Senior Parent Night

San Marcos High School
Class of 2020

Overview

- Role as a Parent
- Student Resources
- Graduation Requirements/
  Post Secondary Options
- A-G Requirements
- College Applications
- Letters of Recommendation
- SAT/ACT Scores
- NCAA
- Financial Aid

Just a reminder…

All of this information will be posted on

https://sanmarcoshigh.smusd.org

Under Department>Counseling >Grade specific information>seniors

What's next for your child?

Parenting a 12th grade student

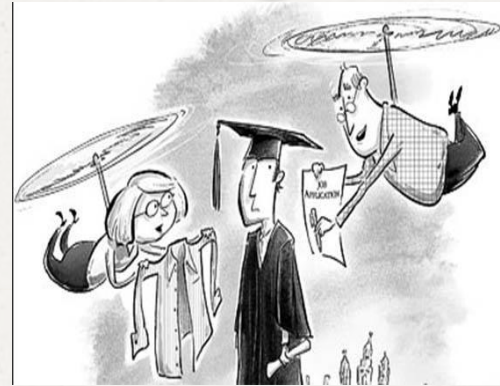## As parents/guardians you have many roles this year

- Listener
- Advocate
- Assistant researcher
- Cheerleader

I'm a Hummingbird Parent*

I hover nearby, but not over my kids.
I remain distant enough to let them explore
and learn to solve problems.
I teach them skills, mainly by example.
I zoom in only when their survival is threatened.
My goal for them isn't a risk-free childhood,
but a resilient life.

Photo © Cheryl Charles

*http://blog.childrenandnature.org

Land the helicopter and be a hummingbird!

Helpful Tips

★ Have your student take OWNERSHIP of the college application process but be their "guide on the side."

★ Listen- be the asker of questions instead of provider of answers.

★ Even for the best time managers – this is an overwhelming endeavor. This process requires team effort.

★ Set aside time once/week to discuss student progress (don't "nag" daily). Open, honest communication between you and your student is critical to the success of this process

★ This process begins the year of "letting go"… this is the beginning of their independence… they are the ones going off to college, work, military...

Emerging Adult - Life Skills Key to College Success

Key indicator that your student is ready to begin this transition is the emergence of a new level of personal responsibility:

- Medical and Behavioral Health - manage sleep-wake cycles, procrastination, unmet medical needs.
- Academic Obligations - doing what they need to do to stay on track in school, mapping the connection between their current academic performance and future life plans.
- Shoulder Administrative Tasks - completing everyday tasks such as arranging a doctor appointment, mundane life task such as maintaining a calendar or meeting deadlines.

"A C-student who can manage his own academic life has a better chance of succeeding in college than an A- or B-student who depends on parental oversight."

Mark McConville - PhD.

A word about 12th grade…
Don't go to sleep….zzzzzzzz

❏ 12th grade coursework and grades matter!

❏ What you take and how well you do will count!

❏ Maintain strong study habits & good grades.

❏ It matters, whether you are planning on a attending community college, a university, the military or a trade school.

Who can help my student on campus?

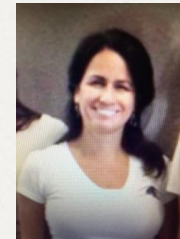# SMHS Counselors

Mrs. Nguyen

Mr. Escobar

Mrs. Harlig

Mr. Galaz

Mrs. Paul

Ms. Yi

Mrs. Perez

Mrs. Berry

A-Ko (9th grade)	Erika Yi	(760) 290-2263	erika.yi@smusd.org
Kr-Z (9th grade)	Kristi Harlig	(760) 290-2314	kristi.harlig@smusd.org
A-Chu (10th-12th)	Lori Nguyen	(760) 290-2219	lori.nguyen@smusd.org
Ci-Et (10th-12th)	Ruben Escobar	(760) 290-2252	ruben.escobar@smusd.org
EL (9th-12th)			
Ev-Ig (10th-12th)	Leandro Galaz	(760) 290-3857	leandro.galaz@smusd.org
In-Mora (10th-12th)	Janet Paul	(760) 290-2220	janet.paul@smusd.org
More-Sanc (10th-12th)	Laura Perez	(760) 290-2259	laura.perez@smusd.org
Sand-Z (10th-12th)	Lisa Berry	(760) 290-2227	lisa.berry@smusd.org

YOUR SMHS CAREER CENTER

What's your plan after graduation?

Find events, resources and assistance related to:

- Colleges (4-yr, 2-yr, CTE)
- Career Exploration
- Scholarships

- Financial Aid
- SAT/ACT Testing
- Jobs and Work Permits
  And more!

Mrs. Liu

Follow the Career Center:

sanmarcoshigh.smusd.org/resources/
college_and_career_center

@smhscollegeandcareer

SMHS College and Career Center

Other Resources

➔ Tutoring - Knight Zone - Schedule available on SMHS website >Activities>knight zone after school activities
➔ Teachers - Office hours, tutorial hours
➔ Attending workshops, presentations, events, etc.
➔ SMHS Website
➔ Google

1ˢᵗ Semester College/Career Activities

We have many…..

SEPTEMBER COLLEGE ADMISSIONS REP VISITS

Learn about the college and how to apply!

Sign up to get a pass:

bit.ly/smhsrepvisits

Your teacher must sign your pass to attend a visit during class time.

Week 1

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9/3  IPM   Washington State University
     IOAM  George Mason University
9/4 Lunch  UC Santa Cruz, University of Houston
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Week 2

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9/IO Lunch  University of AZ, University of SD
     IPM    University of Chicago
9/II IOAM   Fashion Int. of Design and Merch (FIDM)
9/I2 IPM    Johnson and Wales University
9/I3 Lunch  High Point University
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Week 3

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9/I7  IPM   Pennsylvania State University
9/I8 Lunch  Grand Canyon University
9/I9  IPM   Point Loma Nazarene University
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Week 4

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9/23 Lunch  Stony Brook University SUNY
9/24 Lunch  Embry-Riddle Uni, Tufts University
     IPM    Oregon State University
9/25 IOAM   UC Santa Barbara
     Lunch  Yale University, University of La Verne
9/26 Lunch  CA Lutheran University, U of CO-Pueblo
9/27 Lunch  IL Wesleyan Uni, Linfield College
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SMHS TEST PREP CLASS
FALL MINI SESSIONS

**Mondays from 3-4pm
in the Career Center**

Sign Up!

BIT.LY/TESTPREPSESSIONS

SAT TEST PREP	SAT DATE
Session 1: 9/16, 9/23 & 9/30	Oct 5th
Session 2: 10/21 & 10/28	Nov 2nd
Session 3: 11/4 & 11/18	Dec 7th

ACT TEST PREP	ACT DATE
Session 1: 8/26 & 9/9	Sep 14th
Session 2: 10/7 & 10/14	Oct 26th
Session 3: 12/2 & 12/9	Dec 14th

San Marcos High School Graduation Requirements

English	40 credits
Math	20 credits
Social Studies	30 credits
Science (Life & Physical	20 credits
World Language or VAPA	20 credits
VAPA	10 credits
PE	20 credits
Electives	**70 credits**
Total	**230 credits**

10 credits = 1 year

Options After High School

There is a place for every student after high school

❑Work

❑Military

❑Career & Technical Schools

❑Community College

❑Community College to University

❑4 Year University

❑Gap Year

Two Paths to a 4-Year Degree

4 years at a university →

4-YEAR DEGREE

✓**General Education**

✓**Major Requirements**

✓**Major Preparation**

✓**Graduation Requirements**

2 years at a community college →

✓ **General Education**

✓ **Major Preparation**

✓ **Requirements for University Admission**

2 years at a university →

✓**Major Requirements**

✓**Graduation Requirements**

Priority #1 = finding "good fits"

Academic Fit -grades, test scores, student's success in a rigorous college prep program along with a college teaching style that meshes with the way student learns best

Personal Fit- social and cultural "needs" and "wants"

Financial Fit- family's ability to contribute and family's willingness to contribute

*Keep in mind the most meaningful college ranking isn't one you'll find in a magazine article or book; ranking is based on qualities that make a college a good fit for YOU!
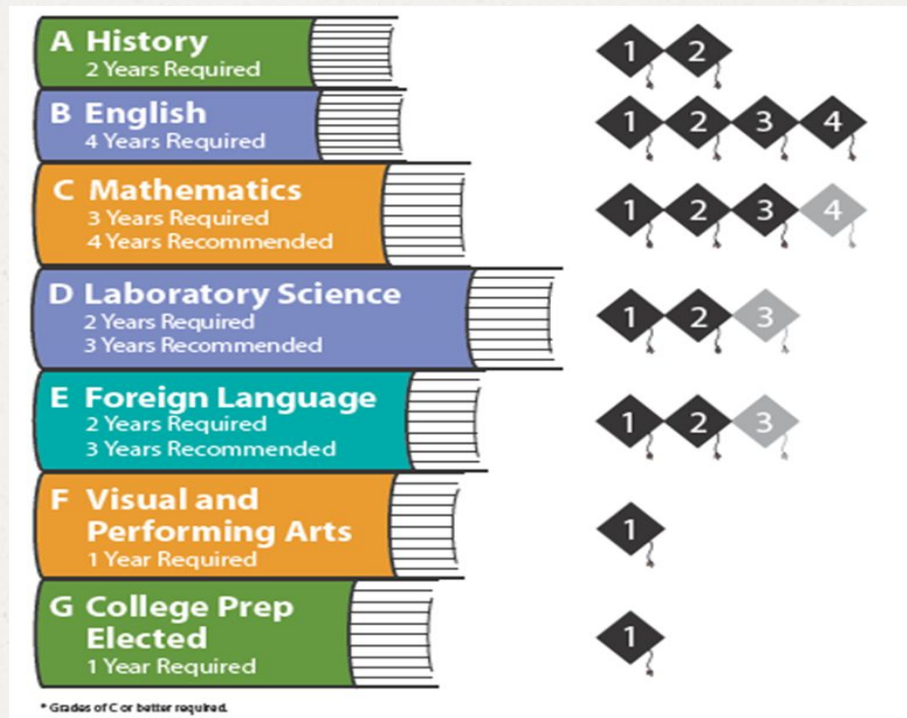
The College Application...
Telling Your Story

- ❏ CSU Application
- ❏ UC Application
- ❏ Common Application (Coalition and Universal Apps)
- ❏ College-specific applications

- ❏ Transcripts & School Profile
- ❏ Test Scores
- ❏ Essays and Writing Supplements
- ❏ Activities & Awards Section
- ❏ Letters of Recommendation
- ❏ Interviews

University Requirements "A-G"

A History — 2 Years Required

B English — 4 Years Required

C Mathematics — 3 Years Required, 4 Years Recommended

D Laboratory Science — 2 Years Required, 3 Years Recommended

E Foreign Language — 2 Years Required, 3 Years Recommended

F Visual and Performing Arts — 1 Year Required

G College Prep Elected — 1 Year Required

* Grades of C or better required.

SAN DIEGO STATE

UCSB

UC/CSU campuses consider a "D" grade in a required course a Subject Omission.

"D" grades need to be remediated. However there are exceptions. See Your Counselor!

California State University (CSU) Admissions

❏ APPLICATION DEADLINE: November 30
❏ No letters of recommendation
❏ A-G coursework
❏ SAT/ACT scores
❏ GPA from A-G courses taken after 9th grade

CSUSM Alliance - Guaranteed Admission (formerly PACE)

To be accepted at CSUSM as an Alliance student, students must:

- be continually enrolled in the District since the 9th grade

- complete all A-G coursework required by CSU admission policies

- meet minimum CSU eligibility index requirements

- participate in and successfully pass the CAASP in their junior year in mathematics and English, or successfully complete additional coursework designed to build the appropriate skills and knowledge

- take the SAT Reasoning or ACT Exam

- submit the Free Application for Federal Student Aid (FAFSA)

Students should attend the CSU Application Workshop

University of California (UC) Admissions

❏ APPLICATION DEADLINE: NOVEMBER 30th
❏ UC Comprehensive Review
❏ No letters of recommendation/TBD*
❏   *Berkeley may request by invite only.
❏ A-G coursework/Weighted
❏ Quality of senior year coursework
❏ Personal Insight Questions **new**
❏ SAT/w essay and/or ACT w/writing scores
❏ GPA from A-G courses taken after 9th grade
❏ Community service
❏ Extra-curricular activities, clubs, sports
❏ Leadership roles and awards received

www.universityofcalifornia.edu/apply

Community College

You can attend any community college in CA - Your local schools are Palomar and Mira Costa College.

- Undecided on academic or career goals
- Have not met requirements for admission to a 4-year college directly out of high school
- Second chance at first choice four-year institution
- Are not ready or able to leave home
- Want the affordability of community college (Two years free!)
- Want or need additional academic preparation or exploration in specific academic areas
- Transfer Admission Guarantee (TAG): Several UC campuses offer guaranteed admission to California community college students who meet specific requirements.

Palomar Promise

FIRST COME, FIRST SERVED; SUBMIT EARLY: EVERYONE should apply (even if have plan to attend a 4-year university) Application will be available in October. DON'T WAIT

- **Two** years free course enrollment and related registration fees, textbook assistance

- Access to specialized academic , career planning and support services to first-time college students who meet the eligibility requirements.

- Application will be considered complete and eligible for review based on the following:

  a. Palomar College application submission date via CCCApply (OpenCCC)

  b. FYE-Promise application submission date

  c. Palomar College's receipt date of FAFSA/Dream Act application. *Errors made when submitting your financial aid application may impact your eligibility and result in delays in screening your FYE-Promise application.*

  d. Enrollment in a minimum of 12 units for Fall 2020 by the required deadline.

  e. https://www2.palomar.edu/pages/palomarpromise/

Students should attend the Palomar Application Workshop - November 7th @ 12:30pm

Private/Out of State Schools

❏ APPLICATION DEADLINES VARY- Check with each school, most will require:
  ❏ Application, including one or more essays
  ❏ 1-2 Letter(s) of Recommendation from teachers.
  ❏ Official transcript
  ❏ Secondary School Report
    ❏ Includes a letter of recommendation from a counselor
  ❏ SAT with Essay or ACT with writing, but requirements vary by college
❏ SAT Subject tests

The Common Application

- ❏ Not accepted by the UC or CSU
- ❏ Currently over 600 member institutions
- ❏ Predominantly Private Institutions
- ❏ One application/school specific supplements
- ❏ Deadlines vary

THE COMMON APPLICATION

www.commonapp.org

COLLEGE APPLICATION WORKSHOPS

Get help with your applications from counselors.
Work on your application in a focused environment.

THE COMMON APPLICATION

UNIVERSITY OF CALIFORNIA

CSU The California State University

Wed Sept. 25th
5th Period Block
or
Thurs Sept. 26th
6th Period Block

Wed Oct. 2nd
5th Period Block
or
Thurs Oct. 3rd
6th Period Block

Wed Oct. 9th
5th Period Block
or
Thurs Oct. 10th
6th Period Block

Sign up at bit.ly/applicationworkshops

Students are encouraged to sign up during an unscheduled class period. If you do have to miss a class, please be sure to make arrangements with your teacher in advance. You are responsible for any missed work.

Letters of Recommendation

REQUEST FOR COLLEGE RECOMMENDATION
COVER SHEET FOR:

NAME:_____ ID#: _____

RECOMMENDATIONS NEEDED FOR:

COLLEGE NAME	APPLICATION DEADLINE

In order to enable counselors/teachers to write the best possible recommendation for you, the following must be provided TWO WEEKS IN ADVANCE of the date the recommendation is to be mailed:

1. Counseling forms which the counseling office is to complete.
2. Student information form, completed by you.
3. Parent brag sheet.
4. An addressed and stamped manila envelope for each college to which a letter is being sent.

The student information form and parent brag sheet are attached to this form. It is your responsibility to provide the counseling office with forms from the college to which you are applying.

Counselors will not be able to complete the needed recommendation until after all the above are submitted to them.

DEADLINE FOR ALL LETTERS OF RECOMMENDATION FOR ADMISSIONS:
DECEMBER 1ST
NO EXCEPTIONS!!!

Download the LOR packet from our website:

https://sanmarcoshigh.smusd.org/departments/counseling/letter_of_rec-_brag_packet

Located on the SMHS Counseling webpage

Testing Timeframe

❏ **SAT(w/essay)** and/or the **ACT(w/writing)** during the spring of their junior year and again during the fall of their senior year.

❏ Consider taking the **SAT** <u>and</u> **ACT** at least once to determine best score.

❏ Last testing date **no later than Dec.** of senior year, HOWEVER for some schools it is Oct/Nov (ie: SDSU).

Check all dates, deadlines and school policies!

More on testing…

More than 1,000 colleges are test optional...Not CSU/UC...yet! See Fairtest.org for more info.

Some colleges require the SAT Subject Tests:
❏	Math Level 1, Math Level 2, History, Social Studies, English Literature, Lab Science, Languages other than English.
❏	Can take up to three in a test administration.
❏	Optional for the UC system, but still highly recommended for some majors.
❏	Maybe required for competitive private schools.
❏	For more information go to www.collegeboard.org

Test Dates for Seniors

SAT
(www.collegeboard.org)

- Oct. 5th
- Nov. 2nd
- Dec. 7th*

Fee: $49.50 SAT only
$64.50 SAT w/ Essay

(must include essay for UC and some private)

ACT
(www.act.org)

- October 26th
- December 14th*

Fee: $52.00 ACT only
$68.00 ACT w/ Writing

(must include writing for UC and some private)

- Fee waivers available in counseling for students who qualify for free and reduced lunch. First come first served.

- Some colleges will not accept December SAT/ACT scores. Be sure to check the college websites.

Interested in playing Division I or II athletics in college?

Register Now with the NCAA!
National Collegiate Athletic Association
www.eligibilitycenter.org

Paying for College

Financial Aid Timeline

uAspire BAY AREA
PREPARE ★ AFFORD ★ SUCCEED

Research and apply for scholarships throughout the year! And remember, the financial aid process continues in the summer!!

JUNIOR YEAR-SEPTEMBER >> OCTOBER-NOVEMBER >> DECEMBER-FEBRUARY >> MARCH-MAY

| Select Financial Safety Schools | Create FSA ID (if applicable) | Complete FAFSA or CA Dream Act | Submit CSS Profile (if applicable) | Student Aid Report & WebGrants | Complete Verification | Compare Financial Aid Awards | Intent to Enroll Due May 1 |

GRANTS AND SCHOLARSHIPS = FREE MONEY!

LOANS = BORROWED MONEY

WORK-STUDY = EARNED MONEY

CSS PROFILE: Required by some private colleges as listed on **www.collegeboard.org.**
★ **Apply:** Starting October 1st. Deadlines vary.
★ **Cost:** $25 for first school; $16 additional.
★ **Info Needed:** Taxes/earnings from current and prior year, investments, benefits received, checking & savings amount, mortgage/rent info, business info, etc.

Free Application For Federal Student Aid (FAFSA): Required by all colleges, universities, and technical programs. Visit **www.fafsa.gov.**

CA Dream Act: Allows undocumented students who qualify for AB540 to apply for CA state and institutional aid. Visit **www.caldreamact.org.**

★ **Apply:** Starting October 1st. Due March 2nd for state aid. Other deadlines may apply. Financial aid process is first come, first served!
★ **Cost:** Free!
★ **Info Needed:** SS# if applicable, **taxes/earnings from 2016** investments, checking & savings amount, etc.
★ For FAFSA, use IRS Data Retrieval Tool to link taxes if possible!

FSA ID:
★ Self-selected username and password that both students and parents must create
★ Visit **fsaid.ed.gov** to create a username and password to be able to complete the FAFSA.
★ For CA Dream Act, visit **caldreamact.org** to create username and password

Student Aid Report:
★ A summary of information you reported on your FAFSA or CA Dream Act; includes your family's Expected Family Contribution (EFC).
★ Available a few days after submitting FAFSA/ Dream Act. *Review your SAR to ensure successful FAFSA/Dream Act completion!*
★ If necessary, add additional colleges or make corrections.

WebGrants for Students:
★ To check your **Cal Grant** status, create an account at **webgrants4students.org**
★ Cal Grants are need-based and require a minimum of a 2.0 GPA, with additional funds for students with a 3.0 or higher.
★ In June, use WebGrants to confirm your intended college and graduation status.

Verification:
★ Colleges may require additional documents to confirm the information reported on your financial aid forms.
★ You may be asked to provide a tax return transcript, proof of citizenship, or documentation of legal guardianship (if applicable).
★ Request a tax transcript at **www.irs.gov/ Individuals/Get-Transcript.**
★ Your financial aid will be pending until you submit all requested documents by each college's deadline.
★ **Complete verification ASAP!**

Financial Aid Award:
★ Once you have completed all steps above, the college will provide you a financial aid award through your student portal.
★ The award will show the amount of financial aid you will receive if you attend that college.
★ Review all your financial aid awards with uAspire before submitting your **intent to enroll by May 1st.**

Financial Aid

❏ What can you reasonably afford to pay?
❏ Your Expected Family Contribution (EFC)
❏ College Net Price Calculators
❏ The financial aid "package"...
   ❏ Cost of Attendance - Expected
      Family Contribution (EFC)
      = Financial Aid Need
           www.fafsa.ed.gov

Financial Fit Tools

TOOL	USE IT TO...	KEY QUESTIONS TO ASK
CollegeBoard's EFC Calculator https://bigfuture.collegeboard.org/pay-for-college/paying-your-share/expected-family-contribution-calculator **bigfuture** by The College Board	★ Estimate your family's Expected Family Contribution (EFC), which is the minimum amount your family will be asked to pay for college for one year ★ Preview questions asked on the Free Application for Federal Student Aid (FAFSA)	★ *Knowing this number, what can we do now to start preparing for college costs? (Some ideas: apply for outside scholarships, consider getting a summer job, start saving – every little bit counts!)* ★ *Would we be willing to borrow loans to help cover the cost of college?*
Net Price Calculator (NPC) Find on all college websites or search for a school here: http://collegecost.ed.gov/netpricecenter.aspx	★ Estimate how much financial aid you might receive at a specific college or university ★ Estimate your "net price" (the amount your family would have to pay or borrow) for one year at that school	★ *Is this school "in or out of the ballpark" for my family financially?* ★ *Could this be a financial safety option for my college list?* ★ *What can I do to potentially get more financial aid at this school? (Tip: working hard in AND out of school can increase your eligibility for scholarships.)* ★ *How does this school compare to others on my list?*
College Scorecard https://collegescorecard.ed.gov/	★ Learn how a school compares to similar schools on multiple measures, including average annual cost, typical total debt, graduation rate, loan default	★ *What is the average annual cost for families whose income is similar to ours? (Remember, your actual annual cost may be different.)* ★ *Are the graduation and retention*

FINANCIAL AID: TYPES OF AID

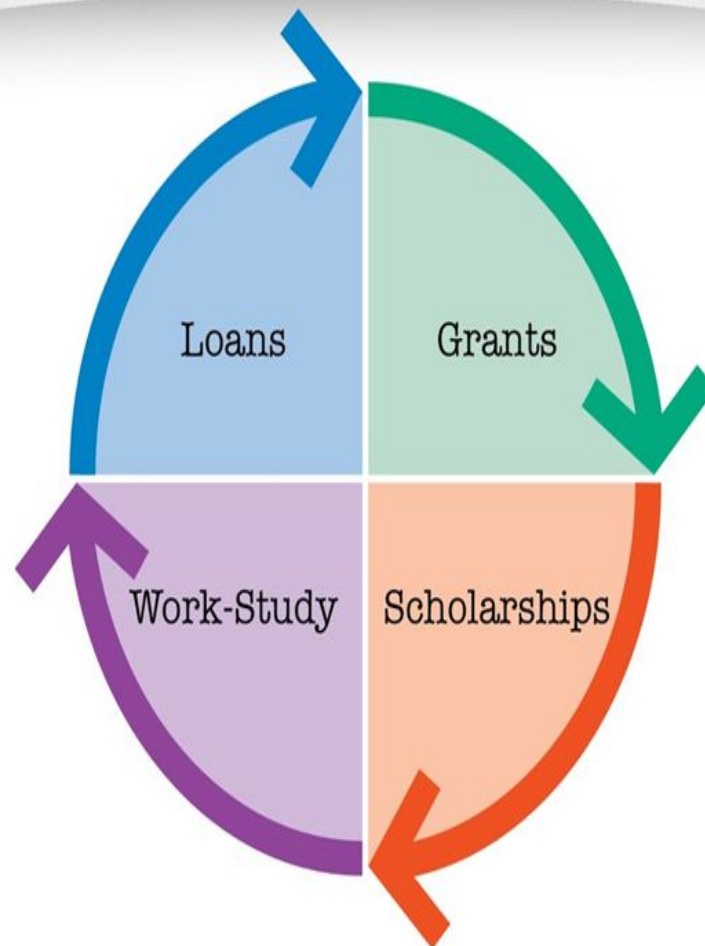Federal $$

State $$

Institutional $$

FAFSA (Free Application for Federal Student Aid)

- Each year, the federal government awards need-based grants loans, and work-study

- Must file the FAFSA to be eligible for federal aid.

- Available October 1

- **Due by March 2nd** for CA public institutions. Some universities deadlines may be Jan/Feb.

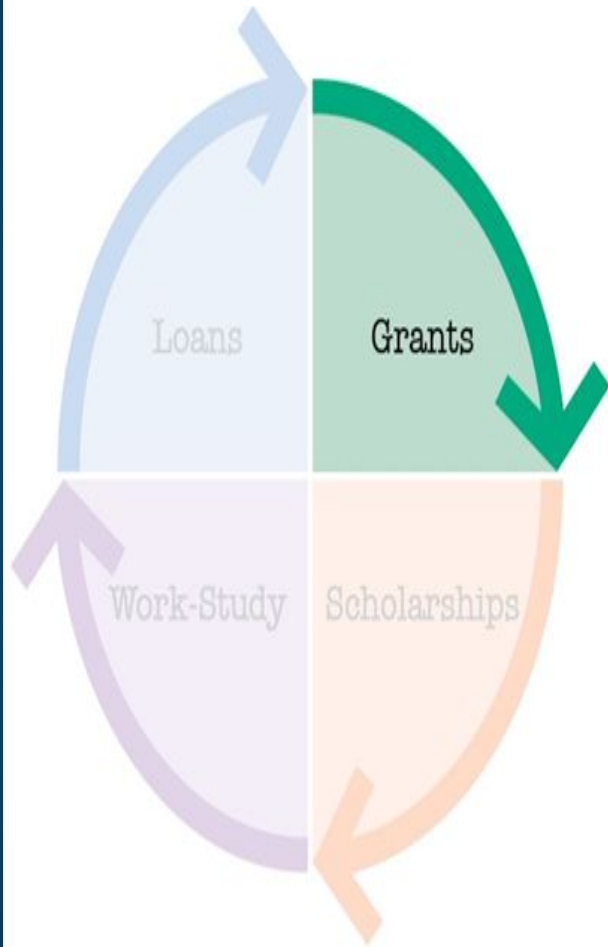EVERY STUDENT MUST COMPLETE. IT DOESN'T MATTER WHAT YOUR PLANS ARE AFTER YOU GRADUATE OR IF YOU FEEL THAT YOU WON'T QUALIFY FOR FINANCIAL AID.

TYPES OF FINANCIAL AID

GRANTS

- **Federal Pell Grants**
- **Federal Supplemental Education Opportunity Grants (FSEOG)**
- **State Grants**
- **Institutional Grants**

Loans

Grants

Work-Study

Scholarships

SCHOLARSHIPS

- Athletic, Academic, Leadership, Theatre, Music
- Usually Competitive
- Institutional
- National
- State, Local, or Civic

WORK-STUDY

- Based on demonstrated need
- Student is provided an on-campus job
- 10 – 15 hours per week and paid directly to student
- Generally above minimum wage

LOANS

- **Direct Subsidized & Unsubsidized**
- **Perkins**
- **PLUS (Parent Loan for Undergraduate Students)**
- **Private Loans**

Loans

Grants

Work-Study

Scholarships

Financial Aid…more information

- Create a <u>FSA ID</u> - Do this NOW!! - fsaid.ed.gov

- October 1 - <u>Start FAFSA Application</u> - www.fafsa.gov

- <u>CAL-GRANT</u> - SMHS sent information to CA state. You can check status by creating an account at webgrants4students.org.

- CCS Profile - Required by some private colleges as listed on www.collegeboard.org

❏ One year free course enrollment and related registration fees at Palomar College
❏ Up to $1,000 in textbook assistance
❏ Specialized academic and career planning and related services through First Year Experience (FYE) program
❏ Priority enrollment

Must meet certain deadlines and maintain 12 units/semester and minimum 2.0 GPA while at Palomar

www2.palomar.edu/pages/palomarpromise

WUE: Western Undergraduate Exchange

http://www.wiche.edu/wue

A program through which students can attend participating institutions in other states for reduced tuition.

FINANCIAL AID: SCHOLARSHIPS

- **Local Scholarships – View College and Career Center website regularly**

- **San Marcos Promise - Community Scholarship**

- **Websites - Fastweb, CollegeBoard, My College Dollars, myschoolly.com and Go Merry**

- **San Diego Foundation - Common Scholarship Application**

- **College websites (look under the financial aid tabs and department or your major)**

- **Check with parents/family. Place of employment, military status, religious affiliation, college alumni association, etc.)**

Students: Get to know Ms. Liu in the College and Career Center and visit regularly

Keep Informed!

❏ Monthly Counseling Newsletter- website

❏ College and Career Website

❏ College Expo (@MHHS) - 9/24

❏ Attending workshops or presentations

❏ Sign up for Minga

Questions?

This presentation will be available on our school website:
https://sanmarcoshigh.smusd.org/
Under "Counseling"
Check this website frequently!

Oh what to to, what to dooo?