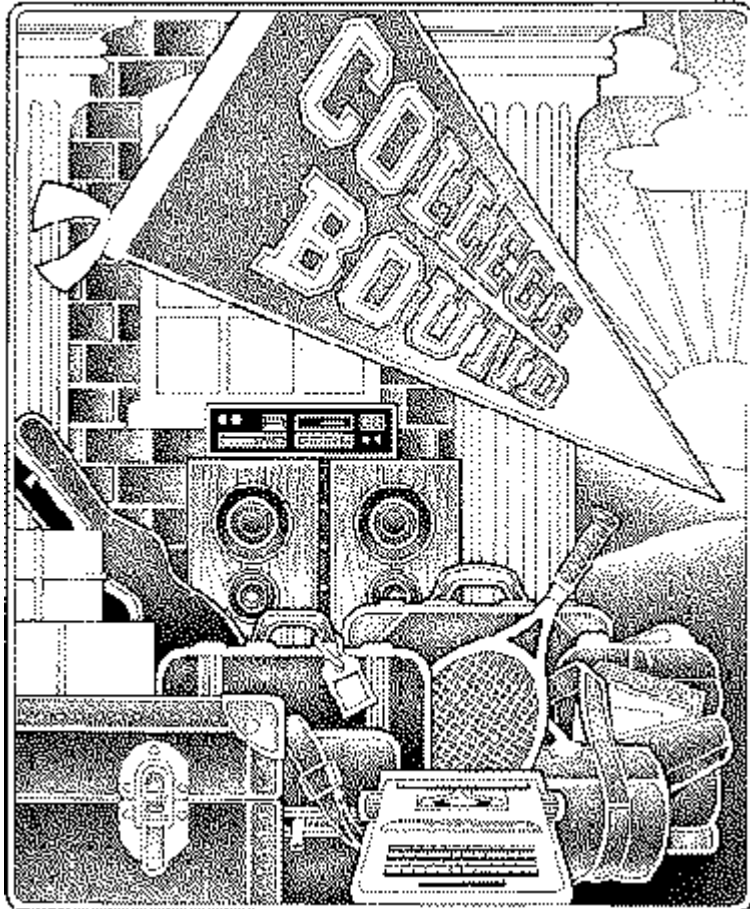


Post-Secondary Planning Guide



Published by the
**Timberlane Regional High School
Guidance Department**

2010-2011 Academic Year

Greeting from the Guidance Department

Dear Students,

As you begin to make important decisions regarding your post-secondary plans, the Guidance Department is here to make you aware of the many resources that are available to you. We hope that this booklet will be a helpful guide for you as you begin the decision making process.

Planning for your future is a long-term process that will require a great deal of responsibility and initiative on your part. While counselors, teachers, and other adults are available to assist you, it is a shared responsibility to plan for the future. Only you can make the decisions that will affect you for the rest of your life. We are here to support you as you near your high school graduation.

The Guidance Department is a valuable resource for you – take advantage of it! It is up to you to make your transition out of high school a smooth one!

Come see us as you begin your journey – we are available to all students and parents!

Sincerely,

Barry Chooljian, Director

Jamie Fish, Counselor
Beth Hemingway, Counselor
Maura Maher, Counselor
Robyn Mahoney, Counselor
Heather Roy, Counselor
Sandra Master, Registrar/Secretary
Donna Reardon, Secretary

High School Course Preparation



Timberlane Regional High School offers three diploma options. Please refer to the Program of Studies for a complete description of specific diploma requirements.

Please choose carefully which courses you will need to reach your post-secondary goals.

Standard Diploma

prepares you for...

- Two-Year Colleges
- Some Four-Year Colleges
- Military
- Employment

recommended courses...

Technical colleges recommend 3 credits in math, through Geometry and Algebra II.
2-3 credits in lab sciences, through Biology and Physics or Chemistry.
Electives in area of interest.

Technical Diploma

prepares you for...

- Two-Year Colleges
- Some Four-Year Colleges
- Military
- Employment

recommended courses...

Community Technical colleges recommend 3 credits in math, through Geometry, and Algebra II
2-3 credits in lab sciences, through Biology and Physics or Chemistry
4-6 credits in area of concentration

Scholastic Diploma

prepares you for...

- Four-Year Colleges
- Two-Year Colleges
- Military
- Employment

recommended courses...

3-4 credits in mathematics, through, Algebra II, Trigonometry/Probability & Statistics, Pre-Calculus and/or AP Calculus
3-4 credits in laboratory science, through Chemistry, Physics, AP Biology, AP Chemistry, and/or AP Physics
3-4 credits in same World Language

Note:

Due to changes in college entrance requirements, we suggest that you consult with college admissions offices, as well as your guidance counselor, to ensure your program will meet requirements at colleges in which you are interested. Don't assume that if you have met the minimum requirements for a diploma that you will be best qualified for the college of your choice. *Check it out in advance!*

Post-Secondary Planning Resource

Developing an appropriate plan for the future involves a great deal of research. The following is a partial list of resources available both in and out of Timberlane.

At Timberlane

- Internet Access
- College & Career Handbooks
- College Catalogs and View books
- College Videos and CD's
- Computerized Programs
- TRHS Faculty Alma Mater
- Fellow Students & Alumni
- College & Military Visitations
- Parent Information Nights
- Career Seminars

Beyond Timberlane

- Parents & Family
- Internet Access
- College Catalogs & View books
- College Visits & Interview
- Community Resources
- Your Local Library
- College Fairs & Open Houses



Choosing a Post-Secondary School

In order to select an appropriate college, you should have a fairly clear idea of why you want to go to college. College is a very expensive and time-consuming commitment.

It should not be done just to please your parents or because all of your friends are going. You should begin by first considering these questions.

Why do I want to continue my education after high school?

How long do I want to stay in school?

Where do I want to be in five to ten years?

How will college help me to get there?

There are over 3000 colleges in the United States. How can you possibly narrow it down to one?

Here are some factors you should consider as you make your decisions about what you want out of a school.

Note:

As you narrow your list, consider these things. At least one should be a “safe” school where your admission is almost certain. One or more might be a “reach” school, a place you would like to attend but admissions standards make your chances of acceptance very uncertain. The rest should be schools where you have a realistic chance of being admitted.

College Selection Variables

Consider these issues when choosing a post-secondary school.

Academic

Available courses of study

Environment

Size, location, architecture, setting

Atmosphere

Regional differences, security, academic life pace, faculty-student interaction, school spirit/sense of community, liberal/conservative orientation

Facilities

Libraries, laboratories, computers, study areas, athletic facilities, student unions, handicapped facilities, book stores, student stores, laundry

Cultural Opportunities

School/area cultural, pro sports, lectures, churches, museums, the arts
Opportunities abroad

Housing

On-campus, off-campus, coed, cost, types, location, condition, special interest, size of room, determination of roommates, fraternities, sororities

Food

Meal plans, variety, special diets, vegetarian, meal times

Athletics

Division, intramural, recreational

Services

Health, medical, counseling, dental, insurance, academic/personal

Programs

Career/graduate advising, transportation, ROTC, Cooperative education, consortia, honors colleges, internships, tutorial services, learning disabilities, minority, year abroad, student employment

Costs

Cost, financial aid, services, work study

Admissions Decisions

While colleges may vary greatly in their admissions requirements, they do seem to share one overall objective. They need to select students who are willing and able to be a positive addition to the college.

Below are some of the more common factors which admissions officers weigh while trying to decide if you are a good candidate for their next entering class. Larger colleges often have to rely heavily on the more objective factors, such as test scores, grades and rank in class. Smaller schools may be in a position to look more carefully at personal factors.

- High school courses – level of difficulty undertaken in comparison to level available
- Grades & GPA
- Rank in class
- SAT I and SAT II/ACT
- Application and Essay
- Letters of recommendation
- Interview and other direct contacts with the college
- Co-curricular activities, i.e. clubs, sports, community service
- Other factors which indicate talent, leadership, dedication, or other abilities and

experiences which will be of value at the college

- Internships & job shadowing experiences

Standardized Testing

Standardized tests are only one of the many factors that colleges use in making admissions decisions. Such testing allows colleges to compare student performance on a nationwide basis. Thus a student at Timberlane can be somewhat compared to any other student a college is considering for admission.

PSAT NMSQT

Preliminary Scholastic Assessment Test & National Merit Scholarship Qualifying Test

This is a practice test for the Scholastic Assessment Test (SAT I), given annually on a Saturday in October.

The test is offered to sophomores and juniors. Students receive a score report which highlights their performance on the test. Scores range from 20 to 80. Top-scoring Juniors may qualify for a National Merit Scholarship. Underclassmen who take this test must retake it in their Junior year in order to participate in the National Merit Program.

We recommend the PSAT to all college-bound students.

ACT

American College Testing Program

The ACT is very similar to the SAT and it is accepted by all four-year colleges in the country, just as the SAT. This test, however, measures your general educational achievement and ability to complete college-level work. Many students find that if they

Test Taking Tips

If you consider applying for Early Admissions, be sure to find out if you need to take any of the testing earlier than usual.

Pay attention to deadlines! Early Admission candidates pay particular attention to your timelines!

The College Board provides excellent material to help you practice for these tests. Area bookstores also carry a large number of books on college admissions testing. Also, check your local

perform poorly on the SAT, they perform many times better on the ACT. Here's what it looks like: 4 sections: English, Math, Reading, Science, and Writing (optional) Scoring: Each sections grade from 1-36, for a maximum total score of 144. Oftentimes, the ACT with the writing option is accepted by colleges as a substitute for the SAT II Subject Tests.

Register online at www.act.org

SAT I

Scholastic Assessment Test – Reasoning

This is a test of verbal and mathematical skills designed to predict your likelihood of success during the freshman year of college. It seeks to measure abilities, not achievement.

Scores range from 200 to 2400. Scores are reported in the areas of critical reading, math and writing. Colleges accept students' best scores in these areas.

Students are advised to take this test in May or June of their Junior year and consider testing again in the fall of their Senior year.

library and the Internet for information.

Get a good night's sleep before the test.

Take a watch with you. Budget your time carefully.

Make sure you answer every question in the correct spot on the answer sheet.

Answer the questions you know first. Then go back. You will lose ¼ point for each wrong answer

Pay particular attention to transition words such as "but", "however", and

Register online at www.collegeboard.com

Advanced Placement Test

AP tests are for students who have completed college level work in an advanced placement course while in high school. Many colleges will grant college credit and/or advanced standing for high scores.

SAT II

Subject Test (Formerly Achievement Tests)

These are subject specific, hour-long, tests of knowledge in a particular subject. Some colleges use SAT II scores for placement in levels of freshman classes. Selective colleges usually require at least 2 or 3 of these tests.

SAT II tests should be taken as soon as possible after completion of a particular subject. If, for example, you are taking accelerated Biology during Grade 10, you may want to take the Biology SAT II at the end of your sophomore year. If you wait until the next year, you may have forgotten much information.

"therefore". They often signal important concepts.

Since calculators are allowed for the SAT Exams, make sure your calculator meets the standards set by the College Boards – refer to the SAT registration booklet for standards.

Above all, stay calm.

Note:

Because they can teach you test-taking strategies and other problem solving techniques, SAT "prep" courses can sometimes improve your

test scores. They also can improve your vocabulary and math skills. Talk with your counselor if you feel

that this is an option that you wish to pursue.

Types of Post-Secondary Schools

College

An educational institution which offers instructions programs which may vary from one to four years in length.

University

Usually a larger educational institution composed of two or more colleges. Often has graduate programs offering advanced degrees.

Admissions

Representative

Visitations at Timberlane

Each Fall, admissions representatives visit Timberlane Regional High School to meet with students and guidance counselors. These representatives are from technical schools, two-year colleges, four-year colleges, and career training schools.

Representatives visit area high schools to provide students with information about their particular programs. These meetings help

Military Careers

The military provides a wide range of employment and training opportunities.

In addition to making a service commitment to your country, enlistment in the Armed Services can also provide you with on the job training and substantial educational benefits, including financial aid for college study.

To assist you in learning about these opportunities, the Guidance

Business College

Offers programs of instruction in business related fields. May vary from an independent one-year school to a comprehensive four-year college within a university.

Community College

Usually offers a two-year program. These programs might be either and end in themselves, or they may be preparatory for transfer to a four-year program.

students in their decision making process, as they can ask questions and get immediate feedback, and counselors are available to assist in this process.

A schedule of visiting reps is posted in Guidance, as well as being announced through the Guidance bulletins and newsletters.

Students are encouraged to attend these sessions whenever possible. Students may obtain a pass from the Guidance Department.

Department maintains a library of promotional and informational materials.

To qualify for military careers, all students must take the ASVAB test. The Armed Services Vocational Aptitude Battery (ASVAB) is offered through each branch of the military.

This exam provides you with valuable information about your

Military College

Usually refers to one of the federal military academies which provide a free four-year college program followed by a military commitment. Admission procedures are quite involved and begin in Springtime of Junior year.

Community Technical College

Offers programs of instruction lasting fewer than four years in a variety of technical fields.

Note:

*Last year over 50 College and University Admissions Representatives came to Timberlane to meet with Juniors & Seniors. The majority of the college admissions reps come from the North East, and represent a variety of schools. **Every month** Timberlane hosts a military representative to meet with students. The Air Force, Navy, Marines, Army & Coast Guard all send reps to our school.*

aptitude for training for military, as well as civilian careers.

Also, Military recruiters are invited to visit once per month during the school year to meet with interested students.

Representatives from the military academies, ROTC (Reserve Officers Training Corp), National Guard, Coast Guard, Army, Navy, Air Force, and Marines regularly visit the Guidance Department.

Check with your counselor.

College Fairs

College Fairs, offered in the fall and spring, are hosted by area high schools and colleges. At the fair, hundreds of college and university admissions representatives open an information booth for their specific school. Admissions representatives are available to answer questions, and hand out view books and catalogs.

Before attending the fair, students and parents should have a list of questions for each college. The following are some questions to consider.

What type of institution is this?

- College, university, technical?
- Two-year or four-year?
- State supported or private?
- Religious affiliation?
- Coeducational?
- Student enrollment?
- Graduate student enrollment?
- Rural, urban, suburban?
- Residential or commuter students?
- Cultural diversity?

How much does it cost?

- Tuition?
- Room & Board?
- Fees, books, personal expenses?
- Are there part-time jobs available either on campus or locally?
- Is there a co-op plan offered?

Tell me about Financial Aid

- How many receive financial aid?
- What is the average award?
- Is financial aid guaranteed throughout enrollment?
- Are there academic, athletic or other merit scholarships available?
- What is the deadline for applying for financial aid?
- What forms are required?

Note:

For detailed information regarding financial aid information, always contact the financial aid office at the

colleges you are interested in attending.

What majors do you offer?

- What majors are available?
- Can I have a major, minor, dual major, or interdisciplinary major?
- Do you have exchange programs or study abroad opportunities?
- What is the faculty-student ratio?
- What is the typical class size?
- Is academic advising available?
- What is the level of your faculty's credentials and experience? (i.e.: percentage holding doctoral degrees; numbers involved in research)
- What is your institution's accreditation by educational agencies and professional organizations?
- Do you have a learning center or tutorial program?

What are your Admissions Criteria?

- What is emphasized when looking at applications?
- What tests must I take to apply? (SATI, SATII or ACT)
- Is an interview required or recommended?
- What can I do during my high school years to enhance my chances for admission to your institution?

- What is the academic profile of students generally accepted to your institution?
- What is your application deadline?
- Is there an early decision program?

How do you help your students prepare for careers?

- Do you provide opportunities for specialized training?
- What kinds of career counseling services are available?
- How well does your school do in placing graduates in jobs, as well as in graduate and professional schools?
- Are internships, co-ops, and independent study opportunities readily available to students?
- Does your institution offer ROTC programs?

What co-curricular activities are available?

- What on-campus clubs and organizations are offered?
- What is your athletic program like?
- What cultural opportunities are available on campus?
- Are there fraternities or sororities?
- What do students do on the weekends?



College Visit & Interview

As you begin the process, you should make it a point to visit at least 3 to 5 schools. A campus visit could have the greatest impact on determining which college you will choose. Imagine moving into a house without ever having seen it...why would you do that with college? You should spend time on a campus before you commit to two or four years. Refer to these guidelines as you begin to investigate colleges and schedule interviews.

Before You Go...

Make an Appointment

You will get a significant amount more out of your visit if you make an appointment. Ask about special programs or open houses designed for your interests. If necessary, ask about overnight accommodations.

Take Your Parents

Your parents should visit the school with you. They are interested in your future and will surely have many questions as well.

Visit During Regular School Days

See the school as it normally functions. Ask to sit in on a class. Try to arrange a tour of the dorms. Eat in the dining hall. Get a feel for the type of students that are there.

Save Your First Choice for Last

Don't interview or tour on your first college choice. Spend some time at another school before you visit your favorite. You will be more prepared.

Do Your Homework

Read the school catalog. Check out the website. Make a list of questions.

Schedule Your Interview

Many colleges welcome you to interview, some do not. Consider the requirements of each individual school, and take advantage of your visit and complete interview with an admissions representative.

What To Look For

Your kind of people

The student body should be excited and involved. Talk to as many students as possible to get a real flavor for the type of student on campus. Remember, you will have to live with these people.

Faculty

Determine if the faculty is caring and available. Speak to professors in your field of study and find out if they are accessible to students. Check the faculty/student ratio.

Facilities

Check the residence hall rooms and find out how many students per room. Inspect the classrooms to determine if they are clean, well-lit and spacious. Check the general upkeep of the campus.

Study Space

Does the library provide ample study space? What about the residence hall?

Financial Aid

Stop in the office and make an appointment with these folks.

Community

What is the town/city like that surrounds the campus? Are there activities? Churches?

Social Life

Investigate the school's calendar of events. What goes on during weekends? Do students go home or stay?

The Interview

Be Prepared

Read the catalog and avoid asking questions that are clearly answered in the literature. But don't be afraid to ask for more information and/or clarification. You will be asked to explain, in greater detail, about yourself. You may be asked the following questions:

- Why do you want to go to college?
- Why this college?
- Why should we accept you?
- What do you have to offer?
- What book did you read last?
- What are your weaknesses?
- What are your strengths?
- What do you do outside of school?
- Will you be involved here?
- What do you expect will be the hardest part of coming to college?
- What is your intended major and why?
- What are your favorite courses?

You, in turn, should ask some questions. Some to consider are:

- Do grad assistants teach courses?
- What is the curriculum like?
- What special attention do you give your students? (e.g. advisors, counselors, orientation, etc.)
- Are there handicap facilities?
- Do you have study abroad?
- What is your job placement rate?

Note:

Take this opportunity very seriously. Often times, your presentation can make

- What is the admissions process?
- What percentage of students go on to graduate school?
- Employment?
- What percentage of students work?
- Are there co-ed dorms?
- Ask the questions that are bothering you – This is your interview!

The Application Process

Your Guidance Counselor and the Guidance Department Secretaries are available to assist you in filing applications and completing other supporting paperwork.

However, the application process is a cooperative process with clear cut responsibilities for all participants.

Students have the ultimate responsibility for requirements and deadlines. Do not miss a deadline!!

Every school has a different deadline, for regular and early admissions processes. Please double check specific deadlines for specific schools.

Also, communicate with Guidance about your needs in advance so that we may better serve you.

Note: Colleges prefer to receive all application materials in one packet. This also ensures that all your information arrives at the admissions office together. However, if you prefer, you may mail your application separately.

Student Responsibilities

- Check deadlines!
- Obtain application forms. Many are available on line through the college website
- Ask two to three members of TRHS faculty to write a recommendation for you. This can be teachers, coaches, advisors, etc.
- Complete the Student Activities Form so that these activities can be typed on your high school transcript.
- If an application includes a Secondary School Report Form, bring it to your Guidance Counselor and request that it be completed.
- When your application form(s) are completed, make an appointment with your counselor to review them.
- Remember to include any application fees. Your counselor also has Fee

Waivers available if appropriate.

- Don't procrastinate! Complete your application at least a week prior to the deadline to ensure it will arrive on time!

Guidance Responsibilities

- Supply Student Activities Sheets
- Prepare your official high school transcript with profile.
- Complete any Secondary School Reports and write your counselor recommendation.
- Send midyear and final reports to colleges upon your request.
- Keep letters of recommendation in your cumulative folder.
- Mail your application packet at your request.
- Provide support and direction throughout the entire process.

Employment

Students seeking immediate employment after graduation should consider the following:

- Review or retake Career Interest Survey on CHOICES
- Create a resume
- Review interview strategies
- Meet with counselors to discuss specific career plans
- Access other career resources

Students should consider jobs that offer opportunity for growth, as well as health insurance benefits. Also look for possibility of advancement in the field.

The Guidance Department is often called by employers looking for high

school students who are interested in work. A list of these job opportunities is available in the office.

All jobs will require an interview. When you do get called for an interview, be prepared to answer the following questions:

- Routine questions concerning the formal application
- What was your high school attendance?
- How long have you lived at your present address?
- What was your favorite high school subject?
- In what school activities have you participated?

- What are your own special abilities?
- In what areas do you feel you need more training?
- In what work do you feel most comfortable?
- Do you like to work with people?
- What qualifications do you have that make you feel you will be successful?
- What is your present physical health?
- What type of people seem to rub you the wrong way?
- Do you prefer working by yourself or with others? Why?

- What do you plan to be doing ten years from now?

- What kind of boss do you prefer?

- What are your salary expectations?

Glossary

ACT	American College Test
A.A.	Associates of Arts Degree
AP	Advanced Placement Test
A.S.	Associates of Science Degree
B.A. & B.S.	Bachelor of Art Degree- Bachelor of Science Degree
CEEB	College Entrance Examination Board
ETS	Educational Testing Service, Princeton, NJ
CSS PROFILE	Financial Aid Form
PSAT/NMSQT	Preliminary Scholastic Assessment Test and National Merit Scholarship Qualifying Test
ROTC	(Reserve Officers Training Corps) College scholarships with military commitment
SAT I	Scholastic Assessment Test (Reasoning Test)
SAT II	Subject Test (formally Achievement Tests)
SSAT	Secondary School Abilities Test (for prep schools)
Alumni Interview	An admissions interview conducted by a graduate of the college. Often done locally when a student is unable to travel to distant college for an interview.
Associate's Degree	Document issued by a 2-year college certifying graduation.
Bachelor's Degree	Bachelor's degree showing a concentration of study in areas such as the natural science, engineering, math, liberal arts.
Class Rank	Ranking based on all grades received in grades 9-12.
College Fair	A gathering of college representatives at a central location. Fairs are held locally at St. Anselms, University of New Hampshire, Northern Essex Community College, Pinkerton Academy and Phillips Exeter Academy. Students can walk from booth to booth gathering information, including presentations on admissions, financial aid, etc.
College Packet	The basis of a Timberlane Regional High School student's application. Contains teacher recommendation, activity sheet, and record release. Set up in September of Senior year.
Admissions Representative	A college official or graduate coming to Timberlane Regional High School to talk with students about college.
Co-op Program	A student alternates between periods of full-time study and full-time employment in a related field.
Deferred Admission	The practice of permitting students to postpone enrollment for one year after acceptance to the college.
Early Action	Also known as Early Notification or Early Evaluation. Student is permitted to apply at other colleges and student receives a decision in advance of a normal response date. Student is not committed to enroll at the institution nor make a deposit prior to May 1.
Early Admission	The practice of some colleges of admitting certain students who have not completed high school – usually students of exceptional ability who have completed their junior year.
Early Decision	Student must commit to a decision and must withdraw other applications at other institutions applied to and make a nonrefundable deposit by May 1.

Liberal Arts

College program which entails a rather broad combination of courses. L.A. programs typically include a variety of courses in the arts, social sciences, language, literature, natural sciences, and math, but with a concentration (major) in a particular field.

Glossary - continued

Master's Degree

Document certifying graduation from (at least) a one-year program following Bachelor's Degree.

Official Transcript

Most colleges will only accept a transcript that bears the high school seal and is mailed directly from the high school to the college. (see Transcript)

Open Admission

The college admissions policy of admitting virtually all applicants with high school diplomas or their equivalent.

Post-Secondary

Life after high school

Private College

Owned privately but often receives grants from public sources.

Public College

Owned by a public entity (such as a state) & funded by a combination of funds and tuition fees.

Transcript

A Chronological listing of all subjects taken and grades received. Also may included standardized testing, honors received and other information. (see Official Transcript)

Undergraduate

College student enrolled in an Associate or Bachelor level program.

View Book

Short colorful booklet published by a college to highlight its best points. Interesting, but strictly an advertising tool. College catalog is much more complete (and more objective).

Waiting List

Students not accepted for admission may be put on a list for future consideration.