



# TROJAN COUNSELING

## THINGS YOU SHOULD KNOW

**Your One Stop Shop**

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# WHAT IS A SCHOOL COUNSELOR

Professional school counselors are certified/licensed educators with a minimum of a Master's degree in school counseling making them uniquely qualified to address students' cognitive and career development needs by implementing a comprehensive school counseling program. They also provide consultation, individual and group counseling, academic advisement. In addition, they provide prevention, crisis intervention, and conflict resolution.

## A School Counselor does...

- Work with ALL students to encourage a safe school climate of trust and respect.
- Deliver classroom lessons that align to ASCA standards.
- Facilitate small groups.
- Meet individually with students to do brief, solution-focused counseling.
- Help students who are struggling to make positive behavior choices.
- Collaborate with parents/guardians, teachers, support staff, and administration.
- Maintain confidentiality of students and their families unless there is a need to know or a safety concern.
- Provide education and information about students' social-emotional needs.

## A School Counselor does NOT...

- Work with only special ed., regular ed., or “problem” students.
- Assign grades after lessons or teach academic subjects.
- Facilitate therapy groups
- Meet individually with students to do long-term mental counseling/therapy.
- Handle the discipline or assign consequences.
- Collaborate with only one person. A team approach including the School Counselor works best.
- Share information about students and their families to appease the curiosity of others.
- Tell teachers how to teach in their classrooms or tell parents how to parent at home.

# JOIN REMIND (DOWNLOAD THE APP)

## Class of 2021

text @21pfhs to the  
number 81010

## Class of 2022

text @22pfhs to the  
number 81010

## Class of 2023

text @23pfhs to the  
number 81010

## Class of 2024

text @24pfhs to the  
number 81010



Join the appropriate Remind group to receive brief important announcements, reminders, and to contact the counselor.

# JOIN GOOGLE CLASSROOM



## Classroom

**9th Grade Code: w4qhcp7**

**10th Grade Code: ibo5kms**

**11th Grade Code: gkewky7**

**12th Grade Code: dpci4il**

Join the appropriate Google Classroom to receive important announcements, forms, and documents.

FOLLOW US ON SOCIAL MEDIA



@  
PFHStrojans

# CCS APP (GOOD FOR YOU...GREAT FOR PARENTS)



## Cumberland County Schools (CCS) FREE Mobile App . . . Get it today!

Get access to ...

District News  
High School Sports scores and schedules  
District/School calendars  
CCS' Facebook, Twitter, and YouTube Channel links  
School Directories  
HomeBase (Grades)  
Lunch Menus  
Edmodo  
CCS University  
SpeakUp



To download the App, go to the App Store and  
search "Cumberland County".



**Students:** Be sure to set up your HomeBase account to keep up with your grades.

**Parents:** Be sure to set up your HomeBase account to keep up with your child's grades and attendance.



# CFNC.ORG (YOU WILL NEED THIS)

College Foundation of North Carolina (CFNC) is a free service of the State of North Carolina provided by a collaboration of Pathways (the N.C. Department of Public Instruction, the N.C. Community College System, the N.C. Independent Colleges and Universities and The University of North Carolina System), the North Carolina State Education Assistance Authority, and College Foundation, Inc.

CFNC promotes access to North Carolina higher education and assists students with education planning, career planning, and applying and paying for college.

Create an account if you don't already have one by going to [CFNC.org](https://cfnc.org).

You will definitely need a CFNC.org account during senior year for



*Helping you plan, apply,  
and pay for college*

**Keep up with your username and password!**

# MAJOR CLARITY (EVERY STUDENT MUST CREATE AN ACCOUNT)



MajorClarity is a career exploration platform that links academic learning to post-secondary preparation through a highly personalized, student-driven approach to career planning that reflects the unique strengths, abilities, interests, and long-term goals of each child.

Type this URL in your browser:

**platform.majorclarity.com**

To Login: Click “Continue with Google” then use your school **EMAIL** and **PASSWORD** fields.

Click **Sign in**.

A screenshot of the MajorClarity 'Getting Started' page. At the top, the title 'Getting Started' is in purple. Below it is a progress bar with three steps: 'Assessment' (pencil icon), 'Information' (list icon), and 'Finish' (checkmark icon). The 'Assessment' step is highlighted. Below the progress bar, the text reads 'Welcome to MajorClarity, Kylee!' followed by 'In order to recommend majors and careers for you to try out, we'll first ask you to complete a short, 5 minute personality test. Sound good?'. At the bottom right, there is a large yellow arrow pointing to a blue button that says 'Take the test'.

# CCS GRADUATION REQUIREMENTS

**English: 4 credits**

**Math: 4 credits**

**Science: 3 credits**

**Social Studies: 4 credits**

**World Language: 2 credits but not required for graduation**

**Health/PE: 1 credit**

**Electives: 6 credits**

**Total: 28**

Cumberland County High School Graduation Requirements		
<p>From the time you enter kindergarten, you are getting ready for high school graduation. To make sure you are on track, remember that every high school student must meet state and local requirements. To see your Course and Credit Requirements, look in the colored blocks for the section that matches when you entered ninth grade for the first time. Your school counselor is available to answer questions you may have about what you need to reach your goal of high school graduation.</p>		
CONTENT AREA	For Ninth Graders Entering in 2012-2013 and Later  FUTURE-READY CORE	For some Ninth Graders with Cognitive Disabilities 2000 - >  OCS Requirements (Selected IGP students excluded from SDC Proficiency Level requirements)
English	<b>4 Credits</b> I, II, III, IV	<b>4 Credits</b> OCS English I, II, III, IV
Mathematics	<b>4 Credits</b> NC Math I*, NC Math II, NC Math III and a 4* math course to be aligned with the student's post high school plans.** <i>A student, in rare instances, may be able to take an alternative math course sequence as outlined under State Board of Education Policy. Please see your counselor for more details.</i>	<b>3 Credits</b> OCS Introductory Mathematics I, OCS Mathematics I, OCS Financial Management
Science	<b>3 Credits</b> A physical science course, Biology, Earth Environmental Science	<b>2 Credits</b> OCS Applied Science, OCS Biology
Social Studies	<b>4 Credits</b> For students who entered 2014-2015 through 2019-2020: American History: The Founding Principles, Civics, and Economics, World History. The new courses may be substituted. At least one of: American History I, American History II, American History or AP US History and additional Social Studies course.*** For students who begin high school in 2020-2021: World History, American History, Founding Principles of the United States and North Carolina: Civic Literacy, and Economics & Personal Finance.	<b>2 Credits</b> American History I Civics & Economics
World Language	Not required for high school graduation. A two-credit minimum of the same foreign language is required for admission to a university in the UNC system.	Not required
Health/Physical Education	<b>1 Credit</b> Health/Physical Education	<b>1 Credit</b> Health/Physical Education
Electives or other requirements	<b>6 Credits Required</b> <b>2 Elective credits in any combination of:</b> Career and Technical Education (CTE), Arts Education, or World Languages <b>4 Elective credits from one of the following is strongly recommended:</b> <ul style="list-style-type: none"> <li>CTE – 4 credits within a NC Career Cluster with at least 1 credit at the second or completion level</li> <li>Arts Education – 4 credits (any combination) from any of the four Arts Ed. disciplines with at least 1 credit at the second level</li> <li>SDC/IEC – 4 credits</li> <li>World Languages – 4 credits within the same world language</li> <li>Advanced Placement and International Baccalaureates – 4 credits of AP/IB courses</li> <li>Civics Literacy – 4 credits from any combination of courses that relate to students' career or other interests, with at least 1 credit at the second or honors level</li> <li>Career and College Promise – 4 high school credits in any of the 3 Career and College Promise Pathways</li> </ul> <b>6 Additional Electives from any content area</b>	<b>12 Credits Required</b> <ul style="list-style-type: none"> <li>6 Occupational Prep credits</li> <li>4 CTE credits</li> <li>2 additional elective credits</li> </ul>
*****All students beginning with in the graduating class of 2014-2015 must complete CPR instruction in order to receive a diploma		
Total	<b>28 Credits</b>	<b>24 Credits</b> <small>Plus any local requirements</small>

# TYPICAL COURSE OUTLINE BY GRADE LEVEL

Freshman Schedule	
Fall	Spring
English 1	World History
Earth/Environmental Science	Intro Math or Math 1 or Math 2
Health/PE	Elective.
Foundations of Math 1 or Elective	Elective

Sophomore Schedule	
Fall	Spring
English 2	American History 1
Foundations of Math 1 or Math 2 or Math 3	Biology or Physical Science
Elective	Math 1 or Elective
Elective	Elective

Junior Schedule	
Fall	Spring
Physical Science or Chemistry	English 3
Math 2 or Math 3, or 4th level Math	American History 2
Elective	Elective
Elective	Elective

Senior Schedule	
Fall	Spring
English 4	American History: Founding Principles, Civics, Economics
Math 3 or 4th level Math	Elective
Elective	Elective
Elective	Elective

**Course Registrations for the upcoming school year will begin the beginning of February. The counselor will visit classrooms to explain the process and distribute forms.**

# TRANSCRIPTS, GRADE POINT AVERAGES, & RANK

## High School Transcript vs. College Transcript

- Your **High School Transcript** will consist of every class you take with CPHS and FTCC (except college courses only worth 1 or 2 credit hours)
- Your **College Transcript** will only consist of the courses you take with FTCC.
  - College transcripts must be ordered through Web Advisor.

## Weighted GPA vs. Unweighted GPA

- **Unweighted GPA** is measured on a scale of 0 to 4.0. It doesn't take the difficulty of a student's coursework into account. An unweighted GPA represents an A as a 4.0 whether it was earned in an honors class, AP class, or lower-level class.
- **Weighted GPA** takes into account course difficulty rather than providing the same letter grade to GPA conversion for every student. Usually, weighted GPA is measured on a scale of 0 to 5.0, although some scales go higher. An A in an College class may translate into a 5.0 weighted GPA, while an A in a Honors class is 4.5, and in a regular-level class, a 4.0 weighted GPA.

## Class Rank

- **Class rank** is a way to see how your academic achievements measure up to those of your classmates. Your class rank is determined by comparing your GPA to the GPA of people in the same grade as you.

**Your gpa and class rank only change when you receive FINAL grades (end of the semester)!**

# GPA QUALITY POINTS & THE GRADING SCALE

## GPA Quality Points:



CP	Honors	College/AP
A=4	A=4.5	A=5
B=3	B=3.5	B=4
C=2	C=2.5	C=3
D=1	D=1.5	D=2



## How to compute your GPA

Add your quality points and divide by the number of classes. Quality points are points awarded to you for the grade you made in a class.

$$\text{GPA} = \frac{\text{Total \# of Quality Points}}{\text{\# of Classes Taken}}$$

## Grading Scale:

**A: 90-100**

**B: 80-89**

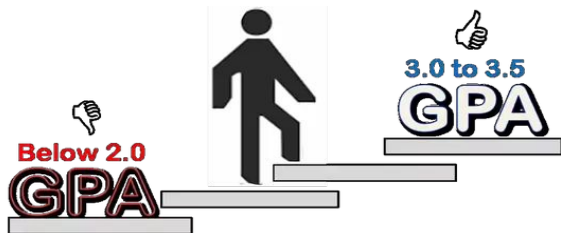
**C: 70-79**

**D: 60-69**

**F: 59 and below**

**Remember: Your GPA is made up of final grades. Your final grades are made up of class assignments, tests, quizzes, projects, and homework.**

**EVERY ASSIGNMENT MATTERS!**



# MAJOR TESTS

**PSAT:** The PSAT/NMSQT is the Preliminary SAT/National Merit Scholarship Qualifying Test. The PSAT is a great primer for the SAT, and even the ACT, but it's more than just a trial run. PSAT scores are used to identify National Merit Scholars and award merit scholarships.

**PreACT:** The PreACT is a multiple-choice test aimed at preparing 10th grade students for the ACT.

**ACT:** The ACT is a standardized test designed to measure high school students' general educational development and their ability to complete college-level work. ... The questions on the ACT test the core subjects that students typically study through their third year of high school (English, reading, mathematics, and science).

**SAT:** The SAT is a standardized test used to measure a student's ability to understand and process elements in three subjects: reading, writing, and math. SAT scores are calculated based on a student's performance relative to other test-takers, and have proven to be an indicator of collegiate success.

**ASVAB:** The Armed Services Vocational Aptitude Battery (ASVAB) is a multiple choice test, administered by the United States Military Entrance Processing Command, used to determine qualification for enlistment in the United States Armed Forces.

# WHEN ARE THESE TEST GIVEN?

**PSAT:** October of sophomore and/or junior year. **10/28/2020. Cost: \$17**

**preACT:** November of sophomore year.

**ASVAB:** Once per semester to 10th - 12th graders and anytime at a military recruiting station.



CollegeBoard  
PSAT/NMSQT



**ACT:** End of February of junior year. This will be taken at school.

- If you want to take it again, you will have to sign up on your own through [ACTstudent.org](http://ACTstudent.org). Will be given on a Saturday at a test center.

**SAT:** Typically during junior or senior year. This you will sign up for on your own through [sat.org/signup](http://sat.org/signup). Will be given on a Saturday at a test center.

**If you get FREE/REDUCED LUNCH, you can get a fee waiver to take the ACT or SAT junior or senior year. Must present letter from CCS Child Nutrition Services as proof to counselor. Limit of two per test.**



# FREE TEST PREP

You can start preparing now for each test. Higher test scores equals more scholarship money and higher chances of getting into the college you desire. Take each test seriously!

[PSAT Practice](#)

[PreACT and ACT Practice](#)

[SAT Practice](#)

[ASVAB Practice](#)

[ASVAB Practice](#)

[ASVAB Practice](#)

[ASVAB Practice](#)

# ACT & SAT DATES

## ACT Dates

September 12, 2020  
September 13, 2020  
September 19, 2020  
October 10, 2020  
October 17, 2020  
October 24, 2020  
October 25, 2020  
December 12, 2020  
February 6, 2021  
April 17, 2021  
June 12, 2021



[Register Here](#)

## SAT Dates

August 29, 2020  
September 26, 2020  
October 3, 2020  
November 7, 2020  
December 5, 2020  
March 13, 2021  
May 8, 2021  
June 5, 2020<sup>1</sup>



[Register Here](#)

# COMMUNITY SERVICE

Community service is not a requirement, but it is strongly encouraged. Students can earn service cords for graduation and valuable experience by participating in community service.

2nd Harvest Food Bank  
Aide to Seniors  
American Red Cross  
American Red Cross Fort Bragg  
Arts Council  
Boys and Girls Club  
Cape Fear Regional Theatre  
Cape Fear Valley Medical Center  
Community Home Care & Hospice  
Contact of Fayetteville Inc.  
Cumberland County Coordinating Council  
on Older Adults  
Cumberland County Cooperative Extension  
Cumberland County Libraries  
Fascinate U Museum  
Fayetteville Animal Protection Society  
Fayetteville Beautiful  
Fayetteville Fire Department

Fayetteville Parks & Recreations  
Fayetteville Police Department  
Fayetteville Symphony  
Fayetteville Urban Ministry  
First Home Health and Hospice  
Friends of the Cancer Center  
Gear UP  
Gilbert Theater  
Guardian ad Litem of Cumberland  
County  
Liberty Hospice  
Museum of the Cape Fear  
Museum of the Cape Fear Historical  
Complex  
Partnership for the Children of  
Cumberland County  
Restore Warehouse  
Retired Senior Volunteer Program  
(RSVP)

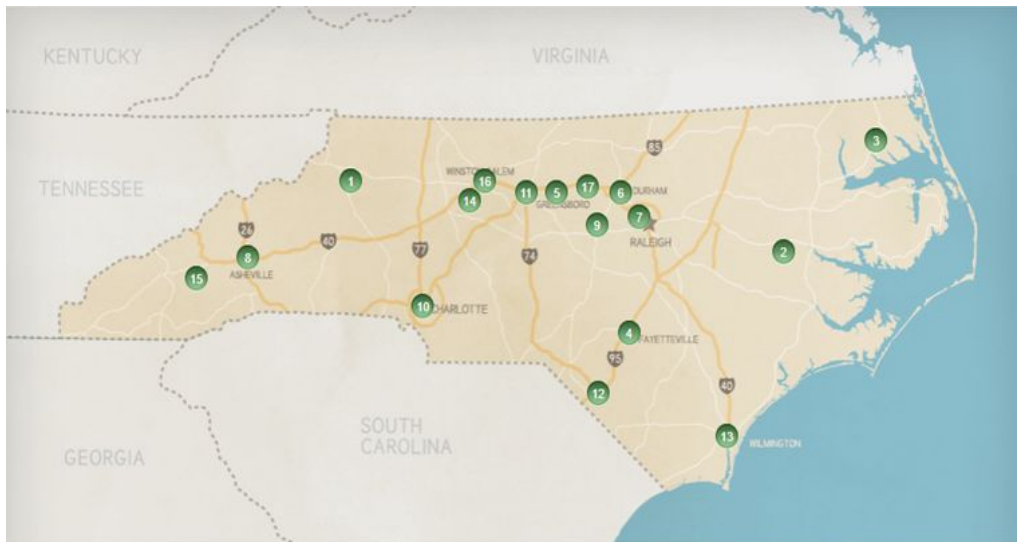
Salvation Army Store  
Southeastern Radio Reading  
Service  
Special Olympics  
Swamp Dogs Baseball Team  
The Care Clinic  
The Child Advocacy Center  
The Fairy Godmothers  
Transportation Museum  
Veterans Affairs Medical Center  
Womack Army Medical Center  
YMCA

# ORDER OF POST-SECONDARY DEGREES

Watch this great video on [Types of Different Degree Levels.](#)

Degree Level	Average Completion Time (full-time)	Common Prerequisite
Associate degree	2 years	High school diploma or equivalent
Bachelor's degree	4 years	High school diploma or equivalent
Master's degree	1-2 years	Bachelor's degree
Doctoral degree	2+ years	Master's degree (sometimes bachelor's degree is acceptable)

# UNIVERSITY OF NC SYSTEM SCHOOLS



- 1.: Appalachian State University, [Website](#)
- 2.: East Carolina University, [Website](#)
- 3.: Elizabeth City State University, [Website](#)
- 4.: Fayetteville State University, [Website](#)
- 5.: North Carolina A&T State University, [Website](#)
- 6.: North Carolina Central University, [Website](#)
- 7.: North Carolina State University, [Website](#)
- 8.: UNC Asheville, [Website](#)
- 9.: UNC-Chapel Hill, [Website](#)
- 10.: UNC Charlotte, [Website](#)
- 11.: UNC Greensboro, [Website](#)
- 12.: UNC Pembroke, [Website](#)
- 13.: UNC Wilmington, [Website](#)
- 14.: UNC School of the Arts, [Website](#)
- 15.: Western Carolina University, [Website](#)
- 16.: Winston-Salem State University, [Website](#)
- 17.: NC School of Science and Mathematics, [Website](#)

**Take a virtual tour of each campus here:**

<https://www.northcarolina.edu/Our-17-Campuses/Virtual-Reality-Campus-Tours>

# UNC SCHOOLS MINIMUM REQUIREMENTS

Six course units\* in language, including

- - four units in English emphasizing grammar, composition, and literature, and
- - two units of a language other than English.

Four course units of mathematics, in any of the following combinations

- - algebra I and II, geometry, and one unit beyond algebra II,
- - algebra I and II, and two units beyond algebra II, or
- - integrated math I, II, and III, and one unit beyond integrated math III. (The fourth unit of math affects applicants to all institutions except the UNC School of the Arts.) It is recommended that prospective students take a mathematics course unit in the 12th grade.

Three course units in science, including

- - at least one unit in a life or biological science (for example, biology),
- - at least one unit in physical science (for example, physical science, chemistry, physics), and
- - at least one laboratory course.

Two course units in social studies, including one unit in U.S. history. An applicant who does not have the unit in U.S. history may be admitted on the condition that at least three semester hours in that subject will be passed by the end of the sophomore year.

2.5 cumulative weighted GPA

SAT of 880 on new or 800 on old version (verbal and math) or ACT composite of 17

For more info visit: [www.northcarolina.edu](http://www.northcarolina.edu).

# WHAT YOU CAN EARN THROUGH FTCC

Through FTCC you can earn an:

- Associate in Arts
- Associate in Engineering
- Associate in Science
- Associate in Applied Science
- Certifications

Main Programs of Study:

- Arts and Humanities
- Business Programs
- Computer Information Technology
- Engineering and Applied Science
- Health Programs
- Math and Science
- Public Service



For a complete  
listing of programs  
visit:

[www.faytechcc.edu/aca  
demics/](http://www.faytechcc.edu/academics/)

# HIGH SCHOOL CONNECTIONS (@FTCC)



Want to earn free college credits or a college certification (or two) while in High School? If so High School Connections is for you! Starting your junior year, you can take college courses at FTCC. This is a great way to get a jumpstart on college and advancing your future all before you graduate from high school!

**To learn about this great opportunity click [here](#).**

## **Explore program opportunities:**

Career & Technical Career Pathways  
(for those interested in high skills careers)

College Transfer Pathways (if you plan to go to a university)

Cooperative Innovative High School  
(must apply during CCS schools of choice enrollment period)

Application for HSC (email completed application to your counselor)



# FTCC ALERTS FOR HSC STUDENTS (YOU WILL WANT TO HAVE THIS IF IT SNOWS)

Get public safety alerts and other campus information sent as text messages and emails to your cell phone.

This is good to have in the event of inclement weather to know if FTCC is closed or not!



[FAY TEXT LINK](#)

**Sometimes FTCC classes are still in session even though CCS may have closed for the day.  
Pay close attention to the calendars and weather alerts!**

# FTCC 1 LOGIN (BLACKBOARD, WEB ADVISOR, FTCC EMAIL)

## Single Login System

In order to create the best possible user experience for students, FTCC has implemented a single log-in system that requires only one username and password, which can be used to log in to multiple campus systems. The following campus systems have been included in the single log-in system:

→ Academic Works, Blackboard, Computer/Network/Wifi Login, WebAdvisor/Self Service

## Resetting Your Password

If you are new to FTCC and are unable to make it to the campus, you can use the online password reset tool to get started with the single login system.

**\*The password reset icon can be found in the footer of every page on the FTCC website.**

When resetting your password, you will need:

- 7 Digit Student/Employee ID Number
- First and Last Name (as entered on your application)
- Last 4 Digits of Your Social Security Number
- Date of Birth

# FTCC I LOGIN (CONT'D)

All of the information is verified based on the information you provided to the College as part of the application process.

## Password Requirements

- Password shall be at least eight (8) characters in length and contain letters, numbers and symbols. Valid symbols are @ \$ # \_ and the first character of a password must be a letter. The password must also contain a number.
- Passwords shall be random characters from the required categories of letters, numbers and symbols.
- Passwords used shall be changed at least every ninety (90) days.
- Passwords shall not be re-used until six additional passwords have been created.
- Passwords shall not contain dictionary words or abbreviations.

## Additional Assistance

The Help Desk is available to assist Monday through Friday from 8:00 a.m. to 5:00 p.m.

Email: [help@faytechcc.edu](mailto:help@faytechcc.edu)

Phone: 910.678.8502

# MILITARY

Are you interested in enlisting in the military? If so, be sure you take the ASVAB when it is offered during the school year. Also, take the opportunity to meet with military recruiters when they visit our school. The military is an awesome path to take and provides many great opportunities and benefits for life!

To learn about this great opportunity click [here](#).

## Explore the different branches:

[Army](#)

[Army Reserves](#)

[Army ROTC](#)

[Army JROTC](#)

[Program](#)

[Airforce](#)

[Airforce Reserves](#)

[Airforce Academy](#)

[Airforce ROTC](#)

[Airforce JROTC](#)

[Navy](#)

[Navy Reserve](#)

[Navy ROTC](#)

[Navy JROTC](#)

[Marines](#)

[Marine Corp Reserve](#)

[Marines JROTC](#)

[Marines Scholarship](#)

[National Guard](#)

[Coast Guard](#)



# TO DO LISTS (KEEP GOING AFTER YOU READ THIS SLIDE :)

## Freshman guide in high school

1. Make good grades <sup>100</sup>
2. Don't take blow off classes ⚠️
3. Study, freshman year is the most important year 📄
4. Make friends 👧👦
5. Don't start drama 🚫
6. Take notes 📝
7. Pay attention 🧐
8. Be organized 📁
9. Always have paper and a pencil or pen ✎️
10. Don't change for someone else, be you! 🧑

**Tips for sophomores.**  
Getting used to JCHS

Brooklyn Propos

- There's not a lunch line.
- Your classes will be harder now, so don't slack off.
- Don't make out in the hallways - it's just gross.
- Have fun, but not too much fun. Be responsible.
- Learn to like coffee. Seriously, it will become your best friend.
- If you have the space, take classes with the teachers you like and on the subjects you're interested in.
- Classes like Astronomy ARE NOT blowoff classes, but they are fun.
- Go to every event you can - your high school years fly by fast.

Sincerely,  
The upperclassmen

**Advice For High School Juniors**

Run for leadership positions

Form a relationship with your guidance/college counselor

Take the SAT and the ACT

Don't stay up too late

Figure out teacher recommendations in the early spring

Take electives that can boost your GPA

Don't stress too much about prom

Stay after

Find a good form of stress relief

Treat yo self

[www.preppybythesea.com](http://www.preppybythesea.com)

## 15 TIPS FOR HIGH SCHOOL SENIORS

1. Visit Colleges in the spring of your Junior year.
2. Start applying ASAP.
3. Choose your college by Christmas.
4. Apply for LOTS of scholarships.
5. Ask your college what scholarships you are eligible for.
6. Find a tutor.
7. Dosomething.org
8. Avoid general scholarship websites.
9. Search for local scholarships.
10. Get a job.
11. Go to an ACT/SAT prep class.
12. Get your ACT/SAT out of the way as quickly as possible.
13. Take the ACT/SAT at least 3 times.
14. Save your graduation money.
15. Sign up for at least 15 credit hours.

[Ungracefulprep.blogspot.com](http://Ungracefulprep.blogspot.com)



# CFNC.ORG SAYS TO DO ALL OF THIS:



## 9th Grade

### FALL

- Create your **FREE CFNC.org account** to help plan for career and college.
- Explore careers that interest you.
- Start learning about colleges and entrance requirements.



### WINTER

- Review high school classes to stay on track with graduation and college requirements.
- Talk with parents & family about the cost of college and plans for paying.
- Talk with your school counselor about challenging courses, such as Advanced Placement (AP), International Baccalaureate (IB) or dual enrollment courses.

### SPRING

- Log into CFNC.org to find and take free SAT and ACT practice tests.
- Look into summer opportunities, such as camps, classes, or volunteering to help prepare for college.
- Update your CFNC.org profile with this year's activities and courses.

## 10th Grade

- Use the **CFNC.org College Search tool** to find colleges that interest you.
- Consider signing up for the October PSAT – good practice for the SAT. (Free SAT and ACT practice tests on CFNC.org.)
- Talk with friends and family about their career and education choices.

- Register for challenging courses such as AP and IB to meet graduation requirements and discover new interests and possible careers.
- Look into the possibility of dual enrollment with College and Career Promise (CCP) to earn college credit while in high school.



- If you've taken AP classes, register for the AP exams. May give you extra credit for college.
- Check the fall SAT and ACT dates. Register well in advance to save money.
- Look for college prep, community service, or part-time work summer opportunities.
- Continue exploring career fields that interest you.
- Plan to visit college campuses in the summer to get a sense of those that interest you.

## 11th Grade

- Consider the college programs, activities, and locations that interest you most.
- Start narrowing your list of colleges.
- Meet SAT and ACT registration deadlines to avoid late fees.
- Attend free College Fairs and Financial Aid Workshops at your school or in your area.

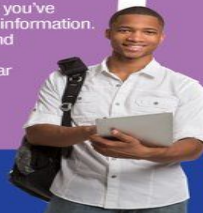
- Stay involved in challenging courses to meet graduation and college admission requirements.
- Get familiar with financial aid terms, such as FAFSA, FSA ID, the College PROFILE, scholarships, grants, federal and private loans.

- Look into scholarship and grant options.
- Take SAT and ACT as scheduled.
- Plan your senior year courses carefully.
- Schedule college visits and admission interviews on campuses in which you are interested.

## 12th Grade

- Attend free College Fairs and Financial Aid Workshops.
- Check all deadlines: applications, scholarships & aid.
- Request recommendations, if needed.
- Plan and proofread carefully any college application essays.
- Use CFNC.org Application Hub to complete applications & send free official high school transcripts to any NC college.
- Use NC Residency Determination Service (RDS) to see if you're eligible for state grants and in-state tuition.
- Get your FAFSA ID & complete the FAFSA early. You may be eligible for federal and state grants for college.

- Use CFNC.org to find multiple ways to help pay for college.
- Talk with your counselor about local area scholarships and grants.
- Check if the colleges to which you've applied have received all your information.
- Watch for admission letters and financial aid offers.
- Keep studying. Your senior year grades are important for final acceptance!



- If you are in AP courses, do your best on final exams for possible college credit.
- Weigh financial aid offers & how cost fits the family budget.
- Make your decision! Let your first choice school know & notify rest you are not enrolling.
- If you didn't get into your preferred colleges, use the College Redirection Tool at CFNC.org (opens April 1) to find other options.
- Community college? Check with campus about placement tests.
- Celebrate your high school graduation and look forward to a bright future!

**College Foundation of North Carolina**  
Helping you plan, apply, and pay for college

# 9TH GRADE TO DO



Ask most seniors what they wish they could do over to get ready for college and they would reply with two statements:

- Make better grades in my 9th and 10th grade years; and
- Be more active in community service and extracurricular activities.

Here is a list of things you should be doing to prepare for college admissions and scholarships in your senior year:

- Make the best grades possible. Colleges only see your final grades from 9th, 10th, and 11th grades; they do not see your report card grades.
- Get involved!!! Extracurricular activities might not influence college admissions, but they are a deal breaker when it comes to scholarships.
- You need community service hours. Keep a calendar and every time you do something to help someone and you are not getting paid for it, mark the time and the service on your calendar.
- Do your research! You need to be looking at colleges and scholarships now. Go to [www.cfnc.org](http://www.cfnc.org) to research any NC college. To research out-of-state colleges, just Google the name of the college. Utilize [bigfuture.org](http://bigfuture.org) a sponsor of [Collegeboard](http://Collegeboard).
- If you do not do well on standardized tests, start preparing for the SAT and ACT now. You can go online to [www.collegeboard.org](http://www.collegeboard.org) for study questions. See your guidance counselor for study information.

# 9TH GRADE TO DO CONTINUED

**FRESHMAN YEAR**

FOCUS ON YOUR FUTURE

- Watch your actions!!! Don't do anything foolish that could negatively influence your recommendation for college. Be a rule follower.
  - Need help with anything? Have questions? See your school counselor!
- Things to know:
- You must pass three out of four classes to get your driver's license.
  - You can only miss 9 days in a class. If you miss more than 9, you do not pass the class.
  - How to compute your GPA- Add your quality points and divide by the number of classes. Quality points are points awarded to you for the grade you made in a class.

Colleges look at your GPA, SAT/ACT scores, class rank, and how challenging your courses have been for admissions. For merit scholarships, colleges look at the above plus what you've done with your time (ie: Extracurriculars).

The school counselor and college liaison will make sure we have you in the required North Carolina admission classes, but what you do with your classes and your time is totally up to you. Big dreams usually require determination, a good attitude, and lots of hard work!



# YOUTH WORK PERMITS

Any youth under the age of 18 who works in North Carolina for any employer must have a youth employment certificate.

[Work Hour Limitations for Youths](#)

[Application Instructions and Process](#)

[Online Application](#)

[PDF Fillable Application](#)



# CCS DRIVER EDUCATION

Requirements to take the Drivers Education course:

- \* Are older than 14 years and six months of age and younger than 18;
- \* Are approved by the principal of the school;
- \* Are enrolled in a public school, private school or home school within the county; and
- \* Have not previously enrolled in the program.

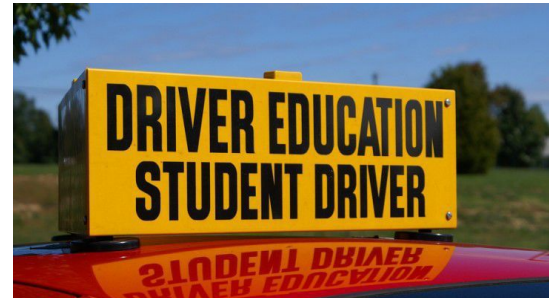
Cumberland County Schools will no longer allow a student to enroll in a Driver Education course if the student has previously attended more than 4 hours of the classroom phase and dropped out or failed the course.

Fees: \$65.00. If you receive free or reduced lunch the cost is \$32.50 but you must provide proof from CCS Child Nutrition Services.

Instructions for obtaining a Learners Permit

DMV Permit Test

Frequently Asked Questions



# SCHOLARSHIPS FOR UNDERCLASSMEN!! (GET MONEY!!!)

Taken from: <https://blog.prepscholar.com/scholarships-for-high-school-sophomores-and-freshmen>

It's never too early to start saving up money for your college education. Even if you are only in your first or second year of high school, there are plenty of opportunities to start bringing in money that will pay for your tuition, books, fees, and living expenses a couple years down the line.

You may be surprised to learn that there are hundreds of scholarships available to underclassmen.

If you're just starting your hunt, use this list of 50 of the best scholarships for high school freshmen and sophomores to get started.

This list includes a variety of scholarships. They have been broken them down into several different categories:

- \* Essay Contest Scholarships
- \* Special Circumstance Scholarships
- \* Special Interest Scholarships
- \* Creative Scholarships
- \* Hobby- or Activity-based Scholarships
- \* Location-based Scholarships
- \* Easy Scholarships

These scholarships are not limited to one college or university, so students who win these awards will be able to take them to a variety of schools.

**The list can be found here:** <https://blog.prepscholar.com/scholarships-for-high-school-sophomores-and-freshmen>

# 10TH GRADE TO DO



Continue to pull up your GPA:

- The transcript we send for college applications, scholarships, and NCAA Clearinghouse reflect the grades you have made through the end of your junior year.
- Take the PreACT: It is given to all sophomores each October. This test is a good predictor of how you will do on the ACT. It has four multiple-choice sections: English, Math, Reading, and Science. Your results from these sections will tell you which areas you are weak and strong in, which will help you when studying for the ACT.
- Look for Scholarships:
  - You apply for scholarships in your senior year, BUT you should begin looking for them now; some scholarships are given to students in 9th-12th grades. Below are some websites that will assist you in looking for scholarships. Please keep in mind that most of the scholarship money comes from the college and you must meet their criteria to apply. Your SAT/ACT scores are very important when applying for a scholarship. Most scholarships are interested in your character, leadership, community service, and extracurricular activities. Keep a calendar of all your community service - note what you did and how long you worked. More scholarship information and websites can be found here: <http://unigo.com>

# 10TH GRADE TO DO CONTINUED



Visit CFNC.org: Open/update your cfnc.org account. To find out what a college in NC requires for admission:

- Go to CFNC.org
- click on 'Apply' tab
- click on 'Explore Postsecondary Schools' under 'Quick Links' on the right
- click on the letter of school - ex: U will bring up UNC schools
- click on the name of the college
- click on 'Admissions' on left side; scroll down to find admission requirements
- click on 'Academics' to see if the school has your major
- click on 'Student Life' to see if it has a sport you are interested in playing
- click on 'Cost and Financial Aid' to check out how to pay for college

Useful Websites:

- [www.collegenet.com](http://www.collegenet.com)
- [www.finaid.org](http://www.finaid.org)
- [www.collegeboard.org](http://www.collegeboard.org)
- [www.princetonreview.com](http://www.princetonreview.com)
- [www.kaplan.com](http://www.kaplan.com)
- [www.campustours.com](http://www.campustours.com)
- [www.fastweb.com](http://www.fastweb.com)
- [www.gocollege.com](http://www.gocollege.com)

# 11TH GRADE TO DO



Continue looking at colleges. This is the year to be narrowing down your long list of colleges to about five. Things to consider:

- Does it offer the major you're interested in?
- Is it the right size for you
- Location - how far is it away from home? What is the weather like? How does the campus look?
- Have you visited any colleges or universities? You get 3 excused absences your junior year. Also, most colleges gear their Open Houses toward juniors in the spring, so take advantage!
- Can you afford it?

Take College Entrance Exams (aka the SAT and the ACT):

- It is a good idea to take the SAT spring semester.
- The ACT will be given at SHEC in the Spring. Don't miss it!
- Take either the SAT or ACT a second time during the Spring semester, or the summer between your junior and senior year. You should make a 2nd attempt at whichever test you scored better on the 1st time.
- Remember, if you receive free or reduced lunch, you are eligible for fee waivers. See the counselor for fee waivers.
- You can register online for the SAT at [sat.org/signup](https://sat.org/signup) and for the ACT at [www.actstudent.org](https://www.actstudent.org)
- Do NOT begin your senior/super senior year without 2 college entrance exams under your belt!

# 11TH GRADE TO DO CONTINUED



Bring your GPA up:

- Colleges look at your classes and the grades you made in 9th, 10th, and 11th grade.
- Colleges use your final GPA from your junior year when making admissions decisions, so this is your last chance to improve upon your GPA.

Create a Resume':

- Your resume' should include extracurricular activities (in and outside of school,) any honors you have received, leadership positions held, and detailed information concerning community service you have participated in.
- You should include grades 9-11 right now. Make sure you add new information (community service, honors, etc.) as they occur.

CFNC.org:

- If you do not already have an account, create one. You can use CFNC to apply for college next year, so make sure you are familiar with the website.
- The 'Plan' tab has a lot of great information to help you prepare for your senior year and for applying to college - Plan for College
- You can take surveys, look at interest profilers, and assess your skills to help you decide what careers would be a good match for you on the 'Learn About Yourself' page.

# SCHOLARSHIPS!! (GET MONEY!!!!)



Attention seniors...start searching for scholarships now. If you are interested in a particular school, I would first find out how much their tuition is for four years, then ask them about scholarships they offer and their criteria. Go for those quickly, the big ones are offered in the fall after early admissions deadlines around November. Many regular acceptance letters and early awards will start to come around January. While you're waiting on your acceptance letters and awards, you should be avidly searching for outside scholarships. Whether they are for \$100 or \$10,000+ you should apply if you meet the requirements. Small scholarships come in handy and huge scholarships are always wonderful! It will be my goal to provide you with as many scholarships opportunities as possible, but don't just leave it to me. Do your own research, scout out your own scholarships! Dedicate a few hours a week to scholarship searching. This can be an overwhelming process, but those who take the time to search will be successful. Be proactive and take the initiative!

NOTE: Complete the **FAFSA** even if you don't feel you may qualify for federal aid. Many schools and scholarship programs will not consider you without a completed FAFSA.



# SCHOLARSHIP SEARCH ENGINES

Below are helpful websites for searching for scholarship money. There are way more than the ones listed below, but these will help you to get started.

[BigFuture](#)

[Fast Web](#)

[College Board Scholarship Search](#)

[College Net](#)

[Gateway to 10 Free Scholarships Searches](#)

[Peterson's Scholarship Search](#)

[Princeton Review Scholarship Search](#)

[Sallie Mae Fund](#)

[Cumberland Community Foundation Scholarships](#)

[North Carolina State Education Assistance Authority](#)

[CFNC Grants and Scholarships](#)

[LendEDU.com](#)

[College Express](#)

[Scholarships.com](#)

[Chegg.com](#)

[SchoolLinks](#)



# UNC SCHOOLS SCHOLARSHIP PAGES



UNC Chapel Hill Scholarships: <https://admissions.unc.edu/afford/scholarships/>

NC State Scholarships: <https://studentservices.ncsu.edu/your-money/financial-aid/>

East Carolina University Scholarships: <http://www.ecu.edu/cs-acad/universityscholarships/>

Fayetteville State University Scholarships:

[https://www.uncfsu.edu/paying-for-college/scholarships-\(paying-for-college\)](https://www.uncfsu.edu/paying-for-college/scholarships-(paying-for-college))

UNC Pembroke: <https://www.uncp.edu/admissions/costs-and-financial-aid/scholarships>

<https://www.uncp.edu/academics/colleges-schools/graduate-school/graduate-admissions/financial-information/scholarship-and-grant-opportunities>

UNC Greensboro: <https://admissions.uncg.edu/cost-and-aid-scholarships.php>

UNC Charlotte: <https://scholarships.uncc.edu/>

UNC Asheville: <https://financialaid.unca.edu/scholarships>

UNC Wilmington: <https://www.uncw.edu/finaid/outsidescholar.html>

Western Carolina University: <https://www.wcu.edu/apply/scholarships/index.aspx>

NC A&T State University: <https://www.ncat.edu/admissions/financial-aid/aid/scholarships/>

North Carolina Central University: <http://www.nccu.edu/admissionsandaid/scholarshipandaid/index.cfm>

Winston Salem State University:

<https://www.wssu.edu/admissions/scholarships-and-financial-aid/scholarships.html>

Appalachian State University: <https://scholarships.appstate.edu/scholarships>

Elizabeth City State University:

<https://www.ecsu.edu/administration/chancellor/enrollment-management-retention/financial-aid/other-scholarships.html>

# 12TH GRADE TO DO



Make sure you:

- have your CFNC.org account ID and Password
- create a FSAid at [Fsaid.gov](https://fsaid.gov)
- After October 1st, complete the FAFSA at [Fasfa.ed.gov](https://fasfa.ed.gov) for financial aid. For help completing your FAFSA visit [studentaid.ed.gov](https://studentaid.ed.gov). Beware of institutions priority deadlines.
- prepare for Free College Application Month (October)
- Complete the Residency Determination Service (RDS) process at [ncresidency.cfnc.org](https://ncresidency.cfnc.org).
- take the SAT, ACT, or SAT II if needed (look at the college of choice website for average SAT/ACT scores and check to see if you need to take the SAT II)
- get a fee waiver for the SAT/ACT from your counselor, if you're on free or reduced lunch
- research colleges you are considering applying to: check application deadlines, majors, cost, etc.
- visit colleges you are considering attending
- apply to at least 2 reacher schools, 2 safe schools and 2 middle of the road schools
- have done a scholarship search
- update and complete your resume -
- Reach out to teachers, coaches, and community members for letters of recommendations.
- have completed the NCAA Clearinghouse form if you plan on playing a college sport

# 12TH GRADE TO DO CONTINUED



## Key Questions to Ask When Choosing a College:

- Does the college have my major?
- Is the college location one that is a fit for me? Example: ASU-very cold, snow, hills to walk
- Is the college a fit for me? Consider size, location, campus environment, etc.
- What percentage of college freshman stay?
- What percent of graduates are accepted to graduate, medical, or law school?
- What is the typical class size and how much individual attention will I receive?
- Are there opportunities for internships and/or study abroad?
- Is there an active Career Center to help me prepare for a successful job search after graduation?
- Do professors or graduate students teach freshman courses?
- 10 questions to ask yourself when picking a college
- Are you thinking about applying to a Historically Black College or University (HBCU)? Then, check out HBCUCONNECT.com.

## College Search Websites:

[CFNC - College Foundation of North Carolina](#)

[CollegeBoard - College Planning Made Easy](#)

[NACAC - National Association for College Admission Counseling](#)

[CampusTours: Virtual College Tours & Interactive Campus Maps](#)

[Affordable Colleges OnlineTen](#)

[The Princeton Review](#)

[Peterson's](#)

[College Data](#)

[Steps to College](#)

[College Greenlight](#)

# 12TH GRADE TO DO CONTINUED

How do I apply for college?

- Colleges and universities want you to apply online
- You may go directly to the college's Admissions website and apply, or you can use CFNC.org to apply
- You may want to consider applying through the Common Application website [www.commonapp.org](http://www.commonapp.org). This online site allows you to apply to many colleges found in different states by filling out one application. The website will request your transcript.
- The Universal College Application (UCA) is a new website (similar to the Common App) that allows you to apply to more than one college at once [www.universalcollegeapp.com](http://www.universalcollegeapp.com). Learn the differences between the Common App and the UCA [here](#).
- College Application Week (October 15-19) – during this time, you can apply to many of the North Carolina colleges (mostly private) and have your application fee waived.
  - Visit for more info [www.cfnc.org/caw](http://www.cfnc.org/caw).
- For more resources visit: <https://studentaid.ed.gov/sa/resources>.
  - There are a wealth of resources here for applying to college and financial aid.



# 12TH GRADE TO DO CONTINUED

**Click on the following links below for great information for seniors:**

[List of four-year colleges and Universities in N.C.](#)

[List of N.C. Community Colleges](#)

[Differences Between the Common Application and the Universal College Application](#)

[Looking Beyond the 'Usual Suspects' in the College Search](#)

[Financial Factors to Consider Before Choosing a College](#)

[Need a Plan B for college? There are Options](#)

[How to Handle Bad News on Early Admissions](#)

[What I Wish Someone Had Told Me About Freshman Year](#) - A great read for seniors heading off to college!

[Find Colleges that Want You More Than You Want Them](#)

[5 Questions to Consider when Visiting Prospective Colleges](#)

[10 College Application Mistakes to Avoid](#)

[Resources for Undocumented Students](#)

[How to Make the Most of Accepted Student Days](#)

[10 Tips to Make Your Final College Choice](#)



# GRADUATION TO DO



Senior year can be overwhelming with classes and applying to college, graduation will add a new layer to your business. Be sure to keep up with deadlines for preparing for graduation.

- Order your cap and gown EARLY (before the Winter Break)
- Take senior pics
- Make sure you have the appropriate attire for senior awards and graduation
- Submit all community service hours.
- Submit all college acceptances and financial aid awards to the counselor.
- Send out graduation announcements
- Take graduation pics
- Turn in graduation ticket sheet to the principal.

**GRADUATE!!!!**