

# Post-Secondary Planning

Wakefield Counseling  
Department  
2025-2026



# Senior Meeting Ready

1. Senior Intent to Graduate Form
2. What are different postsecondary steps after high school?
3. NOVA Visit Dates
4. What is Schoolinks?
5. Sign up for College Visits in Schoolinks
6. Common App
7. Applying for College Snap Shot

# Post-Secondary Options

## Gap Year

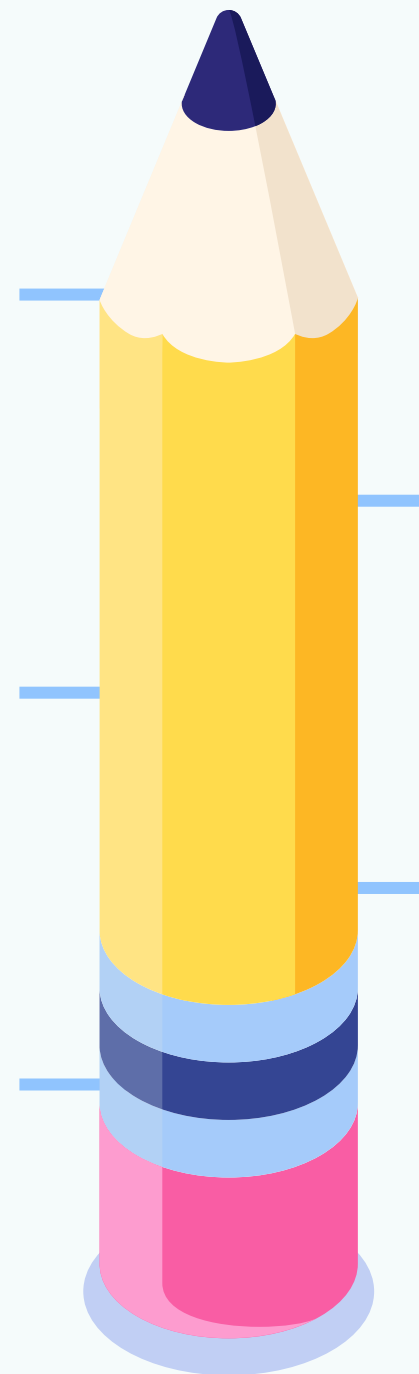
**11%** of the 2025 graduating class of Wakefield High School took a Gap Year or entered the workforce.

## Military

**7%** of the 2025 graduating class of Wakefield High School entered the Military or Trades professions.

## 2-Year Colleges

**24%** of the 2025 graduating class of Wakefield High School chose to attend 2-year colleges after graduation.



## Trades

**7%** of the 2025 graduating class of Wakefield High School entered the Military or Trades professions.

## 4-Year Universities

**58%** of the 2025 graduating class of Wakefield High School chose to attend a 4-year university after graduation.

# Counselor & Senior Meeting Assignments

## Counselor Assigned Appointments

These counselors assign appointments directly:

- Alao
- Ramirez
- Terpstra



## Appointment Sign-Up Through Canvas

These counselors use Canvas for students to sign up:

- Carr
- Carruthers
- Majano-Benitez
- Mathis
- Menchel
- Rios-Bustos
- Cook
- Covarrubias
- Dressler

# INTENT TO GRADUATE

- Senior Meetings Start in **September**
- Please respond to your counselor's requests to schedule appointments with them in Canvas

## Meeting Content:

- What classes do you need to pass to graduate?
- What SOLS/exams do you need to graduate?



# INTENT TO GRADUATE FORM

- Student will sign form
- Student will take the form home and share with parent to sign and return to counselor



## WAKEFIELD HIGH SCHOOL Department of Counseling Services

*To teach and inspire, to reach and transform. Every student. Every year.*

### Intent to Graduate from Wakefield High School - June 2026

Student Name: John Doe Date: September 2025

The following courses must be completed and passed to **ensure participation** in the **June Graduation Ceremony**:

1. Government
2. English 12
- 3.
- 4.

#### Testing needed to Graduate in June 2026:

1. Science SOL
2. CPR Certification

Standard Diploma X Advanced Diploma \_\_\_\_\_

\_\_\_\_\_  
Student

\_\_\_\_\_  
Parent/Guardian

\_\_\_\_\_  
Counselor  
Comments:

\_\_\_\_\_  
Director of Counseling



# What path is best for *you*?



**Reflect on your 5- &  
10-year goals.**

**Assess your academic,  
*emotional & social*  
readiness.**

**Have honest talks with  
parents about finances,  
location & independence.**

**Consider pros & cons of  
2-year vs. 4-year colleges,  
working or other options.**

**Job shadow professionals  
in a career area of your  
interest,**

# GAP YEAR





# GAP YEAR

A Gap Year is a break between high school and college to gain experience, explore interests, or prepare for the future.



## Why Consider It?

- ✓ Personal growth & independence
- ✓ Career exploration & work experience
- ✓ Build your Resume
- ✓ Avoid burnout & enter college focused
- ✓ Travel & cultural experiences
- ✓ Save money & plan finances

## Structured Gap Year Programs:

- [American University Gap Year Internship](#)
- [City Year program of AmeriCorps](#)
- [DC High School Internship Program](#)
- [The Gap Year Hub: Find a Program](#)
- [ciee: Gap Year Abroad](#)
- [Semester at Sea Gap Year](#)
- [Take free Harvard Online Classes](#)

## Things to Consider:

- Plan ahead & stay productive
- Check college deferral policies
- Budget for costs & funding options



# WORKFORCE, TRADES & TECHNICAL EDUCATION





# WORKFORCE, TRADES & TECHNICAL EDUCATION

- **Trade, Technical, or Vocational School:** career-focused education offering hands-on training in two years or less
- **Apprenticeships** – Paid, hands-on training in fields like electrician, plumbing, carpentry, IT, and healthcare with industry certifications.
- **Workforce Entry** – Start working right away to gain experience, build skills, and save money for future education or career growth.
- **Entrepreneurship** – Start your own business, freelance, or pursue creative careers in art, design, tech, or content creation.
- **Certifications & Bootcamps** – Short-term, skill-based programs in tech, healthcare, business, and trades for fast career entry.

## **Things to Consider:**

- Research accredited programs & costs
- Look into apprenticeships & certifications
- Explore financial aid options at Trade/Technical Schools



**RECRUIT CLASS 80**

**ARLINGTON COUNTY  
FIRE DEPARTMENT**

FIRE TRAINING ACADEMY  
2800 SOUTH TAYLOR STREET  
ARLINGTON, VA 22206  
FRIDAY, JANUARY 14TH, 2022  
1:00 P.M.



**Education at Inova**

Accelerate your growth and reach your fullest potential



**How to Become a  
Real Estate Agent in Virginia**

- 1 Complete the required 60 hours of Pre-Licensing education.
- 2 Pass the final exam for your course.
- 3 Pass the Virginia real estate salesperson exam.
- 4 Get your fingerprints taken.
- 5 Select a sponsoring broker.
- 6 Complete and submit your salesperson license application.



**FLIGHT ATTENDANT HIRING  
INFORMATION SESSION.**

To register, go to [delta.com/flywithus](https://delta.com/flywithus)



# WORKFORCE, TRADES & TECHNICAL EDUCATION

## Interested in a Trade or Workforce Entry Career Path:

- Talk to your counselor during your senior meeting about your post-secondary career interests
- Research educational, training, certification, and/or licensure requirements for your career of interest
- Look into schools, employers, or programs that offer the training and education needed for your career of interest
- Check application deadlines and timeframes for any formal programs
- Consider job shadowing opportunities - *check with your school counselor and building administrator about approved absences for job shadowing!*
- Conduct a mock interview with a professional in the industry you're interested in
- Prepare your resume and/or cover letter
  - Checkout the free *Drop-in Resume and Job Search Help Sessions* offered at Arlington Public Library Branches





# WORKFORCE, TRADES & TECHNICAL EDUCATION

Popular Careers and Trades that do **NOT** require a “traditional” college education:

- Administrative Professionals
- Bank Teller
- Barbering & Cosmetology
- Carpentry
- Certified Nursing Assistant
- Construction
- Culinary Arts: Chefs, Bakers
- Electrician
- Estheticians
- Firefighter
- Flight Attendant
- Hospitality Roles
- HVAC Mechanics
- Information Technology
- Law Enforcement Officer
- Massage Therapist
- Medical Assistant
- Nail Technician
- Nanny
- Plumber
- Phlebotomist
- Pipefitter
- Photographer
- Real Estate Agent
- Sanitation Professionals
- Social Media Manager
- Web Developer
- Welder

\*\*Checkout the [Bureau of Labor Statistics Occupational Outlook website](#) for education & training requirements



# MILITARY SERVICE





# MILITARY SERVICE

Interested in joining the Army, Army National Guard, Navy, Air Force, Marines, Coast Guard, or Space Force for career training, tuition benefits, and leadership experience? Checkout the steps below for how to enlist:



1. Meet with a recruiter
2. Talk with your counselor about the ASVAB
3. Talk with a recruiter about a military physical exam
4. Meet with a military enlistment counselor
5. Take the Oath
6. Prepare for Basic Training



# MILITARY ACADEMIES & SENIOR MILITARY COLLEGES

**Military Service Academies** are highly competitive, tuition free, federally run, undergraduate institutions that require a military nomination for admission and mandate a minimum service obligation upon graduation.

**Senior Military Colleges (SMCs)** are state-affiliated or private institutions where students have the *option* to join a military program like ROTC and have a service obligation only if they accept a scholarship for it

## Service Academies:

- The United States Military Academy (Westpoint) - *Army*
- The United States Naval Academy - *Navy and Marine Corps*
- The United States Air Force Academy - *Air Force and Space Force*
- The United States Coast Guard Academy - *Coast Guard*
- The United States Merchant Marine Academy - *Merchant Marine*

## Local Senior Military Colleges:

- Virginia Military Institute (VMI)
- Virginia Tech Corps of Cadets
- Virginia Women's Institute for Leadership at Mary Baldwin University



# ASVAB

Wakefield offers the Armed Services Vocational Aptitude Battery (ASVAB)

## ADD TEST DATES

1. Fall 2025
2. Spring 2026

The Armed Services Vocational Aptitude Battery (ASVAB) is a multiple-aptitude test used by the U.S. military to determine eligibility for enlistment and identify career paths.

The test assesses aptitude in verbal, math, science, technical, and spatial domains. Subtests:

- Arithmetic Reasoning
- Word Knowledge

Results helping to determine a person's Armed Forces Qualification Test (AFQT) score and specific Military Occupational Specialty (MOS) suitability.



# 2-YEAR COLLEGE



# Northern Virginia Community College (NOVA CC)



- 7 campuses
- Offers Associate Degree, Certificate Programs, and Career Studies Certificates
- Open to all seniors—no minimum GPA required
- SAT/GPA determine placement:
  - 3.0+: College-level courses
  - 2.0-2.99: College + remedial classes
  - Below 2.0: Developmental classes
- Guaranteed transfer options to 4-year colleges
- NOVA Counselor will be available to students at Wakefield

# OPPORTUNITIES WITH NOVA

- **Dual Enrollment:** classes are offered during the school day at Wakefield or Arlington Career Center and are taught by high school teachers who are credentialed as NOVA adjuncts
- **E-Summer Program:** Rising high school juniors and seniors can apply to participate in the summer program designed to introduce students to STEM careers, including careers in the energy industry.
- **Early Online College (EOC):** High school juniors and seniors can take up to two tuition-free college courses per semester (Fall, Spring) at NOVA,



- **JumpStart2NOVA:** High school seniors who are continuing at NOVA after graduation can take two tuition-free summer college courses.
- **ACCESS Academy:** The Accelerated College and Employability Skills Academy offers eligible Virginia high school students a unique opportunity to develop career skills, particularly in IT, while preparing for a smooth transition to college.

# ***NOVA INFO DAYS @ WAKEFIELD***

- November 5th- NOVA Information Session - Auditorium - 10:15 - 11:15
- December 3, 4, 5 - NOVA Application Sessions ( 9 am - 2 pm)
- January 14<sup>th</sup> - NOVA Application Make up Day (10:00 – 1:00)
- March 12th & 13<sup>th</sup> - NOVA Info Sessions (10 - 1:30)
- April 9<sup>th</sup> & 10<sup>th</sup> - Course Registration Sessions (9 - 1:30)
- May 18<sup>th</sup> & 19<sup>th</sup> - Open Office Hours



# READY TO APPLY?

## Eligibility & Steps to Apply:

- ✓ Meet Admissions Requirements
- ✓ Placement test or qualifying scores (may be needed)
- ✓ Apply online (follow specific application process)
- ✓ Complete enrollment by each program deadline



# 2-YEAR COLLEGE CONSIDERATIONS

- Cost / Savings
- Class sizes and personalized attention
- Flexibility with working hours
- Potential to boost GPA and improve transfer prospects
- Smooth transition to higher education
- Flexibility and convenience
- Associate's Degree
- Virginia Community College System  
Transfer agreements

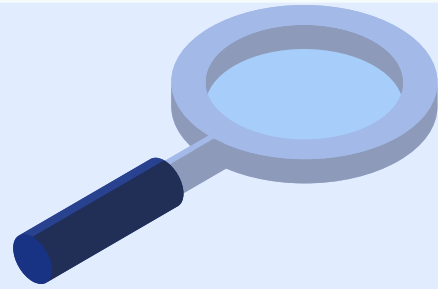
**ADVANCE**  
A NOVA|GEORGE MASON PARTNERSHIP





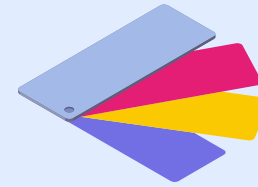
# 4-YEAR COLLEGES & UNIVERSITIES

# APPLYING TO 4-YEAR COLLEGES & UNIVERSITIES



## RESEARCH

Admission requirements (GPA, SAT/ACT) Majors, internships & cost. Safety, match & reach schools



## BE REALISTIC

Most WHS students apply to 6-10 schools—it's not a competition! Visit/tour colleges before applying



## GET ORGANIZED

Check your email daily—communication is key! Use the WHS College Planning Checklist!

# ADMISSION DEADLINE TYPES

Early Decision	<b>Binding</b> (legal contract) - You can only apply to <b>ONE</b> Early Decision school, Admission is granted usually by December 1st.
Early Action	Non-binding - You can apply to multiple schools. Admission is granted usually before winter break.
Regular Decision	Non-binding - You can apply to multiple schools. Typically in January/February Admission is granted by April 1st .
Rolling Admissions	You can apply whenever you want Admission is granted on a first-come, first-serve basis so you can apply early for an early notification

# ADMISSIONS CONSIDERATIONS



- Transcripts (Grades/overall GPA)
- Strength of high school courses
- Admissions test scores (ACT/SAT)  
“Test-Optional”
- Essay- a big part of your application
- Student’s demonstrated interest
- Personal accomplishments
- Resume (*extracurricular activities, club/sports, jobs*)
- Leadership
- Letters of recommendation
- Courses in progress senior year & mid-year reports



# Letters of Recommendation

- Cost / Savings
- Class sizes and personalized attention
- Flexibility with working hours
- Potential to boost GPA and improve transfer prospects
- Smooth transition to higher education
- Flexibility and convenience
- Associate's Degree
- Virginia Community College System  
Transfer agreements

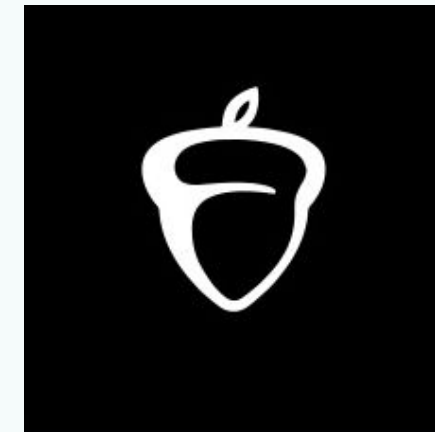
**ADVANCE**  
A NOVA|GEORGE MASON PARTNERSHIP





# COLLEGE ADMISSIONS EXAMS

*\*\*Check to see if the schools you are applying to are "test-optional"\*\**



**SAT<sup>®</sup>**

**ACT<sup>®</sup>**

Consists of two tests: Verbal & Math. Each section is scored 200-800. Perfect score is 1600

Consists of four tests:  
English, Math, Reading,  
Science  
Writing component is  
optional

Top composite score is 36



**TOEFL**

Additional tests that colleges may require for non native English speakers.

# School Links: The New Naviance

- **SchooLinks** is a modern, college and career readiness platform
- Tools for self-discovery, college exploration, and career planning
- **Go to MyAccess@APS account to access Schoolinks**



# School Links Onboarding

- Link:
  - Go to MyAccess@APS account to access Schoolinks
  - <https://www.apsva.us/college-career-corner/resources/schoolinks/>
- **Schoolinks** helps you support your student's future. As a parent/guardian, you can explore career and college options with your student, message their school counselor, and access everything through your own account.



# School Links Onboarding

## SchoolLinks allows you to:

- View the results of your student's career interest, strength, and mindset assessments to learn more about their interests and what careers might be right for them
- See what colleges and careers your student has favorited and set as goals
- Check your personalized dashboard for upcoming events as well as important reminders and to-dos for your student
- Complete your own research on colleges, careers, and more to help you have informed conversations with your student
- Compare college costs and explore expected financial aid, scholarships, and out-of-pocket expenses
- Review your student's course plans (coming later this year)





# School Links Onboarding

**Learn how to log into your account:**

- [English SchoolLinks Guide: Onboarding for Guardians](#)
- [Spanish SchoolLinks Guide: Onboarding for Guardians](#)

**View videos below to learn more about what you can do in SchoolLinks:**

- [Video Guardian Account Overview](#)
- [Video Guia de SchoolLinks Para Padres de Familia](#)



# School Links “Events”

- Access college visits under this tab
- Click on event to register

The screenshot displays the 'Events' tab in the School Links application. The top navigation bar includes 'Exit Student Demo', 'Tina Davila', and various utility icons. The main header shows 'To Do List 1', 'Events 33', 'Reminders', 'My Team', 'Survey/Forms', and 'Shared Notes'. A search bar is present for finding events by name.

The 'Events' section is titled '34 Unregistered events' and shows a calendar view for 'September, 2025'. The events listed are:

- Mon Sep 15, 10:35 am-11:10 am EDT**  
College rep visit: American University 🚗  
American University
- Mon Sep 15, 2:35 pm-3:10 pm EDT**  
College rep visit: Wakefield College Visits 🚗  
New event
- Tue Sep 16, 9:20 am-9:55 am EDT**  
College rep visit: Elon University 🚗  
Elon University
- Tue Sep 16, 10:35 am-11:11 am EDT**  
College rep visit: Wakefield College Visits 🚗  
South Dakota School of Mines and Technology, Virginia Tech
- Tue Sep 16, 2:35 pm-3:10 pm EDT**  
College rep visit: Wakefield College Visits 🚗  
New event
- Wed Sep 17, 9:20 am-9:55 am EDT**  
College rep visit: Wakefield College Visits 🚗  
Marymount University
- Thu Sep 18, 9:20 am-9:55 am EDT**  
New event

On the left, a sidebar titled 'Here's what's happening' lists various opportunities, including 'Support Specialist', 'Internship', 'Virtual Business & Hospitality Bootcamp', and 'Engineering Endowed Scholarship'. On the right, a 'Downloads' section lists various files for download.

# School Links Scholarships

- Access under the “Colleges” tab
- Then, “Scholarship Match” or “Search”

The screenshot displays the 'STUDENT Home' dashboard. On the left is a yellow sidebar with navigation icons for Home, Student, Explore, Plan, Engage, Career, and College. The main content area is divided into two columns. The left column, titled 'Here's what's happening', lists three opportunities: a \$20,000 Coca-Cola Scholarship (deadline Sept 30, 2025), a Reception Desk Internship at Goodwin Living in Arlington, VA, and a Social Media Intern for Work-Based Learning Office in Arlington, VA. The right column features a 'To Do List' with 2 items, 'Events' with 39, and other navigation links. It shows a green bar for '3 Completed To Dos', a red bar for '1 Overdue!' task for September 2025 ('Subscribe to Events in your External Calendar'), and a blue bar for '1 Due within the Next Four Weeks!' task for October 2025 ('Set up Personal Account for Alumni Access'). A button at the bottom right says 'Show Remaining To Dos'.

STUDENT Home

Exit Student Demo X Tammy Murillo

Here's what's happening

Check out this Scholarship! \$20,000  
Coca-Cola Scholars Foundation  
Deadline: September 30, 2025

Check out this Opportunity!  
Reception Desk Internship at Goodwin Living  
Arlington, VA | 0-5 mi.

Check out this Opportunity!  
Social Media Intern for Work-Based Learning Office  
Arlington, VA | 0-5 mi.

To Do List 2 Events 39 Reminders My Team Survey/Forms Shared Notes

3 Completed To Dos

1 Overdue!

September 2025

5th Subscribe to Events in your External Calendar Not Done

1 Due within the Next Four Weeks!

October 2025

1st Set up Personal Account for Alumni Access Not Done

9 More To Dos Coming Up This Year

Show Remaining To Dos





# COLLEGE APPLICATION PROCESS

## Class of 2026

Applying to college can feel overwhelming, but breaking it down into manageable steps can make the process much smoother. Here's a document to guide you through the initial stages of your college applications, focusing on how to use Common App and SchoolLinks together effectively.

### Step 1: Common App Setup - Your College Apps

The Common App is a platform used by hundreds of colleges. Here's how to get started:

1. Start Your Common App Account:

- Visit the **Common App website** and create an account.

2. Add **Wakefield High School** as Your School:

- In the Education section, add Wakefield High School as your school. Make sure you select the correct high school! **CEEB Code: 470120**

3. Add Colleges & Sign the FERPA:

- Add colleges you're applying to in the "My Colleges" tab.
- **IMPORTANT**, sign the FERPA (Family Educational Rights and Privacy Act) waiver for one of the colleges you add - this will apply to all colleges in your list. This allows your counselor to send your transcripts and recommendations.
- **THIS VIDEO** will show you how to access and sign the FERPA in your Common App account



## Step 2: SchoolLinks Access and Setup

SchoolLinks is the platform we use to send transcripts and recommendations to colleges. Here's how to set it up:

### 1. Access SchoolLinks via MyAccess:

- Log into MyAccess, and find the SchoolLinks link to access the platform.

### 2. Complete Onboarding:

- If this is your first time using SchoolLinks, follow the on boarding steps.

### 3. College Application Manager Setup:

- Follow the prompts to set up your College Application Manager.
- This involves adding your home and email address, indicating your eligibility for application fee waivers, and signing the FERPA waiver again. It's essential to sign the FERPA on both Common App and SchoolLinks.

Need help? **Watch this video** on setting up your College Application Manager

## Step 3: Connecting Common App and SchoolLinks

Now, you need to connect your Common App account to your SchoolLinks account. Once connected, you will be able to request transcripts, recommendations, or other documents through your SchoolLinks platform.

**Follow these instructions** for connecting your accounts

MAKE SURE TO ADD ALL non-CommonApp schools to SchoolLinks account

**Important Note:** All document requests (transcripts, recommendations) must be submitted through SchoolLinks, not through the Common App.



# What Should I Do Now?

## College/Career Research

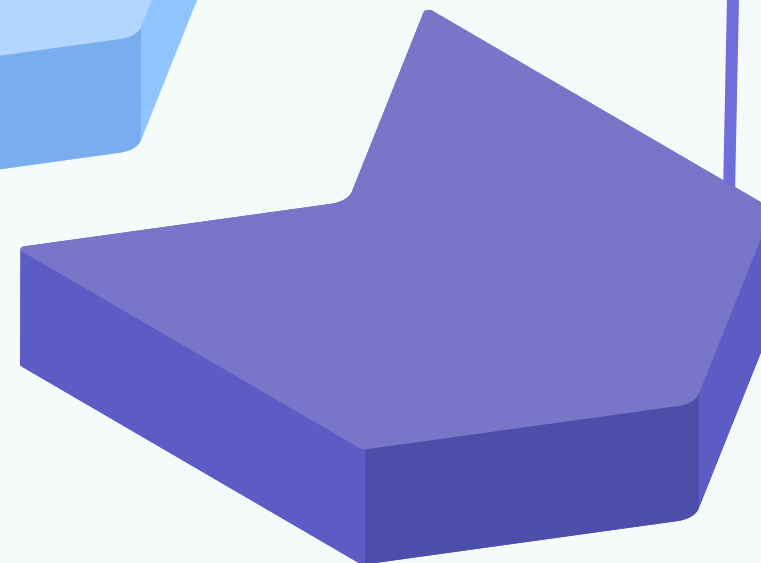
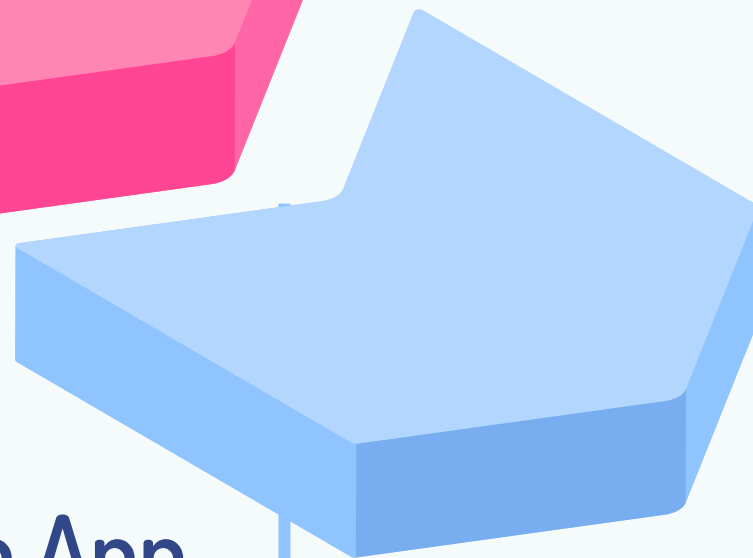
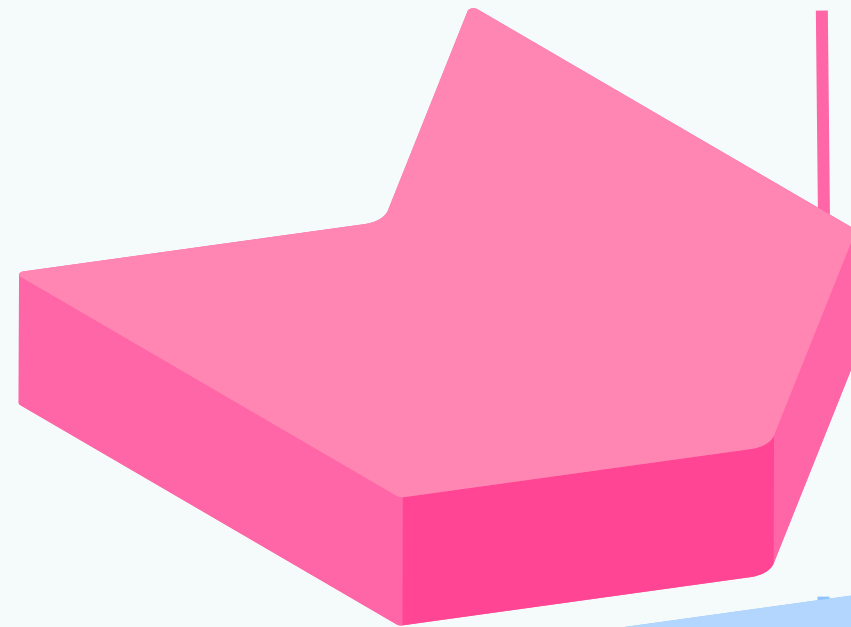
- Use School Links & College Board to research
- Visit campuses
- Sign up for visits on School Links

## Academics

- Continue to focus on improving grades, your GPA can still be impacted
- Request teachers to write letters of recommendation

## School Links/ Common App

- Complete onboarding
- Match Common App to School Links
- Complete Counselor Brag Sheet



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COUNSELING HUB


WHS Counselors

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College Application and Research Resources	
	<a href="#">12th Grade College Application Timeline</a>
	<a href="#">APS: School Links</a>
	<a href="#">Campus Tours: Database of Virtual College Campus Tours</a>
	<a href="#">Common App</a>
	<a href="#">Common Black College App</a>
	<a href="#">HBCU First: Historically Black Colleges &amp; University Directory</a>
	<a href="#">Hispanic Serving Institutions</a>
	<a href="#">WHS College Application Process: School Links.pdf</a>
	<a href="#">WHS Common App High School Details 25-26</a>
Financial Aid Resources	
	<a href="#">FAFSA Website</a>
	<a href="#">VASA Application (Please complete FAFSA first!)</a>
Military Resources	
	<a href="#">Directory of Military Colleges &amp; Schools</a>

# CHECKOUT THE WHS COUNSELING CANVAS PAGE

WHS Counseling > Modules

63 View as Student

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Course Analytics

Collapse All

View Progress

Publish All

+ Module

Academic

College & Career

College Entry Exams

ACT

SAT

Career Exploration

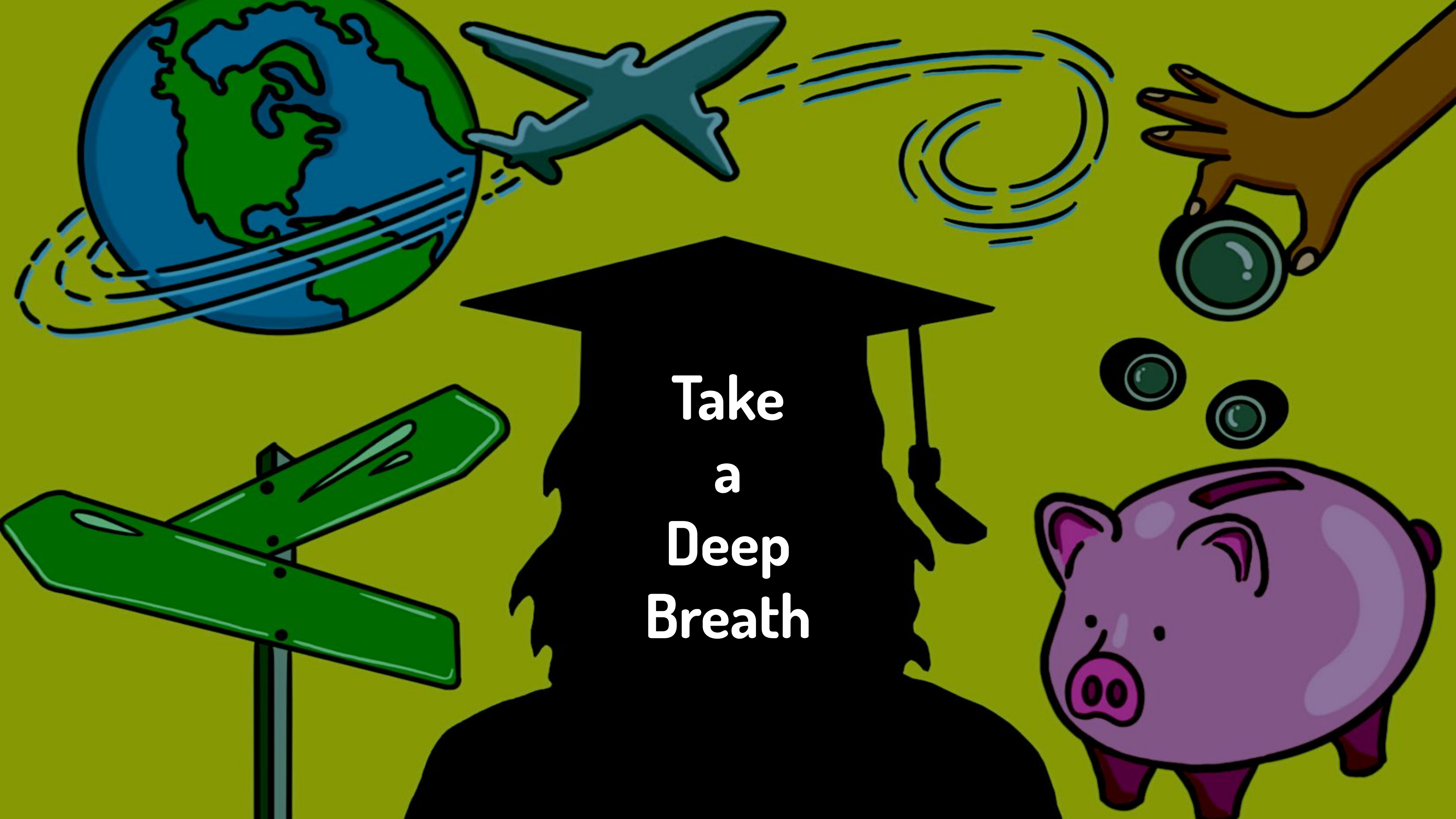
16 Personalities

Bureau of Labor Statistics: Occupational Outlook Handbook Database

Holland Codes Career Quiz

Instructions for Career Exploration Unit





Take  
a  
Deep  
Breath



A photograph of two young people walking outdoors. The person in the foreground is wearing a plaid shirt and holding a dark laptop. The person behind them is wearing a grey hoodie and light blue jeans. The background is blurred, showing greenery and a path.

# Questions





# THANK YOU

For additional questions &  
information please visit  
contact your School Counselor.

[Check Wakefield's  
Counseling  
Calendar](#)