

# COLLEGE COUNSELING

# WORKSHOPS & PRACTICAL APPLICATIONS

## ACADEMIC ADVISING

Course selection for specific interests and majors, extracurricular involvement, and time management.

## PARENT COFFEES

Informal question and answer sessions regarding how to support students throughout high school and how to navigate the college process.

## PREVIEW TO TESTING EVENING

An event to better acquaint sophomore and junior students and their parents with the purposes and timing behind the PSAT, SAT, SAT Subject Tests, and the ACT.

## THE COLLEGE PROCESS 11: VOICE AND VISION

A semester-long course taken by all juniors in which students learn about the educational choices involved in finding colleges that are a good fit for their individual talents, accomplishments, and learning styles; types of colleges, majors, and general education programs; and, reading and evaluating applications.

## COLLEGE KICK OFF

Junior students and parents hear firsthand from second-semester seniors and parents on the highlights of the college application process. Topics include: testing, letters of recommendation, essays, visiting colleges, and interviewing.

## COLLEGE TOUR

Each spring during Interim Week, College Counseling leads a tour of colleges and universities hosted in partnership with a professional education company. Through personal visits to campuses, guided tours and information sessions, students gain firsthand experience of different types of institutions.

## CIRCLE GROUPS

Seniors lead small-group, lunchtime discussions with juniors during the spring. By providing peer mentors, the program promotes a healthy approach to the application process, encouraging juniors to be self-reflective while exploring a range of options and ideas.

## CASE STUDIES EVENING & COLLEGE FAIR

Hosted by Westridge for more than 30 years, the Case Studies event invites students and parents to act as members of a mock admissions committee in a simulation led by 45 deans and directors from the country's most selective colleges and universities. Participants learn firsthand about the importance of the transcript, letters of recommendation, essays, and testing in the admission process. The evening concludes with a college fair.

## INDIVIDUAL AND FAMILY MEETINGS

Personalized discussions and support for every aspect of the college admission process with students and parents.

## LETTERS OF RECOMMENDATION

Counselors assist students in determining strong and relevant academic, athletic, community service, work, and special talent references.

## COLLEGE OPPORTUNITIES

Exposure to special diversity programs, scholarship opportunities, local informational sessions, summer opportunities, and educational programs offered at colleges and universities year-round.

## JUMP START WORKSHOP

A week-long intensive program offered prior to the start of senior year. Through self-reflective exercises, as well as essay and résumé workshops, participants uncover their personal narrative, and have a strong, rough draft essay and a completed résumé at the conclusion of the workshop.

## SENIOR PARENT NIGHT

A parents-only event to learn how to support your senior in the college process, as well as how the College Counseling Team helps families navigate and manage applications and outcomes.

## THE COLLEGE PROCESS 12: YOUR CHOSEN PATH

A semester-long course taken by all seniors, this seminar assists students in navigating the college application process. Significant emphasis is placed on application logistics: finalizing recommendations, working on essays and short-answer questions, preparing for interviews and college visits, completing applications, and applying for financial aid and scholarships.

## COLLEGE REPRESENTATIVE VISITS

Admission officers representing more than 130 colleges and universities from the United States and abroad visit the Westridge campus annually. Students meet individually or in small groups with representatives to learn more about their institutions as well as their admission process.

## COLLEGE ANALYSIS

Guidance toward developing a thoughtful prospective college list taking into consideration academic, financial, and personal fit.

## HANDS-ON ESSAY SESSIONS

Individual meetings with college counselors and teachers to assist in the development, structure, and completion of essays, short answers, and supplementary materials are offered.

## INTERVIEW PREPARATION

Students learn about the interview process in The College Process 12 class and in a dedicated workshop. They practice interviewing both in seminar and in individual meetings with a college counselor, as needed, to prepare for college admission interviews. Emphasis is placed on how to make a good first impression and thoughtful questions to ask.

## HANDS-ON APPLICATION WORKSHOPS

College Counseling team leads sessions on completing and submitting the Common Application and the University of California Application.

## FINANCIAL AID WORKSHOPS

Instruction and guidance offered by a college financial aid expert on how to navigate the process by completing the Free Application for Federal Financial Aid (FAFSA) as well as the CSS Profile. Information on scholarships, grants, and loans is also provided throughout the year.

## APPLICATION SUPPORT MATERIALS

The Westridge College Counseling team coordinates the submission of items such as the secondary school report, counselor and teacher letters of recommendation, school transcript and profile, mid-year report, and final transcript to every college, university, or scholarship requested.

## COLLEGE CONVERSATIONS

Seniors speak with members from the most recently graduated class who return to campus during Homecoming to discuss their transition to college at their respective schools.

## "OH, THE PLACES YOU'LL GO" LUNCHEON

**Juniors meet with seniors who have just committed to a college or university. A picnic lunch provides a perfect opportunity to discuss strategic planning, moral support, and practical advice from seniors who have decided "the places they'll go."**

## COLLEGE CONNECTIONS

Hosted in partnership with Alumnae Affairs, the College Connections Parade and Fair gives Upper School families an opportunity to talk to recent alumnae about the college or university they currently attend or from where they graduated. Current seniors, having recently committed to a college or university, are also present to talk about their college process and outcome. Additionally, Westridge faculty, staff, and administrators are on hand to help introduce and expand students' "college knowledge" in a fun-filled familiar atmosphere.