

# POST-HIGH SCHOOL COUNSELING JUNIOR NEWSLETTER

SEPTEMBER/OCTOBER 2023

## COMING UP THIS YEAR

### Next Steps for Juniors

#### Post-High School Planning Night

November 13 or 14, 7-8pm

Gaffney Auditorium, Winnetka Campus

Click [HERE](#) for more details.

Throughout second quarter, counselors will be visiting advisories to provide guidance on the process and an overview of the road ahead. Students will be instructed on how to complete a self-reflection and data form which will serve as the foundation for our meetings. While our appointments first semester are reserved for assisting seniors through the application season, we hope students will reach out over email at any time with questions.

Individual meetings will begin second semester and continue throughout the rest of the school year. Prior to the meeting, parents/guardians will be invited to submit a reflection form about your student to share with the post-high school counselor. Details on how to schedule the family meeting will be released as we get closer to that time. After the initial meeting, counselors conduct individual student follow-up meetings to provide ongoing support through the entire college search, application and decision making process.

## PHSC IS NOW ON CANVAS

All students in the Class of 2025 are enrolled in our PHSC Canvas page. This resource is meant to be a one-stop resource hub for students for anything and everything related to their post-high school planning needs. We hope students will take time to acquaint themselves with the wide variety of resources available at their finger-tips in this site.

## TESTING BASICS & UPDATES

The ACT and/or SAT align with a standard high school curriculum, and thus are intended to be taken during the spring of junior year through fall of senior year. Taking the test too early could yield less desirable results, and serve to increase anxiety around testing. Rest assured, students will have access to multiple national test dates throughout second semester, which can be viewed on the [ACT](#) and [CollegeBoard](#) sites. Many colleges have amended their 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 evolving landscape of standardized testing to keep our families informed on the latest updates. \*\*Please know when registering for an exam, the registration is handled by the testing agencies, thus New Trier has no ability to reserve seats specifically for our students.

For more New Trier specific information on tests, please review the attached communication that was emailed to families in July from the Testing Center. Click [here](#).

**IN CASE YOU MISSED IT:** Thirsty for more information on standardized testing? Check out the webinar we hosted last spring for tips on how to approach the testing process. Click [here](#) to view a recording.

## ONLINE PLANNING TOOLS

While the Class of 2025 still currently has access to Naviance (which was introduced sophomore year), the PHSC department will be unveiling MaiaLearning to juniors and their parents. MaiaLearning is a comprehensive online planning tool to assist students with college and career preparation, career planning and self-exploration. We are excited about how personalized and intuitive this new online planning tool will be for our students in guiding them about the opportunities after graduation. More information and video tutorials will be forthcoming regarding New Trier's use of MaiaLearning.

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## FINANCIAL AID

If you are interested in getting a better idea of the cost of college and aid you may qualify for, check out these tools:

### NET PRICE CALCULATOR

All colleges are federally mandated to have a Net Price Calculator on their website. To find an individual school's calculator, click [here](#). 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.

### FEDERAL STUDENT AID ESTIMATOR

The FAFSA (Free Application for Federal Aid) cannot be completed until December 1 of the senior year, but the Federal Student Aid Estimator can be completed now to get an estimate of your eligibility for federal aid. Click [here](#) to access.

## 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:

**175**  
YEARS OF  
EXPERIENCE  
IN HIGH SCHOOL &  
COLLEGE 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, DICKINSON COLLEGE, PROVIDENCE  
COLLEGE, OHIO WESLEYAN UNIVERSITY,  
U OF NEBRASKA, U OF TULSA, PURDUE U, U OF  
IOWA, U OF PITTSBURGH, OHIO UNIVERSITY,

PARTICIPANT IN THE UNITED  
STATES MARINE CORP  
EDUCATORS WORKSHOP

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

**23**  
YEARS OF  
EXPERIENCE  
IN COLLEGE ADMISSION  
COUNSELING

CPS PATHWAYS TO  
SUCCESS CONSULTANT

FACULTY MEMBER FOR THE  
ACADEMY FOR COLLEGE  
ADMISSIONS COUNSELING

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

LICENSED CLINICAL  
PROFESSIONAL  
COUNSELOR

## NEED HELP? JUST ASK...

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

Cassandra Barca: [barca@nth.net](mailto:barca@nth.net) .....Durkin, Forbes, Lopez, Riner, Stenta

Jill Cervantes: [cervantj@nth.net](mailto:cervantj@nth.net) .....Matos, Silvers, Stewart

Heather Ecklund: [ecklundh@nth.net](mailto:ecklundh@nth.net) .....Burnside, Earnest, Gamauf, Hidaka

Kristen Graf: [grafk@nth.net](mailto:grafk@nth.net) .....Butler, Castellano, Gaeth, Tobias

Michael O'Connor: [oconnorm@nth.net](mailto:oconnorm@nth.net) .....Newman, Piscitello, Reimer, Waring

Daniel Rogan: [rogand@nth.net](mailto:rogand@nth.net) .....Anderson, Beavin, Gamrath, Kritek

Thomas Shorrock: [shorroct@nth.net](mailto:shorroct@nth.net) .....Hines, Jerutis, Milne, Runkle

Gretchen Stauder: [stauderg@nth.net](mailto:stauderg@nth.net) .....Loring, Lahey, Steen, Stiller

Robert Zigmund: [zigmundr@nth.net](mailto:zigmundr@nth.net) .....Bollweg, Fischer, Kuklis, Rodgers

For general questions or assistance, please email [phsc@nth.net](mailto:phsc@nth.net)

LOOKING AHEAD AT

# JUNIOR YEAR

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

## COLLEGE VISITS

Meet one of the 200+ college representatives that visit our school every fall. Details are posted in Naviance or on our PHSC webpage [here](#). Junior students are allowed to attend visits occurring during a free period or lunch period.

## OCT. 14

Scheduled national test date for the **PSAT/NMSQT**. Visit the "**Testing**" section of our [webpage](#) for other standardized testing resources. Click [here](#) to view the summer mailing sent by the Testing Office.

## OCT. 10

A partnership between local high schools, the **CHOICES Fair** is a post-secondary planning night for students with learning differences who are college bound. Click [here](#) for more details.

## NOV. 13 OR 14

**Junior PHSC Program** for students & parents; our kick-off event providing an overview of the college search timeline and our services. Click [here](#). Counselors will be visiting adviseries throughout 2nd quarter to share important information.

## 2ND SEMESTER

Schedule your **PHSC initial appointment**. Meetings begin second semester and continue through the end of the year. Instructions will be provided on how students will book after we return from winter break.

## JANUARY-JUNE

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

## EXPLORE A GAP YEAR

New Trier will again host the country's largest **Gap Year Fair** on **January 28th**, at the Winnetka campus. Come learn about all the exciting opportunities!

## FEBRUARY

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

## APRIL 10

**State SAT for Juniors** (an Illinois state-mandated graduation requirement). Click [here](#) for more info on required testing for juniors.

