Life After High School Planning

2019-20
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11th Grade Planning

Today

- 11th Grade Road Ahead
- Wellness & Balance
- PSAT Results
- Beginning your college search
  - Naviance

Spring Semester:

- Individual Meetings during registration in March
- Classroom visit/College Application Process – May 2020
Junior Year Checklist

<table>
<thead>
<tr>
<th>Research</th>
<th>Research post-high options – Know your Why</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose</td>
<td>Choose meaningful classes for senior year, maintaining balance</td>
</tr>
<tr>
<td>Brainstorm</td>
<td>Brainstorm your list of important things to you in selecting a school (know yourself!)</td>
</tr>
<tr>
<td>Start</td>
<td>Start building your list of schools</td>
</tr>
<tr>
<td>Visit</td>
<td>Visit different types of schools over breaks</td>
</tr>
<tr>
<td>Register and take</td>
<td>Register and take the SAT and/or ACT</td>
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Turn & Talk

At your table, brainstorm 6+ ways to relax if you’re stressed

• what can you do “in the moment” (ex: during class)?
• what can you do long-term?
50 Ways to Take a Break

Take a Bath
Light a candle
Learn something new
Listen to music
Listen to a guided relaxation
Notice your body
Read a book
Walk outside

REST your legs up on a wall
Go to a body of water
Let out a sigh
Fly a kite
Sit in nature

MEDITATE Go for a run
Take deep belly breaths

WRITE in a journal

Walk around town
Find a relaxing scent

Eat a meal in silence
Examine an everyday object with fresh eyes

COLOR with crayons
Make some music
Do some gentle stretches

Paint on a surface other than paper
Write a quick poem
Read poetry

Take a bike ride
Go to a park
Pet a furry creature
Go to a farmer's market
Create your own coffee break

Engage in small acts of kindness
Put on some music and dance

Forgive someone
Let go of something

Buying some flowers

Funny

Read or watch something

View some art

Kindness

Raising the clouds
Watch the stars
Write a letter
PSAT Results

Understanding your results

Results are available online now! At Collegeboard.org
Using the PSAT as a tool

Look at your answers, why did you miss that question?

• Were you rushing?
• Did you not check your work?
• Did you miss bubble?
• Did you just not know the answer?
• Are all your missed questions at the end? Did you work too slowly?
Keep in mind that was one data point, on one day.

If you took it the day before or the day after you’d likely have a different score.
Over 700 schools are test optional

Tests are still important

The majority of colleges want an ACT or SAT

But there are multiple ways to demonstrate your knowledge
Take **first exam in spring** of junior year

Register at [collegeboard.org](http://collegeboard.org) or [act.org](http://act.org)

Sign up for **writing section** for each exam

Difference is ACT has Science section

**Test prep** options: College Board, ACT and Khan Academy

**Score choice**: you can choose which test to send to colleges for colleges that participate in this option

Send scores to **4 colleges for free** (non-score choice schools) – must list them when you REGISTER for the test
Register for an ACT or SAT

SAT & SAT Subject Tests:
• March 14th (Deadline Feb 14th)
• May 2nd (Deadline April 3rd)
• June 6th (Deadline May 8th)
• August 29th (Deadline July 20th)

ACT Tests:
• February 8th (Deadline January 10th)
• April 4th (Deadline February 28th)
• June 13th (Deadline May 8th)
• July 18th (Deadline June 19th)

See your counselor for a fee waiver (if free or reduced lunch)
There are MANY different options after high school

- Trade/Tech College
- Apprenticeship
- Work force
- 4 year College/University
- 2 year College

Think about post high school options based on your strengths and interests
20% of NHS students choose a pathway other than direct to 4 year

Trade School Benefits

- 27% of trade school grads earn more money
- 21% more likely to work in their field of study
- 4% higher employment rate
- $65,000 average salary for skilled trades
What things are important to you in choosing a college, trade school or apprenticeship?
Attributes to think about...
College is about fit

There’s a place for everyone. There are colleges that accept students with a 2.0 GPA, there are colleges that accept kids with a 4.0 GPA.

Start at 2-year college (ex: BC and save $)

Be Selfish! What things excite you?

Be Happy! What feeds your joy?

Be Successful! If you’re in a place that has what you want, you will be!
BSD College Conference

• Wednesday, February 5th at SHS
  • (Sammamish, Newport, Big Picture)
• Thursday, February 6th at BHS
  • (Interlake, Bellevue, & International)

• Time: 5:45-8:30 PM
Your Counselor is here to support you in this journey

Ms. Lopez-Kopp (College & Career) is a GREAT resource

There isn’t ONE perfect college...there are MANY perfect colleges

You can and will change your mind MANY times – that’s ok and a part of the college journey

You have help. You are not alone. This isn’t new.
Naviance Tasks

- “Do What You Are” Survey
- SuperMatch College Search
- Research colleges and add 3 to your list

Time Permitting or at home
- Enter PSAT Scores
- Verify you have a “favorite” Career Cluster
- Update Resume
- Save graded essay & rubric—some colleges (<10) require this
- Enter Community Service hours in X2Vol
New login to Naviance

Go to Newport website

- bsd405.org/nhs
- Hover on Counseling and select Naviance

Login through Clever
Step 1: Hover on “About Me” and select “My Assessments”

Step 2: Click on “Do What You Are”

Step 3: Scroll down and select “Continue” to get started
1. Click on “About Me” and select “My Stuff”

2. Select “Test Scores”

3. Click the “+” button and select PSAT scores
Step 1: Hover on About me and select “My Stuff”

Step 2: Select “Journal”

Step 3: Hit the plus sign and upload graded docs w/rubric