

# POST-HIGH SCHOOL COUNSELING SOPHOMORE NEWSLETTER

SEPTEMBER/OCTOBER 2021

## WELCOME CLASS OF 2024

### TAKING A LOOK AHEAD...

Post-High School Counseling (PHSC) would like to extend a warm welcome to the class of 2024! We hope you've enjoyed acclimating to the Winnetka campus. Admittedly, your high school career started off differently than you probably imagined, but we are proud of the commitment and fortitude you've shown thus far. Keep up the good work!

In preparation for a successful post-high school planning process, there are essential developmental goals to consider. Most importantly, focusing on your school work will provide the strongest foundation upon which you will build an appropriate post-high school path. In order to accomplish this, we want students to embrace the importance of self-awareness, relationship-building (with teachers and peers), value-based decision-making, study habits, academic interests, and extracurricular involvement. Given these atypical times, students are already building resilience, independence, and a commitment to navigating their individualized path. These skills will make for a successful path ahead.

Like most high schools across the country, New Trier will commence individualized programming for the college search and application process during your junior year. Regardless, we want our sophomore students and families to be informed about the services we provide and the timeline that will unfold most directly this year.

## PHSC IN THE SOPHOMORE YEAR

Post-High School Counselors are assigned to an advisery by the end of the first semester of sophomore year and continue to work in partnership with the groups through graduation. After assignments are announced, you will receive a welcome letter from your counselor, who will also begin visiting student adviseries to:

- Introduce themselves and our Canvas page
- Discuss the importance of junior year curriculum and course selection
- Demonstrate Naviance, an online data and research tool specifically for the college search and application process.

In second semester, we will host an evening program for students and parents that outlines our comprehensive, individualized program of services. Content will include:

- Importance that academics, extracurricular and social development have in the post high school planning process.
- Preview the junior year timeline for the college search process and admissions basics.
- Cover frequently asked questions on standardized testing.

## CAREER SERVICES

The goal of Career Services is to support students in exploring their passions and interests in potential future careers. Emphasis is placed on real-world experience and connections with community professionals. Services are provided in both individual and seminar settings. Career Services is also a resource for job postings, summer program information, career-related field trips, job shadowing, and job fairs. The program is designed to complement the work of classroom teachers, advisers and post-high school counselors with sequential steps to guide students through self-analysis, career exploration and educational goal setting from 9th through 12th grade.

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## STANDARDIZED TESTING

The most frequently asked question we likely get from sophomore families is, "When should my student begin taking college admission tests?" The ACT and the SAT are both achievement tests designed for students who are near the end of the junior year curriculum, so students are advised to take those tests in the second semester of junior year (February – June). A handful of students who have taken a particularly advanced curriculum may be ready to test in the mid-fall of junior year, but be mindful that taking the exam too early may yield results that undermine a student's confidence, particularly in light of the fact that the test is designed for the end of the junior year. There will be more than enough opportunities for students to take the SAT or ACT during the junior year and even early in the senior year.

Sophomores will have an opportunity to take the PSAT 10 on April 13, 2022, which is designed to provide familiarity with the SAT format and identify areas of strength or areas where they can improve. Junior year will follow-up with the PSAT test in October 2022 and The State of Illinois will provide a free SAT to all public high school juniors in spring of 2023. With that said, sophomores should not be concerned about and/or preparing for standardized testing this year.

## NEED HELP? JUST ASK...

Tom Shorrock is the post high school counseling liaison to the sophomore adviser system. He is a consistent resource to provide timely information and guidance to advisers and to relay information back to you and your sophomores. Please feel free to direct any questions to Mr. Shorrock at: 847-784-2243 or shorroct@nth.net until your advisory assignments are communicated later this fall, at which time you can contact your designated counselor. For general questions or inquiries, you can also email our offices at phsc@nth.net or call 847-784-2234.

## NEW TRIER POST-HIGH SCHOOL 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:

**167**

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