



October School Partnership Newsletter

From Caroline Clock



In this month's newsletter:

- **College Admissions Update.** Stay ahead with the latest buzz in college admissions.
- **Campus Spotlight.** A deeper look into one of the rising campuses across the country.
- **Students in the process.** Grade-specific guidance from expert college admissions coaches.

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College Admissions Update

Setting SMART goals

2025-26 Admissions season is in full swing!

It’s extremely exciting to say we are well into the 2025-26 school year. For some of you, this marks the beginning of your high school journey and for others you are actively submitting applications for a journey that soon awaits you!

As you continue through the first semester of school, setting goals is one of the best ways to stay motivated and on track throughout the school year. However, some goals can be easily forgotten.

We encourage you to create [SMART Goals](#). Make your goals:

- **Specific** - *What are you trying to accomplish?*
- **Measurable** - *How will you measure if you achieved this goal or not?*
- **Attainable** - *Are these goals that can be reached in a school year?*
- **Relevant** - *Do your shorter term goals align with larger goals?*
- **Timely** - *How quickly do you want to achieve these goals?*

We don’t want you to just forget about these goals! Keep them somewhere you’ll see them often and check in on your progress. Revisit them weekly or at the end of each grading period to measure how you’re doing and make adjustments if needed.

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Campus Spotlight



[Eastern Carolina University](#)

Want a campus where tradition, discovery, and pride all come together? East Carolina University may be the place for you!

East Carolina University (ECU), located in Greenville, NC, is one of the state’s largest universities and a place where energy, opportunity, and tradition come together.

They have 100+ undergraduate majors, including: Nursing, Business, Psychology, and Biology. You can also find more niche majors such as Maritime Studies, Public History, and Integrated Coastal Programs.

ECU ranks among the top tier for research nationwide. You have the opportunity to engage in hands-on research at the Coastal Studies Institute, located on the Outer Banks of North Carolina. They focus on interdisciplinary coastal and marine research, integrating fields such as engineering, health sciences, natural and social sciences. Check out why these waterways function the way they do and how to best conserve them!

Check [here](#) for more information on their Integrated Coastal Programs.

Interested in seeing ECU’s school culture for yourself? Check their official [TikTok](#) page for a look at campus life, student experiences, and fun moments that make Pirates unique!

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Students in the process

9th- Discover your passions early.

Your 9th grade year is the perfect time to explore activities that spark your interest. As college admissions become more competitive, starting early is going to set you apart!

Getting involved is about discovering what excites you in your school community and in your future career interests.

Key Tips:

- **Prioritize meaningful involvement:** Commit to one or two activities that genuinely interest you. Colleges value sustained involvement more than a long list of fleeting activities.
- **Try new things:** Use this year to test the waters. **Join a club** you’ve never considered or **try a new sport**. Every experience helps you understand yourself better.

Exploring activities helps build important life skills, ignite your passions, and open doors to future leadership. These organizations can make your high school experience meaningful.

10th- PSAT scores released.

Most 10th grade students take the PSAT in early October! Test scores are set to early in late October to early November.

You should use these scores to

- understand the structure of standardized tests that will be used for college admissions
- your college readiness based on your math and reading/writing scores.
 - 10th grade **Reading/Writing:430 Math:480**
 - 11th grade **Reading/Writing:460 Math:510**

The SAT will be an exam similar to PSAT you will begin taking in August of your junior year. Emphasize these exams as they will be crucial for college admissions.

To find more on the PSAT or SAT check out your [Collegeboard](#) account.

11th - College/University planning starts NOW!

As a junior, now is also the time to start thinking about college. Research schools that interest you, explore their programs, and begin preparing for the SAT or ACT using official practice materials.

When researching a school:

- **Check the universities or colleges website:** Look for *Admissions* or *About* sections to see what they have to offer academically and culturally.
- **Find the admitted student profile:** See average GPA, test scores, and other stats to know what the school looks for and how you are measuring up.
- **Compare schools:** Note GPA, score and programs to find the best fit. This will help you create a balanced college list in the spring.

Tip: Use this research to set goals and plan your courses/extracurriculars!

Remember they look at you holistically, not just your test scores or GPA.

12th - Finalizing your college list.

The activities list demonstrates your extracurricular and volunteer activities you have been working throughout all of high school. When filling out the Activities section of the Common App, it's important to describe your extracurriculars clearly and accurately!

Key Points:

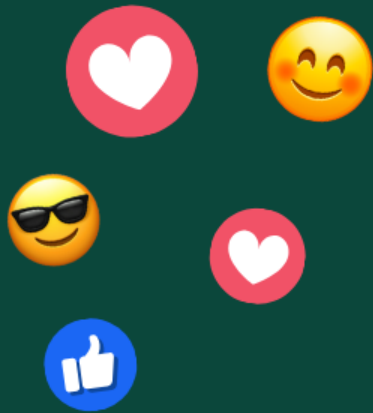
- Start each description with a strong action verb. Check out [Harvard's action verbs by skill set!](#)
- Maintain consistent formatting for all activities.
- **Quantify the impact** of each activity with specific numbers or measurable results.
- Highlight 2-3 distinct responsibilities you completed.

Remember, admissions officers review hundreds of applications, so clarity and specificity matter. Avoid vague descriptions like “club member” and instead show what you did and how you made a difference.

Your extracurriculars are part of your story! Make them count. Use this outline to draft your [activities list](#). Once this is completed , submit them to the Writing team to offer support on the descriptions.

Feedback

Tell us how we’re doing



If you have had an amazing experience with Prepory this year, feel free to share your thoughts here.

Feedback Survey

If you have more questions or interest in learning more, schedule a meeting below!

Book A Meeting

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