





Maximizing the Upper School Experience

AGENDA

- **Making the most of the Upper School Experience**
- **100 Avenues to Success**
- **Areas to focus on**
- **What colleges are looking for**
- **Chapin's College Guidance Program & Testing Timeline**
- **Q&A**

100 East End
= 100 Avenues
to Success



The Application

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graph TD; A[The Application] --- B[The Numbers: Curriculum, Grades, & Scores]; A --- C[What You Say: Personal Statement]; A --- D[What You Do: Commitment, Involvement, Leadership, & Impact]; A --- E[Why Here?: Supplement & Demonstrated Interest]; A --- F[What They Say: Teacher & Counselor Recommendations]; A --- G[Sometimes: Interview, Audition/Portfolio, "The Hook"];
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The Numbers:
Curriculum, Grades, &
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What You Say:
Personal Statement

What You Do:
Commitment, Involvement,
Leadership, & Impact

Why Here?: Supplement &
Demonstrated Interest

What They Say: Teacher &
Counselor
Recommendations

Sometimes:
Interview,
Audition/Portfolio,
“The Hook”

ACADEMICS

- **The high school transcript is the most important factor in the college admissions process. Focus on being as successful as possible in your academic work.**
- **Be a proactive student: meet with teachers, seek help when needed, and be a thoughtful class participant.**

RELATIONSHIPS

- **Your teachers at Chapin are committed to getting to know you and supporting you.**
- **Cultivate relationships with the adults and teachers in your lives. You might need a recommendation for a summer program, internship or job, and you'll definitely need one for college.**

COMMUNITY

- **Colleges are living/learning communities. They want students who will be involved in their communities.**
- **It is important that you be involved in *something*.**
At Chapin: clubs, sports, Self-Government, school newspaper/yearbook, the arts, etc.
Outside of Chapin: club sports teams, music/arts lessons or classes, volunteer work, employment, internships, etc.
- **Strive to achieve a leadership position in one of your activities, if possible.**

SUMMER

- **Students should pursue an activity or program in which they are genuinely interested.**
- **For example, if you are an avid athlete, attend a sports camp. If you are a musician, you might prefer a summer-intensive arts program.**
- **Your summer does not have to be purely academic; volunteer work and employment are also highly valued.**
- **Downtime is essential to relax and mentally prepare for another academic challenging year at Chapin!**

SKILLS

- **Practice being authentically YOU.**
- **Cultivate skills such as resilience, grit, empathy, compassion, a growth mindset, and a focus on long-term goals.**
- **Keep a diary or journal. With enough hindsight, it's easier to find the silver lining in a dark cloud. It might even inspire a future essay!**

CHAPIN TIMELINE

Summer 10 into 11 – Possible college visits & test prep

Class 11 – College class begins, PSAT offered, college list building begins, family meetings, Case Study event, Chapin alum panel, special panels & workshops, college fair, draft of Common Application, essay writing program, & asking teachers for recommendations

Summer 11 into 12 – Formal college visits & interviews

Class 12 – Summer application boot camp, college work nights, and high school visits from ~100 college reps!

TESTING TIMELINE

Class 10 Spring – SAT April 10 & ACT April 14
diagnostic tests

Class 11 – A Chapin test prep course will be offered
Take the SAT or ACT at least once by Spring

Summer 11 into 12 – Take a second SAT or ACT, if
necessary

Class 12 – Take a third SAT or ACT, if necessary

For EA/ED or Rolling Applicants: October

For Regular Decision Applicants: December

TESTING TIPS

- **Take at least 3 full length practice exams before doing the real thing**
- **Focus on the ACT or the SAT (not both)**
- **Be considerate of your time (score cancellation was not made to allow students to take test over and over...) and do not take more than 3 official tests**
- **TEST OPTIONAL is a real option!**

**THANKS FOR
BEING HERE!**

QUESTIONS?