

# College Counseling Preview for Grade 10



**March 14, 2023**



## College Counselors



**Karla Crucke**



**Jen FitzPatrick**



**Darnell Heywood**





# The Basics of College Counseling

- **3 college counselors, terrific administrative support**
  - Separate from the School Counselor (Ms. Dillon's) role
  - Separate from the Advisor role
- **Our student to college counselor ratio is 36:1**
  - Nationally, the ratio can be as high as 500:1
- **Counselors are active in the field**
  - College Knowledge - tours, conferences, networking
  - In-depth understanding of standardized testing trends
  - Employ the latest technology with our families
- **Partnerships within our school**
  - Athletics, Academic Affairs/Department Heads, etc.
- **Information for high school families**
  - Grade Level Meetings (like this one!)
  - Parent Coffees, Financial Aid Presentations, etc.
  - Regular correspondence with students and parents



Kids Are at the Center  
of Everything We Do



# Tonight's Agenda

- The College Counseling Philosophy at Academy
- Steps to a Happy College Process
- College Admissions: How It Works
- Financial Aid 101: The Basics
- Looking Forward: Next Steps for Sophomores
- Standardized Testing + Test Prep
- What Matters Most: Success in College
- Mental Health and Balance
- Lessons Learned + Tips for Success





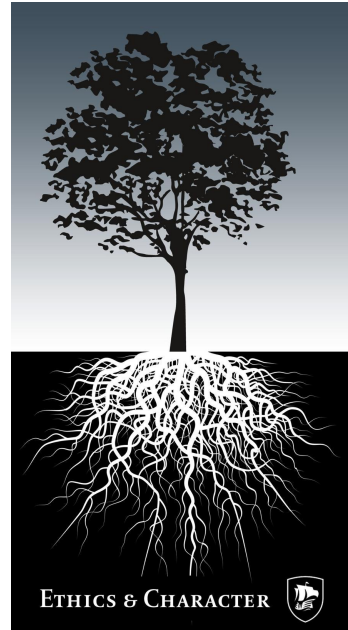
# Big Picture

“College is a match  
to be made, not a  
prize to be won.”

~Former President of NACAC

National Association of  
College Admission Counseling

**College is only part of the dream**



## Steps to a Happy College Process

1. Self Reflection
2. College Research
3. Application & Selection Process





## Step #1: Self Reflection



- What are my strengths? What am I proud of?
- What challenges me?
- Should I try something new this year?
- How do I learn best?
- Will I like being far away from home?
- How do people who know me best describe me?
- What is the best part of my day?
- Personality Traits – [www.16personalities.com](http://www.16personalities.com)

**Be Honest with Yourself**



## Step #1: Self Reflection

Do I get my energy from being in a large crowd or a small group? How do I recharge?

Will I want attention from professors? Do I do my best learning with hands-on activities? Or will I prefer large lecture-style classes?

What do I do for fun on a Saturday night?

Do I think I want to be in a city?

How often do I venture into downtown Columbus?





# Step #1: Self Reflection

## Explore Careers on Road Trip Nation



# Step #1: Self Reflection

## Explore Careers with Academy Alums

This Fall (In-Person)

Last Year (recorded during COVID)

### CAREER FAIR 2022

THURSDAY  
NOVEMBER  
3

#### CAREERS IN HEALTHCARE

12:55-1:20 pm  
*(lunch will be provided)*

Register online at [bit.ly/CA\\_CareerFair2022](http://bit.ly/CA_CareerFair2022)

Dr. Meredith Mucha '93  
Director of Geriatrics at Mount Carmel Health

Dr. Alex Tancevski '00  
Orthopedic Surgeon, Orthopedic Specialists & Sports Medicine

Moderated by: Cory Wu '23

Presented by: Student Alumni Reps, Alumni Office & Internships Office

# Step #2: College Research

Finding colleges that meet your basic criteria

CollegeBoard BigFuture

College Search

Search by college name

CollegeBoard

Find the right college for you.

Choose a category to start exploring.

Location Majors Type Campus Life

You can start with any of the four categories listed above

# Step #2: College Research



## Spelman College

Atlanta, GA

Save College

About Admissions Academics Costs Campus Life

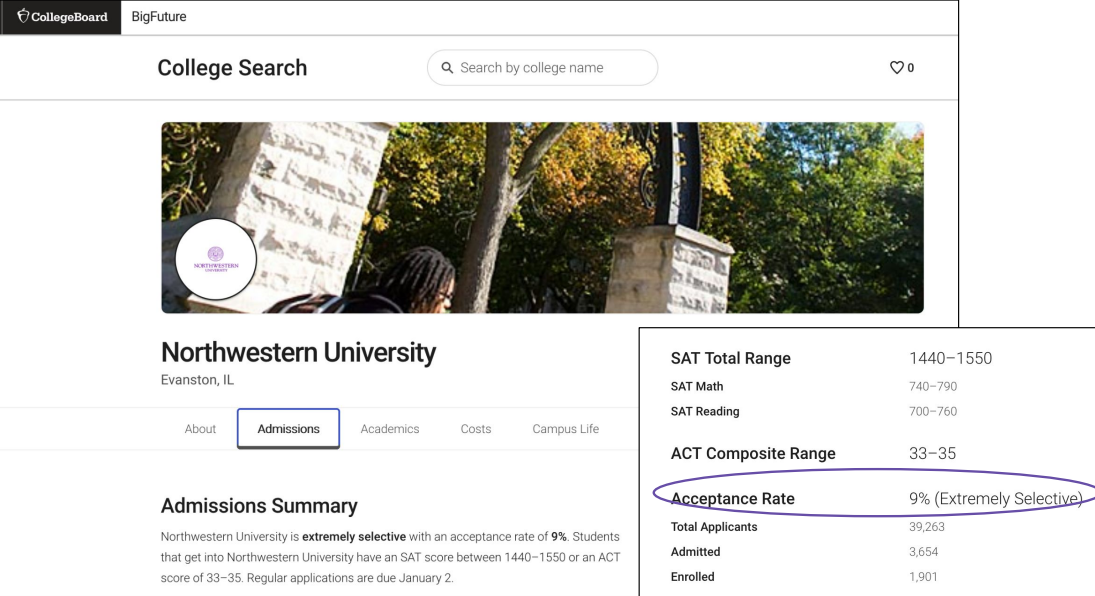
### Admissions Summary

Spelman College is **selective** with an acceptance rate of **43%**. Students that get into Spelman College have an SAT score between 1080–1230 or an ACT score of 22–27. Regular applications are due February 1.

Acceptance Rate	43% (Selective)
Total Applicants	13,649
Admitted	3,875
Enrolled	577


Once you find a college, this site has a *wealth* of information

# Step #2: College Research



CollegeBoard BigFuture

College Search  ♡ 0



**Northwestern University**  
Evanston, IL

About **Admissions** Academics Costs Campus Life

**Admissions Summary**  
Northwestern University is **extremely selective** with an acceptance rate of **9%**. Students that get into Northwestern University have an SAT score between 1440–1550 or an ACT score of 33–35. Regular applications are due January 2.

SAT Total Range	1440–1550
SAT Math	740–790
SAT Reading	700–760
ACT Composite Range	33–35
<b>Acceptance Rate</b>	<b>9% (Extremely Selective)</b>
Total Applicants	39,263
Admitted	3,654
Enrolled	1,901



## Step #2: College Research

### The Common Data Set

- Universities have an Office of Institutional Research
- This is the purest form of data - and we *love* data
- Easy to Find

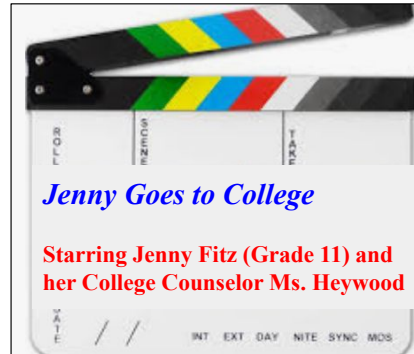




# “Jenny Goes to College”

## SETTING THE SCENE

- It’s winter of Junior Year, the snow is falling, and Jenny is excited for a first meeting with her college counselor
- The journey and education begin...



## Step #2: College Research Common Data Set

“First Time, First Year Freshman Admission”

Total first-time, first-year (freshman) men who applied: 28,332  
 Total first-time, first-year (freshman) women who applied: 27,139

Applications by Gender

Total first-time, first-year (freshman) men who were admitted: 1,068  
 Total first-time, first-year (freshman) women who were admitted: 1,122

Total full-time, first-time, first-year (freshman) men who enrolled: 861  
 Total full-time, first-time, first-year (freshman) women who enrolled: 896

Total full-time, first-time, first-year (freshman) who applied: 55,471  
 Total full-time, first-time, first-year (freshman) who were admitted: 2,190

Number of qualified applicants offered a place on waiting list: 652  
 Number accepting a place on the waiting list: 535  
 Number of wait-listed students admitted: 61

Wait List





# Step #2: College Research

## Common Data Set

### “Factors in Admission Decisions”

	Very Important	Important	Considered	Not Considered
<b>Academic</b>				
Rigor of secondary school record	X			
Class rank	X			
Academic GPA	X			
Standardized test scores	X			
Application Essay	X			
Recommendation(s)	X			
<b>Nonacademic</b>				
Interview			X	
Extracurricular activities	X			
Talent/ability	X			
Character/personal qualities	X			
First generation			X	
Alumni/ae relation			X	
Geographical residence			X	
State residency				X
Religious affiliation/commitment				X
Racial/ethnic status			X	
Volunteer work			X	
Work experience			X	
Level of applicant's interest				X



# Step #2: College Research

## Common Data Set

Total first-time, first-year (freshman) men who applied	4,282
Total first-time, first-year (freshman) women who applied	7,573
Total first-time, first-year (freshman) men who were admitted	2,211
Total first-time, first-year (freshman) women who were admitted	4,038
Total full-time, first-time, first-year (freshman) men who enrolled	400
Total part-time, first-time, first-year (freshman) men who enrolled	0
Total full-time, first-time, first-year (freshman) women who enrolled	623
Total part-time, first-time, first-year (freshman) women who enrolled	1
Total first-time, first-year (degree-seeking) who applied	11,855
Total first-time, first-year (degree-seeking) who were admitted	6,249
Total first-time, first-year (degree-seeking) who enrolled	1,024

WAITING LIST	TOTAL
Number of qualified applicants offered a place on waiting list:	975
Number accepting a place on the waiting list:	563
Number of wait-listed students admitted:	0



## Step #2: College Research Common Data Set

	Very Important	Important	Considered	Not Considered
<b>Academic</b>				
Rigor of secondary school record	X			
Class rank	X			
Academic GPA	X			
Standardized test scores	X			
Application Essay	X			
Recommendation(s)	X			
<b>Nonacademic</b>				
Interview			X	
Extracurricular activities	X			
Talent/ability	X			
Character/personal qualities	X			
First generation			X	
Alumni/ae relation			X	
Geographical residence			X	
State residency				X
Religious affiliation/commitment				X
Racial/ethnic status			X	
Volunteer work			X	
Work experience			X	
Level of applicant's interest				X



## Step #2: College Research Common Data Set

Total first-time, first-year men who applied	2931
Total first-time, first-year women who applied	1509
Total first-time, first-year men who were admitted	271
Total first-time, first-year women who were admitted	322
Total full-time, first-time, first-year men who enrolled	116
Total part-time, first-time, first-year men who enrolled	
Total full-time, first-time, first-year women who enrolled	121
Total part-time, first-time, first-year women who enrolled	

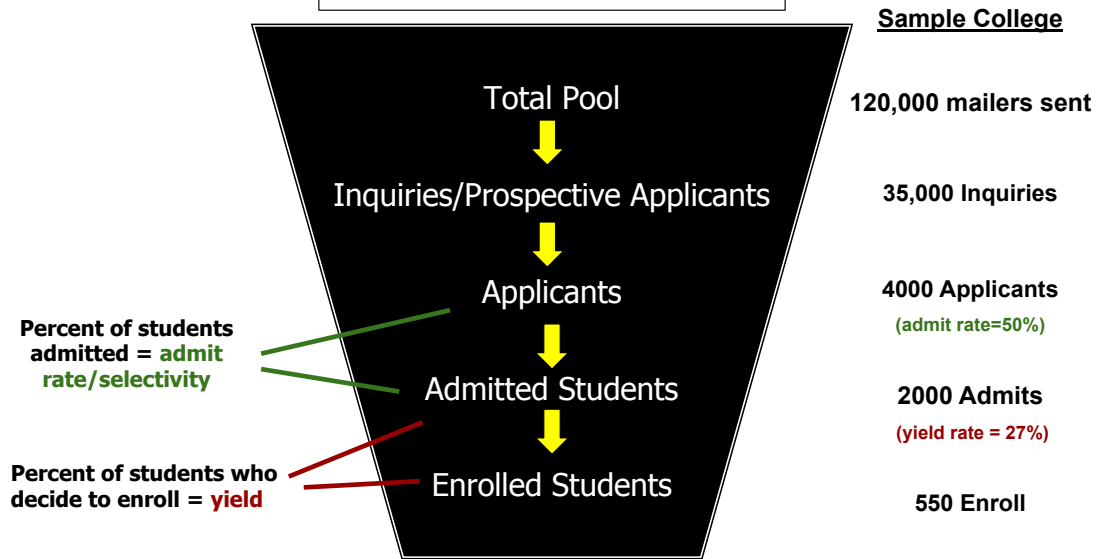
WAITING LIST	TOTAL
Number of qualified applicants offered a place on waiting list:	612
Number accepting a place on the waiting list:	419
Number of wait-listed students admitted:	17

If this student was looking for more California schools, we'd also suggest University of San Francisco, Santa Clara, U. of Redlands, Occidental, or Loyola Marymount



## How Does College Admissions Work?

### The Admissions Funnel



National Association for  
College Admission Counseling  
*Guiding the way to higher education*

## Factors in Admissions Decisions

### Importance of Various Factors in the Admission Decision: First-Time Freshmen

	Percentage of Colleges Rating As:			
	Considerably Important	Moderately Important	Limited Importance	Not Important
Grades in All Courses	74.5	15.0	5.5	5.0
Grades in College Prep Courses	73.2	16.8	5.9	4.1
Strength of Curriculum	62.1	21.9	8.7	7.3
Admission Test Scores (SAT, ACT)	45.7	37.1	12.2	5.0
Essay or Writing Sample	23.2	33.2	24.1	19.5
Student's Demonstrated Interest	16.1	23.9	28.0	32.1
Counselor Recommendation	15.1	40.4	26.6	17.9
Teacher Recommendation	14.2	40.2	26.5	19.2
Class Rank	9.1	29.1	34.1	27.7
Extracurricular Activities	6.4	42.9	32.0	18.7
Portfolio	6.4	11.9	26.9	54.8
Subject Test Scores (AP, IB)	5.5	18.3	35.2	41.1
Interview	5.5	16.4	28.3	49.8
Work	4.1	28.6	36.9	30.4
State Graduation Exam Scores	2.3	8.7	18.8	70.2
SAT II Scores	1.9	5.6	14.8	77.8

**Traditionally,  
Top 4 are the  
most important**

**COVID saw a  
disruption in  
SAT/ACT testing.**

Source: NACAC Admission Trends Survey, 2018-19.



### Top Four:

- Grades in All Courses (cumulative transcript – trends over time)
- Grades in College Prep Courses (5 main academics classes)
- Strength of Curriculum
- Admission Test Scores (SAT/ACT/AP Exams) - watch the recorded Standardized Testing coffee to hear more about how scores remain crucial at *some* schools

### Less important factors *do* exist & *sometimes* play a role:

- Early Decision + a family's willingness to pay
- Others factors you can't control (colleges don't tell you what they are)
  - These factors may include: special talent (athletics/the arts), interest from development office, legacy, underrepresented students of color, first generation, rural, Pell-eligible status



## Applications and Selectivity

- Colleges & universities with low admit rates see the greatest growth in application numbers
- Application volume continues to increase, especially in Early Action and especially at large, state universities

*ED=Early Decision (binding, early applications)*

*EA=Early Action (non-binding, early applications)*



National Association for  
College Admission Counseling  
*Guiding the way to higher education*

## Explosive Growth in applications fueled by:

- Many schools went “Test Optional” during COVID
- Large number of high school graduates in the U.S. (3M)
- Ease of applying (online Common Application)
- Merit Aid and wanting to compare financial aid packages
- Heavy marketing by colleges & universities

Make no mistake, this is a business

**Why is this important?  
Because it impacts admit rates**



## Digging into the Data

**Colgate** - had a 146% increase in apps over last 2 years

**NYU** - received over 105,000 apps (admit rate 12.8%)

**Columbia** - up 146% in apps from 2020 to 2022

**U. of Tennessee** -- up 43% in Early Action applications this year

**UCLA** - received 149,000 apps

**Boston College** - received 40,483 apps for approximately 2400 spots

**Denison** - apps hit 15,000 this year (up from 9500 just 2 years ago) for 650 spots

**U. of Michigan** - received over 84,000 apps in 2022 (65,000 in 2020)

**Auburn University** -- received over 40,000 apps (up 155% within 2 years)

**Ohio State University** - received 76,710 apps this year (up 47% in 3 years)

**Hamilton College** - experienced a 30% increase in apps from 2019 to 2021





# Financial Aid 101

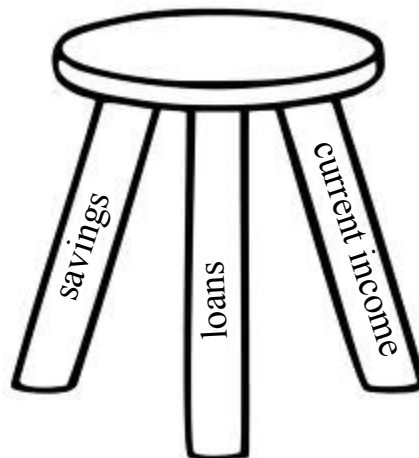


- Talk about your budget **early** in the college research process
- **Attend one of our Financial Planning Programs (October)**
- Explore a “Net Price Calculator” on a university website (under financial aid) – *know what it will cost your family*
- **Don’t be the ostrich:** get an idea of your Expected Family Contribution (E.F.C.) using the calculator section of [www.finaid.org](http://www.finaid.org) or **schedule an appointment with SmartTrack**
- Students complete college applications, parents complete the FAFSA *and* the CSS Profile (required by some)
- Deadlines for Financial Aid are non-negotiable





## Philosophy of Need-based Financial Aid

- Government and Colleges agree – it is the parents responsibility to pay for college
- Family contribution assumes a “three-legged stool” concept. If one leg of the stool is missing, the other two need to hold it up





## “I’m so excited! What’s next for sophomores?”

1. Practice ACT - April 12th (in school)
2. Grade 10 Academic Planning Conferences with college counselors for student/parents from April 17-21 (invitation via SignUp Genius on April 4 @ 8pm)
3. Follow us  [Vikings2College](#)  
 [vikes2college](#)
4. Self reflection early steps:  
try [16personalities.com](#), look at career videos on RoadTrip Nation + CA Career podcasts



## The Excitement Continues: Junior Year



- High School Visits – college reps come to us (fall)
  - Juniors may visit with reps during free periods + lunch
  - Visits are publicized in several ways - you will know who is here
  - Over 120 colleges/universities visited us last fall
- Connect with admissions representatives and coaches
- Take the PSAT (October)
- Junior College Night (November)
- Individual meetings with your assigned counselor (Nov-Jan)
- College Counseling Class (3rd Quarter)
- College Visits – you will go to tour college campuses



# “I’m so excited! What’s next for sophomore parents?”



1. Examine your budget



2. Sign up for a Grade 10  
Academic Planning Conference

APRIL 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

3. Take a deep breath - follow the roadmap,  
read the handouts, pace yourself



4. Focus on moments of joy



## Communication from School

### Parents: Viking Voice

- Reminders about events
- Recordings and presentation handouts from parent coffees/meetings
- General info about college admissions



### Students: Email

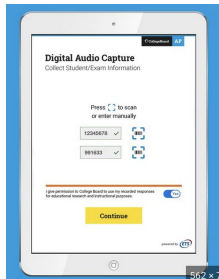
- Read what we send you - that’s it. Just do it.







# Standardized Testing 101



**JUNIOR  
YEAR  
IS  
TESTING  
YEAR**



# Standardized Testing 101

**Not Sophomore Year**

**Example from  
[www.cmu.edu](http://www.cmu.edu)**

## SAT and ACT Tests

Carnegie Mellon is extending our test-optional policy, removing the SAT/ACT standardized testing requirement for all Fall 2022 first-year applicants. Please see the information above for more details.

We prefer that all testing for is completed by November 1 for Early Decision 1 applicants and by January 4 for Early Decision 2, Regular Decision and Early Admission applicants.

We believe that college admission testing in the 9th and 10th grades adds to the anxiety of a process that students won't encounter for several years. As a result, we're generally not in favor of any 9th or 10th grade SAT or ACT scores (although tests taken the summer after 10th grade are appropriate). While they may measure knowledge at the time the tests are taken, that level of knowledge gradually degrades and doesn't fully represent the knowledge students bring to college first-year courses. Should students present tests taken two or more years in advance of their first-year experience, we'd take the timing of the test results into consideration. The greater the amount of time prior to students' first year of college, the less we can rely on the test results as a fair representation of their knowledge entering Carnegie Mellon.

**Navigating the Evolving Testing Landscape**

**A Special Event for Columbus Academy Families**

**Wednesday, 1/25  
8 am Eastern  
Dining Hall, Fireside Room**

**Eric Anderson**  
Senior Director  
Compass Education Group  
eric@compassprep.com

compassprep.com/schools/  
columbus-academy

Recording: [https://youtu.be/Z827hgUQp\\_g](https://youtu.be/Z827hgUQp_g)



# PSAT

- October 2023 for sophomores and juniors
- **NEW:** Digital Exam in 2023
  - Students will use their school iPads
  - Digital Practice Session available in June
- Scores from the junior year can qualify a student for National Merit recognition
  - Typically 20% of our class is recognized by NMSC
  - Over the last 2-3 years, 215-218 was cutoff for S.I.
- Avg. PSAT for juniors at CA this year: 1228
- After PSAT scores come back (December)
  - Go to **satpractice.org**
  - Offers free SAT prep by using your individual results (each Q + A)

**PSAT/NMSQT**  
Preliminary SAT/National Merit Scholarship-Qualifying Test

**PSAT/NMSQT**  
© College Board

**Your Summary Score Report**

**Get Your Full Score Report Online**  
[psat.org/myscore](https://psat.org/myscore)

Hi, Ima B. Student  
School Name: John F. Kennedy High School  
School Code: 123456  
Grade: 11th Grade  
Student ID: 24068907  
Custom Code: 00  
Access Code: A02870146P  
College Board ID: 12345678



# SAT and ACT



- **Colleges will accept either the SAT or ACT**
  - There is no “preferred test”
  - SAT will also be digital only starting in March 2024
- **DO NOT take the Writing Section on the ACT**
  - *Only* the U.S. Military Academy requires it
- **Test Prep – When, not If**
  - Timing recommended to you during your Grade 10 Meeting next month
- **On average, our students take one of the tests 3 times**
  - Register at [www.collegeboard.org](http://www.collegeboard.org) & [www.actstudent.org](http://www.actstudent.org)
  - No testing until summer before Junior Year *at the very earliest*
- **Our office can provide fee waivers and help those with accommodations apply through College Board and ACT**

CA Class of 2022

{ Average SAT = 1323  
Average ACT = 28



# AP Exams

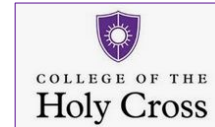


- **Registration is in fall/spring (depending on the class)**
  - Announced by classroom teachers and in the Viking Voice
  - Registration provides access to online study tools from the College Board such as the AP Question Bank for students/teachers
- **Student may choose to *self-report* scores from these exams to colleges when they apply (there is a place for this on the Common App)**
- **Not required**
  - But they *are* a way to demonstrate mastery on a national level
- **Becoming more important with the elimination of SAT Subject Tests + SAT/ACT being optional at some schools**
- **Low risk exams** -- Don't like your score? Don't report it.
- **Every student at Academy has the opportunity to take these**



# Test Optional Colleges

- Many schools do not require an SAT or ACT score from applicants. **Some temporarily.**
- Complete list at [www.fairtest.org](http://www.fairtest.org)
- Examples:



# What Matters Most: Success in College



- FIND a match:
  - National Statistic.....1/3 of all students transfer
  - Columbus Academy.....less than 1/10 of students transfer
- How does one do the research/approach the college search to reduce the odds of transferring?
  - Location, size, internships, ethos/social fit, extracurricular activities, residential community, program fit, cost, campus resources, graduation rates
  - The basics *matter*, and this has stood the test of time
  - Focus on what matter most to you and your family



# Prioritizing Mental Health



## Helping students cope with the pressure to succeed

Experts say that students from high achieving schools, who are privileged in terms of educational opportunities, are at greater risk of substance abuse, depression and anxiety than the national norm, because of an unrelenting, insidious pressure to succeed. Correspondent Lee Cowan talks with students and a psychologist about how adolescent wellness is as vulnerable to academic pressure as it is to poverty, trauma and discrimination.

AUG 15, 2021



[www.cbsnews.com/video/helping-students-cope-with-the-pressure-to-succeed/#x](http://www.cbsnews.com/video/helping-students-cope-with-the-pressure-to-succeed/#x)



# How can parents help?

The screenshot shows the website for the National Association of Independent Schools. The navigation bar includes 'PARTICIPATE', 'LEARN', 'ANALYZE', and 'ABOUT'. The breadcrumb trail reads 'HOME > LEARN > INDEPENDENT IDEAS BLOG > JANUARY 2022 > PONDERING THAT COLLEGE QUESTION'. The article title is 'Pondering That College Question', dated 'January 04, 2022', and written by 'Penny Evins'.

## Intentional Questions

Instead of asking about the destination, maybe we can start asking questions that open a dialogue for seniors to feel comfortable and confident sharing more about their authentic selves. *Where do you want to spend time after graduation from high school, and how do you want to spend it? What challenges do you seek, and what opportunities do you want to explore? What might you miss the most, and what are you looking forward to being different?* These questions are just my own noodling, and might we all spend time in this curious place in order to help our seniors look forward to our questions and the opportunities to wonder and ideate?

I hope we can do better and listen to kids; after all, it is their journey, not ours. In the meantime, this Mama Bear is holding tight to the notion that some questions are meant for pondering, not asking.



## What We've Learned



- **How parents talk about this** and the questions they ask other children matter  
--Ex: Sideline chatter, test score comparison, always asking about GPA's
- **Early College Visits** - If you visit early (before having junior year test results), **visit colleges and universities that admit over 50% of their applicants**
- Parents and students have **different timelines** for this process, but **we are giving you a timeline** in the packet of information that has proven to be successful for Academy families
- **14-month lifespan** of the college search experience for students - don't start now
- No silver bullets, no magic potion, no crystal balls, but loads of success stories
- ★ **This can be a joyful time in a child's life.** ★ Enjoy the experience together as parent and child
- Things can change...very quickly (admission marketplace, a child's opinion, etc.)

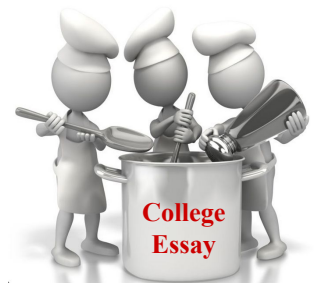


## What We've Learned



### **Predatory elements surround this process**

- Where there is anxiety, there is money to be made
- The Danger of Independent Consultants in an environment like ours where help is aplenty
- Expensive summer programs on college campuses are *not* a factor in the admission process -- they are simply enrichment programs



### **There will be plenty of ways to spend your Time + Money**

- Visiting College Campuses (mostly during the Junior Year)
- Test Prep + Standardized Testing



# Thank you for listening!



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