

# SENIOR GUIDE TO POST-SECONDARY PLANNING

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FAIRFAX HIGH SCHOOL



# LIFE AFTER HIGH SCHOOL

What will YOU do?

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Military

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Employment

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2-year College

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4-year College

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Training and Apprenticeship Program

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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](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 Fairfax County Public Schools logo at the top. Below the logo, the text "College and Career Resources" is displayed. The sidebar menu includes "Home", "College" (with a dropdown arrow), "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 a search icon on the right. The title "COLLEGE AND CAREER RESOURCES" is centered 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" (with a school building icon), "Financial Aid RESOURCES" (with a stack of money icon), "Employment RESOURCES" (with gears icon), "Military" (with a star and wings icon), "Gap Year" (with a globe icon), and "Training &" (with a person pointing at a screen icon). A mouse cursor is hovering over the "Employment RESOURCES" button.

Google Site Link:

<https://sites.google.com/fcpschools.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 on Wednesdays from 3:00-4:00.
- ❁ Ms. Kim is also planning **Walk-ins for Seniors** from October 25-31. No appointments needed - just come when you are free for help with November 1st deadlines!
- ❁ If you want an individual appointment, Ms. Kim meets with students during LionTime, 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
- 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, 2023. More details will be provided via email and Schoology - Class of 2024 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 **Admissions Outreach Coordinator**, Ms. Collyn Alford, who will come to FHS and conduct NOVA Application Help Sessions for our seniors starting in December/January. Look out for emails or postings on Schoology - Class of 2024 Student Services Group for those help sessions. 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 30, 2024, 6:00-8:30 pm @ Marshall HS**

(Snow Date: Feb. 1, 2024)

 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 2024

### **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>

FULL MENU ABOUT FCPS SCHOOLS ACADEMICS CONTACT US SCHOOL BOARD RETURN TO SCHOOL



Naviance

Login to Naviance

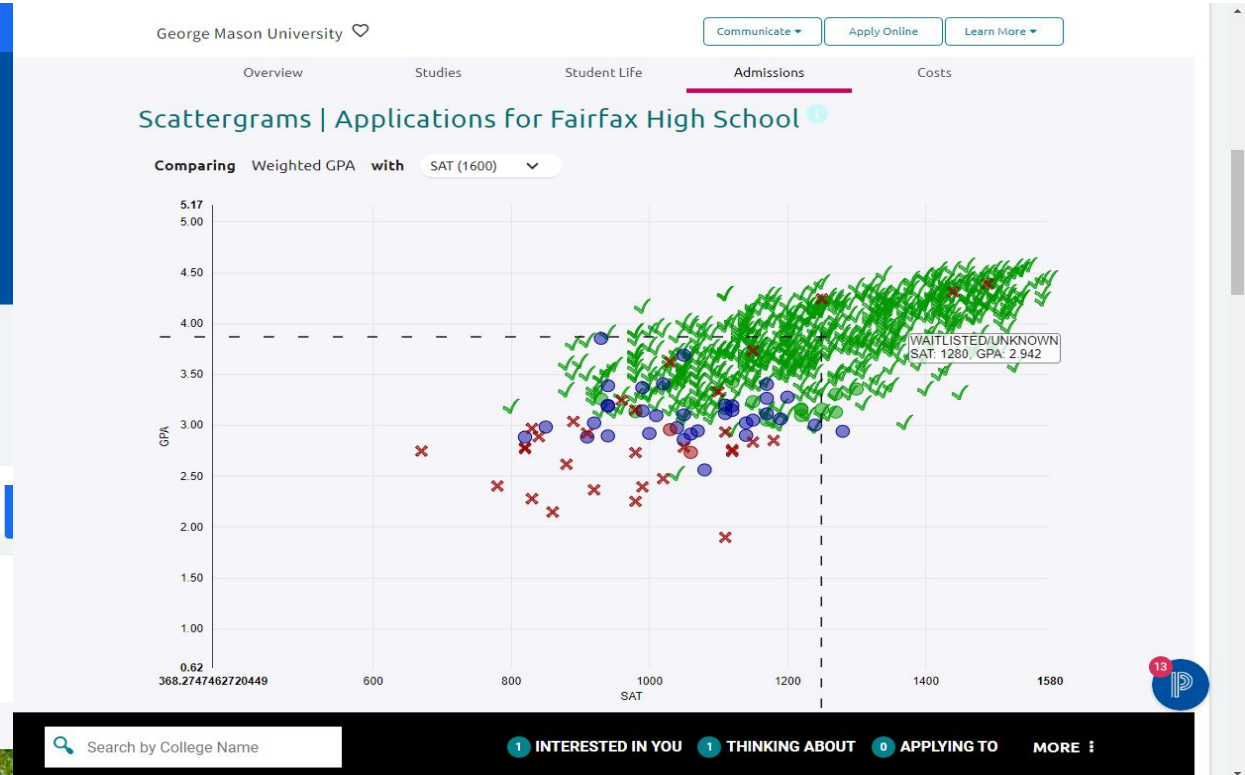


# Where Should A Senior Be Now?

## 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 'Home', 'Self-Discovery', 'Courses', 'Careers', 'Colleges', and 'Planner'. Below this is a search bar with 'George Mason University' entered and a 'SEARCH' button. A section titled 'MORE COLLEGE SEARCH OPTIONS' is visible. Below that 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, there is a detailed view for George Mason University, 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. The bottom navigation bar shows 'Overview', 'Studies', 'Student Life', 'Admissions', and 'Costs'.



# FINANCIAL AID

The new 2024-25 FAFSA  
(Free Application for  
Federal Student Aid)  
will not be available until  
mid-December 2023!

For more information on these changes, see [College Access Fairfax](#) website. College Access Fairfax will provide free workshops for FCPS families once the new FAFSA is released.

Look out for Ms. Kim's emails for details!




# SCHOLARSHIPS

All outside scholarships are posted on Naviance

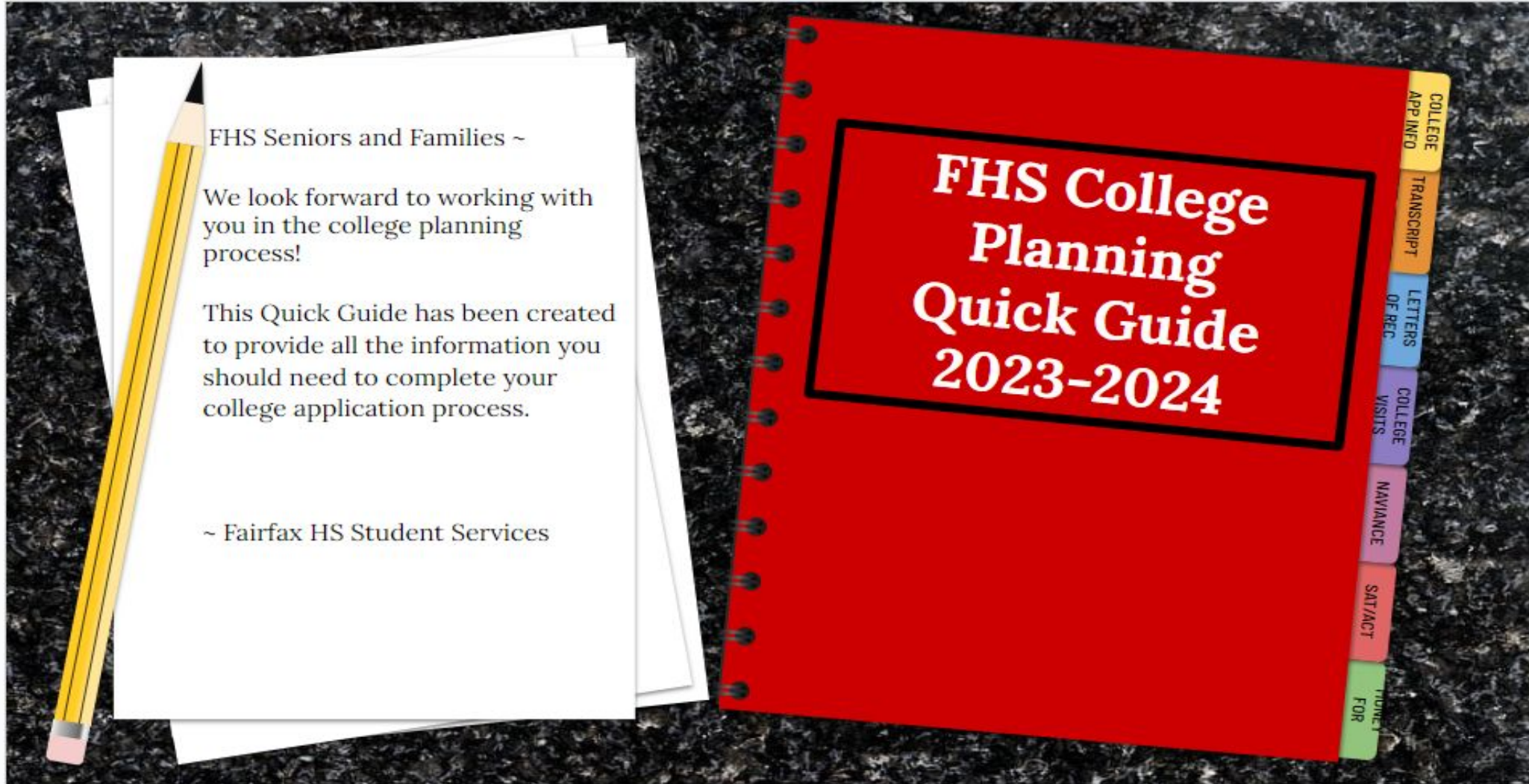
- Colleges
- Scholarship Search

 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](https://myintuition.org)**

# FHS College Quick Guide

Available on:  
Schoolology - Groups - Class of 2024 Student Services - Resources folder  
<https://fairfaxhs.fcps.edu/helpfultips>



FHS Seniors and Families ~

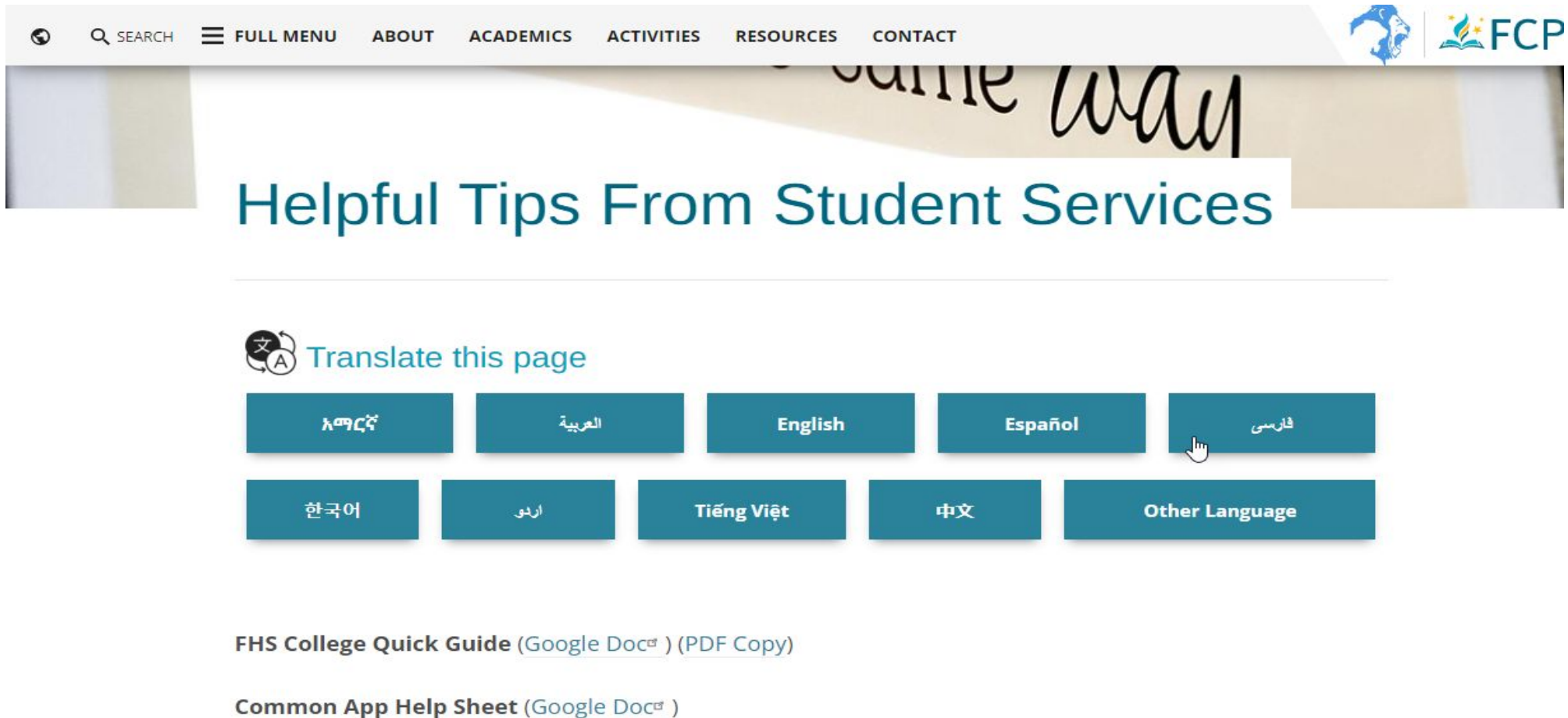
We look forward to working with you in the college planning process!

This Quick Guide has been created to provide all the information you should need to complete your college application process.

~ Fairfax HS Student Services

# FHS College Quick Guide

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



The screenshot shows the top navigation menu of the FHS College Quick Guide website. The menu includes links for SEARCH, FULL MENU, ABOUT, ACADEMICS, ACTIVITIES, RESOURCES, and CONTACT. The FCP logo is visible in the top right corner. Below the navigation menu is a banner image with the text "Helpful Tips From Student Services". Below the banner is a "Translate this page" section with a grid of language buttons: አማርኛ, العربية, English, Español, فارسی, 한국어, اردو, Tiếng Việt, 中文, and Other Language. Below the language buttons are two links: "FHS College Quick Guide (Google Doc)" and "Common App Help Sheet (Google Doc)".

SEARCH FULL MENU ABOUT ACADEMICS ACTIVITIES RESOURCES CONTACT

FCP

Helpful Tips From Student Services

Translate this page

አማርኛ العربية English Español فارسی

한국어 اردو Tiếng Việt 中文 Other Language

FHS College Quick Guide (Google Doc) (PDF Copy)





Common App Help Sheet (Google Doc)



# Requesting a Transcript



Ms. Diane Scibilia  
ddscibilia@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. Scibilia 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



## 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](mailto: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](http://www.collegeboard.com)), ACT ([www.actstudent.org](http://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](mailto:ddscibilia@fcps.edu) or [ddscibilia@fcpschools.net](mailto:ddscibilia@fcpschools.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	<u>Application            Type</u> Common App Coalition App College's App Scholarship	Counselor Letter of Rec. Needed? If yes, please submit Counselor Question- naire	<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.

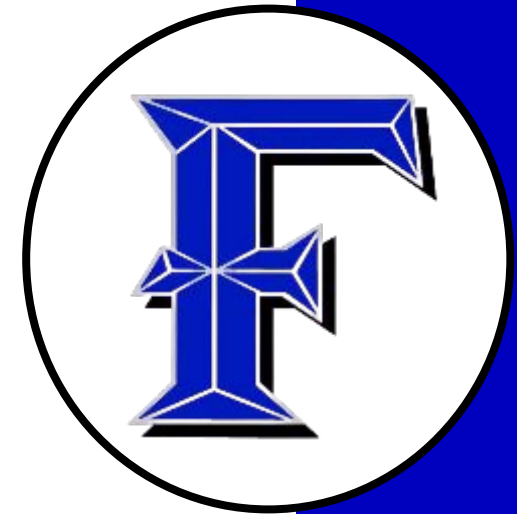
\_\_\_\_\_  
Name of Student (Please print)

\_\_\_\_\_  
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, 2023	September 8, 2023	January 1, 2024	November 27, 2023
October 15, 2023	September 21, 2023	January 2, 2024	November 27, 2023
November 1, 2023	October 11, 2023	January 15, 2024	December 6, 2023
November 15, 2023	October 23, 2023	February 1, 2024	January 10, 2024
Nov. 30/Dec 1, 2023	November 3, 2023	March 1, 2024	February 9, 2024
December 15, 2023	November 27, 2023	March 15, 2024	February 26, 2024

# 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



- 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**



# 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.

The screenshot shows the top navigation bar with links for Careers, Colleges, Planner, a heart icon, a search box containing 'Demo', and a user profile icon labeled 'DK'. A dropdown menu is open from the 'DK' icon, listing various options: About Me Home, Account, My Account, Documents and Notes, Document Resources, Resume, Goals, Portfolio, Journal, Test Scores, Documents Shared with Me, Surveys, **Surveys from Your School** (highlighted with a red arrow), Game Plan Survey, and Graduation Survey. Below the menu, there is a section titled 'Tasks from My School'.

The 'My Surveys' page displays a list of surveys. A red arrow points to the 'FHS Counselor Letter Recomm...' survey, which is marked as 'NOT STARTED'. Other surveys include 'Game Plan Survey 12' (NOT STARTED) and 'Strengths Explorer Survey' (NOT STARTED). The page has a 'Filter by' section set to 'All progress'.

Fill out Recommendation Questionnaire in Naviance!

THEN **EMAIL** YOUR COUNSELOR ONCE COMPLETE!

The questionnaire page features a yellow warning box with the text: "Note: Please save your answers often if you need longer than one hour to complete this form. You will be logged out of the survey after one hour if you have not changed the page." Below this is a paragraph of instructions: "To request a counselor recommendation, please: -Complete this form by the priority deadline of September 30. -Email your School Counselor once you have submitted. -If after September 30, you must give your counselor at least 15 school days before the college deadline in order to receive a letter. -You may work on it, save it and come back to it as you please." The first question is labeled "\* 1." and asks for the "Personal E-mail Address:" with an empty text input field below it. A red arrow points to the input field. At the bottom, there is a red warning icon and the text "Please provide at least one answer." followed by the number "2.".

# 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

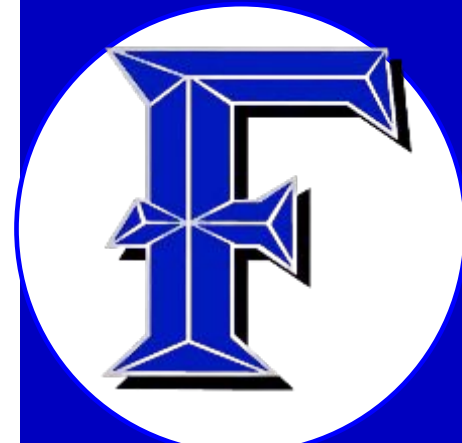
Student determines need for recommendations (either teacher or counselor); some colleges do not require or read them.

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.



# 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:

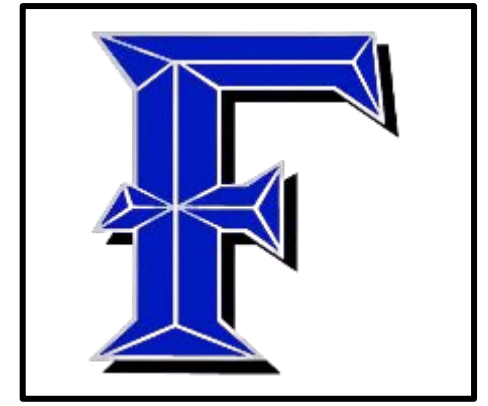
NON-BINDING


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 1<sup>st</sup>).

# Questions?

Transcripts

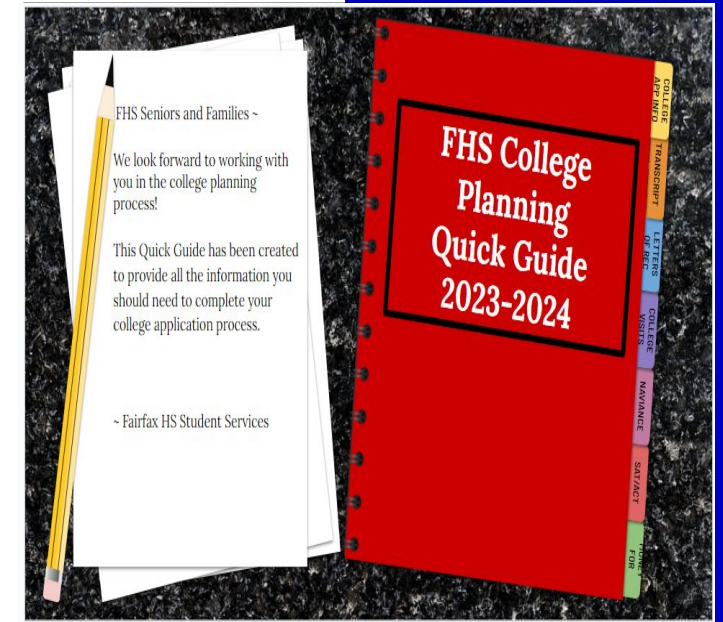
Ms. Diane Scibilia  
ddscibilia@fcps.edu

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-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	Mr. 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



# Do you want to take the SAT for free?

Seniors can take the SAT for FREE at Fairfax HS on Wednesday, October 11th!

**If you are interested in taking the SAT on October 11th, you MUST register by Wednesday, September 6th.**

[2023 SAT School Day Intent to Participate Form](#)

*You will need to use your @fcpsschools.net email account to access and complete this form*

*FCPS sites cannot accept walk-ins on the day of the exam (you MUST register by September 6th to reserve your spot)*



# Attention SENIORS...

It's never too early to order your cap and gown!

Please complete this quick survey so that we can get your cap and gown ordered for graduation.

[Senior Cap and Gown Registration Form](#)



*SCAN ME*

Congrats Seniors!

This presentation will be  
available in Schoology -  
Class of 2024 Student  
Services Group

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