

# Junior Year QUICK FACTS SHEET

## SAT / ACT Testing

Preparations for the SAT and/or ACT should start this semester. We highly recommend signing up for at least one test date during your junior year. Dates and registration deadlines for spring 2025 are listed. →

NHS offers SAT prep courses during the spring and fall semesters. You can also access **free practice SAT tests** through the Kahn Academy via the CollegeBoard website. CollegeBoard also offers a free "SAT Question of the Day" which is emailed to you for daily practice.

ACT Date	Registration Deadline
April 5	February 28
June 14	May 9
July 12	June 6



SAT Date	Registration Deadline
May 3	April 22
June 7	May 22
October 4	unsure at this time

## Letters of Recommendation

**Do not do this until June!**

Start thinking about which teachers you may ask for a letter of recommendation. Before you leave for summer break, be sure to ask two teachers if they are willing to write you a letter. Keep the following in mind:

- The two teachers should be from different subject areas
- It is helpful to have a resume or activity list to provide to anyone writing you a letter
- Your School Counselor can provide you with a template of a Teacher Recommendation Questionnaire
- Always be sure to provide anyone writing you a letter with as much notice as possible

## SAT/ACT Registration

When you sign up for the SATs and/or the ACTs, you will need the following information:

- Demographic information
- An acceptable photo of yourself that closely resembles the photo on your ID and that will match how you look in test day
- Newburyport High School code: **221-510**
- Payment or fee waiver

## TROUBLE LOGGING INTO X2?

To obtain your username and password, or to have your password changed, head to the technology department website:

<https://newburyport.freshdesk.com/support/tickets/new>

They will help you get back into your Aspen account!

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## Senior Year Course Selection

As you review your senior year schedule, please be sure to keep these senior year course requirements in mind. It's important for you to ensure you have completed the requirements for graduation. These are imperative to have on your schedule to keep you on track for graduation. You are required to take:

- Civics and Government
- 1 history elective (Psychology, Sociology, Economics, or International Relations)
- Senior Literature and Composition
- Full year of math (if college-bound)
- Gym or Athletic Exemption

**Also, it is extremely important that you have met your art requirement (2 Visual or Performing Arts elective courses).** If you have any questions regarding whether or not you have fulfilled this requirement, please see your counselor as soon as possible.

## Admissions Glossary

**Early Action:** Non-binding. You can apply to a school early in your senior year. You receive an early application review and notification of admission

**Early Decision:** Binding. You will have to sign a contract with the school at the time you apply to acknowledge that if you're accepted, you're obligated to attend that school

**Regular Decision:** The normal process by which students apply by published deadlines, with promise of receiving an admissions decision no later than April 1

**Rolling Admissions:** The college will review your application once all required materials have been received

## Important Resources

1. **SchoolLinks:** This program provides you with a College Search portal which can help you to start thinking about colleges you might want to apply to, and it will help you narrow down your list.  
<https://app.schoollinks.com/login/k12>
2. **College Board:** This website also has a great college search function. This is where you will register to take the SAT and the website through which you will send your SAT scores.  
<https://www.collegeboard.org/>
3. **Common App:** You will most likely use this website to apply to many colleges on your list. Feel free to peruse the site to get a better feel for what to expect this fall during the application process.  
<http://www.commonapp.org/>
4. **Occupational Outlook Handbook:** This website is a great tool for searching various jobs and career paths. You will find important facts and figures pertaining to every job available.  
<https://www.bls.gov/ooh/>

# Junior Year

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## Counselor Assignments

Be sure to keep your School Counselor in the loop when it comes to your post-secondary planning process. We are here to help guide you in the right direction. It is imperative that you have a meeting to discuss your plans with your counselor. Counselor assignments are listed in the charts below:

A – DeJordy	Ms. Fitzgerald
Devlin – LeClair	Mrs. Phelps
Lewis – Puleo	Ms. Potter
Quattlebaum – Z	Mrs. Bohler

## Contact Your Counselor

Ms. Christine Fitzgerald  
[cfitzgerald@newburyport.k12.ma.us](mailto:cfitzgerald@newburyport.k12.ma.us)

Mrs. Sara Phelps  
[sphelps@newburyport.k12.ma.us](mailto:sphelps@newburyport.k12.ma.us)

Ms. Melissa Potter  
[mpotter@newburyport.k12.ma.us](mailto:mpotter@newburyport.k12.ma.us)

Mrs. Kathleen Bohler  
[kbohler@newburyport.k12.ma.us](mailto:kbohler@newburyport.k12.ma.us)

## Excused College Visits

Juniors are allowed up to three excused absences per semester from school to attend a college tour. Reasonable proof of the visit is required. Examples include a parking pass, dated note from the admissions office, or the “Request to be absent to visit a college” sheet found down in Student Support.



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## Should you apply Early Decision or Early Action?

**Applying to an ED or EA plan is most appropriate for a student who:**

- Has researched colleges extensively.
- Is absolutely sure that the college is the first choice.
- Has found a college that is a strong match academically, socially and geographically.
- Meets or exceeds the admission profile for the college for SAT® scores and GPA.
- Has an academic record that has been consistently solid over time.

**Applying to an ED or EA plan is not appropriate for a student who:**

- Has not thoroughly researched colleges.
- Is applying early just to avoid stress and paperwork.
- Is not fully committed to attending the college.
- Is applying early only because friends are.
- Needs a strong senior fall semester to bring grades up.

## Demonstrated Interest

Demonstrated interest is the degree to which you show a college that you are sincerely interested in coming to their school. It shows a school that you are more likely to attend compared to another applicant. Some schools track this during the admissions process. Here are a few ways to show demonstrated interest:

- Campus tour
- Filing out information sheet at a college fair
- Applying to the school
- Interview with Admissions
- Contact with Admissions Rep (phone call, email, in person)

## Common Application Essay Prompts

1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.
2. The lessons we take from obstacles we encounter can be fundamental to later success. Recount a time when you faced a challenge, setback, or failure. How did it affect you, and what did you learn from the experience?
3. Reflect on a time when you questioned or challenged a belief or idea. What prompted your thinking? What was the outcome?
4. Describe a problem you've solved or a problem you'd like to solve. It can be an intellectual challenge, a research query, an ethical dilemma - anything that is of personal importance, no matter the scale. Explain its significance to you and what steps you took or could be taken to identify a solution. |
5. Discuss an accomplishment, event, or realization that sparked a period of personal growth and a new understanding of yourself or others.
6. Describe a topic, idea, or concept you find so engaging that it makes you lose all track of time. Why does it captivate you? What or who do you turn to when you want to learn more?
7. Share an essay on any topic of your choice. It can be one you've already written, one that responds to a different prompt, or one of your own design.