

Rockford Lutheran Freshman College Night

MISSION STATEMENT:

Rockford Lutheran School provides an exceptional college preparatory education in a challenging and inspiring Christian environment

Rockford Lutheran Core Values

- Christ Centered
- Excellence
- Service
- Harmony

Staying connected with your student.

Families can help their student address

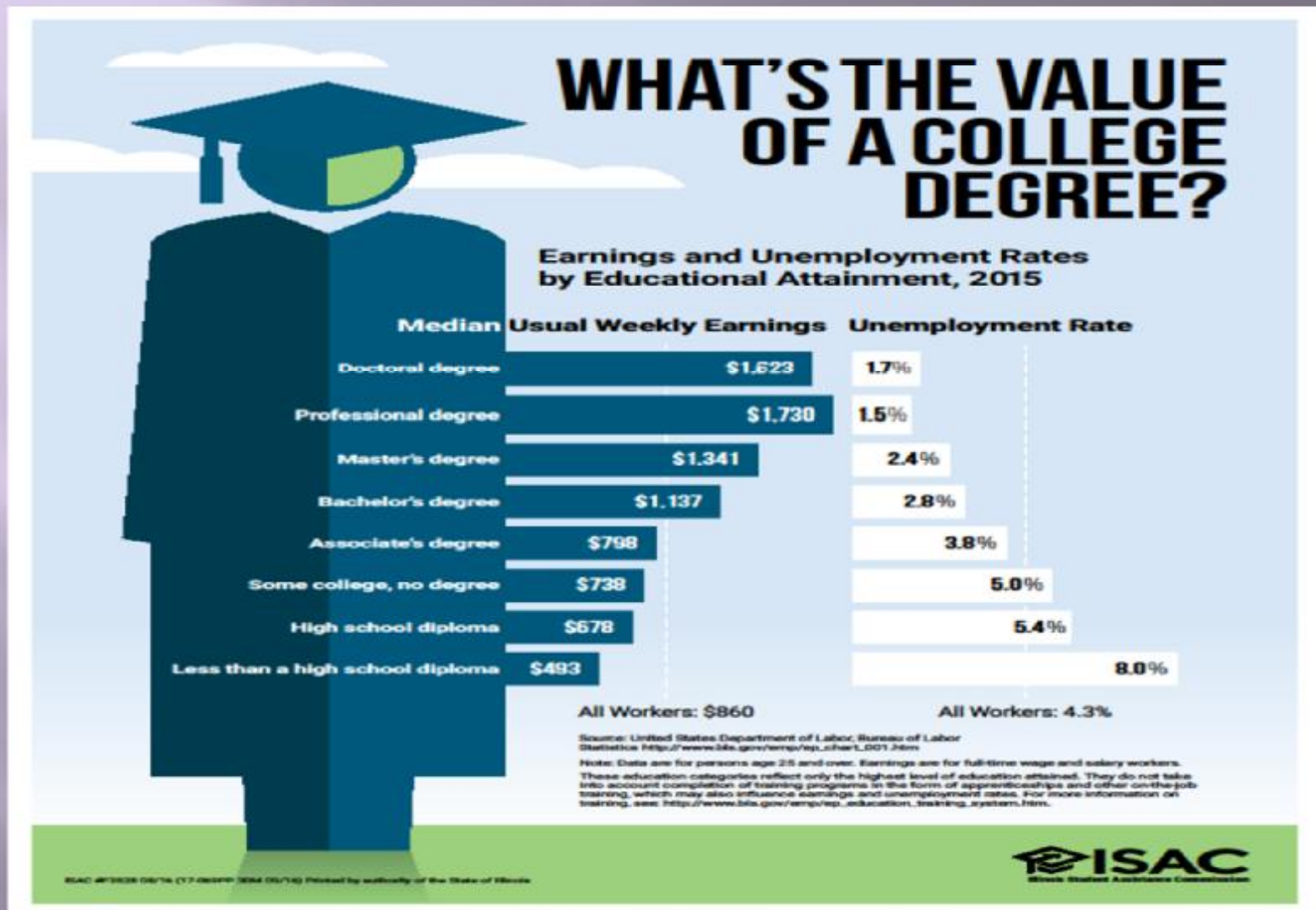
academic and personal pressures and changes by:

1. Talking to your student to help him/her become aware of stresses, both academic and personal.
2. Limiting distractions when students' study.
(monitor TV, phone and internet use)
3. Encouraging time-management skills.
4. Promoting daily physical activity, nutritious meals, and adequate sleep.
5. Monitoring after school activities.

Staying connected with your student.

6. Clearly state values and acceptable behaviors.
7. Setting healthy limits without being too rigid or strict.
8. Offer perspective and focus when young people feel overwhelmed by physical and emotional changes they are experiencing and help them understand real and perceived pressures.
9. Celebrate your students' academic and extracurricular successes and provide positive involvement by attending school and community events.
- 10. Pray for them.

Education Pays



What do the colleges want?



Georgetown
UNIVERSITY



Washington
UNIVERSITY IN ST. LOUIS



HARVARD UNIVERSITY

Yale

TUFTS

BROWN UNIVERSITY
PROVIDENCE, RHODE ISLAND

1. Grade Point Average (GPA)

- Grading Scale

- A 92-100

- B 83-91

- C 74-82

- D 65-73

- F 64 and below

- GPA Points

- Honors Classes

- A 5

- B 4

- C 2

- D 1

- Regular Classes

- A 4

- B 3

- C 2

- D 1

2. What classes did you take?

- Honors Classes
- Advanced Placement Classes
- Dual Credit Classes
- 13th Year Program

2. What classes did you take?

- 4 Years of English
- 4 Years of Math/Science
- 2 years Foreign Language
- 3 years Social Studies
- 1 year Fine Arts
- (4 Years Religion)
- (3 semesters of Physical Education, 1 semester Health)

3. ACT Scores

SCHOOL	ENGLISH	MATH	READING	SCIENCE	COMPOSITE
RLS (2016)	22.2	21.4	23.1	22.2	22.9 (24.4/27.5)
Illinois	20.0	20.6	20.5	20.4	20.5
205 (2015)	17.4	18.4	18.6	18.4	18.3
National	20.1	20.6	21.3	20.8	20.8
Boylan					22.9

4. What did you do outside the classroom?

1. Sports
2. Drama
3. Leadership
4. Clubs
5. Outside the school

Create an Academic Portfolio

- Save samples of your student's best work in core academic subjects and in the arts.
- Record completion date and course title on each work.
- Keep everything in a folder or portfolio, including records of any awards or honors and the dates received.
- Consider creating an electronic portfolio.

Develop extracurricular interests

- Extracurricular interests enable students to discover their talents and develop their skills.
- Interests can develop in athletic, academic and community service.
- Students can participate in interests at school and community.
- Extracurricular interests build confidence, create an identity and encourage students to see relationships and connections between what they learn in the classroom, their outside activities, and their future employment and leisure activities.
- Help students to learn to work collaboratively and independently.
- Students can share and develop talents and interests by volunteering in their community.
- Students and parents should maintain extracurricular records in middle school and high school.

High School Timeline-9th

- Hone study skills
- Develop a 4-year academic plan
- Get involved in extra-curriculars
- Start keeping a list of awards and activities
- Connect with at least one faculty member
- Grow your GPA

High School Timeline-10th

- Pick the most challenging classes you can
- Practice ACT (See Counselor's Corner)
- Start searching out majors/interests
- Continue involvement in extra-curriculars
- Grow your GPA
- Start developing your college list (See Counselor's Corner).

High School Timeline-11th

- PSAT (October)
- ACT (April/June) or SAT (March/May)
- Lead or initiate an extracurricular activity
- AP U.S. History, DC Psychology,
- Take Two science classes
- Continue search of major/interests
- Start thinking about teacher recommendations for college
- Rough drafts of college essays (summer)
- College visits (summer)

High School Timeline-12th

- Continue pre-college testing (Sept/Oct)
- Lead or initiate an extracurricular activity
- Ask teachers for recommendations (Sept!)
- Narrow down college lists
- Complete college essays
- College visits
- Apply to college! (Nov 1 – Feb 1)
- AP Calculus, DC Stats, DC Science, DC Govt./Econ., DC English, etc.

A Common Question I Get: (From SendEdu)

- Please answer the following questions:
- 1. Has the applicant been found responsible for a disciplinary violation at your school from 9th grade forward whether academic or behavioral, which resulted in the applicant's probation, suspension, removal, dismissal or expulsion from your school?
- 2. To your knowledge, has the applicant ever been convicted of a misdemeanor, felony or other crime?
- 3. If you answered yes to either or both questions, please explain the circumstances on the following page.

Where to I begin?

- .. www.rockfordlutheran.org
 - ı Counselor's Corner
- .. [A helpful parenting message from Peter Benson](#)
 - ı <https://www.youtube.com/watch?v=TqzUHcW58Us>

A portrait of a young man with short brown hair and blue eyes, smiling warmly. He is wearing a black dress shirt and a blue and white striped tie. The background is plain white.

What Is Reiss Profile™ ?

The world's first scientifically
proven test that measures
what motivates you

