

# College Counseling at Wellington

## Junior Year

### Academics

- Commit to being an active learner. Your transcript at the end of junior year will be submitted with your application at most colleges.
- Continue to engage in your extracurricular activities. Take on leadership roles where you can.
- All juniors enroll in College Composition during which you will be given guidelines and feedback for writing college essays. Remember to save your essay drafts in an obvious place!

### First Trimester

- Meet with college admissions officers as they visit Wellington, virtually and in person. Attend virtual and in-person information sessions hosted by colleges/universities.
- Take the PSAT/NMSQT in October. During junior year, this serves as the qualifying exam for the National Merit Scholarship Program. The PSAT is also a practice for the SAT. Take time to prepare ahead of time and make the most of this opportunity to practice your test-taking skills.
- Attend your college counseling small group meeting. Learn more about the application process, SCOIR, standardized testing and related timelines. Reflect on components and characteristics of colleges/universities and what may match your academic and personal goals and needs.

### Second Trimester

- Attend the College Counseling Evening Program for Juniors and Families.
- Thoughtfully complete/return junior college counseling questionnaire prior to your first individual college counseling meeting.
- Schedule your individual meeting with college counseling. Continue conversations about your individual goals and interests as they relate to college. Begin to formulate your college list and discuss standardized testing plan. Families are welcome to attend these meetings.
- If you are interested in college athletics, be sure to discuss this during your individual meetings. Continue conversations with coaches and advisors.
- Independently research college/university options. Dive deeper into research of the schools discussed with college counseling by utilizing SCOIR, college websites, and online resources shared on Veracross. Families also receive access to SCOIR.
- Develop a standardized testing plan. Students are encouraged to have two official standardized test scores (ACT and/or SAT) on file by the start of senior year. Register for/take the ACT (December/February) and/or SAT (March), if planned.

### Third Trimester

- Attend LEAP Day sessions with College Counseling. Learn more about the admissions review process, begin initial work on college applications, develop your resume, discuss senior course selection considerations, and hear from guest speakers regarding topics related to the college search and application process.
- Continue to meet individually with college counseling. Shape your college list, finalize your testing timeline, discuss potential majors/career paths and summer plans.
- Plan and make formal visits to campuses over Spring Break or at other times by permission. For trips involving missed class, submit approved college visit forms.
- Register for/take the ACT (April/June) and/or SAT (May/June), if planned
- Carefully select your senior schedule. Use your advisor, current teachers, and college counselors to help you craft a schedule that will interest and challenge you while also preparing you for your college studies.
- If you plan to play varsity-level sports in college, complete your registration with the NCAA Eligibility Center ([www.eligibilitycenter.org](http://www.eligibilitycenter.org)). Remember to submit ACT/SAT scores directly to NCAA.
- Extend initial requests to teachers for letters of recommendation.

### Summer before Senior Year

- Find balance! Relax, recharge and enjoy time with your family and friends. Also seek out ways to explore your interests further. This could be through independent research, creative pursuits, employment, summer camps, courses, service, job shadows, informational interviews, and journaling.
- Take/retake the ACT (July) or SAT (August), if planned.
- Schedule and make visits to campuses throughout the summer. While student life may look different when classes are not in session, summer may offer you a more flexible schedule for travel to more distant campuses. It is better to visit during the summer than not see campus in person! Make subsequent adjustments to your college list as appropriate.
- Continue to draft your college essays. The summer months can be prime for self-reflection. Spend some time reflecting on your essays and the message you want to communicate in your applications. Consider stories you want to share.
- Update your resume and continue to work on the Activities section of the Common Application. The Common App will reboot August 1. Log in after this date to access updated college/university-specific information.
- Attend the Supplemental Essay and Virtual Essay Workshops in August. Meet with admissions officers from a wide range of colleges/universities to share your essay drafts and receive feedback from the experts. Registration opens in early August.

## All Upper School Students

- Students from all grade levels can schedule individual appointments with college counselors throughout the year.
- College representatives from throughout the country and abroad visit Wellington during the fall, generally between September and November. Students are encouraged to meet with schools of interest and to explore a variety of institutions through these informational meetings.
- The LEAP Day Workshop Series takes place during the 2<sup>nd</sup> trimester. Topics include college research tools, important terms/definitions, specialized applications (i.e. college athletics and fine/performing arts), international colleges/universities, and affording college.
- Virtual and in-person college fairs, information sessions, and open houses sponsored by colleges and universities offer students the chance to learn more about specific institutions.
- Students are encouraged to visit as many of their campuses of interest as possible.

## Upper School Families

College Counseling Open House: Families of all grade levels are invited to meet the college counseling team during Upper School Parents' Night.

Financial Aid for College Program: Each fall, college counseling invites a financial aid officer to present to families on the topic of affording college. Topics include the Free Application for Federal Student Aid, the CSS Profile, merit scholarships, grants, and loans.

Parent Teacher Conferences: The college counseling team will be available to meet with student and families from all grade levels during fall and spring conferences.

College Counseling Evening Program for Juniors and Families: Every December, college counseling offers an introduction to the college search, application and decision-making process, and an overview of Wellington's college counseling program. Other topics will include the holistic application review process and college research tools.

### Individual appointments

Families are welcome partners throughout the college search and application process. We encourage you to reach out at any time with any questions you might have.