

# POST-HIGH SCHOOL COUNSELING SOPHOMORE NEWSLETTER

SEPTEMBER/OCTOBER 2020

## WELCOME CLASS OF 2023

### TAKING A LOOK AHEAD...

Post-High School Counseling (PHSC) would like to extend our warmest welcome and best wishes to the class of 2023. Admittedly, your sophomore year is starting off differently than you probably imagined it would, but we are proud of the commitment and fortitude you are showing every day to make the very best of these atypical circumstances. Keep up the good work!

Though the college search and application process will formally begin during the junior year, there are important developmental goals to meet and information we would like all sophomores to have in preparation for a successful post-high school planning process that is focused on the individual student.

Speaking of which, focusing on your school work is the strongest foundation upon which you will build an appropriate post-high school path. In order to accomplish this, rather than talking specific colleges right now, we want students to embrace the importance of self-awareness, extracurricular involvement, relationship-building (with teachers and peers) value-based decision-making, study habits and academic interests. In particular, with remote learning students are already building resilience, independence and commitment navigating a process that is different for everyone.

With all of that said, we want our sophomore students and families to be informed about the services we provide over the next three years and the timeline that will unfold most directly this year.

## PHSC IN THE SOPHOMORE YEAR

Post-High School Counselors are assigned to an advisery in fall of the sophomore year. So by November, students will know which counselor they will be working with over the next three years. The PHSC will visit student adviseries in the second quarter to:

- Introduce themselves and our Canvas page
- Discuss the importance of junior year curriculum and course selection
- Demonstrate Naviance, an online data and research tool specifically for the college search and application process.

In second semester, PHSC will host a program that outlines our comprehensive program of services. Content will include:

- Importance that academics, extracurricular and social development have in the post high school planning process.
- Preview the junior year timeline for the college search process and admissions basics.
- Cover frequently asked questions on standardized testing testing.

## CAREER SERVICES

The goal of [Career Services](#) is to support students in exploring their passions and interests in potential future careers. Emphasis is placed on real-world experience and connections with community professionals. Services are provided in both individual and seminar settings. Career Services is also a resource for job postings, summer program information, career-related field trips, job shadowing, and job fairs. The program is designed to complement the work of classroom teachers, Advisers and Post-High School Counselors with sequential steps to guide students through self-analysis, career exploration and educational goal setting from 9th through 12th grade.

# POST-HIGH SCHOOL COUNSELING SOPHOMORE NEWSLETTER

SEPTEMBER/OCTOBER 2020

## STANDARDIZED TESTING

The most frequently asked question we likely get from sophomore families is, "When should my student begin taking college admission tests?" The ACT and the SAT are both achievement tests designed for students who are near the end of the junior year curriculum, so students are advised to take those tests in the second semester of junior year (February – June). A handful of students who have taken a particularly advanced curriculum may be ready to test in the mid-fall of junior year, but be mindful that taking the exam too early may yield results that undermine a student's confidence, particularly in light of the fact that the test is designed for the end of the junior year. There will be more than enough opportunities for students to take the SAT or ACT during the junior year and even early in the senior year.

Sophomores will have an opportunity to take the PSAT 10 on April 13, 2021, which is designed to provide familiarity with the SAT format and identify areas of strength or areas where they can improve. Junior year will follow-up with the PSAT test in October 2021 and The State of Illinois will provide a free SAT to all public high school juniors in spring of 2022. With that said, sophomores should not be concerned about and/or preparing for standardized testing this year.

## NEED HELP? JUST ASK...

Tom Shorrock is the post high school counseling liaison to the sophomore adviser system. He is a consistent resource to provide timely information and guidance to advisers and to relay back to you and your sophomores. Any questions, please feel free to direct to Mr. Shorrock at: 847-784-2243 or shorroct@newtrier.k12.il.us. until your advisory assignments are communicated later this fall, at which time you can contact your designated counselor. For general questions or inquiries, you can also email our offices at phsc@nth.net or call 847-784-2234.

## NEW TRIER POST-HIGH SCHOOL COUNSELING DEPARTMENT

The New Trier Post-High School Counseling Department is proud of the knowledge and expertise we have to provide to our community. Our strength lies in the collective experiences of our team which in turn we are then able to share with you, providing the best resources and guidance to navigate your individual and unique post-high school journey. We thought we'd share with you a few highlights of the great work being done by our staff:

**159**

YEARS OF  
EXPERIENCE

IN HIGH SCHOOL &  
COLLEGE COUNSELING

CPS PATHWAYS TO  
SUCCESS CONSULTANT

FACULTY MEMBER FOR THE  
ACADEMY FOR COLLEGE  
ADMISSIONS COUNSELING

PRESENTERS AT THE ILLINOIS &  
NATIONAL ASSOCIATION OF COLLEGE  
ADMISSION COUNSELING ANNUAL  
CONFERENCES

ILLINOIS ACT COUNCIL  
MEMBER

ADVISORY BOARD DELEGATES  
FOR THE U OF GEORGIA,  
U OF NEBRASKA, U OF TULSA,  
PURDUE U, U OF IOWA,  
U OF PITTSBURGH, OHIO  
UNIVERSITY,

ONE OF 15 COUNSELORS WORLDWIDE TO  
SERVE ON THE COMMON APPLICATION  
OUTREACH ADVISORY BOARD

CO-PRESIDENT OF THE LAKE  
COUNTY COUNSELORS  
ASSOCIATION

NCAA DIVISION 1  
COLLEGE ATHLETE

PARTICIPANTS IN A MULTITUDE OF  
PROFESSIONAL DEVELOPMENT PROGRAMS  
FOCUSED ON EQUITY AND INCLUSION

LICENSED CLINICAL  
PROFESSIONAL  
COUNSELOR

**23**

YEARS OF  
EXPERIENCE

IN COLLEGE ADMISSION  
COUNSELING