

FHS School Counseling Mid-Summer Newsletter

Enclosed is a newsletter from the FHS Counseling Department containing pertinent information for this time of our school year. As you read through this newsletter, please note and share any questions that may arise as we are happy to help! We hope you enjoy the start to your summer and as always, please reach out with any questions!

Skyward

Please be sure we have your current email address listed in Skyward. We communicate events, important dates, and reminders to you via your Skyward account and through the email address that is listed there. We also provide updated information on our link off of the school district's website. Here is the link and if you are having issues logging on, please email our IT department at ktennant@freedomschools.k12.wi.us

<https://skyward.iscorp.com/scripts/wsisa.dll/WService=wsedufreedomwi/seplog01.w>

ACT

If you are interested in taking or retaking the ACT this fall, you will need to go the website below to register. (this pertains to juniors wanting to take it prior to this spring at school or seniors interested in a retake.) All juniors will be required to take the school sponsored ACT this spring as part of our required state testing. If you are unsure if you should take the ACT again OR take it early to get the experience, your best bet is to research colleges you may interested in applying to and see what their requirements are. Keep in mind that there are also merit-based scholarships that will also look at ACT scores.

<https://www.act.org/content/act/en/products-and-services/the-act/registration.html>

ACT Prep Class

Freedom is offering an ACT Prep class this winter. We will be providing registration information for this course later this fall. The class we run has proven beneficial and increases confidence for our juniors. All are encouraged to sign up.

Additional ACT Prep Resources

UW Oshkosh

<https://uwosh.edu/oce/personal-and-professional-development-programs/youth-programs/act-test-prep-course/>

ACT Prep Course from ACT Website

<https://www.act.org/content/act/en/products-and-services/the-act/test-preparation.html>

Fox Valley ACT Prep Course

<https://www.act-testprep.com/>

AP (Advanced Placement Courses)

2022-2023 Scores

Over 130 students took Advanced Placement tests this past spring to try to earn college credit. Scores became available on July 5th through the College Board website. Below is link that contains further information and specifics as to how to access your scores electronically.

<https://apstudents.collegeboard.org/view-scores>

2023-2024 Planning

Students planning on taking AP this year should look for announcements regarding *registering* on-line with the College Board. This will take place once the school year has started.

In the meantime, future AP students should familiarize themselves with the AP testing schedule in May and plan accordingly.

Payment for AP Testing is due our FHS Counseling Office by Thursday, November 9th and checks can be made payable to FHS testing. Cost is \$97 per test. See link below for details.

<https://www.freedomschools.k12.wi.us/schools/fhs/students/ap-exams-and-courses.cfm>

Class of 2024

Campus Visits

If you haven't already, it is very important that you visit four-year and two-year campuses, virtually or in-person if available to narrow down the list of where you would like to apply. Below is the link from the UW Help website that will assist you with setting up Campus Visits within the UW System.

<https://uwhelp.wisconsin.edu/prep-for-college/campus-tours-visits/>

Check Your Email

Please try to check your school email and personal email accounts weekly to ensure you're receiving pertinent information.

If you are looking at schools outside of the UW System, please refer to that specific school's website that they will be able to direct you further. Below is the link for the private colleges within Wisconsin.

<https://www.wisconsinprivatecolleges.org/visit/visit-information>

UW System Application Date Opens

August 1, 2023

The high school counseling office will also run application meetings in September for those choosing to wait until the school year start. If incoming seniors feel prepared to start applying, they are welcome to do so. A good rule of thumb for seniors that was shared in junior conferencing was to have your applications in place by Halloween.

<https://apply.wisconsin.edu/>

<https://uwhelp.wisconsin.edu/>

<https://www.commonapp.org/>

When you apply, you may be asked to send your ACT scores and a high school transcript. Below are the websites to do so. It is important to note that many colleges are *not requiring* the ACT this year for application. Please check the admission requirements of the colleges that you are applying to see if this a required component.

Transcript www.parchment.com

ACT Scores <https://www.act.org/content/act/en/products-and-services/the-act/scores.html>

Below is an application checklist that will help organize needed items for application:

https://uwhelp.wisconsin.edu/wp-content/uploads/2023/03/UWHELP_Checklist_Application.pdf

Please note that our transcripts will have your senior courses listed on them as well. You can request your transcripts on the parchment website to view.

Financial Aid (Completing the FAFSA)

FAFSA (Free Application for Federal Student Aid) applications for the college year of 2024-2025 begin processing on October 1st, 2023. Seniors can apply for grants and loans (all based on tax information) at the link below:

<https://studentaid.ed.gov/sa/fafsa>

Wisconsin Education Fairs

Wisconsin Education Fairs (WEF's) are a great way to attain information about numerous colleges. Some Wisconsin Education Fairs are virtual this year. Two local ones this fall are being held at UW Oshkosh and St. Norbert College. Please see link below for details.

<https://www.wefs.org/>

Letters of Recommendation

Seniors, as you are preparing to ask someone to write a letter of recommendation or request them to be recommender for you on an on-line application, it is expected that you provide them with a completed Recommendation Request Form located on the link below (this will help the author of your letter write a more complete letter).

<https://www.freedomschools.k12.wi.us/schools/fhs/students/letter-of-recommendation.cfm>

Scholarships

Seniors looking to apply for scholarships can begin researching which scholarships they are eligible for. Any scholarships that we become aware of we will post electronically. Please refer to the link below for more information. You will note that there are not many available this time of year. However, this will change as the school year progresses. Please check our page regularly for updates!

<https://www.freedomschools.k12.wi.us/schools/fhs/students/scholarships.cfm>

Students should also be checking the schools they are planning on attending for scholarships that they offer as well as parents' places of employment, credit unions and any associations or clubs your family may belong to for additional scholarship opportunities. Local scholarships offered to Freedom seniors only will become available in the spring and we will communicate this in upcoming correspondence.

Class of 2025

PSAT

FHS will be administering the PSAT on Wednesday, October 18th. If you are an incoming junior next year who is academically strong, you will want to consider taking the PSAT as merit based scholarships may be linked to the results. Cost is \$18 and more information will be sent to incoming juniors this summer. The test will be digital this year and we will be providing details shortly. For more information regarding the PSAT and what it entails, please refer to the link below:

[The PSAT/NMSQT – SAT Suite | College Board](#)

Junior Conferencing

Juniors will have the opportunity during October-December to have a **SPEC (Student Parent Educational Conference)**. This is will also take a more in depth look at opportunities for our students after they graduate from FHS. The SPECs are conducted with the school counselor, parent(s) and student during the school day and will last 30-40 minutes. Parents will be able to register electronically. Sign up information will be sent out shortly after school starts.

Mrs. Vander Loop and Mr. Harke will divide the meetings and cover similar talking points including:

- Student's Strengths, Accomplishments, Co-Curricular Involvement, Volunteer and Work Experience
- High School Coursework/GPA/Class Rank
- Post Secondary Options
- Vocational/Educational Goals

SPECs serve as an excellent opportunity to gather individual information and resources for post-secondary planning.

Cooperative Academic Partnership Program (C.A.P.P.)

Freedom High School is running the following CAPP Courses this year.

CAPP College Writing 101

CAPP American Literature 214

CAPP Spanish Intermediate Structure and Expression 204

CAPP Biology 105

Enrolling in the University of Wisconsin Oshkosh Cooperative Academic Partnership Program (CAPP) courses are a convenient and affordable way for high school students to earn concurrent high school and college credit, while developing key skills for future success. CAPP students pay less than half the standard per-credit tuition rate with the cost based upon the number of credits assigned to each class. It may also reduce the amount of tuition paid when you get to college because of the courses you can transfer (meaning fewer classes you have to take in college!)

If your child indicated that they were planning on taking a CAPP course next year, then you will be receiving a very detailed letter regarding payment, credit obtainment, and what the next steps are.

The first item that ALL future CAPP students need to complete is to APPLY to UW Oshkosh. Many students already attended the application meetings held in April. If a future CAPP student has NOT applied to UW Oshkosh as a CAPP student, they *must do so immediately*. Students need to reapply every year they take a CAPP course. Please see link below for instructions.

<https://uwosh.edu/capp/students/apply/>

Students taking CAPP Writing 101 should have already taken English Placement exam. Students were personally notified of this through several emails and during the CAPP Application meetings that took place in April. After a student applies to UW Oshkosh as a CAPP student, they will receive an email from UWO after applying the provides you with a net ID and password. Please activate and follow the directions/link below.

<https://uwosh.edu/testing/placement-testing/>

Students were notified via school email if they **did not** qualify for CAPP Writing 101 and provided with instructions as to what the next steps would be.

Do CAPP Credits Transfer?

It is our student's responsibility to confirm whether or not the credits from UW Oshkosh will be accepted at the college of their interest. To help determine whether or not you would like to take the course for credit from UW Oshkosh, please use the resources listed below:

Transferology

<https://www.wisconsin.edu/transfer/wizards/>

CAPP Website

<https://uwosh.edu/capp/students/transferring-credits/>

CAPP Payment Information

If you or your students has registered for a class at Freedom High School that is eligible for CAPP (Cooperative Academic Partnership Program) credit through UW-Oshkosh please read the information below. Freedom High School currently offers four CAPP courses this year:

CAPP Biology 105	3 UW Oshkosh Credits
CAPP English 214	3 UW Oshkosh Credits
CAPP Spanish 204	5 UW Oshkosh Credits
CAPP Writing 101	3 UW Oshkosh Credits

The cost for a CAPP credit CAPP (Cooperative Academic Partnership Program) is \$105 dollars per credit. Students receiving Free and Reduced Lunch cost will be \$52.50 per credit. CAPP Writing 101 and English 214 would be \$315, CAPP Biology is \$420 and CAPP Spanish will be \$525. Cost per credit at UW Oshkosh is \$324.82 for a Wisconsin resident.

Payment is due October 1st for: **students taking a CAPP Course in Terms 1 and 2**

Payment is due February 1st for: **students taking a CAPP Course in Terms 3 and 4**

Payment should be brought to the FHS Counseling office and checks can be made payable to "FHS".

*If you *want* to pay for a CAPP course in terms 3 and 4 now, families are more than welcome to.

CAPP courses are a unique and awesome opportunity the FHS offers. Our staff has worked hard to collaborate with UW Oshkosh to become eligible to provide these courses. Please note that your undergraduate GPA begins when you start these courses so be sure you are allowing yourself the time to dedicate and focus on the curriculum being taught.

<https://www.freedomschools.k12.wi.us/schools/fhs/students/capp.cfm>

Volunteering

We often receive questions about ways to volunteer. One way to explore opportunities is through the website listed below. Students can review the website to search for ways to volunteer throughout the Fox Cities.

<https://www.volunteerfoxcities.org/>

National Honor Society

Underclassmen who have a goal of being in National Honor Society as a junior or senior should note the requirements and what they can be focusing on in the meantime.

- Keep those grades up! 3.67 cumulative GPA after sophomore year
- Lend a helping hand! Keep track of volunteer work, how much time and/or how often they you give to each volunteer activity
- Get involved! Extra-Curricular participation-another area to keep track of.

In National Honor Society, students learn to plan and carry out different activities preparing them for the future. Under the advisement of Mrs. Hauser, NHS members become a part of a group of students who support each other and have fun supporting those outside of their normal groups. In the past, they have worked on tie blankets for various organizations in the area, food drives for the Freedom Food Pantry, yard clean-up for the seniors and disabled members of the community, and participated in the Polar Plunge.

Another item to note is that there is an organization with the initials NSHSS (National Society of High School Scholars) that sends out mailings that is NOT affiliated with the school. This is an entirely different organization that charges a membership fee.

In late summer, prior to the start of the school year, a letter will be sent to all incoming juniors with a cumulative GPA of 3.67 from Mrs. Hauser regarding the application process.

Class of 2026

Welcome back! Now is the time to begin to think about post-secondary planning (along with getting your drivers' license 😊 Below is a checklist that helps you get organized for the next steps.

<https://uwhelp.wisconsin.edu/prepare-for-college/sophomore-college-planning-checklist/>

Focus Program

FOCUS Program for Teen Drivers (Sophomores)

On Wednesday, October 11th

The FOCUS program stands for:

Focus on driving

Others are affected

Clear distractions

Understand that substances impair judgement

Safely reach your destination

Each year, students from dozens of school districts join together to watch the program at the Fox Cities Performing Arts Center, showing students the process of a trauma situation, what it is like to be airlifted and to need emergency surgery. The core of the program will always remain the same – we are here to educate, engage and save lives. There will be a parent component as well and information is forthcoming.

Explore Your Options

Attend a College (Technical and University) Fair

WEFS (Wisconsin Education Fairs) (happening this fall at St. Norbert and UW Oshkosh)

<https://www.wefs.org/fair-schedule/>

Xavier College Fair

<https://sites.google.com/xavercatholicschools.org/college-fair/home>

Take a Career Quiz (Technical College Programs)

<https://www.wtcsystem.edu/programs/career-quiz/>

Career Assessment

<https://www.mynextmove.org/explore/ip>

Class of 2027

We are looking forward to working with you! You had the opportunity to conference with Mr. Harke and Mrs. Peters and are hopefully feeling prepared to life at FHS! Take a deep breath and know we are here to help you!

Freshman and freshman parents, it is never too early to start thinking about life after high school. It doesn't have to be an overwhelming process and there are a lot of resources to help get you started. Below is link that is provided by UW System that contains a check list for freshman who are thinking about college.

<https://uwhelp.wisconsin.edu/prepare-for-college/freshman-college-planning-checklist/>

Looking Ahead

High School On-Line Registration-Tuesday, August 8th

First Day of School-Tuesday, September 5th

Local Technical Colleges Open Houses

NWTC fall open house will be Tuesday, September 26 from 3-6 pm.

<https://www.fvtc.edu/open-house>

October 3rd-3:00-7:00 p.m.

FOCUS Program (Sophomores)-Wednesday, October 11th

PSAT-Wednesday, October 18th

ACT Next Year for Juniors-Early March-date forth coming

Spring Break-March 25th-April 3rd

Counseling Office Contact Information

FHS Office 920-788-7947

Tony Harke 920-788-7940 ext. 1306

Jen Vander Loop “ “ ext. 1305

Email:

Brenda Green bgreen@freedomschools.k12.wi.us **Jen VanderLoop** jvanderloop@freedomschools.k12.wi.us

Tony Harke tharke@freedomschools.k12.wi.us