College Counseling

FOUR-YEAR CURRICULUM

The New Hampton School College Counseling Office works to shepherd students and parents through the increasingly competitive and complex process of post-secondary admission and cultivates relationships with college and university admission staffs across the country by promoting New Hampton School—its programs, progress and students.

NEW HAMPTON SCHOOL COLLEGE COUNSELING OFFICE MISSION STATEMENT

Grade 9 "Who Am I?"

Discover... Play... Find Passions

MEETINGS

ASK ANY QUESTION

WHAT SHOULD I DO NOW TO HELP ME LATER?

The College Office staff encourages 9th grade students to try new courses, activities, and co-curricular offerings in the supportive and encouraging environment of the School. Students in grade 9 will also participate in an interactive activity that will help them frame their time at New Hampton School and what passions they might explore.

ACADEMICS

Yes! 9th grade matters; in fact, your full high school transcript will accompany your college application. Make this year count! Some tips:

- Challenge yourself with the most rigorous course of study you can manage.
- If you need academic support, this is the time to ask for it. Learning how to be a strong self-advocate is another skill you will learn while at New Hampton School.
- If a course is too difficult or not challenging enough, visit the Academic Office and inquire about a change in your schedule. The Academic Office is typically able to make adjustments to best meet a student's academic profile.

CO-CURRICULAR ACTIVITIES

The Arts, Athletics, Clubs, Project Week, Weekend Activities, Community Service– these are all areas where you can explore, play, and find your passion. Colleges will want to see that you have taken advantage of the opportunities you have. So:

- Try something new!
- Don't specialize just yet.
- Be multi-dimensional in your interests.
- Use Project Week to have fun and learn a new skill.

TESTING

For those New Hampton School students whose first language is not English, the College Office recommends a TOEFL or Duolingo test be taken in the spring of grade 9. Depending upon the score, summer English enrichment may be recommended.

SUMMER

The summer following grade 9 can allow you more time to explore, play, and find passions. Some recommendations of helpful summer activities are:

- Go to camp: traditional summer camps for students of your age can provide leadership opportunities and are a lot of fun!
- Athletic Camps: the recruiting process starts now! If you hope to be a college athlete, exposure at these camps can be integral to your college process.
- Get a summer job: work experience is a highly valued commodity in the college process, especially if you start now and stay with the job throughout your high school years.
- Visit a college or two!
- If you are interested in the IB Diploma Programme and just completed Algebra I, consider taking a summer math course in geometry to ensure prerequisites are met by the end of your sophomore year.
- Check in with the College Office and let us know your thoughts.

Grade 10 "Where Am I Going?"
Explore

MEETINGS

IS IB FOR ME?

COLLEGE ATHLETIC RECRUITING

During the sophomore year, students will take the October PSAT. The College Office also meets with the entire sophomore class, in conjunction with the Academic Office, to discuss the IB Diploma Programme and to consult in scheduling for grade 11. Sophomores will recieve their college counselor assignment at the end of March. Lastly, if a student hopes to be a college athlete, the student should attend the athletic recruitment seminars the College Office offers.

ACADEMICS

At the start of grade 10, you should seriously consider your academic trajectory. Again, be sure to challenge yourself with the most rigorous course of study you can manage. If possible, slightly increase your level of rigor this year. Some academic aspects to consider as they relate to your college process:

- Potential IB Diploma Candidate? Be sure you have completed at least Integrated Math 3 or Honors Algebra 2 by the end of grade 10; Ideally, you are enrolled in level 2 or level 3 of a World Language.
- World Language? New Hampton requires 3 years of a World Language. If you are a capable language student, advance as far as you possibly can in a language. Language can be a major differentiator in the college process. If you have a language waiver, consider taking at least level 1 of a language. You can do this on a pass/fail basis.
- Math? Interested in Business or Engineering? Complete Honors Algebra 2 this year if possible. Most Business and Engineering programs have a minimum requirement of Precalculus; some Engineering programs require high school Calculus.
- Interested in the Health Sciences? Plan ahead and make sure you take Biology, Chemistry, and Physics by the end of senior year.

CO-CURRICULAR ACTIVITIES

ARTS

ATHLETIC CLUBS

PROJECT WEEK

WEEKEND ACTIVITIES

COMMUNITY SERVICE

Begin to refine your selections and focus on areas where you have the greatest interest and talent. It is better to work hard at something over time than to try a bit of everything and never commit to interests outside of the classroom.

- Try something new and step outside of your comfort zone.
- Potential College Athlete? Complete college recruiting questionnaires. Sign up for summer camps, showcases, and/or leagues to feature your talents. Construct a highlight video.
- Budding Performing Artist? Draft a resume; gather films of performances; consider summer experiences where you can test this interest in a short time frame.
- Aspiring Visual Artist? Begin assembling a portfolio; write Artist's Statements for each piece you include; consider summer experiences where you can test this interest in a short time frame.
- Use Project Week to test an area of academic or career interest.

TESTING

Preliminary Scholastic Aptitude Test (PSAT) is administered in October.
For students whose first language is not English, the College Office recommends a TOEFL or Duolingo test be taken in the spring of grade 10. Depending upon the score, summer English enrichment may be recommended.

SUMMER

Wondering what to do the summer after grade 10? Some recommendations of helpful summer activities are:

- Community service
- Summer job
- Pre-College Academic Program
- Visit a couple of colleges to get a sense of what might interest you. For example, tour a large urban university and a small, liberal arts college. What did you like? What didn't you like?

Grade 11 "What Do I Want?"

Take Action

MEETINGS

PSAT PREPARATION

COLLEGE KICK-OFF

COLLEGE PROCESS OVERVIEW

SEMINARS

INTRODUCTION TO THE COLLEGE SEARCH AND APPLICATION PROCESS

STANDARDIZED TESTING PLANS AND COLLEGE VISITS

MOCK INTERVIEWS, TEACHER RECOMMENDATION REQUESTS, AND ESSAYS

2-3 MEETINGS WITH YOUR COLLEGE COUNSELOR

During junior year, your college process truly begins. Juniors can take the PSAT in October. During Family Weekend, there will be an overview of the College Process at New Hampton School. At the start of second semester, you will use one open block per month to participate in 5 college seminars. These occur in a classroom setting, in small groups, and provide both information and role-playing activities to prepare you for each step in the process. You will also schedule monthly meetings with your college counselor, with the goal being to have a comprehensive list of colleges in which you are interested by the time you depart for the summer recess.

ACADEMICS

At the start of grade 11, your academic trajectory should be charted. Again, be sure to challenge yourself with the most rigorous course of study you can manage. If possible, slightly increase your level of rigor this year. This is the most important year for you academically. If you are able, enroll in at least one IB class. Your transcript, at the end of your junior year, is the grade report most often used in making college admission decisions.

Some academic aspects to consider as they relate to your college process:

- Step up your rigor one more notch, but be sure you can achieve at a high level as well. These are the grades you will use when applying to college. Your cumulative GPA, at the end of grade 11, is the GPA colleges use.
- Your teachers this year will, most likely, write your teacher recommendations for college. A word of advice–your actions each day in class "write" your recommendations. Ask good questions, know when and how to ask for help, be serious, and learn to the best of your abilities. Take advantage of extra-help sessions and office hours. This is where teachers will learn even more about you as a learner and give them more about you as a learner and give them more information to write about you in a recommendation.
- Write about yourself! When given the option to write a personal narrative, do so. Save it; it could be the start of a great college essay. Do you keep a journal? Now might be a good time to consider doing so to "feed" college essay ideas.

CO-CURRICULAR ACTIVITIES

ARTS

ATHLETICS

CLUBS

PROJECT WEEK

WEEKEND ACTIVITIES

COMMUNITY SERVICE

Will you specialize in one of these areas? Time to take action!

- Potential College Athlete? Complete college recruiting questionnaires. Arrange a meeting with the college athletic liason to create an appropriate, working college list. Know NCAA requirements. Create a highlight video.
- Budding Performing Artist? Your resume should be complete; gather films of performances; consider summer experiences where you can test this interest in a short time frame. Prepare for auditions.
- Aspiring Visual Artist? Continue assembling your portfolio; write Artist's Statements for each piece you include; consider summer experiences where you can test this interest in a short time frame.
- Use Project Week to test an area of academic or career interest.
- Step up as a leader in your clubs and activities.

SCOIR: COLLEGE & CAREER PLANNING

The New Hampton School College Office uses SCOIR, a web-based tool that helps students organize their college process. Students and families can use this tool to research colleges, develop possible career interests and access data that will help students build a balanced college list. During grade 11, students will complete the Junior College Questionnaire and build their prospective college list in SCOIR. Parents will have access to that list and will have the opportunity to complete the Parent Statement, a form that only their student's college counselor will see.

TESTING

Standardized testing is a small piece of the college process. New Hampton offers the SAT on campus during the months listed below. We do not offer test prep on campus. Students can use Khan Academy for free online to prep for the exams. We partner with Revolution Prep for online, fee-based courses. Knower Academics provides both SAT and ACT preparation courses as well as 1-on-1 test preparation on campus for an extra fee. Please note there are hundreds of colleges and universities that do not require standardized tests and your college counselor can help you identify whether or not you will need to send your scores. Standardized tests to anticipate/consider:

- Preliminary Scholastic Aptitude Test (PSAT) is administered in October
- SAT: October and May.
- For students whose first language is not English, the College Office recommends a TOEFL or Duolingo test be taken in the spring of grade 11. Depending upon the score, summer English enrichment may be recommended.

SUMMER

The summer following grade 11 should be about being involved and getting ahead in the college process. Do something important, interesting, or work really hard at your summer job. Visit as many of the colleges on your list as you can to demonstrate interest and learn more about your choices. Some recommendations of helpful summer activities are:

- Community Service
- Summer Job
- A Pre-College Academic Program
- Visit colleges where you think you will apply
- Use this time for standardized test preparation
- Complete your Common Application
- Write a first draft of your college essay
- If you intend to apply for financial aid, become familiar with FAFSA/CSS profiles
- Visit your local town and or public high school websites to learn of scholarship opportunities

Grade 12/PG "Where Am I Going?"

Celebrate

COLLEGE PEER VISITS

These visits provide an opportunity to demonstrate interest and/or confirm your choice to apply.

COLLEGE WORK EVENING

COMMON APPLICATION

ESSAY WRITING

NCAA ELIGIBILITY

Seniors will have a dedicated college work evening in October to focus on their applications.

2-3 MEETINGS WITH YOUR COLLEGE COUNSELOR

The senior/post-graduate fall will be a busy time for you due to your college process. We recommend you meet with us regularly to stay on top of important deadlines, essay writing expectations, and testing needs until your process is complete.

ACADEMICS

Once again, the courses you choose and grades you achieve will be important to your college process. Some academic aspects to consider as they relate to your college process:

- Step up your rigor one more notch, but be sure you can still achieve at a high level. We will send first quarter grades to any school you apply to ED or EA. Mid-year grade reports will be sent to all colleges that have not rendered a decision at the time of publication. Your final transcript will be sent to the college or university where you enroll.
- Teacher recommendation requests must be made no later than October 15th. If this is your first year at New Hampton School, you should have at least one NHS teacher recommendation. As mentioned previously, your actions each day in class "write" your recommendations. Ask good questions, know when and how to ask for help, be serious, and learn to the best of your abilities.
- Finalize your college essay! Be sure it is a reflection of who you are and that it is grammatically correct. Be sure to get feedback from your college counselor.
- Any time you change a course after your transcript has been shared with colleges indicates a change in status. This mean both you and your college counselor will need to inform each college of the change. Avoid schedule changes unless absolutely necessary.
- Write thank-you notes to those teachers who have written a teacher recommendation for you.

CO-CURRICULAR ACTIVITIES

ARTS

ATHLETICS

CLUBS

PROJECT WEEK

WEEKEND ACTIVITIES

COMMUNITY SERVICE

Find an area on campus to be a leader. It could be the classroom, the arts, the athletic field, or the residential program. Lead through action and not necessarily title. Will you specialize in one of these areas? Time to celebrate your achievements and translate these skills to your college application!

- Potential College Athlete? Are college coaches recruiting you?
- If yes, know the expectation of the coach and the admission liaison. Have your academic schedule approved. Determine when you should apply. Ensure your test scores allow you to be admissible.
- If not, speak to your NHS coach about your potential to play at the college level and ask for recommendations. Actively communicate with college coaches.
- Budding Performing Artist? Work with your NHS performing arts teacher to prepare for auditions.
- Aspiring Visual Artist? Work with your NHS visual arts teacher to complete then upload your portfolio to "SlideRoom". Attend a Portfolio Fair to have your work reviewed by admission representatives.

SCOIR: COLLEGE & CAREER PLANNING

The New Hampton School College Office uses SCOIR, a web-based tool that helps students organize their college process. Students and families can use this tool to research colleges, develop possible career interests and access data that will help students build a balanced college list. During grade 12/PG, students will sign the FERPA Waiver and finalize the list of colleges you are applying to in SCOIR by October 15.

TESTING

Standardized testing is a piece of the college process. New Hampton offers the SAT on campus during the months listed below. We do not offer test prep on campus. Students can use Khan Academy for free online to prep for the exams. Additionally, Knower Academics provides both SAT and ACT preparation courses as well as 1-on-1 test preparation on campus for an extra fee. Please note there are hundreds of colleges and universities that do not require standardized tests and your college counselor can help you identify whether or not you will need to send your scores. Standardized tests to anticipate/consider:

- SAT: October and May
- All students whose first language is not English should have taken either the TOEFL or Duolingo by December of senior year.

Checklist of Deadlines for Seniors and Post-Graduates

BY OCTOBER 15

- College Recommendation Requests Completed
- Accurate Apply List Recorded in SCOIR
- Testing Plan in Place
- Common Application Complete
- Supplemental Essay List Compiled and Shared with College Counselor
- Early Applications (ED & EA) Near Completion

BY DECEMBER 1

All Applications Near Completion

BY DECEMBER 15

All Applications Complete

BY APRIL 10

- Report all Outcomes to Your College Counselor
- If Waitlisted, Meet with College Counselor and Determine a Plan

BY MAY 1

Deposit at the College/University Where You Plan to Attend

Have more questions?

Contact the School College Office.

ACADEMIC RESOURCE CENTER, SUITE 311
MONDAY - FRIDAY: 8 AM - 4 PM
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