



Six-year Club, 2009

Stuck for an essay topic?

Try one of these from Bruce Hammond @ Fiske

1) Think of all your favourite hang-out places in the world – in school, your neighbourhood, your yard and house, vacation spots, relatives' homes, etc. Choose one and describe why it has such good vibes. Any stories come to mind? How does the place make you feel? What does it make you think about? Have your feelings/perceptions evolved as you have gotten older?

2) Many people have a beloved t-shirt, a favourite sweater or a well-worn pair of shoes. Write an essay in which you reflect on a favorite article of clothing, your experiences with it, and how it represents a part of you. For example, one student wrote about all the shoes in her closet, and how each pair represented a different facet of her personality.

3) Describe a process related to an activity, hobby, or interest that you have repeated many times. Possibilities are endless and include hitting a baseball, warming up for a concert, putting on make-up and preparing for a lab. What are the skills necessary? Why is the process significant or meaningful to you?

Ice breakers...

NYU takes a creative approach to the supplemental essay:
Please tell us how you spent your most recent summer vacation.

Describe a trait or characteristic that has been passed along to you by your family. Tell us why you like or dislike this aspect of yourself.

You have been selected to sing in a talent show. What song would you choose? Why?

If you could engage in an activity or start a club or service organization at NYU, what would it be and how would you envision it impacting the larger community?

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WHAT TO DO NEXT

Summer Action Plan for Grade 12 Students

- Visit schools that you are interested in attending.
- Write a draft of your college essay.
- Complete the Common Application Form included in this package.
- Short-list your schools for next year.
- Contact the schools to receive information or application packages.
- Prepare for SAT and SAT Subject tests to be written in the fall.
- Prepare for ACT to be written in the fall.
- International students write a TOEFL test.

Summer Action Plan for Grade 11 Students

- Begin visiting schools you might be interested in applying to next year.
- Dream up a "long list" of schools that meet your ideals.
- Go to www.collegeboard.com and prepare for your PSATs in October.
- Get a jump on SAT prep by taking a course online or in person.

Guidance team

(cont.'d from page 1)

In addition to the existing team, we are excited to welcome **Keri Reynolds** to the Guidance Office. A former student, Ms. Reynolds has been back at the College in various capacities for 10 years and has been guiding students informally through her role as House Director in Webster house. Ms. Reynolds will be working with the students in Career Education classes and working individually with all students entering into CEGEP and some Grade 12 students.



Stanstead College



News from University Guidance

Produced by the SC Guidance team - ehessian@stansteadcollege.com

July 2009

Summer's here and the time is right

For planning for next year

Planning for the future is a big part of what we do here at Stanstead College, and the members of the Guidance Office are looking forward to greeting the students again in September and getting them set on the right track so they can focus on their courses and enjoy their time here at the College.

It is important that students be prepared right away for university planning when they return in September so we can get the ball rolling before they become immersed in sports, classes and community life. The most important thing is for students to meet with Ms. Hessian or Mrs. White to discuss plans. If the student is choosing the United States, they can get started immediately on the application process, as the due dates will be on them before they know it.

We hope that the information in this newsletter will help you form an idea of where we are going next with planning for university. Students will be working very hard to reach graduation and deserve to find the university that is perfect for them. We are excited to work with students and help them apply to those universities. It can be a lengthy process but it is not unmanageable, and the end result is certainly worth it. We encourage students to sit down over the summer and give this process some serious thought, come back in September and meet with us ready to look ahead.

Parents, like students, have a vested interest in their child's education. Communication between the school, the child and the parents is very important. Please don't hesitate to contact us, either by phone or email.

In the meantime, we wish everyone a relaxing, safe and enjoyable summer.

Yours in education,

The Stanstead College University Guidance Team



University Guidance Coordinator Eryn Hessian meets with recent graduate Hirohito Mabuchi in the Guidance Office.

Meet the 2009-2010 Guidance Team

Eryn Hessian, in her fifth year in Guidance, will be continuing as University Guidance Coordinator. Ms. Hessian will teach Grade 12 Career Education and manage the majority of Grade 12 student application portfolios. She will also be team-teaching the Grade 10 and Grade 11 Career Education courses, working with students on choosing the path that is right for them and preparing them for their application procedures in Grade 12. Ms. Hessian is also a Science & Technology teacher, as well as a basketball and rugby coach.



Donna Richter continues in her fourth year as a highly valuable member of the Guidance team in her capacity as Administrative Assistant to Academics and Guidance. Mrs. Richter will continue to work with



students and handle all student transcripts and mailings. Ms. Richter arranges for TOEFL registration and is also the school's Student Travel Coordinator.

Ali White, in her third year with the Guidance team, will continue to be an important member of our Guidance Office. She has a vital role as U.S. College Advisor by making important connections with universities in the Northeastern United States. She is building and strengthening relationships with many of the colleges and universities that Stanstead College students will apply to in the coming years. Mrs. White has been working individually with the incoming Grade 12 students on their short list for applications. In addition to Guidance, Mrs. White is also a former parent (Helen '09) and active community member here at the College.



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Upcoming university fairs and visits

We are very fortunate again this year to have a great number of universities presenting to our students. Grade 12 students will meet recruiters from across Canada and New England, as well as attend the annual American University Fair in Burlington, Vt.

Meeting college admissions officers permits students the opportunity to put a name and a face to a school, as well as ask questions about what is important to them. Having a personal "feel" for what a school is like is crucial to making this important decision when offers arrive in the winter months.

Canadian University Fairs

Grade 11 and 12 students

- Ontario University Fair
Thursday, October 22
Recruiters from most Ontario universities plus UBC will be here to speak to our students
- University of Western Ontario
Richard Ivey Business School,
Monday, October 28

- Maritime Universities will be visiting Stanstead on a series of visits in November.

New England/USA College Fair University of Vermont

Grade 11 and 12 students

Interested students will travel to Burlington, Vt. on Friday, September 18 to meet with representatives from a number of colleges and universities in New England and across the United States. There is a fee of approximately \$30 to cover the cost of the driver and the van.

Helpful US websites

www.collegeboard.com
www.act.org
www.commonapp.org
www.princetonreview.com
www.usnews.com/rankings
www.kaptest.com

Helpful Canadian websites

oncampus.macleans.ca
www.globecampus.ca
www.electronicinfo.ca

Important testing dates to remember

PSAT

Grade 10 and 11 students
planning to apply to U.S. colleges

Wednesday, October 14, 2009

This test is a Preliminary SAT and is also used by the National Merit Scholarship Corporation (Grade 11) to identify students who will achieve high results and become eligible for the National Merit Scholarships. Register with Ms. Hessian in September.

SAT

Grade 11 and 12 students

The College Board administers these tests and is very strict about deadlines and testing procedures. It is important for Grade 12 students to register as soon as they arrive in September, if they have not already done so. See Ms. Hessian to register.

All Grade 11 students will complete one SAT before their senior year has begun, because students often write the test as many as three times and this is difficult to do in one school year. Most schools take the best score from each category, so it is important for students to take every opportunity to do their best.

In addition, we encourage you to visit www.collegeboard.com to take advantage of a number of online preparation tools and sample questions. Intensive summer programs may also be available in your area. It would be a great idea to register for such courses, particularly for students who are interested in highly selective colleges. Summer courses are a great help because students often find it difficult to make time for SAT study time once September is upon us and the full rigors of a challenging academic course load, sports, and extracurricular activities become a fact of life. One online option that students have found helpful is offered through Kaplan (www.kaptest.com).

SAT Date

October 10, 2009
 November 7, 2009
 December 5, 2009
 January 23, 2010
 March 13, 2010
 May 1, 2010
 June 5, 2010

Test Location

Stanstead College
 Stanstead College
 Stanstead College

Registration Deadline

September 9, 2009
 October 1, 2009
 October 30, 2009
 December 15, 2009
 February 4, 2010
 March 25, 2010
 April 29, 2010

ACT

Grade 10, 11, 12 students

It is highly recommended that students write an ACT while in Grade 11, as it is accepted by most universities. We administer the test here at the College. The ACT is a content-based test rather than a reasoning test. Students need to see Ms. Hessian to register before the deadline.

ACT date

October 24, 2009
 December 12, 2009
 April 10, 2010
 June 12, 2010

Test Location

BCS
 Stanstead College
 Stanstead College

Registration Deadline

September 18, 2009
 November 6, 2009
 March 5, 2010
 May 7, 2010

TOEFL

International students

International students who have studied fewer than four years in an English school in Canada, with few exceptions will be required to write this test. Universities require computer-based totals varying from 213-250. International students are required to have at least 90 on the iBT TOEFL. For this reason Grade 12 international students must register for this test in September. Please see Mrs. Richter to select a TOEFL date and register.

Transportation to test centres to write SAT or TOEFL will be booked through Mrs. Richter.

Canadian university application process

This past year, students began researching a variety of universities and programs in Grade 11 Career Education. In September all Grade 12 students will meet one-on-one with their counselor to devise an action plan. The application procedure will begin in late November and by the end of January the majority of online applications will have been submitted. If at all possible visit a few universities this summer, as this is an important step in the selection process.



- Students who have attended Stanstead College for three years or less will be required to order original transcripts to be sent from their former high school(s).
- Students must order TOEFL score reports to be sent to the colleges of choice if the college codes were not recorded on the answer form when these tests were written. See Mrs. Richter to order the TOEFL score reports.
- After the application has been submitted, students are responsible for tracking all of their communication with their schools. They should be logging into the OUAC or school sites regularly to check for updates and application or document status reports. Most schools communicate directly with the student through these sites and it is imperative that students keep on top of their applications.
- Students are responsible to complete their Personal Statements of Experience (PSE) for Canadian universities before the deadline (usually before the end of March).
- Students are responsible to complete the residence application package and arrange to have the fee sent before the May 28 deadline in Ontario, Canada.
- Students are responsible to contact the universities directly in May or June and follow the required deadlines to register for courses.

Students are responsible to order their AP score reports to send directly to their college of choice in July 2010.

Applying for Canadian university scholarships?

February 15 is the deadline for most scholarships with an application procedure – but you must check with the individual schools. Some schools have deadlines as early as December 1. Many universities have academic scholarships that students with excellent grades receive automatically.

The website www.scholarshipscanada.com is an excellent starting point to research scholarship opportunities in Canada. We have an excellent resource book in the office that lists thousands of scholarships.

American university application process

There are many thousands of four-year colleges to choose from in the U.S. Students interested in the U.S. should have written at least one SAT/ACT in Grade 11. College entrance requirements vary, and students may require SAT II tests as well. These will be written in October or November of Grade 12. Minimum entrance scores are not always easy to achieve, so students may write the SAT two or three times to achieve the desired result. We suggest that you use the College Board (www.collegeboard.com) and short-list your universities of choice.

This summer, please write or email the universities of choice and order an Undergraduate Application Package and view book.

Early Decision & Early Action

Students may opt for Early Decision at various universities, but students must be aware that if they are admitted they are obliged to attend that university (November 1 deadline). Early Action is a non-binding agreement and offered by many excellent colleges, with a deadline in early to mid-November.

The regular application deadline at most selective four-year colleges is early January. Students who don't opt for Early Action or Early Decision must make ongoing appointments with their counsellor or college advisor over a few weeks in order to complete their application packages and submit them to the Guidance Office no later than Monday, December 7.

- Students are responsible for making an appointment with a member of the Guidance team in order to brainstorm the content of their personal essays and to request editing and feedback.
- Students are responsible for giving the Teacher Reference Forms to teachers who are writing their references at least one month before the letter is required. They will need to provide teachers with the necessary information and sufficient time to



complete the letters. These letters are confidential and will be mailed directly to the colleges in the application package.

- Students are responsible to download and provide the University

Guidance Coordinator with the Guidance Counselor Form.

- Students who have attended Stanstead College for three years or less will be required to arrange for original transcripts to be sent from their former high school(s).
- Students must order score reports to be sent to the colleges of choice if the college codes were not recorded on the answer form when these tests were written. See Ms. Hessian to order the SAT/ACT score reports, and Mrs. Richter to order the TOEFL score reports.
- Parents of international students will have to provide a financial letter from their bank to accompany the U.S. application package.

The U.S. application procedure is time-consuming, and students need to plan ahead. Although many universities accept an online application, it is still advisable that you order undergraduate application packages over the summer. Grade 12 students will meet with Ms. Hessian or Mrs. White to complete and edit these packages before proceeding to the online application.

U.S. financial aid - FAFSA & CSS profiles

Go online at www.fafsa.org if you have questions about how to go about completing a FAFSA form (U.S. citizens only – available January 1). As well, many universities use the CSS Profile form (international students must complete these) that is administered at the College Board and also can be filed electronically online. We have copies in our office. It is highly recommended that you research what the forms require in the way of financial information over the summer; this will facilitate the application process in the fall.

Financial Aid & Scholarships Websites

FAFSA Form: www.fafsa.ed.gov/
 CSS Profiles: <https://profileonline.collegeboard.com>
www.finaid.org
www.studentawards.com