

BEST FOOT FORWARD

COLLEGE AND CAREER COUNSELING



**AS YOUR BFF,
WE'LL HELP YOU TO
THINK
POSITIVELY
AND MAKE
PROACTIVE
DECISIONS
TOWARDS THE
NEXT
STEP IN LIFE.**

TABLE OF CONTENTS



ABOUT US

03

PACKAGES AND PRICING

04

CONTACT INFORMATION

07

OUR MISSION



Justin and Jared are just two regular guys that devote their lives to paving the way for student success. Both of us are licensed school counselors working in New Jersey high schools. Together we have nearly 20 years of experience working with students, parents, and the future!

ASK US ABOUT
OUR FREE 15
MINUTE
CONSULTATION!

ABOUT US



JARED CARRIER
M.A.

Hey! My name is Jared Carrier and have been a counselor in New Jersey for nearly a decade. After high school, I enlisted in the United States Marine Corps. After my tour of active duty, I moved to New Jersey to pursue my education. I am a graduate from Montclair State University with a B.A. in English and Philosophy and a M.A. in School Counseling. After college, I've held positions at a few different high schools around New Jersey, ultimately landing in my current position at Monroe Township High School. Prior to being a high school counselor, I was a counselor for the Educational Opportunity Fund Program at Monmouth University. I've helped many young people, in high school and college, move forward down the path to their educational and career goals!

On a personal note, as a born and bred Detroiter, I love all Detroit sports. Most important to me is my family and friends, I spend as much time possible with them. I enjoy endurance sports, specifically swimming, cycling, and running. Triathlons are my passion, so I try each year to do as many as possible each year. My biggest downfall is probably my love for ice cream...



JUSTIN SAUER
M.A.

Hello, my name is Justin Sauer and I have nearly 10 years of youth counseling experience in New Jersey. In 2006 I graduated from Seton Hall University, where I received a B.A. in Communication. My first employment out of college was working as a journalist for the Asbury Park Press. After a few years as a journalist, I accepted a case manager position with an organization that changed my life forever. That organization was Monmouth Cares-an organization that is responsible for face-to-face care management and comprehensive service planning for youth and their families with complex needs. While there, I realized that I wanted to help others for a living, particularly high-school age youth. Toward that end, while at Monmouth Cares, I obtained my M.A. in School Counseling at Georgian Court University. Upon graduation from Georgian Court University, I accepted a position as a School Counselor at Allentown High School, where for the past four years, I have been helping students navigate their way through the high school experience. I love what I do. Particularly the college application process!

On the personal side, here are a few things you need to know about me. I'm an avid Giants, Yankees, and Seton Hall basketball fan. My family and friends are everything to me. I love the beach and I've spent my whole life living on the Jersey Shore. Lastly, my greatest weakness? I have an unhealthy obsession with Delicious Orchard Apple Cider Donuts that is not going anywhere anytime soon!

PACKAGES AND PRICING

FROSH

STARTING AT
\$1000

Families who partner with BFF starting in 9th grade allow students ample time to explore and flourish. In turn, parents feel confident their children have the best chance to grow and succeed.

Students working with us freshman year can expect:

- A four-year plan that aligns academic and extracurricular development
- Exploration of academic interests and personalized guidance to develop them
- Assistance developing summer plans that will support their development
- Counsel on time management, study skills, learning strategies, and self-advocacy to earn the best possible grades throughout high school.
- Recommended courses for the remainder of high school
- Advice on joining or starting extracurricular activities to expand their leadership skills
- Unique opportunities throughout the year to stimulate curiosity and grow potential

SOPH

STARTING AT
\$1500

BFF will work with students on all aspects of the college preparation, application, and admissions process to provide them with the best possible opportunities.

Students working with us sophomore year can expect:

- A strategic plan that aligns extracurricular and academic development to maximize results
- Help identifying and addressing weaknesses in their academic and extracurricular profiles
- A college list reflective of their academic and personal goals, as well as schools' unique personalities
- A comprehensive standardized testing plan, including which test(s) to take, when to take them, and how to prepare
- Guidance determining their future college major through interest exploration
- Advice on high school course selection
- Support finding and applying to internships and competitive summer opportunities
- Ideas to stimulate their curiosity and increase their potential year-round
- Advice on time management, study skills, learning strategies, and self-advocacy to reach their full academic potential

PACKAGES AND PRICING

JUNIOR

STARTING AT
\$2000

BFF will help students develop unique and compelling college applications that reflect their strengths and set them apart from their peers. Our proven expertise makes families feel at ease and confident throughout the process.

Students working with us junior year can expect:

- A personalized college admissions strategy and timeline based upon their college admissions goals
- A college list reflective of their interests as well as schools' unique personalities
- Help finding and strengthening any weaknesses in their academic and extracurricular profiles
- Advice on deepening their involvement in extracurriculars to expand their leadership skills
- Ideas for ways to stimulate curiosity and grow their potential throughout the year
- Preparation for college admissions interviews through mock sessions and extensive feedback
- A full standardized testing plan, including which test(s) to take, when, and how to prepare
- Guidance on finding and applying to internships and competitive summer opportunities
- Advice on which teachers and other individuals to ask for letters of recommendation
- Guidance on college visits, including advice on what to look for at each school
- Help communicating academic and personal strengths to showcase in their applications
- Application and essay support, including brainstorming, outlining, editing, and proofreading
- Review of the Common Application to ensure complete perfection
- Management of applications materials, timelines, and deadlines for all schools
- Guidance on what courses to take in 12th grade.

SENIOR

STARTING AT
\$2500

BFF will take the lead to eliminate admissions guesswork, ensure students meet deadlines, and help them achieve their admissions goals.

Students working with us senior year can expect:

- A clear timeline for completion of all admissions-related tasks
- Suggestions to fill any remaining academic or extracurricular weaknesses in their resumes
- A college list reflective of their academic and personal goals
- Guidance on college visits, including advice on what to look for at each school
- Help identifying strengths to highlight in their applications
- Preparation for college admissions interviews through mock sessions and extensive feedback
- Review of the Common Application to ensure it is completed flawlessly
- Management of applications materials, timelines, and deadlines for all applications.

PACKAGES AND PRICING

CAREER PACKAGE

STARTING AT
\$500

BFF Career counseling will help you make informed decisions about your career and professional development. We can work with clients at different stages, including college students, recent graduates, and people looking to change careers.

The Career Counseling package will include:

- Assessing your skills and interests
- Help you identify your strengths, weaknesses, and interests. Administer tests to measure your aptitude and character traits.
- Help you research career possibilities and job openings. Will help to envision yourself in different roles.
- Help you determine your next steps and develop a plan to achieve your goals.
- Help you learn how to write cover letters and resumes, conduct yourself professionally, and interview for positions.
- Career counselors can offer advice and support to help you make informed decisions. They can also be a person to talk to about your thoughts and feelings.

NCAA PACKAGE

STARTING AT
\$500

Students working with us senior year can expect:

- Creating and maintaining a core course list: Make sure students are enrolled in the correct NCAA-approved courses.
- Uploading transcripts: Send official transcripts to the NCAA Eligibility Center at the end of each academic year.
- Educating students: Help students understand the NCAA eligibility requirements and how to stay on track.
- Helping students create a Profile Page: Encourage students to create a free Profile Page account at eligibilitycenter.org
- Helping students transition their Profile Page: If a student is being recruited by an NCAA school, help them transition their Profile Page to the correct certification account.
- Helping students request final amateurism certification: Remind students who are graduating midyear to request their final amateurism certification.
- Helping students review their NCAA core GPA: Determine the NCAA core GPA at the end of each term.
- Helping students create a list of target schools: Help students research and create a list of potential colleges.
- Helping students submit program questionnaires: Help students fill out online questionnaires on prospective college team websites.
- Helping students contact college coaches: Help students contact college coaches directly.

PACKAGES AND PRICING

8TH GRADE

**STARTING AT
\$500**

This package offers support to middle school students in a variety of ways to help them prepare for the college application process, even if they're still a few years away. This package includes:

- **Setting Academic Goals:** Helping students identify strong academic habits and goals, encouraging them to build a solid foundation early on. This might include setting goals for grades, extracurricular activities, and taking on challenges in their schoolwork.
- **Exploring Interests and Passions:** Working with students to explore their interests and help them discover potential academic and extracurricular paths. This might involve exploring different subjects, hobbies, or clubs that could lead to future college options.
- **Building a Balanced Resume:** Guiding students in developing a balanced extracurricular profile. They can help students choose extracurricular activities that align with their passions, skills, and potential college goals, which can eventually be useful when applying to colleges.
- **Summer Program Recommendations:** Helping students look for summer enrichment programs, internships, or academic camps that will help them explore interests, college counseling services can help research and recommend options.
- **Building a College List:** Although it's early it's good to start educating students about different types of colleges and what to look for in a school. This early exploration helps set expectations and informs choices later.
- **Understanding the Importance of Standardized Tests:** Will help explain the role of SAT/ACT scores in the college admissions process and help students start preparing for them early, either by recommending certain activities or simply helping them understand what these tests entail.
- **Helping with High School Course Selection:** Helping students choose high school courses that align with their strengths and college aspirations, advising them on when to challenge themselves and when to pace themselves.
- **Introducing College Visits and Research:** Although high school students typically visit colleges later on, we encourage younger students to start thinking about what they want in a college environment, even helping them take small steps like researching colleges online or attending local college fairs.

Although it may seem early, this service can help students build the skills, mindset, and roadmap needed to succeed both academically and personally in preparation for the future college application process!