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

College and Postsecondary Planning

While some students know from an early age what postsecondary path they plan to pursue, others are not so sure. Use these resources to explore a variety of options for life after high school.

College

You want to go to college? Explore the resources on this page to help figure out which college is best for you.

Military

Explore military opportunities to help students prepare for the transition from high school.

Apprenticeships and Training

Explore apprenticeship and training opportunities to help students prepare for the transition from high school.

Employment

Explore employment opportunities to help students prepare for the transition from high school.

Gap Year

Explore gap year opportunities to help students prepare for the transition from high school.

College and Career Resources Site

Google Site:

https://sites.google.com/fcpsschools.net/college-and-career-resources/home

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 if you have questions.
- If you want an individual appointment, Ms. Kim meets with students during Lion Time, A & C Lunches, after school or during students' free periods. To schedule an appointment, stop into the Career Center or send Ms. Kim an email: MHKim@fcps.edu

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
- Look out for them in the cafeteria on Thursdays! 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) in December. More details will be provided via email and Schoology - Class of 2023 Student Service 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 Admissions Outreach Coordinator who will come to FHS and conduct monthly NOVA Application Help Sessions for our seniors starting in December/January. Look out for emails or postings on Schoology - Class of 2023 Student Services Group for those help sessions.

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 typically hosts a Gap Year Fair in February, but Go Overseas provides virtual USA Gap Year Fairs. To see upcoming fairs, visit: https://www.gooverseas.com/gap-year/usa-fairs These fairs connect interested students with gap year program providers.
- 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 2023

- **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.

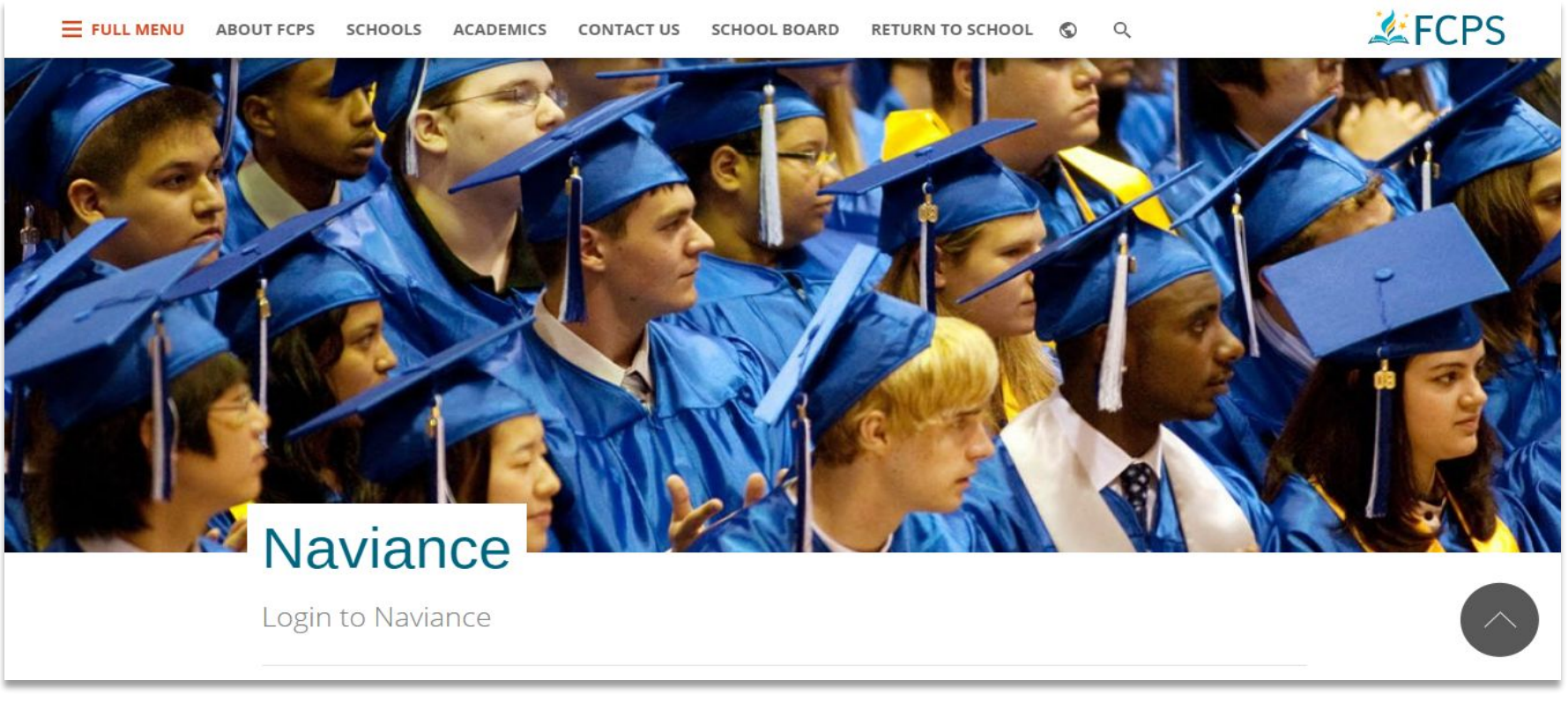
- **Q: Will this year be more competitive?**

  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)

- **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!

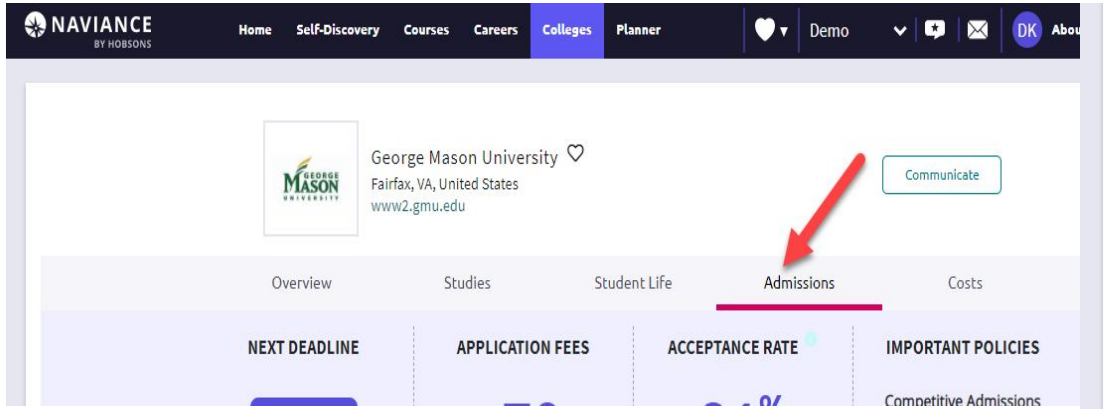
Naviance Student Login

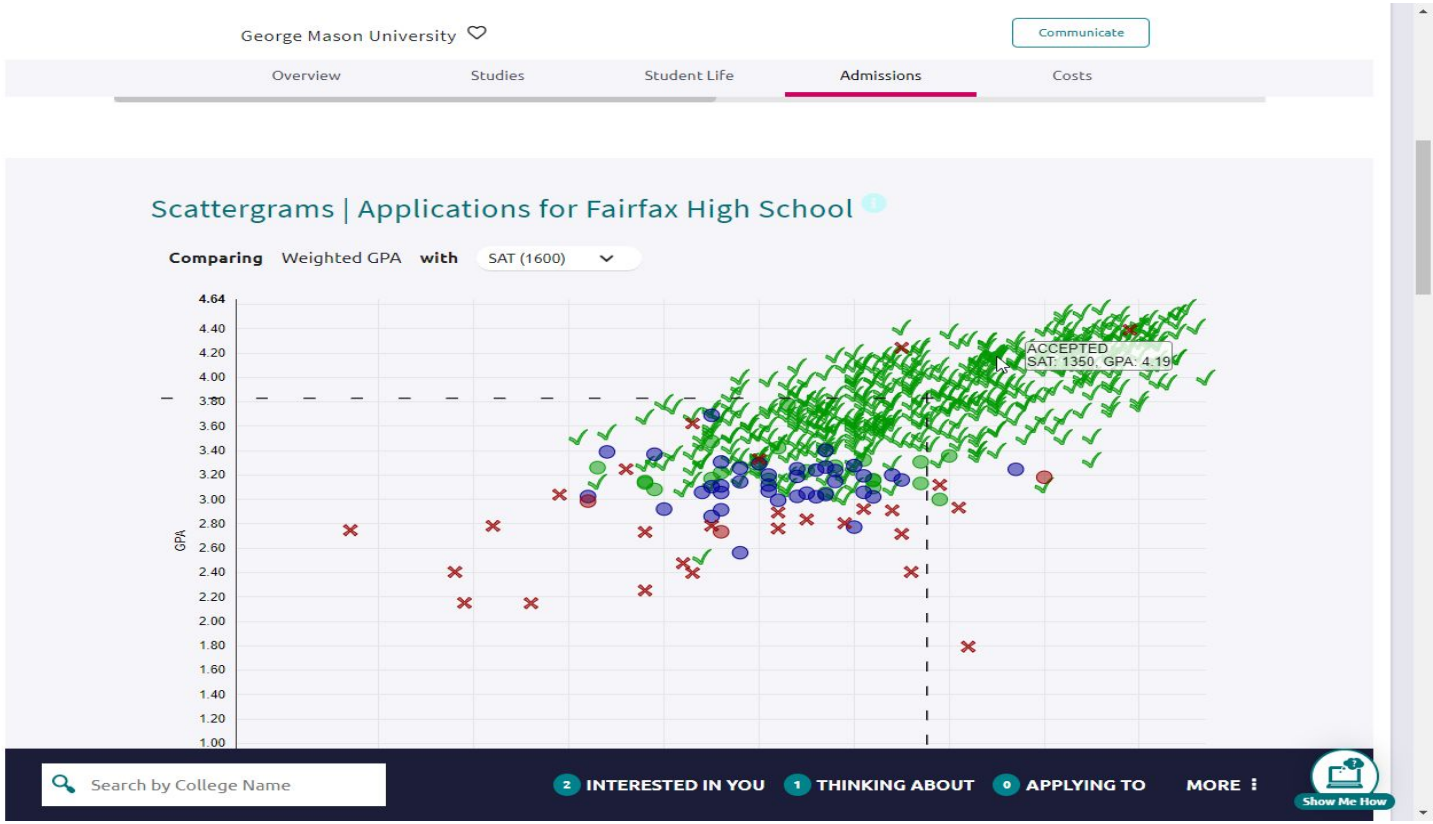
https://www.fcps.edu/naviance



Where Should A Senior Be Now?
Finalizing the college list

https://www.fcps.edu/naviance





FINANCIAL AID & SCHOLARSHIPS

Region 5 Paying for College Night:
Thursday, October 6 @ 7:00 pm
FHS Auditorium
(Spanish & Arabic sessions will be available)

All outside scholarships are posted on Naviance

- Colleges
  - Scholarship Search

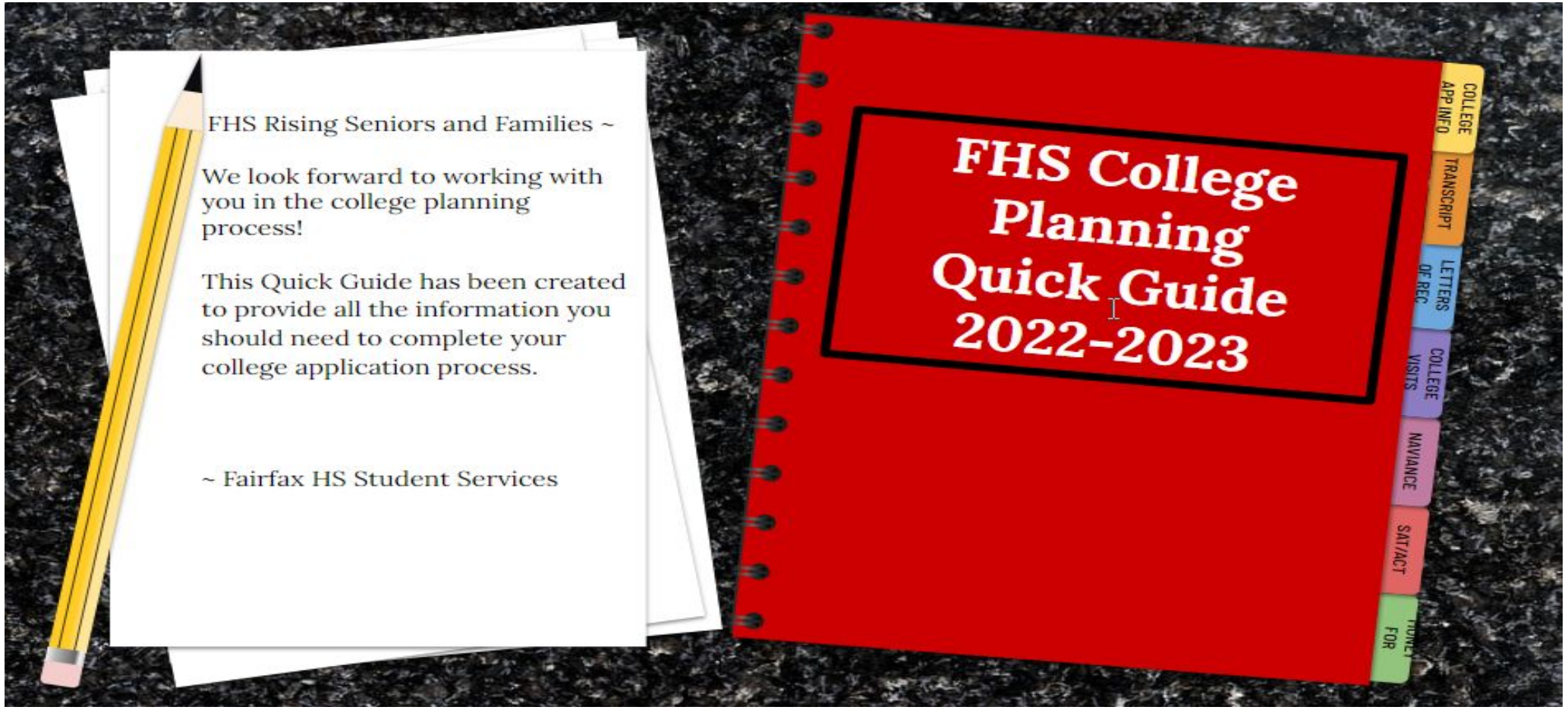
- Look out for Ms. Kim's "Scholarships for Seniors" emails
- Apply by the Scholarship Consideration Deadlines for safety schools in order to get merit scholarships.
- Do the **Net Price Calculator** for every school on your/your child's college list in order to get a rough estimate of the financial aid award you would receive from that college, or for a quick estimate, go to: **myintuition.org**

Important Dates

Oct 1	FAFSA (Free Application for Federal Student Aid) becomes available on www.fafsa.gov
Oct 6	Region 5 Paying for College/Financial Aid Night @ FHS, 7:00 pm. Presented by College Access Fairfax.
Oct 12	SAT Day @ FHS - Email was sent to all seniors by Leslie Trieu. Deadline to register is Sept. 7.
Oct 16	FCPS College Fair @ GMU Eagle Bank Arena, 4:00-7:00 pm
Nov 9	Region 5 Scholarship 101 Presentation at Woodson HS @ 7:00 pm. Presented by College Access Fairfax.
April 1	Notification deadline by colleges
May 1	National deposit deadline

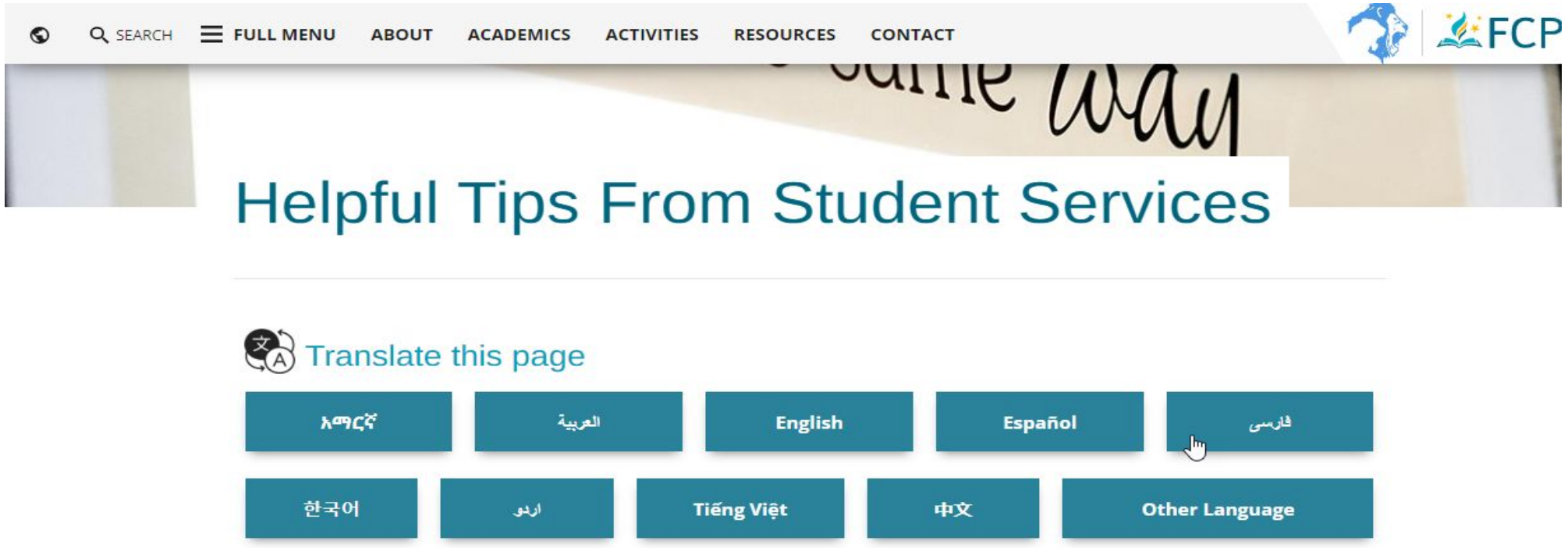
FHS College Quick Guide

Available on:
Schoology - Groups - Class of 2023 Student Services - Resources folder
https://fairfaxhs.fcps.edu/helpfultips



FHS College Quick Guide

Available for Students & Parents on:
https://fairfaxhs.fcps.edu/helpfultips



Requesting a Transcript

Ms. Diane Scibilia
ddscibilia@fcps.edu

- All applicants must submit a transcript request form using the pdf form signed by you and your parent/legal guardian.
- Request forms should be emailed or handed to Ms. Scibilia <u>15 school days (three weeks) before the application deadline.</u>
- 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 in the *College Name* field: e.g., "Virginia Tech –
- Self-Reported Transcript. 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

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 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 consent. If a student wants to remove a school from their request form, please email Mrs. Scibilia, the Transcript Assistant at ddscibilia@fcps.edu.

_____ _____
Student's Signature Date

_____ _____
Parent's Signature Date

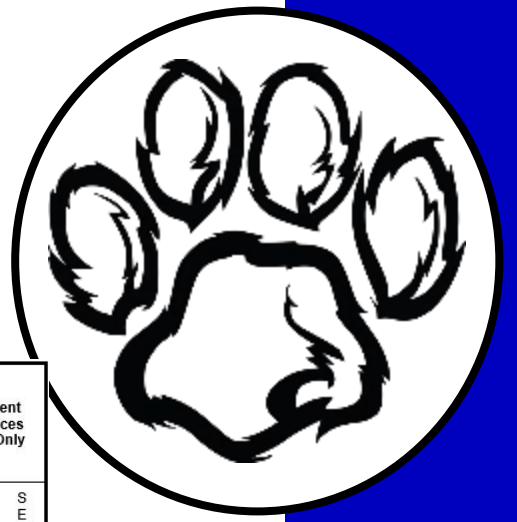
Please check one:

☐ 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).

Check the items below before you email this form to the Transcript Assistant at ddscibilia@fcps.edu or ddscibilia@fcpsschools.net (please remember to share your Google Docs).

Print neatly or type: **Name of College/Scholarship** Admissions Office Address City, State, Zip Code	**College Deadline Date or Rolling**	**Application Type** Common App Coalition App College's App Scholarship	**Counselor Letter of Rec. Needed?** If yes, please submit Counselor Question-naire	**Decision Type** Early Action (EA) Early Decision (ED) Regular/Rolling (R) Other (O)	**Student Services Use Only**	
					Date to Asst	S E N T
	Deadline: _____ ☐Rolling	☐Common ☐Coalition ☐College's ☐Scholarship	☐Yes ☐No	☐ EA ☐ ED ☐ R ☐ O		
	Deadline: _____ ☐Rolling	☐Common ☐Coalition ☐College's ☐Scholarship	☐Yes ☐No	☐ EA ☐ ED ☐ R ☐ O		
	Deadline: _____ ☐Rolling	☐Common ☐Coalition ☐College's ☐Scholarship	☐Yes ☐No	☐ EA ☐ ED ☐ R ☐ O		



Consent to Release Records

Fairfax County PUBLIC SCHOOLS

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) _____

IS-111 (6/22)

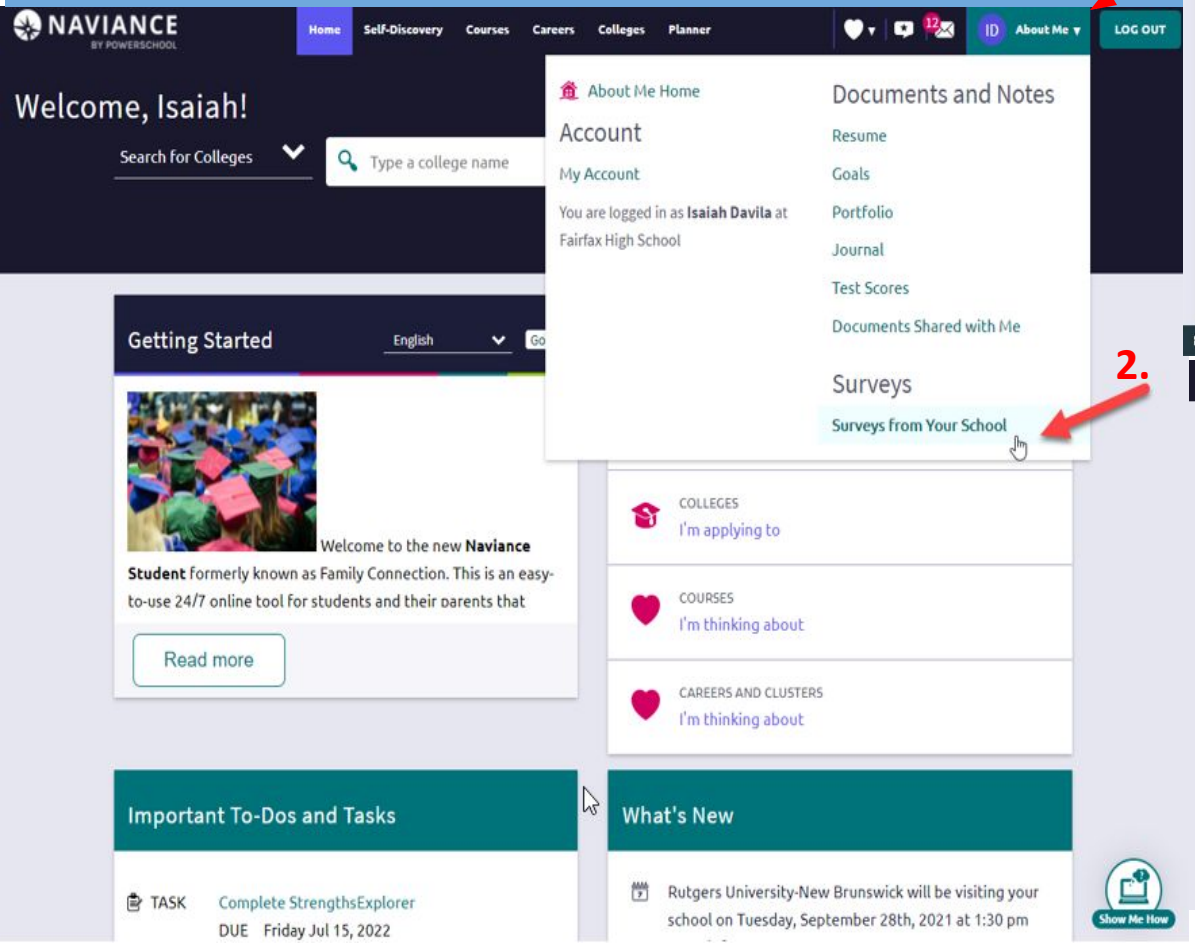
Transcript Request Deadlines

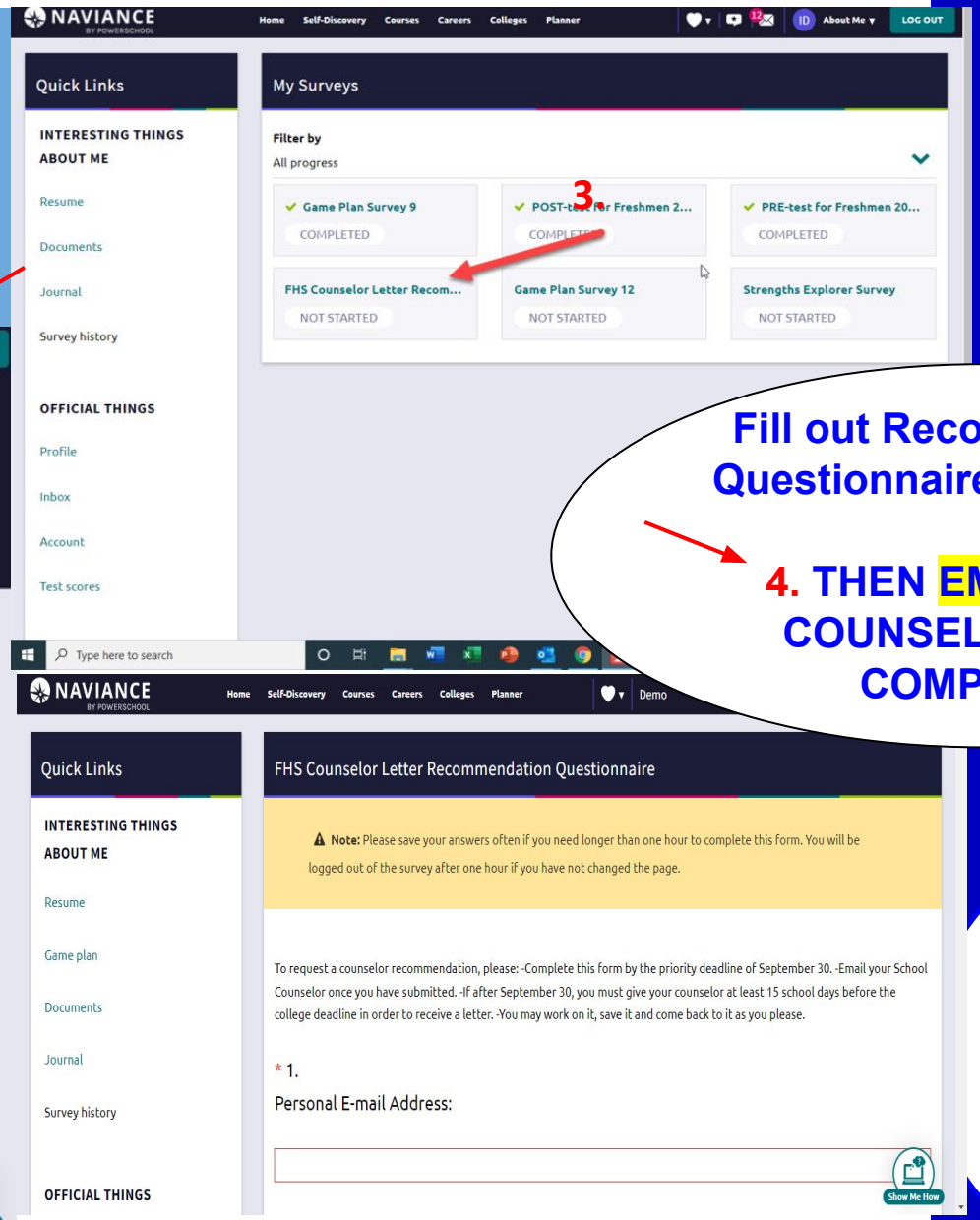
College Deadline:	Transcript Request Due:	College Deadline:	Transcript Request Due:
October 1, 2022	September 12, 2022	January 1, 2023	November 28, 2022
October 15, 2022	September 23, 2022	January 2, 2023	November 28, 2022
November 1, 2022	October 11, 2022	January 15, 2023	December 9, 2022
November 15, 2022	October 21, 2022	February 1, 2023	January 10, 2023
Nov. 30/Dec 1, 2022	November 3, 2022	March 1, 2023	February 7, 2023
December 15, 2022	November 21, 2022	March 15, 2023	February 22, 2023

Recommendations

Counselor Letter of Recommendation Questionnaire

The Counselor Letter of Recommendation Questionnaire can be found on Naviance. Please see below for directions on how to locate the questionnaire.



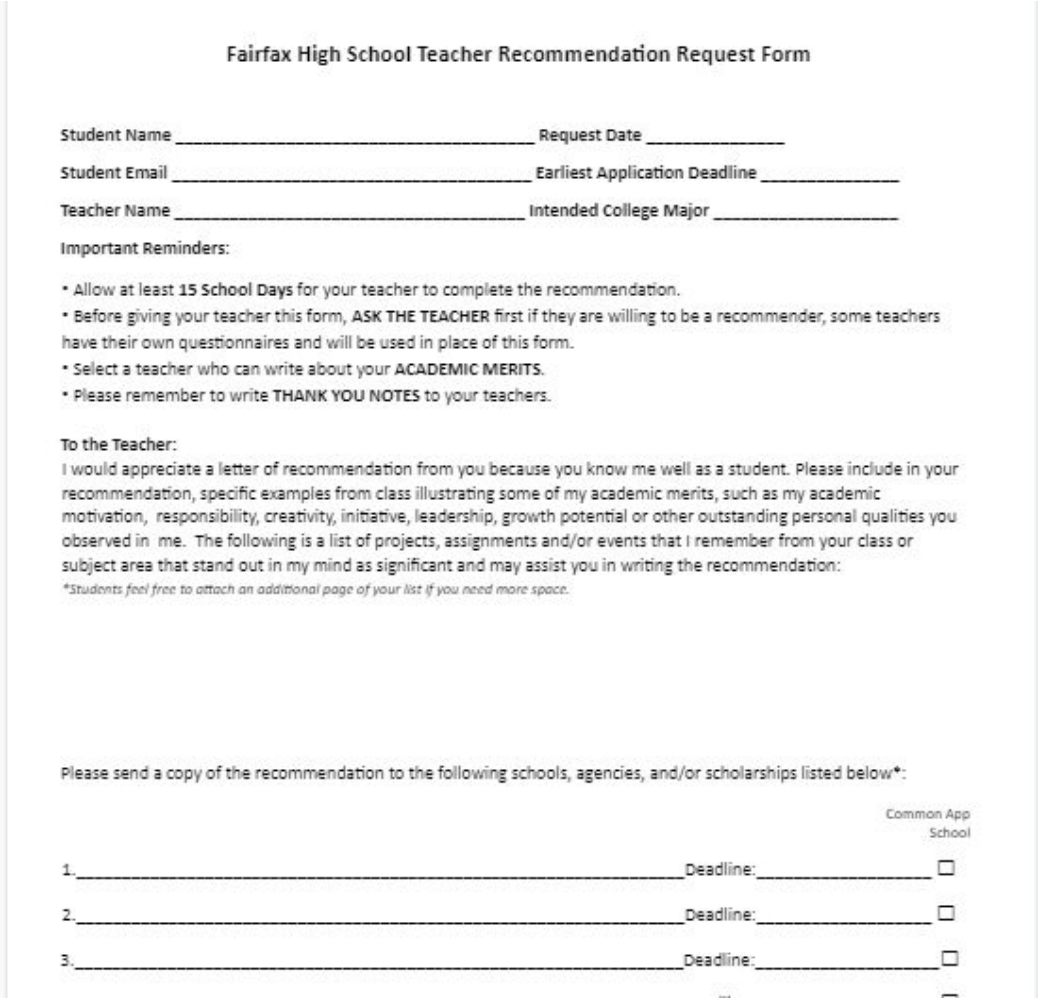


Fill out Recommendation Questionnaire in Naviance!

4. THEN EMAIL YOUR COUNSELOR ONCE COMPLETE!

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:_____ ☐

2._____Deadline:_____ ☐

3._____Deadline:_____ ☐

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.

NACAC
National Association for College Admission Counseling

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

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

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 responsible for determining and following restrictions.

For a copy of this flyer, please visit www.nacacnet.org

Standardized Test Scores

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

  <u>(FHS does NOT send scores to colleges)</u>

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

- 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. Diane Scibilia ddscibilia@fcps.edu
College & Career Planning Scholarships & Financial Aid	Ms. Maureen Kim MHKim@fcps.edu
Application Process	Contact your School Counselor

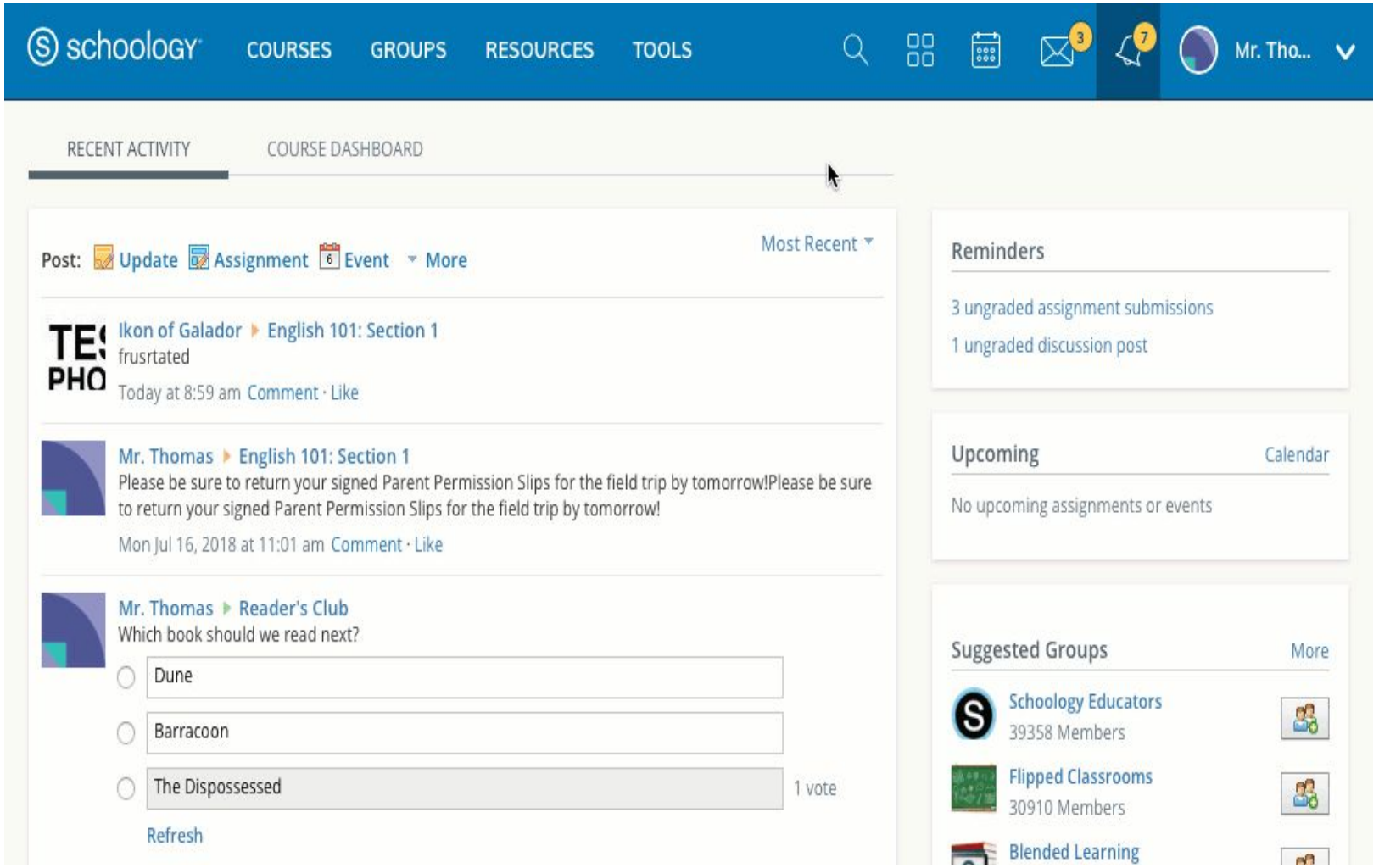
Fairfax High School Counselors

Last Names	School Counselor	Contact Information
A-BOW	Ms. Sylvia Headen	SBHeaden@fcps.edu
BOX-DEA	Ms. Nikki Bender	nsbender@fcps.edu
DEB-G	Ms. Megan Perepiczka	MKPerepiczk1@fcps.edu
H-KG	Ms. Tiffany Haddock	TDHaddock@fcps.edu
KH-MAY	Mr. Luke Donald	ladonald1@fcps.edu
MAZ-OL	Ms. Aja Adu-Gyamfi	AAdugyamfi@fcps.edu
OM-ROM	Ms. Liz Velazco	ecvelazco@fcps.edu
RON-TOM	Ms. Bertha Mensah	bnmensah@fcps.edu
TON-Z	Ms. Tracy Hartley	THartley@fcps.edu

JOINING Class of 2023 and Parents

To join an existing Group:

1. Click **Groups** at the top of Schoology.
2. Select **My Groups**.
3. Click **Join Group** on the right.
4. Enter the Group Access Code: 57KS-M84K-FVTVK
5. Click **Join**.



CAP & GOWNS

ALL THE GRAD STUFF!

T-SHIRT

PAY BY 9/9 TO GET A SHIRT FOR HOCO

SENIOR PICNIC

ALL THE CELEBRATIONS!

Senior Dues $65

GO TO MYSCHOOLBUCKS OR SCHOOLOGY TO PAY YOUR DUES!

Congrats Seniors!

This presentation will be available in Schoology - Class of 2023 Student Services Group

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