

**Class of 2026**

**Junior Conference Packet**

### **It’s time for your Junior Conference! Let’s get ready to discuss your plans for the future with you and your parents/guardians. Your conference will cover the following:**

* Transcript Review/Senior schedule
* Standardized exam information (ACT/SAT)
* Resume
* Essays – personal statement and supplemental essays
* Naviance
* Common Application – please visit **commonapp.org** and create an account prior to your junior conference. It is best to create the account with a private email address (not your school email).
* Letters of Recommendation
* Vocational Training – please indicate the type of training you are interested in:

**Students must submit ALL items listed below PRIOR to scheduling the Junior Conference.**

**Missing forms will postpone your conference date.**

**Students must submit completed forms to the Counseling Center.**

**Student Demographics**

**Standardized Test Results**

**Family Data**

**College Search Criteria Worksheet**

**Parent/Guardian Brag Sheet**

**Student Brag Sheet**

**Essay Draft/Ideas**

**Activities Resume**

Junior Conferences will begin in **February, 2025**. Appointments are on a first-come, first serve basis. If you have any questions, please contact the Counseling Center at 516-801-5120.

Deadline to submit packet: Friday, March 21, 2025

# **Student Demographics**

|  |  |
| --- | --- |
| **Student Name** | Click or tap here to enter text. |
| **School Counselor** | Click or tap here to enter text. |
| **School Email Address** | Click or tap here to enter text. |
| **Personal Email Address** | Click or tap here to enter text. |
| **Cell Phone Number** | Click or tap here to enter text. |
| **Date of Birth** | Click or tap here to enter text. |
| **Place of Birth** | Click or tap here to enter text. |
| **Previous High Schools and Dates of Attendance** *(if applicable)* | Click or tap here to enter text. |
| **Are you a first generation college student?** | Click or tap here to enter text. |

**Family Data**

|  |  |
| --- | --- |
| **Parent 1/Guardian Name** | Click or tap here to enter text. |
| Contact Information (cell/email) | Click or tap here to enter text. |
| Occupation/Employer | Click or tap here to enter text. |
| College(s) Attended & Degrees | Click or tap here to enter text. |

|  |  |
| --- | --- |
| **Parent 2/Guardian Name** | Click or tap here to enter text. |
| Contact Information (cell/email) | Click or tap here to enter text. |
| Occupation/Employer | Click or tap here to enter text. |
| College(s) Attended & Degrees | Click or tap here to enter text. |

**Are you a first generation college student? Yes  No**

|  |  |  |
| --- | --- | --- |
| **Siblings** | | |
| *Name:*Click or tap here to enter text. | *Age:*Click or tap here to enter text. | *Grade Level/College:*Click or tap here to enter text. |
| *Name:*Click or tap here to enter text. | *Age:*Click or tap here to enter text. | *Grade level/College:*Click or tap here to enter text. |
| *Name:*Click or tap here to enter text. | *Age:*Click or tap here to enter text. | *Grade level/College:*Click or tap here to enter text. |

**Standardized Testing**

|  |  |
| --- | --- |
| **PSAT** | Score:Click or tap here to enter text. |
| **SAT** | Score:Click or tap here to enter text. |
| **ACT** | Score:Click or tap here to enter text. |
| **Upcoming registered dates** | Click or tap here to enter text. |

**COLLEGE SEARCH CRITERIA WORKSHEET**

|  |  |  |
| --- | --- | --- |
| Public  Private  Private Catholic  Private Jewish  Private Secular  Historically Black College | 2 Year School  4 Year School | Small (less than 2,000)  Medium (2,000-7,499)  Large (7,500-15,000)  Very Large (over 15,000) |

**LOCATION**

|  |  |  |
| --- | --- | --- |
| **North - New England**  CT, MA, ME, NH, RI, VT | **South**  AL, FL, GA, KY ,LA, MS, NC, SC, TN, VA | **Midwest**  IN, MN, SD, MI, NE, ND, OH, KS, WI, IL, IA, WV, MO |
| **Mid-Atlantic**  NJ, NY, PA, DE, MD,  Washington D.C. | **West**  AK, AZ, CA, CO, HI, ID, MT, OR, UT, WA, WY | **New York**  **SUNY**  **CUNY** |

**MAJOR(S) I AM CONSIDERING:**

Click or tap here to enter text.

**CAREER GOALS:**

Click or tap here to enter text.

**ARE YOU A RECRUITED ATHLETE? INDICATE SPORT AND DIVISION. YES NO**

Click or tap here to enter text.

**WILL YOU BE APPLYING FOR FINANCIAL AID? YES NO**

**IT’S TIME TO HAVE FUN AND RESEARCH COLLEGES THAT MIGHT BE A GOOD FIT FOR YOU!**

Things to consider:

* College features (visit each college’s website)
* View the **scattergrams** on **Naviance** for statistics (GPA and scores)
* Build an evolving list of colleges on a spectrum – reach schools, reasonable schools, and realistic schools
* Think about how your activities, leadership, volunteer work and other components of your application will be considered at each college
* Please enter the college you are interested in discussing below

**MY GPA**Click or tap here to enter text. **MY SAT** Click or tap here to enter text.

|  |  |  |
| --- | --- | --- |
| **REALISTIC** | **REASONABLE** | **REACH** |
| **My GPA/scores are HIGHER than the accepted average** | **My GPA/scores ALIGN with those of accepted average** | **My GPA/scores are LOWER than accepted average** |
| Click or tap here to enter text. | Click or tap here to enter text. | Click or tap here to enter text. |
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# **STUDENT BRAG SHEET**

*Instructions*: Please **TYPE** your responses to the following questions. It is important to provide as many details as possible, as this information may be incorporated into the counselor’s letter of recommendation.

1. How would your friends describe you? List 3 adjectives and give a recent example of each.

Click or tap here to enter text.

1. What course(s) (academic and/or elective) have been the most meaningful (interesting, challenging, exposed you to new information or way of thinking) to you while in high school and why?

Click or tap here to enter text.

1. What is your personal motto and why?

Click or tap here to enter text.

1. What are your long-term goals and/or career plans? What steps have you taken so far to pursue those goals/plans?

Click or tap here to enter text.

1. Indicate your most meaningful experience/achievement/leadership role in extra-curricular or community service activity.

Click or tap here to enter text.

1. How have you changed/grown as an individual since you first entered high school?

Click or tap here to enter text.

1. What would you want the admissions office to know about you that they could not learn from your school records and/or college application? Possible topics may include your greatest strengths, most unique characteristics, significant family events, personal obstacles, and how you cope and overcome challenges.

Click or tap here to enter text.

COLLEGE ESSAY DRAFT

*Instructions*: Please brainstorm some ideas for your College Essay in the designated box below based on the college essay prompts from this year’s Common Application**.** You may also submit a typed essay draft. This is not expected to be your final copy, but rather a creative exercise to help you start this process.

**Common App Prompts - https://**[**www.commonapp.org/apply/essay-prompts**](http://www.commonapp.org/apply/essay-prompts)

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.

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?

Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?

Reflect on something that someone has done for you that has made you happy or thankful in a surprising way. How has this gratitude affected or motivated you?

Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.

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?

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.

Prompt Selected:

Click or tap here to enter text.

Ideas/Essay:

Click or tap here to enter text.