

# Class of 2019



***Welcome to Senior Year!***

# ORHS College and Career Planning Overview

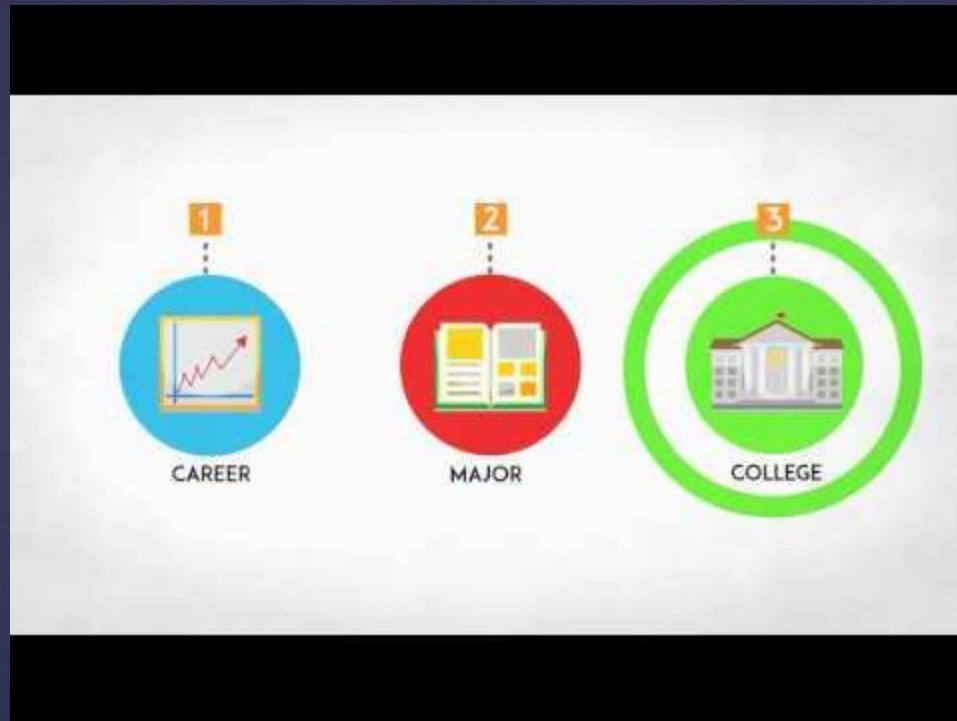
- Importance of Balance and Connection
- Tips & Reminders for Senior Year
- Review Post High School Options
- Upcoming Opportunities & Events
- Paying for College
- NAVIANCE

*Helpful tips to keep in mind during the presentation...*

1. The Importance of “Balance”
2. Keeping the “Big Picture” in mind
3. Everyone’s pathway is unique



Begin with the END in mind...



# Post-Secondary Options

Employment

Career College

Gap Year

College (2 year and/or 4 year)

Military or Military Academy



# College Fair

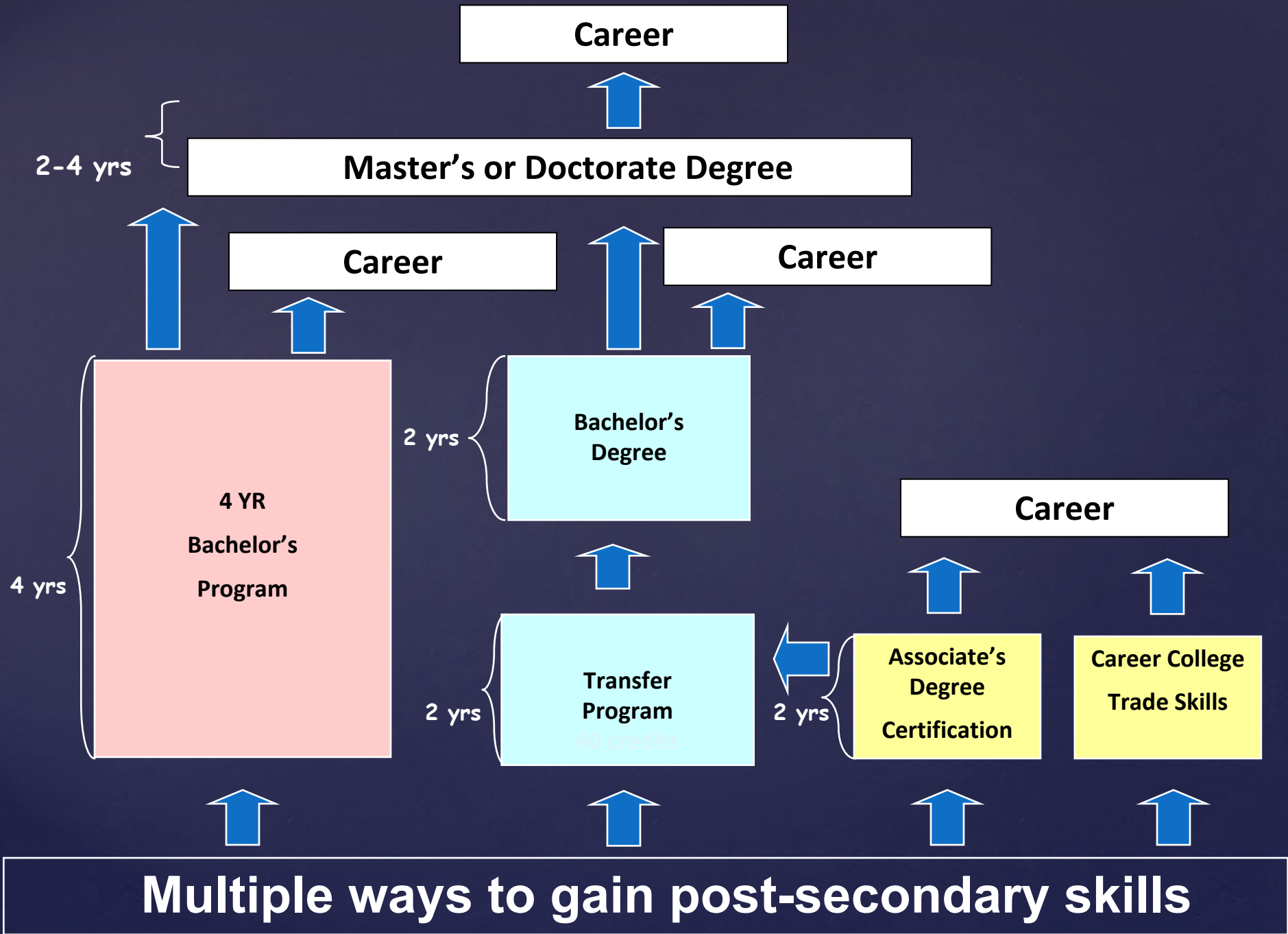
Monday, October 1st  
Union Mine High School  
6:30 - 8:15pm

## BREAKOUT SESSIONS

**5:30 pm - Financial Aid Information** (*note: start time is BEFORE event start*)

**7:00 pm - Creating Your Target College List**

**7:45 pm - UC & CSU Admissions**





*Folsom Lake College*

# Community & Career Colleges



*Le Cordon Bleu*



# Community College

- **112 California Community Colleges**
- **Transfer to a 4-year college**
  - **Guarantee Transfer Program**
- **Associate Degree for Transfer (CSU)**
- **AA or AS Degree (2 years)**
- **Certificate Degree Program**



*San Diego  
Mesa College*



# Certificate Programs (Los Rios CC District)

- Accounting
- Admin. of Justice
- Aeronautics
- Agriculture
- Architecture
- Art New Media
- Automotive Technology
- Biotechnology
- Building Inspection Tech
- Business
- Chemical Dependency Studies
- Communication
- Television Production
- Comp. Info Science
- Construction Management
- Cosmetology
- Culinary Arts
- Dental Assisting
- Design Technology
- Desktop Publishing
- Diesel Mechanics
- Digital Media
- Drafting Technology
- Early Childhood Ed
- Electronics Technology
- Electric Vehicles
- Emergency Medical Tech
- Environmental Design
- Fashion/Fashion Merchandising
- Fire Technology
- Geographic Information Systems
- Gerontology
- Graphic Communication
- Health InfoTechnology
- Horticulture
- Hospitality Management
- Interior Design
- Journalism
- Landscape Design
- Library Technology
- Management
- Marketing
- Mechanical Engineer Tech
- Medical Assisting
- Motorcycle Maintenance
- Music Production
- Nursing, LVN
- Nutrition
- Paramedic
- Phlebotomy
- Photography
- Railroad Operations
- Real Estate
- Restaurant Management
- Vet Tech
- Web Page
- Welding

# Learn more...

- **College Fair**

**Monday, October 1st**

**Union Mine High School @ 6:30 PM**



- **Folsom Lake College Information Night for Parents & Students**

**Monday, February 4<sup>th</sup>**

**Folsom Lake College @ 6:30 PM**

- **FLC Application Workshop**

***In February***

# Career Colleges/Programs

- **California Culinary Academy**
- **Academy of Art**
- **Art Institute**
- **FIDM (Fashion Institute of Design & Merchandising)**
- **Carrington College (formerly Western Career College)**
- **Universal Technical Institute**
- **Wyotech**



# Military Options

- Enlist
- Recruiters on campus 1st & 3rd Tuesdays
- ROTC (programs in college)
- Military Academies



## **ASVAB is offered at ORHS**

October 22, 2018

March 11, 2019

*Sign up at Career Center*

## **Military Academy Information Night**

Ponderosa High School

Thursday, April 11, 2019

# Finding the Right Fit College

Challenge Success



# Challenge Success Resources

- Counseling & Career Center
- ▶ Counseling
  - ▶ Advanced Placement
  - ▶ Career & College Grade Level Planning Guides
  - ▶ Counseling Staff Directory
  - ▶ Counseling, Registration, and Enrollment Documents
  - ▶ Course Information
  - ▶ Graduation Requirements & College Planning
  - ▶ **Parenting Resources**
  - ▶ Teen Wellness
  - ▶ Tutoring
  - ▶ Transcript Request
- ▶ Career Center

## Parenting Resources

You Are Here: [Home](#) » [Counseling & Career Center](#) » [Counseling](#) » [Parenting Resources](#)

Challenge Success is an organization founded at Stanford University that provides information and strategies to schools and families to help promote a better-balanced student both personally and academically. We highly encourage you to visit their website to learn more!



[Kids in the House Videos - Segments based on current research and offer practical strategies to parents.](#)

## Kids in the House Videos

Denise Pope and Madeline Levine were invited to share their expertise with Kids in the House. These segments are based on current research and offer practical strategies to parents.

### Denise Pope

- AP and Honors Classes [Watch](#)
- Calming College Fears [Watch](#)
- Cheating in School [Watch](#)
- Choosing a Middle School or High School [Watch](#)
- Choosing a Preschool or Elementary School [Watch](#)
- Engaging Kids in Learning [Watch](#)
- Getting Caught Cheating in School [Watch](#)
- Homework During the Elementary School Years [Watch](#)
- How Being Over-Scheduled Affects Kids [Watch](#)
- How Parents and Kids Define Success Differently [Watch](#)
- How to Get Kids to Reach Their Full Potential [Watch](#)
- Increased Stress in Kids [Watch](#)

# California 4-Year Public Colleges

*University of California, Merced*



*San Diego State  
University*





# CSU & UC Eligibility

Minimum Coursework (Pass with C or better)

- a) 2 years - Social Science
- b) 4 years – English
- c) 3 years – Math (4 years recommended)
- d) 2 years – Science with a Lab (3 years recommended)
- e) 2 years – World Language (3 years recommended)
- f) 1 year – Visual and Performing Arts
- g) 1 year - Elective

# UC / CSU Admissions

## University of California

9 Campuses

\$ 13,900 (tuition only per year)

\$35,300 (tuition, room & board, etc.)

SAT w/ Reasoning or ACT Plus Writing

Possible SAT subject test (by campus & major)

4 Personal Insight Questions

No Letters of Recommendation

Online Application

\$70 application fee per campus

## California State University

23 Campuses

\$ 5,742 (tuition only per year)

approx \$17,000 (tuition, room & board)

SAT Reasoning or ACT

No Personal Statement

No Letters of Recommendation

Online Application

\$55 application fee per campus

*\*Refer to Senior Quick Reference Guide*

*Subject to change*

# California State Universities



# CAL STATE APPLY

Find your future at the California State University.  
With 23 campuses and thousands of degree choices, the CSU is a great place to start your journey. Explore your options below, and start your application today.

[APPLY NOW](#)

Already started your application? [Sign in »](#)

[See Application Dates & Deadlines »](#)

Choose the type of student you are to learn more about how to apply to the CSU:

[Freshman](#)

[Transfer](#)

[Graduate](#)

[International](#)

[Teaching  
Credential](#)

## Choosing a Campus

Compare all 23 schools by size, location, activities and other criteria to find the campus that's the perfect fit for you.

[Explore Campuses](#)

## Choosing a Degree

The CSU offers over 4,100 undergraduate and graduate degrees through classroom and online instruction.

[Explore Degrees](#)

## Getting into the CSU

Wondering about admission requirements and the tests, grades and test scores you'll need to be admitted?

[Learn More](#)

## Paying for College

Find out how much it costs to go to the CSU and how to apply for a variety of types of financial aid.

[See Your Options](#)

<https://www2.calstate.edu/apply>

Application window Oct 1-Nov 30

# University of California

Davis

Berkeley

Santa Cruz

Santa Barbara

Irvine

Riverside

San Diego

Los Angeles

Merced



# UC Admissions

- **Coursework Other than A-G**
- **Educational Preparation Programs**
- **Volunteer and Community Service**
- **Work Experience**
- **Awards and Honors**
- **Extracurricular Activities**
- **3.0 minimum GPA**
- **Personal Insight Questions**
- **SAT or ACT with Writing**
  - **UC uses the student's best score from one test date**



*UC Berkeley*



## How to apply

[Dates & deadlines](#)[Closed majors](#)**[Apply online](#)**[Personal insight questions](#)[Application fees](#)[After you apply](#)

## About applying online

We strongly encourage you to take your time filling out the application.

Be sure to have all the information you need close at hand. Review your responses and check for accuracy.

Still, we know mistakes can happen. If after applying you discover an error, you [can make changes to your application](#).

### What you'll need

It's a good idea to have everything prepared before you start your application so you're not trying to track down information at the last minute.

Here's what you'll need:

- > **Transcripts.** Don't submit your transcripts to UC at this point, but refer to them as you fill out the application to ensure the information you enter is accurate.\*
- > **Test scores.** If you're a freshman or sophomore applicant, you'll have to include your scores from the ACT with Writing or

**Apply now** →

### My UC Application

The fall 2018 application is now open.

The application for winter quarter/semester 2018 is still open for UC Merced and UC Santa Cruz.

[Log in or start your application](#) »

Some majors will be unavailable to certain applicants, so be sure to check our [list of closed majors](#) for this term.

### Be a strong applicant

Review our tips for presenting yourself on the UC application:

[admissions.universityofcalifornia.edu](https://admissions.universityofcalifornia.edu)

Application window Nov 1-Nov 30\*

\*Students can start working on application now

# Private Colleges



*Pt. Loma Nazarene University*

## Private Universities (examples)

**St. Mary's College**

**University of So. California**

**Santa Clara University**

**University of the Pacific**

## Application

**Many private colleges use the Common App.**

**Check the college websites**

*Many private colleges have large endowments to help students finance their education.*



# Partial List of Private Colleges Oak Ridge Students Have Attended

Amherst

Azusa Pacific University

Babson

Brigham Young University

Brown

Columbia

Duke

Harvard

Harvey Mudd

Menlo College

MIT

North Carolina

Northwestern

Notre Dame De Namur

NYU

Occidental

Pepperdine

Pt. Loma Nazarene

Santa Clara University

Sarah Lawrence

St. Mary's College

Stanford University

University of Chicago

University of Pennsylvania

University of San Diego

University of San Francisco

University of Southern CA

University of the Pacific

Vassar

Westmont College

William Jessup University

Yale

# The 2017-2018 Common App is now available.

We're here to help with college planning, applications, and beyond.

Create an Account

More than 700 colleges.  
Only one application.

Find Colleges



View all colleges that accept the Common Application ▶

DAVIDSON

[www.commonapp.org](http://www.commonapp.org)

Deadlines vary - check with each college

# Out-of-State Colleges



*Utah State University*

- **Out-of-state tuition (usually more \$\$\$)**
- **Residency requirements vary**
- **Admission requirements and deadlines vary**
- **WUE (Western Undergraduate Exchange)**
  - **Tuition Reduction!!**

**Some restrictions may apply – check with the college**

# Examples of Colleges that Offer WUE Scholarship

- University of Nevada, Reno
- Boise State University
- Montana State University
- University of Colorado, Colorado Springs
- Northern Arizona University
- University of Utah
- Southern Oregon University



*Montana State University*

# Visit Colleges this Fall

Check on the college websites  
for

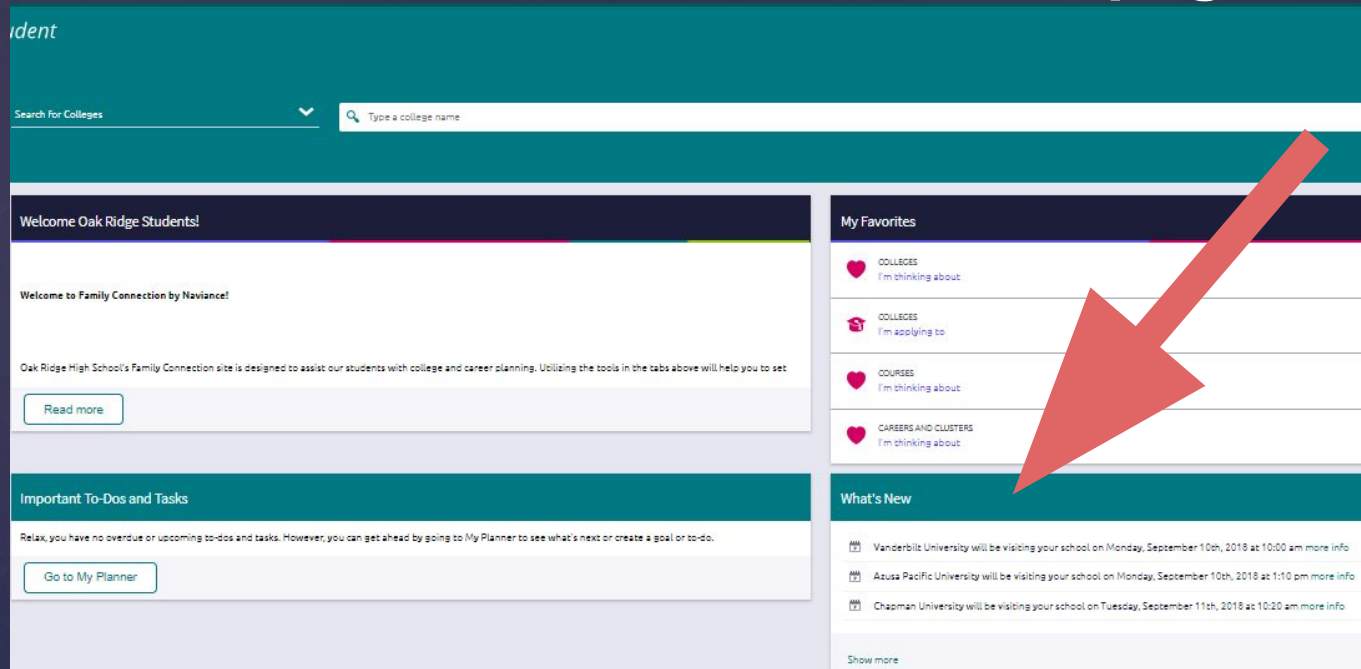
Open House/Preview Days and  
Regional Information Sessions



9/14/2017

# College Reps Visit ORHS

1. Login to Naviance
2. View under What's New on home page



3. Sign up for Career Center Text Updates

# Application Timelines

College Type	Deadlines	Applications
Community College	Spring 2019	Online Application
Career Colleges	Spring 2019	Request
Military	Junior/Senior Year	Contact recruiter
CSU	Oct. 1 - Nov 30th	Online Application
UC	Nov. 1 - Nov 30th	Online Application
Private Colleges	Check with college	Request (Check Common App)
Out of State Colleges	Check with college	Request (Check Common App)

# Do I Send a Transcript with my Application?

## Self-Report Grades for UC and CSU:

- Students will send a final transcript (end of senior year)
- Sometimes CSUs will ask for 7<sup>th</sup> semester grades, check your college web portal

## Private Colleges:

- Most require transcripts at the time of application
- Your counselor will send a transcript through **Common App** and/or **Send Edu**
- Most require a Mid-Year Report which includes fall grades (your counselor will send)
- Check with each college



# College Entrance Tests

## Fall ACT Test Dates

- October 27
- December 8\*

REGISTER: [act.org](http://act.org)

## Fall SAT Test Dates

- October 6 (late register until 9/26)
- November 3
- December 1\*

REGISTER: [collegeboard.org](http://collegeboard.org)



*For practice tips or study guides,  
stop by the Career Center or ask  
your Counselor!*

**Seniors - No later than Dec. 2018\***

# Sending Test Scores...

**Send Official SAT/ACT Test Scores  
to ALL of the colleges you are applying to...**

**Request Online: [collegeboard.com](http://collegeboard.com) / [act.org](http://act.org)**

# Save Money sending SAT & ACT Scores

## UC

For Both SAT and ACT

All UC campuses will be able to access your SAT/ACT scores if you:

Send your SAT and ACT scores to ONE UC Campus

## CSU

For SAT

Send scores to **3594**  
to access all the CSU campuses

For ACT All CSU campuses will be able to access your ACT scores if you send them to ONE CSU Campus.

**Don't Miss...**



# **Personal Statement Personal Insight Question Review**

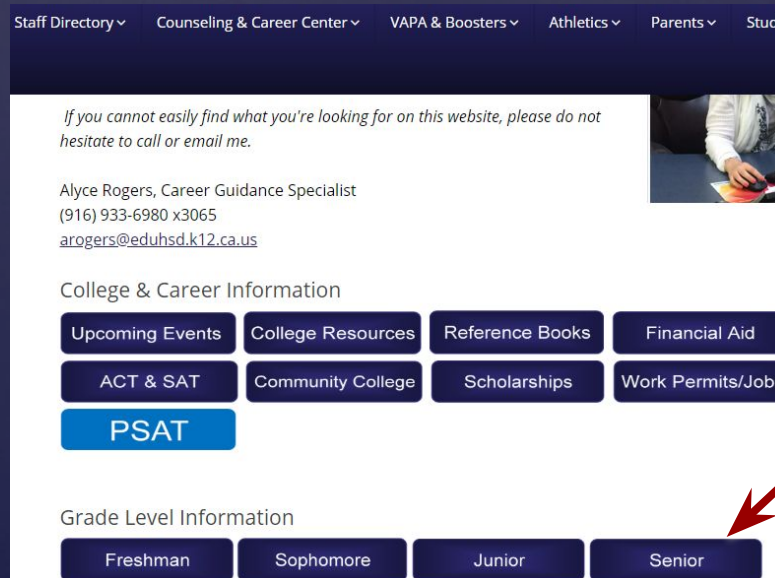
- **October 17<sup>th</sup> - October 19<sup>th</sup>**
- **All day outside the Career Center**

# **College Application Workshops**

- **Mondays, October 15<sup>th</sup> & October 29<sup>th</sup>**
- **1:15 – 3:15 PM**

# Letters of Recommendation

- **Etiquette**
- **2-week notice**
- **Pick up the Letter of Recommendation form in the Career Center or online (CC website under “Senior” tab)**



The screenshot shows a website navigation menu with the following items: Staff Directory, Counseling & Career Center, VAPA & Boosters, Athletics, Parents, and Students. Below the menu is a contact information section for Alyce Rogers, Career Guidance Specialist, with her phone number (916) 933-6980 x3065 and email arogers@eduhdsd.k12.ca.us. There is also a small image of a person writing. Below this is a section titled 'College & Career Information' with buttons for Upcoming Events, College Resources, Reference Books, Financial Aid, ACT & SAT, Community College, Scholarships, Work Permits/Jobs, and PSAT. At the bottom is a section titled 'Grade Level Information' with buttons for Freshman, Sophomore, Junior, and Senior. A red arrow points to the 'Senior' button.

9/14/2017

# Check Your Application Status Online via College Web Portals

You need to set up access for  
each college applied to with  
a custom Username and Password

This is how colleges will communicate with you!  
Check your portal often!

**\*For any college you apply to, keep a spreadsheet of your username and password.**





# CAUTION

## Grounds for having an admission decision rescinded:

- Did not send “official SAT and/or ACT scores”
- Missing deadlines
- Did not notify colleges regarding change of coursework
- Poor senior year academics
- Not completing all “a-g” requirements prior to graduation
- Withheld information
- Falsification of records
- Not sending transcripts (even if taken outside of the high school--online, community college, etc), when required
-

# Attention Athletes!

*Please be mindful of all requirements of the NCAA and/or NAIA Eligibility Center, such as:*

- Core Course Requirements
- Transcripts and Test Scores



**NCAA**

**[www.ncaa.org](http://www.ncaa.org)**

To submit test scores - **9999**

**NAIA**

**[www.playnaia.org](http://www.playnaia.org)**

To submit test scores - **9876**



# For athletes who want to learn more about transitioning to college play

Oct. 23rd

El Dorado High School Multipurpose Room

6:00 PM

- Eligibility
- The importance of academics
- Pitfalls of social media
- Parent involvement
- ...and more!



# Paying for College



# College-based Scholarships



Some colleges will award scholarships automatically, based on your admission application

Other colleges may require you submit supplemental materials and/or complete a specific scholarship application

Check each college website

Search for [Freshman Scholarships](#)

or contact the Scholarship Office

# Community-based Scholarships

- Check out the California Local Scholarship website [www.callocalscholarships.org](http://www.callocalscholarships.org) (Best place to find local scholarship opportunities!)
- Opt in to receive Career Center Text Message Reminders for 'Scholarships'
- **Learn More...** Attend one of the **Scholarship Basics Workshops**
  - **Inquire at the Career Center**

# FAFSA

(Free Application for  
Federal Student Aid)



- Submit FAFSA beginning October 1
- Go to: [fafsa.ed.gov](https://fafsa.ed.gov)
- STEP ONE: Sign-up for a FSA ID number
- Submit before March 2nd! (CAL GRANT DEADLINE)

# Learn More about Financial Aid...



## ➤ College Fair

Monday, October 1st

Union Mine High School

**Arrive at 5:30 PM for the Financial Aid Info Session**

## ➤ Joint Oak Ridge/Ponderosa Financial Aid Night

Thursday, October 18th

Ponderosa High School

6:30 PM

## ➤ Cash for College Workshop at Ponderosa HS

November 14th at 6 PM

# **CAUTION**

In addition to the FAFSA and GPA Verification form, private colleges/some out of state colleges may need you to file the CSS Profile

Deadlines vary – CSS Profile may be filed beginning October 1st.  
Check with your colleges and watch deadlines.

File online at [www.collegeboard.com](http://www.collegeboard.com)

# Examples of Colleges that require the CSS Profile

USC

Cal Tech

Yale

Cornell

Duke

Harvard

Brown

John Hopkins

MIT

Occidental

Santa Clara University

Texas Christian University

Claremont McKenna

Columbia

Dartmouth

Georgetown

Harvey Mudd

NYU

Pomona

Stanford

USF

Westmont



# Communication

- Opt in to receive Text Message Reminders (Remind 101)
- Career Center Website
  - Click *Upcoming Events* for a list of activities
- Parent Square messages



# Career Center Resources

- Academic & summer enrichment opportunities
- Community Service “volunteer” list
- College information sessions (40+ college visits in fall 2018)
- Career resources
- Naviance training
- Speakers
- Work Permits
- Resume assistance
- Test prep study guides
- Spring Career & Job Fair
- Scholarships & Financial Aid

The screenshot shows the website for the Oak Ridge High School Career Center. The header includes navigation links for Home, School Info, Staff Directory, Counseling & Career Center, VAPA & Boosters, Athletics, Parents, Students, and For Staff. Below the header, the school's name and address (1120 Harvard Way, El Dorado Hills, CA 95762) are displayed, along with contact information (916.933.6980 and 916.933.6987). A sidebar on the left lists Counseling and PSAT. The main content area is titled "College and Career Center" and includes a paragraph about the center's hours and services, a photo of Alyce Rogers, and a list of resources such as Upcoming Events, College Resources, Reference Books, Financial Aid, ACT & SAT, Community College, Scholarships, Work Permits/Jobs, and PSAT. A "Grade Level Information" section at the bottom lists Freshman, Sophomore, Junior, and Senior.

[www.orphsonline.com](http://www.orphsonline.com)>Academic/Counseling>Career Center

# Text Message Reminders

## Stay in-the-know about:

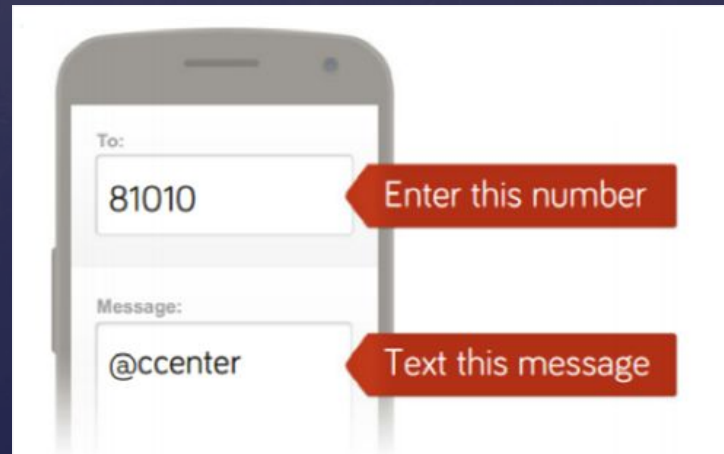
Career Center Opportunities  
Community College  
4 Year College  
Alternatives to College  
Job Board  
Scholarships  
Senior Year

## Text To:

81010  
81010  
81010  
81010  
81010  
81010  
81010

## Message:

@ccenter  
@ccollege  
@4yearco  
@ugrad  
@wantjob  
@orhsrogers  
@senioryear



# Senior Upcoming Events / Opportunities

\*Available online, in the  
Counseling Office, and the  
Career Center



## SENIOR 2018 - 2019 Post-Secondary and Career Planning Opportunities

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### College Rep Visits

Admissions representatives from public, private, in-state, and out-of-state universities, technical and trade schools will visit ORHS throughout the year. See who's coming under the Colleges tab in Naviance or view list at Career Center.

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### Senior Parent Night: Tuesday, September 11, 2018 at 6pm in the B-3.

ORHS counselors will review upcoming career units, Senior priorities, and planning for post secondary opportunities. Optional college admission panel to follow (with reps from in-state, out-of-state, private, & public colleges).

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### Senior Career Unit: September 12 - 14, 2018

Counselors will visit classrooms for a presentation covering the following:

- o Post-Secondary planning via Naviance: Review of Resume and Career / Personality Assessments & College Planning Page (College Search, Colleges I'm Applying To)
  - o Applying to Colleges (SAT/ACT, Requirements, Deadlines, etc.); Upcoming Fall Opportunities
- 

### Senior Career Unit Follow-Up, Q & A with ORHS Counselor: Monday, 10/2 in Career Center at lunch

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### College Fair: Monday, October 1, 2018 at 6:30 - 8:15pm at Union Mine High School.

**Breakout Sessions in the UMHS Theatre:** *The Financial Aid Process* (at 5:30pm), *Creating Your Target College List* (7:00pm) and *The Basics of CSU and UC Admissions* (7:45pm)  
<https://sites.google.com/eduhsd.k12.ca.us/collegefair>

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### College Essay Review: Drop-in at the Career Center Oct. 17-19 for professional admissions essay review

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### College Application Workshops: Monday, October 15 and Monday, October 29, 2018 at 1:15 - 3:00pm

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### Financial Aid Info Night: Thursday, Oct. 18, 2018 at 6:30-8:00pm in the ORHS Theater

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### Athletic Recruiting Info Night: Wednesday, Oct. 23, 2018 at 6pm at El Dorado High School

For EDUHSD students interested in playing college sports. Parents are encouraged to attend.

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### Cash-4-College Event: Spring 2019 (Date TBD) at Ponderosa

Get one-on-one assistance filling out the FAFSA.

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### ASVAB: Monday, October 22, 2018 at 1:00-4:00pm w/ follow up activity on Dec. 3rd at 2pm

Even if you're not interested in military, consider this a great career exploration opportunity! Sign up at Career Center

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### Scholarship Basics Workshops

Various dates TBA in November and December at lunch in Career Center.

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### Military Academies Info Night: Date TBD at Ponderosa High School

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### Senior 2nd Semester Career Unit: January 15 - 18, 2019

Counselors will visit classrooms to cover Financial Aid / Scholarships / 2 year college and 4 year college priorities

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### Community College Information Night: Monday, February 4, 2019 at Folsom Lake College (Time TBA)

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### ASVAB: Monday, March 11, 2019 at 1:00 - 4:00pm w/ follow up activity on April 1st at 2pm

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### Career Expo: Wednesday, March 13, 2019 at 6:30 - 8:30pm at Union Mine High School

This event is encouraged for all EDUHSD students and families. Learn from dozens of local professionals from a

# Counseling Office Resources

- Graduation requirements
- Course selection
- Post secondary planning
- Tutoring resources
- Student wellness

To schedule an appointment, students may stop by the Counseling Office before school, after school, break, or lunch. You may also call to schedule. For quick questions, you may find your Counselor out on campus at Break or Lunch.

# Counselor Assignments

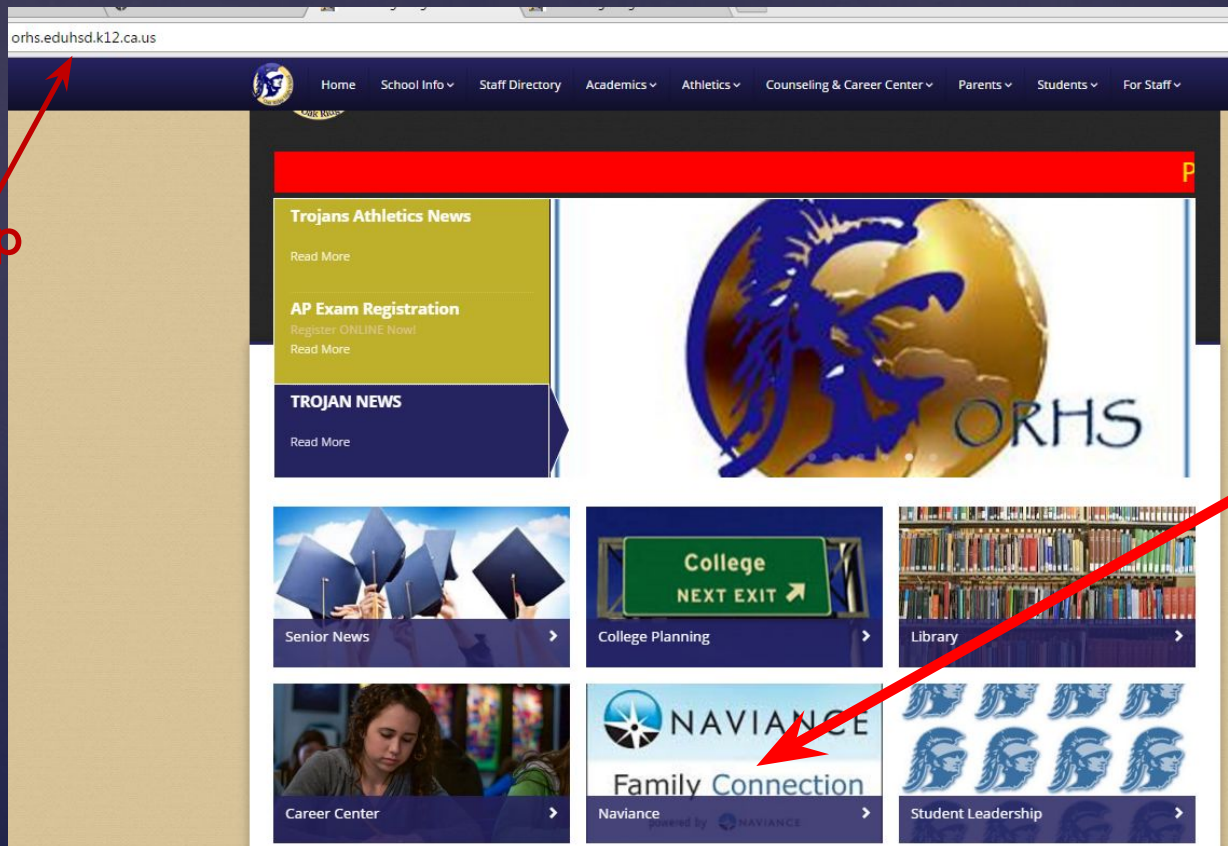
	<u>Last Name</u>	<u>Counselor Assignment</u>	<u>Extension</u>
➤	A – Ch	Jon Pratt	Ext. 3051
➤	Ci - Gr	Jill Howard	Ext. 3053
➤	Gu - K	Kim Cerutti	Ext. 3310
➤	L– Per	Jenisse Bovo	Ext. 3057
➤	Pet - Sn	Darsy Arburn	Ext. 3052
➤	So - Z	Mandy Fiedler	Ext. 3055

**Email or Call (916) 933-6980 X 3050**

**\_\_\_\_\_@eduhsd.net**

# Login to Naviance:

1. orhs.eduhsd.k12.ca.us
2. Select Naviance Link on homepage



Step  
1

Step  
2

# Naviance Login:

- Username:  
First four letters of last name + ORHS ID#  
(Example: smit1234)
- Password:  
First and last initials + last four digits of Permanent ID#  
(Example js9876)

Formula is also indicated on the back of the student ID card.



# Naviance Demonstration

- Review student “Profile” under “About Me” tab for past assessment results
- College Rep Visits under the “College” tab
- Conduct college searches via SuperMatch College Search under the “College” tab
- Identify “Colleges I’m Thinking About”
- Move Colleges to “Colleges I’m Applying To”
- Work on Resume under the “About Me” tab

**Thank You**