

Career Counsellor



Counsellor's Newsletter

SAFETY, REACH AND MATCH SCHOOLS

Creating a school list is an important–yet–tricky step in the college application process. A strategically constructed school list weighs your desire to attend reach schools–the institutions you dream about going to–along with safety schools where you’re very likely to secure admission. Consequently, the ideal school list is balanced between reach, target, and safety schools, allowing you to shoot for the stars while also ensuring admission into at least one school.

What Are Reach, Target, and Safety Schools?

“Reach,” “safety,” and “target” are common terms used in college applications to describe the odds a student has of getting accepted at a particular institution. Understanding these terms, and which categories colleges fall into, is a critical step in the application process.

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What are Safety, Reach and Match Schools?

Balance your applications out between the Reach, Match, and Safety schools on your list. So if you want to apply to 8 schools, weight your list like this:

- 3 Likely Schools
- 3 Target Schools
- 2 Reach Schools



Safety Schools

A college is considered a Safety school if your admissions test scores are above the 75th percentiles of students enrolled at the college.

Match Schools

A college is considered a good fit or a Match school if your admissions test scores are between the 25th and 75th percentiles of students enrolled at the college.

Reach Schools

A college is considered a Reach school if your test scores and GPA fall below the 25th percentile of students enrolled at the college.

What is a Reach School?

Reach schools are colleges where you have less than a 15% chance of admission (this is your personal chance of acceptance, not the school's acceptance rate). Keep in mind that schools with less than a 10% acceptance rate are reached for everyone. These schools are extremely competitive and even students with profiles that align or exceed those of accepted students cannot be confident they'll gain admission. A school may also be a reach if your grades and test scores are below the averages of accepted students.

What is a Target School?

A target school is a college where you have a 15–70% chance of admission. Within target schools, we split them up into hard targets (15–45% chance) and regular targets (45–70%). Unless the school is very selective, how your SAT/ACT score compares to its middle 50% test scores is a decent indicator of whether a school is a target (the middle 50% is the range of scores between the 25th percentile and the 75th percentile of accepted students). There are no guarantees of getting into a target school, but you should feel good about your chances of admission into a target school, though hard targets are definitely a bit iffier.

What is a Safety School?

Safety schools are colleges where you have a greater than 70% chance of acceptance. Having test scores better than the 75th percentile of students is a good indicator that a college is a safety school. Having a strong chance of getting into a college is a major factor when choosing a safety school, but you should also feel excited about it, and want to attend if you're accepted.

Factors that Impact Your Chances

Middle 50% test scores can suggest your odds at a particular institution, but the admissions process is far more complex than a single score and considers a variety of factors.

Grades and Test Scores

Grades and test scores play a considerable role in college admissions, making up over a third of what Top 250 colleges deem important. In addition to demonstrating a student's effort, determination, and aptitude, grades are also predictive of college performance. And it's not just not the grades you get, but the courses you take—colleges are interested in academically rigorous students who have pursued challenging coursework, such as AP classes.

Test scores also play a key role in college admissions, as they can confirm a student's grades and demonstrate preparedness for college. Test scores and grades are also used by highly selective schools that receive large numbers of applications to weed out weak candidates, though this has changed due to Covid test-optional policies.

Extracurricular Activities

Extracurricular activities are important criteria colleges use when deciding who to accept and can account for as much as a quarter of an admissions decision. Extracurricular activities give colleges perspective into who students are outside of the classroom and highlight a student's passions and interests. Try to focus on a few activities and dedicate yourself to them, rather than lightly involving yourself in a lot of different activities. Not all extracurricular activities are equal, however—the rarer and more impressive the activity, the greater sway it has with admissions officers. For example, winning a Jack Kent Cooke Young Artist Award is far more impactful than playing in your school's marching band.

Essays

Essays can also make up to a quarter of admissions decisions. Essays provide students a chance to show off their writing skills, craft a narrative about themselves, and wow admissions officers—a winning essay is personal, demonstrates what makes you special, and will leave a college hoping to have you on campus. In cases where an admissions decision is between two competing candidates, a great essay is often the tiebreaker.

Letters of Recommendation and Interviews

Letters of recommendation and interviews play a smaller role than factors like test scores, grades, and extracurricular activities in admissions—accounting for just 10% of an admissions decision. Having a relationship with a teacher, advisor, or coach who knows you personally and will tout your strengths can give your application a boost. Your college interview is another way to improve your prospects of admissions. Treat interviews seriously by preparing for them—prepare for common questions, know how to dress, ask the right questions yourself, and be sure to demonstrate a mature, college-ready attitude.

Other Factors: Financial Need, Major, and Ethnicity

In addition to the major metrics, a handful of smaller factors also are considered in college admissions.

Financial Need: Depending on what schools you're applying to, your financial need can factor into admissions decisions.

Need-blind colleges do not consider financial need in admissions, but need-aware schools do consider it. Hypothetically, at need-aware colleges, an admissions officer can use a student's ability to pay to make a selection between two competitive candidates.

Major: In general, your intended major will not play a significant role in admissions decisions, with the exception being students applying for competitive programs or different schools within a university. For example, the University of Washington has had an acceptance rate around 50% in recent years, but the rate for the computer science program is 25% for Washington residents, and just 2% for out-of-state applicants, which is even more selective than the overall rate at schools like Stanford and MIT.

Ethnicity: Since the Supreme Court overturned Affirmative Action in 2023, colleges are now forbidden from directly considering race or ethnicity in their admissions decisions. That said, colleges still want to accept diverse classes that include students from a variety of backgrounds, and they are allowed to indirectly factor in your racial or ethnic identity. For example, you could write about your race in a "diversity" essay, as part of your broader story.

Elements of a Balanced College List

There is no magic number for how many colleges you should apply to. The College Board—the organization that administers the SAT—recommends between five and eight, while a 2015 report from the NACAC found that 36% of enrolled first-time freshmen had applied to seven or more colleges. A safe bet is to apply to at least 8 colleges, consisting of 2 reach schools, 4 target schools, and 2 safety schools.

How to Find Schools for Your College List

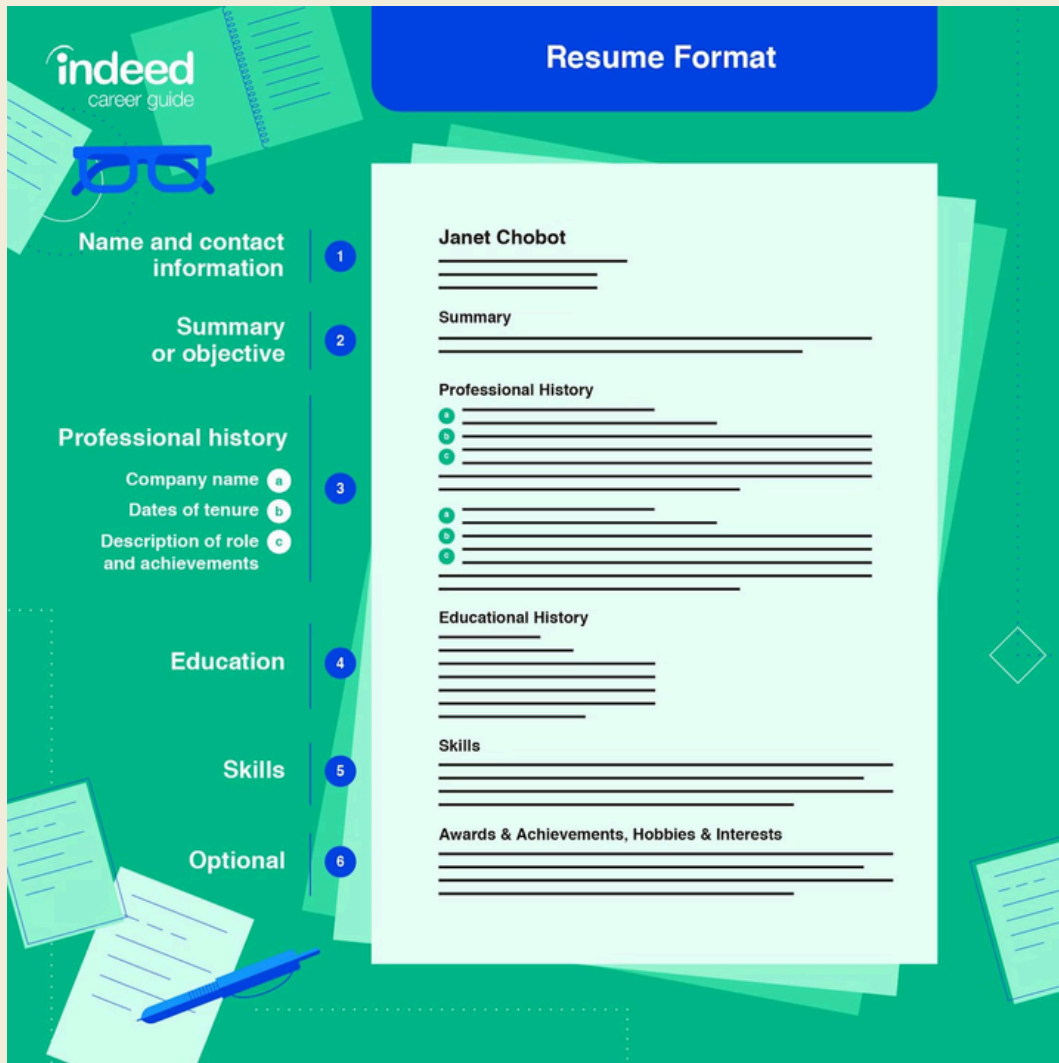
1. Figure out what's important to you:

"Fit" (how a college aligns with your academic, social, and financial needs) is a great way to begin building your college list with intention. Consider aspects like size, location, major, extracurricular activities, and diversity. For example, if warm weather is key to your happiness, you're going to struggle to enjoy your time at the University of Chicago, no matter how great of a school it is, but you may like Pomona College.

2. Eliminate schools until you have a manageable and balanced list:

Make a list of all things that are really important in a school—for example, a university or LAC; urban, suburban, or rural; a large student body or small student body; in-state or out-of-state—and start cutting the ones that don't meet your high-priority needs. Another effective tool for paring down your college list is to cut colleges that aren't able to provide sufficient financial aid, if that's a concern.

How To Craft a High School Resume in 6 Steps



<https://images.ctfassets.net>

As a high school student, developing a resume is a great way to start preparing for the working world. Resumes can be used for job applications, to secure internships and even to help complete college applications. Your high school resume will likely be focused on relevant coursework, extracurricular activities like volunteering or clubs and any job experience you do have. In this article, we offer some steps, tips and examples to help you compose a high school resume that stands out to potential employers and sets a foundation for a successful career.

How to write a high school resume

Here's how to write a high school resume step by step:

1. Include a career objective

A career objective is a one or two-sentence statement summarizing your career goals and how your talents and skills align with the needs of the employer. While people of any age and career level can benefit from including an objective statement on their resume, it's especially important for a high school student. This is largely because your work history may not reflect your future goals. Adding a career objective to your resume will give employers a clear idea of why you're applying for the role and how their decision to hire you could be beneficial.

Examples of high school student's career objectives:

"I am a motivated team player and aspiring graphic designer seeking an opportunity to work in a sign shop where I can apply my skills and further develop my artistic abilities."

"I am an aspiring leader, with more than three years of experience in childcare, seeking a position as a summer camp counselor. I'm excited to share my talents while expanding my leadership skills as part of a valued community institution."

2. Highlight any experience

From babysitting to mowing lawns, volunteer work to extracurricular activities (such as clubs or sports), you should include all previous experiences that illustrate your work ethic and your ability to participate in team-based activities. Be sure to highlight any leadership experience, special achievements or awards you earned within those roles. While the positions you've held might not specifically relate to the job you're applying for, highlight relevant responsibilities or transferrable skills you can take with you into the new role. Take time to review the job description and look for specific keywords or requirements that align with your skills and talents.

For example, if you're applying for a role as a barista and the job description says they want someone with good customer service and organizational skills, your work experience may look something like this:

American Cancer Society Relay for Life Student Volunteer, 2016 – Present

- Manage registration table, including greeting and checking in participants
- Hand out water and snacks to participants at check-in points
- Attend, contribute to and occasionally lead after-school planning meetings
- Spearhead efforts to recruit and train new student volunteers

3. Provide a detailed education section

As a high school student, education and exploration of your interests—like sports or academic clubs—have likely been your primary focus. While you may not have a long list of job experiences, your participation in school, both in and out of the classroom, will provide potential employers insight into the value you'll bring as an employee. This includes both academic achievements and participation in activities that prove you to be a balanced, well-rounded person. If you've achieved an impressive grade point average or completed challenging coursework, listing this information can illustrate your dedication and ability to overcome obstacles.

Additionally, be sure to include your extracurricular activities. This shows employers that you're able to balance multiple responsibilities. Finally, be sure to list any completed coursework related to the job.

For example, if you're applying for an internship at a newspaper, your education section may look something like this:

Name: Susan B.

Name of School: Anthony High School

Graduation Date: May/July YYYY

Grades: IGCSE/A-levels/ IBDP/ IBCP Subjects

Relevant coursework: Introduction to Journalism, Yearbook, Creative Writing, Photography

Clubs: School newspaper, Art club, International club, Future business leaders of America

4. List awards and achievements

Employers are looking for candidates who have a history of making an impact. Sharing your awards and achievements—academic or otherwise—proves you can make positive contributions and will help you stand out above other candidates.

Here are a few examples of awards or achievements you can include on a high school resume:

- Member of the National Honors Society
- Elected student body president for the 2016–17 school year
- Awarded school newspaper best feature article of the year
- Helped yearbook staff increase ad sales 30% year over year

5. Share hard and soft skills

Employers prefer to hire employees who have a combination of hard and soft skills. Hard skills are abilities that are specific to the job, while soft skills are attributes that can be applied in any position.

In most cases, hard skills are learned and based on experience while soft skills are rooted in your personality and are often not easily taught.

For example, if you're applying for an internship as a graphic designer, your hard skills might include:

- Photoshop
- InDesign
- Logo creation
- Digital design
- Print design

And your soft skills might include:

- Active listening
- Verbal communication
- Accepting constructive criticism
- Customer service
- Problem-solving

What qualifies as volunteer work on a high school resume?

For your high school resume, any work that you willingly do in your free time qualifies as volunteer work. It isn't limited to just formal volunteering opportunities. For example, if you regularly help an older resident in your neighborhood with chores, that, too, would count as volunteer work.

What resume format is best for a high school resume?

What constitutes the "best" format for a high school resume depends on how much relevant work experience you have. If your past employment, volunteer work and extracurricular activities can fill out a Work Experience section, you could do well with the chronological resume format. If you lack such experience, a functional resume might be the better choice.



<https://careersinpsychology.org>

Applied Psychology Jobs

Art Therapist

Art therapists utilize the expressive and creative arts to help clients cope with psychological distress and to enhance emotional well-being. People who work in this field are trained in both psychotherapy and art. By using art, clients can communicate feelings, express creativity, explore different aspects of personality, and cope with stress.

Art therapy is often used in a variety of situations, including:

- Adults suffering from chronic or severe stress
- Children with disabilities
- People who have suffered brain injuries
- People who have witnessed or experienced a traumatic event

Clinical Psychologist

Clinical psychologists assess, diagnose, and treat clients struggling with psychological disorders. These professionals typically work in hospital settings, mental health clinics, or private practices. Although clinical psychology is the single largest employment area within the field of psychology, there are still plenty of jobs available for qualified professionals. In order to become a clinical psychologist, you must have a doctoral-level degree in clinical psychology and most states require a minimum of a one-year internship.

Counselors

Counselors help people with a wide variety of problems, including marriage, family, emotional, and substance use issues. While requirements vary, almost all states require at least a master's degree in order to become a licensed counselor. Typical work settings include schools, colleges and universities, hospitals, and mental health clinics.

Applied Psychology Jobs

Consumer Psychologist

As retailers become more concerned with attracting new customers, the need for psychologists to understand consumer behavior in order to develop effective marketing campaigns has grown. Consumer psychologists not only study why people purchase goods and services, but they also analyze how family, friends, culture, and media messages affect buying behavior.

Some tasks that a consumer psychologist might perform include:

- Working with consumer focus groups to determine how appealing a particular product.
- Developing advertising and marketing campaigns to appeal to a target audience
- Conducting theoretical research on shopping and buying behavior

Forensic or Criminal Psychologist

Forensic psychologists apply psychology to the fields of criminal investigation and law. This has rapidly become one of the hottest psychology careers thanks to numerous portrayals in popular movies, television programs, and books.

While the field may not be as glamorous as it is depicted in the media, forensic psychology is still an exciting career choice with a lot of potential for growth. These psychologists often work with other experts to scrutinize insurance claims, perform child custody evaluations, and investigate suspected child abuse.

If you are interested in this area of psychology, you might want to also consider the related field of criminal psychology. Criminal psychologists perform a variety of duties such as developing profiles of criminals, assessing convicted criminals to determine their risk of re-offending, and helping law enforcement catch online predators.

Sports Psychologists

Sports psychologists focus on the psychological aspects of sports and athletics, including topics such as motivation, performance, and injury. The two major areas within sports psychology are centered on helping to improve athletic performance or using sports to improve mental and physical health. Sports psychologists work in a wide variety of settings including universities, hospitals, athletic centers, private consulting practices, and research facilities.

Psychology Jobs in the Workplace

Career Counselor

Thanks to the rapidly changing job market, many people are searching for a new job in their chosen field or even changing careers entirely. Career counselors help individuals make career decisions and utilize tools including personality assessments, interest inventories, and other evaluation measures. They often start by looking at a client's interests, job history, education, and skills in order to determine which careers are a good match. They also help clients work on building skills, practicing interviews, improving resumes, and locating job openings. Assisting clients who are dealing with job loss or employment-related stress is also common.

Aviation Psychologist

Aviation psychology is a relatively little-known subspecialty area of human factors psychology that involves the study of pilots, air traffic controllers, and other flight crew members. People who work in this field perform a number of different duties, which may include:

- Assessing cabin safety
- Conducting research on aviation safety
- Designing flight decks
- Evaluating prospective employees
- Investigating aviation accidents
- Selecting and training pilots
- Training flight crews in communication strategies and ways to assist passengers with in-flight anxiety

Industrial-Organizational Psychologist

Industrial-organizational psychologists (also called I/O or I-O psychologists) focus on workplace behavior, often using psychological principles to increase worker productivity and select employees that are best suited for particular jobs. There are several different specialty areas within industrial-organizational psychology. For example, some I/O psychologists train and assess employees, while others evaluate job candidates. While there are some job opportunities at the master's degree level, those with a doctoral-level degree in industrial-organizational psychology are in greater demand and command significantly higher salaries.

One sub-specialty area of the field involves working in human resources management to screen and hire job applicants. These professionals are often involved in designing and administering employment screening tests and selecting job candidates that are the best fit for particular positions within a company.

Psychology Jobs in the Healthcare

Genetic Counselor

Genetic counselors help provide information about genetic disorders to couples and families. These professionals typically have graduate training in both genetics and counseling, and many have undergraduate degrees in areas such as psychology, social work, biology, nursing, and public health. Genetic counselors often work with a team of medical professionals, including doctors, nurses, and geneticists to offer support, guidance, and assistance to families who have a family member with a genetic disorder or who may be at risk of passing down an inherited disorder to their offspring.

Health Psychologist

Health psychologists study how psychological, biological, and social factors influence health. Two important areas of health psychology include helping people avoid illness and promoting healthy behaviors. Educating people about the causes of illness and teaching healthier habits are just two things that a health psychologist might do on a regular basis.

These professionals often work in settings such as hospitals, universities, health care centers, and government agencies. Some of the job duties they may perform include helping people to lose weight, stop smoking, eat healthily, and decrease stress.

Psychology Jobs in the Education

School Psychologist

School psychologists work in educational settings to help children deal with emotional, academic, and social problems. Thanks to increased interest in the mental health of children and federal education legislation, school psychology has rapidly become one of the fastest-growing fields.

Special Education Teacher

While slightly outside of a traditional psychology career, the field of special education offers a great deal of opportunity for those who enjoy helping children. Special education teachers work with students with a variety of disabilities. In order to become a special education teacher, you must have at least a bachelor's degree and complete a teacher training program in special education. Because of the increased enrollments in special education programs and a shortage of qualified teachers, demand is strong and expected to grow.

Before You Choose a Career in Psychology

As you can see, employment opportunities in psychology are diverse. Some careers require only a bachelor's degree in psychology, while others require more advanced degrees such as a master's or doctorate degree.

Spend some time researching different options and learning more about what's required to enter into those fields. Ask yourself if you have the commitment and drive needed to pursue the necessary educational training.

As you examine the variety of psychology careers that are available, think about some of the following questions.

1. How well does the career fit your personality?
2. What kind of training and education are needed to enter the field?
3. Are the average salaries in a given field satisfactory?
4. What kinds of things do people in that particular career path do on a daily basis?
5. Does the career sound interesting, challenging, and rewarding?

Finding the right career in psychology takes some careful planning. It is important to start thinking about what you might want to do early on. This way you can start planning your educational map in order to achieve your vocational goals.

PODCAST SUGGESTIONS FOR MONTH

The Best Career Path Isn't Always a Straight Line

Youtube Video Link: <https://youtu.be/1ALfkWG2nmw?si=JlbGt4Y1BCPgQCi0>



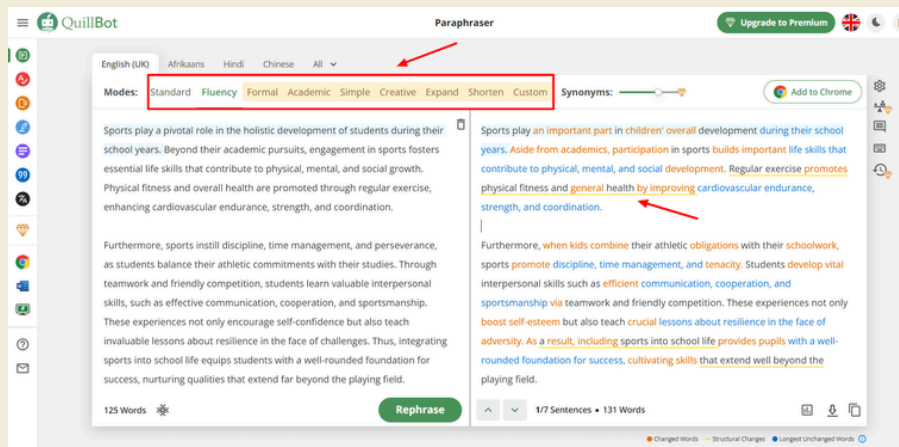
From a young age, we're taught that a good career path is one that follows a logical, straight progression. What if that logic was flawed, limited, and obsolete, though? Far from being a straight ladder that has a clear way up and a clear way down, career development consultants Sarah Ellis and Helen Tupper think that the best career path is one that's 'squiggly'; one that follows a twisting path that's more reflective of reality.

Ellis and Tupper highlight the fact that the idea of the straight career ladder dates from over 100 years ago and that the concept is old-fashioned now. They argue that it's not really fit for the demands of the 21st century, where our careers can take us in many winding directions that have the possibility of teaching us many different things. To Ellis and Tupper, squiggly careers highlight the fact that everybody is a learner and everybody is a teacher.

AI TOOL SUGGESTION FOR THE MONTH

Quillbot

Does your confidence waver while presenting your ideas in written form? Well, you need Quillbot. It's a really impressive paraphrasing tool that uses AI to rephrase your content into professional and refined language.



<https://kripesh.b-cdn.net>

On the free plan of Quillbot, you get access to 23 languages and 2 paraphrasing modes – Standard mode and Fluency mode. You can also access additional tools like Grammar Checker, CoWriter (writing assistant), Summarizer, and Citation Generator.

However, it's not limited to just that. To really help you learn, it also highlights the changed and unchanged words in different colors. Analyzing and comparing your writing style with Quillbot's corrections can improve your writing style over time.

For students who struggle with expressing their ideas clearly and concisely, Quillbot can work wonders!

- Pricing: Their free plan is limited to 125 words at a time.
- Use QuillBot For: Paraphrasing

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