



Stuyvesant High School

Welcome Sophomore Parents!

歡迎十年級的家長們!

November 8, 2023

Communicating and getting to know each other

溝通並认识彼此




Stay informed!
Stuyvesant's Linktree:

https://linktr.ee/stuyvesant_nyc

隨時了解情況！
Stuyvesant 的鏈接樹

https://linktr.ee/stuyvesant_nyc



Early College Awareness

早期大学意识

Jeffrey Makris, Director, College Office
先生, 大學辦公室主任

Let's start with some good news

讓我們從一些好消息開始

- Stuy is deeply respected by colleges across the US and beyond.
Stuy 深受美國及其他地區大學的尊重。
- 97% of our recent graduates enrolled in college: 96% attend four year colleges.
97% 的應屆畢業生入讀大學:96% 就讀四年制大學。
- Most of these students attend colleges with highly successful outcomes.
這些學生中的大多數進入大學並取得了非常成功的成績。
- The average four year college in the US admits about 70% of their applicants.
美國的四年制大學平均錄取了約 70% 的申請者。
- Our students feel very well prepared for the challenges of college.
美國的四年制大學平均錄取了約 70% 的申請者。

The not- so -good news...

不太好的消息



- Application volume to highly selective colleges has exploded since 2020: the most selective colleges are more selective than ever. **自 2020 年以來，高選擇性大學的申請量呈現爆炸性成長：高選擇性大學的選擇性比以往任何時候都高。**
- Attending Stuyvesant does not guarantee admission anywhere. **就讀史岱文森並不保證任何地方都能被錄取。**
- While we send students to some of these colleges, most of our students do not attend colleges with single digit admit rates. **雖然我們將學生送到其中一些大學，但我們的大多數學生並沒有進入錄取率只有個位數的大學。**
- *Adjust your expectations and be open to other colleges!*
調整你的期望，向其他大學開放！

In case you don't believe me...

如果你不相信我...

<u>University</u> 大學	<u>Admit Rate 2017</u> 2017年錄取率	<u>Admit Rate 2023</u> 2023年錄取率
Harvard College 哈佛大學	6%	3.45%
New York University 紐約大學	33%	8%
Northeastern University 東北大學	28%	6.8%

First, what your kids DON'T need to do yet...

首先，你的孩子還不需要做什麼...

Stuyvesant HS is a pressurized academic environment; college planning need not add to that stress in the 10th grade. 史岱文森高中學習環境壓力很大；十年級生還未需要因為大學規劃而平添壓力。

- Students don't need to know where, or how, they'll apply. 學生不需要知道他們在哪裡以及如何申請。
- They don't need to identify an intended major. ○他們不需要擬定主修专业。
- They don't even need to take the ACT or SAT yet. ○ 他們甚至仍未需要參加ACT或SAT考試。

It is okay if they wish to start exploring potential colleges, careers, or majors, but uncertainty or confusion at this point is totally normal. 他們可以開始探索有潛在興趣的大學，職業或主修专业，但他們在此時表現出不確定或混亂也是正常的。

College Counseling at Stuy

史岱文森高中提供的大學諮詢



- Freshman presentations in spring, sophomore presentation in January (date tbd)
春季的9年級講座, 一月份的10年級講座(日期待定)
- Begins in depth in winter of the junior year.
十一年級生會在二月開始深入學習
- Junior program starts with class presentations/webinar for parents.
初級課程從家長的課堂演示/網路研討會開始。
- Families/individual juniors meet with assigned college counselors starting in January/February.
家庭/十一年級生個人在二零二零年二月開始與指定的大學輔導員會面。

College Counseling at Stuy

史岱文森高中提供的大學諮詢



- Our college fair for juniors & parents is held in late April/early May; many admissions reps come to Stuy in the fall to meet with seniors.
我們為大三學生和家長舉辦的大學博覽會於四月底/五月初舉行；許多招生代表在秋季來到斯圖伊與高年級學生會面。
- Resources for the college essay are provided to juniors in June and a virtual workshop about the essay is held for seniors over the summer.
六月向三年級學生提供大學論文資源，並在夏季為高年級學生舉辦關於論文的虛擬研討會。

College Counseling at Stuy

史岱文森高中提供的大學諮詢



- The fall of senior year includes group presentations for students & parents on admissions & financial aid.

十二年級的秋季將舉行為學生和家長舉辦的大學招生和經濟援助討論會

- College counselors check in with each senior and are available to parents by email/phone as needed

大學輔導員與每位十二年級生跟進，並在全年通過電子郵件/電話向家長提供協助

What should you and/or your child be doing now?

你和你的孩子现在应该怎么做？

- Take care of emotional well being and engage in classes as best they can
照顾好自己情绪, 尽可能地参与到课程中来
- Activate Naviance account and ensure parents have active accounts.
激活Naviance帐户并确保父母有帐户。
- Perform their best in each class; take challenging classes.
在每门课中尽力而为; 参加有挑战性课程。
- Get deeply involved in activities of interest outside of the classroom.
深入参与课堂以外的兴趣活动。
- Establish positive relationships with teachers and school (guidance) counselor.
与教师和学校(指导)顾问建立积极的关系。
- Plan on preparing for ACT or SAT and taking at some point next year (PSAT this spring and next fall)
准备ACT或SAT考试并明年某个时候参加考试

What should you and/or your child be doing now?

你和你的孩子现在应该怎么做？

- Arrange for a productive summer activity
安排一个富有成效的夏季活动。(见25页)
- Begin to explore potential colleges or majors this summer (campus visits, web tools, etc.)
在今年夏天和明年开始研究潜在大学或专业(校园访问, 网络工具等).
- Review College Office Handbook next fall.
明年秋季回顾大学办公室手册。

Upcoming College Counseling Events for “youngsters” at Stuy

即將到來的大學輔導活動，適合低年級學生出席

- Spring Into Admissions Panel 進入招生小組



Williams



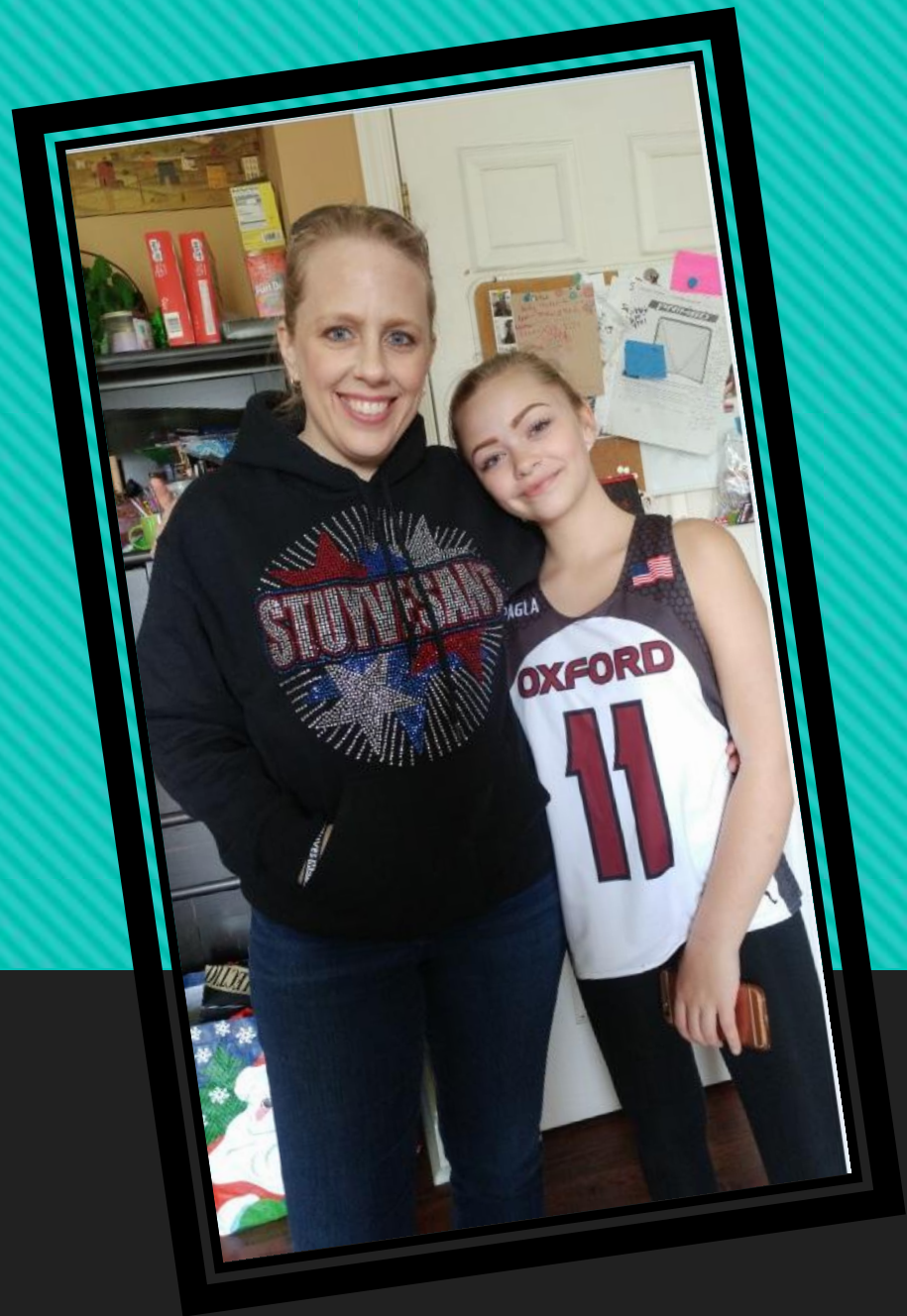
- Check your email/weekly updates for other events throughout the year!

檢查您的電子郵件/每週更新全年其他活動！

What's most important? 什麼是最重要的？



- Avoid fixating on prestige & hyper selective colleges; attending a prestigious college is NOT a prerequisite for success.
避免專注於名牌大學和選擇性過高的大學；進入名牌大學並不是成功的先決條件。
- Read Frank Bruni's "Where You Go is Not Who You'll Be"
閱讀弗蘭克布魯尼 (Frank Bruni) 的《你去的的地方並不代表你會成為什麼樣的人》
- Become familiar with some of the facts/resources at:
<https://lesshighschoolstress.com/>
熟悉一些事實/資源：<https://lesshighschoolstress.co>



为什么青少年喜怒无常

Teenagers & Freedom: New Found Independence and Our Role as Parents

Adjusting to greater freedoms as teenagers grow, increasing communication, and red flags

隨著青少年的成長而適應更大的自由，
增加溝通和辨認危險信號

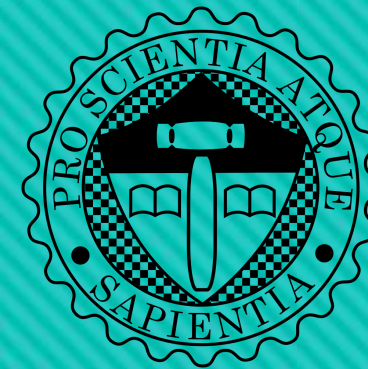
青少年與自由:

新發現的獨立與我們
作為家長的角色



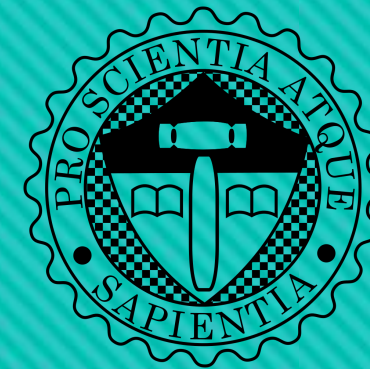
Teenage Desires for Freedom

青少求年對自由的渴求

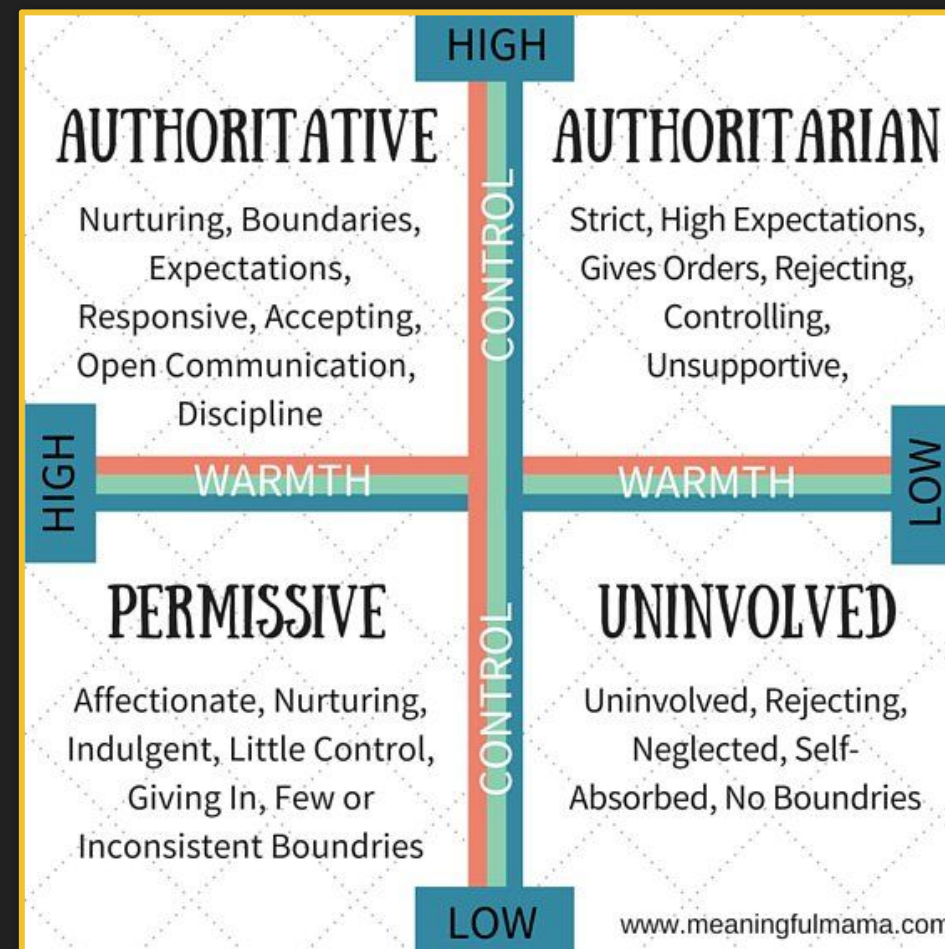


What Kind of Parent Am I?

我是一個什麼類型的家長？

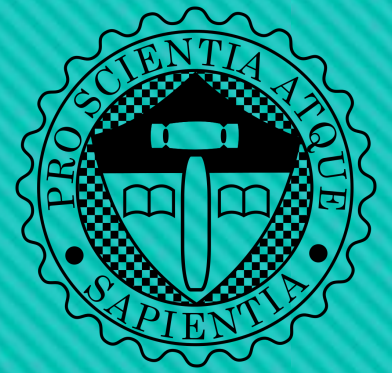


Let's take a little quiz!
我們做一個小測驗吧！



Letting Go...

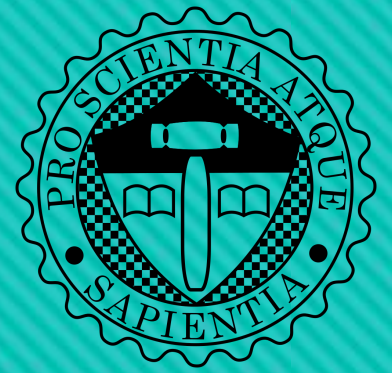
放手



- ❖ **Set boundaries for yourself; practice giving your child space to grow.**
為自己設定界限; 練習讓孩子有成長的空間
- ❖ **Give your child a chance to master tasks alone and learn from mistakes.**
讓孩子有機會獨自執行任務並從錯誤中吸取教訓
- ❖ **Trust that the values you've instilled will inform their decisions.**
相信您灌輸的價值觀將幫助他們做出決定
- ❖ **Acknowledge you've done your best & that the hands-on phase of parenting slows down.**
承認您作為家長已經做到最好, 親身看顧的階段已經逐漸放緩
- ❖ **Treat the letting go process as a transitional loss and grieve accordingly.**
將放手過程視為過渡性損失, 適當悲傷是可以的
- ❖ **As your child matures, rebuild a new relationship that is less about dependency and more about mutual respect, admiration, and a celebration of a budding, capable young adult.**
隨著孩子的成長, 重建一種新的關係, 這種關係不再取決於依賴, 更多的是相互尊重, 欽佩, 以及慶祝一位嶄露頭角, 有能力的年輕人

...Yet Setting Limitations

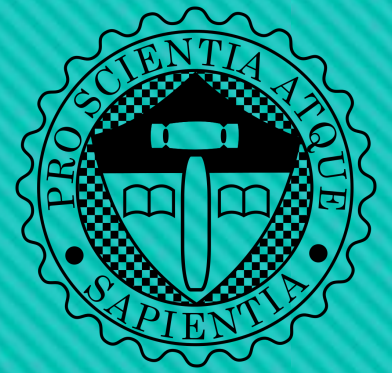
...但仍要設定限制



- ❖ **Allow for rules and consequences.** 允許規則和後果
 - The rules for a teenager need to let them explore, without giving them more room than they can handle.
青少年的規則需要讓他們探索，而不給他們過多的空間而無法應付
- ❖ **Be firm and consistent with rules.** 堅定並遵守規則
 - You have to provide security and safety, and model that you can set firm limits and boundaries. Your ability to be consistent earns you respect. You must learn how to have clear boundaries in your own life in order to model appropriate boundaries to your teen.
您必須提供安全以及可以設置限制的典範。您的一致性會贏得尊重。您必須學會如何在自己的生活中有明確的界限，以便為青少年建立適當的界限
- ❖ **Remember your role.** 切記您的角色
 - Your teens may be smart, independent, and ready to fly the coop, but they still need you. Your role may have changed slightly, but you are still their parent.
您的青少年或許很聰明，獨立，並準備翱翔萬里，但他們仍然需要您。您的角色可能略有改變，但您仍然是他們的家長

Warning Signs

危險信號



- ❖ Your teen suddenly stops spending time with all of their old friends and begins socializing with an entirely new group
您的孩子突然停止與他所有的老朋友見面，並開始與全新一群人進行社交活動
- ❖ Sudden drop in school performance, or cutting classes.
學業表現突然下降，或跳堂
- ❖ Changes in your teen's tone, mannerisms, or the way they speak.
孩子的語氣，習慣或說話方式有變化
- ❖ Your teen is suddenly sullen, withdrawn, or secretive.
您的孩子突然悶悶不樂，孤僻或變得神秘
- ❖ Your teen gets phone calls at odd hours.
您的孩子在異常的時刻接聽電話



**Love the child you have,
not the child you wish you had.**

爱你擁有的孩子，而不是你希望擁有的孩子。

If you could have any superpower, what would it be and why would you choose it?
如果你可以擁有某種超能力，你會選擇什麼？為什麼要選擇它？

If you could have dinner with a fictional character, who would you choose and why?
如果你可以和一個虛構人物共進晚餐，你會選擇誰，為什麼？

What's your first memory of your childhood?
你對童年的第一個記憶是什麼？

If you could travel back in time, to be an invisible witness to an historic event, what would you choose and why?
如果你能回到過去，成為歷史事件的隱形見證者，你會選擇什麼？為什麼？



Naviance Overview

Naviance的概覽

Tonight, we will answer these questions: 今晚, 我們將回答以下問題:

- How do I access it? 如何進入網站?
- What can I do with it? 我能在網站內做什麼?
- How does it help college and career planning? 這個網站如何幫助孩子的大學和職業規劃?



What is Naviance?

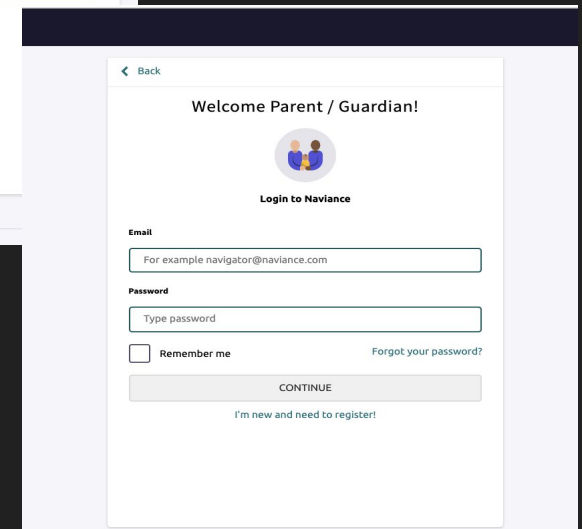
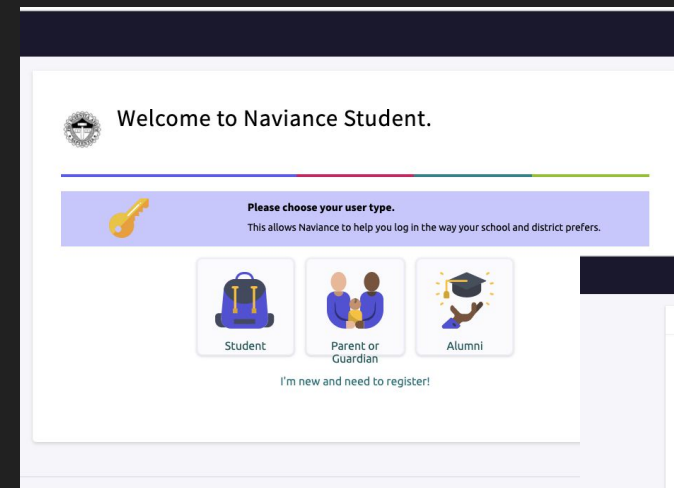
什么是Naviance?

- Naviance is a web-based tool; Naviance是一個網站
- school-specific 学校专用
- used by college counselors, students & parents through the entire college process
由大学辅导员、学生和家長在整个申请大学过程中使用。
- builds a history of Stuyvesant application trends and acceptance histories
建立一个史岱文森申请趋势和接受历史的历史
- used to submit documents to colleges
用于向大学提交文件

How do parents access Naviance?

如何進入Naviance?

- Students must add parent emails **AND** alert the College Office.
 - Instructions appear on student login and School website.
 - Parents receive a temporary password via email from the College Office, to access Naviance on the web.
- 學生必須添加家長電子郵件並提醒大學辦公室。
 - 說明出現在學生登錄名和學校網站上。
 - 家長可以通過大學辦公室的電子郵件收到臨時密碼，以訪問網絡上的Naviance。



student.naviance.com/stuyvsant

What Can I do with Naviance?

Naviance我能做些什么？



- Document Resources

You can access Information from the College Office, College Office Presentations, Scholarship information and more all in Document Resources.

- 文件資源

您可以在文檔資源中訪問大學辦公室的信息，大學辦公室的演示文稿，獎學金信息等等。

The screenshot shows the Naviance user interface for Elizabeth Hughes. A red arrow points from the Naviance logo in the top right to the user profile icon (EH) in the top right navigation bar. Another red arrow points from the user profile icon to the 'Documents and Notes' dropdown menu. The menu includes options like 'Document Resources', 'Resume', 'Goals', 'Portfolio', 'Journal', 'Test Scores', 'Documents Shared with Me', and 'Surveys'. Below the menu, a table titled 'Documents Shared With Everyone' is visible, listing folders like 'College Office', 'Scholarship Applications', and 'SLT meeting minutes' with their respective file sizes and 'VIEW' links.

Folder	Files	Sizes	Action
College Office		38.01 MB	VIEW
Scholarship Applications		907.06 KB	VIEW
SLT meeting minutes		770.82 KB	VIEW

What Can I do with Naviance?

Naviance我能做些什么？



- Your messages

Information sent to students/parents from the College Office appears on the homepage as messages; click and read!

- 您的留言

從大學辦公室發送給學生/家長的信息以消息形式顯示在主頁上；點擊閱讀！

You are viewing Naviance Student as Elizabeth Hughes

Naviance Home Self-Discovery Careers Colleges Planner

Messages

22 Messages (22 New)

	From	Subject
NEW	JEFF MAKRIS	IMPORTANT INFO FOR GE
NEW	JEFF MAKRIS	UPDATE ON STONY BROO
NEW	JEFF MAKRIS	CLARIFICATION RE; TEACH
NEW	JEFF MAKRIS	IMPORTANT' ENTER EARLY
NEW	JEFF MAKRIS	IMPORTANT INFO FOR MA
NEW	Allison Kleiman	College Office: Financial A
NEW	JEFF MAKRIS	MORE FREE APPLICATION
NEW	Allison Kleiman	Stuyvesant College Office
NEW	JEFF MAKRIS	ALL STUDENTS CAN APPL
NEW	JEFF MAKRIS	COLLEGE APPLICATION FE
NEW	JEFF MAKRIS	SENDING ACT & SAT

Welcome to Naviance

Naviance is a college & career research and planning tool for Stuyvesant students, parents, and counselors. Naviance includes of hundreds of colleges and keeps track of college admissions information from Stuyvesant's recent graduating classes for any institution with whom we have an application history. Our college counselors will use

How does Naviance help college & career planning?

Naviance如何帮助大学和职业规划？

You are viewing Naviance Student as Elizabeth Hughes

Naviance

Home Self-Discovery Careers **Colleges** Planner

Elizabeth's Future Planning

- College Home
- Find Your fit
 - SuperMatch College Search
 - College Events
 - Scattergrams
 - Advanced College Search
 - College Lookup
- Research Colleges
 - Colleges I'm Thinking About
 - College Visits
 - College Compare
 - College Resources
 - Acceptance History
 - Enrichment Programs
 - College Maps
- Apply to College
 - Colleges I'm Applying To
 - Test Scores
- Scholarships & Money
 - College-Specific Scholarships
 - National Scholarship Search
 - Scholarship Search
 - Favorite Scholarships

Plan for life after high school and select the path that will lead to future success.

Your Fit Criteria

0 selected criteria

Select Criteria To

To refine your results criteria into the "Must Have"

No Results Yet

Search by College

Close



Location

- Search by state or region
- Search by distance

Type US State or Canadian Province...

Quick Selection: US Regions & Others

- Central
- Southeast
- Mid-Atlantic
- West
- Midwest
- US Territories
- Northeast
- Canada

CAMPUS SURROUNDINGS

- Large City
- Small City
- Suburb near Large City
- Suburb near Small City
- Town not near a City
- Rural

Saved Searches Choose one

Save Search Start Over

Must Have

A Must Have is anything you absolutely need to be happy and successful.

Nice to Have

A Nice to Have is anything that's important to you, but isn't an absolute must have.

Pick what to show

Pick what to show

Pick what to show

SELECT CRITERIA TO START

<p>Montclair State University Montclair, NJ, Town not near a City 4 year, Public PIN TO COMPARE</p>	<p>100%</p> <p>Why?</p>		<p>\$6,106 <i>In State (NJ)</i> \$16,659 <i>Out of State</i> Room & Board \$14,094</p>	
<p>Princeton University Princeton, NJ, Town not near a City 4 year, Private nonprofit PINNED</p>	<p>100%</p> <p>Why?</p>	<p>No Highlights Available</p>	<p>Tuition & Fees \$45,300 Room & Board \$14,770</p>	<p>Customize what you see here—Choose a category above</p>
<p>Virginia Commonwealth University Richmond, VA, Small City 4 year, Public PIN TO COMPARE</p>	<p>99%</p> <p>Why?</p>	<p>Photos/Videos on Profile</p>	<p>Tuition & Fees \$10,846 <i>In State (VA)</i> \$29,378 <i>Out of State</i> Room & Board \$11,609</p>	<p>Customize what you see here—Choose a category above</p>
<p>Lehigh University Bethlehem, PA, Small City 4 year, Private nonprofit PINNED</p>	<p>99%</p> <p>Why?</p>	<p>Photos/Videos on Profile</p>	<p>Tuition & Fees \$47,920 Room & Board \$12,690</p>	<p>Customize what you see here—Choose a category above</p>
<p>University of Delaware Newark, DE, Town not near a City 4 year, Public PIN TO COMPARE</p>	<p>99%</p> <p>Why?</p>	<p>Photos/Videos on Profile</p>	<p>Tuition & Fees \$11,540 <i>In State (DE)</i> \$30,960 <i>Out of State</i> Room & Board \$12,068</p>	<p>Customize what you see here—Choose a category above</p>
<p>East Carolina University Greenville, NC, Small City 4 year, Public PINNED</p>	<p>99%</p> <p>Why?</p>	<p>Photos/Videos on Profile</p>	<p>Tuition & Fees \$4,365 <i>In State (NC)</i> \$20,323 <i>Out of State</i> Room & Board \$9,241</p>	<p>Customize what you see here—Choose a category above</p>

Add schools-“Colleges I’m Thinking About” 加上我正在考慮的學校

Click the heart to “favorite the schools you are thinking about. This will add the college to your “Colleges I’m thinking about” list.

點擊大學名稱旁的心形圖案。這便把該校添加到你的“我正在考慮的學校”列表中。

In this section, you can see application deadlines, get direct access to college websites and see analyses of past applicants

在這個部分內，您可以查看申請截止日期，直接進入大學網站並查看過去申請者的分析

The screenshot displays the Naviance Student interface for Calvin College. At the top, there is a navigation bar with "HOME", "Colleges", "Careers", "About Me", and "My Planner". Below this, a search bar shows "Calvin College" with a heart icon and a red arrow pointing to it, indicating the "Add to Colleges I'm Thinking About" action. The college details include "Grand Rapids, MI, United States" and "www.calvin.edu". Below the details are tabs for "Overview", "Studies", "Student Life", "Admissions", and "Costs". The main content area features a grid of images representing campus life, with a pop-up window titled "Looking for Scattergrams?" providing information on how to find admission chances. Below the images, there are four data cards: "AVERAGE NET PRICE" at \$22,370 (with an income range of \$48-\$75K), "GRADUATION RATE" at 77% (within 6 years), "ACCEPTANCE RATE" at 75%, and "ROLLING DEADLINE" for August 15. The footer contains links for "Get to know the college", "Quick Facts", and "Website", along with the college's mission statement and website URL.

Compare Schools

比较学校



No Highlights Available

Tuition & Fees \$38,580
Room & Board \$14,968

Customize what you see here—
category above

COMPARE PINNED COLLEGES
CLEAR PINNED LIST

Tuition & Fees \$34,136

Customize what you see here—
category above

2 PINNED 0 THINKING ABOUT 1 APPLYING TO MORE

George Washington University

Virtual Tour Communicate Apply Online Learn More

Overview Studies Student Life Admissions Costs Spotlights

How you compare with others who have applied to George Washington University

This institution is a **Safety**: Your academic qualifications (GPA & test scores) are **above** the academic profile of students nationally who are typically enrolled at this institution.

You Your High School's Middle 50% of Accepted Students National Middle 50% of Enrolled Students

GPA Cumulative

No national data available

SAT Total

NATIONAL

ACT Composite

Metric	Your Score	High School Middle 50%	National Middle 50%
GPA Cumulative	91.79	91.11	93.93
SAT Total	1530	1490	1560
ACT Composite	32.5	31	35

Click 'pin to Compare' schools. Once you click schools; you can see how your student compares against others in Stuy and nationally.

点击'pin to Compare'学校。点击学校后;你可以看到你的学生在Stuy和全国范围内与其他人的比较。

Looking at Statistics; SAT/ACT

查看SAT / ACT公開試的統計

Yale University
New Haven, CT, United States
yale.edu

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NEXT DEADLINE

January
2

Fall 2024 Term
Regular Decision Deadline
See all deadlines

APPLICATION FEES

\$80

Freshman application

ACCEPTANCE RATE

6%

Check out Scattergrams to see how this relates to you

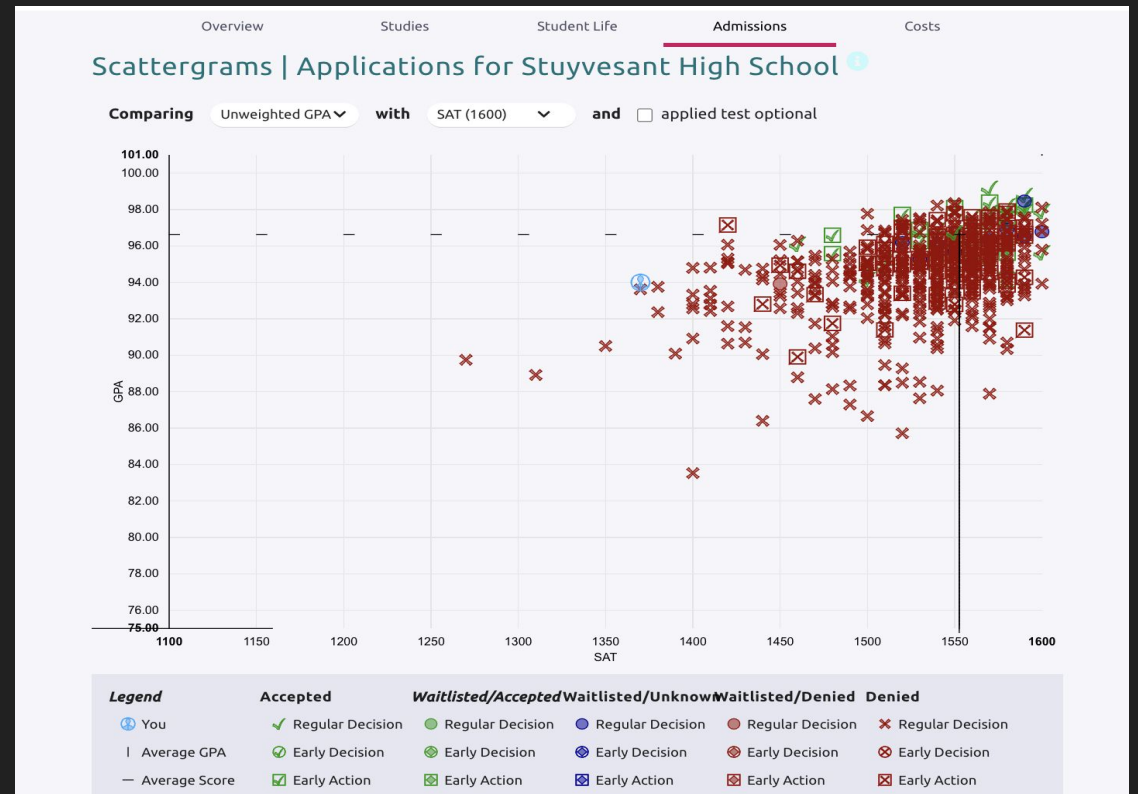
from 2022

IMPORTANT POLICIES

Competitive Admissions
No Early Decision
Notify By Date
Test Optional
Wait List

Your high school's application history

Year	Applied	Accepted	Enrolled
2023	241	14	10
2022	202	18	13
2021	219	15	11



Explore Careers

探索職業生涯



“Careers” tab will help you explore interests with your child.

“職業”選項內可幫助您與孩子一起探索孩子的興趣。

The screenshot displays the Naviance website interface. At the top, it says "You are viewing Naviance Student as Elizabeth Hughes". The navigation bar includes "Home", "Self-Discovery", "Careers", "Colleges", and "Planner". The "Careers" tab is selected, and a dropdown menu is open, showing options: "Self-Discovery Home", "Career Cluster Finder", "Career Interest Profiler", and "StrengthsExplorer®". A red arrow points to the "Career Cluster Finder" option. Below the navigation bar, the "Favorite Careers" section is visible, followed by "My Favorite Careers and Clusters" with a dropdown menu set to "All Types". The main content area shows the "Career Cluster Finder" tool. A red arrow points to the "Start Assessment" button. Below the button, there is a description: "The Career Cluster Finder helps you identify your interests and discover career clusters that contain careers that might interest you." Underneath, the "How it Works" section is partially visible, with two bullet points: "Tell Naviance activities that you like and dislike." and "Tell Naviance school subjects that you like and dislike."

For next year... “About Me”

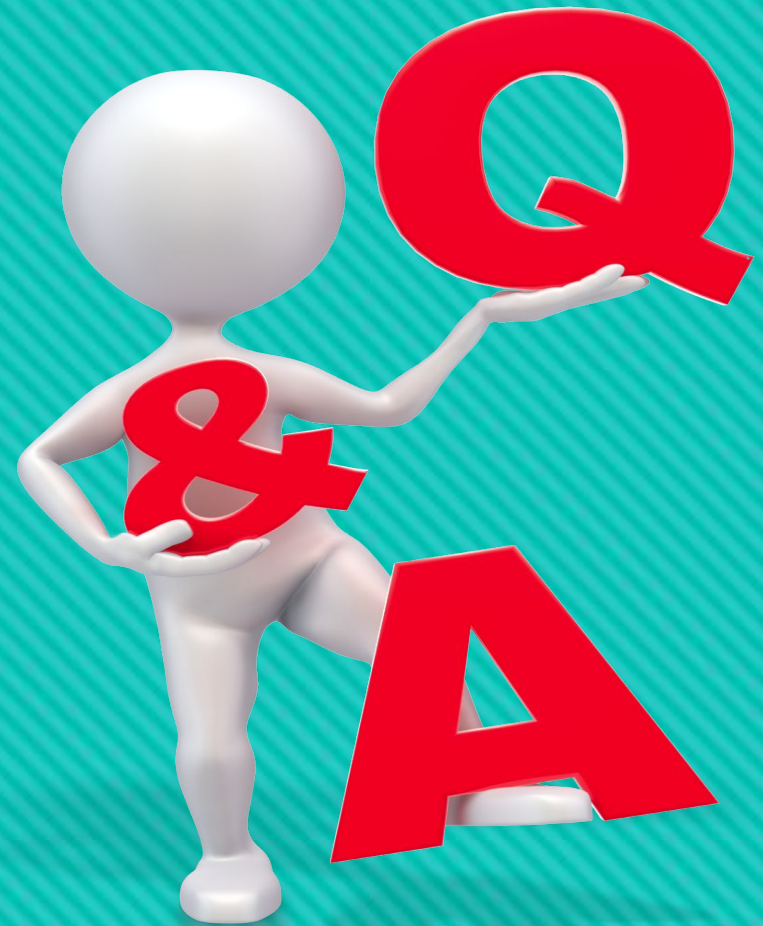
明年：關於我本人



- The “About Me” tab has a parent profile.
“關於我本人”選項內包括家長帳戶設定
- On the left side, Surveys will list the Parent Survey you will take in Junior year that will be read by the School Counselor when writing the Recommendation that will go with your child’s college applications.

在左側，“調查歷史”將會有您在十一年級進行的家長調查，大學輔導員將會閱讀和根據該調查撰寫推薦信，而這推薦信將隨您孩子的大學申請一起提交。

The screenshot shows the Naviance user interface. At the top right, there are navigation icons including a heart, a notification bell with '22', a question mark, and a user profile icon labeled 'EH'. Below this, a dropdown menu is open, showing options like 'About Me Home' (highlighted with a red arrow), 'Account', 'My Account', 'Documents and Notes', 'Document Resources', 'Resume', 'Goals', 'Portfolio', and 'Journal'. Below the menu, the user's profile is displayed: 'Elizabeth Hughes, Class of 2025'. At the bottom left, the 'My Surveys' section is highlighted with a red arrow, showing 'Surveys Progress' and a message: 'You haven't started any Surveys yet.' with a 'See all Surveys' button.



有問題嗎？