

# School & College Counseling

Junior Parent Night 2023



**CHRISTIAN  
BROTHERS  
ACADEMY**

# Agenda

- Who We Are
- Academic & Non-Academic Life
- Mental Health Overview
- Basics of the College Admissions Process
- College Admissions Support & Tips
- Upcoming College Admissions Events



# School & College Counseling Staff



Mr. David Frick  
Last Names: A-D



Mr. Kevin McCaig  
Last Name: E-K



Ms. Gina Morrello  
Last Name: L-P



Mr. Patrick Brennan  
Last Name: Q-Z

Mrs. Nicole Johnson, LPC - *Freshman School Counselor*

Mr. Bryan Smith, LSW - *Licensed Mental Health Specialist*

Mrs. Bonnie Stahl - *Counseling Office Administrative Assistant*



PASSION  
D  
R  
I  
O  
N  
N  
D  
V  
E  
E

# Academic & Non-Academic Life

# JUNIOR YEAR ACADEMICS

## Course Selection

- Counselors will meet with juniors in Semester 2 to discuss their senior year schedule choices
- Using the prerequisite course requirements from last year, Junior students can set academic goals towards elective and higher level courses
- If juniors have a college major in mind, they can explore course offerings as senior that align with their interests

## National Honor Society

- The first opportunity to apply is in February of junior year
- The GPA requirement is cumulative average of 92 (as of the end of Semester 1 junior year)
- For questions regarding NHS please contact Mrs. Biloholowski



**FOCUS  
ON  
GROWTH**

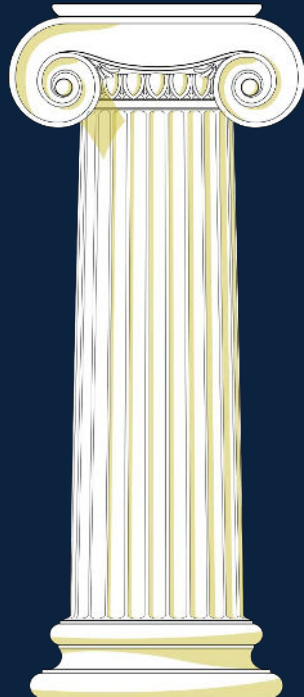
Junior year  
can be the  
time when  
students hit  
their stride

Positive  
Academic  
Progressions  
&  
Consistency  
tell a great  
story

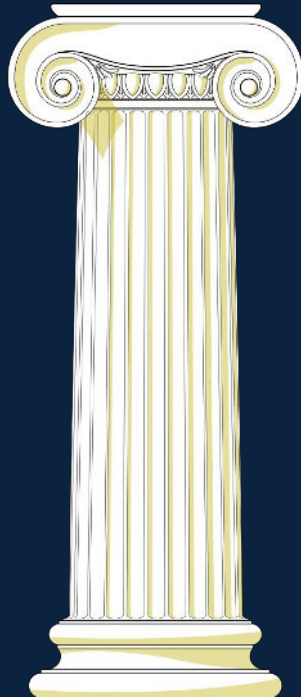


# Pillars of Involvement

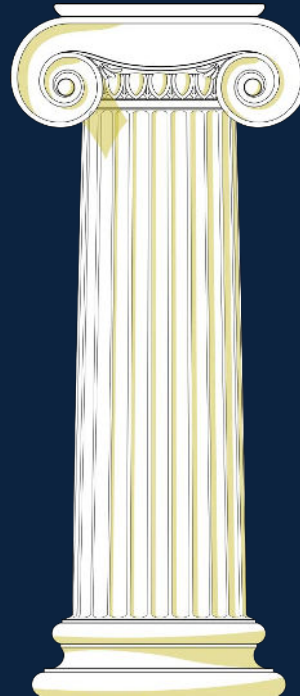
**Athletics**



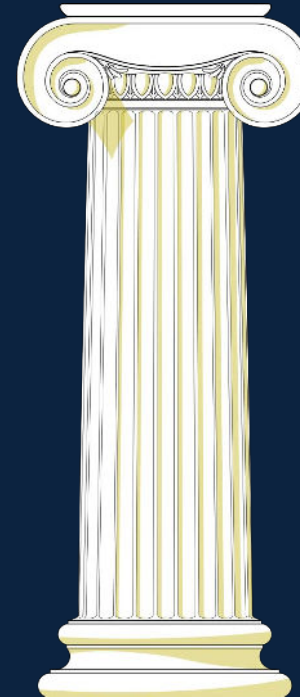
**Service**



**Education/  
Extra**



**Arts**



**52  
CLUB &  
ACTIVITY  
OFFERINGS**





**Where to Get Maps** Good maps are in general extraordinarily easy to find by gas stations are generally pretty good. Sectional maps, particularly those government publications, are inexpensive in the extreme. Furthermore, most suppliers will furnish upon request free detailed lists of exactly what they have available.

Maps of these portions of the United States east of the Mississippi River may be secured from the U. S. Geological Survey, in Washington, DC. For maps of areas west of the Mississippi contact the U. S. Geological Survey, Federal Center, Denver, Colorado.

The maps of national forest areas, write the Forest Service, Department of Agriculture, Washington, DC. Maps of the Great Lakes and connecting waters may be obtained from the U. S. Lake Survey, Federal Building, Detroit, Michigan.

Canadian maps may be secured from provincial public offices located in the various provinces, from the Government Travel Bureau in Ottawa, and from the Map Distribution Office, Department of Mines and Technical Surveys, which is also located in Ottawa, Ontario.

For governmental maps of Mexico, write: Division de Geografía y Meteorología, Tacuaraya, D. F., Mexico. Two private sources for foreign maps are: The National Geographical Society, 11th and M Streets, Washington, DC; and International Map Company, 90 West Street, New York, NY.

**Why contour maps are preferable** Contour maps are by far the most valuable for wilderness use, indicating as they do valleys, canyons, mountains, and other such geographical features in terms of elevations. Consulting such

maps in strange country can save one an exhausting amount of unnecessary climbing, descending, and then scaling again.

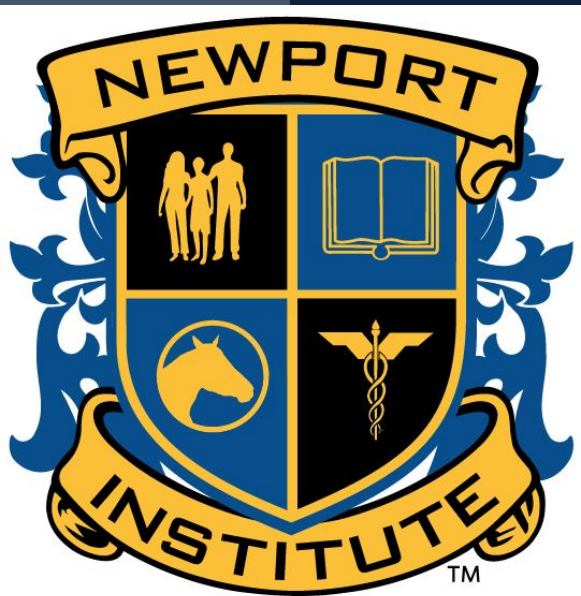
Traveling by compass in a straight line, even when possible, is often not advisable. In mountains, for example, we soon learn that on more than one occasion both time and strength can be conserved by circling several miles along an open ridge instead of striking a small fraction of that distance straight across a deep ravine to the one destination.

# Mental Health



# *What are some of the main mental health concerns for teenagers?*

- Perfectionism
- Social Media/Screen Time
- Isolation
- Academic Pressure
- Burnout
- Relationships
- Anger





# KIDS COUNT DATA CENTER



## *Child Trends: Analysis of the Department of Health and Human Services*

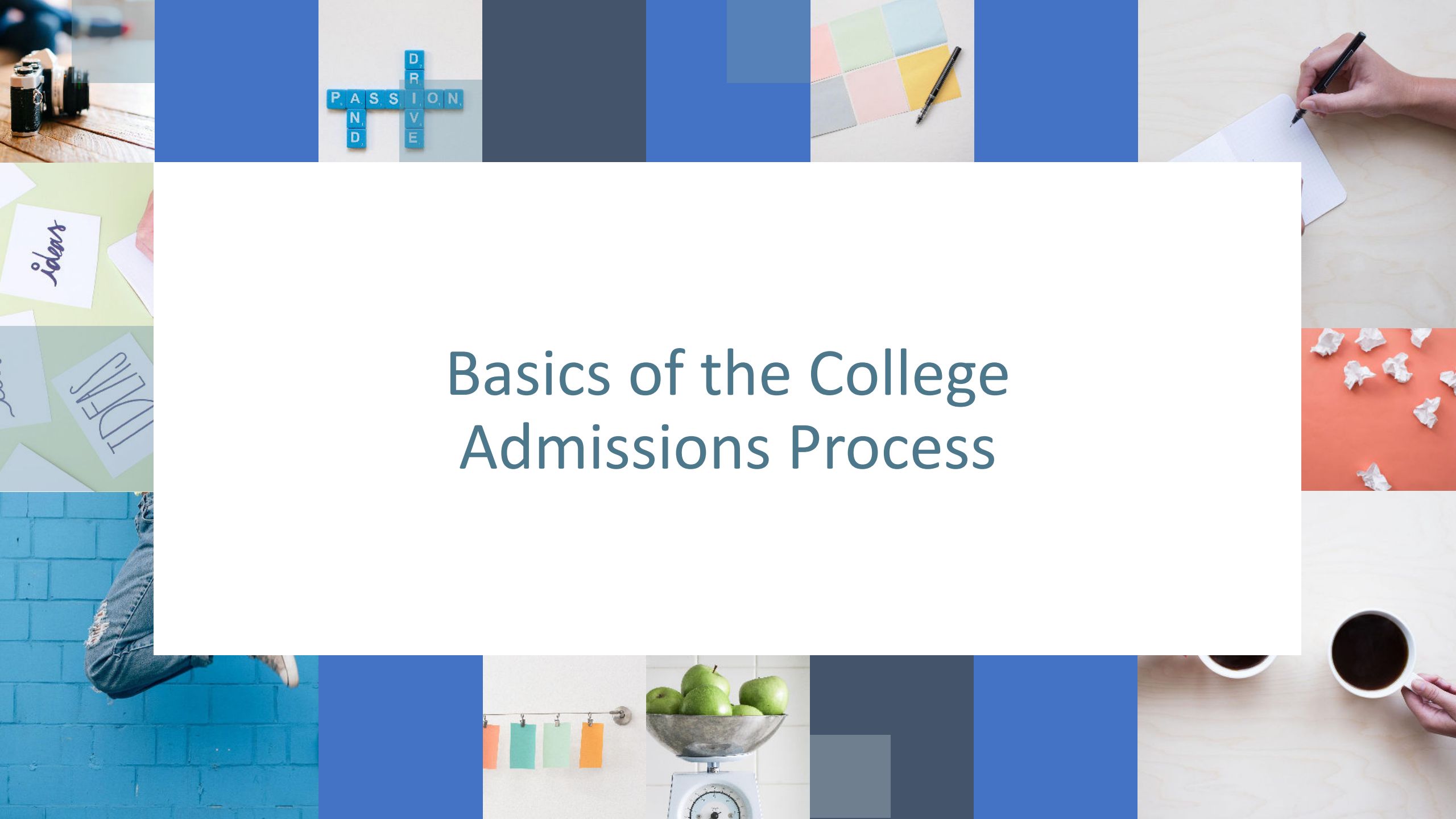
National Survey of Children's Health depression and anxiety in children and teens has increased across the nation since the pandemic began. In New Jersey since the pandemic, we saw the percentage of **children and teens struggling with anxiety and depression in New Jersey increase by 40.8%** as compared to the **national average increase of 25.5%**.

# What We are Doing at CBA

## PROACTIVE & PREVENTATIVE

- Individual & Cohort Meetings with Counselors
- Lifelines Curriculum Partners
- Training for CBA Faculty & Coaches
- Wellness Week for CBA Community leading up to midterm and final exams
- Assemblies and Class Presentations
- Monmouth County Youth Summit with Society for Prevention of Teen Suicide
- CBA Social Worker: Bryan Smith
- Referral List: Local Providers, Facilities, and National/State Hotlines



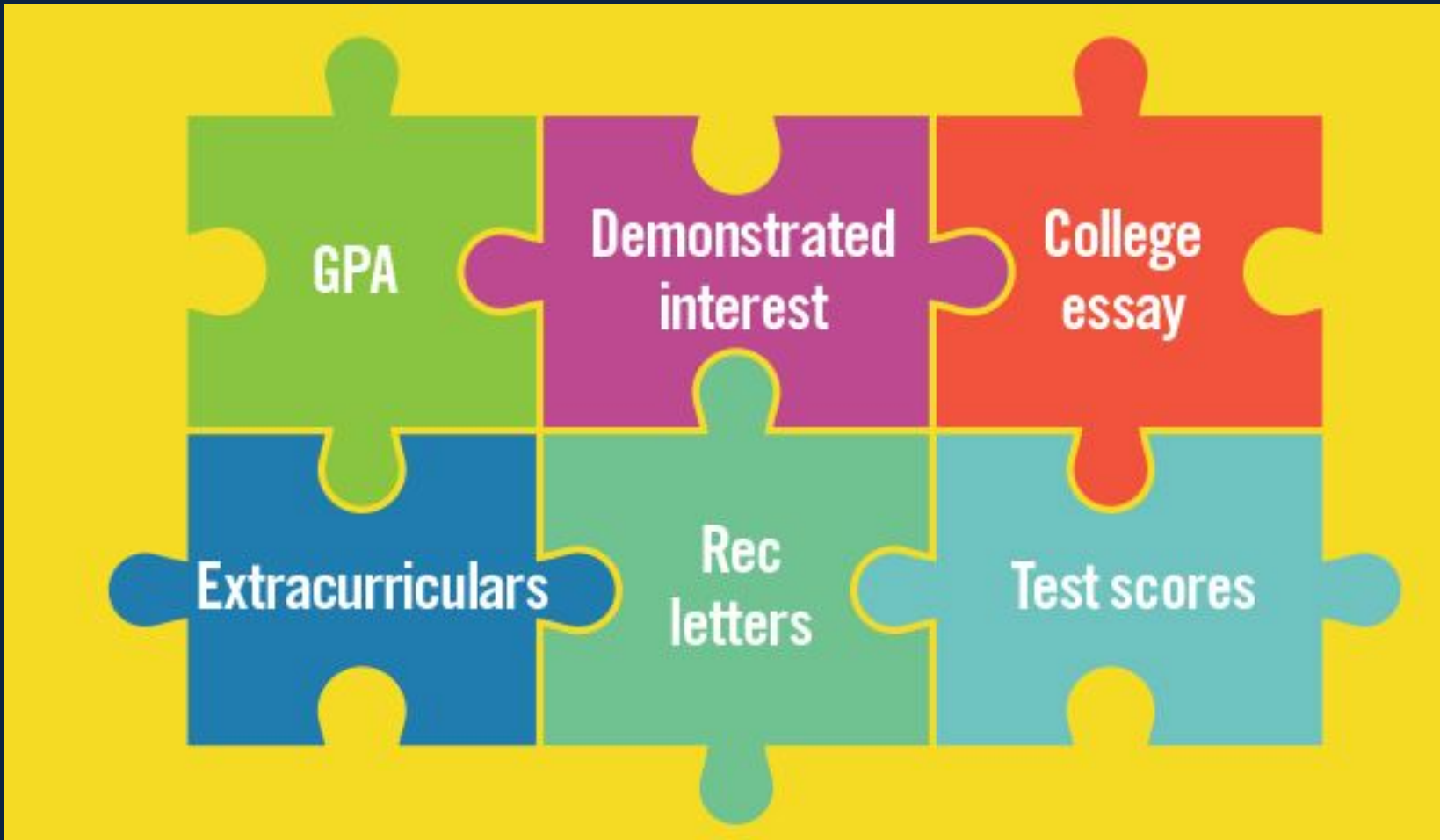


# Basics of the College Admissions Process

# Admission Options

Admission Plan	What does it mean?	Deadline	Answer By	Decide By
<b>Early Action</b>	Apply to colleges at an earlier deadline to get answers sooner <i>Can be done at multiple colleges</i>	October or November	December - February	May 1
<b>Early Decision</b>	Apply and if you get in you are committed to attending <i>Can only be done at 1 school</i>	November	December - February	ED is binding: If you get in, you go
<b>Regular Decision</b>	Traditional college application process	December - February	March - April	May 1
<b>Rolling Admission</b>	Applications are reviewed as they are received	July	6-8 weeks after applying	May 1

# Components to the Admission Review Process



## Understanding the PSAT

The PSAT is scored on a scale of 320-1520

The score report will give the overall score and the score in each section

- The Evidence Based Reading & Writing Section and Math Sections are both scored on a scale of 160-760

The score report will also show percentile rank. This indicates how a student's test score compares to others (nationally) who took the PSAT.

*\*\*Students should link their PSAT score to Khan Academy for free specifically tailored test preparation.*

During JUNIOR year your son will have the opportunity to take an official in-school SAT.

## Test Optional Policies

Test Optional Policies do not require students to send SAT or ACT Scores in order to be considered for admission.

Currently over 1800+ colleges are Test Optional

*When is it a good idea to submit a standardized test score?*

- If the score is within or above the reported middle 50% of the previous applicant pool

*Do colleges assume I have "bad" score if I don't submit?*

- No. Many colleges now have freshmen classes where up to 50% of admitted applicants did not submit scores.

**The PSAT is now a digital assessment.**

All students must download **BLUEBOOK** to their device in preparation for PSAT day.

# Should I Submit My Test Scores?

## Test Optional Policy

- Student has ability to determine best path
- 1800+ colleges have adopted this policy
- Application review vs. Merit Scholarship review
- May be in student's best interest to apply test optional

## Submitting Test Scores

- Test Scores are NOT on your transcript
- Submit OFFICIALLY
- Self-report

The ACT logo is displayed in white on a dark blue rectangular background. The letters 'ACT' are in a bold, sans-serif font, with a red horizontal line underlining the letter 'A'.The CollegeBoard logo features a white acorn icon to the left of the text 'CollegeBoard' in a white, sans-serif font, all set against a dark brown rectangular background.The SAT logo consists of the letters 'SAT' in a bold, white, sans-serif font, centered within a bright blue rectangular background.

# Niche Processes

## Athletic Recruitment

- Division I or II - must be cleared by NCAA clearinghouse
- Test scores
  - NOT required
  - If sending use clearinghouse code 9999
- Division III



## Fine Arts

- Music, Art or Theater
- Audition - could be required
  - part of admission and scholarship review
- Portfolio - could be required
  - part of admission and scholarship review



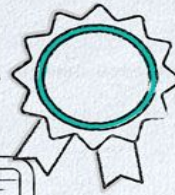
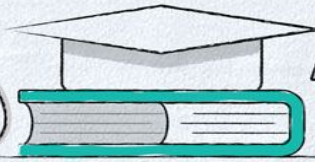


# FINANCIAL AID

FUNDS TO HELP YOU AFFORD THE COST OF COLLEGE

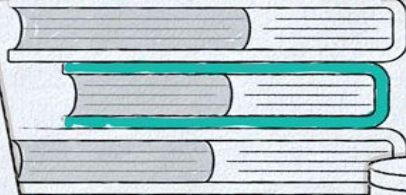
## TYPES

**GRANTS**  
FREE MONEY!



**SCHOLARSHIPS**  
AWARDS FOR  
ACHIEVEMENTS

**LOANS**  
MUST PAY BACK



**WORK-STUDY**  
HOLD A JOB  
WHILE IN SCHOOL

## HOW TO ACCESS

**FAFSA**  
MAIN FORM TO  
FILL OUT

**CSS PROFILE**  
REQUIRED BY  
SOME SCHOOLS

**SEARCH ONLINE**  
FIND YOUR OWN  
SCHOLARSHIPS



**MERIT BASED**

QUALIFY WITH ACHIEVEMENTS:

- ACADEMICS
- ATHLETICS
- OTHER

**VS.**

**NEED BASED**

QUALIFY BASED ON YOUR  
FAMILY'S FINANCIAL DETAILS





PASSION  
D  
R  
I  
O  
N  
N  
D  
V  
E

# College Admissions Support

# Different Roles Defined

## Primary Role: *Student*

- Drives the process
- Takes ownership over their college admission process
- Communicates with parents and counselor

## Supportive Role: *Parents*

- Sets realistic goals/expectations
- Discusses costs/financial aid
- Facilitates conversations

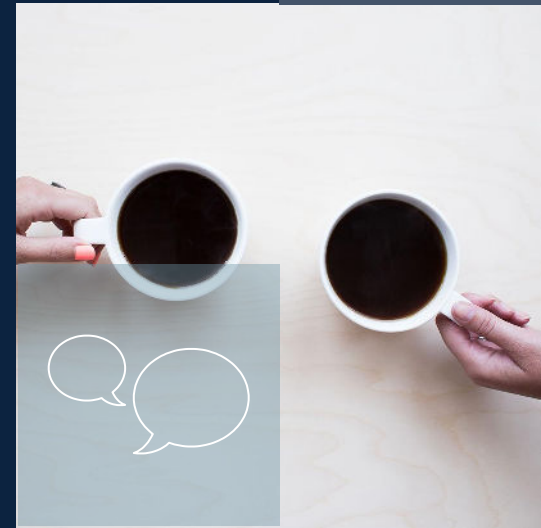
## Guiding Role: *Counselor*

- Develops partnership with student and parents
- Actively listens and shares information / feedback
- Serves as a sounding board

# CBA Resources for College Planning

- *Junior College & Career Class*
- *Individual meetings*
- *Junior Parent Meeting*
- *Maia Learning*
- *Mini-College Fairs*
- *College Panel*

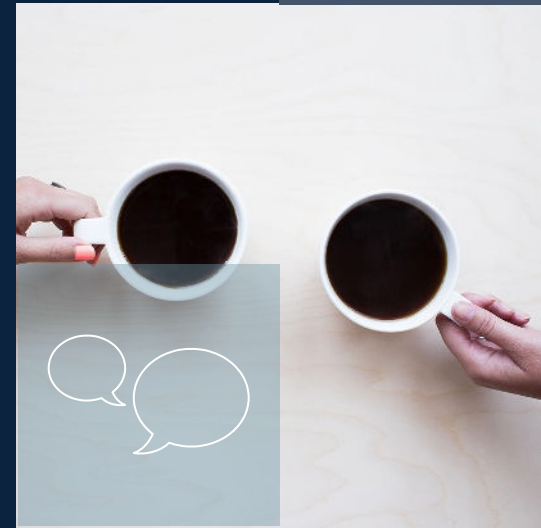
maialearning



# College & Career Planning Class

- *Career Assessments and Search*
- *Review key definitions and terminology*
- *Mock Admissions Review*
- *Explore Visit Options at Colleges*
- *College Rep Presentations on the College Essay*
- *Begin the Common Application (spring)*

maialearning



# What Should Students and Parents be doing now?

- Begin searching for colleges
- Schedule visits
  - Campus tour
  - Information session
  - Open house
- Begin identifying the key preferences
- Attend college related events
- Have a financial discussion
- Trust your kid!
- Allow your son to drive the process
- Be supportive and encouraging
- Trust the process
- Be honest
- Set realistic expectations

*Utilize the counselors as a resource to help guide the process.*



PASSION  
D  
R  
I  
O  
N  
N  
D  
V  
E  
E

# College Admissions Events

# College Reps Visiting CBA

- Roughly 100 colleges will visit CBA in the fall
  - Parents can see the calendar of scheduled College Visits in their Maia Account
- Juniors may sign up during a free period or lunch
- Students must sign up for visit on Maia 24 hours in advance
- Mini-Fair with roughly 40 colleges in attendance



# Upcoming Events

Financial Aid Night - October 5, 2023

NJACAC College Fair at Monmouth U - October 15, 2023

Mini-Fair at CBA - October 16, 2023

College Athletics Info Night- November 2, 2023

College Kickstart Program - January 23, 2024

