

Advice for Rising Seniors

From WL grads and current college freshmen

We will begin the presentation shortly

“Embrace everything offered to you. Pick a new hobby, take a class in something you’ve always wanted to learn about.”

“Get involved. It’s a great way to meet new people and network with others as well.”

“Find the right balance between school and personal life. School work and grades are important, but should never come before your physical and mental health. Do not be afraid to ask for help!”

“Time management is the key to being successful. There will always be the pressure to have fun and procrastinate...time is valuable.”

“View the start of college as a challenge to be met. yes, you’ll run into things you don’t know how to handle... to be a successful freshmen, you have to be willing to learn as you go.”

“Put down the phone. Take a moment and recognize that the transition to college is hard- and that’s okay.”

Explore all the options, opportunities, and resources. When I made the choice of looking to my advisor for advice, I felt better about my prospects for the future. I also decided to seek therapy and be more open about some struggles”

“Try a new club. make friends that are different than you. You might learn a lot about yourself and make unforgettable memories.”

“What subject do you finish your homework in first? My advice would be take that subject and run with it through college and beyond”

Post-Secondary Planning Night

Washington-Liberty Counseling
January 17, 2024

Counseling Department

Ms. Jessica Gregory	Director of Counseling
Ms. Elysse Catino	College and Career Counselor
Mr. James Sample	Equity and Excellence Coordinator



Who is my counselor?

Search by:
Last name
& grade

	9th Grade	10th Grade	11th Grade	12th Grade
Cashwell	A - Bl	A - Ba	A - Ba	A
Poutre	Bo - Col	Be - Car	Be - Ch	B - Bo
Palmer	Com - El	Cas - Ed	Cl - D	D - E, K, T
Wanzer	El - Gon	Gom - Ho	E - Ga	Br - Cl
Traverse	Gor - H	Eg - Gol	Ge - Ha	G - I
Rehman	I - K	Hu - Kh	He - Ki	U - Z
Osher	L - Med	Kl - Mar	Kl - Ma	Co - Cr, La - Ll
Grasso	Mei - O	Mat - Ni	Mc - My	Lo - Mc
Kapadia	P - Ra	No - Pl	N - O	N, O, P
Gentile	Re - Sc	Pl - Sal	P - Rog	Me - Mu
Smithgall	Se - Ti	San - Te	Roj - S	F, J
McCullough	To - Z	Th - Z	T - Z	Q - S

EL 1 & EL 2 students : Valdez & Medrano

Stay Connected



Students Only - Text 81010 and send the class codes below for your counselor:

Mr. Cashwell @mrcash2025	Mr. Poutre @poutre2025	Ms. Palmer @Palmer2025
Ms. Wanzer @wanzer2025	Ms. Traverse @traverse25	Ms. Rehman @Rehman2025
Ms. Osher @osher2025	Ms. Grasso @grasso2025	Ms. Kapadia @
Ms. Gentile @gent2025	Ms. Smithgall @smithgallc	Ms. McCullough @msmac2025

Social Media

General WL Counseling Accounts



@wlhscounseling



@wlhscounseling

WL College and Career Counseling Instagram Account:



@wlhsccl

Upcoming Events

Jan 19-24	Quarter Assessments
Jan 26	End of 2nd Quarter
Jan 30	Activities Fair for Students
Feb 2	Electives Fair for Students
Feb 8	Rising 10-12th Scheduling Night
Feb 16	Course Request Forms Due
Feb 23	<i>Registration deadline for Mar 9</i>
SAT	
March 8	<i>Registration deadline for Apr 13 ACT</i>

Brief Overview

- Introduction
- Naviance
- Prepping for Success
- Testing
- Junior Year
- Senior Year: What to Expect
- Additional Options
- Advice from our Seniors



Naviance

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MyAccess



Welcome to Naviance Student.



Please choose your user type.

This allows Naviance to help you log in the way your school and district prefers.



Student



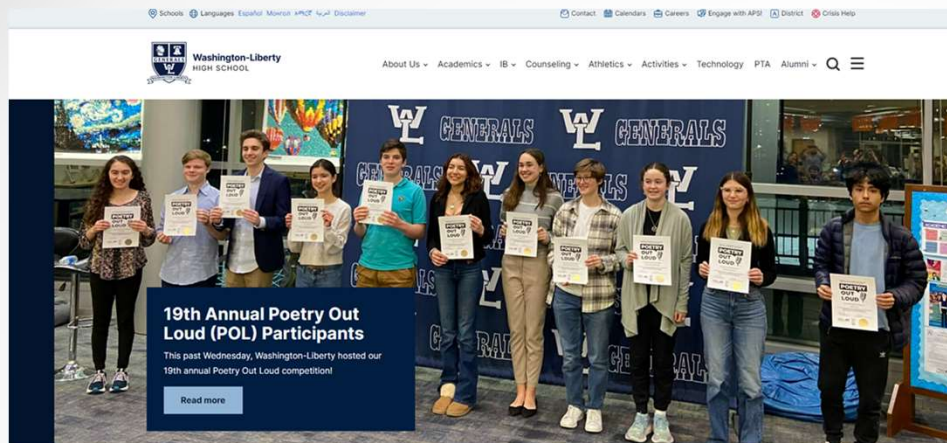
Parent or
Guardian



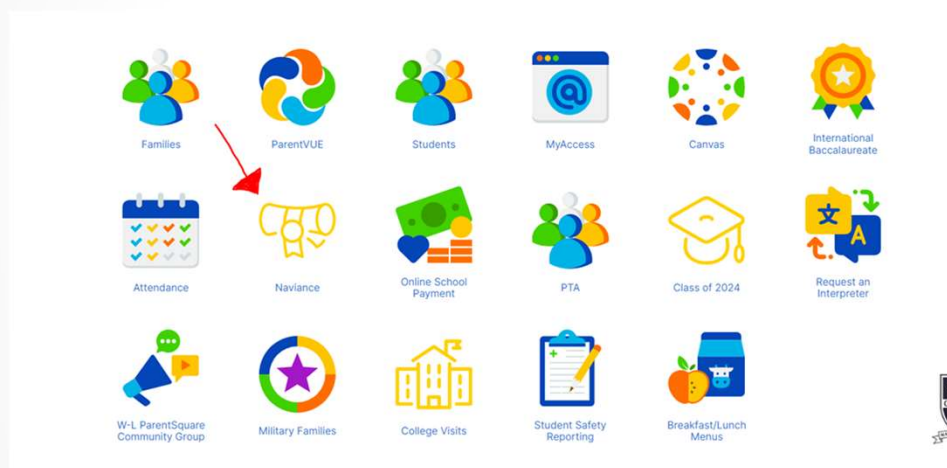
Alumni

I'm new and need to register!

1



2



4

**Parent/
Guardian:**
Type in
username &
password



Welcome to Naviance Student.



Please choose your user type.

This allows Naviance to help you log in the way your school and district prefers.



Student



Parent or
Guardian



Alumni

[I'm new and need to register!](#)

3

Demo's Future Planning

College: Bachelor's Degree Edit Path

Plan Your Future

Quickly access your path highlights, favorite careers, information from your school, and more from this page.



Welcome to Naviance

Welcome to your Senior Year!

Did you know...

- seniors traditionally apply to 5-8 schools? Read this article to learn about the dangers of too many applications: [collegeboard.com](#)
- practice tests are available for the ACT or SAT online
- you can apply to over 1000 schools on the Common Application? Start it online at [commonapp.org](#)
- 2023 Washington-Lee grads received more than \$20 million in scholarship money?

Read More
Additional Information from Your School

College Path Highlights

Search for a College

Search [Enter name] Search

Colleges I'm Thinking About

Name	Interest	Delivery Type
University of Pittsburgh-Pittsburgh Campus	N/A	Common App

Tasks from My School

Task Or To-Do	Priority	Date
2020 APS Senior Survey Task	None	06/05/20

Go to My Planner

What's New

- Alumni Chat - Yale University will be visiting your school on Tuesday, January 9, 2024 at 10:55 am [more info](#)

DC

ACCOUNT

Demo Catino

- General Information
- Parents/Guardians
- Security

Personal

EDIT

Nickname

-

Counselor

Theresa Gentile

Year of Graduation

2024

ID #

-

State ID

-

Ethnicity

N/A

Citizenship 1

-

Citizenship 2

Contact

EDIT

Home Phone

-

Mobile Phone

-

Address

-

-

-

Email

-

Academic

GPA

N/A

Weighted GPA



Find Careers that Interest You.

You're ready to discover interesting careers and Naviance is here to help. Here you can filter careers by education, national salary, career cluster, and more. Each filter you add narrows your search. Experiment and see what you discover!

🔍 Type a career name...

Search

Sort By

Title

Filter



Accountants and Auditors

Examine, analyze, and interpret accounting records to prepare financial statements, give advice, or audit and evaluate statements prepared by others...

🎓 Education
4 Year College

💰 Median Salary
\$71,550

♥ Favorite



Actors

Play parts in stage, television, radio, video, or film productions, or other settings for entertainment, information, or instruction. Interpret serious or co...

🎓 Education
High School Diploma

💰 Median Salary
\$42,494

♥ Favorite



Actuaries

Analyze statistical data, such as mortality, accident, sickness, disability, and retirement rates and construct probability tables to forecast risk a...

🎓 Education
4 Year College

💰 Median Salary
\$108,350

♥ Favorite



Acupuncturists

Diagnose, treat, and prevent disorders by stimulating specific acupuncture points within the body using acupuncture needles. May also use cu...

🎓 Education
Graduate/ Professional

💰 Median Salary
\$75,640

♥ Favorite



Acute Care Nurses

Provide advanced nursing care for patients with acute conditions such as heart attacks, respiratory distress syndrome, or shock. May care for pre-an...

🎓 Education
2 Year College

💰 Median Salary
\$73,300

♥ Favorite

Naviance

Home Self-Discovery Courses **Careers** Colleges Planner



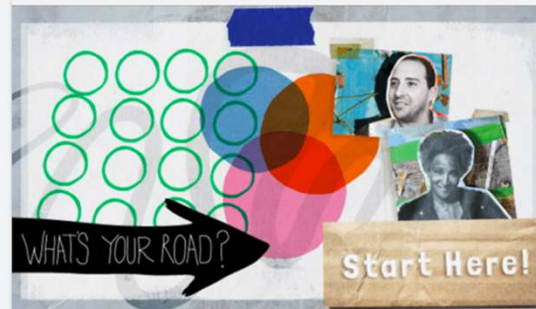
Demo



E

Roadtrip Nation Interview Archive

Explore What's your road? Interests Themes Leaders Playlists



What's in the Archive?

We've gone on **52 roadtrips** and interviewed **1378 leaders** creating **11320 videos** on struggle, triumph, and self discovery that have been broken into **48 themes** and **29 interests**.

First time here? Click on the Roadmap to watch more interviews with people whose interests are similar to your own.

Find your road

Recommended Leaders




Colleges I'm Thinking About

Search for Colleges

+ Add Colleges to List





Compare Me

 = extended profile available

Update Interest

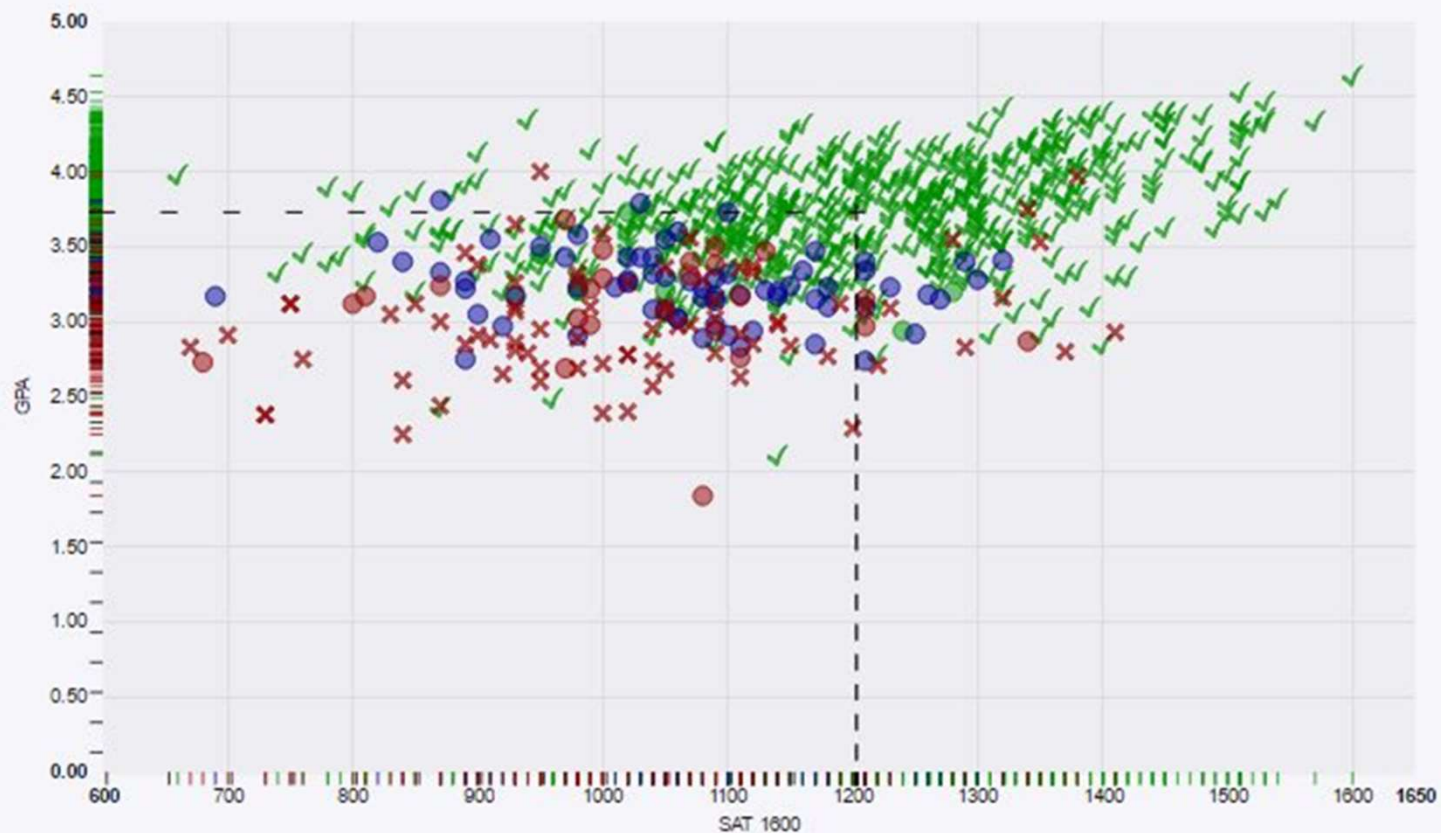
Move to Application List

Remove

College	Delivery Type	Added By	Expected Difficulty*	Application Deadlines	Interest	
<input type="checkbox"/> Christopher Newport University		Student	N/A	Deadlines	N/A	More
<input type="checkbox"/> Longwood University		Student	N/A	Deadlines	N/A	More
<input type="checkbox"/>  University of Pittsburgh-Pittsburgh Campus		Early Decision - Fall term Early Action - Fall term Regular Decision - Spring term Other - Regular Decision - Spring		Deadline Nov 1 Deadline Dec 1 Deadline Jan 1 Deadline Jan 4	N/A	More

Scattergrams | Applications for Washington-Lee High School ⓘ

Comparing Weighted GPA with SAT (1600 Scale) ▼



Legend

You

Accepted



Waitlisted/Accepted



Waitlisted/Unknown



Waitlisted/Denied



Denied



Click on legend icons or headers to hide each type or group in the scattergram. Doubleclick to reset zoom.

* This is only representative of W-Ls class of 2006 and 2016 data. Please use this as one tool in deciding on your chances for admission. These scattergrams only look at GPA and test scores, not the rigor of your high school courseload or activities. Remember there is much more... [Show more](#)

Prepping for Success

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Beyond the Classroom



- **Academic and extracurricular awards and recognitions**
- **Volunteer, internships, paid work, summer trips**
- **Activities, membership in clubs and positions held**

Resume

[Add/Update Sections](#) [Print/Export Resume](#)

Add new entries to your resume by selecting a type of entry from the menu below. If you're not sure what information to provide, you can select an entry type and read the tips displayed. When printing your resume, you can choose which entries you want to display, so we encourage you to add as much information as possible.



Objective

[Delete](#) [Edit](#) [Remove](#)

To obtain a job

[+ Add new Objective](#)

Education

[Delete](#) [Edit](#) [Remove](#)

Washington-Liberty HS, Arlington, VA
September, 2021 - Present

Work Experience

[Delete](#) [Edit](#) [Remove](#)

Cashier
Chipotle , Arlington
April, 2022 - Present
10 hours/week
Total Hours: 10
Grades 9,10,11

[+ Add new Work Experience](#)

Prepping for Success

- Rigorous Courses
- AP/IB, Dual-enrolled Courses- potential for college credit
- Meet with Counselors to review high school requirements
- Continue to maintain good grades and challenge yourself academically
- Summer School
- PSAT's
-



Testing

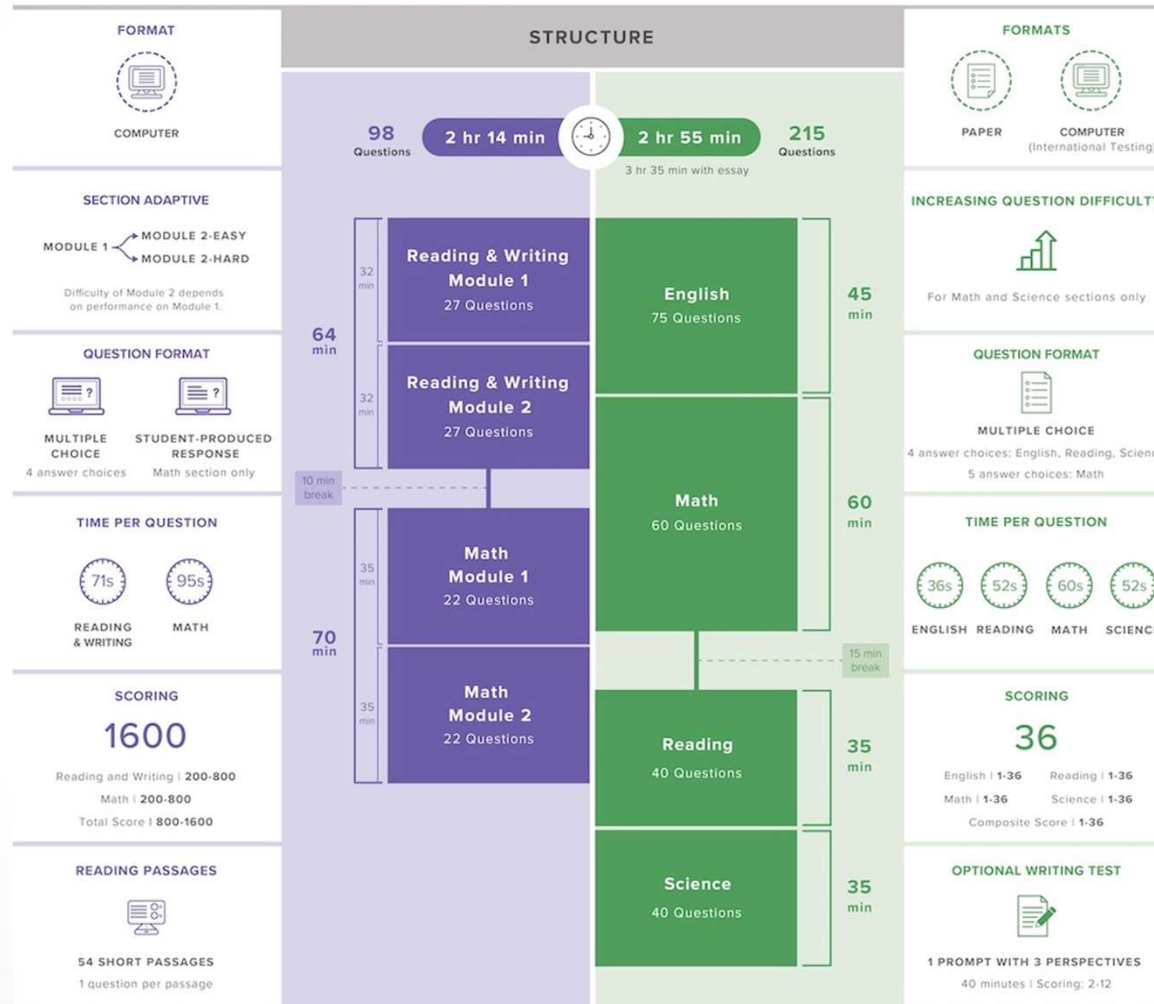
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Digital SAT vs ACT

Compare the new digital SAT to the ACT to learn the differences between the two tests.
No matter which test you choose, prep for success with Test Innovators.

www.testinnovators.com/sat

www.testinnovators.com/act





My Score Reports

Most December SAT Scores are now available! To understand how old and new SAT scores compare, use the [score converter](#).

Sign In

Username

Password

Sign In

Sign Up

Forgot [username](#) or [password](#)?

The College Board currently does not collect personal information for students under the age of 13 to enable online account creation. PSAT 8/9 test takers under 13 can review their results on the paper score report or can review their scores in school with their teacher or counselor via the integrated score reporting portal. Please see our [Privacy Policy](#) for more details.

Access your SAT Suite of Assessment scores with personalized feedback, practice, college planning and career exploration resources.

- See all your scores and if you are on track for college readiness
- View detailed explanations of skills required to be college ready
- Send your scores to Official SAT Practice on Khan Academy® for personalized practice recommendations
- Search for colleges that fit your needs
- Access your PSAT/NMSQT Selection Index score used for participation in programs conducted by [National Merit Scholarship Corporation](#)
- Start on your scholarship and college financial aid plan
- Explore Roadmap to Careers to learn about jobs and college majors that are right for you
- Get feedback on your readiness for AP courses

A college readiness partnership



Official SAT® Practice NEW!

For the first time ever. For you. For free.

- ✓ Get to know the redesigned SAT (March 2016)
- ✓ See personalized practice recommendations
- ✓ Stay on top of important SAT dates and news
- ✓ Practice anytime, anywhere, at no cost



Check it out now

Or tell a student, parent, or educator you know!



Designed to help you where you need it.

2024 Testing Dates

SAT TEST DATE	REGISTRATION DEADLINE	DEADLINE FOR CHANGES, REGULAR CANCELLATION, AND LATE REGISTRATION
Mar 9, 2024	Feb 23, 2024	Feb 27, 2024
May 4, 2024	Apr 19, 2024	Apr 23, 2024
Jun 1, 2024	May 16, 2024	May 21, 2024

**WL CEEB Code:
470125**

ACT TEST DATE	REGULAR REGISTRATION DEADLINE	LATE REGISTRATION DEADLINE
February 10, 2024	January 5	January 22
April 13, 2024	March 8	March 24
June 8, 2024	May 3	May 19
July 13, 2024	June 7	June 21

Test-Optional



Junior Year

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Junior Year - Ongoing

Begin Researching Colleges and Majors

- Decide on important factors
- Begin to collect information
- Factors to Consider
 - Size
 - Geographical area
 - Type of setting
 - (city, urban, rural)
 - Cost
 - Extracurricular activities
 - Coed or single sex



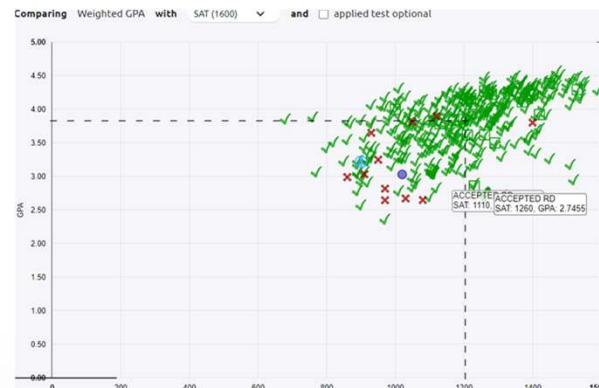
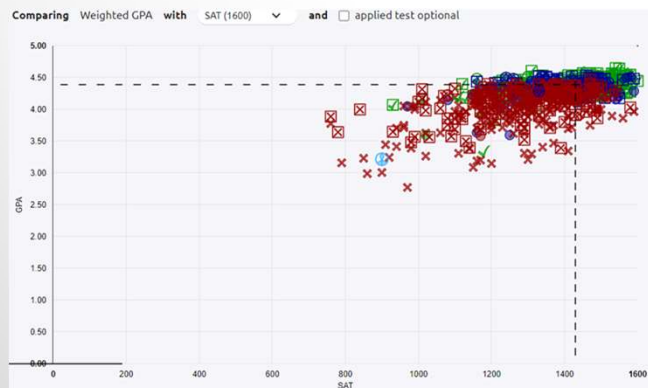
Institution	Acceptance Rate	GPA	Middle 50% SAT
Univ. of Virginia (UVA)	26%	4.39	1400-1540
Virginia Commonwealth Univ. (VCU)	86%	3.83	1040-1290
Marymount Univ. (MU)	90%	3.52	940-1170

WL Scattergram Data

UVA

VCU

MU



Junior Year



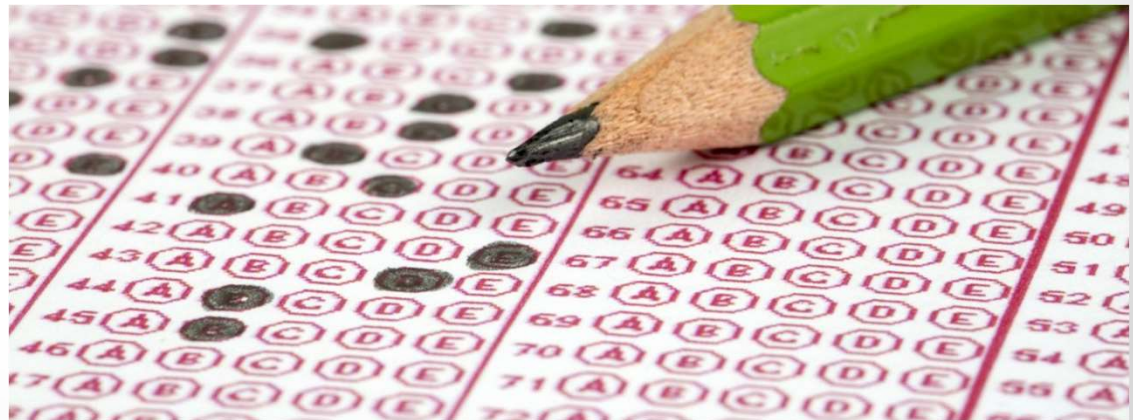
Visit Colleges

- Schedule college visits
- Complete form for visits (located in counseling office)
- Tour campus. Speak with reps and students
- Follow up with thank you letters
- Keep track of schools of interest and admissions requirements/information from schools
- Continue to NETWORK
 -

Junior Year

Planning Ahead

- SAT and/or ACT test prep
- Register to take the SAT and/or ACT at least once
- Academic planning with counselor
- Letters of Recommendation
- Summer School
- NCAA Eligibility



Drop MS Grades

Complete the form and turn-in to
counselor by June 1st



BRAG Sheet

Complete the form and turn-in to
counselor by May 31st

Student

Parent/Guardian



Drop SAT/ACT due May 31st



Summer of Junior Year

- Start CommonApp
- Work on college essay(s)
- Continue with college visits
- Pursue interests & build your resume
- ACT/SAT preparations if needed



Senior Year

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Senior Year

- Narrowing your list of colleges
 - Early Action, Early Decision, Regular Decision, Rolling
- Be mindful of deadlines
- Time management is key!
- Communicate with counselors and parents
- Come to Senior Night in September!



Financial Aid/Scholarships

Federal Student Aid
an office of the U.S. Department of Education

FAFSA® Form ▾

Loans and Grants ▾

Loan Repayment ▾

Loan Forgiveness ▾



A Better 2024–25 FAFSA Form

The FAFSA form is available for short periods of time while we monitor site performance and update the form to provide you with a better experience. [Learn more about the 2024–25 FAFSA form.](#)

2024–25 FAFSA® Form

Start New Form

Access Existing Form

Need to access last year's form? [Start](#) or [Edit](#) a 2023–24 FAFSA Form

Check FAFSA® Deadlines for the State You Live in

Some states and colleges use information from the FAFSA form to determine your eligibility for their grants, scholarships, and loans. Check your state's deadlines [here!](#)

Missing a state deadline does not impact your eligibility for federal student aid, so fill out your FAFSA form even if your state deadline has passed.

School Year

State of Residence

Find Deadlines

[View All FAFSA Deadlines](#)

CSS Profile

[About CSS Profile](#)

[Application Steps](#)

[Fee Waivers](#)

[Resources/DOC](#)

[en Español](#)

[Contact Us](#)

[FAQ](#)

APPLY WITH CSS PROFILE

CSS Profile

Each year CSS Profile unlocks access to more than \$10 billion in nonfederal aid to thousands of students.

[Sign in to Fall 2024/Spring 2025](#)

[Sign in to Fall 2023/Spring 2024](#)

Scholarship Search

Scholarships are a form of aid that does not have to be repaid. The list below contains scholarships or financial aid awards that may be relevant for you, based on information pulled from your profile. Select the "Match and Filter" button to apply more criteria or select "Clear Filters" to view all available scholarships.

Sort by

Deadline ▾

[CLEAR FILTERS](#)

[MATCH AND FILTER](#)

> [Randolph College's academic merit scholarship](#)

Maximum Award
\$25000-\$30000

[SEE FULL DETAILS](#)

[FAVORITE](#)

> [AFSA National HS Essay Contest](#)

Maximum Award
\$2,500

[SEE FULL DETAILS](#)

[FAVORITE](#)

> [Attrus C. Fleming Music Scholarship](#)

Maximum Award
\$3,000

[SEE FULL DETAILS](#)

[FAVORITE](#)



Senior Year Opportunities

- Urban Alliance is an organization that offers paid internship opportunities for Seniors.
- Risings Seniors must have General's Flex Periods in the afternoon in order to participate.
- Senior Experience (May)

Senior Advice Video Class of 2023





QR Code to
More Options
Guidebook

More Options

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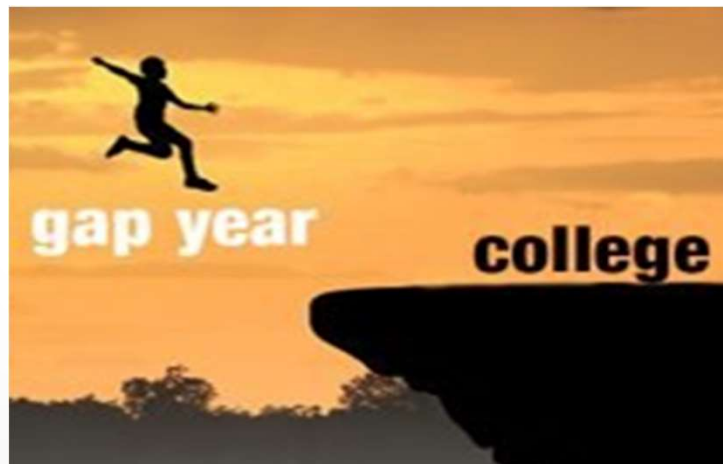
Community College

- Northern Virginia Community College (NVCC)
- Associate Degree
- Career Certificates
- Non-Degree Seeking Options



Gap Year

- Different reasons to justify a gap year
- Well thought-out decision
- Know the pros and cons for you
- <https://www.gooverseas.com/gap-year/usa-fairs/schedule>



Work

- Workforce – entering a job right away
 - Visit www.vec.virginia.gov for support in the job seeking process
- Job Corps - free education and vocational training
 - <https://www.jobcorps.gov/>
- Apprenticeships - on-the-job training
 - <https://www.doli.virginia.gov/registered-apprenticeship/>

Military

- **Serious decision**
 - **Are you committed to serve for at least 4-6 years?**
 - **Talk to a recruiter – make an appointment with Mrs. Catino**
 - **Talk to your parents**
 - **Inform yourself ...**
- **Armed Services Vocational Aptitude Battery Test is a requirement**
- **Must be at least 17**
- **Must have a high school diploma or**
- **equivalent**

Structured Options

- Apprenticeships
- City Year
- Job Corps
- Year Up

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Thank you!



Questions?

