

# GET SET FOR SUCCESS:

**Coffee Talk**  
**September 7th, 2023**  
**8:00 a.m.**

**Everything Parents & Students**  
**Need To Know**

## What's On The Agenda?

### What do colleges look for in an applicant?

- Grades
- Challenging Curriculum
- Standardized Test Scores
- Student Profile- College Freshman & High School Student
- Excellent Essay

### What sets students apart?

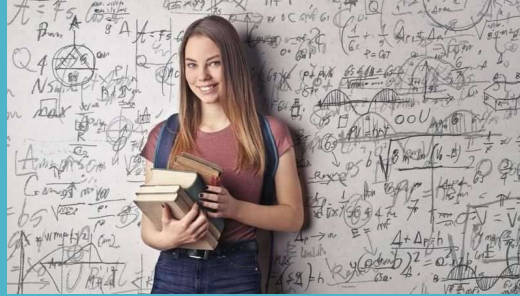
- Summer Enrichment Programs
- Internships
- Jobs
- Volunteering
- Athletics
- Clubs
- Pathfinder Award
- Resume

### What helps students get through it? Student Success Skills

- Helpful Habits
- Helpful Resources
- Sleep



# What sets you apart academically?



## What do colleges look for in an applicant? Grades

Percentage of Colleges Attributing Different Levels of Importance  
to Factors in Admissions Decisions

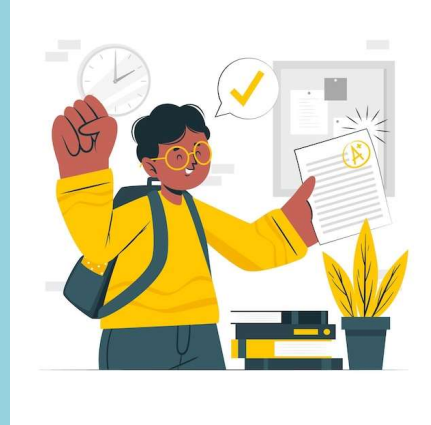
Factor	N	Considerable Importance	Moderate Importance	Limited Importance	No Importance
Grades in All Courses	220	74.5	15.0	5.5	5.0
Grades in College Prep Courses	220	73.2	16.8	5.9	4.1
Strength of Curriculum	219	62.1	21.9	8.7	7.3
Admission Test Scores (SAT, ACT)	221	45.7	37.1	12.2	5.0
Essay or Writing Sample	220	23.2	33.2	24.1	19.5
Student's Demonstrated Interest	218	16.1	23.9	28.0	32.1
Counselor Recommendation	218	15.1	40.4	26.6	17.9
Teacher Recommendation	219	14.2	40.2	26.5	19.2
Class Rank	220	9.1	29.1	34.1	27.7
Extracurricular Activities	219	6.4	42.9	32.0	18.7
Portfolio	219	6.4	11.9	26.9	54.8
Subject Test Scores (AP, IB)	219	5.5	18.3	35.2	41.1
Interview	219	5.5	16.4	28.3	49.8
Work	217	4.1	28.6	36.9	30.4
State Graduation Exam Scores	218	2.3	8.7	18.8	70.2
SAT II Scores	216	1.9	5.6	14.8	77.8

SOURCE: NACAC Admission Trends Survey, 2018-19.

## What do colleges look for in an applicant? Importance of Grades

Admissions officers consistently say that your day-in-day-out grades are the best predictor of your academic performance in college. Research shows a strong correlation between high school grades and not only academic performance in college, but retention and graduate rates as well-

<https://collegiategateway.com/>



## What do colleges look for in an applicant? Challenging Curriculum

Research has shown high school GPA to be the number one predictor of success in college. But, let me be clear that all 4.0s are not created equal. It is all about academic rigor in high school course selection. ”

-Martha Allman, dean of admissions at Wake Forest University (The Washington

Post 2012)



## What do colleges look for in an applicant? Challenging Curriculum

Colleges look for quality, not quantity. According to Dan Saracino, former assistant provost for enrollment at the University of Notre Dame: "Nothing is more important than the quality of the course load."

-Collegeboard.org

## What do colleges look for in an applicant? Challenging Curriculum

### Choose classes carefully!!

College gatekeepers say that the applicants whom they value most have taken [college-prep classes](#) in high school and have performed well in these courses. The latest annual admission survey from the [National Association of College Admission Counselors](#) indicates that 73.2 percent of admission directors at state and private schools say grades in college-prep classes are of "considerable importance." (NACAC Admissions Trend Survey 2019)



# What do colleges look for in an applicant?

## Challenging Curriculum

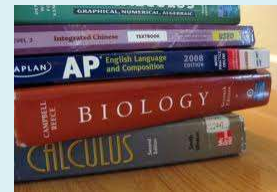
### What do colleges look for?

It is very competitive to get into college – you need rigor, a high HPA & competitive test scores! Also, a minimum of 18 academic credits is required.

*“Rigorous curriculum is a greater factor in determining college graduation rates than class standing, standardized test scores, or grade point average.”*

by Clifford Adelman, Sr. Research Analyst, U.S. Dept of Education

**Colleges advise us that students should take at least 5 academics per year.**



# What do colleges look for in an applicant?

## Challenging Curriculum

### College Admission Requirements- Minimum!

An FTIC student may be admitted if meeting a 2.50 or higher grade point average (GPA) on a 4.00 scale as calculated by the university, presents an official SAT and/or ACT score, and meets the requirements for college level placement

All students must have completed:

- 4 credits English
- 3 credits Science ( two with a lab)
- 3 credits Social Science
- 2 credits same World Language
- 4 credits Math (Algebra 1 and higher)
- 2 credits Additional academic credits
- Total of 18 academic units



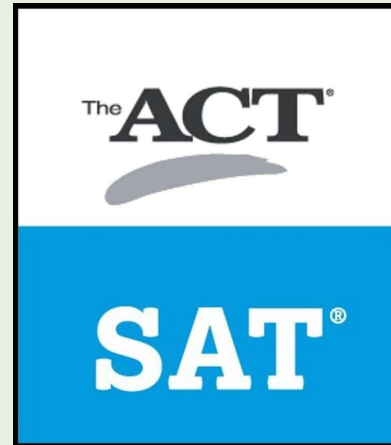
## What do colleges look for in an applicant? Standardized Test Scores

### SAT/ACT

All Florida public universities require SAT and/or ACT as part of their admission process

Not all schools require candidates to submit SAT or ACT scores for admission. In recent years, many admissions departments have revised their requirements for standardized admission tests, shifting to test-optional or test-blind policies.

Applicants who choose not to include test scores to colleges/universities that are test optional may receive increased scrutiny on other materials, such as GPA, letters of recommendation, essays and extracurricular activities.



## What do colleges look for in an applicant? Standardized Test Scores

### SAT VS. ACT

- Always check the colleges' websites to see how they use SAT & ACT test scores.
- Most colleges will use your highest composite score for the SAT and ACT. This practice is called Super scoring.
- Most students test more than once – average 2 to 3 times!
- SAT – Evidence-Based Reading and Writing, Math
- ACT – Achievement Test – English, Reading, Math, Science



## What do colleges look for in an applicant? Standardized Test Scores

➤ It's a standardized test that provides firsthand practice for the SAT. It also gives you a chance to enter NMSC scholarship programs and gain access to college and career planning tools.

➤ The PSAT/NMSQT measures:

- Critical reading skills
- Math problem-solving skills
- Writing skills

➤ The most common reasons for taking the PSAT/NMSQT are to:

- Receive feedback on your strengths and skills necessary for college study.
- You can then focus your preparation on those areas that could most benefit from additional study or practice.
- See how your performance on an admissions test might compare with that of others applying to college
- Enter the competition for scholarships from NMSC(grade 11)
- Help prepare for the SAT by becoming familiar with the kinds of questions and exact directions you will see on the SAT.
- Receive information for colleges when you check "yes" to Student Search Service.



## What do colleges look for in an applicant? Standardized Test Scores

### School Day PSAT/NMSQT **October 11**

Free for all Freshmen & Sophomores


Juniors interested: spots are limited

Sign up: TBD




# What do colleges look for in an applicant?

## Standardized Test Scores




### Maximize your score with Official SAT® Practice

Let's go




**Personalized for you**

We'll create a tailored practice plan for you based on a diagnostic or your SAT or PSAT/NMSQT® scores




**Official**

8 full-length, real practice tests and content created in partnership with College Board



**Interactive**

Thousands of practice questions, videos, lessons, and hints plus study and test-taking tips and strategies



**Instant**

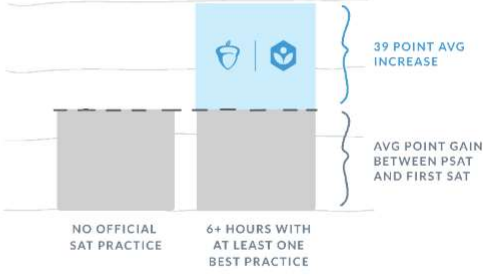
Get constant feedback and progress so you know where you stand

# What do colleges look for in an applicant?

## Standardized Test Scores

### Productive practice is associated with score increases

Our research suggests three best practices associated with substantial improvements in SAT scores: leveling up your skills, taking a full-length practice test, and following personalized practice recommendations. Students who used Official SAT Practice for six or more hours and followed at least one best practice scored 39 points higher than students who did not use Official SAT Practice.



39 POINT AVG INCREASE

AVG POINT GAIN BETWEEN PSAT AND FIRST SAT



## 2023-2024 SAT AND ACT TESTS

JUNIORS SHOULD TAKE THE SAT AND ACT TESTS IN THE SPRING OF THEIR JUNIOR YEAR

### SAT TEST

**REGISTER ONLINE AT <https://satsuite.collegeboard.org/sat/registration>**

Park Vista's SAT location code is 10-372

**\$60.00 test fee**

**Fee Waivers are available on College Board website if you have FREE/REDUCED LUNCH**  
Practice at <https://collegereadiness.collegeboard.org>

SAT Date	Registration Deadline	Deadline for Changes, Regular Cancellation, and Late Registration
Aug 26, 2023	Jul 28, 2023	Aug 15, 2023
Oct 7, 2023	Sept 8, 2023	Sept 26, 2023
Nov 4, 2023	Oct 5, 2023	Oct 24, 2023
Dec 2, 2023	Nov 2, 2023	Nov 21, 2023
March 6 is the free School Day SAT Date for all Juniors and select Seniors		
Mar 9, 2024	Feb 23, 2024	Feb 27, 2024
May 4, 2024	Apr 19, 2024	Apr 23, 2024
June 1, 2024	May 17, 2024	May 21, 2024

### ACT TEST

Test Center Code for PVCHS: 235070

**\$66.00 test fee**

**Fee Waivers are available in School Connection Office if you have FREE/REDUCED LUNCH**

Practice at <http://www.actstudent.org/testprep/index.html>

**REGISTER ONLINE AT [www.actstudent.org](http://www.actstudent.org)**

Test Date	Regular Registration Deadline	Late Registration Deadline / Late Fee Applies	Standby Deadline / Photo Upload Deadline
September 9, 2023	August 4	August 18	September 1
October 28, 2023	September 22	October 6	October 20
December 9, 2023	November 3	November 17	December 1
February 10, 2024	January 5	January 19	February 2
April 13, 2024	March 8	March 22	April 5
June 8, 2024	May 3	May 17	May 31
July 13, 2024	June 7	June 21	July 5

**PARK VISTA'S CEEB NUMBER IS 101928**

### 2022 State University System (SUS) Admissions Matrix

Universities													
Type of Applications Accepted	Institutional Online	Common App or Institutional Online	Common App or Institutional Online	Institutional Online	Common App or Institutional Online	Common App, Institutional Online, or Common App	Common App or Institutional Online	Common App or Institutional Online	Common App or Coalition App	Common App or Institutional Online	Common App, Institutional Online, or Coalition App	Common App or Institutional Online	
Self-Reported Platform	Official Transcript	SSAR	Official Transcript	Official Transcript	SSAR	SSAR	SSAR	SPARK	SSAR	SSAR	Official Transcript	SSAR	
Letter of Recommendation	Yes	No	No	No	Strongly Encouraged	No	No	No	No	No	No	No	
Super Score SAT	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	
Super Score ACT	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	
Middle 50% of Admitted (Fall 2021) (F-Fall)	SAT	S: 3.27 F: 3.67	S: 3.23-3.81 F: 3.73-4.33	S: 3.44-4.23 F: 3.56-4.33	S: 3.7-4.3 F: 4.2-4.6	S: 3.6-4.4 F: 4.1-4.6	S: 3.8-4.3 F: 4.2-4.6	F: 3.5-4.2	S: 3.77-4.29 F: 3.96-4.49	S: 4.4-4.6 F: 4.4-4.7	S: 3.3-4.0 F: 4.0-4.5	S: 3.57-4.11 F: 3.97-4.48	S: 3.36-4.02 F: 3.81-4.2
	ACT	S: 19.24 F: 23.29	S: 19.24 F: 23.29	S: 19.25 F: 22.27	S: 20-25 F: 25-30	S: 23-26 F: 27-31	S: 25-29 F: 28-32	F: 22-29	S: 23-28 F: 26-30	S: 29-32 F: 30-34	S: 20-25 F: 22-28	S: 22-25 F: 26-31	S: 20-24 F: 21-27
Fall 2022 Deadlines	Deadlines	5/1/21	4/1/22	1st: 11/1/21 2nd: 3/1/22	1st: 11/1/21 2nd: 4/1/22	1st: 11/1/21 2nd: 3/1/22	1st: 11/1/21 2nd: 3/1/22	1st: 11/1/21 2nd: 2/28/22	5/1/22	1st: 11/1/21 2nd: 3/1/22	1st: 7/1/22 2nd: 7/25/22	1st: 12/1/21 2nd: 1/15/22	1st: 12/1/21 2nd: 4/1/22
	Notification Dates	Rolling	Rolling	Rolling	Rolling	1st: 2/17/22 2nd: Rolling	Rolling	Rolling	1st: 2/25/22 2nd: 3/25/22	Rolling	1st: 11/15/21 2nd: Rolling	1st: 10/15/21 2nd: Rolling	
	Priority Date for Aid & Scholarships	FAFSA: 3/1/22	FAFSA: 3/1/22 Scholarships: 1/14/22	FAFSA: 1/1/22 Scholarships: 11/1/21	FAFSA: 3/1/22 Scholarships: 11/1/21	FAFSA: 12/1/21 Scholarships: 11/1/21	FAFSA: 12/1/21	FAFSA: 11/1/21 Scholarships: 2/1/22	FAFSA: 12/1/21	FAFSA: 3/1/22	FAFSA: 11/1/21 Scholarships: 11/1/21	FAFSA: 1/1/22 Scholarships: 1/15/22	FAFSA: 2/15/22 Scholarships: 12/1/21
Summer 2022	Deadlines	1st: 10/30/21 2nd: 1/3/22	3/1/22	3/1/22	1st: 11/1/21 2nd: 4/1/22	1st: 11/1/21 2nd: 3/1/22	1st: 11/1/21 2nd: 3/1/22		3/1/22	1st: 11/1/21 2nd: 3/1/22	1st: 5/23/22 2nd: 6/9/22	1st: 12/1/21 2nd: 1/15/22	1st: 12/1/21 2nd: 5/1/22
	Notification Dates	1/15/22	Rolling	December	Rolling	11/20/21	1st: 2/17/22 2nd: Rolling		Rolling	1st: 2/25/22 2nd: 3/25/22	Rolling	1st: 11/15/21 2nd: Rolling	1st: 10/15/21 2nd: Rolling
	Priority Date for Aid & Scholarships	FAFSA: 3/1/22	FAFSA: 3/1/22 Scholarships: 1/14/22	FAFSA: 1/1/22 Scholarships: 11/1/21	FAFSA: 3/1/22 Scholarships: 11/1/21	FAFSA: 2/1/21 Scholarships: 11/1/21	FAFSA: 12/1/21		FAFSA: 12/1/21	FAFSA: 3/1/22	FAFSA: 11/1/21 Scholarships: 11/1/21	FAFSA: 1/1/22 Scholarships: 1/15/22	FAFSA: 2/15/22 Scholarships: 12/1/21
Transfer: 2+2 Enhancement Programs	Ignite Program	Link to FAU	Destination FGCU	Connect-4Success	Pub-State College	TCCC2FSU	Dual BA in Liberal Arts and Engineering with UF	DirectConnect to UCF	Gator Eng @SF, Gator Eng @SCF, DCP@ SF	SFLUNF, FSCUNF Connect, UNF/SJR State Gateway	FUSE and PATHe	2UWF	

PCUF PRIVATE COLLEGES & UNIVERSITIES OF FLORIDA		ADVENT HEALTH UNIVERSITY*	BARRY UNIVERSITY*	ECKERD COLLEGE*	EMBRY-RIDDLE AERONAUTICAL UNIVERSITY*	FLAGLER COLLEGE*	FLORIDA COLLEGE*	FLORIDA INSTITUTE OF TECHNOLOGY	FLORIDA SOUTHERN COLLEGE*	JACKSONVILLE UNIVERSITY*	KEISER UNIVERSITY FLAGSHIP CAMPUS*
		<a href="http://www.ahu.edu">www.ahu.edu</a>	<a href="http://www.barry.edu">www.barry.edu</a>	<a href="http://www.eckerd.edu">www.eckerd.edu</a>	<a href="http://daytonabeach.edu">daytonabeach.edu</a>	<a href="http://www.flagler.edu">www.flagler.edu</a>	<a href="http://www.floridacollege.edu">www.floridacollege.edu</a>	<a href="http://www.fit.edu">www.fit.edu</a>	<a href="http://www.flsouthern.edu">www.flsouthern.edu</a>	<a href="http://www.ju.edu">www.ju.edu</a>	<a href="http://www.keiseruniversity.edu/keiser/flagship">www.keiseruniversity.edu/keiser/flagship</a>
LOCATION		ORLANDO, FL	MIAMI, FL	ST. PETERSBURG, FL	DAYTONA BEACH, FL	ST. AUGUSTINE, FL	TEMPLE TERRACE, FL	MELBOURNE, FL	LAKELAND, FL	JACKSONVILLE, FL	WEST PALM BEACH, FL
UNDERGRADUATE/FULL TIME ENROLLMENT		1110	2,091	1,950	7,177	2,421	546	3,462	2,631	2,336	1175
PERCENTAGE OF UNDERGRADUATES FROM FLORIDA		81%	69%	20%	28.73%	55%	29%	40%	57%	55%	40%
ADMISSION DEADLINE		JULY 1	ROLLING	Early Action 11/15 then rolling	JAN 15 & ROLLING	NOV 1 (ED) & MAR 31 (RD)	ROLLING	ROLLING	Nov 1 - ED/EA, Mar 1 - RD	MAY 1	ROLLING
MIDRANGE GPA		3.3	3.44	3.4-3.7	3.92	3.63	3.5-3.9	3.51-3.93	3.6 - 4.2 (weighted)	3.7	3.2-3.4
MIDRANGE/AVG. SAT (CR & M, MIDDLE 50%)		Test Optional	990	1120-1290	1261	1156	1065-1130	1150-1330	1170-1380	1220	990 Test Optional
MIDRANGE/AVG. ACT (CR & M, MIDDLE 50%)		Test Optional	19	24-29	24	27	21-24	24-30	2.4-3.1	25	19
TUITION, FEES, HOUSING AND FOOD		\$26,090	\$45,840	\$64,642	\$56,173 in state	\$41,060	\$28,260	\$56,010	\$56,160	\$63,430	\$53,179
ACCEPT AP? AP? IB? DUAL ENROLLMENT (DE)? ALL?		ALL	ALL	ALL	ALL	ALL	ALL	ALL	ALL	ALL	ALL
AVG NEED-BASED SCHOLARSHIP/GRAANT AWARD		\$3,582	\$8,358	\$29,000	\$1,555	\$12,663	\$6,299	\$4,000	\$26,277	\$27,000	\$6,543
AVG NON-NEED-BASED SCHOLARSHIP/GRAANT AWARD		\$2,640	\$14,927	\$18,000	\$13,179	\$3,834	\$5,916	\$20,000	\$23,834	\$27,000	\$11,000
TOP 3 MAJORS		NURSING OCCUPATIONAL THERAPY PHYSICAL THERAPY	NURSING PSYCHOLOGY BIOLOGY	MARINE SCIENCE ANIMAL STUDIES ENVIRONMENTAL SCIENCE	AERONAUTICAL SCIENCE AEROSPACE ENG. MECHANICAL ENG.	BUSINESS ADMIN. COASTAL ENV. SCIENCE PSYCHOLOGY	BUSINESS ADMIN. LIBERAL STUDIES KINESIOLOGY	AEROSPACE ENG. AERO SCI, W/ FLIGHT COMPUTER SCIENCE	BIOLOGY NURSING BUSINESS	NURSING AVIATION HEALTH SCIENCES	GOLF MGMT. EXERCISE SCIENCE BUSINESS ADMIN.
		<b>LYNN UNIVERSITY*</b>	<b>NOVA SOUTHEASTERN UNIVERSITY*</b>	<b>RINGLING COLLEGE OF ART &amp; DESIGN*</b>	<b>ROLLINS COLLEGE*</b>	<b>SAINT LEO UNIVERSITY*</b>	<b>SOUTHEASTERN UNIVERSITY*</b>	<b>STETSON UNIVERSITY*</b>	<b>UNIVERSITY OF MIAMI*</b>	<b>THE UNIVERSITY OF TAMPA*</b>	<b>WARNER UNIVERSITY*</b>
		<a href="http://www.lynn.edu">www.lynn.edu</a>	<a href="http://www.nova.edu">www.nova.edu</a>	<a href="http://www.ringling.edu">www.ringling.edu</a>	<a href="http://www.rollins.edu">www.rollins.edu</a>	<a href="http://www.saintleo.edu">www.saintleo.edu</a>	<a href="http://www.seu.edu">www.seu.edu</a>	<a href="http://www.stetson.edu">www.stetson.edu</a>	<a href="http://www.miami.edu">www.miami.edu</a>	<a href="http://www.ut.edu">www.ut.edu</a>	<a href="http://www.warner.edu">www.warner.edu</a>
LOCATION		BOCA RATON, FL	FL LAUDERDALE, FL	SARASOTA, FL	WINTER PARK, FL	SAINT LEO, FL	LAKELAND, FL	DELAND, FL	CORAL GABLES, FL	TAMPA, FL	LAKE WALES, FL
UNDERGRADUATE/FULL TIME ENROLLMENT		2,384	6,971	1,705	2,238		2,500	2,572		9,356	759
PERCENTAGE OF UNDERGRADUATES FROM FLORIDA		32%	49%	24%	57%		55%	68%		20%	85%
ADMISSION DEADLINE		NOV 15 EA, JAN 15 EA 2, Rolling	NOV 1 ED/EA, FEB 1 REGULAR	ROLLING, ANIMATION JAN. 15	NOV. 15/FEB. 15		ROLLING	Nov. 1		ED, EA, RD	ROLLING
MIDRANGE GPA		3.09	4.02	3.2-3.87	3.5		3.56	3.89		3.58	3.23
MIDRANGE/AVG. SAT (CR & M, MIDDLE 50%)		1145	1090-1330	N/A	1150-1350		1120	1140-1300		1196	960
MIDRANGE/AVG. ACT (CR & M, MIDDLE 50%)		25	24-31	N/A	24-29		24	24-30		24.8	18
TUITION, FEES, HOUSING AND FOOD		\$54,750	\$30,140	\$73,490	\$71,690		\$42,752	\$71,250		\$44,378	\$36,960
ACCEPT AP? AP? IB? DUAL ENROLLMENT (DE)? ALL?		ALL	ALL	ALL	ALL		ALL	ALL		ALL	ALL
AVG NEED-BASED SCHOLARSHIP/GRAANT AWARD		\$6,535	\$6,583.55	\$7,317	\$38,231		\$11,431	\$45,283		\$14,106	N/A
AVG NON-NEED-BASED SCHOLARSHIP/GRAANT AWARD		\$16,599	\$17,738	\$10,305	\$25,462		\$17,474	\$30,464		\$8,902	\$18,880
TOP 3 MAJORS		INTL. BUSINESS SPORTS MGMT. ENTREPRENEURSHIP	BIOLOGY PRE-NURSING PSYCHOLOGY	COMPUTER ANIMATION ILLUSTRATION FILM	BUSINESS BIOLOGY PSYCHOLOGY		MINISTRY PSYCHOLOGY NURSING	BUSINESS ADMIN. FINANCE PSYCHOLOGY		UNDECIDED EXERCISE SCIENCE MARKETING	AGRICULTURAL STUDIES EXERCISE SCIENCE SOCIAL WORK

\*An asterisk beside the institution name means the institution is "TEST OPTIONAL".

For more information, please visit our Web site: [www.pcufl.net](http://www.pcufl.net)

# What do colleges look for in an applicant?

## Student Profile

# University of Florida Freshman Profile 2022

Student Profile- College Freshman & High School Student

Middle Range GPA Fall: 4.4-4.7

Middle Range GPA Summer: 4.4-4.6

Middle Range SAT Fall: 1350-1480

Summer: 1260-1420

Middle Range ACT Fall: 30-34

Summer: 29-32



## What do colleges look for in an applicant?

### Student Profile

## FAU Freshman Profile 2022

Middle Range GPA Fall: 3.73-4.23

Middle Range GPA Summer: 3.23-3.81

Middle Range SAT Fall 1110-1270

Summer: 1000-1200

Middle Range ACT Fall: 23-29

Summer: 19-24



## What do colleges look for in an applicant?

### Student Profile

## UCF Freshman Profile 2022

Middle Range GPA Fall: 3.96-4.49

Middle Range GPA Summer: 3.77-4.29

Middle Range SAT Fall 1250-1370

Summer: 1170-1280

Middle Range ACT Fall 26-30

Summer: 23-28

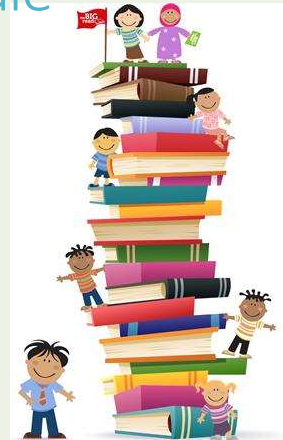


## What do colleges look for in an applicant?

### Student Profile

## Profile of student who was accepted into competitive university- senior schedule

- 01 ADV PL BIO
- 02 ADV PL US GOVT/POL
- 02 ADV PL MICROECON
- 03 ADV PL ENGLISH LITERATURE AND COMPOSITION
- 04 ADV PL CALCULUS BC
- 05 HEALTH CONCEPTS
- 05 MEDICAL TERMINOLOGY
- 06 ADV PL PSYCH



## What do colleges look for in an applicant?

### Student Profile

## Profile of Student- Academic Units, GPA and Test scores

**CUM HPA:** 5.2973

**CUM GPA:** 4.0000

**Academic Units:** over 34 academic units

**Test scores:** SAT EBRW: 715 Math: 730

**Accepted:** University of Pennsylvania, Duke University, Brown University, University of Miami, state schools

## What do colleges look for in an applicant? College Essay

“The application essay prompts are broad and open-ended, and I think that’s sometimes what challenges students the most. But they’re open-ended for a reason, and that’s because we do really want to see what student choose to write about, what students feel is important.” - Niki Barron, Associate of Admissions Middlebury College (2018)



## What do colleges look for in an applicant? College Essay



The National Association for College Admission Counseling’s 2011 State of College Admission report found that while grades, strength of curriculum and admission test scores are the top factors in the college admission decision, a majority of colleges and universities believe the essay to be of considerable or moderate importance in determining which academically qualified students they would choose.

In other words, when all else is equal between competing applicants, a compelling essay can make the difference. A powerful, well-written essay can also tip the balance for a marginal applicant. - collegeboard.com (2013)

# What do colleges look for in an applicant? College Essay



## Top Ten Tips for Writing the College Essay

- 1. Start early.** The more time you have, the less stress you'll have. And you'll have plenty of time to give the essay your best effort.
  - 2. Be yourself.** Take a moment to think about what interests you, what you love to talk about, what makes you sit up and take notice if it's mentioned in class or on TV. Then write about it. One of the biggest mistakes students make is "writing what they think others want to hear, rather than about an issue, event, or person that really had significance for them," says Richard M. Fuller, dean of admission and financial aid at Hamilton College (NY). An essay like that is not just boring to write-it's boring to read.
  - 3. Be honest.** You're running late (see #1), you can't think of what to write-and someone emails you a heartwarming story. With just a tweak here and there, it could be a great essay, you think. It's what you would have written if you'd just had enough time. Don't be fooled! College admission officers have read hundreds-even thousands-of essays. They are masters at discovering any form of plagiarism. Adapting an e-mail story, buying an essay from some Internet site, getting someone else to write your essay-admission people have seen it all. Don't risk your college career by taking the easy way out.
  - 4. Take a risk.** On the other hand, some risks can pay off. Don't settle for the essay that everyone else is writing. Imagine an admission officer up late, reading the fiftieth essay of the day-yours. Do you want that person to nod off because he or she has already read ten essays on that topic? "The danger lies not in writing bad essays but in writing common essays-the one that admission officers are going to read dozens of," says Scott Anderson, associate director of college counseling at Metcoursburg Academy (PA). "My advice? Ask your friends what they are writing-and then don't write about that!"
  - 5. Keep it focus.** This is your chance to tell admission officers exactly why they should admit you. Unfortunately, some students try to list every single reason-their stellar academic record, their athletic prowess, their community service-all in a page or two. When that happens, the essay looks like a grocery list. Instead, read the essay question carefully and jot down a few ideas. Then choose the one that looks like the most fun to write about. Stick to that main theme throughout the essay. You don't have to list all your achievements-that's what the rest of the application is for. Use the essay to help the admission officers get to know you as a person.
  - 6. Write and rewrite.** Don't try to write a masterpiece on your first try. It's not possible and all that pressure is likely to give you writer's block. For your first draft, write anything that comes to mind about your topic. Don't worry too much about grammar or spelling. Just get it down on paper (or computer screen). Then let it "rest" for a few hours or a few days. When you come back to the draft, look for ways to make it more focused and better written. Some people are "fill" writers: they write long, wordy first drafts that need to be shortened later. Others are "sketch" writers: they write short and simple first drafts and then need to add details or examples to "flesh out" the skeleton. Either way, don't be afraid to make major changes at this stage. Are there details that don't really relate to the topic? Cut them. Do you need another example? Put it in.
- Here are two other things to try, suggested by college counselor Marti Phillips-Patrick.
- 1. Remove the introductory and concluding paragraphs, and then see if your essay seems stronger.** These paragraphs are often the most likely to have unnecessary detail.
  - 2. Go through the essay and cut out every "very" and every "many."** Words like these are vague, and your writing is often stronger without them.
- 3. Get a second opinion.** Even best-selling novelists ask other people to read their manuscripts before they're sent to the publisher. When you've rewritten the essay to your satisfaction, find someone who can give you advice on how to make it even better. Choose a person you respect and who knows something about writing-a favorite English teacher, a parent, a friend who writes for the school paper. Ask them to tell you what they like best about your essay-and what you can do to improve it. Criticism of your writing can be tough to hear, but try to listen with an open mind. You don't have to make every change suggested-after all, it's your essay and no one else-but you should seriously consider each suggestion.
  - 8. Proofread.** Finally, you're ready to send your essay. Not so fast! Read it over one more time, looking for those little errors that can creep in as you write or edit. If you're using a computer, also run a spell check. Sometimes, it can be difficult to catch minor typos-you've read the essay so many times that you see what should be there rather than what is there. To make sure you catch everything, try reading your essay out loud or having someone else read it out loud to you. Another strategy is to read the essay backward, from the last sentence to the first. That makes it just unfamiliar enough for errors to stand out.
  - 9. Don't confuse applying online with sending e-mail.** Applying online is just as serious as applying "the old-fashioned way." It may feel like you're sending e-mail, but you're not. "One thing I've often seen is that students who apply online submit sub-par essays," says Palince Mintz, director of admission at Oregon Institute of Technology. He has found that essays submitted online tend to be much shorter than those submitted on paper. In addition, students often use e-mail language-no capitalization, or abbreviations such as BTW or "haha"-which are not appropriate to a formal document. Make sure that you put as much effort into an online essay as you would if you were sending it snail mail.
  - 10. Don't expect too much from an essay.** The application essay is important, but it's not the only thing that is considered. "Can [the essay] make a difference in getting the 'thin versus thick' envelope? Absolutely," says Fuller. "But that is the exception rather than the rule." That's because admission officers look at the whole package-your academics, extracurricular activities, standardized tests, and other factors. A great essay rarely makes up for a weak academic record. On the other hand, a mediocre essay won't necessarily consign your application to the "deny" list. So make your essay as well-written as you can, but don't put so much pressure on yourself that the rest of the application fades in importance.



# What Sets Students Apart? Activities: Summer Enrichment Programs



## Categories of Summer Enrichment Programs

- Pre-College Programs (General and Specific)
- Experiential Programs (Think Field Trip)
- Leadership Based Programs
- Internship or Research Based Programs
- Dual Enrollment Based Programs
- Service or Volunteer Based Programs



## What Sets Students Apart? Activities: Summer Enrichment Programs

### Criteria and Requirements for Summer Enrichment Programs

- Grade Level or Age
- GPA
- Academic Profile
- Test Scores PSAT/SAT/ACT
- Essay or personal statement
- Nomination or Recommendation
- Established Leaderships or school/community engagement
- Demonstrated ability and/or interest



## What Sets Students Apart? Activities: Summer Enrichment Programs

### Benefits Related to Summer Enrichment Programs

- You can experience campus life, explore a college environment, and experience a college level class.
- You might earn college credit. While college credit may transfer to the college you eventually attend, only approved Florida dual enrolled programs will award credit or affect GPA at Park Vista.
- You will meet new people and explore different places.
- You might develop new skills, earn valuable experience, and build your resume setting you apart.
- You can explore various college programs and majors.
- You might have fun while encountering new experiences.

## What Sets Students Apart? Activities: Jobs, Volunteering & Internships

### Build That Resume

- Admissions officers, scholarship reviewers and future employers want to know how you spend your time outside of academics.
- Where you work, volunteer and/or intern can say a lot about where your passions and dedications lie.
- Additionally, being able to manage these along with academics, displays an ability to manage various time demands. Something college admissions officers look for in students.



## What Sets Students Apart? Activities: Jobs, Volunteering & Internships

What better place to start researching jobs, internships or volunteer opportunities than at a career fair?

- Exploring careers is essential for choosing a path to a successful future. Students can bring their resume and introduce themselves to a variety of companies and organizations, many of which provide on the job training. Encourage your child to attend!



• Park Vista •  
**CAREER, INTERNSHIP  
& VOLUNTEER  
FAIR**

BRING YOUR  
RESUME!  
On the spot  
Interviews

GRADUATING?...LET'S EXPLORE YOUR NEXT MOVE  
UNDERCLASSMAN? ...GET EXPOSURE TO MANY INDUSTRIES

<p>FRIDAY, DECEMBER 1<sup>ST</sup></p>	<p>DURING LUNCH</p>	<p>SCHOOL GYMNASIUM</p>
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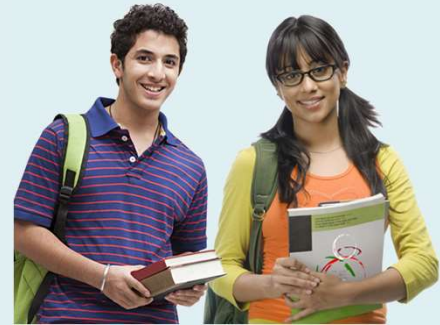
Healthcare Industry Careers Beauty Industry Careers Automotive Industry Careers Armed Services Careers Ironworkers Industry Careers	Electrician Industry Careers Elementary School Aftercare Careers Correctional Facility Careers Palm Beach County Sheriff's Office Careers Health & Nutrition Careers
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## What Sets Students Apart? Activities: Jobs

How does working help you get into college exactly?

- It shows organization and time management skills
- It shows maturity
- It shows academic mastery
- It shows you have skills
- It shows you can collaborate



Credit: <https://admissionsight.com/will-a-high-school-job-help-or-hurt-my-college-application/#::-:text=Yes!,the%20strength%20of%20your%20application.>



## What Sets Students Apart? Activities: Jobs



**Don't have the time during the school year but still want the benefits of having a job?**

**Summer jobs** are a perfect balance.

- Students get the professional experience and income they want while still giving their studies all of their attention.
- Students can pick up a seasonal job like camp counselor, assistance coaching, or lifeguarding. Or, they can find positions with a lot of flexibility. Either way, summer jobs show admissions officers that the student is committed to their studies, organized, hard-working, and committed.

Credit: <https://admissionsight.com/will-a-high-school-job-help-or-hurt-my-college-application/#::-:text=Yes!,the%20strength%20of%20your%20application.>

## What Sets Students Apart? Activities: Volunteering



### What do colleges look for in volunteer work?

- Colleges often favor students who complete volunteer work as an extracurricular activity because it demonstrates passion, commitment, and a sense of civic duty.
- It is also often an indicator that a student will be engaged and involved on campus.
- Additionally, students who complete volunteer work often have increased levels of maturity and compassion, as well as have strong organizational and leadership skills. These are all qualities that colleges value and seek out in college applicants.
- When colleges review volunteer work, they want to see evidence of passion and leadership.

Credit: <https://prepor.com/blog/the-importance-of-volunteer-hours-for-college-applications/#:::text=What%20colleges%20look%20for%20in,engaged%20and%20involved%20on%20campus.>

## What Sets Students Apart? Activities: Volunteering

### Are you asking yourself: *Where can high school students volunteer?*

- If you are interested in volunteering ideas for high school students, volunteer jobs for high school students, or other volunteer hours opportunities, consider some of the following places to volunteer or visit our **School Counseling Community Service page on our PV website:**



- Hospitals
- Nursing homes
- Schools
- Animal shelters
- Food Banks and Soup Kitchens
- Religious Institutions
- Libraries
- Museums
- American Red Cross
- Habitat for Humanity
- Meals on Wheels
- Best Buddies
- Big Brothers, Big Sisters
- Other nonprofits

Scan Me!



Credit: <https://prepor.com/blog/the-importance-of-volunteer-hours-for-college-applications/#:::text=What%20colleges%20look%20for%20in,engaged%20and%20involved%20on%20campus.>

## What Sets Students Apart? Activities: Internships

- A high school internship can bring your application to the next level and help secure admission to the college of your choice.
- If possible, it's always a great move to take an internship in an area in which you're interested in gaining skills.
- Whether or not you're able to land a job in a field you plan to pursue as a career (and don't worry if you don't have an intended career yet either!), you can always ask to shadow someone whose work interests you.
- Attend your school's career fair. **Career fairs** are a wonderful resource to explore various fields and industries and ask representatives about internships.



Credit: <https://www.princetonreview.com/college-advice/what-looks-good-on-college-applications>

## What Sets Students Apart? Activities: Internships

### How do I find internship opportunities?

- Internet search
- Career Fairs
- Ask a professional you know



The screenshot shows the Palm Beach County Human Resources website. The header includes the Palm Beach County logo and the tagline 'Discover the Palm Beaches... the Best of Everything'. Below the header is a navigation menu with links for Home, Compensation, Retirement, Employee Relations, Fair Employment Programs, and Records. The main content area is titled 'Student Internship Opportunities' and features a word cloud. A starburst graphic with the text 'CHECK THIS OUT!' is overlaid on the word cloud. The word cloud contains various terms related to internships and career development, including: networking, stepping stone, training, confidence, initiative, cv boost, project management, career development, team working, interview ideas, career plan, inspiring experience, responsibility, employability skills, raising, communicating, personal skills, decision making, exceptional, useful, engagement, independence, and networking.



# What Sets Students Apart? Activities: Athletics



Athletic Director: [Whitney Brydge](#)

Coaches are listed next to the sport. Please use the QR Code to visit our school's athletic page and email any of the coaches directly.

**Fall**

- Bowling - Coed:** [Sharon Moorhouse](#)
- Cheerleading (Sideline) - Coed:** [Ashley Urso](#)
- Cross Country - Coed:**
- Football - Boys:** [Don Ferrero](#)
- Golf - Boys:** [Brian Dodds](#)
- Golf - Girls:** [Larry Brannon](#)
- Swimming & Diving - Coed:** [Sharon Moorhouse](#)
- Volleyball - Girls:** [Barkley Wyckoff](#)

**Winter**

- Basketball - Boys:** [Terrence Atkinson](#)
- Basketball - Girls:**
- Cheerleading (Competitive) - Coed:** [Ashley Urso](#)
- Soccer - Boys:**
- Soccer - Girls:** [Stacy Iacofana](#)
- Weightlifting - Girls:** [Brian Dodds](#)
- Wrestling - Boys:** [Shaun Marcis](#)

**Spring**

- Baseball - Boys:** [Larry Greenstein](#)
- Flag Football - Girls:** [Lily Lanier](#)
- Football - Boys:**
- Lacrosse - Boys:** [Bryan Weinstein](#)
- Lacrosse - Girls:** [Larry Brannon](#)
- Softball - Girls:** [Louis Ortiz](#)
- Tennis - Boys:** [Luke Dulin](#)
- Tennis - Girls:** [Luke Dulin](#)
- Track & Field - Boys:**
- Track & Field - Girls:**
- Volleyball - Boys:**
- Volleyball (Beach) - Girls:** [Lily Lanier](#)
- Weightlifting - Boys:** [Thadd Pokabla](#)

Scan Me!



Club
Art Club
ASL (American Sign Language)
Automotive Club
Best Buddies
Black Student Union
Book Club
Class of 2023 (Seniors)
Class of 2024 (Juniors)
Class of 2025 (Sophomores)
Class of 2026 (Freshmen)
Debate Team
Drama Club
Environmental Club
Feeding South Florida
FFEA (Florida Future Educators of America)
First Priority
GSA (Gender and Sexualities Alliance)
Habitat for Humanity
HOSA (Health Occupations Students of America)
Human Trafficking Awareness
Jewish Student Connection
Key Club
Model UN
Multicultural Club
National Art Honor Society
National English Honor Society
National French Honor Society
National Honor Society (Grades 11 & 12)
National Journalism Honor Society (Quill & Scroll)
National Math Honor Society (Mu Alpha Theta)
National Music Honor Society (Tri M)
National Psychology Honor Society/IM-Power
National Science Honor Society
National Social Studies Honor Society (Rho Kappa)
National Spanish Honor Society
National Technical Honor Society
National Theatrical Honor Society
Paw Protection
Precalc
Promise Club
SECME
Special Olympics
Step Team
Think Pink
Wall Street Cobras
Women of Tomorrow
Writing Club

# What Sets Students Apart? Activities: Clubs



Park Vista's student clubs are a fun way to create, learn, and explore! Clubs are based on the interests of the student body as a whole. We encourage all students to take advantage of joining a club that will help you pursue your passions and interests.



Scan Me!



# What Sets Students Apart? Activities: Pathfinder Award



HOME WINNERS NOMINEES NEWS & PHOTOS WHO WE ARE CONTACT US DONATE

## THE PATHFINDER AWARDS

40th Annual High School Scholarship Awards  
for Palm Beach and Martin County students,  
sponsored by The Palm Beach Post.



HOME WINNERS NOMINEES NEWS & PHOTOS WHO WE ARE CONTACT US DONATE

## PATHFINDER AWARDS

Pathfinders is one of the largest and most comprehensive high school scholarship programs in the state. It is also one of the most equitable and democratic, extending eligibility to all public and private high schools in Palm Beach and Martin counties.

Each year, scholarships are awarded to 54 of the best and brightest high school seniors in the two-county area. Students do not self-apply but are selected and nominated by their schools.

In a complex and rapidly changing world, a good education is the best way to ensure a life of excellence, growth, and creativity. This basic tenet applies not only to the individual but also to the community. A community-led by people with foresight and the ability to think through problems – the fruits of a good education – is one that will prosper through the best and worst of times.

The astrolabe is the symbol of the Pathfinder Scholarship. This ancient nautical device was used to help sailors navigate by the stars, just as the knowledge gained from a good education will help our nominees chart the courses for their own lives. We are confident that, in doing so, each of these talented students will provide leadership and direction for others in the future.

For these reasons, we are very proud to present the 40<sup>th</sup> annual Pathfinder High School Scholarship Awards Program for the 2022-2023 school year.

## CATEGORIES

### ACADEMIC EXCELLENCE

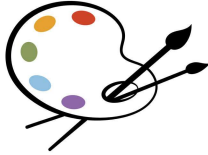
Awarded to the student with an outstanding comprehensive academic high school record, regardless of specialty. Judging is based on the nominee's overall academic achievement, demonstrated leadership, and contributions made in their community.

### ART

Awarded to the student who has shown exceptional talent in visual arts (drawing, painting, sculpting, and photography), digital arts and fashion design. If selected as the school nominee, three examples of artwork must be included with the nominee's submission. Judging is based on the nominee's portfolio as well as overall academic achievement, demonstrated leadership, and contributions made in their community.

### BUSINESS

Awarded to the student who has shown the greatest promise in the field of business, entrepreneurship, or business innovation. Consideration is given to the creation of a business plan or the potential impact of an innovation on current business practices. Judging will also be based on the nominee's overall academic achievement, demonstrated leadership, and contributions made in their community.



### CAREER AND TECHNICAL EDUCATION

Awarded to the student who has shown the greatest promise for a career including, but not limited to, Medical Science, Aerospace, Culinary, Early Childhood Education, Architecture/Construction, Motor/Power (Automotive, Energy), Agriculture or Public Safety & Security (Emergency & Fire management, Law Enforcement, ROTC, Cyber Security, and Security Protection). Judging is based on the nominees' achievements, industry certifications, and recognition in the field of career and technical education. Judging is also based on the nominee's overall academic achievement, demonstrated leadership, and contributions made in their community.

### COMMUNICATIONS

Awarded to the student who has shown great accomplishments in journalism, digital communications, TV/film production public relations or graphic communication. If selected, the school nominee is required to submit three samples of their work by pdf or a video showcasing their work. (Video should not exceed three minutes in length.) Judging is also based on the nominees' overall academic achievement, demonstrated leadership, and contributions made in their community.

### COMMUNITY INVOLVEMENT

Awarded to the student who has provided outstanding volunteer service in order to help meet the needs of the community. Judging is based on the nominee's overall academic achievement, demonstrated leadership ability and impact of service.

### COMPUTER ENGINEERING AND TECHNOLOGY

Awarded to the student who has shown outstanding achievements in computer science, software engineering/design, app creation, artificial intelligence, computer engineering or programming. Judging is also based on the nominee's overall academic achievement, demonstrated leadership, and contributions made in their community.



### FORENSICS/SPEECH

Awarded to the student with an outstanding personal record in public speaking or forensic competition. If selected, the school nominee must include a video showcasing the nominee's speaking skills. (Video should not exceed three minutes in length.) Judging is based on the student's speech and forensic accomplishments, engagement in their respective speech organizations, overall academic achievement, demonstrated leadership, and contributions made in their community.

### HISTORY/POLITICAL SCIENCE

Awarded to the student with an outstanding record in either history, political science or both. Judging will consider the nominee's study of and participation in local or state government and involvement in history/political science clubs and organizations. Judging is also based on the nominee's overall academic achievement, demonstrated leadership, and contributions made in their community.

### LITERATURE

Awarded to the student who has shown outstanding achievement in the field of literature and/or creative writing including poetry. If selected, the school nominee must submit three samples of their work. Judging is based on the nominee's portfolio as well as overall academic achievement, demonstrated leadership, and contributions made in their community.

### MATHEMATICS

Awarded to the student who has shown outstanding achievement in the field of mathematics. Judging will be based on the nominee's level of academic achievement in completed mathematics courses. Judging is also based on overall academic achievement, demonstrated leadership, and contributions made in their community.

### MUSIC/INSTRUMENTAL

Awarded to the student who has shown exceptional instrumental musical talent in composition, performance or both, regardless of musical style or instrument. If selected, the school nominee must submit a video showcasing one solo performance by the nominee. (Video must not exceed three minutes in length.) Composers must include a copy of their composition. Judging is based on the nominee's musical talent and accomplishments, overall academic achievement, demonstrated leadership, and contributions made in their community.



### MUSIC/VOCAL

Awarded to the student who has shown exceptional instrumental musical talent in composition performance or both, regardless of musical style or instrument. If selected, the school nominee must submit a video showcasing one solo performance by the nominee. (Video must not exceed three minutes in length.) Composers must include a copy of their composition. Judging is based on the nominee's musical talent and accomplishments, overall academic achievement, demonstrated leadership, and contributions made in their community.

### REACH FOR EXCELLENCE

To the student who has been identified with a Specific Learning Disability (SLD) including dyslexia, and an Individual Education Plan (IEP). The student will be judged on their awareness of their learning disability, their ability to explain their learning disability, and strategies utilized to compensate for their learning disability. Additionally, judging will be based on the nominee's overall academic achievement (Not solely GPA), demonstrated leadership, contributions made in their community, and the nominee's ability to articulate their reach for excellence. For further explanation, please consult with the ESE contact at your school.

### SCIENCE

Awarded to the student who has the most outstanding achievement in the study of a natural science (physics, chemistry, biology, or geology). Judging is based on the nominees' activities and innovation in the field of science, overall academic achievement, demonstrated leadership, and contributions made in their community.

### SPORTS

Awarded to the student athlete with the most outstanding combination of athletic accomplishments and scholastic achievements. Judging is based on the nominees' athletic skill and accomplishments, overall academic achievement, demonstrated leadership, and contributions made in their community.



## What Sets Students Apart? Activities: Pathfinder Award

### Makayla Mecca

**1<sup>st</sup> place**

#### Vocational Career

Makayla Mecca, a student at Park Vista High School is the first-place winner of the 2022 Pathfinders Award for Vocational Career. Makayla is strong in resilience and grit according to her guidance teacher. Her passion for agriculture is evident in her service to the family farm business where she took on a managerial role after a family health crisis. She excels in academics, has received her Agricultural Associates Certification and gives back to the community through feeding the homeless and working in food pantries. Makayla plans to pursue a degree in Agricultural Operations Management and will return to Palm Beach County to work in her family's farming business



## 2022 Pathfinder Award Winner

## 2020 Pathfinder Award Winners

#### Art

WINNER

### Antonio Caleca

ParkVista High School

Antonio's influences in architecture include Le Corbusier and his designs combine aesthetic grace and daring propelled by sustainability principles. Already an accomplished musician and experienced tutor/teacher, he is an individual of remarkable talent and civic engagement. Antonio will attend Cooper Union in Manhattan, study Arts in Architecture, and open his own design and architecture studio.



#### Reach for Excellence

WINNER

### Jacqueline Tabascio

ParkVista High School

Jacqueline overcame her learning disability by reading novels and newspaper articles related to medicine and science. She met with specialists during her early school years and trained for hours on reading comprehension and pronunciation. Reading books on a topic she loved led her to a quicker understanding. She is a member of the National Honor Society, National Science & Math Honor Societies, is dual enrolled at Palm Beach State College and has a part time job. She plans to pursue medicine as a doctor and focus on helping people lead healthier lives.



#### Foreign Language

WINNER

### Noah Cabarcas

ParkVista High School

Noah has a sincere love of language and sees languages as a bridge between two cultures. He learned multiple languages, some independently, including Spanish, Portuguese, Italian, French and a little Japanese. He's earned his AICE Diploma with Merit and the AP Scholar Award. He is President of the French and Spanish Honor Societies and a star varsity volleyball player. Noah plans to get a bachelor degree in Political Science with a minor in French and Spanish.



# 2019 Pathfinder Award Winners



**Music/Instrumental**  
**3RD PLACE**  
**Nasser Rossman**  
 Park Vista High School



**Reach for Excellence**  
**3RD PLACE**  
**Abigail Weissert**  
 Park Vista High School



**Communications**  
**2ND PLACE**  
**Annalise Wellman**  
 Park Vista High School

# 2018 Pathfinder Award Winners

*History/Political Science*

Winner

**William Speer**

*Park Vista High School*

One of William Speer's teachers calls him a "history prodigy." fluent in numerous academic worlds including government policy, speech and debate, physics, foreign policy and mathematics. She describes him as "a great student of the human experience." He is captain of the Varsity Debate Team, founder of Park Vista's Model UN Club, and a member of numerous academic honor societies. Last year he won the Outstanding Social Science Achievement Award and was named an AP Scholar with Distinction. William has a 3.98 GPA, a 4.9 honors grade point average and scored a perfect 800 on his SAT subject test on U.S. History. William plans to become a history professor.



*Music/Vocal*

Winner

**Veronica Washington**

*Park Vista High School*

Veronica Washington says singing is her second language and her choral director calls her an extremely talented musician with natural musical talent. She joined Park Vista's select chorus, "Encore," just two years ago but she quickly began garnering accolades. She earned Superiors on both classical solo and musical theatre solo pieces for District Solo & Ensemble. She also earned superiors on classical pieces, and excellent scores on musical theatre pieces for the Florida Vocal Association's Music Performance Assessment. She's also earned several awards from the District 10 Thespians Festival Competitions. Veronica has performed at Carnegie Hall and participated in Walt Disney World's Candlelight concert. Veronica plans to major in musical performance and minor in musical theatre.



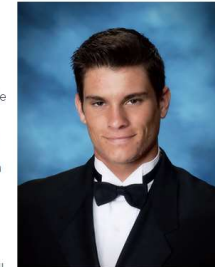
*Reach for Excellence*

Winner

**Thomas Ketterle**

*Park Vista High School*

Thomas Ketterle struggled academically in elementary school. He could comprehend the material but was unable to transfer it to paper. Eventually a psychologist diagnosed him with a processing disorder. Through tutoring and motivation, Tom learned how to cope with this challenge and began excelling in school. In high school, he took demanding Advanced Placement courses, earning a 4.5 honors GPA. Through will and motivation, Tom remained in the top 10% of his class all four years of high school. In addition to his studies, he was a member of the varsity football and wrestling teams, was in varsity debate for three years and served two years as vice president of the National Honor Society. Tom plans to get a Pre-Law Degree.





For more information, go to  
<https://pathfinderawards.org/>



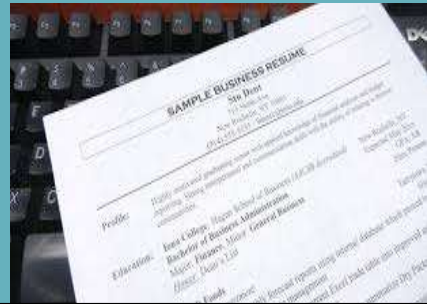
## What Sets Students Apart? Activities: Resumes

- Well rounded student
- Good time management skills
- Avoid “filling up” resume
- Quality over quantity
- Leadership skills
- Activities/Sports
- Community Service
- Employment




# What Sets Students Apart? Activities: Resumes

- Optional on some applications
- Much of the information on the resume is asked on activities section of application (awards, work experience and extracurricular activities).
- Do not submit a resume if they do not ask for one.
- Counselor and teachers can use resume to write letters of recommendation for colleges and scholarships that require it.



<b>Full Name</b>		Cell Phone: 123-456-7890
Street Address City, State, Zip		Home Phone: 123-456-7890
		Email: .....@gmail.com
<b>EDUCATION / ACADEMIC</b>		
..... High School		(Start Date – Present)
..... Address		
Rank: ## / ## (Top ....% of Class)		
<b>HONORS, AWARDS &amp; SPECIAL RECOGNITION</b>		
• Name of Honor		
Description		
o ..... (grade)		
<b>EXTRA-CURRICULAR ACTIVITIES</b>		
• Name of Activity (9, 10, 11, 12)		
Description		
o Position or Role (grade)		
<b>VOLUNTEER &amp; COMMUNITY OUTREACH</b>		
• Name of Activity (9, 10, 11, 12)		
Description		
o Position or Role (grade)		
<b>EMPLOYMENT / SUMMER</b>		
•		
<b>INTERESTS &amp; OTHER</b>		



**SEE  
PACKET**

### The Importance of the High School Resume

(Source: CollegeBasic.com)

Most high school students think a résumé is not needed until one graduates from college and is in the process of finding employment. This is far from the truth! It is an essential part of your college application.

Because admission to college is so highly selective today due to the marked increase of students applying for the limited open slots, it is imperative that you find a way to stand apart from all of the other applicants. A high school résumé can help do that for you! It is one of the most important marketing tools that you can use in selling yourself. Essentially your résumé provides a snapshot picture of the "REAL" you: your interests, passions, achievements, and contributions BOTH in and out of the classroom.

Although the résumé includes the same information that a college application asks for, it has several distinct advantages:

- Your résumé will highlight your most significant achievements and experiences during your high school career and, in doing so, it may help you develop a thematic approach to your application. By reading through your résumé, you may gain insight into what makes you so special and unique from other students. You can then work this theme of what makes you "you" throughout your application.
- The college application allows only limited space to relate your academic and extracurricular achievements. Your résumé will give you the opportunity to elaborate on ALL of your significant involvement and achievements in activities both in the classroom and in the community and, most importantly, you will be able to describe the specific contributions you made in each endeavor.
- After you develop your résumé, it is a "done" document so it will be easy for you to simply transfer this information to your college application without making an error or omitting any significant experiences or honors achieved.
- You can use your résumé to help your teachers and guidance counselor write a better recommendation for you because it will remind them in specific detail of your interests and the many accomplishments you have achieved during high school. It will also demonstrate to them your seriousness of purpose in the college application process and your good organizational skills.



A well-done résumé will enhance your application by providing a professional and organized appearance to your application package.

Your résumé serves many purposes, but its main goal is to help you gain a competitive edge in the college application and scholarship application pools. Don't be afraid to market yourself. Use your résumé to shine!

## Student Success Skills Helpful Habits

Encourage your child to use helpful habits to keep them on a successful track.

<ul style="list-style-type: none"> <li>✓ using a planner</li> <li>✓ taking good notes</li> <li>✓ reviewing their notes the day they're given</li> <li>✓ having a study buddy or study group</li> <li>✓ accessing tutoring</li> <li>✓ communicating with an adult when struggling</li> <li>✓ having an uncluttered work area</li> <li>✓ organized book bag and binders</li> </ul>	<ul style="list-style-type: none"> <li>X completing hw with cell phone nearby</li> <li>X waiting until next day to complete assignments</li> <li>X working on assignments while laying down</li> <li>X only reviewing for tests the night before</li> <li>X copying from a friend</li> <li>X not checking grades on SIS often</li> </ul>
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## Student Success Skills

### Helpful Resources

**We all need help sometimes...**  
use these **RESOURCES**

- Free tutoring afterschool every Wednesday
- Lunch time tutoring with teachers
- Paper APP
- Khan Academy
- Tutor.com
- Study.com

## Student Success Skills

### Sleep is important!

- ❖ Encourage your child to create a bed time routine
- ❖ Set a bed time
  - No phone 30 mins before bed
  - Read a book
  - Listen to calming music
  - Write in a journal
  - Practice mindfulness exercise

**Where to find information about  
Park Vista Community High School**

<https://www.palmbeachschools.org/pvchs>

You can also follow us on  
Twitter (@PVCHSCounselors)  
Facebook (@ParkVistaCommunityHighSchool)  
Instagram (@pvcobrashes)

