



East Rochester Junior/Senior High School

200 Woodbine Ave. East Rochester, NY 14445 (585) 248-6350 Fax: (585) 248-6383

Website: <http://www.erschools.org>

Dear Seniors Parents/Guardians,

It seems like only yesterday that they were freshmen, but now it's time for the members of the **Class of 2024** to start making their post-high school plans. Senior year flies by faster than you can imagine. There is a lot happening all at once in the life of a senior and your child will need your support, understanding, patience and encouragement; especially during these challenging times.

NAVIANCE is a comprehensive web-based program that students and parents can use in planning for college. The address is: www.naviance.com/eastrochester. There is also a link to this website on our high school counseling page at www.erschools.org. Students were instructed how to access their own accounts by providing an email address and self-created password. Please have your student contact their counselor if they are having trouble logging in.

- Students should search for schools and build a list of prospective colleges.
- Students should utilize the resume builder.

SENIOR INTERVIEWS will begin in mid-September. This will be an individual meeting with each senior to review their planning and progress. At this time we will look at score results from the spring SATs and ACTs and make recommendations about the value of additional testing. Students considering applying **EARLY DECISION** to a particular college (**only one**) should notify their counselor to schedule one of the earliest appointments.

COLLEGE ADMISSION TESTS have been taken by many seniors by the end of junior year. Although many colleges have waived the testing requirement due to the Covid-19 pandemic; it is still recommended to have at least one test score for those colleges that may require it. Upcoming test dates available for the fall are:

SAT

Saturday, October 7, 2023
Saturday, November 4, 2023
Saturday, December 2, 2023

ACT

Saturday, October 28, 2023
Saturday, December 9, 2023

Registration Deadline

September 7
October 5
November 2

September 22
November 3

Students should register online by going to these websites:

SAT www.sat.org

ACT www.act.org

SAT and ACT practice exams are available online.

If you believe you qualify for a fee waiver, please contact your counselor.

STUDENT ACTIVITY SHEETS should be completed by the student and returned to their counselor. This will be very helpful for writing teacher and counselor recommendation letters.

PARENT REPORT: Please complete this form to provide the counselor with additional feedback about your child as a unique individual. This is your chance to brag a bit about the qualities that make your child special. This report will be held confidential and will be used only by your child's counselor in developing letters of recommendation and as a foundation for helping us guide your student through the college application process.

RELEASE OF INFORMATION: Coaches and military recruiters contact our office for academic information about students. All records, however, are confidential. If your child is not yet 18 and you would like to give us permission to provide information to colleges, coaches and/or recruiters about your child's record, please complete the enclosed form and return it to the counseling office. If this is not returned, directory information will be released to military recruiters as required by the federal No Child Left Behind Act of 2001.

STUDENT ATHLETES applying to **Division I or II** schools must register with the **NCAA Initial-Eligibility Clearinghouse** in order to play as college freshmen. Students should notify their counselor ASAP if they are planning on playing at the Division I or II level. Forms are available on-line at www.ncaa.org

The senior class is a very dynamic and enthusiastic group of young adults. We look forward to working closely with each of them to help make their aspirations become reality. Please feel free to contact us with questions or concerns at any time throughout this college and career planning process.

Sincerely,



Tina Rasmussen
Counselor for last names: A-K



Adam Laycock
Counselor for last names: L-Z

Enc. Student Activity Sheet
Parent Report
Release of Information

STUDENT ACTIVITY SHEET

NAME _____ CLASS OF _____

List below your participation in extracurricular activities during your high school years. Note leadership roles, Positions held and/or awards (MVP, captain, president, secretary, editor, etc). Give credit to activities both in and out of school. **Don't be modest.** The information provided will help you prepare college applications and will assist teachers and counselors in the writing of letters of recommendation and in identifying students for awards.

Suggested categories:

stage/musical productions
church activities
volunteering
sports (school and/or club)
tutoring/student assistant
vocal/instrumental pursuits
travel

Explorers/scouting
class activities/student government
academic teams/competitions
honor society
clubs
hobbies/collections
camps/summer programs

9th Grade

School

10th Grade

School

Community

Community

Employment

Employment

11th Grade

School

12th Grade

School

Community

Community

Employment

Employment

PARENT REPORT

My Child _____ Class of _____

My Name _____ Date _____

As your school counselors, we are familiar with the academic progress of your child. We are interested in learning more about your child in ways apart from the school record. Students often do not recognize the value of their outside interests and special abilities. Please answer the following questions about your child from your point of view. Feel free to take this opportunity to brag. Please complete and return this form to your child's counselor.

Describe out-of-school interests, activities, hobbies and pastimes. How is free time spent?

Describe special characteristics, talents, personality traits and unique qualities. What is it about your child that makes him or her a special and/or unique person?

Comment on your child's future goals, your predictions for follow through and/or your concerns.

If you were asked to write a letter of recommendation about your child, what are some of the important points that you would include?



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EAST ROCHESTER JUNIOR/SENIOR HIGH SCHOOL RELEASE OF INFORMATION

Student Name: _____

Address: _____

Phone: _____

___ I authorize the counseling personnel of East Rochester Junior/Senior High School to send transcripts and test scores to the colleges and universities to which my child submits applications for admission.

___ I authorize the counseling personnel of East Rochester Junior/Senior High School to release information about my child's academic record to the following individuals as indicated with a :

___ college admissions representatives

___ college athletic coaches

___ military recruiters

___ I give permission for my child to meet during the school day with non-school personnel as indicated with a :

___ college admissions representatives

___ college athletic coaches

___ military recruiters

(Parent/Guardian signature)

(Date)

This release is valid for the 2023-2024 school year.

Please return to the High School Guidance Office by September 29, 2023