



# Rochester Adams High School

## Junior Year Planning Guide



### Junior-Year Calendar

#### September

- College Visits
- Register for AP Tests
- PSAT Pre-grid
- Financial Aid Seminar: (Virtual 9/23 @ 6 p.m.)

#### October

- College Visits
- Register for AP Tests
- PSAT/NMSQT: Oct. 13<sup>th</sup>
- College Night: Oct. 6<sup>th</sup> (at AHS @ 6:00p)



#### November

- College Visits
- Free practice SAT: Nov 2<sup>nd</sup> (Juniors only)  
[www.princetonreview.com/product/offerings/344060](http://www.princetonreview.com/product/offerings/344060)
- Thanksgiving Break: Nov 24<sup>th</sup> – 26<sup>th</sup>

#### December

- College Visits
- Holiday Break: Dec. 18<sup>th</sup> – Jan. 2<sup>nd</sup>

#### January

- Semester 1 ends, January 14<sup>th</sup>
- Course survey process begins

#### February

- Junior Schedule Survey Mtgs: Feb 8<sup>th</sup> & 9<sup>th</sup>

#### March

- Junior Schedule Input: March 7<sup>th</sup> – 10<sup>th</sup>
- Spring Break: March 26<sup>th</sup> – April 3<sup>rd</sup>

#### April

- SAT/WorkKeys/M-Step: April 12<sup>th</sup> – 14<sup>th</sup>  
(District Graduation Requirement)

#### May

- AP Exams -- May 2<sup>nd</sup> – 13<sup>th</sup>

#### June

- Semester 2 ends, June 10<sup>th</sup>

#### June – August

- Summer College Planning/Visits

### Counselors

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If you are interested in retaking the SAT or ACT to improve your score, you must register for a separate test date through their individual websites: [www.collegeboard.org](http://www.collegeboard.org) or [www.actstudent.org](http://www.actstudent.org). Any tests taken outside of the school required testing are the financial responsibility of the student. Please check the website for registration deadlines.

### 2021 – 2022 Test dates



#### Test Date

December 4, 2021  
March 12, 2022  
May 7, 2022  
June 4, 2022  
August 27, 2022



#### Test Date

December 11, 2021  
February 12, 2022  
April 2, 2022  
June 11, 2022  
July 16, 2022

## **Top Ten Things Colleges Look for in a High School Student**

1. A high school curriculum that challenges the student. Academically successful students should include several Honors and Advanced Placement classes.
2. Grades that represent strong effort and an upward trend. Grades should show an upward trend over the years. However, slightly lower grades in a rigorous program are preferred to all A's in less challenging coursework.
3. Solid scores on standardized tests (SAT, ACT). These should be consistent with high school performance.
4. Passionate involvement in a few activities, demonstrating leadership and initiative. Depth, not breadth, of experience is most important.
5. Community service showing evidence of being a "contributor." Activities should demonstrate concern for other people and a global view.
6. Work or out-of-school experiences (including summer activities) that illustrate responsibility, dedication, and development of areas of interest. A job or other meaningful use of free time can demonstrate maturity.
7. A well-written essay that provides insight into the student's unique personality, values, and goals. The application essay should be thoughtful and highly personal. It should demonstrate careful and well-constructed writing.
8. Letters of recommendation (if required) from teachers and guidance counselors that give evidence of integrity, special skill, and positive character traits. Students should request recommendations from teachers who respect their work in an academic discipline.
9. Supplementary recommendations by adults who have had significant direct contact with the student. Letters from coaches or supervisors in long-term work or volunteer activities are valuable; however, recommendations from casual acquaintances or family friends, even if they're well known, are rarely given much weight.
10. Anything special that makes the student stand out from the rest of the applicants! Include honors, awards, evidence of unusual talent or experience, or anything else that makes the student unique. Overall, colleges are seeking students who will be active contributing members of the student body.

## **Extracurricular Activities – Life Outside the Classroom**

Sure, life in school is pretty interesting. You've got algebraic equations, Bunsen burners, verb conjugations... but chances are, you've got commitments outside of school, too. Maybe you have a part time job, play in a band, are on a sports team, or do volunteer work.

### **Colleges Care**

The good news is that colleges pay attention to your life both inside and outside the classroom. Yes, your academics probably come first, but your activities reveal a great deal about you, such as:

- How you've made a meaningful contribution to something
- What your non-academic interests are
- Whether you can maintain a long-term commitment
- Whether you can manage your time and priorities
- What diversity you'd bring to the student body

### **Maintaining a Balance**

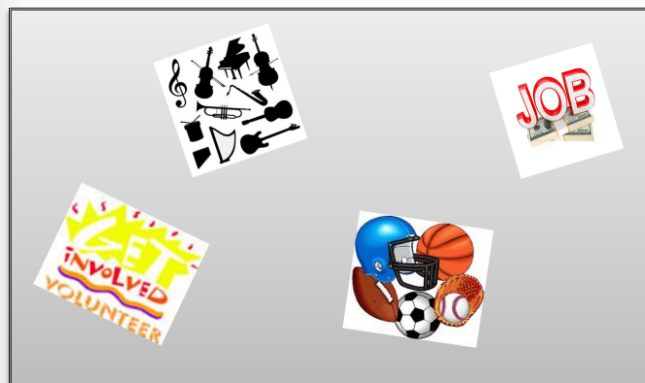
Keep in mind, colleges are not interested in seeing you "do it all."

"We're looking for a commitment to and a passion for an activity outside of the academic setting—we're looking for depth rather than breadth," explains Nanci Tessier, a college admissions director.

Colleges don't have a checklist of requirements when it comes to extracurricular—they want to see your individuality - and your consistent commitment.

### **Haven't Gotten Involved Yet?**









































Lots of school, community, and religious organizations give you chances to explore your interests and talents. If you haven't felt drawn into something yet, there's no shortage of opportunities for you to explore.



## Michigan College ACT & GPA Requirements

### Colleges in Michigan: GPA & ACT Tiers

(GPA & ACT Averages of college freshman class based on information found on institutions' websites & [www.careercruising.com](http://www.careercruising.com))

	Avg. GPA/ACT/SAT				
Open Admissions	2.5-3.0 17-22 900-1120	3.0-3.3 21-23 1060-1150	3.3-3.4 22-25 1100-1230	3.5-3.8 23-29 1130-1380	3.8-4.0 29-36 1350-1600
<div style="border: 1px solid black; padding: 5px; margin-bottom: 10px;">                     Community Colleges                      No minimum GPA or ACT/SAT requirements.                 </div> <ul style="list-style-type: none"> <li>○ Alpena CC</li> <li>○ Baker College</li> <li>○ Grand Rapids CC</li> <li>○ Henry Ford CC</li> <li>○ Jackson CC</li> <li>○ Kalamazoo Valley CC</li> <li>○ Kellogg CC</li> <li>○ Lake Michigan College</li> <li>○ Lansing CC</li> <li>○ Macomb CC</li> <li>○ Mott CC</li> <li>○ North Central MI College</li> <li>○ Northwestern MI College</li> <li>○ Oakland CC</li> <li>○ Schoolcraft College</li> <li>○ Southwester MI College</li> <li>○ St. Claire County CC</li> <li>○ Washtenaw CC</li> <li>○ Wayne County CC</li> </ul>	   	         	           	         	   

#### TAKE A TOUR

Tips for a successful CAMPUS VISIT

1. Take a tour
2. Meet w/an admissions officer
3. Attend a class
4. Ask questions about admissions, cost, & social activities
5. Talk to students on campus
6. Check out the dorms, dining hall, & library
7. Eat in the dining hall
8. See the community
9. Write a thank-you note to the admissions office after your visit

# NOT ATTENDING a 4-YEAR COLLEGE?

Here are some other options...

## Community Colleges

- Community colleges offer two-year Associate Degrees, technical classes, flexible class schedules, some on-line courses, and affordable tuition.
- Core credits can typically be transferred to a four-year university though most colleges and universities require a minimum of a 2.0 for credits to transfer.
- Examples of degrees that require a two-year degree: dental hygienist, radiation therapist, ultrasound technician, registered nurse, and engineering technician.

## Certificate Programs

- Some careers require people to get certificates to prove that they have trained for a job at an approved school and that they have completed a certain number of hours practicing new skills.
- Some jobs that require a certificate include: massage therapist, kennel management, medical assistant, computer technology, office assistant, and career development facilitator.

## Military Careers

- The military offers career options and tuition assistance. The level of commitment and benefits vary greatly; for more information visit [www.todaymilitary.com](http://www.todaymilitary.com) and make an appointment to speak with a recruiter.

## Apprenticeships

- An apprenticeship is a combination of on-the-job training and related classroom instruction through which workers learn the practical and theoretical aspects of a highly-skilled occupation.
- Apprenticeship programs can be sponsored by individual employers, joint employer and labor groups, and/or employer associations. Most apprentice programs require four years to complete.

## On the Job Training

- Examples of careers that may offer on-the-job training include waiters and waitresses, fast food cooks, store clerks, hotel housekeepers, and lawn care workers.

## Vocational and Trade Schools

These schools train students for a variety of skilled jobs such as automotive technician, emergency medical technician (EMT), hair stylist, paralegal, and truck driver. You can visit [www.trade-schools.net](http://www.trade-schools.net) for more information or search trade schools through Xello at: <https://auth.xello.world/Google/Student/55277b54-e241-4e2a-b631-c83dcfe92b9b>

### Career Planning Resources

School & Career Planning [www.mappingyourfuture.org](http://www.mappingyourfuture.org)  
Scholarship Search [www.fastweb.com](http://www.fastweb.com)  
Bureau of Labor Statistics [www.stats.bls.gov](http://www.stats.bls.gov)  
Occupational Outlook handbook [www.bls.gov/oco](http://www.bls.gov/oco)  
Mapping Your Future <https://mappingyourfuture.org/>  
Princeton Review [www.princetonreview.com](http://www.princetonreview.com)  
College Board [www.collegeboard.org](http://www.collegeboard.org)

### Xello (formerly Career Cruising)

Your Xello/EDP will be updated through counselor grade level meetings.

To access your account, click on the "RCS Bookmarks" on your Chromebook. Then click "Career Readiness," and click "Xello."

## College Applications at-a-Glance

Completing college applications can be a time-consuming process. However, if you are organized and get started early, the process will feel much less stressful. Here is an overview of some things you should be doing as a junior to prepare for applying to college:

1. Make a list of schools (approx. 3-6) that you want to apply to and make a plan to visit them in person (\*see tips from the article found on the next page).
2. Create (or add to) your college résumé so you have all of the information colleges ask for in one place. Things to include on your college résumé are as follows:
  - Extracurricular Activities (dates involved, leadership roles, and a short description as well)
  - Community Service / Volunteer Activities (dates and descriptions)
  - Awards and Achievements (dates and descriptions)
  - Hobbies / Special skills (examples – fluent in another language, play an instrument, etc.)\*Be sure that the things you list on your College Resume are from *high school years only!*
3. Take some time to clean up your social media sites in case college reps. decide to look you up.
4. **College Applications** – You can begin working on your apps the summer before your senior year. Most applications open up on August 1<sup>st</sup>. You are able to submit your portion of the application prior to the start of school. Keep in mind, however, that schools will not review your application until ALL of the components are submitted. This includes transcripts, test scores, school reports, and any letters of recommendation.  
**NOTE:** Transcripts, recommendation letters, and school reports will not be submitted until fall.

### **Application Steps:**

- Go directly to the college's website and click on Undergraduate Admissions.
- Create an account with each college (keep all your usernames and passwords in one place).
- Begin the application (most schools have a "save for later" option so you do not have to complete everything in one sitting).
- If a school requires essays (and some require multiple), write them over the summer and revise them later.
- If a school requires a letter of recommendation, it can be helpful to ask teachers or counselors before you leave for the summer. This allows ample time for completion. *These letters are not submitted until fall.*

## Three Types of Admissions

There are generally 3 different types of admissions: Rolling Admission, Early Action, and Early Decision.

- Rolling Admission: There is no set deadline but still plan on submitting by Nov 1st
- Early Action: There is a set deadline, usually November 1st
- Early Decision: There is a set deadline, and this decision is binding

\*Pay attention to each school's application deadlines

\*Counselors will hold a senior meeting with you one week into your senior year to review the application steps and give information about requesting a transcript.



# 8 Tips to Maximize Your College Visit

If your parents went to college, then they likely never visited campus before hauling their suitcase into their freshman dorm. Today, students have many more educational options available, so choosing a college is largely a consumer choice that merits careful comparison. A campus visit is an all-important step toward a truly informed decision.

"If you can afford the time and money, the opportunity to really feel a school's vibe is important. And selective colleges are paying attention to demonstrated interest as part of the admissions process," says Marie Bigham, director of college counseling at Greenhill School in Texas. "It's becoming a new data point for admissions."

Finding the right fit is much easier when you spend some face time on campus, so follow these tips to maximize your college visit:

**1. TIME IT RIGHT.** Visit colleges in the second half of your junior year, when you're ready to focus on specifics, according to the book "Admission Matters," by Sally Springer, Jon Reider and Joyce Vining Morgan.

**2. CALL IN ADVANCE TO SCHEDULE YOUR VISIT.** "Make an appointment wherever you go. It's

very difficult to walk on and expect to be seen," says Lisa Sohmer, director of college counseling at Garden School in New York. "Admissions officers will show you around in a way you can't show yourself, getting you into buildings and really seeing the workings of the college."

**3. LEARN WHAT TO EXPECT AND PREPARE FOR IT.** If this is a formal visit, then consult the agenda carefully. Find out if you will receive a tour, if you can meet with faculty, coaches and financial aid experts, if you can sit in on classes and what your parents can do during the visit, says nonprofit education group Colleges That Change Lives.

**4. CAPTURE THE MOMENT.** "Take pictures and make sure the first is of something that says the name of the school," Sohmer says. "It's simple, but it helps you remember."

**5. DON'T LEAVE DISAPPOINTED.** You will be in a general tour, but don't hesitate to ask questions specific to your goals and expectations. If the guide doesn't know the answer, then ask to be referred to someone who can answer your questions.

**6. DIVIDE AND CONQUER.** If you are visiting with your parents or friends, then attend separate tours to get many different perspectives, Bigham says.

**7. ABSORB.** Eat on campus, visit off-campus student hangouts and read the student newspaper. Read bulletin boards. Talk to students. Visualize yourself as a student on this campus. Explore. Have fun.

**8. MIND YOUR MANNERS.** Especially on overnights! Remember that you are a guest, and your actions may be noted if you enjoy yourself too much. Have fun, but don't go crazy, Bigham says.

Finally, if a visit is out of the question at admissions time, then try to walk the campus before you make your final decision about attendance, Sohmer says.

"No student should enroll in a college that they haven't visited, no matter how far away," Sohmer says. "The day you figure out it's not what you thought should not be the day you are there with your luggage."

– Claire Charlton

## Student Athletes

If you plan on competing in Division I or Division II college sports and want to be eligible to be recruited by colleges, you must register with the NCAA Initial Eligibility Clearinghouse. [www.eligibilitycenter.org](http://www.eligibilitycenter.org)

Also, sign up for our free academic eligibility tool through Core Course GPA

1. Go to [www.corecoursegpa.com](http://www.corecoursegpa.com)
2. Click "FREE New Member Account"
3. Enter School ID (233194) and School Code (782400722)



## Resources

1. Michigan College Guide [www.michigancollegeguide.com](http://www.michigancollegeguide.com)
2. Xello: <https://auth.xello.world/Google/Student/55277b54-e241-4e2a-b631-c83dcfe92b9b>  
Login using your RCS Google username and password.
3. Do What You Are: <https://center.humanesources.com/>  
All students can use access code: **C9KB2P3** to create an account
4. College Board [www.collegeboard.com](http://www.collegeboard.com)  
SAT information, test questions, and planning and financial tools
5. ACT: [www.actstudent.org](http://www.actstudent.org)  
ACT information, test questions, and planning tools
6. Peterson's Guide to Colleges: [www.petersons.com](http://www.petersons.com)
7. Fiske Guide to Colleges: [www.fiskeguide.com](http://www.fiskeguide.com)
8. U.S. News & World Report Rankings: [www.usnews.com](http://www.usnews.com)
9. Princeton Review: [www.princetonreview.com](http://www.princetonreview.com)
10. NCAA Eligibility Clearinghouse: [www.eligibilitycenter.org](http://www.eligibilitycenter.org)
11. *College is Yours 2.0* by Patrick O'Connor
12. *Colleges that Change Lives* by Loren Pope