

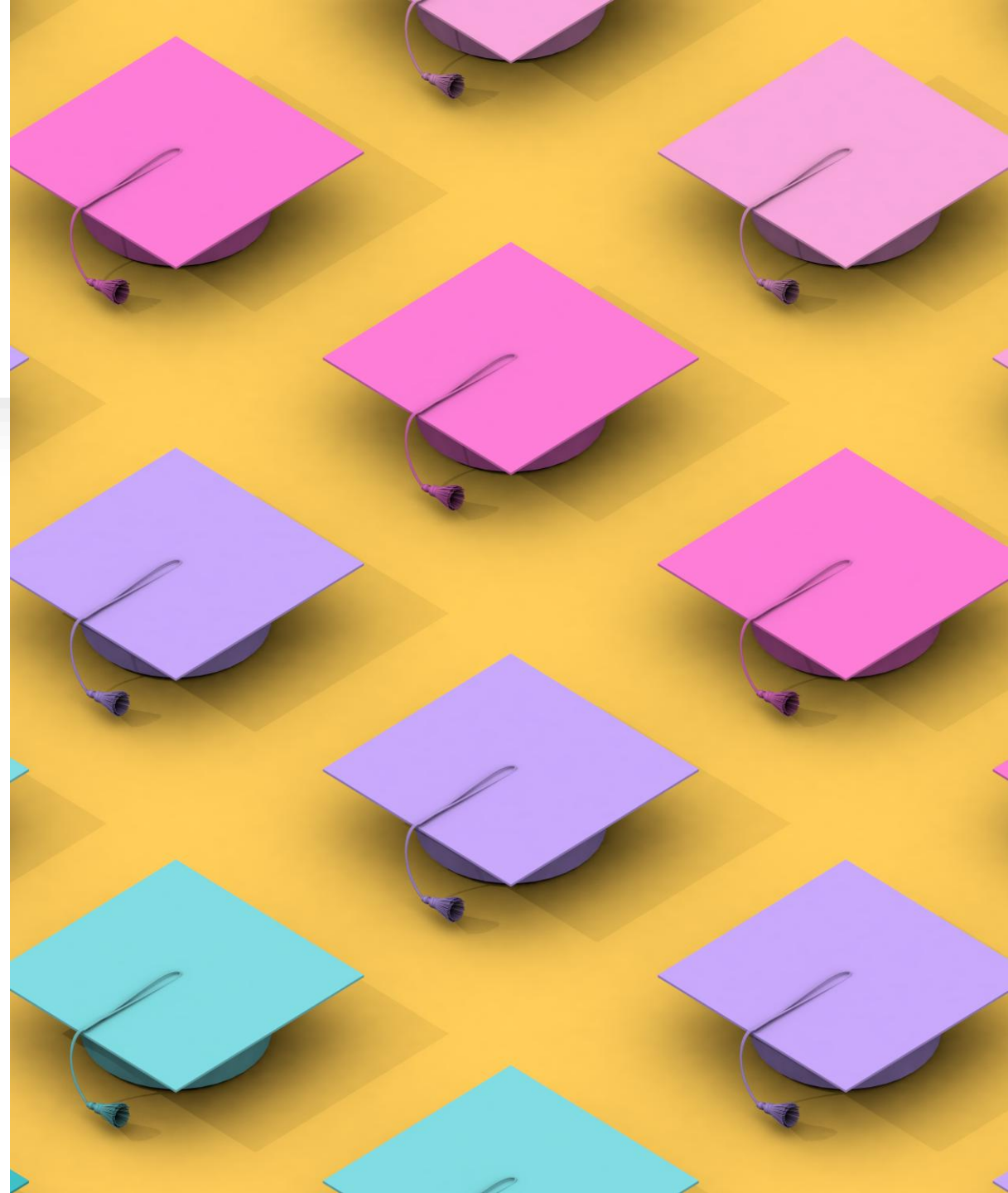


*Welcome*  
to **College Admissions 101**  
for parents and members of  
the class of **2026**

FPHS Counseling  
3/12/25

# *Tonight's Topics*

- ***The College Admissions/Application:***  
*Planning/Actions Steps for the College Bound Rising Senior*
- ***Preparing for Military Academy Application***
- ***NOVA Options and Programs***
- ***FAFSA and Financial Aid Overview***



# *Breaking Down the Admissions Process:*

## 6 Phases



Phase 1—**Self assessment/discovery**



Phase 2—**Research**



Phase 3—**Testing**



Phase 4—**Applying**



Phase 5—**Financial Aid**



Phase 6--**Deciding**

# Finding the Right *FIT*—Understanding who you are and what works for you and your family

- **Questions to help you begin:**

- *Public vs. Private*
- *2-year vs. 4-year*
- *Location (urban, rural, suburban)*
- *Size (enrollment)*
- *In-state vs. Out of State*
- **Acceptance Rates**
- *Available majors*
- *Athletics/Student activities*
- **Cost**
- *Housing*
- *Special Programs (ROTC, Study Abroad)*



# Use available tools to assess/reassess yourself

*Naviance* and College Board's *Big Future* are excellent tools to help you learn more about yourself, colleges and careers.

## Other Resources:

- *College Fairs*
- *College websites*
- *College Admissions Reps*
- *College Tours*

The screenshot shows the Naviance website's 'Demo's Future Planning' page. At the top, there is a navigation bar with links for Home, Self-Discovery, Courses, Careers, Colleges, Planner, and About me, along with a heart icon and a 'Demo' label. Below the navigation bar, the main heading is 'Demo's Future Planning' with a sub-link 'College: Bachelor's Degree' and an 'Edit Path' button. The central graphic features a stylized illustration of a college building with several green graduation caps floating around it. The text 'Plan Your Future' is prominently displayed, followed by a subtext: 'Quickly access your path highlights, favorite careers, information from your school, and more from this page.' Below this, there is a section titled 'College Path Highlights' which includes a search bar labeled 'Search for a College' with a placeholder 'Enter name' and a 'Search' button.

The screenshot shows the BigFuture website's main page. At the top, there is a navigation bar with 'Sign In' and a search icon. Below the navigation bar, there are several menu items: 'Explore Careers', 'Plan for College', 'Pay for College', 'Communities & Events', and 'My BigFuture'. The main heading is 'Your Future, Your Way®' with the subtext 'Plan for College and Career.' Below this, there are two buttons: 'Sign In' and 'Create an Account'. The central graphic features a photograph of a group of diverse students sitting on a bench, looking at a laptop. Below the photograph, there is a section titled 'See Your Options' with the subtext 'What do you want to do after high school? Answer questions to help you make a plan.' Below this, there are three icons representing different quizzes: 'Career Quiz' (with a magnifying glass icon), 'College Quiz' (with a book icon), and 'Scholarship Quiz' (with a money icon). Each icon is accompanied by a brief description of the quiz's purpose.

# Make a Preliminary List; then Narrow Further

Use *SuperMatch* or *Advanced College Search* in **Naviance** to Research further.

## Narrow your list to include:

- 2-3 **Safety Schools** (excellent chance of getting AND affordable)
- 2-3 Good **Matches or Target** (overall a good match, but not certain)
- 2-3 **Reach Schools** (more of a challenge)

## Know and Decide on your **DEADLINES:**

- **Regular**
- **Early Action**
- **Early Decision**
- **Early Decision 2**

# Applying to the Military Academies



VERTICAL WORDMARK



**Presenters:**

**Blue & Gold Officer Jaime Goss, USNA**

**Region I Admissions Advisor Aniya Cosby-Bishop, USAF Academy**

# Getting In: What does it take to Get In?



**Presenters:** Morgan Cahill, [GMU](#) and Jerry Brown, [UMW](#)

Admissions Race  
GPA Game  
Activity

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# College Admissions : Fact, False or It **DEPENDS**



Are the following statements ***TRUE, FALSE or It DEPENDS?***



**Colleges prefer AP courses over DE**






**You must decide on a major for the  
college application**



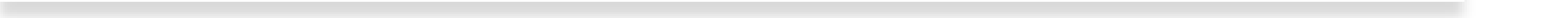


**More students are accepted with *Early Decision* deadline**





If a college states that they are ***TEST  
Optional***, it is better to submit your  
scores.





**You must select a major for the college application**

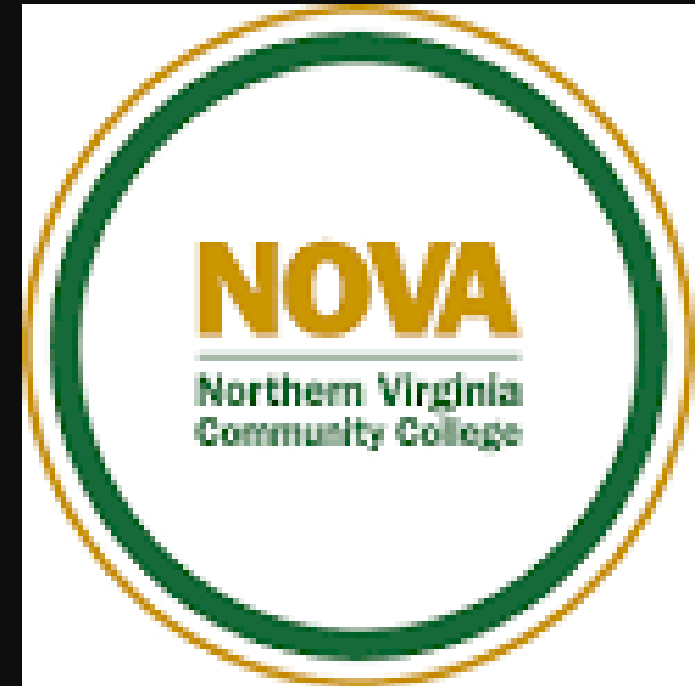
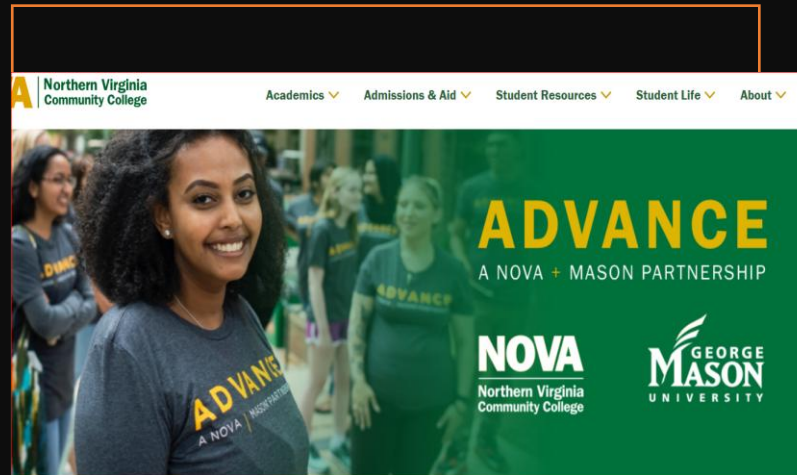




**Colleges are in search of *well-rounded* students**



# NOVA Options and Programs



## Presenters:

Sandra Delgado, Outreach & Recruitment Coordinator, NOVA

Adriana Lathan, Assoc. Director of Admissions, ADVANCE @ GMU

# The College Application



# WHAT are the components and WHO Submits What in the Application Process?

Application Component	Student/Applicant	School/Counselor
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<b>Application</b> (including essays, activities list, and Add'II information)	X	
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<b>Transcript</b>		X
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<b>School Report &amp; Profile</b>		X
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<b>Letters of Recommendation</b>		X
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<b>Standardized Testing</b>	X (request from testing agency to be sent)	
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<b>FAFSA/Financial Aid Application</b>	X	
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<b>Creative Portfolio/Auditions</b>	X	
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# Types of College Applications

- **Common App**-online application that allows students to complete one standardized form and submit to multiple colleges
- **School/System Specific Applications**— some colleges or larger university systems, such as CA & Tx public colleges have created their own applications (Georgetown and MIT) and this is the only way to apply.
- **Direct to School**— online application directly from the college's website



# What is Financial Aid and How Do We Get it?

**Presenter:** Jason Puryear, Director of The College Place, Alexandria





# What Do We Do Now??

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# To Do NOW:

- Keep **grades** up!
- Select **challenging courses** for next year
- Submit signed **Academic Consent Form** to Ms. Geisinger in Counseling
- Prepare for **In-school SAT** on **April 3rd**
- **Research** Colleges and Careers in **Naviance** and **Big Future (College Board)**
- Tour college campuses in person and virtually
- Contact an admissions counselor to ask questions *not found on website.*
- Athletes: Visit **[NCAA website](#)**



# To Do this Summer:

- Continue to **Research colleges/careers** (Reach, Target, Safety)
- **Volunteer/Engage** in something meaningful
- Complete your **Self-Assessment** in Naviance
- Complete your **resume** (Naviance has a template)
- Draft your **essays/personal statements**
- **Prep and Register for SAT/ACT *if retaking***
- Create **Common App account** (usually opens Aug.1)



# Register for SAT and/or ACT



**Register for June and/or August Tests *BEFORE* JUNE**

**Register** at <https://satsuite.collegeboard.org/sat/registration/dates-deadlines>

**Register** at <https://www.act.org/content/act/en/products-and-services/the-act/registration.html>

**ACT offers free test guide**

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

**Test waivers are available for those who qualify based on income.**

# Creating a Common App Account

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**Go to:**

<https://apply.commonapp.org/createaccount> to create your Common Application account (You are a First Year Student)

***USE Student's PERSONAL EMAIL***

The link below also is helpful in guiding you through the process.

[Princeton Guide to the Common Application](#)





- Hoping to play **D1 or D2** athletics?
- Visit **[eligibilitycenter.org](https://eligibilitycenter.org)** to register
  - Do you have enough CORE courses?
- Request **transcript** be sent to NCAA
- [NCAA Guide for College Bound Athletes](#)

# Get ORGANIZED--

Know your Deadlines  
Request Transcripts and LORs  
Start Essays/Personal Statements early  
Complete your FAFSA early

College	Major	Deadline(s)	Essay	Test Scores	Letter(s) of Rec
JMU	Computer Sci, Math	EA-Nov 1 Prior—Nov 1 Reg—Jan 15	Optional	Optional	Recommended/not required—Only 1 accepted

# Resources

- **Counseling Canvas course** : [Senior Page](#); [College and Career Page](#)
- [Naviance Student](#)
- **Opportunities Magazine**:  
[https://issuu.com/ecmc\\_outreach/docs/2024-2025-va-opps-book](https://issuu.com/ecmc_outreach/docs/2024-2025-va-opps-book)
- **College Board/BigFuture**: [www.collegeboard.org](http://www.collegeboard.org)
- **Common App** website—<https://www.commonapp.org/>
- **ACT**—<https://www.act.org/>
- **Counselors** (email, Canvas)
- **College Websites**

# More Help Ahead:

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- **College Tours:** VCU and Univ. Of Richmond, **April 10**,--Email going out soon.
- **Aug.—Senior Boot Camp at FPHS** (Date TBD)
- **Sept.—Senior class presentations and individual conferences with counselors**
- **Sept.- Nov.--College admissions counselors visit FPHS** (encourage students to sign up in Naviance).
- **Sept. or Oct.--PWCS Regional College Fairs**
- **Nov.—Jan. Hands on Help with FAFSA**



The FPHS **Academic Consent Form** **MUST** be submitted to the Counseling secretary to permit us to release your transcripts to colleges. This form gives us **PERMISSION** to send.

**No Transcripts can be sent out until this form is submitted.**

**Copies are available in Canvas and in the FPHS Counseling office.**



Forest Park High School

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

**ACADEMIC CONSENT 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)

FPHS OFFICE USE ONLY:

Date Received	Date recorded in Naviance
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*QUESTIONS*

