# Online Oregon Schools School Counseling Information



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11th and 12th Grade

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## Important Information - High School Updates!



#### Student ID Cards:

Student ID Cards Available Here<sup>3</sup>

Choose Insight school of Oregon in the drop down menu can be found below \*Keep scrolling

# Seniors and Juniors - Important College Entrance Planning Information.

#### SENIORS Important Items to Consider:

- Request Letters of Recommendation for College Applications
- Research Scholarship opportunities \* See the Scholarship section for resources.
- Apply to Universities by using The Common Application when possible: https:// www.commonapp.org/<sup>4</sup>
- Prepare Personal Essay ask your English teacher to proof read your essay.
- Attend Virtual and in person College Tours.
- Check with colleges your are interested in attending for entrance requirements.

<sup>&</sup>lt;sup>2</sup>mailto:asloan@onlineoregon.org

<sup>&</sup>lt;sup>3</sup>https://www.academicexcellence.com/k12-student-id-cards/

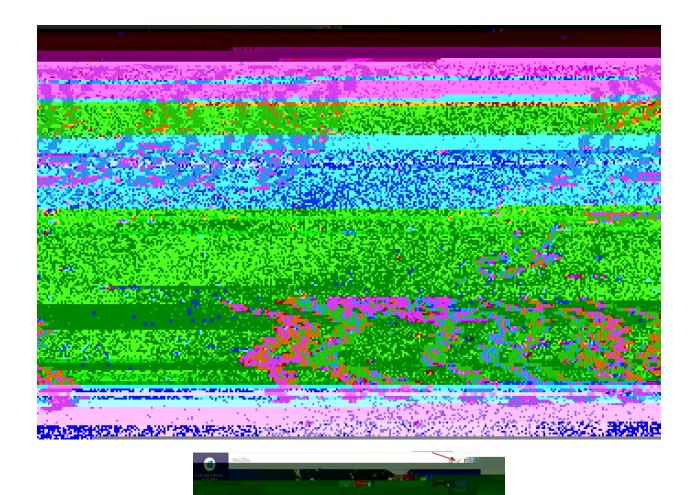
<sup>4</sup>https://www.commonapp.org/

- Consider taking the SAT. \*Many colleges are now test optional and the SAT may not be required for entrance. The SAT exam is offered nationally every year in August, October, November, December, March, May, and June. To register, find test centers, and dates and deadlines, visit: https://collegereadiness.collegeboard.org/sat/register/dates-deadlines<sup>5</sup>
- Need a transcript: <a href="https://insightorph.scriborder.com/">https://insightorph.scriborder.com/</a>

## Beginning October 1st.

- Apply for Financial Aid: www.fafsa.gov<sup>6</sup>
- Oregon Promise Grant<sup>7</sup> for community college- must have a 2.0 GPA to qualify.

See the College and Financial Aid Sections below \*keep scrolling for more information.



#### **Graduation Plans**

It is extremely important that you are involved in planning your educational path! High school students have 4 year graduation plans that are reviewed regularly by your school counselor. All students need to regularly access plans and make sure that you understand where you are as you progress to graduation.

If you ever have questions, want to make changes, or see an discrepancy on your plan, contact your counselor. We are here to help!

Information about your Graduation Plan:

Accessing Your Plan - How to Access Your Graduation Plan<sup>10</sup>

Understanding your Graduation Plan - Click Here - Understanding Your Plan<sup>11</sup>

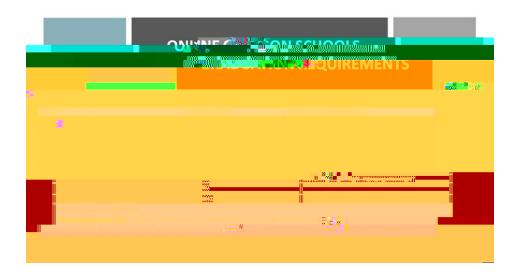
 $<sup>{}^{10}\</sup>underline{https://k12inc-my.sharepoint.com/:b:/g/personal/kwhite\_onlineoregon\_org/EReor2IiA-IKtLZdAiRDmGkBKXTaYwFiXs6tf7Zk5LWaCw?e=2eCuBl}$ 

\*If you are a new student -

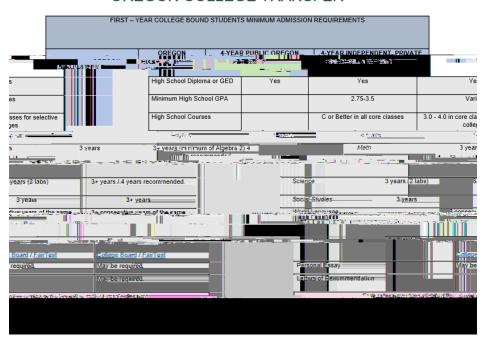
# Graduation Requirements

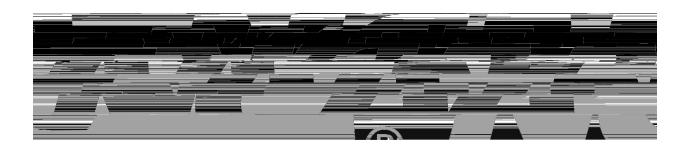


Online Oregon Schools Graduation Requirements



#### **OREGON COLLEGE TRANSFER**





# Help and Resources

- Suicide Lifeline<sup>13</sup> Dial 988
- Emergency: 911
- Referral services: 211 | 211.org<sup>14</sup>

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- **LGBTQIA+ Youth** The TREVOR Project<sup>17</sup> 1-866-488-7386 or Trans Lifeline<sup>18</sup> 877-565-8860
- Native Youth WERNATIVE<sup>19</sup> or You Are Not Alone Network<sup>20</sup>
- Self-Injury/Outting: 1-800-366-8288 | selfinjury.com<sup>21</sup>
- Eating Disorders: 1-800-931-2237 | nationaleating disorders.org<sup>22</sup>
- Runaway Hotline: 1-800-231-6946 | 1800runaway.org<sup>23</sup>

#### After Hours and Emergency Resources

- Sexual Assault Hotline: 1-800-656-4673 | rainn.org<sup>24</sup>
- Domestic/ Relationship Violence Hotline: 1-800-799-7233 | thehotline.org<sup>25</sup>

#### Online Oregon Schools Student Resource Coordinator

Cheylin Jaukurri:

Email: CJaukkurri@onlineoregon.org<sup>26</sup>

Phone Number: 541-460-8364

<sup>16</sup>https://oregonyouthline.org/

<sup>&</sup>lt;sup>17</sup>https://www.thetrevorproject.org/

<sup>&</sup>lt;sup>18</sup>https://www.translifeline.org/

<sup>19</sup>https://www.wernative.org/

<sup>&</sup>lt;sup>20</sup>http://www.youarenotalonenetwork.org/

<sup>&</sup>lt;sup>21</sup>http://selfinjury.com/

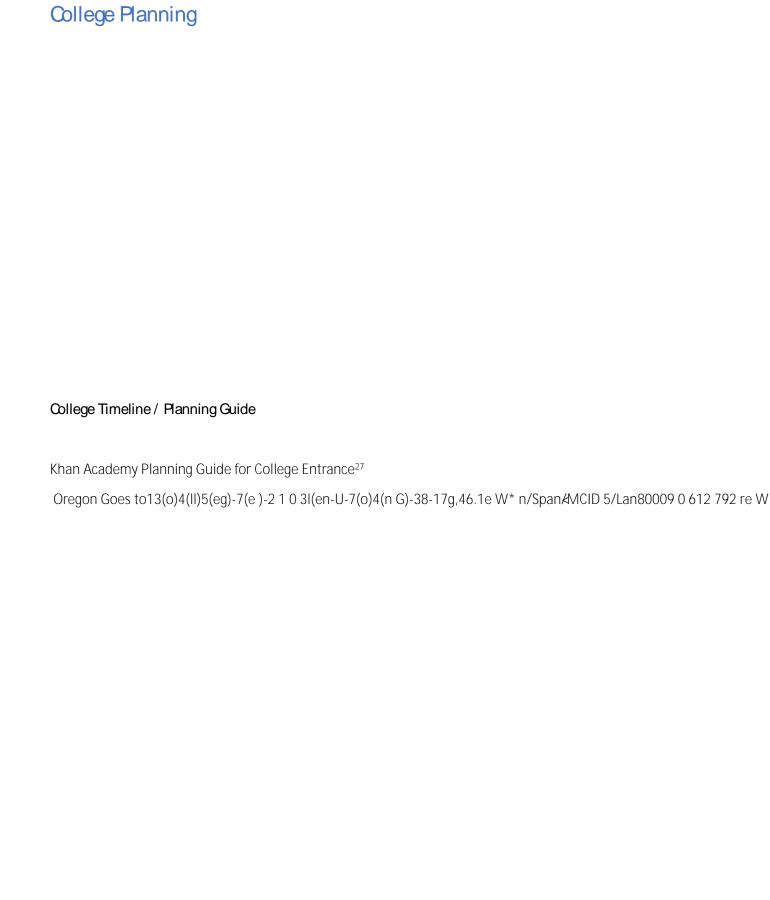
<sup>&</sup>lt;sup>22</sup>http://www.nationaleatingdisorders.org/

<sup>&</sup>lt;sup>23</sup>http://www.1800runaway.org/

<sup>&</sup>lt;sup>24</sup>http://www.rainn.org/

<sup>&</sup>lt;sup>25</sup>http://www.thehotline.org/

<sup>&</sup>lt;sup>26</sup>mailto:CJaukurri@onlineoregon.org



#### College Entrance Exams

- \* Many colleges/ universities are now test optional. Be sure to check requirements for schools you are interested in attending.
  - Students must register for the SAT through Collegeboard. To register, find test centers, and dates and deadlines, visit: College Board Testing Registration<sup>32</sup>

#### Practice Tests

College Board/Khan Academy Free PSAT/SAT Practice<sup>33</sup>

#### PSAT/ NM SQT INFORMATION

The PSAT/ NM SQT is open to 10th and 11th graders in the fall on three administration dates in October. NOTE: this is NOT a required test for college admissions. For information on PSAT/ NM SQT <a href="https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10">https://collegereadiness.collegeboard.org/psat-nmsqt-psat-10</a>

take the PSAT take the PSAT test PSAT

# Financial Aid and Scholarship Information

2022-2023 Financial Aid Presentation Sides:

Paying for College - Financial Aid Information and How to Complete the FAFSA \* Free Application for Federal Student Aid

What You Need to Know About Financial Aid<sup>34</sup>

<sup>32</sup>https://www.collegeboard.org/

<sup>33&</sup>lt;a href="https://www.khanacademy.org/sat?utm\_source=sem\_ggl&utm\_medium=cb418-sem&utm\_campaign=practice&gclid=CjwKCAjwtuLrBRAIEiwAPVcZBqLkfUgaqn-bt3bE3lLspJVqA21TCS\_MH2mtOugmIX7l9dDFjTt6zhoCwUAQAvD\_BwE">https://www.khanacademy.org/sat?utm\_source=sem\_ggl&utm\_medium=cb418-sem&utm\_campaign=practice&gclid=CjwKCAjwtuLrBRAIEiwAPVcZBqLkfUgaqn-bt3bE3lLspJVqA21TCS\_MH2mtOugmIX7l9dDFjTt6zhoCwUAQAvD\_BwE</a>

<sup>34</sup>https://k12inc-

Oregon Goes to College - Scholarship Information<sup>41</sup>

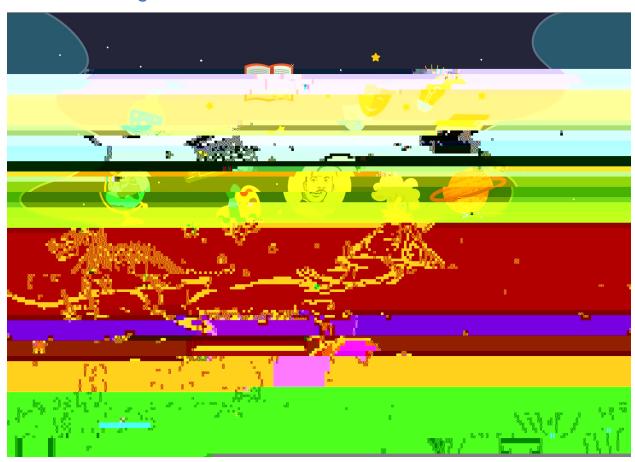
SALLIEMAE Scholarship Tool - Sallie Mae Scholarship Search<sup>42</sup>

Fastweb Scholarship Tool - Fastweb Scholarship Search<sup>43</sup>

### Oregon Promise Grant - READ THIS if you are planning on applying to an Oregon Community College!

Oregon Promise Grant for Community Colleges in Oregon! $^{44}$  \* You must complete the FAFSA to be eligible for this grant.

# Career Planning and Career Technical Education



<sup>&</sup>lt;sup>41</sup>http://oregongoestocollege.org/pay/scholarships

<sup>42</sup>https://www.salliemae.com/college-planning/tools/scholarship-search/

<sup>43</sup>https://www.fastweb.com/

<sup>44</sup>https://oregonstudentaid.gov/oregon-promise.aspx

### Career Planning

The Occupational Outlook Handbook is an outstanding resource.

Occupational Outlook Handbook - Check this out! 45

Career Interest Profile! Not sure about the correct career direction? Check out this site!

O\*Net Career Interest Profile<sup>46</sup>

#### Career Exploration

Career One Stop - Career Exploration 47

This site is filled with great information to help you define potential career paths. Check it out!

<sup>45</sup>https://www.bls.gov/ooh/