

COLLEGE INKLINGS

THE ACADEMY OF THE HOLY NAMES
COLLEGE COUNSELING NEWSLETTER
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2018 Financial Aid Workshop

The Academy of the Holy Names Guidance Department will host its annual Financial Aid Workshop for parents on **Thursday, November 1, 2017 at 6 PM in the 2nd floor ILAB.**

The workshop will be presented by **Ms. Jacqueline LaTorrella, Director of Financial Aid** at the **University of Tampa**. Ms. LaTorrella will review the financial aid application process, the FAFSA, scholarships, loans, and other pertinent information related to funding your daughter's college education. Parents of every grade level are welcome to attend this event. Please contact Miss Keegan or Mrs. Dwyer in the guidance department if you have any questions.



PRACTICE ACT

We are holding an optional practice ACT for juniors on **Saturday, November 3rd, 2018 from 8:30 AM to 12:00 PM** in the Bayshore Building. Revolution Prep will sponsor the exam. Please RSVP by Friday, October 26th by going to:

<https://www.revolutionprep.com/partners/practice-exams/school/5387>

Details about the exam will be included in the confirmation response to your registration.



PARENT COFFEE

The AHN Guidance Department cordially invites the parents of our juniors to attend a Parent Coffee on **Thursday, November 8th at 8:30 AM or 4:00 PM in the 3rd Floor Board Room.**

The AHN College Planning Timeline, best college fit, and the Florida Bright Futures Program will be covered. Please RSVP here:

<https://goo.gl/forms/ZT14L81WAGzLo4jM2>

OR contact Ms. Zummo at 813-839-5371, x265.



College Planning Night for Juniors

Juniors and parents of juniors are invited to attend our annual College Planning Night on **Thursday, November 15th, at 6:00 pm in the Brady Center North.**

All juniors and parents are strongly encouraged to attend. **A panel of college admission experts** will address the many ways you can skillfully navigate the college application process.

No RSVP necessary. Please contact the College Counseling Office if you have any questions.



The Finish Line...

A reminder that **Friday, November 30th** is the **FINAL** deadline for **seniors** to hand in **ALL college application transcript request forms!**

Transcript request forms **will not** be accepted after this date.

Please note-WISE students will submit all college applications by November 1st in order to meet most Early Action and scholarship deadlines ☺.

To date, 87% of the Class of 2019 have applied to college. A total of 89 of 102 seniors have submitted 457 college applications to 85 colleges and universities! Please remember to submit acceptance letters, deferral and waitlist letters, and merit-based scholarship award letters to Mrs. Dwyer and Ms. Keegan.

Students are responsible for tracking their submission status for all college application

materials by referring to their status page on their online account page at each school and/or by calling the admission office at each school. Please feel free to contact the College Counseling Office if you have any questions.



Juniors: Save the Date
for the 8th annual

Tampa Bay Case Studies Program

Juniors and their parents are cordially invited to attend our 8th annual **Tampa Bay Case Studies Program**. Admissions professionals from colleges and universities throughout the United States will allow our students and parents to sit in on small group **mock admission panels** followed up by a **college fair**. This is an excellent opportunity for our families to get an inside look at what goes on in the college admissions process as well as an opportunity to meet with the heads of admission from a variety of schools.

This year the program will be held at **Tampa Preparatory School on Sunday, January 13th, 2019 from 1 to 4 PM**. *Last year over 900 individuals attended this program. Due to limited space, this program is strictly for our juniors and their parents only.*

Information for registering online for the program will be forwarded to you in the near future. If you have any questions, please contact Mrs. Dwyer or Ms. Keegan.



Tips for Parents: Dos and Don'ts for Helping Your Child Through College Admission

The college search and admission process is a life-changing event for your child, and often for the whole family. The beginning of the college search signals the beginning of a child's transition from teen-ager to young adult. As a result, it can be difficult for parents to strike the right balance of helping their child without taking over. Here are some dos and don'ts for parents entering the world of college admission.

DO Learn About the Process

Even if you have vivid memories of your own college decisions, realize that the college admission process has changed since you attended. Invest some time in researching today's college admission trends.

DO Discuss Restrictions Up Front

If there are financial or geographic restrictions that limit the range of colleges your child can consider, discuss them with your child at the beginning of the

college search. Then your child won't waste time and energy researching colleges that she won't be able to attend.

DON'T Limit Choices Based on Fees

"Parents should certainly be willing to lay out economic realities to their children at the front end of the college search process, but should not shut out options based purely on sticker price," says Michael E. Dessimoz, associate vice president for enrollment services at Roosevelt University (IL). It's always a good idea to encourage your child to include several affordable colleges among his college choices. But remember that financial aid often helps families send their children to even the most expensive colleges. No matter your income level, find out all you can about financial aid.

DO Remind Your Child of Deadlines

The life of a high school student is often very busy, and teenagers are still learning time management skills. So help your child begin keeping a calendar or day planner to keep track of all those college application deadlines (as well as her school work and activities).

DON'T Nag

"Say what you have to say and drop it," advises Scott White, a counselor at Montclair High School (NJ). "If the process delays or changes because students don't do what they are supposed to do, this is one time they may have to live with the consequences." Remember, the goal is for your child to "own" the process, so that she can make college decisions that are right for her.

DON'T Make Decisions for Your Child

Your child needs to choose a college based on her individual abilities, interests and personality. To that end, beware of pressuring your child to apply to the college(s) you would like her to attend. Of course, encourage your child to apply to a good range of schools, but your child must decide for herself which colleges to apply to and which college to attend. After all, your child will be the one who spends several years living and learning at college.

DO Be Your Child's Cheerleader

The college admission process can be stressful. Your child may feel uncertain about the decisions she must make, fearful of rejection from colleges, or anxious about meeting deadlines for both college applications and her school work. Over the course of the search process, your child may change her mind (more than once) about her career aspirations, academic goals, or what she wants in a college. All of this is normal. Parents can help their college-bound child by offering plenty of encouragement, a listening ear, and gentle guidance. And don't forget to celebrate each step along your child's journey from high school to college. *Written by Jennifer Gross, NACAC.*

