



# Crossing the Finish Line to Post-Secondary Education

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# Counseling for Post-Secondary Enrollment

Counselor Preparation

Counselor Perceptions

Language around college



# ICAP - HF 2392

5 Components:

- Self-Understanding
- Career Information
- Career Exploration
- Postsecondary Exploration
- Career & Postsecondary Decision

[Linn-Mar ICAP](#)

[Template](#)



# ASCA Standards

## The ASCA Mindsets & Behaviors for Student Success: K-12 College- and Career-Readiness Standards for Every Student

*Each of the following standards can be applied to the academic, career and social/emotional domains.*

### Category 1: Mindset Standards

School counselors encourage the following mindsets for all students.

- M 1. Belief in development of whole self including a healthy balance of mental, social/emotional and physical well-being
- M 2. Self-confidence in ability to succeed
- M 3. Sense of belonging in the school environment
- M 4. Understanding that postsecondary education and life-long learning are necessary for long-term career success
- M 5. Belief in using abilities to their fullest to achieve high-quality results and outcomes
- M 6. Positive attitude toward work and learning

### Category 2: Behavior Standards

Students will demonstrate the following standards through classroom lessons, activities and/or individual/small-group counseling.

Learning Strategies		Self-Management Skills	Social Skills
B-LS 1.	Demonstrate critical-thinking skills to make informed decisions	B-SMS 1. Demonstrate ability to assume responsibility	B-SS 1. Use effective oral and written communication skills and listening skills
B-LS 2.	Demonstrate creativity	B-SMS 2. Demonstrate self-discipline and self-control	B-SS 2. Create positive and supportive relationships with other students
B-LS 3.	Use time-management, organizational and study skills	B-SMS 3. Demonstrate ability to work independently	B-SS 3. Create relationships with adults that support success
B-LS 4.	Apply self-motivation and self-direction to learning	B-SMS 4. Demonstrate ability to delay immediate gratification for long-term rewards	B-SS 4. Demonstrate empathy
B-LS 5.	Apply media and technology skills	B-SMS 5. Demonstrate perseverance to achieve long- and short-term goals	B-SS 5. Demonstrate ethical decision-making and social responsibility
B-LS 6.	Set high standards of quality	B-SMS 6. Demonstrate ability to overcome barriers to learning	B-SS 6. Use effective collaboration and cooperation skills
B-LS 7.	Identify long- and short-term academic, career and social/emotional goals	B-SMS 7. Demonstrate effective coping skills when faced with a problem	B-SS 7. Use leadership and teamwork skills to work effectively in diverse teams
B-LS 8.	Actively engage in challenging coursework	B-SMS 8. Demonstrate the ability to balance school, home and community activities	B-SS 8. Demonstrate advocacy skills and ability to assert self, when necessary
B-LS 9.	Gather evidence and consider multiple perspectives to make informed decisions	B-SMS 9. Demonstrate personal safety skills	B-SS 9. Demonstrate social maturity and behaviors appropriate to the situation and environment
B-LS 10.	Participate in enrichment and extracurricular activities	B-SMS 10. Demonstrate ability to manage transitions and ability to adapt to changing situations and responsibilities	



# NACAC Counselor Competencies

# Data Tracking

<https://reports.educateiowa.gov/postsecondaryreadiness>

- What trends do you see?
- Are minority groups being underserved?
- What can you do to help those groups?



# Eight Components of College & Career Readiness Counseling - College Board's National Office for School Counselor Advocacy

[Elementary Guide](#)

[Middle School Guide](#)

[High School Guide](#)





# COLLEGE ASPIRATIONS



# Curriculum & Resources

[College Board Advisory](#)

[NACAC Step-By-Step Curriculum](#)

[California Career Resources](#)

[ACT & ACAC Curriculum](#)

[You Can Go! Archive](#)



# Student/Parent Communication

[S'more](#)

[Email](#)

[Website](#) - share your website [here](#)

Social Media - Twitter (@LMCollegeCareer), Facebook, Instagram

YouTube

Remind - text students - group for each grade level



# Student Meetings

Individual or Small Group

Go over GPA & Graduation Requirements

Review 4-year plan

Plan to decrease absences (5 or 10) - [Form](#)

Resources: [attendancesworks.org](http://attendancesworks.org)

[Sample Student Meeting Document](#)

Email to parents





**ACADEMIC PLANNING FOR  
COLLEGE AND CAREER READINESS**

# Academic Planning

Encourage students to take rigorous coursework - including AP and “honors” coursework

Know college admission requirements

- Foreign language requirements
- Science & Math requirements
- [RAI approved courses](#)

Course requirements for successful ACT/SAT scores





# 4-Year Planning

What does this look  
like at your school?



**ENRICHMENT AND  
EXTRACURRICULAR ENGAGEMENT**

# School-Related Opportunities

- Extension opportunities through MTSS
  - Lab experiences with teachers
  - Volunteering with younger students
  - Tutoring
  
- Summer Extension Opportunities
  - U of Iowa Belin-Blank: <https://www2.education.uiowa.edu/belinblank/>
  - Iowa State OPPTAG: <http://www.opptag.iastate.edu/summer/index.php>



# Clubs/Organizations

What leadership opportunities do you have for students?

- FBLA
  - FFA
  - Model UN
  - Drum Majors
  - Eagle/Girl Scouts
  - Church activities
  - Student Council
  - HOBY
  - Business Horizons
- 

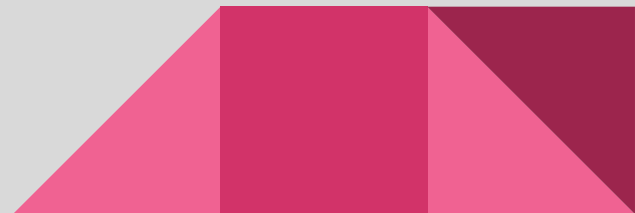
# Athletics

Captain

Club Sports

Outside athletics - triathlon, 5k/10k/marathon, taekwondo, karate, dance, gymnastics, etc.

Step groups



# Underrepresented Populations

## Nontraditional Students

Female or Minority students in STEM courses

PSEO/Concurrent Enrollment numbers

AP enrollment/pre-requisites

## Ways to help:

Recruitment into courses

Personal invitation



# Sample Activities Resume

**ACTIVITIES RESUME**

FIRSTNAME MIDDLE INITIAL LASTNAME

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**Work**

<p><b>Employer - Position</b> Location Month Year Begin ~ Month Year End</p>	<ul style="list-style-type: none"> <li>• Detail the number of hours per week and the number of weeks worked</li> <li>• Describe one important thing you did (this must fit on this line)</li> <li>• Describe one other important thing you did (still, use only one line)</li> </ul>
<p><b>Employer - Position</b> Location Month Year Begin ~ Month Year End</p>	<ul style="list-style-type: none"> <li>• Detail the number of hours per week and the number of weeks worked</li> <li>• Describe one important thing you did (this must fit on this line)</li> <li>• Describe one other important thing you did (still, use only one line)</li> </ul>

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**Extra-Curricular Activities**

**SPORTS**

<p><b>Sport Played</b> School or Non-School Program Grade Year Participated</p>	<ul style="list-style-type: none"> <li>• Describe any honors (varsity letter, team award, all-league, etc.)</li> </ul>
<p><b>Sport Played</b> School or Non-School Program Grade Year Participated</p>	<ul style="list-style-type: none"> <li>• Describe any honors (varsity letter, team award, all-league, etc.)</li> </ul>
<p><b>Sport Played</b> School or Non-School Program Grade Year Participated</p>	<ul style="list-style-type: none"> <li>• Describe any honors (varsity letter, team award, all-league, etc.)</li> </ul>

**DRAMA**

<p><b>Name of Production</b> School or Non-School Program Grade Year Participated</p>	<ul style="list-style-type: none"> <li>• Part or job in the production</li> </ul>
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**MUSIC**

<p><b>Activity</b> School or Non-School Program Grade Year Participated</p>	<ul style="list-style-type: none"> <li>• Part or role played in the activity</li> </ul>
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**CLUBS**

<p><b>Club Name</b> Grade Year Participated</p>	<ul style="list-style-type: none"> <li>• Office or roles performed</li> </ul>
<p><b>Club Name</b> Grade Year Participated</p>	<ul style="list-style-type: none"> <li>• Office or roles performed</li> </ul>
<p><b>Club</b> Grade Year Participated</p>	<ul style="list-style-type: none"> <li>• Office or roles performed</li> </ul>

FIRSTNAME MIDDLENAME LASTNAME

PAGE 2 OF 2

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**Community Service Experience**

<p><b>Volunteer Organization</b> Grade Year Participated</p>	<ul style="list-style-type: none"> <li>• Work performed</li> </ul>
<p><b>Volunteer Organization</b> Grade Year Participated</p>	<ul style="list-style-type: none"> <li>• Work performed</li> </ul>

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**Leadership Experience**

<p><b>Position Held</b> Organization Grade Year Participated</p>	<ul style="list-style-type: none"> <li>• Describe the position held or leadership experience gained</li> </ul>
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**Unique Section (Like Research Experience, Special Academic Programs, Etc.)**

<p><b>The Organization</b> Position Grade Year Participated</p>	<ul style="list-style-type: none"> <li>• Describe this "unique" thing – what is, what did you do, why did you do it</li> <li>• Describe one other important thing you learned from the experience</li> </ul>
<p><b>Organization</b> Position Grade Year Participated</p>	<ul style="list-style-type: none"> <li>• Describe this "unique" thing – what is, what did you do, why did you do it</li> <li>• Describe one other important thing you learned from the experience</li> </ul>

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**Awards and Honors**

<p><b>Award or Honor</b> Award or Honor</p>	<p>Organization Organization</p>	<p>Year Year</p>
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**Additional Experiences**

<p><b>Additional Experiences</b> Additional Experiences</p>	<p>Organization Organization</p>	<p>Year Year</p>
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**COLLEGE AND CAREER  
EXPLORATION AND SELECTION  
PROCESSES**

# Career Search Tools

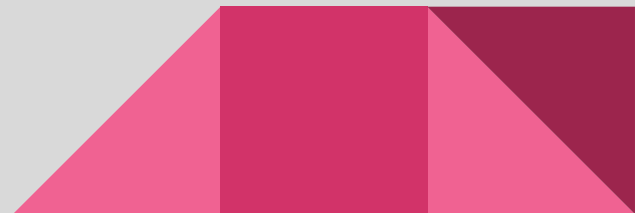
CIS

FutureReadyIowa.gov

BLS

O\*NET Online - <https://www.onetonline.org/>

Career One Stop - <https://www.careeronestop.org/jobseekertools/>



# Career Exploration

Career Speakers

Career Fair

- Classroom presentations
- Gym/Booth Format

Job Shadows

Internships

Career Tours



# College Search Tools

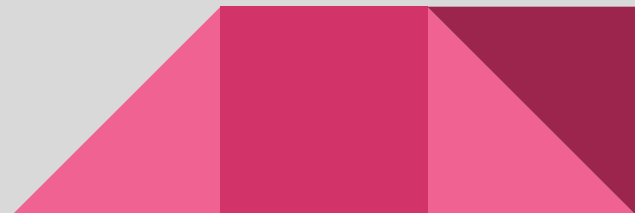
[College Raptor](#)

[College Board](#)

[Niche](#)

[Iowa Private Colleges](#)

[“What is My Ideal College?” Worksheet](#)





# College Visits/Fairs

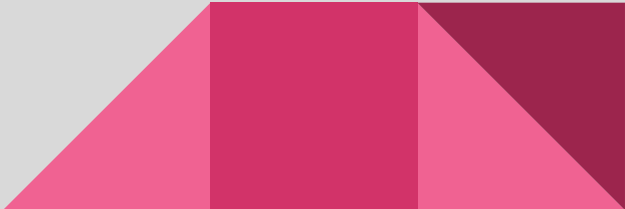
## Questions to Ask a College Admission Counselor

Help students sign up for visits

Offer visits through school

Include Regents, Private, & Community College

How to Interact at Fairs

- College Fair Bingo
  - College Fair Questionnaire
- 



# COLLEGE AND CAREER ASSESSMENTS

# Testing

Become a testing site

ACT

PSAT

SAT

ACCUPLACER

Aleks



# Test Prep

Study Sessions

Online

Spreadsheet





# **COLLEGE AFFORDABILITY PLANNING**

# Scholarship Searches

Fastweb.com

SallieMae

Scholarships.org

Local Opportunities



# FAFSA

[FAFSA4Caster](#)

Net Price Calculators

EFC - Expected Family Contribution

SAR - <https://ifap.ed.gov/eannouncements/attachments/1819SARAckMockupEn.pdf>

Unique Situations Tip Sheet:

<https://financialaid.uiowa.edu/sites/financialaid.uiowa.edu/files/UniqueSituationsTipSheet2016-17.pdf>

Reading an Award Letter - <https://www.iowacollegeaid.gov/AwardLetters>



# COLLEGE AND CAREER ADMISSION PROCESSES



# Early Decision vs. Early Action

## Early Decision

- Students may only apply to one school early decision
- Students may apply to other schools as regular decision applicant, but must withdraw applications if accepted to this school
- Students MUST attend this college if applying - decision is binding

## Early Action

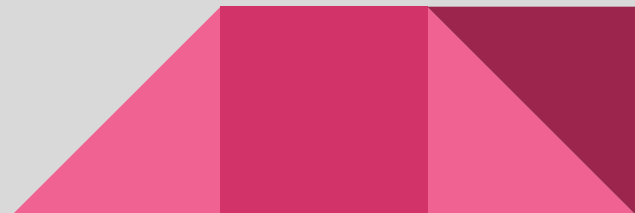
- Students learn of admission decision earlier
- Not a binding decision
- Student has an opportunity to look over award letter, etc before deciding to attend
- Student may apply to multiple schools under regular decision

# School Profile

Needed for Common App

Update Annually

<https://professionals.collegeboard.org/guidance/counseling/profile>

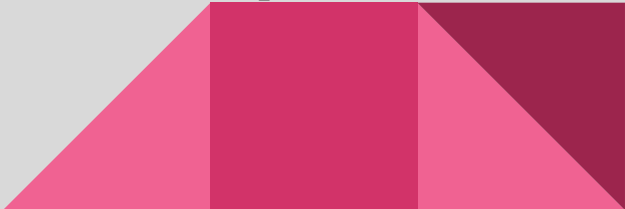


# Military Academies

## Admission criteria

- United States Military Academy — Army
- United States Naval Academy — Navy and Marine Corps
- United States Coast Guard Academy
- United States Merchant Marine Academy
- United States Air Force Academy

Nomination by US Senator or Representative or the Vice President - except Coast Guard Academy



# Applications

[Common App](#)

[Coalition Application](#)

[Iowa Public Schools Application Portal](#)

Direct to Institution



# Topics around Admission

College Essay Writing

RAI

NCAA

ROTC

Applications “Do”s & “Don’t”s





**TRANSITION FROM HIGH SCHOOL  
TO COLLEGE ENROLLMENT**

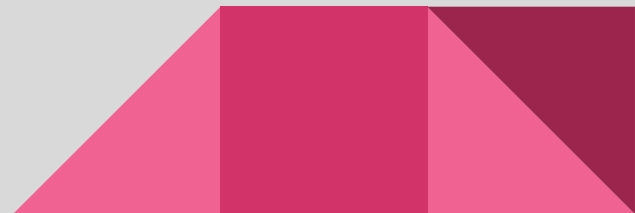
# Communication/Support

Prepare students for the next steps

- Financial Aid Award Letters
- Residential Hall/Housing next steps
- Scheduling Orientation

Collect student emails/phone numbers

Remind text messages





# Share Resources

[https://padlet.com/scline8/wbm  
mrtlzpyhl](https://padlet.com/scline8/wbm<br/>mrtlzpyhl)