

SENIOR GUIDE TO POST-SECONDARY PLANNING

FAIRFAX HIGH SCHOOL



LIFE AFTER HIGH SCHOOL

What will YOU do?

Military

Employment

2-year College

4-year College

Training and Apprenticeship Program

Gap Year



Naviance Student Login

<https://www.fcps.edu/naviance>



<http://www.fcps.edu/Naviance>

Have you checked out Naviance?

Naviance Student is a web-based service designed especially for high school students and their parents. Naviance Student is a comprehensive website that helps students as they make decisions about academic plans, colleges, and careers. Students can:

- Explore their strengths and interests.
- Research colleges.
- Investigate career pathways.
- [Access x2VOL for Service Learning](#)
- Look up [enrichment activities and scholarship opportunities](#).

[College and Career Resources Site](https://sites.google.com/fcpschools.net/college-and-career-resources/home)

The screenshot shows the homepage of the College and Career Resources website. On the left is a black navigation sidebar with the following text: "College and Career Resources", "Home", "College", "Financial Aid", "Employment", "Military", and "Gap Year Programs". The main content area has a grey header with a graduation cap icon on the left and the text "COLLEGE AND CAREER RESOURCES" in large, bold, dark grey letters, with five orange dots below it. Below the header is a grid of six teal buttons with white icons and text: "College RESOURCES" (college building icon), "Financial Aid RESOURCES" (stack of coins and money icon), "Employment RESOURCES" (gears icon), "Military" (star with wings icon), "Gap Year" (globe icon), and "Training &" (teacher at whiteboard icon). A search icon is in the top right corner.

Google Site Link:

<https://sites.google.com/fcpschools.net/college-and-career-resources/home>

Military




Ms. Maureen Kim
MHKim@fcps.edu

 We have **Military Recruiters** assigned to work with FHS students from the following branches:

- Army
- Navy
- Air Force
- Marines
- National Guard


 Look out for them in the cafeteria! For Military Recruiters' contact information, see Ms. Kim in the Career Center.

 FHS plans to offer the ASVAB, the Armed Services Vocational Aptitude Battery (a career assessment) on December 5, 2024. More details will be provided via email and Schoology - Class of 2025 Student Services group in the future.

Employment, Training and Apprenticeships



Ms. Maureen Kim
MHKim@fcps.edu

 For seniors looking for alternatives for college, we recommend checking out Fairfax County's Adult & Community Education (ACE): <https://www.fcps.edu/academics/academic-overview/adult-education>

ACE offers training and credentials that lead to high-skill, high-wage careers in:

- ❖ Business & IT
- ❖ Health & Medical
- ❖ Skilled Trades & Apprenticeships


 **Apprenticeships** are paid jobs that provide training in fields like Plumbing, HVAC, Welding, Electrician, and Construction. There are many, many opportunities in the skilled trades!

 Visit the Career Center for more information.

2-Year Community College



Ms. Maureen Kim
MHKim@fcps.edu

 NOVA, or Northern Virginia Community College, is the #1 school for attendance for FHS graduates every year. NOVA offers a variety of options including:


- Certificate programs
- 2-year associates degrees
- 2-year associates degrees that can provide guaranteed admissions to many 4-year colleges or universities.

 NOVA has assigned an Outreach & Recruitment Coordinator, Ms. Collyn Alford, who will come to FHS and conduct NOVA Application Workshops for our seniors starting with an **Information Session** on: **November 13 at 10:15-11:15 (Lion Time)**. Sign up on Naviance. You can contact Ms. Alford directly at anytime for questions about NOVA: **CAlford@nvcc.edu**

Gap Year Program



Ms. Maureen Kim
MHKim@fcps.edu

 For those seniors who are interested in taking a year off in between high school and college, you may want to consider a **Gap Year**. Most seniors interested in a Gap Year still apply to 4-year colleges and universities and then will ask one school to defer their enrollment for one year so they can spend a structured year:

- Traveling Overseas
- Volunteering
- Teaching Abroad
- Internships

 **FCPS Gap Year Fair: January 28, 2025, 6:00-8:30 pm @ Marshall HS**

(Snow Date: January 29, 2025)

 Domestic Option - Year Up: <https://www.yearup.org/>

4-Year College or University



Ms. Maureen Kim
MHKim@fcps.edu

College Admissions Advice for the Class of 2025

Q: Should I apply test optional or not?

Many colleges and universities are still test optional this year but not all! Ms. Kim advises that if you are interested in attending a 4-year college, take the SAT and/or ACT but when you register or take the test, do not have your scores automatically sent to colleges. Wait to see your score and if you like it, consider reporting it to some, or all, of the colleges on your list. If you don't like your score and the college is test optional, don't send it.

Q: Will this year be more competitive?

Approx. 80 colleges will be visiting FHS from September-end of October. Come to the FHS College Visits during the school day to hear directly from the College Admissions Officers who read applications for Fairfax HS. See Naviance – College Visits for list and to register. [College List as of Sept. 7, 2024](#)

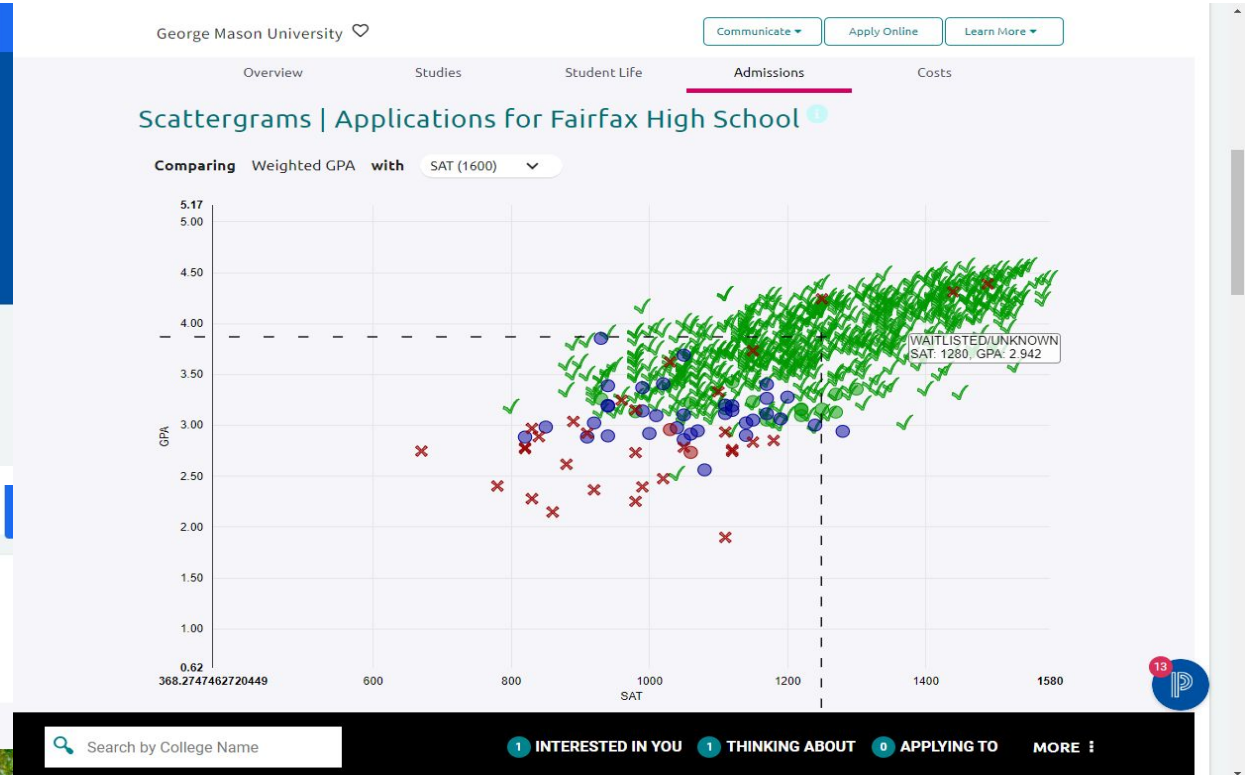
 **Best Advice:** Concentrate on the things you can control...your college list, the quality of your application and essays, which teachers you ask for letters of recommendation, and for many schools, senior year grades!

Where Should A Senior Be Now?

Finalizing the college list

<https://www.fcps.edu/naviance>

The screenshot shows the Naviance website's 'Colleges' section. At the top, there is a navigation bar with 'Naviance' and various menu items like 'Home', 'Self-Discovery', 'Courses', 'Careers', 'Colleges', and 'Planner'. A search bar contains 'George Mason University' and a 'SEARCH' button. Below this, there are two main sections: 'Find Your Fit' with a 'SuperMatch®' icon and 'Research Colleges' with a heart icon and the text 'COLLEGES I'm Thinking About'. At the bottom, a card for 'George Mason University' is displayed, including its logo, name, location ('Fairfax, VA, United States'), website ('gmu.edu'), and buttons for 'Communicate', 'Apply Online', and 'Learn More'. A red arrow points to the 'Apply Online' button.





FINANCIAL AID

The new 2025-26 **FAFSA**
(Free Application for Federal Student
Aid) will not be available until
December 1!

Learn more about financial aid by
attending:

Region 5's Paying for College Night
Thursday, October 10

7:00 pm

@ Woodson High School


** Spanish & Arabic Interpretations will be available.*

SCHOLARSHIPS

All outside scholarships are posted on Naviance!!

- Colleges
- Scholarship Search

 Apply by the Scholarship Consideration Deadlines for safety schools in order to get merit scholarships.

 Do the **Net Price Calculator** for every school on your/your child's college list in order to get a rough estimate of the financial aid award you would receive from that college, or for a quick estimate, go to: **myintuition.org**



College and Career Specialist



Ms. Maureen Kim
MHKim@fcps.edu

One-stop shopping for all your college, career, military, gap year, financial aid and scholarships needs!

- 🌸 Ms. Kim is available in the Career Center, Room L-106. Stop by during the school day or after school on Wednesdays from 3:00-4:00.
- 🌸 Ms. Kim is also planning **Walk-ins for Seniors** from October 28-31. No scheduled appointments needed - just come when you are free for help with November 1st deadlines! Students must request a pass in Securely.
- 🌸 Counselors will have meetings with all of their seniors in Govt classes from Sept. 20-Oct. 2, If, after meeting with your School Counselor, you still have questions, you can make an appointment with Ms. Kim by emailing her: **MHKim@fcps.edu**

NEW: DIRECT ADMISSIONS WITH GMU!

This year, Fairfax HS has been selected as a Direct Admissions partner school with George Mason University which means...

If you have a **3.25 GPA** and meet the minimum requirements for admission, you may receive an email in the future with a link which will allow you to:

- Apply to Mason for FREE!
- No letters of recommendation required
- No essay required (unless you are applying to the Honors Program)

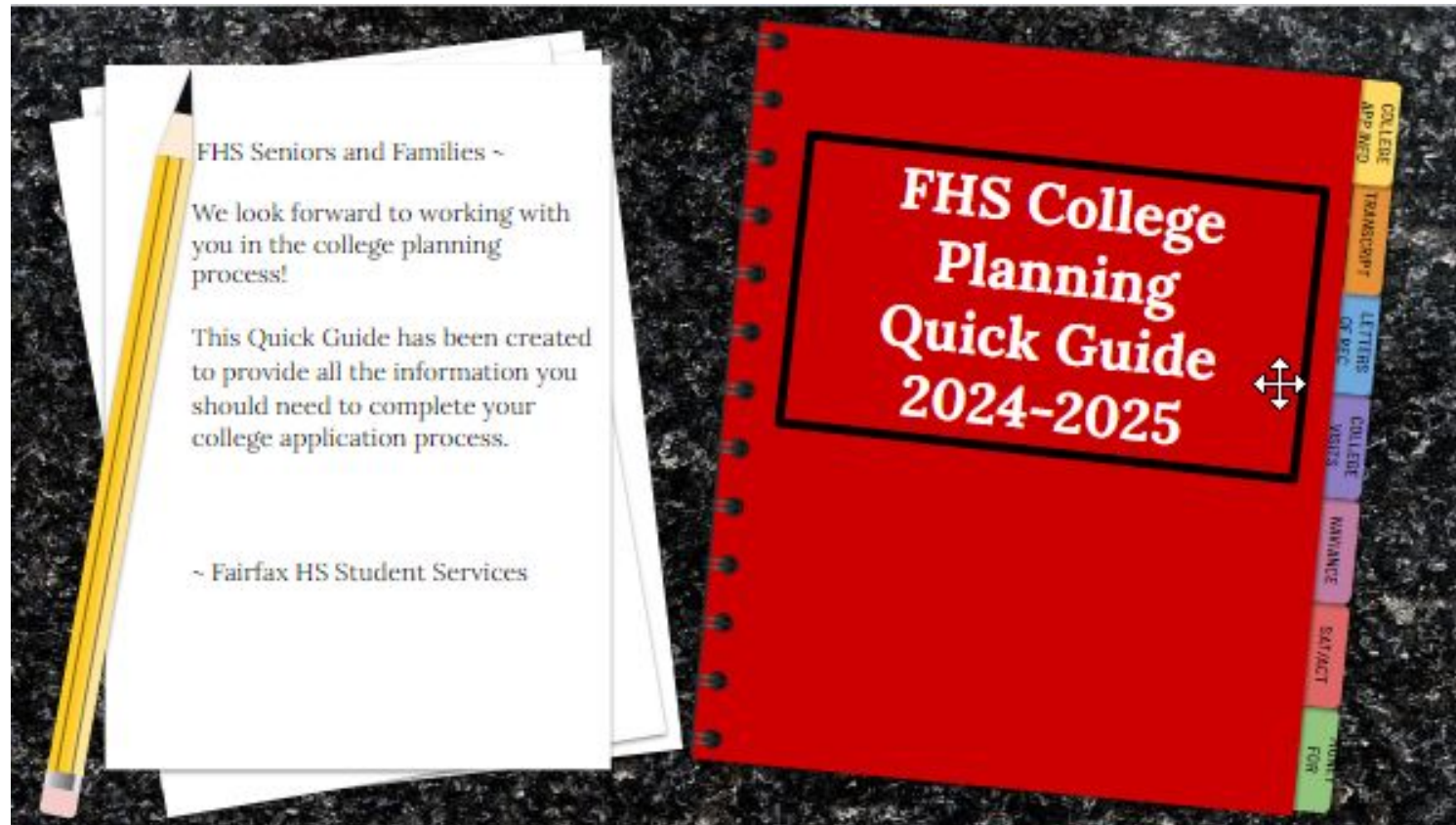
*More information will be provided in the coming weeks!



FHS College Quick Guide

Available on:

Schoology - Groups - Class of 2025 Student Services - Resources folder
<https://fairfaxhs.fcps.edu/SeniorResources>



Available for Students & Parents on:
<https://fairfaxhs.fcps.edu/SeniorResources>

Language: English ▾ Español 한국어 中文 Tiếng Việt العربية

61°F
Broken clouds

FULL MENU ABOUT ACADEMICS ACTIVITIES RESOURCES CONTACT

Search

Senior College and Career Resources

0:00 / 0:16

FHS College Quick Guide ([Google Doc[®]](#)) ([PDF Copy](#))





Common App Help Sheet ([Google Doc[®]](#)) ([PDF Copy](#))

Senior Presentation August 2023 ([Google Doc[®]](#)) ([PDF Copy](#))

Requesting a Transcript



Ms. Cristina McCabe
CCMcCabe1@fcps.edu

-  All applicants must submit a **Transcript Request Form** signed by you and your parent/legal guardian.
-  Request forms should be emailed, or handed to Ms. McCabe in Room L107, **15 school days (three weeks) before the application deadline.**
-  You need to list **ALL** colleges you are applying to on the Transcript Request Form. If a college application, such as Virginia Tech or the University of California system, uses a self-reported transcript, please indicate that on the transcript request form by checking the “Self-Report” box.
-  Please check all boxes that apply on the form (I.e. a college might be a Common application school AND using self-reported transcript).

Transcript Request Form



FAIRFAX HIGH SCHOOL TRANSCRIPT REQUEST FORM



Student Name (print neatly: Last, First, Middle Initial) _____ Student ID # _____

Student FCPS Email Address: _____ Student Cell # _____

I request that Fairfax High School release my official records (my child's official records) to the college(s) listed below. The parent/guardian signature is only required once for the initial transcript request. Once this form is on file, students may submit additional requests by submitting page 3 of this document without parent/guardian consent. If a student wants to remove a school from their request form, please email Ms. McCabe, Transcript Assistant, at ccmccabe1@fcps.edu.

Student Signature _____ Date _____

Parent/Guardian Signature _____ Date _____

Please check one:

- Yes, I waive my right to review or have copies of any letters of recommendation written by my counselor
- No, I do not waive my right to review or have copies of any letters of recommendation written by my counselor (colleges will be notified)

Please Note: Fairfax High School does NOT send Standardized Test Scores (SAT, ACT, TOEFL) to colleges. You must request them online via College Board (www.collegeboard.com), ACT (www.actstudent.org) or TOEFL (<https://www.ets.org/toefl>).

<u>Print neatly or type:</u> Name of College/Scholarship Admissions Office Address City, State, Zip Code	College Deadline Date or Rolling	<u>Application Type</u> Common App Coalition App College's App Scholarship	Counselor Letter of Rec. Needed? If yes, please submit Counselor Questionnaire.	<u>Decision Type</u> Early Action (EA) Early Decision (ED) Regular/Rolling (R) Other (O)
	Deadline: _____ <input type="checkbox"/> Rolling	<input type="checkbox"/> Common <input type="checkbox"/> Coalition <input type="checkbox"/> College's <input type="checkbox"/> Self-Report <input type="checkbox"/> Scholarship	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> EA <input type="checkbox"/> ED <input type="checkbox"/> R <input type="checkbox"/> O
	Deadline: _____ <input type="checkbox"/> Rolling	<input type="checkbox"/> Common <input type="checkbox"/> Coalition <input type="checkbox"/> College's <input type="checkbox"/> Self-Report <input type="checkbox"/> Scholarship	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> EA <input type="checkbox"/> ED <input type="checkbox"/> R <input type="checkbox"/> O
	Deadline: _____ <input type="checkbox"/> Rolling	<input type="checkbox"/> Common <input type="checkbox"/> Coalition <input type="checkbox"/> College's <input type="checkbox"/> Self-Report <input type="checkbox"/> Scholarship	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> EA <input type="checkbox"/> ED <input type="checkbox"/> R <input type="checkbox"/> O

Consent to Release Records



CONSENT FOR RELEASE OF STUDENT RECORDS IN SUPPORT OF POSTSECONDARY APPLICATIONS

Instructions for Use: This form is to be used by parents and/or guardians and students aged 18 or older to authorize Fairfax County Public Schools (FCPS) to release student records and related information to support student applications to colleges, universities, scholarship sponsors, employers, or other similar organizations. This consent form needs to be signed only once per school year. The student, parent and/or guardian will use a separate form, your school's transcript request form, to identify all schools and organizations to which records may be sent.

CONSENT

By my signature below, I authorize FCPS to release to schools or organizations identified on the student's school transcript request form any school records or other information requested by the school or organization in support of the application. This may include, but is not limited to, transcript, other school records, and any letters of recommendation written by FCPS employees. However, this authorization specifically excludes the release of discipline information.

By my signature below, I also authorize FCPS employees, including but not limited to, administrators, teachers, and counselors, to communicate with and respond to inquiries from the school or organization concerning my application and my credentials.

FCPS may release the required records and information by electronic or other means directly to the school or organization or to a service used by the school or organization to facilitate its application process. These services include, but are not limited to, the Common Application, Naviance Student, Coalition for College, and other services utilized by FCPS.

I understand that I am authorizing FCPS to send data to the colleges, scholarships, and other organizations listed on my transcript request form, typically via an electronic portal. When submitting my data electronically, FCPS will use the correct portal where the browser displays the padlock icon to indicate that the data is encrypted to the website. I acknowledge I am responsible for understanding the college's or organization's terms and privacy policy of how they will store, retain, and use this data prior to consenting to such release.

I also understand that I have the right to review or have copies of any records that FCPS transmits to the school or organization. If I have responded yes to the statement below, however, I have waived the right to review or have copies of any letters of recommendation written by FCPS employees.

If an application requires or requests a student's social security number (SSN), FCPS staff members should not enter the SSN on the student's behalf.

- Yes, I waive my right to review or have copies of any letters of recommendation written by FCPS employees.
- No, I do not waive my right to review or have copies of any letters of recommendation written by FCPS employees.

My signature below confirms that I have read and understand this consent form.

Note: Both parent and/or guardian and student are required to sign this form for students under age 18. Parent and/or guardian signature is not required if the student is aged 18 or over or attending a postsecondary school.

Name of Student (Please print) _____ Student ID _____ Date

Signature of Student _____
Signature of Parent and/or Guardian (If student is under 18)

Transcript Request Deadlines



<u>College Deadline</u>	<u>Transcript Request Due</u>	<u>College Deadline</u>	<u>Transcript Request Due</u>
October 1, 2024	September 10, 2024	January 1, 2025	December 2, 2024
October 15, 2024	September 19, 2024	January 2, 2025	December 2, 2024
November 1, 2024	October 10, 2024	January 15, 2025	December 9, 2024
November 15, 2024	October 21, 2024	February 1, 2025	January 9, 2025
Nov. 30/Dec 1, 2024	October 31, 2024	March 1, 2025	February 7, 2025
December 15, 2024	November 20, 2024	March 15, 2025	February 24, 2025

Need an unofficial copy of your transcript?

You can now download an unofficial copy of your transcript from SIS Student VUE.



Log into SIS Student VUE

Select *Course History*

Click on

 Unofficial Transcript

- Home
- Messages
- Calendar
- Attendance
- Class Schedule
- Course History**
- Health
- Student Info
- FCPS Links
- Test History
- Documents

Graduation Status *Class of 2024*  Unofficial Transcript

Subject Area Progress

Test Requirements



Student Course History

Service Learning Hours Earned



Letters of Recommendation

Located in the Class of 2025
Student Services Schoology page
(under Resources)

 **Fairfax High School** 
Class of 2025
Counselor Letter of Recommendation

If you will need a school counselor letter of recommendation for college/scholarship applications, complete and share (via Google) with your counselor by September 30, 2024. If you would like to, you can also share a detailed activity list/resume. (If you need a template, [use this one](#) by logging into your FCPS Google account.)

Student Name:	Cell Phone:
Personal Email:	

The purpose of this self-evaluation is to provide you with an opportunity to think about how you will present yourself to colleges during the application process. You are encouraged to take your time and provide detail in your answers, so your counselor can write a thorough recommendation letter. Please be aware that by completing this form, you are giving your counselor permission to share any of this information with the colleges.

1. Choose three adjectives that best describe who you are; provide examples/details for each adjective to explain why the word describes you.
2. What is your Intended Major or Career Interest and why?
3. Briefly describe your family. Will you be the first in your family to go to college?
4. What have been the most valuable courses you have taken and why? (Consider your long-term career plans, courses that allowed you to grow as a learner, skills you learned, etc.)
5. Describe your academic strengths. Share a time when you overcame an academic challenge?

Complete and share (via Google) with your school counselor by September 30th!

Additional Recommendations

FHS Teacher Letter of Recommendation Questionnaire

Fairfax High School Teacher Recommendation Request Form

Student Name _____ Request Date _____
Student Email _____ Earliest Application Deadline _____
Teacher Name _____ Intended College Major _____

Important Reminders:

- Allow at least 15 School Days for your teacher to complete the recommendation.
- Before giving your teacher this form, **ASK THE TEACHER** first if they are willing to be a recommender, some teachers have their own questionnaires and will be used in place of this form.
- Select a teacher who can write about your **ACADEMIC MERITS**.
- Please remember to write **THANK YOU NOTES** to your teachers.

To the Teacher:

I would appreciate a letter of recommendation from you because you know me well as a student. Please include in your recommendation, specific examples from class illustrating some of my academic merits, such as my academic motivation, responsibility, creativity, initiative, leadership, growth potential or other outstanding personal qualities you observed in me. The following is a list of projects, assignments and/or events that I remember from your class or subject area that stand out in my mind as significant and may assist you in writing the recommendation:

**Students feel free to attach an additional page of your list if you need more space.*

Please send a copy of the recommendation to the following schools, agencies, and/or scholarships listed below*:

	Common App	School
1. _____	Deadline: _____	<input type="checkbox"/>
2. _____	Deadline: _____	<input type="checkbox"/>
3. _____	Deadline: _____	<input type="checkbox"/>

RECOMMENDATIONS

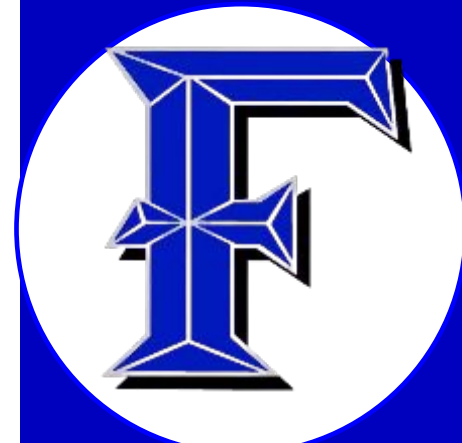
Student determines need for recommendations (either teacher or counselor); some colleges do not require or read them.

Students should give their recommender(s) at least 15 School Days notice.

Student must complete the counselor questionnaire for the counselor to write a recommendation. The teacher questionnaire is helpful but not required.

DON'T FORGET!!

It is common courtesy to write thank you notes to those who have written your letters of recommendation.



DEFINITIONS OF ADMISSION OPTIONS IN HIGHER EDUCATION

STUDENTS: WHICH COLLEGE ADMISSION PROCESS BEST SUITS YOU?

Regular Decision

DEFINITION:

Students submit an application by a specified date and receive a decision in a clearly stated period of time.

COMMITMENT:

NON-BINDING

Rolling Admission

DEFINITION:

Institutions review applications as they are submitted and render admission decisions throughout the admission cycle.

COMMITMENT:

NON-BINDING

Early Action (EA)

DEFINITION:

Students apply early and receive a decision well in advance of the institution's regular response date.

COMMITMENT:

NON-BINDING

Early Decision (ED)

DEFINITION:

Students make a commitment to a first-choice institution where, if admitted they definitely will enroll and withdraw all other applications. The application deadline and decision deadline occur early.

COMMITMENT:

BINDING

Restrictive Early Action (REA)

DEFINITION:

Students apply to an institution of preference and receive a decision early. They may be restricted from applying ED or EA or REA to other institutions. If offered enrollment, they have until May 1 to confirm.

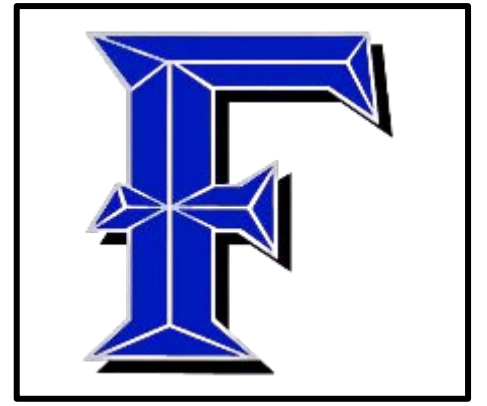
COMMITMENT:


NON-BINDING

Students are not restricted from applying to other institutions and have until May 1 to consider their options and confirm enrollment.


Students are responsible for determining and following restrictions.

Standardized Test Scores



 Many colleges allow you to self-report test scores in the application but if a college wants official test scores, **YOU** must request official scores from either the *collegeboard.org* or *act.org* to be sent to all your colleges .

(FHS does NOT send scores to colleges)

 You should take SAT/ACT exams by December at the latest, unless you are applying test optional.

 Official AP exam scores typically do not need to be sent until after you have chosen the college or university you will attend (after May 1st).

Questions?

Transcripts

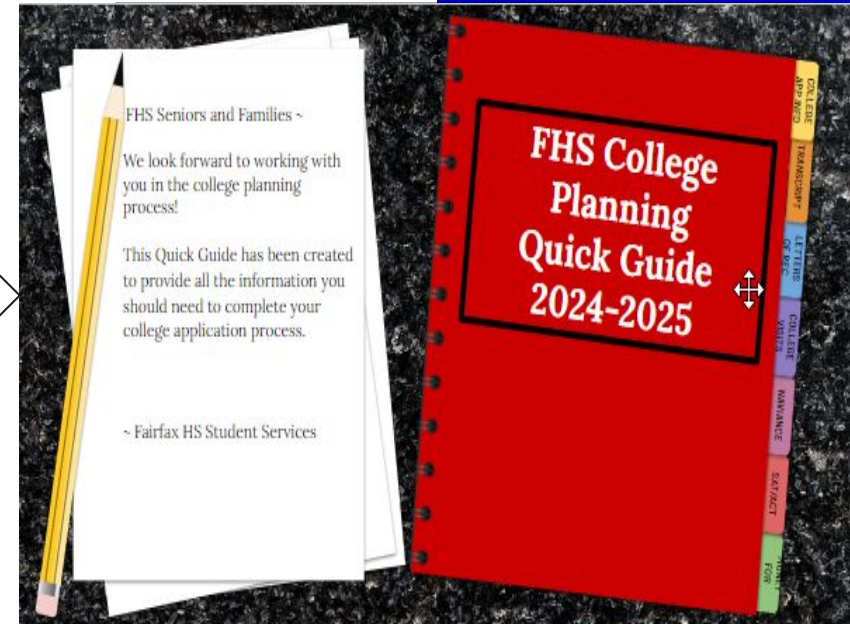
Ms. Cristina McCabe
CCMcCabe1@fcps.edu

College & Career
Planning
Scholarships &
Financial Aid

Ms. Maureen Kim
MHKim@fcps.edu

Application
Process

Contact your
School Counselor



Fairfax High School Counselors

Last Names	School Counselor	Contact Information
A-BR	Ms. Mary Bush	MBush@fcps.edu
BU-DO	Ms. Nikki Bender	NSBender@fcps.edu
DR-HER	Ms. Meg Perepiczka	MKPerepiczk1@fcps.edu
HES-LA	Ms. Tiffany Haddock	TDHaddock@fcps.edu
LE-NAS	Ms. Dara Markenson	DMMarkenson@fcps.edu
NAT-P & AVID	Ms. Liz Velazco	ECVelazco@fcps.edu
Q-STO	Ms. Bertha Mensah	BNMensah@fcps.edu
STR-Z	Ms. Tracy Hartley	THartley@fcps.edu
ESOL Counselor	Ms. Jeanna Squif	JMSquif@fcps.edu



FHS Student Services PADLETS

You can find the Padlet link in the Class of 2025 Student Services Schoology group resources folder and on the FHS website Student Services page.

The Fairfax High School Student Services team has put together an easy-to-use hub packed with all the resources you need. Whether you're gearing up for college, exploring career options, or just need some extra support, we've got you covered! Our FHS Student Services Padlet Hub is your one-stop shop for everything important. It's super simple to navigate—just scroll, click, and dive into the info you need. You can start exploring right now!

The screenshot shows a Padlet interface for the Fairfax High School Class of 2025. The header includes the school logo and the text "Fairfax High School Class of 2025" and "Everything you need to know about your post graduate planning." Below the header are five main categories, each with a plus sign to expand:

- Fairfax High School Resources**: Contains a "2024-25 FHS College Planning Quick Guide (Summer 2024)" with an image of a red spiral notebook and a yellow pencil, and a yellow box asking "Do you need a letter or recommendation from your counselor? Read these".
- Service Hours and X2Vol**: Contains a section titled "Are you logging your service hours? How Do I Access x2Vol?" with instructions on how to use x2Vol through Naviance.
- Application Procedures**: Features a blue icon of a paper airplane and the text "commonapp.org Apply to college with Common App | Your future starts here Start your Common App [here!](#)".
- Essays and Personal Statements**: Includes a section titled "Crafting a Compelling Personal Statement" with a "Types of Writing" diagram showing "NARRATION", "PERSUASION", "DESCRIPTION", and "EXPOSITION", and a paragraph about the importance of a personal statement.
- Financial Aid and Scholarships**: Contains a section titled "Filling Out the FAFSA" with a screenshot of the FAFSA form and the text "studentaid.gov Federal Student Aid The Free Application for Federal Student Aid (FAFSA) is crucial for receiving financial aid. Gather necessary documents such as your Social Security number, tax returns, and bank statements."

Congrats Seniors!

This presentation will be
available in Schoology -
Class of 2025 Student
Services Group

Access Code: 87PR-G9SC-ZQKBX

