

POST-HIGH SCHOOL COUNSELING SOPHOMORE NEWSLETTER

OCTOBER 2022

WELCOME CLASS OF 2025

TAKING A LOOK AHEAD...

Post-High School Counseling (PHSC) would like to extend a warm welcome to the class of 2025! We hope you are successfully acclimating to the Winnetka campus and 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 to 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 the adjustments we all made during the pandemic, students are already building resilience and independence, skills that will fortify a successful future.

Unlike most public high schools across the country who employ general school counselors, New Trier post-high school counselors are specialists in their field - experts devoted to providing individual, personalized assistance to students navigating their options for life after high school. Given the comprehensive nature of our programming and services, collaborative partnership with the nationally recognized advisery system, and knowledge of the New Trier curriculum and community, rest assured that every student will have all necessary resources and supports needed to find their best fit for the future.

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, advisers will forward 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 webinar 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

Did you know New Trier offers students help in exploring careers and interests? 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. Click [HERE](#) to visit the webpage for Career Services.

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STANDARDIZED TESTING

The most frequently asked question we hear 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 take the PSAT 10 on April 12, 2023, which is designed to provide familiarity with the SAT format and identify areas of strength or areas for improvement. During junior year students can elect to take the PSAT/NMSQT test in October. Every April, all Illinois public high school juniors are required to take a state-mandated SAT. With that said, sophomores should not be concerned about and/or preparing for standardized testing this year. For more information on testing timelines and considerations, check out the webinar we hosted last spring. Click [HERE](#) to view.

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, who in turn help relay information to sophomore students and parents. Please feel free to contact Mr. Shorrock directly 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

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:

175

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 UNIVERSITY, U OF IOWA,
U OF PITTSBURGH, OHIO UNIVERSITY,
DICKINSON COLLEGE,
OHIO WESLEYAN 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 ADMISSIONS