

JUNIOR PHSC NEWSLETTER

JUNE 2020

ON THE HORIZON

With change comes opportunity. Congrats on making it through one of likely the most change-filled times of your life. We are proud of the work you're doing and want to let you know we, too, have been working hard to adapt our programming to help support you through your post-high school search. We have a lot of great things in store, and hope you'll come along for the ride.

COMING TO YOU ON CANVAS

We are excited to announce that PHSC is moving to Canvas! Over the course of the summer we will be working to build our page so students can more easily access any phsc-related documents and resources.

SUMMER SEMINAR

COLLEGE ADMISSIONS 101

The College Admissions 101 panel, previously scheduled for earlier in the spring will be coming to you virtually later this month!

Confused about what colleges to consider? Worried about how the COVID crisis may effect your application process or life on campus once you get there? Hear from a panel of admission experts, representing a variety of college settings - big, small, public, private, community college - as they discuss what their schools are like and what is changing on campus. The seminar will be recorded to be viewable at any time. Notification will be sent to students and parents when the seminar is posted.

ESSAY SEMINARS

Getting bored, binge watching old episodes of Friends on Netflix? Then come check out a few new episodes we're adding to the mix for you. Our re-vamped, virtual essay seminars will be posted on our NEW phsc Canvas page. Each episode will focus on a different topic, and help lead you through the writing process. Watch the 10-15 minute presentation, work through the lesson exercises, then reach out to your counselor for support as needed along the way.

EPISODE 1:

The one where we talk about the role of the essay and brainstorming topics

Available on Canvas on June 22

EPISODE 2:

The one where we talk about the essay prompts for the Common Application

Available on Canvas on July 6

EPISODE 3:

The one where we help you answer the "Why this major?" question

Available on Canvas on July 20

- With guest appearance by Brian Hodges, Senior Associate Director of Undergraduate Admissions, University of Illinois Urbana-Champaign

EPISODE 4:

The one where we talk about the "Why us?" essay

Available on Canvas on July 20

- With guest appearance by Megan Lakatos, Regional Admissions Recruitment Coordinator, University of Michigan
- Learn how to best articulate WHY you are applying to a college, showcasing your goals and how they are a fit to that school.

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COMMON APPLICATION ASSISTANCE

Did you know?

Last year 97% of New Trier seniors applying to college filed an application through the Common Application platform.

Feedback each year has informed PHSC that beginning the process prior to senior year cuts down on stress and anxiety about the college application process. Students can begin the application at any time and information will be rolled over into the 2021 application when it goes live in August.

Take advantage of our remote tutorials on creating an account for the Common App. Then in August when the application is updated for 2021 applicants, we will help you fine-tune the complete application.

Part 1: Setting the stage!

You can view quick tutorials to aid you in creating an account and completing primary information which can rollover into your application for the fall. Click [here](#) to view.

Part 2: Ensure your application is ready for senior year!

We will go over common errors, provide guidance on how to report New Trier curriculum and activities, as well as walk you through the steps to inviting your counselor and teachers as recommenders. **Part 2 will be posted on Canvas after August 1**, as that is the date the Common Application portal is live for the Class of 2021.

NEED HELP? JUST ASK...

Contact your PHSC for support:

Jill Cervantes: cervantj@nthsh.net

Heather Ecklund: ecklundh@nthsh.net

Kristen Graf: grafk@nthsh.net

Michael O'Connor: oconnorm@nthsh.net

Daniel Rogan: rogand@nthsh.net

Thomas Shorroch: shorroct@nthsh.net

Gretchen Stauder: stauderg@nthsh.net

Robert Zigmund: zigmundr@nthsh.net

PHSC APPOINTMENTS

If you have not yet conducted your initial post-high school counseling family meeting or would like to schedule a student follow-up session, please reach out.

Counselors hold offices hours various days throughout the summer. Please email your counselor or our department assistant, Terry Perlongo (perlongt@nthsh.net) to schedule an appointment.

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SUMMER, SUMMER, SUMMERTIME!

SUMMER PLANS CANCELLED. NOW WHAT??

Consider the wide variety of ways you can use your time constructively this summer...

- Always wanted to take up painting? Learn how to knit? Perfect that free throw shot? Make a list of all the things you've wanted to do, but told yourself you didn't have time. Now is the time. Explore your passions and journal on those experiences. The creative process, commitment, and growth can make the foundation for a great college essay.
- Look for ways to help! Be a mentor to a sibling, do chores around the house, (without being asked!), help an elderly neighbor with their yard work. Think of ways you can contribute. It will mean the world to someone else, and you will learn more about yourself in the process. If you don't know how to do your own laundry or cook your own meals, take the time to learn now. Come freshman year, you'll be glad you did.
- Check out all the options still being provided by colleges and organizations around the country. Even though in-person camps and enrichment programs may not be happening, many places are still offering online options and looking for applicants. Investigate options for some of the schools on your list to see what opportunities are available.
- Want to stretch your brain but not your budget? Explore taking a MOOC: Massive Online Open Course through providers such as edx.org or coursera.org, offering thousands of different courses from top institutions worldwide.
- Remember you PHSC is available for help during the summer.

NEW TRIER POST-H.S. COUNSELING DEPARTMENT

The New Trier Post-High School Counseling Department is proud of the knowledge and expertise we have to provide to our community. Our strength lies in the collective experiences of our team which in turn we are then able to share with you, providing the best resources and guidance to navigate your individual and unique post-high school journey. We thought we'd share with you a few highlights of the great work being done by our staff:

159

YEARS OF
EXPERIENCE

IN HIGH SCHOOL &
COLLEGE COUNSELING

CPS PATHWAYS TO
SUCCESS CONSULTANT

FACULTY MEMBER FOR THE
ACADEMY FOR COLLEGE
ADMISSIONS COUNSELING

PRESENTERS AT THE ILLINOIS &
NATIONAL ASSOCIATION OF COLLEGE
ADMISSION COUNSELING ANNUAL
CONFERENCES

ILLINOIS ACT COUNCIL
MEMBER

ADVISORY BOARD DELEGATES
FOR THE U OF GEORGIA,
U OF NEBRASKA, U OF TULSA,
PURDUE U, U OF IOWA,
U OF PITTSBURGH, OHIO
UNIVERSITY,

ONE OF 15 COUNSELORS WORLDWIDE TO
SERVE ON THE COMMON APPLICATION
OUTREACH ADVISORY BOARD

CO-PRESIDENT OF THE LAKE
COUNTY COUNSELORS
ASSOCIATION

NCAA DIVISION 1
COLLEGE ATHLETE

PARTICIPANTS IN A MULTITUDE OF
PROFESSIONAL DEVELOPMENT PROGRAMS
FOCUSED ON EQUITY AND INCLUSION

LICENSED CLINICAL
PROFESSIONAL
COUNSELOR

23

YEARS OF
EXPERIENCE

IN COLLEGE ADMISSION
COUNSELING