

Upper Perkiomen High School Counseling Office Newsletter

Juniors/Seniors ● Summer 2019



Class of 2020

Believe it or not, you are Seniors now! There is much to do to prepare for life after high school.

If you are college-bound, you can spend time this summer getting many tasks accomplished!

College Research Tips:

- Log onto [Naviance Student](#) and complete a [SuperMatch College Search](#). This is a great way to explore which colleges have the criteria you are looking for.
- Schedule college visits for the summer; consider registering for Fall Open House Events.
- Look on the *Admissions Page* of your prospective schools, to see what is required to apply. **Pay attention to the due dates!**

Are you considering playing sports in college?

If you want to play at a DI or DII school, you must register with the [NCAA](#) as soon as possible. Visit <http://www.ncaa.org/student-athletes/future/how-register> to learn more.

Get a Head Start This Summer:

→ Start your application essay; make sure to have it proofread!

→ If you will need letters of recommendation, decide which teachers to ask, and make the request. Make sure to choose teachers who can speak to your personal and academic qualities. **Complete your Senior Brag Sheet on Naviance!**

→ Update your Naviance list of "Schools I Am Applying To." Use this list to see how many schools, if any, use the Common Application (CA). You can apply to several schools at once if they use the CA, but it doesn't make sense to fill out the CA for one school, unless that is the only way applications are accepted.

→ You can access the CA essay prompts here:

<https://www.commonapp.org/whats-appening/application-updates/2019-2020-common-app-essay-prompts>



Be Mindful of Your Social Media!

Did you hear about the student whose acceptance to college was rescinded due to inappropriate social media posts? According to a recent survey conducted by Kaplan, 68% of college admissions representatives say that viewing a prospective student's social media content is "fair game." Check your Twitter, Insta, Tumblr, Facebook, etc. Even old, outdated platforms can come under scrutiny!

College Rep Visits

Check Naviance periodically this summer/fall to see when college reps are coming to visit us. (Home page, under "What's New"). Many times, these are the same reps who are reading applications and making decisions on acceptance.

Sign up in Naviance to meet with these reps and learn more about their schools. Be sure to dress for success, shake his or her hand, and make a good impression!

2019 Fall College Fairs

More info at www.pacac.org/college-fairs

[Hershey Area Regional Fair](#) Tuesday, September 3, 2019; 7:00-9:00pm

[Delaware County Regional Fair](#) Thursday, September 26, 2019; 6:30-8:00pm

[Berks County Regional Fair](#) Wednesday, October 2, 2019; 6:00-7:30pm

[Bucks County Regional Fair](#) Thursday, October 3, 2019; 6:00-8:00pm

[Montgomery County Regional Fair](#) Thursday, October 10, 2019; 6:00-8:00pm

[York County Regional Fair](#) Monday, October 14, 2019; 6:00-8:00pm

[Northampton County Regional Fair](#) Tuesday, October 15, 2019; 6:00-7:30pm

Summer is the perfect time for high school juniors and seniors to research scholarship opportunities!

★ [Naviance](#) ★ [RaiseMe](#)

★ [Fastweb](#) ★ [PHEAA](#) ★ [Cappex](#)

Remember: You shouldn't have to pay to find scholarships -- there are plenty of free sites that you can use to research!

Testing Time!

Have you taken the SAT or ACT yet? It is recommended that students take the SAT or ACT by the end of their Junior year. If you haven't yet, or if you want to retest to improve your score, there is still time!

Upcoming Test Dates	
SAT August 24th	Register by July 26th
ACT September 14th	Register by Aug. 16th
SAT October 5th	Register by Sept. 6th
ACT October 26th	Register by Sept. 20th
SAT November 2nd	Register by Oct. 3rd

You can register for the SAT at www.SAT.org/register

You can register for the ACT at www.ACT.org

****Want to Improve Your Score?***

[The Khan Academy](#) is a free tool to help prepare you for the SAT. You can link your College Board account with the Khan Academy to get personalized test prep!



Have You Been Working or Volunteering this Summer?

This is a great way to gain experience and enhance your resume--Just make sure to update your resume accordingly!

Did You Know that [Naviance](#) has a resume-building tool?

FAFSA FACTS

[FAFSA](#) stands for *Free Application for Federal Student Aid*. High School seniors apply for federal aid during their senior year as early as October 1st, when the [FAFSA](#) becomes live.

Seniors can prepare for the FAFSA ahead of time by creating an [FSA ID](#), which is the username and password that gives you access to FAFSA's online systems and can serve as your legal signature. Create your [FSA ID here](#). Just be sure to keep your login info in a safe place for later this year!

Save the Date!

We will hold our annual **Financial Aid Night** on October 23rd at 6:30pm in the HS Audion. Families can attend to get more information on completing the FAFSA, delivered by expert Michael Burke from Pennsylvania Higher Education Assistance Agency.

HS Library Summer Hours

The library will be open this summer **9am-12pm** on the following dates:

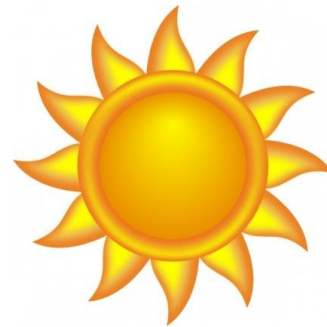
July 17 July 24
July 31 August 7

There you can find resources on career and vocational trends, test prep guides, college guides, scholarships, applications, and essays.

Choosing A Career

Planning for the future can be a daunting task, but it doesn't have to be! There is no single "right path;" we all forge our own way. By doing thoughtful research, you can learn more about the jobs that are out there and which ones may be right for you. Here are some resources that will help:

- [Naviance](#) - There are several assessments here that can help you learn more about which jobs pair well with your interests and abilities.
- [Occupational Outlook Handbook](#) - From the US Dept. Of Labor, this is a useful tool to explore career options. The OOH provides useful info such as projected fastest-growing occupations, as well as job descriptions, median salaries, and education/training required for numerous occupations.
- **Job Shadowing** - Check with your counselor or Mrs. Burns to learn more about job shadowing opportunities in the UP Valley! UPHS partners with the [UPV Chamber of Commerce](#) to make meaningful local shadowing experiences!



The Importance of Self-Care

Hey! We know this is a lot to take in! Please remember to also relax this summer and engage in activities that are calming. By taking care of your emotional and physical well-being, you are preparing yourself to take on the whirlwind of senior year!

Here are a few self-care tips:

Exercise - Whether you hit the gym, practice yoga, or simply go for a walk, make sure you are incorporating movement into your daily routine.

Mindfulness - Deep breathing techniques and exercises that focus on the present have been shown to reduce stress. Learn more at [Mindful.org](#)

Get a good night's sleep - Summer is the season of picnics, fireworks, sleepovers, and late-night fun. Please remember to find time to rest your brain and body with some quality sleep.

Unplug - Give your brain and eyes a rest by taking intentional breaks from cell phones and other electronics!
