

# The Junior Q

C O L L E G E I N F O R M A T I O N F O R T H E C L A S S O F 2 0 2 2

## School Counselors Help Ease the Process

Counselors have been working with students throughout their high school experience to help guide them through the process towards being successful in high school, deciding a career path, and preparing for post-secondary opportunities.

- During this past year, our communication has been mainly conducted via email using weekly check-ins with announcements, reminders, and a link to the student's assigned counselor request. After completing the request form, counselors can follow up via email, a Microsoft Teams call, or in-person when possible.
- To help with the transition past high school, students are encouraged to complete the weekly task in Naviance, located in Clever. Once logged in, students are asked to complete the current item on their "Important To-Dos and Tasks".



## Preparing Yourself for the Future

There are many choices you will have to make and actions you will need to take in the next year to prepare yourself for your future after high school. You must start preparing now! Here is a list of some things you can be doing:

1. Take the ACT/SAT (college entrance/placement exam), the ACCUPLACER (community college placement exam), and/or the ASVAB (skills/interests assessment used by the military). More information on page 3.
2. Visit college campuses (virtually or in-person) with your parent(s)/guardian(s).
3. Make sure you are taking a rigorous course load that fulfills the requirements for the colleges you are interested in.
4. Continue earning good grades.
5. Start/update your resume. [Click here for a resume tool from EducationQuest Foundation.](#) You can also use Microsoft Word Templates.
6. Volunteer/participate in a volunteer/service-learning project. These enriching activities are a great opportunity to help others. Scholarship applications often request/require volunteer 9
7. Narrow your college choices to 3-6 schools.
8. [Fill out the College Funding Estimator.](#) This tool estimates what you and your parents will be required to pay for college. It is a "sneak preview" of what your FAFSA results may be next year. You may qualify for grants, loans, or work study.
9. Participate in an internship and/or summer program on a college campus. For example: [Summer Scholars Program @ UNO](#).

## Summer Programs

### Creighton Haddix Stem Corridor Program: Attention! Deadline is Monday, March 1<sup>st</sup>

Are you interested in science research? Want to participate in a paid research internship this summer? Each year under the Haddix STEM Corridor Program, 13 top high school students from Omaha North, Omaha South, and Omaha Central will conduct summer research work with accomplished STEM (Science, Technology, Engineering and Math) faculty at Creighton University. Programming will include workshops on designing a career in a STEM field and networking with Creighton alumni. [Click this link for more information and to apply!](#) **The deadline is close: Monday, March 1, 2021.**

### UNO Summer Scholars



The Summer Scholars Program is a college preparation program for juniors in high school. Selected students will participate in leadership building, career exploration, take a UNO college academic course (3-credits) from June 1-July 2, 2021 and experience college life through an engaging, interactive, virtual pre-college program. [Students with a GPA of 2.75 or above can apply online using this link.](#) **The deadline is Thursday, April 1, 2021.**

## **Step-Up! Omaha Program**

Step-Up Omaha is an initiative of the Empowerment Network in collaboration with the City of Omaha. This program provides jobs, internships, work experience, an introduction to entrepreneurship, intro to trades and STEAM, academic recovery and remediation, life skills training, and community leadership and engagement opportunities. This summer program runs from June 7th-August 6th for individuals ages 14-21. **Applications will close on March 7, 2021.**

### **KEY BENEFITS FOR PARTICIPANTS:**

- \*Learn more about your strengths, talents and career interests
- \*Acquire and build life, job and teamwork skills
- \*Gain work experiences including interviewing, job search and customer service
- \*Gain valuable on-the-job work experience and explore future career opportunities
- \*Earn up to \$1,800 this summer and gain valuable educational training
- \*[Click here to start your application!](#)



## **Titan Machinery Early-Career Program**

Titan EDGE: This is for high school juniors/seniors looking to explore careers in mechanics, sales, business, customer-service and more! **Applications are accepted year-round.** [Click here for more information and to apply.](#)

- Students will work part-time at one of Titan Machinery's dealerships for a 12-week minimum.
- Students will set their schedule with the dealership Service Manager from 4-15 hours per week.
- This is a paid opportunity that will allow students to experience personal and professional growth and will learn about all the careers available in an equipment dealership.

## **UNL CBA DREAMBIG ACADEMY**

**LEAD IN LIFE AND IN BUSINESS:** You are the future of business. Spend a week in July at the College of Business to learn about the dynamic world of business and explore potential career opportunities. You'll make connections with people with similar goals as you as well as interact with faculty and staff who will push you to do your best as you sharpen leadership and networking skills. Walk away with new friends and perspective, resources to tackle the college admissions process and even qualify for a \$2,000 scholarship for completing the program. [Click here for more information and to apply.](#) **The application deadline is Friday, April 9<sup>th</sup>.**

## **SAME Engineering & Construction Camps**

Check out summer opportunities from the Society of American Military Engineers. [Click here for information and to apply.](#) **The deadline is March 15, 2021.**

## **College Fairs and Virtual Tours**

### **Upcoming College Fairs:**

College Fairs are hosted by organizations bringing together college and university admission representatives in a centralized location to allow students to learn more about colleges, college programs, and many supporting organizations. Due to Covid-19, all college fairs are currently hosting virtual events.

Click on the following college fairs to learn more information about upcoming events:

- February 28: [NACAC Virtual College Fair](#)
- March 2-3: [EducationQuest Foundation Spring Virtual College Fair](#). Register in advance!
- March 7: [NACAC Virtual College Fair](#): STEM Focus
- March 7: [College Board: BigFuture Days](#): Northeast Focus
- March 11: [College Board: BigFuture Days](#): Midwest Focus
- March 16: [NACAC Virtual College Fair](#): Performing & Visual Arts Focus
- April 20: [NACAC Virtual College Fair](#): Southeast Focus
- May 2: [NACAC Virtual College Fair](#)

## EducationQuest Foundation

EducationQuest is a nonprofit organization with the mission to improve access to higher education in Nebraska. EducationQuest provides free college planning services for Nebraska students. Check out their website at [educationquest.org](http://educationquest.org). There are a plethora of resources ranging from an [activities resume builder](#), the [College Funding Estimator](#), [Junior/Senior timeline](#), [FAFSA tools](#), [ScholarshipQuest database](#), and information on many other college topics.

## Education Quest College Fair: March 2-3

This college fair will allow students to:

- Uncover new college options through a robust search tool
- Join live group video chats with college booth reps and other students
- Experience virtual campus tours
- Watch videos and download materials helpful for the decision process
- Schedule meetings and interviews with admissions representatives
- [Register in advance and log in to visit colleges and watch presentations!](#)



## Virtual College Visits

Spring semester is the perfect time to begin your college search. Visiting campus allows you to experience a college first hand. Due to the pandemic, many colleges are hosting virtual college visits for high school juniors right now. Some in-person tours may start as vaccination rates increase. Check college websites for more information. Here are a few suggestions:

[UNO \(currently all virtual\)](#)

[Metro CC \(virtual and in-person\)](#)

[UNL \(virtual and in-person\)](#)

[Iowa State University \(virtual and in-person\)](#)

[Iowa Western CC \(virtual and in-person\)](#)

[Kansas State University \(virtual and in-person\)](#)

## College Testing: Focus on ACT, ACCUPLACER, & ASVAB

Most four-year colleges and many scholarship applications require the ACT/SAT. The ACT is most used in the Midwest. All four-year colleges will accept the ACT or the ACT plus writing. Visit college websites to determine each school's preference.



**State ACT:** All Juniors will take the State ACT at North on Tuesday, April 6, 2021. There will be no school that day for 9<sup>th</sup>, 10<sup>th</sup>, and 12<sup>th</sup> grade students.

**National Saturday ACT Testing:** In addition to the State ACT, students are encouraged to sign up for at least one of the Saturday National Test Dates. Students who take the ACT more than once tend to raise their score by 1-2 points or more.

**National Saturday ACT Registration:** Register at [www.actstudent.org](http://www.actstudent.org). Unlike the State ACT (free), there is a fee for National ACT dates. Fee waivers for students who qualify for free/reduced lunch are available. Email Ms. Longacre, [kristin.longacre@ops.org](mailto:kristin.longacre@ops.org), for details. Do not forget to upload your photo to complete your registration. Also, please [send your scores to your top 4 college choices](#) each time you register for the test. It is free to send your scores to up to four schools at the time of registration. There will be a fee to send your scores after testing.

<u>Test Date</u>	<u>Registration Deadline</u>	<u>Test Date</u>	<u>Registration Deadline</u>
April 17	March 12 (late fee 3/13-26)	September 11	August 6 (late fee 8/7-20)
June 12	May 7 (late fee 5/8-21)	October 23	Sept. 19 (late fee 9/20-10/3)
July 17	June 18 (late fee 6/19-25)	December 11	November 5 (late fee 11/6-19)

**ACCUPLACER:** Students who plan to attend a community college are encouraged to take the Accuplacer during 12<sup>th</sup> grade, after applying to the school. This test is preferred by many community colleges including Metropolitan

Community College and Iowa Western Community College. ACT scores can be used if the student scores well, but many students perform at a higher level on the ACCUPLACER and may be able to eliminate additional coursework through this placement test. Metro offers this exam remotely. You can find more information [here](#). Take advantage of any study guides and/or courses offered before testing.

**ASVAB:** [The Armed Services Vocational Aptitude Battery](#), helps you identify your skills and interests, explore jobs, and develop after high school plans. It is also used for placement in military careers and academies. Students considering the military should take this exam either junior or senior year. Scores from this test can be used for up to two years to enlist. Speak to your J ROTC instructor or your recruiter about the ASVAB or [sign up here to find a recruiter near you](#).



### Fee Waivers

If you qualify for the Federal Free/Reduced Lunch Program, you qualify for:

- Two free ACT tests
- Two free SAT tests
- College application fee waivers (when accepted by the institution)

### Test Prep Resources

The ACT website offers both free and paid test prep opportunities.

- [Click here for free test prep offerings from ACT.](#)
- [Click here for additional test prep offered by ACT.](#)
- [Additional resources can be found on this list.](#)

### College Athletics

Playing sports in college? There are specific rules for each level of college play. You need to communicate with your coach to figure out a good placement for you. Your ACT score and CORE GPA are used to calculate eligibility. For more information, visit the [NCAA](#), [NAIA](#), [NCCAA](#), or [NJCAA](#) websites. Email Mr. Wiser ([bryson.wiser@ops.org](mailto:bryson.wiser@ops.org)) with any questions.

### Free/Reduced Lunch Status

School counselors at North High want to be able to assist all students in gaining access to opportunities. To be eligible for programs that request verification of Free/Reduced Lunch Status (such as fee waivers/adjustments, college/scholarship programs, etc.), students will need to present their Meal Status Letter to your school counselor. To access your meal status information, go to [www.schoolcafe.com](http://www.schoolcafe.com) and select Eligibility Info in the Benefits section.

### Coping with Stress

Keep in mind that any change (even good changes) in your routine causes stress in your body. The CDC has provided an article about coping with stress during a pandemic. Read and share [this](#) with your loved ones. We are all experiencing pandemic related stress even if we do not recognize it as such. Click [here](#) for some additional relaxation techniques. If you are struggling or are concerned about a loved one, please reach out to a trusted adult. There are also confidential hotlines with trained professionals who can help. Boystown National Hotline: 1-800-448-3000 or text VOICE to 20121.

*To ensure student and staff safety, please be advised that counselors have limited access to messages outside of the school day. If you are needing immediate assistance, please contact the Boys Town National Hotline at [1-800-448-3000](tel:1-800-448-3000). If this is an emergency, go to your nearest emergency room or call 911. Thank you.*

