

**MDHS**

# **Junior Counseling Classroom Visit**



## APPLICATION TYPE

	Account/ Website	Deadline	Letter of Recommendation	SAT/ACT	Transcript	Essay
Cal State University	<b>csumentor.edu</b>	<b>Nov 30</b>	<b>N/A</b> , exception: EOP Program	<b>Yes</b>	<b>Varies</b>	<b>N/A</b> , short answers for EOP Program
University of California	<b>universityofcalifor nia.edu/apply</b>	<b>Nov 30</b>	<b>N/A</b> , exception: UC requests	<b>Yes (w/ writing)</b>	<b>N/A</b> for application	<b>Yes: Personal Insight essays</b>
Common Application	<b>commonapp.org</b>	<b>Varies</b>	<b>Yes (varies)</b>	<b>Yes (req varies)</b>	<b>Yes</b>	<b>Yes: Common App essay + supplemental essays</b>
School- Specific	<b>Individual college websites</b>	<b>Varies</b>	<b>Varies</b>	<b>Yes (req varies)</b>	<b>Varies</b>	<b>Varies</b>
Community College	<b>Individual college websites</b>	<b>Varies</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>



My profile is above  
the average applicant profile



My profile matches  
the average applicant profile



My profile is below  
the average applicant profile

"SAFETY" SCHOOLS:

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"TARGET" SCHOOLS:

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"REACH" SCHOOLS:

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**Add schools** to "*Colleges I'm Thinking About*" list on Naviance  
[materdei.org/naviance](https://materdei.org/naviance)



## CONSIDER COLLEGE “FIT”

### ACADEMIC, SOCIAL, FINANCIAL FACTORS

Location

Majors

Tuition/Cost

Aid Options

Public/Private

School Size

Selectivity/Admissions Rate

Graduation Rate

Sports

Gender Mix

Religious Affiliation

Safety

Diversity

School Spirit

Faculty

Reputation

Housing Options

Study Abroad Programs

Disability Services

Extracurricular Activities

Campus Resources... & more!



## TYPES OF ADMISSION DEADLINES-1

### EARLY ACTION

Early action plans are nonbinding – students receive an early response to their application but do not have to commit to the college until the reply date of May 1

### EARLY DECISION

Early decision plans are binding – a student who is accepted as an Early Decision applicant must attend the college

### REGULAR DECISION

Regular application deadline

### ROLLING ADMISSIONS

No hard deadline

School reviews applications until class is full



## TYPES OF ADMISSION DEADLINES-2

### Applying to an ED or EA plan is most appropriate for a student who:

- Has researched colleges extensively
- Is absolutely sure that the college is the first choice
- Has found a college that is a strong match academically, socially and geographically
- Meets or exceeds the admission profile for the college for SAT/ACT scores, GPA and class rank
- Has an academic record that has been consistently solid over time

### Applying to an ED or EA plan is not appropriate for a student who:

- Has not thoroughly researched colleges
- Is applying early just to avoid stress and paperwork
- Is not fully committed to attending the college
- Is applying early only because friends are
- Needs a strong senior fall semester to bring grades up



# LETTERS OF RECOMMENDATION

## BEFORE YOU ASK...

1. Do I need a letter of recommendation?
2. Am I asking for a recommendation at least 3 weeks in advance of my first college application deadline?
3. Have I filled out/submitted a questionnaire?
4. For Common Application: Have I ordered my transcript to the Common Application through Parchment?

## QUESTIONNAIRES

Submit a thorough & complete questionnaire

## HOW TO ASK/ETIQUETTE

Ask your teacher, coach, counselor kindly and respectfully

Waive your right to view letter of recommendation

## TIMING

\* Request Early! At least 3 weeks in advance of first deadline

**September 14:** Early Action, Early Decision, Restrictive Early Action

**October 26:** Regular Decision Dec 1-Jan 15 Deadline, Rolling Admissions

**December 7:** Regular Decision Deadline after Jan 15, Rolling Admissions



## YOUR NEXT STEPS

- Research & list colleges: [www.materdei.org/naviance](http://www.materdei.org/naviance)
- Organize deadlines & requirements
- Complete **Senior Guidance Questionnaire** thoughtfully this summer, due by August 2018; REQUIRED for requesting letters of recommendation
- Request **letters of recommendation** in person at least 3 weeks before your first application deadline
- Send official test scores (SAT/Subject tests: [collegeboard.com](http://collegeboard.com), ACT: [act.org](http://act.org)) & transcripts as required ([parchment.com](http://parchment.com))
- Take care of self, know your supports/resources: stress, sleep, balance





## REMINDERS

- Use a professional email address [MelvinMonarch19@email.com](mailto:MelvinMonarch19@email.com) NOT [koolm0n4ch4everrrr@email.com](mailto:koolm0n4ch4everrrr@email.com)); remember your usernames & passwords!
- Complete service hour requirement for graduation (check in Aeries)
- Enjoy a fun and productive summer: work, volunteer, camps, classes, etc.
- If you have any “D” or “F” grades, speak with your counselor & register for summer school
- For application/test fee waivers, check qualifying [income guidelines](#)
- Save copies, confirmation pages, and receipts
- Any questions? Ask your counselor!



# BALANCE, WELLNESS, & SELF CARE

## HOW YOU CAN PRACTICE SELF-CARE

- **Identify what activities help you feel your best.** Self-care for one person will mean something completely different for someone else. One person may need more alone time, for example, while another may nurture herself by spending more time out with friends.
- **Put it on your calendar - in ink!** Take a close look at your calendar and carve out one or two hours for self-care and stick to it. This may take extra prep, but it's worth it.
- **Sneak in self-care where you can.** If you don't have huge chunks of time, you can still fit in little moments of relaxation. Don't wait to add self-care to your life until your schedule frees up (you might be waiting a while to forever). Try taking just five minutes to close your eyes and take some deep breaths, or go for a quick 10-minute walk. These small steps can make a big difference.
- **Take care of yourself physically.** This means getting enough sleep, eating nutritious foods, and exercising. When you take care of yourself physically, you will reap the benefits academically, emotionally, psychologically and interpersonally.
- **Know when to say no.** Your health and well-being come first. If you're feeling stretched thin, prioritize your commitments and cut out what isn't fulfilling and truly important to you.
- **Check in with yourself regularly.** Ask yourself these critical questions: "Am I working too much?" "Do I feel tapped out?" "What do I need to take away?" "What would I like to add?"
- **Surround yourself with great people.** Make sure that the people in your life are upbeat, positive, and know how to enjoy life!
- **Consider the quality of self-care.** Go for quality, especially when quantity is lacking. For instance, rather than getting sucked into channel surfing for hours, watch only shows you've recorded that you truly enjoy.
- **Remember that self-care is non-negotiable.** In order to live a healthy and rewarding life, self-care is a necessity. With this mindset, prioritizing self-care can become very natural and easy to do.

## YOUR COUNSELORS

- A-C, **Mrs. Young**, [ayoung@materdei.org](mailto:ayoung@materdei.org)
- D-G, **Ms. Lo**, [slo@materdei.org](mailto:slo@materdei.org)
- H-J, **Mrs. Bauer**, [kbauer@materdei.org](mailto:kbauer@materdei.org)
- K-M, **Ms. Ringo**, [jringo@materdei.org](mailto:jringo@materdei.org)
- N-P, **Mr. Aragon**, [aaragon@materdei.org](mailto:aaragon@materdei.org)
- Q-S, **Ms. McElroy**, [mmcelroy@materdei.org](mailto:mmcelroy@materdei.org)
- T-Z, **Mrs. Pena-Gautier**, [vpena@materdei.org](mailto:vpena@materdei.org)