

Transcript of College Planning Series Presentation 2022

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Are we missing Kathleen? No. Jessica Zone for Kayla? Okay.

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Yes, yes, got it. Then we're just going to go through the agenda, and then questions at the end cool.

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So let me get the correct screen up here. all right. There we go.

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Good evening, everyone. We'll wait a couple of minutes as People are joining us, and i'll get my act together as well are getting ready to share the screen.

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There we go, and then we'll minimize this for the Speaker alright, and i'll go to slideshow.

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All right, so good evening, ladies and gentlemen. My name is Kat di Amber.

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I am the K. 12 guidance services administrator so I've been wearing my district testing coordinator hat this week, so I have to switch roles as it were to to run this program tonight.

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But thank you all for coming. We are excited to be able to offer this program to you each year, and we always have great panelists here at to talk about the college planning process.

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A couple of things that i'd like to share with you before we get started, just to give you a sense of what happens in the counseling office, as we're doing the admissions process in the fall.

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What we always find at the end of each admission cycle.

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So our top applications for last year i'm sorry I should make that 2,021 top 10 schools records is always the number one school number.

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Most applications that we're pushing out each year and then as you see this top 10 usually doesn't change much.

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It's Delaware Drexel rowan penn State Temple, Tcnj.

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Are always in our top, 10 so we're we're solid there!

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But what I What I want to stress when we talk about the college admissions process is that this is a deeply personal process for students and for families, and our philosophy of best college fit is one that we take very seriously these numbers help you

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to understand that. So of the students that we have in each class, which is about 320 students each year, we are applied.

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We have students that are applying to 340 plus different unique colleges.

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So while you see our top 10, I want you to understand the bandwidth that we have in terms of the work that we're doing with the individual students, we processed over 1,900 applications last year, and then you can see some

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of the other statistics from our acceptance and denialists, and also waitlist and wait. let's accept it.

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We'll talk a little bit more about that tonight. as we work with our panelists and go through our our questions.

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So tonight we have with us the panel. I am going to minimize the slideshow, and so that you can see the panelists speaking.

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And we did ask them to not only introduce. themselves, and to say how long they've been in their position, but also to talk about what their favorite thing is about working in admissions.

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So we'll come back to full screen. and Why, don't We start off with Kevin Fay. hey?

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Good evening, everyone, and thank you for taking some time tonight to just connect with all of us.

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I am one of the assistant directors for undergraduate admissions at Tcn. J.

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I've been working in this position. for it will be 20 years in September, and just prior to that I was an undergrad at the institution.

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So i've been at Tc. nj far too long but I do feel fundamentally there's a reason for that.

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Clearly. i'm biased about the institution. but I am and my colleagues are of the mindset that the just what was just said.

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We believe, fundamentally regardless of how we feel about Tc.

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And J. is a school that throughout your college search you should be doing your due diligence to find the institution.

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That truly is the best fit for you and it's upon us as institutions to gauge, which students we believe truly are a good fit for our campus communities as well.

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And my favorite part about working in admissions, I will say, is cheesy, as this may sound, is the people I really enjoy.

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The people I directly work with. I enjoy collaborating with other members of our campus community, and it's always interesting and fun to meet new families and new prospective students.

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Every year. I forgot to say you pick the next person to introduce themselves.

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Okay, i'll pick Britain all right. hi everybody my name is Brittany Act, and I am the assistant director of Rutgers University, Camden.

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I have been in advance since 2,008, but I have been at Rutgers University campus since 2,013.

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My favorite part about admissions, I mean is, is really, when you think about it, we are potentially helping you.

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The student make one of the biggest decisions that that's going to impact your life from here on out, and while that's a very weighty thing to have to do the fact that we get to walk you through and make sure that this is a good

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fit for. you really show you the benefits of what it could be like to be at our particular institution. and see you make that final decision.

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That's such an empowering thing that we get to do every day, and I think that that's my favorite part of admissions. I am going to hand it over to jade Hi!

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Folks, so my name is Jade. I am the assistant director of admissions at Lafayette College.

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I've been a lofty since 2016 but I also graduated from Lafayette.

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So I do I'm very proud to be representing my Alma Mater, and I think my favorite parts kind of actually echoes what Brittany and Kevin have been saying are the people but more intense more in

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the terms of getting to know a lot of different students from all over the country and all over the world.

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I mean, you guys are doing such incredible things. Your research to creative expressions to everything in between, and being able to just peek into your world just a little bit to see what you do is really incredible.

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And I just love getting to know a lot of different people so I think that's my favorite part.

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It's sorry I just got that's all right last but not least.

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Hi everyone. My name is Jessica Vento.

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I am the senior assistant director at Rider University, like Jade and Kevin.

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I am an alum of where I work so I graduated in 2,015, and I've been at Ryder for almost 6 years. now.

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It's like I left. and then I came back not too far after I really loved the fact that I work with students from South Jersey specifically in addition to other responsibilities, I have in my office, mainly because I am from South

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Jersey. So I know you know what messages you guys are.

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You know, seeing a lot for college and you know what options you all have, and it's always really exciting traveling.

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You know the 5 counties that I do, especially when I can go back to my own hometown as well.

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So kind of what Jane was saying to Getting a peak inside of your world for as much as you let us is always really exciting, too, because, you know, we didn't graduate high school a day. ago.

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So it's been a hot minute so we get to learn all the fun things that you're doing, and what's different.

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And now that we have like tiktok and that Wasn't, something that you know our office was marketing to high school students.

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When I was being recruited. so it's very interesting and very fun.

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So thank you all again for being here this is this is probably one of my favorite events, because I think you know working with colleges and universities from all over the country, and certainly our college fair.

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That's coming up at the end of april is a great way for us as a staff to connect with colleges and universities, but also because it really is an information session that helps people to get their bearings I know that there's

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a lot of information coming at junior families, fast and furious.

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College. 101 program in February was the basics basics.

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About. How do you do your college search? So this is the next level of that.

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And this program tonight is going to be in 2 parts and I do encourage you to either to put questions in the Q. and A.

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As we're going along we'll have time at the end of the session this evening to go back and answer those questions.

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So the first part of the evening is dedicated to the component parts of the application, just so that students are start to get their head around the stuff that they're school counselors have been saying to them for the last 6 months

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about things that they need to start thinking about and pulling together.

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So this is a more in-depth and detailed.

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Look at those pieces, and then there are things beyond the application.

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Things that we think are important, for you to have in your back pocket for consideration, and things that you may need to know in order to plan for the future.

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So we'll go ahead and start it off with the first component part that we're going to talk about this evening is the transcript, and Britney's gonna start and just give us an overview and then each one of the

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panelists is going to to, you know, add or or say what their school might do differently.

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The one thing that you do find is that there's a basic way that schools do things, and from there it's very nuanced.

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So it is truly the job of the student and the family to investigate the schools that they are thinking of applying to and looking at those nuances, because those are the things that make a difference.

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I'll turn it over to you Ok. fantastic all right? So the transcript really is the meat of your application, because this is what gives us the in-depth day-to-day.

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Look at how you perform right. So when you are applying in late August, early September, when applications open, we are seeing your grades from your freshman year of high school, your sophomore year of high school and your

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junior year of high school. Most of the time the transcript will also show us at least the courses that you are enrolled in during your senior year.

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We obviously know there's no grades yet if you're applying an early August september, and that's okay, but it really gives us a look at what you're 4 years or 3 and a half years of

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high school so far have looked like 200. We are looking for trends when we are looking at your application.

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So did you have a rough transition from middle school to high school?

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Maybe your freshman, your grades are a little bit lower but we're seeing that your sophomore year your grades improved your junior year, your grades improved.

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We Would this, then assume that your senior year is going to be on par with your junior year, or you're going to do even better than you did in your junior year?

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Maybe something happened where you had a really strong freshman year, but you had some decreases in grades in your sophomore year.

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But then you picked it up again. so that blip i'm gonna call it a blip because you went from one level down and then came back up.

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Maybe that's a signal to us to say okay what happened was something going on.

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This is where the other aspects of the application that will be talked about.

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A little bit may come into play, but it gives us something to think about, to say.

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Why is this year particularly different? we're then going to look at the level?

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Of coursework that you have taken so that's not to say that we are looking for all Ap.

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All honors 24 h a day, you know. Another trend that we might look for is okay.

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So the students started out in college prep their sophomore year.

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They excuse me their freshman year they did well then, their sophomore year.

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They have a couple honors classes. Maybe they have an A or A and P. class.

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They did well junior year they increased that number, so maybe they have more honors, more ap's.

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And then your senior year we're also seeing that you have more honors and ap classes. that's also what trend? and that also really shows us how you handle a hard workload, because if you start out small and you

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do well, and then you increase every year That shows us and speaks to us that you know what your academic capacities are, and you are following them, and you are increasing them in a way that is manageable.

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There may be some cases where depending upon the schools that you are applying to. They may also take very close looks at particular classes, depending upon the major that you're applying to So if you are applying to I'm.

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Going to use that my art, You know our sister Campus New Bronzewick, and you are applying to our engineering program.

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You are got, your application is going to be looked at, and your transcript is going to be looked after.

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Those math and those science grades We're going to be looking for those higher-level mats.

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We're going to be looking for strong math grades if you are interested in biology premed.

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There may be a focus more on your science grades to make sure that what you're interested in is matching with the grades that you're earning in that particular subject while in high school, then you have the option for elective

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credits, and maybe you are taking elective credits that again directly.

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Relate to what you are interested in studying. Once you you know, once you enter college, these are all great things, and these are all things that we are going to look at.

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Something to know with your transcript is that many schools?

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I say many, because it might not be all. But many schools are really going to focus on that junior year.

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So how you finish this year, because that's your most recent year, of coursework there are instances where your grades dip a little bit.

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Your junior year. Many schools may a ask you for additional academic information from your senior year.

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If that happens, don't panic if think of it as a way of there is something in my application that they like that.

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They they see in me that they like but they just need a little bit more information.

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That's not necessarily a bad thing, so it may be that you are requested to submit your first quarter grades, or maybe you are requested to submit your midyear grades.

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So don't panic. if schools ask you for additional academic information because it's it's one more way that they're looking at your application.

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And then just to talk about rutgers for a brief second, because how to cat had said that there's the general, and then there's everything goes in their own different direction.

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Rutgers has our applicant self-report, their academic record.

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So after you submit your application you'll be given a link to Log into our self-reported academic record, and we will ask you to use your high school transcript to enter the information onto your self-reported record

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and then you will submit and link it to your Rufus application.

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So Morristown High School actually will not be sending a high school transfer on your behalf.

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If you're applying to rutgers, you will be filling out the self-reported academic record.

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So what will be your responsibility to let your guidance counselor?

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Know i'm applying to rutgers I need a copy of my transcript, so that I can fill out my self-reported academic record.

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Then let me just check my notes to see if there's anything that i'm missing, and I don't think so.

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So I think that's all for now I would like to add, if I can in terms of your senior year, and I think most of us will agree.

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We are looking at your performance in senior year. So, as Brittany mentioned, where some schools do require your Mid semester grade report, or you your first market period grades.

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At last we do require A official transcript from the school but what we're looking for is your performance in your senior year, because what we want to kind of predict is that you're not getting that senior slope or that

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senioritis that kind of creeps in at the end of your spring semester.

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We still want to make sure that you're academically engaged in all of your courses already in all your courses.

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So I'm just keeping that in mind where some schools will Ask for your grades in senior year, because they want to double check that you're not just having a bunch of aps on board.

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But then you're not doing so well in them the other thing I often get questions about is, should I take an Ap.

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And get A. B. or should I take a college prep course, and get an A definitely definitely agree with Britney is wherever the challenge for the student is, we don't want to over challenge, a student because that will overstress them But if the student

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thinks that they can handle another Ap. or a higher level course it doesn't hurt to try it out, and then you always get the ad job period to see if that's a course that best fits the student But if there are any changes to

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the Transcript and Senior, which have gone some due to Covid this year.

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Always let the schools know if you're going to be withdrawn from a course, or if you're going to be switching out, of course, for another course, because that does impact the decision what we see on our side is that

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we're admitting or we're making a decision on a student based on what you provide to us.

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So if something changed, whether it's in your application or in your transcript, just let us know.

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So we have the most updated information. okay the only thing i'll add, and then i'll go into my part is that you want to make sure that you're also having a balanced senior year.

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So I know how competitive more sound can be fun. Fact!

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I am the intern for the counseling department, so I have lots of jobs.

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I keep myself very busy. So you know i've actually sat in on many junior core selection meetings with the counselors.

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And you know, talking about your mental health and making sure that you're going to be equipped, and you can have a fun senior year. but still challenging yourself. that works for you you know, and many of us get caught up in Oh, well

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my friend is taking like all the aps and all the honors and and that's amazing that they're doing that, you know.

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If that's their choice and that's where they're at academically.

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But you know we have to worry about ourselves. and you know when we're looking at the college application on our end.

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You know we just want to make sure you're going to be okay and still have fun to be a person because you're still gonna you know, have to take classes in college, and you know.

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You want to be able to live your life and learn a lot along the way.

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So balance is definitely key. So you know, talk that over with your family.

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Talk it over with your counselor. if you have questions you need to make changes, you know.

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Follow your gut and don't do something that feels like it's being very forced, because you think a college wants to see that, because when you think that that's normally the opposite. So with that being said in terms of your

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grade point average it's going to be on a 4 point scale.

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So morristown, does a great job of having it on a 4 scale for you already, so we don't have to convert anything into a crazy way.

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And with that being said, you know, we will see if you take in honors and ap courses.

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You know what the waiting factored into your Gpa.

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So for some of you that have taken, you know college prep.

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There really will not be way added to your Gpa.

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Naturally from the high school. but if you did take on a tougher curriculum, you know, from what you know the school provides, then we also will take that into consideration.

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And it kind of coincides with standardized tests.

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So a lot of folks are still wondering if test Optional is going to be around. It's like the hot topic, especially since Covid ramped up 2 years ago.

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So for colleges like ryder and I would make an assumption that everybody on this screen is test optional.

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That you know you don't have to submit test scores. if you're not the best test taker, you know.

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Say you have a very strong Gpa, but your sat Scores are not.

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Scores are not the strongest meaning they're below average you know they're below the colleges average, and each of us has a average Gpa for our fraction in class.

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As well as an average, sat or ect score, that you can easily ask us about or look on our websites.

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So for colleges that aren't us you can easily go on aviance, and look at the scatter plot to see where you fall.

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Exactly, and comparison to all of the students from Morstown High School that have applied to our colleges for the X amount of past years.

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So taking that in consideration, can help you figure out where you should be applying, and how you stack up against a apples to apples.

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And with that being said, there are going to be likely schools where you're, you know, far above the requirements, and where they've admitted students from Morris town.

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There also will be target schools where you know you're really on par with what they're looking for.

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And then there's going to be reach where you may be below the requirements.

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But you still can give it your all and see what happens, because you never know what each college is going to be looking for from year to year.

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So, thinking about that, going back to test optional, you may decide to go test optional for some colleges, and for some you may submit scores.

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So what as you're going through your common application you can hand select, which colleges you want to be considered test optional, for I will say as a warning everybody words their questions differently.

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So please read, read, read it over again. Get your parent to read over it, read over it with a fresh pair of eyes.

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That way. You are setting the right intention of what you want to college to look at.

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Because if you say you know you want us to look at task scores, and you submit them, and they're not the greatest test scores we have to take them into consideration.

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But if you said no, I want to be considered test optional we'll acknowledge that they're there, but we cannot look at them for our college.

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You know, criteria as we're revealing so make sure that you're looking through that and you do have the opportunity to take the sat many times over the summer there's may June and August I will say

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if you're the type of Student that Plans on applying right in the fall like that October, November sweet spot.

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Taking it in October. It might not be the best bet, because your test scores are not going to come in on time, as you are applying to college by that November one or November the fifteenth

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that lines that are very, very popular, so that's something to be aware of as well.

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A lot of folks also ask, you know, should I be taking a ect?

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What are the benefits versus taking the sat and really the main difference is that there's a science section involved in ect.

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So if you love science, it's your jam you want to go into science. by all means take the act.

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Everybody pretty much accepts it and there is a concordance so we can tell you, you know, which test you did perform better on whether it's the sat or ect, and most colleges will super score.

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So if you've taken sat multiple times and you did better say in, you know, Math, your first time, and then the second time you know your reading score was, you know, through the roof of Amazing.

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We will look at only those scores, for you know, for you a particular.

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So just make sure that you are submitting your test scores.

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The ones that you want us to see, and you can always contact your admissions.

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Counselor. You know each of us works with a particular group of students, and you know whether it's we work with the whole State of New Jersey, Burlington County, South Jersey.

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Whatever it is, you know there's someone assigned to you so reach out.

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We are very, very friendly people who love being berated with questions. So that's what we signed up for.

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So ask away, and we'll help you the best way that we can throughout this process, because it can be very, very, very confusing.

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I one thing that I okay? one thing that i'd like to add with the with the test optional, just again read the fine print on the admissions pages, because, while they may be test optional for admissions

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purposes. you may need to submit test scores to be considered for a merit-based scholarship.

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Or there may be certain programs within certain schools to the university that you're applying to that.

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Do require test scores for entrance. so everybody does test optional a little bit differently.

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It's not just a blanket across the board so just make sure that you're paying attention to the schools that you're applying to one thing.

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I would also like to share regarding Gpa is that as different institutions process gpa's and transcripts potentially a little bit differently.

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For instance, at Tcn. J. we do not recalculate gas for our applicant pool, so we do not share an average, admitted Gpa.

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For students. Instead, we review students can contextually based on the individual school that they come from.

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So we you, as a staff, reliably, in fact, very heavily on school profile, which your school counseling office does provide with the Transcript, which gives us a picture of the kind of institution of the kind of school and especially

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curriculum that you're coming from so we'll get data points like how many students from your graduating class?

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What proportion of students historically have gone on to four-year colleges and universities which courses are weighted and how are they weighted?

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Is percentile rank information, provided or not so we're comparing you to your peers from your same school setting rather than comparing you to a student who may have had access to a completely different curriculum from a

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different high school. So again, you may just want to connect you know you definitely want to connect with the schools that you're considering to figure out how they accurately assess the quality of the application materials that you're submitting good

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comparison is the fact that Lafayette does recalculate the Gpas.

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And so what that means is that we pull your academic your 5 academic salads of English for language, math, social science and history a missing one, I think.

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We Dick at the wall i'm sorry but you're 5 solids, and the thing is we pull out like gym.

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We pull out health, we pull out some of the electives that we don't count because we really want to gauge your sense of your core academic solids.

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But every school is different, and just because we recalculate it doesn't mean that's better or worse for you.

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It's just that Every school has their own preference The other thing I would mention is that regarding test scores really look at the school profile of the University.

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Almost all of us have difference statistics on our websites about what we look for and really think about.

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If you want to submit your test scores if you're someone who scored below our average, I would not recommend submitting your test scores, because that's something that we can't unsee.

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And so something to consider is, if you want to submit scores, or maybe below our average either provide an explanation or just kind of give us some context to it.

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Because without context, we are going to make assumptions and so that's something to keep in consideration.

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There is a lot of students this year who I wanted to offer merit scholarships, too, but they gave us their test scores that do not fall along their ranges.

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And so that's something to consider again. every school is different but certainly reach out to us, and we are happy to answer these questions.

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Thank you. So one thing that I just want to roll back to about the Transcript.

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So for Morestown students. Your unofficial transcript is available to you via Genesis.

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We want to make sure that you always have your eyes on that transcript that it's something that you can look at and are aware of, and that you can use for the admissions process such as at records where you need it in order to

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do their process. Also, Jess, I just want to add that towards the end i'm gonna tap into you to talk a little bit about athletics.

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That was a piece that I had not added and since we have here.

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I'm going to take advantage of that so kevin's going to kick off a conversation about essays, and the resume, and how that's part of rounding out your application when ever I talk about essays with perspective scenes and their

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families. I always feel the need to add the caveat that I do believe to some degree.

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Students stress out way too much about this one piece of the application That's not to say that you shouldn't take it seriously that you shouldn't take the time and make the effort to pull together a quality essay that you're

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submitting with your application materials, and definitely run it by teachers or mentors and or family members.

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Before you sit that. But I also want to remind people if you haven't noticed kind of a recurrent theme of what we've been all been sharing as college reps is that we are people too, so there is no

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one absolute, perfect essay that you can write because depending on the person who's reading that essay.

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The certain things may resonate with me as an individual that would not necessarily resonate with everyone else who's on here tonight.

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But doesn't mean again we wouldn't recognize all comprehensively recognize the quality of the essay that you've written, or the fact that you've touched on a certain topic, but I especially every year on the road come

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across students who are really severely stressed about this you'll notice depending on the application that you're submitting to each of us.

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It's more of a universal application like coalition application or common application.

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You'll notice common themes or topics that you can write those essays on definitely.

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Take the time to look through what options you have that may serve as a good starting point for you to write that essay.

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But the one big point that I share regarding how you write your essay and what you choose to include with that essay is that for many institutions you may not necessarily have an opportunity to meet individuals face-to-face represent that

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institution, whether it's in an interview setting, or alumni interviews were different things like that. so we don't necessarily get a chance to know you as a person rather than as solely a student or as an applicant and

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in my belief, between your letters of recommendation and your essay.

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Those are really the 2 primary windows where you have an opportunity to illustrate and articulate.

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Really what kind of a person you are and what kind of a community member you'll be should you ultimately enroll at any of our institutions.

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So if you just generally keep that in mind in the back of your head, as you're assessing the various essay topics and writing them out.

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Really try to somehow articulate that in some capacity the other recommendation.

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I'd Give regarding essays is while There may be a core Essay associated with the application you're choosing to submit.

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Know that, much as Britney shared earlier regarding how saps may be tied to particular academic programs schools where it wouldn't apply to others. you may find for some programs that you're applying to there may be

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supplemental. essays that you'll have to submit in order to be considered, whether it's short answer responses or another complete essay.

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So do keep that in mind that you may have to prepare additional essays in order to have a complete application for a particular programmer institution.

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That you're applying to i'll also talk about developing the resume process.

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While I can share some tips for developing the actual resume. Know that the resume is really a reflection of what you've done and invested your time in whenever you weren't in class over the last 4 years.

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So to really stress or overthink the resume Now, you're really approaching the tail end of your high school experience.

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So hopefully, you've already found ways to express your vested interest in various activities or organizations or service opportunities or leadership opportunities inside and outside of your school setting.

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The resume is just your opportunity to collect all that information in one central spot.

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And illustrate that to us as institutions when we're reviewing your application materials.

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Now again depending on the application you're submitting there may be an opportunity to populate that kind of information within fields within that application itself.

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Or you may be more comfortable, creating your own actual, comprehensive, separate resume as a document.

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You'll want to connect with the institutions you're applying to to see if there's an opportunity for you to upload or send in that separate resume.

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If you'd rather utilize, that approach but just know we generally want to know what you've been involved with how long you've been involved with it.

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And especially what leadership opportunities if any you've pursued associated with those activities, because your resume is a true indication of hopefully.

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It's a true indication of what kinds of activities. you'll ultimately be involved with in our campus communities.

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So, yes, we want to gauge your potential fit as a student, as an academic student in our classroom.

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But we also want to gauge that you're a good fit for contributing to the evolution of our campus community by your participation in these kinds of activities.

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Whether it's on our campus or immediately surrounding or campuses

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So take the time to really structure that resume so that you're efficiently, really expressing what you're passionate about, and what you plan to be a part of is especially when you get to our institutions my suggestion for

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the essay portion there's no specific period of moment for you guys, So you have to write the essay.

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It's not that you have to write it after you start course, after you start your senior year, or it's not you have to write it just before you send your application. but rather I would take advantage of the time that you have now at

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least start thinking about what you would like to write your essay on, and maybe take some time over the summer to write your essay, so that it's less things that you have to do in the fall while you're also in class

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maybe have leadership, maybe have sports, maybe a community service and a whole bunch of other things on your plate.

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So kind of do yourself a favorite now by getting us started, start thinking about what you want to write your essay on Maybe Brainstorm.

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First draft, so that by time you're senior year starts you have one less thing you have to do in your senior year, and so i'll give a moment if anyone else has something to say about resumes, or or

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college essays now. So i'll put my little 2 cents in I think over the years what we've heard from the panel regarding that the the essay is that it it's about hearing your voice so my advice to you

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when you write is to have someone read it who knows what you sound like, and if they say, oh, yeah, that's sounds like you.

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Then you're on to something and then it's about you know having an insight, and someone said in one of the panels.

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The the personal essay. is a window it's a small window that someone gets to look it through to see what's at the heart of you.

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So if you can figure out how to how to get them on a piece of paper, and 250 words or less kudos to you.

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But but I think what everyone said is is accurate.

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You have to start Now don't leave It for the last minute, because it requires many drafts.

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It requires many readers and you you really want to be able to let yourself shine and and give some insight into who you are.

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All right. So We're going to move over to teacher recommendations and Jade is going to leave that conversation for us.

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Jessica, did you have a point you want to make. The one thing I was going to add with the resume is, some of you make it very worried that you know, within the past 2 years your involvement is not what you thought it

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was going to be so. The one thing I would just stress is knowing that everyone has gone through the pandemic equally so.

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We all know that there's been a disruption you know, during your high school experience, and it truly is quality over quantity.

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You know we're not expecting anybody prior to the pandemic or living through it.

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Still you know that you're going to be involved in 5,000 things. you know we'd rather see that you're involved in a couple of things for a long period of time you know versus you just hopping year to hear different

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clubs, so you know, do what works best for yourself. and also your job counts as equally weighted as a cover organization that you're involved in our team sport that you're playing on. So you know if you chose to

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work to help support your family, or to just have money for yourself, to go to the Mall, or whatever you like to do for fun.

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That equally should be shown on your resume or in your college.

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You know apple application in the activity section so don't stress too much about that, because we all are people. and this is a very human process. absolutely.

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I can in agree more. The same thing applies to family responsibilities as well.

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But moving on to letters of recommendation. Majority of schools are going to be asking for 2 types of letter of recommendation.

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The first one is from the guidance counselor, and then the second one are teachers.

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And so the letter recommendation, the purpose of them is for us to get to know other people's perspective of who you are.

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What are you involved in? What kind of leader are you? How do you work?

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Well, teams, do you collaborate on projects the different other adults in your life?

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Allow us to get to know you beyond what you know by yourself.

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And so this is really important for us, because we want to find other perspectives and get to know more about you.

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The guidance counselor of recommendation. I would definitely recommend gain to new guidance counselors, because they are helpful, and they truly want the best for you. and they're goal is to find the school of best fit and so

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what's going to happen in the letter is that they're writing specifically for that school, or maybe for specifically for that program depending.

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And so the guidance, counselor is going to be writing about what your goal is for career-based what you've been involved in.

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What kind of percent? Oh, my gosh, what kind of perspective you brought to the classroom, but also to the campus community in your high school.

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And the same thing applies similarly to your teacher's letter of recommendation.

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You are with your teachers for hours throughout the day, and so they really get a sense of who you are.

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On your on time when you're in class but also on your off time.

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I'm sure most of you had some connections with your teachers where you get to maybe participate in a organization that they're advising, or maybe you become friends with some of them.

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Or maybe they are leaders in the organizations that you participate in.

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But these are adults who we can get a better sense of like who you are.

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And so beyond just who you are in the classroom as a scholar, but also like, are you someone who helps others?

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Are you someone who listens? are you someone who brings energy and excitement?

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They really help us kind of personify who you are, so that we can get a better sense of who you are.

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And then the other type of letter recommendation are mentors bosses, religious folks, kind of everyone else, and so depending on the institution they may have a cap. at how many letters, or recommendations you can send or or at least the minimum typically

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it's 2. so one guns counselor and one teacher. But regarding to the other types of recommendations, I would just recommend for you folks any additional lettuce recommendation should really highlight other aspects of who you are the we hope that

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they let a recommendation are not repeats we don't want a generic wreck that just says the same thing.

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The students great in the classroom, they're involved in x y and Z.

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And they'd be perfect for your school. But rather we want to hear from adult who actually knows you really Well, whether it's your mentor, whether it's maybe a religious leader or maybe it's your boss or someone else that can really

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speak on different aspects of your personality and different aspects of who you are.

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What I would recommend is not to send 7, 8, 9, plus letters or recommendation.

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Some schools, read them, and some schools don't so the other thing to keep in mind is to you can even ask the school like. Do you read the letters recommendation for the ones that do we for instance, like Lafayette?

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I read everything. So if you send me 10 letters recommendation, I will read all 10, I won't be happy by the tenth, that they all say the same thing. but I do read them all, and so that is an indication of like who

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you are. But the other thing about the letter of recommendation is that who are you going to ask?

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Most of you folks, I believe, are juniors right now.

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So start thinking about who you want to ask to write your letter recommendation.

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It can be any teacher. However, some schools are a little bit more specific So if you're looking for like the engineering fields or the math and science fields, you probably want a teacher who's going to be in those fields, to talk about

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the different analytical builders that you might have or the different team work contributions that you can bring to the classroom or even to that project.

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But if you're interested in something more creative, maybe your English teacher or your socialized teacher depending, but you have free reign of who to ask the other thing to keep in mind, that I would also recommend is that you can also ask a teacher who

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you've maybe faced a little bit of a challenge or a struggle in that classroom, because we want to hear how you've overcome challenges.

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We don't need to have a wonderful fluffy letter recommendation how you are awesome, which i'm sure most of them are going to be.

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But we also want to know, like, How do you face challenge?

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If you may be gone, agree that you weren't expecting or maybe maybe you didn't do so well in a course.

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How did you overcome that challenge? And maybe that teacher or that individual can write a better letter in regards to how you face challenges and have you overcome him?

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And so it's not a bad thing to have a letter recommendation coming from that type of teacher rather than everyone just rather than a teacher. who you've got an a in that course anyone else want to hop in on that Yeah, go ahead

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Jess. I would add, you know, start asking, you know, before the end of the school year.

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To those teachers, because, you know, like jade. I read all the letters of recommendation, you know, for my students applications, and you know, you see, some really popular people from certain schools.

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And so, if someone has influenced you in such a positive way, guess what?

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They probably spread that joy in love to a lot of other people.

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So you want to make sure you're at the top of their list versus at the bottom, and if you procrastinate and wait until October, you might have some slim pickens of who really has the the time to

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devote, you know, to write a great letter in the midst of grading papers, writing lesson plans, and all the other busy things that teachers do.

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In addition to school counselors. so you want to make sure you're being very proactive, and with all of you being on this call, you're already halfway there with being proactive.

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So just keep up this proactivity and you will be in good shape.

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I'm just gonna put a little pitch for the school counselors as well make sure that you get all the information in that they're requesting a view in the spring, so that they can start working on their drafts of your

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letter of recommendation, the counselor letter of recommendation we take very seriously in our office.

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We know it is one of the cornerstones of your application, because it gives context to your education and to your experience in the school.

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It is why we also assign students to their counselors for all 4 years, as Jade said, Get to know your counselor.

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So that's that's one of the ways they've seen you since you've come in as a freshman, and they've been with you for the bumps and the celebrations so make sure that you honor them by

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giving them your materials early enough, so that they can also dedicate the time to write the letter of recommendation for you for the fall.

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Any other comments on letters of recommendation. Okay, so we're going to move on to part 2 of the program, which is beyond the application.

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So we're going to talk about topics about visiting the college campus.

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We'll talk a little bit more about demonstrated interests because in the last few years leading up to the pandemic, demonstrated interest was something that was really a hot topic.

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So i'm curious to see with kids not able to and families not able to visit campuses, and now starting up again with being able to demonstrate interest in a lot of different ways, how that weighs in and then a couple of other things about

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the admissions landscape and Then we'll we'll give Jessica some time in the middle of that to talk a little bit about athletics as well.

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So, Kevin, you want to kick off the college campus visits.

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Sure, actually, as was just our articulated, I would say that the term visiting a college campus over the last 2 years has come to mean many different things for many different institutions, and to be, honest, I really feel for a lot of the students, who had to

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conduct their college search, and students families who had to conduct their college search over the last 2 years, and even now, as institutions and opportunities continue to transition students.

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But just it's important to note that we as institutions are are doing our best to try and create opportunities for you all as perspective students, essentially as consumers, shopping around various undergraduate student experiences.

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We want to create as many unique opportunities as we can in order for you to not only see and connect with our physical campus itself, So you have a sense of what your immediate environment is going to be.

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But yet another common theme that I think has come up tonight, but also our communities are people, is part of that visit.

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Experience. and depending on the institutions that you're considering that you're researching some may be viable options to easily visit close by.

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Some may require either significant investment or significant effort in order to visit them.

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If they are further away throughout your college search you're you'll hopefully get a sense of at least what kind of campus settings.

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It. Maybe a good fit for you whether it's a city school, or a school out node role or suburban setting, or, if you feel like you're a good fit for a large research university setting, or if you are more

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comfortable, or you think you'd be more successful in a much smaller campus, size and campus environment and campus population for those of you joining us tonight.

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Some of you may already have a sense of what kind of an institution, and what kind of a campus setting may be a good fit for you.

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But again don't stress If you don't yet know especially if you haven't yet had an exposure to various kinds of the colleges and college campuses.

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So kind of reflecting back on my own college search process as a first Generation College student, my self and my Family really had no idea necessarily what kind of an Institution was going to be a good fit for me

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So I made a point to try and visit you. very different kinds of colleges at the start of my college.

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Search to, at least have a sense of what aspects of a college or college campus are not a good fit for me rather than feeling pressured or stressed. to know specifically what kind of a college is going to be a good fit if you kind of

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reverse your approach, and instead start to pick up on aspects of institutions that may not be a good fit for you that could help whittle down your search. process.

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The benefit for you all is that you have many many high quality institutions to choose from, even if you don't go that far to look if and really the data that we provide to you as institutions on our websites or during visits

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to our campus are meant to help inform you as to what kind of a student experience, and what kind of a canvas experience we feel.

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We offer prospective students, so that you can best gauge for yourself whether you're a good fit for that experience.

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So I do encourage you to take advantage of those visit.

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Opportunities. I encourage you to connect with people beyond our immediate areas and the admissions office, as you heard just mentioned earlier.

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We like to think we're friendly people but undoubtedly we're going to present the best aspects of our institution to you when you're looking at the schools.

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So make a point to approach a student or an administrator, if you have the opportunity.

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While visiting a college campus depending on their health and safety protocols coming out of Kovat.

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But you should feel empowered to really engage with the physical campus itself, but also the people on those campuses to get a sense of what it would really be like for you. should you spend the next 4 years on that college campus

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engage for yourself whether you see yourself being comfortable, successful, and happy on that campus over that time.

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Period. a lot of that can be rooted really in a feeling and it's hard to articulate and put on paper or put in more, but also to don't feel compelled.

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I feel like I talk to a lot of students who are stressed to be like.

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I didn't get that body feeling at any of the schools I visited, and part of that could be because you're putting so much pressure on yourself and stress so try to be as open to the experience as possible.

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Hopefully. None of us, I know none of us in the admissions office are putting pressure on you.

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We love to show our campuses, to students, whether that's through virtual tours or virtual zoom sessions to connect with you apartment chairs or students, or if it's an off-campus reception where

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we kind of come to you to a regional event or if we're actually ideally hosting it on our campus to give you an opportunity to be in the actual spaces where you're potentially going to be spending your

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undergraduate experience don't you don't really want to feel rushed.

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I don't recommend that. you Wait! obviously it depends completely on you and your family's comfort levels right Now, as to what you were 1,000,000 and able to do.

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But I recommend again, with so many schools, that really aren't that far to at least start visiting those institutions that you're willing and able to consider to start to get a sense of what options exist out there and to get a sense of

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what a visit Experience really consists. of Why, we like to think we're offering very unique visit opportunities at the end of the day we'll probably probably all offer the same core opportunities for you to connect with our campus and with the

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people on our campus. So if you at least start to visit earlier. you'll start to get a sense of what to expect of these visit opportunities, and you'll get a better sense of what to look for when you continue visits in

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the future. The last bit of advice that i'd probably give is don't feel like you can only you have to only visit once, or you can only visit an institution once.

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If you were unsure of how you felt about a particular institution, especially if it was at the start of your college search, and you start to develop a sense over time.

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Of what kind of a college experience you're ideally looking for fuel compelled to revisit those schools.

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If you have an opportunity again, virtually, regionally, or on the campus to reinforce how you actually end up feeling about that particular institution, or about that particular campus.

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I would just say, in the actual planning of the visits themselves, make sure that you are giving yourself enough time in between visits.

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If you are trying to visit multiple schools in the same day spring break i'm going to say pre-

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Covid, your spring breaks it was like road trip right?

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Okay, we're gonna pack the car we're gonna go visit X Y.

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And Z schools, which is great. But just make sure that if you have one visit that starts at 10, and another visit that starts at you know one that you have enough time to get a meaningful visit out of the first one and have enough time to

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physically get to the second one. I mean, things come up right.

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There could be an accident on the turnpike, for all you know.

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But try not to cut yourself. super short in the planning of it so that you do have wiggle room, because how Kevin said, You don't want to be rushed, you don't want to be rushed because that's all

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you're gonna remember from that visit is that you were late and you missed half of the information session or the tour went out without you, and somebody had to take you to get caught up with the tour.

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Those are the things that you're going to remember about the experience not the positive experiences.

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So just make sure that you're giving yourself enough time to successfully visit more than one school in a day.

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If that's your plan I definitely echo Kevin's point about visiting schools earlier, because right now New Jersey is so diverse with a whole bunch of different types of colleges and universities within driving distance even like 3 h.

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You can hit almost every type of college, I think, and so start local and just start visiting different schools.

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You may not be interested in that school, Think about that type of school, because the college process is incredibly expensive, particularly for students who are thinking about going away like West Coast International, or even just 6 h away like that's a lot of gas And right

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now guesses ha commodity. And so just think about being more local, especially since you folks are starting your college process.

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Now visit the schools nearby and get a sense like, Do I like a bigger school?

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Do I like a smaller school? do I like a teaching type school or research type school like, get a sense of those schools, And then, once you have a sense of oh, what type of schools you're looking for, then you can invest more time, and energy money, into

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going to visit out other schools that are within that type and so certainly that's my recommendation, because I know that I started off.

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My my parents went to college and said they knew what they were doing, and I was just following them.

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But then I realized like I don't like the schools that they're picking, and I realized that you know what I probably should be more vested in this, and so I started realizing what types of schools i'm interested in and

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that really helped gear and direct my family into what schools we should be looking at.

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All right. Yeah. So and just real quick i'm gonna pop in here.

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So the World Wind tour as brittany was talking about where you're, you know you're going out on the road.

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You may be going down south. you may be just going 6 h to the east or the North.

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My recommendation is that you take pictures. Do some video footage?

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Do a confessional with yourself at the at the end of each night of that trip and talk about the schools that you went to, because 2 months from now, when you're at home they're thinking about applications a lot of those details

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are going to be lost, so make the most of your trip in the way that you document it so that you can review back and really think about and save her those moments that you had but also reflect on what stuck with you versus what

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didn't all right. so next we have jade with demonstrated interest.

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All righty. so demonstrated interest, or Di is something that different types of schools Look at some schools. Look at day.

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I and some schools do not look at Di, and what you want to do is ask us, Do you look at demonstrate interests?

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Do you not typically the bigger schools they don't look at Di, because there's just so much that they are looking at.

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But then smaller schools they do look at Di, because we are trying to gauge your interest in the school, and so demonstrate interest can come in multiple ways.

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It certainly can come as a campus visit. whether it's an inflection or a tour; but it can also account in terms of virtual given or do the pandemic.

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Everything now is virtual. we've all updated our information and we've all put on different events virtually, and so that counts as demonstrate interest as well.

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We also take in factor into the count of time. zones for students who are maybe not in the same time zone as you are.

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So if you're looking at school in a different times, and like we factor that in so definitely keep that in mind where demonstrated interest is our way of gauging your interest in us, and so as a school that looks a demonstrate interest

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when I get an application, and I see that someone has a lot of demonstrated just my advocacy for that student is that much stronger because they are really interested in us, and they really want to be here because they've had multiple

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points, and maybe they visit the campus multiple times. Or maybe they just emailed me.

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And emails do count as at least for Lafayette accounts for demonstrate interest.

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So did you take the step to just reach out to us and ask us for any questions, or ask us about a specific program?

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Or maybe you want to connect with a student it's different touch points through with the campus community.

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So some schools will say, Oh, you've connected with one of our ambassadors, we do count that as demonstrated interest.

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And so it comes in many forms and so certainly don't be stressed.

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If you can't get to that campus physically but look on our website to see if we offer any virtual options, or to see if we offer any like student student opportunities, or even just reaching out to us again it's, just

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our sense of gain in terms of how interested you are in us.

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That is not to say that if a student does not show a lot of demonstrate interests that they're not interested, we understand that students have a lot on their plate, and maybe that was a campus visit was the only thing that they could

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give to us at that point, which is totally fine. but it is another component in the application that we look at.

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To gauge the best fit for that student. again!

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Not every school looks demonstrated just it's a quick email to those schools, whether we do or do not.

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But is the simple answer. One quick thing i'd just add which I think jade already made clear is it really is quality over quantity.

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Because you don't want to board on harassment with an institution, or with a particular admissions counselor.

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So it's not like it's a running count of the volume of emails that you're sending to an institution.

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If there's not a reason that you're sending that email or reaching out to that institution.

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So just know that it can be just a simple basket of a few different ways that you've connected with an institution.

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But don't feel like you're racking up points with any particular school.

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I also forgot to mention interviews. Interviews are a way that students can show demonstrated interest.

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Not every school is going to require it, or even go into offer interviews.

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So you can also ask us that type of question as well.

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But in interviews is another way for us to get to know.

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The students almost directly in terms of like who you are. What is your personality?

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What is your flare? What type of person would you, or what type of person, or how would you be involved in our campus community?

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So interviews are a really great way for us to get to know you.

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But you to get to know us, and you can ask us direct questions.

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Interviews will be either an admissions director Sometimes it's with a senior student, or sometimes this one alumni.

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So every school is a little bit different, and some schools require some schools highly recommended.

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Some schools don't recommend it so just email us in terms of offering interviews.

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But for the schools I do recommend it, or require it definitely checking with them and making sure you're scheduling that within reasonable amount of time.

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Typically, if you interviewed the day before the deadline of when interviews are done, you might not get the spot that you want.

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So just connect with us and and let us know, and we can certainly let you know.

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So just a couple of things to to round this out and then I'll.

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If anyone else has anything else to add, both Kevin and Jade have talked about the connection and the contact. 2 really important things to know about our school.

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One. is our college fair is always very successful that this year that's on April the 20 eighth it and our plan is to go live with that to pack out the Mac Gym.

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Hopefully. we'll get as many colleges as we've been able to have before. We do realize that some schools are still on restricted travel, but that those contacts are important and also every fall as soon as we open the doors in

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September, and through almost, you know, into December we get reps who come out to our school to visit you specifically.

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So take that opportunity. Those those visits and those dates are listed in Naviance, and we advertise them also in our office and through our Google classroom.

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So make sure you're paying attention to those things as well, because that again is about connection.

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I think that's it for me for those 2 things anyone else anything to round out for these topics.

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I think the one thing I would add is for demonstrated interests.

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The keyword is you being the student and not your parent.

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So if your parent were to call us 10 d you know 20 times each week, there's not a downstairs demonstrated interest for them.

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It's. only for you and your parent can tell us till they're blue on the face that you're so interested in our institution.

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But if you're not the one, making that contact that doesn't mean anything truthfully, because you're not being very active, you know your parent wants this more than you and it's great to collaborate with your family of course

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and this is a big decision that you're going to make But you you know as you're getting your feet wet and the college search process.

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It's. Okay, if you know they're maybe driving the bus a bit.

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But you have to take over the bus at some point and drive it yourself.

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So you know, I definitely encourage each of you to reach out to college admissions.

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Folks you know It's Okay, if you need to ask for help both how to write an email from your parents.

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But you know, really, you should be the person making that contact and asking us the right questions, and they can be present for some of those things.

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Of course, but we want to make sure we're getting to know you because you're applying to our institution, and and I and I would love, and I know that everybody on this call has experienced this where we have some families that say

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we applied to rider. we applied to Tcn. J.

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And that's not it that's not it you know So we wanted to make sure we're getting to know the student through this process couldn't agree more with what just said and and the one thing that i'll just add to that

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is, and i'm assuming this is the case for all of us on the call, you would be the exception to the rule.

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If you are you as a student, are the one reaching out to us, I'd say most of us probably more often hear from parents or school counselors than we do from the actual student applicant.

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So it is a great way for you to try and distinguish yourself from other students.

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In the the other thing I would add on to that is when you're registering for visits.

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Make sure It's your information, because when we get students that visit campus, and they say, oh, so the reservations or the you registered under Kathleen.

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It was like that's my mom's name why is my mom on here is like well, because she probably registered you for the visit, and so make sure it's the students.

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Information, because we really are trying to connect with the student and sharing this information.

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We are hoping that your students are mature enough to share information that we share with them, that you share with them, or that they share with you, because again, they're becoming adults.

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They're going out in the world on their own they're gonna become more independent. and so relaying important information and making sure they communicate with you is an important skill that they're going to need in college and so you can start off

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by making sure that their information on the registration page rather than the families information.

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Yes, thank you, and I again. panels in the past have just reminded parents that this that you know when they read applications, or when they take phone calls that you, the parent, would be a great candidate for college initiatives but you are not the one.

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That's applying so they they they welcome your support of your student. But we really do want to make sure that our our students have their legs under them before we send them off to college, and this is one of those ways That's safe There's

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a there's a safety net for them under this for them to begin to explore and stand on their own in this process.

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Just. do you want to walk us through athletics in the admissions process a bit before we move on? Sure.

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So most of you that are you know athletes? Probably have been asked this question of Do you want to pursue athletics in college?

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If you, haven't thought about that now is the time to think that it so. if you are, you know very serious about your athletic ability, and you want to be considered for division, one division, 2 division for sports you will have to sign

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up through the Ncaa Eligibility center. So that way, you know, coaches can find you hopefully, and things work themselves out.

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Some of you probably have been already contacted by coaches from all over the country, which is a very exciting opportunity for each of you.

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So you want to make sure that you're still performing you know at your level, academically, so that way there aren't any question marks involving the curriculum that you've taken on which moreist town does a

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fantastic job of you know, making sure you're where you need to be.

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You've taken the right math classes and so on and so forth, with your 16 core academic units, and each of the school counselors, you know, can walk you through that as well if you need those fine nitty

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gritty details. But what I would say is don't make the decision in your senior year that you want to pursue those athletic opportunities because they may be more few and far between, and as someone that works at a division

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one university who works specifically with athletes as well.

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A lot of coaches are looking at juniors at this moment, or gearing off if they're you know.

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So working with some of their, you know, seniors coming in for the fall, so make sure you're putting yourself out there.

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You can contact coaches yourself. and see you know where the chips fall.

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If you have specific schools in mind that you really would like to potentially play for.

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But there are going to be opportunities for division one universities as well as division 2 to potentially get an athletic scholarship.

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Of course it depends, for each sport. each college you know there isn't a one size fits all you know, just because you become a student athlete does not mean you're going to get a full ride to a college you

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still are a student. so it's student athlete not just athlete at college.

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So you want to make sure that you're doing that and taking care of business as you go through. you know the rest of your junior year into your senior year.

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I would add in that, in the fact that some schools require the the scholarship teams to apply early decision.

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So that's the one that's binding versus early action or regular decisions, so connect with those coaches and make sure you have an open line of communication.

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So the other thing is that a verbal commitment is different than an actual written commitment.

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And so, just because you may have received a verbal commitment that you are being offered a position.

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If you haven't applied to the institution you're not going to get that.

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And so the athletic sector is a way that students are able to learn more about schools and learn about other things that they can do at that institution.

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But you okay, cannot be an athlete if you do not apply to that school.

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So, making sure that you are on top of your deadlines and your applications, and making sure you're submitting all your information.

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Sometimes there are things that the athletic directors are asking, such as a brief overview of your transcript or other things that you may need to submit earlier on before you actually submit your application.

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And so, though that is slightly different, and so making sure just again connect with the coaches, connect with your your coaches as well to make sure that the year's an open line of communication, and making sure that you have everything in so that

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you are set for being a student athlete rather than just a student.

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If you want to pursue any form of sports in college, any other words of wisdom about athletic commissions.

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All right. So brittany if you could give us some some wisdom about the admissions landscape and talk about some of the things that you've been seeing since the pandemic. and how that's sure sure sure

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sure. so I mean, I will say this is going to vary greatly.

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Per institution for for sure, for sure. With this topic so one of the things that we were asked about was deferrals, so meaning that a student was admitted to the fall of 2,021 and decided to defer their admission to

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the fall of 2,022, for a variety of reasons.

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Pandemic related gap year programs. you know.

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Financial, you know reasonings. So I will say this. Every year we see requests for deferrals.

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So that necessarily is an odd thing that we're receiving these types of requests.

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I will say that it was an increase in terms of pandemic and pandemic specifically with financial, where students asked to have their admissions deferred.

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And basically what that means is that that they don't have to reapply.

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Their spot is already waiting for them. come that next year. Deferrals mean different things at different institutions.

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Some institutions allow students to take classes elsewhere during that time period.

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Some do not, I will say, for the Rutgers Camden campus.

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Specifically, we saw an increase in deferrals, but not one that would impact your incoming class for 2023.

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We you know we by no means have to do anything at this point. that's going to say that we have to admit less students because of the number of students who have deferred you know our numbers went up a little bit but not anything that

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would be alarming. Could that be different for other institutions? Absolutely.

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Yes, So that is something that when you are looking at schools, if you want to ask them, you absolutely can. and the admissions office should be able to tell you point blind whether it's affecting their their next incoming class or not

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the you are thinking about potentially asking for a deferral due to a Gap year program or due to different things.

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I do say, make sure that you are doing it very thoughtfully.

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And make sure that you are doing it with a purpose because as this pandemic go.

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I'm gonna say lessons and the financial and economic impacts. Maybe Aren't felt as greatly for your graduating classes.

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They were 2 years ago. some institutions may cut back dramatically with the number of students that they offer a deferment to, because we weren't.

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We're not in the middle of a pandemic where people aren't able to work, and and things of that nature.

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So the granting of deferrals may decrease and go back to prepandemic amounts based on the institution.

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So if you're you know a deferment is not something to be taken very lightly, it's something that to be really taken upon because you have a significant an impactful reason for being admitted and saying I I can't

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come yet. who would you hold my spot for me it's definitely not something that should be done very lightly?

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Any I would anybody. Yeah, I would add that regarding deferments some schools have like contingencies applied to them.

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You might be admitted if you came like for instance this upcoming fall.

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You might have gotten married in a financial age, but if you deferred, then maybe that might not be available.

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Every school is different. and so just asking clarification questions about the deferment is helpful.

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And then the other thing I want to add is gap.

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Years and deferment are different in the sense that when you apply. let's say you're applying for this fall, and you decide to defer into the class of 20 or deferred to fall 2,023 that's

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a deferment, but rather a gap year is when you don't apply.

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And so you take that time off first, and then you go into the college process, and and that is a little bit different.

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And so my recommendation is, if students are interested in gap years, making sure they have their letters recommendation already requested, making sure they have all those application details requested and complete, so that when they do apply after their gap year they have that

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information rather than going back to their teachers and be like, Who is this person again?

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And what? How did they contribute to the classroom? Just because you have all that information and those materials?

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But certainly every school is different. and so just asking us about our gap, year and deferment process will help you make your decision.

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And then one other thing that I was asked was a very broad, you know.

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Has that pandemic impacted admissions I mean i'm gonna say overall sure absolutely right how it's affected admissions is going to be very different for Marini, for you know for every institution rutgers

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biggest impact is that we went test optional because students weren't able to take the tests.

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So we were test optional for the class going into 2,020.

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We were test optional for the class of 2,021. We're test optional again for this incoming class of 2022.

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Will we go back to requiring tests my gut says No, but I can't say that on an official capacity. right?

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So you may have some institutions that went test optional from assessment only.

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And now that it's you know the the testing centers are open again, and students are able to sit for the tests, they very well may go back to to requiring the the test.

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So that is going to be different per institution. from the Rutgers Camden perspective.

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The biggest shift in admissions was that we went test optional.

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During this time period. Okay, So just a couple things. And then I have 2 questions for our panelists to close out our evening reminder again.

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College fair on April the 20 eighth stay tuned for information about which colleges will be joining us.

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And then also I remind you that on May the 20 fifth we do our college mock interviews.

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That will that information will go out closer to the time where we have reps who work with our students and do a mock interview, and give them 360 feedback in real time, and that's one of the ways, in which

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our program is helping our students prepare for for this process.

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So take advantage of that as well. All right. So 2 things what new trends do you see developing in college admissions?

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And then we'll go around everyone can give that answer and then the second question is, what one piece of advice would you give our applicants and their parents?

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So first is Trends kevin. Why, don't we start with you, and then you can popcorn to the next person in terms of trends and admissions.

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I probably would share, at least from my perspective and experience at Tcn. J.

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I would say, especially in the last 3 to 5 years, although this was a topic already mentioned.

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I think, demonstrated interest for many institutions has become increasingly important, and I think that's all for the institutions that do track that.

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It will only become increasingly important. i'd say in the next 5 to 10 years.

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So again, I just want to reiterate: Take advantage of opportunities to connect with the institutions that you may be considering. another trend that I think we, as an institution have seen, is really an expanse in the variety of academic interests that

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are incoming. Students are actively pursued meaning I think it's finally starting to sink in for many students that they are willing and able to pursue multiple academic interests rather than feeling like they have to be tracked within one

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particular program that they want to pursue frankly I think That's a result of industry, and where industry is headed and the skills and knowledge base that they're requiring for students coming into their fields are for graduates frankly

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coming into their fields, which I think is going to have a reverse effect on the kinds of programs or the variety of programs that institutions are going to be offering for students.

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A good example of that. Just for instance, at tcn j we've seen a surge in the popularity of our interactive multimedia program which really is a mix of students who may have an artistic background may have a

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technology background, but have interest in either animation or graphic design or movie effects. And but they're utilizing those skills in more unique nuanced ways, and they want the freedom to be able to take those skills and do something specific that

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they have in mind. I think many students are going to see in coming years that more and more institutions are going to be offering that.

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And then my final bit of advice whenever i'm an asset on these panels, I actually already gave it earlier today, which hearkens back to my actual experience, is, if there are any students joining us tonight who like me kind of had

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no idea what they were looking for. out of a college or college community or college experience, and they're feeling a bit overwhelmed at the start of their search process.

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I'd recommend again try to visit the extremes and research. The extremes visit that the large school setting visit us super tiny private liberal Arts School setting visit a school that offers over 50 different degree programs and visit a college

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or university that is known and specializes in specific fields that you may have an interest in.

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And I think if you at least start to visit those extreme institutions, it helps whittle down your search process and makes it more manageable for you, and I have to believe for your family, do you want to pick the next person or should

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I sure I can do that. Sorry i'll go with jade all right.

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I have to remember to popcorn this time so in terms of trends.

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I've seen 2. So one is test optional Lafayette is test optional this year as well, and I think we hope to remain test optional.

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But that is yet to be decided. But in regards to test optional, I harked on this before in terms of the college process is expensive, and so look at those schools.

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That allow for self-reported test scores, because that allows you to submit your scores just in an email on your transcript, or maybe have your guidance counselor.

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Send them without you having to spend money. save yourself a few extra bucks in that sense.

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But then, particularly this year, i've seen a higher number of early decision applications.

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The and that may be just specifically for us. But early decision is that binding one.

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And so if you get to that if you get into that school you're going to that school, and i've seen on past year's, travel seasons where some institutions say you should apply early decision at least to once school, or you should

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not. But my recommendation is to fuel out the different schools that you might be interested in.

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And if you feel really passionate about one school, then sure apply early decision.

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But if you're someone who wants to look at their options, do not feel that pressure that you have to apply early decision, some students know what they want to do like, they want to be doctors, and they're going to be doctors to the rest of

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their life, and some of us are like I don't know what I want to do, and I don't even know what school I want to go into.

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So give yourself that breathing room, and give yourself that option to look around and have those options.

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There should be no pressure that you have to do your college process in one way versus another.

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Every student is different, and every school is different, so that just culminates into a wide variety of different experiences and different ways that you can go about the college process.

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My recommendation for the whole college process. is for the seniors, or for the upcoming seniors in this room to really enjoy your senior year like I can't I can't express it enough that you guys are high school.

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Students first and your college applicants. Second, there are a lot of pieces in a lot of nuanced areas that family members guidance counselors can help you through this process.

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But you guys are high school seniors, and so enjoy being a senior enjoy the different different liberties that come with being a senior.

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Maybe the special occasions or a different special things that you get to do as a senior versus as an underclassman, and go to those football games or athletic events, or go to the theater shows and just enjoy

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being a student. your mental health is incredibly important. Because while we are all aware that mental health is becoming more and more on the forefront of our brains in it should start much earlier.

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And so for you folks right Now it's important to focus on how can I balance out my life?

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How do I know my stress levels? Am I getting too much where I need to take a step back or check in with yourself?

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Do things that you enjoy rather than doing things because you have to do them, because that is what your activities pages for. it's like we want to get to know you for who you are not rather than a mold for college emissions

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and so do the things that you enjoy. Balance out your life spiritually.

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Emotionally, mentally, and everything in between but it is so important that you know yourself, because once you get to college college is not getting easier, just like senior year doesn't get easier.

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And so we want to make sure that you are equipped with the different

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The different kind of tools that you have in terms of. okay.

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I notice my stress levels are getting high. Maybe I should go for a walk, or maybe we should hang out with my friends or grab something to eat, because when you get to college we want to make sure that you are fully functioning.

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Adults, not on the brink of a mental breakdown.

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That is not what any college wants, nor is that what you want either.

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And so just please pay attention to your mental health because they're also underclassmen.

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They're looking up to you and it's so important that they also see that you're emulating the values of your mental health.

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So it's a very long window. answer but it is so important and so I really hope you take that to heart, and I would go to popcorn to bridge all right.

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I have 2 trends as well, one from the student perspective, and then one from the admissions perspective.

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The student perspective is that we are seeing or hearing more and more students who are asking for accelerated degree paths and online options.

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So one thing that this pandemic did bring out is when we went, and and many of us on this panel went virtual for a time period, and it actually brought the need for more students wanting to be able to complete degrees online.

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So I have a feeling that that is going to stay with us.

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I think that we are going to be asked for more and more fully online programs.

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I have very mixed emotions about a a 18 year old coming from high school, wanting to do a fully online four-year degree.

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I think that there's so much value in that on campus experience for you that you would miss out on.

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But we are seeing that more and more people are asking for the online programs.

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And then we are getting asked about five-year master degree programs.

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Much more, I would say within the past couple of admission cycles. and then, from the actual admission side of the house due to the pandemic, I don't think that virtual visits are going away I think that while

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we move back to many, many on campus events and we are going to try to go back to everything that we used to do prior to the pandemic.

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We're still going to be offering different types of virtual visits, because for the people that the families that can't get to us for the parents that work who can't bring their student to an information session

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that's starts at 2 in the afternoon. I think that these virtual visits are a great addition to the visit program, and I do think that they're here to stay.

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Brittany, Do you have sorry That's Okay, it's Okay, Do you have any advice advice?

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For? Yes, yes, yes, yes. So from the practical side of me and as a mom, I'm gonna say, stay organized because it that is really really imperative that if you you know if you're a spreadsheet sheet type

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of person like I am i'm a color coder I mean i'm probably like excessive.

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But that's okay. The same organized throughout the admissions process is going to help you stay calm, because if you go in with a clear picture, and you know Rutgers wants this by this day, you know Lafayette needs this by this state,

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Tc. and J needs this by this state it's going to help you so that you're not in that panic mode, because the panic mode is when mistakes are made panic modes are when you apply to programs

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that you didn't want but you just had to throw something on the application? because you went Oh, my God, the applications tonight at midnight, or the deadlines tonight at midnight that's what you don't want you don't want

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that type of stressful experience. So the more organized you can stay from the get-go, the easier the process will be the earlier.

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You'll get everything done and then you'll be able to sit back and and let us do our jobs because you did everything that you had to do, and you met all of your deadlines.

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But now I will turn it over to Jess. Okay. So a lot of the trends I was going to say were said so.

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What I will quickly say in regards to the virtual visits is that I do think they're also here to stay, but I don't think that colleges are going to have them in the large quantities.

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That we did 2 years ago, so I think that we'll have some virtual tours here, and there.

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But it's not going to be on a very regular basis you know you're going to see that it's kind of a slum pickens, maybe like 2 or 3 times a month rather than you know to a week so that would

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be something I would be mindful of especially if you're looking for You know, schools out West, and getting out West is, you know, a plane right away, and not everybody has access to that.

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Or has the time for that very you know at their fingertips.

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So that's one thing, and I would also say too is that the student side.

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I've heard a lot of students maxing out their common application.

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So if you're not aware of already the common app allows you to apply to 20 colleges, and even through my interning experience here, I've seen some students knock that out completely.

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And then they wanted to panic mode realizing that they didn't necessarily apply to the right schools, for them.

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They just applied to schools that other people told them to apply to like their friends or the Internet, or, you know, Chat room, Tiktok.

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Whoever, so you know, I think it's really wise to look at you as a person, and what works best for you, because it also lends into my piece of advice you know this is the most selfish process that you're going to

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have in your young adult life. you're gonna have an opportunity to think about what works best for you.

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And your next chapter of your life. So think about. You know what type of classroom environment have I thrived in, you know?

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Was it when I was online to britney's point you know Did I thrive in that environment?

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Is that what i'm looking for a fully online degree am I looking for?

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You know, an opportunity to work with faculty, who are going to know my name when I walk through that door, and versus being a lecture hall, you know those things really do matter, and you know, and some students are always going to be after those

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big name colleges and they're going to say that i'm going to Ruckers because brockers is rockers. Rockers has football ruckers as rockers.

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And then there's gonna be the other student that says you know I want the smaller school like Rider, and you know I want to know that when I walk on campus, you know that crazy lady on Zoom Jess is gonna remember me from the

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panel. You know and those things matter so you're going to have these different experiences, and you have to really do some great reflection.

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You know whether it's the vlog that you know cats suggested at the beginning, or just having in your notes at things that you like the pros and cons list, because you have to worry about yourself it doesn't matter what your friend

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is doing what your sibling is doing, what anybody else is doing.

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You have to worry about you. and even if you had an older sibling that went to, you know, a school out West, it's okay.

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If you stay in New Jersey, New Jersey has a lot of great schools, so you have to think about what you want next in your life, and of course, collaborate with your parents.

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You know, have open conversations about what's realistically you know feasible financially.

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You know what's that gonna look like you know are they going to help fund your education?

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Is that not going to be something that they're going to help provide for you?

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So you know, also being realistic and also looking to your school counselors, too.

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You know they've been all doing this for a very long time, and there's great tools like aviance that can truly help you.

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You know, match what you're looking for based on a ton of criteria.

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So there's a lot of resources out there and it can be very overwhelming of what's the right one to look at.

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But there's a lot of great people whether it's the college admissions or reps like us, or your school counselors, you know, that can really help you through this whole process.

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And we can kind of be on your team, so to speak.

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All right, Jade, tell us what your thoughts are. Oh, I think I went.

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Yes, you did. Okay. So everyone went we're all good Oh, my goodness, it's my turn, Maybe so a couple of things just to bring it home.

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Thank you again to our panelists. I do want to let the students and the parents know that this is a whole program that we put together.

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So it's college planning 101 it's our college panelists, and then we do the college fair, and and this piece tonight was about the application process and admissions, because we want you to be prepared as you're

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making those visits As You're doing your research for the kinds of questions that you should be asking, and the kinds of things you should be thinking about next September in the beginning of senior year.

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We hold another event which is our college application and financial aid night so we're not going to leave you hanging.

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There's more information that comes. So this we're going to see all the way through this process, and I think the other thing that goes back to you know best fit philosophy when we hear students in our office.

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Come and say, well, what are colleges looking for our answer is they're looking for?

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You to be your authentic self. So when you are genuine in what you pursue in the in the projects, in the in the after-school activities, and whatever it is, you do in the coursework that you do and you look

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for schools that fit that those are the schools for you if you start to contort yourself because you think that's what school a wants, or what's school?

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Z. wants. Then you're you may find yourself being accepted to that school, but it's not your real self that's being accepted that school.

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So we pride ourselves on working with our students and our families to make sure that the school that you pick is a good fit for you is a school that you're gonna stay at and we're proud to say that our stats bear

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that out, You know, over the last 5 years, our persistence rating for our students who leave Morestown High school and go off to college is in the 95% range.

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That means that they go to college. They return to year 2 at the same college.

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So we want to make sure that you have the support that you need in order to make a decisions and to think about the things that you need to do.

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Next, as just said, and as they've all been saying school counselors, school counselor, school counselor, college admissions are up, college admissions for college admissions, rep those are the people that you need to be talking

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to so i'll open the floor I didn't see any Q. and A.

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As we were going along. but we will take any questions, and if for folks are out there and you think of questions that that you have afterwards, you can email those to me.

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Oh, sorry you can email this to me and I will pass them along as just said She's she's in the counseling office with us, so we can certainly tap into her and you know kevin jade and

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Brittany are always available to talk with us as Well, okay. Well, I'm seeing no questions, and I think I've done the appropriate amount of wait time. my classroom teacher coming out of me so i'm gonna

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wish everyone a good night, and thank you to Kevin and Brittany, and Jade, and to Jess for for coming out. All right.

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Thank you so much. Everyone have a good night we're going to post this recording in a couple of weeks.

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Once it gets through our Ada process. Oh, we do have a question.

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Oh, it was a thank you. Thank you. So thank you all very much.