

Junior Meeting Information and Materials

Hello Class of 2023 and Families!

Spring of junior year is an important time to start putting things together from school and life experiences (**your ICAP**) to begin thinking about what opportunities you want available to you after graduation!

Junior meetings will be held in large groups in the PAC on Friday, March 4th. Students will be notified of their assigned time prior to that date. Students have the option to schedule a follow-up meeting through [THIS LINK](#) (or stop by the North Wing to schedule). You are being provided with access to materials that we use during these meetings; these materials are robust and can help guide any path you are considering. Please access these and other resources at www.frhscounseling.org (under Junior Meeting). The goal is to have a short list of schools or programs you want to apply to by fall of senior year. At the very least, this spring season should be a time to do online research and critical self-reflection (which could include brainstorming topics for college and scholarship essays!). The more you know yourself, your strengths and your priorities, the better you'll be able to discern your best options!

- [Junior Meeting Video](#)
- [Junior Meeting Questionnaire](#)
- [Comprehensive College Planning Guide](#)
- [Xello](#) (click "EXPLORE MORE" then "OPPORTUNITIES" to see current internship, job, and apprenticeship opportunities)
- [Online Post Secondary Resources](#)
- [College List Building](#) and [Worksheet](#)
- [Ultimate Master List of College Virtual Tours](#)
- [Campus Visit checklist](#)
- [11th Grade College Planning](#) and [Family Guide](#)
- [12th Grade College Planning](#)

There are a few main things we are encouraging all juniors to do this spring:

- Post-graduation research (meaning ALL post-secondary educational options--2 yr, 4yr, Technical, Military)
 - Attend College rep visits in the College & Career Center (visits are posted in the CCC)
 - We want you to learn more about the options you are considering, thinking about fit and potentially visiting (even if it is virtual) a school or program of interest
 - Consider entrance and application requirements
 - Curiosities, personal goals and development, career interests (no pressure if you don't know! *You don't need to know specifics right now, at all--you just need to start doing some research!*)
- Prep for the SAT and other standardized tests. Fossil juniors will be taking the SAT on 4/13
 - It is important that you know what kinds of tests and scores (if any!) your potential colleges require
 - Free test prep resources are available through [Khan Academy](#) and your [Xello](#) account
 - Test scores don't define you, but can be helpful for college and career ideas
- Begin to learn about financial aid and scholarship resources
 - Each post-secondary institution has a net price calculator on their financial aid websites to help you in determining a realistic cost of attendance for a given school (*some private and for-profit programs are not required to provide this)
 - There are many scholarship opportunities that juniors can begin to apply for, see the online resources page for databases and FREE scholarship programs that can help you find scholarships that match your educational profile and goals. (See link above for On-line Post Secondary Resources)

Juniors and parents, please reach out with questions. We want to support you in your path!

Warmly,
Your FRHS Counseling Team