

Post High School Planning Information



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JUNIOR TIMELINE

January – April

- ☐ Review your PSAT scores on your College Board account.
- ☐ Be sure your College Board and Khan Academy accounts are linked.
- ☐ Set up your junior/parent meeting with your school counselor between February- April.
- ☐ Register for the SAT in May and/or June at www.collegeboard.org.
 - FLHS code is **070187**.
 - No registration is necessary for the state mandated March SAT.
- ☐ Register for the ACT in April and/or June at www.act.org
- ☐ Attend virtual college fairs and tours through college websites. Information on virtual college fairs can be found in our monthly school counseling newsletters.

May – June

- ☐ Review your senior schedule to be sure it includes all courses necessary to accommodate your future plans and graduation requirements.
- ☐ Register with the NCAA Eligibility Center at <https://web3.ncaa.org/ecwr3/> if you are going to participate in DI or DII athletics.
- ☐ Ask 2 teachers (preferably from 11th grade) to write you a letter of recommendation.
- ☐ Register for the August SAT, if applicable.

July-August

- ☐ Compile resume/list of activities, jobs and community service ventures.
- ☐ Complete FLHS “Senior Forms” located in the Class of 2022 Google Classroom or in your School Counseling Office.
- ☐ Draft college essays.
- ☐ Start Common Application. www.commonapp.org

Don't forget to....

- Visit Colleges (set up tours and/or interviews, if offered)
- Visit FLHS's College and Career Center
- Sign up through Naviance to see college representatives
- Test prep through Khan Academy
- Check Naviance for scholarship opportunities
- Add colleges to “Colleges I’m Thinking About” in Naviance
 - Make sure to include safety, target, and favorable schools

SENIOR TIMELINE

- ❑ Finalize college list in Naviance (5 – 8 schools total) including reach, target, and favorable schools.
- ❑ Establish timeline of deadlines for applications (be aware of regular decision, early decision, and early action deadlines) and financial aid forms.
- ❑ Begin application process (complete applications, write essays, and compile resume).
- ❑ Complete the FERPA waiver (see two steps below):
 - On the Common Application, click on the “My Colleges” tab, on the left hand side click “Assign Recommenders.” The FERPA Release Authorization is the first item on that page. Click the blue text under the FERPA RELEASE AUTHORIZATION to complete the FERPA waiver.
 - Click on the “Colleges” tab in Naviance. Click on “Colleges I’m Applying to” Click “Match Accounts” (you must use the same email you used to create your Common Application)
- ❑ File Free Application for Federal Student Aid (FAFSA) form beginning October 1.
 - Some private colleges may require the CSS Profile for Financial Aid.
- ❑ Attend Financial Aid Night in the fall.
- ❑ Send official standardized test scores to colleges through CollegeBoard or ACT.
- ❑ Request teachers’ letters of recommendation through Naviance and in person **at least three weeks before your first deadline.**
- ❑ **Set up your senior meeting with your school counselor at least three weeks before your first deadline.**
 - Your senior application packet materials **must** be completed before this meeting
- ❑ Sign up for fall SAT or ACT dates, if needed.
- ❑ Check your credits and course requirements for graduation.
- ❑ Request 1st term grades, if applicable. Forms available in the Class of 2022 Google Classroom or your Counseling Office.
- ❑ Semester grades will automatically be sent to all colleges you have applied to.

Don’t forget to....

- Visit Colleges (set up tours and/or interviews, if offered)
- Visit FLHS’s College and Career Center
- Sign up through Naviance to see college representatives
- Test prep through Khan Academy
- Check Naviance for scholarship opportunities
- Inform your counselor of all college decisions you receive and the school you will attend.
- Keep up your grades. All colleges accept students on the condition that they maintain their grades and can rescind the acceptance if a student’s grades decline.
- Register for Advanced Placement (AP) tests, if applicable.
- Complete applications and interviews for local scholarships.
- Notify each college that accepts you whether you are accepting or rejecting their offer by **May 1st**

NAVIANCE

<https://student.naviance.com/LUDLOWE>

Naviance is a comprehensive website that parents and students can use to help in making decisions about courses, colleges, and careers. Naviance provides up-to-date college admissions information that is specific to our school.

Naviance will allow parents and their student to:

- **Get involved in the planning process** – Build a resume, complete on-line surveys, and manage timelines and deadlines for making decisions about colleges and careers.
- **Research careers**
- **Research colleges** – Compare GPA, standardized test scores, and other statistics to actual historical data from our school from students who have applied and been admitted in the past.
- **Sign up for college visits** – Find out which colleges are visiting our school and sign up to attend those sessions in the College Career Center.
- **Research Scholarships** – local, regional and national.

If students and/or parents are having trouble logging into Naviance, contact your school counselor.

All college materials including high school transcript, school profile, teachers' and counselor's letters of recommendation are sent electronically through Naviance to colleges after students have met with their school counselor to review their senior packet.

TESTING CALENDAR & INFORMATION

C.E.E.B. Code for Fairfield Ludlowe High School – **070187**

Financial assistance for all testing fees and college applications may be available if you qualify for Free and Reduced lunch or there are extenuating circumstances. Please see your counselor for further information.

SAT

All juniors take the SAT during the school day in March. We recommend that juniors re-take the SAT in May or June and in the fall of their senior year. Be certain to put our school code **070187** on all forms so your counselor has a copy of your scores and take advantage of the four free score reports sent to colleges when registering. Register online at www.collegeboard.org

Test Date

March 13, 2021
March 24, 2021
May 8, 2021
June 5, 2021
August 28, 2021
October 2, 2021
November 6, 2021
December 4, 2021

Deadline for Registration

February 12, 2021
No registration required
April 8, 2021
May 6, 2021
TBA
TBA
TBA
TBA

ACT

The ACT is a test designed to assess high school students' general education development and their ability to complete college level work. The test covers four skill areas: English, Mathematics, Reading, and Science Reasoning. While it is not necessary to take both the ACT and the SAT, some students may wish to use it as an alternative measurement. Most colleges will accept ACT scores. Check your schools to be certain! Register online at: www.act.org The following testing dates are available for the ACT:

Test Date

April 17, 2021
June 12, 2021
July 17, 2021
September 11, 2021
October 23, 2021
December 11, 2021

Deadline for Registration

March 12, 2021
May 7, 2021
June 18, 2021
TBA
TBA
TBA

SAT/ACT SCORE REPORTING

It is the responsibility of the student to release and send official test scores to each prospective college. Fairfield Ludlowe High School **does not** send test scores with a student's transcript.

C.E.E.B. Code for Fairfield Ludlowe High School – 070187

TEST OPTIONAL

The National Center for Fair & Open Testing (www.fairtest.org/university/optional) provides a list of institutions that are "test optional," "test flexible", or otherwise de-emphasize the use of standardized tests in admissions decisions.

As the notes indicate, some schools exempt students who meet grade-point average criteria while others require SAT or ACT scores, but use them only for placement purposes or to conduct research studies. Please check with the school's admissions office to learn more about specific admissions requirements, particularly for international or non-traditional students.

TEST PREPARATION

- www.KHANACADEMY.org
- www.alphaprep.com (on the FLHS PTA Website)
- www.NUMBER2.com
- www.TESTIVE.com
- www.4tests.com
- <http://www.MARCH2SUCCESS.com>

ADVANCED PLACEMENT EXAMS

MAY 2021 – All Advanced Placement tests are given during the school day. AP registration was in October 2020.

TOEFL

The Test of English as a Foreign Language (TOEFL) evaluates the English proficiency of people whose native language is not English.

LETTERS OF RECOMMENDATION

Letters of recommendations are the part of the application that allow college admissions officers the chance to hear from your school counselor and teachers what you are like as a student. In general, colleges will be looking for a letter from your counselor, as well as one or two from your classroom teachers. **It is the student's responsibility to coordinate teacher letters of recommendation to their prospective colleges.** Letters of recommendation are sent electronically through Naviance.

- At least one letter should be from a junior year teacher.
- At least one letter should be from a core academic teacher.
- Pick teachers who know you the best and can speak to your strengths.
- In order to receive a letter of recommendation:
 1. Ask the teacher in person
 2. Request your teachers through Naviance: Click on “Colleges” “Letters of Recommendation”
- Give the teacher plenty of time to write the letter, at least three weeks.
- Make sure to write a thank you note to anyone who writes you a letter.

COLLEGE ESSAYS

Most colleges require one or more essays as part of the application process. Essays highlight:

- Thought process and problem solving skills
- Your reasons for choosing their college or university
- What you want to do with your education
- How accurately you express yourself
- Your values, strengths, weakness, achievements, aspirations, disappointments

In writing your personal statement, keep the following in mind:

Be pertinent: avoid hyperbole and verbiage

Be clear: answer the question

Be grammatical: use proper spelling, punctuation, etc.

Be prepared: conduct a short interview with yourself to begin the process

Be thorough: include meaningful statements on life experiences

ADMISSIONS DEADLINES

Regular Admission

College application deadlines for regular admission vary, but tend to run from January 1 through the middle of March of senior year. Under this type of approach, colleges review their entire applicant pool and make all of their decisions. Students will be notified of the college's decision at the beginning of April.

Rolling Admission

Rolling admission schools do not have a specific application deadline. Students may apply at a time during senior year and are usually informed of the college's decision within six to eight weeks. Under this approach, colleges will either review their applicants on a case-by-case basis, or on a monthly basis. If you are going to apply in this manner, it is important you apply as soon as possible, as you will encounter less competition the earlier you apply.

Early Action

Early Action is an application method whereby students apply and receive an admissions decision early. Early Action is **not binding**. Students may still pursue other applications. In general, you can apply to as many "Early Action" schools as you would like, although there are some selective colleges that prohibit multiple early applications of any kind.

Early Decision

Early Decision is another type of early admissions procedure with only one school, however the decision is **binding**. This type of application is suggested for students who have had a strong junior year, have done a thorough job researching colleges, are able to narrow their first choice down to one school, and will not need to compare financial aid packages in making their final decision about where to attend. If a student applies under such a plan he/she signs a binding agreement with one college, which states that, if accepted, the student will attend and withdraw all pending applications. Most Early Decision deadlines are in November (1st or 15th), with notification of the decision in mid- to late-December. Some schools have an Early Decision II option, which will have a later deadline, allowing students more time to research schools.

Colleges will either accept, deny, or defer students. A deferral means that the student will be reconsidered with the regular decision pool.

There are some variations on the above admission procedures – Single Choice Early Action, Early Decision II, and Priority Deadline, to name a few. Colleges will indicate which type of procedure(s) they use in admitting students, as well as the stipulations for that plan, on their application and school websites.

HOW COLLEGES REVIEW APPLICATIONS

The National Association for College Admission Counseling has been surveying institutions on the relative value of each factor in the admissions decision since 1993. According to NACAC, the values have remained consistent over time.

Transcript

- Strength of schedule (AP, Honors, College Prep)
- Weighted Grade Point Average
- Number of courses taken each year
- Grade trend: an upward trend in grades will be noticed (so will a downward trend)
- Senior schedule – is the student continuing to challenge him/herself?
- Strength of high school curriculum (via school profile)

Standardized Test Results – SAT, ACT, AP (there are a growing number of colleges that do not require standardized testing as part of the application)

Student Essay and/or Writing Supplement(s)

Extracurricular activities – athletics, clubs, work, volunteer

Teacher Recommendations

Counselor Recommendation

Demonstrated interest in the college – has the student visited? Met with the college representative when he/she visited the high school?

Interview – if offered by the institution

Special Talents, unusual achievements

Alumni Relations

Employment

Institutional Priorities

RESUMES

A resume is a simple, well organized summary of your personal, educational, and occupational experiences, accomplishments, and skills. There are two types of resumes: a college resume (or extra-curricular activities) and an employment resume.

- *Outline your background.* Use headings that describe your goals, education, achievements, jobs, abilities, and activities as experiences which highlight your job objective. **Use the attached sample resumes as guides.**
- *Direct your resume toward a particular objective or field.* State the objective clearly and concisely at the beginning of your resume. Develop more than one resume if you have more than one job/career interest.
- *Begin statements with action verbs.* Use short phrases and concrete examples, numbers, and quantities to describe your experiences (i.e., “Supervised camp activities for 30 girls, ages 6-12”).
- *Emphasize results.* Describe the activities and responsibilities involved for the position. Show your accomplishments or the strengths and skills you developed within that situation.
- *Use reverse chronological order.* Highlight your education, jobs, activities, etc. starting most recently and work backwards.
- *Keep it short.* Resumes should be **one typed page**.
- *Proofread carefully.* **ABSOLUTELY NO MISTAKES** (spelling, grammatical, typing).
- *Make it visually appealing.* Use quality bond paper, highlighting, formatting, type size, and style. Be consistent in style and content.
- *Provide accurate information.* Inflating titles and exaggerating responsibilities is unacceptable.
- *Have your resume critiqued.* See Mrs. Gorman in the College & Career Center for a review.
- *Highlight your accomplishments.* Profile all of your talents, skills and experiences.
- *Use your GPA accordingly.* When you exclude it, the reader will assume that it is low.
- *Talk to your references.* After asking permission, have the names, addresses, and phone numbers of references (teachers, counselors, employers, administrators) typed and readily available on a separate page that has your contact information on the top.

Employers know that you have limited *work* experience...you need to show them through your skills, leadership roles, activities, abilities, and courses that you have *related* experience and *the potential* to be a great employee!

SAMPLE COLLEGE RESUME/ACTIVITY SHEET

FRED E. FALCON

fredefalcon@gmail.com

785 Unquowa Road
Fairfield, CT 06824

203-255-0000 (h)
203-254-5555 (c)

EDUCATION

Fairfield Ludlowe High School
785 Unquowa Road
Fairfield, CT 06824
3.0 GPA
CEEB Code: 070187

ACADEMIC AWARDS

Headmaster's List 9, 10, 11, 12
National Honor Society 11, 12
Mu Alpha Theta 11, 12
Brown University Book Award 11

ATHLETIC AWARDS

All FCIAC Volleyball 10, 11, 12
All State Volleyball 12
Sportsmanship Award 9

SCHOOL ACTIVITIES

Theater Workshop: Cast member in all musicals 9, 10, 11, 12
Theater Workshop: Costumes 10, 11; Crew Chief 12
Key Club 9, 10, 11; Secretary 12
Varsity Volleyball Team 10, 11; Captain 12
Ludlowe Leaders 11
Junior Varsity Volleyball Team 9

COMMUNITY ACTIVITIES

Senior Pilgrim Fellowship Volunteer, 2013 – Present
(fund raisers, soup kitchens, clothing drives)
Safe Rides (driver weekends), 2014 – Present
Town Youth Council (provides recreational activities for local youth), 2013 - 2015
Fairfield YMCA Athletic Volunteer, 2013 – 2014

EMPLOYMENT

Fairfield Recreation Department: Junior Counselor, Summers 2014, 2015
Babysitting, 2010 – Present

SAMPLE EMPLOYMENT RESUME

FRED E. FALCON

fredefalcon@gmail.com

785 Unquowa Road
Fairfield, CT 06824

203-254-5555 (c)
203-255-0000 (h)

OBJECTIVE:

To obtain a summer job where hard work, common sense and a willingness to succeed will be valued.

EDUCATION:

Fairfield Ludlowe High School
Diploma expected
GPA – 3.0

Fairfield, CT
June 2016

Coursework includes Honors and College Prep courses. Spanish (5 yrs.). Intro to MS Word, Excel, Access and PowerPoint.

HONORS & ACHIEVEMENTS:

Honor Roll - 5 semesters
FLHS Coach's Award – Varsity Soccer, 2015; JV Soccer, 2014

SUMMARY:

Hard working, responsible, trustworthy, and conscientious. Team player. Able to follow directions well and willing to take initiative. Takes pride in a job well done.

EXPERIENCE:

Fairfield Ludlowe High School
Ludlowe Leader

Fairfield, CT
2014 - Present

Give incoming students and their parents tours of FLHS. Provide support and information to freshmen as they transition to high school.

Key Club - Volunteer

2012 - Present

Work on school and community projects and fundraisers for local, national, and global programs. Developed excellent communication, time management, and organizational skills by working on several projects throughout the year.

Columnist - The Prospect

2012 – 2013

Created new column for sports section focusing on individual athletes and their personal, academic, and athletic accomplishments and goals. Interviewed fans, students, coaches, and teachers to gain well rounded perspective of the athlete.

EMPLOYMENT:

Stop & Shop
Cashier

Fairfield, CT
2014 – Present

Work 10 – 15 hours per week during the school year.

Fairfield Recreation Department
Lifeguard

Fairfield, CT
Summer 2015

Red Cross Certification.

ACTIVITIES:

FLHS - Varsity Soccer, 2015; JV Soccer, 2014; Freshman Soccer, 2013

THE CAMPUS VISIT

Visiting colleges is a critical part of the decision making process. Every college is unique and you need to see how you “fit” into the college. You should visit the colleges during your junior year (February or April break, if possible) or in the early fall of senior year. It is best to visit when classes are in session. It is important to call ahead requesting a tour of the college. During the tour, you will have the opportunity to check out the campus, dorm rooms, library, athletic facilities, and classroom buildings. You will also have the opportunity to speak with students, admissions representatives, and professors. You can also ask about opportunities to sit in on classes or possibly stay overnight. Students usually conduct tours of the campus so be prepared to ask lots of questions. They are trained at most colleges to answer even the most unusual questions. Contact the college through their website or call to find out the time of tours.

**tours may be available virtually due to the pandemic*

Some important tips to get the most out of college visits:

- Know something about the college before you go. Be sure to look over the website and any other materials you have received from the college.
- Budget plenty of time for travel.
- Allow enough time to get the “feel” of the campus. A two-hour visit should give ample opportunity for a fairly extensive tour and meeting with the admissions office.
- Limit yourself to touring two colleges a day.
- If you have a specific interest in athletics, the arts or a particular field of study, try to arrange to meet with people connected to that interest.
- Don’t hesitate to discuss finances, including scholarships, loans, and work opportunities. Talk with someone in the financial aid office.
- Be sure your tour includes a freshman dorm, the library, and the student center. There usually are students available in the student center that are happy to answer questions about their college.
- Read the bulletin boards, posters and campus publications. This will give you a real feel for the issues on campus.
- Check on any special services such as academic support services, special health or food services available.
- Check out the surrounding town/city close to the campus.
- Take pictures and write down your impressions of the campus so you can evaluate your visits when you return home.

THE COLLEGE INTERVIEW

If available, the college interview is a wonderful opportunity to discuss a college with a member of the admissions staff or an alumnus. It is a time to find out more about the school in both general and specific terms. You can share information about yourself, your interests and your goals. The college can also gain a better sense about how you would fit into its community. Don't get stressed about the experience.

**interviews may be available virtually due to the pandemic*

Helpful hints before the interview:

1. Take along a copy of your high school transcript, resume, and test score reports
2. Read about the college in guidebooks, their college catalog or website
3. Arrive on time – be early, but never be late
4. Dress appropriately (no jeans or sweatpants)
5. Be prepared with a list of questions – they should be based on your interests, your needs, and your concerns

Appropriate questions can include some of the following:

- What types of college housing are there for freshman – suites, doubles, singles?
- How are roommates assigned?
- How will my faculty advisor be assigned?
- What is the average class size for a freshman course?
- What kinds of financial aid programs are available? What forms should I fill out? Are there any special scholarships offered by the school? Are there specific deadlines for financial aid forms?
- What job placement/recruiting is conducted on campus?
- What percentage of students remain on campus on weekends?
- What meal plans are available?
- Are there fraternities/sororities on campus and what percentage of the students join?
- How much is the college involved with the community?
- How does the college assist with study abroad programs?
- If I need academic support, is there a tutoring service on campus?
- Is it difficult to change majors?
- What can I do to help in the admissions process?

Questions the interviewer may ask you:

- How do you spend your leisure time?
- What activities are you involved in at school?
- Why did you choose this college?
- What is the best book you have read?
- Have you had a part time job during high school? What did you do?
- What major do you intend to pursue? What career are you hoping to enter?
- What was the hardest course you took in high school?

FINANCIAL AID

www.fafsa.ed.gov

In order to qualify for aid, students must file a ***Free Application for Federal Student Aid*** (FAFSA) beginning October of senior year. Some private schools also require the **CSS Financial Aid Profile** and/or forms of their own. You and your parents should attend Financial Aid Night in the fall where information about the process is discussed.

Financial aid is given by the college in three kinds of aid:

- **Grants/Scholarship** – This is money that does not have to be repaid to any agency.
- **Loans** – There are many types of loans available to students that must be repaid once the student leaves college. There are varying rates of interest on the loans.
- **Work-Study** – This is a federal program administered by the colleges in which students work 10-15 hours per week at the college.

Many colleges offer achievement or talent scholarships. These are given according to academic ability or special talent and are not tied to financial need.

Federal Program

Beyond all the programs administered through the colleges by filing the FAFSA, there are guaranteed student loans that are administered through local banks. Repayment begins six months after the student leaves college. A FAFSA form must be filed to allow a student to apply for a student loan.

Parent Loans for Undergraduate Students (PLUS) is a loan for parents available through local banks. Payments begin 60 days after the loan is taken out.

Helpful Websites

U.S. Dept. of Education <http://studentaid.gov/types/grants-scholarships/finding-scholarships>

U.S. Dept of Labor <http://careerinfonet.org/scholarshipsearch>

www.studentscholarships.org

www.collegeboard.org

www.scholarships.com

www.fastweb.com

www.finaid.org

WHERE CAN I FIND SCHOLARSHIPS?

- **Naviance**: Under Colleges tab click on **Scholarships & Money**
 - **Scholarship Match**: Scholarships that might be suitable for you based on your information listed in Naviance
 - **Scholarship List**: All scholarships that FLHS has listed in Naviance
 - **Scholarship Applications**: Scholarships that you have applied to via Naviance
 - **Scholarship Search**: A national database of scholarships; when you enter your information, you will receive notices about scholarships for which you might be eligible
- **Colleges**:
 - Find out what scholarships you may be eligible for by contacting the financial aid offices of the colleges you applied to.
- **Fairfield Scholarship Foundation** <http://fairfieldscholarshipfoundation.org/>
 - One application for multiple scholarships
 - Application available in early April
- **Fairfield County Community Foundation** www.fccfoundation.org
 - Can apply for and be awarded up to four scholarships
 - Applications available in January; close in late March
 - Required materials for the online application: transcript, letters of recommendation, essay, copy of your Student Aid Report (SAR) that is available online by completing the FAFSA.
- **CT Council for Philanthropy**
<https://www.ctphilanthropy.org/resources/scholarships-youth-opportunities>
- **National Programs**
 - **National Merit Scholarship (N.M.S.Q.T.)** – This scholarship is based on scores received on the PSAT given in the fall of the junior year. Students are notified if they are semi-finalists in the fall of their senior year. Only your score on the PSAT in your junior year counts for the NMSQT.
 - **Military** – All branches of the military run their own academies that are free to students as well as offering a scholarship for R.O.T.C. (Army, Navy, and Air Force) which are offered at many colleges and universities. The National Guard offers scholarships, which pay tuition at any state school.
- **Local Scholarships**
 - Many scholarship opportunities come to FLHS on a continuing basis throughout the year. Notices are posted in all senior homerooms and applications are available in Ms. Montorsi's office (FLHS). It is important that students check their homeroom bulletin board and Naviance regularly for updated scholarship information.

FREQUENTLY ASKED QUESTIONS

How many colleges should I apply to?

In general, we suggest you submit applications to 5 - 10 schools. This should include 2-4 target schools and 2-4 favorable schools, (to which they are likely to be accepted), and may include 1-2 reach schools.

How many days of school can my child miss to visit colleges?

Absences due to college visits are considered excused. While it is important to visit schools, families should be judicious in missing school for these visits. Families need to decide, based on their own circumstances, how much school their child can miss without having an adverse effect on their child's grades. Depending on your schedule, the best time to visit is during February/April break.

Does it matter how far in advance of the application deadline my child sends in the application materials?

The closer the application deadline gets; the more applications a college will receive. We advise you set an artificial deadline to send materials two weeks in advance of the college's application deadline.

How will I know that the college has received my application materials?

Once the college receives a piece of the application material, they will send an e-mail indicating receipt of this information, as well as a list of the missing materials, or will update their application website. Two weeks after you send in the last piece of information, you can call the admissions office to be sure the application is complete.

What happens if I find out that the college is missing something from the application, and it is already after the application deadline?

Don't panic. Students should contact the college directly. There is often a delay between the time the material is received and processed by the college admissions office. These discrepancies are often resolved with a simple phone call.

How does my child send his/her SAT/ACT scores to colleges?

Log on to the website www.collegeboard.org and/or www.actstudent.org.

Will it make a difference whether I use the Common Application, or the college's own application?

No. Colleges who subscribe to the Common Application have agreed to accept it in lieu of their own. However, many colleges who take the Common App also require their own supplement as well.

How do we motivate our child to take control of the process?

There is no easy answer to this question. Students should own the process. However, some students, for a variety of reasons – stress, being overwhelmed, fear – display resistance to owning the process. It is important that parents provide their children with support by affirming their daughter's/son's sense of self-worth, not by taking over the application process. Contact your child's counselor for advice if this continues to be an issue.

Should my child take an SAT/ACT prep course, and do they help?

This depends upon your child. Everyone should do some type of preparation for the SAT/ACT. There are no secrets to preparing for the SAT/ACT. Tutors basically give structured feedback to practice problems. They may also provide strategies for taking the exam that are readily available in most SAT/ACT preparation materials. Khan Academy is a great free resource for preparing for the SAT.

STATE OF CONNECTICUT COMMUNITY COLLEGES

The Community/Technical College system offers Certificate and Associate Degree Programs-the certificate programs can usually be continued as or converted to Associate Degree programs with additional academic courses.

Community College courses are scheduled at all times of day or evening. This requires a higher level of personal organization and self-management skills than the more structured morning, afternoon, evening sessions schedule of the private technical schools.

The CT Community/Technical College System is very inexpensive compared to all other options. It offers many support services that are not available in the proprietary (private) schools. Taking this path is the entrance to the State of CT Pathways Program and College of Technology. Most CT Community College programs go to great lengths to help their students to find employment in their chosen field while still in school.

Once I earn my Associates Degree, What's Next?

Guaranteed & Dual Admission Programs

These transfer agreements provide that graduates in specified programs will be admitted with full junior status.

University of Connecticut: Must apply for this program with a transfer counselor before completing 30 transferable college credits. Complete a Liberal Arts and Sciences program at our community colleges and earn a minimum GPA of a 3.0. Not all majors are included in this agreement.

Connecticut State Universities (SCSU, WCSU, CCSU & ECSU): Must apply for this program with a transfer counselor before completing 15 transferable college credits. Grated from a community college with a minimum GPA of 2.0. Not all majors are included in this agreement.

Connecticut Community Colleges have Transfer Agreements with the following:

Central Connecticut State University
Southern Connecticut State University
Albertus Magnus College
Lesley University
Monserrat College of Art
Post University
Sacred Heart University
University of Bridgeport
University of New Haven
Wheelock College

Eastern Connecticut State University
Western Connecticut State University
Fairfield University
Marymount College
New York University
Quinnipiac University
Savannah College of Art & Design
University of Connecticut
University of St. Joseph

Technical Careers as Postsecondary Options in Connecticut

Many parents are concerned that their children have formed postsecondary (after high school) goals and plans that include Technical Education at the expense of a college education. Today's postsecondary technical education can be pursued for college credit leading to a one-year certificate, a two-year associate degree, a four-year degree or a doctorate degree. It is also possible to take two majors at once, or a combination of majors and minors, to prepare for future career goals.

Postsecondary Technical Education can be a stepping stone to many related careers. For instance, a person with a certificate in Automotive Technology can apply that education to an Associate Degree in Automotive Technology, Management or Finance, then a Bachelor's Degree in Automotive Technology, Automotive Engineering, Automotive Design, Automotive Finance, Automotive Management, Automotive Marketing, Automotive Insurance, Automotive Media & Publishing, Automotive Economics or Automotive Education, to name a few.

One of the differences between an engineering education/career and a technical education/career is the level of mathematics that is required. Technology programs usually require Algebra 1 or 2 and sometimes Trigonometry; while Engineering programs require mathematics beyond this level.

Testing

Vocational aptitude testing and occupational interest tests (such as ASVAB-career interest inventory test for juniors/seniors) can be of great value when making decisions about the future. These tests can reveal likes or dislikes, strengths and weaknesses and may be very valuable information for forming goals and plans.

State of CT Community/Technical Colleges

This is a specialized curriculum that allows a student to begin technology or engineering technology studies at any of the state's 12 community colleges with the ultimate goal of achieving a 4-year, baccalaureate degree in Engineering or Technology at the University of Connecticut, Fairfield University, Central Connecticut State University, the University of Hartford, University of New Haven, or Charter Oak State College. Students have the opportunity to earn a two-year associate degree, gain marketable skills, and explore interesting careers in fields projected to enjoy employment growth in the coming years. The program, as a whole, allows students to continue their studies at the participating colleges and universities as juniors without any loss of credit. The Community Colleges' College of Technology program offers the student affordable tuition significantly reducing the cost of higher education.

State of CT Charter Oak College

Technical certifications and other valuable life experiences can be converted to college credit. Students who attend non-credit programs can convert their professional certifications to college credit through the State of CT Charter Oak College. For instance, the ten ASE automotive certification tests are each convertible to three college credits, so that a student who attends a non-college credit institution for Automotive Technology can still earn 30 college credits for his/her professional certifications. This is almost half of the credits needed to earn an Associate Degree. CT Charter Oak College has a main office on the campus of Central CT State U. and offices in all the community/technical colleges in CT.

State of CT Department of Higher Education

<http://www.ctdhe.org/>

State of CT Department of Higher Education is the State of CT department responsible for all postsecondary education programs in the State of CT, whether those programs are public or private. Their website lists all postsecondary institutions and programs in CT with descriptions and contact information.

State of CT Vocational/Technical Postsecondary Adult Program

<http://www.sde.ct.gov/sde/site/default.asp>

The State of CT Dept. of Education (not the State of CT Department of Higher Education) also offers some postsecondary opportunities in the State of CT technical high schools. Information is available on the State of CT Dept. of Education web site under “CT Technical High Schools”.

State of CT Bureau of Rehabilitation Services

<http://www.brs.state.ct.us/index.html>

The State of CT Bureau of Rehabilitation Services offers many services for students graduating with disabilities. The Vocational Rehabilitation Program affords eligible individuals with significant disabilities an opportunity to achieve their full potential for competitive employment and independence.

Private Proprietary (for profit) Technical Schools

Proprietary institutions are private for profit institutions that operate under the supervision of the State of CT Dept of Higher Ed. Proprietary schools are usually the most expensive post secondary option but they also offer some unique advantages.

Proprietary schools frequently schedule on a modular basis (a module of 4-6 weeks covering a system of an automobile such as engine, transmission or brakes), with entry into and graduation from the program possible at each module. The student usually chooses a morning, afternoon or evening session. Many students find this more structured consistent schedule easier to follow. The evening session program sometimes takes longer to complete because less than five evenings a week may be scheduled.

The best schedule for many students is one where the student attends class during the morning and then goes to a job. The second best situation is to have a job in the morning and then classes in the afternoon sessions. These two schedules are complimentary from the view point of efficient scheduling for both the school and the employer. Most proprietary schools go to great lengths to help their students to find employment in their chosen field while still in school.

The least effective situation is the student working during the day and attending evening class. Some proprietary programs allow students to repeat whole modules at no additional cost. Since the student is intensively studying a particular technology in depth and not taking typical liberal arts classes, the student can be ready for an entry level position in a shorter period of time, but, may not earn any college credits.

GAP YEAR

Every year, some members of the senior class opt for a different post high school experience. If you fall into this category, please consider the following:

1. Make a senior appointment with your school counselor to discuss your options. We can provide recommendations on programs to consider and/or where you can get more information.
2. Consider the reasons why you are not ready to apply to college. Maybe you are nervous about the process and the fear of not getting accepted anywhere. Maybe you are simply not ready to decide what you want to study or maybe you need some time away from academics to give you a fresh perspective.
3. It is important to begin planning what road you will take after graduation. Take some time to brainstorm everything and anything that appeals to you in the short term. Maybe you would like to travel to a foreign country. Maybe you would like to work for a while or explore a particular interest.
4. Investigate each of the items on your list. Talk to people who have actually done some of the things in which you are interested in. Recognize the minuses as well as the pluses.
5. Use the internet. There are many sites designed specifically for those students who are taking time off. A few of the more helpful sites are:
 - www.gapyear.com
 - www.takingoff.net
 - www.yearoutgroup.org
 - www.mapthegapinternational.com

THE MILITARY

The No Child Left Behind Act of 2001 and the National Defense Authorization Act of 2002 require the Fairfield Board of Education to provide, upon a request made by a military recruiter or an institution of higher education, access to secondary school students' names, addresses, and telephone listings. A parent or eligible student who objects to disclosure of such information without prior consent may file a notice of objection with the school district at any time. Such objection must be made in writing to and received by the Head Principal of Fairfield Ludlowe High School.

A percentage of students choose the military as an option. Within this area, there are several alternatives to investigate.

- **Military Academies** - Appointment to one of the US service academies is a most competitive process. Students must begin in their junior year to seek a nomination. Students must have the endorsement of a Connecticut congressman or senator. If they receive an admission appointment to an academy their educational costs are covered and upon completion of college studies they will serve 5 years of active duty and 3 years in the reserves.
- **ROTC Programs** – There are two types of ROTC programs available: scholarship and non-scholarship. Students apply for the scholarship program in the fall of the senior year. ROTC presentations are generally made in the College and Career Center in the spring. Juniors should also attend. Many of these programs offer 2, 3 and 4 years scholarship programs that cover most of a student's college expenses. The ROTC programs may be offered in regular college settings or in military college settings. Once students accept a ROTC commission in their junior year they agree to serve 4 years of active duty and 4 years in the reserves. Some college costs covered by ROTC programs may vary from college to college and from military branch to military branch.
- **Enlisting in the Military** – Representatives from each branch of the service schedule visits to the College and Career Center during the school year. These visits are announced and also placed on the College and Career Center website. Students are also invited to visit the recruiting offices 4490 Main Street in Bridgeport.

ASVAB Testing The ASVAB is a two hour, multiple-choice aptitude test given free of charge by the Department of Defense. This battery of tests is the basic qualifying instrument for entrance into the military and for placement in specific military training programs. The ASVAB can also be used for post-secondary ROTC opportunities. ASVAB testing is available to students once per year at FLHS.

NCAA Eligibility Division I & II

Please visit: [NCAA.org/playcollegesports](http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf) for more information
http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf

A student must graduate high school and meet **ALL** the following requirements:

- Complete [16 core courses](#):
 - Four years of English
 - Three years of math (Algebra 1 or higher)
 - Two years of natural/physical science (including one year of lab science if your high school offers it)
 - One additional year of English, math or natural/physical science
 - Two years of social science
 - Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
- Complete 10 core courses, including seven in English, math or natural/physical science, before their seventh semester. Once the student begins their seventh semester, they may not repeat or replace any of those 10 courses to improve their core-course GPA.
- Earn at least a [2.3 GPA](#) in your core courses.
- Earn an [SAT combined score or ACT sum score](#) matching their core-course GPA on the Division I sliding scale, which balances test scores and core-course GPA. If the student has a low test score, they need a higher core-course GPA to be eligible. If they have a low core-course GPA, they need a higher test score to be eligible.

If a student enrolls full-time at a Division I school after Aug. 1, 2016, and has not met all the Division I academic requirements, they may not compete in their first year at college. However, they may qualify as an academic redshirt which allows them to practice during their first term in college and receive an athletics scholarship for the entire year.

To qualify as an academic redshirt, a student must meet **ALL** the academic requirements:

- Complete [16 core courses](#):
 - Four years of English
 - Three years of math (Algebra 1 or higher)
 - Two years of natural/physical science (including one year of lab science if your high school offers it)
 - One additional year of English, math or natural/physical science
 - Two years of social science
 - Four additional years of English, math, natural/physical science, social science, foreign language, comparative religion or philosophy
- Earn at least a 2.0 GPA in your core courses.
- Earn an SAT combined score or ACT sum score matching your core-course GPA on the Division I sliding scale.

<u>ENGLISH</u>	<u>MATH CONT'D</u>	<u>ADD'L CORE COURSES</u>
English 9	Trigonometry	Mandarin I
English 9 H	Probability and Stat.	Mandarin II
English 10	Calculus	Mandarin III H
English 10 H	AP Calculus AB	Mandarin IV H
English 11	AP Calculus BC	French I
English 11 H	Multivariable Calculus	French II
English 12	AP Statistics	French III H
English 12 H		French IV
AP Language and Comp.	<u>SCIENCE</u>	French IV H
AP Language and Comp. AS	Biology	French V
AP Literature and Comp.	Biology H	French V H
Contemporary Global Lit.	Chemistry	French VI
Creative Writing	Chemistry H	AP French
Gender Perspectives in Lit.	Chemistry of Medicines	Italian I
Poetry	Nutritional Chemistry	Italian II
Satire	Physics	Italian III H
Supernatural in Lit.	AP Physics I	Italian IV H
Lit. of Well Being	AP Physics II	Italian V H
	AP Chemistry	Latin I
<u>SOCIAL STUDIES</u>	AP Env. Science	Latin II
Global Studies	AP Biology	Latin III V
Global Studies H	Earth-The Dangerous Planet	Latin IV H
Modern Global Studies	Earth Dynamic Environment	AP Latin
Modern Global Studies H	Human Ant/Phys. Brains, Bones & Brawn	Spanish I
US History	Human Ant/Phys. Blood, Guts, Senses, Defen	Spanish II
US History H	Marine Science of Long Island Sound	Spanish III H
AP US History	Science of Earth Waters	Spanish IV
AP US History AS	Science of the Cosmos	Spanish IV H
AP Modern European History	Meteorology	Spanish V
AP Government and Politics	Forensics I Never Gone Without a Trace	Spanish V H
AP Comparative Gov't & Politics	Forensics II You Can't Fake the Prints	Spanish VI
Civics and Contemporary Issues		AP Spanish
Civics and International Relations	<u>AQUA CULTURE</u>	
Civics and Youth and the Law	Aquaculture Chemistry 1	
Contemporary US History	Aquaculture Honors Chemistry 1	
Economics	Aquaculture Chemistry 2	
Humanities	Aquaculture Biology	
Psychology	Aquaculture Physics I	
AP Psychology	Aquaculture Physics II	
Sociology	Conceptual Physics in the Marine Env.	
	Culture of Marine Sci.	
<u>MATH</u>	Ecology of Marine Species	
Algebra	Methods of Biotech.	
Geometry	UConn ECE Biotech.	
Geometry H	UConn ECE Bio. 1107	
Algebra II	UConn ECE Chem. 127	
Algebra II H	UConn ECE Chem. 128	
Pre-Calculus	UConn ECE Env. Sci.	
Pre-Calculus H	UConn ECE Oceanography	
Math Modeling		

*The listing of NCAA approved courses can be found at:
www.eligibilitycenter.org

X – DENOTES LAB COURSE

HELPFUL WEBSITES

College Search

Naviance <http://student.naviance.com/ludlowe>

Naviance is Fairfield Ludlowe's web-based communication and college resource tool.

NCAA http://fs.ncaa.org/Docs/eligibility_center/Student_Resources/CBSA.pdf

2021-2022 Guide for the College Bound Student Athlete

Peterson's Education & Career Center www.petersons.com/ugrad

Campus news, advice on writing application essays, and an engine for college searches.

The College Board www.collegeboard.com

A lot of useful information about campus visits, interviews, and other parts of the college search process. Downloadable applications for over 800 colleges and a solid, comprehensive search engine. There is also an abundance of information on the SAT.

The Princeton Review www.princetonreview.com

A good search engine with a wide array of variables, including location, academics, sports, student life, and housing.

The American College Testing Program www.act.org

Financial Aid

College Tuition www.wiredscholar.com

This site gives families the tools to tackle college tuition

FAFSA www.ifap.ed.gov

A worksheet that explains how to properly complete the FAFSA is available on this site.

FAFSA on the Web www.fafsa.ed.gov

Interactive Web version of the Free Application for Federal Student Aid.

Fastweb www.fastweb.com

A free, searchable scholarship database that enables you to locate sources for financial aid that are suitable for you.

Financial Aid Information Page www.finaid.org

Financial aid primer from the U.S. Department of Education, plus FAFSA links.

Scholarship site www.scholarships.com

General scholarship search

TERMS AND ABBREVIATIONS

American College Tests (ACT)

Tests administered by the American College Testing Program which measure educational development in English, Math, Reading and Natural Sciences.

Advanced Placement

College credit for an advanced course taken in the junior or senior year of high school. Successful completion may result in college credit.

Candidate's Reply Date

Usually May 1, the date by which your college must have received your deposit.

Cooperative Education

Programs whereby terms of full-time studies are alternated with terms of full-time paid employment related to students' majors.

Internship

Program whereby studies and employment are combined in a term or employment occurs in the summer. Work relates to students' major but the arrangements are not ongoing as with cooperative education.

Preliminary Scholastic Aptitude Test/National Merit Scholarship Qualifying Test (PSAT/NMSQT)

A test designed to provide preparation and insight to the SAT I. The test is offered only in October and should be taken by all college-bound juniors. Scores are reported on a scale of 20-80 in critical reading, mathematics, and writing.

SAT Test

Tests administered by the College Entrance Examination Board (CEEB) which measure verbal and mathematical abilities; various colleges use scores achieved on this test as part of the admissions process. Scores are reported on a scale of 200-800. The code number for Fairfield Ludlowe High School is **070187**.

Transcript

Official record of high school courses, test scores, ranks in class and other pertinent data.

Wait List

A list of applicants, some of whom may be admitted after May 1.