

# Champlain Valley Union High School

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<https://www.cvsdvt.org/cvuhs>

September 2023

Dear Senior Students and Parents/Caregivers:

Welcome to senior year! We know that for many of us the ups and downs and unpredictability of the last few years have been unsettling but we are looking forward to a new school year-your senior year. There is plenty to look forward to including life after CVU!

We're excited to soon begin meeting with each senior to help with future planning goals. Whether you are thinking about a job/career, college, technical training, the military or a gap year, we are here to help you. We would like all of our seniors, whatever their plans may be, to schedule a **senior appointment** with their school counselor.

Some of you may already have a clear plan for what is next while others of you may be looking as far ahead as the first few weeks of school. Wherever you are in the process of post-secondary planning is just the right place. One of the greatest parts of being a school counselor is being able to support each student in finding their own unique path. So please, wherever you are in your process including feeling discouraged or stuck, please know we want to meet with you to help think through and plan for next steps!

In the United States, the college planning process has become more complex than it likely needs to be - the result is, we in the Direction Center will be spending a lot of energy sharing tips and resources for this process. For those of you who are unsure if college is in your future, your plans are no less important AND something to consider is following along in the college application process while all of these school supports are available in case you do decide, sometime in the future, that further training is for you! In addition, we will be offering a High School Planning & Career Presentation on November 15th from 6:30-7:30pm for students interested in learning about opportunities other than college to consider for life after high school. More information will be shared as details are confirmed and the event gets closer.

For all seniors, please contact your school counselor (in person or through email) to schedule your senior appointment. It is the student's responsibility to schedule this appointment during a free block. Heather Walpole, the Direction Center Administrative Assistant, can also help students with scheduling appointments.

## **Beginning the college application process:**

### **College Kickoff Night for Seniors**

On Tuesday, September 12th, at 7:45 am, students and senior parents/guardians are invited to attend a presentation with the Direction Center faculty for information on future planning as well as an explanation of how the counselors help students navigate the college exploration and application process. This event will be held in-person in the CVU Auditorium.

### **Senior Appointments**

As noted above, we want all of our seniors to schedule a senior appointment. College-bound students who know they have an October or November Early Action or Early Decision application deadline should schedule their appointments no later than the end of September. We ask all other students, including those with regular application deadlines, to make their appointments following that date. **Appointments should be scheduled at least four weeks prior to the first admission deadline to provide enough time to complete all paperwork.**

### **College Application Process**

Because college applications can be complex, there is a lot we need to share for those of you going through the admissions process. We want to provide you with all the information you may require and offer as much support as you need along the way. So, for those of you planning to or considering applying to college, please continue to read on for more pertinent information.

### **Permission to Send out Transcripts: Opt-out Policy**

The CVU Direction Center operates under the assumption that all parents give permission for transcripts to be submitted to the colleges to which their students are applying. If this is NOT the case, please contact your student's school counselor.

### **Naviance**

Counselors in the Direction Center use this program to help with both planning for and applying to college. This comprehensive program includes career interest and personality profiles as well as extensive career information. It is also designed to help families with the college search and application process. Students have their own accounts on Naviance and can access college search engines, links to helpful/relevant websites including Common Application, CollegeBoard, ACT and VSAC. Parents can also access Naviance using their own accounts. Counselors provide training to seniors to familiarize them with the various components of this tool which also facilitates the college application process. Please contact your school counselor if you have any questions or need login information.

## Letters of Recommendation

During the coming months, faculty and counselors (or advisors) will write letters of recommendation for many seniors. Counselors (or advisors) ask seniors to gather feedback from teachers, coaches, employers, and parents using the forms in Naviance and then summarize the collected information in a one-page letter that is sent with the student's transcript (if required). It would be helpful to have these comments by early October.

In addition, if more letters of recommendation from teachers are needed, it is the student's responsibility to ask a teacher to write the letter. Typically, teachers who have had the student in class during junior year write recommendations. As often as possible, **students should ask all recommenders for letters in person and at least four weeks prior to their first deadline.** Letters of recommendation are confidential and are sent (through Naviance) to the colleges the student indicates. Students who have questions about who to ask or how to ask for a letter of recommendation should speak with their house counselor.

## College Entrance Exams

Many colleges are continuing to offer a test optional policy for the application process which means they may not require the SAT or ACT for admissions. Please visit <http://fairtest.org/university/optional> to view the schools who are not requiring test scores this year. To discuss whether you should take the SAT/ACT this fall or sit for an additional exam, prior to submitting your application(s), please reach out to your school counselor.

If sending test scores as part of your application, colleges require that standardized test results be sent directly from the testing company to the college. It is the student's responsibility to make sure that the appropriate test results are sent. Students can register online for the SAT ([www.collegeboard.com](http://www.collegeboard.com)) or for the ACT ([www.act.org](http://www.act.org)) and use these sites to request the sending of test results to colleges. Fee waivers are available for those who qualify; students can discuss fee waivers with their school counselors.

## Admissions Officer Visits

Admissions Officers from many colleges visit CVU throughout the year, especially in the fall. We will continue to offer these visits for our students virtually this year although we are encouraging local colleges to come to CVU for their visits. This is an excellent way to learn more about colleges you are interested in, ask questions about the school or application process and speak directly with an admissions counselor who may be the one to read through your application should you apply to that college. Check out our daily announcements and Naviance for more information about the visits and to see what schools will be represented.

## Important Dates

**9/12** College Kickoff for Seniors, 7:45 am, in the CVU Auditorium

**9/21** New England College Fair, at Saint Michael's College, in Tarrant Recreation Center

From 9:00 am -12:00 pm and 6:00 pm-8:00 pm

List of colleges scheduled to attend the fair:

<https://neacac.memberclicks.net/assets/collegefairs/Fall2023/8-25-23smc.pdf>

**11/15** High School Planning and Career Presentation, 6:30-7:30pm. More information to come.

**TBA** VSAC Forms Night. Due to changes to the Free Application for Federal Student Aid (FAFSA) that include a delayed release (now scheduled for December 2023) the CVU VSAC Forms Night will be scheduled later this semester. More information will be shared at a later date.

Please contact us with any questions. We are here to help, and we look forward to seeing you soon.

Sincerely,

Russ Aceto

Fairbanks House Counselor

Jen Bickel-Hayes

Nichols House Counselor

Colleen McSweeney

Registrar

Susie Moakley

Flexible Pathways Counselor

Gavin Vontzalidis

Snelling House Counselor

Heather Walpole

Administrative Assistant

Ry Hoffman

Director of School Counseling

Naomi Williams (A – K), Sara O'Hare-Hughes (L – Z)

Chittenden House Counselors