

# College Counseling at Wellington

## Freshman Year

### Academics

- Focus on academic adjustment to high school and developing a solid academic foundation for future years.
- Carefully select 10<sup>th</sup> grade course schedule, keeping in mind academic and post-secondary goals.

### Extracurriculars

- Get involved at Wellington and in the community. What you do beyond the school day does matter. Work, volunteer, perform, compete, or create. Not only does extracurricular involvement help you to identify strengths and passions, but colleges seek to admit students who will be active contributors to their campus communities. Involvement in high school demonstrates a desire to do the same in college.
- Make the most of summer. For example, participate in programs, volunteer, or travel and journal, as a means to further develop personal interests.
- Track activities, leadership, honors, service.

### College Counseling Programming

- Students meet with college counseling each trimester in large and small group settings. Topics may include self-reflection exercises, pursuing academic and extracurricular interests, building a solid foundation, tracking involvement, understanding the holistic admissions review process, exploring post-secondary options.

### All Upper School Students

- Students from all grade levels can schedule individual appointments with college counselors throughout the year.
- College representatives from throughout the country and abroad visit Wellington during the fall, generally between September and November. Students are encouraged to meet with schools of interest and to explore a variety of institutions through these informational meetings.
- The LEAP Day Workshop Series takes place during the 2<sup>nd</sup> trimester. Topics include college research tools, important terms/definitions, specialized applications (i.e. college athletics and fine/performing arts), international colleges/universities, and affording college.

- Virtual and in-person college fairs, information sessions, and open houses sponsored by colleges and universities offer students the chance to learn more about specific institutions.
- Students are encouraged to visit as many of their campuses of interest as possible.

## **Upper School Families**

College Counseling Open House: Families of all grade levels are invited to meet the college counseling team during Upper School Parents' Night.

Financial Aid for College Program: Each fall, college counseling invites a financial aid officer to present to families on the topic of affording college. Topics include the Free Application for Federal Student Aid, the CSS Profile, merit scholarships, grants, and loans.

Upper School Family Coffee with College Counseling: The office will give an overview of college counseling programming at Wellington with a discussion of admission trends and an opportunity for Q&A with our team.

Parent Teacher Conferences: The college counseling team will be available to meet with student and families from all grade levels during fall and spring conferences.

### Individual appointments

Families are welcome partners throughout the college search and application process. We encourage you to reach out at any time with any questions you might have.