



Junior/Senior Seminars

College Preparation

The Junior Seminar and Senior Seminar series is a program to introduce cadets to and carry them through the college application process. It begins with self-exploration and discovery and culminates with submitting college applications. The general structure and timeline is as follows:

JUNIOR SEMINAR

Junior seminar begins with the start of the 2nd Semester of an academic year. Guidance counselors meet bi-weekly with all 11th grade cadets by entering the English classrooms once every two weeks to conduct a guidance lesson. Each lesson is specifically geared towards a function in the Naviance program to help cadets explore their talents, skills, and interests and apply those discoveries towards the identification of appropriate post-secondary placements.

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1. Cadets are introduced to the Naviance program and given their user names and passwords. The guidance counselor demonstrates how to navigate through the system, update their account information, change their password, and where to find important notes and comments from their counselor.
2. Personal and Career Exploration tasks assigned.
 - a. Do What You Are Survey
 - i. Cadets must complete the “Do What You Are” survey and complete accompanying worksheet.
 - b. Career Interest profiler
 - i. Cadets are encouraged to complete the Career Interest Profiler and research suggested career options.
3. Resume Building tasks assigned
 - a. It is explained to cadets that building their academic and extracurricular resume is an important step in the college application process because it helps them to keep track of all of their accomplishments and share them with teachers who will be writing letters of recommendation and admission counselors.
 - i. Create a resume by following the steps outlined in the resume building worksheet
 - ii. Counselors show cadets how to modify and save different versions of the resume to be applicable for different interests (i.e. college application, scholarship support)
 - iii. A printable format must be created within the program so that teachers and counselors can access the data
4. College Search
 - a. Cadets are introduced to the “Super Match College Search” and guidance counselors demonstrate how to use it to narrow down the list of schools in the data base to a

strong collection of those that are well suited to them based on the following criteria:

- i. Test Scores/GPA/Academic Profile
 - ii. Major courses of study
 - iii. Type of school (public/private, 2 year/4 year, suburban/urban)
 - iv. Athletics
 - v. Other issues important to the individual cadets
- b. Upon completion of the Super Match College Search, cadets must create a viable list of schools to which they are interested in applying and categorize them into three specific categories: (This task takes up 2-3 class periods)
- i. Good fit (a school where the cadet's profile is well aligned with the accepted average)
 - ii. Safety (a school where the cadet's profile is well above the accepted average and cadet is confident he would be accepted)
 - iii. Reach (a school that the cadet really would like to go to, but the average accepted student has reached higher test scores and GPA levels. It would be a challenge, but not impossible for the cadet to be accepted to this school.
 - iv. Students must submit a chart that presents a minimum of 3 schools in both the safety and reach categories, and 10 in the good fit category to which they are interested in applying.
 - v. Throughout the remainder of the semester they are encouraged to research information on each school on the list so that they can narrow the list down to the schools that they want to apply to.
- c. Cadets must complete a profile of the "perfect" school for them describing it in terms of the features that are most attractive to them, and create a story of the process of a student applying for admission to this school. In this 2 part assignment, they must also then identify which of the schools listed on their chart most closely resemble their imaginary institution.
- d. Cadets are to take the chart that they have developed and add all of the schools on the chart to the "Colleges I am Thinking About" list in their Naviance Family Connection account.
5. Testing Information
- a. Guidance Counselors provide information and instructions on standardized testing
 - i. SAT
 - ii. ACT
 - iii. TOEFL
 - iv. AP exams
 - v. SAT II exams
 - b. Tutoring/Test Prep options
 - c. Timeline for testing
6. Special Considerations
- a. An overview of the intensive process of applying to the Service Academies is addressed
 - i. Securing nominations
 - ii. PAT preparation
 - iii. Timeline
 - b. Scholar-Athletes
 - i. Process of applying to the NCAA clearinghouse in order to be eligible for collegiate sports is presented and cadets with interest are assisted

- c. FeeWaiver Information provided for those cadets who request the information and have demonstrated/documentated need for service.
- 7. Non-College options
 - a. It is understood that some cadets have already selected to enlist and/or enter the work force upon graduation. These cadets are still required to complete all of the assignments and tasks throughout the seminar as the focus is not 100% on COLLEGE but more specifically on post high-school planning. Those cadets who are actively seeking or already enlisted in a US Armed Force are provided alternative tasks if requested to explore in detail each of the armed forces as opposed to colleges. Cadets interested in joining the work force upon graduation are to create a chart of those companies that they are most interested in working for and to complete a professional profile of the company they hope to work for.
- 8. Functional tasks
 - a. Cadets are instructed how to:
 - i. Submit transcript request
 - ii. Submit teacher recommendation requests
 - iii. Track the progress of applications
 - iv. Search for scholarships
- 9. Summer TASKS
 - a. Cadets are asked to complete the following over the summer
 - i. Visit preferred colleges
 - ii. Condense the list of prospective colleges to a manageable list of schools to which they would like to apply

SENIOR SEMINAR

Junior seminar is followed up with Senior Seminar that begins with the start of the 1st Semester of an academic year. Guidance counselors meet bi-weekly with all 12th grade cadets by entering the English classrooms and assessing where each cadet is in the college application process. Lessons are utilized when appropriate, and workshop time provided to facilitate the process of completing and submitting applications.

1. Cadets are instructed to update their college lists, moving all of the schools that they intend to apply to from the “prospective” list to the “applying to” list
2. Review of Testing Information
3. Common Application
 - a. A lesson is spent instructing cadets on how and when to use the Common Application, and directed on how to match their Common Application account to their Naviance Family Connection account.
4. Essay writing
 - a. A lesson is spent reviewing common Essay questions, and all cadets are instructed to create a personal essay that is easily adaptable to suit the needs of different institutions.
5. Maintenance
 - a. Remaining lesson times are used to communicate with the guidance counselors about any and all obstacles encountered during the process.
 - i. Guidance counselors are available during the Seminar time to assist with proofreading and reviewing applications and data entry into Naviance.
 - ii. Guidance counselors review important functional tasks:
 1. Requesting letters of recommendation
 2. Requesting transcripts

3. Submitting applications

6. Tracking

- a. After the end of the 1st semester, periodically through the year the Guidance Counselors will visit the English classrooms to gain admission information from cadets and enter the data as appropriate into Naviance.