

HSA SENIOR PACKET

Your Guide to Planning Your Senior Year!



SENIOR PACKET



Congratulations! Welcome to your senior year. The Health Sciences Academy is here to help you plan and enjoy your last year of high school. In this packet, you will find some amazing information to help guide you through your senior year. We have gathered information about college admissions, standardize test deadlines, FAFSA, and scholarships. We even took the time to provide some checklists and other tools you can use!





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HSA Events

Join Us for Our 2023-2024 Events


Event registrations will be advertised prior to the event. Registration is required.




July 27, 2023 SAT Prep Workshop (Virtual Event)



August 7th-9th, 2023 Destination Health Careers



September 21, 2023 PCC Night



September 27, 2023 ECU Dental Night



September 30, 2023 SAT Prep Workshop (Virtual Event)



October 10, 2023 ECU Health Sciences Night



November 15, 2023 ECU CON/ENC RIBN Night (Virtual Event)



February 3, 2024 ACT Prep Workshop (Virtual Event)



Career Exploration Nights (In Person & Virtual Events) - Dates and Topics TBD



Interview Skills/Resume Workshop (Virtual Event) - Date TBD



Etiquette Training (Virtual Event) - Date TBD

NC University Admissions Information

SCHOOL	AVERAGE SAT SCORE	AVERAGE ACT SCORE	AVERAGE WEIGHTED GPA	APPLICATION FEE <small>*FEE WAIVERS MAY BE AVAILABLE FOR FAMILIES IN NEED</small>
App State	1100-1270	22-28	3.82-4.34	\$65
Campbell	1030-1230	19-25	3.52	\$0
Davidson	1413	31	3.81	\$50
Duke	1510	34		\$95
ECU	1000-1160	19-24	3.33	\$75
Eliz. City	960	17	3.16	\$30
Elon	1249	27		\$60
Meredith	1120	22	3.52	\$40
NC A& T	1030	19	3.61	\$60

NC University Admissions Information

SCHOOL	AVERAGE SAT SCORE	AVERAGE ACT SCORE	AVERAGE WEIGHTED GPA	APPLICATION FEE
NC Central	975	19	3.27	\$50
NC State	1352	30	3.83	\$85
UNC-A	1130-1330	22-29	3.49	\$75
UNC-CH	1217	23	3.57	\$75
UNC-C	975	19	3.27	\$50
UNC-G	1098	20	3.59	\$65
UNC-P	1023	19	3.44	\$55
UNC-W	1210	26	4.18	\$80
WFU	1350-1500	30-33	3.90	\$85

NC University Admissions Information

SCHOOL	AVERAGE SAT SCORE	AVERAGE ACT SCORE	AVERAGE WEIGHTED GPA	APPLICATION FEE
Western	1130-1230	19-25	3.44	\$65
Wingate	980-1160	19-24	3.33	\$0
WSSU	960	18	3.01	\$50

Source: www.collegedata.com and the school websites

SAT Dates & Deadlines

2023-2024 School Year

*Deadline expires at 11:59 p.m. EST



August 26, 2023

Registration Deadline:
July 28, 2023



October 7, 2023

Registration Deadline:
September 7, 2023



November 4, 2023

Registration Deadline:
October 5, 2023



December 2, 2023

Registration Deadline:
November 2, 2023



March 9, 2024

Registration Deadline:
TBD



May 4, 2024

Registration Deadline:
TBD



June 1, 2024

Registration Deadline:
TBD

Health Sciences Academy
SAT Prep Workshop
September 30, 2023

To register for the SAT go to:
<https://www.collegboard.org/>

ACT Dates & Deadlines

2023-2024 School Year

***Deadline expires at 11:59 p.m. EST**



September 9, 2023

Deadline: Aug. 4, 2023

Late Registration: Aug. 18



October 28, 2023

Deadline: September 22, 2023

Late Registration: Oct. 6



December 9, 2023

Deadline: November 3, 2023

Late Registration: Nov. 17



February 10, 2024

Deadline: January 5, 2024

Late Registration: Jan. 19



April 13, 2024

Deadline: March 8, 2024

Late Registration: March 22



June 8, 2024

Deadline: May 3, 2024

Late Registration: May 17



July 13, 2024

Deadline: June 7, 2024

Late Registration: June 21










Health Sciences Academy
ACT Prep Workshop
February 3, 2024

To register for the ACT go to:
<https://www.act.org/>

Test Day Checklist

Preparing for test day can be overwhelming. Use this checklist to make sure you have all of your supplies ready to go the morning of your examination.

Be sure to bring:

-  Printed admission ticket. (MyACT or CollegeBoard account)
-  Photo identification
-  A watch. You may bring an approved watch to pace yourself.
-  Calculator, you may bring a permitted calculator to use on the mathematics test only.
-  Snacks, bring a snack to eat outside of the test center during breaks.
-  Coat/ light jacket in case the testing location is cold.
-  Double check test time and location.
-  Epinephrine auto-injector permitted w/o accommodations.
-  Double check the testing websites for tips and requirements: ACT and SAT

Additional Notes

****Pro Tip: Be sure to get the correct amount of sleep and eat a great breakfast.***

FAFSA & RDS



FAFSA

The Free Application for Federal Student Aid (FAFSA) typically opens on Oct. 1 of every year. **There has been a change for this year and FAFSA will be opening in December 2023 for the 2024-2025 School year.**

Complete the FAFSA to determine your eligibility for federal and state financial aid. You will receive a Student Aid Report (SAR) upon completion.

Your first step is to get an FSA ID. The student and parent will need an FSA ID. You can apply for this prior to completing your FAFSA.

www.fafsa.gov

RDS

Use Residency Determination Service (RDS) to receive a Residency Certification Number (RCN) to determine your eligibility for in-state tuition and state grant awards. Note: These requirements are subject to change at any time.

Your first step is to complete the RDS online.

www.ncresidency.org



Minimum Entrance Requirements

NC Community Colleges:

- ☐ Entrance: Anyone 18 or older or who has attained a high school diploma or its equivalent (GED, HI SET or TASC).
- ☐ The RISE placement test is used to determine your readiness for college-level courses. The placement will help in determining which class will meet your needs.
- ☐ You may be exempt from placement testing and remedial courses if your high school unweighted grade point average is 2.8 or above, and you've taken appropriate high school courses.

NC Independent Colleges and Universities:

- ☐ Entrance requirements vary among institutions.
- ☐ Check the website or call the admissions office for more details.
- ☐ Detailed information about high school courses is available using the college search tool on CFNC.org.

The University of North Carolina System Schools (Public Universities):

- ☐ Minimum entrance requirements are set by the Board of Governors. Individual campuses may have requirements beyond the minimums.
- ☐ Test scores: SAT 1010, ACT 19
- ☐ Weighted GPA: 2.50 or higher
- ☐ High school courses:
 - 4 units of English
 - 4 units of math
 - 3 units of science
 - 2 units of social studies
 - 2 additional academic courses from English, math, science, social studies, world languages, or computer sciences. World languages is recommended.

View specific requirements here: <https://www.northcarolina.edu/future-students/admission-requirements/>

Scholarships

Scholarships are a great way to pay for college. Use the space below to list scholarships you are interested in applying for or learning more about. Each year millions of scholarship funds go unclaimed.

It's important to create a plan as to how you will apply for scholarships.

1. _____
2. _____
3. _____
4. _____
5. _____

Where to start?

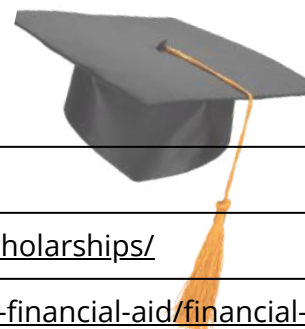
- ☐ PCS Scholarship Listing: Visit the PCS Website and click the "Scholarship Opportunities" under the "Parent & Students" Tab.
- ☐ Talk with your Senior Counselor. Each high school may have their own scholarship listings.
- ☐ Check out www.cfnc.org

Phone Apps

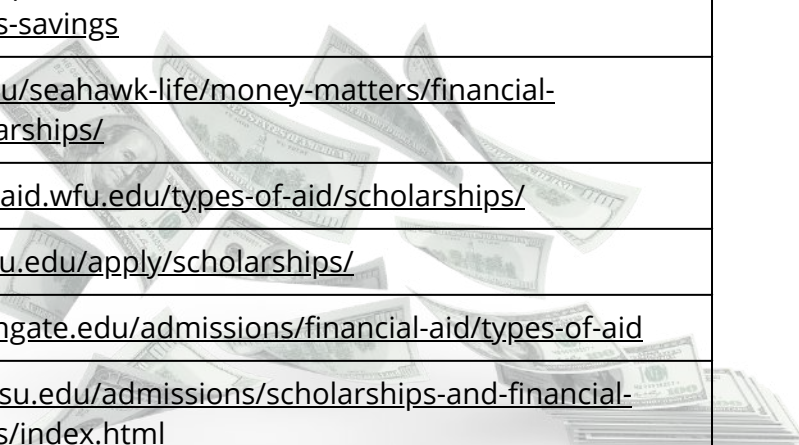
- ☐ Scholly
- ☐ Scholarships.com
- ☐ Apply.Me
- ☐ Fastweb College Scholarships

North Carolina Universities

Scholarship Links



Appalachian State University	https://scholarships.appstate.edu/
Campbell University	https://www.campbell.edu/financial-aid/scholarships/
Davidson College	https://www.davidson.edu/admission-and-financial-aid/financial-aid/scholarships
Duke University	https://ousf.duke.edu/merit-scholarships/
East Carolina University	https://admissions.ecu.edu/afford/scholarships/
Elizabeth City State University	https://www.ecsu.edu/financial-aid/types-of-aid.php
Elon University	https://www.elon.edu/u/admissions/undergraduate/financial-aid/scholarships/
Meredith College	https://www.meredith.edu/financial-assistance/financial-assistance-undergraduate-scholarships/
North Carolina A&T University	https://www.ncat.edu/admissions/financial-aid/types-of-aid/scholarships/index.php
North Carolina Central University	https://www.nccu.edu/ssa/scholarships
North Carolina State University	https://ncsu.academicworks.com/
UNC - Asheville	https://www.unca.edu/admission/financial-aid/types-of-aid/scholarships/
UNC - Chapel Hill	https://studentaid.unc.edu/incoming/what-aid-is-available/scholarships/
UNC - Charlotte	https://scholarships.charlotte.edu/
UNC - Greensboro	https://www.uncg.edu/costs-aid-scholarships/financial-aid/scholarships/
UNC - Pembroke	https://www.uncp.edu/admissions/costs-and-financial-aid/scholarships-savings
UNC - Wilmington	https://uncw.edu/seahawk-life/money-matters/financial-aid/types/scholarships/
Wake Forest University	https://financialaid.wfu.edu/types-of-aid/scholarships/
Western Carolina University	https://www.wcu.edu/apply/scholarships/
Wingate University	https://www.wingate.edu/admissions/financial-aid/types-of-aid
Winston-Salem State University	https://www.wssu.edu/admissions/scholarships-and-financial-aid/scholarships/index.html



Crafting the Perfect Essay

Writing an essay for a college application or scholarship can be a daunting task. Remember that your essay should showcase who you are and what you are passionate about.



Review the application and determine the questions you must answer in your essay response. Then brainstorm 5-6 points you will address.



Begin your paper with an interesting story, statistic or quotation to grab your reader's attention.



You will need to formulate body paragraphs for each of your main points. Start with your second strongest argument.



Write in an active voice because it shows the reader that you take initiative.



You will need to paint a clear picture for the readers as to why you are the perfect candidate.



Let your paper rest for awhile before you begin editing. Allow someone else to proof the document for you.

5 THINGS TO CONSIDER WHEN SELECTING A COLLEGE

1

Price: Will you be able to afford your cost of attendance?



Location: Visit the campus to get a feel of the area. Determine if the location fits your needs.

2

Specialities: Look at the majors offered and determine if they meet your needs.

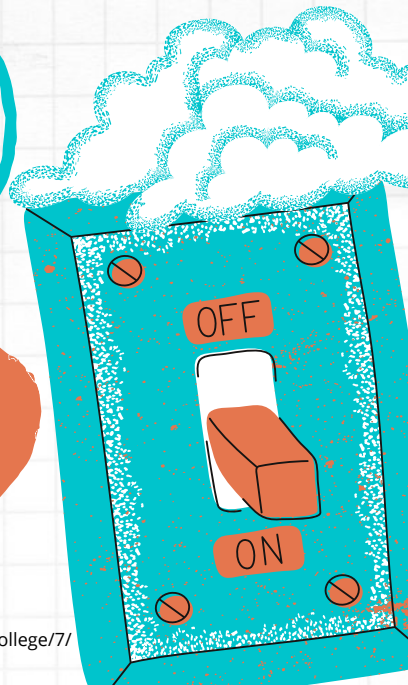
3

Campus: You have to like where you live. Check out the campus and dorms.

4

5

Reputation: Get a feel for what people think about when they hear your college's name mentioned.



WHAT TYPE OF SCHOOL WOULD BE RIGHT FOR YOU?

WHERE WOULD THIS COLLEGE
BE LOCATED (STATE, CITY)?

WHICH MAJORS WOULD YOU BE
INTERESTED IN (CRIMINAL JUSTICE,
NURSING, SOCIAL WORK, ETC.)?

WHAT SIZE WOULD THE SCHOOL BE?

WHAT TYPES OF SOCIAL ACTIVITIES
WOULD BE OFFERED (SPORTS, CLUBS)?

USE THIS SPACE TO LIST SCHOOLS THAT MATCH THE ITEMS YOU LISTED ABOVE.

College Research

Use this document to create a list of colleges that may be of interest to you. Also, take notes as you complete college tours and attend virtual Open House Events.

Colleges of Interest:

- | | | | |
|----|----------------------|----|----------------------|
| 1. | <input type="text"/> | 2. | <input type="text"/> |
| 3. | <input type="text"/> | 4. | <input type="text"/> |
| 5. | <input type="text"/> | 6. | <input type="text"/> |

Virtual Tour Notes:

- | | |
|----|----------------------|
| 1. | <input type="text"/> |
| 2. | <input type="text"/> |



3 Ways to Organize for College

1

Create a calendar to make sure you don't miss important deadlines.

Use what works best for you, a paper calendar or electronic calendar or app.

2

Have a place to keep important documents.

You will want to keep physical and electronic copies of important documents. You can use a binder for physical copies. Consider organizing your electronic copies into a Google folder or on MajorClarity.

3

Create an email account for college correspondence.

It should be appropriate and professional. Your PCS email address will expire upon graduation.

Academic Profile

Use this document as a snapshot to complete essays, scholarship applications, and college applications. You can also use it to share with individuals completing letters of recommendation on your behalf.

Use the spaces below to create your academic profile:

ACT

SAT

GPA

Class Rank

Additional Information:

AP, Dual
Enrollment, and
Honors Courses

Extracurricular
Activities

Awards &
Achievements

HIGH SCHOOL STUDENT RESUME

Youremail@gmail.com

Phone

City, State

LinkedIn URL, Website

Motivated student (3.6/4.0) who demonstrates strong work ethic and creative ability. Seeking to apply my graphic design skills and artistic drive as a summer intern at your company. Will leverage proven experience as a competent designer to contribute to company goals and needs.

EDUCATION

Santa Monica High School, Santa Monica, CA

Senior

- **GPA:** 3.6 / 4.0
- **Relevant Coursework:** Intro to Graphic Design, AP Art, Yearbook, Computer Applications
- **Honors:** Member of the National Honors Society and National Art Education Association
- **Clubs:** Yearbook Club, Santa Monica Newspaper, Spanish club

MAJOR ACHIEVEMENTS

Yearbook Club

Yearbook Design Team Lead

2015 - Present

- Created a Yearbook logo designed to incorporate school mascot and colors; opted to use coated paper in 2016, which improved photo quality and increased profits by 5%
- Arrange all club photos and pages to correspond to yearbook theme
- Trained and supervised 2 sophomore students in graphic design

Santa Monica Newspaper

Graphic Designer

2015 - Present

- Procured advertising for school paper, saving organization 25% in costs
- Edited and curated photos used for school paper; increasing readership by 15%
- Custom design page layouts to fit articles, photos, and advertisements into strict format
- Contributed to school's online publication by designing page layouts to accommodate mobile screens

ADDITIONAL SKILLS

- Proficient in Photoshop and Adobe Creative Suite
- Basic knowledge of HTML
- Basic knowledge of Adobe Dreamweaver
- Great photographer
- Keen eye for aesthetics with good understanding of image gradients
- Intermediate speaking level in Spanish

SAMPLE

AWARDS, HONORS, AND HONORARY MENTIONS

- Nominated for Macmillan Prize for Illustration in 2016
- Submitted artwork to Ocean Awareness Student Art Contest 2016
- Came in 2nd place in the Applied Arts 2016 Student Awards for submitting graphic design work under the category of Advertising

GOAL PLANNER

What are your monthly goals?

Goal 1:

Due Date:

Goal 2:

Due Date:

Goal 3:

Due Date:

DAILY PLANNER

What are your daily goals?

Goals

Priorities

To-Do List

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<input type="checkbox"/>	<hr/>
<input type="checkbox"/>	<hr/>
<input type="checkbox"/>	<hr/>
<input type="checkbox"/>	<hr/>

MORNING

AFTERNOON

NIGHT

DAILY PLANNER

	MONDAY	TUESDAY	WEDNESDAY
6AM			
7AM			
8AM			
9AM			
10AM			
11AM			
12PM			
1PM			
2PM			
3PM			
4PM			
5PM			
6PM			
7PM			
8PM			

DAILY PLANNER

	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM				
7AM				
8AM				
9AM				
10AM				
11AM				
12PM				
1PM				
2PM				
3PM				
4PM				
5PM				
6PM				
7PM				
8PM				

WEEKLY PLANNER

Monday

Tuesday

Wednesday

Thursday

Friday

Sat/Sun

MONTHLY PLANNER

Main Focus

Actual Goals

<input type="checkbox"/>	<hr/>	<input type="checkbox"/>	<hr/>
<input type="checkbox"/>	<hr/>	<input type="checkbox"/>	<hr/>
<input type="checkbox"/>	<hr/>	<input type="checkbox"/>	<hr/>

Notes

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What are your monthly plans?



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