Jesuit High School College Information Night

January 9, 2024



Counseling Department

Mrs. Amanda Smith, Director

Mrs. Kasey Cardinale, Wellness Counselor

Ms. Abby Hollandsworth, Wellness Counselor

Mrs. Sara Alvarez, Administrative Assistant

Mrs. Laurie Brant

Mrs. Lacy King

Mrs. Angela Harger

Ms. Jennifer Rasmussen

Mrs. Gianna Wheeler

Counselor Caseloads

With a few exceptions, assignments for the 2023-2024 school year are as follows:

Junior

- Anderson Burton: Mrs. Smith
- Calkins Fuentes: Ms. Rasmussen
- Fukui B. McDonald: Mrs. Harger
- T. Miller Rogers: Mrs. Wheeler
- Rojas Zamudio: Mrs. Brant
- Academic Support: Mrs. King

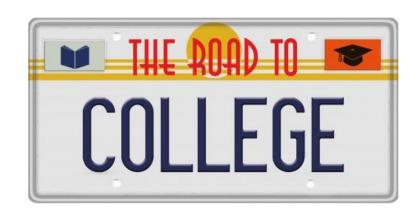
Sophomores

- Abbott Bradford: Mrs. Smith
- > Bradshaw Fritz: Ms. Rasmussen
- > Fulton Kahlon: Mrs. Harger
- Kaihea Murrieta: Mrs. Wheeler
- Moggan Rowsey: Mrs. Brant
- Rucker Zeff: Mrs. King

https://www.jesuithighschool.org/counseling-services-directory

Overview

- COMPREHENSIVE COUNSELING PROGRAM
- HOLISTIC COUNSELING
- COLLEGE ADVISING
- THE SEARCH
- APPLICATIONS
- PAYING FOR COLLEGE
- PLANNING RESOURCES & SUPPORT



Jesuit High School Counseling Philosophy

The philosophy of the Jesuit High School Counseling Department is rooted firmly in the Jesuit concept of **cura personalis**, that is, to address the needs of each individual. Therefore, this comprehensive counseling program seeks to meet the personal, academic, college and career needs of our students.



HOLISTIC COUNSELING

Presented By Laurie Brant



Grad at Grad

Upon graduation, it is our aim that your son will be:

- Open to growth
- Intellectually competent
- > Religious
- Loving
- Committed to doing justice



Holistic Counseling: Social/Emotional

- Importance of sleep, good eating habits, and managing stress
 - 8-9 hours of sleep per night
- Importance of self care
 - Hobbies, creative outlets, friendships, family time
- Counseling Department and Wellness Center
 - We are available if your son needs support



Holistic Counseling: Academics

- 1:1 yearly review of academic plan
 - Balance
 - Rigor that works
- Additional support offered
 - Individual meetings
 - Guidance, goals, organization
 - Peer and Private tutoring



Holistic Counseling: College Preparation

A Good College for your student:

It's not about "admission", it's about "fit"



- Will they be supported and challenged inside and outside the classroom?
- Is this school financially viable for the family?
- Is location, weather, size of the college a consideration?
- Will they graduate in four years?

Holistic Counseling: Career Preparation

- Jesuit High School is proud to use Naviance to assist students and families.
- The Self-Discovery tab has multiple tools that help explore your strengths, learning style, and career interests.
 - Learning and Productivity
 - Personality
 - Strengths Explorer
 - Career Interest Profiler
 - Career Cluster Finder



COLLEGE ADVISING

Presented By Gianna Wheeler



What Are Colleges Looking For?

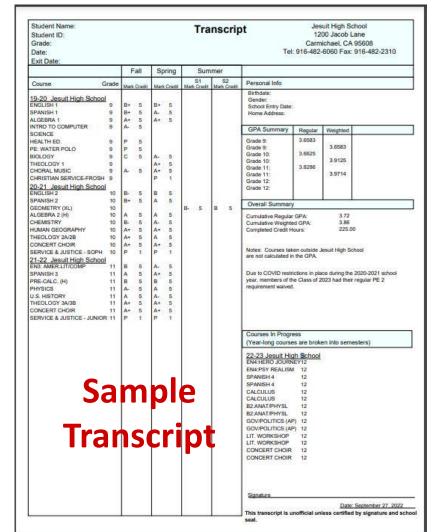
Generally speaking....

- Academic achievement and rigor of coursework:
 - Strongest indicator for success and acceptance
- Extracurricular involvement:
 - Commitment to meaningful activities
- Personal qualities
- Testing (depends on the institution)

Academics: The Transcript

> GPA

- GPA by grade level and notable trends
- Cumulative GPA, unweighted and weighted
- Colleges reference GPA in their own way.
- UC/CSU calculates 10th-11th grades only in GPA
- Other information referenced
 - Course rigor
 - Current class schedule



Academics: A-G Requirements

- Established by the UC/CSU, but a universal benchmark for most colleges and universities
- To be competitive, you must take courses beyond the minimum requirements
- JHS graduation requirements meet and exceed A-G's
- JHS A-G Approved course list
- Theology is not an A-G course, but is a graduation requirement.



Grades of C or better required.

Academics: Scheduling

Spring scheduling meetings (January through March)

- Step 1: Collaboration meeting to place requests
 - Course eligibility based on semester 1 grades
- Step 2: Individual meetings to select courses
 - Prepare before this meeting by discussing rigor, balance, and goals at home
 - Review Course Catalog for descriptions and prerequisites
- > Tips:
 - Choose the most challenging courses you can manage.
 - Take courses that interest you.
 - Ways to exceed requirements: fourth year of math, science, world language. Summer school. Community college courses or online courses for enrichment, AP Capstone Program

Qualities that Matter Beyond the GPA

- Curiosity
- Persistence
- Risk-taking: stepping out of comfort zone
- Social consciousness

- Compassion
- Service to others
- Special talents and abilities
- Leadership
- Initiative

*See Grad at Grad

Extracurricular Involvement

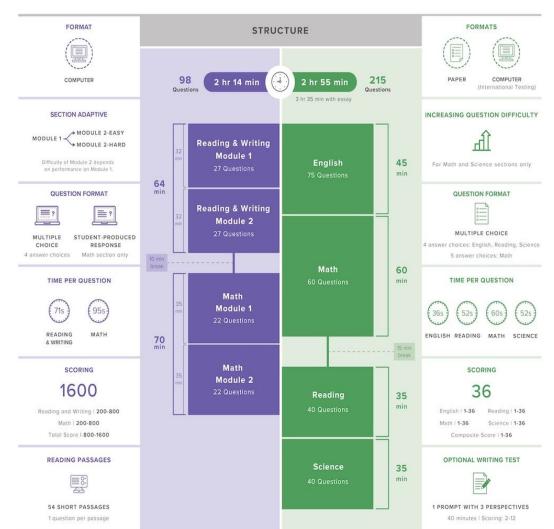
- Examples:
 - Service, Campus Ministry, athletics, clubs, entrepreneurship, research, student council, job, newspaper, Scouts, VPA, hobbies
- Tips:
 - Show commitment, progression, leadership when possible
 - Focus on quality not quantity
 - Keep Naviance resume up to date. This helps with applications and letters of recommendations.
- Summer Opportunities
 - **Service:** JHS Immersions, service projects
 - Academics: Community college classes, summer school for advancement or remediation, pre-college programs
 - Career exploration: Job shadow, find a job, internship
 - **Experiences:** Practice a hobby, be creative, try something new, entrepreneurship, travel

Prospective College Athletes

- Set goals, but prioritize academics. Prepare a back up plan.
- Register with the NCAA Eligibility Center if you hope to play Division I or II sports as soon as you know you are interested.
 - Request a transcript on the JHS website to be uploaded after your 10th, 11th, AND 12th (final) grade years.

College Testing

- Test policy terms:
 - Test optional, test free, test blind, test required, test preferred
 - UC/CSU test blind, many colleges are test optional
- We recommend taking the SAT or ACT to...
 - Keep opportunities open
 - Be eligible for scholarships



SAT



Source: testinnovators.com

Test Preparation Timeline for Juniors

- How to decide which test to take?
 - Practice Tests at Jesuit: January 20 ACT / February 3 SAT: \$10 per test
- OFFICIAL TESTS: Juniors, register now for 2024 Spring and Summer dates!
 - ACT
 - <u>SAT College Board:</u> School day offering for Juniors ONLY on April 10 (email to register coming soon).
- Khan Academy/ACT Academy/Revolution Prep
 - SAT Practice: Khan Academy
 - ACT Practice: ACT Academy
 - SAT and ACT Practice: Revolution Prep (costs associated)

COLLEGE SEARCH

Presented By Lacy King



The College Search Process

Explore what is important to your student





- 2. Use college **search** tools and experiences
- 3. **Build** college list



What is important to your student?

- Things TO consider when choosing a college:
 - major, location/distance from home, housing, support services, public/private, campus life and culture, price
- Things NOT to focus on when choosing a college:
 - name recognition, ranking, where friends are going, where family members attended

"There are over 4,500 colleges and universities in the U.S. This is about finding **YOUR student's** right fit"

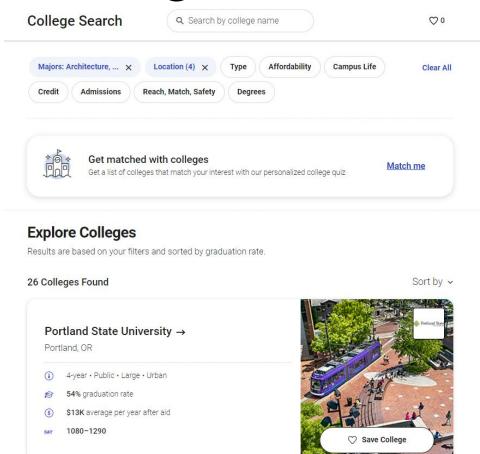
A Good College Fit

- Is in the location/environment your student wants
- Offers the academics they are interested in
- Offers the internships, research opportunities, career placement they need
- Offers activities they are interested in
- Is affordable for your family
- Is a place that will both challenge and support your student
- Is not necessarily in the rankings, where you went, or one you've heard of



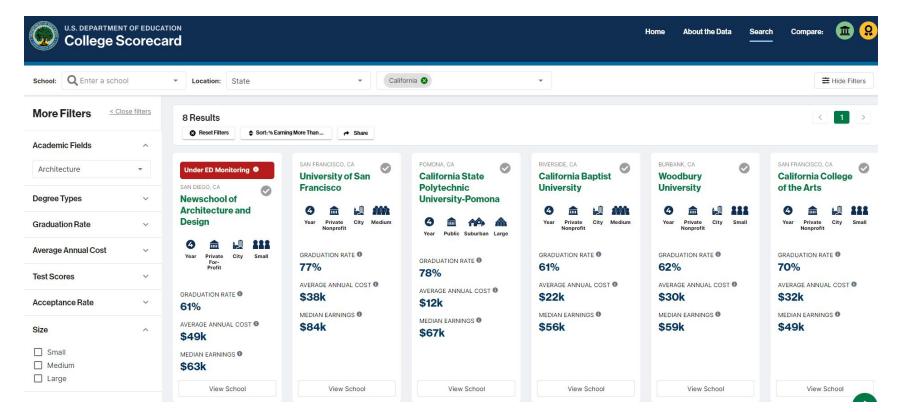
Use College Search Tools





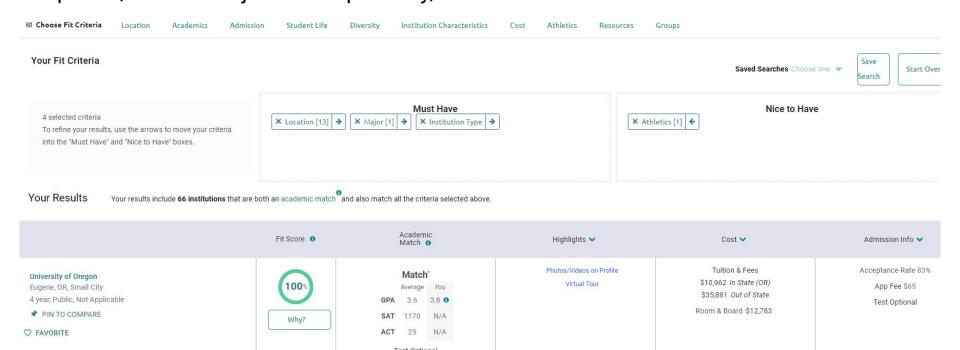
Use College Search Tools

College Scorecard

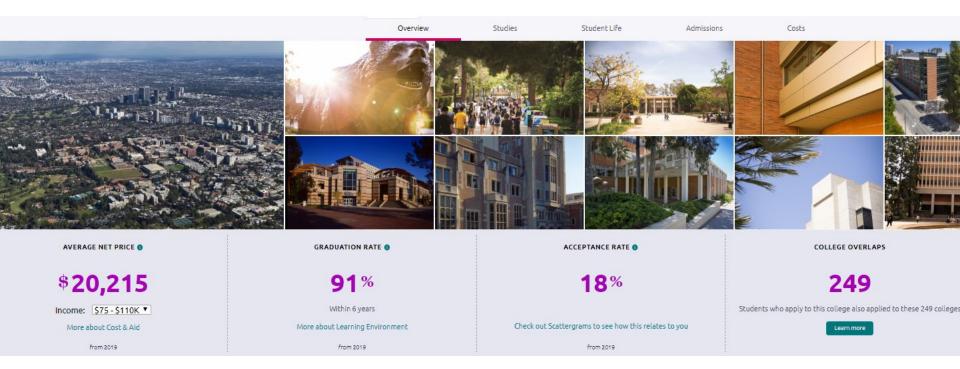


Use College Search Tools

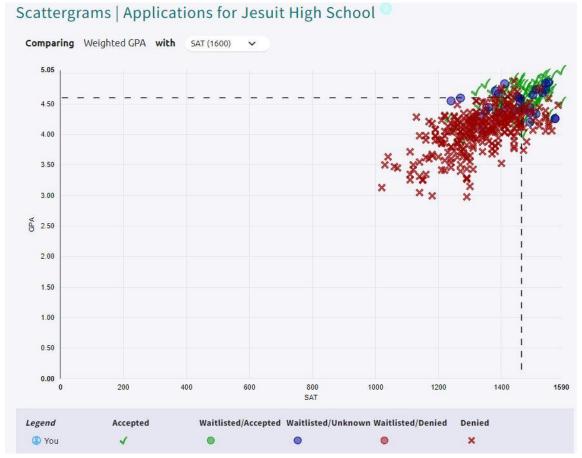
<u>Naviance</u> - The more your student does in Naviance (Self-Discovery tab), the more integrative the platform becomes & the better it can match schools to their academic profile, desired major/career pathway, and interests!



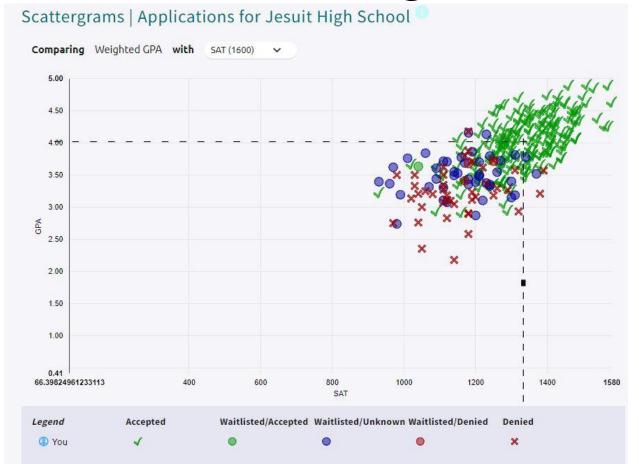
Naviance Overview: "The Big Picture"



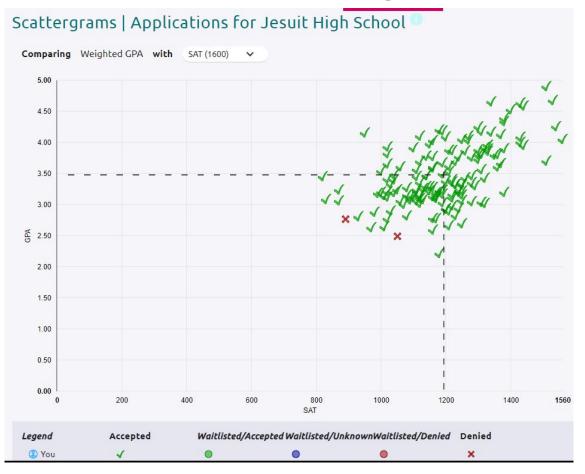
Naviance Scattergram: UCLA



Naviance Scattergram: LMU



Naviance Scattergram: ASU



College Groups

Jesuit Colleges

- <u>28 Jesuit colleges</u> in 17 states, Washington DC, and Belize
- Range from research to liberal arts
- Scholarship opportunities for JHS graduates at some, not all colleges

Historically Black Colleges & Universities (HBCU)

- Accredited institutions "whose principal mission was, and is, the education of black Americans." However, they are committed to serving all students regardless of their race.
- <u>107 HBCUs</u> serving over 228,000 students

Hispanic Serving Institution (HSI)

- Aim to educate and graduate Hispanic students; over 25% of student body is comprised of Hispanic students
- 361 HSIs across 28 states and Puerto Rico;
 21 out of 23 CSU campuses are designated
 HSIs

Western Undergraduate Exchange (WUE)

- Agreement between 14 states to offer reduced out-of-state tuition to residents of member states. Minimum GPA and ACT/SAT test scores vary per college.
- 160+ public universities across the Western part of the United States

Use College Experiences

- College rep visits
 - 100+ Colleges represented at College Fair in the fall
 - Visits during lunches from August October
- Campus visits
 - General vibe, location, housing, food, social activities
 - Several colleges offer virtual tours as well
 - Many opportunities are offered specifically to First Generation Students
- Pre-College Programs
 - Summer enrichment programs allow students to explore an interest, potential career, collaborate with other students, and get a feel for the campus
- Research colleges' admissions websites
 - You can reach out to college admissions teams with specific questions
- Talk to current students/alumni

Find out more about these opportunities on your student's Counseling Google Classroom!

Building College List

- Notice which schools are coming up repeatedly in college searches
- Remember your student's values
- Add colleges to the "Colleges I'm Thinking About" tab in Naviance
 - Consider acceptance rate, avg. GPA, test scores, financial commitment

Building College List

It is critical to create a balanced list. This will look different for every student!

REACH	 Academically challenging. Selective admissions. 1-24% acceptance rate. Potentially high cost of attendance.
TARGET	 You are likely to be admitted based on your academic profile. 25-75% acceptance rate. You would be happy to attend that college. You would not be financially overwhelmed.
PROBABLE/LIKELY	 You are almost certain to be admitted. 76-99% acceptance rate. You would be happy to attend that college. Affordable.

APPLICATIONS

Presented By Jennifer Rasmussen



Types of Applications

The main types of applications students will use are:

- California State University Application
- University of California Application
- Common Application
- California Community College Application
- Common Black College Application
- Military Academy Application
- Direct Institution Application

California State University (CSU)

- One application for all 23 campuses (pay \$70 fee for each campus)
- > Filing period open October 1; submission window October 1 November 30
- First-time freshmen must meet the eligibility requirements: be a high school graduate or equivalent; complete the 15-unit comprehensive "a-g" pattern of college preparatory course; and earn a qualifying "a-g" grade point average of a 2.5 or greater (GPA).
- The California State University (CSU) **no longer uses ACT or SAT examinations** in determining admission eligibility for all CSU campuses. **No essay, activities or letters of recommendation.** <u>Freshman: Planning for College | CSU</u>
- Typically "hands on" and preparing students for careers. <u>Cal State Apply | CSU</u>

University of California (UC)

- One application for all 9 campuses (pay \$70 fee for each campus)
- > Filing period opens August 1; submission window October 1 November 30
- Admission is based on 14 factors which are weighted differently for all 9 campuses.
 How applications are reviewed | UC Admissions
- 4 Insight questions; Activities & awards section; no letters of recommendation
- Minimum weighted GPA is 3.0 (10th-11th grades)
- UC will not consider SAT or ACT test scores when making admissions decisions or awarding scholarships.
- Known as being well-regarded, selective, research-oriented colleges. <u>UC Admissions</u>

Common Application

- The Common Application is a centralized system which students can apply to more than 1,000 colleges. Counselors will make an account with all juniors in their spring collaboration. Cost varies from free to \$90 per college.
 - Common App
- "Holistic" review -Five page application Personal info, High School Transcript, Extracurricular Activities, Main essay of 650 words (student picks a prompt), Letters of recommendation, Supplemental Essay(s) for (each) college. 2023-2024 Common App essay prompts
- Application is open for juniors to begin now (except for essay/questions). The application submission begin as early as August 2024 and deadlines vary for each college using the application.
- Highly Recommended For Students To Work On Essays Over The Summer!

California Community College

"Provides students with life-changing opportunities and a clear path to goals."

- Cost effective education: California College Promise Program offers free tuition for 2 years (for full-time students).
 - Los Rios Promise Program
- Good place to build your academic credentials to get into a more selective college. TAG Agreements offer guaranteed admission to a variety of four-year colleges. <u>Transfer Admission Guarantee (TAG) | Los Rios Community College District</u>
- Good place if you are not ready academically or socially for the four year experience or moving away from home.
- Application timeline is the same as four year colleges. Get Started and Apply | Los Rios Community College District

Common Black College Applications

- Common Black College Application (CBCA) Common Black College App
 - CBCA includes 65 HBCU member institutions
 - Applicants submit one common application for \$20 and is sent to all member institutions.
- HBCU refers to any accredited institution established prior to 1965 "whose principal mission was, and is, the education of black Americans." HBCUs are committed to educating all students regardless of their race. Best
 Historically Black Colleges and Universities of 2023

Military Academy Applications

- > STEPS TO TAKE: Candidate Questionnaire to qualify (located on the website of academy); Field Force representative interview; Apply for nomination https://linear.gov; Dept. of Defense Medical Examination; Fitness Assessment; SAT/ACT Test; Counselor Recommendation.
 - U.S. Naval Academy (USNA) at Annapolis, Maryland
 - <u>U.S. Military Academy</u> (USMA), or West Point at West Point, New York
 - <u>U.S. Air Force Academy</u> (USAFA) at Colorado Springs, Colorado
 - <u>U.S. Merchant Marine Academy</u> (USMMA) at Kings Point, New York
 - <u>U.S. Coast Guard Academy</u> (USCGA) at New London, Connecticut (No nomination)

Participating in a Military Service Academy's Summer Seminar or summer program is an excellent opportunity for students who are interested in pursuing a career in our nation's armed forces. These programs can serve as a first step:

Summer Leaders Experience | United States Military Academy West Point

Summer Seminar: Admissions: USNA

High School Summer Seminar Program | U.S. Air Force Academy

AIM - United States Coast Guard Academy

Direct Institution Applications

- Direct Institution Applications refers to colleges that are not a member to a centralized application system. Students will apply directly to the college website. Some of these schools are: MIT; Georgetown University; Loyola University Chicago; BYU; Boise State; Northern Arizona University and others.
 - Just when you weren't confused enough, many colleges USE a Direct Institution Application OR the Common Application! In some cases, it's easier to apply by Direct Institution App because it is shorter and may not have a required essay.

Components of an Application

- > Personal Information: Student and Parent(s) Information
- Extracurricular Activities: clubs, sports, service, employment, research, outside learning
- Awards and Recognition: How has the student been recognized?
- Transcript: Displays students rise or fall of grades; course rigor; GPA
- Essay/Writing Sample: Provides opportunity for student to present a side of him that the rest of the application doesn't show. Gives the student a place to talk to his transcript.
- Letters of Recommendation: Counselor and Teacher letters illuminate a student's personal and intellectual qualities.
 - It is VERY beneficial for Parents and Students to complete their Brag Sheets on Naviance during the summer of Junior year or no later than October 1 senior year.

PAYING FOR COLLEGE

Presented By Angela Harger



Planning how to finance a degree has become a prominent part of the college application process. It is important to start these conversations with your student early in the process.



Merit vs Need-Based Aid

- Scholarships are typically based on "merit"
 - Academic, fine arts, athletic, leadership qualities
 - Awarded by colleges and universities, organizations, businesses, clubs
 - Requirements for renewal
- Grants are typically based on "need"
 - Awarded based on family income and assets
 - Meant to help make college affordable for all
 - Evaluated each year
 - Based on FAFSA and CSS Profile

Scholarships

- Largest amount of money usually comes from the colleges in the form of merit based scholarships
- Outside/Private scholarships are posted in the student's Counseling and College Planning Google Classroom as well as available in the new Parent Portal
- Recommendation is to start local
- Websites such as FastWeb, Scholarships.com, Going Merry, and many others
- May be stackable

Western Undergraduate Exchange (WUE)



- Agreement between 14 Western States to offer reduced out-of-state tuition for their public schools to residents of member states. Minimum GPA and ACT/SAT test scores vary per college.
- Reduced tuition of up to 150% of institution's regular resident tuition. Tuition (only) can be as low as \$7-8k per semester for WUE members.
- > Not all schools and programs participate. Here is a great search tool:
 - WUE Savings Finder WICHE
- Popular WUE schools for JHS students include: UNR, Boise State, University of Utah, Southern Oregon University, and more.

Financial Aid Forms

- FAFSA application (usually) opens October 1 (Federal Student Aid)
 - Every family should file a FAFSA regardless of total income; most institutions use the FAFSA for institutional need-based aid, merit scholarships and needed for the Promise Program at our Community Colleges
 - Use the prior, prior year tax information (ex. Tax Filing 2023)
 - Cash for College Workshops <u>Cash for College</u>
- CSS Profile opens October 1
 - Many private universities will require applicants to fill out a CSS profile for non-federal financial aid
 - Access the CSS Profile through College Board (<u>CSS Profile</u>)

The FAFSA has Changed

- There will be fewer questions.
- Each person will be called a "contributor".
- The formula to calculate the Student Aid Index is not the same as the old Expected Family Contribution (EFC).
- We will host an in-depth Financial Aid presentation in the fall of your son's senior year.

Net Price

Net Price is the amount that a student pays to attend an institution in a single academic year AFTER subtracting scholarships and grants the student receives. Focus on the NET PRICE not the STICKER PRICE.



Net Price Calculator

~ available on every college website ~



Financial Aid Offices - Use Your Resources!

Contact Us

Virtual Counseling Session

You can schedule a 20-minute virtual counseling session with an LMU Financial Aid counselor by clicking the link below to register for an appointment. Appointments will take place via Zoom. A confirmation email with a link to the virtual session will be sent to the student within 24 hours of your requested appointment time. We are able to provide counseling sessions in Spanish. If you would like to speak to a counselor in Spanish, please indicate that request in the "Topic of Discussion" section of the appointment form.

Click this link to request a Virtual Counseling Session

Email

Our office can be reached by sending an email to finaid@lmu.edu. If you are submitting any of our forms or sending any documents with personally identifiable information (PII), you must submit the document by using our Secure Document Upload page or via the fax number listed below.

Here are some helpful items to be aware of to help us expedite your request:

- · Include the student's LMU-issued ID number, if the student has been assigned an ID number
- · Current and returning students should email our office from their university email accounts
- · Please allow a minimum of one business day for an initial response to your email

Phone

You can call us at 310-338-2753, Monday through Friday, between the hours of 9:00 a.m. to 5:00 p.m. (Pacific time). If your call is regarding a student with a LMU ID number, please have the ID number ready before calling.

PLANNING RESOURCES & SUPPORT



Counseling & College Planning Classrooms

Peer Tutoring

Request a Peer Tutor

2023-2024 Peer Tutor Application

Collaboration Class Information

Sophomore Collaboration | October 2023

Naviance Log In

Wellness

Jesuit Wellness Self-Referral Form

College Search

Real Talk: HBCU Edition

Naviance Student Link

Enrichment Programs

UNC Asheville Pre-College Programs

Stanford Pre-Collegiate Studies

Pre-College at Colorado College | July 8-24

University of Wisconsin-Madison Pre-Colle...

UCSB Pre-College Program

Columbia University Pre-College Programs |...

Carnegie Mellon's Pre-College Programs

Notre Dame Pre-College Summer 2024

Wake Forest University Summer Pre-Colleg...

USC Summer & Online Pre-College Programs

Scholarships & Awards

2024 Scholastic Art & Writing Awards

2024 Scholarship Information from Honors ...

Sacramento Region Scholarships-Helping Io...

College Fairs + Events

Cesar Chavez Youth Leadership Conference...

Testing

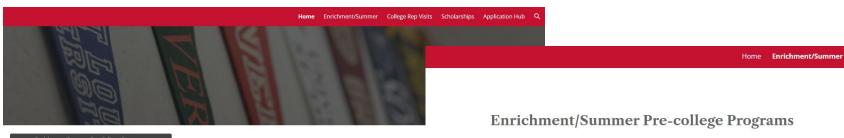
ACT & Digital SAT Practice Exams | January ...

College Rep Visits

Questions to Ask College Representatives

College Rep Visits

Counseling & College Planning Parent Portal



Enrichment/Summer Pre-College Programs

College Rep Visits

Scholarships

Application Hub

Welcome

This is the parent/guardian access point to helpful information shared through your student's Counseling & College Planning Google Classroom. This includes Enrichment programs, dates that college representatives will be on campus, scholarship links, and more.



UCSB

Requirements/Eligibility:

- Qualified students in the 10th & 11th grade, as well as advanced 9th grades
- Minimum 3.8 GPA (weighted, UC a-g requirements)

Deadlines:

Application Opens December 15, 2023 and closes March 18, 2024





COLUMBIA UNIVERSITY

Requirements/Eligibility:

- Students must be 10th-12th graders
- Submit transcript, essay, a teacher recommendation letter, and writing samples

Deadlines:

Application is open and closes April 1, 2024. Financial Aid Deadline is March 4, 2024.



CARNEGIE MELLON

Requirements/Eligibility:

- At least 16 years old by the program start date
- Be a current sophomore or junior in high school at time of application submission

Essentials From Naviance Student

- Self Discovery
 - Self-awareness assessments and interest surveys
- Career Exploration
 - Interest inventories, career clusters
 - Matching majors and careers
- Building the List: "Colleges I'm Thinking About" leading to "Colleges I'm Applying To"
- Resume, Student Brag Sheet, Parent Brag Sheet
 - Used as building blocks for college applications
 - Inform and incorporated into the Counselor Letters of Rec



College Planning Handbook





Jesuit High School
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1200 Jacob Lane, Carmichael, CA 95608
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Scan for a copy of our current handbook



Summer College Application Workshop

Rising Seniors can begin their Senior year with applications and essays completed by attending this summer camp at Jesuit!

Our counselors will help students get a head-start on the college application process to relieve the pressure of Senior Year.

- ONE WEEK WORKSHOP
- MORNING SESSIONS OFFERED
- SMALL CLASS SIZES
- COURSE SIGN UPS COMING SOON



Register at **summeratjesuit.com**

Counselor Caseloads

With a few exceptions, assignments for the 2023-2024 school year are as follows:

Junior

- Anderson Burton: Mrs. Smith
- Calkins Fuentes: Ms. Rasmussen
- Fukui B. McDonald: Mrs. Harger
- T. Miller Rogers: Mrs. Wheeler
- Rojas Zamudio: Mrs. Brant
- Academic Support: Mrs. King

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- Rucker Zeff: Mrs. King

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Questions?

Thank you for taking the time to join us this evening!