Rochester Adams High School
Junior Year Planning Guide

Junior-Year Calendar

September
- College Visits
- Junior Meetings – Sept. 22nd

October
- College Visits
- College Night – Oct. 13th (at AHS)
- PSAT – Oct. 14th (Juniors only)

November
- College Visits
- Financial Aid Night – Nov. 2nd (at Stoney Creek HS)
- Thanksgiving Break

December
- College Visits
- Holiday Break

January
- Financial Aid Night – Jan. 19th (at AHS)
- Semester 1 Final Exams – Jan. 27th - 29th

February
- Schedule Survey Process begins
- Register for AP Tests

March
- Schedule requests due
- Input schedule requests

April
- Spring Break
- SAT/WorkKeys -- April 12th & 13th
- M - Step

May
- AP Exams -- May 2nd - 13th
- Underclassman Honors Assembly

June
- Semester 2 Final Exams

July – August
- Summer College Planning/Visits

Credit Check
22 total credits are needed for graduation

Minimum Credits
- 4 – English
- 4 – Math (through Algebra 2; must have senior year math)
- 3 – Social Studies (World History, US History, Gov/Econ)
- 3 – Science (Phys Sci, Bio, Chem/Phys or 3rd Science)
- 2 - World Language
- 1 – VPAA
- 1 – PE/Health
- 4 – Elective credits

Counselors

Janice King A – Dt
jking@rochester.k12.mi.us

Sarah Falkowski Du – J
sfalkowski@rochester.k12.mi.us

Jessica Bellomo K – Nd
jbellomo@rochester.k12.mi.us

Christy Clement Ne – Ss
cclement@rochester.k12.mi.us

Barry Freund St – Z
bfreund@rochester.k12.mi.us

248.726.5229
248.726.5228
248.726.5326
248.726.5231
248.726.5230
All juniors will take the PSAT on October 14, 2015. This is a district required test for all juniors and is also the National Merit Qualifying exam.

All juniors will take the SAT & ACT WorkKeys, and M-Step in April as part of state testing and district graduation requirements.

If you are interested in retaking the SAT to improve your score, you must register for a separate test date through SAT’s website www.collegeboard.org. Any tests taken outside of the school required testing are the financial responsibility of the student. Please check the website for registration deadlines.

The SAT and ACT test is accepted at all Michigan colleges. Please be sure to check the specific requirements for the schools you’re interested in.

- For information and registration for the SAT test, please visit www.collegeboard.org
- For information and registration for the ACT test, please visit www.actstudent.org

### 2015 – 2016 Test dates

<table>
<thead>
<tr>
<th>ACT</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Test Date</td>
<td>Test Date</td>
</tr>
<tr>
<td>September 12, 2015</td>
<td>October 3, 2015</td>
</tr>
<tr>
<td>October 24, 2015</td>
<td>November 7, 2015</td>
</tr>
<tr>
<td>December 12, 2015</td>
<td>December 5, 2015</td>
</tr>
<tr>
<td>February 6, 2016</td>
<td>January 23, 2016</td>
</tr>
<tr>
<td>April 9, 2016</td>
<td>March 5, 2016</td>
</tr>
<tr>
<td>June 11, 2016</td>
<td>May 7, 2016</td>
</tr>
</tbody>
</table>

### Websites with Free practice tests for the ACT and SAT

#### ACT

- [http://www.actstudent.org/samptest/index.html](http://www.actstudent.org/samptest/index.html)
- [http://number2.com](http://number2.com)
- [http://testpreppractice.net/](http://testpreppractice.net/)

#### SAT

- [http://www.collegeboard.org](http://www.collegeboard.org)
- [http://www.number2.com](http://www.number2.com)

### Test your best

- Get a good night’s rest
- Eat a healthy breakfast
- Read directions carefully
- Pace yourself
- Don’t dwell on questions you’re unsure of
- Answer every question
**Top Ten Things Colleges Look for in a High School Student**

1. A high school curriculum that challenges the student. Academically successful students should include several Honors and Advanced Placement classes.

2. Grades that represent strong effort and an upward trend. Grades should show an upward trend over the years. However, slightly lower grades in a rigorous program are preferred to all A’s in less challenging coursework.

3. Solid scores on standardized tests (SAT, ACT). These should be consistent with high school performance.

4. Passionate involvement in a few activities, demonstrating leadership and initiative. Depth, not breadth, of experience is most important.

5. Community service showing evidence of being a "contributor." Activities should demonstrate concern for other people and a global view.

6. Work or out-of-school experiences (including summer activities) that illustrate responsibility, dedication, and development of areas of interest. A job or other meaningful use of free time can demonstrate maturity.

7. A well-written essay that provides insight into the student's unique personality, values, and goals. The application essay should be thoughtful and highly personal. It should demonstrate careful and well-constructed writing.

8. Letters of recommendation (if required) from teachers and guidance counselors that give evidence of integrity, special skill, and positive character traits. Students should request recommendations from teachers who respect their work in an academic discipline.

9. Supplementary recommendations by adults who have had significant direct contact with the student. Letters from coaches or supervisors in long-term work or volunteer activities are valuable; however, recommendations from casual acquaintances or family friends, even if they're well known, are rarely given much weight.

10. Anything special that makes the student stand out from the rest of the applicants! Include honors, awards, evidence of unusual talent or experience, or anything else that makes the student unique. Overall, colleges are seeking students who will be active contributing members of the student body.

**Extracurricular Activities – Life Outside the Classroom**

Sure, life in school is pretty interesting. You've got algebraic equations, Bunsen burners, verb conjugations... but chances are, you've got commitments outside of school, too. Maybe you have a part time job, play in a band, are on a sports team, or do volunteer work.

**Colleges Care**

The good news is that colleges pay attention to your life both inside and outside the classroom. Yes, your academics probably come first, but your activities reveal a great deal about you, such as:
- How you've made a meaningful contribution to something
- What your non-academic interests are
- Whether you can maintain a long-term commitment
- Whether you can manage your time and priorities
- What diversity you'd bring to the student body

**Maintaining a Balance**

Keep in mind, colleges are not interested in seeing you “do it all.”

“We're looking for a commitment to and a passion for an activity outside of the academic setting—we're looking for depth rather than breadth,” explains Nanci Tessier, a college admissions director.

Colleges don't have a checklist of requirements when it comes to extracurricular—they want to see your individuality - and your consistent commitment.

**Haven't Gotten Involved Yet?**

Lots of school, community, and religious organizations give you chances to explore your interests and talents. If you haven't felt drawn into something yet, there's no shortage of opportunities for you to explore.
Michigan College ACT & GPA Requirements

Colleges in Michigan: GPA & ACT Tiers

(GPA & ACT Averages of college freshman class based on information found on institutions’ websites & www.careercruising.com)

<table>
<thead>
<tr>
<th></th>
<th>Avg. GPA/ACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>Open Admissions</td>
<td>2.5-2.8</td>
</tr>
<tr>
<td></td>
<td>16-19</td>
</tr>
</tbody>
</table>

Community Colleges
No minimum GPA or ACT/SAT requirements.

- Alpena CC
- Baker College
- Grand Rapids CC
- Henry Ford CC
- Jackson CC
- Kalamazoo Valley CC
- Kellogg CC
- Lake Michigan College
- Lansing CC
- Macomb CC
- Mott CC
- North Central MI College
- Northwestern MI College
- Oakland CC
- Schoolcraft College
- Southwester MI College
- St. Claire County CC
- Washtenaw CC
- Wayne County CC

**TAKE A TOUR**

Tips for a successful CAMPUS VISIT

1. Take a tour
2. Meet w/an admissions officer
3. Attend a class
4. Ask questions about admissions, cost, & social activities
5. Talk to students on campus
6. Check out the dorms, dining hall, & library
7. Eat in the dining hall
8. See the community
9. Write a thank-you note to the admissions office after your visit
NOT ATTENDING a 4-YEAR COLLEGE?
Here are some other options…

Community Colleges
Community colleges offer two-year Associate Degrees, technical classes, flexible class schedules, some on-line courses, and affordable tuition. Core credits can typically be transferred to a four-year university though most colleges and universities require a minimum of a 2.0 for credits to transfer. Examples of degrees that require a two-year degree: dental hygienist, radiation therapist, ultrasound technician, registered nurse, and engineering technician.

Certificate Programs
Some careers require people to get certificates to prove that they have trained for a job at an approved school and that they have completed a certain number of hours practicing new skills. Some jobs that require a certificate include: massage therapist, kennel management, medical assistant, computer technology, office assistant, and career development facilitator.

Military Careers
The military offers career options and tuition assistance. The level of commitment and benefits vary greatly; for more information visit www.todaysmilitary.com and make an appointment to speak with a recruiter.

Apprenticeships
An apprenticeship is a combination of on-the-job training and related classroom instruction through which workers learn the practical and theoretical aspects of a highly-skilled occupation. Apprenticeship programs can be sponsored by individual employers, joint employer and labor groups, and/or employer associations. Most apprentice programs require four years to complete.

On the Job Training
Examples of careers that may offer on-the-job training include waiters and waitresses, fast food cooks, store clerks, hotel housekeepers, and lawn care workers.

Vocational and Trade School
These schools train students for a variety of skilled jobs such as automotive technician, emergency medical technician (EMT), hair stylist, paralegal, and truck driver. You can visit www.trade-schools.net for more information or search trade schools through Career Cruising at www.careercruising.com.

Career Planning Resources
Career Planning Resources
School & Career Planning
www.mappingyourfuture.org
Scholarship Search www.fastweb.com
Occupational Outlook Handbook www.bls.gov/oco
Princeton Review www.princetonreview.com
College Board www.collegeboard.org

Career Cruising:
www.careercruising.com
Sign-in
Select “Schools”
Select “School Selector”
Select “Undergraduate Schools” or “Technical Schools”
Answer the questions to find your match 😊
## What do you plan to do after High School?

### College
- University (4-year)
  - Do a Career search
  - Do a College search
  - Attend a College Rep Visit
  - Attend a College Fair
  - Narrow colleges that you wish to apply to in your senior year
  - Visit College Campuses
  - Update your EDP (Career Cruising)
  - Take ACT or SAT
  - Begin essay planning for college applications

### Community
- College (2-year)
  - Do a Career Search
  - Do a College Search
  - Update your EDP (Career Cruising)
  - Attend a College Rep Visit
  - Visit the campus
  - If transferring to a 4-year college, make sure that the classes you take *will* transfer. Set-up an appointment with the college counselor to review classes and transfer options.

### Trade/
- Vocational/Tech.
- School
  - Do a Career Search
  - Do a School Search
  - Update your EDP (Career Cruising)
  - Visit the School
  - Make sure the school is licensed
  - Read any contracts thoroughly – get everything in writing
  - Understand payments, fees, & interest by meeting with a rep from the school

### Military
  - Take the ASVAB
  - Update your EDP (Career Cruising)
  - Visit [www.todaysmilitary.com](http://www.todaysmilitary.com)
  - Research Military Branches
  - Make an appointment w/ recruiter
  - Ask about ROTC
  - Research Military Colleges & Academics
  - Check your credits – you must have a HS Diploma or equivalent to enlist
  - Review entrance requirements
  - Research Military Careers

### Work
  - Do a Career Search
  - Update your EDP (Career Cruising)
  - Research if you’ll need training, certification, or an apprenticeship
  - If you need additional training – research programs
  - If seasonal work – find out how you will earn money when not working
  - Will this be a great life-long career?
Getting Ready for Senior Year and the College Application Process
(suggested items to do or to consider)

Throughout Junior Year (2015-16)

- Take the PSAT and the SAT
- Retake the SAT, if necessary. Register at www.collegeboard.com
- Take the ACT, if necessary. Register at www.actstudent.org
- Keep your grades up
- Study for exams
- Continue to take challenging classes
- Talk with your parents and high school counselor about colleges that interest you
- Join college mailing lists or request info if you haven’t already
- Visit, explore, and compare colleges: large, small, public, and private. Get a feel for what works for you!
- Start or update your resume. Use www.careercruising.com resume builder to create a resume.
  - Login = rochester
  - Username = adams
  - EDP login = RCS
  - EDP username = your computer login
  - EDP password
- Volunteer -- do something meaningful and fulfilling
- Investigate scholarship opportunities. Visit the AHS counseling website for a list of scholarships being offered.
- Request letters of recommendation (if needed). Remember to give your teachers and counselors ample time to write you a letter (minimum 2 weeks). In addition, give teachers your resume from Career Cruising.
- If you plan on competing in Division I or Division II college sports and want to be eligible to be recruited by colleges, you must register with the NCAA Initial Eligibility Clearinghouse. www.eligibilitycenter.org
  - Sign up for our free academic eligibility tool through Core Course GPA
  1. Go to www.corecoursegpa.com
  2. Click “FREE New Member Account”
  3. Enter School ID (233194) and School Code (782400722)

Summertime Before Senior Year (Summer 2016)

- Work and save money for college
- Participate in summer enrichment camps on college campuses
- If you took AP Exams in May, you will receive your AP score reports in July. Look up AP Policy Guides of your colleges of interest
- Visit colleges that interest you. Call ahead for the campus tour schedule or make reservations online.
- Finalize your list of colleges. Be sure your list includes "safety" schools, as well as good "match" and "reach" schools.
- Organize college materials into separate files by college
- Keep a college calendar of all admissions deadlines and list of requirements for each college.
- Clean up your Facebook pages. Sometimes college reps will check out social networking sites. You don’t want to misrepresent yourself.
- Open a new email account for college and scholarship correspondence (the more professional sounding the better).
- Clean your room/desk so you have an organized space to work in the fall.
- Begin your college essays if they are required on your application at the end of summer. You need to make sure you are looking at a 2017 application.
- Check www.commonapplication.org to see if some of your colleges are members. This could save you time.
- Sign up for www.parchment.com. This site houses your official transcript. You need to sign up so you can send your transcript to colleges, common app, and NCAA. Requests will NOT be processed until after the senior meeting at the beginning of the school year.
Fall of Senior Year (Fall 2016)

□ If you would like to take the ACT or SAT one more time because you are not satisfied with your score, re-test as soon as possible (you must register by early August)

□ Submit/Send college applications starting in September of senior year (a week after school starts)

□ Research scholarship opportunities and apply for scholarships
  - www.fastweb.com
  - www.scholarships.com
  - http://www.rochester.k12.mi.us/adams-high-school/pages/2519/counseling

□ Attend college rep meetings at AHS, if needed

□ Keep up your grades

□ Attend College Night @ Rochester High School

Resources

2. Career Cruising: www.careercruising.com
   - Login = rochester
   - Username = adams,
   - EDP login = RCS-your computer login
   - EDP username = your computer password
3. College Board www.collegeboard.com
   - SAT information, test questions, and planning and financial tools
4. ACT: www.actstudent.org
   - ACT information, test questions, and planning tools
9. NCAA Eligibility Clearinghouse: www.eligibilitycenter.org