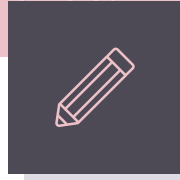


*SANBORN REGIONAL HIGH SCHOOL*



*An Introduction to  
Post-Secondary  
Planning*

*February 18th, 2019*

# *Upcoming College Fairs*

- ★ Thursday, April 4, 6:00-8:30 pm, Seaport World Trade Center, Boston MA  
<https://www.nacacfairs.org/attend/national-college-fairs/boston/>
- ★ Tuesday, May 22nd, 6:00-8:00PM, Merrimack College Athletics Complex, North Andover MA  
<https://www.neacac.org/spring-college-fairs-2018>
- ★ SRHS College Fair in the fall

# *Graduation Requirements*

## *Class of 2020– 28 Credits Minimum Standards Diploma*

**4 years English (Literature 9-12)**

**4 years Mathematics (or 3 plus senior year Math Experience)**

**3 years Science (including Physical Science & Biology)**

**3 years Social Studies (Global Studies, YGYM, American History)**

**2 years Physical Education (Health .5, Wellness .5 & Fitness My Way)**

**1 year of Art**

**1 year of Technology**

**10 Elective Credits (includes Advisory and Sophomore Seminar)**

**32 Credit Diploma with Distinction:**

**Magna Cum Laude, Summa Cum Laude, NH Scholars**

**Attendance Policy:**

**12 absences allowed in a class before losing credit unless extenuating circumstances**



### STEM PATHWAY REQUIREMENTS

- Lab Science:  
Additional 1 credit
- STEM related course:  
1 credit  
*(Science, Math, Technology, Engineering, Computers, Advanced Manufacturing, including CTE, Project Lead The Way, etc.)*
- Minimum 3.2 GPA

## MINIMUM NH SCHOLAR REQUIREMENTS

- English: 4 credits
- Math: 4 credits or 4 years  
*(including Alg. I, Alg. II and Geometry)*
- Lab Science: 3 credits  
*(including Biology & Chemistry)*
- Social Science: 3 ½ credits
- Foreign Language: 2 credits  
*(NH Scholar, STEM and Arts Pathway only)*

*See below for additional requirements of each pathway. You can't count a course twice.*

### MEDAL COLORS

- **NH Scholar:** Blue & Gold
- **STEM:** Green & Gold
- **Art:** Black & Gold
- **Career:** Red & Gold
- **Complete two or more pathways:** Maroon & Gold

### ARTS PATHWAY REQUIREMENTS

- Art: 2 credits  
*(Visual Art, Fine Art, Performing Arts, Music, Graphic Design, etc.)*
- Minimum 3.2 GPA

### CAREER PATHWAY REQUIREMENTS

- Successfully complete one of the following: Approved NH CTE Program, Industry-Aligned or Career-Driven Extended Learning Opportunity, All Sequence Components in Formal Career Pathway Program of Study, CCSNH Industry Certificate Sequence
- Successfully engaged in a Work Based Learning Experience
- Successfully earned one of the following: College Credits, Industry Valued Recognized Certificate, or Postsecondary Hours

FOR MORE INFORMATION VISIT [NHSCHOLARS.ORG](http://NHSCHOLARS.ORG)

## **March**

**March 8** Registration deadline for April 13 ACT

**March 8** ASVAB test day at SRHS

**March 9** SAT test day

## **April**

**April 4** College fair Seaport World Trade Center, Boston

**April 5** Registration deadline for May 4 SAT

**April 9** SAT test day at SRHS

**April 13** ACT test day

## **May**

**May 3** Registration deadline for June 1 SAT

**May 3** Registration deadline for June 8 SAT

**May 4** SAT test day

**May 6 - 17** AP exams

**May 22** College fair at Merrimack College

## **June**

**June 1** SAT test date

**June 8** ACT test date

# Post Graduate Plans

*Where  
Do You  
See  
Yourself?*

- ★ Straight to Career
- ★ Gap year
- ★ Joining the Military
- ★ Technical/certificate program
- ★ Two-year college
- ★ Four-year college

# *Career Development*

- ★ Career research
- ★ Naviance RoadTrip Nation
  - <https://student.naviance.com/careers/roadtripnation>
- ★ Methods of job searching
  - Online
  - Networking
- ★ Interview skills
- ★ Resume building
- ★ Interning
- ★ Extended Learning Opportunities
- Certifications (SST, Other programs)

# Gap Year

- ★ Take time to research future goals
- ★ Take a class or two
- ★ Many colleges appreciate a gap year and will defer status
  - <https://americangap.org/fav-colleges.php>
- ★ Do a part- or full-time gap year program (examples)
  - National Outdoor Leadership School
  - Dynamy Internship Year
- ★ Volunteer in the community or abroad
- ★ City Year, Inc.

[www.teenlife.com](http://www.teenlife.com), [www.americangap.org](http://www.americangap.org), [www.usagapyearfairs.org](http://www.usagapyearfairs.org)



## *Military Research*

- ★ Enlistment Exploration – see your regional recruitment center
- ★ National Guard & Reserves – see your regional national guard agency
- ★ Commissioned Officer Status – attainable through college programs
- ★ ASVAB – Armed Services Vocational Aptitude Battery: Offered through regional recruitment centers or once per year at SRHS

## *Certificate Programs/ Technical School*

- ★ Short-term programs, usually between 6 weeks and 18 months in length
- ★ Hands-on with little classroom time
- ★ Students typically purchase tools of the trade
- ★ Many offer job placement assistance after graduation
- ★ Community Colleges also offer certificate programs at state tuition costs

*EXAMPLES: New England Tractor Trailer Training School, GBCC, NHTI, NECC, Whittier Vocational, Lincoln Tech, Empire Beauty School*

*Community  
College/  
2-Year  
Programs*

- ★ Include General Ed classes
- ★ Associate Degrees earned
- ★ Accuplacer required for placement in English and Math classes
- ★ Many have transfer agreements with 4 year colleges
- ★ Cost effective: take care of General Ed courses while you decide which major is for you
- ★ Way to start in a field or towards 4 year college degree in an economical way

## *The 4-Year College Application Process*

- ★ Read your life after high school handbook
- ★ Develop a list of 5-8 colleges
  - Use 2-2-2 Approach
- ★ Register and practice for SAT's or ACT's
- ★ Start to work on the Senior Brag Sheet
- ★ Start thinking of ideas for your college essay – see prompts on Commonapp.org
- ★ Think about who you will ask for letters of recommendation – see the college requirements for how many and from whom
- ★ Visit colleges
- ★ Start making a list of application & financial aid deadlines for your colleges
- ★ Use Naviance

# Sanborn's Naviance Student

<http://student.naviance.com/sanborn>

Naviance | Student

**Find the link on the  
Counseling website at  
the bottom of the page**

To log in, enter your sau17.net  
email and the password you set  
(probably your cafeteria number).  
See or email your counselor if  
you have trouble logging on.



Welcome to Naviance Student

Email

Password

Remember me

[Forgot your password?](#)

Login

Are you new here?

[I'm a guest](#)

[I need to register](#)

**Sanborn Regional High School**

17 Danville Road  
Kingston, NH 03848-3059  
p: (603) 642-3341  
<http://www.sau17.org/1/home>  
[Privacy Policy](#)

# Naviance Student – Home Page

Welcome, Dianne!

Search for Colleges



Type a college name

SEARCH

**Documents:  
Senior Brag  
Sheet  
Available**

## Welcome intro letter

Hello!

The Sanborn Guidance Department is pleased to introduce Family Connection from Naviance, a web-based service designed especially for students and families. Family Connection is a comprehensive website that you can use to help in making decisions about colleges and careers. Family Connection is linked with College Planner, a service that we use

[Read more](#)

## My Favorites



COLLEGES

I'm thinking about



COLLEGES

I'm applying to



CAREERS AND CLUSTERS

I'm thinking about

## Important To-Dos and Tasks

Relax, you have no overdue or upcoming to-dos and tasks. However, you can get ahead by going to My Planner to see what's next or create a goal or to-do.

[See All in My Planner](#)

## What's New

Nothing new to review this visit. Check back later.

# Naviance Student Uses:

- ★ Career Research:
  - Options to watch videos of interviews with a variety of professions
  - Career interest inventories
  
- ★ College Research:
  - Finding potential fits
  - Searches that allow you to go from 7,000 colleges and universities to research down to 10-100.
  - Finding colleges that have majors that interest students
  
- ★ Resume Building:
  - “About Me” allows you to use this tool to tie everything together and create a resume

# Remaining SAT and Subject Test Dates

*Register at [www.collegeboard.org](http://www.collegeboard.org) – Exam Fee  
\$47.50, \$64.50 with essay*

<b>Test Date</b>	<b>Registration Deadline</b>	<b>Late Reg. Deadline</b> (Additional Fee Applies)
March 9	February 8	February 27
May 4	April 5	April 24
June 1	May 3	May 22

**It is the student's responsibility to know which tests are required by each college. We recommend anyone who is four year college bound take this exam twice at a minimum**



# Remaining ACT Dates

*Register at [www.act.org](http://www.act.org) – Exam Fee \$42.50, \$58.50  
with essay*

<b>Test Date</b>	<b>Registration Deadline</b>	<b>Late Reg. Deadline</b> (Additional Fee Applies)
April 13	March 8	March 25
June 8	May 3	May 20
July 13	June 14	June 24

**It is the student's responsibility to know which tests are required by each college.**

# Sending SAT and ACT Scores

- ★ Students must contact the testing agency to request scores to be sent to each college.
- ★ Sanborn does not report SAT or ACT scores on the transcript, and the school cannot send them to colleges and universities as it is a student account independent of the high schools
- ★ You can send scores for free to 4 colleges up to 9 days after you take the test; later it will cost \$12 per college. **CHOOSE YOUR SCHOOLS FOR THE STATE TEST!**

***SAT - [www.collegeboard.org](http://www.collegeboard.org)***

***ACT - [www.actstudent.org](http://www.actstudent.org)***

# What Will the Counselor Send?

- ★ Transcript
- ★ School Profile
- ★ Secondary School Report Form
- ★ Counselor and Teacher Recommendations
- ★ Teacher Evaluation Forms

# Student Sends: Completed App

- ★ Application submitted by student
- ★ SAT or ACT scores submitted by student
- ★ Essay
- ★ Supporting Documents (art portfolios, drama specific requirements, film, etc)

# HELPFUL TIPS

1. Create a professional email for college/job applications  
[ilovemoney@gmail.com](mailto:ilovemoney@gmail.com) or [hotchik@Hotmail.com](mailto:hotchik@Hotmail.com)
2. Double-check application requirements on college admissions website:  
Type of application (Common App vs. college website)  
Extra requirements for programs such as art, music, theater
3. Create a spreadsheet with application & financial aid deadlines, special requirements, etc.
4. Use [Naviance](#) for teacher and counselor recommendations  
(Do not use Common Application for this as we will not see it)
5. Attend College & Career Labs with school counselors

*FLT*  
*COLLEGE*  
*& CAREER*  
*LABS:*  
*ROOM 204*

**B DAY:**

Ms. Arena

Mrs. McCarthy

**E DAY:**

Mrs. Farrar

Mrs. Arena

**C Day:**

Mrs. McCarthy

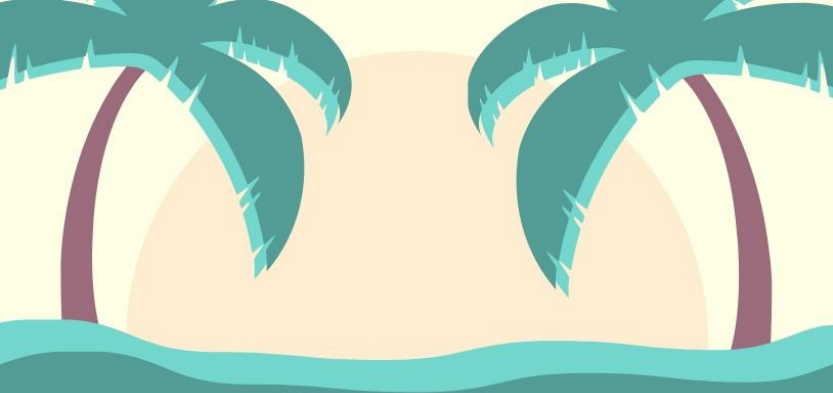
Mrs. Farrar

**F Day:**

Mrs. Farrar

Mrs. McCarthy

Mrs. Arena



SANBORN REGIONAL HIGH SCHOOL  
SUMMER ENRICHMENT AT SANBORN

# **COLLEGE SUMMER BOOT CAMP**

For the Class of 2020

**JULY 8-11**

**SESSION 1: 8-11, SESSION 2: 12-3**

**COST: \$50**

Get a head start on your college application process – help with research, Common App, Naviance, letters of recommendation, college essays, scholarships, SAT prep, and more!

See or e-mail Ms. Arena for more information: [marena@saul7.net](mailto:marena@saul7.net)

# College Summer Boot Camp

July 8-11

Session 1: 8-11

Session 2: 12-3

Cost: \$50

# CONCLUSION

- ★ Communication is key:
  - Student and Parents
  - Student and Colleges
  - Student and Counselor
  - Student and Teachers
- ★ Keep Naviance a moving tool, constantly update