



Cary High School

Junior Information 😊



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 junior conference with your counselor in the spring to review your credits and register for classes
 - 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.
 - Create a resume 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 colleges and universities accept either score. All juniors will take the **ACT** at CHS in the spring (usually last week in February or first week in March). 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. Students can also earn college credit hours by taking classes at Wake Technical Community College through the **Career and College Promise Program**. Students must attend a mandatory information meeting the semester before enrollment in order to take classes. More information can be found at <https://www.waketech.edu/admissions-aid/career-and-college-promise>.
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.
 - Visit with college representatives when they visit Cary High School, and attend College Planning Night (Spring 2020).
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 Mr. John Evans, Career Development Coordinator, at jevans3@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.
6. PLEASE NOTE: Most community colleges do NOT require students to take the ACT or SAT.

Useful Websites and Resources ☺

College Admissions Tests, Test Preparation

- **ACT** (www.act.org): Allows students to register for the ACT, a nationally-accepted college admissions test. Test preparation material, college planning resources and other information is also available here.
- **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 Board – College Exploration** (<https://bigfuture.collegeboard.org/>)

College Applications / Transcripts

- **The Common Application** (www.commonapp.org): Online application service for select colleges/universities.
- **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.
- **Transcript Requests for Out-of-State Colleges, certain scholarships, alumni, etc.** (www.wcpss.net/transcripts). Provides instructions for transcript submission.

Career Exploration, Job Trends, Career Inventories

- **Career exploration, information and inventories:** US Department of Labor (<https://www.mynextmove.org/>) and (<https://www.careeronestop.org/>), NC Career Information (<https://nccareers.org/>)
- **ASVAB Career Exploration Program** (www.asvabprogram.com): Provides information about the ASVAB test and offers career planning tools.

Cary High School

- **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.

Financial Aid

- **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 Tech Resources

- **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 Technical Community College Career and College Promise Information** (<https://www.waketech.edu/admissions-aid/career-and-college-promise>). Eligible students can take college courses tuition free. ***Must attend a mandatory Information Session.***
- **Wake Tech Community College Transfer Programs** (<https://www.waketech.edu/programs-courses/credit/transfer-choices>): Provides information on transfer programs with a variety of four-year universities, including NCSU, UNC-CH, NCCU, ECU and more!

Education Quick Statistics

- **College Quick-Stats, Scorecards, Statistics, etc.** (<https://collegescorecard.ed.gov/>), (<http://college-insight.org/>), (<https://nces.ed.gov/collegenavigator/>)
- **US Department of Education Net Cost Calculator Center** (<https://collegecost.ed.gov/net-price>)