

Supporting your Junior in the College Application Process



Class of
2025



Contacts:

NAME	TITLE	EXTENSION	EMAIL
Jamie Wolford	Counselor: A-Cr	240	Jamie.Wolford@hcps.net
Lisa Poirier	Counselor: Cu-Ho	241	Lisa.Poirier@hcps.net
Athena Dicus	Counselor: Hu-Mi Dept. Head	242	Athena.Dicus@hcps.net
Allison Castellano	Counselor: Mo-Sc	243	Allison.Castellano@hcps.net
Randi Litwak	Counselor: Se-Z	238	Randi.Litwak@hcps.net
Billy Sullivan	Counselor: All 9 th Grade	239	WilliamD.Sullivan@hcps.net
Kathleen Cachon	Registrar (Transcripts)	234	Kathleen.Cachon@hcps.net
Lisa Arellano	Guidance Secretary	225	Elizabeth.Arellano@hcps.net
Shelby Parker	School Social Worker	293	Shelby.Parker@hcps.net
Clayton Wilson	School Social Worker	261	Clayton.Wilson@hcps.net
Leila Daugherty	School Psychologist	261	Leila.Daugherty@hcps.net

Roles & Resources

School Counselors

- Senior year course planning & schedule
- Secondary School Report form & counselor rec letter
- College application assistance
- Mental Health Resources
- Accommodations

School Social Workers & Psychologist

- Mental Health Resources & interventions
- Community Resources
- Assessments & Evaluations

Registrar

- Transcripts & Records Requests (for college and/or scholarships)
- Can provide families with a paper transcript if requested (small fee applies)

College & Career Counselor

- Application assistance & advisement
- College Visit scheduling
- Nomination scholarships & BF scholarship info
- Financial Aid assistance
- Approves volunteer & work hours

Spring of Junior Year

What Should Be Happening Now:

- Strong Senior Year Schedule
- SAT and ACT
- Log Volunteer/Work Hours
- Resume/Activities
- Research college options

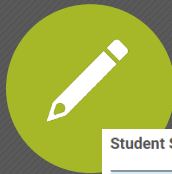
❖ Refer to Junior Checklist in packet

Checklist for JUNIORS			
College Admission Criteria:			
Rigor	GPA	Test Scores	Extra's and Essay
<ul style="list-style-type: none"> » Colleges will look at the rigor of your courses for admissions. » It's not just about being in DE or AP classes. It may be about the challenge you take overall & the grades you earn in courses. » Colleges like to see students take AP classes. It's optional to report your AP exam scores on your applications. » Colleges will see your senior year course schedule but will likely award you a conditional admissions decision prior to receiving your senior year grades. 	<ul style="list-style-type: none"> » Colleges will throw out your high school GPA and recalculate a "College core GPA". » They will look at: Math, English, Science, Social Studies, World Language, and up to 3 additional academic electives. Your CORE matters! » Your GPA from 9-11th grade is what most colleges will use to make their admissions decision. 	<ul style="list-style-type: none"> » Begin a study plan now! » Colleges will use SAT and/or ACT for admissions. Take both tests junior year to find out which one is best for you. » Some are "test optional", but all FL public colleges require test scores. » Many colleges will Super-score the SAT and ACT. » *The PERT is used for State Colleges and community colleges. » *The CLT can be used for Bright Futures scores. 	<ul style="list-style-type: none"> » These areas can make the difference of whether you get in or not. » Make sure you have meaningful activities and service. » Your essays can be worth up to 25% of your application. It is not something to do last-minute! Keep a journal of meaningful experiences and/or high-quality pieces of writing to draw from later. » FSU & UF typically have application deadlines before Nov 1st of senior year!
Topic	To Do		
Explore Careers	<ul style="list-style-type: none"> √Go to https://www.mvnextmove.org/explore/up to take the O*Net Interest Profiler. Find out what your Holland code is and identify your interests and how they relate to the world of work. √Decide what careers you might like to explore. Continue to identify careers that might be a good fit. 		
Research Majors and Colleges	<ul style="list-style-type: none"> √Explore colleges and careers through Naviance here: https://student.naviance.com/planths √Naviance is a college planning tool. You will connect your Naviance to college apps during senior year. √Create an account on https://www.commonapp.org/. This is how you will apply to most colleges. TIP: You can "favorite" careers, majors and colleges and see historical Plant admissions stats in Naviance. 		
Course Selection	<ul style="list-style-type: none"> √Choose the most academically demanding courses you can manage. You and your family should consider your individual academic progression, strengths and weaknesses and teacher recommendations. TIP: Colleges will be more impressed by respectable grades in challenging courses. 		
Grades and Resources	<ul style="list-style-type: none"> √Make good grades so you're competitive for college admissions and scholarships. √Colleges see your grades from 9th-11th grade AND they look at the rigor in your schedule during senior year. 		
PSAT & Scores	<ul style="list-style-type: none"> √Make a practice plan now & use Khan Academy at https://www.khanacademy.org/sat √You can get your PSAT scores at https://studentscores.collegeboard.org. 		
Prepare for Bright Futures	<ul style="list-style-type: none"> Florida Academic Scholars (100% tuition): 1340 SAT/29ACT, 100 service/work hours, 3.5 CORE GPA Florida Medallion Scholars (75% tuition): 1210 SAT/25ACT, 75 service/100 work hours, 3.0 CORE GPA *If you qualify for FMS and attend a community college, it upgrades to 100% tuition. 		
Submit Service or Work Hours	<ul style="list-style-type: none"> √ Keep building your community service experiences and activities on and off campus. Log your hours REGULARLY. Check instructions from Mrs. Moseley on Canvas. TIP: Colleges are looking for a long-term commitment to service and meaningful/genuine experiences. 		
Start a Resume	<ul style="list-style-type: none"> √Start a resume. Keep track of all your accomplishments, extra-curriculars, service, academic honors, etc. √Your counselor and teachers will ask for this information to do your college recommendations senior year. TIP: There is a resume builder tool on Naviance. 		
Meet with Your Counselor	<ul style="list-style-type: none"> √Meet with your counselor in Spring to review your academic and college plans. Parents can schedule a meeting as well. You can also meet with your counselor in the FALL for your senior meeting. 		
Prepare for the SAT & ACT	<ul style="list-style-type: none"> √Prepare a practice schedule to prepare for the real SAT & ACT. Juniors will take the SAT for free at Plant and scores should come back within about 2 weeks (subject to College Board). √Plan to take both the SAT and ACT, then focus on retaking the test that's best for you. TIP: Consider doing test prep at a test prep center or with an individual tutor if you feel it is necessary. 		
College Experiences	<ul style="list-style-type: none"> √Students AND Parents can attend the NACAC Virtual College Fair at https://virtualcollegefairs.org/conventions to learn about over 100's of colleges you can consider. √Visit colleges virtually at https://www.youvisit.com/collesearch/. 		
Visit Colleges	<ul style="list-style-type: none"> √A campus visit is the #1 predictor for your choices. Schedule a visit with the admissions office of colleges that interest you. Prepare a list of questions to ask. You can meet college representatives at Plant as well! TIP: Try to fit in visits to colleges over your school breaks, long weekends or non-student days. 		

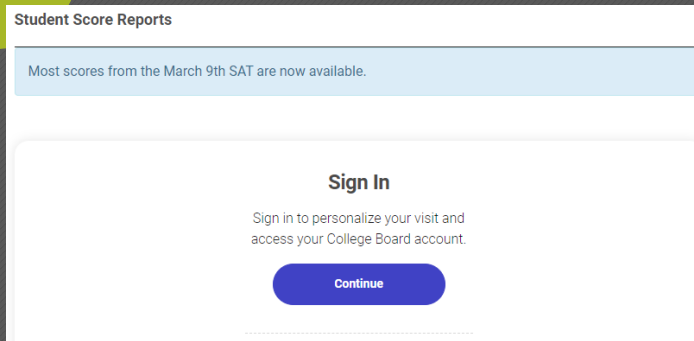
Senior Schedule

- ❖ Many colleges will NOT see senior grades before rendering their decision.
 - ❖ Colleges WILL see the student's senior year courses & factor that information into their decisions.
 - ❖ Students will be submitting applications with GPAs from the end of junior year. Remember that only semester grades are factored into the overall GPA, not quarter grades
- ❖ Plan a senior schedule that considers the added load of college apps & senior activities.
- ❖ If a student chooses to drop/change senior year courses AFTER their application is submitted, then they must notify any/all colleges of the schedule change.

SAT/ACT Information



PSAT Scores available on studentscores.collegeboard.org



Don't wait until it's too late to implement a practice plan. It is the biggest regret students have when it comes to college admissions—not realizing how important test scores are. Get an early start!

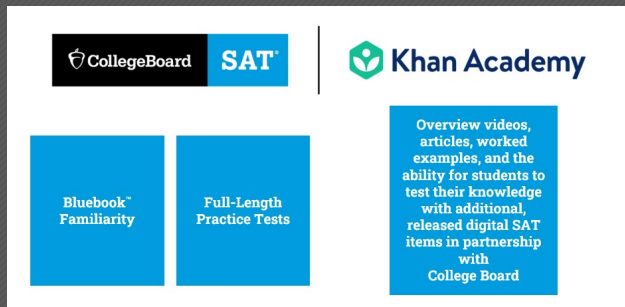
PRACTICE, PRACTICE, PRACTICE!



Choose your test dates (see junior packet). Sign up for the SAT on collegeboard.org and for the ACT on act.org



Students can sign up for Official SAT Practice on satpractice.org. Set up a calendar to map our practice tests leading up to your next test date.



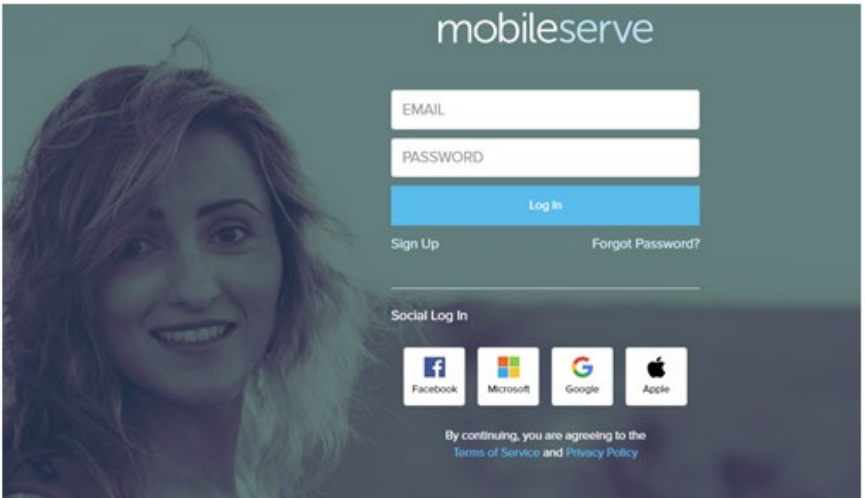
TIPS: Try both the SAT & ACT and see which is a better fit for your student. Colleges have no preference which type of score is submitted. Aim to have your best score by the end of junior year. If you are planning to invest in tutoring, Interview potential tutors with your student before enrolling to see if they are a good fit (personality match, way of explaining concepts, expectations, etc).

Logging Volunteer & Work Hours

- ✓ Don't wait! Log hours early & often
- ✓ Log hours in MobileServe (refer to guide in junior packet for step by step directions)
- ✓ Hours are used for Bright Futures and NHS. Remember volunteer/work hours are not a graduation requirement!

How to Log Volunteer/Work Hours

1. Download the MobileServe app on your device or go to app.mobileserve.com



mobileserve

EMAIL

PASSWORD

Log In

Sign Up Forgot Password?

Social Log In

Facebook Microsoft Google Apple

By continuing, you are agreeing to the
[Terms of Service](#) and [Privacy Policy](#)

FLORIDA BRIGHT FUTURES SCHOLARSHIP

www.floridastudentfinancialaidsg.org

FAS = Florida Academic Scholarship (100%)

FMS = Florida Medallion Scholarship (75%)

1

2

3

Type	16 High School Course Credits ¹	High School Weighted Bright Futures GPA	College Entrance Exams by High School Graduation Year (ACT®/CLT®/SAT®)	Volunteer Service Only	Paid Work Hours Only	Combination of Volunteer/Paid Hours
FAS	4 - English <i>(three must include substantial writing)</i> 4 - Mathematics <i>(at or above the Algebra I level)</i> 3 - Natural Science <i>(two must have substantial laboratory)</i>	3.50	2023-24 Graduates: 29/96/1340 2024-25 Graduates: 29/96/1340	100 hours	100 hours	100 hours
FMS	3 - Social Science 2 - Foreign/World Language <i>(sequential, in same language)</i>	3.00	2023-24 Graduates: 25/84/1210 2024-25 Graduates: 25/84/1210	75 hours	100 hours	100 hours

¹ The required coursework aligns with the State University System admission requirements found in Florida Board of Governor's Regulation 6.002. Additional information regarding high school coursework can be found within the [Florida Counseling for Future Education Handbook](#).

- ❖ A Good Goal: Aim to meet all 3 requirements by the end of 1st semester of senior year
- ❖ Apply beginning on Oct 1 of senior year. SAVE the autogenerated login the website generates when the student account is created (you will need it later to confirm award eligibility and set the attending college)!!

School/Academic Resume

What should be included?

- Athletics
 - Academics
 - GPA/test scores/class rank
 - Awards
 - Extra curricular activities
 - Volunteer hours
 - Work experience
 - Hobbies
 - Special skills (e.g. multilingual, certifications, other talents)
 - Special circumstances
- Resume builder tool in Naviance (see junior packet for how to)
 - ❖ TIP: The resume is more than just a list of activities. Ask your student to reflect on each activity: How have they **contributed/demonstrated leadership?** What's been meaningful and why? How might the activity align with career interests or campus opportunities?

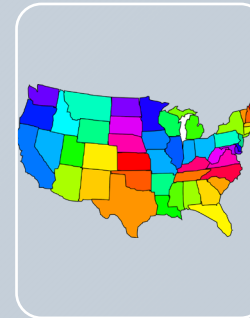
Building a College List

Timeline: Spring of Junior Year / Summer before Senior Year

How Many Colleges Should My Student Apply To?

Suggestion:

- Average # for a Plant student: 7, with the most frequently occurring # being 5



• TIPS

- Set an upper limit for total # of applications (Consider co\$ of apps, student's organizational skills, complexity of app, likelihood of attendance, etc.).

4
to
5

7
to
9

1
to
2



A good GOAL for your student:

Apply to colleges where she/he already meets the admissions profile (GPA & SAT/ACT).

SUS Admissions Matrix 2023

College	Location	Enrollment	Avg GPA Summer	Avg GPA Fall	Avg SAT Summer	Avg SAT Fall	Avg ACT Summer	Avg ACT Fall
FAMU	Tallahassee	7,803	3.53	3.91	990-1140	1070-1240	19-24	22-27
FAU	Boca Raton	29,614	3.58	3.70-4.30	1010-1150	1090-1250	20-24	22-28
FGCU	Fort Meyers	16,004	3.57-4.39	3.76-4.51	1020-1180	1080-1230	19-24	21-26
FIU	Miami	55,687	3.9-4.4	4.1-4.7	1060-1170	1240-1370	21-24	26-30
FL Poly	Lakeland	1,593	3.8-4.5	4.0-4.7	1120-1220	1250-1390	25-27	28-32
FSU	Tallahassee	44,161	4.1-4.5	4.3-4.6	1230-1320	1340-1450	26-30	29-33
NCF	Sarasota	689	N/A	4.03	N/A	1100-1310	N/A	22-29
UCF	Orlando	68,406	3.9-4.3	4.1-4.5	1170-1240	1260-1380	23-26	26-30
UF	Gainesville	60,795	4.4-4.6	4.4-4.6	1240-1390	1370-1510	27-31	31-34
UNF	Jacksonville	16,517	3.11-3.74	3.8-4.44	950-1120	1060-1250	21-27	21-27
USF	Tampa	49,766	3.90-4.29	4.1-4.59	1100-1200	1250-1390	22-25	27-31
UWF	Pensacola	13,504	3.81	3.95	970-1150	1050-1230	19-24	21-27

Refer to Junior Packet for full matrix. Additional resources here:
<https://www.flbog.edu/resources/admissions-tour/>

Florida College System

28 public community and state colleges have Open enrollment for high school graduates

The average cost of tuition is much lower than private and public universities.



TCC to FSU

HCC to USF

Santa Fe to UF

Brevard Community College—Cocoa
Broward College—Ft. Lauderdale
Chipola College—Marianna
College of Central Florida—Ocala
Daytona State College—Daytona Beach
Edison State College—Ft. Myers
Florida Gateway College—Lake City
Florida Keys Community College—Key West
Florida State College at Jacksonville—Jacksonville
Gulf Coast State College—Panama City
Hillsborough Community College—Tampa
Indian River State College—Ft. Pierce
Lake-Sumter Community College—Leesburg
Miami Dade College—Miami
North Florida Community College—Madison
Northwest Florida State College—Niceville
Palm Beach State College—Lake Worth
Pasco-Hernando Community College—New Port Richey
Pensacola State College—Pensacola
Polk State College—Winter Haven
Santa Fe College—Gainesville
Seminole State College of Florida—Sanford
South Florida Community College—Avon Park
St. Johns River State College—Palatka
St. Petersburg College—St. Petersburg
State College of Florida, Manatee-Sarasota—Bradenton
Tallahassee Community College—Tallahassee
Valencia College—Orlando

Researching Colleges


Virtual College Fairs. Register at <https://www.nacacfairs.org/>


Naviance: check the college visits section for opportunities just for Plant students, use the SuperMatch college search (details in junior packet)


Visit college websites and college campuses if you can. A campus visit is the #1 predictor for your top choice!


TIP: When planning tours, try to schedule a variety to get a feel for certain characteristics: urban v. suburban v. rural, size/class sizes, liberal arts v. public, etc.





 Register for Virtual Events

 Join Our Email List

 Contact Us

 Apply Now!

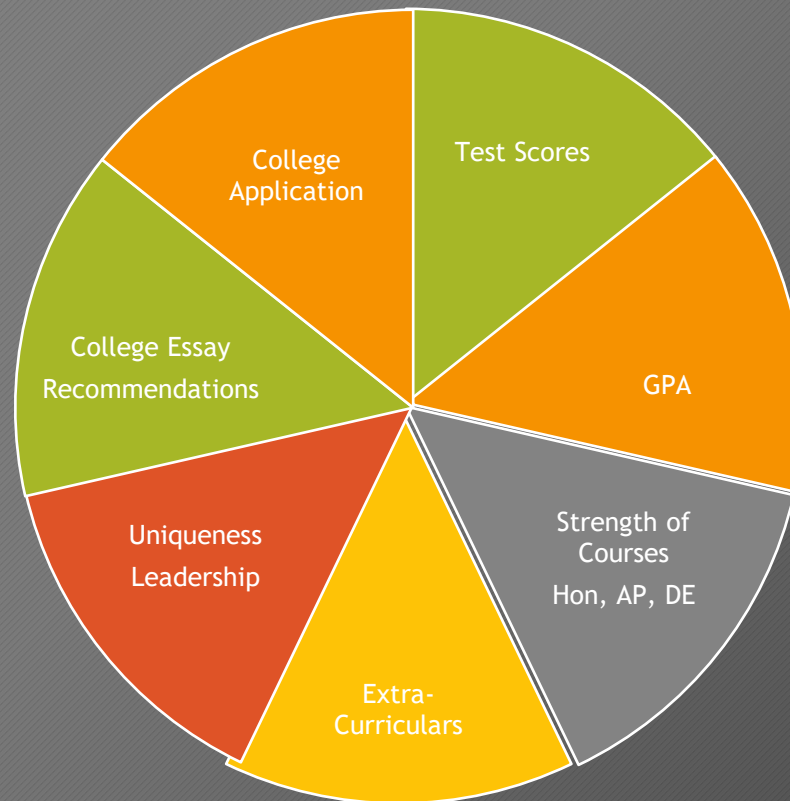
 Check Application Status

 Videos & Pictures

Finalizing the Details

Timeline: Summer before Senior Year/Fall of Senior Year

College Admissions



Application Process:

STEP 1: Student submits college application online on the college's website, or on www.commonapp.org. This should include all required materials such as essay, college supplement questions, application fee, etc.

What is the Common Application?

A standard application form that is accepted by about 500 colleges in lieu of their own form. Visit www.commonapp.org for a complete listing of colleges that accept this application. We suggest using an application platform like this if 3 or more colleges you are applying to accept it.

Common App Essay Prompts

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

Application Process Cont.

STEP 2: Submitting Test Scores (if required)

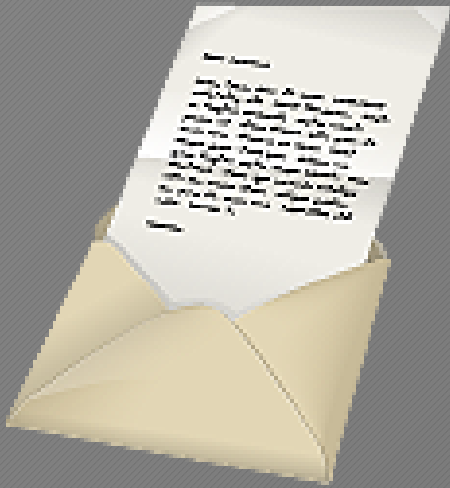
Student requests their SAT or ACT scores be sent to each college. Scores must be sent directly from Collegeboard (www.collegeboard.com) or ACT (www.act.org) OR self reported in the student application status check portal (accessible AFTER app is submitted). Scores can take 2-4 weeks to get to the college so request EARLY! Test scores are not on transcripts. Skip this step if applying to a “test optional” college

STEP 3: Submitting Grades (official transcript or self-report)

Official transcripts are requested through Naviance in the fall of senior year. If a college asks you to self-report your grades instead, do not request an official transcript, follow their directions.

Most students will be done after STEPS 1-3. Only some colleges require recommendations. Recommendations are all sent through Naviance.

Letters of Recommendation- Senior Year



- Most Florida public universities do NOT request letters of recommendations. Check university websites.

- For schools that do require letters:

Students will complete a Brag Sheet AND request notice on Naviance to the teacher and counselor. Deadlines will be given senior year.

**IF YOU KNOW YOU WILL NEED A
RECOMMENDATION DO THE BRAG SHEET THIS
SUMMER**

Think about an academic teacher (or two) you would like to write for you. Ask them if they are willing and able before the end of junior year.

THAT'S IT. YOU'VE APPLIED!



7. Check your status.

You will receive an email 24-48 hours after submitting your application with instructions to create your MyAdmissions application status credentials. Once completed, you can log in to the MyAdmissions app status portal to keep track of your application status and the materials that UF has received. This is also where you will find the link to create your SSAR.

CHECK STATUS 

Staying Organized

APPLICATION CHECKLIST	College #1: _____	College #2: _____	College #3: _____
Regular Deadline:			
Early App Deadline:			
APPLICATION			
Apply Online			
Application Fee			
Sign Application			
Print app for records			
Confirm receipt of application			
GRADES			
Request official transcript on Naviance Student (if required)			
Self-Report Grades (if required)			
Request midyear transcript (if required)			
SCORES (If required)			
Send SAT scores at collegeboard.org			
Send SAT subject tests (if required)			
Send ACT scores at act.org			
RECOMMENDATIONS (If required)			
Request teacher recommendation			
Request counselor recommendation			
Send thank you note/email for rec.			
ESSAYS			
Write essay(s)			
Proofread essay(s)			
Have 2 people read essay(s)			
FINANCIAL AID FORMS			
Submit FAFSA online after Oct. 1			
Submit supplemental forms/CSS form (if required)			
Submit Bright Futures app after Oct. 1			
AFTER APPLICATION IS SENT			
Receive admissions decision			
Give college your decision by May 1			
Send deposit			
Submit housing application			
Register for orientation			
Send final transcript			

Sail through Summer Checklist



Ideally, you would be finishing up with your SAT/ACT testing

Writing your college essay(s)

Finishing your resume and brag sheet in Naviance

Creating your profile on whichever application platforms you are using (Common App and/or individual college admissions websites)

Finalizing your college list

Researching the admissions and scholarship requirements for those colleges, and

Creating a spreadsheet of deadlines and items required for each school.

Accounts & Where to Get Them

- PSAT Scores - <https://studentscores.collegeboard.org/>
- SAT Practice - <https://www.khanacademy.org/SAT>
- SAT (Register/send scores) - <https://www.collegeboard.org/>
- Free ACT Practice - <https://www.act.org/content/act/en/products-and-services/the-act/test-preparation/free-act-test-prep.html>
- ACT (Register/send scores) - <https://my.act.org>
- Naviance (counselors can assist with login info) - <https://student.naviance.com/plants>
- Common App - <https://www.commonapp.org/>
- SSAR (self-reported transcript) - <https://ssar.selfreportedtranscript.com/Login.aspx>
- Bright Futures (requirements & application) - <https://www.floridastudentfinancialaidsg.org/SAPHome/SAPHome?url=home>
- MobileServe (log volunteer/work hours)- <https://app.mobileserve.com/>
- FAFSA (financial aid form) - <https://studentaid.gov/h/apply-for-aid/fafsa>

TIP: Create an email address specifically for the college application process (ex. johnsmithcollege@gmail.com). Use this email when registering for all college related websites so important college communications don't get lost in the student's regular email inbox. Make a folder for shared passwords!!

Thank you!

We are so glad you could make it!
Scan to sign up for lunch work
sessions:

