



# NORTHSHORE SCHOOLS

*Discovering Your Dreams*

## Welcome Freshmen Students and Parents

### Class of 2022

Time goes by so quickly and before you know it senior year will be here. We recognize that the transition to high school may feel a little overwhelming. In our experience, we have learned that the vast majority of students adjust quickly and enjoy their high school years. Counselors also want you to know that you are not alone. Your school counselor is here to assist you with the transition to 9<sup>th</sup> grade, academic concerns, personal concerns and the college admissions process. Counselors will meet with you individually and in small groups and we strongly encourage you to attend these sessions since they are designed to keep you on track for graduation and college admissions.

At the end of 8<sup>th</sup> grade you should have received your counselor assignment and a little biography about him/her. Get to know your counselor since they will be your advocate over the next four years. Your counselor will also be writing a letter of recommendation for you and the better they know you the stronger that letter will be.

The Counseling Office has a wealth of information to share with you and we communicate with you in a variety of ways including:

- Twitter: @nshorecounselor
- Web Page: <http://www.northshore.k12.ny.us/Guidance/index.html>
- Monthly newsletters are posted on our web page, app and are emailed home. We also use Naviance and/or School Messenger to email notifications and reminders so please look for messages from the counseling office.
- We have a counseling app. Please turn on the notification feature so that we can keep you up to date on upcoming events. The app also includes a virtual backpack so that you can see information from colleges as we receive it.

To obtain our app go to:

iPhone users: <https://www.pwastore.com/pwa/0ad9291c2c9a>

Android Users: [https://snappy.appypie.com/index/app-download/app\\_id/0ad9291c2c9a](https://snappy.appypie.com/index/app-download/app_id/0ad9291c2c9a)

Our first meeting with freshmen will take place on September 20<sup>th</sup>. We have also included a timeline of events to better prepare freshmen for the college admissions process. This checklist does not replace meetings with your counselor.

### **Tips for College Admissions:**

- **Attend meetings with your counselor**
- **Each year, we are making recommendations on an interactive “to do” list like the one below. The interactive version can be found on the high school web page, click counseling and then freshmen.**
- **You will also notice information pertaining to other grade levels for those who like to look ahead. This is a work in progress and future years will be posted as they are available.**
- **Students who complete the recommended steps and forms will experience a smoother and less stressful college application process.**

## **9<sup>th</sup> Grade To Do List**

### **September-June**

- Get involved in community based and leadership activities. When you complete your college application you will be asked to list activities that you were involved in during grades 9-12. Explore your interests by joining a sport, club, music or drama group or community volunteer activity. Remember that colleges would rather see real involvement in one activity instead of a loose connection to several. Begin to keep track of your extracurricular activities by using our fillable extracurricular profile <http://www.northshore.k12.ny.us/Guidance/pdf-docs/Extracurricular-Profile-Fillable.pdf>. If the form fillable version does not meet your needs, please download the word version which will allow you to edit it.
- Use Naviance to explore careers and colleges. If you have lost your account information, please see your counselor. Remember that parents and students can access Naviance. A Naviance presentation and flyer from last school year can be found here: <http://www.northshore.k12.ny.us/Guidance/naviance-presentation.pdf>.

### **January/February**

- Review your 10<sup>th</sup> grade course selection with your counselor and come to your scheduling meeting prepared to discuss future career/college plans to ensure better course selection. The course catalog can be viewed here: <http://www.northshore.k12.ny.us/Guidance/Course-Offerings-2018-19.pdf>
- If you're interested in playing sports in college, research the National Collegiate Athletic Association (NCAA) eligibility requirements and discuss them with your counselor. The NCAA requires completion of certain core courses; you can find the specifics at

<https://web3.ncaa.org/ecwr3/>. You do not have to register as a freshman, but it is never too early to look around their website and become familiar with required courses.

### March-June

- Sign up for the SAT App so that you start working on daily SAT practice.  
<https://collegereadiness.collegeboard.org/sat/practice/daily-practice-app>
- While you're at it consider signing up for a Khan Academy account and start practicing for the SAT. Khan Academy has partnered with the College Board (SAT people) to provide this free differentiated test practice. Learn more here:  
[https://www.khanacademy.org/sat?utm\\_source=cbcta-osp&utm\\_medium=cb418-cb&utm\\_campaign=practice](https://www.khanacademy.org/sat?utm_source=cbcta-osp&utm_medium=cb418-cb&utm_campaign=practice)

### Summer

- Explore summer opportunities. Look for a job, internship, or volunteer position that will help you learn about a field of interest.
- Tour colleges while on vacation. Here's what to look for while you are touring  
<https://bigfuture.collegeboard.org/find-colleges/campus-visit-guide>

