

Post High School Planning Night

Class of 2025



Our Student-Centered Approach



New Trier's Post-High School Counseling Philosophy is student-centered, with the goal to put the *student* in charge of their own process.

Unique Attributes of PHSC

Visit colleges annually, meet with over 200 college reps a year

Numerous points of contact with students individually and through advisery

Unparalleled experience, depth and breadth of knowledge

Experts on New Trier and the student in the context of the environment

Pathways to Consider

4-year college

2-year college
(associate's degree or
pathways program)

Skilled trades/
Apprenticeships

Military

Gap year
programs

Direct to work

Role of the Student

Reflect

Reflect on what is important now and what will be important in the future

Engage

Engage in breadth and depth in terms of academics and out-of-class involvement

Maximize

Maximize your in and out-of-class opportunities

Explore

Explore options that offer a good match with your interests and talents

Role of the Parent/Guardian

- Foster independence
- Honest conversations and parameters
- Allow your student to form their own opinions
- Empower. Encourage. Support.
- Model healthy responses to the ups and downs of the process
- Parent recommendation form





"Sometimes I think we want this more than he does."

Role of the Counselor



Help

Help you make informed decisions



Share

Share insights on college admissions



Empower

Empower students to take the lead



Develop

Develop a personalized list of post-high school options



Inform

Inform students based on facts and experience



Partner

Work with advisers, teachers, case managers, social workers, etc.

Individualized Supports

Initial appointment: Student and Parent/Guardian

- Discuss priorities & goals for postsecondary options
- Cultivate list of schools/programs to research

Follow-up appointments:

- Guide & analyze research
- Finalize application list
- Application and essay support
- Financial aid & scholarship
- Support throughout application & selection process

Counselor letter of recommendation/documentation submission

Ongoing advisery visits & presentations



**POST HIGH SCHOOL
COUNSELING**

So, where do I begin?

The Importance of Self-Reflection

Who

Who are you as a person?



What

What are your interests and strengths as a learner?



Where

Where do you feel most comfortable?

Consider:

What is important to you now and what will be important for you post New Trier?



Majors/Program
availability



Campus
community/
engagement



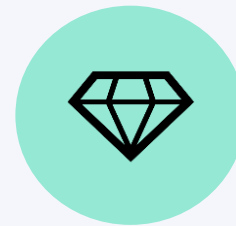
Location



Campus size



Cost and
availability of
scholarships



Graduate
outcomes

Campus Tours

- A valuable step in determining where to apply and where to enroll!
- Plan ahead
- Visit a range of options (selectivity, size, location)
- Virtual options



Where does cost factor into my decision?

University	Cost of Attendance 2023-2024
University of Illinois at Urbana Champaign	\$35,210--\$40,474
University of Michigan	\$76,294
Tulane University	\$86,000+
Indiana University	\$57,590
University of Texas - Austin	\$61,180 - 69,310
New York University	\$90,222
Oakton Community College	\$136.25 per credit hour (30 credits = \$4,087.50)
University of California – Los Angeles	\$71,091
Miami University - Ohio	\$56,558

- Tuition typically increases up to 5% per year. Some schools award merit aid, out-of-state public schools often do not.
- Make sure to complete a Net Price Calculator to gain a clearer perspective of estimated out-of-pocket costs to attend.



Federal Student Aid Estimator

- The Federal Student Aid Estimator is a free tool from the U.S. Department of Education that provides an estimate of your federal student aid eligibility.
- Prior to submitting a Free Application for Federal Student Aid (FAFSA) in 2024, the Estimator analyzes your household income and tax info to give you insights on possible financial aid opportunities.
- <https://studentaid.gov/aid-estimator/>



Free Search Tools Update!

- MaiaLearning
 - New Trier specific admissions data
 - Maia Learning Introduction and [Tutorial](#)
 - Log-in instructions will be emailed to you by end of week
- College Board's Big Future
 - <https://bigfuture.collegeboard.org/>
- Research Resources on PHSC Canvas course
- Fiske Guide and other college guides

So, how do I apply?

Early Action (EA)

Restrictive Early Action (REA)

Early Decision I or II (ED)

Rolling Admission

Regular Decision

What will be reviewed by admissions?



Student application with essays and activities list



Official transcript



School Forms completed by your post-high school counselor- letter of recommendation



Teacher letters of recommendation (if required)



Test scores sent directly from act.org or collegeboard.com (if required)

What Does Your Transcript Say About You?

- Academic record of all grades & courses (Grades 9-11)
- “Academic Standing” (Cumulative Grade Point Average)
- Grade Trends
- Course Selection
- Emphasis on your junior year performance.
- What goals do you want to set for yourself moving forward?

YEAR	SCHOOL	DESCRIPTION	LVL	SEMESTER OR			CARNegie
				1	2	SS	
ENGLISH							
11-12		English 1	2	A		1.00	
12-13		English 2	2	B+		1.00	
13-14		English 3	2	B		1.00	
MATHEMATICS							
11-12		Algebra 1	3	B	B-	1.00	
12-13		Plane Geometry	3	C-	C	1.00	
13-14		Algebra 2	3	C+	C	1.00	
SOCIAL STUDIES							
11-12		Geography	9	B+	B	1.00	
12-13		US History	9	B+	B	1.00	
13-14		US History	3	B	B	1.00	
SCIENCE							
11-12		Biology	9	B	B-	1.00	
12-13		Chemistry	9	C+	B-	1.00	
13-14		Chemistry	9	A	B	1.00	
MODERN AND CLASSICAL LANGUAGES							
11-12		Hebrew 1	9	A	A-	1.00	
12-13		Hebrew 2	9	A-	A-	1.00	
13-14		Hebrew 3	9	A-	A	1.00	
PHYSICAL EDUCATION							
12-13		Physical Education	8	A	A	0.50	
ART							
11-12		Drawing/Paint 1	8	A	A	0.50	
SPORTS							
10-11		Girls Lacrosse 1	8		P	0.25	
10-11		Girls Lacrosse League	8		P	0.25	
11-12		Kinesiology	8	A	B	0.50	
12-13		Health	8	A	A	0.50	
12-13		Health	8	A	A	0.50	
13-14		Lifetime Act	8	A	A	0.50	
HUMANITIES							
14-15		Humanities	9				
14-15		Alg & Trig	2				

School Profile and Rigor

The [New Trier Profile](#) provides an explanation of our curriculum and course levels to help colleges understand the rigor of your academic program within the context of our school.

- 2 level = College Prep
- 3 and 9 level = Honors
- 4 level = High Honors or AP
- 8 level = Elective/Other



What about testing?

The Role of ACT & SAT



When required, schools do not prefer one standardized test over the other.



If scores are used in admission decisions, individual colleges determine the weight and significance in the review process.



Test scores will not be the most important factor in the outcome. Colleges give the most weight to your grades and the rigor of your classes.

Testing Policy Changes

Test-optional means a student is not required to submit standardized test scores of any kind for admission review. A greater emphasis will be put on a student's academic record and rigor.

Although most colleges and universities adopted a test-optional policy for the Class of 2024, many have yet to announce final testing policies for the Class of 2025.



State Mandated Testing

Wednesday, April 10, 2024

- The state offers this test free of charge; students do not need to register.
- The score may be sent to colleges if a student requests it to be reported
- SAT/ACT scores are not included on a student's transcript.
- The SAT test is a state requirement for high school graduation, and all juniors must take it on the official ISBE test date.

So, what's next?

Junior Timeline

October

PSAT/NMSQT
[Understanding PSAT Scores](#)

December

Student self-evaluation
Parent/guardian reflection form
Navigating College Admission Testing
Dec. 14, 7pm, Cornog

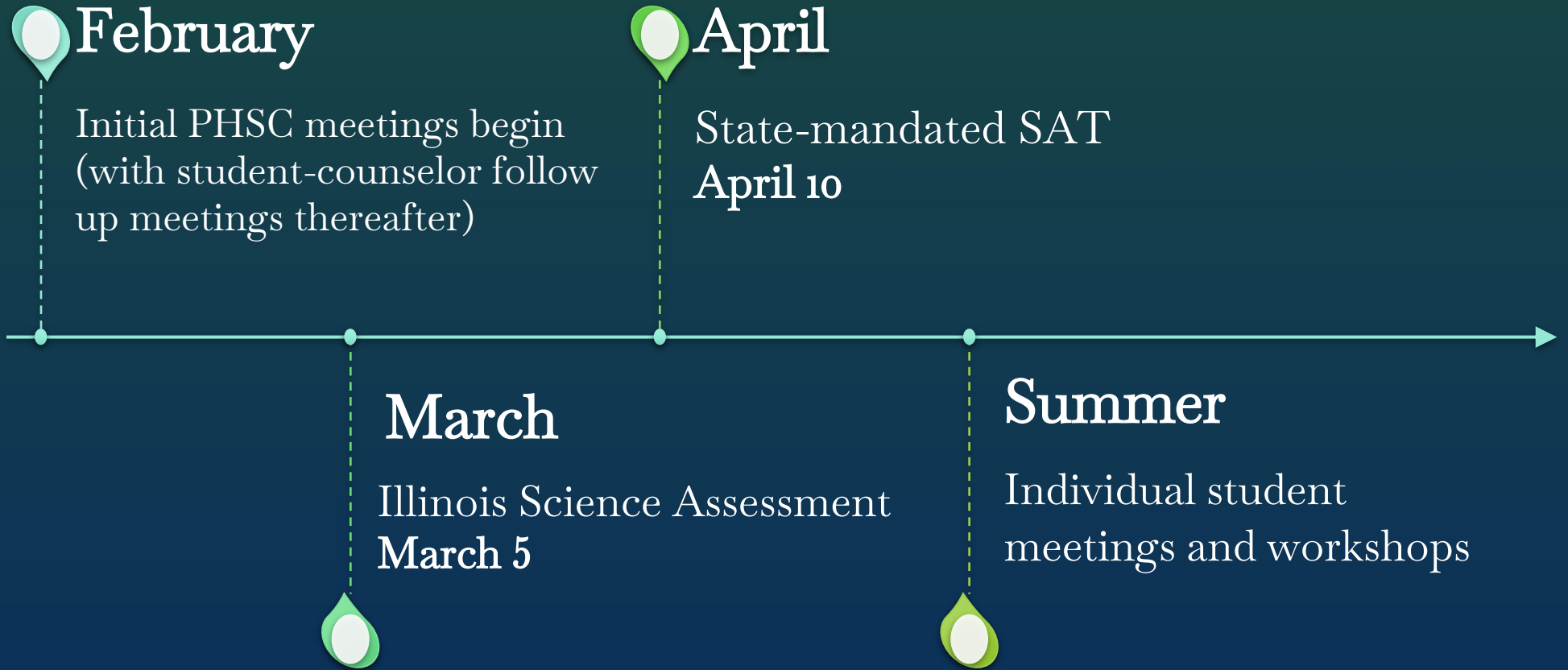
November

Introductory program
Advisery visits
PSAT results returned

January

Course selection discussions
Gap Year Fair- January 28, 2024

On to 2024



Exploring Canvas

Welcome!

Welcome to the Canvas page for Post-High School Counseling, providing you with one, simple, centralized place to access information to help you on your journey to life after New Trier. Click here to view the complete [PHSC Guide](#).





Gap Year Programs

- What is a gap year?
"A semester or year of experiential learning, typically taken after high school and prior to career or post-secondary education, in order to deepen one's practical, professional, and personal awareness."
(<https://gapyearassociation.org/gap-year.php>)

**Chicago Gap Year Fair at Winnetka campus
Sunday January 28, 12-3pm**

What to expect ahead...

Student questionnaire

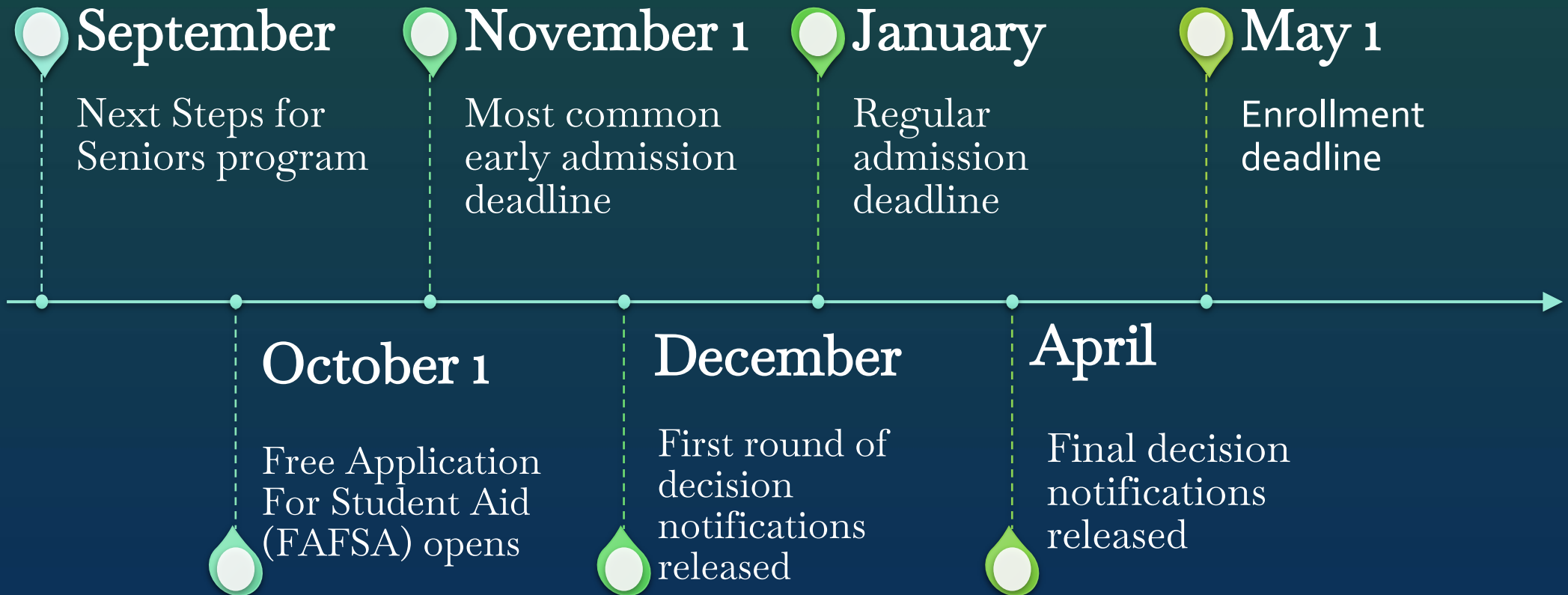
Parent reflection form

Initial PHSC meetings begin second semester

Though not required, parents/guardians are encouraged to attend the initial meeting



Preview of senior year...



We are here to help!

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