



**Forest Park High School**  
**Senior Handbook**  
**2023-2024**

# Forest Park School Counseling Department

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### ***\*Please note:***

***If you want your counselor to write a letter of recommendation on your behalf, you must submit counselor recommendation requests by November 15th, regardless of your college application deadlines. You must have the “Self-Assessment” form on file with your counselor***

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# Advanced Studies Diploma

**26 Standard Credits, 5 Verified Credits:** Students who enter 9<sup>th</sup> grade in 2018-19 and beyond

Course	Credits	Verified Credits	
<b>English</b>	4	2	Courses shall include English 9, 10, 11, and 12 or an advanced equivalent.
<b>Math</b>	4	1	Courses shall include at least three different course selections from among Algebra I, Geometry, Algebra II, or other mathematics courses above the level of Algebra II.
<b>Science</b>	4	1	Courses shall include at least three different course selections from among Earth Science, Biology, Chemistry, or Physics or completion of the sequence of science courses required for the IB Diploma.
<b>Social Studies</b>	4	1	Courses shall include U.S. and Virginia History, U.S. and Virginia Government, and both World History to 1500 and World History from 1500; World Geography may be accepted as one of the required World History courses for transfer students.
<b>World Language</b>	3 or 4		Courses shall include three years of one language or two years each of two languages.
<b>Health and Physical Education</b>	2		<p><b>CPR/First Aid/AED Training</b></p> <p>Courses shall include Health PE I and II.</p> <p>*Students will meet the CPR/First Aid/AED Training requirement while enrolled in an HPE I and II course in Prince William County Public Schools.</p>
<b>Economics/ Personal Finance</b> <i>(Virtual course component included)</i>	1		Students will meet the Virtual Course graduation requirement after taking and passing this course in a Prince William County Public School.
<b>Electives</b>	3 or 4		Courses shall include two electives which are sequential and one elective which qualifies as a World Language, Fine Arts, or Career and Technical Education course. One elective must be a Fine Arts or Career and Technical Education course.
<b>Other Requirements</b>			<p><b>CTE Credentialing Exam:</b> Students must take and pass a Career and Technical Education credentialing exam that has been approved by the Virginia Board of Education</p> <p><b>OR</b></p> <p><b>Take one advanced course during their high school career.</b> An advanced course can be defined as any <b>AP/Advanced</b>, <b>IB/Pre-IB</b>, <b>AICE/IGSCE</b> course, or <b>dual enrollment</b>.</p>

# Standard Diploma

**22 Standard Credits, 5 Verified Credits:** Students who enter 9<sup>th</sup> grade in 2018-19 and beyond

Course	Credits	Verified Credits	
<b>English</b>	4	2	Courses shall include English 9, 10, 11, and 12 or an advanced equivalent.
<b>Math</b>	3	1	Courses shall include at least two different course selections from among Algebra I; Geometry; Algebra Functions and Data Analysis; Algebra II, or other mathematics courses above the level of Algebra II.
<b>Science</b>	3	1	Courses shall include at least two different course selections from among Earth Science, Biology, Chemistry, or Physics or completion of the sequence of science courses required for the IB Diploma.
<b>Social Studies</b>	3	1	Courses shall include U.S. and Virginia History, U.S. and Virginia Government, and one of the following: World History to 1500; World History from 1500.
<b>Health and Physical Education</b>	2		<p><b>CPR/First Aid/AED Training</b></p> <p>Courses shall include Health PE I and II.</p> <p>*Students will meet the CPR/First Aid/AED Training requirement while enrolled in an HPE I and II course in Prince William County Public Schools.</p>
<b>Economics/ Personal Finance</b> <i>(Virtual course component included)</i>	1		Students will meet the Virtual Course graduation requirement after taking and passing this course in a Prince William County Public School.
<b>Electives</b>	6		Credits earned for this requirement shall include one credit in fine or performing arts or Career and Technical Education. A computer science course credit earned by students may be considered a Career and Technical Education course credit. Courses shall also include two electives which are sequential. The World Language, Fine Arts, or Career and Technical Education course credit may be used to partially satisfy the sequential elective requirement.
<b>Other Requirements</b>			<p><b>CTE Credentialing Exam:</b> Students must take and pass a Career and Technical Education credentialing exam that has been approved by the Virginia Board of Education</p> <p><b>OR</b></p> <p><b>Take one advanced course during their high school career.</b> An advanced course can be defined as any AP/Advanced, IB/Pre-IB, AICE/IGSCE course, or dual enrollment.</p>

## SAT TEST DATES FOR THE 2022 – 2023 SCHOOL YEAR

<u>Test Date</u>	<u>Regular Registration Deadline</u>	<u>Late Registration Deadline</u>
March 11, 2023	February 10, 2023	February 28, 2023
May 6, 2023	April 7, 2023	April 25, 2023
June 3, 2023	May 4, 2023	May 23, 2023

## SAT TEST DATES FOR THE 2023 – 2024 SCHOOL YEAR

**\*(ANTICIPATED DATES)\***

<u>TEST DATES</u>
August 2023
October 2023
November 2023
December 2023
March 2024
May 2024
June 2024

**Cost of the Test: \$60.00**

**MORE INFORMATION AVAILABLE & REGISTER ONLINE AT: [WWW.COLLEGEBOARD.ORG](http://WWW.COLLEGEBOARD.ORG)**

**Preparation for SAT available at: [www.khanacademy.org/sat](http://www.khanacademy.org/sat)**

		<b><u>AMOUNT</u></b>
Cancel Registration	Canceling your registration by the change deadline	\$25.00
Change Fee	Changing your test center location	\$25.00
Late Registration Fee	If registering after the regular deadline but before late registration deadline	\$ 30 .00
Additional Score Reporting	4 –included & each additional score report request	\$12.00
Fee Waivers	Complete the PWCS Fee Waiver Request Form to see if you qualify	Contact Counselor

## ACT TEST DATES FOR 2022 – 2023 School Year

<u>Test date</u>	<u>Regular registration deadline</u>	<u>Late registration deadline</u>
April 15, 2023	February 25, 2022	March 11, 2022
June 10, 2023	May 6, 2022	May 20, 2022
July 15, 2023	June 17, 2022	June 24, 2022

## ACT TEST DATES FOR 2023 – 2024 \*(Anticipated Dates)\*

<u>TEST DATES</u>
September 2023
October 2023
December 2023
February 2024
April 2024
June 2024
July 2024

More Information available and registration at: [www.act.org](http://www.act.org)

**Cost of the Test: \$ 63.00 (No Writing Test included).** You may view your scores and score report online for free and up to four colleges.

**ACT Plus Writing: \$88.00 (with the Writing Test)** - Includes reports for you, your high school, and up to four college choices (if valid codes are provided when you register). The Writing Test fee is refundable, on written request, if you are absent on test day or switch to the ACT (No Writing) before testing begins.

\*\* If you cannot afford the test fee, ask your school counselor, if you are eligible for a fee waiver. \*\*

### Additional Registration Fees and Services

<b>Adding a 5<sup>th</sup> and 6<sup>th</sup> college choices</b>	<b>Add \$16.00 each</b>
<b><u>Late Registration Fee (U.S. or Canada only)</u></b> For registration or test date change submitted during the late period for a national test date.	<b>Add \$ 36.00</b>
<b><u>Change Fee</u></b> — includes making a test date change or test center change	<b>Add \$ 42.00</b>
<b><u>Test Option Change</u></b> – add or remove the writing test through the late deadline	<b>\$ 25.00</b>
<b><u>Fee Waivers</u></b> — Complete a PWCS Fee Waiver Request Form to see if you qualify	Contact your Counselor

## Average GPA and Test Scores of Students Accepted at Virginia Colleges

*Please note that these test scores and GPAs are provided to show you how your scores compare to those of students enrolled in Virginia colleges. Some students had lower scores and GPAs, while other students had higher scores and GPAs.*

### GPA 3.24 and below

College	SAT 25 <sup>th</sup> -75 <sup>th</sup> Percentile	ACT 25 <sup>th</sup> -75 <sup>th</sup> Percentile	Average GPA	6 Year Graduation Rate	Public or Private
Averett University	830-1030	16-22	2.93	33%	Private
Bluefield College	800-1010	16-22	3.0	45%	Private
Ferrum College	740-940	16-24	2.75	32%	Private
Hampton University	910-1100	20-22	3.2	68%	Private
Marymount University	910-1100	18-24	3.02	58%	Private
Norfolk State University	790-950	16-19	2.7	37%	Public
Radford University	890-1060	18-22	3.04	59%	Public
Virginia State University	740-920	15-19	2.8	46%	Public
Virginia Union University	690-860	14-18	2.6	35%	Private

### GPA 3.25 – 3.49

Eastern Mennonite University	860-1130	18-26	3.40	63%	Private
Hampden-Sydney College	995-1210	21-26	3.4	62%	Private
Jefferson College of Health Sciences	NA	NA	3.0	29%	Private
Liberty University	910-1160	19-26	3.24	50%	Private
Longwood University	890-1090	19-23	3.3	63%	Public
Lynchburg College	900-1090	19-24	3.2	56%	Private
Mary Baldwin College	830-1060	18-25	3.27	39%	Private
Old Dominion University	920-1120	18-23	3.3	51%	Public
Randolph College	910-1120	19-24	3.48	69%	Private
Shenandoah University	890-1120	19-26	3.4	45%	Private
Southern Virginia University	900-1160	20-26	NA	33%	Private
Sweet Briar College	890-1160	21-28	3.51	62%	Private
UVA College at Wise	840-1050	17-23	3.2	42%	Public
Virginia Wesleyan College	870-1100	18-25	3.3	44%	Private



## GPA 3.5 – 3.74

<b>Bridgewater College</b>	950-1140	21-27	3.5	60%	Private
<b>Emory and Henry College</b>	860-1100	18-25	3.45	46%	Private
<b>George Mason University</b>	1050-1250	23-28	3.5	67%	Public
<b>Hollins University</b>	960-1200	20-27	3.45	60%	Private
<b>Randolph-Macon College</b>	980-1180	21-26	3.5	62%	Private
<b>Regent University</b>	950-1180	20-26	NA	51%	Private
<b>Roanoke College</b>	980-1190	21-26	3.4	64%	Private
<b>University of Mary Washington</b>	1020-1200	22-27	3.67	74%	Public
<b>VA Commonwealth University</b>	1000-1210	21-27	3.07	57%	Public
<b>Virginia Military Institute</b>	1070-1250	23-28	3.14	76%	Public

## GPA 3.75 and above

<b>Christopher Newport University</b>	1070-1250	23-28	3.6	66%	Public
<b>College of William and Mary</b>	1270-1470	29-33	4.0	90%	Public
<b>James Madison University</b>	1050-1230	25-27	3.74	81%	Public
<b>University of Richmond</b>	1220-1430	29-32	NA	85%	Private
<b>University of Virginia</b>	1250-1460	28-33	NA	93%	Public
<b>Virginia Tech</b>	1100-1320	NA	3.67	83%	Public
<b>Washington and Lee University</b>	1320-1460	30-33	NA	90%	Private

**Early Decision** – if you apply Early Decision, you are committing yourself to attend that college if admitted. You file the application early in senior year and are notified of the college's decision around the end of the fall semester. You may have only one active Early Decision application filed at a time.

**Early Action** – you apply to the college during fall of your senior year and the college notifies you well before their Regular Decision deadline as to their decision. You are not obligated to attend the school. You may submit Early Action applications to multiple colleges.

**Regular Decision** – A college has a specific deadline by which all application must be completed. All of the applications are evaluated, all decisions made, and notification letters are then mailed to all applicants.

**Rolling Admission** – a college will make its admission decision soon after an application is completed. Decisions are released on a "rolling" basis.

## *Grading scale used at Forest Park HS, including weighting*

Numerical Grade	Letter Grade	Standard Classes	Honors Classes	AP or DE Classes
90-100	A	4	4.5	5
87-89	B+	3.3	3.8	4.3
80-86	B	3	3.5	4
77-79	C+	2.3	2.8	3.3
70-76	C	2	2.5	3
67-69	D+	1.3	1.3	1.3
60-66	D	1	1	1
59-0	F	0	0	0



## Virginia College Application Deadlines Public Colleges and Universities

<b>College or University:</b>	<b>Early Decision (binding)/ Action (non-binding) &amp; Priority:</b>	<b>Regular Admission:</b>	<b>Financial Aid Priority:</b>
<b>Christopher Newport University</b>	Early Decision: November 15 Early Action: December 1	February 1	<b>March 1</b>
<b>College of William and Mary</b>	Early Decision: November 1	January 1	<b>March 1</b>
<b>George Mason University</b>	Early Action: November 1	January 15	<b>March 1</b>
<b>James Madison University</b>	Early Action: November 1	January 15	<b>March 1</b>
<b>Longwood University</b>	Early Action: December 1	March 1	<b>March 1</b>
<b>Norfolk State University</b>		Rolling, ends May 31	<b>March 15</b>
<b>Old Dominion University</b>	Early Action: December 1	Rolling	<b>February 15</b>
<b>Radford University</b>	Early Action: December 1	February 1	<b>February 15</b>
<b>University of Mary Washington</b>	Early Decision: November 1 Early Action: November 15	February 1	<b>March 1</b>
<b>University of Virginia</b>	Early Action: November 1	January 1	<b>March 1</b>
<b>UVa's College at Wise</b>	Early Action 1: December 1 Early Action 2: February 1	Rolling, ends August 1	<b>April 1</b>
<b>Virginia Commonwealth University</b>		January 15	<b>March 1</b>
<b>Virginia Military Institute</b>	Early Decision: November 15	February 1	<b>March 1</b>
<b>Virginia State University</b>		Rolling, ends May 1	<b>March 31</b>
<b>Virginia Tech</b>	Early Decision: November 1 Early Action: December 1	January 15	<b>March 1</b>

## Private Colleges and Universities

College or University	Early Decision (binding)/ Action (non-binding) & Priority:	Regular Admission:	Financial Aid Priority:
<b>Averett University</b>		Rolling	<b>March 1</b>
<b>Bluefield College</b>		Rolling	<b>March 15</b>
<b>Bridgewater College</b>		Rolling, ends May 1	<b>March 1</b>
<b>Eastern Mennonite University</b>		Rolling	<b>February 15</b>
<b>Emory and Henry College</b>	Early Decision: November 15	Rolling	<b>April 1</b>
<b>Ferrum College</b>		Rolling	<b>March 1</b>
<b>Hampden-Sydney College</b>	Early Decision: November 15 Early Action 1: December 15 Early Action 2: January 15	March 1	<b>March 1</b>
<b>Hampton University</b>	Early Action: November 1	Rolling, ends March 1	<b>February 15</b>
<b>Hollins University</b>	Early Decision: November 1 Early Action: December 1	Rolling, priority by February 1	<b>February 15</b>
<b>Jefferson College of Health Sciences</b>	Early Action: November 1	Rolling, priority by January 15	<b>March 1</b>
<b>Liberty University</b>		Rolling, priority by January 31	<b>March 1</b>
<b>Lynchburg College</b>	Early Decision: November 15	Rolling	<b>March 1</b>
<b>Mary Baldwin College</b>		Rolling, ends April 15	<b>March 1</b>
<b>Marymount University</b>		Rolling, priority by April 1	<b>March 1</b>
<b>Randolph College</b>	Early Action: December 1	March 1	<b>February 1</b>
<b>Randolph-Macon College</b>	Early Action: November 15	March 1	<b>March 1</b>
<b>Regent University</b>		Rolling	<b>March 15</b>
<b>Roanoke College</b>	Early Decision 1: November 5 Early Decision 2: January 12	Rolling, ends March 15	<b>March 1</b>
<b>Shenandoah University</b>		Rolling	<b>March 15</b>
<b>University of Richmond</b>	Early Decision 1: November 1 Early Decision II: January 1 Early Action : November 1	January 1	<b>February 15</b>
<b>Virginia Intermont College</b>	Early Decision: January 1	Rolling, ends July 11	<b>February 15</b>
<b>Virginia Union University</b>		Rolling, ends June 30	<b>March 15</b>
<b>Virginia Wesleyan College</b>	Early Action: December 10	Rolling, priority by March 1	<b>March 1</b>
<b>Washington and Lee University</b>	Early Decision 1: November 1 Early Decision 2: January 1	January 1	<b>February 15</b>

## MILITARY

Military service is a wonderful option for career preparation. The various branches of the armed services compete with industry, colleges, trade and technical schools for recruits.

1. Young people are attracted to the military for various reasons including:

- Travel
- The need for employment
- A sense of civic duty and service for our country
- Occupational training
- Educational opportunities

2. The Armed Forces consists of 4 major branches:

- Army
- Navy
- Air Force
- Marines
- Coast Guard and Air National Guard/Reserve

3. Each branch of the military has its own mission and character, its own incentives, bonuses and recruitment strategy. All service branches require:

High school graduation or GED with college credits

- Aptitude tests
- Physical exams, drug screening and criminal background check
- The need for recruits in a specific job
- ASVAB (Armed Services Vocational Aptitude Battery) test

4. Most active-duty programs range from 3 to 6 years. Enlistments are typically 3 to 4 year commitments. People who join the reserves are on active duty through basic training and job training.

5. The number one purpose of the military is to defend the United States of America, not to provide education and training.

There are some full-time educational programs that include full pay, allowances, tuition and/or related fees. Some programs allow enlisted personnel to take college courses that, together with additional military training, enable them to become commissioned officers. Apprenticeship programs are structured into Army, Navy and Marine training programs. Armed services enlistees train in the mechanical and technical areas. Apprenticeship accreditation can cross over to the civilian world of work. The ROTC is one such program that offers scholarships for students in college to take specified courses.

- The 40 year program leads to an entry-level commission and bachelor degree
- ROTC scholarships pay tuition, required fees, textbooks and provide an allowance for each month a student is academically enrolled

## **General Military Enlistment Qualifications**

**AGE:** Must be at least 17 and not yet 35 years old. Consent of parent or legal guardian required if 17 years old.

**CITIZENSHIP STATUS:** Must be either (1) US Citizen, or (2) an immigrant alien legally admitted to the US for permanent residence and possessing immigration and naturalization documents.

**PHYSICAL CONDITION:** Must meet minimum physical standards listed below to enlist:

- **Weight:** There are minimum and maximum weights, based on percentage of body fat
- **Vision:** There are minimum correctable vision standards
- **Overall Health:** Must be in good health and pass a medical exam. Certain diseases or conditions may exclude persons from enlistment. i.e. diabetes, severe allergies, epilepsy, alcoholism, and drug addiction. Some military occupations have additional physical standards.

**EDUCATION:** High school graduation is desired by all services and is a requirement under most enlisted options.

**APTITUDE:** Armed Services Vocational Aptitude Battery (ASVAB)

- Requires a minimum entry score which may vary by service and occupation
- Is a test that can help you with educational and career planning
- Provides academic and occupational composite scores
- Is a three-hour free exam administered at your high school
- Does not incur a military obligation
- May be taken by 10th – 12th graders

**MORAL CHARACTER:** Must meet standards designed to screen out persons likely to become disciplinary problems. Standards cover court convictions, juvenile delinquency, arrests, and drug use.

**MARITAL STATUS AND DEPENDENTS:** May be either single or married

**WAIVERS:** (case by case basis)

### **HELPFUL WEBSITES:**

www.army.com

www.navy.com

www.uscg.com

www.af.com

www.mc.com

www.ngb.dtic.com

For additional information see the Military Career Guide at [www.militarycareers.com](http://www.militarycareers.com)

## **MILITARY ACADEMIES**

For those who want to serve their country AND earn a highly regarded 4 year degree, the military or service academies are worth a look. Getting in is highly competitive, but the entire cost, including tuition and room and board, is paid for by the US government.

***For more details, contact the academies:***

US Military [www.usma.edu](http://www.usma.edu) Merchant Marine [www.usmma.edu](http://www.usmma.edu)

Naval [www.usna.edu](http://www.usna.edu) Air Force [www.usafa.af.mil](http://www.usafa.af.mil)

Coast Guard [www.cga.edu](http://www.cga.edu)

## VOCATIONAL AND TECHNICAL SCHOOLS

The purpose of a career or vocational-technical education is to prepare a high school graduate to obtain and hold a job. The relationship between education and work is important. The more you invest in your education, the more valuable you are to your employer and the more you will earn!

1. A good high school education is critical to whatever field you wish to enter. Employers want you to:

- Be able to read and write well
- Communicate effectively with other people
- Get along with other people and your co-workers
- Be able to think and reason in safe acceptable creative ways

2. Career educators state that high school graduates really need to continue their education and get a degree. It is no longer an option.

3. Vocational-Technical schools provide:

- Hands-on educational experience
- Classrooms that represent actual job experiences
- Instructors who are experienced in the subject area
- Assistance when entering the workforce once your training and education are complete

4. Visit the vocational or trade school of your choice and take time to:

- Speak to students who are attending classes
- Visit during class time
- Ask students why they chose that institution
- Ask students their opinion of their education

5. Continuing education throughout your lifetime will become more and more necessary as the job market becomes more competitive.

6. Students with a vocational-technical education will have the advantage when the time comes to learn new skills. Their training will provide them with basic thinking and problem-solving skills that make it possible to absorb new technologies.

# What key factors are important when applying to college?

## NACAC College Admissions Survey

*Results of a national survey of colleges and universities from across the United States*

	Percentage of Colleges Rating As:			
	Considerably Important	Moderately Important	Limited Importance	Not Important
Grades in All Courses	74.5	15.0	5.5	5.0
Grades in College Prep Courses	73.2	16.8	5.9	4.1
Strength of Curriculum	62.1	21.9	8.7	7.3
Admission Test Scores (SAT, ACT)	45.7	37.1	12.2	5.0
Essay or Writing Sample	23.2	33.2	24.1	19.5
Student's Demonstrated Interest	16.1	23.9	28.0	32.1
Counselor Recommendation	15.1	40.4	26.6	17.9
Teacher Recommendation	14.2	40.2	26.5	19.2
Class Rank	9.1	29.1	34.1	27.7
Extracurricular Activities	6.4	42.9	32.0	18.7
Portfolio	6.4	11.9	26.9	54.8
Subject Test Scores (AP, IB)	5.5	18.3	35.2	41.1
Interview	5.5	16.4	28.3	49.8
Work	4.1	28.6	36.9	30.4
State Graduation Exam Scores	2.3	8.7	18.8	70.2
SAT II Scores	1.9	5.6	14.8	77.8

Source: NACAC Admission Trends Survey, 2018-19.

# Three Options for Submitting College Applications in Prince William County Schools



## The Common Application

- Accepted by over 800 colleges
- One profile for multiple schools + individual supplementals per institution
- Individual institution application fees
- Student must match/connect their Common Application account to Naviance Student
- Specific essay available
- Naviance application type: Common App



## The Coalition Application

- 140 approved institutions
- One profile for multiple schools + individual supplementals per institution
- Individual institution application fees
- Easy access to fee waivers
- No application matching needed in Naviance Student
- Essay available pending requirement of institution
- Naviance application type: Direct to Institution



## Direct to Institution

- Create an application on the institutions website ("apply here")
- Individual institution application fees
- Naviance application type: Direct to Institution
- Sometimes the supplemental documents must be mailed (note delivery type for letters of recommendation) this would show up as a "stamp" icon in Naviance Student

### Prince William County Schools use Naviance Student to process/send college transcripts

- Students must log all college applications in Naviance Student and request transcripts when they are required by the college in order for an official transcript and/or counselor report to be sent to colleges. Be aware of school processing window (10 school days).
- The institution will determine how and which documents (i.e. transcripts and letters of recommendation) are required for their specific admissions process.
- The transcript package includes: Initial Transcript, Mid Year Transcript, Secondary School Report, School Profile & counselor letter of recommendation (as requested by the student)
- Mid-Year transcripts are automatically submitted for any previously submitted transcripts after the first semester of senior year to include semester 1 grades and recalculated GPA/Rank and are sent mid-February.



## [Scholarship Resources](#)

- ◆ **Naviance Student** — through Naviance you will be able to view national, state and local scholarship opportunities. <https://student.naviance.com/forestpark%20>
- ◆ **FPHS College/ Career Counselor** — all scholarship applications that come to the counseling office are posted online and available in the office. Check your PWCS student email for important announcements.
- ◆ **SPARK**— Education Foundation of Prince William provides local scholarship opportunities to graduating PWCS seniors. <https://www.poweredbyspark.org/scholarships>
- ◆ **Free Application for Federal Student Aid (FAFSA)** - provides information on federal grants, student loans, work-study and scholarship opportunities. <https://studentaid.ed.gov/sa/types/grants-scholarships/finding-scholarships>
- ◆ **Fastweb Scholarship database**— connects students to different scholarships, colleges, financial aid, and more. [www.FastWeb.com](http://www.FastWeb.com)
- ◆ **Hispanic Scholarship Fund**— provides scholarships and support services to empower families with the knowledge and resources towards higher education. <https://www.hsf.net>
- ◆ **College Board**— provides students with information about the SAT, the College search process, paying for college, and more. [www.collegeboard.org](http://www.collegeboard.org)
- ◆ **Scholarships.com**—Free college scholarship directory to search for over 3.7 million scholarships and grants. [www.scholarships.com](http://www.scholarships.com)
- ◆ **Sallie Mae**— provides students and families with information about saving, planning, scholarships, and paying for college. [www.salliemae.com](http://www.salliemae.com)
- ◆ **Going Merry**— a \$20 billion database of scholarship information and aid. [www.goingmerry.com](http://www.goingmerry.com)
- ◆ **Career One Stop**— provides students with career and training program information and scholarship opportunities. <https://www.careeronestop.org/>
- ◆ **Chegg Scholarships**— a scholarship database with \$1 billion in scholarships and college research tools. <https://www.chegg.com/scholarship>
- ◆ **QuestBridge Scholarship Program**— provides scholarships to high school seniors with outstanding academic ability despite financial challenges. <https://www.questbridge.org/>
- ◆ **Local Community Organizations**— such as parent employers, local churches, military organizations, sororities/fraternities, and so much more.



**Build Your College List**  
**\$500**

Open December through June of junior year.



**Practice for the SAT**  
**\$500**

Open December junior year through October senior year.



**Explore Scholarships**  
**\$500**

Open July through February senior year.



**Strengthen Your College List**  
**\$500**

Open July through October senior year.



**Complete the FAFSA**  
**\$500**

Open October through February senior year.



**Apply to Colleges**  
**\$500**

Open October through February senior year.

## College Board Opportunity Scholarships

# A Clearer Path to College

This scholarship program guides you through the college planning process and offers you a chance to earn money for college for each action you complete. Nearly \$5 million in scholarships is awarded to thousands of students each year.

[cb.org/opportunity](https://collegeboard.org/opportunity)



**Complete Your Journey**  
by completing all six actions  
**\$40,000**



# Next Steps

*(What we strongly encourage you to start working on this spring and summer)*

- **Register to take the SAT and/or ACT** (to take the June SAT, you'll need to register by the May deadline (online) OR to take the June ACT, you'll need to register by May deadline)
  - **Create a list of colleges you plan to apply to in the fall** (visit campuses, explore college/university websites, research admissions requirements, use Naviance Student to complete a college search, etc.)
  - **Determine which teacher (s) you will ask to write you a letter of recommendation** (ask them in person and give them plenty of notice prior to your application deadlines; remember a lot of teachers are asked to write letters for multiple students...make sure you thank them!)
  - **Complete the “Self-Assessment” form and prepare your resumé** (we encourage you to use the Naviance resumé template) **and turn it in to your counselor by June 15th**
  - **Turn in your signed Transcript Release Form to Ms. Geisinger by June 15th** (You will not be able to request a transcript until this form has been signed by your parent/guardian and you)
  - **Begin drafting your college essay/personal statement** (we encourage you to work with your English 11/12 teachers to edit/proof-read your essay)
  - **Review examples of Common App essay prompts**, tips that could help in starting your college essays, visit: <https://www.commonapp.org/apply/essay-prompts>.
  - **Students planning to play collegiate sports should register through the NCAA Eligibility Center and thoroughly review the NCAA website** ([www.ncaaclearinghouse.net](http://www.ncaaclearinghouse.net)).
- Important Reminder:** Prior to your senior year it is strongly encouraged to research the NCAA Student-Athlete requirements if you plan to play athletics in College.

- **Save the Date for the Senior Boot Camp:**

**August 2023— Wednesday before the First Day of School**

# OFFICIAL TRANSCRIPT REQUEST INSTRUCTIONS


**APPLY EARLY!!! - turn in ten (10) school days prior to deadline date**

Submit completed/signed Transcript Release Form to Mrs. Geisinger via email [geisino@pwcs.edu](mailto:geisino@pwcs.edu) (this option during Virtual Learning Period ONLY. Please send it from Student PWCS School Email).


***You will not be able to request transcript(s) on Naviance Student until this step is completed.***

Go to Naviance Student: <https://student.naviance.com/forestpark> & Click on Student Tab, Click on Log in with Clever, choose Forest Park HS Prince William County Public Schools, click on Log in with Office 365 tab and use the same username that you use for all school computers. (username@pwcs-edu.org and password credentials)

Requesting a transcript: Colleges – Colleges I’m applying to – click big red plus sign – from the drop down menu choose which college you are sending the transcript to – from the drop down menu choose type of decision – confirm how I’ll submit my application (if it applies) – check the box for I’ve submitted my application – click on Add And Request Transcript

 -- need to apply through Common Application, make sure to complete FERPA on Common App and match it with Naviance account


 -- electronic submission

 -- by mail only

For college application requests, select the type of application (Regular, Early Action, etc.) Selecting the correct application type is very important, it will determine which deadline is entered for your requests.

To complete the college request, submit the Official Transcript Request Form to Mrs. Geisinger, the School Counseling Secretary, via email [geisino@pwcs.edu](mailto:geisino@pwcs.edu) (this option during Virtual Learning Period ONLY Please send it from Student PWCS School Email).

To complete the scholarship or other request that you will pick-up, request it on Naviance Student account as “Other Transcript” and submit a regular white envelope to the School Counseling Secretary.

 Transcript Fee: \$5.00 each—please confirm with Ms. Geisinger via email ([geisino@pwcs.edu](mailto:geisino@pwcs.edu)) if /how much you owe. At the beginning of this school year we will ask you to mail/drop off the check/cash; after the electronic system is set up students/parents will be able to pay via online system

**\*\*Note, first 3 are free, additional transcripts are \$5.00 each\*\*\* (NCAA/ scholarship requests are free)**

**\*\* Letters of recommendation from teacher(s) (if required) are sent directly to the college by your teacher through Naviance/ Naviance Student. You will need to request a letter of recommendation through your Naviance Student account (Colleges Home → Apply to Colleges Tab → Letters of Recommendation → Add Requests → Select a teacher from the list and Specify the College/University you would like them to write a recommendation), inform teacher(s) if it is a Common App school, and please follow up with teacher(s) in person and provide teacher(s) with your resume**

**\*\* Please note that official SAT/ACT scores will not be sent from Forest Park. All test scores must be sent directly from College Board or ACT.**

***\*\*the 10-school day processing time begins after all steps (#1-6) have been completed & School Counseling has received official transcript request form & fee (if applicable) \*\****

***\*\* Note: Mid-Year Transcripts are automatically sent out in February***

***& Final Transcripts are automatically sent out in June \*\****

**\*\* Check status of Transcript Request on Naviance <https://student.naviance.com/forestpark> \*\***



# OFFICIAL TRANSCRIPT REQUEST



NAME \_\_\_\_\_ DATE \_\_\_\_\_  
 Last First Submitted

REQUEST COUNSELOR RECOMMENDATION \_\_\_(YES); \_\_\_ (NO) Student Signature \_\_\_\_\_

**IF YOU ARE REQUESTING COUNSELOR RECOMMENDATION SELF-ASSESSMENT FORM MUST BE PROVIDED**

FOR FPHS USE ONLY

COLLEGE _____	deadline date _____	type of appl. CA--NACAC--MAIL
COLLEGE _____	deadline date _____	type of appl. CA--NACAC--MAIL
COLLEGE _____	deadline date _____	type of appl. CA--NACAC--MAIL
COLLEGE _____	deadline date _____	type of appl. CA--NACAC--MAIL
COLLEGE _____	deadline date _____	type of appl. CA--NACAC--MAIL
COLLEGE _____	deadline date _____	type of appl. CA--NACAC--MAIL
COLLEGE _____	deadline date _____	type of appl. CA--NACAC--MAIL

**\*\* SUBMIT REQUESTS AT LEAST TEN (10) SCHOOL DAYS PRIOR TO DEADLINE DATE\*\***

All transcript requests must be submitted using the Naviance program. Transcripts should only be requested once you have completed your college application (s). After requesting your transcript through Naviance, please complete this form and bring it and any required payment to Mrs. Geisinger in the Counseling Office.

**DURING VIRTUAL LEARNING PERIOD PLEASE EMAIL THE FORM TO MRS. GEISINGER AT: [geisnov@pwcs.edu](mailto:geisnov@pwcs.edu)**  
**(Please send it from Student PWCS School Email)**

FOR FPHS USE ONLY

Date Rec'd	Pd \$	To Counselor	From Counselor	Date Mailed
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## Self-Assessment for Recommendation Requests

*(due to Counselor end of Junior Year)*

Name: \_\_\_\_\_ Email: \_\_\_\_\_  
Cell: \_\_\_\_\_ Grade: \_\_\_\_\_

I plan to attend:  4-yr college;  2-yr college;  vocational school;  military;  work FT;  work PT & school

1. Does your GPA accurately reflect your academic abilities? Yes  No
2. Describe your academic abilities: \_\_\_\_\_  
\_\_\_\_\_
3. Rate your academic coursework:  most demanding  very demanding  demanding  average  below average
4. What are your academic strengths? \_\_\_\_\_  
\_\_\_\_\_  
Describe your personal strengths: \_\_\_\_\_  
\_\_\_\_\_
5. What first three words come to mind to best describe you, and why? Provide examples. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. Life's obstacles allow us to grow. Describe an obstacle that has affected you and in what way have you grown from that experience. Please explain any steps you may have taken to overcome it. (Example: COVID, Illness in family, moving, divorce, etc.) \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
7. What things would you want a college admissions committee to know about you? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
8. Describe what you want to study and your career goals: \_\_\_\_\_  
\_\_\_\_\_
9. What do you want to do to make the world a better place? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
10. What are your plans for this summer? \_\_\_\_\_  
\_\_\_\_\_
11. Are you an athlete? Yes  No  If yes, what sport(s)? \_\_\_\_\_
12. Will you be the first person in your family to attend college? Yes  / No
13. Do you hope to receive an athletic scholarship? Yes  No  Are you NCAA registered? Yes  No

### Leadership Experience

<i>Activity</i>	<i>Role/Position/Description</i>	<i>Year(s) Participating</i>

### Community Service Experience

<i>Activity</i>	<i>Role/Position/Description</i>	<i>Year(s) Participating</i>

### Clubs, Extracurricular Activities, Jobs

<i>Activity</i>	<i>Role/Position/Description</i>	<i>Year(s) Participating</i>

### Awards/Recognitions

<i>Award/Recognition</i>	<i>Received From</i>	<i>Year(s) Received</i>

\*Circle the activity that has been most important to you and explain why: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_





## Forest Park High School

15721 Forest Park Drive, Woodbridge, VA 22193 703-583-3200

### TRANSCRIPT RELEASE FORM

I, \_\_\_\_\_, authorize Forest Park High School to  
(Parent/Guardian's Name)

release any information for \_\_\_\_\_ that is requested  
(Student's Name)

from his/her cumulative record (to include initial transcript, mid-year transcript/report, and final transcript) by any colleges/universities, employers, military branches, athletic recruiters or scholarship agencies.

I have read and understand the Official Transcript Request Instructions.

\_\_\_\_\_  
(Parent/Guardian's Signature)

\_\_\_\_\_  
(Date)

\_\_\_\_\_  
(Student's Signature)

\_\_\_\_\_  
(Date)

Date Received	Date recorded in Naviance
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**Transcript Release Form**

Student's Name: \_\_\_\_\_ NCAA ID: \_\_\_\_\_

**This form can be used to send an official transcript through grade 11 and/or the final transcript after graduation from high school. Faxed or emailed transcripts will not be accepted.**

The above student has requested academic records be sent to the NCAA Eligibility Center from your high school. Your school may use this release as authority to transmit academic records to the address listed below.

**Authorization Signatures**

I understand and agree to abide by the procedures in the NCAA Guide for the College-Bound Student-Athlete. I authorize the high schools listed to release to the NCAA Eligibility Center my transcripts, proof of graduation, and any other academic or school-related information or records, as requested by the NCAA Eligibility Center for the purpose of determining my athletics eligibility. I further authorize the NCAA Eligibility Center to release personally identifiable information from my education records obtained by the NCAA Eligibility Center (including this release form and resulting certification decisions) to the NCAA, to any testing service whose test scores are included in my records (e.g., ACT or ETS), to my high school(s) or to all NCAA member institutions requesting my eligibility information, to the extent that such information is necessary to report, verify or review my athletics eligibility. I also authorize the NCAA to disclose personally identifiable information from my education records to a third party (including but not limited to the media) as necessary to correct any inaccuracies reported by the media or related to my preliminary or final certification decisions, without such disclosure constituting a violation of my rights, including my rights under the Family Educational Rights and Privacy Act.

I understand and agree that the information provided to the NCAA Eligibility Center for the purpose of determining my athletics eligibility may be used for NCAA and NCAA Eligibility Center research concerning athletics eligibility, the academic preparation and performance of student-athletes, and related issues. I also understand and agree that such research may be published or distributed to third parties, but that I will not be identified in any such published or distributed data. I also understand that the NCAA Eligibility Center will send my eligibility status to any NCAA Division I or II college that requests it. Further, I realize that the NCAA Eligibility Center will not send my eligibility information at my request; rather, the college must make the request for that information. Finally, I am aware that if no member institution requests my eligibility status, a final certification may not be processed. By submitting this form I understand it is my responsibility to provide accurate and true information to the NCAA Eligibility Center and to provide accurate and truthful updated information as necessary.

**Student: Read and Sign Below**

I certify that I am the person whose name appears on this form and that I have read and agree to the authorization statement outlined above.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_ (if student  
is under 18 years of age)

**HIGH SCHOOL ADMINISTRATOR ONLY**

***Please provide this form along with the above student's high school transcript to the following address:***

NCAA Eligibility Center Certification  
Processing P.O. Box 7136  
Indianapolis, IN 46207