# PSAT Results & Early College Planning

Informational Session
BHS Counseling Department

# How BHS Prepares Students for College & Career

## Curriculum

- Connecticut Common Core Standards (CCCS)
- Next Generation Science Standards (NGSS)
- State Social Studies frameworks

## Instruction

Gradual Release of Responsibility

## Assessment

- Common across courses
- STAR Math and Reading
- PSAT
- SAT



# **Comprehensive School Counseling Program**

#### • 9th Grade

- Transition to High School
- Learning Styles/Study Skills
- Club Fair
- PSAT

#### 10th Grade

- Transcript Review and Goal Setting
- Resume Development
- Career Exploration
- Career Fair
- PSAT

#### • 11th Grade

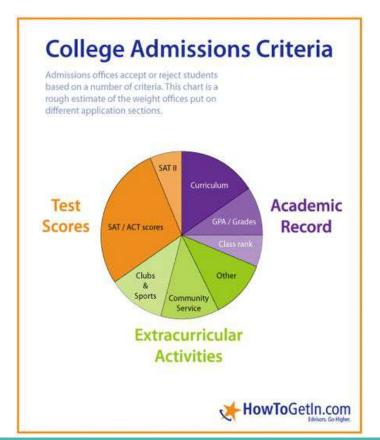
- Post High School Planning
- College & Career Exploration
- Individual Junior Advisement Meetings
- Resume Development
- College Essay Development
- PSAT & SAT

### • 12th Grade

- Post High School Planning
- College Application Process
- Funding College
- Transition to Post High School Path

## **College Admissions Overview**

- Rigor of Curriculum
- Grades
- Admissions Test Scores
- College Essay
- Letters of Recommendation
- Extracurricular Activities & Community Service
- Supplemental Materials (e.g., auditions, portfolios)
- Interview



# **Overview of College Admissions Testing**

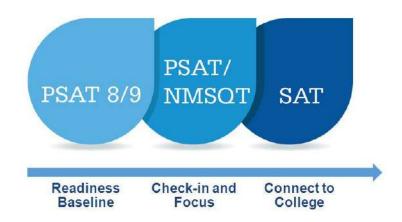
- Most colleges/universities require college admissions testing (SAT or ACT)
- Some of the most selective colleges/universities require SAT Subject Tests (SAT II Tests)
- Some colleges/universities are test optional (<u>fairtest.org</u>)



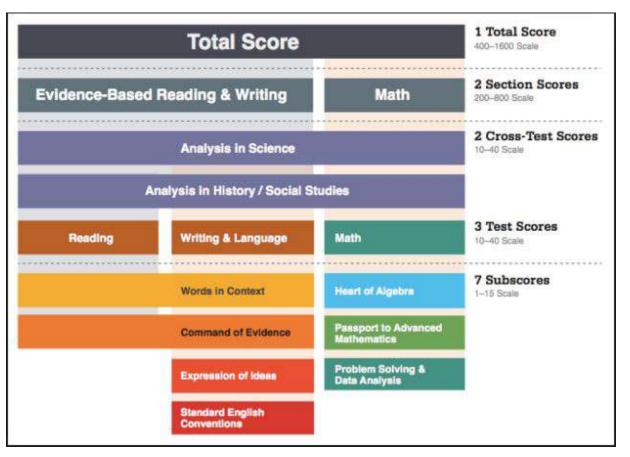
## Introduction to PSAT

- All 9th, 10th, and 11th grade students take in the fall at BHS
- Exposes students to the SAT
- Provides results which can be used as a resource to prepare for the SAT
- Used to determine National Merit Scholarship eligibility for 11th graders

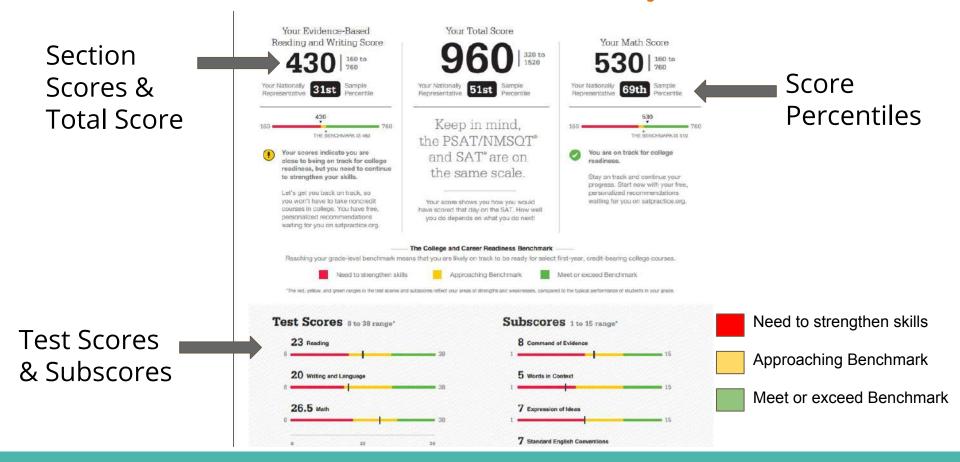
The SAT® Suite of Assessments



## **SAT & PSAT Scores**



## **PSAT - Scores & What They Mean**



# **PSAT - Scores & What They Mean**





National Merit Scholarship (<u>nationalmerit.org</u>)

Areas Needing Improvement

More Resources

**PSAT - Scores & What They Mean** 

Question-Level Feedback

**View Questions** & Answer **Explanations** 

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See the questions, and the answer explanations, online studentscores.collegeboard.org

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Khan Academy is a registered trademark in the United States and other jurgeliations.

Ima B. Student 2016, Grade: 11th Grade

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#### Subscore

- COE Command of Evidence WIC Words in Context
- EOI Expression of Ideas
- SEC Standard English Conventions
- HOA Heart of Algebra

#### PSD Problem Solving and Data Amerysis PAM Passport to Advanced Math.

Cross-Test Score HSS Analysis in History/Social Studies SCI Analysis in Science

- Correct @ Omitted U Unapprable
- MIR Enny
- **BEE Medium** BEE Hard

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# **PSAT - What now? Khan Academy**



and pinpoint your areas for practice

Get constant feedback and progress so

Instant feedback

you know where you stand

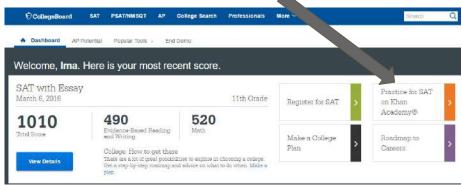
study and test-taking tips

Thousands of practice questions, video

Interactive practice

lessons, and hints

Create or log in to your CollegeBoard account to view your scores and begin using Khan Academy.



## SAT vs ACT (adapted from collegeboard.org)

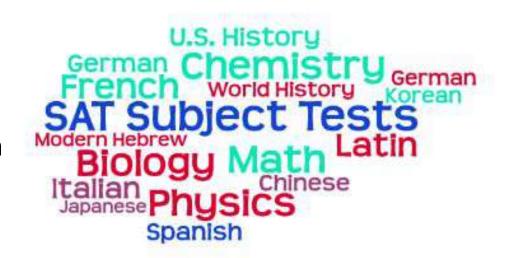
Structure and Timing	SAT	ACT
Testing time	3 hours + 50 minute essay (optional)	2 hours 55 minutes + 40 minute essay (optional)
Structure	3 test + optional essay	4 tests + optional essay
	Reading Test 65 minutes, 52 questions Writing and Language 35 minutes, 44 questions Math Test 80 minutes, 58 questions	Reading Test 35 minutes, 40 questions English Test 45 minutes, 75 questions Math Test 60 minutes, 60 questions Science Test 35 minutes, 40 questions
Number of questions	154	215
Time per question	1 minute, 10 seconds	49 seconds
Score range	Composite: 400-1600	Composite 1-36

## SAT vs ACT (adapted from collegeboard.org)

Features	SAT	ACT
Tests the vocabulary you'll use	Yes	Yes
Everyday math formulas provided	Yes	No
Essay is optional	Yes	Yes
Penalty for guessing	No	No

## **SAT Subject Tests (SAT II)**

- College admission exams on specific subjects
- You choose which tests best showcase your strengths
- 1 hour long (up to 3 tests can be taken on a given date)
- Multiple choice
- <u>List of colleges that use</u>
   <u>subject tests</u>



# **Comparing Scores Among CT Schools**





#### Western Connecticut Stat€...

Danbury, CT

#### Somewhat selective

57% of applicants admitted

#### Requirements

- SAT Reasoning Test or ACT: Recommended
- SAT Subject Tests: Consider If Submitted

#### New SAT Scores

- Math: 490-570
- Evidence Based Reading & Writing: 500-610
- Reading Test: 25-30

#### Old SAT Scores

- Critical Reading, 450-550
- Math: 450-540
- Writing: 450-560

#### **ACT Composite Scores**

osite Scores



#### Central Connecticut Stat€

New Britain, CT

#### Somewhat selective

59% of applicants admitted

#### Requirements

- · Essay(s): Required
- SAT Reasoning Test or ACT: Required

#### New SAT Scores

- Math: 500-570
- Evidence Based Reading & Writing: 510-610
- Reading Test: 25-30

#### Old SAT Scores

- · Critical Reading: 460-550
- Math: 460-550
- Writing: 460-550

#### **ACT Composite Scores**

- 20-24



#### University of Connecticut

Storrs, CT

#### Somewhat selective

53% of applicants admitted

#### Requirements

- Essay(s): Required
- SAT Reasoning Test or ACT: Required

#### New SAT Scores 2

- Math: 600-720
- Evidence Based Reading & Writing: 610-700
- Reading Test: 30-35

#### Old SAT Scores

- Critical Reading, 550-650
- · Math: 580-690
- Writing: 550-650

#### ACT Composite Scores

• 26-31

\*Chart generated using Big Future section of CollegeBoard

# **Frequently Asked Questions**

## Should I take the SAT, ACT, or both?

- Colleges will accept either the SAT or ACT.
- We recommend students take one SAT and ACT and then focus on the test on which they performed better and retest as needed.

## How many times should I take them?

- Simply retesting will not necessarily improve scores.
- We recommend that students complete some type of targeted test preparation/intervention in order to see score improvement.

## Should I take a test with an essay?

- Some of the more selective colleges require the SAT/ACT with essay.
- Some students like to have that score just in case a school requires it.

# **Frequently Asked Questions**

## What will colleges see?

 Most colleges utilize Score Choice and will only see the scores you choose to send them.

## What is superscoring?

- Combining section scores from different test dates to create a new "superscore"
- Most colleges will superscore the SAT; some will superscore the ACT.

## How can I compare an SAT score with an ACT score?

- Collegeboard.org → Concordance tables & score converter
- What can I do as a parent to help my student?
  - Help ease students' anxiety about the tests
  - Help students determine if test prep is needed and the best option

# **Suggested Testing Timeline**

Freshman & Sophomore Year	Fall - PSAT Test
Junior Year	Fall - PSAT Test
	Winter/Spring - Use PSAT results to prepare for SAT
	March 21 - SAT in School (No registration required)
	December-June - Take ACT
	Spring/Summer - Take SAT/ACT with Writing and SAT Subject Tests (if needed)
Senior Year	Fall - Retest if needed

## **Connecticut SAT School Day**

- March 21, 2018
- Given in school
- No cost
- School will register students

- Evidence-Based Reading & Writing & Math Sections
- No essay
- Scores can be sent to colleges just like any other SAT test

# **How to Register**

Register for SAT and SAT Subject Tests at CollegeBoard.org

Register for ACT at ACT.org

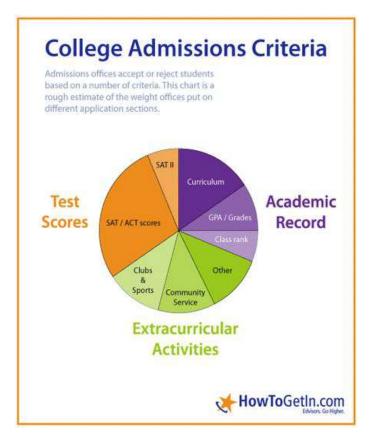
 Fee waivers are available to those participating in the free/reduced lunch program - Talk with your school counselor if you are enrolled. (Counselors don't have access to this information and therefore don't contact families.)

## **Test Prep Options**

- Khan Academy
- CollegeBoard.org and ACT.org
- More test prep resources on BHS School Counseling website
- Local test prep companies
  - Group/classroom settings
  - Weekend bootcamps
  - Individual tutoring
- Use PSAT Results & knowledge of yourself as a learner to choose which test prep method is best for you!

## **College Admissions Overview**

- Rigor of Curriculum
- Grades
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- College Essay
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- Extracurricular Activities & Community Service
- Supplemental Materials (e.g., auditions, portfolios)
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# College is a match to be made, not a prize to be won.

"For many of these young people, the biggest single stressor is that they never get to the point where they can say, "I've done enough, and now I can stop." There's always one more activity, one more thing to do in order to get into a top college. Kids have a sense that they're not measuring up. The pressure is relentless and getting worse."

"Why Are More American Teenagers Than Ever Suffering from Severe Anxiety?" Benoit Denizet-Lewis

# **Transcript & Grades**

- Seniors applying to college will send transcripts that show:

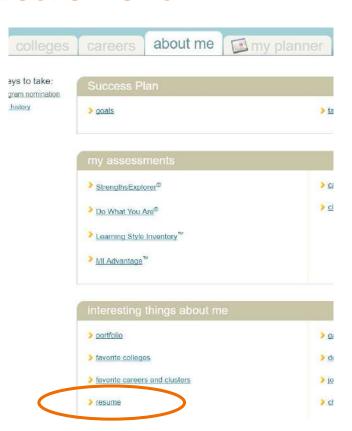
  - 9th, 10th, and 11th grade courses and final grades
     9th, 10th, and 11th GPA AND Cumulative GPA (weighted)
  - Senior Year Courses
- Colleges don't just look at the GPA; they also consider the rigor or a student's curriculum.
  - Students should challenge themselves appropriately and consider courses related to an anticipated field of study.
  - Senior year courses are also taken into consideration.

# **Transcript & Grades**

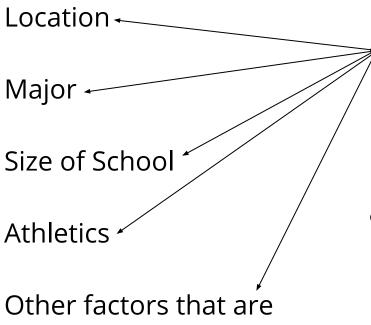
- Senior year matters!
  - Some colleges will want to see first quarter and/or first semester grades.
- The school will also report decile ranking when sending transcripts.
  - Based on cumulative GPA
  - Shows where you rank in class (i.e., top 10%, top 20%, top 30%, etc.)

## **Extracurricular Involvement**

- Colleges want students who will be active, engaged members of the campus community.
- It's about quality, not quantity.
- Students should seek out opportunities for extracurricular involvement and community service that align with their interests. Check the School Counseling website for updated opportunities.
- Keep resume updated in Naviance.



# **Starting the College Search**



important to you

Identify the MOST important, key aspects you are looking for in a college.

 If you don't have a major in mind, that's OKAY! Your search will focus more on college environment and other factors.

## "Goldilocks Search"

- Visit a small, medium, and large size school.
- Visit both a private and public school.
- Go on tours with your friends ... check out schools you might not have considered!

- Start a broad search with an open mind.
   Look at a wide range of schools.
- What are you looking for? You don't know until you start to look!

# **College Visits**

- April vacation is a great time to start looking at schools!
   Make your list of all the schools you want to see, and visit their websites for information about tour options and dates.
- In addition to taking a tour, consider scheduling an appointment with an admissions counselor if possible.
- Make a list of possible questions and DO YOUR RESEARCH in advance!

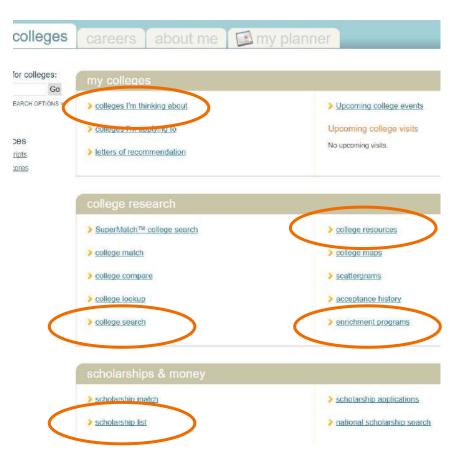
# College Fairs & College Rep Visits

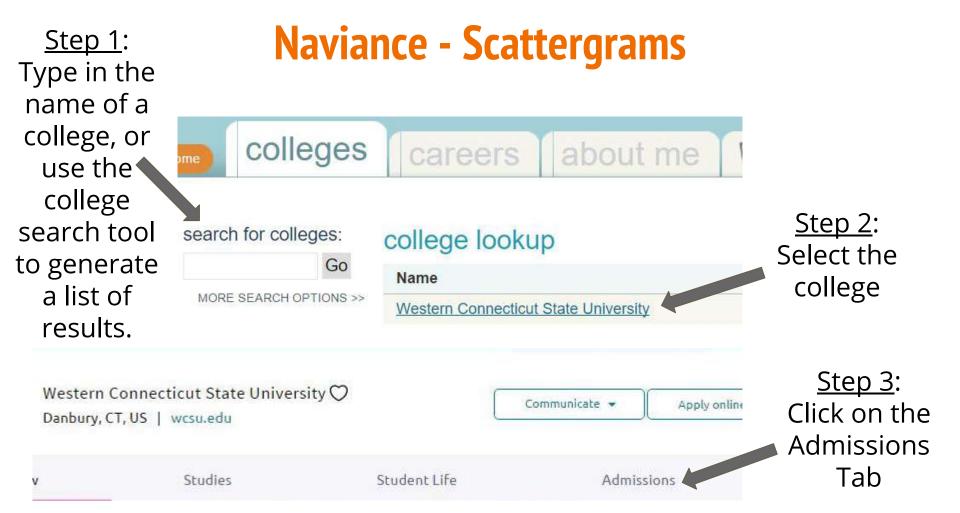
- Local college fairs are great opportunities to speak with representatives from a wide variety of schools. The Danbury Mall usually hosts one in October.
- In the fall many college representatives will visit BHS. Sign up on Naviance to speak with the people who will most likely be reviewing your application.



## **Naviance**

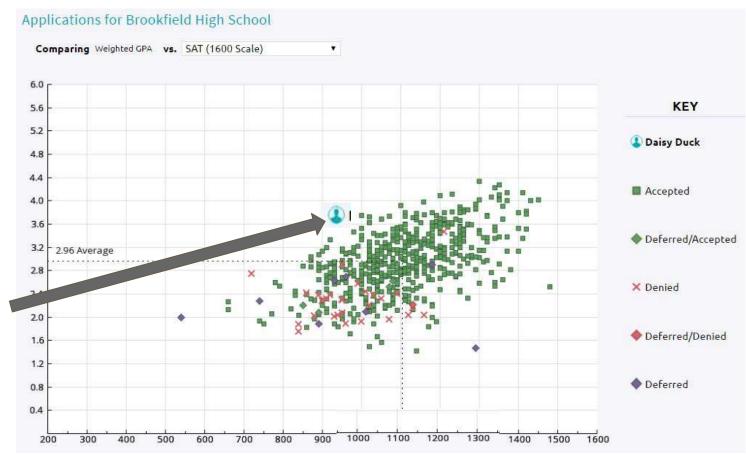
- Using the Colleges tab you can:
  - Conduct a College Search
  - Examine scattergrams to help determine chances of admissions
  - Add schools of interest to the "Colleges I'm Thinking About" list
  - Search for scholarships and summer/enrichment opportunities (also on Counseling Dept website)
  - Explore majors and careers





# **Naviance - Scattergrams**

<u>Step 4</u>: View BHS applicants' admission status based on GPA + test scores & see where you are in the chart.



## **Additional Resources**

 CollegeBoard \*Use the **BigFuture** section to access information on planning for college, finding colleges, exploring majors and careers, getting application advice, and paying for college \*Explore AP test options

- Rugg's list: Ask your counselor for a copy of the best schools for a specific major.
- US News
- Fiske Guide
- Princeton Review
- 350 Best Colleges: Princeton Review

## New England Regional Tuition Break Program

- **Get comparable in-state tuition at out-of-state schools**. Some majors that are not offered by a CT State College are eligible for a reduced tuition amount at other New England region state schools.
- **Visit** <u>www.nebhe.org</u> to see a list of participating schools in the New England region, as well as eligible majors for CT residents.
- Some of the majors: Architecture (BFA), Business Psychology, Cinema Production, Creative Writing (BFA), Dance, Entrepreneurship, Ethnic and Gender Studies, Fashion Design & Retailing, Film Media/Studies, Game Design, Homeland Security, Meteorology, Music Business, Photography

# **Connecticut Transfer Ticket Program**

- Begin at CT community college
- Complete 2 years (earn Associate's Degree)
- Maintain 2.0 GPA
- Transfer to CT state school (i.e., Western, Southern, Central, or Eastern)
- Complete 2 more years to earn Bachelor's Degree
- 26 Available Majors
- http://www.ct.edu/transfer/tickets

## **Financial Aid**

We'll host a Financial Aid Night in the fall with more detailed information.

## FAFSA – <u>www.fafsa.ed.gov</u>

 an application required to be considered for grants, loans and work study

## CSS Profile – <u>www.collegeboard.org</u>

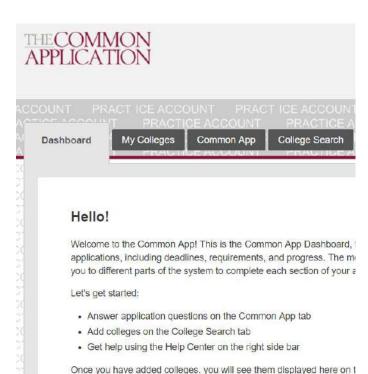
 an application required by some private schools to help them determine eligibility for financial aid

## Scholarships

Research scholarships using the School Counseling website, websites
of the colleges you are considering, and Naviance.

# **Common App**

- One standardized online application (with supplemental requirements for each school)
- Accepted by over 600 colleges/universities
  - Naviance will note if a school is a Common App school.
- Rising seniors can begin filling out the application in August before senior year.
- Essay component Students will draft an essay in their junior English class.



to review requirements specific to each of them on the My Colleges to

## **Student Athletes**

- In order to be eligible for DI and DII athletics, you must register with the NCAA Eligibility Center <a href="https://www.eligibilitycenter.org">www.eligibilitycenter.org</a>
- By the end of Grade 11
  - Register with the NCAA Eligibility Center. Once you've registered, Mrs.
     Sanchez will be notified to send your transcript.
  - Submit SAT/ACT scores to the NCAA using code 9999.
- High school coaches can be a great resource throughout this process.
- When visiting colleges, consider reaching out to coaches to set up a meeting.

# Other Tips for the College Search Process

- Create an appropriate personal e-mail address that can be used to receive and organize information from colleges.
- Be mindful of social media posts. Some colleges review applicants' social media accounts as part of the admissions process.
- Students should take the lead on their college search process. They
  should reach out to college representatives, ask questions during their
  tours, and complete their own applications. Counselors are here to
  support students through this process.

## **Next Steps**

### 9th Graders

- \*Link PSAT scores to Khan Academy to prepare for 10th grade PSAT
- \*Get involved in extracurriculars
- \*Develop strong study skills and seek out extra help if needed
- \*Work with teachers & counselor to develop 10th grade schedule
- \*Meet with counselor during second semester to review the year and plan for next year

## **10th Graders**

- \*Review PSAT results & use Khan to prepare for 11th grade PSAT
- \*Continue extracurricular involvement and consider new opportunities
- \*Keep resume updated
- \*Work with teachers & counselor to develop 11th grade schedule
- \*Begin career exploration in school and through outside research and experiences

## 11th Graders

- \*Review PSAT results and consider test prep options
- \*Develop testing timeline and consider taking ACT
- \*Meet with Mrs. Lungariello for individual junior advisement
- \*Begin college search process through research and visits
- \*Work with teachers & counselor to develop 12th grade schedule

# Thank you for attending!

Refer to the Counseling Department website for updated information about <u>scholarships</u> and <u>student opportunities</u>.

Follow us on Twitter <u>@CounselorBobcat</u> for info and tips about the college application process and scholarships.



We are here to help!

## **BHS Counseling Department**

Jennifer Gioglio - A - Di

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