Cary Academy College Counseling Program Overview

**Timeline for Grades 9 and 10**

Grades 9 and 10 are focused on creating college awareness, emphasizing the importance of taking ownership of one’s learning in the early years of high school. We want students to understand that the work they do now will be part of their college record. In addition, we encourage underclassmen to “build a life,” to get involved in activities and to explore interests, in school and/or outside Cary Academy.

**Freshman Year**
- Introduction of the College Counseling Office at freshman class meeting
- Evening with the College Counselors for freshman parents (Optional)

**Sophomore Year**

**Fall**
- PSAT (practice SAT) – administered at CA

**Winter**
- Start-of-T2 check-in with sophomores in English classes
- Evening with the College Counselors for sophomore parents (Optional)
- Admissions Deans Panel – Experts in college admissions answer questions about the college search and application review; sophomores and parents are invited to attend

**Spring**
- Sophomore College Night for students and parents
- Course planning—College counselors meet with sophomore advisors to review each sophomore’s proposed schedule for junior year
- PreACT—administered at CA

**Timeline for Grades 11 and 12**

Grades 11 and 12 are focused on the college search, exploring colleges and universities that will be the best match for the individual student based on his/her interests, goals and family considerations. We do close one-on-one work with students and families in Grades 11 and 12, helping to develop college lists, plan testing, select recommenders, and work on college applications and essays.

**Junior Year**

**Fall**
- College visit on class trip to Washington, D.C.
- Junior College Night for students and parents
- College admissions representatives (approximately 80-100 per year) visit CA and meet with interested juniors and seniors throughout the fall
- PSAT (practice SAT)—administered at CA
- Trimester Break – sample college visits with family encouraged

**Winter**
- Admissions Deans Panel – Experts in college admissions answer questions about the college search and application review; this program is targeted for juniors and their parents
Students and parents complete college questionnaires in advance of individual meetings.

Individual meetings with college counselors begin. Initial meetings focus on counselors getting to know students; reviewing standardized testing plan; discussing courses for 12th grade; and developing preliminary college list.

Alum/Senior Panel on the college search in advisory.

Spring

- Individual meetings continue with students and parents
- Trimester Break – college visits with family encouraged
- Resume Writing Workshop in advisories
- Practice College Interviews with PTAA and CA parents who are college alumni interviewers
- Junior College Workshop – Students become admissions officers and review sample applications with a dean of admissions from a local university

Senior Year

- Senior College Night for students and parents
- Individual meetings throughout the year
- College admissions representatives visit CA (see above)
- Essay workshops in English classes and individual essay/application review throughout fall
- Senior College Application Workshop during PSAT for 10s and 11s
- Distribution of scholarship information throughout the year
- Alumni Panel – transition to college

***Every other year, the College Counseling Office co-ordinates a College Athletics Panel with the Athletics Department. Most years, we also co-host with area independent schools a Financing College evening program for parents.

Notes