



College 101 for Parents

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This PowerPoint reviews the topics of graduation requirements, college fit and sample questions for a student to ask themselves, college entry process such as websites and materials needed, and a timeline for senior year.

College *101*

- WSHS Counseling Team -



Contents

- Introduction
- Graduation Requirements
- Types of Colleges
- Researching
- Senior Timeline
- Tips for Families
- Q&A





Virtual Participants

- Bear with us
- Q&A will be monitored towards the end of the presentation
- Recording will be shared on the website



Introductions



About Us



Erica Nguyen
Last Names A - Et



Kinsey Hedeen
Last Names Ev-Ma d



Mallory Neuman
Last Names Ma h-Pe t



Christine Nutters
Last Names Ph-Z

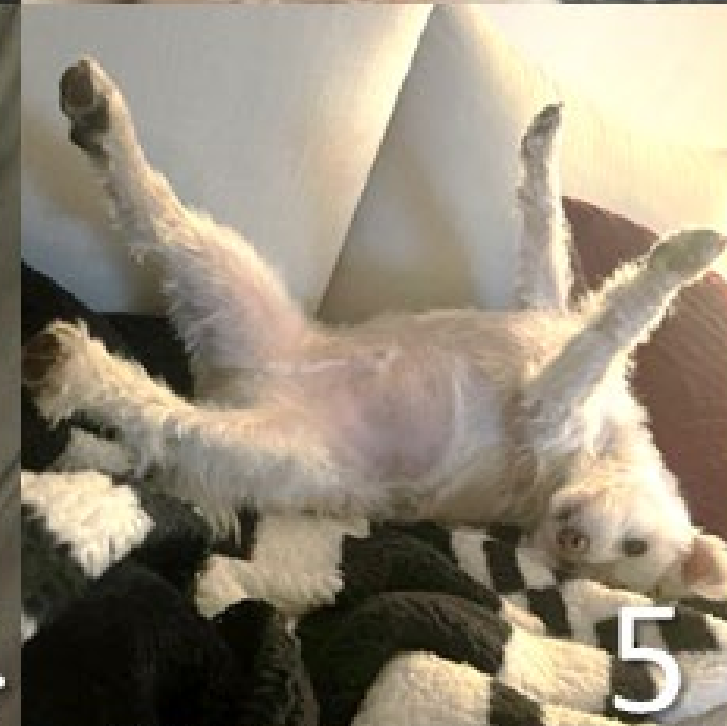


Jessica Langsted
Counseling Intern



Let's Check

On a Scale of Max, how are you doing??



A stylized graphic of a handprint in the background. The hand is open, with fingers spread, and is colored in a light orange or peach tone. It is positioned behind the text, with the palm facing forward. The text "Let's play a game" is written in a dark green, sans-serif font. The word "Let's" is underlined. The word "play" is partially obscured by the handprint graphic. The word "a" is also partially obscured. The word "game" is partially obscured by the handprint graphic. The overall composition is simple and clean, with a focus on the text and the handprint graphic.

Let's play a game



Inhale

Courage



Exhale

Fear





Graduation Requirements



Four Buckets of Graduation



24 Credits



Graduation
Pathways



High School &
Beyond Plan



Service
Learning



24

Credits High School Requirements

4 Credits

English

3 Credits

Social
Studies

Math

Science

1 Credit

Art

CTE

2 Credits

0.5 Health

1.5 PE

7 Credits

Electives

Personalized
Pathways

(i.e. World Language
and additional art)



Minimum College Admissions Sta

4 Credits

English

3 Credits

Social
Studies

Math
(Senior year
quantitative course)

Science

2 Credits

World
Language

1 Credit

Art



A stylized graphic of a handprint. The thumb is a large, dark teal oval. The four fingers are represented by smaller, rounded shapes: the index finger is orange, the middle finger is light orange, the ring finger is light orange, and the pinky is a light teal color. The word "Pathways" is written in a dark teal, sans-serif font, centered over the handprint graphic.

Pathways

Types of Colleges

Community College



- ❖ Two-Year transfer degree
- ❖ Technical Programs

Four-Year College



- ❖ College/ University
- ❖ Bachelor's College

Trade and Vocational

- ❖ Mr. Fitzgerald is available for help
- ❖ Apprenticeships & Trade School





**SEATTLE
PROMISE**

Scholarship

Up to three years (or 90 credits) of **tuition-free enrollment** to South Seattle, Seattle Central, or North Seattle colleges

Offers mentorship and guidance throughout the two years

Milestones and Deadlines:

- ☐ Scholarship AND College Applications – February 14, 2025
- ☐ FAFSA/ WASFA Application – April 30, 2025
- ☐ Readiness Academy/ Orientation – Spring 2025
- ☐ Summer Bridge- Summer 2025

Outreach Specialist Contact: **Bradly Lewellen**, Bradly.Lewellen@seattlecolleges.edu

Apprenticeships and Trade

What is an apprenticeship?

An industry driven education program that allows people to receive full practical training and earn an income while learning.

A combination of classroom learning with hands on work.

Mr. Fitzgerald in 115 is here to help!

If you are interested in Apprenticeships & Trade Schools:

1. Attend our Apprenticeship and Trade School Workshop.
Date to be announced.
2. Talk with your counselor about available apprenticeships.



Researching Colleges



How you choose a college is a personal decision based on **YOU**

The elements of fit include:

- ❖ Environment
- ❖ Campus Culture & Values
- ❖ Cost of school – not necessarily the “sticker price”
- ❖ Academic Programs
- ❖ Quality of the education including academic support and career advising
- ❖ Where can you grow and become your best and truest self?

The following slides are a series of questions to ask yourself to help you to guide yourself toward better fit.



Key Questions About YOU

How hard do you want to work, academically?
Maybe consider community college to start

Do you think you are ready for college?
If you're not sure, Seattle Promise

What do you want to learn more about?
If you're not sure what you want to study, you need to be aware of how much you can change your major. Maybe consider a liberal arts degree

How do you learn best? Read? Listen? Discuss?
If you need to discuss you need a school with smaller classes, which might mean private or a smaller public school. If you don't mind a lecture hall, then public may be a great option for you.



Location Questions



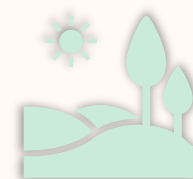
What kind of weather do you like? Think of all seasons?

If you want sunny weather, that limits which States you'll be in. Do you want to ski? Also a way to narrow down where you go



How far away from Seattle do you want to go?

How would you get home, and how often, if far? Airplane, Bus, Car?



How close to a city, or nature, do you want to be?

For shopping, cultural activities, recreation, internships?



College Campus Questions

Do you want to go to a college that is similar or different from West Seattle?

Do you want the same size = small school

Do you want it bigger = medium to large school

Do you think you'll need support?

If you think you might need tutoring or support in your essays or choosing classes, ensure that your campus offers supports!

Other school characteristics

- ❖ HBCU's (Howard, Spelman, etc)
- ❖ West Coasters/ are you from another region?
- ❖ E-sport teams
- ❖ Strong
- ❖ Emphasis on outdoor adventure?
- ❖ Greek life
- ❖ Do they have an Honors Program?
- ❖ What type of housing do they have? Is the food good?
- ❖ Do you HAVE to live on campus? Does that matter to you?



College Culture Questions

How do students spend their **free time** : Library? Sports? Off campus? Campus activities? Greek system activities? Arts? Nature?

Is it a **faith-based** school?

Is there anything about the college that excites you?

How much internship placement, job placement, or networking is the **college involved in** ?

What does **financial aid** look like? Are there scholarships that describe you?



SuperMatch College Search

Naviance

Note: Treat this tool like online shopping. The more specific you are in the “Choose Fit Criteria”, the narrower your results will be

This is where you’ll negotiate what criteria you **NEED** versus **WANT** in a college. Adjust them to see your varying results

SuperMatch College Search

About SuperMatch ?

⌵ Choose Fit Criteria

Location

Academics

Admission

Diversity

Institution Characteristics

Cost

Student Life

Athletics

Resources

Your Fit Criteria

Saved Searches Choose one ▼

Save Search

Start Over

0 selected criteria

Select Criteria To Start

To refine your results, use the arrows to move your criteria into the "Must Have" and "Nice to Have" boxes.

Must Have

A *Must Have* is anything you absolutely need to be happy and successful.

Nice to Have

A *Nice to Have* is anything that's important to you, but isn't an absolute must have.



Senior Year

Senior Year Timeline

September

- ☐ Update Naviance list of colleges
- ☐ Build a spreadsheet to track dates and other requirements
- ☐ Check if colleges require testing
- ☐ Order transcripts
- ☐ Complete Counselor letter packet (if needed)
- ☐ Ask Teachers for Letters of Rec
- ☐ Determine where you're applying (Common App, Coalition, Direct to institution)
- ☐ Start College Applications

October

- ☐ Work on Application
- ☐ Edit Essay
- ☐ Complete Naviance tasks

November

- ☐ Early Decision/ Early Action applications are due
- ☐ November 15 :UW Seattle Deadline
- ☐ Start looking for scholarships

Dec - Jan

- ☐ Some Regular applications are due
- ☐ Dec 1st - 25-26 FAFSA opens
- ☐ Apply for scholarships!

April

- ☐ Colleges notify students of decisions
- ☐ Apply for scholarships!

Components of the Appl



**ACADEMIC
HONORS AND
ACTIVITIES**

**STANDARDIZED
TEST SCORES**

**LETTERS OF
RECOMMENDATION**



**THE PERSONAL
ESSAY**

**SUPPLEMENTAL
ESSAYS**

**THE COLLEGE
INTERVIEW**



How to Apply



- ☐ Recommendation Letters and Transcripts sent through their portal
- ☐ Most WA colleges use Common App, such as UW SU, and WSU

☐ **College - Specific Applications** AKA “Direct to Institution”

☐ UC Schools

☐ Some colleges may have incentives if you apply directly



Early Decision

Apply to one ED school

If accepted, you must enroll – legal contract

Difficult to compare financial aid packages and scholarships

Increases chances of admission for strong students and legacy students

Early Action

Can apply to more than one school

Acceptance is non-binding

Easier to compare different financial aid and scholarship packages

May increase chances & admission decisions are made earlier



Personal Statements

- ❑ Show, not tell! $\frac{1}{4}$ story, $\frac{3}{4}$ reflection
- ❑ Focus on personal growth and goals
- ❑ Typically, 500-600 words
- ❑ Never submit a first draft
- ❑ Make sure it's addressed to the correct college/program you're applying to



College

Workshops

- ❑ Oct 1 – IDK where to apply
- ❑ Oct 8 - Common App Support
- ❑ Oct 15 - Personal Statement (Round 1)
- ❑ Oct 22 – UW Application Support
- ❑ Oct 29 – Activities Log - a Deep Dive
- ❑ Nov 5 - Drop in Application Support
- ❑ Nov 12- Personal Statement (Round 2)
- ❑ Nov 19- Drop in Application Support
- ❑ Nov 26 - Common College App Errors
- ❑ Dec 3 - FSA ID/FAFSA
- ❑ Dec 10- Seattle Promise



Build Your College List

- ✓ Apply to 4-6 Colleges
- ✓ Based on:
 - ☐ GPA
 - ☐ Rigorous Courses Taken
 - ☐ Test Scores (if applicable)

Reach Schools:

- ☐ Below acceptance rate 25%
- ☐ aka “Dream School”
- ☐ Don’t meet most average marks

Match Schools:

- ☐ Moderate acceptance rate 25-75%
- ☐ Meet some average marks

Solid Schools :

- ☐ High acceptance rate above 75%
- ☐ Meet most or all average marks

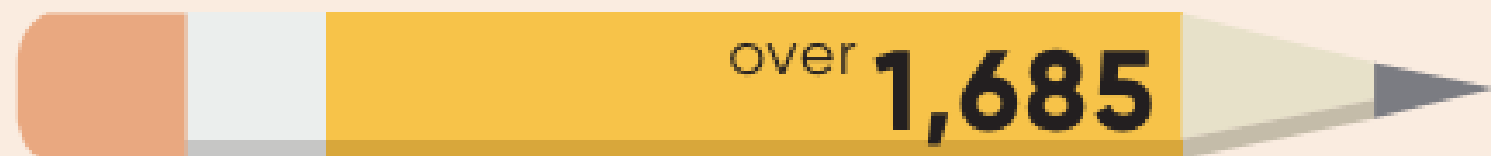


Testing

1... 2... 3

THE CHANGE

Schools across the country are moving to test-optional policies



colleges have pledged to remain test optional indefinitely

*information from fairtest.org

- ☐ Check first if your colleges need it??
[https:// www.fairtest.org/](https://www.fairtest.org/)
- ☐ You're not behind anyone if you didn't take the ACT/ SAT
- ☐ If you do send scores, send ACT/ SAT scores directly from the testing agencies



Requesting Transcripts

**For
Yourself:**

- Reference your
Historical Grades
in the Source

**To Be Sent
to Colleges:**

- Naviance
- Common App

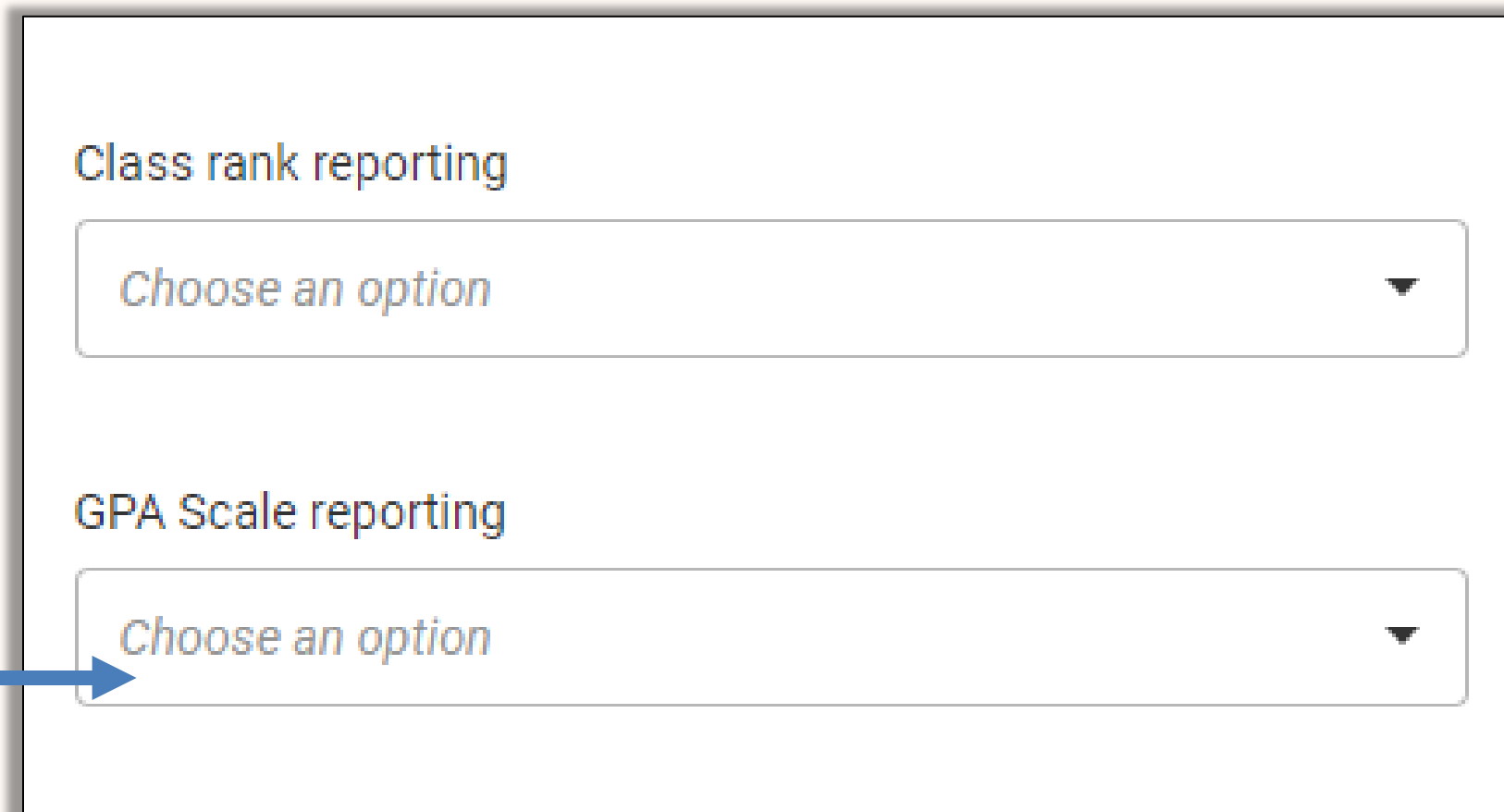
Letters of Recommendation

- ❑ Ask 3 adults such as Teacher, Community Member, Employer
- ❑ AT LEAST three weeks advance notice
- ❑ Complete Senior Recommender Packet (you can find the packet on your counselor's website)

College Application Deadline	Letter of Rec Packet Due
October 15 th	September 20 st
November 1 st	October 4 th
November 15 th	October 18 th
November 30 th / December 1 st	November 1 st
December 15 th	November 15 th
January 1 st or later	November 22 nd

Class Rank

- ❑ We are no longer disclosing class rank because of SPS Policy.
- ❑ In your application there is an option that says “my school does not rank”



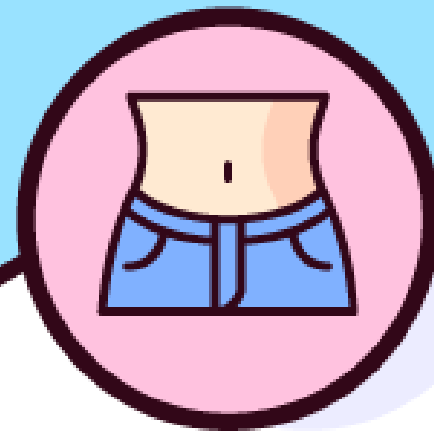
Class rank reporting

Choose an option ▼

GPA Scale reporting

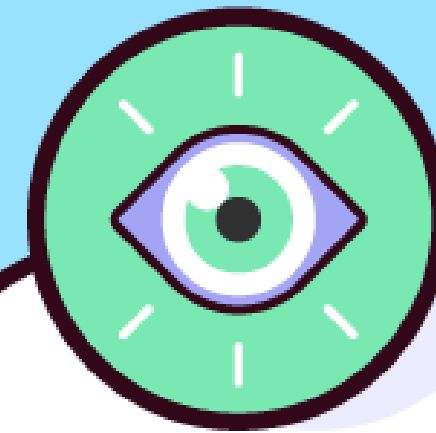
Choose an option ▼





BELLY BREATHING

Slowly fill and
empty your belly
with breath



BREATHING VISUALIZATION

Visualize taking in
something positive
with each breath





Prepping in High School

Preparing in 9th, 10th, and 11th Grades

Course Selection - choosing classes with rigor

GPA—prioritize balance your time

Activities - areas of passion and interest

Essay—draft in Junior & Senior English

Talk as a Family- about priorities, goals, and finances

Visit with College Reps & Fairs



Attend NACAC!



YOU CAN DO IT



I BELIEVE IN YOU

Counseling
Instagram



WSHS
Counseling Website



[https://westseattlehs.seattleschools.org/
resources/counseling-center/](https://westseattlehs.seattleschools.org/resources/counseling-center/)

Stay Updated





Thank
you

