

MBHS

Junior Planning Guide

2020



MT. BLUE HIGH SCHOOL COUNSELING OFFICE

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The School Counseling Staff is here to assist you in any way that we can. Please come in anytime for any reason!

“To accomplish great things, we must not only act, but also dream, not only plan, but also believe.” - Anatole France

Table of Contents

I.	Plan? What Plan?-----	4
II.	Options-----	5
III.	College Option-----	6
	a. Why College? -----	6
	b. Types of Degrees-----	6
	c. College Defined-----	7
	d. The College Search – Factors to Consider-----	8
	e. School Counseling Office Resources -----	10
	f. Admissions and Selectivity-----	11
	g. College Admission Options and Processes -----	12
	h. Admissions Testing-----	13
	i. Directions & Deadlines-----	16
	j. Visiting Colleges-----	17
	k. Financial Aid-----	19
	l. 10 Tips for Students with Learning Disabilities-----	20
	m. Helpful Websites-----	22
IV.	Military Enlistment-----	23
	a. Decision Making	
	b. Meeting with Recruiters	
	c. Taking the ASVAB	
	d. Military Academies and ROTC	
V.	Choosing to Work-----	24
	a. What’s “out there?”	
	b. Assessing Your Marketability	
	c. Be Prepared	
	d. Skills for the Workplace	
	e. Employability Skills Profile	
VI.	Important Dates for Juniors-----	27

I. Plan? What Plan?



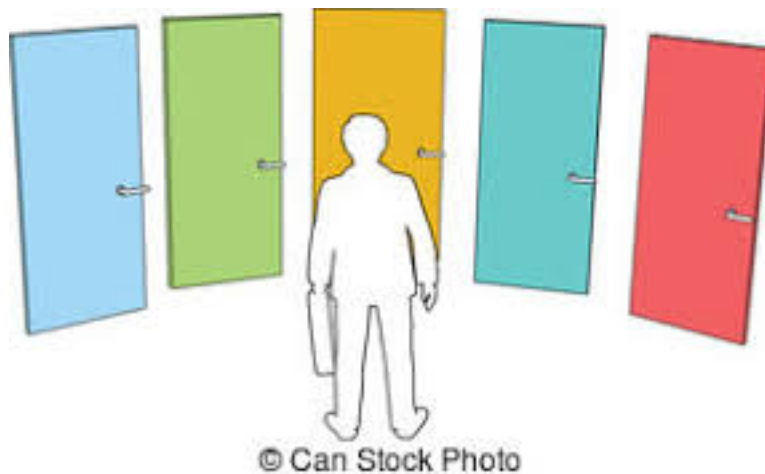
“Even if you are on the right track, you will get run over if you just sit there.” - Will Rogers

Your junior year is the time to seriously begin developing a plan for after high school graduation because:

- Your senior year is very full and can be stressful enough without having to create last minute or unexpected plans.
- Planning now will make your senior year much easier to handle.
- Many options that you may be considering take a fair amount of time, research, and thought. Starting now will provide you with the time needed to create a well-defined and workable plan to implement next year.



II. Options



Upon graduation, you basically have three options to consider:

- A. College***
- B. Military Enlistment***
- C. Employment***

Although there are various combinations of the options listed above, these three will be primarily addressed in this planning guide.

“Twenty years from now you will be more disappointed by the things you didn’t do than by the ones you did do. So, throw off the bowlines. Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover.”

—Mark Twain



III. College Options

A. Why College?

Because the only guarantee that education can offer is that the more education you have, the more options you have regarding your life choices.

And

Because of society's demand for more education and training beyond high school is increasing.

B. Types of Degrees

- 1) **Doctoral Degree** – Most advanced degree pursued after earning a Bachelor's Degree or Master's Degree, usually requiring four or more years of study and recognized for their research. Examples include Doctor of Philosophy (Ph.D.), Doctor of Medicine (M.D.), Doctor of Education (Ed.D.) and Juris Doctor (J.D.).
- 2) **Graduate/Master's Degree** – More advanced degree pursued after earning a Bachelor's Degree. Examples are a Master of Arts (MA), Master of Education (M.Ed.) or Master of Science (MS). Students generally can earn a Master's Degree after one to three years of study.
- 3) **4-Year Baccalaureate (Bachelor's Degree)** – Four or five-year college program. Most students earn a Bachelor of Arts (BA) or Bachelor of Science (BS). Other types of Bachelor's Degrees include Fine Arts (BFA) or Architecture (B.Arch.).
- 4) **Associate's Degree** – Two-year degree. Some students who earn this degree transfer to a four-year program to earn a Bachelor's Degree. Others complete associate degrees to prepare to go straight to work. Community colleges, career colleges, and some four-year colleges offer these degrees.
- 5) **Certificates** – Earned after taking a series of courses in a particular subject. Students often earn certificates to get a step into the professional field of their interest, and certificates may be offered in similar programs leading to degrees.
- 6) **Diplomas** – Similar to certificates, often awarded through completion of a program in community or technical schools.

C. College Defined

We define college as “any institution that offers educational instruction beyond the high school level.” Most colleges fall within one of the following categories:

- 1) **University** – An academic institution that grants undergraduate and graduate degrees in a variety of fields. It is comprised of a number of schools or colleges, each one teaching a specific area of study i.e., college of education, college of engineering, etc.
 - **Degrees offered:** Bachelor; Master; Doctoral; Professional; a university may also offer 2-year Associate Degree program within their 4-year program.
- 2) **Liberal Arts College** – A 4-year institution that emphasizes programs of broad undergraduate education and a variety of majors and fields of study.
 - **Degrees offered:** Bachelor; some liberal arts colleges may also have 2-year Associate Degree programs available.
- 3) **Technical College** – A 2-year institution with a focus on providing education and training in a variety of skills and technical fields. In Maine, the technical colleges are now Community Colleges, and offer both technical and liberal arts education in one and two-year programs.
 - **Degrees offered:** Associate Degree; 2-year and 1-year Diplomas; 1-year Certificates
- 4) **Community College** – A 2-year (usually) institution that provides a wide variety of educational opportunities and transfer programs, especially for non-traditional students and adult learners. In Maine, the Technical Colleges are now taking the role of Community Colleges as well, offering a 2-year Associate Degree in liberal arts, with many transfer agreements with the 4-year Universities in the system.
 - **Degrees offered:** Associate Degree
- 5) **Business College** – A 4-year or 2-year institution with a focus on education in business administration, business management, accounting, secretarial science, and other business-related fields.
 - **Degrees offered:** Bachelor; Associate
- 6) **Trade Schools** – An institution that offers training in a specific area or field, such as cosmetology, truck driving, boat building, etc.
 - **Degrees offered:** Usually a 1-year Certificate or Diploma

“Education is our passport to the future, for tomorrow belongs to the people who prepare for it today.” - Malcolm X



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D. The College Search

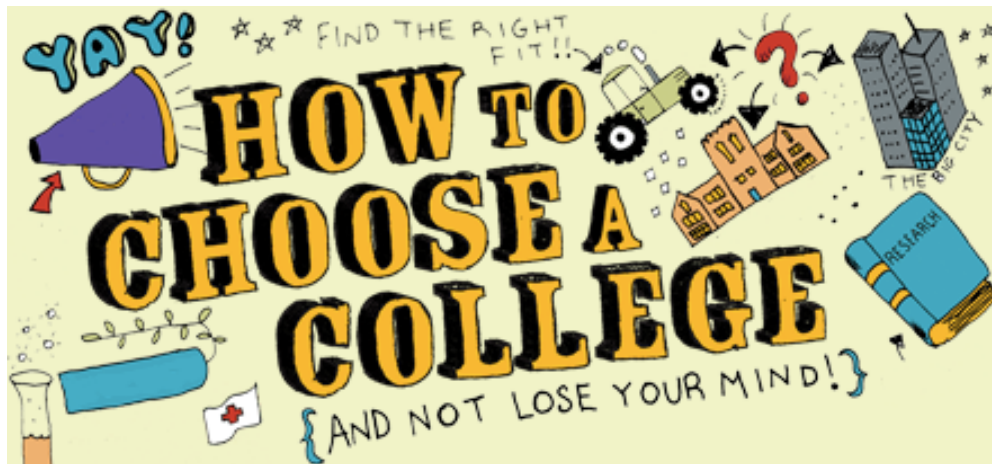
Some factors to consider:

The College Choice is:

- Difficult
- Important
- The prime responsibility of the student
- Time-consuming
- Frustrating
- Apt to have long-term outcomes
- Requires group effort
- Resolved through sorting personal priorities and goals
- To be re-examined as changes in the individual and/or college occur
- Based on facts and feelings

The College Choice is not:

- Final
- Irreversible
- A guarantee for future success
- A matter of luck
- The most difficult decision you'll make in your life
- For others to make for you
- The same for any two people
- To be made in isolation



When you are looking to find colleges that will meet your academic and personal needs, please utilize the following as a beginning checklist to guide your research of schools:

- ❖ **What kind of college do I want to attend?** Liberal Arts, Technical or Community College, etc.
- ❖ **What size college do I want?** Colleges range in size from a few hundred or fewer to 50,000+ students.
- ❖ **Where do I want to attend?** Close to home? Far away? Maine? New England? Anywhere in the country? International?
- ❖ **Location?** Rural? Urban? In between?
- ❖ **Program Offerings?** Does the school have the academic program that I want? What if I don't know what I want?
- ❖ **Admissibility/Selectivity?** Will I be accepted for admission?
- ❖ **Reputation of the college or specific program within?** Utilize evaluative resources – ratings, placement rates of graduates, alumni, faculty, school counselor, etc.
- ❖ **Atmosphere?** Your own sense or feel for the school. It is critical to visit schools to get a sense of the school atmosphere.
- ❖ **Special Programs/Athletics?** Any that you may be interested in could be very important to your comfort level and academic success.
- ❖ **Cost?** Though not an absolute factor, it is one to be considered when choosing colleges to which you apply. Cost (with financial aid package) will most likely be a factor when choosing which college to attend.
- ❖ **Other factors?** May be numerous – Paying attention to all of the above will give you a good start in your search.

School Counseling Office Resources:

Teens Guide to College & Career Planning
The College Handbook
Peterson's Competitive Colleges
Campus Visits and College Interviews
Fiske Guide to Getting into the Right College
The Princeton Review: The Best 379 Colleges
Occupational Outlook Handbook
The Princeton Review: The Best Value Colleges
Rugg's Recommendation on the Colleges
The Best of Co-Op
The Insider's Guide to Colleges
Get a Jump – What's Next After High School
The Other College Guide
Kaplan: The Parent's Guide to College Admissions
College Success for Students with Learning Disabilities

Individual college catalogs

**Choices 360" Computer Program – College & Career Information

Internet access for college search and information

Additional Resources:

- Parents
- Faculty
- Family friends
- Admissions counselors at colleges and universities

Choices 360: Online College/Career Search Program

- Interest and Strength Inventories
- Career Information
- College Search
- Portfolio/Resume Building

To Access: <http://www.choices360.com>

Access Key: ME01165

“Real knowledge is to know the extent of one’s existence.”

- Confucius

E. Admissions & Selectivity

Three primary categories with significant variance within each:

- 1) **Highly Selective** – Institutions that seek students with excellent academic records, test scores, and recommendations.
- 2) **Selective** – Institutions that seek students with excellent to very solid college preparatory backgrounds. Most like to see: College prep curriculum in high school, B average equivalent or better, ranked in top half of graduating class, and solid SAT scores.
- 3) **Open Admission** – Institutions that accept students who have attained either a high school diploma or GED. May also have specific academic pre-requisites for certain programs within the school.

Admissions difficulty is described* as the following:

- **Most Difficult:** More than 75% of entering freshmen were in the top 10% of their high school class and scored over 1310** on the SAT. About 30% or fewer of applicants are accepted.
- **Very Difficult:** More than 50% of entering freshmen were in the top 10% of their high school class and scored over 1230** on the SAT. About 60% or fewer of applicants are accepted.
- **Moderately Difficult:** More than 75% of entering freshmen were in the top 50% of their high school class and scored over 1010** on the SAT. About 85% or fewer of applicants are accepted.
- **Minimally Difficult:** Most freshmen were not in the top 50% of their high school class and scored below 1010** on the SAT. Up to 95% of applicants are accepted
- **Non-Competitive:** Virtually all applicants are accepted regardless of high school rank or test scores.

*As described in “Choices 360”

**SAT scores here based on the sum of Critical Reading and Math only.

“Your education is a dress rehearsal for a life that is yours to lead.” —Nora Ephron

Assessing your admissibility – What is considered?

- a) Your transcript – the classes you have taken, and grades earned in each. Review it with your counselor
- b) Your rank in class
- c) Your application, and possible interview
- d) Evaluation from your teachers and counselor (letters of recommendation)
- e) Your involvement as a student with your school and community
- f) Your standardized test scores (SAT, subject tests, ACT)



College Admissions Options and Processes

Most college admissions timetables call for applications and supporting materials to be submitted during the fall or early winter of the senior year. College admissions decisions are mailed to applicants anywhere from mid-December to mid-April. Accepted applicants are required to notify the college, which they choose to attend, no later than May 1st. The various application options are detailed below.

Early Decision – E.D. Early Decision is a plan under which a student applies to their first-choice college early in the fall (deadlines can be as early as November 1st) of the senior year and the student agrees, by signing a contract, to enter that college if offered admission. Decisions are rendered to Early Decision applicants by mid-December. If not accepted under the E.D. plan, a student will receive a letter stating that they are denied from admissions or one that states that they will be reconsidered (deferred) for admission later in the senior year.

A student may not apply to more than one college under an Early Decision Plan since, if accepted, the student agrees to withdraw any applications which might have been filed at other colleges while awaiting the decision of the "E.D." college. Early Decision applicants are judged on the basis of their junior year test scores, class rank, and grades. The advantages to being accepted to a first-choice college under an E.D. plan is that you will have your decision earlier than most students and by applying early with the willingness to commit to the school, you show

the admissions office the strength of your interest in the school. A disadvantage in choosing the Early Decision is that you make a binding agreement to attend a college without having the opportunity to compare financial aid packages from other colleges.

Early Action – E.A. Early Action follows the same application/notification timetable as Early Decision but allows the accepted candidates to wait until May 1st to accept or decline the offer of admission. Under Early Action programs, it is also possible for an applicant to be denied admission outright or deferred for later consideration. If your junior year credentials are not truly superior, you must be careful about applying under a plan that could harm your chance for admission.

Regular Decision – This is the traditional application process in which students apply to the institution of their choice by the regular deadline (January 1st or 15th, February 1st and March 1st are common deadlines). Under the Regular Decision option, colleges will typically notify the student of their decision by mid-March to mid-April.

Rolling Admissions – Colleges using Rolling Admissions will review applications as the “folders” (the application form and all supporting data) are completed and will return decisions within a few weeks after reviewing the application.

Deferred Admission – Many colleges offer an opportunity for a student who has been admitted to delay or defer enrollment for a year or a semester. Students who defer an offer of admission may choose to work for a while to earn money for college, travel, or pursue special programs. A deposit is often required by the college to hold a place in the next entering class.

Open Admission – Some colleges do not practice selective admissions and offer admission to all students who apply. Such colleges usually have extensive programs designed to provide remedial or developmental help to students who enroll with academic deficiencies. All Community Colleges have open admissions although some programs within community colleges are highly selective.

Waitlist – Students placed on a “Waitlist” by a college may be offered admission if space becomes available at a later date. Often times “Waitlisted” students do not hear if they are accepted until after May 1st. Students may have to submit a deposit to another school while waiting to hear about their waitlist status.

F. Admissions Testing

Most 4-year colleges and universities require that you take some type of admission test. The most commonly required test is the **SAT**. Others, especially more selective schools or programs may require additional testing such as the **SAT Subject Tests**. **Be sure to check the admissions testing requirements of all the schools you are researching.**

Many students are finding that the **ACT** Assessment Test is a better test for them to take, and most colleges and universities will accept it in lieu of the SAT and/or SAT Subject Tests. Please see your counselor for more information on the **ACT**.

If you took the PSAT last fall, and you have not yet reviewed the results with your Math and English teachers or your school counselor, please do so.

School Counseling Office Resources:

- The Official SAT Study Guide
- Practice test for SAT
- Practice test for SAT Subject Tests
- The Official Study Guide for all SAT Subject Tests
- Accuplacer Study Guide
- Accuplacer Practice Test
 - These resources are also available through <http://collegeboard.org/>, <http://academy.act.org/> and the Accuplacer can be taken via UMF or Adult Education Office for a small fee.



SAT vs. ACT – What’s the Difference?

	SAT	ACT
Total Time	3 hrs without Essay 3 hrs 50 mins with Essay	2 hrs 55 mins without Writing 3 hrs 35 mins with Writing
Order of Sections	<ul style="list-style-type: none"> • Reading • Writing and Language • Math No Calculator • Math Calculator • Essay (optional) 	<ul style="list-style-type: none"> • English • Math • Reading • Science • Writing (optional)
Time Per Section	Reading: 65 mins Writing and Language: 35 mins Math No Calculator: 25 mins Math Calculator: 55 mins Essay (optional): 50 mins	Reading: 35 mins English: 45 mins Math: 60 mins Science: 35 mins Writing (optional): 40 mins
# of Questions	Reading: 52 questions Writing & Language: 44 questions Math No Calculator: 20 questions Math Calculator: 38 questions Essay (optional): 1 essay	English: 75 questions Math: 60 questions Reading: 40 questions Science: 40 questions Writing (optional): 1 essay
Reading	4 single passages and 1 pair, 10-11 questions each	4 passages, potentially including 1 paired passage, 10 questions each
SAT Writing & Language/ ACT English	4 passages, 11 questions each	5 passages, 15 questions each
Science	No specific section, 2 passages in reading (21 questions), 1 passage in Writing (6 questions), and 8 questions in Math	7 passages, with 5-7 questions in each <ul style="list-style-type: none"> • Data Representation • Research Summaries • Conflicting Viewpoints
Math	Covers: <ul style="list-style-type: none"> • Heart of Algebra – 33% • Problem Solving/Data Analysis – 28% • Passport to Adv. Math – 29% • Additional Topics in Math – 10% 	Covers: <ul style="list-style-type: none"> • Pre-algebra – 20-25% • Elem. Algebra – 15-20% • Coordinate geometry – 15-20% • Plane geometry - 20-25% • Trigonometry – 5-10%
How It Is Scored	<u>Total score range: 400-1600</u>	<u>Total score range: 1-36</u>
Cost	<u>\$47.50 without Essay</u> <u>\$64.50 with Essay</u>	<u>\$46.00 without Writing</u> <u>\$62.50 with Writing</u>
Who Accepts Scores?	<u>Accepted by all colleges and universities in the US</u>	<u>Accepted by all colleges and universities in the US</u>

G. Directions & Deadlines

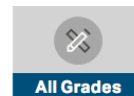
There will be much more information on this topic in the fall but remember the importance of following directions carefully!

Directions – Many students find themselves in difficulty with the college application process because they just plain don't carefully read and follow the application instructions. Another problematic issue is the failure to follow application directions and protocol of the MBHS Counseling Office.

Deadlines – For college admissions and financial aid applications, the deadlines are often very strict and unforgiving – if you miss them, you may miss out.



H. Visiting Colleges



Campus Visit Checklist

Visiting a college campus helps you get a sense of what a college — and life at that college — is like. This can help you decide whether the college is right for you.

GATHER INFORMATION

Find out what you need to do to apply, and see if the college's class and major offerings are what you want:

- Take part in a group information session at the admission office.
- Interview with an admission officer.
- Pick up financial aid forms.
- Sit in on a class that interests you. If classes aren't in session, just see what the classrooms are like.
- Meet a professor who teaches a subject that interests you.
- Talk to students about what they think of their classes and professors.
- Get the names and business cards of the people you meet so you can contact them later if you have questions.

EXPLORE THE CAMPUS

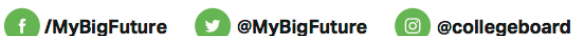
Get a feel for student life, and see if this college is a place where you will do well:

- Take a campus tour.
- Visit the dining hall, fitness center, library, career center, bookstore, and other campus facilities.
- Talk to current students about the college and life on campus.
- Check out the freshman dorms, and stay overnight with a student, if possible.
- Talk to the coaches of sports that you may want to play.
- Walk or drive around the community surrounding the campus.

CHECK OUT CAMPUS MEDIA

Tune in to learn what's happening on campus and what's on students' minds:

- Listen to the college radio station.
- Read the student newspaper.
- Scan bulletin boards to see what daily student life is like.
- Go to the career center and learn what services it offers.
- Browse the school's website and any campus blogs.
- Read other student publications, such as department newsletters, alternative newspapers, and literary reviews.



GET THE MOST OUT OF A CAMPUS VISIT IN **6 STEPS**

1 DECIDE WHERE AND HOW

See if your school arranges group trips to colleges or if you could get a group of friends together and visit the campus. A family trip is another option and allows you to involve your family in the process.

2 PREPARE FOR YOUR VISIT

Before you set out, get a map of the college campus and pick out places of interest. Call the college's admission office to schedule a guided tour of the campus.

3 TAKE YOUR OWN TOUR

Just wandering around the campus on your own or with friends can be the best way to get a feel for what a college is like.

4 EXPLORE THE FACILITIES

Find the spots on campus where students gather or ask a student where the best place to eat is to get a feel for the character of the college. Visit the library and check out the gym or theater. Ask an admission officer if you can tour a dorm and a classroom.

5 MAKE CONNECTIONS

Talk to current students. Ask the students at the next table or sitting nearby what they like best about the college.

6 TAKE NOTES

During your visit, write down some notes about your experience. What did you see that excited you? Are there aspects of the college that you don't like? If so, what are they?

Questions to Ask During Your Visit:

ASK TOUR GUIDES/STUDENTS

- What are the best reasons to go to this college?
- What's it like to go from high school to college?
- What do you do in your free time? On the weekends?
- What do you love about this college?
- What do you wish you could change about this college?
- Why did you choose this college?
- What is it like to live here?
- What does the college do to promote student involvement in campus groups, extracurricular activities, or volunteerism?

ASK PROFESSORS

- What are the best reasons to go to this college?
- Can a student be mentored by professors, graduate students, or upperclassmen?
- How are professors rated by the college? Does the college think mentoring and meetings for project guidance are important?
- How does the college help students have access to professors outside class? Do professors join students for lunch, help with community service groups, or guide student organizations?
- How many students do research or other kinds of projects for a semester or more?

ASK THE FINANCIAL AID OFFICE

- How much has your total college cost for each student risen in the past year?
- How much do your students usually end up owing when they graduate?
- What is the average income of graduates who had the same major that interests me?
- Will my costs go up when your tuition goes up, or can we use the same tuition rate I started with so I'll know the costs for four years?
- How many students usually graduate in the major that interests me? How long do these students usually take to get their degree? In what ways does the college help students graduate in four years?

Visit bigfuture.org for more information.

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I. Financial Aid



When you visit a school, it is a good idea to also schedule a stop by the financial aid office. Though you will certainly need more specific information if you eventually decide to attend a particular school, here are some basic questions that are good to ask when you are there:

1. What is the comprehensive fee at your college/university? The comprehensive fee includes the total cost of the school, including tuition, room and board, books and fees. This information, known as COA, should be available and easily accessible from all college websites.
2. What percentage of your student population receives financial aid, and what is the percentage of grants vs. loans?
3. Does the institution meet the full financial need of the student/family? And if not, what is the average “unmet need” of students receiving financial aid?
4. What financial aid application forms do you require?
5. What is your policy on handling local scholarships? If you receive local scholarship money at graduation, most schools will allow the use of that money to replace unmet need first, followed by loan money, followed by work study. However, some schools have been known to take local scholarship money to replace their own institutional grant money, which makes your local scholarship not count for anything at all. It is good to ask.
6. What is the average indebtedness of your graduates?
7. Are financial aid packages consistent from year to year?

J. Learning Disabilities: 10 Success Tips for High School Students with College Aspirations - By Joan M. Azarva, Ms.ED

Of course, you would like the transition to college to be as seamless as possible, right? Why not prepare yourself by starting now! Here are ten actions to implement while in high school that will make the post-secondary transition easier:

1. Take both English and Math in your senior year.

- Even if you have enough credits to meet college requirements, do not skip these classes. “If you don’t use it, you lose it” definitely applies; freshman year of college will be much harder if your basic skills are rusty.

2. Take college prep courses.

- It is natural to want to take the easiest classes to raise your GPA and glide through senior year, but colleges know that trick. They want to see transcripts with the most challenging courses you can handle.

3. Make sure your documentation is current (no older than 3 years).

- An IEP does not substitute for a psycho-educational evaluation. Ask colleges what specific documentation they require. Know the accommodations you need to succeed, and make sure they are included on the list of recommendations at the conclusion of the examiner’s report.

4. Be able to articulate your strengths and weaknesses.

- When you meet with Disability Services directors, you are expected to know how your disability affects your performance. If you use compensatory strategies, mention them, along with areas of strength.

5. *Know your learning style.

- Familiarity with your learning style is important for two reasons: it dictates how you study and which teachers to select.

6. *Take both the SAT and ACT.

- More colleges are accepting the ACT than ever before. Submit the higher score of the two.... *if the ACT is accepted.*
- The SAT reading passages are purposely created to be boring; the SAT is almost an endurance test of how well you can attend to dry subject matter.
- Science is included on the ACT, so if that’s your strong suit, you may have an advantage with the ACT.
- In certain areas, the SAT is more abstract.

7. Seek colleges that don’t require the SAT or ACT. <http://www.fairtest.org/univ/optional.htm>

- Smaller schools are more likely to look at your entire profile rather than just your statistics. More colleges are opting to eliminate SAT/ACT scores as part of their admission requirements. If you feel you test poorly, you may have a better shot at one of these schools.

8. Practice advocating for yourself.

- Throughout high school, your parents stood up for what you needed. In college you are considered an adult, and legally, it is no longer your parents' responsibility to look after your school matters. You are expected to know what you need to succeed (i.e. extra help) and go after it. College instructors will not approach you if you are lost. *You* need to make the first move. Practice assertiveness in high school, so you are comfortable with it by the time college rolls around.

9. Start taking notes on your textbook readings.

- If you don't take notes while you read, you are reading *passively*. What does that mean? It means that your eyes may be going over all the words, but your mind may be a million miles away.
- Taking notes while you read is the best way to keep your mind active and alert. It is impossible to take notes and daydream at the same time.

10. Start studying (NOTE: Studying ≠ Reading!).

- Some students with good memories *may* get away with simply looking over the material in preparation for a high school exam. In college, however, each test encompasses too much material for that method to be adequate. An important component of studying is seeing how well you can *restate* the information.

**Minor revisions made to above topic to update to current testing standards.*



K. Helpful Websites

There are numerous websites on the internet pertaining to post-secondary information. Colleges have their own websites and you can access them by using the college's name in the web address (i.e. www.husson.edu) or searching it online. Listed below are some additional sites that we found to be useful.

College Search/Exploration

www.clas.ufl.edu/au/ - Very easy to use directory of 4-year colleges.

www.univcan.ca/universities/member-universities/ - Canadian Universities

www.collegeboard.com

www.collegenet.com

www.petersons.com

www.princetonreview.com

www.nacacnet.org

Test Preparation

www.collegeboard.com

www.khanacademy.org - Partner with the College Board for SAT prep, available to all students, free of charge.

www.act.org

www.number2.com - Free SAT prep

www.prepme.com

Financial Aid

www.fastweb.com

www.scholarships.com

<http://www.finaid.org/>

www.collegeboard.com

<http://studentaid.gov>

www.fafsa.ed.gov - FAFSA application website

<http://fsaid.ed.gov/npas/index.htm> - Create your FSA ID

www.famemaine.com - Finance Authority of Maine – State Financial Aid Scholarships

www.nasfaa.org - National Association of Student Financial Aid Administrators; click on Parents & Students section)

www.mesfoundation.com - Maine Educational Services – scholarships, loans, college planning

IV. Military Enlistment

A. Decision Making

Entering a branch of the US Military can be a very rewarding and positive experience. The military offers a wide variety of training and skill development, as well as many opportunities for continued education. The decision to enlist is one that should be considered very carefully, because a career or job in the armed forces is certainly not for everyone. Please discuss your thoughts about enlistment with your parents, your counselor, and anyone else whose opinion you value.

There is a substantial amount of information regarding the different opportunities available in the military in the school counseling office.

B. Meeting with Recruiters

All branches of the military have offices close by. Additionally, all military recruiters schedule visits to MBHS throughout the year. If you would like to be in contact with a recruiter, please see your counselor.

C. Taking the ASVAB (Armed Services Vocational Aptitude Battery)

The ASVAB is the entrance exam for each branch of the military. You must attain a certain score on the test in order to enlist, and your scores are also utilized to determine your qualification for various jobs within the service.

The ASVAB is offered every year in the fall. Watch for announcements. You can also arrange to take the test through any of the military recruiters.

School Counseling Resources:

ASVAB Test Prep Book
ASVAB Practice Test

D. Military Academies and ROTC

The United States Military Academies for the Army, Air Force, Navy and Coast Guard are extremely competitive institutions with rigorous application procedures. With students attending these academies commit to enlistment in the armed services after graduation. High school students intending to apply to one of these academies need to start the process in the spring of their junior year

ROTC (Reserve Officer Training Corps) is offered at many four-year colleges and universities. This program gives students the needed training to enlist as an officer after graduating from college and does offer scholarship opportunities. High school students who want to apply for an ROTC scholarship for their freshman year at college need to start the application process in the spring of their junior year.

V. Choosing to Work

A. What's Out There?

Unfortunately, we have experienced a severe decline over the past few years in jobs that offer good pay and security but required unskilled labor. Though there are jobs to be found for high school graduates, most offer little opportunity for advancement, security, or decent benefits.

B. Assess Your Marketability

If you do plan on seeking employment right after graduation, take some time to assess exactly what skills you have attained over the past few years. Specific skills such as mechanical, graphic arts production, word processing, etc. are very important. Additionally, remember that employers are seeking individuals who have a strong work ethic, communicate clearly (writing and speaking), and are able to get along well with others.

It is also important to write a clear and concise resume outlining your skills and work experience. You should also be able to write an articulate letter of inquiry, as well as letters of application. Please see your English teacher, teachers in the Business Department, and/or your counselor for assistance.

C. Be Prepared

Once you have assessed your marketability and have written your resume, you should consider exploring the local job market by job shadowing or internship. *Please see your counselor to set up a plan.* It is an excellent way to see exactly what a particular job is all about and consider JMG or CTE programs i.e. Business Academy, Entrepreneurship or career planning for similar experiences.

Compare your skills to the "Employability Skills Profile" listed on the next page.

D. Skills for the Workplace

Employability skills are critical in obtaining and holding a good job. The *Building Bridges Project*, a business-education cooperative planning group in Maryland (sponsored by the 21st Century Education Foundation), has created an Employability Skills Profile that outlines the desirable skills needed in employees.

E. Employability Skills Profile

Academic Skills: Those skills that provide the basic foundation to get, keep, and progress on a job and to achieve the best results.

Employers need a person who can:

Communicate

- Listen to understand and learn.
- Read, comprehend, and use written materials; including graphs, charts, and displays.
- Communicate and write effectively with other employees and customers.

Think

- Think critically and act logically to evaluate situations, solve problems, and make decisions.
- Understand and solve problems involving mathematics and use the results.
- Use technology, instruments, tools, and information systems effectively.
- Access and apply specialized knowledge from various fields (i.e. skilled trades, technology, physical sciences, arts, and social sciences).

Learn

- Continue to learn for life.

Personal Management Skills: The combination of skills, attitudes, and behaviors required to get, keep, and progress on a job and to achieve the best results.

Employers need a person who can demonstrate:

Positive Attitudes and Behaviors

- Self-esteem and confidence.
- Honesty, integrity, and personal ethics.
- A positive attitude toward learning, growth, and personal health
- Initiative, energy, and persistence to get the job done.

Responsibility

- The ability to set goals and priorities in work and personal life.
- The ability to plan and manage time, money, and other resources to achieve goals.
- Accountability for actions taken.

Adaptability

- A positive attitude toward change.
- Recognition of and respect for people's diversity and individual differences.
- The ability to identify and suggest new ideas to get the job done – creatively.

Teamwork Skills: Those skills needed to work with others on a job to achieve the best results.

Employers need a person who can:

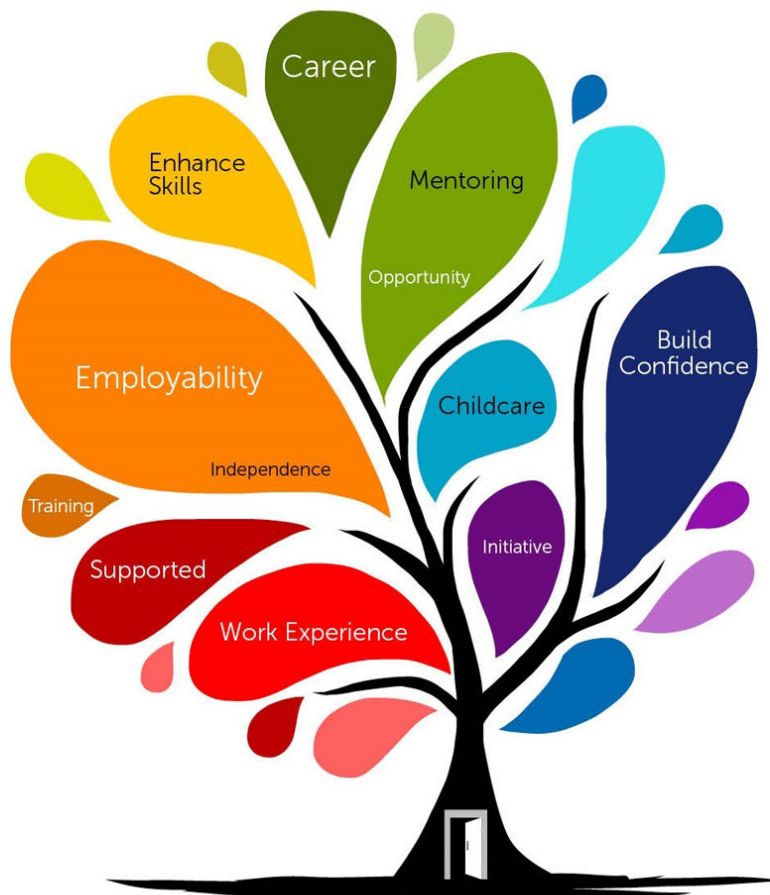
Work with others

- Understand and contribute to the organization's goals.
- Understand and work within the culture of the group.
- Plan and make decisions with others and support the outcomes.
- Respect the thoughts and opinions of others in the group.
- Exercise "give and take" to achieve group results.
- Seek a team approach as appropriate.
- Lead when appropriate, mobilizing the group for high performance

School Counseling Resources:

- Interview for Success
- Top Jobs for People Without College Degrees
- Your First Resume
- Work in the New Economy
- Careers for Environmental Types
- Careers for Caring People
- Careers for Good Samaritans
- Where Do I Begin – Job Hunting in Maine

*“Every person you meet knows something you don’t;
learn from them.” — H Jackson Brown Jr*



VI. Important Dates for Juniors

(These dates are subject to change due to school closings. Please watch the School Counseling page on the mtbluersd.org website and the Mt. Blue High School Facebook page for the latest updates. **Should school closures continue, further events may also be cancelled.**)

March 31 st – April 13 th	Jr Class Planning – Being done electronically via email
March 30 th	Jr Class Science Augmentation CANCELLED DUE TO COVID 19 CLOSINGS
*April 14 th	Jr Class SAT School Day CANCELLED DUE TO COVID 19 CLOSINGS
April 8 th	Parent Night Presentation CANCELLED DUE TO COVID 19 CLOSINGS
May 21 st	College Fair (Augusta Civic Center)
August 29 th	SATs – http://sat.collegeboard.org/register
September TBD	Financial Aid Night for SENIOR parents!! Watch the School Counseling Website for updates.
October 3 rd	SATs – http://sat.collegeboard.org/register
November 7 th	SATs – http://sat.collegeboard.org/register
December 5 th	SATs – http://sat.collegeboard.org/register

*April 14th SAT School Day is the only SAT registration handled via the School Counseling Office.

Counselor Caseload by Last Name	Extension	Email	Book an Appointment
Gerri Chesney (A – J)	4706	gchesney@mtbluersd.org	https://gchesney.youcanbook.me/
Julie Talmage (K - Z)	4707	jtalmage@mtbluersd.org	https://jtalmage.youcanbook.me/
Karin Parsons (Gr. 9)	4710	kparsons@mtbluersd.org	https://kparsons-1.youcanbook.me/
Registrar			
Melanie Prescott	4708	mprescott@mtbluersd.org	https://mprescott.youcanbook.me/
Secretary			
Beverly Vollrath	4712	bvollrath@mtbluersd.org	

We have made great strides to be more efficient with counselor/registrar appointments. We purchased an iPad (enabling students to schedule appointments) and obtained the App that enables anyone to book an appointment electronically. The “Book an Appointment” links will take you to those calendars, we encourage students, faculty and parents to book appointments so that we can keep all appointments on time and not displace others.