

# ASCEND ACADEMY ORIENTATION



Poinciana High School  
October 26, 2022





# Agenda

- Get connected
- Check-in
- Admission criteria
- Your path

# Get Connected

## **Instagram**

phs\_ascendacademy

mrs.malfara

poincianahighschool

# Get Connected

## **Email**

Mrs. Donovan

Ascend School Counselor

[taylor.donovan@osceolaschools.net](mailto:taylor.donovan@osceolaschools.net)

Mrs. Malfara

Ascend Coordinator

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## ASCEND ACADEMY AT POINCIANA HIGH SCHOOL ORIENTATION



# What is Ascend?

### One

Community of like-minded students working toward admission to a top 100 college/university

### Two

Support specific to demands of a top 100 college application

### Three

Rigorous academic preparation for success at a top 100 college/university

# What does it take to be accepted to a top 100 school?

*All schools will evaluate your admission based on:*

1. Unweighted & weighted GPA
2. Rigor of your course load (3-6 AP classes minimum)
3. SAT/ACT scores
4. Leadership & life experience – co-curriculars and paid experience
5. Project-oriented community service

*Admission committees will also consider:*

1. Strength of your letters of recommendation
2. Strength of your personal statement/essay

# What does it take to be college-ready?

The "soft" skills...

- Enjoy the learning process
- Reflective and self-aware
- Knowing what motivates you
- Self-advocate
- Strong, professional communicator
- Enjoys engagement in community

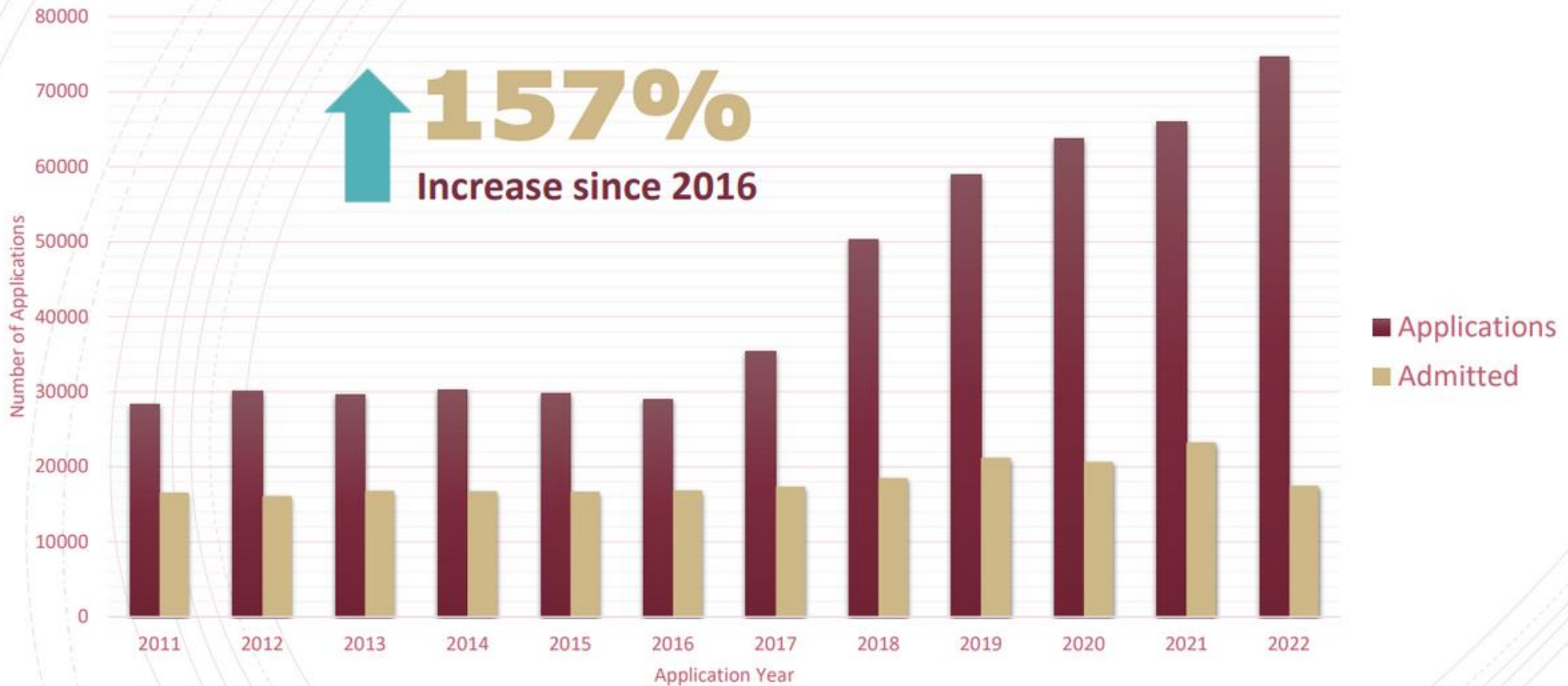


A vibrant photograph of a Florida State University campus. In the background, a prominent red brick building with a distinctive tower and crenellated roofline stands under a clear blue sky. The foreground is filled with lush greenery, including large palm fronds on the left and several bright pink flowers on the right. A semi-transparent maroon banner is overlaid across the middle of the image, containing the text.

# Florida State University Admissions Updates 2022



# First-Year Application Numbers



\*Note: 2022 data as of 2/14/2022. Application deadline is March 1<sup>st</sup>.

# Holistic Review Process

First-Year admission is a holistic and selective process, and no single criterion guarantees admission. Rather, we consider a range of factors. Every application receives at least one read, with applicants in the middle 50<sup>th</sup> percent receiving additional holistic review(s). Subjective holistic scoring is combined with our objective analysis of the academic record to determine final decisions.



## ACADEMICS

Academic performance, grade trend, rigor of curriculum, test scores.



## ESSAY

Goals, experiences, personal stories of resilience that have significantly impacted the student's life.



## RESUME

Extracurricular activities, community service, employment, special recognitions.

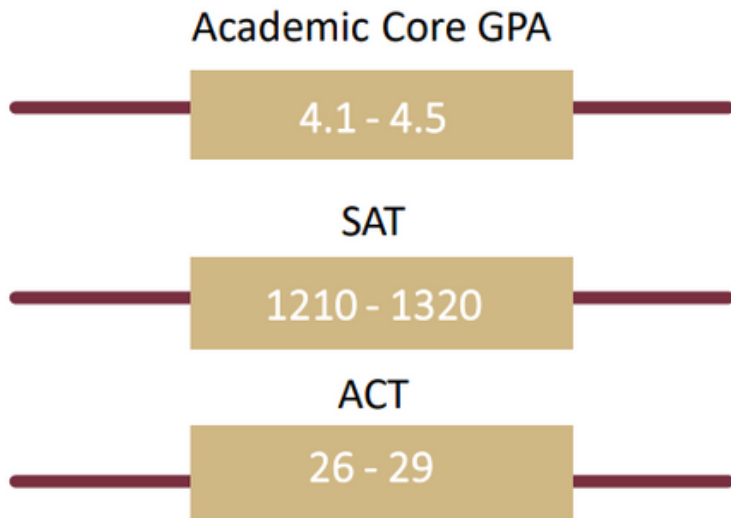


## CONTEXTUAL DATA

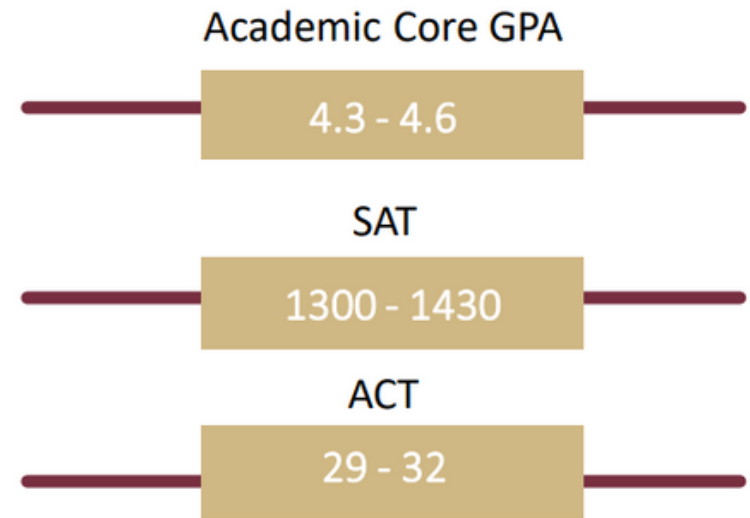
Consider the applicant in the context of their neighborhood and high school.

# Admitted Student Profile

## Summer 2022 Admitted Student Profile



## Fall 2022 Admitted Student Profile



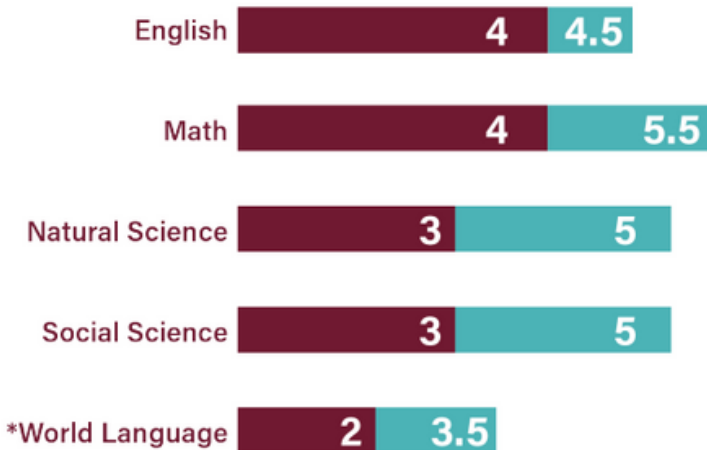
# Admitted Student Attributes

## Top Areas of Study



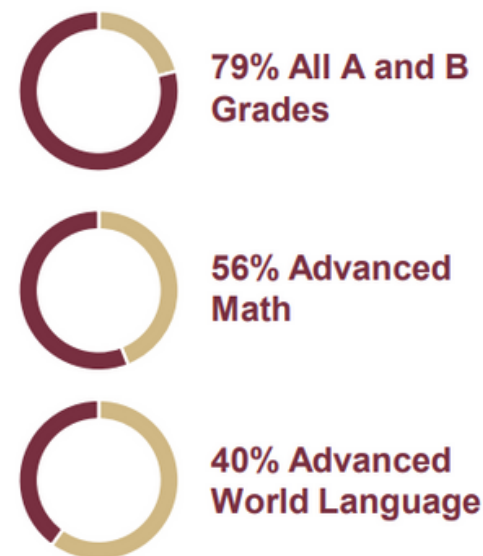
## Average Course Units

Minimum Academic Course Units  
Average Course Units for Accepted Students



*\*Two sequential units of one World Language are required.*

## Course Attributes



# The Ascend Way

## *A system of multi-level support.*



### **Build Community**

Ascend t-shirts, Instagram page and Remind account dedicated to Ascend Program with direct contact line to Ascend Coordinator, family nights with grade-appropriate information on where students should be on college preparation timeline and how to support your students, access to mental health counseling to address common concerns like academic burnout.

### **Rigorous Academic Preparation**

Personalized path to CollegeBoard Capstone diploma eligibility, SAT/ACT preparation targeted toward high-achieving students, collaborative study opportunities for AP tests.

### **Personalized Approach to College Application Timeline**

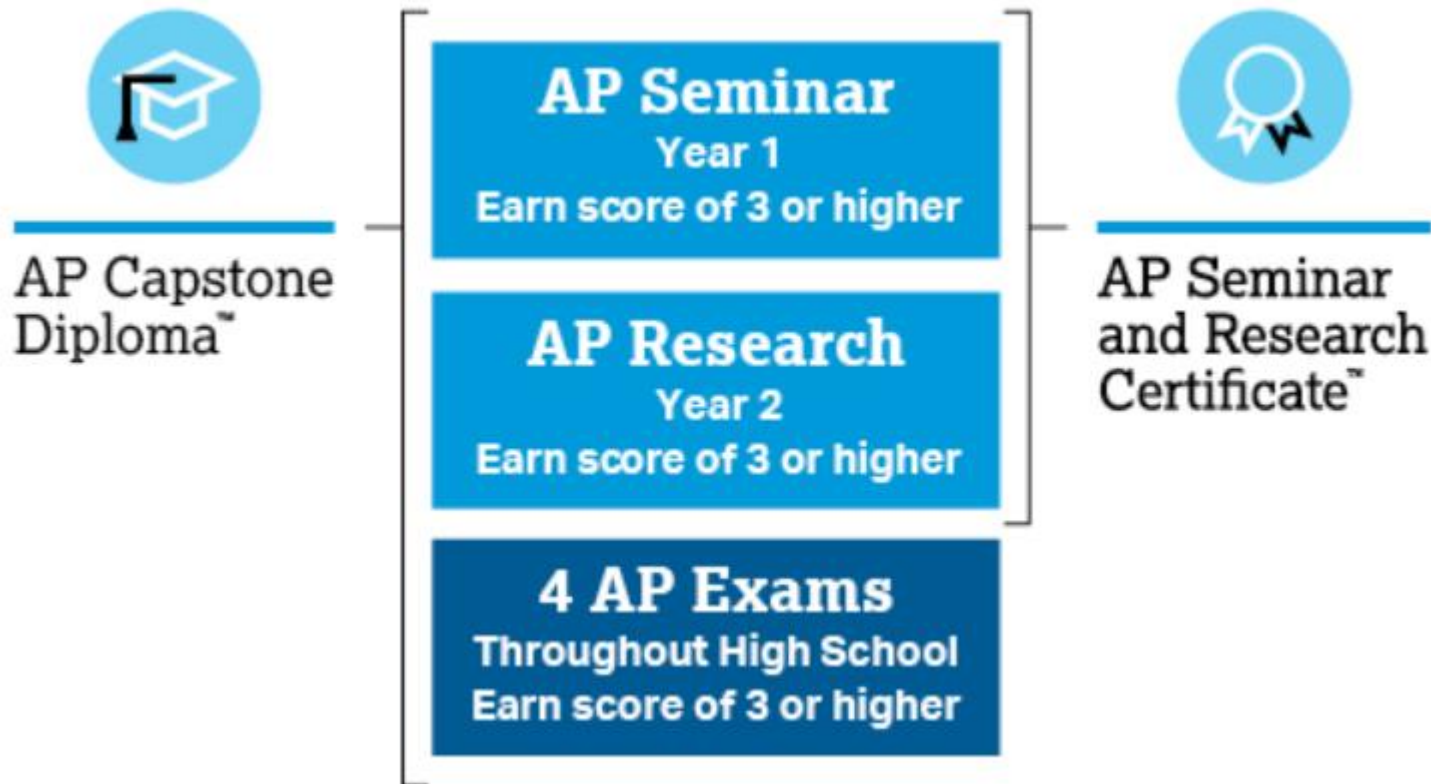
College counseling with Mrs. Malfara geared toward top 100 college guidelines - co-curriculars, community service, financial aid/scholarships, college essays, and application timelines.

Virtual and in-person college visits.





# What is AP Capstone?



# Why Capstone?



"AP Capstone helps students develop key skills that they will use over and over in college: conducting research and communicating their results."

— *Stu Schmill, Dean of Admissions and Student Financial Services, Massachusetts Institute of Technology*

# High School at a Glance:

## *Freshmen Year*



- Academics:

- AP World History or AP Human Geography
- Honors math, science, ELA
- Foreign language (you must have a minimum of 2 years of the **same** language, preferable 3-4 before you graduate for admission to 4-year colleges)
- Start your CTE pathway, ROTC, PE, AVID, and/or electives in the arts

- Co-Curriculars:

- Explore clubs and sports that interest you. *Don't be afraid to put yourself out there! Now is the time to try new things and learn more about what you like and don't like.*

- College Prep:

- Use Xello to start researching colleges, careers, and majors of interest

# High School at a Glance:

## *Sophomore Year*



- Academics:
  - AP science, math, ELA, history, and/or elective classes – **tailor this to YOU!**
  - Foreign language if completing 3-4 years
  - AP Seminar (*class of 2025 and 2026 only*)
  - Continue with your CTE pathway, ROTC, AVID, and/or electives in the arts
- Co-Curriculars:
  - Community service - 100 hours minimum for high school career
  - Start narrowing down and consistently engaging in activities you enjoy
  - Take on leadership tasks when possible
- College Prep:
  - ACT/SAT prep
  - Tour colleges you are most interested in
  - Continue to use Xello to research colleges, careers, and majors of interest

# High School at a Glance: *Junior Year*

- Academics:
  - AP science, math, ELA, history, and/or elective classes – **tailor this to YOU!**
  - Foreign language if completing 3-4 years
  - AP Seminar (*class of 2023 only*)
  - Continue with your CTE pathway, ROTC, AVID, and/or electives in the arts
- Co-Curriculars: *This is the last full school year to show colleges what you're made of!* **Think about the differences you want to make in your community and work toward making it happen!**
  - Wrap up community service hours and experiences you want on your college application
  - Step up into leadership roles in your clubs and sports
  - Part-time work
- College Prep:
  - ACT/SAT prep
  - Tour colleges you are most interested in
  - Continue to use Xello to research colleges, careers, and majors of interest – **you should have a good idea of about 5 schools you're interested in and what their admission requirements are**



# High School at a Glance:

## *Senior Year*



- **Academics: YOU STILL NEED A FULL, RIGOROUS COURSE LOAD YOUR SENIOR YEAR.**
  - AP science, math, ELA, history, and/or elective classes – **tailor this to YOU!**
  - AP Research
  - Foreign language if completing 3-4 years
- **Co-Curriculars:**
  - Continue what you started. *Enjoy your last year of high school student involvement 😊.*
- **College Prep:**
  - Take ACT/SAT one last time in the fall
  - Submit all college applications by October
  - Complete FAFSA in October
  - Tour colleges you are most interested in to help you narrow down your list
  - Apply for scholarships (2/month minimum)

# Tips for Success

- All -
  - STAY. CONNECTED.
  - Ask questions & keep lines of communication open
  - Activities = QUALITY > QUANTITY
- Students -
  - Don't go at it alone
  - Get to know teachers and staff you connect with/enjoy
  - Focus on your interests/strengths - you cannot do it all. *Your journey will look different than your peers.*
- Family members -
  - Stay connected
  - Learn what to expect from your student and how to support them
  - Focus on the learning, not the "As"

**Thank you for  
being here  
today!**

#PHSAscendAcademy

#RepTheP

