

**JUNIORS!!**

Start  
planning for  
your senior  
year

**NOW!**



# TO DO LIST FOR JUNIORS

✓ **Get to know yourself.**

What do you love? What subjects are you good at? Take self assessments, personal inventories or personality test through web-based software provided by FCPS.

✓ **Take an SAT and ACT during the spring of your junior year.**

ACT is scheduled at AHS for April 9, register by March 4

SAT is scheduled at AHS for May 7, register by April 8.

Please take both these test even if you do not think you want to attend a four year school. You may change your mind! Definitely take in the spring while you're in school and in test taking mode you will probably do your best at this time!

**If you receive Free or Reduced lunch, please see your counselor about a Fee Waiver for these tests!**

✓ **Research your plan,** college 2 or 4 year, military, apprenticeship, vocational/ technical school or employment. Go on Family Connections for great links and websites. Start today. Do not procrastinate!

✓ **Develop a list of schools and research those schools** as well as visiting schools during spring break or another time. Have this list ready by September of your senior year.

✓ **Plan to attend the college fair at George Mason University,** at the EagleBank Areen – 6:30 – 9:00pm

✓ **Plan to attend the NOVA Informational Night,** on March 3<sup>rd</sup>, at 7:00pm in the Lecture Hall at AHS

✓ **Work on your activity sheet or resume.**

You will need a list of activities that you have participated in both in school and out of school as well as things you have done during the summer breaks. Have a draft done by September.

✓ **If interested in a US Military Academy,** start the application process during the spring of your junior year. Attend the U.S. Military Academy Night here at AHS, March 9, at 7:00pm in the Lecture Hall

✓ **Study hard and keep up your grades.**

Your transcript only reflects final grades and the colleges will only see grades from classes taken 9, 10 and 11<sup>th</sup> grades. They will receive grades during senior year but not until February.

✓ **If you're interested in playing a sport at a Division I or II school,** check the NCAA website (ncaa.org) to begin the registration process for the NCAA Eligibility Center. Please let your counselor know of your intention to play in college so he/she can help make sure you're registered.

✓ **If you're considering attending a 4 year college or university,** you should ask teachers **at the end of your junior year** if they'd be willing to write you a letter of recommendation for next year. If they say yes, please provide them with some information about yourself, your goals, and accomplishments.



# Comparing the SAT (Current and Redesigned) to the ACT

A guide from Summit Educational Group

When it is released in 2016, the new SAT will be a significant change from the current test. Also, the redesign will affect how we determine whether a student is better-suited for the SAT or ACT. Below is a broad comparison of the new SAT to the current SAT and the ACT.

	Current SAT	New SAT (Spring 2016)	ACT
<b>Description</b>	The new SAT will require similar skills and test similar content to that of the ACT and current SAT. Many of the changes to the new SAT's format will make it look a lot like the ACT, but the SAT will retain its focus as an aptitude test. Among the biggest changes to the SAT are a sharper focus on critical-thinking, an emphasis on real-world problems, a new scoring system, and an overhaul of the essay section. Overall, the redesigned SAT will place a bigger emphasis on problem-solving and understanding context. Comparatively, the ACT will remain more of an achievement test, requiring a broad knowledge of many concepts, as well as considerable speed and endurance.		
<b>Format &amp; Length</b>	10 short sections: <ul style="list-style-type: none"> <li>3 Critical Reading, 3 Mathematics, 3 Writing (including Essay), 1 experimental (not scored)</li> <li>Questions have 5 answer choices</li> <li>Total testing time: 3 hours, 45 minutes</li> </ul>	5 long sections (comprising 3 "tests" and an optional essay): <ul style="list-style-type: none"> <li>Writing &amp; Language; Reading; 2 Math; Essay</li> <li>Questions have 4 answer choices</li> <li>Total testing time: 3 hours, 50 minutes (with essay)</li> </ul>	5 long sections (comprising 4 "tests" and an optional essay): <ul style="list-style-type: none"> <li>English; Mathematics; Reading; Science; Writing (optional essay)</li> <li>Most questions have 4 answer choices (Math has 5)</li> <li>Total testing time: 3 hours, 25 minutes (with essay)</li> </ul>
<b>Scoring</b>	Combined score: 600-2400 <ul style="list-style-type: none"> <li>Critical Reading: 200-800; Math: 200-800; Writing: 200-800</li> <li>Writing score comprised of Multiple Choice and Essay subscores</li> <li>¼-point deduction for incorrect answers</li> </ul>	Combined score: 400-1600 <ul style="list-style-type: none"> <li>Evidence-Based Reading and Writing: 200-800; Math: 200-800</li> <li>Essay score reported separately</li> <li>"Cross-Test Scores" report performance on Science and History/Social Studies across entire test</li> <li>No deduction for incorrect answers</li> </ul>	Composite score: 1-36 (average of 4 tests) <ul style="list-style-type: none"> <li>English: 1-36; Math: 1-36; Reading: 1-36; Science: 1-36</li> <li>Writing score not factored into Composite score</li> <li>Combined English/Writing score provided separately: 1-36</li> <li>No deduction for incorrect answers</li> </ul>
<b>Writing/English</b>	Identify and correct errors in single sentences: <ul style="list-style-type: none"> <li>standard English grammar and usage</li> <li>punctuation not tested</li> </ul> Limited and predictable set of errors	Revise and edit a piece of writing for logical structure and effective rhetoric: <ul style="list-style-type: none"> <li>standard English grammar and usage</li> <li>punctuation</li> <li>logical structure</li> <li>effective rhetoric</li> <li>includes informational graphics</li> </ul>	Revise and edit a piece of writing for logical structure and effective rhetoric: <ul style="list-style-type: none"> <li>standard English grammar and usage</li> <li>punctuation</li> <li>logical structure</li> <li>effective rhetoric</li> <li>commonly confused words</li> </ul>
<b>Math</b>	Arithmetic, Algebra I and II, Geometry <ul style="list-style-type: none"> <li>apply core math skills to solve mostly non-standard, "tricky" problems</li> <li>formulas provided</li> </ul> 10 Grid-In questions (no answer choices)	Pre-Algebra through basic Trigonometry <ul style="list-style-type: none"> <li>strong emphasis on Algebra</li> </ul> Calculator prohibited on one section 12 Grid-In questions (no answer choices) 1 Extended Thinking question (4 points)	Pre-Algebra through basic Trigonometry <ul style="list-style-type: none"> <li>math tested in straightforward manner</li> <li>extensive range of concepts tested</li> <li>emphasis on word problems</li> <li>formulas not provided</li> </ul>
<b>Reading</b>	Vocabulary-based sentence completions  Total of 7 short and long reading passages: <ul style="list-style-type: none"> <li>many inference, tone, purpose questions</li> <li>questions follow order of passage</li> </ul>	Vocabulary de-emphasized  4 long passages and 1 paired passage: <ul style="list-style-type: none"> <li>2 passages include diagrams/charts</li> <li>1 passage from U.S. "founding document"</li> </ul>	4 long passages: <ul style="list-style-type: none"> <li>very little emphasis on vocabulary</li> <li>straightforward questions that require close reading of passage</li> <li>order of questions is random</li> <li>less time per question</li> </ul>
<b>Science</b>	The current SAT does not have a Science section.	The new SAT does not have stand-alone Science section, but Science questions will be included throughout the Math, Reading, and Writing & Language tests.	40 questions distributed over 7 passages: <ul style="list-style-type: none"> <li>emphasis on charts, diagrams, etc.</li> <li>Science is a reasoning test—rarely requires prior science knowledge</li> </ul>
<b>Essay</b>	25 minutes, always the first section: <ul style="list-style-type: none"> <li>broad theme</li> <li>can be approached formulaically or creatively</li> </ul>	50 minutes, always the last section: <ul style="list-style-type: none"> <li>analyze a passage and evaluate author's reasoning and rhetoric</li> <li>students' opinions discouraged</li> <li>Essay is scored on 2-8 scale on three traits (Reading, Analysis, and Writing)</li> </ul>	30 minutes, always the last test: <ul style="list-style-type: none"> <li>narrow topic "relevant" to high school students</li> <li>demand a more structured response</li> <li>optional, but required by most schools</li> </ul>

## FIVE CHANGES TO THE SAT®

If you're planning to take the SAT in March 2016 — or any time after — you'll be taking the new test. Check out some of the key changes the College Board has made to the SAT to make it more focused, clear, and useful.

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**1** It better reflects what you're learning in class. The best way to practice for the new SAT is to take challenging courses in high school and work hard in those courses.

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**2** "SAT vocabulary words" are gone. Two words you won't see on the test: "prevaricator" and "sagacious." You may see a word like "synthesis," which you're more likely to use again.

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**3** There's no penalty for guessing. You'll receive points for the questions you get right, but won't be penalized for choosing the wrong answer.

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**4** It focuses on the math that matters most for college and a wide variety of careers.

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**5** Free test practice for all. We've partnered with Khan Academy to provide free, world-class SAT practice materials that can be personalized just for you. Unlike traditional test prep, which suggests cramming for a single test, our practice tools complement your classwork to help improve your skills long after the test is over.

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Test fee waivers will be available for all eligible students, and most colleges plan to accept scores from both the current and the redesigned SAT for the next few years. Check with prospective colleges to confirm their score policies.

To find out more about the changes to the SAT and how we can help you navigate a path to college and career, visit [sat.org/new](http://sat.org/new).

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# 2015-16 TEST DATES:

## SAT DATES:

October 3<sup>rd</sup>

November 7<sup>th</sup> \*\*\*

December 5<sup>th</sup> \*\*\*

January 23<sup>rd</sup>

March 5<sup>th</sup>

May 7<sup>th</sup> \*\*\*

June 4<sup>th</sup>

## ACT DATES:

September 12<sup>th</sup>

October 24<sup>th</sup> \*\*\*

December 12<sup>th</sup>

February 6<sup>th</sup>

April 9<sup>th</sup> \*\*\*

June 11<sup>th</sup>

\*\*\* means the test is given at AHS

## PSAT DATE:

October 14<sup>th</sup> \*\*\*



# **REGISTERING FOR THE SAT & ACT**

*When registering for an exam, please be sure to read all instructions for registration and test day requirements carefully!*

## **REGISTERING FOR THE EXAM**

- ✓ Enter your **FULL LEGAL** name exactly how it appears on the on your photo ID. **Include** blanks, hyphens, double last names and apostrophes.
- ✓ You will be required to upload a recent, front-facing, **clear photo** to register for an exam. This photo will appear on your admission ticket. **You should be the only one in your picture.**

## **ON TEST DAY**

- ✓ **NO** Standby (walk-in) testing available  
You must register for the exam by the deadline!
- ✓ **NO** test day, location or test type changes allowed  
You will not be able to change a test date, test center location or type of test on the day of the exam
- ✓ You **MUST** present an admission ticket and you **MUST** present an acceptable ID  
If you do not have **BOTH** test admission ticket and valid ID you will **NOT** be allowed to test
- ✓ Make sure your photo ID is **valid**
  - Expired IDs are **not** acceptable
  - Credit cards with photos are **not** acceptable
  - Photo copies of IDs are **not** acceptable



# **SAT/ACT Test Prep**

## **ONLINE PREP**

Khan Academy	<a href="https://www.khanacademy.org/test-prep/new-sat">https://www.khanacademy.org/test-prep/new-sat</a>	FREE SAT online prep
CollegeBoard	<a href="https://sat.collegeboard.org/practice/">https://sat.collegeboard.org/practice/</a>	FREE SAT online prep
The ACT	<a href="http://www.actstudent.org/testprep/">http://www.actstudent.org/testprep/</a>	FREE ACT online prep
Testing & Education Reference Center	<a href="http://www.nelnetsolutions.com/terc/default.aspx?sponsor=2088">http://www.nelnetsolutions.com/terc/default.aspx?sponsor=2088</a>	FREE Test Prep
The ANA Project	<a href="http://www.anaprojectprep.org/">http://www.anaprojectprep.org/</a>	FREE SAT & ACT online prep
4 Tests	<a href="https://www.4tests.com/">https://www.4tests.com/</a>	FREE SAT & ACT online prep
Free Test Online	<a href="http://www.free-test-online.com/">http://www.free-test-online.com/</a>	FREE SAT & ACT online prep
Spark Notes	<a href="http://www.sparknotes.com/testprep/">http://www.sparknotes.com/testprep/</a>	FREE SAT & ACT online prep
March 2 Success	<a href="https://www.march2success.com/main/home">https://www.march2success.com/main/home</a>	FREE SAT & ACT online prep
Major Tests	<a href="http://www.majortests.com/">http://www.majortests.com/</a>	FREE SAT practice tests
Number 2	<a href="https://www.number2.com/">https://www.number2.com/</a>	FREE SAT & ACT online prep
Prep Factory	<a href="https://www.prepfactory.com/">https://www.prepfactory.com/</a>	FREE SAT & ACT online prep
ePrep	<a href="http://www.eprep.com/">http://www.eprep.com/</a>	SAT & ACT online prep
Bright Storm	<a href="https://www.brightstorm.com/test-prep/">https://www.brightstorm.com/test-prep/</a>	SAT & ACT online prep

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# SAT/ACT Test Prep

## FACE-TO-FACE PREP

The Princeton Review	<a href="http://www.princetonreview.com/">http://www.princetonreview.com/</a>	SAT & ACT prep
Tutoring for Success	<a href="http://tutoringforsuccess.com/">http://tutoringforsuccess.com/</a>	SAT & ACT prep
Tutor Find	<a href="http://tutorfind.com/">http://tutorfind.com/</a>	SAT prep
Summit Educational Group	<a href="http://mytutor.com/">http://mytutor.com/</a>	SAT & ACT prep
Huntington Learning Center	<a href="http://huntingtonhelps.com/page/exam-prep/">http://huntingtonhelps.com/page/exam-prep/</a>	SAT & ACT prep
Kaplan Test Prep	<a href="http://www.kaptest.com/">http://www.kaptest.com/</a>	SAT & ACT prep
Top Test Prep	<a href="http://toptestprep.com/">http://toptestprep.com/</a>	SAT & ACT prep
Sylvan Learning Center	<a href="http://www.sylvanlearning.com/prep">http://www.sylvanlearning.com/prep</a>	SAT & ACT prep
Tutor Pro	<a href="http://thetutorpro.com/">http://thetutorpro.com/</a>	SAT & ACT prep
Northern VA Tutoring Service	<a href="http://www.nvtutoring.com/">http://www.nvtutoring.com/</a>	SAT prep
Mindworks Educational Service	<a href="http://mindworkseducation.com/">http://mindworkseducation.com/</a>	SAT & ACT prep
PrepMatters	<a href="http://prepmatters.com/tutoring-test-preparation">http://prepmatters.com/tutoring-test-preparation</a>	SAT & ACT prep
Professional Tutoring, LLC	703-830-7037 <a href="http://juliarosspt.com">http://juliarosspt.com</a>	SAT & ACT prep
Albert Silverman	703-913-3221 <a href="mailto:albertsilverman@yahoo.com">albertsilverman@yahoo.com</a>	SAT & ACT prep

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The ACT	<a href="http://www.actstudent.org/testprep/">http://www.actstudent.org/testprep/</a>	FREE ACT online prep
Testing & Education Reference Center	<a href="http://www.nelnetsolutions.com/terc/default.aspx?sponsor=2088">http://www.nelnetsolutions.com/terc/default.aspx?sponsor=2088</a>	FREE Test Prep
The ANA Project	<a href="http://www.anaprojectprep.org/">http://www.anaprojectprep.org/</a>	FREE SAT & ACT online prep
4 Tests	<a href="https://www.4tests.com/">https://www.4tests.com/</a>	FREE SAT & ACT online prep
Free Test Online	<a href="http://www.free-test-online.com/">http://www.free-test-online.com/</a>	FREE SAT & ACT online prep
Spark Notes	<a href="http://www.sparknotes.com/testprep/">http://www.sparknotes.com/testprep/</a>	FREE SAT & ACT online prep
March 2 Success	<a href="https://www.march2success.com/main/home">https://www.march2success.com/main/home</a>	FREE SAT & ACT online prep
Major Tests	<a href="http://www.majortests.com/">http://www.majortests.com/</a>	FREE SAT practice tests
Number 2	<a href="https://www.number2.com/">https://www.number2.com/</a>	FREE SAT & ACT online prep
Prep Factory	<a href="https://www.prepfactory.com/">https://www.prepfactory.com/</a>	FREE SAT & ACT online prep
ePrep	<a href="http://www.eprep.com/">http://www.eprep.com/</a>	SAT & ACT online prep
Bright Storm	<a href="https://www.brightstorm.com/test-prep/">https://www.brightstorm.com/test-prep/</a>	SAT & ACT online prep

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Name: \_\_\_\_\_

Date: \_\_\_\_\_

## **Request for Letter of Recommendation (Counselor Brag Sheet)**

To help your counselor write an accurate, interesting college recommendation letter for you, please complete this form and return it to your counselor when you submit your Transcript Request form.

**Answer ALL questions.**

**Please type or neatly print your answers on a separate piece of paper.**

The more information that you provide, the better your counselor can support you in his/her letter.

1. Birthplace:
2. If you were not born in the US, when did you come to the US?
3. Who do you live with? Do you have any siblings?
4. Has anyone in your immediate family attended college in the US?
5. What do your parents do for a living?
6. What career or major are you thinking about pursuing?
7. What five words would you use to describe yourself, and why?
8. What do you consider to be your academic and/or personal strengths, and why?
9. Give two examples of how you demonstrated strong character.
10. Describe your greatest success or something that you are most proud of accomplishing
11. Are there any special circumstances that affected your academic performance in high school (ex: divorce, death in family, frequent moves, health, etc.)? Please explain.
12. If you were writing your own recommendation, what personal information would you include to show your uniqueness?
13. What has been a highlight of your high school career? What have you disliked about high school?
14. Who has had the greatest impact on your life? Explain.
15. What do you do for fun? What are you passionate about?
16. Please give me the names of several (at least 3) teachers/coaches, who know you well. I plan to contact these teachers for feedback.



Student Name: \_\_\_\_\_

## Parent Information & Brag Sheet

**Dear Parent(s)/Guardian(s):** Please submit comments and specific information about your son or daughter that will assist the counselor in writing an insightful, thorough college recommendation. Please send this form in with your student to be turned in with his/her "Counselor Recommendation Brag Sheet". **Please type or neatly print your answers and attach a sheet to this if you need more space to answer the questions.**

1. Choose 5 or 6 adjectives that best describe your son/daughter and explain why you have chosen these adjectives.
2. Describe some of your student's outstanding personality traits.
3. What are some of your student's accomplishments that have occurred during the past three years (both in and/or out of school)?
4. If you were to write your child's college recommendation, what would you say in the first paragraph that would prompt the reader to continue reading? **Please write that paragraph (please feel free to use an attachment if necessary)**

I, \_\_\_\_\_, authorize the counselor to write a recommendation for my student,  
\_\_\_\_\_.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_



**First Name Last Name**

**Address**

**City, State, Zip Code**

**D.O.B**

<b>Extracurricular Activities</b>	<b>School Years</b>	<b>Positions</b>
Varsity Cross Country	9, 10, 11, 12 (hours per week)	Co-Captain (12), 5k distance runner, competed in districts every year
Winter Indoor Track	9, 10, 11, 12 (hours per week)	Co-Team Leader
Latin Club	11, 12 (hours per week)	2 year member
Chesterbrook Presbyterian Church Youth Group	9, 10, 11, 12 (hours per week)	Welcoming team to newcomers (11, 12), Member (9, 10, 11, 12)
AMC Hoffman Movie Theatre	11, 12 (hours per week)	Usher, Concession Stand Worker

<b>Community Service</b>	<b>School Years</b>	<b>Positions</b>
Wakefield Park	9, 10, 11, 12 (hours per week)	Twice yearly cleanup of running trails with the Annandale High School cross country team
Annandale High School via National Honor Society	11, 12 (hours per week)	Tutoring Annandale High School students in a variety of subject areas
Annandale High School via Mu Alpha Theta	10, 11, 12 (hours per week)	Math and Science related tutoring of Annandale High School Students
Boys and Girls Club of Annandale	9, 10, 11, 12 (hours per week)	Assisted with supervision of children

<b>Honors and Awards</b>	<b>School Years</b>	<b>Honors/Descriptions/ Experiences</b>
Annandale High School Cross Country	9, 10, 11, 12	400-mile club (all 4 years), Improved Runner Award (10)
National Latin Exam	9, 10, 11	Awarded with the certificate "Cum Laude" all 3 years
Honor Roll	9, 10, 11, 12	All quarters all 4 years
Science Fair	9, 10	Won 1 <sup>st</sup> prize (9), Won 3 <sup>rd</sup> prize (10)
School Theatre Productions	9, 10, 11, 12	Director (12), State Manager (11), Actor (9, 10, 11, 12)



# COLLEGE APPLICATION CHECKLIST

## COLLEGE/UNIVERSITY NAME

## ADDRESS

## APPLICATION DEADLINE

## ONLINE ACCOUNT

## APPLICATION FEE

Username:

Password:

## ESSAYS

Questions:

Written?

Proofread?

## LETTERS OF RECOMMENDATION

How many needed? \_\_\_\_\_

Requested from:

Date:

## REMINDERS

\_\_\_\_\_ SAT/ACT scores sent

\_\_\_\_\_ Transcript Requested

\_\_\_\_\_ Application proofread

\_\_\_\_\_ Date application was submitted

## FINANCIAL AID

FORM	DEADLINE	DONE
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FAFSA	_____	_____
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CSS Profile	_____	_____
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## APPLICATION DELIVERY

Choose one:

DONE

\_\_\_\_\_ eDocs

- Emailed Activity Record to counselor \_\_\_\_\_
- Informed teachers to email letter to counselor \_\_\_\_\_

\_\_\_\_\_ Common Application or non-eDoc application

- Print out 3 page Secondary Report form \_\_\_\_\_
- Print out Activity Record \_\_\_\_\_
- Pick up AHS envelope; address and add 2 stamps \_\_\_\_\_

