

POST-HIGH SCHOOL COUNSELING JUNIOR NEWSLETTER

OCTOBER 2024

COMING UP THIS YEAR

Next Steps for Juniors

Post-High School Planning Night

November 13 or 14, 7-8pm

Gaffney Auditorium, Winnetka Campus

Click [HERE](#) for more details and to see which night your counselor is presenting.

Currently, if juniors have questions they may email their counselor or stop by our offices in room 201 on any drop-in day. Throughout second quarter, counselors will be visiting advisories to provide guidance on the post-high school planning process and an overview of the road ahead. Students will be instructed on how to complete a self-reflection and data form, which serves as the foundation for our initial meetings.

Individual meetings will begin second semester and continue throughout the rest of the school year. Prior to the meeting, parents/guardians will be invited to submit a reflection form about your student to share with the post-high school counselor. Details on how to schedule the family meeting will be released as we get closer to that time. After the initial meeting, counselors conduct individual student follow-up meetings to provide ongoing support through the entire college search, application and decision making process. We hold office hours throughout the summer for individual follow-up appointments as well as host essay and application workshops.

PHSC CANVAS COURSE

All students in the Class of 2026 are enrolled in our PHSC Canvas page. This resource is meant to be a one-stop resource hub for students for anything and everything related to their post-high school planning needs. We hope students will take time to acquaint themselves with the wide variety of resources available at their fingertips in this site.

TESTING BASICS & UPDATES

The ACT and/or SAT align with a standard high school curriculum, and thus are intended to be taken during the spring of junior year through fall of senior year. Taking the test too early could yield less desirable results, and serve to increase anxiety around testing. Rest assured, students will have access to multiple national test dates throughout second semester, which can be viewed on the [ACT](#) and [CollegeBoard](#) sites. Many colleges have amended their requirements as it pertains to standardized testing. For a current list of colleges offering a test optional route for admission, please click [here](#). The post-high school counseling department continues to monitor the evolving landscape of standardized testing to keep our families informed on the latest updates. **Please know when registering for an exam, the registration is handled by the testing agencies, thus New Trier has no ability to reserve seats specifically for our students.

This year, the ACT is the Illinois State-mandated test and will take place at New Trier Winnetka Campus on Wednesday, April 9, 2025. For juniors who have registered to take the PSAT, the test will be given at New Trier on Saturday, October 19. For more New Trier specific information on tests, please review the attached communication that was emailed to families in July from the Testing Center. Click [here](#).

Looking for more information on standardized testing? Join us on **December 10, 2024, at 6:30pm** for a special presentation: ***Navigating College Admission Testing***. Click [HERE](#) for more information.

EXPLORE MAIALEARNING

MaiaLearning is a comprehensive online platform designed to support students through all facets of their post-high school planning process. Students are encouraged to log in and view their dashboard where they will find grade-level specific activities (including suggested deadlines) to help keep them on track. Students can explore the many resources available including character assessments, college and career search tools, scholarship and financial aid resources, resume builder and more! All Class of 2026 students and parents/guardians have accounts. For help logging in, email phsc@nth.net.

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FINANCIAL AID

If you are interested in getting a better idea of the cost of college and aid you may qualify for, check out these tools:

NET PRICE CALCULATOR

All colleges are federally mandated to have a Net Price Calculator on their website. To find an individual school's calculator, click [here](#). Completing this 15–20-minute exercise will provide you with an early read on what need-based or merit-based aid you might qualify for at this institution.

FEDERAL STUDENT AID ESTIMATOR

The FAFSA (Free Application for Federal Student Aid) cannot be filed until December 1 of senior year, but the Federal Student Aid Estimator can be done now to get an estimate of your federal aid eligibility. Click [here](#) to access.

NEW TRIER POST-HIGH SCHOOL COUNSELING DEPARTMENT

The New Trier Post-High School Counseling Department is proud of the knowledge and expertise we have to provide to our community. Our strength lies in the collective experiences of our team which in turn we are then able to share with you, providing the best resources and guidance to navigate your individual and unique post-high school journey. We thought we'd share with you a few highlights of the great work being done by our staff:

175
YEARS OF
EXPERIENCE
IN HIGH SCHOOL &
COLLEGE COUNSELING

FACULTY MEMBER FOR THE
ACADEMY FOR COLLEGE
ADMISSIONS COUNSELING

PRESENTERS AT THE ILLINOIS &
NATIONAL ASSOCIATION OF COLLEGE
ADMISSION COUNSELING ANNUAL
CONFERENCES

ILLINOIS ACT COUNCIL
MEMBER

ADVISORY BOARD DELEGATES FOR THE U OF
GEORGIA, DICKINSON COLLEGE, PROVIDENCE
COLLEGE, OHIO WESLEYAN UNIVERSITY,
U OF NEBRASKA, U OF TULSA, PURDUE U, U OF
IOWA, U OF PITTSBURGH, OHIO U, HIGH POINT U
AND THE OHIO STATE U

PARTICIPANT IN THE UNITED
STATES MARINE CORP
EDUCATORS WORKSHOP

ONE OF 15 COUNSELORS
WORLDWIDE TO SERVE ON
THE COMMON
APPLICATION OUTREACH
ADVISORY BOARD

CO-PRESIDENT OF THE LAKE
COUNTY COUNSELORS
ASSOCIATION

NCAA DIVISION 1
COLLEGE ATHLETE

PARTICIPANTS IN A MULTITUDE OF
PROFESSIONAL DEVELOPMENT PROGRAMS
FOCUSED ON EQUITY AND INCLUSION

LICENSED CLINICAL
PROFESSIONAL
COUNSELOR

23
YEARS OF
EXPERIENCE
IN COLLEGE ADMISSIONS

NEED HELP? JUST ASK...

Contact your Post-High School Counselor for support. Counselors work with the following advisery groups:

Cassandra Barca: barcac@nth.net Branahl, Lombardi, Malia, Parks, Yang
Jill Cervantes: cervantj@nth.net Lau, Shedroff, Wysocki
Heather Ecklund: ecklundh@nth.net Birazian, Chao, de Serpa, Mersch
Kristen Graf: grafk@nth.net Bond, Jackson, Loris, Phillips,
Nick Kostalek: kostalen@nth.net Cristofani, Goodman, Loris, Sowa, Van Den Berg
Michael O'Connor: oconnorm@nth.net Burns, K., Kenney, Landes, Salisbury
Thomas Shorrock: shorroct@nth.net Finck, Nichols, Vinson, Yoon
Gretchen Stauder: stauderg@nth.net Antonini, Maxman, O'Connor, Twadell
Robert Zigmund: zigmundr@nth.net Colgrove, Kirschbaum, Romano, Vaughan, Watson

For general questions or assistance, please email phsc@nth.net