



THE MEADOWS SCHOOL

OFFICE OF COLLEGE COUNSELING

Who We Are



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Read our bios and get to know us at
themeadowsschool.org/collegecounseling

GREETINGS FROM THE COLLEGE COUNSELING DEPARTMENT

With springtime upon us, our school community is continuing our successful implementation of our digital learning plan while finding ways to connect and support each other through these unusual times, whether through the TMS Instagram page, TMS Facebook page, TMS Twitter account, TMS Youtube, or various Zoom video chats and Google Classroom resources.

Students, as you focus on the present and contemplate the future, we highly recommend keeping a journal as a tool for self-reflection and an outlet for your thoughts and feelings. Deepak Chopra suggests that journaling 15 minutes a day two to three times a week can offer significant health benefits.

In the meantime, please know that our office is here to help you in any way that we can. College Counselors are available Monday-Friday for online conference calls. Feel free to reach out to us via email to schedule a Zoom meeting.

UPCOMING EVENTS

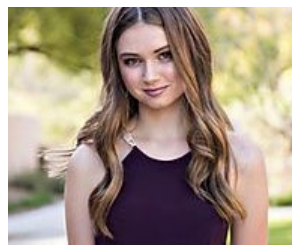
Wednesday, April 29th: Senior and Parent College Counselor Coffee

Students and parents are invited to join College Counseling from 9:30-10:15 a.m. for a Zoom presentation and Q&A. Zoom link: <https://us04web.zoom.us/j/299216117>

Thursday, April 30th: Senior Decision Day Photo

At noon, College Counseling will host a Zoom celebration where all seniors will log on wearing their college shirts for a fun photo op. Of course, some students may still be deciding, but all are welcome to join! Zoom link: <https://us04web.zoom.us/j/776080548>

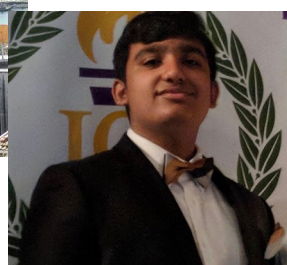
ACHIEVEMENTS

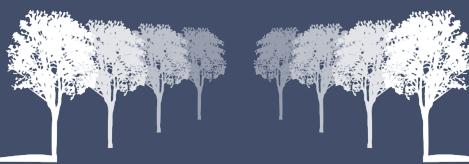


Congratulations to senior, **Peyton Barsel**, on being chosen as 1 of only 150 Coca-Cola Scholars nationwide! "Less than 1/6th of 1% of applicants were chosen to receive this extremely competitive award. These 150 students...not only exemplify superior leadership, service, and academics—they are change agents, positively affecting others in their communities." Peyton is also a finalist for one of only 20 Foot Locker Scholar-Athlete Awards.



Congratulations to juniors, **Chiara Lorico Rappa** and **Raees Kamboj**, who have been selected as recipients of the Harvard Prize Book Award. Harvard Prize Books are awarded to outstanding juniors who display excellence in scholarship, exceptional personal qualities, and significant contribution to their school or community.





SENIORS

FINISH STRONG!

We realize that you are adapting to a new learning environment and schedule, and that can be challenging, but you must stay engaged and focused. All final transcripts will be sent to colleges per usual. Additionally, please remember that your online presence and conduct matters. Your actions and conversations reflect not only your own character and integrity but also that of The Meadows School.

SPRING VISITS/DEPOSIT DEADLINES

NACAC (National Association for College Admission Counselors) has created a website for college admission status updates to reflect changes in events and deposit deadlines. Over 300 colleges have already extended their deposit deadlines to June 1st. Visit the news and publications section of www.nacacnet.org for more information.

FINANCIAL AID/SCHOLARSHIPS

Please email a copy of any financial aid and/or scholarship letters from ALL schools where you've been admitted to linda_hines@themeadowsschool.org as soon as possible. The letters are essential in determining if the awarded monies are merit-based or need-based aid. Please do not just send us a list of the schools and the monies awarded; we need to see the actual letter. Also, please send this information for all schools you were accepted to, not just the one you are planning on attending. All information disclosed will be kept confidential.

Update Naviance with all admissions decisions. This information is crucial for our records.

FINANCIAL AID & WAITLIST APPEALS

If your finances have been directly impacted by COVID-19 (unemployment, medical expenses, etc.) and you would like help writing an appeal letter, please reach out to your College Counselor as soon as possible. Financial Aid appeals should be emailed to each institution's Office of Financial Aid.

Waitlisted? Don't be disheartened. Contact your College Counselor who can help with an appeal letter.

JUNIORS

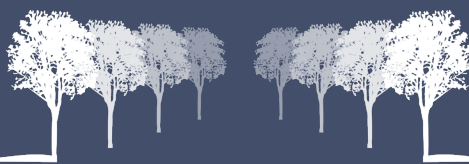
SAT & ACT TESTING



In response to the rapidly evolving situation around the coronavirus (COVID-19), The College Board has canceled the May 2, 2020 SAT and SAT Subject Test administration. Students who registered for May will receive refunds. Currently, the next SAT is scheduled for the first weekend of June. According to The College Board, "We'll add U.S. and international test administrations in response to canceled administrations. We'll be flexible in making the SAT available in school and out of school as soon as the public health situation allows. We're looking at a range of creative solutions to address increased demand and are in direct conversations with states and districts about School Day administrations." Updates, including how the College Board will be administering the AP Exams for 2019-2020, can be found at www.collegeboard.org.

ACT has rescheduled its April 4 national test date to June 13 across the U.S. in response to concerns about the spread of the coronavirus (COVID-19). All students registered for the April 4 test date will receive an email from ACT with instructions for free rescheduling to June 13 or a future national test date.

On the bright side, more institutions are announcing new test-optional policies, including Boston University, University of Oregon, Tufts University, and Case Western Reserve University. Additionally, the University of California just announced on www.universityofcalifornia.edu a temporary adjustment to admissions requirements for Fall 2020 and future years as applicable. More will undoubtedly follow suit.



JUNIORS (cont.)

COLLEGE VISITS & SCHOLARSHIPS

Generally speaking, the start of spring is a time for juniors to visit colleges and continue researching their options. In lieu of campus visits, we encourage students to check out websites such as youuniversitytv.com for virtual tours, to use their online network of Meadows alumni to learn about the college experience at specific schools, and to explore programs of interest through Naviance's "Colleges" feature.

Our junior tours to Los Angeles and Boston were very successful. Each group visited nine colleges in five days, giving our students an opportunity to compare and contrast a sampling of options! We encourage students to reflect on their junior college tours, what they liked and what they did not, and apply that same consideration to other institutions as they continue building their list.



Continue your scholarship search and apply for scholarships. We recommend starting your search with the College Counseling Financial Aid & Scholarships website.

APPLICATION CASE STUDY PROGRAM UPDATE

Unfortunately, due to the fact that colleges and universities have closed their campuses and curtailed admissions travel, The Meadows School has cancelled the highly anticipated case study program. We plan to host this exciting program again in April of next year.

SOPHOMORES & FRESHMEN

ONLINE REGISTRATION FAIR COMING SOON!

With course registration on the horizon, College Counseling would like to offer some helpful tips for students and families to consider:

1. Make a 4-year plan and use your course planning form, but keep an open mind. Map out a sequence of courses and flowchart that you hope to pursue and understand the prerequisites needed to take advanced level courses. That being said, understand that plans may change depending on your continuing interest or affinity for a subject.
2. Use your resources. Talk with your Upper School Director, teachers, advisor, and college counselor about your options and the pathway that is right for you based on your goals, aspirations and strengths. College Counselors are available Monday-Friday for online conference calls. Feel free to reach out to us via email to schedule a ZOOM meeting:

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Last Names M-Z: Ms. Melissa Lustig, mlustig@themeadowsschool.org

3. Read the course catalog and understand the content and expectations for each class. Think about challenging yourself in areas of passion, but also exploring new interests. Consider how your academic choices, in both your core subjects and your electives, reflect your intellectual curiosity, skills and talents.
4. Research college admissions requirements. Some institutions have specific requirements regarding the number of years of foreign language, art, life science, etc. in order to apply. Go directly to the college's Admissions Office website for information specific to each institution.