

SCHOOL COUNSELORS

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FRESHMAN YEAR CALENDAR FOR COLLEGE PREPARATIONPlease print and post for reference throughout the year or you can find online at www.foley.k12.mn.us/page/2523**General Information**

****It is important to participate in community and school activities/co-curricular activities (sports, 4-H, FFA, drama, music, Student Council, church activities, Big Brothers Big Sisters program, Art Club, etc.) Many college and scholarship organizations look for community and school involvement when making selections. Keep a list of all activities that you have participated in during grades 9-12. You will be asked for this information when applying to colleges and for scholarships, etc. See Kristi in the Guidance Office for a paper copy of school and community activities form or go to: [School/Community Activity Worksheets - FHS Guidance Office](#).**

****Foley High School is using MCIS ([Minnesota Career Information System](#)) for all students. MCIS is a web-based system that combines a wealth of career, educational, and labor market information into one comprehensive, easy-to-use exploration tool. With MCIS, students can:**

- Learn about 520+ occupations

- Develop a personal portfolio and personal learning plan
- Research colleges, universities, and career schools
- Find scholarships and financial aid
- Improve job search skills and create a resume
- Complete an interest and/or skills and work assessment and get a list of occupations that correlate with your results. Use assessment results to match with colleges or training programs.

If you have not used MCIS in or out of the classroom your username is your *GradYearLastNameFirstInitial*. If you don't know your password you can reset it by using the "forgot password" function and change it. If you have any questions please see Kristi in the Guidance Office.

****Remind yourself continually that high school grades and attendance are important and will have an impact on your future planning. Work hard in your classes. 9th grade can be a challenging year, so if you need help ask your teachers, parents, or counselors. Attend the free after**

school program for extra help on Tuesday and Thursdays from 3:00-5:00 PM in room 335. Pick up after school program forms in the guidance office.

If you want to take college credit classes offered at Foley High School your junior year you must be in the top third of your class, and in your senior year you must be in the top half of your class. Students have the opportunity to earn 50 college credits at Foley High School through concurrent enrollment their junior and senior year.

****Spend some time researching colleges and programs on the internet.** All schools have great information available online. Next to a college visit, a visit to a college web site is one of the best ways to get an accurate picture of what a school is really like. You can access information on admission procedures, financial aid offerings, the town or region where the college is located and view a virtual tour to see what's happening on campus. If you're interested in a specific major or field,

you can email questions to professors and department chairs. You can also plan and register online for a campus visit.

****Parents & Students:** Pay attention to daily announcements for important deadlines and information. Daily announcements are available for viewing by 9:00 AM each morning on the Foley High School website [FHS Daily Announcements](#) and are also posted outside the Guidance Office and lunch line for the students to view. All students are receiving the daily announcements to their school email as well.

FALL



****Continue to remind yourself that high school grades and attendance are important.**

**** Counselors will be meeting with all ninth graders periodically throughout the school year to review information in this newsletter and other important College & Career Readiness (CCR) information.**

WINTER



****Counselors will be in your classrooms to schedule your classes for the 2024-2025 school year. Review high school courses that are still needed to help you reach your career/educational goals. Map out a plan to include these courses for your junior year. Most colleges require particular high school courses for admission to their college.**

Below is a list of general high school course work that many four-year colleges recommend and/or require for admission.

- Four years of English
- Three years of Social Studies
- Three years of Math (beginning with Algebra)
- Two years of the same Foreign/World Language
- One year in an area of the Arts (music or art)
- Three years of Science (with lab)

Spring



****If you have time, go walk around some of the college campuses that interest you. Start to think about what is important to you after high school. Set up a college visit on a day we don't have school. College visits can be set up through many college websites. Many colleges also have live virtual visits and informative videos that they have put together on their websites.**

****Continue to strive for excellence in your studies and co-curricular activities.**

****Continue researching your college interests.**

****Investigate potential summer experiences: work, summer school, volunteer, special workshops, and college enrichment programs designed for high school students. Use these opportunities to start building your resume and remember that choices you make now could affect your admittance to certain college programs.**

****If you are interested in playing college sports, please see Mr. Dahlstrom to check your current**

academic status to verify that you meet NCAA regulations.

****Search college websites for summer enrichment opportunities**

Summer



****Find a summer job and start saving for college. Summer jobs that might be related to your career interests are a plus.**

****Job shadow someone who does what you think you'd like to do (that means spending a day with them at their job).**

**** Summer is a great time to volunteer in your community. Many colleges, scholarship organizations and the Minnesota Honor Society look for community involvement when making selections. Some volunteer opportunities could include: humane society, hospital, food shelf/C.R.O.S.S. Center, church, summer youth programs, and Camp Friendship.**

****Feel free to visit colleges over the summer months. It is as easy as calling the college and speaking with the admissions office to schedule an appointment for a campus visit. Many campus visits can also be set up online through the college.**