

# POST-HIGH SCHOOL COUNSELING JUNIOR NEWSLETTER

MAY 2024

## THE SEARCH CONTINUES...

### FOLLOW-UP WORK

Work through the steps and then contact your PHSC

As we collect our closing surveys from the Class of 2024, we will begin to have a clearer picture of the current admission landscape. Updated data will be loaded into MaiaLearning over the summer. In the meantime:

- Complete the tasks listed in your MaiaLearning dashboard.
- Narrow down your list of options.
- Consider which teacher to ask for a recommendation.
- Determine which colleges will still require standardized tests. A complete list of test-optional schools can be found [HERE](#). Discuss your testing strategy with your PHSC.
- Visit the "Schedule a Meeting" page in Canvas to setup an appointment to discuss the progress you've made on your follow-up work and get your questions answered.

### COLLEGE VISITS

Colleges are eager to connect with you! Discover all the options for how to explore colleges.

Check each college website for on-campus or virtual visit options such as:

- Admission information sessions
- Chat sessions with your local representative
- Campus tours

*By registering for and attending on-campus and virtual sessions, colleges will be able to know you're actively researching all they have to offer.*

Utilizing virtual offerings can be a useful way to prioritize where you will visit when able.

Follow schools on social media to get a feel for their unique environment.

**Keep your Maia college list up to date to be notified when colleges schedule visits to New Trier this fall!**

## EXPAND YOUR HORIZON

Think broadly about your future and what is important to you. Explore the resources in Canvas and MaiaLearning to discover more about:

- Gap year
- International colleges
- 2 year/transfer resources
- Skilled trade/apprenticeship
- Military service options
- Affinity resources (such as supports for LGBTQIA, BIPOC, religious needs, etc.)
- Students seeking accommodations
- College-bound athletes
- Fine and performing arts applicants

## TEACHER RECOMMENDATIONS

Be thinking about which teacher you'd like to ask for a letter of recommendation. Typically these letters need to be from a junior year, core academic subject teacher. We would encourage you to schedule a time outside of class to connect with your teacher **before the end of the school year** to ask if they can support you with a recommendation. Many teachers may ask you to complete the Teacher Recommendation Form which can be found on the Junior Class page in Canvas or is linked [HERE](#). Questions? Ask your NT counselor.

## TESTING, TESTING, 1..2..3..

As the vast majority of schools continue to implement a test-optional admissions review, students should prioritize the learning in their current coursework, as that will be the best demonstration of academic preparedness. **To see the current list of test-optional colleges, click [HERE](#).** Visit [ACT](#) or [SAT](#) if you would like to register for an upcoming test. PHSC can provide guidance on which path might be best to consider.

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## SUMMER, SUMMER, SUMMERTIME!

### NEED SOME SUMMER PLANS?

Consider the wide variety of ways you can use your time constructively this summer...

- Consider finding a part-time job, pursuing volunteer work, or learning a new skill. Check out the New Trier Job Board (keep scrolling to link to it!). It can also be found on our website or the Resources page in MaiaLearning and PHSC Canvas.
- Look for ways to help! Be a mentor to a sibling; do chores around the house (without being asked!); help an elderly neighbor with their yard work. Think of ways you can contribute. It will mean the world to someone else, and you will learn more about yourself in the process. If you don't know how to do your own laundry or cook your own meals, take the time to learn now. Come freshman year of college, you'll be glad you did.
- Check out all the experiential learning opportunities being provided by colleges and organizations around the country. Investigate options for some of the schools on your list to see what opportunities are available. Visit the Enrichment tab in MaiaLearning to discover the possibilities.
- Want to stretch your brain but not your budget? Explore taking a Massive Online Open Course (MOOC) through providers such as [edx.org](https://edx.org) or [coursera.org](https://coursera.org), offering thousands of different courses from top institutions worldwide.
- **Remember your counselor is available for help during the summer. Schedule an appointment by clicking the "Schedule a Meeting" button on the PHSC Canvas page or call 847-784-2234.**

## FINANCIAL AID

If you are interested in getting a better handle on the cost of college and what aid you may qualify for, there are a few tools you will want to check out.

### NET PRICE CALCULATOR

All colleges are federally mandated to have a Net Price Calculator on their website. To find this on a school's site, simply type "Net Price Calculator" into the search bar of the individual school. 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

While the FAFSA cannot be available until October of senior year, you can complete the Federal Student Aid Estimator now to get an estimate of your eligibility for federal aid. On average it takes 5-10 minutes to complete. Please click [HERE](#) to visit the site.

### FINANCIAL AID WEBINAR

**Coming in the fall of 2024**, we will be hosting a Financial Aid webinar to answer questions related to need- and merit-based aid. For more information go to MaiaLearning, click Resources >Maia Resources.

## NEED HELP? JUST ASK...

Contact your PHSC for support:  
Cassandra Barca: [barcac@nthsh.net](mailto:barcac@nthsh.net)  
Jill Cervantes: [cervantj@nthsh.net](mailto:cervantj@nthsh.net)  
Heather Ecklund: [ecklundh@nthsh.net](mailto:ecklundh@nthsh.net)  
Kristen Graf: [grafk@nthsh.net](mailto:grafk@nthsh.net)  
Michael O'Connor: [oconnorm@nthsh.net](mailto:oconnorm@nthsh.net)  
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Robert Zigmund: [zigmundr@nthsh.net](mailto:zigmundr@nthsh.net)

# New Trier PHSC Timeline

*a quick look at the past semester and the months ahead*

## Advisory Visits (Jr & Sr Years)

Post-high school counselors regularly visit advisories to share essential information and PHSC logistics. Consistent student advisory attendance is strongly recommended.

## Initial PHSC Appointment

During second semester junior year, students conduct initial appointments with their post-high school counselor. Parents/guardians are welcome to attend this first meeting!

Call 847-784-2234 to schedule

## Student-Counselor Meetings

After the initial PHSC meeting, students can schedule ongoing one-on-one meetings with their counselor. Students should use the PHSC Canvas page to schedule their follow-up meetings.

*Note: Anchor Days are student drop-in days for PHSC. No appointment needed!*

## Letter of Recommendation

Students should work with their post-high school counselor to determine if a teacher letter might be required for their college apps. If so, students should connect with an academic core teacher before the end of junior year.

## Summer Essay Workshops

In June and July, PHSC will host in-person college essay workshops. We will discuss prompts, share brainstorming activities, and allow for drafting & on-the-spot feedback.

[Click HERE for workshop dates and registration details](#)

## Common App Workshops

In August, PHSC will host in-person sessions on the Common Application. We will assist students in registering for their account and discuss the various questions and features.

[Click HERE for workshop dates and registration details](#)

## Summer PHSC Office Hours

Post-high school counselors have summer availability for one-on-one, in-person student meetings. These can be scheduled via the PHSC Canvas page or by calling 847-784-2234.

## Next Steps for Seniors

*Tuesday, August 27, 2024 | Gaffney Aud.*  
Learn detailed information about the college application process, deadlines, requesting and submitting required materials, and general updates on the college admissions landscape.

[click here to read the full PHSC Guide!](#)



# NEW TRIER POST-HIGH SCHOOL COUNSELING COLLEGE ESSAY WORKSHOPS

## SUMMER 2024

FREE 90-MINUTE WORKSHOP FOR RISING SENIORS TO HELP BEGIN AND REFINE YOUR COLLEGE ESSAYS.

- DISCUSS ESSAYS IN A COLLEGE ADMISSIONS REVIEW
- LEARN HOW TO AVOID COMMON MISTAKES
- BRAINSTORM TOPICS AND BEGIN DRAFTING

ATTENDEES MUST BRING AN IPAD OR LAPTOP

EACH SESSION IS IDENTICAL, SO YOU ONLY NEED TO ATTEND ONE. REGISTRATION IS REQUIRED

2024 DATES: JUNE 24, JUNE 26, JULY 16 OR JULY 18  
TIMES: 10:30 AM-12:00 PM OR 1:30 PM-3:00 PM

LOCATION: NEW TRIER LIBRARY (WINNETKA CAMPUS)

**[CLICK HERE TO REGISTER!](#) (OR USE THE QR CODE ->)**

*[click here to preview the  
2024-25 Common App  
essay prompts](#)*





**NEW TRIER POST-HIGH SCHOOL COUNSELING  
PRESENTS**

# **COMMON APPLICATION WORKSHOPS**

**ATTEND A FREE, ONE-HOUR SUMMER SESSION!**

**REGISTRATION NOT NEEDED**

**2024 DATES: AUGUST 5, 7, 13, OR 15**

**TIMES: 10:30-11:30 AM OR 1:30-2:30 PM**

**LOCATION: NEW TRIER LIBRARY (WK CAMPUS)**

**BRING YOUR IPAD OR LAPTOP TO PARTICIPATE**

- DESIGNED FOR THE CLASS OF 2025
- PERFECT FOR NEW COMMON APP USERS OR THOSE LOOKING TO FINE TUNE AN EXISTING APPLICATION.
- LEARN ABOUT EACH SECTION OF THE COMMON APP.
- THOROUGHLY AND CORRECTLY COMPLETE MORE THAN HALF OF THE APPLICATION DURING THE WORKSHOP.
- UNDERSTAND HOW TO ENTER NEW TRIER-SPECIFIC INFORMATION SO COLLEGES AND UNIVERSITIES BEST UNDERSTAND YOUR EXPERIENCES.





# New Trier PHSC Video Resources

(click on the titles below to watch the videos)

## Essay Writing

Hear from Veronica Huaud (formerly of Kenyon College, currently at UChicago Admissions) on best practices for college application essay writing

## “Why This Major” Essay

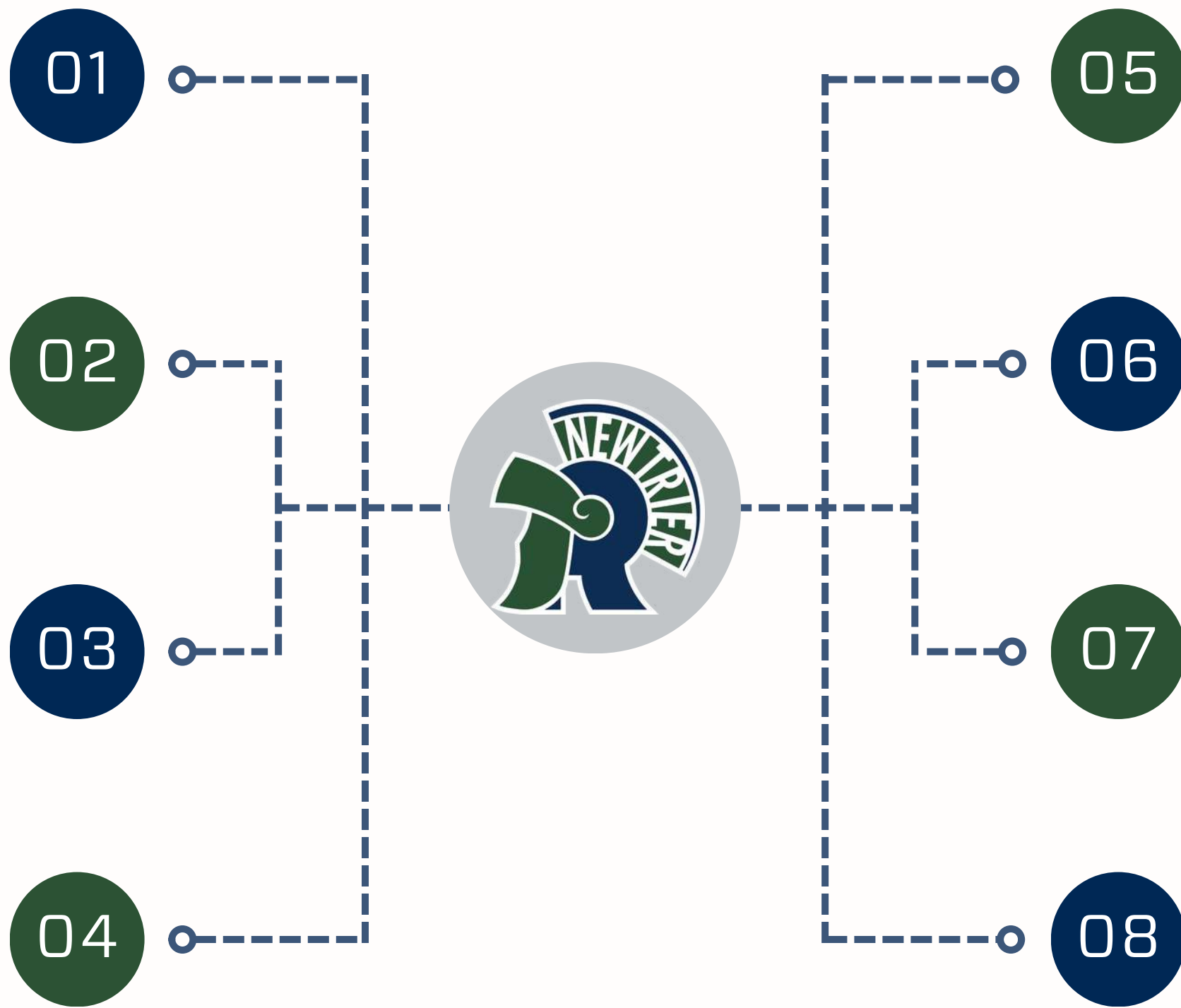
Learn about how to plan for a college essay question that asks you about your possible college major from Brian Hodges at the Univ of Illinois

## “Why Us” Essay

Learn about how to plan for an essay question that asks you about your interest in a particular campus from Megan Lakatos at the Univ of Michigan

## Standardized Testing

Compass Education Group leads a discussion on how to navigate standardized testing and recent changes to the SAT and ACT



## Intro to College Admissions

Admission officers from Case Western Reserve Univ, Univ of Illinois, Univ of Iowa, Loyola Univ Chicago, and Marquette Univ share their expertise and answer FAQs

## Admissions Mania

“Where You Go Is Not Who You’ll Be.” A presentation by New York Times Op-Ed columnist and bestselling author Frank Bruni on the college admissions mania

## Financial Aid

A financial aid presentation by Brent Tener, Assistant Provost, Executive Director of Student Financial Aid and Scholarships at Vanderbilt University

## Life Stage Transitions

How parents and teens can ride the emotional roller coaster together presented by Jocelyn McDonnell, LCPC, of Northwestern Univ



# JOB BOARD

*Part-time, Summer, Internship,  
and Volunteer Opportunities*

Contact Ms. Barca  
with questions at  
[barcac@nthsh.net](mailto:barcac@nthsh.net)

SCAN  
HERE



POST-HIGH SCHOOL  
COUNSELING