

Guidance Newsletter: September 2019

COLLEGE DAY FIELD TRIP

Radford University
Friday, September 13, 2019

College—bound seniors interested in attending the College Fair must return a signed Field Trip Permission Form by Wednesday, September 4th! To adequately plan all aspects of this trip, we cannot guarantee participation for students who return permission forms after the deadline. We have 80 seats available for Seniors and Juniors but priority will go to the seniors.

SAT & ACT TESTING INFO

Seniors who are planning to apply to a 4—year college or university should have taken either the SAT or the ACT for the first time in the spring of their junior year. If you did not, you need to consider taking (or retaking) the SAT or ACT early in your senior year so scores will be available when colleges review your applications.

SAT and ACT preparation materials, including practice test questions and practice tests, are available on the College Board and ACT websites: www.collegeboard.org and www.act.org

SAT DATES FOR 2019-2020

Auburn High School Code: 471925

COST with essay: \$64.50

COST without essay: \$47.50

2019-20 SAT Test Date	Registration Date	Scores Back Date**
Saturday, October 5, 2019	September 6, 2019	October 18-23, 2019
Saturday, November 2, 2019	October 3, 2019	November 15-20, 2019
Saturday, December 7, 2019	November 8, 2019	December 20-25, 2019
Saturday, March 14, 2020	February 14, 2020	March 27-April 1, 2020
Saturday, May 2, 2020	April 3, 2020	May 15-20, 2020

Register for SAT online at www.collegeboard.org.

NOTE: Students must now upload a personal photo when registering online.

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## ACT DATES FOR 2018-2019

Auburn High School Code: 471925

**Cost with no writing section: \$50.50**

**Cost with writing section: \$67**

| <b>Test Date</b>  | <b>Deadline</b>    | <b>Late Deadline</b>         | <b>Score Release*</b>               |
|-------------------|--------------------|------------------------------|-------------------------------------|
| October 26, 2019  | September 20, 2019 | September 21-October 4, 2019 | November 12, 2019-January 2, 2020   |
| December 14, 2019 | November 8, 2019   | November 9-22, 2019          | December 24, 2019- February 7, 2020 |

| <b>Test Date</b> | <b>Deadline</b>   | <b>Late Deadline</b>       | <b>Score Release*</b>     |
|------------------|-------------------|----------------------------|---------------------------|
| February 8, 2020 | January 10, 2020  | January 11-17, 2020        | February 18-April 3, 2020 |
| April 4, 2020    | February 28, 2020 | February 29-March 13, 2020 | April 14-June 5, 2020     |
| June 13, 2020    | May 8, 2020       | May 9-22, 2020             | June 23-August 10, 2020   |
| July 18, 2020*   | June 19, 2020     | June 20-26, 2020           | July 28-September 4, 2020 |

Register for the ACT online at [www.actstudent.org](http://www.actstudent.org). NOTE: Students must now upload a personal photo when registering online. Students who register online will no longer receive an Admission Ticket in the mail. Instead, they will need to print out the Confirmation and Admission Ticket from their Web registration. **NOTE: Students must now upload a personal photo when registering online.**

Picture identification is required on the day of the SAT/ACT. For students who do not have a photo identification card or passport, schools may provide such ID by completing a Student ID form. It must be printed on school stationery, a photo must be attached, the school seal must be placed to overlap the photo, and the document must be signed in the presence of a school official. Plan ahead to see Ms. Sutherland if you will need this form of identification.

Scores are available online and by phone about three weeks after the test date. Official score reports are delivered about five weeks after the test.

## **SAT AND ACT FEE WAIVERS**

The Counseling Office has a limited number of fee waivers for the SAT and the ACT. Eligibility for fee waivers is based on family income, or the family is receiving public assistance, lives in a subsidized public housing project, is a resident in a foster home, or participates in a program for the economically disadvantaged, such as Upward Bound. There IS a process or using the fee waivers, so please see Ms. Sutherland if you think you qualify.

Additional guidelines include:

- Must be applying to a college that requires the SAT, or ACT
- Eligible students may receive a total of two fee waivers for the SAT and a total of two waivers for the SAT for use in the 11m and 12th grades.
- Students who use the fee waiver service are eligible for a Requests for Waiver of College Application Fee Forms at participating colleges.

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## **YOUR HIGH SCHOOL TRANSCRIPT**

Your official transcript includes the following information:

- Each course you were enrolled in and the year you completed the course (9, 10, 11).
- Your final letter grade in each completed course

-Work in Progress (includes classes you are enrolled in during your senior year and any grades that have been posted at the time the transcript is prepared)

-The number of credits earned for each completed course (usually 1, but could be 2 or 3 for a CTE program at CHS or BHS)

-The total number of credits you have attempted and the total number of credits you have earned to date (will be the same unless you failed a class)

- Your cumulative GPA (grade point average) based on final grades through the end of Grade 11 (calculated by adding total quality points for all final letter grades: A=4; B=3; etc. and dividing that total by the number of credits you attempted) Weighted grades for AP and DE courses are calculated with the added weight factored in.

-Class rank is no longer on the transcript or calculated. Most schools accept this response on a college application "my school does not rank".

-Transcripts for seniors will be updated at the end of the school year when teachers have submitted final grades. Final GPA will be calculated prior to graduation.

- SOL verified credits are noted for courses you have taken that have an SOL EOC test Standardized test scores in high school (SAT, ACT primarily). You must request that the College Board send your AP scores directly to the college(s) you specify. Refer to your previous AP student packets for directions for requesting AP scores or go to [www.collegeboard.org](http://www.collegeboard.org)

## **REQUESTING YOUR HIGH SCHOOL TRANSCRIPT**

Your high school transcript will need to be sent with your college and some scholarship applications

When your final report card was mailed home at the end of the school last year, we also mailed your login to request your transcript through an online service called Parchment—this is the primary way that we process transcript requests!! When you use this process, your transcript can be sent electronically to the college or organization, which is easier and quicker. If you have lost your login, you will need to contact [www.parchment.com](http://www.parchment.com)

## **LETTERS OF RECOMMENDATION**

Most college applications, scholarship applications and employment applications require letters of recommendation from administrators, teachers, counselors, church or community leaders, or previous employers. College applications, for example, are very specific with regard to the individuals who need to complete your recommendation.

When requesting a recommendation, follow these basic guidelines:

1. Request the recommendation in writing, at least two weeks before you need it.
2. With your request, attach a current résumé or list of school activities, honors and awards. Be sure to include any work experience, volunteer experience, and church or community activities.

3. Ask the person providing the recommendation to be sure to include his/her original signature — not a copy
4. Ask the person providing the recommendation to place his/her letter in a sealed envelope and return it to you.
5. If your application requests that you only include names of references, be sure you ask the references for permission to include their names.

\*\*\* If you need a letter of recommendation from Ms. Sutherland please come by the counseling office for a packet so she can write a detailed letter on your behalf.\*\*\*

## COLLEGES VISIT AHS

Throughout the year, college representatives will visit area high schools to meet with prospective applicants. If you wish to see a particular admissions rep., come by the Counseling Office for a pass to attend the session that is scheduled when you are in class. No pass is needed for lunch visits. These visits will be at AHS!!!!!!!!!!!!!!!!!!!!

| <u>School</u>       | <u>Day/Time</u>                                  |
|---------------------|--------------------------------------------------|
| Randolph Macon      | September 12th at 10:15AM                        |
| NRCC                | September 16 <sup>st</sup> at 10:15AM            |
| Virginia Tech       | September 17th at 10:15AM                        |
| Radford University  | September 23 <sup>rd</sup> at 10:15AM            |
| Hollins College     | September 25 <sup>th</sup> at 10:15AM            |
| UVA                 | October 3 <sup>rd</sup> at 10:15AM               |
| Bridgewater College | October 10 <sup>th</sup> at 10:15AM              |
| Roanoke College     | October 16 <sup>th</sup> at 10:15AM              |
| Ferrum College      | October 18 <sup>th</sup> at 10:15AM              |
| RU ONSITE           | November 12 <sup>th</sup> at 10:15AM (decisions) |
| VT ONSITE           | November 20 <sup>th</sup> at 10:15AM (decisions) |

\*\* ADDITIONAL COLLEGE VISTS WILL BE INCLUDED ON THE STUDENT ANNOUNCEMENTS AS THEYARE SCHEDULED. \*\*

## NCAA Eligibility

It is very important that potential student-athletes understand the NCAA initial-eligibility requirements. Students should compare their academic records from ninth grade to present with the most current version of our high school's list of NCAA Approved Core Courses. This academic evaluation will reveal any potential deficiencies a student may have in meeting the NCAA initial-eligibility requirements.

You can register with the NCAA Eligibility Center online at [www.eligibilicenter.org](http://www.eligibilicenter.org). The 2019-2020 NCAA Guide for the College— Bound Student Athlete is available for downloading from the NCAA website.

If you have questions or concerns about the NCAA Eligibility Clearinghouse, please contact the coach of your individual sport, or contact Paul Dominy, our Athletic Director.

## **AHS COLLEGE APPLICATION DAY OCTOBER 2019--TBD!!!!**

On our College Application day in October all seniors expected to graduate in 2020 will receive assistance with applying for admission to at least one college or university. MCPS will pay the application fee(s) to 2 colleges for each student who submits an application at AHS on that day! This event is possible due to the collaborative efforts of the administration, faculty, and staff at AHS and MCPS, as well as other volunteers. Continue to check the Guidance webpage for additional details as they become available.

### **PREPARING FOR COLLEGE**

1. Search and Visit! Your search for the best college fit for you should be well underway and should be narrowed to include those 3 or 4 colleges that meet your needs and preferences regarding entrance requirements, size, location, majors, and cost. You should have a “dream” college that is your first choice, two or three other schools with similar characteristics that you would be happy attending, and at least one college whose entrance requirements you're sure you can meet.

Before you consider applying to any college be sure you visit the campus and picture yourself as a student there. If it doesn't feel “right,” don't apply. Remember that you will be paying to live there for four years!

2. Apply!!! Check out college websites as most colleges prefer that you apply online. Check application deadlines and keep a record of information you will need to gather before applying! It is a good idea to save a copy of the information you use to complete your college application in case you need it for other college applications or for scholarship applications.

3. College Entrance Tests (SAT, ACT)! If you are planning to attend a four—year college, check to see which entrance test is required/preferred: SAT or the ACT. You do not have to wait to take a test in order to apply to colleges, but colleges will hold your application for consideration until a test score has been received.

4. Applications: Most colleges prefer that you apply online. If you apply online, carefully follow the instructions for each college or university. Check the college's website to see if there is a Counselor Report Form that must be completed. If so, print off the form, complete your part of the form and give it to Ms. Sutherland to complete the Counselor portion. She will return the completed form to you to send to the college

You should try to submit all college applications before Winter Break. Don't wait until the college deadline or until you receive your latest SAT or ACT scores.

If asking for teacher, principal, or counselor letters of recommendation, ask early! Provide those you ask to write a letter with a list of your school activities and achievements, along with any other information you would like included in your letter. Remind them to save the letter of reference on their computer — you may want to use the same letter for scholarships later in the year, but all letters must have an original signature. Follow-up! Check to see if the teachers completed the recommendations.

Ask teachers to place each letter of recommendation in a sealed envelope and return it directly to you so you can submit it with your completed application; OR, provide the teacher with a stamped, addressed envelope to mail your recommendation directly to the college admissions office.

Appearance is important! When completing applications on paper or online, carefully proofread before submitting! It is fine to ask a parent or friend to proofread the application for you.

Check deadlines!

5. Financial Aid! The process of applying for financial aid can begin any time after October 1, 2019. The Free Application for Federal Student Aid (FAFSA) will be available online in October. You must complete this application in order to qualify for most forms of financial assistance. Ms. Sutherland will coordinate a Financial Aid Workshop in October for students and parents. You will receive information on FAFSA and different types of financial aid and the application process. **YOU AND YOUR PARENTS DON'T WANT TO MISS THIS OPPORTUNITY!**

6. Scholarship information will become available beginning this Fall and will be updated regularly throughout the year! Check the senior newsletter posted on the AHS Guidance webpage, and the MCPS website for scholarship information. When you see a scholarship that you would like to apply for, you may request a copy of the application from the Counseling Office (if available), or download the application directly from the scholarship website.

## **Top College Searches on the Web**

With more than 3,500 colleges to choose from in the United States, you will want to narrow the list of potential colleges before gathering in-depth information about specific colleges. You can visit several sites on the Web that are good starting points for your initial college search. These sites will give you a set of college features from which to choose:

- type of college (two—year, four-year, trade, technical)
- size and setting of college
- geographic location
- Housing preference, etc.
- course offerings, major areas of study
- athletic programs

When you have entered your preferences, the search program will give you a list of the colleges that most closely match the features you want. Each search site lets you hyperlink directly to the home page of the college on your search list. Some of the sites are listed below:

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

College Board Online — search software online for free to find colleges that match your goals and interests. Includes in-depth information about all two—year and four-year colleges in the US

[www.smartcollegevisit.com](http://www.smartcollegevisit.com)

Smart College Visit — a college-search and campus travel planning resource that works with college and university admissions offices to provide web, mobile Web, and mobile app college visit resources for college—bound students and their families.

[www.collegenet.com](http://www.collegenet.com)

CollegeNet — this is a searchable data base of colleges, scholarship opportunities, and academic resources. Offers a comprehensive college/university index with good graphics.

[www.collegeview.com](http://www.collegeview.com)

CollegeView — by combining a data base of 3,300 two-year and four—year colleges with multimedia "tours", CollegeView gives students and parents a general overview of a college, plus a direct e—mail option for requesting additional information.

[www.campusexplorer.com](http://www.campusexplorer.com)

[www.princetonreview.com](http://www.princetonreview.com)

<http://collegemajors101.com>

## **The Personal Statement and the College Essay**

In addition to the regular college application, many colleges require applicants to write a personal essay. This is a special opportunity for you to introduce yourself and to give the college admissions committee a sample of your writing ability as well as a glimpse of your personal style.

Some colleges will allow you to submit a sample of your writing, such as a writing assignment from a class. Other colleges may give you a choice of topics from which to choose. Most, however, will leave the topic up to you.

If you are asked to write a personal essay, you will write about a familiar topic -- you! Your writing assignments in school have prepared you with the skills needed to write an essay and you are already an expert on this topic. By writing about an event, a challenge, a triumph, or any other part of your life that you feel passionate about, you can rest assured that there are no right or wrong answers. Follow the guidelines you have learned about structure and style, be creative, and allow your writing to reflect your best effort.

## **The Campus Visit**

You probably have a "dream" college you would like to attend. Although the descriptions, details and statistics listed in the catalog and online are impressive, does that guarantee that you will be happy and successful once you actually set foot on the campus? Even though you believe that college is the best choice for you, is very important to visit the college before making a commitment to pay thousands of dollars to live there for the next four years.

Select the colleges you are seriously considering and arrange times to visit them with your parents, friends, or with a group when classes are in session. Most colleges hold Open Houses on weekends in the Fall and Spring for prospective students and their parents. If it's simply not possible or practical for you and your parents to travel during the school year, you can visit during the summer before your senior year, during spring/winter break, or during other holidays. Although students may not be on campus at those times, you can still gather impressions and information about the atmosphere and the facilities. If possible, talk to the students, visit classes, meet with admissions representatives, walk around the campus and eat in the dining hall. ASK QUESTIONS!

Imagine yourself as a student there. Does it feel "right"? If you have doubts, that's OK. Visit other colleges and if you still aren't sure, go back for a second visit.

## **Military Recruiter Visits**

Representatives from the different military branches visit Auburn High School on a regular basis. The recruiters will be in the dining area on a rotating basis during the school year to meet with interested students.

- AIR FORCE-TBD
- MARINES-TBD

## **PREPARING FOR WORK**

1. Students who decide to enter the work force directly after high school should begin planning early in their senior year.
2. The Virginia Employment Commission is a good source to find out about job openings. It is located in Radford at 206 3rd Avenue. The phone # is 831—5980.
3. Classified ads, as well as family and friends are excellent resources for contacts in seeking job openings.
4. When applying for a job or going for an interview, present yourself in a professional/manner. Be on time, dress appropriately, and have a neatly prepared and complete resume of your education and work experiences.

\*\*If you need help exploring colleges and careers, HOLLY MURDEN, our Career Coach from NRCC, will be glad to assist you. Mrs. Murden's office is located in the Career Center and she will be at AHS on Mondays and Tuesdays. If you would like to meet with her, there is a sign-up form in the Career Center, or she can be reached at [hmurden@nr.edu](mailto:hmurden@nr.edu) .

## **Opportunities!!!!**

### **PRUDENTIAL SPIRIT OF COMMUNITY AWARD**

If you are a high school student who is making a difference through volunteering, apply now for a 2019 Prudential Spirit of Community Award and you could win \$1,000 and a trip to Washington, D. C. Go to <https://www.nassp.org/recognition/student-awards/prudential-spirit-of-community-awards/> to access the online application.

### **Complete the application and student/parent agreement by November 5, 2019.**

Go to the "Certification" page to email or print out the instructions for your certifier. Your certifier can be your principal, or head of the county 4-l-l organization, Girl Scout council, American Red Cross Chapter other community organization. **Your certifier must submit his/her nomination by November 15, 2019.**

**Virginia Aerospace Science and- Technology Scholars (VASTS)** is a NASA—based program for 11<sup>th</sup> and 12<sup>th</sup> grade students VASTS is a free competitive program that allows high school juniors and seniors to take an online NASA-developed course. <http://vsgc.odu.edu/vasts/wp-content/uploads/sites/4/2018/10/2018-VASTS-Flyer.pdf> Students learn about a broad range of science, technology, engineering and mathematics (STEM) skills. Based on course performance, scholars may be selected to participate in an all-expense paid seven-day residential Summer Academy at NASA Langley Research Center. Students who successfully participate in VASTS can earn 2 college credits for the online course and 2 additional credits for the Summer Academy.



Interested students should go to the website for program information and applications <http://vsgc.odu.edu/vasts/>. The deadline for student applications is November 10, 2019. <https://spacegrant.net/apps/?pk=vasts>

## **PSATS!!!!**

Attention sophomores and juniors!!'

On Wednesday, October 16, 2019, all MCPS 11th grade students will take the Preliminary SAT at no cost. The benefits of taking the PSAT as juniors include:

- Providing practice taking the SAT
- Identifying skills for improvement
- Increasing participation in Advanced Placement Programs
- Providing online college and career planning tools
- Encouraging students to challenge themselves
- Providing links to free, personalized SAT practice programs
- To gain additional practice before taking the SAT in the spring of their junior year.
- Juniors who take the PSAT may be eligible to compete for scholarships in the National Merit Scholarship Program.

The cost for sophomores to take the PSAT is \$15, payable by cash, check or money order to AHS, please sign up in the Counseling Office there is limited space available.

## **SCHOLARSHIPS**

Listed below are scholarship announcements that the AHS Counseling Office has received. It is early in the school year, but as additional scholarship information is received it will be posted on the Auburn High School Guidance web page. Students and parents are encouraged to check the web page regularly for updates

Please note: Colleges are the best sources for scholarships and financial aid. You can receive information about a college's specific scholarships and financial assistance by contacting the college Admissions Office or Financial Aid Office. You can also go online and search for scholarships by type such as academic, art, music/drama, sports or ROTC.

**TAG — Tuition Assistance Grant —** The TAG program of the Commonwealth of Virginia provides annual grants to Virginia residents who are full-time students at eligible, non— profit, private colleges and universities in Virginia. The award amount is based on the number of eligible students and the amount of funds appropriated by the General Assembly.

If you are applying to a private college in Virginia, be sure to ask the admissions or financial aid office of your college for a TAG application.

**THE JEFFERSON SCHOLARS FOUNDATION OF THE UNIVERSITY OF VIRGINIA** invites seniors at Auburn High School to participate in the 2019—2020 competition for Jefferson Scholarships to the University of Virginia. Jefferson Scholarships — full scholarships to the University — are granted to individuals on the basis of merit-alone; financial need is not a consideration in the selection process. The Foundation pays directly to each recipient a stipend sufficient to cover the full cost of attending the University.

AHS is asked to nominate one student from the senior class who best exemplifies excellence in the Jeffersonian ideals scholarship and citizenship.

The Jefferson Scholars Foundation seeks to identify the most highly talented students in the world, and all that is asked of these students is a willingness to participate fully in the selection process. Prior interest in the University of Virginia and financial need should not be factors in selecting a nominee. The Jefferson Scholars Foundation does require as a condition of nomination that each nominee agree not to make application to a college or university under a binding early decision plan. Any senior who wishes to apply to a college or university under a non—binding early admission plan would be eligible to compete and win a Jefferson Scholarship.

Any senior who would like to be considered as Auburn’s nominee for a Jefferson Scholarship should sign up on the sheet located in the Counseling Office with Mrs. Martin

**Elks National Foundation Most Valuable Student Scholarship** awards \$2.4 million in college scholarships to a total of 500 high school seniors nationwide. The Pulaski, VA, Elks Lodge #1067 sponsors the local scholarship. Interested students may go online and review the award criteria and submit an application at <https://www.elks.org/scholars/scholarships/MVS.cfm>

**The application deadline is November 5, 2019**

**AES Engineering Scholarship** — This program awards scholarships to students who plan to enter an engineering—related field. Qualified students will submit an essay on the topic that appears on the scholarship page of the web site <http://www.aesengineers.com/scholarships.php>

**AMOUNT: \$500**

**DEADLINE: OCTOBER 6, 2019**

**Coca-Cola Scholars Foundation** —If you are a truly motivated, dedicated, involved high school senior, the Coca-Cola Scholars Foundation is awarding \$3 million dollars a year in scholarships to deserving students just like you.

Eligibility:

- Current high school senior
- U. S. citizen
- Planning to pursue a degree at an accredited U.S. post—secondary institution
- Have a minimum 3.00 GPA at the end of the junior year of high school

Apply online today. A few minutes of your time could help you get through college and beyond. For additional information, go to [www.coca-colascholarsfoundation.org/apply/](http://www.coca-colascholarsfoundation.org/apply/)

**Deadline to receive completed applications: October 31, 2019**

**Also scroll down on this main page Coca-Cola has a large list of scholarship search engines!**

**Horatio Alger Association Scholarship** —this scholarship program provides financial assistance to students who have financial need and have exhibited integrity and perseverance in overcoming personal adversity. Eligible students must be high school seniors who are United States citizens and who are committed to completing a bachelor's degree. Scholarships are awarded to deserving students each year and range in amounts from \$5,000 to \$20,000. Students may apply online at <https://scholars.horatioalger.org/horatio-alger-scholarship-applications/>

**Deadline: October 25, 2019.**

**Ron Brown Scholar Program** — The Ron Brown Scholar Program seeks to identify African—American students who will make a significant contribution to society. Applicants must excel academically, exhibit exceptional leadership potential, participate in community service activities and demonstrate financial need. Scholarship applications are now available at [www.ronbrown.org](http://www.ronbrown.org)

**Sons of the American Revolution Scholarship**— this is a \$1,000 scholarship awarded by our local chapter Sons of the American Revolution to college bound seniors. Applicants will need to send a cover letter, and attachments that include (biographical data, scholastic record-GPA/SAT, awards received, extra-curricular activities, community service, current college applications status and parental contact. Stop by school counseling for a copy of the requirements, a scoring rubric and further detail on this scholarship. **The deadline for this to be received is December 16<sup>th</sup>, 2019**