

Career and College Planning



Oakmont Regional High School

March 2, 2017

How do I choose a career?

-Factors that influence individual students

- What are you naturally good at?
- What are your gifts and talents?
- What things are you most interested in?
- What skills have you nurtured and developed?
- What are your values?



Use NAVIANCE to answer important questions about yourself...

Career Interest Profiler reveals your strongest interests and links them to personality codes.

Realistic

Artistic

Conventional

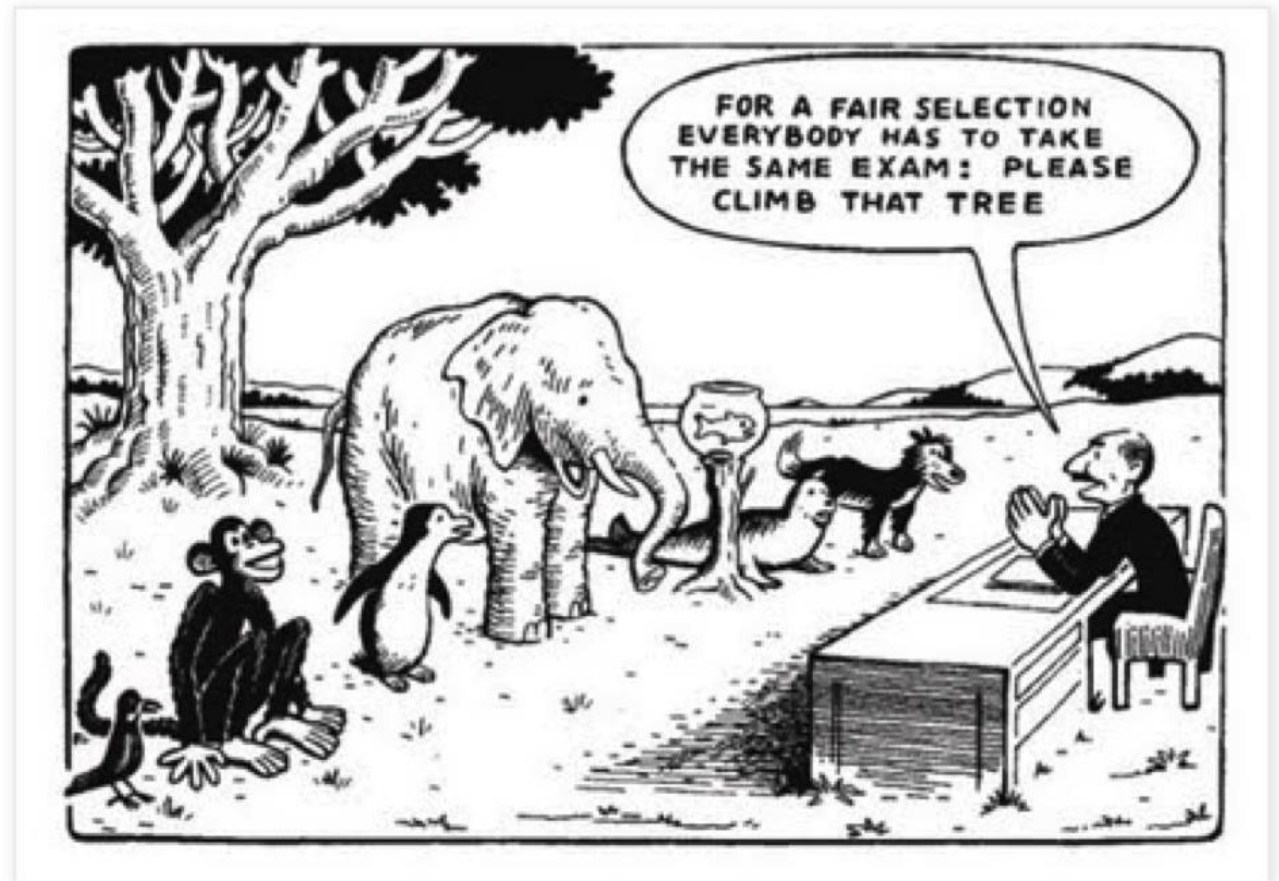
Social

Investigative

Enterprising

Strengths Explorer

Discoverer
Organizer
Achiever
Competing
Presence
Caring
Confident
Dependable
Future Thinker
Relating



"Everybody is a genius. But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid."

-Albert Einstein

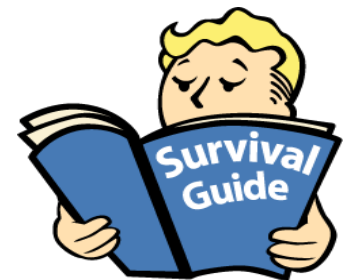
Next Steps...



By HikingArtist.com

Overview of Post Secondary Planning-Junior Year

- Counselors schedule individual conferences with each student to select courses, review graduation requirements, and determine/explore career pathways
- Counselors will review Naviance results: Career Interest Profiler & Strengths Explorer
- Counselors share resources regarding alternative pathways if not college-bound... exploring the military, employment and training options
- Counselors introduce college admissions process- *the mechanics*
- Students begin to explore colleges & potential majors
- Students/families arrange campus visits
- Students schedule college admissions testing
- Students begin Essay preparation (summer activity)



Choosing a College

- Naviance database contains information on colleges throughout the country. You can pin and compare
- This year's College Fair at Franklin Pierce on May 22nd-sign up to ride the bus with Ms. Mac in Guidance beginning May 1st
- Talk to your parents about the number of applications you'll make, find out what their expectations are, discuss cost and invite them to visit campuses with you
- Remember there are many colleges at which you can be happy and successful!

College Admissions Testing

- A standardized test is often one of many factors in the admissions decision for 4 yr colleges. Most 2 year colleges do not require the SAT or ACT.
- If you plan on taking the SAT, create an account on www.collegeboard.org
- If you plan on taking the ACT, create an account on www.actstudent.org
- Students, please use your school email account to register
- Most 4 yr. colleges do not require the essay/writing portion
- Highly selective colleges may require SAT subject tests-read admissions requirements carefully.

Massachusetts Department of Higher Education requirements for admission to state universities and UMass campuses

(Effective August, 2013)

English:	4 Units
Mathematics:	4 Units (Algebra I&II and Geometry)*
Natural and Physical Sciences:	3 Units (All Science courses include Labs)
Social Studies:	2 Units
Foreign Language:	2 Units (same language)
Electives:	2 Units

*Massachusetts Public Universities require that students take a math course in the senior year in order to be eligible for admission.

Massachusetts Department of Higher Education
 GPA sliding scale for freshmen applicants
 to four year public universities

Weighted High School GPA	Combined SAT CR+M (ACT Equivalent) State universities	Combined SAT CR+M (ACT equivalent) UMass
2.51-2.99	920 (19)	950 (20)
2.41-2.50	960 (20)	990 (21)
2.31-2.40	1000 (21)	1030 (22)
2.21-2.30	1040 (22)	1070 (23)
2.11-2.20	1080 (23)	1110 (24)
2.00-2.10	1120 (24)	1150 (25)

* No applicant with a GPA below 2.0 may be admitted.

Senior Year



- You are not alone! We will work with you in your classrooms and through individual senior conferences.
- Students apply to colleges online. December 1st is the Oakmont Guidance Office deadline for four year colleges. (Deadlines for colleges may be earlier - be aware of deadlines for specific programs.)
- Students send official SAT scores online through the College Board website to individual colleges.
- If required by colleges, students request two (maximum!) letters of recommendation in September and list teacher(s) in Naviance.
- Students use Naviance to sign up for College Rep. visits, request transcripts, and search for local scholarships.
- College Admission Representatives visit Oakmont in the fall, watch the schedule and sign up on Naviance

Getting Ready for Senior Year...

- How do Teacher Recommendations work?
- A word about “Brag Sheets” – student and parent
- What is the Common Application? Students are required to use school email account.
- Forgot Naviance password or do not have an account, see your counselor right away!
- Make sure you know your College Board user name and password, as you will need to register for the SAT online and send your scores online to each college you apply to in Senior year.

Parent Tips and Feedback

- The degree of “readiness” varies greatly- Some students are ambivalent, others are driven, some are dis-interested entirely feeling they need to know what their path is before setting out
- You know your student best, support them by asking what you can do to support their efforts, doing too much for them is a mistake
- Colleges want to hear from the student, refrain from making inquiries
- Parents are strongly advised not to complete their child’s college applications. Feedback from admissions tells us that students are greatly disadvantaged by this
- Financial Aid Night will be scheduled for the fall
- Local scholarships are usually available in the spring of senior year

General Course Selection Process

- In class meetings, students receive the Program of Studies and are instructed by Guidance counselors on how to complete the course selection form.
- In consultation with parents/guardians, students complete a rough draft of course selection sheet, and return the signed form to homeroom teachers.
- Guidance counselors meet with each student individually to review coursework, graduation requirements, IEP and 504 recommendations (if applicable), and post-secondary plans to finalize course selection.

Course Selection Form

- Required Courses
- Elective Courses
- Alternative Courses
- Completed Form (must be signed by parent and student and returned to Guidance Department)
- Course Selection Form is located on the last page of Program of Studies available at: <http://www.awrsd.org/oak/guidance/>

Graduation Requirements*

Credit Requirements

English	4.0
Science	3.0
Mathematics	3.0
Social Studies	3.0
Fitness	2.0 (all students must participate in fitness each year)
Health 9	0.5
Computers/Careers	0.5
<u>Elective Courses</u>	<u>10.0</u>
Total Credits	26.0

***Students must pass the MCAS English, Math, and Science and Technology tests to receive a high school diploma.**

Post Secondary Planning

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Class of 2018

Importance of Senior Year

- SAT Registration for May 6 test by April 10
- SAT Registration for June 3 test by May 9
- ACT Registration for June 10 test by May 5
- Post Secondary Planning Presentations:
 - Students' presentation: Thursday, March 2nd
 - Parents' presentation: Thursday, March 9th at 4:00pm in the Oakmont Auditorium
- New England College Fair: Tuesday, May 22 at Franklin Pierce College
- April vacation: Visit university campuses; Campus visit form available on Naviance

Senior Year Coursework

- ❖ Required: English 12 (Contemporary Lit.; Sports Lit.; Film and Lit.); AP English; Honors English 12
- ❖ Math is required for four year college bound students
- ❖ Senior Fitness Waivers available for athletes, Marching Band members, and other exercise programs.

Science Electives

- Geology and Oceanography (Grades 10, 11, 12)
- Meteorology and Astronomy (Grades 10, 11, 12)
- Field Botany (Grades 10, 11, 12)
- Forensic Science (Grades 11, 12)
- Somatic Human Anatomy and Physiology (Grades 11, 12)
- Physics (Honors) (Grades 11, 12)
- Applied Physics, Principles of Technology (Grades 11, 12)
- Environmental Science: Ecology/Problems (Grades 11, 12)
- Advanced Chemistry and Physics (Honors) (Grade 12)
- AP Chemistry (Grade 12)

Business Electives

- Personal Finance (Grades 11, 12)
- Career Internship (Grade 12)

Performing Arts

- Concert Band I (Grades 9, 10, 11,12)
- Concert Band II (Grades 10, 11,12)
- Concert Band III Honors (Grades 11,12)
- Concert Band IV Honors (Grade12)
- Concert Choir I (Grades 9, 10, 11,12)
- Concert Choir II (Grades 10, 11,12)
- Concert Choir III Honors (Grades 11,12)
- Concert Choir IV Honors (Grade12)

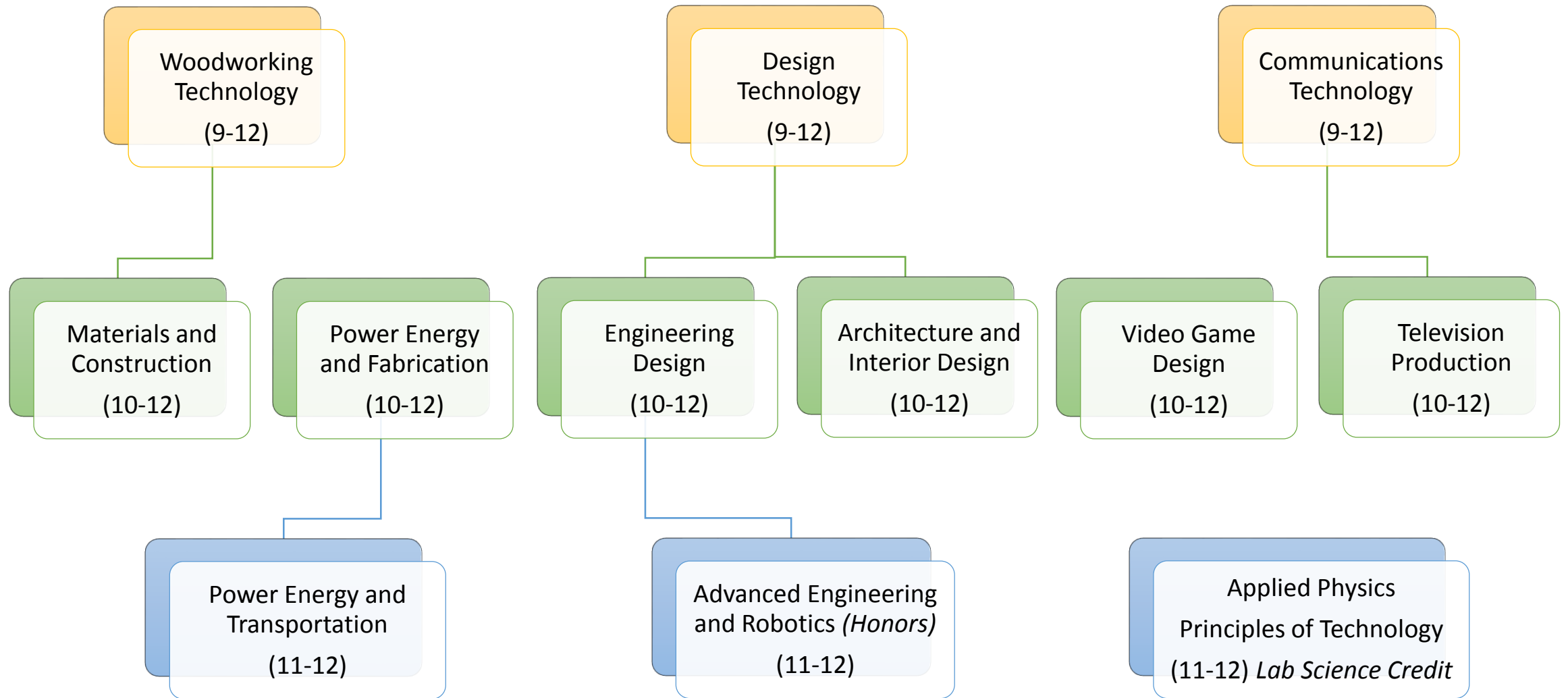
Performing Arts continued

- Music Appreciation (Grades 9,10,11,12)
- Rock & Roll:Blues to Beatles (Grades 9,10,11,12)
- Rock & Roll:British Invasion to Today (Grades9,10,11,12)
- Music Theory I (Grades 9, 10, 11, 12)
- Music Theory II (Grades10, 11, 12)
- AP Music Theory (11, 12)

Visual Arts

- Graphic Design I, II (Grades 9, 10, 11, 12)
- Art I & II (Grades 9, 10, 11, 12)
- Art III Honors (Grades 10, 11, 12)
- Art IV Honors, AP Studio Art (Grades 12)
- Art History (Grades 10, 11, 12)
- 3-D Design and Sculpture (Grades 10, 11, 12)

Technology Engineering



Green/White Day .5 Credit Courses*

- ❖ Applied Studies
- ❖ Math Success Center
- ❖ SAT Prep, Reading and Writing
- ❖ SAT Prep, Mathematics
- ❖ Animation
- ❖ Visceral Human Anatomy and Physiology

*These courses will only be scheduled if needed. For example, a grade 11 student may have a fitness course that meets every other day, and would need a course opposite fitness to fill that block. These courses are not to be selected for core classes.