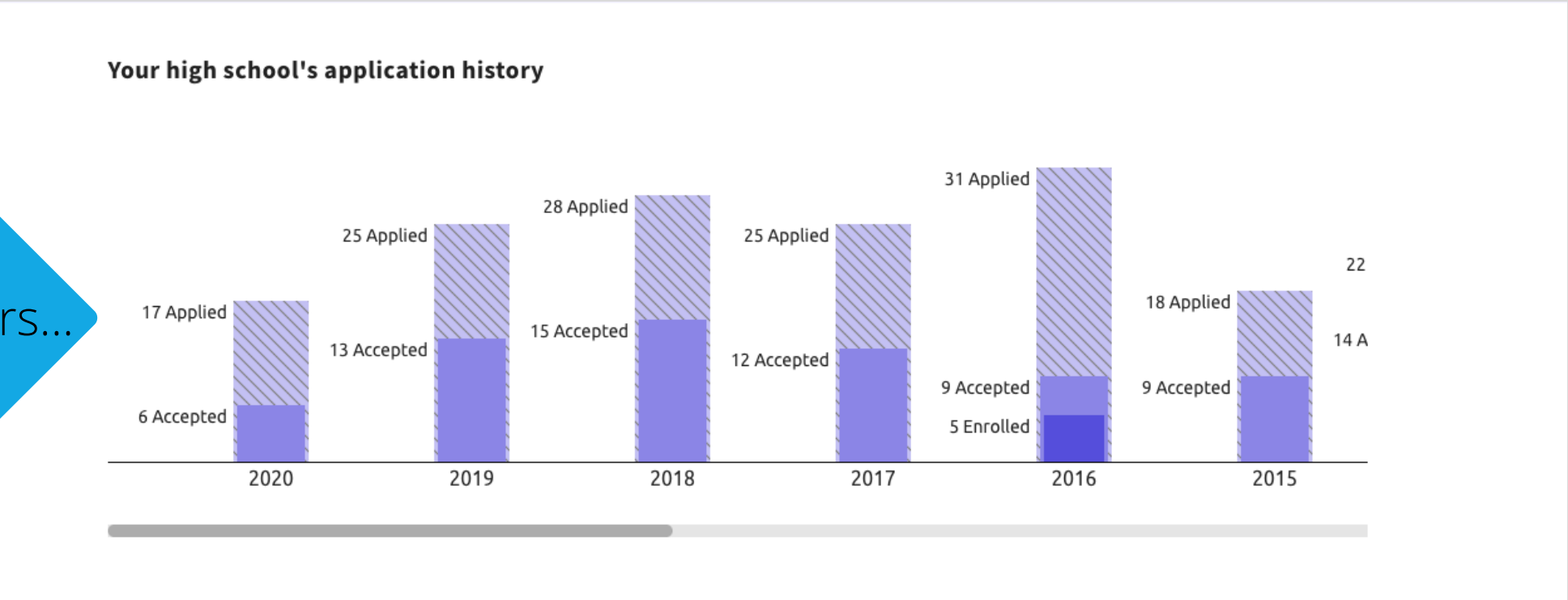
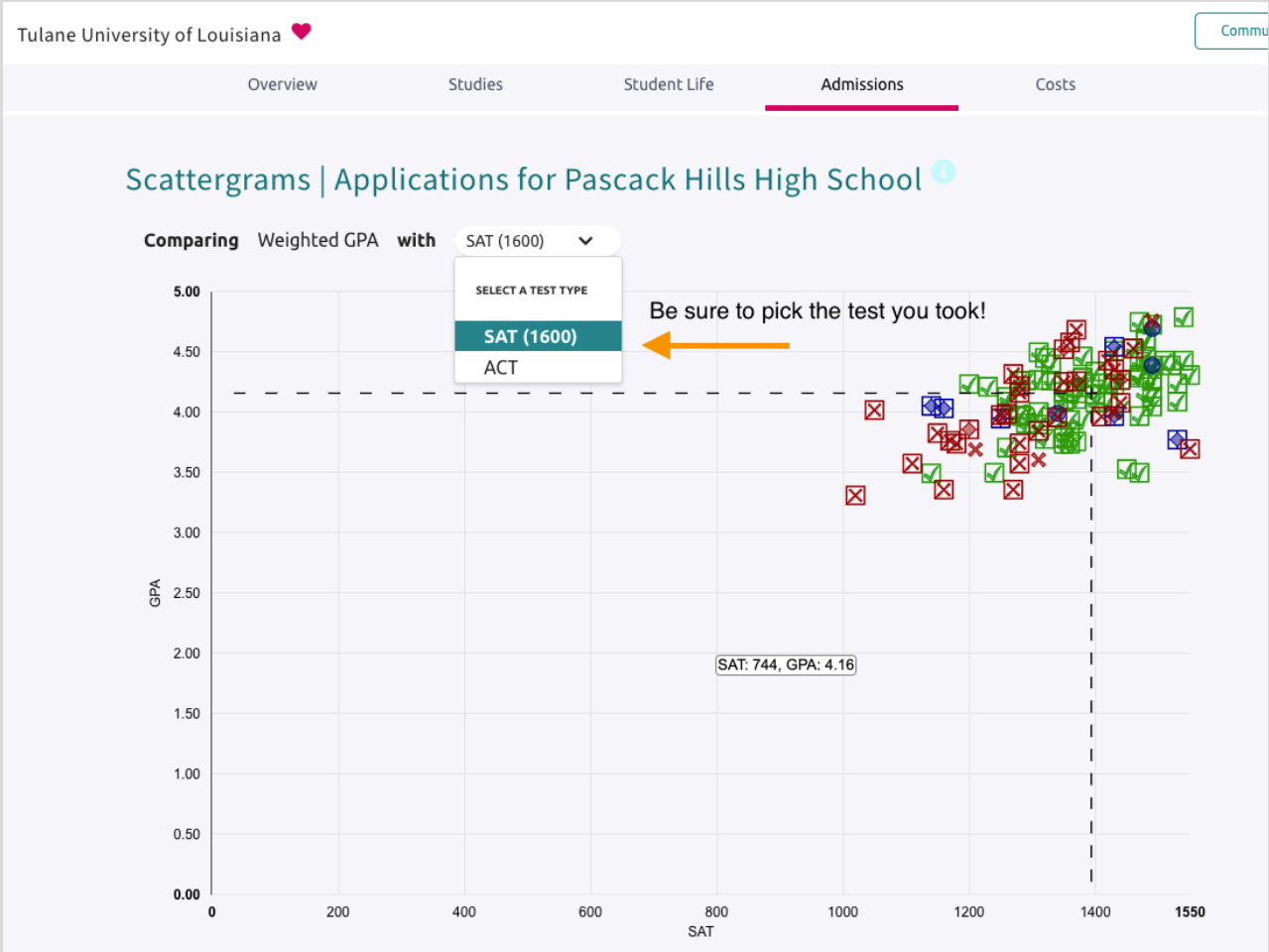


Show Me How

EVALUATING ALUMNI DATA



College		GPA	Single SAT 1600	Single SAT 2400	Combined SAT 1600	Combined SAT 2400	PSAT to SAT 1600	ACT	IB	Acceptance
YOU - Doug Demo Jr.	→	0	0	0	0	0	0	0	0	-
Adelphi University	♥	3.32 ✗	1023 ✗	1578 ✗	1061 ✗	1601 ✗	1023 ✗	21 ✗	0	14/24
Georgetown University	♥	4.55 ✗	0	2218 ✗	1490 ✗	2236 ✗	0	33 ✗	0	5/74
James Madison University	♥	3.59 ✗	1168 ✗	1716 ✗	1162 ✗	1738 ✗	1168 ✗	24 ✗	0	164/277
University of Maryland-College Park	♥	3.98 ✗	1296 ✗	1889 ✗	1284 ✗	1911 ✗	1296 ✗	29 ✗	0	279/512
University of Miami	♥	4.17 ✗	1328 ✗	1967 ✗	1322 ✗	1991 ✗	1328 ✗	30 ✗	0	145/313
Montclair State University	♥	3.29 ✗	1112 ✗	1593 ✗	1088 ✗	1613 ✗	1112 ✗	23 ✗	0	277/494
Ramapo College of New Jersey	♥	3.41 ✗	1152 ✗	1638 ✗	1118 ✗	1661 ✗	1152 ✗	23 ✗	0	274/487
Tulane University of Louisiana	♥	4.11 ✗	1305 ✗	1982 ✗	1329 ✗	2009 ✗	1305 ✗	30 ✗	0	156/308



ACCESS AND EXPLORE RESOURCES FOR CAREER OPPORTUNITIES


Careers

 Type a career

SEARCH

MORE CAREER SEARCH OPTIONS

Explore Careers and Interests

 CAREERS AND CLUSTERS
I'm thinking about

Explore Careers

Explore Career Clusters

Roadtrip Nation Interview Archive



How to Apply

Common Application

Accepted by more
than 900 colleges
and universities

www.commonapp.org

Coalition Application

Accepted by more
than 150 colleges
and universities

www.coalitionforcollegeaccess.org

School-Specific Application

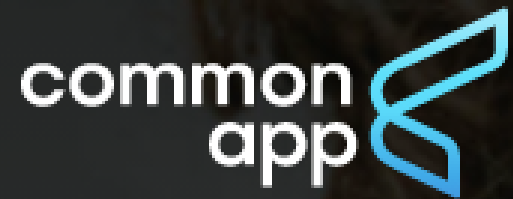
An application
specific to the
institution

Visit the school's website

Getting Started with Common App



[Access our COVID-19 resources >](#)



FIND A COLLEGE

Plan for college ▾

Apply to college ▾

Support your students ▾



Sign in

Create an account

Your future starts here

Apply to college for the first time or transfer to complete your degree. Navigate your entire college application journey with Common App.



Create An Account

**Set up your account
with an email and
password you will
remember!**



Let's get started!

Welcome to Common App! Please tell us how you will use the system so we can prepare your account. If you are unsure, we encourage you to explore each option before you continue.

Already have an account? [Go to the login page.](#)

First year student

Transfer student

Education professional

Parent or other adult

**You can create your
account as early as
today! The application
will update on
August 1st!**

How to Add a College



Welcome, Marin!

[Practice Applicant](#) [Practice account FAQs](#)

CAID 27173863

mdonnelly@pascack.org



Sign Out

Dashboard

My Colleges

Common App

College Search

Financial Aid Resources

Welcome, Marin!

Congratulations on taking this first step in the college application process!

Here are some tips to get you started:

- This tab is your Dashboard. After you add a college to your list, you will see your application progress here.
- All colleges will need you to answer the common questions under your [Common App](#) tab.
- To apply to a college, head over to the [College Search](#) tab.
- Once you have added a college, you can complete and submit your application in the [My Colleges](#) tab.

We are here to help you every step of the way! If you run into any questions or you need some help, check out our 24/7 [Applicant Solutions Center](#) or [contact us](#) at any time.

Need help?



What are the hours for student chat?

You are able to chat with us Monday-Friday, 12pm-8pm Eastern Time* (excluding holidays) from October - [Read more](#)

How can I view a college's Writing Supplement, if they have one?

There are two ways you can access a college's Writing Supplement.

[Read more](#)

College Search

[Application Requirements](#)

College or City Name

The College of New Jersey

Separate multiple search terms with a comma, e.g.: Washington, Boston

 [More filters](#)

Sort by: College Name ▼



The College of New Jersey

Ewing, NJ - USA



Add college

Need help?



How do I search for a college?

The **College Search** tab allows you to find the Common App member colleges that interest you.

[Read more](#)

How do I find colleges that are a good fit for me?

Planning for college doesn't have to be stressful. There are many free tools that can help you explore majors

[Read more](#)

My Colleges

[The College of New Jersey](#)[College Information](#)

Application

[Questions](#) [Recommenders and FERPA](#)[Review and Submit - Common App](#)

The College of New Jersey

Contact Info

Phone: [\(609\) 771-2131](tel:(609)771-2131)

Fax: 609-637-5174

Email: tcnjinfo@tcnj.edu

Address: 2000 Pennington Rd
Trenton Hall 228
Ewing, NJ 08628
USA

Links: [College Website](#) · [Virtual Tour](#) · [College Navigator](#)



Application Deadlines

Fall 2021

First Year

Early Decision - 11/01/2020

Early Decision II - 01/01/2021

Regular Decision - 04/15/2021

Spring 2021

First Year

Regular Decision - 11/01/2020

Components of the Common App

Common App

Profile

Family

Education

Testing

Activities

Writing

Courses & Grades
0 college(s) require

Activities

Preview

Activities

Reporting activities can help colleges better understand your life outside of the classroom. Examples of activities might include:

- Arts or music
- Clubs
- Community engagement
- Family responsibilities ([learn more](#))
- Hobbies
- Sports
- Work or volunteering
- Other experiences that have been meaningful to you

Do you have any activities that you wish to report? *

☐ Yes

☐ No

Clear answer

Your College Essay

The essay is the only opportunity (unless a school conducts an interview) for the applicant to showcase their VOICE, PERSONALITY, and PERSPECTIVE.

Take advantage of this opportunity for schools to get to know you beyond your grades, resume, and scores.

2021-2022 Essay Prompts

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

College Essay Tips

Do's

- Do reveal something personal about you/your life.
- Do show your knowledge about the college, when able.
- Do use YOUR voice.
- Double-check that you have addressed the prompt and have no spelling/grammatical errors.
- Do seek feedback from a small number of people who know you and know your voice.
- Do have FUN with your essay!

Don't's

- Don't use your essay to repeat your resume.
- Don't copy/paste.
- Don't embellish or exaggerate.
- Don't say what you think an admissions office wants to hear.
- Don't rely on spellcheck/grammar check.
- Don't panic!



College Fairs

PVRHSD and Northern Valley Regional HS District
will jointly host our annual college fair - virtually on
Wednesday, April 28, from 4:00-6:00 pm

National Association for College Admission
Counseling (NACAC) will be sponsoring virtual
college fairs this spring

<https://virtualcollegefairs.org/events>

College Board will be hosting virtual college fairs and panels
this spring

<https://pages.collegeboard.org/big-future-days>

College Visits

Virtual Campus Tours and In-Person Campus Tours - to schedule a Campus Tour, visit the specific college website for more info.

Virtual College Tour- Resources

<https://www.youvisit.com/collegesearch/>

<http://www.ecampustours.com/default.aspx>

<https://www.princetonreview.com/college-advice/virtual-tours>

Our school offers virtual College Rep Info Sessions in the Fall with many popular colleges for students to learn more about colleges of interest.

Students will be able to register through Naviance.

Virtual Tour- by YOUVISIT

Penn State

Register Now

Schedule Visit

Apply Online



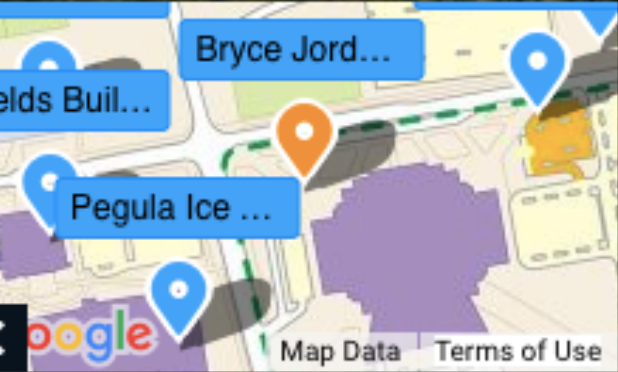
Bryce Jordan Center
Beaver Stadium

BRYCE JORDAN CENTER

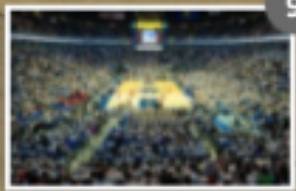
1:31 PM 72°F

bjc.psu.edu

Beaver Stadium →



Next: Beaver Stadium



9



EN



Understanding the Timeline of Events

Application Types & Deadlines

Early Decision
Early Action
Priority
Rolling
Regular

Spring:

Request Letters of Recommendation
Create your Common App Account
Brainstorm Potential Essay Topics
Utilize College Search Tools
Research Schools of Interest
Complete your Student Brag Sheet
Update your Resume in Naviance

Summer/Fall:

Continue to Research and Tour Schools
Draft your College Essay(s)
Complete Applications
Apply for Financial Aid
(FAFSA is available 10/1)

What's Next?

In the coming days and weeks, parents and students will receive an email for your Junior Post-Secondary Planning Conference meeting date and time.

In the email mentioned above, counselors will provide a timeline/checklist to every student and their families that outlines the chronology of the process, from start-to-finish. This presentation will also be available on the PH School Counseling website.

Your counselor is with you on this journey, every step of the way! Please reach out with any questions or concerns at any time throughout your process. We are here to help!

We are in this together!