

Surviving Senioritis

Many seniors fall into a slump known as “senioritis” in their last year of high school since they have worked for 3 long years to earn the grades and test scores needed to get into college. Warning: ALL seniors to continue to stay on track as slacking off now and taking it easy can cost you now and down the road.

The following are reasons why you should not stray and take it easy this year:

1. Many seniors believe that preparing for college is completed in the eleventh grade. Please remember that the ENTIRE senior year is of particular interest to colleges.
2. Colleges are interested in what you do for all four years in high school. Many college applications require you to list your senior courses, including information about course levels. It will be very obvious to the admission officers if you've decided to “cruise” this year.
3. Many colleges request a mid-year grade report during your senior year. Your transcript with your Grade 12 first semester grades will be sent to the college that you were accepted to. This becomes a crucial part of your application folder.
4. Even if you are accepted to a college, the admissions committee can take back their offers of acceptance if your senior year grades drop significantly.

Here are some tips to help you stay on track during your senior year:

- ✓ Even if you have been accepted to a college, continue to try hard, set goals for yourself both in and out of the classroom, and work towards achieving them.
- ✓ Take the most rigorous courses available at your school (AP, Honors) or consider taking courses at the university or community college.
- ✓ Continue to participate in co-curricular activities such as sports, student activities, clubs, volunteer work, etc.
- ✓ Stay balanced – don't let one thing dominate your life. Spend time in outside interests, jobs, academics and don't forget your social life.

Seniors at Last!!

Time is short and the list of things to do is LONG. Begin planning now to avoid stress later. Use the calendar for seniors and jot down things that you need to do throughout the year. Please look at the list below and seriously consider tackling these before the deadlines. If you are unsure about deadlines, please refer to the College and Career weekly bulletins. Good luck!

- o Meet with counselors in College and Career Center to discuss your post high school plans.
- o Limit your list for colleges down to about six schools. Create your Common Application account.
- o Update your Personal Data sheets (PDS) early. Be sure to include all of the activities you've been involved in and all of the honors that you've received. Every school will require this, and a complete list will save time. Be sure to include summer activities and anything you did at church or in the community.
- o Be sure to get your Early Action and school applications in by their deadlines.
- o Ask these people to write you letters of recommendations that are general and not addressed to a particular school or organization. This way, you will be able to use them more than once. Be sure to give them **at least 2** weeks to write them and ALWAYS supply them with your PDS and an envelope with the name and address (if applicable) of the person to whom the letter should be sent.
- o Begin the financial aid applications on October 1st. Be certain to meet all deadlines. Each school has a different requirement for financial aid, so check them carefully.
- o Take the SAT and/or ACT again in the fall, if needed. Register through <https://www.collegeboard.org/> for the SAT and <https://www.act.org/> for the ACT. Also, look at your school requirements for SAT SUBJECT tests and plan which ones you will take and when you will do so. Be sure to send in your applications early.
- o Check various websites and the College and Career bulletins for scholarships. Apply to all for which you qualify and save every essay you write. You'll probably use them again.
- o Always have at least 2 people (a teacher, parent, counselor) proofread your essay.
- o Inform counselors at College and Career Center of college acceptance and scholarship offers.

MoHS College and Career Checklist

Whether you're headed for college, technical school, or employment, here's a suggested checklist to get you kick started on your way. This list was shared by Dr. Cristina Rathyen, former language arts instructor and yearbook advisor at Moanalua High School.

COLLEGE BOUND

1. Appointment to see counselor at College and Career Center (schedule a time)
2. Complete Personal Data Sheet
3. Write personal essay
4. Complete FAFSA
5. Ask for recommendations in a timely manner
6. Schedule to take ACT or SAT- look up dates, make reservation, make payment
7. Visit college- either virtual or physical. On your sheet, identify specific schools with reasons that you would choose those schools and pick specific dates to visit or go to the website. Download information on your school and include it with your time line to prove you had that visit
8. Look up schedule of college visitations and select several to see, give DATES specifically on your sheet
9. Identify a short list of things you would like to take with you if you do go away for college
10. Visit with teachers to ask about college experiences. Identify teachers and dates
11. Go to the alumni return sessions to get a feel for what college is like
12. Go to the college and career center to look up schools and meet with counselors
13. Make a list of the books you have read this year so you have that ready in case a college interviewer asks you. Attach this list to your timeline
14. Make a list of your favorite hobbies and activities and attach to the timeline- again, college interviewers might ask you this
15. Make a list of special circumstances that you cope with (job, ill family member, personal illness, multiple moves, home language other than English, interesting personal trips or moves or homes, tragedies in your family etc) attach this list to your time line. Something in that list might help you with a college essay.
16. Visit UH and one of the community colleges to get a feel for college life. Give dates on your timeline
17. Go over your transcript, make sure you have all your credits, identify those dates on your timeline

18. See your counselor if you have issues that might interfere or help with your college placement, give dates for the appointment
19. Create a list of things you would like to see in a college (courses, location, weather, dorm experience, cost etc) and attach that list to your timeline
20. Make a list of personal concerns that you have about college and attach to the timeline. Once you make the list, you can schedule events, conversations, interventions to help you with those problems
21. Make sure you have a checking account or credit card to pay your bills next year- if you don't schedule an appointment with a bank or even your parents to set this up
22. Think about some things that you can do this year to maximize your high school experience and put them into your time line. BE PRO-ACTIVE this year!!

CAREER PATH

1. Investigate pay scales at three places of work that do not require college or community college degree
2. Take the ASVB military placement test
3. Check College and Career Bulletin for job opportunities
4. Organize career shadowing or visits to local business
5. Talk to the marketing people for suggestions for careers
6. Make sure you have letters of recommendation, Personal Data Sheets, as itemized for college bound
7. Make a list of your talents and attributes so that you can talk about them in a job interview
8. Look up jobs on the internet and see the qualifications for entry level.
9. Identify things you need for possible job interviews- transportation, clothing etc
10. Talk to a teacher or counselor about your qualifications. Are you a good writer, do you have skills in working with your hands? Be clear about your future plans, and make a schedule that shows how you are going to go about achieving your goals
11. Make sure you do the transcript check and other steps towards a successful completion of high school- and mark those steps on your time line.

Senior Year Calendar

	Week	What I Need to Do	Meeting Dates / Deadlines
S E P T	1		
	2		
	3		
	4		
O C T	1		
	2		
	3		
	4		
N O V	1		
	2		
	3		
	4		
D E C	1		
	2		
	3		
	4		

	Week	What I Need to Do	Meeting Dates / Deadlines
J A N	1		
	2		
	3		
	4		
F E B	1		
	2		
	3		
	4		
M A R	1		
	2		
	3		
	4		
A P R	1		
	2		
	3		
	4		
M A Y	1		
	2		
	3		
	4		

College & Career Counselor

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Senior Year Checklist:

- Meet with Mrs. Apana or Ms. Himuro**
- Check your Moanalua High School Gmail account regularly for the College & Career Bulletin and important announcements
- Register to take the SAT/ACT if you didn't take it as a junior or if you aren't satisfied with your score (September/October)
- Update your Personal Data Sheet (PDS) (September)
- Narrow down your list of colleges to 5-10 schools (September)
- Create a checklist for every school you will be applying to (September/October)
- Attend virtual college visits (September/October/November)
- Attend Financial Aid Night (**TBD**)
- Fill out/submit FAFSA (**available October 1, 2020**)
- Request Teacher/Counselor recommendations (September/October)
- Request for transcripts to be sent to colleges (October/November/December)
- Send ACT/SAT scores to colleges through testing companies (October/November/December)
- Complete all college applications by **December 1, 2020**
- Complete/submit scholarship applications (December/January/February)
- Request for mid-year transcripts to be sent to your colleges (January)
- Review acceptances and compare financial aid packages (February/March/April)
- National Decision Deadline: **May 1, 2021**
- Submit request for final transcripts to be sent (May)

College Applications:

- All college applications should be submitted by **December 1, 2020**
- Check to see if your schools utilize the CommonApp
- Remember to let Mrs. Apana & Ms. Himuro know which schools you will be applying to.

Transcript Requests:

- Must submit a separate form for each college/university
- First 2 transcripts are free. Additional requests are \$1 each
- **Allow 5-7 business days to process all requests**

Teacher/Counselor Recommendations:

- Be sure to ask your teachers/ counselors **AT LEAST** one month before your earliest deadline.
- Ask teachers/counselors to write letters of recommendation **BEFORE** providing their email addresses to colleges/universities.
- Counselors will need the following in order to write your recommendation letter:
 - Senior Survey/"Talk to Me" essay
 - Personal Data Sheet (PDS)
- Don't forget to say thank you!

Financial Aid: Attend Financial Aid Night

- **FAFSA**
 - Available **October 1, 2020**
 - Use 2019 tax information for 2020-2021 school year
 - Gives you access to: Grants, Work-Study, Loans
- **Scholarships**
 - Check the College & Career Bulletin
 - Check with the colleges you're applying to
 - Check employers, civic organizations, community groups
 - Search online

Testing:

- Register to take the SAT: <https://collegereadiness.collegeboard.org/sat>
- Register to take the ACT: <http://www.act.org/>

Useful Websites:

Moanalua High School: www.moanaluahs.org

Testing

- SAT: <https://collegereadiness.collegeboard.org/sat>
- ACT: <http://www.act.org/>
- Test Prep:
 - Khan Academy: <https://www.khanacademy.org/test-prep/sat>
 - Practice Tests: <https://www.4tests.com/>
 - Test-Prep Hawaii: <http://www.test-prephi.com/>

The College Search

- Big Future: <https://bigfuture.collegeboard.org/>
- WUE: <http://www.wiche.edu/wue>

The Admissions Process

- Common Application: <http://www.commonapp.org/>

University of Hawaii System

- Admissions Information: <http://www.hawaii.edu/admissions/>
- Application: <https://apply.hawaii.edu>
- Scholarships: <http://www.hawaii.edu/tuition/scholarships/>

FAFSA: <https://fafsa.ed.gov/>

- FSA ID: <https://fsaid.ed.gov/>

Scholarships

- www.hawaiicomunityfoundation.org
- <https://apps.ksbe.edu/financialaid/>
- www.fastweb.com