



Cary High School

Junior Checklist



THINGS TO CONSIDER NOW:

1. **Listen to daily announcements** (also available on the CHS website). Student Services publicizes important information regarding educational programs, college visits, registration deadlines, scholarship information, summer opportunities, etc. You are responsible for keeping informed of school events and deadlines!
2. Start planning for the remainder of your time at CHS.
 - Review your transcript** to determine which credits, if any, you must earn to meet graduation requirements.
 - Schedule a meeting with your counselor to go through your credit requirements checklist (see page 4).
 - Discuss post-secondary plans** (college, military, employment) with your parent and counselor. Students who plan to attend college should consider taking an academically rigorous schedule (honors and AP courses) in their senior year. Keep in mind that some schools have specific admissions requirements like the number of math, science, fine arts, and/or world language credits.
 - Be purposeful about building a “resume.”** Colleges and potential employers will want to know how you spent your time outside of class.
 - Consider what activities (sports, clubs, programs, jobs) interest you, and be involved as much as possible.
 - Use the High School Planning section in www.cfnc.org to record activities and accomplishments (leadership positions, awards, honors).
3. **Prepare to take college admissions tests** in the spring. Most four-year colleges and universities require students to take either the **ACT** or the **SAT** for admission. All juniors will take the **ACT** at CHS on March 3. This test is free, and registration is not needed. The College Board recommends that students take the **SAT** for the first time in the spring of junior year.
 - Check with your colleges of interest to see if they require the ACT Writing Test or SAT II Subject Tests as part of the admissions process.
 - Fee waivers are available to students who qualify; ask your counselor for more information.
4. Start exploring possibilities for **playing sports at the collegiate level** (if applicable).
 - Talk with your parent and coach; make initial contact with college programs for which you have an interest in playing.
 - Register with the **NCAA Eligibility Center** (www.eligibilitycenter.org) at the end of your junior year.
 - Become familiar with eligibility requirements AND each school's admissions requirements. You must be eligible to compete in addition to being admitted to the school.

THINGS TO CONSIDER THIS SPRING:

1. Students enrolled in an AP course this school year should consider registering for the **AP exam** (given in May). You may earn college credit for qualifying scores on AP exams.
2. **Launch your college search** and decision-making process with your parent (and counselor as needed).
 - Decide what is most important to you (fields of study, location, cost, size, athletics, co-curricular programs).
 - Research schools by exploring college websites, www.cfnc.org, and bigfuture.collegeboard.org.
 - Attend the national college fair at the Raleigh Convention Center in March.
 - Consider visiting colleges while students are on campus. Be open to visiting a number of different types of schools (big, small, public, private, urban, rural) to help you determine the best fit.
3. Discuss **mid-year graduation** and **free periods** with your parent and counselor. In order to graduate in January of your senior year, you must submit a Mid-Year Graduation Form by the beginning of the fall semester in your senior year. In order to be considered for a free period as a senior, you must submit an Early Release/Late Arrival Form.
 - Check with your colleges of interest before you decide upon one of these options. Most colleges strongly discourage early graduation and free periods except in special circumstances.
4. Students interested in **career exploration, job shadowing, and internships** should contact Mrs. Lisa Williams, Career Development Coordinator, at lwilliams@wcpss.net.
5. Students considering **military academies** or **ROTC** scholarships should contact their school's recruiter before the summer.
 - Begin the application process for a four-year ROTC scholarship during the summer.

THINGS TO CONSIDER THIS SUMMER:

1. Start narrowing your college exploration to a select list and take an in-depth look at your choices.
 - Consider the following guide: 1) one or two “safe” schools (colleges to which you will almost certainly be admitted); 2) some realistic or “probable” schools (colleges where your GPA, test scores, and other features look very similar to those of recent entering classes); and 3) one or two “reach” schools (colleges where you meet the criteria for admission but may not have the stellar qualifications of most first-year students).
 - Create a list of application deadlines. Learn **college admissions terminology** (see below) and about how admissions cycles impact other aspects of your college process, such as standardized test dates and letters of recommendation.
2. Explore opportunities for employment and enrichment.
3. Consider when you will take or retake college admissions tests. Students typically improve their scores on college admissions tests when they take them a second time, and many colleges and universities will **superscore** a student’s standardized test scores (this means that the school will consider a student’s best scores from each SAT or ACT section, even if the scores are from different test dates).
4. Continue visiting college campuses and determining best fit.
 - Talk with family members, friends, peers, and alumni about their college experiences, especially if they attended or are attending a school in which you are interested.

THINGS TO KEEP IN MIND THROUGHOUT YOUR JUNIOR YEAR AND INTO YOUR SENIOR YEAR:

1. GPA is important! For your colleges of interest, be cognizant of the average GPA of their incoming freshman class. Are you competitive?
 - The UNC system requires students to have a MINIMUM high school GPA of 2.5 (weighted) in order to be considered for admission.
2. Choose your senior year courses very carefully. The rigor of a student’s high school curriculum is the single best predictor of success in college.
 - Colleges look most closely at course selections from 11th and 12th grades. Once you submit college applications, you must notify colleges of ANY schedule changes you hope to make for second semester of senior year.
3. Be familiar with **college admissions terminology**:
 - Early Decision: Candidates may submit application early to one college, usually by October 15. Applicants are notified of their status by December. As part of the early decision plan, students may be required to sign an agreement to withdraw other applications if accepted.
 - Early Action: An admissions procedure to notify student of early acceptance to college. Students are not obligated to accept the college’s offer of admission and may file applications at other universities.
 - Regular: Candidates submit credentials during November to February, depending on school deadlines. Check the deadlines for each individual school.
 - Rolling: Candidates submit the credentials at their convenience through a certain date, usually late in the year. They usually receive an admissions decision within four to six weeks.
 - On-site: an option in which colleges visit students at the high school and make an admissions determination during a scheduled appointment with the student.
4. Know what appeals to colleges as they consider your application.
 - Academic achievement, SAT/ACT scores, course rigor, class rank, extracurricular activities, community service, strong essay and recommendation letter(s). You should plan to ask at least one teacher from your junior year (preferably) to write a specific recommendation letter for you.
5. Discuss **financial aid** with your parent.
 - The FAFSA (Free Application for Federal Student Aid) is the form that is needed to apply for aid in the form of grants or loans. You can obtain a FAFSA application at www.fafsa.ed.gov.
 - The CSS/Financial Aid Profile establishes eligibility for institutional aid. The application is available at www.collegeboard.org. The CSS costs approximately \$20 and should be the only case where you are paying to find scholarships or financial aid.
6. PLEASE NOTE: Most community colleges do NOT require students to take the ACT or SAT.

SAT Test Dates

Test Date	Regular Registration Deadline	Late Registration Deadline (late fee)
January 24, 2015	December 29, 2014	January 13, 2015
March 14, 2015	February 13, 2015	March 3, 2015
May 2, 2015	April 6, 2015	April 21, 2015
June 6, 2015	May 8, 2015	May 27, 2015

ACT Test Dates

Test Date	Regular Registration	Late Fee Required
February 7, 2015	January 9, 2015	January 16, 2015
April 18, 2015	March 13, 2015	March 27, 2015
June 13, 2015	May 8, 2015	May 22, 2015

IMPORTANT DATES!!!!

- **Ongoing:** Listen to daily announcements to learn about various opportunities, including summer enrichment and leadership experiences. You can also view the daily announcements online via the CHS website.
- **Throughout second semester of junior year:** You can make an appointment to meet with your counselor to discuss college planning, graduation requirements, course registration, etc. Visit Student Services to schedule an appointment. Also, many colleges sponsor “Junior Visitation Days.” Check the admissions office websites of your colleges of interest regarding upcoming visitation dates.
- **January through February:** High school planning work sessions for parents and students. These sessions are designed to help answer specific questions regarding course planning and registration. Check the CHS Student Services webpage for exact dates and instructions on how to register for these sessions. Space is limited!
- **Curriculum Night, Date TBD:** Students and parents should attend this event to learn more about our course offerings for the 2015-2016 school year.
- **College Planning Night, Date TBD:** Students and parents can attend several breakout sessions, such as CFNC information, financial aid, panel discussion with various admissions representatives, etc.
- **Throughout March:** Students will register for courses for the 2015-2016 school year through their second period classes. More info is coming soon!
- **March 3, 2015: ACT test** for ALL juniors. No registration is necessary.
- **March 10, 2015: National College Fair**, 4:30-7:30pm, Raleigh Convention Center. Please plan to attend this event! Representatives from approximately 200 colleges (both in-state and out-of-state) will be there. Please register to attend at www.gotomyncf.com.

Student Services Contact Information

Ms. Pat Potosky	Guidance Technician	919-460-3559 or ppotosky@wcpss.net
Mr. Ryan Johnson	Dean of Student Services	rjohnson4@wcpss.net
Mrs. Megan Bryant	SAP Counselor	mbryant@wcpss.net
Mrs. Cindy Strader	10 th - 12 th Grade Counselor (A-G)	cstrader@wcpss.net
Mrs. Jessica Bowers	10 th - 12 th Grade Counselor (H-O)	jbowers@wcpss.net
Mr. Jeremy Young	10 th - 12 th Grade Counselor (P-Z)	jyoung5@wcpss.net

Cary High School Student Services

Useful Links for Students and Parents

- **All Transcript Requests** (www.wcpss.net/transcripts): Provides instructions for transcript submission.
- **ACT** (www.act.org): Allows students to register for the ACT, a nationally-accepted college admissions test. Test preparation material is also available here.
- **ASVAB Career Exploration Program** (www.asvabprogram.com): Provides information about the ASVAB test and offers career planning tools.
- **Cary High School Website** (<http://caryhs.wcpss.net>): for ongoing announcements important to students and parents.
- **CHS Student Services** (<http://caryhighcounselors.weebly.com/>): Resource for a variety of information regarding academics, careers, college planning, etc.
- **CHS Letter of Recommendation Information** (<http://caryhighcounselors.weebly.com/forms.html>): Includes informational sheets the student may use in order for a staff member to write a comprehensive letter of recommendation.
- **The Common Application** (www.commonapp.org): Online application service for select colleges/universities.
- **The College Board** (www.collegeboard.org): Allows students to register for the SAT. This website provides info on colleges across the nation, as well as SAT test preparation materials. Through this website one can learn more about Advanced Placement (AP) courses/exams also.
- **College Foundation of NC** (www.cfnc.org): Provides information on all NC colleges and other post-secondary institutions. Through CFNC students can apply online to NC colleges, research careers, prepare for college admissions tests, and explore scholarship opportunities. Use CFNC to send transcripts to ALL in-state colleges and universities.
- **Free Application for Federal Student Aid/FAFSA** (www.fafsa.ed.gov): For college financial aid. Apply in January of senior year.
- **Scholarship Plus** (www.scholarshipplus.com/wake): Official scholarship listings for WCPSS.
- **Wake Technical Community College** (www.waketech.edu): Official school website. Students can apply for admission through the online application or via www.cfnc.org.
- **Wake Tech Community College Transfer Programs** (<http://choices.waketech.edu/index.php?page=partners>): Provides information on transfer programs with a variety of four-year universities, including NCSU, UNC-CH, NCCU, and ECU.

2014-15 NC College and University Rising Freshmen Class Profile Information

Public Universities	Avg Weighted GPA	Avg SAT (w/o Writing)	Avg ACT	Location
Appalachian State	4.12	1160	26	Boone
East Carolina University	3.2	1080	23	Greenville
Elizabeth City State University	3.90	867	18	Elizabeth City
Fayetteville State University	2.95	840	18	Fayetteville
NC A&T State University	3.40	930	18	Greensboro
NC Central University	2.5	800	17	Durham
NC State University	4.41	1248	28	Raleigh
UNC Asheville	4.00	1200	26	Asheville
UNC Chapel Hill	4.53	1300	31	Chapel Hill
UNC Charlotte	3.95	1052	24	Charlotte
UNC Greensboro	3.74	1065	24	Greensboro
UNC Pembroke	3.56	927	19	Pembroke
UNC Wilmington	4.05	1190	26	Wilmington
UNC School of the Arts		1100	22	Winston Salem
Western Carolina University	3.67	1039	22	Cullowhee
Winston Salem State University	3.01	900		Winston Salem
Private Universities	Avg Weighted GPA	Avg SAT	Avg ACT	Location
Barton College	3.04	890	19	Wilson
Belmont Abbey	3.11	972	21	Charlotte
Bennett College for Women	2.61	774	17	Greensboro
Brevard College	3.34	500	21	Brevard
Cabarrus College of Health Science	3.34	995	22	Concord
Campbell University	3.40	1002	22	Buies Creek
Catawba College	3.40	1125	22	Salisbury
Chowan University	2.64	788	16	Murfreesboro
Davidson College	4.10	1395	32	Davidson
Duke University		1485	33	Durham
Elon University	4.0	1225	27	Elon
Gardner-Webb University	3.72	1015	22	Boiling Springs
Greensboro College	3.28	920	19	Greensboro
Guilford College	3.23	1140	24	Greensboro
High Point University	3.73	1100	24	High Point
Johnson C. Smith University	3.00	860	18	Charlotte
Lees-McRae College	3.20	955		Banner Elk
Lenior-Rhyne University	3.42	960	21	Hickory
Livingstone College	3.7	1080	15	Salisbury
Mars Hill College	2.55	950	20	Mars Hill
Meredith College	3.10	1024	21	Raleigh
Methodist University	3.44	983	21	Fayetteville
Montreat College	3.00	1070	22	Montreat
Mount Olive College	3.36	900	19	Mt. Olive
North Carolina Wesleyan College	2.30	909	17	Rocky Mount
Pfeiffer University	3.48	945	21	Misenheimer
Queens University of Charlotte	3.50	1050	22	Charlotte
St. Andrews University	3.00	990	18	Laurinburg
Saint Augustine's College	2.40	822	15	Raleigh
Salem College	3.70	1126	24	Winston Salem
Shaw University	2.35		14	Raleigh
Wake Forest University			27-31	Winston Salem
Warren Wilson College	3.49	1160	25	Asheville
William Peace University	3.20	937	20	Raleigh
Wingate University	3.60	1012	22	Wingate

COLLEGE VISIT PROS & CONS WORKSHEET

Name of College or University: _____

Date of Visit: _____

Things to Think About	Pros	Cons	Level of Importance
Distance from Home <ul style="list-style-type: none"> • How long was the travel time? • How much did it cost? • How often will you travel between school and home? 			
School Setting <ul style="list-style-type: none"> • Do you like the geographical location? • Does it have the social, recreational, and employment opportunities you desire? • Can you get around off campus if you need to? • Do you like the climate? 			
Campus and Facilities <ul style="list-style-type: none"> • Do you like the size and setting of the campus? • How is the condition of buildings? • Would you feel comfortable and safe? • Does it have the modern conveniences and necessities you're looking for? • How is the quality of the facilities related to your area of study? 			
Students <ul style="list-style-type: none"> • Do you like the tour guide and other students you encounter during your visit? • Outside of class, did students flock together in friendly groups or were they more serious and independent? 			

Things to Think About	Pros	Cons	Level of Importance
<p>Faculty and Academics</p> <ul style="list-style-type: none"> • Does the current course catalog offer what you need and want? • If you observed any classes, how did the class size feel? Did you like the professor? 			
<p>Dormitories</p> <ul style="list-style-type: none"> • Did you like the size and condition? • How was the bathroom access? • Are you able to choose where you live and your roommates? 			
<p>Dining Hall and Food Options</p> <ul style="list-style-type: none"> • Did you like the look and feel of the dining hall? • Did the food and menu appeal to you? • Are there other convenient meal options available? 			
<p>Sports/Extracurricular Facilities</p> <ul style="list-style-type: none"> • If you play a sport or have a certain club or extracurricular activity in mind, such as rowing or theater, did the school have the facilities you were hoping for? 			
<p>Student Life, Social Scene, and Greek Life</p> <ul style="list-style-type: none"> • What do students do for fun? • Are there fraternities and sororities, and do you think you would like to be a part of Greek life? 			
<p>Other Pros and Cons</p> <ul style="list-style-type: none"> • What are some other things you loved or hated? • Did you learn anything new about the school or were you surprised by anything you liked or didn't like? 			