

New Trier Township High School
Post-High School Counseling Office

My daughter is a junior, halfway through New Trier. What should be happening in the postsecondary planning for her?

Her assigned post-high school counselor will (and has been) routinely visit her advisory for group guidance in postsecondary planning. In October of the junior year, the post-high school booklet, *Four Steps to the Future*, will be mailed to each parent and secondary guardian. Parents will be invited to an evening meeting at the high school in November to learn about the process from their specific counselor, to receive the parental Naviance passcode, and to obtain the post-high school planning binder. The binder specifically will serve as a continuing resource for the student, and each student should bring it to subsequent post-high school planning meetings.

In January of the junior year, parents will call the office to arrange for the first individual meeting which can occur as early as February. A brochure outlining days to call is included in the booklet *Four Steps to the Future*, and will be distributed at the evening parent meeting and will be posted on New Trier's post-high school webpage. The New Trier Parents Association devised the plan for calling to make the initial appointment to alleviate phone logjams.

The initial meeting kicks off the individualized process for postsecondary planning. Parents and the student attend this meeting. Near the end of this and each subsequent meeting, the student will make an appointment to meet in the next two to three weeks, and these meetings will continue throughout the student's junior and senior school years. Counselors give students small tasks or assignments to complete between meetings to make sure the process does not become overwhelming.

Prior to the initial meeting, students complete two separate forms in advisory that give the counselors background information on the factors that are important to the individual student in planning for his or her future options. Counselors complete appropriate planning or homework for the individual's first meeting with that information.

Counselors are also available in the summer, and provide free summer essay writing seminars (with the exact essay questions for your graduating class) and Common Application workshops in the summer before the senior year.

My neighbors are talking about letters of recommendation for college. What's that all about?

Most of our New Trier college candidates will need one teacher letter of recommendation for college applications. Only some sixty colleges and universities require two letters, and a list of these places is in the student's post-high school binder, distributed at the November meeting. Letters of recommendation should ideally come from teachers (not coaches or advisers) who have taught your student in the high school classroom, preferably during the junior year as it is the most recent full year of intellectual experience. Your counselor will let your student know when and how to approach teachers in the spring of the junior year.

Rarely are letters from coaches or character references required; however, if you think a letter from a third party who knows your student well might enhance his admission consideration, one additional letter may be submitted.

Letters of recommendation are confidential and not released to the counselor or student for review. New Trier teachers will only write letters of recommendation for students for whom they can write positively.

Your student should be on his or her best behavior throughout high school, but particularly junior year. The teacher letter of recommendation puts the student in the context of learning and behaving in the educational setting of the classroom, so your student's engagement in his education, his disciplined study habit, his respectfulness and willingness to challenge himself are all considered in the recommendation. In short, classroom behavior counts, especially when asking a teacher to describe a student's approach to his education and its obligations.

Your student's adviser will write a brief note about your student's personal, academic and intellectual participation at New Trier. This note goes to your post-high school counselor who may refer to it, to a parent reference, and to his or her interactions with your student to write the school letter of recommendation. This letter puts the student in the context of the school community.

Now, what about those admission tests? I understand the state requires an ACT without the writing section for graduation' does that test work for college admission, too?

In the fall of the junior year, your student will take the PSAT. The PSAT is a *practice* SAT and determines a student's eligibility for the National Merit Scholarship programs.

The ACT is a curriculum-based test designed to assess a student's knowledge near the end of the junior year. Sometimes taking it this early without the benefit of the junior year coursework results in low scores that serve to demoralize a student. Since the retired ACT is an unofficial, practice test, scores are not released to your student's post-high school counselor for guidance purposes.

If your student is very interested in taking an early ACT, you may wish to consider testing in December or February of the junior year. That leaves time for test preparation should you decide to use it. The ACT is offered each year in September, November, December, February, April and June, so students have multiple chances to take the exam.

As of March, 2016, the SAT has morphed from an aptitude test to an achievement-based test; in other words, it is now more similar to the ACT than ever before.

All American colleges and universities will accept results from either the ACT or the SAT.

Help! My son is not a great standardized-test taker! What should he do?

Most colleges would rather have a student with a good record of classroom achievement and lower test scores than a student with superb scores and low classroom performance. If you have reviewed your student's PSAT scores and wish to enroll him in a test prep program, we'd like him to look at the free option on Naviance first; it offers specific lessons and timed opportunities for the practice exams for the ACT and SAT. Beyond that, there are many test prep options in the community you might wish to consider, however, for the post-high school counselors to recommend a specific test prep agency is unethical.

There is also an increasing number of colleges and universities that do not require standardized tests; these are called *test-optional schools*. At www.fairtest.org, you can check to see if schools your student is investigating are test-optional.

I have a son who has dabbled in a lot of activities, but hasn't really found one he likes. Is this a problem for college admission?

This is fine and more typical than you would imagine. Unless a student is going to be a recruited athlete or a candidate for a fine arts program that requires an audition or portfolio, students are free to choose whatever activities they find rewarding. There is no prescription of certain activities to be

admitted to colleges; most colleges just want to know that your son is spending his free time in productive pursuits (Back away from that xbox...!).

My daughter is being contacted by college coaches already. How do we handle this?

The NCAA rules have changed, and it is now legal for college coaches to contact students after the end of sophomore year. However, the basic rules of college investigation for prospective student-athletes have not changed; your daughter must like the college, its athletic program, and her prospective teammates. The coach and his or her conduct must also be respectable.

It seems like everyone around me has an ACT tutor and an independent college counselor. Do I need these resources, too?

New Trier provides more in-depth counseling in the college admission process than any other high school, public or private, in the nation. Naviance also provides free lessons and sample, timed practice sections of the ACT and SAT. So, although you may decide individually whether a testing prep agency is in your student's future, we certainly believe you don't need an independent college counselor.

After your initial, individual meeting with your post-high school counselor in February, March, or April of the junior year, your student will continue to meet individually at least every two to three weeks with the counselor. Some students come in more, others less, but the better you let your counselor get to know your student, the more assistance he or she can provide.

New Trier's counselors help with college selection, investigation, the actual application process, essay writing, resume construction, and decision making. We make sure all the parts of the application arrive at colleges, and help students become and stay organized. We make sure they are in the right classes and that they are managing the tasks associated with college admission in a timely and appropriate fashion.

Additionally, New Trier's counselors provide summer essay writing seminars with individualized follow-up and a Common Application workshop to help students jump-start the work of the Common Application. The summer essay seminars provide the actually essay questions that New Trier's most popular colleges will be using in the following fall. We all like reviewing essay drafts in any condition!

The post-high school counseling office at New Trier also handles financial aid questions and provides a financial aid informational evening program, sends regular scholarship notices to students in advisery, and handles the many summer enrichment opportunities that are available. Much of this information has been loaded onto Naviance.

Students with disabilities, students interested in participating in college athletics, international students, and students who wish to pursue majors or minors in the visual or performing arts can find specialized help with their assigned post-high school counselor as well. New Trier sponsors or co-sponsors regional CHOICES, a college fair for students with disabilities; an every-other-year program for students interested in pursuing fine arts in college; an evening program for international students and parents, and; and evening for students interested in playing college athletics.

The office also sponsors a summer speaker series on special topics as well as a yearly college application night to kick-off the college process senior year.

