

# WELCOME



College Planning Night  
September 10, 2019

# NAMES & CONTACT INFORMATION

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# CVHS Counseling and Career Center Website

[www.cvschools.org](http://www.cvschools.org)

- 
- ◉ Click “High School” under the “School” tab on the top left
- 
- ◉ Scroll down to the middle of the page Navigation Bar “Counseling and Career Center”
- 
- ◉ You have arrived at the CVHS Counseling and Career Center Website!

# GRADUATION REQUIREMENTS

## 23 Total Credits to Graduate from CV

- 4 credits in **English**
- 3 credits in **Social Studies**
  - World History (1)
  - Government (.5)
  - Economics (.5)
  - US History (1)
- 3 credits in **Science**
  - Biology and 1 Physical Science
- 3 credits in **Math**
  - Algebra 1 and Geometry
- 2 additional credits from a combination –
  - Social Studies, Math, Science
- 1.5 credits in **Health & PE**
- **Keystone Exams** – Algebra 1, Biology and 10<sup>th</sup> grade English
- PA Career Standard Activities

# TESTING

- ◎ **PSAT** – **Saturday, October 19<sup>th</sup>** - practice test for the SAT, qualifier for the National Merit Scholarship during Junior year.
- ◎ **SAT** – College Admission Test; Writing and Language, Reading, Math. Optional Essay.
- ◎ **ACT** – College Admission Test; English, Math, Writing, Science. Optional Essay.

# COLLEGE ADMISSIONS EXAMS

## SAT

Website: [www.CollegeBoard.org](http://www.CollegeBoard.org)

**Test Structure:** Math, Reading, Writing & Language

**Reading:** 5 passages

**Science:** None

**Math:** Through Trigonometry & Data Analysis

**Tools:** Half of the math sections allow use of a calculator

**Essay:** *Optional*

**Length:**

- ⦿ 3 hours (without essay)
- ⦿ 3 hours and 50 minutes (with Essay)

**Score:**

- ⦿ Cumulative Score: Scale of 400 – 1600  
\*\*\*No penalty for incorrect answers

## ACT

Website: [www.ActStudent.org](http://www.ActStudent.org)

**Test Structure:** Math, Reading, English, Science

**Reading:** 4 passages

**Science:** 1 section

**Math:** Through Trigonometry

**Tools:** All math sections allow use of a calculator

**Essay:** *Optional*

**Length:**

- ⦿ 2 hours and 55 minutes (without essay)
- ⦿ 3 hours and 40 minutes (with Essay)

**Score:**

- ⦿ Composite score of 1-36  
\*\*\*No penalty for incorrect answers

Most colleges accept both the SAT and ACT equally for admissions and merit-based scholarships, so decide which test is right for you!

# 2019-2020 TESTING DATES

## SAT

Test Date	Deadline
August 24, 2019	July 26, 2019
October 5, 2019	September 6, 2019
November 2, 2019	October 3, 2019
December 7, 2019	November 8, 2019
March 14, 2020	February 14, 2020
May 2, 2020	April 3, 2020
June 6, 2020	May 8, 2020

## ACT

Test Date	Deadline
September 14, 2019	August 16, 2019
October 26, 2019	September 27, 2019
December 14, 2019	November 8, 2019
February 8, 2020	January 10, 2020
April 4, 2020	February 29, 2020
June 13, 2020	May 8, 2020



# TEST SCORE SUBMISSION

“Official” College Admissions Exam Scores  
(*ACT/SAT/AP/Subject Tests*) **MUST** be submitted by  
**YOU** through **YOUR** personal College-Board account

- ❑ You receive 4 free score reports submissions to school when you REGISTER for a test and for up to nine days after the test.
- ❑ After that, if you did not take advantage of the opportunity for 4 free score reports to be sent to colleges, there is a fee for sending score reports, unless you're eligible for a fee waiver.
- ❑ ScoreChoice

## Testing After Applying:

- ⦿ Do not wait for test scores to come in to submit your college applications!
- ⦿ For the OCT & NOV tests, code the colleges you want to receive your scores at registration



# TEST PREP

- ◉ Collegeboard.org
  - Khan Academy – uses PSAT and SAT scores to create a free prep program
  - College and Career Planning
  - Question of the Day
- ◉ Actstudent.org
  - Test prep
  - College and career planning
- ◉ Independent/Community-Based Programs (\$\$\$)

**\*\*\*Check the Counseling and Career Website for additional College Admissions Exam Prep opportunities in the area\*\*\***

# TRANSCRIPTS

- ◉ The High School Transcript consists of the following information:
  - All courses taken during high school, the final grades and credit earned in each course
  - Weighted and Unweighted cumulative GPA
  - Class Rank
- ◉ The students' official transcript is kept in the counseling office throughout high school and for many years after.
- ◉ College Admissions Exam Scores are NOT included on student transcripts.
  - College Admissions Exam Scores must be sent by **the student** through their Collegeboard and/or ACT Account.

# NCAA ELIGIBILITY CENTER

**Division I or II – Create an account for Certification (\$90 Fee) in 11<sup>th</sup> grade.**

**\*To make official visits or to sign a National Letter of Intent.**

**Division III or Undecided – Create a profile page (Free)**

**\*NCAA ID & they will send you important reminders as you complete high school.**

**More information can be found at: [web3.ncaa.org/ecwr3](http://web3.ncaa.org/ecwr3)**

**\*Checklists & College Athlete Advising Guides**

# COLLEGE VISITS

- ◉ Students have 2 days each school year they may use for college visits.
- ◉ Visit forms available in the Counseling Center and Attendance Offices
  - This is your absentee note
- ◉ **Important Stops**
  - Admissions Office
  - Financial Aid Office
  - Classes of intended major
  - Student Union
  - Dining Hall
  - Residence Halls

# COLLEGE APPLICATIONS

- ◉ BE AWARE OF YOUR COLLEGE'S ADMISSIONS TIMETABLE!!!
  - **Early Action**
    - Apply early and receive a decision early. Not binding.
  - **Early Decision**
    - Apply early and if accepted, you must attend the institution. Binding agreement!
  - **Regular Decision**
    - All applications are due on a certain date, and all applicants are notified on a certain date.
  - **Rolling Admissions**
    - Applications are evaluated and processed as they are received.
  - **Honors and Special Talents Programs** (Art, Music, etc.)
    - Will most likely have separate deadline dates.

# LOGGING INTO FAMILY CONNECTION

- Make sure you have already registered an account with Naviance/Family Connection
- Go to the CVHS Counseling webpage and click **Naviance**
- Or go directly to the following website:

The screenshot shows a web browser window with the URL [hs.cvschools.org/parent\\_\\_student\\_information/student\\_services/counseling\\_\\_career\\_center](http://hs.cvschools.org/parent__student_information/student_services/counseling__career_center). The page title is "Counseling & Career Center". A breadcrumb trail reads "Cumberland Valley High School » Parent & Student Information » Counseling & Career Center". On the left is a dark sidebar menu with the following items: Counseling & Career Center (highlighted), AP Registration (Student and Parent Info), Career Planning, College Planning, Graduation Requirements, Guidance Related News Articles, Meet the Counseling Staff, Military Planning, NCAA Eligibility, Presentations and Events, SAT & ACT Prep, Student Assistance Program (SAP), Study Skills, Summer Work, and Emily Megan Griffie Memorial Softball. The main content area has the heading "Welcome to the Cumberland Valley Counseling & Career Center" and the Naviance Family Connection logo. A large blue arrow points to the logo. Below the logo is a "WELCOME BACK!" message and a "Naviance Presentation" link. A list of presentations follows: 8th & 9th Grade Course Selection Night - January 2017, 10th & 11th Grade Course Selection Night January 2017, 2016 College Planning Night PowerPoint, 2016 FAFSA Night Presentation, 2015 Financial Aid Night PowerPoint, 2016-2017 Program of Studies, Sophomore Parent/PSAT Night Powerpoint, 8th Grade Course Selection Night, and 2016 College Admissions Panel Summary. The page concludes with "The Cumberland Valley High School Counseling Staff". The Windows taskbar at the bottom shows the time as 9:50 AM on 9/1/2017.



# NAVIANCE TOOLS FOR COLLEGE

## ◉ Supermatch and College Match

- ◉ Match interests, majors, size, clubs, sports, etc. to colleges

## ◉ College Compare

- ◉ Will compare students scores with those of others from CV that got accepted, compares other schools with similar information, matches other schools with your student that they may be interested in

## ◉ Maps and Scattergrams

## ◉ Scholarships

## ◉ Colleges Lookup

- Virtual Tours
- Admissions Requirements
- Details and Stats about school
- Majors
- Extra-curriculars
- Financial Costs and Aide

## ◉ Sign up for Admissions Visits to CV

## ◉ Colleges I'm thinking about

## ◉ Colleges I'm applying to

- Application process, request for transcripts
- Process directions can be found on counseling center page under presentations

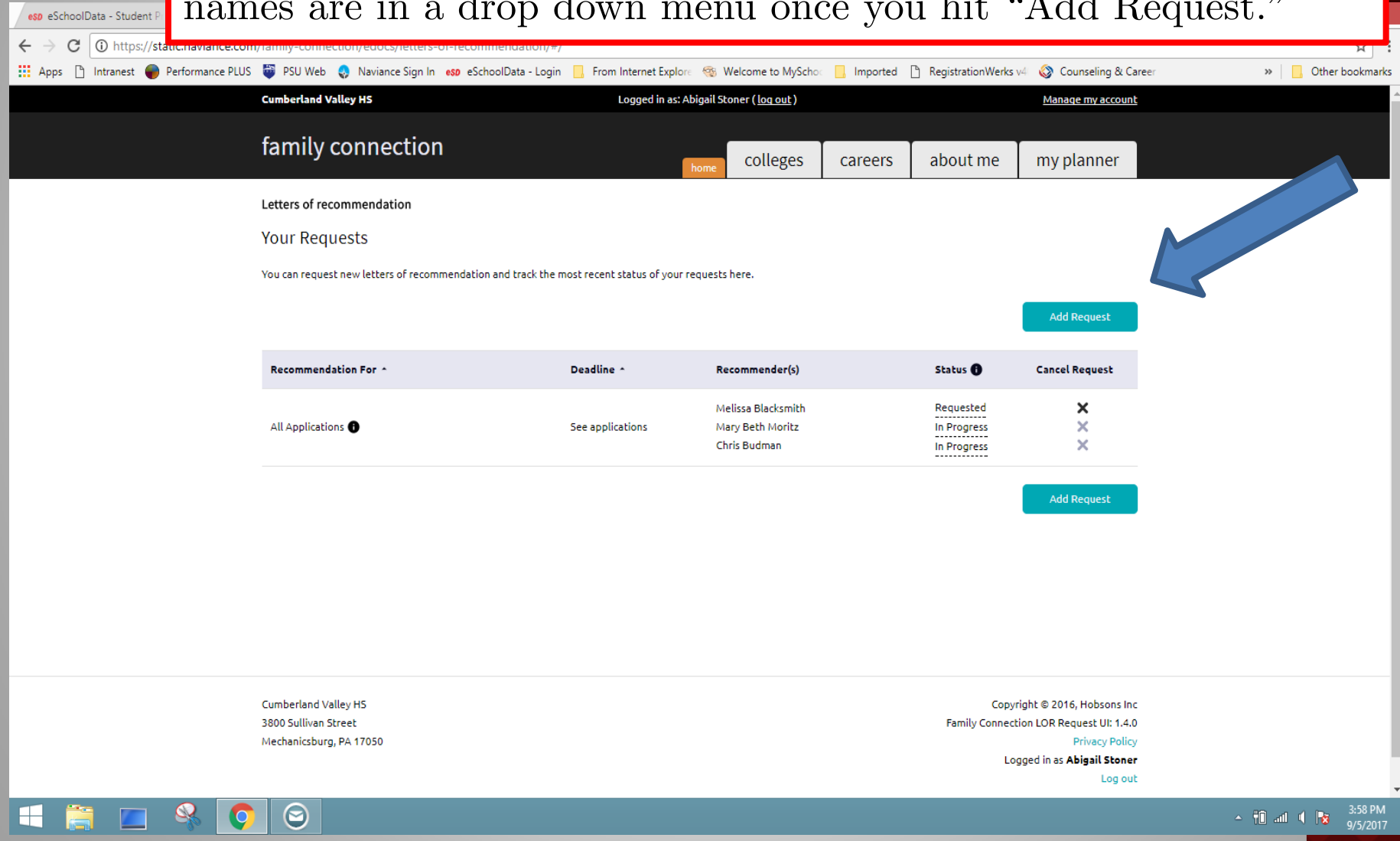
# LETTERS OF RECOMMENDATION

- ◉ Typically no more than (2) TWO Letters of Recommendation are necessary; follow your colleges' requirements.
- ◉ Choose someone carefully (*ask an academic teacher and/or a teacher who knows you well and is familiar with your most recent school work*).
- ◉ Ask EARLY and IN PERSON! Allow two weeks or ten work days for individual to write your letter!
- ◉ Complete the “Letter of Recommendation Survey” on Naviance; print a hard copy if requested.

**\*\*\*Follow up with a thank you!!**

# LETTERS OF RECOMMENDATION

This is where students request letters from teachers. All staff names are in a drop down menu once you hit “Add Request.”



The screenshot shows a web browser window with the URL <https://static.naviance.com/family-connection/edocs/letters-of-recommendation/#/>. The page is for Cumberland Valley HS, logged in as Abigail Stoner. The main heading is "family connection" with navigation tabs for home, colleges, careers, about me, and my planner. The section "Letters of recommendation" includes "Your Requests" and a note: "You can request new letters of recommendation and track the most recent status of your requests here." A teal "Add Request" button is located to the right of this text. Below is a table with columns: Recommendation For, Deadline, Recommender(s), Status, and Cancel Request. The table shows requests for "All Applications" with deadlines "See applications" and recommenders "Melissa Blacksmith", "Mary Beth Moritz", and "Chris Budman". The status for the first two is "Requested" and for the last two is "In Progress". Each row has a "Cancel Request" button with an 'X' icon. Another "Add Request" button is at the bottom right of the table. A large blue arrow points to the top "Add Request" button. The footer contains school address, copyright information (© 2016, Hobsons Inc), version (1.4.0), privacy policy link, and login details.

**Cumberland Valley HS**  
3800 Sullivan Street  
Mechanicsburg, PA 17050

Copyright © 2016, Hobsons Inc  
Family Connection LOR Request UI: 1.4.0  
[Privacy Policy](#)  
Logged in as **Abigail Stoner**  
[Log out](#)

Recommendation For	Deadline	Recommender(s)	Status	Cancel Request
All Applications	See applications	Melissa Blacksmith	Requested	X
		Mary Beth Moritz	In Progress	X
		Chris Budman	In Progress	X

# “YES, I DO WAIVE MY RIGHT...”

## ⇒ IMPORTANT PRIVACY NOTICE FOR COMMON APPLICATION

Common Application recommendation forms may not be submitted online by your school until you answer the questions below. You will not be able to change this information once you have completed the items below.

I understand that under the terms of the FERPA, after I matriculate I will have access to this form and all other recommendations and supporting documents submitted by me and on my behalf, unless at least one of the following is true:

1. The institution does not save recommendations post-matriculation (see list at [www.commonapp.org/FERPA](http://www.commonapp.org/FERPA)).
2. I waive my right to access below, regardless of the institution to which it is sent:

- ☐ Yes, I do waive my right to access, and I understand I will never see this form or any other recommendations submitted by me or on my behalf.
- ☐ No, I do not waive my right to access, and I may someday choose to see this form or any other recommendations or supporting documents submitted by me or on my behalf to the institution at which I'm enrolling, if that institution saves them after I matriculate.

Most college applications will ask you to either check the box:

- ☐ “Yes, I do waive my right...” or
- ☐ “No, I do not waive my right...”

to designate if you waive your right to view your recommendations after enrollment.

*I highly recommend  
waiving your right to  
access the  
recommendations.*

# SCHOLARSHIP SEARCH

- ◉ CV High School Counseling and Career page
  - College Planning link
    - Financial Aid link
    - Several links to resources online regarding financial aid information and scholarship search sites.
- ◉ Scholarship List in Naviance (Mrs. Ferguson)

**DO NOT PAY FOR SCHOLARSHIP  
INFORMATION!**



# CVHS

## COLLEGE APPLICATION PROCESS

All senior students should be familiar with and should be using their **Naviance** account to research careers and colleges.

Students who are unfamiliar with Naviance or need assistance should see their counselor or Mr. Landis ASAP.

### Three Basic Steps for Submission of College Application Documents:

1. Student will go to the college website and complete the application. Most websites do not open until August.
2. Student will then go into their Naviance Account and update the “**Colleges I am Applying to**” section with the names of the schools.
3. Finally, a **CV College Application Checklist** must be completed and submitted to Counseling & Career Center. This is an internal form that allows us to track application submission.



**CUMBERLAND VALLEY HIGH SCHOOL-CEEB # 392545**  
**COLLEGE APPLICATION CHECKLIST**

STUDENT NAME: \_\_\_\_\_ COUNSELOR: \_\_\_\_\_

DATE: \_\_\_\_\_ DATE RECEIVED IN OFFICE: \_\_\_\_\_  
(office only)

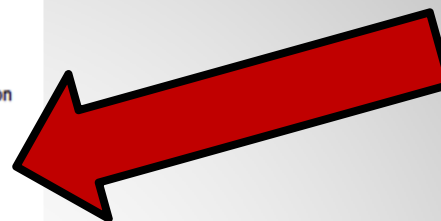
Check the appropriate boxes, provide the requested information, sign and date this form. If this symbol is next to your college on Naviance, documents will be mailed. Common Application Schools and electronic submission schools will be submitted via Naviance.

**\*\*\*PLEASE ALLOW AT LEAST 10 SCHOOL DAYS FOR PROCESSING\*\*\***

SEND TO: Name of College/University, or NCAA	Naviance Transcript Requested, (Y or N)	ED, EA, RD, or Rolling	College Deadline	Common App (Y or N)	or  M	Letters of Rec. (List teacher(s) and/or counselor names	Have you sent your SAT or ACT scores?
1.							
2.							
3.							
4.							
5.							
6.							
7.							
8.							
9.							
10.							

Student Signature: \_\_\_\_\_

# COLLEGE APPLICATION CHECKLIST



# AFTER APPLYING TO COLLEGE...

## STUDENT

- ◉ SAT/ACT Scores must be sent to colleges through testing agency
  - Collegeboard.org
  - ACTStudent.org
- ◉ Submit to the counseling office copies of acceptance letters and scholarship awards as they are received
- ◉ Update status in Naviance as results are known

## SCHOOL

- ◉ School Counselor will submit the following:
  - Recommendation letters/forms
  - School Profile
  - Official Transcript

\*\*\*Student college application portals are not always updated in a timely manner. If questionable, follow up with each schools' admissions office to confirm documents have been received.

# JUNIOR COLLEGE TIMELINE

## FALL

- ◉ Obtain a broad list of schools by using NAVIANCE and/or other programs
- ◉ Attend the College and Post Secondary Career Fair (October 2<sup>nd</sup>) and talk with representatives
- ◉ Take the PSAT
- ◉ Schedule meeting with your counselor to discuss options
- ◉ Attend CV's financial aid workshop or other area events
- ◉ Prepare for College Admissions Exams (ACT/SAT)

## SPRING

- ◉ Continue to narrow down your college choices
- ◉ Continue college visits and/or college Open Houses
- ◉ Take the SAT, SAT Subject Tests and/or ACT
- ◉ Meet with your counselor to discuss your progress
- ◉ Attend College Admissions Panel (March 18<sup>th</sup>) and Career Fair (April 21<sup>st</sup>)
- ◉ Work on your resume and consider teachers for recommendations

## SUMMER

- ◉ Continue college visits and interviews
- ◉ KNOW APPLICATION DEADLINES

# SENIOR COLLEGE TIMELINE

## FALL

- ◉ Attend CV's College and Post Secondary Career Fair or others in the area, complete college visits
- ◉ Schedule an appointment with your school counselor or Mr. Landis if you have questions about the application process
- ◉ Pare down college choices to 4-6 colleges
- ◉ Apply for admission on college websites and then update your Naviance account
- ◉ Take College Admissions Exams and send official scores to colleges
- ◉ Attend CV's FAFSA and Financial Aid Night
- ◉ Begin search for college scholarships and the Naviance Scholarship List

## WINTER

- ◉ Continue to search for and apply for scholarships
- ◉ Double check to make sure that you have met financial aid deadlines

## SPRING

- ◉ Make final college decisions and notify colleges of your decision
- ◉ Notify CV of your college plans and scholarship awards
- ◉ Keep grades up for final reports

# IMPORTANT TAKE AWAYS

- ◉ Students should apply to their chosen colleges through the specific college website
- ◉ Students are responsible for sending SAT and/or ACT scores
- ◉ Submitting requests for transcripts and letters of recommendation take place through Naviance
- ◉ Complete the College Application Checklist to ensure all steps have been followed
- ◉ Students should take responsibility for the process of sending and submitting materials
- ◉ Students **MUST** consistently check their emails for communication from their colleges!



# UPCOMING DATES

## **Financial Aid Night**

⦿ September 24<sup>th</sup> 6:30 pm PAC

## **College and Post Secondary Career Fair**

⦿ October 2<sup>th</sup> 6:30 pm

## **FAFSA Night**

⦿ October 22<sup>nd</sup> 6:30 pm PAC

**THANK YOU FOR COMING!**

**Please drive safely.**