

**MATES**  
**Back to School Night**

**Guidance Department**

**Ms. Conway**  
**&**  
**Mrs. Friedman/Mrs. Giglio-Stork**

<http://matescounselingdept.weebly.com/> Instagram: @mates\_counselors

# Counselor Contact Information and Caseloads

Ms. Kate Conway - [kconway@mail.ocvts.org](mailto:kconway@mail.ocvts.org) 609-978-8439 ext. 4013

Grade 9 - Last names Abd. to Lea.

Grade 10 - Last names Ale. to Kon.

Grade 11 - Last names Ada. to Hen.

Grade 12 - Last names Att. to Lop.

Mrs. Tara Friedman - [tfriedman@mail.ocvts.org](mailto:tfriedman@mail.ocvts.org) 609-978-8439 ext. 4019

Grade 9 - Last names Leo. to Zyl.

Grade 10 - Last names Lad. to Yad.

Grade 11 - Last names Hun. to You.

Grade 12 - Last names Lyn. to Yan.

\*Please note, Mrs. Friedman will be taking care of Mrs. Giglio-Stork's students until her return in January.

# Important notes regarding communication

- We will see students periodically throughout the year for various reasons, but students are encouraged to reach out to us for assistance, when/if needed.
- If a student wants to see us without making an appointment, we will make every effort to meet with the student at that time, although appointments may be necessary in certain situations.
- For non-urgent matters, students who would like to meet with their counselor may also make an appointment by emailing their counselor or visiting our office.
- Email is our department's main mode of sharing important information. You will see that parents are often copied on important emails sent to students.
- Please note: The counseling department is open during school hours only. Email and voicemail are not accessed when school is not in session.

# A Note about Stockton University Dual Enrollment

The following courses offer optional college credits through Stockton University. Information will be shared shortly in class and via email.

- Spanish IV
- Biotechnology
- Physics
- English IV
- Calculus
- Oceanography
- Environmental Science
- GIS
- Geo/Astrophysics
- Art History/Basic Drawing

Here is a summary of what each grade can expect throughout the upcoming year....

# Freshman Year Overview

## Fall:

- ❑ During individual meetings with your counselor, discuss your adjustment to MATES, previous summer activities, and academic or career plans.
- ❑ Freshmen will automatically be registered for the Preliminary Scholastic Aptitude Test (PSAT) at MATES. This exam will take place during school on October 13th.
- ❑ Get Involved in extracurricular activities, volunteer, and community activities if you are able to do so. Our club fair will be in early October.
- ❑ After your counselor has registered you for the Naviance College Search Program, familiarize yourself with the program.

## Spring:

- ❑ Track your grades in order to assess your academic progress. Seek help from teachers, peers, or your counselor, if necessary. Peer tutoring can be arranged by your counselor.
- ❑ Start brainstorming your summer plans, such as summer programs, vacation, volunteer work, college Jumpstart courses, etc.

NOTE: The most important thing you can do in your freshman year is to get involved in the MATES community, begin creating relationship with your peers and the MATES staff, and focus on maintaining your grades.

# Sophomore Year Overview

## August- December:

- ❑ PSAT-NMSQT will be administered October 13 at MATES. Sophomores will be automatically registered.
- ❑ PSAT score reports will be distributed in school once scores are released (usually early December).
- ❑ Begin attending virtual College Rep Visits for colleges that may interest you. It's never too early to learn about colleges and begin your college search! Rep visits are virtual this year and you must register through your Naviance account to access the meeting link.
- ❑ Sign up for clubs at the club fair. Continue extracurricular involvement and seek leadership opportunities. These two areas are specifically important for college resumes and if you are hoping to join the National Honor Society in your Junior year.

## January-March:

- ❑ Plan a meaningful summer activity by volunteering in a community service agency or hospital, taking a summer course, finding a job, or being involved in other meaningful activities.
- ❑ Refer to Ms. Conway's Summer Experience list, which is posted on the Counseling website and emailed.

## May-August:

- ❑ Continue to familiarize yourself with Naviance.
- ❑ Talk to your parents about colleges/careers interest you.
- ❑ Take the career inventory quiz on Naviance if you need help deciding a career path.
- ❑ Start visiting colleges. Schedule a guided tour or attend an open house.

# Junior Year Overview

## Summer-September:

- Begin visiting colleges if you have not already done so.
- Participate in meaningful extracurricular activities, volunteer, find a summer job, etc.
- Meet with college admissions reps who will begin visiting MATES this month ( all visits will be virtual). You must pre-register through Naviance.

## October:

- You will automatically be registered for the PSAT-NMSQT, which will take place October 13 at MATES. This is the year your scores will qualify you for scholarships.
- Begin preliminary college discussions with your parents.

## November & December:

- Continue to strive for academic achievement. This is a very important year because it is the last full year of grades colleges will see when making admissions decisions.
- PSAT scores will become available to you, and score reports will be delivered. Review your scores and consider an SAT prep course, if appropriate.
- Register for an SAT administration in the next few months to establish a baseline score.

## January-April:

- Sign up for SAT assessment to take near the end of this school year (there are tests in both May and June).
- Consider visiting colleges over spring break.
- Work on your brag sheets and prepare a list of questions you may want to ask your counselor at your college meeting this spring.

## May & June:

- Brainstorm which teachers you would like to ask for a letter of recommendation.
- Begin to narrow your college choices while continuing your visits.
- Sign up for the SAT to take at the end of the school year and/or August. It is ideal to try and complete testing before senior year begins. We recommend taking the SAT 2-3 times in total.

## July & August:

- Organize records of grades, extracurricular activities, honors, awards, and standardized tests scores.
- Continue fine-tuning your resume.
- Create a Common Application account on [commonapp.org](https://commonapp.org) AFTER August 1st.
- Work on your college essays and supplemental essays.



# Senior Year Overview

## Summer:

- Consider taking the August SAT administration to complete your testing before senior year begins.
- Begin working on your Common App after August 1st.
- Continue adding colleges to your “Colleges I’m thinking about” section on Naviance.

## September:

- Register for fall administrations of college entrance exams, if necessary- be mindful of leaving enough time before admission deadlines.
- Waive your FERPA rights on your Common App.
- Match your Common App and Naviance account.
- Request your letters of recommendation on Naviance.
- Email your recommenders to inform them of your college deadlines.
- Request your transcripts on Naviance AND using a paper request form.
- Complete CSS profile, if necessary.
- Although the vast majority of scholarship applications will be posted on Naviance in late winter/early spring, continue to monitor the scholarship tab in Naviance periodically. Scholarships listed in fall tend to have early deadlines you will not want to miss.

## October:

- Work on completing your college applications.
- Complete the FAFSA by visiting [FAFSA.gov](https://fafsa.gov).
- Send your SAT/ACT scores directly from their website to the schools to which you are applying. Allow up to 6 weeks for them to be sent during the high peak application time. Scores will not be listed on your transcript.
- Continue meeting with admission reps virtually visiting MATES.
- Check your Naviance account to see if your letters of recommendation have been uploaded by your teachers. Follow up with them, if necessary.

## January-March:

- Continue monitoring the scholarship tab on your Naviance account.
- If you were not already given information on how to access your home school’s scholarship list, reach out to your home school’s guidance department for this information. Every school handles this differently.
- Contact your home school’s counseling department to request access to their scholarship offerings for which you may be eligible.

## April:

- Meet with your counselors if you need assistance deciding which school you will commit to.
- Updating the status of each college’s decision on Naviance and by set your attending school once you make a decision.

## May & June:

- Notify your counselor of which school you have chosen. Decision day is May 1!
- Submit your college financial aid offers to your counselor.
- All are encouraged to attend Awards Night in June.
- Enjoy your accomplishments by participating in the end-of-the-year activities.

Please reach out with any questions or concerns you may have.

We are here to help!