

UPREP TALK

University Placement and Preparation

Every other Wednesday

08:30 - 09:15 am

Secondary Hall, Chaofah City Campus

Presented by



Emily Graham
Deputy Head of
Upper Secondary School



Simon Thomas
University Guidance
Counsellor



Neil Roscoe
University Guidance
Counsellor



Pornkamon Roongsiri
Deputy School
Director



HeadStart
International School, Phuket



HeadStart
International School, Phuket



Education
Development
Trust



CAMBRIDGE
International Education

Cambridge International School

Applying to the US and Canada

UPREP 2025
TALK



HeadStart
International School, Phuket



Education
Development
Trust



CAMBRIDGE
International Education

Cambridge International School

HeadStart Alumni



“

The two things I'll miss most about HeadStart are the high-quality teaching and the close-knit community. It's a place where everyone knows each other, and that supportive environment is the foundation for academic success.

Krittat Phaisamran

Studying at Stanford University, USA

#HeadStartAlumni



“

The real reason I've gotten so far academically is because of my inspiring teachers who created a supportive environment that developed my work ethic and pushed me to go beyond the syllabus.

Ryan Mckellar

Studying at McMaster University in Canada

#HeadStartAlumni



THE IRON RING



HeadStart
International School, Phuket



Education
Development
Trust



**Cambridge Assessment
International Education**
Cambridge International School

Basic Terminology

USA:

- “College” e.g. Columbia College = 4 year undergraduate degrees
- “University” e.g. Harvard University = a group of colleges / schools including postgraduate schools e.g. Harvard Business School
- “Community College” e.g. Colorado Mountain College = 2 year undergraduate Associate degree

Canada:

“University” e.g. University of British Columbia = 3-4 year undergraduate degrees AND postgraduate degrees e.g. Economics

“College” e.g. Centennial College = 2-4 year professional diplomas and degrees e.g. Graphic Design



Remember

- American courses are much more BROAD e.g. Liberal Arts
- European courses are much more IN-DEPTH e.g. Molecular Biology



HeadStart
International School, Phuket



Education
Development
Trust



Cambridge Assessment
International Education

Cambridge International School

Admission is Different

USA / Canada - “holistic”
view to ensure “fit” with
an overall institution



UK / Europe - focus on
academics and “fit” for a
specific course



HeadStart
International School, Phuket



Cambridge Assessment
International Education
Cambridge International School

Students will be asked for

All universities

An application form

Past educational record

Proof of language competency

Predicted grades

Recommendation

USA / Canada

Personal essay(s) / writing

Language tests (IELTS / TOEFL)

Additional recommendations (up to 3)

USA only

Standardised tests (SAT / ACT)

Possible:

Portfolio

Audition

Interviews (Skype / video / face-to-face)



Study in the USA...



HeadStart
International School, Phuket



Education
Development
Trust



Cambridge Assessment
International Education
Cambridge International School

US Admissions - do you know what part of the application is most highly ranked?

<u>Factor</u>	<u>Rank? 1-9</u>
Counsellor Recommendation	6
Teacher Recommendation	7
Admission Test Score (SAT)	4
Curriculum strength	3
Grades in ALL courses	1
Grades in College Prep Courses (i.e. A levels)	2
Extra-curricular activities	9
Demonstrated interest	8
Essays	5

NACAC data: factors in admissions decisions (International Students)

Factor	% saying Considerable or Moderate importance	Rank 1-9
Grades in ALL courses	94%	1
Grades in College Prep Courses (i.e. A levels)	93%	2
Curriculum strength	85%	3
Admission Test Score (SAT)	73%	4
Essays	69%	5
Counsellor Recommendation	55%	6
Teacher Recommendation	50%	7
Demonstrated interest	40%	8
Extra-curricular activities	31%	9

How do HeadStart provide this?

- College prep courses: A Levels/BTEC 
- Grades: transcript covering IGCSE / AS / A level (predicted grades) 
- Admissions Test: SAT centre / offer PSAT 
- English proficiency: English IGCSE / waiver letters 

- Curriculum strength: IGCSE / A level/BTEC 
- Extra curricular: service / DofE / ECAs Student leadership 
- Recommendations 
- Individual support e.g. essay writing / application completion 



HeadStart
International School, Phuket



Education
Development
Trust



Cambridge Assessment
International Education

Cambridge International School

What do students need to do?

- Admission Test
(SAT/ACT)
preparation
- English test (IELTS /
TOEFL) preparation

We advise but
don't arrange



HeadStart
International School, Phuket



Education
Development
Trust



Cambridge Assessment
International Education

Cambridge International School

Standardised Testing

SAT

- HeadStart is registered with [College Board](#) who run SAT
- We run [PSAT](#) (practice SAT) for Year 11 & 12 in Term 1

[ACT](#)

- Students need to arrange independently ([Test centres in Thailand](#))

Test Optional / Flexible

- Growing number of colleges do not require SAT
- 950+ 'test optional' institutions
- [Fair Test](#)
- [Niche](#)

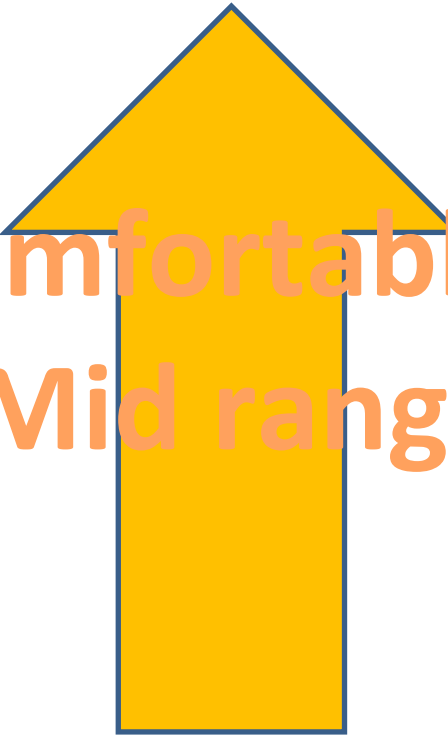


Summer of Year 12

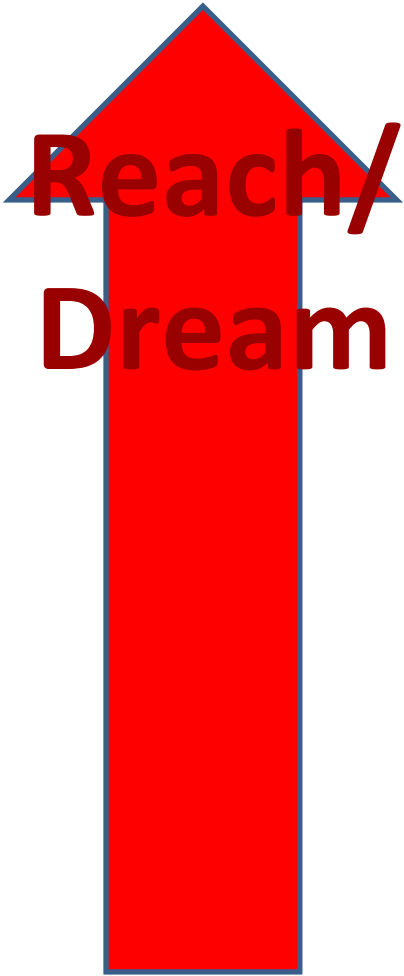
10-15 choices:



Insurance /
Foundation/
Safety



Comfortable /
Mid range



Reach/
Dream



HeadStart
International School, Phuket



Education
Development
Trust



Cambridge Assessment
International Education
Cambridge International School

University Application

Name	Sex	Age	Location
Phone	Address		Date



Students will be asked for

- An application form
- A personal statement / letters of intent or motivation / personal essay
- Past educational record
- Proof of language competency
- Predicted grades
- Proof of ability to pay...

How to apply

They may also be asked for

- Reference
- A portfolio
- An interview (Skype or face-to-face)
- An audition
- Additional work / essays
- University tests / examinations
- Proof of (English) language proficiency



Centralised

- Common App
 - > 700 universities
 - > 1 Application (with supplements)
- Coalition
 - > 90 schools
- California
 - > Central system

Individual Applications

- Look on individual college websites
- Be prepared - some are not fully online
- You DO NOT need to use an agent to apply





Different types of application

- Regular decision (most common) – deadline around January
- Rolling admissions – on-going submissions and decisions (recommended you still apply early)
- Early Action (non-binding)
- Restrictive Early Action (non-binding: Harvard / Princeton / Yale / Stanford etc.)
- Early Decision (binding)



Typical Deadlines

- Early Decision Deadline - **November 1st/November 15th**
- Early Action Deadline - **December 1st**
- **BEWARE** Last SAT date: **October / November**
- Decision: **December 15th**



HeadStart
International School, Phuket



Education
Development
Trust



Cambridge Assessment
International Education

Cambridge International School



Typical Deadlines

- Regular applications: **January 1st – March**
- **BEWARE** Last SAT date: **December**
- Decision: **April 1st**



HeadStart
International School, Phuket



Education
Development
Trust



Cambridge Assessment
International Education

Cambridge International School



Typical Deadlines

- Rolling admissions – on-going submissions and decisions (usually summer-spring) but recommend still apply early
- *Scholarship / funding applications done simultaneously*



HeadStart
International School, Phuket



Education
Development
Trust



Cambridge Assessment
International Education

Cambridge International School



A note of caution

- The Trump administration has introduced additional checks and fees on education visas
- It is never too early to start preparing for the SAT. Should be considered from Y10 for the best



HeadStart
International School, Phuket



Education
Development
Trust



Cambridge Assessment
International Education

Cambridge International School

Canada



HeadStart
International School, Phuket



Education
Development
Trust



Cambridge Assessment
International Education
Cambridge International School

The Good News!

- A levels, BTEC and AS welcome (no SAT required)
- Generous offers (BBB / CCC)
- Relatively simple application
- Work allowed as undergraduate
- *Automatic scholarships*



- Individual applications
- Range of timelines
(deadlines from January to May)
- Growing complexity -
increasingly "US" style e.g.
personal essays
- Time sensitive admissions
activities e.g. videos /
express essays

Less Good...



Basics

90+ institutions of Higher Education

- Under provincial control
- Very uniform (high) quality
- Comparatively low cost for Canadian citizens
- Diverse and flexible
- Bachelor's degrees in 3 or 4 years (3 years = Bachelors / 4 years = Honors – must do Honours to continue for graduate degrees)

How to...

- Study Canada - www.studycanada.ca (find out about the different provinces in Canada)
- School Finder - www.schoolfinder.com
- Association of Universities and Colleges in Canada (AUCC) - www.aucc.ca

Rankings - [Macleans rankings](#)

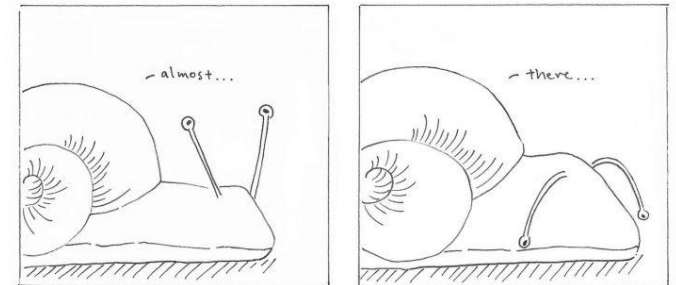


Important note

USA / Canada will admit on past and predicted grades -
“Unconditionally”

BUT

- a big difference between predicted and real results...
 - changes to course schedule e.g. not completing courses...
 - major disciplinary issues...
- = admission will be denied



Unifrog!

ACCESS ALL THE TOOLS BELOW

Exploring pathways

Careers library

✕ Careers favourited

Go to tool >

Subjects library

✕ Subjects favourited

Go to tool >

Know-how library

✓ Guides favourited

Go to tool >

MOOC

Make your first shortlist

Start >

Personality profile

✓ Quiz completed: INTP

Start >



HeadStart
International School, Phuket



Education
Development
Trust



Cambridge Assessment
International Education
Cambridge International School

UK universities

124 guides and videos

Go >

US universities

101 guides and videos

Go >

European universities

98 guides and videos

Go >

Useful stuff

54 guides and videos

Go >

Asian universities

46 guides and videos

Go >

Wellbeing

36 guides and videos

Go >

UK apprenticeships

35 guides and videos

Go >

World of work

32 guides and videos

Go >

Australasian universities

23 guides and videos

Go >

Canadian universities

23 guides and videos

Citizenship

19 guides and videos

Oxbridge

14 guides and videos



HeadStart
International School, Phuket



Education
Development
Trust



Cambridge Assessment
International Education

Cambridge International School

Jump to:

[Preparing to apply](#)

[Finance](#)

[Applications](#)

[Essays & questions](#)

[Tests & interviews](#)

[Post application](#)

The US Ivy League: an overview

What you need to know

[Read the guide >](#)

Large US public universities: a student's perspective

Hear why a student chose this type of university

[Read the guide >](#)



US applications glossary

Know your Major from your Minor and your Frat from your SAT

[Read the guide >](#)



US applications timeline: for UK students

What to do and when

[Read the guide >](#)



HeadStart
International School, Phuket



Education
Development
Trust



Cambridge Assessment
International Education
Cambridge International School

Jump to:

[Preparing to apply](#)[Finance](#)[Applications](#)[Essays & questions](#)[Post application](#)[< Back](#)

Why study in Canada?

5 reasons to choose the Great White North

[Read the guide >](#)

Canada's education system

Learn about Canada's degree structure, grading system and different types of universities

[Read the guide >](#)

Study in Canada: preparing to apply

The best way to guarantee a successful application is to get organised

[Read the guide >](#)

Which university is right for me?

How to draw up your perfect shortlist

[Read the guide >](#)

HeadStart
International School, Phuket



Education
Development
Trust



Cambridge Assessment
International Education

Cambridge International School

Jump to:

[Preparing to apply](#)[Finance](#)[Applications](#)[Essays & questions](#)[Post application](#)[< Back](#)

Canadian Tuition Fees

The cost of university fees in Canada

[Read the guide >](#)

The cost of studying in Canada

Your guide to fees, accommodation and living costs

[Read the guide >](#)

Study in Canada: scholarships

Don't miss out on the chance to reduce your fees



HeadStart
International School, Phuket



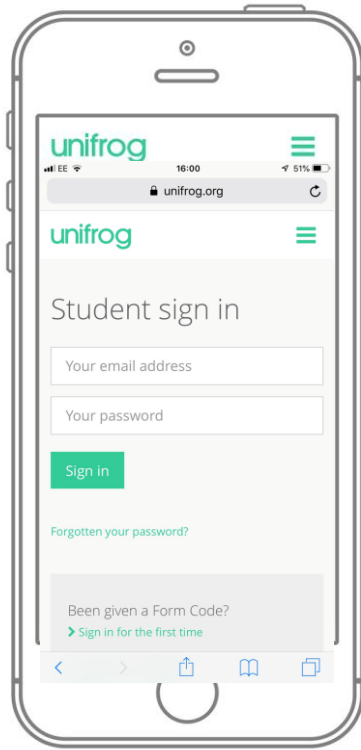
Education
Development
Trust



Cambridge Assessment
International Education

Cambridge International School

Students, Parents & Guardians, Get signed up!



Go to www.unifrog.org/student and click 'Sign in for the first time'

You'll be asked for some details and a form code. This is what you need:

HSISparents

After signing up, log into Unifrog using your email address and password via the sign-in page!



HeadStart
International School, Phuket



**Cambridge Assessment
International Education**
Cambridge International School

Khan Academy for SAT practice



**Maximize your score with free
Official Digital SAT® Prep**

Let's go



HeadStart
International School, Phuket



**Cambridge Assessment
International Education**
Cambridge International School

UPrep Parent Sessions

Dates 2025/26	Topic
1: 27 th August 2025	Introduction to UPrep
2: 10 th September 2025	Your child's 5 year plan
3: 24 th September 2025	Choosing subjects and careers
4: 8 th October 2025	Comparing different university systems
5: 29 th October 2025	Applying to Thai universities
6: 12 th November 2025	Application and standardised testing
7: 26 th November 2025	Applying to the UK and Europe
8: 10 th December 2025	Applying to USA and Canada
9: 7 th January 2026	Applying to Australia, New Zealand
10: 21st January 2026	Applying to Asian universities
11: 4 th February 2026	Alternative pathways and gap years
12: 4th March 2026	Fees, funding and finances
13: 18th March 2026	UPrep For Parents by Parents going to the Netherlands and/or the UK
14. 29th April 2026	Applying to Oxbridge
15. 13th May 2026	Applying to Ivy League and top US universities

Make an appointment.
Need advice?
Have any questions or
concerns?
Confused about what next?

Ask us!

egraham@headstartphuket.com

stthomas@headstartphuket.com

nroscoe@headstartphuket.com

toom@headstartphuket.com

What Next?



Can you help?

We are looking for volunteers

Do you (or a contact) have expertise in these areas?

- Hospitality / Tourism
- Engineering / Architecture
- Computing / Digital Media
- Charities / Development
- Food and Beverage
- Entrepreneurship
- Medical / Psychology
- Art / Design
- Entrepreneurship / Marketing / Commerce





QUESTIONS?



HeadStart
International School, Phuket



Education
Development
Trust



Cambridge Assessment
International Education
Cambridge International School