Counseling Services – Mrs. Rya Carpenter

COLLEGES VISITING SANTA BARBARA:

Monday, September 23 at 7:50am
· Santa Clara University in the College and Career Center
· University of Miami in the Library
· Open to students and parents

Tuesday, September 24 at 7:50am
· Princeton University in the Library

Tuesday, September 27 at 1:27pm (please note this time change)
· Davidson College in the College and Career Center
· RSVP to rcarpenter@bishopdiego.org required

Monday, September 30 at 7:50am
· Haverford College in the College and Career Center
· Skidmore College in the Library
· Open to students and parents

Monday, September 30 at lunch
· Whittier College in the College and Career Center

Tuesday, October 1
· Pacific Northwest College of Art at lunch in the Quad

October 3 - 6:30pm
University of Chicago at Santa Barbara High School
RSVP at: https://prospects.uchicago.edu/uchicagovisits/?id=afebb34c-f444-4fb9-8526-7743a53c41a2

October 21 - 6:00pm
Christian College Fair – Main Gym, Bishop Garcia Diego HS

October 30 – 6:00pm
National College Fair at Dos Pueblos High School

TUTORING SUPPORT: Cal-SOAP provides tutors from UCSB. Qualifying Bishop students are first-generation college-bound, come from a family with limited income and are working toward 4-year college eligibility. If interested in tutoring support, please contact Ms. Anderson for details: janderson@bishopdiego.org.
**COLLEGE TOUR AT CAL-POLY SAN LUIS OBISPO:** Cal-SOAP is offering a FREE college tour and lunch at Cal-Poly on October 22 during the school day. Students may participate if they meet the Cal-SOAP criteria mentioned above. RSVP no later than October 1; **first-come, first-served.** Those approved for the trip must also be passing their classes with C's or better. To sign up for this trip, email: lgonzalez@bishopdiego.org no later than October 1.

**COLLEGE FINANCIAL AID FOR SENIORS:** FAFSA Workshop for parents is October 2 from 5:00pm-8:00pm in Room 202. Support in English and Spanish will be available at this event.

Seniors may begin their application for financial aid through the FAFSA beginning October 1, at [https://fafsa.ed.gov/](https://fafsa.ed.gov/) or for AB540 students at [https://dream.csac.ca.gov/](https://dream.csac.ca.gov/). Please direct any questions to Mrs. Carpenter.

To complete the FAFSA, parents will use data from their tax returns filed this year, and will need their senior's SSN.

**COLLEGE ADMISSION EXAMS (PSAT planned for October 16):**
The Preliminary SAT (PSAT) will be given to all 10th and 11th grade students on October 16. That same day, 9th grade students will participate in Academic, Personal and Career exploration activities. Testing will begin at 8:20 AM and end at approximately 11:45 AM (except for accommodated, pre-approved students with extended time). Late arrivals will not be allowed in the test room if testing has already begun.

What to bring...
- 2- No.2 pencils
- water
- snacks
- light jacket
- book to read
- approved calculator

Where to go...(by last name)
10th grade
· A-G Room 207
· H-M Room 213
· N-Sm Room 309
· Sn-Z Room 301

11th grade
· A-Ga Room 304
· Gi-Ma Room 310
· Mc-P Room 312
· Q-Z Room 308

Students with accommodations - Room 201

SAT/ACT EXAM DATES:
SAT Dates - sat.org/register
· October 3 deadline to register for November 2 exam
· November 8 deadline to register for December 7 exam

ACT Dates - actstudent.org
· November 8 to register for December 14 exam

Goleta Teen of the Year Program – The Rotary Club of Goleta Noontime awards scholarships to honor students who exemplify Rotary’s motto of “Service Above Self” in the community. This program is open to all high school juniors and seniors who live in the Goleta area and who have completed a minimum of 150 volunteer service hours. Apply at: https://www.goletateen.org. Applications are due no later than September 23.

Enrichment Opportunity:

 George Mason University is seeking nominations of students to attend the Washington Youth Summit on the Environment (WYSE) or the Washington Journalism and Media Conference (WJMC), sponsored by, and held on the campus of George Mason University, located in the Washington, D.C. area. WYSE and WJMC were developed for high-achieving students with an interest in environmental science or journalism and the media. WYSE will be held June 28 to July 3, 2020 and WJMC will be held July 12 to 17 and July 19 to 24, 2020.
If you are interested in a nomination, please contact Mrs. Carpenter by October 1.

The WYSE and WJMC curricula are interactive as all students take an active role in the conferences, and inspirational as students are introduced to life in college, residing on a major state university college campus. For 6 full days students taking part in these valuable conferences practice and apply important leadership and decision-making skills that begin to prepare them for success in college.

A day-by-day conference schedule can be found here for WYSE and here for WJMC, along with comments by nominating teachers and conference alumni. Students represent their high school and state during this exciting conference and receive 1 full college credit for attending.

The WYSE curriculum includes lively panel discussions and exclusive site visits to the National Geographic Society and the Smithsonian’s National Zoo. Past speakers include the Administrator to the Environmental Protection Agency (EPA), U.S. Assistant Secretary of Energy and the Director of the U.S. Geological Survey; Keynote addresses have been given by leaders of the nation’s most prominent environmental and conservation organizations.

At WJMC students are placed in real-world experiences with media professionals at the National Press Club, the Newseum, and the U.S. Capitol. Past WJMC conference speakers include, Hoda Kotb of the “TODAY Show” on NBC; Chuck Todd, moderator of Meet the Press for NBC; and Carol Guzy, Pulitzer Prize winning photojournalist for The Washington Post.

WYSE and WJMC award a limited number of need-based scholarships to qualified students.

**Article of interest for families of Seniors:**
An Open Letter to College-Bound Students and Their Parents
A group of enrollment managers offers advice.
September 16, 2019
There are few times more exciting to work on a college campus than the start of a new academic year. Across the country, thousands of new students descend on institutions of higher learning, each student with their own talents and aspirations, eager to share their understanding of the world, excited to discover more about who they are and what the world has to offer. Those of us working in college admissions offices are grateful and humbled to watch this happen every fall, as bright, able students begin a journey of discovery as strangers and emerge from the experience knowing more about themselves, each other and the possibilities that await after graduation.

To be sure, the process of starting college, and the application process that accompanies it, can have its moments of anxiety and uncertainty. Applying to college opens students to scrutiny in ways few other events in life do, and the uncertainty that accompanies the college application process can be rife with doubts. The same can occur in the initial few days of the first year of college, or even subsequent years, as students see the academic and social challenges awaiting them, many wondering if they are up to the tasks required of them.

Recent studies suggest more students are experiencing bouts of anxiety, doubt and depression over the transition to college, and life in general, than ever before. Increasing competition for limited spots at some colleges, concerns over the ability to meet the financial demands of college attendance and general concern if the student is heading in the right direction are just some of the factors contributing to this increase. Combined with what other reports see as rising personal and social pressures, it is easy to understand why more students than ever before are looking for reassurance at a time of transition that seems to offer so little of it.

To those students applying to college this fall, we say to you -- we hear you, and we are here to help. Out of the thousands of higher education institutions in the United States -- be it a four-year college or university, a two-year college, or a technical training program -- not a single one runs an Office of Judgment. The purpose of an office of admission is to authentically represent our institution and the experience it can provide. We review each applicant and
determine if that student’s talents, goals and interests will be best served by our school, without exceeding our capacity to serve all students who enroll.

It’s been said that no one goes into college admissions because they want to see how many students they can reject. This isn’t always easy for students to understand, especially when there are more qualified applicants than room to admit them. But that is a limitation of the college, not the students. There are many places where you can shine, and the application process give you the opportunity to explore all of them.

Our work with you is designed to nurture and encourage you in every step of the application process, to create a dialogue that allows you to bring forth the best, clearest picture of who you are, what you think about and what our institution can do to help you grow. If your work on an application finds you wondering where to turn for help, support or reassurance, contact us. Helping you is not our job; it is our privilege.

Recognizing that many of life’s challenges aren’t related to college, it is important to realize you also have local support to help you with any issues that may come up in your life. Understanding that teachers and school counselors are often faced with high numbers of students to serve, these professionals have a remarkable track record of stepping up and offering help to students who ask for it. From reviewing drafts of admissions essays, to listening to your plans for the future, to connecting you to other professionals who may offer greater help with other challenges, the educators and support teams of your local schools are here for you as well.

To those students starting their college careers this fall, we say welcome. Our work with your application for admission may be over, but our help in welcoming you to campus and assisting with a smooth adjustment to your new academic home is never over. Our colleagues in other parts of the college, including student services, academic support and the faculty, know there is more to a successful college transition than good grades and a strong classroom experience.
If asking for help feels uncomfortable, know that every student feels that way. It may look like everyone in college is walking around with great confidence, but nearly no one is. College is a new world, with a new language, culture and norms. It’s more than OK to acknowledge that you need some help making sense of this new world, and research shows that’s much more likely to happen if you find a peer or mentor to connect with. It’s also the No. 1 reason you’ll come back for the next semester, and the next year, and graduate. Start with the one person for whom asking feels the least awkward. People who work for colleges are there for one reason -- your success -- and they want to help.

To the parents looking for the best way to promote strong, healthy, autonomous life habits in their children who are college bound, we strongly urge you to play an active role that puts the student at the center of the application and transition processes. The skills needed to complete a college application require the same levels of judgment, organization, collaboration, leadership and initiative that make for a strong college experience. Now is the time for students to refine those skills by practicing them and receiving constructive feedback that allows them to reflect, regroup and try again if necessary.

A regularly scheduled weekly meeting to discuss college application issues in high school and transition issues in college, typically around 20 to 30 minutes, provides a healthy avenue of reliable support and structure your student can count on. There will be ample opportunities to take steps to support your child in this process, but as is the case with almost every parental duty, the vital steps are to listen more than speak and to love the child you have, not the child you want.

Cultural and technological advances have created opportunities for students that were difficult to imagine even a handful of years ago, yet this abundance of choice seems to have brought new levels of hesitation, doubt and stress for many young people. Our work as admissions professionals -- as educators in our own right -- is to do everything we can to clear the field of opportunity of as many of those doubts as possible, and provide each student with the opportunity to realize the very best in themselves, in others, and in the world they will help shape.
Bill Conley  
Vice president for enrollment management  
Bucknell University

Bob Herr  
Vice president for enrollment management and dean of college admissions  
Drew University

Jody Chycinski  
Associate vice president and director of admissions  
Grand Valley State University

Deren Finks  
Dean of admissions emeritus  
Harvey Mudd College

Laurie Koehler  
Vice president, marketing and enrollment strategy  
Ithaca College

Greg MacDonald  
Vice president, enrollment management  
Lafayette College

Ken Anselment  
Dean of admissions and financial aid  
Lawrence University

John Ambrose  
Interim executive director of admissions and recruitment  
Michigan State University

Robert Springall  
Vice president for enrollment management  
Muhlenberg College

Gregory Mitton  
Associate dean of admission/director of financial aid  
Muhlenberg College

Gerri Daniels  
Executive director, admissions  
Northern Michigan University
J. Carey Thompson  
Vice president for enrollment and communications, dean of admission  
Rhodes College

Heath Einstein  
Director of admission  
Texas Christian University

Angel Perez  
Vice president, enrollment and student success  
Trinity College

Matt Malatesta  
Vice president for admissions financial aid and enrollment  
Union College, N.Y.

Clark Brigger  
Executive director of admissions  
University of Colorado Boulder

Don Bishop  
Associate vice president for undergraduate enrollment  
University of Notre Dame

Jim Rawlins  
Director of admissions/assistant vice president for enrollment management  
University of Oregon

Eric Furda  
Dean of admissions  
University of Pennsylvania

Gil Villanueva  
Associate vice president and dean of admission  
University of Richmond

Timothy Brunold  
Dean of admission  
University of Southern California

Andrew Wright  
Vice president for enrollment management  
University of Southern Indiana
Jeffery Gates
Senior vice president for student life and enrollment management
Utica College

Raymond Brown
Vice president for enrollment
Valparaiso University


Rya Carpenter
Director of Counseling and Student Services
College Counselor
(805) 967-1266, ext. 104
rcarpenter@bishopdiego.org