



THE Vanguard School

April & May 2019

# College Counseling Newsletter

## DEAR FAMILIES,

It is hard to believe that the end of another school year is nearly upon us. Please join us in congratulating our senior class, who has navigated the college process with resilience, thoughtfulness, determination, and humor! We wish them well as they close this chapter of their lives and move on to their chosen destinations, which include California, Arizona, Colorado, Massachusetts, Maryland, Missouri, Texas, and more!

Please read on for important end-of-year information for all high school students and families.

Sincerely,

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## College Case Studies Program

**Parents of juniors**, we were proud to have again offered the college case studies program this year. On Monday, April 15, the junior class worked in small groups with real admissions professionals in a mock admission committee exercise. They reviewed three actual college applications and admitted, denied, and wait listed each student as a group.

This year, representatives from **Colorado College, University of Colorado Boulder, Trinity University (TX), Saint Louis University, Dickinson College, Colgate University**, and **Miami University of Ohio** joined us. We look forward to offering this wonderful program again next year!

## IN THE NEWS

[COLLEGE TOUR  
ROAD TRIPS AS  
ROUTES TO  
ADULTHOOD.](#)

[HOW TO CURE THE  
NEW SENIORITIS:  
MAKE YOURSELF  
YOUR SENIOR  
PROJECT](#)

## QUOTE OF THE DAY

“COLLEGE IS A SINGULAR OPPORTUNITY TO RUMMAGE THROUGH AND LUXURIATE IN IDEAS, TO GIVE YOUR BRAIN A VIGOROUS WORKOUT AND YOUR SOUL A THOROUGH INVESTIGATION, TO REALIZE HOW VERY LARGE THE WORLD IS AND TO CONTEMPLATE YOUR DESIRED PLACE IN IT.”

- FRANK BRUNI

## SOON-TO-BE-GRADUATES

**May 1 is National Candidate Reply Date.** This means that seniors need to have made their final decision and made a deposit to their college of choice by this date. Please communicate with your counselor if you are unsure where your child will confirm their enrollment so that we can support them. It is not unusual for some students to inch right up to that deadline before making a decision!

**Final transcripts** will be sent to the student's college of choice in early June.

**Check AP score requirements and policies.** If your child will take an AP exam this month, they should check the AP score requirements and policies at their college of choice so that they don't miss an opportunity to receive credit or be placed in an advanced class.

### RISING SENIORS

**Individual meetings.** Parents, it is important to have an individual meeting with the college counselors to ensure we have discussed as a team your child's goals, needs, interests, and priorities. If you have not yet met with us, please email one of us to get on the books.

**SAT/ACT.** All juniors took the SAT at school on Tuesday, April 9. Results should be released in late May. It is our position that students should attempt both the SAT and ACT prior to the start of the senior year in order to determine their stronger test (the majority of students have a clear strength). The typical approach is that students should attempt both, identify the better test, and re-take the test of choice the summer before or early in the senior year. [CLICK HERE](#) for upcoming test dates, costs, and registration information.

**Summer plans.** Students should strike a balance between rest, exploration, and preparation the summer before senior year. Allow your child a "breather" from the daily rigors of school life before encouraging them to look ahead to the college process. Here is our recipe for a successful summer.

#### **Every student should:**

- ⇒ Catch up on sleep, spend quality time with family and friends, and read a book.
- ⇒ Continue to reflect on their academic interests and needs in a college and to refine their college list so they return as a senior with a small group of colleges of good fit, the majority of which should match their academic profile. Visiting a few colleges over the summer would be a plus.
- ⇒ Do something valuable with their time that is reflective of their values, skills, and goals. This could be working, volunteering, job shadowing or interning, or completing a summer program. The counselors get a lot of information about free summer programs, from shadowing the FBI to promoting children's literacy and local history to trail restoration to healthcare. Students should come see us for more information!
- ⇒ Peek at the Common Application. Over 700 colleges and universities use the Common App, a centralized application that most Vanguard seniors will use in the application process. Completing some of the background information and writing a draft of the college essay are great summer goals. [CLICK HERE](#) to access the Common Application.

## RIISING JUNIORS & SOPHOMORES

The transition to both sophomore and junior year represents a large step forward for students. Expectations for classroom engagement, homework, and citizenship increase, as well as the time spent with the college counselors preparing for their futures. Here are some **summer goals** that apply to soon-to-be 10th and 11th graders so they can hit the ground running in August:

**Testing preparation.** Students will receive their PSAT 9-10 results beginning in mid-May. They should review their scores and identify areas for improvement in preparation for the October PSAT/NMSQT, the results of which may qualify juniors for the National Merit Scholarship program. All students have access to **Khan Academy** ([click for link](#)), a free service that connects to a student's individual College Board account to provide personalized test prep.

**Reflect on academic strengths and interests and teacher relationships.** Consider the first one or two years of high school and reflect upon the courses and teachers who left the greatest impact. What areas of study might you want to continue exploring, both at Vanguard and beyond? What style of teaching has sparked your academic interests and allowed you to get the most out of your classes? You will be tasked with asking teachers for recommendations in the college process, so deepening those connections with teachers will be an important step. Likewise, is there a way to further your academic interests this summer by working, volunteering, job shadowing, interning, or doing a summer program? See the counselors before leaving school in May, as we get information about many free, local summer programs in a range of areas.

**Reflect on your school and community involvement and identify ways to “step up.”** We know that a college application involves much more than a student's grades and test scores. The holistic review process takes into account not only these aspects, but also the student's commitment to the extracurricular life (athletics, the arts, clubs, student government, volunteering, working) of their school and community. *Depth* of involvement is important. What do you most care about at school and in your community and how do you demonstrate a consistent effort to contribute to it? In what ways can you return to school in the fall and seek a leadership role? What does your school or community need and how can you initiate responsibility in filling that need—building a fundraising effort, initiating a new club, coordinating a community event? Whatever you do, it should reflect your own values, skillset, interests, and goals.

### THE IMPORTANCE OF GROWTH

Your child has the first years of high school under their belt, and for that, they should be celebrated! Hopefully they have grown exponentially as students and citizens and are ready for the added challenges that come along with the next year.

It is important to remember that very few students have a perfect high school record, especially at a rigorous school wherein expectations are high for all students.

One message we hear consistently from college admissions representatives is that perfection is rarely expected. Rather, they look for *growth* and an *upward trending trajectory* in both performance and in rigor over the course of a student's career in high school. Take heart if your child experienced set backs this year. Spend some time this summer identifying strengths and areas for growth. Remember that students are a work in progress and that they will likely be very successful in their transition from high school to college, even if they experience growing pains along the way.

## 2019-20 SAT & ACT Dates

SAT & SAT Subject Tests	ACT
<b>May 4, 2019</b> <i>Registration Deadline: April 5</i> <i>Late Registration Deadline: April 22</i>	<b>June 8, 2019</b> <i>Registration Deadline: May 3</i> <i>Late Registration Deadline: May 17</i>
<b>June 1, 2019</b> <i>Registration Deadline: May 3</i> <i>Late Registration Deadline: May 22</i>	<b>July 13, 2019</b> <i>Registration Deadline: June 14</i> <i>Late Registration Deadline: June 21</i>
<b>August 24, 2019</b> <i>Registration Deadline: July 24</i> <i>Late Registration Deadline: August 11</i>	<b>September 7, 2019</b> <i>Registration Deadline: August 9</i> <i>Late Registration Deadline: August 25</i>
<b>October 5, 2019</b> <i>Registration Deadline: September 5</i> <i>Late Registration Deadline: September 23</i>	<b>October 26, 2019</b> <i>Registration Deadline: September 27</i> <i>Late Registration Deadline: October 13</i>
<b>November 2, 2019</b> <i>Registration Deadline: October 2</i> <i>Late Registration Deadline: October 20</i>	<b>December 7, 2019</b> <i>Registration Deadline: November 1</i> <i>Late Registration Deadline: November 18</i>
<b>December 7, 2019</b> <i>Registration Deadline: November 7</i> <i>Late Registration Deadline: November 25</i>	

The Vanguard School Code: 060249

Register for the SAT and SAT Subject Tests through the College Board website (SAT: \$47.50; SAT with Essay: \$64.50):

<https://www.collegeboard.org/>

Register for the ACT through the ACT website (ACT: \$46; ACT with Writing: \$62.50):

<http://www.act.org/content/act/en/products-and-services/the-act.html>

Please see one of the college counselors if you believe you qualify for a fee waiver for either test.