

THE NEXT STEP

JUNIOR YEAR PLANNING BOOKLET



Arlington High School
House of 2025

**Arlington High School
1157 Route 55
Lagrangeville, New York 12540
(845) 486-4860**

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486-4860 x 31357

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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. Your 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,
2025 School Counselors

CALENDAR FOR JUNIOR YEAR

September

Students with disabilities taking the SAT or ACT who wish to have their accommodations during testing, should see their school psychologist for a registration packet. Attend **House of 2025 Information Night (9/27)**, **AHS Activities Fair (9/28)** and **AHS Fall College Fair (9/28)**.

October

PSAT/NMSQT information will be distributed by school counselors. **PSAT/NMSQT** is given October 20, 2023

December

Return of PSAT scores. Evaluate your scores in light of your plans. Consider taking SAT and/or ACT prep courses. Course selection for senior year begins.

January

Develop criteria for initial college selection. Register for SAT and/or ACT exams.

February

List colleges that meet your requirements and that interest you. Review the academic requirements for admission to the colleges of your choice. Make sure you consider reach, match and safety schools. Begin college visits.

April

Contact Congressional representatives if interested in military academies. Consider applying for the **Clarkson and RPI scholarships** if you are planning to major in engineering. Return completed college applicant **FACT SHEET** to your counselor.

May

AP exams are given. Ask teachers for letters of recommendation for college applications. Provide teachers with a copy of your college applicant **FACT SHEET**.

June

Take Regents exams for juniors: English, US History, Math, Science.

Summer

Visit colleges. Begin Common Application August 1, 2024. Register for NCAA.

SENIOR YEAR SCHEDULE

(Plan ahead)

All students must have a schedule that completes twenty academic credits, all academic requirements and required state exams, and two credits in PE. A schedule must have PE in both fall and spring semesters. If you are involved in extracurricular sports and/or marching band you must carry a schedule that includes at least three classes and PE each semester.

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 coming in late, leaving early, graduating in January or walking off campus for lunch during their lunch/free period. **A student must be considered a senior to walk off campus and have parent/guardian and administrator approval.**

Senior Parking Privilege:

- Student must be considered a senior.
- Student & parent must attend "Teen Driving, A Family Affair" to be eligible to apply for a parking permit. An application will be mailed home in June.

Alternative Options for Senior Year *(All tuition is responsibility of student/family)*

Dutchess Community College

Full-Time Admissions: 12 or more DCC credits obtained in person on the DCC campus

- Application Process: Apply to the "Early Admission Program" complete the regular admission application plus an additional form from your school counselor and register for your courses
- You will need to **be accepted by DCC**.
- Deadline for Applying: May 1st
- DCC Admissions Office: (845) 431-8010

Part-Time Admissions: Part-time status is based on 11 DCC credits or less obtained in person on the DCC campus

- Application Process: You do not need to complete a regular admission application but you must complete a Part-Time Admission form with your school counselor.
- Register at DCC for your courses

Marist College Bridge Program Academic Program

Bridge students take AP English 12, Health and PE at AHS. Students can take up to 15 credits plus one laboratory course each semester in person at Marist College. Complete the Marist College early admission application form and be accepted by the program. Admissions officers are looking for academic competence and maturity.

WHAT COLLEGES ARE LOOKING FOR

Transcript/Grades /Course selection

Your high school transcript will document all credit bearing courses from middle/ high school. This document includes all courses completed, courses “in progress”, state and final exams, days you were absent/tardy during your credit bearing years and current grade point average. Starting February of senior year, class rank is also included on your transcript. SAT, ACT and AP exams are not listed on your transcript.

SAT/ACT Scores

Colleges may review your performance on standardized tests taken during high school.

Letters of Recommendation

Colleges will require letters of recommendation from your teachers, coaches, counselors, employers and/or other members of the community who have insight into who you are and your accomplishments during high school. You may not choose a teacher from freshman year. Consider choosing a teacher who knows you best and can describe the current day student that you are.

Extracurricular Activities/Sports

Your extracurricular activities give colleges a fuller picture of the person you are, the interests you have, the activities you have taken the time to be involved in, and what you might be able to contribute to their college environment.

Community Service and Leadership Opportunities

Colleges and Universities are looking for students who take the time to give back to their community and actively contribute to the world around them.

DECIDING TO TAKE STANDARDIZED TESTS (SAT/ACT)

Colleges have adopted policies of becoming test optional, test required and test blind.

- **Test Optional:**

A test optional college is an institution that allows a student to apply for admission without necessarily submitting standardized test scores. This approach acknowledges that a single test score might not capture a student’s academic capabilities and potential. By offering test optional admissions, colleges allow applicants to showcase their strengths in other areas, such as grades, course rigor, extracurricular activities, leadership roles, community service and personal essays.

- **Test Required:**

Some colleges are still requiring admission tests. To date, the following schools require SAT or ACT college entrance exams as part of their admission process:

MIT, Georgetown University, University of Florida, Georgia Tech, University of Georgia, Florida State, University of Tennessee school system, Gallaudet University, University of Central Florida, Florida International, US Naval Academy, West Point, US Air Force Academy, New College of Florida, Fisk University, Tougaloo University.

- **Test Blind:** Schools that are test blind will not consider an applicant’s test scores even if they are submitted. These schools do not accept college entrance exams.

ACT AND COLLEGE BOARD'S SCORE POLICIES

You have a choice if you wish to share all SAT/ACT scores with college admissions offices if the exam is taken multiple times. However, there are some key points that you should be aware of before making your decision.

- Colleges can opt out of score choice and require applicants to report every SAT/ACT score.
- With score choice it can be beneficial to send multiple score reports with many colleges combining highest section scores from multiple test administrations. In this scenario, sending all scores may help you as colleges may create a “super score” combining your best score in each area.
- SAT/ACT scores do not appear on your high school transcript. **It is your responsibility to have your scores sent to the colleges in which you apply when required.**

Individual score reports cost anywhere from \$9.50 to \$21 to send scores to schools.

SPECIAL ACCOMODATIONS 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. The class of 2025 school psychologist is Mrs. Magee and she can be reached at jmagee@acsdny.org or x31331. Students must have a documented disability on file that supports the need for accommodations on school tests to be considered for standardized test accommodations.

- A Student Eligibility Form must be completed and mailed to College Board and ACT **several months** before the test administration.
- When registering for ACT accommodations, make sure you have completed the form specific to the needs of the student. After the parent section of the form is complete, return the form to your School Psychologist. This must be done for each test admission.

SAT PREP COURSES

Arlington Adult Education:	486-4860 x 2101
Dutchess Community College:	471-4500 x 4700
Educational Services Center:	1-800-762-8378
Kaplan:	1-800-KAP-Test
Princeton Review:	1-800-2Review

**The Arlington Guidance Office does not endorse any of these organizations nor is this an extensive 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 2023-24

PSAT at Arlington High School: October 20, 2023

SAT REASONING TEST

TEST DATES	REGISTRATION DEADLINE
November 4, 2023	October 5, 2023
December 2, 2023	November 2, 2023
March 9, 2024	February 23, 2024
May 4, 2024	April 19, 2024
June 1, 2024	May 16, 2024

ACT

TEST DATES	REGISTRATION DEADLINE
October 28, 2023	September 22, 2023
December 9, 2023	November 3, 2023
February 10, 2024	January 5, 2024
April 13, 2024	March 8, 2024
June 8, 2024	May 3, 2024

***These are nation-wide test dates that can be found at
www.collegeboard.com or www.actstudent.org.**

SAT REGISTRATION

Please be aware that it is each student's individual responsibility to register for the specific test(s) and administration date(s) when he/she will be taking the test. School counselors may assist you in the process, but will not register students for the exams. It is best to register at least four to six weeks before the exam.

1. Create an Online Account

Registration for the SAT can be done online at www.collegeboard.com. Online registration is best because you will receive confirmation of your registration right away and be able to print your admission ticket for test day. You will need to create a username, password and upload a photo in order to sign in for registration. This account also allows you to view your SAT scores and send them to schools as needed.

2. Register

When registering, you get to choose the test date and the location where you will be taking the exam. Remember to **REGISTER EARLY!** Testing sites (including Arlington High School) fill up quickly at popular times of the year. Once you are registered you **MUST** print your admission ticket out and keep it in a safe place. You must have your **PHOTO ID** and **ADMISSION TICKET** to be admitted to the test. You also want to plan accordingly if you will be taking another standardized test. Check your schedule!

Arlington High School CEEB Code: 334620

Arlington High School Test Center Code: 33770

3. Payment

Be sure to have a credit card ready for the payment process. If you need a fee waiver please see your school counselor.

4. Print Your Confirmation

Your admission ticket and photo ID must be brought to the test administration site with you the morning of the exam.

For assistance or re-registration of a SAT test, call 1-866-756-7346

ACT REGISTRATION

1. Register online at www.actstudent.org by creating a user account (similar to the College Board testing procedure).

2. **Phone Registration:** 1-319-337-1270.

Re-Registration for the ACT exam: 1-800-525-6926

Arlington High School Code: 334620

Arlington Test Center Code: 21540

FINDING THE RIGHT COLLEGE FOR YOU

As you evaluate colleges, you must determine the criteria that you want in a college. Please consider the following:

Type:

Four-year College or University (Includes State, Public or Private Colleges/Universities) Associate, Bachelor's, Master's, PhD and Professional Degree programs in a variety of areas

Specific career-related College or University Such as Art Institutes, Music Conservatories, Business Colleges, Seminaries, or Rabbinical Yeshivas

Technical/Vocational school Schools which focus on specific career training. Depending on the school, a student can earn an Associate Degree, certification, or professional license in a field of study.

Community College or Junior College: Typically, a two-year school where one can earn an Associate Degree

Size:

Size includes overall number of students at the school as well as typical class size.

Location:

Consider colleges in an urban, suburban, small town or rural environment in addition to travel costs and how far away from home you plan to be.

Population/Church Affiliation:

Be sure to consider whether a school is a co-educational college, a women's or men's college, a historically black or Hispanic college, and/or is run by a particular religious denomination.

Extra-Curricular Activities:

Consider what clubs, volunteerism, community connections, and leadership opportunities exist at a school-including Greek life and student unions.

Programs:

Find out how many students pursue your major/program and how many opportunities are connected to that particular area of study. Lookout for double majors/minors/research or teaching assistant opportunities.

Internships and Job Placement Services:

Keep in mind job placement statistics/internships/opportunities for hands on training- this includes study abroad and work-study positions that may be connected to your major.

Housing/Dining Halls:

Be sure to consider where you will be living, housing availability and what meal plan options exist.

Statistics/General:

Think through how the grading system is run- semesters or trimesters. Look into what percentage of students graduate in four years, get jobs in their area of study, or move on to a graduate program.

Costs:

For each college, consider the costs involved and the financial aid opportunities available. **Costs include: tuition & fees, room & board, transportation, books & personal expenses.**

Support Services (Academic, Emotional):

Take note if the school has a counseling center, writing lab, academic support services, or Office of Student Disabilities as these may be important factors in your school search.

STUDENTS WITH DISABILITIES

If you are a student who has a documented disability and an Individualized Education Program or 504 Plan and would like to use your accommodations, you will need to provide this information to colleges and advocate for yourself.

- Contact the Student Disability Office at the college you are interested in
- Colleges offer two distinct types of support services for students with disabilities:
 - 1) Comprehensive programs
 - 2) Special services programs

See your School Psychologist or Special Education teacher for more information.

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 and core-credit requirements) by the NCAA Eligibility Center. See your school counselor for a planning worksheet for eligibility. ***When choosing your courses at AHS make sure they are approved for NCAA eligibility.***

Register: Registration opens July 1st and it is recommended to be done before September of your senior year. Register with the Eligibility Center online at **www.eligibilitycenter.org**. ****Be sure to let your counselor know if you have registered.**

Initial-eligibility waivers for students with disabilities: All students who do not meet the NCAA initial-eligibility requirements and who wish to apply for a waiver of those requirements must have the waiver filed on their behalf by an NCAA institution.

HOW MANY COLLEGES SHOULD I BE CHOOSING?

Upon completion of your initial college search in junior year you should have compiled a list of colleges you are considering. This original list may be lengthy but your goal is to continually narrow the list until you have your top choices at the end of your junior year.

Your top choice schools must include *reach* schools, *match* schools and *safety* schools.

By September of senior year, you should have a finalized list of colleges you are planning to apply to and you should have started the common application.

VISIT LOCAL COLLEGES

- **Bard College** (private liberal arts college)
- **Culinary Institute of America** (food services training college)
- **Dutchess Community College** (community college)
- **Marist College** (private liberal arts college)
- **Mount St. Mary College** (private liberal arts college)
- **SUNY New Paltz** (public university)
- **Ulster Community College** (community college)
- **Vassar College** (private liberal arts college)

GAINING INFORMATION ABOUT COLLEGES

Research majors offered, acceptance rates, size, application deadlines, financial aid, and athletic programs.

- Go online. Go to college websites to gather information.
- Use Naviance or School Links
- Contact the college by phone/email to ask questions or to request that information be sent to you.
- Attend in-house college visits with admission counselors (see your counselor/School Links for dates).
- During Junior year attend college fairs in the fall and spring at AHS.
- Discuss college plans with family, friends, teachers and coaches for college suggestions and information.

DEFINITION OF TERMS

EARLY ACTION

This is an early application deadline; student will receive a response early. However, application and acceptance are non-binding. A student may wait until regular reply date (May 1) to respond to the college if he/she wishes to attend. Some schools may require a refundable deposit.

EARLY ACTION SINGLE CHOICE

This plan works the same way as other early action plans. However, with single-choice candidates may not apply early (either early action or early decision) to any other school. You can still apply for regular decision to other schools, and you are not required to give your final answer of acceptance until the regular decision deadline. This allows you to compare offers of financial aid in the spring before making a commitment.

EARLY ADMISSION

Exceptional students may enter a college at the end of junior year.

EARLY DECISION

This is a binding decision. Student is obligated to enroll if accepted. The college should be your single or first choice. Typically, college application deadlines are by November 1st. Decision is usually given in four to six weeks.

MAJOR

The subject of study in which the student chooses to specialize; a series of related courses taken primarily in the junior year and senior year of college.

REGULAR ADMISSIONS

You apply by a mid-winter deadline, hear from colleges in early April, make your decision and notify colleges by May 1st (known as the universal candidate reply date).

ROLLING ADMISSIONS

Decision within six weeks after application is completed. The college starts reviewing applications in October or November. The college will review each application as it is received and send out a response within a few weeks. This is a non-binding acceptance. Almost all of the SUNY schools work on a rolling admissions basis. Applying earlier is better.

TRANSCRIPT

Official record of high school or college courses and grades. Generally required as part of the college application.

COLLEGE VISITS

Visiting a college is a very important part of the application process. A college may seem wonderful on paper, but once you visit the school, it may not “feel” right for you. Also, just because someone else loves the college does not mean that you will have the same impression of it.

PLANNING

- Find out if an interview is required or suggested.
- Try to visit colleges while they are in session.
- Many colleges schedule campus tours conducted by students and will arrange for you to spend the night in student housing if arranged in advance.

THE VISIT

During the tour/information session, things to consider about the college and questions to ask:

1. Obtain an admission application, school calendar, and course book.

- Verify admissions requirements.
- Ask about application fee waiver.
- Ask about financial aid opportunities as well as deadlines and forms required
- What is the percentage of students who graduate within 4 years?
- What are the school's most popular programs? Most competitive programs?
- What is a typical freshman schedule? Can freshmen have cars on campus?

2. Observe campus activities. Read bulletin boards for a sampling of scheduled campus events. Eat a meal in the college dining facilities. Ask about meal plan options. Sit in on classes if possible.

- How many students are in the largest lecture classes?
- What is a typical class size?
- Are all classes taught by professors or teaching assistants?
- How easy is it to make an appointment to meet with professors?

3. Pick up a school newspaper. This will help indicate issues on campus, safety concerns, etc. Visit the library, computer labs, bookstores, athletic facilities, classrooms, lecture halls, laboratories, performing arts facilities, social areas, study facilities, career services. Visit a residence hall or ask about off-campus housing options.

- Ask if freshmen are required to live on campus.
- Are all students guaranteed housing while attending school?
- Types of residence halls: hallway style, suite style townhouses.
- How do they pick roommates?
- When do you find out roommate information?
- What are you not allowed to bring to school?

- Can I rent a refrigerator, microwave or do I need to bring my own?
 - What percentage of students stays on campus on the weekends?
4. **Assess the availability of necessary services, i.e.: laundry, haircuts, health services, repair shops, transportation, shopping, restaurants.**
5. **Talk to students about social activities and other extra-curricular activities.**
- What are some weekend activities?
 - What sports are available?
 - What student activities are available? Inquire about campus life.
 - Are there counseling services available?
 - Ask about placement record for graduates in your area of interest.
6. **Safety on Campus**
- How safe is the campus?
 - What services are in place to provide additional safety/security for students.

THE JOB MARKET

If you are thinking of entering the workforce directly after high school, you need to consider several things. Some questions that you will need to ask yourself are:

- What am I qualified to do?
- What are my best subjects?
- What outside interests do I have?
- Do I like working with people or alone?
- Am I good with details?
- What type of job do I want to have in 5 years?
- What are related career options?
- Will my job support my lifestyle?
- How much and what kind of training is/will be required?
- How much money do the “experts” make in this field?

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.

THE INTERVIEW

Employers are seeking to determine if you qualify for the job, if you are dependable, and if you will get along with your fellow employees. 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 a little bit about yourself?
- What are your strengths and weaknesses?
- What do you plan on doing 5 years from now?
- How was your attendance at high school and previous jobs?
- What kind of work would you prefer?
- Why should I offer you a job?

AFTER THE INTERVIEW: Write a thank you letter to the person who interviewed you.

SAMPLE HIGH SCHOOL STUDENT RESUME

(with paid work experience)

DAN JENNINGS

1634 Morena Blvd.

San Diego, CA 92110

(858) 445-1234

e-mail: djennings@hotmail.com

OBJECTIVE: To obtain a position in the automotive service industry.

EDUCATION: Hoover High School San Diego, CA
Expected Graduation Date June 2002
Grade Point Average 84

EXPERIENCE: **Food Service Worker**
McDonald's Restaurant Present-July 2000
San Diego, CA

Provided excellent customer service, operated cash registers, maintained a sanitary work area, prepared food and refilled lobby items as necessary.

VOLUNTEER WORK: **Rowan Child Development Center** Summer 2001

Performed office work, such as data processing.
Provided childcare services and general help as necessary.

AWARDS: **Airplane Construction** Summer 1999
Del Mar Fair Special Award

ACTIVITIES: Hoover High School Baseball Team 2001-1999
MESA Club 2001
Mid City Police Department Volunteer Summer 2000

REFERENCES: Available upon request.

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.

BRANCHES:

Air Force	462-2820	www.airforce.com
Army	462-3007	www.goarmy.com
Coast Guard	(518)465-6182	www.gocoastguard.com
Marines	463-2575	www.marines.com
Navy	462-6075	www.navy.com

AIR FORCE

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

ARMY

The Army generally deals with land-focused missions.

COAST GUARD

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

MARINES

Marines are a highly exclusive sect.

NAVY

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

RESERVES AND THE NATIONAL GUARD

Part-time members of the military. They train for 2 days/month and for 2 weeks/year. They are paid for the days they work and they 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).

Delayed entry program

Students can be sworn in during their senior year and enter the military after graduation. This enables students who want to receive training in a particular career field to have an opening in that field held for them.

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
The Naval Academy
The Air Force Academy
The Coast Guard Academy

West Point, New York
Annapolis, Maryland
Colorado Springs, Colorado
New London, Connecticut

FUTURE PLANNING CHECKLIST

- _____ Examine possible career paths
- _____ Decide on next steps post high school to achieve career
- _____ Discuss intended majors if planning to attend higher education
- _____ Complete college application fact sheet (if applicable)
- _____ Develop a list of possible colleges/programs
- _____ Take standardized tests if recommended/required for desired colleges
- _____ Procure applications and publications
- _____ Apply to NCAA Clearinghouse (if applicable)
- _____ Ask for teacher recommendations
- _____ Put schools in a priority list with application deadlines
- _____ Visit campuses
- _____ Register and get PIN # for financial aid
- _____ Write personal essay
- _____ Complete the application
- _____ Request a recommendation from your school counselor at least two weeks before due date
- _____ Apply for financial aid
- _____ Request to have mid-year grades sent to colleges that have requested them.
- _____ Review financial aid package
- _____ Decide on school, make deposit
- _____ Tell your school counselor your decision
- _____ Request final transcript be sent to college you will be attending