



2016-2017 College Planning Guide

TABLE OF CONTENTS

Contact Information	Pg 3
Graduation Requirements	Pg 3
Senior Honors	Pg 4 - 5
Standardized Testing	Pg 6
College Planning Calendar	Pg 7
College Choices	Pg 8 - 9
College Comparison Checklist	Pg 10
College Admissions Options	Pg 11
Common Application	Pg 12
Writing College Essays	Pg 13 - 14
Letters of Recommendation	Pg 15
Admission Deadlines	Pg 16 - 17
Recommendation Information Form	Pg 18
Requesting a Transcript	Pg 19
NCAA Eligibility	Pg 20
Career and College Promise Program	Pg 21
Community Colleges	Pg 21
Military Options	Pg 22
Employment After High School	Pg 22
Selective Service	Pg 23
College Fair Topics and Questions	Pg 24 – 25
Interviewing	Pg 26
Student Resumes	Pg 27 - 29
Financial Aid	Pg 30-31
Scholarships	Pg 32
Website Resources	Pg 33

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FUTURE READY COURE OF STUDY

English – Four Credits
English I, II, III, & IV
Math – Four Credits
Math I, Math II, Math III, & 4 th Math course to be aligned with the student’s post high school plans
Science – Three Credits
Earth Science, Biology, & a Physical Science
Social Studies – Three Credits
World History, Civics/Econ, American History I, & American History II
World Language
Not needed to graduate, but two levels of same language needed for college admission
Health & Physical Education – One Credit
Health & PE
Two Electives From Either Career & Technical Education, Arts, or World Language
Four Elective Credits Strongly Recommended From One of the Following – Career & Technical Education, ROTC, Arts, or Any Other Subject Area
Must complete CPR

SENIOR HONORS AND RECOGNITION

North Carolina Scholars Program Requirements

Seniors who meet the requirements below will be deemed North Carolina Scholars. These seniors will receive a seal on their diploma.

Course	Credits
English	4 credits (English I, II, III, and IV)
Math	4 credits (Math I, Math II, Math III, and higher level math)
Science	3 credits (Biology, Chemistry /Physics, Earth/Environmental science course)
Social Studies	4 credits (World History/ Civics & Economics, American History I & II)
Health/PE	1 credit
Electives	2 credits (any combination from either CTE, Arts Education, World Language)
Electives	4 credits (recommended (four course concentration) from one of the following: CTE, JROTC, Arts Education, or other academic area (e.g. Math, Science, Social Studies or English))
Electives	3 credits (higher level courses taken during junior and/or senior years which carry 5 or 6 quality points such as: AP, IB or college equivalent course, Advanced CTE, on-line or other honors courses)
TOTAL	25 credits, minimum 3.5 unweighted GPA

UCPS Global Scholars Program - Service Learning Project with a Global Theme

Students should submit a proposal to their school's Graduation/Scholarship Committee outlining their plans for completing a Service Learning Project that will allow them to contribute to the local, national, or world community. The project must have a Global theme. Once approved, students must complete the Service Learning Project and present a written artifact (e.g. project, portfolio, presentation) to the committee.

Students must complete all requirements for a NC high school diploma and complete all of the program requirements listed below or complete the International Baccalaureate Program.

Credits	Program Areas
1	Earth/Environmental Science
4	Social Studies (World History, Global Awareness)
2	World Language Levels 1-2*
6	Elective credits to include at least two second-level or advanced courses

These seniors will receive a seal on their diploma as well as recognition at senior awards night and recognition on the graduation program.

AP SCHOLAR AWARDS

The AP Program offers several AP Scholar Awards to recognize high school students who have **demonstrated college-level achievement through AP courses and exams**. Although there is no monetary award in addition to receiving an award certificate, this achievement is acknowledged on any score report that is sent to colleges the following fall. Notifications about AP Scholar Awards are sent to students and schools in October of each year by the college board.

Award levels

- **AP Scholar:** Granted to students who receive scores of 3 or higher on three or more AP Exams
- **AP Scholar with Honor:** Granted to students who receive an average score of at least 3.25 on all AP Exams taken, **and** scores of 3 or higher on four or more of these exams
- **AP Scholar with Distinction:** Granted to students who receive an average score of at least 3.5 on all AP Exams taken, **and** scores of 3 or higher on five or more of these exams
- **State AP Scholar:** Granted to the one male and one female student in each U.S. state and the District of Columbia with scores of 3 or higher on the greatest number of AP Exams, **and then** the highest average score (at least 3.5) on all AP Exams taken
- **National AP Scholar:** Granted to students in the United States who receive an average score of at least 4 on all AP Exams taken, **and** scores of 4 or higher on eight or more of these exams

Notes about AP Scholar Awards

- There are two steps to calculating the awards:
 1. The student's average AP score is determined based on **all** exams taken this year and in previous years.
 2. The student's exam scores are checked to see which ones count toward the various AP Scholar Awards.

A student must meet all criteria to be eligible. For example, a student who has a 3.25 AP score average but only received a 3 or higher on **three** exams will not receive the AP Scholar with Honor Award because the minimum requirement is a score of 3 or higher on **four** or more exams.

Exams taken multiple times only count once; the highest score will be used for the award calculation.

The Calculus AB subscore, Music Theory aural subscore, and Music Theory nonaural subscore are not used in the AP Scholar Award calculations.

- The AP Scholar Awards are academic distinctions that students may cite among their credentials on applications, resumes, and so on. Students do not receive any monetary award from the College Board. For more information please visit the college board website at www.collegeboard.org.

STANDARDIZED TESTING INFORMATION

The **ACT** (American College Test) measures educational development in English, math, reading, science, and writing. Colleges select the best scores from each area for admissions criteria. The ACT also predicts performance of the freshman year in college.

The **SAT Reasoning Test** (Scholastic Aptitude Test) measures critical reading, mathematics and writing ability and predicts college performance. Colleges select the best critical reasoning, math and writing score for admission criteria.

The **SAT Subject Tests** measure performance in specific subjects. Some highly competitive colleges require SAT Subject Tests for placement, and even admission into certain programs.

PRHS encourages all students to take both the ACT and SAT. Students can register on-line or by completing and mailing a registration bulletin (located in the Guidance Office). Your scores can be automatically sent to four colleges or universities that you indicate when registering for the test. If you decide to send scores to a college or university after the test date, you must notify the testing service to make the request.

Testing accommodations for disabilities may be available. Check for accommodation information on the testing center website or in the registration bulletin.

Please note the ACT and SAT scores are not listed on the transcript.

Porter Ridge High School **test code** or **CEEB code** is **341924**.

To register for the SAT go to www.collegeboard.org

To register for the ACT go to www.actstudent.org

Fee Waivers

****SAT and ACT fee waivers are available for economically disadvantaged students. See your counselor or the College Board website for details and guidelines.**

****Students using a fee waiver for the SAT or ACT may also qualify for College Application Fee Waivers and NCAA Eligibility Waivers.**

COLLEGE PLANNING TIME LINE (SENIOR YEAR)

September – October:

- Attend College Fairs
- Sign up for October / November SAT (collegeboard.org) or ACT (actstudent.org)
- Check with your college to see if you need to take the SAT subject tests.
- Search for scholarships on the college websites where you are applying, the PRHS website and other free scholarship search engines.
- Begin process to complete 4 year college/university applications online.
 - By October 15th early applications should be completed.
- Check what financial aid forms are required by college – FAFSA, Profile, colleges on form.
- **Go online and complete the FAFSA (Free Application for Federal Student Aid) beginning October 1st at www.FAFSA.ed.gov.**
- Visit colleges on open house days.
- If you plan to play a sport in college, register online for NCAA Clearing house.
- If required by college, begin essay.
- Finalize your resume and turn in to guidance for scholarships.
- Request for high school transcripts, recommendation letters, and secondary reports/counselor statement forms to be sent.
- Line up teachers for possible recommendation letters.
 - Give teachers a resume and a recommendation form.
 - Give teachers a thank you note.
- Go to www.CFNC.org and open an account.
 - Use CFNC to apply to North Carolina Colleges and send transcripts.

November – January:

- CFNC – College Application Week – in November (some private colleges will be free to apply to during this week through CFNC).
- College decisions begin arriving. Congratulations to those that have been accepted; let your counselor know.
- Check for mid-year application deadlines.
- Continue to check PRHS scholarship website.

February – May:

- If interested in attending SPCC or CPCC Community College complete application, orientation and set up to meet with an advisor at the college.
- Let your counselor know what colleges you have been accepted to and if you have received any scholarship offers (even those you do not plan to attend).
- Keep your grades up; your acceptance was based on the GPA on your transcript
- Before May, let your school know you are attending their school. Be sure to make your deposit.
- Athletes complete the NCAA requirements.
- Complete senior end of year survey form.

MAKING CHOICES ABOUT COLLEGE

Step One: Know yourself and your reasons for wanting to attend college

- ✓ Identify your strengths and weaknesses
- ✓ Analyze your interests and values
- ✓ Analyze your reasons for attending college
 - To achieve a personal goal
 - To increase your earning power
 - To prepare for a career and expand learning
 - For extracurricular activities and social life
 - Because of the influence of family and friends

Step Two: Consider college characteristics

- ✓ Majors and educational programs
- ✓ Type of school and degrees offered
- ✓ Admission policy
- ✓ Location and size
- ✓ Costs and availability of financial aid
- ✓ College affiliation and accreditation
- ✓ Campus activities
- ✓ Academic reputation

Step Three: List, compare and visit colleges

- ✓ Compile information from several sources
 - College catalogs, bulletins, and videos
 - College representatives and college fairs
 - Counselors and teachers
 - Parents, students and alumni
 - Directories and online information
- ✓ Prepare a college comparison checklist (included in this packet)
- ✓ Weigh advantages and disadvantages
- ✓ Contact the admissions office for a visit to the campus

Step Four: Apply for admission and observe deadlines

- ✓ Narrow your choices to a list of four colleges (in the following fashion)
 - One college- *sure thing*- you are overqualified and will definitely be admitted
 - Two colleges- *realistic choices* or *-middle of the road* – you meet the qualifications for admission
 - One college – *long shot* or *stretch* – you would really like to attend this college, but you may have a lower GPA, SAT score or class rank than is required
- ✓ Review college admission test requirements (SAT & ACT)
- ✓ Know application fees and deadlines
- ✓ Submit application materials
 - Completed application for admission
 - Application fee
 - High school transcript
 - Recommendations
 - Admissions test results

WHAT DO ADMISSIONS OFFICES CONSIDER WHEN REVIEWING AN APPLICATION?

- ☐ Difficulty of course work
- ☐ Grades (GPA both weighted & unweighted)
- ☐ Class rank
- ☐ SAT and/or ACT scores
- ☐ Extracurricular activities
- ☐ Community/ volunteer service
- ☐ Recommendations from counselor and/or teacher(s) or other(s) – not required by all schools
- ☐ Interview (not required by all schools)
- ☐ Essay (not required by all schools but if required VERY important)

TIPS ON COMPLETING YOUR APPLICATION

- ✓ Most colleges and universities are now encouraging applicants to apply on-line. Be sure to check out the college's website for instructions (Common App, CFNC.org)
- ✓ If you apply on-line, be sure to print a copy of your submitted application (if possible). Don't forget to print out the signature page and mail.
- ✓ Know when your deadlines are – do what works best for you (calendar, etc.)
- ✓ Fill out your own applications – colleges know if your parents fill it out, so do it on your own.
- ✓ Make a sloppy copy on which you can practice.
- ✓ If your list of extracurricular activities exceeds the allotted space, list your top activities or those where you've had a leadership or other significant role. If your application allows, submit your extracurricular resume as an additional sheet.
- ✓ If you're applying to an arts school, include a copy of your portfolio, slides of your work, a tape (if you're a dancer), or some other way to make your application stand out.
- ✓ If you're an athlete, send a highlights tape to the athletics department.
- ✓ When you have finished your application, make a photocopy for your records. Although it's rare, applications can get lost in the mail or in the Admissions Office itself.

COLLEGE COMPARISON CHART

College Name			
Location <input type="checkbox"/> distance from home			
Size <input type="checkbox"/> environment <input type="checkbox"/> physical size of campus			
Environment <input type="checkbox"/> type of school (2 or 4 year) <input type="checkbox"/> school setting (urban, rural) <input type="checkbox"/> location and size of nearest city <input type="checkbox"/> co-ed, male, female <input type="checkbox"/> religious affiliation			
Admission Requirements <input type="checkbox"/> deadline <input type="checkbox"/> tests required <input type="checkbox"/> average test scores, GPA, rank <input type="checkbox"/> special requirements <input type="checkbox"/> notification			
Academics <input type="checkbox"/> your major offered <input type="checkbox"/> special requirements <input type="checkbox"/> accreditation <input type="checkbox"/> student-faculty ratio <input type="checkbox"/> typical class size			
College Expenses <input type="checkbox"/> tuition, room and board <input type="checkbox"/> estimated total budget <input type="checkbox"/> application fee, deposits			
<input type="checkbox"/> Financial Aid <input type="checkbox"/> deadline required forms <input type="checkbox"/> percentage receiving aid <input type="checkbox"/> scholarships			
<input type="checkbox"/> Housing <input type="checkbox"/> residence hall requirement <input type="checkbox"/> availability <input type="checkbox"/> types and sizes <input type="checkbox"/> food plan			
<input type="checkbox"/> Facilities <input type="checkbox"/> academic <input type="checkbox"/> recreational <input type="checkbox"/> other			
<input type="checkbox"/> Activities <input type="checkbox"/> clubs, organizations <input type="checkbox"/> Greek life <input type="checkbox"/> athletics, intramural <input type="checkbox"/> other			
Campus Visits <input type="checkbox"/> when <input type="checkbox"/> special opportunities			

COLLEGE ADMISSIONS OPTIONS

EARLY ACTION is an admissions procedure to notify students of early admissions to the college. Students are not committed to accept the college's offer of admissions and may file other applications (used by UNC, NCSU, Georgetown, Yale, etc.). Features to remember are early action candidates can be rejected, financial awards are made in April, and candidates must have superior records because the process is highly selective.

EARLY DECISION is a plan under which you may submit your credentials early to one college, usually by October 15 of your senior year. You are notified of your status by December 1. As part of an early decision plan, you are required to sign a statement agreeing to accept the college's offer of admission. You must also withdraw your application from other colleges if accepted under Early Decision. (Used by Duke, Elon, Wake Forest, etc.)

REGULAR ADMISSION is the plan under which you submit your credentials during November to February, depending on individuals. Check the deadline for each individual school.

ROLLING ADMISSION is the plan under which candidates submit credentials at their convenience up to a certain date. They receive an offer of acceptance or rejection within four to six weeks.

COLLEGE ADMISSIONS DECISIONS

OFFER OF CONDITIONAL ADMITTANCE is acceptance to a college provided you maintain your academic performance throughout the year. A college can withdraw its offer if your grades fall significantly or if you are involved in an activity that results in disciplinary action by the school or law enforcement.

DENIAL is a final decision by the college to not offer admission. Students who are denied can apply again after completing at least a semester of college coursework.

DEFERMENT is a delay of admissions decision until a later time. Many competitive schools will defer fall applications to the spring in order to receive additional grades and other information.

WAITLISTING occurs after the regular admissions process is complete. There is no guarantee a college will go to the wait-list, or where you will rank on the waitlist. Students on a waitlist for one college should plan to attend another college and then reconsider if later offered admission.

THE COMMON APPLICATION

The Common Application (Common App) is widely used for college admissions by high school seniors at nearly 500 colleges and universities.

The Common Application is a non-profit organization that was developed in 1975 to help cut down on the number of separate applications and essays that a student who is applying to numerous colleges and universities would have to complete. (Still, many schools that accept the Common Application ask for additional information, including extra essays.)

Essay Prompts & Instructions

The essay will demonstrate your ability to write clearly and concisely on a selected topic and will help you to distinguish yourself in your own voice. What do you want the readers of your application to know about you apart from your courses, grades, and test scores? Choose the option that best helps you answer that question and write an essay of no more than 650 words, using the prompt to inspire and structure your response. Remember: 650 words is your limit, not your goal. Use the full range if you need it, but don't feel obligated to do so. (The application won't accept a response shorter than 250 words.)

- 1. Some students have a background, identity, interest, or talent that is so meaningful they believe their application would be incomplete without it. If this sounds like you, then please share your story.**
- 2. The lessons we take from failure can be fundamental to later success. Recount an incident or time when you experienced failure. How did it affect you, and what did you learn from the experience?**
- 3. Reflect on a time when you challenged a belief or idea. What prompted you to act? Would you make the same decision again?**
- 4. Describe a problem you've solved or a problem you'd like to solve. It can be an intellectual challenge, a research query, an ethical dilemma-anything that is of personal importance, no matter the scale. Explain its significance to you and what steps you took or could be taken to identify a solution.**
- 5. Discuss an accomplishment or event, formal or informal, that marked your transition from childhood to adulthood within your culture, community, or family.**

INFORMATION ABOUT WRITING COLLEGE ESSAYS – FROM COLLEGE ADMISSIONS OFFICES

Colleges often rank essays 5th in importance in making their admissions decisions...

1. Grades in College Prep classes (academics)
2. Standardized Tests (SAT/ACT)
3. GPA
4. Class Rank
5. Essays – 23% of college admissions offices say that an applicant's essay has considerable importance in the admissions decision.

View the essay as an opportunity....The essay is one of the few things you have complete control over in the application process, especially by the time you are in your senior year. You have already earned most of your grades, you have made most of your impressions on your teachers, and you have already found a set of activities that you are interested in. View the essay as a way to sell yourself to the admissions committee.

Questions to help you start thinking about your “personal statement”

1. What makes you different from your friends or siblings?
2. What experiences have shaped your personality?
3. What mistakes have you made?
4. What have you learned from these mistakes?
5. What experiences have you had that make you unique?

READ the prompt

Sometimes it is helpful to forget about *where* you want to go to college...*Why* do you want to go to college?

If a college asks you why you want to attend their college...

- Most of the time, applicants simply recite facts/highlights from the school's website. That is not what admissions officers want. It is better to choose unusual details that reveal as much about yourself as the college.
- Ex. DO NOT say that you want to go to UNCW because it is near the beach!

You do not need to make every (or any) situation seem “earthshaking” – admissions readers would rather get a better feel for what is in your soul, who you are...essays do not have to be about something traumatic. Make yourself real. Don't write what you believe others want to hear.

Many good essays use the three “un”s:

1. Unusual details
2. Unexpected twists
3. Understated tone

Always make the essay personal

Try not to start every sentence with the word “I.”

Do not make your personal statement a list of your accomplishments – that is what your resume is for!

Other things to keep in mind:

1. Hook the reader with the opening
2. Focus on a small subject, or a moment, even if you want to convey a big idea
3. Prune unneeded adjectives and adverbs – that means most of them
4. Avoid –ten dollar SAT words
5. Show, don’t tell (use examples and anecdotes)
6. Have an ending that leaves the reader wanting more
7. Read every essay **out loud** (even if you feel crazy) to make sure it sounds right

Rewrite your essays as many times as it takes to make them outstanding – many students settle for mediocrity, but an essay can make or break a qualified applicant’s chances.

Proof Read!!!!!!!

“Optional Essays” are NOT optional

PRHS POLICY FOR LETTERS OF RECOMMENDATION

LETTERS OF RECOMMENDATION/COUNSELOR STATEMENTS

Many selective colleges require you to submit letters of recommendation. Recommendations from counselors, teachers, coaches, and community leaders include information about your character, personal strengths, or unusual qualities that are helpful to admissions committees.

In addition to Porter Ridge Teacher Recommendation letters you may also ask other individuals to write character reference letters for you. Simply ask someone that knows you well to write to the college in support of your admissions.

If a college or university does not ask for a recommendation letter, do not send it!

HOW TO REQUEST A RECOMENDATION LETTER

Have your resume completed and interview sheets (for counselors). You can pick up interview sheets in guidance. Give them to the person writing the recommendation, allowing them two weeks to write a letter.

Follow up with the teacher who wrote the recommendation to make sure it has been completed and then you will take the sealed recommendation and mail it yourself. This way you know that it was taken to the post office/mail box. Thank them for their time and for their support! It is always nice to write a thank card ☺

SCHOOL COUNSELOR FORMS/ SECONDARY REPORTS & RECOMMENDATIONS

Some colleges and/or universities will have a form that your counselor will need to complete. Submit the counselor form to the guidance office or directly to your counselor along with your transcript request form or online. The counselor recommendation form will be sent with your transcript and school profile. You must complete the student portion of the form prior to submitting the form. No blank forms will be accepted. Please allow 2 weeks for these forms to be completed!

Schools That Require a Counselor Form or Secondary Report

University of South Carolina
Winthrop University
UNC – Chapel Hill
Davidson
Elon
Bridgewater College
University of Georgia
Ohio State
Tulane
UNC – Asheville
Guilford
Converse
Georgetown
Emory
MIT

Notre Dame
Purdue
UNC – Wilmington
Clemson
VA Tech
US Air Force Academy
Coastal Carolina
Wake Forest
Lenoir-Rhyne University
High Point
College of Charleston
Duke
Vanderbilt
Michigan State
George Mason
Citadel

**(This is not a complete list, only more popular schools PRHS students have applied in the past)

ADMISSION DEADLINES

Check the college websites for specific dates as these may change. Most dates listed are non-specific and are to be used only for your consideration in planning. Binding is committing exclusively to only one school.

Chapel Hill: *now uses the Common Application

- Early Action: October 15
- Regular Decision: January 15
- counselor and teacher statements required

NC State: *now uses the Common Application

- Early Action: October 15 (non-binding) *consideration for scholarships
 - All studio based majors must apply by October 15th (Architecture, Art+Design, Industrial Design, Graphic Design, and Fashion & Textile Design)
- Regular Decision: January 15

Duke:

- Early Decision (binding): Nov 1
- Duke College of Design: Nov 1
- Regular Decision: Jan 3
- Common Application, Duke Supplement, Counselor & Teacher statements required

Wake:

- Early Decision I (binding) Nov 15
- Scholarships Deadline: Dec 1
- Early Decision II and Regular Decision: Jan 1
- Counselor and Teacher Statement required

UNCC:

- 1st deadline: Nov 1st
- Regular Decision: Feb. 1st

t

UNCG:

- 1st deadline: Dec 1st

UNCA:

- Early Action and Laurel Scholarship: Nov 15th
- Regular Decision: Feb 15th

UNCW:

- Early Action (non-binding): Nov. 1
- Regular Decision: Feb 1
- Counselor form and teacher form required.

UNCP:

- Rolling admissions

Western:

- Early Action: Nov 15
- Regular Action I and Scholarships: Feb 1
- Regular Action II: March 1

ECU:

- Regular deadline: March 1st

Appalachian:

- Three deadlines: November 15, February 1 and March 15

Meredith:

- Early Decision (binding): Oct 30
- Early Action (non-binding): Dec 1st
- Regular Decision: Feb 15

Elon:

- Early Decision (binding): Nov 1st
- Early Action (non-binding): Nov 10th
- Regular deadline: Jan 10th
- counselor form required

Clemson:

- Priority Notification: Dec 1st

USC:

- Early Answer Application: Oct 15
- Honors College & Top Scholars: Nov 15th
- Regular deadline: Dec 1st

REMEMBER:

- The dates listed are approximate and change from time to time. CHECK the college website for specific dates.
- The earlier you apply the better!!!!
- Make copies of everything and don't forget to send a transcript and SAT/ACT scores.
- Call your schools for scholarship info and don't forget to tell Mr. Williams anytime you are offered money-even if you don't plan to go to that school.
- See guidance with any questions!!!!!!

Recommendation Information Form

Name: _____

Colleges I am considering:

1. What is something you have been involved in during high school that has meant a lot to you? Why?

2. What are 3 of your strengths, and something you see as a weakness? Explain, give examples.

3. Name a teacher at PRHS who knows you well, who will tell me good things about you. Tell me what you think this teacher would say about you.

4. How would your parents and friends describe you?

5. What majors are you considering in college?

6. What is the hardest thing you have had to deal with in the last four years? Tell a little about it.

7. Where do you see yourself in 10 years?

8. What else do you want me to know about you?

Please include a resume when you turn this form in.

REQUESTING A TRANSCRIPT

Currently enrolled students have two ways to send a high school transcript to their college and/or university.

Applying to a North Carolina College:

Submit your transcript through CFNC. Sign into your CFNC account. Make sure your student ID is saved in your student profile. Then go to “My CFNC”, Click on “Apply to College,” Go to “Transcript Manager,” Choose the college you want your transcript to be sent to, and Press Send. Check back in 1 hour to make sure transcript was successfully sent.

Applying to Out of State Colleges:

Complete a [Transcript Request Form](#) and return to guidance. The 1st three mailed transcripts are free. Additional transcripts are \$3.00 each.

Students who graduated prior to June 2016 must request a transcript from Central Services. [More information can be found here.](#)

ACT and SAT scores are not on your transcript. They must be sent directly from the testing agency. For ACT go to www.actstudent.org. For SAT go to www.collegeboard.org.

NCAA ELIGIBILITY INFORMATION

DIVISION I REQUIREMENTS

For students entering any Division I college or university and want to participate in athletics or receive an athletics scholarship, you must meet the following academic standards: (1) graduate from high school; (2) complete the 16 core courses listed below; (3) present a minimum required grade-point average in your core courses; and (4) achieve a combined SAT or ACT sum score that matches your core-course grade-point average in the Core GPA/Test Score Sliding Scale Index located on the website:

http://fs.ncaa.org/Docs/eligibility_center/Quick_Reference_Sheet.pdf

16 Core Courses:

- 4 credits of English
- 3 credits of mathematics (Algebra I or higher level),
- 2 credits of social sciences
- 2 credits of natural/physical science (including 1 year of lab science)
- 1 additional credit of English, mathematics or natural/physical science
- 4 credits of additional courses (from any area above and/or foreign language)

DIVISION II REQUIREMENTS

To be a qualifier at a Division II institution, student-athletes must: (1) graduate from high school, (2) present a minimum grade-point average of 2.000; (3) present a minimum 820 combined score on the SAT verbal and math sections or a sum score of 68 on the ACT. (Division II has no SAT/ACT Sliding scale; you must score at least an 820 on the SAT or a 68 on the ACT.) (4) complete the 16 core courses listed below.

16 Core Courses:

- 3 Credits of English
- 2 Credits of Math (Algebra I or higher)
- 2 credits of social sciences
- 2 Credits of natural/physical science (including 1 year of lab science)
- 3 additional credits of English/Math/Science
- 4 credits of additional courses (from any area above and/or foreign language)

STEPS TO MONITOR YOUR ELIGIBILITY:

- ❖ Talk to your coach about NCAA eligibility and Division I, II and III college options.
- ❖ Review the list of NCAA approved core courses with your counselor.
- ❖ Calculate your core GPA for Division I and Division II eligibility.
- ❖ Finalize your GPA calculation with final grades of courses.
- ❖ Compare your GPA and SAT/ACT scores to the division requirements.

WHAT DO YOU NEED TO DO?

- ❖ Complete the Student Release Form (SRF) on-line at www.ncaaclearinghouse.net
- ❖ Pay the \$75 fee. (If you used an SAT/ACT fee waiver you are eligible for an NCAA fee waiver)
- ❖ Print both Copy 1 and Copy 2 of the Transcript Release Form, sign them and give to Ms. Weir in Student Services.
- ❖ Send high school transcript and SAT/ACT scores to the eligibility center. (SAT/ACT scores must be sent directly from the testing center. The NCAA testing center code is 9999)

NCAA Eligibility Center contact information: (877)262-1492 or go online to

<https://ncaaeligibilitycenter.org>

CAREER AND COLLEGE PROMISE PROGRAM

The Career and College Promise program is an educational initiative authorized by the State of North Carolina to offer structured opportunities for qualified high school students to dually enroll in community college courses. The program includes pathways that lead to a certificate, diploma, or degree as well as providing entry-level job skills. The program is free to all high school students (freshmen – seniors) who maintain a 3.0 GPA and meet other eligibility criteria. College Transfer (CTP) Pathways include the Associate in Arts and the Associate in Science programs. Career and Technical Education (CTE) Pathways include 25 different certificate options and one diploma option in nine career clusters.

Students interested in taking college classes while still in high school should see their school counselor.

COMMUNITY/JUNIOR COLLEGE INFORMATION

Some of you may decide to begin your postsecondary education at a community college. Community colleges provide excellent opportunities for students to excel in a variety of careers. Community colleges have also established relationships with several universities for students who wish to transfer after receiving an Associates degree or the required number of credit hours for transfer. There are 59 community colleges in North Carolina. Local community colleges include South Piedmont Community College and Central Piedmont Community College. Students wishing to enroll at a community college should apply in February of the senior year and complete all admissions steps early to be ready when course registration opens. It is recommended students contact the respective college's admissions office to set up an appointment with an academic advisor.

MILITARY SERVICES

The different branches of the military visit Porter Ridge High School periodically during the year. These visits are scheduled through the guidance office.

Air Force	www.airforce.com
Army	www.goarmy.com
Army Reserve	www.goarmy.com/reserve
Coast Guard	www.gocoastguard.com
Marines	www.marines.com
Navy	www.navy.com
Naval Reserve	www.navyreserve.com
N.C. National Guard	www.nationalguard.com

The Armed Services Vocational Aptitude Battery (ASVAB) is an aptitude test to access an individual's natural abilities and skills. The military branches require the ASVAB for entrance into the military. The Military Entrance Processing Service Center offers the ASVAB on a weekly basis and Porter Ridge High School administers the exam once a year - check with the guidance office for details. Contact your military recruiter to schedule an appointment. The ASVAB is an excellent tool to help determine your own natural abilities that will assist you in making an informed career choice.

If you are interested in enlisting in the military as well as going to college, be sure to ask about ROTC scholarships that are available. Deadlines are usually from October to December, so early planning is advised. See websites below for more information.

Army	www.usma.edu www.rotc.monroe.army.mil
Air Force	www.usafa.af.mil www.afoats.af.mil/rotc.htm www.afas.org
Navy/Marine Corps	www.nadn.navy.mil www.cnet.navy.mil/nrotc www.nmcrs.org
Coast Guard	www.cga.edu www.cgmahq.org

EMPLOYMENT AFTER HIGH SCHOOL

Entering the Workforce

If you have decided to get a job immediately after high school, you will need to:

- Find out what kinds of jobs are available.
- Develop some very necessary job-finding and job-keeping skills.
- Talk to a counselor about job possibilities. Talk to the career development coordinator at PRHS.
- Contact the NC Employment Security Commission.
- Adapt your resume to reflect the needs of the potential job. Identify skills you possess that the company has in the job posting.

SELECTIVE SERVICE AND THE INTERNET

<http://www.sss.gov>

Registering with Selective Service is possible via the Internet. **All young men in the U.S., with very few exceptions *, are required to register with Selective Service within 30 days of turning 18. Registration is Federal law.** It is also required to stay eligible for many federal and state benefits, including student financial aid, job training, and jobs in the Executive Branch of the Federal government, such as jobs with the U.S. Postal Service.

Registration

With access to the Internet, any young man can register by clicking on the "Register On-line Now" icon at the Selective Service web site (www.sss.gov). He then enters in some basic information and within 30 seconds, he'll receive a Selective Service number.

Within about two weeks, he will receive an acknowledgment card in the mail.

Registration forms are also available at any U.S. Post Office.

Verification

Since SSS registration is required for many Federal and state benefits, such as student financial aid, job training, and Federal and state jobs, officials administering monies for these programs can now verify a young man's registration by simply clicking on the "Check a Registration" icon at the Agency's home page (www.sss.gov).

The Law

Registering with Selective Service is the law. Failure to register is a felony, punishable by a fine of up to \$250,000 and/or five years in jail.

*All male U.S. citizens and male aliens, residing in the U.S. between the ages of 18 and 26 are required to register. A man is exempt while serving on Active Duty in the Armed Forces or if he is a cadet at a service academy. Lawfully admitted nonimmigrant aliens holding valid student visas or member of diplomatic or trade mission and their families are not required to register. For more information, contact the Selective Service System.

The Selective Service System

Office of Public and Congressional Affairs

Tel. 703-605-4100

FAX 703-605-4106

National Headquarters

Arlington, Virginia 22209-2425

Internet:<http://www.sss.gov>

COLLEGE FAIR TOPICS AND QUESTIONS

Are you wondering how to start a conversation with a college rep? Here are some tips for conversing and getting answers to important questions. It's a good idea to write out a list of things that are important to you before you go. Don't feel like you have strange priorities or weird questions if something off-beat is interesting to you. College reps hear the same questions all the time, so they'll be glad to hear something new. If you wonder about gay life on campus, the potential for racial tension, or if you're worried about spiders in the dorms, go ahead and ask about it.

Start off with "Hello, how are you?" or "Hi, my name is..." for a relaxed beginning to your conversation.

Try not to ask a vague question like "Tell me about your college," since the rep will have no idea where to start. That can be frustrating for the college rep and the student, because the conversation will have no direction.

Be specific with questions by saying things like "Tell me about class spirit" or "Can you give me examples of some campus traditions," instead. Those types of questions will give you a sense of the atmosphere and give the rep something specific to talk about.

Ask for a list of majors that you can take with you and look over later.

Ask about the enrollment deadline and the recommendations for taking the SAT. Some colleges will need scores earlier.

Ask if subject scores (like SAT II Math or History) are required or recommended.

Feel free to ask if the rep can waive your application fee, but know that this usually works best at private colleges.

Ask if there are any scholarship secrets. There are many little-known tricks that differ from college to college, but the conversation doesn't always get around to this in a rushed environment like a college fair.

You will want to know the admission requirements, of course, but you may also want to ask whether admissions officers make decisions on numbers, or if they really do consider activities. Some colleges go by scores and grades and follow a formula. Other colleges really give greater weight to activities, experience, and interests.

Ask if a student leader can contact you to give you a student's perspective. Provide an email address for this.

Go ahead and ask about the food. Sometimes there are many choices and other times there aren't. Remember, you'll have to live with it for four years.

Find out the safety history of the campus *and the surrounding town*. Sometimes the campus rests in an area where high crime takes place just outside the area considered the campus. A representative may not mention this. This is also something you should research on your own, before you get too attached to the dream. Be safe!

Ask how many of the students drop out, transfer away, or how many stay and graduate. College reps may cringe at this one, because student retention is a touchy issue at many colleges. A low retention rate may be a warning sign, though.

Ask: "What's the biggest complaint from current students?"

Is tutoring available?

If class size is important, ask about it. Keep in mind, however, that class sizes are less important when good individual tutoring is available.

Find out if tutoring is free.

Ask for a **direct** phone number for an admission counselor and a financial aid counselor, to avoid getting caught up in an automated phone quagmire at some point. Smaller colleges will be happy to provide this, but larger colleges may not. It's always worth a try.

Find out if the administration listens to student concerns. This is one of the things you might want to ask a student leader.

Ask if you'll have to pay for parking or if you'll have to walk a million miles from parking lot to classes.

Ask how the food plan works.

If you are very conservative or very liberal in your thinking, ask about the political/social climate. This is one of the things that could cause a feeling of discomfort or alienation down the road. It's not a silly question.

INTERVIEWING TIPS

Before the Interview

- Focus on employer's/college's needs and what you can do for the organization/college
- Consider how you will fill the role they have available
- Consider your interest in the job/ career field/ college major
- Research and become knowledgeable of the company/college
- Practice interviewing

During the Interview

- Be enthusiastic, but sincere
- Listen carefully to the interviewer
- Think about how you can set yourself apart from others
- Keep the interviewer's attention
- Don't place blame or be negative about past employers/ your high school
- Plan to arrive at least fifteen minutes before the interview
- Bring a pen and notebook with you
- Greet your interviewer by name, with a firm handshake and a smile
- Do not chew gum
- Maintain good body posture
- If the interviewer asks if you have any questions or if you would like to add anything else- Ask a question or tell them something about yourself they did not ask!
- Close the interview on a positive note
- Ask about any needed follow-up and when you can expect to next hear from the company/college
- Thank the interviewer for his or her time
- Be sure to get the interviewer's business card, or at least the proper spelling of their name, their title, and their address and phone number

After the Interview

- Evaluate it – how do you think you responded to the questions?
- Send a thank you letter to the interviewer
- Make a follow up phone call to indicate interest in the position/college and ask if there are any additional questions

What to Wear

- Wear a professional looking outfit from head to toe
- Make sure your hair is well-groomed and neat
- Don't overdo the perfume, cologne, makeup, or aftershave
- Limit your jewelry
- Try on your outfit BEFORE the day of the interview

Typical Interview Questions

- Tell me a little about yourself?
- What have you been involved in while in high school?
- Tell me about your scholastic record.
- What supervisory or leadership roles have you held?
- Where do you see yourself in 5 or 10 years?
- Describe one or two achievements which have given you the most satisfaction.
- Tell me about a time when you persuaded team members to do things your way.
- Tell me about a time when you had to adapt to a difficult situation.

STUDENT RESUME INFORMATION

The development of your student resume is an important step in planning for your future. You will use your student resume for many pursuits, including, but not limited to: after-school and summer employment, volunteer work, job shadowing and internships, college applications, and scholarship applications. Your counselor, teachers, and other adults may use your resume (during your senior year) to write recommendations and to help you with the scholarship process.

Resume Do's and Don'ts

Do	Don't
Be concise, accurate, positive	Lie or exaggerate
List your most recent activities or job first	Include salary history or expectations
Stress skills and accomplishment	Use pronouns, abbreviations
Research and use key words	Overdo the use of bold and italics
Make the resume attractive to read	Use small type or overcrowd margin
Have someone proofread before submitting	Include references

RESUME WRITING TIPS

Why do I need a Resume?

- It provides a clear breakdown of high school activities for college admissions representatives and can be included with your application.
- Offers recommendation writers a review of your accomplishments

What do I include?

- Awards and honors
- Extracurricular activities (those through schools such as National Honor Society, Newspaper, Science Honor Society)
- Sports
- Community Services
- Work Experience

What order do I put activities in and what format should I use?

- Enter activities form most recent to least recent
- Do not include middle school
- Indicate if you have held an office position or elected position
- Community Service is by school year (2015,2016)

Overall Tips

- Use Times Roman or Arial Font
- Use 12 point size, no smaller than 9
- Use professional looking bullets (not hearts, stars)
- Spell out acronyms (NHS= National Honor Society)
- Make Headings in bold
- Keep it to 1 page if possible

Student Name

Student Address
Student Phone #
Student Email Address

Education

Porter Ridge High School
GPA/Rank

Employment

Name of Employer, Indian Trail NC Dates of Employment
Job Title

Description
(Give a description of your duties at work or what you learned from working)

Name of Employer, Charlotte, NC Dates of Employment
Job Title

Description

(List All jobs you have had from 9th grade –12th grade and how long you have worked there. Include any promotions or recognitions you have received from your employer)

Extracurricular Activities

Activity Name – Grades/Years Participating
Description

(Give a description of what you did in this activity and/or what was meaningful about the activity)

Activity Name – Grades/Years Participating
Description

(List **ALL** activities (in school and out) that you have been involved in from 9th grade – 12th grade. List your most meaningful activities first. Include and denote any leadership positions you held (president, team captain, secretary, etc.) Examples of activities to include – Clubs, sports, church activities, summer camps, leadership camps, competitions, etc.

Community Service

Community Service Activity – Grades/Years Participating
Description

(Give a description of what you did in this activity and/or what was meaningful about the activity)

Community Service Activity – Grades/Years Participating
Description

(Community Service is anything that you do to help someone else that you are not being paid for. Examples of Community Service activities to include - boy/girl scouts, mission trips, volunteering anywhere, senior project, etc.)

Honors/Awards **Honor or Award** – Grades/Years Received

Honor or Award – Grades/Years Received

(List ALL honors and Awards you have received from 9th –12th grade. Awards and Honors can come from school, sports, community, church, certifications, programs you are nominated for, etc. Examples include – All conference, highest academic average, volunteer of the year, Gold, Silver, or Eagle Award, Beta Club, NTHS, A+ Certification, first place art show, etc.)

Directions:

This is a template for students to use to create an activity sheet. Students may use this template or create an activity sheet using their own style. The most important thing is to be specific, give details, and include everything you have done. After you have completed your activity sheet make sure you save it and email or print your counselor a copy. You will also want to give a copy to anyone you ask to write a recommendation for you. If you have any questions or need help with your activity sheet please see your counselor.

FINANCIAL AID

“How Will I Pay For College?”

There are several types of financial aid students and parents can pursue in order to pay for college. These include: scholarships, grants, loans, work-study, entitlement programs, and employment. All types of financial aid come from various sources that include the federal government, local clubs, civic organizations as well as colleges and universities.

Free Application for Federal Financial Aid (FAFSA) must be completed by all students wishing to be considered for any federal financial aid. The FAFSA form is the gateway to all federal money. To initiate the financial aid process, you and your parents must submit a financial aid form. The FAFSA is a confidential document used to collect information for determining a student's need for financial aid.

An estimate of your family's financial ability to contribute to the costs of education beyond high school is computed. The amount is known as the **Estimated Family Contribution (EFC)**. The EFC is an indicator of how much the government believes the family can pay each year for their student's education. This amount however does not necessarily mean that the college or university will require the family to pay the entire amount. This estimate and a copy of the appropriate form are forwarded at your request to the Pell Grant Program, to state scholarship and grant programs, and to financial aid officers at the colleges or other post-secondary institutions you specify on the form. Speak with the college or university financial aid officer directly to discuss adjustments to this financial aid package.

The decision to award financial aid rests with individual institutions and programs, which directly inform students whether or not they are eligible for financial aid. Some colleges and universities require submission of both the **FAFSA** and the **CSS PROFILE** along with their own financial aid application for consideration for merit or academic scholarships. Only 5 colleges require the CSS PROFILE in North Carolina. They are: UNC Chapel Hill, Davidson, Duke, Elon, and Wake Forest.

The **FAFSA** forms are available in Student Services. The earliest the form may be filled out electronically or through US Mail is October 1st for a student entering college the next school year. The forms for North Carolina colleges generally must be submitted before March 1 of your senior year. Some schools have an earlier date as early as November 15th; therefore, you must adhere to the deadline for each school. You may complete the PROFILE online at www.collegeboard.org and the FAFSA online at www.fafsa.ed.gov.

The U.S. Department of Education publishes an annual guide for high school and college students regarding financial aid. This guide explains in-depth the federal aid process. You can view this guide on-line at www.studentaid.ed.gov.

TYPES OF FINANCIAL AID

Stafford Loan: Stafford Loans are available to undergraduates on the basis of demonstrated financial need. Interest rates continue to be favorable and interest is paid by the federal government for the first six months after graduation. A program called the –Unsubsidized Federal Stafford Loan Program, is available to undergraduates who do not demonstrate financial need. Students must file the FAFSA for the regular Stafford Loan first and if not eligible, will automatically be considered for the unsubsidized program. Although borrowing limits and interest rates are identical to the regular Stafford Loan, interest will not be subsidized while the undergraduate is attending college. Students have the option of either paying interest as it accrues on the loan or capitalizing the interest and paying it off along with the principle following graduation. Even though the government does not pay interest, this option is attractive because of the very favorable interest rate.

Pell Grants and Supplemental Educational Grants: Pell Grants and SEOG's are distributed to students based solely on need as determined by the FAFSA. The college financial aid office determines the amount received through a SEOG.

Work-Study: Work-Study is a federally funded program that allows students to work on campus to help defray the costs of education. This program is organized by the school's financial aid office.

Perkins Loan: The Perkins Loan provides funds for students who demonstrate need as determined by the FAFSA. Colleges have a restricted amount of funds available for Perkins Loans and allocate it accordingly. Repayment begins six months after graduation.

Parents Loan For Undergraduate Students (PLUS): Through this program parents may borrow the entire cost of their students' education, less financial aid. Repayment of PLUS loans must begin within 60 days of disbursement. Bank approval of a PLUS loan hinges on examination of the family's credit history. The low interest rates on PLUS loans make these an attractive option for families who plan to finance educational costs.

THE SCHOLARSHIP PROCESS

Private sources make up a small slice of the total financial aid pie. Nonetheless there are a number of scholarship opportunities—the trick is finding which ones are applicable to your individual situation. Scholarship bulletins are available in the Guidance Office, senior English classes and on the guidance department website. This is by no means an exhaustive list; websites are listed in this section of the planning guide to assist with other scholarship searches. Be forewarned—the application process for scholarships is often as detailed as applying for college and sometimes the rewards are not large. **The most important thing to remember is to never pay for a scholarship or for scholarship information.** Individual colleges and universities also offer merit-based scholarship programs which will be offered to qualified students once accepted. Check with your college for specific information.

Examples of Scholarship Criteria:

- ⌘ Academic merit or good grades
- ⌘ Leadership activities
- ⌘ Community service
- ⌘ Extracurricular activities/athletics
- ⌘ Work experience
- ⌘ Honors and achievements
- ⌘ Financial need
- ⌘ Personal Statement
- ⌘ Overcoming adversity

Examples of Scholarship Essays:

- ⌘ Describe a person or event having a significant impact on you.
- ⌘ Describe a social problem of interest to you.
- ⌘ What are your plans after graduation?
- ⌘ Explain what motivates you to volunteer in your community.
- ⌘ Explain why you need this scholarship.
- ⌘ Write a statement giving your interests, life goals, ambitions and hopes.

HOW DO YOU FIND OUT ABOUT SCHOLARSHIPS?

A scholarship bulletin is available on the Porter Ridge High school website (www.prhs.ucps.k12.nc.us). Click on the School Counseling link, then click on Scholarships, then click on the PRHS Scholarship google doc.

FREE SCHOLARSHIP SEARCHES:

CFNC.ORG

FASTWEB.COM

SCHOLARSHIPS.COM

COLLEGEBOARD.COM

WIREDSCHOLAR.COM

SCHOOLSUP.COM

SRNEXPRESS.COM

SCHOLARSHIPAMERICA.ORG

USEFUL WEBSITES

The Porter Ridge High School Website

www.prhs.ucps.k12.nc.us

Check here often for announcements for seniors and for scholarships.

The College Foundation of North Carolina

www.cfnc.org

Research and apply to four and two year colleges in North Carolina, send transcripts, learn about career and college majors.

University of North Carolina – System of Higher Learning

www.northcarolina.edu

Research the 17 campuses in the UNC system.

The North Carolina Community College System

www.nccommunitycolleges.edu

Research the 59 community colleges in North Carolina.

Common Application

www.commonapp.org

The College Board

www.collegeboard.com

Register for the SAT, find out about college admissions, AP testing, financial aid and scholarships.

The American College Test

www.actstudent.org

Register for the ACT.

Peterson's

www.petersons.com

Search colleges by GPA, tuition, sports and more.

The Princeton Review

www.princetonreview.com

Prepare for standardized tests, research colleges and majors.

The NCAA Eligibility Center

www.ncaaeligibilitycenter.org

Register for Division I and Division II College athletics and monitor academic eligibility.

FAFSA on the web

www.fafsa.ed.gov

Find information on the use of the Free Application For Student Aid.

Fast Web

www.fastweb.com

Use this free, searchable scholarship database.

