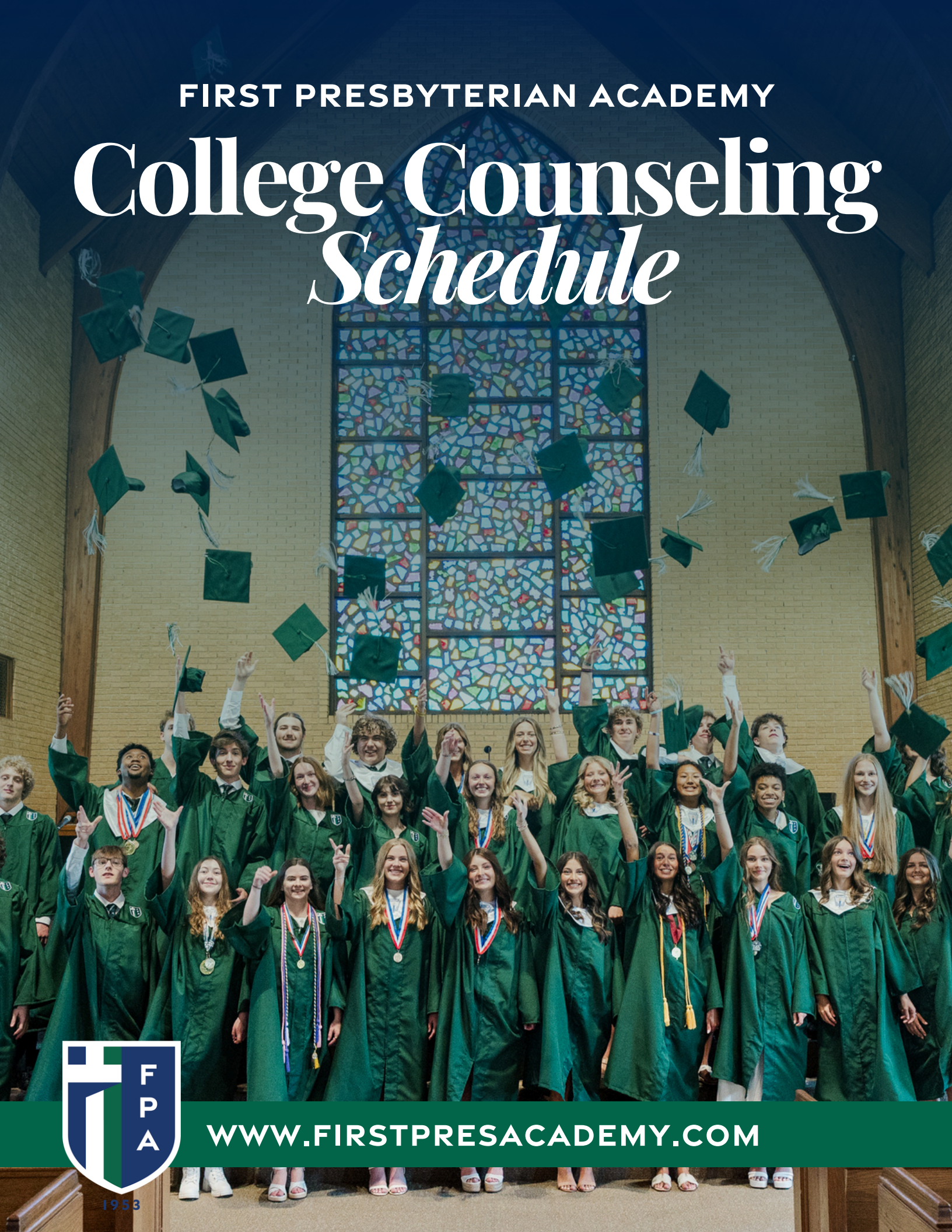
FIRST PRESBYTERIAN ACADEMY

College Counseling *Schedule*



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Dear Students and Families,

Welcome to the College Counseling Program at First Presbyterian Academy. My name is Lisa Anderson, and I am honored to serve as the Director of College Counseling. It is my privilege to partner with students and families as they navigate the important journey of preparing for college and beyond.

College preparation is not a one-year event—it is a thoughtful, multi-year process that begins early in high school. My role is to guide students academically, personally, and strategically as they discover their strengths, explore interests, and identify colleges that are the right fit for who they are and who they are becoming. From course planning and standardized testing to college research, and applications. I work closely with students at every stage of the process.

This College Counseling Schedule outlines the intentional support provided at each grade level, beginning freshman year and continuing through senior year. Students will engage in goal-setting, career exploration, test preparation, college visits, application workshops, and individual counseling meetings designed to reduce stress and promote confidence and clarity.

At First Presbyterian Academy, we believe college planning should be both purposeful and personal. I look forward to working alongside you, encouraging students to pursue excellence while trusting God’s plan for their future.

Please do not hesitate to reach out with questions or to schedule a meeting. I am excited to begin this journey with you.

Sincerely,

Amelia Stark
Director of College Counseling

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FRESHMAN YEAR (9TH GRADE)

GOAL: ACADEMIC FOUNDATION & SELF-DISCOVERY

Fall:

- Attend class information session to discuss academic goals and high school graduation requirements.
- Explore extracurricular interests (clubs, sports, volunteering).
- Begin building a resume or activity list.

Spring:

- Research summer enrichment or volunteer opportunities.
- Start career interest surveys
- Create good study habits and time management.
- Take the PSAT 8/9

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SOPHOMORE YEAR (10TH GRADE)

GOAL: EXPLORE INTERESTS & START PLANNING

Fall:

- Continue strong academic performance.
- Take the PSAT (practice, not qualifying).
- Attend class information session.
- Update resume with new activities.
- Continue career interest surveys.

Spring:

- Begin preliminary college research.
- Consider summer programs or internships.
- Plan junior year courses with rigor in mind (e.g., AP/honors).
- Begin SAT/ACT prep (lightly).

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JUNIOR YEAR (11TH GRADE)

GOAL: RESEARCH & PREPARE FOR APPLICATIONS

Fall:

- Take the PSAT/NMSQT (qualifies for National Merit).
- Begin exploring resources in Naviance.
- Begin or continue with SAT/ACT test prep
- Meet with counselor for college list brainstorming.
- Register for spring SAT/ACT.
- Attend college visits and fairs.
- Stay involved in leadership roles and activities.

Spring:

- Take SAT/ACT (can retake in summer/fall).
- Ask for teacher recommendations before summer.
- Finalize college list (reach, match, safety).
- Research scholarships and financial aid basics.
- Take the Myers Briggs Personality Assessment
- Attend college visits with FPA

Summer:

- Visit colleges (if possible).
- Retake SAT/ACT if needed.
- Finalize resume.

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SENIOR YEAR (12TH GRADE)

GOAL: RESEARCH & PREPARE FOR APPLICATIONS

Fall:

- Attend Senior Retreat/College Application Workshop.
- Attend Family College Counseling Conference.
- Finalize applications (early deadlines in Oct/Nov).
- Retake SAT/ACT if needed.
- Request transcripts and recommendations.
- Submit FAFSA (opens Oct 1)
- Keep grades strong—first semester matters.

Winter:

- Complete regular decision applications (Jan deadlines).
- Apply for scholarships.
- Follow up on financial aid documents.

Spring:

- Compare financial aid offers.
- Make final decision and submit enrollment deposit (by May 1).
- Notify other colleges of your decision.
- Prepare for college transition (orientation, housing, etc.).

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College Counseling *Notes*

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