

# **JUNIOR PLANNING BOOKLET**



Arlington High School  
House of 2026

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Dear Student:

Welcome to your junior year at AHS! Over the next two years, you will prepare yourself for life after high school. The school counselors have provided important information in this packet to help effectively guide you through the college, military and career exploration processes. This planning guide was created with the help of several sources including our many years of experience, discussions with college admissions officers, military personnel, and other high school counselors.

It is our goal that each student will find the most appropriate path in planning and pursuing post high school plans. Your counselor is available to guide and assist you, but you must also accept responsibility. This is your future.

Sincerely,  
 2026 School Counselors

## TABLE OF CONTENTS

1. College Research.....	Pages 4-8
2. Standardized Testing.....	Pages 9-10
3. Paying for College.....	Page 11
4. Looking for a job or trade school.....	Pages 12-14
5. Military Information.....	Page 15
6. Looking ahead to Senior Year.....	Page 16
7. Checklist.....	Page 17

## CALENDAR FOR JUNIOR YEAR

### September

PSAT/NMSQT class presentations and registration materials will be distributed by school counselors. Attend: **AHS Activity Fair (9/25), AHS College Fair (9/25), Junior Family Evening Program (9/26)**

### October

Take the PSAT/NMSQT Test, **Friday, October 11, 2024** at Arlington High School. Free full length online practice PSAT: <https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10/practice>  
View your PSAT score in Schoollinks.

### November

Students with a 504 or IEP taking the SAT in the spring, who did not previously apply for their testing accommodations, should see their school psychologist for required paperwork to apply for accommodations.

### December

Consider taking SAT or ACT prep courses. Consider accessing free online resources and practice tests. Develop criteria for initial college selection.

### January

AP English 11 and American Studies Honors take English Regents exam  
Register for SAT and/or ACT exams. Set up a timetable for taking required tests.

### February

Start your college list in School Links. Review the academic requirements for admission to the colleges of your choice. Make sure you consider reach, match and safety schools. **Junior Family Evening Program - (2/13)**

### March

If you already haven't done so, register for the SAT or ACT tests.  
Choose colleges that you wish to visit.

### April

Take the ACT test.  
Contact your Congressional representative if interested in military academies. Start visiting colleges.  
Consider applying for available junior year scholarships.  
Return completed college applicant fact sheet to your counselor.

### May

Take the SAT. AP exams are taken.  
Ask teachers for letters of recommendation; provide teachers with a copy of your college applicant fact sheet.

### June

Take SAT and/or ACT. Typical Regents exams for juniors: English, US History, Math, Science

### Summer

Visit colleges.  
Start to finalize a list of colleges to apply to.  
After August 1st, create a Common Application account ([www.commonapp.org](http://www.commonapp.org)) and start the essay.  
Student-athletes, register for NCAA Eligibility & begin amateurism questionnaire.

## FINDING THE RIGHT COLLEGE FOR YOU

The first step in the college search process is to determine criteria that you want in a college. There are over 3000 colleges in the US, so it is important to figure out what you need on a college campus. Remember, what is important to your friends, may not be what is important to you.

If you are unsure of what is important to you (which is very common because most students have never been on a college campus before), start by visiting local colleges to get a feel for what different colleges are like: Dutchess Community College, Marist, Vassar, SUNY New Paltz, Bard, Iona, SUNY Purchase. It does not matter if you want to attend those colleges or not - this is an opportunity to help you get a feel for what different campuses look/feel like. You can go on formal tours, or walk around campus on your own.

### CONSIDER THE FOLLOWING WHEN RESEARCHING COLLEGES

#### TYPE OF COLLEGE

Four-year college or university: Offers a Bachelor's Degree in a variety of fields of study. State/Public or Private College/University.

Specific career-related college or university: Art Institutes, Music Conservatories, Business Colleges, Seminaries, or Rabbinical Yeshivas.

Technical/vocational school: Typically a two-year school; focuses on specific careers. Depending on the school, one can earn an Associate's Degree, certification, or license.

Community college: Typically a two-year school where one can earn an Associate's Degree, certificate or license. When transferring to a four-year college or university, they may accept most, if not all, credits.

**SIZE** (total number of students & class sizes):

Do you want a small, medium or large college: total number of undergraduate students?

Consider class size (seminar style with 20 or fewer students vs lecture hall with 200+ students) and student-to-teacher ratio.

#### LOCATION

Do you want to go to a college near home or do you want to go to some other area of the country?

Think about how often you want to come home and how will you get home?

Do you want a college in an urban, suburban, or rural environment?

#### POPULATION/AFFILIATIONS

Do you want to attend a co-educational college or do you prefer an all women's or all men's college?

Do you want to attend a historically Black or Hispanic college?

Do you want to attend a college which is run by a particular religious denomination?

Are there a variety of religious services offered on campus?

#### EXTRA-CURRICULAR ACTIVITIES

Are many clubs and organizations important to you?

Will the social environment of the college meet your personal needs?

What extracurricular opportunities exist?

Is there Greek life: how prevalent? What year can you pledge?

**HOUSING/DINING HALLS**

Is housing guaranteed for all four years?

Are freshmen required to live on campus?

Are most students commuter students or do most live on campus?

Do students live on campus full-time or only during the week (i.e. do most students go home on the weekend - commonly called suitcase colleges)?

What types of internet services are available in the residence halls?

What are the meal plan options? Are there a variety of dining options (Kosher, gluten free, etc).

**PROGRAMS**

Do they offer an honors program?

Does it offer a quality education in your areas of academic interest?

Does it offer a solid program of preparation for the field(s) in which you are interested?

Are there double majors?

Are there research and/or teaching assistant opportunities? Are there graduate students at the college “competing” for the same opportunities?

What are the school’s most competitive programs; do you need a higher GPA to be accepted?

Does the college offer programs to study abroad?

**COST** (includes: tuition & fees, room & board, transportation, books & personal expenses)

Do you have specific plans for financing your education?

Have you discussed cost with a parent/guardian?

Does your academic record merit consideration for scholarships? Is there a separate application?

For each college, consider the costs involved and the financial aid opportunities available.

What financial aid is available? Not all colleges meet full financial need.

Are you looking at public and/or private colleges?

**INTERNSHIPS & JOB PLACEMENT SERVICES**

Does the college offer programs for career exploration and/or training?

Are there work-study positions offered in your major?

Do they have a strong alumni connection to assist with job placement?

**GENERAL INFO**

What is the calendar year?

Semester or trimester?

Campus safety and security statistics?

What is the percentage of students who graduate within 4 years? 6 years?

What is the percentage of students who return sophomore year?

**SUPPORT SERVICES** (Academic, Emotional, Medical)

Does the school offer a counseling center (is it free)?

Is there a writing lab and other academic support services?

What supports are available through the Office of Student Disabilities for students with an IEP/504 plan?

What medical services are available on campus? How do I get an appointment?

**ART MAJORS:**

What is required in a portfolio?

When is the portfolio due - how to submit?

The Art Effect in Poughkeepsie may hold portfolio development classes to help you create your portfolio.

**MUSIC, THEATER, and DANCE MAJORS:**

The process for theater, dance and music (vocal, instrumental) majors is detailed and involved. Be sure to use the visit/virtual information session to learn more about what is required for admissions.

- When are auditions? When does the sign up process begin?
- What will be required of me during the audition?

**ATHLETICS**

Are you interested in playing a sport in college? Division I, II, or III?

Have you spoken with your high school and club coaches about the recruiting process?

Are you interested in a club or intramural sport?

**NCAA: DIVISION I & DIVISION II SCHOOLS**

If you intend to participate in Division I or II athletics as a college freshman, you **MUST** register and be certified (meet GPA, SAT, and core-credit requirements) by the NCAA Eligibility Center. Register after July 1, but before September of your senior year. <https://web3.ncaa.org/ecwr3/> Work with your club and high school coaches on the recruiting process. *When choosing your courses at AHS make sure they are approved for NCAA eligibility.*

Frequently asked questions: <https://ncaa.egain.cloud/kb/EligibilityHelp/home>

**Standardized tests requirements:** Students must register for ACT or SAT exams and submit scores directly to the Eligibility Center. The code for NCAA is “9999”

**STUDENTS WITH DISABILITIES**

If you are a student who has a documented disability, and an Individualized Education Plan or 504 Plan, you will need to provide information to colleges and advocate for yourself. Accommodations in college are different than in high school, and you will not have a resource room teacher to advocate for you. Contact the Student Disability Office (sometimes called College of Accommodative services) at the college you are interested in for an understanding of their services, as they do vary by college. You can also schedule an appointment to meet with someone when you go for a college visit.

**CREATE A COLLEGE JOURNAL OR GOOGLE DOC OR SPREADSHEET**

Create a list (journal, google doc, spreadsheet) of what you are looking for in a college. As you start to do online research and visit colleges, keep track of how each college fulfills the requirements that are important to you. In addition keep track of:

- List what you like/don't like about it. Why?
- What key facts did you learn during your virtual tour or campus visit?
- Keep track of people you spoke with, deadlines, and specific admissions requirements.
- If you went to an interview, send that person a thank you email.
- If you visit in person, take a picture of each campus so you remember it.

## CREATING A COLLEGE LIST & VISITING COLLEGES

Once you have decided what is important to you in a college, you can begin creating a list of colleges to visit. There are a variety of websites you can use.

### COLLEGE SEARCH SITES:

- **SCHOOL LINKS:** <https://app.schoollinks.com/login/k12> (Login with Google) - uses Arlington data to help you determine if the school may be a good academic fit.
- **Common App:** <https://www.commonapp.org/explore/>
- **SUNY Find Your Major Tool:** <https://www.suny.edu/attend/find-a-suny-program/undergraduate/>
- **SUNY Visits:** <https://www.suny.edu/attend/visit-us/campus-visit/>
- **SUNY Information Sessions:** <https://www.suny.edu/attend/events/>
- **SUNY Average GPA/SAT Scores:**  
<https://www.suny.edu/media/suny/content-assets/documents/summary-sheets/Admission-Information-Summary-Sheets.pdf>

Each college's website will list when they hold tours/informational meetings and open house sessions. You must sign up/register ahead of time. Attending formal tours and information sessions demonstrates a true interest in that college. Try to visit colleges while they are in session, so you can get a feel for the "vibe" on campus. Virtual tours and information sessions are also available.

### DURING A TOUR/VIRTUAL INFORMATION SESSION POTENTIAL QUESTIONS TO ASK

- Verify admissions requirements & deadlines
- SAT/ACT; are they optional or required? What is an accepted student's average SAT/ACT score?
- What are the school's most popular programs?
- Do students have difficulty getting courses in their major?
- How many students are in the largest lecture classes?
- What is a typical class size in general education classes vs. within a major?
- Are all classes taught by professors or are some taught by teaching assistants?
- How easy is it to make an appointment to meet with professors?
- Will I have an advisor to assist me in choosing my classes?
- What is the percentage of your students getting into med school, grad school, etc.?
- How are roommates selected? When do you find out roommate information?
- Can you rent and/or are you allowed to have a microwave and/or refrigerator?
- Can freshmen have cars on campus?

### IF YOU TOUR THE COLLEGE, EXPLORE THESE POSSIBILITIES

- Eat a meal in the college dining facilities.
- Visit a residence hall and ask about off-campus housing options.
- Visit the library, computer labs, bookstores, athletic facilities, performing arts facilities, social areas.
- Assess the availability of necessary services, i.e.: laundry, health services, car repair, religious services, transportation, shopping, restaurants, etc.
- Sit in on classes if college allows this option (you will have to request this ahead of time)
- Talk to students (besides your tour guide) about social activities and other extracurricular activities
  - What are some weekend activities?
  - Does the school organize activities/events or are they all student run?

## WHAT COLLEGES ARE LOOKING FOR IN AN APPLICATION

### **TRANSCRIPT/GRADES /COURSES TAKEN**

Your high school transcript will document all your grades during high school. This is the most important document colleges use in admissions decisions. It includes all courses completed, courses “in progress,” days you were absent/late, your class rank, and current grade point average. Colleges do not only look at your GPA; they will look for growth/improvement throughout high school, and look to see if you challenged yourself.

### **SAT/ACT SCORES**

Colleges may review your performance on standardized tests taken during high school. These scores are NOT listed on your transcript. You must submit these scores directly to your college from College Board or the ACT.

### **COLLEGE ESSAY**

Use this as an opportunity to express yourself. Give more details of who you are as a person.

### **LETTERS OF RECOMMENDATION**

Colleges will require these letters from your teachers, coaches, counselor and/or other individuals who have insight into who you are and your accomplishments during high school. End of junior year, ask (in person) 2-3 teachers if they will write you a letter of recommendation.

### **EXTRA-CURRICULAR ACTIVITIES (SPORTS, CLUBS, HOBBIES)**

These activities give colleges a better idea of interests you have, the activities you have taken the time to be involved in, and what you will contribute to their college environment. Colleges are looking for quality over quantity. They want to know what your passions are. Colleges are looking for commitment and depth of your interests/involvement in your activities. These activities do not have to be through Arlington.

### **COMMUNITY SERVICE and LEADERSHIP**

These will give colleges an idea of what matters to you. What opportunities have you taken advantage of over the years? What commitments have you made in your life to help another individual or group of individuals? What opportunities have you taken advantage of that helped you develop leadership skills? These experiences do not have to be through Arlington.

### **EMPLOYMENT/FAMILY COMMITMENTS**

If you had a job, that is also considered involvement in after school activities. Some students cannot join outside activities because of commitments at home - be sure to list those on your application. All these things are important to a college.

### **INTEREST IN THE COLLEGE**

Some colleges keep track of who visits their college and/or attends virtual information sessions.

## COLLEGE BOARD/ACT SCORE POLICIES

- SAT and ACT scores do not appear on your high school transcript. **It is your responsibility to have them sent to the colleges you intend to apply to. The cost of sending score reports to colleges varies.**
- Many colleges are test optional; you do not have to submit a standardized test score and it will not negatively affect your application. For test optional schools, you should compare your score with the college's average SAT or ACT score before determining if you should submit your test score. <https://fairtest.org/test-optional-list/>
- If you take a test more than once, many colleges will “super score” your test scores to give you a best total score. Meaning the college will combine your highest section score from multiple test administrations. If a college super scores, you should send them all your test scores. If not, send them your highest total score.
- SAT: You can send four free score reports to colleges every time you register for the SAT. You can use your free score reports until 11:59pm, U.S. Eastern Time, nine days after the test.
- ACT: You can send four free score reports to colleges every time you register for the ACT. The free score report option is only available when you register for the test.
- ***NCAA Eligibility- If you are applying for eligibility through the NCAA Eligibility Center, you must submit your SAT or ACT scores. NCAA code is 9999.***

## TESTING ACCOMMODATIONS FOR DOCUMENTED DISABILITIES

If you are a student who currently receives testing accommodations at school, speak to your school psychologist **to determine if you are eligible** to receive these accommodations on College Board and ACT tests.

- **College Board**: See your school psychologist for the Accommodations Request Form a few months before you want to register. That form will be submitted by the psychologist directly to the College Board for approval. College Board will notify you if you are approved. Each time you register for the test add your SSD number (given to you by College Board) to receive your accommodations.
- **ACT**: When you register, one of the questions will be do you receive testing accommodations; check yes. The school psychologist will be notified by ACT and will submit your accommodations for approval to ACT. Accommodations need to be approved each time you take this exam.

## SAT/ACT PREP COURSES & WEBSITES

Arlington Adult Education:	486-4860 x 2101
Educational Services Center:	1-800-762-8378 <a href="http://esctestprep.com">esctestprep.com</a>
Kaplan:	1-800-KAP-Test <a href="http://kaptest.com">kaptest.com</a>
Princeton Review:	1-800-2Review <a href="http://princetonreview.com">princetonreview.com</a>
Petersons Review	<a href="https://www.petersons.com/">https://www.petersons.com/</a>

**SAT Practice:** <https://collegereadiness.collegeboard.org/sat/practice>

**ACT:** <https://www.act.org/content/act/en/products-and-services/the-act/test-preparation/free-act-test-prep.html>

**SAT & ACT Practice tests:**

[https://www.site.studydrive.com/virtual-practice-tests-a?utm\\_source=sc&utm\\_medium=email&utm\\_campaign=hsgc15\\_10-20&utm\\_content=69793053](https://www.site.studydrive.com/virtual-practice-tests-a?utm_source=sc&utm_medium=email&utm_campaign=hsgc15_10-20&utm_content=69793053)

***\*The Arlington Guidance Office does not endorse any of these organizations nor is this an exhaustive list of all available programs. This is simply a list for you to use to begin your search. It is up to each individual to make an educated choice regarding which program or individual to use.***

**STANDARDIZED TEST DATES FOR 2024-2025**  
**PSAT: Friday, October 11, 2024 at Arlington High School**

**SAT**

TEST DATES	REGISTRATION DEADLINE
<b>October 5, 2024* (Not at AHS)</b>	<b>September 24, 2024</b>
<b>November 2, 2024</b>	<b>October 18, 2024</b>
<b>December 7, 2024</b>	<b>November 22, 2024</b>
<b>March 8, 2025* (Not at AHS)</b>	<b>February 21, 2025</b>
<b>May 3, 2025</b>	<b>April 18, 2025</b>
<b>June 7, 2025</b>	<b>May 27, 2025</b>

Anticipated dates: August 23, 2025; October 4, 2025 (not at AHS); November 8, 2025

**ACT\*\***

TEST DATES	REGISTRATION DEADLINE
<b>October 26, 2024</b>	<b>September 20, 2024</b>
<b>December 14, 2024</b>	<b>November 8, 2024</b>
<b>February 8, 2025</b>	<b>January 3, 2025</b>
<b>April 5, 2025</b>	<b>February 28, 2025</b>
<b>June 14, 2025</b>	<b>May 9, 2025</b>
<b>July 12, 2025</b>	<b>June 6, 2025</b>

**\*\* Arlington High School is currently not scheduled as an ACT testing site\*\***

**REGISTERING FOR STANDARDIZED TESTS**

It is each student's individual responsibility to register for the specific test(s) and administration date he/she plans to take the test. These are nation-wide tests and registration is completed at each test's registration site. School counselors may assist you in the process, but will not register students for the exams. It is best to register at least 8 to 10 weeks before the exam.

**SAT REGISTRATION**

**Create an Online Account:** [www.collegeboard.org](http://www.collegeboard.org). You will need to create a username, password and upload a photo in order to sign in for registration. This is where you view your scores and send them directly to colleges. *The SAT only offers a digital version of the test.* For assistance or re-registration of a SAT test, call 1-866-756-7346

**Registration Information:** Arlington High School CEEB Code: 334620  
 Arlington High School Test Center Code: 33770

**ACT REGISTRATION**

**Create an Online Account:** [www.actstudent.org](http://www.actstudent.org). You will need to create a username, password and upload a photo in order to sign in for registration. This is where you view your scores and send them directly to colleges. *ACT currently offers both a paper & pencil version and digital version of the test.*

**Registration Information:** Arlington High School Code: 334620  
 Arlington Test Center Code: 21540

**\*If you receive free or reduced lunch contact your counselor for a fee waiver for both the ACT & SAT.\***

## FINANCIAL PLANNING RESOURCES

**When planning for the cost of college there is a lot to consider. Having a clear understanding from your family of how college will be paid for is extremely important when researching colleges to apply to.**

- Is there money set aside to pay for college?
- Are you expected to pay for college yourself?
- Is the goal to get an education debt free or is your family expecting loans will cover the costs?
- Does the major you're interested in warrant the schools/cost you're looking at?
- What makes more financial sense: private school, state school, community college for the first two years, technical school, military?
- Will I need to plan for higher education such as graduate school or medical/law school, etc.?

**Please consider the following resources as you are having these conversations:**

*\*Please note there are many resources available on this topic; this is not an exhaustive list.*

College Planning (Sallie Mae) - <https://www.salliemae.com/college-planning/>

- Explanation and resources for scholarships, financial aid, and student loans

HESC - <https://www.hesc.ny.gov/home/>

- Planning, finding and applying for financial aid

Going Merry - <https://www.goingmerry.com/>

- Apply to multiple scholarships with 1 application

Anthony O'Neal, Debt Free Degree, Podcast Borrowed Future - <https://www.anthonioneal.com/>

- Resources and Scholarships

Financial Aid - <https://studentaid.gov/>

- Free Application for Federal Student Aid (FAFSA®) form for financial aid for college.

New York State Dream Act - <https://www.hesc.ny.gov/dream/>

- The DREAM Act gives undocumented and other students access to New York State-administered grants and scholarships that support their higher education costs.
- Students eligible to apply for financial aid through the NYS DREAM Act must also complete an application for each program they are interested in obtaining aid from.

Net Price Calculator - <https://collegecost.ed.gov/net-price>

- Net price calculators are available on a college or university's website and allow prospective students to enter information about themselves to find out what students like them paid to attend the institution in the previous year, after taking grants and scholarship aid into account.
- This website will link you to each college's net price calculator.

Article on colleges that meet full-financial need:

<https://blog.prepscholar.com/colleges-that-offer-complete-financial-aid>

## TECHNICAL/TRADE SCHOOLS

Is a trade or technical school right for me?

<https://www.act.org/content/act/en/students-and-parents/career-planning/career-planning-resources/trade-schools.html>

Websites to find a technical or trade school:

[https://www.bls.gov/ooh/home.htm?view\\_full](https://www.bls.gov/ooh/home.htm?view_full)

<https://www.suny.edu/trades/>

<https://app.schoollinks.com/login/k12>

How to join a union:

<https://www.causeiq.com/directory/unions-list/poughkeepsie-newburgh-middletown-ny-metro/>

## THE JOB MARKET

If you are thinking of entering the workforce directly after high school, here are some questions that you may want to ask yourself are:

- What things am I good at? What skills do I have?
- What are my best subjects?
- What outside interests do I have? What do I enjoy doing?
- Do I like working with people or independently?
- Would I prefer a job where I work at a desk or one that has more movement or hands-on?
- Does the job have growth opportunities?
- Will the job pay me enough money to support myself?
- How much and what kind of training is/will be required?
- Who do I know in a field of my interest to seek advice from?

## ASSISTANCE IN FINDING WORK OR A CAREER PATH

**Dutchess Works One Stop Center** - designed to aid you in finding employment.

<https://www.dutchessonestop.org>

**NY Career Zone** - budgeting tools, job listings, career assessments, occupational profiles, resume builder, etc.

<https://dol.ny.gov/careerzone-0>

**Occupational Outlook Handbook** - Source of career information designed to provide valuable assistance to individuals making decisions about their future work lives.

<https://www.bls.gov/ooh/>

Indeed:

<https://www.indeed.com>

Ziprecruiter:

[www.ziprecruiter.com](http://www.ziprecruiter.com)

**NY Division of Labor Standards** - Provides information about employment certificates and labor laws for minors.

[www.labor.ny.gov](http://www.labor.ny.gov)

## THE INTERVIEW

During the interview process, employers will determine if you qualify for the job. Areas they may look at are dependability, skill set, references and personability. Dress appropriately and **arrive 5 minutes** early. Be attentive and make eye contact throughout the interview.

Be prepared to answer some of the following questions:

- Can you tell me about yourself and briefly describe your background?
- What makes you a good candidate for this position?
- What skills will you bring to the job?
- How was your attendance at high school and previous jobs?
- When you're balancing multiple projects, how do you keep yourself organized?
- How do you deal with pressure or stressful situations?

**After the Interview:** Write a thank you email to the person who interviewed you.

## RESUMES

Resumes are a very important part of the job application process. It is important that resumes are checked for spelling mistakes and typos. They should be easy to read and easy to follow. Use the links below for more details on how to build a resume:

<https://www.resume.com/>

<https://www.resumebuilder.com/>

<https://www.ramseysolutions.com/career-advice/resume-guide>

<https://app.schoollinks.com/login/k12>

# SAMPLE HIGH SCHOOL STUDENT RESUME

## Admiral Alison

1157 Route 55 Lagrangeville, NY 12540-5021 | 555-555-5555 | email address

### EDUCATION

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**Arlington High School/High School** - (2022 - 2026)

GPA: 87.0 / 100.0

### EXPERIENCE

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**Server** - *The Soup Kitchen* (08/01/2024 - 10/25/2024)

- I serve families food every Sunday and on Holidays
- I clean and prep the kitchen when I arrive and clean and stock pantry items before closing

**Dog Walker** - *Ali's Dog Alley* (01/31/2024 - 10/25/2024)

- I walk 6 dogs for 3 families every day after school

### EXTRACURRICULAR ACTIVITIES & LEADERSHIP

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**Marching Band** - *Section Leader* (9th grade - 12th grade)

- I play 1st mellophone and It is my responsibility to provide motivation and guidance to the rest of my line of players.

**Soccer** - *Striker* (6th grade - 12th grade)

- I have been playing soccer since I was 4 years old and have grown to be an integral team player, leading in goals and assists. We are going to the state championship this year.

### ACHIEVEMENTS & AWARDS

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**Honor roll** - (06/21/2024)

- I have kept all my grades above 85

### ADDITIONAL INFORMATION

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**Interests:** Crafting, Playing Instruments, Baking, Soccer, Basketball, Music

**Certifications:** CPR First Aid

**Languages:** American Sign Language

**Skills:** Problem Solving, Creative Thinking, Teamwork, Art

## MILITARY INFORMATION

The military trains young men and women so that they can protect the interests of our country. The military also provides discipline and structure as well as opportunities for career advancement and travel. The military offers training in over 2,000 job specialties, 75% of which have civilian counterparts. [www.military.com](http://www.military.com)

Recruiters are at Arlington High School the first Wednesday of the month during lunch periods for questions and information.

### **BRANCHES OF THE MILITARY**

**Air Force - (914) 879-2268 - [www.airforce.com](http://www.airforce.com)**

Its mission is to defend the nation through the control and exploitation of air and space.

**Army - 298-0163 - [www.goarmy.com](http://www.goarmy.com)**

The Army generally deals with land-focused missions.

**Coast Guard - (206) 815-6075 - [www.gocoastguard.com](http://www.gocoastguard.com)**

Focuses on law enforcement of the sea, not large scale military operations.

**Marines - 298-2894 - [www.marines.com](http://www.marines.com)**

Marines are a highly exclusive sect.

**Navy - 297-1375 - [www.navy.com](http://www.navy.com)**

The Navy maintains, trains, and equips combat-ready naval forces.

**Space Force - (914) 879-2268 - [www.spaceforce.mil](http://www.spaceforce.mil)**

**Reserves and the Local Guard** - Part-time members of the military. They train for 2 days per month and 2 weeks a year. They are paid for the days they work and receive educational benefits. They can be called to active duty in the event of a national emergency or conflict.

**ROTC** - ROTC programs are available for those students who want to attend college before they enter the military. ROTC programs on certain campuses combine military education with baccalaureate degree study, often with financial support.

**ASVAB** - To enlist in any branch of the military, young men and women must earn a minimum score on the ASVAB (Armed Services Vocational Aptitude Battery - [AHS offers an abbreviated version during January Regents week](#)).

**Enlisting** - Enlisting in the military is a serious, long-term commitment. When young people enlist, they obligate themselves for 2-6 years of active duty. Individuals must also pass a physical exam and, as a rule, be a high school graduate.

## THE ACADEMIES

The military academies provide excellent educational opportunities for those students who qualify. After receiving a free four-year college education, academy graduates enter the military as officers. **Interested students should start the application process in the spring of junior year.** Applicants should have high ACT/SAT scores and a high GPA in a strong college-prep program. Applicants also need to be in good physical condition.

**West Point Military Academy**

**West Point, New York**

**Naval Academy**

**Annapolis, Maryland**

**Air Force Academy**

**Colorado Springs, Colorado**

**Coast Guard Academy**

**New London, Connecticut**

**Merchant Marine Academy**

**Kings Point, NY**

<https://veteran.com/how-to-apply-to-a-military-service-academy/>

## **LOOKING AHEAD TO SENIOR YEAR**

To be considered a senior, students must have a schedule that completes their 20 academic credits, all academic requirements and required state exams, and 2 credits of PE. A schedule must have PE in both fall and spring semesters. Many of the required senior courses for graduation are half-year courses. As a result, student schedules may change from fall semester to spring semester. Depending on their schedule, seniors have the option of requesting to come in late, leave early, and being able to walk off campus during their lunch period. Like all course requests, scheduling restraints may limit coming in late or leaving early. A student must be considered a senior to apply for a walk off campus pass.

### **Schedule Options:**

- A full traditional schedule with periods 1-8 or a half-day schedule
- A full schedule in the fall with January graduation
  - Students can still participate in graduation with the Class of 2026 in June.

### **Senior Parking Privilege:**

- Students must be considered a senior in order to apply for a senior parking pass.
- Students & parents must have attended "Teen Driving, A Family Affair" to be eligible to apply for a parking permit. Evening programs will be offered in spring 2025.
- Senior parking applications will be available over the summer.

## **ALTERNATIVE ACADEMIC OPTIONS FOR SENIOR YEAR**

Students may opt to complete their remaining high school credits while attending college. The credits earned at the participating college will also count towards graduation requirements. Financial aid is not available to students if they are still enrolled in high school. All tuition, books, fees are the responsibility of the student/family. Students must take in person courses. On-line classes will not be accepted towards graduation requirements.

### **Dutchess Community College Early Admissions/Bridge Program**

Students can apply to attend full time (12 or more DCC credits) or part time (11 DCC credits or less). Students need to complete the DCC application in order to apply. Contact the DCC Admissions Office with questions: 845-431-8010

### **General Information:**

<https://www.sunydutchess.edu/admissions/apply/high-school-students/early-admissions-bridge/>

### **Application:**

<https://connect.sunydutchess.edu/register/earlyadmit>

### **Marist College Bridge Program**

**General information:** <https://www.marist.edu/academics/bridge-program>

- Students take one academic course at their high school (generally an AP course). They may also need to take a physical education course at the high school to meet graduation requirements.
- Students come to the Marist campus to complete their academic program with other Marist students.
- Bridge students will be required to take a minimum of 12 credits per semester at Marist.

### **Application:**

- The deadline for completed applications is **May 13th**.
- Complete the online Marist College application form.
  - [Bridge Application Form](#)

- Upon academic acceptance, the student will be required to meet with the Director of the Bridge Program

## **THE COLLEGE PLANNING CHECKLIST**

### **JUNIOR YEAR**

- \_\_\_\_\_ Take standardized tests
- \_\_\_\_\_ Examine possible career paths
- \_\_\_\_\_ Decide on the type of college/conduct college research
- \_\_\_\_\_ Discuss intended major
- \_\_\_\_\_ Develop a list of possible colleges
- \_\_\_\_\_ Visit campuses
- \_\_\_\_\_ Attend virtual information sessions

### **SUMMER BEFORE SENIOR YEAR**

- \_\_\_\_\_ Apply to NCAA Eligibility Center (if applicable)
- \_\_\_\_\_ Continue visiting college campuses
- \_\_\_\_\_ Put schools in a priority list, with application deadlines
- \_\_\_\_\_ Register and get PIN # for financial aid/FAFSA
- \_\_\_\_\_ Start personal essay for college application
- \_\_\_\_\_ AFTER AUGUST 1st: Start college application (SUNY, or Common App, or individual college application)