

**WELCOME TO FRESHMAN YEAR!**  
**2020 - 2021**

**YOUR GUIDE TO COLLEGE PLANNING  
PROGRAMS OFFERED BY THE OFFICE OF  
COLLEGE PLACEMENT AND GUIDANCE**  
(Subject to Change)

**BISHOP EUSTACE PREPARATORY SCHOOL**

## **A ROAD MAP THROUGH BISHOP EUSTACE** from the perspective of College Placement and Guidance (CPG)

### **GRADE NINE:**

- FALL:* adjust to Bishop Eustace (ask for help if you need it)  
make new friends by joining activities and getting involved  
learn effective study skills and use your planner every day  
be proud to take school seriously  
use your orientation groups to your benefit  
-ask questions, find out about student tutors  
-use your prep time wisely  
-find out about your learning style
- WINTER:* prepare for exams and do your best  
select classes for sophomore year  
-consider a more challenging schedule (Honors classes, e.g.)
- SPRING:* sit for PSAT™ 8/9 (achievement tests) and do the best you can  
consider summer programs for learning and enjoyment (information about these available in CPG)  
for those in Honors Biology, register for appropriate SAT Subject Test™ in June

### **GRADE TEN:**

- SEPTEMBER:* get off to a good start in school!  
renew old friendships--make new ones  
continue with activities begun in freshman year
- OCTOBER* sit for Preliminary Scholastic Assessment Test (PSAT/NMSQT®)  
-this is practice for sophomores
- NOVEMBER* begin thinking about your strengths  
see your counselor for preliminary discussion of college selection  
plan to visit a local college over Christmas break
- DECEMBER* study hard for exams and do your best!
- FEBRUARY:* select classes for junior year with your counselor;  
challenge yourself, explore electives;  
ask your counselor about courses best for college
- MARCH:* sit for PreACT (achievement) tests  
consider summer programs for learning and enjoyment  
participate meaningfully in the career counseling groups in CPG for those in advanced classes, consider registering for SAT Subject Test™ in June
- JUNE:* study hard for exams and do your best!  
consider some informal visits to college campuses (talk this over with your counselor)

## **GRADE ELEVEN:**

- SEPTEMBER:* get off to a great start in school!  
attend local College Night presentations  
ask your counselor about college Open House programs  
check the College Visit Calendar in Naviance, on the CPG bulletin board or in homeroom  
-attend the presentations for colleges that are of interest to you  
learn about National Honor Society requirements and apply if qualified
- OCTOBER:* sit for Preliminary Scholastic Assessment Test (PSAT/NMSQT®)  
learn about the National Merit Scholarship competition based on the PSAT™  
consider registering for SAT Reasoning Test™ in December
- NOVEMBER:* encourage your parents to attend the CPG College Night for Junior Parents (see school calendar)
- DECEMBER:* study hard for exams and do your best!  
participate in the college counseling groups in CPG (these last through March)  
consider summer learning and enjoyment--explore the CPG database for academic programs  
consider registering for SAT Reasoning Test™ in March
- FEBRUARY:* begin to focus your search for majors and colleges
- MARCH:* consider registering for SAT Reasoning Test™ in May  
register on FASTWEB to begin your scholarship search  
continue to use the Naviance program at home to refine your college search
- APRIL:* begin to plan college visits and interviews  
consider registering for SAT Reasoning Test™ in June  
plan to take June SAT Subject Tests™ for colleges requiring them
- MAY:* continue planning and making college visits  
for those in AP® classes, sit for AP® exams and do your best!
- JUNE:* for those required, take SAT Subject Tests™ and do your best!  
plan for summer college visits and interviews  
plan to work hard on summer assignment of practice college essays for English  
for those planning on varsity athletics in Divisions I and II of the NCAA,  
complete NCAA Clearinghouse registration (available online)
- SUMMER:* consider registering for SAT Reasoning Test™ in August

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## **GRADE TWELVE:**

- SEPTEMBER:* get off to a strong start in school  
-exercise leadership, try a few new things  
continue work on college applications and essays  
continue visiting colleges and narrowing choices  
consider registering for SAT Reasoning Test™ in October  
attend local College Night presentations  
participate in college planning groups conducted in CPG
- OCTOBER:* begin to submit applications/update college list in Naviance  
-Early Decision/Early Action--most due November 1/15  
continue visiting colleges and narrowing choices  
consider registering for SAT Reasoning Tests™ in November  
attend local College Night presentations  
double check to see you have met all testing requirements for the schools to which you are applying  
meet with your counselor regularly to discuss your progress  
encourage your parents to attend the CPG Financial Aid Night in October  
obtain Free Application for Federal Student Aid (FAFSA) from CPG, complete, and mail as soon as possible
- NOVEMBER:* consider registering for SAT Reasoning Test™ in December  
continue submitting applications/update college list in Naviance  
continue visiting colleges and narrowing choices  
meet with your counselor regularly to discuss your progress  
all applications with deadlines from Dec. 15<sup>th</sup> to Jan. 15<sup>th</sup> due in to CPG on the Tuesday after Thanksgiving break
- DECEMBER:* continue submitting applications/update college list in Naviance  
continue visiting colleges and narrowing choices
- JANUARY:* continue submitting applications/update college list in Naviance
- MARCH/APRIL:* receive and review college acceptance offers  
receive and review college financial aid offers  
make final decision regarding college you will attend
- MAY:* be certain you have notified the college you will attend by May 1 (Candidate Reply Date Agreement)  
***Complete the Graduation Survey in Naviance***  
for those in AP® classes, take AP® exams and do your best  
**--be certain to submit scores to the school you will attend.**

***GRADUATE!***

## **WELCOME FRESHMEN**

We congratulate you on your achievement of earning a place at Bishop Eustace Preparatory School and look forward to meeting each and every one of you in the near future.

The **Office of College Placement and Guidance (CPG)** exists to provide support in many aspects of your life at Bishop Eustace. We are located on the first floor of Martorelli Hall on the wing closest to Crusader Hall. You may have attended a school that had guidance or counseling offices in the past--our office does similar things in addition to what is described below:

### **FRESHMAN ORIENTATION**

This course, which meets both individually and in small groups in our office, offers students a comfortable setting in which they will discuss practical aspects of life at Bishop Eustace Prep. Topics to be discussed include:

1. Class Schedule (use of prep time)
2. Study Skills (time management & test taking)
3. Organizational Skills (use of planner)
4. Introduction to College Terms and Processes
5. Offices and Personnel at Bishop Eustace
6. Social Skills and Activities
7. Learning Styles
8. Exam Preparation
9. Course Selection

### **FOCUS ON STUDY SKILLS**

As an office, we are aware that many of our incoming freshmen were the top students in their class in eighth grade. They may have been considerably brighter than others in their classes and consequently may not have needed to study as often as Bishop Eustace will require. We have several avenues for students to brush up on their study skills:

1. Learning Styles Inventory offered as a component of the Freshman Orientation Program. Results are reviewed in small groups and individually with students.
2. The use of Prep Time to meet with teachers is encouraged. This concept is integral to our college preparatory program. Students are afforded the time and opportunity to meet with their teachers to address individual needs.
3. Individual Meetings with student's counselor to address specific weaknesses in study skills and learn GPA calculation.

## **PRACTICAL ADVICE FROM THE COUNSELORS**

Remember that everyone in your class is experiencing a new situation. While some people may seem to be very comfortable socially or academically, most will have a period of adjustment. The counselors are here to help you with your questions and concerns. Communication with your counselor, your teachers and your parents is essential to a smooth transition into a new school. We have a few helpful hints that will help to make the first quarter at Bishop Eustace a very positive time for you.

1. Ask for help as soon as you need it. If something is mentioned in class and you do not understand, ask a question or see your teacher after class that day. Do not wait for things to clear up later. Your counselor wants to know if you are struggling or if we can help you in any way. We are here to listen to happy news as well as challenges. Stop in to see your counselor any time that you want to talk.
2. Take responsibility for your actions and for your decisions. Most mistakes can be corrected with prompt action. If you find yourself in a difficult situation, seek assistance from your counselor, your teacher, or one of the administrators. We are all here to help you. We understand teens and like working with young people.
3. Prepare for tests and papers in advance. Do not wait until the night before a test to begin to study. Use your planner to budget your time. Save study materials from class tests to use to study for midterms and finals.
4. Have some fun this year. Go to the dances and to the athletic events. Reach out and make a new friend. Join a club or two. Bishop Eustace offers many opportunities to get involved. Take advantage of the chance to pursue new interest. Everyone needs some time to relax and appreciate the people around him or her.
5. Freshmen are encouraged to seek assistance with their studies should they find classes difficult. The National Honor Society provides student tutors for those students seeking help with their studies. Anyone interested in a NHS Tutor should contact their guidance counselor for further assistance.

## **UNDERSTANDING THE “CYCLES”**

Bishop Eustace runs on a six-day letter cycle. The first day of the cycle begins with the letter “A” and ends with “F”. When there is a day off from school or the quarter has ended, the cycle will continue from the point it had ended. Other than the first full day of school, the only other time in which the cycle is “reset” is when the first semester has ended and we begin with the second semester. The following is an example:

Monday-A Day, Tuesday-B Day, Wednesday- C Day, Thursday-*Holiday*, Friday- D Day  
Monday- E Day, Tuesday- F Day, Wednesday- A Day, and so on...

## COURSE SELECTION PROCESS

This process begins in earnest after Christmas break. Teachers will discuss with their classes the opportunities for Honors courses and will encourage specific students to apply for honors classes. The counselors will meet with their students early in February to outline the course offerings and to distribute course selection sheets and booklets to students. Students will have time to discuss course selection with their parents and to schedule an individual meeting with their counselor before course selection is completed in March. **A word of caution: Honors applications are due from the students to department chairpersons in February. If you are interested in Honors classes, you must comply with departmental deadlines for your applications.**

## TESTING

Freshmen will take the PSAT™ 8/9. The test consists of Verbal, Mathematics and Writing sections. Testing is conducted in the second semester.

### SAT REASONING TEST™ / SAT SUBJECT TEST™

The SAT Reasoning Test™ is a three and one-half hour test of reading, writing and mathematical ability. Typically, students begin taking the SAT Reasoning Test™ after they have taken the PSAT™ in their junior year. The SAT Subject Test™, which are hour-long tests in a particular subject area, may begin as early as June of the freshman year.

At the conclusion of freshman year, if a student is certain that they will take no advanced classes in a particular subject, it is appropriate to take the SAT Subject Test™ in that subject area. For example, if a student is in Honors Biology and has a strong aptitude for the subject, they can consider taking the Biology SAT Subject Test™ in June of their freshman year. For most students, it is appropriate to wait until sophomore or junior year to begin taking SAT® tests. Please discuss this situation with your counselor.

## **FUTURE YEARS**

### **SOPHOMORE YEAR CAREER EXPLORATION**

This small group course meets for four sessions. Students will be provided with opportunities to explore their interests by means of surveys and discussions. Students will review the results of their 2<sup>nd</sup> semester testing and will complete two career inventories designed for high school students. They will be introduced to the extensive resources held in College Placement and Guidance regarding occupations, careers, earnings and the job market.

### **JUNIOR YEAR INTRODUCTION TO COLLEGE SELECTION**

This second semester course will take students from the beginning stages of defining majors and criteria for college selection to the development of a college list and an in-depth discussion of the college application process. During this course, parents are invited to schedule an appointment with their child's counselor to discuss the outcomes of their child's college search.

### **SENIOR YEAR COLLEGE PLANNING**

This three-session course is designed to encourage students to engage immediately in the College Application Process. Lists are refined, testing and interviewing are discussed, and students are reminded of the procedures for submitting applications that are used in the College Placement and Guidance Office.

### **College Placement and Guidance uses the Learning Style Inventory.**

Students will be given feedback on their preferences in the following categories. After each score summary a brief description of the category and suggestions for optimal study experiences are offered. The descriptions of the preferences are designed to be easily understood by the typical ninth grade student. The preferences measured by the inventory are as follows:

Visual Preference

Auditory

Kinesthetic Preference

The results are used to identify best practice study skills that work for each individual.



## COMMON MISCONCEPTIONS REGARDING THE SAT REASONING TEST™

### **The SAT® is the most important criterion for college admission...**

...well, it is not *unimportant*, but the primary criterion for admission to virtually every college and university around the world is academic performance—strength of courses taken and grades within these. The SAT® may gain in relative importance for scholarship competitions; for schools within the Ivy League and the California university system (because of the indices which they utilize to “compare” students”); and for certain schools with highly technical requirements but it is not the most critical part of one’s application.

### **SAT® scores from different test dates are independent and do not accumulate on a student’s testing record...**

...actually, each and every SAT® test that a student takes goes on record from grade nine forward. There are options for choosing which scores are to be sent to colleges; however, most often all scores are transmitted cumulatively.

### **If one takes the SAT® more than one time, the colleges and universities average out a student’s scores from among the times the test is taken...**

...no colleges and universities known to this counseling office engage in such a practice. At most admissions offices you will receive credit for the **highest** verbal score, the **highest** math score and the **highest** writing score, independent of when these were taken. For instance, let’s say you take the SAT® in May of junior year and score 700 verbal, 550 math and 600 writing. Then, in senior year, you take it again and you get 650 verbal, 650 math and 600 writing. Your reported score for the purpose of college admissions is then 1950—the 700 verbal from your first date, the 650 math from your second date and the 600 writing.

### **Students should avoid signing up for the May SAT® test date because that is when all the competitive juniors/National Merits (choose one) take it...**

...first of all, National Merit candidates must submit an SAT® from the fall of senior year to move along in their scholarship competition. Secondly, although SAT® profiles can vary among test dates, the differences are negligible—and the College Board adjusts the scoring band so that even the slightest variations are addressed. It does not matter when you take the SAT as regards its scoring impact.

### **If you do not take the SAT®, you cannot be admitted to a college...**

...there are more than a hundred four-year colleges and universities—some of them quite selective and of high quality—for which SAT® submission is **optional**. You can check [fairtest.org](http://fairtest.org) for a list. Additionally, virtually every college and university in the country will accept the ACT in lieu of the SAT®.

## **SUGGESTED DATES TO SIT FOR THE SAT SUBJECT TEST™**

The SAT Subject Test™ program provides a series of content-based tests in various high school academic subjects. Only about 5% of colleges nationwide require or recommend that an applicant sit for these exams—the list of schools with such requirements can be found in College Placement and Guidance. Each examination is one hour long. The SAT Subject Test™ is designed to be taken after a student reaches a certain level of proficiency in the subject being assessed. The following guidelines are consequently provided to aid students as to the most opportune/optimal times to take a given SAT® exam.

- SAT® Literature – end of junior/first half of senior year
- SAT® United States History – end of second year of US History
- SAT® World History – end of one year, upper-level World History course which includes some geography
- SAT® Math I – end of Algebra II
- SAT® Math II – end of Precalculus
- SAT® Biology E/M – end of one year of biology/while taking AP Biology
- SAT® Chemistry – end of one year of chemistry/while taking AP Chem
- SAT® Physics – end of one year of physics/while taking AP Physics
- SAT® Languages Reading Only – ideally after three years or into fourth year  
(SAT Subject Test™ in German, French, Latin, Spanish, Italian and Modern Hebrew are available)
- SAT® Languages with Listening  
(SAT Subject Test™ in Chinese, French, German, Japanese, Korean and Spanish)

The SAT Subject Test™ is offered on all national tests dates except the one in early spring (late March/early April). Not every SAT Subject Test™ is offered on each of these dates. Please consult the SAT Subject Test™ yearly schedule printed on the back cover of the SAT Subject Test™ Program informational booklet available in CPG.

The SAT Subject Test™ program used to be called “Achievement Tests”. While the SAT Reasoning Test™ consists of verbal and math sections over a three-hour period, the SAT Subject Test™ is one hour long and is subject-based. The SAT Subject Test™ is available in sixteen different content areas, including math, science, literature, social studies and world languages. The SAT Subject Test™ is neither required nor recommended by the vast majority of colleges and universities. College Placement and Guidance publishes a list annually of those institutions that require or recommend the SAT Subject Test™ and it can be found in the office of College Placement and Guidance. In general, the more selective colleges and universities and those with more specialized programs tend to require or recommend the SAT Subject Test™.