

St. John Vianney High School

College Guidance Handbook  
for Parents and Students  
2019-2020



*Men of Character & Accomplishment*

## **Vision**

At St. John Vianney High School, through the collaboration of the guidance curriculum, leadership center, faculty, staff and community, young men learn and possess academic, social, emotional, and critical thinking skills that will prepare them for collegiate, career and life-long learning. All students will participate in grade level appropriate lessons that provide them the knowledge to both obtain and attain personal and spiritual growth.

## **Mission**

St. John Vianney High School Counseling and Leadership Center is dedicated to advocating on behalf of our young men academically, socially, emotionally, and spiritually to provide an inclusive and fully implemented guidance curriculum rooted in the Catholic Marianist Tradition.

## **Beliefs**

St. John Vianney school counselors believe:

- All students can achieve high academic standards that will result in college and career readiness.
- In creating equity for knowledge and diverse opportunity to a college preparatory curriculum.
- Integrity and character development parallels academic achievement.
- Analyzing data is essential to the development of our comprehensive guidance curriculum translating to student success.

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## **Welcome From the Guidance Department**

Welcome to St. John Vianney's School Counselor handbook. The goal of our department is to make sure parents, students, teachers, and the community are aware of all the services we offer in the Leadership Center. We recognize the path through high school is not always a straight one and we are dedicated to supporting the young men of our school through this exciting time. The leadership center is the main hub for student support services. In the leadership center, you will find three master's level school counselors, a Masters level onsite learning consultant, and an office manager, who helps keep all of the wheels of the department in motion. St. John Vianney prides itself on being one of the leading college preparatory Catholic High Schools in the St. Louis area. With this recognition and distinction comes great responsibility to ensure our young men are not only receiving a superior academic education but a strong foundation of faith and character development.

While attending St. John Vianney, each student will be assigned a guidance counselor who will follow him all four years. We believe this continuum of care and relationship building is an essential part of a successful student at Vianney. During your son's time at St. John Vianney, you can come to expect open communication in regards to concerns, successes, and potential opportunities for your son from his counselor. We as a department will be interacting with the young men by providing in class counseling lessons from our comprehensive guidance curriculum as well as individual meetings with each student every year. These meetings will provide an opportunity to ensure the success of each student academically as well as to address any social and emotional concerns. You can expect from our department a number of public speakers to address the social and societal concerns he may be facing during this developmental time. We will also guide your son through the registration process in choosing the appropriate courses which will help further his interests once he leaves Vianney to attend college.

We believe the college search process is an integral component of our department. This process will be guided through our Family Connection services through the Naviance computer program. We will begin to discuss college and career readiness during their freshman and sophomore years. However, junior and senior year is when the process really begins. Finding the right college or university to attend is a process that involves not only the counselors, but teachers and parents alike. To ensure the best fit for our students, we will offer them a number of assessments and tools which will help them identify their strengths and unique personality types in relation to potential careers, future goals and ambitions. Furthermore, St. John Vianney's guidance department hosts one of St. Louis' largest college fairs. We also host over 60 college representatives who come to our building to meet directly with our students each year.

As a department, we are dedicated to cultivating genuine relationships with our students and their families. We know these relationships are the foundation for their future in learning to advocate for themselves academically as well as in their everyday lives. We look forward to partnering with students, parents, teachers, and our Vianney community as a whole in supporting your son through this exciting adventure. Please reach out and get to know us! We are all a team working towards the same goal, *Developing Men of Character and Accomplishment* in the Catholic Marianist Tradition.

Sincerely,

**St. John Vianney's Guidance Department:**

**Katie Holman, M.S., LPC**

*School Counselor*

Last Names A-F

**Marsha Dempsey, M.A.**

*College and Career Counselor*

Seniors A-M

**Adam Erickson, M.S.**

*School Counselor*

Last Names G-M

**Tammy Ring, B.S.**

*Learning Consultant*

**Dennis Matreci, M.A.**

*Academic Specialist/Registrar*

**Bob Meyer, M.A.**

*School Counselor*

Last Names N-Z

**Sue Dombek**

*Guidance Assistant*

**Guidance Calendar Dates  
2019-2020**

<b>Date</b>	<b>Time</b>	<b>Event</b>	<b>Location</b>
Monday, August 12		Freshman Parent Meeting Senior Parent Meeting	Cafe
Tuesday, August 13		Freshman Parent Meeting Senior Parent Meeting	Cafe
Wednesday, September 4	6:00 pm	College Information Night	Media Center
Tuesday, September 17	6:00 pm	College Fair	Field House
Wednesday, October 2	6:00 pm	FAFSA Night	Media Center
Wednesday, October 16	9:00 am 9:00 am	PSAT Administration(S&J) Practice ACT (J)	Classrooms Classrooms
Tuesday, February 25	8:00 am	ACT Administration (J)	Classrooms
Wednesday, March 4	6:00 pm	College Planning Night	Media Center
Monday, March 30	6:30 pm	Senior Parent Meeting	TBD
April - TBD	6:00 pm	NCAA Information Night	
Wednesday, May 6	9:00 am	ASPIRE (Fr & So)	Classrooms

# A College Admissions Timeline for Parents

## *The Freshman Year*

- The Freshman year should be an enjoyable transition from grade school to high school. Students need to adjust to their surroundings, by making new friends, finding ways to become more organized with a planner and by getting involved. They should stay open-minded and learn how to experiment with different sports, activities, and organizations. The Freshman year should also be considered as a fresh start with the chance of working towards a high GPA that will lead to the challenge of being ready and prepared for their future choice in College.
- The post-freshman summer should be an enjoyable one for the students. Do keep in mind that they will be held responsible for completing twenty hours of Community Service. They will still have plenty of free time to enjoy the summer and possibly find a job to start saving for college. We also encourage the Freshman to read a book or two so as not to completely get away from their educational process. Reading a good book will always be beneficial to a young student, whether it be one of interest, academic or fictional.

## *The Sophomore Year*

- Usually by the beginning of the sophomore year your son has found a few activities that he enjoys, possibly a sport, club, activity, organization, or a combination of these. However continue to support and recommend your son to stay involved or to try something new and different.
- When it comes time for your son to begin his course selection for his Junior year, please make sure to keep a few things in mind because the Junior year is important for many reasons. In many ways it is considered to be the first step toward college planning. . Students typically do well their Freshman and sophomore years but it is not until the junior and senior years that the courses begin to become increasingly difficult and more specialized. Students, if qualified (Overall 3.0 GPA and teacher recommendation) may take advantage of Honors and Advanced Placement courses. The course selection process should be one where parents, students, and counselors create the right balance of courses, with the appearance of appropriate rigor. By doing so we are allowing students to succeed rather than fail. Allowing students into courses where they lack the proper preparation places undue stress on students and parents. It is important to push the student to his fullest potential but not to put him in a situation that he's not properly prepared for.

## *The Junior Year*

- The Junior year is instrumental in obtaining an overall high GPA and ACT score to open up the doors for college acceptance and the offering of merit based scholarships
- Please keep in mind that Colleges will accept students based on their overall GPA after their Junior year. It is very important that they keep their GPA as high as possible.
- The student's Counselor will be meeting with the student and their parents to discuss the College planning process.
- With the beginning of the second semester, the months of January, February, March, April, and May: The whole process of preparing for college begins. Students should consider taking the ACT anywhere from three to five times before December of their senior year.
- In the post-junior summer: many experts agree that students really begin to change during the beginning of their path in finding the right college for them. Students should begin to seriously contemplate where they will be attending college. It is the time when they should be taking full advantage of the Naviance/Family Connection program that is offered to all students and parents. All students have access to this program and can start researching and setting up college visits by utilizing this most important program. By setting up college visits, students will actually begin visualizing themselves as college students, taking classes, as they stand on a campus. They begin meeting college-age students like themselves. Some students will fall in love with a college as soon as they set foot on the campus. According to the National Association of College Admission Counselors, the number-one reason students choose to enroll at a specific school after they have been accepted is the "feel" of the campus. The college visits are also a great time to schedule interviews. Sit in on classes and get to know some of the students, faculty and staff of the college of interest.

## *The Senior Year*

- Starting in the summer and following through to Dec. 1st is when a Senior should be putting forth his full effort in researching, planning and filling out applications to the colleges and universities of his choice. It's probably in his best interest to apply to at least three or more colleges. If a student is not accepted into his first choice it's always good to have a backup plan or two. Once again this is an excellent time to take advantage of the Naviance/Family connection program where he can apply to any college or university in the United States.
  - Seniors should meet with the college counselor at the beginning of his Senior year in order to review his transcript and activities; edit and revise their activities/honors resume; discuss with the college counselor colleges they are interested in attending; refine the list and decide on the schools to which they will be applying. Qualified admission must be a factor in the selection process. Being realistic in the process will be to the student's advantage.
  - After the student has completed his application to a college he should then request his counselor to send his transcript through the Naviance/Family Connection program.
  - If a student chooses to use The Common Application for applying, he will also need to request two teacher recommendations.
  - Students should also keep in mind that if they want to be eligible for merit based scholarships that they need to apply to the school and take their final ACT by Dec. 1st. It is important that they check with the school to make sure that they fulfill the school's deadline.
  - It is important for the student to keep up his grades and to continue to stay involved with his life at St. John Vianney and make the most of his Senior year.
  - The student and parents should keep in mind that their son's Counselor is an instrumental resource in helping them with the entire College process.
  - This is not only a busy time for the students and filling out their applications but it is an extremely busy time for the colleges as well, most colleges will begin mailing out regular decision acceptance letters around March 15

## **Potential Days to Visit Colleges 2019-2020**

Monday, September 2

Friday, September 27

Monday, September 30

Wednesday, October 16 (seniors only)

Monday, November 4

Monday, January 20

Friday, February 14

Monday, February 17

Tuesday, February 25 - 12:00 p.m. dismissal - Juniors Only

Monday - Friday, March 16-20

Wednesday - Monday, April 8 - 13

Wednesday, April 29 - 12:00 p.m. dismissal - Juniors/Seniors Only

Thursday, April 30 - 12:00 p.m. dismissal - Juniors/Seniors Only

Friday, May 1 - Juniors Only

## **Tests Administered at St. John Vianney High School**

**October 16, 2019:** Practice ACT (Juniors) and PSAT (Optional for Sophomores and Juniors)

**February 25, 2020:** ACT (Juniors)

**May 6, 2019:** ASPIRE (Freshmen and Sophomores)

### **ACT:**

The ACT is a standardized test that measures knowledge based on curriculum and not strictly an aptitude test. The questions mirror academics learned mostly in the junior year of high school through English, reading, mathematics and science courses. All U.S. colleges and universities accept the ACT score. Many schools can award merit-based scholarships dependent on the score obtained by the student.

### **Practice ACT:**

An exam given to juniors that is a replica of the questions on the actual ACT but does not produce a score that is accounted for. It is a good opportunity for students to gain practice with the exam, giving them the ability to understand the types of questions that are on the ACT.

### **PSAT:**

This standardized test is administered by the College Board and also collaborates with the National Merit Scholarship Corporation. Based on these scores, students may qualify for National Merit Scholarships. The very top performers in the country are picked to receive a limited amount of monetary awards.

### **ASPIRE:**

A standards-based system of assessments given to freshmen and sophomores to monitor progress toward college and career readiness.

## Testing Information

At St. John Vianney High School, we provide our students with the best opportunities to fit their learning style to prepare for important testing. Below are the testing dates for the ACT (American College Test) and the SAT at varying testing sites. Vianney also offers an ACT prep course, which you can access below on the ACT Prep Class link.

Vianney's CEEB School Code: 261-780

### 2019-2020 ACT Test Dates

Test Date	Deadline	Scores Available
September 14, 2019	August 16, 2019	September 24, 2019
October 26, 2019	September 27, 2019	November 5, 2019
December 14, 2019	November 8, 2019	December 24, 2019
February 8, 2020	January 10, 2020	February 18, 2020
April 4, 2020	February 28, 2020	April 14, 2020
June 13, 2020	May 8, 2020	June 23, 2020
July 18, 2020	June 19, 2020	July 28, 2020

To register for an ACT test or to find practice questions, visit [www.actstudent.org](http://www.actstudent.org)

**2019-2020 ACT Prep Class** – Mrs. Kheriaty offers an excellent ACT prep course. For detailed information on the course or in order to sign-up, print and fill out linked form ([here](#)) and return the form along with your check to Mr. Meyer in the Leadership Center.

### **2019-2020 SAT Test Dates**

<b>SAT Date</b>	<b>Registration Deadline</b>	<b>Scores Available</b>
<b>Aug 24, 2019</b>	July 26, 2019	September 6, 2019
<b>Oct 5, 2019</b>	September 6, 2019	October 18, 2019
<b>Nov 2, 2019</b>	October 3, 2019	November 15, 2019
<b>Dec 7, 2019</b>	November 8, 2019	December 20, 2019
<b>Mar 14, 2020</b>	February 14, 2020	March 27, 2020
<b>May 2, 2020</b>	April 3, 2020	May 15, 2020
<b>June 6, 2020</b>	May 8, 2020	

Deadlines expire at 11:59 p.m. Eastern Time

To register for the SAT or to find practice questions, visit the College Board website.

# Financial Aid and Scholarships

Financial aid is monetary assistance to help students and families with the cost of college, vocational, and trade school education by meeting both the direct costs (tuition, fees, and books) and living expenses (housing, food, transportation, and personal expenses).

A large number of families eliminated colleges based on cost alone. This is not a wise idea. If a family is unable to afford the full cost at a particular college or university, it is possible that the student may qualify for enough federal and outside assistance, such as merit based scholarships that can make the college of his choice affordable.

There are three types of financial aid:

- **Grants or Scholarships** - These funds are called gift aid and do not require repayment. Grants are usually based on need. Scholarships are based on need and other criteria such as academic achievement (high overall GPA and ACT score) or a special talent.
- **Loans** - These are funds that must be repaid after graduation or after leaving school. Student loans (i.e., the Stafford Loan and Parent Plus Loans) have lower interest rates than commercial loans.
- **Work-Study** - Money earned working on campus is usually arranged for students by the college or university they are attending. For further details, a student should contact the college or university's Financial Aid Office and make sure that they have completed a recent FAFSA application. They can then visit the college or university's website for a list of available campus positions that meet the Federal/State Work Study requirements.

Loans and work-study are commonly referred to as self-help. Financial aid administrators generally put together an aid package that combines gift aid and self-help. Student's eligibility for financial aid depends on the family's EFC score which is established after the student and parents fill out a FAFSA. Every student who applies for aid receives a need analysis outcome from the college or university describing in detail what grants, loans or work study programs that the student and his parents will qualify for.

To apply for financial aid, students may be asked to complete several forms. **The Free Application for Federal Student Aid (FAFSA)** is required for all federal student aid programs. Both the student and his or her parents are required to provide financial and other information on these forms. Please be advised that some colleges or universities may also require completion of their own institutional forms.

**Please note:** FAFSA becomes available on October 1. Families are allowed to use their prior year income taxes to complete the FAFSA. The sooner the better in filling out the FAFSA forms. This will be beneficial for the families in finding out what type of aid that they are eligible for. Parents and students with questions regarding financial assistance and possible scholarship opportunities should speak with their son's school counselor. Families may find resources online to assist with this process. Always be cautious of services requiring deposits for scholarship searches. This is a cost that can be avoided. Listed below is the website that families should use in the process.

For information on the Free Application for Federal Student Aid (FAFSA)

<http://www.fafsa.ed.gov/>

## NCAA Eligibility Information

The National Collegiate Athletic Association Eligibility Center is a department within the NCAA, whose purpose is to ensure that all athletes that participate in Division I and II athletics are academically eligible. There are academic requirements that each student must achieve in order to receive a scholarship to a Division I or II University. The academic requirements, in their simplest form, are a combination of aggregate ACT score and CORE GPA. The higher your ACT score the lower your CORE GPA can be, and vice versa. The ACT score is calculated by adding the top score from each subject test. Top subject scores from separate tests can be combined, also known as super scoring. For example, if a student takes the ACT 3 times and scores an 18/19/20 on the English section and a 21/20/19 on the Mathematics section that student can take the 20 in English from his third attempt while use the 21 from his first attempt and combine those scores. A student's CORE GPA is different than his overall GPA. The core GPA is calculated by only using core subjects' grades. These core subjects are: Mathematics, English, Science, Social Studies, and Foreign Language.

The following link will include more detailed information about the guidelines for students interested in the Division I requirements: <http://www.ncaa.org/static/2point3/>

This link will take you to a site with more detailed information for Division II: <http://www.ncaa.org/student-athletes/play-division-ii-sports>

There are no academic requirements for Division III athletics, as they do not award athletic scholarships.

**Each student is responsible for registering with the NCAA Eligibility Center. This step is suggested to be completed by their JUNIOR year. Once the student is registered counselors can then send in their transcripts to the NCAA to be reviewed. The following link will take you to the website where you can register: <https://web3.ncaa.org/hsportal/exec/loginAction>**

Please feel free to contact your son's school counselor with any additional questions or information!

# NAVIANCE/FAMILY CONNECTION

Naviance/Family Connection is a multi-faceted resource that the guidance department uses for a multitude of lessons in both the college process as well as personal growth for our students. The guidance department uses this tool to go into the classroom and educate students on how to use Naviance, for instance, we will go in and explain how Naviance can be used as a one stop shop when researching different colleges and universities. In one search, a student can find the average ACT and GPA for admittance, the cost, the enrollment, the areas of studies offered, etc. Naviance is also the way students will request that their transcripts be sent to colleges.

There is no doubt that Naviance has a plethora of information and tools to help our students narrow down their choices for colleges, but it also supplies our students with different inventories that will help them explore themselves personally. One such inventory that we use is the interests inventory. Once completed, this inventory supplies us and our students with feedback on work related fields based off of each student's responses. From that point forward, students can explore specific careers by seeing the projected growth for each career as well as the average salary, education needed, and a much more specific description of the day by day tasks for each profession.

What you can do with Family Connection:

- Find a list of College Representatives visiting Vianney.
- College Search-Enter wanted criteria and get matched to possible schools.
- Explore Scholarships available to students.
- Complete a Career Interest Profiler.
- Explore Careers-Get information about Careers including salary information by state.
- Learn about your Personality Type.
- Find links to College/University websites.

Naviance will be a wonderful resource for students and one that we hope will be used early and often. The following is a link to the login page for Naviance/Family Connection:

<https://www.vianney.com/naviance.html>

Students' usernames are their Vianney e-mail addresses.

# NAVIANCE LESSON BREAKDOWN

## **FRESHMAN:**

- Engage by ACT
- Resume Builder
- Strengths Explorer

## **SOPHOMORE:**

- Resume Builder
- Cluster Finder
- Career Interest Profiler

## **JUNIOR:**

- Resume Builder
- College Exploration Tutorial
- College Match/Search
- Colleges I am Thinking About
- Transcript/EDOCS Tutorial

## **SENIOR:**

- Resume Builder
- Scholarship Match
- Revisit Career interest Profiler

# GLOSSARY OF TERMS

## *College Degrees*

**Associate's Degree:** The degree awarded after the successful completion of a two year program, usually at a junior or community college.

**Bachelor's Degree:** The degree awarded after the successful completion of a four year program of study at a college or university.

**Master's Degree:** The degree awarded after the completion of the first postgraduate program.

**Doctoral Degree:** The degree awarded after intensive study in a particular field, such as academic discipline (Ph.D.), medicine (M.D.), education (Ed.D), or law (J.D.).

## *Admission Terms*

**Early Admission:** Admission to a college following completion of the junior year of high school.

**Early Decision:** A plan where students make an application in the early fall of their senior year and notification is sent by mid-December; a commitment to attend if accepted is required, along with withdrawal of other college applications. A student may apply to only one college under Early decision.

**Rolling Admission:** A procedure by which admission decisions are made on a continuous basis and notification is sent within about a three or four week window after receipt of app completed application materials.

**Wait List:** An admission decision offered to an applicant stating that his application is acceptable, but that the limit of accepted students has already been reached; wait listed students may be admitted after May 1, if space becomes available.

**Conditional Acceptance:** An admission decision offered to an applicant based on successfully completing specific requirements that are outlined by the college/university.

## *Financial Aid Terms*

**Assets:** An individual's savings, real estate other than primary residence, business value, stocks, bonds, trust funds, etc.

**Campus-based Programs:** Federal programs administered directly by the financial aid officer at a college or school. These programs are Federal Supplemental Educational Opportunity Grant (SEOG), Federal Work Study (FWS), and Perkins Loans.

**Cost of Education:** A figure that covers tuition and all other fees.

**CSS Financial Aid Profile:** A form that collects information used to determine eligibility for institutional and private funds for a fee. Several college/universities will ask that a student complete CSS Profile and FAFSA.

**Expected Family Contribution (EFC):** A figure determined by the federally mandated formula that predicts how much a family can contribute to their son's postsecondary education directly

from income or by either drawing down on assets or borrowing. The EFC is a bare bones analysis, not a cost-flow analysis.

**FAFSA on the Web:** A website that is run by the U.S. Department of Education that allows students and families to complete the FAFSA online.

**Federal Family Education Loan Programs:** Formerly known as the Guaranteed Student Loan Program, the FFEL Program includes Federal Stafford Loans (subsidized), Federal Plus Loans, and Federal Consolidation Loans. Funds for these loans are provided by private lenders.

**Federal Perkins Loan:** A government-sponsored low interest loan administered by the college to help fund post secondary education for undergraduate students with exceptional need.

**Federal Stafford Loan:** A major way of self-help aid for students. Stafford loans are made either through the Direct Loan Program or through the Federal Family Education Loan Program (FFEL). Direct or FFEL Stafford Loans are either subsidized or unsubsidized.

**Federal Supplemental Educational Opportunity Grant (SEOG):** A federal loan program administered by colleges to provide need based aid to undergraduate students with exceptional financial need,

**Federal Work Study:** A college program that provides jobs on and off campus for students who have demonstrated financial need.

**Financial Aid Package:** The total award received by a student from a variety of sources. A “package” of aid usually contains a combination of gift aid (grants/scholarships), self-help programs like loans and work study.

**Free Application for Federal Student Aid (FAFSA):** An application that must be filled out by a student and parents who want to apply for federal and state student assistance. The programs are student loans, work study, scholarships, and grants.

**Parent Loan for Undergraduate Students (PLUS):** A variable-rate loan program offered by a lender from which parents of certain undergraduate and graduate students can borrow money for postsecondary education. Parents must complete and submit a FAFSA and PLUS loan application. After the school completes its section of the application it must be sent to a lender for evaluation.

**Pell Grant:** A grant awarded to help undergraduates with exceptional need pay for their education after high school. The Pell Grant Program is the largest federal student aid program.

**Professional Judgment:** Flexibility given to the financial aid administrator by law to make individual in an aid package. These adjustments must be made on a case by case basis with supporting documentation, and the reasons for the adjustment placed in the student's file.

**Promissory Note:** The legal document a borrower signs when getting a loan. It lists the conditions under which the loan is being made, and the terms under which the borrower agrees to repay loan.

**Selective Service Registration:** A mandate to register, or arrange to register, with the Selective Service in order to receive federal student aid. A statement will appear on the FAFSA that allows you to state that you registered with the Selective Service.

**Student Aid Report (SAR):** A document prepared by the U.S. Department of Education and sent to the student who filed the FAFSA. The report provides the Expected Family Contribution (EFC) that is used to determine aid eligibility.

**Verification:** A procedure whereby colleges and universities check the information the student reported in the financial aid application, usually by requesting a copy of the tax returns filed by the student, and if applicable, the student's spouse and/or parent(s). Many institutions conduct their own form of verification. In addition, schools must verify students selected through the federal central processing system, following the procedures established by regulations.