

**深圳爱文学校
升学指导项目手册**

**Avenues Shenzhen
College Counseling Program
Handbook**



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来自深圳爱文学校升学指导团队的一封信

尊敬的爱文家庭：

对于家长和同学们来说，大学申请，尤其是申请海外院校，通常意味着复杂的不确定性、无数个截止日期，各种各样的问题，这可能是一个令人害怕、充满压力的过程。如果家长和同学们尽早规划，保持开放心态，认真考虑深圳爱文升学指导和其他教职员工的建议和专业指导，你们会发现大学申请的选择有很多，申请过程也会充满兴奋和无限机遇。我鼓励所有学生和家长保持积极心态，一起找到最适合自己的高等学府。

我希望这本手册能在您有疑问或不确定时为您提供指导。请相信，我和我的同事们将随时为您提供支持。

本手册具有时效性，手册中的信息在发布时是准确的。本手册主要面向九、十、十一和十二年级学生，但我们非常理解其他年级的家庭可能也对大学申请的相关事宜感兴趣。因此，我们会将本手册提供给所有爱文家庭。请注意，本手册所包含的信息并非详尽无遗，仅作为概述，提供参考。

如有任何问题或疑虑，请随时联系我们。感谢您的信任和支持。

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什么是升学指导？

深圳爱文升学指导项目的首要任务是牵头组织学生申请海外大学，并在整个过程中提供支持和协助，但我们的工作远不止于此。



我们还就留学目的地国家/地区选择、择校、专业或课程选择、入学考试规划、联课项目选择、课外活动选择、实习申请、暑期项目选择等不同主题为学生和家长提供建议。除此以外，本升学指导项目还涉及学生的兴趣探索和职业规划咨询。

深圳爱文的升学指导项目是根据全球各个爱文学校的经验和基本概念来设计的。同时，深圳爱文的升学指导深入考虑深圳本地的诸多因素，为学生量身定制最适合的升学指导方案。深圳爱文的升学指导项目旨在为每个学生提供高度个性化的支持，帮助他们完成从十年级开始的大学申请过程。虽然这是一个为期三年的项目，主要侧重于大学申请，但我们同时也为九年级学生提供预备性的支持，并为十二年级学生获得大学录取后的过渡期提供支持。

家长、学科老师和升学指导老师对学生获得成功的大学教育都有着至关重要的作用。学生应努力与学科老师建立有意义的、相互尊重的关系，定期向父母汇报与大学申请相关的进度和决策，并与升学指导老师坦诚沟通，让这些关键人物都能参与到自己的申请过程和对未来的规划中，以便顺利升入理想大学。

如何成为有竞争力的申请者？

本杰明·富兰克林在 1750 年出版的《穷理查德年鉴》里说到，“钢铁和钻石有多么坚硬，认识自己就有多么艰难。”

在距离 1750 年十分遥远的今天，认识自己并没有变得更加容易。然而，在申请海外大学时，要想成为更有竞争力的申请者，最基本的要求就是认识自己。绝大多数最有竞争力的学生在申请大学时似乎都能顺理成章地取得成功，他们靠的不仅仅是“更加努力地学习”。实际上，他们花费大量的时间和精力来反思自己目前的状态、想要达到的目标，并计划如何实现这些目标，他们不会等着别人来告诉他们该怎么做。在学业上，最有竞争力的学生求知若渴、永不满足，在解决问题和完成工作时，他们从不空等，这一点在大学申请中也不例外。

在这里和大家分享一些通用的建议，很多都是往届学生的经验：

- 首先，不要执着于达到某个特定的标准或要求。许多学生会将在 ACT、SAT 等标准化考试或托福、雅思或 DET 等语言考试中取得全 A 或接近满分的成绩作为自己的目标。但优异的考试成绩并不能帮助你脱颖而出，因为许多其他申请者也会取得同样的高分或达到同样的标准。要敢于与众不同。找到自己的道路，设定自己的标准，投入自己感兴趣的一项智力活动，付诸行动！



- 合理利用课余时间（尤其是节假日和课后）。在深圳爱文学校，学生比许多传统公立学校的学生拥有更多自由探索的时间。投入时间和精力去完成有意义的课后活动将帮助你在申请者中脱颖而出。许多学生选择参加大学院校组织的暑期项目，但这是否是最有效探索兴趣的方式，取决于你的目标是什么。但如果你正在安排出国交流的项目，请仔细考虑这些项目能够提供多少学术指导和支持，尤其是实地拜访大学（不仅仅是参观校园）的机会。
- 了解你想申请的大学要求哪些标准化考试，并据此进行规划和准备。英国的大学一般都有严格的考试要求，部分美国大学可能要求标准化考试，几乎所有的海外大学都要求学生递交英语水平测试成绩。
- 尽早开始头脑风暴、构思、撰写你的文书和活动阐述。写出优质的文书和个人陈述固然重要，但更重要的是，连贯地阐述你最有意义的活动和经历。你很可能需要参加大学招生展、面试或其他活动。在这些活动中，你需要向大学招生官介绍自己，并一遍又一遍地讲述有关自己求学兴趣的信息。不要觉得疲倦，尽量做到每一次都讲得比上次更好。要知道，没有任何 AI 比你更能够详细地描述你做过的所有活动。
- 尽早开始和升学指导老师沟通，并保持密切交流；学习大学申请用语；尽快完成升学指导项目中的各项任务。虽然这些任务不会影响你的成绩，但每个任务都可能会对你的未来起到决定性的作用。卓越不是一蹴而就的，而是选择每一天都做到最好。

理念：寻找最合适的学校

学生应在升学指导老师的指导下，以申请到“最适合自己”的综合性大学或文理学院为目标而努力。这与简单地按照“排名最高”原则，从自己能录取到的大学里选择排名最靠前的学校就读，是截然不同的。寻找“最适合自己”的大学或学院必须综合考虑学术、社交、经济和其他因素的平衡。这可能是学生第一次如此深入地参与到关乎自己未来的重大决定，家长、教师和指导老师必须全力投入为学生实现个人目标提供所需支持。

重要原则：以学生为主导的大学升学指导

- 在深圳爱文学校，学生从十年级开始参与大学升学指导项目；
- 学生在校期间将有足够的时间与升学指导老师交流；
- 每位学生都会获得全职负责大学申请指导事宜的升学指导的推介和支持，并在其帮助下规划好个人的优先项；



- 每位学生都会有固定的升学指导老师，指导老师已经过专业培训，了解海外大学的最新动向和申请政策，具有丰富的大学申请指导经验，能够帮助不同情况和背景的学生顺利完成大学申请；
- 学生将根据自己的个人目标、能力、特长和兴趣，在深圳爱文升学指导老师的帮助和支持下，确定高中毕业后的大学教育或职业规划选择；
- 学生将会了解申请大学的注意事项，包括如何做出符合道德的决策和实践。
- 学生在申请和参加暑期学校、拓展项目或其他学术或课外课程时将得到充分的支持；
- 学生的家长需要学习升学相关信息、参与并了解自己在学生的大学申请规划过程中的角色和责任；
- 学生将同时获得经过培训的学科教师的指导。学生的学科教师将在他们的高中生活中了解他们，如果学生向学科教师申请推荐信并且获得同意，出具推荐信的老师将能够写出令人信服的、信息详实的个人推荐信，支持学生的大学申请。

角色与职责

大学申请需要学生、家长和深圳爱文升学指导的通力合作，做好学生申请大学的准备。

深圳爱文升学指导在申请过程中为学生提供建议，以帮助学生做好大学申请的准备，高效完成大量大学申请相关任务。

升学指导老师具体会做些什么？

- 帮助学生掌握深入了解大学和学院的技能和能力；
- 安排大学和学院访校；
- 和学生及家长一对一会谈，提供个性化指导；
- 指导学生在大学申请中应包含（和不应包含）哪些信息；
- 指导学生择校并制作选择得当的择校清单；
- 撰写、制作、向大学发送正式文件，包括：早期成绩单、年中成绩单、最终成绩单；
- 按院校要求寄送其他证明文件；
- 协调并支持教师撰写推荐信；
- 根据需要撰写升学指导推荐信；
- 协助学生的文书写作，指导学生构思导并提供修改意见。请注意，深圳爱文学校的升学指导不会为学生代写文书或代写申请材料。



家长在大学申请过程是非常重要的支持者。学生应尽早与家长讨论申请相关的事宜，并保持沟通，确保大家的期望和目标清晰一致。学生与家长需要讨论的话题包括：

- 资金考虑；
- 准备资金相关的证明文件，包括银行流水或存款证明；
- 根据所申请学校的要求支付申请费用（通常需要使用 Visa 或 Mastercard 信用卡）；
- 关注截止日期，包括各个学校的申请截止日期和深圳爱文学校的内部截止日期，确保学生不会错过截止日期；
- 阅读并签署诚信协议，请参阅文件下方的“爱文诚信协议”；
- 设置国际电话服务，确保学生能够与境外大学和其他服务提供商（包括组织标准化考试的机构）进行电话沟通；
- 考虑不使用外部申请机构或顾问服务，请参阅以下“关于外部申请机构及顾问政策”。

学生应当主导自己的大学申请流程，深入了解各个大学和学院，向自己选择的大学提交申请。学生应制定一份“最适合自己”的择校清单，这份清单不仅要有排名靠前、竞争强度大的院校，也应包含学生本人大概率可能录取的院校。关于制定择校清单，学生可以做的是：

- 与为自己撰写推荐信的学科教师沟通；
- 为大学招生官来访深圳爱文学校做好准备，与访校招生官进行深入交流；
- 经常登录并使用 Cialfo 系统，这是深圳爱文学校使用的大学申请任务和数据管理平台，可在此处下载；
- 妥善保管所有重要的相关文件，尤其是你的所有校外考试证书及分数报告。你将在后续申请中用到这些文件，并且这些文件难以替换；
- 及时向老师申请推荐信，并及时填写推荐信申请表，最好在截止日期前至少三周完成；
- 深入了解自己感兴趣的大学，制作一份申请意向的“长版”择校清单，并收集好以下数据：
- 成绩要求；
 - 入学考试要求；
 - 英语语言要求；
 - 学校地址；
 - 申请截止日期；
 - 学费。
- 定期与学生导师及深圳爱文升学指导开会沟通，完成以下事项及其他所需准备：
 - 每天查阅并回复邮件；
 - 讨论“长版择校清单”并缩小申请范围；
 - 确认成绩单的准确性；



- 完成申请材料草稿并发送给升学指导老师，以便其检查及反馈；
- 在规定截止日期前完成申请材料并按时提交给大学；
- 将所有可能需要采取行动的外部截止日期告知升学指导，留出至少两周的充足时间来妥善准备材料；
- 告知升学指导所有参加过的标准化考试或其他与入学相关的考试，包括考试名称、日期和分；
- 告知升学指导申请结果（录取、拒绝或其他），包括可能的奖学金或录取附加条件。
- 阅读并签署诚信协议。请参阅下文“深圳爱文诚信协议”。

雇用留学中介或独立教育顾问的政策

留学中介或独立教育顾问是为学生提供有偿大学申请服务的机构或个人，包括协助提交申请材料、选择学校、撰写文书等。请留意，雇用留学中介或独立教育顾问是与爱文的办学模式、理念和使命相悖的。深圳爱文学校在大学升学咨询方面会为学生提供卓越的服务。我们的升学指导团队多次获奖，在大学申请咨询领域受到广泛认可，升学指导老师也在相关领域中担任领导角色。有许多有据可查的案例表明，在世界各地，有中介为学生代写或编造文书和其他申请材料。这不仅是不道德的，也可能导致大学自动拒签、取消录取，或因签证欺诈而造成更严重的后果：监禁、罚款、驱逐出境或终身禁止进入某些国家。

越来越多的大学已明确声明，不接受付费留学中介或个人代为完成大学申请的学生。深圳爱文学校希望所有学生对自己的大学申请负责，并将要求学生向深圳爱文升学指导团队披露他们是否聘请了留学中介或独立顾问。

深圳爱文学校提供的大学申请指导，和在整个申请过程中提供专业建议服务都已经包含在学费中。从学生九年级开始，到十二年级毕业，期间的大学申请全过程，深圳爱文升学指导都将为学生和家庭提供支持。

深圳爱文升学指导团队建议各位同学和家长不另外雇用留学中介或独立顾问的服务，而是利用好深圳爱文在大学申请流程中的支持。学生应当发挥主动性，亲自了解学校、选择学校、填写申请表格，完成文书写作，将自己的未来掌握在自己手中，因为没有人会比你更理解你自己，或更关心你的未来。



Cialfo 系统的使用和要求

深圳爱文学校使用 Cialfo 在线系统来管理大学升学指导的任务和数据。该系统可以帮助学生探索不同大学、专业和职业，帮助他们将自己的喜好与具体大学或学院相匹配，包括但不限于学校规模、地理位置、开设专业、费用及标准化考试要求等。Cialfo 会帮助学生缩小兴趣意向范围，在申请流程中提供支持，帮助他们为高中毕业之后的生活做好准备。所有九至十二年级的学生都将使用 Cialfo，这也是升学指导项目的一部分。十二年级学生必须能够熟练使用 Cialfo，他们将会用这个系统来管理大学申请的相关事项，包括了解各个院校、发送文件，甚至提交申请；例如，所有英国大学都通过这个系统提交申请。

深圳爱文学校 Cialfo 网站

点击 <https://avenues.cialfo.cn/> 登录深圳爱文 Cialfo 学生账户。

年度目标（按年级分列）

作为学生导师及升学指导项目的一部分，在九至十二年级，我们为每个年级开设升学指导课程，介绍并不断巩固大学申请所需的关键知识和技能。学生不仅需要充分了解大学申请流程，还需要完成每个阶段的目标，以确保他们充分考虑所有可选方案，并确定哪些方案最符合他们的需求和意向。

在深圳爱文学习期间，除了参加升学指导课程之外，还会不定期有来自不同大学和学院的招生官访问深圳爱文学校。这些访问会给学生创造与招生官面对面交流的机会，有助于他们了解更多在具体地区或领域学习的优缺点。在学生十一年级结束，即将升入十二年级时，他们应当已经对自己未来希望就读的未来大学专业的要求有清楚的了解，并且大致知道“最适合”自己的大学是怎样的。

九年级学生

九年级是一个关键的学年，也是学生为高年级学术成功和大学申请奠定基础的一年。本学年，学生将学习有关大学申请的基本知识。作为学生导师项目的一部分，学生大约每月上一次相关课程，正式了解大学申请；同时，学生也将通过与大学申请相关的活动、交流来了解更多信息，特别是大学招生官的来访。学生将学习如何使用几种重要工具来探索未来的学习机会，特别是 Cialfo 平台。学生需要创建自己的 Cialfo 账户，登录并熟悉该平台，并能够很好地访问和使用工具及任务管理功能。在学年开始时，学生将制定 SMART 目标，并定期检查、修改，并与升学指导保持密切



沟通。通过建立大学档案和自我认知，学生将会认识到花时间挖掘自身优势、深入了解自己、积极参与丰富活动的重要性，从而培养自己的兴趣领域，为将来的学习做好准备。

学生将完成 Cialfo 系统上 Human eSources 提供的学习技能评估。根据评估结果，学生将与他们的学生导师或其他教职员工讨论如何更好地利用深圳爱文提供的资源，在学业上取得优异成绩。

此外，深圳爱文升学指导还将为学生提供时间管理方面的辅导。学生学习如何管理繁重的学业和课业压力，更重要的是，如何做出重要决定，包括选课、课外活动和暑期规划。我们鼓励学生继续参加他们感兴趣的或者擅长的活动，并尝试新的活动，如体育类、社区服务类、艺术类、音乐类、学术类或其他活动。尤其重要的是，学生可以借此机会为十至十二年级确定一项合适的竞技运动。这是因为高年级学生需要通过参加运动队来获得 WAM 学分，这是毕业的必需条件之一。

最后，请留意，如果学生计划申请英国的大学，则应提前做好准备，参加未来申请所需的标准化考试，如 AP 或 A Level 考试。

十年级学生

本年级学生将在九年级所学的基础上，每月参加一次与大学申请相关的课程，这是学生导师项目的一部分。学生将继续利用升学指导课程和 Cialfo 系统探索自己的兴趣、可能申请的大学和专业。学生完成 Cialfo 上 Human eSources 提供的“Multiple Intelligences（多元智能）”测评。根据测评结果，学生将与学生导师或其他教学人员交流，思考如何以最有效地确定可能最适合自己的专业或职业。

升学指导将会为学生在十年级的选课、体育运动和活动的选择提供指导。学生做过的活动在美国和英国学校的申请中非常重要。学生将在老师的指导下谨慎思考在十年级选择继续参加哪些活动，尝试哪些新的活动，停止哪些活动。学生应重点关注自己感兴趣的艺术类、社区服务类、体育类或其他方面的活动。

大学明确认为学生的成绩和在校表现是最重要的，我们建议学生集中精力学好课业，勤奋学习，尽可能获得好成绩。同时，我们鼓励学生通过参加丰富的课外活动，积累有意义的经验和技能，这是向大学展示学生对特定兴趣领域的探索和努力的重要方式。大学希望学生通过联课活动或课外活动探索自己的感兴趣的领域，坚持投入，发挥领导力，进行有深度的思考。

在升学指导课程中，学生还将了解如何更好地规划十一年级的校内外学习机会和活动，为之后的大学申请增强竞争力；理解抗挫能力，通过不同方法增强抗挫能力，了解如何在做决定时考虑不



同因素，并开始考虑如何深入了解不同职业、专业和课程，这一点特别重要，是他们为十一年级做出合理安排和选择的基础。

学生将与升学指导一起研究十一年级的选择，确保在认真思考后做出明智选择，无论是已有确定的升学计划，还是仅有设想，都能做好准备。

十一年级学生

作为学生导师项目的一部分，我们为十一年级学生设置升学指导课程以及个人咨询服务。本学年，学生需要对自己在爱文的学习进行复盘，明确自己的优势及价值。学生们应当在这一学年提高自我认识，积极研究不同国家的高等教育机会，包括不同的大学、专业和课程、不同的排名制度、最低入学要求以及不同学位可能需要的时间和经济投入。完成这些准备之后，学生应当已经了解如何在申请者中脱颖而出，如何利用对自身优势的了解和清晰的自我认知来制作独特且有竞争力的申请材料。

本学年的重要学习目标之一是使用 Cialfo 来建立一个“长版择校清单”，也就是学生有强烈申请意向的大学和学院，以及其他可能适合的学校。学生应熟悉“likely（可能录取院校）”、“target（目标院校）”、“reach（冲刺院校）”和“far reach（更高难度的冲刺院校）”等术语，这些术语指代不同等级的录取几率，将由深圳爱文升学指导提供分配建议。

在学生结束十一年级以前，截止至 5 月 1 日，学生必须确定自己的推荐老师并向老师提出推荐信申请。对于申请美国大学的学生，推荐信应由两位任课老师撰写，最好一位是人文科学老师，另一位是科学、技术和工程领域的老师（当然也有例外）。对于申请英国大学的学生，除非升学指导与学生另作特殊安排，否则将由升学指导填写推荐人声明。

如果学生计划申请的美国大学要求 SAT 或 ACT 考试，建议学生在 11 年級的秋季、冬季和/或春季备考并完成 SAT 或 ACT 考试，以便在升上 12 年级之前获得分数。

如果学生计划申请英国牛津或剑桥大学，应尽早与升学指导沟通，以便做好充分准备。我们希望学生有充足的时间来充分准备申请材料。

十二年级学生

从十二年级开始，家长和学生与深圳爱文升学指导开会讨论并确认择校清单和申请计划，这一步包括确认学生最感兴趣的大学和项目，并签署爱文诚信协议。



十二年级学生在整个申请过程中都会得到高度个性化的指导。递交申请之前，我们非常鼓励学生充分利用与升学指导开会的机会。根据学生提交的申请，升学指导会按申请要求准备成绩单和其他文件。请注意，尤其是在申请美国大学时，升学指导通常只会在学生提交申请之后才寄送证明文件。

十二年级学生有责任定期与升学指导明确沟通所有外部截止日期、分数要求或文件寄送要求，尤其应尽早与升学指导就以下申请计划进行沟通：

- 申请牛津大学
- 申请剑桥大学
- 申请英国竞争激烈的专业，如医学专业
- 美国大学的 ED 早申
- 美国大学的 EA 早申
- 艺术、建筑、音乐专业/音乐学院或其他可能需要作品集或试镜作品的专业和院校

这些申请计划涉及较早的截止日期或大幅增加的准备工作，学生应当尽早与升学指导开始规划，协调安排。升学指导参与申请流程中的每个阶段，为学生提供建议和指导，帮助学生取得最佳录取结果。

学生在向大学递交申请后，仍需正常上学上课，在各学科的学习中继续全力以赴。升学指导将会为学生提供建议，指导他们完成上大学前的各项过渡工作，包括如何择定最终的就读院校、如何选择住宿、如何申请签证、如何选课、如何充分利用职业咨询服务等。如学生收到推迟录取、候补录取、有条件录取或其他具有潜在复杂影响的录取结果，其家庭应计划与深圳爱文升学指导一起讨论这些问题，以确定最佳的行动方案。任何考虑其他路径（包括间隔年）的学生都应尽快告知升学指导，如学生有意选择间隔年和其他特殊项目，他们通常需要另外申请并做好相应规划。

申请院校数量

深圳爱文升学指导团队深信家长在大学申请决策中的重要影响和作用（除了支付学费以外），因此学生必须尽早就自己的求学目标与家长进行密切的沟通。在部分大学，学生可以推迟一年甚至两年再决定学习什么专业。在其他大学，学生必须在申请时或入读后立即决定，并且从一开始就必须确定学习领域。无论是哪种情况，以下几个问题都极为重要：

- 我在新国家的生活会是怎样的？
- 我是否有努力学习和工作的动力？
- 我为什么想要学习某个专业或课程？



- 我喜欢哪些科目？我擅长哪些科目？

深圳爱文升学指导不会限制每个学生提交的申请数量。但实际上，如果学生已经做了充分的研究，并在深思熟虑之后制定了择校清单，他们所提交的申请无需超过 10-15 所院校，也依然可以获得多个学校的录取（其中 UCAS、加州大学以及类似的单个学校申请/多院校申请系统可以算作一份申请）。

申请大学的数量远远超过 15 所可能表明学生在做决定时缺乏认真和深入的考虑。申请大学是一个严肃的决定，应该给予深思熟虑。

此外，如果学生花费更多的时间和精力去申请更多的大学，就会把注意力分散到更多份申请中。这很可能导致申请材料的竞争力不足，从而降低被录取的几率，尤其是那些竞争激烈的学校。如果学生考虑申请竞争激烈的院校，他们就更有必要认真仔细地考虑计划申请哪些大学。

申请成绩单和记录报告

学生通表格申请成绩单（链接待补充）。

在申请大多数大学的暑期课程、本科一年级入学、转学入学或其他课程时，申请者都需要提供高中成绩单。在大多数情况下，深圳爱文学校的升学指导会通过 Cialfo 系统将成绩单直接发送给大学。学生可填写成绩单申请表来申请成绩单。学生督导和/或升学指导批准申请后，教务处签发成绩单，并将其发送至接收机构。如果需要邮寄纸质成绩单，则应在成绩单送达日期之前提前四周向爱文提出申请。由于有些院校，尤其是韩国和日本的院校，仍然要求邮寄打印的纸质成绩单。因此，如果在离截止日期太近时提出申请，学生成绩单有可能无法在截止日期前及时送达所申请的院校。

请注意，在深圳爱文学校，成绩报告（report card）和成绩单（transcript）有重要区别。成绩报告（report card）每学期末发放给中学部家庭；成绩单（transcript）则由深圳爱文学校教务处签发，用于向校外机构报告学生的学业成绩。根据行业最佳实践，成绩单一般不发放给学生或家长。

特殊情况下，学生和家长可能需要成绩单副本。因此，深圳爱文学校教务处可能会出具两种成绩单：

- 非正式成绩单。非正式成绩单包含与学生正式成绩单相同的所有信息，但包含某些明确特征表明其为非正式成绩单。学生可使用成绩单申请表随时向深圳爱文升学指导申请非正式



成绩单，但必须说明申请目的。某些大学或课程可能会要求学生提供非正式成绩单。例如，加州大学要求申请本科专业的学生自行报告所有课程和成绩。

- 正式成绩单。这是深圳爱文学校对学生学业成绩的正式记录。正式成绩单与非正式成绩单包含的信息相同，列出了学生修读的所有课程、取得的成绩以及获得的学分。成绩按学期时间顺序排列。这些正式成绩单由深圳爱文学校应要求直接发送给外部机构，如大学或学院。在发送正式成绩单之前，深圳爱文升学指导可能会要求学生证明他们正在准备申请或已经申请了外部院校。否则，学生只能在已经毕业或不再就读于深圳爱文的情况下申请正式成绩单。

大学一般会要求成绩单由深圳爱文升学指导老师直接寄送给他们。这可以确保成绩单完整、真实、可用，也会维护爱文学校的学术声誉。由深圳爱文升学指导直接寄出成绩单，大学能够确信成绩单是真实可信的，不会有任何篡改。

深圳爱文学校不对学生进行排名，也不在最终成绩单上报告 GPA。深圳爱文采用另一种学习成果测评体系，GPA 和排名并不能公平地反映学生的能力或成绩。

此外，成绩单还包括学生在深圳爱文就读期间所受到的纪律处分或其他违规行为的报告，包括但不限于停学。但是，成绩单一般不会详细描述违纪行为的性质。如需了解更多相关信息，请参阅《中学部家庭手册》。如果学生在爱文就读期间有违规行为，我们鼓励他们与学生导师和升学指导合作，撰写一份解释违规行为的声明。此外，学生还可以要求升学指导撰写一份声明，澄清违规行为的相关情况，阐明事件来龙去脉。

透明地报告违规行为至关重要，原因有很多，包括：

- 诚实报告符合爱文的价值观和道德规范；
- 大学希望升学指导和学生能透明地与他们沟通。遵守爱文政策，维护信誉。
- 诚实报告还能在竞争激烈的大学申请中保护学生。如果大学后来通过非正式渠道发现了学生的违规行为，而学生或学校并没有首先以预期的方式或通过预期的渠道进行报告，这可能会严重损害深圳爱文学校与该大学的关系。此外，这也可能会威胁到学生的申请资格，或未来的深圳爱文学生的申请资格。

大学的招生委员会更关注学生对违纪行为的反应，而不是导致任何特定违纪行为的实际事件。对违纪行为做出成熟、周全的应对能体现一个年轻人的成长和发展。



申请时间线 (2026 届学生)

十一年级

秋季和春季学期初：学生和家长参升学指导研讨会，会议内容包括大学申请流程介绍、大学申请重要任务概述、如何规划、政策和截止日期提醒。

整个秋季和春季学期：学生、家长和深圳爱文升学指导开会，讨论申请准备步骤，包括审查考试成绩和学生的考试计划、初中成绩单、选校问卷调查结果以及学生的“长版择校清单”。

四月：学生应至少完成一份用于美国学校申请和英国学校申请的个人文书草稿。

五月：学生应当已签署爱文诚信协议并交给深圳爱文升学指导。学生应与申请推荐信的任课教师见面。根据学生自己的意向专业以及目的地国家/地区，情况可能有所不同：

- 美国方向的申请：一名 STEM 教师和一名英语、语言或其他人文学科教师，共 2 人
- 英国方向的申请：请填写英国推荐申请表
- 香港、韩国或日本方向的申请，两名推荐老师应与学生打算学习的科目相关。
- 以上为指导原则。例外情况是时有发生。学生应做好计划，与学科教师和升学指导老师详细讨论对推荐信撰写人的选择。

6 月 1 日：学生必须在此截止日期前向每位同意为其写推荐信的老师递交推荐信申请表。学生的 Cialfo 账户上应列出至少 15-30 所大学的“长版择校清单”。

6 月至 8 月：学生应完成以下工作：

- 完成对大学的研究（包括申请时间线和截止日期、申请要求、专业、适合性、入学测试、面试等信息），如果有条件，前往学校参观拜访；
- 如果学生申请美国大学：修改美国方向的个人陈述文书、加州大学“PIQ 问题”的回答及其他补充文书的草稿；
- 如果学生申请英国大学：修改英国方向个人陈述文书；
- 如果学生申请加拿大、日本或香港的大学：修改相关大学所要求的其他文书；
- 将“长版择校清单”从 15-30 所大学删减至 10-15 所大学。根据实际情况，学生应准备好确认自己的 EA/ED/牛津/剑桥的申请计划；
- 充分利用暑期的机会：志愿服务、实习、大学参观、学术强化项目、继续参与课外活动。



十二年级

9 月：学生和家长应与深圳爱文升学指导预约一对一会议。学生应按要求完成补充文书，向深圳爱文升学指导提交成绩单申请和最新考试成绩。如申请英国院校，学生应及时报名参加入学考试。如果申请美国 ED/EA 或牛津、剑桥、英国医学或牙科或兽医学专业，则家长也应参加与升学指导的会议。会议还应确认最终申请学校清单、意向专业/课程和申请计划。除非出现极端或特殊的情况，否则不得更改最终申请学校清单。如有任何更改，应在申请截止日期前一个月内提交给升学指导。

9 月至 12 月：世界各地大学开放申请的日期不同，加拿大、香港、日本、欧洲、加州大学等不同国家/地区/州的大学各有区别。学生有责任查看和追踪大学申请的重要日期和截止日期。

10 月 1 日：这是一个内部截止日期，对应 10 月 15 日递交的申请，截止到这一天，你将与深圳爱文升学指导一同检查申请计划。

10 月 2 日：英国大学音乐学院的申请截止日期。

10 月 15 日：部分美国大学 EA 早申的截止日期。牛津大学、剑桥大学和英国医学类、牙医学和兽医学专业的申请截止日期。

在这个截止日期，不论你申请什么项目，你也应与深圳爱文升学指导一同检查申请计划。

11 月 1 日：这是多数美国大学和文理学院的 EA 及 ED 早申截止日期。

11 月 15 日：这是部分美国大学和文理学院 EA 和 ED 的早申截止日期。这也是学生必须与深圳爱文升学指导一起检查加州大学申请计划的内部截止日期。

11 月 30 日：加州大学申请截止日期。

12 月 1 日：这是学生必须检查 1 月份申请材料的内部截止日期。

12 月至 4 月：如果学生被 ED 申请学校录取，请在一周内撤销所有其他学校的申请，并通过电子邮件告知深圳爱文升学指导。

1 月：在一月期间，许多美国大学有 RD（常规申请）截止日。

1 月 29 日：通过 UCAS 提交英国学校申请的截止日期。



4 月：学生回复大学就读决定，包括拒绝学生确定不会入学的所有大学的录取通知。请仔细阅读并遵守候补录取名单说明（如适用）。

5 月 1 日：美国大学和文理学院正式回复申请者的日期。对于计划就读美国或加拿大大学的学生，这是学生告知大学就读决定和提交学费定金的截止日期。

5 月 15 日：学生必须与深圳爱文升学指导老师开会，检查最终的录取清单，包括 Cialfo 中的完整录取名单。学生必须完成深圳爱文升学指导调查（Avenues Shenzhen College Counseling Survey）。学生需要完成该调查才能正式毕业，并确保个人的最终成绩单寄送到大学。

7 月 5 日：对符合条件的英国大学申请者开放审核，学生可以在 UCAS 上搜索可报读学位。

选择大学或文理学院

在深圳爱文学校，升学指导将为学生找到最适合自己的大学提供指导。但什么是“最适合”呢？

“最适合”指的是一所大学能够在课堂内外为学生提供支持，让学生在今天能够成为最好的自己，并在未来能够成为想要成为的人。这意味着，这所学校在学术上有启迪思想的学习环境，提供丰富的课外社交、体育或其他活动的机会，以及其他所需的支持。最适合的大学文化能够让学生追求自己的热爱。例如，如果你在学业上比较放松，那么“最适合”你的大学可能是一所学术氛围不那么浓厚，但能提供丰富的课外活动和社交机会的大学。

影响大学与学生之间适配程度的因素实际上是数不胜数的。学生很多时候会根据排名高低来决定申请哪所大学。然而，排名因国家和排名体系而异。排名本身并不能真正反映一所大学的质量。这是因为排名只考虑了每所院校的少数几个数据点，无法考虑到所有方面。深圳爱文升学指导强烈建议学生关注排名以外的东西，寻找“最适合”自己的院校。学生不应只考虑那些听起来不错的大学，而应深入了解大学所提供的教育和经历有何价值，并确定这种有价值的大学教育都应包含什么。

在确定最合适的学校时，有一个因素尤为重要：地理位置。可以在世界任何地方上大学这种无限的选择和机会令人兴奋，但也会让人有点不知所措。因此，在考虑其他因素之前，首先要确保学生对大学所在地区有充分的了解：你想去什么样的国家、地区或地方？

其他还应纳入考虑的因素包括：

- 学校开设哪些专业：学校所开设的专业是否符合学生兴趣？
- 申请要求：学生是否符合申请要求？如果当下不符合要求，申请时是否能达到？



- 大学规模：小还是大？
- 国际学生比例：高还是低？
- 社交、体育社团或组织：是否符合学生兴趣？学生能否成立新的社团？
- 大学的价值观：是否有强烈的政治、宗教或其他观点？
- 教育模式：是否有必修课程？授课规模大吗？学生与教授的比例是多少？
- 实习、校企合作（co-op）或其他实践机会：学生暑期可以去哪里实习？有哪些行业实习？学生是否有机会在国外（大学之外的国家）学习或工作一年？
- 交通：上学通勤是否方便？从学校到附近城市是否有良好的公交/铁路/自行车资源？交通费用有多贵？
- 食宿：学生是否需要住在学校？校内住宿有保障吗？大多数学生住在哪里？是否需要共用房间或浴室？是否在学校餐厅用餐，还是需要自己做饭？
- 经济因素：是否有奖学金？学费之外的生活费和其他费用是多少？
- 就业：学生的所选目标专业，毕业后通常会从事什么工作？
- 学制：学生希望攻读 3 年制还是 4 年制学士学位？工程、商业或护理等专业预科学校之间的双学位或联合学位专业？医学专业？
- 学习的灵活性：学生需要确定所学项目或专业吗？之后是否有可能转专业？

认真研究大学是非常重要的。九至十一年级的学生在校会有专门的时间用于学习如何最有效地进行学校研究。Cialfo 应该是深圳爱文学生了解国外大学的第一站。同时，学生会有很多机会与到访深圳爱文的大学招生官见面交流；通过网上的资料深入了解学校，甚至前往国外大学实地参观。学生的时间有限，因此最重要的是充分利用时间，高效地探索各种选择。

学生一旦知道了自己想学什么，就需要仔细调查这些具体专业是否有额外的申请要求，尤其是艺术、设计、建筑、音乐以及其他美术或表演艺术专业。其他专业也可能有额外要求。此外，学生还需要了解以下信息来确认适合自己的专业：

- 该课程/专业是否能够让你在对自己感兴趣的领域或职业中拥有优势？
- 该课程/专业是更注重实践和动手操作，还是更注重理论？
- 该课程以自学为主，还是需要做很多小组项目和作业？
- 该专业的学生通常会有哪些实习机会？
- 该专业的学生毕业后通常在哪里工作？
- 你会花多少时间上课？
- 与本系教授面对面交流的时间有多少？
- 班级规模有多大？
- 该专业的测评是如何进行的，对最终成绩有多大影响？



- 是否有机会与教授一起做研究？
- 本科生或研究生水平的课程/专业研究是什么样的？
- 是否有写毕业论文的要求？

在深圳爱文，我们希望学生记住：最重要的不是你去了哪所大学，而是你如何度过大学时光。

高效利用大学访问和大学展会

大学访问和展会通常是指大学招生代表访问深圳爱文学校（或深圳当地的其他学校），与学生分享关于他们学校的学生生活、学术机会、申请要求等方面的第一手信息。由于学生通常不可能实地参观他们想申请的所有学校，因此大学或学院的招生官访问深圳爱文学校是非常难得的机会，能够让学生了解具体学校的特别之处，考虑该学校是否是最适合的学校，并练习在大学申请过程中非常重要的沟通技巧，如自我介绍和电子邮件跟进。

如果学生有机会出国，去当地参观大学和学院，我们建议提前做好计划，让每次访问都更有成效和价值。参考以下时间安排示例：

- 出行前的 6 个月：决定访问哪些学校，检查护照和入境要求，确保护照有足够的页数，确保获得必要的签证；
- 出行前 3 个月：完成必要预订，如机票、火车票、酒店房间等；
- 出前行 1-2 个月：规划院校参观，报名参加每所学院的信息交流会；
- 参观当天：提前到达。切勿迟到。提出经过思考的问题，试着想象自己在这所大学就读的情景；
- 参观结束后：发送电子邮件，介绍自己、感谢参观讲解员和信息交流会主持人，如有疑问可在邮件中提出。

在前往大学参观之前，你还应准备一份问题清单。理想情况下，你应该就以下每个主题至少准备一个问题：

- 专业、课程和学术项目
- 入学程序和要求
- 奖学金、助学金、就读费用或其他财务信息
- 课堂体验
- 学术严谨性
- 师生互动
- 校内的课外学习机会



- 校园文化、学生生活、社团、校内运动或竞技运动
- 学术和/或职业咨询服务
- 宿舍、餐饮或食品服务（考虑找没有带领参观的学生询问这些问题，以便获得真实的信息）
- 健康、健身、心理咨询或其他保健服务
- 为学生提供的其他校园服务

参观时，确保你能看到以下区域：

- 宿舍
- 餐厅或其他餐饮服务场所
- 学习区和公共空间，如图书馆或休息室
- 教室
- 公共交通选择
- 健身房、运动场或其他设施（如果运动对你来说很重要的话）

展示对于某个大学的兴趣

当你去参观大学，或大学招生代表访问深圳爱文学校时，请注意：你应与他们分享你的爱文学生邮箱，订阅大学的资讯、公告或其他来自大学招生办公室的定期电子邮件也应使用你的爱文学生邮箱。对于首选的美国大学和学院，尤其是那些将兴趣作为录取因素之一的大学和学院，这一点对于“展示对于某个大学的兴趣”尤为重要。

什么是“展示对于某个大学的兴趣”？

申请者所展现出的对就读于该校的兴趣是大学收集的一种数据，用于体现学生对就读于本校的兴趣程度。这些数据包括学生参观大学、参加面试等，甚至包括学生打开来自大学的电子邮件的数据。例如，如果一名学生收到了来自大学的一封邮件，但没有打开，或者打开了邮件但没有点击邮件中的任何链接，那么这名学生就会被认为比打开邮件并点击邮件中链接的学生表现出更少的兴趣。这种数字形式的参与非常重要，不仅是学生了解感兴趣的大学的重要途径，也是向大学表明就读意愿的一种方法。

间隔年

深圳爱文学生将会讨论间隔年是否值得考虑、间隔年可以做些什么，以及如何为间隔年做好准备。尽管间隔年有助于学生变得更加成熟、探索世界和学术兴趣，或发展现有的技能，但间隔年也有



一定的风险，很可能弊大于利。有此意向的学生应确保尽早与深圳爱文升学指导沟通间隔年的可能性。

许多最初对间隔年有着浓厚兴趣的学生往往没有意识到，他们需要向自己未来将要申请的大学提出间隔年申请，满足大学的相关要求，获得同意后才可实施间隔年的计划。此外，学生通常要在申请中清楚地阐述他们将会如何利用间隔年的时间，清楚说明间隔年帮助他们更好地为大学生活做准备。如果学生没有为间隔年做好充分准备，不管是申请失败，还是没有妥善规划间隔年的时间安排和活动，那么他们很有可能无法度过一个有意义的间隔年。

早申 ED（绑定大学早申）及其他申请计划、申请轮及政策

为什么早申 ED 很重要？ED 是什么？

ED (Early Decision 即“绑定大学早申”) 是许多美国大学为学生提供的一种申请计划。一方面，学生可以提早收到申请结果。此外，在某些大学（但不是所有大学），ED 申请者的录取率可能会高于同年晚些时间申请该大学的人。

学生（及其家长和学生的深圳爱文升学指导）必须共同与大学签署一份协议，才可申请 ED。如果学生收到该校的录取通知书，则必须撤销所有其他学校的申请（甚至是其他国家的申请），并入读该大学。这被称之为有“约束性”的申请，它意味着学生不得同时申请多所学校的 ED。此外，ED 申请不能撤回。

然而，考虑到学生签署的协议中所规定的条件，ED 申请不是一个轻易做出的决策。选择 ED 申请需要大量的计划、反思、投入、签署协议和后续的行动。只有以下问题的答案都是坚定的“是”时，学生才能够申请 ED：

- 你是否 100% 爱上这所大学？
- 如果被录取，你是否会毫不犹豫地就读这所大学？
- 你是否参观过校园，你对学校的了解是否足以让你肯定自己会在那里过得很好？
- 如果学校要求标准化考试成绩，你的成绩是否与此前该校的录取学生的分数水平相当？
- 你的成绩、课外活动、老师和深圳爱文升学指导给予的支持，是否让你觉得自己较有把握被录取？
- 你和你的家庭是否有能力负担这所大学的学费？

学生应与父母和深圳爱文升学指导老师讨论上述的每个问题。如果学生最终无法自信地回答所有上述问题，那么学生不应该参加 ED 申请。仅有的例外情况只有以运动员身份被录取，或者是某



些情况下的美国公民：如果大学体育教练以书面形式直接告知学生，他们将在录取过程中全力支持学生，那么申请这所学校的 ED 是一个不错的选择。但学生应尽早与深圳爱文升学指导讨论此事，升学指导可与招生办公室联系，以确保体育教练的意见将被纳入招生决策过程。

美国大学的其他申请计划也称为不同的“申请轮”或“选项”，有以下几种：

- ED II (第二轮绑定大学早申)：这是一个具有约束力的申请计划，与 ED 类似，但通常在当年晚些时候进行，适用于未被第一轮 ED 学校录取的学生。这为学生提供一个努力提高在校成绩、提升 GPA、提高考试成绩，继续加强联合课程或课外活动的机会。
- EA (非绑定大学早申)：这是一种不具约束力的申请计划。学生可通过 EA 申请多所学院或大学。如果被录取，没有必须入学的义务。EA 申请通常到 11 月截止。
- 限制性 EA：与 EA 一样，这是一种不具约束力的申请计划。这意味着学生被录取后没有必须就读的义务。但申请了限制性 EA 的学生不能再通过 ED 或 EA 申请其他大学（公立大学的 EA 申请除外）。限制性 EA 申请通常到 11 月截止。（请注意仅有七所录取率极低的大学提供这个申请选项。）
- 常规申请：这是一种不具约束力的申请计划。学生可以申请多所大学和学院。常规申请的截止日期可能从秋季学期一直持续到春季学期。
- 滚动录取：这是一种不具约束力的申请计划。大学会审核所有申请材料或必要提交内容已完整的申请者，而不是等到特定截止日期之后再统一开始审核。学生应尽早提交申请，以确保大学有充足的时间审核自己的申请材料。否则，随着大学逐渐发放已完成审核的录取，较晚申请的学生将与其他申请者共同竞争更少的录取名额。

其他国家的大学有不同的申请计划和截止日期。例如：

- 对于英国大学的申请者来说，牛津大学、剑桥大学以及大多数牙科、医学和兽医学/科学专业的申请截止日期是 10 月 15 日。申请大多数课程的公平考虑日期为 1 月 29 日。
- 香港大学的第一轮申请通常在 11 月 15 日截止。之后进入滚动录取的形式，滚动录取阶段的竞争要激烈得多。
- 对于荷兰的大学，学生必须在 1 月 15 日之前通过 Studielink 提交 numerus fixus program（定额招生）项目的申请，在 5 月 1 日之前递交大多数项目的申请。
- 以上截止日期信息截止至本手册编写时是准确的，但个别大学的政策可能会发生调整，截止日期也可能随之变动。如果你对以上或其他申请计划有任何疑问，请直接联系深圳爱文升学指导。



爱文诚信协议

请见本手册 44 页

更多资源及链接分享

本手册附上其他分享重要信息的外部网站链接合集，学生和家长可以通过以下资源了解大学、了解申请过程及其他相关活动。（请见本手册 46 页）



Welcome Message from Avenues Shenzhen College Counseling

Dear Avenues Families,

The application process to universities and colleges, especially those overseas, can seem scary and stressful, the uncertainty overwhelming, the deadlines innumerable, and questions endless. If students and parents plan early and keep an open mind, carefully consider advice and expertise from Avenues Shenzhen college counselors and other Avenues Shenzhen educators, you will instead find university choices to be boundless and the application process to be exciting and filled with unbridled opportunity. I encourage all students and parents to embrace this process so that we can find the 'best fit opportunities' together.

I hope that this handbook may serve as your guide when you have questions or when you face uncertainty. Please know that I and my colleagues are always here to support you.

The information in this handbook is accurate at the time it was last updated. It is mainly intended for Grade 9, Grade 10, Grade 11, and Grade 12 students. However, I do appreciate that families with students in any grade level may have an interest in college counseling-related matters, and as such, this handbook is made available to all members of our community. Please know that it is not an exhaustive resource, but an overview and guide.

If you should at any time have any questions or concerns, please do not hesitate to reach out. Thank you for your trust and support.

Francis Miller
Dean and College Counselor
Avenues Shenzhen

Contact Information

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What is College Counseling?

The role of the Avenues Shenzhen College Counseling Program is first and foremost to support and advocate for students as they apply to universities abroad. However, it is also much more than that.

It is also to advise individual students and parents on topics as diverse as choosing a destination country/region of study, choosing a university, choosing a major or course, planning for



admissions testing, selecting co-curricular and/or extracurricular activities, applying to internships, selecting summer programs, and more. It also includes interest exploration and career counseling.

The college counseling program at Avenues Shenzhen has been put together with input and foundational concepts from across the Avenues campuses. However, the program has been tailored by Avenues Shenzhen college counselors to best support our students by taking into account the many factors that shape our local context as a school in Shenzhen. Avenues Shenzhen College Counseling aims to provide highly individualized support for each student through the whole university application process, starting in Grade 10. While this is primarily a three-year program that focuses on university counseling, there is also formal support for younger grades including Grade 9, as well as transitional support for Grade 12 students after they have been accepted to a university program.

Parents, teachers, and Avenues Shenzhen college counselors are each vital to students' future university success. Students should strive to build meaningful and respectful relationships with their teachers, regularly update their parents on college-counseling related topics and decisions, and openly communicate with their Avenues Shenzhen college counselor. Keeping these key people involved in their application process and hopes for the future is crucial for successful college applications.

How to be a More Competitive Applicant

"There are three things extremely hard: steel, a diamond, and to know one's self." This is a quotation from Benjamin Franklin in his publication *Poor Richard's Almanack*, published in 1750.

Since 1750, it hasn't gotten much easier to know one's self. Yet this is most fundamentally what is required to become a more competitive applicant to colleges abroad. Overwhelmingly, the most competitive students who seem to gracefully find success in their college applications don't just "study harder." At some point, they spent some significant time and effort to reflect on where they are right now, where they want to go, and to plan for how they will get there. But they don't wait for someone to tell them what to do. The most competitive students have an insatiable thirst for knowledge and an incessant impatience when it comes to solving problems and getting things done – it is no different for college applications.

Some general tips, many of which are from students who applied to college before you:

- First and foremost, don't obsess over trying to meet a particular standard or requirement. Achieving straight As or a near-perfect score on a standardized test like the ACT, SAT, or language test like TOEFL, IELTS, or DET is a goal that many students have. However, strong test scores won't help you stand out, especially not when so many other applicants have also achieved the same scores or met the same standards. Dare to be different. Find your own path, set your own standards, pursue an intellectual activity that you are excited about, and get to work!
- Use your free time wisely (especially your holidays and time away from school). At Avenues Shenzhen, students have more free time than many of their peers in more traditional Chinese schools. Meaningful experiences to which you have committed significant time and effort will help you stand out from the crowd. Depending on your goals, doing a structured summer program at a university might be the most productive way to explore your interest, or it might not be. But if you are considering a trip abroad, think



about the level of academic supervision and support that you will receive, especially if you might have an opportunity to visit universities (not just taking selfies) there.

- Understand what testing will be required for the universities you want to apply to and plan and prepare accordingly. U.K. universities generally have strict testing requirements, some U.S. universities may require standardized tests, and just about all universities abroad may require some kind of English proficiency test score.
- Brainstorm and draft your essays and activity descriptions early. Having well-written essays and personal statements is important, but more important is being able to coherently discuss the activities and experiences that are most meaningful to you. You will likely have to participate in college fairs, interviews, or other interactions where you will need to introduce yourself and repeat over and over again the same information about your interests. Don't get frustrated – get better at it. Unfortunately no AI chatbot will be able to describe your activities in better detail than you can.
- Meet with your Avenues Shenzhen college counselor early and often. Learn the application lingo. Complete your college counseling tasks early. While you might not get a grade for completing a college counseling-related task, that task might play an outsized role in deciding your future. Excellence isn't a one-time result – it is a conscious choice to do your best every day, no matter what.

Philosophy of Best Fit

Students, with the guidance of their Avenues Shenzhen college counselor, should strive to matriculate to a “best fit” university or college. This is in contrast with simply matriculating into the highest-ranked university that grants them an acceptance. Finding this “best fit” university or college must take into account a balance of academic, social, financial, and other factors. This may be the first time that a student will be so involved in such a major decision about their future. Parents, teachers, and counselors must be dedicated to supporting students to achieve their individual goals.

Underlying principles of student-oriented college counseling

- Students will participate in the college counseling program from the start of their upper grades at Avenues Shenzhen;
- Students will have adequate time to access college counselors during the school day;
- Each student will have a dedicated Avenues Shenzhen college counselor who will advocate for them, support them, and prioritize individual student needs;
- Students will have a dedicated Avenues Shenzhen college counselor who is trained, professional, aware of the latest trends and application policies at overseas universities, and who has experience supporting a wide variety of students through the college application process;
- Students will be exposed to and supported in all post-secondary and vocational choices based on their individual goals, capabilities, strengths, and interests as identified together with their Avenues Shenzhen college counselor;
- Students will be made aware of college application expectations, including ethical decision making and practices.



- Students will have ample support to apply to and participate in summer school, enrichment programs, or other academic or extracurricular programs throughout the year;
- Students will have parents who are educated, engaged, and understand their roles and responsibilities in the college application planning process;
- Students will have professional teachers who are trained as mentors. Students' teachers will get to know them over their high school career, and if asked and agree, will be able to write compelling, detailed, and personal letters of recommendation to support their college applications.

Role and Responsibilities

Applying to university requires partnership between the student, parent, and their Avenues Shenzhen college counselor in helping students prepare to apply to university.

The Avenues Shenzhen college counselor advises students through the application process so that they are prepared to effectively complete a large number of tasks during what is usually a very busy and stressful period of time for students and parents. What do counselors do?

- Empower students with the skills and capability to research universities and colleges
- Coordinate university and college visits
- Facilitate one-on-one meetings with students and parents to provide individualized guidance
- Advise what information should (and should not) be included in a college application
- Advise on selecting universities and creating a balanced university list
- Write, create, and/or send official school documents to universities including: initial transcripts, mid-year transcripts, final transcripts,
- Send other supporting documentation as required
- Coordinate and provide support for teachers writing Letters of Recommendation
- Write a Counselor Letter of Recommendation when required
- Assist with essay writing by providing guidance on brainstorming and feedback for revision. Note that Avenues Shenzhen college counselors do NOT write student essays for them.

The parent is a very important provider of support in the college application process. Discussions should take place early and often so that everyone involved can have clear expectations and better-aligned goals. Topics to discuss include:

- Financial considerations
- Preparation of financial documentation, including bank statements or certificates of deposit
- Payment of application fees as needed (usually requiring a Visa or Mastercard credit card)
- Be aware of deadlines, both for university applications but also for internal Avenues Shenzhen deadlines, and assisting your student to ensure that these deadlines are not missed
- Read and sign the integrity agreement. See below "Avenues Integrity Agreement"
- Have some kind of international phone plan that will allow students to call and communicate with universities and service providers, including organizations that facilitate standardized testing.
- Consider refraining from use of independent counselors. See the section below "Policy Regarding the Use of Agents"



The student is expected to take ownership of their college application process. This includes researching universities and colleges and making subsequent applications to the universities of their choice. They should seek to develop a list of “best fit” universities and programs, not only at top-ranked highly-selective institutions, but also ones that are more and most likely to accept them as well. They can do this by:

- Communicating with subject teachers who will eventually write letters of recommendation
- Prepare for and interact thoughtfully with university admission officers who visit Avenues Shenzhen
- Frequently log into and use Cialfo, the college application task and data management platform that Avenues Shenzhen uses, available [here](#).
- Keep all important related documents safe and organized, especially any external exam certificates or score reports that you may have been given. You will need these and they are not easily replaced.
- Ask teachers for letters of recommendation in a timely manner, at least three weeks before any deadline. Complete the Letters of Recommendation Request Form in a timely manner, also ideally at least three weeks before any deadline.
- Research and compile a “long list” of possible universities and colleges, along with important related data:
 - required grades
 - required admission tests
 - English language requirements
 - location
 - deadlines
 - tuition and cost
- Regularly meet and communicate with your dean and Avenues Shenzhen college counselor about (but not limited to):
 - Reading and responding to emails on a daily basis
 - Discussing the “long list” of universities and narrowing it down
 - Checking your transcript for accuracy
 - Completing and sharing application material drafts to your Avenues Shenzhen college counselor for review and feedback
 - Completing and submitting application materials to universities on time by their required deadlines
 - Informing counselors of any external deadlines that may require action, allowing sufficient time of at least two weeks to properly prepare documents
 - Informing your Avenues Shenzhen college counselor of all standardized or other admissions-related testing that has been taken, including the name of the test, the date, and the score received
 - Informing counselors of any application results (including acceptance, denial, or otherwise), including any scholarships that may have been received or conditions attached to the offer
- Read and sign the integrity agreement. See below “Avenues Integrity Agreement”

Policy Regarding the Use of Agents and Independent Education Consultants



A private agent or independent education consultant offers a wide range of paid services including assisting with application materials, school selection, writing essays, and so on. However, it contradicts our school's model, philosophy, and mission to use an external agent. This is especially true given the fact that Avenues Shenzhen provides an exceptional level of service in college counseling delivered by award-winning college counselors who serve in prestigious leadership positions within the international college counseling community. There are many well-documented cases across the world where agents have written or fabricated essays and other application materials for students. This is not only unethical, but it can result in automatic denial, cancellation of any offers, or potentially more serious consequences as the result of visa fraud: imprisonment, fines, deportation, or a lifetime ban from entering certain countries.

An increasing number of universities have made clear statements that they do not accept students who are paying a company or individual to complete the application on their behalf. Avenues Shenzhen expects all of its students to take responsibility and ownership of their own applications to universities and colleges. Avenues Shenzhen will ask all students to disclose whether or not they have engaged the services of an agent or independent consultant.

Avenues provides college counseling as part of your tuition and offers professional advice throughout the process. The Avenues Shenzhen college counselors will support you on your college application journey from grade 10 all the way through to your graduation from grade 12 and beyond.

Instead of purchasing services from agencies or independent consultants, consider engaging in the college application process at Avenues Shenzhen. Do your own school research, select your own schools, complete your application forms and essays yourself, and take your own future into your hands because no one will understand yourself or care more about your future than you will.

Cialfo Use and Expectations

Cialfo is the online platform that Avenues Shenzhen uses to manage college counseling tasks and data. It can help students to explore different universities, majors, and careers, as well as help them match their likes and dislikes to specific colleges or universities. This includes but is not limited to school size, location, majors offered, financial requirements, standardized testing requirements, and so on. Cialfo can help students prepare for life after Avenues by helping them narrow down their fields of interest and supporting them through the process of applying to college. All students in grades 9-12 will have access to Cialfo and will be expected to use it as part of their Dean's Program. Students in Grade 12 must be comfortable using Cialfo as it will be used to manage their school research, document sending, and even submission of certain applications, including all applications to U.K. universities.

Avenues SZ Cialfo Website

To log into your Avenues Shenzhen Cialfo student account, go to: <https://avenues.cialfo.cn/>



Annual Objectives (by grade)

Each grade level from 9-12 will, as part of their Dean's Program, have classes that introduce and reinforce key knowledge and skills required to confidently navigate the college application process. It is important to be well informed about the college application process, but also to meet important milestones to ensure that students will have adequately considered the options available to them and to identify which options can best suit their needs and wants.

Throughout students' time at Avenues, they will participate in Dean's Program classes, but there will also be admissions officers from a wide range of universities and colleges visiting Avenues Shenzhen. This provides students with an environment to talk with admission officers to learn more about the merits or drawbacks of study in a particular location or field. By the time students finish grade 11 and are about to start grade 12, students should have a clear understanding not only of what they want in a future universities or course of study, but also of what a "best fit" university might look like for them.

For Grade 9 Students

This year is about a strong finish to grade 9, but also about laying the foundation for upper grades academic success and preparing for college applications. Students will be introduced to the basics of college counseling throughout the school year, formally about once per month in their Dean's Program, but also through college counseling-related events, communications, and especially college visits from university admission officers. Students will be responsible for learning how to use several important tools for exploring their future opportunities, especially the platform Cialfo. Students will need to create their Cialfo accounts, be comfortable logging into the platform, and be able to access and use the tools and task management functions well. At the beginning of the year, students will develop SMART goals which they will regularly review, revise, and communicate with their Avenues Shenzhen college counselor. By developing an awareness of a college profile and identity, students can better appreciate the importance of using their time to identify strengths, learn more about themselves, and pursue activities that will allow them to develop their interests to prepare for a future course of study.

Students will be assigned the study skills assessment from Human eSources on Cialfo. Based on their results, students will discuss with their Dean or other faculty and staff on how they can best utilize the resources that Avenues has to offer in order to excel in school.

Additionally, Avenues Shenzhen college counselors will provide guidance to students on time management. This includes managing the stress from a heavy workload at school and from class work, but more importantly how to make important decisions. This includes choosing classes, co-curricular activities, and summer planning. Students will be encouraged to continue activities in which they have found joy or success, and to try new activities such as sports, community service, art, music, academic research or others. This is especially important as an opportunity for students to identify a suitable competitive sport for grades 10, 11, and 12. This is because Upper Grades students are expected to acquire WAM credits through participation on sports teams, which are required to graduate.

Finally, this also includes noting that if a student is planning to apply to U.K. universities, they should anticipate and prepare properly to take standardized tests that are required for their future course of study, such as AP or A Level tests.



For Grade 10 Students

In this grade, students will build on what they learned in Grade 9 by continuing college counseling-related classes about once per month in their Dean's Program. Students will continue to use their time in class and familiarity with Cialfo to explore their interests, universities, and potential majors.

Students will complete the "Multiple Intelligences" assessment from Human eSources on Cialfo. Based on their results, students will discuss with their Dean or other academic advising staff on how they can best identify which potential majors or careers might be a best fit.

Students will be counseled on which classes, sports, and activities they will pursue throughout Grade 10. As activities play a significant role especially in U.S. and U.K. applications, students will receive guidance to thoughtfully choose which activities they want to continue through Grade 10, which new activities they may want to try, and which activities they could discontinue. Students should be focused on activities that interest them in the arts, community service, a sport, or otherwise.

Because universities are unequivocal that student grades and performance in school is the most important factor, students will be advised to focus on their classes and complete the hard work necessary to get the best possible grades. At the same time, students will be encouraged to build a profile of meaningful experiences and skills through a range of co-curricular activities, since this is an important way to demonstrate to universities exploration of and commitment to a particular interest. Universities expect consistency, commitment, leadership, and thoughtful pursuit of interests through co-curricular or extra-curricular activities.

In college counseling classes, students will also understand how they can better plan for grade 11 opportunities and experiences to be more competitive in the application process, including those inside of and outside of school. They will understand resiliency, apply ways to become more resilient, learn more about how to consider different factors for decision making, and start to consider the process of researching careers and majors/courses, especially so that their class selection for grade 11 is based on well-informed choices.

Students will review their grade 11 course selection with their Avenues Shenzhen college counselor to ensure that thoughtful choices are made to prepare for possible or definite future plans.

For Grade 11 Students

Students in grade 11 will have college counseling classes during their Dean's Program, as well as individual counseling sessions. Over the course of the year, students will be required to reflect on their learning at Avenues, as well as identify their strengths and values. Using what is ideally a heightened self-awareness, students will actively research higher education opportunities in different countries, including different universities, majors and courses, different rankings systems, minimum entry requirements, and the time and financial commitments that different degrees may require. After this process, students will ideally have a good idea about how to "stand out from the crowd" and leverage their strengths and self-awareness to produce a unique and competitive college application.



One of the primary aims is to use Cialfo to build a “long list”, in other words a list of universities and colleges to which the student has a strong interest in applying, but also a range of other schools that could potentially be a good fit. Students should be familiar with the terms “likely,” “target,” “reach,” and “far reach”, which are various levels of the likelihood of acceptance and will be assigned by an Avenues Shenzhen college counselor.

Before May 1, students must have decided and requested letters of recommendation from their teachers. For students applying to U.S. universities, this should be two letters written by two different class teachers, ideally one in the humanities and the other in STEM (although there are exceptions). For U.K. universities, the Avenues Shenzhen college counselor will complete the referee statement, unless agreed upon otherwise between the college counselor and student.

For students planning to apply to U.S. universities that require the SAT or ACT, it is recommended to prepare and take the SAT or ACT in the fall, winter and/or spring of Grade 11, so that these scores will be known before entering Grade 12.

If students plan to apply to Oxford or Cambridge in the U.K., they should communicate these plans with their counselor as early as possible so that adequate preparations can be made. Students will be expected to make good use of the time given to them to craft their applications.

For Grade 12 Students

From the start of the year, parents and students meet with their Avenues Shenzhen college counselor to discuss and confirm a school list and application plan. This includes deciding which university, which program(s) they are most interested in, and signing the Avenues Integrity Agreement.

Grade 12 students have highly individualized counselling throughout the application process. Before applications are sent, students are highly encouraged and have ample opportunity to meet with their college counselor before sending. Transcripts and other documents are prepared by the college counselor as required, according to applications sent by the student. Please note that especially for U.S. university applications, college counselors will usually only send supporting documents after a student has submitted their application, not before.

Grade 12 students are responsible for communicating with their counselors clearly and regularly about any external deadlines, score requirements, or document sending requests, but especially should communicate with their counselor as early as possible for the following plans to apply:

- To the University of Oxford
- To the University of Cambridge
- To a highly competitive program in the U.K. such as medicine
- To a US university through an Early Decision agreement
- To a US university through an Early Action agreement (including Single-choice or Restrictive Early Action)
- To a fine art, architecture, music/conservatory, or other specialized program that may require a portfolio or audition materials

This is because these application plans involve earlier deadlines or significantly increased preparation work, and as such, they require significantly earlier planning and coordination



between the student and their Avenues Shenzhen college counselor. Counselors are involved in each stage in order to advise and guide the student to achieve the best outcome.

After students have finished submitting their applications to colleges and universities, they are still expected to attend school, maintain a regular class schedule, and put forth full effort in each academic subject. College counseling will provide insight and tips on how to navigate transition items, such as how to select a final university to attend, how to choose housing, how to apply for a visa, how to choose classes, how to make the most of career counseling services, and more. For students who may receive deferral, waitlist, conditional offers, or other decisions with potentially complex implications, families should plan to discuss these together with their Avenues Shenzhen college counselor to determine the best course of action. Any students considering alternative pathways, including a gap year, should let their college counselor know as soon as possible: gap years as well as other special programs usually require an application and significant planning.

University Application Numbers

Avenues Shenzhen college counselors appreciate that parents, besides paying the future tuition bill, also have a big influence and role to play in college application decisions. Students must communicate early and often about their educational goals. At some universities, the decision about what to study can be postponed one or even two years. At other universities, students must decide when they apply or immediately when they begin classes, and may be locked into that area of study from the first day. Regardless, there are several extremely important questions that must be asked:

- What will my life be like in a new country?
- Do I have the motivation to study and work hard?
- Why do I want to study a particular major or course?
- What subjects do I enjoy? What subjects am I good at?

Avenues Shenzhen college counselors will not impose a limit on the number of applications each student submits. That being said, if students have done sufficient research and have thoughtfully built a school list, it is unnecessary to submit more than about 10-15 applications to gain multiple offers of admission (where UCAS, the University of California, and similar single-application/multi-institution application systems may count as one application).

Applying to significantly more than 15 universities potentially demonstrates a lack of serious and thoughtful decision making. Applying to a university is a serious decision that should be treated with thoughtful consideration.

Moreover, students who spend more time and effort applying to significantly more universities will divide their attention between more applications. This is likely to result in applications that are less competitive. This will hurt their chances of acceptance, especially at highly selective universities. If students are considering applying to highly-selective institutions, it is even more important that they carefully and thoughtfully consider the universities to which they plan to apply.



Requesting Transcripts and Disciplinary Reporting

To request a transcript for university applications, students simply need to discuss with their college counselor. Any other transcript requests should be submitted through Avenues' official Transcript Request Form.

Most universities require high school transcripts as part of the application process for undergraduate first year entry. In most cases, your Avenues Shenzhen college counselor will use Cialfo to send transcripts directly to universities. After their dean and/or college counselor has approved the request, the students' transcript will be sent to the receiving institution. If a physical paper copy of a transcript is required to be mailed, these requests should be made at least four weeks prior to the date on which the transcript must be received. As some institutions, especially those in South Korea and Japan, still request printed hard-copy paper transcripts, requests made too close to an upcoming deadline risk having your transcript not arrive in time to meet that deadline.

Please note that at Avenues Shenzhen, there is an important distinction between report cards and transcripts. Report cards are issued to Secondary Division families at the end of each marking period. In contrast, transcripts are issued by the Avenues Shenzhen registrar and are used for reporting a student's academic record to external institutions. According to industry best practices, transcripts are generally not shared with students or parents.

In some specific cases students and parents may need a copy of the transcript. As such, the Avenues Shenzhen registrar may issue two kinds of transcripts:

- **Unofficial Transcripts.** unofficial transcript. An Unofficial Transcript will have all of the same information as the student's official transcript, but contains certain features that clearly indicate that it is unofficial transcript. Students may request unofficial transcripts at any time using the Transcript Request Form, but must provide a purpose for the request. Some university or other programs may require students to have access to their unofficial transcripts. An example is the University of California which requires first year applicants to self-report all coursework and grades.
- **Official Transcripts.** This is Avenues Shenzhen's official record of a student's academic achievement. It has the same information included in the unofficial transcript. It lists all of the courses a student has taken, the grades they have achieved, as well as credits earned. The grades are listed in chronological order by term. These official transcripts are sent directly by Avenues Shenzhen to external institutions, such as universities or colleges, upon request. Before sending an official transcript, Avenues Shenzhen college counselors may request the student to demonstrate that they are preparing to apply or have already applied to an external institution. Otherwise, students may only request transcripts if they have already graduated or are no longer enrolled at Avenues Shenzhen.

Universities expect transcripts to be sent directly by an Avenues Shenzhen college counselor. This maintains the integrity of Avenues Shenzhen transcripts and increases the authenticity and utility of transcripts, as well as maintaining our school's reputation. When universities receive a transcript directly from an Avenues Shenzhen college counselor, they will know that it can be trusted and will not have been altered in any way.



Avenues Shenzhen does not rank students, nor report a GPA on final transcripts. Unlike Avenues Shenzhen's outcomes-based system of assessment, GPA and rankings are not a fair representation of student ability or achievement.

Additionally, the transcript includes reporting of discipline or other infractions a student has received during their time at Avenues Shenzhen, including but not limited to suspensions. The transcript will generally not, however, describe the nature of the infraction in detail. For more information on this, please see the Family Handbook. If a student has received an infraction during their time at Avenues, they are encouraged to work with their dean and college counselor to craft a statement explaining the infraction. In addition, students may request that their college counselor write a statement clarifying any circumstances around the infraction to offer context to the events.

Transparent reporting of infractions is essential for many reasons, including:

- It is in line with the values and ethics of Avenues;
- Colleges and universities expect that college counselors and students are communicating with them transparently. Adhering to our policies maintains credibility.
- It protects students within the world of competitive college admissions. If a college or university later discovers a student's infraction through informal channels without the student or school having reported it first in the expected way or through the expected channel, this can severely damage Avenues Shenzhen's relationship with this college or university. Moreover, it may threaten the student's candidacy and future applicants from Avenues Shenzhen.

Admission committees are almost always more concerned with the manner in which students respond to disciplinary action than the actual events leading up to any particular infraction. A mature and thoughtful response to an infraction demonstrates growth and development as a young adult.

Application Timeline (for the class of 2026)

Grade 11

Start of Fall and Spring Semesters: Students and Parents attend College Counseling Seminars. This will include a welcome to the college application process, an overview of important college counseling tasks, helpful planning information, as well as policy and deadline reminders.

Throughout fall and spring semesters: meetings with Student, Parents, and Avenues Shenzhen college counselor to discuss steps for application preparation. This will include reviewing test results and the student's testing plan, middle school transcripts, results from the school selection questionnaire, and the students long list of schools.

April: Students should have completed at least one draft of both a U.S. and U.K. personal statement.

May: Students should have signed and turned in their Avenues Integrity Agreement to their Avenues Shenzhen college counselor. Students should have met with the subject teachers from



whom they are requesting letters of recommendation. Based on the students' intended major/course as well as country/region destination, this may differ:

- For the U.S. one STEM and one English, Language, or other Humanities teacher for a total of 2
- For the U.K. complete the U.K. recommendation request form
- For Hong Kong, Korea, or Japan, two referees specific to the subjects the student intends to study

These are guidelines. There are always exceptions. Students should plan to discuss their choices for letter of recommendation writers in detail with their subject teachers and Avenues Shenzhen college counselor.

June 1: Students must meet this deadline to turn in their Letter of Recommendation Form to each of the teachers who have agreed to write a letter for them. Students should have a long list of at least 15-30 universities listed on their Cialfo account.

June-August: Students should:

- finish researching universities (application timelines and deadlines, requirements, majors, fit, admission tests, interviews) and visit if able
- Revise the U.S. Common Application personal statement, University of California personal insight questions, and any supplemental essay drafts (if applying to the U.S.)
- Revise the U.K. personal statement (if applying to the U.K.)
- Revise any other essays required by universities in Canada, Japan, or Hong Kong (if applying to those destinations)
- Narrow the long list from 15-30 colleges and universities to 10-15 colleges and universities. Students should be ready to confirm their Early Action/Early Decision/Oxford/Cambridge application plans if applicable.
- Take full advantage of summer opportunities: volunteering, internships, university visits, academic enrichment programs, continuing extracurricular activities

Grade 12

September: Students and Parents should meet individually by appointment with their Avenues Shenzhen college counselor. Students should be at an advanced stage of writing any required supplementary essays. Transcript requests and new testing results should be submitted to your Avenues Shenzhen college counselor. Students should register to take any U.K. admission tests (if applicable). If applying U.S. Early Decision/U.S. Early Action/Oxford/Cambridge/U.K. medicine or dentistry or veterinary medicine, then the meeting should include parents. This should also include a confirmation of a final school list, intended majors/courses, and application plans. Unless there are extreme or extenuating circumstances, this final school list should not be changed. Any requests for changes should be submitted to your Avenues College counselor no later than one month before an application deadline.

September – December: at various dates applications open worldwide for universities in various countries/regions/states, including Canada, Hong Kong, Japan, Europe, University of California, and more. It is ultimately the student's responsibility to check and keep track of important dates and deadlines for college applications.



October 1: This is the internal deadline for October 15 application plans to be reviewed with your Avenues Shenzhen college counselor.

October 2: Deadline for conservatoire music applications to U.K. universities.

October 15: some Early Action deadlines for U.S. universities. University of Oxford, University of Cambridge, and U.K. programs in medicine, dentistry, and veterinary medicine programs deadline to submit. You should plan to review your applications with a November 1 deadline with your Avenues Shenzhen college counselor.

November 1: The Early Action and Early Decision deadlines for many U.S. universities and liberal arts colleges.

November 15: The Early Action and Early Decision deadlines for some U.S. universities and liberal arts colleges. This is also the internal deadline by which you must review your University of California application with your Avenues Shenzhen college counselor.

November 30: University of California application deadline.

December 1: This is the internal deadline by which you must review your applications with a January deadline.

December-April: If accepted by an Early Decision (ED) choice school, within one week withdraw all of your other applications and notify your Avenues Shenzhen college counselor by email.

January: Many U.S. universities have regular decision (RD) application deadlines throughout the month of January.

January 29: Deadline for U.K. applications through UCAS to guarantee equal consideration

April: Students reply to university decisions. This includes declining acceptances from all universities to which you are certain that you will not matriculate. Carefully read and follow any waitlist instructions, if applicable.

May 1: U.S. university and college official candidate reply date. For students planning to attend a U.S. or Canadian university, this is the deadline to communicate your decision and to submit a deposit.

May 15: Students must meet with their Avenues Shenzhen college counselor to review a final checklist regarding your matriculation, including complete acceptances listing in Cialfo. Students must complete the Avenues Shenzhen College Counseling Survey. This must be completed to graduate, as well as guarantee that your final transcript will be sent to your university.

July 5: Clearing opens for eligible U.K. applicants and vacancies are searchable on UCAS

Choosing a University or College



At Avenues Shenzhen, college counselors will guide students to find a best-fit college or university. But what does “best fit” mean?

Best fit is simply a college or university that will be able to support you inside and outside of the classroom, as well as enable you to be your best self today and become who you want to be in the future. This means providing an academically stimulating environment to learn, opportunities outside of classes to get involved in social, athletic, or other activities, and support for any additional needs. A best fit university’s culture will be able to nurture your passions. For example, if you are more relaxed towards your academic work, then your “best fit” university might be one with a less intensive academic environment, but provides a rich array of extracurricular and social opportunities.

As for the various factors that can affect this fit, they are practically limitless. It is common for students to use rankings to determine which university to apply to. However, rankings vary from one country to another, and from one ranking system to another system. Rankings alone do not truly reflect the quality of an institution. This is because rankings only take into account a select few data points about each institution and are unable to take into account all aspects. Avenues Shenzhen college counselors will strongly encourage students to look beyond rankings to find their “best fit” colleges and universities. Students should not only consider colleges and universities that look good on paper, but dig deeper to understand what makes a university education and experience so valuable and to identify what that kind of experience should include for them.

In determining best fit, one factor stands out above the rest: location. Attending a university anywhere in the world is a limitless choice and boundless opportunity. This is exciting, but can also be a bit overwhelming. So before you dive into other factors, make sure that first and foremost you are well-informed about location: what kind of country, region, or place is it that you want to go?

Other factors that you can and should consider are:

- Availability of academic programs – do the available academic programs match your interests?
- Application requirements – do you meet the requirements? If not now, can you by the time you apply?
- University size – smaller or larger?
- Percentage of International Students – higher or lower?
- Social or Sporting Clubs or Organizations – do they match your interests? Could you set up a new one?
- Values of the university – is there a strong presence of political, religious, or other views?
- Education Model – is there a core curriculum? Are there large lecture sizes? What is the student/professor ratio?
- Internships, Co-op or other experiential opportunities – what and where can students go in the summer? What industry placements are there? Do students have opportunity to study or work abroad (away from their university’s home country) for a year?
- Transportation – how easy is it to get to the university? Is there a good link from campus to nearby cities by bus/rail/bicycle? How expensive is transport?
- Room and Board – are you required to live at school? Is on-campus housing guaranteed? Where do most students live? Will you need to share a room or bathrooms? Will you need to enroll in a meal plan or will you need to cook for yourself?



- Finances – Are there scholarships available? What are the living expenses and fees outside of tuition?
- Outcomes – what do students usually do after graduating from your target major?
- Length of Degree – do you want a 3 year bachelors? 4 year bachelors? Dual or combined degree programs between preprofessional schools like engineering, business, or nursing? Accelerated programs in medicine?
- Flexibility in study – are you certain about your course or major of study? Is there a possibility you might want to change later?

It is very important to carefully research colleges and universities. Students in grades 9-11 will have dedicated time at school to learn about how best to conduct effective school research. Cialfo should be every Avenues Shenzhen's student's first stop to learn more about universities abroad. There will be ample opportunities to meet with admission officers who visit Avenues Shenzhen, to explore online materials, or even to travel to visit universities abroad. There is limited time available, so making the most of that time to productively and efficiently explore options is of the utmost importance.

Once you have an idea about what you want to study, you will need to carefully investigate whether or not these particular programs have additional application requirements. This is especially true for art, design, architecture, music, and generally other fine arts or performing arts programs. But other programs may have additional requirements too. Moreover, you will want to find some additional information to help you figure out if this course is right for you:

- Will this course/major give you an advantage in a field or career that interests you?
- Will this course/major involve a more practical, hands-on approach or will it be more theoretical?
- Will you be mostly studying on your own, or will you need to do many group projects and assignments?
- What internships do students in this major usually get?
- Where do students usually work after they graduate?
- How much time will you spend in lectures?
- How much face time can you expect with professors in this department?
- How large are the classes?
- How will course assessments work and how much do they determine your final grades?
- Is there an opportunity to do research with a professor?
- What does undergraduate or graduate-level research in your course/major look like?
- Are you required to write a thesis or dissertation?

Avenues Shenzhen students should remember: it is not where you go, but what you do that matters most!

Making the Most of College Visits or College Fairs

College visits and fairs are usually when university admission representatives visit Avenues Shenzhen (or other local area schools in Shenzhen) to share first-hand information with our students about student life at their institutions, academic opportunities, application requirements, and more. Since it is usually impossible for students to travel to visit all of the schools on their list, any university or college admissions officer's visit to Avenues represents an exceptional



opportunity to learn about what qualities make that particular school special, consider if it could be a best fit school, and practice communication skills that are important to the college application process, like self-introductions and email follow-up.

If you find yourself fortunate to be traveling abroad with an opportunity to visit colleges and universities, then planning ahead of time can make each visit far more productive and valuable.

A sample timeline is below:

- 6 months before you travel – decide which schools you want to visit, check your passport and any entry requirements to ensure there are adequate pages or to acquire necessary visas
- 3 months before – book necessary travel including air, rail, hotel rooms, or otherwise
- 1-2 months before – schedule a college tour and register for an information session with each college
- Day of your visit – arrive early. DO NOT arrive late. Ask thoughtful questions. Try to imagine yourself attending this college.
- After your visit – send a follow-up email to introduce yourself, thank your tour guide and information session presenter, and to ask any additional questions you might have.

Before visiting universities, you should also prepare a list of questions to ask. Ideally, you should have at least one question about each of the following topic areas:

- Majors, courses, academic programs
- Admission processes and requirements
- Scholarships, financial aid, cost of attendance, or other financials
- Classroom experience
- Academic rigor
- Student-faculty interactions
- On-campus learning opportunities outside of class
- Campus culture, student life, clubs, intramural or competitive sports
- Academic and/or career advising
- Dormitories and dining or food services (consider finding students who are not leading the tour to ask these questions and receive authentic opinions)
- Health, fitness, counseling, or other wellness services
- Other campus services for students

When you visit, ensure that you see:

- Dormitories
- Dining halls or any food service locations
- Study areas and common spaces like libraries or lounges
- Classrooms
- Public transportation options
- Gyms, fields, or other facilities if sports are important to you

Demonstrated Interest

A note for when you visit universities or colleges, or when admissions reps visit Avenues Shenzhen: you should share your Avenues Shenzhen official student email address with them. You should also use your official school email to sign up for newsletters, bulletins, or other regular



emails from university admission offices. This is especially true for your top choice universities and colleges in the U.S. This is because of a factor in admissions decisions called “demonstrated interest.”

What is “demonstrated interest”?

It is data that colleges collect that show how “interested” a student is in attending their school. This can range from data about visiting a university, participating in an interview, or even something as simple as opening an email from the university. For example, if a student receives an email, but doesn’t open that email, or opens the email but doesn’t click any of the links inside of it, then that student will be considered to have less demonstrated interest than a student who does open the email and click the links inside. This kind of electronic engagement is extremely important not only to learn more about the universities you want to attend, but also to demonstrate your interest.

Gap Year

Students at Avenues Shenzhen will discuss why a gap year might be worth considering, what a gap year entails, and how to prepare for a gap year. While a gap year can be incredibly helpful for a student to develop increased maturity, explore the world and their academic interests, or to develop existing skills, gap years come with certain definite risks which may far outweigh potential gains. Students seriously considering a gap year should be sure to communicate this possibility with their Avenues Shenzhen college counselor as early as possible.

Many students who initially express enthusiasm for a gap year often fail to recognize that they will be required to submit an application to their future university to meet certain requirements necessary before being approved for a gap year. Additionally, this application usually requires the clear articulation of a plan not only for how the time on a gap year would be spent, but also how it would allow the student to better prepare for their time at university. If students fail to adequately prepare for their gap year either by applying unsuccessfully, or without properly planning their gap year schedule and activities, it is less probable that they will have a productive gap year.

Early Decision and Other Application Plans, Rounds, and Policies

Why does Early Decision matter and what is it?

Early Decision is an application plan that many U.S. universities offer to students. On the one hand, students can get their application result earlier. Additionally, acceptance rates for applicants who apply early decision can be higher at some universities (but not all universities) than for those who apply to the same university under a later application plan.

In order to apply Early Decision, students (and their parents and their Avenues Shenzhen college counselor) must together sign an agreement with the university that if the student is given an offer of acceptance, they must withdraw all other applications (even those to other countries) and enroll at the university. This so-called “binding” decision means that students are not allowed to apply to more than one school through an Early Decision plan at a time. Moreover, an Early Decision application cannot be withdrawn.



However, with the conditions in the agreement that students sign, it isn't so simple as just deciding to apply Early Decision. Choosing to apply Early Decision requires extensive planning, self reflection, commitment, signing an agreement, and follow-up. A student should only apply Early Decision if they can confidently answer "yes" to the following questions:

- Are you 100% totally in love with this college or university?
- Would you absolutely without reservation attend this college or university if accepted?
- Have you visited campus or do you know enough about the school to confidently say you would be happy living there?
- If the school requires standardized test scores, are yours in the range of the scores of other students who have been accepted?
- Are your grades, extracurricular activities, and support from your teachers and Avenues Shenzhen college counselor so strong that you feel like you have a reasonable chance of being accepted?
- Are you and your family able to afford the tuition at this university?

Students should discuss each of these questions with their parents and their Avenues Shenzhen college counselor. If, ultimately, students aren't able to confidently answer yes to all of these questions, then they should not apply Early Decision. The only exceptions to this are for recruited athletes and, in some cases, U.S. citizens: If a coach at the university has directly communicated in writing that a student will have their full support in the admissions process, then Early Decision could be a great choice. However, students should discuss this early with their Avenues Shenzhen college counselor, who can contact the admissions office to ensure that the coach's opinion will be included in the admissions decision-making process.

Other application plans in the U.S., also known as "rounds" or "options", include the following:

- Early Decision II: this is a binding application plan similar to Early Decision, but is usually later in the year for students who unfortunately were not accepted by their Early Decision school. It gives students a great opportunity, especially those who work hard to improve their grades in school, increase their GPA, raise their test scores, or put in significant work towards a meaningful co-curricular or extra curricular activity.
- Early Action: this is a non-binding application plan. Students may apply to multiple colleges or universities through Early Action plans. If accepted, there is no obligation to attend. These applications are usually due in November.
- Restrictive Early Action or Single Choice Early Action: like Early Action, this is a non-binding application plan. This means that if students are accepted, they are not obligated to attend. However, students are prohibited from applying to another university through an Early Decision or Early Action plan (with the exception of Early Action plans to public universities). These applications are usually due in November. (Note that only seven extremely selective U.S. universities offer this application plan.)
- Regular Decision: this is a non-binding application plan. You can apply to multiple universities and colleges. These applications may be due anywhere from mid-autumn all the way through late winter and into the spring.
- Rolling Admissions: this is a non-binding application plan. Colleges will review applications as they are complete or submitted with all of the required elements, as opposed to waiting until after a specific deadline. However, students should apply early to get extra consideration. Otherwise, as spots fill up, students applying later compete for fewer available spots.



Other universities in other countries will have different application plans and deadlines. For example:

- For applicants to U.K. universities, the deadline for applicants to Oxford, Cambridge, and most courses in dentistry, medicine, and veterinary medicine/science is October 15. The equal consideration date for applications to most courses is January 29.
- For the University of Hong Kong, their first round of applications usually closes on November 15. Afterwards, applications are considered on a rolling basis, but admission is far more selective.
- For universities in the Netherlands, you must submit your application through Studielink before January 15 for consideration for a numerus fixus program. For most other programs, the application deadline is May 1.

These deadlines were up to date at the time of writing, but may change according to individual university policy updates. If you have questions about these or other application plans, please reach out directly to your Avenues Shenzhen college counselor.



Avenues Shenzhen Integrity Agreement

Avenues Shenzhen Integrity Agreement, Class of 2025

I, _____ (student name), am a student at Avenues Shenzhen in the graduating class of 2025. I understand and agree that:

All application essays and personal statements for university applications are to be written by me, the student.

All applications must be completed and submitted by me, the student, my applications must be truthful and to the best of my abilities represent me and who I am as honestly as possible.

I, the student, should review all components of each university application with my Avenues Shenzhen college counselor, including essays. I also understand that I may be required to provide submitted application materials to my school-based counselor at Avenues Shenzhen and must do so upon request.

My Avenues Shenzhen college counselor is required to report to universities any intentional misrepresentation or lapse of integrity, discipline report, or changes to courses. This includes courses in Grade 12, either taken or projected.

Requesting a transcript or other document does not mean it will be processed immediately. Avenues Shenzhen college counselors will ensure that requests are processed and submitted by a university deadline. I understand that I do not choose what grades or other information are reported on a transcript or other school document.

Digital versions of official transcripts or other official school documents will not be given to me, the student.

I must use Avenues Shenzhen's CEEB code, 002403, when registering for university events, standardized tests, or when otherwise required to provide my school's CEEB code.

I must provide my Avenues Shenzhen college counselor with each and every test score result for any standardized tests that I take, including but not limited to the SAT, ACT, TOEFL, IELTS, Duolingo, AP, or others. This is formally accomplished by either bringing a paper copy of the results to share with your counselor or emailing a screenshot of results to your counselor.

If I plan to enter into an Early Decision (ED) or other kind of accelerated or binding application plan with a university, I will take care to understand this agreement and to abide by it. I understand that applying through an Early Decision application plan that I, my parents, and my Avenues Shenzhen college counselor have all signed an agreement. I understand that according to this agreement, I may not submit multiple Early Decision applications and may not withdraw an Early Decision application. Additionally, should I be accepted under this application plan, I will need to withdraw all of my other applications within one week of notice of acceptance and will not submit additional applications. This includes applications to universities in other countries.

I do / do not plan to apply through an Early Decision (ED) application plan.



(If applicable) Name of the university: _____

I should not temporarily deposit or begin matriculation at one university while waiting for a response for another university, even if that university is in another country. If I decide to take such a course of action, I understand that my Avenues Shenzhen college counselor may be obligated to contact the universities and make them aware of my actions.

I must provide my counselor with regular updates about decisions, which include but are not limited to offers, conditions or terms of those offers, unsuccessful decisions, scholarship information, or if deferred or waitlisted. Additionally, students who plan to matriculate to a university for the following academic year must make a deposit, and must communicate this with their Avenues Shenzhen college counselor.

If I, the student, am found to have been untruthful or unfaithful to the above agreed-upon statements, Avenues Shenzhen and its teachers may be obligated to submit an amendment to my school report detailing misconduct or refuse to submit or amend official documentation including but not limited to an official transcript, counselor recommendation, and final report.

By signing this form, I am reaffirming my understanding and agreement to the statements listed above.

(Student Signature) 2024 / ____ / ____
(YYYY/MM/DD)

(Parent Signature) 2024 / ____ / ____
(YYYY/MM/DD)

(Second Parent Signature, optional) 2024 / ____ / ____
(YYYY/MM/DD)

(Avenues Shenzhen College Counselor Signature) (YYYY/MM/DD)



Exceptional Resources and Useful Links

A collection of links from external websites with important information for supporting the college search, university application process, and other related activities.

Books:

升学之道 (English: *Admission Matters*), Translated by Wan Xiaofeng. This is the authoritative book that dives into all of the most important topics in U.S. university and college admissions. The Chinese translation, accomplished by Associate Dean of Admission and Coordinator of International Recruitment at Amherst College, is masterful in how it clearly articulates and explains even complex and convoluted topics to a Chinese audience.

Application Platforms:

[ApplyAlberta](#) – the system used to apply to universities in Alberta, Canada.

[ApplyBC](#) – the system used to apply to universities in British Columbia, Canada.

[Coalition Application](#) - Also known as the Coalition for Access, Affordability and Success (CAAS), an alternative to the Common Application. Another platform that many students use to apply to U.S. colleges and universities.

[Common Application](#) - the platform students use to apply to many colleges and universities in the U.S.

[Ontario Universities' Application Centre \(OUAC\)](#) - the system used to apply to universities in Ontario, Canada.

[Studielink](#) – the system used to apply to universities in The Netherlands.

[UCAS](#) – the system used to apply to U.K. universities.

[University of California Application](#) - the system used to apply to the University of California schools, including Los Angeles, Berkeley, San Diego, Davis, Santa Barbara, Irvine, Santa Cruz, Merced, and Riverside. Please note that the University of California San Francisco does not have any undergraduate programs and that the University of Southern California is not part of this system.

Official Government-provided Resources:

[Campus France](#) – the official resource from the French government for students interested in studying in France.

[EducationUSA](#) – the U.S. State Department's official resource for students interested in studying in the U.S.

[Study Australia](#) – the official resource from the Australian government for students interested in studying in Australia.

[Study in Canada](#) – the official resource from the Canadian government for students interested in studying in Canada.



[Study in NL](#) – the official resource from the government of the Netherlands for students interested in studying in the Netherlands.

[StudyUK](#) – the official resource from the U.K. government for students interested in studying in the U.K.

[Study with New Zealand](#) - the official resource from the New Zealand government for students interested in studying in New Zealand.

Other Links:

[ACT](#) – the provider of the standardized test known as the ACT, an alternative to College Board's SAT.

[Avenues Shenzhen's Cialfo platform](#) – this resource is specifically for Avenues Shenzhen students. Log on using your Avenues Shenzhen student email address to access a world of information about thousands of universities around the world!

[CampusTours](#) – useful for getting a preview of what a campus actually looks like.

[College Board](#) – the official provider of the SAT, AP tests, and related information and support materials. Also where you can find the CSS profile.

[Duolingo English Test](#) – an online English language proficiency test accepted by thousands of universities around the world.

[Finaid](#) - a website dedicated to explaining the complexities of financial aid.

[IELTS China](#) – an English language proficiency test accepted by thousands of universities around the world.

[InitialView](#) – one of two providers of third party interviews. The other is Vericant. InitialView is also a provider of Junior Interviews, an interview practice service, as well as the Tuesday Talk series, a popular series of online sessions where students can interact directly with admissions officers from selective U.S. universities and colleges.

[Khan Academy](#) – a free provider of online courses, including free SAT prep.

[Match Powered by Concourse](#) – an application platform, but different in that it offers a “reverse” style of college applications, where universities only send students offers, no rejections.

[NACAC advice for students](#) – this free resource from the National Association for College Admission Counseling. While it is hyper-focused on the process of applying to U.S. universities and colleges, it includes much useful information including a guide to the admission process, tips for how to prepare, and information about universities across the U.S.

[NCAA](#) – the National Collegiate Athletics Association. The official governing body of college and university sports in the U.S.

[Pioneer Academics](#) – the only accredited and most competitive provider of research programs for high school students.



[TOEFL China](#) – an English language proficiency test accepted by thousands of universities around the world.

[Udentity](#) – an online platform with excellent Chinese language including descriptions of universities, information sessions, and more.

[Vericant](#) – one of two providers of third party interviews. The other is InitialView.

