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JUNIOR 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**

****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.

MCIS is a great website for students to explore college and career opportunities. All students have spent time using this program. If you forgot your username, it is your

GradYearLastNameFirstInitial, or to reset your password use the “forgot password” function. If you have any questions, see Kristi in the Guidance Office.

****To help you with the college/career decision making process, students and parents should refer back to career/interest inventories that students may have completed during their previous school years. In 10th grade, students took the Pre-ACT test which included an interest inventory. Also, in 10th grade students completed a Career Cluster Inventory on MCIS.**

****Keep a list of all school and community activities that you have/will participate 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](#).**

****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.

****Juniors are allotted two excused days to visit colleges during the school day. Set up your college visit online on the college website. A reminder that you must follow the procedures below when using your college visit days: 1) submit to the office written permission from your parent/guardian prior to the visit and pick up an absentee homework log from the office if needed; 2) these arrangements must be made in advance of your college visit. Students who do not follow these procedures will be unexcused.**

****Juniors should be watching the monthly calendar outside of the**

Guidance Office, the Guidance Office window, the [Daily Announcements](#) (you are receiving daily announcements through your school email) for information on when college or military representatives are visiting Foley High School. This is a great opportunity to make a connection with your prospective school admissions representative while also collecting more information and having the opportunity to ask questions in a small group. College visits are scheduled during Flex Time so you don't need to miss class to meet with them! Many colleges are also offering virtual visits. Be sure to check the college websites for campus visit details. See Kristi in the Guidance Office with questions.

****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 and are also posted outside the Guidance Office and lunch line for the students to view. All students also receive the daily announcements in their school email.

****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.

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

FALL



**** The annual Minnesota Education Fair** will be held on Wednesday, September 27th, at St. Cloud State University. Located at the Halenbeck Fieldhouse from 1pm -2:30pm. Students will need to register before attending the fair
<https://app.strivescan.com/registration>

****Free financial aid events** are available to Minnesota students and families! This series of events will cover general college application and financial aid information, details on the Free Application for Federal Student Aid (FAFSA), and other ways to pay for college. All Sessions will be on Tuesday Evenings and approximately one hour long with a short presentation from financial aid experts. Questions will be answered live in chat.

October 3rd @ 7:00pm - Apply for College

October 10th @ 7:00pm - Understand Financial Aid

October 17th @ 7:00pm - Create your FSA ID

October 24th @ 7:00pm - Search for Scholarships

[Click here for more information and to register!](#)

****The Preliminary Scholastic Aptitude Test (PSAT)** is an optional exam for 11th grade students who test exceptionally well. Any junior who feels he/she can score in the top ½ of 1% on the PSAT should take the test. Taking the PSAT and scoring in the top ½ of 1% is the **ONLY** way to qualify for a National Merit Scholarship. If you are interested in taking the test, it will be given at Foley High School on Tuesday, October 10th from 8:00 am to 12:00 pm. **The registration deadline is**

Friday, September 29th. A \$18.00 fee will be required when you register in the Guidance Office. (There's a fee waiver option for those that qualify for free/reduced lunch). Checks can be made out to Foley High School. Please see Kristi in the Guidance Office to register.

****Armed Services Vocational Aptitude Battery (ASVAB)** will be given on Thursday, November 16th. You will have the opportunity to take this test if interested. The ASVAB Career Exploration Program includes eight individual tests covering verbal and math skills, mechanical knowledge, electronics, science and auto and shop information. It also produces three Career Exploration Scores for Verbal Skills, Math Skills, and Science and Technical Skills. These three scores serve as one of several pieces of information about your child that can aid in the exploration of a wide variety of career options. The ASVAB is offered at no cost and no obligation to high school students. Registration and information will be sent by email in October. This test is administered by the military.

Fall is a great time to explore Minnesota State and learn more about your 26 [state colleges](#), 7 universities, and the 18 [Private Colleges](#). Learn about their academic options, financial aid, transferring from a 2 year college to a 4 year university and more! October 19-20, 2023, over the MEA break, each of the 26 colleges and 7 universities of Minnesota State will be offering special visits for high school students.

****It is not too early to start visiting college campuses** either in person or virtually. Plan a college campus visit or virtual visit on October 19th and

20th during our MEA break. Many colleges organize special programs and host open houses on these dates, you don't miss your classes and you still have two excused days for further college research. Search college websites for college visit/campus tour dates and register online. These programs usually fill fast, and may fill faster as schools may be limiting the number of students.

****Remind yourself continually that high school grades and activities are important.**

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 senior year. Most colleges require particular high school courses for admission to their college. The following 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)
- University of Minnesota -Four years of Math
- Two years of the same Foreign/World Language
- One year in an area of the Arts (music, art,)
- Three years of Science (with lab)

Spring



****The Minnesota Office of Higher Education has recommended that all four-year college bound juniors take a college and career readiness assessment. All juniors will have the opportunity to take the ACT test free of charge at FHS on Tuesday, March 12th, 2024. Makeup date is scheduled for Tuesday, March 19th, 2024.**

**** If a junior wants to take the ACT test multiple times prior to or after this date, additional voluntary [ACT Test Dates](#) opportunities are listed. To register go to www.act.org/bts. You may want to retake the ACT in an effort to raise your previous test score for college admissions/scholarships. Search college websites for admission/scholarship ACT score criteria. Remember you do **not** need to register for the March 12th or 19th ACT taking place during the school day at FHS.**

****If you have a concern regarding your high school credits, or have failed high school courses, check with your counselor to make sure you have met or will meet all graduation requirements. FHS does offer an after school and summer school credit recovery program.**

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

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

****Students interested in the Reserve Officer Training Corps (ROTC) or a Military Academy should get**

information from the counselors and fill out pre-candidate questionnaires.

Summer



****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. Some colleges will allow you to apply for free during the summer months.**

****Search college web sites for summer enrichment opportunities.**

****Your senior year is about to begin. Make the most of your courses and do not procrastinate. Many things will compete for your time during your senior year.**