

# NSA Postsecondary Overview



## Focus on Informed Decision Making

### Building Awareness:

- Where are you at – where do you want to go? –interests, motivation and dreams
  - *myBlueprint* assessments to ascertain strengths, skills, and interests
- Understanding:
  - The educational route(s) for a given career
  - Program eligibility (educational background/experience)
  - The value of enrichment and pre-postsecondary experiential programs
  - Exploration of schools and program options for postsecondary areas of study that align with strengths, skills and interests
  - How postsecondary works: the application process and admission criteria
  - The value of active engagement in school life and service learning

### Choices – Best FIT:

- criteria to consider to find the Best FIT (program and school)
  - Interests, strengths, learning style, location, campus environment (size, academic, social), cost
- Generating a list of programs and school – considerations to help finetune options
- Evaluating admission offers – consideration in final decision for Best FIT

### Backup Plan:

- Preparing for the “what if” factor
  - recognizing the path is not always straight and provide guidance to manage potential setbacks
- Understanding the value of developing transferable skills

## Preparing Effective Postsecondary and Scholarships Applications

(expertise Canada, US, UK, Australia)

### 1:1 support for:

- The ‘how to’ – nuts and bolts of applying
- Developing a personal application timeline
- Assistance with application processes
- Standardized testing prep strategy and planning
- Application essays/Personal Statements of Experience – brainstorming and essay review to develop authentic, strong personal voice and impactful statements
- Postsecondary/Major Scholarship interview-prep and coaching

## Transitioning to postsecondary - group sessions



# NSA Grade 11 year – Post Secondary Planning Guide

## *The students should:*

- Realize the importance of doing their best work in their grade 11 year; June grades form the basis for early applications to the US and UK and possible “early offers” in Canada
- Reflect on which courses they **enjoy most and why**; which they do best in and why
- Balance their NSA academics and athletics and pursue additional extracurricular involvement and responsibilities that are **meaningful to YOU/help you grow – take a risk outside of comfort zone**: balance of leadership, initiative, action, and **meaningful service** (BEYOND CAMP)
- Ask questions about the postsecondary experiences of friends and family
- Begin to identify **good FIT(s)**: (academic, area of study, personal, community, location, size etc.) through serious research on postsecondary programs using the NSA resources, *myBlueprint* and the internet; attend presentations by postsecondary representatives etc.
- Use *myBlueprint* to record postsecondary research, rep visit notes
- Consider a job shadow in an area of interest
- Volunteer (on a regular basis) in an activity that might be related to a potential career
- Meet with NSA Postsecondary Advisor
- Develop a resume -and submit to NSA Postsecondary Advisor for review
- Visit at least two postsecondary campuses
- US schools: sign up for the **SAT** (*March, May*) **or** **ACT** (*February, April, June*) reasoning tests consider taking SAT subject tests in June; draft application essays over the summer
- UK schools: if applying to medical programs or Oxbridge, do significant research and work on the personal statement during the summer. Speak to NSA Postsecondary Advisor asap.

## *The parents should:*

- Support your student athlete in finding the appropriate balance between academic, athletic and other extracurricular commitments; help guide to develop strategies for good time management
- Help your student athlete to reflect on individual strengths and weaknesses, areas for growth
- Encourage student athlete to explore interests and non-skiing talents through engagement in 1-2 extracurricular /summer activities
- Discuss possible postsecondary programs and career choices with openness to your student athlete’s goals and potential postsecondary areas of study/pursuits
- Plan to make a number of campus visits with your student athlete
- Help your student athlete to draft a plan of action for postsecondary research including scholarship options **BUT it is important that your son/daughter** is the one evaluating programs and schools to determine good FIT (academic, program of study, personal, community, size, location etc.) , contacting admission offices etc.

## *NSA support:*

- Overview sessions on postsecondary planning throughout the year
- Individual counselling appointments with all student athletes (and their parents, if the family wishes) - initial first meeting by the end of Quad 3
- Ontario postsecondary campus visit – winter/spring
- Resource support for enrichment/pre-postsecondary experiential program opportunities
- NSA postsecondary resources
- Application support
- Essay writing support
- Guidance with resources for researching postsecondary options

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- NSA office admin must be informed of the applications that have been made.
- Scholarships: discuss opportunities with designated academic administrator
  - UCAS = online application process for UK schools
  - Common App = online application for most US schools
  - OUAC= online application (101) for Ontario universities
  - OCAS = application centre for Ontario colleges

AUGUST	LATE	<ul style="list-style-type: none"> <li>✓ develop a list of postsecondary schools to explore and consider.</li> <li>✓ <i>UK special programs &amp; OxBridge:</i> <ul style="list-style-type: none"> <li>○ register on UCAS online with designated academic administrator;</li> <li>○ confirm academic referee;</li> <li>○ draft of personal statement for review</li> </ul> </li> <li>✓ <i>US - Early Decision/Action:</i> <ul style="list-style-type: none"> <li>○ declare school with designated academic administrator;</li> <li>○ select academic referees;</li> <li>○ register online for Common App &amp; non-Com App application</li> <li>○ draft of Common App essay for review</li> <li>○ If necessary- register for additional Fall SAT and ACT dates if applying in US</li> </ul> </li> </ul>
SEPTEMBER	EARLY	<ul style="list-style-type: none"> <li>✓ continue to develop a list of postsecondary schools to explore and consider.</li> </ul>
	LATE	<ul style="list-style-type: none"> <li>✓ Complete personal profile/resume</li> <li>✓ <b>Loran Scholarship candidates</b> - submit application to NSA for school nomination candidate consideration</li> <li>✓ <i>UK specialized programs or OxBridge:</i> finalized personal statement and application ready for review</li> <li>✓ <i>US Early D/A:</i> drafts of application essays for review</li> </ul>
OCTOBER	EARLY	<ul style="list-style-type: none"> <li>✓ <b>school-nominated Loran Scholarship</b> interested candidates' application due to NSA</li> </ul>
	MID	<ul style="list-style-type: none"> <li>✓ <b>Ontario:</b> Registration to the OUAC and the OCAS &gt; Historical grades (gr .11 &amp; 12 level courses) and current courses in progress are submitted by the NSA</li> <li>✓ all students book time to meet with designated academic administrator to review program and schools of interest</li> <li>✓ <u>October 10:</u> - <i>UK specialized programs or OxBridge</i> complete application "submitted" via UCAS for NSA review</li> <li>✓ <u>October 12:</u> - <i>US Early D/A</i> final draft of Common App essay for review</li> <li>✓ <u>October 15:</u> deadline for UK special programs &amp; OxBridge application submission to UCAS by the NSA</li> <li>✓ <i>UK/US regular:</i> <ul style="list-style-type: none"> <li>○ select teacher referee(s) with designated academic administrator</li> <li>○ ask &amp; confirm teacher referee(s);</li> <li>○ register online for UCAS/ Common App &amp; non-Com App with designated academic administrator</li> </ul> </li> <li>✓ <u>October 18:</u> <i>School nominated Loran Scholarship</i> application deadline</li> </ul>
	LATE	<ul style="list-style-type: none"> <li>✓ <u>October 25:</u> <i>Direct Entry Loran Scholarship</i> application deadline</li> <li>✓ <i>UK/US regular:</i> <ul style="list-style-type: none"> <li>○ give referee(s) personal profile and completed referee request form</li> <li>○ drafts of essays, including school specific prompts/personal statement and personal data on applications underway</li> </ul> </li> <li>✓ <i>US Early A/D:</i> school portion (referee letters and transcript) of application submitted</li> </ul>
NOVEMBER	EARLY	<ul style="list-style-type: none"> <li>✓ <u>November 1-</u><i>Early Decision/Action</i> US applications due for most schools</li> <li>✓ <b>Ontario: OUAC</b> initial online registration with designated academic administrator (students' check accuracy of data listed and report issues)</li> <li>✓ <b>Canada:</b> Out of Province Applications started:                     <ul style="list-style-type: none"> <li>○ Individual deadlines vary by program and school</li> <li>○ some need OUAC Reference Number prior to submission</li> <li>○ check Residence application requirements</li> </ul> </li> <li>✓ <b>Ontario: OCAS</b> – online registration with designated academic administrator</li> </ul>



# NSA Grade 11 year – Post Secondary Planning Guide

NOVEMBER	LATE	<ul style="list-style-type: none"> <li>✓ <i>UK/US regular</i>: final draft of essays/personal statement and applications reviewed with designated academic administrator</li> <li>✓ <b>Ontario: applicants should complete and submit at least 3 program applications to OUAC <i>prior</i> to December training camp; receive OUAC Reference Number</b> (program changes and additions can be made up to January 16, 2019)</li> </ul>
DECEMBER	EARLY	<ul style="list-style-type: none"> <li>✓ <u>December 1</u>: Queen's Chancellor/QuArms application due</li> <li>✓ <b>UBC</b> application due to be considered automatically for entrance scholarships</li> </ul>
	MID	<ul style="list-style-type: none"> <li>✓ <b>Canadian Out of Province</b>: Applications should be nearing completion depending on individual deadlines by program and school.</li> <li>✓ <i>UK/US</i>: electronic submission of application by NSA</li> <li>✓ Completed and in-progress Marks sent to UK/US &amp; Out of Province schools</li> </ul>
	LATE	<ul style="list-style-type: none"> <li>✓ <u>December 21st</u> <ul style="list-style-type: none"> <li>○ UK applicants “submit” the completed application to UCAS for NSA final review (deadline January 5)</li> <li>○ US: student portion application (including school-specific supplementary app) completed and submitted online (deadline Dec 31st)</li> </ul> </li> <li>✓ <i>Ontario &amp; Out of Province</i>: check each school’s requirements /deadlines for and begin PSE statements for selective programs</li> </ul>
JANUARY	EARLY	<ul style="list-style-type: none"> <li>✓ <b>Ontario: OCAS</b> (College) applicants should complete and review applications with designated academic administrator</li> <li>✓ Early offers of admission may begin to be received from schools: check deadline for acceptance requirements and discuss with designated academic administrator <ul style="list-style-type: none"> <li>○ Note: <b>Ontario universities</b> <i>cannot</i> require a response to an offer of admission <u>prior to June 3</u></li> <li>○ <i>ALL offers are conditional upon final (year-end) marks and offers may be rescinded if conditions are not met</i></li> </ul> </li> <li>✓ <b>Ontario and Out of Province Supplemental Programs (PSE)</b>: draft of essays and applications reviewed with designated academic administrator</li> </ul>
	MID	<ul style="list-style-type: none"> <li>✓ <u>January 15</u>: UCAS regular application deadline</li> <li>✓ <u>January 16</u>: <b>Ontario -OUAC</b> (University) application deadline</li> <li>✓ <b>Canadian Out of Province</b>: - check requirements for application deadline submission and process for application to residence</li> </ul>
	LATE	<ul style="list-style-type: none"> <li>✓ <i>check email from schools and follow their advised next steps</i></li> </ul>
FEBRUARY	EARLY	<ul style="list-style-type: none"> <li>✓ <u>February 1</u>: <b>Ontario -OCAS</b> Equal Consideration application deadline</li> <li>✓ <b>Ontario</b>: First set of grade 12 year course marks sent to the OUAC/OCAS</li> <li>✓ <i>US</i>: Mid-Year marks and reports submitted to schools</li> </ul>
	MID	<ul style="list-style-type: none"> <li>✓ <b>Ontario &amp; Out of Province</b>: complete and submit any outstanding PSE statements</li> <li>✓ <b>Out of Province</b>: submit all residence applications</li> </ul>
	LATE	<ul style="list-style-type: none"> <li>✓ <i>check email from schools and follow their advised next steps</i></li> </ul>
MARCH		<ul style="list-style-type: none"> <li>✓ offers continue to be received from schools: check deadline for acceptance requirements and discuss with designated academic administrator</li> </ul>
APRIL	EARLY	<ul style="list-style-type: none"> <li>✓ offers continue to be received from schools: check deadline for acceptance requirements and discuss with designated academic administrator</li> </ul>
	LATE	<ul style="list-style-type: none"> <li>✓ <i>check email from schools and follow their advised next steps</i></li> </ul>
MAY	EARLY	<ul style="list-style-type: none"> <li>✓ Meet with designated academic administrator to review all offers of admission and scholarships to date</li> </ul>
	MID	<ul style="list-style-type: none"> <li>✓ offers continue to be received from schools: check deadline for acceptance requirements and discuss with designated academic administrator</li> </ul>
	LATE	<ul style="list-style-type: none"> <li>✓ <b>May 29 Ontario</b>: OUAC&gt;last day to expect an offer from an Ontario university</li> <li>✓ <i>check email from schools and follow their advised next steps</i></li> </ul>
JUNE	EARLY	<ul style="list-style-type: none"> <li>✓ <b>June 3: Ontario (OUAC) date to accept ONE offer from an Ontario University</b></li> </ul>
	LATE	<ul style="list-style-type: none"> <li>✓ Final Marks sent to all schools: OUAC/OCAS/UK/US/Out of Province</li> </ul>