

POST-HIGH SCHOOL COUNSELING SOPHOMORE NEWSLETTER

MAY 2020

NAVIANCE ACCESS

Naviance is a personalized, web-based tool designed to help students explore college and career options. Just prior to the school closure in March, most sophomores received their Naviance login information in advisery to set up their accounts. While we emphasize that students should be focusing on academics and finishing the year strong, when they have a moment or two they are welcome to explore Naviance and its many resources. Parents will receive their own login information fall of junior year, but for now, can enter through their student's account. If any sophomore student was not able to activate their account, please email our department assistants, Ms. Perlongo (perlongt@nth.s.net) or Ms. Aziz (abdulazl@nth.s.net) to get connected.

TESTING BASICS & UPDATES

For sophomores thinking ahead, we remain steadfast in our recommendation that it is most appropriate to take the ACT and/or SAT during the late winter or early spring of junior year. Currently scheduled summer test dates continue to be changed/postponed as ongoing federal and state regulations limit large gatherings. As a result of testing limitations, some colleges are also amending their admission requirements as it pertains to standardized testing. For a current list of colleges now offering a test optional route for admission, please click [here](#). The post-high school counseling department continues to monitor the availability of [ACT](#) and [SAT](#) testing on the national level, and the district will keep you informed of any changes for the upcoming tests we are slated to host at New Trier.

WE ARE HERE FOR YOU

FINDING PEACE IN THE UNKNOWN

The global health pandemic has caused a lot of unforeseen changes to our daily lives with a refocusing of priorities on our physical and mental well-being. For students and faculty, this includes learning how to continue their education via remote learning. In the context of post-high school planning, it is important for our sophomores to know that academics remain the priority as students navigate online learning and completing their sophomore year as best they can.

Please know the New Trier Post-High School Counseling department is ready to support you through the myriad of unknowns and are focused on providing students with the best guidance we can from our wide network of resources in the college admissions community. Likewise, colleges are working to do all they can to support prospective students in their college search and application process. While we are not advising sophomores to conduct a full blown college search, as students find themselves with a bit more available time at home, they can take advantage of the online/virtual resources that colleges are providing to help inform prospective students about their campus life and programs, particularly while campus visits are postponed indefinitely. Enhanced virtual tours and information sessions might be a good use of time assuming a student is at a point where he or she is wanting to engage in such exploration. Some students may not feel ready to do so and that is perfectly fine. We stand ready to support students at whatever time they feel ready to get started.

COMING UP NEXT

Scroll to the next pages for information on virtual visits, financial aid, ideas on how to make the most of your summer and more!

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FINANCIAL AID

If you are interested in getting a better handle on the cost of college and what aid you may qualify for, there are a few tools you will want to check out.

NET PRICE CALCULATOR

All colleges are federally mandated to have a Net Price Calculator on their website. To find this on a school's site, simply type "Net Price Calculator" into the search bar. Completing this 15-20 minute exercise will provide you with an early read on what need-based or merit-based aid you might qualify for at this institution.

FAFSA 4CASTER

While the FAFSA (Free Application for Federal Aid) cannot be completed until October 1 of the senior year, you can complete the FAFSA 4Caster now to get an estimate of your eligibility for federal aid. Please click [HERE](#) to visit the site.

Attend our Financial Aid Night

Mark your calendars for our annual presentation, scheduled for Sept. 24, 2020. If you would like to screen last year's presentation it can be found [HERE](#).

IN CASE YOU MISSED IT...

SOPHOMORE EVENING PROGRAM

February, 2020

PHSC offered an evening program for sophomore students and parents in February. Please feel free to follow the link below to view the presentation in its entirety. The program covered a variety of sophomore specific topics including, PHSC services sophomore, junior and senior year, PHSC timelines for students, testing, curriculum planning, etc. For those parents and students who either missed the program or attended the second night which experienced unfortunate A/V difficulties, click [here](#) for the full presentation.

LOOKING AHEAD...

ON THE HORIZON FOR JUNIOR YEAR Programming and Services

Most notably, as sophomores become juniors, we will be engaging each student in their post-high school planning process with advisory visits in the fall and an evening program in November for both junior parents and students. We will introduce and guide each junior through the completion of a student reflection and data form which will be due in December. Individual family meetings will begin in January of junior year and continue throughout the rest of the school year. We expect testing to remain on schedule at this point which will include the PSAT in October, the State SAT in the Spring and various opportunities throughout the year to sit for the [ACT](#) or [SAT](#) on a national testing date. Scroll to page 4 for a preview timeline of junior year.

NEED HELP? JUST ASK...

Contact your PHSC for support. Counselors work with the following advisory groups:

Jill Cervantes: cervantj@nth.netBeavin, Gamrath, Noskin and Stewart
Heather Ecklund: ecklundh@nth.netAtwell, J., Earnest, Gamauf, Gnant, and Riner
Kristen Graf: grafk@nth.netHeineman, Hendren, Hill, Loring, Peterson, and Skizas
Michael O'Connor: occonnorm@nth.netArado, Doktor, Martin, Milne, and Newman
Daniel Rogan: rogand@nth.netBurnside, Butler, Elbert, Lopez and Mitchum
Thomas Shorrocks: shorroct@nth.netBank, Fialka, Hines, Jerutis, and Karakosta
Gretchen Stauder: stauderg@nth.netAtwell, L., Branahl, Hafron, Lau and Stiller
Robert Zigmund: zigmundr@nth.netBollweg, Fischer, Forbes, Kritek, and Kuklis

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SUMMER, SUMMER, SUMMERTIME!

VIRTUAL VISITS

Colleges are eager to connect with you! Check out all the options for how to research and interface with colleges.

Consult each school's website directly to familiarize yourself with the ways to connect during this time, such as:

- Admission information sessions
- Chat sessions with your local representative
- Virtual tours

By registering for and attending these virtual sessions, colleges will be able to know you're actively researching all they have to offer.

Use these offerings as a way to prioritize where you will visit once the opportunity is available again.

Follow schools on social media to get a feel for their unique environment.

SUMMER PLANS CANCELED. NOW WHAT??

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

Summer presents an opportunity for students to reflect on and refresh from the successes and experiences from their sophomore year and prepare for junior year. While we still are uncertain about what will unfold this summer with regards to restrictions on social distancing, as you are thinking through options and being creative about how to spend your time, know there is no right or wrong answer. Summer can look very different depending on your needs, responsibilities, and priorities. If you're looking for ideas, consider the following options:

- The Illinois Association of College Admissions Counseling posts summer opportunities for students. The following [link](#) will take you to that resource. It is continually updated as programs are canceled or modified.
- 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 of college, 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 radar 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.

LOOKING AHEAD AT JUNIOR YEAR

Here are some of the key events to anticipate coming up next year:

SEPT. 24

Financial Aid Night. Attend this annual presentation if you'd like to see a preview of the ins and outs of how to apply for need-based aid for college.

OCT. 10

The **Chicago National College Fair** at McCormick Place.

OCT. 17

Scheduled national test date for the **PSAT/NMSQT**.

OCT. 20

A partnership between local high schools, the **CHOICES Fair** is a post-secondary planning night for students with learning differences who are college bound.

NOV. 4, 5, 18, 19

Junior PHSC Night for students & parents; our kick-off event providing an overview of the college search timeline and our services. Date to be assigned by counselor.

DECEMBER

Call to schedule your **phsc family appointment**. Meetings begin second semester and continue through the end of the year..

JANUARY-JUNE

At your **phsc family appointment** come ready to talk about your dreams and we'll discuss how we can support you in reaching your goals.

JAN. 30

New Trier hosts the country's largest **Gap Year Fair**. Come learn about all the exciting opportunities.

FEBRUARY

PHSC will be making **junior advisery visits** to provide guidance on **selecting senior year courses**.

APRIL 13

State SAT for Juniors (an Illinois state-mandated graduation requirement).

