



Carbondale Community High School

TRADITION OF EXCELLENCE

May 21, 2020

Dear Class of 2021 Students and Families,

We hope you find this packet useful! It was a pure joy creating it for you! Be sure to stay connected this summer and reach out with any questions you have. The best way to reach me is by email & you may also text my office-line (747) 999-2021, which will be checked every Wednesday during school hours. Looking forward to SENIOR YEAR!!! Take care of yourself and be well.
-Mrs. Antrim

Thank you for taking the time to complete your survey! I hope you find the info here helpful, and I look forward to working with you through senior year! Stay well!
:) Mrs. Mungby ✱

1301 EAST WALNUT STREET ■ CARBONDALE, ILLINOIS 62901-5004

TELEPHONE: 618.457.3371 | FAX: 618.549.2324

www.cchsl65.jacksn.k12.il.us

In response to your survey questions...

NCAA – College Athletics (DI & DII)

- Register with the NCAA Eligibility Center.
To get started, visit <http://www.ncaa.org/student-athletes/future/how-register>
- Talk with your coach about your interest in college sports right away.
- Have you met the required number of NCAA-approved courses? 10 core courses (at the end of junior year) and 16 (by the end of senior year) are required for DI and DII athletic eligibility.
Unsure? Email Mrs. Antrim or Mrs. Murphy to review your transcript.
- Be aware of GPA & Testing requirements. Send ACT or SAT scores to the Eligibility Center using code 9999.
- Need additional help, reach out to Mr. Albertini.
- Be aware that DIII & Community College requirements are different, and for more info. from the National Junior College Athletic Association (NJCAA) and the National Association of Intercollegiate Athletics (NAIA) visit:
<https://www.njcaa.org/landing/index>
<https://www.naia.org/landing/index>

Having a college-bound freak-out? Here is a very basic timeline to sort the big to-do's...

- Summer – see Summer List (take SAT and/or ACT by November 1; register early)
August – attend College Application Week with Mrs. Murphy (you must pre-register)
September – continue to work on college apps, ask for LoRs (if you have not already), and collect app materials
October – complete FAFSA (your financial aid application)
November 1st – BIG deadline! All college applications should be submitted
(be aware of specific, earlier deadlines, re: Early Action/Early Decision/Merit- or Program- Based Scholarships)
December to January – work on & complete local/internal “General Scholarship Application”

How has COVID-19 impacted college admissions?

Visit <https://www.compassprep.com/resource-center/>
Look for Mrs. Murphy’s short video on “COVID-19 – Impact on the Class of 2021”

I want to move away; how do I find colleges?

You can use Naviance *Advanced College Search* or Google *College Navigator* to sort colleges by state/location.
Questions to consider: (1) Do you know someone that lives there or will you move there by yourself? (2) How will you get there & support yourself financially?

How do I know if I need SAT Subject-Area Tests & how do I get more info.?

Visit <https://www.compassprep.com/compass-new-subject-test-score-reports/>
Visit <https://www.compassprep.com/subject-test-requirements-and-recommendations/>
Visit <https://www.compassprep.com/whats-a-good-sat-subject-test-score/>

External Scholarship Sites (you can be looking at now)!

Check out pg. 60-61 of your College & Career Guidebook for links.

I am considering a ROTC Program, how can I learn more?

Visit <https://www.bestcolleges.com/resources/rotc-programs/>
Visit <https://www.todaymilitary.com/education-training/rotc-programs>

I want/need to increase my GPA.

Review senior requests. Ask yourself - is this a schedule I can do my best WITH all additional responsibilities & activities (while maintaining continued rigor). Set a GOAL and don't lose sight of it. Get help from teachers & seek assistance early.

Still very unsure??

- *Read & Research - review your College/Career Guidebook (check out pg. 51), emails, & packets for more ideas & info.
- *Dialogue - talk with the adults in your life about what they do, how they got there, your interests, etc.
- *Put in the work... get started... one step at a time - start with activities that stand out to you & seem fun.

CCHS SUMMER LIST

JUNE

- Check your school email, organize, & clean it up.
So many helpful & useful emails are there – I hope you have seen them all!
- Log into your College Board account & review PSAT scores. You'll need account later to send scores.
Refer to pg. 7 of your College & Career (C/C) Guidebook for recommended login instructions.
- Register for an SAT or ACT (or both). See pg. 35-38 of your C/C Guidebook for a comparison chart.
Be sure you request a fee wavier if you are free/reduced lunch, and try to test by November 1.
- Update your College or Career List (Favorites) in Naviance.
College - have 3 or more colleges you plan to apply. | Career - have a realistic plan A & B.
- Explore & visit colleges virtually; military websites; & career opportunities.
Review your C/C Guidebook & explore youvisit.com or campusreel.org for virtual tours.
- Share your future plans & interests with your parents/guardians.
If you are still unsure, ask the adults in your life to describe their work & how they got there.

JULY

- Finalize your college list [5-9] or your post-high school options list.
Make sure you update Naviance as well – there are several useful features to help you sort data & info.
- Know what application materials you will need & begin to prepare.
Draft personal essays; be familiar w/ transcript & school profile; finalize resume, review test scores, etc.
- Create application calendar with deadline dates & application requirements.
Look for merit-based & program-based scholarship opportunities - note those deadlines.
- Check in with Mrs. Antrim & Mrs. Murphy. Reach out with updates & questions.
We are always excited to help you – when ready, please send Counselor LoR Info. Form to Mrs. Antrim.
- Keep 2019 tax returns & financial records in a safe space.
You will appreciate having this ready & accessible for your FAFSA application in October 2020.
- Talk with your parents/guardians about the future as it relates to finances.
For example, what to expect and what is expected of you financially.

EARLY AUGUST

- Attend College Application Week [August 3-7].
You must pre-register, see email invitation sent 5/27 from Mrs. Murphy. Register ASAP.
- Know which teachers you will ask to write required recommendations.
Ask for letters politely & early. Be sure to write a thank you note!
- Make the most of your senior year; put your **ALL** into your classes and activities!

COLLEGE & CAREER SCAVENGER HUNT

2021

1. Reference your College & Career Guidebook to answer the following questions.
2. Text a photo of your answer sheet to Ms. Murphy @ 618-494-4859.
3. Look for confirmation of your correct answers and notification of your prizes!

The first ten students to submit correct answers win a free class of '21 t-shirt & lunch from Jimmy John's when we return to school.***

QUESTIONS

1. Who sends transcripts for students?

2. What page of the guide lists your College Board login directions as explained by Mrs. Antrim?

3. How often should you check your school email according to the guide?

4. List one website in the guide that helps you find scholarships.

5. List one piece of information that you must have to complete your FAFSA?

6. When can you and your family begin to submit your FAFSA?

7. What page of the guide gives you contact information for our local military recruiters?

8. Who is someone at CCHS that can help you with college essays?

9. What page tells you how to login to Naviance?

10. List a webpage from the guide that you have used or plan to use over the summer?

11. *List your name here:

Nice job!

Text a photo to Ms. Murphy @ 618-494-4859 of your answer sheet to claim your t-shirt and free lunch!

First 10 correct win!

Class of 2021

College Application Week

August 3-7, 2020*

Dates may change due to COVID-19 school calendar adjustments
All registrants and parents will be emailed updates as/if we learn of them.

What: An action packed week of all things College Application Related.

During the week, rising seniors (Class of 2021) will have the chance to learn fast facts, take a virtual tour and note questions for a wide variety of admission representatives. Contact with admissions offices is being planned virtually to minimize disruption to the outlined plan.

Colleges and universities highlighted are also campuses that Class of '21 students have expressed an interest in applying to and attending. We have a wide variety of institutions to explore, and students are likely to add at least one more 'good fit' campus to their application list after this week of activity.

Students will also learn step by step instructions and best practices related to the application process from CCHS College Counselor, Ms. Murphy, and complete important tasks related to his or her specific application plan.

Who: ALL Class of 2021 college bound students are invited to register for this week long event. Seats are limited so please register soon!

Where: CCHS Media Center, Labs B202 & B204*

**Both labs are reserved to accommodate continued social distancing requirements.*

When: 9:00am – 12:00pm, Monday August 3th through Friday August 7th; Seats are limited so please register soon!

Registration directions: Complete the registration through the link Ms. Murphy emailed to you on May 27th 2020.

→Registration for this course = Attendance Monday- Friday.←

If you cannot attend each day of the event, please do not secure a seat. The lessons and learning is sequential and part time attendance cannot be accommodated.

Final confirmations of the attendance roster will be emailed to registered students, parents and Mrs. Antrim on July 31st.

Due to space and intention of independent progress and work, this course is intended for students only. Family members are welcome to reach out with questions or concerns on an individual basis via email or phone.

erinn.murphy@cchs165.com
618-457-3371 x228

	Topics of the Day	Learning Objectives	Connect With...
Monday, August 3rd	<ul style="list-style-type: none"> -Introduction of course -Review of application process, requirements vocabulary terms and timelines -Common Application Overview & How-To's 	<ul style="list-style-type: none"> -Personalize your timeline -Review your application list -General Q & A about the application process -Create your Common Application account -Common Application tasks and homework 	<ul style="list-style-type: none"> -<u>12 Public Universities in Illinois...</u> -<u>Illinois State University</u> -<u>John A. Logan College</u> -<u>SIUC</u> -<u>University of Illinois @ Urbana-Champaign</u>
Tuesday, August 4th	<ul style="list-style-type: none"> -The College Essay -What to write about, <u>how to write about it</u> & how to edit your work 	<ul style="list-style-type: none"> -Draft at least one college essay or short answer <i>*I will review and share feedback for anything you write this week by Friday</i> 	<ul style="list-style-type: none"> -<u>Knox College</u> -<u>McKendree University</u> -<u>Southeast Missouri University</u> -<u>Colleges That Change Lives</u>
Wednesday, August 5th	<ul style="list-style-type: none"> -Financial Aid Overview -Value of College? -Terms and tasks related to paying for college -Scholarship Search Overview 	<ul style="list-style-type: none"> -Explore <u>Net Price Calculators</u>, <u>College Scorecard</u> and <u>MyinTuition</u> -Review information needed to complete the <u>FAFSA</u> -Review 2020 <u>local scholarship list</u> -Create personal profile in national search platform 	<ul style="list-style-type: none"> -<u>California State System (overview of 23 campuses)</u> -<u>University of California System (overview of 9 campuses)</u> -<u>UCLA</u> -<u>University of Washington</u> -<u>Colorado State University</u> -<u>University of Missouri</u>
Thursday, August 6th	<ul style="list-style-type: none"> -Selectivity in college admissions? What does that mean? -Review info shared and work complete so far... -Treat Day ☺ 	<ul style="list-style-type: none"> -Ask questions -Work on what you need to work on -Ask more questions 	<ul style="list-style-type: none"> -<u>Rice University</u> -<u>Swarthmore College</u> -<u>Vanderbilt University</u> -<u>Washington University</u> -<u>Yale University</u>
Friday, August 7th	<ul style="list-style-type: none"> -Week In Review -Focused Work Time/Q & A -Exit Survey 	<ul style="list-style-type: none"> -What is your plan and how will you complete it? -Questions for Murphy/ Questions for Admission Reps 	<ul style="list-style-type: none"> -<u>Grinnell College</u> -<u>Saint Louis University</u> -<u>Student Request</u>

Naviance: meeting you where you are...

Curious to know what you've accomplished in Naviance so far? → **Check out your Portfolio**

[About Me Tab | My Stuff | Portfolio]

Need to make a college list? → **Complete another SuperMatch search (don't forget to favorite or pin the schools you like)**

[Colleges Tab | Colleges Home | SuperMatch] *(NEW) Virtual Tours available – go to SuperMatch college list, update column to include “Highlights” & see link to tour.

Want more college ideas? → **Visit College Match (you must have a favorites list in “Colleges I’m Thinking About” first)**

[Colleges Tab | Find Your Fit | College Match] *Remember the goal is to have 3-9 colleges you plan to apply by the start of senior year!

Curious what schools use the Common Application? → **Look at Maps**

[Colleges Tab | Research Colleges | College Maps | Common Application]


Uncertain about your career choice? → **Check out Roadtrip Nation Videos**

[Careers Tab | Roadtrip Nation] *Complete ‘What’s your road?’ or search by interest, theme, leader, or playlist

Interested in knowing more about your personality type, college or career satisfiers, etc.? → **Complete Do What You Are**

[About Me | My Assessments | Do What You Are]

Need to organize your college or career list? → **Add to Colleges OR Careers I’m Thinking About**

[Colleges Tab or Careers Tab |  I’m Thinking About]

Planning to start a job, join the workforce, or do an apprenticeship? → **Complete your Resume (see pg. 58-59 of your C/C Guidebook for example)**

[About Me Tab | My Stuff | Resume]

Haven’t prepped for the SAT? → **Visit Naviance Test Prep (college-bound students need to register for at least one early-fall exam)**

[Home Page | Naviance Test Prep (bottom-left button)]

Feeling nostalgic? → **Check out your Freshman Survey completed in September 2017 (it’s fun to see your answers from freshman year)**

[About Me Tab | My Stuff | My Surveys | CCHS Freshman Survey]

Want to become your ‘best self’ (learn more about your strengths & challenge areas)? → **Complete MI Advantage**

[About Me Tab | My Assessments | MI Advantage]

Need accountability? → **Set goals in Naviance**

[My Planner Tab | Goals]

Not a fan of Naviance, and need help getting started? → **Go to “My Next Move”**

[Visit mynextmove.org | “I’m Not Really Sure” | Start]

Counselor Letter of Recommendation: Info. Form

This is an effort to help Mrs. Antrim, help you and is completely optional (yet, encouraged).

Some students will require (i.e., those completing the Common Application) or will want a letter of recommendation (LoR) from your school counselor. It is my honor and privilege to share your strengths and speak to your educational journey. By completing the LoR Info. Form, you are helping me write the most comprehensive letter about you.

Questions are optional. You will be encouraged to fill out only what you are comfortable answering.
(*Only the first & last questions will be required)

1. I understand that the information provided in this form will help Mrs. Antrim prepare the most impactful and comprehensive LoR in support of my college applications. By sharing this information, I am giving permission for it to be shared in my LoR. *
2. What major(s) and/or career(s) are you considering; what sparked your interest? Explain your exploration process (research, independent reading, summer coursework, internships, activities, shadowing, etc.)?
3. How have you challenged yourself in high school (specific to academics: coursework, rigor, grade goals, etc.)?
4. Does your transcript accurately reflect you as a student? Why or why not?
5. Is there anything unique about your course history / transcript that I should mention to colleges (e.g., a drop/change in level, dropping a class at semester, choosing to stop a language to pursue other courses, etc.)?
6. Finish this sentence. My student experience has been painful or pleasant because...
7. Tell me about a time you struggled or failed and how you dealt with it (outside academics), or share a personal circumstance that has affected your life (e.g., unique living situation, English as a second language, etc.). Keep it simple; tell me a story.
8. Name your proudest moment during high school (either in or outside school)?
9. Have you had a job in high school? If yes, please describe the job, how long you have worked there, hours worked per week, your specific responsibilities (share if they have increased over time), and your desire for working there?
10. Name any outstanding accomplishments you would like to share (extracurricular, activities outside school, honors/awards, etc.).
11. What is one word others would use to describe you?
12. What is one word you would use to describe yourself?
13. How are you spending your time during the COVID-19 shelter-in-place mandate (i.e., S2 of your junior year) – think academic, personal/social, college/career, and/or additional responsibilities?
14. What have you learned so far, come to appreciate, and/or doing to help others during this time?
15. Do you approve me sharing your responses with faculty members who you have requested to write additional letters of recommendation? *

The Counselor LoR: Info. Form (Outlook Form) will be available in July. It will be attached to the signature line of my email & available on the Class of 2021 Webpage. The form does not serve as an official request; you still need to ask for a LoR formally in person or in email. It's important to give any recommender plenty of advance notice (three weeks is necessary & helpful) for well-written & thoughtful letters.

If you qualify for free or reduced lunch, be sure to contact Mrs. Antrim for your ACT and SAT fee waivers.

Summer/Fall Scheduled Test Dates (Saturdays)

SAT (\$49.50 ~ \$64.50 with essay)	ACT (\$52.00 ~ \$68.00 with writing)
August 29, 2020	June 13, 2020 (we'll see?)
September 26, 2020 (NEW)	July 18, 2020
October 3, 2020	September 12, 2020
November 7, 2020	October 24, 2020
December 5, 2020	December 12, 2020
Register here or collegeboard.org	Register here or actstudent.org

SAT Additional Information (5/15/20 from College Board)

Students can register for these ↑ administrations starting in May. We'll contact students directly during the week of May 26 to provide an exact date. Eligible students can register with a fee waiver. For each administration, we're preparing to significantly expand our capacity for students to take the SAT once schools reopen. Students can get early access to register for August, September, and October if they're already registered for June and/or in the class of '21 and do not have SAT scores on file.

ACT Additional Information (5/15/20 from act.org)

Students can register for September and beyond test dates starting in July 2020. Starting with the September 2020 ACT assessment, students will be able to register for section specific retakes, adjust scores for superscoring and expect score reports back sooner.

Additional thoughts:

If you are concerned about testing facility safety or just don't feel prepared to take one of these tests this summer for about one million understandable reasons, pivot your plan and review [test optional colleges and universities](#). Taking a test should not compromise your health or your overall wellness, and there are over 1,000 options out there, including SIUC and JALC, which do not require a test score for admission. You *can* go to college without a test score, but maybe not the college you are thinking of right now.

If, on the other hand, you feel comfortable with testing procedures over the summer and prepared to test, GO FOR IT. This is a decision for you and your family to decide on related to your specific plan. Testing is available at this time, and if you are able and comfortable doing so, get a score on file and adjust your application list and plan accordingly. I expect seats for summer and fall dates to fill quickly, so register when you are ready in an effort to test at a preferred and local site.

We do not know when/if the state will offer a school day SAT makeup from the test that you missed in April. Don't count on Illinois/College Board to schedule the make-up school day test to accommodate your application deadlines.

Create the plan that suits you and accommodates your goals.

Erinn Murphy 5/15/20

The 2020-2021 Common Application Essay Prompts are:

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Describe a problem you've solved or a problem you'd like to solve. It can be an intellectual challenge, a research query, an ethical dilemma - anything that is of personal importance, no matter the scale. Explain its significance to you and what steps you took or could be taken to identify a solution.
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.

**Almost 900 Colleges & Universities accept the Common Application!
Check out their campus listings, family guides and other resources today!**

Essay Writing Tips:

*Even if you aren't sure you will need an essay for your school list, work on an answer to one of the prompts above over the summer. It can only help you and your process!

*When deciding on a prompt, go with the one that grabs you. Follow your instinct, and WRITE!

*Be sure to always answer the prompt. Don't veer, don't redirect; stay on task and do what the prompt is asking you to do! ***This is writing unlike most of what you have done through school; give yourself time, grace and kindness through the re-writes.*** You have a strong essay in you!

*Write, rewrite, read it out loud, share it with me, write some more...these essays take TIME!! No first draft is the completed draft. (Did I say share your essays with me? Please? I am here to review and help!)

*Read your essay out loud before you click submit. Make sure it sounds 'right', answers the prompt and ***details something about you that isn't apparent in the other parts of your application.*** (Reading out loud is also a great way to catch errors!)

My recommended go-to for essay help is The College Essay Guy. Check out his free resources to help your applications and essay writing along. Click [here](#) or go to collegeessayguy.com

Interested in the Military?

- Our military recruiters are very accessible; students can register for campus visits through Naviance or by requesting a meeting through Mrs. Antrim or Ms. Murphy
- Recruiters also host lunch meetings throughout the year outside of the cafeteria for students to ask questions and learn more about military programs
- It is *strongly* recommended by our office and by recruiters that you keep your parents or guardians informed of your conversations and plans related to a military enlistment
- Learn more about military life and options here: defense.gov/knowyourmilitary and todaysmilitary.com

	Regional Recruiter	Contact Info
Army	Staff Sgt. Justin Montague	314-283-1459 Justin.m.montague.mil@mail.mil
Army ROTC SIUC Campus	Mr. Shannon Lewey	618-453-4984 Lewey7@siu.edu
Marines	Sgt. Donovan Sayers	314-853-3759 Donovan.Sayers@marines.usmc.mil
Navy	Zoe Morris	618-529-1013 217-685-1361 (c) zoe.geeslin@navy.mil
Coast Guard	YN2 Christina Lehman	314-409-7806 christina.s.lehman@uscg.mil
Air Force	TSgt Anthony J. Alegria Jr.	618-303-5378 anthony.alegria@us.af.mil
National Guard	Sgt. Chris Henry	christopher.d.henry12.mil@mail.mil

Interested in a Trade?

- Each year interested students have a chance to attend the Southern Illinois Construction Career Expo held in DuQuoin, IL. This trip is coordinated by Mr. Terry, CTE Department Chair
- Students meet with and experience hands-on activities with a wide variety of experts in the construction trades at the Expo while also learning about required assessments, job availability, job outlook and apprenticeship opportunities
- Mr. Terry and the CCHS CTE department are all knowledgeable resources for workforce information and practical information related to workforce skills and demand
- Check out apprenticeship.gov/become-apprentice for more information

Trade	Contact	First year apprentice pay
Bricklayers	618-401-9960-sgarrison@bac8il.com	\$14.50/hr + benefits
Carpenters	carpdc.org – 618-277-2051	\$15-19.79/hr + benefits
Cement Masons & Plasterers	opcma.org – 217-356-9313	\$15.12/hr
Electricians	618-932-2102	\$20.08/hr + benefits
Iron Workers	ironworkers.org – 618-874-0313	\$22.42/hr + benefits
Laborers	illaborers.org – 217-773-2741	\$20.62/hr
Operating Engineers	oe520.org – 618-644-1969	\$22.38/hr
Plumbers & Pipefitters	618-684-4521	\$16.80/hr
Sheet Metal Workers	local268.com – 618-397-1443	\$15.42/hr + benefits

Interested in a Gap Year?

- **Apply to college as a senior; it is a lot easier to put together college application materials locally where you have access to your high school counselor, your academic letters, and communication is logistically simpler**
- Inquire with the admissions counselors about their policy on gap years. This is a 'hypothetical' question to be asked, and will give you more information about the specific school without saying you'll throw off their admissions numbers
- Once accepted, pay the deposit to hold your space depending on the above answer
- DO NOT compromise your integrity and deposit at two colleges or otherwise be dishonest - this will inevitably come back to haunt you
- Ask for a "deferral." More and more universities are adopting a formal policy around deferrals as they're seeing more students ask for these
- Plan and follow through with meaningful activities for your year. Work, travel, volunteer...make the year count. Consider Americorps or other service opportunities.
- Take the time to think about how you'll explain what you did and what you learned. This is good for college admissions, scholarships, and stories for friends and families
- Ask your school to reevaluate your financial aid package. Gap year graduates are great students and you can make a case that you should receive more in merit aid

Planning Notes:
