

# COLLEGE COUNSELING HANDBOOK

## 学校升学指导手册



Perkiomen  
School

PENNSYLVANIA, USA





Perkiomen  
School  
College Counseling



# INTRODUCTION 简介

To get things started, let's talk about this book. This book is not meant to be read cover to cover, but rather as a resource to use throughout your process. Jump around, make notes, and highlight as you see fit.

There are some things that you'll need:

在开始之前，让我们先来了解一下如何阅读这本手册。这并不是一本可以快速翻阅的杂志，而是一本需要反复阅读，做好笔记，标记出重点，并伴随你整个申请过程的参考书。你将会需要以下信息：

## College Counselor Contact information

David Antoniewicz, Director of College Counseling: [dantoniewicz@perkiomen.org](mailto:dantoniewicz@perkiomen.org)

Erin Davidson-Kellogg, Associate Director of College Counseling & Director of Testing: [edavidson@perkiomen.org](mailto:edavidson@perkiomen.org)

Keegan Ash, Assistant Director of College Counseling: [kash@perkiomen.org](mailto:kash@perkiomen.org)

**School CEEB Code:** 393-190

## 升学导师联络信息

David Antoniewicz, 升学指导部门主任: [dantoniewicz@perkiomen.org](mailto:dantoniewicz@perkiomen.org)

Erin Davidson-Kellogg, 升学指导部门副主任; 考试中心主任: [edavidson@perkiomen.org](mailto:edavidson@perkiomen.org)

Keegan Ash, 升学指导部门助理主任: [kash@perkiomen.org](mailto:kash@perkiomen.org)

学校CEEB代码: 393-190

## Roles and responsibilities

The Office of College Counseling is available to our students throughout the college search process. Through the end of your junior year, we will begin developing a school list and testing strategy. We will look at what you can do to create as many opportunities as possible in your high school career. Your parents/guardians and the college counseling staff are there to support you through this process. We all want the same thing: to help you find a great school that will empower you and support you in finding a great education. It is important to understand that everyone involved may have different opinions, but they all have the same goal. Remember that you, the student, are in control of two-thirds of the college process. You are in charge of where you apply and where you choose to attend. Only one-third is up to the admissions offices at the colleges.

## 角色和职责

在大学选校过程中，升学指导部门会向你完全开放。从高三年级（11年级）最后一个学期开始，我们会开始制定一份选校名单以及考试策略，并与你一同计划接下来可参加的课外活动。你的父母或者监护人以及升学导师会全程陪伴并协助你。也许在此过程中大家会有不同的意见，但是，帮助你找到一个可以提升自我、令你心仪的大学是我们共同的目标。请记住，大学的招生部门只有三分之一的决定权，而你，作为将要走进大学的学生，掌握着三分之二的决定权，你将会决定申请哪所高校以及最终选择哪所高校。



To set the tone for a successful college search process, it is important that you take ownership from the start. While the college counselors and parents/guardians play important roles, it is your future, and therefore, you should be in the driver's seat. There is a balance between striving for independence and utilizing the resources available to you.

为了大学校选的顺利完成，你需要从一开始主动承担起这个重担。尽管你的升学指导老师以及父母/监护人也同样起到重要的作用，但是你才是真正的掌舵人，因为这将是属于你自己的未来。此外，你还要学会平衡好自己做主以及聆听身边人的建议。

## THE KEY STAKEHOLDERS

### The Student and Applicant

Throughout this process, we encourage you to remain flexible, open-minded, and positive! Since this is your search, you need to take an active, lead role. It is your responsibility to research colleges, contact colleges, and make necessary arrangements for visits, interviews, etc. There will be a lot of information and very important deadlines to keep track of, especially in the fall of your senior year. It is imperative that you stay organized from the start! Keep checking your Perkiomen email for messages from colleges and set aside a place to keep all your college brochures. Communicate with your college counselor and just as important, keep your parents in the loop. Ultimately, this process will conclude with you making the decision on what path you will follow upon your graduation from Perkiomen, so we hope that you find personal growth and enjoyment in this culminating experience!

### 重要环节

#### 学生及申请人

在选校的整个过程中，我们希望你能做到灵活，思想开放，积极地看待各类问题。因为这是属于你的选校，所以你要积极主动地研选并联系学校，安排必要的访校，面试等行程。你将会在高四（12年级）这一年的秋季学期收到大量信息，尤其要关注各项截止日期，所以从一开始就有条理地完成各项任务尤为重要。你需要定期查看Perkiomen邮箱确保及时回复升学指导老师的邮件，并保存好大学申请的所有资料。你还要记得及时和升学指导老师以及你的父母沟通。整个选校过程将以你最后对自己毕业去向的决定圆满告终，因此我们希望你能不仅在此过程中获得自我提升并享受其中！

### The Parents/Guardians

Throughout this process, we encourage you to remain flexible, open-minded, and positive! Parents/Guardians can best help by guiding, supporting, and trusting your student(s). It will be challenging at times, but try to encourage your student(s) to take the lead in this process. If the cost of college is a consideration in your student's search, take the time to discuss finances with your student early on, so as to set realistic expectations. You can help keep your student(s) organized and aware of upcoming deadlines. You can help by taking your student(s) to visit colleges of interest. Keep in mind that every student's college search and application process is unique; the college search for your student(s) may be very different from what you might have experienced with other children, and certainly different from your own.

## 父母/监护人

在选校的整个过程中，我们希望您也能做到灵活，思想开放，积极地看待各类问题。父母/监护人为孩子提供最好的帮助就是引导和支持，并相信孩子。在这个过程中孩子或许会遇到各种各样的困难，请您鼓励他（们）不要灰心，并积极战胜眼下的困难。如果花费问题是孩子在选校过程中考虑的一项因素，请您尽早与孩子一同协商以便确定更为实际的选择。您应该提醒孩子要有条不紊地安排各项任务并牢记其截止日期，您还可以在空闲之余带孩子前往感兴趣的学校参观。请您记住每个孩子的选校结果和申请过程都是不一样的，您孩子的决定可能会与其他孩子不同，也当然有可能与您的个人经历不同。

## The College Counselor

The primary responsibility of the college counselor is to support students and their families as they go through the college search and application process. All students will meet with their college counselor in the spring of their junior year to review their preliminary college list and encourage the student to work toward a balanced list of reach, profile, and likely options by making recommendations. The counselor will also organize and facilitate a variety of college visits and college workshops. The counselor will also write a personalized, comprehensive letter of recommendation for each student. When the time comes to apply, the Office of College Counseling sends school documents to colleges using eDocs through SCOIR.

## 升学指导老师

导师们的首要责任是帮助学生以及他们的家庭度过大学选校及申请过程。所有学生在高三（11年级）春季学期会与升学导师制定选校的初步清单，并考虑如下因素进行修改：选择范围，个人情况，以及官方/他人推荐。导师们还会安排一系列访校活动以及升学工作坊。此外，导师还会针对每个学生的个人情况起草一封全面的推荐信。在申请之际，升学指导部门将会用SCOIR软件向各个大学发出电子版文件。

**Each Perkiomen School student is assigned a college counselor in their junior year. Students meet with college counselors on an individual basis to develop a strong and supportive relationship. Our college counselors are connected to many networks of College Admission professionals through involvement in the National Association for College Admission Counseling (NACAC), the Pennsylvania Association for College Admission Counseling (PACAC), the Association of College Counselors in Independent Schools (ACCIS), and two regional groups of College Counselors in the Philadelphia area. Every Perkiomen College Counselor holds at least one leadership position in PACAC, and our Director holds leadership positions in both PACAC and NACAC.**



每一位Perkiomen在读学生都会在高三（11年级）配备一名升学指导老师。导师会根据学生的具体情况安排定期见面，以便更好地了解学生。我们的升学指导老师和众多国家级大学申请专业人士有着密切合作，其中包括全国大学入学辅导协会（NACAC），宾州大学入学辅导协会（PACAC），私立学校大学入学辅导协会（ACCIS），以及两个费城地区大学入学辅导组织。每个老师在PACAC都有至少一个领导职位，我们的部门主任是现任PACAC的主席以及NACAC的重要领导成员。

**Pictured L to R:** 照片（由左至右）：

**David Antoniewicz, Keegan Ash, and Erin Davidson-Kellogg**

## HOW DO I STAND OUT? 我要如何脱颖而出？

Welcome to Junior year! You have developed yourself over the past two years in and outside the classroom. Junior year is your opportunity to build upon your first two years, and stretch yourself a little more. You are not a freshman anymore. You know how to seek out help and get involved in campus activities.

欢迎来到高三年级！在过去的两年里，不论在课内还是课外你都有或多或少的收获。我们相信来到高三年级的你会更加严格要求并突破自己。你已经不再是一名高一的学生了，你已经懂得要如何寻求帮助，如何更多地参与校内活动。

### Grades

You should know by now: Grades are important! We'll just keep repeating it so there's no confusion. Grades are important! Be sure to work with your teachers to stay ahead of assignments and seek help to ensure that you fully understand the material. Learning how to ask for support is a valuable skill to have in your academic toolkit. Grades are important! We'll move on now.

### 成绩

到目前为止你应该已经知道：学业成绩非常重要。尽管如此，我们还要再次强调，好的成绩对你的大学申请起着至关重要的作用。你不仅要定期完成各科作业并积极主动地向老师们寻求必要的帮助以便更好的理解学习内容。懂得如何寻求帮助将会是你在求学生涯中的一堂必修课。再次强调：成绩很重要。

### Seeking out opportunities outside the classroom

In your first two years, we encouraged you to explore and be a part of different clubs and activities. Now it is time to take it a step further. In your junior year you should strongly consider taking on enhanced roles within those activities. When possible, you should seek a leadership position, or take an active role in the planning and/or execution of an event or program. Do you have new ideas that you can implement? Now is the time to try them out. Adding a depth of experience and leadership to your resume is always good. You might discover new talents, or find a way to further develop skills you already have. The experiences you have in your activities will help provide you with great things to discuss in an interview, or may possibly spark a great essay topic. Be open to innovation, and risk becoming your best through the pursuit of your passions.

### 课余活动

在高中的前两年，我们鼓励你去尝试不同的课外活动，现如今我们要更进一步。在高三这一年，你要开始培养自己在课外活动中承担起更大的责任，比如成为一名学生领导，负责活动的策划或执行。你是否曾经有过一些新颖特别的想法？那么现在就是你付诸行动的时候了。在你深度体验这些课外活动并尝试不同领导角色的同时，你或许会发掘自己的新才艺，又或许找到继续提升现有才能的好方法。无论怎样，这都会对完善你的个人简历大有帮助。除此之外，你在课外活动中获得的经历将会成为大学面试中的话题点，又或者成为大学文书中的新话题。在你追求梦想的道路上，请不要忘记Perkiomen的校训：挑战并提升自我，要接受新鲜事物，敢于挑战自己，保持对梦想的执着与激情。

### Take advantage of Perkiomen

At Perkiomen, there is a wealth of knowledge, support, and resources all around you. All you have to do is ask. You should use this year to continue to fine-tune all of the tools in your kit. Use the writing center, presentation station, innovation center, library, and conference to work on the skill sets that could use a little polishing. Speak with faculty, advisors, and Perkiomen staff to learn strategies to be a better student, classmate, and citizen. Perkiomen sponsors many guest speakers, community service programs, and H-day activities that can really help you focus on what's important. Find a way to invest in these opportunities and invest in yourself.

## 利用Perkiomen资源

在Perkiomen学校，你会遇到知识渊博的老师，热心负责的导师，以及享受丰富的教育资源。而你最需要做的就是寻求帮助，利用好这一年提升自己的各项技能。你可以利用写作中心，演讲中心，创意研究所，图书馆，以及课后辅导时间。你还需要向科目老师，导师，以及Perkiomen其他员工学习，成为一名更好的学生，学员，以及市民。在Perkiomen，你还会遇到诸多特邀演讲嘉宾，社区服务活动，以及“H日”课外活动。希望你能好好利用这些机会，成为一个更优秀的人。

### College Fairs

When you stop by a college's table, introduce yourself to the admission counselor or alumni representative. Be proactive about starting the conversation and remember that admission counselors want to speak directly with you, the students!

Consider using the following questions to get the conversation started:

#### 大学博览会

在大学博览会上，你要主动向展台的大学录取辅导员或者毕业生代表介绍自己，要记住辅导员也同样希望和申请学生一对一谈话。

请考虑用以下问题开展对话：

**What are some unique characteristics or strengths of your {insert desired major} program?** Many students will ask if particular programs - majors or minors - are offered at that college which can leave students looking unprepared. If you are uncertain, ask for a list of majors in their materials instead. If you find the program you're looking for, resist the urge to ask if the program is a strong one. Of course the admission counselor or alum thinks all of the programs are strong - they are invested in the school! Asking the question in a more particular way will give you more information about research opportunities and student/faculty interaction.

**What does your Admission Committee value most in the application process?** Instead of asking about ever-changing average test scores and grade point averages that you can research elsewhere, inquiring about the application process will provide solid insight into the philosophy of the school and its community; you'll better understand what types of students they are looking for and thus, if the school is a good fit for you or not.

**What are your favorite campus traditions?** The admission counselor and/or the alumni representative has spent a significant amount of time on campus. Their insights will be more valuable and personal than a college viewbook - take advantage of this opportunity!

**What are the big issues on campus these days?** Get a feel for the social, political, and/or religious climate on campus by asking about what is important to current students. If the representative isn't certain, ask if you can find the student newspaper online.

请问您的\_\_\_\_（填入你想学的专业）项目有什么特别之处？很多学生可能会误认为询问学校是否有特定的专业或项目暗示了自己没有提前做好研究准备。如果你不是很确定，也可以向学校索要一份专业列表。当你找到自己喜欢的专业后，记住不要直接问这是否是一个抢手的项目，因为大学辅导员一定会说所有项目都很不错，毕竟他们是大学的代表。准备一些特别的问题，尤其是关于实验机会以及师生关系的问题。

请问大学录取委员会在申请材料中最看重的是什么？与其询问标准化入学考试的平均要求成绩或者GPA这些你可以在别的地方搜索到的信息，多问问该学校的申请过程以便你更加了解学校的办学理念以及社区文化，你还会更多了解什么样的申请者适合这所学校以及你是否适合这所学校。



请问您最喜欢的学校传统是什么？大学录取辅导员或者毕业生代表应该是非常了解这所大学的。比起查看大学介绍手册，他们或许会给你更有价值，更适合你的信息。

请问您认为目前在学校里的最大的问题是什么？了解该学校有关社交，政治，以及宗教方面的情况，询问目前对在校生最重要的是什么。如果大学代表不是很确定，你可以询问是否能在网上找到学生报刊。

### Creating Your List

There are thousands of colleges and universities in the United States, and thousands more throughout the world, with many unknown to the average student and family. A vast majority of these schools will provide outstanding course options and a terrific education to every student who walks through their doors. The challenge for many students is finding a set of schools that they like and think that they might be comfortable attending after high school. It takes a little time and effort, but this is a process of self-discovery and planning for your future, so don't be overwhelmed. It should be fun!

不包括国外成千上万的学校，在美国现有大约上千所大学和学院，而这其中有一些学校可能你从来没有听说过。诸多学校都配有一流的课程以及教育设施，而让很多学生头疼的是如何选择心仪的学校。这就需要时间和努力，但这也是一个自我发掘和为未来打算的时刻。记住不要让自己喘不过气，要学会享受其中！

## HOW DO I FIND THE RIGHT COLLEGE? 我该如何找到最理想的院校？

The right college is very different for every student, and professional college counselors see the process of finding the right school as one in which the student is in search of the right "fit" school. With this view, the student must consider academic, social, cultural, financial, and countless other factors. Here are a few attributes we recommend looking at to start:

- Admission Likelihood: *How possible is it that an admission result would be positive?*
- Number of Students: *Small (<3K), Medium (3K-10K), Large (10K+)*
- Geography: *Region of the United States*
- Distance From Home: *Driving/Flying*
- Location: *Rural, Suburban, Urban, College Town*
- Programs & Majors: *Or types of majors*
- Academic Environment
- Support Services: *Is this college going to support the student to graduation?*
- Campus Culture: *Studious, Balanced, Progressive, Conservative, Stressed*
- Demographics & Diversity
- Social Opportunities
- Financial Opportunities

每一个学生的心仪校多会有所不同。有经验的大学录取辅导员会告诉你最成功的申请是学生找到最适合自己的学校。因此，学生们要全面考量各项因素包括学术，课外活动，文化交流，经济情况，及其他。以下这些其他因素仅供参考：

- 录取情况：有多大可能被录取？
- 学生人数：少（小于三千人），中等（三千至一万人），多（大于一万人）
- 地理位置：美国的州
- 离家远近：开车/飞机



- 校址地点情况：农村，城郊，城镇，大学城
- 项目和专业：专业的类别
- 学术环境
- 辅导帮助：学校是否会为学生顺利毕业提供相应辅助？
- 校园文化：好学的，和谐的，激进的，保守的，压力大的
- 人口特征和多样性
- 社交机会
- 助学金机会



### The 5+ Model For List Building

To cultivate a list that is well-rounded and positive for the student, we recommend using the 5+ model. This model starts with four core values that are at the center of the college search, and act as the anchor for the college list. Using this model, the student is looking for schools:

- 1) that they can be reasonably accepted to.
- 2) where they can see themselves being successful.
- 3) that are financially viable for their family.
- 4) that are desirable for them to attend.
- 5) where they can accomplish their professional and personal goals.

With these core values in mind, the student then works to create a list that includes:

- Five Core Schools that adhere to all four values
- Two or three Good-Bet schools that adhere to two to four values, but represent a higher likelihood of admission
- Two or three Reach Schools that adhere to two to four values, but may represent a lower likelihood of admission (any school with less than 30% admission would fit into this category)

College counselors are there to help. Please remember, this is a guiding model, and everyone's search is a little different. The resources in the college counseling office, including the college counselors, can help you customize your search and your list.

为了帮助学生更好地创建一份全面的选校清单，我们推荐学生使用5+ 模型。这个模型以五个问题为基准并将其贯穿于整个选校过程。

学生和家长应考虑以下问题：

1. 学生是否有很大把握成功被此校录取？
2. 学生是否认为就读此校能取得成功？
3. 学生家庭是否能负担学生就读此校？
4. 这个学校是否是学生自己想去的学校？
5. 学生能否在此校实现自己职业及个人的目标？

接下来，学生将需要寻找满足以上要求的学校。理想的学校将包含以下特征：

- 保底院校 - 学生对此类学校的录取有很大把握，因为学生的申请资质高于其他对此校申请的平均值。
- 稳妥院校 - 学生对此类学校的录取有一定把握，因为学生的申请资质符合学校对理想申请人的描述。
- 冲刺院校 - 学生对此类学校的录取有较小把握，因为学生的申请资质低于其他对此校申请的平均值，通常此类学校的录取率仅为30%。

升学指导老师的大门会一直为你敞开。记住：这只是一个指导模型，每个人的选校结果都不会是一样的。升学辅导老师以及部门内的各类资源都可以帮助你量身定做属于你的选校清单。

## The Common App

The Common Application is available to begin during your junior year. Start early! The Common App has a lot of information that is tedious to collect and it is much easier to collect it during your junior year and over the summer than to do it during the fall of your senior year. Take our advice, start early, and don't repeat the mistakes of other students. You don't want to have to rush through an application the night before a deadline. Deadlines approach quicker than you expect!

### 申请程序

学生们在高三年初就可以开始使用The Common App申请程序。请大家尽早开始准备！The Common App需要你输入很多繁琐的信息，所以如果你在高三这一学年以及暑假提早开始准备要好过在高四的秋季学期匆忙完成。请你认真考虑我们的建议，提早准备，不要重复过往学生的错误，因为你不会想要在截止日期的前一晚赶完整个申请的。这些截止日期来得总会比你预期的早

## Other Applications

Not every school accepts the Common App. Be sure to look at the application options for the schools that you are interested in. If they do not accept the Common App, you should take some time in the summer to review their application, so that you know what you need to complete it. If you can create a profile and save your work in their application, you should get as much done, as early as possible. Many schools applications become available in July or August, so you have some time to begin before school starts.

### 其他申请途径

并不是所有大学都使用The Common App，因此你一定要检查自己心仪学校所接受的申请渠道。如果他们不接受The Common App，那么你需要在暑假期间自行熟悉他们的申请方式并及时准备好相应材料。如果你可以开始在学校的官网上建立账户并填入资料，那你需要尽早完成此项工作。大部分学校会在七月或者八月开启申请平台，所以在开学前你将会有充足的时间完成。

## Application Types and Deadlines

It is important to understand the different types of applications and deadlines. Once the school year begins, you will be balancing your academics, after-school activities, and the college application process. It is easy to get caught up in all of this. What you don't want to happen is to miss important deadlines for your assignments, OR your applications. Effective organization over the summer can help you stay on top of everything.

- **Early Decision:** This is a binding application. Deadlines are typically in November, but could be as late as December. You may submit one early decision application, as this type of application is an indication to a school that if accepted, you will enroll.
- **Early Action:** Early action applications are non-binding, applications that are typically due in November. Early action applications express interest in a school, can get you an early admissions response, but allow you time and flexibility when making your final decision. Whenever possible, you should apply early action.
- **Regular Decision:** If a school doesn't offer early action, and you are not applying early decision, then Regular Decision is the way to go! Regular Decision applications are collected and reviewed with decisions being released to all applicants at the same time, typically in February or March. You then have until May 1 to confirm your enrollment.
- **Rolling Admissions:** Schools that offer Rolling Admissions send out their admissions decisions as soon as the decision is made. It is possible to receive a decision within a few weeks of submission. With Rolling Admissions schools, it is always best to submit an application sooner, rather than later.

### 申请类型和截止日期

不同的大学有不一样的申请类型以及截止日期。当学年开始的时候，你需要平衡你的学业，课后活动，以及大学申请事宜。当然做到这一点会很不容易。你肯定不想错过上交你的学科作业，或者错过你的大学申请，所以好好安排暑期时间以便你从一开始就步步领先。



- **提早录取：**这是一个具有绑定性的申请，意味着一旦你被录取，就必须决定来这所大学注册就读。通常这类申请的截止日期是十一月，但是有些学校可能是十二月。你可以提交一个这样的申请。
- **早期行动：**此类申请是不具有绑定性的，通常截止日期是十一月。此类申请允许你向心仪学校表达心愿，学校会提早答复你录取结果，并给你一段考虑的时间以及反悔的余地。在尽可能的情况下，我们建议你采取早期行动。
- **正常录取：**如果一所大学没有早期行动，你也不希望采取提早录取，那么正常录取是你可以选择的。正常录取会在二月或者三月统一向申请人开放，你可以等到五月一日前确认是否注册就读此校。
- **滚动录取：**接收滚动录取的学校会根据他们的招生需求随时放出招生信息。有时候在你提交录取后的几周内就有可能得到录取结果。对此类录取，越早提交申请越好。

### **The College Essay**

The Common Application essays are available in the early spring of your junior year. You should consider reading all the questions and discussing your ideas about what to write with a college counselor. Your counselor will ask a simple question regarding your essay, “What did I learn about you?” The essay is your opportunity to inject your personality into your application. The best college essays are authentic, provide the reader with some insight into who you are, and show personal growth and/or reflection.

#### 大学文书

你在高三春季学期初就可以开始用The Common Application程序准备大学文书了。你应该阅览所有的问题并和你的大学升学辅导老师讨论如何构思你的文书。你的导师会问你一个简单的问题“我从你的文书中了解到你的什么？”大学文书是你展现自我个性的好时机。一篇精彩的文书是真实的，它向读者介绍了你是谁以及你的个人成长经历和自我反思。

### **Supplemental Essays and Portfolios**

In addition to a personal statement or personal essay, some schools require supplemental essays or portfolios. Make sure that you review their application requirements well ahead of time so that you can leave yourself plenty of time to produce the information that they need. If a portfolio is required, this may be a more substantial requirement. Always make sure to review exactly what each school needs, and how they prefer that you format and submit it. Paying close attention to detail matters!

#### 补充文书和个人档案

除了大学文书，一些学校可能还会要求补充文书或者个人档案。记得给自己留足时间阅览学校的各项额外要求并作出相应准备。如果学校需要你的个人档案，这是一份需要费时费力的任务。所以提前确认各个学校的要求，检查学校是否有上交材料的特殊要求，比如格式或者上交方式等。注重细节才能成功！

### **Course Selection**

This is your last opportunity to show your prospective schools how committed you are to your academics. You should certainly take at least as many AP® or Honors level courses as you did in your previous year. Colleges want to see you continue to challenge yourself. You should also prioritize courses that will correlate with your intended major (if you have one). For example, if you want to major in engineering, consider taking AP® Physics or AP® Calculus.

#### 安排选课

安排选课是你向心仪学校最后展示自己提前做足功课的机会。你应该像前几年一样至少选择一门AP或者Honors级别的课程。大学是希望看到你一直在挑战自己。你也应该优先考虑选择和自己未来专业（如果你有的话）相关的课程。例如，如果你想要学工程，你应该考虑上AP物理或者AP微积分。

## Letters of Recommendation

In the spring of your junior year, you will be requesting letters of recommendation from your teachers. These recommendations should come from a teacher that has had you in an academic setting. Many students want to ask their advisor, but colleges want to see letters from your teachers, who should be able to address your strengths in the classroom and articulate your learning style and resiliency. Additional insight that an advisor may write can be added to the letter written by your college counselor. Consider which of your teachers knows you the best. It may not necessarily be the classes that you have the highest grades in. Colleges want to hear about your work ethic and determination. If you worked really hard to get a B in one class, that teacher may have more to say than a class that you coasted through and aced. Consider asking a teacher from the humanities and one from math or science, so that you can bring balance to your application.

### 推荐信

你要在高三的春季学期向老师们提出推荐信申请，最好是了解你的学术能力的老师。很多同学喜欢向自己的导师寻求推荐信，但是大学更喜欢看到来自学科老师的推荐，因为他们了解你的学习风格以及长处和毅力。当然升学辅导老师可以帮助你学科老师推荐信基础上补充导师对你的额外评价。你要考虑一下哪些老师对你个人了解更多，这并不是说你必须要选择成绩最好的那一门课的任课老师。大学希望了解你的学习态度以及决心。如果你在一门课上非常努力得到了一个B，这门课的任课老师可能比你轻轻松松拿到好成绩的那门课更有料可说。考虑一下选择一门人文科学老师以及一门数学或者科学老师，这样你的申请会更加全面。

## Plan Your Summer

You have a great opportunity to spend some time during the summer break to work on preparing for a great fall of your senior year! You will want to spend this summer productively; community service, working at a job or internship, doing research, or attending a camp or summer program can be really impactful. Just remember to save some time to work on applications and essays, and if possible, to visit college campuses.

### 暑假计划

高三暑假是你开始计划如何精彩地度过高四这一年的好时机。你应该高效地度过这个假期，比如参加社区服务，兼职一份工作或者实习，做研究，或者参加夏令营。记住留够时间准备你的大学申请和文书。如果有可能的话，去参观一些大学。

## College Visits

The opportunity to visit a college campus and interact with their students, faculty, and admission offices can be invaluable to you as you begin to decide if a college is right for you and worth submitting an application. There are many ways to visit colleges, each offering you a slightly different perspective. You should at the very least, take a campus tour. If the school is one that you are strongly considering, you should sit in on an information session or have an interview. Attending open houses or special visit programs can also be beneficial to helping you understand how the school can help you accomplish your academic goals.

### 大学访校

大学访校可以让你有机会和在校师生以及招生办公室有面对面交流的机会，另外对你决定最后选择申报哪些学校也大有帮助。大学仿效的方式有很多种，而每一种都会给你不同的体验。你至少应该参加校园游览。如果你有一所十分心仪的大学，你应该考虑参加它的信息介绍会或者参加面试。参加学校开放日或者特殊拜访项目也会对你的申请大有帮助，尤其是让你了解到该校会如何帮助你实现学业目标。

## Setting Up Your Visit

Choose a time that is convenient for you and allows you the opportunity to spend as much time on the campus as you would anticipate needing. Visiting over the summer is good, but if at all possible, try to visit schools when classes are in session. Take note that college academic calendars may differ from Perkiomen. Contact admissions offices or visit the school's website at least two to four weeks prior to your planned visit



to schedule a campus tour and/or group information session. Check college websites to obtain the telephone numbers and directions of those colleges in which you have interest. Be sure to ask how often campus tours and information sessions are offered. Try not to visit more than two colleges in one day; each campus visit can take two to three hours. Give yourself plenty of time to fully explore a university and to catch your breath after each campus visit.

### 预约访校

选一个好的你方便的时间，一个可以让你充分了解一所大学的时间。暑期是一个拜访学校的最佳时机，但是如果可以看到学校正常运作的景象也是很好的。大学的校历可能会与Perkiomen有所不同，你需要提前两到四周向大学的招生办公室申请校园参观或者信息介绍会。你可以提前在学校的官网上查询学校电话以及行程路线，也可以问好校园参观和信息介绍会的运营次数。尽量不要一天参观两个学校以上，因为每一个学校参观大学大约要花两到三个小时。你要给自己留够时间参观以及休息。

### Interviewing

The interview is simply a conversation between two individuals, an exchange of information between admissions officer and student. While some interviews are also evaluative, you shouldn't think of the interview process as the be all and end all of your application. You don't have to be perfect, you simply have to be you. The interview can be an opportunity for you to further expand and elaborate on the information provided on your application, share information about you that you think is important or relevant, and is also a chance for you to get to know more about the school and its programs.

The important thing to do is prepare. Come to the interview ready to talk about yourself, your interests, and aspirations. Where you've been, what you've done, where you hope to go, and what you hope to do. Think about your strengths and weaknesses - be honest and authentic, be positive, be an active participant, and keep up your end of the conversation.

Be sure to do some research prior to your visit. Check out the college's website, read the guidebooks, and come up with a list of questions to ask that reveal your depth of interest and knowledge of the school, not questions that can be easily answered by reviewing the college's literature.

It's perfectly natural to be somewhat nervous, so go ahead and admit it, out loud, to the interviewer. Remember that admissions officers are people too! Typically they go out of their way to put you at ease and make the interview a positive experience. Try to relax and be yourself. If it will make you more comfortable, "practice" at a few colleges that are not particularly high on your list before you sit down with a staff member at your top choice schools.

Arrive a few minutes early and wear neat, comfortable clothing. Greet your interviewer with a firm handshake and introduce him or her to your parent(s). As you and the admissions officer make your way to his or her office, your parents will make themselves comfortable in the reception area for the next half an hour or so. At most schools, mom and dad will have a chance to ask a few questions at the conclusion of the interview session, if they'd like.

After saying goodbye and breathing a sigh of relief as you walk out the door, remember to write a short and simple handwritten thank-you note to your interviewer as soon as you get home.

### 面试

大学面试不过是招生官和学生坐下来聊一聊。尽管有些面试也会对你的表现进行考核，但是你不要认为面试是决定大学申请成功与否的唯一因素。面试是一个可以让你进一步展现自己的机会，它会帮助面试官更加了解你，同时也是你进一步了解学校以及各个项目的机会。

顺利完成面试的重点是提前准备，比如自我介绍，你的兴趣爱好，以及你的理想。你曾经去过那里，做过什么，接下来你希望去哪里，做什么。考虑一下你的强项和弱势，真诚，积极地完成面试。

在面试前做好调研。浏览学校的官方网站，阅读宣传手册，准备好一份你想询问学校的问题，特别是可以展现出你对此学校浓厚的兴趣以及你已经做好的调研，而不是那些在网上轻易可以查到的问题。

紧张是非常正常的一件事，所以大胆地向面试官承认你有一点紧张。记住面试官也是常人，他们会理解你的。通常情况下，面试都会顺利进行，所以放轻松做自己就好。你可以先从在你的个人选校清单上排名靠后的学校练手，然后把自己的心仪学校留到最后。

提前几分钟到达面试地点，穿着大方，令人舒服。有自信地和面试官握手问好，并向你的同行父母做介绍。面试官会带你进入面试的房间，而你同行的家属可以在等候区稍作休息，面试大概持续半小时至一小时。大多学校会欢迎你的父母在面试最后向面试官提出问题。

在面试结束后，别忘了及时给面试官写一封简短的感谢信。

Possible questions that college admissions officers may ask:

- 1) How did you first hear about "X" College?
- 2) What are your career goals - long and short range?
- 3) Why are you interested in majoring in \_\_\_\_ ?
- 4) Can you describe an activity or an event you participated in that had an impact on your life?
- 5) What might you be interested in as a future profession?
- 6) If you had high school to do all over again, would you do anything differently?  
What particular life goals are you seeking to achieve or pursue?
- 7) What are your priorities in selecting a college?
- 8) How would you describe your high school and how would you change it?
- 9) Where do you see yourself in four years?
- 10) Describe an academic experience that was particularly challenging.  
What were some of the strategies you used to overcome that challenge?
- 11) What book has made a lasting impression on your way of thinking?  
Have you read deeply into any one author or field?
- 12) What do you do for fun? How do you spend your free time?

面试官可能会问到如下问题：

- 1) 你是如何知道 \_\_\_\_\_ 大学的？
- 2) 你对职业发展的长期和短期目标是什么？
- 3) 你为什么喜欢 \_\_\_\_\_ 专业？
- 4) 你是否可以描述一个你参加过的对你人生有重大影响的活动？
- 5) 你将来想要做什么职业？
- 6) 如果你可以重新来过你的高中时光，你会做出什么改变吗？
- 7) 你在择校的时候重点考虑什么？
- 8) 你会如何描述你的高中？如果可以的话，你想要做出那些改变？
- 9) 四年以后你将会在哪做什么？
- 10) 描述一次你觉得很困难的学业经历。你是如何克服这个困难的？
- 11) 哪一本书至今对你影响深刻？你是否曾经深入了解一个作家或者一个领域？
- 12) 你的业余爱好是什么？你是如何度过你的空闲时间的？



# SUMMER CHECKLIST 暑假清单

Use this resource with your parents or guardian to schedule your summer and keep you on track.

- Complete the Common Application
  - Personal and family information
  - All academic and extracurricular information
- Work on your Personal Statement for the Common App Writing Prompts
  - Follow your writing plan for June, July, and August
  - Communicate with your college counselor any updates to your work
- Research schools and Update Naviance
  - Visit schools and take tours
    - Campus Tours • eCampus Tours • Virtual tours
- Websites: Big Future, College Board, College Confidential, College Navigator, Naviance
  - Update your college list in Naviance
- Standardized Test Prep (SAT®, ACT®, TOEFL®)
  - Register for the September ACT®
  - Prepare using a test prep:
    - Method Test Prep • Revolution Prep • Khan Academy
- Read, read, read
  - Consistent reading will improve your English/verbal testing sections
  - Read as much as you can about the subjects/topics you love
- International Students
  - Confirm minimum TOEFL® scores for schools on your college list
  - Complete the International Certificate of Finances
  - Obtain signed bank statements (for every college to which you apply) with enough funds to cover your first year of tuition
- Athletes
  - Contact coaches
  - Put together video highlight clips
  - Play in tournaments, attend camps, etc.
  - Register with the NCAA Eligibility Center (Division I & II only)
  - Scholarship Stats
- Artists/Musicians/Performers
  - Continue working on your portfolios
  - Create the necessary Slideroom accounts as they become active
  - Prepare any audition materials
  - Know your deadlines for submissions and/or auditions



好好利用这份清单，与你的家人或者监护人一起做好暑期计划。

- 完成网申基础部分
  - o 个人以及家人信息
  - o 所有的学术和课余活动信息
- 起草个人文书并阅读The Common App的模板
  - o 利用六，七，八月写作
  - o 与升学导师一同修改
- 研究学校并更新SCOIR
  - o 参观访问校园
- 亲临现场
- 网上访校
- 虚拟访校
  - o 可用网站：Big Future, CollegeBoard, College Confidential, College Navigator, SCOIR
  - o 在SCOIR里更新选校清单
- 准备标准化考试 (SAT, ACT, TOEFL)
  - o 报考九月的ACT考试
  - o 有策略地复习
- 可参考网站：Method Test Prep, Revolution Prep, Khan Academy
- 阅读，阅读，阅读
  - o 坚持阅读会提升你的考试成绩
  - o 阅读你感兴趣的科目或者话题
- 国际学生
  - o 确定你申报学校要求的最低TOEFL分数
  - o 完成国际财务认证
  - o 申请已授权的可支付第一年学费的银行证明（每一个学校需申请一份）
- 运动员
  - o 联络教练
  - o 准备一份自己的视频
  - o 参加锦标赛，集训营等
  - o 在NCAA资格中心 (Division I & II) 注册
  - o 奖学金
- 艺术特长生
  - o 继续优化你的作品集
  - o 建立Slideroom账号
  - o 准备试演材料
  - o 牢记各项任务的截止日期



## WHERE AM I GOING NEXT YEAR? 下一年我将会去哪里?

### Grades

We're only going to go over this one more time. Yes, grades are important. Colleges will see your grades and your final grades. We're not trying to scare you, but please don't let "senioritis" or the "senior-slide" affect you. Colleges will expect that your transcript contain senior grades when available. Many colleges will specifically ask that updated transcripts be sent after the first and second trimesters. Their offer of acceptance is contingent on you continuing to perform at a consistent academic level, so your final transcript needs to stay strong. While rare, colleges have rescinded offers of admissions in cases where students failed a class, or their grades dipped dramatically. Don't believe for one minute that once you submit an application and are admitted that you are done, and can check out. In the college admission process, as in many areas of life, it is important to finish strong.

### 成绩

我们保证这是最后一次强调成绩有多重要。是的，成绩非常重要。大学院校会考量你的成绩而且是你各科目的最终成绩。这并不是故意夸张问题，但是请不要让自己在高中最后一年放松下来。大学院校会一并考虑你在高四的成绩。很多院校会要求你上交第一以及第二个学期的成绩。即便你提前收到了院校的录取信，这也会根据你一贯优异成绩来做最终决定。

### Seeking opportunities outside the classroom

The fall of your senior year is your last chance to take part in programs and activities that will enhance your resume. It is a great time to plan an event or program that will impact your school or community. If you are in a leadership role, now is also the time to mentor the students who take over after you graduate. As you proceed through your senior year, continue to invest in the programs and opportunities that are meaningful to you. In the late winter and spring, you will want to start to transition your responsibilities to the next group of leaders. They can benefit from your experience and you can turn your focus towards a strong finish and a memorable end to your Perkiomen career.

### 在校外展现自己

高四的秋季学期将会是你最后一次参加课外活动并丰富你的简历的机会。你可以考虑参加一些会对学校以及社区有重大影响的组织或活动。如果你现在是一个学生领导，现在可以开始培训接下来要接任你的同学。接下来，继续参加并享受那些对你有意义的课外活动。在冬季学期末以及春季学期，你要开始将工作重心交接给下一批学生领导。这将会是另一种难得的经验，并让你在Perkiomen的事业在最后得以升华。

### Take advantage of Perkiomen

By now you have probably noticed that your teachers have increased your workload, and have higher expectations for the quality of work that you produce. This is all in preparation for what you will experience in college. Understanding how to ask for and use the support and resources available to you is a big indicator of success in college. You don't have to know everything, you just have to learn how to find the answers you are looking for, and this requires a little practice. If you don't know, ask! Find ways to be more efficient in your study habits, time management, and organization. Small gains in these areas will greatly help in college and in life.

### 利用Perkiomen资源

现在你可能已经发现老师们对你的课业要求已经提升了不少，对你的要求也有相应的提告。这些都是为了让你日后更加适应大学的学业生活。你要学会如何寻求帮助并利用周边资源，这样才会在大学顺利完成学业。你不需要会做所有的事情，你只需要学会如何去寻找答案，而这需要一定的练习。如果你有问题，尽管去问！找到有效率的学习习惯，合理安排时间，以及整理归纳你的生活。现在每一点的进步都将会使你的大学以及今后的人生受益匪浅。



## **Interacting with colleges and admissions offices**

During your earlier years, interactions with colleges were more about gathering information. In your senior year, they are about making a positive impression. When meeting with college representatives you should always present yourself in a polite and professional fashion. You should ask questions that show an understanding of the college and its programs. You should demonstrate to the college that you have a genuine and personal interest in the opportunities that will be available to you. If you are respectful, interested, and authentic, it can go a long way towards making a positive impression. When on campus, you should be polite to everyone you meet. You never know whose input could move your application positively, or negatively. Remember, in addition to yourself, you are also representing Perkiomen, and our community.

### 了解各院校和招生办公室

在高四年级前，你与各大学的联系仅为获取更多信息。在高四这一年，你需要展现出你的个人魅力以此来打动大学代表。当你与大学代表见面的时候，你要有礼貌并保持专业的作风。你可以问一些显示你已经对学校有所了解的问题。你要向大学代表展现出你对学校的各类机会真心地感兴趣。你的礼貌，热情，和真诚终会打动面试官的。在参观学校的时候，你要对遇到的每个人都有礼貌，因为你也不知道自己遇到的哪个人会对你的申请有积极的作用，或者消极的影响。记住，除了代表着你自己，你还代表着整个Perkiomen大家庭。

## **Testing**

Are you happy with your test scores? Do you think you can improve? Talk with your college counselor. You will have a few opportunities to take another SAT®, ACT®, or TOEFL® before your applications are due.

Improving your scores by just a few points may be worth the time and preparation as higher scores can improve your chances of acceptance and/or increase potential scholarship offers. However, there is a point when you have done all that you can. Have realistic conversations with your college counselor, so that you are putting your time and effort into the most efficient places. Remember, the list of test-optional schools is growing by the minute as colleges and universities place less importance on your standardized scores.

### 标准化考试

你对自己的标准化考试成绩满意吗？你认为自己还有提升的空间吗？赶快与你的升学导师一同商量对策。在申请截止前你会有重考SAT, ACT, 或者托福的机会，哪怕只是提高一点点分数也会对你成功录取或者申请到奖学金大有帮助。但是，凡事不会十全十美，你尽力就好。与你的升学导师制定合理的计划，保证你的时间和付出是值得的。记住，现在有越来越多的学校对标准化考试采取选择性递交的态度。

## **What is Financial Aid, and how do I obtain it?**

Financial aid is money that students can apply for to help them pay for college. Aid comes in three forms; merit aid, need-based aid, and loans. Merit aid comes in the form of scholarships and institutional grants. Scholarships and grants do not need to be repaid, and are earned based on your academic and other talents. They are another reason why grades are so important, as you can earn money toward your education. Need-based aid comes in the form of federal, state, or institutional grants. These grants also do not need to be repaid. Students qualify for need-based aid by submitting the Free Application for Federal Student Aid (FAFSA). The FAFSA takes into account you and your family's financial circumstances to identify students who need further financial assistance. Students may also qualify for Federal Work Study. This is money that is set aside for the student to earn through employment on campus. Students work a part-time job for their school and earn a paycheck. They have the option of keeping that money to have as spending money or to turn it back to the school to pay future tuition bills.

Some schools may also require the CSS Profile™ to complete your aid application. It is important that you pay close attention to deadlines, as some schools require that you submit these aid applications at the same time as your admissions applications. Both applications are available to submit starting on October 1 of your senior year.

Finally, there are two types of loans; federal and private. Federal loan programs are backed and regulated by the federal government and offer certain protections and repayment plans. Private loans must be secured from a bank or other private lending service. Every school has a Financial Aid office that can help families navigate the aid process. The Office of College Counseling can help you and your family better understand the process. Just ask!

Financial Aid是什么，我该如何申请？

学生可以申请Financial Aid来帮助他们上交大学学费。Financial Aid有三种类型：优秀生奖学金，特困生补助金，以及贷款。优秀生奖学金会以奖学金以及补助金的形式发放给成绩优异或者有突出贡献的学生，以后学生无需偿还该费用。所以说成绩对申请学生至关重要，因为你现在就可以挣钱以补贴大学费用。特困生补助金会以国家，州，以及大学补助的形式发放给学生，以后学生也无需偿还该费用。学生可以通过上交FAFSA表格免费申请，委员会将根据你和家庭的经济情况来做决定。学生还可以申请工作就学机会，意味着学生除上课外还需在校内兼职工作以此赢得补贴。学生可以决定将补贴取出或用来支付学费。

一些学校可能会要求学生填写CSS文档来完成奖学金的申请。及时关注截止日期是非常重要的，因为学校可能会要求你在提交大学申请的同时一起提交奖学金的申请。上交时间通常在高四年级的十月一日。

最后，贷款有两种形式：国家和私人。国家贷款得到政府的支持和监管，有一定的还款规定。私人贷款是通过银行或者其他借贷机构完成。每一所大学都配有一个Financial Aid办公室来帮助学生及家庭解答相关问题。我校的升学辅导部门也会为大家解答问题，请尽管向我们咨询！

## I NEED MORE HELP! 我需要更多帮助

## ISN'T THERE MORE I NEED TO BE WORRIED ABOUT? 还有什么我需要担心的吗？

### Why am I so stressed out?

It is common to experience a wide range of emotions during the college search process. There are a lot of items, deadlines, documents, and things that you need to manage. You should expect to get a lot of questions about the process, and where you are in the process, from family, friends, teachers, and everyone you meet. Because of all this, it is easy to feel consumed by the process. Remember this: It's your process. Don't worry if you aren't at the same place as your friends and classmates. Don't get caught up in what other people are doing or saying about their process. Work with your college counselor and the people that you trust to follow your path through, and trust your instincts. If you review the tips in the handbook, manage your time and expectations efficiently, you might just enjoy the journey before you. It's supposed to be exciting!

为什么我会如此紧张？

在大学申请过程中学生可能会感受到复杂的心情，这是十分正常的。你需要完成很多任务，记住截止日期，完成文书等等。你的家人，老师，朋友可能会向你问起很多问题，比如你的申请进度以及升学决定。正因为如此，你很容易感受到压力。要记住：这是属于你的申请。不要担心如果你和自己的朋友或者同学进度不同。不要因为别人的申请过程与自己稍有不同就乱了阵脚。向你的升学导师以及你信任的人倾诉，并请他们一同帮助你完成你的目标。如果你很好地利用这本指导手册，很好地利用时间，并合理地给自己制定目标，你可能会喜欢上大学申请这个旅程，因为这本来就应该是一个令人愉悦的旅程！



### **How do I deal with my parents/guardians and their questions?**

Everyone deals with this a little differently. Your parents/guardians may have their own goals and desires for you. Open and frequent communication is the best way to minimize conflict. Help those who support you to understand your goals and priorities. Share updates. The more you keep them up to date, the fewer questions you will get from them. If it works for you, arrange a weekly check-in so that you can provide them with the information and answers they are looking for.

我该如何回应父母/监护人以及他们的问题？

每个人的解决方式都有所不同。你的父母/监护人可能会有他们对你的要求和期待。你需要坦诚并频繁地与他们交流，毕竟这是避免误会的最好办法。你要让他们理解你的目标和选择标准，并及时和他们沟通。你越及时与他们沟通，他们对你的质疑就会越少。如果这对你有帮助的话，你可以每周定时与他们进行沟通，让他们有机会向你问问题。

### **I want to play sports in college. What do I do?**

You may be interested in playing sports in college and that adds another layer to the process, because you are now looking for a right-fit school and a right-fit team. There are a few administrative tasks that should be completed early on in the process.

You should fill out a transcript request form, and if you are under 18, your parents must sign it as well. This enables Perkiomen, the Office of College Counseling, and your coaches to forward your unofficial transcript to coaches for you. We cannot send a college coach your unofficial transcript without your authorization.

Before senior year, you should also complete an NCAA Eligibility Center form and create an account. This will be used to clear you for athletic play in your freshman year. Mr. Ash is the NCAA liaison for the office and can help with any specific questions you may have.

想要在大学里参加校队，我该如何做呢？

也许你想要在大学里参加体育校队，而这将对你的申请增加更多的要求，比如除了寻找一个合适的院校外，你还需考虑该校是否有适合你的体育校队。以下这些任务是你需要额外完成的。

你需要填写一份成绩单申请表，如果你不满18岁则需要你的父母签字。这份申请会允许升学辅导部门将非正式成绩单上交给大学的教练。没有经过你的许可我们不能擅自转发你的成绩单。

在高四前，你应该完成一份NCAA资格表并建立一个自己的账户。这将会允许你在大学一年级参加体育比赛。升学辅导部门的Ash老师是NCAA的在校联络人，他可以帮助你解答相关问题。

### **I want to study the arts in college. What do I do?**

Academic programs in the visual and performing arts often have additional application requirements. Many programs will require you to audition or provide a portfolio. It is always best to research the requirements as far in advance as possible, so you have the most time to prepare. Visual artists may want to consider going to a portfolio review day in the spring of their junior year. These programs provide you with a critique of your work and can help you make adjustments before you turn in your portfolio during your senior year. If offered, music students should take a lesson with a faculty member. They can offer feedback and you will get a sense of their teaching style and philosophy. Again, deadlines are really important here. You may not be able to schedule an audition until after you have submitted your application. Give yourself plenty of time to prepare.

想要在大学里学习艺术，我该如何做呢？

视觉和表演艺术的学术项目通常也需要额外申请。大部分项目会要求你进行试演或者提供一份作品集。所以你最好尽早研究学校要求的各项内容，这样你便有足够的时间做准备。视觉艺术可以考虑参加在高三春季学期举办的作品集审查活动。这些活动为你在高四上交作品集前提供了建议和帮助。如果可以的话，你可以申请与大学的教授上一堂课，提前感受他们的授课风格和理念。再次强调，严守各项截止日期是非常重要的。有时你可能需要提交完整的申请后才能申请试演，所以你会希望给自己留出足够的时间。



## The Office of College Counseling

There are many programs and opportunities for you to learn more about different aspects of the college search process. They are coordinated by The Office of College Counseling and the college counselors. No matter where you are in the process, there is someone that can assist. Don't be afraid to schedule a time to speak with any of us. Our offices are located in the lower level of Kriebel Hall. In addition to our offices, the College Counseling Resource Room has a variety of books, brochures, documents, and information to help you successfully navigate the college search process. Don't be afraid to stop in and find out how we can assist you. After all, our goal is to help you find the right-fit college to best prepare you for your future!

我校升学辅导部门

我们提供很多活动和机会来帮助学生了解大学申请的各个方面。不论你进行到了申请过程中的哪一步，我们都会帮助你。你可以放心地与我们预约面谈。我们的办公室在Kriebel楼的地下一层。此外，我校的升学辅导资源室里还有很多相关书籍，宣传单，文件，以及可以帮助你顺利完成申请过程的资料。你可以尽情享受学校的资源并更好地了解我们可以如何帮助你。毕竟，帮助你找到适合你的院校是我们的责任与目标。

## AN OVERVIEW OF STANDARDIZED TESTING

## 标准化考试概览

While most colleges and universities across the country strive to develop a broad picture of a student based upon as many factors as possible in considering student applications for admission, the majority of schools still use minimum score requirements for the ACT® and SAT®.

Because of the importance of standardized test scores to admission to competitive colleges, Perkiomen students begin planning for and learning about these exams and when they should or will take different exams, the content and format of primary exams (the PSAT™, SAT® and SAT® Subject Test II, ACT®, AP®, TOEFL®) and what scores are needed to meet the basic admissions requirements at the college/university of their choice.

Along with managing student sign-ups for some standardized tests, the Office of College Counseling helps to educate students so they understand what to expect on test day and how to interpret the test results. Most importantly, we carefully help the students understand their scores as a means of improving future performances.

尽管大部分美国学校会根据不同因素全面地考量学生的入学申请，但是很多学校还是会对ACT和SAT有最低分的要求。

由于标准化考试对入学申请的重要性，Perkiomen学生要尽早了解不同的考试类型，决定自己是否要参加某项考试，提早进行计划并准备。考试包括：PSAT, SAT, SAT科目考试II, ACT, AP, 和TOEFL。此外，学生应当了解自己计划申请的大学对各项标准化考试要求的最低分。

我校升学辅导部门不仅可以帮助学生报名各项标准化考试，我们还提供考前指导以及分数解析等服务。更为重要的是，我们帮助学生明白如何解析自己分数以便在将来取得更好的成绩。

Please note that YOU as the student are responsible for registering for standardized tests and verifying that the proper scores are sent and reach the admissions offices of the colleges/universities where you are applying. You also must know when tests are being administered and remember that the test schedule is set up the way it is to ensure that each student has the opportunity to take and retake exams as they try to reach their target score range. The only exemptions to this registration process are for the TOEFL® test on campus and the school-based ACT® tests. Students who are entitled to receive accommodations should inform the Director of Testing as soon as possible, as it can take up to (or longer than) six weeks to submit documentation and receive approval.

请记住，你作为申请人是有义务自己注册各项标准化考试，向申请的大学递交并确认官方成绩已送至学校。你也要知道这些考试是如何运作并理解每个学生参加考试以及重考的次数是有限的。唯一不需要学生自己注册的两个考试是校内托福（TOEFL）考试以及校内ACT考试。允许接受特别辅助的学生需提前通知我校考试中心主任，因为通常需要多于六周的时间提出申请并得到许可。

## PSAT/NMSQT®

Sophomores and juniors take the PSAT/NMSQT® in mid-October. This test is designed to replicate the SAT® producing scores on Mathematics and Evidence-Based Reading and Writing. The scores are given on a slightly different scale than the SAT® to highlight the concept that student aptitude is still developing. Scores are typically released in December. Students can use these test scores to identify areas of improvement when preparing for upcoming tests. Scores can also be linked to Khan Academy to show which areas need more practice and to create a practice plan.

高二和高三年级学生可以在十月中旬参加PSAT / NMSQT考试。这项考试是可以替换SAT考试的，考试内容包括数学，“寻证式”阅读理解，以及写作。此考试的评分规模与SAT稍有不同，重点突出学生仍处于学习进步阶段。通常分数将会在12月公布，以便学生更有针对性地复习接下来的考试。分数也会上传至Khan Academy（学习软件）并建议你接下来的复习计划。

## ACT® and SAT®

These two tests are the primary entrance exams used by colleges in making admission decisions. The SAT® is considered a “reasoning” test and is taken more frequently along the east coast. The ACT® is a comprehensive educational assessment that is accepted at schools throughout the country, but is more common in the mid-west and Pacific states. The ACT® includes a science section, whereas the SAT® does not. Colleges do not prefer one test over the other. They will accept scores from either one, or from both. Some colleges do, however, require that you submit scores with the optional essay section, so make sure you know which version of the exam is needed for each of your schools. At Perkiomen School, we recommend that students take one of these exams at least once during their junior year and again during their senior year. The SAT® is proctored in May, June, August, October, November, and December here at Perkiomen with the option to take the March test (during spring break) at another test center. Many students will also plan to take two to three subject tests or register for the ACT®. The ACT® is offered at Perkiomen twice a year as a school-based (during the school day) test in October and April. These test dates are different than the national test dates listed on the website (September, October, December, February, April, June), so students must register with the Director of Testing. Students can also take the test on the national test date at a different test center and would need to register on the ACT® website and provide their own transportation. This may be coordinated for boarding students who want additional testing.

这是两个美国大学首选的入学考试。SAT被称为“论证型”考试，通常受用于美国东海岸的大学。ACT则是一个全国通用的全面教育型考试，但是通常受用于美国西海岸以及中西部。ACT考试中包括科学部分，但是SAT则不包括。美国大学在这两个考试中是没有偏向性的，他们会接受其中一个考试分数，或者两个都接受。但是有些学校可能会要求你额外提交一篇可选性文书，所以请确保你所选择申报的大学都需要哪些考试以及其各项具体要求。在Perkiomen学校，我们建议学生在高三年级至少参加一次ACT或者SAT考试，然后在高四年级再参加一次。SAT考试将在每年五月，六月，八月，十月，十一月，以及十二月于Perkiomen校内举行。若学生希望参加SAT三月考试（在学校春假期间），你可以前往另一个考试地点参加考试。许多同学除SAT外也会参加两到三个SAT科目考试或者ACT考试。ACT在每年十月和四月于Perkiomen校内进行。上述提及的考试日期与考试官网上的国家考试日（九月，十月，十二月，二月，四月，和六月）有所不同，所以有意的同学需要与考试中心主任单独报名。学生也可以选择在国家考试日前往另一个考试中心进行考试，你需要在ACT官网上自行注册，于考试当天自行前往考场。寄宿生可届时与学校商议额外考试事宜。

## SAT® Subject Tests

These are one hour multiple choice exams given in specific subject areas. Some of the most competitive colleges require one or more of these tests for admission. Other colleges and universities use them for placement in courses in college. Students need to ask whether the colleges to which they are applying require the Subject Tests. You can see if they are required in Naviance, but you should also verify it with the colleges. The types of subject tests you can take include: Literature, Mathematics (Level I and II), Sciences (Biology E/M, Chemistry, and Physics), History (U.S. History and World History), and World Languages (Reading and Listening tests). The Subject Tests with Listening are only available on the November test date. Students can register up to three subject tests in the same administration with only one listening test. You can also access more information on the College Board Website at: [www.collegeboard.org](http://www.collegeboard.org).

## SAT科目考试

这些科目考试均长达一小时左右。一些有竞争力的院校会要求申请人提交一个或者多个SAT科目考试。其他院校则以此来进行开学后的分班。学生需要自行向申请的院校询问是否需要参加科目考试。你也可以在SCOIR系统里看到学校的要求，但是你也要亲自向学校核实。科目考试包括：文学，数学（级别1和2），科学（生物E/M/，化学，和物理），历史（美国历史，世界历史，和语言（阅读和听力））。这些包括听力测试的考试只会在每年11月份举行。学生一次性可以注册最多三门科目考试，其中只有一门包括听力测试。你也可以在CollegeBoard官网[www.collegeboard.org](http://www.collegeboard.org)看到更多信息。

## Advanced Placement (AP®) Exams

AP® exams are three to four hour exams in specific subject areas and are designed to take upon the completion of an AP® course. They are rigorous exams that include both multiple choice and essay (free-response) sections. More than 1,400 colleges and universities accept AP® credits. AP® exams are scored on a scale of 1-5. To learn more about AP exams go to: [www.collegeboard.com/student/testing/ap/about.html](http://www.collegeboard.com/student/testing/ap/about.html).

AP考试是针对具体科目长达三至四小时的考试，通常是在完成某节AP课后参加的结课考试。这是一项十分严格的考试，其中包括多项选择题以及简答题。在美国有多于1400所大学及学院接受AP学分。AP考试建立在1-5的评分标准上。你可以在[www.collegeboard.com/student/testing/ap/about.html](http://www.collegeboard.com/student/testing/ap/about.html)了解关于AP考试更多的信息。

## TOEFL® (Test of English as a Foreign Language)

The TOEFL® tests a student's English language abilities. It is designed for students for whom English is not their first language. This test measures English skills in reading, listening, speaking, and writing and requires the student to combine two or more of these skills to respond to a question. At Perkiomen, we are a test center with registration through the Director of Testing. The TOEFL® is administered often in the fall and the spring to approximately 10 students at one time. For students where English is not their first language, it is recommended to take this test twice in their junior year and once during their senior year unless otherwise exempt by a college counselor. For more information visit: [www.ets.org/toefl](http://www.ets.org/toefl).

托福考试检测学生的英语水平，它适用于母语不是英语的学生。本考试包括阅读，听力，口语，以及写作，并要求学生能够综合其中两至三项能力来回答问题。在Perkiomen，学生可以通过考试中心主任报考并在校参加考试。托福考试通常会安排在秋季以及春季学期，每场考试有10名学生参考。作为母语不是英语的学生，我们建议在高三年级时参加两次托福考试，在高四年级参加一次，除非其他特殊情况。请在[www.ets.org/toefl](http://www.ets.org/toefl)了解更多信息。

## Test Prep

There are various test prep services available to students. Khan Academy is a free, web-based test prep service that you can link to your CollegeBoard account. You can create a test prep plan and address specific problem sets, as well as complete general test prep. The Office of College Counseling highly recommends that students create a Khan Academy account and develop stronger test preparation skills through the strategies and programs offered on their website. There are many other "outside" test prep companies that offer a variety of test prep options. These options can range from individual tutoring to group classes, and can occur both online and in-person for a fee. For more information about these offerings, please see a college counselor.

学生们可以在网上找到诸多备考资源。Khan Academy是一个免费的网站，它直接与你的CollegeBoard账户相连接。你可以建立一个备考账户并根据建议的练习方案进行复习，另外你还可以在上面做模拟考试。我校的升学辅导部门强烈推荐学生建立Khan Academy账户并好好利用这一免费资源。除此之外，学生们还可以选择利用其他备考资源，例如私人家教，课外班辅导。这些课程均可为面对面或者网上教学，学生需支付其所需费用。若想咨询更多信息，请联系我校升学辅导老师。



We wish you well on this exciting journey and are here to partner with you in the process. Together we will find the right-fit college or university to help you reach your goals for personal and professional growth.

Best of luck!

- The Office of College Counseling

我们衷心地希望大学升学将会是一段令你难忘的旅程，我们也会陪伴在你的左右。我们将会与你一起找到最适合你的院校，并帮助你实现自我价值和人生规划。

祝你好运！

升学指导部门



# Perkiomen School

PERKIOMEN SCHOOL IS AN INDEPENDENT, COLLEGE PREPARATORY,  
CO-ED, BOARDING & DAY SCHOOL FOR GRADES 6-12 & POST-GRADUATES.  
LOCATED IN PENNSBURG, PENNSYLVANIA, PERKIOMEN SCHOOL WAS FOUNDED IN 1875.

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