

## The Winter Sports School College Counseling Four-Year Plan



The college counseling program at The Winter Sports School is designed to include grades 9-12. Although the process becomes more intense during the junior and senior year, every student needs support and encouragement to plan and prepare for their future after high school. The counseling process begins with freshmen and sophomores who are given guidance about time management, academic planning and extra-curricular activities. The structure and intensity of the program increases during the junior and senior year as students are required to become engaged in their more comprehensive aspects of the process. My goal as a counselor is to help ease the potential stress and anxiety students often experience while assisting each student to find the institution that best matches the student's interests, goals and needs.

### Freshman and Sophomore Plan

Students who are in 9<sup>th</sup> and 10<sup>th</sup> grade will be exposed to certain aspects of the college process but will not meet with me on a regular basis so as not to feel overwhelmed too early in the process. These years are a time for self-exploration and discovery and students need not be overburdened with the pressures of college selection quite yet. The guidance and support students receive at this level is more unobtrusive than at the junior and senior level.

### **9<sup>th</sup> and 10<sup>th</sup> grade students/parents can expect the following services from the college counseling office:**

- Guidance with course selection and application for the entire four years of high school
- PSAT (preliminary SAT exam) administration and review of results
- Recommendations for summer programs, scholarship programs, leadership opportunities, community service opportunities, etc.
- Information about College Fairs
- Information about financial aid and scholarship opportunities, as well as information on saving plans for college.
- General information about colleges and universities, standardized tests and other pertinent aspects of the college selection process
- College Timeline for Freshmen
- College Timeline for Sophomores
- College Representative Presentation
- Advice about extra-curricular activities and how to make the best use of time outside the classroom
- Access to The Winter Sports School Blog which will provide links to pertinent articles and web sites

### Junior Plan

Juniors begin the process at the beginning of the school year in April. Juniors will be involved in various activities designed to help them research and create their college lists. Juniors will meet with the counselor individually and also in monthly group meetings to discuss various college counseling topics.

### **11<sup>th</sup> grade students/parents can expect the following services from the college counseling office:**

- Various activities designed to help students familiarize themselves with all aspects of finding the best college match
- How to design and build a college resume
- SAT, ACT, SAT II, testing and preparation information
- Financial Aid information and Scholarship searches
- Discussion of options during the school year breaks and winter break
- College Campus visits (interview tips etc.)
- College Fair Opportunities
- Information about Writing the College Essay
- Individual Meeting as Needed
- Selecting Writers for Letters of Recommendation
- Visiting with College Representatives
- Individual Meeting as Needed
- Course Selection for Senior Year
- Access to The Winter Sports School Blog which provides links to articles helpful websites and other pertinent information about the college counseling process
- Timeline for Juniors
- Email reminders of important dates and opportunities (tests visits from college representatives etc.)

### Senior Plan

The college counseling program is designed to include a hybrid of activities individual meetings, group meetings and student/parent nights. Various topics will be introduced to students in group settings yet they will have the opportunity to share personal concerns during individual meetings with and/or without parents. Seniors have the opportunity to receive instruction on writing the college essay in their Senior English class.

### **12<sup>th</sup> grade students/parents can expect the following services from the college counseling office:**

- Various activities designed to help students familiarize themselves with all aspects of finding the best college match
- College Fair Information
- Writing the College Essay Workshop
- Individual Meeting as needed
- Reviewing the Application Timeline
- How to File the Application
- Visiting with College Representatives
- Discussion about campus visits
- Fine tuning the Resume

- Making Final Decisions
- Recommendation procedure and protocol
- Scholarship searches
- Review Transcripts
- Final Application Concerns
- Review Deadlines
- Financial Aid Information
- Senior Timeline
- Email reminders of important dates and opportunities (tests, visits from college representatives, etc.)
- Access to The Winter Sports School Blog which provides links to articles, helpful websites and other pertinent information about the college counseling process

Director of College Counseling: Joanne Duffy