

# POST-SECONDARY PLANNING

Class of 2023



# OPTIONS FOR YOUR FUTURE

Check out the amazing FCPS [College & Career Google site](#) (log in from @fcpsschools.net) to explore your post-secondary options:

- ★ [College](#)
- ★ [Military](#)
- ★ [Training and Apprenticeships](#)
- ★ [Gap Year Programs](#)
- ★ [Employment](#)



# TRAINING & APPRENTICESHIPS

- ★ Apprenticeship programs can provide an opportunity to learn a skill while working.
- ★ An apprenticeship program can last one to five years depending on the career.
- ★ Apprentices earn wages while learning but the wages are less than what you would make once the apprenticeship is completed.

For more information, visit

the FCPS [Apprenticeship Site](#)

or email ACE Administrator  
Mr. Steiner ([pdsteiner@fcps.edu](mailto:pdsteiner@fcps.edu))



# MILITARY

- ★ Visit the FCPS [Military Resources](#) page to learn more about service and educational opportunities and benefits
- ★ 5 US service branches: Air Force, Navy, Marine Corps, Army, and Coast Guard
- ★ Training available for over 140 occupations
- ★ [U.S. Service Academies and ROTC opportunities](#) on CVHS website



# POST-SECONDARY EDUCATION

## Associate Degree vs. Bachelor Degree

- ★ Associate's degree is a two-year program. It prepares students for a career or to transfer into a Bachelor's degree program.
- ★ Bachelor's degree is a four-year program that provides more advanced study in a particular major.

Degree Level	Associate's Degree	Bachelor's Degree
Program Length	2 years	4 years
Credit hours to Complete	60 credit hours	120 credit hours
Average Annual Tuition Fees (2020-2021)	\$3,770 (public, 2-year colleges)*	\$10,560 (public, 4-year institutions)*
Average Salary of Graduates (2020)	\$54,527**	\$62,712**
Degrees Conferred	Associate of Applied Science (AAS) Associate of Arts (A.A.) Associate of Science (A.S.) Associate of Fine Arts (AFA)	Bachelor of Arts (B.A.) Bachelor of Science (B.S.) Bachelor of Business Administration (BBA) Bachelor of Architecture (B.Arch.) Bachelor of Fine Arts (BFA)

Sources: \*College Board; \*\*Payscale.com

# NOVA



## NORTHERN VIRGINIA COMMUNITY COLLEGE

Monica Gomez, NOVA Counselor [mogomez@nvcc.edu](mailto:mogomez@nvcc.edu)

- ★ [Guaranteed Admission](#) Agreements
- ★ [G3 Initiative](#) - Get a Skill, Get a Job, Get Ahead
- ★ [ADVANCE](#) Partnership with GMU

School	GMU	VCU	JMU	UVA	VT	NOVA
Tuition*	\$6,282	\$7,298	\$6,103	\$8,899	\$6,846	\$2,226 - \$3,399
<small>*per semester costs for avg. full-time student 2020-21)</small>						



# CAMPUS INCLUSIVITY

- ★ Most colleges have resources available to new college students with special needs, designed to make the transition to post-secondary education successful. These campuses are equipped to address accessibility, continuing accommodations, and assistive technology for a diverse range of needs.
- ★ If you currently have an IEP or 504, please reach out to the college's Office of Disability Services to find out what supports are available.
- ★ Review online resources including:
  - FCPS Google site [Resources for Students with Special Needs](#)
  - [Webinar for Families of Students with Disabilities](#)
  - [Considerations for Students with Disabilities in the College Search & Beyond](#)
  - [Accessing College as a Student Living with a Disability](#)
  - [CollegeWebLD](#) - website allowing students to search colleges through filters including level of support, course of study, etc.

# WHAT SHOULD YOU BE DOING NOW?

- ★ Consider your post-secondary options and choose your path
- ★ If you're thinking about going to college then:
  - Research colleges in [Naviance](#)
  - Use [Scattergrams](#) and [SuperMatch](#) to find a good fit
  - Visit colleges in person or at [Virtual Fairs](#)
  - Representatives love to hear from students! Reach out to admissions or military reps to make a connection or ask questions.
- ★ Set up a meeting with your counselor or College & Career Specialist to discuss your post-secondary planning if needed



# WHAT SHOULD YOU BE DOING NOW?

- ★Continue working hard academically
- ★Read your email, including the College & Career Corner newsletter every Friday
- ★Clean up your social media presence
- ★Look into [service learning opportunities](#)
  - Aim for 40-50 hours by graduation
  - Learn how to [log in to X2VOL](#)
  - Review diploma seal [requirements](#)



# ADMISSION OPTIONS

## DEFINITIONS OF ADMISSION OPTIONS IN HIGHER EDUCATION



### STUDENTS: WHICH COLLEGE ADMISSION PROCESS BEST SUITS YOU?

#### Non-Restrictive Application Plans

##### Regular Decision

###### DEFINITION:

Students submit an application by a specified date and receive a decision in a clearly stated period of time.

###### COMMITMENT:

NON-BINDING

##### Rolling Admission

###### DEFINITION:

Institutions review applications as they are submitted and render admission decisions throughout the admission cycle.

###### COMMITMENT:

NON-BINDING

##### Early Action (EA)

###### DEFINITION:

Students apply early and receive a decision well in advance of the institution's regular response date.

###### COMMITMENT:

NON-BINDING

#### Restrictive Application Plans

##### Early Decision (ED)

###### DEFINITION:

Students make a commitment to a first-choice institution where, if admitted they definitely will enroll. The application deadline and decision deadline occur early.

###### COMMITMENT:

BINDING

##### Restrictive Early Action (REA)

###### DEFINITION:

Students apply to an institution of preference and receive a decision early. They may be restricted from applying ED or EA or REA to other institutions. If offered enrollment, they have until May 1 to confirm.

###### COMMITMENT:

NON-BINDING

Students are not restricted from applying to other institutions and have until May 1 to consider their options and confirm enrollment.

Students are responsible for determining and following restrictions.

# COLLEGE APPLICATION TYPES

Research how each college accepts their application, with options of:

- ★ Common App - most often-used platform, over 900 partner colleges
- ★ Coalition App
- ★ Individual college/university website application

Understand the difference between Early Decision (one school only, binding contract), Early Action, Regular, and Rolling Admission

Get a head start! Use your summer to finalize your list and start applications.

# LETTERS OF RECOMMENDATION

- ★ Check college website, [Common App](#) or [Coalition App](#) for requirements
- ★ Give your recommender AT LEAST 30 days to complete your letter
- ★ Ask teachers now! (Current or past high school teachers)
- ★ Write a thank you note to teachers, coaches, or other recommenders. Keep them informed as you get admission and scholarship decisions.

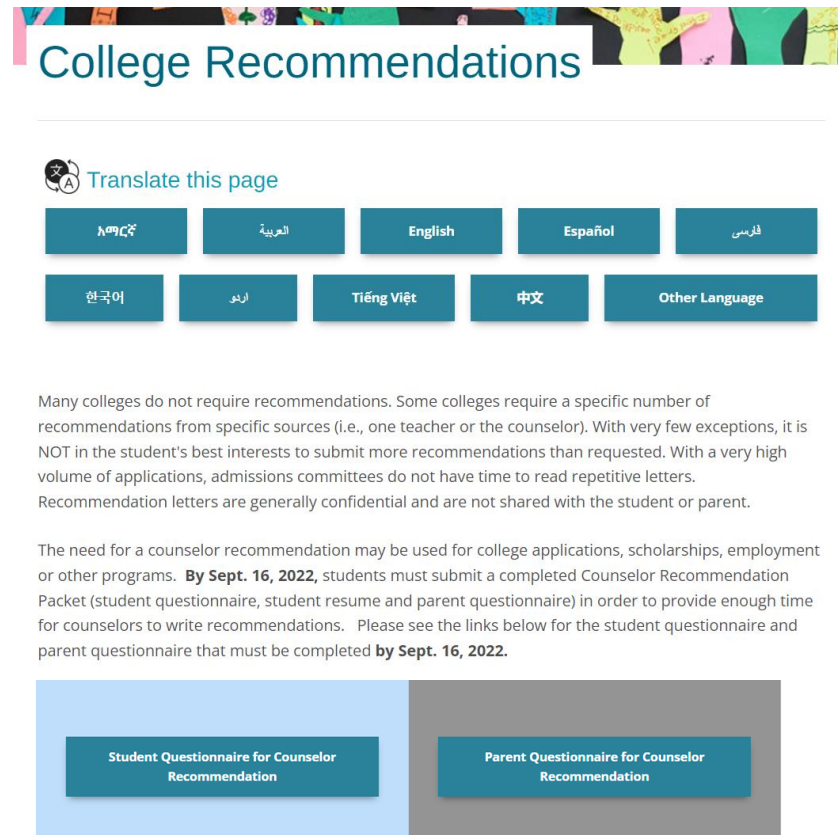


# LETTERS OF RECOMMENDATION

Counselors need 3 things to write a letter of recommendation:

- ★ Senior Input Questionnaire
- ★ Parent/Guardian Input Questionnaire
- ★ Resume (template available in Student Services Schoology course)

Both questionnaires can be found on the [school website](#)



The screenshot shows a website page with a header "College Recommendations" and a translation tool. The translation tool includes a "Translate this page" button and a grid of language options: Hebrew, Arabic, English, Spanish, Farsi, Korean, Urdu, Vietnamese, Chinese, and Other Language. Below the translation tool, there is a paragraph of text explaining that many colleges do not require recommendations and that recommendation letters are generally confidential. At the bottom, there are two buttons: "Student Questionnaire for Counselor Recommendation" and "Parent Questionnaire for Counselor Recommendation".

## College Recommendations

Translate this page

العبرית العربية English Español فarsi

한국어 اردو Tiếng Việt 中文 Other Language

Many colleges do not require recommendations. Some colleges require a specific number of recommendations from specific sources (i.e., one teacher or the counselor). With very few exceptions, it is NOT in the student's best interests to submit more recommendations than requested. With a very high volume of applications, admissions committees do not have time to read repetitive letters. Recommendation letters are generally confidential and are not shared with the student or parent.

The need for a counselor recommendation may be used for college applications, scholarships, employment or other programs. **By Sept. 16, 2022**, students must submit a completed Counselor Recommendation Packet (student questionnaire, student resume and parent questionnaire) in order to provide enough time for counselors to write recommendations. Please see the links below for the student questionnaire and parent questionnaire that must be completed **by Sept. 16, 2022**.

Student Questionnaire for Counselor Recommendation

Parent Questionnaire for Counselor Recommendation

# TRANSCRIPT REQUEST PROCESS

- ★ Every school you apply to will need to be documented on a [transcript request form](#) that will be submitted online to CVHS Transcript Assistant, Mrs. Slebrch ([EKSllebrch@fcps.edu](mailto:EKSllebrch@fcps.edu))
- ★ Official school transcripts are sent by CVHS and must be requested 30 days prior to the college deadline
- ★ If you apply via Common App, you must add your Counselor into the portal as your “Counselor Recommender” using their [@fcps.edu](#) email address (NOT fcpschools.net)
- ★ While you should be thinking about schools this summer, the actual transcript process does not begin until school resumes in August. NO submissions before then!

# COLLEGE ESSAYS

Set yourself apart with a great essay. Start brainstorming this summer! [College Essay Guy](#) has helpful free resources to explore.

Colleges want to know:

- ★Your writing ability – your voice and how you use it
- ★How you think – values, preferences, and style
- ★Who you are – YOUR story, viewpoint

Check out the [Common App](#), [Coalition App](#), and individual university websites for their essay prompts.



# STANDARDIZED TESTS

Nearly 80% of U.S. colleges and universities will be test optional for the next admissions cycle. Test optional schools will not require SAT or ACT scores as part of their application.

- ★ Check [www.fairtest.org](http://www.fairtest.org) and university websites for the most updated information
  - VA schools include UVA, William & Mary, JMU, VCU and many more! Database is updated weekly!
- ★ For students who want/need to take the SAT and/or ACT, visit the FCPS [College & Career Resources](#) site for more information
- ★ SAT/ACT fee waivers are available from Mrs. Stamper

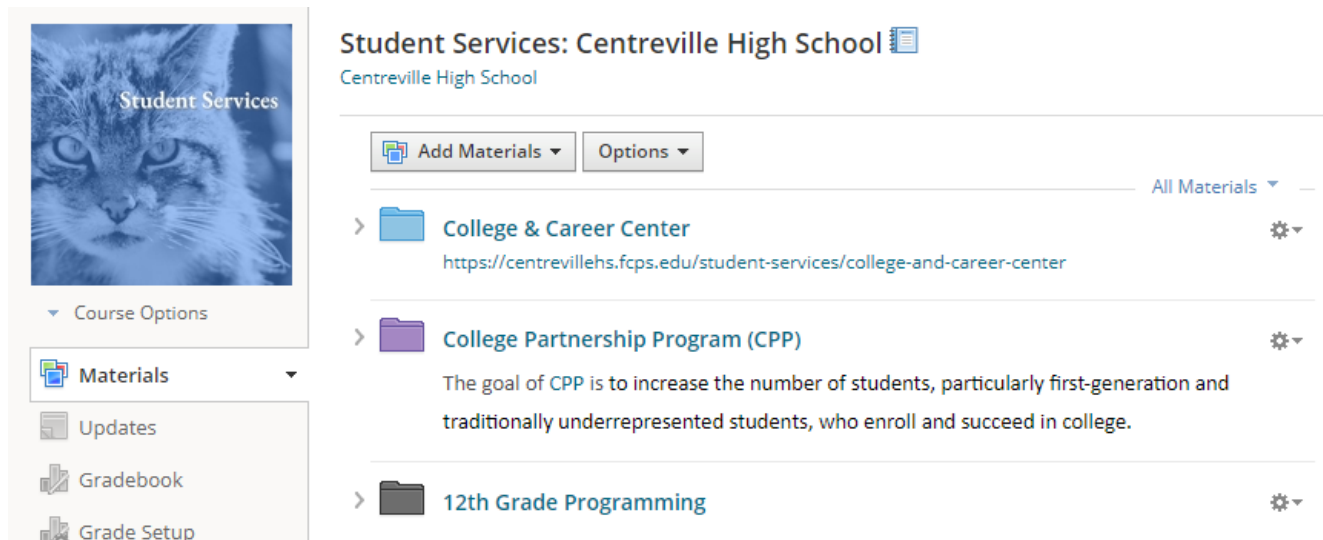



# FINANCIAL AID/SCHOLARSHIPS



- ★Financial Aid 101 presentation available on [Google site](#)
- ★Review scholarships posted in Naviance and shared in weekly College & Career Corner [newsletter](#)
- ★Attend a free workshop offered by [College Access Fairfax](#)
- ★[FAFSA](#) - Free Application for Federal Student Aid opens every year on October 1
- ★Some universities also require the [CSS Profile](#) (UVA, William & Mary among others)
- ★Meet individual university deadlines for scholarships and financial aid
- ★Contact Financial Aid Champion Mrs. Horowitz ([bdhorowitz@fcps.edu](mailto:bdhorowitz@fcps.edu)) or Mrs. Stamper with questions

# JUNIOR SUMMER CHECKLIST







- ★ Complete the student and parent/guardian questionnaires and resume and turn them in to your counselor by Friday, **September 16, 2022**
- ★ Research and decide on your post-secondary plans. Remember this is YOUR JOURNEY!
- ★ Review the resources in the Student Services Schoology course



**Student Services: Centreville High School**   
Centreville High School

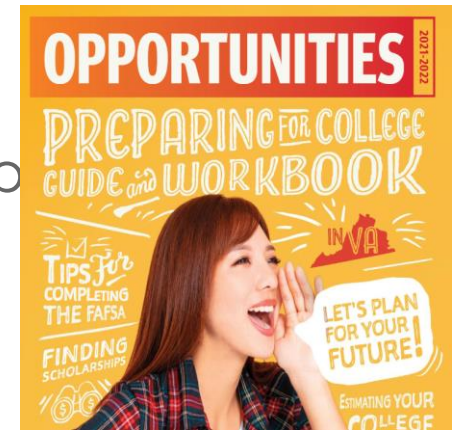
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- >  **College & Career Center**   
<https://centrevillehs.fcps.edu/student-services/college-and-career-center>
- >  **College Partnership Program (CPP)**   
The goal of **CPP** is to increase the number of students, particularly first-generation and traditionally underrepresented students, who enroll and succeed in college.
- >  **12th Grade Programming** 

# JUNIOR SUMMER CHECKLIST

- ★If applying to colleges - start looking at applications, think about who will write your letters of recommendation, and brainstorm essay ideas.
- ★Visit as many of the schools you are interested in as you can! Summer is a great time to travel!
- ★Check out the [Opportunities Booklet](#) checklist (available in Sp



- ★Enjoy your summer!  
Graduation will be here  
before you know it!

IF YOU HAVE QUESTIONS, REACH OUT TO YOUR COUNSELOR OR STUDENT SERVICES STAFF TO ASSIST. CONTACT INFORMATION CAN BE FOUND ON THE [CVHS WEBSITE](#).

COUNSELOR NAMES (Alpha Range)	EMAIL ADDRESS (FOR ALL APPS!)
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