

Tamalpais High School



Virtual Senior Night
2022-2023

Tam HS Counseling Team

- Molly Couto, Counselor, mcouto@tamdistrict.org
- Alex Hunt, Counselor, ahunt@tamdistrict.org
- Cheryl Lua, Counselor, clua@tamdistrict.org
- Sandra Pula, Counselor spula@tamdistrict.org
- Tyrone Robinson Jr., Counselor trobinsonjr@tamdistrict.org
- Jane Shapiro, Counseling Secretary, jshapiro@tamdistrict.org
- Emi Abe, College & Career Specialist, eabe@tamdistrict.org

Senior year coming out of (?) a global pandemic

- A crash course in Adaptability: *the quality of being able to adjust to new conditions*
- Dealing with uncertainty/anxiety
- Milestones look different
- Communication is more important than ever
- You always need a Plan B
- College applications and SAT/ACT

Positive Parenting

- Senior year: a rite of passage in parenting
- Testing new boundaries and handing over the reins
- Communication is key
- Early and open conversations about stress management, finances, managing expectations, keeping track of deadlines, etc.
- Your Counseling Team is here to help, but let your seniors take the lead
- Hear from last year's seniors on how the process went for them and their advice for parents!
 - [Lessons Learned from College Applications - Recording 5/19](#)

College Season Etiquette

- This is an individualized process.
- It is inappropriate to ask where someone is applying.
- Ask qualifying questions.
- It is okay to keep your list to yourself.
- Be open-minded.
- Try to let go of bias, judgment, and ego.
- Treat others the way that you would want to be treated.

Positive Senior Year

- Your relationships are important
- Carve out time for yourself - health and wellness
- Take ownership of your choices and actions
- Social media awareness
- Have a safe, healthy, & sober senior year!

Senior Essentials

- Health and Wellness
- Budgeting and Bills
- Home Skills (cooking, laundry, medical appointments)
- Make a plan, know your resources
- Applying to college? It's a lot of work, details, and deadlines → get to know our new College & Career Specialist, Emi
- You're still a senior until you're not (June 8, 2023)

College & Career Specialist

- College & Career Specialist - Emi Abe
eabe@tamdistrict.org
- Make appointments by email - fall semester priority for seniors (**students** should reach out)
- Drop in during non-instructional times (breaks, lunch, before and after school)
- Stay up-to-date on C&CC events at <http://thsgcc.wordpress.com> & [@tamcollegeandcareer](https://www.instagram.com/tamcollegeandcareer) on Instagram
- Weekly CCC newsletter sent out Friday via Parent Square with upcoming events/information

Explore More

- [HBCU](#) and [HSI](#)
- Honors Colleges ([Barrett](#), [Clark](#))
- [Community College](#)
- [Career Technical and Certification Programs](#)
- [Gap Year](#)
- [Military](#)
- [WUE \(Western Undergraduate Exchange\)](#)
- [Naviance](#)
- [Colleges That Change Lives](#)
- Virtual tours: [YouVisit](#), [CampusReel](#), [The College Tour](#) on Amazon
- [FairTest.org](#)

College Application Types

- **Regular**

- November 30th, December 15th, January 1st, January 15th, February 1st ...and then some more...

- **Rolling**

- Decisions within a few weeks of submission, often with Priority Filing dates; **best to file early!**

- **Early Action**

- November 1 or 15th: non-binding (“restrictive” EA)

- **Early Decision**

- November 1 or 15th: **binding** (Some ED II as well with later deadlines)

- **Community College and Certificate Programs**

- Varies; check programs websites (they will generally be in the spring)

- **Priority Deadline**

- Used for scholarships and financial aid – varies by college: READ the fine print!

Organizational Tips

- Set up a designated email account to use for applications (your Tam district email address will deactivate after graduation)
 - Check it often
 - Keep it simple and professional (sophia.smith vs skybluepink17)
- Make a spreadsheet
 - College list and notes
 - Deadlines
 - Logins and passwords
 - Transcript
 - Extracurricular Descriptions
 - Scholarships
 - To Do list
- Make sure to thank everyone who helps you in the college process, from teachers to those who provide scholarships you may receive.

Tips & Tricks:

You can find a template for a college spreadsheet on [College and Career website](#)

What You Need to Know

- CEEB Code – 051975
- School – Tamalpais High School
- Type – Public
- Date of Entry – 08/2019 (or later of you are a transfer student)
- Graduation Date – 06/8/2023
- Address – 700 Miller Ave, Mill Valley, CA 94941
- [Counselor Information](#) with class size and school info

Reminders

- Make sure that your name remains consistent on all forms and is the same name on your birth certificate and your social security card.
- Deadlines are FIRM
- File FAFSA/CADA early (and CSS Profile if necessary)

California State Universities (CSU)

- 23 very different schools and just one application!
 - Application opens October 1
 - Due Date: November 30
- Local Eligibility - SF State and Sonoma State
- There are so many incredible majors and programs
 - Construction Management at Chico
 - Humboldt is now a Cal Poly! [What does that mean?](#)
 - CSU Long Beach and CSU Fullerton have some of the leading Fine Art programs in the country!
 - Cal Maritime is the only degree granting maritime academy on the West Coast.
- [Cal State Apply](#)
- [Freshman Application Guide](#)

University of California (UC)

- 9 UC Undergraduate Campuses
- Application available August 1
 - Filing period now from October 1 – **November 30**
 - **This is not rolling admissions, all completed applications submitted in this time frame are given equal consideration**
- Applications are evaluated [holistically](#) - GPA is only part of the story, make sure you're a good fit qualitatively too! The Personal Insight Questions are a way to show your personality and what you'll bring to the community!
- Get to know the campuses, they're all very different.
 - Check out the [CCC Current Events Calendar](#) for college rep visits as many UCs are coming!

California Private Colleges & Out of State Public/Private College

- Admissions deadlines and guidelines differ for all schools. Check the college/university website.
- Most private/out of state colleges utilize the Common Application and may include extra essays and require letters of recommendation: www.commonapp.org
- Don't be afraid of the price tag, many schools will offer comprehensive financial aid packages and merit scholarships.
- Some out of state public schools offer Western Undergraduate Exchange (WUE) discounts: <https://www.wiche.edu/tuition-savings/wue/for-students/>

HBCUs, HSIs

- ★ **The Common Black College App** is one application for most/many of the Historically Black Colleges & Universities (62 for one price on one application)
- ★ Some HBCUs have applications included on the Common App (ie, Spelman, Howard, Morehouse) so check their website
- ★ U-Can HBCU - college fairs, on-the-spot admission
- ★ Many universities identify as HSI - **Hispanic Serving Institution**

→ NOTES ON Common App

- ★ Private Schools and Many Public Schools
- ★ Waive FERPA rights!!
- ★ Choose and Add Recommenders
- ★ Be aware of your own deadlines and requirements
- ★ Choose and Select Decision Plan for each individual school
- ★ Supplemental Questions
- ★ There are some other application platforms: (e.g. [The Coalition](#) or Universal App) We recommend Common App when available. *(If using another platform, communicate needs with your counselor clearly)*
- ★ [CommonApp Instruction Sheet - step by step instructions](#)

Essays & Personal Insight Questions

- Potential writing components, depending on college:
 - **UC Personal Insight Questions** - [4 short answer responses](#)
 - **Common Application** - [One main essay](#)
 - **Supplements/College Questions** - Individual essays may be assigned by some colleges on the Common Application
- There is no “best topic” - write what is honest and unique to you

Essay Support at Tam

- Writing Review (Drop in Tutorials in the CCC)
- Essay Draft Workshops - (Tuesdays @ Lunch in the CCC)
 - Drop in workshop if you want to get feedback as you work on them or if you need to get started!

Quick Note on Classes

- ★ Be aware that the classes you say you are taking are a **commitment**.
 - Once you submit an application, you are expected to complete the courses you have shown as “in progress” or “planned”. Be sure to include any classes you are taking elsewhere (Apex, BYU, SVHS, Edgenuity/Independent Study, etc.)
 - Senior year grades are expected to be comparable or better than grades in the past
 - Any level changes or course drops will need to be **reported to admissions departments**.

Admissions Departments Don't Like Surprises!

SAT/ACT

California State Universities (Fall 2023 Enrollment)	University of California for (Fall 2023 Enrollment)	Private/Out of State Colleges
<p>Test not required</p> <ul style="list-style-type: none">● Tests will not be considered in admissions process● More information on the CSU website	<p>Test not required</p> <ul style="list-style-type: none">● Tests will not be considered in admissions process● Scores can be submitted and used for fulfilling minimum eligibility requirements and course placement● More information on the UC admissions website	<p>Many are test optional for the current application cycle, but please check the individual college websites!</p>

California Community Colleges

www.cccco.edu

- [Cost effective](#)
- Great Transfer Rates
- No SAT/ACT required
- Transfer admission based solely on community college grades for students applying to California public schools - so it's a fresh start!
- Research transfer requirements by college and major on assist.org

College of Marin

- College of Marin Counselor, Ruth Jimenez, on campus in the C&CC Wednesdays this year starting 9/21!
- Application Workshops - Spring
- Transfer program (ex: UC TAG)
- The benefits of community college and transferring to a four year
- Incredible technical and certificate programs including automotive, dental assisting and hospitality
- One of the best nursing transfer programs in California
- Nationally recognized as a [top CA community college](#)

What Is Career & Technical Education?

CTE focuses on teaching tech-based and career-oriented skills.
It has 16 different "tracks" students can take.

Health Science



Business



Sales



Finance



IT



STEM



Manufacturing



Logistics



Hospitality



Government



Law



Agriculture



HS



Construction



Training



Arts



Career Certificate Programs

College of Marin offers career and skill certificates in the following fields:

- **Business**
 - Business Administration and Management, Accounting, Real Estate, Entrepreneurship etc.
- **Computers and Multimedia**
 - Computer Info Systems, Graphic Design, Game Development, 3D Animation, Web Design etc.
- **Health Sciences**
 - Dental Assisting, Medical Assisting, Registered Nursing, Emergency Medical Services etc.
- **Auto and Industrial**
 - Automotive Collision Repair, Automotive Technology, Machine and Metals Technology, Electronics Certifications
- **Law and Public Safety**
 - Administration of Justice, Court Reporting etc.
- **Education**
 - Teachers or Directors in children's centers, nursery and preschools
- **Hospitality**
 - Supervisor, Manager, Customer Service etc.

Financial Aid Basics

- Financial Aid Night - Thursday, October 6th @6:00pm - ZOOM
- <https://fafsa.ed.gov> and <https://dream.csac.ca.gov> and (for some private schools) <https://cssprofile.collegeboard.org/>
- FAFSA (Free Application for Federal Student Aid) opens October 1st
- The earlier you submit financial aid applications the more likely you are to receive a better financial aid package for some schools!
- Financial aid packages are usually sent after admissions decisions are sent (this should factor into Early Decision apps)
- Use Net Price Calculator to make sure that you have “financial safeties” on your list.
- Merit-based and other private scholarships are also available:
 - Check thsgcc.wordpress.com → [Scholarships Master List](#)
 - These will be updated in as more scholarship opportunities become available

C&C Resources

- Subscribe to www.thsccc.wordpress.com to be notified of new posts
- Follow [@tamcollegeandcareer](https://www.instagram.com/tamcollegeandcareer) on Instagram
- [CCC Current Events Calendar](#) - schedule for college rep visits!
- [Naviance](#)
 - Students can log in with Tam district email/password by selecting “Continue with Single Sign On”
 - Parents can email Emi to activate account eabe@tamdistrict.org
- [UC Virtual Workshops List](#) - campus hosted workshops on app support, PIQs, and individual info sessions
- Drop in Senior Support in Tutorial - help on college applications, writing components etc.
- Drop in Writing Workshop @ Lunch on Tuesdays
- PLEASE READ the Weekly CCC newsletter sent out every Friday via Parent Square for important updates, reminders, and upcoming events!

Timeline (sample)

September:

- Fill out general sections on Common App / UC Application (Information, Courses & Activities)
- Request Letters of Recommendation, if needed
- Draft your writing components (essays, PIQ)

October:

- Finalize your writing components (essays, PIQ)
- Financial aid applications open (fill out/submit early)

November:

- Early Action / Decision Deadlines
- November 30: UC / CSU Deadline

December – February:

- Reg. Decision Common Application and all other applications

Transcripts

- NO transcripts needed to apply to CSU or UC schools unless they contact you, EXCEPT for final transcript in June after acceptance
- Transcripts are uploaded as part of the Secondary School Report section on the Common App, completed by your Counselor (you must invite your Counselor first)
- Check school websites to see what they want for transcripts
- If a school requires an official transcript to be mailed, complete this [Form](#)

Sending the Transcript

- Transcripts are free
- ONLINE – if the school will take transcripts online – sign-up so we can submit your transcript electronically.
- Transcript only: Email Jane Shapiro for each school requesting a transcript by mail.

Counselor Letter of Recommendation (LOR)

- All seniors were sent information about the Counselor LOR and the LOR packet ([Counselor LOR info](#))
- Follow instructions sent by your counselor to complete your LOR information
- Check/read your email accounts **regularly** as we will only be communicating via email
- Please respect the time of your teachers and counselors

Teacher Letter of Recommendation

- Contact the teacher who knows you and your academic skills the best
- Ask the teacher what they need to complete the letter
- Teachers may request a resume
- Make sure to invite your teacher to the application or provide a stamped and addressed envelope (typically only international schools)
- 1-2 teachers
- Other letters
- Teachers **do not** get a copy of our LOR packet

Inviting your Counselor to the Common Application

- ❑ [Handout](#)
- ❑ Register
- ❑ My Colleges
- ❑ Future Plans
- ❑ Applicant
- ❑ Education
- ❑ Academics
- ❑ School Forms
- ❑ Check the directions we sent you!

Offers of Admission

- Early Decision Offers of Admission: you are required to rescind all other applications/offers of admission.
- All offers of admission are conditional
 - follow all instructions and communications from the college/university.
 - READ your emails carefully and check your college portal for deadlines!

Sometimes we are waitlisted

...and that's okay.

- If you are waitlisted, follow the instructions provided by the college to accept your spot on the waitlist
- Counselors do not update letters of recommendation or write appeal letters/emails
- Make a new Plan A

Gap Year: What is it?

- **Break from “formal” education**
- **Learning continues in a different format and venue**
- **Find your purpose**
- **Re-awaken your love of learning**

Gap Year Websites

- www.gooverseas.com/gap-year/usa-fairs
- www.amigoslink.org (Amigos de las Americas)
- www.nols.edu (National Outdoor Leadership NOLS)
- www.outwardbound.org/gap-year-smester-courses (Outward Bound)
- www.rusticpathways.com/gap (Rustic Pathways)
- www.theleap.co.uk (The Leap)
- www.wheretherebedragons.com/whydragons.who (Where There Be Dragons)
- There are more out there

Free Gap Year Programs

- AmeriCorps
- VISTA
- National Civilian Community Corps
- Habitat for Humanity
- City Year
- Public Allies
- The Corps Network www.corpsnetwork.org
- World Wide Opportunities on Organic Farms
- Global Volunteers
- International People's College in Denmark
- Masa Israel

Upcoming Dates

- Ongoing College Rep Visits - Check events calendar!
- Application & Writing Support - Tutorials in the CCC
- Writing Workshops - Tuesdays @ Lunch in the CCC
- Financial Aid Applications Open - October 1st
- Financial Aid Info Night - Thu. 10/6 @ 6pm (ZOOM)
- UC/CSU Application Deadline - Nov 30th