
VVS College Planning Guide

2022-2023



All seniors are asked and expected to join the
Class of 2023 Google Classroom

VVS HS Guidance Department

Address: 5275 State Route 31, PO Box 128, Verona, NY 13478

Phone: (315) 829-2520 Ext. 5331

Fax: (315) 829-4465

VVS Guidance Office Team

Name/Title	Phone Number	Email Address
Mrs. Adrienne Murphy, School Counselor (A-G)	(315)829-2520 ext. 5331	amurphy@vvsschools.org
Mrs. Karen Holton, School Counselor/Teacher Leader (H-Mi)	(315)829-2520 ext. 5331	kholton@vvsschools.org
Mr. Kristofer Sullivan, School Counselor (Mu-Z)	(315)829-2520 ext. 5331	ksullivan@vvsschools.org
Mrs. Brandy-Lee Lappin, Social Worker Senior Class Advisor	(315)829-2520 ext. 5331	blappin@vvsschools.org
Mrs. Karen McDonough, College & Career Center Coordinator	(315)829-2520 ext. 5335	kamcdonough@vvsschools.org
Mrs. Leah Kiser, Administrative Assistant	(315)829-2520 ext. 5331	lkiser@vvsschools.org

VVS High School CEEB Code: 335 725

Guidance Website:

<http://vvsschools.schoolwires.net/Domain/48>

Table of Contents

1	The College Search
---	--------------------

2	The College Visit
---	-------------------

3	The College Application
---	-------------------------

4	SAT/ACT Exam Information
---	--------------------------

5	Financial Aid - FAFSA
---	-----------------------

College Search Tools

Start by making a list of colleges you are interested in. Use these search tools to learn more about what colleges have to offer and which schools may be a good fit for you.

01

College Board

Big Future college search: www.collegeboard.org

02

College Websites

The best source of information is the website of each individual college. Look around a few college websites and start by looking at the following categories:

- Academics
- Majors or Degree programs
- Student life
- Admissions – this one is important for deadline and application procedures

03

Common Application

You can do a college search for those schools that accept the Common App. These are both private and public colleges. www.commonapp.org

04

SUNY Application

You can search only SUNY schools using this website. www.suny.edu

Part 1: The College Search

There are many different types of institutions represented among the more than 4,000 colleges and universities in the United States. Here are the basics on types of colleges:



Public colleges

These schools are funded by local and state governments and usually offer lower tuition rates than private colleges, especially for students who are residents of the state where a college is located.



Private colleges

These schools rely mainly on tuition, fees and private sources of funding. Private donations can sometimes provide generous financial aid packages for students. The final cost of private schools may be very comparable to public schools.



Four-Year colleges

These schools offer four-year programs that lead to a bachelor's degree. These include universities and liberal arts colleges.



Two-Year colleges

These schools offer programs that last up to two years that lead to a certificate or an associate degree. These include community colleges, vocational-technical colleges and career colleges. Community colleges offer two-year associate degrees that prepare you to transfer to a four-year college to earn a bachelor's degree. They also offer other associate degrees and certificates that focus on preparing you for a certain career. Community colleges are often an affordable option with relatively low tuition.



Liberal Arts colleges

These schools offer a broad base of courses in the liberal arts, which includes areas such as literature, history, languages, mathematics and life sciences. Most are private and offer four-year programs that lead to a bachelor's degree. These colleges can prepare you for a variety of careers or for graduate study.



Universities

These schools are often larger and offer more majors and degree options (bachelor's, master's and doctoral degrees) than colleges. Most universities contain several smaller colleges, such as colleges of liberal arts, engineering or health sciences. These colleges can prepare you for a variety of careers or for graduate study.



Vocational-Technical and Career Colleges

These schools offer specialized training in a particular industry or career. Possible programs of study include the culinary arts, firefighting, dental hygiene and medical-records technology. These colleges usually offer certificates or associate degrees.

Part 2: The College Visit

The college visit is one of the most important steps of your college research. Visiting the colleges on your list will give you a firsthand impression of the students, staff, facilities and programs. On your visit you can learn what the admissions office is looking for in its applicants, gain a feel for the academic and social atmosphere, see the study/living/recreation facilities, talk with students and get a sense of the community.

How to set up a visit:

Call the admission office and let them know your name, and that you are a high school senior interested in admission and would like to set up a campus tour/visit. Ask to set up an appointment with an admissions counselor and sit in on a class. Also, if you have an intended major, ask to meet with a Professor in that program.

If colleges are closed to visitors due to COVID, ask if they have a virtual tour option.

When to Visit	Plan Your Visit	After Your Visit
If possible, try to visit before you apply. You may discover that the school isn't all you wanted it to be after your visit.	Visit no more than two campuses in one day. A good campus visit will take two hours, including time to get a sense of the surrounding town or area.	Fill out the college comparison sheet before you get to another campus, while the visit is still fresh in your mind.
	Prior to your visit, contact any students you may know who attend there.	
Visit when classes are in session. This gives you the best sense of the atmosphere of the college.	Research the college website before your visit. Make a list of questions to ask.	Send a thank you note to the admissions counselor.
	Create an itinerary. Know where you want to go, how long it will take, and how far from one school to another.	
Visit the fall of senior year. Once you have narrowed down your list, you may want to make a return overnight visit to the schools you are planning on or have applied to. On this visit, plan on going to classes and visiting with students.	Know the things you want to do. Take a tour, eat in the dining hall, attend a class, meet a professor, talk to a coach/advisor, etc.	Talk to your family or school counselor about the next steps you'd like to take with that college.
	Schedule an interview if you need one as a part of the admissions process.	

Part 3: Applying to College

Applications



Applications

- Limit the number of applications to 3-5
- Apply to at least one "stretch" and one "safety" school

Deadlines

- We ask you to complete your college applications by Dec. 9th

Definitions

- *Early Decision* is a binding contract with a college that you will attend that school if you are accepted.
- *Early Action* is when you apply to a school by an earlier date, and they will notify you at an earlier date of their decision. It is not a binding contract.

Letters of Recommendation



Letters of Recommendation

- A four-year college typically requires 2-3 letters
- Requests must be made to your counselor and teachers *at least* two weeks before the due date of the application. *The earlier, the better!*

Who to Ask

- Ask teachers, counselors, clergy, employers and coaches.
- Have your personal resume of activities ready to give to the person.
- Talk with your teachers before inviting them to submit a letter online. Get an idea of who you would ask, and give them plenty of time to write the letter.
- You will need to meet with your recommender to ask for a letter and let them know you will be inviting them to submit it online. **At that time, make sure you have their correct email address.**
- Ask the teachers to keep copies of your recommendations and to save them on the computer, because most scholarships ask for recommendations (especially when you apply online).

Types of Applications

The fastest and easiest way to apply to college is online through a shared application website such as the Common Application.

~ WE RECOMMEND YOU USE THE COMMON APPLICATION IF POSSIBLE ~

1

The Common Application

www.commonapp.org

The Common Application allows you to complete one application online and submit it to several schools of your choice. Over 500 colleges and universities accept the Common Application. Each college will have an application fee.

2

The SUNY Application

www.suny.edu/attend/apply-to-suny/how-to-apply/

The SUNY application allows you to complete one application online and submit it to several SUNY schools.

There is an application fee of \$ 50.00 per SUNY College that you apply to.

3

Specific College Applications

- Found on each college website or arriving by mail either as a promotional tool for the college or requested/downloaded by you.
- Some schools offer free applications if you use their online applications, for example MVCC and Utica College.
- Look on the Admissions section of the college you're interested in. There you will find specific directions on how to apply to their college.
- If the college you are interested in has its own application and PREFERS to accept only their document you will not see options on the admissions section of their website.

4

Teacher & Counselor Recommendations Online

You can also invite teachers and counselors to submit letters of recommendations and high school transcripts online. You will need the email address of each recommender. The counselor's emails are:

- Adrienne Murphy amurphy@vvsschools.org
- Karen Holton kholton@vvsschools.org
- Kristofer Sullivan ksullivan@vvsschools.org
- All faculty emails are the first letter of the first name, followed by the last name @vvsschools.org.

Part 4: ACT & SAT Exams

2022-2023 Test Dates

ACT National Test Dates		SAT National Test Dates	
Test Dates	Registration Deadline	Test Dates	Registration Deadline
10/22/2022	9/16/2022	10/1/2022	9/2/2022
12/10/2022	11/4/2022	11/5/2022	10/7/2022
2/11/2023	1/6/2023	12/3/2022	11/3/2022
4/15/2023	3/10/2023	3/11/2023	2/10/2023
6/10/2023	5/5/2023	5/6/2023	4/7/2023
		6/3/2023	5/4/2023

How to Register for the Tests

Students should register online at

- SAT - www.collegeboard.com
- ACT- www.actstudent.org

Please note:

- You must upload a picture when you register
- You can choose to submit your scores directly to the colleges of your choice when you register

VVS' School CEEB Code is 335 725

ACT (with no writing) Fee = \$63.00

ACT (plus writing) Fee = \$88.00

ACT Late Fee= +\$36.00

SAT Fee = \$60.00

SAT Late Fee = + \$30.00

Part 5: Financial Aid & Scholarships

All students will need to complete the FAFSA to receive any aid or federal loans. If you do not apply, you will not receive aid!

TIP: The Financial Aid Office at the specific university you plan to attend is a great resource for your financial aid questions.

FAFSA (Free Application for Federal Student Aid)

- This is the foundation for many kinds of aid.
- Website to process FAFSA: www.studentaid.gov
- FAFSA forms can be submitted October 1st - submit as soon as possible after that date.
- The FAFSA website has a link to the TAP application for New York students.



To complete the Free Application for Federal Student Aid (FAFSA), you will need:

- Your Social Security Number
- Your Alien Registration Number (if you are not a U.S. citizen)
- Your most recent federal income tax returns, W-2s, and other records of money earned. (Note: You may be able to transfer your federal tax return information into your FAFSA using the IRS Data Retrieval Tool.)
- Bank statements and records of investments (if applicable)
- Records of untaxed income (if applicable)
- An FSA ID to sign electronically.

CSS Profile

- This is an application for financial aid required by some private colleges: can be submitted as early as possible.
- <https://bigfuture.collegeboard.org/pay-for-college/financial-aid-basics/css-profile/how-to-complete-the-css-profile>.
- Some colleges require their own financial aid applications; check each college you apply to.



There are basically three types of federal financial aid:

- Grants: monies that are not paid back and work much like scholarships.
- Work Study Program: jobs for students that allow them to help meet educational expenses. Work Study funds are not calculated against them when applying for future aid.
- Loans: monies that are paid back with interest

College Application Checklist & Steps

1

Research College Application Methods

Each college will report its application type (Common App, SUNY App, Individual College App) on their website under admissions.

2

Submit the Transcript Release Form

Return the Transcript Release Form with a list of all colleges and the application method you are using **at least two weeks in advance**.

3

Request Letters of Recommendation

Check the admissions website to learn how many and what type (teacher, counselor, community, etc.) of recommendations they require/accept.

Ask recommenders to write a letter at least two weeks in advance and provide them with the teacher recommendation form.

**If using the Common Application, you will need to invite your teacher to provide a recommendation through the recommender tab on your Common App account.*

***Please note: December 2, 2022, is the deadline to make requests for applications due between December 23, 2022 - January 2, 2023, because the school is closed for break.*

4

Complete Applications

Reference the *College Application Resource Sheet* in your folder for all questions relating to CSS and your grades.

5

Essay/Supplemental

Finalize your college essay and check to see if the college/program you are applying to requires any supplemental essays/materials.

6

SAT/ACT Scores

Some colleges may require SAT/ACT scores as an admission requirement. Check each college's website for admission requirements. If required, you must access your *College Board* (SAT) or *ACT* student account to send your scores to each college.

7

Follow Up

Verify in your account (Common Application, SUNY Application, Individual College Application) that your transcript and letters have been submitted.